

# the lennox wave

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

Community news for Lennox Head

Issue 245 | September 2025



## 2025 McGrath Award Winners

Highest Performing Office Nationally  
Most Outstanding Front Office Manager

**McGrath**





Circa \$300m Sold since opening  
our doors in *September*.



Contact our specialist team today to  
achieve the best price for your home.

**SOLD NEAR YOU**

24 Blue Seas Parade, Lennox Head Sold in 2 days	11 Sapphire Court, Lennox Head \$4.55m
13 Warrawee Drive, Lennox Head \$3.925m	5 Bradman Court, Skennars Head \$3.575m
14 Elevation Drive, Lennox Head \$2.15m	10 Sapphire Court, Lennox Head \$2.35m
1/15 Admiral Vista, Lennox Head \$1.625m	45B Seaswell Crescent, Lennox Head \$1.455m
85 Skennars Head Road, Skennars Head \$2.45m	54 Stoneyhurst Drive, Lennox Head \$2.14m
4 Monivae Place, Skennars Head CONFIDENTIAL	7/78 Hutley Drive, Lennox Head CONFIDENTIAL

This issue ..... 3

From the editor ..... 5

Around town ..... 6

News..... 8

Community ..... 9

History ..... 21

Art and Culture..... 22

People..... 24

In Focus ..... 26

Lifestyle ..... 28

Travel ..... 33

Family ..... 35

Health and Wellbeing ..... 36

Pets and Animals.....36

Education ..... 38

Environment..... 41

Sport ..... 45

Entertainment ..... 47

Trades and Services ..... 50



13 Vale David Cook



22 There's something about Kate



24 Anna's witness to war

**BALLINA WEST MEDICAL CENTRE**

Welcomes Dr Iqbal Pakzad

We Bulk Bill All Concession Card Holders



Accepting new patients now

Shop 12, 55 Quays Drive Ballina West

Ph: 6681 1333

Email: [bwmc@bwmc.com.au](mailto:bwmc@bwmc.com.au)

Open: 8.30am-5pm, Monday to Friday

# Lifestyle.

Find your Lifestyle.  
[lifestylegroup.com.au](http://lifestylegroup.com.au)

## Your Coastal + Lifestyle Property Specialists.



TRUSTED ADVISORS IN LENNOX HEAD &  
EAST BALLINA FOR OVER 20 YEARS

Let's have a conversation.

Jan Borsje  
0414 282 999

Kendall Atkinson  
0414 828 900





It was the weight of a series of tragic events in my teenage years that first sent me in search of meaning - into the office of a counsellor with wildly colourful socks, who gently encouraged me to explore how different faiths and philosophies around the world approach life and death. What followed was a kaleidoscopic journey: from elephant gods and prayer beads to whispering mountains and firelit rituals - each tradition full of wisdom, each expanding my consciousness. But, it was the ancient, animistic beliefs that quietly, yet profoundly, ignited something within me. As one of my earliest memories awakened - my father lifting my small hand to point toward the twinkle of the Southern Cross in a clear night sky - I felt the world come alive.

Animism is best understood not as a formal religion, but as a way of being - one that sees the world as alive with spirit, where rivers remember, trees speak, and stones hold stories. It invites us to move through life with reverence, listening to the land as if it were kin. Around the world, this way of seeing is gaining legal recognition. Countries like Ecuador, Bolivia, New Zealand, Colombia, India, Uganda, Canada, the U.S., and recently England, have passed laws granting natural entities - rivers, mountains, and ecosystems - legal personhood. These changes reflect a growing movement urging us to live more attentively and reverently, seeing nature not as property, but as family.

And so, as we gather this month for the Richmond Riverfest (pg 26), we are invited to listen. Not just to the riverkeepers - but to the river itself. To celebrate her story. To imagine her as alive. To honour her wisdom. To embrace the interconnectedness of the human and natural world, as beautifully expressed in the Maori proverb: 'I am the river, the river is me.'

Natalie Grono, Editor

### Contact us

Got a story? Get in touch.



Phone: 0405 662 567

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

### Follow us

Join our community for all the latest.

Website | [thelennoxwave.com.au](http://thelennoxwave.com.au)

  [thelennoxwave](https://www.thelennoxwave.com.au)

### Advertise with us

Get the word out.

Advertising: Wave Publishing Pty Ltd

Email: [sales@wavepublishing.com.au](mailto:sales@wavepublishing.com.au)

Phone: 0412 461 559

### Publisher



WAVE PUBLISHING

Email: [milt@wavepublishing.com.au](mailto:milt@wavepublishing.com.au)

Address: PO Box 407, Lennox Head, NSW

Phone: 0412 461 559

### Cover photo credit

Artist: Naomi Malone (pg 25)

### The fine print

Editorial content does not necessarily reflect the views of the Publisher. Care is taken to ensure accuracy at the time of print. No liability will be taken for inaccurate information provided by contributors or advertisers. We take no responsibility for the content or images within.

### Acknowledgement of Country

*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.



**PDR**  
*Ballina*  
**PARADISE DENT REPAIRS**  
YOUR FIRST STOP BEFORE THE PANEL SHOP  
2/13 De-Havilland Crs Ballina  
[pdrballina.com.au](http://pdrballina.com.au) Ph:0459781746



MENTION THIS AD FOR 10% OFF

BEFORE AFTER

Dent Repairs - Hail Damage - Bumper Repairs - Paint Repairs - Headlight Restoration  
Mobile Dent and Paint Repairs - Pre Sale Body Inspections - Book Your **FREE QUOTE**



**What:** Sample Food Festival  
**When:** Saturday 6 September  
**Where:** Bangalow showgrounds

Sample promises to be a vibrant celebration of culinary artistry, bringing together food lovers, chefs, and local producers.

Visit: [samplefoodevents.com](http://samplefoodevents.com)



**What:** *The Snow Queen*  
**When:** Friday 12 September, 7pm  
**Where:** Byron Community Centre

The Victorian State Ballet proudly presents *The Snow Queen* in a beautiful ballet story performance. Outstanding skill, artistry and technique will be on show in this visually inspiring and highly entertaining performance. Book: [byroncentre.com.au](http://byroncentre.com.au)



**What:** We Dance Festival  
**When:** Friday 12 - Sunday 14 September  
**Where:** Byron Bay locations

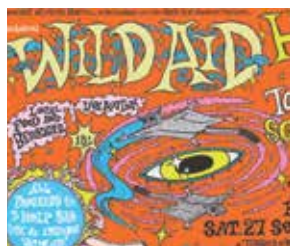
Workshops led by passionate teachers, live performances like you've never seen and opportunities to connect with others, We Dance aims to inspire and energise. Book: [events.humanitix.com/we-dance-festival-2025](http://events.humanitix.com/we-dance-festival-2025)



**What:** Open Mic Night  
**When:** Wednesday 17 September, 6.30pm  
**Where:** Lennox Pizza

Enjoy great music, meet new friends, and support our community's artists. Grab the mic or just come to listen - good vibes guaranteed.

Visit: [lennoxpizza.com](http://lennoxpizza.com)



**What:** Wild Aid Fundraiser  
**When:** Saturday 27 September  
**Where:** The Green Room, Tyagarah

Iconic Australian rock legends the Hoodoo Gurus will headline a powerful night of music and purpose, leading a star-studded bill for a benefit concert in support of Byron Bay Wildlife Hospital. Tickets: [moshtix.com.au/v2/event/wildaid-2025](http://moshtix.com.au/v2/event/wildaid-2025)



**What:** Richmond Riverfest launch  
**When:** Sunday 28 September, 10am  
**Where:** Ballina

Richmond Riverfest is a month-long celebration of the rivers, cultures, and communities of the Northern Rivers region. Ballina represents the symbolic meeting point for all communities along the River. Visit: [richmondriverfest.com](http://richmondriverfest.com)

## 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](http://discoverballina.com.au)



# **Harcourts** Northern Rivers



## #Betterinblue

Reach out to your favourite  
Harcourts Northern Rivers Agent today.

*We make it possible*



**Harcourts**

BALLINA | BYRON BAY | LISMORE

P 02 6686 1100 [www.harcourtsnr.com.au](http://www.harcourtsnr.com.au)

# Residents' report

by Robyn Hargrave

It was windy, it was cool but stoic members, a visitor and Cr Dicker joined our 4 August meeting, with apologies from Mayor Cadwallader, Crs Bailey and Ramsey.

**Cumbalum Urban Release Area C (CURA C)** A rezoning planning proposal has been received by Council for a residential development in an area south from the Ross Lane on-off ramps and generally west between the Pacific Highway and Tamarind Drive. Cr Dicker advised it may comprise up to 600 dual occupancy lots but the concept plan could change many times before finalisation.

**Crime update** For July, reported offences showed the highest level of steal from motor vehicle (3) and break enter and steal (4) since January. Some of these were from unlocked premises. Readers are reminded to report every incident to Police, and action '9 o'clock lock up' of all your property. Banning E-bikes and scooters is under consideration by the Queensland Government following deaths and serious injuries, according to media reports.

**Council's Community Donations 2025-2026** The Association is most appreciative of the allocation of \$1,000 for the current financial year towards our costs associated

with insurance and hall hire for meetings.

**Our Association exists to represent members** in maintaining and enhancing the amenity of Lennox Head and surrounds. This may be caring for Seven Mile Beach, preserving our built environment, safety in homes and on roads, involvement in strategic planning, aircraft noise, condition of roads, and examining development proposals – matters raised by members. For your say and our involvement, please join us. We can't do it without you.

## North Creek Road and Bridge submissions

Council is seeking community feedback on the concept design, cost estimate and preliminary impact assessment reports for the North Creek Road and Bridge project.

Visit: [yoursayballina.com.au/north-creek-road-and-bridge](https://yoursayballina.com.au/north-creek-road-and-bridge).

Submissions close 24 September

**Upcoming meetings:** 1 September, 13 October and 3 November 2025, from 7pm in the CWA Hall

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



Sponsored By:



Sponsored By:



## FROM LENNOX HEAD TO THE U.K!

Help Our Girls Dance on the World Stage!

**Donate here**

Keen to sponsor? Email: [heartofdance2@gmail.com](mailto:heartofdance2@gmail.com)

The Heart of Dance World Line Dancing Team will represent Australia at the Worlds Dance Masters in the UK next year – a dream come true for our hardworking young dancers! We're raising funds to help cover travel, costumes, and competition fees. Donate or sponsor to help our girls go for GOLD!



EST 2007

# LENNOX PIZZA

NOT JUST PIZZA

*Bar & Kitchen*

## WEEKLY SPECIALS

### ALL YOU CAN EAT PIZZA MONDAY NIGHT

\$25 adults, \$15 children (12 & under). Dine-in only. T&C's apply.

### 2 FOR 1 TUESDAY

Deal applies to pizza from the foragers menu. Dine-in only.

### WING WEDNESDAY

Serve of wings + 1 tap beer or small glass of wine. \$20. Dine-in only.

### PASTA NIGHT THURSDAY

1 bowl of pasta + 1 garlic bread + 1 tap beer or small glass of wine. \$30. Dine-in only.

### MONDAY-THURSDAY FEED THE CREW \$59

2 x garlic breads + 2 x medium pizza's + 1 x pear and walnut salad + 1 x 1.25L soft drink. Takeaway only.

### FRIDAY-SUNDAY HAPPY HOUR 3-5PM

Tap beer \$7 and cocktails \$15

6687 7080 • 4/74 BALLINA ST, LENNOX HEAD  
[LENNOXPIZZA.COM](https://lennoxpizza.com) • @LENNOXPIZZA

SCAN HERE

TO BOOK YOUR TABLE



## Meeting to tackle growth and services

A community meeting will be held on 22 September at 7pm at the Lennox Head Cultural Centre to discuss the town's rapid development and its impact on infrastructure, services, and local business. All residents are invited to attend.

The meeting has been organised by Alison Vickery, a long-time community advocate who previously led successful efforts around youth crime prevention in Lennox Head. She is working alongside local business owner Jacqui Scanlon, who recently launched a petition calling for the urgent allocation of zoned light-industrial land to support essential services in the area. The petition has gathered over 750 signatures in one week.

Scanlon says local service providers such as mechanics, electricians, and suppliers are struggling to stay in town due to a lack of appropriate industrial zoning. 'These businesses are vital to keeping Lennox functioning,' she said.

Residents have also raised concerns about local education access. These issues are being discussed in the context of major housing developments which would add around 2,500 homes over the next 15-20 years.

The meeting will offer residents, local business owners, and families the opportunity to speak directly to local decision-makers. Invitations have been extended to Ballina Shire Council, State MPs, and Federal representatives.

## Celebrating 65 years of VIEW

by Lianne Brennan, LHEVC

Join us for a special evening as the Lennox Head Evening VIEW Club celebrates the 65th anniversary of VIEW Clubs of Australia with a dinner on Tuesday, 9 September at 6:30pm in the Seven Mile Room at The Lennox Hotel.

This milestone dinner is a chance to honour 65 years of purpose, passion, and community impact—while connecting with like-minded women who are making a real difference.

VIEW (Voice, Interests and Education of Women), founded by The Smith Family in 1960, has grown into a vibrant national network of over 15,000 members across 280 clubs. For six and a half decades, VIEW women have raised funds, volunteered, and advocated to support disadvantaged Australian children through education. With over 1.2 million children now living in poverty, the work of VIEW has never

been more vital. This year, VIEW Clubs are proudly sponsoring more than 1,800 students through The Smith Family's Learning for Life program.

Whether you're already a member or simply curious to learn more, this event is the perfect opportunity to get involved. Please visit our Facebook page for events and updates - Facebook/LennoxHeadEveningVIEW or email [lennoxevening.view@gmail.com](mailto:lennoxevening.view@gmail.com).

Book a consult  
66808862

Custom Made Curtains & Blinds to style your home

*Luxaflex*

**BlindDESIGN**

BLINDS SHUTTERS AWNINGS CURTAINS

Visit  
the SHOWROOM  
84-86 Centennial Cct  
Byron Bay

## Councillor thoughts: Future development

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 substantial residential growth in our area over the past decade. With a new greenfield subdivision proposed for Ross Lane sparking community concern, we posed the question: How should Council manage future housing supply while protecting local amenity and preserving the natural environment?

