

Oct 2023

brilliant

ONLINE



➔➔ Chef Martin Yan hosts one of the longest cooking shows on Earth with over 3,500 episodes of Yan Can Cook.

YAN CAN COOK



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NOTE FROM OUR EDITOR

◆ Welcome to the October edition of Brilliant Online where this month we are championing all the small businesses out there who play such an integral role as the cornerstone of our local communities.

We discover how important the award-winning gardens at TG's Child Care are in regards to their Early Years Learning Framework. Meticulously curated in each of the TG's six locations by co-owner Trevor Kee, we hear how these magical playspaces provide unique and invaluable learning opportunities and sustainability skills to youngsters.

Multi award-winning sports photographer Andy Cheung shares his story of how his passion became his full-time vocation which has seen him jet-setting around the world snapping some of the biggest events and names in sport.

Elsewhere, Jessica Gray shares her Smart Coast Conveyancing story, highlighting five key lessons she learnt in handling adversity that champion the spirit of resilience and adaptability, while Shona Russell from Soul Synergy Healing

explains an advanced energy healing technique she utilises called Forensic Healing.

We hear how Elsa and Dave from Port AdVenture Cruises are helping local businesses and the wider community with their new weekly radio program, while The Witchy Nook celebrates its first birthday in a new premises with a Halloween party.

On the topic of Halloween, we offer suggestions on what to do to scare you witless on the spookiest day of the year and also explain why black cats generally get a raw deal due to their links with the occasion.

We also have an exclusive interview with world-renowned chef Martin Yan ahead of his visit to Sydney, which has generated lots of excitement in the culinary community. Yan Can Cook indeed!

As always, there is plenty more to enjoy this month – thank you for reading and supporting your local small businesses.



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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BRILLIANT CONTENTS



- 4 Note from our editor
- 6 Catching up with World-renowned Chef Martin Yan of Yan Can Cook in Sydney!



Brilliant BUSINESS

- 16 Looking through the lens at a master craftsman
- 22 Port AdVenture Cruises making a difference and helping their community
- 30 How to craft simply irresistible product ideas
- 34 TG's Child Care's award-winning gardens play a big role in Early Years Learning Framework
- 40 Navigating the Waves of Business Resilience
- 43 Andie Nokhong's Inspiring Journey at iPAN
- 46 Budget-priced Melbourne getaways



Brilliant HEALTH

- 60 Forensic Healing - an advanced energy healing technique by Shona Russell
- 64 headspace Port Macquarie celebrates National headspace Day
- 66 Turmeric to boost women's health and wellbeing



Brilliant **COMMUNITY**

- 72 Halloween is a time for the weird and wonderful at The Witchy Nook!
- 74 Chills up the spine at Norfolk Island
- 76 Suggestions to scare you witless on Halloween!
- 80 Black Cats Get A Bad Rap – Time To Set The Record Straight
- 82 Congratulations to the Winners of the Children's Superhero Art Show at Wauchope Art Gallery!
- 84 El Niño is coming. What does it mean for Australia this summer?
- 90 Sydney Hotshots National Tour 2023
- 92 Brilliant Experiences: What's On in October & November 2023

CATCHING UP WITH WORLD-RENOWNED CHEF MARTIN YAN OF YAN CAN COOK IN SYDNEY!

◆ Many of us grew up chanting "Yan Can Cook, and So Can You!"



Yan Can Cook and he's doing it right here in Australia, uniting cultures and showcasing Australian produce. Foodies are going wild!

Since 1982 (those living in Canada would know him from 1978), Asian families all over the world have religiously set aside an hour every week when the TV cooking series Yan Can Cook aired and it became a must-see episode for the whole family.

One could say that the chef of this series, the charismatic Martin Yan, somehow came into our lives through this square box and became a part of the family. It almost felt like we all knew him.

Many of us were mesmerised by his deft moves as his hands and fingers flew across every piece of cutlery and crockery, the way he handled ingredients was almost hypnotic and kept us glued to the screen. It was hard not to feel hungry each episode, and more than the cooking, it was also Martin Yan's energetic and enthusiastic personality that kept the audience coming back for more episodes! And Yan is funny!!

A well-loved series that endures

What is truly great about the series is how it has carried on through the years and the love for this cooking series has been passed down through generations of families. This was not some one-off series with its 5 minutes of fame only to be forgotten under the pile of ever-growing Netflix entertainment. Neither did it spawn a couple of seasons only to whittle out of fresh ideas and get cut off because it wasn't rolling in the money.

