

January 2023

brilliant

ONLINE



➔ Christina Chia

Photo: @wynneooo

Dress: Bonita Couture

The **YEAR OF HOPE** *Issue*



INSIDE: The world seems to be blooming again! We see people travelling and socialising, focusing on their health and appreciating their world more. As we celebrate our 2nd birthday, we share with you stories that bring businesses to their communities.

TG's Child Care is Hiring

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NOTE FROM OUR EDITOR

◆ Welcome to January's edition of Brilliant-Online

A very belated Happy New Year to all our readers, subscribers, customers and partners.

It is the start of a New Year and with that comes renewed hope at what is ahead. After a couple of perilous years to say the least, we all believe 2023 is going to be a great year. People are travelling again and are truly back to socialising to pre-COVID levels. There is a sense of genuine hope and excitement in the air.

Hope is also something that Australia personifies. A country that has offered so much opportunity to so many over the generations, one of its greatest assets is its multiculturalism; a melting pot of different cultures, customs and traditions brought by decades of immigration that all fuse together to create an eclectic, broad-minded and tolerant society. Being 'Proudly Australian' is a given and rightfully so.

As such, we catch up with Port Macquarie-Hastings Mayor Peta Pinson who explains her Aussie pride, in addition to outlining what's ahead in 2023 from the local council perspective.

Our cover star Christina Chia shares her story of how she came to Australia as a migrant almost 30 years ago, how she has blossomed and why exactly she is proud to call Australia home. Likewise we speak with

Malaysia-born MP Sam Lim who has flourished since arriving on Aussie shores.

Elsewhere, we check in with Port Macquarie Golf Club's Head Chef Francis Kyan, learn why ballet is becoming increasingly popular among adults, take a peek at what's ahead in the sporting world and learn five tips for how small businesses can plan for a Brilliant 2023.

We at Brilliant-Online are truly excited about the year ahead and look forward to further serving as a valued and trusted pillar of the local community by connecting people and business via an array of Brilliant stories, be they local or from further afield.

Ben Tirebuck



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FOOD

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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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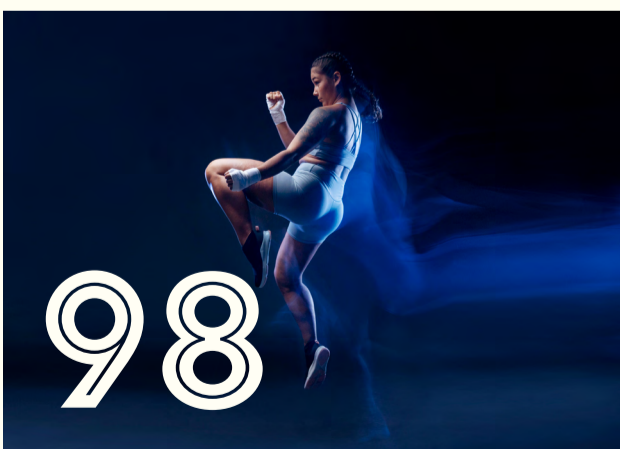
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PROUDLY AUSTRALIAN AND LEADING BY EXAMPLE

◆ An interview with Christina Chia

Australia has a "Climate of Trust"

Australia is a country renowned and celebrated for its multiculturalism and diversity. Descendants from numerous countries over the years have emigrated to Aussie shores to create a melting pot of culture, heritage and tradition. Take a stroll through the neighbourhood of a typical Australian city and you will be embraced by a wide range of cultural references and touch-points from all over the world.

It's this far-reaching cultural mix that makes life Down Under so appealing to so many and one of the reasons Australia is regarded as a benchmark nation in regards to diversity, difference and acceptance.



➔ Christina Chia delivering a keynote speech at the AMSA annual gala



“Being Australian for me is about wholly embracing and celebrating diversity,” she tells us. “Whatever your background, religious or cultural beliefs and preferences, we should welcome one and all and celebrate the advantages that such a broad tapestry provides our society. Learning about difference, be it language, cultural traditions, religious beliefs or even cuisine, this is what makes us a stronger and more complete collective, a more accepting and understanding community.”

And it is exactly this that Christina Chia believes constitutes all that is great about Australia and being Australian.

Originally from Malaysia, Christina came to Australia 30 years ago to study, making the move to Melbourne full time not long after. Starting from very humble beginnings with just \$2,000 in the bank and two young daughters in tow, she worked hard and made numerous sacrifices to provide for her young family.

Today she wears many hats; she is the Chief Operating Officer & Principal (VIC) of North Shore Coaching College, a national education business across 70 Campuses in

Australia and Hong Kong. She also holds the role of President for the Asian Australian Family Association (AAFA), Multicultural Attaché of the Mental Health Foundation Australia (MHFA), Board Director of the Chinese Association of Australia (CAV), President Elect (VIC) at Women Chiefs of Enterprises International (WCEI) and mentor to RMIT University, among numerous other positions. It's safe to say she has excelled and progressed both personally and professionally over the years and is held in high reverence today within her local community.

There's no doubt that the multi-faceted cultural landscape she

has grown in over the years has contributed to the successful and respected person she is today. She acknowledges being exposed to so much diversity in day-to-day life in Australia has helped her evolve and become a more complete individual. The very nature of diversity is being open to and understanding difference, to learning and adapting, to progressing, all notions Christina believes create what she terms "A Climate of Trust".



"Being a migrant, I see great importance of connection, inclusivity, equity, fairness and trust for better quality of life of its people and community," she says.

Growing up in multicultural Malaysia, Christina is proud of her Chinese heritage, something she continually promotes with passion. "Promoting diversity, multiculturalism and continuing the rich Chinese tradition in Australia so that it can be passed on from one generation to another is important," she says. "Creating a legacy, if you like."

However, Christina affords equal importance to other cultures, their acceptance and celebration. "Being Australian is about embracing all cultures," she says. "Celebrating Chinese New Year, Eid, Diwali, Christmas, it's about connecting and learning and becoming better people and communities."

This was something clearly evident during the depths of the COVID-19 pandemic when communities experienced a wealth of strict restrictions and regulations such as lockdowns and separation from others.

It was a time when community spirit rose to the fore, when helping and encouraging others became the norm,



 **Christina Chia.**

Photo: Winnie Neo. Fashion: Bonita Couture

irrespective of background or culture. "It was a time when being resilient and being able to adapt were key," Christina says. "While it was a testing time, it was also a period when we saw the true strength of humanity, when the community rallied and many people thrived. It required large doses of what I term 'Grit', where

the power of passion, perseverance and consistency can help you not only weather the storm but actually grow and thrive in the long run. It's something that I have applied throughout my life – to maintain passion, to keep pushing and not to give up," she adds.



➔ Christina Chia with her partner Roger Chong

Looking ahead

This indomitable spirit will very much be behind Christina's endeavours for the year ahead, which promises to be another busy one!

"It will be another incredible year of collaboration and connection as we resume life back to the positive vibrant environment we've always thrived in," she says, passionately.

"On my work front with North Shore Coaching College, I will continue to work to re-calibrate company culture and spearhead the coaching and tuition of the business. Our focus is to grow and to create joy and confidence among our students by delivering 'Tuition That Works!'. Our people are our asset and it has always been my

priority to ensure that our people are fully supported to live the best versions of their lives. We have 65 campuses in Australia and recently opened in Hong Kong. We intend to keep growing to extend our reach."

Serving as a mentor and visible, accessible role model is also something vitally important to Christina and is another role she thrives in.

"I have made the transition to be an advocate for vital, positive lifestyle speaking sessions discussing essential issues we face today," she tells us. "Engaging women in the importance of recognition, the celebration of diversity, and motivating others to develop resilience are issues that resonate with me."

"I will also continue my strong community involvement via the various Not For Profit ventures I am engaged with such as MHFA, AAFA, CAV and MYC Heart Connectors, an online platform which I am a co-founder of, sharing ideas and generating sustainable value as we recover from the pandemic.

"Championing diversity and gender equality as President Elect for the Women's Chiefs of Enterprises International (WCEI), a network of women entrepreneurs, business leaders and policy influencers, is also a major focus for me this year," she says.

It is this extensive engagement within the community that sets Christina apart. Her passion, drive



and focus are clear for all to see and have been instrumental in her success, something that was honoured last December when she inducted onto Australia's National Monument to Migration.

Delivering a keynote speech at the AMSA annual gala in collaboration with the Australian National Maritime Museum in Sydney celebrating 185 years of migration history not long after she said: "Like most migrants who arrived on Australian shores, we held in our hands endless opportunity, courage and grit for the chance to live our very best lives. My story was not pre-destined, but grew out of courage, chance and hope. My wish is to inspire and to educate those who will come after me. It

is imperative for my daughters and future generations of women, that I contribute to re-imagining possibilities for female Asian migrants. We need to own a vision of women who are successful in business, contribute to their community and retain their independent spirit."

That desire to help others, to lead by example and to create a better world is what makes Christina tick. "I am passionate about fostering community connections and creating a legacy of giving and service to our community. When individuals thrive, families get stronger and our community becomes abundant and a better place to live," she says.

It is something she terms the 'Circle of Abundance'. "I am constantly striving to create a positive mindset and heartset, to constantly be a better version of myself which I can share with others in order to spread joy and positivity," she explains. "When you serve and give, you are making a positive impact to those around you and those receiving your goodness and kindness will naturally feel good. Subsequently, that person passes the positivity and good vibes on, and so on and so forth – it is that ripple effect which will continue to impact many more in your community and help build a better tomorrow."

READ: Sam Lim, an MP who is close to the heart of the people





Brilliant
BUSINESS



5 TIPS FOR SMALL BUSINESSES TO PLAN FOR A BRILLIANT 2023

“The only constant is change.” In an average year, technology and trends generally change rapidly. With COVID-19 and other diseases, war, acts of God in the form of floods and bushfires etc., the world has gone through even more changes.

“Always be prepared” is the mantra of our times. We need to plan, be agile and adapt to changing circumstances. During the pandemic, businesses quickly realised the need to turn around and adopt new measures if they wanted to survive. Many boosted the digitisation of their business. This has helped their business to thrive through and beyond the pandemic.

A new year is the time for you to expand your network and renew your skills and sales. A good time to plan!

So what can small business owners do to va-va-vroom into 2023?

[Download this eBook](#) for 5 tips to spur you on!

VERONICA LIND
Business and Marketing Strategist
Vermilion Pinstripes

5 TIPS FOR SMALL BUSINESSES TO PLAN FOR A BRILLIANT 2023

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BRILLIANT JANUARY 2023 THEMES

◆ What's going on in January 2023? If your product or service matches one of these themes, we want to tell your story!!

Brilliant stories will focus on 2023 Outlook in the Year of the Rabbit

We want to tell your story and connect your business to your communities. For Advertorials, contact

Chrissy Jones

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January 2023 Events and Days of Significance

- 1st - 31st January - Veganuary
- 1st - 31st January - Walk Your Dog Month
- 1st January - New Year's Day
- 1st January - Public Domain Day
- 4th January - World Braille Day
- 10th January - Houseplant Appreciation Day
- 11th January - Clean off Your Desk Day 1
- 3th January - Rubber Duckie Day
- 14th January - International Kite Day
- 15th January - Wikipedia Day
- 17th January - World Religion Day
- 20th January - Penguin Awareness day
- 21st January - Squirrel Appreciation Day
- 21st January - National Hug Day
- 22nd January - Lunar New Year
- 23rd January - Triple J Hottest 100 Day
- 26th January - Invasion Day
- 26th January - Survival Day
- 26th January - Australia Day
- 27th January - Chocolate Cake Day
- 29th January - Puzzle Day

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January 2023 Themes

What's are you planning in the new year?

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BRILLIANT FEBRUARY 2023 THEMES

◆ 28 February marks the end of Australia's Summer. Health is everyone's business this month. If your product or service matches one of our themes below, we want to tell your story!!

Brilliant stories will focus on Eating Good, Feeling Good and Doing Good!

We want to tell your story and connect businesses to your communities. For Advertorials, contact

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February 2023 Events and Days of Significance

- 1st – 28th February – Feel Good February
- 2nd February – World Wetlands Day
- 5th February – World Nutella Day
- 9th February – International Pizza Day
- 11th February – International Day of Women and Girls in Science Day
- 12th February – International Darwin Day
- 13th February – Apology Anniversary
- 13th February – World Radio Day
- 14th February – Valentine's Day
- 14th February – International Book Giving Day
- 14th February – Library Lovers' Day
- 15th February – International Singles Awareness Day
- 15th February (TBC) – National Pet Adoption Day (PETstock)
- 17th February – Random Acts of Kindness Day
- 20th February – National Love Your Pet Day
- 21st February – International Mother Language Day
- 21st February – World Harmony Day
- 22nd February – World Thinking Day
- 26th February – Tell a Fairy Tale Day
- 28th February – Summer's Day KidSafe
- 28th February – Last Day of Summer

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February 2023 Themes
Eat Good, Feel Good and Do Good

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TG'S CHILD CARE EDUCATORS ARE SIMPLY PLAYFUL!

◆ Know of a place where you can go to work to play? No, we're not talking about Google! Just go to TG's Child Care!

Did you know that we spend an average of a third of our lives at work? That's a lot of hours! It is even more important that we choose a job where we feel fulfilled, where our gifts are being valued and shared, and where we feel part of a team making a real difference to a cause.

Educators at TG's Child Care are famous for 'paddling the canoe' together as a team. They've got each other's backs and they know TG's is their home away from home. And they get to PLAY and be the FUN

experts every day! Children can spot a TG's Educator from a mile away, because they are the first to be ready to jump into a mud puddle or spend a full 5 minutes just watching a caterpillar crawl!

It is clear why those who know TG's want to spend as much time there as possible. TG's stands out for having children who grew up and in turn became TG's Educators themselves, and even parents whose children went to TG's got so inspired they themselves signed up to be a TG's Educator! Families probably wish they

could stick around a little longer when they drop off their children at TG's! If you've seen their award-winning gardens, you'll understand why.

A career in Early Childhood Education is a highly rewarding one, and like in any job in any industry, one does have to think carefully about why we want to take on this job and wonder if it's really suitable for us. How is your career path going to look like as we step into the new year?

There are three main reasons why TG's Educators love what they do.



Every day is a FUN day at TG's!



➔ TG's Play Experts, big and small!

1. A loving culture

TG's Educators are nurtured in a loving, inclusive culture. Your growth and development in your career is as important as the learning journeys of the children. TG's Educators know the TG's Family has got their back. This is a place where your gifts are valued and appreciated. Here, your voice is heard. Your ideas and thoughts are respected in a culture of openness. Children are often encouraged to be curious and ask questions. TG's Educators offer the same to each other! Many have said that TG's is their Home Away from Home.

It is not common to have male educators in the Early Childhood sector, and TG's has certainly succeeded in creating an inclusive

environment where they actually have four male Educators!

2. A sense of belonging that extends to the community

This loving atmosphere does not end where TG's four walls end. When you are a part of TG's, the joy and fun of learning extends way beyond TG's playspaces and outwards into their communities. Everyone in the TG's Family is a positive, supporting contributing member of the local communities. There is a warm sense of belonging and TG's is famous for being welcomed wherever they go. Everyone at TG's takes part in festivals and events in the communities, and it is a truly joyful feeling to celebrate

together. As they say, time flies when you're having fun, and time at TG's really does zip by!

3. Making a difference

TG's Educators are a role model to the children. You enrich a child's learning journey, and it is an incredible feeling to know you have played a part in helping each child achieve their unique milestones. Every day, Educators see how they make a difference and when you are involved in the life of a child, you get the privilege of seeing how they develop and grow all in the space of a year. There is so much to celebrate! You get to share in each child's joy when they achieve a milestone, and you are also the trusted one they turn to when they need comfort and encouragement.

TG's purpose

TG's Child Care's purpose is to nurture independent young minds by building meaningful engagements and partnerships with families and communities. What they affectionately call the TG's Way encourages collective thinking and life-long learning. Children are Playing it Forward from the first day at TG's to beyond.

From Port Macquarie to Wauchope, children love a TG's Educator. Because they're simply PLAYFUL!

Are you ready to PLAY?

Join TG's as an Educator



➡ Achieving milestones, one step at a time!

2022 TOP 10 STORIES

◆ Warmest thoughts and best wishes for 2023. May peace, love, and prosperity follow you always. We've published 700 stories. Did your story make it to our top 10?



1. headspace for Youth Mental Health



2. Meet Toni the woman helping Man's Best Friend find a forever home



3. Hainanese Chicken Rice Recipe



4. The History Maker



5. Davis Farm scoop the pool



6. Special Characteristics of TG's Child Care amazing Educators



7. headspace is proud to present the Wauchope CosPlay Festival



8. Use your NSW Discover Vouchers while discovering your own backyard



9. The market is waking up to Halloysite



10. Desley Polmear's writing group launched their first book "Stories around the kitchen table"



[Read All Brilliant Stories](#)

GOT BIG IDEAS FOR 2023? GET YOUR HOUSE IN ORDER FIRST

◆ It's easy to want to dive head first into a new year with big, bold plans to turbo charge your growth. New year, new me, right? Let's take this business all the way to the next level!

* **A**hem* Not wanting to be the proverbial pooper at the party, but I would first ask you to cast your mind back over the last year or so.

It won't be a far throw to recall times when the same proverbial hit the fan:

- Maybe you became ill at the worst possible time (is there ever a good time with no sickies for business owners?)
- An unexpected curve ball came out of left of field
- Massive fluctuations in staff probably had you scrambling more often than you'd like

Long story short: life happens. And it's at times like this you wish you had better organisation inside your organisation

So in preparation for crafting your next vision board, I would urge you to first reflect on the unfolded laundry lying around inside your business.

And the biggest pile is often your financial data.

I know, I know. That sounds much less fun than planning your next

product launch. Or hitting your next revenue milestone. But it's not only the proper data organisation, but the clarity that comes from it, that will give you that strong foundation your next bright idea can be built upon.

And, when the unexpected happens, your knowledge and confidence will be at the ready.

Still not convinced? I want to share three scenarios with you I've seen in my time from people I've worked with who neglected to stay personally engaged with their financial data... **and then the reality check came a knocking.**



‘None Of This Adds Up’

A client who had recently separated from their partner had a successful side hustle that needed to quickly become their sole source of income. Their Xero had long shown losses that didn't actually exist, which they were aware of. These errors had always been addressed by their accountant when it came time to submit reports to the ATO. HOWEVER, those corrections had never been explained and applied back 'up stream' to the client's records.



(Don't even get me started on how angry this makes me - accountants, your clients need accurate balance sheets. How else will they be able to check anything?).

In the process of optimising their side hustle for self reliance, they needed to approach the bank for a loan. Except, their records were a mess. Their business looked like a failure (which it wasn't).

And the bills were stacking up. Fast

Thankfully, the client found their way to me and we were able to set their records straight for the benefit of securing the funds required. But my golly gosh (*use your imagination for what I ACTUALLY mean*) imagine how much lower the stress levels would have been if the financial data was tidy, accurate and ready to go immediately?



