

# the lennox wave

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Community news and events for the people of Lennox Head

Help us  
celebrate  
our 200th  
issue!  
page 34

Photo: Merrick Giles

Lets turn the page on 2021

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## PROJECT DELIVERY stage 1



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

### » Stage One

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

This first stage includes:

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

### » Ross Park September 2021 - January 2022

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

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

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

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

### Subscribe for updates

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



### For further information

Visit [ballina.nsw.gov.au/LennoxVillageVision](https://ballina.nsw.gov.au/LennoxVillageVision) or telephone Council's Project Manager, Kerry Condon on 1300 864 444.





What to say this month? Sit down, make a cup of tea, put aside plenty of time to get through this issue. There is so much in here, from our 200th feature, with a walk down memory lane, to our new Quiz and Christmas wraps from all the town's community organisations. It's when I see again how many people come together to make *The Lennox Wave* what it is, that I realise how lucky we all are.

I quickly want to mention the cover— it's a result of one of those 'heart-in-your-throat' moments for me way back in 2014. I picked up the magazine from the printer and flicked through the pages, as I do when it comes off the press every month. My eyes landed on the stunning cover and the credit of the photographer.

It was the wrong name! (You had one job Helen.)

I couldn't believe I'd overlooked the simplest yet most important task—to replace last month's name with this month's.

I think the worst part about it was that the photographer who took the stunning shot, Merrick Giles, was just a kid—a teenage boy. I had to front up to his house with the magazine under my arm and somehow apologise and explain. He took it like an absolute trooper, but I know he must have been crushed.

It's true it still gives me that sinking feeling in my tummy. Anyway, enough wallowing. I've made it up to him this month. Of course he's a grown-up now, but his wave image is still one of my favourites ever from *Wave* history.

As we head towards the holiday break, it's thanks from all of *The Lennox Wave* team, to absolutely every person who contributes in an advertising and editorial way. Without you we'd be nothing.

To our readers, whatever it is you do over the break and however it is you do it, I hope you find plenty of loving and kindness along the way.

See you in January.

Helen Fry, Editor

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Address | PO Box 407,  
Lennox Head, NSW 2478  
Phone | 0412 461 559

#### Editor

Email | [editor@thelennoxwave.com.au](mailto:editor@thelennoxwave.com.au)  
Phone | 0425 221 570

#### Acknowledgement of Country

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

#### Cover photo credit: Merrick Giles

Want to see your photo on the cover?

Email your submissions to [editor@thelennoxwave.com.au](mailto:editor@thelennoxwave.com.au).

#### The fine print

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# Lennox Head Residents' Association

BY ROBYN HARGRAVE

Restricted by COVID, at our 1 November meeting we were pleased to see 12 members face-to-face with apologies from Crs Johnson and Cadwallader.

**Loving Seven Mile Beach (7MB).** From LH-Alstonville SLSC northwards, 7MB is overloaded. An off-leash dog area, a rare 4WD permissible beach, walkers, surfers, sunbathers, picnickers, fishers, plus environment conservators create a hectic mix in (approximately) the 4ks within Ballina Shire. We have reports of territorial claims such as 'this is a 4WD/dog beach, leave if you don't like it'. Near misses by dangerous drivers, dog attacks, dune and beach damage have been recorded and photographed. Police and Rangers have issued infringements. Council advises improved management options will not be considered before 2022. We implore users to be vigilant, apply shared beach courtesies and report offender details to Council Rangers (6686 1210 or 1300 864 444).

**North Creek Road and bridge.** With 2028 the potential date for reinstatement of North Creek Road and bridge to Ballina, Council has commenced preliminary studies and surveys southwards between Skennars Head Road intersection and the old bridge site.

**Residents' Association looks forward.** Our Association covers a range of local issues with credible lines of communication to Council. We invite existing and new members to bring fresh perspectives into 2022 and beyond. It is an exciting time for Lennox and Skennars Heads with Lennox 2022 Centenary, consultation for the Coastal Management Program and Strategic Plan in 2022, then in 2023, North Creek Road and bridge. New residents wishing to help shape the future of our area are invited to join.

**Our Christmas meeting on 6 December** is a great opportunity to meet your community in a social environment. Business is concise and attendees are invited to bring beverages,


receptacles and shared nibbles of choice. Like our Surfing Santa, we wish you all a Merry Christmas, and The Lennox Wave many more years of success.

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

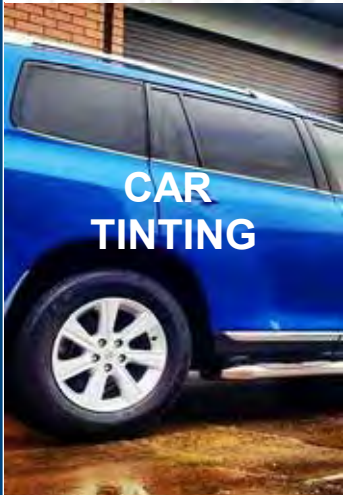
Feedback is encouraged by email to [lhrainc@gmail.com](mailto:lhrainc@gmail.com) or facebook at Lennox Head Residents' Association.




Photo: Surfing Santa 2020 by B Charleston



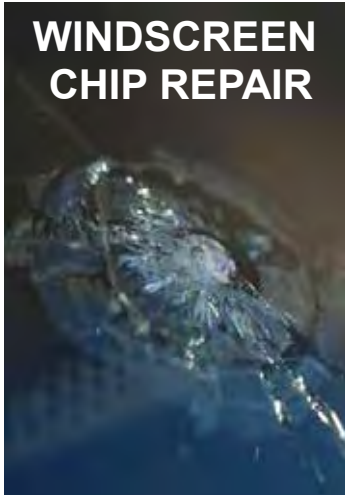
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## Stop Press

At the Club Lennox AGM on Sunday 28 November 2021, members voted for the amalgamation with Cherry Street Bowls.

The results were as follows:

Abstain: 1

Against: 1

For: 130.

The Club will now move forward with negotiations with Cherry Street, in what is obviously seen as a very positive move by members.



## Quiz Answers

1. Bundjalung Country 2. Megan Reserve, Bora Ring 3. John Ainsworth 4. 1922 5. 8000 6. Pacific Parade, Byron Street, Ballina Street 7. Silent cop 8. Camp Drewe 9. 8.5 km 10. 4 11. Cape Byron Marine Park 12. The Anglers Arms 13. 2017 14. 2010

## Christmas Lights On Facebook

The popular Facebook page Christmas Lights Trail - Lennox Head/ Ballina, will be operational again this year.

As we go to print, December is upon us and it's that time when people go rummaging in the garage or the cupboard and pull out the Christmas deccies. As we know, some go a bit

further than others. So if you are planning a fabulous local Christmas light display, or see one in your neighbourhood, or beyond, go onto Facebook and share it with the community.

Then everyone can use it as a guide for where to go on the light up Christmas trail.

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# Wildlife Wins At Macadamia Castle

It's the beginning of a new era for The Macadamia Castle. The family-friendly tourism attraction was sold to conservation group Wildlife Recovery Australia (WRA) in October. WRA is a joint venture of two-not-for profits - Byron Bay Wildlife Hospital and Odonata Foundation - combining resources to operate mobile wildlife hospitals and predator-proof sanctuaries. It is chaired by economist and passionate wildlife conservationist Dr Ken Henry AC.

Located on 2.7 hectares in Nyangbul Country (Knockrow) and situated in the heart of a biodiversity hotspot, The Macadamia Castle is an ideal location for a wildlife hospital and WRA's national headquarters. The large solar energy system and electric vehicle charging station will provide immediate, clean renewable energy sources for WRA's operations. Dedicated parking and access for wildlife rescue organisations and carers means they can present patients for treatment and care by the veterinary team led by Dr Bree Talbot.

It will also be the departure point for deployment of the Mobile Wildlife Hospital to respond to injured, diseased, traumatised or stranded native animals.

Founder and CEO of Byron Bay Wildlife Hospital and WRA Director Dr Stephen Van Mil, said there are plans to create new visitor experiences for public education about wildlife conservation.

'Offering educational visitor experiences alongside our veterinary and conservation work will help to inform people about the skills, facilities and resources required to give



Left to right, Russell Mills, Dr Stephen Van Mil, Lois Cook, Dr Bree Talbot, and Kris Cook

wildlife the quality care they deserve,' said Dr. Van Mil.

'We're investing to improve the retail and hospitality services and will continue to welcome visitors to The Macadamia Castle. By continuing to support and visit, people are contributing to saving wildlife.'

'It costs a lot of money to provide expert veterinary treatment, rehabilitation facilities for wildlife, free of charge. We need ongoing philanthropic donations, private sector capital and public funding to carry out this important work to save wildlife.'

'We acknowledge the Nyangbul people of the Bundjalung nation, the traditional owners of the land we're going to work from, and are looking forward to learning from their ancient knowledge of caring for Country and the wildlife that inhabits it.'

To help save wildlife with a donation, visit [byronbaywildlifehospital.org](http://byronbaywildlifehospital.org).

All donations over two dollars are tax-deductible.



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## Landmarks Of Lennox—Lions Centenary Calendar

BY ROBYN HARGRAVE

2021 is the third year Lennox Head Lions Club has encouraged local photographers to enter the Lens on Lennox competition with top images showcased in the calendar of the following year.

The 2022 calendar is different. It celebrates 100 years since Lennox Head village was first so named at the inaugural 1922 Lennox Head Estate Auction. Together with a winning entry, each month includes two photos reflecting that location at some time in the past 100 years.

January's entry by Margaret Shaw looks north along Seven Mile Beach from Lennox Park. This stretch is where the Ti (Tea) Tree Fence was built by hard working volunteers in the 1967 winter after massive seas tore away metres of sand dunes.<sup>1</sup> It is the only section of beach which has withstood all that nature can throw at it since, retaining its dunes, with the two metre tall fence completely covered.

Glenn Lawlor's November photo of the southern side of Lennox Headland reminds us of the ocean's destructive force. Shag Rock once stood at the northern end of Boulder Beach but in the last 100 years, it reduced from two rocks to one, the last section consumed by the sea in 2012.<sup>2</sup>

Sources: <sup>1</sup> Secombe M, *From North Creek to Lennox Head* Richmond River Historical Society Inc Bulletin #162, September 1997, ps 22, 23; <sup>2</sup>Lollback R, 'Landmark Victim of Wild Seas' *The Northern Star*, 9.6.12.

Photos: 1. By M Shaw; 2. RRHS collection 5 1983-24-30; 3. By Glenn Lawlor; 4. By Hugh Kelloway



1. 2021 Seven Mile Beach
2. 1967 Building the Ti (Tea) Tree fence.



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3. 2021 Lennox Headland

4. 2007 Shag Rock



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## Election Update

Last month we gave each candidate for councillor and mayor the opportunity to put their case to the people. Since then we've had two candidates join the race. Here's what they would like voters to know about them.

### Eoin Johnston



I have been on Ballina Council since 2016 and I now seek support for the position of mayor.

I have been an active resident of the Shire for 45 years and I was awarded Citizen of the Year in 2009. I am a life member of two Rugby Union Clubs, the Far North Coast Water Polo Association, the Alstonville Water Polo club and the Ballina Surf Club. I am an active patrolling member of that club and apart from a four years absence when I was overseas, I have done surf patrols since 1960.

I was also a keen surfer in my earlier years and travelled from Narrabeen on my first surfing trip to Crescent, Lennox and Byron in 1963. I have always been in awe of good surfers and I am aware that they have saved many lives in the ocean, mostly unpublicised and unrecorded.

I understand the pressure on Lennox Head in maintaining the amenity of the town while still providing adequate infrastructure to cater for the rapidly expanding population.

My grandson has joined the Lennox Junior Lifesavers and I attended their first beach day a few weeks ago. I was amazed at the numbers and the difficulty in finding a parking space. I was one of the Councillors who spoke out in support of maintaining the Eastern lake road and, from my recent experience, it may have been the correct call.

I have missed only one of the 63 monthly meetings held over the last term. I study the business papers and I consider each matter on its merits. I look forward to your support.

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## Eva Ramsey

As a local for 21 years, I have been lucky enough to have worked with or know many of our Shire residents. I am proud to call Ballina my home and it holds a special place in my heart.

As an independent Councillor, I will without Political Party input, pursue the continued improvement of our social and economic infrastructure and preserve our North Coast lifestyle, whilst welcoming all our growing population.

Advocating at Council, for the best for our wider community in all relevant matters, 'that, will be my upmost goal'. I am a great listener and realistic problem solver.

I will help investigate ways of relieving our present traffic congestion problems and I will support the creation of more community events for both our younger and senior citizens and keep our green spaces green.

My support will be behind our small business that help create jobs for our local families and keep our younger population here in our Shire.

I was instrumental in the creation of the Ballina Indoor Sports Centre (BISC) and the experience has taught me, much can be achieved with hard-work and vision.

Our local council is no place for the any political party agendas. Our local Shire should be run by locals who truly have the Shire families and its future at heart and not political agenda. Please do your homework and only vote for true independents.

My support for mayor is with Sharon Cadwallader as she has always been supportive to me whilst working on the BISC and I have seen first-hand her passion for the best outcomes for this shire.

It would be my complete honour if you were to support me with your vote as your representative on Ballina Council for B Ward.



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- We will draw the winners on Friday January 31 and this will be published in the February issue of The Lennox Wave Magazine and promoted on The Lennox Wave Community Radio Station

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## Meet The Wallers

BY DIGBY HILDRETH

Lennox Head artist Mark Waller's paintings shine with the brilliant natural light the coast is blessed with – illuminating the rich greens of a pandanus leaf, the infinite blues of the ocean and its creatures, and the surf-white radiance of angels' wings. They are windows into a light-filled world – the one at our back door – and serve to open our eyes to the wonder of life.

Which makes a film about Mark's art – and the at-times harrowing 20-year journey he and his family have undertaken so he can remain true to it – a natural choice for a one-off presentation from the Byron Bay Film Festival (BBFF), whose theme for 2021 is Shining Light in Darkness.

*Meet the Wallers* is a close-up, courageous study of Waller the artist and the man, his occasionally despairing wife, Nicole, and their two daughters. It's a film about the artistic drive when it has a spiritual intention behind it,

and equally about a marriage and how two dissimilar but madly in love people overcome adversity.

Mark's idealism can be exasperating for Nicole when there are bills to pay, but the joy he gets – and gives – from 'playing with paint' is a gift to us all.

*Meet the Wallers* is unstinting in showing the cost of following a dream such as making paintings in order to create a ripple effect of kindness in the world – and not finding a buyer. But Mark's paintings are his 'antidotes to smallness' and his work expands and lights up the visible and mythical worlds – and the lives of his family.

