

March 2023

brilliant

ONLINE



➔ Mayor Peta Pinson

The **BRILLIANT WOMEN** *Issue*



INSIDE: The most brilliant women in business are making their mark. Special thanks to **Lucy Humphries Photography** for beautiful photos of our featured women.

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for PORT MACQUARIE

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✉ teampinson@nswnationals.org.au

🌐 nswnationals.org.au/petapinson

☎ 0480 401 104

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THE NATIONALS
for Regional NSW

NOTE FROM OUR EDITOR

◆ Welcome to March's edition of Brilliant-Online where this month we are celebrating International Women's Day.

Taking place on March 8 every year, International Women's Day is an occasion to mark major achievements by a whole host of women all around the world in a variety of different areas, while simply celebrating everything it means to be a woman.

This month we are packed with stories celebrating so many fantastic women and their stories, such as cover star Peta Pinson, a woman who has many roles on any given day, from Port Macquarie Hastings Council's Mayor to co-owner with her husband of a successful local business and a Mum to two grown children who are now having children of their own - plus she is running as a candidate in the upcoming State Government election!

Elsewhere, we catch up with Gayle Kee and the amazing team at TG's Child Care. and meet Tamara Dobson from Elders Lifestyle Group who also juggles many other pursuits. Jeannie Rogers tells us all about health and wellness and her role as mentor at her company 'i-dream-with-jeannie',

and we hitch a ride with Beth Williams, co-owner of Epic Rides and Tours who details some intriguing bespoke tours and adventures.

Qualified Counsellor and Spiritual Life Coach Bernie Ginnane provides some tips on improving our physical, emotional, mental and spiritual well being and we talk with entrepreneur and micro influencer Ellen Crepaz from Port Macquarie EaTs who has developed an invaluable App that has quickly amassed 16,000 followers and counting. We hear the inspirational story of Thai para athlete Saisunee Jana who has overcome a litany of challenges in life and also look back at the top five most popular stories from last year specifically profiling women, as voted for by our readers and subscribers.

March also marks several key dates surrounding the environment and protecting the Earth, which we look at in detail.

And, honestly, that's only scratching the surface! There is so much more this month to keep you engrossed which we very much hope you enjoy...



Ben Tirebuck

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Brilliant-Online is more than a one dimensional read. 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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CONTACT US

- ✉ editor@brilliant-online.com
- 🌐 brilliant-online.com
- 📍 P.O. Box 9339, Port Macquarie, NSW 2444, Australia
- 📍 5/124 Horton St, Port Macquarie NSW 2444
- HQ Australia**
- ☎ +61 412 137 621
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- ☎ +65 96 817 045
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PETA PINSON: MAYOR, BUSINESS OWNER AND CANDIDATE FOR STATE GOVERNMENT ELECTION

◆ Peta Pinson believes that when we're faced with problems, they're actually opportunities in disguise.



Peta Pinson, like most women, is a very busy lady. She has many roles on any given day, from Port Macquarie Hastings Council's Mayor to co-owner with her husband of a successful local business and a Mum to two grown children who are now having children of their own, plus she is running as a candidate in the upcoming State Government election.

Brilliant-Online welcomes her involvement in this very special

edition celebrating the many wonderful business women in our midst and International Women's Day on March 8. When we interviewed Peta it was her birthday, needless to say we were chuffed that she took the time out of her special day to spend with us.

Such a vivacious and friendly lady, she joined in our photo session with ease, laughing along with the other gorgeous women gracing our pages this month.

Advice to Women in Business

She told us that she admires women who take on a role in business or who open their own business.

“Male or female, being a small, medium or large business operator is a real commitment, all businesses have their own challenges. But when you add into the mix, as women, we bear the children and are the primary caregivers for the most part, it takes on another dimension,” she said.

She further acknowledged that running and growing a business whilst raising a family at the same time, is one of the largest challenges in her life.

“I certainly found that when my children were growing up. My husband and I were growing a business and I was also working full time for the radio station. It was a great time in my life, but also a high

pressure time because I had young children to take to school, daycare or preschool,” Peta told us.

Peta acknowledged the hard economic times being experienced across the region are adding pressures to business and families.

“What we're seeing is money stripped out of our household budgets, mostly as a result of the interest rate rises,” commented Peta. “A lot of people were not anticipating rate rises until 2024. The rises have taken away some of the dollars for essentials.”

There are now flow on effects.

“Our retail industry and hospitality industries are all affected,” she explained. “There are people who aren't going to take holidays now that they have to find that extra cash for their mortgages. They're struggling to put food on the table and then keep the banks at bay.”

Depending on what the business is, not all businesses are going to necessarily go through the downturn.



“There are businesses that will thrive, because new markets are opening up and niche businesses are finding their mark as well. In any climate, whether it's an unstable economic climate or strong, it takes courage to start a business and it's not an overnight success. Our business has taken many, many years to produce the fruit it has today. So I would say to people, make sure you do your homework, make sure you do the figures. And, double check that again, and then be prepared for the roller coaster that is business.”



➔ Peta told us that she admires women who take on a role in business or who open their own business

But Peta realises that some businesses are going to come to a point where they need to make a choice. If they're going to downsize because of a downturn, or whether they're going to push through. She advises businesses to reach out if things get tough. Use the specialty advice of bankers or your accountant, any advisors that you may have.

"I'm not going to sugarcoat it, we are going to see some difficult times moving ahead. Interest rates, cost of living and there's always a great deal of uncertainty in the lead up to an election, especially if it's a federal or state election, because these are our higher policymakers."

Innovation and problem solving

Acknowledging that you don't have to be in business to be innovative, Peta said that you need to look at the problem and work toward the solution.



"I always ask, what is the outcome I want to achieve and why do I want to achieve that outcome? Then I work back from there. We tend to look for problems in crises."

Peta believes that when we're faced with problems, they're actually opportunities in disguise. Sometimes we're on the wrong path and maybe the problem has been put before us



➔ Peta says, "Buy clothes that are timeless, not wear something once and throw it away."

to send us on a different route. She always looks at problems as solvable. There's no problem that can't be overcome, it's just the way that you go about it.

Can businesses help make earth a better place?

Peta told us, "I would say we're a wasteful society, we send a lot to landfill, which fills our Earth up and pollutes under the ground. It takes many, many 1000's and millions and trillions of years to break down."

There needs to be more recycling, she said. "As a business or just as a human being, we all need to do our part to ensure that we're not filling up our Earth with our rubbish."

Admitting that she absolutely loves clothes, Peta told us that she tends not to purchase clothes that are trending and used for one season because she sees a very large amount of clothing going into landfill.

"I would say buy clothing of quality that you really, really love that you will wear for years to come. Buy clothes that are timeless, not wear something once and throw it away."



➔ Being Mayor is a huge commitment

All politics is local

Everything that happens, whether it be local, state or federal affects us at a local level. It affects how we live, how we do business, how we move about.

"There is not a thing that the government does that doesn't touch a part of our life, in every waking hour. We are going to see some difficult times and how the next government handles those difficult times will be the measure of our success," Peta told us.

"As the Mayor I'm so proud. Last year we made some radical changes and some radical decisions, I should say, about a rate freeze, about not

raising rates by the rate cap, even though it was a very small percentage amount. We did that to signal to our community that we knew these hard times were coming."

The majority of Port Macquarie Hastings Council (PMHC) Councillors recognised that it's very important as a council to play their part in stimulating the local economy. Peta told us that the Council is making those choices in the chamber on a monthly basis.

How? They have community grants open right at this moment. PMHC are reinvesting money back into our community organisations to improve

our community's well being and appearance. They also have a buy local policy within the council for procurement, supporting local businesses by doing business with those businesses.

"We've also delivered one of the largest budgets last year that Council has ever seen," said Peta. "And it's certainly my intention going into the new budget for this year, that we keep our foot on the pedal, spinning the wheels of the economy and spending money and investing into our community."



The next Council election will be in September 2024. As Mayor, Peta will be saying goodbye to the community. She told us, "I will not be re-standing regardless of what happens at the State election."

Peta says that being the Mayor is a huge commitment, but one that has seen her grow as a person through the challenges.

She's had just about everything thrown at her in her time as Mayor. From her community being devastated by floods, bushfires, pandemics, tornadoes, you name it, it's come her way during her leadership term.

For the Council at the moment she thinks the challenge is delivering the expected infrastructure to a growing community with the money that they don't have.

"As a Council we cannot just continue to rely on rates, we need the upper levels of government to really dig deep into their pockets and provide that infrastructure for growing communities like ours."

There hasn't been a special rate variation in the Port Macquarie Hastings LGA for many years, it's not something that Peta would like to burden her community with, especially going into these times.

"But we need to provide, we're being pressured into providing greater security for our water. Storm water and sewer networks need upgrading, and we need to build new plants for the amazing developments that we're seeing pop up throughout the region. Road networks, obviously we're working hard on, remediating and upgrading those, but that takes millions of dollars to do these sorts of things."

"We really need the State and Federal Governments to support Local

Government," Peta stressed. "Port Macquarie Hastings Council are at the grassroots level, we're the face of the community."

This has played a part in her decision to join the National Party and stand as a candidate in the State election. She knows where the gaps are, knows where the money's needed.

She gives us an example. "We have an ageing aquatic centre. We have just recently put through Council that we're going to move forward to stage a brand new Aquatic Center, and our region deserves that but it's \$70 million. And that's just stage one. We need the State Government to partner with us now. We'll probably have to go into some borrowings for that and look very seriously towards grants. But these are the things our community is expecting Local Governments like ours to deliver."

State Government Expectations

Peta's hope, if elected, is to be one of the strongest advocates for the Port Macquarie electorate.



➔ Port Macquarie-Hastings Mayor Peta Pinson, has much to be proud of

"That goes all the way down to Coopersnook and Harrington. There is some significant infrastructure that's required there too. Harrington has been pleading for an ambulance station, we're seeing a population explosion in that area. We're talking about lives at risk. Having an ambulance in the town will save lives"

"Some of the electorate's largest pieces of infrastructure and assets are in need of serious attention, the Port Macquarie Base Hospital and the airport. I'm not satisfied with the safety initiatives that were undertaken at Houston Mitchell Drive. I want to see the plans and the designs fast tracked so we can approach the Federal Government to fund the delivery of it," Peta told us. "It's a huge issue. There are over 15,000 traffic movements on that road, which means there's 15,000 times people are putting their life at risk to cross the highway."

Back on Port Macquarie Peta has concerns about the southern breakwall debate. "We cannot allow that breakwall in its current form to be destroyed. I've been very loud and outspoken about that," she said.



"I'll give Brilliant a scoop that no other media outlet has at the moment, that I have in my possession the report undertaken by the independent engineer, Angus Gordon, who is a world renowned coastal breakwater specialist. I'm about to provide that to the Deputy Premier. And I can say this much, that report is one of the best investments of \$8,000 this community could have made."

\$8,000 raised in six days! This is why Peta wants to be part of representing such a vibrant, connected, interested community. She says they deserve a fighter in Macquarie Street and she wants to be that fighter.

If you have a hospital and an airport, you really know the size of your town, add to that Port Macquarie is a University town as well. So we're on the map, as far as the Port Macquarie Hastings region is concerned.

"But we need the State and Federal Governments to do their part too. I hope to be part of the State Government that delivers on some of these really large assets that need upgrading and expanding," said Peta.

Remaining Mayor, running for State Government

How will this work? Legislation works in Peta's favour. She can be the Mayor and then a Member of Parliament for a period of two years, whichever comes first prior to an election. There's about 18 months between the State Government election and the Local Government election.

"So I can hold both seats under the legislation. I'm not trailblazing. It's been done before, by people with much more experience than me and they've done it well. I've got a great team behind me. I've got wonderful support. I don't have young children anymore and don't have those pressures of caring for younger children. I'm only 54 years of age, I've got endless energy at the moment and I offer myself to the community as a servant leader to them and to represent a vested interest in Parliament."

The State Member works for the electorate of Port Macquarie and the Mayor works for the region of the Port Macquarie Hastings.

"What's interesting is there's a lot of crossover between Local and State governments. We do need to work closely together so I can promise you I will get along very well with myself with all issues to do with Local and State."



Peta Pinson for Port Macquarie



We thank Lucy Humphries Photography for taking brilliant photos of the Women in Business.

FROM TOP LEFT: VERONICA LIND, BETH WILLIAMS, MAYOR PETA PINSON, BERNIE GINNANE, JUDY MORT, LINDA HUTCHINSON, CHRISSY JONES.
SEATED FROM LEFT: JEANNIE ROGERS, FAYE O'NEILL, TONI-LEE PAINE, MICHELE COOK





Brilliant

WOMEN IN BUSINESS



MEET THE AMAZING WOMEN LEADERS AT TG'S CHILD CARE

◆ Leadership is about growing together, using TG's foundation stones of building relationships, understanding our gifts and encouraging collective thinking.



➔ Gayle Kee, General Manager, TG's Child Care



"TG's Foundation Stones are practised at work, within the communities and even at home. It has become a way of life where Love, Trust, Respect, Compassion and FUN shine through TG's Educators, Children and their Families. This is Playing It Forward and TG's Educators have the responsibility of leading the children towards a bright future," says Bron Byers, Centre Manager, TG's Child Care Uralla.

All Centre Managers of TG's Child Care strongly agree with Bron. A child's learning journey is where Playing is Learning for Life. And the same applies to the Educators too. They also grow when given the same nurturing conditions as the children.

Belonging to a team that cares

"We spend the majority of our week at work, so it is important that we all feel trust and love while having fun playing! Trust can only happen when there is respect and team work. My goal is to create an environment that is like a second home to our children, families and Educators," said Linda Hutchison, Centre Manager for TG's at High St, Wauchope.

She further explained, "During my time in a leadership role at TG's Child Care I have learnt that leadership is about collaboration and inspiring others to do their best. That there are two ways to listen. There is hearing the spoken words, and there is active listening which shows my team that I actually care."



Nikala (Nik) Frost, Centre Manager for TG's Armidale can't agree more. "I thrive on providing a positive, fun and supportive environment here at TG's Armidale for my educators. To be able to excel in any job, you need to feel trusted and respected. I love that I have been given the opportunity to continue to share my positive leadership skills with my team and continue to grow their knowledge and their leadership skills. Every day has its challenges, by having such a strong and supportive team, like I have, really helps to overcome these challenges as a team. We lean on each other and really come together as a whole team when it is needed, with everyone giving the right amount of support."

"The management structure at TG's promotes positive, supportive relationships with everyone paddling the canoe together. That's how team work happens. The goals that I have for my centre at Riverbreeze is to create an inclusive, supportive environment for Educators, families and the extended community. I want to build a cohesive team that advocates for all children, living by TG's core values of love, trust, respect, compassion and fun. I live and breathe the TG's Way every day, building relationships with the Educators, children and families, playing and learning for life," said Faye O'Neill, Centre Manager for TG's at Riverbreeze, Wauchope.



"TG's Foundation Stones are practised at work, within the communities and even at home. It has become a way of life where Love, Trust, Respect, Compassion and FUN shine through TG's Educators, Children and their Families. This is Playing It Forward and TG's Educators have the responsibility of leading the children towards a bright future," says Bron Byers, Bron Byers, Centre Manager, TG's Child Care Uralla.

TG's Child Care building beautiful relationships with their communities

Why should anyone join TG's as an Educator or ECT?

Toni-Lee knows well why she has made the best decision ever in joining TG's, but she thought she'd get right to the heart of TG's and ask her team of Educators at TG's Hastings Street why they love working for TG's!



Linda Hutchison, Toni-Lee Paine and Faye O'Neill. Photo: Lucy Humphries



“We support one another.”

“We work together as a team.”

“We feel respected as Educators.”

“We come to work and have fun!”

“We get to play a part in the development of the children, watching them grow and learn new skills. It is rewarding to know that we have contributed to the development of each child.”

And we think their answers speak for themselves!

Gracie Reeves, Centre Manager at TG's Urangan, QLD adds that Educators are acknowledged and recognised for all their continuous hard work and dedication. TG's provides amazing support in all areas and are always looking for ways to help Educators improve their skills and knowledge.

For Bron, she never dreamt that she would one day be working in a place where she could keep growing and learning. At TG's, anything is possible if you want it enough. You can start as a trainee and if being a centre manager is in your career plans, you'll get the support and training to do that.

Women leaders who help others to shine just as brilliantly

At TG's, there isn't just one 'leader'. Leadership is for everyone and all the Educators are encouraged to grow with TG's. Educators support and motivate each other. They paddle the canoe together and have got each other's backs.

Those who are highly experienced in leadership are firmly dedicated and committed to lifting others up.

Meg Barnden-Hyde

Meg Barnden-Hyde is the Mother Hen who is leading by example, and her win last year for Outstanding Business Leader is a deserving recognition of an amazing leader. She is, in turn, nurturing her team to boost their skills a step further, take on responsibilities and develop their career in Early Childhood Education.

Passionate about mentoring

As manager, Meg does a lot of mentoring, supporting and guiding and it's something she's passionate about. It's a special gift to be able to witness how her team members are growing and developing into beautiful Educators. What is most rewarding for her is to see a shift in their mindset and see them develop a sense of pride in what they are contributing to the children's learning journeys. Every one of them is making an impact on the children and their future.



➔ Bron Byers, Gayle Kee, Nikala Frost, Meg Barnden-Hyde

Nik appreciates her mentors. "I was lucky enough to have 3 of the best as my mentors: the owner of TG's Child Care, Gayle; NSW Manager Meg and Uralla TG's Child Care Centre Manager, Bron. Each of these beautiful ladies have taught me life long skills, which I am now sharing and guiding with more of our TG's educators here in TG's Armidale.

My goal for 2023, is to continue building my team up and providing them with the right amount of training and guidance to further their leadership skills. Anyone has the potential to be a leader. It takes a time and a great mentor to make this happen."

TG's Way at work and at home

Meg brings the values and foundations of TG's in all areas of her life, at work and at home. It aligns with her own personal values and beliefs. The TG's way is a tool kit tool she can use in any situation at any time.

Gayle Kee

Meg herself would be more than quick to point to Gayle Kee, owner of TG's Child Care as the defining person who lifted her up when she was growing through her journey as a TG's Educator. Gayle is not just the one who conceptualised and

grew TG's to what it is today (we're talking about going from a 2 person team to one of over 160 now). She is also first and foremost, someone who truly cares about what she does and is convinced the TG's Way is what families in our communities need to keep Playing it Forward into the future. Those who know Gayle will attest to her passion and drive.

Educators need love and care too

Whether it is children or Educators, Gayle knows we all share the same basic needs - to be encouraged, nurtured and respected, be given the time and space to learn and grow, to



Linda Hutchison



Faye O'Neil



Toni-Lee Paine



Nik Frost



Gayle Kee



Bron Byers



Gracie Reeves



Meg Barnden-Hyde

be supported, guided and mentored and to feel loved. We all need a sense of belonging and connection and that we are valued and trusted as team players.

Collective thinking is key

Gayle is the first one to admit that she doesn't always know the answers to everything. She supports and encourages her team to develop their gifts and superpowers, talents and skills. It is through collective thinking that they can come up with the most incredibly creative solutions and outcomes together.

A safe space to be honest

TG's Child Care has a culture of creative thinking and growth mind-sets where everyone is open to learning, growth, development and continued improvement through the use of Edward DeBono's - 6 Hat thinking styles and framework for including all perspectives and parallel thinking. Gayle isn't afraid to have difficult or challenging conversations about things that need to be addressed. TG's is a safe space where Educators are encouraged to ask the

right questions and have brave, daring, open, honest and constructive conversations. This is how TG's builds quality teams.

Empowering leaders of the future

Educators are empowered to take on new challenges and leadership roles. Every one of them is a leader of the future. That is why Gayle nurtures an environment of safety, courage and support at TG's. She loves her teams, values them, encourages and validates contribution and praise and appreciates them daily. They each make a significant difference in the lives of young children, families and their communities every single day.

When a child is nurtured in an environment like TG's, where leaders grow leaders through the generations with love, care and respect, one cannot be surprised that they are well-prepared to be future leaders to create a better environment and society for tomorrow. TG's is the stewardship of the children's future, thanks to the amazing women leaders who are there day after day, sharing their gifts and making a difference.