➔ Liz Jarvis, Better Business Decisions

‘I had no idea I was being manipulated’

Another client came to me searching for answers, with financial records that also didn't make sense. In the process of digging deep, investigating and reviewing recent decisions made, it came to light that the business had been subtly hijacked, by a new administrative assistant, who had then become a romantic partner.

A firm understanding of the flow of money in and out of the business - and how it is categorised, in a way that you can easily interpret - can save you from being blind sided by your own support people.

As a high functioning, creative entrepreneur, it's very easy for those with ulterior motives to work their way into your confidence. From there, they affect your decision making, erode your certainty of your financial know-how, and pull your business off-track.

At the very least, well intentioned but undertrained or inept staff can drop the ball. At worst, your entire business can be derailed by another's self-interest.

Don't get caught in the blind delegation trap because your numbers seem too hard to get your head around (or you think they are someone else's job). Trust me: getting screwed over is worse.

All Bets Are Off When A Loved One Is Sick

This one is much closer to home - this is MY story.

In 1995 my eldest child was diagnosed with leukaemia at a very young age. I can't begin to explain how it feels to have your world flipped on its head like that. Whilst I wasn't a business owner at this point, my husband was, and so began the arduous marathon of juggling a gruelling two year treatment protocol.

WHILE trying to raise a child with as 'normal' a life as possible.

WHILE staying on my game at my own job.

WHILE taking turns flying our busy 2-year-old boy to Sydney for regular chemotherapy.

WHILE often having him admitted to hospital for a week of IV antibiotics.

WHILE keeping a marriage together and having our next child.

WHILE running a business.

Talk about financial anxiety - I really do get it! Suffice to say, life can suddenly make your plates extraordinarily full at times. What doesn't break you does indeed make you stronger, but having messy business finances in times like these is an added pressure easily avoided.

That is, when your house is in order.

The big takeaway: don't wait

Don't wait until a relationship breaks down or a loved one urgently needs you. Don't wait until the wheels have fallen off your business because you never fully understood what makes them turn.

The ideal scenario is that your data is organised to such a high level that, at any time, you can glance at your reports and immediately know the state of your own affairs.

WITHOUT needing an appointment with your accountant, or for your bookkeeper to run a report.



Ready to jump into a Google Search?
Here's some go-to terms for you:

- Profit & Loss Statement
- Balance Sheet
- Chart of Accounts

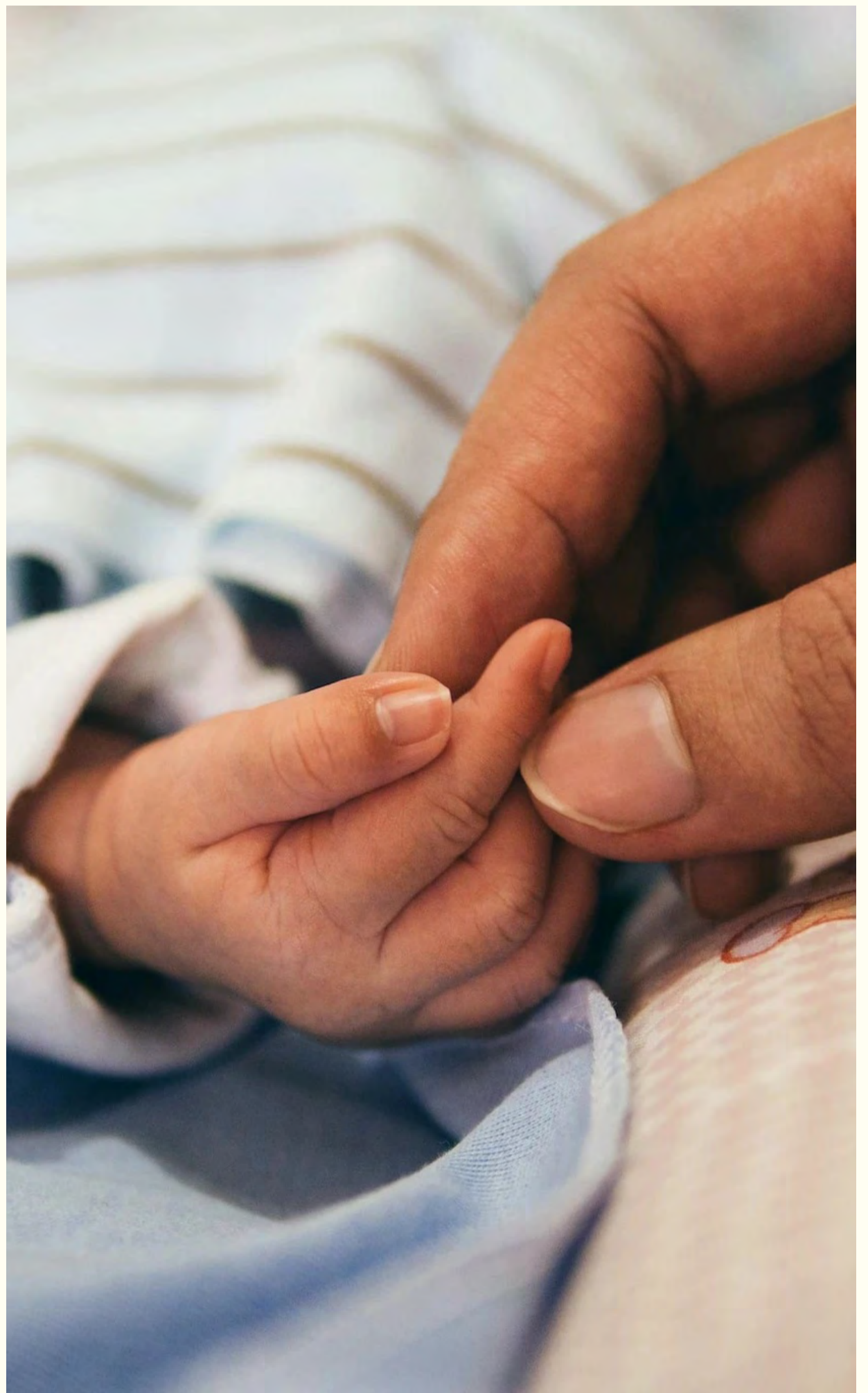
Get to know what these terms mean, and more importantly, what they mean in the context of your own business. Find them, make them your own and become fluent in them.

This can seem daunting at first - don't get deterred by the jargon. If you're not ready to fly solo, you can always book a session with me. I can give you a guided tour of your business finances, explain the lingo in real world terms and help you connect the dots inside your own numbers. Just head over to my booking page Free Strategy Session with Liz to get started. Speaking from experience: you'll be surprised at just how much you actually know.

Disclaimer: These are yuck and boring but unfortunately a legal requirement for professionals in my industry. So just a reminder, the information contained here is general in nature and you should seek financial and business advice tailored to your own personal circumstances. Which, by no small coincidence, I can help you out with.

Head over to my website and book a
free 30 minute chat with me

betterbusinessdecisions.com.au



better
BUSINESS DECISIONS

**Did you know that most
business owners don't
understand their financial
information?**

The evolution of the accounting industry has left many in the dark!
To improve your financial intelligence - We provide a safe space
(in person or via Zoom) to unpack your financial information with an
expert Business Advisor! In fact Liz has helped hundreds of businesses
make more money and pay less tax in her 30 years of Chartered Accounting

Get in touch anytime

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1/20 Isabella Street, Wingham NSW 2429



GARDEN CHAT WITH CHOOK, FROM GREENBOURNE NURSERY..THE NOISE ON THE NURSERY

◆ Firstly, please let me welcome you all to 2023. I trust you either had a great time with friends and family over the holiday period or you got a little bit of rest and contemplation in your garden. I hope 2023 is a great year in the garden for everyone.

This Month I would like to offer a little Indoor Plant Advice.

Don't over water...

Many indoor plant deaths occur due to receiving too much water. A plant in a protected indoor environment is much less likely to transpire large amounts of water through its foliage. Hence you don't need to be watering the plant every day as many of us do and have (I've been guilty of this too!).



The best advice for most indoor plants is to quickly check the soil with your fingertip and assess the moisture content. The basic rule here is that the soil only needs to be on the dryer side of moist.



We use a phrase here in the nursery when people ask how much water do I need to give my plant (which is a similar question to how long is a piece of string) and it goes 'Not too wet, not too dry just moist to the touch'.

Indoor pots need to drain away...

There are two styles of indoor pot you will purchase in your nursery, ones which have drainage holes and a saucer at the base and ones which are completely sealed. Now of course

this makes complete sense because if they allowed the water to drain away then all our carpets and floors would be covered in wet potting mix. There are different ways in how you must use each of these. The pot with the saucer works well when after you water the plant you eventually empty the saucer.

If the saucer is allowed to hold water too long, it can potentially trap water in the pot which can lead to those overwatering problems we spoke about earlier.

Ideally with this style of pot if you can water the pot without a great deal of excess water filling the saucer, this way you will normally be achieving the 'keeping the soil moist not wet' principal.

The completely sealed pot is where most of the problems occur. Number one rule here is to not plant directly into the pot. This style is designed to be a holding vessel for another slightly smaller pot that has drainage holes. The way to use this is simple, when the plant requires a watering simply remove the internal pot, water it quickly outside, let it stand for a small time period and then return it to its home. It is still a good idea to periodically check the sealed pot to make sure there isn't any pooling water forming.

Feed a small amount often...

When fertilising your plant, it is best to feed the plant small amounts often. The slow-release fertilisers do a great job and should be incorporated into the potting mix as they give you a base to work with, however it is so important to keep the microbial activity in your indoor plants active.



Hence using liquid organic solutions that contain natural state fertilisers is really important.

These types of fertilisers will replenish and feed the organisms in the soil mix. As the plant is inside in an un-natural environment the soil has very little access to the microorganisms that naturally occur out in the garden areas. By topping up with organic based liquid fertilisers you will be 'feeding the soil so the soil can then feed the plant.

Great indoor plant choices...

Peace Lilly (*Spathiphyllum sp.*)

This would have to be one of the best plants to use as an indoor plant. While it is super common in nurseries there is certainly a reason for this. It performs well.

The plant prefers the well-lit areas of the indoor environment but will tolerate lower light areas for small periods of time. They require minimal watering and produce magnificent white flowers in the warmer months.



➔ One of the best plants to use as an indoor plant - The Peace Lily

The dark, glossy foliage is a feature all year round and complements the lighter neutral shades that many people have in their homes. If you are thinking of getting a gardening novice an indoor plant for a gift, this low maintenance one is the right choice.

Elephant Ear (Alocasia sp.)

If you have a little bit of extra room for an indoor plant to grow, the Alocasia really makes a statement. It is an elegant form that adds a tropical touch to interiors. The large cascading leaves create a real holiday feel in suburban homes.

The plant does best in the warmer rooms of the house as it has subtropical heritage. It works well in the humidity of a bathroom environment and will fill a corner well in today's giant bathrooms.

Do keep it away from fireplaces as the hot dry heat can cause damage. A great addition to any indoor plant display area that will be a real showstopper.



➡➡ This indoor plant makes a statement and adds a tropical feel to the indoors

Blechnum Fern (Blechnum sp.)

There are many ferns that perform well in our indoor environments and the Blechnum fern is one of the best.

The plant thrives in a warm shaded area with lots of ambient light (enough to cast a slight shadow). Just remove the spent leaves as they occur to keep the plant looking lush and green all year round.

They don't get too big and the size can be controlled by keeping them in small pots. Another variety that will do well with the humidity that occurs in the bathroom.

The final word on indoor plants...

When plants are grown successfully indoor, they not only bring that tranquil rainforest feel to a home but also help to absorb and rid our homes of various toxins that may be in the air. Unfortunately, we live in a chemical world so having plants to aid in the removal of these small particles that are leached into our air supply is important for the environment we eat and sleep in.

Do also remember that with this occurring the plants themselves will also need a break.

There really is no such thing as an 'indoor' plant. We have just found various varieties that tolerate the lower light levels that occur in our abodes. Rotating your indoor plants and giving them the occasional dose of outside atmosphere will keep them in a bit more of a natural state. A couple of hours in a shady spot under a tree will breathe new life back into your indoor plant.

So, get into your local nursery and look at the amazing array of indoor plants that are available for you to try. You are also always welcome to come into our nursery for some good advice or just a friendly chat.

Looking forward to seeing as many of you as I can in the nursery over the next month. The weather is looking good and the plants are looking even better. So, come on into Greenbourne Nursery for some good advice or just a friendly chat.

**Happy Gardening - Daniel
"Chook" Fowler**



➡➡ One of the best ferns that perform well indoors - the Blechnum Fern



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HOW TO BOOST CYBER SECURITY FOR SMALL BUSINESSES

◆ It's not just the big corporations that are the targets of cyber attacks. Small businesses also need to step up and learn to defend themselves effectively.

We live in an interdependent ecosystem of small, medium, large businesses. Protecting our cyberspace is not just about keeping our individual business safe. If your business gets cyber attacked, hackers may use your network as a way in to get to the networks of other companies who are connected to you.

What are some things you can do as a small business to keep your cyber space nice and clean?

1. INSTALL ANTIVIRUS SOFTWARE

Choose one that can protect all your devices from viruses, spyware, ransomware and phishing scams. It should also help clean your devices and remember to keep this software updated regularly. If we can't be two steps ahead of hackers, at least it pays to be on par with them. Updates ensure that you are safe from the latest threats.

2. STAY UPDATED

All the software you use across all devices should be updated. Make sure you choose automatic updates so you don't forget.

3. BACK UP IMPORTANT FILES

Never say, 'oh well, I'll back everything up tomorrow'. Seriously, do it now, do it regularly and heck, just set it to automatic as well! If you get cyber attacked, your information could be lost completely. Imagine a hacker kidnapping your data and demanding a ransom for you to access them again. It's not going to happen. You'll never see your data ever again. Back them up. To the cloud or to an external storage. But do it.



➔ Beef up security

4. LIMIT ACCESS

Not everyone from the newest intern to the ex-CEO needs access to everything in your business. Restrict access especially to critical data to a minimum. Make it clear and transparent who has access so everyone is accountable. This can help minimise data breach.

5. MAKE SURE YOUR PASSWORD IS NOT 1234

Use a strong password or even a passphrase on all devices that contain sensitive data. We're talking about at least 15 characters in length containing a mix of upper and lower-case letters with numbers and symbols. And when you do come up with a really powerful password, make sure you change it at intervals to be doubly safe. It's also advisable to enable multi-factor authentication (MFA) if available on all your devices and apps.

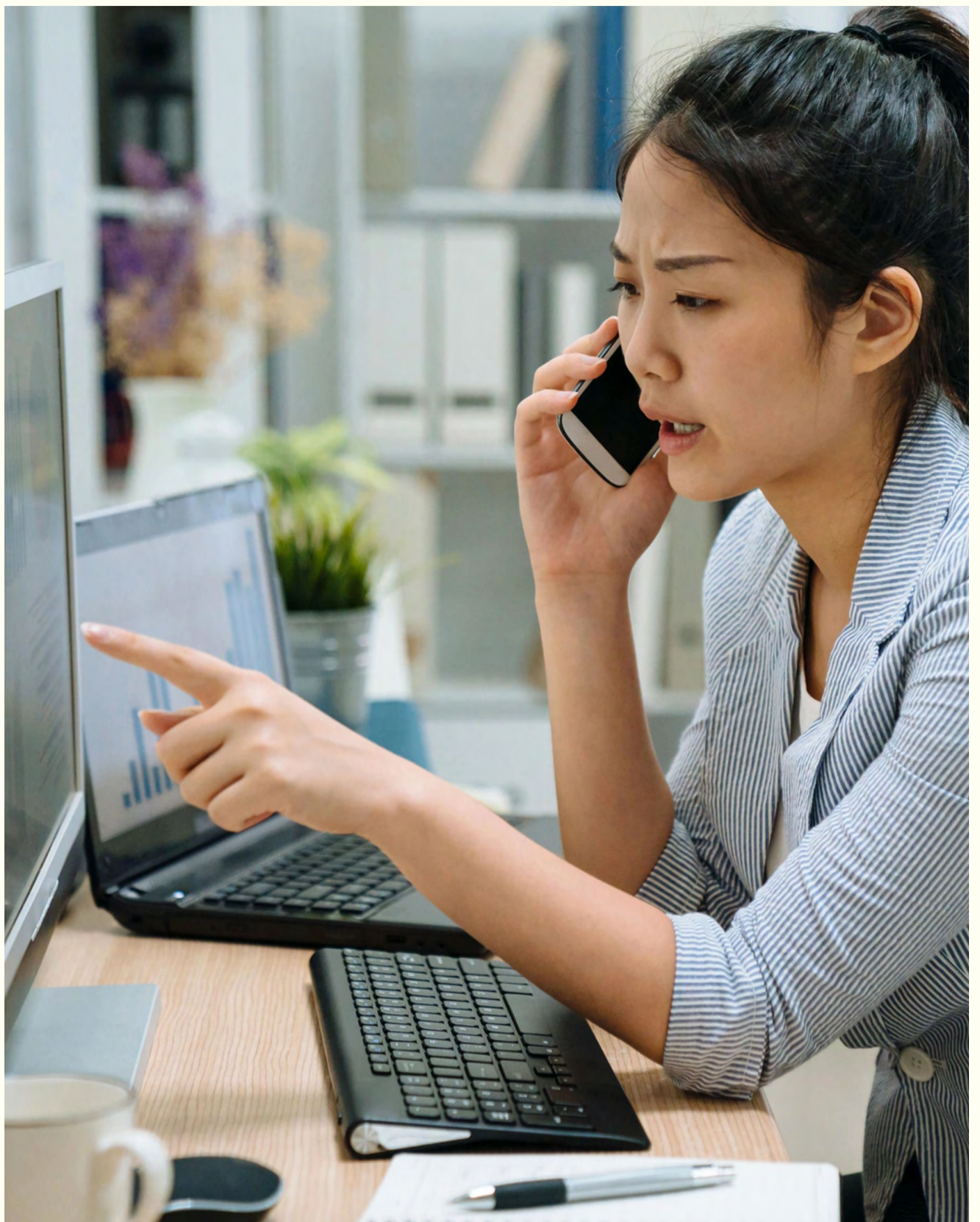
6. DON'T TALK TO STRANGERS

This old-school advice holds true even in cyber space. Don't click on random links or download strange attachments. Don't install anything you are not sure of or know. Don't give strangers your confidential information. No proper organisation will ever ask you for your passwords.

Cyber attacks are every bit as aggressive and traumatic and your brain would in fact register this experience as if your body has been physically attacked. Panic, frustration, regret, paranoia are consequences of a cyber security breach, and inevitably, we end up asking why me, what did I do wrong, why was I so... you get the idea.