The film meets BBFF director J'aimee Skippon-Volke's ambition for this year's festival – pared back by COVID but determined to stake its claim as the region's major cultural event.

'The tagline, Shining Light in Darkness, reflects our intention to present



a program which brings hope and strength to our community and filmmakers after two grim years, J'aimee said.

*'Meet the Wallers* truly shines light, with a strong message of resilience, trust and hope – things we all need right now.'

*Meet the Wallers* screens at the Lennox Head Cultural Centre on Friday 17 December as the opening film for BBFF's 2021 Special Edition Festival which continues to run at Palace Cinemas. Tickets at [BBFF.com.au](http://BBFF.com.au)



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# Jannette Puts Her Crayons Away

It's the end of an era at Lennox Head Community Preschool, with the retirement of long-time director Jannette Leonard.

She's clocked up an impressive 40+ year career since she graduated from an early childhood teaching qualification. In that time she spent 16 years working in Coffs Harbour, 9 years in Grafton and a whopping 21 years in Lennox Head.

Not surprisingly she knows a gazillion local people here and regularly welcomes ex-preschool students back to the school in all sorts of roles.

'We've had the plumber, the electrician and the cabinet maker all come here to do work – and they were ex-preschool kids, who still remember me,' she says.

If you ever do a lap of the village with Jannette be prepared—she really knows everyone. And it is clear that she has had a massive personal loving influence on so many little lives. You cannot get more than a few metres without someone big or small greeting Jannette with familiarity and warmth.

These days she's got three even more special little ones to guide: three granddaughters to her two daughters Sophie and Tara. It's an extra special role for Jannette and one she absolutely relishes.

She also has elderly frail parents who live in Stanthorpe who she intends to visit and who may need her help in the next few years.

So she's stepping away, leaving a legacy of growth and nurturing, not only for the kids, but also for the school which has had the benefit of Jannette's calm advocacy and lobbying over the years.

While she is a bit sad to leave before the second preschool is built (a plan in the pipeline with Council), she says 'I could be waiting a long time as things get delayed. I know it's the right time and I'm leaving the place in very good hands.'

The secession plan is very sound: her two qualified and experienced daughters know the job inside out and will share the leadership roles. Jannette has been preparing them for many years.



'I will always be willing to step in if they need me, in an emergency role, as I did in my other jobs.'

'I've loved watching the children grow over the years, providing them with that foundation of self-belief and independence, seeing their hunger to learn. It's a magic time of life.'



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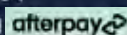


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## From Our Own Hard Quiz Champ

BY MEL MOTT

I have been a fan of comedian Tom Gleeson for many years. *Hard Quiz* is one of the few shows I watch on TV.

Over 20 years ago, when my dear friend Marg and I were in executive positions in the Lennox Head All Girls Surfriders Club, we were presented with tee shirts from a Sydney club that had a photo of Duke Kahanamoku on the front and a photo on the back of Isabel Lethem, captioned 'Australia's First Lady of Surf'. I was intrigued - why was the Duke credited with lighting the spark inspiring women to surf in Australia?

At the 1912 Stockholm Olympic Games, Duke beat Australian Cecil Healy for the gold medal in the 100 m freestyle. However, Duke nearly missed the final race due to mistaking the schedule of events. Cecil Healy petitioned the officials to delay the race until Duke could get there, as Duke was the world record holder, and the favourite for the event. Duke was so impressed with this act of sportsmanship, he accepted Cecil's invitation to visit Australia in the future for a series of swimming demonstration events.

The Duke's seminal trip to Australia in the summer of 1914-15 is covered in Phil Jarrett's book *That Summer at Boomerang*. The surfboard that the Duke hand made at the Boomerang camp at Freshwater Beach that summer is still on exhibit at Freshwater SLSC today and is insured for a million bucks!

During the Duke's 1914-15 Australian swimming demonstration tour, he did several surfing demonstrations. As part of some of these he took 15 year old Isobel out for a tandem surf. She went on to inspire other Australian women to do the same, and we all are here because of those pioneers.

In late 2019 *Hard Quiz* had a celebrity special that included intellectual Waleed Aly. I had not long returned from a trip to Hawaii where I had bought a book called *Waterman* by American David Davis, which is the first very detailed and



researched biography of the Duke. I was absolutely amazed at the Duke's character, life and achievements and thought if Waleed can get humiliated on national television for Batman, I can definitely take the heat for the Duke.

So I applied for *Hard Quiz* via the online portal and after several months I was invited to a Zoom audition. Many months later it was confirmed I would be a contestant. By this stage I was wondering what I had got myself into.

All the production staff involved with the show were lovely and looked after us. We did not meet Tom until he walked onto set to start the filming. It was one of the most nerve racking but hilarious and fun experiences of my life.

So, if you have a burning passion that you want to share with the nation, apply for Hard Quiz!

Oh, and that Big Brass Mug? The perfect ice bucket.



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# Plan Ahead To Avoid Airport Delays

Residents and visitors are being urged to arrive early at the Ballina Byron Gateway Airport to avoid the inconvenience of traffic delays and parking changes.

Car parking is reduced and changed traffic conditions are in place while the airport carpark is being upgraded.

The community is encouraged to avoid driving to the airport where possible. Consider asking a family member or friend to drop off or pick up at the airport, or use alternative transport options such as taxis and shuttle bus services. For transport alternatives visit [ballinabyronairport.com.au/transport-links](http://ballinabyronairport.com.au/transport-links).

The following traffic and parking arrangements are now in place:

- One-way traffic circulation in the main airport precinct
- Enter the airport turning left at Seven Mile Brewery via Southern Cross Drive
- Exit the airport via the new roundabout on Airport Boulevard, turning right onto Southern Cross Drive
- Set down and pickup areas in front of the terminal
- Rental carparking located in Zones A, B and C (as shown on airport website)
- Taxi/shuttle bus zones situated between the secure overnight carpark and the administration building.

The airport carpark upgrade commenced in August 2021 and is expected to be completed in December 2021 (weather and site conditions permitting).



## holiday parking reminder

Ballina Shire Council appreciates parking is in great demand in our town centres. However, to ensure parking is available to everyone, timed parking restrictions are in place.

Please check timed parking restrictions to avoid receiving a Penalty Infringement Notice (PIN). Council Rangers and Parking Officers conduct regular patrols in these areas, including weekends.

Fines in excess of \$117 will be issued for overstaying the posted time limit.

► For further information on parking rules visit [ballina.nsw.gov.au/parking](http://ballina.nsw.gov.au/parking)

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CAP201 1021



# Mobile Phones And Driving – Know The Rules

SALLY MCPHERSON LLB LLM (CRIM PRAC).  
PRINCIPAL SOLICITOR AT THE LOCAL COURT  
LAWYERS.

Most of us know by now that touching or holding a mobile phone while driving in Australia is prohibited. But many of us don't know the extent or detail of the law. Here's a general rundown of the rules so you don't risk doing the wrong thing.

All around Australia holding or touching a mobile phone while driving is an offence. Each state and territory has its own offences and penalties. The term 'mobile devices' generally includes: mobile phones, tablets, ipods (or other small portable music devices) as well as satellite navigation systems, and the rules for each are different.

You can touch your phone if your phone is connected to the car via Bluetooth or is in securely mounted in an approved mounting device and you are a full license holder. Touching it means you can set the navigation, change the music, or make or receive calls.

## No phones for restricted license holders

L-Platers and P-Platers are not allowed to use phones AT ALL while driving, this includes using Bluetooth to stream music – so it's best to make sure your phone is packed away somewhere you won't be tempted to touch it.

L-Platers and P-Platers can use navigation devices though, as long as the navigation is built-in to the car's dash display. Portable navigation systems like Tom Toms must securely mounted in an approved mounting device.

You should also know – and not many people do – that a driver can also be fined if a passenger has a screen anywhere near the driver's line of sight. So, for example, if you have a passenger watching videos in the passenger seat and they lift the device to show the driver something, this is breaking the law.

The rules to mobile device use apply while the car is on the road, so this does include while idling or waiting to pick someone up.

All drivers (including restricted licence holders) can access the wallet or payment function on a phone if they are in a driveway, a carpark or a drive thru.

## Driver distraction can kill

The reason that rules are strict and penalties are hefty is, quite simply, because driver distraction is a leading cause of death on our roads. And contrary to popular belief, mobile phone use while driving is not restricted to young offenders. In NSW, 'use mobile device' offence will cost you over \$500 in fines and five demerit point (on a double demerit weekend, that's 10 points!)

Don't think you won't get caught either – the NSW Government has invested heavily in high-definition mobile phone detection cameras, including fixed and transportable cameras. These can detect the movements of a driver in all weather conditions, and they are stationed throughout the state.

This is not legal advice and is provided for general information only.





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139 River St,  
Ballina  
Phone: 6686 6785



# Boomerang Bags Christmas Stall

BY LOUISE SOUTHERDEN

Community group Boomerang Bags Lennox Head will be holding a pre-Christmas stall outside IGA and Cellarbrations on Sunday 12 December from 8am until about 1pm.

We'll be selling Bought to Support bags for \$5 each as well as a few new non-bag items this year: beeswax wraps made from recycled fabric (various sizes), produce bags (for a gold coin donation), colourful bunting (\$15 each, a plastic-free alternative to party decorations) and Christmas sacks for presents. Proceeds go back into the community: to cover sewing machine repairs for our volunteers and to support local charities such as Australian Seabird Rescue and Lennox Community Gardens.

Our Boomerang Bags group (it's a worldwide phenomenon now) was set up in 2017 to make reusable shopping bags from recycled fabric to reduce plastic pollution in and around town.

We make two kinds of bags: Bought to Support (\$5) and Borrow & Reuse (free to borrow and return when you don't need it any more). Both are available at two outlets in Lennox: Nixon's Bulk Foods and Seed & Husk. They make great Christmas presents.

We're always happy for more people to join us; bring your own sewing machine or use one of ours. There are plenty of non-sewing jobs too: ironing, screenprinting, sorting bags for sale, folding fabric. We meet on the first and third Saturday of every month (except January) at the CWA hall in Mackney Lane. For regular updates, follow us on Facebook at Boomerang Bags Lennox Head or email Louise at lousouth@hotmail.com



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## Standing Up Again In 2022



A global pandemic will never be good for an entertainment business. Lennox Head's own The Comedy Commune is coming out the other side with big plans for an exciting 2022.

The Commune is the creative arm of local stand-up comedian (and Wave columnist) John Peacock. He may also have cleaned your carpets.

Locals will remember the sell out Sunday afternoon gigs at the pub before it changed hands. The Comedy Commune has been busy elsewhere with three monthly gigs in Ballina and expeditions to the Gold Coast and Evans Head. The gigs are extremely popular and mostly sell out.

The Comedy Commune was established with an ethos of providing up and coming comics the opportunity to perform on the same bill as professional comics in front of a paying, appreciative audience. In the short two years it's

been running it has already launched several careers.

When questioned as to his plans for 2022, John was enthusiastic.

'We'll keep doing what we're doing, we have two monthly open mic gigs running now as well as a boutique created show every month in Ballina. Our six-month Open Mic Competition has its final in January with Mandy Nolan headlining. We'll start the heats for 2022's competition in March. We hope to come back to Lennox as this is where we live and where we started. There's interest from venues up and down the coast for us to host gigs in their space and we're always looking for the next great room.'

'In 2022 we'll launch The Comedy Commune On The Road where we take shows to rural areas and we have some exciting plans for festivals and galas as well.'

All going well, we'll see a lot more of The Comedy Commune in 2022. After the year we've had I think we could all do with a laugh.

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[www.atlaw.com](http://www.atlaw.com)

Mulcahy Lawyers is proud of its long and strong association with Lennox Head. This year we celebrated 26 years serving the local community. All along we have made it our business to build relationships within the town and with staff. Today we have a strong team with varied skills, and we are grateful for their continued loyalty and hard work. We wish *The Lennox Wave* a happy 200 issues anniversary. We were here from the start!

## Lismore Arts Wrap



### Koori Mail Indigenous Art Award Exhibition

December 4, 2021 – 30 January 2022

#### Lismore Regional Gallery

This is a beautiful and powerful exhibition of the 49 finalist works in the first Koori Mail Indigenous Art Award hosted by Lismore Regional Gallery. The exhibition includes the winning work as well as winners of the Bundjalung Art Award, the

Innovation Art Award and the Youth Art Award. The exhibition features work by established and emerging Indigenous artists from every state and territory, working across a wide variety of media. One of the finalists is Kylie Caldwell, a Bundjalung artist based in Wollongbar, whose image of Mrs & Mr Watcher (pictured) presents a picture of ancestors watching media obsessed people of today.

### NORPA 2022 Season

Online launch, 10AM Thursday 9 December

NORPA's 2022 Season will be revealed on Thursday 9 December online at [www.norpa.org.au](http://www.norpa.org.au). NORPA 2022 is full of big hits including a spectacular NORPA original work as well as top-notch comedy, classic drama, breathtaking physical theatre and exciting new works from some of Australia's most loved theatre companies. Tickets to all shows will go on sale on Thursday 9 December.

Spaghetti Circus and NORPA present *Bails of Hey!*

Fri 10 & Sat 11 December

### NORPA

The sea is rising, and so are we. Inspired by climate change protests, Spaghetti Circus' powerful show *Bails of Hey!* is a middle finger response by teenagers to being ignored and looked down on by politicians, media, and the adult world. The show is action-packed with acrobatics, aerials, teeterboard, and most of all - fun. *Bails of Hey!* is not to be missed!



*I wish all Lennox Wave readers a joyful Christmas and a very special holiday season with your family and friends.*

**TAMARA SMITH MP**

MEMBER FOR BALLINA

**I am here to help if you need it.**

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

**THE  
GREENS**



## \$300 & Under

Once again this year the Lennox Arts Collective will hold its \$300 and under exhibition.

The show will feature works in a range of media from painting and photography to ceramics and jewellery, and created by members of the Collective. The idea is to provide affordable, original art for Christmas presents.

The show will be open from Monday 11 December from 10 am, 7 days.



by Frankie Sharman



by Christine Read



by Amanda Bromfield



by Jen Banks



by Narelle Bretherton



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## Book Review

BY DARCI WALKER

Title: *Off the Charts* by Georgie Carroll

Are you looking for a quick, easy read by an infectiously funny Australian author? This new release biography by straight-talking nurse and comedian, Georgie Carroll, is just that!

In *Off the Charts*, Carroll lets you peek behind the curtains to see the inner workings of a hospital. Taking us ward to ward, limb to limb, stitch to stitch, Carroll does not hold back as she shows us the human fragility and fierceness she sees every day at work.

