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Community news for Lennox Head

Issue 247 | November 2025



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And just like that, it's November.

Christmas decorations have crept onto shelves, the shops hum with festive urgency, and - if you're anything like me - you're realising you never quite got around to writing those New Year's resolutions for 2025.

Time feels slippery, as the spring northerly whips and whistles through the landscape. Its restless song stirs the sea, rattles the trees, flutters washing on the line, and leaves us feeling a little windswept ourselves - caught between the year that's winding down and the one rushing in. As the year draws to a close, days tumble, each one filled with lists, logistics, and the quiet pressure to make everything perfect for that one day that somehow asks for weeks - if not months - of preparation.

The promise of summer stirs the rhythm of the town. Students knuckle down for final exams, dance parents brace for the glitter and chaos of end-of-year concerts, and the summer sports season hits its stride: nippers are back on the beach, touch footy fanatics reclaim the ovals, and all-day cricketers settle in from sun-up to stumps.

Amid the growing buzz of festive expectations, there is one piece of disappointing news: the Carols in the Park - traditionally held on the first weekend of December on Williams Reserve - will not go ahead this year. The cyclone fencing still circles our much-loved oval, where it has stood stoic for 12 long months, holding our community events at bay just a little longer.

In the midst of the season's whirlwind, this issue invites you to pause and take in the stories that celebrate and remind us of what makes this town feel like home.

Natalie Grono, Editor

Contact us

Got a story? Get in touch.

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The Lennox Wave acknowledges that we are here on the land of the Bundjalung people. The Bundjalung are the traditional owners of this land and are part of the oldest surviving continuous culture in the world. This magazine is 100% recyclable.



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What: *Georgy Girl, the Seekers Musical*
When: Friday 7 - Thursday 30 November
Where: Ballina RSL

Ballina Players are set to light up the stage this November with their latest production, *Georgy Girl - The Seekers*, featuring local talent recreating the music and magic that defined an era.
 Book: ballinaplayers.com.au



What: Disabled Surfers Far North Coast event
When: Saturday 8 November 9am
Where: Lennox Head Surf Club

Giving people of all disabilities the amazing experience of surfing while continuing to set world's best practice for safe, fun surfing experiences. Volunteers welcome. Facebook/DSAFarNorthCoast



What: Sophie Laguna: *The Underworld*
When: Wednesday 19 November, 6 - 7.30pm
Where: The Book Room Byron Bay

A launch for the much awaited new novel from the Miles Franklin Award-winning author, Sofie Laguna. *The Underworld* is for every reader you know; thinkers, laughers, empathis, quirky folk, queer folk, nostalgists, the young and those ageing.



What: Dis-Co Ball
When: Saturday 22 November
Where: Mullumbimby Civic Hall

Hosted by Sprung!! Dance Theatre, this is a community celebration where you are invited to dance together, connect and shine. Think social dance meets disco – with plenty of fun, music, and guided dance activities. Visit: sprung.org.au



What: James Morrison Big Band Liechtenstein
When: Sunday 26 November, 6.30pm
Where: Byron Community Centre

The Big Band Liechtenstein will be hitting our shores to join forces with international trumpet maestro James, to bring to life all those timeless big band classics, at our best concert halls across the country. Book: byroncentre.com.au



What: Annual Rotary Walk against DV
When: Friday 28 November, 12.30pm
Where: Ballina Visitor Information Centre

Walk against gender-based violence and for the urgent need to end violence in homes and relationships. Be part of the change, wear something purple and join others in a walk to the Ballina Indoor Sports Centre.

Monthly Markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Pottsville Beach
2nd Sunday	The Channon Tabulam Hall Coolangatta Woodburn
3rd Saturday	Alstonville Mullumbimby Murwillumbah Salt Village,
Casuarina	
3rd Sunday	Federal Uki Pottsville Beach
Market	
	Wilson Creek Kyogle Bazaar
4th Sunday	Bangalow Nimbin Coolangatta Murwillumbah Yamba
5th Sunday	Nimbin

Weekly Farmers Markets

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

For more information visit
discoverballina.com.au

Residents' report

by Robyn Hargrave

We were pleased to welcome members and Mayor Cadwallader on 13 October to our meeting with apologies from Crs Dicker and Bailey.

Special Rate Variation Visit yoursayballina.com.au/proposed-special-rate-variation/surveys/proposedsrv2025 to share your thoughts on Council's proposal for a rate increase above the 3.25% allowed by the Independent Pricing and Regulatory Tribunal, to meet escalating costs providing services and facilities. There is an on-line calculator to assess your individual impact and information session at the Council building on 4 November from 12-1.30pm. Submissions close on 14 November.

Crime update For September, 12 reported offences ranged from Break, Enter and Steal through to Assault and Drug Detection – the highest number recorded in 2025. Readers are reminded to report every incident to Police, and action '9 o'clock lock up' of all property.

Ross Lane road surface The Mayor advised sections either side of Deadmans Creek are part of the betterment project with Council to be briefed on new road levels and construction anticipated in 2026.

Shared path - Coopers Close to Park Lane Construction has started on the long awaited three metre wide path commencing at Coopers Close, with completion expected by late March 2026 at Byron Street. See details at: ballina.nsw.gov.au/Council/News-Careers-and-Feedback/Media-Releases/Work-commencing-on-Lennox-Head-Shared-Path

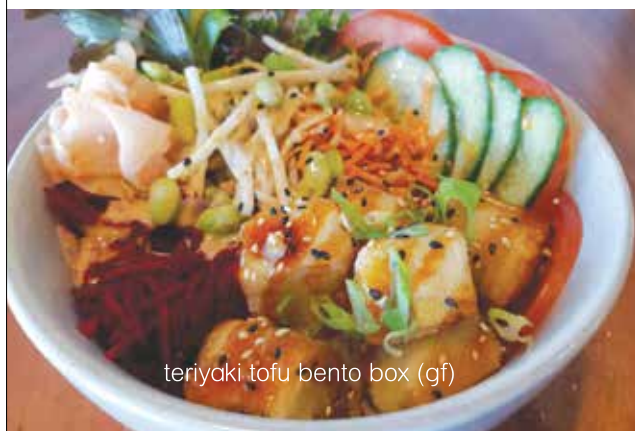
Longevity of temporary traffic control measures (crossings) in Park Lane. We raised with Council risks associated with the uneven surfaces, with engineers to assess appropriate action.

Local Strategic Planning Statement (LSPS) is now available for viewing and community feedback at yoursayballina.com.au/local-strategic-planning-statement. You will find information on plans for future residential, employment, open space and recreational locations over the next 20 years. Submissions close on 5 November.

Upcoming meetings: 3 November and 1 December 2025 from 7pm in the CWA Hall

Feedback is encouraged by email: lhrainc@gmail.com or Facebook/Lennox Head Residents' Association.

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Red alert for the Lake



WaterNSW has issued a Red Alert warning for high levels of potentially toxic blue-green algae for Lake Ainsworth after sampling conducted by Ballina Shire Council.

The Red Alert warning applies only to untreated water at the identified location and will remain in place until monitoring confirms that the risk is sufficiently diminished.

People should avoid recreational activities such as swimming, canoeing and any other activity that brings them

into contact with this water body until the red alert warning is lifted.

Potentially toxic blue-green algae may cause gastroenteritis if consumed, while contact can cause skin and eye irritations. Consumption of water containing algal toxins may cause liver damage and other health problems.

People who suspect they have been affected by blue-green algae should seek medical advice. A precautionary approach to eating fin fish from red alert warning areas is advised. Any fish caught should be cleaned and washed thoroughly in uncontaminated water; the internal organs should not be eaten. Avoiding fishing during a bloom is the best way to minimise risk.

Blue-green algae are naturally occurring and can reproduce quickly in still or slow-flowing water when there is abundant sunlight and sufficient nutrients.

Visit the Ballina Shire Council or local water utility websites for information about the management of bluegreen algae risks in the nearby treated drinking water supplies.

Updates and information about blue-green algae blooms and red level warning areas can be obtained by visiting: waternsw.com.au/algae.

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Councillor thoughts: Airport plans



Each month, B Ward Ballina Shire Councillors have the opportunity to share information on a subject that carries importance to the community. All comments are those of the authors.

This month, we asked our Councillors to share their views on the long-term operating model for the Ballina Byron Airport.

Please note that Cr Eva Ramsey was on leave at the time this column was written.

Cr Kiri Dicker

As a Council-owned asset, the Ballina Byron Gateway Airport continues to perform strongly, turning over more than \$10 million a year and delivering healthy operating surpluses. But there's a catch. Airports are capital hungry. To grow and attract more airline services, we need major investments in car parks, taxiways, bays, and terminal facilities.

So any surplus that the airport delivers needs to be ploughed back into the business. This is topped up with grant funding for major upgrades, which is increasingly hard to come by. The airport hasn't paid a dividend back to Council's General Fund in years and we don't expect it to anytime soon. This creates a classic chicken-and-egg problem: airlines want to see better infrastructure

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before adding services, but Council cannot deliver that infrastructure without the extra revenue those services would bring. Ballina Council is one of only a handful of Councils who still operate an airport, so naturally the government is questioning why taxpayers should foot the bill for something that the private sector is capably delivering elsewhere.

Council's independent Audit Risk and Improvement Committee (ARIC) has recommended that Council should explore other business models for the airport. This doesn't mean 'selling off' the airport, but it does mean exploring long-term leases or corporatised structures that can unlock the capital needed for real investment.

At our last Council meeting I was one of four Councillors who voted to explore new business models for the airport, but the amendment was ultimately lost. I look forward to reading this column to find out why my fellow B Ward Councillors didn't support it, as they didn't say a peep during the debate.

Cr Michelle Bailey

Given the Ballina Shire Council's ongoing look at leases and other opportunities, I believe a strong factor and with new

positions within our Council team with tourism and economy a focus, we really need to team up more with our Northern Rivers region to make Ballina Byron Airport thrive. Right now, the airport is not running at a profit and needs a lot of upgrades/extension and parking solutions, but selling it isn't the way to go, it is a great asset to Shire.

Let's get creative with how we boost revenue and cut costs. Working with local businesses and tourism operators could help us create fun packages that bring in more visitors and get more people using the airport. We should also continue to look for different funding sources, ensuring our local members are doing what they can, and keep across government grants which our staff and Mayor do regularly, to help with budget and building expansion issues and opportunity.

Getting input from community members and local business associations can give us great ideas for making the airport more appealing and financial. Plus, ensuring we have a solid marketing plan reviewed regularly that highlights the airport's perks, like being close to popular tourist spots, could help attract more opportunity. By working together and focusing on community partnerships, we can keep Ballina Byron Airport as an important asset for our area.



