

May 2023

# brilliant

ONLINE



Photo: TG's Child Care

## *The* **AUSTRALIAN PRIDE** *Issue*



**INSIDE:** Celebrating Australian-made businesses and their role in enhancing the wider community

# TG's Child Care is Hiring

TG's Educators Play at Work  
[tgschildcare.com.au/careers](http://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.

FIND OUT MORE AND JOIN TG'S FAMILY

📍 NSW: Armidale, Uralla, Hastings St Wauchope, High St Wauchope, Riverbreeze Wauchope  
QLD: Urangan

🌐 [www.tgschildcare.com.au](http://www.tgschildcare.com.au)



# NOTE FROM OUR EDITOR

◆ Welcome to May's edition of Brilliant-Online.

**A**ussies are a proud bunch, and rightfully so. A country blessed with an abundance of natural beauty, the land Down Under has a rich cultural heritage, a diverse, vibrant population and a wide range of iconic, unique wildlife.

However, beyond the obvious charms it is the regional communities that provide the country a truly unique flavour and the role of local business in supporting this cannot be understated.

That's why this month we champion local businesses and their fundamental role in helping drive, unite and inspire the community.

We catch up with TG's Child Care and shine a light on the ongoing and fantastic work they do with helping nurture the younger members of our community, with a specific focus on how they create a happy and safe learning environment.

Elsewhere we check in with financial wizard Paul Zalitis to find out how vendor financing really works, we learn how Panoptic Vision is helping

us care for ageing eye health and celebrate Bonza opening its new Melbourne to Port Macquarie flight route.

We also profile ArtWalk's upcoming 'Up In Lights' show which will see the streets of Port Macquarie turn into an arts extravaganza on June 9.

Mother's Day may have fallen on May 14 but we champion women's health far beyond this as we check in with qualified counsellor and spiritual life coach Bernie Ginnane who provides some invaluable health tips, while we also meet the team from Heart to Heart Lingerie and profile the fantastic work they do in attending to the after needs of breast cancer sufferers.

Last but not least we look forward to the women's FIFA World Cup which is coming to Aussie shores soon and will see a spectacular celebration of all things Aussie made!

We hope you enjoy this month's edition while tipping your hat and raising your glass to toast all the local businesses that make our community and country so Brilliant!



*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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# WORK HEALTH SAFETY AT TG'S CHILD CARE FOR A HAPPY, SECURE LEARNING ENVIRONMENT

◆ TG's Child Care brings peace of mind to families and children, so they can experience Playing is Learning for Life happy and secure.

**F**amilies love and trust TG's Child Care, and they know in their gut when they visit TG's that this place feels just right.

For generations, children have passed through the playspaces of TG's, have graduated and new children have come in. Playing is Learning for Life happens naturally every single day and children who have left TG's continue to Play it Forward.

When we are so used to a place, we start to take it for granted that everything we have received in this place somehow happens on their own. TG's children are happy and secure in this loving, kind and fun environment, and families do have peace of mind when they bring their children to TG's and allow them to fully grow in TG's. But what are the mechanics behind ensuring the children, families, and staff are all kept healthy and secure, and who is organising everything to make it all run like clockwork?

## Work Health Safety (WHS) is a legal requirement

TG's Child Care has an ESG (Environment, Social Governance) strategy. WHS is incorporated into TG's Governance to protect the health, safety and welfare of all workers and others in relation to Australia's workplaces and work activities. Leading this initiative at TG's is Anne Stephens.

Anne is one of TG's Educators in the role of Workplace Health and Safety Officer. What she does is to



➡ It's hot so let's put on our sunscreen, sun hats and stay hydrated!

actively contribute to protecting the safety, health and welfare of employees, children, families and visitors within TG's service. Anne has the responsibility of looking after the "whole person" in the sense that WHS encompasses all aspects including social, mental and physical wellbeing.

**Her role includes:**

- Providing ongoing support, education, care and safety to children enrolled in the service.
- Researching relevant WHS information and relay to all Educators
- Reporting to Centre Manager with relevant information
- Completing WHS Audits monthly
- Ensuring all SDS are current and up to date
- Ensuring all equipment and furniture are in a safe and working manner and following services practices to access maintenance/

repair when required

- Ensuring all First Aid kits are checked every 6 months by a registered First Aid Trainer, continuing regular checks throughout the year and replenishing when required
- Ensuring all IITIs are completed accordingly and following register database process
- Stock rotation, overseeing stock entering service and ordering processes
- Preparing a report to be delivered at each team meeting of the WHS office
- Modelling excellence, coaching, guiding and assisting in the implementation of the TG's Way
- Having a working knowledge of industry standards such as the NQS and EYLF
- Working in accordance with the Code of Ethics of Early Childhood

Australia.

**WHS states that businesses must put health and safety practices in place as soon as their business is started. It is under Australian law that the business must:**

- ensure the health and safety of workers
- not put the health and safety of other people at risk

**This includes:**

- providing a safe work environment
- provide and maintain safe machinery and structures
- provide safe ways of working
- ensure safe use, handling and storage of machinery, structures and substances
- provide and maintain adequate facilities
- provide any information, training, instruction or supervision needed for safety
- monitor the health of workers and conditions at the workplace

(Source: business.gov.au)



➡ We grow well when we feel safe, held and loved!



**It's not just about following the law and regulations. There are important benefits businesses can gain from ensuring the safety, health and wellbeing of people on their premises. It is a strong factor in staff retention and improving productivity. It reduces injury and illness in the workplace and also the costs of compensation in such situations.**

## Safety, Health and Wellbeing at TG's

TG's Child Care was awarded Exceeding in the National Quality Standard (NQS) of Early Childhood Education in:

- Children's health and safety
- Staffing arrangements
- Relationships with children
- Collaborative partnerships with families and communities
- Governance and Leadership

All TG's Educators are required to have Working with Children Checks and have clear codes of conduct and policies.

Beyond this, TG's has been hard at work behind the scenes ensuring children, families, staff and visitors are all kept safe and secure. When you really think about it and look at all that is being done and continues to be implement and maintained, it is a lot of work. There is a huge responsibility behind all the effort, and perhaps this is a good time to say kudos to

everyone involved in the WHS of TG's, and to say a big THANK YOU for being the invisible elves at work every day to keep everyone safe!

### 1. Clear communications

The COVID-19 pandemic was a major test to the WHS of many businesses. TG's stepped up immediately and were clear it was imperative not just to keep everyone physically safe but also to tend to the mental health of everyone. TG's Educators certainly demonstrated what it means to go above and beyond. They created educational videos to inform families and children about the COVID situation. Educators put together a Creative Care Package for families which included fun activities such as science experiments, cooking activities, storytelling so children can continue with Playing is Learning for Life wherever they were. It brought a sense of regularity, familiarity and comfort to children and to families who can see that TG's is there for them, no matter what.

Communication lines were kept open, clear and consistent. They were and

continue to keep up-to-date with the latest changes, developments and recommendations of policies and regulations from the government. This may include other issues not related to health and safety, but which are also important and have an impact on families e.g. Child Care Subsidy (CCS) scheme.

### 2. Healthy eating

TG's meals are recognised by Munch and Move and Good for Kids. This ensures healthy meals every day. As sustainability is woven into their business model, TG's menus are seasonal, respecting sustainability and the environment's natural cycles.

And there's always a fun factor somewhere when it comes to doing things at TG's! TG's children grow and look after the very vegetables they eat! They are trusty little gardeners who learn about the plants and they care for them from the time they are tiny seeds through to harvest time. This promotes eco-intelligence, responsibility, appreciation and boosts the children's confidence. It empowers them and gives a sense of



Listening is really important at TG's. Everyone's voice matters.



pride in their hard work in sustainable practices. See it as a little 'Farm to Fork' at TG's and the children love it! It makes them see their vegetables in a whole new light!

### 3. Always ready

Natural disasters are a part of life in our communities. TG's has learnt from past experiences, so they have flood readiness action plans in place to prevent any potential damage in the future.

### 4. Age-appropriate knowledge

TG's often invites local trades in their communities to educate the children on dental health or fire safety. They learn age-appropriate skills to take care of their health and safety. Healthy Harold, the friendly giraffe also came to TG's to teach the children about feelings and making safe choices. Mindfulness is a part of the TG's curriculum and the children pick up wellbeing tools they can use anytime.

### 5. Wellbeing for Educators

TG's organises regular staff training on wellbeing and mindfulness. Centre managers are always on hand to guide and listen to Educators. TG's has a Mental Health Workplaces Toolkit with guidance material and practical resources that guide them to eliminate and reduce risks to psychological health and create a safe workplace that is mentally healthy. This builds the knowledge, skills and capabilities of the TG's team to be resilient and thrive at work.

### 6. Risk Assessments and Safety Checks

**TG's Educators are familiar with using Risk Assessments and daily safety checklists. Risk assessments are completed to manage potential risks including, but not limited to:**

- New equipment
- Learning experiences
- Quarterly emergency evacuation drills
- Excursions
- Visitors

They are also aware of the importance of hazard identification and the steps required to manage them should they arise. Educators are familiar with WHS equipment, environment safety checks and audits.

The next time you step into TG's, you may well see the whole place in a very different light. Everything is in its proper place to ensure children, families, Educators and visitors are kept safe, secure and healthy. When we feel safe and loved, we all grow

very well! That's why TG's Child Care has been trusted by families across communities through the generations.

**Read all related stories through the blog**

**Join TG's as an Educator**







## TG's Child Care Early Learning Centres Across Australia for children 6 weeks to 6 years

### Uralla

-  +61 (02) 6778 3369
-  [uralla@tgschildcare.com.au](mailto:uralla@tgschildcare.com.au)
-  [tgschildcare.com.au/uralla](https://tgschildcare.com.au/uralla)
-  23B John St, Uralla NSW 2358
-  Licensed for 32 places

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### Urangan

-  +61 (07) 4184 2282
-  [urangan@tgschildcare.com.au](mailto:urangan@tgschildcare.com.au)
-  [tgschildcare.com.au/urangan](https://tgschildcare.com.au/urangan)
-  61 Miller St, Urangan, QLD 4655
-  Licensed for 75 places

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### Armidale

-  +61 (02) 6772 7810
-  [armidale@tgschildcare.com.au](mailto:armidale@tgschildcare.com.au)
-  [tgschildcare.com.au/armidale](https://tgschildcare.com.au/armidale)
-  11 Samuelson Crescent, Armidale NSW 2350
-  Licensed for 75 places

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### Wauchope Hastings St

-  +61 (02) 6585 1033
-  [HastingsStreet@tgschildcare.com.au](mailto:HastingsStreet@tgschildcare.com.au)
-  [tgschildcare.com.au/wauchope-hastings-st](https://tgschildcare.com.au/wauchope-hastings-st)
-  33B Hastings St, Wauchope NSW 2446
-  Licensed for 48 places

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### Wauchope High St

-  +61 (02) 6585 3331
-  [HighStreet@tgschildcare.com.au](mailto:HighStreet@tgschildcare.com.au)
-  [tgschildcare.com.au/wauchope-high-st](https://tgschildcare.com.au/wauchope-high-st)
-  223A High St, Wauchope NSW 2446
-  Licensed for 48 places

**ENROLL AT TG'S CHILD CARE**

### Wauchope Riverbreeze

-  +61 (02) 6585 2981
-  [riverbreeze@tgschildcare.com.au](mailto:riverbreeze@tgschildcare.com.au)
-  [tgschildcare.com.au/wauchope-riverbreeze](https://tgschildcare.com.au/wauchope-riverbreeze)
-  3 Riverbreeze Drive, Wauchope NSW 2446
-  Licensed for 48 places

**ENROLL AT TG'S CHILD CARE**





*Brilliant*

**AUSTRALIAN  
BUSINESSES**



# ALL ABOUT BORON AND RARE EARTHS WITH VENTURE MINERALS LIMITED (ASX:VMS)

◆ Venture Minerals has exciting updates with tin-boron rich zones being identified at Mount Lindsay, and how it is building up its Rare Earths portfolio.

First let's get to know Venture Minerals Limited (ASX:VMS). Andrew Radonjic, Managing Director of Venture Minerals had his first conversation with Noel Ong, CEO of Samsco in October 2020. Back then, Noel saw the company as a Targeted Diversified Mineral Explorer then because of their promising targets.

**A Targeted Diversified Mineral Explorer**

Check out the company's recent release about its Mount Lindsay project.

**Extensive Tin-Boron Rich Zones Identified at Mount Lindsay**

Currently, like many of the market participants, the share price has taken a beating. The journey has been one where at its peak of about AUD\$0.16 in mid 2021, is now pretty much at its low (see Figure 1). The share price has moved since the latest release which appears to be giving the market some optimism.



➤ Andrew Radonjic, Managing Director of Venture Minerals Limited (ASX: VMS) shares about the company's Age of Boron



➔ Figure 1: The share price chart for Venture Minerals Limited (ASX: VMS) over the last 3 years. (Source: Commsec)

For Noel, the market is generally not a direct reflection on the perceived valuation of the company. In the exploration sector, this is more relevant as the potentials are never calculable.

The current market capitalisation is around AUD33M. Some pundits may say that this is high for an explorer, but one has to understand that the company has an iron ore resource that is at a mining stage plus a Tin and Tungsten resource that is at a Feasibility Study stage.