So it really is something worth investing time, money and effort in. Sit down with your team and do a risk assessment and if need be, consult a professional about how to best go about ensuring cyber security for your business.

Consult John Clarke



➔ Be safe, not sorry in cyber space.

AUSTRALIAN CYBER SECURITY CENTRE

Did you know that Australia has a cyber security centre? The Australian Cyber Security Centre (ACSC) works closely with the Australian Tax Office (ATO) and the Institute of Certified Bookkeepers (ICB) to provide information to the public about boosting cyber security measures.

They have comprehensive resources to help small businesses build up their cyber security resilience. Check out the Australian Cyber Security Centre's Small Business Cyber Security Guide for more cyber security tips.

The ATO also has a number you can

call if you suspect your cyber security has been compromised - contact 1800 467 033 between 8.00am and 6.00pm Monday to Friday. The ATO will investigate and can place extra protection on your ATO account. Learn more from ATO here about protecting yourself.

Cyberspace criminals are smart and they may impersonate organisations or entities so you need to always have a cool head. Use this checklist from the ATO to verify if it's really them:

- Look for the official ATO logo and organisational name next to the message. Beware of slight variations on the name, like 'Australia' rather than 'Australian' Taxation Office.

- Check the date the messenger joined or opened their account – if it was 2 weeks ago, it's not the ATO.
- Check that any email addresses they provide you end with '.gov.au'
- Check for typos in the message.
- Check the number of followers they have.

So you see, there is really quite a lot we can do, and there is support out there as well to help small businesses

manage their cyber security. You are not alone!

Why not make that a New Year's Resolution for 2023, to beef up your cyber security and have peace of mind so you can fully focus on more exciting projects in your business?

6 New Year's Resolutions to increase your business success

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INTRODUCING PORT MACQUARIE GOLF CLUB'S HEAD CHEF FRANCIS KYAN

◆ Francis has always had a passion for cooking. His parents and grandparents owned and operated restaurants throughout his younger years, but his career path didn't start until he undertook a week of work experience in 1998 at the Country Comfort Hotel, Pennant Hills.

At the end of the week he was offered an apprenticeship at the Hotel where he had the benefit of working under a variety of different Head Chefs, large brigades and small teams.

During his apprenticeship, Francis learnt his craft in a few different restaurants, clubs and hotels where he learnt French, Italian, Japanese, Chinese, Indian and Southeast Asian cuisine.



“This experience taught me a variety of skills, and gave me a strong work ethic and can-do attitude. This would put me on the track to succeed,” he said.



Ian Munro, General Manager of Port Macquarie Golf Club welcoming Francis Kyan as Head Chef.

From Sous Chef to Soldier, Reservist and Head Chef with many hats

Straight out of qualifying, Francis received a call to be Sous Chef at one of Sydney's exclusive Yacht Clubs, the Royal Prince Alfred Yacht Club in Newport.

“A few years on I had the opportunity to be Head chef at a well known steakhouse in North Sydney and Kings St, Sydney, “Kingsleys Steak and Crab House”. I also helped open their third restaurant in the group at Finger Wharf, Woolloomooloo,” Francis said.

Even after all these achievements there was still one thing he wanted to do that was still outstanding. As a child, Francis had always wanted

to be a soldier, so he decided to join the Australian Army. Starting off in the Infantry Corps, he moved his way across to the Catering Corps as a reservist during his ten year service.

During that time he was also working with the Pymble Golf Club as Head Chef. After 12 years with the Golf Club, it was time for him to move on and start with a company which manages pubs and hotels, such as the

Narellan Hotel, Four in Hand, Royal Paddington and Glebe Hotel to name a few.

"In 2017 a well loved local pub, West Ryde Hotel was looking for a Head Chef and I needed a change of pace. It was one of my best experiences working with the owners and it was hard to leave."

But a sea change called in 2019 which brought Francis and his family to Port Macquarie.

"I started the bistro from scratch at the Old bar Tavern, then in 2020 I had the pleasure to be Head Chef at The Westport Club. Over the past two years I built a strong team of chefs, from only 6 to a team of 16," he said. "And now I have the great opportunity to be Head Chef at Port Macquarie Golf Club. I am looking forward to meeting members and building a strong team going forward."



FINDING THE PERFECT VENUE FOR A CORPORATE FUNCTION CAN BE A CHALLENGE

◆ The Seabreeze Function Room at Port Macquarie Golf Club could just be the place for your next business function.



There are many factors to take into consideration when deciding on a venue and with the number of functions postponed over the past two years thanks to COVID-19, the Seabreeze Function Room is proving a popular choice, booking up quickly in 2023.



You can never really be too early to book your function in advance, but you can definitely be too late!

Depending on your needs, the room can cater for up to 150 guests, has Wi-fi, a wireless microphone, a data projector and screen, a private bar and verandah area.

Location! Location! Location!

There's a reason that real estate agents always repeat this phrase, because it's true. If you're hosting a function to highlight how entrenched your business is in the local community, an obvious choice in Port Macquarie is the Port Macquarie Golf Club's Seabreeze Function Room.

When planning a corporate function,

you want to ensure you pull off an event that deserves a standing ovation at the end of the day. The right venue is an essential aspect of creating a memorable event, you want a venue that ticks all the boxes, from offering choice in food and beverage to having a flexible attitude toward room layout and function style. The Seabreeze Room offers all this and more.

Variety and quality food

The type of food served at your function dramatically influences the overall success of the event, it may be the only time participants have to indulge and relax.

That's where the all new Seabreeze Functions Package comes in. Offering a Banquet menu catering for up to 100 people and a Platter menu catering for 10 people, the options are suited to most and can be customised to meet dietary requirements.

What's the layout?

Depending on your function or event, the layout of the room can be adjusted to suit your individual needs.

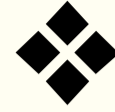
If you're organising a whole-team planning day, if you need an audio-visual setup, or a PA system for a presentation or entertainment, it can be supplied or your equipment of course can be used. Do you need a dance floor? Or breakout space for small group activities? These are all things that can be catered for.

Location

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SMALL BUSINESSES TO DREAM BIG!

◆ Get ready to be brilliant with Marketing in 2023!

Great minds think alike when it comes to marketing. Veronica Lind, a modern marketer herself spoke with Jenn Donovan to share her thoughts on social media and marketing for 2023 for small businesses.

Jump off with social media

Small businesses know social media can help them. It's a good trampoline to get them further but social media alone cannot sustain a business. Cyber threats abound nowadays and we often hear about accounts being hacked etc. If your social media were to shut down suddenly today, would

you still have a business?

Cyber Security in Marketing

That is why Jenn recommends also focusing on other things such as:

- Know who your audience is, what platforms they are on and where you should be marketing
- Build an email list so you can nurture them off and on platforms. It's not about getting everyone to open your email. Concentrate on your followers instead.

- Have a website, or if not, at least use Google Business Profile.

Move forward into 2023 and stand out

Retail is a tough industry, and two years of shut down due to COVID-19 has made it even harder. Bringing a bricks-and-mortar business to cyberspace has been a challenge, and given the current climate, it is not exactly clear how things will go either. Jenn has observed that instead of having online retail increase over the holiday season, now that people can get out, they prefer to go into stores instead of shopping online.



➔ Listen to Jenn share more about social media and marketing for small businesses.



Jenn concludes that diversification is therefore key. A business cannot rely on just one method. It's not about only having a physical shop, or having it entirely online.

With so much uncertainty and unpredictability (in general, that's how trends behave, customer preferences can change at the drop of a hat so you need to adapt quickly), businesses need to find ways to stand out and be memorable.

Noel Ong, CEO of Samsø has a unique Red Seagull strategy that he uses. He tells compelling stories by engaging business leaders to reveal insights that are relevant, timely and beneficial to the investment community. His stories pique interest, engage curiosity and make people want to follow them, like when you notice a Red Seagull. Read more about how Noel Ong, CEO of Samsø creates compelling stories.

Diversify with omni-channel marketing

Another tip that Jenn recommends is using multi-channel marketing or omni-channel marketing. This can help a business expand their outreach beyond that of their website. In cyberspace, small businesses can expand their limit by getting into Facebook groups, marketplaces and boost their SEO so they can be easily found. It is worth spending time and money to really get all the juice you can out of your SEO for your business.

Multichannel and Omnichannel Advertising Deliver Better Brand ROI



Veronica shares free resources for Small Business Marketing

Veronica and her team of experts have put together some free resources and tools to help you do better sales, marketing and communications. They're free always ... for anyone, anywhere. Get these free tools here.

Pay to Play

"Anyone who has been on social media for any length of time knows that it's a Pay to Play space. You really do have to pay to get a huge amount of traction or good return on your investment." - Jenn Donovan

Paying for advertising is not a new idea. In the past, brands paid to be featured on the radio, TV or newspapers and magazines. Social media came along and it was great for a time being cheap. For

businesses that do want to grow, you have to put something in. To make money, you need to spend some money.



"There is a golden rule that says you should spend around 10% of your turnover (not profit) into reinvesting into your business." - Jenn Donovan

A key point to spending wisely and knowing what to spend on depends on what you know about your target audience.

Get a professional

Should small businesses go about marketing on their own, or should they get a professional? With the amount of information and resources available now on the Internet, a business could always turn to YouTube and Google for some guidance. Others follow experts on social media such as digital coaches and marketers and get a few tips and tricks there.

Why Social Media is Important for your Brand

Once a business has got the money to invest, they should start doing it professionally. It's hard for small businesses at the beginning, so you may have to DIY for a while. Or there

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are local chambers or organisations that can offer resources and networking. A good example of this is Micro Business Forum (MBF), the friendliest small business network in the Port Macquarie-Hastings region.

Micro Business Forum - a Friendly Network for Micro Business Owners

Small Businesses can Plan Better in the New Year

A new year is the time for you to expand your network and renew your skills and sales. A good time to plan! So what can small business owners do to va-va-vroom into 2023?

Download eBook on 5 tips to plan for 2023



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CYBER SECURITY IN MARKETING

◆ How is your cyber hygiene? Is your business' cyber space safe and clean?

Cyberspace, like any other space, needs to be kept safe. Safety is a primary basic need for all humans. How safe is your clients' data? Is your website secure?

We can moan about all the cookies hiding in our computer systems and get arrogantly cynical about how we never read privacy policies and all the fine print. Thing is, all businesses need a privacy policy. Find out why from Vermilion Pinstripes.

Vermilion Pinstripes: Why your website needs a privacy policy

At this phase in this century, everything that can be put online is online, and everybody who runs a business does online marketing one way or another. Digitization is here to stay, and so are threats to information security. We have so many apps, platforms, data in the elusive cloud.

Put yourself in the shoes of a customer. Wouldn't you trust a business more knowing that whatever information you have freely given them is kept safe?



➡ Digitization is here to stay, so keep your data safe.



Cost of cyber crime is inching towards \$10.5 Trillion annually by 2025.

We bet you're sitting up straighter after reading this.

It pays to ask, as a business, what are your cybersecurity best practices, and are you compliant with the rules and regulations of the country where your business is registered?

With remote working now more the norm than the exception, we are opening up potential loopholes for cyber risks. You may not have considered this but it is important to ensure that your employees are using

a trusted and secure Wi-Fi, and are vigilant about keeping sensitive data private when sharing living spaces.

Cyber Hygiene Tips

Here are some questions to check your cyber hygiene:

1. Are you using the right data regulations (General Data Protection Regulation or GDPR) of your country and are you meeting the security compliance required?

2. Do you update, maintain and review your password policies regularly?
3. Does everyone in your company have some sort of security training i.e. can they spot a phishing attack, know how to keep their systems safe?
4. What is your company's protocol in the event of an attack?
5. Do you regularly update and secure all your portable devices?

6. Are all your employees using a trusted and secure Wi-Fi system?

'Prevention is better than cure' is the mantra here when it comes to cyber security. You even need to watch out for special campaigns in the year such as Black Friday, Cyber Monday where there is a lot more cyber traffic. Hackers are busy stealing data here so you need to be on the alert.

It sounds like a lot to do only to prepare in case of an attack, but this is preparation that is well worth

the effort and could save you much heartbreak. It also gives you peace of mind knowing that you have done what you can to ensure your business is kept safe.

Stay safe, cyber safe.



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OPTUS RESPONDS TO NETWORK CONNECTIVITY CHALLENGES IN LAKEWOOD BY DELIVERING A NEW TOWER

◆ The new Lakewood tower will enhance indoor mobile coverage for residents and businesses.

With indoor connectivity and coverage challenges plaguing Lakewood residents over the years, Optus has given the region a coverage boost by switching on a new tower in the area, providing the local community with increased network capacity.

Providing choice and value

The new Optus 5G tower improves the density of the mobile network and, with no other network investment in the area over the past 12 months, has been eagerly anticipated by residents and the business community.

With this targeted coverage solution bringing improved indoor connectivity, coverage and data speeds, local residents and businesses can benefit from a more consistent and reliable mobile network.

Optus Territory General Manager for Northern NSW, Chris Simon, said the business is pleased to continue strengthening Optus' coverage to the local community with greater mobile connection and choice through the telco's ever-improving network projects.



“This tower was necessary for not only Lakewood but also the surrounding communities who were desperate for a resilient and versatile network to improve in-building coverage.”

Mr Simon told us.

Not only does the new tower deliver improved 4G and 5G mobile connectivity, coverage, and capacity, but it also provides local businesses and residents with choice and is of great value.

“As we roll out our best network, we know that customers want and need faster download speeds and reliable connectivity whether at home, work, or on the go. The Lakewood tower will allow our customers to live, work, and do the things they love with a better network experience,” said Mr Simon.

“We’re pleased the local community won’t constantly be on the search for a better signal when they enter their homes and offices.”

The investment to expand Optus' telecommunications infrastructure and mobile coverage is part of an ongoing project to improve range, reliability, and speed across the Optus mobile network. This tower will provide reliable coverage and capacity to the area, providing a competitive telecommunications alternative for residents and businesses in the Lakewood area.



optus.com.au
133937

yes OPTUS

➔ L to R: Rod Bucton - Camden Haven Chamber of Commerce, Mayor Peta Pinson - Port Macquarie Hastings Council, Chris Simon - Optus, Dr David Gillespie - Federal Member for Lyne



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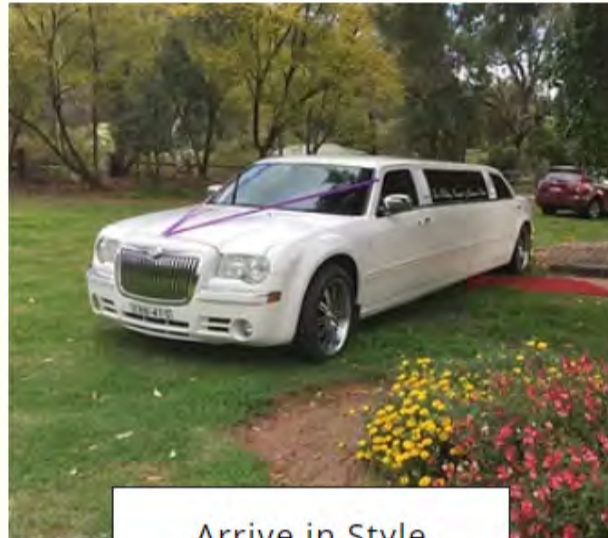


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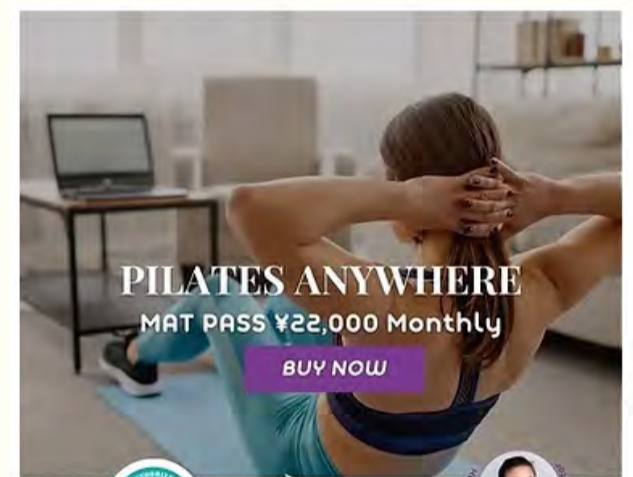


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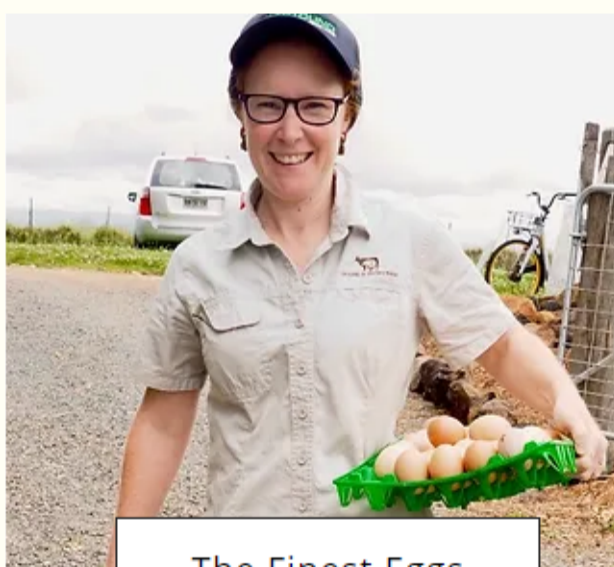
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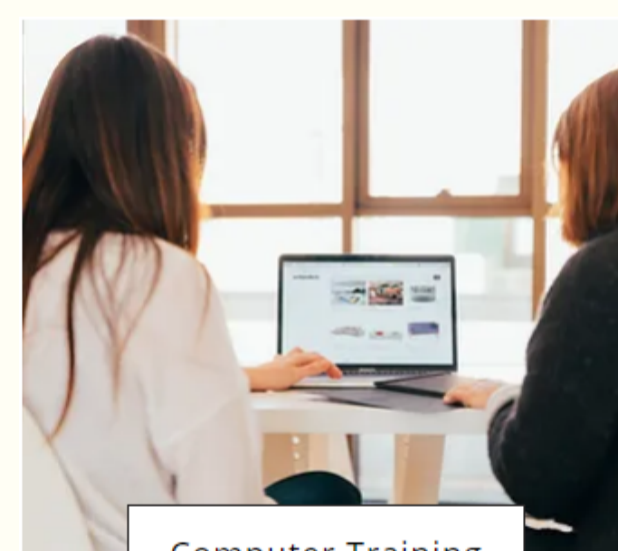


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Western Australia



Kalgoorlie ●



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Poseidon Nickel Limited (ASX Code: POS) is a nickel sulphide exploration and development company with three projects located within a radius of 300km from Kalgoorlie in the Goldfields region of Western Australia and a resource base of around 400,000 tonnes of nickel and 180,000 ounces of gold.

