

June 2023

brilliant

ONLINE



Photo: Zo Martin Photos

The **VIVID WINTER** *Issue*



INSIDE: Chrissy shares her first Vivid experience when Sydney bursts into a display of creativity, innovation and technology, while in men's health we cover everything from scoliosis to sleep apnoea to Tyson Fury. Also celebrating businesses at Wauchope and Hinterland awards.

WHAT'S ON AT PORT ADVENTURE CRUISES



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NOTE FROM OUR EDITOR

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

This month we are shining a light on the celebrated Sydney Vivid Festival, a three-week extravaganza of light, music and ideas where art, technology and commerce intersect. Now in its 13th year, the festival showcases a dazzling display of light, colour and vibrancy with awe-inspiring projections onto famous landmarks around the harbour. Brilliant's own Chrissy Jones made her way down to the event and recounts her own captivating journey through the magical occasion, while a few photographers share some spectacular photographs that perfectly capture the vibe.

With June being Men's Health Awareness month we feature several pieces focusing on the likes of sleep apnoea, scoliosis, while checking in with the annual "Chin Up Australia" and "3144 Push Up Challenge" initiatives. We also share an intimate profile on the challenges current boxing heavyweight champion of the world Tyson Fury experiences as he recounts his

battle outside the ring with mental health issues that brought him to his knees and saw him rise again.

Turning to technology, Artificial Intelligence is becoming an increasingly prevalent subject, not least the recent advent of ChatGPT, and we take a deep dive into the topic in an effort to try and determine whether it is likely to pose more advantages or disadvantages to our daily lives moving forward.

Elsewhere, we preview the 2023 Wauchope & Hinterland Business Awards Gala Dinner, an occasion that celebrates local business while acknowledging their contributions to the local community and economy. We profile some of the wonderful entrants ahead of what is a highly anticipated and vitally important occasion.

Of course, as always, there is so much more to enjoy this month and we very much hope you do exactly that as you get stuck into June's edition of Brilliant Online!



Ben Tirebuck

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ABOUT BRILLIANT

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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CREATING MOMENTS OF WONDER

◆ Transforming Sydney for 23 days and nights from May 26 to June 17, VIVID Sydney is an annual celebration of creativity, innovation and technology. Brilliant's Chrissy Jones visited Sydney and shares her Vivid experiences.



➔ Vivid Sydney is a world-renowned event that transforms the city into a spectacular outdoor gallery of light installations, music, and ideas.

Photo credit: Zo Martin Photos

In its 13th year in 2023, I experienced Vivid for the first time, something I have wanted to experience for many years, and I wasn't disappointed. A highlight was the awe inspiring Customs House display - "Inside Out".

The facade of the building was transformed into a mesmerising mix of geometric shapes and patterns, florals, birdlife and bold colours. A celebration of Australian interior design, featuring beautiful hand-drawn wallpaper and fabrics from the post-World War II era projected onto the exterior of Customs house - bringing the inside out!

A walk around Circular Quay was enthralling with something to see, experience, smell or taste at every turn. From the European cheese expo to the sights and sounds of the harbour, my senses were spoiled.

Sydney Opera House's sails certainly didn't disappoint, illuminated with late Australian artist John Olsen's vibrant paintings depicting his interest and fascination with Australia's nature and landscape.

The animated artwork Lighting of the Sails: Life Enlivened (2023) was an enthralling sight to see.

Biggest in the Southern Hemisphere to date, the drone shows, "Written in the Stars" were simply amazing. They explored the solar system, from the Sun to Jupiter, with many surprises along the way. A magnificent display of light combined with technology in the sky above.

The Museum of Contemporary Art was lit up with Barerarerungar, the work of Yorta Yorta/Wamba Wamba/Mutti Mutti/Boonwurrung artist Maree Clarke. Thousands of people stood in awe of the artwork that was illuminated on the building.



I partook in a short walk on the 8.5km stretch of “Light Walk” which started at the Sydney Opera House and continued all the way to Central Station. The walk featured over 49 installations and 3D projections.

There were nightly drone shows, a roaring waterfall and giant glowing native animals including koalas, dingoes, kangaroos, emus and platypuses designed by Wiradjuri artist Nathan Peckham at Taronga Zoo's Wild Lights at Taronga.

If you missed out this year, be sure to mark your calendar for late May to Mid June and earmark a trip to Sydney, I have and am looking forward to a return visit in 2024.

Catch up with Karen Williamson of Oz Land Photos

Karen's camera has been spoiled for choice over the years, from the amazing array of brilliant lights flashing, zigzagging and bursting all over iconic landmarks across the city during Vivid.

“I have stood at the same spot every year for 13 years at the Sydney Overseas Terminal and captured the Lighting of the Sails. It's different every year but each year the canvas reflects the essence of Australia,” Karen said.

For the past 13 years she has seen Vivid grow, not only the magnificent array of light displays, but the crowds have grown to include not only locals, but overseas visitors.

Karen's favourite spots to photograph during Vivid

Top of the list is Taronga Zoo, closely followed by Circular Quay taking in the Opera House, Harbour Bridge, Luna Park, Botanic Gardens and the Rocks precinct.

She told us, “Taronga Zoo is good because it has all the lights and features endangered animals. I've taken photos at the Zoo during Vivid for three years now, I love the atmosphere.”

On her agenda this year is a ferry trip to Barangaroo that is home to Vivid House, an immersive 360 experience featuring four awe-inspiring artworks, as well a series of stunning installations that are said to take you on a journey through the elements.

Vivid Sydney hits a lot of high notes, but the dazzling light projections are what make people, tourists and Sydneysiders alike, flock to the foreshore. This year, a whopping 11 Sydney CBD locations are lighting up with a kaleidoscopic display of lasers, art projections, and lights.

Karen also visited the unused Wynyard Station tunnels. A 900-metre long Dark Spectrum immersive experience where she explored eight rooms illuminated with world-class lasers, robotics, lighting and visual technology set to a dynamic soundtrack.

Vivid Sydney 2023 fused art, innovation and technology in collaboration with some of the most boundary-pushing artists, thinkers, musicians and culinary experts of our time.



➔ Chrissy enjoying Vivid



Chrissy was awed by the Vivid light display on the Customs House building

Photo: David Jones

“Each room took inspiration from a specific human experience and associated colour, like separation, pressure, the unfamiliar and a revelation. It was a spectacular experience,” explained Karen.

About Karen

Born and raised in California, Karen is an avid traveller. She was captivated by Australia on one of her trips and chose to make it home.



“Its rustic beauty and diversity left an imprint on me – the juxtaposition of its modern cities with its cultural outback has provided me with wonderfully rich material for my work.”



Vivid display at the Wynyard Tunnels

Photo credit: Karen Williamson

➔ Lisa McPherson and Kate Baker from the Wauchope Chamber are excited to bring you the Wauchope and Hinterlands Business Awards celebrated at the gala dinner on Saturday 17th June



The Wauchope Chamber office and Wauchope Art Gallery will be moving to 7 High Street, Wauchope on 1st July



Brilliant

BUSINESSES



TIME TO PARTY!

◆ Saturday 17th of June is set to be a fantastic evening for the 2023 Wauchope & Hinterland Business Awards Gala Dinner!



Hosted by the Wauchope Chamber of Commerce & Industry, the Awards are a celebration of local business and acknowledge the contributions of our local operators to the economy.

The awards bring opportunities for local businesses to recognise their achievements, build rapport with their team, review their business journey, and consider their future plans. A night of celebration, the Wauchope RSL will once again be

the venue for this auspicious occasion.

The Business Awards program will include two types of Awards – Local Excellence Awards and NSW Business Chamber aligned Awards.

Through the Local Chamber Alliance between the Wauchope Chamber of Commerce and Industry and the NSW Business Chamber, the aligned Awards entries will feed into the NSW Business Chamber Mid North Coast Regional Awards with growing opportunities for local business to gain exposure and promotion to a wider audience. Winners at the regional Awards go through to the State Awards later in the year.

A big thank you has been extended by the Wauchope Chamber Executive to their 2023 Award Sponsors - SafeWork NSW, TG's Child Care, Timbertown Pies, Billabong Zoo, Brilliant-Online, Bago Maze & Winery, Port Macquarie Hastings Council, TAFE NSW, Heart of the Hastings, Optus, Expressway Spares, Wauchope RSL Club, Wauchope Travel and Bennett's Steel.

Time to Party!

The night promises a one-of-a-kind experience with John Theiring (featured on Australia's Got Talent), an amazing Sand Artist set to entertain. John is a gifted story teller like you have never seen or heard before!



"To bring it all together we have hold-on-to-your-hat musical performances by Blue Hyp, a 25 piece band ready to get us up on the dance floor!" Lisa McPherson told us.

An evening to let your hair down and celebrate your business successes, the 2023 Wauchope & Hinterland Business Awards promises to be an event not to be missed.





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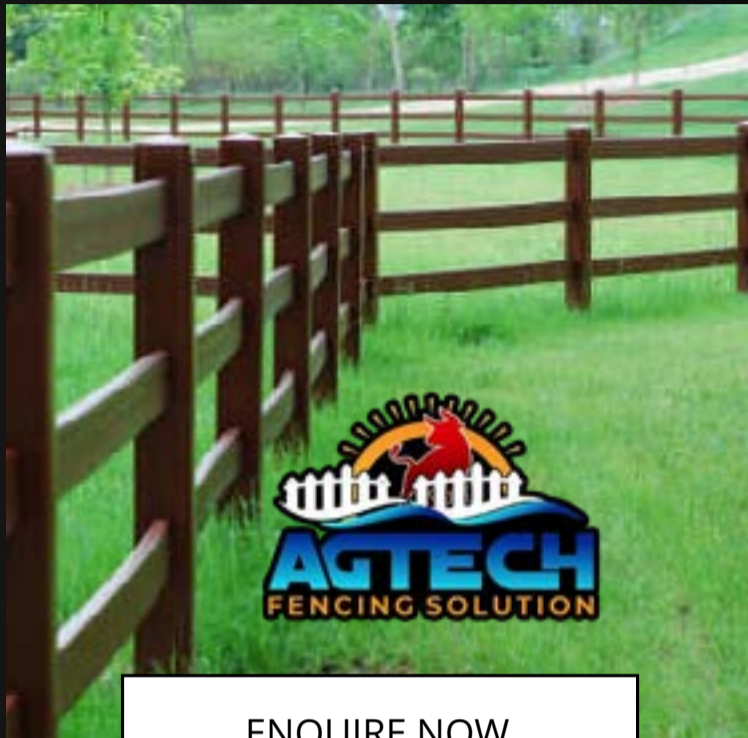

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TG'S CHILD CARE TAKES ESG ABOVE AND BEYOND

◆ When it comes to ESG, TG's Child Care is an early adopter to have ESG embedded in their curriculum and all that they do.



TG's Child Care is regarded as the stewardship of the children's future, and it's a title they take seriously and are very committed to.



Environment Social Governance (ESG) is incorporated into how TG's implements Playing is Learning for Life and part of their business DNA. It takes TG's a big step further to be trusted by families and the communities as the stewardship of the children's future.

TG's Child Care's emphasis on ESG helps to boost their business strategy. TG's has a long term vision to continue with their lifelong mission of making Playing is Learning for Life not just sustainable but also relevant to the ever-changing modern world. It means giving children the skills and tools they need for sustainable learning. It's about going beyond Big School and continuing Playing It Forward even after they leave TG's.

➔ TG's trusty little gardeners - tending to our lovely vegetable garden while nurturing responsibility, appreciation, care, love, kindness and teamwork!

**Beautiful Transitions at
TG's Child Care**



1. Environment - Respect for our planet

Sustainability runs through all of TG's. From the choice of natural material in their playspaces, to growing their own vegetables and fruit, children at TG's experience sustainability first-hand and every day. Eco-intelligence is part of TG's ESG strategy. It's about empowering children with age-appropriate responsibility, building confidence and appreciation for the food they receive. TG's meals are also highly recognised by "Munch and Move" and "Good for Kids" and their menu is seasonal, respecting the cycles of nature.

Beach and Bush Kindys are embedded in their Early Years Learning Framework and Curriculum as part of the Reconciliation Action Plan (RAP). This broadens their inclusivity for indigenous culture, wisdom and respect for the environment.

2. Social - Connection and Community are key

TG's 3 Foundation Stones of Building Relationships, Understanding our Gifts and Encouraging Collective Thinking make up the TG's Way that becomes a natural way of living to support the children on their unique learning journeys to become valuable and reliable members of their community.

TG's supports families, businesses and communities to achieve economic sustainability.

When TG's Urangan was being set up, they had the services of the local tradespeople who were more than delighted to be a part of making TG's happen. Relationships and friendships were quickly made and children in the community could see for themselves how local tradespeople were hard at work and contributed to getting TG's ready for them!

As part of their Reconciliation Action Plan, TG's invited educators from Pathfinders to share with the children about aboriginal culture, music, food, art and stories. They even had Jamie Donovan, a local indigenous artist design their indigenous staff uniform and paint beautiful aboriginal murals and stories at TG's Hastings Street.

TG's participates actively at local festivals e.g. Wauchope's Lasiandra Festival. Everyone is involved and these celebrations are incorporated into TG's curriculum and learning.

TG's Child Care building beautiful relationships with their communities



➔ TG's Child Care Urangan has fortnightly beach and bush kindys where nature and indigenous wisdom and culture become our playspace and learning space. Let's go on a FUN adventure!

3. Governance - Business sustainability

Governance with wisdom ensures business sustainability for TG's. TG's is well-known for its quality of service. Their implementation of robust Work Health Safety (WHS) and operations readiness policies continue to ensure TG's brings the best quality services to their communities.

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

TG's has a strong emphasis on mental health and wellbeing. For the Educators, they offer above award wages, extra bonuses and incentives, mental health/wellbeing payments and leave. TG's also provides incentives and spotters' fees to those who bring in new successful Educator employees to the team. Educators are encouraged to stay with TG's as long term employees. There is regular staff training on wellbeing and mindfulness, and TG's leadership teams are always on hand to listen and guide the Educators.

For the children, Healthy Harold the friendly giraffe visited TG's to teach the children about safety, managing feelings and wellbeing tools. Rooms have designated calm and reflective play spaces designed specifically for individuals or small groups to take time to self-regulate and relax and develop mindfulness techniques and skills that will support them for life.

Educators that return and stay

What makes TG's stand out is not just the quality of services provided to children and families. It's also

how they care for their Educators that make the difference.

TG's has long term staff who have been there for a long time. Other than Meg Barnden-Hyde (who was herself first a parent at TG's and she loved it so much she joined them as an Educator and worked her way up to where she is now as Manager of all 6 of TG's campuses), Linda Hutchinson, Centre Manager at TG's High Street campus was at TG's very first Wauchope centre back in 1999!

Taking work life balance beyond

Educators who have young children can place them in TG's service, allowing them to work with peace of mind, having not just their children close, but in a high quality care service. Those studying to further their career are given a flexible schedule so they can have a balance between work and studies. There is a long term vision for Educators, giving them a healthy work-life balance, providing a 4-day roster instead of 5.



➔ Linda Hutchinson is TG's very first staff since 1999

Inclusivity and diversity

TG's is proud to say they have 4 male Educators with them currently. Some are fathers themselves, and they bring the TG's Way into their homes too!

One of TG's Educators requires the use of a wheelchair, and TG's has put in place measures to ensure her needs are met. For example, TG's installed new digital access gates at her service to allow her to be independent and have direct access to the centre.

Upskilling and development

TG's Educators are empowered to develop as they grow their knowledge and experience. Many have gone on to complete their Diploma, or Early Childhood Teacher degree through University.

Educators become Team Leaders, Educational Leaders and Centre Managers. As TG's grows and expands across multiple states, management positions have now been created also for Area, State and General Manager roles.

Showing care and appreciation

TG's also provides one-on-one mentoring, and Educators have access to regular mental check-ins and support. TG's has a Mentally Healthy Workplaces Toolkit with guidance and practical resources to facilitate a mentally healthy workplace. New management team members are mentored, guided and supported through the transition to a leadership role to avoid burnout, encourage accountability and develop a leadership team that is passionate, respected and loved.

TG's Big Business Decision that is Simply Brilliant

TG's has been walking the talk with all that they do to implement ESG through their service. And having had TG's in our communities for so long, we know they always go above and beyond and are always striving to bring the best quality services. But last year, TG's surpassed even themselves.

Owners Trevor and Gayle Kee made a big business decision. After several years of constant challenge and exhausting conditions for many of TG's staff, Trevor and Gayle decided to close the centre for one week, and give all their teams a paid week off over Christmas.



That is an absolute first, and you can imagine how much the staff appreciated this gesture. Families were incredibly supportive of this move, and they were glad the Educators could take some more than well-deserved time off. It's not just the generosity of the decision, but the acknowledgement of all the Educators have done and contributed. TG's is where Educators truly feel seen and heard.

Join TG's as an Educator



➡➡ TG's Educators are just as serious about working as they are about playing!

Life Long Quality Care and Learning

tgschildcare.com.au/enrolment
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QLD - Urangan

➡➡ Playing is Learning for Life at TG's Child Care

TG's Child Care is Hiring

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

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

FIND OUT MORE AND JOIN TG'S FAMILY

www.tgschildcare.com.au/career-opportunities

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

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SIX REASONS WHY WINTER IS MAGICAL ON THE HASTINGS RIVER WITH PORT ADVENTURE CRUISES

◆ As nature settles quietly into winter, the Rhythmboat continues to sail majestically on the Hastings River, bringing you a different experience of their popular cruises.



Winter may be a time for hibernation for some animals and plants, but it's also when others come out to play. Port AdVenture Cruises is all geared up for their winter cruises, so you can enjoy a ride on the Hastings River any time of the year!

Port AdVenture Cruises brings you six reasons to

enjoy cruising, even in winter!

