

the lennox wave

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Community news and events for Lennox Head

Issue 237 | January 2025



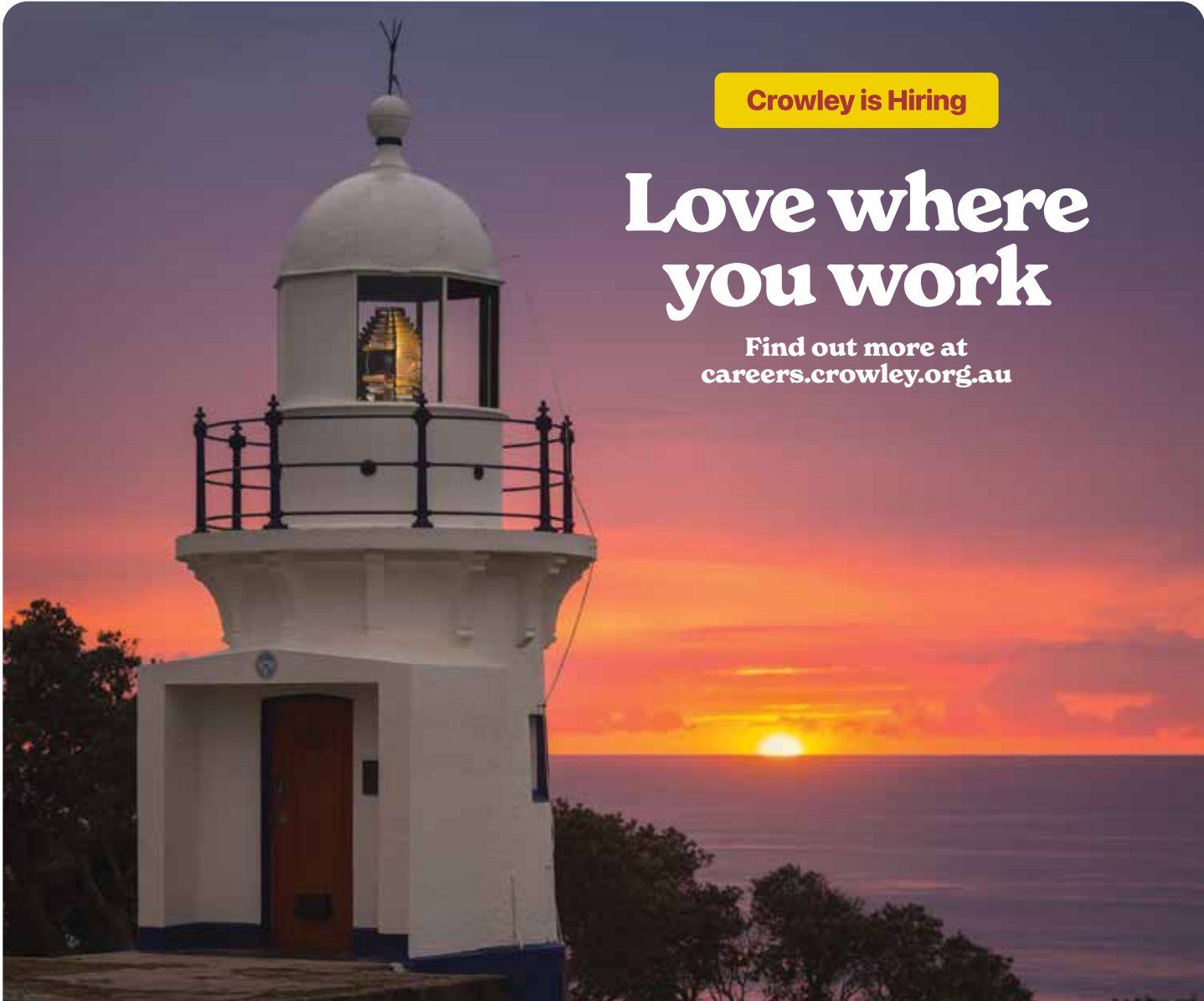
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As we bask in the beauty of our stunning coastline this summer, it's hard not to feel a deep sense of gratitude for the incredible landscape we're lucky enough to call home.

For me, though, a place is defined not just by its scenery but by the extraordinary people who fill it with their energy.

So, it was with profound sadness that I heard of Belinda Newton's passing late last year. She was one of those rare, vibrant souls who brought so much light and joy to Lennox.

I'll never forget the first time I met Belinda. One morning in town, she approached me with a big smile and told me how much she loved my rad shoe fashion and how she might even try the same concept. Confused, I looked down and realised - thanks to the sleep-deprived fog of early child-rearing - that I'd walked out of the house in two completely different shoes! We burst out laughing, and from that moment, a friendship was formed.

Belinda was one of those unforgettable characters who made Lennox what it is - a place of warmth and wild, untamed joy. Her free spirit was amplified by her wild hair, and her infectious laughter could light up your day. I'll miss those spontaneous encounters with her. I like to think that wherever she is now, she's still laughing unapologetically and making new friends everywhere she goes. My heart goes out to her loved ones.

This issue also gives us the opportunity to honour the incredible energy of two local legends, Max and Kell, who are preparing to leave our community and start a new chapter in South Australia (pg 13). Their presence has shaped this place in so many ways, and their departure marks the end of an era. I am going to miss them and I wish them all the very best as they embark on their next adventure.

Natalie Grono - Editor

Got a story? Get in touch

Email: editor@thelennoxwave.com.au
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Cover photo

Photograph by Natalie Grono

Acknowledgment of Country

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

The fine print

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What: Starlight Festival Byron
When: Thursday 2 - Sunday 5 January
Where: Bangalow Showgrounds

The perfect opportunity to ignite your spirit, nourish your soul and celebrate conscious living among like-minded individuals including sound journeys, breathwork, yoga, meditation, healing workshops. Visit: starlightfestival.com.au



What: Guy and Nicci
When: Sunday 5 January, 5-8pm
Where: Lennox Pizza

Ease into the new year with a laid-back afternoon featuring Guy and Nicci, an acoustic duo that brings fresh life to pop, soul, and country classics. Visit: [Facebook/GuyandNicci](https://www.facebook.com/GuyandNicci)



What: Arj Barker live
When: Thursday 9 January
Where: Lennox Head Cultural Centre

You'll laugh and you'll learn (possibly too much) but you'll never look at anything the same, once you enter *The Mind Field* with comedian Arj Barker.

Visit: alist.com.au/artists/arj-barker/



What: Youth Colour Fun Run
When: Thursday 16 January, 9.30am
Where: Saunders Oval, Ballina

Hosted by Bullinah Aboriginal Health Services, grab your friends and get ready to be doused in vibrant colours as you run, laugh, and make amazing memories. Visit: discoverballina.com.au/visit/whats-on/events-calendar



What: Tijuana Cartel presents Akitu
When: Saturday 18 January, 7.00pm
Where: The Northern, Byron Bay

Step into a world where rhythm meets renewal, as the enchanting evening of live music unfolds under AKITU – a celebration that transcends mere revelry.

Visit: thenorthern.oztix.com.au



What: Little Legends Summit
When: Tuesday 21 January, 9am - 3pm
Where: Myalup Estate, 334 Ross Lane, Kinvara

A program that brings industry leading professional facilitators in health and wellness together to deliver a tailored program for youth. Incorporating yoga, breathwork and cold exposure. Book: eventbrite.com/littlelegendssummit

Monthly markets

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

Weekly farmers markets

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

For more information visit discoverballina.com.au



Become an owner of The Waves

Northern Rivers Media has become one of the Australia most successful community media publishers.

After purchasing the much loved 18-year-old The Lennox Wave in 2021 the company has expanded its unique community focused model into The Ballina Shire with The Ballina Wave, The Byron Shire with The Byron Wave and has recently begun its expansion into the Gold Coast with The Burleigh Wave.

Many regional towns and suburbs were left without their local community newspapers and magazines when NewsCorp either closed or moved online over 100 publications.

While we believe that of course online is now an accepted part of our lives, over the past few years with fake news, AI, scammers and just too much on line 'noise' there has been a strong move back to reliable print

publications particularly those that are deeply connected and supportive of their local communities.

In March 2025 Northern Rivers Media will be instigating a CSF (Crowd Source Funding) campaign through ASIC licensed intermediary OnMarket.

Our aim is to raise funds to continue the expansion of our community magazines by issuing shares that will allow investors and members of our communities to share in our ownership.

An Expression Of Interest (EOI) campaign will commence in February 2025 followed by the CSF in the following month.

If you would like to be advised and presented with further details at this time please email us so that we may contact you with appropriate documentation in early 2025 for your consideration.

Please register your interest in further information by email: community@northernriversmedia.com.au



Residents' Association

by Robyn Hargrave

For our last 2024 meeting on 2 December, we were pleased to see members, visitors, Mayor Cadwallader, Crs Dicker and Ramsey.

Come meet us. We are a friendly lot, working towards preserving and improving the amenity of Lennox and Skennars Head, Fig Tree Hill, along Ross Lane plus estates in-between. New members contributing to this aim are most welcome.

Rayner Lane is on the radar. Responding to an email from our President, Council staff advised a design process has commenced, for works to be included in the Delivery Program review later this financial year. It will be a lengthy journey with residents encouraged to contact Council for ongoing repairs.

Thank you Boomerang Bags. We are proud to have had the 'retiring' Baggers' team as a sub committee since 2017 and applaud their initiative to promote reduction of single use plastic, with thousands of bags in use and donations made to community groups.

Report, report, and record your incident number. Vandalism, hooligiasm, break and enters, stolen keys, cars, bikes and personal items are regularly advised on social media. Please be sure you report to NSW Police Force every instance, whether to the Police Assistance Line on ph: 131 444; direct to Ballina Police on ph:6681 8699; for a life threatening emergency to 000; or with information about a recorded crime to Crime Stoppers on ph: 1800 333 000.

21 Years of The Lennox Wave We appreciate the opportunity to contribute to our local magazine since Issue #2. And we look forward to the next 21.

Saltwood Kinvara development, with its scale, potential for water overflow and flooding along Ross Lane, is of serious concern to local residents. The Association will invite representatives of APD Projects to present to a 2025 meeting.

Upcoming meetings: 3 February, 3 March (AGM) and 7 April 2025 from 7pm in the CWA Hall

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



Ballina Shire
AUSTRALIA DAY CEREMONY
 SUNDAY 26 JANUARY 2025
 Lennox Head Cultural Centre

YOU ARE INVITED

The Ballina Shire Australia Day Ceremony will be held on Sunday 26 January at Lennox Head Cultural Centre

Join us for this special event, providing a **warm welcome to our new Australians in the Citizenship Ceremony** and thanking and congratulating the **2025 Ballina Shire Australia Day Award nominees.**

Following announcement of the the Award category winners, the **2025 Ballina Shire Citizen of the Year** will be revealed.

For event details visit ballina.nsw.gov.au/2025awards

 **Australia Day**
 Reflect. Respect. Celebrate.

ballina shire council



Evening VIEW Club

by Lianne Brennan



The Charity Night with *9 to 5 the Musical* presented by Ballina Players was a great success, thanks to the club committee, members, and our wonderful community. Your support and involvement were integral to this one-night fundraiser for

disadvantaged Australian children, supporting their education through The Smith Family's Learning for Life Program. It is a great way to end 2024 and the 12th year as a Club.

To share our appreciation in 2024, our monthly dinner meetings with these fabulous speakers were informative and entertaining, and we acknowledge their contributions: Jill Mason, Reverends Mandy Larkin and Cathy Ridd; David Harmon and Robyn Harmon, Jodi Rodgers, Merryn Dunleavy, Shelly Brown, Milt Barlow and Jeannette Clarke.

Email lennoxevening.view@gmail.com

Have your say

Ballina Shire Council is listening to its community and inviting residents, businesses, and groups to share their vision for the future. The Community Strategic Plan (CSP) is your opportunity to shape the next decade. It's a blueprint that outlines how Council will act as a service provider, collaborator, and advocate to deliver the infrastructure, programs, and services that reflect the community's priorities.

Council's CSP engagement process is already underway. A random survey of 500 residents has provided initial insights into community priorities, and Council has partnered with the Advocate for Children and Young People to deliver tailored engagement with young people. Now, the broader community is invited to participate by completing the online surveys.

Visit: yoursayballina.com.au/csp2035 to complete the survey, share your ideas, and register for updates on the CSP process. Your voice will help shape the future direction of Ballina Shire. Survey closes Monday 3 February 2025. Community feedback and other engagement activities council undertakes will inform the new CSP. A draft CSP will be further exhibited for public comment in April/May 2025.



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Councillors thoughts: Tourism in Lennox

Each month, B Ward Ballina Shire Councillors have the opportunity to share information on a subject that carries importance to the community. All comments are those of the authors. This month we asked our Councillors their thoughts on how tourism in Lennox can be better managed and regulated.

Cr Michelle Bailey

As part of the NSW Northern Rivers Tourism Region, Lennox Head is supported by key groups—Destination NSW, Ballina Shire Council’s Tourism Team, and Business Lennox Head—working together to manage and promote the Ballina Coast and Hinterland for sustainable tourism. There are many active and key roles in play to showcase Lennox Head, including the recently completed Lennox Village Vision to support tourism and open spaces. To build on this foundation, I feel further initiatives could strengthen local business involvement and support sustainable growth.

- Sustainable Tourism Certification: Supporting local businesses in obtaining eco-certification through EcoTourism Australia would enhance responsible tourism.
- Visitor Education Programs: Offering workshops on topics like traditional Indigenous practices, sustainable fishing, and

local flora and fauna could enrich the visitor experience. Adding more signage in key areas - such as ecosystem information and wildlife interaction guidelines.

- Community and Business Engagement: By leveraging our existing Business Lennox Head committee, we could create a more formal structure to bring together local businesses, community members, and tourism representatives.
- Improved Public Transport: With recent infrastructure updates implemented by Council, expanding public transport options to and from Lennox Head would help reduce car dependency, making it easier for visitors to explore without adding to congestion.
- Off-Peak Tourism and Events: Organising events like festivals (e.g the June Love Lennox Festival), markets, or cultural celebrations in off-peak seasons and working with businesses to offer discounted accommodation packages could help balance visitor flow, supporting businesses year-round.
- Targeted Marketing and Storytelling: Promoting Lennox Head’s unique experiences - such as whale watching and family-friendly attractions - through storytelling would create strong connections.