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Brilliant INVESTMENT



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THE RISE OF POSEIDON NICKEL LIMITED (ASX:POS)

◆ The nickel mining space is now gathering pace. Tony Goode from Samsco interviews Peter Harold, Managing Director and CEO of Poseidon Nickel Limited (ASX: POS) as he brings us into an EV World.

The changing dynamics

There is a long history of nickel prospecting and mining in the Kalgoorlie - Kambalda district.

The pricing of copper and nickel are both primed to move in a positive direction. They are the main building blocks of industrialisation. If we are stepping up to an EV World, we need a major leap in the mineral resource industry. For No Emission to happen, we need to see a huge increase in mining activities. That's a big step to take in the industry, and if you want to be rewarded for being in the action, you'll have to be really close to mining.

Yes, the boom bust cycle of commodity prices will continue but at a different level. Nickel prices are moving based on market perception. So, looking at the position of Poseidon Nickel Limited, they are well placed. With a robust and good Bankable Feasibility Study (BFS) and using spot price as an ingenious move, this is one interesting company to watch out for.

Mr. Harold dives deep into the ins and outs of the Poseidon Story. Get ready for some Do It Yourself Research.



➔ Peter Harold, Managing Director and CEO of Poseidon Nickel Limited (ASX:POS) brings us into an EV world with Samsco



About Poseidon Nickel Limited (ASX: POS)

Poseidon owns three significant nickel assets with a combined resource of close to 400kt of nickel and processing capacity of up to 3.7Mtpa of ore to produce nickel concentrate. The Company's business strategy remains focussed on leveraging its existing asset base to grow Poseidon into a significant nickel producer over a period of expected significant growth in nickel demand largely driven by growth in the electric vehicle market.

Poseidon's strategic pillars are developing a pathway to production, targeted exploration across its nickel asset portfolio and considering proximal business development opportunities. The key enablers for the Company's strategy to be successfully executed are ensuring key capabilities are resourced and

the business is sufficiently funded for growth underpinned by a strong ESG framework.

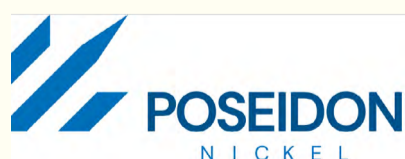
Poseidon Business Strategy

The Company's pathway to production was significantly progressed during FY22 with two metallurgical breakthroughs which could significantly improve the economics of the Black Swan project. The first involves incorporating a rougher concentrate regrind into its process flowsheet to significantly improve the quality of the smelter grade concentrate, which is expected to result in improved nickel payability. The second was testwork on a combined serpentinite and talc carbonate ore blend to produce a rougher concentrate which is amenable to both pressure oxidation and high-pressure acid leach to produce a mixed hydroxide precipitate.

With the assistance of Poseidon's geological consultants, Newexco, the Company completed an exploration targeting report for Lake Johnston during FY22, with follow up reports for Black Swan and Windarra to be delivered in FY23.

The Lake Johnston report identified the Western Ultramafic Unit as a priority, with a program of works approved to undertake 15,000 metres of RC drilling which is planned for FY23.

The Company's business development efforts over FY22 focused on delivering value from the Windarra/Lancefield gold tailings project. Partnering with Green Gold and determining whether their proprietary gold recovery technology is suitable for Windarra/Lancefield is considered the optimal path to unlocking value from this project.



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SAMSO ON INTERESTING STOCKS TO NOTE IN 2023

◆ Noel Ong, CEO of Samsco shines the spotlight on junior and mid-tier resources companies on the ASX as an investment opportunity.

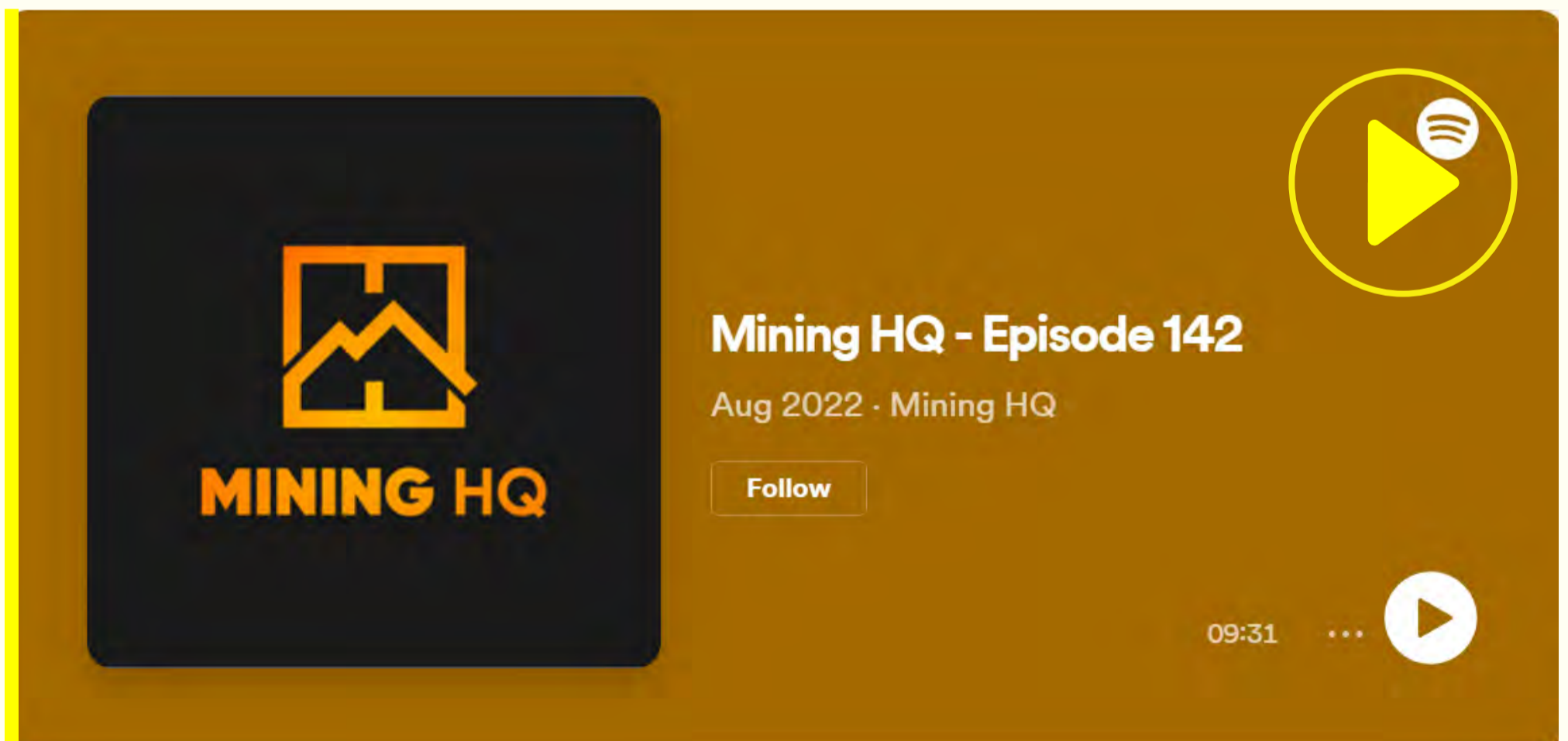
Note: This is not a financial advice on your investments. Always seek professional advice if you wish to understand better what you can do with your income and savings.

Once one steps into the working world, it is wise to plan not just your current earnings and expenses but also to plan long term about how to grow your money, and eventually, to secure a financial future for retirement. It is a healthy financial habit to review how you are doing with regards to your different goals, be they saving up for further studies, career change, travel or retirement.

A financial adviser can help with that. It is also important to be open to learning about opportunities you could take advantage of to build your funds.

ASX as an investment opportunity

Get curious about all the different ways to invest. You can be conservative to begin with, and when you have more knowledge and experience, you can try other options. Many use it as an opportunity to begin saving for their eventual retirement. After all, it's one of the things that many people dream of through their professional career - to be able to retire (early if possible!) and to have a comfortable nest egg to live out the rest of our lives happily.



The image shows a podcast player interface for 'Mining HQ - Episode 142'. On the left is a dark blue square with an orange mining icon and the text 'MINING HQ'. To the right, the title 'Mining HQ - Episode 142' is displayed in white, with 'Aug 2022 - Mining HQ' below it. A 'Follow' button is present. In the top right corner, there is a yellow play button icon with a Spotify logo. In the bottom right corner, there is a white play button icon, a duration of '09:31', and a three-dot menu icon.

➔ Listen to Samsco on Mining HQ Podcasts Ep.24 here.

Do Your Own Research

I always advocate investors to DYOR (Do Your Own Research), and here are some companies of interest. They may be junior and mid-tier companies, but they have interesting projects as well. The ASX ecosystem has many interesting projects if you know which companies to look at and follow their stories. The key is to be open to learning, get curious and ask questions about these companies. They want investors to get to know them too.

Read: All about IPOs

Mid tier companies

Gold

- Northern Star Resources Limited (NST)
- Calidus Resources Limited (CAI)

Lithium

- Pilbara Minerals Limited (PLS)

Copper

- OZ Minerals (OZL)
- Cyprium Minerals Limited (CYM)

Nickel

- Mincor Resources Limited (MCR)

Uranium

- Boss Energy Limited (BOE)
- Peninsular Energy Limited (PEN)

Junior companies

Gold - Miramar Resources Limited (M2R) / Aurumin Resources Limited (AUN)

Lithium - Red Dirt Metals (RDT)

Copper - Rex Minerals Limited (RXM)

Nickel - Adavale Resources Limited (ADD)

Uranium - Bannerman Energy Limited (BMN)

REE - Lanthanein Resources Limited (LNR)

Some of these companies have been featured on Brilliant Investment stories. Read more about them:



➔ **Three Discoveries for Miramar Resources Limited (ASX: M2R) at Gidji, Bangermall and Whaleshark**



➔ **A Gold Mining Story with Aurumin Limited (ASX:AUN)**



➔ **Red Dirt Metals Limited (ASX:RDT) is a Lithium Gem within a Gold Mine**





Brilliant

HEALTH



REGENERATIVE FARM TOURS AT GRAZED & GROWN

◆ There are so many new things planned, underway, or in the planning stage which will help to improve the overall health and quality of the land, animals, the farming experience and, of course, the quality of the produce.

To stay up to date with all that's going on at the farm, behind the scenes info and to get access to special deals, sign up to their newsletter.

Website upgrades are underway to make ordering easier with additions including meat boxes, subscriptions, home delivery options and a loyalty program.

School holidays are a time for fun and education at the farm

Throughout January, Grazed & Grown have kids farm experiences, where the kids can interact with the animals, learn a bit about farming and help roll in the day's eggs. As well, Regenerative Farm Tours are a fun

and educational experience, aimed at those that would like to know how their food is being produced.

[More Information](#)

Find your Food, Find your Farmer

Did you wake up on New Year's Day and think, "I'm going to make a difference this year", but don't know where to start? Here is your 2023 challenge...

Go out each month and visit one farm, or find a producer that can supply you with something you currently use and buy from an unknown source from a supermarket. Finding a local farmer or producer will help limit food miles, support a local family and the local economy plus help provide food security to your region.



But wait, there is a catch. The farm/producer you visit needs to be making a positive impact on the environment, ethically raising their livestock and supplying their local community.



➔ Farm education for kids

Once you visit a farm/producer, share your thoughts with friends and family to help spread the word. If we can build the regenerative farming momentum, we can have a huge impact on the local environment.

Bec and Pete have an exciting update

An all-new trial has seen them offering meat boxes and home delivery to some areas across the Greater Port Macquarie/Hastings region. "We have gathered a lot of feedback regarding what people like and don't like about meat boxes and have come up with a very flexible way of providing incredibly delicious beef, pork, chicken, eggs, and a variety of bonus items, delivered straight to your door," said Bec.

Whilst the website is being upgraded, they will have a simple email ordering system. If you would like to know more, please email info@grazedandgrown.com.au or send a request on Facebook.

A new house pig – "Snort"

She lost all her siblings to paralysis ticks. So now Bec and Pete's front porch is home to two dogs, one cat, one "Snort" and a couple of wandering chickens.



"Putting on the boots is a real social event now. If you would like to meet "Snort", drop up to the farm and say hello. We have the Farm Gate shop open Saturdays and Sundays from 11-2pm and we will be running some specials through the month of January," Pete told us.

Conditions last year were perfect for the local wildlife and the birds of prey have been circling over the farm daily. Bec said, "Our resident wedge-tails look fat and healthy from all of their

prey. They stopped in for a visit when Ollie our Maremma guardian was out stretching his legs, and the sight of a 1-metre tall bird on the chicken's electric fence was quite alarming! Luckily Ollie came back in time to send them on their way."

Want to try some Grazed & Grown produce, but don't know where to start?

You will find their produce on the menu at TwoTriplefour Restaurant, Bills Fishhouse & Bar PMQ, The Nook café North Haven, and The Udder Cow Café Comboyne. These iconic places love to support local and only serve the highest quality produce.



GRAZED & GROWN FARM

REGENERATIVE FARM TOUR

A guided farm tour, learn about regenerative farming, meet your local farmers, the sheep, cows, pigs, piglets, meat chickens & laying hens.

BOOK NOW



TRAVEL THERAPY FOR PEOPLE WITH DISABILITY

◆ Travel is a favourite pastime for many Australians and in an ideal world it should be a refreshing, nourishing, fun and rewarding experience. Travel advice from Amanda Liddell (Lead Educator, disAbility Maternity Care)

Whether it's a long-awaited solo escape after a period of restrictive lockdown, a contracted work trip, a spontaneous getaway with friends or a regular pilgrimage to visit loved places and loved people, it is rightfully and deservedly a time of creativity, reward, growth, joy and newness.

Sometimes, however, travel can be intense and difficult, disappointing, and even regretful. To illustrate what can and will go wrong, and of how unreliable and limited transport, travel and tourism options can be, watch *Trains, Planes and Automobiles*.

As suggested by the title, this movie is a travel horror story, albeit a very funny one, in which two complete

strangers join forces in an attempt to arrive in Chicago for Thanksgiving. An oldie but a goodie, it has cult status for those of us who've survived to tell tales of disastrous travel calamities, and who've come out the other side partially bemused but with our sense of humour completely intact.

Amanda and Bob's flight experience

Two weeks ago my client, who lives with quadriplegia, and I arrived at Sydney airport to check-in early for our domestic flight to Perth. The airline and airport staff know Bob well – he has been travelling this route regularly for 20 years, and they greet him warmly. I reminded the delightful check-in staff that we required the

aisle wheelchair to allow Bob passage through the narrow plane aisle to his regular business class seat.

Why does he fly business class, I hear you ask? Well, there is one particular seat on one particular class of plane that allows his other disability support worker and me to transfer him safely into position for the long flight, and it just so happens to be up the pointy end of the plane.

Naturally, upon booking his flight months ago I requested the said aisle wheelchair, and the very patient staff member with whom I was now speaking confirmed that this notation appeared on the booking. To humour my indefatigable nature, she radioed down to the ground staff to prepare them for our arrival.



➔ Perusing Portugal with Permobil's SmartDrive.

Photo: Travel Without Limits

Upon arrival at gate 14, you guessed it – no aisle wheelchair could be found... anywhere. In fact, the burly ground staff manager knew nothing of such a request. He promised the situation would soon be rectified and he made good on his promise, with gusto.

Copy and paste to ten days later for our (very well) planned return trip to Sydney, however this time, it's Bob's very expensive and highly specialised wheelchair that has failed to make its appearance at the gate. Sigh!

Not to attribute blame, but incidents such as these can be very frustrating and disruptive.

Reflecting on this series of unfortunate events, I am reminded of Bob's previous flight just weeks earlier during which his other carer and I were asked to partially undress him at the security checkpoint for a 'search of his person'. We explained that to do so we would need to reposition him in his wheelchair, risking an episode of autonomic dysreflexia.

Understandably, no exemptions were possible. As anticipated, Bob immediately went 'dysro', becoming briefly but acutely unwell, an experience to which, of course, he is no stranger.

Again, not to attribute blame, but incidents such as these can be very discombobulating and frightening.



➔ Have Wheelchair Will Travel. Just Do It!



At what point do we throw our hands up in the air, accept that it is all too hard, and resign ourselves to a lifetime of stay-cations?

Giving up is simply not an option for Bob – his work is based in Perth and he is expected to be in the office a couple of times a year for extended periods of time.

And, giving up should not be an option for other people with a disability. Everybody should all be afforded the freedom of movement around Australia and indeed, the world, as is our birthright – no matter what.

In 2023, local travel (jumping on a bus to head to a beach for the day), domestic travel (catching the red-eye to Perth for work) and international travel (a fancy trip to... well...anywhere!) should not be inaccessible, unreliable or limited for people with a disability.

To be honest, I'm not remotely

concerned about Bob. He is an intrepid traveller and without doubt one of the most intellectually gifted people I know. Bob powers through no matter what, often leaving his carers in his wake as he fixes, finds, trouble-shoots, adjusts and adapts to each and every travel conundrum that threatens to ground him. We, the carers, happily ride in the wake behind his hard-earned expertise.

But how do other people with a disability manage to find their way around the great outdoors?

Be it for work, pleasure or commitment? How about people with a sensory or intellectual disability? How do people who don't have a

“Bob will fix it” attitude and capability, manage the myriad day-to-day travel perils and pitfalls?

Finding the confidence to venture into the unknown can seem overwhelming; first timers might feel restricted by the limited representation of people with a disability going to the places they want to go and doing the things they hope to do. Sure, disability support workers, friends and family come in handy, but they too may have limited travel experience. Nothing beats years of lived-experience, resourcefulness, knowledge and gumption; it might be time to call in the experts.

The Disability Discrimination Act 1992 has had a significant impact on the travel industry on a macro level, facilitating changes to increase accessibility for all people with a disability. Is the framework perfect? No! Is there still a long way to go before the travel accessibility gap narrows? Yes! Is there latitude for further agitation to tighten laws and decrease both overt and surreptitious travel discrimination? Absolutely!

Further down the food chain, travel experts, companies and agencies are steadily improving their accessibility and flexibility, the intention being that nobody should be excluded from travel experiences. Whilst barriers linger, people with a disability have more opportunity now than ever before to embrace their autonomy, freedom and spontaneity in places other than their own backyards.

Careaway Tours

One such company who believes that everyone should be free to enjoy the world’s offerings is Careaway Tours Australia. This NSW based tour operator and registered NDIS provider has been an industry leader since 1994 when it identified a gap in the tourism marketplace – assisted holidays for people with a mild to moderate intellectual disability.

For 28 years Careaway has been enriching the lives of their clients and helping them reach their travel goals by providing high quality holidays to a diverse range of destinations – locally, nationally and internationally. Travellers can feel confident as they traipse around the globe, supported



➔➔ Careaway Tours provides amazing holidays for people with disabilities

by qualified and experienced carers who are passionate about sharing their love of travel with their travel buddies.