1) David Lazarus knows how to bring life to any party!

Tom "Cruise Director", David Lazarus, is simply the warmest and cheeriest person you could hope to meet. Hop on board and you'll experience his warm welcome that

would make you wonder if you're in summer, and he's always ready to help everyone on board to settle in, get cosy and have an incredible time!

2) Warm and cosy inside the Rhythmboat

The Rhythmboat is fully enclosed, so you'll be all warm and toasty inside. Though we suspect many will be drawn to get out on deck



on sunny winter afternoons just to have a closer experience of the nature all around!

3) Port AdVenture Cruises' June Special \$30pp

Just because it's winter it doesn't mean the dolphins go into hiding. They're still around and as playful as ever! Port AdVenture Cruises has a **monthly special from 5th**

to 30th June for their Dolphin Spotting cruises! Join them for their morning or sunset cruises this June at an incredible rate of just **\$30pp (adults, children, seniors)**! Kids under 3 come on board free. This is a kid-friendly cruise!

Experience the beauty of the Hastings River in all its winter glory and enjoy the breathtaking views for two full hours. You will not want to miss a single second as you bask

in the serenity of the sunset. This is the place and moment to create unforgettable memories.

4) Devonshire Tea anyone?

There's Devonshire Tea on board! Get warm and cosy on board with hot scones, fresh cream and jam as you sail gently down the stream. Tea or coffee, anyone? (There's hot chocolate too for those with a sweet tooth!)

For a limited time this June, Port AdVenture Cruises is offering a sweet deal - complimentary scones and coffee with every Dolphin or Sunset cruise ticket priced at \$30pp.

5) Bucket of Fresh Prawns

Those who like their seafood will love this option - pre-order a bucket of fresh prawns to enjoy on your cruises! Book early and get ready for an exciting day out to thrill all your senses. Just imagine the fresh smell of the water, the crispiness of winter air on your face, the gorgeous kaleidoscopic colours of the sunset that change every second, and mouthwatering delights to tickle your tastebuds. Ready to get on board?

6) Or perhaps an Antipasto Board?

If you're not wild about prawns, how about a beautiful spread on an Antipasto board? There'll be something for everyone! This can also be pre-ordered.

Immerse yourself in the beauty of the sea, or bask in the warmth of the sun (this is especially delightful in winter!), with warm scones, aromatic coffee served piping hot, fresh prawns and a generous Antipasto board... and who knows what exciting wildlife encounters you may have on the cruise! What's there not to like! You'll want to book another cruise even before you've finished your first one.

Make some magical memories this winter and sail with Port AdVenture Cruises.

More exciting events to come! Port AdVenture Cruises is hosting the **Biggest Elvis Show on Earth with Father and Son Elvis team, Paul and Anthony Fenech!** Sat 12 Aug 2023 8:00PM at the Darling Harbour Theatre, ICC Sydney, NSW.

[Book a cruise](#)



EXPLORE PORT MACQUARIE

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.

ALL TICKETS ARE ONLY \$30PP!
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SLICE OF HAVEN

Businesses at Slice of Haven Laurieton drawing communities to food and entertainment on May 28.

GET YOUR FINANCES SORTED

◆ Getting clarity on your numbers is the best thing you can do for a healthy business so you can thrive going forward. Three experts on different areas of finance come together to share about how business owners can empower themselves.

Micro Business Forum, the friendliest small business network in the Port Macquarie-Hastings area pride themselves on sharing knowledge, providing networking opportunities and offering support to start-ups and small business owners.

Micro Business Forum - a Friendly Network for Micro Business Owners

Recently, the Micro Business Forum in Port Macquarie organised a panel session with three finance experts to address top 6 financial challenges of a Small Business Owner.

Panel Speakers:

Judith Jackson is a Registered BAS Agent and Bookkeeper at Bean Guru supporting small business owners and accountants on essential parts of running a successful business. Judith ensures the books are up to date and accurate and help you understand your financial reports.

Dean Cohen has been running Persuasion since 1991 with 100 active clients that he recovers money for. Persuasion uses many tools to collect money from sending letters, emails & SMS to proceeding with legal action if needed. They also use a Debt Recovery program called DebtCol to manage all our debt collection needs.

Alyson Ogilvie-Lee is an Accountant & Business Strategist, specialising in business restructuring and insolvency, helping in excess of 200 companies in Australia, New Zealand, USA & Germany since



Get Your Finances Sorted

Alyson Ogilvie-Lee | Dean Cohen | Judith Jackson | Edgard Lopez

➔ Get Your Finances Sorted - Micro Business Forum



1994. In July 2021 Alyson joined three partners and relocated to Cor Cordis to focus on the recovery of Australia post pandemic, guiding small to medium businesses.

Top 6 Challenges of a Small Business Owner

Brilliant-Online's Edgard Lopez was there to moderate the panel discussion and there was a lively discussion where Judith, Dean and Alyson explored important issues that can help small business owners make a positive change.

If you are a start-up or a small business owner, you may well resonate with these 6 challenges.

1. Access to funding
2. Debt collection and repayment
3. Inconsistent cash flow
4. Emergency expenditures
5. Reporting
6. Top tips to prepare for your tax returns

All three experts repeatedly highlight the need to be organised, and to get our books, numbers, admin and paperwork in order.

Here's a golden rule from Dean who has seen many cases in the debt collection area:



Get your systems in place (credit applications) from the very beginning, and stick to your limits.

It's not cheesy to say here that prevention is better than cure. Watch the video to get tips from Judith about how to avoid getting into the tricky realm of having to require the services of a debt collector.

Running a business is not unlike when we were in school - we took notes, organised them and filed them clearly so we could review them well in time before the exams and have all the information well under control. So in business it's the same. It's important to be diligent and organised i.e. follow up if money is owed, and make

sure your paperwork e.g. invoices are properly done. It's never 'just a piece of paper', so give due attention to your paperwork and get them in order.

Judith suggests having a plan to ensure clarity and certainty about the ins and outs of your numbers. It's not a guarantee but it does give you something to work towards and measure against. Alyson supports this by reminding us to use KPIs to analyse your business and measure your cashflow. Make sure the marketing tools and software that you use can help you with your KPIs.

The panel also pointed out the importance of insurance, learning to choose the right type of insurance for your business e.g. cyber, medical, income, liability etc.

May is the time to fix that appointment with your tax accountant and have a talk to plan and structure your business. It's your tax accountant who can also help you speak with the Tax Office. When it comes to tax issues, it pays to do it properly from the very beginning. As Alyson says, "Don't sidestep your accountant."

GET YOUR FINANCES SORTED



CHECK OUT UPCOMING EVENTS

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Micro
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Forum



NO ONE WANTS A SALES PERSON HOW TO HELP PEOPLE BUY

Presenter: Mark Wilson

REGISTER



WED 21ST JUNE 5.30PM

Port Macquarie Golf Club

CRAFTED BONE BROTH FOR A NOURISHING WINTER

◆ The Vitality of Seasonal Eating and the Power of Bone Broths



As the brisk winter winds blow across the picturesque plateau of Comboyne, New South Wales, one farm stands out in its commitment to providing nourishing and seasonal fare. Grazed & Grown Farm, nestled in this bountiful region with its rich volcanic soils and abundant rainfall, understands the importance of eating in harmony with nature's rhythms.

Join us as we explore the significance of seasonal eating and discover the nutritional benefits of incorporating highly nutritious bone broths and stocks into our

winter meals with the Armstrong family from Grazed & Grown Farm.

Embracing Seasonal Eating

In today's fast-paced world, where convenience often outweighs nutritional value, returning to the practice of eating seasonally offers a refreshing approach to our diets. Farmers Pete and Bec, guided by the wisdom of nature, encourage consumers to reconnect with the cycles of the seasons.

By consuming foods that are naturally available during specific times of the year, we can enjoy

enhanced flavours, improved nutritional profiles, and support local farmers and ecosystems.

Winter's Bounty

Understanding our body's needs... As winter sets in, our bodies naturally crave warmth and nourishment. Pete recognises that the colder months require foods that provide essential nutrients and fortify our immune systems. Winter is a time when our bodies benefit from ingredients rich in vitamins, minerals, and antioxidants to help ward off seasonal ailments and maintain optimal health.

The Nutritional Powerhouse

Bone broths and stocks... At Grazed & Grown, one of their prized offerings during the winter season is a selection of highly nutritious bone broths and stocks. Made with care and expertise, these flavourful elixirs are the perfect addition to winter stews, casseroles, and soups, providing a nutrient boost that promotes overall well-being.



Bone broths and stocks, crafted by simmering bones, vegetables, herbs, and spices over a gentle heat, offer a wealth of health benefits. They are rich in collagen, gelatin, amino acids, and minerals that support gut health, joint mobility and radiant skin.

Additionally, they are known to boost the immune system and aid in digestion.

By sourcing bones from the farm's ethically raised animals and combining them with locally sourced organic vegetables and herbs, Grazed & Grown ensures that its bone broths and stocks are of the highest quality.



➔ Check out the broth stew recipe

Slowly simmered for hours, these nutrient-dense elixirs capture the essence of the ingredients, delivering exceptional flavour and nourishment in every sip.

Embracing the Winter Season

As the winter chill permeates the air, Grazed & Grown invites you to embrace the beauty of the season and savour the nourishing foods it offers. Explore the farm's range of bone broths and stocks, allowing the essence of seasonal ingredients to infuse your meals with warmth and vitality.

In a world that often prioritizes convenience over quality, Bec reminds us of the importance of eating seasonally. "By embracing the winter season and incorporating highly nutritious bone broths and stocks into our meals, we can nourish our bodies, support local farmers, and delight in the flavours of nature's bounty," she said.

So, let us raise a bowl of comforting broth, sip the goodness of the season, and savour the richness that comes from aligning our diets with the rhythms of the earth.

SHOP DIRECT NOW

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GLIMPSES INTO THE FUTURE WITH CHATGPT

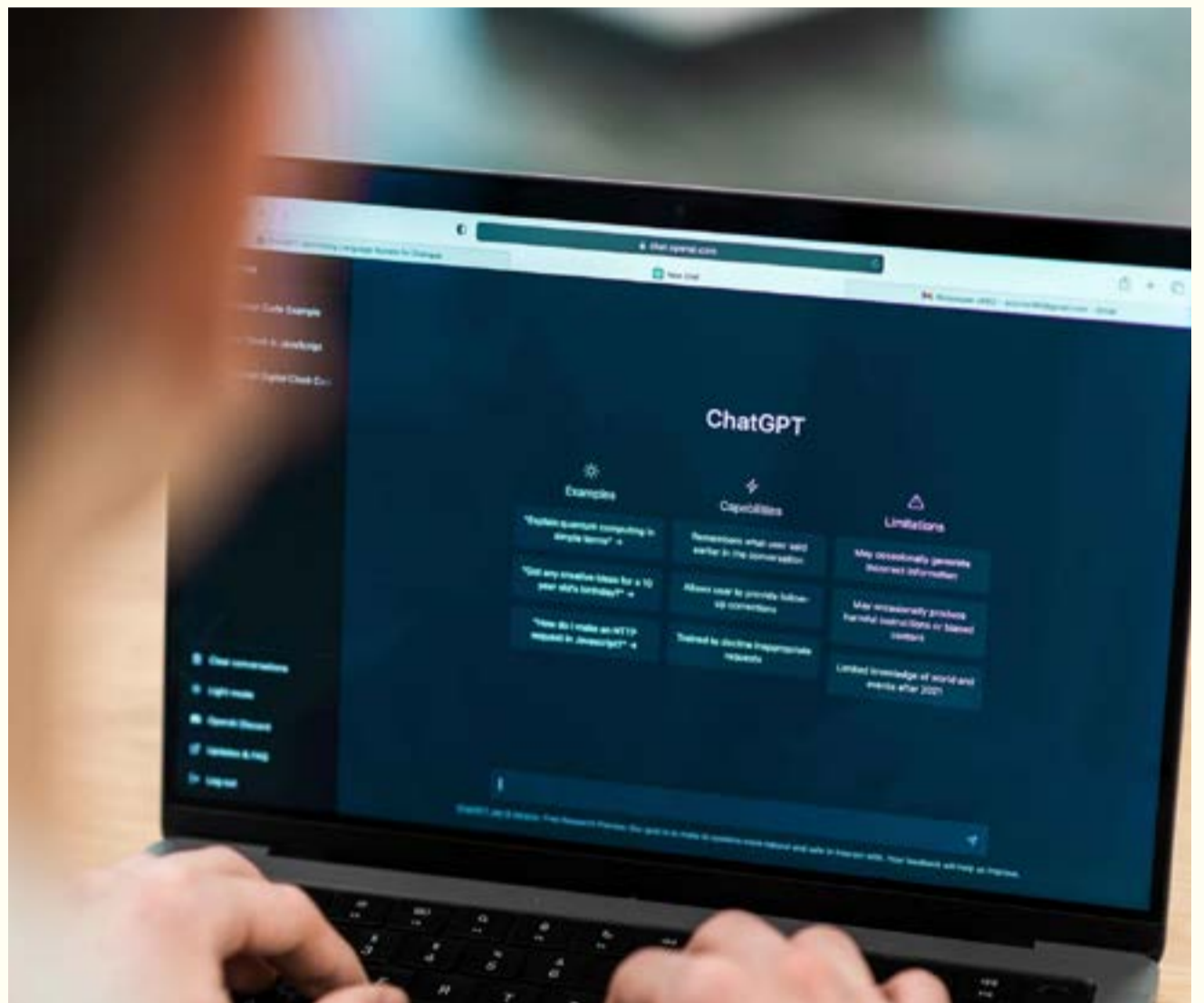
◆ “It has become appallingly obvious that our technology has exceeded our humanity.” – Albert Einstein

We’ve all seen science fiction movies depicting a future when robots and technology are omnipresent, influencing our everyday lives both positively and negatively. From Hal 9000 in 2001: A Space Odyssey, Edgar in Electric Dreams, David in A.I. Artificial Intelligence, K.I.T.T in Knight Rider, replicants in Blade Runner, Samantha in Her, through to depictions in Ex Machina, WALL-E and The Terminator franchise. As developments in technology have accelerated at an incredible pace over the past few decades, such visions of the future depicted on the silver screen are fast becoming a reality.

Unless you’ve been living in a hole in the middle of the desert for the past year or so, chances are you will no doubt be familiar with the term ChatGPT, even if you’re not completely sure what it actually is or what it does.



Launched by the American Artificial Intelligence (AI) research laboratory OpenAI in partnership with Microsoft in November last year, ChatGPT combines “Chat”, referring to its chatbot functionality, and “GPT”, which stands for Generative Pre-trained Transformer, a type of large language model.



➔ ChatGPT has become a new breakthrough in recent years

Put simply, ChatGPT is an AI chatbot that uses natural language processing to create humanlike conversational dialogue. Able to mimic other writing styles, it uses the internet as its database and training ground to create long-form, auto-generated content. It can interpret concepts, understand language nuances and provide detailed answers and is predicted to disrupt a whole range of industries such as healthcare, technology, media, legal, transportation, logistics, mining, education and finance.

Interest is red hot with the likes of tech behemoth Google jumping on the band wagon to create their own variations. Swiss banking giant UBS declared ChatGPT the fastest-growing consumer application in history when it reached 100 million registered users in January. CNN ran an article in February with the headline: “The way we search for information online is about to change”. However, it doesn’t take Albert Einstein to work out that the ramifications are potentially extremely complex and therefore should we be asking the question of whether it is a good thing or a threat?

‘Profound risks’

While impressive, there are certainly many concerns relating to ChatGPT, including security breaches, privacy concerns, the sharing of undisclosed data, misinformation and bias, and the potential impact on people’s careers and thus livelihoods.

In early April, Italy became the first country in the world to ban ChatGPT. Variety Online quotes the Italian government watchdog’s claims that OpenAI “has been illegally gathering personal data from Italian customers involving ChatGPT ‘users’ conversations’ and information about subscriber payments and did not have an age-verification system in place, exposing children to responses from the chatbot that are ‘absolutely inappropriate to their age and awareness.’”

OpenAI worked with regulators to resolve the issue by limiting the use of the app to people over the age of 18 or 13 only with guardian permission, but clearly it raised a prominent red flag. The same article describes how “a group of more than 1,000 U.S. scientists and tech leaders including Elon Musk, who is an OpenAI co-founder, signed an open letter urging a moratorium on the development of the most powerful artificial intelligence systems saying that they pose ‘profound risks to society and humanity’ unless safety policies are implemented.”

The provision of false information from ChatGPT is also a concern. In late May, a New York-based lawyer landed in hot water for using the tool for legal research on a case. However, stating one filing used to reference example legal cases that did not exist, the

Judge handed a down a court hearing to the lawyer himself for his misdemeanor, despite the latter’s protestations that he was completely “unaware that its content could be false.”

In January, New York City Schools, the largest school department in the US, blocked student and teacher access to ChatGPT on its devices and networks due to “negative impacts on student learning, and concerns regarding the safety and accuracy of content.”

Indeed, the education sector is one that AI, and ChatGPT in particular, poses a serious threat to with genuine concerns of students cheating by using the tool to generate their reports and essays, leading to a deterioration of educational skills, learning capacity and overall standards. Forbes describes how 51% of college students in the United States believe that using AI tools like ChatGPT to complete assignments and exams is cheating. A recent Study.com poll stated that 72% of college professors and 58% of grade school educators are concerned about ChatGPT’s impact on cheating. The same study shows that over 89% of students have used ChatGPT to help with a homework assignment.

However, while negatives will always be highlighted, conversely there will be benefits. With the example of education, advocates of the tool are quick to point to the fact that students can freely turn to internet search engines like Google to generate significant portions of their educational content and that ChatGPT is merely fine tuning and accelerating its convenience and effectiveness. It had led to calls for the tool not to be banned outright in the classroom but to be used as a resource to complement existing learning techniques.