What's On...

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ticketed Shows Bingo & Raffles Family Shows Free Kids' Activities Free Entertainment	9AM Bingo 5.30PM Kids Cove 6PM Turtle Boy Duo 9PM DJ Scradley & \$500 Cash Giveaway	9AM Bingo (Cash Housie suspended for holidays) 6PM Jock Barnes	9AM Bingo 10.45AM Kids Disco 11.30AM Kids Cove 6PM Poker	9AM Bingo 5.30PM Kids Cove 6PM Raffles 6PM Nathan Kaye 8PM Dreams	11.30AM Kids Cove 5.30PM Kids Cove 5PM Raffles 6PM Adam Gardiner	11AM Raffles 11.30AM Kids Cove 2.30PM Blues Club 5PM Raffles
9AM Wildcard <i>Any day is a good day for a cocktail</i>	9AM Bingo 8PM The Screaming Jets	9AM Bingo Members \$10 Coffee & Cake	9AM Bingo 1PM Kids Craft 4PM Pop Squad 6PM Poker	9AM Bingo 5.30PM Kids Cove 6PM Raffles 6PM Adam Harpaz	9AM Lego Expo 11.30AM Kids Cove 5.30PM Kids Cove 5PM Raffles 6PM Poly & Co Trio	9AM Lego Expo 11AM Raffles 11.30AM Kids Cove 2.30PM Blues Club 5PM Raffles
9AM Wildcard	9AM Bingo <i>Holiday \$5 Kids Meal & Ice Cream</i>	9AM Bingo	10AM Bingo 10AM Kids Bingo 11.30AM Kids Cove 6PM Poker 6PM Ballina Cup Calcutta	9AM Bingo 12PM Ballina Cup 5.30PM Kids Cove 6PM Raffles 6PM Hayley Grace 8PM Jimeoin	11.30AM Kids Cove 3PM Humphrey Bear 5PM Raffles 5.30PM Kids Cove 6PM Simon Bolt	11AM Raffles 11.30AM Kids Cove 2.30PM Blues Club 5PM Raffles
9AM Wildcard <i>Snitty it today!</i>	9AM Bingo 1PM Kids Craft 4PM Tay Tay - Taylor Swift Tribute Show 5.30PM Kids Cove	9AM Bingo L1 Fish Burger & a Beer \$20	9AM Bingo 10.30AM Wildlife Twins Trivia 11.30AM Kids Cove 6PM Poker	9AM Bingo 10AM Issi Dye 5.30PM Kids Cove 6PM Raffles 6PM Dan Hannaford	11.30AM Kids Cove 5.30PM Kids Cove 5PM Raffles 6PM Turtle Boy Duo	11AM Raffles 11.30AM Kids Cove 2.30PM Blues Club 5PM Raffles
Public Holiday 8AM Kids Free Fishing Competition 9AM (No Wildcard)	9AM Bingo <i>Download App get \$10 F/B Credit.</i>	9AM Bingo	9AM Bingo 6PM Poker 5.30PM Kids Cove 7PM The Big Gig Free Comedy	9AM Bingo 5.30PM Kids Cove 6PM Raffles 6PM Ino Pio	DINING SPECIALS \$15 Seniors Lunch \$20 Member Meals	

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Cr Eva Ramsey

Local Councils play a vital role in tourism, including promoting tourism, providing infrastructure, and managing impacts of tourism. *Destination NSW Act 2011* also sets guidelines that benefit all NSW tourism.

To manage tourism in Lennox Head with more sustainability, authorities could promote off-peak visits campaigns, which would help all year-round exposure. Improvements to our local infrastructure have been provided. These have further enhanced the charm of Lennox Head.

Our Council have completed upgrades to parks, and the main street area, the new development just supported by Council in the October meeting, will provide more parking along with new parking on the old fire station site. Waste disposal, and public facilities, have been mitigated for better impact on visitor crowds.

Council staff have listened to community-driven planning, allowing residents to voice concerns and help shape our tourism. Educational campaigns on environmental protection and cultural respect could enhance visitor awareness, ensuring that tourism growth benefits the local environment and residents.

Our local Tourism team in Ballina is an exceptional and experienced crew, winning many NSW Tourism awards. I do not feel we need visitor caps, or to place extra levies on tourists or impose short term rental regulations on owners. In the present economic environment, it is completely unnecessary and influences people's destination choices.

Cr Kiri Dicker

When I grew up in Lennox our local economy was almost entirely dependent on tourism. The only people able to live in small towns like Lennox were either essential workers or small business owners. Many of these small businesses relied on tourists, including my family, who owned the Lennox Head Backpackers Hostel for over 25 years.

These days our local economy has diversified significantly. Key drivers of this include improved transport links like the Pacific Highway, Ballina Byron Gateway Airport and advances in technology. Now you can live in Lennox and commute to other East Coast capitals or work remotely anywhere around the world.

While tourism is still an important part of our local economy, we're not longer entirely reliant on it like we once were. So I think now is a great opportunity to get a bit more focused on the type of tourists we want to attract to our town. We know we've got a good product on offer (that's why we love living here) so we can afford to market ourselves to a particular type of visitor. I would love us to focus on sustainable or even regenerative tourism - tourism that at the very least does not extract from or damage our community but makes it better. Imagine coming on holiday and also participating in a river restoration project, planting trees, volunteering at a wildlife hospital, learning from First Nations people about cultural ways.

Our coastline has always been popular with tourists but we really need to get people to see more of the Ballina Shire, like the Alstonville plateau to taste some local produce or out to South Ballina to see its wild beaches and unspoilt bush. These are our hidden gems.

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Australia Day in the park

by Christine Stores, Lions Club

The last year has seen Lennox Head Lions host events, contribute significantly to local causes, and support those in need. We could not have done that without incredible support from local businesses and the broader community. We extend our heartfelt gratitude to the businesses that have sponsored us or given prizes, to the volunteers who have helped us and to the public who have bought raffle tickets, cakes, puddings, tickets or even a sausage. Every little bit has helped. We enjoyed working within the community during 2024 and as we look forward to the year ahead we wish everyone a happy, healthy and prosperous New Year.

Our first major event of the year will be the Australia Day celebration in Lennox Park. We are once again bringing the community together with the promise of a delicious barbeque of sausages, bacon and egg rolls or steak sandwiches. We can cater for vegetarians as well. These 'Aussie' offerings, available from after 7.30am till 1.30pm, are the perfect meal to compliment the beachside setting. Music supplied by the Lennox Legends from 8.30am till 12 noon, will feature some good Aussie music along with some 'oldies but goodies'.

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Community vs crime

by Robyn Hargrave

On Monday 9 December, over 100 residents attended a meeting to discuss crime issues in Lennox Head and environs, hearing advice from Richmond Area Police Commander Superintendent Tanner, Mayor Cadwallader, Deputy Mayor Loone, Federal Member for Richmond, Justine Elliott, and Goonellabah community's Andre Elys. Attendees were invited to provide suggestions for individuals and community to make a difference in ensuring their security and that of their neighbourhoods.

Superintendent Tanner assured attendees that generally Lennox Head is a safe community with a low crime rate but suffered a spike in November relating to thefts from houses and stolen motor vehicles. Offenders have been identified and arrested. Improving home security included locking doors and windows, installing sensor lights and security cameras, maintaining security of house and vehicle keys and valuable items, and communicating with neighbours. CCTV camera installation in Ballina and Lennox Head CBD is high priority for Ballina Shire Council with funding sought from State and Federal Governments.

The Lennox Wave will follow progress of other initiatives in future editions.

Dr Angus Lambie B.D.Sc (QLD)

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Farewell to Lennox icons, Max and Kell



This month, friends and locals will bid farewell to Max Perrot and Kellie O'Brien, two beloved icons of the Lennox Head community, as they prepare to move to Kangaroo Island. The couple has been at the heart of many initiatives in the town and are fondly remembered for their contributions over the years.

Max and Kellie's journey began in 1990 when they set off across the Nullarbor in their HQ Holden wagon. With just \$20 and half a tank of fuel, they arrived in Lennox Head, where a mutual friend from Sydney connected them with John Stewart. John graciously invited them to stay at the Stewart family farmhouse at Flat Rock. It didn't take long for the couple to fall in love with the small village, home to fewer than 1,500 people. 'At that time, Lennox Head was a laid-back place, filled with surfers, fishermen, university students, and retirees. The rent was affordable, and the Anglers Arms pub was the social hub of the town,' Max said.

In 1991, Max and Kellie co-founded the All Girls Surfriders Club alongside Keryn Noach. The following year, they launched the All Girls Surf Showdown competition, an event designed to support female surfers of all ages. Their efforts were soon recognised, and in 1994, they were finalists in the Prime Ministerial Women in Sport Awards.

In 2002, Kellie established the Far North Coast Skateboarding Association. Together, the couple also co-founded Gromfest in 1993, a junior surfing event aimed at providing equal opportunities for boys and girls aged eight to 16, in collaboration with David Sandercock.

Kellie went on to establish the Lennox Arts Board Inc in 2011, and she and Max became life members of the All Girls Surfriders Club and Lennox-Ballina Boardriders Club, respectively, for their long-standing roles as Secretary and President, in addition to their many years of coaching and committee work. They were also passionate advocates for surfing culture, spending many years as columnists for the *Ballina Shire Advocate*. For 15 years, Max and Kellie ran the Lennox Head Surf School, offering surf lessons for locals and visitors of all ages, along with school holiday courses.

Max contributed to the book *Surfing Lennox*, which chronicles the history of surfing in the area, while Kellie and most of the current Lennox Arts Board committee played a key role in establishing the organisation in 2011. Max has been an active member of the board since 2012.

Over the years, Max and Kellie have cherished countless memories in Lennox Head.

Kellie fondly remembers the quiet times of year when surfers of all ages would fill the town, solidifying Lennox as a vibrant cultural hub for surfing. Max recalls the golden days when Lennox Point was uncrowded and the waves were perfect. He once surfed for more than six hours without a break, and that night, he slept like a baby.

As Lennox and the surrounding areas grew busier, Max and Kellie sought a quieter, more peaceful place to build their forever home. They found what they were looking for on Kangaroo Island, with its spectacular beaches, uncrowded surf, national parks, unique flora and fauna, fine wine, and friendly locals. What they will miss most about Lennox Head are 'the many fascinating people we have met over the years, the beautiful beaches and surf breaks, the vibrant social life of the village, and the sweet scent of frangipani that lingers in the air,' they said.

Max and Kellie will be hosting a farewell on Sunday 19 January 4-8pm at the beachfront shelter shed.

Event Venue of the Year!

NORTH COAST TOURISM AWARDS 2024

Lennox Head Cultural Centre

What's On? communityspaces.com.au

  @lennoxculturalcentre



Global reach of storytelling success



Therapeutic storyteller and author Susan Perrow, is thrilled to announce that her books are now available in 14 languages. To celebrate this milestone, Susan will be embarking

on a special six-week book tour of Central and South America in January and February. The tour will take her to Mexico, Brazil, and Chile, where she will give talks and workshops in various cities across the countries.

In Mexico and Brazil, Susan will be sharing her storytelling expertise and connecting with audiences from different regions. Afterwards, she will travel to Chile, where an exciting collaboration has been unfolding over the past three years. Award-winning filmmaker Elisa Eliash has been working on adapting 12 of Susan's children's stories into 5-6 minute animated films for Chilean National TV. Elisa's vision is to create even more films in the future, in Spanish and English, for a global audience.

The finished animated films arrived in Susan's inbox just recently, and she

describes them as 'beautiful'. To mark the occasion, there will be a special evening in Santiago, Chile, where Elisa will interview Susan and showcase the films. Susan has also donated the Spanish and Portuguese translations of books to the Richmond Tweed Library.

For the last 30 years, Susan has been documenting stories from diverse cultures, writing her own, and telling them to children and adults. Her deep passion for storytelling has taken her across the globe, helping her connect with people from all walks of life. Through her work, Susan has seen firsthand the transformative power of stories to heal, educate, and inspire.

This is a truly exciting time for Susan Perrow, as her work continues to touch hearts and inspire audiences around the world.

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New committee for Business Lennox Head

by Michelle Bailey, President Business Lennox Head



Business Lennox Head held its AGM in November last year forming a new Committee with new and returning members. We thank those who have stepped down but continue to support us during this transition.

The Committee aims to revive Business After Hours events, including two breakfast and evening events in 2025, along with the Love Lennox Festival. New businesses in Lennox Head are invited to join. Existing members will soon receive their annual invoices, along with information about the new committee and upcoming events.

If you have previously submitted a request to join and have yet to receive a response, kindly visit our website: businesslennoxhead.com.au and complete the form. We would be delighted to have you with us.

Join the visionary behind Lennox's biggest festival

The initial objective for the year is to bring together the Lennox Festival Committee. We are seeking new and current members to participate.

Passionate about community? Help grow one of the region's most exciting festivals.

We are seeking individuals to inspire and collaborate with a dynamic team, implement creative ideas effectively and enhance the Love Lennox Festival experience.

This is your chance to leave a legacy in the heart of Lennox Head. Join us and make the Love Lennox Festival the highlight of the year. The first Committee meeting and forming of Love Lennox is on 5 February at 5:30pm at Club Lennox.

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Walk on the wild side



Walk on the Wild Side is a celebration of vintage treasures, offering a unique, market-style shopping experience with a laid-back, garage-sale vibe in Lennox Head every fortnight.

Rochelle DeBono's love affair with vintage began over 25 years ago. As both a passionate collector and event organiser, Rochelle has dedicated herself to sharing the timeless charm of classic pieces with fellow enthusiasts.

Her journey began in 2002 with Hello Sailor Vintage Fair, a vibrant Melbourne-based event she ran for eight years. Held at festivals and venues across the city, *Hello Sailor* quickly became a beloved gathering for those with a keen eye for vintage fashion and treasures. Today, Rochelle has brought her vision to the Northern Rivers, where she co-owns a thriving vintage clothing store that's been a local favourite for over a decade.

When Lennox Head's local market



was discontinued, Rochelle saw an opportunity to create something special for the community. Partnering with her longtime friend Justine Tasker - who previously ran *The Broken Heart Repair Shop* antique store in Brunswick Heads - Rochelle launched *Walk on the Wild Side Vintage St Collective*. This fortnightly street market offers an authentic vintage shopping experience like no other.