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Karting prodigy, Kai, races for Australia



At just 10 years old, Lennox Head's Kai Kanyaro has made Australian karting history. This September, he became the youngest-ever driver to represent Australia at the prestigious T4 Nations Cup World Karting Championship, held at the Kartodromo Internacional Lucas Guerrero in Spain.

With over 250 of the world's best young drivers competing, Kai stood out - not just for his skills on the track, but for his determination, sportsmanship, and big dreams.

Despite a challenging qualifying round, where he was pushed off track and spun, Kai fought back with grit and maturity well beyond his years. Starting the heats from a difficult P25, he steadily climbed the ranks across each session. By the final, he had worked his way up to P18 and crossed the finish line in an impressive P16 - a remarkable result considering he had never raced on the Spanish circuit

before, unlike many of his competitors who had years of experience there.

'Karting is where I feel most at home,' says Kai. 'To go so fast, so close to the ground, and feel the air rushing past - it's the best feeling ever.'

Kai's résumé is already packed with achievements: multiple state titles across NSW and Queensland, endurance race wins (often against much older racers), and several lap records to his name. Off the track, he's known for his friendly nature and love of making new friends in the pits.

This year, Kai proudly carried the Australian flag as the only Aussie entrant - but he has a bigger vision for the future. Kai is seeking business sponsors to help set up an Aussie Team for 2026.

'This is a chance for our community to rally behind a local kid with a big dream,' says Kai's supporters, 'and show the world the racing talent we have here in the Northern Rivers.'

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From yerba mate to breath of fire

by Bruce Robinson, Lennox Lightning Toastmasters Club



Lennox Lightning Toastmaster Club meets on the first and third Tuesdays of each month at 7pm in the Lennox Head Cultural Centre CWA rooms. Visitors are always welcome. Club meetings are tightly scripted and last from one and a half to one and three-quarter hours. Each meeting has a theme and word of the night which

speakers are challenged to use in their presentations.

Each Club meeting features two or more major speeches of up to seven minutes and a collection of Table Topic speeches which are off the cuff and last two minutes each. There are also a range of other minor opportunities to develop public speaking skills. Humour and enjoyment are important aspects of each meeting.

Recent meetings have heard several very interesting major speeches. MJ spoke on the manufacture, use, health benefits and social aspects of a South American beverage known as Mate. Diana spoke on her development of 'faith' in herself in a public speaking ability through her activities as a graphic artist. Andrew spoke of strategies for improving speech

delivery, particularly the use of the pause to eliminate unnecessary words like um and ah, and to give yourself time to listen to yourself. Diana presented a fascinating explanation of the different forms of breathing and breath control – box breathing, breath of fire, holotropic – each designed to produce different but beneficial physical and emotional states and outcomes.

Toastmasters, being a world-wide organisation, has a development structure and strategy. Area Director Tracie recently visited and presented a short session on the Distinguished Club Program towards which each member can work and aspire.

For information on Lennox Lightning Toastmasters Club call Bruce ph: 0417 491 702 or Andrew ph: 0419 094 444.



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Carols in the Park cancelled again



For the second consecutive year, the much-loved Lennox Head Carols in the Park has been cancelled.

In a statement released by Brett Asser of the Carols Committee, the decision was described as deeply regrettable but ultimately unavoidable. The event, scheduled for 7 December at Williams Reserve, has been called off due to ongoing renovations at the venue, including new turf and irrigation works by Ballina Shire Council.

Despite repeated meetings and continued engagement, the reserve remains fenced off, with no guarantee it will be ready in time.

'The Council has advised that top dressing will occur in the coming weeks, but a decision on whether the ground can be used may not come until just two to three weeks before the event,' Asser said adding that 'It is unfair to the volunteers, schoolchildren, and performers who prepare months in advance' to be left in limbo.

An application to use the venue was submitted as early as June, but the uncertainty surrounding the site's readiness has forced organisers to make the difficult call to cancel.

Darel Vidler from the Combined Sports Association expressed the frustration felt by many involved, 'Cancelling the event was a tough call. We looked at alternative venues like EPIQ, but the logistics were challenging, and there were also concerns about mosquitoes there.'

The Carols, which began as small

musical skits led by local icon Bonnie Donnelly in the 1970s, officially became a community-wide event in 1993. Over the years, it has evolved into a major celebration featuring school performances, live music, and a visit from Santa, drawing families and community members from across the region.

Extreme weather and the impacts of COVID have caused disruptions in recent years, and this latest cancellation adds to the challenges the event has faced.

With several members of the current organising committee stepping down after this year, the future of the Carols will depend on new community members stepping up to lead the event forward. 'It's frustrating and some of the hard working committee members have had enough but lets hope we are back in 2026,' Vidler said.

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Spring celebrations with spirit

by Lianne Brennan, Lennox Head VIEW Club



At our recent dinner meeting, the Club welcomed the arrival of spring in true style. Members adorned themselves in floral attire and brought along fresh blooms and foliage from their gardens, filling the room with colour and cheer.

This year, VIEW (Voice, Interests and Education of Women) marked its 65th Anniversary with a National Convention in Brisbane. Our

President, Deb, attended and returned with inspiring stories and positive feedback from the event, highlighting the powerful impact of The Smith Family's Learning for Life program, which provides long-term educational scholarships to disadvantaged children across Australia.

We were also delighted to welcome Janelle Gaggin, President of the Lennox Head Lions Club, as our special guest speaker. Janelle shared the history of the Lions and their ongoing humanitarian efforts both locally and beyond.

Our local Lions Club has a profound impact, with fundraising and sponsorships supporting a diverse range of causes. From sports clubs and creative performers to community health services and

environmental groups, the Lennox Lions channel funds directly back into the community.

On Wednesday, 12 November, LHEVC will host a Musical Charity Night in collaboration with the Ballina Players. Their production of *Georgy Girl* - the story of beloved Australian group The Seekers - will feature Leah Van Ewijk as Judith Durham and Logan Cartwright as Athol Guy.

There will be no monthly meeting in November due to our fundraiser. Our next regular meeting will be held on Tuesday 9 December at the Seven Mile Room, Lennox Hotel. \$35 for dinner, \$40 including raffle tickets. Please stay connected Facebook/ LennoxHeadEveningVIEW or email lennoxevening.view@gmail.com for any other inquiries.



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Ladies of Lennox

by Tamara Crerar



The inspiration for starting Ladies of Lennox, a womens casual social group, actually came from one sunny afternoon having a cheeky beverage in Lennox with the hubby.

As we sat there people watching (as you do), I noticed a few tables of women laughing, chatting, and clearly having the best time, and it hit me, I didn't have my girl squad or bestie here anymore. Mine are scattered across NSW and Tassie.

I half-joked to my husband that I should put up a position/s vacant advert for a new bestie/girl squad, people to go on adventures with or share a casual drink.

He just laughed and said, 'You totally should. What have you got to lose?'

So, I did. I made a Facebook post looking for some new besties, and the response absolutely blew me away.

So many other women were in the same boat, wanting to make

connections and friendships.

That's when Ladies of Lennox was born, a space for women to find their people, share some laughs, and create new memories.

We've now got over 100 amazing women in the group, and had our first catch up last month with some fabulous ladies.

Here's to many more adventures, whether it's a casual wine, a sneaky brunch away from the kids, or a spontaneous beach swim. The opportunities (and the shenanigans!) are endless.

If you would like to reach out please jump on our page, Facebook/ LadiesofLennox.

A new way to network

by Fiona Kable, Conscious Women Connect



The Conscious Women Connect community gathered in September for our very first Networking Event in Lennox Head, and what an incredible morning it was.

Our vision for these gatherings is simple yet powerful: to build trust, to truly see and feel each other's gifts, and to celebrate the passion, purpose, and heart that each woman brings to her work and her life. Over nourishing food and

lively conversation, the energy was electric, filled with ideas, laughter, connection, and genuine support.

Women left inspired, many with new collaborations forming, products purchased, and fresh awareness of the magic that happens when we share our authentic stories. These gatherings remind us that we are not in competition with one another. Each of us carries a unique energy and offering, and when we come together, we become stronger, wiser, and kinder.

From here, our Conscious Women Connect Networking Events will be held monthly, with a different host each time. The host will have the opportunity to share about her work or creative gifts and choose a location that reflects her style.

We'd love to invite expressions of interest from any woman who would like to host a Conscious Women Connect networking event in 2026. To join the community, simply search Conscious Women Connect on Facebook or reach out to Fiona Kable at: hello@fionalumina.com

With heartfelt gratitude to all the women who continue to show up, share their light, and remind us what true community feels like, thank you for being part of something so special.

A big cockatoo lands in Knockrow



The Byron Bay Wildlife Sanctuary in Knockrow has officially joined Australia's iconic Big Things trail with the arrival of an eye-catching new landmark - an eight-metre-tall Sulphur-Crested Cockatoo named Fred.

Gifted by local resident Mary O'Connor, the impressive sculpture was created by artist Andrew Cullen and originally stole the spotlight at the 2021 Brunswick Nature Sculpture Walk, where it took out First Place. Now, Fred stands proudly at the Sanctuary - on the very spot once occupied by a medieval knight - paying tribute to the late Fred, the Sanctuary's much-loved talking cockatoo.

'Fred honours the deep connection between art, nature, and community,' said Amanda Gorvin, General Manager of the Sanctuary. 'We're proud to give this award-winning sculpture a permanent home as part of our transformation from the old Macadamia Castle into a vibrant hub for conservation, culture, and education.' More than just a piece of acclaimed regional art, Fred is now a striking symbol of generosity and a must-see attraction for visitors and locals alike. You'll find Fred perched at the Byron Bay Wildlife Sanctuary, 419 Hinterland Way, Knockrow - a new highlight on the Big Things map, and a perfect stop for any Northern Rivers road trip.

» future funding, *stronger shire*

As costs rise and our community grows, it now costs more to maintain local roads, footpaths, parks and facilities than the income Ballina Shire Council receives.

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Outstanding local Chamber

by Jolie Rochell, Business Lennox Head

We were honoured to be named a finalist at the recent Business NSW Northern Rivers Awards in the category of Outstanding Local Chamber, and we're grateful to have received a Highly Commended certificate. Huge congratulations also go to our BLH member Collins Hume, who walked away with three titles, including the prestigious Business of the Year. They'll now represent our beautiful region at the NSW Business Awards in Sydney on 29 October – an incredible achievement.

With summer just around the corner, it's the perfect time to reflect on what sustainability means within your own business. Whether you're in hospitality, tourism, retail, medical, or running an office, here are three simple ways to make a difference:

- cut energy use – switch to LED lighting, set air-conditioning efficiently, and power down equipment overnight
- reduce waste – ditch single-use plastics, recycle effectively, and encourage customers to bring their own bags or cups
- go local – source from nearby suppliers and champion regional products to cut transport emissions and strengthen our community.