Yan Can Cook has stood the test of time, considering it blossomed in an era where there was no social media or streaming platforms, and yet everyone knew about this series by word-of-mouth. What is really impressive about this series is how it grew to become a much larger movement beyond the episodes, thanks to its chef, Martin Yan.



Just so you have an idea of what a mammoth of a series Yan Can Cook is, it has a whopping 3500 episodes!

More than a chef

Martin Yan's devotion and commitment to passing on traditional Chinese gastronomy is clearly seen in the myriad of projects he has undertaken and which went far beyond the cooking series. He has a whole host of skills up his chef's sleeve!

He has opened a chain of Yan Can Restaurants, founded a Yan Can International Cooking School in San Francisco, and has been a guest judge on various cooking programmes such as Iron Chef America, Top Chef and Hell's Kitchen in the US and Vietnam.

Just take a look at this mind-blowing list of achievements and you'd wonder if Martin Yan ever finds time to even sleep! Today Yan Can Cook, Inc. is the umbrella brand for:

- The multiple award-winning flagship series – The Yan Can Cook Show
- Hundreds of popular Martin Yan cooking and travel programs produced and aired in China and Southeast Asia and around the world
- Gourmet and casual dining establishments in both China and the U.S.
- Corporate and personalised gourmet tours to China and other Asian destinations
- Dozens of best-selling cookbooks
- His popular signature Chinese chef knife that he designed
- A much in-demand lecturer and motivational speaker, charity and corporate events host around the globe
- A full-service culinary promotional and consulting company



Be amazed by everything chef Martin Yan has done... and continues to do!

So who is this incredible person who has done so much in his career and continues to reinvent, create and pass on his knowledge and skills in his 70s? His passion for what he does is clear, as he shows no signs of stopping. Selfishly speaking, none of us want him to stop as there is so much Martin Yan is doing that is keeping traditional Chinese cuisine very much alive and loved!

Martin Yan shared some of his nuggets of wisdom with Brilliant-Online and what a treat it is to bring them to our Brilliant readers here!

Many people have grown up watching you cook on TV and you've become like a part of each household or family. How do you feel about that?

I am truly honoured to have such an opportunity to reach so many. It has been a humbling experience, and I will continue to work hard.

You have a whopping 3500 episodes of Yan Can Cook - are there any that stand out or are particularly memorable for you?

For each episode of Yan Can Cook, our team pays utmost attention to detail for the on-location and studio productions. We are proud and passionate about each episode – each one holds a unique memory and experience for the production team – we hope the viewers feel the same way.

What was the most exciting venture for you - opening up a chain of restaurants, cooking schools, creating cookbooks or filming cooking shows?

Most things I do are related to food and Chinese cooking – restaurants, cooking schools, cookbooks, personal appearances or culinary consulting. The recipes I develop can be for any venture or project.

At the end of the day, even though I am exhausted, it is immensely satisfying to see the end result.

As an international food ambassador, how are you reaching out to people, especially the younger audience, to get them interested in Cantonese cooking?

I have been doing more videos on various social media platforms targeted to a younger audience. I focus on using fresh and seasonal ingredients and fresh seafood, in particular – that is the essence of Cantonese cuisine. These videos are short, fun and educational.

Check out Martin's Recipes app, free for Apple iOS devices



 **Asian Seafood Curry with Potato with Chef Martin Yan**

Do you see it as your mission to keep the tradition of Cantonese cooking alive with all that you are doing? What challenges have you faced in your career in bringing this cuisine to the world?

I am a native of Guangzhou, China. There is a Chinese saying, "Eat in Guangzhou". Cantonese cuisine relies on fresh, seasonal ingredients – lots of seafood – my favourite choice of ingredients for everyday cooking. As we live overseas, sometimes it is challenging to find certain fresh seasonal produce and particularly fresh seafood.

The good news is that there are more and more restaurants from China and Hong Kong that are opening around the world. With supply and demand, you can order Australian coral fish, Australian lobster and abalone in many Cantonese restaurants on

the west coast and beyond– from Vancouver, San Francisco, Los Angeles to New York.

How is the culinary environment or industry different now compared to when you first started? What developments have most stuck out for you?

Now, all over the world, there are more restaurant chains of various cuisines. They have the resources the small operators don't have – human resources, marketing, automation, new equipment which is more important than ever before. Soon, AI will take over more jobs in the industry. Let's brace for these changes.

