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Community news and events for Lennox Head

Issue 205 | May 2022



Congratulations to The Ball and All and The Boaty Boys for raising a huge **\$540,000** for our community of which Elders proudly raised **\$25,000**.

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The past month was jam-packed with heartfelt community events, extraordinary fundraisers and outings. From cheering the Boaty Boys on their mammoth two-day marathon to dancing under the full moon at BluesFest, it was uplifting times. The month of May looks like it will continue the trend with comedy, surf, skating and food festivals on offer.

Kicking off the celebrations on 8 May, is Mother's Day. Keep your eyes peeled for the delighted mums wearing their children's hand-painted T-shirts. These kaleidoscopic creations are made with love at the community preschool-treasured gifts that will undoubtedly be kept for a lifetime.

Let's not forget that 21 May will see the country go to vote. Here in the Northern Rivers, we will be voting to fill the seat of Richmond and, alongside the rest of Australia, voting for the top job, Prime Minister. With many issues highlighted in the recent flood devastation, I hope the results are something to celebrate.

Organically, this issue morphed into celebrating some of the female sporting stars of Lennox. Inside are inspiring stories of surfing and surf lifesaving wins, shredding skateboarders and a sole female completing the Goggins community challenge.

On the beachfront, the Council are still warning about pollution in the waterways. The ocean is the spirit of Lennox, and I have deeply missed immersing myself in her essence, as I suspect many of you have. My wish for May is a return to pristine conditions as we begin to welcome the first whales on migration.

Natalie Grono, Editor

Got a story? Get in touch.

editor@thelennoxwave.com.au

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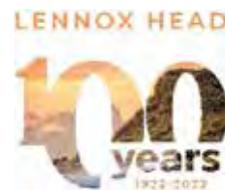
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The fine print

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Acknowledgment of Country

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





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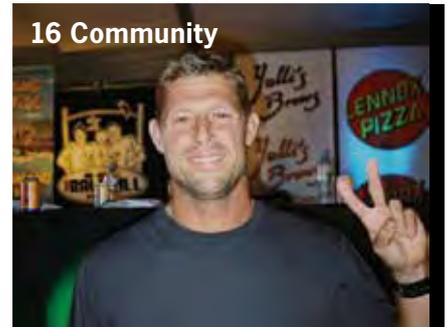
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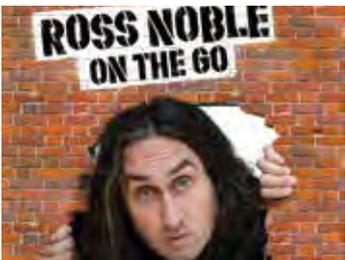
What: Mothers Day Classic
When: 8.30am Sunday 8th May
Where: Missingham Bridge Amphitheatre - Kingsford Smith Drive, Ballina
 Join your local community on Mother's Day to support and honour those affected by breast cancer. Walk or run the 5km.



What: Super 80s flood fundraiser
When: 7.30pm 14 May
Where: Lennox Hotel
 Get ready to rock your socks off when the Glamstars 80s tribute band play Lennox Hotel. This calls for your best 80s outfit and dancing shoes.



What: The Ripcurl Lennox Longboarders One Dayer
When: Sunday 15 May
Where: Lennox main beach
 It will be a day of Longboarding Skills from around the Region and from Southern QLD displayed at Lennox Head. Expect longboard surfing in it's best form of competition with lots of talent on show.



What: Comedian Ross Noble
When: 8.00pm Tuesday 17 May
Where: Lennox Head Cultural Centre
 World renowned funny man, Ross Noble, presents his show *On the Go*. Ross is always on the go and will be smashing ideas together in the pursuit of fun. When it happens you can be there.



What: Fair Go SkateFest
When: Saturday 21 and Sunday 22 May
Where: Missingham Bridge Skate Park, Ballina
 An action packed two-day skate fiesta in the heart of Ballina. After a two year hiatus, the event will be celebrating its 21st year and it's looking like a big one.



What: North Coast Festival of Flavour
When: Friday 3 to Monday 5 June
Where: Various venues, Northern Rivers
 A weekend where farmers, producers, restauranteurs and brewers come together to create a delicious weekend of food, fun and flavoursome experiences.

Monthly Markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Lismore Car Boot
2nd Saturday	Bangalow Flea Market Woodburn
2nd Sunday	Lennox Head The Channon Tabulam Hall Coolangatta
3rd Saturday	Mullumbimby Murwillumbah
3rd Sunday	Federal Uki Lismore Car Boot Ballina
4th Saturday	Byron YAC Flea Market Evans Head Wilson Creek Kyogle Bazaar
4th Sunday	Bangalow Nimbin Coolangatta Murwillumbah
5th Saturday	Bangalow Flea Market
5th Sunday	Lennox Head Nimbin

Weekly Farmers Markets

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

For more information visit discoverballina.com.au.

Post flood news

In further recovery packages announced for people and communities affected by the recent flooding disasters the government has granted \$70 million to rebuild the homes and infrastructure of Cabbage Tree Island. Chris Binge, CEO of Jali Local Aboriginal Land Council, stated, 'the security and hope it gives our community empowers us to create a self-determined future'.

The NSW Government has also announced a \$350 million investment in temporary modular housing to give people displaced by floods a place to call home while they rebuild their lives. The delivery of up to 2,000 temporary modular homes to approved sites across the hardest-hit regions comes in addition to the NSW Government's funding to assist around 25,000 households through rental support, Disaster Relief programs and the Back Home program.

Meanwhile, hundreds of flood-affected residents from Woodburn, Broadwater and Wardell are threatening to sue the state and federal governments over concerns about the impact the newly completed Pacific Highway upgrade has had on flooding, stating that the highway acted as a dam wall. The unprecedented flood water inundated people's houses for up to 12 days.

Donate a moment



The Ballina Visitor Information Centre is encouraging Australians to support flood-impacted people of the Northern Rivers region by donating A Moment Away.

The #AMomentAway program aims to connect flood impacted people in need of a break, with great experiences on offer across the region, and an opportunity for people to donate an experience to those in need. 'For those living in the aftermath of a natural disaster, the work can feel relentless. The chance to step away, even for a moment, allows people to relax and reconnect with themselves and their loved ones,' says Council's Visitor Services Officer, Alanah Ward. More information visit: discoverballina.com.au.

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BALLINA SHIRE MARKET REPORT

An update from Elders Bangalow and Lennox Head.

It has been a wild start to the year and despite challenges with Covid and more recently, the devastating floods, we still have a vast number of active buyers in the market.

Elders knows and loves this region and it's because of this, we're still seeing successful sales results through such trying times.

With finance taking longer to come through, less confidence in buying before selling and more conservative valuations, both locals and out of towners are taking a more considered approach to buying, though the demand for our area is still high.

That's why it's so important to work with the right people. We believe strategic marketing, local knowledge and established, forward-thinking representation is the key to capitalising on successful sales campaigns. We're here for the community and we're here for you.

If you're looking to list or would like a confidential chat, we would love to help you make your next move.

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Lennox Head Residents' Association

By Robyn Hargrave

The Lennox Head Resident's Association held its Annual General and General meetings on 4 April. We welcomed 17 members and Cr Dicker, with apologies from Crs Johnson and Ramsey.

The Association Committee of 2022-2023 was also nominated. Congratulations to President Geoff Wegg; Vice President and Treasurer Tom Berry; Committee members Robyn Hargrave, Jen Derricott and Jimi Gatland; Public Officer Geoff Wegg. The Secretary position remains vacant with appointments able to be made at a later date.

Lennox Head Strategic (Community Aspirations) Plan Review is scheduled for 2022. A working party has been established and we invite community members to provide thoughts and concepts on things you love about living in Lennox, things you don't and improvement suggestions.

Coast Care have been granted approval to retrieve treated pine logs washed downstream during the floods, for repurposing in protecting beaches and vegetation in and around Lennox Head. Be assured if you see the team lugging logs, they are not stolen.

Friends of Lake Ainsworth (FOLA) continue their work, cleaning up the environs of the Lake, where it is not inundated and also picking up plastic from the beach.

Boomerang Bags were very pleased to donate 40 Bought to Support bags to persons displaced to the Cultural Centre evacuation hub, as many had lost all their possessions.

The Heritage Committee and Community Gardens are working together to identify a suitable tree to plant marking the Lennox 2022 Centenary year.

Council's Access Reference Group considers suggestions for improvements to accessibility for the community in future planning. One of our members has requested matters which may be contributed to assist persons with disabilities and the general community in day-to-day activities in public areas.

Cr Dicker advised that many areas affected by stormwater flooding in Lennox have requested this be addressed and Council is assessing appropriate action.

Upcoming meeting: 6 June, from 7pm in the CWA Hall. Feedback is encouraged by email to lhrainc@gmail.com.

My Community Care Van and I are our around our area, providing assistance to those impacted by the flood.

Please get in touch if I can be of assistance.



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Authorised by Justine Elliot, ALP, 107 Minjungbal Dr Tweed Heads South

David Maurice Smith



For Dave, growing up on the west coast of Vancouver, it was not unusual to pass bears, deer and bobcats on his way to school. The wilderness of his backyard inspired an early curiosity about the world around him. This inquisitiveness has led him to enjoy a career as a photographer and director, travelling on assignment for some of the world's most significant publications such as *The New York Times* and *National Geographic*.

Describing himself as a 'narrative photographer,' his work is informed by a previous 10-year career in social services in which he supported communities and individuals in crisis. Today his work is driven by a passion 'to tell stories with meaning'.

Dave has covered many important issues ranging from climate change to the refugee crisis and Indigenous youth incarceration. Aside from working for publications, he has successfully received grants to focus on personal projects and it is these slower, nuanced stories he prefers 'to give time and space as to show a more holistic vision.'

No stranger to remote travelling, Dave is lured by the feeling

of his human insignificance in the immenseness of nature (even standing at 6'7"), an impression he experienced in his 20s when he spent 12 years pursuing his love of skiing and mountaineering in the Canadian resort town of Whistler. During these 'snow bum' years he met his wife, Aussie born Krista.

Dave explains, 'We hit it off and decided to travel together and explore India and Nepal before we arrived in Krista's birthplace of Melbourne.'

'Her dad built us a Ford Laser and we drove up the east coast looking for a place to live. We had never heard of Lennox Head, yet we instantly knew this was the spot as we drove down the hill into town. We both thought; 'this is paradise'. We loved the vibes'.

Dave fondly recalls the first day he surfed The Point. 'I got smashed. I had no idea how to paddle out or get in. I was totally unaware'. That was 2003, and as he describes, 'Lennox was a different place.'

'There was no work, so we decided to start a smoothie and banana bread store inspired by a blender purchased from an op shop in Ballina. The only market that would have us was Nimbin. The night before the market, we would madly bake chocolate banana loaves. Yet, we managed to sustain ourselves for a while by doing that'.

They stayed for eight months before returning to Canada and eventually returned to Sydney in 2009. 'I got sucked into city life for a while, which was suitable for work'.

Last year Dave and Krista decided to return to Lennox with their two young sons, Kobe and Parker, to give them more space. 'Funny how returning to Lennox has come full circle. This place is energetically unique. It's wonderful for our kids. I like small-town living; I appreciate seeing the same faces and familiarity. It is like mountain living in the way the natural elements dictate how people live'.

What's the best thing about your career?

Getting to enter worlds and ways of living that are not my own. It is amazing the places you go and the people you meet and I enjoy listening to their stories.

What's the worst thing about your career?

Being a business owner and having to monetise work. Not always having control over the outcome of your work and the fear of sensitive work being published you don't feel is accurate.

What's your life philosophy?

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Lennox Head Lions Club

By Christine Stores



Pictured: Lions members, Peter Keating and Terry Hodgetts, discussing support at the Woodburn Recovery Centre.

Lennox Head Lions members have been extremely busy since the first flood. Some members have been involved directly in clean-ups and housing people affected by floods. Other members have provided meals at Evacuation and Recovery Centres. Still others have provided support through administration, applying for grants and keeping track of vouchers and their distribution. We are very proud of what we have achieved so far in supporting those still needing a helping hand and by the time of print we will be around the \$30,000 donation mark. To keep assisting we need to continue with our fundraising events.

Are you currently displaced because of the recent floods or are you housing someone who has been displaced? Lennox Head Lions have been active in Camp Drewe and in the villages of Wardell, Coraki, Broadwater and Woodburn. It has come to our attention that there may be people living in Lennox Head who have not been able to access any support because they are not currently living in the villages. Please contact Lions member, Laurie on 0499 551 222 if you feel that Lennox Head Lions might be able to assist.