Born in Manchester, England, and now a proud Australian, Georgie Carroll reflects on how the combination of nationalities, home life, and hospital created a training ground that nurtured her humour.

Numerous anecdotes litter this biography, with a few personal favourites

that provided laugh-out-loud moments. From labelling nurse ranks as aquatic animals and the failed camping trip with her mother and her sons, to her propaganda towards aqua-aerobics and its benefits, this is a celebration of the frontline nurses who, sooner or later, play a huge role in all our lives.

I recommend listening to this as an audiobook. Carroll narrates it herself, and between her Manchester accent and her precision of punchlines, it is sure to be an entertaining experience.

Looking for more funny and short reads? Try:

- *Leave Me Alone: A Memoir of Me, Myself and Trish* by Christian Hull
- *Turns Out, I'm Fine: How Not to Fall Apart* by Judith Lucy
- *You've Got to be Kidding: A Shedload of Wine and a Farm Full of Goats* by Todd Alexander

Good news. The Lennox Head Library is open. This December we are looking forward to celebrating the festive

season with you. We have Take and Make Christmas craft kits for our little visitors, as well as a Make a Christmas Decoration station in the Library. There will be a Christmas storytime available, and cosy Christmas reads on display for your browsing.

To borrow these titles, and to learn more about our Library, you can phone us on 02 6687 6398, or visit the website at [www.rtrl.nsw.gov.au](http://www.rtrl.nsw.gov.au).




Wishing the North Coast a

# MERRY CHRISTMAS & HAPPY NEW YEAR!



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# Entertainment This Month

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

## At The Movies

How great is it to be heading back to the movies! Leading into Christmas the hits just keeping on coming at Ballina Fair Cinemas. Continuing its big run is the much anticipated new James Bond film, *No Time To Die*. It rattles along at a cracking pace and it's a great night out at the movies.

Upcoming is the new version of *Dune*. It's been a long wait since the original in 1984. The new one is epic in every sense of the word and is part one of a two-part adaptation. Everything about *Dune* is big. Don't miss it.

One for the kids and grandparents which is also on screens on 2 December is Disney's *Encanto*. Cute and fun. Perfect for the holidays.

If you're into musicals there is a brand new version of *West Side Story*, directed by Steve Spielberg and releasing on 26 December. It's a beautifully produced remake of a classic. And finally, the BIG one for Boxing Day – *The Matrix Resurrections*. This is one of my favorite franchises and I can't wait to grab the popcorn for this one on Boxing Day.

## Streaming

If you can't afford the tickets or can't get to Sydney, make sure you catch *Hamilton* on Disney +. It's the original Broadway cast and is just a great night on the couch. They even have an intermission. I was lucky enough to see the live version in Sydney before the COVID shut down but it was so much fun reliving it with the original Broadway cast. Not to be missed.

A bit of a drag having to wait each week for a new episode of *Succession* (Binge) but its been one of the highlights of my streaming week. New to Netflix is the new season of *Tiger King*. The first season had half the country talking about Joe Exotic! If you were glued to the first season you won't want to miss this. And finally coming to Stan is the next season of *Yellowstone*. I have never been a great fan of Kevin Costner but he really does shine in this series.

## Live

Now that we are all starting to begin to return to normal the Ballina RSL has some great shows upcoming. My must see is the *Desperado – The Eagles Show* on 11 December. You will be singing along with all the Eagles classics in this great show. And don't forget to book early for the legendary *The Black Sorrows* on 20 January.

And at our Lennox Head Cultural Centre, the Creedence Clearwater Revival show will take you on another walk down memory lane.

For all things west of here, check out the NORPA update on page 20. They have some great offerings coming up.

Use those Dine and Discover Vouchers and get out and enjoy!



# BALLINA FAIR CINEMAS



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## STILL SCREENING



**No Time To Die**



**The Boss Baby**



**Venom**

## COMING IN DECEMBER



**Dune - Dec 2**



**Encanto - Dec 2**



**Spiderman -  
Dec 16**



**West Side Story  
- Dec 26**



**Sing 2 - Dec 26**



**Matrix  
Resurrections  
- Dec 26**

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**Phone 6686 9600**

## Swimart Wins

Swimart Bryon Bay mobile pool service business has taken out a top franchise award

Owner of Swimart Byron Bay mobile pool service business, Gary Sanderson has never been busier, which is why he almost didn't attend the virtual awards night of the recent Swimart Australasian Conference. Lucky he did tune in as his mobile pool service business was awarded Franchise of the Year at a hybrid event at The Gabba in Brisbane.

'My wife and I are delighted by the win. My team deserve this recognition as they are dedicated and diligent and take pride in providing help and advice to our customers', says Gary. "Customer care is paramount. It's all about keeping your pool clean and sparkling and the pool equipment in good working order", he says.

'Our mantra is if the customer is happy, we're happy', smiles Gary. We pride ourselves on doing a great job and responding to calls and enquiries in an efficient and timely manner.

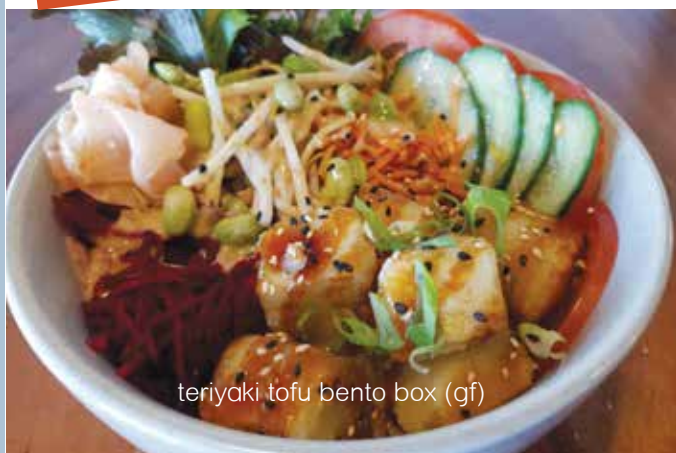
When not servicing residential family pools along the coast from Ballina to Pottsville, the Hinterland region all the way to Federal and Alstonville and everything in between, Gary and his capable team, Sam Maloney and Jamie Richardson, respond to call-outs for pool servicing at holiday



accommodation, air bnbs and long term rental properties as well. Pool services can include calls on a weekly, bi weekly, or four-weekly basis or as a once-off service just prior to a special event or the start of the summer period.

See the ad on page 10.

## SUMMER AT FREEWAVE



teriyaki tofu bento box (gf)

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# Farewell to Mi Thai

It wasn't an easy decision, but it was one they knew was right—it was time to move on. Daniel Mery and Andrew Kneipp had been turning up at Mi Thai, (the restaurant they opened together during GromFest in 2001), for 20 years, and now was the chance for something new.

So this year they will have their first Christmas off for over two decades. And they deserve it.

There are plenty of people in town who will miss their relaxed atmosphere and style, and the delicious food. For many Lennox locals, Mi Thai was a family institution—a place for big occasions and small celebrations.

By Dan's side in the kitchen for most of those years has been Made Murray, kitchen-hand extraordinaire, who will also be missed by customers.

During their time at Mi Thai, the team has seen some big changes. When they first opened, they occupied a single fronted commercial space and Lois Buckett had her real estate office next door. In 2014, when Lois decided to

move and there was talk of a fast food takeaway shop opening in her place, the boys knew they had to act.

So they took the lease on the second shop—a big financial commitment but worth it to keep the vibe going, in particular on the outside footpath which gets filled to overflowing on hot summer nights. It was a move that paid off.

In 2006, a fire went through the restaurant, originating behind the refrigerator and closing them down for two months.

The things they are proudest of in all their years here are the relationships they've built with customers and staff.

According to Andrew they had an incredible staff retention rate, and that, he believes is because it was a fun place to work. Their plans now? Dan will retire and Andrew, has a 'few ideas in the pipeline.' We wish them so much luck.

Top: last night for an institution, below: Dan (left) and Andrew with the restaurant mascot



## Airport upgrades now underway



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# Instagram For Small Business

BY BAREFRUIT MARKETING

With 2021 drawing to a close (we can't believe it either), it's fantastic to see Lennox and local businesses, getting really busy. To make the most of the influx of visitors, your business needs to be visible, attractive and engaging for customers in spaces where they spend most time. Yes, a shop front in town will do just that, but don't forget where many of us spend hours of the day scrolling Instagram. And so, here's some top tips to help you get the most out of your Instagram in the next few months.

## Engage your community

Use the additional features on Instagram to create experiences that create engagement for your customers. We're talking polls, quizzes and interactive GIFs, as well as Instagram Live, Reels and Stories. When you engage and ask your followers for their voice, opinions and ideas, you start to build trust and

transparency, as well as getting feedback you can use to up your social game.

## Go Live

Instagram Live opens up a whole new level of user engagement. Brands can showcase their products or services, demonstrate in-real-life use, discuss the production process – you can talk about anything in great detail which creates really valuable information for customers. Users who join the Live can pose questions and make comments in real-time, creating an authentic brand-customer experience you can't simulate anywhere else.

## Video is everything

Video content is everything on Instagram and you must use it to showcase your products or services in fun, engaging and authentic ways. Product shots just don't cut it anymore, so hit the record button instead. The beauty of Instagram Reels is that you can use trending edits and music as inspiration which not only

make the creativity part much easier, but also boost your video's chance of reaching a much wider audience. Don't stress about not having all the tech skills, your smartphone and the editing software in Instagram is all you need. And the more 'real' you can be, the better.

## Don't forget your hashtags

With all the new features on Instagram, hashtags may be way down the bottom of your list. They shouldn't be. Although they are one of Instagram's oldest features, using hashtags broadens the reach of your content. There's an art to it; use between 15-20 hashtags in your posts and put them all at the bottom of your caption or in the first comment of the post. Use two to three broad hashtags and then get specific. Describe the image, and use hashtags that relate to what your post is about. Whatever you do, don't forget them because they play a super important role.

We hope you've found out top tips useful. Have a 'Berry' Merry Christmas and see you in the New Year.

# VOTE 1 Eoin Johnston for MAYOR

## HE WILL WORK TO:

- \* Ensure infrastructure keeps pace with the rapid growth of Lennox
- \* Limit vehicle access to Seven Mile Beach
- \* Explore options for additional sporting fields
- \* Initiate long term planning for a Lennox Head Olympic Pool.



# INDEPENDENT FOR BALLINA SHIRE





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We look forward to welcoming you to your Club over the upcoming festive season. Please visit our website or Facebook page for all our upcoming shows and events.

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**BALLINA**  
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## Lynn Thorndycraft is Ms December

**Birthplace:** Rugby, UK (emigrated to Australia in 1969)

**Family:** kids Kai (28), Zali (25) and Maya (22)

**Star Sign:** Taurus

**Favourite Food:** Fruit or sushi

It's quite a challenge to wrap Lynn Thorndycraft's life neatly into a short article. She's a woman of many talents and interests and she's been dealt some serious challenges along the way.

But the backdrop to Lynn's varied life has always been her spiritual journey. She is a qualified Reiki practitioner and light worker, published poet, philosopher, near-death-experience (NDE) survivor, community volunteer and believes that we are all One.

'We are all spiritual beings', she says, 'but some of us don't acknowledge or practise that in our daily lives.'

Lynn says she has brought all her kids up with a spiritual grounding. And what does that mean?

'Well it's almost a form of anarchy, really. You need to be struck by a "this-can't-be-all-there-is" moment. Once you realise you don't have the full picture

and that there is so much more that you don't know or understand, then you stop buying into the stories that are fed to us. The materialism and judgementalism—the conversation that says you are only worth anything if you are powerful/wealthy.

'For me, that realisation came at a dark time in my life and I was drawn to *The Road Less Travelled* by Scott M Peck, followed by *You Can Heal Your Life* by Louise Hay and that began my journey towards a spiritual education.

'Now, I understand that the most important things in life are how well you have loved, and how well you have let love in. This is true wealth.'

As Lynn established this spiritual context for her life, she was to receive some big life tests.

Lynn's first-born Kai was diagnosed with a severe to profound bilateral, sensory neural hearing loss when he was only a few months old, and was fitted with hearing aids at just six months. He was also later diagnosed with Asperger's and dyslexia. Around that time her mother also passed away.

Next child Zali, who was born three years later, had full hearing, but Maya, who was born two years after that, was

also profoundly deaf and fitted with hearing aids as a baby.

'They were very difficult days. I was attending speech therapy sessions, Itinerant support sessions for the deaf, Riding for the Disabled, hearing aid appointments, geneticists, liaising with schools, teachers and support workers, supporting the kids' learning at home while educating myself with the deaf community and I became a full-time carer,' says Lynn.

As her father and sister lived in Sydney, Lynn often looked to her friends and local community for support. Her years of volunteering at Op shops, Meals On Wheels and supporting orphanages overseas she puts down to her own parents and grandparents' influence—they were all members of community organisations and gave their time in service.

As to her poetry, well that can be traced to her father and grandfather, who were both poets.

'I had always written poems for friends and cathartically for myself, and eventually I had quite a collection. I put them together in 2014 and self-published *Back To Grace* which I updated and reprinted in 2018.'



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In 2010 Lynn established a Facebook/Instagram page called Earthschool Harmony, where she shares philosophical thoughts and observations from the great thinkers and poets of our time. She has a massive 115,000 organic followers and frequently sees posts go viral, reaching millions. It's a time-consuming passion which brings her joy.

'I'm actually an introvert, but Earthschool Harmony is my way of giving and connecting globally with like-minded thinkers.'

**What's the best thing about your life?** Family, friends and Community.

**Worst thing?** That life won't be long enough to fit everything in.

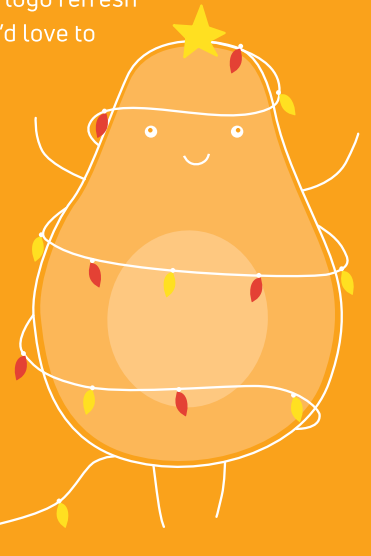
**Hobbies?** Gardening, writing, reading, soy candle-making, healthy cooking, enjoying nature.

**Life philosophy?** Kindness matters.

# Avo' Merry Christmas

Well done Lennox business community - we made it through 2021! With the New Year on the horizon, it's a great time to start thinking about what you can do to kick start your business in 2022. Whether it's a new website, digital marketing campaigns, logo refresh or something else, we'd love to help you.

Avo' Merry Christmas and see you in the New Year!