*If you have a question you'd like our Councillors to consider, please email it to [editor@thelennoxwave.com.au](mailto:editor@thelennoxwave.com.au)*

### Cr Michelle Bailey

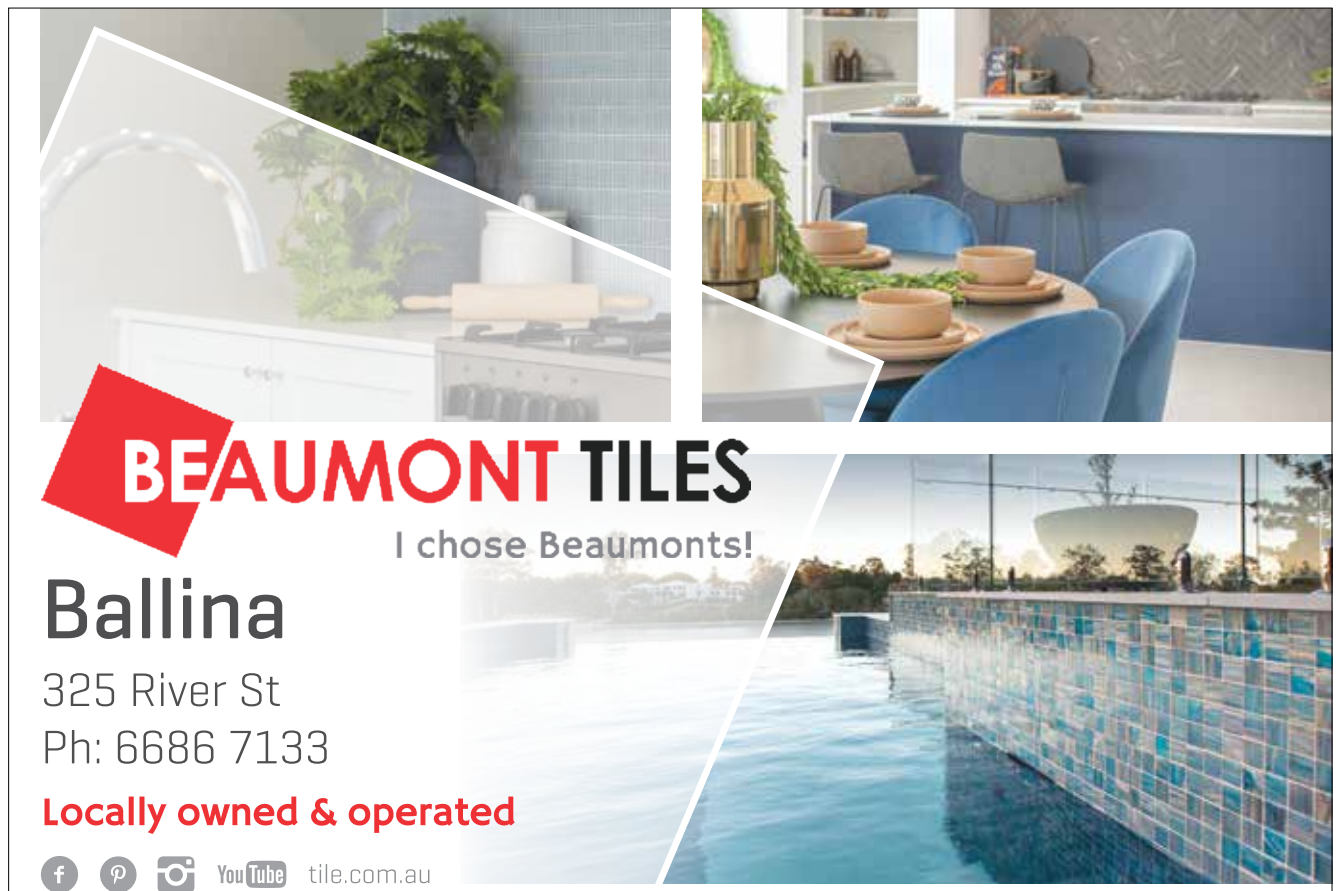
As we are asked here, to reflect on the significant residential growth in Lennox Head over the past decade, it's essential to now address the evolving housing crisis and its impact on our community with future development. With our enhanced understanding of flood plains and housing shortages, we must explore innovative approaches to development. This includes utilising smaller blocks creatively, allowing for options like granny flats and work-from-home spaces.

Future developments must also consider the necessary infrastructure that supports not only housing but also light commercial and industrial opportunities. As the population expands, we need to allow our services to as well. The proposed subdivision on Ross Lane serves as a critical example bringing community concern. As a Council, we must balance the urgent need for housing with the preservation of our beautiful natural environment while ensuring that infrastructure keeps pace with growth.

To effectively tackle these challenges, we must align with NSW planning guidelines, while honouring the unique character of our community. Prioritising sustainable development practices and protecting green spaces is vital to ensuring that new housing projects enhance our local lifestyle.

I encourage all residents to voice your thoughts and ideas on achieving this balance. Your insights are invaluable in shaping our future. Please reach out to me at: [michellebailey@ballina.nsw.gov.au](mailto:michellebailey@ballina.nsw.gov.au) with your suggestions.




Together, we can ensure that Ballina Shire remains vibrant and welcoming for all.



**BEAUMONT TILES**  
I chose Beaumonts!

**Ballina**  
325 River St  
Ph: 6686 7133

**Locally owned & operated**

   YouTube [tile.com.au](http://tile.com.au)



Cr Eva Ramsey

Lennox Head has experienced rapid residential growth, placing increasing pressure on our local infrastructure, roads, and fragile natural environment. The proposed subdivision on Ross Lane has raised serious and valid community concerns - including increased traffic, overdevelopment, flooding, and the loss of our rural and ecological character.

I am adamantly opposed to the Stage 1 development on Ross Lane, consisting of 300 residential dwellings on land that is an existing proven flood-prone area. The plan involves cutting away our natural escarpment to add up to 14 metres of fill to the site, which raises serious concerns and conflicts with the NSW 2023 Flood Risk Management Plan.

Our Council must take a balanced and future-focused approach to housing. This means aligning development with the town's character, ensuring infrastructure is in place, protecting key green corridors, and being transparent and inclusive in consultation. We must also consider the cumulative impact of developments - not just each proposal in isolation.

Our Council actively explores more diverse, sustainable housing solutions, such as infill development and height density, within our existing urban footprints, to limit sprawl and preserve what makes our Shire special. Growth is inevitable - but how we manage it will define our future. Council leads with a clear, community-driven vision that is sustainable, inclusive, and deeply respectful of place.

Cr Kiri Dicker

Lennox Head has grown extremely fast over the past decade, shouldering more than 70% of all the residential growth in the Ballina Shire. For the most part we've been pretty gracious about the impact it has had on our once small community, our environment and local services like schools and hospitals. It hasn't been perfect, but at the end of the day our population is growing and lots of people want to live by the coast.

You may hear people say that the way to address the housing crisis is for Council's to release more land for development. The truth is we have rezoned enough rural land in Ballina to supply housing to meet population growth predictions for the next 20+ years and it's done very little to prevent skyrocketing house prices. In reality much of the land was 'banked' by developers and then drip-fed to the market. The planning system is rigged by profit-driven developers.

There are better ways to meet future housing supply than sprawling greenfield subdivisions. There is very little land left that isn't flood prone, environmentally sensitive, affected by noise from the airport or Pacific Highway or that isn't fertile farmland (which is also essential for a growing population). We've got to go up. That's why Ballina's 20 year Housing Strategy seeks to meet housing supply targets by focusing on increasing density in existing areas where there is already infrastructure in place. It's a cheaper and more sustainable way to live, but it does mean we have to compromise on things like height limits and floor space ratios.

✂

**1 FAMILY PIE +  
6 SNACK PIES +  
2 APPLE PIES**  
**FOR \$29.95**

Valid: 5<sup>th</sup> Sep - 11<sup>th</sup> Sep 2025



**BUY ANY 5 PIES**  
**GET 5**  
**SIGNATURE STEAK PIES**  
**FREE**

Valid: 12<sup>th</sup> Sep - 18<sup>th</sup> Sep 2025



**4 LUNCH SIZE PIES +  
4 APPLE PIES**  
**FOR \$29.95**

Valid: 19<sup>th</sup> Sep - 25<sup>th</sup> Sep 2025



**2 LUNCH SIZE PIES +  
3 SAUSAGE ROLLS**  
**FOR \$19.95**

Valid: 26<sup>th</sup> Sep - 2<sup>nd</sup> Oct 2025



Includes Gluten Free range (except for Family Pies). Hand in coupon to redeem offer. Not valid with any other offer. While stocks last.

**Beefy's Ballina | 166 River Street, Ballina NSW 2478 | (02) 5642 0301**

**BEEFY'S**  
FAMOUS AUSSIE PIES

# Excellence In Creative Industries

by Milt Barlow, CEO, Wave Publishing



Wave Publishing was recently humbled, and honored, to receive the Excellence In Creative Industries Award at the Ballina Shire Business Excellence Awards.

Each month, for many years (22 for *The Lennox Wave*), our team has worked tirelessly to engage and

give a 'home' to the Ballina, Plateau, Lennox and Byron Shire communities. Regional publishing is a business that faces daily challenges in Australia, but we continue to exist and thrive because of the never-ending support of our community, readers and advertisers. Without this combined support we simply would not exist, and we never take that for granted - so thank you.

To remain viable, our biggest competitor is not our regional publisher friends but the likes of Meta and Google who continue to siphon off millions of advertising dollars each year via Facebook, Instagram and You Tube. They pay little or no tax and, in my opinion, give zero back to our local community. I want also, of course, to pass on my thanks and gratitude to our amazing team - Charla



Rallings, Editor, *The Byron Wave*; Natalie Grono, Editor, *The Lennox Wave*; and the wonderful Kate Parry (pictured above), our Managing Editor who is also Editor of *The Ballina Wave*. To our community - thank you for inspiring us all to strive for excellence.



Maui Jim



beseeneyewear.com.au



 **BESEEN**  
eyewear

ROGER EYEWEAR



DESIGNED FOR THOSE TIRED OF BORING EYEWEAR  
AND TO EXPRESS THEIR PERSONALITY

84 Molesworth St,  
Lismore  
Phone: 6622 4151

139 River St,  
Ballina  
Phone: 6686 6785





# Vale David Cook

by NSW Rural Fire Service, Far North Coast Team



It is with great sadness we say goodbye to our friend and colleague, Superintendent David Cook.

Dave - fondly known as Cookie to most, unexpectedly passed away on Saturday 19 July, following a short battle with illness. Tragically, Cookie had only recently commenced long service leave, with a plan to retire in September. Dave had an impressive 33 year career with the RFS, having originally transitioned from his role


as a high school science teacher in 2001. Throughout his tenure, he has been a highly respected leader, serving as Incident Controller for numerous bushfires across NSW. His extensive expertise in fire management has also been sought after in other jurisdictions, including Victoria and South Australia.

Cookie has been a fixture in the Far North Coast, starting as a volunteer with the Lennox Head Bush Fire Brigade in 1992. He later took on the role of Honorary Deputy Fire Control Officer for Ballina/Byron before beginning his paid career with the Service. His first appointment was as Fire Control Officer for Byron Shire under Byron Shire Council, before moving into the role of Manager of the Far North Coast Team when Tweed District joined the Ballina/Byron Zone in 2001. An intelligent and charismatic manager, Cookie has


always led with fairness, treating every member with respect - whether it was a newcomer seeking PPE or a long-time member stopping by for a chat. His dedication to the District has been unwavering, often prioritising the needs of others above his own.

A keen surfer, who had integrated his personal life into the local surfing communities of Lennox Head and Bali, Cookie always stood out as the surfer in an RFS crowd and the Aussie in his Indonesian community.

Cookie will be sorely missed by many across the RFS and partner agencies as a compassionate leader and mentor, who would give you the shirt off his back. We pass on our deepest condolences to his family and thank them for allowing him to dedicate his life to the RFS, in service to the community.



## LENNOX POINT DENTAL



**Dr Angus Lambie B.D.Sc (QLD)**  
**Dr Lauren McGuinness MDDr**

Crowns - Implants - Root Canal Therapy  
Wisdom Teeth Removal - Orthodontic Clear Aligners  
Bruxism Treatment (Teeth Grinding) & Facial Aesthetics

**47 Ballina Street 6687 6545**  
First Floor, Lift available  
**[www.lennoxpointdental.com.au](http://www.lennoxpointdental.com.au)**



## BALLINA GOLF & SPORTS CLUB

# KARAOKE NIGHT

**EVERY SECOND SATURDAY OF THE MONTH**

FROM 7PM FREE ENTRY

## Northern Sounds Karaoke

**HOSTED BY MARY-ANN DE HOON**

## The peoples' pizza



Lennox Pizza Bar and Kitchen has once again secured its place among Australia's top culinary spots, being named a 2025 Readers' Choice Winner by the Australian Good Food Guide.

Co-owner Nicci Meredith shared her excitement about the win, 'We're absolutely thrilled to win this for the second year in a row. This award means so much to us because it's voted for by our incredible customers. Being recognised again as a local favourite is a huge honour and really reflects the love and support we receive from our community every day.'

Known for its warm atmosphere and popular pizza, Lennox Pizza Bar and Kitchen has built a loyal following since opening in 2007. From humble beginnings next to Seagrass, the restaurant made a major move in 2023 to a spacious new location in the Dunes building. 'The new venue has been a game-changer,' says Nicci. 'We're now perched on the first floor with views over the park and ocean, and we've expanded everything - from the kitchen to a full cocktail bar. We even added a pool table for guests to enjoy during lunch or after dinner.'

When asked what makes their pizza stand out, Nicci points to a mix of passion, precision, and a never-settle attitude. 'It's the care, creativity, and consistency that goes into every single pizza. We're always evolving - refining our dough, playing with bold flavour combinations in our weekly specials, and prepping everything fresh from scratch. Our dough is hand-stretched by our chefs every service, and we don't cut corners. That kind of dedication to craft really makes a difference.'

'Our best-selling pizzas are definitely the classics - Margarita, Supreme, and Meatlovers. They're comforting, familiar, and packed with flavour,' Nicci explains. 'But we've also built a bit of a cult following around our signature pizzas like the Chacon, King, and Orgasmic. They're bold, unique, and generously topped. People come back for them again and again.'

Having owned the restaurant with her husband Nath for over 18 years, Nicci reflects on the journey with pride. 'We started Lennox Pizza Bar and Kitchen in 2007, and it's been an amazing ride. Over the years, the business has grown into something really special. Our team is like family, and our customers are at the heart of everything we do.'

Today, the venue is more than just a pizzeria - it's a community hub. With a menu that includes burgers, ribs, seafood, and steak, and a commitment to live local music through weekly Sunday sessions and monthly open mic nights, Lennox Pizza Bar and Kitchen continues to evolve while staying true to its roots.

'We're incredibly proud of what we've built,' Nicci says. 'This award belongs to our whole team - and to the amazing Lennox community that has supported us every step of the way.'



**AIR-CONDITIONING + REFRIGERATION**



**INSTALLATION**



**SERVICE**



**SALES**

**FREE QUOTES**



**0432 243 418**



## Top builder award for Field Construction



*Pictured: Field Construction Group Foreman Jay Campbell, Director Glenn Field and Foreman Joss Goldstone and the Dress Circle Drive property.*

Local builder Field Construction Group has taken out the top honour at the 2025 Master Builders Northern Regions Awards, winning Residential Builder of the Year at the Ballina RSL on 31 May.

The award recognises outstanding work across the North Coast, Mid North Coast, and New England regions. Field Construction also won in the Contract Homes and Medium Density – Dual Occupancy' categories, cementing their reputation for quality residential builds.

Director Glenn Field said the win reflects the team's dedication to craftsmanship and proactive project management. 'We focus on forward planning, early procurement, and tight coordination. It's about delivering a smooth experience and a top-tier product.'

