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Community news and events for Lennox Head

Issue 241 | May 2025



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Acknowledgment of Country

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

The fine print

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This month, we've brought the issue to you a little earlier, ensuring our readers are well-prepared for the upcoming Federal Election. A meme circulating online humorously captures the generational shift at play - a male boomer, who once enjoyed free university and bought a \$4 million home for \$75k, wondering what's in the budget for him. This election marks the first time in Australian history that voters under 35 will outnumber baby boomers. What will young Australians prioritise? With the youth enrolment rate at 92% it's a defining moment for our political landscape, one I'm keen to see unfold.

Closer to home, the aftermath of Ex-Tropical Cyclone Alfred has left an indelible mark. A blackwater event has delivered thousands of lifeless fish and aquatic animals to our shores. The Richmond River catchment, burdened by historical land clearing and floodplain alterations for agriculture, alongside rising water temperatures, and the relentless impacts of climate change, may all play a role in this crisis. Our beaches, now strewn with decay and awash in brown water, stand as a stark and sombre reminder of our environment's fragility.

And yet, even amid this solemn reality, nature's wild beauty persists. Along the beach, under brooding, rain-drenched skies, driftwood is scattered like organic sculptures on the sand. Crabs skitter in quick bursts, asserting their delicate dominion. People pause to create moments of balance within the chaos, stacking stones into Zen towers that rise like symbols of balance and calm.

Lastly, a big Happy Mothers Day to all our wonderful mumma readers. I hope your day is filled with love, joy, and a little spoiling!

Natalie Grono - Editor

Got a story? Get in touch

Email: editor@thelennoxwave.com.au

Phone: 0405 662 567





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We're strengthening **Medicare**

HOW TO VOTE

JUSTINE ELLIOT MP LABOR FOR RICHMOND

Step 1.

The House of
Representatives

Start here
and **you must
number
every box.**

(Small green ballot paper)

You must number every box.

Electoral division of **RICHMOND**

2

NOLAN, Mandy

Labor

1

ELLIOT, Justine
LABOR

8

LOUGHREY, Kevin

9

MYE, Ian

3

McMAHON, Vivian Mac

10

PETERKIN, Phillip Byron

4

HONE, Kimberly

5

WILLIS, Ian Cherry

6

McKENZIE, James Ian

7

CURTIN, Richard

**VOTE
JUSTINE
ELLIOT**

A

Labor

1

LABOR

Step 2.

The Senate

Place a number **1** in box **A**. Then
number the boxes as shown below.

Labor



D

6

FUSION

G

5

ANIMAL JUSTICE
PARTY

J

3

LEGALISE CANNABIS
PARTY

O

4

JACQUI LAMBIE
NETWORK

R

2

THE GREENS

Remember: You must number at least 6 boxes above the line.

You can count on Justine



What: Nimbin MardiGrass
When: Friday 2 - Sunday 4 May
Where: Nimbin

With the protest rally and parade, featuring the Hemp Olympix, Joint Rolling and Bong Throw. The Parade is held on the Sunday accompanied by the traditional Big Joint and dancing Ganja Faeries. Visit: nimbinmardigrass.com



What: Byron Bay Tango Festival
When: Friday 2 - Sunday 4 May
Where: Byron Bay Community Centre

Argentine tango festival set in the idyllic town of Byron Bay. From an informal 1998 gathering, it now embraces a concurrent experience of cutting-edge dance, live music and visual art.

Book: tangonut.com/bbtf-2024-information



What: Open mic night
When: Wednesday 14 May, 6.30pm
Where: Lennox Pizza

Calling all musicians and performers - Lennox Pizza is turning up the vibes with a Locals Open Mic Night. The perfect place to kick back, enjoy live performances from local talent, and soak up the good vibes. Book: lennoxpizza.com



What: Banff Mountain Film Festival
When: Thursday 15 May, 7pm
Where: Brunswick Picture House

A celebration of the mountain and adventure sport world. Sharing the most exhilarating short films from explorers, runners, mountain bikers, skiers, paddlers and climbers from around the globe. Visit: brunswickpicturehouse.com



What: Bangalow BillyCart Derby
When: Sunday 18 May
Where: Bangalow

A day packed with bilycart racing, expert skateboard riding, parades, children's rides and entertainment, a variety of foods to enjoy and is a great day full of community fun. Visit: bangalowbilycart.com.au



What: Blue Horizon Anniversary
When: Friday 23 May, 7 - 9.30pm
Where: Lennox Head Cultural Centre

Jack McCoy is heading back on the road with Dave Rastovich and an all star cast to celebrate the 20th anniversary of *Blue Horizon* and honour the memory of one of the greatest surfers of all time, Andy Irons. Search Eventbrite for tickets.

Monthly markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Potsville Beach
2nd Saturday	Bangalow Flea Market Woodburn (bi-month)
2nd Sunday	The Channon Tabulam Hall Coolangatta
3rd Saturday	Alstonville Mullumbimby Murwillumbah Salt Village Casuarina
3rd Sunday	Federal Uki Potsville Beach
4th Saturday	Byron YAC Flea Market Wilson Creek Kyogle Bazaar
4th Sunday	Bangalow Nimbin Coolangatta Murwillumbah Yamba
5th Sunday	Nimbin
Last Saturday	Evans Head Rotary

Weekly farmers markets

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

For more information visit
discoverballina.com.au

Williams Reserve



Williams Reserve is currently undergoing a much-needed upgrade, with a new irrigation system being installed and the playing surface being regraded and turfed. Contractors are working diligently to complete the improvements and ensure the reserve is in top condition for sports and community recreation. However, due to weather disruptions, it is now unlikely that the fields will reopen in time for the winter sports season as originally planned. The works, which began in late December 2024, are part of an identified project in the Delivery Program and Operational Plan. In terms of Cricket at Williams Reserve, the new locations for the sport have been identified as Megan Reserve and EPIQ Sportfields.

Ocean Breeze



The highly anticipated playground at Ocean Breeze Reserve, Lennox Head, is now open and ready for children to enjoy.

This nature-inspired play space was designed with the community's input during the creation of the Ocean Breeze Reserve Master Plan. It features a dry creek bed, rock boulders, balance logs, steppers, a timber swing, a mound slide, and a timber agility and climbing course, offering fun and challenges for children of all ages.

Exciting additions are still on the way. A new picnic shelter is set to be constructed next to the playground in May, enhancing the area for family gatherings and community use.





VOTE **1**

MANDY NOLAN

We only need a 1.8% swing to win this seat.

Worried about climate change and the housing crisis? You're not alone. Labor have approved 32 new coal and gas projects, while Dutton distracts with nuclear. **We can't keep voting for the same two parties and expecting different results.**

With your vote, I can keep Dutton out and get Labor to act. I'll fight to:

-  **Build more public housing**, stop unlimited rent and mortgage rises
-  **Stop new coal and gas projects**, protect the environment
-  **Put dental and mental health into Medicare**, make GP visits free
-  **Make billionaires and big corporations pay their fair share** of tax



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Kendall Atkinson
0414 828 900

Jan Borsje
0414 282 999

Residents' Association

by Robyn Hargrave

On 7 April we welcomed members, one visitor, and Mayor Cadwallader.

Community action against crime NSW Police Force replied to the Open Letter forwarded by President Wegg, supporting instalment of CCTV in public places, and advising of Operation Soteria focussing on stealing motor vehicles, aggravated break, enter and steal and 'post and boast' offences, by young persons in the western and northern parts of the state.

New cycleway/shared path. Mayor Cadwallader advised \$3.6m has been confirmed from NSW Government for the pathway from Coopers Close to Byron Street, providing users safer transit between Fig Tree Hill, Sanctuary Lennox Head, Ross Lane and Lennox Head Village. It is expected to be operational in twelve months.

Rough sleepers in Ballina Shire. At Council's March meeting actions were proposed and accepted to engage with Government and non-government agencies to identify solutions. No sites were identified as being immediately appropriate for rehousing those in this situation.

Friends of Lennox and Ross Parks. With a view to helping keep these much used and recently upgraded parks in top condition and minimising use of chemical weed control, an Association member is keen to involve others in the community to weed gardens and general tidying of the areas, with Council approval. Please email us to the address below or message on Facebook to become involved.

Traffic vs pedestrians in the Shared Zone Concerns were raised about vehicles crossing the zone at speed and failing to give way to pedestrians, with witnesses observing this behaviour on a regular basis. A number of suggestions were discussed, some of which Mayor Cadwallader indicated would be referred to staff for further consultation.

Rayner Lane Shared Zone Council staff confirmed at the March B Ward meeting that signage will be installed advising drivers the Rayner Lane Shared Zone starts at Ballina Street intersection and terminates at Rutherford Street intersection.

Upcoming meetings: 5 May, 2 June and 7 July 2025, from 7pm in the CWA Hall Feedback is encouraged by email to: lhrainc@gmail.com or Facebook.

Fish kill across waterways



The recent flooding caused by Ex-Tropical Cyclone Alfred has had a significant impact on the water quality of local river systems. While conditions are slowly improving, Ballina Shire Council is urging residents to continue exercising caution when it comes to water activities. Residents are advised to avoid swimming in rivers and beaches that show signs of poor water quality, such as discolouration or an unpleasant odour.

Water activities that involve minimal contact, like kayaking and fishing, can still be enjoyed at your discretion, though individuals are encouraged to consider their own health risks before engaging in these activities.

The Richmond River recently experienced a drop in oxygen levels, which led to a fish kill across our waterways. In response, Ballina Shire Council partnered with Rous County Council and OzFish to monitor fish

numbers and water quality throughout the catchment. Council is pleased to report that oxygen levels are improving, and the number of affected fish has significantly decreased.

While Ballina Shire Council leads the effort to remove dead fish from the waters, the Department of Primary Industries (DPI) is responsible for investigating the cause of the fish kills in NSW, managing the immediate response, and implementing long-term strategies to prevent future occurrences.

The Ballina Shire Council extends its gratitude to the local community for their support during the cleanup efforts. While Council crews worked hard to address the widespread impacts, the help from residents in cleaning up the affected areas was crucial.

For more information on fish kills and their causes, visit the DPI's website at: dpi.nsw.gov.au/fishing/habitat/threats/fish-kills.

Basketball court coming to Lennox



In a thrilling development for Lennox Head residents, the town is set to receive its long-awaited basketball court, thanks to a generous \$116,000 grant from Tamara Smith MP, Member for Ballina. The court will be constructed at

the corner of Hutley Drive and Daybreak Way, adjacent to Woolworths, and is expected to be completed by the end of the year.

'This is the thing we've been asked for the most since I got elected,' said Cr Kiri Dicker, adding that the court will address a crucial demand in the growing community. 'It's needed to cater for the increasing number of young families moving into the area,' said Cr Eva Ramsey

The announcement was made by B Ward Councillors Eva Ramsey, Michelle Bailey, and Kiri Dicker, who expressed their excitement about the project finally coming to fruition.

16-year-old Billy Kilburn, a passionate advocate for the court, shared his enthusiasm about the news. 'This is fantastic news as it gives teenagers in the area something to do,' he said. 'Teenagers often get a bad rap for loitering around, but this is a great step towards providing more opportunities and activities for us.'

The basketball court represents a significant investment in local infrastructure and community wellbeing, promising to be a much-loved addition for young people and families alike.

Where Vibrant Mexican flavors meet Lennox Head's laid-back vibe!



Serving up delicious Mexican classics since 1989 Pancho Villa was taken over in 2020 and rebranded as Chido Cantina. Since 2023 the restaurant has been reimagined under the ownership of Blake and Cil Rogers, bringing a fresh, surf-inspired atmosphere to Lennox Head.

Fast forward to 2025, the team at Chido Cantina is pleased to announce local talent Nemo Baker as the head chef, Nemo is excited to be at the helm and promises to showcase the best of locally sourced produce, with the ever popular Mexican favourites alongside a fresh and exciting new specials menu offering 'More than Mexican'




Savor sizzling fajitas, Ballina king prawn tostadas, wild-caught tuna ceviche, and their signature king-size pork ribs platter - just to name a few!

The locals favourite spot to enjoy the most extensive margarita selection in the area. Functions for up to 80 guests, alfresco dog friendly dining and the full menu available takeaway including all your favourite beverages!



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LENNOX HEAD
(02) 4081 2959



More than Mexican



Headliners Chorus return



After a brief hiatus following a bustling 2024 Christmas season, Headliners Chorus is back in full vocal swing, ready to entertain the Ballina

community with their harmonious performances.

The year began on a high note with a weekend workshop led by Bec Hewitt, an esteemed vocal coach specialising in Vocal Production, Balance/Blends, and practice techniques. With a background in classical singing and expertise in the Sweet Adeline style of Women's Barbershop, Bec brought professionalism and invaluable insights to the group. Director Cath Gordon praised the workshop's success and has invited Bec to return to Ballina from her Perth base for future sessions. A photo of the workshop participants proudly features the group's newly designed banner.

On 2 April, 22 members of the Headliners showcased their newly refined skills during a Seniors Week


performance at Ballina RSL. Initially postponed due to Cyclone Alfred, the event was a resounding success, drawing a large, appreciative audience and reaffirming the group's love for the stage.

The next performance is scheduled for 8 May at 12pm at the Crowley Auxiliary. This special Mothers Day performance is a cherished tradition and always well-received by the community. Attendees can also enjoy a delightful three-course luncheon at Crowley, which can be arranged through the Crowley Auxiliary.

With their passion for music and dedication to community engagement, the Headliners Chorus continues to inspire audiences and bring joy to Ballina.

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Final words of Probus

by Robyn Hargrave



Pictured: Longtime members, Committee members working to the end and handover of the Chain of Office and paperwork. Photos by Robyn Hargrave and Mairty Ronchi.

For Enid Steele, Foundation Member of Lennox Head's Probus Club established in 1988, 20 March 2025 was a sad day, being the Club's final formal meeting. Enid recollected that in the 1990s there was a waiting list for membership, but now the Club attracts few new members, even those recently retired or semi retired to the area.

In its early years, the Club had membership of 125, who joined for social reasons, to meet other local residents, undertake outings to places of interest on the North Coast and beyond, sample local food (and beverages), and be entertained by presenters at monthly meetings. Started by Ballina Rotary Club without requirement for fundraising activities, long term friendships were generated.

President June Zentveld said, 'We hear of many retirees new to the area asking how to learn about their chosen home and meet people, so it is puzzling they aren't drawn to Probus, which does just that. Our Executive is in their 80s and without new members, cannot maintain functions of office'. Members plan to come together monthly as The Lennox



Social Group, enjoying mateship, lunches and outings. All are welcome from 11.30am on Thursday, 1 May at Club Lennox.

The Heritage Committee is honoured to be entrusted with the Chain of Office and photo album as important parts of our story and record of the many who were members of the Probus Club over 37 years.

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Lions Club stay connected

by Graham Shaw

Well, you should certainly have seen Lennox Lions around last month in April. We have been involved in significant fundraising activities and we were fortunate to have the opportunity of raising funds at the weekly local Trivia night. Club Lennox has been very generous in offering this opportunity. Finally we have supported the inaugural Lennox Head ANZAC Day ceremony with a Wreath Laying at the Club at 12 noon prior to the traditional 2 Up games.

We are most fortunate that we have a thriving membership of 30 and we have very recently welcomed two new members consequent on our attendance at the Community Connections Expo. As a result we do have the resources to manage these major fund raising activities.