Looking for more practical tips and inspiration? Visit our new website, designed by business member TidesCalling, where we're sharing highlights from our recent sustainability event along with resources to help Lennox businesses take action.

For more information visit: businesslennoxhead.com.au

Afterlee Ecovillage: Earth. Family. Future.



Just a short drive from Lennox Head, tucked into the scenic Cob O'Corn Valley, Afterlee Ecovillage is quietly shaping a new model for rural living in Northern NSW. Spread across 700 acres of farmland, forest,

and waterways, the village blends sustainable farming, ecological restoration, and cooperative living - creating a lifestyle where families, children, and future generations can thrive.

Launched in 2021, Afterlee began with the formation of the Healthy Living Co-operative, Australia's first land-sharing co-op approved under new Commonwealth law. Members collectively own the land and help shape the village's design and development. With approval from Kyogle Council secured in late 2024, essential infrastructure, including roads and communal facilities, is underway, and homesites will soon be available for construction.

Community life is built around care for the land and for one another. Members practise regenerative agriculture, restore native forests, and explore creative ways to make the village a flourishing, multigenerational hub. 'Afterlee is built around families growing and thriving together,' says resident Sara. 'We're not just creating homes - we're building a nurturing place where families can grow,

children can explore, and everyone lives in harmony with the land and each other.'

Plans for communal spaces include a community hall, work sheds, walking trails, orchards, and the potential reopening of the historic Afterlee Public School - a move that could offer local families a unique, community-based education option. Members bring a wide range of skills - from horticulture and carpentry to education, music, and health - creating a cooperative culture of shared responsibility, learning, and support.

For Lennox Head locals curious about sustainable living and deeper community connection, Afterlee Ecovillage offers an inspiring example. Here, ecological stewardship, creativity, and collaboration come together - shaping a resilient, inclusive village where children can grow, families can connect, and people of all ages can feel at home.

Monthly site tours are available. For more info, visit: afterleevillage.au

Celebrate the country life



Here in Lennox, we're usually ocean dwellers - but this November, we have the chance to celebrate the country life that's right on our doorstep. Two of the region's most loved agricultural events are back, bringing a taste of rural tradition, local talent, and community spirit to the Northern Rivers. The Mullumbimby Show and the Bangalow Show promise fun-filled weekends for the whole family, with

everything from livestock judging and woodchopping to fireworks and live music.

The Mullumbimby Show runs from Friday 7 to Sunday 9 November at the Mullumbimby Showground. Set against the stunning backdrop of Mt Chincogan, the show features horse events, cattle and poultry judging, mower races, a petting zoo, and crowd favourites like the demolition derby and fireworks. The pavilion theme this year is Tradies and Their Tools, showcasing local produce, crafts, and creativity.

The Bangalow Show follows the next weekend, Friday 14 to Saturday 15 November, marking its 124th year. With the 2025 theme Boots, the show celebrates the many walks of life in the community - from farmers to footy

players. Highlights include working dog trials, woodchopping, the Tart of the Show, farm challenges for kids, live music, and a spectacular Saturday night fireworks display.

Both shows offer classic side show alley fun, local food, competitions, and entertainment for the whole family - celebrating the region's rural roots and vibrant community spirit and they're also a great reminder of how closely connected our coastal and hinterland communities are.

These events offer a rare opportunity to step into the boots of our farming neighbours, support local producers, and experience the heart and heritage of country life - just a short drive inland.

Visit: mullumbimbyshow.org.au and bangalowshow.com.au

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Endurance with purpose: The Ox 2025

Held over the weekend of 11 - 12 October, The Ox 100 returned to Lennox Head as a powerful 24-hour endurance event - pushing physical limits while uniting a community around a shared purpose: to raise awareness and funds for children diagnosed with DIPG, a devastating and incurable brain cancer.

Participants ran 100km in 24 hours - completing 4.2km every hour, on the hour - either solo or in teams. But as co-organiser Kelly Muller said, 'At its core, The Ox is about far more than running. It's about showing up - for the kids and families facing the unimaginable.'

The event, created in memory of Frankie Fitzgerald who passed away from DIPG at just nine years old, raised over \$250,000 this year. Families, friends, volunteers and supporters filled Base Camp at Reflections Caravan Park with cheers, tears, and the kind of hope that only collective strength can bring. 'It breaks your heart, then fills it again,' Muller said. 'From the outside, it looks like a fun run. Up close, it's something else entirely - raw, real, and deeply human.'

The event will take place again in 2026. Please follow: Instagram @the_ox_100k and visit: theox.au





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Golf, art and Christmas cheer

by Graham Shaw, Lennox Head Lions Club

A pride of Lions met on the afternoon of Sunday 19 October at the Lennox Public School hall to celebrate the conclusion of the highly successful Town and Gown Art show. This exhibition recognises artists from the community and encourages artistic endeavour from our local school. With the wonderful assistance of Lesley Ryan and her Art students, the event attracted well over 250 visitors over the three days and thanks to our generous community, enabled the artists to sell 27 pieces of art work. In addition to the proceeds of our raffle and other sales, this will enable us to present Lennox Head Public School with a cheque of over \$5,000 which the school will set aside for establishing improved playground equipment for the students.

We now turn our attention to our major fundraiser of the year - the rescheduled John Mitchell Memorial Golf Day - which will take place from 12noon on Sunday 2 November, at the Byron Bay Golf Course, following the earlier postponement due to rain. The event promises to be a stellar occasion with over 120 golfers and a comprehensive array of prizes. Think you can get Closest to the Pin or sink that winning putt in the green competition? Even if you're not playing, come along and enjoy the fun and camaraderie.

Representatives from The Buttery and Fletcher Street Cottage will be attending and funds raised will go to their commendable welfare efforts. Again we thank our fantastic sponsors, led by Clarence Property, enabling us to donate a sum of \$15,000 to the exceptional work of the above two organisations.

You would have seen us out and about over the last months with highly successful BBQs at Reflections and Bunnings over the October long weekend and most weekends during those months. However a modern club requires more than simply being BBQ Busters. Closer integration into our community needs is a continuing and important theme. We are strongly committed to support those who are less endowed than us by serving the homeless and the displaced. Lions has set up a service to support sustainable living by collecting bottles and cans, and offer our schools a health eyesight service to assist with early reading readiness. We play a key role in disaster recovery and are part of a community team involved from the outset in responding to disaster needs.

Please save the date for our Christmas in the Park event on the evening of Friday 19 December.



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We're incredibly proud to be supported by SURFIT GYM, a champion of local talent & community spirit. Thanks to their sponsorship, our dancers are one step closer to representing Australia at the WORLD DANCE MASTERS in the UK, July 2026. Training for the world stage takes dedication and discipline - and the support of strong, local partners.

Want to see your business here? We're looking for local businesses to join our journey to the World Championships. Contact us at heartofdance2@gmail.com to get involved.

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Dancers bring home gold



A wave of gold has rolled in from Wollongong, as 38 dancers from Lennox Head's Heart of Dance studio claimed top honours at The Stomp, Australia's premier line dance event which was held in September. Comprising girls and women aged five to 52, the team dazzled audiences with over 120 dynamic performances - including solos, duos, trios, and group routines - across the intense two-day competition. Their exceptional talent and teamwork earned them the prestigious Club Champions title, awarded to the studio with the highest number of gold medals.

Representing Heart of Dance with passion and professionalism, the Lennox Head team stood out, not

only for their technical skill, but for their energy, unity, and sportsmanship. The group is led by Jessie Kernaghan, Head Studio Teacher at Heart of Dance and whose leadership and dedication continue to inspire the region's next generation of performers.

Two standout dancers, Charlotte McCarthy and Bianca Wilson, were each honoured with a coveted Judges' Choice Award, a special recognition given to performers who showed exceptional artistry, stage presence, and personal flair. Their individual achievements added to an already outstanding weekend for the Lennox-based team.

Looking ahead, some members of the team are preparing to represent Australia at the World Dance Masters Championships in the United Kingdom in July 2026 - an incredible opportunity to take their talent to the international stage.

To help support this exciting journey, the Heart of Dance community will be hosting a series of fundraisers over the coming months. Locals can also show their support by dropping spare change into donation boxes now located at Seagrass, IGA, and Woolworths in Lennox Head. They are also always looking for raffle prizes and sponsorships from local businesses. To help out, please email heartofdance2@gmail.com

Heart of Dance continues to foster not only technical excellence but a deep sense of belonging and empowerment through dance. With the support of the Lennox community, they're set to make waves not just nationally - but on the world stage.



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Craig Parrys photo triumph



Local photographer Craig Parry has earned top honours on the international stage, taking home two major photography awards in recognition of his powerful visual storytelling and deep connection to the natural world.

Craig was awarded 1st place in the Human Connection Award: People & Planet Ocean category at the globally renowned Ocean Photographer of the Year Awards for his striking image *Stranded* (pictured on our cover). Captured along Seven Mile Beach, the photo documents a moving moment

of unity as a community rallied to save a stranded humpback whale.

'In the early hours of 1 July 2023, we received a call about a stranded humpback whale,' Craig recalls. 'Local wildlife volunteers quickly assessed the situation and contacted SeaWorld Marine Rescue and other key agencies to coordinate a response. For 15 hours, rescue teams and the local community worked tirelessly in a unified effort to save her. Sadly, despite their dedication, she could not be saved.'

Stranded is more than a photo - it's a tribute to human compassion in the face of loss. Craig reflected on the experience: 'While the outcome was heartbreaking, witnessing the collaboration and compassion shown by multiple agencies and volunteers was incredibly moving - a powerful reminder of what can be achieved

when people come together with a shared purpose.'

Adding to his accolades, Craig also won the Wildlife – Partner & Affiliates category at the 2025 Sony Alpha Awards for his mesmerising image *A Leopard's Curiosity* (pictured left) taken during an expedition to Antarctica. The shot captures a fleeting yet intimate moment with a leopard seal, one of the continent's most elusive and formidable predators.

'Wildlife photography is about patience, respect, and a fair bit of luck,' says Craig. 'On this day, the seal turned towards me with a look of pure curiosity - a fleeting second that spoke volumes about the animal's intelligence and character. I pressed the shutter, and just like that, the moment was captured forever.' visit: craigparryphotography.com

Dave shortlisted for top literary prize



Newrybar resident, author and illustrator, Dave Petzold recently travelled to Canberra to attend the prestigious Prime Minister's Literary Awards, delivered by Creative Australia, after his most recent book *We Live in a Bus* was shortlisted in the Children's Literature category - one of only five books Nationwide from hundreds of entries.

We Live in a Bus follows a family travelling the country in their bus, sharing adventures and celebrating nature. The story highlights curiosity, the natural environment, and

the importance of noticing the little things, the big things, and everything in between. Inspired by Dave's own travels around Australia, the book combines gentle storytelling with rich, perspective-shifting illustrations.

