

# the lennoxwave

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Community news and events for Lennox Head

Issue 210 | October 2022



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# CENTENARY BALL

**FRIDAY 9 DECEMBER 2022**

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Enquiries to [lennoxartsb@gmail.com](mailto:lennoxartsb@gmail.com)



**ballina**  
shire council



**Elders**





## from the editor



The red and yellow flags have been planted in the sand signalling the start of warmer weather and beach-filled days.

After what felt like a long and wet winter, how lovely it has been to witness people returning to enjoy our great outdoors in the sunshine.

Lake Ainsworth, which was left an eerie and isolated landscape after the floods, is once again attracting people to her shores to picnic and play and despite the ongoing construction in town, families are gathering to enjoy the redesigned Ross Park with its unique ocean views.

When the sun is shining, the threat of a third La Niña season seems distant, yet with one flood warning for the region recently dodged, I won't be packing away my gum boots just yet. However, until the rain arrives, I will be relishing this island vibe with sandy feet and salty hair.

Natalie Grono, Editor

### Got a story? Get in touch

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### Cover photo

Credit: Jeremy Somerville

### Acknowledgment of Country

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

### The fine print

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# A job change for the better?

## Welcome to Bupa Ballina

Bupa Ballina is a beautiful care home set in a tropical landscape. We have recently welcomed a new General Manager, Paul Mitchell, who shares the primary goal of placing our focus on the health, lifestyle and wellbeing of our residents and team.

### Benefits of Bupa

- › \$2k to 5k sign on bonus. T's and C's apply!
- › Continual learning and development opportunities
- › Flexible working shifts and arrangements
- › Relocation and accommodation assistance available. T's and C's apply!
- › Internal transfers across our care homes
- › Supportive, collaborative, and caring team culture
- › Range of discounts on Bupa products – Healthcare, Optical, Dental
- › 'People First' wellness program that can be accessed by all employees

### A message from our General Manager at Ballina

It is truly a privilege to be able to lead the beautiful Bupa Ballina care home. I invite you to join me and our team of caring staff who daily provide comfort, support and quality care to each of our residents.

We recently asked our residents and their relatives how they felt about living at Bupa Ballina.

- › 98% said that they felt safe
- › 93% said they received the care that they needed
- › 95% said that our team are caring and kind

With feedback like that, why wouldn't you not want to come and join our Bupa Ballina family and enjoy being a part of this positive work environment and help to contribute to the continued wellbeing of our residents.

### Currently hiring

- › Registered nurses
- › Carers

We are very flexible and have Full-Time, Part-Time, and Casual roles available.

## Be at the heart of it



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BYRON BAY  
& BALLINA



## Nourish FOOD & DRINK

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**What:** Sustainable Soiree by Rox Lox  
**When:** 5-7pm Wednesday 12 October  
**Where:** The Old Pacific, Newrybar

Meet the maker of Rox Lox and sample ethical hair care products. Live music by Shelley Brown and drinks from Brookies Byron Gin and Hinterland Harmony. RSVP: [contact@roxlohaircare.com.au](mailto:contact@roxlohaircare.com.au)



**What:** Nimbin Roots Festival  
**When:** Saturday 15 - Sunday 16 October  
**Where:** Nimbin

Nimbin Roots Festival is a 2 day celebration of Roots music, Old Blues, Folk, Old Timey, Folk Rock and Traditional music set in venues around the colourful town of Nimbin.



**What:** Brahms' Ein deutsches Requiem  
**When:** Sunday 16 October  
**Where:** Lennox Head Cultural Centre

Byron Music Society presents Brahms' Ein deutsches Requiem (German Requiem). Recognised as one of the greatest choral works ever written. For info contact 6681 0500



**What:** Channel Chicks Charity Clothes Swap  
**When:** 6 - 7.30pm Friday 21 October  
**Where:** Lennox Cultural Centre Children's Room

Swap your unwanted clothes to raise money for a good cause. Hosted by The Channel Chicks, the majority of items will be \$5 with proceeds donated to charity Rafiki Mwema. Info contact Lee: 0428 864 446



**What:** The Uki Festival  
**When:** Saturday 22- Sunday 23 October  
**Where:** Main Street, Uki Village

To celebrate the recovery from the big floods of early 2022, the Uki community is hosting a FREE world-class Music, Art, Dance, Food and Resilience Festival. [facebook.com/TheUkiFest](https://facebook.com/TheUkiFest)



**What:** Alstonville Agricultural Show  
**When:** Friday 28- Saturday 29 October  
**Where:** Alstonville Showground

Alstonville Agricultural Society holds an agricultural show each year, promoting local produce as well as horses, stud beef, poultry, working dog trials and campdraft. Visit: [alstonvilleshow.com](http://alstonvilleshow.com)

## Monthly markets

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

## Weekly farmers markets

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

**For more information visit**  
**[discoverballina.com.au](http://discoverballina.com.au)**



## Upgrade update



Ballina Shire Council's project to rejuvenate Lennox Village is progressing. Works are now focusing on the village's central hub and the project's staging has been consolidated with the goal to complete the majority of works in December 2022.

Throughout September Ballina Street was closed to improve site access and enable Council to accelerate works in the central hub of Lennox Village. Activities focused on footpath paving works, road reconstruction and road paving in the central hub.

Following recent consultation with Lennox village business operators, Council will complete Stage 3 (central hub) and Stage 4 (northern Ballina Street) simultaneously over the next four months.

Stage 4 along the northern section of Ballina Street commenced 1 September 2022 and will be completed at the same time as Stage 3 (central hub), which is also underway. The target completion date for both Stage 3 and 4 is December 2022. For emailed project updates visit: [ballina.nsw.gov.au/LennoxVillageVision](https://ballina.nsw.gov.au/LennoxVillageVision)

## Festival and event funds



*Pictured: Love Lennox Festival, one of the events that the program has sponsored over the years.*

Ballina Shire Council is pleased to announce the Festival and Event Sponsorship Program for 2023/24 is now open.

The program is now in its 12th year and has been a huge success for community festivals and events. It offers event organisers the opportunity to apply for sponsorship from a pool of approximately \$120,000 of funding for their festival or event for the 2023/2024 financial year.

Council's Mayor, Sharon Cadwallader said, 'It's important we secure this funding for event organisers well before the start of the 2023/24 financial year, which is why we call for applications quite early on in the process. Event organisers will know the outcome of their application by December 2022.'

There are several eligibility criteria, including: the applicant needs to hold adequate public liability insurance, the total cost of the festival/event must be more than \$20,000, and the festival/event must be held in the Ballina Shire. Applications close Friday 28 October. Visit: [ballina.nsw.gov.au/FestivalEvents](https://ballina.nsw.gov.au/FestivalEvents)

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# Lennox Head Residents' Association

by Robyn Hargrave

We welcomed a new member, seven members, two visitors and Cr Dicker at our 5 September meeting.

## Aircraft noise

Council's August meeting undertook to correspond with Air Services Australia to conduct an airspace review focusing on appropriate noise abatement measures and with airlines informing them of residents' ongoing concerns with requests to deploy measures minimising aircraft noise where possible. Correct protocols for reporting noise complaints will be circulated regularly. Our Association will initiate contact at a Federal level with those who have responsibility for aviation issues.

## A business/housing development at 61 Ballina Street

DA 2022/146 includes a proposal for a three storey section facing Rayner Lane incorporating a rooftop terrace one metre over the 9metre height limit. Members' concerns on a number of aspects were forwarded to Council with members encouraged to make individual submissions.

## Lennox Head Community Aspirations Strategic Plan

Representatives of the Association are participants in Council's Community Reference Group and encourage the community to engage with the on-line facility available at [yoursayballina.com.au/lennox-head-strategic-plan](https://yoursayballina.com.au/lennox-head-strategic-plan). The next phase of community

consultation will involve a survey of matters which are important to Lennox and Skennars Head Residents.

## The Centenary Ball

It's time to dig out your 1920s' outfits, brush up on dance moves and purchase tickets for the Ball to be held on Friday 9 December in the Cultural Centre. The great swing band, Well Swung Daddies will keep us entertained with their energetic performance and music from the 1930s to today to have us dancing. (See ad page 2). There are prizes to be won for best 1920s' hairstyles, clothing and table decorations.

Upcoming meetings: 10 October and 7 November from 7pm in the CWA Hall. Feedback is encouraged by email to [lhrainc@gmail.com](mailto:lhrainc@gmail.com)



## lennoxhotel

### WHAT'S ON

#### MELBOURNE CUP

Spend Cup Day overlooking Seven Mile Beach

#### LIVE MUSIC

Local acts Friday & Saturday nights

#### JAM NIGHT

Rock out with us on Thursday nights

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## Councillors' thoughts; most pressing issues faced

Each month, B Ward Ballina Shire Councillors will have the opportunity to share information on a subject that carries importance to the community. All comments and points of view are those of the author. This month we asked Councillors for their thoughts on the most pressing issue facing Lennox today.

### Cr Kiri Dicker

The most pressing issue facing Lennox today is the need to protect our environment in the face of rapid growth and development. Almost all of us moved here for the same reason, the village lifestyle and coastal amenity. Growth is inevitable, yet our community is at risk of being loved to death. Our waterways are choking, and our biodiversity is under constant threat from degenerative farming practices and inappropriate development.

There is no simple solution to the environmental crisis we are facing, but we are not going to fix it by using the same thoughts and actions that got us into this mess in the first place. Change does not come about because a few people do things perfectly, it happens when every single one of us commits to changing our behaviour in small ways. We need to consume less, recycle more, embrace renewable energy, walk and ride instead of drive, get more engaged in our communities and the world around us. It's never too late to turn things around.

### Cr Eva Ramsey

Like many other coastal areas Lennox is being loved to death. Completing our Lennox Head Strategic Plan 2023-2043 is at this present stage I think the most prominent issue facing Lennox.

Encouraging people to have input into our new Lennox Head Strategic Plan 2023-2043, with a 20-year horizon. Personal input is a vital gauge that is crucial for the community and future generations with resolutions based on community feedback. Therefore every person has a chance to contribute to that visualisation.

Lennox Head faces numerous pressing issues at present: future population growth, how we house the migration, creating jobs, taking care of our environment, biodiversity, cultural heritage, protecting our character and lifestyle, linking our stunning hinterland villages and copious others.

I take my elected position very seriously and try to make fair and equitable decision on our future for everyone. Therefore, please don't miss your chance to do the same and mould your community's future by visiting [yoursayballina.com.au](https://yoursayballina.com.au)

Our Lennox coastal lifestyle means so much, time moving just a little bit slower, activities being done at a leisurely pace, strangers smiling and striking up a friendly conversation, knowing your community is there for you, we have a sense of belonging. The most critical issue now is sharing your input into for future.

### Cr Jeff Johnson

A key issue for Lennox is the future of the school. There has been a dramatic increase in the population over the last 5 – 10 years with a baby boom and the release of a number of new residential areas. This additional population has put a tremendous strain on the Lennox Head Public School. There are currently at least 13 demountable classrooms which take up approximately one third of the former playground. In 2018 construction of up to seven new classrooms was supposed to start but this has now been cancelled due to the discovery of Aboriginal artefacts on the site and the realisation that the site is too small to meet current and future needs.

The situation with the School highlights a clear failure from the NSW Government to adequately plan for and deliver key infrastructure that our community needs. The proposed seven new classrooms were already inadequate five years ago. The NSW Government is currently looking at an alternative school site. Whether the existing School will be used as either an Infants or Primary School in the future is still not clear.



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really appreciate the effort and support.



## Seeking regional health solutions

by Tamara Smith MP

I continue to raise in Parliament the fact that people living in rural and regional areas have for too long drawn the short straw when it comes to health outcomes and services.

Staff pay and conditions, and under-resourcing are at the heart of the problem. Difficulty in attracting qualified personnel and insufficient clinical resources were revealed to be at crisis point in regional areas like ours during the COVID pandemic, and starkly uncovered in the aftermath of this year's flooding disasters.

Right now, staff shortages of nurses and midwives in the Northern Rivers are serious. Many who were flood-affected have moved to Queensland where they can earn more and work in better conditions with mandated nurse-to-patient ratios. Our local nurses employed full-time are working alongside 'agency' casual nurses who get paid about \$10 per hour more than they do. Affordable housing for nurses, midwives, allied health staff and hospital administrative staff is an issue across the Northern Rivers.

Our small number of state local ambulance personnel and paramedics spend most of their shifts taxiing non-critical

patients to the Gold Coast. Or they're transporting them between hospitals because of simple problems like Ballina Hospital not being resourced to employ an on-call radiologist. Having such a specialist available would allow for the expensive CT scan at Ballina hospital to be used outside of business hours or on weekends.

Once our ambos take non-critical patients to other hospitals, they may have to wait for many hours for the Emergency Departments to be able to take carriage of their patient. This could be remedied with a roll-out of the Patient Transfer system that is in place in the Sydney metropolitan area that transfers patients who do not need a time-critical emergency ambulance.

Our front-line nurses, midwives, paramedics and hospital staff tell me regularly that better pay that keeps up with inflation, improved nurse-to-patient ratios, applying Sydney's patient transfer system across the Northern Rivers, and employing on-call radiologists at hospitals that perform CT scans, would make a big difference for our communities.

## lennox head strategic plan 2023-2043



### Community engagement

Community engagement is now underway to develop a new Lennox Head Strategic Plan 2023-2043.

#### Survey

Tell us what you love about Lennox Head and share your aspirations for its future. Have your say on our new digital engagement platform [yoursayballina.com.au](https://yoursayballina.com.au)

#### Listening Stall

Look out for Ballina Shire Council staff at the listening stall from 8am-1pm **Saturday 9 October** at the Lennox Head Markets.