TG's Child Care is Hiring

TG's Educators Play at Work
tgschildcare.com.au/careers

- Our Educators are Play Experts who play at work to make a positive and significant difference in each child's life.
- We are currently seeking fun-loving qualified Early Childhood Educators, with an Early Childhood Teaching degree, or Diploma or Certificate 3 in Early Childhood Education and Care.

Apply to Play at Wauchope

High St

t/ (02) 6585 3331

Hastings St

t/ (02) 6585 1033

Riverbreeze

t/ (02) 6585 2981



TAMARA WEARS MANY HATS EXCEPTIONALLY WELL!

◆ Meet Tamara Dobson
Real Estate Sales Agent
@ Elders Lifestyle Group,
Zenryoku Martial Arts
Instructor, Owner
Naminda Support
Services, Mum of 4



Real Estate Sales Agent, Martial Arts Instructor, Owner of a Disability Support Service and a Mum, Tamara Dobson is one switched on young lady.

From the tender age of 18 she constructed her first home and since then she has harboured a keen interest in various aspects of the real estate industry, including but not limited to investing, selling and building.

Tamara holds a certificate of registration in property services, and specialises in property sales in the Wauchope area under the umbrella of the Elders Lifestyle Group. Offering a personalised, professional level of service and an optimistic approach to life in general, she delivers exceptional customer service.



“My local knowledge helps me to achieve the best result possible for my clients. I strive to exceed expectations and like to develop long term relationships,”
she told us.

Real Estate is a satisfying industry to work in

As shelter is a basic human need, Tamara takes great satisfaction in collaborating with individuals to fulfil their property aspirations. Through her profession, she has had the privilege of serving a diverse clientele, spanning various socio-economic backgrounds, which ensures that no two workdays are alike.



➔ Some of Tamara's students at Zenryoku Wauchope.



The Elders Lifestyle Group is a leader in Residential Sales, Commercial, Projects, Leasing, Management and Holiday Rentals. Based on the beautiful Mid North and North Coast of New South Wales they currently have 15 offices covering Camden Haven, Casino, Crescent Head, Evans Head, Grafton, Kempsey, Lismore, Port Macquarie, South West Rocks, Wauchope, and Yamba.

“We are proud to be part of the Elders network, which has now been established for 180 years across 450 offices,” Tamara said.

A typical day

For Tamara, there is no such thing, but most days involve spending time at the office, prospecting, marketing and advertising, conducting research, managing paperwork, continuing her education, meeting with clients, staging and showing homes, and scheduling appraisals and inspections.

Following an ethos of “Selling Real Estate, Exceeding Expectations” Tamara shows integrity, competence and kindness with an admirable desire to succeed. She brings all her past and present experiences to meet anyone's expectations.

Goal oriented and capable of performing with excellence even under the most challenging circumstances, her academic and professional experience together with her caring nature and love for family, gives her an indispensable point of advantage when sourcing out the place you will call home.

She is one busy lady that is for sure, but her day doesn't necessarily stop there when she takes her Elders hat off.

She has a few side hustles

An entrepreneur, Tamara has founded four successful businesses and she is just 27 years of age! Very different from her real estate role, she runs Martial Arts Classes out of the Wauchope High School Gymnasium under the banner Zenryoku Wauchope and she owns a disability support business, Naminda Support Services BUT her most important role is a Mum of four gorgeous children.

She has a strong community spirit, being involved in several local community events, including volunteering as an MC at NAIDOC family fun days and collaborating with businesses and schools to develop inclusion programs that improve access for individuals with disabilities.

[Read the full story](#)



Tamara's one wish for 2023...



“To be actively involved in community groups and planning.”



Women in Business Month Giveaway!

Head on over to my Facebook Page

[@TamaraDobsonElders](#)

to enter to win a voucher valued at over \$200 to spend at The Wellness Collective.

The Wellness Collective

a wellness retreat away from the bustle of everyday modern life. Offering Yoga, Health, Beauty, Massage, Monthly Workshops and a mindful curation of beautiful lifestyle offerings. Find support, guidance and inspiration for the experience of true wellness, with our incredible collective of natural health practitioners.

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Tamara Dobson
Sales Agent

Elders Real Estate Wauchope
36 High Street, Wauchope NSW 2446

p: (02) 5543 9833
m: 0487 628 339

e: tamara.dobson@eldersrealestate.com.au
w: <https://wauchope.eldersrealestate.com.au>

A HEALTH AND WELLNESS MENTOR AND SOCIAL INFLUENCER. JEANNIE SHARES HER TIPS TO ENSURE SUCCESS FOR BOTH MEN AND WOMEN

◆ Meet Jeannie Rogers
Health and Wellness
Mentor @ i-dream-with-jeannie



If you are yearning for a healthy lifestyle, a chat with her should be at the top of your to-do list.

Jeannie aligns herself with a group that has designed a gut health program with a leading dietician in Australia suited to nourish your body and allow your gut to finally absorb the nutrients from your diet.

Not only does Jeannie mentor both men and women to follow a healthy lifestyle, but she also teaches others to do what she does to make an income. Many of her clients and mentees are women dealing with menopause.

"At my age I've let go of the fear of a negative response," Jeannie told us. "I know my brand and have the confidence to talk about it publicly. Being part of this network of women working to help others better themselves in health and wealth. It's something I'm very proud of."

Recognise challenges and overcome them

Join her Facebook Group;

[i-dream-with-jeannie](#)

Jeannie told us that the group has an enormous amount of "free" training and motivation. Throughout her journey she has put herself in uncomfortable situations and thrived. She says it has been the best thing she has done.

"I started this group to support my followers on their transition to a healthier more sustainable lifestyle with the support of a leading brand I have been using since 2020," she told us. "Not that long ago I started my day with a coffee or two and didn't eat until lunch or sometimes even dinner. I know there are so many people who can relate. Now I start it with GOOP, then breakfast and coffee."





What is GOOP?!

About 70% of your immune system lives in and around your digestive system, along with 80% of the happy hormone Serotonin, we need to look after those, right!? That's where GOOP comes in.

- It aids in the reduction of inflammation and bloating
- It helps keep you regular
- It improves the quality of your hair, skin and nails
- It provides the body with nutrients and minerals that it actually needs
- It gives you more energy

Innovation and Business

One of the biggest changes Jeannie has seen in the last few years of her business is the huge shift to online retail.

"Since COVID, the online retail world via social Media has grown exponentially. It's been rewarding to be at the forefront of that over the last few years and now going into a tough economic crisis we have the support of a company at the front of the game."

Social media has been her driving force by leveraging technology to differentiate her business.

"We can get our message out to a huge audience. There are so many options and tools that are cost-effective and in most cases free, social media makes life easier."

Protecting the Earth in your Business

Jeannie told us, "Keeping your business a happy, well-rounded environment, if it can be done at home, allows you to work flexible hours. It's far less of an impact on the environment if more people can work from home."

Jeannie's one wish for 2023...



To break the negative undertone about Network Marketers

Check out Jeannie's Linktree



Jeannie Rogers / 0402 322 755

Jeannie Rogers is a Professional Health Mentor
Supporting Health & Wealth with Clean Living

Join her Facebook Group

i-dream-with-jeannie

You can find me on linktree

Check out
my linktree

linktr.ee/jeannierogers

GoopGang

MOST CUSTOMERS PREFER A TAILOR-MADE RIDE EXPERIENCE. WON'T YOU?

◆ Meet Beth Williams
Co-Owner, Office
Administrator, Tour
Organiser @Epic Rides &
Tours



Beth Williams from Epic Rides and Tours liaises with husband and business partner Heff to arrange and produce a truly unique experience for each and every customer, outside the "ready made" options on the website.

Customer service, Tour Experience Organisation and Office Administration are just some roles Beth handles each day to provide a bike tour second to none.

She researches routes, destinations and other details of runs so she can present a picture to potential customers. Often, before a given run is added to the Epic Rides & Tours list of mystery rides, she accompanies Heff on a "recce ride".

"This is so I know the route well, and can assist the customer with a personally-gained insight to the product on offer. As part of this conversation, I advise customers

on matters such as clothes to wear, sunscreen and whether they are likely to get muddy or dusty!" Beth told us.

Beth never thought she would be involved in the tourism industry, let alone an owner of a tourism business. As someone who has low vision and having to surrender her licence, it took her by surprise at how much she personally loves being in a sidecar. She may not see the wildlife as well as most people but she gets to feel, hear and smell the environment which she loves.

Vroom for stand-out bike rides

"We have the only set up locally that can go off-road and hit the dirt tracks," explained Beth. "We can access our beautiful National Parks and State Forests with ease and a comfortable ride."



➔ Cruising on the highway Epic style

Epic Rides & Tours have sidecar outfits that are designed to be used on and off-road, adding another dimension to the runs on offer.

Many of the runs are through amazing rural locations that cannot safely be accessed by trike, or some even by 2-wheel drive cars.

Innovation and problem solving

Always open to new ideas, Beth is working on a system to keep her in contact with previous customers, with the view to returning business. She acknowledges social media is an avenue that has helped expand the business.

By putting together and posting videos and reels on the businesses social pages she is creating

memories for clients, their families and friends, who are sharing the experiences and hence growing the Epic Rides and Tours social media presence.

Protecting Earth whilst providing adventure

All sidecars are small-engined, thus producing much less emissions than other forms of transport. Riders endeavour to minimise their environmental impact, as the wild areas Epic Rides and Tours visit are the basis of their business. Customers are made aware of the beauty of the areas travelled and Riders are nature-loving and keen to pass on their knowledge of wildlife.



Husband and wife team - Heff and Beth Williams

"On a recent run, Heff advised the customer she may see wildlife, including goannas," Beth told us. "On cue, a goanna appeared and started to climb a tree. As an international visitor, she was thrilled. Heff also advised her where to find water dragons, land mullets, tawny frogmouths and even koalas."

Beth's wishes for 2023...



To be more established in our local area and employ new staff members and to be around in 2024 working with other local businesses.

[Read the full story](#)



Book a 30-minute to 5-hour leisurely ride with a private tour around the Mid North Coast and Hinterland plus a stop to enjoy traditional Australian Pub Food.

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- @EpicRidesandTours
- epicridesandtours.com.au

IMPLEMENT A FULFILLING FUTURE WITH BERNIE, HEART-LED QUALIFIED COUNSELLOR AND LIFE COACH

◆ Meet Bernie Ginnane, Heart-led Qualified Counsellor and Life Coach



Successful, professional working men and women have seen positive long-lasting change within themselves, living lives with more passion, purpose and peace after valuable time spent with Bernie Ginnane.

As a heart-led Qualified Counsellor and Spiritual Life Coach, Bernie often sees many people who feel they are somewhat stuck in life, in turn impacting all areas of their lives, including their physical, emotional, mental and spiritual well being. These affect their careers, kinship and friendships.

Bernie has faced and overcome great challenges and obstacles in her own life.

“Some of these challenges definitely brought me to my knees, such as going through breast cancer, experiencing divorce, the death of

loved ones, and the knowing that I was not on my right path but not knowing how to get there,” she told us. “But I have risen to the challenges, shifted out-dated self-beliefs, and found a way to push through obstacles to springboard myself forward.”

Her point of difference is that she speaks from experience, and has the innate ability to put others at ease and for them to feel safe in her presence to share their stories. She utilises her professional experience and knowledge as well as her heightened intuitive ability.

Bernie guides them to clear their past and implement a more fulfilling and authentic future. Clients, whether individuals, couples or groups can feel safe, be seen and heard fully during their counselling, coaching and healing sessions with Bernie at The Willow Room at 243 High Street, Wauchope NSW or over Zoom.





She offers a one-off session or a 6 Week Program, in which clients access her proven experience as a Counsellor, Spiritual Life Coach, Intuitive Guide, Certified Sound Energy Healer, Mindfulness Meditation Teacher, Numerologist, Reiki Master and Shamanic Practitioner.

This powerful combination of qualifications and experiences allow her to bridge into the practical business world, everyday life, family issues and the incredible vast energetic, spiritual world where Bernie together with the client can break through obstacles and live a more empowered version of themselves.

[Weekend Women's Retreat on 17/18/19 March]

[More information](#)



Exciting announcement

Bernie's gentle yet powerful transformational coaching expertise has led her to increase her online presence.

"From mid 2023, I will be offering Online Courses via my website. These Online Courses will be self-paced, available 24/7 in the comfort and convenience of the client's home or office," she told us. "I am also working on putting together a Masterclass via Zoom for July 2023, and plan to offer a Masterclass every 3 months, with different themes."

Bernie's One wish for 2023...



More Peace on Earth.

Read the full story



INTERNATIONAL
WOMEN'S DAY
MARCH

Open to Women who feel they are somewhat Stuck in Life and Wanting to Make a Difference

I am gifting 2 vouchers for an hour Breakthrough Call with me.

Just fill in the form and mention "Breakthrough Call" -

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Bernie Ginnane

Heart-led Qualified Counsellor and Life Coach guiding Women to Clear their Past and Implement their Future

A Breakthrough Experience with an Intuitive Guide | Certified Sound Energy Healer | Certified Meditation Teacher | Numerologist | Reiki Master | Shamanic Practitioner

INNOVATIVE ELLEN PUTS PORT MACQUARIE EATS IN AN APP

◆ Meet Ellen Crepaz
Mum, Entrepreneur and
Micro Influencer
@Port Macquarie EaTs



We applaud Ellen Crepaz, entrepreneur and micro influencer from Port Macquarie EaTs for developing an app that now has 16,000 followers.

This platform is where you can share your experience and discover the best eats, drinks and attractions, PLUS, there are plenty of special events tailored to make exploring this wonderful place an experience everyone will love.

With a comprehensive directory of restaurants, bars and things to do through the app, it's your one stop shop for a great time in Port Macquarie. Ellen's hope is that these amazing efforts will bring life back into the region and make enjoying it even better than before!

Doing great things

"We just recently held our first festival, which was such an amazing experience for everyone involved, with thousands in attendance. It was an absolute success!" Ellen told us.

"The event was supplied with local products and produce and supported by locals and visitors to the region."

In addition to these big events, Port Macquarie EaTs also run different decade events to give people an opportunity to really let loose. The response has been overwhelmingly positive with each event selling out within hours.

"It's been a hugely rewarding experience for us all," she said. "We hope that by providing such events as well as a directory on our app, we can give life back to Port Macquarie and have something for everyone in the community."

Challenges faced and overcome

As a woman business owner, Ellen is no stranger to the challenges of balancing work and family. Being both a full-time employee and part-time entrepreneur makes it difficult to find enough hours in the day sometimes she told us.





“On top of that, I'm also a mum, with my kids being my priority. It's definitely not easy, but I've managed to set boundaries and prioritise my workload in order to make sure everyone is taken care of. Being able to take on different roles has made me confident in knowing that no matter what life throws at me, I can handle it.”

Leveraging technology made life easier

The Port Macquarie EaTs App has been an integral part of the business. It has made organising festivals and events so much easier. The app is constantly being updated with new features, making it suitable for various events and settings.

“Just recently we had a festival and leveraged the App to improve our customers' experience. They were able to keep up-to-date with the stall holders in real time as we could use the App to make quick adjustments as needed. The feedback from this festival was extremely positive and we look forward to continuing using the App at future festivals.”



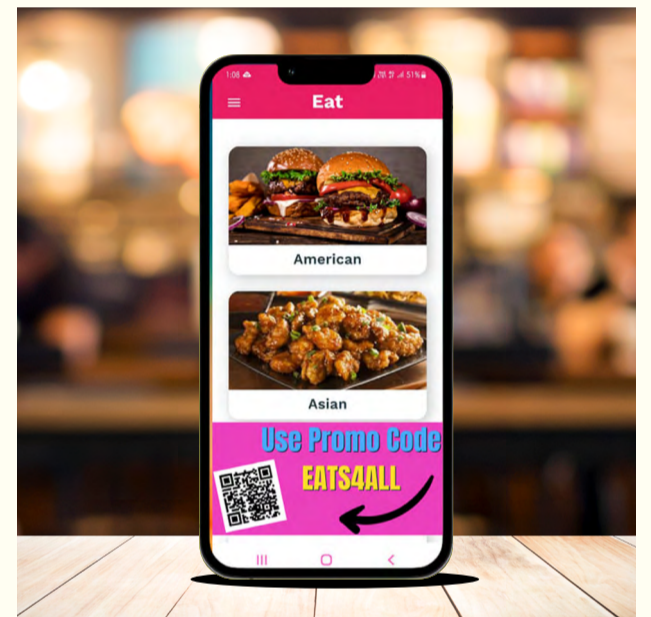


One wish for 2023

2023 is an exciting time for Port Macquarie EaTs and the people who flock to our beloved region. Their wish is to have more businesses added to their App as the team is determined to make it as comprehensive as possible.

“Adding more events to the area will help enhance the beautiful region we live in, entertaining both locals and visitors. With a little help from everyone, we can make this goal a reality very soon,” said Ellen.

[Read the full story](#)



[Download the App](#)



Port Macquarie EaTs PRESENTS


SATURDAY
17 JUNE

Y2K PARTY
THAT'S HOT

TICKETS
\$80

PORT ADVENTURE 6PM TO 10PM
3 COURSE DINNER! ENTERTAINMENT & DANCE PARTY


CRUISE PORT MACQUARIE
PORT ADVENTURE CRUISES


70'S BOOGIE NIGHTS

Come aboard the Groovy Port AdVenture and take a trip back to the Far Out 70s! This is your chance to don your disco clothes, enjoy a delicious three-course meal, and dance the night away to all your favorite hits. The Port Adventure is Hastings' premier party boat, and we guarantee you'll have a blast! So put on your dancing shoes, gather your friends, and join us for an unforgettable evening of fun.

TICKETS \$80

Port AdVenture Cruises:
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15.04.23
 6PM
 10PM

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CRACKING THE CODE INTO THE FUTURE

◆ Our CEO Veronica Lind is leading the way in Modern Marketing!



Veronica knew that the Future of Marketing is where sales, marketing and communications come together to apply technology, mathematics, science, creativity and psychology into an ecosystem that empowers customers to move to their next buying stage FASTER than they would on their own.

Under her marketing agency, Vermilion Pinstripes, Veronica trademarked her Modern Marketing Framework™ (MMF) in 2020 that incorporates the entire ecosystem of Modern Marketing to empower customers to build business confidence and thrive. MMF was the first of its kind to be trademarked by the Australian government's intellectual property agency, IP Australia.

Mathematics in Marketing for Data Backed Decisions

Performance Analysis

Marketing helps run a business. A business has to make money in order to exist. That requires a lot of maths. And Maths is used in marketing to quantify the productivity and efficiency of investment.

Predictive Relationship Marketing



Veronica was said to have invented Predictive Relationship Marketing where analysis assesses the current economic and market conditions and provides a framework for identifying short and long term probable candidates within an identified growing industry to widen and deepen relationships.