The event features a diverse collection of vintage, designer, and recycled items, ranging from clothing and accessories to antique furniture, paintings, records, shoes, and unique trinkets. With new stallholders joining regularly, each market is a fresh and eclectic mix of treasures, carefully curated by passionate collectors.

Whether you're a seasoned vintage lover or new to the world of reclaimed finds, *Walk on the Wild Side* invites you to explore and discover something special. Held every second week on Ross Street in Lennox Head - mostly



Saturdays, with some Sundays - this market offers nostalgia and excitement in one vibrant, community-centered gathering. Follow their updates to stay in the loop.

[Facebook/walkonthewildside](https://www.facebook.com/walkonthewildside)



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Madge celebrates 100 years

by Dawn Sword



On 12 November 2024, Lennox Head resident Madge Fishburn had her 100th birthday.

She was born in Broken Hill in 1924, where from the age of five she took ballet lessons and danced in many concerts. Madge commenced employment as an administration officer at the co-op in Broken Hill, then went on to be the secretary to the Chief Engineer at the North Mine. In 1947 when she was 23, she married Bruce Fishburn and they had two children, Kathryn and Stephen. Madge and Bruce were together until his passing in 2015.

After her marriage Madge became an independent business woman because, at that time in Broken Hill and throughout Australia, married women could not work unless they

were self employed or professionally qualified. Madge, in partnership with her sister in law, Jean Pelizzer owned a boutique in Broken Hill and this partnership was extremely successful, extending well over two decades.

The boutique initially sold hats, bags and shoes and later included clothing. The excellent brands included Contour, Jane West, Vest and Gena Pucci shoes, Cardini Bags and covers, Jump, Just Sue, Carla Zampetti, John & Merivale and Cue to name a few. Madge and Jean would travel regularly to Melbourne, Sydney and Adelaide on buying trips to bring the most recent fashion to Broken Hill.

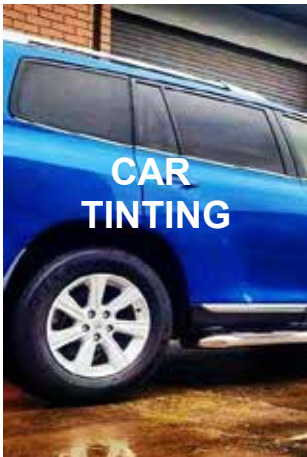
Madge was a member of Broken Hill's CWA and Madge and Bruce were both members of the Beef Steak and Burgundy Club. When Bruce retired from the mine, they built a house at Menindee Lakes where they lived for a year before moving to Bangalow in 1993. Here, Madge became a member of the local CWA and Bruce joined the Lions Club.

In 2002 they moved to Lennox Head and Madge transferred to the Lennox Head CWA and also joined the VIEW Club. Madge remained a member of Day VIEW Club until it closed and continues as a member of the VIEW friendship group that meets monthly at Club Lennox.

This friendship group still supports a student through The Smith Family's Learning for Life program. Members have happy memories of the celebrations and skits that Madge was part of, particularly of her dressed in a mauve coloured tutu dancing while the choir sang, *We'll Gather Lilac in the Spring Again*. Madge lives with her daughter and granddaughter Isabella.

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The underwater world of Todd Thimios

by Natalie Grono



Todd Thimios's life story unfolds like an epic voyage, both beneath the waves and across the farthest corners of the globe. The acclaimed underwater photographer and diving expert has spent over a decade navigating the globe's oceans, diving into some of the world's most remote and awe-inspiring underwater environments which he is sharing in his first book, *Ultimate Dive Sites*, to

For Todd, diving has always been more than just a career; it's a way of life. 'Diving, for me, is the ultimate escape,' he says. 'It's suddenly quiet, and you're completely absorbed in everything around you - the colour, the movement, the light. You're surrounded by beauty. It's mindfulness. Witnessing the symbiotic relationships between creatures, seeing how everything fits together - it's an experience unlike any other.'

At 16, Todd became a Dive Master, and by 20, he was a certified instructor. His journey took him from the tranquil waters of Lord Howe Island to the high-stakes world of private superyachts in the French Riviera. There, he became one of the most sought-after dive guides for billionaires and celebrities. Todd's expertise led him to create the rare role of Dive Scout, a position in which he flew ahead of high-profile guests to scout, film, and curate dive itineraries at some of the world's most exclusive underwater destinations, including Arctic expeditions with orcas and untouched reefs in the South Pacific. He also trained as a submersible pilot, diving to depths of 1,000 metres with clients in private submersibles. 'It was a dream job,' Todd says, 'very polarising, unique, and exciting -but it's wasn't the real world.'

be released this month. With more than 3,500 dives to his name, Todd's deep connection to the sea was nurtured in his childhood along Queensland's Great Barrier Reef, where he snorkelled upon the back of his father, a keen fisherman. It was during one of these outings that he had a surprise meeting with a tiger shark, a moment that sparked his lifelong fascination with the ocean and its creatures.



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You're with a crew of 30, all different nationalities, a group of fun misfits. It's like being aboard a spaceship, not a yacht.'

However, Todd's life has been shaped by more than just extraordinary dives. At 16, while diving off the coast of Malaysian Borneo, he found himself stranded at sea when the dive boat left without him. Optimistic and unfazed, he took on a leadership role, helping to calm his two panicked companions as they waited to be rescued. 'Floating on my back for the day, I realised that life is one big adventure,' he says.

This adventurous spirit took him from the remote coasts of Australia to the \$300 million superyacht owned by Russian billionaire Leonid Mikhelson. There, he trained as a submersible pilot, diving to extraordinary depths with Mikhelson. 'It was surreal,' Todd recalls. 'I'd be in a cramped two-man sub with the richest man in Russia, floating hundreds of metres below the surface, needing to power down, and waiting for moments before the power came back on. There we were, sitting in the dark with nothing but phosphorescence and trippy underwater sights around us.'

But it was a trip to the Galapagos (one of Todd's favourite dive spots) that highlighted just how unpredictable and unrealistic life with a billionaire can be. After a week of diving, Todd was preparing for the grand finale dive when his plans were abruptly interrupted. 'I walked into his smoky, cigar-filled office - and we were talking about the dive the next day when he told me, "Sorry, tomorrow I have to go to Moscow to meet Putin." We had to turn the boat around and head back to the island in a rush, where we waited for two days until he returned. The urgency of it was surreal.'

The pandemic marked a turning point for Todd. He realised it was time to leave behind the superyacht lifestyle and return to Australia. And during this time, as destiny would have it, through the sale of one of his most beloved images - an orca shot off the coast of Norway - that Todd connected with his now wife, Melissa. 'She reached out to me for a print of that photograph, and life just moved so fast after that. I fell in love with the most incredible character I've ever met.'

Today, Todd and Melissa are raising two children on a property in Fig Tree Hill. 'Becoming a father is a profound marker,' Todd reflects. 'It divides your life into before and after. It's an amazing feeling knowing your life has forever changed. Kids keep you grounded.'

For Todd, the dream of living by the coast has come true. 'Lennox is a place I've visited many times, back when I used to travel in my van as a teenager. This is all I ever wanted—some land by the coast. It's a nice adjustment. Now, I swim and surf in the mornings, but I'm not giving up diving or travelling. The next chapter is about finding ways to do this as a family.'

For now, this summer, Todd will be snorkelling at the Bream Hole with his daughter on his back, just as his father once did with him. 'It's perfect for kids to get their heads in the water and get a feel for it,' he says. 'The ocean is alive, and the Bream Hole is the most controlled environment to introduce them to the wonders of the sea.'

Ultimate Dive Sites will launch at the Book Room in Byron in February. To keep informed on the book launch date follow Todd on Instagram @ToddThimios

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Wild child, Lily-Grace



Lennox Head's 16-year-old country singer-songwriter, Lily-Grace Grant, is making waves with her debut single, *Wild Child*, released late last year. The track, which blends

traditional country with edgy pop-rock elements, showcases the raw talent and rebellious spirit that defines Lily-Grace's unique sound.

Wild Child is an unapologetic anthem, tapping into the artist's own teenage experiences of rebellion and self-expression. With its catchy melody and bold lyrics, the song has already caught the attention of Apple Music, who added it to their Aussie Country playlist.

'I was going through that rebellious phase when I wrote it,' Lily-Grace explains. 'Music is a great way to process emotion, and *Wild Child* is about embracing that wild side we all have.'

Recorded at Lennox Head and Rockinghorse Studios in Byron Bay, the track was produced by Murray Burns and mixed by award-winning Matt Fell. Its gritty realism and storytelling are well beyond Lily-Grace's years, making it a perfect bridge between country music purists and younger, more adventurous listeners.

With her debut single, Lily-Grace Grant is ready to make her mark. Her confident, no-nonsense approach signals an exciting future for the young artist, one that's sure to turn heads and capture hearts across the country.

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Embodying the earth

by Lennox Arts Collective



The *Lennox Arts Collective* (LAC) is excited to welcome a new member into the fold. Ashleigh Kennedy is a local jeweller who returned to Australia in 2022; after nine years living in Sicily. It was there where she began to hand-fossick for gemstones and create beautiful pieces to sell in the local markets. Now she is back on home soil, we are excited to add her creative aesthetic into the mix at the

LAC. Ashleigh shares her inspirations, creative processes and thoughts behind her art.

'In my creative journey as a jeweller, I am deeply inspired by the natural world and the stories that gemstones carry within them. Each piece I craft begins with fossicked precious gemstones sourced from local landscapes, embodying the beauty and essence of the earth. The act of searching for these stones is a reflection on connection - an intimate dialogue with the land that nurtures them.

'In my home studio, I engage in the slow process of cutting and polishing these stones, revealing their unique lines, patterns and colours. This transformation mirrors the passage of time. As each fine layer is ground and polished deeper, it captures not

only the stone's physical beauty but also the memories and moments woven into its history. My work aims to celebrate these narratives, turning each gemstone into an emblem of resilience and the enduring bond we share with nature. Intertwined with this theme of connection is my commitment to authenticity. I prioritised responsible procurement, ensuring that every material I use is ethically sourced. The solid silver and gold that form the framework of my designs are chosen with intention, reflecting my belief that the journey of creation should honour both the artist and the earth. Soldering these metals together is not merely a technical act; it is a celebration of craftsmanship, a mindful approach to sustainability, and a pledge to preserve the integrity of my art.'

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How much is a banana worth?

by Natalie Grono



Pictured: *Time to get some groceries* by Natalie Grono.

A banana duct-taped to a wall sold for \$6.2 US million at a New York auction. No, it's not a joke - it's *Comedian*, a conceptual artwork by Italian artist Maurizio Cattelan, and the buyer didn't purchase the banana itself, but rather the certificate of authenticity that grants them the right to recreate the installation. The artwork has drawn as much attention for its audacity as for its price tag, making waves in both the art world and on social media.

Sotheby's, which hosted the auction, described Cattelan as 'among Contemporary Art's most brilliant provocateurs.' They hailed his ability to disrupt the art world's norms in 'meaningful, irreverent, and often controversial ways.' And while many see the piece as a clever critique of art's absurd pricing, others simply see it as a humorous - if bewildering - statement on the absurdity of modern art valuations.

Enter Justin Sun, a Chinese cryptocurrency mogul and the proud new owner of this multimillion-dollar banana. Shortly after the sale, Sun made headlines again by eating the banana himself. In a post on X (formerly Twitter), Sun shared a video of him consuming the fruit, writing, 'Many friends have asked me about the taste of the banana,' as if it were any ordinary fruit and not a piece of conceptual art that had just fetched millions.

But Sun's antics didn't stop there. In an equally bizarre twist, he made a public offer to buy 100,000 bananas from a local fruit vendor, Shah Alam, whose stall on New York's Upper East Side supplied the banana for the original installation.

Sun tweeted, 'To thank Mr. Shah Alam, I've decided to buy 100,000 bananas from his stand in New York's Upper East Side. These bananas will be distributed free worldwide through his stand.' While some may see this as an act of generosity, others question the spectacle behind such an offer.

Local acclaimed artist Angus McDonald weighed in on the piece, saying, 'Nothing surprises me in the art world. Look, it's a valueless absurd piece, a banana taped to a wall. It's meant to be ridiculous, everyone knows that, but is it any worse than other ridiculously overpriced artworks that lack intrinsic value? Probably not. It's like Duchamp's Fountain, except not - it's all gimmick, something that went viral. The purchaser wants to be part of the story, not because they truly believe it has value. The art market in that stratosphere isn't about value - it's an abstract concept.' He added, 'I guess my only thought is, what could A\$9 million do for people who are in a really tough place?'

Catherine Lane from the Lennox Arts Collective also shared her thoughts on the purchase. 'Some people will make up a lot of wank to justify how this qualifies as art, but it's the motivation that interests me. Art has always been a vehicle for commentary, but I can't help but wonder what Caravaggio or Arthur Boyd would think if they were alive today. To me, *Comedian* epitomises everything that's wrong in a world driven by wealth. I think of how that kind of money could be used for meaningful change. Saving orangutans or Tarkanya, investing in social housing or the hemp-building revolution. Had it gone to the Save Wallum campaign, we would have had a tangible legacy forever.'

The sale of *Comedian* may be a commentary on the absurdity of the modern art market, or it may simply reflect the values of a world increasingly driven by excess. Either way, it's clear that the banana taped to the wall has sparked a wider conversation about the value of art, the role of money in society, and the potential for change when wealth is put to more altruistic uses.

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Australia's landmark social media ban

by Natalie Grono



Starting at the end of this year, children and teenagers under 16 will be banned from using social media platforms like TikTok, Instagram, Snapchat, and Facebook, following the passage of world-first legislation in the Australian Parliament with bipartisan support. The government and the Coalition argue the ban is necessary

to protect young people's mental health and wellbeing amid rising concerns about online harms.

However, the ban will not apply to messaging apps, online gaming services, or platforms primarily focused on health

and education. Websites like YouTube, which don't require users to log in to access content, will also be exempt. During public hearings, experts with experience in youth mental health offered varying perspectives on the potential impact of the ban.