#### Housing workshop

What do you want future housing to look and feel like in your area? Council is developing a new housing strategy and will hold an initial workshop at 6pm **Wednesday 26 October** in Lennox Head. Register to attend at [yoursayballina.com.au](https://yoursayballina.com.au)



have  
your say

Complete the Lennox Head survey at [yoursayballina.com.au/Lennox-Head-Strategic-Plan](https://yoursayballina.com.au/Lennox-Head-Strategic-Plan)



### For further information

Visit [yoursayballina.com.au/Lennox-Head-Strategic-Plan](https://yoursayballina.com.au/Lennox-Head-Strategic-Plan) or phone Council's Strategic Planning Section on 1300 864 444

**ballina**  
shire council



# Lennox Head Lions Club celebrates 20yrs

by Christine Stores



We are celebrating 20 years of service to our community.

There was a Lions Club in Lennox Head from 1986 to 1990 but as a result of the lack of numbers the Club experienced a period of recess.

Thankfully, it was reformed in early 2002 largely due to the efforts of guiding Lion, John Lynch and it was Chartered on 21 September 2002 with 21 members. Currently we have 24 members.

Since 2002 the club has been heavily involved in supporting specific community needs such as contributions to natural disaster including Flood Relief Assistance and the Lennox Head Tornado. As part of the wider Lions Community, we help when there is a major disaster in our part of the world such as the Christchurch and Japanese earthquakes. And when we call for assistance, as we have done recently with the flood disaster, The Australian Lions Foundation comes to our aid.

A major focus has always been on the local area with financial assistance to support young people in the community needing help with attending sporting or relevant educational events and active support of local sporting groups and schools. We also respond to a variety of other local needs such as house fires, support for SES and Fire Brigade naming just a few.

## COMMUNITY connect

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BALLINA SHIRE COUNCIL



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Lennox Head Lions work closely with other community groups and plays the major role in the local promotion of Australia Day. The Club also provides a BBQ for the monthly Lennox Community Market.

Lennox Lions support National and International Lions charitable and welfare projects and joins with other Clubs from the area in the Northern Rivers Trust to fund worthwhile projects, too big for one club alone. Such projects have included the provision of a rescue vehicle for the Alstonville-Lennox Head Surf Life-Saving Club and a dragon boat for the Lennox Head Dragons Abreast.

This year has been our busiest year ever. With the advent of the devastating floods, all our efforts this year have been focused on supporting those in our area who have been flood affected through the supply of vouchers, equipment, services and household requirements. We've also catered during the initial evacuation stage and at community events in nearby villages aimed at reconnecting communities.

We have been able to achieve all of the above through the generous support of our local community and local businesses whether it be through sponsorship, donation or buying a steak sandwich or sausage sizzle. We are forever grateful for that ongoing support.

So, come along and help us celebrate. If you are a past member of Lions; if you have sponsored us; if you have given us a donation; if you intend supporting us in the future or even better if you'd like to become a member, please come along to Club Lennox Sports 6 November 2pm till 4pm. Enjoy a BBQ and a game of bowls. You are all welcome and it's on us. We want to say thanks.

Past members we would love to include you so please contact Don Hurley on 0427 876 867 or [dandrurley@outlook.com](mailto:dandrurley@outlook.com)



**Friday 21 October**  
From 6.30pm  
Tickets: \$50 18+

**MC Mandy Nolan & DJ Lippo**  
Includes:

- 2 Hr Hotshots Performance
- Young Henrys G&T on arrival
- Bid for an 'onstage' dance with your favourite hotshot
- Profits to Ballina Women's & Children's Refuge



**Friday 28 October**  
Members: \$23 Guests \$25  
Doors: 7.30pm Show: 8pm  
18+ Event

Barnes Storm are a 5-piece band comprising competent musicians who love to play with drive and passion. The band's aim is to celebrate and deliver the songs of Jimmy Barnes in a true style.



**Saturday 29 October**  
\$100 Per Person  
Includes 3 Course Meal  
6.30pm to 11pm 18+

Join us for a fun night of comedians, raffles, great food and auctions. Get frocked up! Black tie, fancy, but you can be comfortable with your gumboots. Raising money for Kanimbla Wombats to fight mange!





## Safety lights campaign

A fall at home can have terrible consequences for an elderly person, their family and the community. The Rotary Safety Night Lights for Seniors national information campaign will share a critical community health message – promoting fall prevention and the value of automatic night lighting within the home for older people.

Causes of falls can be both health and hazard - one of these may be poor lighting. The likelihood of falls may be reduced with a simple LED night light that provides a soft glow and either comes on automatically when it's dark (dusk to dawn) or illuminates when movement is detected.

The Rotary Club of Lismore West is preparing a nationwide community information campaign promoting safety night lights and fall awareness for seniors and they would love your involvement. They encourage people to get active, get informed and purchase a simple, automatic night light for themselves and others. To help get night lights and falls prevention into people's homes, they have liaised with a national retailer to have a tailor-made Rotary Safety Lights for Seniors 10-day pop-up display staffed by Rotarians, and carry a range of quality night lights and falls awareness information in all their stores, nationwide.

## Stand up and get tipsy



*Pictured: Comedian Steve Allison, source Facebook.*

Gold Coast legendary comedy veteran Steve Allison joins the Comedy Commune crew for Stand Up and Get Tipsy on Tuesday 11 October at Mr Topsy's restaurant.

A pro comic for over 25 years Steve never disappoints. MC for the night is local pro comic Matty B, fresh from his flood ordeal with stories to tell.

On the underbill: Bay FM's Kate Payne, Mad For A Giggle heat winner BT and Comedy Commune founder and *Lennox Wave* columnist John Peacock. Expect a belly full of laughs.

Bookings: [stickytickets.com.au/8R32C](https://www.stickytickets.com.au/8R32C)



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## Club Lennox Sports

by Jackie Hinrichsen



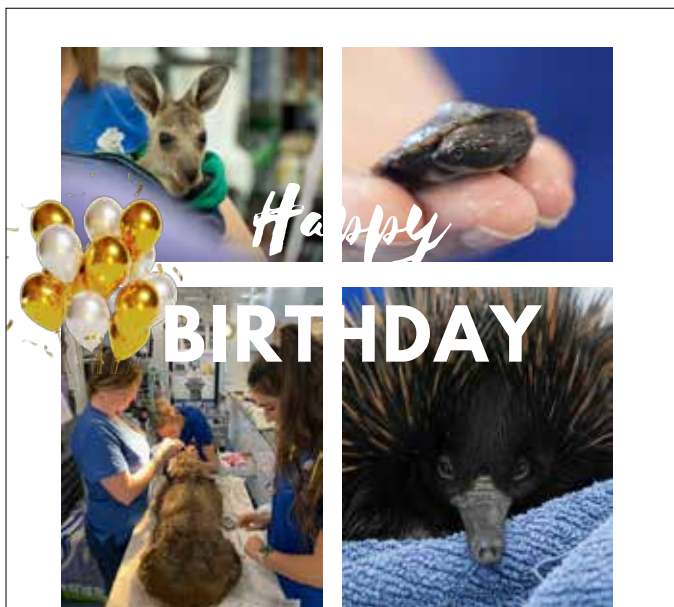
### Club Lennox Sports, sponsors of AVS North Coast - Australian Veteran Surfers

It was wonderful to get behind the AVS State of Origin competition held at Lennox Head in September. It was an absolute winner of a weekend for all.

Veterans from Sydney through to Sunshine Coast battled it out for the State of Origin Cup. After a fabulous day in the surf at Seven Mile Beach, it was our pleasure to host the five chapters who all came for dinner at Club Lennox Sports.

Currently we are displaying an awesome board by Wood Surfboards. Tickets are on sale to win the board and money raised will stay in the North Coast region providing funds to AVS North Coast in support of strengthening Veteran ties, creating initiatives and on-going peer support. The board will be drawn this month.

We look forward to supporting AVS North Coast in all upcoming events.



**Happy BIRTHDAY**

**It's Byron Bay Wildlife Hospital's 2nd Birthday!**  
Your donation is the best birthday gift possible

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## VIEW Clubs



*Pictured: Club members in their Club uniforms of purple and white.*

### Lennox Head Day VIEW Club

At their September meeting the Lennox Head Day VIEW Club, which is celebrating its Silver Anniversary this year, had a nostalgic look back at its 25 year history. A slide show of approximately 150 photos was shown depicting wonderful memories of fun, friendship and making a difference which has been the Club's motto over the years. Craft days, picnics, street stalls, birthday skits, fundraisers and coach trips away were all fondly remembered.

During this time the Smith Family's focus has changed from welfare to education. So, VIEW Clubs have moved from providing handmade goods for families to sponsoring students in the Learning for Life program, which gives disadvantaged Australian children the support and resources they need to reach their full potential.

In October the Day VIEW Club will again hold their meetings at Club Lennox but would like to thank the staff of the Lennox Head Cultural Centre for their help and support whilst the VIEW Club was meeting at the Centre during Club Lennox closure. The Lennox Head Day VIEW Club welcomes new members and guests to their meetings which are held on the first Monday of the month at Club Lennox.

For enquiries, please ring Enid on 0407 187 511



### Lennox Head Evening VIEW Club

The September dinner meeting was abuzz by 6:30 PM when most of the members would have arrived to get the chance to chat, mingle and share updates. These monthly meetings serve as times to reconnect, allow for ME-time, find support in each other and fundraise for a common cause - sponsoring three disadvantaged students through The Smith Family's Learning for Life Program.

Being the speaker of the evening, President Karen Mackenzie shared her new work responsibility with the Positive Partnerships in Autism project under the auspice of Autism Australia (Aspect), which teaches parents and teachers about autism and research-proven methods for enhancing educational and whole of life outcomes for young people. We wish her all success in this exciting endeavour.

The anticipation is mounting, gearing up for the club's 10th-anniversary celebration in October. Postie by Willa Clothing Fashion Parade will be the highlight, this being the 2nd time the event will happen due to its success last time. Catalogue available via link: [postie.com.au/stylist/janiceloughrey](http://postie.com.au/stylist/janiceloughrey). If ordering online, use invoice number 40276 at checkout for 10% of sales forwarded to VIEW.

The LH Evening VIEW Club welcomes women of all ages to join their meetings held every 2nd Tuesday of the month at The Lennox Hotel. 6:15 PM for drinks and chat, 7 PM start for the dinner meeting. Dinner is \$35, and raffle tickets for \$5. For enquiries, visit Facebook/Lennox Head Evening VIEW

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## Lennox Probus



With the belief that everyone has a story, Lennox Probus encourages its members to tell theirs. Lennox Head Probus meets the first Thursday of the month at Lennox Head Sports at 9.30 am for a 10 am start. Visitors welcome. Enquiries June Zentveld 66 871 004 or Kevin Nicol 66 876 132

### **My Life story by Audrey Dungar**

I was born August 1929 to parents who were a farming family. I had a sister and two brothers. We were typical country kids and walked to school two miles away. The school was a small two teacher school and of an afternoon there would be 10-12 kids walking home together and fighting. We had to make our own fun and played rounders, walked, and swam in the creek that ran through our property. There was a hill and we slid down it on a piece of roofing tin. It's a miracle we didn't hurt ourselves.

We had no electricity, no fridge, washing machine etc. The lorry that came to pick up the cream from the dairies brought blocks of ice for the ice chests. The butcher, baker and grocer from Lismore called and took orders and returned with the orders. Light was from kerosene lamps with the globes changed every few days.

In 1939 the second World War started. I was 10 years old. We all had ration tickets for everything – food, petrol, clothes etc. Because we had a farm we had our own milk, cream, veggies and

eggs. We used to make our own butter, beating the cream with a egg beater (my job). How I hated to make it.

At 11 years old I started high school in Lismore 15 miles away. I caught the bus at 7.30am and returned home 4.45pm – a long day.

When I left high school I had six months at home and Dad decided it was time I went to work. I commenced work at McLeans' General Store in the office. The wages were 15 shillings and 11 pence per week and I paid 10 shillings a week board. After 12 months I applied for a job as a book keeping machinist with Lismore City Council and stayed there until six months after I married, at four pounds per fortnight.

My sister Marg, friend Nola and I decided to rent a bedsitter as we were tired of boarding. It had three beds in one room, and a kitchenette with a small oven. We'd take it in turns in winter to turn the stove on. We rode to work on our push bikes or walked if we had a flat tyre. The buses went out to the country dances, kitchen teas and we'd attend balls in our ball gowns etc. Life was much fun. This was where we'd meet our future husbands. I still have some of the gifts from my kitchen tea.

In 1950 I married Charlie. He had been in the Air Force for five years in the Middle East and had saved his money (two shillings a day) so he had built a house for us in Lismore, where we lived. He was a cream grader and tester with Foley Bros Factory, and, as I said, I worked at Lismore City Council.

When Charlie returned from the war, he worked at the Lismore Post Office but hated it. He always wanted to be a farmer, so we sold the house and bought a 300-acre farm five miles from my parents at Georgica. What a shock. There was severe drought; the house was 100 years old, white ants had been in it, it had a fuel stove, a copper to boil the clothes and hundreds of rabbits. Our two boys were born while we lived at Georgica. We didn't have money to pay labour, so Charlie and I milked 80 cows night and morning. We

were up at 4.30 in the morning, seven days a week. We were community-minded, played tennis and lawn bowls, attended meetings and became president, secretary or treasurer of all the different associations.

The boys attended the same school at Jiggi that I did but rode bikes to school or sometimes their ponies. We decided that because we couldn't take our boys to sports they had to go to Boarding School at Woodlawn. We were allowed to visit them every second Sunday, so I would cook up enough food to feed them and their mates. Those kids still keep in touch with me.