On an individual level, there are trailblazers bringing much needed fresh direction to an old, and sometimes stale, industry. Julie Jones, an ex-travel consultant and now mother of two, travel-blogger, website owner, freelance writer and magazine co-founder has travelled widely since she was a child and she refused to allow her son’s Cerebral Palsy diagnosis to stop her in her tracks.

Rather, Braeden’s diagnosis catapulted the whole family into an extraordinary world-wide travel adventure; Julie now shares her travel stories, information, insights and recommendations with an extensive and appreciative audience in the hope that she and her family can inspire other people with a disability to get

out of their comfort zone, and see and experience the world. As Julie says, “Don’t be an observer in life. Participating is so much better”.

Have Wheelchair Will Travel

Julie discovered that necessity is the mother of all inventions, hence the Have Wheelchair Will Travel website was born. Following on from that, Julie co-founded the Travel Without Limits magazine – the first Australian disability-specific travel magazine.

Julie explores travel needs for people with different disabilities, not just those in a wheelchair, and most importantly, all the stories are ethically sourced, true lived-experiences. For those who have been bitten by the post-COVID travel bug, Julie and Braeden have it covered, including; accessible accommodation options, fail-safe equipment necessities, adaptive



➔ Travel Without Limits

services and solutions, must-have packing lists, insurance tips, NDIS funding opportunities and once in a lifetime sensory informed experiences.

Julie's expert advice to potential travellers? Do your research, start local, build your team, work out what you need, tweak what doesn't work for you and then spread your wings further afield. She also recommends contacting tour operators ahead of time; although helpful, this is by no means a fail-safe solution. Having a plan B (and C and D) can definitely help!

My novice advice to potential travellers? Do it! There will always be reasons why you shouldn't do it, why you can't do it, why it is all too hard, why you should stay at home and binge watch old eps of Modern Family. The appeal of taking a risk, choosing your own adventure, seeing the world from a different perspective, meeting diverse and interesting people, broadening your horizons, enjoying your independence and perhaps discovering something new about yourself might seem like a fanciful idea, but fanciful is awesome and should become a part of our everyday vernacular.

So, dream big, get out there, feel the fear but do it anyway, and trust that everything will go to plan. It won't, and you will have to find your inner 'Bob'. But at the end of the day, it will be worth it and you will return home with some fabulous stories to tell – most of them true! You might also be the inspiration for someone else's wild adventure.

And, one last thing before you spread your wings and take flight – check out the Australian Government's smart-traveller website. It has clear (although not in easy read format) and comprehensive information for people with disabilities and for those who care for them. This valuable resource covers everything from travel vaccination requirements to legalised discrimination (no, that isn't a typo!) and everything in between. It's got lists. It's got checklists. It's got lists of checklists. And don't worry, service animals are not forgotten.

<https://www.smartraveller.gov.au/before-you-go/health/disability>

As so eloquently expressed by Hunter S. Thompson "Life should not be a journey to the grave with the intension of arriving safely in a pretty and well preserved body, but rather to skid in sideways in a cloud of smoke, thoroughly used up, totally worn out, and screaming 'WOO HOO! What a ride!'"

Author Amanda Liddell (Lead Educator, disAbility Maternity Care)

If you would like to find out more, or have a question, contact us



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ARE WE IN DANGER OF A SECOND COVID WAVE?

◆ Don't forget those dark and desperate days

Cast your mind back three years to the start of 2020. The world was certainly a different place at that time. Then, seemingly out of nowhere, COVID-19 well and truly pulled the rug from under the feet of the world's population, bringing all four corners of the planet to its knees in the process.

We have, admittedly, all but completely returned to normality during the past 9-12 months but we

must not forget how painstaking and heartbreaking the deepest, darkest days of the pandemic were; times when we were forced to hide behind face masks, to stay behind locked doors, unable to visit even local stores and supermarkets in some cases, let alone family members and loved ones. Many people died as a direct or indirect result of COVID and the world economy could be heard creaking from Tokyo to London, Frankfurt to New York, Hong Kong to Sydney and back again.



Time is a curious healer and retrospective analysis can be tainted. However, we should always remember, learn and react to periods of adversity and anguish – it is critical as it allows humanity to improve, progress and develop. It's safe to say COVID was unprecedented and we absolutely must not forget its far-reaching, devastating and suffocating impact during those dark and desperate days.



Those that bothered to trace the origins of COVID in the search for some kind of answer, even a slither of clarity as to how it came about and was able to spread across the world like wildfire, all understood it was reckless and irresponsible policy decisions made at the highest level of Chinese government. Once doctors and scientists based in China had managed to analyse the mysterious virus emanating from the wet markets of Wuhan, they warned their superiors, strongly urging to close the country's borders until it could be contained and better understood. Staggeringly these very same expert practitioners were 'silenced' by the communist regime – some literally told to hush 'or else', others simply

'disappearing', some even tragically succumbing to the effects of the virus. Flights continued to leave the country to all parts of the globe, taking the rampaging virus with it. Sadly, we all know how the story then unfolded.

Check out all COVID-19 stories

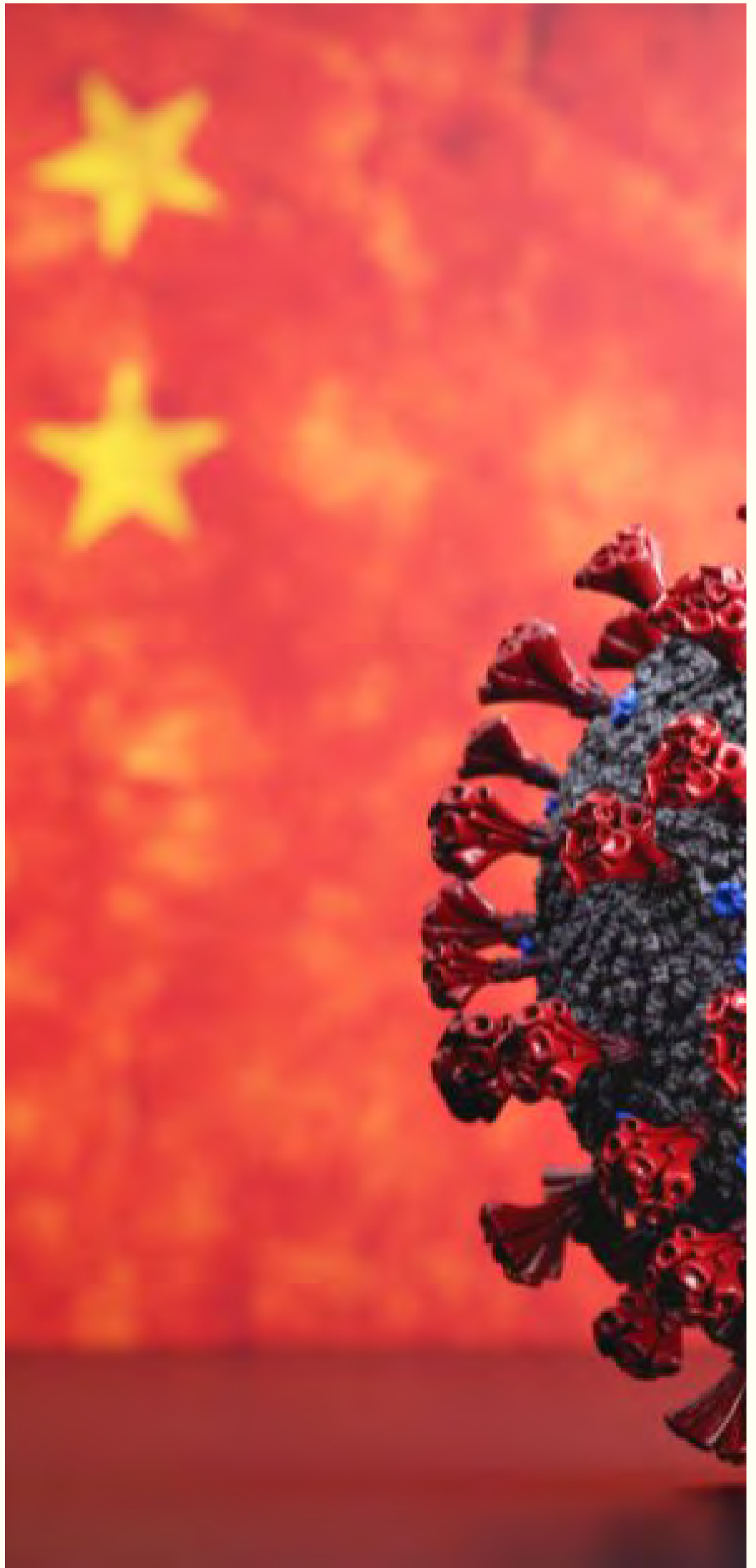


Over time, the majority of the world managed to contain the virus as best as possible, with vaccines and robust health care measures the key drivers. But it certainly took its toll. Ironically, China seemed to fare ok during the first 24 months, claiming minimal figures despite possessing the world's largest population.

Following their unscrupulous reactions in the early days, it was, however, genuinely hard to trust anything their government revealed, including data and statistics on infection and fatality rates. However, in the past six months China has seen numbers sky rocket to the extent that President Xi Jinping introduced a draconian "zero-COVID" policy that saw cities completely locked down and the entire population effectively held to ransom. It was so acute that we even witnessed widespread discontent culminating in riots in the likes of Beijing and Shanghai, something not seen in the country since the infamous 1989 Tiananmen square incident. The official word from the top was that it was impossible to contain the spread, that testing and tracking of numbers would be eliminated and there was no accurate indication as to what kind of mutations and variants would arise in time.

Scary stuff.

It is therefore nigh on impossible to choose the correct words when describing the decision made on December 26 2022 by the Chinese government to not only lift the zero-COVID policy but to officially reopen its borders to inbound and outbound travel and abolish quarantine from January 8, 2023.





The fact that two flights from China arriving in Italy on December 28 saw over half the passengers test positive for COVID illustrates this and further undermines things.

Bemused yet? It prompts one to question whether we learnt anything from the first wave of COVID. Was that devastation not enough? Are we going to collectively stand back and watch this horror show unfold again? Worryingly, it seems so, yes.

It is impossible to find anything light-hearted in this situation although several commentators have remarked, very much tongue in cheek, that the decision by Xi is part of a plan to distract the world once again to ensure its own political

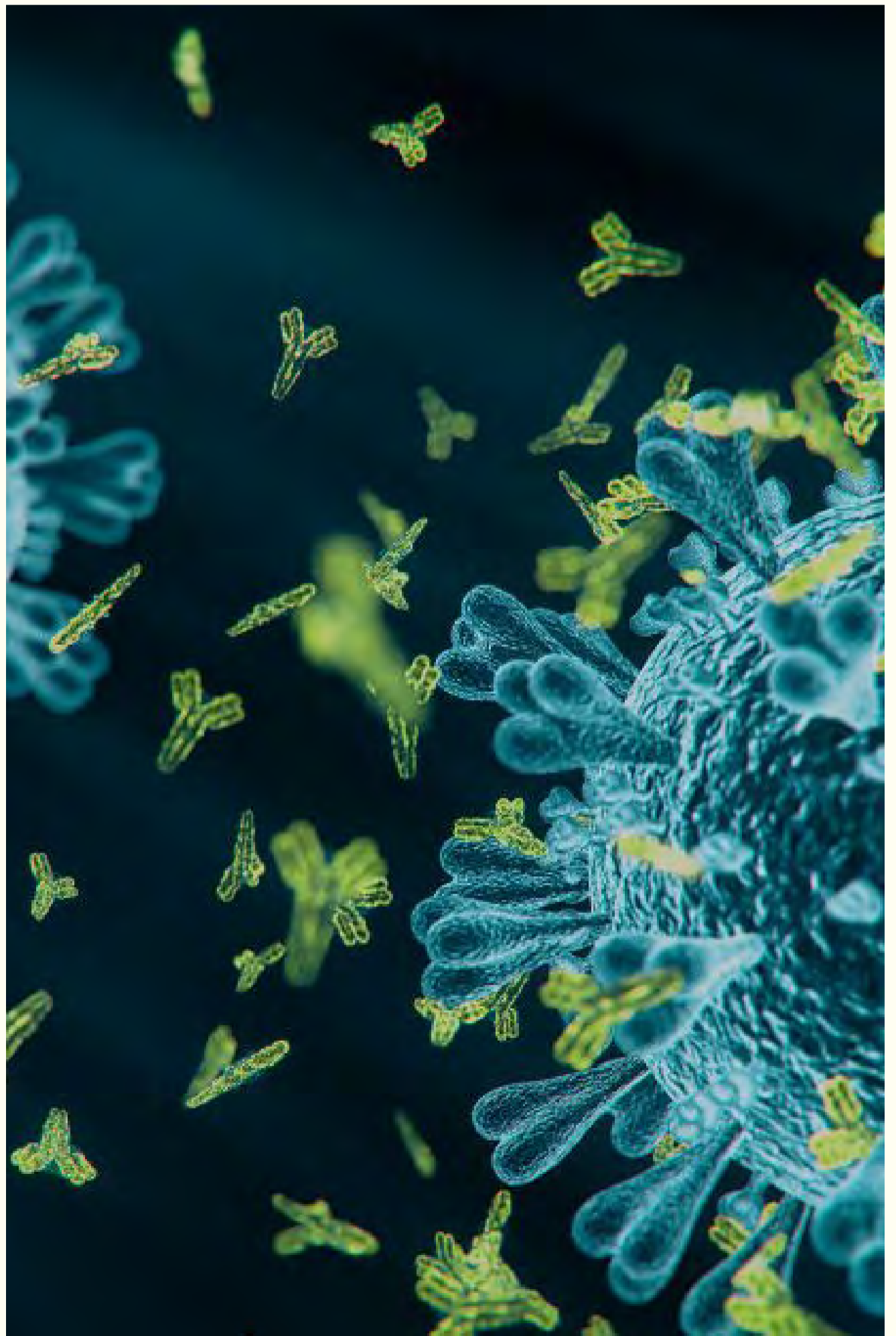
gain; recall how Hong Kong was so rapidly consumed into the political jaws of Beijing while COVID ran rife throughout the world and how a once vibrant and free-thinking city has been lost. These same commentators suggest that a fully-fledged Chinese invasion of Taiwan could very much happen if COVID Mark II causes the disruption it is feared could unfold. Far fetched? Maybe. Possible? Sure.

This year saw Russian citizens barred entry to numerous countries worldwide following Vladimir Putin's

Alarming, other countries welcomed the news as it would equate to financial gain. One such country is Thailand whose Health Minister declared on December 29 that no tests for inbound travellers from China would be required. Thailand, so reliant on tourism, was one of the countries decimated financially by the first wave but it is saddening, sickening even, that the health of its citizens and its long-term stability can be compromised by short-term financial gain.

Another worrying aspect relates to vaccines.

China has relied on domestically produced variations thus far, which have been categorised as universally redundant and lambasted as ineffective; Xi insisted on administering the likes of Sinovac and Sinopharm to millions of Chinese citizens, eschewing the offer of more reliable and effective options from the West such as Astra Zeneca, Pfizer and Moderna. Basically it means that the legions of Chinese eager to board a plane for pastures new have little or no effective protection vaccine wise. Whereas this will be irrelevant to anti-vaxxers, it rightfully causes concern for those who acknowledge that effective vaccines have helped combat the spread of the virus and alleviate the strain on hospitals and public health systems.



decision to attack Ukraine in February, with far-reaching sanctions imposed. Whatever your personal stance on the war, the bottom line is the country's citizens have been penalised for one man and his regime's policies. However, in the cold light of day, the occurrences in Ukraine do not pose a direct health threat to citizens in, say, London or Los Angeles, Melbourne or Buenos Aires - the sanctions are a politically driven response to humanitarian abuse.

Will COVID-19 wreak havoc again?

With this in mind, surely the global community should be acting more robustly and responsibly to safeguard people's health by adopting similar restrictions? What occurred over the past three years wasn't a warning, it was absolutely real and any sequel threatens to be even scarier. Of course, at this stage all predictions are merely conjecture and it will be interesting to say the least to watch

how this development impacts the world. Australia will certainly adopt a robust approach which ensures the health and safety of its citizens and economy are protected but if things get out of hand then we may be entering uncharted waters once again. Ultimately, we can only hope that the nightmare scenario doesn't unfold, that unchecked variants do not mutate to wreak havoc and that the unprecedented disruption previously experienced is never witnessed again.



A NEW YEAR, A NEW YOU

◆ Ok, so we've got the over-indulgent festive period out of the way again for another year and we are now well and truly looking ahead.



For many this means a moment of reflection and honest appraisal, habitually resulting in well intentioned pledges and commitment to positive change. One of the most common of such resolutions relates to getting ourselves healthier in the year ahead, of becoming more active, taking up a new sport and, ultimately, losing weight.

Being of the fit and healthy persuasion at Brilliant-Online, we all fully endorse this. However, while striving for a healthier you it is still imperative to ensure you are adopting a safe approach that doesn't end up being counter productive by actually compromising your well being. This is especially applicable to weight loss and dieting, with numerous fad diets and crazes out there that offer dazzling results that can often leave you worse off than before. Weight loss and image have become major obsessions in today's

culture but it is important to read the instructions and be aware of any potential hazards before embarking, if you will.

We've all heard of the South Beach Diet, the Atkins Diet, the Paleo Diet and the Macrobiotic Diet, amongst others. There are, absolutely, merits to each but deploying just one and maintaining a strict adherence to it could be damaging to your health. For example, the Paleo Diet, or the "caveman diet" as it is often termed, means sticking to food stuffs that were only available when humans first roamed the planet, prior to processed and packaged foods. Whereas this seems sound in theory, in practice it means we eliminate or severely reduce several key nutritional elements such as carbohydrates, saturated fats and dairy products. Carbs help our bodies control blood sugar levels and lower cholesterol, which fights the risk of chronic diseases; calcium and vitamin D,

which are critical to bone health, are abundant in dairy products and reducing saturated fats can increase the risk of kidney and heart disease, as well as certain cancers. Researchers at the University of Melbourne suggest that the "Paleo diet could be particularly dangerous for people who are already overweight and who have sedentary lifestyles".

Similarly, the Atkins diet enforces a heavily reduced intake of carbs to promote ketosis, the process where the body burns fat for fuel. Ok in moderation but an over reliance can lead to dehydration and eventually coma due to severe metabolic abnormalities. While advocates laud the short-term effectiveness of the Atkins diet, critics argue that it doesn't offer a well-balanced diet, with dangerously reduced levels of calcium intake in particular.



It doesn't really matter what the diet is, the common denominator seems to be they promise much but that they don't necessarily deliver. Most diets are unbalanced with an inevitable absence of one or several key nutrients, vitamins, minerals and phytonutrients that our body requires to function at its best. Experts all agree that a diet eliminating one or more of protein, fat, carbohydrates and sugar should be treated with caution. You may witness weight loss but doing so too quickly and without proper nutrition and supervision could cause you to lose muscle mass in addition to fat and water, which isn't a good thing.