Technology in Marketing for Specific Targeting

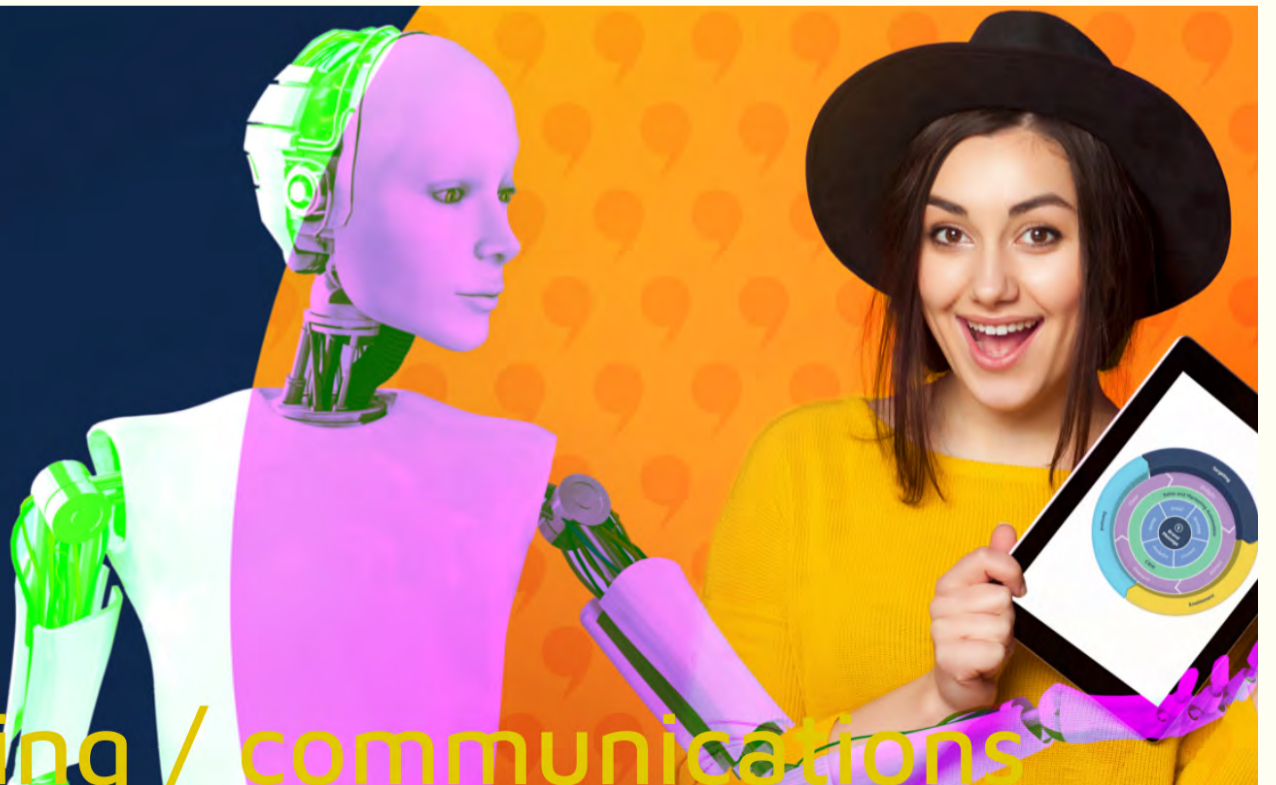
Technology in Marketing for Specific Targeting Digital Marketing is a norm.



BUILDING
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sales / marketing / communications





However, when technology is used effectively in marketing, then companies can serve the right content to the right user at the right time. Imagine accurate targeting, the happiest user experience, agility in adoption and speed to market aligning product and business development, sales and communications.

That's what Modern Marketing Framework™ (MMF) can achieve!

Technology that made Harry Potter's Daily Prophet Newspaper Real

Yes, magic can and does exist, if you believe in it enough to make it happen! Brilliant-Online Magazine is an interactive magazine where visuals and audio come alive. Call-to-action interactive links allow users to go straight to the advertisers' website to take further action on their products or services.



Brilliant-Online is the first single all-in-one advertorial platform that boosts multichannel and omnichannel advertising, delivering better brand ROI.

[Read the full story](#)



A 'JILL OF ALL TRADES' ELSA LOVES HER VOCATION

◆ Meet Elsa Barbosa
Co-owner and Manager
@Port AdVenture Cruises



Cruising the Hastings River on a daily basis dolphin spotting is a tough gig - not! That's just what Elsa Barbosa does as co-owner and manager of Port AdVenture Cruises.

Offering a range of cruises, including private functions and a huge selection of entertainment events throughout the year, we asked Elsa just what she does aboard the boat?

"The question should be, what don't I do?" she laughed. "As the co-owner I have a very hands-on role including taking the bookings, overseeing the catering, promotion and marketing and when we finish our cruises, cleaning and servicing the vessel."

A wonderful cruising experience for everyone, the vessel has a fantastic reputation for their Seniors' Big Day Out Cruises, hosting private groups celebrating a birthday for 1-90 year olds and they have provided unique cruises with DJs suitable for the crowd on board.

"In summary, we provide weddings, parties and anything. The big difference and point of sale is that our venue (boat) cruises the river with changing scenery every 5 mins," Elsa told us.

[Book Cruises](#)

Challenges faced as a Woman Business Owner

If we had asked Elsa this 10 years ago she may have answered differently, but now she said that it seems women are accepted and respected as business leaders.

"Being in business you must be prepared for 100% commitment and you must love your job. To be cruising the Hastings River every day, almost always seeing dolphins and getting warm feedback from our customers is very special for me."

Elsa listens to people and asks lots of questions. She surrounds herself with positive people who inspire and advise her to do things better.

A word of thanks from Elsa

"I really appreciate Brilliant-online, firstly for giving our business a continuing high profile on their multimedia platform and in their monthly magazine, and secondly as a co-owner of Port AdVenture Cruises, a voice to be interviewed for this edition," she said. I have only been in Port Macquarie for five years, but the community support has been overwhelming - Port Macquarie is my HOME."



a/ Town Wharf (end of Clarence Street, Port Macquarie)
e/ info@cruiseportmacquarie.com.au

w/ cruiseportmacquarie.com.au

U/ 0417 681 031
0434 393 199



Elsa's one wish for 2023...



That the bushfires, floods, COVID-19 and the recent winds are all behind us and that we can trade without the disruption of these natural disasters.

[Read the full Story](#)



ARE YOU READY TO AWAKEN TO YOUR FEMININE POWER?

◆ Meet Judy Mort
Midwife to Birth: Midwife
to Women on their
Soul Path. Teacher and
Practitioner, Priestess
Mentor. Wayshower. @
Artemis Rising



Transformative, inspiring and powerful, Artemis Rising offers women a range of ways to remember and reclaim their most authentic, empowered, and wildly soulful nature.

Judy Mort is a teacher and practitioner of the Women's Mysteries and Shamanic Womancraft.

Her work aligns and guides women on their Soul Path in life. Judy has been offering her services for over 12 years, while also working as a midwife within NSW Health.

She holds regular Moon Circle for Soulful Women circles, Wise Woman Rising and Rites of Passage workshops, Pregnancy and Birth workshops, and other programs, events, and courses. Highly-personalised support and mentorship through Bespoke One-to-One Sessions is also offered.

"I teach and guide women to live in alignment with the power and wisdom inherent in all of life's cycles; our bodies, the Moon, the Earth and our life phases," she told us. "In learning and living this way women remember that we are indeed Nature, we are connected and interconnected to all life's cycles and the Earth we live with."

In joining the events offered through Artemis Rising, women embark on their individual sacred journey made richer through sharing it with others.

Challenges as a Woman Business Owner

Recently Judy made the transition from employment as a registered midwife in NSW Health to working full time in her business.

She loves the creativity, the freedom, the passion and the autonomy that this move has given her - she gets to set her own agenda.

A challenge she has found has been learning and implementing all areas of business; from planning, marketing, finances, content creation, ongoing professional and personal development; managing back-end systems; while offering the positively life enhancing service of Circles, workshops, courses and One-to-One Sessions to women.

"Most importantly, I apply to my business systems what I teach in life! I align my business activities with the changing Lunar Phases and Earth Seasons. I follow my own cyclical wisdom to ensure a sustainable and regenerative way of working, avoiding overwhelm and burnout," she told us.



I help women move through times of transition, transformation and awakening, so they can live inspiring lives - with passion and purpose.

Work with Judy

Let's Journey Together

I have so much to share with all women, from all backgrounds, all walks of life and at every life stage. I'd love to connect with you.

FIND OUT MORE



artemis-rising.mykajabi.com



artemisrising.com.au



artemis_rising7



judy@artemisrising.com.au



Judy listens to her intuition, exercises discernment, asks for help readily and seeks that sweet spot of balancing life, fun, play, wellbeing, all business activities and delivering the services she has a passion for.

Judy's wish for 2023...



Peace. Peaceful heart, peaceful mind, peace with our bodies, peace within ourselves. Inner peace and outer peace. Peace within our families, our workplaces, our communities, all nations and the Earth.

[Read the full Story](#)

ARTISAN JEWELRY, FASHION, GIFTWARE AND ORIGINAL ARTWORK

◆ Meet Michele Cook
Owner, Founder, Artisan,
Creator and Designer
@House of Utopia



Starting as a glimmer of a dream during the COVID-19 pandemic, House of Utopia was initially located in Wauchope under the name Utopian Living. Owner Michele Cook was selling only her handcrafted jewellery and artwork.

She then branched into affordable, stylish clothing for women of all sizes and shapes, developing a following along the way.

In September 2022, after a few months of consideration deciding on her future direction (Michele and family nearly moved to QLD), she decided to stay in the Hastings area, albeit relocating the shop to Port Macquarie.

A quick 'restyle' and rebrand

House of Utopia launched in Peachtree Walk Arcade and has gone from strength to strength.

Michele continues to design and create Artisan jewellery, paint original artwork and curate and sell affordable, fabulous fashion and select giftware.

But her jewellery and artwork are still at the forefront of the business.

By offering unique Artisan pieces, she has created a peaceful environment,

where customers feel relaxed. She offers wonderful customer service, assistance with styling, a smile and she is always happy to chat, whether you're buying or not! Michele loves people.

Challenges as a Woman Business Owner

Michele has been a woman business owner across a few industries over the years, including a Workshop Facilitator to build women's self esteem and confidence in their 'middle years'.

She believes for many women, self belief and confidence in their vision can waiver. A few fabulous supporters to remind you that 'You CAN do this' will make a massive difference!

"Obviously, you need to 'know your stuff', but after that, it's about Belief, Passion, Confidence and Resilience, the groundwork for Success!" she told us.

Michele would like to congratulate every woman in business for following their dreams, for believing in them and themselves and bringing those dreams into reality. "May we lift each other up, encourage and support each other, may we ALL be successful at what we do!"



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Michele's wish for 2023...



Honestly, no more disasters
and no more interest rate
increases!

[Read the full Story](#)

[Shop her collection](#)



RELAX AND ENJOY BEING IN FRONT OF A CAMERA

◆ Meet Lucy Humphries
Owner/Photographer
@Lucy Humphries
Photography
Mum of 2



Based in Port Macquarie, Lucy Humphries Photography captures those truly unique moments in life of you and your family. A wife and busy mum, Lucy simply adores photography. She wants you to relax and enjoy being in front of a camera.

Not the kind where you stand still and force a smile, it's the sideways glances and the little grins, the special moments that she aims to capture. Relaxed and fun is her vibe.

Lucy is responsible for the magnificent Women in Business photos in this month's edition of Brilliant-online.

Everyone was put at ease and experienced first hand how it feels to actually relax and enjoy being in front of a camera. Brilliant-online couldn't recommend Lucy more highly for your next corporate or personalised photo session.

**Photograph session of
Brilliant Women**

Challenges for small business

Lucy told us that her biggest challenge as a business owner has centred around having a young family and growing a business.

"My children are 10 and 5. Like a lot of people we have no family support nearby and the juggle for myself and my husband can be very hectic at times. I recognised fairly early on that I would benefit from expert help and have worked with business coaches which has been a phenomenal help with all aspects of running a business," she told us.

A very relaxed and fun style

That's how she rolls. She puts you at ease, wants you to relax and have fun. "I believe this comes across in my clients' photos. I rarely photograph people who enjoy having their photo taken, it's much more likely that someone will tell me they 'hate' having their photo taken! Usually a few minutes into our session I can see them relax, and that's down to the relationship and rapport I gain with my clients."

**Take a look at some of
her recent work**





Lucy's wish for 2023...



To continue to work with amazing individuals, families and businesses from our beautiful region. I am so fortunate to be able to document life changing moments for my clients - from sunrise proposals, to weddings, newborn babies and so much more, my wish is for that to continue!

Photos: Katy @ Evokative

PROVIDING HEALTHY, NUTRITIOUS FOOD TO THE LOCAL COMMUNITY IS A PASSION

◆ Meet Rebecca
Armstrong
Wife, Mum of 2 and
Co-Owner@ Grazed &
Grown Farm



A regenerative farmer, Rebecca Armstrong, along with husband Peter, produce pasture raised and chemical free eggs, chicken, pork and beef along with a small herd of dorper sheep and a small rhubarb patch.

The 176 acre property on the beautiful Comboyne Plateau, Grazed & Grown Farm supplies households and businesses with nutritional food for all ages.

"If you would have said to me 10 years ago... 'You're going to own a farm one day'... I would have laughed! I have always had a passion for animals, growing up in Sydney we always had a dog, but I think now, I have so much more love and respect for animals as they are a great tool and asset, not only to our farm and our lives, but to the whole food chain business," Rebecca told us.

"As women we usually put so much pressure on ourselves without thinking about it. So not only is it hard to run a household and the day to day chores, but with the farm there is all the feeding and moving of animals,

maintenance and then the office work as well," she added. "Farming is hard work. Body strength is essential and often my physic is overlooked. I am strong mentally and physically and I will always try before giving up."

Nutrition and food security a priority

Reducing the farm's footprint and keeping their nutritional produce local is the main objective.

Having a desire for wellness and a love for the land Rebecca and her family call Grazed & Grown Farm, the family grow as much of their own food as possible, and source other foods locally from like minded people.

Rebecca believes that 2023 is shaping up to be a year of change and growth.

"Many people visit our farm and tell us about their dreams of a change in lifestyle, and we are starting to see people follow their dreams. This is an exciting time, and the community is embracing people who are willing to give it a go," she said.





Rebecca's one wish for 2023...



By sharing our passion and journey with others, we can encourage another individual or family to have a crack and turn their dream into a reality.

[Read the full Story](#)



TALLOWWOOD HOUSE IS THE BEST LUXURIOUS SHORT STAY IN PORT MACQUARIE

◆ Nestled behind a rainforest, Mandy Rowe has made Tallowwood House an unforgettable stay.



Tallowwood House, a well-appointed bed & breakfast has two beautifully curated suites that are perfect for those seeking to leave aside the humdrum of everyday life with a short stroll to Shelly Beach.

Husband and wife owners, Mandy and Shane created Tallowwood House with a lot of conscientious thought to blend in and reflect the beach and rainforest surroundings. A few carefully curated pieces of furniture and accessories made by local artisans add a distinctive touch to the space.

Suites have air-conditioning, high-speed internet, TV, a B&O sound system, bar fridge, tea/coffee making facilities, organic coffee beans ground daily, organic teas, toaster and microwave. Bathrooms are outfitted with Turkish waffle oeko-tex bath towels, Aesop body and hand products and waffle bathrobes.

Tallowwood House is solar powered and is even able to offer guests recharge facilities for their electric cars! Three phase (22kW) with a Type 2 connector, fast charging for your electric vehicle is available, at a cost of 30c / kWh.

While guests sleep, their vehicles can be recharged for the next stage of their journey. What a fantastic initiative! Talk about Nature meets Technology!

Mandy brings all of her experience over 35 years to guarantee guests have the best experience possible.

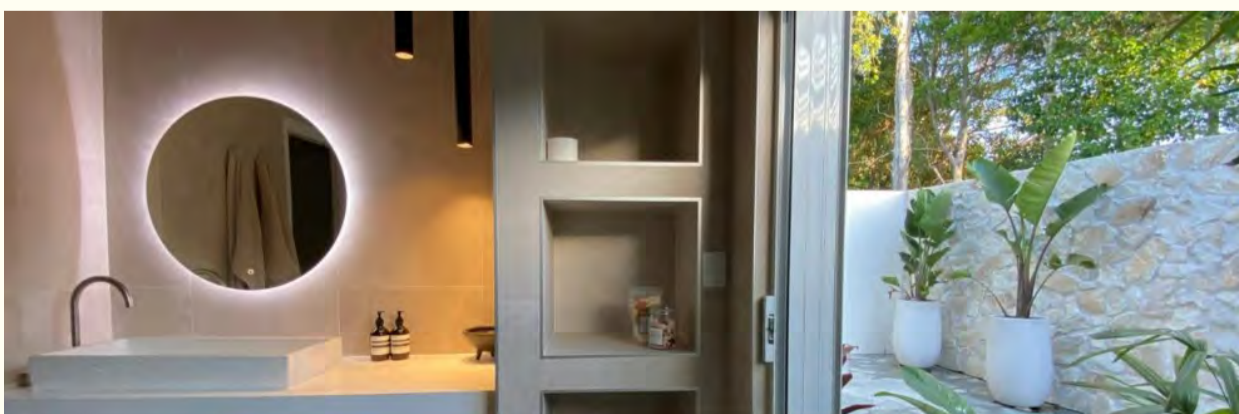


“I like to think I anticipate their needs before they even verbalise them. For example, the first thing I said to a couple from San Francisco was 'can I do a load of washing?' I've travelled extensively and know how difficult it is to negotiate laundry while on the road.”

A Woman in Business with many hats

Mandy has been a psychologist, a commercial cook, artist, B&B owner in Victoria and ran an international women's travel network called Broads Abroad Travel Network.

“My best role ever was caring for my children and husband whilst running a farm and a bed and breakfast in rural Victoria for ten years.”



Tallowwood House
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Saudi Arabia provided the creative spring for Mandy's interior design skills. She took a number of interior design courses there and many cooking classes as well.

Italian cuisine is also something she loves serving the guests. Breakfasts at Tallowood House are based on seasonal ingredients in keeping with caring for the environment. Rightly treated as the most important meal of the day, you can expect breakfasts here to be presented beautifully, always.

As a retired psychologist, Mandy knows the importance of "time out". She has created a space for people to escape everyday for a day or two in tranquility. Come to quiet Tallowood House for a respite and to recharge.

Mandy's wish for 2023...



To get her business well known in the region.

So now you know, if you need a little retreat, Tallowood House and Mandy's hospitality will be a balm for tired souls.



DELICIOUS, NUTRITIOUS, ARTISAN ICE CREAM FROM THE COMBOYNE PLATEAU

◆ Meet Miah Armstrong Owner @ Hilltop Natural Ice Cream



At just 15 years of age, Miah Armstrong has started her own business, Hilltop Natural Ice Cream, making her incredibly delicious and health benefiting alternative Ice cream and frozen yoghurt.

Miah's blends are designed to make you feel better, a healthy alternative, a healthy ice cream. Her products are available from her parents' farm shop at Grazed & Grown Farm and she is currently on the look out for outlets. Her produce is made from healthy ingredients sourced locally on the Comboyne Plateau. Her intention is to give back to her community as much as possible.

She's had challenges in business

Time. As she is still in High School it is hard to find the time to grow her business.

She told us, "Whilst going to school, work and running a business can be tricky, I have great friends and family who help me out in all areas of my life, most of which I wouldn't be here without."

Hilltop Natural Ice Cream started out small a couple of years ago, and Miah

says she is learning from scratch how to successfully run a business; all the while striving to perfect the healthiest and tastiest ice cream around.

Last year she decided she wanted to share her creation with others, so signed up for a business start up workshop. Whilst balancing school, work and life she has registered the business and is ready to be pumping out ice cream for her local community.

She told us, "I have been selling from our family farm shop for over a year now and receive nothing but great feedback. If you, or someone you know would be interested in stocking my ice cream or for more information please reach out."

Miah's wish for 2023...

To provide the local community with my delicious ice cream and frozen yoghurt products, build my brand awareness and be able to show others that by eating healthy alternatives, flavour doesn't need to be compromised.

[Read the full story](#)



FRESH FACE BREWING UP BUSINESS

◆ Meet Eden Lewis-Bain
Student and Owner/
Operator@coffee_
injection



At just 18 years of age Camden Haven's Eden Lewis-Bain is brewing up success from the back of her coffee truck, Coffee Injection.

A 2022 HSC graduate of St Joseph's Regional College in Port Macquarie, this year she will embark on tertiary study at Charles Sturt University, kicking off a Bachelor of Education degree majoring in PDHPE.

She wasted no time after high school last year developing a plan to launch her business, Coffee Injection, at Lake Cathie Medical Centre.

With the support of family and friends, Eden's business is already proving to be a popular spot to stop for a shot of liquid gold. Eden has employed a dynamic team who serve up a smile seven days a week.

"I'm proud of myself for staying focused on this dream and making it happen," Eden said. "Since opening Coffee Injection I have achieved so much, going from a year 12 student with a weekend job, to the manager of a great little business."

Committed to supporting other local businesses

"The secret to a good cuppa is brewed right here in Port Macquarie. A good coffee relies on quality ingredients and we make ours with our favourite coffee beans from Holy Goat. Their beans produce consistent and high quality coffee. As well, our trained baristas ensure they make each and every coffee with love and care to ensure our customers walk away with a cup of hot liquid gold each morning," she said.

"The love and passion of our team at Coffee Injection makes our coffee as good as it is. We all love to see that by having a good coffee in the morning, our customers' day is off to a good start."

