

Nov 2023

brilliant

ONLINE



Cameron Bullock first solo flight on his 15th birthday

The **TOMORROW'S GENERATION** *Issue*



INSIDE: Brilliant-Online Celebrates Tomorrow's Generation: In our November issue, witness the awe-inspiring journey of young prodigy Cameron Bullock as he achieves his first solo flight on his 15th birthday. As Brilliant-Online approaches 1000 stories, we invite you to join our grand celebrations in January. Be part of the brilliance shaping our future!




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NOTE FROM OUR EDITOR

◆ Welcoming Tomorrow's Generation

To coincide with the celebration of World Children's Month on November 20, this month we are shining a light on 'Tomorrow's Generation', the up-and-comers who will be looking to make their mark on the world in the years to come.

Our cover star this month is local lad Cameron Bullock who recently achieved the incredible feat of becoming one of the youngest pilot-in-command in Australia when he completed his first solo flight. The cherry on the icing on the cake was that the fearless youngster did so on the day of his 15th birthday! Our article suggests the sky is the limit for this young man as he has his sights set on achieving even more in the year to come.

We also take a deeper look at what is behind the UNICEF-driven World Children's Day, incorporating the great work being done on a local level by The School of St. Jude, TG's Child Care and Bravehearts Mid North Coast.

November also sees the celebration of International Men's Day on the 19th. As a tribute, we look back at some of the brilliant males we have profiled in recent

years, revisiting their stories to marvel at many of their fine achievements. We also hear the stories of two superhero role models who are taking on major physical challenges to raise money for charity this month.

We round off with an eclectic mix of stories profiling World Diabetes Day, World Television Day, Black Friday, Peanut Butter Lover's Month, World Tsunami Day, as well as the usual catch up with the likes of TG's, Smart Coast Conveyancing, AC Healthy Solutions and Port Adventure Cruises.

There really is something for all tastes this month so we hope you enjoy!

Ben Tirebuck



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ABOUT BRILLIANT

Brilliant-Online makes people and businesses famous. It is an empowering read for progressive individuals and dynamic businesses pushing for a better world in the digital era. Born witty, Brilliant unveils an online magazine featuring a variety of digital interactive content that makes it similar to the magical Daily Prophet newspaper from Harry Potter.


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BRILLIANT CONTENTS



- 4 Note from our editor
- 6 Flying Solo



Brilliant BUSINESS

- 14 Advocating for Child Safety at TG's Child Care
- 18 Unlocking Holiday Spirit: Seizing Real Estate Opportunities Before the New Year
- 21 Micro Business Forum celebrates 20 years!
- 22 Infineon doubles Co-Innovation Space to accommodate more startups
- 24 Come on board Brilliant-Online's preferred party destination, the Rhythmboat!



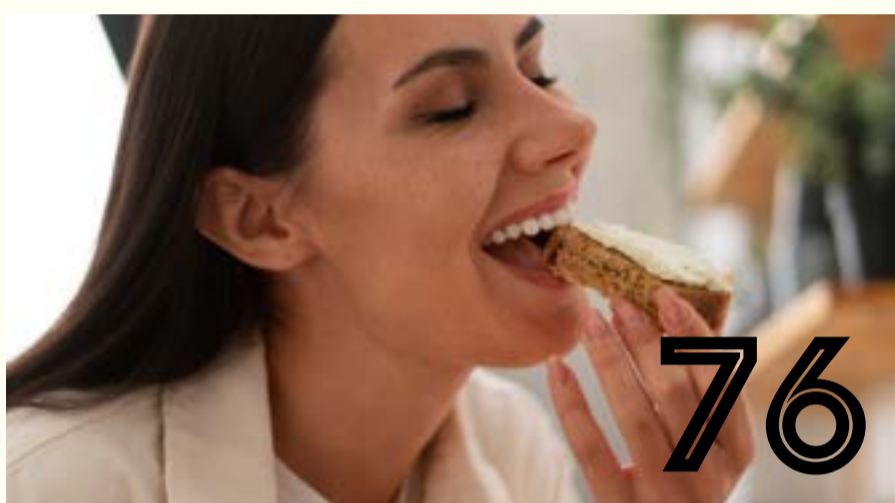
Brilliant HEALTH

- 32 Do not lose weight with a no-carb diet. Here's why!
- 36 Empowering children on World Children's Day
- 38 Black Friday - What's all the fuss about?
- 41 Turmeric may help manage diabetes and weight management
- 44 Celebrating International Men's Day
- 46 World Diabetes Day - Raising Awareness and Supporting a Truly Worthy Cause
- 50 For the sake of mental health, please lower your voice and be kinder!



Brilliant **COMMUNITY**

- 56 AMSA celebrates Friendship, Multiculturalism & Excellence at their annual dinner
- 60 Lest We Forget
- 63 Wauchope author Desley Polmear is ready to release "Poetic Justice"
- 64 Help Save Elvis Presley's Circle G Ranch!
- 68 In the digital age, the TV still stands smartest
- 72 Recognising the importance of World Tsunami Awareness Day



Brilliant **FOOD**

- 78 Yum Yum, it's Peanut Butter Lover's Month!
- 82 A collision of delicious indulgence in a sandwich



Brilliant **SPORT**

- 86 Game, Set and Match - the return of the Hong Kong Open
- 90 Tri-Help for Phuket's Forgotten Four-Legged Friends
- 94 Turning the tide for the less fortunate



Brilliant **WHAT'S ON**

- 100 Shining a light on health this Diwali
- 104 What's on in Brilliant November & December 2023
- 108 Celebrating 1000 stories on Brilliant-Online's 3rd Birthday

FLYING SOLO

◆ Flying is in Cameron Bullock's blood. You could say the sky's the limit for this young man!



"On his 15th birthday, Cameron Bullock became the youngest pilot-in-command in Australia when he completed his first solo. Conditions were far from perfect with 8-10 kts from the north provided him with the challenge of turbulence and a slight crosswind. Regardless, Cam flew a tidy circuit and a beautiful smooth landing. Cam has worked very hard to get ready for this day, facing very early starts for his lessons, and practicing hard on his home flight simulator. We are all very proud of his efforts. Congratulations." - Ray Lind, Chief Flying Instructor with the Hastings District Flying Club.

Brilliant-Online interviewed 15 year old Cameron Bullock on his first solo flight. Our Editor, Ben Tirebuck is piqued by Cam's enthusiasm.

I've always personally had a huge admiration for pilots. I guess it goes back to when I first flew aboard a plane as a seven-year-old boy, from the UK to Spain for a family holiday. I remember being terrified - how on earth could this huge vehicle with all these people onboard possibly take off, let alone stay airborne in the sky for the two-and-a-half-hour journey,



Cameron Bullock wanted to fly from a very young age.



➔ 12-year-old Cameron Bullock giving an EFIS briefing

my young, confused mind asked. I actually got quite upset, despite the best efforts of my parents and several air stewardesses to placate me.

Then my hero emerged from the cockpit. The pilot took time to not only explain how this huge vehicle with all these people onboard will take off and stay airborne but that flying is the safest way to travel. He invited me to the cockpit to show me around and, within minutes, I felt much more at ease. It still took several years for me to become a

comfortable flyer, although that pilot lives long in my memory for helping me conquer my initial unease.

The point of this long-lost childhood anecdote is to illustrate my admiration for anyone who can commandeer an aircraft, whatever size and for however long. Of course my young mind didn't have a grasp on the physics required to understand flight and, while my adult mind does, I still find it incredibly fascinating. This

explains why my level of admiration for young Cameron Bullock is such, and how it was elevated to another level altogether on discovering he recently successfully undertook his first solo flight.

A Family Affair

Aviation runs in the Bullock family, with Cam's father Mike a flying instructor. As a toddler, Cam used to join his father on flights aboard a bat plane and, what started as a fun past time, quickly turned into a genuine passion. Watch

the charming video of Cam on YouTube explaining the intricacies of the Electronic Flight Information System and it is plain to see!

Cam is one of Hastings District Flying Club's flying scholarship recipients who officially started to learn how to fly when he was 14, while still at school at MacKillop College in Port Macquarie, where he remains a student today. Having recently turned 15, the official age permitted to fly solo, he decided it was time to do exactly that, taking to the skies to become one of the youngest ever solo pilots.

"I made my first solo flight on October 4, the day of my 15th birthday," Cam tells us proudly. "I

would have done this sooner, only you are not permitted legally to do so until you turn 15 so it was an extra special occasion for me."

He recalls a mixture of excitement and nerves ahead of the endeavour, while emphasising that the weather conditions on the day were not great. "The conditions were absolutely not ideal as there was quite a bit of wind and fog on the horizon, which made visibility quite blurry and the whole thing really difficult," he explains. In fact, while he had earmarked his birthday as the date he would undertake his first solo flight, it wasn't as clear cut when the time rolled around. "Further to the challenging weather conditions,

I hadn't had a good sleep the night before. It could have been the excitement of anticipation or nerves, or perhaps a combination of the two, but I felt so tired, which wasn't ideal. I had, actually, prepared myself for the fact that I might not be able to do it."

Mike did a few circuits with his son, which went well and helped settled any nerves. "Then Dad asked me if I wanted to have a go on my own," Cam tells us. "I was still slightly hesitant so we agreed to do one more circuit together and, if it went well and I was comfortable, then I would go it alone." The final father-and-son circuit did go well so it was time to take to the cockpit alone!



Cameron Bullock speaks about his first solo experience

Slightly Surreal

"I was totally a mix of nerves and excitement, which is good," Cam explains. "To be honest, once I got settled into the cockpit and focused I was fine and didn't even really think about the take-off. It just came naturally, I guess. However, after turning crosswind it did hit me that I was on my own, which was slightly surreal. I kept calm though, knowing all the emergency procedures in the event of something going wrong, and realised I was fine, that I could handle it ok."

Cam was up in the air flying solo for approximately six minutes, although it must have felt much longer. It was actually coming back down to earth that proved the most challenging part of the experience, he remembers. "Landing was probably the scariest part. I had to get over the trees but the sheer amount of wind was hitting them and creating spirals which I had to get over to overcome any turbulence. But it was fine in the end and I came in pretty well," he says, modestly.

Cam's first solo flight will undoubtedly be the first of many, many more to come. "Hopefully I am able to get my pilot's license as quickly as I can," he tells us. "Then I might be able to try and get a job with the skydiving pilot, which would be great."

He is quick to pay thanks to the scholarship received from Hastings District Flying Club that has helped him so far realise his dreams. He is also forthcoming in offering advice for any others who similarly receive a scholarship. "Once you've received the scholarship and



start to learn how to fly, I would recommend starting your lessons as soon as possible," he explains. "It ensures you maximise the actual scholarship and get the best out of it, something I don't think everyone does which leaves people losing interest. Getting involved with practical lessons straight away helps maintain the excitement and engagement levels, I believe. Also, do your homework and invest yourself in time on the simulator as it can have a huge positive impact and reinforce everything you have learned in the theory side of the lessons."

Cam's story immediately brings to mind a previous feature Brilliant Online ran on Zara Rutherford, who became the youngest woman to fly solo around the world in 2022. Then her 17-year-old brother, Mack, broke her record months later when he became the youngest person to fly around the world solo in a microlight aircraft. Mack gained his pilot's licence when he was 15 after training for years with his father, which sounds incredibly similar to Cam's experience.

Whatever Cam decides to do going forward, you can guarantee that flying will play a big part. What he has achieved already is quite remarkable and deserves great respect and credit. And to think when I was his age, I was only just conquering my fear of flying boarding a commercial plane which was in the expert hands of experienced pilots!

Take a bow, young man!

Flying Training in Port Macquarie



Cameron Bullock's first solo flight was challenging



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**-RAY LIND
CLUB CAPTAIN AND CFI OF HDFC
INSTRUCTING SINCE 1990**

JACOB DOWD,
after his first solo





➔ 12 year old Patrick Dale is Founder of Sweet Tooth Marshmallows

[READ HIS STORY](#)



Brilliant

BUSINESSES



ADVOCATING FOR CHILD SAFETY AT TG'S CHILD CARE

◆ Child Safety and Protection Month is not restricted to just November at TG's Child Care. Families and children trust TG's as a safe and secure space where Playing is Learning for Life!



Thank you to the traffic warden for keeping the children safe!

November 20 is World Children's Day. Read about the importance of knowing the rights of children in our blog here.

November is dedicated to recognising the unique potential dangers children may face in their daily lives, be it at home, school or in public places. It's about taking steps to prevent against challenges and nasty incidents. Taking the appropriate safety measures can help reduce the number of unintentional accidents. Our children trust us to keep them safe. As parents, educators and adults around children, we can also educate children about

the potential dangers and teach them what they need to do to keep themselves safe and how to respond in an emergency.

TG's Child Care has their Work Healthy Safety (WHS) incorporated into their ESG strategy to protect the health, safety and welfare of all workers and others in relation to Australia's workplaces and work activities.

Read about how TG's implements WHS here.

**Work Health Safety at TG's
Child Care for a happy, secure
learning environment**

Changes from the ACECQA and NQF

TG's is always on the ball when it comes to changes and updates in regulations from the Australian Children's Education and Care Quality Authority (ACECQA) and the National Quality Framework (NQF).

In fact, this October 2023 we are seeing the largest update in these regulations since the introduction of the National Quality Framework. These changes are implemented at TG's and shared with the families as well.



➔ Safe Sleep Practices apply to our baby dolls too!

Child Safe Standards

These are a set of ten standards to meet in order to ensure the safety and wellbeing of children. They help organisations working with children to create a culture of safety and accountability. TG's is committed to protecting the children and these standards are strictly implemented.

TG's keeps an open line of communication with families so they can also be familiar with the standards and procedures at TG's. It is about working in partnership to create a safe and nurturing environment for all children.

Safe Sleep Practices

Under the new regulations, TG's is required to update their policies

and procedures for sleep and rest to cover the new National Regulations.

A sleep and rest risk assessment is to be conducted at least once every 12 months, and as soon as practicable upon being aware of any situation that may affect the safety, health or wellbeing of children during sleep and rest.

Reasonable steps are taken to ensure the children's needs for sleep and rest are met, taking into account their ages, developmental stages and individual needs.

Other safety regulations pertain to areas such as:

- Arrival and Departure of Children
- Child Protection and Child Safe NSW
- Emergency and Evacuation
- Excursion
- First Aid
- Governance and Service Management
- Grievance Resolution
- Interactions with Children
- Professional Development and Study Progression
- Providing Safe Environments
- Record Keeping
- Sleep and Rest
- Students Volunteers and Visitors
- Water Safety

Sun Safety at TG's

At TG's, children love being outdoors in summer, exploring the beautiful gardens, going on beach kindys, and building relationships with their friends and Educators. TG's children know about the importance of sun safety. And they're here to share some of their Sun Safety tips with you!

- Put on your sun hats! Get a wide-brimmed one to provide ample shade for your face, neck and ears.
- Wear sun-safe clothing that covers as much of the skin as possible, especially the shoulders, back and stomach. TG's recommends loose fitting shirts and dresses with sleeves and collars or covered neckline, and longer style skirts, shorts and pants.
- Wear sunscreen! Get a high SPF sunscreen to apply on exposed skin whenever you are outdoors. TG's children apply sunscreen 20 minutes before going outside.
- Bring a water bottle. Staying hydrated in hot weather helps children to feel energised and ready for a day of PLAY!

Learn to be 'sun-smart' like TG's children! This way, we can all have fun in the sun while staying safe and healthy.

So everyone is off to a great start, TG's also provides each child with a sunsmart and sunsafe bucket wide-brimmed hat when they commence at the service. And the children LOVE their happy sun hats!

Do you have A Little MEG in your pocket?

Child Safety and Protection is not just about external, physical dangers. One also has to take care of one's mental space. Mental health and wellbeing are key to keeping a child safe, open and joyful.

Mindfulness, Empathy and Gratitude are powerful tools every TG's child has in their pockets wherever they go. They experience the benefits of meditating in nature, listening to the sounds and feeling all the senses as they learn to self-regulate to a state of calm and manage their feelings. TG's children build strong skills in mindfulness, empathy and gratitude. They learn to take care of themselves, as well as others.



A Little MEG a Day Keeps TG's Children Joyful at Play!

TG's enrolments open for 2024

If Playing is Learning for Life is a philosophy you share, then get ready to join the TG's Family! Enrolments are open for 2024.



Playing is Learning for Life

Enrolments open for 2024 intake
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233A High St, Wauchope, NSW 2446 T: +61 (02) 6585 3331

3 Riverbreeze Drive, Wauchope, NSW 2446 T: +61 (02) 6585 2981

61 Miller St, Urangan, QLD 4655 T: +61 (07) 4184 2282

UNLOCKING HOLIDAY SPIRIT: SEIZING REAL ESTATE OPPORTUNITIES BEFORE THE NEW YEAR

◆ As the holiday season approaches, many people shift their focus to decking the halls, wrapping presents and planning Christmas parties. However, for savvy real estate investors, this period leading up to Christmas and the New Year presents a unique and often overlooked opportunity to make their property dreams come true.



➔ Unlock your homeownership dream this festive season

Whilst it might seem like an unconventional time to dive into the real estate market, there are compelling reasons why you should consider incorporating the holidays into your investment strategy.

'Tis the Season to Seal the Deal

Traditionally, the real estate market experiences a slowdown during the holiday season. People are preoccupied with the hustle and bustle of Christmas shopping

and preparing for their holiday vacations. However, experts believe that this slowdown can be advantageous for those who remain active in the market.

One significant advantage of buying a home in December is the eagerness of sellers to close deals



➔ Smart Coast Conveyancing has a Contract Review Package to help you buy with certainty

before the year's end. Sellers may be more willing to accept lower offers if it means a swift and early settlement. In some cases, they might even start with competitive pricing, offering you a holiday bargain that could be too good to pass up.