One absolute truth is that dieting is tough so attempting to stick to one rigidly, especially in this hectic lifestyle world we now inhabit, is going to be a tall order. Experts say it is far healthier to simply employ a balanced diet, perhaps incorporating

elements of several of the "Wow-Fad" diets. As long as one adheres to a sensible, balanced diet of vegetables, fruit, grains, nuts and healthy protein, washed down with sufficient levels of water then we are very much on the right track. And by balanced, we mean exactly that – while eating and drinking healthy most of the time, don't hesitate to have that glass of wine or that slice of chocolate cake from time to time! It's all about moderation and common sense. Of course, there will always be specific, individual cases that serve as an exception, where allergies and sensitivities need to be considered, but as a rule of thumb this balanced and sensible approach is the way to go. Turning to the research team at the University of Melbourne again seems apt as a conclusion: "There is a very important public health message here. You need to be very careful with fad diets, always seek professional advice for weight management and always aim for diets backed by evidence."

Diet is key but so is being active. You can eat a sensible, balanced diet and live well but if you are striving for true weight loss then incorporating the correct exercise regime is imperative. This may be a brisk walk along the beach at sunset, it may be indulging in a game of squash or taking a swim, playing footie or hitting the gym, it's largely irrelevant as long as you are doing something. The broader positives of a balanced exercise regime have been well documented, but to serve as an aid for your weight loss goal it is a non-negotiable.

So you don't need to reinvent the wheel when striving for weight loss. Keep it relatively simple, utilise common sense and moderation and you will be on the road to a healthier you in no time.



Mark your calendar for 9th March 2023
Purple People Shopping and
Market Day Wauchope CBD

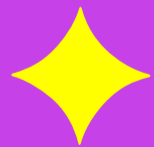


Book A Market Stall

**For businesses who want to participate
Contact Chrissy Jones: 0412 137 621**



Brilliant
COMMUNITY



PORT MACQUARIE-HASTINGS MAYOR PETA PINSON, HAS MUCH TO BE PROUD OF

◆ Peta shares with Brilliant-Online, her successes in local government, goals for 2023 and aspirations for not only her future, but for all of her constituents and the Greater Port Macquarie/Hastings region as a whole.



Thanks to Videographer Edgard Lopez

The December election was a great achievement, coming in with a team to support her proved to be beneficial, elected as Mayor and all four Councillor candidates on her ticket elected as well.

She told us, "It's really important that you have a team behind you to get things achieved. Local government is still political, there's politics at play, and it's really important that you have people support you."

A \$288 million budget, for the benefit of the community

Another proud moment for Mayor Pinson, the delivery of a large budget. At the time we spoke, Council was six months into the budget, so six months to go.

"It was really important for me as Mayor, with a supportive team, to be able to send a message to the community to say, core business is our priority. This is what the Council needs to focus on. So our road network is a priority, we all know how bad our road network is."

In the last six months PMHC has put a lot of money into the road network, repairing the infrastructure, especially some of the area's major arterial roads.

"A classic example of that at the moment is Kennedy Drive. But not only that, our sewer network, we haven't made significant investments in those areas in a long period of time. It's time to get real and be honest, own up to that and be accountable. So, a lot of money has been put into our sewer network, and also our stormwater network." said Peta.

◆

We have all seen from the deluge of rain over the last couple of years, the impact of the unprecedented weather events on the Port Macquarie Industrial area and Wauchope CBD as a couple of examples.



➔ Artist impression of social housing project on Edward and Gore streets in Port Macquarie. Photo: Land & Housing Corporation

“Bear in mind, a lot of this infrastructure when it was planned back in the day is 50 plus years old, and isn't coping with, obviously, the growth, and we've seen a high growth rate, especially in the last five years. So we really need to invest in those areas. And we have been, and I'm really proud of that.” Peta told us.

Opportunity and Challenge

Peta told us that one of the most frustrating aspects of her role is dealing with bureaucracy, whether it be at a local government level within her own political backyard, or at a state level.

“So there's a lot of legislation that we're hamstrung by. That really frustrates me. But I'm certainly a person who makes it known exactly

what I think and how I feel, and I go into bat for our community and have done since day one.”



Council meetings can be challenging, remember there are nine individual Councillors that have been elected, so nine opinions, nine votes.

“ I went to the election with a team of five on the team Pinson ticket, I chose these individuals as I felt at the time they were like minded and most aligned to the community values and expectations.

When we come into the chamber, we all come in as individuals, but in saying that it can be challenging in the chamber, because at times we have differences of opinion. And some people see things differently. And that's democracy. You certainly see it at play in some of the council meetings.”

Hopes for 2023

There is a plan of a blueprint, a helicopter view of the region looking at where the growth areas are, where the pinch points are going to be and where responsible development should occur and where it shouldn't.

“ Development is really important to our community at the moment. There's a lot of infill development, duplexes and the like, happening and people are becoming quite

upset about it." she said. "The State Government allows these developments to happen. Infill development puts pressure on infrastructure, vehicle parking, garbage services, stormwater and sewer. As the area grows all of these services are needed by more people."

Peta stressed that we need to keep in mind the reasons why we live in this beautiful region and why we don't want it to be totally overpopulated and ruined.

"We have to be really considerate about the types of development we're allowing, we're going to be having those discussions this year. I'm looking forward to that. And that feeds back into the conversation of the blueprint, having that high level, looking down over our region, to be sympathetic to our environment, obviously, because we have a beautiful environment. And looking after that as well, because one of the top priorities for our community is that our environment is not damaged, through our growth and through development."

Peta told us she feels the big growth area in the electorate is Camden Haven and another out west in Beechwood. Homes are popping up everywhere in these areas.

"Can you believe it? Even with all of these houses, we have a housing crisis in Port Macquarie-Hastings!"

Community input is always welcome

Via regular engagement sessions, community members get to have their say and report any concerns that they have. Also, community members can go online through the Council website and Apps, and report concerns in real time like a tree down, a pothole, or issues like graffiti.



"I want people to think about this, the moment they get up in the morning to the moment they go to bed at night, Council touches their lives in some way, shape, or form."

Peta believes that the Council has a huge responsibility on behalf of their community to look after the health, wellbeing, and happiness of the people that live in the region.

It's Peta's sixth year in local government, her second term as Mayor.

She says, "I've never in my life, and I'm almost 54, been aligned with any political party, but I'm a conservative/progressive voter. That however changed in December 2022 when I joined the National Party to run as a candidate in the State election for the seat of Port Macquarie."

She's running for State Politics - Why?

"Why not?" she said. "I have been asked continually over the past year to run and I finally said yes."

She has now joined the National Party because they asked her and because she aligns with their values.

Peta continues, "And the other thing is, the National Party represents the region's rural, regional Australia. And rural regional New South Wales is where the bulk of the people are moving to. Since COVID. People have reshaped and reassessed their lives, moving to regions like ours for a better lifestyle."



Our CEO Veronica Lind became an Australian Citizen in 2019



Putting her Mayoral hat on, she says it's her job as the leader of Council to ensure that a better lifestyle is provided. If she puts her Candidate hat on, it's her job she says to ensure she is elected so she can represent the concerns of the constituents at a State level as well.

Election day is March 25, but campaigning for Peta will start after Australia Day.

Peta will remain Mayor if Elected to State Government

One thing she has learned is that trust is hard to gain in her position as well as the confidence of the community. So she's not standing down as Mayor, she will do both jobs, and we at Brilliant-Online believe she will do this brilliantly!

She knows how to delegate, not to share the workload. She has Mayoral staff, a Deputy Mayor and the other seven Councillors.

"Adam Roberts, the Deputy Mayor, is a great support for me, as Councillor's Slade and Maltman. I consulted with my team beforehand and received their full support along with Council's CEO, Dr. Clare Allen. I've got a wonderful EA in Linda Kosis, I've joined an exceptional team in the National Party, who know I'm going to represent the State and the region of Port Macquarie, the best way I can as the candidate."



➔ Port Macquarie-Hastings Mayor Peta Pinson

What does Australia Day mean to you?

"It's a really special time for me as Mayor. We are the only people who are able to take people from their homeland country and welcome them as new Australian citizens. That's very powerful. It is very emotional. I'm getting goosebumps talking about it. Every time I do an Australian citizenship ceremony, it's different. This Australia Day, there are 32 people who will stand before me and together we will walk through the ceremony and at the end of it and they will become proud Australians. What a great part of the job. Australia Day for me is about that first and foremost."

Australia is a melting pot of multiculturalism. And for that we're

better, we're stronger. I think we're more accepting. I've seen the changes in the last 30 years in Port Macquarie. Changes in culture and diversity.

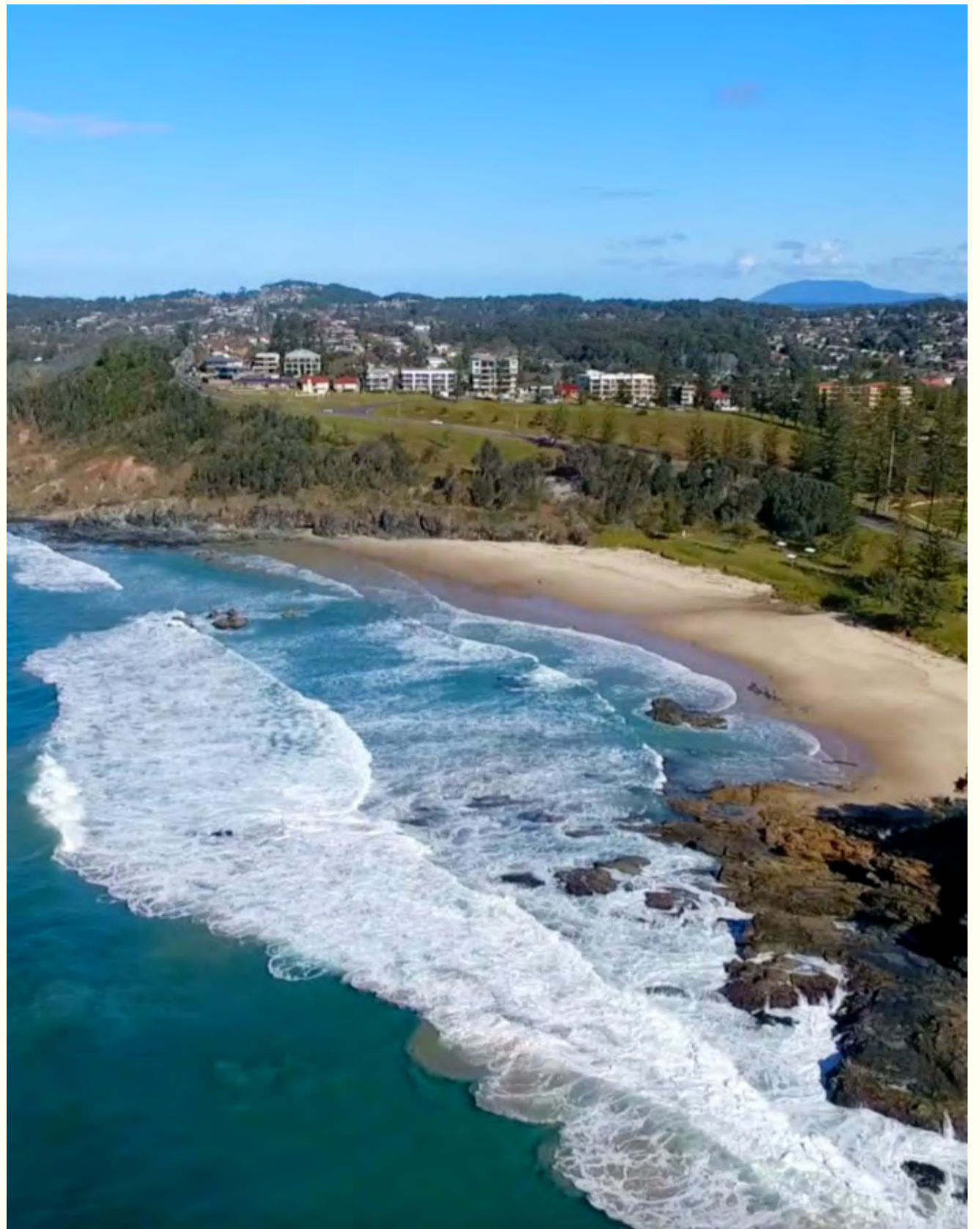
Once upon a time, the only people that were in the Port Macquarie region were white Anglo Saxons, and they were mostly retirees. You look at Port Macquarie Hastings region today and you see such diversity from every corner of the globe. We are seeing such a change in our demographic of age, we're not a retirement village anymore. And for those who do retire here, they are the most active seniors I've ever met. We have schools that are bursting at the seams. We have young families moving here, we have professionals that have so much to offer, the value of our region is so much greater for the diversity that we have."

Business outlook for 2023

Peta believes that businesses should always look for opportunity, and try to bring something niche into their market.

"I can say that because my husband and I are business people," she says. "I look at life through a commercial lens and would advise businesses to invest some time in growing their own personal worth as well. Find mentors, read books, go on and look at blogs or podcasts, because it's really important that you surround yourself with energetic, motivated people. There's nothing worse than feeling unmotivated, disempowered, frustrated and sad about a business that you're creating. If you don't feel great about your business, what are your customers going to feel? I think 2023 is going to be a difficult time for some industries. But for others, they're going to flourish because opportunities are going to present themselves.

The past 3 years or so have been a challenge. It's come from everywhere. If we haven't been in a pandemic, we've been in flood, bushfires and drought.



➔ It's great to do business in beautiful Port Macquarie



“From a business perspective, if there's any advice I can give business people is to surround yourself with good people that are there to support you. Because when you're in business, goodness knows you need support. Look for those opportunities in business. They're there if you look hard enough.”

Final words from Peta

"We sit in a very opportunistic time here in our region, we're a well known region. Certainly we were put on the map at Christmas time 2022, with our wonderful decorated Christmas tree. And, you know what I love about that story is that Australians are quirky, and it was a quirky tree, and a lot of people embraced that.

"But, there were so many people that in the beginning were so upset, and I don't want to see my community upset. I will do my utmost to make sure that their wants, wishes and needs are represented. So it was decided the best thing we could do

was put up the traditional Christmas tree and take down the other.

The Christmas tree represented the resilience that we'd been through over the last few years. I think we all sort of aligned with that Christmas tree thinking, 'Yeah, we all feel a little bit that way'. You know, our lights are a bit dishevelled and our baubles are a little displaced. But, for me, I guess that was the moment where Port Macquarie was put on the map. So something really great came out of something that was challenging.

"We're going to have another crack at that Christmas tree, and we're actually going to come back bigger, better and stronger than ever in 2023."

DO YOU LOVE BEING OUTDOORS? WANT TO HELP OUR ENVIRONMENT AND MAKE NEW FRIENDS?

◆ Then come and meet your type of people at a Landcare group near you! Learn about our native plants and animals, get experience in plant ID, plant native trees and help improve habitat for our native animals!

Hastings Landcare have a display at the Port Macquarie Hastings Library from January 9th- 28th, where you can have a chat with members, find a group that suits you and see the work being done.

Port Macquarie Landcare Nursery Weed Swap

You can participate in the Port Macquarie Landcare Nursery Weed Swap. See if you can tell the difference between some native and weedy look-a-likes!



You don't need to know the weeds to take part, that's what the weed swap is about. Education - Landcare members will be on hand to teach you and answer any questions.

New members and volunteers always welcome

Want to help make a difference to your environment? Then join a Landcare Group near you, get involved in their projects and working bees. You can donate as much time as suits you, and as frequently as you have time for, there is no obligation to be at every working bee. Working bees are often followed by morning tea and chat.

There are roles for all age groups, levels of fitness and interests. New ideas are always welcome too!

Hastings Landcare is dedicated to bush regeneration on public reserves in Wauchope, helping control weeds such as lantana, Madeira vine, balloon vine, wild tobacco bush plus more. The group also plant local native plant species to improve biodiversity, prevent erosion and create an under story.

Landcare helps by providing site visits, information, resources and on some occasions grants to help landholders.

So, put on your boots, pull on your gloves and slap on a hat and get out there!



PORT ADVENTURE CRUISES IS MAKING BRILLIANT WAVES!

◆ Brilliant-Online has made 2022 a Brilliant year for Port Adventure Cruises!



Ever since Port Adventure Cruises started advertising with Brilliant-Online, they saw their online visibility rocket 10-fold with a minimum of 95 booking clicks each month!

If you're a keen Advertiser, sign up for our Brilliant Birthday Bash on Rhythmboat

Wow! That is Brilliant success for Port Adventure Cruises! We are all about making businesses Brilliant, making businesses famous and sparkle and we are so excited about Port Adventure Cruises' success!

Stories that are making waves

From getting to know Port Adventure Cruises as a business, to following their voyage as they support people in their community, to looking forward to their big Elvis show coming up in August 2023, we are celebrating this thriving business.

Check out all our stories on Port Adventure Cruises in 2022!

- Cruisin' on the Rhythmboat
- David Lazarus, aka Tom "Cruise Director" of the Rhythmboat, invites you to party
- Port Adventure Cruises raising funds to support a very special Dad, Nathan Stapleton
- Port Adventure Cruises is hosting the Biggest Elvis Show on Earth!
- What's On at Port Adventure Cruises November and December 2022
- What's On at Port Adventure Cruises

Advertise with Brilliant



Paying Tribute to Elvis Presley

Elvis' birthday would be 8 January and this year marks the 46th anniversary of his death. As a drumbeat to the Biggest Elvis Show on Earth, David Lazarus invited Tennessee Thomason, John Elvis Collins and Emilio Prince (both

Elvis impersonators) to host their December 2022 Elvis Blue Hawaii Cruise and swoon Elvis fans on the Rhythmbot.

The success of Port AdVenture Cruises is testament to the amazing power of Brilliant marketing and brand storytelling. It makes a business come alive and intrigues readers and viewers to engage.

What's on at Port AdVenture Cruises

Check out what's on at Port AdVenture Cruises on their calendar below. Book early so you don't miss out!



→ Emilion Prince and John Collins

There are Dolphin Spotting River Cruises daily at either 11am or 1pm, and daily Sunset River Cruises at 6pm. Check out their calendar as well for Private Cruises.

Remember January 26th, Thursday is Australia Day so book early if you are planning to celebrate it on board the Rhythmboat!

There is a Sunset River Cruise at 6pm, so book early to avoid disappointment.

Brilliant Bash

To add on to the good news, Brilliant-Online's second anniversary is coming up, and guess where we'll be celebrating our birthday bash? On the Rhythmboat of course!! Keep your 21st January free and get ready to celebrate with us and also welcome the Year of the Rabbit! Learn more and RSVP below!