A standout project included a luxury three-storey home on Dress Circle Drive, featuring polished concrete, American Oak, suspended slabs, and a dumbwaiter. Another, on Allens Parade, tackled the complexities



of Class 2 legislation to deliver a six-bedroom beachfront home with high-end finishes and smart design. Client Graham Shaw praised Field's professionalism and problem-solving: 'Their approach meant we ended up with a home that exceeded expectations.' The judges were especially impressed by the homes' precision, modern finishes, and attention to detail.



## YOUR LOCAL PHARMACY THAT UNDERSTANDS YOU

- **FREE** webster packing
- **FREE** local area delivery
- **Price match guarantee\***
- **Large range of giftware**

### LENNOX HEAD CHEMPRO CHEMIST

Shop 14, 5 Snapper Drive, Lennox Head,  
NSW 2478 (Inside Woolworths Centre)  
**T:** 02 5622 6050

\*Visit [www.chempro.com.au/price-match-policy](http://www.chempro.com.au/price-match-policy) for details.



# Local hospitality: a seat at the table

by Jolie Rochell, Business Lennox Head

Following the success of our April roundtable before the Love Lennox Festival, Business Lennox Head is inviting local hospitality businesses to come together again on Tuesday, 3 September at 1pm for a relaxed catch-up at Chido Cantina.

Bring your own food and drinks and join us to reconnect, reflect, and help shape what's next for our vibrant hospitality community. Please RSVP via [businesslennoxhead.com.au/events-2025](https://businesslennoxhead.com.au/events-2025).

Our last roundtable demonstrated the power of collaboration - from working with Council to clarify stall and insurance rules to influencing this year's Flavours of Lennox event. When restaurant owners raised concerns about a

sudden footpath fee increase, we advocated on your behalf, securing a phased 10% annual increase over five years instead of a steep hike.

This 3 September gathering is your opportunity to keep that momentum going. We'll discuss how Flavours and Bevvv of Lennox 2026 can better support your business, explore marketing opportunities, and plan advocacy efforts.

We're also inviting hospitality spokespeople and business owners from all sectors to join us and help shape future roundtables - ensuring every industry has a seat at the table.

Together, let's build a stronger, more connected Lennox.

## Dusty Rose does it again



Rising star, Dusty Rose has danced her way into the record books by becoming the youngest Australian ever to earn All Star status at the prestigious World Dance Masters, held in the UK this August.

The local 16-year-old wowed judges and crowds alike, taking home an incredible three first-place titles: 1st Place in the Elite Duo alongside Australian coach and dance partner William Plain; 1st Place in Novice Pro-Am; and 1st Place in Teen Solos. Her exceptional performances have now seen her graduate to the elite All Star division – a dream few achieve, and even fewer at her age.

'I am so grateful to travel across the world to find the competition that would push me to my limits,' Dusty said after her win.

'It was one big dream to compete at the line dancing championships, but winning it and becoming the All Star – that was another dream entirely. This one was for the version of me who had to keep pushing when the support wasn't there. Thank you to everyone who stood by me, truly believed in me, and reminded me why I do this.'

Last year Dusty was also crowned Intermediate Teen World Champion and she recently co-founded Cowgirls Australia Co, which brings people together through line dancing.

> SALES  
 > REPAIRS  
 > SUPPORT

LOW COST  
 BUY NOW

CONTACT US  
 02 6628 0099  
 info@ycw.com.au  
 2/88A Main St Alstonville

**ycw**  
 YOUR COMPUTER WIZZARD  
 YOUR COMPUTER WIZZARD

the bakery

ALWAYS FRESH  
 breads, cakes, pastries, pies & more...  
 Plus great coffee and burgers too.

6687 7109



## Youth take the stage



Folded Festival, the beloved all-ages music event celebrating young local talent, is back at Ballina's Missingham Skate Park on Saturday, 20 September, from 12–6pm. Presented by mental health charity The Healthy Minds Club, the free community event offers school-aged musicians a rare chance to perform on a festival stage.

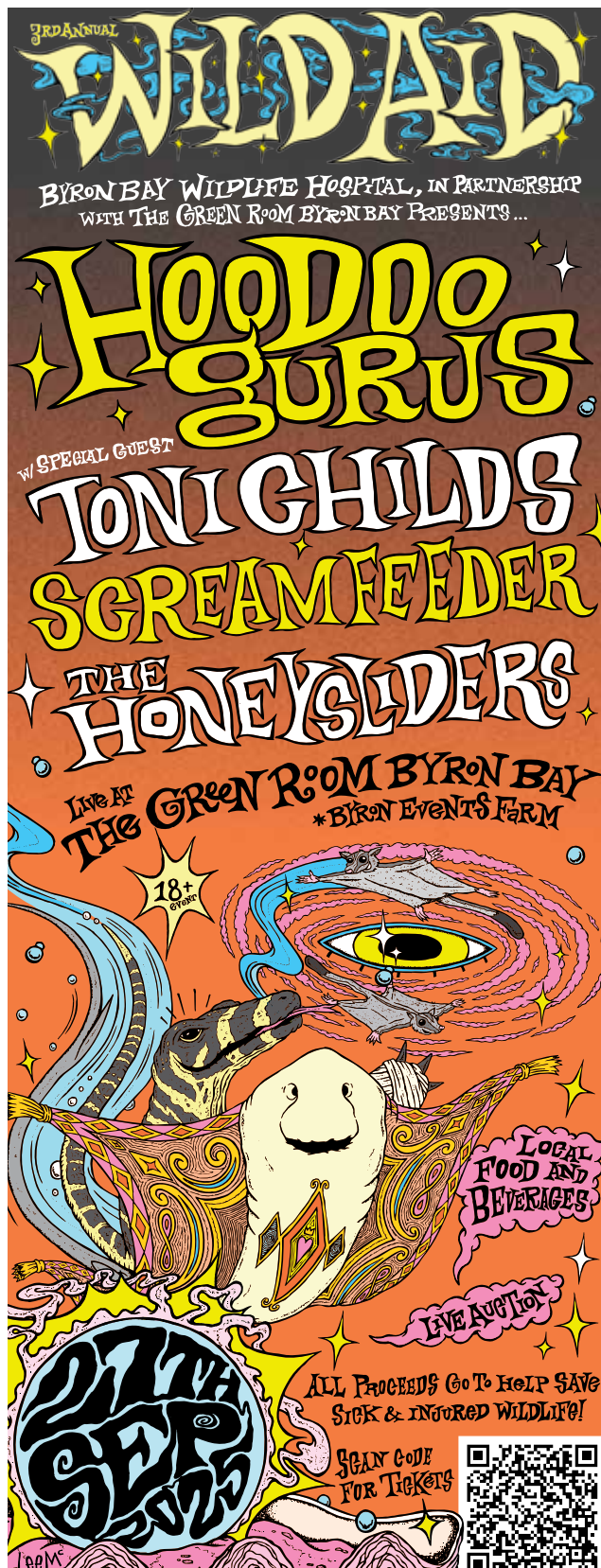
This year's headliner is none other than indie rock trio Eliza and the Delusionals, fresh from their national tour and boasting accolades like a triple j Album of the Year nomination and over 17.8 million streams. Originally from Northern NSW and Brisbane, the band is set to bring their signature sound back home for an unforgettable performance.

Alongside the headline act, a lineup of young local bands—soon to be announced—will take the stage, with one standout group earning a full day in a professional recording studio.

Now in its third year, Folded Festival was created to give young artists a platform and foster community through music and creativity. 'We're proud to give kids the chance to feel like rockstars,' says Healthy Minds Club President Jackson Connellan. 'Having Eliza and the Delusionals headline is a dream come true.'

With a free BBQ from the Ballina Rotary Club, soft drinks, and an open skate bowl, Folded promises a vibrant day for all ages. Stay tuned for the full school band lineup coming soon.

Visit: [Facebook/events/ballina-skate-park/folded-music-festival](https://facebook/events/ballina-skate-park/folded-music-festival)



## New chapter for wildlife and pets



A new era in animal care is beginning in Lennox Head, as the Byron Bay Wildlife Hospital (BBWH) moved into a permanent home - formerly the Lennox Head General Practice Veterinary Clinic - making it the North Coast's first all-species wildlife hospital with a fixed location.

After nearly five years of providing lifesaving care as the only all-species wildlife hospital between Sydney and the Gold Coast, BBWH is now expanding its operations. The move, which took effect last month, marks a

major milestone in the organisation's ability to meet the growing needs of sick, injured, and orphaned wildlife. 'With increasing wildlife admissions, we are now operating at full capacity,' said Dr Bree Talbot, BBWH's General Manager of Veterinary Services. 'The new fixed location hospital will provide us with the additional room, resources, and infrastructure needed to care for more patients, more effectively, every day.'

The transition to a bricks-and-mortar space also frees up *Matilda*, BBWH's beloved mobile wildlife hospital, to return to what it does best - delivering field care, conducting research, offering community education, and responding swiftly to wildlife affected by bushfires, floods, and other disasters.

Pet owners in Lennox Head can rest

assured that Lennox Head Veterinary Clinic is continuing to operate - just in a new location and under new ownership. Longtime vet Dr Evan, who has served the community with dedication for decades, is stepping down from his role as practice owner and head veterinarian. Taking the reins is Dr Kristen Gunn, a familiar face to many locals, who brings two decades of veterinary experience, including the past eight years in Australia. Dr Kristen and the beloved nurse team are working hard to ensure a smooth transition and continued high-quality care for pets in the region.

As one clinic transforms into a sanctuary for wildlife and another prepares to welcome family pets in a new setting, Lennox Head stands at the heart of a powerful story - one of care, continuity, and compassion for all creatures, wild and domestic.

## Giant Spring Sale

20% off pots, water features and firepits

Offer ends September 30



YOUR LANDSCAPE AND GARDEN SUPERSTORE

Suppliers of bulk sand, rocks and mulch, turf, firepits and garden features, pots and planters, timber, sandstone and more!

Visit us: [plateaulandscape supplies.com.au](http://plateaulandscape supplies.com.au)  
14 Kays Lane, Alstonville | 3 Second Ave, Casino | (02) 6788 1234





# Lions roar

by Lyn Menchin

Wow the Lennox Head Lions have been really roaring these last few weeks.

We recently became aware of the need to supply a community breakfast for some of the less fortunate folk in our area. This has led to the Lennox Head Lions teaming up with Ballina Lions and the Anglican Church to provide this much needed community service. Everyone is welcome to come and join us for a hot breakfast, cuppa and a chat. Thanks to the support of Lennox Head Butchers and Woolworths you can find us cooking up a storm on the second Saturday of the month at the Anglican Church at Ballina.

Our BBQ trailer has had a good work out, attending Primary school athletic carnivals for St Francis Xavier and Lennox Head Public. Both days were well received, the students and staff were so polite and fantastic to serve.

We set up again at the Oz Grom Fest Lennox beach on the last two days. The site was well attended with the bacon and egg rolls proving to be very popular with all the young surfers.

## The Town and Gown Art Show

As our planned Golf Day passes, we look forward to our next major fund raiser which will be, The Town and Gown Art Show. Since 2013 this has become a regular event at Lennox Head. The concept brings together members of the village community and the school to support and promote the Show. The event includes opportunities for students to participate and display their artwork alongside pieces from other artists in the community.

The Town and Gown Art Show will be held at the Lennox Head Public school on 19, 20, 21 September. Once again, the opening will be on Friday evening with a chance for locals to peruse the art while enjoying a little wine, cheese and nibbles. The Show will continue over the weekend finishing up early Sunday afternoon. Many of the art works will be for sale so we advise people to get in early so as not to miss out on their favourite pieces. All funds raised go to our local Primary school. Last year we raised \$5,000 for the school and this year our donation is planned to help with the establishment of new playground facilities at the new school site planned at EPIQ.



**SHELTER EVENTS**

THE SEASON OF CELEBRATIONS  
IS ALMOST HERE.

ENJOY OUR NEW SPRING MENU BY AWARD  
WINNING CHEF CAMERON IRVING.  
WE HOST A RANGE OF EVENTS INC.  
BIRTHDAYS, WEDDINGS AND  
CHRISTMAS PARTIES.

BOOK YOUR EVENT NOW!

ALL BOOKINGS / EVENTS  
VIA OUR WEBSITE  
[WWW.SHELTERLENNOX.COM.AU](http://WWW.SHELTERLENNOX.COM.AU)

WITH THE  
SHIFTING  
SEASONS,  
WE WELCOME  
YOU.



## Community against single used waste



Local councils, business owners, schools and event managers are banding together across the Northern Rivers to rid the region of single-use products.

North East Waste Education Coordinator Linda Tohver said their initial focus was on single-use takeaway food packaging, such as coffee cups, plates and bowls, that is often marketed as 'compostable' or 'biodegradable'.

'None of these items can be placed in green bins, they're not recyclable and many contain plastic and nasty chemicals,' Ms Tohver said. 'They're used for a few minutes but their environmental impact lasts for many years.'

North East Waste is urging business owners and event managers in the food industry to replace single-use items with reusable products, while also encouraging their customers to bring-their-own cups and containers for takeaway food and drinks.

The Byron Farmers Markets, Byron Writers Festival and Love Lennox Festival are just a few of the events who've recently introduced reusable cups, plates and bowls that are washed on-site in a commercial dishwasher.

Alexander Sharkey, Love Lennox

Festival 2025 Co-Director and Vice President Business Lennox Head said, 'Love Lennox Festival has always been about celebrating our community and the beautiful place we call home. This year, we were proud to take a step further by introducing reusable drinkware in our beach bar and seeing so many local food businesses switch to reusables as well.'

'Together, we saved over 3,000 single-use items from landfill. The response from festivalgoers was overwhelmingly positive, and it's inspired us to make sustainability a core focus as we plan for Love Lennox 2026,' said Mr Sharkey.

Ballina Shire Council has recently agreed to work towards eliminating single use plastic packaging and materials across Council operations. The plan of action will be prepared during this financial year.


## Blossoming connections this spring

by Fiona Kable, Conscious Women Connect

As the sweet scent of spring fills the air, Conscious Women Connect is bursting with vibrant energy and new life. Our meet-ups are flourishing, creating a beautiful network of friendships and connections among women in our community. We're absolutely thrilled to see so many new faces joining us from all corners of the Northern Rivers. If you're in Lismore or Mullumbimby and feel a spark of inspiration, why not consider hosting a meet-up? It's a

wonderful way to nurture connections and create a ripple effect of positivity. Don't worry if you start small – my first gathering began with just one lovely soul, and look at us now. Exciting times are ahead as we expand our horizons with an online community and business networking opportunities. We'd love to hear your ideas and welcome you into our warm circle of support.

Contact: [hello@fionalumina.com](mailto:hello@fionalumina.com).




**LEADERS OF ALLIED HEALTH SERVICES  
IN THE NORTHERN RIVERS**

**BOOK NOW**

Book online via our website  
[physioplus.info](http://physioplus.info)

**Lismore - Ballina - Casino - Bangalow - Lennox Head**



# Landmarks of Lennox: Drewe's Camp

by Robyn Hargrave



On 28 October 1972 the Beatrice Drewe Memorial and Conference Centre at Lake Ainsworth (now known as CYC - Drewe's Camp) was dedicated by NSW Presbyterian Moderator, the Rt Rev AL Hewitt. It was named for Miss Beatrice Blanch Drewe, (1864-1953), originally from Sydney.<sup>1</sup>

Beatrice was a 'teacher, civic worker, philanthropist and early environmentalist; teaching drawing, painting and needlework at Miss Rosa's school for girls'<sup>2</sup> in Lismore.