Deck the Halls with Real Estate Bargains

The period between Christmas and New Year is often marked by a lull in real estate competition. With fewer buyers actively searching for properties, your

chances of securing the home you desire at a favourable price increase significantly. This reduced competition can lead to a less stressful buying experience, allowing you to negotiate terms and conditions more effectively.

If it's Good Enough for Santa, It's Good Enough for Your Property List: Checking It Twice

While the real estate market may slow down during the holidays, it's important to stay vigilant

about managing your finances and navigating the pre- and post-settlement processes. The end of the year is an ideal time to buy but you need to ensure your loan approval is in place early. Knowing your budget and securing financing early can give you a competitive edge when making offers on properties over this period.

At Smart Coast Conveyancing, we understand that the holiday season can be a hectic time. That's why we offer a 24/7 service in NSW, available year-round to make sure you have peace of

mind that you are getting the best advice whenever you need it. Our Contract Review and Contract for Sale packages are designed to make end of year conveyancing stress-free. You can purchase from our online store anytime to receive fast and reliable service.

No matter where you are or what time it is, we're here to help you achieve your real estate goals. We can even put you in touch with a lending expert who can help get your finances ready for a pre-Christmas settlement. You don't need to have a property picked out yet, but getting pre approval means you are ready to go when you the right Christmas miracle appears.

Make Your Christmas Wishes Come True

As the temperature rises for an Aussie Summer Christmas around the BBQ, it's easy to get caught up in the festive spirit. However, if you're considering a real estate investment, don't let the holiday season pass you by without exploring the unique opportunities it offers. With sellers motivated to close deals, reduced competition, and the support of professionals like Smart Coast Conveyancing, you can turn your property dreams into reality this holiday season.

This year, make a resolution to take advantage of the hidden treasures



Buying or selling this festive season – talk to Smart Coast Conveyancing

that the real estate market has to offer at the end of the year. Contact us at Smart Coast Conveyancing to discover how we can help you unwrap the gift of

a new property. Our new online store has some fantastic options - check them out here.

It's not too late to update your Christmas List!!

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MICRO BUSINESS FORUM CELEBRATES 20 YEARS!

◆ Happy 20th Anniversary to the friendliest business network in town!



➔ Micro Business Forum is the friendliest business network in town!

Today we look back at MBF's amazing history and how it has grown over the years, faced difficult challenges and are still going strong today as our community's friendliest business network!

It has always been friendly from the beginning!

Since 2003, this friendliest business network supports Home Based Businesses and now micro business owners with 5 employees or

less. Over the last 20 years, their name evolved from Home Based Business Club to Home Business Forum.

On February 22, 2013, it was officially changed to the name we know now, Micro Business Forum (MBF).

Through the years, regardless of what the name was, the objectives remained the same. It was to provide a platform for members to connect, learn from each other, and be inspired by guest speakers.

Veronica Lind was nominated as

President in 2020, a watershed moment as it was the first time a President was appointed online for MBF. It took place during an online AGM due to COVID-19, and this was also the time which triggered the steep adoption of technology and members were challenged to really innovate and find new ways to grow their business through those difficult times.

For a more in-depth look at MBF's history, read their blog here.

[Join MBF](#)

INFINEON DOUBLES CO-INNOVATION SPACE TO ACCOMMODATE MORE STARTUPS

◆ And welcomes Korea SMEs and Startups Agency as new ecosystem partner in Infineon global startup co-innovation program



➔ **Chua Chee Seong, President and Managing Director, Infineon Technologies Asia Pacific Pte Ltd (right) and Cho Han Gyo, Executive Director and Vice President for Job Creation and Employment, Korea SMEs and Startups Agency (KOSME)**

Global semiconductor company Infineon Technologies has expanded its Co-Innovation Space in Singapore, the company announced at OktoberTech™ Asia Pacific. The expansion aims to accommodate more startups from Singapore and the Asia Pacific region.

In addition, Infineon has partnered with Korea SMEs and Startups Agency (KOSME) to foster innovation in decarbonization and digitalization solutions in Asia. KOSME will introduce Korean startups with innovative solutions

to Infineon for evaluation and assessment of their engineering needs. Selected startups will have the opportunity to join Infineon's global startup co-innovation program in Korea or become a resident partner at the Co-Innovation Space in Singapore. This will allow them to develop and test their solutions in Singapore and Southeast Asia.

“We are facing a future dependent on game-changing solutions for green and efficient energy, smart and secure IoT, and clean and safe mobility. Today's announcement of a larger Co-Innovation Space

and our partnership with KOSME reaffirms our commitment to shaping a sustainable future with our ecosystem.” - CS Chua, President and Managing Director, Infineon Technologies Asia Pacific.

Infineon Co-Innovation Space was launched in 2018 and is an integral component of Infineon's worldwide startup co-innovation initiative. Its primary objective is to assist startups in their product development endeavors by offering semiconductor technology assistance, guidance, and mentorship.

The Singapore-based Co-innovation Space is the sole location equipped with a dedicated workspace, enabling startups to participate in a comprehensive 12-month program in collaboration with Infineon. Through this program, startups gain access to Infineon's extensive ecosystem, comprising customers and business partners across various countries where Infineon operates.

Infineon has made Singapore its Asia Pacific base for more than 50 years, investing S\$700 million over the past decade. Singapore is the lead site for smart factory solutions development and the

global test hub for automotive microcontroller units. It is also a key node for Infineon global distribution and one of the major microelectronics R&D centers in Asia.

About OktoberTech™

OktoberTech™ is Infineon's global event format, aimed at demonstrating how future technology can drive decarbonization and digitalization. Hosted in areas with vibrant innovation ecosystems, OktoberTech™ brings together customers, startups, business leaders and experts.

About Infineon

Infineon Technologies AG is a global semiconductor leader in power systems and

IoT. Infineon drives decarbonization and digitalization with its products and solutions. The company has around 56,200 employees worldwide and generated revenue of about €14.2 billion in the 2022 fiscal year (ending 30 September).

Infineon is listed on the Frankfurt Stock Exchange (ticker symbol: IFX) and in the USA on the OTCQX International over-the-counter market (ticker symbol: IFNNY).

Further information is available at www.infineon.com.



➔ **Minister of State Low Yen Ling (middle) and Infineon Technologies Asia Pacific Pte Ltd President and Managing Director Chua Chee Seong (behind her), with startups in the Infineon Co-innovation Space**

COME ON BOARD BRILLIANT-ONLINE'S PREFERRED PARTY DESTINATION, THE RHYTHMBOAT!

◆ Port AdVenture Cruises is helping people create amazing memories on their cruises. Looking to make the holiday season a memorable one? Jump on board!

With the holiday festivities coming up, people are scratching their heads for ideas to make this Christmas and New Year one that will stand out in everyone's memory. Whether it's for a family gathering, with friends, or a company event, you don't have to look very far to squeeze out an original idea.

Just jump on board the Rhythmboat with David and Elsa! After all, it would be near impossible to beat the statement, "I spent Christmas with a school of friendly dolphins against a backdrop of the most beautiful sunset!"

Have a truly jolly Christmas!

Port AdVenture Cruises offers a series of Dolphin Spotting River Cruises or Sunset Cruises. These cruises usually hold approximately 110 passengers. There is also the possibility of a private charter.

Imagine 3 ½ hours of gentle cruising down the beautiful Hastings River... but wait, before you start thinking this is all quietness and tranquility, just get inside and you'll be treated to amazing food, beverages and live entertainment that will get everyone in the festive spirit, laughing and having a great time!



The bonus (out of many) is that the staff takes care of everything. You do not need to plan or do the clearing up. Speak to David and Elsa about your needs and they'll be happy to suggest! And as we all know well by now, David is a natural entertainer and having him on board is guaranteed to have a truly jolly Christmas! Elsa is the steady rudder who makes sure everything is organised and running smoothly.

Christmas Party Cruises pick up from Town Wharf Port Macquarie. Christmas ticket prices include buffet lunch or dinner and a show.

Check their calendar here for a list of dates for their Christmas Themed Lunch Cruises and remember to book now as places go fast!

Christmas Themed Cruises

1,6,7 Dec	12noon
12 Dec	6pm
20 Dec	11am
25 Dec	12noon and 6pm

Contact David & Elsa

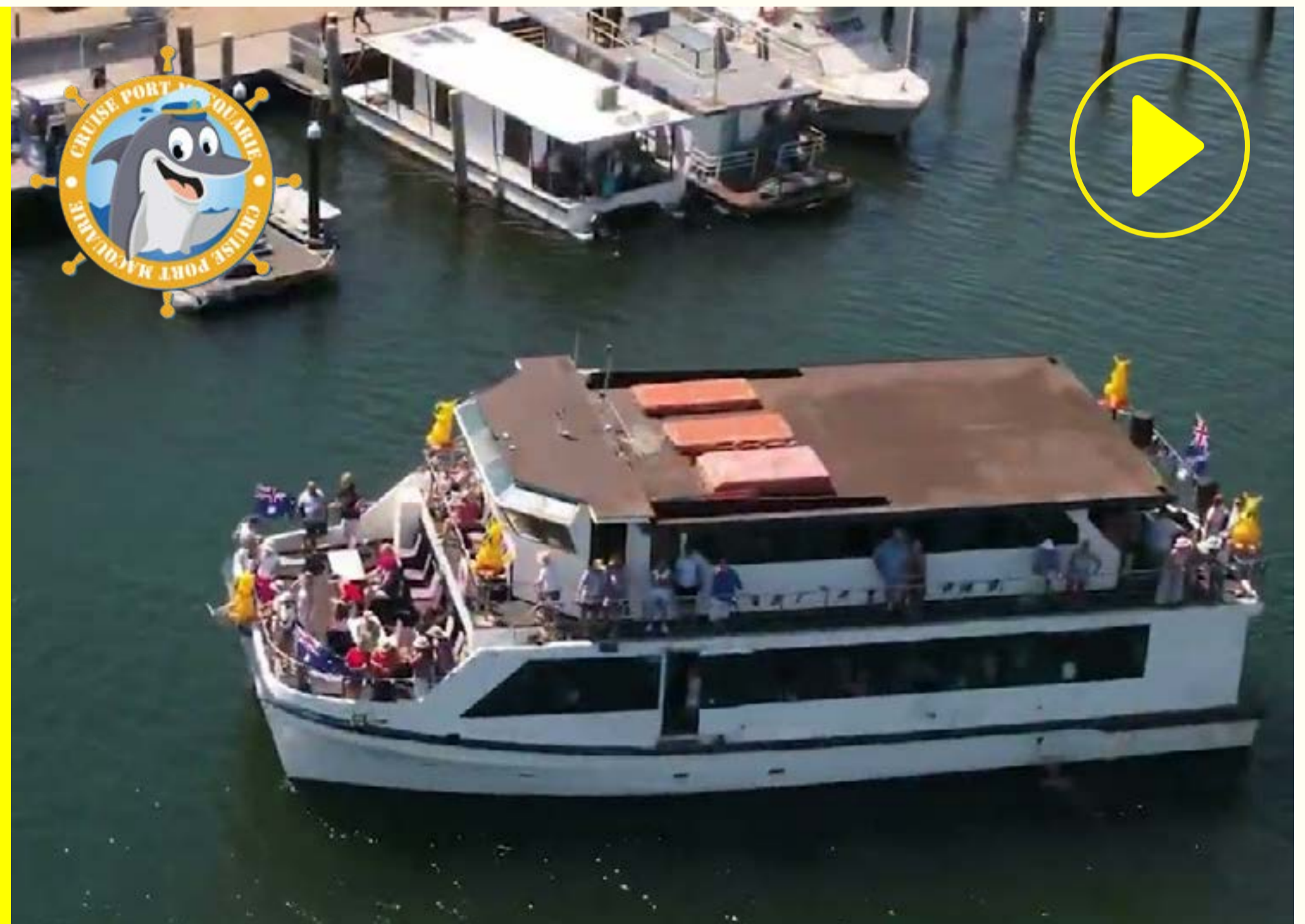
Usher in the New Year on the Rhythmbot

It's the 31st of December and you're with the people you most care about on a 4-hour cruise with music and entertainment, nibbles and finger good throughout the night plus a licensed bar on board so you don't even have to rack your brains about food planning!

Those of you out there who are always designated party organisers in your family or office, you'll know this is the time of the year where you start to feel a headache coming on having to plan right down to the last detail. This year, why not give yourselves a treat and a rest, and be one of those who simply want to enjoy the festivities? Leave the planning to David and Elsa so you can party the night away and welcome the New Year on board.

What a magnificent way to usher in the New Year! Port AdVenture Cruises has a special New Year's Eve Cruise on 31st December at 8:30pm. Get your tickets soon!

Tickets New Year's Eve Cruise



 **Port AdVenture Cruises in Port Macquarie**

Join in celebrating Brilliant-Online's THIRD birthday bash!

YES! We are turning THREE! And last year we had such a great time on board the Rhythmboat celebrating our second birthday we decided we simply had to return. It's definitely a case of back by popular demand.

Relive memories of our 2nd Birthday on the Rhythmboat here! It's our preferred party destination!

In just three years, we have weaved a magical tapestry of 1000 business and community narratives, sharing the amazing, creative and

courageous stories of the people in our community. We take great pride in our Australian heritage and fully embrace the richness of our multiculturalism.

And we can't thank Port AdVenture Cruises enough for giving us this opportunity to celebrate our third birthday bash on the Rhythmboat.

Do join us on Saturday, 20 January 2024, 1:30 pm – 4:00 pm at Port AdVenture Cruises, 77 Clarence St, Port Macquarie NSW 2444, Australia. The boat sails at 2pm so we hope to see everyone there!

And as part of our celebration of our heritage and multiculturalism, we invite you to get creative and come in the traditional attire of your heritage or that of your ancestors!

Tickets New Year's Eve Cruise

Are you ready to sail off into the sunset towards 2024? Share your Brilliant cruise experiences here with us this Christmas and New Year!



Elsa, Chrissy, Veronica and David on board Port AdVenture Cruises

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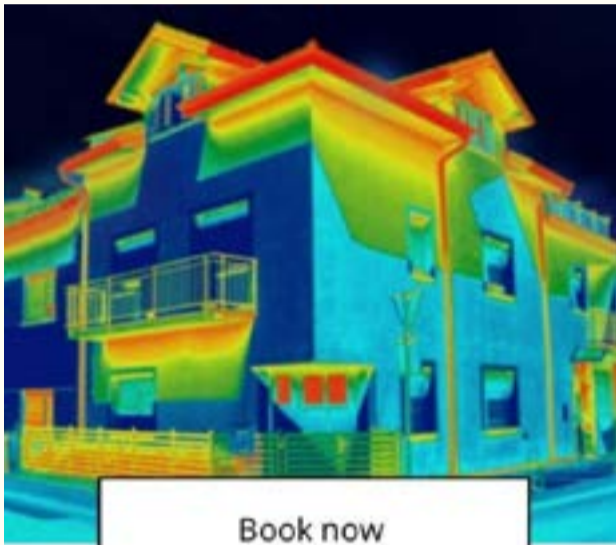
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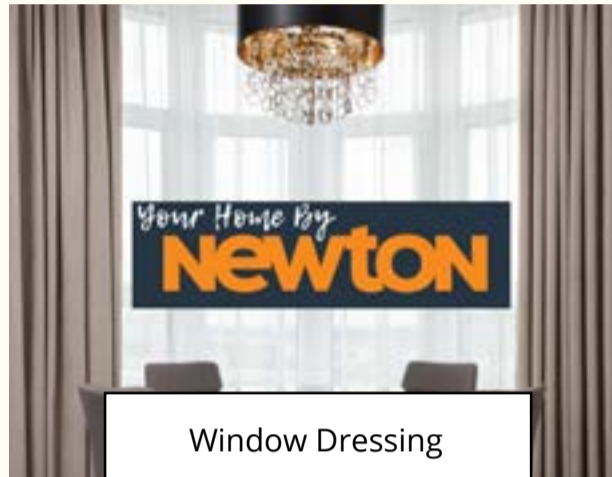
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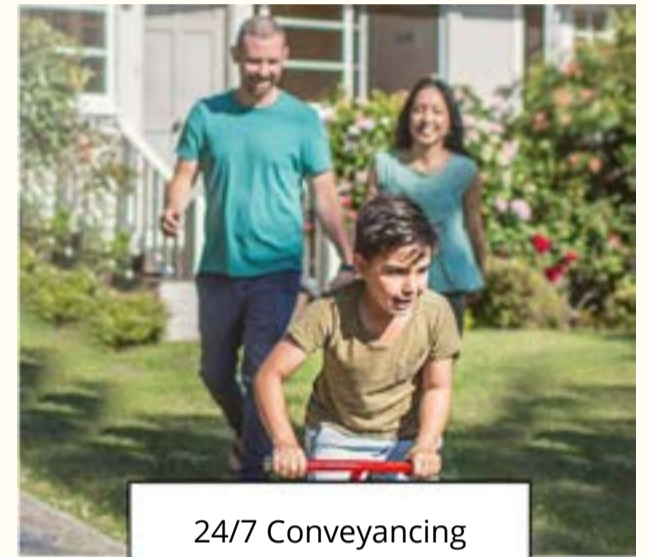
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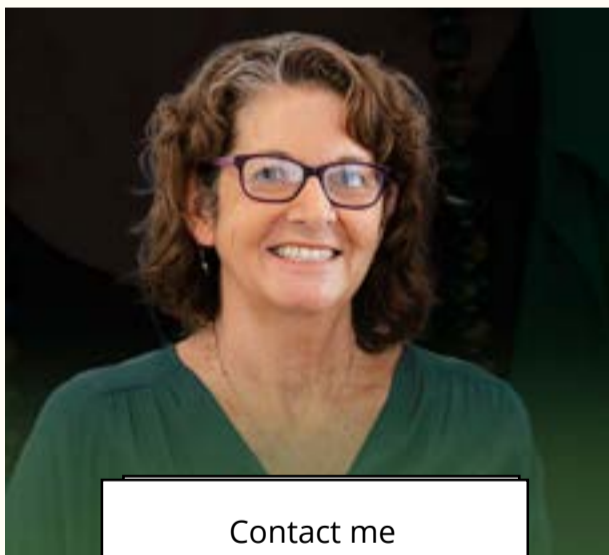


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➔ The stunning Michelle Ng lost 17kgs and advised that some carbs are important with weight management





Brilliant

HEALTH



DO NOT LOSE WEIGHT WITH A NO-CARB DIET. HERE'S WHY!

