ISSUE 203 | March 2022

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Photo: Amanda Francis

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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 stream it from my phone using Apple Car Play when I'm in the car... the quality is really good...thanks Lennox Wave. " " I just leave it on in the office all day...lots of really smooth tracks... it's great."

" I like all the classic tracks you don't seem to hear on radio anymore and the new tracks are really good."



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I'm sitting here at my sister, Lisa's dining room table in Ballina, having just lost all my worldly possessions and house in the flood in Lismore.

I am definitely one of the lucky ones—I got out and I took the computer and the dog and the car. I didn't take my favourite shoes, or books, or any of the art I have made over my time at art school. I am trying to imagine what's happening now to my possessions now as they float around in the upstairs section of my house and the waters continue to rise. All my beautiful paints, books that I loved so much. But they are just things.

In my last contact with my housemate he told me that the fridge was floating across the kitchen.

More importantly I've lost contact with a lot of people I care about because everyone's phones have gone flat—and that includes Craig, my housemate, who is also a good friend. I really hope he's safe. There are people on roofs, balconies, in boats, and even trapped in ceilings; cows floating down the street. It's a complete catastrophe. Thankfully, I saw my octogenarian-neighbour and his wife who has severe alzheimers, on television getting out of a boat. Thank goodness they are safe.

Ironically this is my last ever issue of *The Wave* and I have understandably struggled to get it to you. I can't guarantee its perfection—although Robyn did proof-read it as usual, I was unable to include all her corrections. I just ran out of time.

So I deliver it to you with an apology. I know you'll forgive me, because that's the kind of people you are.

The Wave has been my life for so many years, and I've put my whole heart into it. I've had some very proud and exciting moments, and covered all the big stories (ha ha, remember the ski jump?). They are few and far between in the Lennox bubble, because it's a paradise, despite what some people feel.

Now I've completely handed it over to Milt and Natalie and I know they will do an amazing job of carrying on the traditions of local news, for locals, and by locals.

Thanks to Milt for putting up with me, as I begrudgingly handed over the reins and came to terms with the possibility that my way was not the only way to do things.

He's been great and I wish him luck.

Now, wish me luck. The next few months will be a real challenge and my retirement is not quite looking like I'd planned. But that's ok, this will keep me really busy. It'll be an adventure, if you like!

See you round and thanks for the memories.

Helen xxxxx

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Acknowledgement 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.

Cover photo credit: Charlene Armstrong

Want to see your photo on the cover? Email your submissions to editor@thelennoxwave.com.au.

The fine print

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Lennox Head Residents' Association

BY ROBYN HARGRAVE

COVID compliant, we welcomed 19 members, 5 visitors, and Crs Dicker and Johnson, to our 7 February meeting.

Congratulations to B Ward Councillors Dicker, Johnson and Ramsey and Madam Mayor Cr Cadwallader who will represent us until September 2024.

Lennox Village Vision (LVV) works in Ballina Street, 2022. Guest Kerry Condon, LVV Project Manager presented plans and stages for undergrounding electricity, replacing footpaths with paving, a road surface incorporating raised traffic calming devices, an additional pedestrian crossing, the nature of trees to be planted, street furniture and a story line in footpath concrete by Lennox Arts Board. Works have started and will progress northwards along Ballina Street in stages with completion planned by November. On-going works in Ross Park are expected to be completed mid year.

Aircraft noise over Lennox Head is an on-going concern. Cr Johnson advised there had been a surge in flights using Ballina-Byron Gateway while the Queensland border was closed. A plan to gather technical data about noise and flight paths was discussed. **Residents' Association membership** year is drawing to a close with subscriptions due. The AGM will be held on Monday 7 March and we look forward to continuing to represent concerns of members and residents into 2023. Nominations from members are sought for executive positions. To join and have your say, email lhrainc@gmail.com for a membership form and check out Lennox Head Residents' Association facebook page for an overview of our activities.

Skennars Head Head Residents' Association Inc has been formed. We forwarded an introductory and welcome email to the Secretary.

Plans to address flooding on Ross Lane. Council's January meeting adopted a notice of motion by Cr Johnson to develop designs to raise the road and seek additional grant funding. Cr Johnson advised that flooding has been exacerbated by blocked drains which fall within the responsibility of Rous County Council.

Upcoming meetings: 7 March (AGM), 4 April and 2 May 2022 from 7pm in the CWA Hall

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





If you're looking for a way to show your love and support for Australian wildlife, consider making a tax-deductible donation. The money raised goes towards diagnosing, treating and rehabilitating animals just like Popcorn the Little Blue Penguin, who found himself far from home, but in the company of some of the most incredible wildlife carers in NSW.

#forthewildlife



A Note From The Publisher — Farewell Helen

Here we are at edition # 203. I'm sure it's an issue that Helen will remember in the years ahead as her last as editor of *The Lennox Wave*.

Helen's first edition was in 2005 working with owner Remy Tancred. Just after the 100th issue in 2013 Helen acquired the magazine. It was a fitting celebration last December that saw Helen produce the 200th issue.

Over the best part of 20 years Helen has guided *The Lennox Wave* to be the beloved voice of the Lennox Head community. There would not be many community magazines in Australia that can claim such a track record. This achievement has happened because *The Lennox Wave* has stuck to its philosophy like glue: for the residents and by the residents. We don't get involved in politics, we don't 'take sides'. We just report on all the wonderful community activities in the Lennox Head region and support our locals in all their endeavours. And we never run out of great stories to tell.

Since I took over ownership just on a year ago Helen has guided me with her wisdom and passion for the Lennox Head community making the ownership transition smooth and seamless. We talk nearly every day and her guidance has been invaluable. Moving forward it's a mark of Helen when she says 'I'm always a phone call away'. Rest assured I will be taking you up on that Helen!

I am sure you will all join me in wishing Helen nothing but the best in her upcoming 'retirement'. She is throwing herself into her new art course and other endeavours and I'm sure we will see her work hanging or displayed in local galleries in the near future.

It was fitting that after a wide search it was Helen who recommended our new Editor to me. 'I think you should talk to Natalie Grono – she will be perfect for *The Lennox Wave*'. And Helen was right. Natalie takes over as editor from the April issue and I am sure our community will welcome and support her.

And finally we would not be at issue 203 had it not been for the ongoing support of our advertisers who have believed in what we were producing. Many of them have been with us since the get go. Without your continued support there would simply be no *Lennox Wave*. Thank you.

I said to Helen a few months back 'right lets do a big party for your farewell'. It was typical of Helen to reply 'Nah let's just go do a quiet local lunch together Milt'. We will. But I can't guarantee it will be quiet!

Helen I hope in the months and years ahead, this time just as a reader, you will pick up *The Lennox Wave* and say 'nice job-you didn't stuff up my magazine!'

Milt Barlow Publisher Northern Rivers Media Pty Ltd T/A The Lennox Wave & The Ballina Wave

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Skennars Head Residents' Association

On 31 January 2022, the Skennars Head Residents' Association was officially registered with the NSW Department of Fair Trading as an Incorporated Association.

The Skennars Head Residents' Association is an incorporated body established to fulfill the role of a community consultative body.

We aim to provide an organisation through which landholders and residents in the Skennars Head locality can take collective action which they believe is in the best interests of protecting and promoting the natural, scenic, cultural, economic, and social values of the locality for current and future generations.

As an Incorporated Association we function under a constitution, (SHRA Constitution) which sets out the following objects:

1. To encourage the preservation of the natural and unique beauty of Skennars Head through better Council policy & operations and influencing sustainable planning decisions.

2. To express the coordinated viewpoints of residents to various authorities, groups or individuals, particularly Ballina Shire Council and the State Government and its agencies, as appropriate in order to protect and enhance the liveability and amenity of the area.



3. To encourage a safe and environmentally sustainable community.

4. To advocate for improved community facilities and public infrastructure.

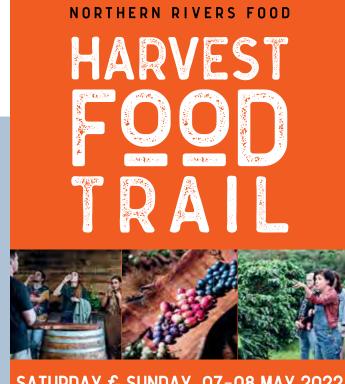
So how do I join?

A Membership Form is available on our website.

Contacting the Association is easy. Please email:

skennarsresidents@gmail.com

https://sites.google.com/view/skennars-head-residents/home



SATURDAY & SUNDAY 07-08 MAY 2022



MAP & INFORMATION northernriversfood.org/harvest-food-trail f @NorthernRiversFood @ @northernriversfood



Bushfire Fire Recovery Funding Up In Smoke

The bushfire-impacted areas of the Central Coast, Blue Mountains and Ballina did not receive a single dollar from stage-one funding through the Bushfire Local Economic Recovery packages, a fresh Parliamentary report has found. This is despite those areas respectively suffering bushfire damages of \$163 million, \$65 million and \$4.2 million.

The NSW Parliament's Public Accountability Committee delivered its final report into government grants last month.

In his foreward the Chair Mr David Shoebridge MLC wrote:

The 2019-20 bushfires caused significant destruction and devastation across New South Wales. They were then followed by other disasters, including flooding and the COVID-19 pandemic, placing individuals and businesses under incredibly difficult circumstances. It is in this context that we are unable to fathom why the government would allocate funding for bushfire recovery based on anything but the needs of those affected communities. Instead, this committee has found that funding allocations were politically driven and with no proper administration or approval processes in place.

While the current inquiry has drawn to a close, the work of this committee is not over, as reflected in our final recommendation that the committee conduct a further inquiry into the integrity, efficacy and value for money of NSW Government grant programs. The people of New South Wales deserve a government that treats public funds with due care and strives to ensure that public money is applied so as to do the greatest public good.

'A system that continues to allow public money to be used to curry political favour and buy votes cannot remain in place. The ongoing failure to address this significantly harms the reputation of these programs in New South Wales and has left many communities feeling betrayed.

The full report can be found at www.parliament.nsw.gov.au.

200th Issue Competition Winners

Congratulations to the following people who entered our 200th Issue shopping competition. They each win a \$200 shopping voucher.