Lens on Lennox is running again this year and will result in a community calendar for 2023. Entry is free (although we would always welcome a donation) and it isn't a competition. Just enter your photo of Lennox Head at lennoxheadlions.com/photo. We will post it to Instagram and in June we will select the photos to be included in the calendar. Get clicking and upload your photo before 31 May. Have a look on Instagram ([lensonlennox](https://www.instagram.com/lensonlennox)) and see the photos entered so far. If you are a business or individual who would like to sponsor a month in the calendar or maybe assist us with printing costs please contact us on lensonlennox@gmail.com

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WE HAVE MOVED!



Evening View Club

by Lianne Reyes Brennan



Getting to know the people who provide specialist services in the community is always interesting, especially regarding women's health. The LH Evening VIEW Club was thrilled to have Cherie D'Andrea, an Accredited Exercise Physiologist, as a guest speaker for the April dinner meeting held at the Beef+Beach restaurant.

Cherie is the director and proprietor of Extend Exercise Physiology, based in Lennox Head. She advocates 'Movement as Medicine' and is passionate about everything women's health and life after menopause. It was a very informative talk, encouraging all of us to move and see exercise as a tool to live the best versions of ourselves even in the presence

of chronic disease, pain, injury or disability. A fun activity of doing correct pelvic floor exercises and a challenging balance test saw most of us successful and also relieved when completed.

VIEW stands for Voice, Interest and Education for Women. It is a leading volunteer organisation with 16,000 members across Australia exclusively supporting The Smith Family's work to improve educational outcomes for disadvantaged students and young people.

The LH Evening VIEW Club is one of the nearly 300 VIEW Clubs across Australia open to women of all ages. LHEVC has continuously supported two children since its inception nine years ago through The Smith Family's Learning for Life program. We welcome new members so we can continually grow the VIEW community.

The LHEVC meets on the 2nd Tuesday of every month at the Lennox Hotel at 6pm for 7pm start. Dinner is \$35 and \$5 for raffle tickets per person, with proceeds going to The Smith Family's Learning for Life Program. Follow us on our FB Page - Lennox Head Evening View Club, for updates.

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Lennox Head View Club

By Dawn Sword



Each March, Lennox Head View Club usually celebrates International Women's Day. Due to the impact of the floods at this time, the event was postponed until April. It was a great event with members dressed in the official colours of International Women's Day of Green, White and Violet. Green standing for

give, white standing for women and violet for votes- colours which were first adopted by the suffragettes in Britain in the 1920s. The table decorations highlighted the slogan Bread and Roses, adopted by the 15,000 women who in March 1908 marched through New York, with bread symbolising economic security and roses for a better quality of life. A candle marbled in International Women's Day colours was lit as a reminder of the struggle of the women who have gone before to enable us to have what we have today and also as a symbol that we care for the women who still suffer and those who continue to strive to make the world a better place for women. A brief history of International Women's Day was read and President Enid Noble presented a plaque and roses to the Lennox Head

Woman of the Year, Parvin Mansouri, who spoke about how much membership of VIEW Club means to her. The guest speaker of the day was newly elected Ballina Shire Mayor, CR Sharon Cadwallader, who despite the fact she is dealing with two flooding events, honoured her commitment to attend. Sharon gave members an insight to her early life and career, which has often not been a smooth path to tread but I said that her father had always taught her there are no shortcuts to success and when you get knocked down you get back up. Each experience making you stronger.

The Lennox Head VIEW Club meets on the first Monday of each month at the Lennox Head Cultural Centre.

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As Norco Primex 2022 gears up, organisers have revealed Northern Rivers residents will be able to attend for free on opening day on Thursday 19 May, with tickets available online. New features, events and attractions at Primex will reinforce all the amazing things we know and love about the Northern Rivers. This includes the new Nourish Food Fest, which will showcase the region's world-class food and beverage industry.

For more information visit: primex.net.au.




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The Boaty Boys marathon challenge



During a couple of hot days in April, Lennox village was treated to a spectacle of sweaty bodies running through its streets as The Boaty Boys took on the Goggins challenge.

The men's fitness group began the marathon challenge initially to raise money for three local families and causes. After the floods' recent devastation, they partnered with Rotary Club of Ballina-on-Richmond to include flood-affected people in their funds.

The challenge saw the men run 7km every 4 hours for 48 hours. TBB member Dylan Steele says, 'it was the Hardest thing I've ever done. Everyone had some form of injury after. However, it was well worth it, physically, emotionally and mentally'.



The complete challenge was finished by 18 members and Penny, the only female. The event was widely supported throughout the community, with many running alongside at moments or to cheer the runners along. Dylan says 'it was encouraging to have the community support'.

What started as a small group of men meeting regularly to exercise, connect, breathe, swim and meditate at the Boat Channel has grown into a collective of about 40 men.

'With an emphasis on doing good within the community, there is lots of conversation about the next annual fundraising challenge' Dylan concludes. So far the challenge GoFundMe has raised \$24, 000.



Penny Hill completes the challenge

'I was given the go ahead to join in with the boys the night before so I didn't do any specific training for the challenge. I run and do functional fitness a few times a week and I thought the challenge sounded fairly easy. I didn't question it and just took it one run at a time - it wasn't until midway through that I had the fleeting thought that maybe I couldn't do it after all, but I quickly pushed that out of my head and just kept going as we had a fundraiser to complete. The daytime runs were the hardest as the heat was pretty punishing especially when fatigue set in. I think I slept a total of 1.5 hours the entire challenge - I was delirious by the end.

'I felt honoured to be able to participate in this madness with the most incredible bunch of humans - I feel like we now all have a shared bond. I honestly wouldn't have been able to do it without the amazing support from our incredible community. The spirit was palpable and the calls of enthusiasm from each and every person were what kept me going. A special shout out to my running buddy, Ali Matthews who managed to get out of her soft bed and take part in the runs with me. I felt so proud to be able to contribute in raising money for such worthy causes. Definitely one to tick off the bucket list', Penny explains.

'Not sure if I'd do it again. But never say never'.



Ball and All podcast raises over \$550,000



Pictured: Podcasters Berrick Barnes, Steve Condon and James Wood.

On the eve of the finale of the Boaty Boys Goggins challenge, *The Ball and All, Turning the Tide* podcast with guests Mick Fanning and Andy King was held at Cherry Street Bowling Club to a sell-out crowd of 800 people.

Donations for the fundraiser were received from businesses, individuals and other clubs, including Gosford RSL and Bathurst RSL clubs. Harris Coffee donated a massive \$200,000, and Cherry Street Sports donated \$50,000. Auction items include NRL experiences, surfboards signed by Mick Fanning and Barossa Valley accommodation and wine tours. The event raised over \$550,000. The Rotary



Pictured: Crowd with guests Andy King and Mick Fanning.

Club of Ballina-on-Richmond will be distributing these funds as vouchers to those in the Ballina Shire who have been affected by the floods.

Podcaster Steve Condon noted that 'the night was a perfect vibe for the community to come together after two years of COVID and then the floods. The special guests were fantastic, and it was an enjoyable night.'

What's next for the growing podcast? 'A couple of weeks rest, and then we will get our heads together to think creatively about our next steps with helping the community in focus. There's still so much to be done,' Steve says.

Thanks for the feedback

Lennox is talking about our online community radio station

" It's so nice to have a radio station just for Lennox... great music and community news."

" They always have heaps of music uninterrupted and that's great and when it is interrupted they have local Lennox community news."



" I just leave it on in the office all day...lots of really smooth tracks... it's great."

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



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Waterslide fun for flood affected students



The children of Empire Vale, Cabbage Tree Island, Wardell and Broadwater public schools lost absolutely everything in the recent floods and have now had to relocate their schools.

In April a group of amazing people came together to provide a day of fun for the 100 flood affected children of these schools at Ballina Memorial Pool and Waterslides.

Libby Lund-McDonald from Buy a Bed has been fundraising and on the ground helping throughout the flooding. Libby along with Claire Harding of Barefruit Marketing have now raised over \$35,000 and they are aiming for a \$50,000 fundraising goal.

'The objective of the event was to provide a day that allowed the children to put aside all concerns of the recent flooding events. There has been a lot of focus on recovery and property (and understandably so). However, we wanted to focus 100% on the children, to see them having so much fun was extremely rewarding', said Libby.

On planning the day the realisation occurred that these children don't even have swimwear anymore, this is where a group of energetic and wonderful people adeptly named Floods 2022 - The Unstoppable Legends all did their part to make this day possible. Cheryl Stubbs of Empire Vale and surfer Pauline Menzer contacted Mick Fanning, who

generously supplied new Speedo swimwear and Libby along with Jai Townend (son of legendary surfer Peter Townend) approached Boardriders for towels. The result was 100 pairs of new Speedo swimmers and 100 new surf towels for the students.

The day's success is also credited to Ballina Memorial Pool and Waterslides, Pelicans on Posties, Cherry Street butchery, Ben from the Drone Way and Deb and Troy White.

Libby mentioned, 'When you hear the children talking amongst themselves saying, 'this is the best day of my life', you know the day is a success'.

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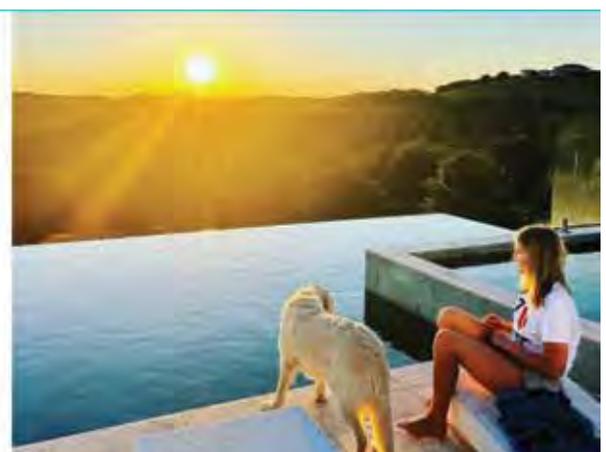
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Landmarks of Lennox

By Robyn Hargrave

Rockleigh Cheese Factory

From 1910 the Ainsworth family made good use of dairy cows on their properties just north of Lennox Head by processing cheese. Closed for a number of years when family members moved to Queensland, on 3 April 1935 'in the presence of a large number of local and district residents, [there was] officially declared open a cheese factory'¹ where Rockleigh Cheese was processed.

Cheesemaker was Zella Thieman (nee Ainsworth) who, with her father James, operated the plant. From a very detailed account in *The Northern Star* of 29 January 1936, this was a professionally run facility with the factory a 'substantial concrete structure', 10,000 gallons (45,500 litres) of water storage

and an extremely high level of cleanliness and hygiene

Just a few weeks after opening, Rockleigh Cheeses were exhibited at the Royal Agricultural Show in Sydney and in 1936 received second prize, only .3 of a point behind the winner in the continuous grading system at the Show.²

This was a family venture with other Ainsworth families living nearby.³ Norco Ltd were so impressed with the product, their Assistant Manager declared any quantity supplied could be sold 'at top market rates....provided the quality is maintained'.⁴

Rockleigh sold to the Waughs in the early 40s when James became unwell.⁵

Source information on page 65.



Centenary snippets

By Robyn Hargrave



Rip Curl Lennox Longboarders One Dayer surfing contest will be held for the first time on 15 May this year with vantage points from Lennox Park. Hosted by Lennox Longboarders and attracting longboard aficionados from the east coast of Australia, it replaces the Lennox Longboard Classic which was surfed since 1997 on the first weekend of August until 2019, after which impacts of COVID necessitated cancellation. The 2022 floods caused a further postponement to the event.



Lennox Head Community and Cultural Centre was opened by Ballina Shire Council Mayor Phil Silver and Federal Member for Richmond, Justine Elliott on 20 May 2011. It was the outcome of dedicated community action, endless committees, delays, plans and changes dating back to 1925 plus the 2010 replacement of architects. In 2016 the facility was reinvigorated with the launch of Park Lane Theatre and in 2019 further works upgraded the Theatre, installed air conditioning and refurbished the exterior.

