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Community news and events for Lennox Head

Issue 222 | October 2023



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Much research has linked happiness and healing to the sense of community. Why? Because meaningful connection is something we are innately designed to desire; being more related to others results in feeling more supported and having a greater sense of belonging. A positive community supports its members through the good and hard times, and the stories that fill this magazine each month are a testament to the beauty of this community.

This month is no different as we explore the popular pizza rewarded family fun run, Sunday Park to Pizza, instigated by The OX run challenge organisers in order to train for the upcoming event. This gruelling challenge will be met by 100 runners this month to raise funds for critical medical research. We also look at the volunteer warriors of Coast Care, who not only provide environmental protection for the foreshore dunes but are responsible for bringing some Christmas cheer to the village each December, and I invite you to discover the fun and quirky gathering of 21 Jack Russells and their owners, meeting recently for a birthday celebration like no other.

These groups and events are just some of many that highlight the connectedness, care, and spirit of our community.

So, sit back, have a read, and feel the love.

Natalie Grono - Editor

Got a story? Get in touch

Email: editor@thelennoxwave.com.au
Phone: 0405 662 567

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Photograph by Craig Parry

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

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





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SANCTUARY



SPRING FESTIVAL

OCTOBER

.....

WILDLIFE TWINS PERFORMANCE	2ND
QI GONG AT THE SANCTUARY	3RD / 11TH / 17TH / 25TH / 31ST
PUGGLES PLAYGROUP	WEDNESDAYS 10-11:30 AM
BASKET-WEAVING CLASS	29TH
HALLOWEEN DISCO & NIGHT TOURS	28TH AND 29TH

SCHOOL HOLIDAYS

THE WILDLIFE TWINS	2ND
KEEPER FOR A DAY	3RD / 5TH / 28TH
WILDLIFE GUARDIANS	4TH / 6TH / 7TH / 21ST
PUGGLES VACATION CARE	3RD / 4TH / 5TH / 6TH

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LJ Hooker

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What: Fair Go Skatefest
When: Friday 13 - Saturday 14 October
Where: Ballina

Ballina's own Fair Go skateboard competition has been running for over 21 years. In previous years they have had more competitors than any other skateboard competition in Australia.
Visit: truckstopsk8.com.au



What: Ballina Contemporary Art Market
When: Saturday 14 October
Where: NRCG Cnr Cherry and Crane Sts Ballina

Featuring food, entertainment, workshops and stalls by local artists and creatives, this is a day for the whole family to enjoy, showcasing the immense creative talent of the region.
Visit: nrcgballina.com.au/v1/public-programs



What: The OX Charity Run
When: Saturday 14 - Sunday 15 October
Where: Lennox Head

The streets of Lennox will host 100 runners who will attempt to run 100kms over 24 hours to raise funds for charity RUNDIPG. Visit: rundipg-org.grassrootz.com/the-ox-2023-lennox-head



What: WarPaint
When: Saturday 21 October
Where: Bangalow A&I Hall

Get excited to experience their hypnotic vocals, intricate guitar lines and thirst-quenching post punk rhythms, and toe-lifting otherworldly encounter of a live show of the LA based band.
Visit: Oztix.com.au/warpaint



What: Barbie Party
When: 8pm Saturday 21 October
Where: The Northern Byron Bay

Join in the Barbie fever with the biggest Barbie celebration Byron Bay's The Northern has ever seen. We transform the venue into a pink wonderland, get your best Barbie and 90s' themed outfits together.



What: Alstonville Agricultural Show
When: Friday 27 - Saturday 28 October
Where: Alstonville Showground

Promoting local produce as well as horses, stud beef, poultry and working dog trials, the show offers Friday, Saturday and Saturday night with activities the whole family will enjoy.
Visit: alstonvilleshow.com

Monthly markets

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

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**

Steve Banks and
The SIDEMEN



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Mike MILLS - Grant GERATHY - Al PARK - Jeff BURSTIN - Geoff WRIGHT
with Steve **BANKS** out front - and special guests Vanessa **BAKER** and Chloe **WEST**



7:30pm Friday Nov.10 @ Lennox Head Cultural Centre



Residents' Association

by Robyn Hargrave



We welcomed 13 members and Cr Dicker to our 4 September meeting.

Residents of Skennars Head continue in their efforts to resolve lack of amenities and parking access to the park at Aureus Estate as well as timing of development of the shopping precinct, and are engaging with Council's planning and development section.

Ward boundaries for local government elections From Council's August meetings, a resolution was passed to amend the boundaries to incorporate all of East Ballina into B Ward and all of Cumbalum into A Ward. The community has an opportunity to comment on the proposal via yoursayballina.com.au with submissions closing on 20 October.

Definition of Lennox Head Included in the draft Strategic Plan 2023-2043, Council has defined Lennox Head boundaries, ending conjecture and discrepancies in recent years. The area covered includes Fig Tree Hill locality; Lennox Sanctuary village; Lennox Head village to the Headland, EPIQ and nearby estates; Skennars Head to south of Aureus Estate; and areas east of and south along North Creek Road to the site of North Creek bridge.

Extraordinary General Meeting of the Association We will hold an Extraordinary General Meeting in conjunction with our 6 November General Meeting, to discuss incorporating this definition into our Constitution and review membership fees.

Financial Assistance by Council for community groups Cr Dicker proposed a Notice of Motion to Council's 24 August meeting to review selection criteria for Community Donations, enabling autonomous sub-groups within organisations to be considered for funding. Defeat of the Motion impacted the financial viability of Lennox Head's Boomerang Bags, with a search ensuing for an alternative funding source or public use venue.

Upcoming meetings: 9 October, 6 November (General and Extraordinary General Meetings) and 4 December 2023 from 7pm in the CWA Hall

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

Funding for Lennox



The Labor Government has announced \$1,533,144 in federal funding to build a new two-lane roundabout at the intersection of Byron Bay Road and Byron Street. The application for Federal Black Spot funding for a roundabout was submitted one year ago by the Council.

Meanwhile, the State Government has also unveiled in their budget that one of the 100 new public preschools it will invest in will be located in Lennox Head. The preschool will be located on the Montwood Drive site purchased by the Department of Education for the Lennox Head Public School.

The Village is closer to its new look with the Ballina Street and Park Lane intersection upgrade in Lennox Head completed and Ballina Street reopening to traffic in both directions. The intersection, which is the southern entry point to Lennox Head town centre, was closed during Stage 5 of the Lennox Village Vision project. This stage included stormwater renewal, watermain renewal, new kerb, road reconstruction and paving.

The temporary bus stop has been removed and services have returned to their normal locations on Ballina Street (Lennox Park – southbound; Medical Centre – northbound).

Council thanks businesses and residents for their patience and understanding during this upgrade.





Councillors' thoughts: Ward boundaries

Each month, B Ward Ballina Shire Councillors have the opportunity to share information on a subject that carries importance to the community. All comments and points of view are those of the authors. This month we asked our Councillors about the recent decision to adjust Ward boundaries.

Cr Kiri Dicker

Do you know what local government Ward you are in? Probably not. Do you care? Probably not. Let's face it, public engagement in Council elections is pretty shallow at the best of times, and as our community continues to grow, the vast majority of people will vote for a local candidate they have never met.

It was unexpected then, when Council descended into chaos last month over a seemingly straight forward decision to adjust the Ward boundaries. This is required by the NSW Electoral Commission when the population differential between two Wards exceeds 10%. It's worth noting at this stage that Ballina is one of a handful of Councils in NSW who still use a Ward system. Most Councils have moved to an undivided system where Councillors are elected on tickets from across the whole Shire.

An original set of changes was recommended by staff reducing the population differential from about 13% to 3% - this largely consisted of moving most of Newrybar from B Ward to C Ward and moving North Lakes from B Ward to A Ward. This was resolved without contention mostly because no sitting Councillor's residence was affected.

Things got heated when additional changes were proposed by the Mayor's team after the initial changes had been publicly exhibited. These changes didn't seem to be in response to any formal submissions, what's more, they increased the population differential from 3% back to over 7%, meaning they'd likely need to be changed again. Suspicions also arose because the proposed changes only affected the residences of the Mayor and her closest rival Cr Johnson, effectively switching the Wards where their residences are located.

This decision, made on the casting vote of the Mayor, was rescinded by Cr Meehan, Johnston and myself, but was ultimately lost 4:5 (Cr Chate was absent). Who knows whether the move was politically motivated, but given the dirty political tactics of the last election, namely a well funded TV and radio campaign by the Mayor to keep the Greens and Labor out of Council, it was not an unreasonable suggestion. On this popular blog tallyroom.com.au psephologist Ben Rau used Ballina as an example of why Councils should not be responsible for changing Ward boundaries, largely due to the risk that decisions become politicised rather than technical. I tend to agree with him and I can only hope the NSW Electoral Commission assume responsibility for Ward boundaries in the future, or just get rid of Wards altogether and drag us kicking and screaming into the 21st century.

Cr Jeff Johnson

Unlike most Local Government areas Ballina Shire Council has a Ward system. This basically means that the Council area is divided up into smaller sections and local residents vote specifically for Councillors who nominate in those Wards. Generally speaking Councillors nominate for the Ward where they live. The exception to this convention is B Ward Councillor and Mayor, Sharon Cadwallader who lives in A Ward. Due to population growth in certain areas every now and then slight changes to the Ward boundaries are necessary in order to ensure that the population within each Ward is approximately the same. The Local Government Act requires that the maximum difference to be less than 10% between the Ward with the highest population and that with the lowest.

Back in February Ballina Council staff recommended a slight boundary adjustment to reflect the changes in population and sent out approximately 500 letters to affected properties. The Electoral Commission were informed of the proposed changes and gave its approval. At the August Council meeting the report outlined the responses and the staff recommendation was to approve the adjustment. Instead of supporting the exhibited changes, Team Cadwallader Councillors proposed an alternative boundary adjustment

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7th OCT	PISTOL WHIP Ballina Classic
18TH NOV	<i>JBS BLUES BREAKERS</i>
9TH DEC	SABOTAGE

The poster features a green background with white and black text. At the bottom, there are illustrations of a red lip, a disco ball, a drum set, a lightning bolt, and a blue electric guitar.



that will now result in approximately 2,500 letters being sent out creating extra costs and staff time in order to begin the process again. Council staff will also now need to ask the Electoral Commission for an extension, given the changes were supposed to be completed by the end of September.

The reasons given by those Councillors supporting the last minute change was to 'reduce confusion in the community'. From my point of view the exact opposite is occurring as thousands of households will be affected and those that have already received correspondence from Council will need to be contacted again to inform them about the last minute Councillor initiated change. In my 15 years on Council this hasn't happened before and in my opinion it is totally inappropriate for Councillors to initiate boundary changes for what appears to be a perceived political advantage. Council staff made it quite clear that this last minute interjection by Councillors was inappropriate, will lead to greater confusion and is a waste of Council resources. I feel that it reflects poorly on Council and the Mayor for initiating this process.

Cr Eva Ramsey

The overhaul of Ward boundaries at last month's meeting was a correction of boundaries after the exhibition time and relevant submission. There was much controversy over what

I thought was a great common-sense resolution to ward boundaries.

What happened, was a normal process that follows, after an exhibition period has expired. Once the exhibition time has expired it then comes back to the Council for approval, and for any further input that may be of value. At this time there was a motion to re-evaluate the boundary line to achieve a more constructive line that would determine more definite boundary lines for voters. It was a simple case of 'good housekeeping.' The Council have applied for an extension of time to allow for a new exhibition period.

New boundaries on exhibition are: A Ward, North Creek is the boundary line. A Ward now encompasses Ballina Island and Cumbalum areas. Anyone living over the north of North Creek boundary comes into B Ward and C Ward now stays as was, taking in Alstonville and Wardell areas.

The difference between the numbers is around 180 votes, very minimal and well under the 10% allowed. It is a fantastic outcome for all wards as they all now have growth areas included, which evens out any further migration to our Shire. I note some Councillors were against the change, but with much input from all, I thought the outcome was the correct decision.

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Pizza fun run



Sunday afternoons have seen families gather in town to share a 5-kilometre run that is rewarded with pizza.

The Sunday Park to Pizza event began as a concept to help people train for the upcoming OX Charity event, which will see 100 people Run 100km over 24 hours to raise money for DIPG (Diffuse intrinsic pontine glioma).

Event organiser, Andrew Fraser said, 'We did not know what to expect. Yet the first Sunday, we had about 70 people with kids on bikes and mums with prams. On the second Sunday, we had about 90 people turn up. The objective has grown into just getting people together, running 5km as slowly as possible, and enjoying being together.'

'The ability to enjoy our Main Street and finish off with a piece of pizza and a cool drink in the middle of town at one of our restaurants, encapsulates what Lennox is all about. We are kindly supported by Nathan and Nicci Meredith at Lennox Pizza.'

Because of the event's popularity, it has been decided to run throughout the summer months.

Where and when: Ross Park at 3 pm. The run involves 5km up Main Street to Lake Ainsworth, head around Camp Drewe road, stop at Sport and Recreation Centre, and return.

The OX event will be held Saturday 14 and Sunday 15 October at 2pm.

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Buy nothing creates change



A new Facebook group designed to reduce waste has quickly gained over 600 members who are actively giving away unwanted items for free. Buy Nothing Lennox Head is part of the global Buy Nothing movement with hundreds of communities around Australia taking part.

Local Councillor, Kiri Dicker started the group after attending an event with musician and activist Tim Hollo (founder of the Green Institute) who was asked how to stay optimistic when it seems like we are heading towards a climate disaster. Tim's advice was to take joy from activities that build community connection, citing an example of a Buy Nothing group he started in his home city of Canberra. 'Recently my daughter needed to go to a *Frozen* themed birthday party. I put a call out on the page and picked up an Elsa costume the following day from another member in Ballina,' said Kiri.

Earlier this month, the group organised its first clothes swap at the Bus Shelter in Lennox Park. The event was well attended by people keen to update their wardrobe and Kiri plans to make it a regular event in the future. Join the group by searching for Buy Nothing Lennox Head to get giving.

