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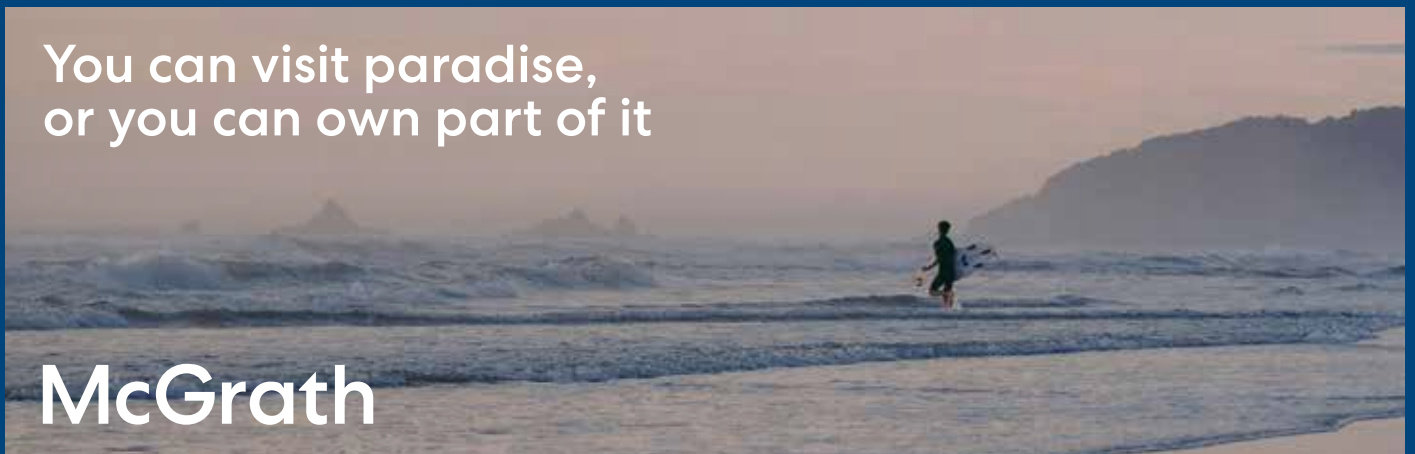
Community news and events for Lennox Head

Issue 239 | March 2025



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I'll miss the endless hours spent drifting in the warm, peaceful embrace of the local blue lagoon, a rare playground where the sun kissed my skin, and the water enveloped me like an old friend - familiar and comforting.

I'll also miss the irresistible craving for hot chips, shared and devoured under the shade of a tree in the park, while the ocean shimmered in the distance, whispering of more adventures to come. Or a gelato - a cool, sweet moment of joy - the perfect antidote to the relentless heat. Strangely, I will miss the mischievous northerly wind, teasing as it tangled in my salt-kissed hair, offering a moment of relief but never quite delivering. Always just out of reach.

I won't miss the stingers, though - those transparent nemeses that swept in like a fierce, unstoppable wave, compelling us to trade one sun-soaked paradise for the next.

I will miss the long afternoons by the Lake, daydreaming in its stillness, where time slowed and each moment stretched out, almost endless. I'll miss returning home each evening, content, my mermaid tail left behind, with salt-crust ed eyelids as a quiet reminder of all the blissful hours spent in the sea.

It's strange how these moments slip away so softly. But now, looking back, I realise: it's been you, summer. Your warmth, your sparkle, your salty air. You've left me with a trail of golden memories, and as you fade into the horizon, I'll carry you with me until we meet again. Farewell, summer.

But with the turning of the season comes a new adventure - welcome, autumn. I'm excited to embrace the crisp air, the clean waves, and the cooler nights ahead. There's a different kind of magic at an autumn beach, and I can't wait to explore it under the softer sun. Here's to the changing seasons and all the memories yet to come.

Natalie Grono - Editor

Got a story? Get in touch

Email: editor@thelennoxwave.com.au
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Publisher



Email: milt@northernriversmedia.com.au
Address: PO Box 407, Lennox Head, NSW
Phone: 0412 461 559

Managing Editor

Kate Parry
Email: editor@theballinawave.com.au
Phone: 0424 610 732

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Photograph by David Westaway



Acknowledgment of Country

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

The fine print

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What: Shire Choir
When: Thursday 6 March, 7pm
Where: Bangalow Pub

Choir mistress, and musical MC with the mostest, Melia Naughton, will take you by the hand and lead you through a spine-tingling rendition of a classic pop/rock song in glorious three part harmony.

Book via eventbrite.



What: International Women's Day Breakfast
When: Friday 7 March, 7.30am
Where: Ramada Hotel, Ballina

Hosted by the Zonta Club for women to come together with our MC Mandy Nolan to honour the achievements of women and discuss ways to promote gender equality. Book via eventbrite.com



What: Wendy Matthews
When: Saturday 8 March
Where: Ballina RSL

Experience the timeless voice and captivating artistry of Wendy Matthews, as she brings her extraordinary talent to Ballina RSL for an intimate evening of music. For more information visit: ballinarlsl.com.au/entertainment/



What: Cat Power Sings Dylan '66
When: The Green Room, Byron Events Farm
Where: Thursday 13 March

Bob Dylan's most memorable moment in music history will be celebrated when Cat Power performs the fabled and transformative 1966 Royal Albert Hall set. Visit: thegreenroombyron.com



What: Ballina Night Markets
When: 21 Friday and 22 Saturday March
Where: Missingham Park

Join in the fun with lots of entertainment, boutique stalls, food stalls, games, carnival and sideshow games and rides. Visit: Facebook/events/s/ballina-summer-fair



What: Arts National lecture
When: Monday 24 March, 6pm
Where: A&I Hall, Bangalow

The Artist in Glowing Palette, presented by lecturer Marc Allum. Artist, Hans Feibusch was a German-Jewish artist who escaped the Nazis to become one of Britain's most celebrated muralists. Contact Susan: ph: 0416 185 952

Monthly markets

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

Weekly farmers markets

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

**For more information visit
discoverballina.com.au**



Residents' Association

by Robyn Hargrave

We were extremely pleased to welcome members, Mayor Cadwallader, Crs Dicker and Bailey to our first 2025 meeting on 3 February.

Intrapac (Aureus) rezoning of sales office site.

DA2024/407 was lodged in January for construction of 25 new town homes. Cr Dicker advised this space was included in approved planning for residential sites.

Community action against crime in Lennox and environs.

From two Community Crime meetings and stakeholder discussions, a number of initiatives have been implemented by the community to assist making homes, vehicles and property more theft resistant. Community Crime Group co-ordinator, Alison Vickery has identified trauma impacting the community, either as victims or concern about safety in homes. Contact details for help organisations have been circulated on social media.

Friends of Lake Ainsworth (FOLA) sub-committee is looking for volunteers to assist on Monday morning walks and clean up around the southern and eastern sides of Lake

Ainsworth and adjacent car parks. The team finds an amazing array of valuable items left behind by visitors, prompting the question 'how could they not miss that?' FOLA kicks off at 6.30am and often relaxes over coffee or breakfast afterwards.

Residents' Association AGM 3 March Residents of Lennox and environs are strongly encouraged to participate in Association activities, designed to protect and enhance the amenity of our home. We need you and your enthusiasm to drive this. Community works.

Roundabout at Byron Bay Road/Byron Street.

Mayor Cadwallader advised works are expected to be completed mid year.

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

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

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PM visits Lennox



On 7 February, Prime Minister Anthony Albanese visited Lennox Head to announce a major investment in crime prevention for the North Coast. The Prime Minister

revealed that, if re-elected, the Albanese Labor Government will provide \$3 million for a comprehensive Crime Prevention Infrastructure Action Plan. The funding will be allocated to Ballina Shire, Byron Shire, and Tweed Shire councils, with each receiving \$1 million. This investment will help enhance community safety through the installation of CCTV, improved lighting, bollards, fencing, and landscaping. The initiative aims to strengthen the region's infrastructure and support local efforts in combating crime, making communities safer for residents and visitors alike. During his visit, Albanese also stopped to chat with locals, asking them how it felt to live in Lennox, gaining insight into their everyday experiences.

Renewable energy

by Tamara Smith MP

We kicked off this year with some exciting news. The Climate Council has just reported that Australia is leading the way when it comes to communities embracing renewable energy. One in three Aussie households now has solar on their rooftops – that's three times more common than a backyard pool. We're officially the world leader in solar energy on a per capita basis, ahead of countries like the Netherlands and Germany. This is encouraging news, and it was great to see that the government announced an increase in the solar battery rebate; although it is a small incentive. We will take it.

According to the NSW Climate and Energy Action, this incentive will help reduce electricity demand during peak periods, and the risk of power outages. Installing more batteries across NSW will help make the grid more reliable and stable, while also reducing our reliance on fossil fuels during periods of peak demand. This will help reduce NSW's emissions but crucially in an era already baked in significant global heating, it will support our communities to adapt to increasing temperatures and extreme weather events. Residents of Lennox can take advantage of this scheme by checking out the NSW Climate and Energy Action website.



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Councillors thoughts: Youth development

Each month, B Ward Ballina Shire Councillors have the opportunity to share information on a subject that carries importance to the community. All comments are those of the authors. Council recently resolved to receive a report on hiring a Youth Development Officer. This month we asked our Councillors if this is something Council should consider and what other things can Council do for your Shire's young people.

Cr Michelle Bailey

As a Councillor, I am committed to finding and supporting initiatives that improve youth engagement and foster business development in our community.

In December, we endorsed a motion for Council to work with youth agencies to organise a youth forum in early 2025. This forum will give young people a platform to express their opinions and influence community discussions, ensuring our policies reflect their needs and encouraging increased youth involvement in governance.