Images and sources from LHHC collection. Logo by Barefruit Marketing. Readers with information on this or other Centenary Snippets, please contact Robyn Hargrave on 0412 660 994, or email lennoxheritagecommittee@gmail.com



So the wind won't blow it all away

By Jodi Vial



When I was a child, my Nana lived in lots of places. She even lived in the back of a Ford Escort panel van sometimes, when the travelling bug bit. She would come to visit us in the middle of one of these journeys, with her best friend Ben, a black Labrador. Sometimes she came by train, and we would wait with barely contained excitement as she opened her exotic-smelling suitcase and bestowed the gifts she had brought for us. Her visits were special, but it was our annual pilgrimages to visit her that were the greatest gift. And as much as she seemed to love travelling, her homes were always like a paradise, filled with parts of herself and her life but always open and comforting.

The Lennox Head house on Allens Parade was built of fibro and stood on stilts, literally stuck into the grey sand that turned into white just a few metres from the back steps, then became the ocean. There was a clump of bamboo and a bit of patchy grass dotted with faded lawn chairs, but ultimately the backyard was the beach. It was as close as it could possibly be without inundating the whole property, but in truth there was probably just as much ocean inside the house as out. Big chunks of pumice stone in the shower, seagrass matting gritty with sand, curtains faded from the sun but never really closed, like the windows, except on those summer afternoons when a tropical storm rolled in from the sea.

I don't remember Nana moving from Lennox and when I think about it now I marvel that she could have ever left such a beautiful place. But a child's memory is forever and an adult with foresight can clearly see that paradise is not. So she left while everything remained as it was and these days that house is perfectly preserved as a memory and nothing more.

The next house was not far along that same coast, but a few streets from the beach. This time there was a backyard, and it was filled with flowers and trees, some of which had made the journey from the sandy beds at Lennox Head. There

were tall pine trees hung with wind chimes and bird feeders and covered with sticky sap. There were always nasturtiums, and impatiens and gazanias that opened and closed with the sun. The soil was still sandy, the lawn still patchy and the ocean came in through the open windows just as it had done before. When I was 10 years old, this house became my own home for a couple of years. Nana left it to us for that time as she went on more travels and my family took a journey into cancer and thankfully back again.

A long time has passed since then. Nana passed away in 2015, at the age of 94. During her last move, from a one-bedroom unit into the nearby nursing home, she gave me a set of blue painted windchimes that I clearly remember hanging in a pine tree at her last house by the sea. I brought them home and hung them in my beautiful Robinia and as soon as I heard their familiar melody I was 10 years old again. Now every time I hear them, I think about how strange and wonderful the memory is, that it can blow in on the wind and carry you back in time as though you weighed nothing at all.



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But in the balance of power, the Greens will push the next government to phase out coal and gas and create hundreds of thousands of jobs rolling out renewables.

I have a strong, independent voice and will fight hard for:

- Real action on climate
- Social and affordable housing
- Putting dental and mental health in Medicare
- Making billionaires and corporations pay their fair share of tax

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MANDY NOLAN
FOR RICHMOND

**THE
GREENS**

Book review and library yarnbombing

By Darci Walker



As described by its author, Beth O'Leary, *The Flatshare* is the sort of book you reach for when you need a hug. It is a charming contemporary romance about two roommates.

Tiffany and Leon have an unusual arrangement. They share an apartment and a bed, but they've never met. Tiffany has the apartment to herself in the evenings and when she's off to work, that is when Leon comes home from nightshift. Exchanges are shared through post-it notes and leftovers, as Tiffany discovers 'it's weird how easily you can get to know someone from the traces they leave behind'. As they start to fall for one another through their distant communication, secrets start to reveal themselves more intimately. Maybe you never truly know someone until you've met them in person.

Recommended for lovers of Marian Keyes and Emily Henry, *The Flatshare* is O'Leary's debut novel from 2019. Pitched as a millennial romantic comedy, this story will leave you feeling uplifted and enchanted.

If you've read this book and loved it, we've got great news for you, Beth O'Leary has just released her highly anticipated fourth novel, *The No-Show*, described as surprising, heart-breaking and deeply satisfying. Excited to pick this one up in the library soon.

This May at the Lennox Head Library we are getting yarnbombed.

In celebration of National Simultaneous Story Time on 25 May the Library and our Makerspace Textile Group are teaming up to cover our space in all things warm and fuzzy. This year's book *Family Tree* by Josh Pyke details some beautiful illustrations that have provided great inspiration for our local makers.

Do you think you could help? We are looking for knitters, crocheters and crafters to help us make our yarnbombing display. Come along on Thursday afternoons at 2pm to our Makerspace group in the Library to see how to get involved.

Do you need to learn to knit? Lennox Head Library is holding free after-school learn-to-knit classes. Come along each Wednesday at 3:30pm for a beginner's tutorial on knitting. Needles and wool are provided, and to ensure enough supply, bookings are essential. Knit with purpose by creating some shapes we could include in our display. For more information on Lennox Head Library events, phone us on 02 6687 6398.

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On Menopause

By John Peacock



COVID Killed The Radio Star

I finally succumbed to COVID. I've been vaccinated and boosted like a mad man. My friends in Mullumbimby tried to tell me it was the vaccine that made me mad. I'm certain I was mad prior. I'm pleased I caught it. It meant I had to spend Easter in the house. Four days of pay TV and toasted cheese. Everyone close to me said it was my body's way of making me slow down. I felt sure it was a global pandemic, but I don't need to be told twice to take it easy.

One problem was that my wife was going to be away. Don't panic she was on a flight and masked up before I knew I was a victim.

My level of bachelor degeneration in these instances can result in interventions from those nearest and dearest to me, but in this instance, I've been confined to what we had in the house. It's hard to have a cheat weekend when your wife chooses what foods are available as choices. There was no beer or gin either which has made for some interesting medicinal cocktails. My other issue was that I was meant to be at BluesFest. In my life as a volunteer media celebrity, I also treat the listeners of a particular local community radio station to my life lessons and general dribble over their Wednesday breakfast. It was decided that I should go to Blues

Fest as a member of the Media. I had in my mind pictured the media tent and access all areas pass to be a much bigger deal than it was. I'd imagined plush surroundings with drinks and food, back stage passes and asking rock stars inane questions in general conversation. Nothing of the sort as it turns out (particularly not for me). The day we were due to go, it occurred to us that we'd actually have to do something, like produce soundbites and insightful interviews at the end of it all I was all set to do some in depth vox pop in the food court which has become my preferred mosh pit these days. Then COVID killed the Radio Star. My co-host texted me the next day. 'You would've hated it. People everywhere and very loud'. He's right, I would have. Who knew a global pandemic could be so convenient?

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Ocean rhythms

By Steve Shearer

Almost unbelievably, just over a month after the last devastating flood, our region was inundated again with extreme rainfall totals defying meteorological expectations. The La Nina pattern is giving us a super saturated ocean and atmosphere. When this super saturated air is directed into any kind of trough or low we are copping intense rainfall. This was noteworthy for the flash flooding which put large areas of Byron and Ballina underwater. Riverine flooding was still a destructive factor in Lismore and Woodburn.

That second flood has maintained very poor water quality across the area with tons of raw sewage pouring into the river due to the East Lismore treatment plant being flooded. Those prepared to brave the polluted water have found plenty of waves as the deep E'ly pattern has maintained plenty of swell. TC Fili formed on the other side of New Caledonia and slowly drifted through the slot, producing solid E swell for days. It was a classic swell event only downgraded by the dirty water.

Coming into Easter and the swell pattern remains favourable for continued swell production, with the Southern Ocean also starting to fire.

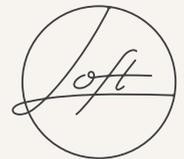


That looks like combo swells from both the east and south into the medium term as we head into the magic month of May. Hopefully water will start to now clear up as the threat of insane rain events starts to recede.

Fishing is still suffering the impacts of the flood, with the river wiped out and the beaches and rocks only slowly coming back online. A few tailor and GTs have been around on the rock platforms with a few big bream in the beach gutters. Hopes are fading for a late season pelagic season on the rocks as water now starts to cool but if things start to rapidly improve there's probably a two or three week window post Easter for a big hook-up. Hope everyone had a safe and surf-filled Easter. Tight lines and tubular visions until next month.



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In the mood for Joy

By Ali Chigwidden Fisher

After the recent chaotic state of affairs I feel like we could all do with a gentle boost of uplifting, soul-warming energy so here are my recommendations for May if you're in the mood for Joy.

Love Stories by Trent Dalton

Not only an exquisite writer, he also presents as one of the most genuinely thrilled-by-life humans on the planet and this sense of delight and wonder seeps into each page of Love Stories.

Rattled by the pandemic and searching for some comfort and truth, Dalton, a journalist by trade, sat in the streets of Brisbane with a typewriter and a sign 'Sentimental Writer collecting love stories as strangers stopped and told him their tales. The result is a beautifully written, emotional and eclectic anthology of short stories and musings which Dalton describes as 'a joyous, heart-on-the-sleeve tribute to the wonder of love.' At a time in our lives where everything seems cold and messy and overwhelming, these stories of kindness, strength and resilience are as comforting as a warm mug of chai and a heart-swelling reminder that Love Never Fails.



Come From Away, the musical

I saw this uplifting musical last year in Sydney, cried my eyes out and haven't stopped thinking about it since.

Come From Away tells the incredible true story of Newfoundland, an island off the east coast of Canada that took in thousands of standard passengers in the chaotic aftermath of September 11. In the shadow of such an ugly event, cultures clashed and tensions ran high but generosity and gentleness broke through distrust, music soared into the night and enduring friendships were forged through tragedy.

Through some of the most magical, theatrical storytelling I've seen in a long time, *Come From Away* is the innovative, funny and joyfully contagious celebration of human kindness and acceptance we all need right now and is playing at HOTA on the Gold Coast throughout July.

lennox VILLAGEvision PROJECT DELIVERY



»» Shop local and support Lennox village

Ballina Shire Council thanks the community for continuing to support your local Lennox businesses during the important Lennox Village Vision upgrade works. The Lennox Village Vision aims to improve Lennox Head's village centre while retaining its low-key, social and coastal village feel.

»» Temporary one-way traffic

To enable road reconstruction works to be completed as quickly as possible, Ballina Street will temporarily reduce to one way traffic heading south. This traffic change is expected to commence mid-2022 and continue for the duration of the works. Council will provide residents and businesses more information about this temporary traffic change once a start date has been confirmed.

»» Power upgrades

Power changeover upgrades will occur mid-May. Power outages will affect the Lennox CBD and further information will be provided directly to impacted properties by letter.

Subscribe for updates

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For further information

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Cars of Lennox

By Shan Railton



Make / Model – 1986 Suzuki Mighty Boy

Owner – Matt

In my opinion this is one of the weirder cars ever sold in Australia. It's a ute by definition but not a very practical one. Kinda cute though. They were never that popular but there are still a few survivors, like this one of Matt's that continues to hang in there nearly 40 years on.

LW – You don't see many of these around Matt, what's the story?

Matt – This car has been in my extended family since new. My uncle worked at a Suzuki dealership in Wagga, he used it as his run around car for a couple of years. He bought it outright from the dealer when he retired, then used it on his hobby farm instead of a quad bike. When he moved into a retirement village it became mine.

LW – Was it registered and roadworthy?

Matt – Not quite, had a few minor issues that needed sorting but I found parts fairly easily and got it back on the road.

LW – It looks very original, any plans to restore it?

Matt – Not at this stage, I'm just doing what it takes to keep it running. I've had a few people want to buy it over the years as they have a bit of a cult following. Some people put big motors in them and use them as skid cars. Not keen to see that happen to it if I'm honest.

LW – Fair enough. So it's staying with you for a while?

Matt – Yeah, no plans to sell it. With fuel prices the way they are it makes even more sense to keep it. So cheap to run compared to my Landcruiser.

LW – Drives a bit different too I'm sure?

Matt – Yeah, really! Two very opposite cars, both have their uses. The Cruiser is the family car, whereas Mighty (as we call him) is my duck-into-town car.

LW – I bet you don't get asked to help with moving house like most ute owners?

Matt – Ha, ha. It's never come up strangely. It has only enough room for one bale of hay according to my uncle.

LW – Thanks for chatting Matt, we hope to see Mighty on the roads of Lennox for years to come.