In 1970 Charlie and I decided to go to Japan for Expo. What an amazing country, the bullet train, people etc. We went on a Dutch ship, the Twangi, crewed by Chinese. Our cabin boy said to me, 'There was a big typhoon between Taiwan and Hong Kong, missy be very sick'. Not only was I sick, but so was he; we didn't see him for three days – what a terrifying time. When we came home, we finished dairying, thank goodness and turned the property into beef cattle.

By 1977 we retired to Lennox Head. A friend asked me to work at the *Northern Star* office in Ballina. Unfortunately, after I'd been there for 10 months, Charlie had a heart attack, and the Dr advised me to give up work to look after him. I had played bowls at East Lismore Club, so I transferred to Lennox, where I have spent the last 43 years and still play.

Charlie died in 2000, and I met Bill eight years later on a bowls trip. We became friendly and he loved travelling so we went to New Zealand, Canada and Alaska, England, Scotland, Ireland and Wales, France and on the Ryan River Cruise.

My latter years have been enriched by my membership in the Lennox Head Probus Club. I enjoy our friendship, our speakers and excursions to many interesting places each month.





# see you at **ross park**

**Ross Park** has been revitalised with new play equipment, boardwalk, paths, picnic areas, and landscaping.

A key feature is an all-ability, wheelchair-accessible carousel thanks to the community fundraising efforts of Tracey Everingham-Armstrong - thank you to everyone who donated!

Pavers designed by community members and Lennox Arts Board are included in the design. Artists Charlotte Haywood and Edward Horne collaborated to create a 'Green Sea Turtle' sculpture - a fun and engaging artwork for families and young children to use for play, contemplation or as a gathering space.

***Bring your picnic blanket, order lunch and dinner from the local eateries, and enjoy this rejuvenated space and the spectacular scenery!***



## Lennox Village Vision **project staging**

Following recent consultation with Lennox village business operators, Stage 3 (central hub) and Stage 4 (northern Ballina Street) will be completed simultaneously.

Completing the two stages simultaneously will temporarily reduce car parking in Ballina Street. The risk of wet weather and site conditions could delay works in some areas.

This was the preferred option of the majority of business operators and will decrease the overall duration of the project and enable the road reconstruction to be completed by Christmas 2022.



## Tintenbar Up Front celebrates 10 years



*Pictured: Kim Churchill (centre), with Hussy Hicks, Julz Parker, Leesa Gentz and hall supremos Sheila Aveling and Jeanette Rai.*

You haven't been to Tintenbar Up Front? People keep coming back because of the friendly atmosphere created by the crew of volunteers in the little wooden country hall with all the ambience of over 100 years of history.

Tintenbar Up Front (TUF) was the inspiration of Peter Lino who wanted to provide a listening environment for local musicians and other performers. Building community and raising money for charities were also part of the motivation. He and Narelle Walker began the event but have been joined over the years by a host of other volunteers.

TUF has been putting on open mic shows the second Friday of every month since 2012. Not just music though - poets, dancers, comedians, satirists, comedians - anyone who wants to perform. In that time they have hosted over 800 performances and also raised nearly \$60,000 for charities.

In addition to the open mic shows, they have also hosted musicians from all over the world and Australia: Sydney, Melbourne, New York, Paris, London, Tintenbar.



*Pictured: The Button Collective playing TUF.*



*Pictured: Croaker and the honeybee playing at TUF.*

14 October is their 10th anniversary open mic show, featuring some of their favourite and best acts from over the years. Hilarious poetry from Tony Koellner, dance from SPRUNG Integrated Dance, satire from Bronny and the Bishops, and musical performances by Thrillbilly Stomp, Headliners Chorus, Kurchata, Gregory Pimm, Bob Terrill and the fabulous Tapestry Road Quartet. Supper will be delicious. Entry only \$10 - all proceeds for charity. Visit: [tintenbarupfront.com](http://tintenbarupfront.com)

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# At home with artist Melissa Wright

by Natalie Grono



Melissa was born with art in her blood.

Raised in Philadelphia, USA, with both sets of grandparents as artists, creativity was encouraged from an early age. 'I was the youngest child and therefore left to my own devices. I had much freedom, so I would be gone all day long in the woods, playing and creating objects from sticks and stones. I was always very hands-on. When we visited my grandmother at her beach house, I would hike into the clay fields, collect fossilised shark teeth, and make cool things. Our family didn't have much money, so my siblings and I learnt to create our enjoyment,' Melissa explains.

Unsurprisingly, at age 18, she left home to study art in Oakland, California. It was the 70s and as Melissa reminisces, 'a fun time to be at a cool independent art school.'

With a love for blues and roots music, Melissa frequented the blues clubs with her sketchbook, where she found herself sitting on stage sketching famous musicians such as BB King, Johnny Lee Hooker and Elton John.

'I've sketched so many extraordinary people. I have hundreds of drawings; I loved drawing so much. If a musician were playing, I would go. It was unreal; I would sketch on bar coasters and napkins. I remember one gig of Bruce Springsteen, before he was famous, walking off stage



because everyone was talking through his set. Can you imagine?'

Melissa went on to finish art school with a degree in printmaking, drawing and teaching before she married and moved to the Southern Hemisphere. Today her Lennox home is adorned with art, trinkets, and sculptures. Each item is symbolic of a story and handmade by herself or another artist. 'Every object has a real story for me. I know where each item came from; there is a history to many of them. I love stuff. I have done so since childhood when I would visit my grandmother's 19th-century house in Massachusetts.' She recalls, 'It was a grand three-storey house with a widow's walk up top. Every room was jam-packed and full of stuff. She would welcome us with a scavenger hunt which would take place through the rooms. I still have most of the gifts I found. I guess I've loved stuff since then.'

Melissa's items are a collection of objects found or gifted from garage sales, markets, travels and galleries. Amongst her curious collection, one can discover tribal masks, Day of the Dead dolls, traditional Chinese cricket homes, Nordic mermaids and religious iconography.

Her inspiration for the female form is strongly evident within her home. 'I love the nuances of a woman's flexible lifegiving



Pictured: Ceramic portrait of Melissa Wright by Amanda Bromfield.



Pictured: Melissa in front of the Connolly painting.



body. We are the most amazing creatures in the universe. In my art I have my woman doing unusual things like dancing in front of the moon. I also carved a piece which honours my girlfriends who have battled breast cancer,' she says.

The largest work to enrich her house is an oil painting by Northern Rivers artist Camilla Connolly. A striking and moody self-portrait of the artist titled *Girl in the Striped Pyjamas*.

'I fell in love with this the moment I saw it. Camilla had a hard life as a prostitute in Sydney's Kings Cross and suffered from debilitating addictions. She came up to the Buttery Rehab Centre to recover. I bought this at an auction. There is something about her sitting there twisting her fingers and thinking; the little smirk on her face hints at happiness in the darkness. I love that it is worrying but full of hope.'

Beyond Melissa's living quarters, she houses her studio containing her etching press, where she continues to printmake and sculpt her smaller pieces.

Recently Melissa has become hugely inspired by and joined a New Zealand collective that sculpture stone. New Zealand was once called home by Melissa and is a country she adores. 'It is hard working on big pieces. Stone sculpture is such a different art experience. With stone, you take everything away instead of adding to it like in printmaking. I have always loved three-dimensional work; I've always loved using my hands,' she says.



Pictured: Melissa's original sketchings of Johnny Lee Hooker and BB King.

The latest addition to Melissa's bohemian abode is a corner of child toys that symbolise her new journey into Grandmotherhood. 'My Granddaughter has formed her own stories for my objects and I let her draw all over the floor in chalk,' she says. In this shared space, perhaps creativity is an intimate force in shaping another artist in the bloodline.

To view Melissa's work on Instagram: @melissawrightarts



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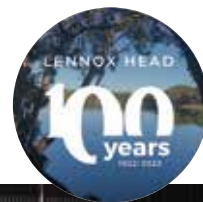
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## Landmarks of Lennox - dances and parties

by Robyn Hargrave



*Pictured: 1930s The Cooper girls' best frocks, LHHF F1;F1\_4.*

In early 1900s, weekly dances in Jack Meaney's barn on North Creek Road drew people from around the area, with some in their finery arriving on horseback<sup>1</sup>.

Construction of a hall on the waterfront at Ross Park in the early 1930s<sup>2</sup> gave the fledgling village another venue, not just for dances but church services, parties and meetings. During WWII, soldiers camping around Lennox attended the dances, with Clavan's Orchestra<sup>3</sup> or Clark's band – piano, drums and violin or piano accordion.<sup>4</sup>

Construction of the United Church Hall in Rutherford Street in 1951 was welcomed, hosting dances, church services, weddings and concerts.



*Pictured: Well Swung Dadies playing Jazz by the Sea, by Robyn Hargrave.*

If walls could talk, the Recreation Hall, converted in 1962 by Tintenbar Shire Council from the tennis club house on the edge of Williams Reserve, would have had stories to tell. It became the social centre of the village with dances, balls, parties, football celebrations, fashion parades and indoor bowls.

In the 1990s, Lennox Head Bowling Club provided a venue for events, some involving 'mature' citizens behaving in unusual ways.

The Community and Cultural Centre since 2011 has been a bonus for private parties, conferences, dances and performances by well known artists.

On 9 December this year The Centenary Ball, with swing music by Well Swung Dadies, will mark 100 years of Lennox Head. (see ad pg2)

Readers with information on this or other Centenary Snippets, please contact Robyn Hargrave on 0412 660 994, or email [lennoxheritagecommittee@gmail.com](mailto:lennoxheritagecommittee@gmail.com). Source info pg 69.

## Centenary snippets

by Robyn Hargrave



*Pictured: C 1961 Bark Hut and Club House*

### Lennox Head Bowling Club

On 19 October 1959 a group of 52 men and women met to discuss forming a lawn bowls club. The Men's Club formed immediately and the Women's Club in February 1960. Lease of land was agreed by Tintenbar Shire Council at the rate of one shilling [10 cents] per annum, 'payable only if demanded'<sup>1</sup>.



*Pictured: 2006 90-92 Ballina Street*

### 9092 Shopping Complex

Replacing a surf shop, internet café, information, adventure tour and surfboard hire centre, Wayne and Maree Lazarus opened the complex in late October 2007. The first five stores were named as Quattro – Italian and woodfired pizza, Opes – restaurant and bar, Providore – deli and health food, Azahar – fashion and skate brands and Beachside Bargains.





## On Menopause

by John Peacock

I recently celebrated my 19th wedding anniversary. The older we get and the longer we've been together the more romance changes. The thing is the newly infatuated you are is a lot more tolerant than when you know exactly how your partner moves, breathes and becomes incandescent with rage.

I'm reasonably convinced that the longer you're together the more you find ways to upset your partner and then feign shock at their reaction.

On the rare occasions that I put plates in the dishwasher as opposed to what I call the dishwashing precinct and she calls the sink, I invariably put them in the wrong place. To me, if it's in, it's in and will be washed. I'm not aware of the scientific studies which prove that dinner plates are washed more thoroughly when stacked from the

back. Which apparently just shows my lack of empathy.

I am certain that my wife knows where the bins are. She may have been there once or twice. However she continues to place garbage bags in what she calls the rubbish precinct and I call outside the laundry door posing a trip risk. She's very busy and has invariably removed either her socks or her bra for the evening, suggesting that a trip to the bins will be life threatening and impossible.

My dirty clothes often end up in the clothes washing precinct, otherwise known as beside the dirty washing basket and my wife has a separate kitchen or as some people might know it a corner of the dining room where overflow from the kitchen cupboards is routinely stored.

I'm a wash-when-you-run-out-of clothes, a shop-when-you-run-out-of-food kind of guy. My betrothed is clearly doomsday prepping for the next pandemic. God help the supermarkets if one of our staples is on special. We're getting six and stacking them in the corner of the dining room.

Talking of the kitchen, it seems to be the place where we meet most often. Never intending to, but surreptitiously getting in each other's way whilst the other one is trying to cook. It amazes me how the chopping block can go unused for 23 hours of each day but when it comes time to chop, there's always a queue. I don't drink tea and she doesn't drink coffee but we're shoulder to shoulder making our beverages more often than not. I leave the milk out in case she needs it. She doesn't, I should've known.



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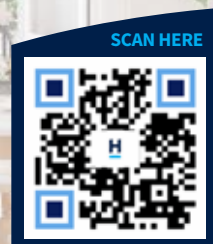
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## Family retreat

Advertising feature by Milt Barlow



Now the world has reopened for travel it seems as though many Australians are hell bent on escaping to Bali, Fiji or heading off to cruise the high seas. Yet in the search to tick that vacation box, here in the Northern Rivers we are spoilt for choice, meaning there's no need to look much further than our own backyard for fantastic experiences, accommodation and food. So when it came to organising a major birthday event recently I was determined to do something a little different with my family by staying local and discovering what the region has to offer.

Ahead of the weekend I kept my kids, their partners and my wife completely in the dark on where we were heading. So come Friday morning with the storm clouds brewing, we headed off into Ballina and onto the M1 then made our way up Coolgardie Road to The Barn. As our home for the weekend came into view there was an 'oh wow' heard from the back of the car and big smiles all round.

The Barn is a wonderful new creation by David Mallam nestled high in the hills at Coolgardie. Whilst the name might conjure up rustic visions, this is no cowshed in the sticks. David and his team have created a down to earth but hedonistic retreat aimed at the 'corporate conference' market and family/friend gatherings.

Upon arriving at the property, we were warmly greeted by the Manager, Gavin Stewart. He gave us a rundown of the space we were to call home for the weekend, while we enjoyed a generous spread of wines and tasting plates featuring cheeses, crackers, prosciutto, fruits and many other goodies much of which was sourced directly from the surrounding 200 acres of pastureland and rainforest.