◆ Michelle Ng, Wellness Coach of Nou_Mish_Ment sheds light on the myth of carbohydrates.



➔ In 8 months, Kalven lost 25kg, 6% body fat and 4 layers of visceral fat. He improved his high blood pressure from 200 to 140 and sleep apnea issue.

Why has the no-carb diet gained such widespread fascination among individuals striving to shed excess weight?

This surge in popularity can be attributed to a handful of dieting approaches currently making waves in the market, offering rapid and instantaneous results.

It's no wonder that this trend has garnered significant attention – the allure of swiftly attaining one's weight loss goals is undeniably tempting.

However, beneath the allure of instant results lies a critical caveat that often goes unmentioned. These methods may not be universally suitable, and the outcomes they yield tend to be

short-lived. What frequently transpires is that as soon as individuals achieve their desired results and return to their regular daily routines, they face a high likelihood of relapse due to the loss of muscle mass and a decreased metabolism rate. Consequently, they find themselves compelled to revert to these diets once again.

This cyclical pattern of mental preparation and physical adaptation to accommodate these diet methods can lead to recurrent disappointment, ultimately causing many to abandon their weight loss endeavors. Regrettably, the concept of losing weight becomes an elusive and seemingly unattainable goal for most, appearing synonymous with arduous labor and an unsustainable regimen.

What happens when you don't eat carbs?

The allure of rapid results with a no-carb diet may be tempting, but it's crucial to recognize the potential downsides, several of which are significant. Let's delve into some key considerations:

- 1. Temporary Weight Loss:** When you eliminate carbs from your diet and don't overindulge in other food sources, you may notice an immediate drop in weight. However, this initial weight loss is often a result of reduced calorie intake, loss of muscle mass, and shedding water weight, rather than primarily stemming from fat loss.
- 2. Nutritional Deficiency:** Carbohydrates play a vital role in providing essential nutrients, including fiber, vitamins, and minerals. By excluding carbs from your diet, you're depriving your body of these necessary elements, which are typically found in complex carbs like fresh fruits, legumes, vegetables, and whole grains.
- 3. Unpleasant Side Effects:** The absence of these nutrients can lead to various side effects, including lethargy, mental fog, headaches, constipation, and bloating. In more severe cases, individuals may experience stomach pain, nausea, and vomiting.



- 4. Sustainability Challenges:** Maintaining a no-carb diet can be arduous, and it often traps individuals in a cycle of micromanaging their food intake. This can result in psychological distress, including feelings of shame and episodes of binge eating.

While no-carb diets may offer initial weight loss gratification, it's essential to weigh the potential drawbacks. Sustainable and balanced approaches to nutrition and weight management are generally more beneficial for long-term health and well-being.

What is the right way to lose weight?

Discovering the right path to weight loss involves a holistic approach that places nutrition at its core.

The good news is that you don't need to skip meals to shed those extra pounds. In fact, a significant calorie deficit can lead to unintended consequences, such as muscle loss and a slowed metabolism, which can impede your weight loss journey. Instead, the key is to eat in a way that supports your goals while still providing your body with the necessary nutrients.

I often impart to my students the valuable concept that 80% of your progress stems from nutrition, while exercise contributes the remaining 20%. While physical activity is crucial for maintaining overall fitness, the bulk of your health is influenced by what you feed your body – encompassing essential macro and micro nutrients.



A balanced, nutritional approach within your daily calorie range is the way to go. As a general guideline, aim for a meal composition that comprises 30% protein, 30% healthy fats, and 40% carbohydrates, focusing on complex carbs.

Begin with small, gradual changes in your daily routine. A great starting point is ensuring you kickstart your day with a nutritious breakfast, recognized as the most important meal. By providing your body with a well-rounded breakfast, you set the stage for an energized and balanced day. Your body, in turn, is better equipped to naturally manage functions like self-healing and adaptation.

Furthermore, for long-lasting results, it's essential to cultivate a robust mindset. My approach focuses on educating my students, not only in achieving their health goals but also in nurturing their mindset. Regular discussions on health-related topics help align both their body and mind, creating the foundation for a sustainable, healthy lifestyle. The end result? A lasting transformation, where

a well-nurtured mindset and informed choices propel them towards success.

How long does weight loss take?

The timeline for achieving weight loss results is a matter deeply intertwined with an individual's motivation and commitment. The journey's pace is a reflection of one's determination to attain their health goals, and it's important to remember that sustainable results are the ultimate objective.

The key is to view weight loss not merely as a quest for short-term gains but as an integral part of a lifelong commitment to a healthy lifestyle. Success in this endeavour is contingent upon an individual's unwavering dedication and resolute commitment.

Do not lose weight with a no-carb diet. Here's Why!

Interviewed by Veronica Lind:
brilliant
ONLINE

Michelle Ng, Wellness Coach of
Nou_Mish_Ment sheds light on the myth of
carbohydrates.

➔ Do not lose weight with a no-carb diet. Here's why!

Consider this: I've had students with varying timelines and motivations. One student, driven by the imminent prospect of his wedding in just eight months, managed to shed an impressive 30 kilograms within that short time frame. On the other hand, another student, without such pressing deadlines, took a more gradual approach, achieving the same weight loss over the course of one year.

However, it's important to emphasize that the duration it takes to reach your goals should not be the primary focus. What truly matters is the commitment to self-improvement and the consistent progress made, regardless of how big or small it may seem.

To make substantial strides toward your health goals, concentrate on achieving minor daily progress. Start by making small adjustments in your daily routine, such as increasing your water intake. Gradually, increase the daily water consumption from 1 liter to 1.5 liters over the course of a week, and continue this progression until you reach the recommended amount for your body's needs. In just one month, these incremental changes can lead to a noticeable weight loss of 3 to 5 kilograms when paired with the right approach. The journey may take time, but the key is to maintain steady progress, ultimately leading to lasting results.

How do you maintain the weight after losing them?

Sustaining weight loss is a crucial aspect that often goes unnoticed, but it's a vital component of achieving long-term success.

Here's an interesting insight: the duration it takes to lose a specific amount of weight aligns with the time required to maintain that weight. For example, if it takes you



In 8 months, Michelle lost 17kg , 6% body fat and 4 layers of visceral fat. Apart from that, she even improved her hormonal imbalance issue.

two months to shed 10 kilograms, you'll need to invest an additional two months to ensure your body stabilizes and doesn't experience weight rebound. Similarly, if your weight loss journey spans six months to lose 10 kilograms, you should commit to six more months of maintenance to prevent a rebound.

To maintain your hard-earned progress, you need to invest in your mindset and knowledge. This means embracing a healthy lifestyle as a way of life. This is where the concept of a 100% mindset comes into play for my students. I not only guide them in adjusting their eating habits

and lifestyles but also provide regular insights into health-related topics. As their bodies undergo positive transformations, their mindsets evolve in tandem. This synchronized approach is the key to sustaining their progress for the long term, ensuring that their newfound healthier lifestyle remains a permanent part of their lives.

Disclaimer: Before commencing any weight loss program, it is essential to consult with a medical professional to ensure that it is safe and suitable for your individual health and circumstances.

EMPOWERING CHILDREN ON WORLD CHILDREN'S DAY

◆ On this World Children's Day, it is crucial for the world to pay attention to the ideas and demands of the younger generation.



➡ 'We all have rights!' | World Children's Day

World Children's Day is an annual event organised by UNICEF that empowers children to take action and advocate for their rights. It commemorates the adoption of the Convention on the Rights of the Child.

Children and young people are actively speaking up on various important topics such as climate change, education, mental health, racism, and discrimination. They are urging adults to work towards creating a brighter future.

What can you expect on 20 November when the world comes together to empower children?

1. We will be seeing children 'take over' high-visibility roles in areas such as media, politics, business, sport and entertainment. This is an opportunity for children to bring our attention to issues that truly matter to them.
2. Significant landmarks and schools around the world will turn blue on this day to show support for children's rights. You too can participate by wearing something blue or even changing your profile picture online.

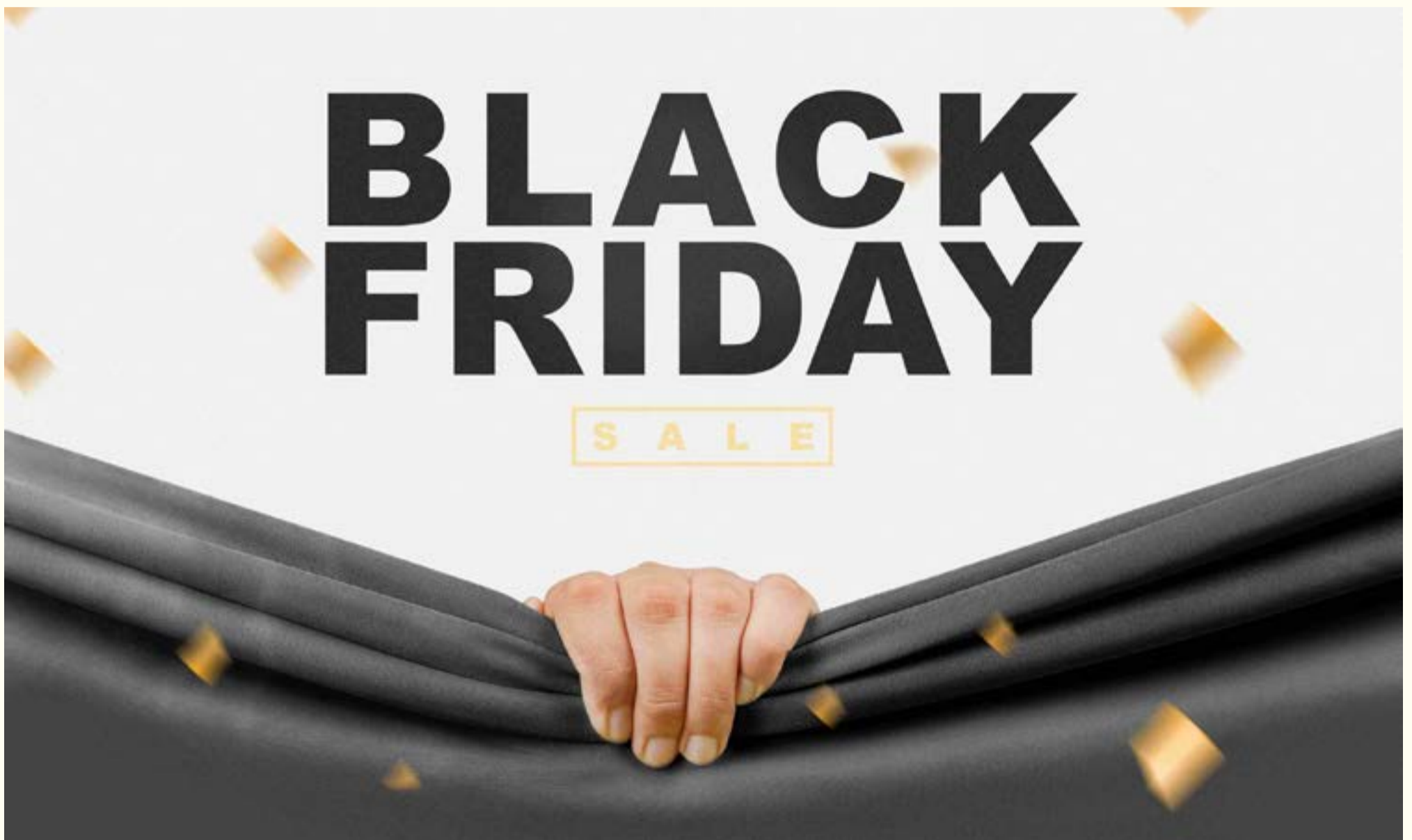
How will you be celebrating World Children's Day this year? Ask your children for ideas, they may have some great ways to make this meaningful!

➔ TG's Child Care Beach Kindy program
inspires children to explore and learn.
tgschildcare.com.au



BLACK FRIDAY – WHAT’S ALL THE FUSS ABOUT?

◆ Black Friday is a term that has become increasingly common in recent years although not many people are aware of its origins and how it became the biggest, and busiest, shopping day on the calendar.



Originating in the United States, Black Friday is traditionally the day after Thanksgiving every year



Originating in the United States, Black Friday is traditionally the day after Thanksgiving every year and, as the latter always falls on the last Thursday of November, Black Friday is thus always the last Friday of the 11th month. Widely regarded as signifying the start of the Christmas shopping season, it is one of, if not the busiest shopping days of the year when retailers offer often vastly reduced

deals on a wide range of goods, both in-house and online. It is a phenomenon that has spread outside of the U.S. in recent years to the extent it is now recognised in many countries as a landmark event in the retail world.

The use of the term “black” is actually a curious one as it often denotes negativity or an adverse occasion - think Black Monday on October 19, 1987 when the Dow Jones Index dropped 22% in a

single day, the largest one-day drop in stock market history, or Black Thursday on October 24, 1929 when another U.S. stock market crash brought about the start of the Great Depression. However, in this instance the term is apt as it typically denotes the busiest shopping day of the year for most retailers when they can often turn their balance sheets from trading at a loss (in the red) to a profit (in the black).

However, it is widely acknowledged that the term “Black Friday” actually originated from elsewhere. In the early 1960s in Philadelphia huge suburban crowds would descend on the City of Brotherly Love the day after the Thanksgiving holiday to begin their festive shopping spree, which would subsequently cause a logistical nightmare for the local police force – ensuing crowd management, busy streets and stores, traffic jams, accidents and crime left the Philly police with a genuine headache and thus the term “Black Friday” was coined to describe the chaos they experienced on an annual basis. The name stuck and was soon being utilised in other cities across the country before gaining traction globally. It really came to prominence as a household term at the turn of the century when online retailers started to compete with physical vendors by running a series of cut-price deals around the date.

Nowadays, the most popular Black Friday deals typically involve consumer electronics, such as mobile phones, TVs, computers, tablets and game systems, although the cost of many other goods also get slashed. Over the years shoppers would literally queue or set up camp outside stores for hours and hours in advance in the hope of being the first inside to get their hands on a range of jaw-dropping deals.



➔ **Black Friday Sale at Witchy Nook
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Perhaps unsurprisingly, given the high emotion at stake, underlined by the increasingly used term FOMO (fear of missing out), tensions often run high and ugly brawls and skirmishes have been witnessed at stores all around the world in recent years, from the U.S. to South Africa and from Brazil to the U.K. Shockingly, one WalMart worker, Jdimytai Damour, was trampled to death by fervent shoppers in a tragic incident in Long Island, New York in 2008 and The New York Times was prompted in 2017 to run an article titled "What Turns Black Friday Shoppers Into Raging Hordes?" which engaged expert social scientists and psychologists to try and fathom why ordinary shoppers can turn into dangerous mobs.

Of course, this is the extreme example of mass crowds being whipped into hysteria by the lure of drastically discounted consumer goods and not something, thankfully, that is associated with the date in most places around the world. Mirroring the emergence of e-commerce, many shoppers now do so online on Black Friday,



choosing to avoid the queues, the crowds and the hassle. Indeed, it was exactly this that saw Cyber Monday emerge. Taking place (surprise, surprise!) on the Monday immediately following Black Friday and geared specifically for online shoppers, Lifewire describes it as starting as "a hangover sale

from Black Friday". Some retailers even offer reduced deals before Black Friday so it is always worth keeping your eyes peeled if you've something special or specific in mind around the date. Ultimately, none of us can turn down a good deal so good luck hunting them down this Black Friday!

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TURMERIC MAY HELP MANAGE DIABETES AND WEIGHT MANAGEMENT

◆ Test-tube studies have suggested that curcumin can help suppress some inflammatory markers that play a part in obesity.



Turmeric – the kitchen spice with powerful healing properties

People with excess weight or obesity tend to have an elevated amount of these markers. A 30-day study in 44 people who had difficulty losing weight found significant reductions in body weight, body mass index, as well as waist and hip circumference when they supplemented twice a day with 800 mg of curcumin and 8 mg of piperine (black pepper).

There were also increased levels of adiponectin, which is a hormone used to regulate metabolism.

Turmeric can help detox a fatty liver, and that can also improve our metabolism.

More studies are required before one can say with full confidence that turmeric is your go-to for losing weight. Nevertheless, with its wide range of health benefits, there is no harm adding a bit of turmeric to your cooking as a supplement.

Moving beyond losing weight, turmeric is also gaining ground in the effect it has on managing diabetes.

Turmeric for diabetes management

Prediabetes

You may have heard in health circles that turmeric may help in the prevention of Type 2 diabetes. Research is being carried out to extract more evidence, and so far what we are seeing is looking positive.

240 people diagnosed with prediabetes went through a trial

where half got supplements of curcumin, while the other half received placebos. After nine months of treatment, 16% of subjects in the placebo group got full-blown diabetes. And guess how many in the curcumin group got diabetes?

None.

In fact, the curcumin group noticed a significant improvement in fasting blood sugars, glucose tolerance, haemoglobin A1C, insulin sensitivity, pancreatic insulin-producing beta cell function (measured two different ways), and insulin sensitivity.

While one cannot say that turmeric is the solution for prediabetes, studies so far have shown the positive benefits of adding turmeric to one's diet, on top of following a healthy plant-based diet or one that has been recommended by one's doctor.

Diabetes

Research has shown that turmeric may help people with diabetes manage their blood sugar levels. Curcumin exhibits a positive effect on high blood sugar and improves insulin sensitivity. It may also help reduce the risk or severity of some complications related to diabetes.