OSTEOPATH
LENNOX HEAD

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monday		tuesday		wednesday	thursday	friday	saturday	sunday
30	31							1
2	3 weekly	4	5	6	7	8 HAPPY MOTHER'S DAY		
9 weekly	10	11 weekly	12	13	14	15		
16	17 weekly	18	19 weekly	20	21	22		
23	24	25	26	27 weekly	28	29		

A CLOSER LOOK

- 1 OOZ live from 4-7pm
- 5 CINCO DE MAYO
- 7 TWO TEARS IN A BUCKET live from 6-9pm
- 8 HAPPY MOTHERS DAY
NATHAN KAYE live from 4-7pm
- 14 JOE CONROY live from 6-9pm
- 15 MARSHALL OKELL live from 4-7pm
- 21 HAYLEY GRACE live from 6-9pm
- 22 ANDY JANS-BROWN live from 4-7pm
- 25 NATIONAL WINE DAY
- 28 DAN HANNAFORD live from 6-9pm
- 29 SARAH GRANT live from 4-7pm

WEEKLY

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members only happy hour 4-6pm
- tuesdays** - members only happy hour 4-6pm
pool competition 5pm
poker night registration 5:30pm
- wednesdays** - members badge draw 7-7:30pm
members only happy hour 4-6pm
rosefinas mexican open 5:30-8pm
- thursdays** - trivia night 7pm
members only happy hour 4-6pm
rosefinas mexican open 5:30-8pm
- fridays** - meat tray raffles 6pm
members only happy hour 4-6pm
rosefinas mexican open 5:30-8pm
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rosefinas mexican open 5:30-8pm
- sundays** - live music 4-7pm

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Rise of the skater girl



Pictured: Ella Ledingham.

For decades a female's place in skateboarding was downplayed, but with the sport's inclusion in the Olympics last year and stars such as Australian Poppy Olsen on the rise, female skaters have moved from the margins into the spotlight. *The Lennox Wave* caught up with three of our own rising skater girls to chat about competing this month at the Fair Go Skatefest to be held in Ballina 21/22 May.

Ella Ledingham 10yrs

How did you start skateboarding?

When my Dad was young he skated and he wanted to teach me how to skate like him. I have been skating for around five years.

What do you love about skating?

It is so much fun and I love the feeling of landing new tricks.

What are your skate goals and dreams?

To become a professional skater and compete at the Olympics. I would love to be a skate teacher so I can help others achieve their goals in skating.

What is your greatest achievement in skating so far?



Pictured: Keke Brain and sisters Asha and Ella Ledingham.

Getting sponsored by TruckStop Skate and Hellfish Clothing.

What are your goals for The Fair Go Skatefest?

I want to have fun, land all my runs and make it into the top three.

Keke Brain 11yrs

How did you start skateboarding?

I became interested in skating when i saw stars such as Sky Brown and Poppy Olsen do massive airs on vert and loads of different tricks. Skaters like those girls inspire me. I got my first skateboard when I was 4, from then I have been improving.

What do you love about skating?

Because I can learn and improve on tricks. I love the skate community who are supportive when it comes to learning new tricks.

I also love making lots of new friends.

What are your skate goals and dreams?

To improve on my backside and frontside airs on vert.

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Evening: Wednesdays from May 11th for 8 weeks

6.30 - 8.30pm

Call Gary on 0488 295 731 to book in.



Rise of the skater girl



Pictured: Keke Brain.

I want my airs to go really high as it is the best feeling when you land a big air.

My dreams are to travel to different skate parks, meet new people and inspire others.

What is your greatest achievement in skating so far?

Hitting airs in a 12ft vert ramp. Skating for the love of it.

What are your goals for Fair Go Skatefest?

My goals are to air over the island, air on the vert bowl, 360 the spine. I will be practising these tricks and I hope I land them in competition to gain some scores.

Asha Ledingham 13yrs

How did you start skateboarding?

Being around my sisters and dad skating encouraged me.



Pictured: Asha Ledingham.

I started taking skating seriously when I was 10.

What do you love about skating?

It's really fun to learn new tricks and make runs. I get to skate with my friends and I enjoy it.

What are your skate goals and dreams?

To improve and learn my favourite tricks such as 540 Mctwist, kick flip indie and handplant. My dream is to always have fun and make it as far as I can whilst trying my best.

What is your greatest achievement in skating so far?

Landing my backside melon on vert.

What are your goals for The Fair Go SkateFest?

To have fun, land all my runs and get into the top three.



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Parenting Teens today

By Tracey Burns, founder of Unstoppable girls.



If you're raising teenagers today, I'm pretty sure you've heard some of these statements, if not all of them:

'you don't understand anything'

'you're such a boomer'

'things were so different in your day'

'Why don't you trust me?'

I remember saying those exact things to my parents, too, only parenting today has entered a new era of uncharted waters, and it can feel lonely and confusing and leave us wondering if we know what we're doing. The number one concern I hear from parents is that they no longer feel confident in their parenting approach and have lost all connection to their teens.

The world today feels so much more volatile; we've have terrorism, social injustices, the #Metoo movement, COVID, climate change, unstable financial markets, bushfires, floods and ever-evolving trends, attitudes and technology which has changed the way we live, communicate, socialise, learn and

absorb information. And there's no respite with our teens being connected 24/7.

Our teens are more stressed out, anxious, scared, and unsure of themselves than any previous generation.

So how can we best support our teens today? Research has shown that teens need three key ingredients to thrive.

A sense of relatedness and connection

Our teens need connection with many adults, not just their peers-parents/ grandparents/teachers/coaches/the broader community. Research shows that relationship has a significant impact on physical and mental health (face to face connection, not just online).

Seeing our teens get involved in the community recently to help those impacted by the floods was inspiring. It also helps them see different perspectives, builds their self-esteem and resilience and gives them a sense of belonging.

Competency, skills and capabilities

As parents, we need to support our teens to develop a sense of mastery, not just academic but life mastery: social skills, managing stress and emotions, problem-solving, communication and self-expression, time management and leadership. Our teens are watching us, so model the competencies you want your teen to develop.

Autonomy

Teens need a sense of autonomy to take healthy risks and make decisions for themselves (even if they are not quite what we had in mind). Our teens need to make mistakes and learn from them. It's critical for their development. Look for opportunities to give your teen autonomy and a sense of control and responsibility for their lives. And while it may not feel like it at times, your guidance and support and the behaviour you role model are critical to your teen and their success. So, if you want to see the best in your teen, you need to give the best of yourself.



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Mothers Day love



Kaluana

Why I love my Mum: She takes me everywhere that is fun and plants special flowers in my pot for me.

On Mother's day I will: Make special things for my mum.

If mum had magic powers, what would they be? Black magic powers.



Blakey

Why I love my Mum: We cook choc chip cookies together. She plays with me and lets me do the vacuuming.

On Mother's Day I will: Give Mum a card and presents and go for ice cream.

If Mum had magic powers, what would they be? Flying.



Beau

Why I love my Mum: She gets treats for me. She takes me to the park, pump track, library and roller-coaster.

On Mother's Day I will: take Mum to the park.

If Mum had magic powers, what would they be?: Powers to fix people.

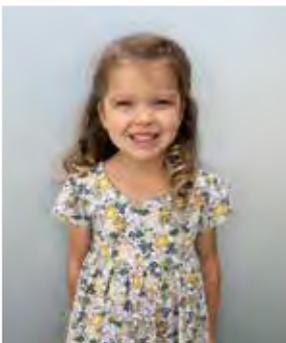


Theo

Why I love my Mum: hugs me when I come into her bed. Helps me catch fish.

On Mother's Day I will: Give her a hug and go for ice cream.

If Mum had magic powers, what would they be? Flying.



Elke

Why I love my Mum: She plays with me, likes my bunny and takes me camping.

On Mother's Day I will: Take Mum to the library.

If Mum had magic powers, what would they be? She could ride a panda upside down.



Blake

Why I love my Mum: She took me to build a bear. She gives hugs and cooks dinner.

On Mother's day I will: make her breakfast.

If Mum had magic powers, what would they be? She could fly to her favourite country. She would have water powers.



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Why Corporate Social Responsibility Matters

By Barefruit Marketing

Corporate Social Responsibility (CSR) is a concept or philosophy that considers how a business, company or brand builds trust with its customers and fosters a positive relationship within the local (and broader) community in which they both operate.

We have seen a massive rise in CSR since the pandemic hit. Over the last two years, small businesses have been hit hard, but many have been able to find ways to operate in clever, sensitive, helpful and community orientated ways, despite hardship and adversity. This led to increased brand loyalty and as a result, some businesses found themselves not only surviving, but thriving, despite the wildest (and weirdest) of lockdowns and restrictions. Any local restaurant that offered contact free delivery from a special menu was putting CSR into action, via customer-centric actions. The benefits to the business and community are apparent.

We can apply what we have learned over the past two years to our own current regional crisis. We are on the back of a massive natural disaster and the Northern Rivers business community (if not directly flood affected) could take a minute to pause and reflect on their own values and goals by making sure that they have, to some degree, an element of (CSR) as part of their business plan. If not for any other reason, CSR offers a sort of insurance or protection during economic downturns or crises. Will the local community (and your customers) remember you during these hard times, or if things go sideways again?

Ethical Marketing

Simply put, an ethical brand is one with a clear set of values, strategies and actions that are morally and ethically right and which contribute to society in a positive way. Your business should have its own Code of Ethics. Ethical marketing ensures these values are carried through your various channels (social media) with appropriate and timely messaging. Our region has suffered so much, and consumers will naturally be drawn to businesses that have clear ethics and are visibly contributing to society in a positive and ongoing way. For example, our business values include being curious, real, brave and fun. We try to action these in everything we do within the office and throughout our business and marketing communications.

Transparency

How your business demonstrates its values boils down to how open and honest you are with all your stakeholders - and you can only be transparent, with consistent communication. Whether it's good news or bad news – be honest and be real. It is much better to say it like it is to not only set realistic expectations for your customers but it is also an opportunity to relate to them about current local, regional, or even global situations. Phrases like 'we are all in this together' has been successfully used across all types of businesses for a very good reason.

We are so proud with the recent achievements and collaborated efforts of Lennox based businesses, organisations and individuals who have come together to raise money, clean-up and genuinely support each other.



Community is everything.

Over the past few months, we have seen our community come together in the most extraordinary way. Despite adversity and hardship, our spirit is stronger than ever. We are honoured to be a part of it and want to give back.

During May, we are offering FREE Digital Audits to TEN local businesses*. Get in touch for a chat, or head to the URL below to register.

**Limited to ten only. First in, best dressed.*



barefruit.com.au/digital
1300 328 034



2022 Federal Elections

The Federal election has been called for 21 May and the campaign has officially started.

We are voting to elect a representative for the electorate of Richmond and for the top job, Prime Minister.

The current election sees seven individuals campaigning for your vote to obtain a seat in the House of Representatives. The *Lennox Wave* invited each of the candidates for Richmond to share with readers their platform. The responses appear in the following pages, in alphabetical order.

Check your enrolment

It is compulsory by law for all eligible Australian citizens to enrol and vote in federal elections, by-elections and referendums. Compulsory voting was introduced in 1924 to improve the low rates of voter turnout - which have never fallen below 90% since. To enrol or check your current enrolment visit: aec.gov.au/enrol.

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I'm affected by floods - what do I do?

If you are temporarily displaced from your enrolled address due to flood or other natural disasters, you may still remain enrolled at that address. If you would like to add a temporary postal address to your enrolment record, please use the online enrolment form available at aec.gov.au/enrol to update your contact details. Alternatively you can call the AEC on ph: 13 23 26.

If the floods have caused you to move to a new permanent residence then you should update your enrolment. Information and forms are available for people who are homeless or have no fixed residential address.

Voting in person at the ballot box

The closest local location to vote is Lennox Head Public School. You will be given two pieces of paper. The smaller is for the House of Representatives, which is elected using preferential voting. You must number every box in order of your preference for your vote to be valid. The larger is for the Senate, which consists of 76 members, 12 for each state, and two for each territory.

There are 151 members of the House of Representatives, so one party needs to win at least 76 seats to form a majority government. Remember, every vote counts.

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- Smoke detectors
- Ink cartridges
- X-rays

Collection of these items will vary by location.

To find your nearest Community Recycling Station and the items accepted, call **Ballina Shire Council** on 02 6686 1287 or visit www.newaste.org.au/crs

NSW GOVERNMENT Community Recycling Station ballina shire council



Justine Elliot
Labor

This election is crucial for Australia's future. After nine years of the Morrison Government, it's time for a change – and only Labor can deliver.

Anthony Albanese and Labor have real plans to build a better future. From our fully-funded \$10 billion plan to ease the housing crisis, to our comprehensive plan to tackle climate change and create 604,000 jobs, and the creation of a federal anti-corruption commission – Labor is on your side.