➔➔ Fake data and information from invalid sources are two of the main challenges for ChatGPT

‘Existential risk’

The World Economic Forum cautions that significant job losses attributed to AI development and deployment in the work place and US banking giant Goldman Sachs has recent breakthroughs in AI could lead to the automation of around 300 million full-time jobs, with lawyers and administrative staff among those affected.

SBS News recently profiled how Ultimate Edge Communications, a Sydney-based marketing communications company, advertising for a ChatGPT prompt editor has provided a direct glimpse into the future of AI in the workplace. While traditionally the role would be for a copywriter, the ad posted on popular job platform SEEK was clear in its intent when it said, “THE WORLD HAS CHANGED - we are NOT looking for someone to write copy from scratch. Those days are gone.” SEEK confirmed it was one of the first roles to mention ChatGPT specifically, a seemingly ominous indication for the future of copywriters and

similarly-skilled workers.

However, ultimately, the role of human interaction is still crucial, as the example above demonstrates. ChatGPT still requires the human touch for it to function in the real world and it cannot use human knowledge and understanding to think through decisions and strategies - not yet, anyway!

There is no doubt that AI will bring benefits to the workplace as businesses can automate repetitive tasks, improve customer engagement and experiential satisfaction, create customised content and respond to complex search queries with accuracy and efficiency, which can all have a significantly positive impact on a company’s P&L. Just like so many forms of technological advancement before it, the use of AI is inevitable and unstoppable.

However, perhaps it pays to conclude by turning to a man that truly knows the subject. Geoffrey Hinton, a British computer scientist described as the godfather of AI, quit his job at Google in early May

as he warned about the impact of the technology on the jobs market and the “existential risk” posed by the creation of a true digital intelligence. In a statement to The New York Times the 75-year-old said he now regretted his work, cautioning that “bad actors” who would try to use AI for “bad things”. In a further interview with the BBC he warned that the dangers of AI chatbots were “quite scary”. “Right now, they’re not more intelligent than us, as far as I can tell,” he said. “But I think they soon may be.”

Speaking last month with KDLG Public Radio, Hinton warned, “This isn’t just a science fiction problem. This is a serious problem that’s probably going to arrive fairly soon, and politicians need to be thinking about what to do about it now.

“These things could get more intelligent than us and could decide to take over, and we need to worry now about how we prevent that happening.”

We have been warned...

Our take on ChatGPT, AI and other emerging technologies



“Nobody should just jump into technology, in this case ChatGPT or AI, just because they think everyone is on that particular bandwagon, be that an individual or a business. Rather, it’s a good idea to really think about the inspiration and why your idea and purpose can truly benefit your business or even humankind - where technology and AI can help you enable that idea.” -

Veronica Lind, CEO Brilliant-Online



Technology has always resulted in the loss of jobs

brilliant
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CHRISTMAS IN JULY

Saturday 22nd July 2023 from 2pm

**Businesses are invited to experience the
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www.brilliant-online.com/event-details/christmas-in-july

BRILLIANT JULY 2023 THEMES

◆ Awareness Month

Time for Review

The year has gone quick. We're in mid year so it is time to review and be aware of what's going on. Is it time for a change, to wind down or improve? Let's take a look.

Mindful Leadership

Businesses usually do a mid-year checkpoint to see where they are at in terms of performance. Do they need to readjust expectations, rev up sales, try a new marketing campaign, realign expenses?

The above may require mindful leadership. Mindful leaders learn how to consciously cultivate their ability to be present, open-minded, and compassionate when interacting with their team members – and they show the same care and consideration to themselves. They're inspiring, trusted and values-based leaders enabling innovation and optimal employee engagement and retention.

15th July is also World Youth Skills Day. Is your business equipping



➔ July is about Mindful Leadership & Innovation, Health Signals, NAIDOC and Friendships, Brilliant Pets

young people with skills for employment, decent work and entrepreneurship?

We invite business coaches, counsellors, leadership coaches, human resource companies and businesses embarking on an innovation to tell their stories.

Contact our team.

Brilliant July Health Themes - Health Signals

Being aware of your health is of utmost importance. What is your body signalling to you about your health?

Brilliant will feature Health Signals for July. Can you share anything about symptoms so

21 June	MBF - "How to help people buy"	Hastings District Flying Club
29 June	HBWN Calendar Launch	TBA
13 July	MBF Coffee Connect	The Nook at North Haven
14-16 July	Elephant Trail Race	Cairncross State Forest
29 July	MBF Business Picnic	Settlement Point

➔ Port Macquarie-Hastings Business Events - June/July 2023

that people are aware of their physical and mental health and do something before it is too late?

Contact Chrissy Jones on +61412137621 and **Edgard Lopez** on +61459094081 **for advertorials**

July 1-31: Go Dry. No alcohol month raising awareness of Ovarian Cancer.

July 1-31: National Pyjama Day supporting children living in foster care.

July 1-31: Children's Eye Health and Safety Month.

July 1-31: Cataract Awareness Month.

Optometrist, Opticians and Ophthalmologists can participate.

July 11: World Population Day raising health awareness of 8 billion human beings.

July 23: Stress Down Day to promote taking time out and highlighting the impact of stress.

July 24-30: National Pain week raising awareness of chronic pain.

July 28: World Hepatitis Day

Brilliant Community

July 2-9: NAIDOC week celebrating and recognising the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

July 30: International Day of Friendship promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.

July 30: Schools Tree Day is a great way to inspire students to learn about the local environment while playing an active role in their community.

Brilliant Pets

Brilliant is going to have a new section on pets! Businesses who are vets, provide pet insurance, dog groomers, dog trainers, sell pet care products e.g. collars, leash, beds, pet food, pet transport etc, we're excited to have you on board.

July 11: Pet Photo Day

July 14: Dog on a Lead Day emphasises the importance of walking the dog on a leash and respecting on-leash dogs. We want dog trainers.

Brilliant June Community Themes

Brilliant is open to ideas on Winter Travels and Events.

We are also celebrating Pride month.

Don't forget cruises will still go on during the winter months for Port AdVenture Cruises. Book online - <https://bit.ly/rhythmboat>

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

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Brilliant

INVESTMENT



REE DRILLING ENDS IN MINERALISATION FOR VENTURE MINERALS LIMITED (ASX: VMS)

◆ Managing Director Andrew Radonjic has more to share about the company's Rare Earth Portfolio of projects in Western Australia.

A Targeted Diversified Mineral Explorer

That is how Noel Ong, CEO of Samsco sees the company. In fact, he coined the term specially to describe Venture in their very first interview. This is one company that has piqued Noel's interest, and the company's highly experienced Managing Director Mr. Radonjic is one big reason for that. And it's not just his wealth of experience behind him, it's also the smart strategies he has for the company that makes Venture interesting.

Those of you who have been in the industry for a long time will understand this - yes, there are many diversified companies out there. And you also need to learn to distinguish which ones are the real McCoy, and which ones are simply there to fill up space.

A company with a personality

Venture's diversified portfolio has good projects. Having followed them over the years, and with Mr. Radonjic returning often for Noel's famous coffee conversations Coffee with Samsco, Noel is seeing how the company's unique



➔ REE Drilling Ends In Mineralisation for Venture Minerals Limited (ASX: VMS) with Noel Ong from Samsco

personality is starting to grow and develop.

Of course, as long as we are in the world of business, we can't run away from looking at numbers. For Venture or for other companies, oftentimes, the limiting factor is the fund allocation. All businesses have budgets to take into consideration.

The Building of a Western Australia REE project

Venture has been looking at Rare Earth projects for quite some time, so it's not surprising to hear about their creation of a Western Australian based REE project (Figure 1).

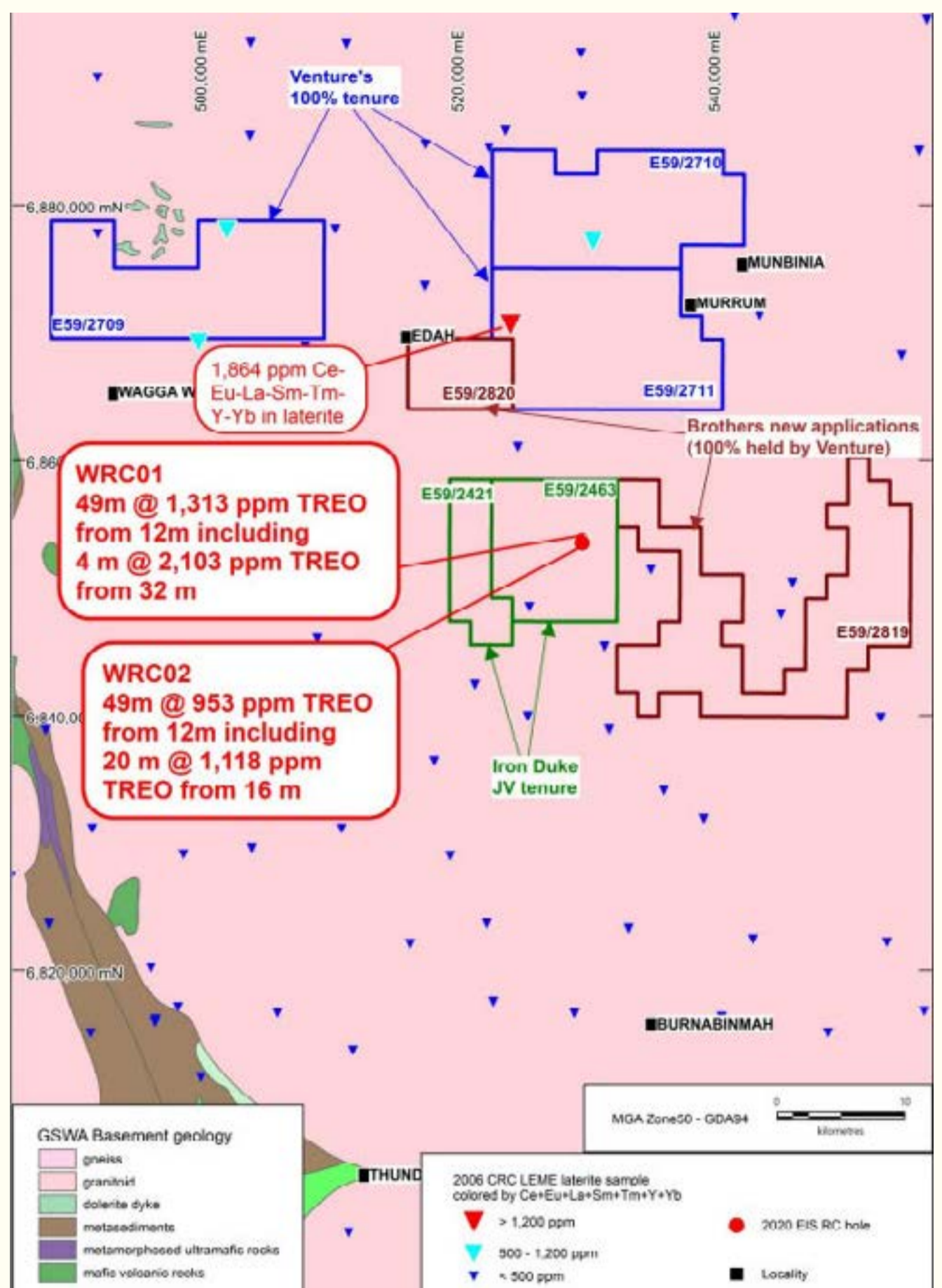
What stands out here is the location. The nearest focus on the REE news has been in the wheatbelt which is still a distance away. For Noel, there isn't anyone else that is building a project near the Venture ground. The rising trend has been in the wheatbelt region of Western Australia which is about 50km to 100km south of the current project.

Do Your Own Research

As Noel always says, DYOR - Do Your Own Research. Keen investors out there who are passionate about the industry will enjoy this. There's lots to discover about Venture.

Samso's Conclusion

It is no big secret that there is a REE bandwagon going around the Australian Stock Exchange (ASX) at the moment. Noel has just been at the RIU Conference in Sydney and had a chance to talk and look at some of these projects. The common theme is that the majority of projects have come about from resampling of previous holes. There has been little understanding of the quality of the projects other than the assays.



➔ Figure 1: Location of the new REE project for Venture Minerals Limited. (Source: Venture Minerals Limited).

As Noel has mentioned many times, his go to person for REE information has been Brett Hazelden from OD6 Metals Limited (ASX: OD6). In his latest video, he talks about the refractory nature of some deposits. When the company completed their latest metallurgical work, it became apparent that there is a distinction between deposit types. The distinction is based on how easy it is to extract the REE.

In a simplistic explanation, the OD6 commentary is that the deposits which are highly weathered are

easier to extract. In the video he talks about how the deposits further away from the granitic source are more weathered.

Hence, when Noel looks at the Venture announcement, what strikes him immediately is that there are two deep holes which ended in mineralisation. Could these drill holes have gone deeper? The grades look interesting as it is nearly 50m. There are resources out there being funded with grades around less than the historical intercepts announced by Venture Minerals.



The next point that strikes his interest is that the project is located in traditionally deeply weathered terrains. Some of the terrains are weathered in excess of 80 to 100m. If that is so, would the mineralisation have gone that deep? Could the troughs that span a distance act as a trap for the REE?

These are hypothetical observations and he is highlighting it because this is where he feels the project may have some good differences to the other REE projects in the market. For this reason, he encourages readers to seek more information and if possible, speak to Andrew to get more information.

About Venture Minerals Limited

Venture Minerals Ltd (ASX: VMS)

has refocused its approach to developing the Mount Lindsay Tin-Tungsten Project in northwest Tasmania, already one of the world's largest undeveloped Tin-Tungsten deposits. With the recognition of Tin as a fundamental metal to the battery revolution and Tungsten being a critical mineral, Venture has commenced an Underground Feasibility Study on Mount Lindsay that will leverage off the previously completed open-pit feasibility work, and recently included additional, potential large-scale quantities of tin and boron within the current resource base, and extensively throughout the greater Mount Lindsay skarn system. The tin-borates have not previously been assessed in any mining studies. Borate minerals contain a large amount of Boron, a

critical mineral in the solar panel industry. At the neighbouring Riley Iron Ore Mine, the mine is prepared for a quick restart should the market conditions become favourable. In Western Australia, Chalice Mining (ASX: CHN) recently committed to the second stage of the JV which requires a further \$2.5 million of expenditure over the next two years to earn a further 19% interest (for a total of 70%) in Venture's South West Project. At the company's Golden Grove North Project, prospective for zinc, copper and gold, Venture has a JV with SensOre, whilst retaining the rights to REEs having found very high grade REE rock chip samples in the area. Venture has a significant Nickel-Copper-PGE landholding at Kulin with two highly prospective 20-kilometre long Ni-Cu-PGE targets within the Kulin Project.

Responsible and sustainable mining

Venture Minerals strives to discover and develop world class mineral deposits.



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West Perth, Western Australia 6005

IMPACT MINERALS LIMITED (ASX: IPT) HAS A LOW COST HPA STORY IN WESTERN AUSTRALIA

◆ Find out all about a Western Australian High Purity Alumina (HPA) project with Dr. Mike Jones, Managing Director of Impact Minerals Limited (ASX:IPT).

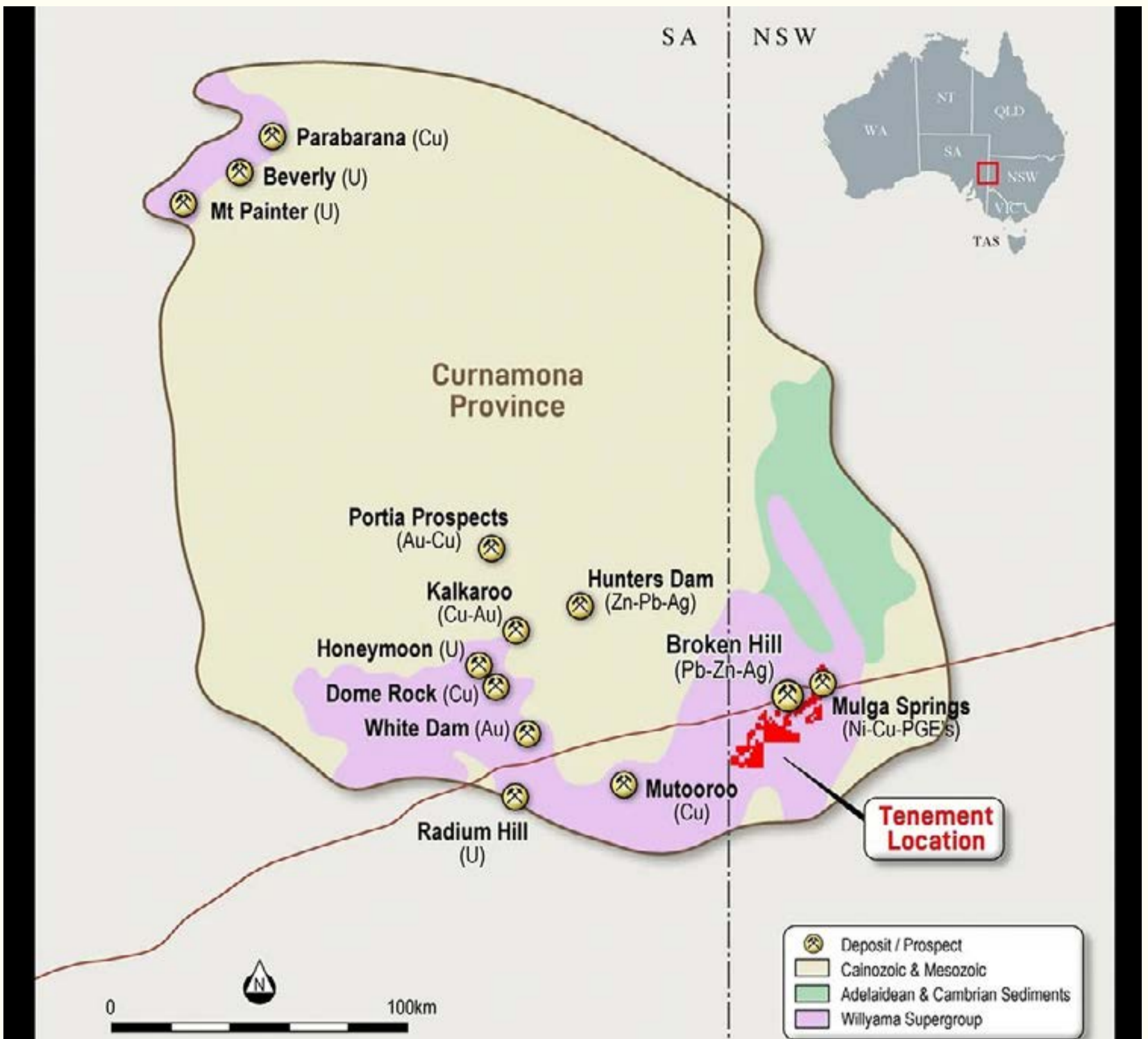
Doing Your Own Research (DYOR) is an important skill to cultivate for keen investors, as CEO of Samsco, Noel Ong always says. And here is a High Purity Alumina (HPA) story to build those DYOR muscles as it requires an understanding of a whole different pool of facts.