Nicole Palfrey from mental health organisation Headspace told the inquiry there was a need to balance any harms from social media with the benefits of connection and 'help-seeking' online — especially for kids who live in remote or rural areas.

Popular parenting author, educator, and 36 Months campaign supporter Maggie Dent (pictured left) spoke to the *The Lennox Wave*.

'Australia's legislation around banning social media for under 16s is the start that we needed to happen to get clear support for worried parents and children who have experienced harm online, or could experience harm online. 'We cannot allow another young person to die by suicide as a consequence of online toxic behaviour. In the legislation no digital IDs will be required by our kids and the heavy penalties will be focused on the digital platforms, not parents.

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'In its current format these changes will take place in 12 months so there is a lot of scope and flexibility to explore how we can allow young people aged between 13 and 16 to still be able to communicate safely online.'

'I'd like to see us use those extra 36 months in adolescence to teach our kids how to engage safely and respectfully online. Just as we don't let kids jump into a car without a licence, we need to create opportunities for them to engage in ways that don't inflict harm on themselves or others,' Maggie said.

Local online safety expert Kirra Pendergast, founder of Safe on Social, emphasised that the government's social media ban is not an attempt to 'ban the internet.'

'This ban is a long-overdue response to the dangers of unregulated social media,' Pendergast explained. 'While some believe the legislation is rushed, this is something I've been advocating for over 18 years. It's hardly rushed.'

Pendergast acknowledged that while the ban is not a 'silver bullet,' it represents a crucial first step. She highlighted how the legislation has sparked a broader conversation, with more parents reaching out and engaging with experts about online safety.

'While laws can hold big tech accountable, they can't keep up with the rapid pace of technological change,' she said. 'That's why ongoing education is so important.'

She also raised concerns about the role of online safety organisations and speakers funded by tech platforms like Meta, Snap, and TikTok, who have opposed the social media ban without disclosing their financial ties. 'The internet 'never forgets,' and these connections are visible online,' Pendergast pointed out. 'Up-to-date, unbiased education reinforces the principles behind the ban and helps people see these measures as protections, not restrictions.'

Pendergast stressed that education is essential to bridge the gaps left by regulation. 'Harmful content often migrates to platforms outside regulatory reach. Education teaches people how to recognise risks and manage their digital footprint,' she said.

She also warned that emerging risks—such as AI-driven manipulation, deepfakes, and algorithmic threats—will likely outpace regulatory efforts. 'Education builds resilience and critical thinking, preparing individuals to adapt to future challenges.'

Pendergast noted that many people are unaware of the invasive data collection, biometric tracking, and behavioural profiling included in many app terms of service. 'Education helps people understand what they've agreed to and empowers them to make informed decisions about their online presence,' she explained. 'By combining regulation with ongoing education, we create a dual strategy to protect vulnerable users now and in the future.'

Looking ahead, Safe on Social plans to launch new programs aimed at schools, workplaces, and individuals, continuing its mission to address the complexities of the online world.



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Landmarks of Lennox

by Robyn Hargrave



The Lennox Wave - 21years and going strong

November 2003 and Edition #1 of our community magazine, *The Lennox Wave*, hit the newsstands for the first time. With Remy Tancred and Annie Lewis commencing the venture, writing and seeking articles and engaging with local businesses for advertising support, within two months the first black and white editions converted to colour covers then colour features.

Helen Fry entered the scene in 2005 as editor and in 2012 became sole owner/publisher/editor. Full colour, a new masthead and layout were introduced in 2014 and feature liftouts such as the Skullcandy Oz Grom Open surfing comp and Lennox Wedding Collective added value (and advertising revenue) to the largely volunteer-run magazine.

Reporting, including controversial community issues such as Cape Byron Marine National Park, location and condition of the Fire Shed, the Community Hall, development of Condon Hill, Ski Jump, second sandmine on Ross Lane, Lake Ainsworth Parkland, stainless steel handrail and WSL surfing contest at the Point, and the shelter shed, presented all sides.

Arguably the most difficult time for *The Lennox Wave* was during COVID and the 2022 floods when businesses were hard hit and the extra for advertising became more difficult to find.

Natalie Grono has been editor since 2022 and carries on the tradition of community for community, encouraging contributions from those who never thought they could string together a few words, sporting groups, schools, businesses, Councillors, arts and special events, and volunteer organisations.

Sources: The Lennox Wave, various years.

Photos: 1. 2003; first edition 2. 2012 Remy Tancred; 3. 2021 Helen Fry; 4. 2023 Natalie Grono (unfortunately we have no photo of Annie)

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

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Pioneer profiles: John Sharpe Snr

by Narissa Phelps



Newspaper obituaries are a wonderful way to glean information on the district's early settlers. John Sharpe's obit is one of the more informative,

but so too is it colonial, effusive and colourful.

Dying aged 85 in 1898, John was lauded as a 'sturdy pioneer whose task it has been to lay the foundation of a Greater Britain.' He was a 'deep chested, resolute old veteran,' whose name was not 'emblazoned on the scroll of fame,' but whose 'services have been none the less valuable.'

Born in Ireland in 1813, he spent his youth there before leaving for England in 1839. The following year he arrived in Sydney, living firstly on the Cook's River, then Dapto before settling in Kiama. There he ran a flour mill, but also became involved in 'political, municipal and social matters,' becoming an alderman then the mayor. When rust hit the wheat crop, his mill became 'unremunerative,' so he sold

his business and, in 1865, moved to the Richmond River. There he erected a sugar mill on his Prospect property, and became known as 'the father of the great industry that has made the district famous.' He was a magistrate, but also attended to people's ailments due to his knowledge of chemistry and the fact that he had his own laboratory. He was a Mason, and renowned through the district for his generosity.

Recognised as one of the district's most respectable and esteemed residents, his obituary ends by stating 'and thus has another of nature's sons fulfilled their task.' While his loss 'may be keenly felt, there is much comfort to be deduced from the knowledge that the life he lived was one of usefulness, and a blessing in general.'

Source: *The Kiama Independent*, 11.8.1898.

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Cars of Lennox

by Shan Railton



Model - 1982 Mini Moke

Owner - Wes

This car brings back memories. Back in the early 1980s my Uncle and Auntie would visit us once a year and would hire a Moke from a place in Byron. I'd fight my cousins for the chance to cruise around in the back seat. It was literally a platform on wheels, so fun, until it rained, Then we'd all want to travel in our family sedan.

LW - So Wes, tell us a bit about your Moke.

Wes - It's a 1982, the last year they were made. I bought it a bit over a year ago from a guy on the Sunshine Coast. It was on Marketplace as a non runner but looked decent and a good price. I bought it thinking that at worst it would need an engine rebuild - not a massive job on these tiny motors- but as it turned out it just needed a bit of TLC and it was a goer. It's now registered and I get it out of the garage every weekend the sun is out.

LW - So why a Moke?

Wes - My father in law had one long ago and I just loved it. I'd been keen to get one for years but the price on them has been quite high, so when I saw this one I couldn't resist.

LW - Fair enough, how far do you venture in it?

Wes - Byron is about the limit. Anything over 80km/h and it revs out and the wind is full on, it's a cruiser for sure. It's just fun watching people's faces and smiles as you go past. Kid's are always asking 'What's that?' and so many people have Moke stories they want to share.

LW - Definitely a fun car. So no plans to sell it?

Wes - Nah, it doesn't take up much room in the garage and it is only going up in value so it's a keeper.

LW - Fair enough. Next time you're heading to Byron send me a message I'll shout you a coffee at The Pass Cafe.

Wes - For sure, coffee runs are its speciality.

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Ocean rhythms

by Steve Shearer



Our old friend the nor-easter has been slow to leave as we move into early summer. It's typical for these winds to bring in cold, green water as surface waters get shunted seaward by a process known as Ekman Transport and colder water from the shelf slope is upwelled into the nearshore zone. This can create our coldest inshore sea temperatures as we move towards Christmas. The reason for the nor-easters is a pattern of weak, mobile high pressure moving rapidly through the Tasman Sea. Once we get a stronger high cell, the SE tradewind pattern will set-up and waters will rapidly warm.

The Coral and Tasman Seas remain a warm soup, reflecting

global sea surface temperatures that remain at near record levels. The upshot of this is, warm water can hold more water vapour which leads to more and intense rainfall when rain bearing systems like troughs and lows come calling.

While the current ENSO state is only weakly tilted towards La Nina, the very wet start to summer means super saturated soils cannot absorb more water and even moderate rainfall can lead to flooding. Fingers crossed the La Nina pattern slowly breaks down over summer leading to fun, consistent surf and no major flood events.

Fishing has been tricky with the continuous dirty water out of the river and cold, inshore waters. Our early season runs of tuna and tailor have dried up, for now, until water warms, and other summer species like whiting and dart have also suffered from the cold, green water. Same with our inshore pelagics like mahi-mahi and small mackerels - all very hit or miss depending on water temperatures. Hopefully, by time of publication we'll see a return to warm, bluewater and summer species coming back on the chew.

Stay safe over the silly season and until next month - tight lines and tubular visions.

January tide chart for Lennox Head

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Time m 1 0314 0.27 1020 1.75 WE 1657 0.29 2233 1.08	2 0358 0.26 1102 1.76 TH 1737 0.28 2319 1.11	3 0444 0.29 1144 1.74 FR 1820 0.28	4 0008 1.13 0532 0.34 SA 1227 1.69 1904 0.29	5 0100 1.16 0627 0.42 SU 1311 1.60 1949 0.31
6 0158 1.21 0729 0.51 MO 1359 1.48 2036 0.34	7 0300 1.28 0843 0.59 TU 1453 1.35 ☉ 2126 0.35	8 0408 1.37 1008 0.62 WE 1556 1.22 2219 0.36	9 0515 1.48 1138 0.60 TH 1708 1.11 2315 0.36	10 0619 1.58 1258 0.52 FR 1823 1.05	11 0012 0.35 0717 1.68 SA 1402 0.43 1932 1.03	12 0106 0.32 0811 1.75 SU 1456 0.35 2030 1.04
13 0157 0.29 0859 1.79 MO 1541 0.30 2117 1.06	14 0244 0.27 0943 1.80 TU 1622 0.28 ☉ 2200 1.09	15 0328 0.26 1023 1.77 WE 1659 0.29 2240 1.11	16 0408 0.29 1100 1.71 TH 1733 0.31 2318 1.12	17 0447 0.33 1133 1.63 FR 1805 0.35 2355 1.13	18 0527 0.41 1205 1.54 SA 1835 0.38	19 0034 1.15 0608 0.49 SU 1237 1.43 1905 0.41
20 0117 1.16 0656 0.59 MO 1310 1.32 1938 0.44	21 0208 1.17 0755 0.67 TU 1348 1.20 2016 0.47	22 0310 1.20 0911 0.73 WE 1437 1.09 ☉ 2101 0.50	23 0421 1.25 1038 0.74 TH 1545 0.99 2157 0.51	24 0527 1.32 1209 0.69 FR 1704 0.94 2257 0.50	25 0623 1.40 1315 0.60 SA 1818 0.94 2356 0.47	26 0713 1.49 1402 0.50 SU 1918 0.98
27 0048 0.41 0759 1.59 MO 1442 0.42 2008 1.03	28 0136 0.34 0841 1.68 TU 1518 0.34 2052 1.09	29 0220 0.27 0922 1.76 WE 1555 0.27 ☉ 2135 1.15	30 0304 0.22 1002 1.81 TH 1631 0.22 2218 1.22	31 0350 0.20 1043 1.82 FR 1709 0.20 2302 1.28		

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On Manopause

by John Peacock



Krusty the speed demon clown

I don't understand loud cars or the people who drive them on purpose. I remember having a hole in my muffler once and being extremely self-conscious of taking off at the lights sounding as though I'd had chilli the night before. In fairness, it's difficult to be taken seriously as a hoon in a 1973 Toyota Corolla with a cricket bat holding up the front seat.

It doesn't stop your average hoon these days though. As if posting our meals on Facebook and our exercise on Instagram wasn't enough, now we're doing a 'look at me I'm driving a ridiculous vehicle' post in real time on Ballina Street.

Folk are paying a lot of money to sound broken. If I bought a new car and it sounded like it had breathing problems I'd be questioning both the sales person and my life choices.

New car, old car, it doesn't seem to matter much, so long as someone is watching. Slipping under the radar is no where near as popular as it once was.

There's a lot to be said for being inconspicuous I believe and that's difficult if your Mitsubishi pops more times than the corn machine at the cinema. If your motorcycle wakes the dead, I'm not convinced as to your credentials for riding down residential streets in the quiet of night.

If we're honest, I think the best thing about the electric vehicle revolution is that young men will have to find alternative methods in which to affirm their masculinity. It seems to be an affinity with the late bloomers and those clinging desperately to better times that they are inclined towards faulty exhausts. Can't grow a beard, can buy a clapped out 4WD of questionable origin.

I can concede that some vehicles need to go off road. I can also concede that other vehicles are perfect for hauling building supplies from one site to another. I struggle to see why you need a vehicle capable of both if you're just doing laps of the village because you don't look old enough to get into the pub.

If only the advertisements of pretty girls wagging their little fingers at Yobs in Utes had been more effective and we now had a speed observing cohort who were not intent on either the limelight or indeed racing through the orange light, but rather the quiet and respectful life.

I suspect this is what Louis Armstrong was on about.



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Holiday events at the Library

by Brenda Anderson, Lennox Library

It is holiday time in beautiful Lennox Head. Christmas is over and the kids are looking for things to do. Visit the Library for a scavenger hunt or participate in the annual Richmond Tweed Regional Library Summer Reading Challenge. The theme is Reading is Magic, in keeping with the 2024 Book Week theme. Keep your child reading over the holidays and they can go in the draw for weekly prizes, with the major prize of a Samsung Galaxy tablet. This program commenced in December 2024 and finishes on Wednesday 22 January 2025. Make sure you complete your online reading logs and register for the finale party to be held in Ballina Library on Thursday 23 January. There will be cake, prize announcements, special guests, and loads of fun.

We have several activities for school aged children during January, including a Tie Dye session on Wednesday 8 January, Sand Art on Friday 17 January, and Creating bag ties on Wednesday 22 January. All sessions commence at 10.30am and bookings are required. You can book via the Library website: rtl.nsw.gov.au or with staff at the Library.

