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Photo: Charlene Armstrong

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I can hardly believe that I'm going to say this: I'm retiring!

It came around so quickly. One day I was a young graduate who did pretty well in English, but who hardly dared hope she might actually make a 30-year living out of words.

Next minute I'm at the end of that career, putting my pencils away and hanging up my press hat for the very last time.

When Milt Barlow bought the business from me last year, we knew that this would be a year to consolidate his part and find someone who could fill the editorial role.

We both felt it would be best if we could find someone who not only had the skill set, but was also a local who knew the town and appreciated its special nuances. We looked around, and who should walk into the radar? Natalie Grono. Perfect.

I've known Natalie for many years, mainly for her award-winning photographic skills and her friendly smile. Her images have been on the cover of the *Wave* several times (she actually took this photo of me above), and she is a Lennox Head woman, with friends and connections far and wide, from the local public school to All Girls and beyond. And it just so happens she is also a qualified journalist.

I'll shut up about Natalie. But I will say I'm thrilled, because I can walk away now knowing that it's all in safe hands. Milt is growing the business and Natalie will be here on the ground searching for stories and putting her own stamp on the magazine.

So please make her welcome.

My last issue will be next month, March 2022.

I'll talk to you then.

Helen

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Acknowledgement of Country

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

Cover photo credit: Charlene Armstrong

Want to see your photo on the cover?

Email your submissions to editor@thelennoxwave.com.au.

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Lennox Head Residents' Association

BY ROBYN HARGRAVE

January is the one month of the year we do not hold a meeting although the Committee continues its operations behind the scenes.

The Association invites new and existing members to nominate for Committee and Executive positions for 2022. Our AGM is on 7 March and we keenly seek residents of Lennox and Skennars Heads to join us as our town moves into exciting times this year. There is much planned, with continuation of Lennox Village Vision works, consultation for Lennox Head Strategic Plan, re-establishment of North Creek Road and Bridge connection to Ballina and the Coastal Management Plan. We work actively with Ballina Shire Council to ensure concerns of residents are raised in a professional manner.

Lennox 2022 Centenary reflects 100 years since the first Lennox Head Estate Auction was conducted in the village, then defined by Pacific Parade, Ross, Stewart and Rutherford Streets. The Association supports Centenary events and encourages residents to engage, learn a little of our 100 years and invite friends and family to Lennox Head for the feature weekend of 9-11 December.

Association subcommittees: Coast Care, Friends of Lake Ainsworth (FOLA), Boomerang Bags and the Heritage



Committee do not take a break either and can be seen out and about repairing and caring for the environment, holding sewing bees, snapping photos and circulating heritage information.

B Ward Councillors. We are pleased to welcome new Councillors Kiri Dicker and Eva Ramsey and continue our on-going relationship with Cr Jeff Johnson and new Mayor, Cr Cadwallader. We look forward to seeing our representatives at Residents' Association meetings.

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 or facebook at Lennox Head Residents' Association.





Something **BIG** is coming!



The new owners of Macadamia Castle and our team on site are working on some big changes over the next few months, including upgrades for our wildlife throughout the sanctuary, as well improved café offerings. We are SO excited and can't wait to share more news with you all.



To stay up to date with changes, new wildlife, new menus, competitions and exciting events, sign up to the newsletter by scanning the QR code

Please be patient with us while we work through these upgrades
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Temporary One-Way Traffic Starting in March

BY BRAD POLLARD, TREASURER LENNOX HEAD CHAMBER OF COMMERCE

One way traffic during Lennox Village Vision renewal works

Trading conditions in Lennox CBD are about to get ever tougher as works continue on the town centre renewal project. In order to complete the works in the shortest timeframe possible, traffic along Ballina Street will become one-way from north to south. Park Lane will remain open to two-way traffic. Motorists not planning to shop in town are encouraged to use Park Lane or the Coast Road.

These traffic changes are planned to commence in March and are expected to continue until November. The southern part of town will be the first to have their works completed. As the southern section is completed Council will then work on the central and northern sections of town.

Please continue to support our local small businesses through this very challenging time.

Chamber News

Surfing Santa Winner. \$300 to spend in Lennox!

Congratulations Leigh Webber and Nicky Tulp pictured below - winners of the summer holiday surfing Santa competition.

The prize being \$300 to spend in any Lennox Head business of their choice.

It's been terrific seeing people jumping on the surfboard and snapping a festive photo over the holiday period. The promotion will help all our hard-working local businesses that depend on a strong holiday period. The Lennox Chamber

would like to thank the team at Ballina Coast and Hinterland (Ballina Shire Council) and the creative team at Armsign for funding and producing the Surfing Santa installation.



The rollercoaster continues

Things look up for business and then it takes another unexpected turn. The resilience and commitment our local small business owners are showing is remarkable. There must be a special sauce

being shared amongst business owners in Lennox Head. How do they do it? Despite all the twists and turns, they're still smiling, they're sticking together too. To all our local businesses, thank you for doing what you do. As you're there for us, we'll be there for you too. Next time you're about to drop another payment on an online order, ask yourself whether you can #SHOPLOCAL



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Commitment From Labor For Lennox Vision Funds

Local MP Justine Elliot and Shadow Minister for Housing and Homelessness, Regional Services and Local Government Jason Clare visited Lennox Head last month to promise that an Albanese Labor Government would invest \$1.5 million to build the final portion of the Lennox Head village upgrade.

This \$1.5 million dollar commitment will complete the Lennox Head Village Project by funding stages 2 and 4 including improvements to Ballina Street and Lennox Park as well as stormwater and pavement reconstruction and installation of street furniture and landscaping.

'Lennox Head is one of our most beautiful coastal villages, and this upgrade will continue to uphold the feel of Lennox we know and love, while providing infrastructure improvements for locals,' Justine said.

'We know that visitor numbers in Lennox Head are increasing as more people are drawn to this stunning location – but as that happens across the region, we need to ensure that our locals are catered for and looked after in their own towns.

'I congratulate Ballina Shire Council on the design and commitment to the Lennox Head upgrade and I am pleased that an Albanese Labor Government will deliver \$1.5 million to complete this important project.

'These infrastructure upgrades come in addition to the funding of local infrastructure I have secured for Lennox Head,

including the Lennox Head Cultural Centre and upgrades to the schools, clubs and community groups,' Justine said.

'Justine Elliot is a passionate advocate for her community, especially for important local projects like the Lennox Head village upgrade,' said Jason Clare, Shadow Minister for Regional Services and Local Government.

Pictured below from left: Lennox Head Chamber of Commerce Treasurer Brad Pollard, MP Justine Elliot and Minister for Housing and Homelessness, Regional Services and Local Government Jason Clare



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Australia Day Awards

Congratulations to all of the Ballina Shire Australia Day Award recipients and, in particular a couple of Lennox Legends. We'd like to throw a bit of extra respect their way.

Citizen of The Year

Maria Matthes

Sporting Achievement Award - two awards

Tyler Dogan (Joint winner)

Veronica Silver (Joint winner)

Arts/Cultural Award - two awards

Ballina & District Historical Society (Joint winner)

Sue Belsham (Joint winner)

Senior Citizen of The Year

Barry Fiedler

Volunteer of The Year

Jo Parker

Community Event of The Year Award - two awards

COVID Crisis Meal Centre (Joint winner)

Dementia Inclusive Ballina Alliance (Joint winner)

Environmental Award

Ballina Shire Kerbside Garbage Collectors

Young Citizen of The Year

Eli Carr - from Lennox Head

Eli is a quiet achiever who is passionate about supporting local organisations and charitable causes. He is a full-time paramedic student at Griffith University and part-time baker at Lennox Head IGA.

Eli ran 200km in a month to raise \$8,000 for 'The Healthy Minds Club', a local organisation that encourages men to seek help for mental health issues. He was also part of a team who raised \$45,000 during the 2021 Starlight Children's Swim Challenge, and he has helped to collect surfboards for a donation to kids in Vanuatu.

Born and bred in Lennox Head, and a member of the Lennox Trojans, Eli has developed a reputation as a quiet, local legend.

Pictured top: Eli Carr

Pictured right: Tracey Everningham Armstrong who was nominated for Senior Citizen of the Year and received a Community Recognition Statement from Parliament Legislative Assembly.



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Landmarks Of Lennox—The Markets

BY ROBYN HARGRAVE



From the 1980s, Lennox Head has supported its community markets. Initially set up on the southern road of Lake Ainsworth only on the 5th Sunday of the month, they grew to be one of the most popular on the regional market circuit, extending along the eastern road and also operating on the 2nd Sunday. With fresh produce, plants, flowers and original, unique artisan works, the Christmas markets provided endless gift items.

Long term flooding of the eastern road over a number of years and especially December 2012, meant the markets relocated to Williams Reserve¹ where they met with varied success. Many of the artisans continued to sell their pieces and new marketeers commenced. Fresh produce abounded, together with food outlets, musicians, seating and shade tents, jumping castle and pony rides for children. However, the site is

1. Final Lakeside Market, Nov 2013
2. Market on South side of Lake, 2008
3. First new market at Williams Reserve, 2022

subject to prevailing winds, particularly during winter, and can be warm in summer.

After weeks of cancellations, the Managers, Westpac Helicopter Rescue Service, declined to renew the contract and since COVID-19 social distancing restrictions implemented in 2020,² Lennox Head has had no Sunday market. However, the team who manages Byron Community Markets³ has been awarded the contract and the first new style market was launched on 9 January.



Sources: ¹Minutes Ballina Shire Council ordinary meeting 24.10.2019 p128; ²Minutes Ballina Shire Council ordinary meeting 24.11.2016; ³*Daily Telegraph* 7.12.2021 <https://www.dailytelegraph.com.au/news/nsw/lismore/lennox-market-returns-in-2022-with-new-management-team>.

Photos: 1. By B Muller; 2. By M Milner LHHC F1:844, 3. By R Hargrave.

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

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Council to Investigate Flood Mitigation Measures for Ross Lane

The catch phrase 'Is Ross Lane Open' is widely known in Lennox. That's because after a few days of steady rain it is usually flooded in a small section adjacent to the creek.

Council currently has over \$4 million in grant funding for works on Ross Lane including widening the road.

Ross Lane is a major regional road that links Lennox Head and the Coast Road with the Pacific Motorway and our hinterland villages.

At last month's Council meeting on 27 January Councillor Jeff Johnson moved two motions to improve conditions on Ross Lane.

1. That Council receive a report on how the section of Ross Lane that continually floods can be raised to prevent regular flooding.