Labor will create a better life by securing Medicare and making it easier to go and see the doctor and we'll make childcare more affordable and fix the aged care crisis.

We will invest in secure local jobs – in skills and training including Fee-Free TAFE in areas of skill shortage. We'll bring manufacturing home. Australia can be and should be, a country that makes things – not one that sends them offshore like this Government has done for nearly a decade.

And Labor will scrap the Government's cruel cashless debit cards and protect pensioners from ever being forced on them.

Anthony Albanese is a friend of the North Coast, and has a long history of delivering funding for the infrastructure that our community needs - including projects such as the duplication of the Pacific Highway. He understands the North Coast and our unique and special way of life.

As your local MP, I'm proud to have delivered more than \$2 billion for local roads, schools, health and community resources.

Recently, I have announced that an elected Labor Government will provide \$1.5 million to complete the Lennox Village Vision - another commitment that will ensure our community has the infrastructure we need.

This election is serious – and to get rid of Scott Morrison, you need to vote Labor locally.

I am asking for your vote to change the Government and build a better future for all of us. I am always on your side and look forward to continuing to work with you to build a better North Coast.

For more information visit: justineelliot.com.au.



Kimberly Hone
Nationals

Kimberly Hone is committed to a fresh approach to politics where consultation and cooperation replace criticism and conflict.

She says her Positive Choices agenda is about showing her three young daughters how they can impact the world with respect and integrity.

A new breed of women leaders like Ballina Mayor Sharon Cadwallader is proving that ethical representation is both popular and effective, Kimberly insists.

'If you want to change politics in Canberra, you have to change the politician you send there', she adds.

With a work history of helping disadvantaged and struggling children and young people, Kimberly Hone is passionate about supporting all families and individuals, helping them to succeed and flourish. That career has given her valuable experience in dealing with Government agencies and getting the best possible outcomes for the people for whom she fights.

It's with this passion that Kimberly and her husband, Wez Hone, founded their business coaching firm over 10 years ago.

With fond memories of family weekends in the Northern Rivers as a child, she now has the privilege of calling the region her home.

She has a passion for the local community, demonstrated in her volunteer service with the Tweed Heads SES and she spent much of March helping in the clean up and recovery across the region. The Hones also help out in remote Aboriginal communities.

Kimberly says she chose the Nationals because they are the only political organisation exclusively dedicated to representing the interests of regional areas like Ballina Shire.

For more information visit: nswnationals.org.au/kimberly-hone.

have your say on council services and operations

Council is reviewing key strategic documents that form part of the Integrated Planning and Reporting (IPR) framework for 2022/23:

- Fees and Charges
- Delivery Program and Operational Plan
- Workforce Management Plan
- Long Term Financial Plan and Budget
- Community Strategic Plan

Submissions close: **Friday 3 June 2022**



Provide your feedback online at
ballina.nsw.gov.au/exhibitiondocuments

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Mandy
Nolan
Greens



Gary Biggs
Liberal
Democrats

We are in a housing crisis.

Every day I am contacted by someone who is beyond desperate. The people who are reaching out to me have jobs, they have dependents, they have long rental histories. They have never been in this situation before.

There are single mums with kids living in their cars.

With every new high on a property sale comes another person or family becoming homeless. The other day I met a mental health social worker who developed PTSD from his work, is awaiting industrial action and now is homeless and is living rough.

This has to stop and after 17 years of this being a Labor seat our member hasn't protected us. She hasn't pushed up against the short term holiday letting investors who have turned our homes into private wealth.

We are tired of our region being used as property investment by people in Sydney and Melbourne, people who don't live here.

We need to address the 15 year deficit in social and community housing.

We need to regulate short term holiday letting and claim back housing for our community.

Everyone is affected by this issue – even those with secure housing. That's because our housing crisis means shortage of teachers, nurses, paramedics, retail and hospitality staff. Without hard action on housing, our region will be unlivable.

This neo-liberal model of perpetual growth is what underpins why we fail to address climate change. Right now our region is being inundated by floodwaters. We are having once in 100 year weather events every 10 years, and it's the people and the planet who pay. Their rich mates are fine.

While government takes donations from coal and gas, allocates over \$200 million to Beetaloo basin, we have Peter Dutton setting up a GoFundme for flood relief.

That's our Government's response to this crisis. It's just not good enough.

visit: Mandy4Richmond.com

I believe regular people are sick of being dictated to and bullied by those who have been in power too long. They seem to believe it is their destiny to rule over us. The average punter needs the chance to vote for a real freedom party, a party with liberty at its very core, not a party who discovered more freedom just in time for an election, not a Green ring-in pretending to be a freedom Independent and waiting until after the election to reveal their true colours and cut off our 24/7 reliable electricity. I am a Richmond local through and through and know the special difficulties we face, being a border community a long way from Sydney. This was brought into sharp focus when Queensland selfishly closed its border to the good folk of Richmond. The heartless attitude of those responsible and the spinelessness from our representatives were unforgivable.

Know that I will be a champion for our community. When everyday people have a go they should get a fair crack.

As a proud small business owner I have seen how petty interference from government's mini-tyrants lording it over us ruin small businesses. This hurts those risking their money but it also hurts everyone, the whole community from Ballina to Tweed Heads, who would enjoy all the wonderful services small businesses provide. Small businesses should know I will have their back whether in Richmond or around the country.

I never wanted a political career and only reluctantly agreed to run because Richmond has been politically too safe for too long. It's time we weren't taken for granted in Richmond. It's time to shake things up. It's time to regain our liberty.

GaryBiggs.com.au



Monica Shepard

Informed Medical
Options Party

Monica Shepard is a clinical naturopath and mum of one. She is a passionate human rights activist, fearless in supporting freedom of choice and standing up to corruption.

She spent her early adulthood working in child care, supporting children's development in a number of areas and witnessing many health options being implemented successfully by parents of children in her care. This led her to study complementary medicine so that she could become a naturopath and support the health of children and their families through a holistic approach.

Having been diagnosed in an earlier time with post-traumatic stress disorder due to family and domestic violence, Monica has experienced first-hand what victims go through with police and the court systems. She remains supportive of all women and children and their safety.

It deeply concerns Monica that medical treatments are being imposed or recommended for children. It started with No Jab No Pay/Play and now other states, by designating some children in the age group of 12 and up as 'mature minors,' are allowing them to provide their own informed consent to receiving these new products, i.e. COVID vaccines that are experimental and will not be completed until 2023 with trials conducted by the manufacturers.

Most parents and guardians would probably agree that their consent should not be taken away from them and that adolescents are not capable of providing fully informed consent. Monica will fight to prevent the potential adoption of a mature minor informed consent policy in New South Wales.

Monica's mission and goal is to represent all Australians who wish to make informed medical choices for themselves and their families and to help them preserve the right to do so.

In her own words: 'We need to protect the rights of our children and their children to come. The freedoms you surrender today are the freedoms your grandchildren will never know existed. We cannot just do whatever the TV tells us to do. It is our obligation to do what is right.'

For more information visit: imoparty.com/Monica-Shepherd.



David Warth Independent

I love this place. I have traveled the world looking for a place to call home and I have never felt more at home than I do right here in the Northern Rivers.

I have lived here for over 20 years now and have been so happy to be part of this wonderful community.

Things were going well. I had the life I loved as a wildlife film maker (davidwarthwildlife.com) but as we all experienced, things started to deteriorate. It has now become obvious that there is a real lack of trust in the government and the political party system in Australia.

I could not sit back and watch my community and my country suffer so much, so I drew my line in the sand and became the Independent candidate for Richmond.

My great desire is to bring our community back together and to create the future we want.

For too long decisions have been made in Canberra and Sydney by people who have no idea what it means to live here. We need to be pro-active and have true representation on the issues that concern our whole community. It's not in our interest to have representatives who are obliged to only follow party policies.

The floods have highlighted the need for local solutions regarding flood and emergency preparedness, housing, homelessness and growing our local economy. We also need action on intelligent national policies for climate, environment, energy, agriculture, water supply, infrastructure, inflation, the status of women in our society, wages, pensions, education, health care, aged care and so many more areas that are just not being adequately delivered on and resourced. There must be a concerted effort to provide a viable and encouraging future for our young people.

We need to re-establish business confidence and restore our international standing as a reliable trading partner while resisting overseas involvement in our decision making.

For more information visit: davidwarth.com.au.



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Robert Marks UAP

Robert has been a member of the party for nine years and has run in six elections, five as a candidate for the party. Having been self-employed for over 30 years, Robert is no stranger to the challenges every day Australians face. Rob is a real fair dinkum bloke who believes everybody should get a fair go.

Robert believes the government should concentrate on making the country great again and stop interfering in people's everyday lives. He's been on point for many years saying that Australia needs a great rediscovery of its values and common sense.

As Robert is a family man, he's doing this for his kids. He wants all Australians to share in its wealth and keep the nation's assets for future generations to enjoy.

Robert believes that Australians should be able to make their own decisions free from Government interference and that it's the country that needs a shot in the arm and not the people.

'We need big picture leaders running the place instead of career politicians and their big business mates' says Robert.

Rob Marks

Candidate for Richmond

unitedaustraliaparty.org.au/candidate/rob-marks/

Polling locations

The following list is current at the time of print. It contains information on polling places that would be in use for any federal election event called. For current information, visit aec.gov.au.

- Ballina Coast High School, 57 Cherry St, Ballina
- Southern Cross Public School, 2-40 Chickiba Dr, East Ballina
- Richmond Christian College, 7 Gallans Rd, Ballina
- Emmanuel Anglican College, 62 Horizon Dr, West Ballina
- Fernleigh Public School, 451 Fernleigh Rd, Fernleigh
- Lennox Head Public School, 25 Byron St, Lennox Head
- Newrybar Public School, 10 Broken Head Rd, Newrybar
- Xavier Catholic College, 2-30 Redford Dr, Skennars Head
- Teven-Tintenbar Public School, 28 Fredericks Lane, Tintenbar

Postal votes

You are eligible to apply for a postal vote if you are unable to get to a polling place on election day.

Upon registration, ballot papers will be sent to you and must be completed and witnessed on or before election day.

You have only 13 days after the election for your ballot papers to be received by the AEC.

For more information visit:

aec.gov.au/election/pva.



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Lennox Head Public School



AFL

On Monday 13 March, Henry, Joel, Jack, Tully and Kobe went to the Far North Coast AFL tryouts. All of the boys did extremely well with Jack, Joel and Kobe making it through to the next stage. Unfortunately due to the floods, the second AFL tryouts have been postponed until next term. The boys are incredibly excited and nervous. We wish them all the best. *By Lilah and Henry*

Touch Football

Last month, four boys from LHPS represented our school at the PSSA District Touch Trials. Harry, Kobe, Oskah and Edward were very keen to play and were eager to tell us about the trials. Out of 20 schools and roughly 70-100 students, only 12 were selected to go through to the next stage. Harry and Edward were fortunate enough to be included in this 12 and have advanced through to the next round. We wish them luck and can't wait to hear how they go. *By Ava, Jade and Mai*



Regional Swimming

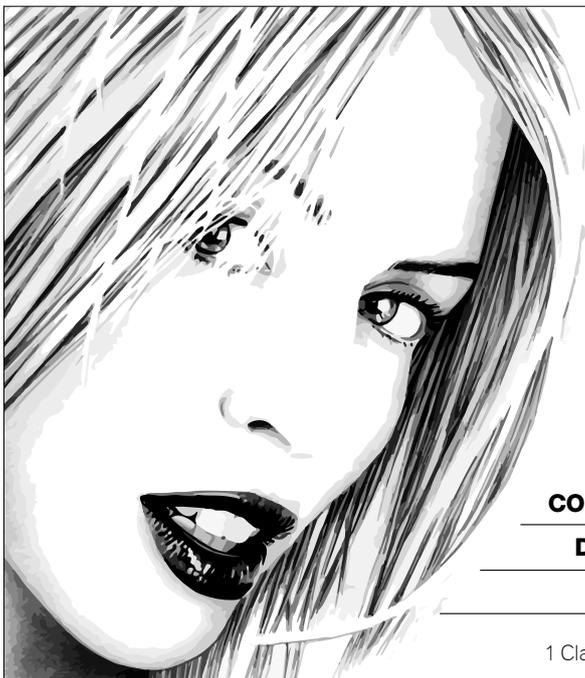
Two students from LHPS made it to Regionals for swimming. Amali and Blossom both placed well and were extremely proud of their efforts. They swam as hard as they could and felt nervous and excited before the race. The best part of the experience for them was the race and getting to compete. Congratulations Amali and Blossom. *By Avaluna and Ayla*

Easter Hat Parade

The Easter Hat Parade was one of the most colourful events yet. It was made even better by all of the parents and carers joining us to watch the parade. There were some fantastic hats and a lot of effort was put in to make some amazing styles. What a great way to end the term. *By Mila, Zuri and Ela*

Cross Country

On the last day of school, LHPS held its annual Cross Country event. It was great to see the whole school getting involved, including all students from Kindergarten to Grade 6. What a great way to finish off the school term. *By Ava*



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Environment matters- trees for our streets and us

By Lisa King, Environmental scientist and planner.