Maryanne Pinney Lynn Gecso Megan Colquhoun-Thomson Janice Long Vanessa Izzard

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community notices

Landmarks Of Lennox —Grand Plans

BY ROBYN HARGRAVE

From the concept of a village in 1922, with lots auctioned only four years after WW1, there are still imaginative grand plans for Lennox Head.

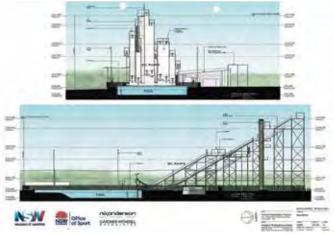
Most recently, the World Surfing League proposed a contest at Lennox Point before Easter 2021. A surfing company also planned an event there in 2008, in the now Lennox National Surfing Reserve. On both occasions, strenuous objections by the community saw the concepts withdrawn.^{1,2}

A 2015 proposal for a Winter Olympic Training facility (ski jump) at Lake Ainsworth Sport and Recreation Centre seemed destined for approval. This raised the ire of so many, that a well-attended protest meeting was held on 27 May 2017 in Williams Reserve. Unexpectedly, to tumultuous applause, then Northern NSW Nationals Parliamentary Secretary, Ben Franklin, shared the news that the 'Jump was Dumped'.³

Lake Ainsworth was considered for a variety of grand plans. In 1948, Sydney Gibbon campaigned to prevent a rutile sand mining company sluicing sand there for cleansing. The alternative was to create a small lake, which still exists, west of Lake Ainsworth.^{4,5} The then Progress and Ratepayers' Association in 1956 raised the concept of twin jetties into the Lake to form an Olympic sized swimming pool.⁶ In 1958, the same organisation proposed to Tintenbar Shire Council and Fisheries Branch that the Lake be stocked with fish for sport and to eliminate mosquitos.⁷

We have also had a one way traffic trial (2019), shark barrier trial (2016), proposals for a housing sub-division west of the Lake (1950s), BMX track (2015) and an additional sand mine (2017).





Photos: 1. By R Hargrave 2016 2. From Office of Sport, 2017

Sources: ¹*The Northern Star* 03.09.2008 p1; ²https://ballina.nsw.gov.au/ files/Extraordinary-minutes---³-February-2021.pdf; ³Ballina Shire Advocate 31.05.2017 p3; ^{4.5}*The Northern Star* 23.04.1948 p6, 12.05.1948 p4 nla.news-article225788294 and 226292365 accessed 03.12.2021; ⁶Correspondence LHPandRA 14.02.1956; ⁷Correspondence LHPandRA 7.03.1958





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Cherry Street Bowls Celebrates Amalgamation

FROM TERE SHEEHAN, GENERAL MANAGER CHERRY STREET SPORTS BALLINA

Sunday 13 February will be a day etched into our community club's long history, with the unanimous approval from members to proceed with the Amalgamation with Club Lennox.

This important vote will see our company extend its profit-forpurpose business model into the local community of Lennox Head when we finally include Club Lennox into the Cherry Street Group.

We are hoping that very early into the new financial year we will be able to trade as Club Lennox under the Ballina Bowling and Recreation Club Business name.

The success of Club Lennox will come down to the support we receive from the community in Lennox Head. If our amalgamation meeting is an indication of the support we will receive, I have no doubt this will be a successful venture as the turnout for voting saw a huge contingent of dual members of both clubs present to vote.



Council Approves

After debate at the 24 February Ballina Council meeting, Cherry Street Sports was offered a 21 year lease on Councilowned community land at 10 Stewart Street (Club Lennox). For the first three years of the lease the Club will be charged at 50% of the nominated rent.

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Centenary Snippets

We acknowledge the original inhabitants of this land and region, the Nyangbul people of the Bundjalung nation and their descendants as the traditional custodians of this land.

This year we are approaching an historical milestone for the modern European story of this town—the first commercial release and auction of land in Lennox Head in 1922.

Behind the scenes there is a dedicated team working hard on our centenary eventsand educational initiatives to mark the occasion.

These monthly Centenary Snippets are just one of those.

LENNOX HEAD



Early surfers In March 1958 Barry Regan and Peter Bannister are believed to be (two of the) first to surf at Lennox, in front of the now Lennox Hotel. The wooden boards they used were large, heavy, cumbersome constructions. Of course by the early 1960s the word was out and Lennox identified as a surfing mecca.

Lennox Head Bowling Club received approval from Tintenbar Shire Council in March 1960 for a 21 year lease for the site marked by Lennox, King, Gibbon and Stewart Streets. The land was donated by developers of Lennox Head Estate for the 1924 auction as Recreation Reserve, although it was 1956 until found as not officially transferred to Council.

Photos. Right: c2016 Barry Regan photo by Barry Cheadle, Below: 1960s Bowling Club and Bark Hut LHHC B5;2







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Sourdough Business Women

The next meeting of the Sourdough Women's Business group will focus on contribution, and who better to speak on that topic than the wonderfully effervescent force that is Amelia Hicks, of Old Quarter Coffee Merchants.

Amelia is a self-taught business woman with a decade of experience in the social enterprise and start-up world. She has always been a passionate advocate for causes she believes in. A lifelong advocate for positive change, Amelia spent her youth organising local campaigns in support of national social movements including action on climate change, fossil fuel divestment and the CSG Free movement. Community and contribution are at the heart of Amelia's career.

Amelia has been credited with building the Australian branch of an international volunteering organisation from inception to a national brand with tailored programs for the best universities in the country. She has personally recruited and mentored over 1000 students to work abroad on community development projects in Asia, Africa, and South America. Through her travels and work in Asia, Amelia has come to understand the true meaning of hospitality, the power of community, and her strong belief in our ability to create change in any area of our lives.

Along with her partner Yose, Amelia now co-owns a social enterprise specialty coffee roastery, Old Quarter Coffee Merchants - Australia's only roastery importing and roasting 100% southeast Asian specialty coffee with the goal of improving the lives of the farmers they work with directly. Their business is built around the idea of "optimism exchange" or what they call "Daily Happy", in reference to the special potential of coffee in making the world a happier, better place. Old Quarter believes as a coffee community, we have the power to positively impact the lives of the people who grow our coffee just as they positively impact ours through the coffee they produce! It's a win-win!

Amelia will share some of her experiences in business, including:

• Growing a 'for purpose' business - a model that benefits everybody involved



• How optimism can be a tool for effecting positive change

• How nurturing relationships with customers and stakeholders has helped to scale her business.

About SBW Hubs

SBW Ballina Chapter Hubs generally occur on the fourth Wednesday of every month in a venue somewhere in the Ballina Shire. It's an opportunity to come together as women in business in the Northern Rivers to learn, network, collaborate and be inspired. To find out more about our next event go to sbp.org.au/business-women

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C community notices

Playground Pow Wow

On Saturday 26 February, local Greens councillor Kiri Dicker and family coach Hélène Gatland facilitated a consultation on public playgrounds.

The consultation aimed to garner feedback from children about their preferences for current and future playgrounds. It was organised in response to Ballina Shire Council's request for community feedback on its draft Playground Upgrade & Management Plan which is currently on exhibition.

Despite the wet weather, a number of families turned up for the event, with children only too eager to share their dreams for the shire's play spaces.

In addition, the consultation received a large amount of feedback via social media.

'I always love to hear the creative ideas of children,' said Hélène. 'What stood out the most to me today was the desire of the children to have more water play facilities in the shire.'

Other common feedback included the need for improved fencing and covers for all-weather play.

To make a submission, visit the Playgrounds section on Ballina Shires Council's website.

Submissions close on Friday 4 March.





ENNOX VILLAGE VISION PROJECT DELIVERY



>>> Temporary one-way traffic in Ballina Street

To enable road reconstruction works to be completed as quickly as possible, Ballina Street will temporarily reduce to one way traffic heading south from March to November 2022. The road reconstruction will start in Ballina Street near Park Lane and move north. During these works there will be delays and impacts to street parking and pedestrian access. Please detour via Park Lane and The Coast Road where possible.

$\mathbf{>}$

For further information

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

>> Ross Park

Ross Park is now closed for landscaping works and the playground upgrade to continue. The new and improved park is expected to reopen in May 2022 (subject to weather and site conditions). To find another park or playground near you, visit *ballina.nsw.gov.au/playgrounds*.

>> Stage 2

Stage two, from Park Lane to the Central Hub commences from March 2022. This will include road reconstruction, installation of street furniture and landscaping. Council thanks the community for their continued patience and understanding during these important upgrade works.

Subscribe for updates

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





Cyber Crime Is On The Rise—Protect Yourself

SALLY MCPHERSON LLB LLM (CRIM PRAC) THE LOCAL COURT LAWYERS

A recent report into cybercrime suggests that it costs the economy about \$3.5 Billion each year, and while these kinds of statistics give us context, they don't portray the effect of cyber crime on actual victims – having your bank account drained, your identity stolen, having your pension fund depleted – these are things that are very difficult to recover from – not just financially but emotionally too – even if the criminal activity results in an investigation, charges being laid and a successful prosecution.

While Australian cyber security legislation is updated regularly, to keep the pace with the rapidly changing digital environment, cyber crime is often cross-jurisdictional, which doesn't make these crimes impossible to prosecute, but it can mean that it takes time to bring criminals to justice, so in many ways the onus is on us, to keep ourselves safe online.

How to keep yourself safe online

To protect yourself online, stick to the basics – keep security settings and passwords updated regularly. Ensure that you share minimal personal information, and know who you are sharing it with – this includes being careful about what you post, including photos, on social media or on dating apps or via private messages.

And, as a general rule of thumb, if something looks suspicious, then treat it as such. If you're not sure, do nothing. Be proactive and contact the company – if you don't and the matter is important, then the company will contact you eventually, via another method.

Cyber crime typically relies on its victims to fall prey to scams because they're busy, tired or distracted.. But, if there are grammatical errors in the correspondence you have received, or if images don't look quite right, then contact the company.

What to do if you think you're a victim of cyber crime

If you believe you have been a victim of a cyber crime then contact the Australian Cyber Security Centre (ACSC). Aside from reporting the scam itself, contact the company the fraudster was imitating, for two reasons – so they can alert other customers and put in place the appropriate steps to stop the fraud from continuing, but also to find out if you are entitled to any compensation for your loss.