Upon retirement in the mid 1930s, she moved to Short Street, East Ballina, where she had purchased Lots 8 and 11, Section 8 of the estate - an area of approximately 6,100 sqms - in 1917 for £25.<sup>3</sup>

A reputed artist, Beatrice's oil and watercolour paintings included native ferns and wildflowers, a 1920s' painting of Lennox Headland, and a watercolour of the *Tomki* wrecked on Ballina Bar in 1907. She was also an accomplished wood carver, producing quality furniture.<sup>4</sup>

It is understood a large collection of her works was left to the now Ballina RSL LifeCare facility,<sup>5</sup> however enquiries to locate them have been unsuccessful.

The Presbyterian Church was the recipient of Beatrice's Ballina property where a youth centre was commenced, before selling it in 1965<sup>6</sup>



and using the proceeds to establish the larger Lennox Head facility west of Lake Ainsworth.<sup>7</sup>

Beatrice was remembered as 'an idealist and very courageous',<sup>8</sup> reflective of an era when women were not frequently known for their independence.

*\*Sources to be found on pg 47*

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

## Pioneer Profiles: Dry Stone Walls

by Malcolm Milner and Narissa Phelps



The Dry Stone Walls so prevalent around Lennox Head are a lasting monument to the Henderson family. The first walls were constructed by John Austin Henderson circa 1880, when he cleared his property for sugar cane farming. The volcanic basalt rocks that littered the area were collected with the help of the Henderson's Indian farm workers, and bought to the site by sled, with Henderson undertaking the construction. Subsequent generations of Henderson property owners continued the tradition over approximately fifty years, with Edward and his sons Joe and Eddie also

building Dry Stone Walls as boundaries. The walls are located in three main areas: the end of Henderson Lane (the oldest walls built by John Austin Henderson); on either side of North Creek Road (constructed by Edward and/or his son Eddie); and the walls surrounding Henderson Drive built by Joe Henderson. Small sections of walls exist in three other locations. All of these walls, but particularly those on North Creek Road, have what Malcolm Milner describes as 'a considerable aesthetic appeal,' not only to locals but to visitors.

Australian Dry Stone Walls first appeared in the Kiama and Western Victoria districts in the 1830s, but their construction dates to neolithic times. They are built on the land and made of the land, and in this way serve as vital markers in an ever-changing world. The cultural significance of Lennox Head's walls means we have a responsibility to preserve and care for these testaments to the Henderson's artisan skills. Certainly, Ballina Council is committed to their preservation, having declared the walls items of local history significance. Council has trained staff in their care and maintenance and is promoting public access to maximise their significant heritage profile.





## There's something about Kate

by Deb Heath



*The Greatest Wuthering Heights Day Ever* began in 2013 with a flash mob event organised by a group called Shambush! as part of the Brighton Fringe Festival in the UK. Their goal? To break the record for the most people dressed as Kate Bush - an English singer, songwriter, record producer, and dancer who began writing songs when she was 11 - in one place. The event was inspired by her iconic 1978 music video for *Wuthering Heights*, itself based on the classic novel by Emily Bronte.

What began as a quirky tribute has since become a global phenomenon.

By 2016, events were popping up across the UK, Australia, Europe, and the USA. These spirited gatherings usually take place in July, close to Kate Bush's birthday on 30 July - a date she coincidentally shares with Emily Bronte herself. This year, Kate turned 66.

On the Gold Coast, HOTA - Home of the Arts has embraced the tradition, hosting the dance each year. A few friends and I were keen to join in, but I had a different vision. What if we brought the event to our own iconic Lennox Headland?

With July bringing its cool, moody winter atmosphere, it felt like the perfect backdrop. Add flowing red dresses, windswept cliffs, some dramatic drone footage and we had everything we needed to create our version of the Greatest Wuthering Heights Day Ever which we held at 7am on Saturday 26 July.

Thanks to a few brave souls (especially Natalie Grono for taking the ball and running with it). A huge shout out to Nathan Hosken for the drone and video footage, Caroline Catherine and Delia Silvan for their dance moves, time, energy and expertise - they were truly outstanding. We faced the elements and pulled off something truly magical. It was a huge success, filled



with laughter, dancing, and a powerful sense of community.

In times when the world feels heavy, sometimes the most defiant and healing act is to create art, to dance, and to have fun. These moments bring us together and remind us to celebrate life.

Here's to next year-and to many more red dresses swirling in the wind.

*Photos by Nathan Hosken, Deb Heath and Natalie Grono.*

Visit: [Facebook/The Most Wuthering Heights Day Ever Lennox Head- First Year Taster](#)



# Petals and wings

by Lennox Arts Collective



In her first solo exhibition at the Lennox Arts Collective's Featured Artist space, Naomi Malone invites you into a world where the rhythms of nature are rendered in vibrant colour and intricate detail.

Based in Lismore, Naomi is an artist, keen gardener, and rehabilitator of land. From her studio overlooking a growing expanse of native Australian plants on an old farm in the Northern Rivers, she finds constant inspiration in the ever-increasing diversity of life. Each new bird that visits her garden becomes a muse for her next painting. The cycles of sun and moon, the emergence of seeds and beetles, the flowering of plants and fluttering of wings—all form the living tapestry that fuels her creative practice. The sun, as the ultimate source of energy, plays a vital role in these natural processes, breathing life into the landscapes she depicts.

Working primarily in acrylics, Naomi captures this energy through bold palettes, layered patterns, and a decorative style influenced by Gustav Klimt, Henri Rousseau, and Alphonse Mucha. With a Diploma of Visual Arts and a background in science, she merges observational detail with a love of organic forms. Repeated circular motifs appear throughout her work, symbolising the continuous cycles of life - growth, decay, transformation, and renewal.



Her paintings are joyful celebrations and quiet meditations on biodiversity and the power of these natural rhythms.

At the heart of Naomi's work is a desire to reconnect with the natural world. She explores the complex and beautiful relationships between flora, fauna, and elemental forces, encouraging viewers to pause, observe, and find wonder in the often-overlooked cycles of nature. Each piece is an invitation to slow down and see - truly see - the delicate balance of life unfolding all around us, as though looking through a microscope and discovering a hidden world of interconnection, movement, and quiet brilliance.

Naomi will be showing her work at the Featured Artist space in the Lennox Arts Collective gallery from Friday 5 September through to Thursday 18 September. The Lennox Arts Collective gallery is located in the main street of Lennox Head, and is open daily from 10am-3pm.



**STEVE TANCRED**  
Property Valuer and Consultant

- Family Law
- Resumption and compulsory acquisition
- Easements and rights of carriageway
- Self Managed Superannuation Funds
- Strata Unit entitlement assessments
- Capital Gains Tax valuations
- Retrospective valuations
- Stamp Duty
- Pre-purchase/Pre-sale valuations
- Market Rental assessment and determination
- Property portfolio valuations

**FROGLEY TANCRED AND ASSOCIATES PTY LTD**

Lennox Head, NSW • 0428 875 396 • [steve@frogleyvaluers.com.au](mailto:steve@frogleyvaluers.com.au)

# Bandages and Bullets; Anna's witness to war

by Natalie Grono



At the age of 60, when many begin to ease into retirement and reflect on life's quieter chapters, Anna Dicker sat herself down for a stark conversation:

'You've lived two-thirds of your life - what mark are you leaving on the world?'

That question didn't just linger - it ignited a bold new path.

It was this inner reckoning that propelled Anna - a retired midwife and nurse - out of her peaceful, familiar life and into some of the world's most dangerous and devastated war zones. She wasn't armed with weapons or political power - but with compassion, decades of clinical skill, and the courage to bear witness.

## Fearless from the start

Born in New Zealand, Anna has never been one to follow the easy road. 'Looking back on my life,' she says, 'I could say I was always up for an adventure.' Childhood holidays were spent exploring the islands of the Hauraki Gulf aboard her family's launch - dragging anchors, hitting reefs, nearly running over a whale. 'These weren't my dreams, but my father's,' she adds. 'Still, I never felt fear.'

As a teenager, her thrill-seeking continued in the saddle, galloping through pony club and cross-country events, before training as a nurse in Auckland. After falling in love with Austria through *The Sound of Music*, she moved to

the Alps, becoming Schwester Anna in a small mountain hospital. She later joined the ski patrol on Mt Ruapehu and served as an Army Captain and military nurse in Singapore during the tail end of the Vietnam War.

'That was my first experience of war,' she recalls. 'When you're with the military, you learn about the mechanisms of war and the rules of war - and you look after both sides, the soldiers and the civilians.'

Her career unfolded across diverse settings: managing rural hospitals, writing disaster plans, running a general store and the Lennox Head YHA with her husband Graeme, and raising three children. But even as life moved on, Anna never let go of her original goal: to volunteer in humanitarian medical work.

## 'Give it a go' - and she did

In 2007, she finally submitted an application to Médecins Sans Frontières (MSF).

'I admired MSF for so long,' she said. MSF is a non-profit, self-governed organisation that believes all people should have access to healthcare regardless of gender, race, religion or political affiliation. The organisation is now a worldwide movement with over 65,000 staff. The actions are guided by medical ethics and the principles of impartiality, independence and neutrality. Care is provided to people affected by conflict, epidemics, disaster or exclusion from healthcare. The organisation also bears witness to the injustices, war crimes and human rights abuses that they observe.

Still, Anna hesitated. 'I applied. I deleted it. I applied again. I told myself I was too old, too tired, it was too far. But then I remembered my mother's words: 'Give it a go. What's the worst that can happen?'

MSF offered her a post in Darfur, Sudan - in the midst of war. 'So into the genocide I went,' she recalls.

## A witness to injustice and survival

Darfur was only the beginning. Over the next eight years, Anna completed five missions with MSF - in Sudan, Nigeria, Syria, Laos and Ukraine - each one exposing her to humanitarian crises most of the world never hears about.

'We were a drop in the ocean,' she says of the under-resourced clinics in Sudan. 'There was an accepted 10% mortality rate in our Therapeutic Feeding Centre. That meant, with 40 children in care, four of them were expected to die. I had to ask myself - does the world know? Did the world know care about the horrors of war and malnutrition?'

Her stories are often harrowing, sometimes surreal. She recalls treating two men stung by a swarm of African killer bees - one of them covered in donkey dung, both vomiting and groaning - while a nurse quietly collected a sample





from a woman urinating in a plastic bag in the corner. 'The incongruity of the situation hit us - we just burst out laughing in the chaos,' she remembers. It was a rare moment of levity in a job steeped in tragedy.

In Nigeria, she helped protect a woman accused of witchcraft after a cat was run over and 'turned into a woman.' A mob had nearly killed her with a broken bottle. 'The ER supervisor just said, 'Don't worry Mamma, we've had witches here before - we're very discreet.' I was lost for words."

In Syria, Anna was smuggled across the Turkish border at midnight, disguised as a mute Syrian woman. 'A Turkish major looked into the van and said, 'Funniest looking Syrian woman I ever saw.'" But the mission was deadly serious - setting up a covert war hospital. 'A shell hit the bazaar in Ad-Dana. They thought the children were safe in the basement - but shrapnel found them. We received two dead, five wounded. That was one of my worst moments.'

### **'These stories weren't mine to keep'**

Anna kept detailed journals and newsletters from the field, which soon reached hundreds of readers. The push to write a book grew - not to tell her own story, but to honour the stories shared with her.

'Their stories had never been told, and you won't find them anywhere else,' she says. 'Reporters can't get in. It's too dangerous. But people trusted me. They told me about being driven off their land. What it's like to be a second wife. What it's like to have nothing.'

Her upcoming book, *Bandages and Bullets* (a working title), is a testimony.

'This book is a humanitarian nurse's witness to war. It

speaks out about the breaches of humanitarian law I saw firsthand - and those that the people I cared for told me they had endured. It contains very raw, often painful stories of survival. It's a harrowing read.'

Even amidst the beauty Anna observed - the tall, elegant women of Darfur in vivid wraps, their braided hair reflecting regional styles - the burden of war and gender inequality was always present. 'They were the work horses of the community. They cooked, fetched water, bore children, and often ate only once a day - if that.'

### **Retreat and reinvention**

Anna's final MSF mission ended in Eastern Ukraine in 2015. 'The project was closed a week after I left - accused of spying. It was clear someone didn't want to be observed.' By then, global threats had changed. ISIS had emerged. MSF hospitals were being bombed by Allied forces. 'I realised that my age and race no longer protected me. They made me a target.'

Back home, readjusting was difficult. 'It wasn't easy returning to the land of plenty,' Anna reflects, 'I felt disconnected. My family and pets were there - but I couldn't slip easily back into that life. I found comfort in my dogs and horses - they didn't ask difficult questions.' Being surrounded by possessions, by 'stuff,' felt unbearable.

Now in her 70s, Anna volunteers as an ethics teacher at the local primary school, and continues to pursue publication of her book. Though the war zones are behind her, the mission remains.

### **Bandages and Bullets - a timely call**

'*Bandages and Bullets* shows where donations to aid agencies go to. It speaks to nurses who have the secret desire to use their skills in the best way possible and it gives voice to the unheard.'

Anna's story, and the stories of those she served, are not from the past - they are deeply relevant now. As international humanitarian laws are ignored, and civilians - especially children and women - continue to bear the brunt of war and genocide, Anna's work stands as both a witness and a warning.

'It's particularly topical at the moment,' Anna adds, 'So many just ignoring the Geneva Convention and the rules of humanitarian laws. It's like the laws don't count anymore.'

'I completed five assignments with MSF from 2007 to 2015 when I was 60 to 68 years old. I felt very privileged to have been able to work with this wonderful organisation and fulfil my wish to give a little back to the world. I learnt so much about myself and what I was capable of. This work took me to my limits clinically, physically, emotionally and spiritually,' she concludes.

Anna Dicker's life hasn't been ordinary. But she's never claimed it was extraordinary. She simply followed her mother's advice: 'Give it a go.' And she did. Again and again.

Visit: [msf.org.au](http://msf.org.au)



# The river has stories

by Tom Wolff, Revive Northern Rivers



On still mornings the Richmond River breathes life. Pelicans soar overhead, mullet break the surface, and the light dances across water that has travelled from the Border Ranges near QLD all the way to the sea. This river has carried people and stories for thousands of generations and

it's at the heart of what we're gathering to celebrate this spring during the season of heath flowers.

In the wake of the devastating 2022 floods, a group of community members came together to form Richmond Riverkeeper, an organisation dedicated to healing our waterways so they're drinkable, swimmable, and fishable again. Around the same time, I founded Revive the Northern Rivers to raise awareness of the dire state of our local ecosystems. For too long, many believed our rivers were healthy and our forests thriving - but events like the floods and the mass fish kills earlier this year have shown us we're at a tipping point.

It's important to face those realities but it's just as vital to remember the beauty, abundance, and life our river still holds. That's why Riverkeeper's flagship event, **Richmond Riverfest**, is all about connection and celebration.