However, we are always very happy to welcome new members. The Club has an even gender split and a really fun camaraderie exists. So pick up the phone and give Frank a call on ph: 0429 949 844. You'll be hard pressed to ignore his enthusiasm.

At our last meeting we were addressed by Emily McKenzie who gave us an inspiring story about positive interventions with deaf children through camping and designated activities. Over a four day camp deaf children are able to enjoy companionship among their fellows, and develop increased confidence and empathy together. This camp costs \$900 of which the parents provide \$200. As a result of our fund raising we were able to provide three local deaf children with the additional \$700

via a grant of \$2,100. At our last two meetings we have delivered \$7,000 to associations involved in flood mitigation and a further \$2,000 to Orange Sky who have been providing constant laundry services and showers for people devastated by the floods. So when you see us around in May please give us your support.

Our schools programme on eye health will be launched in early May. We now have experienced co-ordinators who will assist us through the initial programme with the designated school. We should have feed back in our next Wave article in June.

We hope you experienced a happy and peaceful Easter and look forward to seeing you at one of our events in May and June including Election day at the Public School.

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Councillors thoughts: Williams Reserve

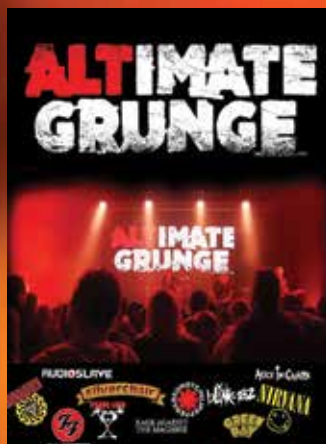
Each month, B Ward Ballina Shire Councillors have the opportunity to share information on a subject that carries importance to the community. All comments are those of the authors. This month we asked our Councillors their thoughts on how the Williams Reserve oval should be used to best serve the community?



Cr Kiri Dicker

The Lennox Head Strategic Plan clearly states that Williams Reserve will remain as a centrepiece of our community for at least the next 20 years. Beyond that, well, I'll leave that to our future Councillors. There is a longstanding plan by the Council to transform the northern part of the Reserve (closest to the Lennox Head Cultural Centre) into some kind of community space. What that looks like I don't know. There have been no plans drawn up and it's in Council's Delivery Program for the next four years. When that happens people will have a chance to have their say.

In terms of Cricket at Williams Reserve, the locations for Cricket have been identified as Megan Reserve and EPIQ Sportfields. While I know some people might be unhappy about it, we need to spread our sporting facilities around. I think EPIQ Sportfields will become increasingly popular at the school and expanded commercial facilities are gradually developed. As always, public spaces are hotly contested and we all need to compromise and be open to change.



Friday 2 May
Doors: 8pm
Show: 8.30pm 18+
Pre Sale \$38
Door Sale \$43

With a repertoire that spans the biggest bands of the era, including the Foo Fighters, Nirvana, Pearl Jam, Alice In Chains and many more.



- Ages 40ish to 55ish: Saturday, 10 May
 - Ages 50ish to 65ish: Saturday, 24 May
 - Ages 65ish & over: Saturday, 7 June
- Arrive: 5:30pm**
Start: 6pm
Tickets \$49 includes welcome drink & antipasto plates



Sunday 11 May
High Tea & Cook To Order Breakfast
9.30am – 12.30pm
Music by Guy Kachel
Tickets from \$55 include welcome drink

Elvis Doors: 3pm
Show: 3.30pm
Tickets from \$34.90



Thursday 29 May
Doors: 6.30pm
Show: 7pm
18+ Event
MC Mandy Nolan, Torren Curtis & Feature Peter Berner
Peter Berner has hosted The Einstein Factor and Backberner on ABC Television.

**Cr Michelle Bailey**

As a new councillor for Ballina Shire, I can only share my thoughts on enhancing Williams Reserve. As I haven't been involved in past strategic management or discussion, I believe public consultation will be vital and a lead role in shaping this cherished community space.

Williams Reserve has a rich history as a hub for sporting groups and community events, including soccer, cricket, and rugby. Regular competitions and training sessions will continue to cultivate community spirit and encourage participation across all age groups, bringing our community together for local sports and events like the Christmas Carols.

It's important to perhaps note here as well, that cricket will increasingly utilise the facilities at EPIQ and Skennars Head Sports Fields, aligning with Council's strategic planning, due to the more ample male and female toilets and change areas available and the great fields and nets/infrastructure there. I'm looking forward to seeing EPIQ and Skennars Head facilities being utilised a lot more.

Looking ahead, incorporating open spaces around Williams Reserve is essential. These areas can feature picnic spots, walking trails, and playgrounds for example, making it a welcoming destination for families.

I will encourage and support discussions that promote active lifestyles and strengthen local connections.

I look forward to engaging with what I am sure are to be many and multiple conversations and debates with our councillors, residents, and sporting groups to transform Williams Reserve into a vibrant community asset when it is reviewed.

Cr Eva Ramsey

Williams Reserve is our cherished green space at the heart of Lennox Head. It's an iconic and well-utilised community space, setting our village apart from other coastal areas. From rugby union and cricket to family gatherings and everyday recreation, school sport and Christmas Carols, the reserve plays a crucial role in community life. It also houses essential facilities, including the library, community centre, skate park, car park, and an ecologically protected area.

Williams Reserve is a key component of the Lennox Head Strategic Plan (LHSP) and will remain so for the plan's duration. Future discussions may focus on the Reserve's layout, particularly regarding the cricket pitch - whether it will be reinstated and, if so, in what configuration.

At the last B Ward meeting, the possibility of an east-west layout was raised to support the cricket community, which has invested considerable time and capital. However, Council staff have not yet presented any draft layouts for consideration to Councillors. Given the extensive community consultation involved in the LHSP, any proposed changes will unquestionably spark debate which is sure to be contentious.

To best serve the community, Williams Reserve should be left as open space for all our community to enjoy. It should not be absolute as home to just one sport. It is a community asset.

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Rafiki Royale

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The OX - an event beyond the finish line



Bringing The OX to life is no small feat - it truly takes a village. Now in its third year, the event is evolving into something more than just a running challenge; it's becoming a true celebration of community.

This year, the focus is on creating an inclusive space for spectators and supporters as well. Plans include bouncy castles, face painting, colouring competitions, and plenty of food and coffee, generously supported by local favourite cafes Papaya Lennox and Kopi Lennox. Friends and families are invited to come down and get behind this meaningful cause.

To make this vision a reality, the team is seeking community involvement in various ways:

- **Volunteers:** Race marshals, vibe-bringers, and water helpers are needed. Interested individuals can register via the link in the event bio
- **Face painter/bouncy castle providers:** Donations of time and services for these family-friendly activities are welcome.
- **Food for volunteers:** Local businesses are encouraged to contribute food and drinks to keep the hardworking volunteers energised throughout the event.
- **Major sponsors:** With costs like insurance, paramedics, and signage, the event relies heavily on generous donations.
- **Allied health professionals:** Osteopaths, physiotherapists, and masseuses are invited to offer support to runners, continuing a valuable tradition from previous years.
- **Photographers/content creators:** Skilled individuals with a quick turnaround are encouraged to help capture the spirit of the event.
- **Brand partners:** Health, wellness, and fitness apparel brands are invited to explore partnership opportunities.

This is not just a running event; it's a community event made possible by the collective efforts of supporters. Those interested in contributing or learning more are encouraged to email: hello@kellymuller.com.

Rafiki Royale brings Aussie Idol to town



Rafiki Royale is set to be a sell-out event for Lennox Head-based charity, Rafiki Mwema, on Saturday, 17 May, with a Vegas-themed evening that promises an unforgettable experience. This year's event will feature a special guest appearance by Bony, a top 10 finalist from the latest season of *Australian Idol*.

Bony, who grew up in a Kenyan refugee camp, has quickly made a name for himself with his unique vocal style, incorporating autotune. His rise to fame on *Australian Idol* saw him perform hits from Sam Fischer and Ne-Yo, earning him a spot in the show's top 10.

Rafiki Royale's primary goal is to support Rafiki Mwema's initiative to build a self-sufficient farm that will provide fresh food for the 100+ children under its care. Funds raised from the event will help purchase livestock, including cows, chickens, and fish, which will reduce the charity's reliance on donations and make it more sustainable in the long run. The farm, already growing fruit and vegetables, will also allow the children to gain valuable life skills by learning how to grow food, care for animals, and develop business skills.

Rafiki Mwema's founder, Claire Harding, shared her excitement about the event: 'With more animals on the farm, we can reach our goal of self-sufficiency. This will provide more nutrition for the kids, and any surplus food can be sold, benefitting the local community. Our children will also learn life skills, so they can leave us as independent young adults.'

The evening will be hosted by Mandy Nolan, with casino tables, live music, delicious food, and the chance to win amazing prizes. All funds raised go directly to Rafiki Mwema, which provides a safe haven for 65 children and a street program for 100 homeless kids in Kenya.

Don't miss out on this incredible event – purchase your tickets today. Visit rafikimwema.com to get involved.



Labyrinth walk



The Ballina and Lennox Head Anglicans are participating in a world-wide Labyrinth Walk for Peace on Saturday 3 May. The purpose is to create a wave of peace around the world by walking as one at 1pm.

The Walk will be held at the St Mary's labyrinth at St Mary's Anglican Church, Ballina. The walk will be accompanied by music from the Threshold Singers. There are options for those with mobility issues to use a handheld Labyrinth there and there is also an indoor option in case of bad weather

For further information please contact St Mary's Anglican Church on ph: 6686 2094

Colour run



On Thursday 29 May, Lennox Head Public School will hold its bi-annual Colour Blast Run, organised by the P&C.

Throughout May, LHPS students are fundraising for play equipment for the new school site. Top fundraisers will be rewarded with exciting prizes donated by local businesses.

The P&C thanks the community for their support, especially if any children have been knocking on doors about the fun run. On the day, students will navigate a fun obstacle course while being blasted with coloured powder, and one (unlucky) teacher will even get slimed.

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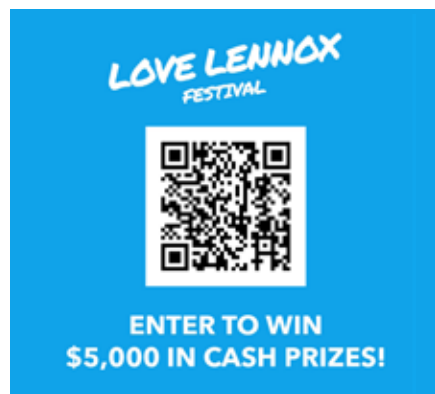


www.ballinahealthandbeauty.com.au | 6686 8800



Support the Love Lennox Festival fundraiser

by Michelle Bailey, Business Lennox Head



Business Lennox Head is reaching out for your support as we prepare for the Love Lennox Festival. We are hosting a fundraiser to help keep this beloved Festival free for our community. With the generous support of our event partner, Club Lennox, we are excited to present the following opportunity.

Win your share of \$5,000 in cash

This is your chance to win big while giving back. Join us on Sunday, 25 May at Club Lennox Sports, our proud major sponsor, for the official Love Lennox Festival Fundraiser. The event kicks off at 3pm and serves as the perfect lead-up to the Love Lennox Festival on 14 June. Enjoy live music from local favourites The Mumbler, delicious food, exciting prizes, and a vibrant community atmosphere - it promises to be a Sunday session to remember.

We are launching the first-ever 100 Club Raffle, with only 100 tickets available at \$100 each. Cash prizes include:

- 5 x \$200
- 1 x \$500

- 1 x \$1,000
- 1 x \$2,500

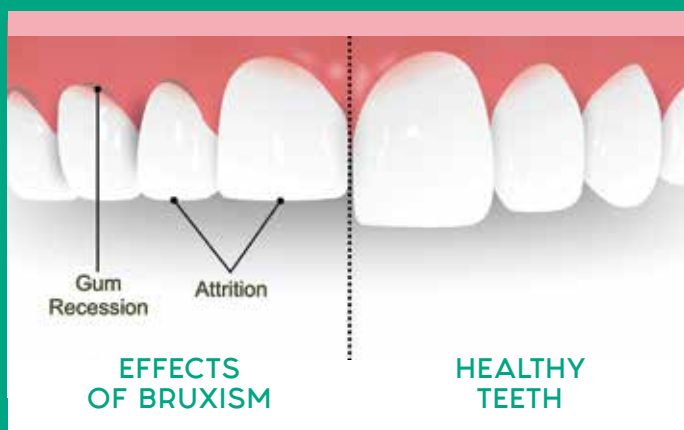
Additionally, there will be plenty of lucky door prizes throughout the day as we count down to the winning numbers.

Tickets are on sale now. Simply scan the QR code or purchase in person at Club Lennox Sports.

All funds raised will go directly towards making this year's Love Lennox Festival the best one yet.

Get involved, grab your ticket, and let's make it a Sunday to remember. If you're able to support with any sponsorship for this event and if the packages don't fit you, reach out and let's see what we can do.

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Dancers to compete for world title



After massive success at the World's Dance Masters Championship in 2024 (including 1st place for their Standard Team Performance), the Heart of Dance World Line Dancing Team is once again aiming high. The team is now training and preparing to travel to the United Kingdom in July/August 2026 to reclaim their title - and they need your support to get there.

This incredible opportunity will see 17 local Lennox Head dancers compete on the world stage. With months of training and fundraising ahead, the team is seeking donations, sponsorships, and prizes to help cover the travel, accommodation, and competition expenses. Every contribution, large or small, will help make this dream a reality for the families involved.

'We're thrilled to represent Lennox Head on the international stage, and we're grateful for the community's support as we chase our dreams,' said Jessie Kernaghan, team coordinator.

'The cost of this opportunity is significant, and we're reaching out to local businesses and individuals who may be willing to lend a helping hand in making this an unforgettable experience.'

How You Can Help

- Donate.
- Sponsor the team.
- Donate prizes for fundraising: We are seeking donations of prizes for upcoming fundraising events and raffles to support the team. Your generous contributions will help raise funds and create excitement around our efforts. Possible prizes could include:

1. Gift vouchers: Local businesses, restaurants, and service providers
2. Products or services: Handmade goods, spa treatments, gym memberships, or experiences
3. Event tickets: Passes to concerts, shows, or local events
4. Unique items: Anything that could spark interest and motivate the community to support the team.

For more information on how you can donate a prize, become a sponsor, or contribute to the team's fundraising efforts, please contact Kerren Kernaghan, ph: 0431 634 313.

'We're incredibly proud of our dancers and their commitment to this journey. This competition is an amazing opportunity to showcase their talent on an international stage and represent our community,' Jessie added.



Thrive in 2025

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TAP THRIVE 



UPCOMING DATES
Sun, 18 May
(great Mother's Day gift)
Sat, 7 Jun
Wed, 30 Jul
Fri, 15 Aug
Sun, 4 Sept



Evening VIEW Club

by Lianne Brennan



We want to warmly welcome our newest members - Sue, Jane, Chris, Lyn, Heather, Catherine and Andrea. Your presence and participation are invaluable to us, and we look forward to enjoying your company this 2025.

VIEW's more than 13,000 members across Australia share the common purpose of exclusively supporting the children's education charity The Smith Family. This provides an important source of volunteers, fundraising, and connections in local communities.

VIEW is proudly the largest community sponsor of the Learning for Life program, supporting over 1,530 students.

The Lennox Head VIEW Club has enjoyed a healthy membership throughout the years, and the continued participation and support of the members in our fundraising efforts has led to significant achievements. We've successfully sponsored another student this year and are on track to support four Learning for Life students in 2025.