2. That funding options for the completion of this work also be provided, including grant funding opportunities.

The motion was passed unanimously.

According to Cr Johnson, 'When Ross Lane floods it causes major disruptions for our community to travel to and from work, and also prevents emergency service vehicles which could have serious health and safety implications. The only other way is to go through Ballina, which is already struggling to cope with the traffic, particularly during peak hour periods.'

'I was a bit concerned with the proposal for these regional roads to be 'handed back' to the State Government that the much needed works would be delayed indefinitely.

At the same meeting Cr Johnson also moved 'That Council include the Environment and Sustainability Committee as one of our committees moving forward, after the staff report recommended discontinuing it.'

The motion was passed.

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Welcome To The New Mayor



After 17 years' service as a councillor, Sharon Cadwallader has been elected Mayor of Ballina Shire, becoming only the second woman to ever hold the role. So who is our new Mayor, and what are her aspirations for Ballina Shire?

The early years

Sharon grew up in the little beachside village of Stuarts Point, and spent much of her early years in Kempsey.

She began her career as a dental nurse in Kempsey, a job she continued when she moved to Sydney's Northern Beaches. She later joined the Health Department to work out of a mobile clinic at schools across the Blue Mountains and Southern Highlands.

Sharon's journey as a small business owner was influenced by her father. As a 12-year-old she worked in the family business making hamburgers, teas and coffees, where she was coached on how to set up her own business.

After marrying and moving to Sydney, a stint working at Ryde Hospital, and a sales rep job, Sharon set up her own laundry contracting service. In time she became a single parent and found herself raising three children alone. This was when she met her number one supporter, and husband, Bruce Cadwallader.

'He had two children, and I had three. My life started to open up like a rose

petal when I met him,' says Sharon. 'He's by far my greatest supporter. If he wasn't by my side I couldn't do what I've done all these years.'

One of Sharon's brothers lived in Ballina, so she and Bruce would often holiday locally, staying at the Leisure-Lee Holiday Apartments.

'We ended up loving it so much we bought them [the apartments]. It was our get-out-of-Sydney card, and now we've been here for 24 years. Together we share 11 grandchildren.'

A step into politics

After moving to Ballina and becoming a local business owner Sharon was encouraged to join a range of local committees and became executive officer of the Ballina Shire Chamber of Commerce. During her time at the helm she was able to significantly boost memberships to over 300 members, started the Ballina Shire Business Awards, initiated the Business After Hours events, and for a time held sports awards. Sharon was also involved in the then State and Regional Development Main Street Programs which kick-started the Ballina CBD upgrade.

She was supported and encouraged to get involved in local government by a former councillor.

Sharon was elected to Ballina Shire Council in 2004. At this time, she was also regional manager of Australian Business Limited (known today as Business NSW), and later took on the role as director at Summerland Credit Union.

She was awarded Ballina Electorate Woman of the Year in 2005 and in 2013 received the Minister's highly commended award. In 2014 she was awarded as the Elected Representative from a Rural or Regional Council.

She has also been a civil celebrant for many years, a role she says she still enjoys to this day.

Over the past 17 years as a councillor for Ballina Shire, Sharon has represented the community on numerous committees and taken up many leadership roles

including Chairman of the Australian Coastal Councils Association, Deputy Chairman of Rous County Council, Chairman of the Richmond Tweed Regional Library, B Ward Chair, Far North Coast Bush Management Committee and delegate to the Ballina, Alstonville/Wollongbar and Lennox Head Chambers of Commerce as well as 17 years spent on the Essential Energy Customer Council.

On being Ballina's new Mayor

The December 2021 campaign was Sharon's fifth election, and her fourth time running for Mayor.

'I'm not a quitter, I wanted the position of Mayor to fall into safe hands. Ballina Shire is going very well and I want to keep it that way. This is not a time for massive change and reckless spending... it's time to be circumspect, to get the basics right and keep building on the great services council provides.'

During her term as Mayor Sharon says she will be focused on working with state and federal governments to tackle major issues such as water security and the housing affordability crisis; planning and building solutions to parking and traffic problems; protecting our shire's natural environment, especially our beaches and waterways; supporting businesses to create job opportunities for future generations; while continuing to get the basics right, such as road maintenance and rubbish collection.

'My leadership style will be bottom up not top down, inclusive not exclusive, so that everyone gets a fair chance to represent the community that elected them, not just the Mayor,' says Sharon.

'I want to see less regulation and more facilitation and education. I think it's important that we continue on as a respectful council and keep the good reputation that Ballina Council has enjoyed over many years.'

Women Mean Business

As part of the Sourdough annual theme, Collaboration for Conscious Business, the Sourdough Business Women Ballina committee mapped out the year's events to explore aspects of what collaboration for conscious business means to us and women in business throughout the Ballina Shire.

Our first hub for 2022 is focussed on Compassion, and is at the heart of a collaboration between two local businesses – a marketing agency (Barefruit Marketing) and a charity for traumatised children (Rafiki Mwema).

What place does compassion have in the world of business; where most are looking for performance through the bottom-line? While compassion is not unique to women, it is often not far from the surface of what women bring to a business environment. So our February event will explore the ways a business can show compassion when a charity comes knocking. And answer the question, how can working with a charity fit into your business venture?

This is a great opportunity to speak to two business owners who have seen growth and expansion in their businesses (one commercial and the other a charity) while opening their hearts and wallets to a traumatised community in desperate need.

Come join us in conversation with two incredible, compassionate local business women, Sarah Rosborg and Claire Harding of much loved local charity, Rafiki Mwema; a safe house for traumatised children in Kenya.

In this conversation, Sarah and Claire will be joined by Sourdough Business Women Ballina board member (and personal friend of Sarah and Claire), Felisimina Jom to explore how we



balance compassion and empathy with business.

Together, they'll cover: the origins of Rafiki, how Sarah's drive for business was founded on being able to give, what compassion means to them in the context of business, what it takes to have the courage to put your values into action, how Barefruit and other corporate sponsors work with Rafiki, how to cultivate relationships with influencers and brands that benefit a bigger picture, what it's like to work with a volunteer workforce, how you can support a charity in your own business

About SBW Hubs:

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



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March For Rafiki

Lennox Head has quite a few legends, and Rikki Petrie and Sarah Rosborg are just two of them.

Sarah runs charity Rafiki Mwema which supports children who are victims of sexual abuse in Kenya. The stories of some of these children and babies are heartbreaking and Sarah has set up safe houses and support communities in Kenya to care for and heal the kids.

And she's rallied a team of volunteer legends here who support her.

Rikki is the owner of local fitness training organisation Bod Squad - an amazing story of success and determination in its own right. She is an energiser bunny, who never says die.

This story is about how these two women came together to launch an initiative to raise funds for Rafiki.

March for Rafiki is a chance for everyone to be a legend and help raise money for

Rafiki while getting fit at the same time.

According to Rikki, the idea is that participants do something physical every day in March. It can be 10,000 steps, a 10 km bike ride, a 7km run or a 1km swim.

Do one of these every day in March and get your friends and family to sponsor you. All the money goes to Rafiki.

To get people enthused about her project in late January Rikki took a David Goggins Challenge—over a weekend she ran 4 miles (6.4 ks) every 4 hours for 48 hours.

With Council permission she and her supporters camped out at Top Park in Byron and she got up and ran for about 40 minutes every 4 hours.

'I didn't get much sleep,' she says, 'just a couple of hours here and there between runs. Plus we were talking to people about the project.'

'We had some classic encounters with drunks and the sprinklers came on at

3am and completely drenched us. But it was so much fun.'

If you'd like to do something inspiring and healthy and just downright good this March, check out the website and register at

<https://march-for-rafiki.raisely.com/>



Calling on all Northern Rivers women to join forces!

Our goal is to reach 100 women to donate \$1000 with 50% going to projects now, and 50% invested for future generations.

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Sexual Harassment In The Workplace

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

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

Sexual harassment, bullying, discrimination and workplace misconduct are all topics that are very difficult to ignore right now, particularly with the recent release of the Set the Standard report, the result of an extensive inquiry into the culture at Parliament House and its associated workplaces.

Sexual harassment is rife in Australian workplaces

The Set the Standard report identified some alarming findings – 37% of respondents in parliamentary workplaces had personally experienced bullying, 33% of people had personally experienced sexual harassment, and 1% had experienced an actual or attempted sexual assault.

What is Sexual Harassment?

The amended *Sex Discrimination and Fair Work Act*, which came into effect in September 2021. It defines sexual harassment as:

- An unwelcome sexual advance
- An unwelcome request for sexual favours
- Engagement in unwelcome conduct of a sexual nature.

Typically, sexual harassment stems from disrespect and abuses of power. If you feel offended, humiliated or intimidated by another person's behaviour or conversation, particularly if it is sexual in nature, then it's likely that you have been sexually harassed.

At the core of the Sexual Harassment issue is the question of consent.

What to do if you have been sexually harassed.

Depending on the severity of the sexual harassment, because some forms of sexual harassment can be criminal offences, you might want to make a

formal complaint to Police. It's important to do this as soon as possible.

You should also notify your HR manager and/or employer, with as many details as possible to assist them to deal with the incident – as much as you feel comfortable sharing.

Employers have a responsibility to provide safe and respectful workplaces so you should expect that your employer will take action, and will also support and protect you through the process of investigating your complaint.

Whether or not criminal charges are laid, you also have the option to take civil action. You should also seek legal advice so you understand the process involved.

In Australia there are four pieces of legislation which prevent discrimination, including the *Sex Discrimination Act*, the *Age Discrimination Act*, the *Disability Discrimination Act* and the *Racial Discrimination Act*. These pieces of legislation will help you to understand both your rights and your responsibilities within the workplace.



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Plucking Up Courage For Valentines Day

In what now seems a lifetime ago in a world far away, a group of Ballina based senior citizens embarked on a challenge to learn the ukulele.

Due to its size and sweet sounds the small stringed instrument was experiencing a resurgence at the time. Feeling inspired, a group of approximately 20 aspiring local musicians decided to join the movement and began a class at Ballina's University of the Third Age (U3A) to master the craft. Lessons involved attempting to read sheet music and learning to co-ordinate the left and right hands to do different tasks, all while soulfully singing along to tune.

As they say, practice makes perfect and when the students picked up pace they formed a group - the Paradise Pluckers. Out of the 20 members, the majority first picked up a ukulele in 2020 just before the pandemic hit. Things became a little complicated as the group navigated lockdowns but over time they were able to come together to improve on the things they had learnt in class.