Judges commented: '*We Live in a Bus* is a sensory feast with an important message - that we live in a land worthy of our time, wonder and respect, a land that demands our attention'.

Dave enjoys creating characters who are curious about their world, and his stories embody a love of nature. His illustration process begins with graphite pencil, ink and oil paint, before adding colour and texture digitally.

'I want to create books that help children feel connected to the natural world,' says Dave. 'Every page is meant to spark a little wonder - whether it's about the stars, trees, or the awe of burning your marshmallow on a campfire'.

We Live in a Bus is suitable for children aged 2+ and is available to borrow from the Richmond Tweed Regional Libraries, and to purchase from The Book Room (Byron Bay and Lennox Head), Collective Autonomy (Lennox Head), and through major online retailers.

A trio of local art exhibitions



Pictured: *Here comes the sun* by Timothy Clift.

This spring, our region is alive with artistic vibrancy, with three exhibitions that bring into focus the range, depth, and voices of our local creative community.

From the accessible and community-driven annual show in Tintenbar Hall to introspective installations in Byron Bay and evocative landscapes at Lennox, these events offer a wonderful cross-section of what the region's artists are exploring.

BAS Annual Exhibition

From 14 to 16 November, the Ballina Art Society Annual Art Exhibition invites art lovers and casual browsers alike to Tintenbar Hall. The event opens Friday from 1pm to 5pm, then Saturday 10am to 5pm, and Sunday 10am to 4pm. With over 150

new works on display - ranging from expressive landscapes to abstract pieces - all offered at reasonable prices, this is your chance to pick up something original and unique.

The Tonality of Home

Until 22 November, Lone Goat Gallery in Byron Bay hosts Jenny Gill Schirmer's solo exhibition *The Tonality of Home*.

Schirmer, who lives and works in Lennox Head, graduated from the Byron School of Art in 2021, and has since exhibited widely in the region.

In *The Tonality of Home*, Schirmer weaves together memory, place, and materiality. Inspired by Gaston Bachelard's *Poetics of Space*, she uses found objects, timber, worn textures, and patinated surfaces to evoke the emotional resonance of domestic interiors.

Her assemblages and installations suggest how spaces age in our memories, how their edges soften or sharpen over time, and how the past lingers in objects and corners long forgotten. Through material and memory it invites viewers to reflect on the spaces that shaped them, and the dream-like fidelity with which those spaces continue to live in us.

Visit: lonegoatgallery.com

Timothy Clift at LAC

Within the Lennox Arts Collective in



Pictured: *Jenny Gill Schirmer_Brown and Orange Afternoon_2025_acrylic and timber veneer on board_courtesy the artist*

Lennox Head, painter Timothy Clift continues to explore his passion for landscapes suffused with light and shadow. He is one of eight artists across disciplines (painting, photography, ceramics, jewellery, wood carving) at LAC.

Clift's artistic journey began through connection with the Collective in 2019, and in 2021 he staged his first exhibition, exceeding his expectations. Encouraged by his peers, he later began informal acrylic landscape classes (Wednesdays, 6–9pm, \$30 for three hours) to share what he's learned.

For him, painting is not about perfection, but about connection, escape, and mutual learning. For bookings or details, contact Tim ph: 0419 208 700.



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Landmarks: silent cop exposed

by Robyn Hargrave



In 2023, Lennox Head's silent cop which had stood, well, silently at the Pacific Parade and Byron Street intersection since May 1958, was unearthed as part of Lennox Village Vision roadworks.

Although its possession was highly prized by many, fortunately this little piece of Lennox history was collected and cleaned to be re-installed for community viewing, in the verge adjacent to Lennox Vet.

From around 1900, silent cops, traffic domes or sleeping policemen appeared like mushrooms at



intersections in Sydney¹ and later, regional areas. Designed to ensure drivers did not cut corners and stray into the path of oncoming vehicles, they were about 40cm in diameter and 12.5cm high, embedded in the road surface. They had a collar under the dome, usually painted yellow and with reflective 'cats' eyes' for low light and night-time visibility² and took the place of a uniformed officer directing motorists, long before traffic lights came into being.

Following an approach by the Lennox Head Advancement League in May



1958,³ ours was duly installed when the intersection was first sealed. A programme of silent cop removal commenced in NSW around the 1980s, reportedly because they were deemed a hazard to motorcyclists.

Photos: 1. 1970s from P Myers, Restored by Ace PhotoShop; 2. 2023 First unearthed; and 3. 2023 Restored by M Fox. Sources on page 46.

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 lennoxheadheritage@gmail.com.

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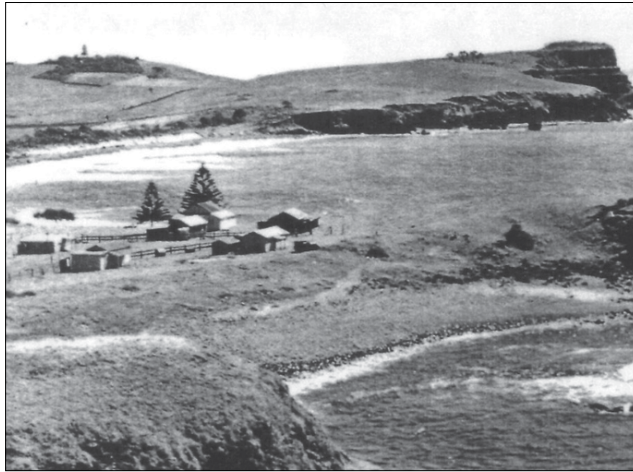
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BALLINA COAST
DENTAL

Pioneer Profiles: Wilhelmina Bulwinkel

by Narissa Phelps



Pictured: Left to right: Boulder Beach homes and the pines planted by the Bulwinkels and Wilhelmina Bulwinkel. Photo courtesy of Kim Bulwinkel.

Wilhelmina, nee Laufer, and her husband Charles Bulwinkel were amongst a small group who built homes at Boulder Beach in 1910. Theirs was a two-storey seaside retreat on land leased for 10 shillings a year. Timber was carted in by bullock dray and the cottage was painted white with timber shutters. Gradually they were joined by family and friends until a total of 15 homes, shacks and large tents surrounded the beach. This little settlement pre-dated the 1922 Lennox Head sub-division, indicating the increasing popularity of beachside holidays.

Wilhelmina's cottage was called *Rest-a-While*. Access to the



area was by ferry across North Creek, and a road part constructed from oyster shells removed from the middens of local First Peoples. What a wonderful escape this must have been for Wilhelmina's large family of 13 children, characterised by fishing parties and happy family gatherings.

On Armistice Day 1918, to mark the end of World War 1, Wilhelmina and Charles planted two Norfolk Island

Pines near their Boulder Beach home. They remained a landmark until 1988, when one of the trees was destroyed in a storm.

Wilhelmina was born at Morpeth in 1856, the daughter of Ludwig and Elizabeth Laufer who emigrated from Germany in 1855. The family later moved to the Grafton district, residing at Harwood Island. There she met Charles Bulwinkel, the couple marrying at Grafton in 1874.

They lived firstly at Harwood, then Palmers Island before moving to Rous in 1884. In 1892, the couple purchased *Fountaindale*, then *Neben* at Alstonville, where the couple ventured into dairying. Boulder Beach remained Wilhelmina's family get-away until 1922 and *Neben* her main residence. She died there in 1926, aged 70 years.

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Chris and the Camino's call

by Natalie Grono



For many, walking is exercise. For Christine O'Neil, it's liberation.

For Chris, walking has always been more than just a way to get from one place to another - it's her way to reflect, to heal, and to come home to herself. From the dusty trails of Spain to the foothills of the Himalayas, walking has helped her navigate grief, reconnect with her inner world, and find a sense of peace.

Now in her late 60s, Chris has walked thousands of kilometres across Europe, from the French Pyrenees to the coastlines of Spain and Portugal. She's trekked through Nepal, climbed Uluru, hiked the Inca Trail, and - most importantly - walked her way through grief, trauma, and the emotional weight of a life shaped by early loss. But her story doesn't begin in a faraway mountain village or along a Spanish camino. It starts in 1956, in a modest house in Blacktown, Western Sydney - one of the first homes built in the area.

'My parents worked extremely hard,' Chris recalls. 'They built that house from scratch. But we kids were left to our own devices.'

The family's resilience would be tested in devastating ways. Chris lost her older brother Neville in a car accident when he was just 15. The crash happened just half a kilometre from their home. Two weeks later, her father passed away from a heart attack - what Chris believes was brought on by delayed shock. 'I can still hear my mother's head bouncing off the cement when she passed down after hearing the news,' she says quietly.

Chris was second in a family of four children. Her father, she says, was strict and protective. 'If he were alive today, we'd definitely have some things to talk through,' she says with a wry smile. 'My mother, she did the best she could.'

Despite the pain, Chris found solace in movement early.

After completing her nursing training in Sydney, she fled to New Zealand for a taste of freedom - fruit picking, hiking, roaming wherever her spirit led. 'That's where I got my taste for walking,' she says. 'It was my first real sense of freedom.' When she returned to Australia, a cousin got her a job delivering bread. 'Start at 5am, finish by 11, and the rest of the day to myself. It was perfect. I was free again.'

She eventually settled down in Terrigal, had two children, Tania and Corey, and after separating from her first partner, stayed in the area to raise her kids. It was there she met her current husband, Steve at a local disco. They've been together over 30 years - partners in life, love, and for a decade, in running garbage trucks together in Maroubra until they moved to Lennox Head.

In 1987, a friend invited her to Nepal to trek to Everest Base Camp - a 36-day journey that tested her limits. 'The scariest bloody thing I've ever done,' she laughs. 'Some days I didn't think I'd make it home. One night we lay in our tents at Base Camp listening to avalanches going off around us, wondering if one was going to fall on us.' The danger wasn't just in the landscape. Midway through the trek, a fellow climber succumbed to altitude sickness, 'the Sherpas carried his body to Base Camp and left it on the ice overnight,' she says. 'That shook us all.'

But instead of frightening her off, the experience lit something inside. 'I loved it. I loved everything about it.'

From there, she climbed Uluru (back when it was still allowed), hiked the Inca Trail in South America, and began carving out a life punctuated by long, meaningful walks. But it was at 60 that Chris took her most profound step: the Camino de Santiago.

Walking to remember, to reflect, to let go

In 2016, she set off with three friends to walk the famed Camino from St. Jean Pied de Port in France to Santiago, Spain. It was a month-long pilgrimage across changing landscapes - and deeper inner terrain.

'I went to reflect on the death of my mother,' she says. 'We had our issues - mostly to do with my stepfather. The Camino gave me space to let that go.'