### What's up with Boron?

The Boron story is going to be a big asset for Venture. In fact, one could say Venture is in the big leagues in spite of pending questions about economic volume or its recoverable process.



The input credit and the potential ability to recover more tin in the process is the game changer for Venture Minerals.

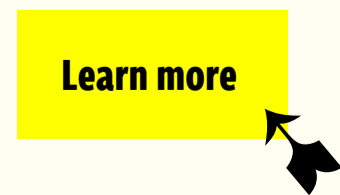
Those in the mineral exploration industry will well know that it pays to identify which company has the best possible potential to bear fruits. For Noel, Venture fits the bill. Their Thor project caught his attention from the very beginning and the latest news on Thor is that the Joint Venture partner has now identified two new priority targets.

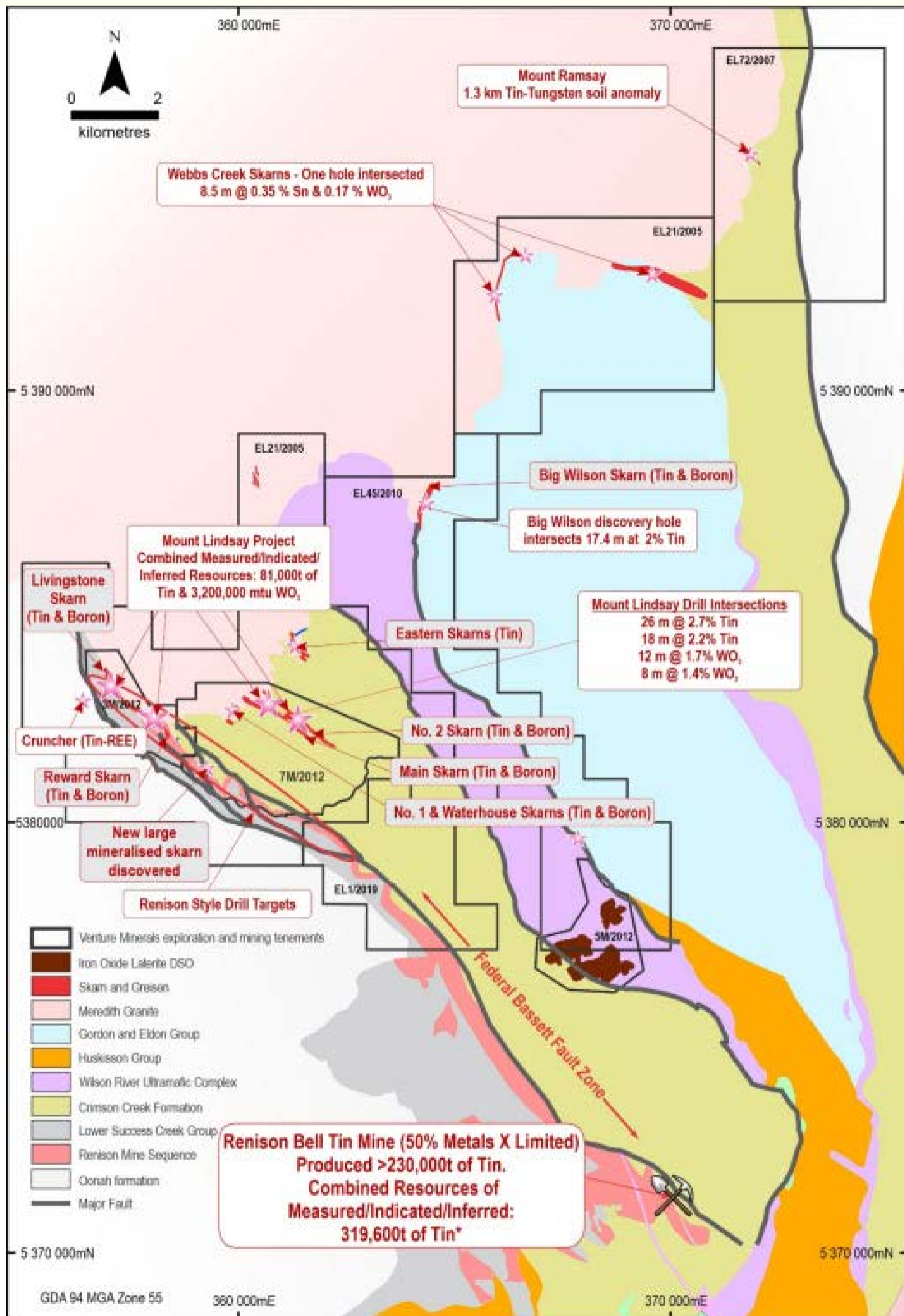
- Chalice Mining identifies two new priority Ni-Cu-PGE target
- Venture Minerals' Double Bonus with Thor and Julimar

To learn more about the Mount Lindsay Project, check out the full story on our blog here:

### Mount Lindsay Project

Noel is enthusiastic about this company, and for good reason.





➔ Figure 2: Mount Lindsay Project: Geology Map showing High Grade Tin-Tungsten Targets and Tin-Boron Skarns



## Rare Earths is Hot

It's no surprise Venture Minerals is building up its REE portfolio. Learn more about Venture Minerals' creation of a Decarbonisation Mineral Exploration Portfolio.

- Venture expands REE strategy with new priority targets in Western Australia

Venture Minerals first mentioned their discovery of REE within the Mount Lindsay project. This was released on 20th September 2022. Since then, the company has had more updates.

Check out the news releases listed below.

- Venture unearths REE mineralisation immediately adjacent to Tin Zones at Mount Lindsay
- Venture discovers 12.5% REE mineralisation at Golden Grove North
- Venture commences drilling at new, high priority REE-Tin target at Mount Lindsay
- Venture expands REE strategy with new priority targets in Western Australia

It's not exactly a smooth ride for Venture. In fact, one could even say the market sentiment for the



company has not been kind. On top of that, the general equity market is poor. Look at the share price for an indication of the company's position with the market.

In spite of this, Noel Ong, CEO of Samsco sees Venture Minerals creating value with the introduction of their REE story. With the market

excited about REE, and the long term narrative for the permanent magnet story going strong, there is something to pay attention to here. It's not something that's going to happen right away, but let's watch the geopolitical space. Venture Minerals may well find themselves with a major story.



➔ **Building a Rare Earth Portfolio in Western Australia - "Andrew Radonjic, Venture Minerals Ltd (ASX: VMS) with Noel Ong**

# Responsible and s

Venture Minerals Strives to discover and



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a/ Suite 3, Level 3, 24 Outram Street,  
West Perth, Western Australia 6005

# **Sustainable mining**

**and develop world class mineral deposits.**



**Targeting Sustainable Tin and Tungsten Production**

# PAUL ZALITIS, THE AUSSIE WRAPPER, EXPLAINS HOW VENDOR FINANCING REALLY WORKS

◆ It's about creating positive cash flow for yourself while helping honest Australian families finally achieve their dream of getting a home.

**T**here are many families out there who have tried to request for a traditional bank loan in order to purchase the house of their dreams. They have been rejected by the bank for a variety of reasons, and find themselves completely stuck. Without the help of a loan, whatever money they have now (and will still continue to earn in their jobs), will never be enough to get a house. They're trapped with permanently renting, and those who wish to start a family find their plans stalled.

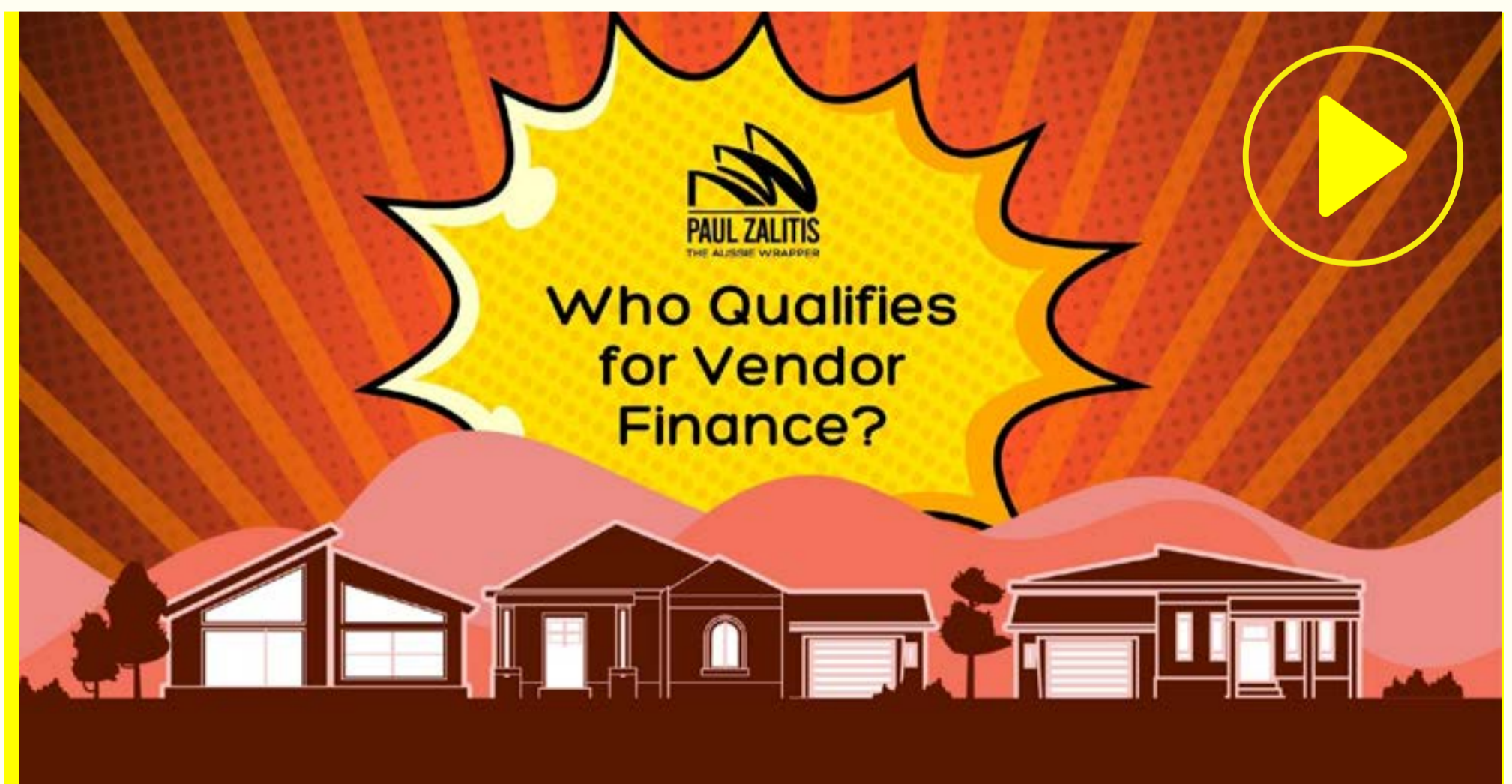
And this is where Vendor Finance steps in.

## What exactly is Vendor Finance?

This is a more common scenario than you may imagine.

It is basically a system that allows buyers to purchase a home when they are unable to qualify for the run-of-the-mill home loan. The Wrapper (Vendor) organises the finances and loans the money to the Wrappee (Purchaser) to buy their home. The upside is it helps the Wrapper to boost their cash flow and grow their investment portfolio, and the Wrappee is finally able to actually own a house and start a family.

During this process, the property title remains with the Wrapper until the Wrappee pays the final instalment or refinances the property. Most Wrappees



➔ Watch below video on who qualifies for Vendor Finance

aim and are able to refinance in less than 5 years. Once everything is fully paid, the property title is then transferred to the Wrappee.

For Paul Zalis, the Aussie Wrapper, this is a win-win situation. He has helped many families find hope in purchasing their homes, and he has gone on to pass on his knowledge, expertise and experience to others who wish to be involved in Vendor Financing and become a Wrapper.

Many may not be aware, but Vendor Finance existed in Australia a hundred years ago. Tony Cordato, a Vendor Finance Lawyer, explains:

"A hundred years ago, land and houses were sold with Vendor Finance. They called it Terms Finance, and you pay by easy terms. Why do you think sellers did that a hundred years ago? Well, because if you offered terms, instead of asking for the full price to be paid in cash, there are many more purchasers you could attract to purchase the property. And because the banks were not interested in lending money to purchase residential property, unless the vendors offered Vendor Finance, there'd be very few people turn up to the auction of the property." (Listen to Mr. Cordato's full explanation [here](#).)

Today, families still experience difficulties with getting loans from banks, and without Vendor Finance, many would not have any opportunity to own their own homes.

## Why do Vendor Finance?

The variety of potential Wrappees (Purchasers) out there is vast. This includes those who have a slightly lower income and sole traders. The pool of Wrappees therefore increases and Wrappers (Vendors) have a much higher chance of finding a Wrappee to purchase the property sooner. You can sell a property a lot more quickly this way.

Wrappers can create regular positive cash flow, they can even sell for a higher price and still have Wrappees happy to accept the conditions because of the options of payment terms that suit the needs of the Wrappee.