And while it's difficult, the most important thing is not to feel shame – cyber crime of all kinds is on the rise, and it affects people from all walks of life.

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





Ballina Hospital Auxilliary Says Thanks

The Classic Motorcycle Show at Alstonville Showground was held on 20th February . We were the beneficiaries of this show which was organised by Col McAndrews. Our members were once again asked to cater for the show and cooked up a storm with their hamburgers and Egg and Bacon Rolls

We were delighted to receive the amazing sum of \$4001. This money will go towards our major purchase of the new Cardio Telemonitoring System for Ballina Hospital which is costing \$106,000.

We have to thank Col for this wonderful donation and we would also like to thank the Alstonville Agricultural Show Society for their help and use of their kitchen .

Pictured: President Meg, Secretary Chris and Treasurer Jenny



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

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

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

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Comedy Commune

The Comedy Commune run by local stand up comedian, promoter (and carpet cleaner) John Peacock announced during the week that they would be bringing a Comedy Gala to Lennox on a quarterly basis to tie in with the seasons.

Autumn's gala is a who's who of professional local and interstate comedians. It's an all pro show, without the hit and miss nature of Open Mic Comedy. Everyone on the list is a headline act in their own right.

Sticking with The Comedy Commune ethos of providing opportunities for up and coming comics to perform with pro comics in front of appreciative paying audiences, we have our local winner of Triple J's Raw Comedy competition Alexandra Hudson opening the show.

David Smiedt a columnist and TV show contributor who has opened for Joan Rivers is recognised as one of the finest comedic MCs In the country, so we're delighted to have him hosting this gig. Local pros Matty B and Greg Sullivan (TripleM Brisbane) are joining up with Mel Buttle (*Great Australian Bake Off* and *I'm a Celebrity Get Me Out of Here*) and Tommy Dean (ABC Radio *Thank God It's Friday*) to ensure a World Class line up.

Over two hours of hilarious comedy at Lennox Head's new and improved Cultural Centre.

'The plan is to have these quarterly, the more people that come along the more confidence we'll have to improve the line ups. There's no reason, with the facility we have at our disposal that we can't be bringing some big name comedians to Lennox,' Peacock mused.

The Comedy Commune is going from strength to strength now with three Open Mic rooms around the area and a host of curated rooms beginning to take shape as we laugh our way out of the pandemic.



'We're always on the look out for new spaces and venues who would like to host us. Last year we finished the year with a few Christmas parties, so Corporate and Private comedy are other areas we're keen to explore in 2022.'



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NORPA Highlights

French Café

Join us in a late night bar for French Café, a dance-theatre cabaret created by the Sprung!! ensemble.

This remount of the highly successful 2019 season at the Brunswick Picture House introduces some new characters, dramas and love to the already colourful performance.

At French Café, there is hope of finding love, even for the most fringe members of "French" society. Set to a soundtrack of French classics, the characters dance their way through awkward first meetings, the eruption of deep traumas, and sensational bring-the-house down cabaret numbers.

French Café is a sexy soiree that gets bent and ends in high drama.



River Walks is a guided walk from NORPA to the Wilsons River in Lismore. The river is the life blood of Widjabul Country and through it flows nyabay (meaning: water), one of our most precious resources. Discover the old ways of mapping the land, water and sky country with our guides.

River Walks starts with a morning tea and briefing before setting out to hear stories and discover the past. If you call this region home please join us to go deeper into country and enrich your experience of place and leave feeling more connected.

Bookings essential.

Go deeper into country.

Tickets on sale 10am, Tuesday 22 February. Last Saturday of each month at 8am. Meet at NORPA @ Lismore City Hall



NORPA PRESENTS

King of Pigs

RED LINE PRODUCTIONS & CRITICAL STAGES TOURING

An unflinching examination of masculinity, abuse, and power in the place we feel safest — our homes.

FRI 11 & SAT 12 MAR

French Café

French Café is a show within a show: a dance-theatre work set in a French cabaret bar.

FRI 25 & SAT 26 MAR

The Boy Who Talked to Dogs

This incredible story will break your heart then lick your wounds and heal you.

ELTHAN

THU 25 - SUN 28 AUG

NORPA & THE ELTHAM HOTEL PRESENT

Love for One Night

Fall in love with Love for One Night at the Eltham Hotel.

THU 8 – SAT 24 SEP

bell shakespeare's The Comedy of Errors by william shakespeare

Far-fetched coincidences and chaotic hilarity... TUE 20 & WED 21 SEP

Buy 3 or more shows & save up to 20%

View the entire 2022 Season online.

norpa.org.au 1300 066 772

Big Names At Ball & All Live Podcast

At the start of COVID three local sports fans, Berrick Barnes, Steve Condon and James Wood, decided to start their own sports podcast, The Ball & All. Every episode was made in Barnesey's shed, where the team invited notable sports people to visit and chat about their careers and sport in general.

The boys quickly developed their own style of humour, educated observation, and friendly matey reparte. It was a formula that worked, and the listening numbers grew.

They decided very early on that they would use the money they raised through sponsorship to support the mental health cause. That decision evolved into a commitment to support people in need in the community.

And this month they are going live at the Community Centre on 11 March to raise funds for some local families in need. The night is set to be lots of fun, with big guests Mick Fanning and Andy King. For this event they've teamed up with local mens sports group The Boaty Boys (who meet at the Boat Channel), who are attempting the Goggins Challenge with the goal of raising funds for people in our community.

On 9 March a very determined group from The Boaty Boys will be undertaking the David Goggins 4x4x48 running challenge - running 7km every 4 hours for 48 hours - totalling 84km in 2 days, and raising money for local, non-forprofit children's charities, as well as contributing to local individuals and families in need.

According to Boaty Boys organisers, 'This Goggins challenge is one of epic proportions and we'd love to see as many people around us for it - come and say g'day, run alongside and push us on, whatever - just be a part of it! There's no donation too small, and we're hoping



that everyone can get on board in some way over the next month to make the challenge a success.'

To wrap up the challenge, in true 'Go Big or Go Home' style, The Ball and All Podcast will be running a live event with a not to be missed guests on Friday night, 11 March at the Community Centre. Tickets at Eventbrite.



What's On At The Northern Rivers Community Gallery

Wun-ga-li Ngurrambaa Winanga-li (Return to Birthplace to listen, hear, know, remember) | Debbie Taylor Worley 9 March - 1 May 2022



Verringern | Judith Leuenberger 9 March - 1 May 2022

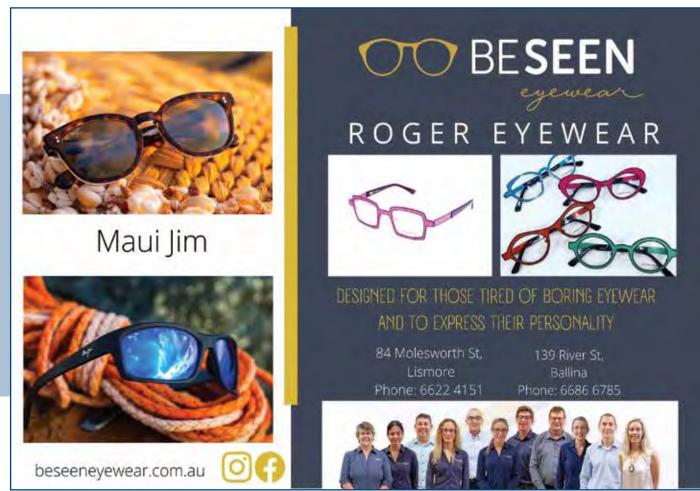


Dressed for Desire | Lauren McCartney 9 March - 1 May 2022



12 Gauge | Rae Saheli 9 March - 1 May 2022







Book Review

DARCI WALKER, RICHMOND TWEED REGIONAL LIBRARY

A Million Things is a tender,

heartbreaking debut novel by Australian author Emily Spurr. This story follows 55 days in the life of 10-year-old Rae, who must look after herself and her dog, Splinter, when her mother disappears.

Life has always been the same to Rae. Her small family, deliberately unremarkable, kept their routine day in and day out. Daily walks, Saturday pizza nights and weekly gardening. Sometimes Mum would disappear for a while, but Rae was okay with this, because Mum always came back. So, when Rae wakes to see the back door open and hears the silence of the house, she carries on the routine alone. Regardless of being gnawed at by fear, sadness and uncertainty, she continues to remain under the radar at school and in her community. That is until her elderly neighbour Lettie needs her help. Cast in her own shadows of fear and secrecy Lettie becomes an unlikely friend to Rae. But how long can a friendship last when it's based on secrets?

This is a story of grief and resilience, told with such simplicity and minimal dialogue.

If you liked this title, you might like:

- Boy Swallows Universe by Trent Dalton
- Apples Never Fall by Liane Moriarty

You can borrow these titles and more from the Lennox Head Library. For more information on how to join the library and borrow books, movies, magazines and more, phone us on 02 6687 6398.

Did you know our children's programs are back?

Baby Time is every Wednesday at 10.30am and is suitable for 0–2-yearolds. Story Time is every Thursday at 10.30am and is tailored for 3–5-yearolds. No need to book in and this event is free of charge.

Happy reading.



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I STAND WITH WOMEN AT THE FRONTLINE

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TAMARA SMITH MP

MEMBER FOR BALLINA

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

Entertainment This Month

At The Movies

Great to be able to get back to the movies with a great line up this month of new films including *The Batman* (3 March). *The Batman* movies are always great fun. This time around when the Riddler, a sadistic serial killer, begins murdering key political figures in Gotham, Batman is forced to investigate the city's hidden corruption and question his family's involvement. Robert Paterson from the *Twilight* movies steps into the Batman role this time around and he does not disappoint. As always great eye candy for the girls.

Also opening on 3 March is Golden Globe and Emmy winner Jane Seymour in the new Aussie movie *Ruby's Choice*. The movie is timely as it follows the journey of three aspiring women and teaches us that people living with dementia can still offer a meaningful and wonderful contribution to our lives.

For the kids and grandkids take them along to see the delightful, animated movie *Rumble* opening 10 March or check out the comedy /drama *Off The Rails* starring the delightful Judy Dench.