Scan me to see some projects we've completed this year.

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## David Lane's 2021 Exhibition and Studio Sale

David Lane's Studio Gallery, 31 Fernleigh Road, Tintenbar

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Then Daily from Thursday 9th until Sunday 12th December  
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For more information and directions to the Gallery visit  
[www.davidlane.com.au](http://www.davidlane.com.au)



## Kane Shields Is Mr December

**Dancer and choreographer at Sprung!! Integrated Dance Theatre**

**Birthplace:** Lismore hospital, grew up around Casino and Whiporie before moving to Lennox Head

**Family:** Dad Phillip, mum Kellie, brother Louis, and sister Rubie

**Star Sign:** Aquarius

Kane Shields has great memories of a free-wheeling Lennox Head childhood.

When his family moved from out west to Lennox, he made the most of the beach-side lifestyle—riding bikes, surfing, hanging at the beach, eating hot chips, and generally doing what teenage boys do when they hang out together.

Kane attended Holy Family and Xavier schools and when he left school, he scored a job at a herb nursery in Byron Bay, where he still works to this day.

Kane says he sometimes thinks he'd like to pursue his dancing career on the Gold Coast where there are many more opportunities for creatives like him.

'I'd like the idea of living the busy lifestyle for a while—in the hustle and bustle. I've been looking at dance schools up there and there are plenty, but it would be so hard to leave the

group. Sprung!! has been great for me. They've really got something going on at Sprung,' he says.

At the time of the interview Kane is preparing for a big show at the Lennox Head Cultural Centre the next day. As part of the show he will be performing his own choreographed piece, called *Strong*. It's a solo performance, danced to the song by London Grammar of the same name and based upon Kane's own life journey.

On the big day the performers are required to get to the centre at 11 am, but don't go on until 7. Kane says he doesn't get nervous before shows, but he does sometimes get frustrated with the long wait to go on.

'With *Strong*, I'm not worried at all because it's my piece and I know it off by heart. But it is a big responsibility.'

As to the whole night's performance, Kane says the dancers have been working very hard at rehearsals, learning the moves for a series of technical pieces, which require a high degree of effort and concentration.

'I always loved to dance,' says Kane. 'It makes me feel free and happy and it keeps me fit.'

'But I don't like rehearsing. They really push us to the limit, and then when it comes to the big night, we always smash it,' he says.



### What's the best thing about dancing with Sprung!!?

Now I get to lead something – that feels like a professional achievement.

Sprung!! is a great company. They are professional and supportive of each member in the group.

**Worst thing?** Rehearsals can be frustrating. We are always stopping and starting — the teacher is always saying 'stop, go back, let's do that bit again'.

**Hobbies:** Surfing, golf, going out to nature, and going to good coffee shops.

**Philosophy on life?** Just be yourself and don't do what other people expect you to do.

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## Pilates For Mamas

Chantal Jephcote is a young Lennox Head mother with an 18 month old daughter and eight-year-old step son. She's an accredited exercise physiologist with 10 years experience, an injury management health advisor and clinical pilates instructor (8 years).

Chantal has been in the area for the past five years and moved to Lennox Head three years ago to settle down with her partner who came to Lennox more than 15 years ago.

Chantal's niche area is Women's Health, particularly pregnancy and post partum.

'Since working in this area and being a mum myself now I'm astonished about how many women don't rehabilitate properly after birth and then have serious physical and health issues down the track.

'My aim is to promote a return to exercise safely post birth and to rehabilitate correctly to avoid issues later on such as diastasis recti, pelvic floor issues, lower back and hip pain.'

Chantal's Mamas at HOME Pilates program has just reached its first birthday. It is an online program that helps mothers to safely rehabilitate through the post partum period and return to exercise safely. The program is run through LIVE and catch up sessions run virtually to fit in with busy lifestyles.

Chantal is also launching a Pilates in pregnancy stream in



January 2022 focussing on pelvic floor, safe core and getting ready for baby and birth.

This year Chantal is a finalist for Exercise Physiologist of the Year 2021 through Exercise and Sports Science Australia (ESSA) for demonstrating excellence in the profession. The winner will be announced in mid December.

'It's a great honour to have been shortlisted from my governing body.

See the Mamas at Home ad on page 5.



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# Meet Pete And Ben

Meet Pete and Ben, the owners of Lennox Head's newest place to eat and drink, Mr Topsy's. Many locals will recognise their faces. Ben has worked as a chef in many kitchens in Lennox honing his skills, Pete has a long history of owning and managing bars and restaurants.

Pete grew up locally and moved back home with his partner, Emily, seven years ago. Ben moved to town ten years ago after marrying long-time local Erika and starting a family. The two met at Pete's previous establishment and bonded over a love of good food and the service industry. Ben ended up employed as a chef in the kitchen, and the perfect match was born. The idea for Mr Topsy's developed over countless late nights, backyard barbecues, tasty food, and cold beers. After waiting several years for the right opportunity, the perfect location came on the market and the dream became a reality.

Mr Topsy's menu can best be described as comfort food from across Asia, cooked with love and dedication. The team has drawn inspiration from their childhoods and their world travels, to produce an eclectic mix of favourites that offers something for everyone. Stand outs include Japanese savoury pancakes, Topsy's special fried rice and incredible crispy fried chicken Bao.

Pete's curated cocktail list is exciting and different, drawing on his career working in the bar industry. At the Mr Topsy's bar



you can find locally owned and operated Seven Mile Brewery beer on tap, alongside Asian inspired cocktails like Vietnamese espresso martini, Kamikaze blackberry sours and plum wine spritzes.

We say cheers to old faces and new places! Book a table for yourself this holiday season and let the team at Mr Topsy's take you on an culinary adventure across Asia right here in the amazing town we call home, Lennox Head.

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# Looking back on 200 issues

In the following pages we welcome and thank many local businesses who put their hands up to give us a shout out for our big 200. We also take a look back at 18 years of publishing and talk to a few people who have some strong memories of the old Lennox Head. Please take a look at some of the early issues on pages 44 and 45. Some things never change.

## From the Publisher



200 issues – what a milestone.

There are very few community magazines in Australia that can lay claim to 200 issues – 18 years – but we did it!

Two people have made this possible.

Our original publisher/owner Remy Tancred who started the magazine back in 2003 and delivered issues 1-100, and Helen Fry current Editor and past owner who went on to deliver the next 100.

But we would not be where we are today had it not been for the continued support of the Lennox Head community and its advertisers. You are the real heroes of this proud achievement and we salute you.

In June of this year Helen was keen to pursue a 'sea change' in her life and we reached an agreement for me to purchase the magazine. The major reason that this made sense to me was that Helen agreed to stay on as Editor. I am blessed. So, as we move to our next 100 editions I have a heritage to respect and uphold and I am dedicated to doing just that.

We will continue to add content and fine tune the magazine but in essence we want *The Lennox Wave* to stay exactly as it has always been – created for and driven by the Lennox Head community.

Enjoy looking back on the past 200 issues in these pages.

It's this incredible blue print and history that allowed us last month to finally give the residents of Ballina what our Lennox Head residents have enjoyed for 18 years – their own *Wave*, with the launch of *The Ballina Wave*.

Have a wonderful and safe Christmas and I know we all look forward to hopefully a more normal 2022.

Milt Barlow – Publisher/CEO Northern Rivers Media Pty Ltd

## Your Mortgage, Your Future, Our Help



Zain is your local loan guru. He has over 10 years experience in the finance industry. He has worked with many clients through their purchases of vacant land, off the plan and construction loans. He loves to find solutions and is a trusted name in our local community.



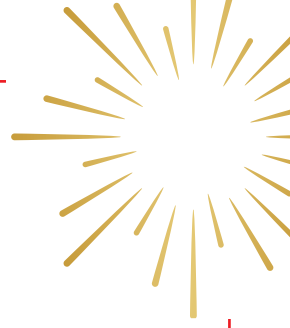
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## CONGRATULATIONS TO THE LENNOX WAVE ON 200 ISSUES



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# Remy Remembers

We couldn't possibly publish a 200th special issue without talking to the person responsible. We had a chat with Remy Tancred about her memories and passion for publishing.

## **What was your career experience that made you consider starting your own magazine?**

My first job was with *Time Magazine*, *WHO Weekly* and, back then, *Sports Illustrated*. All three titles were Time Warner publications. I started working with Time on Level Five and I always found Level Seven where *WHO* was much more interesting. So after six months at Time a job came up working in the marketing department at *WHO* for the Associate Publisher and I took that and pretty much learnt everything from that job. Some of the people in our department were tough to work with but it gave me a strong work ethic and taught me how not to take shit from people.

## **Who did you start it with?**

I met my husband in Sydney and he was from Lennox Head. When we decided to marry and have kids it was where we wanted to be. I landed a job at NBN

Television in Lismore where I met Annie Lewis. She was an incredible journalist and a fun professional who also lived in Lennox. I was only working a few days a week there and was keen to do something else. We had a chat in the office kitchen one day and the rest is history.

## **What do you remember about Lennox Head in 2003?**

So much! The street shops stopped at where the Bakery is now. The Bakery was a small convenience shop. The newsagency and bottleshop were where LeChelle is now. It was fun to go to get your wine at the bottleshop on a Friday afternoon and come home two hours later! They had great after work drinks on sometimes.

Nick's (my husband's) grannie Clare would take us all to Tracey and Marcells - 7 Mile Cafe which is now Shelter. Fond memories made there and exceptional wines too.

## **How did the business community respond to your idea when you first approached them?**

We had thought it would be great to



start with a small magazine and grow but every business wanted to advertise. In issue one we had 20 pages and by issue 3 we had 32 and it just kept growing. We have so many great community groups and sporting clubs that made important contributions and it's great to see they still do today.

## **What do you think was the secret to your success as publisher for 100 issues?**

Loving what I did. I have always enjoyed working, creating new things and *The Wave* was no exception. Having a strong community backing from the beginning was a huge part of the success. Although now my business has moved in another direction I still have a passion





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# December 2021

		wednesday	thursday	friday	saturday	sunday
		1	2 	3	4 	5  <b>FOOD TRUCK</b>
monday	tuesday	weekly		weekly		12  <b>JUNKYARD BBQ</b>
6  weekly	7  <b>MISS BEKA</b>	8	9	10  weekly	11 	19  <b>FOOD TRUCK</b>
13	14  <b>MISS BEKA</b>	15	16  weekly	17 	18 	26  <b>BUN BUN KITCHEN</b>
20	21  <b>MISS BEKA</b>	22	23 	24  weekly	25  <b>Merry Christmas</b>	
27	28  weekly	29	30 	31  <b>Happy New Year</b>		

## A CLOSER LOOK - DEC

- 4 TWO TEARS IN A BUCKET live from 6-9pm
- 5 OOZ live from 4-7pm  
FOOD TRUCK TBC serving from 3-7pm
- 7 MISS BEKA christmas activities from 10:30-11:30am  
25 HAM RAFFLE sold from 5pm
- 11 TRISH WILSON & TINA APPLEBY live from 6-9pm
- 12 BEN WHITING live from 4-7pm  
JUNKYARD BBQ serving from 4:30-7pm
- 14 MISS BEKA christmas activities from 10:30-11:30am  
50 HAM RAFFLE sold from 5pm
- 17 CHRISTMAS SEAFOOD RAFFLE sold from 5pm
- 18 TRISH WILSON & TINA APPLEBY live from 6-9pm
- 19 TWO TEARS IN A BUCKET live from 4-7pm  
FOOD TRUCK TBC serving from 3-7pm
- 21 MISS BEKA christmas activities from 10:30-11:30am  
75 HAM RAFFLE sold from 5pm

## A CLOSER LOOK CONTINUED

- 23 CHRISTMAS TRIVIA from 7pm
- 25 closed CHRISTMAS DAY
- 26 MARSHALL OKELL live from 4-7pm  
BUN BUN KITCHEN serving from 3-7pm
- 31 NEW YEARS EVE party & giveaway

## WEEKLY - DEC & JAN

**mondays** - now open 3pm-7pm

**tuesdays** - members only happy hour 4-6pm  
pool table competition from 5pm


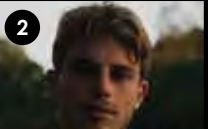













**thursdays** - trivia night 7pm  
members only happy hour 4-6pm

**fridays** - meat tray raffles 6pm  
members only happy hour 12-2pm

**saturdays** - members only happy hour 12-2pm



# January 2022

monday					sat	sun
31					1 	2  JUNKYARD BBQ
	tuesday	wednesday	thursday	friday		
3	4  weekly	5 	6	7  weekly	8	9  SOUTH AMERICAN STREET FOOD
10	11	12	13  weekly	14	15  weekly	16  SEAVICHE
17	18  weekly	19	20  weekly	21	22  Triple J's Hotest 100	23  UGLY DUMPLING
24	25	26 	27	28	29	30  BUN BUN KITCHEN



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200 Editions

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## A CLOSER LOOK - JAN

- 1 NEW YEARS DAY
- 2 ADAM HARPAZ live from 4-7pm  
JUNKYARD BBQ serving from 3-7pm
- 5 KIDS DISCO
- 9 OOOZ live from 4-7pm  
SOUTH AMERICAN STREET FOOD serving from 3-7pm
- 16 NELSON & JASPER live from 4-7pm  
SEAVICHE serving from 3-7pm
- 22 TRIPLE J HOTTEST 100
- 23 HARRY NICHOLS live from 4-7pm  
UGLY DUMPLINGS serving from 3-7pm
- 26 AUSTRALIA DAY
- 30 SARAH GRANT live from 4-7pm  
BUN BUN KITCHEN serving from 3-7pm

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# Long-termers Still Going

We had a little chat to some of our long term advertisers to see what they could observe about the town and the role of the magazine over the years.



Patricia Bakker of Taxpresso commenced advertising in the early days, and continues to support *The Wave* despite an overflowing client base. It's her way of contributing to the community via the magazine which is just another part of making 'Lennox the most fabulous place to live and work any day of the week'.



Janine from the Bream Hole says 'The Wave has always been great advertising for local businesses. When I first started there was only take-away in town. The sit-down cafe and dining type eateries were really only weekends and night times. And celebrity spotting didn't exist, although the shop did once feature in a Cotton On fashion shoot.'



Andrew Mulcahy and Tracey Hamilton from Mulcahy Lawyers have been advertising from the start.

Says Andrew, 'We always felt that *The Lennox Wave* was a great way to keep in touch with the community. We also like to contribute articles pertaining to legal issues, to help people understand their rights.'

'Since 1995 when we opened we've watched the town grow. Property prices boomed and a lot of young people were forced out of town. With the release of land in the Epiq Estate, some of them were able to get back in.'



