

# Lennox Head Evening VIEW Club

## May: The Month at a Glance

**What's May known for?** The bridge between autumn's last golden days and winter's arrival here in the Southern Hemisphere. It's a month of reflection, remembrance, and cosying up as the temperatures drop.

## Global Highlights

- **International Workers' Day (May 1)** — Celebrated worldwide, honouring the labour movement and workers' rights
- **World Press Freedom Day (May 3)** — Recognising the importance of free and independent journalism
- **Mother's Day (Second Sunday)** — Celebrated across Australia, the US, and many other countries
- **World Bee Day (May 20)** — Raising awareness about pollinators and sustainable agriculture

## This Month in History

Year	Event
1788	South Carolina becomes the 8th US state to ratify the Constitution
1915	ANZAC troops hold the line at Gallipoli during fierce May battles
1954	Roger Bannister breaks the 4-minute mile barrier
1969	Apollo 10 completes its lunar dress rehearsal
2023	WHO declares end of COVID-19 as a global health emergency

## World Traditions in May

- **Lei Day (Hawaii, May 1)** — Celebrating Hawaiian culture with flower garlands and music
- **Cinco de Mayo (Mexico, May 5)** — Commemorating the Battle of Puebla with parades, food, and festivities
- **Vesak (Buddhist communities)** — Honouring Buddha's birth, enlightenment, and passing—date varies by lunar calendar
- **May Day traditions (Europe)** — Maypole dancing, flower crowns, and welcoming the warmer season

## Australia: May Highlights & Observances

- **National Reconciliation Week begins (May 27)** — A time to learn about shared histories, cultures, and achievements of Aboriginal and Torres Strait Islander peoples
- **National Volunteer Week (mid-May)** — Celebrating the 6 million+ Aussies who give their time
- **National Palliative Care Week** — Raising awareness about quality end-of-life care
- **Domestic & Family Violence Prevention Month** — Continuing important conversations about safety and support

## Northern Rivers Highlights

- **Autumn markets** are in full swing—Bangalow, Byron, and Lismore markets offer the best of local produce and crafts
- **Whale watching season kicks off** — Keep your eyes on the horizon as humpbacks begin their northern migration along our coast
- **NORPA performances** continue at Lismore City Hall—check their program for theatre, music, and dance
- **Local footy and netball** — Support your community teams as the winter season heats up

## May Trivia

- May is named after **Maia**, the Greek goddess of fertility and spring (though it's autumn for us!)
- The **emerald** is May's birthstone, symbolising rebirth and love
- **Lily of the valley** is the birth flower—delicate, fragrant, and a symbol of humility
- May has **no other month** that starts on the same day of the week in any given year
- The word "mayonnaise" likely derives from **Mahón**, a Spanish port captured in May 1756

## Coming Up This Month

Date	Event	Location
May 3	Wharf River Club Fundraiser	Fawcett St, Ballina 3 PM - 530 PM
May 13	May Dinner Meeting Guest Speaker - Denise Alison Humans of Lismore	Lennox Hotel, 6 PM for 6:45 Seating

 **Sending our warmest thoughts to Karen M and Rhonda L, hoping their health checks and upcoming operations bring positive outcomes and peace of mind.**

We'll also be missing President Deb this May, as she's off gallivanting around the Greek islands with Denni and the ladies—tough gig! Nerida will step in to keep things on track.

## Quick Reminders

 **Booking deadline for the May meeting is** Friday, May 8th. Send Sue a message.

*Questions? Ideas? Feedback? Just wanted to say hi and ask if you'd like a cuppa/drink?  
Anything else you think we've missed?*

**Reply to this email** or find us on social **@LennoxHeadEveningVIEW**.

See you at the next meeting! 🎉

—The Publicity and Program Team - Li, Belinda, Sue and Katrina