We also discussed as part of this three point motion: for the consideration of a Youth Development Officer role as part of

the upcoming preparation of the annual Delivery Program and Operational Plan to coordinate youth initiatives and represent young voices in Council decisions. The motion was carried and I look forward to the upcoming report from staff and discussions at our next meeting.

While this position may primarily fall under State responsibilities, I see opportunities to align its scope within business and economic support initiatives not currently addressed within the Council structure. A dedicated Economic and Business Support Officer with a focus on youth initiatives within Council and for new and established businesses could help bridge the gap between young people and the business sector.

These are just my thoughts on the matter and have not been discussed within Council. By working together, we can uplift our young residents, strengthen our local economy, and create a community where youth feel valued and businesses thrive. We rise by supporting one another.

I welcome any constructive ideas you may have for the Council's consideration, particularly regarding economic development and youth inclusion in our Shire.





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-  **Stop new coal and gas projects**, protect the environment
-  **Put dental and mental health into Medicare**, make GP visits free
-  **Make billionaires and big corporations pay their fair share of tax**



mandy4richmond.com

Authorised by A. Croft for The Greens NSW. 19a/1 Hordern Place Camperdown NSW 2050.



Cr Eva Ramsey

I recently supported the motion to explore the establishment of a Youth Officer position within Council. However, it is crucial that this role is more than just a title or administrative function - it must deliver real outcomes for our young people.

There are different expectations of what a Youth Officer should be. Some see it as a standard 9-to-5 position focused on setting policies, procedures, and occasional youth engagement. But true youth work is much more than that.

A dedicated Youth Officer is not just an employee but a passionate advocate for young people. They should be committed to their wellbeing, development, and empowerment - helping them navigate challenges such as homelessness, mental health struggles, and social barriers. This role must foster real connections, provide meaningful support, and create pathways for personal growth.

If Council proceeds with this appointment, we must look beyond titles and qualifications. The priority must be on finding someone with genuine care, compassion, and a commitment to making a positive impact on the lives of our young people. Our youth deserve nothing less.

Cr Kiri Dicker

Young people in our community are having a hard time lately. It seems like they are being blamed for everything: petty crime, riding e-bikes without helmets, or just roaming around in packs looking 'suspicious'. Not a day goes by that someone doesn't post to a community Facebook page complaining about young people doing something wrong, usually followed by a chorus of comments demanding a return of old fashioned values and corporal punishment. Of course young people don't know this, because they don't use Facebook. They're probably over on TikTok complaining about Boomers owning all of the houses or Millennials' bad fashion sense.

In reality, there are a lot of young people in the Ballina Shire and only a tiny percentage of them are involved in criminal activity. The vast majority of them are just trying to navigate a world that is much more complex and scary than it was for their parents. So, yes, I think a Youth Development Officer would make a useful addition to the Council's staff team. Despite our growing population we have no Council staff who are tasked with designing and implementing practical community development projects, we also don't have a Youth Service like they do in other Shires. Anyone who says 'this is not a local government responsibility' should have a read of the *NSW Local Government Act (1993)* and take a look at the fantastic youth work that other Councils in Australia are doing.

Alas, young people don't pay rates (lots of them never will...ahem...housing crisis) and aren't well represented on Council, so their voices usually go unheard. In good news, construction on a new million dollar pump track is about to commence in Ballina and we recently resolved to host an annual Youth Forum at Council for the next three years (credit to Cr Ramsey for that motion).

In the meantime, if you're a young person who feels like the world is against you, rest assured that some of us have your back.

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Lions Club

by Graham Shaw



Well, holidays certainly came and went with a rush. Over the last couple of months the Club has been particularly busy with events around Australia Day, Bunnings and Reflections BBQs, and promoting membership acquisition with involvement in the B Ward Councillor's Community Connections Expo at the

Cultural Centre on 8 February.

Australia Day was bands, blue skies, BBQs and a blast. The Lions Hub at Lennox Park was wonderfully supported by our community and the good times really rolled on the day. The ever popular sausage sangers and the bacon and egg burgers delivered the sizzle of the day.

Our catering skills were again put to the test when we offered breakfasts at Reflections over the January long weekend and at Bunnings during January. Again community support at these events has been overwhelming.

The hot topic at the moment is volunteering. It's true the volunteering cohort is spilling through the aged 'hole in the bucket' and this shrinkage means many service clubs are either

restricted in their activities or are terminating their services. I hope that the Expo was enjoyed by readers of *The Lennox Wave*. Of course if you would like some sociable fun and give back to the community why not join the Lennox Head Lions? It's really fulfilling.

Finally Lennox Head Lions are initiating a major project with neighbouring Lions Clubs to establish the Lions Health Eye Programme to be administered in collaboration with local schools. Its object is to identify initial eyesight issues and to enable the schools to set up eye health rehabilitation so that early reading is not impeded.

Please continue your support, we are so fortunate with the wonderfully giving community we serve.

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Evening VIEW Club

by Lianne Brennan

Our Club's first fundraising event of the year is celebrating International Women's Day 2025 with the theme "March Forward. For ALL Women and Girls".

Date: Friday, 7 March, 12-3pm

Where: 2F, Lennox Hotel, Pacific Parade, Lennox Head

What to expect: Three-course meal, bubbles on arrival, interesting guest speakers and the chance to win raffle prizes.

This initiative, following the success of last year's IWD event, provides another opportunity for our local community to come together and actively participate in discussions about women's ongoing challenges. This year's theme calls for action to achieve equal rights, empowerment and opportunities for all women and girls. Your voice is not just important, it's crucial in these discussions.

VIEW's mission is to empower women to voice their concerns on issues vital for the future of Australian society and to drive lasting social change.

Lennox Business

by Michelle Bailey

Join us for the first networking breakfast of the year on 13 March at 7:30am, hosted by Neon Mango Cafe at EPIQ. All business owners and professionals in Lennox Head are invited for a morning of networking, great food, and insightful conversation. Whether you're a current member or interested in joining, you're welcome.

Our guest speaker, Claire Pariken from Barefruit Marketing, will share valuable insights on small business social media strategies to help you connect with customers and boost your brand. This event is a great opportunity to network, share ideas, and explore collaborations that can foster growth.

Members of Business Lennox Head enjoy numerous benefits, including access to a wide professional network, development opportunities, and exclusive events like this breakfast. Mark your calendars for 13 March and enjoy an informative morning at Neon Mango Cafe. Please note that food and drinks are at your own expense.

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March for melanoma



The community is invited to participate in the 2025 Melanoma March Ballina, taking place on Sunday, 9 March, at Missingham Park. This event is part of the national Melanoma March campaign, now in its 14th year, aimed at raising awareness about melanoma and generating essential funds for the Melanoma Institute Australia. The campaign's goal is to reduce the health burden of melanoma and ultimately achieve zero deaths from the disease.

Australia has the highest melanoma rates in the world, with one person diagnosed every 30 minutes and another dying from the disease every six hours. It is also the most common cancer among Australians aged 20-39, making early detection and prevention crucial.

The Melanoma March holds deep personal significance for organiser Sharyn Dorey, 'The Melanoma March means a lot to us after my 22-year-old daughter Mikayla was diagnosed with Stage 4 melanoma in November 2019, following the removal of a hematoma from her head.'

In April 2022, Mikayla tragically lost her battle with melanoma, and the family are now committed to honouring her memory by supporting this cause.

By joining the Melanoma March, participants help raise funds to support melanoma research and provide assistance to those affected by the disease. Every step taken and dollar raised brings the community closer to the goal of eliminating melanoma as a leading cause of death.

Please visit: ballina.melanomamarch.org.au

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Walk to make a difference



The Byron Coastal Charity Walk is back, offering an exciting and meaningful way to give back to the community while enjoying one

of Australia's most iconic coastal landscapes.

This annual event, held in support of the Westpac Rescue Helicopter Service, invites participants to walk 12, 24, or 36 kilometres along the stunning Byron coastline.

Get ready to challenge yourself and make a real difference by joining the event on Saturday 3 May. This is more than just a walk; it's an opportunity to push your limits, enjoy spectacular coastal scenery, and support a life-saving service that is there when it matters most.

The walk caters to all fitness levels, but if you're up for a true test of endurance, the 36km route from Byron Bay to Ballina provides a real challenge.

As a social, non-competitive walk, participants can walk or run at any pace and choose to enter individually or in teams.

Participants will also enjoy on-track entertainment, ensuring the walk is as fun as it is inspiring. A full support crew will be there every step of the way, providing hydration, medical support, and encouragement, ensuring a safe and enjoyable experience for all.

Whether you're walking for fitness, for friends, or for a cause that matters, your participation will help support the Westpac Rescue Helicopter Service's life-saving work across the region.

Join us, challenge yourself, and walk for those who need our help most.

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building a more resilient road network

Plans are progressing to duplicate Fishery Creek and Canal bridges to improve evacuation options during floods and build a more resilient road network. The project also involves investigations into raising key road sections. Construction is set to begin late 2025, with pre-construction work already underway, including underground service relocations and earthworks.

➔ For more information visit ballina.nsw.gov.au/major-projects

Australian Government
This project is funded by the Australian Government



Farewell to Probus

by June Zentvald



Lennox Head Probus Club was started on 14 June 1988 by Ballina Rotary Club initially with 59 members which quickly escalated to 125 and a considerable waiting list.

That situation existed for several years until Lennox Head, once a mecca for

retired and elderly folk, became a sought-after area by younger people, many of whom are still working and have young children at home. Subsequently, with the change in demographics, the need for groups such as Probus has declined.

That being the case, membership of Lennox Head Probus Club has dropped to just under 30 members. While that number is still sufficient to continue, we now find it virtually impossible to get members to do the very necessary bookwork to meet legal requirements. It now appears inevitable that we are faced with winding the Probus Club up as an incorporated body.