Last March, the Club also contributed three Digital Inclusion Packs, comprising a laptop and/or an internet package and Tech Support to ensure Learning for Life families have the support they need to use the technology they receive.

As we meet monthly as friends to catch up, meet new people and listen to guest speakers, the Club committee is also committed to providing a most enjoyable and informative evening for members and guests.

Upcoming event in May: Wine Tasting with Peacetree, a small boutique wine producer, family owned and run since 1995, and based in the heart of Margaret River. Hosted by Jane Tucker, owner and LHEVC member.

The Lennox Head Evening VIEW Club meets the 2nd Tuesday of each month at the Seven Mile Room, The Lennox Hotel. It is at 6pm for drinks and chat, followed by the official start at 7pm. \$35 for dinner and \$5 for fundraising raffle.

Email: lennoxevening.view@gmail.com



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Celebrating Conscious Women Connect

by Fiona Kable



In the wake of Cyclone Alfred, I've been reflecting deeply on one of the most valuable aspects of our lives: community. Since the launch of Conscious Women Connect in July 2024, our vibrant network has grown to include over 400 incredible women, all seeking connection, support, and empowerment. As the cyclone approached, witnessing the overwhelming love, support, and wisdom that emerged from our community was heartwarming.

Many women have been grappling with fear in their lives, particularly in light of the trauma from the floods three years ago. As uncertainty loomed, a collective wave of fear settled over our community. However, the beauty of our gathering lies

in the growth and healing journeys many of us have undertaken. We have learned to hold space for one another, providing comfort and guidance amid the chaos. In times of distress, it's essential to remember that while we cannot control external outcomes, we can manage our minds and nervous systems. We can choose to rest, allow events to unfold, and maintain a sense of calm and alertness. It's a reminder that self-care and mutual support are crucial during challenging times.

What makes Conscious Women Connect so special is the nurturing environment we create, allowing us to approach even the most daunting situations with love and compassion. Together, we can lift the weight of fear and create a space where life feels lighter and more manageable. If you're seeking a supportive community that enhances the lives of women, we would love for you to join us. Look for Conscious Women Connect Northern Rivers on Facebook or reach out to Fiona Kable at: hello@fionalumina.com, visit: fionalumina.com, or ph: 0410 274 106. Join us in this journey of connection and rediscovery.



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Lily-Grace Grant rocks with new single



At just 17 years old, Lennox Head's Lily-Grace Grant is proving herself a standout voice in Australian country music. Her new single, *Damn Hard Working Man*, showcases her sharp songwriting skills and passion for telling authentic Australian stories.

Written by Grant and produced by Matt Fell, the track features world-class

musicians, including Nashville guitarist Jeff King and award-winning Australian producer and multi-instrumentalist Josh Schuberth. *Damn Hard Working Man* paints a vivid picture of the working-class Australian battler, combining gritty guitar riffs with rich lyricism to create an anthem that resonates with regional Australia.

This rollicking country-rock track is a bold follow-up to her debut single, *Wild Child* (November 2024), which made waves on ABC Music, streaming platforms, and country music charts.

Lily-Grace's musical journey began young. At just eight, she wrote her first song, *Holding On*, and performed live-to-air on Byron Bay's BayFM. By 10, she was singing *Another Brick in the Wall* alongside Roger Waters of Pink Floyd at Qudos Arena in Sydney.

In 2024, Lily-Grace performed at Byron Bay Bluesfest and reached the

semi-finals of the busking competition. At the 2025 Tamworth Country Music Festival, she placed second in the 2TM Discover Talent Final and ranked in the top five for the CCMA Junior Songwriter of the Year Awards with *Wild Child*.

A two-time graduate of Tamworth's Academy of Country Music and a top-ten finalist in the 2024 Ridin' Stars talent search, Lily-Grace continues to cement her place in the industry. Her talent has also earned her a spot in Sydney's Talent Development Project and aboard the Cruisin' Country Cruise under the banner Country's Emerging Stars.

With *Damn Hard Working Man*, Lily-Grace Grant is solidifying her status as a rising star in Australian country music.

Visit: youtube.com/@lily-gracegrant-kh2hl

Celebrate 20 Years of Blue Horizon



Following the huge success of *The Occumentary* tour, Jack McCoy is hitting the road again with Dave 'Rasta' Rastovich and an all-star lineup to celebrate the 20th anniversary of *Blue Horizon* and honour the legacy of surfing legend Andy Irons.

This iconic film chronicles the contrasting journeys of two of the world's top surfers of their era. Rasta pursued a life away from the spotlight, chasing perfect waves in remote corners

of the globe, while Irons rose to global fame on the ASP World Tour, becoming the most celebrated surfer of his time.

Filmed over several years beginning in 2002, McCoy captured Irons' three consecutive world titles and his legendary rivalry with Kelly Slater. The tension peaked in 2003 when Irons defeated Slater at Pipeline to clinch the World Title. *Blue Horizon* was later named 2004 Surfer Movie of the Year and became a box office hit, with McCoy, Rasta, and Irons touring 10 countries, hosting 156 screenings, and drawing over 88,000 viewers.

As part of the tour, a special screening will take place at the Lennox Head Cultural Centre on Friday, May 23, from 7pm to 9:30pm. For this anniversary event, McCoy will present his trademark 'talk story' session before the screening, featuring never-before-seen footage and behind-the-scenes stories from the film's production. Joining him will be special guests sharing insights and cherished memories of Andy Irons, celebrating his incredible life and impact on surfing.

Don't miss this chance to relive the magic of *Blue Horizon* and honor a true legend of the waves.

Tickets: eventbrite.com.au/e/blue-horizon-20th-anniversary-lennox-head-tickets



The art of screen printing

by Lennox Arts Collective



Julian Jett is a local photographer and member of the Lennox Arts Collective. Many years ago, it was suggested to Julian that his images would look great on T-shirts. He pondered this idea for a while before doing some research on the concept and

process. Initial investigations proved the idea was possible but was either cost prohibitive or a very technical process requiring years of training and specialised equipment. Undiscouraged, he persevered in his research and was eventually put in contact with Anne Leon in the Byron Bay industrial estate. Anne is a local textile artist and at the time was running screen-printing workshops. 'I gave Anne a call and she was very encouraging and said of course it was possible to do and she could show me the process in one of her upcoming workshops. So, my wife and I booked the workshop and that was it, I was hooked on the art of screen-printing'.

The course provided a basic understanding of the screen printing process, and importantly for Julian showed him that he could print his images on T-shirts and do it in his home studio. Julian learnt the process to screen print photographs is called half-tone screen printing.

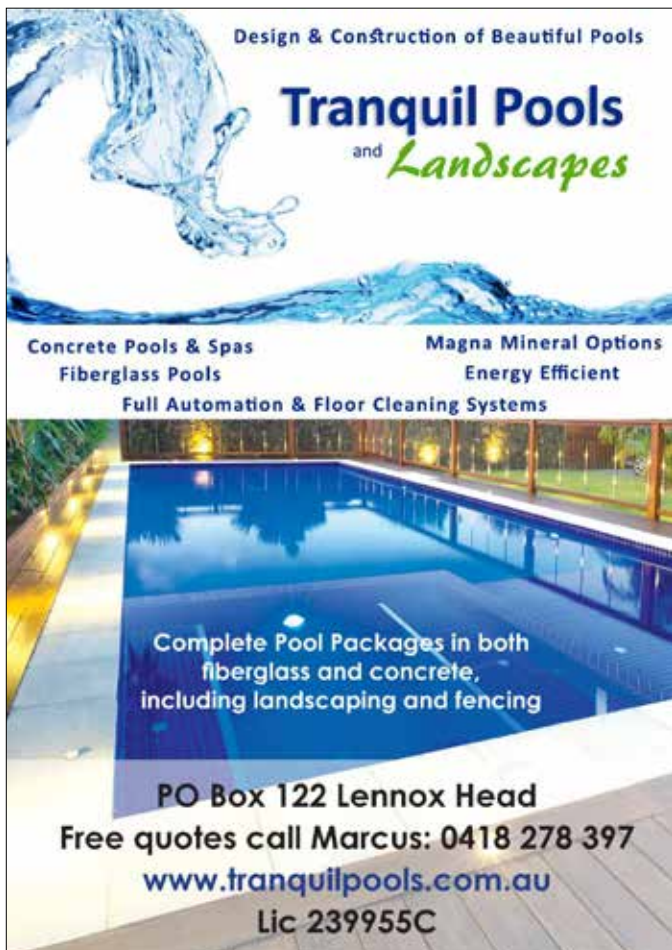
Half-tone screen printing is a technique used to reproduce images with gradients and shading through the use of dots of varying sizes and spacing. This method simulates continuous tones by breaking down an image into a series of dots, the size and density of the dots determining the perceived lightness or darkness of the image areas.

The image is first converted into a pattern of dots using software. This image is then printed onto transparent film and in a dark room the film is overlaid onto photosensitive emulsion on a fine mesh screen frame. The screen is then exposed in a UV exposure unit, the light hardens the emulsion where it passes through, while the areas blocked by the black parts of the image remain soft. These soft parts of the screen are washed out leaving the image exposed onto the screen creating a half-tone screen ready for printing.

The screen is then used to transfer ink onto the T-shirts. Using a squeegee the ink is pulled across the screen and in the process, ink is pushed through the image onto the fabric. The ink penetrates the fabric deeply, creating a very durable image. After printing, the T-shirt is put through a conveyor dryer where the ink is heated to 200°C to cure, ensuring the prints' longevity and resistance to washing out or fading.

So, after many years of misprints and mistakes Julian found his initial research was correct and that half-tone screen printing is quite a technical process, taking years to perfect and some specialised equipment. 'But without Anne's encouraging words and friendship at the very beginning I don't know if I would have persevered past the first mistake, and there have been many more.'

Julian uses super comfy 100% organic cotton tees and sells his T-shirts in the Lennox Arts Collective, the Byron Bay and Bangalow Community markets and online at his website: julianjett.com.au





Explore creativity and sustainability



Led by Susan from Born in Paper, the session teaches attendees how to transform raw cotton, dried florals, and natural pigments into plantable, embossed stationery.

These workshops are not just about learning techniques but also about fostering an appreciation for slow, intentional creation - a contrast to the mass-produced world many of us experience. Upcoming sessions include botanical watercolour painting, upcycled jewellery making, and introductory pottery - each reflecting the store's ethos of sustainability and mindful making.



In the heart of Lennox Head, a quiet but meaningful movement is taking shape. Collective Autonomy, a thoughtfully curated gift store, is not only a space for conscious shopping but also a growing hub for artistic exploration and sustainability education. With the recent launch of monthly workshops, the store is opening its doors to a deeper dialogue about creativity, craftsmanship, and environmental responsibility.

A space for learning and making

The workshops, held on select weekends, bring together artists, makers, and community members eager to reconnect with hands-on craftsmanship. The May workshop, Handmade Paper Making, invites participants to explore the delicate and sustainable art of paper crafting.

Rooted in sustainability

The story of Collective Autonomy is deeply intertwined with its founder, Kim Coupe's lifelong commitment to environmental responsibility. Raised in a household where permaculture and waste reduction were a way of life, she developed an early awareness of how small choices - like what we buy and how we create - can have lasting impacts. The result is a shop where nearly every brand has a purpose beyond profit - 92% of the brands stocked at Collective Autonomy are founded or co-founded by women, and a priority is placed on sourcing from local and sustainable makers.

Among the artisans featured in the store are Lennox Head locals Sharon McIlwain and Hilton Koppe, a couple

whose work embodies the principles of sustainability and craftsmanship. Sharon's nostalgic paintings find new life on upcycled cork placemats, while Hilton's hand-carved wooden spoons are shaped from locally foraged wood.

As Collective Autonomy continues to grow, its mission remains clear: to offer more than just a place to shop, but a space to learn, create, and connect. And with a calendar full of upcoming workshops, the invitation to engage in a more mindful and creative way of living is open to all. For those eager to take part in the handmade paper workshop, tickets and further details can be found at: borninpaper.com.au. Those interested in upcoming sessions can stay connected through the store's Instagram (@collective.autonomy) and Facebook pages.



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Voting in the Federal Election

Richmond Electorate

The Federal Election will be held on Saturday 3 May, giving Australians the opportunity to vote for their representatives in both the House of Representatives and the Senate, shaping the country's future direction. This election happens once every three years.

During the election, all 151 seats in the House of Representatives and 40 of the 76 Senate seats are contested. Voters will receive two ballot papers - one for selecting a candidate to represent their local area in the House of Representatives and another for choosing senators in their state or territory. Residents of Lennox Head are part of the Richmond electorate, currently represented by Justine Elliot of the Australian Labor Party (ALP).

In the House of Representatives, 151 members represent specific geographic areas. To win a seat, a candidate needs to secure more than 50% of the formal votes in their electorate. The political party or coalition that wins the

majority of seats forms the government, and their leader becomes the Prime Minister. The Senate, which includes 76 members, is responsible for reviewing and debating proposed laws. Each state is represented by 12 senators, while the ACT and NT each elect two senators. Senators are elected through a quota-based system and play a key role in shaping legislation.

Voting in federal elections is compulsory for all Australian citizens aged 18 and over. To find your nearest polling place, visit the Australian Electoral Commission's website at aec.gov.au.

Across the next few pages, we introduce you to your candidates from the Richmond electorate. Each candidate was invited to submit a 150-word summary of their platform, and where this was not received, information has been collated from their campaign websites. All information is correct at the time of print and presented in random order.

** The Lennox Wave was unable to contact James McKenzie, Independent*

How to make your vote count

House of Representatives Ballot Papers

To vote for a Member of the House of Representatives, write the number 1 in the box next to the candidate of your first choice, and number the remaining boxes in order of your preference, from 2 onwards, until all boxes are numbered.

Senate Ballot Papers

The order of party columns on the Senate ballot paper is also determined by a random draw conducted after the declaration of nominations. Some party columns may feature a party logo, depending on whether each party has officially registered a logo with the AEC. Senate ballot papers are white.

To vote on the Senate ballot paper, you can choose one of the following methods:

1. Above the Line: Number at least six boxes from 1 to 6 for the parties or groups of your choice. Place a 1 in the box for your first choice, a 2 for your second choice, and so on, until you have numbered at least six boxes.
2. Below the Line: Number at least 12 boxes from 1 to 12 for individual candidates. Place a 1 next to your first choice, 2 next to your second choice, and so on up to 12. You can continue numbering in order for as many boxes as you like.

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Justine Elliot MP

Australian Labor Party



You know you can count on me and I'm asking for your vote to keep delivering for our community. This election is a clear choice between building Australia's future with the Albanese Labor Government or taking Australia backwards with Peter Dutton's Liberals and Nationals.

Labor is strengthening Medicare and delivering real cost-of-living relief for locals - tax cuts for every taxpayer, energy bill relief for every household, cheaper childcare and medicines, free TAFE, more rent assistance, student debt relief, and a crackdown on supermarkets to get a fairer deal for farmers and families. I'm also delivering a Crime Action Plan to fund crime prevention infrastructure like CCTV, keeping our community safe.

As your local Labor MP, I've already delivered more than \$3 billion for our region, including all of my previous election commitments, like funding for upgrades to Lennox Head. When I make a promise, you know I will deliver. Visit: alp.org.au/our-people/our-people/justine-elliott/

Richard Curtin

People First Party



The newly formed People First Party under the leadership of Senator Gerard Rennick is not here to make up the numbers. Without doubt, Australia will either have Labor/green backed or Liberal/nationals leading the country at the next federal election and therein lies the problem. The people of Richmond have a unique opportunity to put the say of the electorate into parliament and hold government to account. Nothing changes if nothing changes.