Returning home, the walking didn't stop. 'I just kept walking and walking. Around town, up and down the coastline - 13 kilometres a day.'

Three years later, in 2019, she returned to walk a second Camino, The Del Norte - this time solo - along the wild northern coastline of France and Spain. 'It was more extreme. Mountainous, dramatic. And it was the best I've done because I was on my own,' she says. 'When you walk alone, you open yourself up. You meet people. You reflect more deeply.'



For Chris, walking isn't just exercise, it's therapeutic. 'You've got the open air, the sun on your back. No worries. You don't care if the washing's done or if the bins are out. You're not thinking about anything you can't deal with, so you let it go. That's the magic. You just let it go.'

Life unfolding, one step at a time

Since then, the adventures have continued: a cycling and barge trip through the south of France; a sailing trip through Croatia; another Camino in 2022, this time starting in Lisbon. That trip was cut short at Porto when a cousin dislocated her shoulder - but Chris, of course, returned last year, from Porto to Santiago, to finish what she started

'I've done so much, I sometimes have to stop and think - what year was that? How long was I there? Did I overlap that trip with something else?' she laughs.

Now, Chris and Steve have packed up life in Lennox and hit the road in their motorhome, planning to travel around Australia for the next three years. No doubt, wherever they land, there'll be new trails to discover and new stories to collect.

Asked what keeps her walking, Chris pauses.

'Oh, I don't know what it is exactly. I think it's peace. Presence. Being in the moment. When you're walking, you're just there. You're not carrying the world with you.'

She smiles.

'Live life to the fullest,' she says. 'Life's too short. Just get out there and be you.'

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Preparing for U16s social media ban



From 10 December, the new Social Media Minimum Age (SMMA) legislation comes into effect, introducing stricter rules around how under-16s can access age-restricted social media platforms. Under the new world-first law, platforms will be required to remove existing accounts held by children under 16, prevent new underage sign-ups, and detect attempts to bypass restrictions. The Federal Government says the ban will protect the mental health and wellbeing of children and teens and limit their exposure to harmful content. While the aim is to protect young users, the sudden enforcement could mean teens lose access to digital spaces they rely on - without warning.

To help families navigate the changes, Kirra Pendergast from CRTL SHt has created a practical cheat sheet designed to support conversations with teens - preserving their sense of agency, digital history, and wellbeing online.

Map their online world

Start with a calm, curious conversation. Ask which platforms, chats, or creators matter most. This helps you understand their digital landscape and opens space for honest dialogue.

Set up safe chat alternatives

Support them in staying connected with close friends via age-appropriate group chats. Set respectful boundaries together, and use the moment to revisit online safety basics.

Back up what matters

Encourage teens to save meaningful photos, chats, or videos they might lose. Help them store this content in a secure folder or shared drive.

Stay connected to creators

If they follow affirming influencers, look for safe alternatives like newsletters or podcasts. Subscribe together if needed, and keep a list of trusted sources.

Prepare for re-entry at 16

Talk about what digital readiness looks like - from privacy smarts to emotional resilience. Use this time to build healthy online habits and critical thinking.

Keep the conversation open

Make sure your teen knows they can come to you — no shame, no punishment. Normalise chats about digital stress, mistakes, or pressure. Be a mentor, not a monitor.

Build offline confidence

Support activities that grow real-world confidence, identity, and joy. The stronger their offline self-worth, the less they'll rely on online validation.

Support neurodivergent teens

Offer early, clear explanations about changes. Create structured alternatives and respect their need for predictable, meaningful online spaces — these friendships are real to them.

Watch for emotional fallout

Losing access can feel like rejection. If your teen seems withdrawn, anxious, or left out, respond with empathy. Reassure them this is about age, not failure - and that you're in it together.

For more information visit: safeonsocial.com and esafety.gov.au/industry/regulatory-guidance#social-media-minimum-age

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Safe exercise during pregnancy

by Fabiann Robazza, exercise physiologist

Lennox has recently been a-buzz with the wonderful sound of children playing. I thought it was a great time to unpack and provide some information on how to safely exercise during and following pregnancy according to the latest research.

What happens to your body during pregnancy?

- Increase in heart rate and respiration (breathing)
- Increase in joint laxity (mobility)
- Increase sensitivity of tissues and swelling
- Change in centre of gravity placing more stress on the pelvis and shoulder
- Increased intraabdominal pressure placing more strain on the pelvic floor

How can exercise assist?

- Reduce risk of high blood pressure
- Reduce risk of diabetes during pregnancy
- Reduce risk of urinary incontinence and pelvic floor dysfunction
- Reduce complications during labour
- Reduce risk of post-partum depression
- Reduce risk of lower back and hip pain
- Improve sleep

What type of exercise?

A mixture of cardiovascular (heart), strength (muscle) and stability (joints and tendons) will ensure all aspects of your physical health are maintained.

Cardiovascular (heart health)

- 150-300 minutes per week of moderate intensity exercise (e.g. 30 minutes of walking on five days of the week)
- 75-150 minutes per week of vigorous intensity exercise (keeping working intervals to one minute during pregnancy)
- Return to running at 12 weeks post-partum (if no complications), beginning with walk/run intervals

Strength training

- Two sessions per week, using major muscle groups
- Work at a maximum of 8/10 effort (this can be increased 12 weeks post-partum if no complications)
- 8-15 repetitions
- Avoid lifting weights over head or lying on your back in 2nd and 3rd trimester
- Avoid breath holds during exercise

Stability

- Pilates is a great tool to assist with core strength and hip/pelvic stability
- Avoid curl ups, double leg lowering, lying on back
- Replace with side lying hip work, posterior chain exercises (back of body) and thoracic mobility and rotation

Further tips

- Avoid excessive sitting and avoid trying any new exercises
- If any leakage or pelvic pain is present post-partum, seek guidance from a pelvic floor physiotherapist
- listen to your own body.



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 LJ Hooker

Go wild for reading

by Brenda Anderson, Lennox Library



Get ready for the Summer Reading Challenge starting in December and continuing until the end of the school holidays.

Lennox Head Library participates each year in the Summer Reading Challenge, which is a Richmond Tweed Regional Library (RTRL) annual event aimed at encouraging children and young people to continue reading during the summer

holidays. It is an important event on the Library calendar to promote reading for pleasure, rather than an academic requirement, and to build a lifelong reading habit. During long breaks, like the summer school holidays, children can lose some of the literacy skills they've built up during the school year. Reading over summer helps maintain and strengthen those skills.

Lennox Library loves to encourage the kids further by creating a fun and inviting space. Thanks to some creative staff, we embrace the summer reading theme of the year with Library displays and decorating the kids' area. The theme this year is Go Wild for Reading.

Come in and check out our display, find out how to sign up for the challenge and start planning your summer reading activities. There are lots of ways you can participate with your children, from shared reading activities to a daily reading time, or creating craft activities around the books they are reading. Maybe they could create a lego scene from a book, or a challenge to read in different locations or fun contexts, like under a tree, by the Lake or at the beach. Check out our website rtrl.nsw.gov.au for more information or come and see us at the Library.



Maui Jim



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Ocean Rhythms and tide chart

by Steve Shearer

All the predictions for a wet spring due to a developing La Nina pattern in the Pacific put egg on the face of forecasters as a rare atmospheric phenomenon took hold. Way, way down in the Antarctic a very sudden warming of the stratosphere (upper atmosphere) took place in September. This Sudden Stratospheric Warming (SSW) weakened the polar vortex and sent cold fronts and polar lows much further north than normal for spring. While the southern states have been bombarded with swell and westerly winds, on the East Coast we've seen weak, mobile high pressures pushed north by the fronts and constant northerlies and bugger all swell. Really, a typical spring pattern that we haven't seen for a few years due to the prevailing La Nina's in the Pacific.

Very rare moments of small S swell

and calm winds have offered very brief windows of fun surf in amongst nuclear strength nor-easters. We should see the SSW break down through the next month but atmospheric inertia may mean it's closer to the Summer Solstice before we see a real change in the pattern. The constant nor-easters aren't doing that much to repair the sandbanks either. Oh well, I guess that is what silly season is for.

Despite the strong nor-easters, inshore water temps are holding up OK. Normally, the strong northeasterlies shift surface water seawards via a process called Ekman Transport. As warm surface waters move offshore, colder green water is upwelled from the continental slope. You know it as soon as you touch it - it feels icy. Inshore water

temps have been stubbornly holding north of 20 degrees so we've seen summer species showing up along the beaches and rocks, primarily trevally and whiting. Flathead have been holding steady. Every year we seem to see more trevally and different species in amongst them. This is related to the strengthening East Australian Current which brings tropical species down to our region. It's stronger and more persistent now, highly likely as a function of climate change. Water temps will be the main factor until December, with warmer water favoured and cold green water tending to total fish shutdowns. Here's hoping for the warm, blue water as we head into Summer.

Until next month, tight lines and tubular visions.

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Cars of Lennox

by Shan Railton



Model - 1988 Land Rover – ex Army

Owner – Dan from Lennox Gelato

You've most likely seen this rig parked out the back of Lennox Gelato and Coffee at some point but have you ever wondered why a camo Land Rover is the vehicle of choice for a coffee place?

LW – Tell us about this Dan, how did this come to being?

Dan – I bought it from the Army about 10 years ago with the vision to turn it into a mobile coffee cart. The planning was there but the more I drove it the more I fell in love with it as

a car. So it has now morphed into the business promo car and family fun mobile.

LW – So it's your daily driver?

Dan – Not quite, it's a bit leaky, slow and loud for everyday but it is perfect for camping locally, day trips up 7 Mile or just finding surf. It was originally a two seater but we have since converted it into a five seater so the whole family can get around in it including the dog and all our surf gear. It is also useful on the farm where we live; it's the kind of thing you can just hose out when it gets dirty.

LW – Sounds like an adventure machine. So does it have a name?

Dan – We refer to it as The Army Truck. Simple but accurate.

LW – How do you go finding parts and getting work done on it?

Dan – We're so lucky, Andy at Adventure Garage in Ballina is a Landy Wizard. They are his business and passion so we can always get things sorted on it.

LW – So no plans to sell The Army Truck? They are becoming collectable.

Dan – Yeah, I've noticed that but no, the kids have already decided who inherits it so I'm not allowed to sell it.

LW – Ha ha, fair enough. So I guess it will remain a Lennox icon for generations to come. Thanks for sharing, see you when I'm grabbing my next coffee.

Dan – Definitely. Thanks for having us.

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On Menopause

by John Peacock



When I was a kid, the robots were coming for us with lasers, tanks, and the ex-Governor of California. Now they're here, the only issue is that instead of death rays they bring shopping suggestions, playlist recommendations, and the uncanny ability to attribute assumed knowledge to something about which I know nothing.