**There are tons of properties out there in the market waiting to be sold, but as a Wrapper (Vendor) who can offer opportunities (otherwise known as 'hope') to a variety of Wrappees (Purchasers), you are differentiating your property from others and making it a lot more attractive than the traditional bank loan system.**

For Vendor Financing to work smoothly and benefit both parties, Wrappees need to satisfy these basic requirements:

1. Have a minimum of 2% of the purchase price for the deposit.
2. Make sure they can afford the amount borrowed based on their income i.e. they are in a good position to take on a loan (even though it's not with a bank)

Wrappers have the responsibility to check for any bad credit history of potential Wrappees and do their part to make sure they find a quality Wrappee.

Most properties for Vendor Financing are in a regional area or in a big city. Note that this system is not carried out in Victoria or South Australia.

## Accountability

Whenever money is involved, it pays to be well-informed, research carefully and seek advice from experts. No matter how wonderful an investment system is, if both sides do not pay careful attention, nobody stands to benefit. For Paul, going from zero to hero for him involved a lot of self reflection and accountability on his part to make sure he put in his efforts to create his success system in Vendor Finance.

## Wrappers (Vendors)

Wrappers need to educate themselves on Vendor Finance rules, requisites and risks. Read and research as much as you can. Attend workshops, seminars, and listen to what others who have done it before have to say about it. Take notes, and take more notes. It can feel like a lot to take on, but like any job, you can learn and you



**Home Sweeter Home... especially after loan rejections from the bank**

get better with practice. That's why it is useful to get yourself a Vendor Finance coach, or speak to someone who has experience doing this and can understand the typical pitfalls of those new to Vendor Financing.

## Learn more about Vendor Financing here:

**Subscribe to Aussie Wrapper's YouTube channel**

Paul Zalitis has been doing Vendor Financing for more than two decades, and has been coaching highly successful investors around Australia about Positive Cashflow Property Investing. Because it has worked so well for him, he is eager to share it with others who are interested in Vendor Financing and who want to really take the bull by the horns and make a difference to their cash flow while helping Australians finally secure their own homes.

**Learn more about Paul Zalitis**

## Wrappees (Purchasers)

Wrappees should also do their part and seek legal advice if they are not clear. They need to be very honest about their financial ability, and calculate the future costs of the Vendor Finance agreement. Unreliable payment habits can lead to a loss of their deposit and even the opportunity to buy the property. It is possible to refinance within 2 to 5 years if Wrappees ensure they can afford the repayments while saving for a deposit. They should also be able to maintain a good credit rating.

Many Wrappees are simply salt of the earth people who have just been unfortunate in that they do not fall into the category of people that banks prefer to loan money to.

## Vendor Finance Terms

There are different items you may find on a basic Vendor Finance agreement. Here are some basic ones, but each agreement you come across may look different because it depends on the negotiations between the Wrapper and the Wrappee.

- How much is the loan?
- For how long?

- What are the instalment amounts?
- When is the first instalment expected?
- Are there any lump sum repayments, and if so, how much and when?
- Are there any interest free period?
- What is the interest rate on the loan amount?

To understand more about how Vendor Financing works, download the Aussie Wrapper's free eBook "Positive Cash Flow Property Investing Secrets". This eBook will give you insights, techniques and case studies to Vendor Financing and how you can start gaining positive cashflow.

As Paul likes to say, "Knowledge isn't Power until it is Applied". Empower yourself with knowledge, whether you are the Wrapper or the Wrappee, and take more than a leaf out of Paul's informative eBook. Reach out to Paul if you feel this is an opportunity for you, and who knows whose dreams you could make come true?

**BOOK CALL**



POSITIVE  
CASHFLOW  
PROPERTY INVESTING  
SECRETS

DOWNLOAD NOW



Here's my secrets to Create Wealth with these 7 Successful  
Vendor Financing Real Investment Strategies  
Download here - [aussiewrapper.com.au](http://aussiewrapper.com.au)



# PORT ADVENTURE CRUISES IS PROUDLY SAILING ON AUSTRALIAN WATERS

◆ The beautiful Rhythmboat has become an affectionately familiar sight on the Hastings River.



**M**ention the Rhythmboat, the dolphins or Tom "Cruise Director" (our favourite David Lazarus) and everyone in the community will have been on one of their famous cruises or know someone who has been on it or who is planning to book a cruise.

## Sailing into the community

The beautiful vessel of Port Adventure Cruises has become a way to contribute to the community.

Licensed for 170 passengers, owner David Lazarus says they actually avoid maximising this capacity simply because it would affect the quality of service they offer. From the very first contact to the time the passenger leaves the boat, David ensures they get friendly, prompt and FUN treatment. They clearly take pride in their customer service and since sailing for 4.5 years, they have been warmly welcomed by the community.

What makes Port Adventure Cruises stand out is how passengers do not simply sail once on the Rhythmboat. They return again and again, bringing

family, friends and visitors. It's a great place for special celebrations!

The special bond Port Adventure Cruises has with customers can be seen in how they are quick and generous in offering something more. Those who wish to hire the vessel for a private event are invited to first be a guest on one of their 2-hr dolphin spotting cruises. What a great way to get to know a business even before you've signed up! It's a clear sign of confidence that Port Adventure Cruises will deliver and the trust that you don't lose anything by being generous.





## ➔ Port AdVenture Cruises caters for Private Parties

Brilliant-Online celebrated our 2nd birthday on the Rhythmboat! Read about it here:

**Cruising the Hastings River in brilliant style!**

### That classic warm Australian nature

And their generosity doesn't stop there. If you have ever met the owners of Port AdVenture Cruises David Lazarus and Elsa Barbosa, you won't be surprised at their warm, friendly and welcoming nature that is so beautifully, classically Australian.

Elsa is a good listener and she surrounds herself with positive people who inspire her to do better. She is also constantly pushing herself to go further and grow in her professional development. She nominated herself to be on the Greater Port Macquarie Tourism Association Board and was accepted!

"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."

In spite of all the challenges when the business first started, she was determined to be successful and do her best so their business could prosper.



**"While it is important that our business succeeds, it is vital that the Port Macquarie region continues to thrive.", Elsa Barbosa**

For David, Port AdVenture Cruises has a very simple mission statement. "Customer service! It is important that every passenger on board has a good experience with us, with comfort, good catering, and a relaxed atmosphere."

David clearly loves his job. One could say he has a dream job! Imagine going to work and seeing families, friends, visitors enjoying a 2-hr river cruise, or being at someone's birthday party, a retirement celebration, a wedding, a group of seniors who are wild about having fun... you are constantly surrounded by joy and laughter. If the Rhythmboat could speak, it would have volumes to say about all the events it has witnessed during its cruises.

### **FUN-raising with Port AdVenture Cruises**

Port AdVenture Cruises is also very much about engaging with the community and being a part of its identity.

Every Australia Day, they donate their vessel to Sailability to raise funds for people with disabilities. They have a charity tin for staff to put in tips, and David can often be heard on cruises encouraging people to put in some loose change. They also collect used cans and bottles from their licensed bar to be given to Sailability so they can get a 20c refund for each. Every bit goes a long way and Port AdVenture Cruises is doing its part to help with fund-raising for Sailability.

Another occasion was the Mayors Sporting Fund, where Mayor Peta Pinson asked if they could use their vessel for the annual fund-raising event. Feeling deeply honoured and proud to have been asked, Port AdVenture Cruises even donated as part of the prize pool, one of their cruises!

They have never said no to charities or fundraisers who have approached them and with such positive energy surrounding the business and the vessel, it is no wonder dolphins are constantly attracted to it and come by to wave to the passengers! And in classic David Lazarus mode (who is a born entertainer), fundraising is always treated as FUN-raising because they want community events to be FUN!

## It's for everyone in the community

Port AdVenture Cruises is much more than just a business.

For them, everyone is welcome and nobody is left out. Their Seniors Big Day Out for the elderly is a mega event, with a 3 course lunch, singalong entertainment, Bingo, trivia and lots and lots of fun and laughter. All of that with prices kept as minimal as possible.

We have all experienced the challenges of bushfires, floods, COVID-19 and it is clear that when we stand together as a community, we can get through it, and emerge stronger. Port AdVenture Cruises is always paying it forward and they continue to be a familiar sight on the Hastings River day and night.

## Work Health and Safety is key

Even with all the fun and merrymaking, Port AdVenture Cruises is strict when it comes to Work Health and Safety (WHS). They are proud of their business and what they are giving to the community, and a big part of this is keeping staff and passengers safe.

The Rhythmboat itself is not just a vehicle. It has its own personality and people have grown accustomed to seeing this huge white creature sailing peacefully down the river (often with quite a lot of laughter and lively conversation spilling out of it). It is given the utmost care to make sure it stays healthy and well.

The vessel is inspected every year with strict compliance orders including plant and equipment maintenance, rigid SMS (Safety

Management System) where they employ a consultant to keep them up to date. The vessel must be slipped every 3 years for an out of water survey. The staff have regular drill safety programmes and David and Elsa have their own safety diary to record all activities.

Being hands-on owners, and given their warm-hearted natures, it is no surprise that there is a very low turnover of staff. Social events for staff are common and it's a way for David and Elsa to acknowledge and show appreciation for their commitment and hard work.

Port AdVenture Cruises continues to sail strong into the sunset, appearing at sunrise. The Rhythmboat is a space for people to come together, celebrate or simply just get together to enjoy the beautiful surroundings where we live in.

**Ready to get onboard yet?**



## What's on at Port Adventure Cruises

**During the month of June, 5th – 30th June, we will be running a June special @\$30pp for our Dolphin spotting morning and afternoon Sunset cruises.**

Attention all Port Macquarie residents and Visitors!

Do you know that you don't have to own a boat to enjoy the Hastings River? But it is good if you know someone who does!

Here is an unbelievably good value deal for you to join us on our boat, exclusively for the month of June!

All tickets are only \$30pp! (adults, kids and seniors. Under 3yrs olds are still free)

### Inclusions:

- 2hr river cruise
- Choose from morning cruise 10.30

am to 12.30 pm or sunset cruise 3 to 5 pm. Check our website for schedule and availability

### Check website

- Who doesn't like hot scones, fresh cream, and jam?!
- Also included, tea, coffee, and hot chocolate!
- Onboard background music and of course, a better than 80% chance of spotting dolphins during your 2hr cruise.

This cruise offer is ONLY available in June!

Cruises start from Monday 5th – Friday 30th June.

Also, don't forget you can still pre order our popular Antipasto boards and our bucket of prawns when you book online or over the phone for extra catering.

There is a licensed bar on board!

This is a great opportunity for small

groups, family, or social clubs to enjoy a winter morning or sunset cruise on our fully enclosed vessel with yummy hot scones and a great value cruise experience for everyone!

## Gig Guide

The Wednesdays in July are a 3-6pm sunset cruise with a full buffet dinner.

Cost is \$60pp & kids \$40 each

### June / July Gig Guide

- Saturday 3rd June – Knot A Care Boat cruise – DJ's
- Friday 9th June – ArtWalk participation @ Lady Nelson Wharf
- Wednesday 21st June – Seniors & Retirees Big Day out Cruise
- Wednesday 21st June - Tony Remedios one man show performing 60's, 70's, 80's hits
- Wednesday 5th July – Tony Remedios one man show performing 60's, 70's, 80's hits
- Wednesday 12th July – Tony Remedios one man show performing 60's, 70's, 80's hits



 Port AdVenture Cruises in Port Macquarie

- Wednesday 19th July – Tony Remedios one man show performing 60's, 70's, 80's hits
- Wednesday 26th July – Tony Remedios one man show performing 60's, 70's, 80's hits
- Friday 28th July – Christmas in July themed cruise
- Sunday 2nd July – Cheryl Hall & The Wiseman
- Sunday 9th July – Cheryl Hall & The Wiseman
- Sunday 16th July – Swinging Sunday – All That Jazz! – 7-piece band
- Sunday 23rd July – Ukulele
- Sunday 30th July – Cheryl Hall & The Wiseman

### Sunday live music details

The Port AdVenture is the place to be EVERY Sunday in July, for live music!

Tickets are Adults \$59pp, Kids 13yrs and under \$40pp, Kids under 3yrs free!

#### Inclusions:

- 3hr cruise , boarding from 230pm, depart at 3pm and return at 6pm
- Afternoon tea, fresh wraps, fruit platter and ice cream
- Great Live music & while always cruising a chance of seeing our resident dolphins in the river.

### July Gig Guide

- Sunday 2nd July – Cheryl Hall & The Wiseman
- Sunday 9th July – Cheryl Hall & The Wiseman
- Sunday 16th July – Swinging Sunday – All That Jazz! – 7-piece band
- Sunday 23rd July – Ukulele
- Sunday 30th July – Cheryl Hall & The Wiseman

**Book cruises online**



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# CHRISTMAS IN JULY

**Saturday 22nd July 2023 from 2pm**

**Businesses are invited to experience the  
Magic of Brilliant**

[www.brilliant-online.com/event-details/christmas-in-july](http://www.brilliant-online.com/event-details/christmas-in-july)

# ABORIGINAL BUSH BEAUTY & WELLNESS

◆ Deb Munson is a proud Gomeroi woman from Coonabarabran, who now lives on the Mid North Coast of NSW in Biripi country near Port Macquarie.