However, the good news is that we can still meet as individuals and enjoy continuing fellowship, lunches and the occasional outing. We have always

been very grateful to the great staff at the Lennox Bowling Club, always helpful with our needs for microphones etc and providing excellent meals.

Late last year we held the Lennox Head Probus Club's members Christmas Lunch (pictured left). Our guest speaker, David Sterling, spoke of his experience as a shearer during the 1983 'Wide Comb' strike. As he is also a musician he was kind enough to play his guitar, featuring various shearer's songs which he sang and the members joined in the chorus. Later he played some Christmas Carols and the members also sang along. This was greatly enjoyed by all.

The final luncheon will be held on 6 March.

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Community rallies to support Rustic Char



On 16 January a fire severely damaged the kitchen at Rustic Char, a beloved local restaurant, leaving owners Ludo and Byron facing not only extensive repairs but also a complete loss of income. While the full extent of the damage is still

being assessed, the fire's impact has placed significant financial and emotional stress on Ludo, Byron, and their families. To help them through this difficult time, a GoFundMe campaign was launched and in addition to the online fundraising, TruckStopSk8 in Ballina organised a local fundraiser at The Shed on Saturday, 1 February to further support the Rustic Char team. The event brought the community together to show their appreciation for Ludo, Byron, and their staff. The night featured live music, food, and art installations, with all proceeds going directly to the restaurant.

Ludo and Byron expressed their gratitude for the outpouring of support: 'We are beyond thankful for the kindness and generosity we've received from the community. This has been a tough time, but the support from friends, family, and locals has truly lifted our spirits and made a huge difference in our journey to recovery.'

For those who couldn't attend the fundraiser but still wish to help, donations can be made through the GoFundMe page: gofundme.com/f/ludo-and-byron-at-rustic-char

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Veterans' Care
Meal Service



Flow with mix media

by Lennox Arts Collective



Rochelle Summerfield, Linelle Stepto and Catherine Lane are long term resident artists of the Northern Rivers region and are joining forces to present ...flow..., a mixed media exhibition opening at the Lennox Arts Collective, Lennox Head, 14 March.

Using water's journey as a metaphor for the resilience that lies within each of us, this exhibition will encourage viewers to respond in their own way to current environmental issues.

Water will find a path no matter the obstacles. This is an invitation to think



laterally, hopefully and inspirationally towards a shared future with all species.

Intricate construction methods using everyday materials will draw attention to the often overlooked that is all around us. Employing humble methodologies such as foraging, playing, exploring and wandering, the drawings, sculptures and installations aim to bring you closer to nature in a world that is increasingly driving us further from it.



For those curious to hear more about what inspires these three artists there is an open invitation to attend an artist's floor talk at the gallery on 15 Saturday at 11am. Alongside the interactive installations, there will be a special opportunity to visually engage in the process of creation as Rochelle will be painting live to the audience.

...flow... opens on Friday 14 March, 5:30 pm and a warm welcome is extended to everyone. The Lennox Arts Collective gallery is located in the main street of Lennox Head, and open every day from 10am - 3pm.

Rafiki Royale meets Las Vegas

Lennox Head is set to host Rafiki Royale, a spectacular fundraising event supporting Rafiki Mwema, a Lennox Head-based charity dedicated to providing safe homes, therapy, and education for vulnerable children in Kenya. With a Las Vegas-inspired theme, this dazzling evening, on Saturday 17 May at Lennox Head Cultural Centre, promises to be the social event of the year, all for a truly life-changing cause. So dust off the sequins and pull out the feathers, this is an event you don't want to miss

Hosted by Mandy Nolan, guests will enjoy an unforgettable evening featuring real casino tables with professional croupiers, live music, entertainment, delicious food, a cash bar, and the chance to win amazing prizes through raffles and auctions. Every ticket sold and every dollar raised will go directly towards helping the children of Rafiki Mwema.

Rafiki Mwema provides a safe haven for 65 children and employs 45 dedicated staff, including Maasai guards and trained German Shepherds, to ensure their security. Their work extends to a vital street program in Kenya, offering safety, education, and a daily meal to 100 homeless children.

With no government funding, the charity relies on fundraising

and donations to cover their \$55,000 monthly operating costs. Due to the rising cost of living, donations have significantly declined, placing their essential services at risk.

Founding Board Member Claire Harding shares, 'People are struggling to feed their families, and we understand why they need to pause donations. Unfortunately, this means we are losing donors daily. It breaks my heart to think that without enough funds, we may not be able to provide the only meal these street children receive each day.'

How you can help

- Become an event sponsor: Exclusive sponsorship packages are now available, providing businesses with premium brand exposure while supporting a meaningful cause. Industry-exclusive sponsorships are offered on a first-come basis.
- Buy your tickets: Gather friends, family, colleagues and clients for an incredible night out.
- Donate and share: Spread the word about Rafiki Mwema and contribute to their mission.

For sponsorship enquiries, email claire@rafikimwema.com

To purchase tickets or make a donation, visit: rafikimwema.com


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Surfing and art come to life for Juniper

Stylish local surfer Juniper Harper, known for her distinct creative vision, has seamlessly merged her passion for the ocean with her artistic skills in her latest project, featuring original cyanotype animations.

In her newest video edit for Billabong, Juniper blends her surfing style with her creative talent, producing a cinematic short that captures the allure of the tropics. The technique she uses is called cyanotype printing which entails laying objects on paper coated with a solution of iron salts, exposing it to UV light, and then washing it with water to create a striking white and Prussian blue image.

Reflecting on her creative process, Juniper shared, 'We had a budget, so we decided to book a trip to Krui, Sumatra. The Mandiri Beach Club hooked us up, and we had an amazing time. We got some footage there and then filmed more in Bali at Keramas. Once I returned home, I spent a lot of time thinking about how I could incorporate cyanotype printing - something I had been mastering over the past year - into the video. I figured that if I pulled frames from the footage (about three per second), I could turn them into cyanotypes and create stop-motion animations. The process of making the negatives and watching it all come together was incredible. After putting together about 30 seconds of footage, I took it to the office and started editing with Thomas Cruise. The project really blossomed from there.'

As for her motivation, Juniper said, 'I was really inspired by Edd Carr's work and a Wade Goodall clip from a few years ago called *Pentacoastal*.'

When asked about the connection between art and surfing, she replied, 'Surfing and art go hand in hand. Both rely on creativity, style, expression, and individuality. To me, surfing is a form of art.'

Juniper started surfing when she was around four years old and quickly became hooked, but didn't begin competing until she was about 11. Raised in a beach-loving family, her life and home have always revolved around the beach and surfing. She also has a passion for music, singing, playing the guitar, alongside art and design.

Regarding future collaborations, she enthusiastically said,



'Yes, definitely. Cyanotype printing was so much fun, and I'm excited to explore it even more in the future.' Now that she's finished Yr12, Juniper plans to travel the world, meet new people, and chase some incredible waves.

Her latest video is now live on Billabong's YouTube channel, where they described her cyanotype creations as 'a poetic blend of light, shadow, and oceanic inspiration. Capturing the essence of her surf adventure in Indonesia, Juniper's art transforms fleeting frames into lasting indigo impressions. Using sunlight and chemistry, she frames the rhythm and beauty of the waves. For Juniper, the process is more than just art - it's her way of expressing the soul of the sea, turning each ride into a timeless story of motion, memory, and endless blue dreams.'





Community connections

The Community Connections Expo, organised by the B Ward Councillors, took place on 8 February at the Lennox Head Cultural Centre. The event served as a collective awareness and membership drive for the many community and sports groups that make Lennox Head such a wonderful place to live. It was a great opportunity to connect with others who share your passions and interests, and to learn about ways to become a member or volunteer with various local groups. Below are the details of some of the groups represented.



All Girls Surfriders

The All Girls Surfriders Club aims to encourage female surfers of all ages and abilities in the sport of surfing. Club members range from girls and women of all ages, from beginners to advanced surfers, shortboard and longboard. The club meets for competitions each month. Please email: allgirlssurf@gmail.com for more information.

Ballina Coastcare

Ballina Coastcare Inc is a not-for-profit community group dedicated to restoration and management of the Ballina coastal reserve. Regular working bees are held 8-11am on Tuesday and Wednesday mornings. To become a member, please email: BallinaCoastcare@gmail.com

Brunch Choir

All Welcome. Gospel, Folk, South Pacifica Music Choir/ Community Singing. Meeting 11am on Tuesdays during NSW School Term. Contact via shelly.com.au

Ballina Croquet

The Club plays three codes of croquet - Association, Golf and Ricochet on the croquet lawns on the corner of Moon and Bentinck Streets in Ballina. Play days are Wednesday, Friday and Saturday. For more information, email: ballinacroquet@gmail.com or call the Secretary, Richard Hughes ph: 0428 864 920

Ballina Threshold Singers

A local chapter of the international group Threshold Choir, who sing gentle songs in groups helping to bring comfort to people at the threshold of life. They will come to sing in home, hospital, hospice or anywhere else requested. Please call Jane Elliott ph: 0438 814 552.

Conscious Women Connect

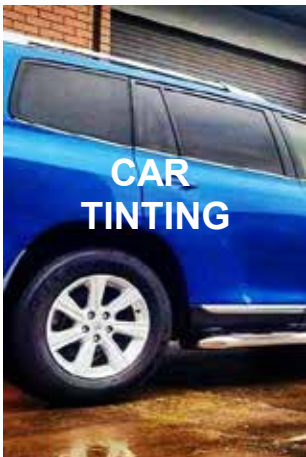
A supportive community for women seeking authentic connection and empowerment. Meeting weekly are opportunities for honest conversations, shared wisdom, and mutual support. We meet fortnightly Tuesday at 12.30pm - Seed and Husk and weekly Thursday from 6.30am - Williams Street Cafe. Contact: Fiona Kable, hello@fionalumina.com

Lennox Head Evening View Club

Members support the education of disadvantaged Australian children by raising much needed funds for The Smith Family.