[Read the full story](#)



YOUNG AUSTRALIAN OF THE YEAR - JORJA SCHOFIELD IS EMPOWERING GIRLS IN STEM

◆ Jorja Schofield is one feisty youth trailblazing her way for young girls to make a blast into the STEM scene.



Who is Jorja Schofield?

Jorja Schofield is a remarkable and persistent young leader who contributes to her school and the broader community through the promotion of STEM (Science, Technology, Engineering and Maths) studies and careers for girls.

At 13, she competed in the international FIRST Robotics Competition in Houston, Texas, as a member of the Colleges' robotics team, which won the Australian Championships.

Jorja is now in Year 12 and is the School Captain at Hastings Secondary College (Westport Campus). She continues to live her passion for STEM growing her skills and helping others.

Jorja spoke in Port Macquarie at the Luminosity Summit for Young People on leadership and gender prejudices inhibiting girls from pursuing careers in science. She is passionate about closing the gap between genders.

As an empathetic citizen and inspiring young leader doing her part to increase the level of representation of girls and women in STEM study and careers, it is no wonder she won Young Australian of the Year 2023 Port Macquarie-Hastings and we couldn't be prouder of her!

It is only fitting that our very own STEM wizard, CEO of Brilliant-Online Veronica Lind would be the one to interview Jorja, having herself gone through the path of pushing through barriers and misconceptions about women in STEM.

Veronica visited Jorja at the Hastings Secondary College Westport campus and had a lively conversation about STEM, women and empowering future generations.

Jorja's role in STEM at Hastings Secondary College

Jorja has taken on a mentoring role in the Robotics Team as captain this year. This is not something she takes lightly, and she is very invested in getting younger students to be excited and involved in robotics, CAD software, and also helping them build connections with like-minded children who are just as enthusiastic about STEM. She wants to encourage young girls in STEM to pursue their passion and claim their place. Her goal is to inspire younger girls and open up a whole new world of STEM to them, and to show them all the opportunities available to them and not let anyone stop them.

Helping girls speak up in STEM

In the world of STEM, even though there are girls who are interested and are studying it, they tend to be introverts and it makes it hard for them to reach out, speak up and stand their ground. Jorja knows the pressing importance of having the voices of these girls be heard and helping them 'find their tribe'.



STEM has a huge impact on our everyday lives and far beyond into our future. STEM is everywhere, and without it, we wouldn't have the life we have right now.

Jorja has also experienced the damaging effects of gender stereotypes in STEM.

"You can't do that. You're a girl!"

That was the sort of frustration Jorja experienced and she overcame them by sheer persistence. If someone told her she could not do something, she absolutely CAN and WILL!

"I CAN do that. I WANT to do that. So I'm going to do that!" - Jorja Schofield

Jorja's vision of the future of STEM

Jorja's plan is to go to university next year to further her STEM studies. She wants to get into either biomedical engineering or biomedical science. She is very interested in the 'bio' side of STEM e.g. bionics prosthetics, hearing aids etc.

One of her biggest wishes for 2023 is to inspire young girls to be able to have opportunities in STEM, to push past boundaries and Do Great Things.

When she received the award for Young Leader of the Year, she got a grant. Jorja wants to use that grant to take a group of girls from the college who are interested in STEM and take them to Newcastle to show them the STEM facilities there.

"Just do it! Don't listen to people who put you down."

"If someone says I can't do it, it makes me want to do it more! I have this fire in my belly and I'm going to prove the naysayers wrong!" Jorja believes that's the attitude everyone should have to go about achieving things. Jorja wants to make Little Jorja proud. She wants to make a little me who is excited and wants to learn and do great things. Jorja hopes she has stood by Little Jorja and done her proud.

"I want to make Little Jorja proud!"

And we definitely think she has. What an inspiration to listen to a young person with so much drive, fire and zest. Jorja is already making a huge difference in the lives of so many young girls, and the legacy she is building right now is going to lift up so many more. Each young girl she empowers will continue to do the same to another, and this is one amazing domino effect we want to see ripple through our society.

We wish Jorja the very best of luck in her studies, her career and future. Way to go, Little Jorja and Big Jorja!



➔ Port Macquarie–Hastings 2023 Young Citizen of the Year, Jorja Schofield about Girls in STEM.

FIVE FANTASTIC FEMALES WHO ROCKED BRILLIANT-ONLINE IN 2022

◆ With the celebration of International Woman's Day this month we thought we would revisit some of the wonderful women we have profiled in the last 12 months.

Proving that there is no bias at Brilliant-Online towers, we selected our shortlisted five based on the top five most read stories last year specifically showcasing women. In no particular order they are as follows:

Toni Jessop

English expat Toni lives in Phuket and is on a one-woman crusade to help distressed and abandoned dogs find a better life by way of adoption. She runs 'Toni J for the Animals', a volunteer led practice that helps man's best friend find a permanent,

loving home, a million miles away from the hardships and endless suffering they regularly endure on the streets.

She receives no funding or outside support, relying on her own business as a raw vegan, fitness and mindset coach, plus the occasional help from friends. However, this has not in anyway deterred her and she has helped numerous four-legged friends find safety, peace and salvation in homes all over the world.

Toni also provides best-in-class guidance on health and fitness through her Rawlicious business,

helping people become better versions of themselves while leaving a more positive footprint on the environment and the animal world around us.

Toni is a force of nature with a positive, infectious energy that never diminishes and a heart of gold that is focused on helping others in a world that desperately needs it right now.

You can read the original story on her work with the street dogs of Phuket here and her thoughts on raw veganism and health matters here.



Toni Jessop

Celest Hansen

Remaining in Phuket, our next fantastic female really packs a punch – literally!

Originally from Sydney, Celest was drawn to the balmy shores of Phuket not by a love of nightlife and partying but by the national Thai sport of Muay Thai, which she took to like a duck to water and hasn't looked back since!

Recently she made history by becoming the first female fighter to enter the ring for a bout at the hallowed grounds of Lumpinee Stadium in Bangkok, where female fighters had been barred from competing until 2021.

She has since managed to secure a six-fight contract with Asian martial arts powerhouse ONE Championship worth US\$100,000, winning her first fight with the promotion with a technical knockout last month.

Celest has been instrumental as part of a drive to change attitudes and open up opportunities for women in the sport and she's only just beginning.

[Read the story](#)

TG's Educators in Wauchope

Ok, maybe we're bending the rules a little here as our next focus is on a team of brilliant women as opposed to just one individual. However, that's what the team at TG's Child Care is all about – simply being brilliant!

Award-winning TG's Child Care is one of Australia's leading early learning - preschool and long day care provider for children aged 6 weeks to 6 years, with five centres in NSW and one in QLD. The business prides itself on providing a safe, fun, engaging environment for children, where the team consider themselves one big happy family with the mantra "Playing is Learning for Life".



➔ Originally from Sydney, Celest was drawn to the balmy shores of Phuket not by a love of nightlife and partying but by the national Thai sport of Muay Thai



➔ Gayle Kee, General Manager, TG's Child Care

Although founder Gayle Kee is the driving force behind TG's, it would be remiss to not acknowledge the fantastic team work carried out by the centre's educators as a whole, who provide such an unrivalled service within the local and wider community.

Christina Chia

Christina is a shining example of what constitutes being a modern day Australian. Hailing from Malaysia, she arrived Down Under 30 years ago

with very little in her bank account and with two daughters in tow. Over the years, a dogged determination combined with passion and sacrifice saw her establish herself as a highly respected member of the community, undertaking numerous roles across many organisations.

She is a huge advocate of being open to and understanding difference, to learning and adapting and to progressing in order to become a more rounded and complete collective. Connection, inclusivity,

equity, fairness and trust are all buzz words in her vocabulary.

Passionate about fostering connections and creating a legacy of giving and service to the community, she serves as a mentor and visible, accessible role model to many.

You can read Christina's story here

[Read the story](#)



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Dianne Davison from Friends of Mrs York's Garden

Since its opening in 1968 the Floral Reserve of Mrs York's Garden has been long-admired by people from all over Australia.

However, at one point the gardens fell into disarray and neglect and could have disappeared altogether. That was until 2014 when the "Friends of Mrs York's Garden" headed by Dianne Davison stepped in to save and completely regenerate the beloved project.

Dianne oversaw the development of a Master Plan in conjunction with Port Macquarie Hastings Council (PMHC) which saw site preparation undertaken and the planting of approximately 6000 endemic littoral rainforest and coastal headland plants and mulching and the regeneration of a critically endangered ecosystem connecting a corridor between the North Shore and the Sea Acres Heritage Listed Gondwana pockets of rainforest.

Glowing feedback and loving tributes have since flocked in as people can once again enjoy the splendour of the attraction, with Dianne one of the fundamental factors behind it.



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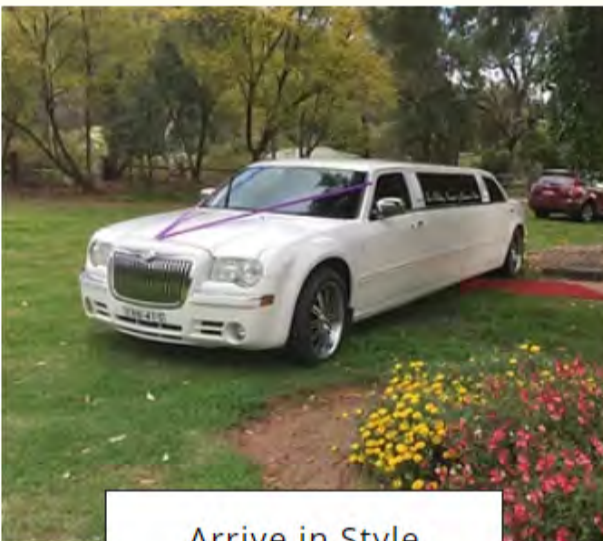
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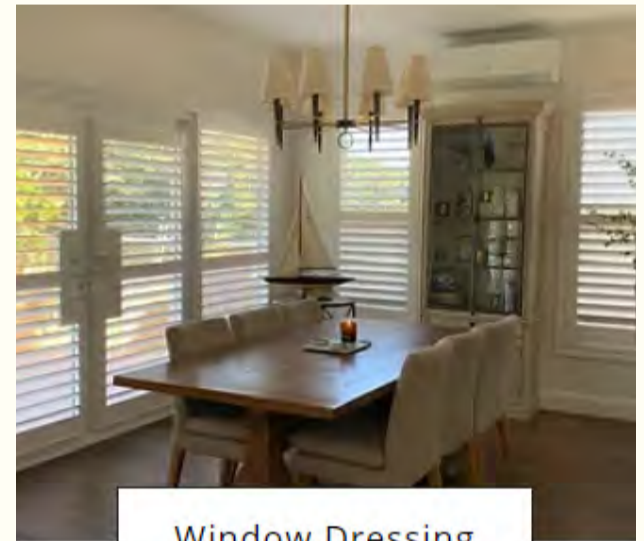
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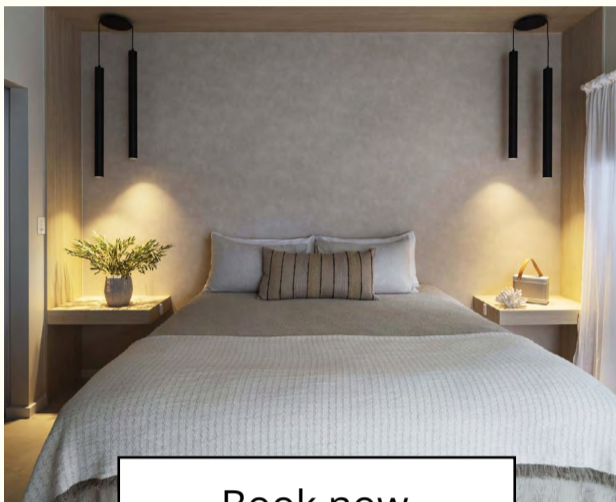


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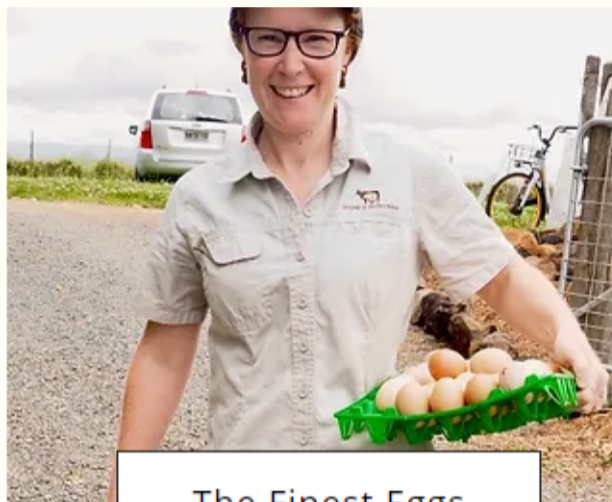
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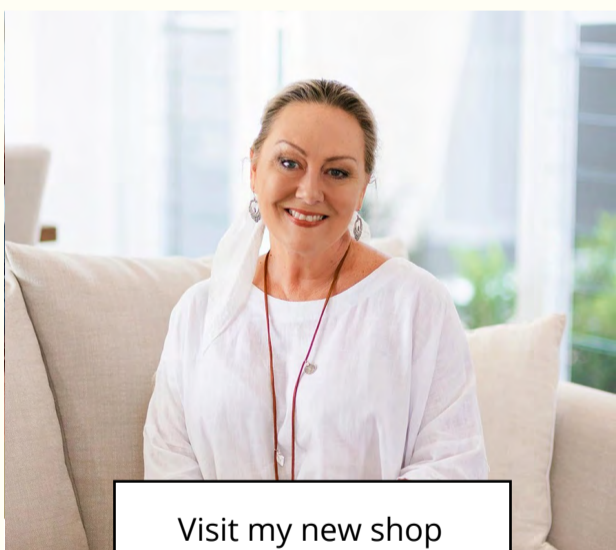


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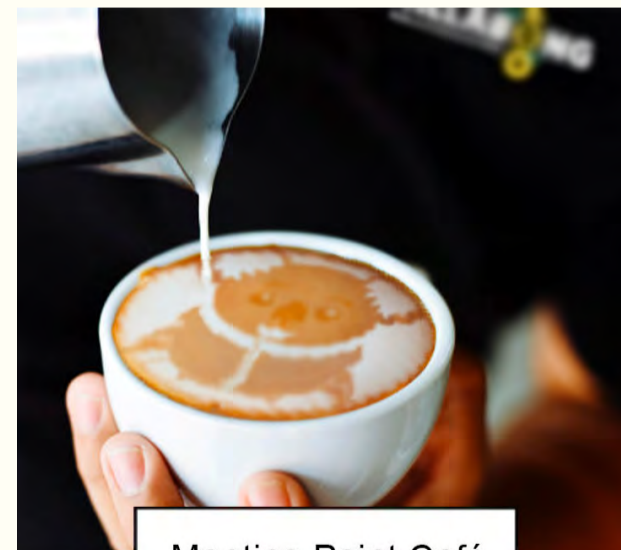


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Brilliant

BUSINESSMEN



WHITE CLIFF MINERALS LIMITED (ASX:WCN) IS DEVELOPING THEIR REE EXPLORATION

◆ What's with all the talk about REE (Rare Earth Elements) in the industry? Edward Mead, Technical Director of White Cliff Minerals Limited (ASX:WCN) shares about the company's projects.

So what is the REE story all about?

At its most basic terms, the Rare Earth Story is all about Neodymium and Praseodymium. It's the search for these two elements that is making the REE sector so buoyant.

Thing is, many junior explorers are all talking about REE. The way Noel Ong, CEO of Samsco sees it, the REE Story is about Strategy.

Evolution of the REE sector

The REE sector was and continues to be a sector dominated by China. In the past, it was clear that the global industries welcomed globalisation. It was good to share the work around. Then the world experienced COVID, and saw China getting stronger and nationalism started to loom even larger.

China has a lot of the REE and they make the products that use these metals.

What we are seeing now is that this dominance is not going down well. The world is not comfortable with the emergence of China as the next "Power Brothers".



➔ Edward Mead, Technical Director, White Cliff Minerals Limited with Noel Ong, Samsco on REE and their two main projects

At the beginning of the pandemic, people thought the world could perhaps find alternative markets. Two years on, this appears to be playing itself out.

REE in Australia

Why does REE continue to be in such demand?

It really is about the permanent magnets. In Western Australia especially, there is the geological advantage of having a lot of these metals and having them in the right jurisdiction. There is a strong possibility that an industry could be created in Australia for Australians.

Looking at the flow of business in the Lithium sector with the building of the Tianqi Lithium Hydroxide plant in Kwinana, there is optimism that a downstream industry could

be created that will supplement the mining of lithium and the REEs.

Whether this could lead to other metals or not, time will tell.

What is hopeful is governments are now more involved. They have moved beyond merely listening to having conversations and giving companies time to express their wishes.

And what is the White Cliff Story all about then?

We can start by focusing on two main projects of White Cliff Minerals Ltd - the Yinnetharra (Figure 1) and Hines Hill (Figure 2) project.

Yinnetharra Project

The Yinnetharra Li/REE project consists of two tenement

applications, E09/2628 and E09/2641 (Figure 2), within the Gascoyne lithium region, located about 100km northeast of Gascoyne Junction and 85km south of Hastings Rare Earths (ASX:HAS) world-class Yangibana rare earths project.

At the Yinnetharra project, their recent rock chip sample (3,912 ppm TREO with 26% MREO) is clearly indicating mineralisation. It may only be a rock chip but that is a great indication that there is a cooking mechanism in place. You do not need to look very far to realise that this region is now known for REE mineralisation.

The Yinnetharra project is in a very hotly contested region of the Gascoyne Province where you have Hastings Technology Metals Limited (ASX: HAS) (Figure 3) building a plant to support their REE resource.

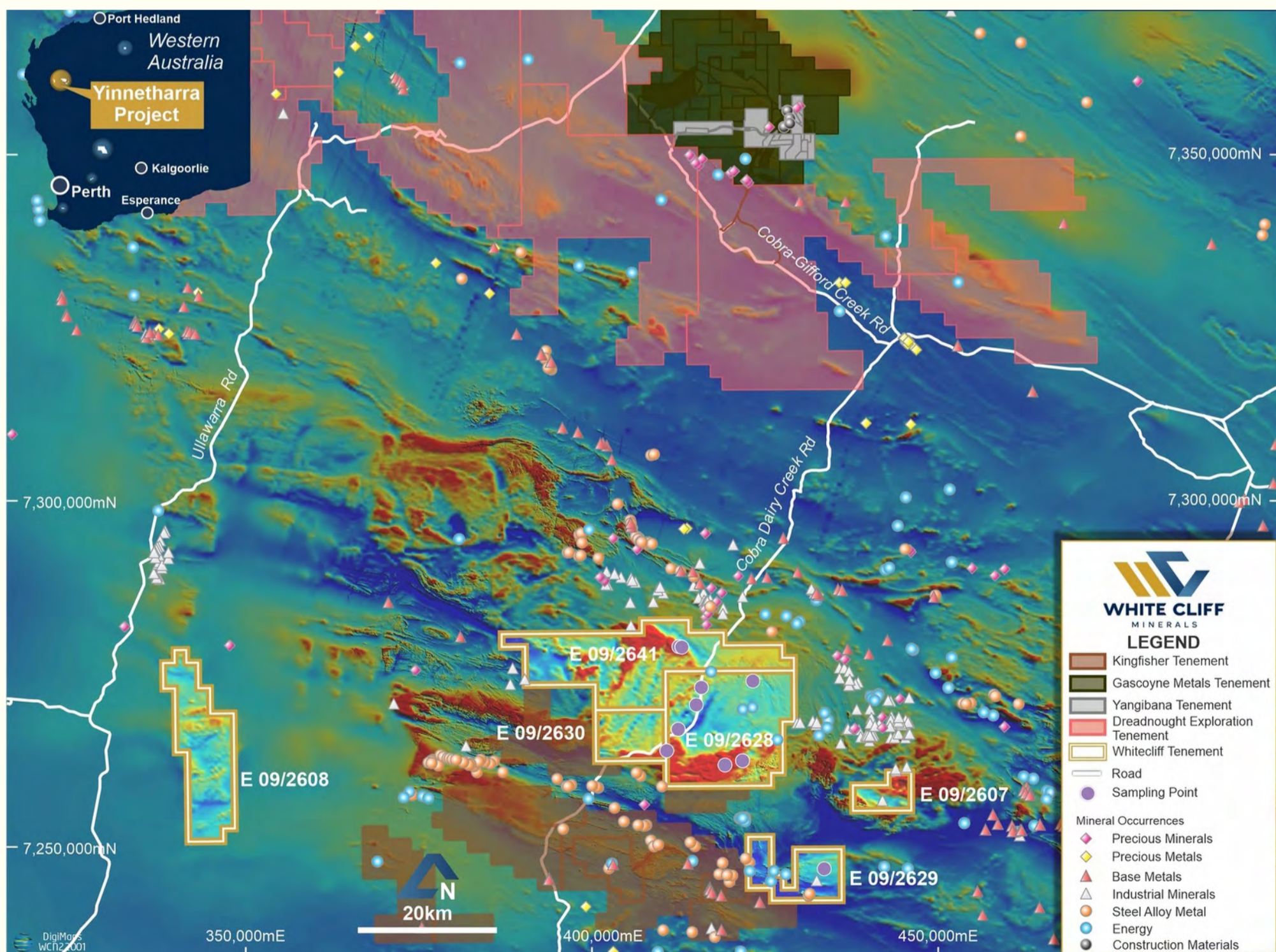


Figure 1: White Cliff Minerals Limited Yinnetharra project tenement location

Hines Hill Project

The Hines Hill REE project consists of one tenement granted tenement (E70/5875) within the Yilgarn region, located 20km west of Merredin and along the Great Eastern Highway. The project area is underlain by granites of the Yilgarn craton, with multiple SW/NE trending dykes transecting the license.