Diabetes can lead to other problems such as heart disease, and research has also been conducted which show that turmeric can help lower both total cholesterol and low-density lipoprotein i.e. bad cholesterol.

Disclaimer: Always speak to your doctor before starting a supplement to ensure it is safe for you.

Turmeric should not be the only treatment you

use to prevent or manage diabetes. It can be part of a comprehensive diabetes treatment plan that includes good blood sugar level monitoring, a healthy diet, and plenty of exercise.

World Diabetes Day

That falls on 14 November, and this year's theme is Access to Diabetes Care - Know your Risk, Know your Response. This year's campaign is focused on the importance of learning about our risk of Type 2 diabetes in order to delay or prevent the condition, and to highlight the impact of diabetes-related complications, and to have access to the right information and care to ensure timely treatment and management.

Learn more about World Diabetes Day in our blog [here](#).



➔ Turmeric may help manage diabetes

Including turmeric in your diet

One can spend hours just reading up literature on the Internet about all the research that has been carried out on turmeric, and many have shown very positive results.

For some people, turmeric is already a part of their diet because they use it in cooking. Those who wish to take turmeric as a health supplement, there are some key points to note. In spite of all the strong evidence about the benefits of turmeric, it is not a medication and should not replace a comprehensive diabetes management plan, or weight loss plan or any other medical situation. Apart from speaking to your doctor, you can also consult a dietitian for help with planning your meals.

If you wish to take turmeric to help manage diabetes, make sure you get a turmeric supplement that has been treated to increase its bioavailability. Our bodies do not absorb turmeric easily, that is why people add black pepper to turmeric to give it a leg up so our bodies can fully benefit from turmeric.

Apart from medical help, people with diabetes can adopt the following lifestyle changes to manage the disease:

- eat a healthy diet with lots of nonstarchy vegetables and fibre
- exercise regularly
- manage your stress levels
- quit smoking
- get quality sleep

If you wish to add turmeric to your meals, there are some simple ways to do it. Sweet or savoury, experiment with turmeric by adding just a small teaspoon first to see if you like the flavour, and to see if your body is able to accept this ingredient.

Turmeric can be drunk as a tea, or added to your favourite smoothie. Some people also add a dash of turmeric to scrambled eggs in the morning, or put a pinch of it to rice before cooking. Turmeric gives a gentle spice to a vegetable stew, perfect for a cold winter's night.

Check out this recipe

Turmeric4U Golden Milk Tea Recipe

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CELEBRATING INTERNATIONAL MEN'S DAY

◆ November 19 is the date on the calendar where men the world over are positioned front and centre as part of International Men's Day.



➔ International Men's Day seeks to highlight the many issues men face in today's world

The occasion, first founded in 1992, strives to shine on a light on many of the issues facing men in the current climate, including mental health, suicide, parental alienation, abuse, homelessness and violence. As the official International Men's Day website explains, it is a chance to "celebrate the positive value men bring to the world, their families and communities... [to] highlight positive role models and raise awareness of men's well-being." This year's theme is 'Zero Male Suicide'.

The premise behind the occasion is something we at Brilliant-online regularly champion, having featured numerous stories of achievement and dedication to their communities by various men, while constantly maintaining a focus on the importance of a robust health regime, mentally and physically. We also ensure that we keep an eye on tomorrow's generation, profiling the wonderful exploits of youngsters in the community, such as Cameron Bullock who recently became the youngest pilot-in-command in Australia when he

completed his first solo flight. We therefore thought it would be apt to look back and revisit a few of the magnificent men we have met over the past few years to once again celebrate their achievements on International Men's Day.

Award-Winning Visionary

Regular readers of Brilliant-Online will no doubt be more than familiar with the TG's Child Care story. The preschool and long day care provider for children 6 weeks to 6 years old is a trusted



Trevor at work adding his visionary touch to the yard in one of TG's school areas

and respected institution in the Port Macquarie and surrounding areas, with six centres catering for locations in NSW and QLD. TG's was founded by husband-and-wife Trevor and Gayle Kee almost a quarter of a century ago and it is the former, an expert landscape designer, who has been so instrumental in crafting magical gardens for the children to enjoy that is such a vital component of their experience. The joy Trevor brings to countless children through his visionary,

award-winning gardens cannot be underestimated and it is why we doff our cap to him on International Men's Day. Trevor enjoys flying in his new Cirrus.

Another local star is David Lazarus of Port Adventure Cruises, a man for whom entertainment is in the blood! David's story goes back to the 1970s when he worked with Donnie Sutherland on the hugely popular national music TV show "Sounds" on the 7 Network. Since then he has rubbed shoulders with countless

celebrities in the entertainment world, while his Rhythmboat has become a mainstay in local circles for providing some of the best live entertainment around. The Rhythmboat is also heavily invested in the local community in regards to hosting numerous charity and fundraising events.

Other local male stars we have profiled include Dr Raj Singh of Ocean Dental Surgery, the dentist who places comfort and trust ahead of all else, Post Macquarie's flying physio Alasdair Thomson,

and Stu from Reptile Solutions who gave us all an invaluable education lesson on snakes. Steve Brbich told us all about the joy of fatherhood, while Mark Wilson invited us into his man cave, which doubles as a workshop for his passion of handcrafting stunning leadlight creations and restorations, and world record-holder Chayne Hultgren, aka the 'Space Cowboy' gave us an insight into his fascinating street and freak show performance world. We also had the pleasure to talk with Marty Rhone, Australian singer-songwriter and Producer of the 'ELVIS - The Biggest Elvis Show on Earth'.

Innovative Creations

Elsewhere, we met renowned biomedical engineer and inventor Jordan Nguyen who is harnessing the power of technology to create a world where disability needn't mean complete lack of inclusion. Jordan has developed numerous innovative creations to help those with disabilities and has gone on to become a published author, respected authority and keynote speaker, while presenting documentaries on ABC and Channel 10 in Australia. In 2016 he was nominated for Australian of the Year and recognised as one of Australia's most innovative engineers. Take a bow sir and keep up the great work!

Andy Cheung is another who has crafted an impressive career in an area that is a passion: photography. Andy turned his back on a successful career in IT to pursue his true passion and has managed to forge a career that has seen him receive more awards than most of us have had hot dinners! Sports photography is his main focus (excuse the pun!) and he regularly shoots at some of the world's most prestigious sporting events, such as the women's FIFA World Cup, sailing, basketball, football and all the



➔ David Lazarus is the Show King of Port Macquarie

major global tennis tournaments. Andy remains one of the most respected and in-demand sports photographers in the world, a true master craftsman at the top of his game!

Role Models in the Community

Dedicating time to local community and helping those less fortunate is something many of the men we have profiled in recent years excel at. Many of these have been located on the paradise island of Phuket in Thailand, where our editor is based. Most recently we have former Brilliant-Online editor Robin Wilson who is taking



➔ **Andy Cheung has crafted an impressive career in an area that is a passion: photography.**

part in the annual Laguna Phuket Triathlon in Thailand to raise money to help stray dogs and cats on the island. It might just be coincidence that Robin's challenge falls on November 19, the actual day celebrating International Men's Day, but his bike ride, swim and run will go a long way to helping the many four-legged friends who have been abandoned and forgotten.

Similarly, we have Grant 'Axe' Rawlinson who will swim the 130-kilometre distance around Phuket next January to help raise funds for a children's school on the island. Back in 2021, we met John Bennett who took on the monumental feat of replicating the famed Tour de France on the tropical Thai island, cycling a distance of 3,417km over a 21-day period to raise funds for a local charity initiative called One

Phuket which supported many people left devastated by the COVID-19 pandemic at the time. Last but not least, we have Alexis Plantard who runs a mixed martial arts Dojo in Phuket and who has become a centrepiece in the local community, helping youngsters become better versions of themselves while serving as a role model at all times.

Further afield we have heard the stories of world-renowned chef Martin Yan of Yan Can Cook during his recent visit to Sydney, Aussie Formula 3 racing driver Dylan Young, long-lost 70s musician Sixto Rodriguez who became a hero in apartheid South Africa, and world heavyweight boxing champion Tyson Fury who went into depth regarding his struggles outside of the ring with mental health issues.

Last but not least, we have championed the Movember cause, an invaluable awareness initiative that drives so much positivity in the world of men's health. It's not just Magnum P.I., Merv Hughes and Salvador Dali that can lay claim to sporting fantastic facial hair as every year millions of men worldwide neglect the razor to grow a mo and show solidarity with their brothers.

All of these wonderful men and all of their stories are to be celebrated, not just on International Men's Day on November 19, but all year round. It has been a privilege to hear their stories and we look forward to many more to come.

WORLD DIABETES DAY – RAISING AWARENESS AND SUPPORTING A TRULY WORTHY CAUSE

◆ Diabetes is a condition that currently affects over half a billion people worldwide, a figure that is estimated to grow to 1.3 billion by the year 2050, according to a recent report by the world-respected medical journal The Lancet.



➔ **Diabetes has two main types: Type 2, affecting 90% worldwide, is preventable and non-communicable, and Type 1, which is not preventable but manageable with insulin.**

The chronic condition occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces, affecting men, women and children of all ages in every country in the world. There are two types of categorised diabetes: type-2 diabetes, which impacts roughly 90% of sufferers worldwide, is non-communicable and largely preventable, and type 1 diabetes, which is not preventable but can be managed with insulin injections.

It is why World Diabetes Day is such a crucial date in the calendar in raising awareness and encouraging people to take measures to mitigate the threat of the condition, while lending invaluable support to sufferers. Held on November 14 every year to commemorate the birthday of Sir Frederick Banting (who co-discovered insulin along with Charles Best in 1922), World Diabetes Day was founded in 1991 by the International Diabetes Federation and the World Health Organization (WHO) in response

to the rising number of people suffering with the condition. The campaign reaches over 1 billion people globally each year and is currently recognised by 161 countries, with health professionals, diabetes advocates, media, the general public and government organisations all uniting to promote a universal message. Past themes have included diabetes education and prevention, healthy eating, women and diabetes, diabetes and obesity and diabetes and human rights.

This year's theme, sustained since 2021, is 'Access to Diabetes Care', with the additional slogan 'Know your risk, Know your response'. As the official World Diabetes Day website states, the 2023 campaign "focuses on the importance of knowing your risk of type 2 diabetes to help delay or prevent the condition and highlighting the impact of diabetes-related complications and the importance of having access to the right information and care to ensure timely treatment and management... [while providing] awareness and access to the correct information and best available medicines and tools to support self-care is vital to delay or prevent complications" for people living with diabetes. The occasion additionally provides thorough training and resources to healthcare professionals to enable

them to detect complications early and provide the best possible care.

There are a variety of ways you can get involved to support the occasion, both prior, on and after the actual day itself. Some of the suggested ideas include organising an event such as a local crafts fair or a charity walk or run, and all activities can be shared online. There is an official Global Diabetes Walk, organised by the World Diabetes Foundation, which has seen over 5 million people participate since its inception in 2004 and which anyone can join.

The sharing of official information via the World Diabetes Day website is also encouraged, such as the type 2 diabetes risk assessment tool which helps people learn more about their individual risk. Similarly, there are a range of free educational courses and training

that can be availed from the IDF School of Diabetes. There are also a range of visual assets that be downloaded and displayed in the local community, such as banners, infographics and posters. Last but not least you can help grow awareness of the Blue Circle, the official universal symbol for diabetes, via an official selfie app "developed to promote the blue circle in a fun and engaging way."

The chances are we all know someone who is affected by diabetes and, according to the official research alluded to previously, the figures are only going to increase as the years go by. It is why supporting World Diabetes Day in any way you possibly can is so vital, so why not get involved this year and help a truly worthwhile cause?



World Diabetes Day is vital for raising awareness and promoting measures to reduce diabetes risk

FOR THE SAKE OF MENTAL HEALTH, PLEASE LOWER YOUR VOICE AND BE KINDER!

◆ November sees two key awareness dates taking place that are both closely aligned in their objectives of creating a more tolerant and kinder world.



➔ Our busy lives are increasingly focused on work, family, health and a wealth of other issues

In this age of ever-increasing velocity, do you ever get the feeling that things seem to be moving just a little too quickly? Our continually busy lives focused on work, family, health and a wealth of other issues compounded by a non-stop deluge of information and content via our

ubiquitous digital devices, has left many of us calling for a time-out, a yearning for a momentary oasis of calm.

It goes without saying that our continually hectic lifestyles and oversaturation of media results in many more tired and stressed

individuals which, frequently, leads to frustration, anger and, ultimately, conflict. Shouting is more often than not how such feelings are manifested, an act which can have a hugely detrimental impact on relationships and people's mental health.



This is very much the ethos behind World Let's Stop Shouting Day on November 5, established by British therapeutic counsellor Yasmin Shaheen-Zaffar "to open up the conversation without shame or blame about the impact shouting has on our physical and mental health and relationships."

As she so simply yet succinctly states, "I guess for me as a mom - I want to do better."

Yasmin explains she is a passionate advocate of non-abusive and non-violent communication, working through the lowering of one's voice and the initiation of clear, calm dialogue to work towards a more peaceful world - as she says, "just getting things done without the added stress and angst." Shouting is a tool often employed to just shut the other person down, not to create a dynamic for a healthy, measured debate to resolve whatever the issue is. Often the shouter can feel like s/he is not being heard, which leads to even more frustration. Similarly, as Yasmin explains, it could be the person doing the shouting "may be trying to tell us in their own way - they are reaching out for help and support."

In the heat of the moment, it can be difficult to pause and take a

breath, to stop and think before retaliating with a raised voice and antagonism. But the purpose of World Let's Stop Shouting Day is to share resources and awareness to promote just that - to highlight strategies for assertive communication and to emphasise de-escalation techniques.

'In A World Where You Can Be Anything, Be Kind'

When you stop to reflect on this, it makes absolute sense. It genuinely does seem the world has become an angrier and more hostile place in recent years, no doubt perpetuated by the internet which has provided anyone and everyone with access a voice and a platform to air and share their views - worse still, to force those views



➔ Hectic lifestyles and oversaturation of media results in many tired and stressed individuals

as absolute and deride anyone who disagrees, frequently in shameful ways via vitriolic attacks. Social media can be a very dark place and some very unsavoury characters can inhabit those dark places. Cyberbullying has become an increasingly worrying reality in recent years, something we focused on when championing the recent National Day of Action against Bullying and Violence in Australia. It has to be more than mere coincidence that with the rise of social media interaction we have seen a dramatic increase in the number of mental health cases documented worldwide, particularly among younger generations.

It is this sentiment that is behind Social Media Kindness Day, set up to honour the memory of English television presenter and actress Caroline Flack who took her own life in February 2020.



Social Media Kindness Day takes place on November 9, the date of Flack's birthday, and was first recognised in the same year she died. Flack had suffered from mental health challenges and had endured a wave of negative press coverage from selected British tabloids. Then the online bullying from trolls started which, tragically, took its toll on her and resulted in her suicide. In her final social media post on Instagram she wrote, "In a world where you can be anything, be kind."

If you need help contact Lifeline - <https://lifelinemidcoast.org.au>

No one walks alone with Lifeline

It is this seemingly simple premise that is the message behind Social Media Kindness Day, a movement to create a safe space for social media users where unkindness is not tolerated. As the day's creator Mayah Riaz explained, "When I started Social Media Kindness Day I was inundated in my inbox of stories of people who've been abused online just by putting themselves out there and having an account. You call [the abusers] 'keyboard warriors' because they are relentless and they will not stop." The Social Media Kindness day website echoes these sentiments: "Social media should be a place where people can socialise, network, do business and



It genuinely does seem the world has become an angrier and more hostile place in recent years

live ‘their best life’ without fear of negativity.”

There are numerous ways in which to support the day, such as calling out and reporting unkind posts on your social media channels as opposed to merely scrolling past them, choosing your words carefully and with consideration

so as not to upset or offend anyone, refraining from ganging-up or adding to “pile-ons” when negativity is witnessed, and simply just checking in with friends, family or co-workers to see that they are ok.

While Social Media Kindness Day takes place on just one day of the

year, the objective is to sustain the approach all year round and thus work towards a kinder, more tolerant online environment. It is a movement that very closely aligns with World Let’s Stop Shouting Day in striving for a better tomorrow, something Brilliant-Online both wholeheartedly supports and gladly promotes.



➔ **Social Media Kindness Day was set up to honour the memory of English television presenter and actress Caroline Flack who took her own life in 2020**





Brilliant
COMMUNITY



AMSA CELEBRATES FRIENDSHIP, MULTICULTURALISM & EXCELLENCE AT THEIR ANNUAL DINNER

◆ Australian Malaysian Singaporean Association Inc (AMSA) Annual Dinner 2023 is a get-together of the stories and experiences of the variety of cultures that have come together to make Australia vibrant and strong!



Accor Stadium is lighting up with AMSA

AMSA's Annual Dinners are an exciting highlight of the year and this November, AMSA invited guests to come celebrate Friendship, Multiculturalism & Excellence with them on the evening of Saturday, November 4 at the impressive Accor Stadium!

The Accor Stadium's Members' Room is a magnificent space with soaring 6-metre high ceilings and floor-to-ceiling windows that flood the room with natural light.

Celebrating Friendship, Multiculturalism & Excellence

AMSA takes great pride in its Australian heritage and the ongoing efforts to create

an inclusive and welcoming environment that embraces diverse cultures.

As Australia commemorates 50 years of Multiculturalism, AMSA recognises and celebrates the unique identities that have come together to make Australia flourish. AMSA honours the spirit of Friendship, Multiculturalism, & Excellence, acknowledging the beauty of the various cultures that enrich our nation.



"Australia is proudly one of the world's most vibrant and successful multicultural societies. Widespread community support for multiculturalism is one of our major strengths as a nation." - The Hon. Andrew Giles MP, Australian Minister for Immigration, Citizenship and Multicultural Affairs

Engage in conversation with any AMSA member, and you will be captivated by heartwarming tales of friendship. These stories highlight the realisation that, despite everyone's different cultural backgrounds, we share a common core. AMSAi is united in their commitment to uplift one another, providing opportunities for growth and success. The success of each individual within our community reverberates throughout society, benefiting everyone.