SurfWagon

1 Ray O'Neill Cres Ballina
0434 875 009





Meetings are the second Tuesday of each month, 6pm for registration, drinks and chat, for 7pm start.
Email: lennoxevening.view@gmail.com

Lennox Head Residents' Association

enables residents to add their voices in support of the amenity of the district, whilst keeping abreast of issues that matter to Lennox and Skennars Head. The Association meets at the LH CWA rooms on the first Monday of every month at 7pm. Contact Narissa on ph: 0416 250 192

Lennox Head Stags

Golden Oldies Rugby for over 35s play modified, slower and fun form of rugby union. Training is once a week on Wednesdays at 6pm with a game of touch footy at Williams Reserve or on the beach. Please call Mark ph: 0439 179 099

Lennox Lions Club

For over 75 years, Lions Clubs in Australia have strengthened and supported communities nationwide. Meeting days are 1st and 3rd Wednesdays of each month.
Please call Frank ph: 0429 949844

Lennox Longboarders Club

meet at Lennox Main Beach the second Sunday of the month, For Club Surfing Competitions at 730 am, February - November. Contact: Wayne Booth ph: 0423 139 559

Lennox Head Heritage Committee

collecting, investigating, preserving and sharing the story of Lennox Head. Meet the second last Tuesday of each month from 9am in the Heritage Room, Lennox Head Library
Email: lennoxheritagecommittee@gmail.com

Lennox Head Playgroup

A place where families can connect with their community, enjoy a safe/ judgement free space, and kids 0-5 can play/ learn. Mondays 9:30am-11:30am in the Activities Room at the Lennox Head Cultural Centre. Contact via email lennoxheadplaygroup@gmail.com

Lennox Head Landcare

is a group of volunteers committed to rehabilitating and restoring natural areas around Lennox Head. Come and join in sometime. Meeting Wednesday mornings from 8m till 10am, or you could also join the Skennars Head team who meet on a Thursday morning 8am till 10am. Please see the websites for more details.

Marine Rescue Ballina

Volunteers saving lives on the water. Please call: Sharon Clark, Commander ph: 0423 396 720

Rafiki Mwema

A Lennox Head-based registered charity providing safety, love and therapy to children in Kenya who have been sexually abused. Contact: Claire Harding ph: 0449 949778, or email: claire@rafikimwema.com and visit: rafikimwema.com

Rotary Club of Ballina-on-Richmond

meets the 1st, 2nd and 3rd Thursday of each month at the Ballina RSL Club, starting at 6.30pm. Contact: Jodie Shelley 0427 287 627

Westpac Rescue Helicopter Service – Ballina

Delivering the highest standard of aeromedical and rescue services to those in need. Meeting dates – as required. Please call John Bancroft ph: 0458 668 999 or email: john.bancroft@rescuehelicopter.com.au





Cars of Lennox

by Shan Railton



Model
Mercedes
Sprinter
Camper

Owner
Jules

heater, large gas bottles, oven, four burner stove, huge water tank and the list goes on. It's so comfortable.

LW – So is it home?

Jules – At the moment it is. I do own a townhouse that I'm renting out but I love the freedom so this is home.

LW – Are you based at one spot?

Jules – Not really. I frequent the Lennox area as this is where I feel the most connection but I do travel around a fair bit. I like to seek out cheap or free camping spots and just live on the cheap. The van is four wheel drive so I'm able to go to some fairly remote locations. I've taught myself how to just relax and having minimal 'stuff' really helps with that.

LW – Do you travel far?

Jules – I did a long trip down to Kangaroo Island and back via The Great Ocean Road at the end of last year. Such a beautiful part of Australia, outside of the fuel cost the van was ideal for that.

LW – Are you working at the same time?

Jules – I was in a high stress job for years and it was really getting to me mentally and physically so I took redundancy when the opportunity came up and bought this van. I now do a bit of consultancy here and there but really try to look after myself and keep a work / life balance.

LW – You are living many people's dream, well done. We'll see you around Lennox when you are in town and be thinking of your adventures when you're not. Thanks for sharing.

The 'van life' definition is so varied these days but Jules's version is the one that appeals the most. A fully decked out, go anywhere camper with many of the mod-cons of home. It is five star.

LW – This isn't a typical camper. There are no milk crate beds holding up the mattress, this is designed to be a camper.

Jules – Yeah, it sure is. There are so many features designed for long term camping. Large fridge, solar, hot water

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On Manopause

by John Peacock

Where did February go? No one needs that level of aggravation in their lives. I seem to have missed January altogether. I can look at my diary and see that I did stuff. Some good stuff, which I can actually recall doing but it didn't feel like it was January.

As I get older, I think that week between Christmas and New Year goes longer. It may well be the middle of January and I may well be back at the grindstone with my shoulder to the wheel, but I'm still asking, 'What day is it?' 'Are the pubs open?' 'Who are you and what are you doing in my house?' I'm still eating three ham sandwiches every day as well.

Perhaps it's because the lead up to the end of the year is so frantic that when we finish up for the year, we regress to being unable to deal with life as we know it. I know when Christmas Day is, although in the absence of concerned family members I might miss it. I know the day after that is Boxing Day and the cricket is on and the Sydney to Hobart starts. By the time New Years Eve comes around, I know it's the same day of the week as Christmas Eve and I can all but remember when Christmas was. Although if we're honest I'm

counting days on my fingers at this point and I suspect the turkey curry may be off.

Must be said, I'm a big fan of this level of confusion. It might be Monday, it might be 2pm, if I have mangoes left from that tray I optimistically purchased by the roadside, I may very well be making daiquiris. No one cares, least of all me.

Then it's February. My wife has sat me down for my annual appraisal and I have my KPIs for the year. She's hopeful I'll make more of an effort. I probably won't but after all this time we all know that a resolution kept is a resolution which was too easy in the first place.

I tend to set my New Year Resolutions anytime between now and Easter, just so it feels like I've had a go when they invariably go to hell in a pie cart.

I decided this year though, that I wasn't going to give up things. This year for my New Year Resolutions I'm going to take on new challenges. So I've recently started smoking and in a nod to my favourite week of the year, ham sandwiches are still playing a big part.

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March tide chart for Lennox Head

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 0423 0.28 1034 1.57 MO 1633 0.23 2305 1.79					Time m 1 0341 0.20 1017 1.80 SA 1634 0.16 2242 1.50	2 0430 0.22 1059 1.72 SU 1711 0.18 2327 1.56
3 0521 0.29 1140 1.57 MO 1747 0.23	4 0014 1.58 0617 0.38 TU 1223 1.39 1826 0.31	5 0104 1.57 0722 0.49 WE 1310 1.20 1906 0.40	6 0203 1.53 0843 0.57 TH 1410 1.03 1957 0.48	7 0315 1.49 1020 0.60 FR 1538 0.92 ☉ 2108 0.55	8 0438 1.49 1153 0.56 SA 1724 0.92 2238 0.57	9 0555 1.52 1300 0.50 SU 1838 0.99
10 0000 0.53 0656 1.57 MO 1345 0.44 1929 1.09	11 0101 0.46 0744 1.61 TU 1421 0.40 2010 1.19	12 0148 0.41 0824 1.63 WE 1451 0.37 2045 1.27	13 0228 0.37 0858 1.62 TH 1518 0.36 2119 1.34	14 0305 0.36 0929 1.59 FR 1544 0.35 ☉ 2150 1.40	15 0340 0.38 0958 1.54 SA 1608 0.35 2221 1.44	16 0415 0.41 1026 1.47 SU 1630 0.36 2252 1.47
17 0452 0.45 1055 1.38 MO 1653 0.38 2324 1.48	18 0531 0.50 1126 1.29 TU 1718 0.41 2359 1.47	19 0615 0.56 1159 1.18 WE 1745 0.45	20 0037 1.44 0704 0.62 TH 1236 1.08 1816 0.51	21 0124 1.39 0806 0.67 FR 1323 0.99 1856 0.57	22 0224 1.35 0927 0.70 SA 1434 0.92 ☉ 1954 0.62	23 0340 1.35 1054 0.67 SU 1612 0.92 2120 0.65
24 0458 1.40 1203 0.60 MO 1736 0.99 2250 0.61	25 0601 1.51 1252 0.50 TU 1836 1.11	26 0001 0.53 0654 1.62 WE 1331 0.40 1925 1.25	27 0059 0.44 0741 1.71 TH 1408 0.31 2010 1.39	28 0150 0.35 0824 1.77 FR 1444 0.24 2053 1.53	29 0241 0.29 0907 1.76 SA 1520 0.20 ● 2136 1.65	30 0330 0.26 0950 1.69 SU 1556 0.20 2220 1.74

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Ocean rhythms

by Steve Shearer

Summer finally kicked into gear surf-wise through February as the trade-wind band emerged from its long slumber and the long delayed start of the summer monsoon season (latest on record) spawned tropical low pressure in the Coral Sea. That pattern of tropical low pressure drifting down from the tropics onto tradewind bands has seen consistent Easterly swells through February, although often accompanied by winds from the same direction. If you can stomach onshore winds and an abundance of both bluebottles and snotties (lions mane jellyfish) there's been a head high wave most days. Heading up to the Bay to find more wind protection carries with it a very high cost in terms of crowding so dealing with some lump and bump has seemed a more appealing option for most local surfers.

Wave quality on the rarer clean days has still been hampered by poor sand formations on the Point breaks. Wide sand where it shouldn't be and deep holes where it should be has produced a lot of wide, burglary waves and surf quality which is a shadow of what it should be. Under the current run of S and E swell the author observed sand in suspension finally being shifted and hopefully moved into more favourable formations as we head into autumn. With the late start to the season and very high sea surface temperatures we could expect tropical systems and E'ly swells to continue through March.