The project area contains two large aeromagnetic anomalies which may be indicative of carbonatite intrusives. In addition, sampling by the GSWA in the Yilgarn craton defined a strong REE anomaly in the vicinity of the aeromagnetic anomalies. It is therefore believed that the project area may host previously unknown carbonatite intrusives with REE mineralisation potential.

White Cliff's Strong Points

White Cliff stands out with their location and the understanding that logistics, the ability to exit, is clear. Their two projects are greenfield but they are located geologically where they have not been walked over. Also, the early signs from drilling and rock chip sampling have been encouraging.

The White Cliff story is set to continue developing its own story.

The Gascoyne province was largely unknown with some gold and base metal exploration in the past. Today, it is a hype of activity for Rare Earths. There have been some significant discoveries recently so the proof of mineralisation is now completed.

Mineral exploration takes time, and we can keep an eye open to see how White Cliff will develop its exploration story from here. It has a low market capitalisation and that will keep the punters happy.

Conclusion

With the general market coming back over the last six months, it is a good time to take a closer look at stories like White Cliff. A tip for investors to take note of when they DYOR (Do Your Own Research) - as a shareholder, it's all about the story and management.

White Cliff, from the investing point of view, has great projects with potential. The REE sector is not an easy one and if the downstream process continues to develop, there could be a shift in controls of the REE market.

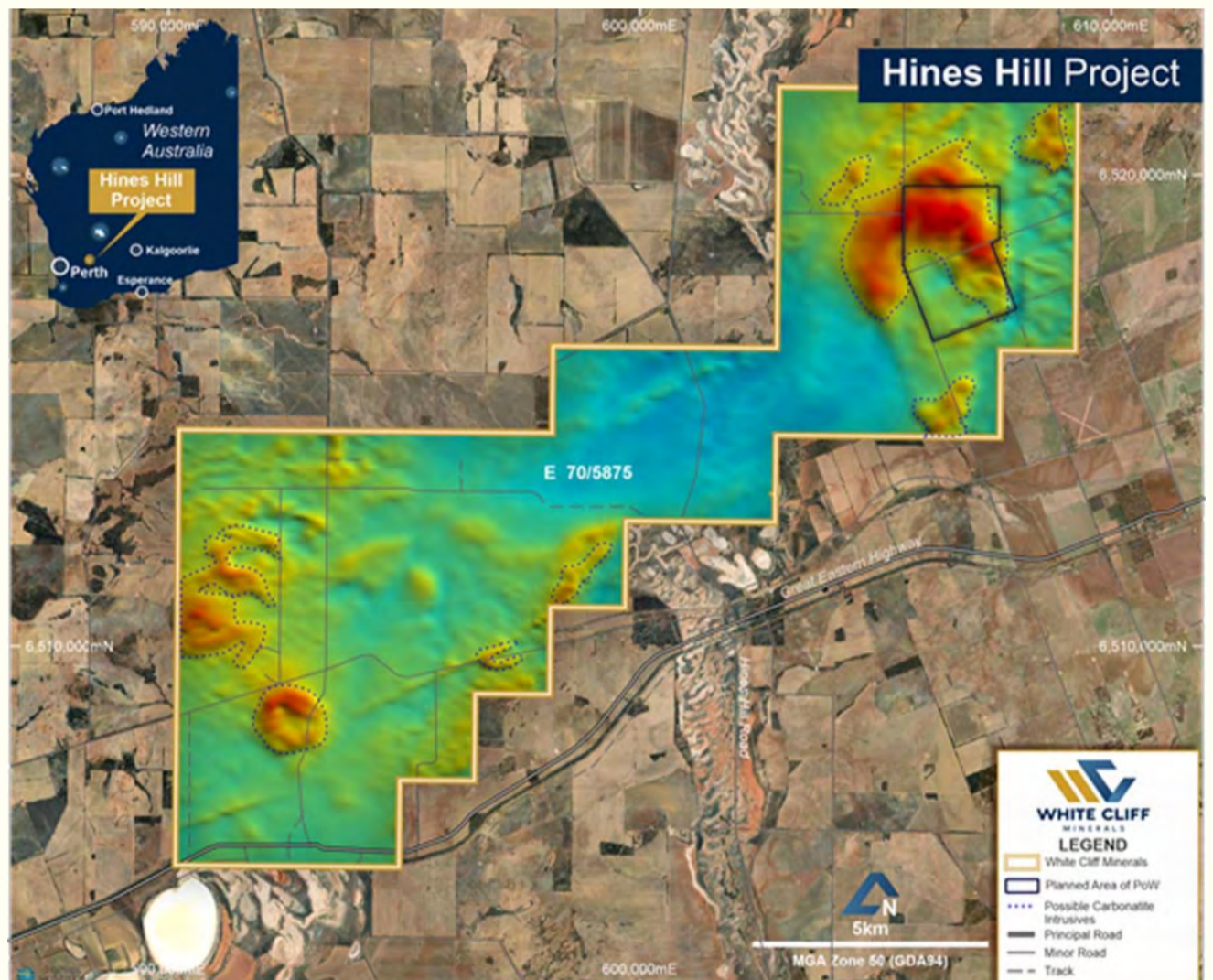
It's clear we're in the transition of a global industrial shift where the world needs efficiency in less emission technologies. The components of the REE sector is the main player.

Keep getting curious about all the different projects that are in the industry. They all have their own stories. Think about your risk

appetite and patience, and research to know where to best invest.

About White Cliff Minerals Limited

White Cliff Minerals Limited is a mineral exploration company trading on the Australian Securities Exchange under the ticker code WCN. The Company is currently focusing its exploration on the Reedy South Gold Project near the Cue mining centre in Western Australia, and is pursuing a dual strategy to advance its prospective gold and nickel-cobalt projects in Western Australia.



➔ Figure 2: Hines Hill project



Contact
White Cliff Minerals
Limited :

📍 Level8, 99 St Georges Tce,
Perth, Western Australia 6000
🌐 wcminerals.com.au
✉ info@wcminerals.com.au
☎ **p:** (08) 94864036
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📍 Level8, 99 St Georges Tce,
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MOUNT RIDLEY MINES LIMITED (ASX:MRD) IS CONSOLIDATING A RARE EARTH PROJECT IN WESTERN AUSTRALIA

◆ Guy Le Page, Non-Executive Director of Mount Ridley Mines Limited (ASX: MRD) explains why their story is one you need to follow. Resource is almost a certainty. Patience is key.

The Esperance region is fast developing into a Rare Earth Region. And the Mount Ridley Story is all about clay hosted Rare Earth Elements (REE) deposits.

The million dollar question for all the clay REE projects is about the timing of the unlocking of the metallurgical conundrum. Yes this is an obstacle for companies, but whether this is a matter of Time or Market remains to be seen.

The Mount Ridley Story

The clay hosted REE deposits that Mount Ridley has are located within a Fraser Range sub-basin, just 50km north of Esperance. Interestingly, it was initially acquired for its nickel and copper sulphides potential.

[Listen to a Rare Earth Story from Mount Ridley Mines Limited \(ASX:MRD\)](#)

[Mount Ridley Mines Limited \(ASX:MRD\) has a Rare Earth Story in the Esperance Region](#)



➔ Guy Le Page, Non-Executive Director of Mount Ridley Mines Limited (ASX: MRD) with Noel Ong, Samsco explains why their story is one you need to follow. Resource is almost a certainty. Patience is key.

Mount Ridley is one of many companies that is applying their trade in the Esperance region. The MRD story is with good company. The Company also holds approximately 18% of the Weld Ranges in the mid-west of Western Australia. Areas of the tenements are prospective iron and gold.

The Sensitivity of Supply Deficit and Price Volatility

The supply crunch of metals have been talked about for nearly 8 years. Noel Ong has been writing about this topic since 2019 and yet, the crunch sort of never came.

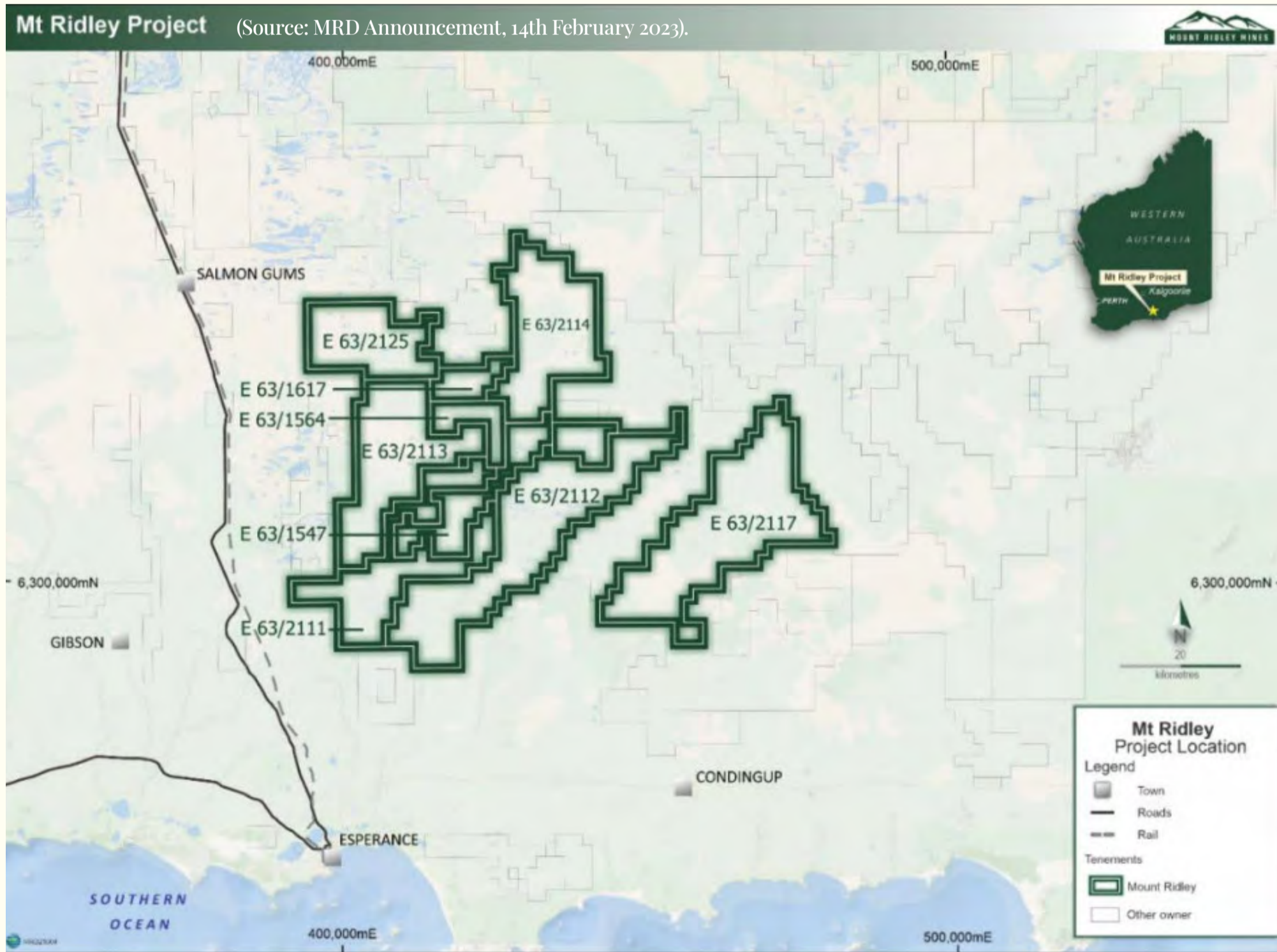
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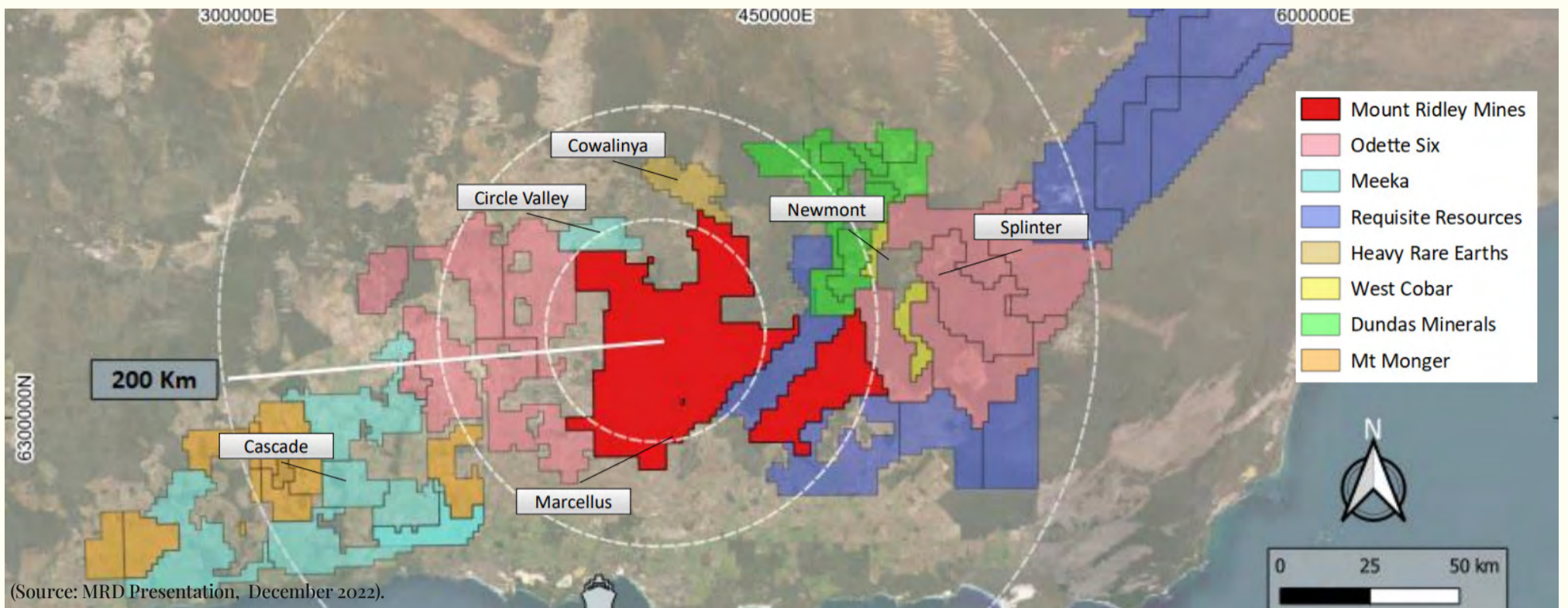
An example of this was the Zinc story. Nickel and Copper made an appearance but it's still very much a waiting game. It was a lot of hype that never came to pass.

Then again, in our industry we do need to keep our eyes and ears peeled. Over the last six months, we saw the Nickel Push and the Copper Run. Uranium seems to be taking the lead as well. If you've been following the news and developments, the surge in buying by the Sprott Uranium Fund may have created a catalyst for commentators to feed on. Tune in to Guy Le Page's conversation here to get more insights.

You would also have noticed that the price of Molybdenum ran spectacularly in January 2023 and observers commented that this is due to China restarting production and the closure of mines in Peru.



➔ Figure 1: The Mount Ridley REE Project comprises 9 granted exploration licences in south-west Western Australia with an area of approximately 3,400 square kilometers.



➔ Figure 2: The Mount Ridley REE Project is well positioned with similar projects which have been proven to be mineralised and have known resources.

If that is so, then a nearly 95% jump in price would make any punter wake up. On the REE front, according to Strategic Metals Invest (www.strategicmetalsinvest.com), since January 2020, Dysprosium has increased by up to 78.25%, Neodymium 226% and Praseodymium 169.20%.

Samso's Conclusion

The clay hosted REE journey is one that is intriguing a lot of investors. When will the Holy Grail show itself? Will there be a market for it then? And

how will the technology using these metals develop then?

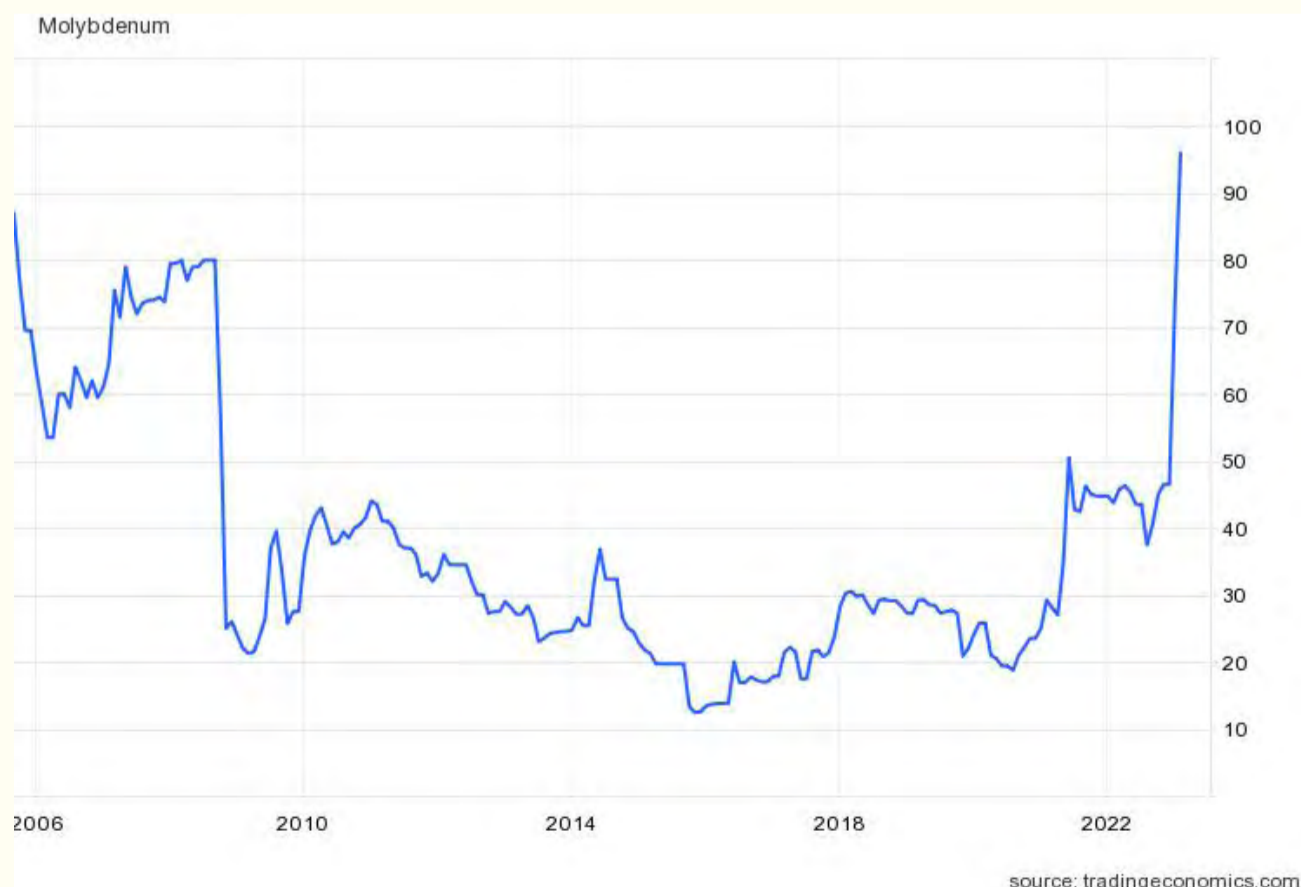
Needless to say, with so much happening around, we are seeing a pivoting of industries. Undeniably, the world of electrification is here to stay. We are looking at a new world of efficiency in creating cleaner energy.