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This executive French provincial residence offers the occupants the most sensational quality of space, with an endless outlook. Upon arrival, the classic and timeless home stands proudly facing north, with dual driveways, multiple garaging, manicured gardens, newly added pool surrounded by natural stone and several healthy pencil pines; it all combines together to give a regal touch and feel.

Walk inside the home and the wash of quality craftsmanship is abundant, no matter where you step or look. Sitting at the kitchen table the bay windows are filled with sky, there is a gentle sound of the water feature splashing upon the freshly laid Travertine. The kitchen behind is open, light, airy and beautiful with it's Mahogany island bench.

Inspection by Appointment

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Oceanic photographer takes flight



Local photographer Craig Parry has been awarded second place in the Ocean Photography Awards, with an image taken of a fleeting encounter with a gentoo penguin.

The image, *Taking Flight*, was captured recently on a trip to Antarctica. Craig explained, 'It was my first time in Antarctica, and I was down for one month photographing landscapes and wildlife, and this image was captured on the first day. It was such a fleeting encounter I didn't have much time to think. Each time I head out from Lennox on my boat, I always try and get as close as I can to the surface of the water as I love to exaggerate the subject in focus by seeing the water in the foreground, just like a dolphin or whale as they surface. So when I saw the raft of gentoo penguins approach our inflatable at full speed, I laid down as low as I could and tried to predict where and when they would pop out again. In this instance, I was right and was lucky my camera focused so quickly.'

'The other photographer on our tour had been to Antarctica for 15 years, and he said it was a shot he had always wanted to get. So I was stoked to have gotten it on my first day.'

'This particular image was captured on the Antarctic peninsula, one of the closest points to Argentina. It was such a mind-blowing place. I have been to a lot of places around the world, and nothing compares to its wow factor; the landscape of glaciers, enormous mountains and icebergs the size of Lennox Headland makes you feel like you are on another planet, not to mention a landscape without any humans or structures.'

Craig's love of photographing wildlife began at six years old when he discovered the turtles of the Great Barrier Reef with a Fuji disposable camera. 'I also can vividly remember flicking through hundreds of copies of *National Geographic* magazine in our garage for hours just appreciating the photos rather than reading the stories,' he said.

No stranger to travelling to satisfy his photo buzz, Craig also lists Tonga, Norway, Botswana and Hawaii as some of his other favourite places to shoot. For photo enthusiasts Craig now offers whale swim photography tours in Tonga. Visit: craigparryphotography.com/pages/tonga-photography-workshop

Pictured: Left to right: The shortlisted image, Taking Flight, Craig in Tonga and Chris Hemsworth and Craig on location in Norway for the series Limitless with Chris Hemsworth.





Evening VIEW Club

by Lianne Brennan



VIEW is a women's leading national volunteer organisation, providing the opportunity for women from all walks of life to meet regularly, establish lasting friendships and help disadvantaged Australian children through supporting the work of children's charity, The Smith Family.

Last month, the VIEW Club received generous donations from raffle fundraisers by the Beef+Beach Restaurant and The Ballina Players. Both have been active and valued Club

partners for years, and the Club is truly grateful.

Our talented fellow VIEW Club member, local artist and ceramicist, Sue Fraser, was our recent guest speaker. After a serious riding accident, she began working with clay and sought something to replace equestrian sports. The symbolic, decorative vocabulary found in the art of China and the sculpture and social stories of the T'ang Dynasty strongly influenced her work. Her inspiration stems from the ability of horses to elevate, transport and empower with their grace, strength and nobility. She said these attributes and horses' influence on many women's lives continue to inspire her work.

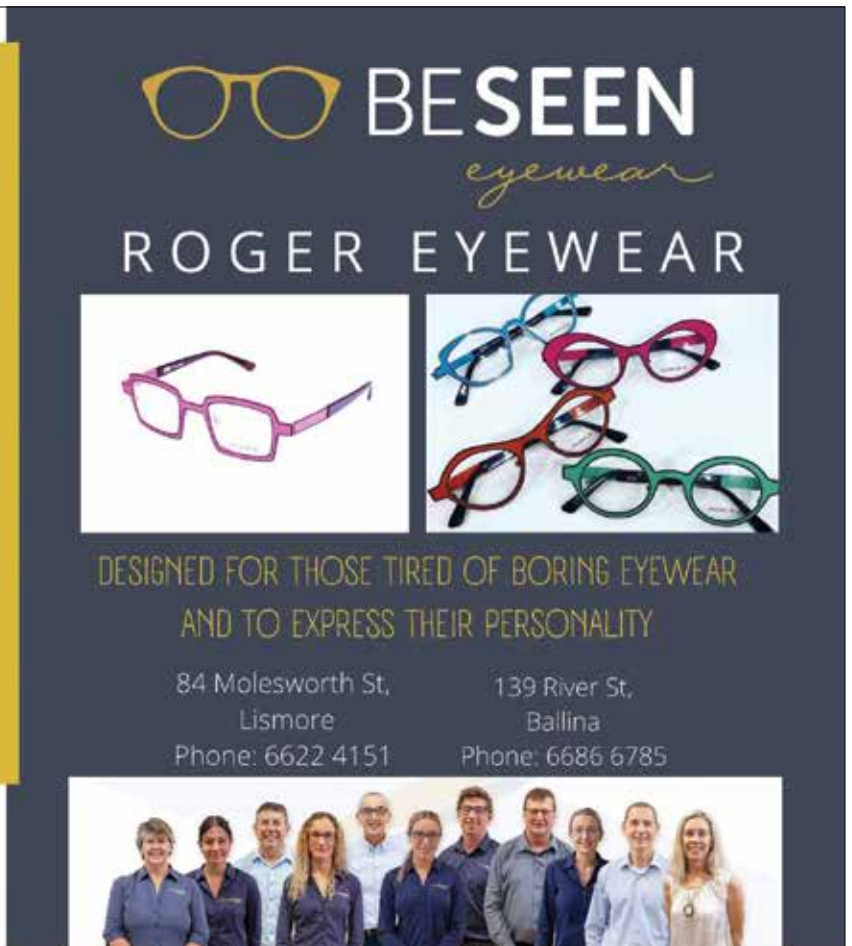
The Lennox Head Evening VIEW Club looks forward to welcoming women of all ages during our meetings on the 2nd Tuesday of each month at the 2F The Lennox Hotel - \$35 for dinner and \$5 for raffle tickets.

To join and make other membership enquiries, contact Lianne Brennan at lennoxevening.view@gmail.com or check out our FB Page - Lennox Head Evening VIEW Club for updates.



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Golden ticket for loving local



This month you'll have the opportunity to join the exciting campaign and immerse yourself in the essence of Lennox Head. Just by discovering the unique boutiques, charming cafés, and delightful services that capture the essence of coastal living, you could be in with a chance to win exciting vouchers worth \$3,000.

How it works

Make a minimum of three separate purchases of \$20 or more each from the participating Lennox Village businesses. There's no limit to how many times you can enter.

Just remember to provide three different receipts for each entry to qualify. Look out for the purple posters and hardcopy entry forms at participating businesses.

How to enter

You can conveniently submit your entry online using the QR codes in store or drop off a hardcopy entry form at the Lennox Head Cultural Centre (corner Mackney and Park Lanes).

The big draw and prize

The winner will be announced on 1 December 2023 in Lennox Village. The announcement will be live streamed on @discoverballina social media platforms. But the magic doesn't stop there. The winner gets to decide where they'll splurge their golden prize, with a choice of up to five participating retailers and a minimum spend of \$100 per outlet.

Local love and community impact

This campaign isn't just about winning; it's about rediscovering the beauty of Lennox Head Village, supporting local businesses, and relishing the coastal lifestyle.

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Meet your Coast Care team

by Gary Patterson



Pictured: left to right: Dave Middleton, Gary Patterson, Terry Chandler, Robbie Reid and Clinton White in front

Brian Smith started Lennox Head Coast Care 20 years ago as President of the Lennox Head Residents' Association. A memorial plaque at the southern end of the Boardwalk is dedicated to his service to the local community.

Following Brian's retirement from Coast Care, Ross Richardson and Glenn Charleston carried on the Coast Care baton. Subsequently, Glenn handed over the reins in 2022 and moved to the Gold Coast.

Whilst Ballina Shire Council provide funding for materials, Coast Care volunteers maintain the fencing along the beaches from Lennox Point as far as the Lake Ainsworth Sport and Recreation Centre.

These fences provide environmental protection for the foreshore dunes from destructive vehicle and foot traffic.



In addition to fence maintenance, we assist with Lennox Head Carols by Candlelight.

Every December, we erect the Surfing Santa adjacent to the temporary orange roundabout at the northern entrance to Lennox Head. During the 1990s, Surfing Santas appeared at entrance points to Lennox Head. The Coast Care group erected and cared for the colourful characters which were designed and constructed by the multi-talented late Brian Clyde Smith.

Currently, we have enough members to cover the workload, but as you can see, the team is not getting any younger. For future recruitments, contact Gary Patterson 0439 866 337

Pictured: Brian Smith Boardwalk plaque which reads: In memory of Brian Clyde Smith 13.1.1933 – 17.8.2011. For his significant devotion and contribution to the Lennox Head Community. President of the Lennox Head Residents Association 1989-2008. The quiet achiever.



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Line dancers fundraise for Worlds

by Nicci Meredith



Heart of Dance, Lennox Head will be travelling to Blackpool, United Kingdom in July 2024, to compete in the World Dance Masters Line Dancing Championships.

We have worked so hard and we would love your support in helping to get our team there by contributing to our team travel fund. We will be training hard all year to prepare for this once-in-a-lifetime experience and shot at a world title. Any amount is greatly appreciated.

To also help the girls on their way, they will be doing lots of fundraising. They will be having raffles, car washes, discos, movie nights, carpark stall, bake sales at Bunnings and much more.

Keep an eye out and come along and support them. Watch our socials for all upcoming funny events.

Visit: mycause.com.au/p/321786/heart-of-dance-line-dancing-worlds-competition-blackpool-uk

Socials: Instagram @heart.of.dance

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Everyone has a story with Probus

by Peter and Heather Burton



Peter

I was born just after WW2 in the industrial town of West Hartlepool in the north east of England. The town is so called as it's next to the much older fishing port of Hartlepool. It has a long history being settled in the 6th century by St Hilda who organised an Abbey of Nuns on the headland. The area grew into a fairly important fishing port and is mentioned in numerous accounts across the centuries. West Hartlepool began in the early 19th century when an enterprising businessman proposed a railway to take coal from the Durham coalfields to a new port to be called West Hartlepool. Later other industries developed such as ship building and engineering works. In the 1950s, the whole north of England suffered from increasing world competition and went into decline. Ship building ended, the engineering works closed down, unemployment increased and life became hard.

All this means is that I grew up as a city boy in a hard industrial world, although quite close to the countryside and beaches. Most people know West Hartlepool as the town that hung the monkey. The story goes that a ship was wrecked during the wars against Napoleon and the French in the early 1800s. A monkey in a cage was washed up on the beach. As the locals couldn't understand its language, they thought it must be a French spy and promptly hanged it.

Thus began the myth which was meant to show how stupid Hartlepudlians were. It was, of course, not true and was invented by a rival town angered by losing the right to build their railway. But the myth has persisted and lives on, even being used recently by a candidate for Mayor who dressed up in a monkey suit and was elected.

I lived there until I was 18. Life was hard after WW2. My father left school at 14 and worked in a factory while my mother stayed home and looked after the home. My brother is five years older than me and there wasn't much money but I never

felt really deprived. You just knew that certain things were out of reach. Like all working people in those days, we didn't have a car, TV, washing machine, telephone, central heating, not even a toaster, but we got by. I was the first in my family to go to university. I went to the University of Newcastle Upon Tyne about 30 miles away. It was a much bigger and livelier city. This of course, opened my eyes to the wider world. I became a secondary school teacher, teaching modern history. Now that I had some money I decided to spend every long summer holiday travelling somewhere new. This was how in 1969 I booked with my brother and a friend to trip to Soviet Russia going through Holland, West Germany, Denmark, Sweden and Finland until eventually we entered Leningrad and were behind the iron curtain. On this trip we met three Australian girls, one of whom became my wife.

Heather

I was born near Brighton, England. My parents had met during the War on board a merchant Navy ship in the Suez Canal. My mother was a nurse, heading to India to nurse the troops, as my dad was a Purser on board. After they married, they decided that they wanted to live in a warmer climate and decided to come to Australia.

Mum stayed in England as she was pregnant with me and dad went to Sydney as he had a job with the Herald newspaper. Mum followed when I was three months old on the long sea voyage – a difficult journey for a young mum.

I grew up in Sydney in an area with many young families. My sister was born four years after me and we had a carefree 1950s' childhood. We played outside all day with friends and went on annual beach holidays to the Central Coast. My dad grew vegetables in the backyard, our bread was delivered by horse and cart and milk was delivered each morning into a billy can. Like most families, we had no car, phone or TV until I was older. I joined the Brownies and then Guides and went on to be the first Guide in the district to gain the Queen's Guide Award, which was presented by the Governor General. I attended one of the first co-educational high schools in Sydney and started in the inaugural year.

I loved sport, especially athletics and hockey. The Olympian Betty Cuthbert, lived near the school – we all hoped to achieve like her.

After gaining my Leaving Certificate, I decided to do nursing at the Royal Alexandra Hospital for Children in Sydney. I had to wait until I was 17 to start so I worked for six months in a children's convalescent hospital before my four year nursing training began. After I finished my training, I went overseas on a working holiday to the UK with two friends, by boat, through the Panama Canal.



Like many Aussies, in London, we lived in Earl's Court in a bedsitter, and I did agency nursing before we hired a car and travelled through England and up to Scotland, where I met many of my relatives for the first time, After working again in London we decided to go in a minibus camping trip to Russia – my future was sealed.

Peter

Heather started work as a staff nurse and then a sister in neo natal care. We both wanted to travel more and spent our savings on long summer holidays trips abroad. We travelled through Europe to Turkey in 1970 becoming involved in a cholera scare in Istanbul which delayed our return until we both had the necessary vaccines. This involved joining a huge crush of people in a mass vaccination centre, pushing and shoving to reach the front of the queue for the vaccination. This was followed by a three day wait and a rush to leave Istanbul on the train before the border closed. The journey took three days on a slow train packed to the limit, with no food save for a cheese wrap in Yugoslavia, until we reached Munich. Quite a scary adventure.