It's likewise been a slow start for our summer pelagic

species. There were a smattering of mackerel through the dog days of January, and February has also been very patchy. Green water inshore has been a problem on the close reefs south and north of Ballina. Big bait schools have finally been observed inshore so in between swells we should see pelagic fishing improve through late summer into autumn. Other summer species have been more reliable with plenty of dart and whiting off the edge of sandbanks in town, mixed in with some flathead and bream. Worms are always the number one bait for whiting with pipis and yabbies a distant second. The summer run of tailor slowed to a trickle with fish usually showing again in March as winter fish start to show. That's all for this month, until next month tight lines and tubular visions.





Locals tips and picks with David Westaway



My first memories of Lennox are from around 1986 when I was on an overnighter greyhound bus from the Gold Coast to Sydney. The bus cruised into town at around 10pm to the world famous bus shelter. Playing on the bus radio was Billy Joel's, *This is the time to remember*. I have always loved the memory of looking out the coach window to see the full moon sparkling across the ocean. My brother's first job was working as a welder on the construction of the Big Prawn in Ballina. So that gave me reason to return a couple of times to visit.

I grew up in the central west NSW and moved to Sydney where I was a personal trainer in and around Kings Cross for 12 years. I moved to the Ballina area with my young family in 2007 and started SurfIt in 2014. I was lucky enough to be a volunteer at the Sydney 2000 Olympics. The picture of me is at the start of the 100m Mens final.

While I remember that Lennox Head was a sleepy little seaside town all those years ago, it has developed in line with every other little beach town on the coast. I think the changes have been delicately handled as there hasn't been over development and the natural beauty has been preserved as much as possible. The town now has a melting pot of those who were born here, old blowins like myself and new blowins. The community feeling is something of which we should be all proud. I mean, if Thor wants to live here it must be pretty awesome, right? Here are my tips on what to read, watch, listen and local places to visit.

Listen

I use Spotify most of the day... either for music in the gym and classes, for podcasts and music to fall asleep.

My favourite podcasts are the *Locked on Angels* baseball talk show, Joe Rogan, Peter Attia, The President's daily brief and of course I'm fully up to date with the *Bronwyn* podcast.

The music that I listen to at home varies from Fred Again to live blues concerts and Chillout remixes. While I try to float off to sleep I listen to soft opera and classical. My favourite right now is Dvorak, Slavonic dances, Op 72, Dumka. I am a classical and opera nerd.

Watch

I love watching Alan Kohler doing the finance report on the 7pm ABC news, especially when he brings up the daily charts. Love that guy.

I enjoy the Netflix *Untold* series that has documentaries on significant sporting events. A docco worth seeing is the ESPN film *17 June 1994* which tells of the events on that day which ended in the most insane day that sports journalism has and will ever see.

Read

To be honest, I love reading. But for now I don't have the time or inclination and I will get back to it when I can finally put my feet up for five minutes. In the past I have enjoyed war history and biographies mostly

I am a devoted fan of the Lennox Head Community Facebook page. It brings me so much joy and wonder, and I comment on posts whenever I can, especially the posts about Ross Lane.

Visit

Killen Falls is amazing when we have had enough recent rain. Whites Beach, the next beach north of Seven Mile is truly spectacular. A morning ride from Lennox along the coast to the Ballina markets at Missingham Bridge is a perfect way to start your Sunday.



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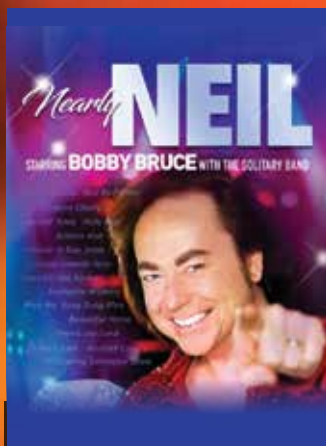
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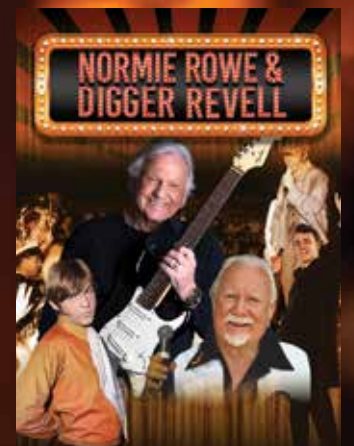
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TOMMY MEMPHIS
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Doors: 9.30am
Show: 10am
Tickets: \$17.50
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seamlessly transitioning
between Rock 'n' Roll
and Country with
other genres for good
measure.



Sunday 30 March
Tickets: \$42
Doors: 3pm
Show: 3.30pm
All ages event
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Play in your own backyard

by Kate Parry

Pictured: Lighthouse Beach, Ballina. Image credit: @discoverballina

As the cost of living rises, many of us are looking a bit closer to home for entertainment. And given we live in one of the most sought after destinations in the world, the Northern Rivers is the perfect place to stay put and explore.

From moving your body to creative pursuits there's something for everyone, so grab the family and head out to discover what's on offer in your own backyard.

Get moving

Ride

Love the feeling of the wind in your hair? The Northern Rivers is a cyclist's paradise. For a scenic ride, take on the **Ballina Island Loop**, an 11.5km journey with stunning views of the river, ocean, and creeks. There are plenty of cafés along the way for a quick breather, and if the kids are in tow, a pit stop at the Pop Denison Playground is a must. For those looking for a longer ride, check out the **Northern Rivers Rail Trail**. This award-winning trail takes you through lush countryside, charming towns, historic bridges, and tunnels alight with glow worms. Currently, two sections are open: Murwillumbah to Crabbes Creek (24km) and Casino to Lismore (30km).

Hike

Prefer to explore on foot? The Northern Rivers is home to some breathtaking **National Parks** with trails to suit all fitness levels. Whether you want a short bushwalk or a challenging full-day trek, pop online for a full list of trails, distances, and estimated times: nationalparks.nsw.gov.au/things-to-do

Skate

If the kids are bursting with energy or you're keen to get on some wheels yourself, consider carving up some of the region's skateparks. **The Ballina Skatepark** features three bowls, rails, ledges, and river views - plus shaded seating for parents to relax. If you're heading further north, check

out the brand-new **Byron Bay Skatepark**, a \$2.6 million facility boasting two bowls, mini ramps with a spine, and an open-flow street section. Just down the road, the **Suffolk Park Pump Track** is a hit with BMX riders, skateboarders, and scooter enthusiasts. It's an asphalt circuit designed for speed, skill, and loads of fun.

Walk

For a touch of whimsy, follow the **Brunswick Heads Fairy Trail**. Scattered throughout the town are tiny fairy houses - beautiful little sculptures made from recycled and found objects. Each fairy has a message of kindness, simplicity, and love for nature. It's a delightful adventure for kids and adults alike. Need help finding them? Stop by the Brunswick Heads Visitors Centre for a clue sheet.

Get inspired

Offering a change of pace are the region's many museums and galleries. A visit to the **Ballina Maritime Museum** uncovers the region's seafaring past or take a trip to the **Evans Head Heritage Aviation Museum** which offers a dedicated tribute to the legacy of Australia's largest WWII RAAF base through carefully curated exhibits, preserved aircraft, and interactive displays.

If art is more your thing, explore the **Northern Rivers Community Gallery** in Ballina, showcasing incredible local talent and fresh exhibitions every few months. And if you're up for a scenic drive, the **Tweed Regional Gallery** is well worth the trip, featuring rotating exhibitions and a stunning Margaret Olley Art Centre.

What's not to love?

The Northern Rivers is a playground of free and low cost activities just waiting to be explored. Whether you're cycling along scenic trails, skating at world-class parks, uncovering fairy magic, or diving into history and art, there's something for everyone - without breaking the bank. So grab your gear and get adventuring.



Landmarks of Lennox: the little lagoon

by Robyn Hargrave



Until the 1960s, Lennox Head was graced with two lagoons – The Big Lagoon (Lake Ainsworth) and The Little Lagoon (roughly where Tresise Place is now). The Little Lagoon was reclaimed for housing as part of the second estate in the village – Dress Circle Drive-Allens Parade.

It too was a dark tea tree colour, fed by run-off from the surrounding hillsides and streams and which collected at the lowest point in that part of Lennox before draining to the

ocean. Many are the memories of good times in and around the lagoon ‘catching mullet for bait and for fun.... Some bread in a bottle and a short wait, and you had your catch’.¹ It was also reputed to be home to a sizable snake population.

That area is still the lowest point and collects run off – to the extent that Council has installed a complex drainage system and additional outlet to the sea to mitigate the risk of flooding in Tresise Place, Rutherford Street and nearby areas.

During the 2024/2025 school holidays, a combination of sand build up, high tides and lack of rain reinstated a very Little Lagoon on the beach. This time it was fully seawater and again proved a great joy to children of various ages who took advantage



of the phenomenon while it lasted, and brought back fond memories and many smiles for long time locals.

Sources: ¹.Thompson D, in *Ringing the Bell Backwards Memories of Early North Creek and Lennox Head LHHHC 2003 p117*

Photos: 1.1961, Little Lagoon, LHHHC F1;921. 2. 2025 by R Hargrave

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

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Is surfing causing you shoulder pain?

by Grant Sinclair, Principle Osteopath, Northern Rivers Health

Any surfer knows that while we love it, endless paddling is required to catch those perfect waves. However, this repetitive motion can lead to shoulder pain, particularly affecting the rotator cuff which is the crucial group of muscles that stabilise your shoulder joint. There are simple, effective ways to ease discomfort and prevent further issues for your body while surfing.

Master your paddling technique

Keep your elbows slightly bent while paddling, not locked straight and think about pulling your body over the water rather than slapping at it. This reduces strain on your shoulder joints and makes your paddling more efficient. Rotate from your core rather than just using your arms.