Kent Shay from LJ Hooker says '*The Wave* is just a really good community-minded publication and one the community actually reads. We have people coming in all the time asking for it. And of course we're part of the community so we want to support something like this.'

'Change over the years? Well you don't see too much rust in the cars in the main street any more.'

'Of course there's been a massive influx into town over the last two decades, but I think it still has that village feel about it. I mean they might not be all exactly the same faces, but they are still smiling.'

  
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# Property Pandemonium

## Watching property prices go off the richter

It's a cliché now and, no doubt the talk at the pub and barbecues. The story of the property explosion in Lennox Head and other regional coastal towns, is one that *The Lennox Wave* has watched with interest.

Local solicitor and conveyancer Adam Gibbs from S + P Lawyers remembers that even in the late 90s, 'Lennox was still a sleepy little village and Pacific Parade was just a row of shacks.'

'The place got very busy at Christmas and Easter, but at other times of the year not much was happening, and everyone who had a job had to go to Lismore or the Gold Coast to work. There were very few professional jobs here—and not many tradies back then.

'We saw blocks selling at the bottom of Montwood Drive for \$30,000.

'I think the NBN was the biggest influence on the town's growth. It meant that people could work remotely and that created the boom.'

Elders Real Estate Principal Michael

King, who started his career at Elders with Don and Judy Ironfield in 1997, recalls life as a real estate agent without mobile phones or internet.

'We used to take photos with a small instamatic camera and then take them to the shop to get hard copy prints made. We'd always get two sets printed—one for the window of the agency and one to send away to the newspaper for the advertising.'

'We've been lucky to benefit from this incredible property boom. We've been blessed to raise a family here.'

Says Lois Buckett, 'I've never seen anything like this growth in my 30-year career. Not only have we witnessed a steep increase in prices, but that increase has been sustained.

'COVID has pushed people out of the cities and made competition for regional property increase. Stocks are low and people are hesitant to sell because they fear they will not be able to get back in.

'So some locals have been able to take advantage of the situation, others are hanging on, and some are being forced to move.'

Kent Shay agrees that the growth has been 'quite unbelievable, especially over the past two years.

'History has shown that it can't keep going, but it's always going to be a place that people want to live. So prices will remain high.'

Below: Lois Buckett Ad from December 2005



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**WE HAVE MOVED!**

## Memory Lane



Left: It's fitting that a couple of our local surfing legends were on the cover of our first ever issue. 18 years later these two still live in lennox and still live the surfing dream.

Right: For decades Condon Hill (the hill to the west of the Allens Parade Ballina Street intersection/ now roundabout) has been on the agenda. It has recently sold, so all eyes will be on what's in store for that prime position in future. And apparently, vandalism just never goes away.



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Phone: 6686 6785





Left: A warning, 'Lennox To Grow'. Well, we weren't wrong there.

There's not much more to say about it, except this was the first public alert about what is now known as Epiq, Lennox Head's first suburb.



Right: Some issues never die. The one way street was a boomerang, that reliably kept coming back.

However, now that the Lennox Village Vision has been approved and is being carried out this year and next, we can be confident that Ballina Street will remain two way. For now!



Left: In 2014 we were excited to launch our new magazine design, but all our plans to make a big deal about it were lost in the smoke of a close call with fire. There have been more that have come way too close since then.

Right: Later that year (2014) we had a wave photography competition in honour of our name. The response was so overwhelming that we decided to showcase lots of the amazing waves on one of our favourite covers.



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## Lennox Head VIEW Club

At the November meeting of the Lennox Head VIEW Club the members celebrated the Melbourne Cup by dressing for the occasion with hats and fascinators.

There was also a table displaying hats, fascinators and gloves some of which were worn by members to special occasions in the past, and were modelled by Gail Smith. The table decorations were pineapples dressed as 'ashions on the Field and at the end of the meeting these were auctioned off to eager members. During the meeting members voted to make a donation to The Smith Family's Christmas Appeal whereby 30,000 disadvantaged Australian children will receive a gift voucher to ensure they receive a Christmas present.

The guest speaker was Jenny Ellenbroek from Paradise FM radio who spoke about the twenty year history of the station and how in the year 2000 when it started operating the not-for-profit organisation had very little money for equipment which was mostly second-hand or borrowed. Paradise has grown to be the voice of the community, supported by it's sponsors and delivering a music program enjoyed by so many. In thanking her, Margaret Pfeiffer said, 'If you listen to Paradise you feel part of the place'.

Lennox Head VIEW Club meets for a luncheon meeting on the first Monday of the month at the Lennox Head Cultural Centre. VIEW is a leading women's national volunteer organisation,



providing the opportunity for women from all walks of life to meet regularly, have fun together, establish lasting friendships and help disadvantaged Australian children through supporting the work of the children's charity, The Smith Family. Lennox Head VIEW Club supports three students, enabling them to get the most from their education through assistance and support from The Smith Family's Learning for Life program.

New members and guests are always most warmly welcomed. For enquiries please ring Enid 0407187511 or Dawn 0466 717 435.

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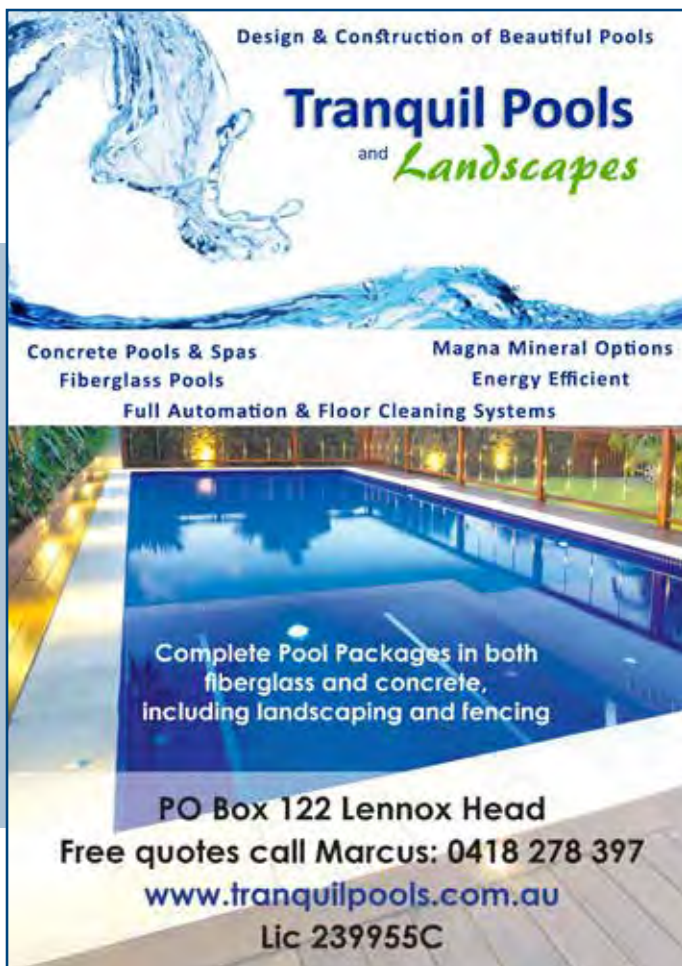
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# Lennox Head Lions Club

BY CHRISTINE STORES

Congratulations *Lennox Wave* team on your 200th issue. Lennox Lions has always appreciated your support and appreciates the valuable contribution the magazine makes to our community. Wishing you ongoing success.

The 2022 calendar developed with input from Lennox Head Heritage Committee has been a huge success. Sales have already benefitted Lennox Head Public School P & C and the Lennox Head Heritage Committee. We know the P & C will put their \$1,200 to good use for the benefit of our kids and the Heritage Committee needed some seeding funds to get our Centenary celebrations up and running. Many thanks to our sponsors and especially to the Lennox Head Post Office and Terry White Pharmacy.

Don't forget to pick up your Christmas cake or pudding at one of our participating local venues or online at [lennoxheadlions.com/cakes](http://lennoxheadlions.com/cakes).

The annual John Mitchell Golf Day will be held on 12 December. If you haven't booked in your team yet call Byron Bay Golf Club. In conjunction with the day

there is a great raffle with first prize being a choice of a BBQ from Barbeques Galore or two nights accommodation at the Ramada in Ballina.

Over the Christmas holidays you might find us in our trailer at Reflections Caravan Park providing our usual BBQ fare to hungry campers and day trippers alike.

Club Lennox has given us the opportunity to set up our BBQ trailer at the Club during the ham raffles on each Tuesday evening leading up to Christmas, commencing 30 November. We will have available sausage sizzle and steak sandwiches. While you are there why not buy a ticket in the annual Pete's Barrow raffle, a wheel barrow full of Christmas goodies. You can also get tickets in this raffle at Lion's stalls at IGA and Epiq on Saturdays through December.

In early November we ran our Melbourne Cup Trifecta Competition and the lucky winner was Marie Spinks from Lennox Head. Marie bought her ticket from our stall outside IGA and Treasurer Don Hurley happily handed Marie her



winnings. Congratulations Marie.

Phew! It will be busy. Over Christmas Lions members have increased family and holiday commitments and we occasionally fall short of volunteers. If you are a local club and are in a position to lend a hand on one of our BBQs (for a share of the profits) please let us know. Ph 0421 734 222. All of these activities will allow us to once again look for ways in which we can address needs within our community.

Lennox Head Lions wishes everyone a Merry Christmas and a Happy New year. Come and see us at one of our BBQs over the summer break.

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## Karlosophies

KARLY NIMMO

Wow. End of another year, eh? Where did this one go? The last two years have felt like a time warp. We've been in some kind of void of time and space. It reminds me of my experience throughout the first year of motherhood. Time flew, but also seemed to take forever. I remember looking back at Facebook memories and almost found myself wondering who that un-sleep deprived person was and what life was like. But it was just me, pre-children.

Recently, I've seen memories pop up of two years ago, back in the 'good old days' of 2019. A memory of a fundraiser at the Community Centre for Rafiki Mwema. Hundreds of women sitting together in groups: laughing, chatting and hugging. I mean, masks? We'd just never. It wasn't a thing. And social distancing would have seemed like such a foreign, bizarre and unbelievable concept.

Yet, fast forward just a few short months and we'd all be holed up in our homes with the kids in the front yard, cooee'ing at 10am so we could feel somewhat connected to each other. There was driveway dinner trend and the drive by birthday celebration. None of which we could ever have anticipated as we moved unknowingly through 2019.

When we are kept apart, I'm always surprised at how it can bring us together in unique ways.

During the very early days of the pandemic, I had a conversation in an online community, where we were throwing out predictions of when this thing would be over. The most scary timeline was September. I thought I just can't imagine it being that long. Yet here we are, nearly two years on and still in it.

The lessons of the past two years have been tough and valuable for me. I've learned patience (well, in some areas) and to let go of the need for certainty. It's been a rough couple of years for most of us, that's for sure.



As we round out this year, I'd like us all to take a moment to reflect on any good that's come out of this rough ride... before we go trying to forget it existed and putting all our hopes and dreams in the 2022 basket. Whilst COVID continues to separate us I'm hopeful that, just like in the early days of the pandemic, we'll find creative ways to come back together and thrive.



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## Home Alchemy

EMILY J ROONEY - THE HOME ALCHEMIST

Here's my top five gift ideas (supporting local) to nourish your home & heart.

### Low Tox, High Vibe Home Cleaning @abbiesalchemy

Premium plant powered and refillable cleaning solutions, lovingly handmade in slow batches in Byron Bay by Abbie herself. Not only are these products a visual and sensory delight, they are super effective and will transform the mundane act of keeping house into a ritual of love. The glass bottles and branding are so divine you'll want to feature them not hide them away and yes they are even super powered with either citrine or rose quartz crystals.

### Sustainable, Ethical Home Decor @steviesstallandco

Handmade home decor pieces (wreaths, plant hangers and wall hangings to name a few) made from recycled cotton, denim, hemp, jute and bast fiber (polished egyptian flax) AND with a tree planted for each creation! Kristy is not only a powerhouse crafter but she is such a consistent supporter and advocate for other local business owners, it's really nice to give her a sneaky shout out!

### Home Crafted Keepsakes @mykindclub

Popular Carve+Connect friendship ring workshops by Roxanna from My Kind Club are now available as carve-at-home kits. What does all this actually mean? Essentially, you can purchase a gorgeous home crafting kit which contains instructions for carving your very own friendship ring. You carve your

own design into wax, it is sent away for casting and around four weeks later you get your very own, original 925 sterling silver ring infused with your intentions.

### Customised Festive Gift Bags @the-beachpeople

Bring the spirit of Christmas home with gorgeous festive gift bags by iconic Northern River's based Australian luxe beach brand - The Beach People. A cotton drawstring bag featuring a hand-illustrated (native) wreath and space for custom lettering of your children or loved one's names. These gift bags make great Santa sacks under the Christmas tree and are a lovely eco option to traditional wrapping as they can be used year after year.

### Self Care, Inner Home Pampering @resonatetherapy

Ultimately, the last thing most people need is more stuff. A self care experience is one gift that can have far reaching benefits without adding to the clutter! Danielle Gigante of Resonate Therapy is a successful massage therapist, energy healer, meditation instructor, crystal sound bowl healer and workshop facilitator, who truly walks her talk. She offers a wide range of healing treatments either at her Lennox Head clinic or your location. Let's face it after the last couple of years who wouldn't love to feel pampered and more at home in themselves?

This festive season, I'll be giving thanks for the gift of being HERE surrounded by so many inspiring women doing their bit to make our world a better place.

## Surf Sisters

SPONSORED BY SURF GETAWAYS



### Caroline Brandelius

#### Where are you from?

Sweden, from a little town called Västerås.

#### What do you do when you're not in the water?

Making vegan chocolate bars at Loco Love and running after my two little boys Harry and Max.

#### How long have you been surfing?

Eight years.

#### Why did you take it up?

Long time dream of mine and travelling to Byron Bay eight years ago, was the start of the stoke.

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

Good mental health, connection with nature and a home.

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

Go for it. Book a few lessons, get the basics and get out there. The more you get out the sooner your surfing is going to improve. And once you're out in the line up, remember you belong there just as much as anybody else. Have fun and keep it real.



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## Rubbish Tips

BY JEANIE MCKILLOP, COORDINATOR, NORTH EAST WASTE

### Reduce your Festive Footprint

Christmas is a time of giving, sharing and creating memories with family and friends. It's also the time of year we tend to go a little overboard; buying gifts, food and other festive items we didn't really need or that were bought purely for the purpose of 'having something to give'.

It's not only about the money spent on unwanted gifts or uneaten food though - the pressure on our environment increases dramatically during this time with the amount of waste generated. Indirectly, the resources used to grow or create an item, process, package and transport it to the shop shelves and then home are also wasted.