Is Artificial Intelligence (AI) the new superhero for marketing?

With increased speed and stress of living, many younger families are not even cooking much and are relying on takeouts or meal substitutes etc. Do you think traditional cooking or cuisine is under threat of extinction?

Throughout human history, the world has continued to evolve. We just have to adapt, learn new things and move on with the changing world. We all know that nothing beats a home-cooked meal shared with family and friends.

What changes would you like to see in the culinary world?

I would like to see that people are more aware of what we eat and the environmental impact. Try to consume more plant-based foods, eat a healthy and well-balanced diet. I also hope that people support their local purveyors – "farm to table".



➡ Claypot Rice from Martin Yan's mother

How can new and upcoming chefs grow their careers in our current economic climate given there is so much competition?

Competition always exists in every field and business sector – that allows us to be better. One just has to be creative and be flexible with whatever life brings.

Many of my restaurant friends closed their restaurants due to the pandemic and started cloud kitchens, take out delivery or became private personal chefs – many are successful. With very little investment, you can reach lots of customers.

What has always been the most important value for you that has kept you grounded throughout your career?



Humility – knowing you are never the best. You don't have to be the best – all you want is to do better each time. I chose this profession because of love and passion for food and the opportunity to share with others. In times of difficulty, you have to have the courage and optimism to move on with life.

Do you have a favourite dish or one that has a strong sentimental hold on you? Why?

Most people have their comfort food.

When I was growing up in Guangzhou, my mom often cooked clay pot rice with mushrooms, Chinese sausage and chicken – a one pot meal.



Each time I prepare this dish, it brings back fond childhood memories like helping my mom in her tiny kitchen.

After all that you have achieved, what is your next endeavour or project? What do you have to look forward to next?

Cooking is my love and passion – I have been doing it for half a century. I have not changed course. I work hard every day – 6, 7 days a week and loving every minute of it. Many of my projects and personal appearances reach hundreds to

thousands of people. This gives me immense personal satisfaction and a sense of accomplishment to share my passion and inspire others to cook - my mission as a culinary ambassador.

What is a nugget of wisdom you would pass on to the next generation of chefs?

Follow your instinct, never give up, move on with courage and optimism, enjoy every moment. Remember: if you love what you do, you don't have to work a day of your life.



How do you feel about winning the James Beard Lifetime Achievement Award (the Oscar of the culinary industry) recently?

I am honoured to receive this prestigious award. As one of the few Asian chefs who have received such distinguished recognition



“I accept this award on behalf of millions of culinary professionals, particularly the Asian chefs who work 6 – 7 days a week without overtime. This award is for all of those hard-working unsung heroes in the kitchen.”

Martin Yan in Sydney

The news of Martin Yan coming to Sydney has stirred up lots of excitement in the culinary community and all of us who love our traditional food and cooking.

This is a collaboration with Jackie M, an acclaimed Malaysian and Singaporean street food specialist, former restaurateur, TV presenter and pioneer of live cooking videos. Her following has grown to 1.9 million worldwide and is one of the most influential Australian chefs on social media. Jackie is also highly respected as one of the foremost

experts in the ancient techniques and classic flavours of Malaysian cooking.

Martin Yan will be in Sydney from 11th to 16th October 2023 co-hosting with Jackie M exclusive events where you can meet both chefs, watch Martin Yan in action and of course, indulge your tastebuds in heavenly cuisine.

With everything that Martin Yan does, it is clear that Cuisine & Culture are the true protagonists of any event or endeavour he takes on. It's never about putting himself

in the spotlight. When he decided to head to Sydney for this event, he had two very specific requests:

1. the theme of food being a great uniter of people from different backgrounds and culture
2. showcasing the best of Australian seafood and produce in Martin's travels and cooking demos

For Martin Yan, food is the bridge across cultures, and through his travels and cooking, he has brought cultures together, sharing our universal appreciation for

good food and tradition while also honouring and highlighting the uniqueness of each culture's offerings.

Culinary enthusiasts who are following this event will be pleased to know the chefs will be travelling all over Sydney and beyond. There will be a half-day exploration of Cabramatta's food scene, and a visit to an oyster farm in the Hawkesbury. By participating in both public and private events, both Jackie and Martin are doing this with the aim of showcasing what Australia has to offer.



Martin Yan and Jackie M events in Sydney October 2023

1. CHEFS GALLERY EXPERIENCE WITH MARTIN YAN & JACKIE M

An 11-course VIP Dining Experience with Martin Yan at Chefs Gallery on Wednesday 11 October.