Build your recovery time

If you're surfing daily, mix up longer sessions with shorter ones to prevent overuse and repetitive strain. If your shoulders feel particularly fatigued or you feel a twinge but you need some ocean time, reduce your hours in the waves for a day and enjoy the view more.

Get strong

Regular exercises focussing on rotator cuff and shoulder blade stability are essential. Simple exercises like wall slides, external rotations, and scapular retractions can significantly improve your shoulder strength and endurance for paddling.

Maintain flexibility

Keep your thoracic spine (upper back) mobile and moving. Tight chest muscles and a stiff upper back can alter your shoulder mechanics while paddling.

Warm up properly

Make it a habit to spend 5-10 minutes warming up your shoulders. Arm circles, shoulder blade squeezes, and gentle stretches can prepare your shoulders and are also good to do after your surf. This encourages blood flow into tissues that are holding tight and helps to flush out inflammation.

If you're experiencing ongoing shoulder pain, seeking health from a qualified allied health professional can be a game changer. As an osteopath, we treat surfers and swimmers.

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Thank you to everyone who has shared their views with me through my *Community Crime Report*. Have your say at www.justineelliott.com.au/crimereport



Community Preschool

by Tara Leonard



Hello Lennox Head, We are back and racing into 2025. It has been so lovely to see all our old friends and families as well as welcome all the new faces into Preschool

over the last few weeks. Our first week was spent a little differently this year with the change in department holidays. We held a little orientation morning for our new children to get to know their teachers and environment before beginning within the next couple of days.

We have been busy getting used to our new environment, routines and building new relationships which help us to feel safe, secure and supported. There have been so many new things to discover at Preschool, inside and outside. The home corner has been a big hit, as has the water play which we have used to cool down in the heat.

We have welcomed our new management, and we are lucky

enough to have a big eager team this year and look forward to working with them and seeing you all within the community.

In the coming weeks we will be visiting Mrs Blair at the big school library before we begin to borrow our own books with our new library bags we will paint.

We have loved watching our children from last year heading off to big school looking so grown up in their new school uniforms.

Over the holidays we had some works completed at Preschool. Matt Durkin and his team from Earth Electrical looked after some electrical works and Kai Colin from North Coast Joinery updated and installed a new kitchen at Preschool which looks amazing. Thank you for all your hard work and support.

I am heading off to India for two weeks to represent our Australian Hockey umpiring team at the international Pro League and hope the tournament is a great success.

Our next couple of months will be spent really getting to know each of our children, creating a sense of belonging and creating a sound foundation for each child's learning journey at Preschool.

Ballina Coast High School

by Belinda Parkes



We have an exciting year planned at Ballina Coast High School as we bring in some fantastic new programs for our students.

We started the year welcoming all our students, from Yr7 through to Yr12, with an innovative Orientation program carefully curated to build strong relationships and set out the expectations for the year ahead.

There were lots of laughs as students participated in fun activities including an Amazing Race, river walk, Pickle Ball, Bubble Soccer and experimenting with VR Head Sets. Students also learnt about important skills to prepare them for success such as goal setting, mindfulness and organisation techniques.

Our talented creative arts students and performers now have more opportunities to expand their talents

with our new Targeted Arts Program, introduced to complement the success of our highly regarded Targeted Sports Program.

We're also looking forward to watching what our students in our newly established Big Picture Program produce this year. These students have been given a wonderful opportunity to do their learning a little differently, having more say in what and how they learn and gaining their knowledge through a blended model of classroom and outside school experiences.

Students, families and community members interested in learning more about our programs, facilities and values-based learning model are welcome to come along to our School Tour and Information Evening on Wednesday 5 March from 5.30-7pm.



Environment matters: The Red Goshawk

by Lisa King, (Environmental Scientist/ Planner)



Pictured: The Red Goshawk (source Dr Tim Henderson)

A magnificent Red Goshawk was recently photographed at the Australian Wildlife Conservancy's Newhaven wildlife sanctuary in the Northern Territory (NT). Dr Tim Henderson, who leads a team of ecologists at the sanctuary, photographed the bird at a small lake he had stopped at to check for waterbirds. The Red Goshawk has never been photographed at this location and has not been recorded in this area of the NT for about 30 years.

The Red Goshawk is a large, reddish-brown hawk with long broad wings, deeply 'fingered' wing-tips, and large yellow legs. The upperparts are largely grey-brown, streaked with reddish-brown, and the head is pale streaked with black. The Red Goshawk is listed as endangered under NSW and Commonwealth legislation.

The Red Goshawk is distributed sparsely throughout northern and eastern Australia, from the western Kimberley region of northern Western Australia to north-eastern Queensland and south to north-eastern NSW; with scattered records in central Australia. The species is very rare in NSW, extending south to about Nambucca Heads, with most records north of this in the Clarence River catchment, and a few around the lower Richmond and Tweed Rivers. Red Goshawks inhabit open woodland and forest, preferring a mosaic of vegetation types, a large population of birds as a source of food, and permanent water. It has big feet and talons for hunting birds, some as big as sulphur-crested cockatoos and kookaburras; but they also take mammals, reptiles and insects.

The breeding behaviour of Red Goshawks is not well known. Adults appear to occupy large home ranges throughout the year and breeding territories are traditionally used from year to year. Breeding is likely to be in spring and summer in southern Queensland and NSW. The birds lay eggs in a stick nest in a tall tree close to water. Young leave the nest around November and December.

The bird recorded by Dr Henderson is thought to be a juvenile. In the NT, juveniles take a risky 1,500 kilometre journey from their parents near the northern coast into central Australia, spending about eight months there before returning to their coastal breeding range. The reason for this is unknown but it is believed they don't make the trip again in their lifetime.

Keep an eye out for these magnificent birds and report any sightings to the National Parks and Wildlife Service.

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Wet weather gardening

by Plateau Landscapes

March tends to be one of the wettest months in our region. While the rains provide cooling relief from the steamy weather, they can create havoc in the garden. Fungal diseases, nutrient leaching, pests, root rot and weeds can take hold when soils get soggy. Here are our top tips for a garden that survives and thrives this wet season.

Choose plants suitable to the climate

Design a garden that suits our climate so your plants will cope well with wet seasons. Local natives are always a good option as they have adapted to thrive in our conditions. You'll also be nurturing habitat and food for wildlife, rather than pests. Tropical plants also thrive in steamy, wet conditions. Don't forget to include a few ornamentals such as *Heliconia* and *Strelitzia* (Bird of Paradise).

Manage wet soil

Wet weather can lead to overly wet soil. If the water takes too long to drain roots can drown. Potted plants can also react badly to too much water. Drainage is important in very wet areas. Consider installing extra surface and sub-surface drainage. Raised garden beds can be a solution.

Stay on top of diseases

It is important to stay on top of any root rot or soil-borne diseases during the wet season. Regular seaweed treatments can also help plants to better survive. Fungal diseases are common during persistent wet weather. These include rust, blight, mildew, black spot and sooty mould.

Deal with pests and weeds

Pests and weeds love the wet conditions. Make sure you keep on top of them. Regular hoeing and manual weeding before weeds take over is the best strategy.

Address nutrient loss

Constant heavy rain can leach nutrients from the soil. Liquid and pellet fertilising is important at this time of the year.

Check your mulches

Mulching can protect the soil from heavy rains and help to reduce weed growth. Always ensure your garden beds have a thin layer of mulch at this time of the year.

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The upside of donating your clothing

by Jeanie McKillop, NE Waste

I know many people have concerns about what products we export overseas for reuse or recycling. Well, it's not all bad. Charitable Reuse Australia, the largest network for clothing reuse (most of our op shops are members), advocates for sustainable, circular social enterprises.

Their data from a recent export accreditation scheme shows some interesting and pleasing outcomes worth sharing. 94% of all clothing items exported are either reused in their original form, or used as rags, cleaning cloths and/or upcycled. 72% is wearable used clothing exported for resale/reuse in original form. 22% is non-wearable used clothing exported for conversion into cleaning cloths, rags or upcycling. Most rags/cleaning cloths are reimported back into Australia for retail sale domestically, including at big box retailers. 6% is gross contamination and waste that is

removed and sent to disposal in Australia before export. Also, Australian exports rate well globally as our ops shops sort effectively, sending good quality, climate suitable clothes to other countries. This effective charity sector has been operating here for over 140 years, with more than 3,000 shops and 33,300 volunteers. According to Charitable Reuse Australia, our charity export trade generates around \$50 million for social welfare here and diverts 100,000 tonnes of wearable/usable clothing for reuse that would otherwise go to landfill in Australia. Overseas, it creates millions of jobs and helps alleviate poverty and encourages gender equality with many of these jobs going to women involved in resale markets and repair. While this is all good news, we need to remember that of the 310,000 tonne of clothing items donated to op shops every year, 14% is waste.

Cutting down on consumption

by Kiri Dicker

This year Council took back the printer they gave me, as part of an organisation-wide push to use less paper. Thankfully I picked up this basic printer for free on the Lennox Head page from a lovely lady in East Ballina. So I decided to focus this month's column on e-waste, why it's a problem and some of the things you can do to cut down the amount of tech you consume.

Australians generate over 539,000 tonnes of electronic waste every year. From old phones and laptops to TVs and household appliances, much of this waste ends up in landfills. One of the things that contributes to

this is a strategy known as planned obsolescence - where tech companies design products with a deliberately short lifespan, forcing consumers to upgrade frequently, like making phones with non-replaceable batteries or laptops that slow down after a few years. There are three things you can do to reduce the amount of e-waste you produce.

Repair instead of replace

Many issues - like cracked screens, weak batteries, or sluggish performance- can be fixed easily. Check if the manufacturer offers repairs or visit a local repair shop. YouTube tutorials can also help.