The irony is Rare Earths are not rare at all. But the concentration of the resources and the application to downstream products are rare. The dependence on one single "nation" to produce everything is growing less popular.

The Esperance region is ideal for a new industry to emerge. With the space to grow in size, it also has all the important logistics like a port and a low density of population.

For Mount Ridley, the resource is almost a certainty. The unlocking of the metallurgical question will herald exciting times ahead for all involved. For investors, the hardest thing to do is to be Patient. But perhaps while waiting, instead of getting ants in your pants, why not DYOR (Do Your Own Research) and keep abreast of all that's developing?

[Read Brilliant Investments](#)



➔ Figure 3: The price chart of Molybdenum

Contact



White Cliff Minerals
Limited :

📍 Ground Floor 168 Stirling Hwy
Nedlands, WA, 6009

🌐 mtridleymines.com.au

☎ **p:** +61 8 9389 8033

f: +61 8 9262 3723



Contact:

Mount Ridley Mines Limited

Ground Floor, 168 Stirling Hwy
Nedlands, WA, 6009

+61 8 9389 8033

+61 8 9262 3723 (fax)

mtridleymines.com.au

ACCOMPLISHED TREE MANAGEMENT EXPLAINS TREE HAZARD MANAGEMENT AFTER A STORM

◆ When a natural disaster strikes, nature needs a leg up too. Accomplished Tree Management sheds light on what trees need after a traumatic event.



➡ The "mini cyclone" that hit Port Macquarie on 3rd February 2023.

Photo Credit: Councillor Danielle Maltman

The recent "mini cyclone" over Port Macquarie, NSW may have come and gone, but we still need to be vigilant with hazards.

Accomplished Tree Management is the friendly local arborist people call when their trees are doing poorly, or when they need a tree removed. The professionals know the legal requirements and the steps they need to take to ensure a proper treatment of the tree without

damaging its surroundings and infrastructure.

After the severe rain and hail hit Port Macquarie, they got a call from a client who needed help. Rhys and his team visited the property and performed a thorough hazard assessment. The final verdict was the tree had to be removed. This was because the tree's root plate showed evidence of movement, and as it was located in a residential area, that had to be taken into consideration

as well as the safety of the people in the area. It was a beautiful tree and it was a shame it had to be removed. In situations like this where the inevitable happens, Accomplished Tree Management does their best to give the tree its due respect by performing a proper, clean and dignified removal.

What should house or property owners do about the trees on their land after a natural catastrophe like the recent cyclone?

Do not fix anything.

Storm-affected trees are weak and could be hazardous. You're likely to notice broken and dangling limbs, or debris piled around. There may be electrical wires or cables that have gotten entangled with the trees. No matter what, do not attempt to clear up the area on your own. No chainsaws, no ladders. There are hidden hazards and one action could trigger off a dangerous domino effect. Remember, after a storm, the soil may have gotten soft beneath even if it doesn't look so on the surface. This means trees don't have a strong anchor and may shift.

Try to cordon off the area and keep people away from it until the professional arborists can come by to assess the situation.

The mechanics of tree hazards is a whole science on its own. Read more about it here.

The Mechanics of Tree Hazards

Call a professional.

You can observe the area and the trees and share the information with your arborist. What is the state or condition of the trees? You may have to be mentally prepared that if some of your trees are looking rather battered, they may have to be removed.

Professional arborists have the proper tools, equipment and most importantly, skills and experience to know what is the best course of action for every situation. They can safely and efficiently fix mildly damaged trees or remove the ones that are more severely damaged. That's why it's important to get the help of the professionals and not go DIY. A professional arborist can even help save a tree because problems have been detected early by their sharp eyes.

Top Three Best Tree Service Provider

Accomplished Tree Management uses the Quantified Tree Risk Assessment Method which is a decision-making framework to help them consider the balance between the benefits provided by trees, levels of risk they pose, and costs of risk management.

Be Prepared.

If you have trees on your property, it is a good idea to research and check out a reliable tree services company in your area if you haven't got one yet. Speak to them, and get to know them so you can contact them immediately should an emergency occur. You don't want to contact the first name on the list in a panic when a catastrophe occurs without verifying if they are properly licensed or not.

Accomplished Tree Management is Proudly Australian, and they have seen the community thrive again in spite of the elements. They have been faithfully supporting their clients and their trees all this time through challenging catastrophes.



Video shows time lapse of tree removal

GRAZED AND GROWN FARM ARE CARETAKERS OF THE LAND

◆ When we think about farming, we imagine large machinery cultivating the earth to grow vast quantities of monoculture crops.



Whether it is carrots, pumpkins, corn, or grass for livestock, this is the picture that comes to mind and covers the pages of most children's farming books.

These are the thoughts of Peter Armstrong from Grazed & Grown Farm, caretakers of the land they farm on the Comboyne Plateau.

"As farmers, we hold a huge responsibility as caretakers for vast amounts of land. How we care for this land, our actions, intentions and management all come into play and will either build nutrition and improve the land, or deplete nutrients from the land and slowly but surely damage our environment," Pete said.

When Grazed and Grown Farms started, Pete and his family were new to farming. They had little idea of where to start and no preconceptions of what farming should look like, so they listened to their hearts, used their intuition, got loads of advice and help from other farmers from all types of farming backgrounds, and have found themselves working hard to regenerate a neglected 176 acre property.

Regenerative farming in a holistic way

"At Grazed & Grown, we are following a Holistic planned grazing system, which means we plan as much as possible to rotate our cows, sheep, pigs, meat chickens and layer hens around our property, allowing for every conceivable event we can think of. The results so far are nothing short of amazing. Without the use of

artificial fertilisers, chemicals, or any “cides” we have seen a huge impact. One key skill we have learnt is measuring and quantifying the improvements we are seeing,” he told us.



Remarkably, in 12 months of rotational grazing in one of their paddocks, soil PH has gone from 4.4 (very acidic with poor carbon capture ability) up to 6.5, which is near perfect.

Healthy and nutritious food farm fresh

Grazed & Grown Farm have put the hard work in to provide the best produce they can. If you would like to try some of their incredibly nutritious produce grown locally in Comboyne, check out their online store.

Or if you would like to connect on a deeper level, visit the farm, meet the farmers and see the changes taking place.



e/ info@grazedandgrown.com.au
w/ grazedandgrown.com.au

CREATIVE DRONE SERVICES COMBINES INTUITION AND TECHNOLOGY TO PROTECT THE ENVIRONMENT

◆ Paul Witney combines high end technology with intuitive natural creativity via drone photography and videography to save animals, buildings and assets.



➔ Paul Witney - Creative Drone Services Australia

Creative Drone Services Australia was born out of Paul's passion for drone photography, nature, art and creativity. His mission is to create carefully crafted imagery to save wildlife, protect assets and inspect critical infrastructure.

Drone Services

Thermal mapping for koalas

One project Paul embarked on was the Thermal Koala Survey

where infrared waves were used to spot wildlife. This is of particular importance in this region because thermal mapping is used to ensure that the koala habitat is preserved. Thermal drone surveys provide real-time visual and spatial data on koalas as well as other species.



You could say that drones are helping koalas get a leg up to ensure their survival. The data Paul harvests from these drones is critical to stem dwindling koala populations throughout Australia. The information can be used to highlight the potential impact of development on this recently listed endangered species.

Aerial inspections of assets

Another project using drones for aerial inspections of assets. This is a faster, safer and more economical way to inspect critical infrastructure.

Creative Drone Services also use drones for solar and roof inspections, and the biggest benefit is the aspect of safety, particularly on houses higher than 1 storey or commercial premises. Drones are able to give a detailed, high resolution image and / or video of the roof to check on cracks in tiles, failure in flashing, or to check the cause of overflowing gutters.

It is also beneficial on buildings where tiles are too brittle to walk on, such as heritage sites.

Paul has also deployed drones for thermal solar inspections. Regular drone checks of solar panels can confirm their efficiency and also allow for early detection of faults which saves money on all fronts.

With their Head Office based in Port Macquarie, Paul and his team are able to respond quickly to local requests for Solar Checks which are an easy and affordable way to monitor this asset.

Drone mapping

What a mapping drone does is it can autonomously take images over large areas in relatively short time periods, allowing for increased speed of mapping and visualisations.

Drones use sensors at different angles to create thousands of accurate data points, including geo-references, elevation points and colours. These data points can then be incorporated into a 3D image to give a unique perspective and view of the area.

This is also useful in the creation of digital clones of structures and landscape to monitor degradation of structures over time or erosion of landscape. It can even be used to capture the intricate details of heritage buildings to facilitate repairs that preserve the original design.

The more Paul tells us about the uses of drones, the more fascinating drones start to appear! Its uses are highly extensive and beneficial, be it for humans, animals or buildings!

Drone Safety

A drone is a machine and that means safety is going to be important. That is why clients need to know the credentials of the people operating the



➔ Creative Drone Services is saving wildlife



➔ Aerial inspection of assets using drones

drones when engaging the services of Creative Drone Services.

Paul's team are all made up of highly qualified drone pilots. They all hold a Remote Pilots License (RePL), Certificate III in Aviation, First Aid and Aeronautical Radio Operator Certificate (AROC).

"Expertise and safety are paramount when dealing with drones. The skills to fly drones safely, as well as the knowledge of safety requirements are essential and when coupled with the creative passion and artistic expression we are able to move forward on projects with confidence and excitement to see what evolves. It is vital that in all situations we make an assessment of potential risks and knowledge to respond appropriately."
- Paul Witney, Creative Drone Services Australia

Drones are governed by NESA regulations when flying in airspace. Pilots need to have a thorough knowledge of this. Paul's team know what other aircraft are in the area, and sometimes it is also necessary to communicate their location to others flying in the same area. An understanding of first aid is also essential in remote areas, because Australian fauna can have its dangerous side.

Drone Equipment

For those of you who are intrigued by now about drone photography, you must be wondering what equipment Paul uses. He uses the DJI Mavic 2 Pro,



→ Flynn's Beach

which has a 1" sensor, and can take jpeg and raw photographs up to 48mp in size. It can also shoot a 4k video.

Paul's other go to is the DJI mini 2, which is smaller, more transportable and can go places where the Mavic 2 can't reach.

For normal camera work, Paul depends on a Nikon Z6, with an array of lenses.

These drones allow Paul's team to complete 2D and 3D modelling of land, buildings and structures, for surveys and visualisations, maintenance and safety. The thermal drone will be used for biodiversity surveys, and especially Koala surveys for the NSW area.

Where will Paul's drones take him next?

Droning into the Future

For this purpose, Paul has purchased two new drones - the Mavic 3 Enterprise (M3E) and the Mavic 3 Thermal (M3T).

[Find out more here](#)






CREATIVE DRONE SERVICES AUSTRALIA

Specialising in drone thermal, asset and building inspections





Creative Drone Services Australia

☎ 0405 624 556

✉ info@createdroneservices.com.au

🌐 createdroneservices.com.au

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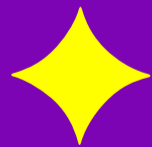
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**WAUCHOPE
LASIANDRA FESTIVAL**



SUCCESSFUL START TO THE 39TH WAUCHOPE LASIANDRA FESTIVAL

◆ Community involvement has been the shining light so far during the month-long festivities celebrating the town of Wauchope's floral emblem, the Lasiandra. Overall the vibe has been fun with many getting involved in the purple theme.

Kicking off the festival was the Purple Bike Night, a collection of vintage and custom bikes gathered enjoying the casual show and shine hosted by Motorcycle Friendly Wauchope.

Riders travelled from far and wide, some from Coffs Harbour and Sydney, to join local riders and enthusiasts for a chat about all things 2 and 3 wheeled!

Sporting events that have been held so far were all greeted with beautiful autumn weather and well attended. Wauchope Men's Bowling Club have advised that the Winners of the "Jack Dwyer Memorial Triples" were Kevin Pampling, Wendy Dahl and Allen Lewis. Congratulations!



Purple Ducati and rider from Sydney at the bike night



Winners: Jack Dwyer Memorial Triples, Kevin Pampling, Wendy Dahl and Allen Lewis



St Joseph Primary School Choir

Purple People Day was great

By all reports, the day was a resounding success. Lots of market stalls and sidewalk specials from participating shops, many shoppers dressed in their purple best, both the St Joseph Primary School Choir and Port Macquarie Hastings Pipe Band entertained and the many shoppers dressed in their purple best, all helped to create a wonderful atmosphere about the town.

The choir not only performed beautifully, they also marched single file around the CBD of Wauchope, waving purple streamers and the Port Macquarie Hastings Pipe Band followed suit much to the delight of onlookers.

The annual competition for staff costume, window front and premises displays was hotly contested, with imaginations running wild across the town. To name a few, Al's Bakehouse cooked up a purple storm, A Classy Cafe served up Purple Smoothies and most market stalls had a purple theme.



“It is very pleasing to the Lasiandra Committee the extent of the involvement of the child care centres and schools. They aren't a CBD business, but still they get right behind the festival and have fun all week. The curriculum is based around the festival, the flower and the town.” said Wauchope Lasiandra Festival President Sheryl Barnett. “Involvement in the festival by younger members of our community will ensure the festival continues for many years to come. Thank you to all that participated.”



Lasiandra Committee Members present on Purple People Day
L to R: Chrissy, James, Ross and Heather

And the Winners are...

◆ Best Premises Display ◆



➡ TG's Child Care - High Street

◆ Best Charity ◆



➡ Lifeline with special mention to Margaret Ireland and Wilma Saw

◆ Best Large Window ◆



➡➡ A Classy Cafe

◆ Best Small Window ◆



➡➡ Wauchope \$2 Shop

◆ Best Costume Staff Group ◆



➡➡ TG's Childcare Hastings Street

◆ Best Costume Individual Staff Member ◆



➡➡ Amanda Acreman and Toni-Lee Paine - TG's Childcare Hastings Street

◆ Best Group ◆



➡ St Joseph's Primary School Choir

◆ Best Dressed Shoppers ◆



➡ Marcia, Gert and Wanita Miller from Port Macquarie

◆ Overall Winner ◆


 TG's Child Care High Street

A busy weekend

The festival continued over the weekend of the 11th and 12th March with the Purple Park Run at Rocks Ferry Reserve, the Yippen Creek Mini Rail Family Fun Day and the Lasiandra Cup at Wauchope Greyhound Track on the Saturday. The weather was kind and all events were well attended.

Sunday the 12th saw a change in the weather which did affect the numbers at Purple Wine in the Vines @ Bago Maze & Vineyards, but those that did attend had a fabulous time. Nikki Rudge's soulful tones created a most enjoyable atmosphere to sit back, relax and enjoy a drop or two of Bago wine overlooking the picturesque vineyard.

Festivities continue

If you haven't been able to be involved in festival activities so far, don't despair, there's still a couple of events left on the festival calendar.

One of the Festival major sponsors, The Hastings Hotel, are having a Purple Karaoke night on Friday 17th from 7.30pm. Being St Patrick's Day, there will be a tinge of green about as well as purple!

Read how St Patrick's Day come about



We encourage you to dress in purple or green and have a night out at The Hastings Hotel. Maybe have a meal in the bistro and then join in the fun of the karaoke.

From Monday 20th March to Saturday 1st April, the Lasiandra Festival Art Prize and Exhibition, hosted by Wauchope Creative Hub, will be open for viewing at 1/87 Cameron Street, Wauchope.

The exhibition will culminate on Saturday 25th March with a prize ceremony, where the art prize winner will be announced at 2pm.

ROYAL ART EXHIBITION, A LASIANDRA FESTIVAL EVENT

◆ Wauchope Creative Hub is proud to host the second year of the annual Lasiandra Festival art prize and exhibition as part of the festivities of the annual celebration of all things purple in Wauchope.

The theme for this year's Lasiandra Festival art prize is "Royale" and with purple being the colour of royalty there are so many things that you can take your inspiration from, from corgis to crown of thorn starfish, princesses to monarch butterflies or Marie Antoinette, let your imagination go wild. Entries closed Friday 10th March.

Pop into The Hub on Saturday 25th March for the prize ceremony and see the winning artworks which will be announced at 2pm. The top awards will be presented by Tim Walker from Hastings Co-op - a big thanks to Hastings co-op for generously providing the prizes.

Wauchope Creative Hub - the community's heart of arts and craft

This year's Lasiandra Festival art prize and exhibition will have an amazing range of artists from our local community with sculpture, embroidery, watercolour, oil painting, acrylic painting, fibre art, collage and much more.

The exhibition runs from Monday 20th March to Saturday 1st April at 87 Cameron Street Wauchope, shop and gallery open Monday to Saturday 10 am till 4 pm.



Wauchope Creative Hub & The Wauchope Lasiandra Festival present the 2023 Lasiandra Festival Art Exhibition and prize

Royal

2023 Exhibition from Mon 20 March to Sat 1st April
Stay tuned for more details

WAUCHOPE
CREATIVE
HUB



Stuart Lyall
PHOTOGRAPHY



Brilliant

COMMUNITY



NEW \$8M TAXIWAY AT PORT MACQUARIE AIRPORT CLEARS THE WAY FOR MORE FLIGHTS

◆ The Port Macquarie Airport Parallel Taxiway is a step up in the airport's growth and expansion.

This is a key infrastructure upgrade in the Port Macquarie Airport Master Plan 2010. Together with the renewal of the existing general aviation (GA) taxiway and apron pavements, the new taxiway is an enhancement of the safety, access and operational efficiency of the airport.

This is a key infrastructure upgrade in the Port Macquarie Airport Master Plan 2010. Together with the renewal of the existing general aviation (GA) taxiway and apron pavements, the new taxiway is an enhancement of the safety, access and operational efficiency of the airport.



"For our regional communities, the local airport is an essential link to the rest of Australia. The taxiway is the final piece of the Port Macquarie Airport upgrades, and it's wonderful to see these works completed by Council and ready for use by locals and tourists alike." - Federal Member for Cowper, Pat Conaghan

This new taxiway has certainly come at the right time, given the imminent arrival of Bonza in April!

Bonza flying between Port Macquarie and the Sunshine Coast

Perfect day for an official opening

It was a spectacularly beautiful day on the official opening of the new taxiway, which made it perfect for the four aircraft specially chosen to be the first to taxi on the new Port Macquarie Airport taxiway Foxtrot 3.

- Sling2 with Flight Instructors Mike Bullock and Steve Smith from the Hastings District Flying Club
- Sling2 with CFI Ray Lind and Flight Instructor Bruce Dunlop from the Hastings District Flying Club
- Diamond aircraft from the Australian International Aviation College
- Brumby aircraft from Eastern Air Services

While the beautiful fleet did their catwalk on the brand new taxiway, spectators watched on with applause and admiration.



Reasons to celebrate

Mayor Peta Pinson was present at the opening, and for her, there were many reasons to celebrate this new pathway for planes to take flight.



"This is going to make a major difference to our pilots, our private pilots and our training schools that use this taxiway. It's going to save on time, it's going to create efficiencies, it's going to reduce congestion, and most importantly, it's going to improve safety here at the Port Macquarie Airport."

- Mayor Peta Pinson

She also recognises that projects like that do need a financial boost, and she thanked the federal government's Federal Member for Cowper Pat Conaghan for partnering with Port Macquarie Hastings Council. As a growing region, more and more commercial pilots will be using this new taxiway on a daily basis. It's about planning ahead to avoid problems that could arise when taxiways get busy. Ultimately, it is a worthy investment as it will be heavily used for many years to come.