Did you know that street trees can cool urban areas by up to 20 degrees? They also make our streets more attractive; provide shade for residents, vehicles, and pedestrians; create places to sit and enjoy your neighborhood and provide habitat for native fauna. Street trees even add to the value of your home.

There are some downsides to street trees, such as possible harm from falling branches, damage to pipework and other structures from roots and allergies for people with sensitivities.

These problems can be almost entirely alleviated by choosing the right type of tree, planting in the right location, and doing regular maintenance.

The ideal street tree has a tall, straight trunk that spreads its branches above head height. It needs to be tolerant of pruning, resistant to drought and pollution and not drop too many leaves or fruit. Root systems should not be highly invasive or prone to suckering. Street trees should be native, so we aren't contributing to the spread of environmental weeds. Examples of some suitable street trees for our area are lilly pillys, tuckeroos, grevilleas, banksias, bottlebrush and paperbarks.

Many councils are now implementing street tree planting programs that invite residents to plant and care for trees; even giving them away. Ballina Shire Council has a dedicated web page where you can request a street tree - <https://ballina.nsw.gov.au/trees-and-vegetation>. If we all planted just one street tree, we would have thousands of additional trees in Lennox providing a significant environmental, economic and social benefit for the community.

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Rubbish Tips

by Jeannie McKillop

North East Waste has been conducting a number of waste audits on our public place bins across the Northern Rivers over the past four months to see what's going into the bins located on our streets and in our parks. It's been a real eye opener on several fronts. The one I want to address in this issue is compostable packaging. That's the cardboard, paper and timber products used in place of plastic for takeaway food from a café or food retailer. In many coastal villages, this comprises over 50% of the material in the waste bin.

Now, many business and patrons see these 'green' products as a good thing to do for the environment as they can breakdown to become compost. Technically this is correct – but it relies on several factors. The most important being that it must be collected separately from other waste or recycling at its source and sent to a composting facility – so that means you have to take it home and put it in your green bin if you want this to happen. If you put it in a public waste or recycling bin it will end up as landfill - as an organic material it will then produce methane as it decomposes – adding further to climate change. The amount of cardboard and paper used by some business is



also over the top. So when you next order your takeaway, ask your local cafe for minimal packaging – and consider taking it home to your green bin. It will save the business money and the environment's resources.

The right place for problem waste

Since Ballina Shire's Community Recycling Centre (CRC) opened six years ago, more than 166 tonnes of household problem wastes, such as paints, batteries, light-bulbs, gas bottles and oils have been dropped off, free of charge by residents. That is a lot of re-useable or recyclable material NOT ending up in landfill. Why not collect up all those household problem wastes and drop them off at the Ballina CRC, located at the Ballina Waste Management Centre, 167 Southern Cross Drive, Ballina. For convenience, small quantities of some household problem wastes including handheld batteries, x-rays, printer cartridges and mobile phones, can also be taken to one of Council's five satellite Community Recycling Stations (CRS) located at Lennox Head and Alstonville Cultural Centres, Ballina library, Council's Customer Service Centre and the Ballina Bunnings store. ballina.nsw.gov.au/community-recycling-centre-crc.

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Bird is the word!
Wildlife Hospital launches Biggy Pop merchandise range to save wildlife

Byron Bay Wildlife Hospital will release a range of limited-edition merchandise to raise funds for its life-saving veterinary work for Australian wildlife.

Biggy Pop is the cockatoo bestie of punk icon Iggy Pop, and BBWH's founding patron.

In partnership with Seven Mile Brewing Co and Street Machine Byron Bay, BBWH is selling Biggy-themed skate decks, craft beer, beanies and board shorts to help raise funds to treat injured and sick wildlife.

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Landcare

By S Web



Backyard Blitz – get your native plants from Lennox Head Landcare

Have you ever thought of planting your backyard, or front yard for that matter, with local natives? There are a few good reasons why you should. They're local for a start, they attract and provide food for wildlife, have little weed potential, require little water and, best of all, the money you spend goes back into Landcare. So, what plants do you need?

Ground covers and vines with colour

You can't go past a scrambling Hibbertia with its cadmium yellow flowers, guaranteed to brighten a dull day. Dianella is a clumping, strappy-leaved plant with cute bell-shaped edible purple flowers. Pigface is hardy and loves a sunny spot, perfect around rockeries with succulent leaves and neon pink and yellow flowers. They're also edible. The Birdwing butterfly vine climbs trees and their tiny pitcher-like flowers are eye-catching. Birdwing butterfly larva feed on the vine and the dazzling adults (male iridescent green and multi-coloured female) are huge. Before the rainforest was cleared, they drifted about in their thousands. Let's bring them back.

Shrubs with colour

If you live in town on the sand, a *Banksia aemula*, *Banksia oblongifolia* and *Banksia ericifolia* are nectar dripping species and honeyeaters love them. It's also worth thinking about the wattles, sweet, coastal and prickly moses. Cordylines, with a mix of different coloured flowers and fruits are essential. Birds and lizards eat the fruit and, if the plants get a bit tall, cut them back and plant the cutting - dead easy. Bushman's Bootlace is fine-leaved with red berries. Thick if clipped, open if left to itself. Perfect! Grass trees are distinctive and gnarly, rugged yet regal, black and green and grey and brown and white and red and yellow and, well – simply stunning.

Small trees with colour

With new leaves turning pale pink to deep crimson, edible fruits blue, rose-red, and bright pink, Lillypilly are a standard. They make brilliant hedges if trimmed once a year. There are a few local varieties. Beach Birdseye are salt tough. With red fruit on a grey-green background and dense foliage they make a great screen or hedge. Brush Senna's sunshine yellow flowers bloom from winter to summer (not to be confused with the dreadful weed Winter Senna) and coastal corkwood with delicate, star-shaped white flowers are great garden sized trees. Tuckeroos, pink euodia and pandanus are great shade trees too but they require a bit of space so keep them away from fences and the house. Pink euodia attracts birds and can be kept small if you are prepared to prune annually.

So, what to choose? There are plants aplenty from Lennox Head Landcare so why not call Shaun 0448 221 210 to discuss what plants best suit your garden. She loves the scrambling lily so you will get one as a gift with every purchase. Happy gardening.

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Pet of the month

Name: Sky

Animal: Budgie

Age: Six months

Owners name: Carruth family

Favourite food: Lettuce

Favourite thing to do: Fly on everyone's heads like stepping stones.

If they were not a budgie what would they be?: Sky would be a monkey because he loves swinging off his toys.

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

Send to editor@thelennoxwave.com.au



We're here to help

Ballina Recovery Centre

open Monday-Friday 9am-4.30pm
Ballina Surf Club, Lighthouse Parade, East Ballina

If you've been impacted by the floods, you'll find a friendly face and a listening ear to help you navigate the range of financial assistance available, provide accommodation advice, assist you with insurance and legal issues, and link you with clean-up support, and access mental health services.



Free return shuttle bus service operates daily
ballina.nsw.gov.au/floodrecovery



visit the Flood Recovery Distribution Hub

57 Gallans Road, Ballina
formerly Thursday Plantation cafe

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until further notice

FREE pantry items and goods
available for collection for flood-affected residents.

To donate directly to people in need please visit givit.org.au



No bones about it

By Evan Kosack

I am constantly asked about various aspects of pet diets in my day-to-day consultations.

Overall, most commercially available brands of balanced pet foods are nutritionally sound and have more than enough enriched vitamins and minerals to satisfy our pet's needs. Some foods are tastier than others; some may be better digested between individual pets and may suit individuals better for one reason or another. However, malnutrition is not an issue with domestic pets on commercial foods. The main diet-related problem our pets have these days is obesity. This is the thing that people should be paying most attention to, not spurious conflicts between raw vs cooked, dry vs wet, fresh vs commercial, grain-free (groan) or gluten-free (double groan).

Related to the emotionally charged topic of types of food is the issue of feeding bones to pets, especially dogs. Wild dogs will munch down on bones regularly, as will cats. There are a few differences between wild dogs and cats. However, that affect how they approach bones in the diet. First, wild dogs like Cape Hunting Dogs, dingoes, coyotes and wolves, and cats like lynx and lions have significantly more robust teeth and jaws than your average Italian greyhound, corgi or moggy. They are much more able to deal with and break up large bones when they encounter them. Secondly, most bones ingested by wild animals are done as part of a mixed diet of scavenged carcasses and small prey, so smaller bones are par-for-the-course rather than giant shank bones. Thirdly, most bones ingested by wild animals are done so when the bones are fresh or relatively so. This has a bearing on how the body can digest the bones once in the gut. The fourth thing to consider is that bones occasionally cause the death of a wild animal by perforating the digestive tract or getting stuck in the mouth leading to infection and inability to eat. Broken molars from bones also may lead to an animal's death through illness.

We see many pets with perforations to their throats from bone shards, lengths of bone wedged across the hard palate

between molars or capped over teeth causing pain and tissue destruction, marrow bones trapped around the lower jaw and a constant supply of shattered molars and dental abscesses due to chewing on large bones. These events can be severe and require many surgical and dental interventions to correct. The argument that raw bones are 'natural' is pretty meaningless. Our pets don't lead natural lives in many ways and haven't done so for thousands of years since being closely associated with humans. Dogs significantly have evolved multiple genetic modifications (such as digesting a large amount of starch) that allow them to adapt to a diet scavenging off humans. Cats are less so as they're more recent guests at our dinner tables. It's worth remembering that nature isn't benevolent. It's either trying to kill or eat us, not necessarily in that order.

What about cooked bones, then? Well, they're worse. Cooking bones or leaving them out in the sun or soil to become desiccated changes the protein matrix of bone and renders it very difficult to digest. It becomes almost like concrete when it passes into the digestive tract. Larger pieces can pass through shards that get wedged at various valves in the intestinal tract, causing pain, constipation and sometimes life-threatening perforations. Ingesting and grinding up more significant amounts of cooked or desiccated bone can cause severe obstructions in the gut that can have dire consequences for the pet. This impacted bone sets like a stone and can be extremely difficult to remove. The removal process usually means multiple enemas under a general anaesthetic, with a manual breakdown of the impaction by manipulation and massage. It's a very unpleasant experience for all involved. In some cases, the impaction needs to be surgically removed, a significant intervention and a life-threatening process that we rarely have to resort to. As well as the pain and misery of a blockage, these situations may lead to such sequels as pancreatitis, hemorrhagic gastroenteritis and septic peritonitis. No doubt many will disagree with me, but in my opinion, the risks of bones, especially cooked, far outweigh the benefits.



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

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Home Alchemy

By Emily Rooney

After nearly a decade of connecting with disaster survivors it's become clear that alongside all the tangible support it takes to rebuild lives, homes and communities there are some intangible aspects that are equally important. In fact, there is one that I'd say is almost a crucial precursor to everything else - hope. According to Wikipedia, hope is 'an optimistic state of mind that is based on an expectation of positive outcomes with respect to events and circumstances in one's life or the world at large'. As a verb, its definitions include: 'expect with confidence' and 'to cherish a desire with anticipation.' In regards to disaster recovery, the below quote on hope by Zen Master Thich Nhat Hanh, a global spiritual leader, poet, and peace activist, says it all.

'Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.'

So how do we create a sense of hope, in ourselves and our communities when we are being challenged on so many levels? In the 80 and 90's an American psychologist named Charles Richard Snyder garnered international fame for his work in positive psychology and in particular his

Hope Theory. He postulated that there are three main things that make up hopeful thinking:

Goals – approaching life in a goal-oriented way.

Pathways – finding different ways to achieve your goals.

Agency – believing that you can instigate change and achieve these goals.

He suggested that individuals who are able to realize these three components and develop a belief in their ability are hopeful. People who can establish clear goals, imagine multiple workable pathways forward and persevere on the path, even when obstacles get in their way.