As AMSA's network continues to expand, their doors remain open to all who have chosen Australia as their home, regardless of their origin. The experiences, expertise, knowledge, and skills brought by each person are invaluable

contributions to the ongoing success and development of Australia.

Let us join AMSA to raise a virtual toast to Australia's enduring Friendship, Multiculturalism, and Excellence. Here's to the beautiful connections we forge across cultures and to the many prosperous years ahead!

Honoured Guests

Ms. Donna Davis, Member for Parramatta, was one of the honoured guests at AMSA's Annual Dinner. Coming from a farm in Tasmania, and having experienced for herself what it was like arriving in Sydney when she was 19 to study politics, she well understood the feeling of starting a new beginning



in a strange place, which explains her appreciation and affinity for those with a migrant story. There are many in AMSA who share her story and understand how important, comforting and empowering it is to find support in a community.

Ms. Davis is passionate about connecting and uniting people, and providing support and initiatives that can help support a whole range of different aspects of life. That's why it is important to support people from our multicultural communities that have small businesses, and to ensure they have access to the services they need to continue to grow their capability and thrive.

Ms. Patricia Prociv, Lord Mayor for Parramatta is another honoured guest AMSA was delighted to host. Parramatta has about 140 different ethnic groups in the Rosehill ward - an important undertaking to bringing about harmony in a multicultural society. She is keen to deliver appropriate developments that complement and drive a multicultural community.

And Ms. Prociv, as a lover of the variety of gastronomy in a multicultural city, feels very much at home with AMSA and their passion for South East Asian food culture! Partaking and experiencing the beautiful flavours of each other's gastronomy is a beautiful,

wholesome way to bring cultures closer, to feel comfort in similarities and to learn and grow from our differences.

And speaking about food, wait till you hear about who curated the menu for AMSA's Annual Dinner 2023. You're going to wish you had gotten tickets to go!

Audra Morrice's sensational menu

AMSA may be busy fostering networks, but one thing they always have time for, and place considerable attention to, is good food to be shared with everyone! The philosophy of authentic cuisine from everyone's culture



➔ **Donna Davis – Member for Parramatta**

Photo: NSW Labor



➔ **Deputy Lord Mayor Dr Patricia Prociv**

Photo: City of Parramatta

is honoured, celebrated and very much looked forward to in any of AMSA's events, big or small!

Guests at this year's Annual Dinner were incredibly delighted as the culinary sensation Audra Morrice curated AMSA's Annual Dinner 2023 menu! Tastebuds had been tingling ever since that was announced, and Audra's Malaysian and Singaporean roots had clearly sparked more than a wave of nostalgia for guests that evening.

Many will know Audra Morrice as a finalist in the exciting competition of MasterChef Australia in 2012 and she is now one of the esteemed judges on the the exhilarating MasterChef Singapore. Beyond her famous TV personality, she is also the author of two cookbooks, an advocate for sustainable gastronomic tourism with the Pacific Asia Travel Association, a board member on the Australian-ASEAN Council and a culinary artist with her very own cooking series, "Tasty Conversations" which airs on the illustrious SBS Food Network.



➔ Audra Morrice, MasterChef Judge



"As AMSA is celebrating multiculturalism this year, everything on the menu needs to be straight from home, and I couldn't have picked better dishes because a couple of these are from my mother's kitchen. I am able to share that with everyone, and keep it authentic even as we jazz up the plating a bit to keep it more modern, but the flavours will always be succinct, authentic, and full of Southeast Asian, Singaporean or Malaysian umami flavours."

LEST WE FORGET

◆ While the contemporary world we live in is certainly not without struggle and strife, there is no doubt it would be an entirely different situation if members of generations gone by had not made the ultimate self-sacrifice to ensure the freedom that many of us enjoy today.



➔ Remembrance Day is an opportunity to pay tribute to fallen heroes, but it is also an occasion where we are reminded of the impact of conflict

Photo: The Destin Log

It is why Remembrance Day on November 11 is such a hugely important date in the calendar each year. It is not only an occasion where we have the chance to pay our respects to fallen heroes but one where we are reminded of what conflict can result in, which should, in theory, serve as a painful yet important reminder of what might be.

Remembrance Day is a memorial day that has been observed in Commonwealth member states since the end of the First World

War in 1919, although many non-Commonwealth countries also mark the occasion; in the United States, for example, it is better known as Veterans Day. The date of November 11 carries much significance as it was when the hostilities of WWI officially ended – on the 11th hour of the 11th day of the 11th month in 1918. Memorials ever since have been held to honour those who died and were injured in combat, in WWI and in the line of duty in other conflicts since.

A Moment Of Silence

At the exact time of 11am on November 11, an infantryman will sound a rendition of 'The Last Post' on a bugle, which is then followed by a minute or a two-minute silence, something observed in all countries recognising the occasion, including Britain, Canada, South Africa, Australia and New Zealand. This was first held in 1919 at the request of King George V who asked the public to observe a silence so as "the thoughts of



➔ At the exact time of 11am on November 11, an infantryman will sound a rendition of 'The Last Post'

Photo: The Destin Log

everyone may be concentrated on reverent remembrance of the glorious dead.”

Wreaths are also laid to honour the fallen, while blessings and national anthems are also an integral part of the service. As part of the annual service in the UK, members of the Royal Family traditionally lay a wreath and pay respects at the Cenotaph in central London, with the Sovereign leading the procession and laying the first wreath in the role of Head of the Armed Forces. Last year was the

first time in many, many years that this service witnessed a change in this regard, however, as it was the first occasion since the death of Queen Elizabeth II, who had undertaken the duty throughout the entirety of her reign. This year, King Charles III will lead the ceremony.

The reach of the occasion is significant, with many major sporting events also holding a minute’s silence to correspond with the date, welcoming veterans and laying wreaths on the pitch

ahead of the start of play as a mark of respect. Many team kits will incorporate a poppy design into their jersey and fans will hoist specially-designed flags to commemorate the occasion. Schools will also hold special ceremonies where respects are paid and memories honoured.

Wear A Poppy

If any one item is most widely and instantly recognisable and immediately associated to Remembrance Day, it is the

poppy. This well-recognised symbol has come to represent peace and remembrance, with artificial versions of the flower worn by people in many countries to commemorate their military personnel who died in war. The association traces back directly to the end of WWI in 1918. Despite the horror and carnage, poppies flourished on the churned up, bloody battlefields and were a common sight on the Western Front. After the gun fire stopped and the conflict was officially marked as over, thousands of fallen soldiers in the fields of Flanders, Belgium were recovered although thousands more remained where they fell. Shortly afterwards, hundreds of thousands of beautiful poppies grew at the site.

American humanitarian Moina Michael subsequently campaigned

for the poppy to be adopted as a universal symbol of remembrance and peace, which it was in due course. It certainly seems apt that such beauty, able to flourish in an arena of such conflict and terror, should be used symbolically in this regard, suggesting that regeneration of life and beauty can occur even through the horrors of war and lost souls.

The Royal British Legion adopted the poppy as their official emblem shortly afterwards and have continued to undertake incredible work on a global scale supporting veterans and their families in times of need, with hundreds of former servicemen and women benefiting from their charitable work every year. Each year, the charity organisation raises funds by receiving donations for poppies that are worn by donors to show

support. You will see poppies on the lapels of politicians, businessman, sports stars, celebrities and everyday folk on the street around that time of the year, every year.

Remembrance Day ultimately serves as an opportunity to preserve the legacy and story of those who made the ultimate sacrifice to defend the freedom they believed in. Story-telling through the generations is important to not only pay respect to the past but to learn for the present and the future. That Remembrance Day is honoured over 100 years later, that its story is relayed through schools and ceremonies so as the next generation can learn from lessons of the past, is wholly positive in ensuring the legacy and relevance are not lost. Lest we forget...

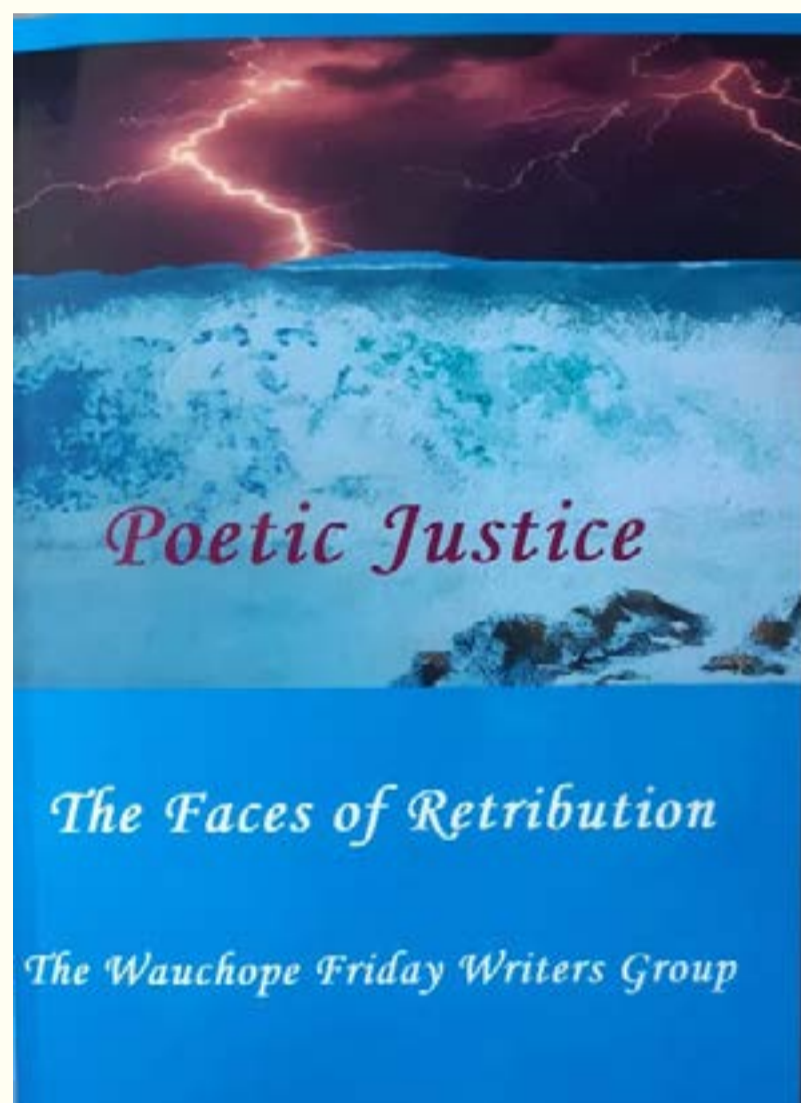


➔ The Royal British Legion adopted the poppy as their official emblem shortly afterwards and have continued to undertake incredible work on a global scale supporting veterans and their families

Photo: The Destin Log

WAUCHOPE AUTHOR DESLEY POLMEAR IS READY TO RELEASE "POETIC JUSTICE"

◆ Wauchope local, Desley Polmear, is gearing up to launch the Wauchope Friday writer's short story book at the Port Macquarie library on the 24th November at 10:30am.



Many new writers have contributed to writing Poetic Justice

Photo: The Destin Log

Desley facilitates the writers at the Wauchope library on a Friday. All the writers have contributed to the book 'Poetic Justice'. The writers amaze me as most of them had never written before and they have produced great stories.

In 2022, the Wauchope Friday writers group published their short story book 'Stories around the kitchen table' and it was well received. It goes to show, if you put pen to paper, it's amazing what can happen.

Desley has become a best-selling author after writing a murder mystery trilogy 'Unlocked Secrets', 'Just before Midnight' and 'Payback'. Her book 'Shattered' is set in the local area. 'Fractured Souls' is set in Wales, UK and Australia. She has also written an inspirational verse book, an autobiography of her early years, and has made contributions to other local anthologies.

Desley's stories in her novels are fiction but are about real family lives. People relate because they

usually know someone who has lived a similar life or even themselves. Desley has her ears wide open at all times listening for a story. Her passions in life are reading, writing, and watercolour and acrylic painting. She also loves live shows, like musicals and plays.

Come along to the Port Macquarie library on November 24th at 10:30am to meet the writers and hear about their writing journey.

Bookings are essential. Phone the library on: 65818755

HELP SAVE ELVIS PRESLEY'S CIRCLE G RANCH!

◆ The King's house is actually falling down, and fans all over the world are coming together to save it before it's too late.



➡ The Circle G Ranch in Horn Lake, Mississippi

Photo: The Destin Log

“ Sometimes he'd ride alone. I remember one day I happened to look out of the window. It was twilight. The sky was aglow in misty blue and radiant pink. There was Elvis walking Rising Sun, his Golden Palomino. I saw them as silhouettes against the darkening sky. Elvis was walking slowly, I could practically hear him breathe. His breathe was easy, his body relaxed. At that moment I was convinced that my husband had

actually found peace." - Priscilla Presley, wife of Elvis Presley

Elvis Presley's Circle G Ranch was where he spent a good part of his honeymoon with Priscilla. It is believed that was where Lisa Marie was conceived as well.

Considering the impact The King has had on the entire planet (in pre-social media age), and the legion of fans he has inspired over the course of his career, it comes as rather shocking news that any artefact, any building even

remotely associated with The King could possibly be left to ruin. And yet, this has and is still happening at The King's ranch house.

How it came about

The group that owned the ranch for the last 9 years have done nothing to repair, preserve or protect the property. Whatever promises they made when they bought the ranch have clearly been left to crumble as the property itself has.

Their neglect means that the world is in imminent danger of losing all the precious elements on the ranch that are tied to Elvis' tenure.

This video below illustrates what the ranch was like before and how it is now. For Elvis fans watching this, it may be disturbing. And yet, it is important people are aware of what is happening and can decide for themselves what they can do to help.

Where is Elvis' ranch?

The Circle G ranch is located in Horn Lake Mississippi, a 30-minute drive from Graceland. The ranch was listed on the National Register of Historic Sites in 2019. In 2021, Elvis fans from all over the world, led by The Circle G Foundation, sponsored a Mississippi State Historic Marker for the ranch. It was the first Mississippi State Marker to be sponsored

internationally, which is an amazing indication of how one man has brought people from all over the world to unite together out of a love for his music, his personality, his life.

Elvis fans now fear that the Marker could soon be the only indication that Elvis was ever there. If you think about the wild energy his concerts generated, and how that still continues today with Elvis Tribute Artists carrying on the fire (and audiences are still wild), it is somewhat inconceivable that this scenario could ever come to pass. If nobody does anything, that would be the absolute death knell for the ranch.

It was a wild, wild night at the Biggest Elvis Show on Earth!

Who is The Circle G Foundation?

It is a non-profit organisation with the Mission Statement:

To explore all opportunities to protect and preserve the elements at the Circle G Ranch connected to Elvis' tenure at the property. To have his connection with the City of Horn Lake celebrated and commemorated and to continue his charitable and humanitarian legacy - his Circle G Ranch acting as our inspirational beacon.

Since 2010, The Circle G Foundation has been working diligently to find buyers for the ranch. It has not always been smooth and managing the disappointments and failed promises has been trying on the group. Now they are doing their

Help us save Elvis Presley's



Circle G Ranch

➔ [Elvis' Circle G Ranch petition video](#)

best to secure the future of the ranch by facilitating discussions between parties who could save it for generations to come.

Over the years, The Circle G Foundation has also raised money for charity, all given in the name and memory of Elvis Presley, whose humanitarian acts were, and still continue to be a key part of why his fans are so devoted to him. Such is the legacy of The King that it is difficult to write about him in the past tense. So much of him still lives on in his fans even in our present day.

Elvis Aaron Presley, King of Rock and Roll

The Circle G Foundation is proud to continue Elvis' charitable legacy and they are all hard at work with their initiative to save the ranch.

On a mission to save Circle G Ranch

After seeing the heartbreaking state of the ranch, The Circle G Foundation decided they needed a new initiative to secure the future of the ranch come what may. And so began an online petition and fans from all over the world have been signing and are still doing so now.

Sign the Petition to Save Elvis' Circle G Ranch

While the petition is running, the group has embarked on Phase 2 of their campaign where they are emailing the Governor and other State Officials in Mississippi to make them aware of the situation and request for their help to preserve the ranch.

The Circle G Foundation has produced a detailed document outlining how the ranch could be restored, with suggestions on how it can be done not only to benefit Elvis fans but to also bring social and economic benefits to the City of Horn Lake and its citizens. The team involved in this campaign include experts in Historic Preservation, construction, the music industry and Elvis tourism. Every member is well placed and has the skills and knowledge to make it work. It is a serious endeavour and the team is dedicated and committed to doing right by Elvis, and doing it well so the whole restoration project can be a sustainable one for generations to come.

The Circle G Experience - Our Vision for the Circle G Ranch is available if anyone is interested by contacting The Circle G Foundation for a copy.



➔ Circle G Foundation – State Historic Marker at Elvis' Circle G Ranch

It is clear that the current owners of the ranch are not fit to be the custodians of the Circle G Ranch. Their neglect is disrespectful to Elvis Presley, his family, his legacy, his legion of fans, and even to the City of Horn Lake and the great State of Mississippi. It is beyond comprehension how Graceland sits majestically on the hill in Memphis while just a few short miles away in Horn Lake Mississippi, his beloved Circle G Ranch is actually rotting away in a miserable state.

If we can dream...

Before we descend into doom and gloom, one must remember the spirit of Elvis continues to live, and his music has brought hope, comfort and joy to many and still does. That is his essence and we leave you here with one of his many songs of hope - the hope of a better land, where the strong wind of promise will blow away doubt and fear, where hope keeps shining on everyone. The Circle

G Foundation has the strength to dream of restoring his beloved ranch, and we can all help by making that dream come true.