**Port AdVenture Cruises
Calendar of Events**

**Brilliant 2nd Birthday on
the Rhythmboat**




➔ John Collins and the Pursehouses



Book your next party on Rhythmbot

PORT ADVENTURE CRUISES

 cruiseportmacquarie.com.au

 0434 393 199

Dolphin
Spotting
Cruises



Port AdVenture Cruises
Calendar of Events



Town Wharf (end of Clarence Street, Port Macquarie)



info@cruiseportmacquarie.com.au

SAM LIM, AN MP WHO IS CLOSE TO THE HEART OF THE PEOPLE

◆ Sam Lim MP, born in Johor, Malaysia is a Federal Member for Tangney (Western Australia) representing The Hon Andrew Giles MP, the Australian Minister for Immigration, Citizenship and Multicultural Affairs



Sam Lim MP

Listen to Sam Lim and you'll feel at home right away. This is a man who has both his feet firmly planted on the earth and loves being surrounded by real people and the community. If you had stumbled on his recent Q&A session organised by the Australian Malaysian Singaporean Association (AMSA), you'd have thought it was a family gathering with lots of laughter.

Sam Lim Bon Cheng was elected to the Australian House of Representatives as member of the Australian Labor Party in 2022 to represent the division of Tangney in Western Australia.

Born in Muar and the eldest of eight siblings, Sam became a police constable for 2 years in the Royal Malaysia Police. He emigrated to Australia in 2005 and joined the Western Australia Police Academy in 2006. Sam worked across Perth and regional Western Australia. He was awarded Police Officer of the year in 2020 for his work with multicultural communities during COVID-19.

Brilliant-Online's CEO Veronica Lind recently met Sam at a Q&A session and she wanted to know what his wish was for Australians in 2023. Here are some of Sam's thoughts, and you'd see for yourself that in spite of where he is now and his achievements, he is still very much a humble man who genuinely cares for people and believes there is something he can do to make a change.

Cost of Living

For Sam, the top task in the government is to control the cost of living, something we all feel. Prices get higher, salaries remain frozen. The Australian government has plans to help control the cost of living, and their task is made difficult because of debts and poor management of expenses in the past.

Conditions of Refugees

As a police officer, Sam has had a lot of first hand contact with refugees. Sam has seen their suffering, the problems they have with visas, renewals and not being able to leave the country. They do not get to see their families for years. Sam did his part to help refugees by pooling together his contacts, putting refugees under temporary protection visa and he went to see the Prime

Minister to persuade him to help the refugees. We await what we hope would be good news to make the situation of refugees better soon.

Anti-corruption

Sam has been in the police force in Australia for almost 16 years and what really impressed him was how there was zero corruption there. The Australian Police Force is transparent, full of integrity and can be trusted, which is a luxury not all countries necessarily have. In spite of being in politics, Sam joked that he himself did not trust politicians, which is why his first aim when he entered politics was to bring about anti-corruption. Thanks to the efforts of the Albanese Government, an Anti-Corruption law is now in place against corruption.

Going many extra miles

He appreciates the fact that as a member of parliament he can now do more for the people. He sees himself as a politician doing the work for the whole of Australia and not just where he is based. Sam tries to make a difference wherever he goes, as a police officer or as an MP. As a police officer, he created a Chinese social media account as a platform to translate information for non-English speaking people. He spent endless hours answering their questions and sharing the answers with everyone on the platform. He did that for five years and even the Vietnamese community started doing the same thing for their language.

Raising the bar

Sam is dedicated to serving the people and he makes himself available to people who have an



Sam Lim MP (right) at the Q&A session moderated by Thomson Ch'ng, President of AMSA (left)

issue to bring up. He is quick to give out his contact details so people can get in touch with him. It is his way of truly listening to the people and understanding what is really going on at ground level. His staff are as committed as Sam and they work very hard. With a leader that driven and keen on his cause, it would be difficult not to feel the same passion.

Sam is aware that what he is doing is not common. But he wants to raise the bar, to set the benchmark, leaving behind this legacy so the next MP in line can do even better.

More than well loved

Since being an MP, Sam has been a very well-known and well-loved figure where he is. He has had people in shopping centres come up to him to shake his hand and take a few proud

selfies. He can clearly feel the warmth from the people where he goes. For Sam, there's no better feeling than this. He works for everyone. He is ready to help, whether someone is a citizen or not, it's always been a simple 'How can we help you?'. This has earned him the respect of a wide variety of communities. Be they Caucasians, Malaysians, Chinese, Singaporeans, Taiwanese, Indonesians, Indians, Arabs and Asians, they all know Sam's name and smiling face. His communities support him, because he has from the very beginning supported them.

Anti war

It is no surprise then, that Sam has an anti-war approach to things. He has heard his grandparents recount their suffering during the Japanese

occupation and that was more than enough to convince Sam that war is definitely not the way to go. His son joined the Navy and is a Submariner. Sam knows there is no way he is sending his son or anyone's sons to a war anywhere. Many of the refugees Sam has spoken to have come from conflict in their homeland, where the origin has not necessarily been from there but from an external intervention. Sam does not believe in encouraging war.

Yes there are many problems internationally and some we may not be able to solve immediately, but many of these can be solved by listening. For Sam, listening helps parties find alternative ways of doing things. By listening, he can create an open conversation as opposed to shying away from the problem and repressing it.



➔ An emotional AUST333 Chinese reporter hugged Sam Lim MP when he met with Sam.

Photo: Sylvia Tiong

It is not every day that we are afforded the chance to get up close and personal and hear an MP share his experiences and thoughts so close to his heart. Sam is clearly an all round nice guy, but what gets people respecting and trusting him is how he stands his ground in an area as tricky and complicated as politics. He shows that one can have a kind heart and still be firm in standing by one's values.



➔ Sam Lim MP (centre) with AMSA committee and their partners

Photo: Winnie Neo

AMSA'S ANNUAL DINNER CELEBRATES 185 YEARS OF MIGRATION HISTORY WITH MORE TO COME!

◆ Australian Malaysian Singaporean Association Inc (AMSA) celebrated and honoured every person of Malaysian and Singaporean heritage living in Australia at their annual dinner on 10th Dec 2022.

AMSA's annual dinner was a highly anticipated event, with tickets for the dinner selling out a month in advance.



AMSA's events have always been promising but AMSA annual dinner 2022 was next level! The food, programs, inspirational speeches, networking opportunities and the raffle prizes are phenomenal. It was also extremely meaningful and sentimental to have held at the Australian National Maritime Museum in conjunction with 185 years of Malaysian Singaporean migration history in Australia! - Jimmy Lim, Marketing Director of Austlink Education Group

That was not surprising, considering how everything about the annual dinner felt so befitting and timely of the theme. The National Monument to Migration at the Australian National Maritime Museum was unveiled on 23rd October 2022 in Pyrmont. It was a most meaningful lead up to AMSA's final annual dinner.

Chef Jackie M curated the dinner's menu, and guests got to enjoy a royal



➔ Thomson Ch'ng, President AMSA

treat with Peranakan and Nonya cuisine. As AMSA members well know, the best cure for homesickness is to enjoy food from home, with people from home!

Thanks to Vermilion Pinstripes, even the Migration Celebration marketing campaign was infused with an artistic theme close to home. Their dinner invitation came in the form of boarding passes with a batik design. Everyone was more than ready to get on board to recognise the community and businesses for their contributions to building Australia.

Several government officials and community leaders graced the event and shared their personal experiences of migration. Every story

is one of a commitment to a new life in Australia, and each person's voice is woven into the rich tapestry of Australia's history.

AMSA's annual dinner from start to finish brought about a united engagement amongst the community, businesses, community groups, Federal, State and Local government departments and agencies.

Everyone enjoyed Sam Lim's story about his life and work in Australia.

Thomson Ch'ng, President of AMSA provided a historical background of AMSA, what it is today and more importantly, the

vision of AMSA in the future. As AMSA is seeing more younger members with roots from Malaysia and Singapore coming to Australia to set up roots, AMSA needs to shift gear and call for new actions. Mr. Ch'ng spoke about AMSA's three strategic pillars to bring about more engagement, outreach and support.

Learn more about AMSA's annual dinner here:

People of Malaysian and Singaporean heritage in Australia celebrated with AMSA



AMSA annual dinner 2022 at the Australian National Maritime Museum

CHEF FRANCIS KYAN'S LAMB SHANKS, MASH AND STEAMED GREENS RECIPE

◆ Perfect lamb recipe for Australia Day



Lamb shanks are a family favourite dinner ordered at restaurants and pubs all over Australia year round. Simmered in a rich, deeply flavoured red wine sauce, the meat just slides off the bone!

Chef Francis' recipe can be cooked in your oven, on your cooktop or in a slow cooker.

Ingredients

- 4 lamb shanks, around 400g each
- 1 tsp each salt and pepper
- 2 - 3 tbsp olive oil
- 1 cup onion, finely diced
- 3 garlic cloves, minced
- 1 cup carrot, finely diced
- 1 cup celery, finely diced
- 2 1/2 cups / 625 ml full bodied red wine
- 800g can crushed tomatoes
- 2 tbsp tomato paste
- 5 sprigs of thyme (tied together)
- 2 dried bay leaves (or 4 fresh)

To Serve

- Mashed potato
- Steamed green vegetables (beans/ broccoli/snow peas)

Method

1. Preheat the oven to 180 deg C.
2. Pat the lamb shanks dry and sprinkle with salt and pepper.
3. Heat 2 tbsp of olive oil in a heavy based pot over high heat. Sear the lamb shanks in 2 batches until brown all over, about 5 minutes.

4. Remove lamb onto a plate and drain excess fat (if any) from the pot.
5. Turn the heat down to medium low. Heat remaining 1 tbsp of olive oil in the same pot, if needed. Add the onion and garlic, cook for 2 minutes.
6. Add carrot and celery. Cook for 5 minutes until onion is translucent and sweet.
7. Add the red wine, chicken stock, crushed tomato, tomato paste, thyme and bay leaves. Stir to combine.
8. Place the lamb shanks into the pot, squeezing them in to fit so they are mostly submerged
9. Turn stove up, bring to a simmer. Cover, then transfer to the oven for 2 hours (see notes for other cook methods).
10. Remove from oven, remove lid, then return to the oven for another 30 minutes (so 2 1/2 hours in total). Check to ensure lamb meat is ultra tender – if not, cover and keep cooking. Ideal is tender meat but still just holding onto bone.
11. Remove lamb onto plate and keep warm. Pick out and discard bay leaves and thyme.
12. Strain the sauce into a bowl, pressing to extract all sauce out of the veggies. Pour strained sauce back into pot. Bring to simmer over medium heat and reduce slightly to a syrupy consistency. Taste then add salt and pepper to taste.
13. Serve the lamb shanks on mashed potato with steamed green vegetables of your choice.

Enjoy!

Check out the restaurant's menu



Book a Table

Address: 698 Ocean Drive, Port Macquarie, NSW, Australia, New South Wales

P/ +61 2 6582 0409

E/ reception@portmacquariegolf.com.au

W/ portmacquariegolf.com.au/

F/ PortMacquarieGolfClub

I/ @portmacquariegolfclub

SUPPORT JET TREK

◆ Jason and Karen Warneken are a local Lake Cathie couple once again participating in Jet Trek – a wonderful fundraiser for VARIETY, The Children’s Charity.

Variety – the Children’s Charity, is dedicated to empowering Australian children who are sick, disadvantaged or have special needs to LIVE, LAUGH and LEARN. The Variety Jet Trek is about helping sick, disabled and disadvantaged kids and providing them with equipment, scholarships or experiences they never thought possible.

The event began in 1998 with some fearless personal water craft enthusiasts tackling the coastline from Yeppoon to the Gold Coast and from this the Variety Jet Trek was born, an annual fundraising and fitness challenge for all involved.

With Jason already possessing a jet ski, he knew they had the capacity to be involved and support this great charity event.



“We are both high school teachers and Karen is also a Registered Nurse, so we are all too aware that there are children in communities such as ours who are sick, disadvantaged or have special needs and are less fortunate than our own children. As we work in education it only seemed logical to support a charity that assists children – but we need help from the community,” Jason told us.



2nd Jet Trek

The couple's first involvement Jet Trek was in 2020 when they raised an impressive \$10,857.00 and they are looking forward to supporting this worthwhile children's charity again in 2023. Their desire to participate stems from a joint decision to be more involved in community service activities.

The 2023 Yamaha Variety Jet Trek runs from February 26th until March 4th and will travel from Batemans Bay to Coffs Harbour, a sensational feat for all involved. The event will travel through Port Macquarie on March 3rd.

Fundraiser

On February 3rd Lake Cathie Tavern is hosting a huge fundraiser event to contribute to the couples fundraising total, including raffles and auctions. It would be great for the local community to get behind this great charity.

BOOK a table for dinner at Lake Cathie Tavern, buy some raffle tickets and bid on the auctions on the night.

BOOK NOW



"We have had some great prizes donated by local businesses – but we still need more – especially major prizes!" said Jason.

Local businesses have made donations including Lake Cathie Tavern, Hastings Marine, Elders Real Estate, PRD Laurieton, BlackDog Ink, Laing + Simmons, Hastings Co-op, BCF, Port Patios, ARB, BBQs Galore and Lake Cathie Medical Centre Pharmacy. More donations will be accepted with much appreciation.

The easiest way to donate is to use the VARIETY link: Variety Jet Trek: Jason Warneken

or visit the Facebook page: Port Trekkers



Social event in support of the

PORT MAC TREKKERS

FRIDAY 3 FEBRUARY 6PM



Monster raffle & great auction prizes.



\$2 from every Carlton Dry & Madam Sass Rosé will be donated.



Kick on with live music from 7:30pm!



HOPPING INTO THE YEAR OF THE RABBIT 2023!

◆ 2023 is the Year of the Water Rabbit and it lasts from January 22nd to February 9th, 2023. Predictions say this is going to be a year of HOPE!

The Rabbit is a symbol of longevity, peace and prosperity. This is certainly happy news for everyone as we prepare to say goodbye to Mr. Tiger and welcome Mr. Rabbit with hopefully, a much kinder year for all.

Hello Mr. Rabbit!

The 12 animals in the Chinese Zodiac run in this order: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog, and Pig. Each animal has its own unique characteristics and these affect how each year will pan out for us.

Of all the twelve animals in the

Chinese zodiac, the rabbit is probably the gentlest and mildest. The coming Year of the Rabbit brings with it a more 'yin' energy which is seen as the passive principle of the universe, something more relaxed, fluid, quiet and contemplative.

2022 has brought its share of tough periods for many, so 2023's quiet energy is a much needed one to balance up. It is a time to rest and nurture so we can gather good energy to keep going. It's all about being sustainable! But before you start to tunnel under your blankets, wait! The Year of the Rabbit does not mean we all start to hibernate!



Yes, the rabbit is a tame animal, but it is also very well-known for being quick and clever. Just think Bugs Bunny! Shrewd, fast and incredibly creative in getting out of trouble! From the screen to real life, rabbits are actually really good at adapting to their environment. They are extremely alert to danger and can move quickly. They will also signal to other rabbits by thumping their hind legs so they can escape. Rabbits also have nearly 360° panoramic vision, which allows them to scan the landscape for predators. Heck, they can even see everything behind them!

We would love to have a panoramic 360° vision for our businesses as well! The Year of the Rabbit is a good time to expand your outreach and extend your engagement.

**Multichannel and Omnichannel
Advertising Deliver Better
Brand ROI**



So what can we expect in the Year of the Rabbit 2023?

Balance, calm, confidence and ease.

COVID-19 and The Great Resignation have pushed many companies and businesses to rethink their concept of work-life balance and prioritising mental health. Flexibility with working hours and choosing remote or on-site working, providing employees with additional wellbeing benefits mean people are seeking to find a better balance. Work is not everything.



People are starting to think about jumping off the hamster wheel and choosing a different lifestyle. These are conscientious choices people are making, and not an act of impulsive rebellion. It's about making a confident choice to bring about balance, calm and ease. People are more aware of priorities and focusing on their goals.

Some questions to ponder (remember to keep it simple and manageable, the Rabbit says so!):

1. How can you bring more gentle balance into your life?



2. What is one little thing you can do to boost your wellbeing?
3. What is one simple goal you would like to set for your business?

Love, companionship and sociability.

If any of you has had a pet rabbit before you'll know they are really lovely, affectionate creatures. They are social animals and live together in the wild. If you are planning

to get a pet rabbit, make sure you get two! They need friends! Given the social nature of rabbits, this is the year to invest more time and effort to build up your networking, professional or social. This can invite in new relationships and small businesses know how important this is to help them grow as a community. Remember how rabbits warn each other when danger is near? That's what this Rabbit Year 2023 is going to be about - growing together as a community and supporting each other to create thriving businesses.



Rabbits like to cuddle so for the lovebirds out there and those who are seeking a partner, the Rabbit could well bring you a lovely companion. It is a time to strengthen bonds with loved ones, and build on the relationship with family and friends.

**Sign up for Social
Networking Event**

Some food for thought:

1. What networking event can you join in the coming months to expand your connections?
2. What is one thing you can do to support your local businesses?
3. Which relationship would you most like to nurture right now? Ask them out for a coffee!

What's your animal sign? The 12 Chinese Zodiac Animals

Find out which is your Chinese zodiac sign here! Are you the lucky Rabbit this year?

Rat 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020

» Quick-witted, resourceful, versatile, kind

Ox 1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021

» Diligent, dependable, strong, determined

Tiger 1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022

» Brave, confident, competitive

Rabbit 1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023

» Quiet, elegant, kind, responsible

Dragon 1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024

» Confident, intelligent, enthusiastic

Snake 1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025

» Enigmatic, intelligent, wise

Horse 1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014, 2026

» Animated, active, energetic

Goat 1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015, 2027

» Calm, gentle, sympathetic

Monkey 1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028

» Sharp, smart, curiosity

Rooster 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017, 2029

» Observant, hardworking, courageous

Dog 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018, 2030

» Lovely, honest, prudent

Pig 1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019, 2031

» Compassionate, generous, diligent

Celebrate our Brilliant Birthday too!

And, to add on to the good news, Brilliant-Online is celebrating our second year anniversary next month! We would like to invite our business and community partners, columnists and any interested business owners/managers to join us on the 21st January for a fun, leisurely afternoon cruise on the Hastings River aboard the Port AdVenture Cruises Rhythmboat.

This is the perfect time to welcome in the Year of the Rabbit, so do come in an Oriental theme to our party as part of our Lunar New Year celebrations! Numbers are limited, so RSVP today!

We are looking forward to a Brilliant Bunny Year for 2023! Let's hop, hop, hop together into a year of steady confidence in our businesses and beautiful relationships all around!



brilliant
ONLINE

CRUISE PORT V. SQUARE

Brilliant 2nd Birthday Cruise Party on the Rhythmboat
Saturday 21st January 2023, 2pm to 4pm
Theme: **Oriental** (we're welcoming the Year of the Rabbit)

RSVP HERE

WHAT'S ON IN JANUARY AND FEBRUARY 2023 ON THE MID NORTH COAST

◆ If you have an event you want us to share, email: editor@brilliant-online.com

BUSINESS EVENTS

Brilliant Birthday Party

For business owners only on **Saturday 21 January** at Port AdVenture Cruises.