But hope is more than a cognitive process in healthcare. It has long been apart of our world through culture, literature, mythology and religion. And when I was recently reassessing my project for disaster survivors Suddenly Homeless, I realised what I was really trying to do was to bring a message of hope. That people impacted by disaster can and someday will feel at home in themselves, their life and this world again. Before I knew it, I was undertaking a re-brand and creating new ways to share the message.

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The power of breath and ice



We start our life with an inhale and end our life with an exhale, but how often do we think of the breath we take in between?

For centuries breathwork has been used by the Taoists, Hindus and Buddhists as a powerful medicine to lengthen lives and reach higher states of consciousness. Combining breath and ice immersion for Dee, Ange and Stu activated a personal healing journey. Convinced by the therapeutic properties, they recently travelled to the Snowy Mountains of NSW to train and gain the skills to share the techniques with others here in Lennox Head.

I arrive at their sold-out breath and ice workshop held monthly at Lennox Sanctum feeling slightly anxious. We are welcomed with a cup of cacao and asked to sit in a circle as Ossie plays the didge and welcomes us to Country. We begin with simple yogic breaths and setting an intention.

My monkey mind scrambles. What am I seeking? I land on Inner peace. The effect is calming, and swiftly my nerves release.

We lay down, guided into a series of super ventilation breath practices accompanied by vibrational sound healing instruments. We begin by inhaling in through the nose and out through the mouth combined with breath holds. As the breathwork speeds up, rhythmic with the drumming, I feel the sensation of tingles sweep up my body, leaving me feeling dense and light – strangely simultaneously. I surrender to the experience and suddenly feel weightless as I am transported into a state of bliss. It's a moment of pure beauty, a moment i don't want to end.

When I eventually drop back into the space, I connect with the other attendees, eager to hear their experiences, ranging from emotional releases, visions, and clarity.

Ange confides, 'I have had so many releases with the breath, it's so powerful, and I knew I wanted to share it with other people'.

Dee agrees, 'Pranayama was the gateway for me to truly see that breathing techniques could enhance mental, physical, and emotional states, even allowing us to have mystical experiences.'

For Stu, who found breathwork through the larger-than-life extreme athlete Wim Hof aka The Iceman, using breath

has helped him manage physical illness and anxiety, 'The breath has revolutionised my life, and I want to share that with as many people as possible'.

It's time to jump in the ice bath. Exposure to the cold is believed to have many health benefits, from reducing inflammation to improving the production of those feel-good endorphins.

Thankfully I share the bath with a friend and we supportively hold each other's hands, inviting warmth into our icy experience.

Ange explains the workshop's emphasis as 'Not just a connection with the body and breath but a deep connection with other people. We use the ice to push your body to places you didn't think you could go but in a safe, nurtured and supportive environment.'

The first minute in the ice, a burning sensation overcomes my body. However, after the activating breathwork I feel like I can achieve anything. I breathe through the tension, relax and soon enough the three minutes are up.

I immerse myself completely in the ice as the words of Wim Hof come to mind, 'If we always choose comfort, we never learn the deepest capabilities of our mind or body'.

I jump out feeling invigorated, powerful and still peaceful.

Helping Our Community In These Challenging Times

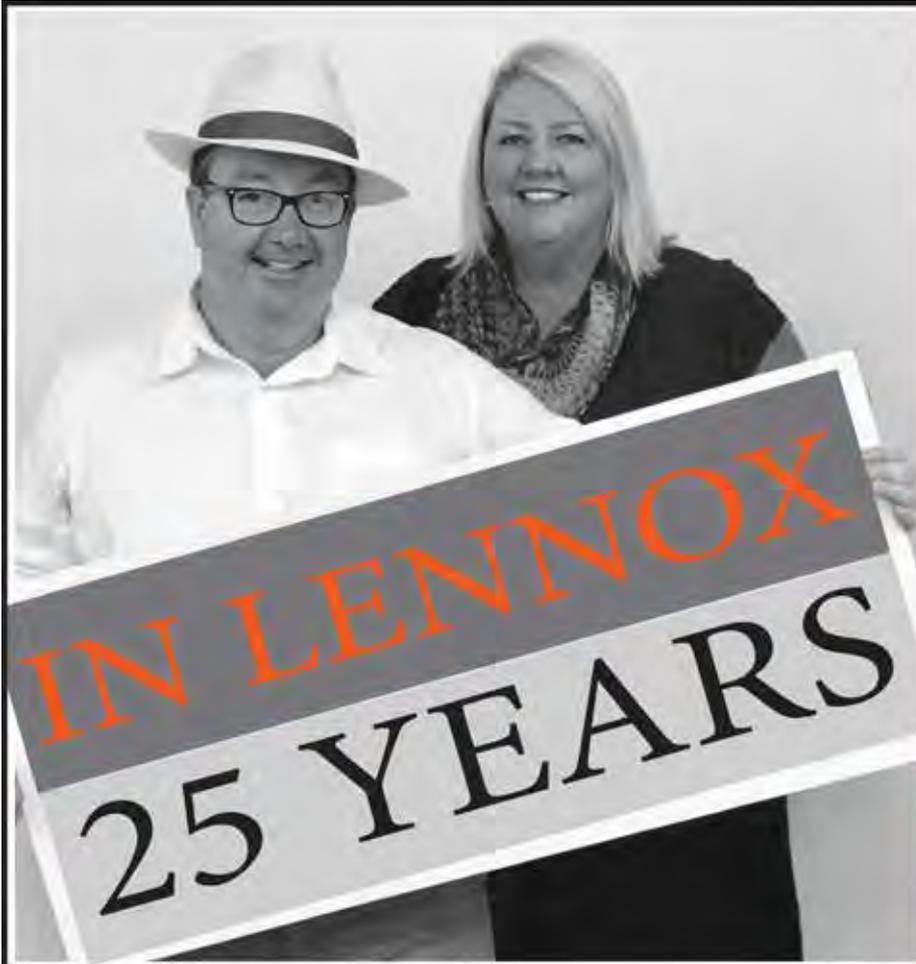
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Lennox Pirates undefeated champions

by Mark Duncan



The Lennox Head Pirates Cricket Club have completed another season and claimed their 4th straight club championship. The district cricket finals series was jam packed full of Lennox Pirates teams with the U12's Buccaneers and U16 both fighting it out in the grand final. The U12 fought hard against a well drilled and unbeaten Cudgen side to end the season as runners up. It was a fantastic season for the Buccaneers, who played their best game of the season the week before, easily accounting for Pottsville in their semi-final, with Henry Rose being awarded player of the finals for his unbeaten 24 off 15 balls and some spectacular fielding in both finals. Meanwhile, the U16 successfully defended the premiership, with nail-biting win against Pottsville at Megan Crescent. Captain Max Ingram sealed the win with 2 overs to spare with a massive 6 to bring up a fine 50 off 31 balls. The focus then switched to the grade grand finals in the afternoon with 2nd, 3rd and 4th grades all playing for the major premierships. 1st grade were bundled out of the LJ Hooker League finals the week prior by a fired up Goonellabah Workers Club. Unfortunately, the rain ended all games prematurely, as yet another March rain

cell wiped any hope of a repeat of last season's grand final success. 2nd grade were well on top of Byron Bay, with the Pirates amassing 6-247 off a rain reduced 35 overs. Opening batsman Jake Nind (66 off 64) and Bobby Bugden (51 off 43) yet again stood out for the Pirates, but with the rain fast approaching and field conditions worsening, the game was called off half way through the Byron innings. 3rd and 4th grades ended the season as minor and major premiers with games ending early in the 2nd innings. 3rd grade captain Adrian Zakaras (34 off 21 balls) and Danny Young (28 not out off 30 balls) pushed the Pirates towards a defendable total of 190, against Tintenbar East Ballina. 4th grade allrounders Russell Asser (42 runs) and Shaun MacDonald (41 runs) helped the Pirates to a respectable total of 152 against fellow seashiders Byron Bay.

While the senior awards presentation night was held on Friday 29 April, the juniors celebrated their season 20 April at the Williams Reserve clubhouse. Junior Club Champion runner up, Tully Churton and Junior Club Champion Max Ingram, took out the Darel Vidler Scholarship for the 2021-22 season.

Ballina tenpin bowls

Ballina Tenpin Bowl now offers a seniors' league and is welcoming players to join. Catering for all abilities, it is a friendly atmosphere and no bowling experience is necessary. The activity offers a chance for some light exercise within a positive supportive group, and all equipment is supplied.

Players are placed within a mixed team and individuals are welcome.



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Juniper crowned U16 champion



In an exciting finish, Juniper Harper took first place in the U16 Billabong Oz Grom cup held in Coffs Harbour last month.

With four minutes to go in the final, she made her move on a huge wave demonstrating her power and strength through the first five turns, impressing the judges and placing her from third into leadership position.

'The conditions were big and it was a hard paddle or run around to get back out, so I was patiently waiting for a good wave. I had priority, so I was stoked when I saw this final wave coming.

'I was thrilled to get this win as the waves were pumping and it was stacked with talented U16 girls', Juniper explains.

Juniper who has been surfing since she was four only started competing at age 11. Since then, she has remarkably won the U14 state championships and secured a sponsorship with Billabong.

What's next for the rising surf star?

'I'm having a go at a few Pro Juniors this year which are U21s. A few of them are coming up in the next few months and then the winter competition season kicks in. I have a few overseas surf trips planned, which I'm excited about,' she says.



The Lennox Longboarders One Dayer by Wayne Booth



Our new revamped One Day Longboarding event will now happen on Sunday 15 May at Lennox Main Beach.

The Rip Curl Lennox Longboard One Dayer 2022 (Take 3) presented by the Lennox Longboarders Club and The Healthy Minds Club will replace the former annual Lennox Longboard Classic, a two day event which was staged last in 2019 and has been deferred three times due to COVID and the floods

There will be four Longboard Divisions: Open 9ft, Over 40, Over 60 and Ladies.

It will be a day of Longboarding Skills from around the region and from Southern QLD displayed at Lennox Head.

Expect longboard surfing in its best form of competition, with fun and lots of talent on show.

For more information on the event: lennoxlongboarders.org



Surf club news

By Michelle Mahon



Aussies 2022

It's the final event of the season – The Aussies, featuring 314 clubs, held from 2 – 10 April and hosted by North Kirra SLSC and Kurrawa SLSC on the Gold Coast. Lennox did a great job representing.

We had U13, 14s, 15s, 17s, 19s and Masters all competing. Our team persevered with a solid training schedule in the lead up to the Aussies. It's a huge credit to both our competitors and our coaches for all the effort that was put in despite facing every possible weather event.

Highlights include:

- Niamh Sharpe – 1st in the Board riding
- Oli Sharpe – 3rd in the Board (after an incredible and nail-biting finish)
- Rueben Sharpe – 3rd in the Board riding
- Marli Francis – 3rd in the 2km Beach run
- Nathan Mackenzie – 7th in the Board and 15th in the Ski
- Jackson Bond – 8th in the Swim and 14th in the Ski

Congratulations to all who competed and a huge shout out to Sam Miller, Chris Bond and Lou Wilson for all their dedication coaching this crew.

Junior Lifesavers of the Year

We were very proud that two of our U14s – Ruby Yantsch and Jayden Matthews had been selected to represent the Far North Coast Branch at the Junior Lifesaver of the Year awards. Ruby and Jayden did us proud. They had the opportunity to attend a three day leadership and development camp on Sydney's Northern Beaches. Excitingly, at the conclusion of the camp, it was announced that Jayden was the winner of the NSW Junior Lifesaver of the Year award.

On Patrol

As we near the end of the season, we wanted to say a huge thanks to our patrolling members who volunteer their time to keep our beaches safe every weekend and public holiday. It's certainly been a tough season in many ways, but we are so grateful for the spirit and dedication that has been shown not only for our beaches but also for our broader community.



Congratulations to Dan McCabe from Lennox Gelato who placed 1st place in Australian Champions in the Over 45 Double Ski with Dean Rutgerson representing Byron Bay Surf Club.