A second ukulele club has since formed in Lennox Head. They are called the LeneX MinstrelS (because of where they live) and the fact that members can wander around like the minstrels of old.



Across both groups everyone is 60 years and over and most have been playing for only a short period.

Feeling like it's time to show the world how far they have come, the two Clubs have decided to put on a show - exciting for some, daunting for others.

Resonator Music invites the community to the groups' first public performance. It will be a great chance to see and hear what fun they have and witness how far they have come on their musical journeys. Guests are welcome to bring their own ukuleles to join in.

Bring your loved ones for an early Valentine's Day date and be serenaded.

Details can be found below.



Resonator Music & TUITION
invites you to celebrate

Valentine's Day

Performances by local Ukulele Clubs

- ♥ The Paradise Pluckers (from Ballina)
- ♥ The LeneX MinstrelS (from Lennox Head)

Sausage Sizzle & Raffle drawn on the day:
Makai Ukes

13th FEB
10am - 1pm

Held at Resonator Music,
located at
Ballina Homemaker Centre

Sponsors

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- MAKAI UKULELES
- U3A Ballina/Byron Inc Learning for Progress

Facebook: @resonatormusicshop Instagram: @resonatormusic_ Website: www.resonatormusic.com | Phone: 02 668 11 576 | Address: 26 Boeing Av, Ballina

Centenary Snippets

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

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

Behind the scenes there is a dedicated team working hard on our centenary celebrations. They have prepared a raft of events and educational initiatives to mark the occasion.

These monthly Centenary Snippets are just one of those.

North Creek Public School welcomed its first 31 students in February 1882. The building was situated at the western end of Henderson Lane, which proved a problematical site due to damp and rot. By 1897, the combined school house and teacher's residence relocated to North Creek Road, just south of Henderson Lane and in 1905 a separate school room was operational.



Lennox National Surfing Reserve, an area from the south side of Flat Rock north to the Lennox Alstonville Surf Club, was officially recognised in February 2008. It is acknowledged by National Surfing Reserves Australia and the NSW Department of Lands as iconic and of 'environmental, cultural and historical significance to the Australian surfing culture'.



Far Left: Image from LH Public School Centenary booklet
Left: Surfing Reserve Plaque at Dress Circle Drive, Above: Lennox Head surf breaks by Vic Leto

Source: LHHC



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Coping With Back To School Anxiety During COVID

TRACEY BURNS, TEEN AND FAMILY COACH

Nervous, excited, anxious, relieved. And, that's just us parents! The last couple of years have been tough for our t(w)eens with constant change, lockdowns and uncertainty. For some it's taken a big toll on their mental wellbeing.

Starting a new year, new school, or high school for the first time can be daunting - then add in the on-going pandemic and bam, those big feelings and anxiety are suddenly heightened.

So, what can you do to support your kids in this transition?

1. Open and honest communication

Acknowledge their feelings and help them to unpack their worries, but try not to feed them too much. Brainstorm ways in which they can manage them and develop a coping tool kit for when things get overwhelming e.g. grounding and breathing exercises

2. Lead by example

If you're feeling anxious your t(w)eens will feed off this and it will only fuel their anxiety. Avoid asking leading questions such as 'Are you worried about going back to school?' Instead sit down with them, have a conversation and work through any questions they may have. I always start with asking 'What are you most looking forward to?'

3. Be prepared

Get them into a familiar routine, hello early mornings!! Also, meeting up and reconnecting with school friends helps your t(w)een to see they're not alone in their feelings and builds those crucial bonds and feeling of security.

4. Reframe their negative thoughts

Teens often have negative self talk and self judgment playing on loop inside their minds. Become aware of their negative thought patterns and help them to become self-aware.

Question those pesky thoughts- is that really true?

Change perspective - what else could that mean?

Shift their focus to positive outcomes instead

5. Encourage flexibility

If the last two years has taught us anything, it's taught us we need to be flexible. Giving them as much information upfront about potential disruptions and back up plans helps our t(w)eens feel better prepared and more in control

6. Positive notes of encouragement

In their lunchboxes can work wonders for helping them feel settled and connected. It can be as simple as 'thinking of you today' or 'remember to breathe'.

And finally, be available those first few weeks back to help promote feelings of calm.

ANGELS BEACH DRIVE BANGALOW ROAD





MAJOR TRAFFIC CHANGES AND DETOURS coming soon

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

To enable works to be carried out as quickly as possible, a section of Bangalow Road will soon be closed in both directions. Traffic control and the following detours will be in place:

- **Heading south on Angels Beach Drive** - detour via the industrial estate, turn right at the new Sheather Street connection to access Tamarind Drive and McDonalds/Kerr Street. Access Ballina CBD and Ballina Central Shopping Centre as normal.
- **Heading east (inbound) on Tamarind Drive/Bangalow Road** detour via the industrial estate (Clark, Hogan and Sheather Street) to turn left only onto Angels Beach Drive. Access Ballina CBD via Kerr Street and Fox Street.
- **Heading west (outbound) on Bangalow Road towards Tamarind Drive** - detour via Fox and Kerr Street. Access to Angels Beach Drive/Lennox Head, Ballina Central Shopping Centre and Kentwell Community Centre remain unchanged.

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

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

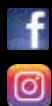
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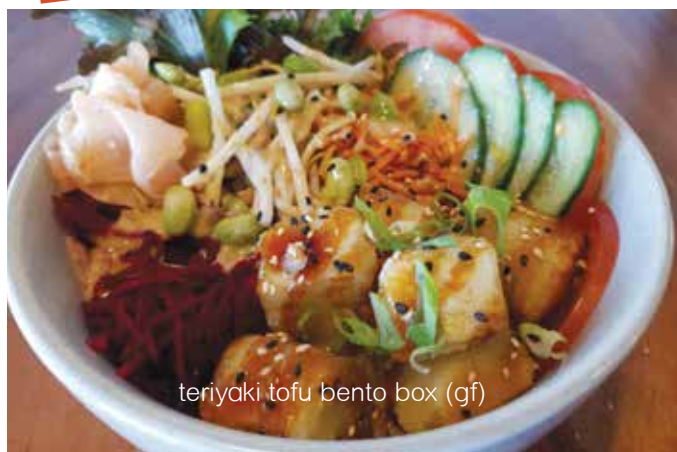
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Revue's yet.*

AUSTRALIAN ARTS REVIEW

FRI 25 & SAT 26 FEB

NORPA PRESENTS

King of Pigs

RED LINE PRODUCTIONS &
CRITICAL STAGES TOURING

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

FRI 11 & SAT 12 MAR

NORPA PRESENTS

French Café

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THEATRE PRODUCTION

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show: a dance-theatre work set
in a French cabaret bar.*

FRI 25 & SAT 26 MAR

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norpa

Lennox Arts Collective



Above: *Solid Ground III* by Miriam O'Grady

Exhibition: In the Raw

Yvonne Fenech, Carol Potter and Belinda Sochacki

28 January - 10 February

Feature Artist Wall Exhibition

Miriam (Mim) O'Grady

18 February - 3 March

On the Way to Platypus Bridge

Mim is interested in the deep connection we have to the environment we move through daily. Her work is inspired by the colours, textures, marks and lines that make up her local landscape. Her work may focus on a minute, almost un-noticed crevice, or leaf on a pathway. It may take in a sweeping vista, or winding watercourse from above as if from a bird's eye view.

These works have evolved because of a deep relationship with a country that Mim has come to know deeply, through the ritual of walking it for many years.

On the Way to the Platypus Bridge is a body of work that has been developed over the past 18 months inspired by Widjabul/ Wia-bul County, Bundjalung Nation.

JUST ANNOUNCED

An Albanese Labor Government will fund the final stages of the Lennox Village Vision.

This includes:

- ✓ Improvements to Ballina Street
- ✓ Improvements to Ross Park

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A Guide to Email Marketing

BY BAREFRUIT MARKETING

We know things are crazy at the moment for our local businesses. It's a big juggle managing staff shortages, implications to supply chains and the ever-changing regulations, but there is one thing you can do to help your business maintain sales in this time, and that's Email Marketing.

Email Marketing is your best friend. It's one of the most effective ways to engage and build relationships with your customers, subscribers and leads. Why? Because you're communicating with people who have already shown interest and see value in your business offering, and because of this they are much easier to nurture and convert into customers (and sales). Email Marketing can provide that extra push to move these people from the start to the end of the consumer journey.

The Golden Rule

Email Marketing is not about you or your brand, it's about your audience. You need to really get in the mind of your target audience and create content you know they will value and with which

they will engage. Keep things simple to begin with and segment your contact list into customers and leads.

With your leads, your communication should give them the information and tools (in a non-salesy way) to make a purchase decision. Maybe that looks like behind the scenes content, product features and/or exclusive discounts. When it comes to your customers, Email Marketing is all about nurturing the relationship and doing what you can to get the most out of their appreciation for your brand, for example, tips on how to care for their purchase, how to use it in unconventional ways, loyalty and referral programs and asking them to leave a review. Top tip: offer something of value to your readers in exchange for an action, for example leaving a review, because if there is something in it for you, there has to be something in it for them.

Automation

If you have a little time up your sleeve (perhaps when you're isolating at home), setting up and automating a series of

emails is the best thing you can do. Create a flow that takes a newsletter subscriber or new customer on a journey to learn more about who you are and the products or services they are specifically interested in. The automated flow means all your new customers and subscribers are regularly reminded about your brand automatically. Remember, the content in these emails must be targeted to the reader (customers and leads need different information).

Reach your readers in their inbox at the right time, with relevant and personalised content in a consistent manner and it's more likely you'll make more sales. Remember, there is a fine balance when it comes to how often you should reach customers on email. Don't be a spammer - touching base with your valuable contact list every week or two is more than enough.

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Book Review

BY A RICHMOND TWEED REGIONAL
LIBRARY STAFF MEMBER

Book title: *The Last Woman in the World*

Author: Inga Simpson

The Last Woman in the World was my favourite read of 2021. This is a story that is poignant with society's fear of infectious viruses. Full of fear and gripping with unbelievable suspense, this apocalyptic thriller is a must read.

Rachel lives a reclusive lifestyle in the Australian scrub. Leaving the confines of the city, she immerses herself in her art, pottery. Rachel is happy and content with her solitude, until one dark night there is a knock at her door. There stands a mother and sick child asking for help, claiming to be the last humans left. They are running from a mysterious death sweeping the Australian countryside, leaving behind illness and desolation. Unnerved at having to open

the door, Rachel offers her a place of refuge. Now Rachel must face her worst fears: should she take up the fight to help these strangers survive in a society she has rejected for so long?