**H**aving a background in hair and beauty spanning 38 years, Deb has extensive experience working with her sisters in beauty and wellbeing. Deb has frequently been called upon by her community to deliver workshops for youth targeting self-esteem, coming into womanhood, and standing in your power as a woman. Some of the settings include workshops at TAFE, jail, juvenile detention and NAIDOC gatherings.

As well as offering wellbeing workshops Deb also works alongside community groups which focus on promoting awareness in regards to mental health within workplaces.

Her business, Baagi Milaygiin Grandmother's Spirit provides a range of therapeutic bush beauty products made using Australian Native Bush Botanicals and natural plant-based ingredients.



Baagi Milaygiin means  
'Grandmother's Spirit'  
in Gamilaraay language.

## Inspired by her Grandmother's Spirits

Deb creates bush beauty products from healing knowledge handed down to her from her grandmothers Gomeroi Nana Leslie and Darug Nana Smith. This gift was also passed to Deb's mother and her 3 daughters. She combines this with skills gained by completing a Certificate 3 in Bush Tucker Horticulture through TAFE.

"Nana Smith did say in the 70's we have to keep our knowledge alive and go back to community base trading like our Old People did." she told us. "I incorporate my products into modern ways to create my spa treatments that have healing properties."

The Baagi Milaygiin range of naturally made Aboriginal Bush Beauty products stem from the beauty, truth and healing knowledge of a strong ancestral line. We acknowledge and pay respects to Deb's Mother, Nana Leslie a proud Gomeroi woman and Nana Smith a proud Dhurag woman.

Baagi Milaygiin is a proudly owned and operated Aboriginal brand creating ethically made, sustainable products from a range of native Australian ingredients. All products are beautifully created to make you feel nourished, nurtured and pampered.

## Healing & Wellbeing

She has a holistic approach to her well-being and healing services offering workshops, corporate well-being and healing sessions.

The Beauty workshops empower women's wellbeing with a focus on Indigenous women, helping to teach self care and create mental wellness. Using beauty products from the range made naturally from Australian Bush Tucker and Ochre, the wellness workshops are a mobile day spa. There is also an online option for groups over Zoom. All ages are catered for.

Corporate Wellbeing sessions assist community leaders in high pressure work environments to help alleviate mental stress through self care practices.

"We share knowledge and cultural practices in a modern way through



➔ Deb Munson, owner of Baagi Milaygiin

food and skincare. The corporate workshops have a focus on enhancing mental wellness both within ourselves and within our workplaces." Deb told us.

Healing sessions provide a range of natural healing services for holistic health and wellness, they provide different approaches for individuals and groups.

A relaxing re-balance, the sessions use selected products from the Baagi Milaygiin - Grandmothers Spirit skincare range.



**“Our spiritual based practices are used to benefit the mind, body and soul. Using a combination of ancient healing techniques and remedies that have been passed down through generations. “ she said.**

### Signature treatment - the Touch Therapy Ritual

Using the guidance of her Elders and permission from the client, Deb will guide you through a touch therapy session.



➔ First Nations Bush Beauty Products

“With the use of healing hands, bush essence, ochre and water to cleanse and balance smoke when men are around, the Touch therapy ritual will help eliminate toxins from the body.” Deb told us. “ My words of gained knowledge bring your dreamtime to fruition. I can help you map your way with words of inspiration.”

“This continues our dreamtime and makes our songlines stronger.” she said.

Aboriginal owned and operated, Australian Made locally on Biripi land from natural and organic ingredients, Environmentally Conscious, Ethically produced and sustainable - that is Baagi Milaygiin Grandmother's Spirit.

### Knowledge keeper

Providing demonstrations and product knowledge, Deb consistently hands down her gained knowledge and wisdom.

**Shop these products**



# VERMILION PINSTripES MODERN MARKETING FRAMEWORK™ IS PROUDLY AUSTRALIAN AND HELPING BUSINESSES THRIVE

◆ Vermilion Pinstripes is adding the much needed human touch to customer engagements in our age of increasing digitization.

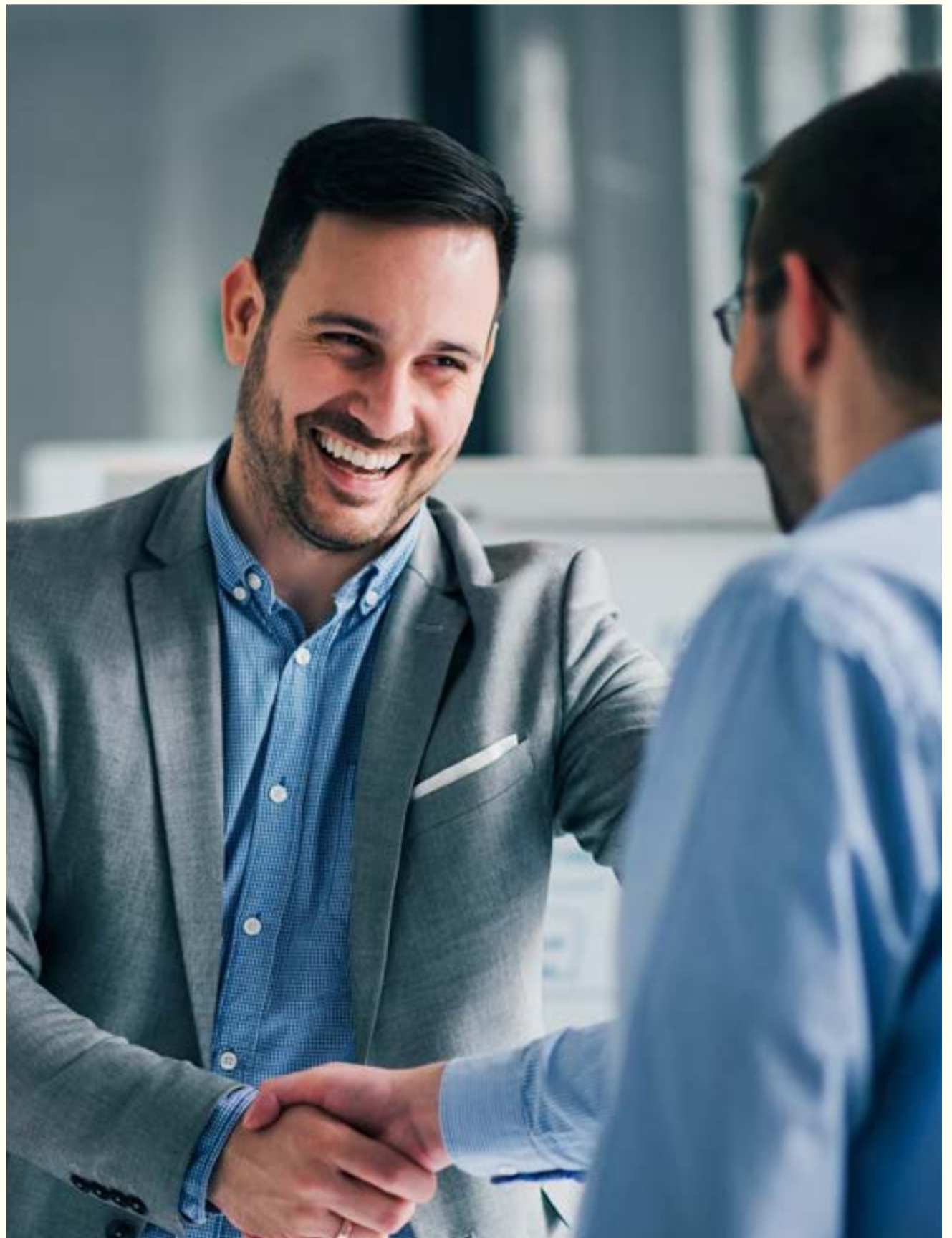
What if you could have a clear framework to apply across your marketing strategies that could guide you clearly from one step to the next? Perhaps Modern Marketing would not feel so impossible after all!

That's why the unique Modern Marketing Framework™ (MMF™) created by Veronica Lind, Business and Marketing Strategist of Vermilion Pinstripes, is helping so many businesses reduce complexity and uncertainty. These key words are certainly representative of our times, and businesses can take heart that there is a way to navigate this.

## What is the Modern Marketing Framework™ ?

It is a unique modern marketing resource for our digital age that enables startups, traditional and modern businesses across industries reduce complexity and reframe their business models. It creates exceptional brand experiences, combining the best of what technology has to offer and without sacrificing the necessary human touch that makes good marketing excellent. It is a modular resource to help businesses build confidence through the simple and effective integration of sales, marketing and communications.

The Modern Marketing Framework™ is the first of its kind to be trademarked by the Australian government's intellectual property agency, IP Australia.



➡ Don't forget the human touch in your marketing efforts!



**Note:** MMF™ is registered with IP Australia under Trade Mark Number 1956365 for the following services: Advice relating to marketing management; Business advice relating to marketing; Business consultancy services relating to marketing; Consultancy relating to marketing; Direct marketing; Marketing; Marketing advisory services; Marketing agency services; Marketing consultancy; Marketing information; Marketing management advice; Planning of marketing strategies; Preparation of marketing plans; Product marketing; Provision of information relating to marketing; Search engine optimisation services (marketing services); Targeted marketing.



**“We’re delighted IP Australia has trademarked MMF™ to recognise our framework as a solid, timeless resource that empowers businesses of all types to thrive with business confidence.” - Veronica Lind**

## How does it work?

It leverages technology that makes marketing stand out with its human engagement. What this means is, it enables customers to experience consistent engagements built on trust, personalisation and efficiency. What makes it powerful and sustainable is it continues to grow and develop with their needs. Adaptability to ever-changing conditions and customer preferences is vital for modern marketing to work. This makes the framework solid and timeless and can be used over and over again.

“MMF™ integrates sales, marketing, communications and customer service for businesses to ‘sell without selling’ confidently.” - Veronica Lind

**Free Marketing Strategy Call to Build Business confidence**



The MMF™ uses Targeting, Enablement and Demand (TED) generation processes. It eliminates silos of corporate functions, enabling strong integration for more focused and successful marketing. It is guided by core brand messages forming a holistic approach to customer engagement in both online and offline experiences and interactions. It has a unique structure, vision and capability that blends together creativity, science and technology for clear and effective Sales, Marketing, Communications and Customer Service.

Its framework is applicable in all areas of marketing - social media, websites, email marketing, public relations, events and even mobile apps. It allows businesses to focus on their brand message and use the relevant

marketing and communications efforts to Sell (more) Without Selling.

You'd be surprised at the range of industries the MMF™ can be applied. Even companies in the ASX can stand to benefit from applying the framework. Yes, even ASX companies need branding too!

Since its creation, the team of experienced business, technology, marketing, communications and editorial professionals at Vermilion Pinstripes have been using it as a model to help local companies in Australia, Singapore, Taiwan, South Korea and Japan achieve their business goals. With offices in Australia, Singapore and Canada, the MMF™ has been fully utilised to service clients across various industries.

## About the creator

Veronica has truly extracted the most vital essence from her career in global technology and market development over the decades to create the MMF™. From conception to finally being trademarked, she has been adapting and refining the framework to make it scalable for startups and local businesses to large enterprises.

Her dexterity with technology and vast experience in sales, business development and marketing have been highly valued by clients in regional and global markets.

Sell Without Selling is a key virtue she stands by and which has helped businesses go from merely surviving to thriving. Business owners have seen their own motivation increase to the point where they are passionate about marketing their brand, where previously they had felt lost, overwhelmed and frustrated. Sell Without Selling is a key part of the MMF™, and it is how businesses can efficiently generate benefits, promote effective marketing strategies, consolidate customer loyalty and enable long-lasting, meaningful engagements with customers.