[RSVP here](#)

Business Networking Event

@ Port Macquarie Golf Club on **Wednesday 15 February 2023**
5.30pm - REGISTER HERE

COMMUNITY EVENTS

Grazed & Grown Farm Tours

For children and adults to learn about Regenerative Farming - What How and Why. Click for Farm Tour Dates

[Read about our Farm Experience](#)

Jet Trekkers fundraiser for VARIETY, The Children's Charity

The 2023 Yamaha Variety Jet Trek runs from **February 26th until March 4th** and will travel from Batemans Bay to Coffs Harbour, a sensational feat for all involved. The event will travel through Port Macquarie on March 3rd.

[Read the story](#)

\$45 Summer Promotion

Bucket of prawns and 2 drinks

www.cruiseportmacquarie.com.au

What's On at Port AdVenture Cruises

Port AdVenture Cruises Rhythm Boat, 77 Clarence St, Port Macquarie

Book one of their cruises along the Hastings River or have your own party on the Rhythmboat.

[Check Cruise Dates Here](#)

What's On at Port Macquarie Golf Club

Port Macquarie Golf Club, 698 Ocean Dr, Port Macquarie

Menu for Tuesday Italian Dinners.

Call (02) 6582 0409 to book.

Dine-in for a chance to win a Pizza Oven.

Member's Draw

Prize money \$1,000 and jackpotting by \$250 each week if not won. Every Friday, first draw at 6.30pm and 2nd draw at 8pm.

Check your membership is financial, and of course, you must be inside the clubhouse at the time of the draw.

[Introducing Chef Francis Kyan](#)

Art Exhibitions @ Wauchope Art Gallery, 62 Cameron St, Wauchope

Meet Desley Polmear and other artists at My Country My Inspiration Art Exhibition

from 10 to 21 January 2023

Local Library Events

Go To - <https://mnclibrary.org.au/events/>

MONTHLY MARKETS

SUPPORT LOCAL

Join the markets trail this school holidays, you will discover the finest Australian made products from our regions local businesses, farmers and artisans.

THIRD SUNDAY 8.00am to 1.00pm

Laurieton Riverwalk Markets

Cnr. Tunis & Short Street, Laurieton

THIRD SATURDAY 8.00am to 12.00pm

Forster Farmers Market

Visitor Information Center, 7 Little St,
Forster

FOURTH SUNDAY 8.00am to 1.00pm

The Local

Maritime Museum, William Street, Port
Macquarie

FOURTH SATURDAY 8.00am to
12.00pm

Wauchope Farmers' Markets

Wauchope Showground, High Street,
Wauchope

FOURTH SATURDAY 8.00am to 1.00pm

Tuncurry Markets

John Wright Park, 12-14 Manning St,
Tuncurry NSW 2428

LAST SUNDAY OF THE MONTH

9.00am to 1.00pm

Pacific Palms Market

Pacific Palms Community Centre, The
Lakes Way, Elizabeth Beach

EXHIBITION 10 - 21 Jan 2023
My Country, My Inspiration

DESLEY POLMEAR SUE POLEWESKI-JONES MEL JURSIĆ

MEET THE ARTISTS - 14 JAN 2023 11AM - 2PM

WWW.WAUCHOPEARTGALLERY.COM.AU
WAUCHOPE ART GALLERY | 62 CAMERON STREET







Brilliant
SPORTS



LET'S GET PHYSICAL – WHAT'S GOING ON IN THE SPORTING WORLD IN THE YEAR AHEAD

◆ With a New Year comes a whole new calendar of sporting events for us to get stuck into, both domestically and internationally.

Last year showcased some heavyweight events that, unfortunately, transpired to become occasions that were ultimately overshadowed by controversy, with the 2022 FIFA World Cup in Qatar and the Beijing Winter Olympics hogging most of the negative press. However, the Australian Open tennis tournament, returning after a COVID-induced hiatus, also hit the headlines for the wrong reasons after the then men's World Number One Novak Djokovic was denied opportunity by the

Australian government to defend his title after he refused to comply with the mandatory vaccine requirements and was subsequently deported.

However, this year Novak is back and ready to make up for lost time. This year's centrepiece takes place at Melbourne Park from January 16 to 29 and will see Djokovic wrestling with old rival and current champion Rafael Nadal for what would be the Serb's 22nd Grand Slam title. Nadal himself, of course, will have his eyes firmly on retaining his title and expect the

likes of countryman Carlos Alcaraz, who won the US Open last year, and emerging Norwegian star Casper Ruud to feature heavily. Also, don't be surprised if Daniil Medvedev has an extra point to prove after he and many other Russian athletes were barred from numerous competitions last year following Vladimir Putin's decision to invade Ukraine.

In the women's side of the draw there will definitely be a new champion after last year's winner Ashleigh Barty retired not long after winning her



Novak is back and ready to make up for lost time

Photo: Arck Photography

home tournament. The hot favourite to step into the void left by Barty is Poland's Iga Swiatek who made last year's semi-final in Melbourne and also won both the French and US Opens.

Later in the year we have the French Open at Roland Garros between May 28 – June 11, Wimbledon from July 3-16 and the US Open at Flushing Meadows from August 28 until September 10 so, as usual, there is plenty for tennis aficionados to look forward to.

Howzat?

Fans of cricket are in for a treat this year as several key events take place. First we have the women's T20 World Cup in South Africa from February 10-26. Australia are the defending champions and, with five prior titles under their belt, remain overwhelming favourites.

The Ashes is the pinnacle of the Test game and this year Australia will be looking to retain the urn as they take on bitter old rivals England. The five-test series at Edgbaston, Lord's, Headingley, Old Trafford and the

Oval will be contested across an incredibly compressed timeframe of just 46 days between June 16 and July 31 in order to accommodate the hugely popular Hundred tournament once again in August. Regardless, Ben Stokes' England will be looking to add to their current World Cup and T20 crowns by getting one over Pat Cummins and the Aussies.

Similarly the English women's team will be looking to get one over on their Aussie counterparts and regain the Ashes when the two sides lock horns in three T20s, three One Day Internationals and a five-day Test at Trent Bridge, the first time the latter version has been contested in a women's Ashes match since 1992.

Then the 23th edition of the men's World Cup will be held in India in October and November, with exact dates still yet to be confirmed. The 50-over format was originally scheduled to be played in February and March 2023 but in July 2020 a decision to postpone the tournament was made following the disruption of the qualification schedule due to the COVID-19 pandemic.

Women's game

In Rugby Union we have the 2023 World Cup to look forward to. Taking place at nine venues across France from September 8 until October 28, with the final at the Stade de France in Paris, a total of 20 nations will be competing. South Africa are the defending champions after they defeated England in the 2019 final in Japan, one of the last major international sports events to take place before COVID-19 kicked and forced widespread cancellations and postponements. While the Springboks will be looking to defend their title, the experts are looking more towards the likes of France, England and even Ireland as potential champions.

Reverting to the round ball game, this year sees the ninth edition of the FIFA Women's World Cup as Australia and New Zealand co-host the tournament between July 20 to August 20. Consistent with the ongoing expansion and popularity of the women's game globally, this tournament will see an increased 32 nations participating, in line with their male counterparts. European



➔ The women's T20 World Cup will take place in South Africa from February 10-26



gettyimages®
Gregory Shamus

➔ The US PGA gets underway in 2023

Champions England will be confident of going all the way to the final at Stadium Australia in Sydney although defending champions the United States still remain most people's favourites.

July also sees the 16th edition of the Netball World Cup, which will take place in South Africa for the very first time from July 28 until August 6. A total of 16 teams will be competing, with the Australian Diamonds odds-on favourite to win the tournament outright although arch-rivals New Zealand, who defeated Australia by one goal in the 2019 final, will be looking to upset the party once again.

Green Jacket

In the golfing world there is plenty to look forward to as the four major

annual events play out once again. The Masters will take place as usual during the first week of April (6-9) at Augusta National Club in Georgia where Northern Ireland's Rory McIlroy will be looking to finally slip on the winner's green jacket and go one better than last year when he finished second to American Scottie Scheffler.

The US PGA takes place at Oak Hills course in Rochester, New York from May 18-21, the US Open is scheduled for the following month from June 15-18 in California and the 44th Ryder Cup will take place at Marco Simone Golf and Country Club in Rome, Italy from September 29 to October 1, with reigning champions the USA eager to retain the title.

It will be also interesting to keep an eye on the development of the breakaway LIV Golf tour financed by the Public Investment Fund, the sovereign wealth fund of Saudi Arabia. Enticing top players with eye-watering sums of prize money, the tour truly put the cat amongst the pigeons last year and caused major disruption to the professional game. By announcing further events in Spain, Mexico and Singapore this year, it is clear LIV Golf isn't going away anytime soon, despite raucous claims that it is just another means for the country to enhance its image via the unsavoury practice of sportswashing, which has seen major events in Formula One, boxing and football also get embroiled.

You're so special

The Special Olympics World Games aims to showcase the skills and accomplishments of people with intellectual disabilities on a global stage. This year thousands of athletes will convene in Berlin, Germany between June 16-25 to contest 32 Olympic-style summer or winter sports. The event takes place every two years, alternating around the Paralympics, and is backed by a movement with over 4.4 million registered athletes from 170 countries. As huge advocates of diversity and inclusion, Brilliant-Online fully backs this initiative and hopes

people will tune in to witness some of the fantastic achievements that will no doubt take place.

To finish our preview, we remain with the diversity and inclusion theme as we shine a light on The Gay Games, co-hosted by Hong Kong and Guadalajara in Mexico and taking place between November 3-11. It was originally only supposed to be hosted by Hong Kong alone but due to the ongoing strict COVID-19 restrictions imposed last year the decision was made to introduce the Mexican city as a co-host.

Founded in San Francisco in 1982 the Gay Games is a worldwide sport and cultural event that promotes

acceptance of sexual diversity, featuring lesbian, gay, bisexual, and transgender (LGBT) athletes, artists and other individuals. It is open to all, with competitors from many countries including those where homosexuality remains illegal and hidden, and there are no qualifying standards to contest sports as diverse as track and field, swimming, bowling, dancesports, weightlifting, softball and cheerleading.

Of course there is plenty more going on with the likes of NRL and AFL, Premier League, athletics, cycling and so on. Whatever your preference, its safe to say there will be something for everyone this year and we hope you enjoy!



➔ The Special Olympics World Games aims to showcase the skills and accomplishments of people with intellectual disabilities on a global stage.

ADULTS ARE TAKING FLIGHT WITH BALLET!

◆ Ballet was once seen as something for the elite class. Now it has expanded into all areas of society, and you hear of parents taking not just their kids but also themselves to ballet classes!

Brilliant-Online's content writer Yann Tyng has been taking ballet classes since she was a child and continues to do so at 45! She has been taking ballet classes for adult learners in several schools in Madrid, where she is based.

We often read about the benefits of ballet as a form of exercise, but that alone does not get people into the studios. What is it really like to start ballet as an adult, from scratch? Maybe hearing it straight from the horse's mouth will inspire you to get started!

Hear from adult learners about what got them started and why they are all so in love with ballet!

Our ballet boys!

Jesús is 54, from Madrid and currently works in the legal profession. He started doing ballet for adult learners in February 2022. He was at an airport in Tenerife watching a video on Youtube of the famous dancer Sergei Polunin when he thought, hey, why not just go ahead and take a class. And he did! Rafael is 31, from Almería and has been living in Madrid since 2013. A psychologist by profession, he started ballet in September 2022. It was something that had been on his mind and last summer he finally made the decision to sign up thanks to the encouragement from a friend who also started dance classes as an adult!

What was the reaction of your family and friends when they heard you were taking ballet classes?

Jesús: It was a surprise because nobody expected me to do that. I'm a sportsman, I love exercise and running but ballet was not something people imagined I would take up. I've always been fascinated by dance though.

Rafael: People were happy for me, even though they were also really surprised. I've never done anything like this before, so they didn't expect me to take this step.



How do you feel being sometimes the only male in the class?

Jesús: I feel like just another student in the class. When you dance, there is no difference if you are a boy or a girl, you only feel the discipline and the passion.

Rafael: I feel comfortable in class, it has never bothered me being the only boy in class.

Many secretly harbour dreams of taking up ballet, but are too embarrassed to do so because of age or physical limitations. What would you say to people to encourage them to take the same step as you have?

Jesús: Let's not put up internal or external limitations. For someone who is much younger, ballet would demand more effort, more discipline and more tenacity. And for us adult beginners, it's clear that we are not looking to have a professional career

in dance. But we can all enjoy ballet just as professionals do, and be just as disciplined as them. Furthermore, it's a great way to stay in shape and achieve a physically harmonious and aesthetic line. What really attracts me about ballet is how it allows me to grow as a person.

Rafael: I'd encourage everyone to try it. Embarrassment has very often been the limiting factor for me when it comes to trying new things. I took the courage to take up ballet and now I'm enjoying every single class!

What is the most gratifying thing for you about ballet classes?

Jesús: The freedom of movement, the ability to focus, and for two hours, my mind and body can just fly to another dimension altogether. After each class I feel tired but also alive! The exercises do tire you out, but it's a wonderful feeling of triumph because I did my best in spite of it being hard. And I feel alive because the music and the dance allow my body to be free and feel so many marvellous things. I always want to keep coming back to each class and improve, to do a step better, to know more about my body and its ability. I love the discipline of ballet and the challenge to improve. And you get to meet new and

interesting people and make friends in ballet class.

Rafael: It's a wonderful feeling to see how you can improve bit by bit. Each time you repeat a step you do it better.



"The most gratifying thing is doing something that I love. After each class I feel euphoric, very happy and full of energy. And that's when I'm already looking forward to the next class!"

- Rafael, 31, adult ballet learner





➔ Come warm up to the joy of ballet with Yann Tyng and her classmates at an adult ballet class in Madrid!

Ballet is synonymous with perfection. How do you motivate yourself to keep doing this without sliding into self-criticism?

Jesús: I'm a very positive person. I know who and how I am and why I go to ballet classes. At the beginning I did feel critical about myself, I saw my defects and over time I realised that's not important. The journey is what counts, that I started it, and am on it. I know I have the physical and mental strength to keep improving to achieve my goals i.e. to be myself and to dance.

Rafael: What really motivates me, apart from the art form itself, is the fact that I'm doing something that I didn't dare to before. I'm quite demanding on myself, so I also have to manage the frustration that I feel in classes. However, that hasn't stopped me because my focus is on the enjoyment of the classes. I absolutely love the barre exercises. It's where I can feel my improvement the most.

Favourite dancer, music or ballet?

Jesús: Sergei Polunin, baroque music and Le Corsaire.

Rafael: Swan Lake, both the ballet and the music.

What do you appreciate most about your dance teachers?

Jesús: Their patience. And their way of being and knowing exactly how to be there for us. They know that we are doing this as adults because we love it. It's as simple as that. That's the success of a ballet teacher for adults.

Rafael: Their patience. They often have to repeat exercises or explanations. We are new to this so we need a bit more help there. I also appreciate their kindness when it comes to giving corrections. They create a friendly atmosphere to dance where it's not about doing it well or badly. It's about learning and enjoying.

What is your wish for 2023 in the dance world?

Jesús: That people do not shut themselves off to enjoying dance. It is a necessary part of life. We can't live without beauty around us. Ballet is a great tool to discover a future that is full of hope. Dance is what allows us to know ourselves, and to come together and understand each other.

Rafael: I hope in 2023 the world of ballet continues to expand and become more popular and accessible like other forms of dance.

A final message for those who are almost going to sign up for a ballet class but who haven't yet!

Jesús: Don't be afraid or embarrassed! Dance opens up your mind and spirit. Dance is what gives your soul wings to fly!

Rafael: If you are curious about it, try it! Don't worry about the physical aspects of it, it'll come to you as you work at it each class. We may feel



embarrassed or self-conscious about taking this step, but do it anyway. The feeling will pass soon enough, especially when you focus on the joy of it instead of doing it perfect!

And what does a teacher of adult ballet students think?

Mar is a dancer whose professional career took place in Zaragoza and she has been teaching dance for more than 40 years. She taught in a dance conservatory and specialised in teaching children. It was last year that she was offered the opportunity to teach adults. It was a challenge for her to make the change but she absolutely loved the experience of teaching adults who have no experience in ballet.

Benefits of ballet

"Ballet brings many benefits. There's obviously the physical aspects of stretching and alignment, strengthening and toning, but we mustn't forget about the coordination, focus, concentration and memory

work which are really good for the brain. You also learn to really listen to the music, which is what makes you have the sensation of 'flying out of yourself' and forgetting about all your problems.

"'Yes, you can!' is what adults thinking of starting ballet should tell themselves.

Adult learners

"It's not about doing extreme exercises. Ballet classes for adults are specifically tailored to their needs, we give challenges that are appropriate and relevant. And above all, we know people are here to learn and enjoy. The upside of adults is they are so much more aware of their bodies, limits and goals and they know how to make the most of it. Adult learners are highly appreciative when you as a teacher can help them push past their limits, see they can improve and enjoy dancing. I see myself as someone who teaches people to love dance, rather than teach people how to dance. My challenge as a teacher to adults is to give clear explanations, break down steps, and make the difficult 'easy', know when to push and when to let

go. As a teacher to adult learners, I feel very loved, and that makes me want to keep coming back to give more!

Future of ballet

"I am hopeful about the future of ballet. Now I am seeing a greater variety of body types in the ballet world. Technology is also bringing us a lot of benefits in ballet. There is a wealth of resources now on the Internet, and there are lots to follow on Youtube, on Instagram etc. where you can follow dance companies, famous dancers etc. One way to improve is to watch as much ballet as you can. And Spotify has been a godsend for ballet teachers. Now we no longer have to rely on just one precious (and very expensive) CD of class music, or a live pianist (even more expensive). In 2023, I hope Spain's Compañía Nacional de Danza will get more funding to put up more classical works, and that more dance schools could open up and more people will don that leotard and start dancing!"

If this is making that itch to dance even stronger, why not get to your nearest local dance school or centre and sign up for a class? If you are in Madrid and want to put on your dancing shoes for a bit, swing by this friendly neighbourhood dance school Tres en Danza, and let your spirit fly! Say hi to Yann Tyng, Jesús and Rafael if you are there! They'll be happy to show you the ropes if you are new to ballet! And we leave you with this beautiful quote from Jesús:

"Los límites lo pongo yo!" - Jesús, 54, adult ballet learner

He sets his own limits. What will yours be?

Read about Brilliant-Online's CEO Veronica Lind's visit to Spain last year:

Brilliant Discovery of Spanish Cities

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