The next year we spent 56 weeks travelling right around USA east to west and back again on Greyhound buses, often sleeping on board at night to save money.

In 1971, after we were married , we decided to come to Australia, Heather keen to see her family and me to sample life here. It helped that we both qualified to be 10 pound Poms. All I had to do was to stay two years - it seemed a good deal to me. I joined the Teach in the Sun campaign and got a job offer from the NSW Government. Of course when I arrived and reported for duty no body knew about me. The man behind the desk introduced me to the well known phrase 'don't worry mate, she'll be right' and right it was.

I worked first at Granville Boys High where I was told to teach a subject I'd never studied before to year 11 students

- ancient history. This meant that I became something of a specialist, teaching both modern and ancient history.

Of course we stayed and have been here now 52 years. I surprised every one by getting a transfer to the beautiful far North Coast, teaching first at Casino then Lismore.

We moved up to Casino with our 15 month old son who was born in Sydney and our daughter was born two years later in Casino. We bought our first home there and after 12 years we built at Richmond Hill. I worked in various local preschools with special needs children. After retiring we moved eventually to Ballina where we are settled for good.

We joined U3A in Ballina and enjoy a variety of activities - particularly the walking groups with the various coastal and town walking routes.

We have two granddaughters in Sydney and two grandsons in London meaning we have made frequent trips down to Sydney and the long haul trip to London to visit our families.

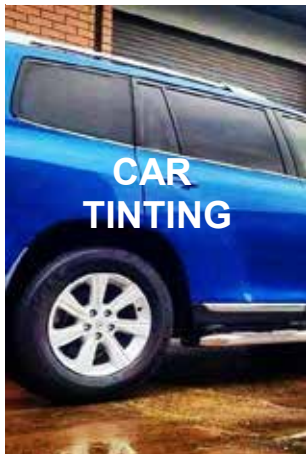
My parents retired to Lennox Head in 1976, so we have had a long connection over the years to Lennox for family events and holidays. We remember the old village of Lennox Head with the original beach cottages, the general store and only a few shops. My parents were very involved with the community hall, indoor bowls, the bowling club, and the church.

It's lovely to keep our Lennox connection as members of the Probus club. Everyone is very friendly and welcoming and we enjoy the monthly meetings.

With the belief that everyone has a story, Lennox Probus encourages its members to tell theirs. Lennox Head Probus meets at the Lennox Sports Club on the 1st Thursday of each month. Starting 10am. All visitors very welcome. Enquiries June Zentveld Ph: 66 871 004 or Kevin Nicol Ph: 66 876 132

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Lions Club respond to call to arms

by Christine Stores



A call to arms

The 2022 floods hit and Lennox Head Lions received a call, 'Can you help?'

Initially Lions assisted with the provision of food at evacuation centres. Members successfully served meals in four different centres over the ensuing days but soon efforts turned to wider issues, considering the best way to use limited human and fiscal resources. As well as supporting flood affected people housed in Lennox Head, they identified areas south of Ballina, including the devastated communities of Woodburn, Coraki, Broadwater and Wardell. These areas were selected for the distribution of flood relief vouchers for food, fuel, meat, and hardware from local stores where possible. This was seen as meeting immediate needs in a way that supported local businesses that were able to reopen. One recipient's comment echoed more widely held sentiments: 'It is the little things that give us hope. You can't know how much we thank you.'

Public and corporate response

Lions addressed a lack of funds by appealing to the community, and the response was quick and generous.



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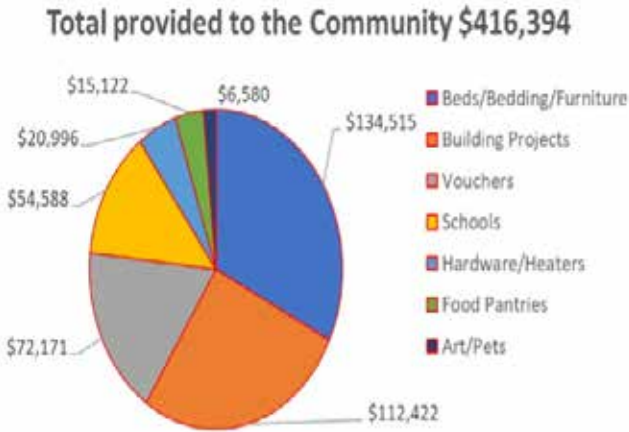
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Together with that, members began successfully applying for significant grants from the Australian Lions Foundation, Corporate and Government sources, raising \$300,000. In addition, another \$116,000 was raised through partner projects and goods donated.

From little things big things grow

Lions Clubs have always been grass roots, believing that the people on the ground know best what is needed and how to address those needs. So, along with addressing individual urgent needs, Lennox Lions instigated flood relief programs or supported programs already established by the Hubs with recognised processes for accounting for funds released. It has been a long and arduous journey but an approach that has met with overwhelming gratitude by those involved.

Lions have assisted many individuals and families through the provision of vouchers, bedding, food and hardware. They have also supported quite a few major projects in collaboration with the Department of Communities and Justice, and implemented and managed by the wonderful volunteers and staff at flood recovery Hubs and Mid

Richmond Neighbourhood Centre. These include:

- Dry Room Project: Enabling 29 families to return to flood damaged homes
- Water Tank Project: Enabling the decontamination or replacement of water tanks to homes without town water
- Community Colour Project: Supplying 55 families with paint kits – paint rollers, brushes and drop sheets to repaint their own homes
- Self-help project: Establishment of a Tool Library in Wardell for use by flood affected people.

Testimonials

Lennox Head Lions is a small Club with 30 members. All members have been involved in some way in achieving so much for our local area, but it must be noted that a small subcommittee was responsible for guiding and implementing these efforts.

‘The formation of the subcommittee hastened the planning and delivery of support. It has been gratifying for us as a group to work with the Hubs in each community to deliver the necessary projects’, said Janelle Gaggin, President

People throughout the local area are extremely appreciative of everything achieved so far.

It all started with a phone call, but through the consistent efforts of Lennox Head Lions with the support of the Lennox Head and wider community, so much has been achieved.

Coordinator of the Lions Flood subcommittee, Terry Hodgetts, said, ‘I know I speak on behalf of Lennox Lions in wanting to thank all residents and businesses in Lennox Head and Ballina for their amazing support of our Club in these projects.’

Lions have been passionate about ensuring every cent donated reached those who needed it most. With over one 1000 people still displaced there remains a lot to do and Lennox Head Lions are sure to be there to lend a helping hand where they can.

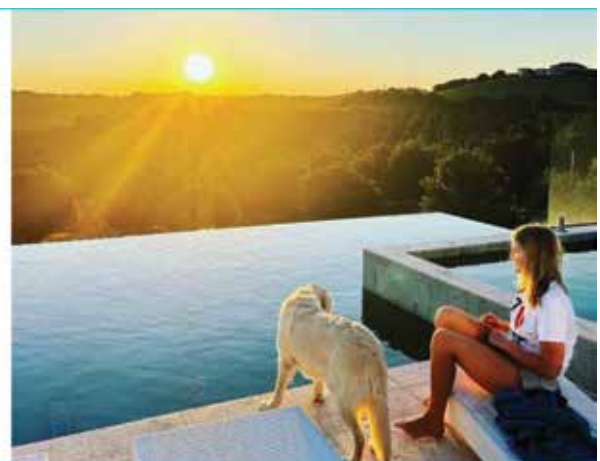
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Joel Taylor

by Natalie Grono



Growing up a block from Seven Mile Beach, surfing and the water consumed Joel's world. An avid bodyboarder, he turned professional at age 17. He had the world before him until a life-changing accident at Hawaii's Banzai Pipeline in 2001 confined him to a wheelchair. Joel swore he would never enter the ocean again, but after a 22-year break, he made a remarkable comeback to the competition circuit by winning the 2023 Australian Para Surfing titles.

Joel explained, 'The accident at Pipeline in Hawaii, when I was just 21, ended my past life and left me paralysed from the waist down with a spinal cord injury. Resigned to the fact that I would never surf again, I didn't so much as touch the ocean for 20 years until I discovered para surfing in 2022.'

'I wanted to give my two sons the same lifestyle I had growing up, and the only way to do that was to take myself out of my comfort zone and get back in the water. I'm stoked I did.'

Sharing fond memories of growing up in Lennox during the 80s and 90s, Joel remarked, 'It's still the best. There's nowhere else like it and is still the most beautiful place on the planet but Lennox was even better back then. We were so lucky to grow up where and when we did; I wouldn't change my childhood even if I could.'

'On the weekends and during the school holidays, like most kids in Lennox, I'd leave home in the dark each morning for an early and wouldn't get home until dinner time. With no worries and no one telling us what to do, we'd run amok and surf all day and do it again the next. It was the best.'

It is these enjoyable memories that helped Joel return to the water. 'It felt natural to be back surfing. I felt the energy of the waves again, and you don't feel that on land. I realised my love of the ocean, surfing and competing never left me.'

Joel said he started training again and was grateful for the support of fellow athletes.

'Everyone has your back, and it is a great community. Winning the title was one of the best days of my life. As a 12-year-old bodyboarder, I first competed at the Australian Championships at Ballina in 1993. To win my first National Title as a para surfer 30 years later was a dream come true,' he said.

Joel has been selected to represent Australia at the ISA World Championships at Huntington Beach, California, this November. Para surfing is not yet included in the Paralympics so funding is very limited.

'I hope to raise enough funds to take my wife and two sons, aged four and one.'

'I have not flown internationally since I was medevaced from Hawaii back to Australia soon after my injury. I think you'd agree that travelling to the USA, on my first trip overseas in 22 years, alone, in a wheelchair carrying my surfboards, equipment and luggage, would not only be daunting but pretty much impossible as well.'

'Having them there for support would be the icing on the cake,' he said.

Philosophical about life, Joel believes, 'You have one life, one shot; give it all you've got. There's no second chance, so make the most of every moment and live every day like it's your last.'

A fundraiser has been created to help Joel and his family travel to the World Championships.

Visit: gofundme.com/f/help-get-para-surfer-joel-taylor-to-world-champs

Follow Joel on Instagram @joelfkntaylor



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The Uluru Statement from the Heart



On Saturday, 14 October, Australians will have their say in a referendum about whether to change the Constitution to recognise the First Peoples of Australia by establishing a body called the Aboriginal and Torres Strait Islander Voice. Voters will be asked to vote yes or no on the single question; 'A Proposed Law: to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice. Do you approve this proposed alteration?'

The Voice is one of three things asked for in the Uluru Statement from the Heart. The Uluru Statement from the Heart (the Statement) is an invitation from a group of First Nations people to non-Indigenous Australians. Shared in 2017, the Statement calls for substantive reform to help realise Indigenous rights, through the establishment of an Indigenous Voice to Parliament and a Makarrata Commission. 'Makarrata' is a multi-layered word understood as the coming together after a struggle.

The three key pillars of substantive reform called for in the Statement are:

- Voice – a constitutionally enshrined representative mechanism to provide expert advice to Parliament about laws and policies that affect Aboriginal and Torres Strait Islander peoples.
- Treaty – a process of agreement-making between governments and First Nations peoples acknowledging the historical and contemporary cultural rights and interests of First Peoples by formally recognising sovereignty, and that land was never ceded.
- Truth – a comprehensive process to expose the full extent of injustices experienced by Aboriginal and Torres Strait Islander peoples, to enable shared understanding of Australia's colonial history and its contemporary impacts.

The Uluru Statement comes after decades of research, reports and calls for genuine substantive reform to recognise and protect the rights of Aboriginal and Torres Strait Islander peoples as the First Peoples of these lands and waters.

The Statement

'We, gathered at the 2017 National Constitutional Convention, coming from all points of the southern sky, make this statement from the heart:

Our Aboriginal and Torres Strait Islander tribes were the first sovereign Nations of the Australian continent and its adjacent islands, and possessed it under our own laws and customs. This our ancestors did, according to the reckoning of our culture, from the Creation, according to the common law from 'time immemorial', and according to science more than 60,000 years ago.

This sovereignty is a spiritual notion: the ancestral tie between the land, or 'mother nature', and the Aboriginal and Torres Strait Islander peoples who were born therefrom, remain attached thereto, and must one day return thither to be united with our ancestors. This link is the basis of the ownership of the soil, or better, of sovereignty. It has never been ceded or extinguished, and co-exists with the sovereignty of the Crown.

How could it be otherwise? That peoples possessed a land for sixty millennia and this sacred link disappears from world history in merely the last two hundred years?

With substantive constitutional change and structural reform, we believe this ancient sovereignty can shine through as a fuller expression of Australia's nationhood.

Proportionally, we are the most incarcerated people on the planet. We are not an innately criminal people. Our children are alienated from their families at unprecedented rates. This cannot be because we have no love for them. And our youth languish in detention in obscene numbers. They should be our hope for the future.

These dimensions of our crisis tell plainly the structural nature of our problem. This is the torment of our powerlessness.

We seek constitutional reforms to empower our people and take a rightful place in our own country. When we have power over our destiny our children will flourish. They will walk in two worlds and their culture will be a gift to their country.

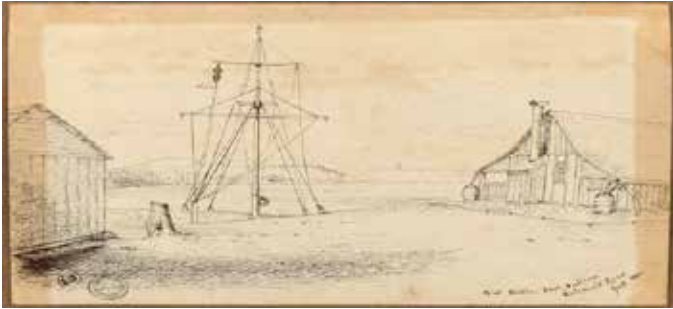
We call for the establishment of a First Nations Voice enshrined in the Constitution.