Veronica Lind - the creator



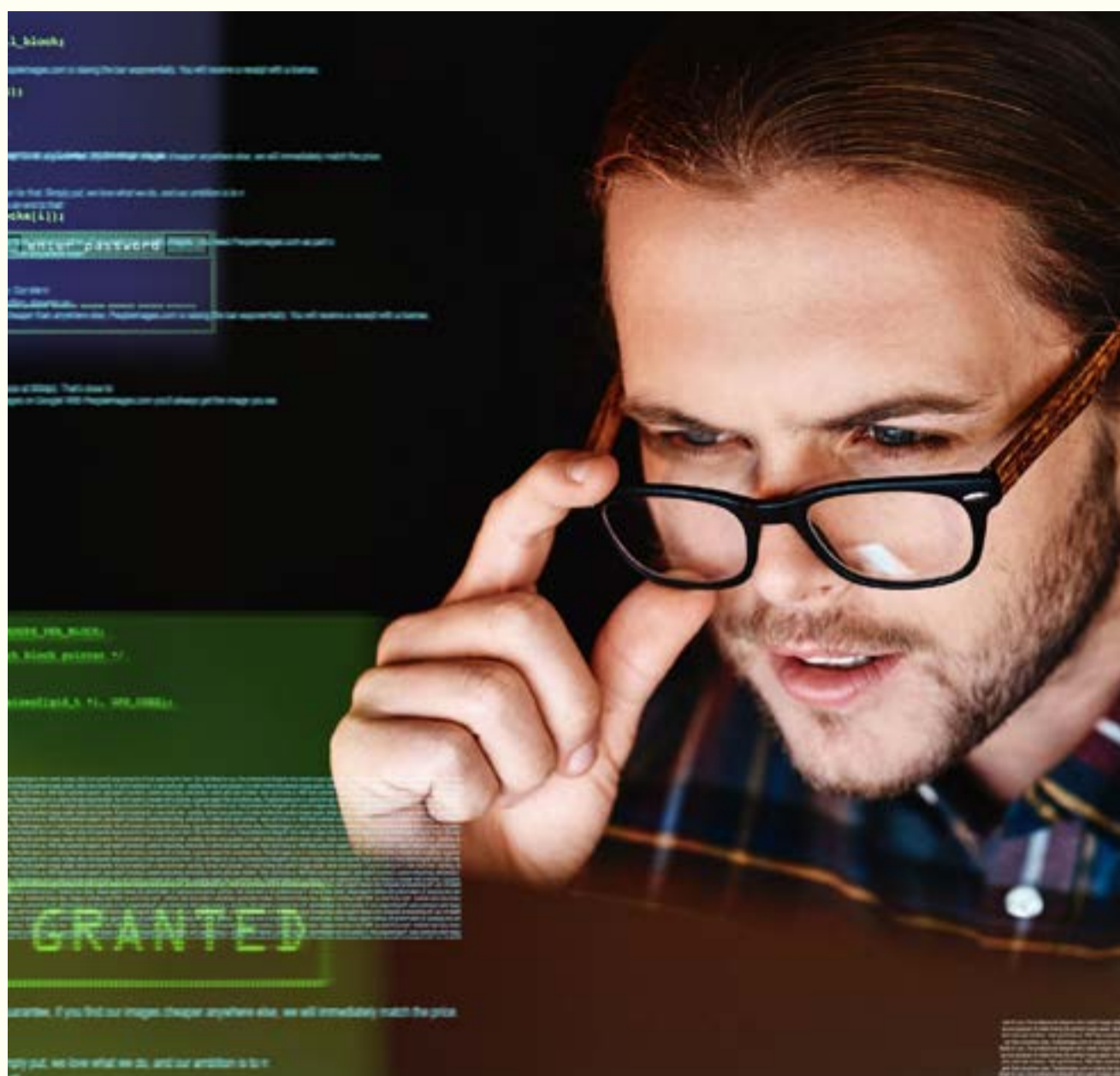
“Businesses embarking on growth face challenges of how to harness the right opportunities and strengthen their brand. We harness art, maths, science and psychology to empower clients with the right strategies and initiatives to achieve their business vision quickly and within budget.” - Veronica Lind

And did we tell you Veronica is also CEO of this very Brilliant-Online magazine you are reading this very minute? It's no surprise that if it's anyone who can dream of making Harry Potter's Daily Prophet newspaper a reality, it would be Veronica Lind. Making magic real is sometimes how clients feel when they see what the MMF™ has done for their business.

### Veronica Lind is Cracking the Code into the Future

If you're a business that is using the Modern Marketing Framework™ to grow your business, you'd be feeling even prouder now knowing it's a unique trademarked framework that is 100% Made in Australia!

Contact Vermilion Pinstripes to find out how their Modern Marketing Framework™ can help make a difference to your business.



➡ Cracking the Code into the Future



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# BRILLIANT BY NAME, BRILLIANT BY NATURE!

◆ Local business is what drives, unites and inspires the community.

**T**hrough countless generations all manner of locally-based and operated companies have helped generate revenue to allow the regional community to thrive and prosper. Local businesses also serve as a crucial pillar within the community, helping build a unique sense of togetherness, support and direction for its local residents. This was especially evident in recent years with the disruption and fallout the COVID-19 pandemic unleashed, where a sense of strong community spirit and support was vital at such a dark time.

It is, therefore, all the more reason why we should collectively champion the upcoming Wauchope and Hinterland Business Awards, courtesy of the Wauchope Chamber of Commerce and Industry. This annual ceremony shines a light on the various small businesses operating in and supporting our local community, providing a chance to acknowledge so much of the great work that is done by each and every one of them.



As the Wauchope Chamber of Commerce and Industry explains, the awards provide “opportunities for local businesses to recognise their achievements, build rapport with their team, review their business journey, and consider their future”.

This year’s Awards Gala Dinner will be held at the Wauchope RSL Club on Saturday, June 17 and will include two sections - the Local Excellence Awards and the NSW Business Chamber aligned Awards. And we at Brilliant-Online are especially proud to once again be nominated, this year in the ‘Excellence in Innovation’ category in the Greater Port Macquarie 2023 Business Awards.

Forged and launched during those dark days of COVID-19, the team at Brilliant-Online like to think we have overcome major adversity and established a resilience and spirit that can take us through practically anything and suggest we are only at the start of our Brilliant journey!

In less than three years we are proud to say we have become a trusted, admired and valued component of the local community, providing a range of engaging and unique stories that have wowed our readers. We are also particularly proud to serve as a unique conduit between local residents and business by connecting the two and providing opportunities for the latter to seamlessly engage with the former. We recognise the importance of supporting local business to allow our communities to thrive. In our modern age of competition, it is even more important to us to uphold our Brilliant values - there is plenty to go around and we want to celebrate everyone’s win!



*Celebrating Local Business!*

**2023 WAUCHOPE & HINTERLAND BUSINESS AWARDS**

Supported by

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OPTUS | HEART OF HASTINGS Wauchope Community News & Sport | NSW | TAFE NSW | Expressway Spares

IG'S | THE FAMOUS TIMBERTOWN | BAGO MAZE & WINE | PORT MACQUARIE HASTINGS COUNCIL | brilliant | BILLABONG

Wauchope RSL Club | Wauchope TRAVEL | Bennetts Steel

Brilliant-Online offers a unique, interactive advertorial platform that tracks advertising performance and allows our business customers in the community to truly make their businesses sparkle. We provide omni-channel and multi-channel advertising with results reporting for one single price, all under one roof – something that no other magazine or media company provides. Our interactive magazine includes ad banners, interactive blog stories, social media and emails, collectively offering an incredible level of engagement that allows businesses to engage with potential customers through multiple channels.

For businesses that feel overwhelmed about how to market their businesses in an ever-changing world, we have been helping them shine, making it easy for them to step into our magical pages and even enjoy the process of growing their businesses, especially when they can see clear numerated results.

Every day we dream and allow our imagination to fly to make Brilliant-Online even more magical so that our stories can become a focal point of interaction and engagement for readers, advertisers and communities. We have more than 70,000 Brilliant readers now and as

our community and businesses grow, so do we.

We have a truly Brilliant team that are driven by values of honesty, passion, kindness, fairness and respect to deliver a variety of insightful and engaging stories each month. Shaped by the consequences of COVID-19, we arguably reflect the make-up of the typical contemporary business in that we are a diverse bunch, scattered far and wide, contributing from remote destinations. Be that Yann Tyng from Madrid in Spain, Ben from Phuket in Thailand, Adan from Indonesia or head honchos Chrissy and Veronica in Wauchope and Port Macquarie

# Finalist

**2023 COASTLINE CREDIT UNION  
GREATER PORT MACQUARIE BUSINESS AWARDS**

GREATER PORT MACQUARIE  
**2023 Business  
Awards**

**COASTLINE**  
Where your goals are ours

**BUSINESS  
PORT MACQUARIE**  
*Heart of the Hastings*

## Excellence in Innovation

**brilliant**  
ONLINE

respectively, ultimately we make a Brilliant team. We believe this diversity in location and background also provides us a major differential advantage as we embrace different cultures, points of view and ways of telling Brilliant stories. True to the category that we are nominated under this year, we are proud to be innovators, not imitators!

Where else could you get to read about the wonderful ongoing exploits of the team at TG's Child Care next to a story on Flamenco Dancing in the Spanish capital,

alongside an insight into Muay Thai champions and young martial arts students in Thailand and an overview on Ballet for Adults? Monthly investment insights from Samsø sitting snugly alongside delicious recipes such as Irish Beef and Guinness Pie, the Japanese egg custard 'Chawanmushi' and Pandan Coconut Hot Cross Buns, followed by insights into the local regenerative farming industry courtesy of the team at Grazed and Grown?

A deep dive into the wonderful world of synchronised swimming, next

to a story on an inspiring woman who helps save stray animals on the streets of Phuket, alongside self-confidence and self-actualisation advice from life coach Bernie Ginnane, sandwiched between gardening advice from Greenbourne Nursery and tips from experts on how to safely handle snakes, fitness, diet and mental health? Eclectic doesn't even begin to describe the line-up of fantastic stories each month and those listed above are merely the tip of the iceberg, with so many more Brilliant tales to be enjoyed!

## Meet our Brilliant Team

◆ The brilliant team that makes you and your business famous



### Veronica Lind

◆ CEO

With Veronica's technology and marketing expertise came the development of an interactive, multi-media magazine that gives a whole new meaning to what magazines and newspapers have traditionally been.



### Chrissy Jones

◆ Commercial Executive

Chrissy harnesses expertise gained throughout her career with the magazine's array of digital advertising, sales and operations.



### Ben Tirebuck

◆ Editor

As a boy growing up in England, Ben would write his own tales on a variety of topics, from self-created action stories to reports on local and national sports events, while devouring a range of eclectic books to feed his ever inquisitive mind.



### Yann Tyng Kooi

◆ Content Expert

Yann Tyng gets to inform, inspire, entertain, comfort or intrigue people, evoke emotions and ultimately, help people find common grounds for understanding and empathy.



### Adan

◆ Graphic Designer

For Adan, what gets his creative juices pumping is being able to create works that not just match the client's wishes, but go beyond and exceed their expectations.



We have a truly Brilliant team that are driven by values of honesty, passion, kindness, fairness and respect

Our Brilliant stories are positioned to educate, inspire and be a voice for the community.

It is usually difficult, some may say uncomfortable, to blow one's own trumpet and laud one's own achievements. However, it is something that we are proud to do at Brilliant-Online as we truly believe in the magic we create. It's why we are proud to once again participate in the

upcoming Wauchope & Hinterland Business Awards. Whereas we would naturally be honoured to win, we already feel like genuine winners simply by what we do each day and by helping our partners and the wider community – there really is no more brilliant feeling than that!

Brilliant-Online are proud sponsors of the 2023 Wauchope & Hinterland Business Awards as we believe

in supporting our local business communities. Fellow 2023 Awards Sponsors include: Corporate Partner: SafeWork NSW; Business Partners: Brilliant Online, TG's Child Care, Optus, Bago Vineyards, Timbertown Pies, Billabong Zoo, Heart of the Hastings, TAFE NSW; Supporting Partners: Bennetts Steel, Wauchope Travel and Wauchope RSL Club.

# ADVERTISE BRILLIANTLY



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Call Chrissy Jones on **+61 412 137 621**

# BRILLIANT-ONLINE IS CELEBRATING A VIVID WINTER THIS JUNE!

◆ Celebrating its 14th year, the Vivid Festival in Sydney spans over 23 days from 26th May to 17 June.



PHOTOGRAPHER: KAREN WILLIAMSON

**B**rilliant-online will present a very special story on Vivid and invite associated industries to participate, especially those in the tourism and hospitality sectors.

## June Men's Health & Wellness

If you make a healthy product or provide a health service we want to include you in our stories.

- **Health** - medical and allied practitioners, specialists, alternative medicine, mental health

specialists, Physiotherapists, paediatric oncology, dentists, chiropractors, optometrists, nutritionists, personal trainers...

- **Food** - Healthy food and Healthy recipes inline with our October theme! Cafes, restaurants, health retreats...
- **Services** - if you provide a Health service to children, families and grandparents, contact us. We're interested in insurances, technology, education, activities..
- **Manufacturers** - eyewear, fashion, lifestyle products, hygiene, exercise equipment and apparel...

## Bookings for June Brilliant-Online are now open

Brilliant-Online is the only multichannel, interactive advertorial platform where you pay one price to get all marketing done for you - ad design, editorials in blogs and magazine, SEO, email campaign, social marketing.

1. Professional journalists will write your business story. Read them all here.
2. We will design your ads. See sample ads.



3. Your story will be in our blog feature and in our magazine.
4. We share your stories across most social media platforms like Facebook, Twitter, Instagram, LinkedIn, YouTube and Google.
5. Banner ads on our website.
6. We share your stories to 70,000 readers via emails, socials and Issuu.

Kind regards,

**Chrissy Jones JP**  
**Sales & Operations Manager**  
**Brilliant-Online**

*Empowering reads for inspiring individuals and dynamic businesses*

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PHOTOGRAPHER: KAREN WILLIAMSON

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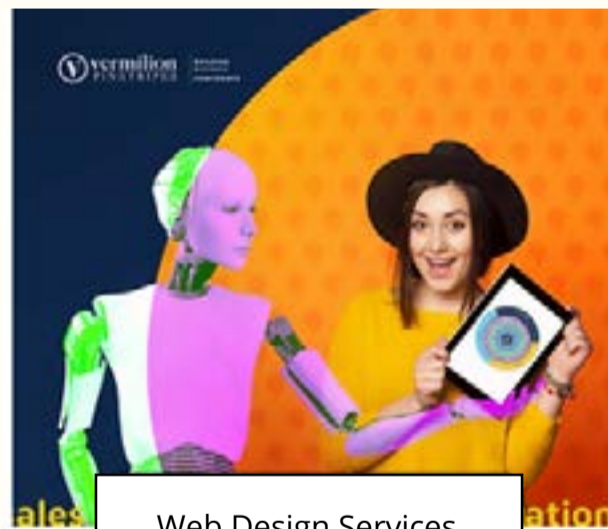
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**ZOO**



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➔ The Curran Family from left: Tim, Nina, Lily, Hayley, Josh disembarking the first flight from Melbourne to Port Macquarie on 4th May 2023





*Brilliant*

**COMMUNITY**



# BONZA FIRST FLIGHT LANDS IN PORT MACQUARIE FROM TULLAMARINE MELBOURNE

◆ Clear the runway! Bonza has launched its Melbourne to Port Macquarie route!