Now in its third year, the 2025 festival will run for an entire month - from Sunday 28 September (World Rivers Day) to Sunday 26 October - with events stretching across the whole catchment. Expect cultural celebrations, tree

# Tell Lennox about your business

A Wave Publishing publication

the lennox wave



print + online

The Lennox Wave is the **ONLY** publication exclusively for the Lennox community. With distribution of 3,500 magazines each month to hundreds of local outlets. Be seen in the magazine and on our website,

[thelennoxwave.com.au](http://thelennoxwave.com.au). Ask us about special discounts when you advertise in our other community magazines – The Ballina Wave and The Byron Wave.

To find out more email [sales@wavepublishing.com.au](mailto:sales@wavepublishing.com.au) or call Milt on 0412 461 559

plantings, science in the pub, paddles, fishing events, and much more. The full program will be released soon but I can assure you there'll be something for everyone - from kids planting their first tree to seasoned paddlers exploring quiet creeks.

I'm especially looking forward to the launch event on World Rivers Day on Nyangbul Bundjalung Jagun at Fawcett Park in Ballina, where storytellers from across the region will share yarns about the river they call home. I'll be telling a story about my own stretch of the Richmond — and why it's worth protecting. Because the more we connect with our rivers, the more we're inspired to care for them.

Rivers are our great connectors. The water that flows out to the ocean at Ballina carries a deep history — and a chance to make better choices for the future. Richmond Riverfest is an invitation to come together, to remember our shared connection through water, and to celebrate all that the river still gives us.

Join us on **World Rivers Day** for the launch before you explore the month-long program across the river catchment. Grab your friends, bring a picnic, and come ready to listen, learn, and celebrate. After all she's been through our river deserves to be celebrated

**Dates:** 28 September

**Where:** Fawcett Park, Ballina. Nyangbul Bundjalung Country

### Schedule of events for World Rivers Day

- 10am: Welcome to Country
- 10:30 - 10:55am: Healthy country needs healthy people with Greg Telford
- 11:05 - 11:55am: Heal the rivers: What's happening with river restoration in the Richmond? With Hannah Rice-Hayes, Emma Maltby and Kavitha Chinathamby and Chair: Kristin Den Exter
- 11:55 - 12:30: Lunch with music by Nidala Barker
- 12:30 - 12:55pm: Understanding Fish Kills by OzFish
- 1:05pm - 1:45pm: River yarns, four stories from four river people, Ella Noah Bancroft, Tom Wolff, Commercial fisherman (Ballina Co-op) and a Guest speaker
- 2:00pm - 2:25pm: We can all be Riverkeepers: the formation of Richmond Riverkeeper and its future with Zoe White and Kristin Den Exter
- 2:30pm onwards: Richmond Journeys: the tinny adventure with Steve Posselt and Graeme Gibson.

More info: [richmondriverfest.com](http://richmondriverfest.com)

## Riverwalk Dental is YOUR FAMILY DENTIST



*"Its never too early  
to start caring for  
your families teeth "*

### WHAT WE OFFER

- Relaxed and friendly atmosphere
- Regular 6 month cleaning and exam
- EMS airflow cleaning ideal for patients with braces and sensitive teeth
- Fluoride treatment and dental sealants
- Airway and sleep screening
- Orthodontic assessments
- Implants
- Teeth whitening

Child dental benefit schedule (CDBS) covers \*\$1132 basic dental services  
\*eligibility criteria applies



Request a booking at: [riverwalkdental.com.au](http://riverwalkdental.com.au)  
02 6686 4305 | 3/144 Riverwalk Arcade (River St) Ballina  
Dr Michael Lamantia, Dr Cristiane Pessato, Hygienist Kathryn Corner



# Our Library: 10 things I love about you

by Brenda Anderson, Lennox Library

1. Free and open access for everyone. Joining the Library is free for residents with proof of identity and address. If you are a visitor to the area, you can still enjoy the beautiful space, read a newspaper or magazine, access the wi-fi for free or other services for a small fee.
2. Access to the collections of all libraries in Ballina Shire, Byron Shire, Tweed Shire and Lismore City as part of Richmond Tweed Regional Library service. Reserve a title from another library within the RTRL system for a small fee of \$2 and pick up at Lennox Head. Kids' books are free to reserve.
3. Wifi and public PCs. Bring your own device and use the free wi fi, or use a Library PC free for members or small fee for non-members.
4. Access to printing, copying, and scanning. Print from the public PCs or email your document from your own device to the print system.
5. Home library service is available to those in the community and who can't get to the Library due to illness or frailty. Staff can select for you and deliver monthly. Please see the staff for eligibility.
6. Multicultural services. If you want books in your first language, for yourself or your children, the library has access to services from State Library to provide fiction and nonfiction in other languages.
7. Connection. There are several groups meeting in the Library. If you are crafty and enjoy creating things then Makerspace might be for you, or a Book Club that meets monthly in the Library. Connect with community while you share or learn a new skill.
8. Online library. Ebooks, Eaudiobooks and Emagazines are available across a few different platforms. Download the app and you have access to thousands of titles using your library membership.
9. Programs. Have some fun in the early literacy programs, a favourite with the little ones, and holiday programs for school aged children. Check out the regular program most suitable for you depending on the age of your child.
10. Library app. Download the Richmond Tweed library app from your app store and have access to your record and a digital copy of your library card. The digital copy can be used at the loan station, print station and circulation desk - perfect for when you just want to carry your phone.



YEAR 7 2026  
APPLICATIONS  
NOW OPEN!

## Excel **2** Accelerate Academy

Our selective High Potential & Gifted Education (HPGE) Academy enables students to have agency over their education so they unlock their full potential

Students excel when they lead their own learning, driven by curiosity, passion and purpose



Develop creative problem-solving and entrepreneurial skills

Undertake challenges aligned with personal interests

Build community and global connections

Potential to accelerate through the NSW syllabus

**WANT TO FIND OUT MORE? CONTACT US FOR AN APPLICATION PACK**

☎ 02 6681 0100

✉ [BallinaCoast-h.school@det.nsw.edu.au](mailto:BallinaCoast-h.school@det.nsw.edu.au)



# Ocean Rhythms and tide chart

by Steve Shearer

The classic winter conditions we had through June and July turned back to rain and strong, stormy swells in a heartbeat through August. Instead of the dry westerly winds August is known for, we're back to mud and SE winds - more typical of the wetter months of late summer and autumn.

Snow on the tablelands led to cold, rainy weather and once that cold air hit the warm Tasman sea we saw an explosive low pressure system form off the North Coast. As it drifted towards New Zealand, powerful and large E'ly swells were generated, handled by Lennox Point, albeit not in the classic, blue chip fashion.

The sand had been gouged and sent wide, with waves breaking out near the shark listening buoy and way deep between Red Rock and the main take-

off. Some big barrels were had by those who could position themselves to backdoor the main peak.

Unfortunately, there were no clean days as the swell waned with rainy southeasterly weather and increasingly scrappy surf.

Sandbanks are back to where we were post Alfred with bits and pieces scattered across the Points, beachies offering some random peaks and lots of deep water off the rocky cliffs. It's a year notable for the erosive force of large swells which have been very long-lasting and hence capable of shifting immense amounts of sand.

Hopefully, at some point, we will see that sand start to migrate back shorewards and start to fill in the holes and replenish the point banks. We are still closer to the beginning of

that process than the end.

Fishing has been also atypical with the winter tailor run barely showing, apart from a few scattered chopper tailor. The big greenbacks of winter were largely absent. A few Jewfish have been taken from the usual haunts but the headlands have largely been quiet despite the good water and abundance of structure. Flathead have been the staple with fishing being steady across the beaches and estuaries.

Depending on how much more rain we get (a wet spring is forecast) we should see flathead fishing improve into spring. A topsy turvy year but there are fish for the keen.

Until next month, tight lines and tubular visions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>Time m</div> <div>1 0149 0.84</div> <div>0731 0.50</div> <div>MO 1512 1.24</div> <div>2229 0.60</div>	<div>2 0324 0.82</div> <div>0848 0.51</div> <div>TU 1625 1.30</div> <div>2332 0.52</div>	<div>3 0445 0.86</div> <div>1004 0.48</div> <div>WE 1723 1.38</div>	<div>4 0015 0.43</div> <div>0542 0.94</div> <div>TH 1107 0.41</div> <div>1811 1.49</div>	<div>5 0051 0.34</div> <div>0628 1.03</div> <div>FR 1159 0.33</div> <div>1853 1.58</div>	<div>6 0124 0.26</div> <div>0710 1.14</div> <div>SA 1245 0.25</div> <div>1931 1.66</div>	<div>7 0156 0.18</div> <div>0751 1.25</div> <div>SU 1330 0.19</div> <div>2010 1.70</div>
<div>8 0229 0.12</div> <div>0831 1.35</div> <div>MO 1415 0.16</div> <div>2048 1.68</div>	<div>9 0303 0.09</div> <div>0915 1.44</div> <div>TU 1503 0.16</div> <div>2128 1.60</div>	<div>10 0338 0.09</div> <div>0959 1.50</div> <div>WE 1553 0.21</div> <div>2208 1.47</div>	<div>11 0415 0.13</div> <div>1045 1.53</div> <div>TH 1648 0.28</div> <div>2251 1.30</div>	<div>12 0453 0.20</div> <div>1134 1.52</div> <div>FR 1750 0.37</div> <div>2339 1.12</div>	<div>13 0535 0.28</div> <div>1231 1.49</div> <div>SA 1908 0.45</div>	<div>14 0040 0.96</div> <div>0627 0.36</div> <div>SU 1339 1.45</div> <div>2043 0.48</div>
<div>15 0204 0.85</div> <div>0737 0.43</div> <div>MO 1459 1.43</div> <div>2215 0.44</div>	<div>16 0346 0.84</div> <div>0903 0.44</div> <div>TU 1618 1.46</div> <div>2324 0.38</div>	<div>17 0503 0.92</div> <div>1025 0.41</div> <div>WE 1723 1.50</div>	<div>18 0013 0.32</div> <div>0559 1.02</div> <div>TH 1130 0.35</div> <div>1815 1.54</div>	<div>19 0051 0.27</div> <div>0643 1.12</div> <div>FR 1222 0.29</div> <div>1858 1.56</div>	<div>20 0123 0.24</div> <div>0722 1.21</div> <div>SA 1306 0.26</div> <div>1934 1.55</div>	<div>21 0152 0.22</div> <div>0758 1.29</div> <div>SU 1345 0.25</div> <div>2007 1.50</div>
<div>22 0218 0.21</div> <div>0831 1.35</div> <div>MO 1424 0.27</div> <div>2036 1.43</div>	<div>23 0244 0.21</div> <div>0904 1.39</div> <div>TU 1502 0.30</div> <div>2105 1.35</div>	<div>24 0308 0.23</div> <div>0936 1.41</div> <div>WE 1540 0.34</div> <div>2135 1.25</div>	<div>25 0331 0.25</div> <div>1009 1.41</div> <div>TH 1620 0.38</div> <div>2207 1.14</div>	<div>26 0357 0.29</div> <div>1045 1.39</div> <div>FR 1704 0.44</div> <div>2242 1.04</div>	<div>27 0426 0.33</div> <div>1124 1.35</div> <div>SA 1754 0.49</div> <div>2321 0.94</div>	<div>28 0500 0.39</div> <div>1211 1.30</div> <div>SU 1857 0.54</div>
<div>29 0013 0.85</div> <div>0545 0.46</div> <div>MO 1309 1.25</div> <div>2015 0.56</div>	<div>30 0127 0.80</div> <div>0646 0.51</div> <div>TU 1421 1.24</div> <div>2141 0.54</div>					

© Copyright Commonwealth of Australia 2025, Bureau of Meteorology - bom.gov.au/ntc/ID059001/ID059001\_2025\_NSW\_TP009.pdf

# Cars of Lennox

by Shan Railton



**Model** - 2023 Lamborghini.... Tractor

**Owner** – Rob

When you get an email asking if you'd like to feature a Lamborghini for the Cars of Lennox article you have no choice but to get a little excited. Upon opening it, turns out it wasn't quite what I expected.

**LW** – OK, not what I was expecting Rob but let's run with it.

**Rob** – Ha ha, yeah, bit cheeky I know but it's still a Lamborghini.

**LW** – Sure is. Bit different to Hemsworth's one though. Of all tractors, why a Lamborghini?

**Rob** – It really suited what I needed on the property and on investigation they aren't expensive, not like the cars. I also have to admit I did like the opportunity to own a Lambo.

**LW** – Who wouldn't? For those who don't know, what's the story behind Lamborghini Tractors?

**Rob** – Ah, yes. The *Lamborghini* movie covers this very well but essentially Ferruccio Lamborghini stated making affordable tractors after the war. It made him a lot of money and he then bought a number of Ferraris as he loved cars. He did find fault with some of the mechanicals of the Ferraris and decided to point this out to Enzo Ferrari personally. Ferrari didn't want to know about it and pretty much told Ferruccio to sod off. It was this moment that led him to start designing and ultimately building his own supercars. Of course the rest is history...

**LW** – He's done a great job, the tractors look alright too. Does yours get used often?

**Rob** – Yeah, it's a workhorse. The picture I'll send you is a stock image of what it looked like new as now it is covered in mud and isn't getting detailed anytime soon.

**LW** – Fair enough. So it's yours for a while then?

**Rob** – Yeah, while it keeps on tractoring I'll keep it.

**LW** – And keep telling people you own a Lamborghini. Love it, thank you for sharing.

**Rob** – No worries, glad it got a run, hope people get a giggle out of it.



Sales & Property Management - Residential | Holiday | Commercial 66877888

**LJ Hooker**

# On Menopause: No place like home

by John Peacock

I've been sleeping on a sofa. Not due to a marital indiscretion, more due to orthopaedic issues and the aches and pains of life. You will never know the true benefits of a mattress boasting zero partner disturbance than when you're on a seriously-annoying-to-your-partner because of your-restless-legs-and-dicky-shoulder mattress.

There was a time where it didn't matter where we slept as long as we were together. Now it's a whack in the ribs to ensure the sleep apnoea machine is switched on or a 'stuff this I'm going to the lounge room with my sleep apnoea machine' in the hope of a few restless hours before I inevitably have to get up to pee.

'I can't be snoring, I'm awake and will you please lie still and keep the aggressive sighs to a minimum.' And

they say romance is dead. Not half as dead as me if I keep breathing that way.

I should point out that we're away and staying in a friend's flat in Edinburgh, so far be it for me to be ungrateful in the face of free accommodation. Our friend even moved out so we could have the place to ourselves. I'm not the one suffering hardship here. She probably sensed the level of domestic bliss and decided not to partake.

I suspect that I'm a hotel guy deep inside. We have a mattress, albeit a very disturbing mattress. But in my younger days it wasn't beyond me to spend all day travelling and then all night trying to inflate a mattress which, if we're honest, was only ever going to be flaccid with a lisp at best. Nothing says rock bottom like having

to not only make your bed but inflate it as well.

Then there's the shower, there's always convoluted instructions for the shower. In no one's home is it possible to turn the shower on without either third degree burns or an ice bucket challenge. I understand. My shower at home is five turns of hot, wait for it to get hot then a turn of cold and you're perfect. I tell people who stay with us how to do it. I'm sure they're not doing it properly but you can't really check on them mid shower either.