When staying at The Barn the place is solely booked for the use of your group, ensuring utmost privacy and relaxation. The centrepiece of the property is the common lounge area which features a massive vaulted ceiling. This is adjoined by

two wings consisting of six uber luxurious rooms, all with en suites and some with a wonderful deep bath. Bigger groups and the more adventurous can also take advantage of the ten glamping tents that are joined by a luxurious shower block.

The attention to detail at The Barn is superb. From luxurious king size beds and accompanying linens, big comfy couches and large screen TVs to the fire pit, hot tub, beautifully crafted wooden tables and open plan areas, all elements are well thought out and seek to embrace the surrounding natural beauty of the property.

Adding to the luxurious experience was our own private chef who looked after us for the entire weekend. Renata Castro was just wonderful and nothing was a problem. Suggested menus were sent well in advance for discussion and fine tuning to ensure all dietary considerations were accommodated for. Renata is Brazilian so we were treated to some terrific Brazilian cuisine with an Aussie twist. Friday night was a wonderful fragrant seafood stew and Saturday night a traditional Brazilian BBQ. In between there were fantastic lunches and hearty breakfasts.

Unfortunately from the moment we arrived to the time we left, the skies opened up and it rained constantly. Yet challenges like this can truly put a venue through its paces and nature certainly did not stop our family having a great time. The Barn provided the perfect backdrop for connecting over conversations, watching movies, reading, playing Corn Hole, cards and backgammon. The best part – not doing the dishes or being in the kitchen the whole weekend.

If you're overdue for a family and friends' celebration right in your own backyard this is the place to do it.

Visit online at: [design.farm/the-barn](https://design.farm/the-barn) or Instagram: @thebarnretreat or phone Gavin 0455 890 735

*The author stayed at the venue at his own expense.*



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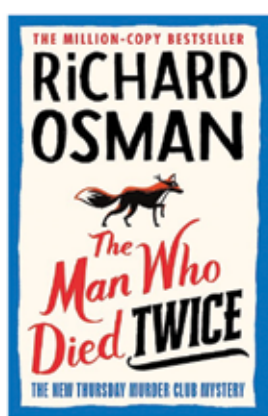
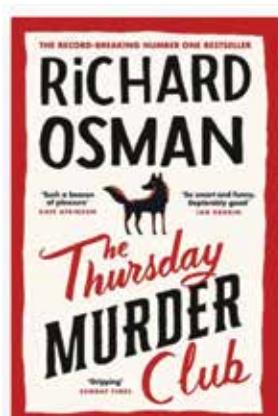
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## All things library

by Darci Walker



**Title** – *The Thursday Murder Club*

**Author** – Richard Osman

**Reviewer** – Darci Walker

Looking for an entertaining, cosy book with which to escape the world with? Let me share with you *The Thursday Murder Club* by Richard Osman. This story follows four unlikely friends living in Cooper's Chase Retirement Home, who meet each Thursday to solve and discuss murder cases. Elizabeth, Joyce, Ibrahim and Ron may be nearing 80, however they are as intellectually and skilfully equipped as ever. But when a killing takes place on their very doorstep, the Thursday Murder Club find themselves in the middle of their first live case. Does our gang have what it takes to catch the killer?

Filled with loveable, quirky characters, this mystery is sure to captivate you and leave you wishing you were a part of the club. An excellent choice for a weekend of leisurely reading.

Good news for those looking for a new series to get stuck into, this is the first in Osman's *Thursday Murder Club* series. The second novel, *The Man Who Died Twice*, published in 2021, has been described as a 'cracking, must-read' sequel. Osman's latest instalment, *The Bullet That Missed*, was released only September 2022 and has been greatly anticipated in the library.

You can borrow each book from the series from the Lennox Head Library today.

Not a member? Not a problem. It's free to join the Richmond Tweed Regional Library. Once joined, you can borrow up to 20 items in branch, as well as a range of items in our amazing e-library.

### Wondering what's on in the Library this October?

School holidays are back, and once again they are jam-packed with exciting activities and shows. Bug Kidz are expected to entertain, amaze and fascinate with their interactive, theatrical bug and insect show. Learn how to sow your own garden with our Sow'n 'Grow workshop.

Practise the art of origami at our Origami Creation Station with spring-themed designs to be made. Or spend an afternoon building with Lego. Lots of fun to be had in the library this October.

For more information on our school holiday programs, how to join the Library or where to find your next read, phone us on 6687 6398.





## Cars of Lennox

by Shan Railton

Out of curiosity I took a look at the BYD Electric Vehicle Expo in Bangalow recently. I get asked regularly where I stand on electric cars and especially if they are the future of Australian motoring?

Momentum toward electric cars is gathering very quickly. It is hard to find a car company that isn't producing or at least developing electric models. Many countries around the world are putting deadlines on when petrol engines will be phased out and the uptake of electric cars is increasing rapidly. I remember seeing the first Tesla in Lennox about five years ago and it blew my mind. Now I can't drive to Ballina without seeing at least two or three Teslas and numerous all-electric models from other brands. If you go to the cities the ratio is even higher with many people choosing electric over petrol for their daily commute. Regional Australia is more wary and with good reason. The further you go into the country the longer the distances and less infrastructure for electric vehicles. Also an electric ute will sacrifice range the more you load it up, so farmers and caravaners don't see them

as an option, yet. Every battery company is working toward the goal of longer range and faster charging. Tech industries have a habit of moving very quickly when there are big dollars at stake. This will bring the cost of the cars down and usability up, all good news for the consumer.

The debate around are they better for the environment really comes down to what studies you Google and where your electricity comes from to charge it. As for infrastructure, it's a case of with demand will come supply. Just look at how many pancake stacks Macadamia Castle sells while out of towners wait for their Model X to charge.

My humble opinion is that we will all be owning electric vehicle sometime in the not too distant future, we won't have a choice. Are they the long term future of motoring? Who knows. One thing that I do know is that travelling 0-100km per hour in under 3 seconds in an all electric Porsche Taycan sounds like a hoot, anyone want to loan me \$400k?

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## Ocean rhythms

by Steve Shearer



Well, it's finally been made official, we are now entering a third consecutive La Nina summer, with all that entails. On the positive there is enhanced swell production from the east as South Pacific and Coral Sea tradewinds get a boost. On the negative there is increased chance of more destructive flooding, fish kills and sand banks getting knocked out by storm swells. On balance, the Northern Rivers, and particularly the Richmond River catchments and towns built on these catchments, need another La Nina like a hole in the head. As a slight glimmer of hope, leading long range weather models do show the pattern breaking down over summer, which may ameliorate some of the worst effects which tend to occur late summer, early autumn.

The La Nina pattern, with the high pressure belt moving at a more southerly latitude suppressed the normal August westerlies, and as result there were quite a few fun days of surf with light winds most of the day. Sandbanks were still only average or below across most spots, mostly given another hiding by an unruly low which brought rain and a large swell across the Fathers Day weekend. The one positive for a La Nina pattern from spring into summer, is less north-east winds, with high pressure remaining further south increasing the odds for more S to SE winds.

With a bit of luck, we'll see more settled conditions coming through spring which will allow the inshore sand-bars to stabilise and open up the number of surf spots working. The few places that do have good sand have been very crowded.

Fishing has finally started to improve across the area. Beaches have fished reasonably well with bream the most consistent catch. Tailor have remained scarce, with better catches south at Iluka/Yamba and north from Brunswick to the Tweed. The real improvement has come in the river, with baitfish showing up in good numbers, mostly herring. That has seen the normal spring flathead fishing season start to fire up. Numbers have become more consistent as weather has slowly warmed up with dark, muddy bottoms being favoured due to the extra warmth. Regulations have changed in NSW, with fishers now being required to release all fish over 70cm with a bag limit of five fish. The lower limit is 36cm. Hopefully that will see flathead stocks rebound in NSW. It's likely we will see further restrictions on jewfish in the near future, with that stock still in trouble in NSW waters.

That's all for this month. Until next month, tight lines and tubular visions.

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## Celebrating surf and sea on the big screen



*Pictured: Duke Kahanamoku surfing tandem.*

The Byron Bay Film Festival returns to Lennox Head this month with *Waterman*, a riveting documentary about the surfing legend Duke Paoa Kahanamoku.

The undisputed father of modern-day surfing, Duke was also an Olympic swimming superstar and Hawaiian icon. He faced many personal challenges, including segregation and bigotry to become an American hero.

Narrated by Jason Momoa and directed by Isaac Halasima, this compelling documentary features commentary from surfing's biggest stars such as Olympic gold medallist Carissa Moore and Kelly Slater. *Waterman* tells not only Duke's story, but the history of surfing and of Hawaiian culture, including the meaning of Aloha.



*Pictured: Marlon Denning at the rock pool featured in his film.*

A smaller film that packs a similar emotional punch is *The Rock Pool Waltz*, made by and featuring young Lennox local Marlon Denning. Disconnected from friends during lockdown, Marlon found comfort in the form of a very cheeky octopus in a nearby rockpool.

Marlon has a special affinity with nature: 'It's my happy place', he says, and his film, *The Rock Pool Waltz*, contains all of the joy he found over a five-month period in the company of his unlikely friend.

The film has won awards, and 15-year-old Marlon looks set to have a bright future in environmental filmmaking.

The 16th Byron Bay Film Festival runs from October 21-30, at Palace Cinemas Byron Bay and Lennox Cultural Centre. For information, visit [bbff.com.au](http://bbff.com.au)

## Ballina Art Society 50th Anniversary !

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Image Courtesy Julia Crofts

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# The Meaning of Existence by PAN

by Lennox Arts Collective

**Exhibition:** The meaning of existence- A miniatures exhibition by Practising Arts Network (PAN)

**Where:** Lennox Arts Collective

**When:** 14-27 October 2022

PAN is a locally based artists' network committed to the visual arts in the Northern Rivers. They provide an opportunity for artists to hold group exhibitions, participate in social events such as Life Drawing and Plein Air activities. PAN also provides a forum for support and networking between artists.

The artworks on exhibition present each artist's interpretation of a poem by the late Australian poet Les Murray and also present the creative diversity of the artists within PAN. Some artists have chosen to interpret the poem in it's entirety, some have chosen a particular line, words or atmosphere that evoke the poetic beauty of *The Meaning of Existence*.

In responding to the poetic theme, a broad range of materials and media have been utilised by the artists, including oils, acrylics, pastels and ink, through to photography and ceramic works. The exhibition and media, reflects the creative diversity of the artists within the PAN artists' network.

*The Meaning of Existence*  
by Les Murray

Everything except language  
knows the meaning of existence.  
Trees, planets, rivers, time  
know nothing else. They express it  
moment by moment as the universe.  
Even this fool of a body  
lives it in part, and would  
have full dignity within it  
but for the ignorant freedom  
of my talking mind.



Pictured: *Jewels of the sea* by Dellen Strong.



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# To trick or treat? The rise of Halloween

by Natalie Grono



It seems that you are either a lover or hater of Halloween. It has become one of Australia's most diverse celebrations, with many opposed to the celebration, citing its commercialism or reference to American culture.

I am a lover. The opportunity to fancy dress, socialise and dance with the dark side is right up my alley and Halloween is a day I have embraced since my childhood in the 80s.

I have many fond memories of trick or treating with family and friends and now I'm focused on letting my children experience the same fun I've had over the years.

The celebration is growing in popularity here in Lennox, with many residents hosting BBQs on their front lawns and elaborately decorating their homes to welcome spookers.

## Origins

The origin dates back to an ancient Celtic festival called Samhain, which celebrated the end of the lighter half of the year and the beginning of the darker half. During the Samhain festival, the souls of those who had died were believed to return to visit their homes, and those who had died during the year were thought to journey to the other world. People set bonfires on hilltops to relight their hearth fires for the winter and to frighten away evil spirits and they sometimes wore masks and different disguises to avoid being recognised by the ghosts thought to be present. In those ways, beings such as witches, hobgoblins, fairies and demons came to be associated with the day.

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Irish immigrants fleeing the potato famine in the mid-1800s brought the celebration to the US, bringing folk customs such as creating jack-o-lanterns.

#### Etiquette:

- you must be dressed up to trick or treat. For costumes, anything goes from spooky to outrageous, let your imagination run wild
- only visit houses that appear to welcome the celebration. Most participating houses have decorations or a bowl left out front
- obviously save enough treats for others and be mindful of your sugar intake
- watch out for traffic when crossing the streets.

#### Where and when to go:

Halloween occurs 31 October every year. The spookiest local places to visit are the Meadows, EPIQ and Elevations estates. Many children start around 4pm and finish on sunset.

If your a lover, get spooky and enjoy the fun community gathering. See you out there.

*Pictured: 2021 Halloween devotees on the streets of Lennox Head. All photos by Natalie Grono.*



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# Maintaining Best Practice for Social Media

by Barefruit Marketing



## Social media isn't just advertising

Social media is a wonderful tool for every type of business to utilise. Promoting your brands' offerings through organic social media posts is great, however, this shouldn't be the focus of every post. It is important to remember that your followers don't want to be marketed and sold to constantly. It is best to break up your 'sell-y' posts with educational, engaging, and exciting content. This could include tips and tricks, things going on within your community, fun pictures, team photos, etc. By doing this your brand is creating a space where your followers look forward to your posts because they can learn, have fun, engage and follow along with your brand's activities. Gone are the days of posting a pretty photo every day. The most recent Instagram algorithm favours Reels, so get creative, step out of your comfort zone and get filming.

## Content Pillars

The hardest part of organic social media is knowing what to post. Structure and consistency are key to developing an account that reflects your brand. An easy way to determine what you should post for your business organic social media is to create Content Pillars. Your Content Pillars are four to five categories that your brand should post about. Some Content Pillar examples could include: educational/informative, products, behind the scenes, meet the team, projects, trends, tips and tricks, community, special events/day and memes.