Your phone not only listens to you, it now talks to you. There was a time when if you spoke to an inanimate object, it was a sign you needed professional help. Now I need professional help for anger issues

over my relationship with Google maps. My wife is delighted that she no longer has to pretend to read a road map ('It's upside down dear'). It's the same result but now it's Google saying 'Left' and me turning right because I know best. Google doesn't care if it's a short cut and 'look out there's a speed camera you idiot.'

There's a new kid in town now. ChatGPT, it can write essays, fix code, and draft your break-up letter in the tone of a disappointed mother-in-law. 'It's not you, it's me; I lied it's you.' Meanwhile, I can't remember let alone reset the Wi-Fi password without first choosing a new password. It's given new meaning to rebooting the router, I booted it into next week then had to buy a new router and think up a new password.

AI is in everything. Fridges nag when you're low on milk. Mine has a hissy fit if the door's open too long. 'I'm putting away the groceries,' I tell it, only for my phone to chirp: 'Would you like me to make a shopping list?'

The TV recommends shows based on what I watched last night. Which is terrifying, because my wife watches a lot of serial killer docos when I'm out. If the TV could recommend a smart place to keep the remote so I didn't lose it, that'd be more helpful.

Electric cars are sneaking up on you undetected. Computers, the same things that freeze when you open too many tabs, decide when you should brake at an intersection? At least when I drive, the mistakes are human and there's a nobility in the endeavour.

Apparently, AI is coming for our jobs too. No one knows when. I left mine unattended in the hope it'd be soon. Two weeks later it was still there, just as needy as ever.

AI may be intelligent, but it's still artificial. It lacks one essential human trait: the ability to laugh at itself while pretending everything's under control. Until it can do that, I'll keep muddling through - only for Google Maps to chime in: 'Turn around when possible.'



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Pet of the month

Name: Theo aka Mr T

Age: One

Breed: Harlequin Great Dane

Owners: Nina, Brad, Zephyre and Indie

Favourite food: Scooby snacks

Favourite thing to do: Sit on your lap and play with his toys: just needs to be with you

What is the best memory involving your pet?: Building up the courage to be on a boat and jumping into the water... watching him galloping through the water was a huge achievement. He is the biggest baby; scared of his own shadow.

If they were not a pet, what would they be? He would be a security guard. He doesn't leave your side and watches everything.

Want to see your pet as our next pet of the month? Email your answers to the above questions plus your favourite photo of your pet. Send to editor@thelennoxwave.com.au

A green and white chevron-patterned poster for the Ballina Shire 2026 Australia Day Awards. At the top is the Ballina Shire Council logo. Below it is a shield-shaped graphic containing the text 'Ballina Shire', '2026 Australia Day Awards', and 'nominate online'. A QR code is located below the text. At the bottom is the Australia Day logo with the tagline 'Perfect. Respect. Celebrate.'.

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Behind every thriving community are people whose time, passion and care make a difference. From volunteers and organisers to young leaders, artists and environmental champions, it's time to say thank you.

Nominations extended to Friday 7 November!

► **Nominate today at**
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Join us as we celebrate our nominees and winners at the 2026 Australia Day Event on Monday 26 January at the Lennox Head Cultural Centre.



Legal studies students excel

by Belinda Parkes, Ballina Coast High School



Our Yr12 Legal Studies team - Mia Stewart, Chris Kyprianou and Kalon Seagrove - proudly represented the School last term at the prestigious Griffith University Mooting Competition, joining more than 50 schools from across Australia.

As the appellant, Mia and Chris presented the team's appeal with confidence, while Kalon supported in the role of solicitor.

The presiding judge was highly impressed, praising not only their knowledge of the law but also the way they applied it to the case. She described them as one of the best high school teams she had seen, adding that their performance rivalled that of university law students who moot regularly as part of their degrees.

This outstanding achievement reflects the high standard of Legal Studies at our school and the dedication of our students to excellence.

We're looking forward to meeting the next generation of Legal studies students when our Yr7 2026 students join us for some transition events this month. All families with students joining us in 2026 are encouraged to come along to our School Tour and Information Evening on Thursday 20 November from 5.30-7pm.

You'll find out all the key information you need to know about starting high school and get an opportunity to together practise following a timetable to access different parts of our school.

We look forward to seeing you all.

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Community preschools under threat

by Sophie Leonard, Community Preschool



Our Preschool was originally established by community families who saw a need in our town and worked to make it happen. We have been an integral part of our community for over 40 years, forming the platform for lifelong learning and education.

Recently announcements from the NSW Government have sought to change how community preschools operate, extending the ages we provide for, the hours we work and the model under which we currently operate. This is because community preschools have low rates of safety breaches and among the highest quality services in NSW.

But it is because of our current model that we are able to achieve this. We have continuity of educators for our children and families who are able to develop sound trusting relationships. Seeing the same faces each day, in the morning and afternoon, supports communication and relationships fostering a successful platform for education. We are able to really get to know each of our children and how to best support them. We have long standing, community minded teachers and educators who are passionate about what we do. We are managed by a committee of parents and community members whose best interests are for their children.

We are not-for-profit which means everything goes back into what we provide for our children. We are dedicated, passionate, committed and work long hours ensuring we are ever improving and providing the best possible outcomes for our children. But we are also heavily under-paid compared to those in both the long daycare and primary sector. Preschool teachers with the same degree as primary teachers are paid up to 30% less. We stay here because we love what we do. Changing our current model will see a mass exit from community run preschools.

The state government has made these decisions with no consultation to community preschools.

For the first time in community preschool history, we held a strike to action on 15 October. Our service reluctantly only offered minimal supervision to our families as our Teachers and Educators attended a day of action in

Lismore. Being a small sector, we feel it is imperative we stand together with our other Northern Rivers community preschools with as much support as we can to be able to be heard. This decision was not made lightly but when you are as passionate about what we are able to offer our community as we are, we need to fight and stand up for our children's future. We feel so grateful to be a part of this special community, sharing in the journey of many families over many, many years. We are so lucky to watch each child grow in confidence, explore, take risks, attempt tricky situations, try something new or overcome fears, sharing those moments of accomplishment, growth and knowing we are here for each of families is our why. For us, this is not about the pay, it is about standing up for our dedicated team. For us, this is about acknowledging the difference between community preschools and long day care. For us, this is about understanding preschools have less safety breaches because our current model works. For us, this is about ensuring the longevity of community preschools is maintained.

The state government needs to listen. They need to understand the differences. They need to put our children first.

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Cut me out and stick me on the fridge

Lennox Head Public School



Kindergarten Orientation

Excitingly, there were kindergarten orientation days on 28 October, 4 November and 11 November. New students who are coming to Lennox Head Public School are able to come for a day to see what it will be like to be a student at LHPS in 2026. They rotated class rooms while having a Yr5 buddy to show them around, doing activities such as stories, playing games, arts and crafts and much more. All of the new Kindy students had such a great experience, we can't wait to see them next year.

Jack.C

Grandparents Day

On 27 October, it was Grandparents Day, where kids at Lennox Head got to invite their grandparents to spend time with their grandkids at school. Students showed their grandparents around their classrooms, showed them artworks, book work and just hung out and played games. After this, grandparents were invited to stay for a picnic lunch on the lawn. They all enjoyed spending some quality time together.

Kaiin.M

Book Parade

On 17 September our School had its annual book parade, where kids dress up as their favourite book character. All classes meet up under the cola to have a parade, where the class takes turns to walk around and show off their amazing costumes. At the end, they all huddle together to get a photo. After this, students get gather in groups to walk around the School, doing a literary treasure hunt that Mrs Blair (our librarian) had set up. All the students had an amazing time.

Harper

Art show

The Lennox Head Lions Club held its annual Town and Gown Art Show in conjunction with Lennox Head Public School, on 19 September. This community art exhibition showcases works from local artists across various mediums as well as artwork from the students at LHPS, with proceeds supporting the school.

Tilly

Far North Coast Athletics

On 1 September, 27 of our students travelled to Kingscliff to compete in the Far North Coast athletics (zone). Some people who won their events are: Ava, Will, Denika and Zara. Our senior girls team relay also won their final. Sixteen of our students will be going to the North Coast carnival on 9 September.

Hugo.

North Coast Athletics

On 9 September, 16 of our students travelled to Coffs Harbour to compete in the North Coast athletics carnival. Everyone had a great time, and the weather was great. Eleven of the 16 students who went qualified for the State carnival on 22 October in Sydney. Will got age champion, and the senior girls' relay team won their event. What an amazing achievement for all.

Hugo

BCHS Welcome Day

On 4 September, many LHPS students went to Ballina Coast High School (BCHS) for the day to have a look at the school. We have asked some students how it was. Here are their responses. Charlee's response: she said it was fun and welcoming and met a lot of the teachers. We had a talk about the school and played fun games with the principal and other students. Eva's response: it was good but some bits were boring. Over all it was a good day for Lennox Head public school seeing what it was like at BCHS.

Jack

6L - Writing letters to New Zealand Students

One of our Yr6 classes, 6L, has been writing letters to students from Queenstown, New Zealand. The students got paired up randomly and now there are new friendships from different schools, towns and countries. We have interviewed students and these are some of their responses. Tilly: 'It was good to get to know people from other parts of the world.' Hugo: 'It was cool to get to know them and write letters instead of texting like everybody does nowadays.' We look forward to growing our friendships.

Louie.R

Holy Family Catholic School

by Katie Rich



Stage 2 times table challenge adds up to fun and big wins

Stage 2 has been buzzing with numbers this term as our Yrs3 and 4 students worked hard on their times tables. With daily practice and plenty of friendly competition, everyone's number fluency has jumped to the next level.

Each class crowned their own times table champ, and those winners went head-to-head in a Championship Battle Off. The big finale saw our

overall champion take on Mr Deeps, our school Principal, in one last, epic round. It was close, it was quick, and it had everyone on the edge of their seats. Mr Deeps was victorious.

Massive congratulations to all our class winners and to every student who kept practising and improving every day. A special shout-out to our Most Improved students. You've shown what dedication can do. What a fun way to finish the term and prove that maths can be exciting.

Holy Family impresses at Gardiner Chess Interschool Tournament

Holy Family students proudly represented the school at the Gardiner Chess Interschool Tournament held at St John's, Woodlawn. Every player demonstrated

fantastic sportsmanship and focus, making our school community proud.

Our B Division team delivered an outstanding performance, taking home the division title. One team member went undefeated with seven wins from seven matches, earning the individual medal in the division.

The A Division team faced older and more experienced opponents but showed great skill and determination, proving they could hold their own against tough competition.

Several players earned merit ribbons, including one competitor who achieved the feat in only their third tournament, while another student impressed in their debut tournament.