Streaming

OK, for me one that is an absolute must see is *Dope Sick* (Disney +). A sad but riveting docu drama that covers the opioid epidemic in the USA caused by OxyContin and the Purdue family. Michael Keeton is superb and the supporting cast delivers. Tightly scripted it will have you shaking your head in disbelief. Don't miss this one.

Also, on Disney + is *Pam & Tommy*. It's pretty out there and tells the story of Baywatch star Pamela Anderson and her fling with Tommy Lee and the infamous stolen sex tape. By the time we get to March all eps will have rolled out. Don't you hate having to wait for a single episode every week? Come on people, this is 2022 we want them all at once!

If you can't get enough of The Royal family check out *Prince Phillip: An Extraordinary Life* on Binge and of course don't miss *The Marvellous Mrs Maisel* Season 4 also on Binge.

Over at Netflix Toni Collette heads an all star cast in *Pieces Of Her* (4 March). It's a mystery thriller set in a sleepy Georgian town where a seemingly random violent act sets off a chain of events for a man and his mother.

And finally if you fell in love with *Bridgerton* get ready for Season 2 on Netflix on 25 March.

Live

If you love live theatre, NORPA is back and pumping with *King Of Pigs*, (11 and 12 March), the wonderful *French Café*, 25 and 26 March and the rescheduled Archie Roach – Tell Me Why on 5 April.

Plenty to see and do in March. Get out and use those Dine N Discover vouchers.



DINE & DISCOVER VOUCHERS ARE NOW VALID UNTIL JUNE 2022

COMING IN MARCH



The Batman - March 3





Ruby's Choice - March 3



Rumble - March 10



Off The Rails - March 10



Dog - March 17

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



Young Entrepreneur—Q&A With Ronan

This month we caught up virtually with eight-year-old Lennox Head entrepreneur Ronan Shaw, whose plant business has taken off during COVID.

1. Could you describe your business to the people of Lennox Head - what do you sell and where? And does it have a name?

My business is two years old and it's a plant sale, it's at my house and I'm still finding a name.

I started with a few plants and they sold really quickly, so I convinced my mum and dad to let me buy 200 pots on Alibaba.

I planted succulents in them all and sold them at Christmas and for Valentine's Day. I'm looking for some new pots now.

2. What gave you the idea for the business?

From going to so many plant sales. My mum loves plants.

3. How long do you spend working in your business outside of school? What is involved in preparing your merchandise?

About two days every month. I have to find nice pots and I go to the tip shop in Ballina to buy any wood that I need.

4. Do you have a special love for plants?

Um, I'd say medium. I like that I can grow them and I think they make a good business.

5. What have you learned while running your business?

I've learnt to look after plants and be a good businessman. I've learned to take help when it's offered and to be available to serve my customers.

6. Do you have any special plans for the money you make?

I'm going to save it up so that I can buy a house in Lennox when I'm older.



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Quattro Team Ready For New Challenges

It's been a big decision, but, after nearly 15 years the team at Quattro have decided to sell their iconic restaurant.

It was 2007 when the 9092 building was coming to completion 'For months we worked hard in the restaurant planning, organising, building and painting. We got to know the local community really well as they walked by and showed interest in what we were getting up to,' says Ali.

When Quattro opened in October that year, those people queued up for a table and it was a runaway success. Jo, Ali, Angel and Paul all worked and many of their loyal guests, now friends tell stories of that first opening night. 'We opened and it was so busy that we had to close again for a days to get a breath and sort out any first night issues,' says Ali.

In those early days, there were a few more late night lock ins as they sorted out their individual roles within the business and finessed the menu. Paul, who was a qualified nurse, got busy training in the kitchen, and went onto win an award for best pizza in a national pizza competition.

There has been more then a few memorable events that have come out of the Quattro doors, including multiple weddings and Quattro babies.

'We've watched the town grow,' says Jo, 'with generations the of families coming through, many of our senior staff today were around five years old when we opened. We've watched little ones graduate high school and university, parents become grandparents with their then teenagers now parents



themselves, and coming backing the restaurant all together to dine with their little ones. It has been beautiful to watch and be a part of so many special family memories.'

In all those years, it has been the staff (well over a 1000 employed) and the customers that have made all the difference to the Quattro family. Special shout out to their beloved Tara Catsanis, Johnny Bortolin and Keira Chapman who have been with Quattro from the very beginning, and to all the much loved staff who have helped in the success along the way.

Says Angel, 'We really just wanted to sincerely express our thanks to the town for their support over the years, and that we are so very grateful that we have been able to be apart of such an amazing community.'



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LENNOX HEAD

Jux Jewellery is a local fine jewellery designer based in



Lorri Power is Ms March

Owner and therapist at Montanna Retreat and Day Spa

Birthplace: Bathurst **Family**: husband Paddy, children Christopher, Jonathan and Brydie-Lee, plus nine grandchildren **Star Sign:** Libra

Favourite food: Cake

The Montanna homestead is an imposing Greek-style adobe building (complete with bell tower) that sits on three acres behind cast iron gates on North Creek Road.

While many people know it intimately—through attending classes, beauty treatments, therapy sessions, and day spa pamperings—many have never even noticed it, as it sits tucked modestly on the northern side of the hill and looks out over the ever-changing landscape of Lennox Head.

Lorri and Paddy Power bought the magnificent piece of land in 1998, when it was a farm house, referred to back then as the 'old dairy'. They had a dream to create a therapeutic facility that would accomodate clients and therapy rooms.

They realised their amazing vision only 18 months later, with a magnificent large building with huge living and entertaining areas, accomodation rooms, clinic therapy rooms and—the highlight of the place — the Lilli Rose Roman Day Spa. Like the rest of Montanna, the Roman spa is fed by a natural spring on the property.

It also has magnificent landscaped gardens and in its day has been the site of many weddings and special occasions.

The couple were very involved and instrumental in realising their vision, though it must be said Paddy did spend some of that time in hospital after falling four metres from a ladder during construction and breaking his back.

Around that time Lorri travelled to the US to Dr. Deepak Chopra's Center for Wellbeing, to give a balancing treatment to the principal doctor at the Center and as a result, was requested to facilitate this modality to the practitioners at his Center for Wellbeing in San Diego. Over the years Lorri has worked with all kinds of therapists and practitioners and entertained Prime Ministers and Film Producers.

It's typical of an amazing life dedicated to transformational therapies.

Lorri has always committed herself to learning and sharing the fruits of her knowledge to make life-changing differences in the worlds of her clients.

She has had a Diploma in Clinical Counselling and Medical Hypnotherapy for thirty years and is also a Neuroplasticity Practitioner, after completing her study in the electrical properties and function of neurons, through Harvard University, USA and she has spent much time examining the human psyche and emotions.



'Our bodies are very much the same as a computer,' she says. 'We run programs based upon experiences. We are an electrical system and when an electrical system gets overloaded it blows a fuse. The same thing happens to us in response to stress and trauma.

'Basically we react to past trauma and because of the neural pathways we have etched into our electrical system, patterns of response. We attract more of the same emotional experiences, and continue to react in the same way.'

She uses her psychotherapy and Medical Hypnotherapy training to this day, to assist people to alter those neural pathways and experience freedom from negative patterns of their life.

'I've developed a program that can change neural pathways. We don't remove the memory, but change the emotional response to it. And it doesn't have to be big—even the stress of every-day-ness can sometimes be overwhelming.'

This year she is offering a weekly Process-Oriented Psychology Workshop, which assists people to understand reactions and patterns in their daily existence. Lorri is also facilitating Awakening Intuition Classes to create self empowerment in students, to use their intuition and gut feelings in their daily living.

What's the best thing about your job?

Making a difference in the lives of people. Seeing the mindset change and function restored so quickly.

Most difficult thing?

Dealing with cancer clients.

Hobbies?

Flower arranging and design, and my rose garden

Life philosophy?

Live consciously in every moment.

Happy Anniversary Macdonalds



The Macdonald family celebrated their Mum and Dad's 60th Wedding Anniversary on January 20th with family and the bridesmaids, June Lawford and Lorraine Holmes.

Ken and & Fay Macdonald were married on January 20, 1962 at the Presbyterian Church in Griffith.

They raised four children, Robert, Caroline, Tania and Jason.

They have eight grandchildren and two great grandchildren.

They built their home in Lennox Head in 1973, and built and established the 'Lennox Head Nursery'.

Ken and Fay are still enjoying life in Lennox head, with most of their family close by.





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community notices

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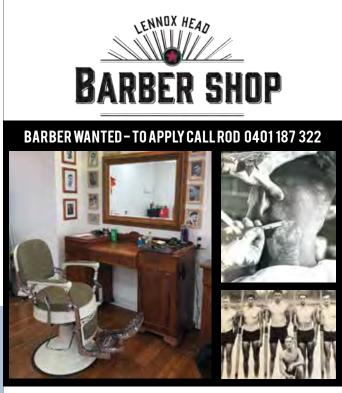
Ballina Shire Council and Transport for NSW are offering 40 free vouchers valued at \$50 for local families to get their child restraints checked or installed at Dancer's Car Care. Parents, carers and grandparents can apply for the vouchers online to have their child car seats, restraints, harnesses and booster seats fitted. The vouchers are part of a road safety initiative to improve children's safety in cars.

Apply for a voucher online on the Ballina Shire Council website at ballina.nsw.gov.au/CarSeatVoucher

To be eligible for a voucher, you must be a resident of Ballina Shire and vouchers must be used by the end of April 2022. Vouchers can be used for one vehicle per household. Each voucher entitles the holder to one seat fitting, with a maximum of three seats checked at a time. Any additional parts required (such as extension straps, gated buckles and so on) are not covered by the voucher, and must be paid by the customer.

Once you receive your voucher by email, you can contact Dancer's Car Care (a Transport for NSW Authorised Restraint Fitter) to make an appointment. Appointments are available Monday to Friday, at either 11am or 2pm, from 21 February to 29 April 2022.

For more information on keeping children safe in car seats visit roadsafety.transport.nsw.gov.au and for information choosing the right type of restraint on childcarseats.com.au



WEHAVE MOVED TO A NEW LOCATION BOULEVARDE SHOPPING CENTRE (BEHIND THEIGA) WALK-IN OR APPOINTMENT 0401187 322 Hours: Tues-Fri 8.30 to 5-ish, Sat 8.30 to 1-ish

Clean Up Australia



Unfortunately it's becoming common to see disposable face masks littered around our beautiful Ballina Shire. But this year's Clean Up Australia Day aims to address this waste crisis.