As the party candidate for Richmond, I bring a wealth of leadership from growing a sub-contract business in construction to playing and coaching first grade Rugby. My wife and I migrated from the Republic of Ireland and are now settled in Bogangar NSW. I encourage everyone to check out the People First Party website for our Policies. If elected, I will establish Constituency Surgeries for constituents to book in and share their ideas and concerns direct with their MP.

Visit: peoplefirstparty.au/richard-curtin

Ian Mye

One Nation



Pauline Hanson's One Nation candidate for the forthcoming election is local born and raised Bundjalung indigenous man Ian Mye. Ian is standing for the seat of Richmond because he is convinced major party politicians and bureaucrats are too comfortable and are out of touch with ordinary Australians who are really struggling with housing, living costs and health care.

Ian's priorities are to alleviate the cost of living and reduce wastage and taxation. Limiting immigration is a common sense way of managing the housing crisis.

Ian was seriously injured in a road accident while travelling to school at the age of 5 and lost his left arm. That has not stopped him from leading a rewarding life and career in the transport industry as well as succeeding in sport and community.

For all enquiries and to lend a hand contact Ian's campaign manager Rod Smith on ph: 0418 474 841



WILDLIFE MATTERS!

We have introduced a bill in NSW that would mean that wildlife deaths and injuries are counted on our roads. Right now, Transport for NSW is not required to track wildlife strikes and without this data, wildlife deaths and injuries cannot be properly considered in road planning and design.

Tell the NSW Labour Government WILDLIFE MATTERS!



SIGN THE PETITION

TAMARA SMITH MP
MEMBER FOR BALLINA



 02 6666 7522  tamarasmith.org.au  ballina.parliament.nsw.gov.au  Tamara Smith MP

Authorised by Tamara Smith MP
Member for Ballina
and member of the NSW Parliament



Kevin Loughrey

Independent



I believe government should support, not control - ensuring everyone has an equal opportunity to succeed through their own effort and talent. If elected, I can faithfully represent you - free from Party intrigues, activism or corporate influence. I will fight to slash energy costs, build reservoirs for water security, agriculture and flood mitigation, and protect your right to choose your healthcare without government interference. I will work to treat all Australians equally under the law, make housing affordable, and ensure taxpayers get value for every dollar spent. With a background in military leadership, senior management, and groundbreaking innovation across engineering and technology, I offer experience our Parliament desperately lacks. We face a world shaped by complex technologies and misinformation - on energy, health, and climate. I bring clarity, capability, and a commitment to truth. Vote for me if you believe in practical ideas, principled leadership, and a government that works for the people.

More info: kevinloughrey.com.au

Phillip Peterkin

Trumpet of Patriots



Growing up in the beautiful regions of Tyalgum and Uki, I have always felt deeply connected to our community. My fondness for this area is best expressed with the saying, 'If I can see Wollumbin, I'm home.' I truly believe that we are blessed to live in what I affectionately call 'God's country', surrounded by an amazing community of like-minded individuals who share a passion for our environment and well-being.

Driven by a desire to stand up for our region and ensure a brighter future, I have decided to take a bold step by nominating myself to run for office in the Richmond electorate, which encompasses Tweed, Byron, and Ballina. My decision stems from a commitment to moving beyond the traditional Lib-Lab uni party politics. I am convinced that we can achieve so much more, economically and environmentally. This election is our last chance to reclaim what truly belongs to us, and together, I believe we can make a meaningful difference.

More info: trumpetofpatriots.org/candidates/phillip-peterkin

Vivian McMahon

Legalise Cannabis Aust



Vivian, known as Mac, has lived in the Richmond electorate for over 30 years. For the past 20 years, he has volunteered at the Nimbin Hemp Embassy, helping educate the community on the benefits of cannabis and the need for sensible reform.

Despite common misconceptions, cannabis is not legal. It won't be truly legal until adults can grow their own and access it without a prescription from a licensed retail outlet.

Mac is calling for an end to discrimination against cannabis users, particularly those who are unimpaired, whether behind the wheel or in the workplace. He believes in evidence-based policy and is standing with the Legalise Cannabis Party to push for change, compassion and common sense. A vote for Legalise Cannabis is a protest vote against the major parties - and a clear message that the public wants reform, not fearmongering.

More info: legalisecannabis.org.au



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Ian Willis

Libertarian Party *



Born in Western Queensland and raised in Rockhampton, Ian Willis spent years working underground in WA mines before travelling the world. Settling in the UK, he became a Construction Manager and later, as President of the Queensland Strata Institute, transformed it into an ethical, transparent, and accountable organisation. His reforms included introducing a standard contract that exposed hidden commissions. A columnist for the *Gold Coast Bulletin*, Ian has also advised the government on strata law. After selling his strata business, Ian pursued his passion for permaculture, purchasing a 30-acre farm in the Tweed Valley. In 2020, border restrictions prevented him from attending farmers' markets, reinforcing his belief in personal freedom and government accountability. A long-time advocate for small business, individual rights, and self-reliance, Ian entered politics to fight for everyday Australians, believing government should serve taxpayers - not itself. More info: lpnsw.org.au/federal_candidates *website information.

Kimberley Hone

The Nationals



Australians are suffering from the worst cost of living crisis in a generation. We need cheaper energy, delivered through a sensible energy mix, including a National Gas Plan that will pour more Australian gas into the system, address shortfalls and energy prices. We need more affordable housing for both renters and buyers. Homelessness is a huge problem here in Richmond, and we need to give young people a better chance to get a foot in the door in the housing market. Filling the car is a big expense, which is why we're committed to halving fuel tax. This cut will deliver immediate savings for motorists, as opposed to Labor's 70 cents-a-day tax cut that people won't see for over a year. We need a healthcare system that looks after all Australians, regardless of where they live. We need to lift Medicare bulk billing rates, and provide better mental health support for those in need. That's why The Nationals in government will help deliver a record \$9 billion investment in Medicare. Visit: nationals.org.au/team/kimberly-hone

Mandy Nolan

Greens Party



We're in a climate crisis, a housing crisis, and a cost of living crisis. It's no accident. It's the result of successive governments' policies. The major parties are responsible. During the cost of living crisis, billionaires have doubled their wealth. One in three corporations pay no tax. Yet people are forced to sleep in cars and our kids can't afford to live here, because Richmond has among the highest rents in Australia.

It's time someone had the guts to fix this and stop tinkering around the edges. I only need a 1.8% swing to win Richmond from the MP who's held it for 20 years. If elected I'll work with Independents and Labor to make unlimited rent increases illegal, offer discounted mortgages to first-home buyers, and create a public developer to build affordable homes. It isn't radical. It's what we used to do. I'll fight for dental into Medicare, ending native forest logging, and genuine crime prevention, funded with a 'Robin Hood' tax on corporate profits and billionaires. Visit: mandy4richmond.com/



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Women in sailing: Charting a new course



Clare Southwell (pictured second from left) is a Lennox local and a female skipper who sails high performance skiffs and yachts around Australia. Having competed in the Sydney to Hobart Race, she was also the winner of the Qld 18 Footer State Championships, 2nd at the Australian Formula 15 National Titles, Winner of the Female RS100 Nationals Titles, Youth Female 420 National Champion, Youth 405 World Titles competitor. We asked Clare to give us the low down on female sailing in the region and an upcoming film screening for Women and The Wind (produced by former local Angie Davies).

What initially drew you to sailing?

I started sailing when I was about 12. My dad had sailed on the Norfolk Broads as a kid and wanted to see if it was something I might be interested in. I started sailing in a small kids' boat and gradually competed in the first youth asymmetric boat. I was lucky to have some amazing volunteers around me who helped me train and travel in Europe to compete. Eventually I was partnered with a girl called Sarah Ayton, who went on to win several gold medals at the Olympics. Sadly, I did not make it (very few do), and I didn't sail for around 20 years - feeling a little deflated. In hindsight I should have continued, but I went off to Uni, started windsurfing and I guess moved on for a while. Then in my late 30s I returned to skiff sailing, bought myself a boat, and have since competed in some incredible regattas with some inspiring sailors. I can't believe I left it for so long, but I'm so happy to have my passion re-ignited.

In recent years, there's been a noticeable increase in women taking up sailing. Why do you think this shift is happening now?

At our small regional club we have a guy called Michael who has been training a lot of women to learn to sail skiffs. This has been incredible to see and is quite a unique program around the world. I love this because it means there are more women to sail with and race against - and it is starting to change the dynamic at our sailing club in particular. I'd still love to see more females skippering boats - and I'm sure in time that will happen. Currently myself and one other female regularly helm the skiffs, but we are keen to have more female helms. The imbalance between men and women in sailing has been strong, and there is still a long way to go.

We are also seeing women competing at the highest level alongside men - in races such as The Great Ocean Race and the Sail GP world circuit. Five years ago I competed in the Sydney to Hobart Race and it was still rare to see many women involved. Fast forward to the last couple of years and there are a lot more. I think women are being inspired by seeing others take on these challenges - and then thinking, 'I want to do that too'. It really is changing. Slowly, but it is changing. It takes a lot of advocating to push change, and we need it to come from men and women, particularly those in leadership roles at clubs.

At the Richmond River Sailing Club, how many women are active sailors, do you host any special events or regular meetups for female sailors, and what types of women are typically drawn to sailing at your Club?

We have about 7-10 women who sail the skiffs regularly-ish. And then we have probably another 10 regulars who sail in different types of boat. I organised a She Skippers regatta which has been held for the last two years. This encourages women to skipper/helm the boats. So some women swap with their usual helm and the usual helm becomes the crew. We also have people coming from different states to compete. Hopefully we will continue this event as it's been so good to see people step up, and personally I really enjoy competing against other women on the water. Women tend to really encourage each other and it creates a great environment on and off the water.

In terms of new female sailors at the Club, a lot of women come from a surfing background. There is a certain level of fitness required as skiffs are very demanding on the body, particularly on the crew. But we have women who have come from all kinds of backgrounds and who sail each week. I think it is just word of mouth really. People do our learn-to-sail courses and those who catch the bug tend to join the Club and start learning to race.



I think a lot of people are drawn to sailing because it combines fitness, with strategy, tactics, skill, the weather and so many variables. You are usually in beautiful places, disconnecting from the usual stresses. It's not easy to learn, but once people do, it is like a lot of sports - you just kind of become addicted and want to know more. Racing adds another element and you can always improve, even when you're at the top. For me, racing is like mindfulness. I'm totally absorbed in the moment. I think women in a sport like sailing feel quite empowered when they start to master it, as it takes a lot of persistence. It is so heavily dominated by men, that it is rewarding to then compete and find yourself doing well. It's a sport where women and men can compete in the same races, because women can often be more agile and we can build our strength to a level that makes us as competitive.

What specific barriers do you think women face when starting out in sailing, and how can clubs or communities work to overcome them?

Yes, for sure. There are several barriers (too many for me to write about), but with more women leading the way, it is paving a positive path for others to see. We need to keep working at it and showing that anything is possible. We have just seen the first woman take the helm in the Sail GP, and I hope to see more of these key roles being given to women in future. Unfortunately, a lot of these decisions are still made with men being given the majority of opportunities, and there is definitely a sub conscious bias that still exists in sailing (ask any woman competing at a high level). So, we need to work on advocating for women in these roles. It is a big slog, but it is happening.

Change is never easy as they say. Clubs need to cultivate their sailing programs, and need to encourage women to take the helm. Language use is also really important. It is particularly important to empower and not patronise. This is something that clubs need to be mindful of. Fortunately for

us, we have some wonderful men who support our initiatives at the Club. But we, like others, can always improve.

How does the movie *Women and the Wind*, which highlights three women embracing adventure and exploring the synergy between nature and humanity, resonate with your experience as a sailor, and do you see a connection between sailing, personal growth, and environmental awareness?

We have a community screening of *Women and The Wind* on 10 May at the Sailing Club. As a sailor I have such gratitude for nature. For me, nature really does give meaning to my life and is a bit of a saviour at times. It's a place that always gives me perspective and takes me away from the stresses that we as humans have created for ourselves.

Sailors often see the impacts of climate change and pollution. It certainly makes me more mindful as to how important it is that we protect this planet. I'm genuinely fearful that we are not doing enough for future generations. I haven't been sailing for a while due to the state of the river following the cyclone. I think we can all agree that more needs to be done to protect our waterways and wildlife.

What do you hope viewers will take away from this story and event, and how do you see the future of women in sailing evolving at your Club and more broadly?

I guess it would be great if other women read this and also feel like they can take part in whatever sport they love, and push to do something they love regularly. It's hard as a mum to find the time for yourself, but I think it sets a great example to our kids - to also strive for and follow their dreams - to whatever level that is. Doing sport in nature is great for the sanity too. So, I'd highly encourage people to try something new and in nature, if they are perhaps in a rut. It is life changing in my opinion. I can't wait for women and others to see the screening of *Women and the Wind*. It will be a wonderful example of inspiring women experiencing the beauty and power of nature and everything it throws at us. I hope that the sailing community continues to proactively encourage female sailors, but also empowers them to helm the boats and take up key roles (not tokenistic roles).

There are so many talented female sailors out there who can hold their own in racing, and this needs to be recognised more frequently. I know that some men don't like being beaten by a woman, but it is a far more attractive quality to lift people up, than push them down because it hurts the ego. It takes action from all though - boat owners, commodores of clubs, committees, other members, and so on. I just hope that the momentum continues and also speeds up a little. In the meantime, we will keep doing our bit to get other women involved. If anyone is curious about sailing, then come along on a Sunday and watch the racing, meet some of the members and even sign up to a learn-to-sail course. It's a lot of fun and you will always be welcome. Visit: rrsrc.com.au

Hazel Clough: A lifetime in Lennox Head

by Natalie Grono



Pictured: Hazel at home with her daughters Jennifer and Sandra.

At 90 years old, Hazel Clough nee King carries with her a local history that spans six generations, with four still calling Lennox Head home. It's a place she first visited as a child, later made her own, and where her family continues to gather today - a testament to the deep-rooted connection she has nurtured over the decades.

Born on 12 June, 1934, in Murwillumbah and raised on a farm in Uki and later in Lismore, Hazel's earliest memories of Lennox Head are of childhood summers spent at her family's holiday cottage, which once stood on the corner of Ballina and Rutherford Streets. Back then, Lennox was just a scattering of homes and a single shop - a quiet, untouched

paradise for children like Hazel and her sisters Audrey, Daphne and Isobel.

Days were spent roaming freely, playing in Lake Ainsworth, and exploring the coastline with little concern from the adults. 'We'd pick each other up every day and wander off to the Lake,' she recalls. Long summer days were filled with adventure - diving from the tower which once stood in Lake Ainsworth (see Landmarks of Lennox pg 40), splashing in the water, and trekking along the beach without supervision.

'It was such a free time,' she says. 'I remember once, my cousins and I wandered way down past the Lake along the beach. I can still see Uncle Herb running toward us, waving his arms in a panic because we were later than usual. But we were never really supervised - we just had the freedom to explore, as long as we were home by dark.'

Hazel comes from a family deeply intertwined with the history of the region. Her cousin owned Lennox Head's first fish and chip shop, Shalom, while her aunts lived just opposite the school on Byron Street. Another uncle farmed at Tintenbar, and Hazel has fond memories of riding horses down Ross Lane to the Lake. Even as her life took her elsewhere, Lennox always remained a constant - a place to return to, a place that still felt like home.