➔ Bonza lands in Port Macquarie from Melbourne!

**M**ay 4th 2023 was certainly an eventful day as we looked to the skies. Connections grow even closer as there is now a new direct route between Melbourne (Tullamarine) and Port Macquarie. This means travellers can access the culture, gastronomy and sporting events between both areas with flights starting from just \$69 per person (one way).

This new service operates twice weekly on Mondays and Thursdays. It has been specially planned so travel bugs can enjoy long weekends in both Melbourne and Port Macquarie.

**New \$8m taxiway at Port Macquarie airport clears the way for more flights**

## A boost for the arts

It's not just travellers who welcome this new route. Local performing artists Gordo and Lucy Gamsby were at Port Macquarie to greet the flight full of customers. They said the flight is going to be a game changer for locals and the arts. Gordo and Lucy run the Tortuga Festival and perform at Port Macquarie's annual Art Walk event in June. For art lovers and performers, this means their options have increased and they won't ever have to miss a performance of their favourite artist or an art exhibition now that both locations are so easily accessible. It is clearly a boost for the arts community.

To celebrate this joyous event, the Gamsby duo were there to treat passengers to a special performance as they disembarked the aircraft.



**→ Welcoming Bonza from left: Tim Jordan CEO of Bonza, Gordo and Lucy Gamsby, Dr Clare Allen Port Macquarie Hastings Council CEO, Danielle Maltman Councillor - Port Macquarie Hastings Council**



"We are seeing great demand from travellers on both directions of this new route. With fares starting from \$69 per person, the low-cost service is allowing communities to connect including the arts and culture communities with direct access to a long list of events and festivals," said Tim Jordan, CEO of Bonza, who flew with customers back to Melbourne.

Mr. Jordan has more than 25 years of air transport experience, notably in low-cost airline operations. Bonza serves the domestic market and flies to many other places which other airlines do not. That is what makes Bonza stand out, and what Mr. Jordan is proud of. Aviation went from taking one single human up to the skies across different lands, to bringing people much closer together across distances.

"Our team of legends are thrilled that Aussies are embracing Bonza as we continue our mission to provide affordable air travel to the many, not the few," added Jordan.

Customers onboard the flight were a mix of people mostly travelling for holiday and visiting friends and family.

Passengers who were on the flight were delighted with the experience.

To support her husband who is competing in the Ironman event in Port Macquarie, Hayley Curran was travelling with her daughter Lily, her son Josh as well as grandma Nina and grandpa Tim. Lily had a wonderful time on the flight, saying, "I love the stretchy pillows and the flight is very comfortable!" Having been so well taken care of by Bonza, the Curran family is now ready to cheer their favourite Ironman on!

### **Creating opportunities for the economy**

It is not surprising that locals would be excited and eager to know more with the arrival of Bonza from Melbourne.

"Bonza's arrival today from Melbourne Airport is a game-changer for our region, providing for the first time in

history a direct link between the Port Macquarie Hastings and Victoria," said Dr Clare Allen, Port Macquarie Hastings Council CEO.

"With direct flights already servicing Sydney and Brisbane, it is wonderful to see Melbourne - now Australia's largest city - added to this list of destinations and I look forward to seeing the opportunities that this will create for our local tourism and business economies." - Dr Clare Allen, Port Macquarie Hastings Council CEO

The route is the second to launch from Bonza's second base at Melbourne Airport this week with Tamworth introduced on Tuesday.

"Melbourne prides itself on being Australia's capital of major events, food, sport and culture, so there really is something here for everyone... But we also think there will be plenty

of Victorians keen for a taste of everything Port Macquarie has to offer, so it's exciting to see our two parts of the world directly connected." - Jim Parashos, Melbourne Airport Chief of Aviation

## More flights to come!

Bonza will wrap up the introduction of its initial 27 routes to 17 destinations on 23 May. Here are more launches of services:

6 May - Between Tamworth and Sunshine Coast

8 May - Melbourne and Mildura

10 May - Bundaberg

11 May - Gladstone

23 May - Mackay

If this news is stirring up the

wanderlust in you, download the Fly Bonza app now. It is the only place to book direct for your flight. Check out what it's like onboard!

## The Bonza Experience

Australia's new, and only independent low-cost airline, enabling Australians to explore more of their own backyard, and at low-cost prices. Bonza's initial route map includes 27 routes to 17 destinations. 93% of Bonza routes are not currently served by any airline and 96% not currently served by a low-cost carrier. The only place to book direct is on the Fly Bonza App.

[Read all related stories through our blog](#)





➡ Gordo and Lucy Gamsby treated disembarking passengers to a surprise performance!



# COUNTING DOWN TO ARTWALK'S 'UP IN LIGHTS' SHOW

◆ With less than a month to go until the annual ArtWalk event hits the streets of Port Macquarie, excitement levels are growing by the day in anticipation of what will be on offer this year.

The hugely popular open-air event ArtWalk celebrates the town's vibrant art scene by bringing together local artists and art enthusiasts for a night of exploring, discovering, and experiencing art in all its forms.



This year's event, entitled 'Up In Lights', takes place on Friday, June 9 from 5pm to 9pm in the Port Macquarie CBD.

As is the norm each year, the streets of Port Macquarie will come alive with a variety of spectacular artworks displayed in galleries, shops, and public spaces. Visitors have the opportunity to view and enjoy a hugely diverse range of art, including painting, sculpture, photography, live performances, exhibitions, illuminations, artist markets, creative installations, and more. Not only that but visitors also have the chance to interact with the artists, attend workshops and talks, and participate in various art-related activities.

Some of the artists exhibiting their wonderful work include: Olivia Cotovich at Eyeq Optometrists on Clarence Street; Laura Furnifer at Ichi Restaurant, also on Clarence Street; up-and-coming 15-year-old local

Lola Willows, a photographer in the music industry, who will be exhibiting her work at Dark Alley Collectables, 125 William Street; local realism artist Nicola McLeay, displaying oil paintings at the Lighthouse Gallery, 159 Matthew Flinders Drive; Mel Stewart's 'Exploring the Joys of Colour and Harmony' exhibition in Port Town Square; a 'Living in the Seventies' exhibition at Port Macquarie Museum, showcasing local culture during that decade via a series of digital projections; the students of Hastings Preschool proudly displaying their works at Black Pepper, 56 Clarence Street; the incredibly talented sand artist John Thiering at Clarence Street Carpark and many, many more. The full line-up of exhibiting artists can be found here. Additionally, Murray Street will be bringing a



➔ The incredibly talented sand artist John Thiering at Clarence Street

Photo: Port Macquarie Info/ArtWalk

taste of Tortuga to this year's ArtWalk event, where a circus, fire performance and live musical acts on the rooftop above Four Espresso will elevate the energy levels, all curated by Tortuga's Lucy and Gordo. It's a great chance to catch multi award winning circus performers such as Rogan Josh balancing high on the walking ladder, Hannah Cryle with the big wheel show and the incredible puppeteers from Curious Legends.

Visitors can try their hand at glow art or take part in pop up life drawing, although organisers state with their tongue in cheek that absolutely no nudes will be allowed! Leah Doeland will also be demonstrating her incredible yarn installation, while offerings from Arthouse Industries, phenomenal fire performances and Tortuga favourite Elle Diablo are guaranteed to wow the audience.

ArtWalk has grown to become the signature cultural arts event in Port Macquarie-Hastings each year where all ages are welcome to come and admire the art on show and enjoy the fun and festivities on offer. A local artisans market and an array of food trucks offering delicious food and beverages will also be present.



## ➔ ArtWalk has grown to become the signature cultural arts event in Port Macquarie-Hastings

Photo: Port Macquarie Info/ArtWal

ArtWalk is not just an event for art lovers, but also for those who appreciate the culture, history, and creativity of Port Macquarie. It is a unique opportunity to immerse oneself in the town's creative spirit, connect with local artists, and support the growth of the local arts scene.

Whether you are a seasoned art collector or a first-time visitor, ArtWalk

is an event not to be missed. Come and experience the magic of Port Macquarie's art scene and let it inspire and captivate you.

[More info on ArtWalk](#)



## ➔ ArtWalk Exhibition | Chris Proctor @ Home Slize Pizza Bar

Photo: Port Macquarie Info/ArtWalk

# RACLETTE AND ROASTED MARSHMALLOWS

◆ Simple, and so delectable, the Swiss–French dining experience Raclette is coming to the eastern capitals this winter. Travel writer Susie Boswell is making a booking.



## ➔ Visit these cosy Raclette Igloos in Melbourne

It was on a skiing holiday in the elite Swiss alpine resort of Verbier, midway between Mont Blanc and the Matterhorn, that I first discovered and marvelled at the dish known as Raclette.

At the centre of a dining table shared with my husband, beside the blazing log fire in our chalet, a half-round of Swiss cheese rotated slowly on a mini-rotisserie set over a glowing grill.

We scraped the melting cheese onto steaming hot roast potatoes on our plates, and savoured the pairing along with a delectable French wine. Just cheese and potatoes. Yet it was one of the finest dishes I've ever enjoyed.

Now this unique cultural experience, a traditional cuisine of France and Switzerland, can be indulged in here at home during a three-week season in Melbourne from Friday May 19 to Sunday June 11 (the King's Birthday long weekend) when the public is invited to visit cosy "Raclette Igloos" set up in the Victorian capital to herald the start of winter.

The experience will then travel to Canberra and later on to Sydney, during July's Bastille celebrations, around Circular Quay and The Rocks.

Meanwhile: Melbourne? Well, it's just two hours away from the Hastings now, from Thursday May 4, thanks to budget airline Bonza's flights between Port Macquarie and Melbourne's Tullamarine Airport. Flights in each direction are on Mondays and Thursdays, afternoon-early evening, from \$69.

(It's an ideal opportunity also to see the staging of *Harry Potter and the Cursed Child*, at Melbourne's Princess Theatre, before the show leaves Australia after its final performance on Sunday, July 9).

At the city's drawcard venue, Federation ("Fed") Square, 14 igloos will take over the Skyline Terrace rooftop. The catch is that an igloo can only be booked by discrete parties of six, seven or eight guests, including children. So, unless you're

a party of at least six - say, meeting up with Melbourne friends - it's no go: organisers won't mix strangers together because, they say, the idea is for "shared intimacy".

Bookings can be made for the evenings/nights and also at lunchtime on Fridays, Saturdays and Sundays.

The igloos, set among "snow" and pine trees, will be decked with fairy lights after dark. Guests will be welcomed by French-speaking staff who'll guide them through how to enjoy raclette - paired with charcuterie, cornichons and pickled onions - amid the aroma of spiced mulled wine. Additionally, there's a mini bar in the igloo with a selection of French wines, available at extra cost, chosen to pair perfectly with the dish, as well as soft drinks and still and sparkling water.

As a perfect ending to the event guests gather around the crackling warmth of an outdoors fire pit to toast giant marshmallows to gooey golden perfection.

For information and enticing images, go to [racletteiglooexperience.com.au](http://racletteiglooexperience.com.au) and also see Instagram and Facebook. The organisers offer to help set up for a special occasion, to hide a surprise or arrange the candles for a birthday cake. The cost: \$99pp for 1.5 hours.

## Subscribe to Brilliant-Online to win the SleepKeeper Pillow and Pillow Case worth \$69

SleepKeeper is a water-resistant bag that makes it simple and easy to travel worldwide with a pillow. Conveniently compact a pillow to a third of its size, with a handle that slips onto luggage or clips to a bag to leave hands free. Your pillow will be easy to store on a plane, space saving on a road trip and perfect for camping, cruising, business trips, kids camps. You can't take your bed but you can take your pillow.

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 SleepKeeper - Kookaburra

# VISIT TO STARHUB DIGITAL EXPERIENCE CENTRE

◆ One of Singapore's telecommunications providers, StarHub, has a digital showcase for businesses to experience the possibilities offered by 5G networks. Brilliant visited this Centre to speak with the StarHub team about how 5G can be used in new applications or to overcome current challenges or needs.

Imagine walking into a retail store where you can pick up the items you need and walk out without waiting in line to check out. Imagine trying on clothes virtually and receiving personalised recommendations based on your preferences. Imagine controlling machinery and vehicles remotely, from a safe distance.

These scenarios could soon be a reality thanks to the latest generation of mobile network technology: 5G.

Speaking to the visitors on the possibilities offered by 5G, Chris Chan, Head of Digital Service Unit at StarHub

said: "While 4G technology has been the standard for mobile networks for several years, 5G promises to take connectivity to a whole new level. With faster speeds, lower latency, and greater capacity, 5G networks are designed to support a wide range of enterprise solutions that were previously impossible or impractical."