A novel that speaks to current issues of pandemics, Australian country, survival and love between families, *The Last Woman in the World* is a page-turner by NSW-based author, Inga Simpson.

Similar titles that you might enjoy:

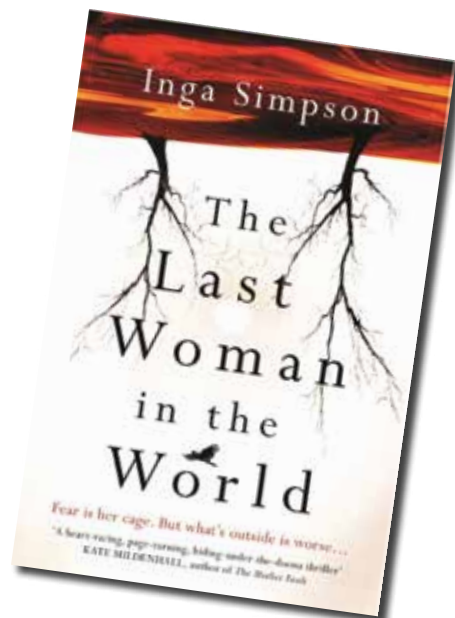
- *Where The Trees Were* by Inga Simpson
- *After the Flood* by Cassandra Montag

February is all things Lovers at the Lennox Head Library. We have a wonderfully creative art display, showcasing our Makerspace groups' COVID creations. See how they have interpreted their time during COVID using textiles, crafts, nature, and food!

Come along and show some love on our Juliet's wall. Write a love note to your favourite book or author, and help another reader fall in love with a

favourite. Feeling creative? Make a paper flower for the wall too. Plenty to do at the Lennox Head Library this February. For more information, give us a call on 02 6687 6398.

Happy Reading.



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TAMARA SMITH MP

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Ballina NSW 2478

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

**THE
GREENS**

Entertainment This Month

At The Movies

Well we are about to head into the Oscars and the big one everyone is talking about is *King Richard*. Some are saying Will Smith delivers the performance of his life as the overzealous father and coach of Serena and Venus Williams. The two sisters were closely involved in the film that covers their rags-to-riches story and is a must see when it opens 3 February.

The coverage never seems to stop on Diana and this month's release of *Spencer* keeps the intrigue coming. Kristen Stewart plays Princess Diana. The film is centered around a fateful weekend that begins the collapse of her marriage. Chilean director Pablo Larrain delivers an intriguing pic in the vein of his Jackie Kennedy bio-pic *Jackie*.

For something totally at the other end of the scale is the 4th instalment of the *Jackass* series – *Jackass Forever*. What is it that draws us to having a good belly laugh at people doing stupid things? In these COVID times we need a good 'don't think about it just enjoy the fun' movie and this is it.

If you're a lover of great thrillers don't miss *Death On The Nile* (10 February). Directed by Kenneth Branagh who also stars as Hercule Poirot in a follow up to 2017's *Murder On The Orient Express*.

The movies are definitely back and other films opening this month include action adventure flick *Uncharted* (17 February). Also releasing 17 February, check out *Dog*. Now this could be a bit of a dark horse, or maybe dark dog, but watching the trailer I think this has got 'hit' written all over it.

Streaming

For me the big one this month is the 4th season of *Ozark* (Netflix). I love this show. The last 30 seconds of Season 3 were definitely an 'oh my God' moment and it looks like Season 4 which is in two lots of seven parts will deliver the goods. Quirky Australian series *The Tourist* (Stan) will definitely get you hooked. *Marvels The Eternals* is up on Disney+. *Fast and Furious 9* delivers on Amazon. If you love the *Fast and Furious* movies this one will not disappoint. The much anticipated *Reacher* series is up on Prime this month and finally after nearly a two year wait the 4th season of *The Marvelous Mrs Maisel* is also on Prime from 18 February.

Live

At our beloved NORPA, *The Wharf Revue: Can Of Worms* plays 25 and 26 February and book early for *King Of Pigs* on 11 and 12 March. At Ballina RSL catch The Fleetwood Experience on 25 February and The Australian Beach Boys on 4 March. The Rooftop Concert is on at The Lennox Head Cultural Centre on 19 February. If you're a lover of The Beatles don't miss this one as it relives their last live performance.

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



BALLINA FAIR CINEMAS

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COMING IN FEBRUARY



King Richard
- Feb 3



Spencer - Feb 3



Jackass Forever
- Feb 3



Marry Me - Feb 10



Death On The Nile - Feb 10



Uncharted - Feb 17



Dog - Feb 17



Cyrano - Feb 24

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

Young Filmmaker Makes The Big Screen

Congratulations to Lennox Head's Marlon Denning, one of two Northern Rivers finalists screening in The SAE FlickerUp competition for filmmakers 18 and under and handpicked from over 120 entries. His film will premiere at Flickerfest in Bondi Beach in February.

The film is titled *The Rock Pool Waltz*. Set during COVID lockdown, it tells how a boy's affinity with nature eases his loneliness and leads to an incredible friendship.

Marlon attends Cape Byron Steiner School, and plans to do something with animals when he's older.

'Yeah definitely, I'd love to own a zoo, or work at a zoo.'

Marlon has already been in touch with BBC nature journalist Steve Backshall, and made it to the top 10 of Australia Zoo's nature photo competition for his photo of a frog, out of 6,500 entries.



After the world premiere of *The Rockpool Waltz* and three other local films at Flickerfest Bondi, they will be screened at Mullumbimby on the Flickerfest tour, where they will share the big screen with over 30 Flickerfest

highlights from Australia and the world and the finalists from the the 17th year of our Byron All Shorts local film competition.

For more details about Flickerfest head to www.iQ.org.au.



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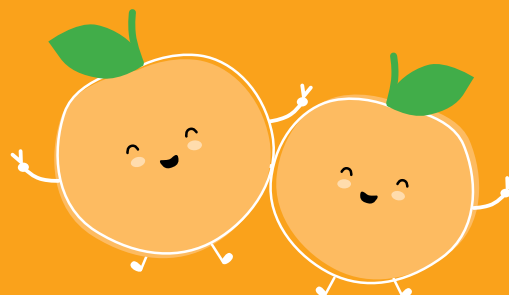
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and the community for your support over the last
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Eva Ramsey Is Ms February

Newly elected B Ward Ballina Shire Councillor

Birthplace: Wagga Wagga

Family: husband Pete, kids Kim, Robert and Brian. Three grandchildren Kyle, Laura and Mia

Star Sign: Taurus

Favourite food: Fresh Garden salad and Roast Lamb spit

According to Eva Ramsey if you come from Wagga Wagga, you're likely to be a 'sports head'.

'Everyone there plays some kind of sport. It's not that there's nothing else to do, but it is a town that thrives on its sporting identity', she says. 'I still think it's important for young people to be involved in sport. It's good for so many aspects of our lives.'

For Eva it was basketball. She played the game at a State League level for many years and coached the Illawarra U16 women's team, as well as Premiership winning teams from Ballina.

She lived in Wagga, Wollongong and then Singleton for 14 years, husband Pete's home town.

During those years she built a career in administration working in Asset and Project management, in the asset services section of the Federal Government, which later included the Defence Housing building program.



After she and her husband decided on a sea change, Eva continued to work in community health, and other health-related roles.

When the couple first came to the Northern Rivers around 25 years ago, they settled at first in Byron, then here in Lennox.

'Lennox Head was incredibly quiet back then', she says. 'We bought this block of land in 1999 and built a house on it. And then we just watched as the town changed around us. It has been an incredible transformation.'

When she retired in 2017, she and Pete took off around Australia, travelling the perimeter of the country, and having plenty of great experiences including farm sitting.

For around 16 years Eva campaigned tirelessly to build an indoor sports centre (BISC). 'When I got here to Ballina Shire. I was blown away by the fact that there was nowhere much for the kids to play any indoor sport. I just really thought it was important, 'We had kids here who had enormous potential, who could have competed at the highest level, who were unable to get the space or support to train. The kids of the area were missing out.'

For her efforts Eva was recognised by NSW Parliament with a Community Recognition Statement for her tireless work and her part in creating the Ballina Indoor Sports Centre at Ballina. She was the only non-official invited to the opening.

'After travelling I started to feel I need something else and from there came the idea to run for Council. I had a passion for helping the community, and I want to be a voice for the people—to ask the questions and get some answers. I do not have a specific agenda, but I do think infrastructure is going to continue to be top of the list as the region grows.'

What's the best thing about your job? Being able to enjoy the people in our community and hopefully making a difference.

Worst thing? Rude people and late people are my bug bears.

Hobbies? Gardening, sport, walking.

Work life philosophy? I have two philosophies: live every day as if it's your last and always give away a smile it's free and usually comes right back at you.



Bouncing Beauties

Big congratulations to local businesswoman and owner of Inner Beauty, Belinda Dunn and her partner Andrew Atkinson, who who became the proud parents of twin boys on 11 January 2022.

Belinda says 'They were in a rush to meet their parents arriving at 32wks gestation and eight weeks early.'

But everyone is healthy and happy.

All of us at *The Lennox Wave* would like to say welcome to Thomas Morgan Atkinson, born at 10:19am, weighing 4lb 1oz and Samuel Patrick Atkinson born at 10:21am weighing 4lb 2oz.

And good luck to Mum and Dad as they face all the challenges and joys of parenthood.



A Day Worth Celebrating

David and Wendy McFadden celebrated their 60th wedding anniversary on 17 February with their family. The long-time Lennox Head residents are now living at Riverbend Leisure Village in Ballina. They met on a Kellyville Teenage Club bus picnic where Wendy saw David sitting by himself without any lunch and offered him some of her rabbit.

They married in Sydney but wanted to bring their children up living a better lifestyle so they moved to Lennox Head 47 years ago. The rest is history. Their children Kim Mullett and Linda Anschau thank them everyday for making the move to this beautiful town.

Their three grandsons, Sam and Lochie Mullett, and Blake Anschau, also wished them a lovely 60th wedding anniversary.