Makarrata is the culmination of our agenda: the coming together after a struggle. It captures our aspirations for a fair and truthful relationship with the people of Australia and a better future for our children based on justice and self-determination. We seek a Makarrata Commission to supervise a process of agreement-making between governments and First Nations and truth-telling about our history. We invite you to walk with us in a movement of the Australian people for a better future.'



Pioneer profile: Anne McKenzie Eyles

by Narissa Phelps



Pictured: East Ballina 1860, showing an early house on the Richmond River. Photo: SLNSW (Mitchell)

Irishwoman Anne McKenzie arrived in the colony as a 20-year-old free-woman in 1840. She married Joseph Eyles in 1841 before moving to the Clarence and soon after to the Richmond River. The couple were amongst the first European settlers in the district. Anne would have initially lived in a rough humpie or hut in the North Creek and Prospect area, for it was here that the first cedar was cut and rafted down-river to the sawpits where East Ballina is today.

Anne's life would have been characterised by a degree of simplicity, mobility and flexibility during the 40s but, by 1850, her life changed significantly. When settlement at Ballina began, Joseph and Anne opened a store and, soon afterwards, built Ballina's first hotel, an impressive two-storey building called the Sawyers' Arms, facing the river-front. It was here that the couple lived and worked. It was noted that rum was the number one, and probably only drink served. In the same year Anne gave birth to their daughter who they called Josephine. In tribute to her, the couple's cedar-vessel was named the *Josephine*. This schooner quickly gained the reputation as being the fastest boat on the Ballina to Melbourne run, with a six-week round-trip run-time.

Throughout the 1850s, Anne would have been kept busy with the running of her small family as well as the hotel. It is believed that, in 1859 Anne fell pregnant again, a happy event that turned to tragedy. In December 1859, aged just 40, Anne died, possibly in child-birth. The child, named in family records as Anne, died soon after. Anne's life typified the hardship and challenges women faced as pioneers in the fledgling Richmond region.

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Legends of Lennox: Baxter Williams

by Robyn Hargrave



Between 1969 and 2017 Betty and Baxter Williams occupied 10 Rutherford Street. Following Baxter's death, Betty remained until 2022 then relocated to a care facility.

Edgar Baxter Williams, born at Nimbin Hospital on 14 January 1925, lived on the family dairy farm, *Myemoh*, 'one mile from Nimbin town'. Transport was horse and cart or sulky, with no wireless or electricity and lighting by candles or kerosene lanterns.¹

Schooling was at Nimbin Public then Lismore High. Leaving in 1941, Baxter travelled to Sydney where, because of World War II labour shortages, he readily obtained work in an ice making factory.²

His brothers, Ray and Jack, had been



taken Prisoners of War by Japanese, so Baxter joined the Navy in October 1942, intent on locating and rescuing them. Sadly, both brothers died whilst PoWs.

Baxter's Naval service saw him train as a Visual Signaller, deployed on six ships at home and abroad and being awarded five medals in recognition.

After discharge in May 1946, Baxter worked as a watchmaker in Sydney before returning to Nimbin. With no experience in the role, he became a carpet salesperson then layer, at Carl Small's and later Norman Ross (now Harvey Norman), Lismore until retirement in 1982 when he and Betty relocated permanently to Rutherford Street.³



Prominent and active in the local community including Ballina Maritime Museum (foundation member⁴); Anglican Church; Bowling Club; Residents' Association; Masonic Lodge; Naval Association and RSL Sub-Branch, he still entertained tour groups at the Museum after age 90.

Baxter passed away on 25 November 2017.⁵

Sources: ^{1,2}Williams B, 'The Wartime Memories of E.B. Williams' p1, c2010; ³Wells P, Testimonial, Baxter's 90th, 2015; ⁴*Ballina Shire Advocate*, p2 20.04.2016; ⁵Wells C & P, Interview with R Hargrave, 23.06.2023.

Photos: 1. 1947 (Baxter centre) 2. 2010 and 3. C2015, donated by P Wells.

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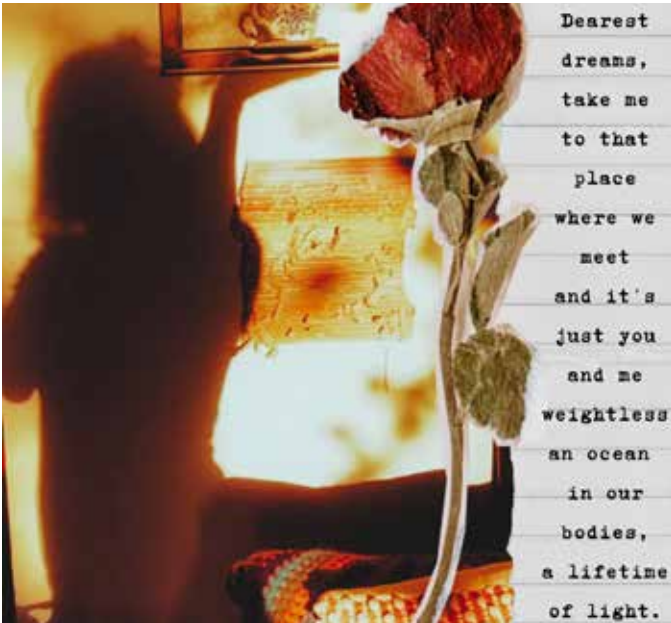
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Invitation to write a love note

by Katie Alice Brown



I am a local information detective, storyteller, poetry trader and an all timelines creator and I am currently working towards a group exhibition, to be held the end of this month, where I will be presenting my poems.

It's a big vulnerable step for me and instead of asking myself, 'who am I to do this?' A friend suggested, 'who are you not to?' Poetry is a portal for me to express myself, responding to the inner and outer worlds I inhabit and a way to make connections with others.

As part of this process I am collecting anonymous poems and love notes. My prompt for you is who, what or where would you write a poem or love note for? Perhaps there's something you've always wanted to say but can't. Now's your chance.

I want to thank you for being bold, brave and open hearted to share your love note with me. Please know it is in safe hands and the world is a better place with you in it.

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Contemporary Art Market



Pictured: Field data water notes by Annique Goldenberg.

The Ballina Contemporary Art Market is a one-day, fun-filled arts and cultural event taking place on Saturday 14 October from 10am-7pm at the Northern Rivers Community Gallery (NRCG) & Ignite Studios creative precinct, showcasing the creative talent of the region.

Free to attend, the event will feature over 50 arts and crafts stalls located within the Gallery, Ignite Studios, and surrounding gardens, selling a range of artworks, products, and wares by artists and artisans from across the Northern Rivers.

Throughout the day, an exciting program of free creative workshops will be available for market goers – weaving with Jugan Dandii, collage workshops with Claudie Frock and playing with clay sessions facilitated by local ceramicists.

Local visual artist Kate Stroud has developed a range of installations, including a skill testing machine, a cloud corridor and a series of augmented reality portraits for market attendees to engage with and discover.

BCAM will also feature live music, food trucks, and roving performances. Workshops by internationally acclaimed immersive theatre company, Erth Visual & Physical Inc will be held. They are renowned for their innovative, community driven productions as seen at festivals and events across the country including Sydney Festival, the Sydney Opera House, Vivid Sydney as well as multiple international tours. Come and meet their incredible creatures.

The event will close with a twilight laneway party from 5pm, featuring local 6-piece Byron favourite the Versace Boys.

What's on at NRCG

Exhibition: *Living Water Visits (streams of reconnection)* by Annique Goldenberg and will run until 13 October at the Northern Rivers Community Gallery, Ballina.

Through 2023, participants will be invited to bring their imaginations on one-on-one walks with the artist to a local water source of their choice. As citizen artists they will gather field data, share water stories, and pause to reflect on our interconnected relationships within this unique environment. This exhibition will be an interpretation of the moments and responses to emerge from those living water visits, embodied as memories of awareness, wonder, and care.

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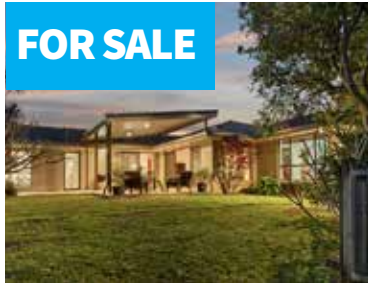
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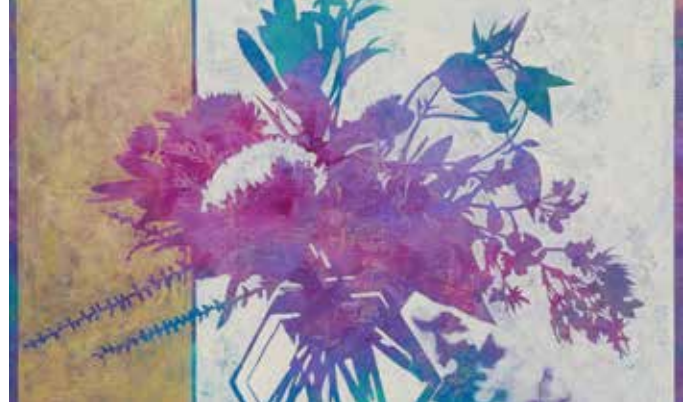
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Lennox Arts Collective



This October Lennox Arts Collective will host *Home*, an exhibition by four local artists, Caroline McKay, Karyn Fendley, John Walters and Kay Knights, who share their diverse interpretations of the concept of home. They remind us that a home isn't necessarily about bricks and mortar, it is also a sense of belonging, a connection to land or to the people around us.

Caroline McKay creates unique artworks using elements of etching, drawing and painting that celebrate the small things of daily life. Her detailed artworks remind us to live in the moment and to look closer at our everyday surroundings. Her recent artworks are inspired by the creatures that call the shoreline and coastal forests home.

Landscape artist Karyn Fendley's fascination with silhouettes and shadows continues indoors with a series of still life paintings inspired by scenes observed in her home. Silhouettes of flowers and foliage contrast with the simple geometric shapes of vases, tabletops and bright windows in these paintings that reflect on the passage of time.

Kay Knights' landscape abstracts are influenced by the beaches of her home town, Lennox Head. The patterns found on the beach, the trees, the seaweed, beach foam and the mysterious patterns in the sand all strongly influence her artwork painted in a mix of media including oils, acrylics and watercolours.

Three-dimensional artist John Walters relies on everyday items such as wire and garden fibres to create his art pieces. His interest is in not only growing the fibres but also harvesting and processing them, giving him an art practice, which is sustainable and environmentally friendly. Using these materials, he creates recognisable objects which frequent his home and environments.

Caroline McKay, Karyn Fendley, Kay Knights and John Walters are excited to be showing *Home* this month. The exhibition opens on Friday 13 October and continues until Thursday 26 of October at the Lennox Arts Collective gallery, 2/72 Ballina Street Lennox Head.

Pictured: artwork by L to R: Kay Knight, Karyn Fendley, John Walters and Carolyn McKay.





On Menopause

by John Peacock

I was faced the other day with doing some actual research. It was for a speech I'm preparing about a Mid Life Career change and whether that constitutes a mid life crisis. Inconclusive is the best I could offer after several Google searches. It's been some time since I researched anything that wasn't a social media retort.

Turns out though, that it's a common phenomena and becoming more and more popular; teachers becoming wine makers, lawyers buying farms, carpet cleaners becoming stand up comics. It's a whole thing.

Something surprised me though. Do you have any idea what happens when you Google mid-life career change? A sponsored ad pops up from the Australian Defense Force. Now either Google thinks far too much about how long I'm going to live and where my mid life point would be or and I can't help thinking the ADF must be a bit desperate.

It's been a long time since I had to look for a job thankfully but the thought of it would be too much for me. Mid life career change maybe not. Joining the Army in your 50s this is probably where the crisis of mid life comes into play.

The younger generation, the millennials they get a tough time. We call them the TikTok generation. I thought that was a breath mint. Surely there's more hope in teaching the TikTok generation to defend the country than a bunch of old blokes in their 50s who can't be bothered? Our best days are behind us, we're happy enough to tell you all about them, but the time for re-enactments has long since passed. The older we get the better we were.

The kids are where it's at. Do what you need to do, tell them it's all about them, give them a house or something. Don't let my generation be responsible for anything, least of all protecting the rest of the country. Old white men have played a major role in shaping the country which is exactly why we need to stop. Let's leave the military careers for those who are interested. Because if there's one group less interested than the millennials, it's the aging Gen X'er.

If someone decides to invade on a Friday afternoon, we won't be there. We'll be in the pub, ordering our fifth beer, trying to forget the fact that we just joined the Army and no one gave us a gun to play with.





Ocean rhythms

by Steve Shearer



After a relatively quiet winter, marked as most El Nino winters are by sunshine and small S swells, we've had a reasonable start to spring. The major factor affecting surf quality has been the incredible sand build-ups at various beaches and Points. Lennox Point has had a low tide beach for weeks, with the sand only now slowly migrating towards the intertidal reef that circumscribes the Bream Hole and Boat Channel. A mix

of small E'ly swells and some longer period S swells have seen that shallow Point bank really fire up through the semi-final season. Winds have been generally light with northerly episodes relatively weak and short-lived. A longer duration spell of nor-easters is on the horizon at time of writing.

Also on the horizon is a juicier swell from the east as a tropical depression drifts down from the South Pacific and charges up a tradewind band.

It goes to show that even with El Nino looming there may be sufficient energy leftover in the West Pacific from three years of La Nina to fire up the easterly swell machine - lets keep fingers crossed. The last strong El Nino winter we had, 2015, transitioned seamlessly into an epic summer with all the El Nino sand banks still present.

Typical spring fishing conditions have been on hand. September is the prime month for flathead as they move to the lower reaches of the river and creeks to spawn. They are pretty unfussy fish, any soft plastic or small fish or prawn/yabby bait will do the trick. The trick is finding the fish, so moving around is key. The bottom third of the tide makes that task easier. Bait balls have still been around on the beaches and rocks with the odd tailor in amongst them, although it has been a slow season for them on the whole. Snapper have also been thin on the inshore reefs but we may see a late season if water tends more green after the cuttlefish spawn. All in all, not a bad start to spring. Until next month, tight lines and tubular visions.