Goodbye to old problems

Port Macquarie Airport has battled several issues over the past years. It has experienced flight disruptions, overly busy air traffic, bushfires creating excessive smoke, and of course COVID-19 came in and added to the stress. Previously, non-commercial pilots could be waiting more than half an hour just to enter the runway. This is not just time wasted, it is also a waste of fuel. Now this is all going to change. Whether it's for large commercial airlines or smaller non-commercial flights, we are looking at more efficient freight logistics and nobody has ever said no to saving on time and money.

A truly pleasant flight now

Ray Lind, Chief Flying Instructor of Hastings District Flying Club is one of those who can really appreciate this new infrastructure. He cites Economics, Convenience and Safety as three main benefits this new taxiway is bringing to the airport.

"The safety aspect is very important. When people are waiting, especially for long periods of time, they get impatient. And when you have people getting impatient, there's an element of danger. They tend to rush things and they'll try and push out and maybe even take off in the wrong direction with a tailwind." - Ray Lind, Chief Flying Instructor of Hastings District Flying Club

Port Macquarie Airport is basically looking at a winning situation with this new taxiway, with more efficient flights, happier pilots and safety for everyone all around. Hearing the quintessential "We hope you'll have a pleasant flight" will certainly ring true for every single plane stretching their wings on the new taxiway.

Where will you be flying off to next?



Official Opening of New Taxiway Foxtrot 3 at Port Macquarie Airport

CELEBRATING ST PATRICK'S DAY - MAY THE LUCK OF THE IRISH BE WITH YOU!

◆ It's that time of the year to don your best green outfit, head to the pub for a nice cold pint of the black stuff and attempt your best efforts at an Irish accent as St Patrick's Day once again rolls around!



gettyimages®
Charles McQuillan

➡➡ March 17 sees huge parades and outdoor festivals all over the world

St Patrick's Day is one of the most celebrated and popular dates on the calendar all around the world, falling this year on Friday, March 17.

Over the years it has gained in popularity and nowadays has a significant following, celebrated by extensive parades in cities all across the United States, as well as themed events all the way from Dublin to Tokyo, London to Sydney and Egypt to Rio!

However, it may come as a bit of a surprise to learn that Ireland's patron saint, who lived during the fifth century, was not in fact Irish nor was he originally called Patrick. He was actually born as Maewyn Succat in Roman Britain and was

thus effectively a Roman citizen, later changing his name to Patricius (or Patrick), which derives from the Latin term for "father figure".

At the age of 16 he was captured by Irish raiders and sent as a slave to present-day Northern Ireland where he became a shepherd. A strong believer in the Christian faith during these challenging times, he eventually escaped or was released (the exact facts are unknown) before becoming a priest and going on to spread the religion throughout Ireland through baptism and confirmation.

However, it took 12 centuries until the Church established a Feast Day in 1631 honouring St Patrick, and it wasn't until the 18th century that many of the traditional celebrations

we witness today came into effect. The first St Patrick's Day parade took place in New York City in 1762 (14 years before the US was an independent country!) and it wasn't until the Irish Rebellion in 1798 that the colour green was officially associated with the day.

Given how we associate St Patrick's Day with celebrations, pubs and beer, it will no doubt come as a surprise to learn that, until the late 20th century, there was a law in place that prevented establishments opening on the day, including pubs and bars! This was repealed by the Irish eventually, meaning raucous celebrations could be enjoyed in public houses after all.

These days St Patrick's Day is a truly global phenomena. As previously

alluded to, there are a series of huge parades in many of the USA's major cities, especially New York, Boston and Chicago, which have collectively embraced millions of Irish immigrants over the years. In the latter, over half a million people gather at the edges of the Chicago River where the water is turned green with a special dye, before embarking on a lengthy parade through the streets of the Windy City. The Big Apple embraces the green theme on an even grander scale with over 2 million revellers joining the parade from Fifth Avenue between 44th Street and 79th Street, while the world-famous Empire State Building is lit green.

Whereas pubs and bars all across Australia honour the day, the biggest celebrations are seen in Sydney Harbour where the famed Opera House is lit green for the occasion and the many historical bars and pubs in the popular Rocks area all stage parties, with bbqs and games for the children.

Munich closes down the usually bustling Leopoldstrasse in the heart of the city to make way for an array of green coloured floats and performers, while the up-market shopping district of Omotesando in central Tokyo hosts a huge parade and the nearby Yoyogi Park hosts an "I Love Ireland" festival, with stalls, live entertainment and, of course, beer!

Representing Latin America is the Argentinian capital of Buenos Aires, which truly comes alive on March 17 with a huge parade and outdoor festival – not surprising given the city is home to one of the largest Irish populations in the world (which in itself will be a surprise to many!)

Last but not least, and maintaining consistency with the surprises, is the Caribbean island of Montserrat, fondly known as "the other Emerald Isle". In the 17th century an Irish Catholic settlement was formed, laying down deep cultural roots that are still very much prevalent today. In fact, it is the only other place outside of Ireland itself where the day is designated as an official public holiday, and where a staggering 10-day festival honours the occasion (while also commemorating the country's first slave rebellion).

Wherever you are and however you celebrate this St Patrick's Day, may the luck of the Irish be with you and a great time had by all!



➔ Painting illustration of St. Patrick, patron Saint of Ireland

IRISH BEEF AND GUINNESS PIE RECIPE

◆ Go Irish wherever you are with this stout and hearty Irish Beef and Guinness Pie!

Irish Beef and Guinness Pie is a beautiful combination of light flaky pastry wrapped around a thick, rich gravy with tender beef and vegetable chunks. Every family has their own unique way of making this pie. The filling can be made with anything you can find in the garden, be it potatoes, carrots, onions, parsnips or turnips. It is traditionally served with a side dish of potatoes (perfect for sopping up the gravy!).

Ingredients

- Beef – Any type of marbled beef will work well, appx 2 lb.
- Butter & Flour – Just a bit. They help to make a nice, thick gravy with the stout.

- Smoked Bacon – Go for the thick cut, or any type of smoked bacon will do.
- Onion & Carrots – Go for whichever type of onion you prefer.
- Sweet Things – You can use plain sugar to counter the bitterness of the stout but you can also play around with brown sugar and raisins. Raisins would also do the trick.
- Guinness Stout – This makes a rich, velvety gravy with the beef juices.
- Egg & Pastry – You can use a store-bought puff pastry or a flaky biscuit would work well too. You can also use short crust pastry, the type used for apple pie. The egg is to make the pastry shiny.

Note: Eggs, Bacon and Beef are available from Grazed and Grown Farm

Method

1. Cut meat and veggies into bite-sized pieces.
2. In a large dutch oven, cook your meat, butter and flour. Set aside while your onions and carrots cook.
3. Cook your veggies in the same pot. A secret tip is to actually scrape the flavorful brown bits on the bottom! They give the dish a special yumminess!
4. Add remaining ingredients and simmer for a few hours on low heat, covered. Simmer for at least three hours to help tenderise the beef and allow the gravy to thicken.
5. When the meat is tender, the veggies cooked and the gravy has



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ONLINE

Irish Beef and Guinness Pie Recipe

a nice thick consistency, place the filling in ramekins and cover with pastry.

6. Crimp the edges with the tines of a fork.
7. Brush a beaten egg over the top of the pastry for a nice golden and shiny top.
8. When you put it in the oven, make sure you keep a close eye on it to make sure it doesn't burn.
9. Bake to a beautiful golden finish and enjoy!

Tip: If you find you have too much filling, you can save the filling in the fridge and bake in the ramekins with the pastry only when you are ready to serve. That way you won't end up with tons of pastries which just become soggy from all the waiting.

Anyone for a piping hot, fresh pie with perhaps a pint?



➔ Organic beef is available from
Grazed & Grown Farm



LEARNING MORE ABOUT THE MUSLIM HOLY MONTH OF RAMADAN

◆ While many of us will certainly be familiar with the Muslim Holy month of Ramadan and be aware of the fact that this entails a period of restraint, including abstaining from food and drink for a specified period of time, many people only know the very basics if they're honest.

Considering it is a religious festival that impacts over 1.6 billion people worldwide each year, it's safe to say it is a very big deal, so we thought we would take a deeper dive to uncover some of the historical and interesting facts surrounding the annual occasion.

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community.

Whereas the dates of the festival change every year due to the religion of Islam adhering to a calendar based on the cycles of the Moon, this year it will take place from the evening of Wednesday, March 22 through until the evening of Thursday, April 20. As the Muslim calendar year is shorter than the Gregorian version, Ramadan

always begins 10–12 days earlier each year and always begins and ends with the appearance of the crescent moon.

Ramadan honours the month when the Muslim Holy Book of the Qur'an was first revealed to the Prophet Muhammad by God, who declared the Qur'an as a means of guidance for the people. The night that the Holy Book was revealed is known as Lailat ul-Qadr ('The Night of Power').

Fasting, or swam as it is referred to in Arabic, is a critical component of Ramadan whereby practising Muslims will refrain from consuming both food and drink between dusk and dawn. There are exceptions, however, as pregnant women, elderly, sick and infirm people and children do not have to fast. Likewise anyone who is travelling at the time, although usually such people will make up the days

missed in lieu, even if it is after the specified period of Ramadan itself.

Fasting is the personification of self-restraint to Muslims during the period of Ramadan although it is not only food and drink that are prohibited during daylight hours as any sexual activity and immoral behaviour, including impure or unkind thoughts, are also forbidden and are considered as damaging as not refraining from consuming food and drink.

Typically during the Ramadan festival, practitioners will consume one meal immediately prior to sunrise and one after sunset, known as 'suḥūr' and 'iḥṭār' respectively. The latter is usually a shared, communal experience with friends and family where often fruits such as apricots and dates are washed down with water or sweetened milk to start the meal.



Abiding by instruction from the Qur'an itself, the period of being permitted to eat and drink is marked by when the "white thread of light becomes distinguishable from the dark thread of night at dawn."

The conclusion of the month-long observance of Ramadan is embraced with a huge celebration known as 'Eid ul-Fitr', or the Festival of the Breaking of the Fast, where Muslims not only welcome the end of their fasting but also pay thanks to Allah for providing them the strength and self-discipline that carried them through the previous month.

Friends, family and loved ones gather to celebrate by attending special, elaborate services conducted at Mosques, where the first daytime meal permitted in a month is enjoyed. It is also a period where charitable deeds are performed such as donating money, clothes and items to foundations and individuals less fortunate.

We spoke with Adan, our own superstar graphic designer at Brilliant-Online who, as a practising Muslim, is perfectly placed to offer a more intimate perspective into the Ramadan festival.



"I have mixed feelings towards Ramadan in many ways," Adan says. "On one hand it is a time where we can devote more time to worship and to reflecting on what we have done and accomplished in the past year. But on the other hand, there may be people that we shared the experience with last year that are no longer with us, which leaves me reflecting on many things with more than a tinge of sadness."

"However, Ramadan also brings back many fond childhood and teenage memories of gathering at the mosque before tarawih prayers. It reminds me of playing with firecrackers and fireworks, being scolded by girls and waking everyone up in the village in the middle of the night by banging drums," he adds.

"Now I have grown older and have a family of my own, there is something that distinctly touches me about the occasion when I reflect on it. I am reminded of my mother and all the

good times we had when she was alive. I am reminded how, as a child, I often felt rituals like fasting were obstacles whereas now I understand their true worth. These are lessons I have learnt that I want to pass onto my own children."

Read: Ramadan during the Pandemic

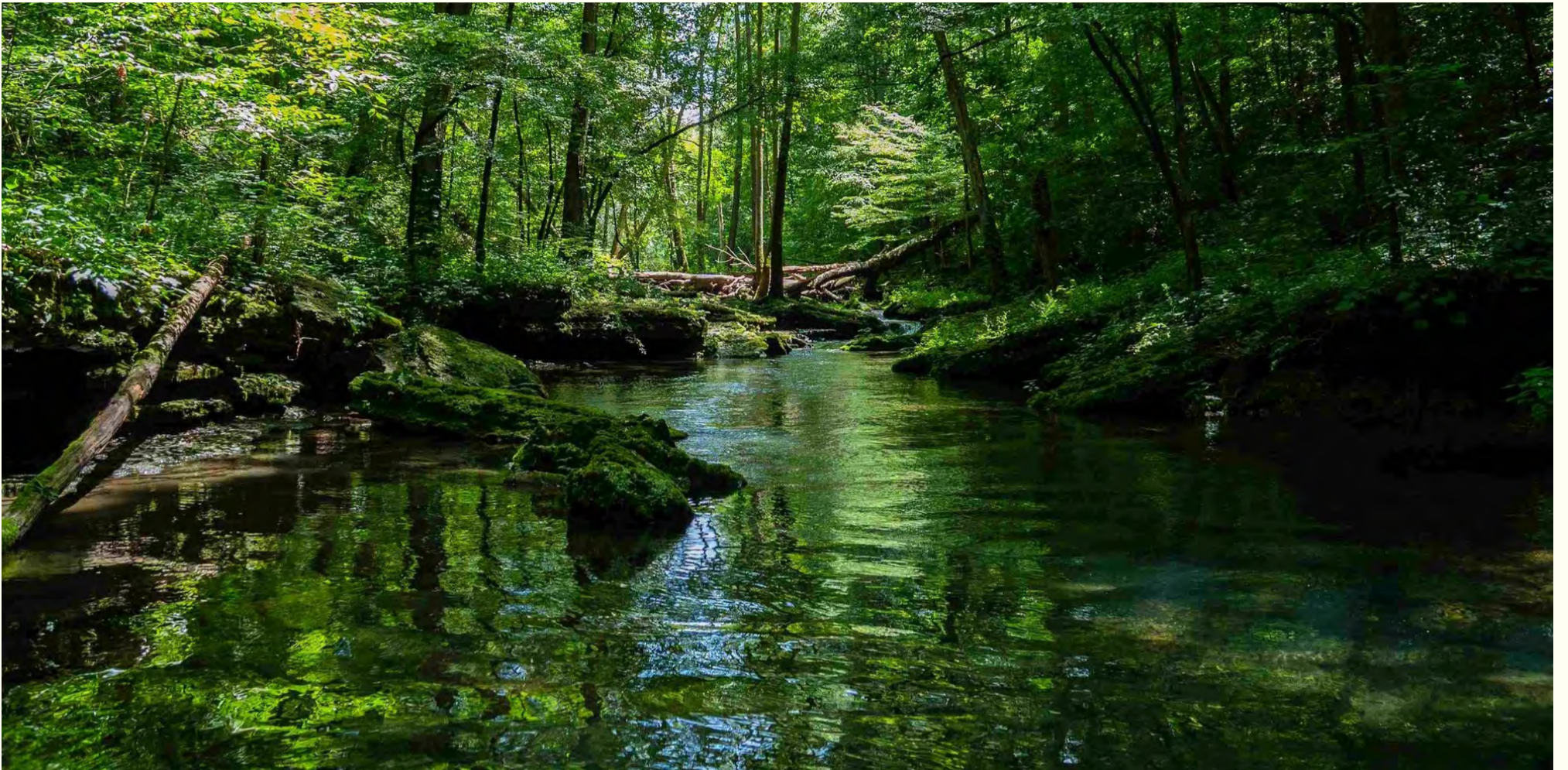


➔ Reverting to Islam - Jessica Gardner's story of grace

Read the story

PROTECTING THE EARTH

◆ It doesn't take a rocket scientist to understand planet Earth is in bad shape right now.



➔ Forests containing more than 60,000 tree species may cover more than 30% of the world's land and provide life

Despite receiving numerous warning signs over the years, things have gone into overdrive of late, with a whole host of catastrophes illustrating the planet is facing seemingly inevitable peril, almost as if Mother Earth herself is desperately crying out for help.

In all four corners of the planet we have witnessed devastating wildfires, droughts, record temperatures, cyclone, famines, earthquakes and floods. While we are fully cognizant of the situation, solutions seem to be limited to ongoing, high-level dialogue and good-intentioned pledges that don't seem to ultimately even be scratching the surface. A cynic could argue that the way the world rallied in response to the recent COVID-19 pandemic is exactly the manner in which we should be turning our attentions to healing the planet.

Global Recycling Day

While many of the problems facing the planet may seem frustratingly out of reach to the average person, recycling is an area that we do have direct control over and thus are able to effect positive change through. Taking place globally for the sixth time on March 18 this year, the occasion strives to remind us of the importance of recycling our waste products in order to have a positively sustainable impact on the world around us. As the Global Recycling Day website says, "we must think again about what we throw away – seeing not waste, but opportunity."

The site further explains: "Recycling is a key part of the circular economy, helping to protect our natural resources. Each year the 'Seventh Resource' (recyclables) saves over 700 million tonnes in CO2 emissions and this is projected to increase to 1

billion tons by 2030. There is no doubt recycling is on the front line in the war to save the future of our planet and humanity."

You don't need us to outline how or why to recycle. It might require adjusting our regular routine a little but it is something that is within our grasp and thus incumbent on each and every one of us to do as an absolute responsibility.

International Day of Forests

Three days later sees the 10th year anniversary of the International Day of Forests where countries all around the world are encouraged to undertake efforts to organise local, national, and international activities involving forests and trees, such as tree planting campaigns to raise awareness as to the importance of forests on our eco-system and to

emphasise their benefit to current and future generations. The theme this year is “Forests and Health”.

Forests containing more than 60,000 tree species may cover more than 30% of the world’s land and provide life-sustaining resources for over 1.6 billion of the world’s poorest people, but each year more than 32 million acres of forests are lost - that’s an area roughly the size of England to put it into sobering perspective. As populations continue to expand so does demand for space, likewise commercial pressures on communities who see logging as their only viable source of income.

The knock-on effect cannot be underestimated. With the loss of trees comes the loss of animals and many rare species. Similar to the ocean, trees and vegetation help reduce carbon dioxide (CO₂) from the atmosphere in a process known as a carbon sink, which plays a critical role in climate change. Worryingly, the current level of deforestation directly results in between 12-18% of the world's carbon emissions, which is almost equal to all the CO₂ from the global transport sector. We only need to take heed of rising temperatures, wildfires and floods as a very real reminder that the more we chop down forests, the closer we push ourselves to disaster.

World Water Day

On March 22 we have the United Nations observance day “World Water Day”. For those of us lucky enough to be reading this from a laptop or phone in a nice, safe, comfortable environment, the commodity of clean, accessible water could well be something we take for granted, if we are genuinely honest. However, there are 2.2 billion people currently living without access to safe water and countless communities that include schools, businesses, healthcare centres, farms and factories that are being held back because their human rights to water and sanitation still need to be fulfilled.

This is something that World Water Day strives to raise awareness of while advocating for the sustainable management of freshwater resources.



Celebrate World Meteorological Day

This year marks the 30th year anniversary of the occasion with the theme of accelerating change to solve the water and sanitation crisis. The global campaign, called “Be the Change”, encourages people to take action in their own lives to change the way they use, consume and manage water. You can play your part by checking out the website and following some of the suggestions to help.

World Meteorological Day

The following day, March 23, celebrates World Meteorological Day, which commemorates the coming into force of the Convention establishing the World Meteorological Organisation on that date in 1950.

Since then, member nations of the UN sanctioned-body have continued to meet each year and coordinate in the fields of meteorology, operational hydrology and Earth sciences for the security of their population.

The word ‘meteorological’ relates to weather conditions and was a term that gained prominence when accurate meteorological records began 100 years ago. This year’s theme is ‘The Future of Weather, Climate and Water across Generations’, while themes in previous years have included: ‘The Ocean, Our Climate and Weather’; ‘Understanding Clouds’; ‘Hotter, drier, wetter - Face the future’; ‘Polar meteorology - Understanding global impacts’; ‘Preventing and mitigating natural disasters’; and ‘Weather, climate and the air we breathe’.

WHAT'S ON IN APRIL 2023

◆ Key theme: Safety & Health at Work



Brilliant April Advertising Themes will focus on these April celebrations

Easter

Easter is a time of hope and new life. If you are a counsellor or business coach that provide pathways to motivate people to build new futures, we want to feature your services. Because of the long weekend, some of you will be planning for travels for the year. we hope to feature great travel stories and tours. Contact Chrissy Jones on +61 412 137 621

Safety & Health at Work

The purpose is to build a positive safety and health culture in the workplace to prevent occupational accidents and diseases.