When we are so used to a place, we start to take it for granted that everything we have received in this place somehow happens on their own. TG's children are happy and secure in this loving, kind and fun environment, and families do have

peace of mind when they bring their children to TG's and allow them to fully grow in TG's. But what are the mechanics behind ensuring the children, families, and staff are all kept healthy and secure, and who is organising everything to make it all run like clockwork?

## Smart Retail

An industry that could leverage 5G is retail. With a shortage of workers, unmanned retail stores can be popular due to their convenience. The use of 5G technology can enhance the capabilities of these stores, such as



Experience lightning-fast 5G speed with StarHub.

enabling real-time inventory tracking, providing a personalised shopping experience, and enabling remote monitoring of the store's operations. In its Smart Retail Digital Experience Showcase, StarHub explained that this is an eco-system-based digital solution for retail operators to increase sales by enhancing customer experience and leveraging customer data.

The Smart Retail Digital Experience Showcase includes several key solution highlights, including This retail solution uses augmented reality (AR) and virtual reality (VR) to personalise the customer experience and improve engagement. The AR Smart Mirrors recommend products and generate customer data for better inventory planning. By combining video and sensor-enabled shelving, sensors optimize inventory and supply chain management. The telco's retail analytics solution enables better decision-making through data optimisation.

## Sustainability Solutions

Another exciting application of 5G technology is its potential to support sustainable initiatives. One example

of this is a collaboration between StarHub and the National University of Singapore to create a 100% solar-powered campus WiFi network using 5G standalone services.

By using both 5G and solar energy, the outdoor WiFi network was designed and deployed efficiently from both resource and cost perspectives, supporting the sustainable goals of both the university and the telco.



As 5G technology continues to evolve, we expect to see even more innovative solutions that will transform how businesses operate and interact with their customers, Chris said.

"At the StarHub Digital Experience Centre, we want to demonstrate that ultimately, businesses can leverage the power of data and 5G technology to improve their operations and enhance the customer experience, leading to growth and success."

All the solutions that we experienced at StarHub involved a mix of 4G and 5G technologies. There are several reasons why 5G technology is necessary for new types of enterprise solutions:

1. **Faster speeds and lower latency:** 5G technology can provide faster download and upload speeds and lower latency, which is the time it takes for data to travel between devices. This is critical for enterprise solutions such as real-time video streaming, immersive virtual and augmented reality experiences, and remote-controlled machinery and vehicles.

The International Telecommunication Union (ITU) states that 5G networks can provide peak data rates of up to 20 Gbps, which is 20 times faster than 4G networks. Additionally, the latency of 5G networks is expected to be around 1 millisecond, compared to 30-50 milliseconds for 4G networks. (Source: <https://www.itu.int/en/mediacentre/backgrounders/Pages/5G-faq.aspx>)

2. **Greater capacity and network slicing:** 5G networks are designed to handle large amounts of data traffic and enable network slicing, which allows different types of traffic to be separated and prioritised. This is important for enterprise solutions that require high bandwidth and low latency, such as unmanned retail stores and smart factories.

According to Ericsson, 5G networks are designed to support up to 1 million devices per square kilometer, compared to 100,000 devices per square kilometer for 4G networks. Additionally, network slicing allows different types of traffic to be separated and prioritized, enabling more efficient use of network resources. (Source: <https://www.ericsson.com/en/blog/2020/3/5g-vs-4g>)



➔ Users get to enjoy super clear and lag-free 5G network.

3. Edge computing: 5G technology enables edge computing, which means that data can be processed and analyzed closer to where it is generated, rather than being sent to a central location. This is important for enterprise solutions that require real-time data processing, such as autonomous vehicles and smart city infrastructure.

According to a report by ABI Research, edge computing will be a key feature of 5G networks and will enable the processing and analysis of data closer to where it is generated. This is important for enterprise solutions that require real-time data processing and low latency, such as autonomous vehicles and smart city infrastructure. (Source: <https://www.abiresearch.com/whitepapers/future-edge-computing-5g-era/>)

In summary, while 4G technology provides high-speed internet connectivity, 5G technology is necessary for enterprise solutions that require faster speeds, lower latency, greater capacity, network slicing, and edge computing.

## About StarHub

StarHub is a leading homegrown Singapore company that delivers world-class communications, entertainment and digital services. With our extensive fibre and wireless infrastructure and global partnerships, we bring to people, homes and enterprises quality mobile and fixed services, a broad suite of premium content, and a diverse range of communication solutions. We develop and deliver to corporate

and government clients solutions incorporating artificial intelligence, cybersecurity, data analytics, Internet of Things and robotics. We are committed to conducting our business in a sustainable and environmentally responsible manner. Listed on the Singapore Exchange mainboard, StarHub is a component stock of the SGX iEdge SG ESG Leaders and Transparency Indices and included in ESG-focused FTSE4Good Index Series. StarHub is ranked as the world's most sustainable telco in the Corporate Knights Global 100 2023.

[starhub.com](https://starhub.com)







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**MUM'S HEALTH**



# BERNIE GINNANE'S TOP EIGHT POWER TOOLS FOR MUMS TO MAINTAIN POSITIVE MENTAL HEALTH

◆ Bernie Ginnane wishes All Mothers a Very Happy Mother's Day for the whole of the month of May. This includes those in Mothering roles – the grandmothers, the aunts, the sisters, the friends and neighbours.



- Safe Shelter, Food and Health Support!
- And very importantly, providing a Sense of Belonging and Connection!"

But whether a woman is in a mothering role of others or not, the mothering role for herself is always a priority because the mental health for a woman should always be her priority.

## Bernie's Top Eight Power Tools for Women to Maintain Positive Mental Health:

### 1. BREATHE – Choose to take 5 mini-breath breaks throughout your day.

A little time out each day to focus on just breathing.

Try bringing yourself into stillness, either standing or sitting. For example, it could be in your car, before you get out to head to a meeting or to pick the children up, or before you sip your tea or feed the cat.

Choose to Inhale Deeply for a Count of 6.

Hold for a Count of 2.

Exhale for a Count of 6.

Notice where you might feel tension whilst on your mini-break, and relax the area of tension whilst you breathe your 6 rounds of breath.

**B**ernie is a mother of three wonderful children and a grandmother to four beautiful and amazing little grandchildren. "Motherhood is the most precious gift I have received, but it is a role of great responsibility," she said proudly.

### The mothering role is about offering:

- Always Unconditional Love and Acceptance!
- Care and Support!
- Encouragement, Guidance and Motivation!
- Time for Play, Creativity and Some Silliness!
- Time to be Heard and Seen!

**What it takes to be a Modern Mum**

## 2. MEDITATE – Even if just for 3 minutes before you start your day and 3 minutes to close your day.

Meditation is essentially bringing focus to your breathing, relaxing the nervous system, calming the mind and bringing you back to the 'Present Moment' rather than living in the past or worrying about the future.

Choose to Adjust how you are thinking and feeling during these 3 minutes in order to put you back into a more balanced position to move into the next moment.

**For Free Meditations and Tips on Mindfulness, please click on my YouTube video link below for an array of Meditations, including 'Press the Pause Button & Choose to Feel Good Meditation'**

## 3. JOURNALING IS POWERFUL – TRY just 3 minutes at the end of your day!

Journaling helps to unload the overwhelm by getting your thoughts out of your head and onto the paper.

Journaling helps you to express pent up emotions, see the bigger picture, gain clarity, perspective and helps to connect you to your intuition for insight.

## 4. CREATE YOUR DAILY SELF-CARE ROUTINE

**And have Your List Visible for You!**

This includes; meditation, diet, exercise, taking time out for a long soothing bath or even a foot soak, getting enough sleep, and scheduling time for Just You.

## 5. CONNECT - TO NATURE & OTHERS FOR SUPPORT

Connecting to nature can help you return to the 'Present Moment' and release tension as well as being a wonderful opportunity for expressing gratitude and connecting to something that is much bigger than the worries of life.

Nature helps us to Connect to Spirit -Source- the Divine.

Connecting to others is so Important:

To Ask For Help

To Ask for Support

To be Surrounded by People, and to have Relationships that Support You, Care for Your Well-Being, and uplift You!

Press the  
Pause Button  
&  
Choose to  
Feel Good  
Meditation



 Press the Pause Button & Feel Good Meditation

## 6. MOVE – IN A WAY THAT FEELS GOOD FOR YOU

Make exercise a priority – move daily – whether that be a pilates class or following a class online - dance, walk, kayak, yoga, swim...

## 7. FIND THE POSITIVE - LEARN THE LESSON IN THE CHALLENGE

To help shift your mindset from negative to a healthier, more positive and confident mindset.

## 8. THINK WELL OF YOURSELF! SPEAK WELL OF YOURSELF!

This includes being honest about your expectations and responsibilities.

### Watch Negative Self-Talk!

Are your expectations ones that you have placed on yourself?

Are they achievable?

Are your expectations based on what you think others are expecting of you?

Are they Fair? Are they reasonable?  
Are they balanced?

Do those expectations feel right for you?



## Happy Mother's Day & Women's Health Offer

If you are interested in having a FREE 30 MINUTE DISCOVERY CALL with Bernie to discuss your mental or emotional health challenges or, to

gain insight on steps to move forward to a stronger feeling place click here.

Fill in form



And 'Loving the Whole of You as Spirit Loves You Meditation'



BERNIE GINNANE

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t/ 0491 015 566

w/ [bernieginnane-thewillowroom.com](https://bernieginnane-thewillowroom.com)

# PANOPTIC VISION CARES FOR AGEING EYE HEALTH

◆ Our eyes get old too, and Panoptic Vision is raising awareness of proper care to maintain the best eyesight possible and prevent risk.

**P**anoptic Vision is a team of locally-owned, independent optometrists. They have been caring for the sight of the community over the years, offering personalised, high quality, comprehensive vision examinations and using state-of-the-art diagnostic technology to provide the highest quality of eyecare to patients.

Eyesight risks affect men and women differently. Women are actually more susceptible to eyesight issues. Prevention and early detection are vital to help them maintain their eye health.



**"66% of people experiencing blindness are women. 61% of people living with cataracts are women. 65% of people with Age-Related Macular Degeneration are women, almost double that of males."**  
(Source: 2014 study in the U.S. titled 'Vision Problems')

Women also suffer from chronic dry eye more than men. This is often associated with rosacea (a health issue prevalent in women). Hormonal changes during pregnancy and menopause can also cause chronic dry eye.





## Signs to look out for failing eye health

How do you know if your eye health is failing? Here are some common symptoms to look out for. Because they sound so familiar and common, it is even more important to pay attention to what these behaviours mean and take the necessary next steps.

- You have trouble reading.
- You often squint and need to hold your phone further away to read it.
- You have to set the font size of your phone text to 50.
- You get headaches or eyestrain after reading or doing work up close.

If you recognise these behaviours, it is a good idea to get your eyes checked. The solution may be as simple as getting a new pair of glasses. Vision correction in the form of eyeglasses or contact lenses can help ease the difficulty in viewing things up close.

These symptoms are typically seen in people who have presbyopia. This is actually a normal eye change which affects everyone over the age of 40. It's part and parcel of ageing. Panoptic Vision can offer a simple eye exam to check if you have presbyopia or not.

### Panoptic Vision's range of Eye Health Assessment

If you are concerned about your eye health and conditions related to age, fix an appointment to get peace of mind. When you understand why your eyes are experiencing certain symptoms, you can take the next step to give your eyes the proper care they need.

## Endless eyewear possibilities for a bit of style

While we can feel anxious about how our eye health may be failing, we need to remember the earlier we

spot the issue, the higher the chances of correcting the problem, and of preventing it from getting worse.

Presbyopia is a natural process of ageing, but because it can be corrected with eyeglasses, we can take heart in the solution, and even find our own unique way of making the most of it.

Panoptic Vision offers an amazing range of fashion frames and sunglasses. You'll find yourself surprised and spoilt for choice with all the shapes, sizes and colours they have available.

You can even combine using both contact lenses and glasses. The optical dispensers at Panoptic Vision have the experience and expertise to recommend and help you find the frame that is most suitable for your needs and lifestyle. A good fitting frame is essential for comfort, and for the lenses to be positioned correctly to work well. They take the time to help you have a feel for the frame that is most comfortable for your face shape, one that shows your personality and which you can enjoy wearing.

ALOHA

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Available in Prescription

*It's going to be a good day.*

Technology has brought us many advantages, and in the eye health and eye care industry, we now have an incredible number of options to maximise our vision and complement it with excellent cosmetic results.

Perhaps you prefer a fun and funky frame, or a more classic and elegant one. Either way, there are choices you can play around with and jazz up your daily life. And with all this you get your vision corrected so you can enjoy your regular activities freely and say goodbye to those pesky headaches and tedious eye strain.

Take a look at all the different brands Panoptic Vision carries, and you may just find yourself getting enthusiastic to try on some of them!

Panoptic Vision goes beyond just variety. They stand by the importance of not just offering high quality eyewear but they also want patients to feel fully at ease with their new glasses. That is why they offer a 12-month warranty on all of their frames and lens solutions. Their extensive warranty covers unlimited adjustment, ultrasonic cleaning as well as minor repairs to the glasses. This is how much they value each patient's eye health.