[Sign Up to Impact Minerals Limited Investors Hub](#)

If this is the first time you're hearing Dr. Mike Jones share the HPA Story, you may feel that it sounds like a rather simple project. While that may not be off the mark, it's worthwhile taking a second look, and going deeper. For Noel, this is one of those projects that is niche enough to make it work. In fact, this HPA story gives a whole different complexion to Impact Minerals. The company is embarking on a very different journey.



➤ A Low Cost HPA story in Western Australia with Impact Minerals Ltd (ASX:IPT)



➔➔ Figure 1. Location of the Broken Hill Ni-Cu-PGE Project. (Source: Impact Minerals Limited)

Impact Minerals' new project is almost ready for the production story. They are finalising the drilling to produce the all important JORC Mineral Resource which will be the first step in cultivating a production story.

Impact Minerals to acquire advanced HPS project in Western Australia.

Impact Minerals is no new kid on the block. In fact, it has projects that would be considered major ones in other ASX companies. The projects they've got that are interesting to look at are the Broken Hill and the Arkun project.

Broken Hill Project

The Broken Hill project is a Ni-Cu-PGE project (Figure 1 and Figure 2) located 20km from the world class Broken Hill silver-lead-zinc mine in New South Wales. The geology at the Broken Hill project is one that has a lot of possibilities which is what companies want from a project.

Impact has shown that the very high grade palladium and platinum mineralisation at the Red Hill, Platinum Springs and Moorkaie Prospects and the Iron Oxide Copper Gold (IOCG) mineralisation at the Copper Blow Prospect (ASX:SCI) are hosted by and related to alkaline magmatic rocks (Figure 2), (ASX Announcement 13th December 2018).

Arkun Project

The Arkun project (Figure 3) which covers about 850 square kilometres is between York and Corrigin, which is approximately 100 km east of Perth. The project was first identified as an area of anomalous nickel-copper-gold anomalies in publicly available regional geochemistry data sets.

It is now considered to be in a mobile belt that is prospective for "Julimar" type mineralisation. The discovery of Julimar has now opened up this whole region.

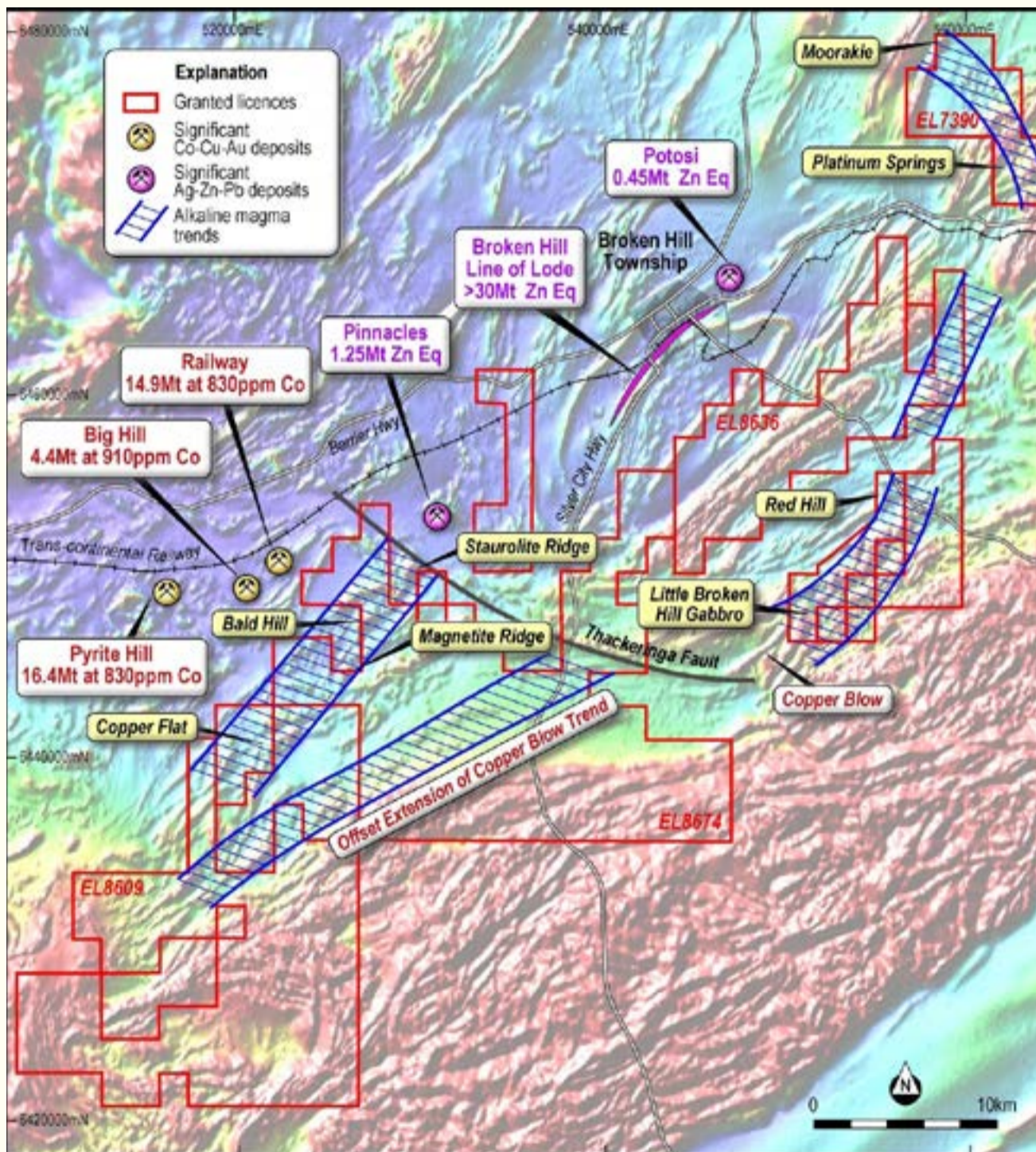


Figure 2: Location of alkaline magma trends in the Broken Hill area. The Little Broken Hill to Moorakie Trend contains rocks of potassic ultramafic to alkaline gabbro composition. The Copper Flat to Staurolite Ridge Trend contains rocks of alkaline gabbro to carbonatite composition. An offset of the Copper Blow Trend is interpreted to the south of the Thackeringa Fault Zone. (Source: Impact Minerals Limited)



A subsequent interpretation of regional magnetic data by Impact has identified the area as lying within a major deformation zone or mobile belt that trends NW-SE from the Moora-Julimar-Yarawindah area through Arkun and which may contain deformed and metamorphosed equivalents of those rocks. This belt is generally not recognised in many regional geology maps and yet is self-evident in the magnetic data. This is a significant breakthrough in understanding for Impact Minerals Limited.

The BHP Xplor Program

Impact Minerals was recently chosen to participate in the BHP Xplor program with their Broken Hill project. The participation is a recognition of the quality of the project and the amount of good work completed by the company. To be selected is a testament of something positive as companies are required to submit a good number of projects in order to be considered.

**Impact Selected to Participate
in BHP Xplor Program**

Lake Hope HPA Project

This will change the future of Impact Minerals Limited.

Lake Hope Project covers numerous prospective salt lakes between Hyden and Norseman in southern Western Australia, a Tier One jurisdiction (Figure 4). The project covers about 238 sqkm and are all owned by the vendor, Playa One.

The Lake Hope area has unique climatic and geological characteristics that have resulted in the formation of what is probably a globally unique deposit of aluminium-rich material within the surficial clay layers of two small salt lakes, or “pans”, in the Lake Hope playa system.

The lake clays, which are only up to a few metres thick, have unique chemical and physical properties and consist almost entirely of aluminium-bearing minerals that are plasticine-like in consistency and can be easily sampled with hand-held augers and push tubes (Figure 5).

In addition, particle size distribution analysis demonstrates that virtually all the minerals are less than 16 microns and 60% to 80% occur at grain sizes of less than 5 microns (Figure 6).

These unique characteristics have produced a near-perfect mineral deposit: a very high-value end product whose parent ore is:

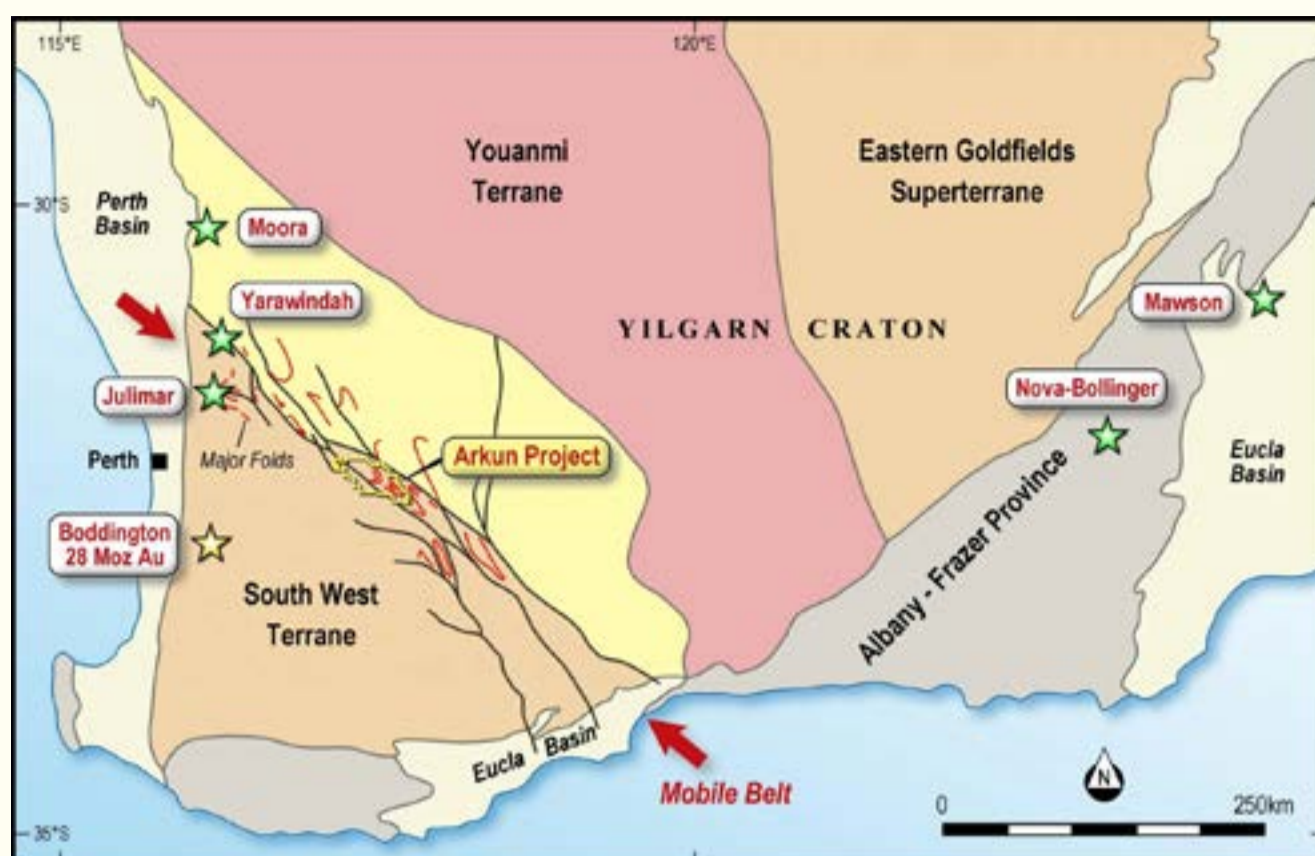
Very soft and shallow, allowing for extremely cheap free-digging with limited infrastructure requirements, no pre-stripping, no selective mining, a tiny environmental footprint, and limited rehabilitation requirements.

Naturally fine-grained with no need for crushing and grinding, allowing for transport to an offsite processing facility that can be built on existing industrial sites (Figure 4). In essence, this is Direct Shipping Ore (DSO).

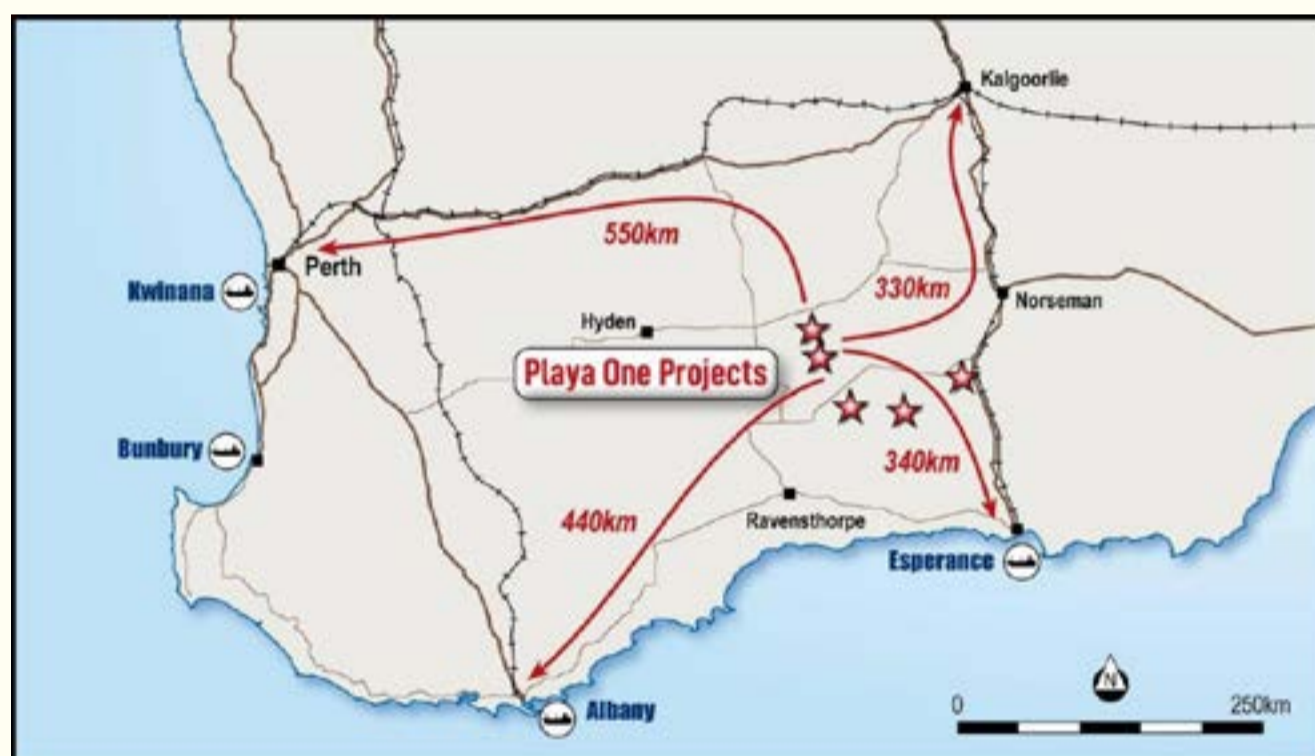
Comprised of a few minerals that require only simple washing before acid leaching, thus allowing for low-cost straightforward metallurgical processing.