Our regular early literacy programs are suspended during school holidays while we focus on activities for school aged children. Baby Time (Wednesday), Toddler Time (Friday), and Story Time (Thursday), will recommence from the week beginning 3February, with a new start time of 10am. Baby Time is for newborns up to 18 months of age and is an introduction to early literacy with some rhymes and gentle actions. Toddler Time is for 18 months to three years and is a little more energetic, with actions and songs that help develop your child's pre-literacy communication, language, concentration, and social skills. Story Time is recommended for children three years to school age and involves reading stories and some simple fun craft. These sessions encourage a love of books and language, the enjoyment and value of reading together, and creativity and dexterity with simple craft.

Our volunteer JP will continue to provide a service each Wednesday afternoon 1.30pm-3.30pm. Bookings are not required, but please phone ahead to ensure she will be in attendance.

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Divinyl

by Janelle Knox



This Divinyl is the last for 2024 and the last in Lennox Head under Max and Kellie's guidance.

I have been told that one of the reasons Pelican (Peter Knox) and myself were asked to present an Album today was because we hold the honour of attending Divinyl as a couple the most times to date. I think up until the past 18 months we had only missed approx two.

We have both always loved music, and there is something special and nostalgic about vinyl records and their stories.

For me I appreciate and love listening to all types of music. I don't always hear the lyrics but I feel the music and love the sound and the beat.

I believe music is a universal language that we can all globally understand and connects us. Recently I heard a quote from Australian radio presenter Zan Rowe, 'Music is a memory. Hearing a song can take you to a place, feeling, a moment.'

I think we can all relate to that.

Today we have chosen two albums and a select few songs.

I think these quite opposite albums will achieve taking us all to a moment in the past in their own way.

The first album today is Pelicans Choice.

Neil Young's, *Harvest*. This classic album hardly needs an introduction. Featuring his unique blend of burnished country-folk, and raw rock'n'roll, *Harvest* is full of timeless songs like *Heart of Gold*, *Harvest*, *Needle and the*

Damage Done and more.

Neil was a Canadian living in California and only 26 years old when this album was released in February 1972. It was the 4th Album of his 43 Albums. The album being noted as his Signature Album and his best selling album.

When the album came out it was described as a disappointing retread and embarrassing. *Harvest* the song was Young's only #1 hit. He didn't like being #1. He is quoted as saying 'It's like being in the middle of the road, I'd rather be in the ditch on the edge.'

Young was an electric guitarist but after breaking his back he could only play acoustic guitar sitting down, and this is when the *Harvest* album came about. He had some friends' help on this album - Linda Ronstadt, James Taylor, Graham Nash, Stephen Stills, David Crosby & the London Symphony Orchestra.

During the 70s and 80s, most people we knew or met (surfers and hippies) played and knew the songs from this album. I am sure most of you can relate to this.

The first time we saw Neil Young live at the Brisbane Entertainment Centre, half of the audience walked out because he was not playing acoustic guitar.

The second live concert attended at The Big Day Out was a mixed age audience with surprisingly all of the 20-30 year olds singing all of his songs word for word (next generation).

Later, during his career Young played with Pearl Jam (*Rocking in the free World*) and Devo. Writing song lines such as *The King is gone but he's not forgotten*, *This is the story of Johnny Rotten* and *It's Better to burn out than it is to Rust*.

We own 11 of Neil Young's 43 Albums, vinyl and cassette.

My (Janelles) album choice today is not so much about the album but its about the band, its lead singer and several individual songs.

Therefore the album is this band's Greatest Hits Album.

There is something quite unique about musicians such as David Bowie and Robert Smith that appeals to me.

Not just their music, but their stories and I think that very cute English look, eyes and quirky smile.

I Present The Cure.

Robert Smith formed the band Malice while still at school in Sussex, England in 1976 (he was 17). Malice then became The Easy Cure in 1977, then finally The Cure in 1978.

The Cure was the forefront of an emerging English post punk rock group known for its innovative new wave style, creating moody songs laced with Gothic imagery and lovesick themes. Robert Smith's stage look had a strong influence on an emerging genre of Gothic rock and subculture.

Smith played double duty from 1979 to 1984, as guitarist for Siouxsie & the Banches and The Cure on Tour. This had an impact on Smith and how powerful he felt playing this music described as 'The Punk Beatles'.

Robert Smith is the band's main song writer and only continuous band member. The Cure's first hit single was *Boys Don't Cry* in 1979.

Their music was based on tuned down bass, repetitive drumming, guitar playing style and Smith's deadpan voice creating the perfect sound for aspiring Goths. Today there are distinctive keyboards and synthesizers in their sound also.

They have sold 30 million albums worldwide and were inducted into the Rock & Roll Hall of Fame in 2019. Finally, in 2016, I had the long awaited opportunity to see and hear The Cure live at Splendour In The Grass.

For me their show and music did not disappoint. And Robert Smith. Well he still has that something. Maybe it is his voice, upward eye movement, trademark black teased hair, pale complexion and that quirky smile.



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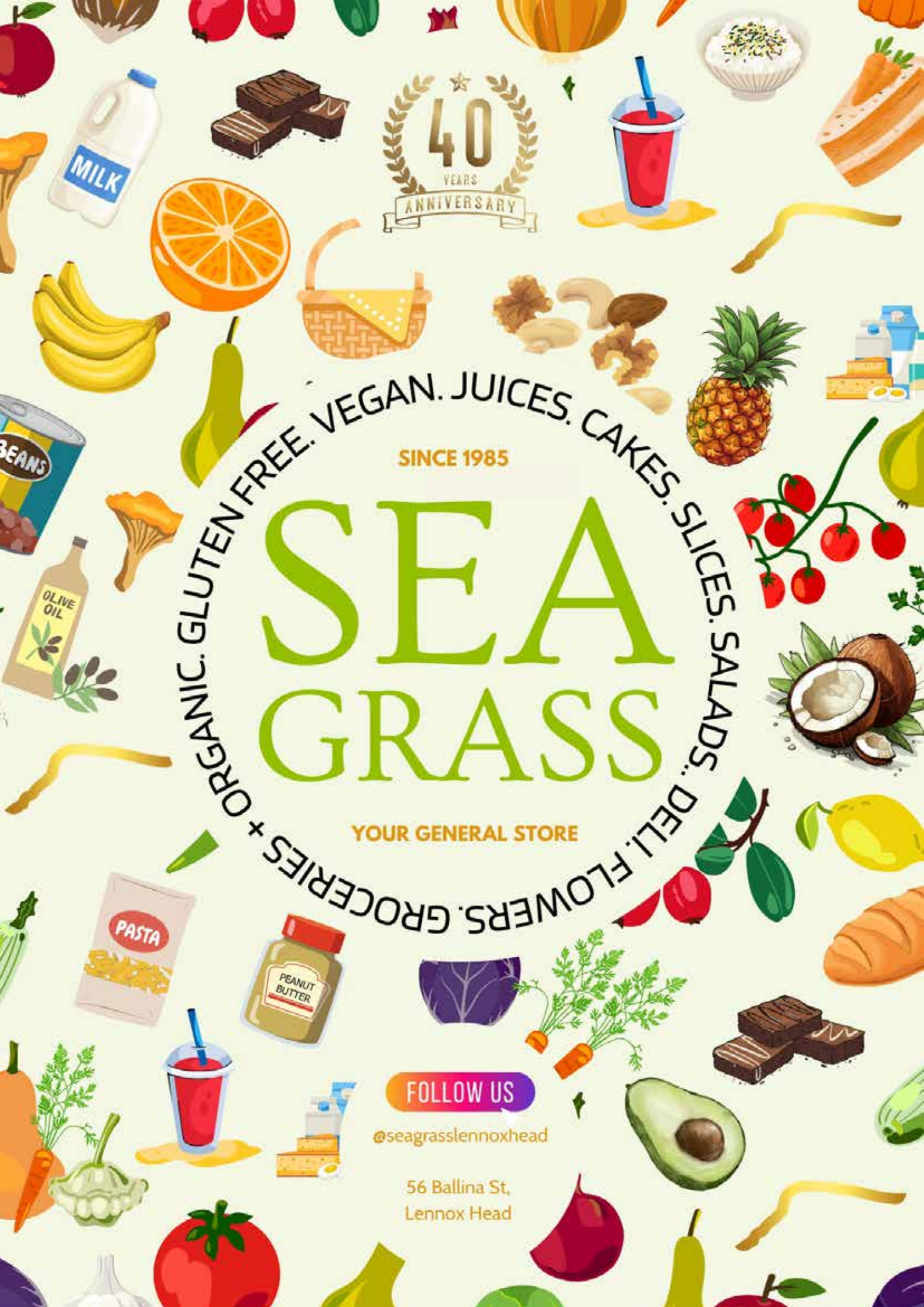
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Byron Bay Oyster Bar & Seafood Restaurant

reviewed by Milt Barlow

I was a big fan of Bonito in Byron Bay's Hotel Marvell, so was delighted to learn management has lifted the local restaurant bar once again with the addition of its Byron Bay Oyster Bar & Seafood Restaurant.

A nod to the oyster bars of New England and New York, this modern reimagining is the place to be if you're a lover of the best seafood on offer. If seafood is not your thing, then they also have eye fillet and Bangalow Pork Chop on the menu.

As you'd expect, the star of this show is undoubtedly the oysters. Whilst sourced from across Australia and New Zealand, the oysters are also matured and grown to plumpness and freshness in a huge land-based tank that can hold up to 6,000 oysters and uses local ocean water to cleanse and regenerate them.

The standout menu item is the 20 plate oyster selection - a great tasting plate, beautifully presented, with hot and cold oysters featuring natural, kilpatrick, mornay, baked miso, rockefeller, garlic buttercrumb, ginger and soy, bloody mary, and verjus and pomegranate. If you're an oyster lover, you will think you died and went to heaven with this lot.

Following this oyster feast, it's onto the Raw Bar and seafood selection. From the Raw Bar we treated ourselves to Black Caviar from Georgia served with a Potato Confit Yolk and Crème Fraiche, and some sensational Tuna Carpaccio that I swear must have been caught off the coast that morning - delicious.

Grazing continues with small and large plate selections that include Bay Lobster Rolls, Half Shell Scallops, Spanner Crab, Pork and Fennel Stuffed Squid and BBQ Mooloolaba Prawns.

We went for the stuffed squid which was tender and lip smacking, along with the spanner crab which we thought was the only low point of the menu and a bit ordinary.

Large dishes include Freemantle Octopus, Confit King Salmon, Whole Market Fish, Lobster Mornay or you can go over the top with a Seafood Tower. We shared the fresh fish of the day - snapper. It was superb and lip smacking, perfectly cooked and presented.

As you would expect, there are local vegetable and side dishes on offer. We went for the Grilled Asparagus which was served with Cured Yolk and Black Caviar Beurre Blanc. It was a perfect complement to the fresh fish. And for those wanting a little more, there is a cheese platter and desserts available too.

The décor of the room is good and cosy as ever, with great flatware and presentation. The staff were all incredibly attentive and helpful.

The Byron Bay Oyster Bar & Seafood Restaurant is top shelf and a welcome addition to Byron's ever expanding culinary scene.

To book or discover more, visit: byronbayoysterbar.com.au

FOOD



STAFF



VALUE FOR \$



WOULD I RETURN



OVERALL



Author was a guest of the venue.



Lennox Head Public School



Stage 2 Camp

Students in Stage 2 were very excited to attend Camp Goodenough in Carool for their excursion. For over 38 years, Camp Goodenough has provided outdoor adventure learning for school children. Their program, which encourages teamwork, exploration, and development of new skills, ensured that the Stage 2 students were always engaged and having a wonderful time. Yr4 students stayed the night, with Yr3 joining them the next day. By Coco.

Kindy Christmas Play

On 28 November, our Kindergarten students performed their Christmas play for Yrs 1-6 in the matinee and then for their family and friends in the evening. Their performance celebrates the best time of the year, Christmas. They did a great job, and we congratulate them all. We hope all the kindergarten students had a great time in their first year of big school. The play about Santa being a couch potato was very entertaining and enjoyable. Well done. By Myla.

Year 6 Farewell

On 12 December, Yr6 students celebrated the end of primary school with their Yr6 Farewell party. They enjoyed pizza, dancing, a special celebration, and a presentation. One really special part was that everyone in Yr6 got a yearbook to remember all the good times they had in their time at Lennox Head Public School. Good job, Yr6, and congratulations, you're off to high school. By Freya.

End of year Celebration

Lennox Head Public School has had a wonderful class of Yr6 students this year. But all good things must come to an end, and it was sad to say goodbye. To celebrate the end of an era, Yrs5 and 6 took a fun day trip to the Ballina waterslides. Then, on the last day of school, the Yr6 students paraded through the tunnel made by the rest of the school to wish them well in high school. Congratulations. By Abby.

New Leaders of LHPS

As 2024 comes to an end, it is time to start thinking about next year and the LHPS school leaders for 2025. In the past few weeks, Mr Gisen has been working hard to get the first rounds of school captain voting underway. All the Yr5 students who wish to become captains or leaders of the school, fill in an application explaining why they would make good leaders. We are looking forward to hearing the speeches, we wish you all the best of luck and can't wait to see the results and know that all of you will serve LHPS well. By Sienna.



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Holy Family Catholic School

by Murray Deeps



On Remembrance Day, the School Captains of Holy Family Catholic Primary School, St Francis Xavier Primary School and Xavier Catholic College attended a poignant ceremony at Crowley Care. The annual event brought together young students and the Crowley Care community to honour the sacrifices of those who served and defended our nation.

The ceremony was marked by a spirit of reverence and unity, with the Schools' Captains playing a significant role in the proceedings. As part of the commemorative service, the Captains led readings, offering thoughtful reflections and

prayers that highlighted the courage, resilience, and enduring legacy of our fallen soldiers.

In a solemn moment, the Captains laid a wreath on behalf of the Schools as a gesture symbolising the school community's recognition and appreciation for the sacrifices made by our servicemen and women. This touching tribute was met with quiet reflection among the attendees, serving as a powerful reminder of the lives given in service to our country.

After the ceremony, the Schools' Captains took time to mingle with Crowley Care residents, engaging in warm and heartfelt conversations. This interaction allowed the students to hear stories and insights from the residents, many of whom carry memories and family legacies connected to service and remembrance. The exchange highlighted the value of intergenerational connections, offering students a unique chance to gain wisdom from older community members and further deepen their understanding of the significance of Remembrance Day.