It was at Lake Ainsworth that Hazel met her future husband, Barry Clough, during a hockey social outing. The two married in the 1950s and built a life together, raising three children - Sandra, Steven, and Jennifer in Lismore. They also took their

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children on holiday trips to Lennox, gifting them the same treasured memories that Hazel had growing up.

Barry's career in the NSW Police Force eventually took them all across New South Wales, from Casino to Armidale, Narrabri, Grafton, and Sydney. No matter where they moved, Hazel always found work in school administration, securing transfers to follow Barry's postings. Yet, despite their many travels, Lennox remained the heart of their story - it was the place that always felt like home.

In 1989, after decades of moving, the Cloughs made the decision to return to Lennox - 'for sentimental reasons,' Hazel says. By then, the town had grown significantly, from a handful of houses to a community of 1,200 residents (a number that has since exploded to roughly 10,000 today). But even as the landscape changed, the essence of Lennox remained, and Hazel embraced the next chapter of life in the place that had always felt like home.

Beyond her personal journey, Hazel also left her mark as an entrepreneur. Inspired by a memorable lunchtime meal in Grafton, she took a bold leap and opened The Sun Wah, the first Chinese restaurant in the Northern Rivers. Bringing a new and exciting flavour to Lismore's dining scene, her venture was an instant success. She fondly recalls the opening night, when a queue stretched around the block, a testament to the community's enthusiasm for something fresh and new.

Barry passed away in 2000, and in the years that followed, Hazel watched many of her lifelong friends move away or pass on. However, the most heartbreaking loss came with the recent passing of her son Steven. The grief was immense, leaving a deep and lasting ache. Yet, even in the face of such sorrow, Hazel's resilience never wavered.

'Don't dwell on things that aren't so good. You can't change anything. You can't look back,' she says.

Throughout her life, she has drawn strength from optimism, choosing to focus on the good and embrace each day, no matter what challenges have come her way.

Today, Hazel is once again surrounded by family with four generations of Clough and Quinn who still in Lennox. Two of her great-grandchildren, whom she loves nothing more than to spoil, live just up the hill. Each morning, they race through her house on their way to catch the school bus. Family gatherings by the Lake remain a cherished tradition, just as they were when she was a child. 'Nearly everyone makes their way home eventually,' she says.

As she reflects on her life, Hazel's philosophy is simple but profound: 'Find joy where you can, and make the best of what life gives you.'

After nearly a century of love, loss, adventure, and return, it's a lesson well worth learning.

Pictured: family photo is taken out the front on the Rutherford Street house and includes Hazel and Barry Clough and their three kids Sandy, Steve and Jenn.

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Cars of Lennox

by Shan Railton



Model - 1991 Saab Turbo Convertible

Owner - Mike

This car always reminds me of Seinfeld. It was the car make and model Jerry owned and drove on the show. Many episodes featured the car and some classic scenes. Nice to see a survivor in our area, not many around these days.

LW - Wow Mike this is a bit of an icon from back in the day, what's the story?

Mike - Yeah, my dad had a few of these as company cars when I was growing up. I remember being dropped off at school thinking I was pretty cool, especially on sunny days when he had the roof down. Other kids would always ask about the car, like 'Is it fast?', 'Is that a Ferrari?' 'Are you rich?' - typical kid questions.

LW - So you bought it as a bit of a trip down memory lane?

Mike - Pretty much. They are really cheap in classic car terms these days. People are a bit afraid to buy one as Saab no longer exists as a company and some mechanics aren't keen to work on them. They aren't actually bad cars, decent reliability and parts are still fairly easy to find especially out of Europe where they sold really well when new.

LW - So is it a daily driver?

Mike - No, it's the sunny weekender or occasionally I'll drop my kids at school in it but really it's just a cruiser. It's not fast by today's standards and I don't try to drive it that way, we just go up the coast or somewhere close by to enjoy open top motoring. It's a four seater so we all fit in it comfortably.

LW - Nice, a car with this much character must have a name?

Mike - Yeah, the kids named it Jason, after the footballer Jason Saab. We're Manly supporters.

LW - One hundred percent nothing wrong with that. We look forward to seeing Jason and your family cruising on those fine winter days. Thanks for sharing.



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Ocean rhythms

by Steve Shearer

There's been a severe surf hangover in the month since TC Alfred approached our region before crossing the coast in SEQLD. Floodwater has been a constant with feet barely sighted and a pungent stink a constant accompaniment. Water quality has been poor with eye irritations as well as ear, nose and throat infections from surfing. That might be a price worth paying if wave quality had been of autumn standard but instead we've had denuded sandbanks and mostly crappy surf. Not a great start to autumn.

Swells are expected to be on tap as we move into Easter, probably sizey from the south-east as a major low drifts through the Tasman. Swell and winds are one thing but we need the sand to come back into favourable formations on the points before we get anything close to the wave quality we had last autumn/winter. Hopefully as the season progresses all the sand that was ripped out by TC Alfred will move back inshore and the normal long shore drift which transports sand will weave it's magic. We need those grains back where they should be.

Unfortunately damage from TC Alfred also extended into the ecological realm. Last month's column was premature in stating that flooding from Alfred had not caused a fish kill. Soon after writing, a major blackwater event led to the complete ecological collapse of the river with thousands of tons of dead fish and a total wipeout of the invertebrates at the base of the food chain. There were some moments at the beginning of the fresh where fish were flushed out of the river and schooled up tightly at beaches adjacent to the rivermouth which offered exceptional fishing. Otherwise, poor water quality across the shire has negatively affected fishing and some travel is required to find better water. Hopefully as we move into deeper autumn we will see an improvement in water quality and fishing.

Stay cool over Easter and until next month tight lines and tubular visions.

May tide chart for Lennox Head

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 0522 0.43 1101 1.15 TH 1627 0.47 2330 1.82	2 0630 0.49 1201 1.07 FR 1719 0.56	3 0029 1.72 0738 0.55 SA 1312 1.03 1822 0.64	4 0131 1.62 0844 0.58 SU 1431 1.05 1938 0.70
5 0238 1.54 0944 0.60 MO 1545 1.12 2058 0.73	6 0343 1.49 1033 0.60 TU 1645 1.22 2212 0.73	7 0438 1.46 1113 0.58 WE 1731 1.33 2314 0.71	8 0524 1.44 1145 0.56 TH 1812 1.44	9 0004 0.67 0603 1.43 FR 1215 0.52 1848 1.53	10 0049 0.64 0639 1.40 SA 1244 0.50 1921 1.61	11 0131 0.60 0715 1.37 SU 1311 0.48 1954 1.67
12 0212 0.57 0750 1.32 MO 1339 0.47 2027 1.71	13 0251 0.55 0827 1.27 TU 1407 0.47 2100 1.73	14 0330 0.54 0904 1.22 WE 1437 0.49 2135 1.72	15 0411 0.55 0943 1.17 TH 1511 0.51 2214 1.69	16 0453 0.57 1024 1.13 FR 1547 0.54 2255 1.66	17 0540 0.59 1111 1.10 SA 1630 0.58 2341 1.62	18 0633 0.62 1205 1.08 SU 1719 0.63
19 0032 1.59 0730 0.62 MO 1311 1.10 1821 0.68	20 0130 1.58 0829 0.60 TU 1421 1.16 1935 0.71	21 0232 1.59 0922 0.55 WE 1530 1.27 2056 0.71	22 0332 1.59 1011 0.49 TH 1630 1.42 2212 0.67	23 0430 1.59 1057 0.43 FR 1724 1.58 2320 0.61	24 0524 1.56 1139 0.38 SA 1815 1.73	25 0023 0.53 0617 1.50 SU 1221 0.35 1904 1.86
26 0123 0.46 0712 1.42 MO 1304 0.34 1953 1.95	27 0220 0.41 0806 1.34 TU 1347 0.35 2043 1.99	28 0317 0.39 0901 1.26 WE 1433 0.37 2133 1.99	29 0415 0.40 0957 1.19 TH 1521 0.42 2224 1.94	30 0513 0.43 1050 1.14 FR 1611 0.48 2314 1.85	31 0609 0.48 1145 1.11 SA 1703 0.55	

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On Menopause

by John Peacock

I enjoy a good solid turn of phrase. I am yet to work out if 'Yeah Nah' is overly positive or negative, but I revel in the nuance. Someone said 'Nah Yeah' to me the other day and I became very disillusioned very quickly. I did a job for a gentleman a few weeks back and he would include the affirmation; 'Yeah, well, that's fair enough isn't it eh?' I could only admire the dedication to the craft.

I'm working out that with age comes not only the responsibility of adopting a phrase all of your own, but also the permission to get away with it. No one knows if it is indeed a personality trait or early onset dementia, but folk are very willing to forgive and keep moving.

It's not just an age thing, I suspect it might also be a gender related area of discussion. I'm not going to get into the whole woe is the way of the straight, white, 50 year old man, nor am I going to proclaim the case for not all men. Some men, one man is some or one too many, but let me say this. Women can say things to the men in their lives that could not be said by that man to that woman, without fear of reprisals or deprivation of liberties.

My wife told me the other day that she knew me better than I knew myself. She assured me this was a helpful assessment of my current state. I'm yet to work out for whom it was helpful but if I've learnt nothing in a 26 year relationship, I've learnt not to test theories. She then told me she could read me like a book. That isn't cute, that's not flattering, she's basically saying I'm predictable and boring and she has extraordinary powers of observation. She said read me like a book and all it did for me was reignite a latent librarian fantasy I had going on.

Apparently, it's an analogy, I'm not meant to take it literally. Not long after that, she asked me what I admire in a woman. I thought first I'd go down the librarian route, even predictable old me knew that would be the wrong answer.

But I was under pressure, she was staring at me like she does, may have been reading me, I'm not certain.

In the heat of the moment I said 'a strong silent type' then all of a sudden, we're taking things literally. I tried to reason that it was an analogy, turns out I need more work on my analogy game.

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All things Library

by Brenda Clarke



May is a month for promoting reading and literacy, with our focus on National Simultaneous Storytime.

Reading is important for babies and young children as it helps them learn sounds, words and language, and develop early literacy skills. Lennox Head Library provides regular weekly programs including Baby Time, Toddler Time and Story Time. These sessions aim to provide the foundation of early literacy skills in a fun environment.

In addition to our regular programs, we participate in several other literacy programs throughout the year. National Simultaneous Storytime, which is held each year in May is one of these programs. Every year a picture book, written by an Australian author and illustrator, is read simultaneously in schools, libraries, pre-schools, childcare centres, family homes and bookshops. This year, we will host a visit from our local preschool for a reading of the book in the Library, as well as use this title in our regular children's programs. All Richmond Tweed libraries will celebrate at 11am, with a reading of *The truck Cat* by Deborah Frenkel and illustrated by Danny Snell.

Another program we support, to promote a love of reading and

literature, is the NSW Premier's Reading Challenge. The Premier's Reading Challenge (PRC) is open to all NSW students from Kindergarten to Yr10 and runs from February to September. We have identified the titles in our catalogue, as well as displayed them in the Library for easy access. Each title has a sticker identifying the age level of that title, as indicated by PRC. Come into Lennox Library and check out the display of titles in the children's area. More details are available of their website.

Please sign up for our electronic newsletter to find out what is happening across Richmond Tweed libraries and check out the website for further details.

Don't forget we have a JP onsite on Wednesdays from 1.30pm to 3.30pm.

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A Northern Rivers Media publication

Locals picks and tips

with Louise Southerden



Originally from Manly in Sydney, Louise (left, in the pic above) got to know northern NSW on family camping trips as a kid and while visiting her mum's family in Murwillumbah every Christmas. So when she moved to Lennox 10 years ago, wanting to put down roots in a friendly little surf town, it was almost like coming home.

After studying psychology and zoology at university, Louise worked in market research for a few years to save enough money to go travelling. It was while wandering around Europe on a gap year in 1989 that she bought her first SLR camera and decided to travel across Africa for three months in an overland truck. When she returned to Australia, she wrote about that trip for a magazine, her first travel story, illustrated with her own photographs. So began her career as an award-winning travel journalist which has spanned almost three decades.

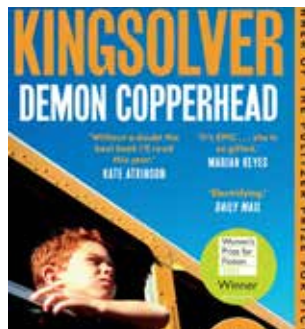
She's also the author of five non-fiction books, including the world's first surfing guide for women. Her latest is *Tiny: A memoir about love, letting go and a very small house* (Hardie Grant, 2024), about her experience of building a tiny house during COVID, which turned out to be the biggest adventure of her life (so far).

This month, Lou shares her tips and picks on what she's reading, listening to and watching with *The Lennox Wave* readers.

Read

I've just finished *Juice* by Tim Winton, which is brilliantly written, action-packed and full of Winton's love – and concern – for the world. It's about a man living in northern WA in a not-too-distant, superheated future, when people have to live underground between October and April, and the choices he makes to survive. To counteract this dystopian vision, I can recommend *The Serviceberry: An Economy of Gifts and Abundance* by Robin Wall Kimmerer (author of *Braiding Sweetgrass*), a beautiful extended essay about what we can learn from plants in terms of living from a sense of generosity and plenty.

I also have to mention the best novel I've read this year: *Demon Copperhead* by Barbara Kingsolver. I'm in awe of her ability to create incredible sentences while telling a rollicking



story of an orphan boy growing up in the US – it's a modern take on *David Copperfield* by Charles Dickens – and building characters so real they feel like friends. She's a true master.

Watch

There's so much great content on ABC iView and SBS On Demand, I don't actually subscribe to any streaming services (my top cost-of-living tip. Another is going to the cinema on cheap days: Monday in Byron, Wednesday in Ballina). My recent ABC favourites have included *The Newsreader* (what a great ending to season 3), *Plum* (who else but Brendan Cowell would combine footy and poetry so artfully?) and *Love me* (another beautifully written and acted Aussie drama; watching Hugo Weaving is a masterclass in acting).

On SBS, I've been rewatching old movies like *Risky Business* (it's so much funnier than I remember and that scene where a teenaged Tom Cruise dances to Bob Seger in his undies is a classic) and *The Talented Mr Ripley*, which is such a perfect film with its amazing script and cast, and of course all those gorgeous locations in Italy.

Listen

On quiet Saturday afternoons, I love to bake while listening to podcasts. I'm a big fan of ABC Radio National's podcasts, particularly *Soul Search*, *All in the Mind*, *Mindful Music and Conversations*. I also love *Being Well*, by psychologist Rick Hanson and his sociologist son Forrest; my inner nerd enjoys *99% Invisible*, about often-overlooked aspects of modern life and design; and I just listened to a fascinating series called *Capitalism on Scene on Radio*, produced by Duke University in the US.

Visit

The Lake is my happy place, or one of them. I love swimming there, and seeing the ospreys, the ducks and the occasional turtle. When there's no swell, I also love swimming from the Boat Channel to the Bream Hole. On land, I love Lennox Community Garden, opposite the new fire station; it's as much a botanical garden as a place to grow food with all its exotic fruit trees. And in winter, Sundays you'll find me sitting on the grass at Skennars with my binoculars, looking for whales.