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	tuesday	wednesday	thursday	friday
monday	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25

FEBRUARY

@ club lennox

A CLOSER LOOK

- 5 SIMON MEOLA live from 6-9pm
- 6 OOO live from 4-7pm
- 12 LEIGH JAMES live from 6-9pm
- 13 MARSHALL OKELL live from 4-7pm
- 14 HAPPY VALENTINES DAY
- 19 TWO TEARS IN A BUCKET live from 6-9pm
- 20 JOE CONROY live from 4-7pm
- 26 DAN HANNAFORD live from 6-9pm
- 27 JOCK BARNES live from 4-7pm

WEEKLY

- mondays** - open from 3-7pm
members only happy hour 4-6pm
lucky local raffle drawn 7pm
- tuesdays** - members only happy hour 4-6pm
pool competition 5pm
poker night registration 5:30pm
lucky local raffle drawn 7pm
- wednesdays** - members badge draw 7:30pm
members only happy hour 4-6pm
lucky local raffle drawn 7pm
- thursdays** - trivia night 7pm
members only happy hour 4-6pm
- fridays** - meat tray raffles 6pm
members only happy hour 4-6pm
- saturdays** - live music 6-9pm
- sundays** - live music 4-7pm

saturday

sunday

5



6



12



13



19



20



26



27



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SUNDAY 20th FEB

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BUN BUN KITCHEN

SUNDAY 27th FEB

3-7pm

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VIEW Club

The Lennox Head VIEW Club began its meetings for 2022 with an informal Coffee and Chat morning at Summerland House where VIEW member Lorraine Whiteman was presented with flowers to recognise her 90th birthday which she celebrates this month. Lorraine has been a member of the Club since 2012.

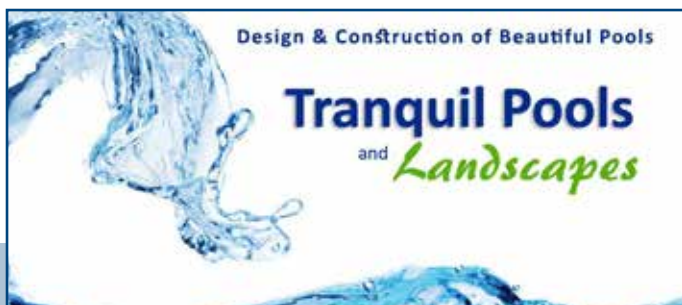
Lennox Head VIEW Club meets on the first Monday of the month at the Lennox Head Cultural Centre at 11am. Members enjoy fun and friendship, a short meeting and an interesting presentation by a guest speaker. A light lunch is served at the conclusion of the meeting.

VIEW is a national women's organisation with 15,000 members in 300 communities which support the education charity, The Smith Family. VIEW Clubs sponsor students through The Learning for Life scholarships that provide disadvantaged Australian children with the tools and support to thrive at school. This help extends to the child's family and community with wrap-around support essential to breaking the cycle of disadvantage. Helping a child to do well in their journey through school brings a lifetime reward for them and their family. Lennox Head VIEW Club proudly supports three children with scholarships.



Above: Lorraine Whiteman being presented with flowers by VIEW Vice-President Val King for Lorraine's 90th birthday.


The first meeting of the Club will be on Monday 7 February and the Club will celebrate International Women's Day on Monday 7 March 2022. New members and guests are most warmly welcome. For more information please ring Enid on 0407 187 511 or Dawn on 0466 717 435.



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Lennox Head Lions Club

BY CHRISTINE STORES

Lennox Head Lions members were very busy during December and January. Our Calendars were extremely popular this year and sold out quickly. The John Mitchell Charity Day was a huge success. We ran our barbeques at Club Lennox on their raffle nights and at Reflections at different times during January and we had our return to the Lennox Head Community Markets.

This meant there was a huge call on our members at a time when many had visitors or were themselves travelling to be with family, so we are very grateful to the Lennox Head Rainbows and The Lennox Head Centenary Committee for helping us out when we needed it. This was a mutually beneficial arrangement. Those clubs helped us out with hands on deck and then shared in the profits—a lovely sense of community.

As a result of those efforts and events throughout 2021, Lennox Head Lions has been able to support the community with a total of \$19,500 in donations to.

- Local family (house fire)
- Can Too (cancer support)
- Ballina Dementia Alliance



Lennox Head, Australia Day 2022, photo by Robyn Hargrave

- Westpac Rescue Helicopter
- Lennox/Alstonville Surf Club
- Ballina Stingrays Netball
- Rainbow Dragon Boat Club
- Xavier College citizenship prize
- Bosom Buddies (breast cancer)
- LH Public School
- LH Heritage Committee
- L.H.F.C. soccer club
- LH Rural Fire Brigade
- Ballina SES
- Careflight (aeromedical)
- Shake it Up (Parkinsons)
- Shark Attack Response
- Festival of Magic.

If you are a local group in need of support for a specific project or for an ongoing need please contact us. We will do our best to assist.

One activity that won't be going ahead this year is the Lions Youth of the Year competition due to concerns over health and safety during the current pandemic. We are hopeful that we will be able to conduct the competition in the future.

If you would like to join our active and friendly group contact us on 0421734222. We meet at Club Lennox on the 1st and 3rd Wednesdays at 6.30pm and welcome new members.

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Home Alchemy

EMILY J ROONEY - THE HOME ALCHEMIST

Zen Master, spiritual leader and peace activist, Thich Nhat Hanh passed away peacefully on 22 January, 2022. Revered around the world for his simple yet profound teachings on life, global ethics and peace, he made Buddhism accessible and brought mindfulness to a mainstream audience.

For as long as I can remember, Thay (meaning teacher, as he was lovingly called by his followers) has been a guiding light in my life. Rather than write about how, I have compiled some of his quotes, my favourites, to let his words do the talking.

You might like to read and ponder one quote per day over the coming weeks. By awakening and realising our own connection to home, we can honour and celebrate Thay's journey home.

Home on Earth:

Every one of us needs a home. The world needs a home. There are so many

young people who are homeless. They may have a building to live in, but they are homeless in their hearts. That is why the most important practice of our time is to give each person a home.

You carry Mother Earth within you. She is not outside of you. Mother Earth is not just your environment.

Each time you take a mindful step you are back in the arms of Mother Earth and are reminded of your true sweet home in the here and now.

Home in Oneself:

Go back and take care of yourself. Your body needs you, your feelings need you, your perceptions need you. Your suffering needs you to acknowledge it. Go home and be there for all these things.

To meditate means to go home to yourself. Then you know how to take care of the things that are happening inside you, and you know how to take care of the things that happen around you.

As you practise building a home in yourself, you become more and more beautiful.

Home in Others:

Once you know how to come home to yourself, then you can open your home to other people, because you have something to offer.

You can't offer happiness until you have it for yourself. So build a home inside by accepting yourself and learning to love and heal yourself.

Everyone of us is trying to find our true home. Some of us are still searching. Our true home is inside, but it's also in our loved ones around us.

When you're in a loving relationship, you and the other person can be a true home for each other.

Inspiration:

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

Beauty is a heart that generates love and a mind that is open.

Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes.



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Rubbish Tips

BY KAREN RUDKIN, NORTH EAST WASTE

Illegal Dumping Is Not OK

Many people don't realise that putting household or commercially generated waste into a public place bin is considered illegal dumping and there are good reasons why this activity should be avoided.

Public bins in parks, reserves and streets are provided for the people using that space, so placing household or commercial waste in them is likely to result in overflow, littering and less capacity for those using or transiting through that area to dispose of their own 'away from home' waste responsibly.

Council already increases the servicing of some public bins during busy holiday times, to account for increased use. Allowing them to be used for household or commercial waste would impose unfair costs on local residents, cause unattractive and dirty public spaces and threaten our region's waterways and wildlife.

What's even more of a problem is when unwanted items are dumped on the street. This is never ok as it poses a significant and unnecessary cost to the community to remove and can be a health hazard to both people and wildlife. The dumping of household mattresses, white goods and furniture account for 60% of reported incidents in the region but there are plenty of

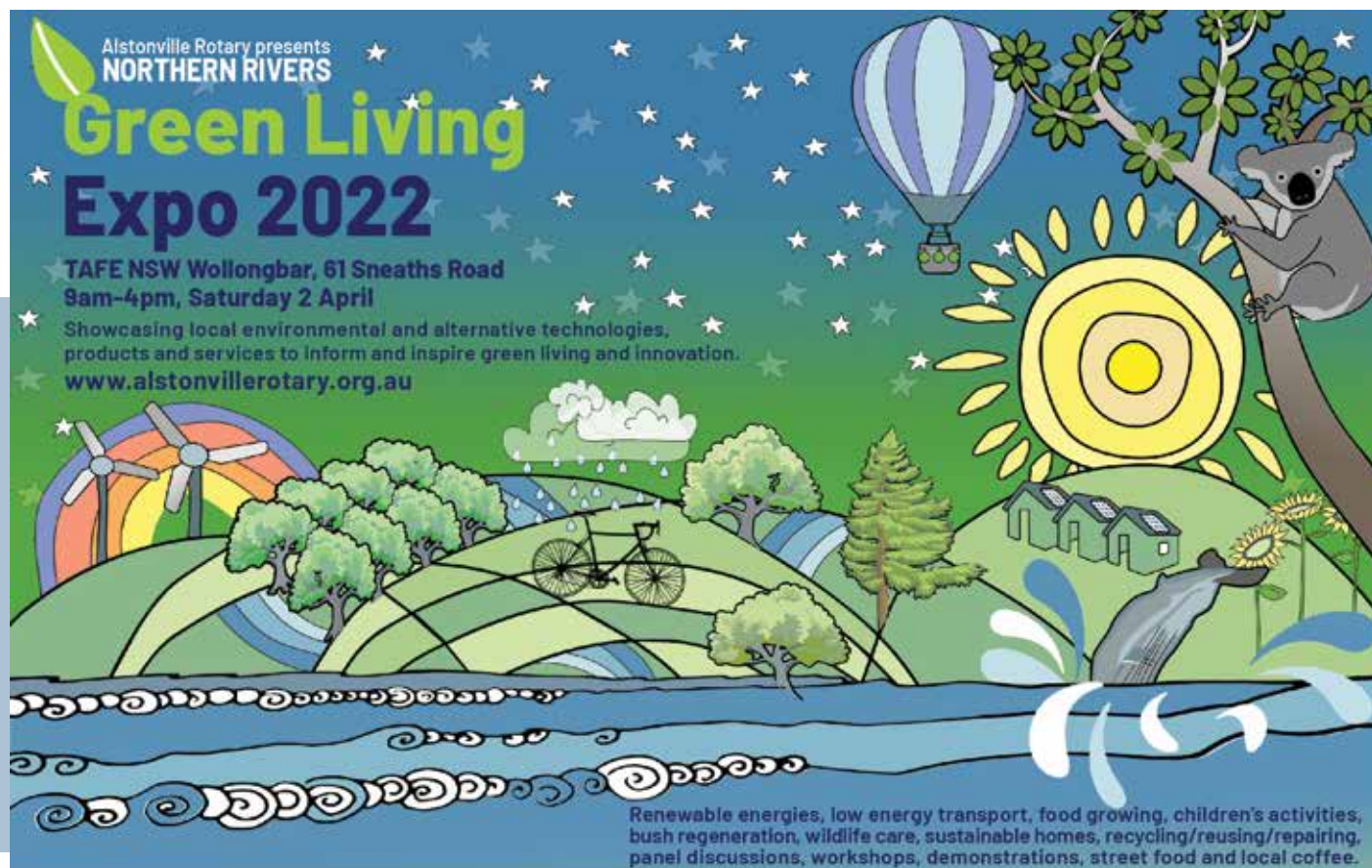
ways to dispose of unwanted items responsibly and help keep our streets and open spaces clean and safe.