Samso's Conclusion

The change in business for Impact makes a lot of sense. The introduction of the Lake Hope project will move Impact Minerals into the production part of the



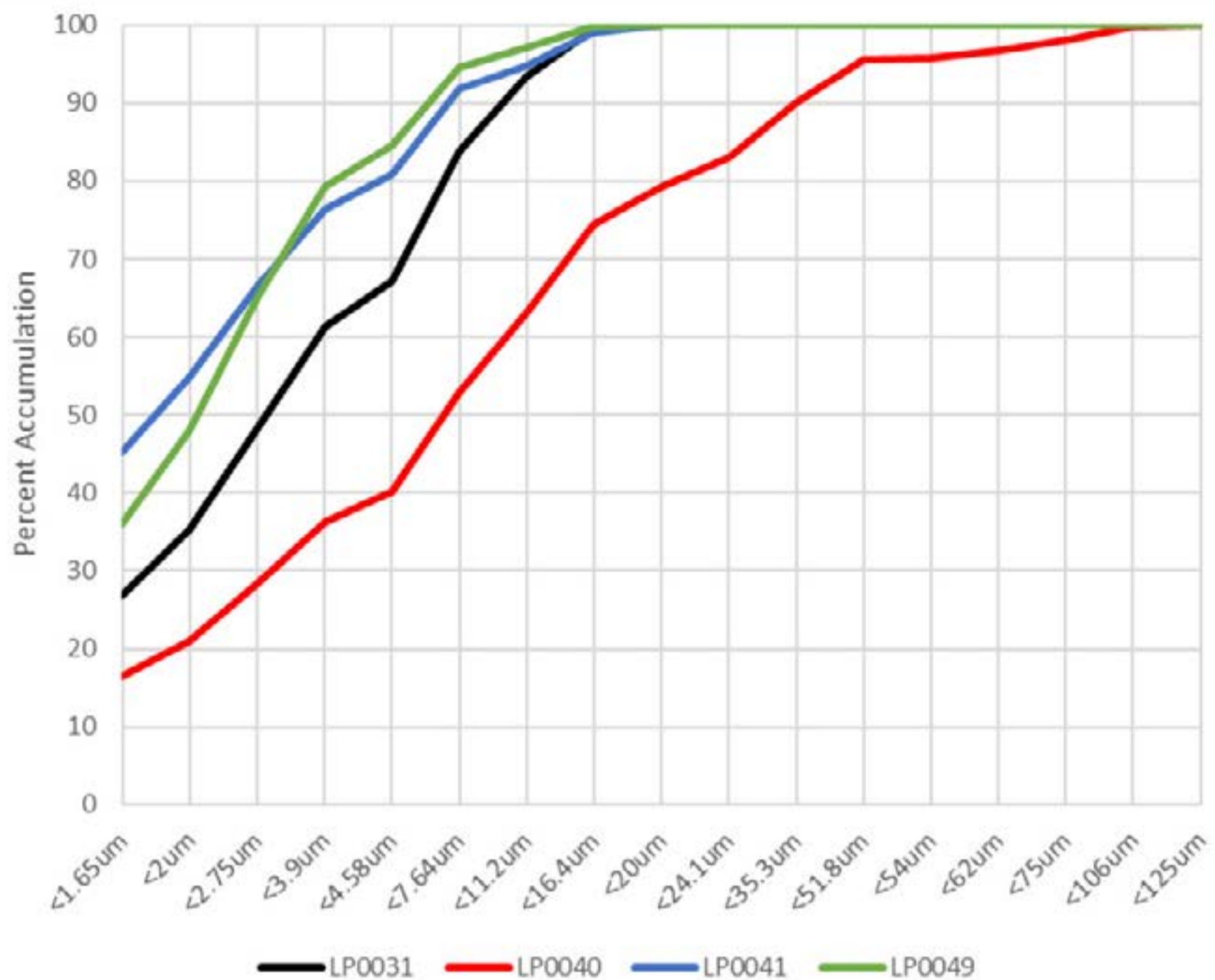
➔ Figure 3: Location and Regional Geology of the Arkun Project showing key nickel-copper-PGE deposits and recent discoveries. (Source: Impact Minerals Limited).



➔ Figure 4: Location of the Lake Hope project.



➔ Figure 5: Lake Hope showing the push tube sampling method and an example of the lake clay from the push tube. (Source: Impact Minerals Limited)



➔➔ Figure 6: Particle size distribution analysis for four samples. Sample LP0040 contains sandy particles at the base of the deposit. (Source: Impact Minerals Limited)

industry very quickly. As we all know, in the exploration game, discovery of an economical resource is very difficult. The path to production is another hurdle many small juniors will never cross.

What Noel likes about Impact are their "Other" projects. There is a lot he likes about the new HPA label. However, one cannot discard the potential of the Broken Hill and also the Arkun projects. There is hard-to-measure value in the potential of these projects.

Noel has always considered the HPA as too hard. However, after listening to Mike sharing his thoughts and strategy with the Lake Hope project, he is changing his narrative. He has not really

looked into the details but he has got some idea now.

Simplistically, the HPA story appears to be about processing. The mining part seems to be easy. This is what he took away from listening to Mike, and his confidence, for Noel, comes from the fact that Lake Hope is a unique deposit. It is one of those projects that tick the boxes that we all dream about.

When you look at this project Lake Hope, what Noel sees is that, at this stage of the game, Impact has been lucky. They got this project which appears to have all the hallmarks of a "Perfect Project". Yes, we all know about the things that can and will go wrong with the path to

production, but when you listen to Mike speak about the ups and downs, you will come to the same thought - "Could this be true?".

When the time comes where we get the answer to that question, Noel would rather be in the group that has the position to lose than the group that is fighting for a position. His philosophy has always been that he would rather lose something than regret not being able to win.

**Sign up for Impact Minerals
Limited's Investors Hub**



IMPACT MINERALS

ASX:IPT

Impact Minerals Limited (ASX: IPT) is an exploration company listed on the ASX in November 2006.

The Company manages extensive tenement holdings (>4,000 km²) within Australia featuring significant potential for high-grade mineral deposits of gold, silver, lead, zinc, copper, nickel and PGMs.

The Directors of the Company have extensive experience in mineral exploration and a strong history of exploration success, business development and corporate management.

Impact Minerals intends to build wealth for its shareholders through a vigorous campaign of project generation and evaluation with the aim of building profitable mining operations.

📍 9 Richardson Street, West Perth,
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🌐 <https://www.impactminerals.com.au>

THE PROSPECTIVITY OF THE GAWLER CRATON WITH ANNA PETTS, GEOLOGICAL SURVEY OF SOUTH AUSTRALIA

◆ Anna Petts, Program Coordinator – Characterising South Australia's Cover at Geological Survey of South Australia drops in to share some insights into the Gawler Craton.

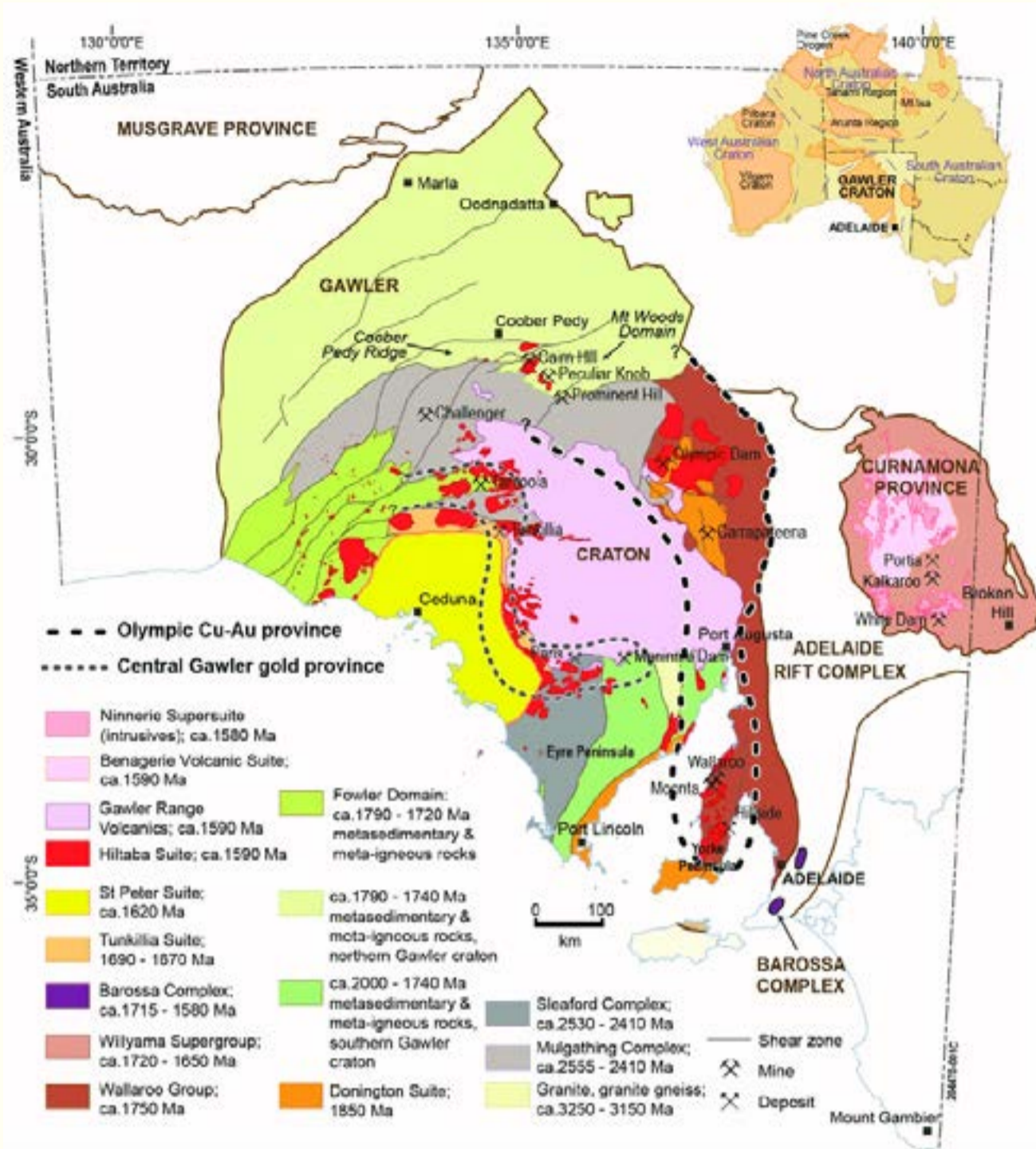
To many people the Gawler Craton is famous for IOCG deposits (Iron Oxide Copper Gold). The most famous mine, Olympic Dam started the rush for these giant deposits. When it was announced that there was this monster of a drill intercept, RD10 with 145m at 2.2% copper together with uranium and gold, this news created a rush like the wild west where everyone flocked to the region.

Subsequent to the rush, two other famous discoveries were made and they are Prominent Hill and Carrapateena. However, it was not until 2001 when Prominent Hill was discovered and in 2005 that Carrapateena was discovered. All this action was in the eastern region of the Gawler Craton and this region was named the Olympic Metallogenic Belt or the IOCG Belt.

The complexity of the surrounding area is not for the faint hearted as they are still arguing about the origins and formation of Olympic Dam. Figure 1 gives a high level summary of the Gawler Craton and its different geological events. There is no doubt that there is no simple answer, but what the mineral explorers do know very well, is that their Return On Investment (ROI) here is not high.



➔ The Prospectivity of the Gawler Craton, South Australia



For this reason, the Gawler remains one of the least explored regions on the Australian continent. Hence, this discussion with Anna Petts is all about the prospectivity of the Gawler and what the Geological Survey of South Australia is doing to help explorers have the edge and the resources to understand and explore the region.

Gold Discovery in the Gawler Craton

In 1995, there was the discovery of a gold mine in the other half of the Gawler Craton - the more "boring" part which birthed the Challenger Gold Mine. This set up a rush to the area, but, till today, there is still no Challenger replica. To me, this has got to be one of the mysteries of Australian mineral exploration.

If you draw a radius of 100km from the Challenger Gold Mine, there is nothing that is better than

a prospect to be found (Figure 2). It will be pretty safe to say that the lack of discoveries is probably due to the fact that the last 20 years of exploration has been few and far between due to a lack of exploration funding and the historical low ROI in looking for minerals in the Gawler Craton.

Why I like the Gawler Craton

My first introduction to the Gawler Craton was way back in 2019 when I looked over the Jumbuck project. Figure 2 was the result of that exercise when I was involved in trying to list a company with the project. I could see that there had not been any serious exploration in the region.

The conversation that I had with people was that it is hard to make discoveries. The geophysics were not picking anything up. There

was not enough data out publicly that companies could use to make discoveries. The lack of success was biting into exploration funding.

Imagine a province like the Gawler Craton that still hides major discoveries. Look at the statistical probability of not finding another Challenger. This has to be a great place for the average mineral explorer who has the courage to test their exploration skills. Looking at the western province of the Gawler, the western part of the Stuart Highway, there are no producing mines currently. There are three deposits (Challenger is closed) that exist and two are currently being drilled out to see if they make the cut to become producing gold mines.

In one conversation, I was told that while drilling for iron ore, they came across a Gossan. This shows the variability of the area. It was only two to three years ago that the south-western part of the Gawler was identified as a new nickel sulphide area.

Samso's Conclusion

So what do I make out of this conversation with Anna? What I got out of it is that there is now a flow of data that is being made public for explorers. The understanding of the Gawler is going to take a magnitude step forward in the near future, if not already. The testing of theories is now being played out with companies such as:

- Indiana Resources Limited (ASX: IDA),
- Cobra Resources Limited PLC,
- Investigator Resources Limited (ASX: IVR),
- Petratherm Limited (ASX: PTR),
- Barton Gold Holdings Limited (ASX: BGD),
- Marmota Limited (ASX: MEU)
- Taiton Resources Limited (ASX: T88)

The company that I am involved with is testing the concept that there is an unloved and unrecognised mineral system in between the Olympic Dam Belt and the Gawler Craton gold province (See Figure 3). The concept of a theory like this can be easily considered to be shooting with a long bow, but the recent announcement has made good evidence that there could be some truth to the madness.

The concept is that the red region (Figure 3) has been misinterpreted in the past and there lies a mineral system that may be fertile and endowed with mineralisation. This is the postulation and as mineral explorers, we are supposed to be testing the boundaries of belief.

The role of the explorer is to come up with the ideas and the concept, and of finding minerals where others have missed. The role of the Geological Survey is to provide the tools and the solutions to aid discovery. After speaking with Anna, I feel that the Geological Survey is contributing a lot at the moment. The theory for Taiton Resources came about due to the data release in around 2020. The idea was born and the money was raised to test the theory.

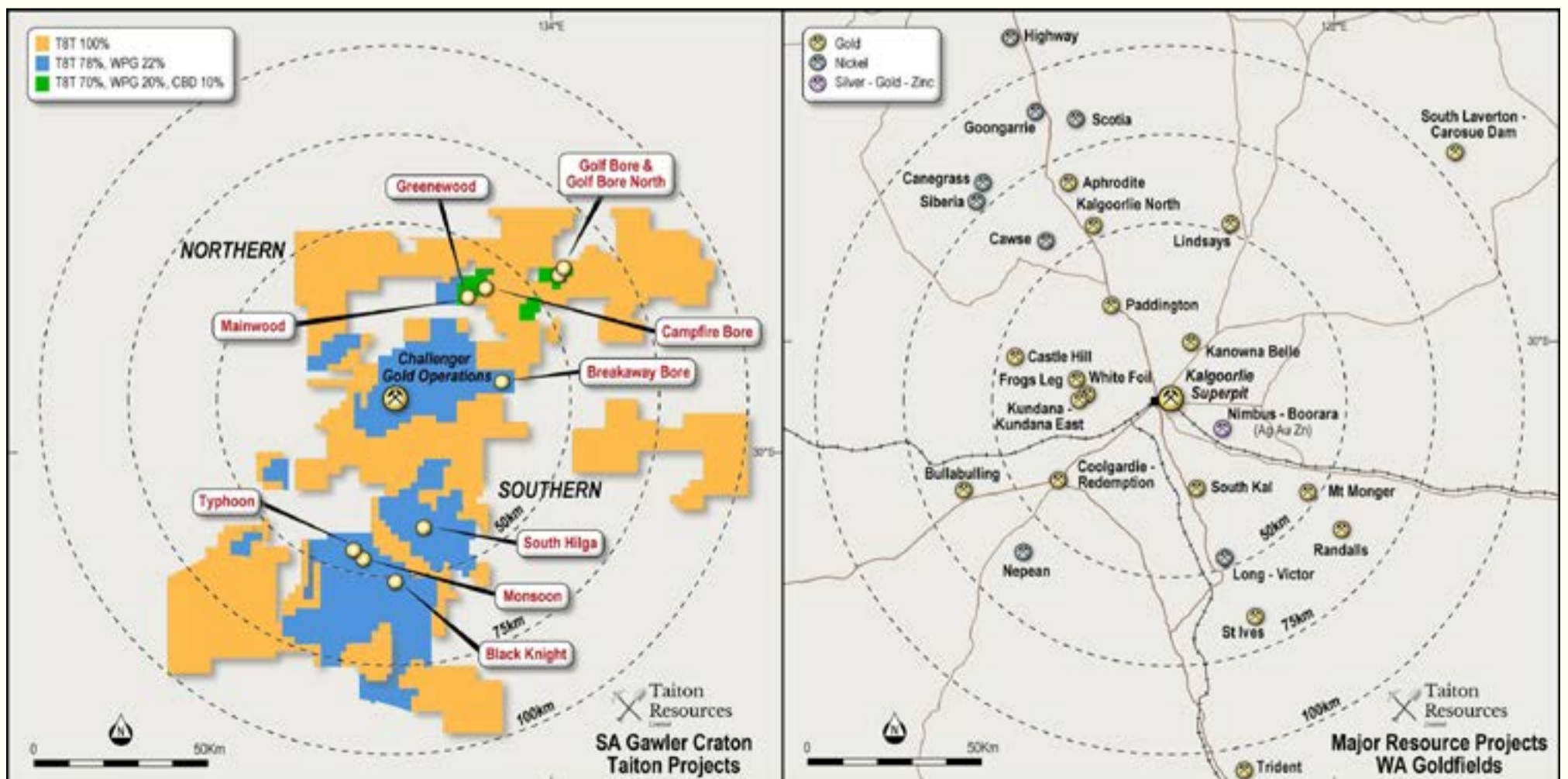
As a director of the company and as the person who spoke to the vendor of the Highway project, David McSkimming, I will say that the theory for Highway is the best I have heard. I like the idea that there is a different thinking to understanding the mineral system in this region.

What the company has done to date has proven that this theory is still valid. Not only have we proven that our original story is valid, but we also think that we could be on the edge of two tectonic events and that

would mean we are sitting on the margin of a major structural feature. We all know that major structural features are the blessings for an exploration project.