Congratulations to all our chess enthusiasts for a fantastic day of strategy, learning, and teamwork.

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Beginner's guide to planting natives

by Natures Decor



The Northern Rivers region of NSW is home to an incredible variety of native plants. From coastal banksias and bottlebrushes to lush rainforest species like Bangalow palms and Davidson's plum, there is something to suit every garden.

If you're new to native plants, here's everything you need to know to plant

and enjoy a thriving native garden in the Northern Rivers.

Understand your site

Coastal gardens are suited to salt and wind-tolerant species like Coastal Banksia, Westringia and Spinifex. If you live in the hinterland or on rainforest edges, natives such as Bangalow palms, Lilly Pilly, Davidson's Plum and Native Ginger will thrive here. Flood-prone areas and river flats are suited to water-loving Melaleucas (Paper Barks), native Sedges and Lomandra. For sunny suburban gardens, consider Grevilleas, Callistemons (Bottlebrush), or flowering kangaroo paw for bright bird-attracting displays.

Prepare your soil

Native plants are hardy, but some preparation will ensure they thrive. Check the drainage. Unless you have plantings suited to 'wet feet,' most natives prefer a drier environment. Raised beds or mounds help if you have heavy clay. Avoid high-phosphorous fertilisers and go for blends labelled 'safe for natives.' Prepare your site with a generous layer of mulch, such as leaf litter or bark, to keep the moisture in and weeds to a minimum.

Choose your plants

Mix up your selection of plants to include different heights and purposes. For groundcovers, native violet, creeping boobialla and lomandra are good options. Add some flowering shrubs such as Grevillea, Callistemon, or Midgen Berry. It's always nice to include a few feature trees for dramatic effect. Crepe Myrtle, Water Gum, Magnolia and Eumundi Quandong grow well in our climate, depending on your aesthetic preference.

Tips for successful planting

Dig a hole twice as wide as the pot but no deeper. Place your plant in the hole and water well. Make sure any mulch doesn't touch the base of the plant. Planting in the cooler months is ideal as it gives time for roots to establish before the summer heat starts.

Native plantings are the perfect way to create a garden that celebrates the unique flora and fauna of our region. Most natives fend for themselves after the initial settling-in period, making them an excellent option for easy gardening.

SurFwagon

1 Ray O'Neill Cres Ballina
0434 875 009



Pandanus: palm or pine?

by S.Web, Lennox Landcare

How often do you hear the term 'icon' bandied around? Yes it's over-used, but the pandanus is definitely a tree that deserves this descriptor, particularly in our part of the world.

Around Lennox, pandanus trees primarily grow on exposed coastal headlands and sometimes along sandy beaches, their prop roots anchoring them firmly between boulders and in loose sand. When the fruits fall from tree-lined cliffs, ocean currents carry them to new locations and the buoyant segments can remain viable for months.

Pandanus are easy to propagate and can grow up to six metres high, but be careful of their spiky leaves. The trees are either male or female; the male flowers are fragrant spikes while the female flowers form those pineapple-shaped yellow/orange fruit clusters we associate with the plant. The trees are not related to palms or pines, but somewhere along the line they picked up the common names 'pandanus palm' and 'screw pine'. They're also known as breadfruit trees, due to a type of damper that can be made from the fruit. But again, they aren't related to true breadfruit trees found across Micronesia and the Pacific.

Aboriginal people had many uses for pandanus other than damper. The fruits contain oily, protein-rich seeds that were baked in hot sand or ash and have a sweet, nutty taste. The young inner leaf shoots are also edible while older leaves were made into baskets, bags, nets and mats. The fruits are also eaten by bats, parrots, turtles and fish.

Sadly, some of our pandanus are suffering from dieback caused by small sap-sucking insects called planthoppers. If you've walked along the coastal path recently, you may have noticed this. Planthoppers produce honeydew which encourages mould growth that triggers leaf drop and eventually the whole tree dies. They're native to north Queensland where natural predators control them but unfortunately their predators are absent here.

The iconic pandanus is a beautiful gnarly tree, if a little unruly, and it's perfectly suited to our coastal environment. On a hot day at the beach there's no better place to spread your towel than in the shade of a sprawling pandanus. Just take care: those heavy fruit clusters do fall and they can make a mess of your melon if they land on you.

For further info, please see: lennoxheadlandcare.org





Wattlebee Baby

Wattlebee Baby is about caring for mums as much as their little ones. Our range for bump, baby and beyond includes maternity wear, postpartum care, nursery furniture, prams, car seats, feeding and sleep essentials, baby and children's clothing, gifts and keepsakes.

We know how important it is for new mums to be cared for too, nourished, supported, and reminded to slow down in those early weeks. That's why we've included a postpartum care freezer, stocked with wholesome, ready-made meals designed to nurture recovery after birth.

Created by a local mum, Wattlebee Baby focuses on quality, comfort and practical support through every stage of motherhood, featuring trusted brands chosen for their care and craftsmanship.

Opening early November at Ballina Central Shopping Centre, Wattlebee Baby will be a warm, welcoming space for families to find what they need and feel supported through one of life's biggest transitions.

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Asbestos is found in 1 of 3 homes

by NEWaste

If your home was built or renovated before 1990, it could contain asbestos. Asbestos is most commonly found in cement sheeting used for walls, ceilings and roofs and in thousands of other building products including vinyl flooring, adhesives, paints, textured coatings and insulation.

You can't tell if a material contains asbestos just by looking at it and asbestos is dangerous when damaged, disturbed or deteriorated so you shouldn't remove it yourself.

It's a shocking statistic, but up to 4,000 people a year are still dying from asbestos related diseases in Australia. November is National Asbestos Awareness month and a good opportunity to 'get in the know' about asbestos before you begin any maintenance or renovations on your home, visit asbestos.nsw.gov.au

If you think you might have asbestos in your home, avoid damaging or disturbing any material until you've had it tested. Ballina Shire residents may be eligible for a

subsidised household asbestos testing (HAT) kit, which includes instructions on how to take samples safely and send them to a certified testing laboratory. If asbestos is identified and requires removal, you should then contact a licensed professional at: verify.licence.nsw.gov.au/home to remove and dispose of it safely.

Placement of any amount of asbestos waste into domestic or commercial bins is illegal and can result in very heavy fines. Asbestos waste should always be disposed of at a landfill licensed to accept it, and in compliance with all necessary handling, transportation and quantity requirements. To find your nearest licensed facility visit: newaste.org.au/asbestos/#up

For further information about managing or disposing of household asbestos or obtaining a Household Asbestos Testing kit, contact Ballina Shire Council on ph. 6686 1287 or visit ballina.nsw.gov.au/asbestos

Where to dispose of batteries safely

by NEWaste



To combat the rise in battery-related fires across the state, the Never Bin a Battery program is being rolled out by the NSW EPA in partnership with Council, to improve community awareness about safe battery disposal.

Part of the response includes a state-wide trial of 34 Community Recycling Centres (CRC) set up to accept embedded battery items. For Northern Rivers residents, there are now three CRCs in the region where embedded batteries can be dropped off for free - the Lismore CRC and new to the list - the Ballina and Kyogle CRCs.

Unlike loose batteries that can be removed, embedded batteries are sealed inside devices. You may not realise just how many of these

items exist around your home, but everyday items such as Bluetooth headphones and speakers, toys, power banks, vapes, e-scooters and e-bikes, vacuum cleaners and electric toothbrushes are just some that contain an embedded battery.

The growing issue is that when these devices need disposal, people often place them into their kerbside garbage or recycling bins, unaware of the danger such a seemingly small action can cause.

When batteries are crushed or punctured in waste collection trucks or at recycling facilities, they overheat, spark and in many cases cause serious fires that are dangerous and difficult to control.

According to a 2022-2023 Lithium-ion Battery Incident report by Fire & Rescue NSW, a total of 177 battery fire incidents were attended to in 2023 involving waste trucks, waste collection and waste management facilities. This figure represents an increase of 43% from the previous year.

The message is simple: Never Bin a Battery. Here's what to do with them when they need disposal.

Embedded batteries: Visit either the Ballina, Lismore or Kyogle CRC to safely dispose of embedded battery items for free. Alternatively, if you are travelling, visit the NSW EPA Never Bin a Battery website listed below for the full list of locations across NSW.

Loose handheld batteries: removable batteries such as AA, AAA, C, D, 9V, 6V and button cell batteries can also be taken to the CRC, however there are many other convenient drop-off locations throughout the region. These include B-Cycle collection boxes located at the front of many large retail and hardware stores and Community Recycling Stations at select community centres and libraries across the region. Visit newaste.org.au/batteries to locate your closest collection point.

To find out more visit: epa.nsw.gov.au/Your-environment/Recycling-and-reuse/never-bin-a-battery

Lennox Longboarders

by Wayne Booth



Pictured: Final Winners Gary Crawley, John Glassington.

The October round was held on the 12 that Lennox Main Beach. Fifteen Members surfed. Following a week of northerly gusty winds, we were met with a light offshore wind and an incoming tide making the conditions much better as the morning progressed. It was by no means brilliant but we made the decision to run the round.

Standout Longboarding in the 2nd & final rounds to Gary Crawley and John Glassington. Thanks to Will Petrie for the BBQ and George Leslie for the tallying.

Sponsor Vouchers

Major Sponsor The Lennox Hotel - Gary Crawley, Will Petrie.

RipCurl Ballina - Jemma Osmond, John Eddy



Lennox Surf - Randall Evans, Jai Petrie, George Leslie, Terry Kay.

Lennox Gelato & Coffee - Gary Alford, Wayne Booth

Lennox Pizza & Pasta - Peter Regan, Grant Ryan

Results

Final 1 - 1. Gary Crawley. 2. Jemma Osmond. 3. Gary Alford. 4. Terry Kay.

Final 2 - 1. John Glassington. 2. John Eddy. 3. Andrew Thomas. 4. Randall Evans.

Surfing Round One Only. Grant Ryan, Michael Bell, Wayne Booth, Jai Petrie, Jim Baker, Will Petrie.

Our Club's Final Round for 2025 is scheduled for Sunday 9 November.

Joel set for World Para Titles



Local para surfing champion Joel has once again earned his spot on the Australian Irukandji team for the 2025 ISA World Para Surfing Championship, set to take place in Oceanside, California, from November 2-7.

Joel made headlines in 2023 when he won gold in his division (Prone 2) at his first world championship appearance, following a remarkable return to the sport after a 20-year break. A former bodyboarder, he sustained a spinalcord injury at Pipeline, Hawaii in 2001, and stayed out of the water for two decades before taking up adaptive surfing.

'I'm honoured to again be selected to represent Australia as an Irukandji,' Joel said. 'With our strongest team ever, we're looking to go two better than our bronze medal in the team championship last year, and bring home gold for our country for the very first time.'