And the list continues. If social media isn't your forte, these Content Pillars are a great place to start and to keep handy to give you inspiration on what you could post when you get writer's block. Don't forget, these pillars can be changed over time depending on what your audience engages with and what's happening within your business.

## Engaging with your followers

It is important that your brand engages with your followers

to form meaningful relationships. A way that this can be done is by responding to comments and messages you receive on your page, promptly and in a brand appropriate tone. Share user generated content (UGC) – which is (put simply) content that is created by your customers, clients, followers etc.

## Maintaining a safe online space

Lastly, it is so important to monitor your online community for any rude, offensive, or defamatory material. If your business agrees to the terms and conditions of Facebook, Instagram, and most other social media platforms you should know that your business is responsible for any negative third-party comments or posts on your pages or in your groups. Recent news articles have highlighted the importance of brands proactively managing their online communities and failing to do so can lead to some nasty consequences for the business. A strong social media presence is invaluable for business and is a great way to showcase your brand's personality. Consider some of these tips and tricks next time you're thinking about what to do with your social media accounts.





## Sourdough Business Women Sunset Sip

by Karly Nimmo



Photos by Davina J Bambrick.

We kicked off spring in style with our Sunset Sips at Sugar Beach Ranch event. This was a first for Sourdough Business Women in Ballina. We've had a stop and start 18 months thanks to COVID and the floods, and instead of our monthly hub, we wanted to have a go at something a bit bigger and more experiential. When Stevey at Sugar Beach Ranch reached out after attending a hub, it was a 'hell yes' from us.



While it didn't quite live up to its name (Sunset Sips) and we had to implement the wet weather plan, the event was a raging success, with over 80 local women coming together for music, art, good food and delicious drinks. Due to popular demand we already have plans to do it again next spring and make it an annual event. If you'd like to get involved, reach out to us (insta, fb or via the website).



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Without our sponsors (NAB, Ramada Ballina, Hartleys Fresh Market and Byron Family Law) this event wouldn't have been possible. We are very grateful for the support. We partnered with so many fabulous local brands to bring this event to life including, of course, Sugar Beach Ranch. In addition Winding Road Distillery, The Luxury Table, Cool Runnings Micro Bar, Art & Wine Co, HB Balloons, Equi Yoga, with the delightful Shelley Brown entertaining us with tunes and some fun vocal exercises and Davina J Bambrick capturing the event on film (well, the digital version of it).



And who could forget the fun and games as we made our way through Lennox and Ballina out to South Ballina on the Magic Bus.

Now, this month we are back to our regular hub and we have a pretty cool event planned. Join us and Sophie and Bridget: The Wildlife Twins, to hear their business journey and how they turned a random passion into a legitimate business while having a lot of fun. If you'd like to hear more, and grab yourself a ticket, head to [sbp.org.au/events/ballina/](https://sbp.org.au/events/ballina/)







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## Community Preschool

by Miss Sophie



Here we are again already at the end of another term.

We finished the term off with a bit of fun, taking part in talk-like-a-pirate day for the week to raise awareness and funds for a cause close to our hearts, childhood cancer. Little pirates arrived at Preschool for a day of fun. Thank you to Janine at the Breamhole for cooking us a delicious lunch each day, what more would pirates want but some hearty fish and chips.

After lunch it was onto the pirate ship for sword fights, canon throwing, rigging clinging, walking the plank. Our week couldn't have been all sunshine being a wet year but we adapted on Friday and our children played pirate games inside.

Thank you to all who donated, we raised \$900.

We held our annual fathers belonging sessions where our children going to big school next year were able to share their preschool and be the teacher for an hour. It's always so



lovely to be able to watch our children take on this role and make memories with their dads.

Our staff have undertaken some professional development on risky play and the benefits of allowing children to take calculated risks. After a year that's taken it's toll on us all, we will be attending a staff wellbeing day, something we are all very much looking forward to.

We have almost completed our enrolments for next year. This year has been unprecedented with the number of children on our waiting list eligible for spots. We will be in contact with those remaining on the list. But we are hoping to have some good news soon in relation to our second preschool.

Term 4 will be another busy one with transition to big school beginning and fingers crossed the sun will stick around so we can start some water play outside.

We return Monday 11 October. See you then.

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## Lennox Head Public School



*Pictured: Sunny as Little Miss Sunshine.*

### Soccer

The LHPS PSSA boys' soccer team went to Byron Bay to play Byron Bay PS in the 4th round of the competition. It was a great game and Lennox ended up winning 2-0. Our soccer coach, Mr O'Hanlon, said that everyone played very well, especially Tully, Harry and Edward. Then, on Thursday the 1 September, the LHPS boys' soccer team played Terranora PS at Skennars Head fields in the quarter finals of the competition. With the scores 0-0 at half time the LHPS team had a lot of work to do. After a challenging 2nd half, the Lennox boys came out on top winning 4-0, with Harry kicking two of those goals. By Henry and Lilah

### Touch Football

On Wednesday the 31 August the LHPS boys' touch team went up to Pottsville to play Pottsville Beach PS in the quarter finals of the PSSA boys' touch competition. It was by far their toughest game yet, but they ended up on top winning 6-4. LHPS will now progress to the semi-finals against Yamba PS. By Henry

### Cricket

On Thursday 25 of August, the LHPS boys' cricket team went up to Kingscliff to play Banora Point PS in the quarter finals of the PSSA boys cricket competition. It was an awesome game and they ended up winning by 8 wickets. They will now go through to the semi finals and they await to find out who their next game will be against. By Henry

### Athletics

On 5 August, the top athletes from LHPS went to the Headlands District athletics carnival. They all did very well and 46 out of 64 athletes went through to the Far North Coast zone carnival which was held on 19 August at Kingscliff. In Kingscliff, everything ran perfectly, the weather was great and eight people made it to regionals. A big thank you goes out to all the parents that came and helped. Well done. By Henry, Lilah, Jade and Ayla



*Pictured: Stage 3 students on excursion.*

### Book Parade

Our school book parade was held on the 17 August. This year's theme was Dreaming With Your Eyes Open. It was great to have the parents come in to watch the students parade around the undercover area. We then had a book themed treasure hunt after a picnic lunch with parents. There were many extraordinary costumes, so thank you to all the parents who provided costumes for all of the children. By Jade

### Writer's Festival

On 23 August, just over 50 people from Yrs 4-6 went to the Byron Bay Writers Festival. There were two authors: Sarah Armstrong who created a wonderful book called *Big Magic*, and Corey Tutt who created an amazing book called *The First Scientist*. It was the first time the festival has happened in two years and it was such a fun event. By Zuri and Mila

### Stage 3 Camp

In Week 8, our stage three students travelled to the Sunshine Coast and Brisbane and participated in an assortment of activities over four days. Some of the highlights of the trip were Australia Zoo, Wheel of Brisbane, Sealife Aquarium and the amazing activities that all the locations provided. By Mai, Ava and Ela



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## Connecting community

by Jackson Connellan of The Healthy Minds Club and Community Connection



Pictured: Left to right Jackson Connellan, April Swift, Maggie Dent and Dylan Steele.

Community Connection is a project that was initiated earlier in the year with the hope of providing knowledge, strategies and tools to parents, teachers and other community leaders to help our youth. We wanted to provide resources to parents

and adolescents covering key topics including emotional regulation, coping with stress, improving relationships, resilience, bullying and cyberbullying, stressful life events, anxiety and depression, LGBTIQ+ support, mindfulness and local Indigenous culture.

The group was made up of an amalgamation of The Boaty Boys, The Healthy Minds and several other individual community members. Event sponsors included The Ball and All Podcast, Club Lennox, Cherry Street Sports Club, LeBa Boardriders and The Golden Oldies.

Three events were held at the Lennox Head Cultural Centre. The first two events were hosted by parental educators Dr Justin Coulson and Maggie Dent and provided insightful resources into raising resilient children and tools to deal with anxiety.

The third event was an emotional and inspiring night with Barney and Kada Miller sharing their journey through adversity and resilience after a car accident left Barney a C6 quadriplegic.

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*Pictured: Lois Cook leading a cultural walk from Lennox To Boulders headland. Photo by April Swift.*

Jenna Harper also organised an Indigenous cultural initiative which involved a local cultural coastal walk hosted by traditional Custodian of Ngangbul Country Lois Cook sharing her dreamtime storytelling.

The Healthy Minds Club is currently in the process of organising a youth mental health program for Ballina Shire schools in 2023, with a couple of fundraisers to finish off the year.

We believe that community interaction is something that is pivotal for good mental health, as it helps individual's experience a sense of belonging. Community interaction boosts your physical and mental health whether it be through giving or receiving it. If a community can show its members that it has awareness and resources to help mental illness then that will influence the members to receive better support networks and ultimately feel more supported.

As Maggie Dent profoundly said, 'There is enormous power in a community that comes together. The village is one of the greatest healing powers we have.'

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## Kundalini yoga

by Jo Hall



### Rejuvenate your mind body and soul with Kundalini yoga.

Kundalini yoga is a science with the primary focus on the movement and transformation of energy.

With its roots in ancient wisdom, Yogi Bajan brought Kundalini yoga to the west in the late 1960s, promoting a conscious lifestyle of elevation, awareness and total health.

Kundalini yoga classes include kryias – which are a specific sequence of yogic techniques. They combine breathwork, dynamic and static postures, with bandhas (constriction of particular area of the body), meditation with the use of mantra (repetative sound), mudra (hand postions), specific drishtis (eye gaze) and deep relaxation with music and gong bath (sound healing) to create a specific result in the consciousness. The wide variety of kryias is endless.

Designed to release blocks of untapped energy within the body. Kundalini yoga is used to revitalise the nervous system, balance the glandular system, whilst also building physical strength, stamina, and enhancing cognitive function.

More importantly, dropping into the meditative mind bypasses the conscious filter so the ego (our indoctrinated programming) surrenders and the higher self, our intuition can take over. This provides mental and emotional clarity along with spiritual connection. When practised regularly, it is described as powerful, euphoric and a transformative experience.

Activate your journey, connect to your inner wisdom and feel the personal evolution.

'If you don't go within you go without' Yogi Bajan

### Kundalini Mantras

Mantras are chants that are used to tap into the subconscious. They are powerful tools. Chanting mantras provides vibrations that can resonate in the entire energetic and physical bodies.

### Ra Ma Da Sa Sa Say So Hung

Translates roughly to: Sun, Moon, Earth, Infinity: All that is in infinity, I am Thee.

The Siri Gaitri mantra is believed to awaken Kundalini energy. Each syllable is associated with one of the seven chakras and helps to direct Kundalini up the spine and through the chakras:

Ra (meaning sun) activates the root chakra

Ma (meaning moon) activates the spleen chakra

Da (meaning earth) activates the solar plexus chakra

Sa (meaning impersonal infinity) activates the heart chakra and throat chakra

Say (meaning totality of infinity) activates the third eye chakra

So (meaning identity and merger) activates the crown chakra

Hung (meaning the infinite) returns energy from the crown chakra to the root chakra

Jo offers local Kundalini classes Tuesday and Friday 9.30-11am phone 0406 268 281 to book.

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## An unusual story of snakes and ladders

by S Mann of Landcare



A month ago while Landcaring up on The Point I came across a python slithering through the undergrowth. I was a little surprised because it was a cold August morning with an icy westerly blowing and snakes generally overwinter throughout the cooler months. Unusual, I thought, but maybe it was hungry.

A couple of weeks later I saw another python with a bandicoot-sized lump in its belly. The days had warmed up so I wasn't so surprised. What was surprising, however, were its climbing habits. Some snakes can climb ladders, but this one was attempting to scale a three-metre Colorbond shed wall. Unusual, I thought, but maybe it was more talented than I believed.

I've seen small pythons, and other snakes, climb brick walls by zig-zagging along the mortar grooves. But I'd never seen a python scale a wall without any leverage and this python was big, three metres big, and thick too. It started on a corner of the shed and slowly meandered around each side, its belly muscles gripping the tiny gap between the horizontal corrugations and the external cover piece. Unusual, I thought, and clever; these were its leverage points.

When the python's head was about a metre off the ground its bandicoot-sized bulge was about to go vertical. This'll be interesting, I thought 'it won't be able to use the bulging belly muscles for grip; it's too fat.' But just as the bulge

left ground, the back half of the snake moved about 300 millimetres away from the corner. Very unusual, I thought; what is it doing?

As the python moved higher, its back end stiffened to act like an angled support, becoming in effect a brace, another type of leverage. Intrigued as I was, I couldn't help thinking: at some stage, it's going to run out of leverage. And that's exactly what happened. With only its head to get up and over the gutter it fell to the ground with a thud. 'Not so unusual,' I thought, 'maybe snakes do need ladders, of some sort, after all.'

It's that time of year again. Snakes and other reptiles are emerging and love warm pavements, so take care particularly when walking or riding the coastal paths or driving on the roads. And for the safety of wildlife and your dog, please keep your pooch on a leash.

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

Landcare Dates for October, 8:30am till 10:30am

Wed 5th: Lennox Dunes – car park opp surf club

Tues 11th (7am start): Lennox Bora Ring – adj to 22 Gibbon st

Wed 12th: Boulder Beach – Coast Road car park

Wed 19th: Lennox Dunes – opp 55 Pacific Pde

Wed 26th: Boulder Beach – Coast Road car park

Or join the Skennars Head team who work every Thursday from 8am, meeting at the Rocky Point Road car park. And if you have a paddle board you could also join the Lake water weed team – contact us direct for more details.