None of what I had described would have been possible without the work generated by the Geological Survey of South Australia. Anna has clearly described what the Survey is doing and what datasets are now available. The new datasets will allow future explorers to take on what is potentially the last mineral province that has not been searched with intent for the last twenty years.



About Anna Petts

Anna has a passion for mineral exploration within regolith cover and has worked all over Australia, for research and in professional minerals industry roles. Anna's role at the Geological Survey of South Australia at the Department for Energy and Mining focuses on providing working solutions to regolith 'problems' with the state government, and liaising with

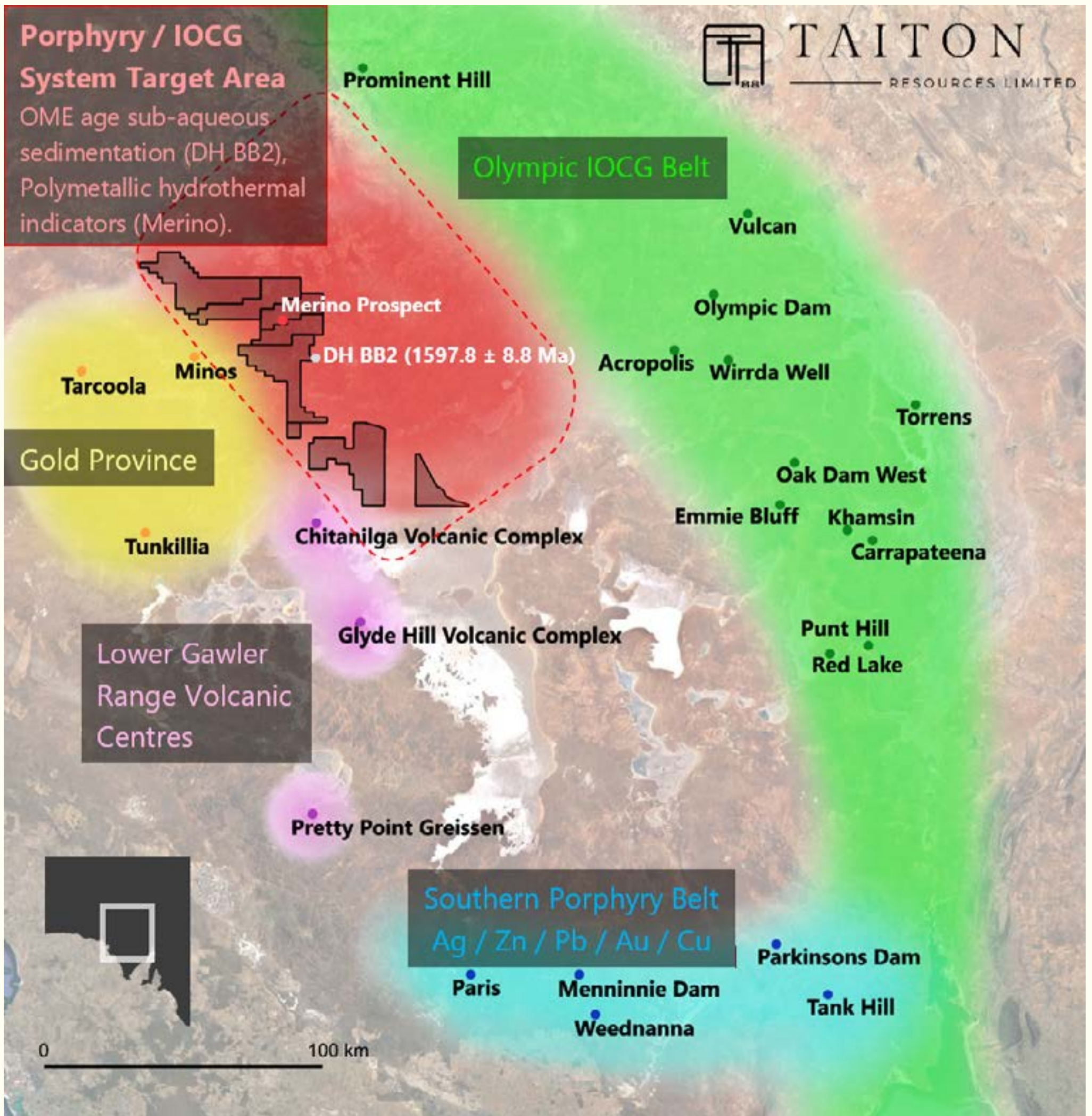
federal groups, researchers and stakeholders in order to advance our understanding of the state's geology and how it has shaped the landscape and regolith terrain.

About Geological Survey of South Australia

The Geological Survey of South Australia (GSSA) collect, manage and deliver information and

knowledge of South Australia's geology, particularly for its mineral resources prospectivity.

Geological Survey of South Australia







Brilliant

MEN'S HEALTH



BLOKES, BIKES, BEERS N' BOATS

◆ Celebrated on August 4th annually, National Beer Day recognises the world's most widely consumed alcoholic beverage. Following water and tea, beer is the third most popular drink overall.

It is one of the world's oldest prepared beverages, and possibly dates back to 9500 BC when cereal was first farmed.

In honour of this much loved beverage, Port Bus invites you to join them aboard one of their luxury coaches in August to celebrate National Beer Day and all things Blokes, Bikes, Beers and Boats.

Tour 1 - Celebrate beer

National Beer Day will be commemorated in Port Macquarie on the 4th of August. The itinerary takes in 3 well known establishments, Settlers Inn, Hello Sailor and Finnian's Irish Tavern.

Settlers Inn - Setts is located on Clifton Drive and has always been

the centre of the local community. Their focus is to provide a family friendly and safe hotel that everyone can enjoy. They are passionate about customer service and go the extra mile so every experience with them is a great one.

Hello Sailor Port Macquarie - Was originally conceived in 2018 where two mates discovered an old unused boat mechanic shed with a huge outdoor waterfront area on the idyllic Hastings River within The Port Macquarie Marina. It offers an exciting street food inspired menu, seafood and tapas, plus cocktails, craft beers and wines.

Finnian's Irish Tavern - A modern twist on a classical Irish Tavern. Finnian's Tavern boasts Port Macquarie's best charcoal grill

which will have your steak melting in your mouth. Along with their scrumptious cuisine, they have a massive selection of ice-cold beer, wine, spirits and cocktails.

Inclusions and itinerary



The National Beer Day tour includes return transport, H2O, a beer @ each venue and lunch.

Cost is \$124 pp.



Pickups will commence by 10:00am with the first venue being Settlers Inn, arriving around 11:00am. Next stop is Hello Sailor Port Macquarie, then onto lunch at Finnian's Irish Tavern.

[Book this tour](#)

Tour 2 - Blokes, Bikes, Beers n' Boats with Port Bus to Sydney

This one is for blokes, it's that simple, it's for you and your mates! Get a group together, jump on board and check out the bikes at the National Motorcycle Museum at Nabitac, visit a few licensed establishments over the weekend and the 2023 Sydney International Boat Show will satisfy the boating and fishing fanatic.

Inclusions and itinerary

The Blokes, Bikes, Beer n Boats tour includes return transport, a Port Bus welcome pack plus daily H2O, entry to the National Motorcycle Museum, lunch and beer on day one, 2 nights accommodation at The Great Southern Hotel with breakfast, entry to the Boat Show and a Silver Go Karting package.

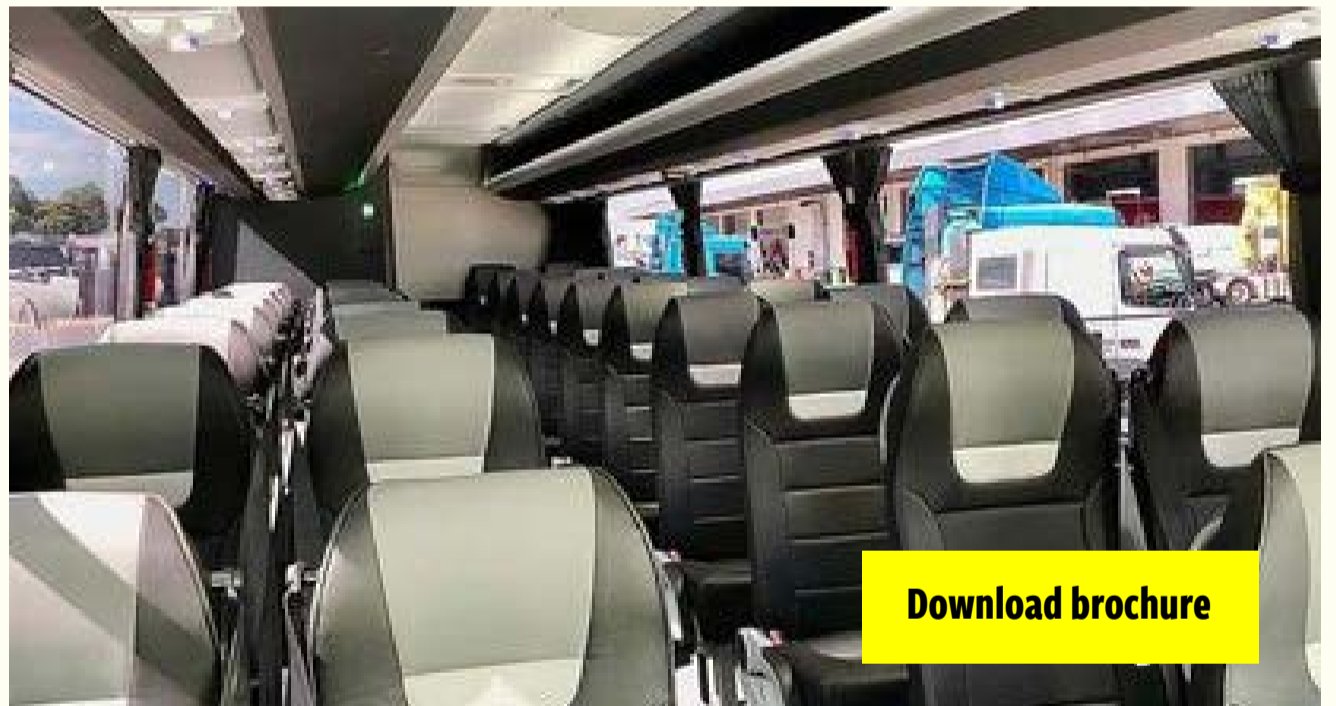
Itinerary Day 1: Pickups will commence by 10:00am. First stop is in Nabitac to visit the National Motorcycle Museum. You will see Australia's largest collection of vintage, veteran, and classic motorcycles and have lunch at the Nabitac Hotel. A great pub with friendly staff, a great location, lunch specials and of course cold beers! There will be a comfort stop at Wyong before heading to your accommodation, the Great Southern Hotel. Dinner tonight will be in the Great Southern Bar at your own cost.

Day 2: After breakfast at your own leisure wander 900 metres to the 2023 Sydney International Boat Show. Australia's largest recreational boating lifestyle event has something for everyone from seasoned boaties to shore-bound spectators. For dinner, dine out at

one of the many fooderies in China Town or Darling Harbour at your own cost.

Day 3: After breakfast check out and depart by 09:00am to head out to the Sydney Premier Karting Park – Eastern Creek. The only venue in Sydney to offer the super-fast 13HP Sodi RT8 karts. These karts clearly set the benchmark in rental karts, capable of achieving up to 100km/h. Guaranteed to give you an adrenaline rush! With the handling characteristics of a race car, and being only an inch off the ground, you will feel like a true race car driver. Onto lunch at the Quakers Inn, Quakers Hill at your own cost, then we set course for home. There will be a comfort stop at Heatherbrae before drop offs commencing around 18:30pm.

Cost is \$925 pp twin share \$1,191 pp single.



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BETTER SLEEP, HAPPY LIFE WITH THE SLEEP APNOEA EXPERTS

◆ We all know how important a good night's sleep is and how critical the right levels of rest are to our overall health and day-to-day functionality



We also know how not getting a good night of shut eye can leave us feeling tired, unfocused, lethargic, irritated and frustrated.

It's something that sufferers of sleep apnoea, unfortunately, know all too well. Sleep apnoea is one of the most common sleep disorders on the planet, with the latest estimates stating that close to a billion people globally suffer from the condition.

So what exactly is sleep apnoea and should one be concerned if they suspect they may be suffering from it?

Explained simply, sleep apnoea is a potentially serious sleep disorder that causes frequent pauses in breathing during sleep which prevents the body from getting enough oxygen. If you are known to snore loudly, frequently gasp during sleep or just typically feel in a dreamlike state while awake due to poor quality of sleep then the chances are you suffer from sleep apnoea. Children who suffer from the condition

typically will exhibit overly active behaviour while awake and may have issues with concentration and paying attention.

There are two types of sleep apnoea

Central Sleep Apnoea (CSA) is when the person's brain fails to send the correct signals to the muscles that control breathing, and the more common **Obstructive Sleep Apnoea (OSA)**, where the person's throat muscles relax and thus the airway is narrowed which blocks the flow of air into the lungs. Several factors can impact the latter condition such as obesity, large tonsils, changes in hormone levels, lack of exercise, an over consumption of alcohol and smoking.

If left untreated, sleep apnoea can lead to far more potentially serious health issues such as high blood pressure, heart disease, stroke and the risk of developing insulin resistance and type 2 diabetes. If you believe you are suffering from the condition it is strongly advised to consult a doctor or a qualified expert who can run a detailed professional sleep test to determine the situation.

One such team of experts can be found at Sleep Apnoea Clinic, who bring exceptional service and compassionate care to those seeking restorative sleep. Their top quality and highly personalised services are designed to target each individual's needs in order to accurately diagnose and effectively treat obstructive sleep apnoea.

It's about empowering clients to achieve an overall sense of well-being and bring ease and confidence into sleep. The clinic offers two main services - home-based sleep studies and CPAP (Continuous Positive Airway Pressure) Clinic and Sales.

A home-based sleep study is conducted in the comfort of the client's home with a Level 2 sleep study approved by Medicare and which meets the Australian Sleep Association standard.

Clients must be 18 and above, have a referral from their medical practitioner and meet pre-screening criteria. At the end of the study, clients are advised if treatment is necessary and the options available, and referred back to the Sleep Apnoea Clinic for CPAP therapy or to a sleep or respiratory specialist as required.

The full-service CPAP Clinic and Sales department offers personalised support, education and equipment for successful sleep



apnoea treatment. Clients are well taken care of by highly trained and compassionate staff to help with a smooth and comfortable transition into CPAP therapy. Ongoing aftercare service and assistance are also available to ensure the best possible outcomes from the CPAP therapy.

With better quality sleep, clients experience a turnaround in the quality of their everyday lives. The Sleep Apnoea Experts are

committed to helping clients gain an improved sense of wellbeing with long lasting effects of being able to ease gently and easily into healthy sleep patterns. Experience the happy life you deserve with the soothing consequences of the support provided by Sleep Apnoea Clinic.

[Download Referral Form](#)

HEALTHY HABITS FOR YOUR HEARING HEALTH

◆ Raising awareness about why hearing protection matters

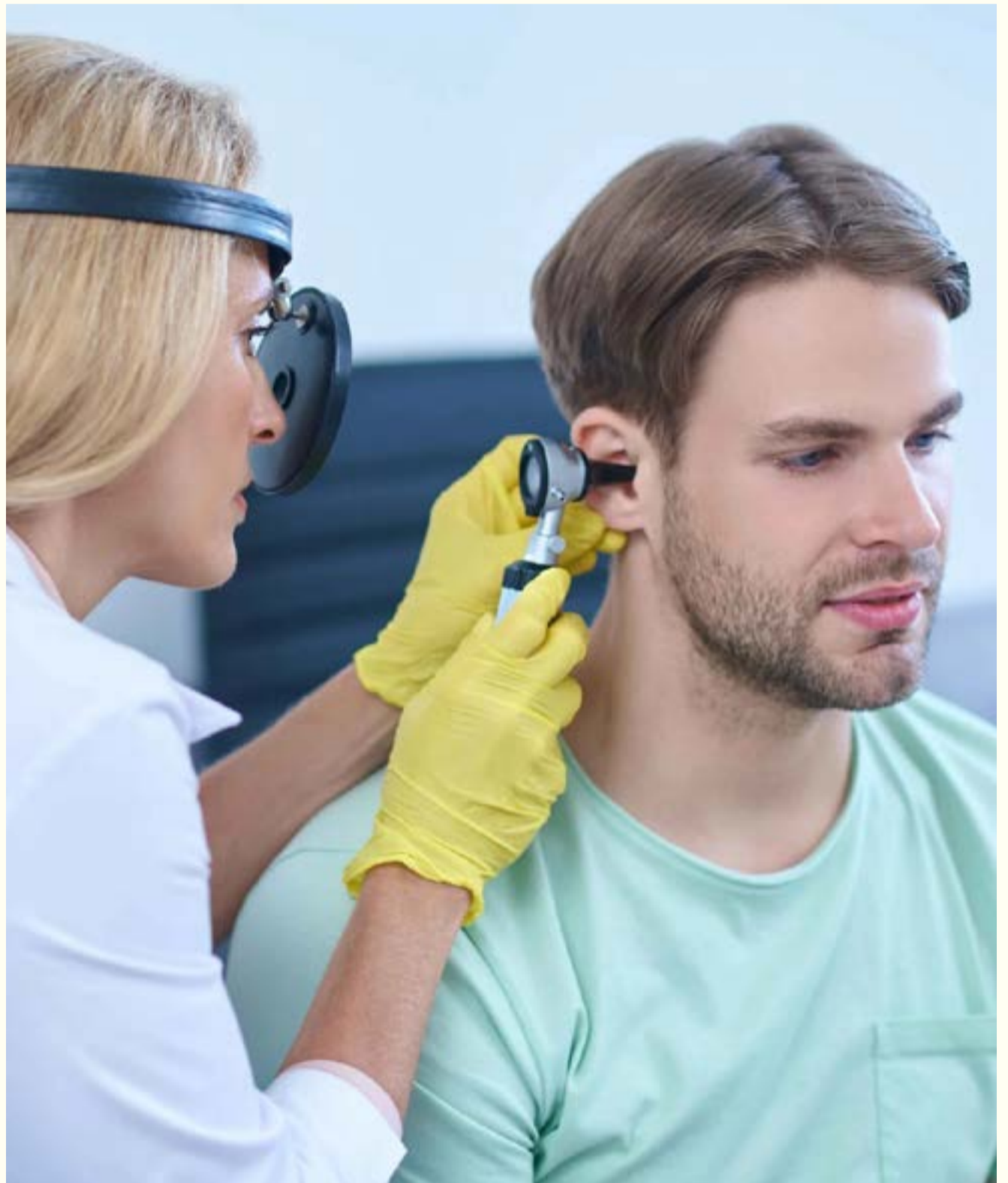
Men often pride themselves on their strength and resilience. However, when it comes to their health, they can sometimes neglect certain aspects, such as their hearing. It's easy to overlook the importance of hearing protection as a healthy habit, despite its long-term consequences.