Invariably there's a fry pan that sticks, a knife that couldn't cut water and a bowl which is for the dog but makes it into the general use cupboard. Walking around in your underpants is apparently unreasonable as well.

Make yourself at home, just not that much at home. There's no place like it.



*Inspirational pools  
for everyone*

Call Dean now for a free quote.  
PH: 0439 284 499

**EVOKE POOLS**  

A local family business installing fibreglass swimming pools and landscaping with over 40 combined years of industry experience.

[www.evokepools.com.au](http://www.evokepools.com.au)  
License 326542C



**02 6687 5599**

Dine-in or Takeaway

**Coffee - Burgers - Salads**

Prawns, Oysters, Salmon, Tuna, Snapper, Barramundi,  
Sword Fish, Crustaceans & Marinated Specials

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





# Coming soon to Ballina. Independence celebrated. 26 unique apartments designed with care, built with purpose.



#### DISCOVER MORE:

Scan the QR code to visit our website at [www.living.crowley.org.au](http://www.living.crowley.org.au) or call us at 1300 139 099 to learn more about this exciting new development.



Trusted since 1979

Nestled along the serene banks of Ballina's North Creek, Crowley Care's latest Independent Living development offers an unparalleled blend of luxury, comfort, and community.

Designed for you, this new offering promises a lifestyle where every detail is considered for elegance and ease.

Our apartments will provide an inspirational living experience with a focus on the individual.

#### KEY DETAILS AT A GLANCE

##### Number of Apartments:

26 self-contained residences

##### Apartment Sizes:

1 and 2 bedroom configurations

##### Expected Completion:

November 2025

##### Location:

154 Cherry Street, Ballina NSW 2478

##### Community Features:

Landscaped gardens, library, cafe, hydrotherapy pool, activity centre and more...

**Safety & Security:** Enjoy peace of mind with our 24/7 emergency call system, nightly security patrols, and regular wellness checks by our Independent Living Coordinators.



# A survival guide for flying with kids

by Milt Barlow



Whether you're doing a quick dash to Sydney from Ballina-Byron Gateway or a long haul to London from Brisbane, flying with kids can be a wild adventure - fun, frazzling, sometimes both within the same hour. The good news? With the right preparation, a dash of flexibility, and a pocketful of practical hacks, you don't just survive - you thrive.

## Pre-flight: your secret weapons

Book wisely. Aim for mid-morning or evening flights when kids are at their best (or asleep). If possible, plan around nap times and meals.

Seat selection strategy. Window seats contain curious climbers; aisles are better for wrigglers and quick bathroom dashes.

Pack a magic bag. Fill it with small surprises (think stickers, snacks, new toys, headphones and drawing pads). Don't reveal all your tricks at once - space them out as the journey unfolds.

## Airport adventure

- Arrive early. Kids see airports as giant playgrounds - allow extra time for marvelling at escalators and airplanes.
- Burn off energy. Find kids' play areas if available, or have a 'gate-explorer' scavenger hunt (find the blue chair, take a selfie with a boarding sign, etc).
- Snacks. Hungry kids = noisy kids. Pack familiar snacks (no fresh fruit on international flights) and a refillable water bottle.

## Onboard survival tricks

- Let boredom happen. Don't rush to distract at the first sign of restlessness. Sometimes, gazing out the window or fiddling quietly is all they need.
- Keep emergency options handy. Always have your essentials (snacks, comfort items, wipes, spare clothes) under the seat - not overhead - to avoid frantic searches while strapped in for takeoff.
- Ears and altitude. Lollipops, gum, or sipping water helps

little ears during takeoff and landing. For babies, bottles or breastfeeding work wonders.

- Make friends. Other parents and the cabin crew are your allies. A friendly cabin crew member may even offer a distraction for your tot to give you a breath.

## Long haul, short fuse? No problem

- Divide and conquer. Trade off parenting duties if possible - 10 minutes solo at the back galley works wonders for parental patience.
- Sleep savvy. Jet-lagged kids nap unpredictably. Embrace the downtime and snooze when you can - housework won't call at cruising altitude.
- Be kind to yourself. Tantrums happen. Remind yourself (and nervous seat-mates): kids have as much right to fly as anyone else.

## Kids' fares on domestic and international airlines

Remember when kids used to fly for a fraction of the price? Back in the 60s and 70s, it was common for children aged 11 and under to pay just 50% of the adult fare for their own seat. On international flights, the discount was even better - ranging from 50% to 75% off the full adult fare. Alas, as air travel became more popular and planes increasingly packed, those days are now a thing of the past. Qantas and Virgin Australia now charge the full adult fare for children over the age of two, while infants under two who sit on your lap are charged 10% of the adult fare. Internationally, kids over two 'generally' get a discount of 50% -75% depending on the airline and route so it pays to shop around. Also note that a child's age is determined at the time of travel, not the time of booking. So, if you made a booking for little Sally when she was 11 but she's 12 when you travel, you will get sluggish for a higher fare. This can be a rude shock for some who don't discover this until they get to check in at the airport - load up your credit cards folks.

## Dos and don'ts

Do: pre-load devices with games and shows if they're allowed (don't count on in-flight Wi-Fi).

Don't: assume meals will suit picky eaters, especially on domestic flights; pack backups.

Do: check baggage rules - most airlines allow you to check strollers, car seats, or portacots for free.

Don't: forget to bring required documents for overseas trips, like passports and (where applicable) parental consent letters.

The downside when travelling with kids is despite the cost they probably won't remember the trip when they get older - 'I don't remember going to London Mum.'

Happy skies and happy travels.





WHERE EQUESTRIAN DREAMS MEET FAMILY LIFE AND HINTERLAND BEAUTY



## amir prestige

95 DUNGAY CREEK ROAD DUNGAY

4 4 10+ 208m<sup>2</sup>\* 37 Acres\*

There's something truly special about finding a property that speaks to your whole lifestyle - where you can live comfortably, work the land, and give your horses and cattle the space and care they deserve. 95 Dungay Creek Road is exactly that kind of place. Set across 37 acres of gently rolling hinterland, approximately 29 minutes\* from the coast, it offers the perfect balance of rural living, equestrian-ready facilities, and income-generating potential.

Disclaimer \*= approx.

### FOR SALE

Contact Agents

**MARK RONAN** 0432 052 315  
mark.r@amirprestige.com.au

amirprestige.com.au





# Fathers Day love at the Preschool



## Frankie 4 years

I love to garden with my dad, he chases away the pythons.

He is funny and plays octopus with me, with long octopus like arms that tickle me.



## Huey 4 years

I love to cuddle my dad. He comes to watch me play soccer.

He loves to catch squid but on fathers day we will eat croissants instead.



## Oscar 4 years

I love to go to the beach with my dad and our dog. He likes to squeeze my cheeks and cuddles and tickles me.

My dad pulls funny faces when he plays the DJ.



## Imogen 5 years

My dad makes me happy when I am sad. I love him so much and love to give him lots of cuddles. We like to jump on the tramp. He is my soccer coach.

Dad is funny when he picks his boogies.



## Stevie 5 years

I love to give my dad cuddles. He runs around on the grass with me and teaches me how to ride a bike.

I like to sit on the couch with him and watch *Frozen*.



## Charlie 4 years

I love to help my dad build a granny flat. He is good at catching dead rats from the backyard. We also like to play at the park.

He is a trickster and likes to tickle me. I am going to make him a card with a big love heart on it.

## BALLINA BRIDGE DUPLICATION *building a more resilient road network*

Planning and design works are progressing for the duplication of Fishery Creek and Canal bridges to improve evacuation routes during floods. Pre-construction work continues, including underground service relocations and embankment earthworks. Bridge construction is anticipated to start later this year.

➔ For more information visit [ballina.nsw.gov.au/major-projects](https://ballina.nsw.gov.au/major-projects)

**ballina**  
shire council



This project received grant funding from the Australian Government

# Lifting for life

by F. Robazza, Exercise Physiologist

Ageing is a wonderful and natural process of life, however, can lead to a loss in muscle mass, bone strength, balance and bladder control. One of the most powerful tools to prevent the effects of ageing is progressive resistance training i.e. lifting weights.

What is progressive resistance training?

Resistance training includes exercises that cause your muscles to work against force. This can include weight machines, dumb bells, resistance bands and your own body weight. The progression of these exercises is key to improving strength, as our body is very adaptive to change. Therefore it is important that we keep exercises challenging and interesting for the body.

### Why is it important as we age?

- Increase lean muscle mass
- Improve bone mineral density
- Maintain function of joints and flexibility of muscle tissue
- Increase resting metabolic rate
- Improve sleep

### Is it too late to start?

**ABSOLUTELY NOT!** Progressive resistance training can be added into your weekly routine from any age. Particularly for women I recommend starting as soon as possible, as bone mineral density peaks at around 30 years of age and begins to decline from there.

### Where to start?

Focus on movement patterns that replicate daily tasks. These include; pushing (wall push up), pulling (seated rows), rotating (woodchops), bending (deadlift), sitting and standing (squat). The safest way to begin lifting is focusing on lower weight at higher repetitions (10-15), with the focus being on perfecting your form. Performing a movement pattern correctly is vital to ensure the correct muscle groups are targeted and to prevent injury. Over time increasing weight and reducing repetitions (5-8) is key to stimulate muscle growth. Using big muscle groups (glutes, hamstring, quadriceps) is also time efficient and effective.

If you don't like the gym setting, grab a set of weights or fill up some water bottles and create your own gym at home or at the park. Make it fun, achievable and time efficient.

If you are new to lifting weights, I highly recommend seeking guidance from an accredited exercise physiologist.

Let's change the narrative around ageing and lift for longevity.



**TALK TO REBECCA  
AND HER TEAM  
ABOUT OUR  
AWARD-WINNING  
HEALTH COVER\*  
WE'RE PUTTING  
YOU FIRST**



\* Winner of the Canstar Health Insurance Awards' 2024  
Outstanding Value Health Insurance Award, Hospital  
Insurance Award in WA, SA and Qld and Hospital and Extras  
Award in Tas, Vic and WA.

**Chat to  
Rebecca and  
her Ballina  
team today**

 **(02) 6621 5424**

 **Shop 45A, Ballina Fair,  
Cnr Kerr and Fox Street, Ballina**

# Pets of the month

**Names:** Nala and Moose

**Ages:** 18 months and 6 months

**Breed:** No idea (a mix of lots of breeds with a sprinkle of crazy) and Boxer cross Wolfhound

**Owners:** Emily, Chloe and James

**Favourite food:** Avocados from the tree

**Favourite thing to do:** Nala - Chase her ball on the dog beach or chase her tail. Moose - receiving cuddles and pats.

**What is the best memory involving your pets:** When we were playing cricket and Nala got Mum out (Nala was fielding). Moose - When we were at the beach and he tired to come into the water with us, but he got knocked over by a wave but then kept swimming.

**If they were not a pet, what would they be?** Nala - A pro cricket player. Moose - An explorer.

*Want to see your pet as our next pet of the month? Email your answers to the above questions plus your favourite photo of your pet. Send to [editor@thelennoxwave.com.au](mailto:editor@thelennoxwave.com.au)*



Design & Construction of Beautiful Pools

## Tranquil Pools and Landscapes

Concrete Pools & Spas  
Fiberglass Pools  
Full Automation & Floor Cleaning Systems

Magna Mineral Options  
Energy Efficient

Complete Pool Packages in both fiberglass and concrete, including landscaping and fencing

PO Box 122 Lennox Head  
Free quotes call Marcus: 0418 278 397  
[www.tranquillpools.com.au](http://www.tranquillpools.com.au)  
Lic 239955C

# Taxpresso

## Tax, Accounting & Business Services

- All Accounting Services
- Personal Tax returns
- Business Tax Returns
- Company Tax Returns
- BAS Preparation & Lodgement

### 6687 4488

[www.taxpresso.com.au](http://www.taxpresso.com.au)

SHOP 8, 69-71 BALLINA STREET  
LENNOX HEAD

PATRICIA BAKKER  
CHARTERED ACCOUNTANT



# Ballina Coast High School

by Belinda Parkes



Our next generation of Ballina Coast High School students begin their high school journey this month with their first transition to high school day.

On 4 September, Yr 6 students will get to experience high school life, supported by our friendly Yr 9 leaders.

They will get to check out the classrooms, learn about the subjects they will study, meet their teachers and begin building new friendships with future classmates.

It is the first of a series of transition

events aimed at helping our new students feel confident and ready for the move to high school.

Other key transition dates include a subject taster day on 23 October, an Orientation Day on 19 November and a school tour and information evening with their parents on 20 November.

Before long they'll be settled in and enjoying some of the fantastic programs and experiences offered to Ballina Coast High School students, such as an excursion to the snow.

Last month we had two groups of students travelling to the ski fields.

Senior students studying Sport, Lifestyle and Recreation Studies headed to Thredbo for a five-night alpine adventure.

They were lucky to experience one of the best snow seasons in recent years and their skills on the slopes improved dramatically throughout the week. Our instructor groups even noted that our students were their favourite school group of the season, commending their manners and enthusiasm in each lesson.

Two weeks later, a group of excited Year 10 students travelled to Perisher for their own ski and snowboarding trip. For many, it was their first time seeing snow – an unforgettable experience.



We're proud of the way our students embraced the challenge of learning new skills on the slopes showing courage, perseverance and determination.

School excursions are more than just about fun and friendships. Being away from home builds independence, resilience and confidence, while shared experiences like these strengthen the connections between students and teachers, an essential part of school success.



**ATLANTIS**  
POOL & SPA SERVICE

atlantispoolandspa

**Servicing residential and commercial pools and spas in Ballina and beyond...**

• pool cleaning • water testing and balancing • system diagnostics  
• equipment installation and repairs • leak testing • sales

[www.atlantispoolandspa.com.au](http://www.atlantispoolandspa.com.au) 0460 425 705



# Lennox Head Public School



## PSSA Golf Trials: Yamba

On 29 July, Stone and Rip went all the way to Yamba for PSSA Golf trials. Stone has had many achievements during his early career such as beating 75 adults at a Shell Cove event, competing in the Australian Junior age championships, winning the inaugural Stone Cannon Invitational (a special event organised for his birthday). Stone says that his major goal in golf is to become only the 2nd Australian to win the masters. The brothers have now made it onto the PSSA North Coast Primary Golf Team. Stone and Rip had a wonderful time, the weather was amazing for golfing and they enjoyed being out on the green.

By Louie R

## 100 days of Kindy

On the last day of term 2, it was the 100th day of the kindies first year in primary school. They came to school dressed up as favourite characters from their favourite books and movies. The kindies completed a range of activities, from STEM to creative art, sports, maths and literacy. The kindies had so much fun at school and loved dressing up, all the other students and teachers loved the kindies' creative costumes.

By Hugo A

## NAIDOC

1 July was NAIDOC day at LHPS. The whole school came together and learnt about Aboriginal ways and games. In the morning, there was a big assembly and the Aboriginal kids of LHPS came together with Ballina High School and learnt some dances to do at the assembly. 3SM and the younger Aboriginals learnt some Indigenous songs and sang for the school. After the assembly, classes participated in Aboriginal activities, such as weaving, drawing, sports, researching about plants and more. The weather was nice and sunny, and everyone had a great time.