2. IPOH HAWKER EXPERIENCE WITH MARTIN YAN

A 7-course Durian-Inspired

Lunch with Martin Yan at Ipoh Hawker on Saturday 14 October.

3. DURIAN MASTERCLASS ONLY

A Durian Masterclass with Jackie M. & Martin Yan also at Ipoh Hawker on Saturday 14 October.

All this is more than enough to send anyone's stomach growling and saliva glands into overdrive. What a Brilliant October we're going to have in Sydney! If you are someone who grew up with Yan Can Cook, share your memories with us, and chefs and food

enthusiasts out there who have benefitted from Martin Yan's recipes and knowledge, do drop us comments too!

Get your tickets soon and don't miss out on this once in a lifetime opportunity to meet Martin Yan in person.

Perhaps we need a new slogan - "Yan Can Cook, and Always Will!"

Keep the cooking flames alive, everyone!



GET TICKETS


Dinner Experience with Martin Yan & Jackie M.




➔ November is Men in Business. Contact editor@brilliant-online.com for your advertorials



Brilliant

BUSINESSES



LOOKING THROUGH THE LENS AT A MASTER CRAFTSMAN

◆ Andy Cheung gave up a successful career in the corporate world to pursue his dream and is now one of the most respected and talented sports photographers in the game. We catch up with him.



➔ Master At Work: Andy Cheung from Arck Photography

I magine doing a job that you really enjoy. Like REALLY enjoy. As in you truly, genuinely love! Your job is your passion, it drives you from your heart day in, day out as opposed to being something that merely pays the bills. The notion of a dream job often conjures up images of athletes reaching the top of their sport, pop stars, astronauts or actors. However, countless everyday folk also enjoy

the privilege of living to work as opposed to vice versa.

Andy Cheung is one such person. Born and raised in Hong Kong, educated in the UK, Andy spent a large portion of his working life in the IT industry, leading IBM's strategic outsourcing business for Greater China. As his successful career progressed he had stints based in Taiwan, Beijing of China and Australia, before finally

relocating to the latter and settling in Sydney. He enjoyed what he did and was well remunerated for his efforts. However, constant travel commitments with the role proved taxing, especially when he and his wife started their family and a yearning to spend more time at home and enjoy the experience of watching his children grow up made him consider whether he needed to change track.



➔ Sports photography has proved to be Andy's calling, especially tennis

Running simultaneously with this consideration was the distant idea that he felt he could turn a decades old hobby into a sustainable career. If he was to step away from the corporate grind then he would need a vocation or skillset that would serve him sufficiently well to enable him to support his young family. It was a big risk, giving up a respectable, well-paid job in a secure company to start out on his own. But Andy not only had the skills but he also backed himself to succeed.

Affable personality

Andy had gotten into photography in high school via an impassioned interest in astronomy. It became a hobby that he maintained throughout the years until it slowly but surely emerged as a true passion. Andy instinctively knew he had the talent, which, when coupled with a drive that nothing but passion can produce, would allow him to take the leap and set up his own business. He did

that around 11 years ago, initially focused on providing family portraits, something Andy himself says he always finds “magical as they depict the most precious people in our lives.” His affable personality allowed him to create the perfect setting where he and the camera were very much secondary, meaning the families he photographed were at ease and thus the portraits captured a natural, warm and genuine dynamic as opposed to being staged or forced.

As the business flourished, Andy turned his hand to other projects, predominantly commercial work, which proved plentiful and successful. However, one day he was approached by a magazine which was running a story on tennis racquets around the Australian Open and needed someone to capture a few accompanying shots. Andy accepted the project and hasn't looked back since, as sports photography has proved to be his calling, something the litany of prestigious awards over the years proves.

Since then Andy has progressed to become regarded and respected as one of the world's leading sports photographers, specialising specifically in tennis. He regularly travels the world capturing action shots from Grand Slams, the Laver Cup, Davis Cup and Billy Jean King Cup ties, as well as many other ATP/WTA tournaments. He is staff photographer of the UK Tennis Magazine, British Tennis Coaches Council and a regular contributor to Getty Images and HK SportSoho magazine. In fact, chances are, many of the iconic shots you've seen from the courts

of Wimbledon, Roland Garros, the Billie Jean King National Tennis Center, Melbourne Park and beyond have been taken through the lens of Andy's cameras.