For further info please see [lennoxheadlandcare.org](http://lennoxheadlandcare.org) or email [lennoxheadlandcare@gmail.com](mailto:lennoxheadlandcare@gmail.com)

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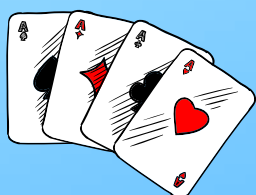
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## Environment matters

by Lisa King - Environmental Scientist/Planner



By now, you should have seen or heard that Ballina Shire Council is updating the Lennox Head Community Aspirations Strategic Plan 2002 and Lennox Head Structure Plan 2004. As part of that process, council is conducting a comprehensive program of community engagement to prepare the new Lennox Head Strategic Plan 2023-2043.

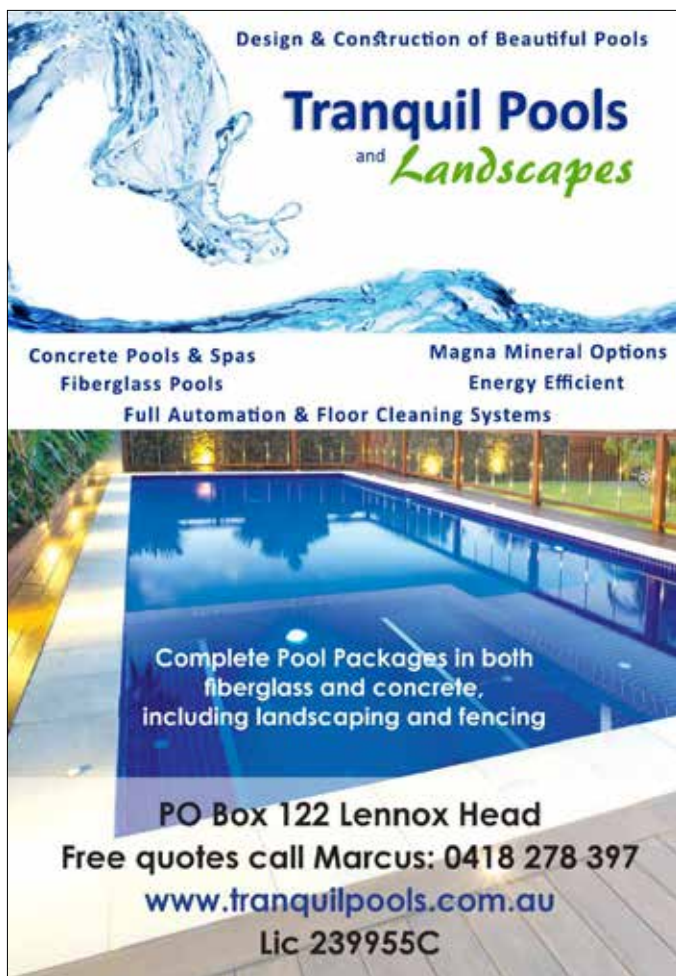
One of the community engagement activities for the plan is the appointment of a Community Reference Group (CRG). The CRG was formed by an expression of interest process completed earlier this year and is comprised of about 20 members of the community representing various groups and interests including Landcare, the Residents Association, the Heritage Committee, the Sporting Association, the School and Preschool, etc.

We have been meeting monthly since June to discuss the key themes for the plan agreed on at our first meeting. The key themes include: environmental heritage and climate change, new growth and roads, local character; cultural heritage; movement and connection; open and natural spaces. At each meeting Council planners and other staff provide background and future planning related to the theme we are discussing and the group then brainstorms issues and opportunities. All our input is recorded and will be considered in the plan. Our meetings will extend up to October.

In addition to the CRG, Council planners are meeting with various stakeholder groups and conducting drop in sessions around Lennox Head. They have also launched an interactive tool that anyone can use to add comments to a location. The tool uses a map to collect information that you can enter by dropping a pin, adding a comment, and uploading photos to express your thoughts. Everything you post will be public so other members of the community can view it.

The tool can be accessed at: [yoursayballina.com.au/lennox-head-strategic-plan/maps/map-your-vision-for-lennox-and-skennars-head](https://yoursayballina.com.au/lennox-head-strategic-plan/maps/map-your-vision-for-lennox-and-skennars-head) and for further information you can email Council at [strategic@ballina.nsw.gov.au](mailto:strategic@ballina.nsw.gov.au)

Now is the chance to provide your input. It's too late when development applications have been approved or work has started. The more input Council has the better. So come on Lennox, have your say.



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## Balloon Ban


by Jeanine McKillop of NE Waste



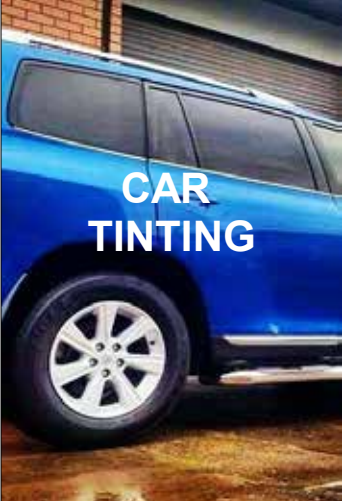
*Pictured: Bubbles are an alternative to balloons for children's parties.  
Photo by Natalie Grono.*

It was great to see our local Councilor, Kiri Dicker, recently raise a motion to address Council's policy relating to balloons at events on public land and at Council-owned facilities. It was unanimously supported by all that Council:


- from 1 January 2023, prohibit the use or supply of all types of balloons, where all, or part, of the event occurs outside.
- This action has also been taken by other NSW Councils to counter State regulations that still allow up to 20 balloons to be released at one time, an activity considered littering just across the border in Queensland.
- Balloons may seem like a fun thing but they pose a big risk to our environment and marine life – which mistake spent balloons for food and they can get caught up in balloon strings. As a coastal village with already threatened seabirds and turtles any move to protect them should be celebrated (without balloons).
- And don't be taken in by manufacturers' claims that some balloons are 100% biodegradable – the term 'biodegradable' just means that a product will break down into its base components through biological processes, but there is no timeframe. Things that take years to degrade, and kill marine life in the meantime, can be labelled as biodegradable. They are even worse than some regular plastics, as they degrade into microplastics, which are ingested into the food chain and also impact on human health.
- There are many other creative ways to decorate and commemorate events and avoid polluting our region. Try:
- for a kids' party use bubbles, paper pom poms, colourful flags, banners, pin wheels, streamers, kites or Japanese paper balloons
  - for a service or wedding use flower or vegetation garlands as decorations, fabrics as bunting, plant a native tree, light candles or lanterns - which can all be re-used.




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# Community Garden

by Prudence Clark



Spring is well and truly underway and given the perfect combination of warmer sunny days, as well as a bit of rain, the Community Garden has never looked better. The garden beds are now all complete and we were lucky enough to have another two WaterUps wicking bed systems donated by Graham and Jenny Bond. Once installed, these act as a reservoir beneath the garden bed, wicking water up to the roots of the plants as needed. As a result, the beds require far less, if any, watering and encourage healthy plant growth and water conservation.

We had a couple of interesting and educational workshops. The first, was an organic macadamia farm tour with local legend, Bruce Chester, on his magnificent property in Fernleigh that had over 500 nut trees currently in full flower.

We hosted a native beekeeping workshop at the gardens on Sunday, 25 September. Steve Maginnity, from The Australian Native Bee Company showed us all how it is done and a number of stocked hives were available to purchase on the day.



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## Local legend, Rooftop Charlie



The beloved husky on the roof above Lennox Head Surf caused a stir last year.

Dog owner, Angus McDonald explains, 'I was renovating my house in Lennox for a year and was staying in an upstairs apartment downtown. After a week, my dog Charlie started jumping the patio wall and hung out for hours on the roof, checking out the people going by. He loved the roof. He was like the Lennox sentry guard. He was master of his roof domain.'

Charlie may have now moved home, but his legacy lives on with local restaurant Mr Tipsys dedicating their signature beer to him. Roof Dog Lager is an ode to the local legend.

*Pictured: Rooftop Charlie, above photo by Rustie and Co and right photo by Angus McDonald.*

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## Pet of the month

**Name:** Rupert

**Breed:** Koolie

**Age:** 2.5

**Owner's name:** Hugo Long

**Favourite food:** Long green grass, like a cow, keeping the yard nice and trim.

**Favourite thing to do:** Sniff sniff and more sniffing. It helps him create a map of his local area, once he got lost and made it home 4km away

**What is the best memory involving your pet:** He wasn't a natural at first but when he learned to swim he thrived like a little floating baby crocodile. He also has his 20m swimming badge.

**If they were not a pet, what would they be?** Sniper. Born with camo battledress, can hold a piercing gaze and move with stealth. Though without a bad bone in his body, you'd be cuddled to death.

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

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

*Send to [editor@thelennoxwave.com.au](mailto:editor@thelennoxwave.com.au)*



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## Why train our Dogs?

by Brooke Ellis



Pet dogs have been proven to make us happier, feel less lonely, boost our health, reduce stress and help us live longer. Therefore we can easily conclude that dogs are an impressive asset to one's life. We have a problem though: dogs are non-verbal, yet humans are loquacious chatterboxes by design. So how do we communicate with them? In class, one of my clients said to her standard poodle, 'Charlie, watch what those dogs are doing. That's what you've got to do.' As much as this sentiment makes my heart smile, dogs learn very differently.

To train your dog is to teach your dog human words so they can navigate our customs and rules. Here are my top three training tips:

1. I have never met a stubborn dog. The use of this term in training will stall your progress
2. training means getting dogs to make good choices. Use positive reinforcement to get your dog to choose the right action
3. don't get frustrated. When a dog does not do what I ask, I get excited as I see this as a training opportunity.

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## Rodenticide poisonings in Pets

by Evan Kosack of Lennox Head Vet Clinic

With the onset of warmer weather, there seems to be more activity in the rodent world, and this is prompting the more frequent use of rodenticides such as Rat-sac and Talon laid as baits for these unwelcome intruders. Unfortunately rodenticides are rather indiscriminate in what they kill, and this means a significant toll on wildlife as well as domestic pets. Dogs by their food-hoovering nature are the most commonly effected, but our feline friends are equally susceptible to poisoning if they set their minds to it.

There are several types of rodenticide, with the main ones being compounds that act as anticoagulants by inhibiting Vitamin-K dependent clotting factors in the blood. Of these compounds there are First Generation Anticoagulants (like Warfarin) which are generally shorter acting and less toxic, and Second Generation Anticoagulants (like Talon and Tomcat) which are more toxic, persist for longer in the liver and require three to four weeks of antidote therapy.

In spite of directions suggesting that baits are not attractive to pets, the pets don't seem to read these and poisonings are very common. Baits are either left where pets can reach them, or they are poorly concealed from curious pets (especially younger ones). Sometimes baits can be hauled out of a hiding place by enthusiastic rodents, or washed out in heavy rain.

Once ingested, signs of poisoning usually develop within three to five days. Sometimes a toxic dose is built up by eating several smaller doses over several days. Much less commonly, a pet may be poisoned by eating rodents exposed to the toxin.

Treatment for these poisonings revolves around administration of Vitamin K1 for three to four weeks. Regular old K3 tablets are not effective. If ingestion has occurred within a couple of hours, a drug administered to make the patient vomit may minimise, but not eliminate, the ongoing risk. Once symptoms of blood-clotting abnormalities arise

things get much more complicated and dangerous.

Symptoms of anticoagulant poisoning include rapid heart rate and pale gums, coughing and difficulty breathing (due to lung bleeding), weakness, subcutaneous bleeding, bleeding from bodily orifices, bleeding into the whites of the eyes, nasal bleeding, black faeces, stroke, swollen joints, a swollen abdomen (full of blood), abortion, exercise intolerance and lethargy. Once symptoms like this develop the situation is grave and will require intensive therapy for blood loss and shock, possibly including blood transfusions and oxygen therapy. Lactating mothers will likely need to have their young supplemented with K1 as well.

Early treatment, as always, is by far the best option. Even if the patient has no obvious symptoms and oral treatment is continued as an outpatient, antidote therapy should be instituted for several weeks with follow-up blood tests to check clotting factors. If tests are still not normal then a further three weeks treatment may be needed. Discontinuing treatment early, even if there are no symptoms, can be a disaster.

To add insult to injury, re-exposure even months to years later, can be a serious problem due to the persistence of second-generation anticoagulants in the liver.

If you suspect your pet may have eaten one of these baits, call the vet immediately as early induction of vomiting can make life a lot easier for everyone. Even if you think your pet may have eaten a toxin a couple of days earlier there's no need to panic. The patient will often be started on VitK1 by injection and then kept on oral K1 for 3 to 4 weeks, with followup blood tests to see if an extended course is needed.

So be aware of this risk, don't let your pets roam, pick up any un-used baits or unprotected baits, and place baits in such a way as to be inaccessible to curious pets.



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## Cricket season starts



Cricket season starts in the second week of October and Lennox Head Pirates Cricket Club is looking for both junior and senior players. The Pirates have competitive teams in U10s, 12s, 14s and 16s as well as four Senior Teams and Blasters cricket which caters for those under 10.

The Club is fortunate to have the services of ex Sydney 1st Grade legend Andrew Lindsay as club coach for season 2022-23. Andrew is keen to coach all levels of players but has indicated that he is looking for players who can score a few tons and take five wickets in an innings to assist in securing the Pirates maiden 1st Grade Premiership.

Games for juniors are played on a Saturday morning while seniors play Saturday afternoon. Blasters cricket is played on a Friday afternoon. So if you're keen to play some competitive cricket in friendly and social team mates the Pirates Cricket Club is for you. Junior and senior competitive games are played between Ballina and the Tweed.

For more information contact Club Coach Andrew Lindsay on 0492 869 492 or Junior President Nathan Pollock on 0408 169 808 or register at [play.cricket.com.au](http://play.cricket.com.au) and select Lennox Head.