Ballina Shire Council is encouraging residents to participate in Clean Up Australia Day on Sunday 6 March 2022.

As the country's largest community based environmental event, Clean Up Australia Day is an opportunity to tackle our country's increasing waste problems.

Clean Up Australia Chairman, Pip Kiernan, says it's more important than ever to get involved.

'Our environment is experiencing the impact of the pandemic,' she said.

'We're seeing a huge surge in single-use plastics and unprecedented numbers of face masks, takeaway coffee cups and food packaging littering our footpaths, parks and beaches.

Registration is easy and all community based participants receive a free Clean Up kit containing gloves, bags and other resources. Packs are available for individuals, families or groups.

If you can't join a Clean Up, Ms Kiernan urges Aussies to make a donation to Clean Up Australia.

To register or donate visit cleanup.org.au

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Happy Birthday to us!

Big thanks to all our clients, suppliers and team who have helped us to 'barefruit' over the past 10 years.

> barefruit.com.au 1300 328 034



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20 OOZ live from 4-7pm

(26) ANDY JANS-BROWN live from 6-9pm

NELSON & JASPER live from 4-7pm

lucky local raffle drawn 7pm

thursdays - trivia night 7pm members only happy hour 4-6pm

fridays - meat tray raffles 6pm members only happy hour 4-6pm

saturdays - live music 6-9pm

sundays - live music 4-7pm

27

FOR MORE INFORMATION VISIT OUR WEBSITE



club lennox

2022



2022 sign up

sign up officially open for the 2022 season

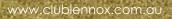
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Barefruit Turns 10

Barefruit is born

Barefruit Marketing was started from the kitchen table of Claire and Evan Harding. The duo had packed up their lives in London, left established careers at top advertising firms Ogilvy and Leo Burnett and moved to sunnier shores. Looking for a place to call home, they picked up a small car and headed north - a journey which led them to fall in love with the Ballina Shire.

Whilst initially planning to try different career paths, their passion for sharing stories and creating content saw these Lennox locals joining forces to create their own unique business.

Coming into contact with many owner / operator business owners, Claire and Evan quickly realised there was a need for a full service agency to help take these companies beyond their current reach.

Claire explains, 'We found ourselves surrounded by amazing brands, built by incredibly talented people. These people are so good at what they do but don't have the time or energy to put into the marketing of their business to spread the word and grow their brand. We wanted to help them flourish and prosper.'

So in 2012, from the kitchen table of Claire and Evan's home, Barefruit Marketing was born.

'We appreciate people are busy,' says Evan. 'So we tell it how it is, no jargon, no waffle and no round-about explanations. From this, came the 'Bare' part of the Barefruit name.'

'As marketers, our ultimate goal is to grow business for our clients. We work hard to see them increase sales and be successful and self-sufficient. As such, we are helping businesses bear the fruits of success and this is how the word 'fruit' came into the mix.'

With that, Claire and Evan named the agency Barefruit Marketing. What's more, the word play in 'helping businesses to bare fruit' was too perfect to ignore.

Business Growth

As the pair's client list grew, so did their team. Today they employ approximately 14 locally-based individuals, who are able to attend to a client's full marketing journey - from



account handlers to web designers and everything in between. This is what makes them full service.

'We are able to offer clients a local agency which is full of talent from the city,' says Evan. 'And as a team we find it so rewarding to see the results of our work roll out and our clients do well.'

'Each day we get to work with clients that excite and inspire us,' adds Claire. 'We are also fortunate to work on campaigns that align with our values - to be curious, real, brave and fun.'

It is this ethos that has since seen Barefruit Marketing receive many industry awards, the most recent of which was at the 2021 Ballina Shire Business Awards. Here, they won the Business Excellence in Business and Professional Services award and were Highly Commended in the category Excellence in Small Business.

From councils to cattle stations, schools to solicitors keep an eye out for the work of the local Barefruit team as you move throughout your day.

Business philosophy

According to Barefruit, 'Brands today know the importance of powerful and effective advertising campaigns. If they want to make an impact in an already saturated marketplace what they choose to advertise, how they choose to do it and why are all important considerations. Yet having a skilled and engaged team to help design and execute an impactful marketing campaign is key.'



Tintenbar Says Farewell

The last day of January was a sad moment in time for the Tintenbar Village. Tony Brearley rolled down the roller door of the Tintenbar Garage after 24 years of serving our community.

Tony and his wife Nicki, plus their various dogs, have been a treasured part of the Tintenbar community. He has probably put his fingerprints on every car in the area and shaken the hand of every resident. His friendly manner and excellent service were truly appreciated when he asked 'What's the problem mate?'.

Tony is not only known for his mechanical service to the Tintenbar community but loves cars, motorbikes and even billy-carts. He built many, many billy carts for, and with kids who won the Bangalow Derby.

For many years too, he was involved with the Lismore Speedway and of course his passion for motor bikes has won him a number of national and international speed titles.

Tony customises bikes for the annual Dry Lake Races on Lake Eyre. Last year, on a Tony made 250cc bike, and Nicki also joined the rank of champion.

The community wishes Tony and Nicki success in their next exciting motoring venture and offers thanks for the generous and caring service provided over the years.

We also wish the new owners the very best and hope that they too can enjoy the wonderful Tintenbar community.





SUMMER AT FREEWAVE



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

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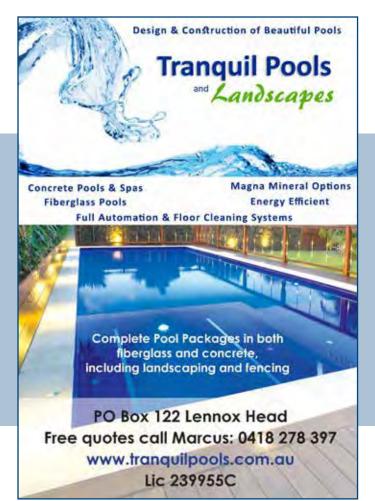
Lennox Head Lions Club

Lions members are very happy to return to the Lennox Head Community Markets and the Epiq barbeque (every 3rd Saturday). They offer opportunities to raise funds for charity but also give us an opportunity to interact with the community that support us so well. It is a delight to welcome back all our old (and not so old) regulars and welcome new customers.,

Our March meeting saw us lock in major events for the year. This year we will hold our charity golf day, print and sell our popular Calendar and we are hoping to hold the Arts extravaganza 'Town and Gown' this year as well. Club Lennox has asked us to take over the sale of Christmas trees and we have agreed. Along with our regular BBQs at the Markets and Epiq Lions will also have a barbeque at Reflections near the lake over Easter. it will prove to be another busy year requiring help from members with a variety of interests and talents. Can see yourself helping out with a sporting or art event or assisting at a barbeque? Wilco could.

John Wilkinson (Wilco) is the latest community member to join Lions. Wilco, a former researcher with the Dept of Agriculture, moved to Lennox Head from Wagga to be closer to his daughter and family and joined Lions to be part of a great service organisation which raises funds to help a variety of charities. Wilco says 'Lennox Lions are extremely friendly and welcoming. I'm enjoying the friendship and company'. Thanks Wilco, we are enjoying your company as well. If you would like to join Wilco come to Club Lennox on the 1st or 3rd Wednesday of the month or call 0435 548 490.







BY CHRISTINE STORES

Lennox Head VIEW Club

At the first meeting of the Lennox Head VIEW Club an AGM was held and a new committee inducted by National Councillor Brenda Caligeros who had travelled from Brunswick Heads to join the meeting. It was a time to catch up with members and friends following the Christmas break and also to hear from their three sponsored Learning for Life students. Two of these students have been supported by the Club for a number of years and this year will be entering their senior secondary year at school. Members were interested to hear from the students about their progress, interests and aspirations At the next meeting on March 7th the Club will celebrate International Women's Day with the guest speaker being the newly elected Ballina Shire Mayor, Sharon Cadwallader.

VIEW Clubs are a valued part of The Smith Family which is a national independent children's charity helping disadvantaged Australian children to get the most out of their education. This year is The Smith Family's centenary year having it's foundations on Christmas eve 1922 when five business men took toys and sweets to a Sydney orphanage and when asked who the children could thank the men wishing to remain anonymous answered 'Smith, we are the Smith family.' Since then The Smith Family have evolved from an emergency relief agency to supporting 58 thousand students to create better futures for themselves through their educational programs. VIEW is proud to be the largest community sponsor of students on the Learning for Life program. Lennox Head VIEW Club meets on the first Monday of the month at the Lennox Head Cultural Centre when a short meeting is held, a speaker addresses a topic of interest and members enjoy a light lunch together. Guests and new members are warmly welcomed and for more information please ring

Enid 0407187511 or Dawn 0466717435.



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Home Alchemy

Since the recent new chapter in the Sex and the City (SATC) world, HBO's spin off series, And Just Like That, I found myself watching the original series right from the start and revisiting the 90's.

I never really got into SATC back in the day. Sure, I'd seen the movies and a few episodes but I would not call myself a super fan. While the show was about a group of gals in their 30's navigating (mostly single life) in Manhattan, my friends and I were in our 20's. In long term relationships and embarrassingly sure, we had life all figured out. My friends married their guys (and are all still together) but after 6 very happy years, I left mine. Our love was genuine and kind. The relationship had given me wings and before I knew it, I'd flown away, breaking both our hearts.

Unknowingly, over the years I'd set up a lovely sense of home in his heart and our relationship. I found EMILY J ROONEY - THE HOME ALCHEMIST

myself incredibly vulnerable without it and entered a whole new chapter of attracting and dating very different and very unavailable men.

After the last 20 years, NOW I can sit down and relate to Carrie and the girls in SATC. Mr Big is a complete narcissist, Carrie is neurotic and it's hard to tell which came first...the chicken or the egg. Someone pass me a cosmopolitan!

Sitting at my computer, looking out my window and writing just like Carrie does (ok, I may have watched too much lately)...I couldn't help but wonder...is this just how it is...in the real world?