This National Men's Health Week, Manning Audiology will be raising awareness about why hearing protection matters and discussing some essential healthy habits that every man should adopt to safeguard their hearing and overall well-being.

Understand the risks

Our ears are exposed to numerous potential hazards throughout our daily lives. Frequent exposure to loud noises, such as concerts, machinery, or even loud music through headphones, can lead to irreversible hearing damage. If your workplace noise exposure is above 85 dB(A) over an 8-hour period or exceeds 140 dB(C) at any given time, this may pose a risk to your hearing health.

It's crucial to recognise that noise-induced hearing loss is cumulative and can occur gradually over time. By understanding the risks, we can take proactive steps to protect our hearing.



Invest in hearing protection

When it comes to hearing protection, prevention is key. Whether you're working in a noisy environment, mowing the lawn, attending a sporting event, or using power tools, wearing appropriate hearing protection can significantly reduce the risk of damage.

Consider investing in custom earplugs for yourself or your employees from an Audiologist.

Otherwise, ensure over-the-counter earmuffs provide adequate noise reduction. Remember, a small investment in hearing protection today can save you from a lifetime of hearing difficulties.

Be mindful of volume levels

In addition to using hearing protection in loud environments, it's essential to be mindful of the volume levels in everyday situations. Many of us enjoy listening to music or podcasts through headphones or attending live events, but excessive volume can be harmful. Where possible, avoid excessively loud environments or make it a habit to keep the volume at a reasonable level and take periodic breaks to give your ears a rest.

Noise-cancelling headphones

Investing in quality noise-cancelling headphones can help block out background noise, allowing you to listen comfortably at lower volumes. Our top recommendation is the Audeara headphones, which can be customised to your specific hearing test results, preserving residual hearing.

To purchase Audeara headphones and customise them to your hearing, book an appointment here with one of their friendly Audiologists. Get 10% discount off hearing consultations when you quote Brilliant Magazine.

Get regular hearing check-ups

Just like any other aspect of your health, regular check-ups with an Audiologist can help detect any early signs of hearing loss and ensure timely intervention. If you have a concession card or are part of DVA, you may be eligible for fully subsidised hearing services. Alternatively, we recommend anyone with concerns about their hearing to get it checked.

It is important to look out for your mates and encourage them to get tested regularly. Hearing loss isn't just a sign of 'getting old', it can occur at any age.

Exercise is important for your hearing health

Engaging in regular physical activity promotes blood circulation, including in the ears, which can help maintain healthy hearing.

Manage stress & wear your hearing aids

Chronic stress can have a negative impact on your hearing health. Similarly, if you have hearing aids and you don't wear them, this can cause significant stress to the relationships you have with others. If you are not wearing your hearing aids, ask yourself why. Chances are any issues you have with them can be mitigated by a visit to the Audiologist.

Quit smoking

Smoking has been linked to increased hearing loss risk. Quitting smoking not only benefits your overall health but also helps protect your hearing.

Preserving your hearing is an essential part of maintaining overall health and well-being. By prioritizing hearing protection and adopting healthy habits, you can reduce the risk of noise-induced hearing loss and enjoy a higher quality of life.

Remember, it's never too early or too late to start taking care of your hearing. Invest in hearing protection, practice healthy listening habits and lead a lifestyle that supports optimal hearing health.

If you are overdue for your hearing check-up or would like further advice on custom hearing protection options, don't delay any longer, book an appointment with one of our friendly team members.



[Check out our blog](#)



With clinics across NSW & QLD, we are offering a limited-time offer of 10% off hearing consultations for readers of Brilliant Magazine. No referral necessary. Avoid waitlists. Book your appointment online today [\(click here\)](#)

This National Men's Health Week is all about healthy habits. When it comes to your hearing, there are many healthy habits you can adopt.

FREE Cochlea Implant Information Session

BOOK YOUR SEAT

at Manning Audiology's Free Cochlea Implant Information Session to be held on

**Wednesday 5th July,
10am to 12pm @ Club Taree.**

Limited spaces. Guest Speakers
Dr Sean Flanagan ENT Surgeon
and Med-el.

**Call 02 5532 6900 NOW to reserve
your spot or**

REGISTER NOW



The Manning Point of Difference

When you visit the team at Manning Audiology, you can rest easy knowing that they truly care about your hearing health. Family-owned and independent from hearing aid manufacturers, Manning Audiology can offer you a range of convenient and advanced

hearing services, including:

- Hearing tests for pensioners, DVA and private clients
- Hearing tests for children
- Hearing aid fittings and aftercare
- Cochlear implants
- Auditory Processing Disorder (APD) testing Tinnitus treatment

A promotional banner for Manning Audiology. It features a photograph of a man in a dark t-shirt and shorts walking up a set of stone stairs. The background is bright and slightly hazy. In the top left corner, there is the Manning Audiology logo, which consists of a stylized 'M' inside a circle with the text 'Manning Audiology' and the tagline 'Changing the way you hear'. Below the logo, the text 'HEALTHY HABITS FOR YOUR HEARING HEALTH' is written in large, bold, white capital letters. At the bottom of the banner, the website address 'www.maudiology.com.au' is displayed in white.

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ONLINE

JULY IS ABOUT HEALTH SIGNALS

◆ Promoting Preventive Health Care



Contact Chrissy Jones:

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chrissyjones@brilliant-online.com

CHIN UP FOR MEN'S MENTAL HEALTH

◆ Statistics show that on average 1 in 8 men will experience depression, and 1 in 5 men will experience anxiety. BUT, there is support out there!

Unfortunately, due to the stigma surrounding asking for help, many men don't speak up and reach out for support.

That's where Chin Up Mental Health comes in. They are committed to breaking that stigma for good. Through community, resources and events, they help men to cultivate self-compassion and connect so they can feel supported not just in the happy times but the hard times as well.

Why 'Chin up'?

Founder of Chin Up, Cameron Taylor told us, "The name came to mind for our business as it incorporates the masculine stereotype that men must 'toughen up' and 'keep your chin up' when experiencing struggles. Our mission is to work against this mentality, to reduce shame, to empower men to speak up and ask for support when needed."



He believes that no man is an island.

"When we support each other, we can all become better. This motto has inspired us not only to support our brothers in Australia but to reach out to an international community to do what we can to give back to



those in need. Our team is now in Bali, Indonesia, working closely with communities that have been adversely affected by COVID-19. We have made the commitment to donate a percentage of profits to communities in developing countries. Check out our Instagram and TikTok to see how we're giving back in Bali (@chinupmentalhealth)," Cameron explained.

Having experienced his own personal mental health challenges, from a troubled upbringing, many years working in mines living the 'fly in fly out' lifestyle, and unfortunately losing many mates and colleagues along the way, he has a compassionate ear.

Almost losing his life due to poor mental health and having experienced losing other loved ones due to mental health struggles, he has now turned his life around to help others before it's too late.

Cameron speaks from personal experiences with mental health challenges and provides tips and tricks which helped him with his struggles.

Engagement seminars that break the ice

Committed to spreading awareness, education and, of course, the conversation

around Mental Health, Cameron and his team regularly hold seminars around the country. The presentations are formulated to engage participants in an open and vulnerable conversation about mental health, something incredibly important and a topic close to the team's hearts.



"The rates of suicide and depression are, unfortunately, rising across the country and it is very important for organisations everywhere to have an understanding of what individuals face when living with mental health conditions," Cameron told us.

Breaking the ice is the key to the conversation. It is the key to change.

"A group of people that break down the barriers of the mental health conversation will create a relationship within their community that will encourage more conversation, less stigma and more change," Cameron explained.

Join the community and get yourself and your mates merchandise. Feel good in your new fit, spread awareness, and help support communities in need.



[Shop Now](#)

3,144 PUSH-UPS IN 23 DAYS - ARE YOU UP FOR THE CHALLENGE?

◆ This June, Lifeline Mid Coast is encouraging Mid North Coast locals to push for better mental health by participating in Australia's largest fitness-based mental health initiative The Push-Up Challenge.

Participants will take on 3,144 push-ups across 23 days in June, putting the spotlight on the tragic number of lives lost to suicide in Australia in 2021.

Thousands of Australians from all ages and walks of life participate in the event which engages people in mental health through connection, physical activity and education.



Lifeline Mid Coast CEO Ms Catherine Vaara said, "The Push-Up Challenge is a great opportunity for Australians to talk about their mental health, learn how to best support each other and recognise when they might need to put their own hand up for help. Mid North Coast locals have had so much fun pushing up and learning about mental health with us for the past two years, so we can't wait to do it all again in 2023."

"More people than ever before are reaching out to Lifeline for help and support, and the money raised through The Push-Up Challenge will support our services to be there for anyone, anytime, whatever the reason," added Catherine.



Lifeline Mid North Coast Representatives in the Push-up Challenge - Kelly Saidey, Catherine Clarke, Glenn Parker, Catherine Vaara and Di Bannister.

What's the Push-up Challenge?

From June 1-23, participants of all ages and abilities will push-up while learning about mental health, with the number of daily push-ups changing to reflect a vital mental health fact.

And if completing 3,144 push-ups feels out of reach, participants can choose to do half the target, and opt for alternative exercises such as sit-ups, squats or tailored exercises, with progress tracked through a dedicated app.

Founder of The Push-Up Challenge, Nick Hudson, said, "The Push-Up Challenge is a great way to get fit, connect with your community and learn about mental health, all while honouring lives tragically lost to suicide."

"It's likely everyone will encounter mental illness at some point in their lives, so by getting down, pushing up and learning about mental health, we hope to break down the stigma attached to mental illness so that Australians don't think twice about helping someone who might be experiencing it, or reaching out for help themselves," added Nick.



Team Self Seen : Ben, Poppy, Lucy and Ray Cudmore with Josh Hunter.

Lifeline Mid Coast is encouraging people of all ages, local businesses, gyms, clubs and schools in the area to join Team Lifeline Mid Coast.

"Lifeline Mid Coast is honoured to be a beneficiary of The Push Up Challenge again this year," explained Catherine. "The funds raised through the challenge go to the local face-to-face suicide prevention and post-vention programs in our local area including Eclipse—a group for people who have survived suicide attempts, and Support after Suicide—a group for people bereaved by suicide. Almost 100 volunteers based in Port Macquarie answer 26,000 crisis calls every year, and are trained and supported by Lifeline Mid Coast."

Local group, Self Seen Mental Health Community, have jumped on board and are encouraging everyone to get involved. "Our local support network provides connection for men and women in our community and helps people through their personal battles with mental health," said Benny Cudmore, one of the founders of Self Seen. "Physical and mental health are very connected and The Push Up Challenge creates a great opportunity for a bit of fitness and a lot of community spirit!"

Best of all... it's free to join in!

The Push-Up Challenge is a free

event and you can register as an individual, a team, or get your whole workplace, club, gym or school involved.

Register Here



About Lifeline

Through phone, text and online chat, Lifeline is available 24 hours a day, seven days a week to listen without judgement to any person in Australia who is feeling overwhelmed, experiencing crisis or longs to be heard.

SCOLIOSIS AWARENESS MONTH

◆ June is Scoliosis Awareness Month. Veronica Lind, CEO of Brilliant-Online shares her personal story.

Health is one of the many subjects that we at Brilliant-Online strive to promote as much as possible. Typically we opt to highlight global or national landmark dates that shine a light on certain conditions or illnesses in an attempt to raise awareness and support.

The month of June is Scoliosis Awareness Month where, in the words of the Scoliosis Research Society, the goal is to “highlight the growing need for public education, early detection and awareness about scoliosis and its prevalence within the community.”

What is scoliosis?

Scoliosis is determined when the curvature of the spine measures 10 degrees or greater on an X-ray, according to the John Hopkins Medicine website.

Spinal curvature from scoliosis may occur on the right or left side of the spine, or on both sides in different sections. A spine affected by scoliosis is curved, usually over three dimensions - often appearing like an S or C - with a rotation of the vertebrae, which often gives the appearance that the person is leaning to one side.

Causes of scoliosis

The causes of scoliosis are unknown in approximately 80% of cases, although medical experts believe a combination of genetic and environmental factors to be the main contributory factor. While the condition can be detected in infancy or early childhood,



typically it is during the adolescent and teenage years of 10-20 that it tends to develop. It is estimated that approximately 2-3% of the world's population is affected and it is something that can worsen as the person ages. Sufferers of mild scoliosis tend to not experience too many problems although severe cases can negatively impact breathing and movement.

Scoliosis treatments



“I had to wear a plaster cast for 6 months before surgery. They literally hung me up suspended while they plastered me from neck to hip - it was quite the ordeal,”
Veronica recalls.

Treatments depend on the severity of the case and the age of the patient, but typically for less serious cases bracing, specific exercises, posture checking and surgery are all viable and common options. Medical News Today states how mild sufferers can treat the condition with specific regular exercises and stretches that can prevent the need for surgery and help improve the situation, citing examples such as arm and leg raises, pelvic tilts and abdominal presses.

There are numerous examples of celebrities that suffer from the condition, including actresses Elizabeth Taylor, Liza Minnelli, Laura Dern, Daryl Hannah, Isabella Rossellini and Shailene Woodley, musicians John Lydon of The Sex Pistols and Kurt Cobain of Nirvana, sports stars such as Olympic sprinter Usain Bolt and American tennis player James Blake, and even the Egyptian Pharaoh Tutankahman.

Veronica's personal story

Much closer to home, our very own CEO Veronica has suffered from scoliosis since a very young age, undergoing surgery in an attempt to rectify the condition when she was aged 16.

"My surgeon, Professor Cha Cha, inserted a Harrington rod (a stainless steel surgical device) which was aligned to my spine and fused using a bone graft from the hip. A total of 52 stitches later, I then had to wear a new cast for an entire year and I wasn't allowed to leave hospital for the entire time. Also, to ensure the bones fused correctly, I wasn't allowed to walk

for an entire two months, meaning I learnt how to roll really well! I also think the surgery and the bone fusion stunted my growth as I am not very tall."

Veronica recalls how learning to stand and walk after such a long period of inactivity was a challenge in itself, often leaving her feeling faint every time she stood up.

There were other challenges that presented themselves. The long period involving surgery and recovery in hospital meant she had to drop out of college. She also had to continue wearing the brace for a further 3 years, including during her formative years at work. Yet it didn't deter the driven young lady

who recalls having no choice but to run with her brace on so as she could catch the bus to work each day, even if "I did look like a turtle when doing so!"

Despite the challenges Veronica tried her utmost to engage in activities that most youngsters of her age pursued at the time, including a variety of exercises. "I took up Muay Thai boxing of all things but had to give it up after a while as the boys I was competing against would throw me to the mat and I was concerned I would end up snapping the rod in my back," she remembers. Nowadays the less strenuous option of Pilates is a firm favourite, while yoga is challenging.

While the surgery no doubt helped, Veronica recalls how she did still suffer from pain in the ensuing years following her brace being removed, predominantly in the neck, back and hip. "I was like the tribeswomen you see on documentaries who wear rings around their necks," she says. "My neck had been supported for so long, meaning the neck muscles had weakened, and letting it go was difficult for a while."

Veronica sharing her rather personal story is exactly what Scoliosis Awareness Month is all about – sharing stories and personal experiences to raise awareness and initiate a conversation around the topic. All medical conditions are, of course, different but that shouldn't mean one is any less significant than another. Take the example of mental health and how it has become such a prevalent and widely-discussed topic, compared to years gone by when it was perceived much more so as a stigma. It isn't necessarily a case of comparison but rather of attaining a broader understanding so we can collectively work towards more preventative, adaptive and inclusive measures to make those suffering much more comfortable within our society.



➔ Veronica and her "Scoliosis Friends" at the St Andrew's Orthopaedic Hospital in Singapore. The hospital is no longer operational.

HEARTY, HEALTHY BONE BROTH STEW

◆ Enjoy a warm, comforting and nutrient-packed stew made with rich bone broth from Grazed & Grown Farm. It's loaded with protein, healthy fats, and vegetables, it's a complete one-pot meal that is easy to make.



Sure to satisfy even the pickiest of eaters, the combination of bone broth, vegetables, and potatoes make it a powerhouse of nutrition and flavour. To be enjoyed this winter as a comfort food on a chilly night.

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 cups bone broth (from Grazed & Grown Farm)

- 2 cups water
- 1/2 teaspoon dried thyme
- 2 cups diced potatoes

Method

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion and garlic and sauté for 3-4 minutes until softened.
3. Add the carrots and celery and sauté for another 2-3 minutes.
4. Pour in the bone broth and water and bring to a boil.
5. Add the thyme, potatoes, and reduce heat to medium-low.