Joel will also be chasing individual glory, aiming for another world title and a gold medal for Australia. 'You know I'll be chasing an individual gold medal for Australia and another world title, too,' he added.

Fans can catch all the action live at: isasurf.org

All Girls Surfriders

by Maz Pentecost and Fabiann Robazza

Our September Club Round was held on Sunday 28 September at Lennox main beach. Sunshine and glassy ocean clarity set the stage for an exciting day of surfing.

Early conditions were tricky, with a lingering nor'easterly bump and half to one metre sets breaking on a shallow bank at low tide. As the tide filled in, the waves began to line up more cleanly, creating opportunities for longer rides.

The Open's Division hit the water first on the main bank, while the Junior Beginner Girls paddled out on the second bank. Both banks brought their own challenges, but the girls rose to the occasion. The highest-scoring rides came from surfers who committed to the fast closeouts, threading through sections and linking into reforms for extra manoeuvre opportunities.

There were standout performances across several divisions, particularly in the Finals. Emma C impressed in the Opens, Elle R shone in the Longboard, and Nat E delivered a strong performance in the Wahines. Each division showcased courage, progression, and plenty of stoke in the line-up.

A huge thank you goes to our committee members who worked tirelessly to run the contest, judge throughout the morning, and stay until the very end to pack down. We are also grateful to the parents and Club members who offered their time and support – your help is always appreciated.

Overall, it was a fantastic day of surfing, community, and celebration of women in the waves.

September Club round results:

Opens: 1. Charlee W. 2. Emma C. 3. Skylar R.

Wahines: 1. Cory W. 2. Maz P. 3. Nat E.

Longboards: 1. Eleanor R. 2. Sierra C. 3. Maz P.

Senior Intermediate: 1. Suzanne A. 2. Kristy B. 3. Emily F.

Junior Intermediate: 1. Amelia A. 2. Zia F. 3. Pearl M.

Senior Beginners: 1. Gabriela B. 2. Asha B. 3. Sharheen L.

Junior Beginner: 1. Sierra F. 2. Helena D. 3. Chloe D.



NEIL DIAMOND TRIBUTE

Sunday 9 November
Doors: 2.00pm
Show: 2.30pm
The Auditorium
18+ Event
Tickets: \$40
Starring 20 year veteran Canadian singer Bobby Bruce



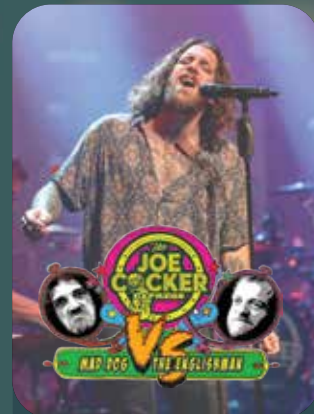
LITTLE RIVER BAND TRIBUTE

Saturday 22 November
Doors: 7.30pm
Show: 8pm
FREE General Admission
\$10 Premium Reserved Seating



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Thursday 27 November
Doors: 6.30pm
Show: 7pm
Free Entry 18+
MC Ellen Briggs, Odette Nettleton, and feature Mark McConville



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Friday 28 November
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Show: 8pm
18+ Event
General Admission Standing: \$39
Reserved Seats: \$49
Reserved Cocktail Seating: \$59

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ballinarsl.com.au

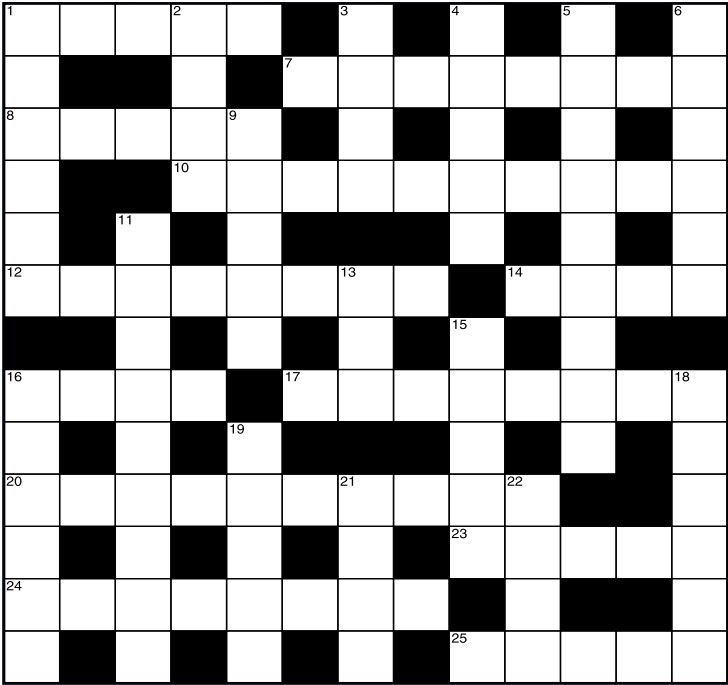


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November crossword

© Lovatts Puzzles



Across

- 1. Lovers' squabbles
- 7. Undid (skirt)
- 8. Fear
- 10. Children
- 12. Rissolo
- 14. Yemen port
- 16. Burlesque actress

- 17. Exerted (oneself)
- 20. Intensifying (of war)
- 23. Relieved
- 24. All of space, the ...
- 25. Situate

October solution



Sources: ¹Davis T, 'Silent cops make a quiet exit' *My Drive* 17.06.2022, accessed 24.11.2020; ²'Silent cop' *Wikipedia*, accessed 24.11.2020; ³Correspondence LH Advancement League and NSW Police Traffic Branch 05.05.1958.

Down

- 1. Monotony
- 2. Become tattered
- 3. Unknown writer
- 4. Refreshments booth
- 5. Widening
- 6. Light-bulb inventor
- 9. Niggling worry
- 11. Documents fastener
- 13. ... sleeping dogs lie
- 15. NE US state
- 16. Personal money order
- 18. Dally
- 19. Director, Woody ...
- 21. Assignment
- 22. Prison



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At the movies

with Milt Barlow

November brings a fresh slate of diverse films to cinemas, ranging from thrilling supernatural tales to family-friendly animations and high-stakes action adventures. Here are the key new releases to watch out for throughout the month.

6 November

Die My Love. Starring Jennifer Lawrence and Robert Pattinson, this drama/thriller explores a young couple's move from New York to an inherited countryside home. Amidst the isolation, Grace (Lawrence) struggles to find her identity as she adjusts to new motherhood, discovering surprising inner strength and imagination.

Predator: Badlands. Elle Fanning stars in this sci-fi action film set on a distant planet. A young Predator outcast

teams up with Thia (Fanning) as they face deadly challenges in search of a formidable enemy.

13 November

Now You See Me: Now You Don't. This is the return of the Four Horsemen illusionists, including Jesse Eisenberg and Woody Harrelson, in a crime thriller packed with mind-bending twists and spectacular magic.

The Running Man (Australian premiere). Directed by Edgar Wright, Glen Powell stars in this sci-fi action thriller about a desperate father hunted in a deadly televised game to win money for his sick child.

Hamilton. One of my all-time favourite stage shows. If you missed it when it was live in Australia, seeing it on the big screen is the next best thing. Filmed live on Broadway from the

Richard Rodgers theatre it features the original multi-award winning cast. Don't miss this one.

Bat Out Of Hell – The Musical. Get ready to rock for Halloween as this West End production roars onto the big screen. All of Jim Steinman's and Meat Loaf's epics come to life in this visual feast.

20 November

Wicked: For Good. The magical sequel starring Ariana Grande and Jeff Goldblum continues the saga of Elphaba and Glinda.

27 November

Zootopia 2. The animated adventure returns with Ginnifer Goodwin and Jason Bateman as Judy and Nick unravel a mysterious plot shaking up the mammal city.

Something for everyone this season.



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Not Responsible by Julia Crofts

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Sunday	16 Nov	10:00 - 4:00 pm

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November horoscopes

by Patsy Bennett - patsybennett.com

Aries

If finances have been mixed of late, you'll be pleased to hear developments in November will help you to turn a corner. A fresh work cycle and daily routine will begin. You may even experience a boost towards the 19th. Try to get key paperwork on the table by the 9th to avoid subsequent delays.

Taurus

The Taurus full moon and supermoon on the 6th points to the start of an exciting new phase. This may initially present as intense, as changes arise in a key relationship for April Bulls, and at work or health-wise if you're a May Bull. Venus spotlights a passionate month as emotions run high.

Gemini

Mercury turns retrograde on the 10th and so if you have a fresh project you'd like to get off the ground, try to launch this before then. You'll gain the chance to review and tweak your ideas and plans during the month. This may be an emotional time, so ensure you maintain perspective.

Cancer

Jupiter turns retrograde in Cancer on the 12th, making this a good month to focus on your own self-development, spirituality and learning opportunities. The new moon on the 20th will highlight family, creative and personal choices. It may be an intense time, so best to pace yourself.

Leo

You'll gain perspective into the best way to invest financially and emotionally in yourself. This is largely because you may be surprised by developments in November, and must put yourself first. Consider whether your circumstances support your big-picture hopes? If not, it's time for change.

Virgo

Pace yourself from the 9th onwards, especially if you feel sometimes that life is simply too busy. If on the other hand, life becomes slow or even stuck mid-month, find ways to boost your energy levels, especially as preparations for visits and focus on domestic matters may be necessary. Information with legal matters and to avoid speculation.

Libra

New incentives to budget better in November will go well, especially if you can launch them just before the full moon on the 6th. This is especially important as Venus in Scorpio may incline you to overspend. November is also a good month to consider instigating long-term domestic changes.

Scorpio

The new moon on the 20th will be in your sign and represents a good opportunity to begin a completely new phase in your life. You may experience surprise developments, and if you have already made plans for something new, this new moon will help turbo-charge your transformation.

Sagittarius

Mercury will be retrograde from the 10th, creating an option to review or reconsider some of your recent decisions. You may feel nostalgic and drawn to the past. Maintain perspective and be present, as Mars in your sign from the 4th provides the opportunity to celebrate and enjoy life now.

Capricorn

The full moon on the 6th will spotlight your true feelings about your home life and/or personal circumstances. Take steps to make considered choices during the month, and avoid feeling you must rush decisions. You'll enjoy entering the social phase of the festive season end of November.

Aquarius

The full moon supermoon on the 6th will spotlight a fresh start. You'll gain the chance to indulge in favourite activities and to boost your career in November. You may simply wish to update a communications device or home décor. A fresh understanding with someone may emerge.

Pisces

This is a decisive month financially. You'll gain the chance to configure arrangements that provide you with more stability and security. This is also likely to be a passionate time where you'll relish the chance to indulge in your favourite activities. A trip, project or study opportunity will appeal.



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