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Trivia with Vic Leto



1. In local Aboriginal cultural stories the Three Brothers arrived to what is now the Bundjalung Nation, by what means of transport?
2. May 1973 signifies the departure from Ecuador, across the Pacific Ocean of worlds longest ever raft journey. The rafts arrived six months later in what nearby seaside town?
3. Pop Princess Britney Spears has recently announced her pregnancy, but in recent years she fought a court battle with which relative and over what serious topic?
4. Still on pop celebs, what singer recently faced (and was cleared) of what lawsuit?
5. Dubbed 'the Little Corporal' what French leader died in May 1821? Also, where did he die? (there is a nearby location in this region with the same place name.)
6. May, celebrates Mums for all their wonderful loving support with Mothers Day, so how do we define when Fathers Day falls in the calendar year?
7. As we head to a federal election in the seat of Richmond, Lennox sits in what state electorate?
8. True or False: Both these federal and state seats occupy the same geographical area in location?
9. May 1994 Nelson Mandela is inaugurated as President of South Africa. Name the U.K. band that 10 years earlier had a hit with a protest song dedicated to him?
10. Name the person born in May 1820 whose unselfish dedication greatly improved the sanitary conditions and procedures for treating injured soldiers?

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A night of fun and film

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

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

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

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

When: Monday 27 June

5pm - festivities begin 7pm - movie starts

Where: Ballina Fair Cinema

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

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



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Entertainment this month

At The Movies

The Year is 1986. There was no Google, Twitter, Netflix, Tik Tok or You Tube. Your kids and grandkids are aghast at such a cruel life.

Neighbours gets its first airing on Channel 10, the last game of Rugby League was played at the Sydney Sports Ground, Bob Hawke was Prime Minister and housing interest rates were 17%. Yep, that's SEVENTEEN percent folks.

'86 was also the year that saw a 24-year-old Tom Cruise star as Pete 'Maverick' Mitchell in a movie that originally got a lukewarm reception by critics called Top Gun. How wrong they were. Costing \$US15 million to make the film went on to gross \$US356 million and sell over 3 million video cassettes (remember them) and DVDs. Rumor also has it that there was a baby boom in that year as Cruise strutted his stuff in the air and on the ground.

Fast forward to 2022 and Tom does not seem to have aged an inch as at 59 he returns for the much-anticipated sequel Top Gun: Maverick. Well, he was around 55 as most of the film was made in 2018 and due to COVID its release has been held up for over two years. This time around Maverick is put in charge of training a group of Top Gun graduates for a specialized mission, ordered by his old buddy Iceman who has now risen to US commander of the Pacific Fleet. How can Maverick say no? Well folks, the wait is finally over, as this long anticipated sequel opens 26 May. The trailers look amazing. If you get a chance check out the extended Super Bowl trailer which is online. Bomber jackets are back.

Streaming

If you like a good western yarn check out Billy The Kid now up on Stan. Created by Michael Hurst who brought us The Tudors and Vikings. Hurst set out to unravel myth from fact in the new take on The Kid and it's a powerful watch. Getting some good reaction over at Apple TV+ is Roar. It is eight half hour short stories based on the writings of Irish writer Cecilia Ahern with Nicole Kidman and Judy Davis facing off in one of the eps called The Woman Who Ate Photographs. On Binge, check out We Own this City. From the producers of The Wire the thriller follows the rise and fall of the Baltimore Police Departments Gun Trace Task Force. On Stan worth a look is Gaslit which offers a new take on the Watergate scandal. And if you are a lover of good British drama, check out A Very British Scandal on Prime. Bio episodic pics seem to be flavour of the month at the moment and worth a look is We Crashed (Apple TV+) that follows the rise and fall of the We Work office rental empire.

Live

Great to see live entertainment is finally starting to come back and certainly the very successful Bluesfest 2022 was a great way to start! Upcoming at Ballina RSL is The Big Gig Free Live Comedy on 26 May and The Neil Diamond Tribute Show on 27 May.



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Let's Get This Party Started - May 19

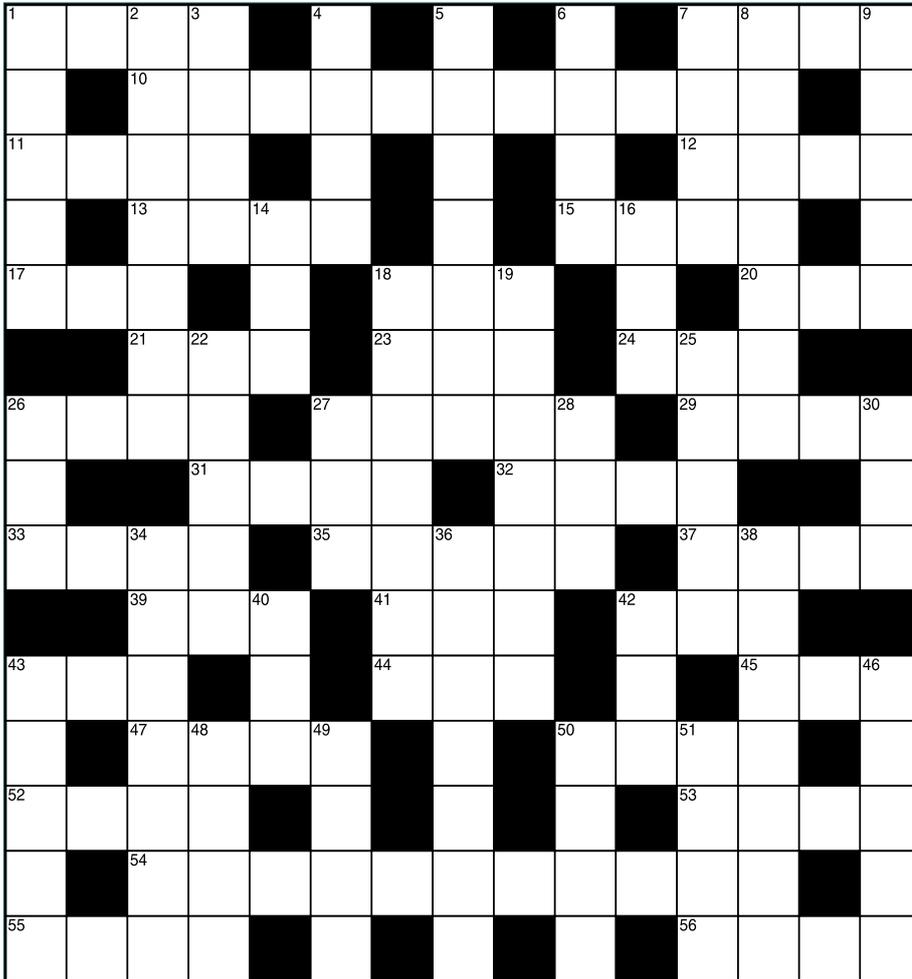


Top Gun: Maverick - May 26

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May crossword



ACROSS

- 1. Flower stalk
- 7. Bamboo rod
- 10. Convicts
- 11. Sharpen (appetite)
- 12. Apple MP3 player
- 13. Bridalwear item
- 15. Toothpaste container
- 17. Gene acid (1,1,1)
- 18. City, ... Francisco
- 20. Billiards stick
- 21. Twice five
- 23. Filled pastry
- 24. Picnic pest
- 26. Feel anxious
- 27. Ligament
- 29. Mongolia is there
- 31. Detect sound
- 32. Tall, ... & handsome
- 33. Loose garment
- 35. Brick barriers
- 37. To ... his own
- 39. Crescent
- 41. Tell a whopper
- 42. Music discs (1,2)
- 43. Promise
- 44. Phone text (1,1,1)
- 45. Battery size (1,1,1)
- 47. Alley
- 50. Bellow
- 52. Type of pork chop
- 53. Petrol or diesel
- 54. Meaningless
- 55. Roadway symbol
- 56. Rip violently

DOWN

- 1. Stitched
- 2. Hoist
- 3. Partner
- 4. Cain's brother
- 5. Landscape
- 6. Short theatre sketch
- 7. Baby's bed
- 8. Features
- 9. Comedian, ... Murphy
- 14. Spy writer, ... Fleming
- 16. Actress, ... Thurman
- 18. Swirls
- 19. Tattooist's tools
- 22. Anaesthetic
- 25. In one's birthday suit
- 26. Representing
- 27. Laid eyes on
- 28. They were, I ...
- 30. Fire residue
- 34. Shouting loudly
- 36. Walking painfully
- 38. Usually (2,1,4)
- 40. Soup tin
- 42. Pigeon call
- 43. Electrical units
- 46. Suffered
- 48. Unknown author
- 49. More
- 50. Drizzle
- 51. A great way off

April Solutions





May horoscopes

By Patsy Bennett - patsybennett.com

Aries

Venus, the planet of love and money, will be in your sign for most of May, bringing your focus to these two important qualities in your life. You will gain the chance to progress in both areas and may even reach goals in unexpected ways.

Taurus

The new moon in your sign on 1 May will kick-start a fresh phase for you; for April Taureans at work and health-wise, and for May-born Taureans, in your personal life. Travel, study and new ideas will all feather your nest now.

Gemini

Early in May, a focus on regenerating your work, health and daily schedule will be effective, so take the initiative. The new moon in Gemini on 30 May will kick-start a fresh chapter in your personal life so be prepared to turn a corner.

Cancer

You'll have the opportunity to gain a more solid and secure position in life. You may even experience an unexpected change in status or work offer early in May. Be open to new collaborations at work and, if single, to a fresh companion.

Leo

You are ready to torpedo your status into new territory. If you've been looking for a new job, you may find one now, and it could be ideal. Be prepared to collaborate and co-operate with those you must share responsibilities with.

Virgo

The new moon on 1 May will revitalise your partnerships and collaborations, so if you would like to forge new agreements, this is the month to do so. Towards the end of May, you'll appreciate the chance to turn a corner and broaden horizons.

Libra

Someone close will surprise you, and you may already have an idea of who - and how. You are ready to make changes domestically, and may already be putting a lot of energy into transforming your home life. Rest assured, your efforts will succeed.

Scorpio

You'll feel inspired by rebuilding and rethinking your situation, especially in connection with your personal life, your neighbourhood and environment. Romance will be appealing, but also potentially misleading, so choose your path carefully.

Sagittarius

The two new moons – on 1 May and 30 May - will kick-start a fresh daily routine. For some Archers, this will be in connection with work, for others, your personal and home life. You may be surprised by developments, so keep an open mind.

Capricorn

This is a watershed month, especially in connection with your home and neighbourhood. You may be drawn to fresh territory and visits and guests may inadvertently alter dynamics. You have the chance to improve your personal life, so take the initiative.

Aquarius

Financial and personal matters will take your focus in May, as you gain the opportunity to plan better moving forward. A debt may be repaid. The new moons on 1 May and 30 May will revitalise your personal and domestic life, so be creative.

Pisces

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



1. The Three Brothers with their families arrived from the sea on 'dug-outs' (canoes).

2. The Las Balsa Expedition arrived in Ballina after a journey of 14,000 kilometres and 178 days at sea. A visit to the Ballina Maritime Museum where one raft is housed is a MUST SEE!

3. Britney won a court battle with her father, and raised awareness about Conservatorship, an important issue over legal financial Guardianship that can overrule individual rights.

4. Ed Sheeran was cleared of plagiarism for his hit Shape Of You. The British musician had been accused of copying parts of Sami Chokri's 2015 track Oh Why.

5. Napoleon Bonaparte died while in exile on the remote

British island of St Helena.

6. While Mothers Day is traditionally the 2nd Sunday in May, Fathers Day traditional falls on the 1st Sunday in September.

7. The state seat of Lennox falls in, is: 'Ballina'.

8. FALSE. The federal seat of Richmond is geographically approximately twice as big and encompasses at the state level the seats of 'Ballina' and 'Tweed'.

9. The 1984 song Free Nelson Mandela was a hit for The Specials (also known as Special AKA. The popularity of the song in the form of a catchy tune and chanting chorus added political activism worldwide calling for the release of Mandella, imprisoned (at the time) for 21 years.

10. Florence Nightingale's outstanding contribution led to not only the dignity of women, but also to the development of modern nursing practices, and nursing regarded as a profession.

Sources: ¹Cheese Factory Opened *The Northern Star*, 4.4.1935 p11; ²Rain Interferes on second Day. Judges Praise High Quality of Exhibits, *The Northern Star*, 8.4.1936 p9; *nla.news-article94474999* accessed 23062020 ³Ainsworth R,H and J, *Ringling the Bell Backwards*, Hilary Wilson (ed), LHHC, Lismore, 2003, p73; ⁴Pioneer's Enterprise, Success of Rockleigh Cheese, *The Northern Star*, 29.1.1936 p12, *nla.news-article94505347*; ⁵Henderson M, A famous local family, *The Northern Star* 29.10.2005. Photos: *The Northern Star* 29011936 *permission nla.news-article94505347*



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