Buy smart, buy sustainable

When purchasing new electronics, choose brands that prioritise repairability and sustainability. Look for products with replaceable parts, long-lasting software support, and strong warranties. Websites like iFixit provide repairability scores for popular gadgets.

Recycle e-waste properly

If your device is beyond saving, take it to Council's Community Recycling Centre (CRC) which is located at the Ballina Resource Recovery Centre. Check out programs like the National Television and Computer Recycling Scheme (NTCRS).

BYRON BAY ROAD LENNOX HEAD roundabout construction commenced

Ballina Shire Council is constructing a permanent roundabout at the intersection of Byron Bay Road and Byron Street, Lennox Head, with works now underway. The roundabout will improve traffic flows and safety for all road users. This significant project is expected to continue to the end of June 2025, weather and site conditions permitting.

This project is funded by the Australian Government.



→ For more information visit ballina.nsw.gov.au/major-projects

ballina shire council



Lennox Landcare: water hyacinth

by Kelly Saunderson



A beautiful yet ferocious 'beast of a plant' is how I think best describes water hyacinth. You may have noticed large masses of it floating around Lake Ainsworth a few months back. One commenter on the socials said they were waiting for a hippopotamus to emerge from it.

The plant has feathery roots that don't need to attach to soil, which means it can float wherever the wind takes it. By sprouting little daughter plants, it can double in size every five days.

One more thing: when it flowers, each flower stem can produce around 3,000 seeds that then remain viable in mud for 20 years. With no natural predators here to control it, yep, it's a 'beast of a plant.'

Originating from the Amazon basin, water hyacinth is one of the world's worst aquatic weeds. In other areas, it has smothered entire water bodies, depleting them of oxygen, damaging aquatic life and putting a hold on recreational activity.

Water hyacinth first appeared in the Lake in early 2015, and for the past 10 years, Lennox Head Landcare volunteers have been out on paddleboards, kayaks, inflatables, and on foot with buckets, tarps, nets, and rakes trying to keep it at bay. The last year has been by far the most challenging. Perfect growing conditions combined with a drop in volunteer resources saw growth like we hadn't seen before.

It's been humbling to see so many people helping out. From friends and family of Landcarers, Dragon Boat and

kayaking crews to Duke of Edinburgh students, sport and rec staff, school kids and even holidaymakers. In November, Council organised a harvester to tackle a large mass which had settled in at the northern end, this was appreciated too.

Innovation came last year also, thanks to one of our newest members, Geoff, who came up with the 'holey basket' approach. Draining the weed mass using washing baskets turned a heavy physical job into a lighter one, making the task so much more pleasant and easy for anyone to get involved.

So for now, after months of combined efforts, I think it's safe to say we've tamed the beast. We can't say for how long, but we're hopeful that with all our new eyes on the job, we'll keep it under control.

If you'd like to be involved in our water hyacinth work or regular Landcare activities, please reach out.

Visit: lennoxheadlandcare.org
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Passion for dogs unveiled in new book



Late last year, Sarah Rutten achieved a major milestone in her career with the release of her first book, *The Canine Perspective: Using Force-Free Methods to Unleash Your Dog's Pawtential*. The book went on to top the Amazon charts, hitting number one in 11 categories within just 48 hours of its launch.

'It was an exciting moment,' Sarah reflects. 'I wanted to create something that would make dog training and behaviour advice easily accessible to dog lovers everywhere. After 20 years in the field, I had so many questions

from guardians whom I knew needed answers, so I decided to compile everything into one place.'

The Canine Perspective covers a wide range of topics, from training puppies to dealing with anxious or reactive dogs. 'I wanted to make people laugh, cry, and say 'Oh, that's why my dog does that!'' Sarah explains. The book is filled with practical advice, including a chapter on old dogs, one on the top five behavioural problems she encounters, and even tips on how to choose the right dog for your family.

'My goal was to not just inform, but to help people connect with their dogs on a deeper level,' she says. 'I've added a bit of Aussie humour to make it fun, but I also address some tough topics, like saying goodbye to your pet, which I know is something every dog owner will face eventually.'

Beyond practical advice, Sarah offers readers insight into different training techniques and even shares behind-the-scenes secrets about the dog training industry. 'I help to demystify things for people and help them better understand their dogs,' she adds. 'The book covers everything from reading body language to understanding the different methods that work best for different dogs.'

Sarah Rutten's love for dogs began at an early age. 'I've always been fascinated by their behaviour,' she says. 'I didn't just want to be around them - I wanted to understand why they did what they did.' Sarah decided to turn her passion into a career. Her thirst for knowledge led her to further studies, including a Diploma in Canine Behaviour Science and Technology, followed by the prestigious Karen Pryor Academy Dog Trainers Professional Course.




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Pet of the month

Name: Tallow

Breed: Great Dane

Age: One

Owners' name: Pat and Will (kids)

Favourite food: Bacon and sausages and socks.

Favourite thing to do: Lick, sniff and maddog zoomies

What is the best memory involving your pet?

Getting her as an incy wincy tiny pup and watching her grow up into a humongous horse pup

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

A tiny giraffe

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.

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Lennox Longboarders

by Wayne Booth, Lennox Longboarders



On Sunday, 9 February the Lennox Longboarders Club held its first Club round and sign-on day. Over 30 new and returning members gathered at Lennox Main Beach on a beautiful, sunny morning. The high tide and favourable waves made for perfect conditions for the round 1 heats. We'd like to thank our 2025 Club Sponsors for their continued support this season.

A special shoutout to Gary Alford for organising and cooking the first Club BBQ of 2025, and to George Leslie for his help with tallying the results. Big thanks also to ByronSurfPhotos for capturing the day with some fantastic water photography.

Standout longboarders of the day included returning members Jackson Cochrane, who dominated the 1st final, and Chris Cain, who took the win in the 2nd final.

Results

1sts - 1. Jackson Cochrane. 2. Gary Burden. 3. Matt Watts-Kilgore. 4. Ben Ross. 5. Gary Alford.

2nds - 1. Chris Cain. 2. Taylor Hession. 3. Kurt Hardy. 4. Grant Ryan. 5. Jemma Osmond.

3rds - 1. Akira Miyamoto. 2. Gary Crawley. 3. Craig Leete. 4. Micheal Bell. 5. Peter Regan.

4ths - 1. Eleanor McCready. 2. Andrew Thomas. 3. Sam Pourdon. 4. Randal Evans. 5. Terry Kay.

5ths - 1. Nir Fefer. 2. Jesse Munro. 3. Alby Cain. 4. Liz Crowther.

Visit: lennoxlongboarders.org
Email - club@lennoxlongboarders.org
Next Club Round - Sunday 9 March

Rainbow Dragons to represent at Nationals

by Monica Wilcox



Three standout paddlers from the Rainbow Region Dragon Boat Club (RRDBC) -Ivy Yap, Amanda Mevissen and Brooke Harris - have been selected to represent the Dragon Boat NSW Northern Region team at the prestigious Australian Championships in Penrith this April.

The DBNSW Northern Region, spanning from Forster to Lennox Head and home to 14 dragon boat clubs, conducted a rigorous selection process. A combination of strength tests and on-water assessments saw only 12 women selected from 50 applicants, with RRDBC proudly contributing a remarkable quarter of the women's team.

The trio will compete in women's 10s races and combine with 12 men for full-boat events, including the thrilling 2km challenge, 500m races, and 200m sprints. Preparing for such an event requires personal commitment, with the athletes' weekly training comprising 30-35 kilometres on

the water, attending two strength-based land sessions, and participating in five regional training sessions along the coast.

RRDBC is rallying behind Ivy, Brooke, and Amanda with wraparound support. The Club's training sessions will keep the athletes motivated, while special fundraising efforts help cover the costs of travel and accommodation.

'This is an incredible achievement for Ivy, Brooke, and Amanda,' said Club VP Carmel Smith. 'We're so proud to see them representing not only our club but the entire Northern Region.'

Follow RRDBC for updates on their journey and upcoming fundraising activities.

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Le-Ba Boardriders

by The Le-Ba Committee

There have been some big changes in Le-Ba to kick off 2025 as we welcome a new leadership group for the Club moving forward and farewell former President Ben Beesley after six years of service. Ben has given up so much time and effort under his tenure as Le-Ba President and has guided the huge growth of the Club on the junior side in particular, where we were regularly seeing 50-60 groms competing in our Little Le-Ba rounds throughout 2024. We are indebted to Ben for volunteering his valuable time over the past six years in helping Le-Ba to prosper into one of the largest and most successful boardrider clubs in all of Australia. Cheers Beeso.

Harry Fettell and Zac Wightman have been elected as President and Vice President respectively with Mikey McDonagh being elected as Club Captain. This begins a new and exciting era for the Club with a changing of the guard so to speak to the younger generation who will be fully supported by the vastly experienced Le-Ba committee as they become accustomed to their new roles. Harry, Zac, and Mikey's election as Club leaders has brought a huge influx of crew back into the Club across the board but especially in our Opens division and we now have over 100 surfers registered in Big Le-Ba for 2025. Combined with over 60 groms registered for Little Le-Ba, this makes us one of the largest, if not the largest boardriding club in Australia.

On 8/9 February we held our first Le-Ba rounds of the year. Big Le-Ba was held at pumping 4ft North Wall with great winds and good tides throughout the big schedule of heats. On that day, there were two places where the world's best surfing was taking place. One was on the North Shore of Oahu for the Pipe Pro, and the other was middle track at North Wall Ballina. This isn't hyperbole. Former CT and QS surfers, current Challenger Series surfers, current and former professional free surfers, local standouts, some of the best junior surfers in the country, you name it, it was all on display for an epic day of barrels, airs, and huge turns to the delight of the big crowds on the beach all day. Little Le-Ba was held the next day in Lennox with loads of good times and fun waves for the groms as the swell dropped a little and the sun kept shining. We picked up where we left off last year with huge numbers (over 60) for Little Le-Ba and as always, the vibes were high on the beach from young and old alike. Special thanks to Evan McGregor, Sunny Russell, and Mat Liddle who will run Little Le-Ba this year.