## Close encounters

by Max Perrot



*Pictured: Max Perrot by Paul Buffery.*

I recently represented NSW at the Australian Shortboard Titles as part of the 2022 Australian Surf Championships in Port Macquarie where I was nearly a tasty breakfast for a 3.5 metre Great White.

I was riding my last wave in the Over 60's quarter finals heat and I ended up in the dead water in the gutter between the sandbank and the shore when the call came over the speakers to clear the water as a shark had been spotted, I paddled into a double up wave that took me all the way to the sand while the lifeguard grabbed the other three competitors on the jet ski.

Back at the beach marshal area I learnt that I had just slipped into the semi-finals and was asked if I was OK after the scare when someone else said, 'He'll be fine, he's from Lennox Head, they're used to it up there.' After asking the drone operator 'Where was the shark?', he replied, 'It was right next to you in the gutter.'

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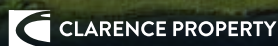
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# Lennox Longboarders

by Wayne Booth and Taylor Hession



*Pictured: The youngest and oldest competitors surfing together in the 3rds Final, Lolani Longhurst and Jimmy Baker.*

The September round was held in small offshore conditions at Lennox Main Beach. It was a sunny day with many whale sightings to enjoy.

A small crew of 13 turned up to compete and witness some impressive switchfoot surfing by Jemma Osmond and remarkable noserides by Tim Leete in the 2nds final.

Well done to Kate Ashdown on making the 1sts Final and to Taylor Hession who took out the day. Next Club round Sunday 9 October.

Club vouchers were handed out to Khay Spence, Tim Leete and Jemma Osmond. Thanks go to Our Sponsors, Lennox Pizza, Lennox Surf Shop and Lennox Coffee & Gelato for providing the vouchers.



*Pictured: Jemma Osmond.*



*Pictured: Taylor Hession.*

## Results

**1sts:** 1st Taylor Hession. 2nd Jemma Osmond. 3rd Kate Ashdown.

**2nds:** 1st Craig Leete. 2nd Tim Leete. 3rd Kurt Hardy.

**3rds:** 1st Jimmy Baker. 2nd Lolani Longhurst. 3rd Stu James.

**4ths & 5ths:** 1st Tomoni Inoue. 2nd Andrew Thomas. 3rd Khay Spence. 4th Cary Crawley.



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# All Girls Surfriders

by Mel Mott



After horrendous conditions just a couple of days prior to the 25 September Club Round, we were again blessed by Huey with early light offshore conditions and plenty of 2-4 foot beach break waves at Lennox.

Possibly due to school holidays, reduced numbers in all divisions saw each competitor surf twice with a final aggregate score from both rounds deciding the finishing places for each division.

The lower numbers as well as the strong sets from multiple directions and challenging paddling/positioning conditions, led to us using one wide bank with multiple peaks and an increased heat time of 20 minutes.

With a dropping tide, the sweep and closeouts increased. There were the occasional left or right gems that were well taken advantage of especially by the Open girls, and special mention to Laura Woolcott, our sole senior beginner competitor, who nevertheless got her best wave at an All Girls round to date, bagging a 10 point ride. The quite tricky and changing conditions provided a challenge to many

competitors and there were some standout performances in all divisions on the day.

A big thank you to the Club members, family members and supporters who assisted on the day, especially to Nerida and Alison for handling the timer/flag/hooter duties and Cory for the tallying. Thanks also to those non surfing club members who came down and helped during the morning.

Thanks to Peter Bryant for delivering the trailer happily to a very accessible position and to Marg for our new pink flags.

Our next event is the Evans Head Campout round at the end of October.

## Results

Opens: 1st Ocea Curtis. 2nd Mia Baker. 3rd Sumeri Geitz. 4th Alexis Zahner.

Longboards: 1st Maz Pentecost. 2nd Mel Mott. 3rd Helen Sherman.

Wahine Masters: 1st Danah Besson. 2nd Natalie Edmiston. 3rd Cory Whitney. 4th Maz Pentecost.

Senior Intermediates: 1st Prue Smallhorn. 2nd Susan Arnold. 3rd Laura Oakley. 4th Danielle Boal. 5th Caroline McDowell.

Junior Intermediates: 1st Charlie Hudson. 2nd Matilda Munde. 3rd Sarah Jones.

Senior Beginners: 1st Laura Woolcott.

Junior Beginners: 1st Sienna Munde. 2nd Isabel Hudson.

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# LeBa Boardriders

by Ben Beesley



*Pictured: Winning Junior Kirra Girls team, Mia Baker, Keke Brain, Juniper Harper, Malia James, Isabel O'Boyle and Ruby Muir.*

It has been a huge couple of weeks with fantastic results for the LeBa Boardriders starting with a Club round held on the Lennox beaches in dreamy 2-3 foot offshore conditions and surprisingly sunny skies. This was followed by an epic performance by team LeBa taking out 2nd place in the Aloha Junior Teams presented by Hurley and winning \$2500 for the Club, then the Junior Kirra Teams Challenge with two teams, one boys and one girls. Both teams surfed amazingly however the girls were the stars this time clinching the number one spot also winning another \$1500 for the club.

Big thanks to team managers Tony, Jake, Kirsty and coach Woody as well as the rest of the support crew and LeBa committee. These results just goes to show the depth of talent in our club. So proud of you all.

September Club round results were as follows:

## Cadets

1st Mia Baker. 2nd Kai Alcala. 3rd Ocea Curtis. 4th Ruby Muir.

## Opens

1st Jack O'Brien. 2nd Keenan Crisp. 3rd Harry O'Brien. 4th Ben Secomb.

## Masters

1st Ben Beesley. 2nd Jake Baker. 3rd Michael Simpson. 4th Jack Prime.

## Legends

1st Steve Kearney. 2nd Tony O'Brien. 3rd Julian Gee. 4th Max Perrot.

## Micros

1st Koa Baker. 2nd Maximus Aboody. 3rd Leo Liddle. 4th Gracie Walker.

## Fleas

1st Cleo Beesley. 2nd Hugo Liddle. 3rd Charlee Walker. 4th Reni Green.

## Groms

1st Atlas Zoric. 2nd Cooper Walker. 3rd Isabel O'Boyle. 4th Connor O'Boyle.

## Aloha Junior Team presented by Hurley

U14 - Kai Alcala U16 - Keenan Crisp U18 - Harry O'Brien Pro Jnr Boy - Jack O'Brien Pro Jnr Girl - Nyxie Ryan

## Junior Kirra Teams Challenge team

### Boys

U12 - Duke Matthews, Conor O'Boyle U14 - Kai Alcala, Shannon Harrison U16 - Harry O'Brien, Keenan Crisp U18 - Monte Moore, Oden Wauhope

### Girls

U14 - Keke Brain, Isabel O'Boyle U16 - Ruby Muir, Leihani Zoric U18 - Mia Baker, Juniper Harper

## OPENS -

Malia James and Kirsty Zoric

October Club Round will be held on 15 -16 October.



## DR ALAN SFEIR

Dr Alan Sfeir graduated from the University of Sydney in 1996. Shortly afterwards he moved to the UK and went on to join a prestigious holistic dental practice in central London for over 10 years. With a keen interest in CAD-CAM ceramic restorations and other advancements including invisible

braces and implant technology, he became experienced in providing the latest procedures with ease.

Keeping abreast of the latest health research, he has seen countless peoples dental health and wellbeing improve dramatically.

Dr Alan keeps active with kitesurfing and sailing and enjoys the great

outdoors. Moving back to Sydney in 2013, he and his young family have since settled in the Northern Rivers.

With a strong ethos of valuing each individual as you would like to be treated yourself, Alan participates in medical mercy ships in the Pacific Islands.



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## Trojan talk

by Mitchell Craig



*Pictured: Under-18s captain Sam Hanna with the premiership trophy.  
Photos by John Bungate.*

Grand Finals played on a lush green surface of Seagulls Rugby League Ground at Ballina on 17 September led to some fast and furious football.

They were somewhat lopsided results as WAR beat Bangalow 43-12 in 1sts, Range downed Ballina 33-12 in 2nds, Lismore touched up Casuarina 27-0 in Womens 10s, WAR over Yamba in the Presidents Cup 31-3 BUT in Colts it was a different story as Lennox and Casuarina belted it out hammer and tong in a what was arguably the best game of the finals.

Running rugby is what Colts is based on, little tactical kicking, ball in hand and have a crack, tackle me if you can.



And so it transpired that at midday on a 30 degree day, both sides went for it, Referee Mat Clayton allowing an open flowing game. Half time and whilst looking to hold an upper hand, the Trojans, coached by Scott Jenkins and Daniel Watt, let in an easy try and held a one try lead 14-7.

2nd half, repeat 1st half, Trojans going to a handy lead at 26-14 but a lack of discipline defending their line and with 2 in the bin, 9 minutes out....13 on 15 and Casuarina threw everything at the Trojan line, being denied by some gritty scrambling defence.

Full time 26-14, 2 tries to FNC Best and Fairest Milos Safranek, with 1 apiece to Ethan Jenkins and Luke Smith with Sam Hanna (FNC U18's Top Point Scorer) ; 3 conversions. For Casuarina; Jacob Beck converted 2 tries.

Both teams are to be commended for the spirit in which the game was played. Awards were presented by Wallaby, Jed Holloway. First grade were eliminated the week earlier when they went down 30-14 to eventual premiers Wollongbar-Alstonville.

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# Local skater kids dominate rankings

by Josefin Friman



*Pictured: Left to right Jude, Archie, Ella, Asha and Tasman at the presentation for end of year winners in the Etnies street series.*

A few local kids have been competing in the Etnies AM street series for the past year. This is a national league sanctioned by the Australia Skateboarding federation. Jude, Ella, Archie, Asha and Tasman have each put in the blood, sweat, and countless hours practising and travelling to competitions held all over Australia. Lennox Head and Ballina have produced some of the best skaters in Australia, with support from Truckstop SK8 and the local skateboard community.

Congratulations to these skaters for placing 1st in their age division in the end-of-season ranking.

1st U9 Male: Jude Buchanan

1st U12 Female: Ella Ledingham

1st U12 Male: Archie Simpson

1st U15 Female: Asha Ledingham

1st U15 Male: Tasman Cahill

Winning the series meant they earned themselves alongside Hudson Walker a spot competing in the pro tour event Rumble on the Reef which was held in Mackay late September. All of them made the final with Hudson winning the U12 Bowl event.



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## COMING IN OCTOBER

SEP  
29

SEE HOW THEY RUN

OCT  
06

DON'T WORRY DARLING

OCT  
06

AMSTERDAM

OCT  
13

HALLOWEEN ENDS

OCT  
20

BLACK ADAM

OCT  
27

MRS HARRIS GOES TO PARIS

OCT  
27

THE WOMAN KING

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## This month

By Milt Barlow

## At the movies

If you're a lover of mystery with a bit of comedy thrown in, then *See How They Run* is for you. In 1950s London, plans for a movie version of a smash hit play come to an abrupt halt after a pivotal member of the crew is murdered.

Intrigue is the flavor of the month with *Don't Worry Darling*, a psychological thriller directed by and starring Olivia Wilde. With a fabulous cast that includes Florence Pugh and Harry Styles it tells the tale of an experimental company town that houses the men who work on a top-secret project. As cracks in their idyllic life begin to appear it becomes apparent there's something sinister lurking below the surface.

Mystery lovers will enjoy *Amsterdam*. Set in the 1930s, it follows three friends who witness a murder, become suspects themselves, and uncover one of the most outrageous plots in American history. Directed and produced by David O. Russell (*Silver Linings Playbook* and *Joy*) this is a rollicking who dunnit caper.

Then in the spirit of Halloween season there's *Halloween Ends* (13 October) and *Black Adam* (20 October) lighting up screens. A light film which makes for a good morning or afternoon out is *Mrs Harris Goes To Paris*. It's a delightfully fluffy comedy that tells the story of a 1950s' London cleaning lady who falls madly in love with a Dior dress and decides that she must have one of her own.

## Streaming

This past month I've been couch surfing with one that escaped me a while back - *For All Mankind*. It was one of the early Apple TV series which slipped between the cracks due to low subscribers, however this is the best series I have seen this year. There are already three seasons out so you don't have to wait for that annoying new trend of one episode per week. In an alternative version of 1969, the Russians beat the United States to the moon and the space race continues for decades between the two superpowers. Stunningly shot be prepared to believe it's all real and a retelling of history.

Well, the wait is over with the striking *The Lord of Rings - Rings Of Power* out on Prime. Yes folks after two episodes in the first drop it's the old 'episode a week' game so my advice is give it a while to catch up so you can binge - and trust me, you will want to.

It is estimated that the first season has cost Amazon a staggering \$450 million to make and you can certainly see the money on the screen - epic and beautiful. Set thousands of years before *The Hobbit* and *The Lord Of The Rings* it follows an ensemble cast of characters, both familiar and new, as they confront the long feared emergence of evil to Middle-earth.

Epics don't get any bigger than this one. Heat up the popcorn and enjoy.