We have to recognise that there will be new and emerging occupational risks caused by technical innovation or by social or organizational change, such as:

- New technologies and production processes, e.g. nanotechnology, biotechnology.
- New working conditions, e.g. higher workloads, work intensification from downsizing, poor conditions associated with migration for work, jobs in the informal economy.
- Emerging forms of employment, e.g. self-employment, outsourcing, temporary contracts.

So we're inviting businesses, legal entities, governments, healthcare organisations to talk about hybrid workplaces, mental health needs, laws and governance and how they make work life a better place. Contact Chrissy Jones on +61 412 137 621

Australian Heritage Festival

Do you know that the zipper was patented on 29 April 1913?

Looking for businesses who have been established for more than 10 years.

Celebrate your milestones by contacting Chrissy Jones on +61 412 137 621

International Guitar Month to promote guitar sales around the world

We invite pubs, clubs, music shops to showcase their business and music scene.

Contact Chrissy Jones on +61 412 137 621



Celebrating Local Business!

2023 WAUCHOPE & HINTERLAND BUSINESS AWARDS

Join us to celebrate
Local Business!

WWW.WAUCHOPECHAMBER.COM.AU

*Entries
Opening
Soon!*

➔ Attend the launch of Wauchope & Hinterland Business Awards on
Wednesday March 29 @ 6:00 pm – 7:30 pm

History of the Guitar

A plucked four-string instrument was named a guitar in the 14th century in Spain. It resembled a vihuela, a guitar-shaped instrument played in Spain. As far as the name is concerned, 'guitar' comes from 'guitarra,' a Spanish word. It is also assumed that 'guitar' is associated with the Latin word 'cithara' and the ancient Sanskrit word 'tar,' which means 'string.' Also, 'guitarra latina' was a curved-body instrument that comprised four strings and was used as a musical instrument in the medieval period in Europe. The contemporary guitar originated in Spain, however, the oldest surviving guitar-like instrument is from ancient Egypt.

As centuries passed, the guitar went through many changes and transformed into something similar to the modern guitar. Yes, the first

guitar was a lot different from what it looks like today. Guitars in the 16th century consisted of C-F-A-D tuning and were called baroque guitars. Later, a lower string E was added to it.

In the 19th century, Antonio de Torres Jurado started building guitars that were similar to new acoustic guitars. It is assumed that most of the modern-day guitars are derivatives of Antonio's designs. Thus, he was called the Stradivari of guitars (because another Antonio — Antonio Stradivari — was a world-famous violin maker.)

George Beauchamp along with Adolph Rickenbacker made the first-ever electric guitar in the United States in the 20th century. Following this invention, a lot of other types of guitars are made in many variations.

Garden Month

We invite florists, gardens of interest, farmers, gardening shops and

nurseries to participate. Contact Chrissy Jones on +61 412 137 621

Math and Statistics Awareness Month

We invite early learning centres, schools, tutors, toy shops to tell their stories. Contact Chrissy Jones on +61 412 137 621

Other April themes and events

- 1st April – April Fool's Day
- 2nd April – Go Blue for Autism - World Autism Awareness Day
- 2nd April – International Children's Book Day
- 3rd April – Be Alarmed! Change your smoke alarm battery!
- 4th April - World Stray Animal Day

- 6th – 16th April - Nature Play Week
- 7th April – World Health Day
- 12th April – International Day of Human Space Flight
- 13th April - Micro Business Forum Coffee Connect for Small Businesses
- 15th – 21st April – World Creativity & Innovation Week
- 15th April - Creative Wauchope invites you to the Rocks Ferry Reserve, Wauchope for a fabulous day immersing yourself in creative activities, stalls and demonstrations. Artists are invite to book a free stall.
- 17th - 25th April - National Parks Week
- 18th April – World Heritage Day
- 18th April – 19th May – The National Trust Heritage Festival
- 20th – 25th – World Allergy Week
- CULINARY CANVAS Progressive Dinner, Thursday 20 April from 6pm
3 COURSES | 3 VENUES | LIVE ENTERTAINMENT | LIMITED TICKETS AT \$55 PER PERSON
- 22nd April – International Mother Earth Day
- 20th - 22nd April – Earth Day
- 21st April - World Creativity and Innovation Day
- 22nd April – Jelly Bean Day
- 23rd April – World Book and Copyright Day
- 25th April – World Penguin Day
- 25th April – Anzac Day
- 25th April - World Malaria Day
- 26th April - Micro Business Forum event
- 27th April – International Guide Dog Day
- 28th April – Pay it Forward Day
- 28th April – World Day for Safety and Health at Work
- 30th April – International Jazz Day
- 30th April – World Veterinary Day



9AM-1PM, SAT 15 APRIL 2023

ART in the Park

STALLS | ART | MUSIC | WORKSHOPS

FOR INFO, WORKSHOP TICKETS & STALL BOOKINGS VISIT...
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Part of the Hastings Business Stimulus Project. This is Local Economic Recovery project is jointly funded by the Commonwealth and the New South Wales Government under the Disaster Recovery Funding Arrangements.

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CULINARY
CANVAS
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\$55
PER PERSON

From 6pm, THURS 20 APRIL 2023
3 COURSES | 3 VENUES | LIVE ENTERTAINMENT

FOR INFO & TICKETS, VISIT...
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Part of the Hastings Business Stimulus Project. This is Local Economic Recovery project is jointly funded by the Commonwealth and the New South Wales Government under the Disaster Recovery Funding Arrangements.

WAUCHOPE CHAMBER
Australia Government
NSW

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FESTIVAL

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WHAT'S ON AT PORT ADVENTURE CRUISES



BOOK CRUISES

- DAILY 11 AM DOLPHIN SPOTTING RIVER CRUISE
- DAILY 5PM MARCH OR 4PM APRIL SUNSET CRUISE



11.00AM SENIORS AND RETIREES BIG DAY OUT
21ST & 22ND MARCH; 3RD & 24TH APRIL

8 APRIL DUSK N DAWN - DJ CRUISE

15 APRIL 70'S CRUISE

21 APRIL INXS TRIBUTE CRUISE

22 APRIL UKULELE CRUISE

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This year, the city of Melbourne comes alive presenting a fashion festival with premium runways, extensive & exciting programs of fashion, beauty, masterclasses, panel discussions, workshops, giveaways and more!

Returning to the Royal Exhibition Building in 2023 after 3 years of the Covid Pandemic, the Festival showcased premium runways featuring some of Australia's most-celebrated designers.

melbournefashionfestival.com.au



Brilliant

FASHION



HIGHLIGHTS OF THE PAYPAL MELBOURNE FASHION FESTIVAL FROM 3RD TO 11TH MARCH 2023

◆ Community Leader Christina Chia supports Australian Designers, wearing some of their outfits at the Fashion Festival.



Malcolm Paull outfit worn by Christina Chia:

Handmade black brocade kimono sleeves coat with stunning gold and pink baroque design, coque feathers with 30 layers of French tulle.

Dress Slip by Lucy Laurita

Shoes: YSL Tribute Shoes (Dark Brown)

Bag: Gold Mimco (porcupine)

Model: Christina Chia

Photographer: Teddy Shim Photography



**Lucy Laurita + Aurelia
Paige – 4 March: David
Jones Independent
Runway**

Wearing a Lucy Laurita Jumpsuit in royal blue made of soft satin. Halter neck, elasticated waist, wide leg and side pockets worn by Christina Chia.

Model: Christina Chia

Photographer: Teddy Shim
Photography

Elliatt Collective Spiral Ombre two piece set - 7 March: Envision Runway

Belt from Valentino. Shoes - Valentino
Roman Stud in nude complete with Pale
Pink Lady Dior Bag.

Model: Christina Chia

Photographer: Teddy Shim Photography





Saint Armont – 8 March: Briggs & Thomas Independent Runway

Where art and fashion collides. Briggs & Thomas is a new Melbourne label, a collaboration of the artistic duo Melody Briggs and Kylie Thomas.

Model: Christina Chia

Potographer: Chrissy Dore
Photography for Voxfrock

Aureta Studio Erica Mini Dress from the Papillon Collection - 10 March: Paolo Sebastian Solo Runwa

Belt from Moschino. Brooch by Stylist, The Jellies. White bag from Gucci.

Bag: Gold Mimco (porcupine)

Model: Christina Chia

Photographer: Naomi Rahim for Getty Images

gettyimages®
Naomi Rahim





Asher + Archer designer - 11 March: Closing Runway

Paired with Bottega Veneta bag +
Christian Louboutin denim shoes. Styled
by Rachael Haack Creative Designer and
Stylist.

Model: Christina Chia

Photographer: Teddy Shim Photography





Brilliant

SPORTS



TRIUMPHING AGAINST ALL ODDS

◆ Chances are most people won't be overly familiar with the sport of wheelchair fencing and therefore the likelihood of the name Saisunee Jana ringing any bells is almost zero.



However, her story is one of triumph over tragedy, of battling the odds and overcoming adversity, a testament to the true capabilities of the human spirit.

Saisunee was born into poverty in Chiang Mai, northern Thailand, the eldest of two sisters. Working in a factory from a young age to help support her family, she was involved in a tragic accident aged 17 when her motorbike she was riding collided with a 10-wheel truck, leaving her paralysed in both legs.

Despite understandably going through a dark period of depression following the accident, Saisunee's tough, determined character saw her face up to her plight, emphasised by the fact that her family very

much depended on her as the main breadwinner. She enrolled in a government-run institute for further education for the physically challenged and it was here that she happened across sports for the physically challenged that would change her life forever.

Taking up wheelchair fencing not only made her physically and emotionally stronger, it has become a successful career that has seen her hailed as a national treasure in her homeland, with a glittering trophy haul to prove it.

The 48-year-old is now an expert fencer in both the Épée and Foil classes and was Thailand's first female Paralympic gold medallist when she won the Épée B event at the 2004 Athens Paralympics. She

has since gone on to secure two gold, one silver and three bronze medals in total from five appearances at the Paralympic Games, including her country's first medal at the Tokyo 2020 Games. She was also the flag bearer for her country at the opening ceremony of the 2012 Paralympic Games in London

The medals and accolades continued in January this year when Saisunee won two gold medals at the Wheelchair Fencing World Cup in Washington, USA, where more than 100 wheelchair fencers from 26 countries participated.

Her achievements saw a message of personal congratulations from Prime Minister Prayut Chan-o-cha who praised her efforts that brought "great pride and happiness to the people of Thailand".

Tough stuff

The COVID-19 pandemic was tough for Saisunee as the Tokyo 2020 Paralympics was rescheduled and her training regime was forced online. She suffered, as did so many others, with feelings of isolation and frustration during enforced lockdowns.

However, Saisunee, is made of tough stuff and soon reversed her mindset to adopt a positive approach, similar to that which propelled her out of poverty in Chiang Mai years ago to success as a national athlete.

She also turned her hand to an alternative way of making money to support her family during such challenging times. Owning a plot of land in Phrae, she decided to temporarily move her family there and farm the land.

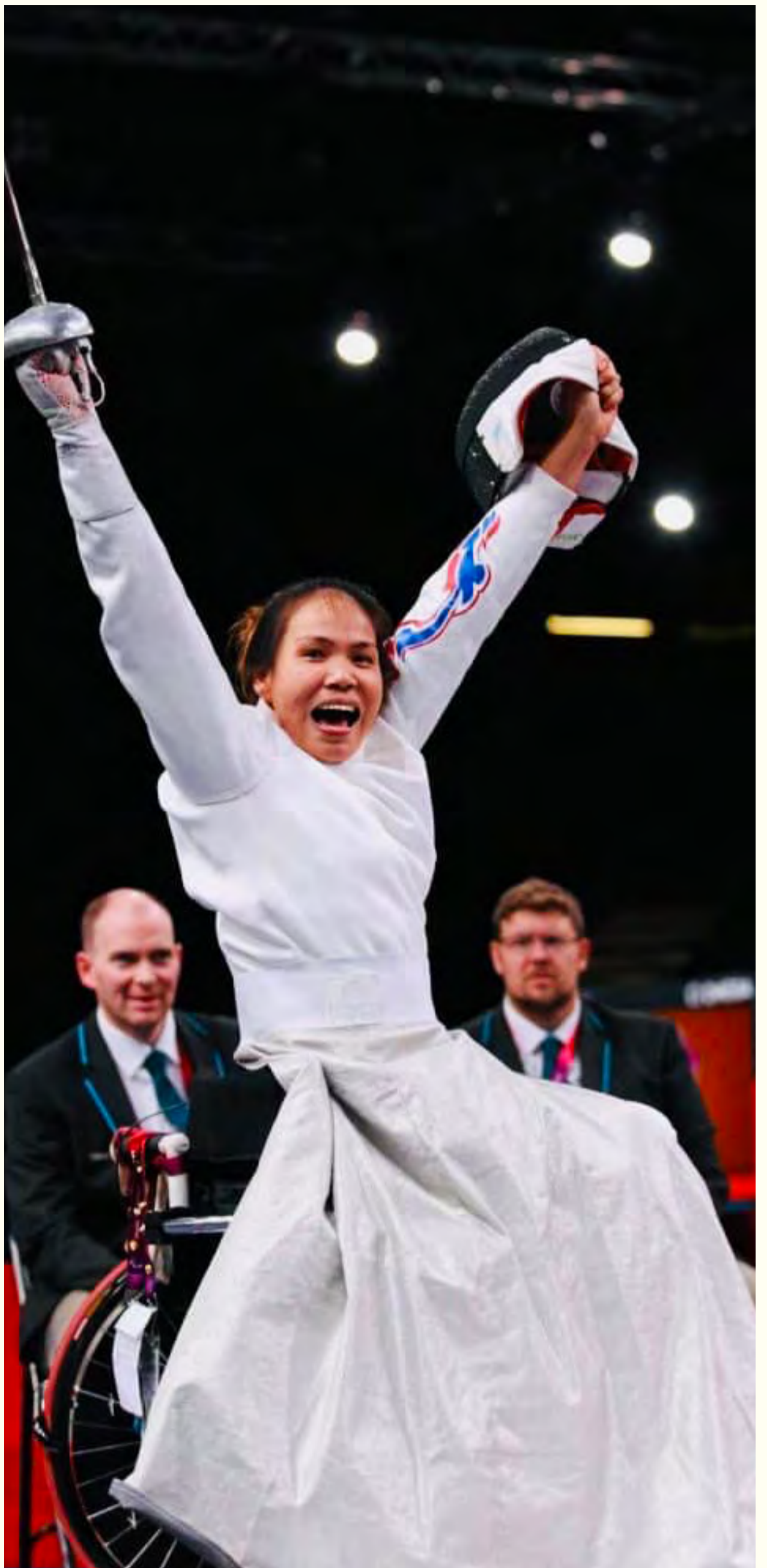
"I began growing vegetables and fruits, which was enough for my family, and I sold the leftover at the open-air market. I really saw the value of owning my land for the first time. Family support also played a pivotal role in my ability to stay focused on my training for the Paralympics," she said.

Supporting family is something Saisunee is rightfully very proud of. She has used her career earnings astutely, purchasing houses for her parents in addition to land for the family and also funding her younger sister's university education. Married to a fellow national Thai fencer, family is clearly a fundamentally important foundation in her life.

"The pandemic taught me several lessons. An area in my life that I often overlooked was appreciating my roots and my provincial home. Rural folks such as myself easily get accustomed to the glitz and glamour of city life, which often makes us hesitant to return home.

"COVID-19 changed this perception for me. I no longer need to wait until retirement to see the importance of returning to my family's farming roots and practising the self-sufficient tradition that is part of Thai culture."

Any mention of retirement for Saisunee can wait, however, as this gifted athlete clearly still has much to achieve, with many duels and medals ahead in her incredible story yet to be won.



Saisunee Jana's story is one of triumph over tragedy

BACKING SPORTING EQUALITY FOR WOMEN AND GIRLS IN PORT MACQUARIE

◆ As female participation in all manner of sports across the world continues to boom, it is welcome news that women and girls in Port Macquarie will now have access to more inclusive sporting facilities, thanks to the NSW Government's \$25 million Female Friendly Sport Facilities and Lighting Upgrades Program.

Member for Port Macquarie, Leslie Williams said Stuart Park will receive a \$500,000 boost to upgrade lighting on five sports fields which cater for rugby union, rugby league, athletics and cricket.

"Community sport is a vital part of our social fabric and some of the biggest barriers faced by women and girls are the lack of female change rooms and amenities, as well as adequate lighting," Mrs Williams said.

"The NSW Liberal and Nationals Government recognises the critical role local sport infrastructure plays in keeping our communities healthy and active, and by helping boost female participation, we will ensure any young girl or woman who wants to shoot a hoop, score a try or kick a

goal, can do so in a supportive and safe environment.

"This groundbreaking program will level the playing field by improving facilities that for decades have been predominately used by men, but now cater for the growing number of our local women's and girls' sporting teams," Mrs Williams added.

Since 2017 the NSW Liberal and Nationals Government has committed more than \$1 billion to deliver new and upgraded community sport facilities.

Minister for Sport Alister Henskens said major events including the recent FIBA Women's World Cup and upcoming FIFA Women's World Cup are creating enormous excitement and inspiring the next generation of female sporting stars.

"Whether it's on the court, field or track, we continue to be inspired by our homegrown talent like Ellyse Perry, Lauren Jackson and Madison de Rozario, who are captivating the nation with their extraordinary athleticism and passion," Mr Henskens said.

"The Liberal and Nationals Government's investment in community sport infrastructure is improving facilities for women and girls, and boosting female participation in sport, in line with our Her Sport Her Way strategy."

The popularity of women's sport, both from a spectator and participant perspective, has seen significant growth in recent years resulting women's events receiving higher ratings, greater attendance, more sponsors, increased prize winnings and greater media coverage.



Member for Port Macquarie, Leslie Williams



➔ The popularity of women's sport, both from a spectator and participant perspective, has seen significant growth in recent years

Female Aussie athletes have, of course, excelled in various fields for many years, with the most successful sports being tennis, athletics, swimming, netball and golf. However, in recent years sports more traditionally associated with their male counterparts have seen an major emergence of female participation, such as AFL, rugby and football (soccer), with Australia co-hosting the FIFA Women's World Cup later this year. Aussie women are a particularly strong presence in international cricket, illustrated by their winning of the T20 World Cup in South Africa last month for a sixth time.

Surfing is another sport that has seen an increase in female interest of late, with the popularity of the sport during the COVID-19 pandemic surging; the Financial Review reported 60% of new participants in the sport at the time were women, totalling 120,000 overall.

"We need to support women and make sure they have the confidence to compete, have fun, and embrace surfing – it leads to health and vitality," Adslot chief financial officer

Felicity Conlan, who joined the NSW Surfing board last year, told the same publication.

Superstar Matilda's striker Sam Kerr agrees, telling the Women Sport Australia website: "Australia has come a very long way in promoting female sport's participation and getting behind female teams from various sporting codes. But there is still a lot of room for growth, which is really exciting."

The same organisation offers a Mentoring Program which has provided invaluable opportunities for over 100 women to form mentoring partnerships with senior female and male sports leaders.

With such continued support there is no doubt that the next generation of female sports superstars will continue to emerge and blossom, following in the footsteps of current champions such as swimmer Emma McKeon, footballer Sam Kerr, retired tennis champ Ashleigh Barty, golfer Minjee Lee, cricketer Beth Mooney and para-athlete Madison De Rozario.

AXE LABOR'S

SUPER TAX



Labor's big new tax on your superannuation is yet another broken promise. Time and time again Albanese told Australians during the election that Labor had no plans to change taxes on Super. But now they're referring to it as "honey" and suggesting it should be spread "around the hive".

Labor claims this only affects a small number of people, but because they won't commit to indexing their new tax to inflation, more and more Australians just like you may be forced to pay Labor's Super Tax.

Labor can't say how key components of their Super Tax will work, creating unfair uncertainty for those saving for their retirement.

If Labor get away with yet another broken promise, you have to wonder what they will set their sights on next. Everything will be fair game for Labor's higher taxes.

This is the kind of policy that saw Australians reject Bill Shorten and Labor at the 2019 election.

**When Labor runs out of money,
they come after yours.**