Go Mexican in Lennox Head

Review by Milt Barlow

It's Tuesday night in Lennox Head and Chido Cantina is packed to the rafters. Many locals will remember Pancho Villa at the same location. In 2020 after 31 years Richard and Judy Edwards retired, then along came new owners and now this place pops.

New owner, Blake Rogers, has taken the best of the classic Pancho Villa favourites, reworked them and upped the ante to create a great Mexican dining experience. Now, under new Head Chef Nemo Baker (ex-Quattro), Chido Cantina is taking things to a new level with their new More Than Mexican menu enhancement. Each month they will feature new specials, with the most liked then being added to the regular menu.

During our visit, we got to enjoy some excellent delights including prawn tostadas featuring fresh Ballina king prawns, served on a corn tostada with avocado, lettuce, capers, lemon and chili - everything combining perfectly to give great flavour.

Next up were the sizzling fajitas. I had the prawns and the boss had the beef. After the sizzle plate arrives piping hot, you have the opportunity to get hands on by transferring what you like to the soft flour tortillas and then adding vegetables and cucumber salsa. Delicious.

As well as the new ever-changing specials there is Chido's massive standard menu with everything from salt and pepper squid, to pork ribs, cauliflower popcorn, corn tentacles, slow-cooked beef brisket, slow-cooked pulled pork and of course good old Mexican staples of nachos, enchiladas, burritos, chimichangas, quesadillas and everything in between. My wife, who is gluten-free, particularly enjoyed the menu because there was such a wide range of suitable options.

Blake, told me they pride themselves on sourcing locally wherever possible, seafood fresh off the local boats, meat and chicken from the excellent Lennox Head Butchers down the road, and fresh local farm produce.

Now desserts here are not their strong suit with only churros on offer. I made up for this with one of the best classic margaritas I've had in a long time. I nearly went for the second one, but refrained as I was driving.

With excellent, friendly staff and great décor (including Mexican sombreros which no doubt come down from the wall onto patron's heads as more margaritas are consumed), this is a great place to hang. And it's nice to see reasonable prices with most dishes being large servings.

Chido Cantina is not five-star dining, nor is it intended to be. It's just a fun place to hang out and enjoy good Mexican comfort food with an ever changing menu of new dishes to support the Classics. Enjoy.

For more information, visit: chidocantina.com

Author was a guest of the venue.



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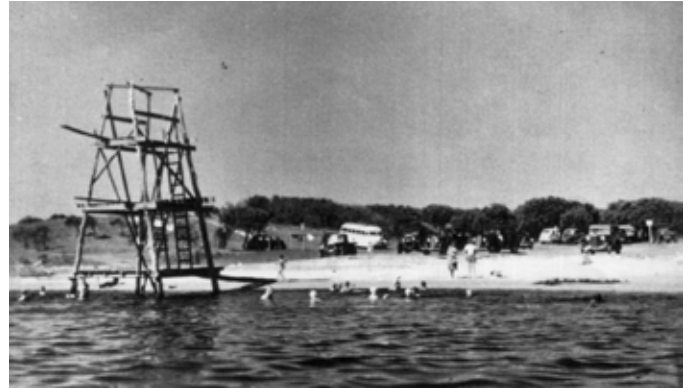
OVERALL






Landmarks of Lennox

by Robyn Hargrave



Between the mid 1930s and 1980s, Lake Ainsworth boasted timber diving towers and a pontoon, creating endless fun, day and night. Amazingly, in the years when WHS wasn't a high priority, records reveal only one serious injury (with full recovery) in 1949.¹ However, many stories exist of incidents which are now Lennox Head folklore.

Images of the towers seem to reveal four different structures. In fact, photos were taken at different points in construction of the two towers.

On 1 April this year, a water park concept was circulated on local social media. While it looks like lots of fun, it is a doubtful starter.

Source: ¹.*The Northern Star* 21.01.1949 p4, nla.news-article99041822

Photos: **1.** 1930s first tower, F1;M-11; **2.** Mid 1940s first tower updated, F1;862; **3.** Early 1950s second tower, F1;917; **4.** 1960s second tower completed, F1;619; **5.** 1970s Pontoon, F1;667; all from LHHC Collection; **6.** Waterpark concept 2025 by G Bensley.

Readers with information on this or other Landmarks of Lennox, please contact Robyn Hargrave, Lennox Head Heritage Committee by ph: 0412 660 994 or email at: lennoxheritagecommittee@gmail.com.



Pioneer profile: Elizabeth Holmes Henderson

by Narissa Phelps



Pictured: Floating cedar downstream. Ref: The Northern Star 6.4.1870.

Elizabeth Holmes married Edward Henderson in Ballina in 1888, and spent her entire married life in Lennox. The couple ran dairy cattle, bred

horses and ran a picture theatre in Ballina. Elizabeth - a quiet and retiring woman - led a full and busy life given her family of thirteen children. She was well known and respected throughout the district and had many friends.

Elizabeth's childhood story encapsulates the hardships faced by families in the earliest years of settlement. She was born in 1864 at Tintenbar, the eldest child of free settlers John and Unity Holmes. John, like so many of this district's early settlers, was a 'pioneer cedar getter,' a job that was to claim his life. In 1870 - seven years after marrying Unity, and six years after Elizabeth's birth - John drowned in a flooded river whilst rafting his cedar downstream. His body, when finally located by a party of friends and neighbours, was taken

by boat downstream where a coffin was made. 'With every human care,' the body was then taken to Tintenbar, carrying it 'spell and spell of four men, up and down slippery mountains - a task only to be accomplished by men of good heart and strength.' John's death left Unity with four children to care for, the youngest just a month old. This was no small task at a time when there was no government support. In 1872, Unity remarried to George Young, and a further five children were born. Elizabeth undoubtedly assisted in the care of her eight siblings, well used to raising children before she had her own family of thirteen. Elizabeth died aged 89 in 1953, having witnessed huge changes to this district during her long and, at times challenging, life.



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Lennox Head Public School



PSSA basketball trials

On Monday 17 March, four students represented Lennox Head Public School for the Far North Coast Basketball trials. Three students made it through, playing some fantastic games throughout the day. On Wednesday 19 March, the North Coast trials were held with one student, Conor, making the North Coast Team going to Sydney in June. What a magnificent achievement for all students involved.

By Zara

Easter Hat Parade

On 9 April Lennox Head Public School's Easter Hat Parade was held. Students had to create Easter themed hats and parade around the Cola with their classes. The students brought in chocolate eggs to raffle and win prizes. We saw some super creative hat designs that the students had made. The kindies had an amazing time for their first year attending the Parade, and as for Yr6 it was their last ever Easter hat Parade at LHPS, they all had a fantastic day. I hope everyone had an amazing Easter.

By Emily and Ella.

Kindergarten Buddies

On 6 February our new kindergarteners came to LHPS. Every kindergarten class is matched up with a year six class and they meet every fortnight on a Tuesday and play fun games or do arts/craft activities. Both kindergarten and year six love playing with each other and it's a great way to help the kindergarteners get settled. Now all the kindergarteners know a year six buddy if they need help. The year six students are always happy to help out and we all have such a great time together.

By Anna and Emma

Clean Up Australia Day

On 31 March our school took part in Clean up Australia Day. Stage 3 went to Lennox main beach, Stage 2 went to Lake Ainsworth, and K-2 stayed on school grounds. Our Year 5 and 6 students had a blast cleaning our local beach and doing their part for the community. We love helping the Lennox Head community, keeping it clean and safe for everyone to enjoy.

By Anna



Cross Country

On 1 May Lennox Head Public School participated in their School Cross country. Students ran distances from 1km to 3km. A lot of successful students made it to the next level. We had a great time running this year, well done to everybody who got involved.

By Zara and Ava

Lego Wanted

Are you sick of stepping on small pieces of Lego that lay around the house causing pain whenever you put your foot down? Or hearing the 'clunk-clunk' of tiny Lego pieces being vacuumed up, clogging your vacuum cleaner? LHPS is seeking donations of preloved Lego to be used at School for our Lego Club. The Lego Club at LHPS aims to provide students with an engaging, creative, and educational space to explore engineering, teamwork, and problem-solving through hands-on Lego-building activities. The Club fosters innovation, collaboration, and critical thinking in a fun and supportive environment. If you have any Lego that you are willing to donate, please bring it to the LHPS front office so we can get busy reusing it in our Club - and help to tidy up your house too.

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Project compassion

by Holy Family Catholic School



We are absolutely thrilled to share the fantastic results of our first collection count for Project Compassion. The total amount raised during the first couple of weeks has been truly inspiring by the overwhelming generosity shown by our Holy Family School community.

From the very beginning of this fundraising drive, the support has been nothing short of remarkable. We are excited to report that some classes have already raised significant amounts, which is a powerful testament to the compassionate spirit that thrives within our school. This incredible generosity highlights the deep commitment our families have to making a difference in the lives of others, and we are deeply grateful for every contribution regardless of size.

Beyond the donations collected in the boxes, we've been deeply moved by the creativity and initiative displayed by our families in support of Project Compassion. Fundraising efforts such as cake stalls and car washes have brought the community together in a beautiful display of collaboration and

action. These grassroots efforts not only raise funds but also demonstrate how we can all make a lasting impact on those in need, no matter how big or small our contributions.

The care of our school community is truly making a difference in the lives of people across the globe. As we head into the final weeks of our fundraising drive, we want to thank everyone who has already contributed to this important cause. Your kindness and compassion are inspiring, and we are confident that, together, we can continue to make a profound impact.

Your efforts are helping to create positive change, and together, we can inspire others to do the same. Thank you again Holy Family School for your incredible generosity and commitment to Project Compassion.

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Ballina Coast High

by Belinda Parkes



Education at Ballina Coast High School is about learning through fun, finding your passion and choosing the pathway that is right for you. The end of Term 1 saw Yr 11 physics students launching rockets from the school oval to analyse motion, Yr 8 students dropping different sized parachutes in their study about forces and Yr 9 Marine and Aquaculture students investigating the cause of the recent Richmond River fish kill. And that's just in science.

We've had other students auditioning and rehearsing for our next MADD production due to hit the stage in June; our Mountain Biking students challenging themselves on the tracks at Duck Creek and Uki; and Yr 7s building strong relationships and confidence while away at camp.

This year Ballina Coast High School added another pathway to its options, with the launch of the innovative Big Picture Academy. This program is suited for self-driven students who are interested in pursuing a different way of learning. In the Big Picture, students direct their own education, based on the things that interest them. They can choose to do some of their learning off-site in workplaces or programs relevant to their skills and interests, by doing research or experimentation. Last month our first cohort of Big Picture Learners showcased their achievements in front of their loved ones with one parent describing the program as 'life-changing'. We're delighted to see our students embracing this new concept and thriving as a result.

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Mothers day love at the Pre-School



Mimi - 5 years

Mum is amazing because she watches Barbie with me, and can do peoples hair.

What's the funniest thing my mum does?
Pulls very silly faces

On Mothers Day we will go for ice-cream

Mum's magic powers are water, fire and ice.



Leo - 4 years

Mum is amazing because she is strong and plays with me.

What's the funniest thing my mum does?
Funny faces and sneaking up on me.

On Mothers Day I will give her a card that says 'I love you'.

Mum's magic powers are flying to space with me on her back.



Audrey - 4 years

Mum is amazing because she gives me ice-cream and we are both Swifties.

What's the funniest thing my mum does?
Dad is the cheeky one

On Mothers Day we will play at home. I will make her a present.

Mum's magic powers are flying.



Bede - 4 yreas

Mum is amazing because she makes art with me.

What's the funniest thing my mum does?
Mimics my brother

On Mothers Day I will jump on the tramploine with her

Mum's magic powers are laser beams and flight.



Lucy - 5 years

Mum is amazing because she gives me cuddles and takes me to the park.

What's the funniest thing my mum does?
She tickles me

On Mothers Day we will cuddle and go to the beach.

Mum's magic powers are flying on a unicorn.



Banksii - 5 years

Mum is amazing because she is beautiful.

What's the funniest thing my mum does?
She spooks me and makes me laugh.

On Mothers Day I will give her a big hug.

Mum's magic powers are to save people from fires and fly.



Landcare gardening tips

by Kelly Saunderson

Bandicoots, echidnas, possums, land mullets, tree frogs, rocket frogs, tawny frogmouths, blue wrens, honey-eaters, butterflies... just naming a few of our little mates who are on the look out for good homes. As we all watch the increasing development of our town - this month we'd like to share tips on creating habitat for local wildlife in your garden.

Create layers and diversity

- When planning your garden, try to establish layers which mimic what we find in our natural areas - you'll need a tree layer, mid layer and ground layer.
- Leave some leaf litter and fallen branches - this is habitat for invertebrates and insects, and feeding areas for frogs, lizards, small mammals and ground birds.
- Plant a variety of species which provide a range of foods such as nectar, fruits or berries, and seeds. Also plant species which flower at different times to provide year-round food for wildlife.

- Place rocks, boulders or logs around for lizards and frogs to shelter.
- Don't forget wildlife needs water - so putting in a frog pond or bird bath is a good idea.

Plant natives local to Lennox

We have many great local native plant species to choose. When choosing, keep in mind that some plants grow better in sandy soils and others in red soils. Here are some local natives which are easy to get your hands on at native nurseries.

- Tree layer: banksia, tuckeroo, brown kurrajong, beach bird's Eye, lilly pilly, macaranga, Bangalow palm.
- Mid layer: cordyline, native ginger, Midgen berry, walking stick palm, burrawang, grass tree.
- Ground layer: blechnum fern, birdsnest, pigface, dianella, native violet.

Look out for locals popping up

With any luck you shouldn't need to invest in ground layer species. Many of these will simply pop-up in your garden and it's more about knowing what they

are and not pulling them out. Common pop-ups are soft brackens, native violets, commelina and basket grass. Also, if you have a tree that birds are fond of, you're likely to find a variety of local trees popping up underneath it. Remember that if plants aren't popping up where you want them to, you could always transplant them somewhere more suitable.

Explore and learn

The best advice we can give you is to get out and explore our local nature. Walk the headlands, the dunes and the heathlands. Learn about the plants we have and the animals they attract. This knowledge will empower you to create a haven for you and the local wildlife to love. So until next month - here's to gettin' wild in the garden.

If you need a hand identifying plants we're always here to help. Take a pic of it and send it to us or post it to our fb page. Native nurseries also offer great advice and there is stacks of info in the *Ballina Council Urban Garden Guide*, which you can find online.

Visit: lennoxheadlandcare.org; email lennoxheadlandcare@gmail.com

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Don't be a tosser! Cover your load

by NE Waste



In NSW, correctly securing your vehicle load isn't just good practice but a legal requirement vital for road safety.

Objects falling or blowing from vehicles can quickly become dangerous projectiles, causing serious accidents or road hazards to other drivers and pedestrians. It also becomes the unsightly litter that accumulates along our roadsides due to objects blowing or falling out of vehicles or made worse by other vehicles running over it.

When transporting a load, the onus is on you as the driver to ensure any loose materials are adequately covered and secured.

How to secure a load correctly

Securing your load is easy and can be done with a purpose-built cover, cargo net, or tarpaulin and/or suitable restraints.

- Choose a load restraint method that suits both the load and the vehicle. The two main methods are:
 1. Tie-down restraint using lashings to clamp the load to the vehicle
 2. Direct restraint including:
 - containing the load within the vehicle
 - blocking the load from moving by a rigid structure e.g. a rated headboard
 - attaching the load to the vehicle.