On average, our waste increases 30 per cent during this so called 'Silly Season' with wrapping paper, packaging, and uneaten food being the main offenders.

So, before joining the mad rush take a moment to consider your options for a waste-wise Christmas and reduce your festive footprint.

Make a list and check it twice

Is this item wanted or needed? Can I avoid waste with this item choice (eg. packaging), or re-use / recycle the waste that comes from it?

### Presents:

- Opt for experiences over stuff - movie tickets, restaurant vouchers, memberships and annual passes.
- Upcycle, repair and re-gift.
- Choose an item you really need and others can contribute
- Make a charitable donation in lieu of gifts.
- Buy second-hand Secret Santas

### Food and drinks:

- Make a list and stick with it!
- Buy locally and the freshest available so it lasts longer.
- Think of meal portions per guest when planning food for the day.

- Let guests know whether they can bring food and what to bring.
- Correctly store and use leftovers
- Don't use disposable plates, cups and cutlery.

### Decorations:

- Have some fun making your own this year from recyclables or natural items. Check out [greenglobaltravel.com/recycled-christmas-decorations-homemade-gifts/](http://greenglobaltravel.com/recycled-christmas-decorations-homemade-gifts/) for inspiration.

### Gift wrapping

- Use christmas stockings or sacks rather than wrapping each gift.
- Make your own wrapping paper (eg. use children's artwork).
- Re-use bags or Christmas wrap from previous years.
- Avoid using wrapping paper that cannot be recycled such as foil or plastic coated paper.

From all of us at Council and North East Waste, we wish you a very Merry Christmas and Happy New Year.



## BALLINA'S SOLAR EXPERTS



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## Green Turtles on Seven Mile Beach

That's right folks, they're here, Green, Hawksbill and Loggerhead turtles are all locals around Lennox Head and guess what? - they've been here for more than 100 million years.

You'll often see Green turtles swimming in the Boat Channel and the Bream Hole but you might be surprised to know that they sometimes nest on Seven Mile Beach too. If you're really lucky, you might just see their tell-tale crawls on the sand because they generally nest at night between November and January.

The Queensland coast and the Barrier Reef islands are their usual haunts but they've nested here before and in 2020, 19 sites were located on the Far North Coast, so there's a good chance they might nest again this year on Seven Mile Beach.

Hatching occurs from January to March and it's an uphill struggle from the get-go for these tenacious little reptiles. First, they must pry their way to the surface through soft sand (this often takes hours), then orient themselves toward the sea, run the gauntlet of predators and avoid the baking summer sun. Problems lie everywhere. Birds, goannas, foxes and wild dogs all take a toll. Off-leash domestic dogs also pose a problem.

Four-wheel-drive vehicles also present a hazard. They can easily destroy an entire nest so it's vitally important to stay well away from the foredune. Even deep tyre tracks can obstruct hatchlings causing them to crawl along the tracks rather than directly into the sea. And then there are the sea predators and floating plastics; it's no wonder only



one in a thousand hatchlings make it to reproductive age.

And here are some other interesting facts about Green turtles:

- Their eggs are ping pong ball-sized
- They don't reproduce until 40-45 years old
- Female hatchlings emerge from warm nests, males from cool nests
- Some turtles come from as far away as the Solomon Islands, PNG and Noumea
- They can stay under water for two to three hours
- Their fatty tissue is pale green due to the chlorophyll in the seaweed they eat.

And, a few friendly Green turtle tips. They don't like being disturbed while laying so please stay well away if you see one. Keep four-wheel-drive vehicles well below high tide level or better still, consider not driving on Seven Mile Beach between November and March. Youngsters emerge between January and March, so leash your pooch before it pounces.

Green turtles can only survive and return

to Seven Mile Beach to nest again if we consider their safety first. After all, it's their beach too.

If you're interested in volunteering to help protect Green turtles, contact Holly at: [turtlewatchnsw@gmail.com](mailto:turtlewatchnsw@gmail.com) or Australian Seabird Rescue in Ballina.

### Landcare dates for Dec

(8am till 10am)

If you'd like to join us, please contact us (details below), or simply turn up to one of our working bees. Please note LHLC take a small well earned break over the holidays and regular working bees resume in February.

Wed 1st: Lake Ainsworth – eastern side, car park opp surf club

Wed 8th: Boulder Beach – Coast Rd car park

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

For further info please see [www.lennoxheadlandcare.org](http://www.lennoxheadlandcare.org), email

[lennoxheadlandcare@gmail.com](mailto:lennoxheadlandcare@gmail.com), phone Shaun on 0448 221 210 or find us on Facebook 'Lennox Head Landcare'.

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# Ocean Rhythms

STEVE SHEARER

As you've probably noticed with all the wet stuff falling out of the sky, our running commentary on the possibility of La Nina returning this summer has now been made official by the Bureau of Meteorology. For our corner of sub-tropical NSW that has meant a series of troughs and a mostly onshore pattern with small, weak surf. In other words, nothing at all to get excited about.

Small windows of cleaner conditions have been getting fewer and further between in amongst the general onshore wind pattern and that pattern is likely to continue into the short/medium term. Expect a wet Christmas. If you can adjust the mind-set to deal with scrappier surf the medium/long range forecasts all suggest a fair whack of E'ly swell as tradewind bands set up in the Coral Sea and near South Pacific. These swells are likely to arrive with E through SE winds so to find anything protected will mean tucking in behind a more northerly oriented headland like Cape Byron.

Of course the major curve ball in this scenario is a tropical cyclone. Current sea surface temperature charts show the Northern Coral Sea up into Papua New Guinea and across to the Solomon Islands getting very much like hot pea soup and already some low pressure development is occurring. It's



been a long while since a Christmas cyclone in the Coral Sea but considering the current La Nina it's definitely on the cards. Watch this space.

We're still stuck between seasons as far as fishing goes. The East Australian Current has been flowing, but mostly out wide, with inshore temps still a bit cool to fire up summer species. The rain will provide a minor flush for the estuary which should see fishing improve in the medium term, especially once the water starts to really warm up. A few whiting and dart have been about on the beaches, but better fishing days lie ahead for those species as water warms up, assuming we don't get a flood of course, in which case all bets are off.

Have a great Xmas, till next year, tight lines and tubular visions.



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# Cars Of Lennox

SHAN RAILTON

In honour of the 200th edition of *The Lennox Wave* we're featuring a Japanese import classic, the Nissan 200SX. Only available as a personal import, these cars are rare in Australia and highly sought after amongst enthusiasts. This one, like most of them, has a story.

**LW** – Wow, I haven't seen one of these for a while.

**Nick** – Yeah, they are getting rare. Most of the Aussie ones are either being locked away or turned into drift cars. They have a big demand but short supply.

**LW** – How do you mean locked away?

**Nick** – Like so many collectible cars at the moment the values are rising and these cars are no exception. Being rear wheel drive and powerful people are chasing them for drifting and racing, as well as road cars.

**LW** – So are you going to use this as a drift/race car?

**Nick** – No chance. This car is going to be kept clean. I bought it when I was living in Japan. I went to an auction over there, bid and won. I didn't know a word of Japanese and they didn't really speak English, it took about three hours do do two minutes of paperwork. I then had to store it in Japan for nearly two years before I brought it home. Between storage, transport and import costs I spent a fortune. I guess I was a bit naïve to how it all worked but it was worth it.

**LW** – So it's registered and driven regularly?

**Nick** – Yeah, it has full rego but to be honest I tend to only



drive it on select days, maybe to a car event or a nice country drive to get a few corners under the belt. Maybe I should drive it more but I guess I want to keep the Ks down and not wear anything out. I do get really torn as I love to drive it and love talking to people about it but I want to preserve it too. It messes with my head at times.

**LW** – Ha ha, yes, the unique car owner's struggle. So it sounds like you are keeping it for a while.

**Nick** – Yeah, definitely. It will be mine for a long time into the future.

**LW** – Nice one, we hope that you cruise through Lennox regularly so we can appreciate it too. Thanks for sharing your pride and joy with us.

**Nick** – Yeah, thanks, I will for sure.

Got a car you'd love to see in *The Wave*? Contact us via *The Lennox Wave* website or carsoflennox on Instagram.

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[theblowbarballina.com.au](http://theblowbarballina.com.au)

Under the Ramada

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## On Menopause

JOHN PEACOCK

### The Great Ingrate

I'm trying to be grateful. Maybe it's a phase I'm going through. I've been through a few on my path to enlightenment. If we're honest I had hoped to be enlightened by now, but 50 years old appears to be the tipping point from dabbling to diving in to new practices in an attempt to become more in touch.

In touch with what exactly I haven't worked out but just like the foragers, the hunters and the gatherers from way back in the day, I'm searching for the meaning of life, or at least the sustenance of life or the sustenance to sustain life. I'm lost alright?

I'm keeping a gratitude diary, sometimes. So post-sun salutations and pre-motivational podcast, I'm supposed to be writing down 10 things I'm grateful for. I'm also supposed to be doing some exercise and some interminable practice known as intermittent fasting. It's particularly difficult to be grateful when you're starving to death. By the letter of the law, I should be grateful for hunger because it helps me appreciate the food and drink I will have, after midday and before 6pm.

It's a bit like breaking down by the side of the road and being grateful for the opportunity to just sit. In peak-hour traffic in full sunlight with the air con on the blink and the radio strangely out of tune. It's like being grateful for the job you'd ditch the second you won the lottery. If I won the lottery I'd be grateful. I think if I'm grateful for something that hasn't happened yet, the Law of Attraction will sort me out, through some form of spiritual vibration or other. I was dozing off when I was reading that chapter. Might have been important.

Ten new things every day I need to be grateful for. That's a lot. It's only been two weeks and I'm wondering when it's ok to be grateful again for something you've already been grateful for. It's a tangled web, the old gratitude.

I just hope no one ever finds my gratitude diary, it's not the sort of thing you want other folk to be reading. There's any number of humiliations I'd endure before a stranger knowing just how much faith I'm placing in The Universe picking up on my subliminal gratitude.

On December 4th **VOTE INDEPENDENT** for Ballina

# EVA RAMSEY

## B WARD



Authorised by Eva Ramsey, Fern St. Lennox Head NSW.

As a local for 21 years, I am proud to call Ballina shire home. I was instrumental in the creation of the Ballina Indoor Sports Centre (BISC) and the experience has taught me that a lot can be achieved with hard work and vision.

#### As an independent Councillor:

- ✓ I will always act in the best interest of our Shire, independent of any political parties, putting locals first.
- ✓ I will pursue the continued improvement of our social and economic infrastructure.
- ✓ I will investigate ways to ease the pressure on our roads.
- ✓ I will support the creation of more community events and keep our green spaces green, whilst preserving our North Coast lifestyle.
- ✓ I will support the scientific investigation into our long-term water supply.
- ✓ I will support small businesses to create jobs for our local families.

**"The Ballina Shire is an independent community with its own identity, and it deserves its own voice."**





Keep your dog  
on its  
Lead



The Cycleways and Shared Paths map includes dog friendly areas the whole family can enjoy.

Download at [ballina.nsw.gov.au/exercisingyourdog](http://ballina.nsw.gov.au/exercisingyourdog) or collect from Council or the Visitor Information Centre

Dogs are allowed on Angels Beach, Sharpes Beach, Flat Rock and the coastal pathway but they must be on a lead.

It's a good idea to check the signs in public places to see if dogs are allowed in that location as a penalty infringement notice can exceed \$330.

## Council recognises the importance of exercising your dog and provides seven off-leash areas:

- ▶ Bicentennial Gardens, Ballina
- ▶ Compton Drive, East Ballina + dog agility equipment
- ▶ Gap Road, Alstonville
- ▶ Seven Mile Beach, Lennox Head north of surf club
- ▶ Ballina Heights Estate, Ballina Heights eastern reserve
- ▶ Headlands Drive, Skennars Head drainage reserve
- ▶ The Spit, Ballina

These areas are not for the exclusive use of dogs and their owners. Please be considerate of all other users by bagging your dog poo, then bin it or take it with you, ensure your dog is always under your effective control, responds to your command and remains close to you. Immediately remove your dog if it shows any sign of anti-social behaviour or aggression.

## Dog 'No-Go' Areas:

- ▶ Shelly Beach, East Ballina
- ▶ Lighthouse Beach, East Ballina
- ▶ The Serpentine, East Ballina
- ▶ Shaws Bay, East Ballina
- ▶ Chickiba Lake, East Ballina, north/eastern corner surrounding migratory and shorebirds roosting area
- ▶ Flat Rock reef, Skennars Head
- ▶ Sharpes Beach, Skennars Head, northern end during surf patrols
- ▶ Seven Mile Beach, Lennox Head (south of beach access track located just north of Surf Club)
- ▶ Lake Ainsworth and surrounding foreshore/reserve
- ▶ Fire Trail end of Camp Drewe Road, Lennox Head

The 'no-go' areas are in place because of the popularity of some beaches and the presence of migratory and shorebirds. Don't risk a penalty infringement notice of \$330 by taking your dog to a 'no-go' area.

## Further information

[ballina.nsw.gov.au/exercising-your-dog](http://ballina.nsw.gov.au/exercising-your-dog)

# The three steps to **register your pet**

## MICROCHIP.



## DESEX.



## REGISTER.



Microchipping and lifetime registration of your cat or dog is a requirement under the NSW Companion Animals Act 1998. If your pet is not registered by six months of age, you may be issued with a Penalty Infringement Notice (PIN) which may exceed \$305.



## Dog Of The Month

**Name:** Milly

**Age:** 14

**Breed:** West Highland Terrier/cross

**Best Friend:** Brown dog (hairy toy)

**Favorite food:** Chicken

**If I could be anything else?** Big dog

### Want your dog to be dog of the month?

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

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



## Apartments For Sale

Secure your retirement apartment at a great price advantage - limited offer.

Enjoy the freedom of retirement with the option of care at call in a vibrant and contemporary independent living community.

Your apartment sits on a 25 acre sanctuary, just a stone's throw from first class facilities and minutes from Ballina's centre.

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[www.crowley.org.au](http://www.crowley.org.au)





# Unwelcome Guest

SIMONE MAIN



Recently I had cause to call The Snake Catcher when an unwelcome eastern brown snake decided to sun himself near the rock retaining wall beside my pool.

I contemplated whether to simply leave him alone and hope that he was passing through, but my two kelpies were intent on helping him on his way which I suspected could ended very badly.

Thirty minutes later, I watched from a safe distance as Jack Hogan from Snake Catchers Northern Rivers 24/7, expertly transferred the resistant intruder into a big black bag and assured me the coast was clear. Jack was quite unphased, but I must admit my heart was racing.