Did I just experience a random glitch in the matrix for those 6 years. They were easy, fun, and drama free. Infact, maybe that was part of the downfall. We hadn't cultivated the skills to work through things when they got tough, because frankly they rarely were. Anyway, Carrie and Big finally got married, finally found a healthy balance and spoiler alert, now he's gone and died.

One of the greatest tragedies of all, to unexpectedly lose your beloved. To have to rebuild your sense of home in the world, without that one person you'd planned to always come home to.

All of this is to say...if you do find someone who truly feels like home, it is not something to take lightly. It is a rare and precious gift to be cherished.

Don't make them responsible for your sense of home. Nourish and cultivate this yourself. Then you'll have wings to lift them up AND a solid foundation on which to build a new home in the world...together.





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environment

Rubbish Tips

BY JEANIE MCKILLOP, COORDINATOR, NORTH EAST WASTE

Give dead batteries a new life with B-Cycle

There's a new national government scheme called B-cycle.

B-cycle brings together everyone from importers, to retailers, to everyday Australians, to give dead batteries new life. It is about creating a responsible battery lifecycle – from buying better batteries for the planet, to safe use, and convenient recycling.

It's been estimated that more than 150 million batteries are currently floating about in Australian homes and 90% of them are destined for landfill, as people put them in their red or yellow bin. This can create a potential fire hazard and the corrosion and leaching of toxins into our soils and waterways is an environmental threat.

Now there's an opportunity for us all to help prevent this by taking part in B-cycle, Australia's official battery product stewardship scheme. Also, reusing the precious and finite metals it takes to make every battery we discard means that we can mine less from the earth and conserve resources for future generations. We can achieve this by taking a proactive role and safely storing batteries to take to the supermarket or drop off centre in the same way we do for soft plastics and other problem wastes.



The type of batteries the scheme will take are

• standard size handheld batteries used to power household items – AA,AAA,C,D,9V,6V etc

- Button batteries
- Rechargeable batteries
- Easily removable batteries

Ballina Shire Council, Bunnings and a range of other retail outlets have joined the scheme as accredited collectors or battery stewards, providing convenient drop off locations for the community across the North Coast and beyond.

Woolworths at Epiq has a new drop off and there are multiple sites in Ballina, including Aldi.

Or just Visit www.bcycle.com.au to find the nearest B-cycle location to your workplace and learn more about this great scheme.

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Lennox Head Landcare

This article is adapted from *The Overstory* by Richard Powers. It's a rerun from last year but it touched a chord with many, so here it is again.

Our planet is billions of years old but, for the sake of simplicity, let's assume those billions of years are encapsulated into just one day - today.

In the dark, early morning hours there was nothing but volcanic eruptions, lava flows and meteor strikes. There was no life.

By 4am life appears in the simplest self-copying forms. From about 6am to midday – the equivalent of a million million years, nothing more exists than simple cells. Just after noon, miraculously, one simple cell combines with another, then another. Nuclei get membranes and life begins its slow evolutionary growth.

Dusk falls about 6pm. Three quarters of the day is over when more complex life takes hold. By 8pm simple plants branch out forming a limb of the evolutionary tree. On another limb, at about 9pm, jellyfish and primitive worms appear. And not long after that something wild happens. Life begins to bloom exponentially.

Evolutionary shoots branch out in all directions. Backbones and cartilage appear. From one instant to the next countless new stems and twigs broaden the tree of life, and still, life only exists in the oceans.

Plants don't make landfall until about 9.30pm. In a blink, they morph and mature into myriad forms from tiny toadstools to towering trees. Insects emerge from the brine and soon take to the air. Scales appear and moments later primeval tetrapods crawl over the mucky ooze of the tidal zone onto solid ground. Feathers form, then fur. The profusion of plant and animal life is immense. By 11pm dinosaurs have shot their bolt, leaving mammals and birds to populate.

Modern humans show up four seconds before midnight. Four seconds! Human consciousness, speculation and rituals are recorded in the first cave paintings one second before midnight. One second before midnight!

In that one second to midnight much of the arable land on the planet is converted to grow crops, or has been destroyed because of it – why? To feed just one species - us. And right here is where the giant tree of life begins to teeter.

In less than one second of our existence we have triggered a global crisis never seen before. Consider that, but not for too long. The planet can't afford another second like the last one. Maybe in this next second we could start repairing that damage. We could walk more, drive less, grow our own food, plant trees. It's not too late. Start making a difference now – join Lennox Head Landcare or Lennox Community Gardens. The tree of life, the planet, your children and grandchildren, will all thank you for it.

Landcare Dates for March, 8am till 10am

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

Wed 2nd: Lake Ainsworth – eastern side, car park opp surf club

Tues 8th (7:30 start): Lennox Head Bora Ring, adj 22 Gibbon St

Wed 9th: Boulder Beach – Coast Rd car park

Wed 16th: Lake Ainsworth – eastern side, car park opp surf club

Wed 23th: Boulder Beach – Coast Rd car park

Wed 30th: Lake Ainsworth – west side, south west car park

Or join the Skennars Head team who work every Thursday from 8am, meeting at the Rocky Point Rd car park.

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



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On Manopause

JOHN PEACOCK

I was talking to my Mum last night. She's been desperate to start travelling again. After all she's a 5'1 80-year-old widow and that inheritance won't spend itself. I'm delighted for her. I hope I'm still travelling the world and planning trips when I'm 80 years old. She hasn't had much luck recently in the travel sphere.

Problem is, it seems we appear to be coming out of a pandemic and going into a World War. Are we still doing those? Didn't we determine that we should all just get along? Perhaps we need a plebiscite or Putin needs a stint on the naughty step to have a good hard think about what he's done.

Mum had booked a European River Cruise, which just happens to finish in The Black Sea, near a place you may have heard of called Ukraine. She doesn't think she'll go. I can't blame her, she's nothing if not optimistic. Last year's trip was cancelled obviously by COVID. She's 80 though. She's been telling us for years that this will be her last trip. We know it won't.

'l'm 80 you know?' she'll explain when we don't believe her. 'We know' we say, wondering if the dementia is kicking in after all. We were talking this morning about how we'd have to gently steer her towards more domestic travel options. Her old school mate and travel buddy, who can't manage International or long distance stuff anymore might be up for a bus trip to Woy Woy. There'd be compression stockings and bus aisle calisthenics but you'd be back in your seat before they tied the yellow ribbon around the old oak tree.

Apparently, they do a lovely cup of tea in Woy Woy. I hadn't read that in a tourist brochure, that's stuff you only hear from a local guide, like Trevor, who also drives the bus and does a fine line in faux charm or smarm.

I guess Mum's travel woes are more a metaphor about the gruelling state in which we encounter our world these days. After two years of pandemic and lock downs and masks and anti-vaxxers, Vladimir decides to kick us off on a World War. Meanwhile the European River Cruise joins last year's COVID struck Canada and The Artic Circle Cruise.

Mum launches into getting chaps around to tackle any number of home improvement ideas, because that inheritance won't spend itself and thankfully, we still have Woy Woy.

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BCHS

BALLINA COAST HIGH SCHOOL

Ocean Rhythms

STEVE SHEARER

No let-up to the wet stuff falling out of the sky as our second La Nina summer in a row continues at full throttle. The characteristics of a La Nina Summer: deep flow E'ly winds bringing copious moisture from the Pacific and plenty of swell from the same source have been textbook for this event.

While there's been no shortage of swell this summer, getting good conditions and acceptable sandbanks has been a much trickier formula to perfect. Most swells have come with plenty of wind, mostly SE to E, rain and sand has been in a constant state of flux with the turbid oceanic conditions and agitation of the inshore sediment load.

At time of writing, it's dumping rain again, Ross Lane is closed and the ocean is a mess. A deep E'ly flow is promising another extended round of medium/large surf with a prospective Tropical Cyclone to add to the list of cyclone swells this year.

Typically La Nina patterns break down in Autumn, but this normally a wet time of year for sub-tropical NSW, so it may be well after the Autumn Equinox before we see a return to a more settled pattern, allowing the sand to settle and hopefully some bluewater to come back.

Fishing wise, the whole summer has been spent waiting for water to clear up, before the next minor-moderate fresh out of the river sends it all back to mud again. If you could time



the brief pockets of good water then there were fish to be found. The beaches had moments of good fishing for whiting and dart. Rock platforms have been dicey with all the swell this summer but there have been tailor and plenty of trevally around. Pelagics have been confined to wide marks mostly, where bluewater is to be found running strongly downhill.

Following the current moderate flood we'll be a couple of weeks away from things clearing up again so fishing opportunities will be limited to the top of the tide, or areas much further north that clear up a lot quicker than this coastline adjacent to the Richmond River.

Hopefully, once we see this La Nina in the rearview mirror the constant flooding in the Richmond will see water quality improve and fishing fire before the winter species arrive. Till next month, tight lines and tubular visions.





Cars Of Lennox

SHAN RAILTON

Make / Model – 1997 GMC Sierra 2500 Owner – Brad

LW – I've known Brad for a few years and in that time I've seen him behind the wheel of some interesting cars. This one isn't typical of what he normally goes for though. A very Americana truck Brad, what's the story?

Brad – Yeah, it says USA. I bought a mobile sandblasting business recently and needed a vehicle that could not only tow the blasting trailer but also cart a tonne or so of sand. A typical Hilux or similar just doesn't have the ability. I'm also a car guy so I wanted something a bit iconic and different.

 $\boldsymbol{\mathsf{LW}}$ – It's definitely that, you really don't see may of these on the North Coast.

Brad – So true but in saying that, I actually bought it from a bloke in Uki. I was hunting around on the internet and couldn't believe it. The price was good, the truck had just the motor totally rebuilt for big dollars, the guy had spent money on it, money I didn't have to spend thankfully.

LW - Good score, so it's been reliable since?

Brad – Typical on any older car it has a few gremlins but surprisingly parts are fairly available in Australia and these things aren't hard to work on.

LW – So you do most of the work yourself?

Brad – I've got a shed and a mind for mechanical stuff so yeah I love working on cars, kind of an escape for me.

LW – Nice one, so you're hanging on to it for a while?

Brad – Yeah, I need it for my business and I kind of love it. My plan is to keep it working for as long as possible then do a



massive resto on it and turn it into a street cruiser. I'm a fan of customising stuff and this one is prime for it.