If your items are clean, in good condition and operational:

- Hold a garage sale or sell or give them away online at Gumtree, eBay or a local Facebook page
- Give them to friends or family, or donate them to a local charity but only if saleable (not stained, dirty or broken). Think! If you wouldn't buy it, probably no one else will.

If your items are destined for landfill – damaged, dirty or just not saleable, take them to Ballina Waste Management Centre, where many items can be recycled for free including e-waste, light globes/tubes, batteries, gas bottles, oils, paints and smoke detectors. Find out more at www.ballina.nsw.gov.au/waste-management-centre

If you see dumped waste, please report it at www.ridonline.epa.nsw.gov.au or contact Council on 1300 864444. The sooner reports are received the more chance there is of finding and fining those responsible and it will also assist in a speedier clean up.



Lennox Head Landcare

STORY BY S WEB



So, have you heard of Sue Williams? No? That could be because she's been hiding in the Australian bush her entire life. Her story however, is a fascinating tale of a truly dedicated woman devoted to Australian flora and sharing its wonders with the rest of us.

At 70 something years old, Sue's passion for plants remains strong and it all started back in Grade 5 at Hastings Primary School in Gippsland, Victoria when she first caught the ecology bug.

Sue's mum was a botanist, and it wasn't long before Sue joined her mum and dad on Conservation Society field trips, thus starting a lifelong love for the Australian bush. In the 1970s her folks started the South Gippsland Conservation Society Foundation (later becoming honorary lifetime members). Sue was the Publicity Officer and later became Secretary. The seed didn't fall too far from the tree in the Williams family.

When Sue and her partner Ian moved to the North Coast in the mid-1990s, she joined the Cavanbah Dunecare Group in Byron Bay and The Society for Growing Australian Plants in Lismore, becoming Secretary and newsletter editor for the latter. She also ran workshops and seminars and organised monthly outings to highlight the intricacies, interrelationships and worth of Australian native flora.

But that wasn't enough for Sue. The property she and Ian bought in the heath north of Lennox Head became a field site for further botanical dedication and, with the assistance of experts from Wetland Care Australia, they identified all the plants on their property—over 160 native heath and wetland species, adding to the knowledge database of Australian flora.

But wait, there's more to come from this diminutive, understated, over-achiever. Sue joined East Ballina Coastcare in 1999 and became their Heath Identification Reference Officer (naturally) and in the same year she kicked off Lennox Head Landcare with Hilary Wilson and Lisa King, becoming Treasurer for the next 15 years. (Sue I'm exhausted just contemplating what you've done.)

With this incredible background, knowledge and experience, Sue has been an invaluable member of Lennox Head Landcare for the past 22 years. She was recently presented with Honorary Life Membership of Lennox Head Landcare along with two other dedicated stalwarts, Malcolm Milner and Pat Cawley. (See previous issues of *The Lennox Wave* for stories on Malcolm and Pat.)

They don't come much more enthusiastic or knowledgeable than these three rewilders. They are living treasures and though they shun the spotlight, their deeds are truly luminous.

Congratulations Sue, Malcolm and Pat, and thank you for making our world a little more verdant. You are truly selfless and inspiring individuals. May your green fingers, thumbs and brains continue doing what you love for many more years.

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

Landcare Dates for February (8am till 10am)

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

Wed 9th: Boulder Beach – Coast Road car park

Wed 16th: Lake Ainsworth – west side, south west car park

Wed 23th: Boulder Beach – Coast Road car park

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

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



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Ocean Rhythms

STEVE SHEARER

Our La Nina summer has delivered big time when it comes to swell, with two large cyclone swells during January providing a stack of surf, some of it large. Conditions have been on the unruly side with strong SE winds for the most part suiting more sheltered coastlines and spots like Byron Bay and the Coolangatta Pointbreaks, but there have been some windows of good, big waves at Lennox Point.

TC Seth roared down the Coral Sea track to start the New Year off, providing some big but not great surf for Lennox Point. TC Cody dropped into the slot from behind Vanuatu, slowly drifting towards New Zealand's North Island and provided some memorable pulses of groundswell, albeit not quite perfect. South Pacific cyclones generally provide better surf for the more exposed coastline south of Cape Byron while the Coral Sea storms suit the more sheltered north facing coasts.

Plenty more surf is on the radar, although sand banks took a hammering from the double whammy and are now deep and disjointed.

Local sea surface temps have been hovering around 26 degree—at least on the Byron buoy due east of the Ballina Bar—which is technically warm enough to sustain a tropical cyclone. A North Coast coastal crossing or slow moving coast



hugger would be a worst case scenario for huge storm surf and flooding. Fingers crossed any tropical cyclones stay well offshore for the remainder of the season, which is sure to contain more systems.

Fishing has been a bit constrained by the conditions, with large swells and dirty water making it hard to find the fish. Clearer water to the north is holding lots of whiting and dart on the beaches. Pelagics are wherever the water is clear enough to find them, although if it's warm and there is bait it's surprising how much they will tolerate discoloured water. A week or two of low rainfall and calmer conditions will be needed for inshore water to clear up. With the current La Nina conditions that may only occur for a brief period, if at all.

Thats all for now, tight lines and tubular visions until next month.



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Cars Of Lennox

SHAN RAILTON

This car just says 1970s. It was the car your boss drove. It was simple by today's standards but luxury back then, a car to aspire to for the working class Australian.

Make / Model – 1973 Ford Fairlane 500

Owner – Rod from Lennox

LW – Wow, a nice piece of Australian history. What's the story?

Rod – Back in 2014 I got sick of having troubles with modern cars. I couldn't work on them and if they broke down you just had to call a tow truck. I decided to look for an old car that I can work on and drive daily, something user friendly with a bit of style.

LW – Did you have your heart set on a Fairlane?

Rod – No, I started looking with an open mind. This one was in the trader mag *Unique Cars*, it was the right price and it appealed as I had nearly the same car back in the 1980s so it brought back plenty of fond memories.

LW – So it become your Daily Driver?

Rod – That was the plan but unfortunately it needed a fair bit of work. It took me six months to get the car to a standard where it would pass registration. It gave me a chance to really get to know the car and now I drive it everyday to work. I love it. I keep a toolbox in the boot just in case, but it is rarely needed.



LW – Nice one, so there is a good chance the locals know this car. So it will be your commute for a while yet?

Rod – Not sure. I may be enticed to sell it going off what prices these cars are getting at the moment. The question is what would I get next? It would have to fit the same criteria, I'm pretty sure it would also be a Ford. I'll keep you posted.

LW – There you go folks, this Fairlane could be yours for the right price. In the meantime we look forward to seeing you cruising to and from work each day 1973 style. Thanks for your time and letting us share your story.

Rod – No problem, thank you. I look forward to seeing it in print.



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On Menopause

JOHN PEACOCK

Rattle Those Pots And Pans

Happy New Year. It's a time of new beginnings, of making plans, of setting and striving to achieve goals. For some it's a time of New Year resolutions.

I haven't set mine yet. I usually do it around Easter time. The reason is twofold. As a 50-year-old man whose middle-aged spread is akin to a butter dish left in the sun, any NY resolution for me is going to involve some form of lifestyle (read diet) that my wife has determined during my annual appraisal.

You can't be intermittent fasting during Easter. Hot cross buns and chocolate rabbits just wouldn't allow it. The second reason is that I have no will power and resolutions for me are easily forgotten. If I set them in April and give them away in May, folk are happy to believe that I've given it a five-month red hot go.

Talking of new beginnings, is there anything quite as joyous as an empty dishwasher? I feel a lot like a town planner as I place the first dinner plate at the back on the right. I put fork in one slot and knife in another.

This time it'll be different. It's not long before an awkward item

like a vegetable drainer or a whisk appears and no one knows where to put them. No one wants to be the pedantic one who is so uptight about where things go that they make a fuss.

Within hours it's gone to hell, there's coffee cups on the lower level. There's no room for small plates down there so they get jammed in on an angle up top. You spin the wheel to see if it will get over the saucepan lid that you could have just washed in the sink.

The only time you're washing stuff in the sink is when the dishwasher is full and everything is clean, because you don't want to unpack it. We have washing up liquid specifically for this time. If you do have to unpack it, heaven help any item that hasn't responded to the clean. It's spending a bit more time in the dishwasher to see if it responds better next time. We've had a teaspoon with toffee on it been there since 2019. Maybe 2022 will be its year. I guess we'll find out after Easter.



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Vet Watch

EVAN KOSACK

Pancreatitis—A real pain in the guts

Pancreatitis, or inflammation of the pancreas gland, is a common health issue in both dogs and cats. It occurs when digestive enzymes that are produced and stored in the pancreas become activated prematurely when they are still within the gland, and the pancreas starts to actually digest itself to a greater or lesser degree. Normally these enzymes aren't active until they reach the intestine via the pancreatic



duct. When this self-destructive process gets underway the results can be devastating. While many cases of pancreatitis are relatively mild and/or sometimes chronic, other cases can be extremely painful, rapidly progressing and life-threatening for the unfortunate pet.

Many potential causes of pancreatitis exist. In humans, heavy smoking and drinking are common culprits. Luckily we can rule out those causes in most pets.

In dogs, high levels of fat in the blood, especially triglycerides (more common in some breeds such as Schnauzers) can be a factor. Similarly it can be associated with scavenging garbage or stealing food off the table, especially high fat foods that the dog is not used to. Christmas dietary indiscretions feature commonly in this category. Pancreatitis can also be associated with acute diarrhoea, abdominal cancers, and sometimes abdominal trauma.