For further advice, check out the Load Restraint Guide for Light Vehicles at ntc.gov.au/codes-and-guidelines/load-restraint-guide In NSW. It is an offence to drive your vehicle with an unsecured or overhanging load. Uncovered loads incur an on-the-spot fine of \$481 and three demerit points.

Let's keep our roads and community safe and free of litter. Visit: newaste.org.au/coveryourload

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Standing up for nature

by Tamara Smith MP



Possums and wallabies are two of the native species that are regularly hit by vehicles on the roads in and around Lennox – a portion of the estimated four million mammals that are killed by cars and trucks across Australia each year.

The annual death toll could reach 10 million native animals once bats,

snakes and birds are added to the tally – as many as 7,000 every day in NSW, with countless others injured and left to die. It's a shocking statistic but one that is almost certainly an underestimate, as most collisions with wildlife go unreported.

Many car-strikes happen at night, when animals are harder to see, and on account of Australia's many nocturnal creatures. The effects of habitat loss and climate disasters make the situation worse, but the number of possums orphaned in the area last winter, and the bodies of headlight-stunned wallabies a common sight along the Coast Road, means that the plight of our wildlife is crying out for urgent action.

I took steps to protect our native fauna recently when I introduced the Roads Amendment (Wildlife Impacts) Bill 2024 into Parliament, to require Transport for NSW to consider the impact on wildlife when designing roads and to take wildlife strikes into account in speed zone reviews. It will also require the government to collect accurate data on wildlife casualties on our state roads. I am pleased that the Minister for Roads has agreed to include wildlife strikes in speed zone reviews and to enable the community to report wildlife deaths and injuries in real time.

We are in an extinction crises and need to put nature at the heart of all road designs and upgrades.



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Which bin does this go in?

by Jeanie McKillop, NEWaste



I've had a lot of questions from Lennox residents lately about what goes in what bin. Of particular interest is how to deal with dead fish and cane toads – both of which seem to be proliferating in our area post cyclone Alfred fish kills and prime wet conditions for reptiles to breed.

These animals, or any others, cannot go in your green lidded Food Organics

Garden Organics (FOGO) bin. They must go in the waste bin destined for landfill. While some argue they are technically flesh, and meat scraps are allowed in the green bin, there are good reasons to keep them out.

According to the processing facility that turns our FOGO into compost, cane toads are not 'food' and contain toxins that could remain in compost and expose native wildlife to harm when applied to land. In addition, people who work in the facility and handle our FOGO would be similarly exposed.

I would assume fish left on bank and beaches after flood events from contaminated waters would fall into the same category, so I think the best approach would be to put these in the red bin also. The cleaner we keep this

waste stream the better quality the compost we produce for our regional farms and home gardens will be.

There have also been lots of questions about items like shredded paper, bottle tops, pet waste and pizza boxes. There are lots of ways to find out what goes in your bins and an excellent source of information is the app and website: recyclemate.com.au.

You can enter your address and put in the item and it will tell you what bin it goes in or where to dispose of it. There's even a handy map. All of this information is also available through your Council – you can go to their webpage where they have an A-Z Recycling Guide. If you don't want to go online, you can give them a call or drop in and pick up a fridge magnet that tells you what to put in each bin.

are we heading in the right direction?

Ballina Shire Council has drafted plans to guide services, spending, and priorities - now we're asking for your feedback:

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



HAVE A QUESTION OR COMMENT?

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**Cracking down on
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**The opening of
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Environment matters; What's that smell?

by Lisa King, Environmental Scientist



Following the intense rainfall of Ex-Tropical Cyclone Alfred in early March, thousands of fish and other aquatic animals have washed ashore in waterways from Crescent Head to the Tweed.

The deaths are due to a 'blackwater' event, which occurs when organic matter is washed into the water. The organic matter is consumed by bacteria, leading to a rise in dissolved carbon in the water. Water appears black due to the release of dissolved carbon compounds, including tannins, as the organic matter decays, similar to the process of adding water to tea leaves. Rising levels of dissolved carbon causes a sudden depletion of dissolved oxygen in water, which is essential for aquatic organisms that need to breathe underwater.

In these circumstances, fish and other aquatic animals cannot survive. They essentially suffocate. The stench of the blackwater is the smell of this decaying matter and dead fish, and can last for weeks. Oxygen levels in the water during a blackwater event go from a normal concentration of about five milligrams per litre, which is what fish like, down to zero.

Blackwater events usually have short-term harmful impacts on the environment. Low levels of dissolved oxygen,

combined with the toxic components of some organic matter, can lead to the localised death of aquatic organisms. Native fish and crustaceans are especially vulnerable to oxygen deprivation, although fish are sometimes able to escape the most badly affected areas by swimming upstream or downstream.

Chemicals released from organic material can also make water bodies more alkaline or acidic, potentially disrupting normal pH balances and resulting in toxic effects on some aquatic organisms. Human health risks are low if you avoid direct contact with blackwater and do not eat discoloured or dead fish. If you do come into contact with blackwater, the best advice is to thoroughly clean all affected areas.

Other impacts from these blackwater events include lost revenue from cancelled visits by tourists, loss of income for bait and tackle stores in particular and other businesses such as motels, caravan parks, service stations, seafood outlets, fishermen's co-operatives, boat hire and maintenance businesses. Coming so soon after the 2022 floods, small businesses and other affected individuals in our region are particularly hard hit.

Historically, there has been an increase in the number of blackwater events in Australia, particularly over the past 30 years. Blackwater events are natural occurrences, but they are influenced by water temperature (worse when warmer); types of vegetation; the load of floodplain litter (including any extra carbon from nearby agricultural lands); the frequency, duration and area of inundation (flooding on floodplains); levels of water extraction; and the ability of river channel flow to dilute the blackwater. In the Richmond River catchment historical land clearing, construction of drains across the floodplain to enable agricultural uses, warming water temperature and increasing frequency and duration of flooding (due to climate change) are no doubt influencing this trend.



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The power of forgiveness

I am sorry.
Forgive me.
Thank you.
I love you.

At its heart, Ho'oponopono is grounded in four key principles: repentance, forgiveness, gratitude, and love. These principles are encapsulated in the four powerful phrases that make up the practice's core:

I am sorry.

(Please) Forgive me.

Thank you.

I love you.

These phrases can be repeated in any order, either silently or aloud, creating a meditative space for reflection and healing. The philosophy behind these words is simple but profound: by owning our feelings and experiences, even when wronged by others, we can release negative energy and bring peace to our lives.

Dr Ihaleakalā Hew Len brought Ho'oponopono to a global audience in a groundbreaking way. A clinical psychologist, he worked at Hawaii State Hospital, known for its challenging environment with violent patients and a fearful staff. Remarkably, Dr. Hew Len never directly interacted with the patients. Instead, he reviewed their files and practised Ho'oponopono on himself, healing the memories within him that he believed contributed to the patients' conditions.

The results were transformative. Over several years, the hospital saw significant improvements: patients were rehabilitated and discharged, the staff felt safer and more harmonious, and eventually, the hospital itself closed due to the lack of need. Dr. Hew Len's approach demonstrated the profound interconnectedness of human experiences, where healing oneself can ripple outward to heal others.

Ho'oponopono teaches that forgiveness and love are powerful forces, capable of transforming not just individuals but entire communities. By embracing its principles, we can nurture a world of understanding, compassion, and unity.

Ho'oponopono, an ancient Hawaiian practice for reconciliation and forgiveness, goes far beyond a simple prayer - it's a deeply transformative process aimed at healing relationships with others, oneself, and the broader world. Rooted in the belief that everything in our lives is interconnected, this practice emphasises taking personal responsibility for all that occurs in one's reality.

Historically, Ho'oponopono was a communal family ritual. Families would gather to address conflicts and misunderstandings openly, expressing feelings honestly and working toward resolution. The process was guided by an elder or kahuna (spiritual leader), who facilitated the dialogue and the release of burdens. Once forgiveness was granted and balance restored, a ceremonial feast would often follow, symbolising the renewal of harmony and unity.

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Pet of the month

Names: Pip

Breed: Mixed Terrier

Age: Six months

Owner's name: Audrey

Favourite food: Beef jerky

Favourite thing to do: Zoomies and belly rubs

What is the best memory involving your pet?

The day we picked her up from the NRAS

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

A ball girl at the Australian Open tennis

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

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

Send to editor@thelennoxwave.com.au



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Understanding Incels

by Kirra Pendergast, Safe on Social



If you've been watching Netflix's *Adolescence* and are trying to grasp the weight of the term incel, you're not alone. The word is often tied to news stories of violence and extremism, but there's a much bigger conversation we need to have. One that isn't driven by fear but by reality.

Watching it, I felt sick. Not just because of what unfolded on screen but because I was so triggered as I have seen and experienced these behaviours firsthand from children, under 13, some as young as 10. Late last year, I recorded myself sobbing after witnessing this exact behaviour. A raw, unfiltered heartbreak caught on film and shared online over what's happening to this generation. It went viral because I wasn't alone. Thousands of people contacted me, primarily teachers, who see the same thing and feel the same gut-wrenching fear for our kids' future. Yet, parents are buying devices to ensure kids don't feel socially isolated, or pretending this isn't an emergency.

It's raw, it's real, and it's happening right now. The way kids talk, how they see relationships, the rage bubbling under the surface, the fear, and the hopelessness are not fiction. It's unfolding in classrooms, gaming communities, group chats, and the infinite scroll of social media. To them, there is no online and offline. The online world is their real world.

For me, this isn't some abstract theory in a show on Netflix. It's brutal, real, and happening right now. The way kids talk, the way they see relationships, the quiet rage simmering, the fear and the hopelessness isn't fiction. This is their reality, playing out in classrooms, gaming communities, group chats, and the infinite scroll of social media. Most of the time, they don't even realise they're echoing incel rhetoric. It's not a conscious choice. It's been algorithmically fed to them. It's woven into the content they binge, the jokes they repeat, the influencers they idolise, and the viral posts passed around like digital currency from friends of friends. It's a rabbit hole so deep that by the time anyone notices, they're already drowning in it.

So what can we do about it? First we need to understand what we are dealing with.

Incel stands for involuntary celibate, a term used by specific online communities of men who feel rejected by women and believe they are doomed to a life without romantic or sexual relationships. Some incels quietly battle loneliness, but others spiral into blame, resentment, and misogyny. In the most extreme cases, their frustration manifests in radicalisation and violence.

But here's what isn't often talked about. Most incels are not violent extremists. They are young men drowning in loneliness, depression, and a profound lack of belonging.

What the Research Says

A groundbreaking UK government study, the largest of its kind, revealed a crucial truth. Incels need mental health support, not just counter-terrorism interventions. The research found that:

- many incels suffer from deep depression, anxiety, and self-hatred, not just anger toward women
- they feel socially isolated and struggle with self-esteem
- the most significant risk factor for extremism isn't ideology; it's hopelessness and a sense of disconnection from the world.

A small fraction become radicalised, yes. But the vast majority? They are in distress. They need help. Not punishment. Not demonisation. No shame. Help.

Adolescence is already a minefield. Add social media, isolation, and toxic online spaces, and you have a recipe for a generation of boys struggling to find their place in the world. If a teen, or even a preteen, seems withdrawn, hopeless about relationships, or angry about gender issues, they might already be engaging with incel ideology.

Digital boundaries matter more than ever. Education, digital, AI and algorithmic literacy matter more than ever. We've been saying it for years, tech boundaries at home aren't just about screen time. They're about safety. Mental health. Critical thinking.

Here's what parents can do

1. No Phones in Bedrooms at Night – Late-night scrolling is when kids get pulled into the internet's darkest corners. Set a household rule devices charge outside bedrooms overnight.
2. Regular Tech Talks – Handing a child a smartphone isn't just giving them a device, it's handing them the entire world. And giving the entire world access to them. Start conversations early. Keep them going.
3. Understand Online Codes (Emojis Matter) – Many online groups, including incel communities, use emoji-based language to communicate in ways adults won't recognise.



- Red Pill Emoji – ‘Seeing the truth’ about gender dynamics, often linked to anti-feminist beliefs
- 100 Emoji – Used in the ‘80/20 rule’ in incel theory (the idea that 80% of women only want the top 20% of men)
- Kidney Bean Emoji – Self-identification within incel groups
- Clown Face Emoji – Used to mock others, often in an incel context
- Broken Heart Emoji – Symbolises resentment toward relationships or women
- Blue Heart Emoji – Often used by men who feel ‘emotionally numb’ or disconnected
- Black Heart Emoji – A sign of deep anger, nihilism, or rejection of mainstream society
- Purple Heart Emoji – Sometimes used to signal lust or a desire for physical intimacy
- Yellow Heart Emoji – Represents platonic relationships or ‘friend-zoning’
- Green Heart Emoji – Can indicate jealousy or bitterness about relationships
- Red Heart Emoji – Often used sarcastically in incel contexts to mock love or ‘normies’ in relationships.

If you see your child using these symbols frequently

- Don't panic. Ask. ‘Hey, I've noticed you use that emoji a lot. What does it mean to you?’ The goal is dialogue, not shutting them down.
- Keep the conversation open - If your son expresses frustration about dating, self-worth, or feeling unwanted, listen. Dismissing or shaming him only pushes him further into these spaces.

- Encourage real-world socialising – Isolation fuels incel beliefs. Help your child build confidence through hobbies, sport, group activities, and in-person friendships.
- Teach digital awareness – Many incels are radicalised online. Help your child understand that algorithms reinforce negativity. Teach them to question what they consume.
- Offer mental health support – If they show signs of depression, hopelessness, or extreme frustration, professional help is critical.
- Challenge negative beliefs – If they start expressing resentment toward women or society, ask questions. Instead of arguing, try ‘What makes you feel that way?’ ‘What experiences led you to that belief?’
- Avoid judgment and shaming – Shaming your child will not fix their beliefs. It will just make them hide them. Approach these conversations with curiosity, not condemnation.

This isn't just about ‘dangerous men on the internet.’ This is about boys - kids - growing up in an online world that moves faster than their emotional development. It is a world that tells them they are either winners or losers, and if they fall into the second category, they are doomed.

But they are not doomed.

They need guidance.

They need connection.

They need us to show up.

The question isn't whether your child will be exposed to these ideas. They will be.

The real question is, Will they be able to talk to you about it?

Make sure the answer is yes.



All Girls Surfriders

by Maz Penetcost and Fabiann Robazza



Clear skies, offshore winds and occasional tiny waves were just contestable for the start of the All Girls Surfriders March Club round. Cyclone Alfred had stirred up water quality and spread the surf banks, but on the day we had clearer water, waves and abundant sunshine.

Seventy one girls from ages six to 75 made the most of their 20 minute heats to scramble for waves to showcase adequate skills to progress to their next heat or finals. A big shout out goes to the following Opens surfers - Sienna, Charlie, Isabel, and Matilda, who paddled out with the Junior Beginners, guided them on to waves and cheered their gutsy takeoffs - such great club spirit.

Congratulations to all competitors and finalists, and a big shout out to our amazing Club members, parents and other supporters who helped to make the competition run so smoothly.

Results

Opens: 1st - Skyla R. 2nd - Isabel W. 3rd - Emma C.
Long Board: 1st - Adele P. 2nd - Eleanor R. 3rd - Emma C.
Wahini Masters: 1st - Cory W. 2nd - Serena A. 3rd - Eleanor R.
Senior Intermediate: 1st - Ashlea H. 2nd - Jaimie W. 3rd - Aurora V.
Senior Beginner: 1st - Asha B. 2nd - Minna S. 3rd - Fiona B.
Junior Intermediate: 1st - Chloe C. 2nd - Luka S. 3rd - Zia F.
Junior Beginner: 1st - Helena D. 2nd - Sofia B. 3rd - Sierra F.