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The power of community: what makes The Waves

The Ballina Wave, The Byron Wave, The Lennox Wave and The Burleigh Wave, are much-loved monthly titles covering community news and events across the Northern Rivers and Southern Gold Coast. For many, the magazines are a 'must read' each month. As The Wave magazine group prepares to launch an Equity Crowdfunding opportunity in early 2025, Publisher, Milt Barlow, shares what he believes makes the magazines such a vibrant part of our local communities, and his thoughts on future expansion. Here he is, in conversation with the group's Managing Editor, Kate Parry.

You purchased The Lennox Wave from Helen Fry in early 2021, however publishing was not your background. What was the attraction?

I spent over 30 years in the movie distribution business and was previously the CEO of Village Roadshow Entertainment for a decade. Following this, I became heavily involved in the early days of the internet via a youth portal called Tribe. Jeff Kennett was our Chairman and the platform had sites for every Australian capital city, in addition to Los Angeles and London. After this, I became the leading distributor of Chinese language movies for Chinese diasporas in Australia,

New Zealand, Canada, and USA. In 2021 COVID hit, which meant no movies were being produced and movie theatres weren't open, so my business ended overnight. My wife and I had relocated to the Northern Rivers in 2015 and in early 2021 I was having a coffee with Helen Fry when she took me somewhat by surprise with the comment: 'I want to retire - I don't suppose you would be interested in purchasing The Lennox Wave?' Whilst I was somewhat skeptical if print publications had a future in the digital world, the magazine had, at that stage, been 'home' for the Lennox Head community for 18 years. It was loved and supported by the community, its readers and advertisers. I was one of those residents who looked forward to it each month.

It was the DNA of *The Lennox Wave* that really caught my attention: embracing the local community and being a voice for its residents, not engaging in politics, Council bashing or letters to the Editor. It simply gave a safe and vibrant home to the community, in beautiful high gloss colour each month. This was the absolute attraction for me. Also, there were not too many community publications in Australia still going for 18 years. We are now 21 years young.



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You have a strong track record of success in scaling businesses. You have previously mentioned you built Village Roadshow Entertainment from \$35 million to \$250 million a year turnover, so I guess it came as no surprise that you were not just going to sit with one magazine – The Lennox Wave?

I have always liked to be involved in businesses that I thought had much more to achieve or had the opportunity to expand into areas that were under resourced. So 2021, whilst being challenging with COVID, also opened a new door when NewsCorp either closed down or moved online over 100 community and suburban newspapers across Australia.

Overnight communities were left without their trusted and much-loved community publications. Ballina was a classic example with the closure of The Advocate print version and its move online. This presented us with an opportunity, so we launched The Ballina Wave in November 2021, with you of course Kate as our Editor, and then followed with The Byron Wave in December 2022. In 2024, we expanded to the Gold Coast with *The Burleigh Wave* launching in July.

Would it have been easier just to do one magazine - The Northern Rivers Wave - instead of four different magazines?

Here is the thing that I learnt from Helen and *The Lennox Wave* and which is a critical and immovable part of our DNA. When you go 'wide' and try to cover many communities, you don't have the same engagement from individual communities and advertisers. We have seen many newspapers come and go in the Northern Rivers over the last few years because they tried to be all things to all people. Sure, it might have been cheaper to produce just one publication, but I believe you run the risk of losing you identity. 90-95% of our magazines have content that is unique to the community we serve and is not replicated in our other magazines. *The Lennox Wave*, through our wonderful Editor, Natalie Grono, is fiercely focused on the Lennox Head community; *The Ballina Wave*, led by you Kate, has a 100% focus on Ballina and the Plateau; *The Byron Wave* - led by Editor Charla Rallings - supports and gives a home to the communities within the Byron Shire; and our first Gold Coast magazine, *The Burleigh Wave*, is totally focused on Burleigh Heads and its immediate surrounds of Miami, Palm Beach, Varsity Lakes and Elanora, and championed by our Editor, Emma Watson

What sets us apart from other publications in the region?

Again, our 100% focus is to provide a 'home' for the communities within our localities. I just did a quick count of our December issues and across the four Waves we did over 170 individual community stories. That's huge. Community has never looked stronger. It makes us all very proud and the feedback is very humbling. Whilst some months are harder than others, it is this support that keeps us all going and pushes us to want to achieve more. I think the other thing that is 'baked' into our DNA is that we don't do politics, nor do we push a political agenda. Simply put, we just want to provide an outlet for the groups within our community to tell their story to others. It works well.

You are looking to raise additional funding in 2025 through a Crowd Source Funding Campaign. Why do that, and what will those funds be used?

I see some wonderful opportunities in many communities and suburbs around Australia and that are devoid of great local publications like *The Waves*. We would like to continue our expansion on the Gold Coast with another two magazines - one in the north and one in the south to compliment *The Burleigh Wave*. We think there are some additional opportunities perhaps in the Northern Rivers and definitely along the NSW coast, and indeed in Sydney where many suburbs and communities no longer have their own publication. The rate and timing of our expansion will be entirely dependent on the amount of funds raised.

Finally, do you think there is a danger that print publications like *The Waves* will be made redundant by online offerings?

Not all. In fact there is a definite resurgence in high quality print, just as there was resurgence and shift away from CDs to vinyl records. We are seeing major high quality print fashion magazines returning to Australia after many years of absence, so I think the future is bright and getting stronger for print. This is set against a backdrop of 'internet overload' - fake news, AI, scams and just being bombarded with non-stop online noise. It's exhausting and I was recently reading where there has been an increase of people opting out of Facebook, Instagram, Tik Tok et al. It has become overload to the extreme. There is something nice and comforting in sitting down and reading a high quality publication or good book.

I think this is where we excel and will continue to grow.



Landcare: Seven Mile Beach wildlife care

by S Web, Landcare



Pictured: Pied oyster catcher on Seven Mile Beach by Kelly Saunderson.

Wildlife, it's everywhere when you know where to look for it. The nature reserve north of town is directly linked to Seven Mile Beach and is home to everything from swamp wallabies, echidnas and soaring birds of prey to the tiny ground dwelling quails as well as reptiles like skinks, goannas and snakes and, almost all of them can be seen on the beach.

Sea turtle hatchlings are emerging now so keep an eye out for them too. They can be confused by tyre ruts and struggle to climb over them on their rush to the sea which means they are easily crushed by four-wheel-drives, picked-off by birds and dogs or baked in their shells.

Many animals (and plants) call Seven Mile Beach home, and they are all adversely affected by human activity. When the beach was closed in 2020, fisherman noticed a big increase in pippies and crabs, more than they'd seen in years. Compaction of sand is a real problem for these little critters.

Many molluscs, bivalves, marine worms and 'crushed'-aceans are killed every day by four-wheel-drive activity.

Early morning walkers also noticed more wallaby tracks and wallabies nibbling seaweed along the shoreline during the closure. Birdwatchers noted large flocks of terns, seagulls and other seabirds contentedly resting on the sand without being disturbed by four-wheel-drives. Birds that nest in the dunes, like Pied oyster-catchers rainbow beeeaters and plovers, are timid and easily scared away from nests by four-wheel-drive traffic and dogs running off-leash.

So that's a few of the animals, but what about the plants? Ipomea, pigface and spinifex hold the foredunes together and trap sand along the beach. By driving into the dunes, seedlings of banksia, wattle and casuarina are ripped up or crushed, hindering their effectiveness as dune stabilisers therefore, intensifying dune erosion during high tides and storm events.

And what about plankton, (zoo and phyto)? In the wet tidal zone, there are literally billions of these microscopic animals and plants and every day they are squished by four-wheel-drive vehicles which means fewer get a chance to grow into fish, crabs or corals.

So what can you do to reduce your impact on Seven Mile Beach? Why not park the four-wheel-drive and walk to the beach? A novel approach? Not really, think of all the animals that will benefit from your thoughtfulness as well as the health benefits.

If you are driving on the beach, drive safely and slowly, stay away from the foredune, leash your pooch so it doesn't chase wildlife and please pick up your dog poo. Remember, Seven Mile Beach is home to all sorts of wildlife: their *only* home.

If you'd like to join Lennox Head Landcare, please contact us at: lennoxheadlandcare.org

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How to manage your household problem waste

by Newaste

The holiday season is a whirlwind of joy, festivity and let's be honest, a mountain of household waste. On average, our waste increases 30 per cent during this time of the year, with wrapping paper, packaging, and uneaten food being the main offenders.

Amid the chaos, it's easy to overlook the less obvious—household problem waste; batteries, lightbulbs, paint, motor and other oils, gas bottles, fire extinguishers, aerosols, and smoke detectors. These items cannot be placed into any kerbside bin and cause environmental and community safety issues if not disposed of correctly.

In particular, the incorrect disposal of batteries is a growing problem with an alarming increase in battery-

related fires. Over the past two months in the Northern Rivers alone, there have been two recycling facility fires in Ballina and Chinderah, and a near miss in Byron, due to batteries being incorrectly disposed of in the yellow-lid recycling bin.

So as the festivities wind down and the new year begins, be proactive about disposing of your household problem waste, the right way. Residents of the Northern Rivers have a number of options available for free.

- Visit your local Community Recycling Centre (CRC). There are eight located across the Northern Rivers - find your nearest at newaste.org.au/crc
- Drop smaller items off to a convenient Community Recycling

Station. Visit newaste.org.au/crs for locations and further information on what's accepted.

- Find your nearest B-cycle battery collection (for individual batteries up to 5kgs) at a local store: bcycle.com.au/drop-off
- In the Northern Rivers, your nearest participating Community Recycling Centre accepting items with embedded batteries, including vapes, is at Lismore Recycling and Recovery Centre, 313 Wyrallah Road, East Lismore. Visit: epa.nsw.gov.au/embedded-batteries to learn more.

To find out more about household problem waste, how to collect and transport it and what happens to it once its dropped off, visit: newaste.org.au/crc

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Not in my backyard

by Tom Wolff, Revive Northern Rivers



At the end of 2021, I moved to the suburbs of a town I never thought I'd live in; a place we used

to all make fun of as we drove through on the school bus as teenagers who thought they knew everything. In the yard of the place that was now ours I could have counted all the species of plants on one hand: one frangipani, a hibiscus, a lillipilly hedge, a golden penda and a magnolia. By my count that's two natives, with one being endemic to the area where we lived.

Over the course of the next three years we slowly but surely increased the biodiversity on our quarter acre block. Admittedly, early on it was a bit of a mish-mash of trial and error, as we figured out what we could and couldn't plant. After all, deep-rooted rainforest trees don't mix well with sewerage pipes and drainage lines.

In a sea of tiled roofs, barking dogs and the fairly constant thrum of a highway nearby we fought for our little patch of biodiversity where we could. At times it felt like a hopeless case. But being blessed with the Alstonville soil that gave birth to the Big Scrub and the weather patterns that come with living on a plateau gave us a pretty decent leg-up. In the front yard, we set ourselves the goal of getting King Parrots to feed on the trees one day. After taking advice from parents who were 25 years into their regeneration project, and had King Parrots as regular visitors, we planted pigeon pea (admittedly non-native) to attract them.

The first year of flowering gave birth to the seeds they love to munch. The rainbow lorikeets arrived in droves and began to intoxicate themselves on the endless nectar supply provided by the grevilleas that lined our front porch, and with no apparent inhibition, seemed to be loudest at 5am. But we waited and no King Parrots arrived. As we moved into the second year,

things started to change out the back. A white-faced heron decided our dog-less yard was a pretty attractive place to chase insects. A wily currawong figured out the seemingly endless supply of blueberries on our prolific plant were easy fodder while we were at work. And a nocturnal bandicoot decided the best place to forage for native truffles and fungi was right under our freshly planted veggie seedlings, it's cone shaped holes giving away the culprit.

The lone blue tongue lizard appeared to be everywhere in the yard all at once, until we realised there were actually three all of a sudden. Native bee swarms moved in to feast on the leptospermum as it flushed white with flowers. I eventually told the neighbours that from now on I'd throw stones every time I saw their roaming cat at our place, for the sake of native wildlife. They replied unfazed, 'Fair enough.' Then, on new years day this year, a lone King Parrot swung back and forth on the powerline that connects to our house eyeballing me as I nursed myself through the first hangover of 2024.

Over my life I have been gifted the opportunity to work and play in wild places. From Tasmania to Alaska and Mexico to Mullumbimby I've been privy to the lessons of observational ecology; hundreds if not thousands of hours watching and wondering. Through this experience I've gained a particular love and admiration of birds. They are dinosaurs after all. I've come to understand how the way we construct our gardens in Australia has allowed for the dominance of birds like native miners, rainbow lorikeets and Australian magpies, which, coincidentally, were the three most counted birds in the 2023 Aussie Bird Count by Birdlife Australia. The vast modifications we have made to our landscape and our strange ideas of what a 'good' garden is has meant birds such as these have driven avian biodiversity down to a handful of species, particularly in residential areas.

A few months ago I was sitting in the yard when a small honeyeater swooped in to sit on one of the many species of grevillea that now take residence in the backyard. For the first time since we'd arrived in this place, here before me was a small bird making itself at home and happily drinking some flower juice. Unbeknownst to my feathery friend, it signified a big moment for me; a turning point of sorts. We'd finally managed to create enough habitat to make this little creature feel at home on our patch.

I first wrote about the importance of ecosystem habitat in 2017; a story of how clear-fell logging had decimated salmon populations in the Pacific Northwest of the Americas. An old fisherman named Tom spun me this yarn over the course of the week as we took shifts driving *The Pearl Sea* from Haida Gwaii to Vancouver Island. He showed me that 50 years on the sea gifts you a type of wisdom you won't find in any book. It also provided me the seed that eventually germinated into an understanding that while revival and regeneration is vitally important, conservation and protection of existing complex ecosystems is imperative to the survival of our species.

When the King Parrots finally arrived - three years on - to feast on seeds last Sunday, I was excited but I wasn't surprised. And funnily enough it wasn't the pigeon pea they were interested in eating. I first spotted the male with its vibrant red chest. Eventually the female arrived coated mostly in green feathers and well camouflaged. I took some dodgy photos using the zoom on my phone, not wanting to get too close and scare them off. They stayed for about an hour before heading off across suburbia, presumably to the next decent spot for a feed.