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Nestled amongst ancient fig trees and swaying palms, in the hidden sanctuary of Ewingsdale, lies "Terra Rossa".

'Terra Rossa' (Red Earth) is set in a rural landscape with deep red volcanic soil, and enjoys space and privacy, bordering expansive fields and farmland, without the isolation of country living. Simplicity is key here and Terra Rossa takes advantage of this with its meandering creek and many fruit & nut trees, and yet only minutes from the famous and beautiful beaches of Byron Bay.

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Cars of Lennox

by Shan Railton



Make / Model – 1986 Porsche 944
Owner - Dion

Being an 80s' child these cars were icons. I fondly remember the day my dad and I dressed up in our best and took a drive to the Porsche dealership in Sydney. Dad sweet talked the guy into letting us test drive a brand new 944 Turbo. That thing moved along the expressway! We took it back after 20 minutes or so, we'd had our fun.

LW – These were a classic, I haven't seen one for at least a decade.

Dion – Not many around that's for sure. Most owners are hiding them in garages as they are going up in value.

LW – Is yours going to be hidden away or you driving it?

Dion – Well, this one is a bit different. It's being prepared as a race car, it can't be registered.

LW – There's a story, why's that?

Dion – It's an overseas private import. The previous owner brought it to Australia with the intention to register it but it failed the compliance so can't be registered. They gave up on it and sold it at auction. The fact that it couldn't be registered scared everyone off so I got it for a bargain. I used to race go karts so this is me going to the next level.

LW – Brilliant. So where will you race?

Dion – I have a friend who has garages at Queensland Raceway so it will live there mostly. I need to get the fit out done first. Strip out the interior, add roll cages etc. I'm doing all that at home here at Lennox.

LW – Nice one. Sounds like a very different style of project, how soon until you are racing?

Dion – No timeline. Hopefully next year but we'll see.

LW – It's a shame we won't see you cruising the streets of Lennox but we hope you have a ball on the track. We'd love to see some action shots once you are up and racing.

Dion – No worries, I'll send you some for sure.

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Event to ignite regeneration



This November, Farmer's Footprint Australia is bringing an incredible lineup of speakers to Byron Bays Green Room in an Australian-first event to ignite a path towards Australia's regeneration.

Hosted by Anthony James of The RegenNarration podcast, Zach Bush and Charles Eisenstein (live stream) will be joined by Australian thought-leaders and visionaries to explore the dynamic interplay between health, food, and culture, weaving a rich tapestry of knowledge and wisdom that promises to ignite a collective spark within us all.

Lineup Includes

- Key note from Zach Bush MD and live address from Charles Eisenstein (video)
- nine speakers featured across 3 panel discussions
- live music performance by Kyle Lionheart
- meditation by Jarmbi
- movement by Waangenga Blanco.

Farmer's Footprint is a national not-for-profit organisation giving voice to Australia's regenerative food story with the ethos that regenerative farming techniques provide a range of benefits to farmers, the land and our overall wellbeing.

Visit: regennarration.com/events/reconnect-2023

lennox VILLAGEvision

PROJECT DELIVERY





Lennox Park
concept plan

Lennox Park upgrade

The next stage of the Lennox Village Vision project is Lennox Park.

The major park upgrade includes:

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- **beach platform and leaning rail (to match Ross Park)**
- **accessible pathways and beach shower**
- **seating and picnic tables**
- **landscaped coastal gardens.**

Once complete, this stage will enhance Lennox Head's green space and provide better shade and recreation for our community.



view our vision at
[ballina.nsw.gov.au/
LennoxVillageVision](https://ballina.nsw.gov.au/LennoxVillageVision)







Sideman spectacular



Mark the date, Friday 10 November. Shire supergroup The Sidemen come together again for one night only at the Lennox Head Cultural Centre. Newrybar man-about-town and Frontman, Steve Banks, can't wait to show off the band.

Ace sidemen over the years to stars of international fame, the guys are also local residents - Steve's pick of the rock'n'roll talent that teems in this corner of the state.

'It's easier to ask who they haven't played with,' says Steve. 'I like to ask people what the John Butler Trio, The Black Sorrows, Jo Jo Zep and JJ Cale, Procol Harum, Max Merritt,

10CC and Sir Cliff Richard have in common - just for the pleasure of the punchline, 'Our guys have played with all of them, and more.'

The show's about bringing these lifelong sidemen out front. A ticket gets you two blazing sets of their own chosen favourites - and a quick spotlight chat with each of the guys, including Chloe and Vanessa, the backup vocalists. Some of them are shy but Steve's a rockin' raconteur and knows just how to share their stories with an audience.

He's also a worried man, anxious to keep live music (and musicians!) alive in these days of online 'pocket' entertainment. 'Recent trends,' he says, 'have seen performance fees at many venues driven down to the point where it simply isn't a viable option for musos anymore.'

Steve's local Sidemen operation aims to tourniquet the trend, taking on venue and promotional fees up front in order to provide a more fitting fee to the artists.

'Ticket sales are vital to us,' says Banks. 'The Cultural Centre in Lennox encourages acts with a true local flavour to bring their shows here and we're happy to oblige. Come join us on Friday the 10th and bring your friends - you won't be disappointed.' Tickets: bit.ly/47KvktV



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Oceanic dreams on the silver screen



The Byron Bay International Film Festival is returning to Lennox Head Cultural Centre this month with an expanded season made possible through the support of Ballina Shire Council.

Responding to the enthusiastic reception by Lennox audiences given to local screenings in recent years, BBFF2023 will be offering a selection of great family-friendly films over both Sundays of the Festival.

Among them is *Ground Swell: The Other Side of Fear*, which asks why some surfers risk their lives to ride the mountain-sized waves such as those found at Nazare in Portugal, Jaws and Pipeline in Hawaii, and Mavericks in Northern California. The answer, it seems, is to overcome fear.

Narrated and executive produced by Academy Award-nominated actor Josh Brolin and directed by Emmy-winner Paul Taublieb, *Ground Swell* takes an in-depth look at the 2021-22 big wave season through the eyes of surf legends Nic Von Rupp, Kai Lenny, Matt Bromley, Torrey Meister, and Bianca Valenti, along with a special appearance by Vini dos Santos.

Meanwhile, Lennox artist Angus McDonald's documentary *Freedom Is Beautiful* will screen at Palace Cinemas in Byron Bay.

BBFF's Lennox Sunday Sessions will run on the 22nd and 29th of October with family passes and multi-session ticket packs will be available.

The 17th Byron Bay International Film Festival runs from 20-29 October at venues across the Northern Rivers. For the full line-up of films screening at Lennox Head and elsewhere. Visit bbff.com.au

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Divinyl album review

by Tom Wolff



Artist: The Teskey Brothers
Album: *Run Home Slow* (2019)

When I was given the difficult task of picking an album to play for Lennox Arts Board's September edition of Divinyl I wasn't sure where to look. Should I pick something from childhood nostalgia like the long car trips to Sydney with Van Morrison or Crowded House playing on CD? Maybe a record like Fat Freddy's Drop's *Based on a true Story* which was on high rotation in our Sydney sharehouse or Bonobo's *Black Sands* which reminds me of my early 20s when I went to gigs nearly every weekend.

In the end I opted for something more recent in *Run Home Slow* by The Teskey Brothers. The truth is that while it was a long-held desire for me to have a vinyl collection, I only got the chance to start collecting once I finally stopped moving around and came back to Lennox Head more permanently in 2019.

I used to live and work in Tasmania and on one of my annual migrations south from Northern NSW I stayed with my friend



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Nic in a place called Warrandyte in the very northern suburbs of Melbourne. He lived in a yurt at the bottom of a property that was a stone's throw from the Yarra River. From memory I stayed on the floor in their place there a few times for two or three nights.

Two brothers named Josh and Sam, who had bought their childhood home from their parents, spent a lot of time playing music and recording songs in the downstairs part of the house. I distinctly remember thinking to myself, 'far out, Josh has a bloody good voice,' more than once. One of the times I passed through Warrandyte, Nic invited me to a local venue to see the band play – even back then I was amazed how good they were – especially as a live band.

Run Home Slow is The Teskey Brothers' second album and probably my favourite of the three. Last year, during the chaotic months that followed the 2022 floods, I reckon I listened to the song *Man of the Universe* on repeat in the car for at least a month as I drove across the region. I don't think my brain could handle anything new and the upbeat nature of that song kept me going when it felt like everything was falling apart around me. *Run Home Slow* is just a great album to put on to make you feel good.

In December I'm heading up to Brisbane to see The Teskey Brothers play once again. But this time they're swapping a tiny venue in the northern suburbs of Melbourne for



an enormous outdoor amphitheatre on the banks of the Brisbane River. We saw Bon Iver play at Riverstage last year and I'm looking forward to seeing The Teskey Brothers take the same stage in a few months' time.

Presented by the Lennox Arts Board and hosted by Lennox Pizza, Divinyl, is a community event that gathers young and old music lovers. Each month, a community member is invited to share one of their favourite albums, which will be spun in full, and explain their connection to it.

The next Divinyl event will be held on Sunday 15 October from 2-4pm and will play an album chosen by Nicci Meredith.

To book a table, visit: lennoxpizza.com



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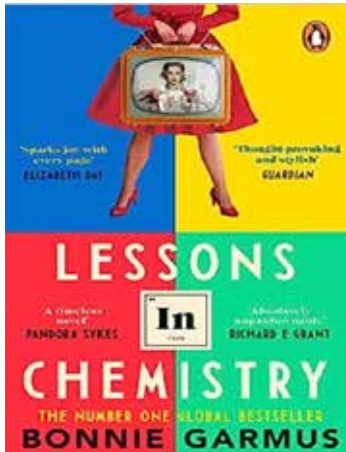


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All things library

by Darci Walker, Lennox Library



Title: *Lessons in Chemistry*

Author: Bonnie Garmus

Reviewer: Darci Walker

Get ready world, Elizabeth Zott is here to take you on.

Having shot to success in 2022 with its wry humour, honest and captivating heroine and emboldening tale, this debut novel is yet to lose its fevered interest. A book club favourite and too sought-after to be shelved, *Lessons in Chemistry* has even made its way around the library workroom. It is then, of course, no surprise to us to hear that it will be adapted to a TV series starring Brie Larson and hitting our screens in October 2023.

If you haven't been pulled into the hype around this novel yet, I hope this review will inspire you.

Chemist Elizabeth Zott has always wanted to be a scientist. But it's the early 1960s and her all-male team at Hastings Research Institute make that dream all but impossible.

Except for one – Calvin Evans. The chemistry between Calvin and Elizabeth is palpable with each supporting each other's successes and discovering love for the first time. But sometimes life is unpredictable. Which is why a few years later Elizabeth finds herself not only a single mother, but the reluctant star of America's most beloved cooking show *Supper at Six*. Mixing her love of cooking with her knowledge of chemistry, Elizabeth captivates her audience of housewives, not only entertaining them and teaching them how to cook but challenging them to break the expectations of society.

Albeit Elizabeth Zott may take some time to love in this story. But her cast of supporting, although unusual characters, do not, especially the observant, and considerably intelligent, dog Six-Thirty - a common narrator providing an unexpected by appreciated insight into Elizabeth's life.

You can borrow this title from the Lennox Head Library in print, large print, e-book or as an e-audiobook. To learn more about free membership and how you too can borrow from our collection, please phone Lennox Head Library on Ph: 6687 6398, or browse our website at rtrl.nsw.gov.au.

What's on in the Library this October?

Are you a crafter, knitter or crocheter? Or are you looking to learn or share your skill? Come along on Thursdays at 2pm and sit in with our Makerspace Textile Group. Filled with like-minded people of all ages and skills, this is a free weekly program.

Bring along your grandparents or grand-friends to Story Time on Thursday 26 October at 10.30am. This special Story Time is dedicated to those who take the role of grandparent in your family as we celebrate their contributions and what they mean to you. Listen to stories, share a song, and get crafty as we finish this session with a picnic morning tea.

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Cape Byron Bush Tucker Tour

by Charla Rallings



Have you ever heard the expression ‘can’t see the forest for the trees’? Well, that’s sometimes what it’s like being a local in the Northern Rivers. As a tourist hot-spot, we often overlook the experiences at our doorstep. They’re not just for the visitors, they’re for us too, and are usually run by the locals we know and love.

I recently had the distinct pleasure of exploring Byron with none other than Delta Kay. A Bundjalung woman from Byron Bay, Delta runs Explore Byron, which is a tour company that educates and shares the amazing history and knowledge of Aboriginal culture of the Arakwal people and the Bundjalung Nation. There are three tour options for Byron Shire and Delta also offers private tours.

The tour: Cape Byron

I arrived early and thankfully secured a park at The Pass (we all know how that can be) and eagerly waited for Delta and the rest of the participants to arrive. Once everyone was accounted for, we made our way down to the sand where Delta welcomed us to Country. We were given a brief history of the Bundjalung Nation, its historic boundaries, and its languages. At the next stop, Delta shared the ancient stories of the landscape, and we were introduced to the sacred animal totems of her people—Wardjum, Kabul, and Miwing—all but one of whom appeared when she spoke of them.

We then visited the Midden, a very sacred site, and learned about its’ ancient and more recent history. After a short stroll, Delta showed us her favourite plants and explained how they have multiple uses as food, medicine, utility, craft, and for ceremonial purposes. After that we were in for a real treat. Beautifully laid out on a table was a selection of handpicked bushfood treats, and what followed was an immersive sensory experience. The seasonally available treats ranged between salty, sweet, and sour – this one was fantastic – and all were delicious with unique flavour profiles. Our noses were not left wanting as Delta passed around the bush herbs and leaves that have been used as medicine, food, and fragrances in soaps, shampoos, and perfumes, long before settlers arrived. The tour ended with a cup of bush tea and a delicious biscuit.

The wrap

The price of the tour is perfectly reasonable considering the care and depth that goes into the experience; essentially you’re gaining expert knowledge. It’s also a great opportunity to get outside, learn something new, and even get some fabulous photos. Delta is a warm and charismatic guide, and her profound knowledge underscored the deep connection between the Arakwal people and the natural world. She is a welcoming, kind, and patient person, taking time and care to answer questions.