Catching the snake was one thing but my next concern was where Jack intended relocating him and whether he would endeavour to make his way back to my yard. I've been told that snakes are territorial.

It turns out that there are many myths surrounding snake behaviour that are unfounded, and Jack was a wealth of information.

For example, I learned that snake 'catching' requires training in the handling of venomous snakes as well as a special license issued by NSW Parks and Wildlife. Snake catchers are required to keep extensive records of the snake species, where they are caught and where they are relocated, all of which is compiled as data on snake numbers and habitat.

Jack's licence stipulates where snakes are to be relocated within a specific radius of where they are caught so that the habitat and food sources are consistent, otherwise the snake might not adapt.

If a snake is found to be injured (most often by domestic cats), Jack takes it to the Byron Bay Wildlife Hospital for treatment before releasing it back in to the wild.

The most reassuring aspect of my conversation with Jack was that snakes do not possess 'homing instincts', in fact they can't even hear.

Their forked tongue flicking in and out tells them the direction in which there is food or water and that's about as complicated as it gets. If they are released where these are abundant then the snake will happily take up residency there and not venture elsewhere until it's time to find a mate.

Ultimately what I came away with was, that although a reptile might not be a cute, cuddly animal, they nonetheless play a vital role in the ecosystem and, as such, deserve our respect and conservation efforts.



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## Vet Watch EVAN KOSACK

### Christmas Message For Pet Owners'

Well its time for my annual list of warnings about the silly season and its impact on our pets. Whilst there is always a vet available at emergency facilities, it's best to minimise the likelihood of unintended visits or last minute checkups if possible.

**1** Make sure all pets have effective and up to date tick and flea prevention. By this I mean a product recommended by a vet and is applied as directed and within the advised time interval. Any homeopathic, acoustic tag, herbal product or similar that claims to prevent tick paralysis will be worse than useless.

**2** Make sure all pets are up to date with their vaccinations. We see a lot of kennel cough brought into the area in the holidays. Cat flu is also more common when cats are mingling in spring and summer. Canine Parvo disease is more common in summer, and it's a devastating disease that can be easily prevented. Most boarding establishments won't accept pets not vaccinated at least 10 days prior to their stay.

**3** Don't get caught out by pets coming into heat or getting pregnant due to misjudging their maturity or season. Don't wait till the last minute to desex your pets.

**4** Make sure you're on top of any recurrent or seasonal problems such as skin and ear issues, and that you are up to date with any chronic meds such as heart medications. It's awkward to try and sort out ongoing complex issues at the last minute when a lot of vets are closed.

**5** Prepare for the anxiety that many pets feel with an influx of noisy visitors, especially children and other visiting pets. Many pets don't cope well at all and may need medical assistance and need a safe area where they can find refuge from the crowd.

**6** Make sure pets are identified, microchipped and registered, and that all contact details are up to date.

**7** Don't let pets roam anywhere, anytime. Dogs should be leashed at all times (except in designated areas or your own property). Apply harnesses and leashes properly. A loose leash that hangs around a dogs neck like a string of pearls (this is a classic) is pretty useless, as is a knackered old leash that snaps at the first sign of excitement. Cats should be kept

indoors at night to minimise their predatory behaviour and contact with disasters such as cars, feral cats, snakes and cane toads.

**8** Be aware of the potential dangers of pets ingesting various objects and poisons. Dangerous substances include grapes, raisins, saltanas, onions, garlic, chocolate, fatty meals and scraps, large quantities of ham, cooked bones, cannabis, ibuprofen, human prescription medications, macadamia nuts, rotten garbage etc. Xylitol is an artificial sweetener found in many sweets, ice cream, cakes etc and it is lethal to dogs even in small amounts.

Pets (especially young ones) are also fond of eating wrapping, ribbon, fish hooks, string, toys, spoons, kebab sticks, undies and socks. Keep an eye out for potential disasters!

**9** Be aware of the risk of cane toads, insect bites, allergies, and snake envenomation especially in the early evenings. Summer is a peak time for all these things, as well as unusual injuries such as eye ulcers from running onto sharp grasses or insects like stink bugs and back injury from enthusiastic holiday activity.

**10** Watch out for heat stroke—especially common in short-faced breeds, overweight animals, or elderly pets. It can kill a pet in 20 minutes and its devastating and difficult to treat. Keep your pets cool, don't leave them in cars and avoid exercising your at-risk pets at the middle or end of the day.

**12** Watch out for old, slow, deaf pets when visitors arrive. These are the guys that have a kip under the car and get run over when everyone is waving goodbye and backing down the driveway after a Chrissy visit.

**13** Think ahead to avoid potential trauma from meeting unsavoury dogs on off-leash beaches, sharp objects, fishing boxes, inappropriate food and bones left lying about, unusual exercise leading to injuries (eg chubby middle aged dogs going for a run on the beach and rupturing their cruciate ligaments), falling off decks, running onto sharp thrown sticks etc. All these things seem to increase in holiday time.

Hmm that was a jolly old message. There is a 24-hour service available over all the holiday season, shared amongst the local vet clinics, the North Coast Emergency Vets, and Animal Emergency Service.

Have a safe and Merry Christmas!



7/48 Ballina Street (off Park Lane)  
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Open Monday to Friday 8.30am - 5.30pm, until 6.30pm on Mondays and Thursdays Saturday 8.30am - 12pm 24 Hour Emergency Service





The feathers, fur and faces of Lennox Head Vet Clinic. Clockwise from top left: Dr Evan with Pepper the black cocky, Dr Kirsten with Rocky, Marjorie the duck drops in, nurse Kylie with Bellman the monitor, and happy nurses at the clinic.



VOTE 1

# Stephen McCarthy

2021

MAYOR 'A' WARD COUNCILLOR

BALLINA SHIRE COUNCIL

My ambition is to improve the community infrastructure, preserve Council investments and to create a stable, progressive and transparent Council.

My mission is to give you my best, all the time.



**Authorised by Stephen McCarthy.**  
**10 Hamilton Street, Ballina 2478**  
**Phone 0435 759 987** <https://www.stephenmccarthy.net>

**INDEPENDENT**

# Monthly Horoscopes

BY PATSY BENNETT [WWW.PATSYBENNETT.COM](http://WWW.PATSYBENNETT.COM)

## ARIES



The solar eclipse on the 4th points to fresh projects and the chance to broaden your horizons. You're going to be busy so make time to boost health. There are truly positive stars at the end of December for boosting your circumstances and career, so be proactive as your ventures are likely to succeed.

## TAURUS



The solar eclipse on the 4th will bring key developments in connection with someone close, and this could mean a change of direction and in the way you share duties or even space at home. Truly romantic stars towards the end of December will delight you and be memorable.

## GEMINI



Your personal life is due an overhaul, so be prepared to see yourself in a new light. Your skills will be in demand and you could boost relationships and your position and status in life. Excellent stars at the end of December will include the chance to enjoy the company of someone special.

## CANCER



The solar eclipse on the 4th signals the chance to add a little fun and adventure into your personal life. Take the opportunity to boost the feel-good factor in your life; you'll be glad you did. A trip, project, study course and romance will all help improve your well-being and health.

## LEO



You are action-oriented and so sometimes you act first and think later. Luckily, in December you'll be thinking first and so can improve relationships. You could turn a corner domestically; you may be ready to renovate, and a fresh décor may appeal. A therapeutic event suggests better times lie ahead.

## VIRGO



Be prepared to consider new ideas and to implement them. The solar eclipse on the 4th points to a fresh understanding with someone close. This may come through learning that they are super-sensitive; or you may feel vulnerable yourself. It is, above all, a healing time, so look for health treats.

## LIBRA



This is an extraordinarily potent time, with developments regarding health and well-being a focus. This is a good time to discuss personal and financial matters to create a solid platform. It's certainly a good time to invest in yourself; you may invest in a new job, fresh diet or a new look.

## SCORPIO



The solar eclipse on the 4th points to a fresh, therapeutic phase. You may be ready to try something new in your work life or health schedule. Be prepared to formulate a new financial budget and avoid making rash decisions both with financial investments and in your personal life.

## SAGITTARIUS



It's all change, especially in your personal life and, if you were born after 5 December, in your work or daily schedule. You'll begin a more outgoing and optimistic phase as this month is therapeutic in the big picture. You'll enjoy a financial or personal boost towards the end of December.

## CAPRICORN



December will present opportunities to be creative at work and in your personal life. If you begin a romance it may be inspiring but potentially unpredictable, so make your intentions clear, especially around the eclipse on the 4th. A meeting towards the end of December will renew your faith in love.

## AQUARIUS



The solar eclipse on the 4th will take place in your career zone and will spotlight changes in your general direction, suggesting you alter your approach to your status. Be prepared to broaden horizons and to optimise investments. You'll appreciate trying something new socially, at work or within your hobbies.

## PISCES



You are ready to explore new ideas and activities and this could even mean a fresh job or a new direction. You may experience a financial or personal boost. The solar eclipse on the 4th suggests an adventurous approach will work wonders and travel, study or a legal matter will be a focus.

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# Quiz

**We're inviting you to test your local knowledge this month with a quiz that focuses on facts about Lennox Head.**

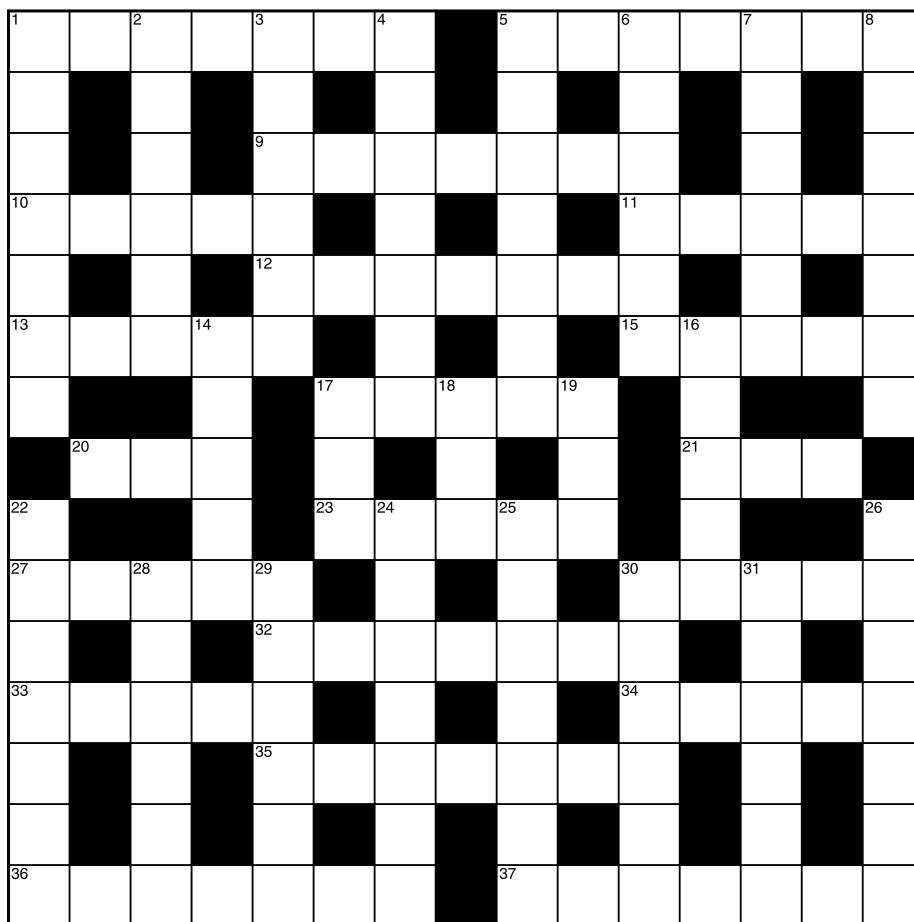
Compiled by Matthew McBurney and Robyn Hargrave

1. Name the Aboriginal land upon which Lennox Head is situated.
2. Adjacent to which reserve is the Aboriginal Area of Lennox Head located? And what ceremonial structure can be viewed?
3. Which Anglo-Celtic settler of Lennox Head is the tea tree lake named after?
4. What year was the inaugural Lennox Head Estate Land Auction?
5. The locality of Lennox Head has grown to a human population closest to how many thousand?
6. The road intersection adjacent to The Lennox Hotel connects which three streets?
7. What is the colloquial name for the circular metal bump in the roadway at this intersection?
8. What is the northernmost institution in Lennox Head that can be travelled to via Pacific Parade?
9. Approximately, how many kilometres is Seven Mile Beach one-way, via the sand from the Bream Hole right up to Broken Headland?
10. How many ocean channels were originally constructed south of Ross Park?
11. Which Marine Park defines uses of the sea at Lennox Head?
12. What was the first name of the pub/hotel?
13. What year was a proposal for a ski-jump near the tea tree lake successfully rallied against and rescinded through the grassroots community protesting?
14. In what month and year did an ocean water spout turn into an on-land tornado, impacting houses in Lennox?

Sources: Lennox Head Heritage Committee, Google Maps, lived experience, miscellaneous Internet search results

Find the answers on page 6.

# Crossword



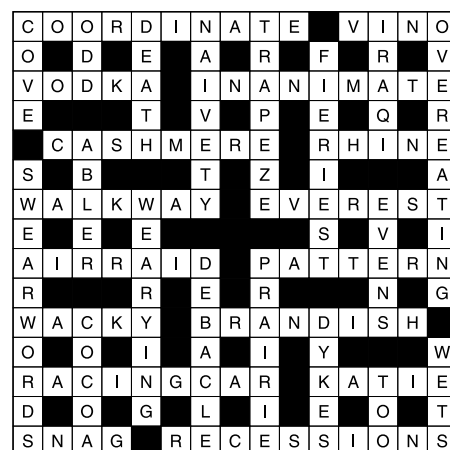
## ACROSS

1. Enviously resentful
5. Ironworks
9. Baby's disposables
10. Scallywag
11. Underground stem
12. Come to understand
13. Beach hills
15. Kitchen cooker
17. Wet
20. Metal pen-point
21. Mark, polka ...
23. Coated (with mud)
27. Rectangular courtyards
30. English racecourse
32. Mesmerised states
33. Poet, ... Allan Poe
34. Mantra
35. Vienna is there
36. Passed (of time)
37. Slim

## DOWN

1. Stolen-car trip
2. Pellet rifle (3,3)
3. Possessors
4. High singing voice
5. Pixies
6. Irish province
7. S African city
8. Deeply desired
14. Receded
16. Tot up (3,2)
17. Hamburger, Big ...