Against the tide of climate denialism and ecosystem degradation, it was a little victory to savour.

'This article originally published on revivethenorthernrivers.com'



Pilgrimage to Rising Tide

by Kiri Dicker



For environmental campaigners and politicians in NSW and beyond, Rising Tide is the pinnacle of the activist calendar. Every year thousands of ordinary people make the pilgrimage to Newcastle for an event that is billed as The People's Blockade of the world's largest coal port. Fifteen percent of the world's coal is shipped out of the Port of Newcastle every year by primarily foreign owned companies who pay little or no tax. This coal has been estimated to account for one percent of the world's carbon emissions.

Rising Tide organisers are masters of harnessing pop culture to mobilise the masses: from the official t-shirts designed by iconic political cartoonist First Dog on the Moon, to the set list, which included ARIA winning artists like Peter Garrett and John Butler. The event is billed as a family-friendly 'protestival' for 'kayaktivists' of all ages. It definitely lives up to its promises. I originally had something scheduled for this weekend, but as the time approached and I learned that the group had been denied their Form 1 from the NSW Police (notification of

an intention to protest) and Transport for NSW (State Government) had moved to declare an exclusion zone over the whole port area, I knew I had to be there. So I cancelled my plans, borrowed a kayak, packed up the car and off I went, with my daughter and partner coming along for the ride.

We arrived on Friday afternoon and luckily grabbed a spot at the Greens' camp, which sends a healthy delegation of members, local Councillors and MPs to Rising Tide every year. We checked in at the Welcome Tent and were given a map and a run-down of how things work. One of the non negotiable rules was that the event was 100% alcohol free - perfect for sober folk like me.

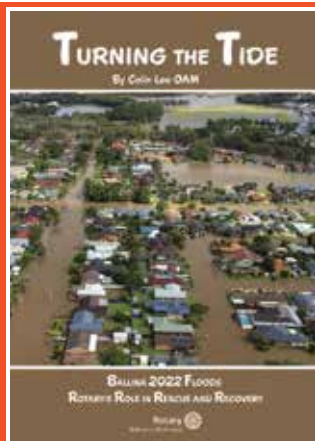
One of the unique things about Rising Tide is the way the camp is governed. Every attendee has the opportunity to establish or join an affinity group of other likeminded people (based on anything they share in common, including location, identity, age or any manner of things). Affinity groups nominate a spokesperson who attends a daily spokescouncil where decisions on how the event is run are made by consensus. Everything runs like clockwork.

The next morning we went down to check out the beach where people launch their kayaks. In addition to the 200 or so inflatable kayaks provided by the event organisers, people bought their own: kayaks, canoes,

rafts, boats of all shapes, sizes and colour. Event organisers have a team of volunteers responsible for water safety. Despite the peaceful and fun vibe of the event one couldn't help but notice the overwhelming presence of police. Not just ordinary police. Riot squad, dressed entirely in black, faces covered, hovering off the shore in black inflatable boats. The rules were clear. Yellow buoys were placed about 50 metres offshore (well inside the shipping channel) and people were allowed to enter the water as long as they remained within the set perimeter. Prior to a coal ship entering the channel (which occurs every hour or so) a police officer explained the rules over the loudspeaker- in short, don't stray outside the buoys or you'll be disobeying police orders and will be committing an offence and may be charged. I wasn't planning on getting arrested, so I followed the rules and enjoyed catching up with fellow activists and listening to some great live music and panel discussions with activists and MPs. We packed up for the long drive home on Sunday morning, which was when some who are more courageous than me choose to stray beyond the yellow buoys and enter the shipping channel in an act of mass civil disobedience. They even managed to turn a few ships around (long before they came anywhere near protesters). I'm already looking forward to next year's event and encourage anyone to join me.

TURNING THE TIDE

details the Rotary Club of Ballina-on-Richmond's flood recovery efforts after the 2022 disaster, highlighting the challenges faced by Rotarians, tradies, and volunteers who selflessly offered their skills during this critical time.



Ballina-on-Richmond

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Environment matters

by Lisa King, Environmental Scientist



Beating the heat

The Bureau of Meteorology (BoM) is predicting (at the time of writing) that this summer could be one of Australia's hottest. The forecast is largely due to ongoing high ocean temperatures surrounding Australia, a persistent feature that has plagued most of the globe since early 2023. The warm seas will not only raise air temperatures but also boost atmospheric moisture levels, swinging the odds to favour frequent storm outbreaks and above-average rain. They can also lead to a more active cyclone season, with the BoM expecting an increased risk of severe (category three or above) systems.

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So how do we cope with the heat given that rapid urban development has been turning parts of our cities into so-called heat islands, backyards have shrunk, tree cover has disappeared, and commonly used building materials are absorbing and radiating heat??

Vegetation and water play a key role in reducing urban heat. A study by the Royal Melbourne Institute of Technology (RMIT) Sustainability and Urban Planning program found that removing tree canopy cover can make cities four to ten degrees hotter than surrounding areas. Trees not only provide shade; they retain some of the moisture in the environment, improve people's mental health and lower energy use.

But despite the necessity, vegetation has been lost over the past decade to make way for new building developments. A recent report commissioned by the Australian Conservation Foundation found Hobart and Canberra were the only capital cities that showed more vegetation (on review of aerial imagery) in 2020 than in 2013.

It's not just about greening neighbourhoods, it's also about considering the types of materials that are used. Concrete and asphalt absorb heat and do not retain moisture. Dark coloured roofing has a similar effect (research has shown homes with dark roofs are up to 10 degrees hotter). By choosing alternative products, you can make a difference at your own residence and across the shared landscape.

Increasing green space is really a no brainer. But even a small increase can help. Tree cover doesn't need to be clumped, you can gain a similar cooling effect with fragmented plantings. The types of trees used though need to be considered. They need to be large enough to make a difference and be able to withstand hotter temperatures. Choosing natives has the added benefit of also providing stepping-stone habitat for native fauna. Integrating water features such as ponds with green spaces can also help lower the temperatures of surrounding areas.

Other solutions at the individual level include:

- use blinds and curtains to stop heat entering your home
- create cross ventilation by opening windows and doors in the coolest parts of the day
- use fans to circulate air instead of costly air conditioning
- wear light coloured clothing to encourage air to circulate around your body.

Hot weather in Australia kills more people than bushfires, cyclones and other natural disasters combined. Hot summers are here to stay so we really need to plan and act accordingly. Think carefully about what you build, and plant, plant, plant.



Pet of the month

Name: Penny Peart
Breed: Mini foxy cross chihuahua
Age: Six
Owner's name: Imani

Favourite food: Gourmet boiled chicken and veggies

Favourite thing to do: Sit on her owner's lap and tap them with her paw until they pat her

What is the best memory involving your pet?
When we try to walk her on a lead and she refuses to walk so we have pick her up and carry her like a little baby.

If they were not a pet, what would they be?
Penny would be a model because she always likes getting the most attention and posing cutely.

*Want to see your pet as our next pet of the month?
Email your answers to the above questions plus your favourite photo of your pet.*

Send to editor@thelennoxwave.com.au




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Water woes

by Evan Kosack, Lennox Head Vet Clinic

Our pets unfortunately are subject to a range of urinary tract disorders that can range in seriousness from mildly irritating to immediately life threatening. In this article I want to talk about Lower Urinary Tract disorders (the bladder and below), rather than Upper Urinary Tract disorders (primarily the Kidneys). There are also some disorders that affect how the urinary tract behaves but that are not directly related, such as diabetes, Cushings disease (an excess of cortisol) or congestive heart failure. So, things can get complicated rather quickly.

Let's have a quick look at some of the more common manifestations of LUTD. Often patients will show signs of increased frequency of urination, or increased volume or both. Sometimes this also shows as inappropriate urination (ie urinating in the wrong spot such as in the house). Urination may also appear to be more difficult or painful, with straining to produce a relatively small amount of urine. Urine may appear more concentrated, or it may appear very dilute. It may appear bloody, sometimes with spots or clots, or discoloured like port wine. Some animals merely appear incontinent at rest with no apparent other signs. An animal's behaviour may change in other respects as well. Sometimes a pet may appear anxious or uncomfortable, possibly hiding or avoiding attention. Sometimes they may appear cranky or inappetent. Others may frequently look at their genitals, or lick the area incessantly, or constantly squatting to urinate. Animals with severe issues may be inappetent, or show signs of nausea.

An initial examination is essential. The animal's general condition, sex, age and overall health are all important. Sometimes a presumptive diagnosis is possible just on initial examination, but must be confirmed with various tests including full blood counts and biochemistry profiles. Sometimes an ultrasound examination and X-rays will be needed to check for such things as bladder stones, tumours (in older pets) and developmental abnormalities (in younger pets).

Some of the more common LUTD types, are; urinary incontinence; usually in middle aged to older pets, especially females and especially canines. Inappropriate urination; often due to psychological or territorial stress leading to marking behaviour in the house, sometimes due to bladder infection (especially females), sometimes due to hormonal disease such as diabetes, sometimes physical disease such as arthritis, spinal disease and cardiac disease. Cystitis; inflammation of the bladder, not always due to infection. This can be secondary to other disease such as diabetes, or bladder cancer, or chronic stress (often subtle territorial issues especially in cats). Infection needs to be confirmed by the presence of bacteria seen in urine or grown in a culture from collected urine. Haematuria; blood in the urine. This may be frank blood spots or clots, or blood breakdown products like haemoglobin. Blood in the urine can be caused by trauma, by bladder stones, bladder cancer, severe infection or other causes of cystitis. Bloody urine can also be seen in such things as snake bite, acute inflammation secondary to stress, leptospirosis and auto-immune disease like Intravascular haemolysis. Obstructed Bladder; usually a consequence of many of the above issues, but it can also cause many of the above issues such as cystitis and bloody urine. A blocked bladder is most commonly seen in male dogs and cats due to their disastrous anatomical quirks. An obstructed bladder is a very painful condition and it rapidly becomes life threatening. Obstructed bladders need to be unblocked by catheter placement, usually under general anaesthetic. Calculi or bladder stones; bladder stones can be minute or large. They can be multiple and fill up most of the bladder, or small like sediment. They can be smooth, or very rough and abrasive. The causes are multiple, and may need surgery to resolve. Polyuria or excess urination; This may mean increased frequency, or volume, or both. As usual, it's complex.

If you suspect any sort of LUTD problems with your pets, ideally bring in a clean urine sample with your pet for the consultation (easier said than done, I know), and don't expect an instant diagnosis.



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All Girls Surfriders

by Cory Whitney



Pictured: Harriette, winner of the Junior Encouragement Award.

As President of the All Girls Surfriders Club, it is my pleasure to reflect on another wonderful year filled with great people, exciting events, and a thriving, supportive atmosphere.

This year, we were fortunate to have an incredible lineup of sponsors who made much of our success possible.

Their contributions even enabled us to provide all members with Club T-shirts featuring sponsor logos, a wonderful way to showcase our community partnerships and pride.

Our committee has been the driving force behind the success of the All Girls Surfriders Club this year, demonstrating incredible dedication and hard work in every aspect of their roles. From organising events and managing logistics to fostering a supportive environment for members, their commitment has been

unwavering. Their behind-the-scenes efforts ensured that every event ran smoothly and every member felt valued and included. The passion, teamwork, and energy they brought to the Club were truly inspiring, and their contributions have been instrumental in making this a fantastic year.

This year, we were fortunate to have the weather and wave conditions on our side for most of our Club rounds, allowing us to hold nine. From sunny skies to consistent surf, nature delivered the perfect backdrop for our competitions and gatherings. These ideal conditions not only enhanced the quality of each round but also encouraged strong participation and great performances from our members. The reliability of the weather and waves this year was a true gift, making every session enjoyable and reinforcing our love for the ocean.

End of Year Presentations

It was all smiles for our division winners and special award winners who took home beautifully hand-crafted trophies from local sponsor Boat Channel Boardracks.

A big thank you to Kellie and Max, who, along with Keryn, were the founders of All Girls in 1991. Kellie and Max were our special guests and presented the Club Member of the Year Awards. We wish them all the best as they leave Lennox and move to their new home on Kangaroo Island.

2024 Awards

Club Person of the Year (Senior)
- Alexis Z

Club Person of the Year (Junior)
- Charlie H

Highest Achiever - Mia B

Most Improved - Tait W

Encouragement Award (Senior)
- Jeanie M

Encouragement Award (Junior)
- Harriette O

Division Winners for 2024

Junior Beginner - 1. Niamh S,
2. Pascale M, 3. Sofia B, 4. Isabelle M

Senior Beginner - 1. Susan P,
2. Nicola R, 3. Soni A, 4. Christine C

Junior Intermediate - 1. Isabel H,
2. Luca D, 3. Amelia A, 4. Sienna M

Senior Intermediate - 1. Babette O'B,
2. Kristy B, 3. Emily F, 4. Prue S

Opens - 1. Charlie H, 2. Matilda M,
3. Tait W, 4. Alexis Z

Longboards - 1. Alexis Z, 2. Sierra C,
3. Marian P, 4. Mel M

Wahine Masters (45+)- 1. Jane S,
2. Natalie E, 3. Serena A, 4. Cory W

What a brilliant season. Look out for an information session in early February.

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Nippers kick off a great season

by Jodi Roberts, Lennox Head-Alstonville SLSC



The Lennox Head-Alstonville Surf Life Saving Club (SLSC) Nippers have had a fantastic start to the season, with sign up record-breaking 321 participants. The opening weeks have seen great enthusiasm, and great beach conditions, providing the ideal backdrop for fun, learning, and the development of valuable beach safety and surf skills.

The first carnival of the season in Yamba was a fantastic showcase of our Nippers' skills and sportsmanship. Perfect conditions allowed every event on the program to run

smoothly, with many first-time competitors, including all Under 8s and Under 9s debuting in surf swim and board events. A standout highlight was taking first place in the prestigious All Age Sprint, testament to the success of our new beach sprint training sessions.

This season's achievements are a true team effort, and we extend heartfelt thanks to our incredible volunteers. From Age Managers and Board Coaches to Water Safety, our Sprint Coaches, our Administrators, and our Officials. Their dedication ensures everything runs smoothly and our young Nippers thrive.