LW – Wow, that sounds like a *Lennox Wave* feature for a future issue for sure! Until then we'll be sure to give an American 'yee hah!' as you drive by. Thanks for sharing your truck and story.

Brad - Thank you. You'll see me for sure, can't miss it.

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C pets&animals

Pets Of The Month



Name: Clawed Monet Owner: Kitty Rantissi Breed: Ginger Ninja Age: 5

Clawedy loves eating fish in jelly sachets. He enjoys taking long naps stretched out in the sun, appreciating fine art and traveling up and down the north coast with his mum.

He has been a muse for local artists with a variety of artworks created in his honor.



My name is Ms Patootie. I am an adult blue tongue lizard who resides in a rockery that Rosie Webb created in her postage-stamp-size garden.

I am gainfully employed as a snail eater and am rewarded for my efforts with watermelon pieces and nectarines. My favourite form of relaxation when I am not on a snail hunt, is flattening myself out on a hot rock and soaking up the rays.

Want your pet to be pet of the month?

Just send your answers to the questions on this page, plus your favourite high resolution photo of your pooch. This is not a competition — we try to get everyone onto this page eventually, so be patient.

You can also send all your favourite pet photos for a chance to be seen here on our ever-expanding pets' page.

Send to editor@thelennoxwave.com.au

ANGELS BEACH DRIVE



PRØJECT UPDATE

The Angels Beach Drive and Bangalow Road Lane Improvement project is progressing well, with works currently underway to extend Sheather Street and connect it with Angels Beach Drive.

Intersection widening works have commenced along Bangalow Road between the Angels Beach Drive/Bangalow Road roundabout and Kerr Street.

These works are expected to continue until July 2022 (weather and site conditions permitting).

During this time the following traffic changes will be in place:

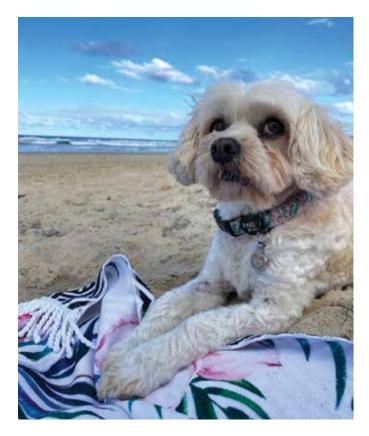
- Two-way traffic will be maintained, however motorists are encouraged to use alternative routes via Kerr and Fox Streets where possible.
- Speed limit will be reduced to 40km/h in construction zones.
- Temporary pedestrian and cyclist detours will be in place around work zones.

To alleviate congestion please allow extra travel time and avoid nonessential travel during peak morning and afternoon periods.

Council thanks the community for their patience and cooperation during these works.

For further information and to register for project updates, visit *ballina.nsw.gov.au/BangalowRoadRoundabout*

balling.nsw.gov.au/BangalowRoadRoundabout



Name: Marlee Breed: Cavoodle Owners: Campbell Clan Age: 6 Favourite Food: did someone say Chicken? Favourite things to do: loves the beach with humans and

sitting on a picnic rug watching life around her (also doesn't say no to a good tummy rub)

If I wasn't a dog, what would she be? An influencer or working at Chicken Mania.



Name: Zuko Boy Breed: Blue American Staffy Age: 9 months

Owners: Nina and Brad

Favourite food: practically anything and everything but is rather partial to chicken and apples

Favourite thing to do: Loves nibbling feet and shoes while wearing them loves a cuddle and giving you his paw with sad eyes when begging for food.

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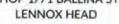
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C pets&animals

Vet Watch

EVAN KOSACK

COVID in Pets

I get asked fairly regularly whether pets can get covid. Mostly this is just curiosity, but sometimes people are a bit anxious about what the answer might be. In a nutshell, pets can get the virus, but there's no evidence they play any role in transmission to humans or get severe disease themselves. So no need to worry. Anyhow, its worthwhile elaborating a little for claritys' sake.

The current spread of COVID is via human to human transmission. There



are no reports of the virus in domestic pets or wildlife in Australia. The World organisation For Animal Health advises there's no justification in taking measures against companion animals other than routine hygiene and washing. That's because there's a remote possibility that the virus can survive on an animals coat for a short time. The operative word here is remote. No evidence of this actually occurring exists.

What about vaccinating pets against COVID? Well....nope. Theres no evidence this is required, and no approved COVID19 vaccines are registered.

So what species have been identified as becoming infected with COVID? A few dogs have been shown (in Hong Kong) to be infected with the virus from sick owners. There's no evidence they would spread the virus, and none became sick.

Ferrets have been shown experimentally to be susceptible to infection, but no evidence of natural infection exists.

When I said no evidence exists of animal to human transmission, that's not strictly true. A few isolated incidences of human mink-farm workers contracting the virus from close contact with mink have occurred. So not much of a risk unless you're a mink farmer and brave enough to get close to an enraged mink. Mink have also been shown to transmit the virus to cats. Neither show signs of illness. Mink are being monitored in countries like the Netherlands as a potential source for future new strains of COVID possibly being a human health risk.

White-tailed deer have, oddly, also been shown to be susceptible to infection (but not disease) and can transmit COVID to other White-tailed deer.

Cats can occasionally become infected, although no cases have been found in Australia. Some early examples of this were transmission of COVID from infected zookeepers to the pumas in their care.

There is the possibility of other species being infected by this virus, but so far there is no evidence that infections in animals have any effect on human health, animal health or biodiversity. Nevertheless, as a precaution and as a point of scientific enquiry, various international organisations such as WHO, and other groups with impressive acronyms, constantly monitor the situation and how changes in the virus as it evolves and mutates may effect human or animal health. This, of course, is entirely sensible.

So the advice is that there is no evidence of our pets being at risk from COVID, or alternatively being a source of risk to humans. As Sarah Connor once said 'The Future Is Unwritten', so recommendations may change. However, at this point, that seems to be a very unlikely proposition.



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Monthly Horoscopes BY PATSY BENNETT WWW.PATSYBENNETT.COM

ARIES



March is ideal for improving health and a positive outlook. You will notice improved energy levels and a generally go-ahead mood. Key news or developments early in March will set the scene for a busy workload so avoid taking on too much.



Be prepared to step into new territory both at work and in your personal life. Aim to view your interests and activities from a fresh perspective, as the full moon

on March 18th suggests you will be

turning a corner domestically.



You'll be drawn to refresh your agreements and commitments. You may even turn a corner in a close relationship such as a marriage. Singles may meet someone attractive early in March, so take the initiative. You may reconnect with someone special.



Romance will be hard to ignore in March and someone special will be your focus. This month is ideal for a financial health check, especially regarding shared finances including taxes and joint assets. Be practical above all else.



Developments in your work and daily life will ring in changes early in March, encouraging you to devise a schedule that suits you and enables you to appreciate life and your favourite activities more. This is the start of a romantic phase, enjoy!



This is a good time to create a healthy daily life and to avoid stress and overwork. Romance, family time and fun projects will set the tone early in the month. A key decision will need to be made regarding a collaboration mid-March.



Jupiter and Neptune in your work zone will produce a busy time so aim to buoy health and vitality. Decisions and developments at home and concerning someone close could be ideal but must be long-term above all else.



It's a lovely month for romance, creativity and to be inspired by the people and projects that are closest to your heart. A trip, change of environment or visit will be conducive to developing a deep understanding of someone close.

SAGITTARIUS



Well-paid work projects will buoy your mood as you are likely to feel a little more on target financially, both at home and at work. You could turn a major corner in your career and improve your status, so take the initiative.



Pluto in your sign continues to bring considerable transformation in your personal life and financially. You will be drawn to make key financial investments and personal decisions. A trip or favourite project mid-month will be motivational.

AQUARIUS 😿

Important news concerning work and, for some, health will provide direction. You will gain the chance to plan better financially and the Full Moon mid-month will spotlight any problems in your budget which you can subsequently fix.



March will be transformative. The Pisces New Moon on the 3rd may bring a surprise your way and, if you have already put inspiring plans in motion, these will gain ground in March. You will turn a corner with a social or personal relationship.





Dr Sean Killeen B.ClinSc M.Ost Med

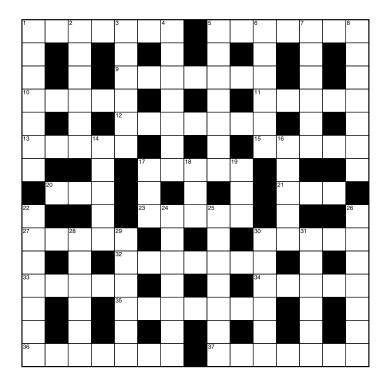
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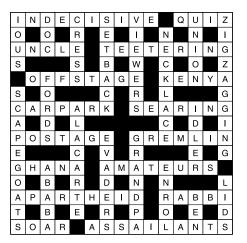
Crossword



ACROSS

- 1. Ethically
- 5. False pretence
- 9. Roman emperors
- 10. Large violin
- 11. Camel-like animal
- 12. Young frog
- 13. Hand in (tax return)
- 15. Smooths (wood)
- 17. Beautify
- 20. Heavy weight
- 21. Male cat

- 23. Scallywag
- 27. Strode
- 30. Peruvian mountains
- 32. Tricks into crime
- 33. Burn with steam
- 34. Broadside
- 35. Evict
- 36. Regards highly
- 37. US Navy officers



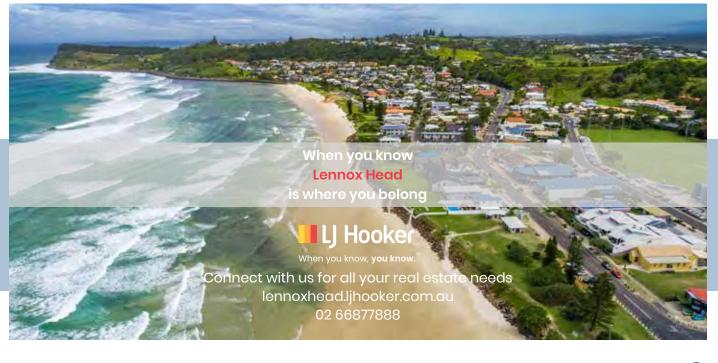
Last Month's Solution

© Lovatts Puzzles

DOWN

- 1. Is amazed
- 2. Alter (text)
- 3. Trace
- 4. Conceded
- 5. Uproar
- 6. Cinema gangways
- 7. Reach
- 8. Engine emission
- 14. Magic lamp spirit
- 16. Luxury car, ... Martin
- 17. Abdominal muscles

- 18. Egg cells
- 19. Playful bite
- 22. Long letter
- 24. Drawbacks
- 25. Quantity
- 26. Chaperones
- 28. Alpine home
- 29. Infer
- 30. Resources
- 31. Distributing, ... out





education

Lennox Head Public School

Welcome Back

LHPS is filled with many happy faces who are excited to return to school for 2022! We also welcomed our new Kindergarten students and they have been busy learning school routines and making new friends.