Exploring the history and the relationship that the Arakwal peoples have with Country, and the ancient technologies they used, gave me a further appreciation of this wonderful land and the oldest surviving culture in the world.

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Python pilates

by S Web, Landcare



You'll find them sunbaking on paths, beach tracks and sometimes on the roads. With the warmer weather keep an eye out for our pythons, who are well and truly out and about.

Perambulating pythons: Unfortunately roads are where many pythons meet their demise at this time of year. They're particularly slow slitherers so be careful when you're driving; there's a good chance a basking python might be just around the corner or casually making a road crossing.

Paisley pythons: Pythons are beautifully patterned, non-venomous snakes. Their heads are triangular and their colour is highly variable (olive, grey, brown and black) with cream and gold markings. Patterning may be diamond-shaped or more intricate.

Resident pythons: Around this area the coastal carpet python and the diamond python are our local residents. They can live for 20 years and grow to four metres long.



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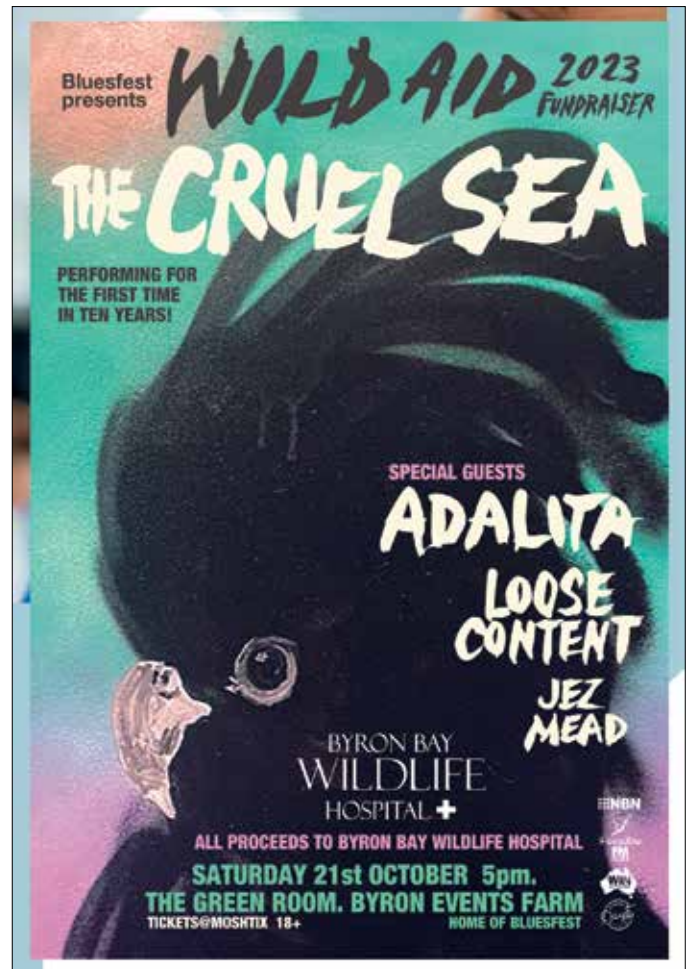
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Python Pilates: Pythons kill their prey by constriction and suffocation then eat it head-first. They can separate the two halves of their lower jaw allowing them to stretch their mouths very wide. This, along with extremely stretchy skin helps snakes swallow prey up to four times larger than their normal mouth size. That's a big gob-full of tucker.

Back-pointing teeth on each side of the jaw alternately grip and release prey, promoting movement into the python's body. Saliva acts to lubricate and the ribs of pythons aren't attached to the sternum permitting even greater flexibility.

Food for pythons: Pythons have a ssssixth ssssense for finding food and it lies along their lips. Heat-sensitive pits allow pythons to detect tiny differences in temperature, aiding their nocturnal hunting of warm-blooded animals like mice and rats. They also eat lizards and smaller snakes.

Snakes and ladders: Pythons sometimes enter houses and occasionally you might hear one slithering about in your ceiling, but don't be worried, they're doing you a favour. They usually only enter when there's a mouse or rat infestation and they generally leave when they've cleaned out the place. They are protected and a licence is required to keep them, so leave them alone and they'll do the same.

Monty python: In spring sometimes snakes can be seen coiled and writhing about each other in what most people presume is slinky snake sex. It's actually two males battling for dominance, mating is apparently a more sedate affair.

Python poo - an end-note: How does a python poo? In pellets.

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

Landcare Dates for October, 8 am till 10am

Wed 4th: Lower Lennox Point – Surfer's car park

Wed 11h: Boulder Beach – Coast Rd car park

Sun 15th: Boulder Beach – Coast Rd car park

Wed 18th: Lower Lennox Point – Surfer's car park

Wed 25th: Boulder Beach – Coast Rd car park

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

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

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Ways to save water around the home



- Only water should go down the drain. Never pour used cooking oils and fats down the drain. Pour used cooking oils and fats into an empty container and dispose of them into the garbage bin.

In the laundry

- When purchasing a washing machine buy a front loading washing machine as they are more water and detergent efficient than top loading models.
- Wash with a full load.
- Use 'no phosphorus' or 'low phosphorus' products (labelled 'NP' or 'P') which help reduce the risk of bluegreen algae in our waterways.

In the garden

- Regularly check taps and pipes for leaks.
- Use a broom to clean paths rather than a hose. Ten minutes spent hosing driveways and paths uses around 200 litres of water.
- When washing the car, it's better to use a bucket and sponge. A trigger operated nozzle hose can be used for a quick final rinse.
- Maintaining lawn areas around 5cm high.
- Drought-proof your plants by planting only natives and encouraging them to develop.
- Water in the cooler parts of the day.
- A layer of mulch on garden beds will prevent water evaporation by up to 75%.
- Pool covers reduce evaporation and the frequency with which a pool needs to be topped-up.
- Use less fertilisers and pesticides on lawns and gardens. Over fertilising does not benefit plants.

In the bathroom

- Take three minute showers and install a AAA rated shower head that can save up to 16 litres of water per minute.
- Use the half flush button on your toilet that saves up to six litres of water per flush.
- Turn the tap off while brushing your teeth or shaving. This can save five litres of water.
- Install tap flow aerators and regulators on taps used for washing hands or brushing teeth. Aerators are an inexpensive way to use less water as they work by reducing the flow rate.
- Check toilets for hidden leaks by placing a few drops of food colouring in the tank. Wait 15 minutes. If the colour appears in the bowl, you have a leak that needs to be repaired.

In the kitchen

- When peeling or cleaning vegetables, rinse them in a plugged sink.

Carers Change Lives

There are many children in our region living in crisis and in need of stable out-of-home care, from people just like you.

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Repair and reuse

by Jeanie McKillop, NE Waste



October is Buy Nothing New month and we celebrate International Repair Day on the 21st, which highlights the value of repair and promotes global community efforts to fix the stuff we own, rather than constantly buying new things. So, it's a great time to focus on what we can do locally to support these initiatives. North East Waste has a couple of great activities this month promoting sustainability for residents and businesses. On 21 October we launch our very

own Northern Rivers Reuse and Repair Trail – a new online directory to highlight business and groups that provide a repair, reuse, or restore service for household goods and materials. The directory will be easily accessible, giving you options of where you can go to get something fixed, or to pick up something second-hand, and will have an online regional map promoting the reuse and repair businesses. To register your business: reusetrail.com.au

We are also running Second Hand Saturday – the region's biggest garage sale. Selling pre-loved goods and buying second hand is a great way to keep items circulating within our community, especially when many of us are looking at options to reduce the cost of living. Residents who register for Second Hand Saturday will once again have the option of holding their own garage sale, or a coordinated sale with family and friends. We encourage people to join forces with their local community to attract more attention - get your neighbours involved and hold a street sale, run a fundraiser, or collate your efforts at your local club, school or church.

This year all registered garage sale addresses will appear in local newspapers, with full details listed on the Second Hand Saturday website. All you need to do is register online at: secondhandsaturday.com.au before 25 October to ensure your listing will be printed in your local media. Alternatively, as listings go live after the registration process is complete, you can still register up until 3 November, for a free on-line listing.



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Spring wellness

by Jo Heath



Welcome to the new *Lennox Wave Wellbeing Column*. My name is Joanne Heath, and each month I'll be sharing content to educate, inspire and motivate you on your wellness journey.

I'm passionate about the topic of wellbeing because I know from personal experience how important our health is – basically without it, nothing else in life works. Quality sleep, routine, exercise, relaxing activities, nutrition, social connection and meaningful activity is the foundation of wellbeing. By nature of living in Lennox we have a healthier lifestyle than someone navigating daily life in New Delhi or New York, but like the majority of people on Planet Earth, these days we're required to process more information, live at a frenetic pace and adapt faster than ever before. Add to this the curveballs that life sometimes throws our way and it's never been more important for us as individuals and as a community to invest in our wellbeing.

Strongly linked to happiness and life satisfaction, wellbeing describes how we feel about ourselves and our life. Mother

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Nature is the greatest healer, food the best medicine and meditation is becoming not only a nice thing to do but, a need to do in the modern world we inhabit. I've learnt that happiness lies in the simplest things, cultivating a deep connection to nature and being more aware of what we think are insignificant choices at the time, but add up to become our life circumstance and general state of wellbeing.

October is the perfect time to spring clean our houses and lives. Make a point this month to consider what no longer serves your highest good, and with the weather warming up, it's also the perfect time to get outdoors more to appreciate this incredible place we call home. A walk after dinner gazing at the stars instead of watching TV, getting up earlier some days to witness a master piece in motion amongst the clouds, or taking a dip in the ocean (no matter how cold it is) are a few simple but powerful ways to improve your wellbeing, be more present and feel the joy that being truly connected to nature brings.

Tips for Better Sleep

- Avoid exposure to bright lights and electronic devices in the evening hours.
- Switch off the WiFil before bed.

- Limit alcohol intake, or choose zero/lower alcohol options.
- Avoid caffeine after midday.
- Have a light meal in the evening and eat two hours before bed.
- Include physical activity in your daily routine, preferably in the morning.
- Manage worries through journaling, or talking with friends/family.
- Develop a relaxing evening routine such as gentle stretching, deep breathing, meditation and/or a warm bath to wind down.
- And remember, every minute of sleep before midnight is gold.

Have a beautiful October and feel free to share your experiences with us. We'd love to know how you're doing

*A wellbeing expert and educator with more than 20 years' international experience, Jo has worked at some of the world's leading health retreats. Jo is the creator of The Liberated Mind Method™, runs retreats and workshops and available for keynote speaking engagements.
@joannepheath / joannepheath@gmail.com*

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Lennox is back for business

by Barefruit Marketing

When you talk about the difficulties businesses face, the Lennox business community has had more than their fair share. More than one COVID lockdown, having to 'pivot' their service offerings, more than one regional flood event, rallying together to feed, house, clothe and assist displaced families, and turn local facilities into evacuation centres and volunteer hubs. As if that wasn't enough, there's the relentless and extensive roadworks that continued, for what feels like years, not months. Construction noise, lack of parking, closed roads and footpaths have all had an impact on Lennox businesses. Unless you enjoy parking 25 minutes away or the soothing sounds of a jackhammer whilst having a massage or drinking your daily brew, most of us have found it difficult to enjoy our beloved town.

Come and see us

Our newly beautified town is now fully open for business. Yep, COVID is a distant memory, it hasn't rained for months and the last steamroller rolled out of Ballina Street a couple of weeks ago. Best of all, the newly paved roads, community

spaces, parks, seating and landscaping look amazing. If you're lucky, you'll even get a park outside your favourite shop. Sure, the last couple of years have been challenging, but now it's time to entice your friends, family, locals and the Northern Rivers community, back to our beautiful town and take full advantage of the busy months that lie ahead.

We need to make up for (quite a bit of) lost time, so look forward, refresh your website, update your database, get busy on your socials and roll up your sleeves, as you prepare to be busy.

Shout it out

Get onto your social channels to encourage customers back into town by offering a locals' discount, or an incentive to do business with you. Old school signage has a place. Get an A-frame out the front or a big poster in your window to remind people you're open for business. Get creative with chalk in your doorway or write on your windows, and if all else fails – make a sandwich board and walk the streets.

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Go direct

When was the last time you sent an email to your customers? Dust off that database, grab your keyboard and get typing - emails are still a very effective, and essentially free, marketing tool. Tell all your customers directly that Lennox Head is well and truly functioning and your doors are wide open. Perhaps mention an early bird Christmas sale, or an in-house event, and give a people a glimpse of what to expect.

Stop, collaborate, and...

Lennox has a close community with so many incredible businesses, so think about teaming up. Develop a joint offer to entice customers, or promote each other's business on your socials, and boost morale and community spirit.

Love Lennox

We are truly lucky to live and work in such a beautiful town, and with such a variety of shops, cafes, bars and services. Get down there and enjoy them, before our secret is out and we can't get a park.