By Kaiin M

## Girls Touch

On 25 July, Yrs 5/6 girls competed in a game of touch against Bogangar. It was very tight until the 2nd half, when Lennox Head came out having a great game beating them 3-6. Now Lennox Head is moving onto the North Coast quarter finals.

By Wren H

## Beanies for Brain Cancer

On 31 July our SRC organised Beanies for Brain Cancer Day at LHPS. We got to wear our favourite beanie for the day and raise money for a very important cause that is close to our hearts. We were excited to find out that as a school we raised a total of \$528.25 - how amazing. Together, we are all making a difference.

By Harper

## Girls Rugby Sevens Team

On 30 July the Girls Rugby sevens team played in Wauchope, with a final victory of 5-3, crowning them the North Coast Champions. Their consistent tackling and exceptional ball control were key to their success. Now, their journey continues as they head to Sydney to take on the next exciting challenge. Well done team. By Louie W

**DENTAL AT LENNOX**

Dr John Butschies BDS Syd (Hons)  
Hollie Jarrett - Oral Health Therapist/Hygienist

General family dentistry - Teeth Whitening - Mouthguards  
Implants, Crown and Bridge work - In house Orthodontic treatment

OPEN 8am- 6pm Monday to Friday  
2/48 Ballina Street, Lennox Head  
lesley@dentalatlennox.com.au  
6687 7204

HAFNER  
STUDIO

INTERIOR DESIGN

lina@hafnerstudio.com.au  
0401 959 075  
 hafner\_studio

# Holy Family Catholic School



## Pilgrims of Hope

On Thursday 7 August, our school community came together to take part in a special Coastal Pilgrimage Walk to Holy Family Catholic Church in Lennox Head, marking the 2025 Jubilee Year.

Students from Kindergarten to Yr 6 participated in the walk, with staggered departure times beginning from 9am. Younger students met their older buddies at Pat Morton Lookout to continue the journey together. Along the way, each year group took turns carrying the Holy Family Cross,

a powerful symbol of our shared faith. On arrival at the church, each class took time for quiet prayer and reflection inside the sacred space. To celebrate the end of the pilgrimage, the whole school gathered for a joyful beach picnic and games, enjoying lunch together before returning to school by bus.

## Rugby 7s Gala Day

Selected students from Yrs 3 to 6 recently represented our school at the FNC Rugby 7s Gala Day, held at Casino Bulls Rugby Park in Casino. The competition kicked off at 9:30 am and brought together schools from across the region for a day filled with action, teamwork, and sportsmanship. Our students showed incredible determination, skill, and school spirit as they competed in multiple games throughout the day.

We are thrilled to share some outstanding results: U12 Boys went undefeated, U12 Girls finished as runners-up and U10 Boys also went undefeated. It was a fantastic opportunity for students to develop their rugby skills, work collaboratively as a team, and enjoy the excitement of competitive sport in a supportive environment.

**THE NORTH COAST'S  
BIGGEST  
... DAY OF ...  
GARAGE  
SALES**

**SELLERS** GET A FREE LISTING OF YOUR GARAGE SALE  
**REGISTER ONLINE**

**20<sup>th</sup> Sept**

**SHOPPERS** Save the date & join the pre-loved treasure hunt

**secondhandsaturday.com.au**  
or contact your local Council

Brought to you by the NSW Government through the NSW Environment Protection Authority



# How to use river stone in your garden

by Plateau Landscapes



When it comes to incorporating materials into your garden design, river stone is a great choice. It will last forever, comes in attractive shapes and sizes, and can serve functional and aesthetic purposes. Here are some creative and practical ways to use it in your garden design.

## Pathways

Smooth river stones create appealing, natural pathways to lead you around your outdoor space. Incorporate steppers into your design, scattering

river stones around the edges to enhance the look of your path.

## Garden borders

River stone can add definition to your garden beds. Dig a shallow trench, approximately 5cm to 10cm deep, and place the stones to create the desired look. They are great for gardens with curved edges. If you want to make a dry riverbed along your garden edge, you can place larger stones on the outer edge and smaller ones inside to mimic a natural waterway. They can also help to direct water away from your plants.

## Japanese-inspired gardens

For a peaceful and minimalist landscape design, river stone is an excellent material. Combined with different-sized rocks, the river stone works to mirror nature. Remember that Japanese gardens utilise

asymmetry and negative space to create a sense of tranquillity and peace.

## Mulch alternative

River stone won't break down like other forms of mulch. It is particularly effective in windy, dry environments. It looks great with succulents, cacti and drought-resistant plants.

## Drainage

River stone is an excellent filler in wet areas and can be used to create a French drain system.

## Pot toppers

They are great for placing on top of potted plants to help retain moisture and deter pests. They discourage fungus gnats by covering the wet soil where they lay eggs and also prevent soil splash, so will keep your foliage and surfaces clean after watering.

<p><b>BABY BOOMERS LIVE</b> Friday 5 September Doors: 7.30pm Show: 8pm Tickets: \$40 Music's funniest impersonations, pop star parodies, reinvented rock &amp; twisted lyrics.</p>	<p><b>TOMMY MEMPHIS</b> Friday 12 September Doors: 9.30am Show: 10am Tickets: \$17.50 Tommy is a musical chameleon, seamlessly transitioning between Rock 'n' Roll, Country &amp; everything between.</p>	<p><b>ALEX LLOYD</b> Saturday 20 September Doors: 7.30pm Show: 8pm Tickets: \$39 18+ Event Performing his hit song 'Amazing' along with all his favourites and some new material from his latest project.</p>	<p><b>FREE LIVE COMEDY</b> Thursday 25 September Doors: 6.30pm Show: 7pm Free Entry 18+ MC Ellen Briggs, Peter Willey and Feature Ting Lim "Fast becoming one of Australia's hottest comedians"</p>

P. 02 6681 9500  
ballinarsl.com.au

**BALLINA RSL**

**ballinarsl**

# Borrow a reusable party kit

By Jeanie McKillop, NEWaste



Love children's parties but hate the waste? Drop over to your local library and book a Reusable Party Kit for your next party.

Many parents spend hours looking for disposable party-ware and decorations only to be bagging it up and throwing it in the bin after a few hours. The waste generated through kids' parties and not to mention the expense of finding and buying matching plates, bowls, cutlery, cups and decorations, really accumulates. Include with this the plastic packaging

each of these items comes in, along with the juice boxes or individually wrapped snack foods and you have quite a mess.

Australia uses around 70 billion pieces of soft 'scrunchable' plastics including food wrappers each year, with one million tonnes of Australia's annual plastic consumption being single-use plastic. To help combat the issue of single-use party waste, Council and North East Waste have worked with Regional Libraries to offer Reusable Party Kits, now available to borrow for free with your library card. They are available at Alstonville and Lennox Libraries now and will be back at Ballina when their renovations are done.

The kits include sturdy, brightly coloured plates, cups, bowls and children's cutlery (fork and spoons)

all made from 100% recycled food-safe plastic. A reusable water jug and colourful reusable bunting made by a local small business from re-purposed, second-hand fabrics, completes the set. The 12 colour sets also provide the added convenience of allowing each child (or their parents) to keep track of their cup, spoon or plate rather than reaching for a new cup, which is another way to keep the waste at bay. There's also a Party Kit Brochure full of tips and suggestions to make your whole party experience waste free, including ideas for invitations, decorations, food and drink, party favours, games and more.

To find out more or book one of these kits, contact Council or your local library. The Reusable Party Kit Program forms part of a Northern Rivers regional initiative, developed in conjunction with North East Waste and proudly supported by the NSW EPA.

# Second Hand Saturday

by NEWaste

Mark your calendars - Second Hand Saturday, the North Coast's largest day of garage sales is back on Saturday, 20 September, and registrations to hold a garage sale are open.

Since 2005, Second Hand Saturday has provided the perfect opportunity for the North Coast community to declutter, save money and support a more sustainable way of living.

It's one huge organised day of garage sales with residents across the North Coast taking part to make extra cash on items they no longer need, or find bargains at a fraction of the cost to buying new.

A recent study done by Charitable Reuse Australia in partnership with the NSW EPA, found that the NSW community were able to save an estimated \$423 million during 2022-23, by selling and buying second-hand as opposed to new.

It's not only good for our wallets though, the study also found that 49,000 tonnes of what could have been waste

was diverted from landfill through the second hand market.

You can be a part of Second Hand Saturday by registering to hold your own garage sale, or teaming up with family, friends or neighbours for a coordinated sale. There's also the opportunity to register a group event as a local community organisation, fundraiser, school or church.

Registrations are free, all you need to do is organise what you intend to sell and host your sale. Second Hand Saturday and Ballina Shire Council will then promote and advertise sales across the region, encouraging the community to get involved in one huge day of pre-loved treasure hunting.

Visit [secondhandsaturday.com.au](https://secondhandsaturday.com.au) for more information and to register a garage sale, or contact Ballina Shire Council. Second Hand Saturday is coordinated by North East Waste on behalf of member Northern Rivers Councils.

This project is a NSW Environment Protection Authority Waste and Sustainable Materials Strategy initiative, funded from the waste levy.

# Landcare: Our very own rare tree

by S.Eastment, Landcare



In 2005 a survey found there were only 10 mature specimens in existence and they all occurred in a small area of littoral rainforest on the basaltic red soils at Lennox. The tree is known as the Coastal Fontainea (and occasionally the Lennox Head Fontainea). It is a small tree growing to 5– 7m and is extremely attractive with glossy green leaves and small white flowers that appear in November and December.

In 2010 the Save Our Species team collected cuttings from the 10 mature plants and in 2014 we were offered the opportunity to find suitable sites for planting them out in some of our remaining patches of littoral rainforest. Each planting has one clone of each of the original 10 trees marked with an id tag. Regular inspections check on the health of the

young trees and if ever one fails to thrive the tags show with which specimen to replace it. There is a planting along the Lennox Point Track, near where it meets the surfers stairs, one at Boulders, one on the headland and one at Skennars. Other plantings have been established around the area as far west as Lismore. They are reaching maturity now, 11 years on, so it is possible they will start producing young seedlings any time soon.

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

## Dates for September (8:30am till 10:30am)

Wed 3rd: Lake Ainsworth Dunes – car park opposite surf club

Wed 10th: Boulder Beach – Coast Rd car park

Wed 17th: Seven Mile Dunes - opp 55 Pacific Pde

Wed 24th: Ross Lane Reserve – Fig Tree Hill Dr

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

Please see [lennoxheadlandcare.org](http://lennoxheadlandcare.org), phone Shaun on 0448 221 210 or Facebook/ LennoxHead Landcare.



# GEORGY GIRL

the Seekers MUSICAL



## NOVEMBER 7-30

Book by Patrick Edgeworth  
Music and Lyrics by  
Judith Durham, Athol Guy, Keith Potger and Bruce Woodley  
Directed by Paul Belsham & Leanne Broadley



Approachable community-focused  
accountants for you and your business

## TAXATION ACCOUNTING BUSINESS ADVISORY

Graeme Toohill  
Registered Tax Agent | BBus | CPA | JP

02 6687 4746  
[admin@saltwateraccountancy.com.au](mailto:admin@saltwateraccountancy.com.au)  
Suite 7/82 Ballina St | PO Box 390 | Lennox Head NSW 2478

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





# NORTHRIDGE

## *Stage 2*

# Land starting at \$395,000

**Stunning Views | Large Lots | Affordable Prices  
Under Construction**

The next chapter of Northridge has arrived with the release of Stage 2.

Delivering all the hallmarks of this sought after community with the added advantage of being the best valued land north of the Bruxner.

Between the privilege of hinterland views, the accessibility of town services and the proximity to both Ballina and the East Coast, Northridge may be your last opportunity to build an affordable, quality home on a slice of land large enough to grow into.

Lot sizes 560m<sup>2</sup> - 1,413m<sup>2</sup> ranging in price from \$395,000 - \$480,000.



Town Water



Town Sewerage



Mains Power



NBN Ready



CDC\*



## *Build Your Legacy*

**McGrath**

Bill Johnston  
0422 820 048

Max Mulcahy  
0422 277 756

**LJ Hooker**

Michael Shay  
0427 862 711

Luke Shay  
0416 275 607

# Lennox Saints: a community force

by Brad O'Connell, Lennox Saints President



What began as a conversation among a handful of passionate football people wanting to rebuild the local AFL League has grown into something far bigger than any of us imagined - as a result, Lennox Head finally has its own AFL team. The idea took root after the collapse of the local league left a hole in men's football across the Northern Rivers. Lennox Saints President, Brad O'Connell revisited a dormant 2004 nomination for a Lennox Saints side, realising the population growth and community appetite meant the time was right.

Meetings with other regional clubs and AFL Queensland laid the foundation. The early focus was simple: create a team under a social banner, foster mateship, and re-ignite the game in our patch of coast. Volunteers rallied. Jerseys were ordered. Boots were laced. And just like that, Lennox Saints took the field on 19 July for our very first game in our inaugural season.

Our Facebook match reports tell a story of grit and growth. We've faced strong opposition from well-resourced and established clubs - from wet-weather slogs at Brunswick Heads to fierce battles against Ballina, Lismore and Nimbin. With two wins from four, every week, the scoreboard has told one story, but the spirit of Coach Gavin Plummer's boys on and off the field has told another: we've matched hardened sides for effort, lifted our skills, and earned the respect of rivals. Wins have been celebrated, losses have been for learning.



Training demanded creativity and resilience. With both Ballina Shire Council and AFLQ denying us a home ground or any booking, we trained under car headlights at Pat Morton Lookout, at dawn beside the surf club, and along Seven Mile Beach before braving a chilly dip in Lake Ainsworth. Adversity - and our love of the game - became a part of our fabric. We showed up, bonded, dug deep, and wore our town's colours with pride.

The future is community for the green, white, and black. Our vision is to secure a home ground in Lennox with AFL infrastructure, strengthen our senior men's program, expand into senior women's and juniors, and ensure no one in Lennox has to leave town to play or train. With local businesses on board, growing crowds, and unwavering support, we're more than a footy team.

For Lennox Head, AFL is here to stay. And for the Saints, this is just the first chapter of a much bigger story.

Thank you to our supporters and major sponsors - Club Lennox and Seagrass General Store - along with Jekyll and Hyde, Freewave, Seven Mile Brewing Co., Hangeasy, Rear Endz, and Rustic Char Vouchers. Special thanks to the Lennox Head Combined Sporting Association for their backing - we look forward to a long partnership.

To get involved or help form juniors or women's committees, contact Brad O'Connell, President, at [lennoxsaints@gmail.com](mailto:lennoxsaints@gmail.com) or via socials: Facebook: Lennox Saints AFC | Instagram: @LennoxSaints

1 Ray O'Neill Cres Ballina  
0434 875 009

CAR TINTING

BUILDING TINTING

WINDSCREEN CHIP REPAIR

CAR PAINT PROTECTION

# All Girls Surfriders

by Mel Mott and Fabiann Robazza



Our dream run of beautiful conditions for Club rounds continued with our July Hardcore Women's Winter Classic prize round at Lennox beachbreaks. The shifting 1-3 foot sets we enjoyed all morning were at times hard to paddle onto due to the full tide at 10:00 am, but there were occasional gems that allowed some impressive turns to be pulled particularly by the Opens and Longboarders.