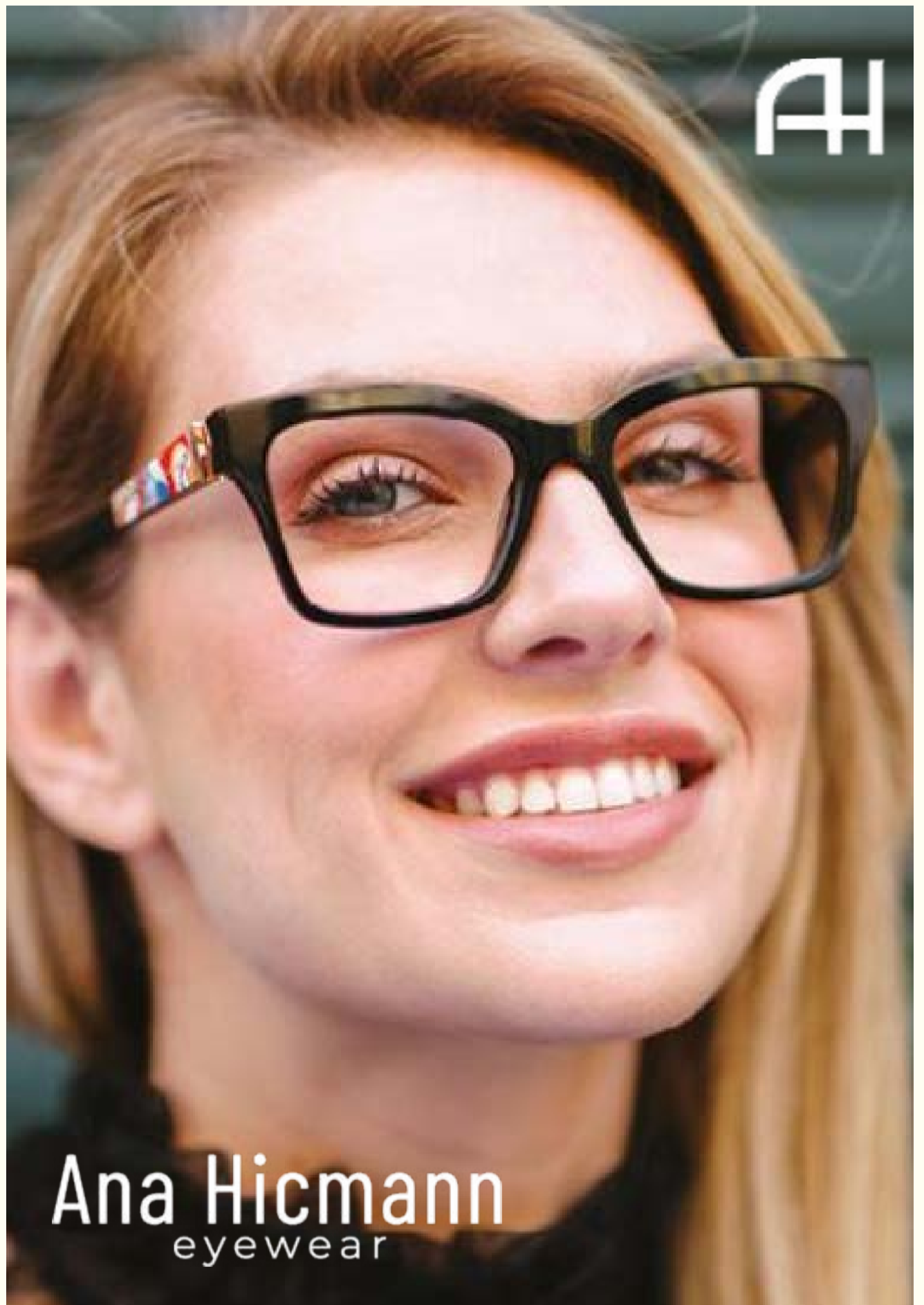
If you experience adaption issues, you can bring the glasses back to Panoptic Vision and they will help understand and resolve the issue or replace the lenses for you at no additional cost.

And it does get even better, because Panoptic Vision is proudly Australian, and they support a local Port Macquarie laboratory which provides the latest European freeform technology lens designs. They even have the added advantage of being able to provide a next day service in many cases.

## Basic eye care

There are a few simple things we can do to maintain our eye health.

1. Wear sunglasses and a hat with a brim when you're outdoors.
2. Wear protective eyewear when you play sports, working with chemicals or machinery or if you're around sparks or fireworks.
3. Replace your eye makeup every



three months and keep your brushes etc. clean.

4. Reduce smoking. Don't smoke at all if possible. Smoking is linked to many eye diseases e.g. AMD, cataracts, glaucoma to name the most common ones.
5. Maintain a health diet. Include dark green, leafy vegetables in your diet, as well as fruits, salmon, tuna and other oily fish, eggs, nuts and beans.
6. Go for regular eye exams, especially after the age of 40.

Many vision issues are age-related. A check up could mean an early detection of a disease and you can take immediate steps to stop or slow down the progression.

So, having said all that, are you reading this article comfortably at a healthy distance, or did you have to hold it at arm's length to be able to focus? Our eyes are precious and delicate, and they depend on us to really look after them. Why not get an eye health assessment today? Your eyes will thank you for it in time to come.



**Panoptic  
vision**

*see the difference*

# NEW COCO SONG EYEWEAR HAS ARRIVED AT PANOPTIC VISION

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[bellingen@panopticvision.com.au](mailto:bellingen@panopticvision.com.au) | (02) 6655 2768

# EXPERIENCE COMFORT AND CONFIDENCE

◆ Heart to Heart Lingerie is a long established business specialising in attending to the after needs of breast cancer sufferers.

**S**heryl Barnett established the business over 18 years ago and is highly regarded across the Port Macquarie and Hastings region.

Specialising in fitting ladies with Amoena breast care lingerie and external prosthesis breast forms that suit various shapes and sizes, Sheryl is a mobile fitter.

Servicing the Mid-North Coast, Sheryl will come to you, providing fittings in the comfort of your own home. Additionally, she also attends to the needs of residents in retirement homes and nursing homes.

Being regarded as the most experienced fitter in the Hastings area and surrounds, she prides herself in giving both comfort and confidence to women.

Sheryl only offers the highest quality breast forms and bras from the world leading and trusted Amoena brand.

## Breast Cancer Support Group

An avid supporter of those who have had or are going through breast cancer, Sheryl took it upon herself to organise a breast cancer support group in the Hastings area. Her first "Breast Cancer Support Lunch" was held on the 28th April at Rivermark Cafe Port Macquarie. Ruby from Amoena Australia joined the luncheon and was a valuable source of information to the ladies present.



➔ Sheryl prides herself in giving both comfort and confidence to breast cancer sufferers.



➔ Breast Cancer Support Luncheon at Rivermark Cafe



# Is the Adapt Air your ideal fit?

Sheryl is looking forward to hosting more luncheons in the future.

"I am looking at organising the luncheons every 4 to 6 weeks. The group is invaluable, offering a support network for those who have experienced breast cancer. Keep an eye on my Facebook page for updates," Sheryl told us.

## Looking for an IDEAL fit?

The Adapt Air is the only breast form and shaper that has an adjustable air pocket so you can tailor it to suit you. It contours beautifully, providing perfect skin contact, even with an uneven chest wall, without compromising comfort.

You can adjust the size to match your natural breast, which may fluctuate due to hormones, cancer treatments, or lymphoedema. It's ideal if you are in-between breast form sizes. It's lightweight. It's up to 40% lighter than standard silicone breast forms.



The "Try it On Campaign" is for a limited time only.

Try on the Adapt Air breast form or breast shaper and experience its unique ability to conform to your shape - like two puzzle pieces fitting together. And if you try it on before the end of June, you could win \$500 to spend on Amoena products!

Join the community of breast cancer survivors, breast form fitters, and those affected by mastectomy, lumpectomy, and breast cancer, who have found their ideal fit with the Adapt Air.

**Click here for more details or message Sheryl and she will call you to make an appointment for the trial fit.**

# HEALTHY CHICKEN NOODLE SOUP RECIPE FOR WINTER

◆ Great for those cold evenings. Here's TG's Child Care's healthy Chicken Noodle Soup

## Ingredients

- 1 onion - diced
- 1 tbsp garlic
- 1/2 leek - diced
- 2 carrots - grated
- 2 zucchinis - diced
- 1 sweet potato - diced
- 2 sticks celery - diced

- 2 chicken breast - cooked and diced finely
- 2 litres chicken stock
- 1 pkt instant chicken noodle soup mix
- 1/2 Wilma rice noodles - chopped

3. Add soup mix.
4. You can add more water - if needed.
5. Cook for 10 minutes
6. Stir in chicken 🍴 and the noodles 🍴

Enjoy 😊😊😊

## Method

1. Lightly fry onion, garlic, leek and carrot 🍴
2. Add stock and other vegetables, simmer until vegetables are soft.



All TG's Meals are recognised by “Good for Kids” and “Munch & Move”

# POSTPARTUM PILATES TO GET EVEN STRONGER

◆ What if you felt stronger than ever after giving birth?

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Pilates is the perfect way to do this because it teaches us body awareness so that we can take our strength training into our daily lives.

Every time you pick up toys from the floor you could be training your flexibility or leg strength.

Every time you pick up your baby or toddler, you could be training your squat and pelvic floor muscles.

Every time you nurse or feed your baby, you could be strengthening your arms and postural muscles.

Pilates teaches us how to take our strength training skills out into the world. If you do this, you'll be stronger than ever!

[Learn more](#)



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**SPORTS**



# WALTZ IN MATILDAS! LOOKING AHEAD TO THE FIFA WOMEN'S WORLD CUP DOWN UNDER

◆ Ok, so the world's most popular sport isn't Aussie made but the ninth edition of the FIFA Women's Football World Cup most definitely will be!



➔ Australia and New Zealand will host the FIFA Women's World Cup from from July 20 to August 20 (photo: Getty)

**W**ell, to be fair, it will be partially Aussie made as the hugely anticipated festival of football will be co-hosted with Tasman cousins New Zealand.

Regardless, much is expected of the tournament, with an expanded format and record crowds proving just how far the sport has progressed in recent times. While it is highly unlikely to ever surpass the well-established and loved core sports of AFL, cricket and rugby Down Under,

football (or soccer as it is known to in local parlance) has come on leaps and bounds from a spectator and participant perspective in recent years, particularly in the women's game.

Held from July 20 to August 20, it is the first time in the women's game that the World Cup has been co-hosted. It will also be the first time either the women's or the men's World Cup is held across multiple confederations, as Australia is in the Asian Confederation, while

New Zealand is in the Oceanian Confederation. Matches will be held at 10 stadiums in nine cities: five in Australia and four in New Zealand.

New Zealand kicks off proceedings against Norway at Eden Park in Auckland on July 20, with the final scheduled to take place at Sydney Olympic Stadium. In between those dates a total of 32 nations will be vying to make the final showdown at Homebush on August 20, an increase on the 24 teams that contested prior tournaments. The United States go



## USA women's team as champions in 2019 (Photo: Getty)

into the tournament as defending champions and are widely tipped to retain their crown although reigning Olympic champions Canada, European champions England and fellow Euro sides Germany, France, Spain, the Netherlands and Sweden are also expected to challenge. South American champions Brazil and previous winners Japan could be outside bets.

Quite simply it promises to be a fantastic occasion and you don't have to be a football fan necessarily to enjoy the festival atmosphere that it will bring. Remember the atmosphere the 2000 Olympic Games generated? Ok, maybe it won't reach those heights but it is the first time a tournament of such magnitude is being held on Aussie shores since that memorable showpiece and much is expected, with thousands of fans due to travel and support their teams and an estimated global TV audience of 2 billion predicted to tune in. FIFA has said that more than 1 million tickets have been allocated to fans around the world.

There is much hope surrounding the Australian women's team, or The Matildas as they are affectionately known. Their opening game against the Republic of Ireland in Group B on July 20 had to be moved from the Sydney Football Stadium to Stadium Australia to accommodate the demand for tickets and the full allocation of 83,500 has already been snapped up. Impressive!

However, their group is a tough one. Labelled the "Group of Death", a term often given to an especially difficult set of opponents, they will face not only number 24-world ranked Ireland but Canada and Nigeria, the most successful African women's football nation.

That being said, the Matildas defeated England on April 14, ending their 30-game winning streak. To beat the current European Champions in their own back yard was no mean feat and will work wonders for moral going into the upcoming competition.

Matildas' manager Tony Gustavsson is confident his team can

deliver, promising "high octane" performances from the off, and is very much counting on the raucous local support to help lift his side.

"I can't wait to see the interaction between the players and the fans," the Swede said on the sidelines of the tournament draw in Auckland last October. "I love this team. I feel so privileged to be a small part of something much bigger than just 90 minutes of football," he added, passionately.

Whether you're a football/soccer fan or not, it will be a tournament well worth tuning into, with carnival atmospheres expected at many of the stadiums that offer a family-friendly environment for all ages and genders. FIFA estimate that the tournament will encourage more than 400,000 girls to take up the sport in Australia as the popularity of the game continues to surge. Who knows, if the Matildas waltz successfully enough on the pitch, maybe it can even convert some of the naysayers Down Under to become fans too!

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