In cats, pancreatitis is more often associated with inflammation of the liver or intestines. Cats are less likely to scavenge high fat scraps and forbidden foods, and they are generally less fat-sensitive. Being overweight is also a risk factor in both dogs and cats. Often, a clear cause is never determined.

Symptoms can range from acute and life threatening, with severe vomiting and abdominal pain progressing to shock, dehydration and death, or they can be less dramatic with signs of reduced appetite and lethargy. Cats are more

likely to present less dramatically with chronic pancreatitis showing as lethargy, inappetence, weight loss, vomiting and diarrhoea.

Diagnosis is generally based on symptoms, access to unusual fatty foods, as well as specific blood tests and ultrasound. In most cases there is no specific treatment. IV fluids and anti-nausea drugs as well as pain relief are generally needed, sometimes for several days in hospital. Severe acute cases will need intensive care, ongoing pain relief, treatment for shock and nausea, antacids as well as sometimes antibiotics and IV plasma. Modified calories are also included while the pancreas has time to settle and heal.

Dietary modification is often needed in the short and long term for pancreatitis management. This may include lower-fat therapeutic diets and avoidance of scavenging, especially in dogs. Followup blood tests are often advised. In cats the relationship between diet and pancreatitis is less defined, and dietary changes may be mainly aimed at treating inflammatory bowel disease and improving digestibility and fibre to nourish gut bacteria. In both dogs and cats, weight loss in chubby individuals will reduce the risk of future episodes.

So there you go. Pancreatitis is a fairly common, frustrating, painful and occasionally devastating condition in our pets. If you suspect your pets may be suffering from pancreatitis give us a call to book them in for an examination. And tell them to lay off the booze and ciggies.



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Dog Of The Month

Name: Pixi **Owner:** Tina

Breed: Pug cross **Age:** 9

Loves to body board, walks on the beach and has a great personality, ohhhh and I shouldn't forget a back scratch...

Loves the car, enjoyed a trip from WA back home to Lennox in 2016.

Want your dog to be dog of the month?

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

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

Send to editor@thelennoxwave.com.au



Pets Of The Month



Name: Chocolate

Age: 4

Breed: Mini lop rabbit

Best friend: Moonlight the budgie

Favourite food: sweet potato

Favourite thing to do: chew and snuggle

If I could be anything else I'd be: a human.

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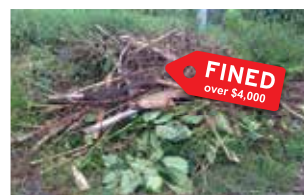


Name: Roger Wilco.
Age: 5 years
Breed: Rainbow Lorry
Favourite food: Icecream
Favourite thing to do:
 playing with my pet sock
 Moo and I speak three
 languages, LorryScreech,
 English and Polish
**If you could be anything
 else what would I be?** I only
 want to ever be just me. I
 love being me!

Name: Woody
Age: 1
Breed: black capped lory
Best friend: me
Favourite food: apple
Favourite thing to do: have
 baths
**If I could be anything else
 I'd be:** human



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Monthly Horoscopes

BY PATSY BENNETT WWW.PATSYBENNETT.COM

ARIES



A collaboration with a group, friend or organisation is likely to benefit you and the new moon on February 1st could bring a new agreement into being. You may receive a financial boost. Be prepared for unexpected opportunities.

TAURUS



This is an excellent time to transform a key goal from a pipe dream to a reality. A fresh work opportunity or new interest could really take flight. You may be drawn also to study, travel and generally broadening your horizons.

GEMINI



You'll gain the opportunity to rethink your financial plans and how you will manage your joint resources such as space at home and duties. A trip or favourite activity will revitalise some key personal and work collaborations.

CANCER



February is an excellent month to cultivate good, strong relationships and to let go of some that create upheaval. You'll appreciate the opportunity to devise new ways to manage finances and may even enjoy an improved financial outlook.

LEO



Be prepared to look at your personal and work affiliations in a new light as you turn a corner to make new agreements with a fresh group of people, an organisation or partner. Romance and family developments will take you by surprise.

VIRGO



It's an excellent month to think laterally at your work options. You may need to make a tough call early in February but you'll gain the opportunity mid-month to put in place a schedule that suits you. Romance could blossom unexpectedly.

LIBRA



A great deal of focus on your home life, property and family will bring you closer to making a commitment to a purposeful future, even if only to yourself. You may be surprised by the level of help you obtain so be sure to reach out.

SCORPIO



Developments regarding your home life, general direction and someone close to you are on the way. You may be surprised by good news to do with work or money that helps you to make informed decisions moving forward. Avoid gambling.

SAGITTARIUS



Some wonderful opportunities will arise in February even if you must undertake serious discussions and negotiations early on in the month. Take these seriously and be prepared to start something new in your career, general direction or a key relationship.

CAPRICORN



The New Moon in your money sector promises to help you organise your budget so it suits you better. You may receive unexpectedly buoyant news regarding either money or your personal life. If you're single you may even bump into an appealing stranger.

AQUARIUS



The first week of February will be ideal to review your goals. The Aquarian New Moon on 1 February is an excellent time to find ways to gain more stability in your life, with the Full Moon on the 17th bringing a turning point in a key relationship.

PISCES



You have great potential for abundance – both financially and in your personal life, so look for ways to boost both areas of your life. You'll receive unexpectedly good news but you may need to make a tough call regarding work or health.

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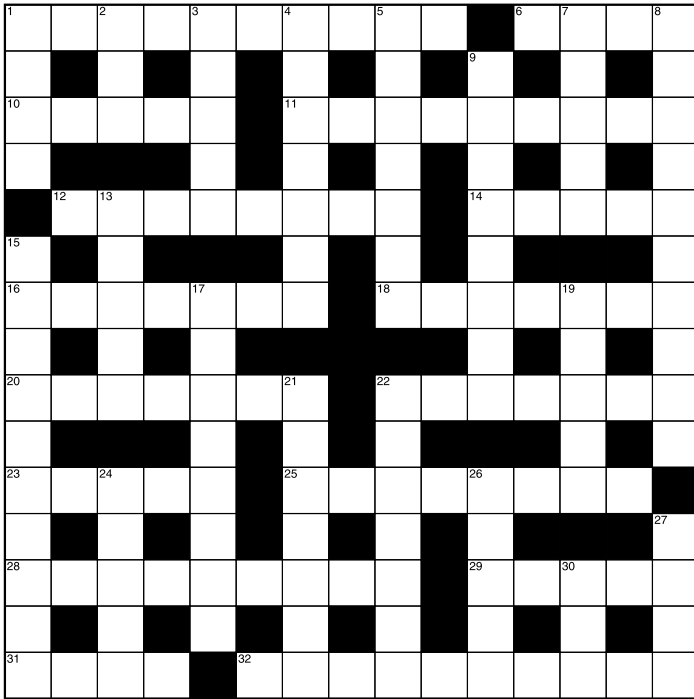


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Crossword



ACROSS

1. Doubtful
6. Game (show)
10. Aunt & ...
11. Wobbling (on brink)
12. In theatre wings
14. Nairobi's republic
16. Vehicle area (3,4)
18. Very hot
20. Letter delivery fee
22. Production glitch
23. W African land
25. Nonprofessionals
28. Racial policy

29. Synagogue minister

31. Rise
32. Aggressors

DOWN

1. Favours owed (1,1,2)
2. GP
3. Salad garnish
4. Hindrance
5. Film audience
7. Flag, ... Jack
8. Tacking to & fro
9. Choker or pendant
13. River crossings

15. Blame-takers
17. From the menu (1,2,5)
19. Lounger
21. Travel cheats, fare ...
22. Grandma & ...
24. Ethiopia's Addis ...
26. Register
27. Jar tops
30. Actor, ... Stiller



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Trojan Talk

JOHN BUNGATE

After a lifetime of involvement with local rugby, and 22 years with the Trojans, one gets to know a few people here and there from all corners of the rugby fraternity. So, a chance encounter, a drop into Club Lennox for a cold beer after a game, an introduction, a chat and relationships are formed.

Subsequently your scribe became aware of a couple of small one-off grants of which we might avail, should our needs meet the criteria. That being: no greater than \$4K and it had to be for tangible goods, such as training equipment, club uniforms, etc. No building works, no team meetings over a long lunch and some seriously good red (damn!).

Training equipment and uniforms/jerseys wear out very quickly and the thought was, that we should apply it to a better long-lasting use, should we be successful. But what?

Early last year our canteen manager put to us that we needed to upgrade canteen equipment at Williams Reserve as she was bringing in a lot of her own, and the existing equipment was well past its use-by date. The pie warmer kept burning the pies or tripping the circuit breakers and I bought the hot plate from Vinnies for \$5 many moons ago.

We applied then to purchase new canteen equipment, which was approved by the Hon. Natalie Ward MLC, Minister for Sport just before Christmas 2021. With these funds, new



Roland pie warmers, bain marie and griddle plate will be purchased and then installed to Williams Reserve Club House Canteen for all clubs to use. With a working life of 10 years that donation will go on to generate income for ALL sporting clubs who use the facility. Win -Win!

Ben Franklin MLC, then Parliamentary Secretary, who lives in our area met with club personnel, to present Natalie Ward's approval, and over a beer, a chat and an introduction to Wisey (Scott Wisemantel, Trojan and Wallabies Attacks Coach) another relationship was formed.



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Rainbow Dragons' Sunrise Paddler

MONICA WILCOX

Excited for 2022, Rainbows Dragons have added a 6am Sunrise session in Ballina to their program.

Club member, Brooke Harris says 'I love kicking my day off early.' The availability of a hot shower before getting on with her day is a bonus.

A year ago Brooke started dragon boating, after moving from Melbourne to Northern Rivers, so her wife could be closer to family.

'I'd heard of dragon boating and thought it sounded fun. I'd never paddled with such a big team. Being new to the area it was also about meeting people,' said Brooke.

The twist in Brooke's story is, she believed she'd left her competitive days well and truly behind.

Twenty-two years ago, she quit a world class kayak and outrigger racing career. Brooke was with the Australian Institute



of Sport. She placed 9th in the K1 42km Marathon World Championships and K4 500m Sprint World Championships and, as an Outrigger Paddler, along with her teams, won the *Na Wahine O Ke Kai* Molokai to Oahu channel crossing in Hawaii, three times.