18. Squid fluid
19. Actor, ... Danson
22. Compress
24. Accumulated
25. Repeat performances
26. Nonprofessional
28. Actress, ... Lansbury
29. Belts
30. Jailbreak
31. Moved to & fro



**Last Month's Solution**  
© Lovatts Puzzles

# Lennox Head Public School

## Kinder Orientation

We had Kinder Orientation last week. It happened every Tuesday for three weeks straight and last week was our last one. The future kinders came and we split them into four different groups. While they were there they did lots of activities, drawings, art, sounds, songs etc. Thank you to all the Yrs 5 and 6 who helped make these days a success. We are all so excited for the 2022 kindergartens to start next year.



## Returning to school

All students from Yrs 1-6 at Lennox Head Public School in 2022 will be returning to school on Tuesday 1 February. Kindergartens are doing their Best Start Testing all of that week and will start school on Monday 7 February.

## Book Parade

After a long five weeks in lockdown and having to cancel most of our major events, it was great to hear that our school could finally have our book parade. We dug out our costumes and had heaps of fun marching, singing and dancing around the school cola. It was fun to represent our favorite books. A big thank you to Mrs Blair for organising the fun day.



## Congratulations to all students who are completing Year 12 in 2021.

The HSC results and/or the pathway that you have undertaken does not define who you are or what you do. This may have seemed like a difficult year but your resilience has shown that you have the power to succeed in whatever journey you undertake.

Teachers across the state continue to provide quality education for all students learning in public education. There is every opportunity for students to succeed now and into the future.

The Lower Richmond New South Wales Teachers Association acknowledges the Indigenous nations that assisted in your education. We understand that the land your school stands on always was and always will be Aboriginal land.



NEW SOUTH WALES  
**TEACHERS  
FEDERATION**

Authorised by Maxine Sharkey, General Secretary, NSW Teachers Federation, 23-33 Mary Street, Surry Hills NSW 2010.



# Lennox Head Community Preschool

How quickly this year has flown. Here we are at the end of another year, farewelling most of our wonderful two-day children off to big school. Some families have been with us for two, three, four and even five of their children and this is the final one!

This term we have been so busy with school orientations, Talk Like a Pirate day, Dress in Rainbow for Rafiki. Our Christmas shop has been busy with all the little elves creating special presents for their families. We finally visited Seabird Rescue and learned how we can help care for our environment and work towards helping our turtles, birds and local animals. It is also coming into that time of year when we bring spare clothes and enjoy everything water play to help keep us cool!

We were able to hold our annual fathers' nights in smaller groups this year. It was really special watching the children adopt the role of teacher for the time, sharing their Preschool with their Dad and making them do all the hard work. Watching the Dads try to get through the tunnel on the obstacle course is always

a highlight.

Thankfully with some changes to restrictions we have decided to go ahead with a small Christmas concert this year for families.

This year brings an end to some very influential people to our Preschool. Sarah Saunders the Preschool's Public Officer will be finishing up after many many years involved with the Preschool. We would like to thank Sarah and her family for their support over the years.

It will also be the last year for our President Ros Orlanno. Ros has been our President for 10 years (her youngest daughter is about to head off to high school). We would like to thank Ros for her hard work, time and dedication in leading the Management Committee over these years.

Last but not least—after 20 years at Lennox Preschool, Miss Jannette has also decided it is time for her to retire and be a Nanna. She would like to thank each and every one of the children and families she has had the pleasure of sharing in their Preschool journey over the years.



We would like to thank Jannette for leading our tight-knit team. Many of us would not be on the journey we are on today if it weren't for her influence, support and wealth of knowledge.

Finally we would like to thank the Management Committee of 2021 as well as all our families. We wish everyone a safe and happy Christmas and School holidays.

What does  
***your*** Ballina Shire  
look like in 2032?

Ballina Shire Council is reviewing the 10-year Community Strategic Plan (CSP) on behalf of the community.

To develop a new CSP we need your feedback to get an insight into the community's vision and goals for the future.

To get involved please complete the **online survey** at **[ballina.nsw.gov.au/CSP2032](https://ballina.nsw.gov.au/CSP2032)**



**ballina**  
shire council

## Ballina Coast High School

Congratulations to the new captains Nic O'Neill, Keira Schenke, Ellie Bowles and Owen Green. They have been elected from a quality field of nominees. The role of student leaders at the school is many and varied. They represent at numerous official functions inside and outside of school hours. Working with the Student Representative Council the captains bring a student voice to the running of the school and community. Recently the captains honoured all Service personnel when they conducted the Remembrance Day ceremony at the school. We thank these young people for putting themselves out to represent the students, staff, school and community.

We have a lot to look forward to in 2022. It will be the MADD 10-year anniversary which will be a huge show. This will be followed by an end-of-year, all-star-reunion special. Both these

shows in the wonderful Performing Arts Space should not to be missed.

Students and staff are organising many different excursions to complement the syllabus requirements. These include going to the Snowy Mountains, travelling

through north-west NSW, possibly flying to Japan, participating in the many sports tournaments and extra curricula activities that provide opportunities for students to be out in the community.

We wish all families and the community a safe and joyous summer break.



## Wellbeing at Work

First Light Healthcare, as a leading provider of in-clinic and onsite health, safety and wellbeing services, can help local employers, employees and their insurance providers prevent occupational-related injury and illness, and improve employee engagement, productivity and performance.

We work with you to tailor health and safety programs for your business, and can also assist with the management of Workers Compensation claims.

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- OH&S auditing and compliance reviews
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### First Light Healthcare - Byron Bay

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# Holy Family Catholic School

As part of their homework during Term 3, students from Year 6 at Holy Family Catholic Primary School were asked to design a brand new village for athletes to train, eat, rest, connect and play, as they prepare for the next big worldwide sporting event. They were asked to consider the needs of the athletes as well as ensure their village is as sustainable and planet friendly as possible.

Students then entered their designs into The Good Village competition run by Nestlé Australia and the Australian Institute of Sport.

Last month we received some very exciting news. The following students have taken out three of the major awards in the competition:

Dominic Gilhooley - National Overall Winner in the Yr 5/6 section.

6 Yellow Class - Awarded a Major Prize as 12 of the students' entries were shortlisted.

Riley Campbell - First place in the Yr 5/6 section in The Good Health category.

The students have won cash prizes for the school (to be spent on sporting facilities and equipment), will their winning design featured on The Good Village website, and receive a certificate, and a virtual Q & A mentoring session with AIS ambassador Cameron Girdlestone, Australian Olympic Rower.

Pictured Top right: 6 Yellow Class, bottom left: Riley Campbell, bottom right: Dominic Gilhooley





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## Trojan Talk

BY BUNGERS AND SCOOP

Fergus Gillan, a member of the Trojans Under 16s has been rewarded for an outstanding season of rugby with selection in the Waratahs Under 18s squad to attend a training camp in January.

Along with 12 of his Trojan teammates he was in the FNC team that won the country championships and he was named Forward of the tournament.

He also got the opportunity to play for Sydney Uni at the State Championships where he played some quality rugby and was named Best Forward in the Uni team. Unfortunately the Country campaign was curtailed because of COVID.

At the end of Term 3 Fergus was a student at Ballina Coast High but after a frantic school holidays, he has just started at TSS on the Gold Coast.

Fergus is 6"5' and 87kg at present, having played No 8 for The Trojans,

NSW Country and Sydney Uni in a busy 2021.

However, we believe that TSS and the Tahs have plans for him in the row!

All of the Trojan Family would like to congratulate Fergus on his achievements.

The Trojans also welcomed new Super Rugby team Fiji Drua to Lennox Head this month.

They will be based at the Lake Ainsworth Sport and Recreation Centre for the next eight months.

A trial game has been set for Ballina at the end of January ahead of the Super Rugby season.

Feel free to say hello to the players and staff if you see them around town over the next few months.

It's an exciting opportunity for the game across the whole region and we're lucky to have access to a Super Rugby franchise on our doorstep.



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homes**

LIC NO. 238408C



# Football Club Needs Volunteers

LHFC needs new committee members as several of our present members are retiring this year.

The AGM will be held at Club Lennox on Tuesday, 7 December, 2021 at 7.30 pm and hopefully senior players and parents will attend. Please consider taking on a position to help our fast growing club. All positions are vacant. Further info can be obtained by calling 0414 683 023.

From only five teams in our inaugural year 1978 to 74 teams in 2021 we are now the largest club on FNC. Our facilities have been upgraded over the past few years and are enjoyed by many. A big thank you to all our past committee and volunteers who work tirelessly throughout the year to bring fun to our kids.

Also to thank you Nathan from Pizza and Pasta who has donated pizzas to the junior players over the past three years.



# Pirates Stay Strong

NICK ASSER



After a long awaited return to the field, the Lennox Head Pirates Cricket Club has had a strong start to the 2021/2022 season across both senior and junior grades. 1st Grade won their season opener against Marist Brothers in a thriller coming down to the last over and had the bye in Round 2. 2nd and 3rd Grade both started with a loss in Round 1 but over the weekend both sides had comprehensive wins. 4th Grade began their season over the weekend showing positive signs with a great team win over the Ballina Bears.

In junior news the U/12's Buccaneers and the U/16's remain undefeated after 3 rounds into their respective competitions. The U/12's Swashbucklers and the U/14's are both yet to have a win so far this season, but both sides have given their best, going down in some very close in matches.



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## Surf Club News

JODIE ROBERTS

The Surf Club season is well and truly in full swing. We have an impressive 10 Volunteer patrol groups keeping our beach safe every weekend.

We are excited to also have a number of members from across the club completing their Bronze proficiency – everyone who does their Bronze then goes in to a patrol group, which is fantastic for ensuring we continue to have solid numbers on the beach. To add to this, a group of our U14s completed their Surf Rescue Certificate (SRC) back in September – these up-and-coming surf life savers also join our patrol groups.

In Surf Sports, we have an incredibly dedicated team of Seniors training hard every day either on the land, in the surf or in the pool. Their hard work is paying off with some fantastic results at their first carnival in Fingal in November. They'll also be competing in the Lennox hosted Seniors carnival which, at the time of writing, is due this weekend.

We're so happy to also have our Nippers season underway with almost 300 Nippers joining from across the U6-U14 age groups – with a lot of enthusiasm and excitement from all. Our U8s – U14s competed in their first carnival of the season in Yamba enjoying sensational conditions. The results and sportsmanship amongst all the Nippers was incredible.



Lastly, we also wanted to congratulate our Nippers and Seniors who were selected in the Far North Coast Branch Development Squad – Abi Matthews, Luke Roberts, Marli Francis, Reuben Sharp, Jayden Matthews, Niamh Sharp, Bede Francis, Luke Bond, Ethan Bayly, Clancy Miller, Charlotte Shepherd, Oliver Sharp, Jackson Bond, Maalik Moston, Lachlan Mahon, Maisie Miller, Patrick Thompson. They will all have a fantastic opportunity to go to Newcastle to compete in the Hunter Branch Carnival as well as the Kracka Challenge hosted by Swansea Belmont SLSC in early December, we wish them all the very best.

beef & beach  
STEAK & SEAFOOD

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LENNOX HEAD, NSW 2478

# ESPRESSO HOUR

NIGHTLY— 8PM - 9PM

**\$12** ESPRESSO  
MARTINIS





# All Girls Boardriders

BERENICE AND RENEE

Off the back of 2020 and all its uncertainty, 2021 was at least showing promise to be an epic year for All Girls Surfriders Club. The first three club rounds were blessed by stellar conditions with an abundance of clean face waves and warm sunshine which in turn allowed for some epic surfing results for everyone.

Come May, we packed our cars with tents, boards and dreams of catching perfect waves and headed to Arrawarra for our annual campout. It did not disappoint either, once again we had plentiful, fun waves and a great time was had by all who made the journey south.

Then came June and Rona put an end to all our fun once again. Due to the NSW State Government Public Health orders, we were then forced to abandon our June, July, August and September rounds, which was bitterly disappointing to say the least.

In October restrictions were eased a little




but only for the double vaccinated and it was decided by the committee that instead of running a potentially, minimal attendance club round, we would hold some coaching and judging sessions instead. All who attended walked away with plenty of stoke and hopefully a couple more skills under their belts. A big thanks and shout out to our legend coaches Serena, Jane and Ben for their time, patience and knowledge.

Here we are, it's November already and by the time you read this, we will have just held our final club round for 2021 as well as a small presentation. Prizes were awarded based on the best three results from the five club

rounds we were able to run this year. Congratulations to all our winners and award recipients.

All Girls would like to thank all our members for your understanding and support throughout this crazy, disrupted year. We are hopeful that we will be able to hold the full quota of club rounds next year allowing us plenty of opportunities to surf and celebrate our 30th anniversary. We certainly have some exciting things in store for you all.

Until then, a very Merry Christmas to all, keep an eye out for our 2022 sign-on in January, stay safe and we hope to see you in the surf.




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# Lennox Longboarders

WAYNE BOOTH

Lennox Longboarders Club is 25 years old this year, so this is a bit of a history of the club briefly.

Lennox Longboarders was founded in 1996. With no longboarding club in Lennox a handful of guys got together to form the Club. Today it's still going strong as ever. Present numbers in our ranks are above the 40 mark. Regular social occasions and regular competition days keep the group doing what they love, surfing longboards.

The First Club Round was held on the first weekend of August 1996. Two heats were surfed plus a social round.

The Club in 1997 held its first annual event. The Lennox Longboard Classic, surfed for 22 years on the first weekend of August. The last event was held in 2019 in its 22nd year. It has grown into a valued longboarding event on the east coast of Australia.

Unfortunately COVID ceased operations for the Club in 2020, but in 2021 we have got back to nearly full operation.

We decided to resurrect an annual comp to replace the Lennox Longboard Classic, called the Ripcurl Lennox Longboard One Dayer. It was scheduled for 19 September, but postponed again due to COVID. We have rescheduled to 20 March 2022 (Take 2).

Club rounds are now the second Sunday of each month, to work in with our local surfing fraternity, Ballina Malibu Club, LeBa, and The Allgirls Surfriders.

We as a club keep up our profile, supporting many charitable organisations over the years, including Cancer Council, Disabled Surfing Association Westpac rescue Helicopter and the local Surf Lifesaving Club at Lennox.

Lennox Longboarders Club has been involved in setting up the Gromfest / Skull Candy and Allgirls Surfriders events. We have



also enjoyed participating in the Love Lennox Festival Board Swap events.

We have honoured our passing members, Paul Hicks, Peter Edmonds and Mick Young.

We love our Club because of surfing, longboarding and mateship and our lifestyle here in Lennox.

2021 brought us a connection with the Local Healthy Minds Club and we hope this association continues into 2022.

Thanks to all our sponsors over the years. Our new Club trailer displays our valued sponsors on the back.

A very Merry Christmas to all in Lennox Town and a safe Festive Season.

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