'Incredible experience'

He also captures other sports, covering major tournaments in golf, basketball, sailing and football (soccer). Most recently he was pitch-side to capture the thrilling action from the month-long extravaganza of football that was the FIFA Women's World Cup, both on home soil in Australia



➔ Most recently Andy was pitch-side to capture the thrilling action from FIFA Women's World Cup, including captain Olga Carmona's winning goal for Spain in the final against England

and over in New Zealand, an occasion that will live with him long in the memory. "It was an incredible experience," Andy tells us. "The atmosphere at the games was fantastic, in particular the Colombian fans who were so loud and joyous! The whole thing actually took me by surprise if I'm honest as women's football has always been in the shadows of the men's game but this took things to an altogether different level. I firmly believe this tournament will prove to be a game changer for not only women's football but women's

sport in general, serving as a paradigm shift and driving towards greater equality and equal pay."

The Matildas' semi-final showdown against arch-rivals England was the most watched event in Australian TV history, proof that the tournament captured the hearts of a nation that was previously openly ambivalent to the sport, something not lost on Andy. "The Matildas were incredible," he recalls. "The atmosphere at their games was electric and the way their performances united a nation and brought people from different

cultural backgrounds together to celebrate was phenomenal. People who were never fans before got to see first hand the magic of football and many people changed their opinion on the sport – I had several friends and colleagues who almost sort of had a derisory attitude of mockery towards football but their attitudes have now changed. Overall it was a great way to promote sport in general and not just women's sports."

Naturally, Andy was pitch-side for the final between England and



➡➡ On launching his own business 11 years ago, Andy initially focused on providing family portraits

Spain when a goal from Spanish captain Olga Carmona won the game. Carmona's joy soon turned to despair when she learned her father had passed away during the game at home in Spain, something that was kept from her until she and her team were back in the changing room. Andy had stuck around on the pitch to witness and snap some of the players' celebrations post-match, with one picture in particular of Carmona kissing her gold medal emerging as an iconic moment – in fact, the player herself Tweeted the image which received close to 14 million views at time of press and we were fortunate enough to be given

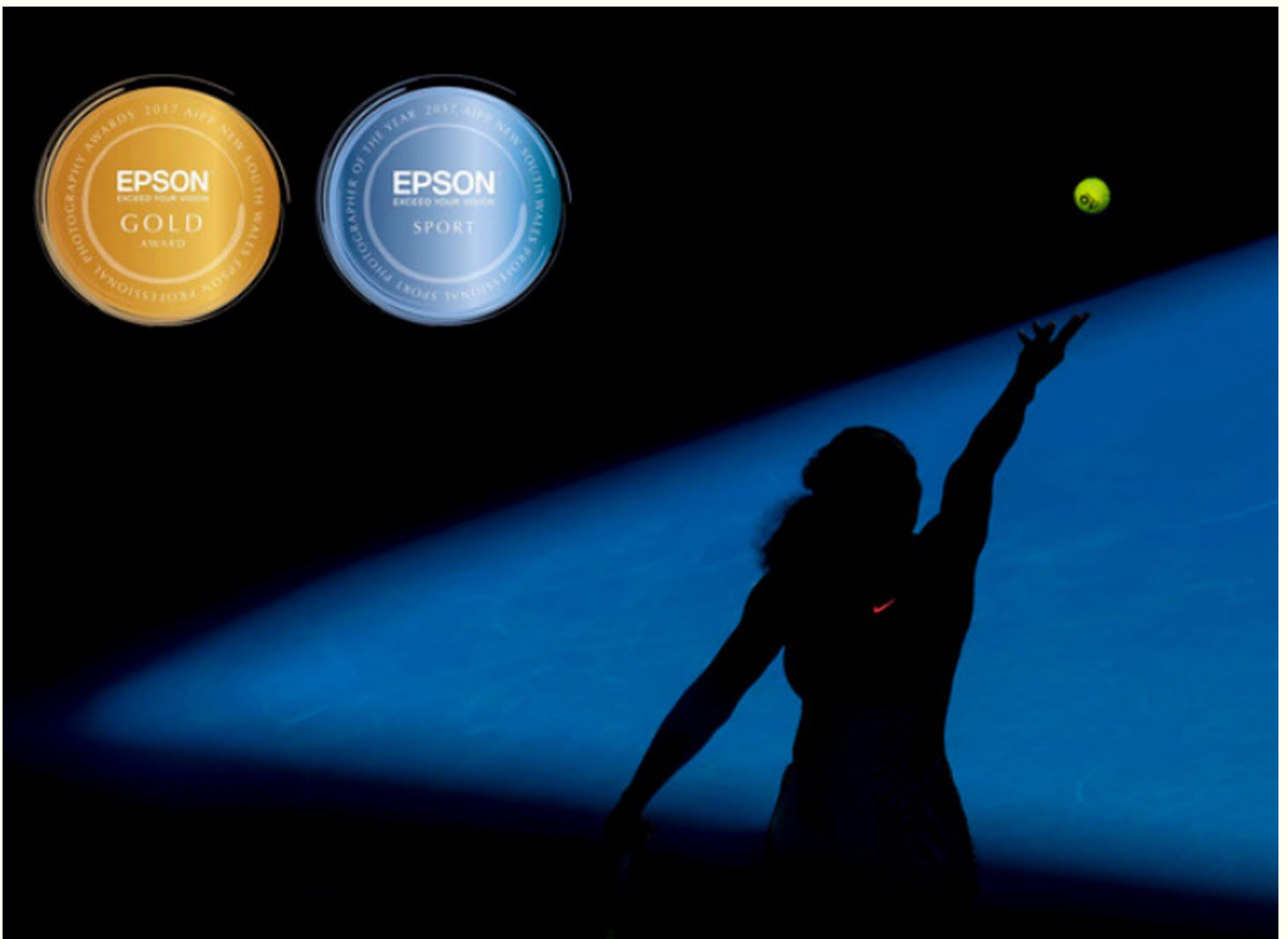
permission by Andy to feature it as our cover photo in the September 2023 edition of Brilliant Magazine!