After quitting elite sport, Brooke led a sedentary life, she acknowledges developing an unhealthy relationship with alcohol and is proud to say, she quit alcohol three years ago. Continuing to switch old habits for new, she's back

on the water, loving gym, studying (Certificate III and IV in Fitness) and has nearly completed a L1 dragon boat coaching course.

Brooke's Thursdays start with Rainbow's Sunrise session in Ballina, then home to Lismore to study and back to Lennox Head to coach the afternoon session.

Does a Sunrise paddle sound good to you? Try a month for free.

rainbowdragons.com.au

lennox VILLAGEvision PROJECT DELIVERY



» Ross Park

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

» Stage 2

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

» Temporary one-way traffic in Ballina Street

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

Subscribe for updates

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



For further information

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

ballina
shire council

Surf Club News

JODIE ROBERTS

Our Surf Club community was deeply saddened by the loss of 19 year-old Alane Etoundi on our beach in December.

Thank you to all emergency personnel involved in the extensive inter-agency search effort that took place over the weekend Alane went missing, including our club volunteers, who assisted with the search and helped behind the scenes over the two-day period.

Most importantly, our deepest condolences go to Kylie and Leo and family, our sincere love and support are with you all.

The remainder of the holiday period brought us turbulent conditions as a result of ex-tropical cyclone Seth and the Tonga tsunami. During both extreme weather events the beach was closed (thank goodness for our beautiful lake). We again, thank our volunteer patrolling members who managed and monitored the beach and hopeful beach goers during this time.

In January, Maisie Miller was selected for the NSW team to compete in the Super Surf Teams as the opener to the Nutrigrain IronWoman and IronMan – the most prestigious event on the surf sports calendar. Huge congrats from all of us Mais.



At the time of writing our Nippers, Seniors and Masters were preparing to compete in the NSW Country Championships to be hosted at the Cape Hawke SLSC in Forster on 28-30 January, all the best to our competitors.



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Pirates Stay Strong

NICK ASSER

As we passed the halfway mark of the cricket season, Lennox Head Pirates' strong start across all grades has continued. Since the New Year, 1st Grade have accumulated two wins against local rivals Tintenbar-East Ballina and Casino. Batting performances from Berrick Barnes and Jared Lofts, as well as work with the ball from Todd Fisher have the side currently sitting well in third position.

2nd Grade have come out of the blocks firing this year setting huge totals for opposition teams to chase including 301 over the past weekend against Cudgen. They currently sit in second place but it's only a matter of time before they take the top spot. Standout performers have been Jake Nind, Jesse Williams and Blake Kernaghan.

In 3rd and 4th Grade both teams are traveling along well with both sides sitting equal first in their respective competitions.

Both sides are also undefeated in 2022 and look to continue this form. In 3rd Grade Luke Grainger has been a stand-out with the bat with some powerful hitting. In the bowling department Mark Duncan has already accumulated 16 wickets in 6 matches with the ball including a spell of 6/13. In 4th Grade Charles Asser has found his mojo with the bat making consecutive 50s, while Brett Quinn continues to be dominant with the ball already taking 14 wickets and Shaun McDonald has been dynamic with both bat and ball.

The juniors re-commence their seasons on the 29th of January, the U/16s side remain undefeated sitting in first position, the U/14s continue to fight for their first win of the season, the U/12s Buccaneers are well positioned in the top four of their competition and the other U/12s side, the Swashbucklers, look to climb the ladder with a few more good performances in the new year.



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All Girls Sign On

RENEE ADAMSON

It's that time of year again... give your board a fresh coat of wax and get in some final practice, in preparation for All Girls 2022 Surfriders Competition. Our Sign-on day will be on Sunday, 13 February 13 in/or behind the Lennox bus shelter, from 9am to 11am. Come along to sign-up, ask questions, meet other members and join in for a social surf.

We are also extremely excited to announce that we will be kicking off the year with a Super Summer Prize Round, to be held on Sunday, 27 February to begin our 30th year anniversary celebrations. We have a stack of fabulous prizes from our awesome sponsors Rip Curl, Byron Bay and Lennox Head Surf, to be awarded to the first four place getters from each division.

For the uninitiated, you may be asking what is All Girls and is it for me?

The All Girls Surfriders Club aims to



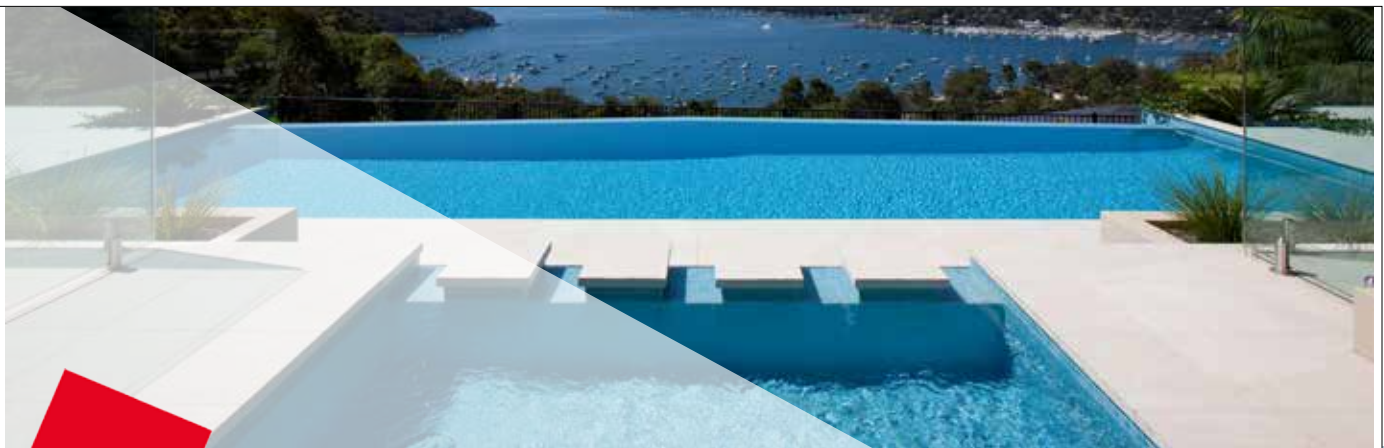
encourage female surfers of all ages and abilities in the sport of surfing. Club members include girls and women of all ages, from beginners to advanced surfers, shortboard and longboard. The club meets for competition each month.

Other activities include a yearly campout, and various coaching clinics throughout the year. We also host the Ma Bendall Tag Team Interclub event- when we join with other female board riders clubs for a weekend of competitive fun.

The club aims to promote friendship, good sportsmanship and mentoring for junior and inexperienced surfers while providing an opportunity for girls to gain experience in competition surfing. All Girls Surfriders prides itself on being supportive and enthusiastic, empowering for women through surfing.

We look forward to welcoming all old and new members as we launch the 30th year of All Girls Surfriders Club. For more information go to allgirls.surf

See you in the surf.



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Local Futsal Team make National Finals

CLAIRE HARDING



Lennox and Ballina members of a local futsal team have ranked 4th in a national competition held on the Gold Coast.

The Under 11s team from the local Just Futsal Association made the finals of the Gold Coast International Futsal Competition after competing against teams from around the country. The event had over 200 teams competing over five days and is regarded as the best futsal competition in the country. Just Futsal had a number of teams competing in various age groups from 11s to Adults, but it was the 11s that managed to make the semi-finals after seeing off strong opposition from Melbourne, Sunshine Coast, Brisbane and the Gold Coast.

It was quite an achievement for the locally based players and coaching staff after pulling the team together just weeks beforehand. Most of the boys started their footballing at Lennox Head Sharks Football Club and are now competing at academy levels across the region – including the Northern Rivers Football Academy, Gold Coast United and Gold Coast Knights. Vinny Leite, Just Futsal's Director has recently returned from coaching the Solomon Islands National Futsal team at the Futsal World Cup in Europe and runs Just Futsal locally in Ballina, Byron and Goonellabah including competitions, leagues and an Academy for anyone interested in having fun and developing their football skills.

Lennox Longboarders

WAYNE BOOTH

The Rip Curl Lennox Longboard One Dayer 2022 was scheduled for Sunday 19 September 2021, but due to COVID, has been postponed to 2022 Sunday 20 March.

A crew of old heads from the Lennox Longboarders, have got together with an energetic young crew from the Healthy Minds Club to present this one day Longboarding event at Lennox.

We've compacted the events into a one day format, with competitors coming from near and far to enter.

The Healthy Minds Club is a men's mental health organization based in the Northern Rivers. It provides its members with a support network of communication and social interaction channels via social media, physical activity and community involvement. They have come on board as a steering committee for this event. The Lennox Longboarders Club, welcome their contribution.

Coming on board to sponsor this new event are also many of the past sponsors of the Lennox Longboard Classic, and some new sponsors brought in by the Healthy Minds crew.

The major sponsor is Rip Curl and Rip Curl Ballina. Other sponsors include MP mobile plumbing Lennox, Lennox Surf, Lennox Coffee & Gelato, Inner Beauty Lennox, Herron Todd White, Lennox Beach Resort, Triple X Rashies, Seven Mile Brewery, Amano Surf (New) Cape Byron Distillery (New), The Lennox Hotel, Ask Huey Wax, Lennox Bakery, Lennox Butcher, Lennox Pizza and Woollam Constructions.

We thank all our sponsors' involvement for this inaugural event.

Water safety, as per the last Lennox Longboard Classics, will be covered by the Local Lennox /Alstonville Surf Life Saving Club. We welcome all competitors to come on board and support this event in Lennox Head and have fun in the spirit of Longboarding.

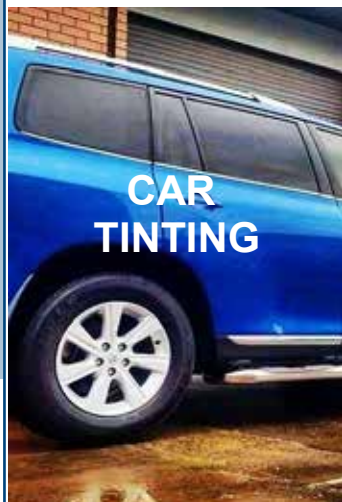
Regarding the Club meets in 2022, our first sign-on round is scheduled for Sunday 13 February at Lennox Main Beach.

As a Lennox-based Club we endorse the Lennox Head Centenary Heritage initiative, helping us to celebrate 100 years of Lennox.

For further Info regarding the Club, Email - club@lennoxlongboarders.org, website www.lennoxlongboarders.org.

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