# Weekly WHAT'S ON

## MONDAY

**HAPPY HOUR** Members only  
4PM - 6PM | \$5 Schooner & Wine  
**MUSICAL BINGO** Starts at 7PM

## TUESDAY

**KIDS EAT FREE** All Day \*t&c's apply  
**TINY DANCERS** Boys & Girls 12 months to 5 years  
**WITH MISS BEKA** From 11AM | \$8  
**HAPPY HOUR** Members only  
4PM - 6PM | \$5 Schooner & Wine  
**KIDZ KLUB ACTIVITIES** From 5PM | FREE  
**POOL TABLE COMPETITION** 5PM | Open to any skill level  
**APL POKER** Registration 5:30PM | \$25 buy in

## WEDNESDAY

**MEAT TRAY RAFFLE** Sold from 6PM | Drawn 7PM  
**HAPPY HOUR** Members only  
4PM - 6PM | \$5 Schooner & Wine  
**MEMBERS CASH CALL** Drawn between 7PM - 7:30PM

## THURSDAY

**BINGO** From 10:30AM  
Loads of prizes to win  
**HAPPY HOUR** Members only  
4PM - 6PM | \$5 Schooner & Wine  
**TRIVIA** Starts at 7PM  
Over \$200 in prizes week

## FRIDAY

**MEAT TRAY RAFFLE** Sold from 6PM | Drawn 7PM  
**HAPPY HOUR** Members only  
4PM - 6PM | \$5 Schooner & Wine  
**LIVE MUSIC** 7PM - 10 PM

## SATURDAY

**LIVE MUSIC** 7PM - 10PM

## SUNDAY

**LIVE MUSIC** 3PM - 6PM  
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Espresso  
Glass - Coupette

# GIG Guide OCTOBER

**FRIDAY | 7PM-10PM**

**30th Sept** HARRY NICHOLS  
**7th** MARSHALL O'KELL  
**14th** KATIE WHO  
**21st** JOCK BARNES  
**28th** HAYLEY GRACE

**SATURDAY | 7PM-10PM**

**1st** TWO TEARS IN A BUCKET  
**8th** HARRY NICHOLS  
**15th** TIM STOKES  
**22nd** ACID BLEED  
**29th** SIMON MEOLA & ADULT HALLOWEEN FANCY DRESS PARTY

**SUNDAY | 3PM-6PM**

**2nd** JB'S BLUES BREAKER  
**9th** JOE CONROY  
**16th** MAJESTIC KNIGHTS  
**23rd** OOOZ  
**30th** GUY KACHEL

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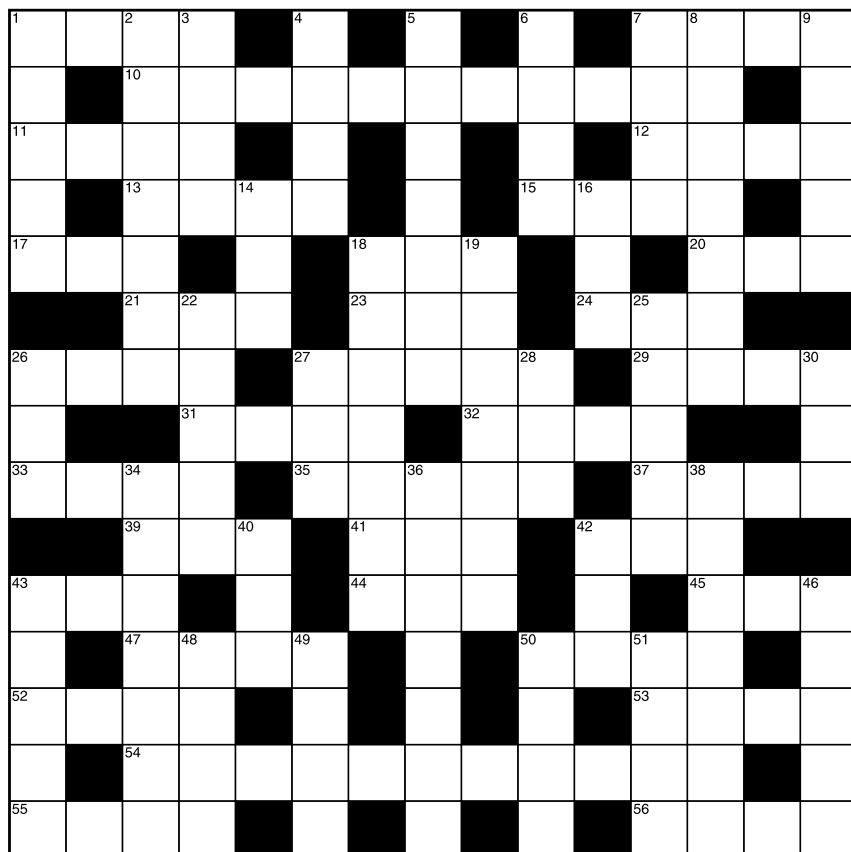
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## October crossword



## ACROSS

1. Harbour work boats
7. Birthday greeting
10. Gallopers' tracks
11. Astronaut, ... Shepard
12. Actor, ... Ifans
13. Sweat droplet
15. Strike with head
17. Capture (criminal)
18. Took cover
20. River, ... Grande
21. Hearing organ
23. Alien craft (1,1,1)
24. Lamb's bleat
26. Auction offers
27. Wipe the dishes (3,2)
29. Fitness clubs
31. Stretched firm
32. Char

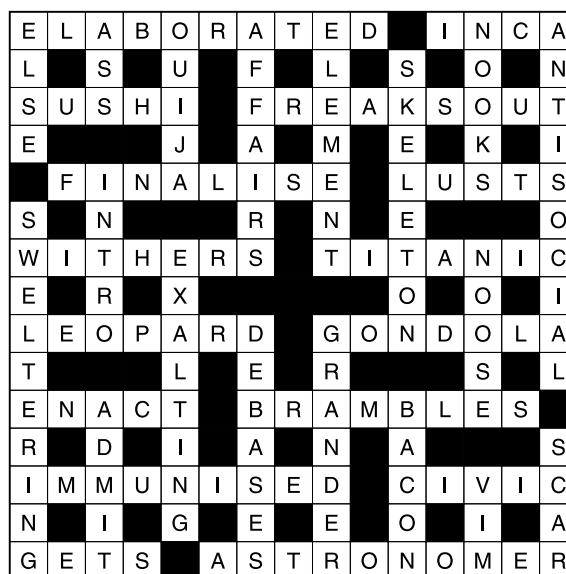
33. Unemployment pay
35. Hunker down (3,2)
37. Every single
39. Form a curve
41. French no
42. Male or female
43. Muppets creator, ... Henson
44. Practical joke
45. Sphere
47. Liver paste food
50. Tumble
52. Chamber
53. Exude
54. Sight-tester
55. Wrongdoings
56. Sleigh

## DOWN

1. Coach (team)
2. Snatched
3. Logically thought-out
4. Indecent
5. Appal
6. Dirty child
7. Sure-fire thing
8. Smoker's receptacle
9. 70s dance music
14. Voice publicly
16. Computer port type (1,1,1)
18. Inflicting pain
19. Extinguishing
22. Daisy-like flower
25. Go along (with)
26. Awful
27. Worthless
28. Writing tool
30. Fah, ..., lah
34. Send-up
36. Small pointy beards
38. Salamander
40. Bed
42. Therapeutic water tub
43. Sudden movements
46. Haemorrhage
48. Sound boosters
49. Greek Cupid
50. Golfer's warning
51. Profit or ...

© Lovatts Puzzles

## September solutions



## Sources from pg 26:

<sup>1</sup>The Knutsen Sisters, p 62; <sup>2</sup>Wright M, p79; <sup>3</sup>Schadwell M, p91; <sup>4</sup>Rose D, p88 all from Ringing the Bell Backwards comp Wilson H, LHH, <sup>1</sup>2003

Frampton K Without Bias Lennox Head Bowling Club to Club Lennox  
– A journey of 60 years, p4 LHH and Club Lennox publication 2019.  
Image: c1961 F1;B5\_2 LHH



## October horoscopes

by Patsy Bennett - [patsybennett.com](https://patsybennett.com)



### Aries

A fresh chapter will come into play and for most, this will alter your daily routine. For March-born Aries, changes will be in your personal life, most notably around the full moon on the 10th. The partial solar eclipse on the 25th signals the chance to turn a corner with key collaborations.



### Taurus

The month begins on a proactive note, and meetings and talks will be productive. Your plans are best implemented earlier on in the month if possible. The solar eclipse on October 25th will kick-start a fresh work and daily routine so aim to get things ship-shape before then for best results.



### Gemini

You'll welcome the chance to turn a corner in your general direction, status or career as your plans begin to take shape both at work and in your personal life. The solar eclipse on the 25th will encourage you to find more balance with creative, family and domestic matters.



### Cancer

This is a good month to focus on work, health and collaborations, as the full moon will spotlight activities and projects that truly resonate. A trip or improved relationship will delight. The solar eclipse on the 25th signals a new agreement with someone at home or with family.



### Leo

Keep an eye on finances and consider reviewing your expenditure, as you'll gain the chance to reconfigure your budget. Your personal life and collaborations will benefit from a sense of renewal, so focus on creating both more variety and harmony as your efforts will succeed.



### Virgo

Take things one step at a time in October and you could boost both work prospects and your personal life. Communications will improve from mid-October onward, which will enable you to feel more positive about collaborations. The solar eclipse on the 25th will bring focus to finances.



### Libra

Your love life and circumstances in general will improve from mid-October onwards, so organise treats for then! Beforehand, you'll gain the chance to focus on your health and well-being. You'll smooth the month by being strategic but must remain flexible for best results around the 25th.



### Scorpio

A fresh chapter will begin in your personal life, revolving around showing someone special extra attention. You'll gain the chance to be more creative and enjoy romance. For some Scorpions, a new chapter will begin concerning your social life and link with a particular organisation.



### Sagittarius

As you reach a fresh understanding of the roles you play both at work and in your personal life, you may need to focus a little more on communications until the 15th to avoid misunderstandings. You'll gain clarity about the best way forward in a personal context in the last week of October.



### Capricorn

Your efforts to build a strong framework both at work and financially will prove successful and your prospects will noticeably improve. It's a good time to invest in projects you're passionate about. The solar eclipse on the 25th will contribute to a fresh chapter at home or with family.



### Aquarius

You'll gain an increasing sense of balance from mid-October onwards, and may already experience positive developments surrounding your favourite activities and projects beforehand. The solar eclipse on the 25th could open doors regarding travel and communications.



### Pisces

Be prepared to invest in projects and ventures that create a sense of accomplishment in your personal life, well-being and home. It's a good time to consider a fresh budget. The solar eclipse on the 25th will encourage you to consider a fresh way to share resources such as responsibilities.





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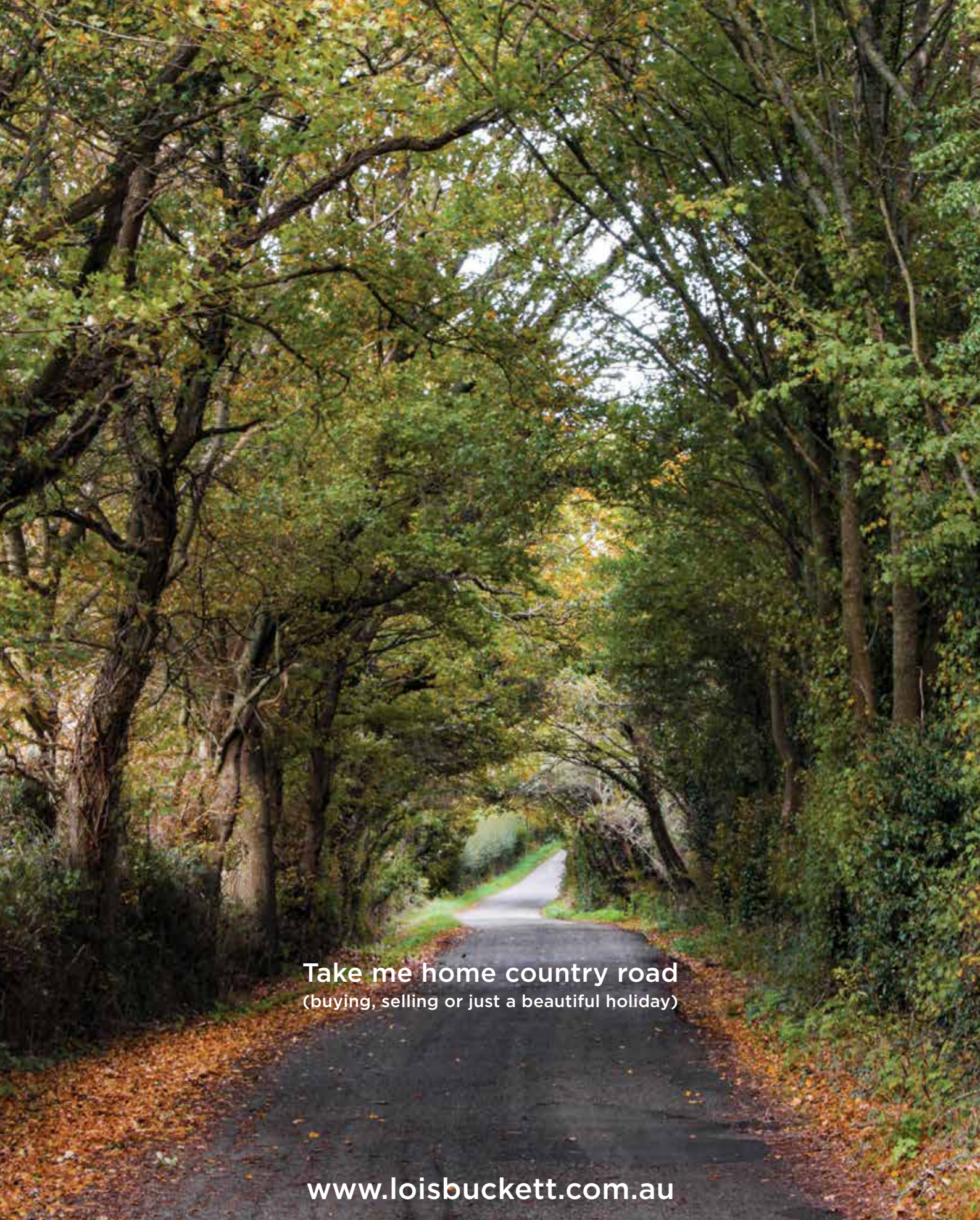
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