We are also extremely grateful to our sponsors.

Nippers is a pathway to becoming a volunteer patrolling member. Under 14s can achieve their Senior Rescue Certificate accreditation - the step before the Bronze - through free training - it's a fantastic achievement for these young members. Our younger age groups also achieve their Surf Awareness accreditations.

We're excited to continue the energy, enthusiasm, and community spirit into the second half of the Nippers season.



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Pause for Longboarders One Dayer

by George Leslie, Lennox Longboarders

It's with great sadness that Lennox Longboarders Inc. have announced that the Rip Curl Lennox Longboard One Dayer will go into hiatus for 2025 mainly due to changes within the Club for the coming season.

The One Dayer was devised as a reintroduction of an open east coast comp, after the great COVID lock down, and replacing the Lennox Longboard Classic, that had been a two day event held for over 17 years. The Club decided to ease back into an open event format but in a simplified way and it ran very successfully for three years with great support from competitors and sponsors alike.

Having that great surf company Rip Curl as our naming rights and lead sponsor was a huge confidence boost for the event,

it really showed their commitment to, and belief in longboard surfing.

We'd like to thank Rip Curl Ballina for their belief in what we were offering. They were joined by our other, longterm and new, sponsors, with amazing support. To our competitors from near and far, thank you for participating in the One Dayer and showcasing longboard surfing at its best with very high level competition. Our appreciation goes to the admin and planning crew, the comp day setup crew and everyone who came along and supported the event

Hopefully the Club will be able to revisit an open surfing event in the future.

Rainbow Dragons

by Monica Wilcox



Rainbow Dragons, Lennox Head-Ballina, wrapped up 2024 with a remarkable three weeks of competition at the Currumbin Regatta and the Pan Pacific Masters Games (PanPacs) on the Gold Coast.

At Currumbin, 38 members raced, with nine making their regatta debut. The team secured top placements: 1st in the Breast Cancer Survivors 200m, and 3rd in both the Mixed and Men's 20s 200m and Mixed 20s 1km turn races.

The next week, 11 Rainbow members joined five Port Macquarie Maroro paddlers for their first-ever club outrigger competition, at PanPacs. Amidst choppy conditions, the Rainbow Region team held their own, dodging outrigger canoes, and recreational watercraft, to achieve 1st in the Men's OC2 9km relay and 2nd in the Women's OC1 and OC2 relays. The team also

excelled in the OC6 category, posting competitive times.

Then Rainbow Dragons returned to PanPacs for the dragon boat events with 44 paddlers competing against teams from Australia, New Zealand, and Singapore. Rainbows had fantastic results with 1st in the Men's 55+ 500m and 200m sprints and 3rd in the Women's 40+ 500m 10s boat. The Mixed 55+ crew also placed 3rd in the 4.8 km Around the Island race which presented a challenge to steerer's as they navigated the course, collecting flags along the way. Club President Lu Cooney expressed her pride in the team's dedication and resilience throughout the competitions.



TAMARA SMITH MP

MEMBER FOR BALLINA

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Le-Ba Boardriders

by Ian O'Boyle, Le-Ba Boardriders



In November last year our Le-Ba team of elite surfers competed in the regional qualification round for the Australian Boardriders Battle (ABB) in Coffs Harbour. Surprisingly, pretty fun conditions at Macauley's offering good protection from light northerly winds greeted our surfers and the epic support crew of groms and their families who made the trip down the Pacific Highway to support the team. The squad of James Wood, Sunny Russell, Jack Murray, Kennan Crisp, and Nyxie Ryan had an unreal event storming their way through to the final for a third-place finish and clinching our spot in the ABB Grand Final to be held in Burleigh Heads on March 8 and 9 this year. Everyone was ripping all day, but a special mention has to go to Jack Murray who was so instrumental in our success and stepped up to the plate in every heat when we needed a big score. Muzz ended up with the highest single wave score for the day with a 9.23 and won the Oakley Prizm Performer award as the standout surfer of the entire event. Shredding! Everyone get your froth on for an epic weekend for the Grand Final in March where we'll have a bus load of support crew going up each day again and plan on going a couple of steps better than our finals finish last year at Burleigh.

On some more awesome news for our Club, we've been shortlisted as one of three finalists for the Simon Anderson Boardrider Club of the Year at the upcoming Surfing Australia annual awards night. This is testament to the amazing community spirit we have in our Club, the level of talent we have all throughout our competitive ranks, and the hard work that the committee puts in week in and week out to make Le-Ba Boardriders what it is today. Whether it's introducing a five-year-old micro grom to their first experience of catching waves out at 'pub insides' or having a Club member winning the Gold Coast Pro against some of the best surfers in the world, Le-Ba is a true grassroots core surfing community Club, and we'll continue to grow even bigger and better in the years to come.

Finally, at the end of November, we held our own end of year Le-Ba presentation awards down at Lake Ainsworth on a beautiful evening with a massive turnout and some epic

food organised by Mel and Karly. Prizes were awarded to the top four competitors based on this year's results in each division and special Club awards to recognise some of those who go above and beyond in the things they do to help our Club be one of the best in the country. Super grom, Calvin Greely took home the prestigious Abe Green award for his continuous effort, assistance, and awesome attitude he brings including taking on a big role at the Skullcandy Oz Grom Open in July and always being on hand to help with anything and everything that needs to be done on Club round days. Wes Thompson was awarded Club Person of the Year for the epic photos he takes of all our surfers, not only on Club round days but also during Skullcandy and when the Point is pumping. On those days, Wes could be out the Point getting spat out of stand-up barrels himself but sacrifices that to get the sickest snaps of our local community in some tubes instead. Legend.

Big Le-Ba End of Year Results

Cadets- 1st Ashton Crowley, 2nd Reuben Sharpe, 3rd Conor O'Boyle, 4th Calvin Greely

Opens- 1st Harry O'Brien, 2nd Sunny Russell, 3rd Keenan Crisp, 4th Mia Baker

Masters- 1st Sandro Neto, 2nd Troy Walker, 3rd Ben Beesley, 4th Vagner Jardim Correia

Legends- 1st Steve Kearney, 2nd Kevin Greely, 3rd Wes Thompson, 4th Mark Walshaw

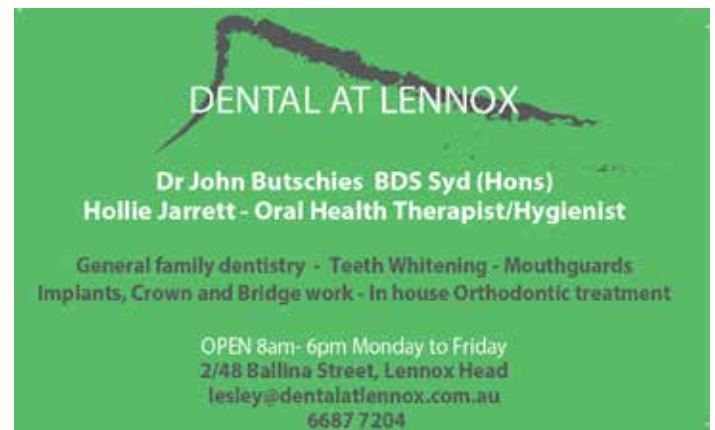
Little Le-Ba End of Year Results

Micros- 1st Arthur Dixon, 2nd Huey Green, 3rd Belle Kennedy, 4th Mack Van der Mere

Fleas- 1st Tully Smith, 2nd Anton Snedden, 3rd Gracie Walker, 4th Beau McGregor

Junior Groms- 1st Bodhi Harper, 2nd Koa Daniels, 3rd Leo Liddle, 4th Dusty Davidson

Groms- 1st Reni Green, 2nd Tasman Foster, 3rd Isabel O'Boyle, 4th Levi Spyker



DENTAL AT LENNOX

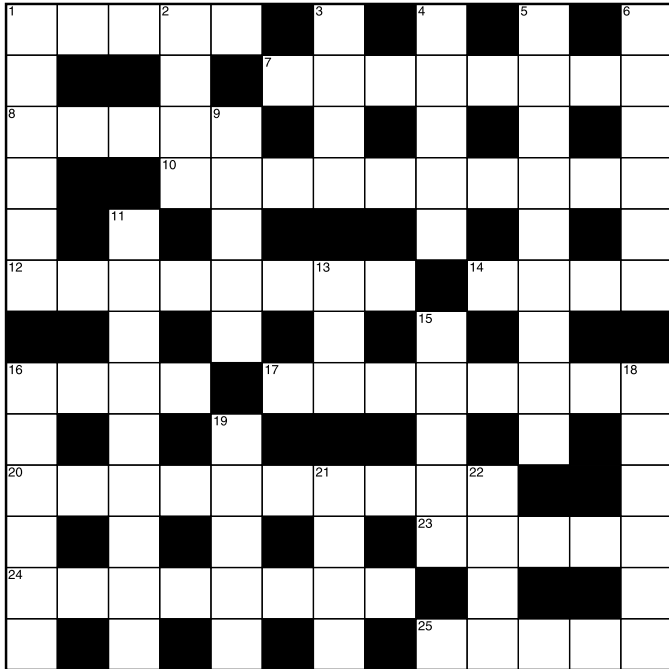
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January crossword



December solutions

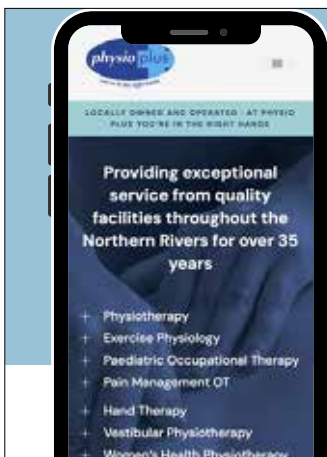


ACROSS

- 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



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This month

By Milt Barlow



The holidays are a great time to hit the couch and rediscover some all-time classic movies. Every summer in our house, it's always a bit of an argument as to which movie to select, and I normally get outvoted by my adult kids. Despite this, here are some favourites that I think are worthy of a revisit and most importantly, stand the test of time.

- All The President's Men (1976)*
- Anchorman: The Legend Of Ron Burgundy (2004)*
- Animal Kingdom (2011)*
- Back To the Future (1985)*
- Barbie (2023)*
- Beetlejuice (1988)*
- Blackberry (2023)*
- Blade Runner (1982)*
- Breaker Morant (1980)*
- Chinatown (1974)*
- Crocodile Dundee (1986)*
- Dead Calm (1989)*
- Donnie Brasco (1977)*
- Don's Party (1976)*
- E.T. (1982)*
- Forest Gump (1994)*
- Gallipoli (1981)*
- Goodfellas (1990)*
- Goodwill Hunting (1997)*
- Groundhog Day (1993)*
- In Bruges (2008)*
- Mad Max (1979)*
- Monty Python's Life Of Bryan (1979)*

- Mulholland Drive (2001)*
- Muriel's Wedding (1994)*
- Parasite (2019)*
- Priscilla, Queen Of the Desert (1994)*
- Pulp Fiction (1994)*
- Samson & Delilah (2009)*
- Scarface (1993)*
- Schindler's List (1993)*
- Selma (2014)*
- The Big Lebowski (1988)*
- The Castle (1997)*
- The Color Purple (2023)*
- Thelma & Louise (1991)*
- The Shawshank Redemption (1994)*
- The Social Network (2010)*
- The Sting (1973)*
- Tootsie (1982)*

Each of these films is easy to access and can be found on various streaming platforms. I use a great app called Just Watch - simply type in the movie name and it will tell you the streaming platform where it can be found. Enjoy.

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January horoscopes by Patsy Bennett - patsybennett.com

Aries

Get set to break some records and turn some corners this year! First though, there is likely to be a retrospective flavour in January, as you may need to review or reconnect with the past. The new moon on the 29th will illuminate exactly where your life will benefit from most focus for now.

Taurus

Venus will bring a sociable phase your way in January. You'll enjoy an uptick in your love life especially towards the 23rd, 26th and 30th. Beforehand, surprises mid-month will demand your attention. You'll do well to service debt and to avoid overspending by devising a long-term budget.

Gemini

Finances will dictate what must be done or even where you must be. Career-wise you will gain the opportunity to look at various options and new ways to work or even new ways to use different skillsets. A domestic matter will merit careful consideration especially at the end of the month.

Cancer

There will be much focus on relationships and communications this month. The 8th to the 27th will be a particularly chatty and outgoing time even if January does require you to pay more attention to your energy levels. Be sure to avoid heated arguments as these are likely to escalate.

Leo

This is an excellent time to boost your health, as the stars will support your efforts. It's an adventurous time in all areas of your life, especially in your love life and financially, so be sure to organise ventures that make the most of positive options to gain fresh levels of success in 2025.

Virgo

Venus will put the focus on your work and health earlier in the month and on your love life later in January. The full moon on the 14th will spotlight particular friendships and organisations, some of which you may be ready to leave behind. Romance could thrive, especially towards the 31st.

Libra

January is excellent for consciously devoting extra time to your own happiness. It's important to direct attention to your health and happiness, as otherwise these could come last on your to-do list. You'll appreciate the chance to explore new options in your career and general direction too.

Scorpio

Mars retrograde may lead you to feel a little less active than usual in January, but you will enjoy focusing on your relationships and reorganising areas you share such as duties and finances. Be prepared to consider fresh ways to care both for yourself and for those you love throughout 2025.

Sagittarius

Your sign's ruler Jupiter is retrograde in January, and may bring a slower pace in some of your personal and business relationships. This will provide the chance to deepen relationships but if you realise you are often at cross-purposes, you'll gain the chance to finally let some alliances go.

Capricorn

You'll welcome a fresh approach to yourself and to others. How can you be more supportive of yourself and them? The full moon on the 14th spotlights how to bring a nurturing aspect into all your interactions and, if you find this is impossible, to search for interactions that do support you.

Aquarius

January will be ideal for formulating a fresh approach to your self-expression and to your feelings for others. The new moon on the 29th will be decisive for January Aquarians in your personal life; and at work or in your health for February Aquarians, so consider your priorities carefully.

Pisces

Venus in your sign from the 3rd will put the focus on love and money in January. You may find this one of the most romantic months of the year especially on the 3rd and 19th. However as the focus will also be squarely on finances, it is important that you devise a sound budget.




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