Sunshine, whales, dolphins and big smiles contributed to make for another magical winter day of surfing at our home break.

A joyful presentation followed the competition at our Gold Sponsor Club Lennox, who generously provided members

with lunch vouchers that were greatly appreciated after a full morning of sun and surfing.

Congratulations to our Wave Maker recipients Cleo Beasley and Charlie Hudson. Both recipients will use their scholarships to fund training (land and ocean), transport and entry to upcoming events. We wish them all the very best and look forward to seeing their progress.

## Results

Opens: 1st - Charlie H. 2nd - Isabel W. 3rd - Emma C.

Longboards: 1st - Eleanor R. 2nd - Alexis Z. 3rd - Sierra C.

Wahini Masters: 1st - Eleanor R. 2nd - Jane C. 3rd - Natalie E.

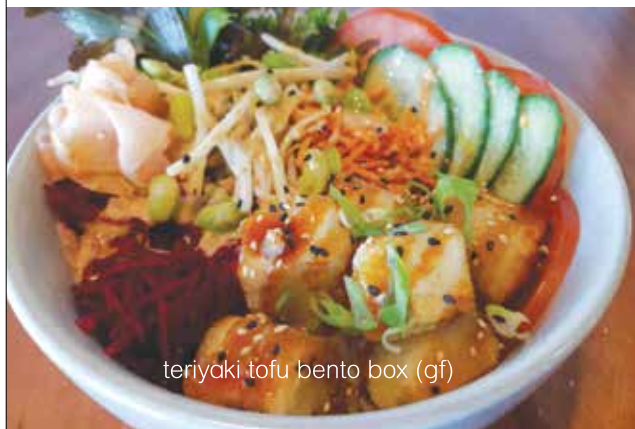
Senior Intermediates: 1st - Kristy B. 2nd - Aurora V. 3rd - Suzanne A.

Senior Beginners: 1st - Susan P. 2nd - Fiona B. 3rd - Gabriela B.

Junior Intermediates: 1st - Zia F. 2nd - Luka S. 3rd - Amela A.

Junior Beginners: 1st - Pandora V. 2nd - Sierra F. 3rd - Charlotte A.

## SPRING AT FREEWAVE



teriyaki tofu bento box (gf)

### OPENING HOURS

Monday to Sunday 7.30pm to 4pm

Sunday 7.30am to 3pm

3/62 Ballina Street  
Lennox Head

6687 7129



Artisan Air

**WIN!**



**A MITSUBISHI  
ELECTRIC 450L  
BOTTOM  
MOUNT FROST  
FREE FRIDGE!**

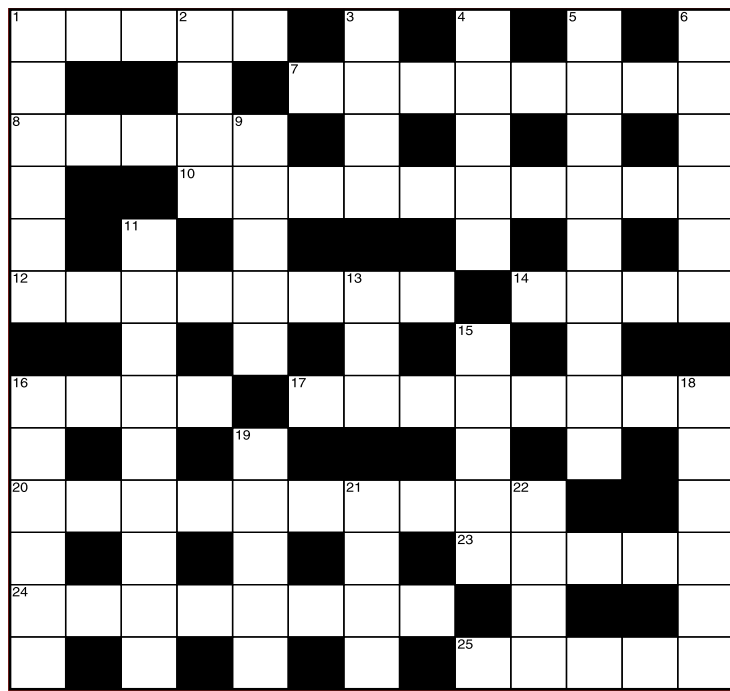
Go in the draw when you  
purchase a Mitsubishi  
split system or ducted  
air conditioner before  
30th September 2025

\*T'S & C'S APPLY - [WWW.ARTISANAIR.COM.AU](http://WWW.ARTISANAIR.COM.AU)  
FOR DETAILS



# September crossword

© Lovatts Puzzles



# August solution



**Sources from pg 23:** <sup>1,2,4,7,8</sup> Lee M, Drewe's Camp, *The Ballina Advocate* 03.03.2011; <sup>3,6</sup> HLRV v2794f50; <sup>5</sup> *The Northern Star* 12.06.1953 p7 nla.gov.au/nla.news-article96504343 **Photos:** By R Hargrave.

## Across

1. Submerged sandbank
7. Nice
8. Baked dough
10. Semi-paralysed person
12. Pathetic loser
14. Highs & ...
16. Whirlpool
17. Meataxes

20. Outmanoeuvred
23. Holy city
24. Agreeably
25. TV serial melodrama, soap ...

## Down

1. Wept
2. Pronto (1,1,1,1)
3. Jumping parasite
4. Tennis-shots exchange

5. Tropical swamp trees
6. Supplies
9. Paints roughly
11. Balancing feat
13. Fully
15. Sultan's wives
16. Sufficient
18. Musical composition
19. Appeal earnestly
21. Egyptian river
22. Profound

Evans Head

Heritage Aviation Museum



**Opening Hours:**  
Sat & Sun 10am - 4pm  
Tues 9am - 12pm

61 Memorial Airport Drive, Evans Head, NSW 2473 | phone: 6682 6756 | email: [info@ehham.org.au](mailto:info@ehham.org.au) | web: [www.ehham.org.au](http://www.ehham.org.au)

# At the movies

with Milt Barlow

*The Conjuring: Last Rites* (4 September)

The horror juggernaut returns, pushing Ed and Lorraine Warren into their darkest, most chilling case yet. Vera Farmiga and Patrick Wilson reprise their roles, delivering the atmospheric scares and emotional stakes fans crave. Expect plenty of tension, haunted-house frights, and occult lore in a chapter that aims to tie up the Warrens' cinematic legacy. If going out to get scared is your thing then this one is for you.

*Downton Abbey: The Grand Finale* (11 September)

Period drama aficionados will queue up for *Downton Abbey: The Grand Finale*. The beloved Crawley family bows out with grace, glamour, and high British society drama. Fans can expect rich costumes, sharp wit, and a nostalgic farewell that promises emotional closure. All your favourite cast and characters are back for one final wrap up as the Crawley family adapts to a changing world. Get your tickets early for this one - I think it'll be a full house in its opening week.

*Demon Slayer - Kimetsu no Yaiba-Infinity Castle* (11 September)

Anime fans can't miss this. Demon

Slayer: *Infinity Castle* lands in cinemas as a grand, three-part movie event wrapping up the phenomenally popular shonen series. The animation delivers breathtaking and non-stop action, with Tanjiro and friends facing their ultimate adversary in a beautifully realised fantasy world. If you're an anime fan this will be your pick of the month.

*The Bad Guys 2* (18 September)

Family and animation fans will welcome the return of this slyly comedic, animal-centric crime caper. The sequel aims for bigger laughs, clever heists, and the irrepressible duo of Sam Rockwell and Marc Maron leading a star-studded voice cast. Crisp animation and smart jokes to entertain all ages.

*Kangaroo* (18 September)

We are well overdue for a good heartwarming Aussie flick and this is it. *Kangaroo* is an Australian comedy starring Rachel House, Brooke Satchwell, and Ryan Corr. Inspired by the true story of Chris 'Brolga' Barns and his kangaroo sanctuary in Alice Springs. Former weatherman Chris Masterman (Ryan Corr) is on his way to Broome when a car accident sees him cross paths with a local

Indigenous girl, Charlie (terrifically played by newcomer Lily Whitley). Together they work to save a baby joey, changing both their lives. This is a really enjoyable watch for the whole family. One of my favourites for the month.

*Spinal Tap II* (25 September)

Comedy lovers can rejoice as the legendary rock mockumentary troupe returns for *Spinal Tap II*. Expect meta-humor, classic tunes, and affectionate satire of the rock world. Rob Reiner, Michael McKean, and Christopher Guest are back, ensuring laughs with this long-awaited sequel.

*One Battle After Another* (25 September)

The big Hollywood blockbuster this month is *One Battle After Another*, an action-packed crime drama with a dark comedic edge. Starring Leonardo DiCaprio, Benicio Del Toro, and Sean Penn, the film follows a group of former revolutionaries who reunite to take down a resurging evil empire and rescue a comrade's daughter. With a reported budget nearing \$120 million, it's clear that every dollar was spent on high-octane action, explosive set pieces, and a powerhouse cast.

Missing something important?

Interested?  
Call us today to book a consult  
021 6686 3810

Dental implants offer a long-term solution that feels and functions just like your natural teeth.

Whether you're missing a single tooth or multiple, implants are designed to blend seamlessly with your smile, giving you the confidence to eat, speak and laugh without hesitation.

BALLINA COAST DENTAL

Scan me

# September horoscopes

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

### Aries

Major developments will offer the chance to move a domestic matter forwards. Mars will bring focus to your relationships too. You'll enjoy spending time deepening some and, if you're single you may meet someone attractive. However, it's also a fiery month, so be prepared to collaborate.

### Taurus

Times of change and flux ask you to focus on being practical and grounded. The second week of the month will be ideal for making new connections both at work and, for singles, in your love life. This could be a decisive month in your career, so be sure to focus on this area too.

### Gemini

As an abundant chapter begins, you must avoid rash decisions and gambling. The eclipse on the 8th could kick-start a fresh cycle at home. In your love life, this is an excellent month to reconnect on a deeper level with your partner and for singles to enjoy the company of a like-minded soul.

### Cancer

September's two eclipses will focus on opening doors in the shared areas of your life, particularly on your finances and for some, personal life and domestic life. Being ruled by the moon, you can find eclipse seasons particularly intense, so be sure to schedule and to take time out when you can.

### Leo

Romance and a sense of connection will dominate now, so if you've felt some relationships are lack-lustre, this is the month to re-invest in them, as your efforts will succeed. It's also a good time to boost your health. Key commitments will need to be made, so ensure you do your research.

### Virgo

You could re-boot your life in areas such as your personal life (if you were born before mid-September) and at work or health-wise if you were born later. Make the changes you want, as your efforts are likely to succeed. Be proactive, as otherwise change will tend to simply happen to you.

### Libra

September is an excellent month to check that your health schedule is on track and, if it is not, to rectify it. The Jupiter alignment with the lunar eclipse on the 8th could turbo-charge your prospects at work and it could also boost your status and direction, so be sure to take the initiative now.

### Scorpio

You'll appreciate the chance to bask a little more than usual in your favourite activities. Travel, study and generally broadening your horizons will appeal around the 8th, and the solar eclipse on the 22nd will spotlight family and friendship circles as you move towards - or away - from some.

### Sagittarius

The powerful alignment over the lunar eclipse on the 8th indicates that in September you could take immense steps forwards, especially in your personal life, family and home life. Some Sagittarians may experience a financial boost, but you must avoid overspending as a result.

### Capricorn

September's eclipses will have a major influence on your communications, and therefore also on your relationships, so be sure to focus more on these important areas of your life. It's a key month also to review your finances so they are in line with your changing circumstances.

### Aquarius

In September, you'll gain the opportunity to revitalise your life, especially your personal life and your finances. Be prepared to take the initiative in these areas, as you could make vast improvements via fresh arrangements and commitments to exciting projects and people.

### Pisces

The Pisces lunar eclipse on the 8th brings developments in your personal life if you were born on or before 5 March, and changes are likely at work or health-wise if you were born later. Eclipses can be intense, but if you take the initiative, you could steer your life where you wish it to go.





**lighttouch**  
solar & electrical  
Lic 241833C

Born in Lennox in 2011  
Local, after sales support  
Market leading warranties  
Lifetime free monitoring

Speak with a local  
0419 867 530 [lighttouchelectrical.com.au](http://lighttouchelectrical.com.au)

**LENNOX HEAD MOTORS**  
Trading as **HIPPY'S MOBILE MECHANICAL**

TYRES & BATTERIES  
VEHICLE SERVICING  
MECHANICAL REPAIRS  
E-SAFETY REGO INSPECTIONS



Corner Byron & Ballina Streets. **Ph: 6687 7220**

Want to advertise your business in this section?

Contact The Lennox Wave on  
[milt@northernriversmedia.com.au](mailto:milt@northernriversmedia.com.au)



**Felton Electrical**

Housing, Commercial, Industrial  
Lights, fans, power points,  
data cabling, fault finding

Lic No: 281864c  
0429 142 771 [feltonelectrical@outlook.com](mailto:feltonelectrical@outlook.com)

**BALLINA TURF FARM**

Over 40 years experience  
**0402 411 633**

**ChemDry**  
Drier, Cleaner, Healthier™

**Far North Coast**  
AUSTRALIAN  
FRANCHISE OF THE  
YEAR 2012, 2013

Please call  
John & Teresa on  
**0408 - 232 066**  
[email: carpets@cdnr.com.au](mailto:carpets@cdnr.com.au)

**Carpets & Upholstery**  
Dry in 1-2 hours  
Green, non-toxic hot  
carbonation clean

**Additional services**  
Leather furniture, mattresses,  
urine removal, traffic areas,  
dust mite treatment,  
sanitation  
[www.cdnr.com.au](http://www.cdnr.com.au)



**Earth Electrical**  
NSW

**Matt Durkin**  
**ELECTRICIAN**  
0412 521 992  
[earth-electrical.com.au](http://earth-electrical.com.au)  
[matt@earth-electrical.com.au](mailto:matt@earth-electrical.com.au)

lighting—fans—power—rewires—switchboard  
upgrades—fault finding & power outages  
—phone & data—smoke alarms

Want to advertise your business in this section?

Contact The Lennox Wave on  
[milt@northernriversmedia.com.au](mailto:milt@northernriversmedia.com.au)

# LABOR IS CUTTING

## all student debt by

# 20%



***“This will help over three million students and graduates across Australia, including more than 19,000 right here in our region.”***

**Justine Elliot MP**  
Your Federal Member for Richmond



Facebook: [JustineElliotMP](#) Webpage: [www.justineelliot.com.au](#) Email: [justine.elliot.mp@aph.gov.au](mailto:justine.elliot.mp@aph.gov.au)  
Instagram: [jelliotmp](#) Phone: 07 5523 4371 Office: 107 Minjungbal Drive, Tweed Heads South

Authorised J Elliot ALP 107 Minjungbal Dr Tweed Heads South





**Time to rent your property?  
We specialise in stress free  
property management**

**Lois Buckett Real Estate**

**6/70 Ballina St Lennox CBD. [loisbuckett.com.au](http://loisbuckett.com.au)**