6. Simmer for 20 minutes until the potatoes are tender.

7. Serve warm.

Suggestions

This stew is perfect as is, but feel free to add extra vegetables, such as kale or spinach, to get even more nutrient-dense goodness. You can also swap out the potatoes for sweet potatoes or butternut squash. Best served with crusty bread, a dollop of sour cream, and a sprinkling of freshly chopped parsley.

brilliant

ONLINE

◆ Brilliant Pet Feature in July

Brilliant is going to have a new section on pets! Businesses who are vets, provide pet insurance, dog groomers, dog trainers, sell pet care products e.g. collars, leash, beds, pet food, pet transport etc, we're excited to have you on board.

July 11 : Pet Photo Day

July 14 : Dog on a Lead Day

emphasises the importance of walking the dog on a leash and respecting on-leash dogs.

Contact Edgard Lopez on +61459094081 for advertorials



Exit and his graffiti art inspiration
at Art Walk on 9 June 2023





Brilliant
COMMUNITY



WHAT IS HAJJ?

◆ Celebrating the Feast of Sacrifice and a deep trust in faith.



➔ Devotees showing commitment to God

This year, Hari Raya Haji falls on the evening of June 28th and will last 4 days till the evening of July 2nd, 2023.

Learn about some of the common terms you hear when speaking about this festival, and as we love brilliant food, we have a recipe to share, specially from our very own Brilliant Graphic Designer, Adan!

What is the Hajj?

Hari Raya Haji marks the end of the Hajj, which is the annual Muslim pilgrimage to the holy city of Mecca. Every year, many worshippers travel to Islam's most sacred mosque, the Al-Masjid Al-Harām in Saudi Arabia. This is an important expression of their deep faith and something very close to their hearts. It's how devotees

show their commitment to God. It is an undertaking that Muslims want to do at least once in their lives. It does require one to have the necessary money to make the trip, and also to be physically fit enough to do it.

What is the Ka'abah?

This is the famous building easily recognisable in so many beautiful photographs of the pilgrimage site. It's a building in the middle of the mosque and when devotees go on the Hajj, one of the rituals they have to do is to circle the Ka'abah seven times.

The Ka'abah is the most sacred site in Islam and if you've always wondered why Muslims have to face a certain direction when they

pray, it's because they are facing where this site is, wherever they are in the world.



Interesting Fact: The Islamic calendar is a lunar one and their festivals take place 10 to 11 days earlier each year. This led to the unusual occurrence of Hari Raya Haji being celebrated twice in 2006 - once on 10th January and the other on 31st December!

What is the Eid al-Adha?

This is Hari Raya Haji's other known name, otherwise known as 'The Feast of the Sacrifice'. It refers to the deep faith of the Prophet Ibrahim (Abraham) who obeyed God's command to sacrifice his son. As many would know the story well, just as Ibrahim was about to kill his son on the altar, God stopped him and provided a sheep instead to be sacrificed.

What is the korban?

This led to the ritual called the korban, which is the sacrifice of livestock such as sheep, lamb and goat during this festival. During this act, the animal is placed facing the

direction of the Ka'abah and saying a prayer. The animal's throat is slit for a quick death and the meat is shared among the worshippers and the needy. The korban is symbolic of sacrifice and giving and it is during this special occasion that the less fortunate have the luxury of eating meat during these four days.

The korban is usually carried out after people have gone to the mosque for sermons and prayers. After the korban, people visit family and friends to share gifts and partake in delicious meals. It is typical for families to dress up in new clothes and enjoy getting together at parties and gatherings. Children enjoy this festival because they also get some gifts from families.

Read about Jessica Garner's story of how she reverted to Islam and how it changed her life.

Reverting to Islam - Jessica Gardner's story of grace

To celebrate this festival, why not try out some Brilliant recipes?

Healthy Eid Recipes



➔ The Ka'abah is the most sacred site in Islam

KARI KAMBING RECIPE

◆ Our Brilliant Graphic Designer Adan shares one of his favourite recipes for Hari Raya Haji, the Kari Kambing!

Kari Kambing is a popular lamb curry dish that can be found in Malaysia and Indonesia. It has a beautiful mix of flavours and it is one hefty dish to warm the stomach. Imagine how all the spices such as cumin, fennel, lemongrass, coriander, cardamom, cinnamon, cloves, star anise, bay leaves come together to entice your tastebuds. Best served with fragrant white rice or flatbreads. Trust us, you'll be using every last bit of bread to wipe clean your plate of the curry.

Ingredients

Ingredients for the spice paste:

- 6 shallots
- 4 cloves of garlic
- 2 red chili peppers (adjust to your spice preference)
- 2 inches of fresh ginger
- 2 inches of fresh turmeric (or 1 teaspoon turmeric powder)
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 teaspoon black peppercorns
- 2 stalks lemongrass, white part only, thinly sliced
- 4 kaffir lime leaves
- Ingredients for the curry:
- 1.5 kg (3.3 lbs) lamb, cut into chunks
- 4 tablespoons vegetable oil
- 2 cinnamon sticks
- 4 cardamom pods
- 4 cloves



- 2 star anise
- 2 bay leaves
- 400 ml (13.5 oz) coconut milk
- 400 ml (13.5 oz) water or lamb stock
- 2 tablespoons kecap manis (sweet soy sauce)
- Salt, to taste
- Sugar, to taste
- Fresh cilantro leaves, for garnish

Instructions

1. Prepare the spice paste: In a blender or food processor, blend together shallots, garlic, red chili peppers, ginger, turmeric, coriander seeds, cumin seeds, fennel seeds, and black peppercorns until you get a smooth paste.
2. Heat the vegetable oil in a large pot or Dutch oven over medium heat. Add the



- spice paste, cinnamon sticks, cardamom pods, cloves, star anise, lemongrass, and kaffir lime leaves. Sauté for a few minutes until fragrant.
3. Add the lamb to the pot and cook until it changes color and starts to brown slightly.
 4. Pour in the coconut milk and water (or lamb stock) to the pot. Stir well to combine. Bring the mixture to a boil, then reduce the heat to low.
 5. Cover the pot and simmer gently for about 2 hours or until the lamb is tender. Stir occasionally and add more water if needed.
 6. Once the lamb is tender, season the curry with kecap manis, salt, and sugar to taste. Adjust the seasoning according to your preference.
 7. Continue simmering the curry for another 15-20 minutes to allow the flavors to meld together.
 8. Remove the pot from the heat and let the curry rest for a few minutes.
 9. Serve the Kari Kambing hot with steamed rice. Garnish with fresh cilantro leaves.
- When the weather gets cold, there's nothing like a hearty stew with lamb meat to warm you up. Enjoy!

GIANTS, CARNATIONS AND DANCING AT MADRID'S SAN ISIDRO FESTIVAL!

◆ See Madrid at its most traditional and authentic in May at the festivities celebrating its patron saint, San Isidro, a 12th century farmer.



Brilliant-Online Content Writer Yann Tyng has been living in Spain for the past 16 years and this year was the first time she went to check out what the San Isidro Festival is all about. May 15th is the bank holiday for San Isidro Festival, and here are a few snapshots into what you can see at this festival!

With spring in the air and many more hours of sunshine, May is a great time for celebrations and festivities. In Madrid, Spain, the people celebrate the Fiesta of San Isidro, and in true blue Madrileño style, there's lots of music, food, drinking, singing, and dancing!

Discover brilliant Spanish cities

Not being a big fan of crowds, I set off early in the morning and took the metro to the main area where the festivities were - the Pradera de San Isidro. The word 'pradera' means 'meadow' and in our modern day city life we won't be seeing a meadow but a long wide road with the traffic blocked off and where street market stalls are set up along the sides, with another area set up with a stage and seats for a concert. Even in the metro, you can already see

some Spaniards dressed in their traditional costumes so all I had to do was follow them! Everyone got off at the metro station Marqués de Vadillo and I literally just tailed anyone who was in a costume and found my way easily to the Pradera!

Wear a carnation

One thing that you'll notice during this festival is the presence of the red carnation flower. It's the national flower of Spain, and you'll see many people wearing one at this festival. Take note though, there is a secret code embedded in

these flowers!

- 2 red carnations means you're married
- 2 white carnations means you're single
- 1 red and 1 white means...(yes you've guessed it!) you're in a relationship
- 2 red carnations and 1 white means you're a widow
- And little girls wear 1 pink carnation

There were lots of stalls along the road selling these carnations for a euro, so if you've forgotten to bring yours you can easily get one there. And it wasn't just the women who were wearing the carnations! Madrid has quite a spirit of fun that spreads to everyone, and there were pet dogs wearing carnations, and young men (tourists) who cheekily pinned a carnation in their hair too!

Chulapas and chulapos

That's the next thing you'd see at this festival. The women wear the traditional 'chulapa' dress, and the men wear the 'chulapo' suit. The chulapa consists of a long dress with polka dots, a headscarf and a carnation, and they sometimes also wear an embroidered Manila shawl. A chulapo suit includes a waistcoat, a cap, a neckerchief and also a carnation in the lapel.

What is really adorable is seeing children, toddlers and even babies dressed up in these traditional costumes! And dogs too, of course!

Dance the chotis!

Madrid's traditional dance is called the 'chotis'. This is danced in pairs facing each other. The woman dance around her male partner who does not move from his spot. You can see couples dancing at the San Isidro festival dotted here and there!



Giants galore!

At this festival, you'll see what the Spaniards call 'Gigantes y Cabezudos', meaning 'giants and big heads'. They are basically large figures in fancy dress, and the 'cabezudos' are dolls with papier mache heads. They parade through the centre of Madrid along with live music playing. If you're lost, just follow the giants. You can't miss them!

Donut, anyone?

A typical sweet eaten during this festival is the 'rosquillas'. They look like little donuts (baked or fried bread) and nowadays they come in all kinds of flavours such as coffee, pistachio, strawberry and orange.

The original ones include two types called 'tontas' and 'listas', which strangely enough when translated mean 'silly' and 'clever'. The 'silly' ones are just a simple dough



without any coating or syrup while the 'clever' ones have a layer of sweet covering on the top.

**Check out the Spanish
Paella Recipe**

Grilled meats

Along the street markets you'll also find stalls with huge grills set up,

with all kinds of meat, sausages, and offals. Okay, some of you may balk at the idea of offals, but it's quite typical to see what they call 'entresijos' and 'gallinejas' which are lamb mesentery and lamb intestines. The smells of barbecued meats fill the air as you follow the parade, and the stalls selling these meats also have some seating areas so you can stop for lunch without having to get out of the festivities area.

It's also common to see families bring their own food for a picnic up on the park near the festivities. This is the best time of the year to have a picnic as the temperatures are just right.

Being with community

At the end of the day, the Spaniards love any reason to celebrate, enjoy good food and drinking, and most importantly, to be with people.



They are often seen with family, friends and even if you went somewhere alone, people are friendly and it's easy to start a conversation with people around you. Go to a bar, go to a local festival and everyone's open and ready to enjoy and have fun. They truly embrace and appreciate Carpe Diem, and take their rest and relax time seriously. It's not a luxury. It's a necessity and a part of life.

With mental health and wellbeing being given so much priority nowadays, perhaps we can take a leaf out of their books and learn how to fully live. The Spaniards have been given quite a bit of flack and are often misunderstood to be people who take endless siestas and barely work. Maybe it's time to relook at the glorification of workaholism and running-hamster-in-the-wheel work culture and bring some balance to how we live our lives.

Are there any local festivals where you live which you've never been to or not gotten to know well yet? Why not do some local tourism for a change and see your city in a new light?



gettyimages
Julian Finney



Tyson Fury
Photo: Gettyimage



Brilliant

SPORTS



TYSON FURY ON FIGHTING HIS BIGGEST CHALLENGE OUTSIDE THE RING - MENTAL HEALTH

◆ Tyson Fury is one of the most recognised sports personalities on the planet.



➔ Brilliant Editor Ben Tirebuck meets Tyson Fury in Phuket, Thailand on June 9

Photo: High Life Management

The undefeated two-time heavyweight boxing champion of the world, Fury is truly in a class of his own, regarded as one of the finest pound-for-pound fighters of all

time. His professional record of 33 wins and 1 draw from 34 fights (24 of which were by knockout) speaks for itself.

The 34-year-old Englishman is as colourful a character outside

the ring as in it, with his habit of donning outrageous costumes and impromptu singing after fights and during press conferences leaving observers in hysterics. He was even a guest vocalist on

Robbie Williams' 2019 album 'The Christmas Present' and released his own version of the popular Neil Diamond song 'Sweet Caroline' last November, with all proceeds going to charity.

However, fighting is Fury's true game, something the self-styled "Gypsy King" is wholeheartedly serious about. Fighting is in his genes, coming from a family of Irish travellers where the sport has always played a prominent role.



One might stop and ask how on earth one of the most successful athletes of all time, with all the subsequent trappings of fame, glory, wealth and financial security could be so impacted by mental health issues, but therein lies the exact point of how the disease can hit anyone at any level at any time.

It all started, or at least came to the fore, not long after Fury defeated Ukrainian fighter Wladimir Klitschko in November 2015 in Germany to win the WBA (Super), IBF, WBO, and The Ring heavyweight titles, in what is considered one of the finest boxing performances at any weight in recent years and certainly one of the greatest performances from a British fighter on foreign soil. Afterwards, Fury fell into a dark, prolonged depression, later admitting that he felt no worth in his achievements or with his life, despite having a loving family with a devoted wife and three children. He had suicidal thoughts, later admitting to almost driving his car off a bridge at 190mph before seeing sense at the last minute. He turned to heavy drinking and drug abuse, his weight ballooned to over 400 pounds and he turned his back on all forms of exercise, effectively retiring from his beloved boxing. It was one of the most spectacular falls from grace of recent times.

"I'm going through a lot of personal demons," he told Rolling Stone in an interview in October 2016. "I've not been in a gym for months. I've

been going through depression. I just don't want to live anymore... All the money in the world, fame and glory, means nothing if you're not happy. I'm seeing psychiatrists. They say I've got a version of bipolar. I'm a manic depressive."

After a panic attack resulting in him being hospitalised, Fury did seek help from a psychologist to treat his bipolar disorder that made him prone to extreme mood swings, saying it was a decision that helped change, and save, his life. "One of the best things I ever did was come out and speak about it, because with communication you can get over any hurdle," he told The Guardian in 2021.

"But keeping it all to yourself and not communicating with others, you're a bottle of champagne being shaken and shaken, waiting for the top to explode. And you'll have a mental breakdown and won't recover - or you seek help and try and get better.

"The best advice I could give anybody... is get the right help straight away. I never sought help for my mental struggle until 2016. I didn't know what was going on.



➡ Fury's mental health issues started, or at least came to light, not long after he defeated Ukrainian fighter Wladimir Klitschko (left) in November 2015

Photo: Gettyimages

I wasn't experienced. Nobody knew around me what was going on. Very uneducated on the matter. And as soon as I got help, the sooner I could go back to get recovered."

Fury now regularly speaks out about his own struggles in a bid to help others and stresses that communication is the key. His story has helped considerably in raising awareness of mental health challenges with young men, something that traditionally wasn't spoken about.

"It's like, say 10 years ago, it wasn't as accessible as it is today," Fury told the RAW: The Fight Within podcast last

December. "There wasn't mental health at work stuff, and it wasn't identified as an illness, as a problem. It was a bit of an embarrassing subject. But now it's at the forefront. There are mental health days, awareness days, months, years, whatever. It's very out there now but I think the more we talk about it, the more lives will be saved.

"There are a lot of people out there who struggle in silence and they don't need to do that. Even if you don't want to speak to a doctor or a professional, speak to someone you know. Speak to your pal, your wife, your girlfriend, your girlfriend's dog, anyone.



"Communication and speaking about something are the answer to everything, whether it's mental health, relationship issues, buying something, a business deal. Whatever it is you're doing in your life, communication is the key, no matter what."



➔ After a panic attack resulting in him being hospitalised, Fury did seek help from a psychologist to treat his bipolar disorder. **Photo: Gettyimages**

Fury gladly admits that his battle with mental health is a daily one, greater than any challenge he has faced within the ring. But in doing so he has an impact arguably more profound and positive than most – after all, if the heavyweight champion of the world, one of the toughest guys on the planet, is vulnerable and thus affected but has the bravery to seek the correct professional help to tame it, if not fully overcome it, then many, many others in a similar predicament should feel no shame or embarrassment in doing exactly the same. He has done much to help break the stigma attached to mental health challenges within men.

This is a view shared by Dr Benji Waterstones, an NHS psychiatrist working in London, who told *The Guardian* in 2020: “Fury’s frankness is redefining outdated ideas of masculinity and what it means to be a ‘strong’ man. He shows you can compete to be the heavyweight champion of the world and be vocal about your mental health struggles, which is especially powerful in a testosterone-fuelled sport like boxing.”

Boxing provides Fury with an apt coping mechanism; he has literally pulled himself off the canvas and continues to push forward each day, training hard and punching away his challenges.

“I’m in a constant battle, rollercoaster [going] up and down

all the time, and I have to try and keep it off with a long stiff jab,” he told the *RAW: The Fight Within* podcast. “Sometimes I find it really difficult and sometimes I can box the face right off it, like my opponents in the ring. It’s very difficult. The mental struggle that I continue to go through day in, day out, year in, year out, is harsh, and it will bring the toughest, baddest men on the planet to their knees and make them cry like little girls.”

For a fighter of the magnitude of Tyson Fury to openly admit that is invaluable. He is living proof of someone who has battled hard with mental demons but managed to bounce back, a larger-than-life personality that continues to help shine a light on such an important topic.



➔ “Fury’s frankness is redefining outdated ideas of masculinity and what it means to be a ‘strong man.’” – Dr Benji Waterstones, NHS psychiatrist.

Photo: Gettyimages

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