Every signature on the online petition is building the possibility of restoring Elvis' beloved ranch, his sanctuary of peace. Sign now and keep the Elvis dream alive.



IN THE DIGITAL AGE, THE TV STILL STANDS SMARTEST

◆ As the television nears its 100th birthday, we take a look at what's behind the United Nations-curated World Television Day on November 21st.



Television is still a consistent and popular medium

The advent and progression of the internet may have moved us into the age of the information superhighway but there is no doubt that the good old television is still a consistent and popular medium from which people access their news and entertainment content on a daily basis. It is why in 1996 the United Nations staged the first World Television Forum, where leading media figures and political commentators convened to discuss

the role the television plays in raising awareness on key international social and political issues, influencing and educating viewers and potentially easing conflicts throughout the world. The Forum was held on November 21 and since then the day has been officially recognised as World Television Day. It is not a celebration of the actual physical television itself but its symbolism and what it can potentially help achieve.

As the UN states, "Television continues to be the single largest source of video consumption. Though screen sizes have changed, and people create, post, stream and consume content on different platforms, the number of households with television sets around the world continues to rise." According to statistics provided by EarthWeb, "there are over 1.72 billion homes with TVs worldwide, and this will continue to grow to more than 1.8 billion



➔ Television continues to be the single largest source of video consumption

in 2026.” That is roughly one TV for every four people around the globe. The same site states that in 2021 around 99.66% of China’s population had access to a television and the average American spends 238 minutes a day watching TV.

The television is a constant in most homes in the developed world, something most of us grew up with and sourced much of our daily information on news and current events from. It is also

how many of us consumed and still consume our entertainment fare, major sports events and coverage of international landmark events – the moon landing, the funerals of Princess Diana and John F Kennedy, the Live Aid concert, the O.J. Simpson chase and subsequent trial, the dismantling of the Berlin Wall, and the state funeral of Queen Elizabeth II are just a few examples of major events that have been broadcast into

homes all over the world over the decades – it is estimated over four billion people watched Queen Elizabeth II’s funeral last year, the most watched event in global TV history. Even with the internet, smart phones, tablets and who knows what else, television still maintains its status as the leading medium of communication that informs, educates, entertains and influences decisions and opinions on a global scale.

Where It All Began

The term television originates from the Greek prefix “tele”, which means “far”, and the Latin word “visio”, meaning “sight or seeing from a distance”. The first public demonstration of televised silhouette images in motion was given by Scottish inventor John Logie Baird, at Selfridge’s Department Store in London on March 25, 1925. A couple of years later, 21-year-old American inventor Philo Taylor Farnsworth first successfully demonstrated electric television in San Francisco.

The American company RCA then developed this prototype further through huge investment, televising the 1939 New York World’s Fair and the opening speech by President Franklin D. Roosevelt, who became the first president to appear on television.

It was post-World War II, however, when commercial television really took off as the number of television sets in American homes increased from 6,000 in 1946 to 12 million in 1951. Initially in black and white, the first colour broadcast was made in 1954, before cable and satellite providers in the 1970s

and 80s multiplied the number of channels into the hundreds. Nowadays, of course, we have the luxury of digital, internet driven content via state of the art smart TVs that elevate our viewing experience to an altogether different level.

Statistics cited by EarthWeb state that daily TV consumption is higher among adults over the age of 50 and Generation X viewers prefer watching traditional TV programs rather than watching digital videos. The generation most likely to watch cable TV are babyboomers, and among those



➔ Post-World War II was when commercial television really took off as the number of television sets in American homes increased.

55 years and older, 38% watch cable TV more than any other platform, 21% were from ages 40-54, while 16% were from 25-39 years old, and only 9% were from ages 18-24.

Unsurprisingly, the same source cites the forecasting analyst eMarketer as stating that TV viewership in the USA increased during the COVID-19 pandemic, as it did globally - viewership among the 65 years old and above group, those more susceptible to infection and thus likely to remain indoors, rose by 4.9%, while viewership in the 25 to 34 age group grew by 4.3%, and 2% in the 45-54 age bracket.

While it remains the most popular source to consume media, the TV

also arguably remains the most reliable, certainly in regards to informative content. Sure, there are providers and channels that have a very clear and obvious bias, especially on political issues (Fox News anyone?), but on the whole there is far more regulatory constraint on what is aired via TV. This is particularly pertinent when compared to the information superhighway of the internet, which is increasingly becoming rife with mis-information, inaccurate and ultimately harmful content. It is therefore fair to argue that in the increasingly digital age that the TV does still stand not only as the leader but as the smartest provider of information and content available.

In conclusion, we leave with with a couple of interesting, fun facts

- The first ever commercial aired on TV was for a watch manufactured by Bulova Corporation. The commercial aired during a baseball game between the Philadelphia Phillies and Brooklyn Dodgers in 1941 and lasted for 20 seconds.
- And finally, the last country in the world to introduce a local television service was Bhutan, in 1998. This was mainly due to the fact that all mass media was previously tightly controlled by the government, although things have loosened somewhat in recent years.



➔ Statistics cited by EarthWeb state that daily TV consumption is higher among adults over the age of 50 and Generation X viewers prefer watching traditional TV programs rather than watching digital videos.

RECOGNISING THE IMPORTANCE OF WORLD TSUNAMI AWARENESS DAY

◆ In the past 100 years there have been 58 documented tsunamis that have seen over 260,000 people lose their lives.



➔ The Japanese word tsunami literally translates as ‘harbour wave’.

The sobering fact is that there will undoubtedly be more to come as the world’s population continues to grow and global warming continues to result in rising sea levels. It is why World Tsunami Awareness Day, a global event on November 5th each year, is such an important initiative that demands more focus and attention.

The Japanese word tsunami literally translates as ‘harbour wave’ with Wikipedia defining it thus: “a series of waves in a water body caused by

the displacement of a large volume of water, generally in an ocean or a large lake. Earthquakes, volcanic eruptions and other underwater explosions (including detonations, landslides, glacier calvings, meteorite impacts and other disturbances) above or below water all have the potential to generate a tsunami.”

While, naturally, tsunamis date back centuries, there have been several notable ones in recent history that have proven to be especially destructive, such as in

Indonesia in 2018 (twice) and Chile in 2010. The most devastating tsunami-related event in history occurred on Boxing Day in 2004 when the Sumatra-Andaman earthquake struck off the coast of Indonesia. At 9.3 on the scale it is the third largest earthquake ever recorded on a seismograph, estimated to have released the energy of 23,000 Hiroshima-type atomic bombs. The subsequent devastation caused by tsunamis was unprecedented, killing over 230,000 people in fourteen

countries from east Africa to Thailand. Memorial events are held every year in the locations impacted to mark the occasion and remember those who tragically lost their lives.

‘Run!’

In 2011 a magnitude 9.0 undersea earthquake struck off the east coast of Japan which, according to the SMS Tsunami Warning website “was the world’s fourth largest earthquake since 1900 and the largest in Japan since modern instrumental recordings began 130 years ago... [triggering] powerful tsunami waves that reached heights of up to 40.5 metres in Miyako in Tohoku’s Iwate Prefecture, and which, in the Sendai area, traveled up to 10 km inland.”

The world looked on in horror as images of the devastation were being beamed across the globe

via TV, with official reports stating that over 20,000 people had been killed or were missing in the immediate aftermath. Compounding the chaos and danger was the fact that the tsunami impacted the Fukushima Daiichi nuclear plant. All of the plant’s four nuclear reactors were damaged and shut down and over 100,000 people were evacuated from their homes in the area although, fortunately, a nuclear disaster on the scale of Chernobyl was averted.

Brilliant Online’s very own Veronica Lind was personally caught up in the carnage, although thankfully she was some distance from the area most impacted. However, it was still an extremely scary episode to endure.

“I was on a business trip to Seoul and wanted to visit a friend and his family for the weekend in Tokyo,” she recalls.

“The earthquake was felt at Narita airport just as my plane landed. I boarded the bus but it didn’t go. When I asked the bus driver why the delay, he replied, “earthquake”. I asked him what I was supposed to do and all he said was run!

“I actually ran into the middle of the car park and felt the ground move, as if I was on a ship. I then ran back to the airport where we were told to move out to an assembly area outside. Planes were continuing to land and hordes of passengers begin joining us. They told me Twitter went mad with the earthquake news. Lights were falling off the ceiling in the arrival hall. Later we saw staff and chefs (I was hoping they would cook for us!) coming to join us but they were told to go into the basement while passengers go to the ground floor. We were told not to lean against the wall or windows.



➔ In 2011 a magnitude 9.0 undersea earthquake struck off the east coast of Japan



gettyimages®
Credit: KAZUHIRO NOGI

“We were given sleeping mats, water and biscuits. I remember a man with a blue suitcase had a phone which kept ringing to indicate another aftershock, keeping me up the whole night frozen in fear. The glass windows were trembling. My phone battery went dead and we had to queue to make a call home. I tried to go to various airport counters to seek help to fly back to either Australia or Singapore but nothing was available.

“On the second day, I called my friend who said it was safe to take the train to Tokyo to meet him but I was afraid, preferring to try and secure a way home. He told me he had walked 7 hours home from his office in Tokyo as there were no active transport. The TV relayed images of the explosion at the nuclear plant and the flooding, which was scary - I was worried Narita airport would be flooded too! I called Delta Airlines, which I had taken from Seoul to Tokyo, and luckily they managed to fit

me in on the third morning. When restaurants started to open, McDonalds had a long queue. The fish porridge shop was almost empty and that was comfort food for me. I returned to Seoul still feeling the trembles.”

Be Prepared

It was this first-hand experience that prompted Japan to devise World Tsunami Awareness Day, granted official recognition by the UN General Assembly in



Veronica Lind at Narita Airport in Tokyo, Japan during the earthquake on 11th March 2011

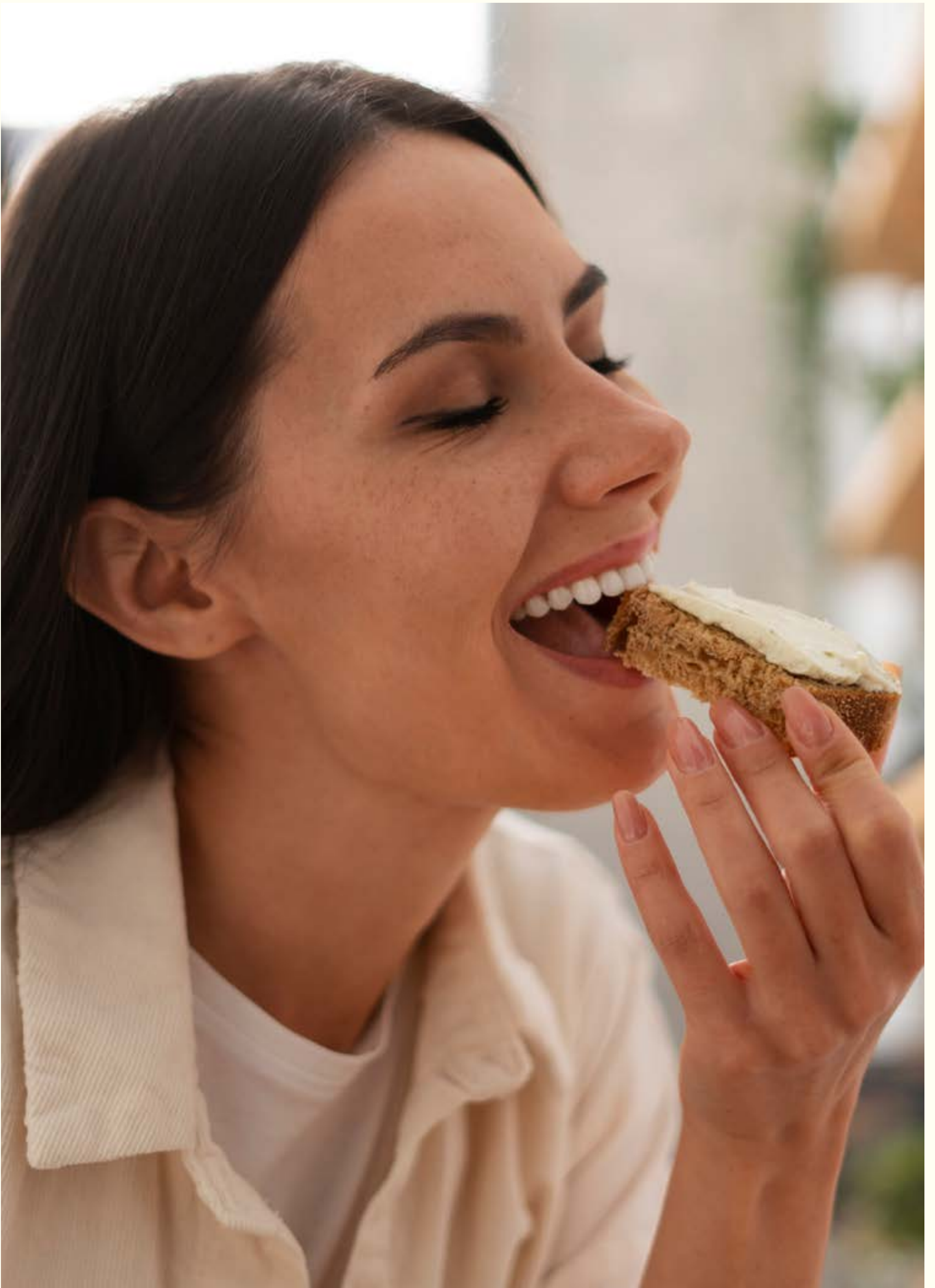
December 2015. The objective is for “countries, international bodies and civil society to raise tsunami awareness and share innovative approaches to risk reduction.” Technology tools are now utilised to provide advance warning to at-risk coastal communities in the hope of preventing any tsunami activity becoming a large scale disaster. Training exercises depicting mock scenarios are also deployed to best prepare local communities on how to respond

in the event of a tsunami striking. In Phuket, Thailand, which was devastated by the 2004 tsunami, one will see signs everywhere denoting evacuation routes to higher ground, while offshore buoys transmit data back to naval command centres alerting of any potential threat.

Tsunamis are, ultimately, an act of nature that we can do very little to prevent and their physical destruction is, sadly, inevitable.

However, like with most threats, we can move to mitigate the risk and ensure we are steadfast in our preparation to face any such disasters in future to minimise, if not totally eradicate, the tragic loss of human life.

There are a range of events taking place and resources available to mark World Tsunami Awareness Day on November 5. For more information please visit the United Nations website here.





Brilliant

FOOD

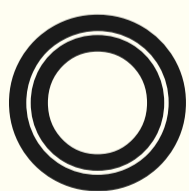


YUM YUM, IT'S PEANUT BUTTER LOVER'S MONTH!

◆ November is Peanut Butter Lover's Month so we thought we would dig a little deeper into the jar to find out more about the delicious and versatile spread!



➔ November is Peanut Butter Lover's Month



k, hands up who likes peanut butter? Actually better still, hands up who doesn't like peanut butter, such is the affection the sweet nutty paste has among people all around the world! Whether it is the smooth or the crunchy variety, peanut butter is one of the most versatile food ingredients out there, with a bounty of health benefits for good measure. Hugely popular among both children and adults, it can be prepared as a tasty and nutritious

snack on the go, be the centre piece of a dish or a protein source complement in options such as smoothies. Seriously, who doesn't like peanut butter!?

Peanut butter has become a ubiquitous staple in most households in the western world, particularly in the United States where it takes on almost mythical proportions as a vital condiment; in fact, a report by the Tasting Table states that it is found in almost 95% of American households!

Peanut butter was a personal favourite of none other than the King of Rock and Roll himself Elvis Presley, whose penchant for what is known as the Fool's Gold Loaf became the stuff of legend and is still a firm favourite today (it's a mix of sourdough bread, peanut butter, banana and bacon, if you were wondering!)

Take A Step Back...

However, before we delve any deeper into the jar, let's take a step



➔ **The first official peanut butter brand that hit the market was from The American Refining Company, later renamed the Krema Products Company**

or two back to find out how this deliciously addictive spread first came about. While it is reported that the Incas would ground peanuts into paste many hundreds of years ago in South America, it was in 1895 that American doctor, nutritionist and cereal pioneer John Harvey Kellogg filed a patent for a proto-peanut butter. Arguably years ahead of his time, Kellogg was a huge advocate of a plant-based diet and proposed the use of peanut butter as a viable alternative to meat due to its high

protein content. He certainly had his fair share of famous supporters at the time, with the likes of Amelia Earhart, Sojourner Truth and Henry Ford all vouching for his peanut delicacy. Kellogg clearly knew his stuff as he and his brothers went on to found the Kellogg's company, so synonymous with breakfasts all over the world nowadays. However, interestingly, the first official peanut butter brand that hit the market was not from Kellogg's but The American Refining Company, later renamed the Krema Products

Company, back in 1898 in Columbus, Ohio, a brand that still exists to this day.

Before long, the popularity of peanut butter caught on, to the extent that it was used as an alternative food source in America due to meat rationing in World War I (see, Kellogg was ahead of his time!), becoming a staple diet for soldiers on the front line in World War II. Coupled with a slice of bread and maybe a slithering of jam/jelly if you were lucky enough, peanut

butter soon became a quick, easy-to-make, nutritious snack option for households throughout the US, spreading globally thereafter. Indeed, Smithsonian Magazine states that “in 2020, peanut butter sales in the United Kingdom overtook sales of the Brits’ beloved jam.”

Healthy Living

Like with anything of quality, little changes and that is certainly the case with peanut butter. The offerings today from the likes of big brands such as Skippy and Jif do not differ that much from the original variety, aside from the introduction of ingredients like oil, salt and sweeteners, designed to extend the product’s shelf life. As has been consistent with a switch to a healthier diet in recent decades, organic peanut butter is now widely available and often preferable, with the distinct advantage being less saturated fats and trans-fats and higher levels of healthy monounsaturated fats than the traditional variety.