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Pirettes break new ground in cricket



Pictured: The Lennox Head Pirettes, photo by Times News Group.

The Lennox Head Pirettes, an all-girls cricket team, are making waves in the Ballina District Junior Cricket U12 Division Two competition. This marks a significant milestone for the club, as the Pirettes are the first female team to join the junior league, and they're already proving their mettle.

In their debut match, the Pirettes delivered a strong performance, securing an impressive win against the Lennox Head boys' team in a local derby. This victory is testament

to their determination and skill, setting the tone for what promises to be an exciting season.

What makes this team even more inspiring is their mix of players, with some girls as young as 10 stepping up to play alongside older teammates. Coached by Terry Rose, the team has found a unique balance between competing with boys and fostering a strong sense of camaraderie within their own ranks.

One of the enthusiastic players, Frankie Gordon 10 years, expressed her excitement about being part of the team, 'I've loved making new friends and playing with them each week. I've loved learning and being shown the different parts of the game and putting it into practice. I love that we give it to the boys and try to beat them.'

'I've just really liked cricket, and it's a good sport—people should try it.'

The Pirettes' journey not only showcases their talent but also sends a powerful message about the value of inclusivity and sportsmanship in youth cricket. With their passion and team spirit, these girls are sure to inspire others to pick up a bat and ball and join the cricket community.



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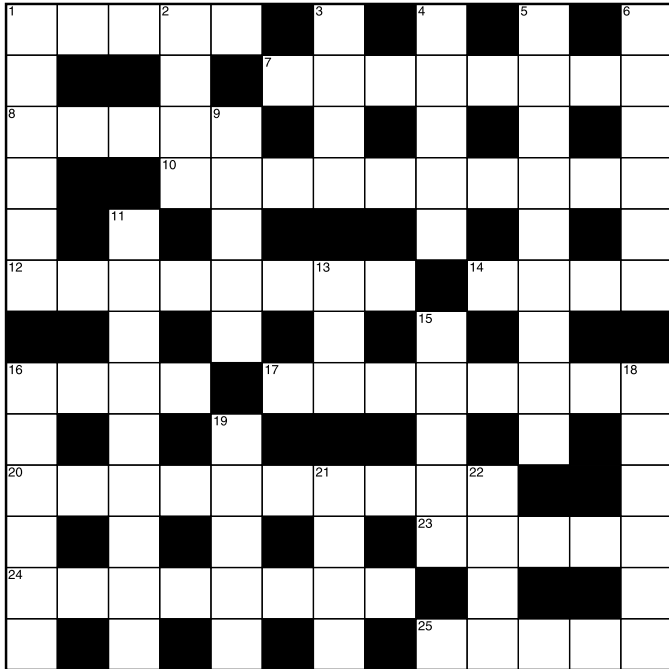
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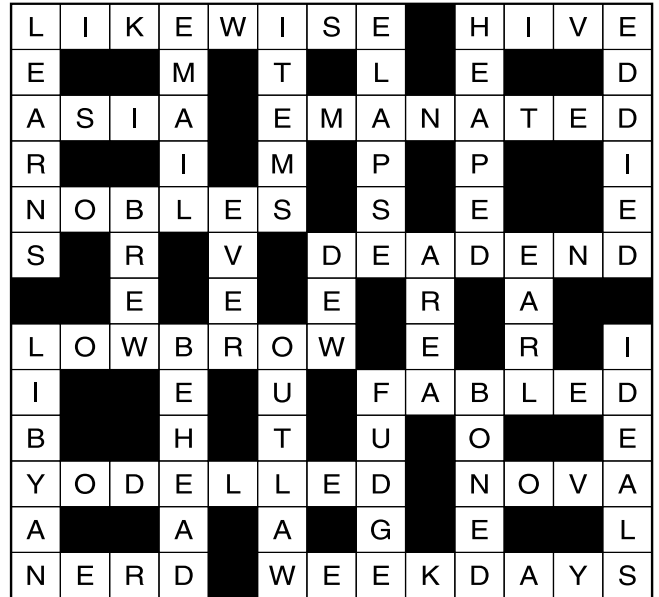
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March crossword



February solutions



ACROSS

- 1. Lovers' squabbles
- 7. Undid (skirt)
- 8. Fear
- 10. Children
- 12. Rissole
- 14. Yemen port
- 16. Burlesque actress
- 17. Exerted (oneself)
- 20. Intensifying (of war)
- 23. Relieved
- 24. All of space, the ...
- 25. Situate

DOWN

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



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This month

By Milt Barlow

At the movies

March brings quite an eclectic range of movies to the cinema, with something for everyone. Opening 3 March is *Mickey 17*. This sci-fi flick is directed by Bong Joon H) and has an all-star cast of Robert Pattinson, Toni Collette and Mark Ruffalo. The story tells of 'expendable' people who are sent on the most dangerous, even suicidal, jobs. When an expendable dies, a new body is regenerated with most of the memories intact. It's a good watch with plenty of action.

It has been a while since I have watched a good Aussie comedy at the movies so it's great to see *Spit* has turned up for a few laughs (6 March). When ex-junkie, Johnny (Spit) Spiteri comes back to Australia on a false passport he is quickly locked up in an Immigration Detention Centre. But this is the least of his troubles as gangsters Chicka Martin and Arne Deviers are

also hot on his trail. David Wenham is excellent in the lead role with great support from Gary Sweet and David Field. a fun way to take a break for 90 minutes.

The big movie of the month is *The Alto Knights* (20 March). If you want to make a top gangster movie who are you going to ask to play the lead role? Robert DeNiro of course. Based on a true story and masterfully directed by Barry Levinson, De Niro plays a dual role as 1950s' mob bosses Vito Genovese and Frank Costello. As you would expect it's non-stop Mafia violence. Don't wait for this to come to streaming - go see it on the big screen.

On the couch

My favourite watch for the month would have to be *Apple Cider Vinegar* (Netflix). Based on the book *The*

Woman Who Fooled the World, this true story follows the Australian wellness guru Belle Gibson who, using social media, cons the world with her fake cancer diagnosis and uses her platform to promote alternative medicine as the cure for all. The series is beautifully produced, and you can see why in its opening release it was #1 on Netflix. American actress Kaitlyn Denver nails the Aussie accent in the lead role with a great supporting cast. The six-part series was all filmed in Australia and it was cool to see Netflix had taken out huge billboards in America to promote it.

The other big watch for the month is *White Lotus, Season 3* (Binge). Everyone loves this series, and the new season does not disappoint. The only downside is Binge drops an episode a week. This time around, the show is set in Thailand with intrigue and plot twists all over the place.

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March horoscopes by Patsy Bennett - patsybennett.com

Aries

Venus retrograde from the 3rd will bring a retrospective quality this March. You may even be tempted to make choices based on nostalgia alone, so be prepared to push forward towards the new as a fresh daily routine begins mid-month. Try to have key paperwork signed before then.

Taurus

You'll appreciate the chance to revitalise your social life and personal life - and even which organisations you associate with, to create more variety and spice. You may be drawn to out of the ordinary activities, and will appreciate the change of pace, but must maintain a sense of direction.

Gemini

As Jupiter gains pace in Gemini, your energy levels will improve, but you must avoid distractions. Remain clear about your goals. You may go over old ground in your career and direction, so you'll need to pay extra attention to your long-term goals. Finances could improve so be positive.

Cancer

This is an excellent month to make things happen, both in your career and love life. This is one of your best months in your romantic life – as long as you take the initiative. You must be prepared to let the past go as otherwise this month could be frustrating as feelings of being stuck increase.

Leo

Be prepared to make a commitment to a fresh agreement or person. The lunar eclipse on the 14th encourages you to take a fresh look at your finances. For some Leos, developments will allow you to move forward from past financial circumstances, so be innovative, but be sure to obtain advice.

Virgo

The total lunar eclipse on the 14th will be in Virgo and signals a fresh chapter in your personal life. You may find a situation that appears to be fated needs to be acted upon, but you must be your usual circumspect self to remain grounded. It's a month of new beginnings, so choose wisely.

Libra

You'll gain the chance to enter fresh territory, especially at work and health-wise. The lunar eclipse on the 14th will spotlight aspects of your work and health you are ready to leave behind, and the solar eclipse on the 29th will encourage fresh growth, even if a degree of upheaval is involved.

Scorpio

You'll gain the opportunity to enter fresh and even ideal-looking circumstances in your personal life, so if you're single, be sure to socialise, and couples find excellent ways to deepen your relationship, especially from the 14th. It's a passionate time, so be sure to maintain perspective.

Sagittarius

Domestic, property and family matters will be a focus in March, and you may find you need to go over old ground to gain momentum moving forward. It's an excellent time for discussions and contracts, but you must try to get agreements on the table before the 14th for best results.

Capricorn

This is an eclipse month, which generally opens doors. In the process, some doors will close. For you, this will be principally in the areas of career, favourite activities and learning. As a result, you may be drawn to make changes at home, with family or property. Think long term and be positive.

Aquarius

If 2025 has already brought change, be prepared to shift a little more now. The March eclipses will fall in your personal, financial and self-developmental zones, the message being that finances and income are important factors to focus on for now, and are a part of your self-development.

Pisces

This month crystallises a fresh chapter which will focus attention on a seemingly predestined relationship. Be careful with communications and refresh financial and personal goals. The lunar eclipse on the 14th will spotlight long-term changes in your personal and collaborative priorities.

Evans Head Heritage Aviation Museum



Opening Hours:
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