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Lennox Head Public School



Rugby Union

The LHPS boys' rugby union team are heading down to Daceyville in Sydney to play in the Rugby Union NSW PSSA semi (and possibly) final. In the last game, they won by a second, getting a try on full time defeating Aldavilla 31-27. By Tex and Jack

Spelling Bee

At Lennox Head Public School we interviewed Ocean and Xavier on how they went in the Regional Spelling Bee. The boys did the Spelling Bee on a Zoom call. Ocean got in the top 100 spellers in the state and Xavier came 7th out of 32 people in regionals. They both were nervous but did a great job. Well done. By Elsie and Ava

Zone Athletics

The Zone Athletics Carnival was a fun but challenging day for students from all the different schools. One really exciting thing was that everyone who went to the carnival got to see the Penrith Panthers, who were training there as well. Lennox Head Public School went very well in the carnival with lots

of students making it to regionals. Regionals were held on 2 September and 11 of our students made it to the State Carnival - what a fantastic achievement. By Nate

North Coast Athletics

Some students from Lennox Head Public School (including myself) went to compete at North Coast Athletics. It was super fun and Lennox did really well. We now have 11 kids going to Sydney Olympic Park to compete at State. It was a super fun day and many are excited for next year. By Billie

Community library visit

During Week 6, all the kindergarten and Yr1 students from LHPS visited the community library. The Yr1 students said that the amazing librarian taught them about the Lennox Head Community Library and how they can borrow. They also read some excellent and interesting books. The two books they read were about lyrebirds - which can make any sound they hear, like a kookaburra, a plover and even fire trucks. They also read the book titled The Liar Bird, A Bird that Lies. They did an animal scavenger hunt where there are all sorts of animals like frogs, penguins, dogs and more. Lots of students had fun in the community library and we thank the community librarian for making it lots of fun for students. By Leno

JollyBops

As part of our Science program, we had a science show called JollyBops come to teach kids different things about science and engineering. Stage 1 learnt about air pressure and how to project objects with just air itself and they learnt about dry ice and its capabilities. Stage 2 learnt about elephant toothpaste and oxygen. Stage 3 learnt more technical and scientific things like creating explosions with different gasses and materials. After lots of excitement and learning, the JollyBops had to pack up and leave, but we all had an amazing day and gained much from it. By Lewis and Nate





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Cricket visit

On 23 August, two professional cricket players, Curtis Patterson and Blake Macdonald, visited our school to talk and answer questions with all of Stage 2, and the boys and girls cricket teams. Curtis plays for the Sydney Sixers and the NSW cricket squad, and Blake also plays for the NSW cricket squad. After the questions, Blake and Curtis took the boys' and girls' cricket teams to the cricket nets and showed us how they do it. Zara was lucky enough to get a special gift from Curtis. By Tex

Art Show

At LHPS, classes from Kindergarten to Yr6 put hard work into creating a wonderful art piece for their class to show at the Art Exhibition. Every student has put their little bit into the artworks and they were all fantastic. An amazing teacher at our school, Miss Somerville, has put very hard work and effort into organising this amazing event and has also created a wonderful piece with her class. The Art Exhibition was held on 15, 16 and 17 September and was incredible to see all the magnificent artworks that were produced by the students at our school and from the local community. By Molly and Marnee

Fathers Day stall

On 30 August, LHPS held its annual Fathers Day stall. As usual, the event started in the school's COLA. The day was bright, sunny, and absolutely perfect for an event like this. Parents, teachers, and students all helped to make this event a success. There were many stalls set up, each one filled with different products. Some of them offered mugs, some were mystery bags. The P&C did an amazing job running the stalls. They were responsible for selling, packaging, and even handling the money. This event was a great way to allow the students to pick out a special gift of appreciation for their fathers. It was nothing grand or extraordinary, just a simple event to show a token of appreciation. By the end of the day, the children were carrying and hiding their presents for their fathers. It was a great day. By Will

Kindy excursion to Summerland Farm

On 31 August, Kindergarten students went to Summerland Farm for a farm experience excursion. We asked some Kindergarten students how their day was. They said that they had a great time doing lots of exciting activities like petting animals, planting succulents, playing in the water park, and going on a scavenger hunt. They learnt lots of new things and the teachers said that it was an amazing experience for them. They also said that it was the best kindergarten excursion that our school has ever had. By Billie and Isla

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Holy Family Catholic School

By Annette Crawford



Pictured: Sylvie and Crowley resident Naida.

On Tuesday 29 August, classes 3 Blue and 3 Green from Holy Family Catholic Primary School visited Crowley. Our partnership with Crowley began many years ago but was put on hold due to COVID. Thankfully we are now able to

continue our visits and are excited to once again see our friends at Crowley.

For our Holy Family students, these visits provide invaluable lessons that extend far beyond the classroom. Students learn about empathy, compassion, and the importance of respecting and valuing people of all ages. Through conversations and activities, students are building stronger and more interconnected communities and they gain a deeper understanding of history, culture, and life experiences. On this first visit back to Crowley, students had the opportunity to interact with the elderly residents; sharing their learning, playing Bingo and listening to stories. Lots of fun was had and many friends were made.

Here is what some of the students had to say about their experience:

'I love going to Crowley because it makes people happy and I make new friends.' - Sylvie

'I think it was important that we went because it made the elderly people happy.' - Camilla

'I enjoyed it because we got to visit the residents who don't always get visitors,' - Frankie

'I enjoyed playing Bingo at Crowley because we all had fun together.' - Violet

'I think that the Crowley residents would have made some new friends from Holy Family.' - Scarlett



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Jack Russells know how to party

by Melitta Firth



As new owners of a Jack Russell Terrier we have become slightly tragic devotees of the breed.

Last year we held a party for Otto's first birthday and 13 Jack Russells turned up. It was madness in a good way.

Since then we've been inviting Jacks we meet at the dog beach to join the JRT army. This year there were 23 Jack Russells that came along (for his second birthday party).

Sue made delicious nutty tarts for hoomans and Neville brought homemade organic doggies' biscuits for the gang. We even secured our first sponsor, the Lennox Vet who provided extra doggie treats.

It is an important annual event now which happens in August. If you have a JRT and want to come to the next one, check your peemail or look out for the guy in the feathered hat at the dog beach randomly inviting dog owners to Otto's party.

See you next year for Otto's third birthday.



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Pet of the month

Name: Amalfi

Breed: Shetland Sheepdog

Age: 10 years young

Owner's name: Chris and Sonia Bavistock

Favourite food: It's a tie between chicken, bacon, and anything

Favourite thing to do: Chase the seagulls on Seven Mile Beach

What is the best memory involving your pet?

Watching the faces of people light up when they see us drive past with Amalfi hanging out the window. Anyone who loves dogs immediately falls in love with Amalfi when they meet him. He's a very special little guy and is the heartbeat of our home.

If they were not a pet, what would they be?

Ruler of a very silent kingdom (Amalfi barely ever barks)

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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WHAT'S ON OCTOBER

JAM NIGHTS

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Rodenticide poisonings in Pets

by Evan Kosack, Lennox Head Vet Clinic

With the onset of warmer weather, there seems to be more activity in the rodent world, and this is prompting the more frequent use of rodenticides such as Rat-sac and Talon laid as baits for these unwelcome intruders. Unfortunately rodenticides are rather indiscriminate in what they kill, and this means a significant toll on wildlife as well as domestic pets. Dogs by their food-hoovering nature are the most commonly effected, but our feline friends are equally susceptible to poisoning if they set their minds to it.

There are several types of rodenticide, with the main ones being compounds that act as anticoagulants by inhibiting Vitamin-K dependent clotting factors in the blood. Of these compounds there are First Generation Anticoagulants (like Warfarin) which are generally shorter acting and less toxic, and Second Generation Anticoagulants (like Talon and Tomcat) which are more toxic, persist for longer in the liver and require three to four weeks of antidote therapy.

In spite of directions suggesting that baits are not attractive to pets, the pets don't seem to read these and poisonings are very common. Baits are either left where pets can reach them, or they are poorly concealed from curious pets (especially younger ones). Sometimes baits can be hauled out of a hiding place by enthusiastic rodents, or washed out in heavy rain. Once ingested, signs of poisoning usually develop within three to five days. Sometimes a toxic dose is built up by eating several smaller doses over several days. Much less commonly, a pet may be poisoned by eating rodents exposed to the toxin. Treatment for these poisonings revolves around administration of Vitamin K1 for three to four weeks. Regular old K3 tablets are not effective. If ingestion has occurred within a couple of hours, a drug administered to make the patient vomit may minimise, but not eliminate, the ongoing risk. Once symptoms of blood-clotting abnormalities arise things get much more complicated and dangerous.

Symptoms of anticoagulant poisoning include rapid heart rate and pale gums, coughing and difficulty breathing (due to lung bleeding), weakness, subcutaneous bleeding, bleeding from bodily orifices, bleeding into the whites of the eyes,

nasal bleeding, black faeces, stroke, swollen joints, a swollen abdomen (full of blood), abortion, exercise intolerance and lethargy. Once symptoms like this develop the situation is grave and will require intensive therapy for blood loss and shock, possibly including blood transfusions and oxygen therapy. Lactating mothers will likely need to have their young supplemented with K1 as well.

Early treatment, as always, is by far the best option. Even if the patient has no obvious symptoms and oral treatment is continued as an outpatient, antidote therapy should be instituted for several weeks with follow-up blood tests to check clotting factors. If tests are still not normal then a further three weeks treatment may be needed. Discontinuing treatment early, even if there are no symptoms, can be a disaster. To add insult to injury, re-exposure even months to years later, can be a serious problem due to the persistence of second-generation anticoagulants in the liver.

If you suspect your pet may have eaten one of these baits, call the vet immediately as early induction of vomiting can make life a lot easier for everyone. Even if you think your pet may have eaten a toxin a couple of days earlier there's no need to panic. The patient will often be started on VitK1 by injection and then kept on oral K1 for 3 to 4 weeks, with followup blood tests to see if an extended course is needed. So be aware of this risk, don't let your pets roam, pick up any un-used baits or unprotected baits, and place baits in such a way as to be inaccessible to curious pets.

An important update since submitting last month's article on ticks. The tick season has got off to a much more lethal start than usual. The mortality rate in emergency clinics, specialist services and general practice clinics has been significantly higher than previous years. It makes it even harder to predict outcomes, with even seemingly early cases rapidly deteriorating in hospital. Nearly all cases are not on any prevention, which of course adds another level of frustration to exhausted intensive care staff. Use recommended prevention religiously and report any symptoms to your vet as early as possible.



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All Girls Surfriders

by Berenice Roberts



It was a case of third time lucky for our winter Women's Hardcore Prize round originally scheduled for July. Offshore winds and a 1-2 foot swell that unfortunately coincided with dead low tide being at 10:00 am, meant for most of the morning we could only run one bank. Open division surfers particularly impressed on the day and thankfully despite the many close outs, there were contestable conditions for all divisions. A glitch early on with the Live Heats meant we went back to manual judging and tallying, despite best efforts to resolve the IT issues. A special thank you to Berenice and Alexis, who also presided over our presentation in the marquee at Club Lennox post event, and to our head judge Melissa.

Thank you to all the sponsors who generously provided the fantastic prizes for our finalists (Lennox Surf; Billabong;

Surf Getaways; Lennox Pizza; Lennox Coffee and Gelato and BePrimped), and to the members, mums, dads and other supporters who attended and helped out on the day.

Results

Snr Beginner: 1st Jane Munday. 2nd Christine Cheug. 3rd Susan Perrow.

Jnr Beginner: 1st Sophia Agnew. 2nd Molly Pritchard. 3rd Isabelle Mcrae. 4th Indy Stewart.

Snr Intermediates: 1st Melanie Johnson. 2nd Kristy Bell. 3rd Kate Johnson. 4th Renee Adamson.

Jnr Intermediates: 1st Tait Walshaw. 2nd Harriet Clark. 3rd Sarah Jones. 4th Daisy Williams.

Wahines: 1st Fiona Menger. 2nd Peta Grew. 3rd Maz Pentecost. 4th Danah Besson.

Longboards: 1st Mel Mott. 2nd Maz Pentecost. 3rd Sierra Cummins. 4th Alexis Zahner.

Opens: 1st Siobhan Jayes. 2nd Mia Baker. 3rd Sumari Geitz. 4th Ocea Curtis.

In addition, we were proud to award Maddy Walker, Isabelle Mcrae, and Imani Peart with special acknowledgment awards. Imani's was for recently completing the Foundation Judging course through Surfing NSW; Isabelle for her ongoing contributions to the committee and actively offering suggestions for the future of the Club; and Maddy for her excellent assistance in the running of the Club round - doing everything to assist on the day.



Authorised by Tamara Smith MP, Member for Ballina. Funded using parliamentary entitlements.




TAMARA SMITH MP

MEMBER FOR BALLINA

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TAKE THE SURVEY

If you were the Premier, what would you do? Scan the QR code to have your say!





Lennox Longboarders

by Wayne Booth



The September round was surfed at Lennox Main Beach. Twenty two members fronted up with the wind blowing SW to southerly, withholding for the morning, from a high tide to a low at 1030am. There was beach sand, sand and more sand. The sand banks are massive making for standout longboarding in fast makeable waves in the Firsts/Seconds Final.

We enjoyed a BBQ of bacon and eggs on sandwiches. Thanks to the cook, (Club President) Will Petrie. A gust of wind at the end of the mornings procedure's damaged our marquee frame.

Recipients of vouchers

Lennox Hotel - Grant Ryan, RipCurl Ballina - Adele Purbrick. Lennox Gelato - Terry Kay. Lennox Head Surf - Will Petrie and Lennox Pizza - Louis Tsembis

Results

1sts/2nds - 1st Jackson Cochrane. 2nd Taylor Hession. 3rd Mick Tsembis. 4th Andrew Thomas. 5th Jemma Osmond. 6th Matt Watts-Kilgour.

3rds/4ths - 1st Will Petrie. 2nd Kurt Hardy. 3rd Terry Kay. 4th John Eddy. 5th Gary Alford.

5ths 1st Grant Ryan

Juniors. Tie/1st - Tasman Foster and Louis Tsembis

Our next Club Round is Sunday 8 October.

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LENNOX HEAD

Max wins national title



Pictured: Max after the win, photo by Surfing NSW.

Max Perrot is the 2023 Australian O/60 Shortboard champion. The competition was held in Port Macquarie on 19 August, making it his third Australian title win.

'Very stoked to get this win; I was up against the best in Australia and defeated the defending champion in the final,' Max said.

Max is no stranger to winning and even scored a rare Queensland title in the 90s when the Northern Rivers was part of Queensland surfing. He also holds multiple regional and zone title wins. Locally, he is a previous two times/ back-to-back Lennox-Ballina Boardriders Open champion and has multiple age division titles.

'A win in the Lennox Masters' Open division was exceptional in the 90s, as many amazing local surfers who didn't normally compete entered, and it was at Lennox Point with cold beers on hand to celebrate. Multiple Byron Easter Classic wins were also memorable as the event was one of the longest-running events in Australia and attracted the best surfers along the East Coast,' Max said.

Max continues to ride a short performance board and hopes this win will allow him to be gifted more waves out the Point by the local groms.