The health benefits of peanut butter are indisputable as it is packed with a wealth of health-promoting nutrients such as iron, magnesium, phosphorus, zinc, niacin, vitamin E, vitamin B3, selenium and vitamin B6. It is also widely accepted that people who regularly include nuts and nut butter, including peanut butter, into their diet are less likely to develop heart disease and type 2 diabetes due to it regulating blood-sugar. Men’s Health quotes the author of Recipe For Survival Dana Ellis Hunnes Ph.D., R.D. as saying peanut butter is “full of healthy fiber, monounsaturated fats that are so good for our heart, and are high in plant-based proteins that support muscle health.” Being a great source of protein, peanut butter is a big favourite with gym fanatics who are looking to pack on the muscle, while it can conversely help people lose weight by fending

off hunger cravings.

So there you have it! Not only is peanut butter delicious but it carries a wealth of health benefits, as long as, of course and as with anything, it is consumed in

moderation. In line with Peanut Butter Lover’s Month we especially hope you enjoy your peanut butter this month, however you consume it - I’m off to the fridge right now to open a jar and dig in!



➔ **The health benefits of peanut butter are indisputable as it is packed with a wealth of health**

A woman with short brown hair and glasses is smiling and looking at a koala she is holding. She is wearing a light-colored button-down shirt. The koala is brown and fluffy, looking towards the camera. The background is dark and out of focus.

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ONLINE

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A COLLISION OF DELICIOUS INDULGENCE IN A SANDWICH

◆ That is how the King of Rock and Roll Elvis Presley's favourite peanut butter sandwich has been described. While Elvis is primarily known for being one of the greatest entertainers of the 20th century, we can't ignore his namesake sandwich — the one containing peanut butter, banana and bacon all smashed together!

Nicknamed the "Elvis" sandwich, this collision of delicious indulgence is made up of ingredients that seem like they'd clash. But much like Elvis's music - a dynamic rockabilly fusion of heartfelt country and soulful rhythm and blues - they create something uniquely beautiful.



The combo is sweet, salty, creamy, and crunchy all at once.

Have you ever tried one? If not, here's your chance to try it yourself! Adapted from: The Peanut Butter & Co. Cookbook by Lee Zalben.

Ingredients

3 tablespoons peanut butter (50g), divided

2 slices white sandwich bread, lightly toasted

1/2 large ripe bananas, sliced crosswise into 1/3-inch-thick slices

2 slices cooked bacon, optional

2 tablespoons honey, optional

3 tablespoons (42g) unsalted butter, divided





Method:

Step 1.

Spread peanut butter evenly on one side of both slices of bread. Place banana slices on top of peanut butter in an even layer on one of the slices. Top with bacon slices, if using and drizzle with honey, if using. Top with the remaining slice of bread, peanut butter-side down and press gently to secure sandwich.

Step 2.

Heat a 10-inch cast-iron skillet or griddle over medium heat for 3 minutes. Melt 2 tablespoons butter in preheated skillet. Gently transfer the prepared sandwich to the melted butter in the skillet and cook until the underside of bread is golden brown and crispy, 1 1/2 to 2 minutes.

Step 3.

Flip the sandwich, adding the remaining 1 tablespoon butter while flipping, and continue to cook until the second underside is golden brown and crispy, 1 1/2 to 2 minutes. Transfer to a wire rack and let sit for 3 minutes, then transfer to a cutting board. Slice in half, and serve immediately.

NOTE:

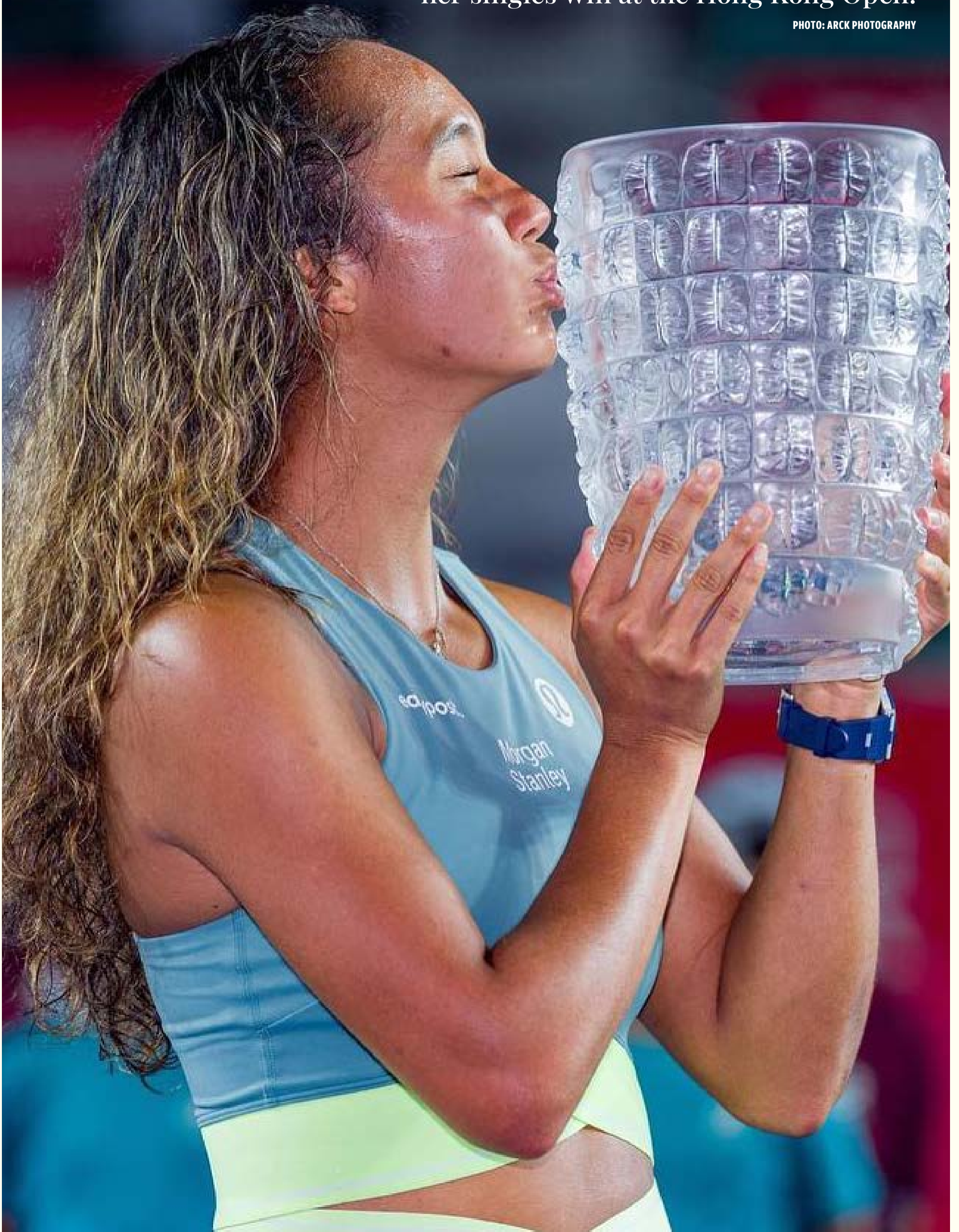
Smooth or crunchy peanut butter will work well in this recipe, the choice is yours.

➔ Elvis had his favourite sandwich named after him and it remains hugely popular today



Canadian Leylah Fernandez celebrates her singles win at the Hong Kong Open.

PHOTO: ARCK PHOTOGRAPHY





Brilliant

SPORT



GAME, SET AND MATCH - THE RETURN OF THE HONG KONG OPEN

◆ The less famous but always popular Hong Kong Tennis Open returned last month after a five-year absence to reward tennis aficionados with some fine on-court action.



➔ Tennis action returned to Hong Kong after a five-year absence.

PHOTO: ARCK PHOTOGRAPHY

When one thinks about professional tennis, the likes of Wimbledon, Flushing Meadows, Roland Garros and Albert Park all tend to spring to mind as famous venues that host renowned international tournaments. However, tennis fans in Hong Kong were delighted last month when competition returned to the island after a five-year absence.

Played on outdoor hard courts at Victoria Park Tennis Stadium, the Hong Kong Open was first played in 1973 before it was disbanded in 2002. It was resurrected in 2014 as a women's only event on the Women's Tennis Association (WTA) tour and was awarded the WTA International Tournament of the Year in 2018 before the hiatus set in. As of January next year the tournament will also feature a men's competition and

will be regarded as an ideal warm up ahead of the Australian Open later that month.

The Hong Kong Open, also known as the Prudential Hong Kong Tennis Open as per a major sponsorship agreement, had been postponed for three separate reasons in recent years, robbing locals of the chance to witness high-level professional tennis action in the process; in



➔ Andy Cheung's pictures always capture a unique flavour

PHOTO: ARCK PHOTOGRAPHY

2019 it was cancelled due to the largest series of demonstration ever witnessed in Hong Kong as protesters rallied against the government's introduction of a bill to amend the Fugitive Offenders Ordinance in regard to extradition. In 2020 and 2021 it fell victim to COVID-19, and did not feature last year due to concerns regarding the security and wellbeing of

tennis player Peng Shuai after her allegations of sexual assault against Chinese Communist Party leader Zhang Gaoli.

This year's tournament was held between October 9 – 15 at the usual venue of Victoria Park Tennis Stadium with a total prize pot of US\$259,303 up for grabs. Initially it seemed the returning tournament was doomed after Typhoon Koinu

wiped out the whole first day of competition. However, once the weather abated, the crowds returned in their numbers and were rewarded with some dramatic on-court action.

'First One To Punch'

Canadian Leylah Fernandez, ranked number 35 in the world at time of

press, won the singles competition after defeating the Czech Republic's 46th-ranked Kateřina Siniaková 3-6, 6-4, 6-4 in a thrilling final. Fernandez had previously been ranked as high as 13 in the world when, as a 19-year-old, she finished runner-up at the 2021 US Open to fellow teenager Emma Raducanu, defeating three top-5 players en route to the final, including

defending champion Naomi Osaka. It was the first title in 19 months for the 21-year-old Fernandez, who is half Filipina, against a tough opponent who has seven doubles grand slam titles under her belt. After losing the first set, Fernandez dug deep to analyse herself and her game, before unleashing a foul-mouthed inner monologue tirade in an attempt to kick-start

her performance. "I was glad I was very honest with myself, and said 'a battle is gonna happen, let's be the first one to punch - if she punches me once, I punch her twice,'" she explained after the match.

"I just used that mentality to push myself through the finish line. That's the mentality of any professional in sports. You don't want to be the one on the



➔ Singles winner Leylah Fernandez poses with the trophy.

PHOTO: ARCK PHOTOGRAPHY

defence... It's always a battle that way. My coach - my dad - has always said that 'a fight is going to happen, be the first one to punch.'" The tactic worked as the 21-year-old went on to claim the next two sets, the title and US\$35,000 in prize money.

In the doubles competition China's Tang Qianhui and Tsao Chia-yi of Taiwan defeated Georgia's Oksana

Kalashnikova and Aliaksandra Sasnovich of Belarus in a fiercely contested 7-5, 1-6, [11-9] final.

Revered professional sports photographer and friend of Brilliant-Online Andy Cheung was courtside to snap the action, using his distinct style to capture some fantastic shots which we have included in this story. Andy was also profiled in last month's edition

of Brilliant-Online, sharing his brilliant and inspiring story with us which you can read here.

Read more stories about Andy's photography.

The Ball is Back in the Court for Rafael NADAL and Andy Cheung

Shooting to the Moon and Back

Serena bows out from the court as a true legend



➡ Eventual singles champion Leylah Fernandez celebrates with fans after her semi-final victory.

PHOTO: ARCK PHOTOGRAPHY

TRI-HELP FOR PHUKET'S FORGOTTEN FOUR-LEGGED FRIENDS

◆ Doing something to help those less fortunate is something that is always respected, admired and welcomed.



➔ Kind-hearted Robin will be looking to raise as much as possible to help abandoned and forgotten animals in Phuket

Doing so to help those that have no discernible way to help themselves is a genuinely heart-felt gesture that speaks volumes about the person committing to the cause. There are stray animals the world over but in the paradise island of Phuket, Thailand, it is an especially prevalent issue. That's why we salute the endeavour that one man is soon to embark on.

Long-time readers of Brilliant Online will no doubt be familiar with the name Robin Wilson. Our erstwhile editor did much in the early days to help create a viable platform for us to subsequently launch and flourish, and his contributions are greatly appreciated. On Sunday, November 19, Robin will be donning his running shoes to race in the Laguna Phuket Triathlon to raise money for the Phuket Thalang Animal Hospital, an establishment that does much to support the many stray animals on the island.

[Support Robin's cause here](#)

Over 1,200 people from more than 30 countries from all over the world will be competing in the hugely popular event, now in its 29th year. Robin will be competing in the Sprint category of the event, which comprises a 500 metre swim followed by a 20km bike ride and a 6km run.

“I won’t be trying for a fast time, I’ll just be happy to get round in one piece – and even happier if I manage to raise a substantial sum to help the animals,” Robin said. “I hope Brilliant readers will support me in helping to bring some hope to the plight of Phuket’s desperately helpless cats and dogs,” he adds.

“Countless stray and abandoned cats and dogs live in the shadows of the popular Thai holiday destination of Phuket so I hope

this endeavour can help them by raising funds to support the wonderful work the team at Thalang Animal Hospital do,” Robin told us.

The Thalang Animal Hospital offers medical care to stricken animals, as well as conducting treatments and administering sterilisation, such a key strategy to containing the ever-increasing number of strays on the streets of the island. They also welcome animals in need who have been brought in by

various volunteer-led groups across the island, who generally work of their own accord to lend a helping hand. Many of these volunteer groups also arrange fostering and adoption services to help secure the animals a loving and safe home. Once a volunteer has taken the stricken animal to the hospital, they can then receive the necessary treatment required, and it is the efforts of people like Robin who help contribute to the hospital’s coffers to allow this to happen.



➔ Robin, seen here after completing a previous event, is competing in the Laguna Phuket Triathlon to raise funds for the Phuket Thalang Animal Hospital

A Snip in Time, Saves Two Million

"Pivotal to the work of the hospital and the various volunteer groups is the ongoing sterilisation programme - vital to break the cycle of more and more unwanted kittens and puppies being born on the streets," Robin explained. "To put the need for this in perspective, it is estimated that just one pair of unsterilised cats running rampant can multiply into more than two million unwanted cats in just eight years!"

"These various volunteer groups not only help prevent more unwanted cats and dogs being born into misery on the streets but also transform the lives of those already there," Robin adds. "One example of many is orange and white cat Chi Chi, rescued from the street as a tiny kitten by one particular volunteer group. Chi Chi's story is an especially desperate one as he was not only abandoned and left helpless but was blind with chicken pox infections in his eyes. To say

things didn't look good is an understatement. However, after being rescued, he underwent a dedicated treatment programme and a long recovery process until he finally regained his sight. Chi Chi was then fostered and subsequently secured adoption into a loving home where he's now living his best life."

There are countless other similar examples, Robin informs us, but funding is often the true Achilles heel. It is why Robin is calling on kind-hearted readers of Brilliant



➔ Chi Chi's remarkable transformation from being rescued off the streets to him living his best life now in his forever loving home.

Online to dig into their pockets to donate whatever they can to help the many volunteer groups and the team at Thalang Animal Hospital to continue their fantastic work.

“In just a few weeks since I launched the campaign donations to the appeal now total over 12,000 Thai Baht (approximately AUD 527), a figure that continues to rise,” he said. “Even the smallest amount can go a significant way to help.

For example, 500 Baht (AUD 21.66) will sterilise a male cat, 860 Baht (AUD 37.25) will sterilise a female cat and 380 Baht (AUD 16.46) will vaccinate a cat. It is easy to donate via the campaign website and all currencies are gratefully accepted. Ultimately, it all adds up and makes such a difference.”

We have collectively been through some strange times in recent years, with COVID-19 in particular impacting the way we live and

the way many of us view the world. We saw during that time of unparalleled adversity how humanity dug deep to help those who needed it and a generosity of spirit arose. The stray dogs and cats of Phuket will be hoping that even just a fraction of a similar reaction can be realised to back Robin’s upcoming challenge and help them achieve a healthier and happier life.

To donate to the cause please visit the campaign page here.



TURNING THE TIDE FOR THE LESS FORTUNATE

◆ Anybody that undertakes a charitable endeavour always deserves great credit and that is exactly what New Zealander Grant 'Axe' Rawlinson is planning early next year with his 'Million Baht Swim.'



➡ Axe in training ahead of his Million Baht Swim

Axe, who now resides in the tropical paradise of Phuket, Thailand, will be swimming approximately 130 kilometres around the coast of Phuket over a 10-day period between January 2-11 to raise funds for the Good Shepherd School in Phuket Town, with the ultimate target of B1 million (approximately AUD 43,500).

Sounds pretty arduous, doesn't it? However, there is a further catch. Axe has revealed that he is not limited by time but by the magic figure of the B1 million, essentially

meaning that he will not stop the swim until that figure is reached, even if the full 130km loop of the island has been achieved. That could mean the swim is shorter in duration than the 10-day timeframe or, equally, that it could stretch longer. Axe and his team are hoping donations from kind-natured people will mean it is the former.

Hailing from New Zealand, 49-year-old Grant has been based in Phuket for the past nine months, making his pledge to help the local community even

more commendable. He will start his swim at the SALA Phuket Mai Khao Beach Resort in the northwest of the island on the morning of Tuesday, Jan 2, 2024. The plan is to cover between 10-20km per day, dependent on tidal conditions and his personal physical condition. There will be one or two support kayakers in the water with Axe at all times to help manage safety and support and he will not come ashore once his daily swim has been completed but will rest in a support vessel between shifts.



“The purpose of the swim is to have a challenging human-powered adventure,” Axe told us. “This is something that I very much regard as my own life purpose and if it can help raise much needed funds to support the brilliant work the team at The Good Shepherd in Phuket do, then fantastic,” he added.