School Leaders

Congratulations to our newly elected 2022 School Captains; Kobe and Avaluna, and Vice Captains; Tully and Summer, as well as Edward, Jade, Bay and Jett who were elected as the SRC executive. Congratulations to the class representatives for the SRC and to the House Captains. All of our school leaders will encourage, support and model the school values of Respect, Responsibility and Integrity.

Swimming Carnival

Competitive swimmers attended the school swimming carnival on 4th February. Not even the rainy weather could deter students from trying their best! The district swimming carnival was held on 16th February with 15 students making it through to the zone carnival. Good luck to all our swimmers!

Aboriginal Artwork - Brothers by Sea

Over the holidays a large Aboriginal mural depicting the Three Brothers creation story was painted in the school hall by

Below: Three Brothers Mural **Right: School leaders**

Aboriginal artist, Jason King, with the support of Ray Arnett and his sister and LHPS teacher Alicia Morgan. The bright mural is a welcomed artistic and educational addition to our school hall.







Come visit our new Display home at The Beaches now open by appointment only. PH: 0455 039 675 info@ansteyhomes.com www.ansteyhomes.com



Lennox Head Community Preschool

Welcome back for 2022

We held a successful orientation at the end of January to get to know some of our new children and their families before they started Preschool the following week.

Our Teachers and Educators renewed their Senior First Aid and CPR training before commencing this year and had a delicious, nutritious catered lunch from Chicken mania to keep them going.

In the 2nd week of term Miss Bec and Miss Sophie found a baby bird in our yard who seemed to have fallen from his nest. The children and educators kept an eye on the bird over the week, coordinating with Wires we were advised he was a baby fig bird and that the male birds would bring him food during the day. With the very strong winds and rain we were concerned when we hadn't heard his constant tweet. But were extremely relieved when we heard a faint tweet! We found



him on a little branch freezing in the pouring rain. Miss Sophie decided to bring him inside out of the rain and pop him in a cardboard box with a towel. The children were extremely intrigued and we decided to call it 'Figgy' as we didn't know whether it was a girl or boy. Figgy unfortunately had a gunky eye and didn't look well so we called again and were advised to take him up to Byron Bay wildlife Hospital. Miss Sophie and Frankie drove him up to Macadamia Castle to the Byron Bay Wildlife Hospital and Figgy wanted to be carried, sitting in Frankie's hands all the way up. We left him in the trusty hands of the Hospital and were excited to hear once he is better and a bit bigger he will be returned to our yard. So thank you wires and Byron Bay wildlife hospital.

Our children are settling in to their new groups beautifully and getting to know each other, their educators and their preschool. As well as getting to know each child, our educators have been developing an understanding of where our children are at developmentally so we can program and plan to meet the needs of each individual child. All of these observations are recorded in their profile books and reflect where we will plan from there.

This week we have had our annual visit to our lovely Mrs Blair at the big school library to teach us about how to care for our books we borrow from the preschool library. As always our children loved Mrs Blair and her cheeky, engaging ways.

Our Annual General Meeting was held this week we would like to welcome our New President, Kate Parry as well as our new and returning members for 2022. We are excited for the year ahead and look forward to sharing our adventures with you.



Nyxie Wins At Boomerang

sport

MAX PERROT

Lennox Head's Nyxie Ryan has won the WSL QS 1000 Carve Great Lakes Pro at Boomerang Beach and has leaped into the top spot on the Australia/Oceania - 2021/2022 Women's Qualifying Series Rankings after the second event of the series.

'I'm so honoured to take out the victory here', Ryan said. 'It's certainly going to take a bit of time for it to sink in, but I'm just elated that I was able to get my first Qualifying Series win.'

The judges rewarded Ryan with an 8.75 in the final for a huge backhand snap which was the highest scoring ride of the entire women's event.

Nyxie's win was very deserving as she was consistently one of the most dynamic surfers throughout the competition and her surfing peaked in the final.

Ex Championship Tour surfer Stuart Kennedy made a successful return to WSL competition with a third-place finish in the men's division.

Surf Club News

JODIE ROBERTS







On 28 – 30 Jan a team of 60+ competitors from the Lennox Head Surf Club headed down to Forster for the NSW SLS Country Championships.

It was an amazing carnival that featured an incredible location, great conditions and fantastic sportsmanship.

What makes this carnival unique is that it's the one surf sports event on the calendar that features competitors from all levels including: Nippers, Seniors, Open, Masters and the Boaties on the same weekend! And we represented all of the above!

Overall, we came in 4th out of 30 clubs that were competing – which was a great result!

There were so many highlights across all age groups, but to name a few:

• 2 Golds and 3 silvers in the Taplin Relay which includes swimming, paddling and the ski and is possibly the most prestigious and fiercely contested event in competitive Surf Life Saving – huge congrats to our Male and Female seniors for such an amazing result!

• We had a boat crew competing this year for the first time in many years, they came away with a Gold and Bronze!

• In our Nippers there were top 6 results across many events and across all the age groups including the wade, flags, sprints, individual board, individual swim, the iron, board relay, board rescue, swim teams, sprint relays and the beach run (1km and 2km).

• Our Masters featured competitors entering for the first time which was great to see and there were even a few medals won! Congrats all!

Huge thanks to all our officials, water safety, IRB crew and administrative team for all of your help and dedication towards making it a successful weekend away!

COMPLIMENTARY COURSES











COVID has highlighted some areas of focus with every business needing an Employee Prevention Plan (EPP) & a Mental Health First Aid Officer.



MONDAY & TUESDAY 5 & 6 APRIL 2022 9.00 AM - 4.00 PM

LENNOX HEAD CULTURAL CENTRE







ASK Workshops are industry-specific, the programs break down previous stigma and barriers associated with mental health education and training by utilising a series of strategies that speaks to the everyday person. ASK Workshops are time efficient, informative and inspiring. ASK Workshops include authentically lived experience presenters and allows participants to be involved in building a culture that harmonises their workplace wellbeing values. Standard Mental Health First Aid learn how to assist adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.

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All Girls Boardriders

RENEE ADAMSON

Unfortunately, the first club round of All girls was cancelled due to extreme wet weather.

A disappointment, but we will be back next month to kick off the year with a prize round. Thanks to Lennox Surf and Rip Curl Byron, the first four places in each division will take home a prize pack.

2022 is set to be a huge year. It is our 30th birthday, and there are plans for a big celebration, so stay tuned.

The annual Camp out is planned for the May club round, with the Venue to be determined.

The Ma Bendall & Phyllis O'Donnell Shield Tag Team event will be held on the June long weekend.

And the Her Wave Surfing NSW Tag Team event in July.

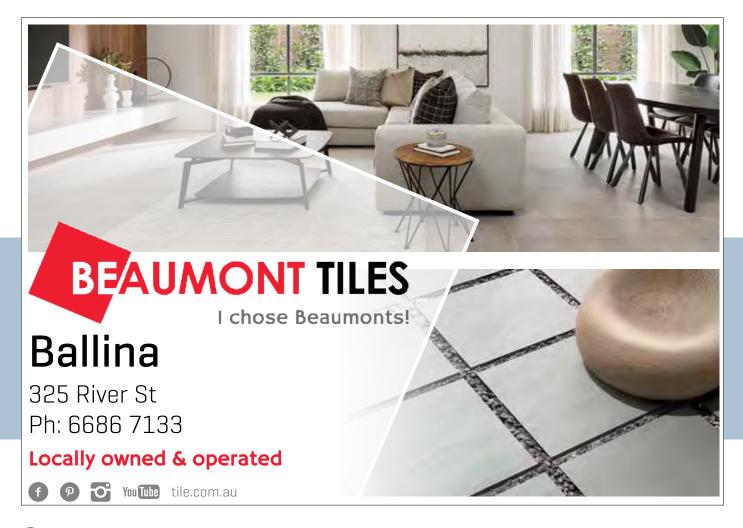
It is an exciting time to be an All Girls member and a female surfer.

Welcome back to all our past members, and welcome to all our new members.

See you in the water next month, March 27th. Stay dry.







Lennox Longboarders One Dayer



Presented by the Lennox Longboarders Club & The Healthy Minds Club.

The Lennox Longboarders One-Dayer replaces the former Annual Lennox Longboard Classic, which was a two-day event, staged last in 2019. The Club decided to revamp it because of COVID delays.

The comp will feature four Longboard Divisions, Open 9ft, Over 40's, Over 60's & Ladies.

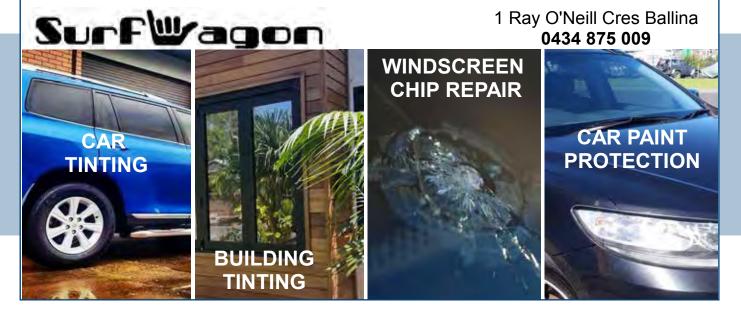
It will be a day of longboarding skills from around the region and from Southern QLD, all on display at Lennox Head.

Here's your chance to see longboard surfing in its best form, competitive, fun and full of talent on show.

For more info on the event, visit the Club website www.lennoxlongboarders.org.











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