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North Coast Athletics Carnival

by Brad O'Rafferty



1 September was a pearler. Sun shining, 24 degrees, and a gentle swirling breeze - optimal conditions for peak athletic performance. Fourteen of the most athletically talented students from Lennox Head Public School descended upon Lismore to participate in the highly competitive North Coast Athletics carnival. This prestigious event brought together the most promising student athletes from a vast region stretching from Laurieton to Tweed Heads and as far west as Kyogle. Despite facing fierce competition, the students from Lennox Head Public School demonstrated exceptional skill, determination, and sportsmanship throughout the day, and accomplished what no other group of students had done before.

The junior boys, with their incredible teamwork, reached the 4x100m relay final, showcasing their remarkable potential for the future. Zara R's impressive performance in the 100m earned her a spot in the final, a testament to her dedication and hard work. However, it was the Junior and Senior Girls 4x100m relay teams that truly stole the show, securing their spots in the State Championships. Billie B showcased her exceptional endurance, with a grandstand finish that saw her edge out her schoolmate Ellie as she secured 3rd place in the Senior Girls 1,500m, and became the first of many State qualifiers for the day. Charlyze D and Harley D displayed their talents by finishing 3rd and 2nd, respectively, in the 11 year old girls' 100m, giving a great sense of hope to our relay chances at the next level, and signalling Lennox Head as a beacon of sprinting prowess. Charlyze capped off a remarkable day with a 2nd place finish in the 11 year old girls 200m to take her tally up to three qualifications for State – amazing effort. Ava K's unparalleled stamina, that some have likened to the Duracell Bunny, earned her 2nd place in the Junior Girls' 800m and 1,500m events. Due to her double qualification in the distance events, Ava will have more track coverage than Channel 7. With his turbocharger spooled

up, Will D was all right foot as he opened the throttle and dominated the 100m and 200m events for the junior boys at blistering pace, setting himself up as a strong contender for success at the State Carnival.

Impressively, 11 students from Lennox Head Public School advanced to the State Athletics Championships in Sydney, an historic achievement for the school, and they carry the best wishes of their community as they prepare to compete on the grand stage at Sydney Olympic Park on 25-26 October. Regardless of their results at the next level, this cohort will stand head and shoulders above the pack in the annals of Lennox Head Public School's athletics history and will provide a stellar example to the upcoming talent pool of athletes in the lower grades. It's clear that Lennox Head Public School has a bright future in athletics, and the dedication and talent of these students have made their school proud.

Well done, and the best of luck to: Bonnie N, Denika D, Zara R, Winter G, Evie P, Ellie M, Harley D, Charlyze D, Will D Billie B and Ava K.

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Le-Ba Boardriders

by Ben Beesley



Firstly, congratulations to Cleo Beesley for her remarkable performance in the Woolworths Surfer Grom Comp. Winning all rounds, including 1st place, it is an extraordinary feat. Cleo's hard work and passion have paid off, and she has shown that with her determination dreams can become a reality.

Shelby O'Rourke also deserves a big round of applause for securing 4th place in the final of the competition. Her impressive wave scores and dedication to the sport demonstrate her potential for even greater accomplishments in the future.

It's not just about individual success; it's about the Le-Ba community coming together to support and celebrate their surfers. The pride and support from the Le-Ba community are invaluable motivators for the young athletes.

Nyxie Ryan and Mikey McDonagh's upcoming competitions in Brazil and Portugal are exciting opportunities to represent Le-Ba on an international stage. These events offer a chance to showcase their skills to a global audience and gain valuable experience competing against some of the world's best surfers. The community's hopes and best wishes will undoubtedly fuel their determination to excel in these competitions.

The Junior Kirra Teams Challenge and the Junior Pro at Phillip Island present exciting prospects for the junior surfers from Le-Ba. These events not only offer a platform for competition but also promote camaraderie among the young surfers. It's a chance for them to learn, grow, and create lasting memories as they pursue their passion for surfing.

In the world of competitive surfing, the Le-Ba surfers are making their presence felt, and they are doing so with dedication, enthusiasm, and remarkable talent. These achievements and upcoming events are a testament to the bright future of Le-Ba surfing, and the community can look forward to more thrilling moments in the world of surfing. The support and encouragement from friends, family, and fellow surfers will undoubtedly continue to inspire and drive these talented athletes to even greater success.

Big Le-Ba September results

Cadets: 1st Conor O'Boyle. 2nd Shannon Harrison. 3rd Oscar Loudon. 4th Mia Baker.

Opens: 1st Harry O'Brien. 2nd Bodhi Williams. 3rd Keenan Crisp. 4th Juniper Harper.

Masters: 1st Glenn Curtis. 2nd Odin Green. 3rd Sandro Neto. 4th Michael Crisp.

Legends: 1st Tony O'Brien. 2nd Steve Kearney. 3rd Max Perrot. 4th Wes Thompson.

Little Le-Ba results

Micros: 1st Beau McGregor. 2nd Louis O'Boyle. 3rd Finn O'Boyle. 4th Tommy Lawson.

Fleas: 1st Bowie Russell. 2nd Konan Medcraft. 3rd Koa Baker. 4th Nash Zollo.

Junior Groms: 1st Reni Green. 2nd Tasman Forster. 3rd Hugo Liddle. 4th Otto De Stefani.



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Rainbow Dragons Regatta Results

by Monica Wilcox



In late August, Dragon Boat paddlers from 17 clubs from as far as Redland Bay QLD, Hunter Valley and Narrabri started their racing seasons at the 2023 Rainbow Region Dragon

Boat Club regatta, on Shaws Bay, East Ballina.

Club President, Jan Wright, said 'Feedback has been overwhelmingly positive and it sounds like everyone had a lot of fun along with some good, healthy competition.'

Starting Saturday afternoon, another local club, Ballina, won the 1km turn race whilst both NSW teams won top places in the State of Origin. Sunday started with a spectacular double rainbow arching over the course which lifted everybody's spirits for a full day of 200 metre racing.

The Community Teams Challenge comprised schools, clubs, Council and Rainbow sponsors racing for a good cause. Jetts Pilots won \$250 for their chosen charity. The tartan clad, Bravehearts, won Best Dressed.

Breast Cancer Survivors results

1st Wollumbin, 2nd Rainbows, 0.05 second difference.

Sports Clubs 2023 winners

20s CREWS- Womens: Currumbin, Mixed: Currumbin.

10s CREWS- Womens: Rainbows, Mens: Currumbin, Opens: Tweed.

Rainbows are proud of their 10s win because they were also the hard working volunteers over the entire weekend. Rainbows thank all the local businesses who supported their regatta and Club.

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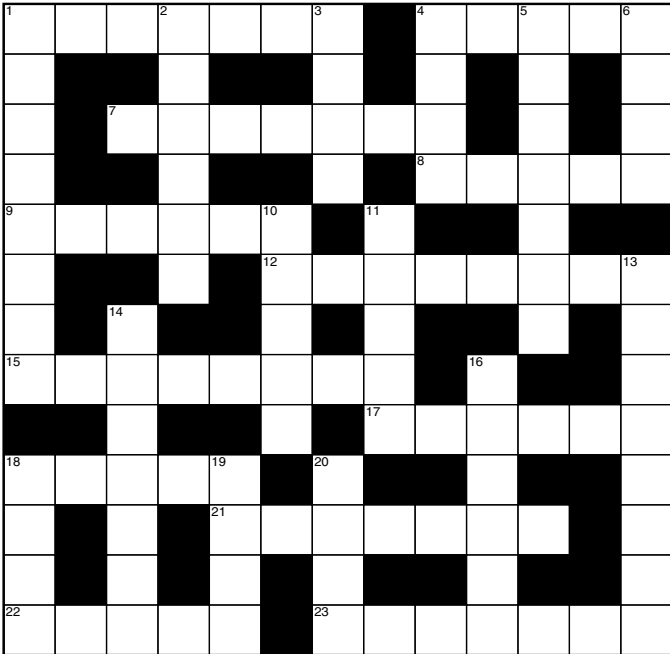


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October crossword



ACROSS

- 1. Floral memorial rings
- 4. Rectify (text)
- 7. Detectives
- 8. Long (for)
- 9. Corroded
- 12. Arouse again
- 15. Spruces (up)
- 17. Allow
- 18. Comes towards
- 21. Deadly poison
- 22. Landed estate
- 23. Physical wellbeing

DOWN

- 1. Saturdays & Sundays
- 2. Refer subtly
- 3. Overfill
- 4. Simple
- 5. Goes aboard ship
- 6. Condemn
- 10. Parched
- 11. Misleading
- 13. Pleasantness
- 14. Model of virtue
- 16. Provoke to anger
- 18. Standard
- 19. Wound blemish
- 20. Hooked fishing-stick

September solutions





This month

By Milt Barlow

At the movies

It's a great line up of movies this month, with something on offer for everyone.

Dumb Money (5 October). This is a terrific watch based on a true story where ordinary people flipped the script on Wall Street, turning GameStop into one of the world's hottest companies. In the middle of it all is Keith Gill, a regular dude who sinks his life savings into the stock and, along with thousands on social media, becomes obscenely rich. It's all working beautifully until the billionaires on Wall Street fight back and everyone's world gets turned upside down.



A Little Life (6 October). Feel like a night out at a London West End theatre but can't afford the airfare? Then look no further than this compelling play, filmed for the big screen, live at the Savoy Theatre, London, during its West End run. The play takes place over the course of three decades as it follows four friends – a lawyer, an actor, an architect and an artist from college to their middle aged lives in New York City. James Norton gives one of the best performances of his career as Jude, alongside a wonderful supporting cast of Luke Thompson, Omari Douglas and Zach Wyatt. The play is based on the Japanese novel by Hanya Yanagihara and marks the first time the stage version was performed in English. A riveting play and a great watch.

Expendables 4 (12 October). One thing you can rely on the Expendables movies is always great non-stop 'shoot em up' action and the latest instalment delivers. Jason Statham is back doing what he does best - blowing things up - supported by 50 Cent and Megan Fox with an aging Sylvester Stallone and Dolph Lundgren along for the ride. What can I say? Grab a tub of popcorn and enjoy the ride. We all need a bit of escapism.

Killers Of The Flower Moon (19 October). A big blockbuster that is a 'must see'. Martin Scorsese directs in what critics are saying is his best film in decades. It follows the true story in the 1920s when members of the Osage Native American tribe, are murdered after oil is found on their land, and the FBI decides to investigate. With a stellar cast of Leonardo DiCaprio, Robert De Niro and Lily Gladstone this epic is made for the big screen. The film has scored 97% on Rotten Tomatoes and is thought to be a strong contender for Best Picture at the Oscars. Scorsese adapted the screenplay from David Grann's bestseller. It's a big movie running more than three hours but worth the sore bottom.


Streaming

This month I have been in rewind mode going back to some classics. If you have not seen them or if it has been awhile these are some of my favourites – *Peaky Blinders*, *Succession*, *Breaking Bad* and, of course, *The Crown*. With a new series upcoming at the end of the year the latter is a good catch up. Enjoy the rewind.





BYRON BAY · BALLINA FAIR

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DUMB MONEY

OCT 06




A LITTLE LIFE

OCT 12




THE CRIME IS MINE

OCT 12




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OCT 19



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October horoscopes by Patsy Bennett - patsybennett.com

Aries

The eclipses on the 15th and the 29th will spotlight your interactions in personal and business relationships. The sun and Mercury will help you to communicate and negotiate well but you must avoid rash decision-making, especially on the 9th, 13th, 21st and 28th.

Taurus

The eclipse season in October is likely to feel fairly intense, especially as the lunar eclipse on 29th will be in Taurus. Nevertheless, this is a good month to revitalise your work and health in light of your personal, domestic and family commitments, so be sure to take the initiative.

Gemini

You may turn a corner with a friend or organisation bringing the chance to broaden your horizons. For some, this will be via travel. October's developments will encourage you to collaborate with like-minded people, bringing creativity and romance upfront in your life.

Cancer

October's eclipse season will encourage you to breathe new life into your ventures, career and finances. A domestic matter will gain traction, although you may need to backtrack over some long-term plans, which the eclipse on the 29th will help you to process.

Leo

Venus in Leo until the 9th brings romance. A project or person will prove inspiring. You'll turn a page in a personal or financial circumstance and will be drawn to invest in people and activities you value. You'll feel motivated by a trip or personal investment at the end of the month.

Virgo

Venus, the planet of love and money will be in Virgo after the 9th, encouraging you to take the initiative in your love life and finances. Aim to invest in yourself and someone special. A fresh agreement mid-month could be ideal, but you must avoid gambling financially and emotionally.

Libra

October's eclipse season points to considerable developments, especially if you were born early October. It's a good month for all Librans to be proactive but also practical with wide-ranging plans. Someone you share duties or space with will have news that could affect your home life.

Scorpio

Mars in Scorpio from the 12th will encourage you to be upbeat and dynamic, and your energy levels will improve. However, October's eclipse season will mean considerable changes in your daily life and relationships, so ensure you keep those you love in the loop to avoid mistakes.

Sagittarius

You'll enjoy a sociable atmosphere, especially from the 12th onwards. A change of pace or even of place will be inspiring. This month's eclipses will present new options in the areas of friendships, family and an organisation. Consider a fresh financial budget to buoy morale.

Capricorn

This will be a good month to focus on your career, status, general direction and finances, as you could make great headway. However, there may be some upheaval or the need to focus more on expressing your values and hopes in light of fresh circumstances. Be bold.

Aquarius

Be adventurous, as developments will broaden your horizons and enable you to experience fresh ventures and to meet new people. You'll be drawn to travel and to alter aspects of your home life. Ensure you balance work schedules and health commitments to avoid fatigue.

Pisces

You'll appreciate considering new arrangements both in your personal life and financially. Collaborations could boost circumstances, especially mid-month. If you're single and looking for love, be sure to plan dates as Venus will improve romance from the 10th onwards.




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A photograph of a beach at sunset. The sun is low on the horizon, casting a warm, golden glow over the scene. The sky is filled with soft, wispy clouds. In the foreground, a surfboard with a teal-colored fin lies on the sand. The ocean waves are visible in the distance, and a dark, rocky cliffside is on the left. The overall mood is peaceful and serene.

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