Ambitious Project

This is not the first time Axe has taken on a seriously ambitious project, having previously made over 50 human-powered expeditions through the world's more remote environments, including summiting Mount Everest, riding across Australia on a bicycle, walking across Scotland, and rowing from Singapore to Australia. In February this year he took to a peddle-powered, ocean-going boat and peddled 2,200km in 23 days and nights from Phuket to Sri Lanka.

“It was a sustainability-driven initiative to try and measure the health of the Bay of Bengal for a scientific model,” Axe explained. “We were trying to prove that very

high quality and detailed water sampling could be carried out from a tiny human-powered boat at sea a long way offshore. We ultimately managed to prove we could collect samples but not enough to complete a full set of data as adverse weather kept pushing us off course making the sampling area impossible to reach.”

It was this project that inspired Axe to take on the Million Baht Swim. “I wanted something close to home that could mean giving back to the local community but that still posed an enormous challenge,” he said. “I have no specific swimming background but, as with all my human-powered journeys, I love the challenge and have committed myself to eight months of training to be fully prepared,” Axe added.



Human-powered endeavours are in Axe's nature

Other than the actual daily distance, there will be a myriad of additional challenges. "The west Coast of Phuket is open to the Andaman Sea and the water can get rough depending on wind conditions," Axe explained. "The east coast of Phuket is more sheltered but has strong tidal currents which change direction regularly. It also has many mangroves and the water visibility is very poor. There are also significant numbers of jellyfish in Phuket waters. Many of them are harmless but some have nasty stings! The water temperature is around 30°C and the temperature

under midday sun can be in excess of 35°C. There is a lot of boat traffic around Phuket so avoiding any collision is critical." Ahead of the project, however, one of the biggest challenges is sourcing a support boat for the duration of the challenge, something Axe is hoping can be resolved shortly.

Support Network

Axe is not alone, of course, in taking on this ambitious endeavour, with a full support team behind him, including his wife Stephanie and two daughters

Rachel and Kate. Others include Michelle Kang, Sukhjit Kang, Luke Richmond, Steve Johnson, Baffelly Woo, Andrea Edwards, Heidi Oxley Whitnell and Jason Whitnell. "I certainly could not even attempt this challenge without the time and support of so many, which I am so grateful for," Axe said.

Further to raising funds for the Good Shepherd School, the project will also focus on teaching a number of students how to swim. "Learning to swim is an essential life skill that many of them never have the opportunity to learn," he added.



➔➔ Axe among the clouds on one of his many mountain climbs

The Good Shepherd Phuket Town School has been a beacon of hope for a growing number of students in providing access to quality education since 2013. In 2023 they have a record enrolment of 400 students but not enough classrooms to accommodate everyone. By extending the existing classrooms the school can accommodate a growing number of students and create a conducive, safe learning environment.

The expansion is projected to cost B1.245 million and forecast to take three months to complete.

There are plenty of ways to get involved and support the project.

- Become an expedition partner and support the journey.
- Swim a portion of the journey.
- Be part of the event organising team.
- Bring your family to the pre- and post-event celebrations to meet inspiring and like minded people.

More information can be found and donations can be made at the Million Baht Swim online campaign page, Facebook or Instagram pages.

Times have been tough in recent years for many of us and, indeed, continue to remain tough for many of us. However, if everyone of us could dig deep into our pockets to find even the smallest of donations it would go a long way to helping Axe and his team ensure this extremely worthwhile project comes to fruition.

**Support the Million
Baht Swim**



➔ Panoramic view from the summit of Everest looking down South Ridge

Wishing readers Happy Diwali



Shuba Bala

➤ Shuba Bala, Performing Arts
Solo Dance Winner, SAFAL Fest
Gala Awards



Brilliant

WHAT'S ON



SHINING A LIGHT ON HEALTH THIS DIWALI

◆ The Hindu festival of lights is a celebration of "victory of light over darkness, good over evil, and knowledge over ignorance".



For our readers in Australia, with more light coming into our days, it is befitting that the festival of lights is coming soon to join in the bright sunny days! Those who reside on the other side of the planet and are preparing to snuggle up under warm blankets, Diwali takes on a romantic hue, like a beacon of hope in the darkness.

Diwali, or Deepavali is celebrated between mid-September and mid-November, and this year it falls on

November 12th. The celebrations typically last five or six days. Celebrants welcome this festival by lighting up their homes with oil lamps called diyas, as well as candles and lanterns, and if you look up in the sky, you may even see some fireworks. Some of you may recognise this festival by the beautiful and elaborate rangoli patiently created on the floors. These are colourful patterns created with powdered lime stone, coloured sand, dry rice flour, flower

petals and small coloured rocks. It is a sign of welcome to Lakshmi, the goddess of wealth and good luck into the house. As with so many festivals, food is quite a protagonist during Diwali and with it, the reunion of family members and getting together with friends and communities.

**Learn about other
festivals of lights**



Whenever a festival comes around, we often take it as license to eat and do whatever we wish. After all, it's a celebration! Then comes the aftermath of each celebration where we feel the excess and promise ourselves that next year we will do everything in moderation! With increasing consciousness about health, wellbeing and sustainability, perhaps we can also bring this awareness into our festivals and perhaps in doing so, give it greater meaning by focusing on what is really important i.e. being with loved ones.

So, what are some little things we can do this Diwali to fully embrace the festival of lights?

Moderation is key... and it works!

We all love our beautiful Diwali treats such as burfi, besan, laddoo, halwa etc. And we also know when we get over excited and start consuming too much, inevitably the next day we start to feel the effects over having too much heavy food and it can really spoil the day. With World Diabetes Day on November

14, we want to be more conscious of what we are consuming so our blood sugar levels do not start going ballistic. Moderation is key to help us appreciate fully what we are actually eating, and it is a way to be mindful. Setting a realistic limit on what we eat and even eating slowly can make a difference. We can fully enjoy what we are eating right now, show our gratitude for mother's beautiful halwa, eat it guilt-free because we are eating within our set limits, and know that we won't feel sick the next day and can continue to enjoy the festivities.



Happy Diwali!

A different sort of gift

It's traditional for families and friends to buy mithai as a Diwali greeting. Mithai is a kind of sweet confectionary made from flour, milk, sugar, nuts and ghee. If every family received a box of mithai from every single visitor, that's a lot to consume. Why not try other gifts such as nuts, or a fruit basket? Also, if your family usually make your own mithai, you can also opt for alternative and healthier ingredients such as low fat milk, use natural sweeteners or use unsaturated fats. In fact, vegan mithai exists and that could be an interesting option as well! Gift homemade sweets where the ingredients have been consciously chosen, as opposed to buying

boxes of sweets. Look around your community and you'd be surprised to find some healthy, artisan sweets that make great gifts.

We love this artisan ice cream from Miah Armstrong. Just perfect for the hot weather now!

Delicious, Nutritious, Artisan Ice Cream from the Comboyne Plateau

Why not try your hand at making your own sweet treats?

Badam (Almond) Burfi Diwali Recipe

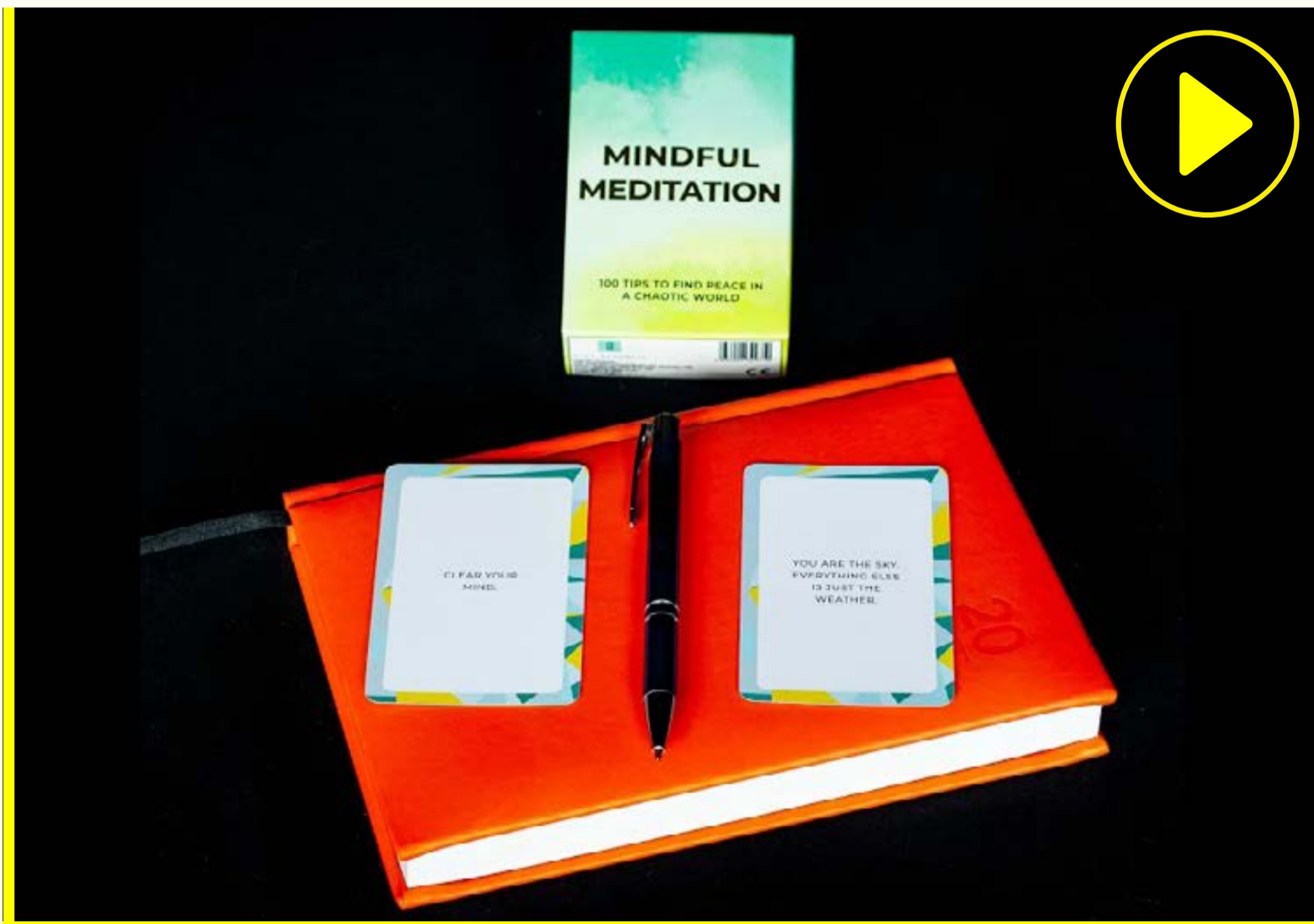
After all, the best gift is health! You can get creative with some innovative health gift ideas especially for the elderly, such as a massage, or an eye check up! It may just give them the motivation

they need to get a long overdue health check!

Panoptic Vision cares for ageing eye health

Don't forget to exercise!

When festivities come around, it is not licence to therefore skip the gym or the weekly run or morning yoga routine. If anything, try to stick to your exercise regime even through the festivities. You may have to adapt a little when you do them, and your body will thank you for taking care of them while also letting them have fun! Why not have an early start to your day with a yoga sequence to wake the cells up and get ready for a fun day?



Try this 5 minute reset meditation from Bernie Ginnane.

Quiet time for yourself

While we enjoy being with friends and family, the intensity of the celebrations can be quite a lot for some people. If you feel your social battery starting to wane, it's kind to allow yourself to take a gentle break from the crowd. Find a quiet place to be with yourself, and a short meditation can do wonders to relax the mind and bring you back to balance. You can also give yourself a quiet five minutes just to be with your breath at the end of the day, so you can prepare your body for a state of rest after the flurry of activities in the day.

A gadget-free celebration

It is tempting to have our phones with us so we can take lots of

photos of our family and friends and the food etc. so we can put them up on Instagram. While we can enjoy capturing beautiful moments, it is also important we don't forget we are all here together at Diwali to be with one another in person. Try setting a time that is gadget-free, so you can all fully connect and enjoy time together.

Let there be light!

Instead of buying diyas, why not make your own and turn it into a fun family activity in the period leading up to the festival? Check out this video to make your own diya from waste wooden pieces! Repurpose any waste bits you can collect from your garden, and you can get creative with your

own environmentally-friendly diya!

There you have it, some simple ways to enjoy your Diwali (or any other celebrations, in fact!) and still take care of your health, so we can have many more beautiful celebrations for a long time to come!

Brilliant-Online wishes our readers a Brilliant Diwali full of light to illuminate your life with health, joy and success!

**CREATIVE WAYS TO
REPURPOSE FALLEN TREES**



➔ It's great to take photos but also try setting a time that is gadget-free to fully connect and enjoy time together.

WHAT'S ON IN BRILLIANT NOVEMBER & DECEMBER 2023

◆ Getting towards the end of the year with more Brilliant Experiences for our businesses and communities!



There are so many activities happening in our Brilliant communities, from networking, to art, to books and the highly anticipated Christmas fairs and parties! There is something for everyone so get your agendas ready and mark down these dates!

Wauchope Friday Writers Group

Check out the new book Poetic Justice - The Faces of Retribution by the Wauchope Friday Writers Group! Chat with the writers from

the group and hear about their experience with this writing challenge set up by group facilitator and published author Desley Polmear.

Friday 24 November, 10:30am-12:00 at Port Macquarie Library, 32 Grant St, Port Macquarie.

[Register for book launch](#)

Meet Carolyn Williams as well, author of children's book the Adventures of Dora, the Runaway Greyhound.

HDFC 2023 Awards Presentation and Dinner

Join Hastings District Flying Club for their most important event of the year to recognise the achievements of their student pilots, seasoned pilots and club members for outstanding flying, performance and contribution to the Hastings District Flying Club. Buy tickets [here](#).

Date: Saturday, 25 November, from 6pm

Venue: Hastings District Flying Club (Hangar)

Tickets: Roast dinner is \$40 per adult and \$15 per child (under 14 years)

Combined Networks Christmas Party

The annual Combined Networks Christmas Party will be held at the Billabong Zoo Koala and Wildlife Park on 1 December, 6pm to 9pm. Make this a Christmas to remember, celebrating against the enchanting backdrop of wildlife and nature. You may well encounter a cuddly koala coming over to say hi, as well as other majestic creatures coming to view these human curiosities!

Ticket price includes a lovely spread of canapés as well as a welcome drink to kick off the festivities! Get your tickets here.

The combined business networks include:

- Business Port Macquarie
- Wauchope Chamber of Commerce
- Camden Haven Chamber of Commerce
- Hastings Business Womens Network
- Micro Business Forum
- Business NSW

This event is supported by the Port Macquarie Hastings Council.

Sell Online Workshop

Join Destination NSW for a free, half-day Sell Online workshop to find out how you can increase bookings for your tour, attraction or accommodation by selling online.

Date: Thursday, 7 December 2023

Time: 10.30am - 2:30 pm

Venue: Sails by Rydges, Port Macquarie

Get tickets here.

Combined Networks Christmas Party

FRIDAY | 1 DECEMBER | 6 P.M.

BILLABONG ZOO
KOALA AND WILDLIFE PARK



**BUSINESS
PORT MACQUARIE**



**BUSINESS
NSW**

Get your skates on for a colourful Christmas Fair!

Mark your calendars for the annual Christmas Fair in Port Macquarie's Town Square on December 8!

This Friday night event promises to be unforgettable, with exciting attractions such as a new tree, an ice skating rink, bauble craft events, a laser light show and even a special visit from Santa himself! Local traders will showcase their artisan stalls, while food trucks will offer delicious treats. Keep an eye out for roaming performers on stilts and a surprise appearance from Mr. and Mrs. Claus!

The fair is perfect for families and will run from 5pm to 9pm, with the lighting of the sustainable tree at 8:15pm.

Don't miss the chance to experience the Northern Hemisphere flavour of Christmas at the Town Green ice rink, where skating is free and sure to be a major highlight.

If you're interested in setting up a stall, applications are open until November 10. Join us for a Christmas celebration you won't forget!

Christmas Fair Port Macquarie

Special Note:

Disaster Assistance for Kempsey, Mid-Coast and Port Macquarie Hastings following severe bushfires

Disaster assistance is now available for Kempsey, Mid-Coast and Port Macquarie Hastings Local Government Areas (LGAs) following severe bushfires on 16 October 2023 onwards.

Assistance available under the DRFA may include:

- Help for eligible people whose homes or belongings have been damaged (eligibility criteria apply). Support for affected local councils to help with the costs of cleaning up and restoring damaged essential public assets.
- Concessional interest rate loans for small businesses, primary producers and non-profit organisations. Freight subsidies for primary producers.



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e/ info@panopticvision.com.au

CELEBRATING 1000 STORIES ON BRILLIANT-ONLINE'S 3RD BIRTHDAY

◆ Brilliant stories that push for a better world



At Brilliant, we are passionate about writing inspiring, impactful, and engaging stories that aim to make the world a better place in the digital era. One of our core values is Kindness - we believe in treating everyone and everything with respect. We are incredibly proud of our impressive collection

of 1000 business and community stories, achieved in just three years, as well as our recognition with innovation awards. We also take great pride in our Australian heritage and embrace the diversity of multiculturalism. We would love for you to join us in celebrating our 3rd birthday! Come aboard the Rhythmbot,

courtesy of Port AdVenture Cruises, for a captivating voyage on the Hastings River. It will be a day filled with fun, cruising, and the chance to greet the dolphins!

20 Jan 2024, 1:30 pm – 4:00 pm
Port AdVenture Cruises,
77 Clarence St, Port Macquarie
NSW 2444, Australia



brilliant
ONLINE

Brilliant-Online 3rd Birthday

Register here
bit.ly/3-birthday


Saturday
20th January 2024

from
1.30pm

on board the
Rhythmbot



brilliant-online.com





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