Serena Adams: Club person of the month

Serena is an awesome asset to our Club. She turns up each month raring to go with a wealth of knowledge. Serena is always helping out where she can at Club rounds and is a great support and mentor for the junior surfers when it comes to judging. Keep carving it up out there Serena, you style queen.



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Le-Ba Boardriders

by Le-Ba Comittee



On Saturday 5 April we set the record for the most ever entrants for a Little Le-Ba round with 80 frothing groms and their families taking over the beach at Lennox for a huge day of epic waves and good times. The junior side of our Club has been building steadily over the past few years and huge credit is due to former President Ben Beesley and current Little Le-Ba leaders Ev McGregor, Sunny Russell and Matty Liddle for taking on the role of managing 80 kids at the beach for the day, making sure they're staying safe while hanging with friends and progressing their surfing ability. Combining these numbers with over 100 registrations we are consistently getting for our Big Le-Ba rounds, makes us well and truly one of the biggest, if not the biggest, boardriding Clubs in Australia, and speaks to how surfing is engrained within the culture and DNA of our epic little surf town, all the way from the six year old charging grommets to the 60+ year old salty sea dogs out there shredding every day.

Although we haven't had another Big Le-Ba round at the time of writing since our epic Dosko's Day in early March, we have had several junior and senior surfers competing up and down the east coast and interstate in WSL QS events and Surfing Australia Junior Series events. There have been loads of good results to date, including Keenan Crisp taking down some big names in his first WSL QS down in Newcastle. But we're still waiting for one of our surfers to take a big marquee victory in 2025 - no doubt that won't be too far away as we really start to enter the competitive calendar over the coming months.

By the time this goes to print we will also have competed in the ABB Grand Final up at Burleigh against the other best boarding Clubs in the country. More on this next month.

Little Le-Ba April results

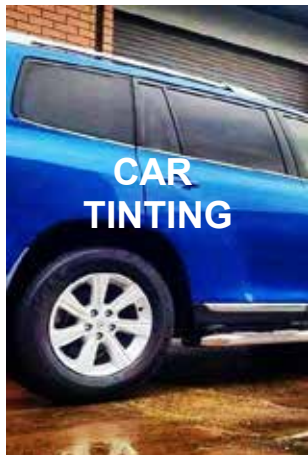
Micros: 1st Mack Van der Mere, 2nd Rex Wood, 3rd Banksy Baker, 4th Kalani O'Connor, 5th Ari Steele.

Fleas: 1st Tommy Pickett, 2nd Indigo Dias'Eastburn, 3rd Soli Edwards, 4th Soli Hogg.

Junior Groms: 1st Leo Liddle, 2nd Winston Sattler, 3rd Koa Baker, 4th Alexander Niproski.

Groms: 1st Reni Green, 2nd Levi Fox, 3rd Kaiin Medcraft, 4th Koa Daniels.

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Surf, community, and good vibes



Get ready for an unforgettable day of surfing, camaraderie, and competition at the Tag Team Surf Event at Main Beach on Saturday 24 May. Hosted by The Healthy Minds Club and Le-Ba, this unique relay-style surfing event brings together surfers of all abilities for a high-energy competition focused on inclusivity, teamwork, and community spirit.

Teams will be formed once entries close, ensuring a balanced mix

of participants from different backgrounds and skill levels. Each surfer will ride two waves before tagging in the next teammate, making it a relay experience that combines individual talent with collective strategy. Judges will score every wave, but only the best-nominated wave from each surfer will count toward the team's total score, adding an element of strategy to the fun.

This fast-paced event isn't just about the competition - it's a celebration of the vibrant local surf culture and an opportunity to come together, enjoy the thrill of the waves, and share in the spirit of community. Expect an action-packed day filled with exciting surfing, plenty of laughs, and the chance to make new connections with fellow surf enthusiasts.

To add to the excitement, there will be a raffle draw featuring amazing prizes,

as well as free giveaways during the event presentation. The presentation venue is yet to be announced, so stay tuned for updates.

Whether you're a seasoned competitor looking to showcase your skills or someone joining for the pure joy of it, the Tag Team Surf Event is all about embracing the good vibes and having a blast. With great waves, friendly faces, and an unforgettable atmosphere, this is one event you won't want to miss.

The Healthy Minds Club is a Northern Rivers men's mental health organisation providing members with a support network of communication and social interaction channels via physical activity, community involvement, education and psychological support.

Visit: eventbrite.com.au/e/2025-thmc-tag-team-event-tickets

Seas The Day



Pictured: All Girls Surfriders members at last year's festival.

The State Government and Surfing Australia are thrilled to announce the return of Seas The Day, the world's largest women's surfing event, happening at Kingscliff Beach from 21–22 June.

Located just a short drive from Lennox Head, a region renowned for its world-class surf breaks, this iconic festival celebrates women's participation in surfing with an inclusive and empowering atmosphere. Backed by a \$100,000 NSW Government grant, the event promises to draw locals and visitors alike to the North Coast.

Now in its third year, Seas The Day invites women of all skill levels to compete in a relaxed, supportive environment. The festival is free to attend and offers much more than surf action, with workshops, film screenings, live music, and inspiring guest speakers - including elite female athletes and Olympians - who will share their experiences on breaking barriers in the surf industry.

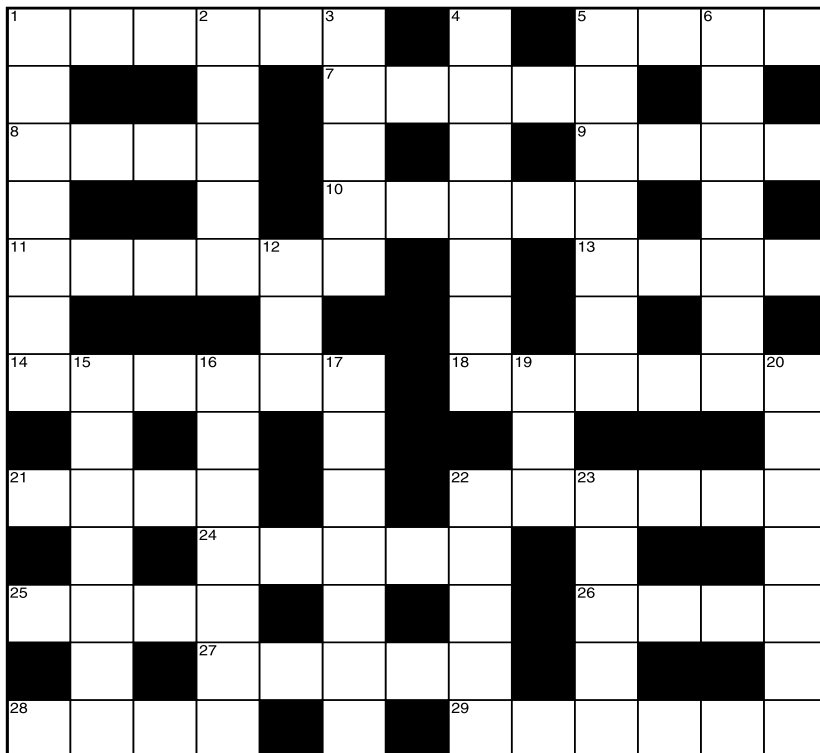
Surfing legend and seven-time World Champion Layne Beachley will return to host her transformative wellness program, Awake Academy, as part of the event lineup.

Last year's festival saw over 300 competitors take to the waves, while a record crowd of 12,000 attendees enjoyed free activities designed to empower women through sport. This year's event is expected to have an even greater impact, drawing thousands to the North Coast and giving a welcome boost to local businesses recovering from challenges like Ex-Tropical Cyclone Alfred.

With themes of health, wellness, empowerment, and environmental awareness, Seas The Day isn't just for surfers - it's an event for the entire community. Whether you're paddling out for the first time or simply soaking up the vibrant atmosphere, there's something for everyone.



May crossword



ACROSS

1. Series of rabbit tunnels
5. Look before you ...
7. Consumption
8. Large
9. Australian gem
10. Erected
11. Recesses
13. Eve's mate
14. Masted vessels

DOWN

18. Nakedness
21. Pencil end
22. Canoe oar
24. Wear by rubbing
25. Global hostel chain
26. Charitable
27. Dessert, ... pie
28. Cash machines (1,1,2)
29. Occurred afterwards

DOWN

1. Feminine
2. Attain
3. Anaesthetises
4. Actress, ... Monro
5. Dancer's costume
6. Unrelenting
12. Devour
15. Try

April solutions

R	O	M	A	N	I	A		E	R	R	E	D
E			N			R		B		E		E
M		L	I	O	N	C	U	B		L		A
E			M			H		S	C	A	L	D
D	E	M	A	N	D		E			P		
I			L			E	S	P	O	U	S	E
E		H				B		E			E	I
D	R	A	I	N	A	G	E		H			S
		Y				R		S	T	A	T	I
S	E	W	E	R		H			V			L
A		I			A	L	A	S	K	A	N	O
K		R		N		I				N		S
E	M	E	N	D			R	O	M	A	N	C
												E

16. Wheel covers
17. Wound with claw
19. Illinois is there (1,1,1)
20. Surrendered
22. Short pasta tubes
23. Highest ranking peers

BALLINA BRIDGE DUPLICATION

building a more resilient road network

Planning and design works are progressing for the duplication of Fishery Creek and Canal bridges to improve evacuation routes during floods. Pre-construction work will continue through the first half of 2025, including underground service relocations and embankment earthworks. Bridge construction is anticipated to start in the second half of 2025.

➔ For more information visit ballina.nsw.gov.au/major-projects

ballina
shire council



This project received grant funding from
the Australian Government



This month

By Milt Barlow

At the movies

If you're a fan of the Marvel Universe then put 1 May into your diary for the release of *Thunderbolts*. This is actually the 36th film in the Marvel franchise and the reliable 'bang-bang shoot 'em up' continues to deliver. This time around a group of antiheroes is caught in a deadly trap, forcing them into a dangerous mission that could bring redemption if they can unite as a team. And this is where the difficulty lies.

Getting a good buzz is new Australian based film, *The Surfer* (15 May). Starring Nicholas Cage, it was shot in Western Australia and is directed by Irish filmmaker Lorcan Finnegan (*Vivarium*). The thriller follows the story of a man who returns to Australia from the US to buy his family home in a small surfing community. After being

humiliated in front of his son by local surfers, he defies the locals to remain on the beach, a move which ends up bringing him to the edge of his sanity. Cage is a great actor and always shines in small budget films - here he does not disappoint.

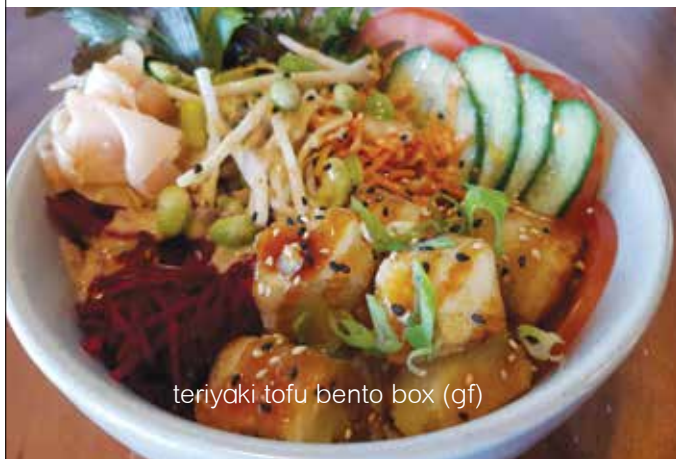
Of course, the big one for this month is on 17 May when Mr Cruise returns in *Mission Impossible: The Final Reckoning*. The movie is the sequel to the original *Dead Reckoning*, and Tom is back bigger and better than ever in this non-stop action classic. One of the many things I love about *Mission Impossible* movies is Tom doing his own stunts, and he does not disappoint here, even jumping from a fighter jet and dangling from an upside down plane. Hey, we don't go and see these movies for the plot - it's for the

action. And as you would expect it's non-stop from beginning to end. This is one for the big screen. Don't miss it.

On the couch

Well, the whole world is talking about it and if you have not seen *Adolescence* (Netflix) then this is one to put at the very top of your watch list. It's exhausting. But as soon as you finish it you want to watch it again. British actor Stephen Graham who created the series with Jack Thorne and stars, is superb as the dad of a 13 year old boy who is arrested after the murder of a girl at his school. New first time actor Owen Cooper is unbelievably good as the accused. Each episode of the series is shot in one take, and it's simply the best thing I have seen on streaming this year.

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Aries

The sun in your finance sector will put focus on this important aspect of your planning in May, so be prepared to strategise financially. You may even receive surprise news towards the 24th. Venus spotlights romance on the 2nd and 6th, providing ideal romantic prospects.



Taurus

May is ideal for boosting your projects. Both finances and collaborations will be a focus, as you gain the chance to turn a corner in one or both areas. You'll enjoy socialising and engaging with fresh options, especially early in the month. The 24th may bring surprise news your way.



Gemini

You'll gain the opportunity to begin a fresh phase in your personal life if you were born in May, and at work and with your health if you're a June Twin. An upbeat month also promotes hard work. Mid-month, a tough decision must be taken with the view to your future, not your past.



Cancer

Pieces of a puzzle will fall into place for you, especially concerning practical matters, such as finances, work and domestic arrangements. However, you may need to review some expectations so that you gain the opportunity to pave your way ahead in the most therapeutic way.



Leo

Mars in Leo makes constructive aspects with Saturn, Venus and Neptune, creating the ideal seedbed for progress, especially regarding your productivity and collaborations. You may need to re-evaluate who – and what – is most important to you mid-month. Choose wisely.



Virgo

Make the most of romantic skies, especially early May. You'll also be drawn to improve work and career options. The full moon on the 13th will spotlight where you may be liable to draw a line emotionally. Be sure to trust your gut and avoid allowing strong emotions to rule your life in May.



Libra

This will be a constructive month, but also potentially fiery, especially in the areas of work, health and relationships. May's circumstances will require you to be flexible so luckily, as an air sign, you tend to be adaptable. A sociable month will encourage more connections and deeper learning.



Scorpio

The Scorpio full moon on the 13th will spotlight your feelings towards someone in particular. You may experience an unsettling time as key decisions must be made. Earlier in the month, keep an eye on where your true motivation lies so that you are able to make valid choices.



Sagittarius

It's time to gently close a door from your past and to welcome an exciting new chapter. For many, this will be at work and for some, regarding health and wellbeing. A personal or business relationship with command your attention, so be sure to maintain your own perspective.



Capricorn

You'll appreciate investing time, energy or money in your home and family. If you feel unsure about whether your efforts will succeed, keep an eye on facts and figures and be sure to be practical when looking at future plans. You'll see a new opportunity crystallise towards the end of the month.



Aquarius

It's a good month to put your ideas into practice and, if you have not yet formed a plan, it's an excellent time for research. News around the 3rd will provide accurate information regarding your prospects and the new moon on the 27th spotlights the chance to diversify domestic matters.



Pisces

Key aspects of your work, your past and logistics take your attention in May. You'll be drawn to fresh territory, travel and adventure, so allow your imagination to soar to enable new influences, people and ideas to enter your life. Domestic changes needn't overwhelm you if you're practical.



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