The fact Andy had stayed behind well after the game and celebrations had finished maybe gives an insight into what makes his pictures so compelling and unique. His is editorial photography where the pictures tell a story and it isn't just the action shots. "You have anywhere between 50 to 70 photographers during the game capturing the same thing and therefore there can often be a fair bit of repetition. I like to think capturing more than just the action from the game, as with Carmona,

is an example of differentiation. Moments like that can capture true human emotion that often speaks much louder than an action shot."

Avalanche of awards

It is this approach that has resulted in Andy being bestowed with an avalanche of awards over a relatively short career, the majority in tennis which is what he considers himself best adept at. He was recognised as the AIPP NSW Sports Photographer of the Year in 2016 and 2017, he won the Photojournalism category in the 2021 and 2022 Asia Pacific Photography Awards,



This silhouetted image of tennis legend Serena Williams at the 2017 Australian Open has won many awards and is one of Andy's personal favourites

was a multiple winner at the WPE International Photography Awards, represented Australia at the World Photographic Cup in 2018 and 2021 and his work was exhibited at the Australian HeadOn Photo Festival from 2016 to 2022. He was awarded the distinction of Master of Photography by the New Zealand Institute of Photography in 2023. Most recently Andy won 2nd prize in the sports category at the 2023 International Photography Awards. Honestly, the list is way too long to mention in this article but a full run down can be found here.

Of course, such a decorated practitioner is not made by luck! A great deal of hard work and meticulous study goes into Andy's craft to enable him to gain an advantage on others and capture that unique, iconic picture. "You need a thorough understanding of the sport so studying it and all

the related variables is key," Andy explains. "With tennis, for example, you need to decide where to best position yourself as you are at liberty to move around the arena. Preparation is critically important. Taking into account factors like the weather, how shadows can play out, the time of the day and so on are crucial. As are, of course, the technical skills of setting up the camera, almost having a mind map of where the play is going to go."

One such example of this manifesting itself is a picture Andy took of Serena Williams at the 2017 Australian Open. The silhouette image of the tennis superstar is staggeringly beautiful, haunting almost and it rightfully won him a bounty of accolades. "I produce my own fine art prints and that one took about three years to produce," he says proudly. Patience is a virtue, they say!

So, for someone who has snapped so many luminaries across so many top level sports, is there anyone Andy hasn't yet photographed in action that he would like to, I ask him. "Tiger Woods," he responds immediately. "I am fortunate enough to have photographed so many sports superstars but I have never had the chance to snap Tiger so that is definitely on the bucket list!"

It takes great courage to relinquish a position of security to follow your dreams and it is something few rarely do. Doing something you are so passionate about almost negates it being classified as a job. Coupled with a heavy dose of talent, the heartfelt passion shines through to create an end result of genuine beauty for all to marvel at. Andy Cheung, a master craftsman at the very top of his game, is absolutely in that bracket.



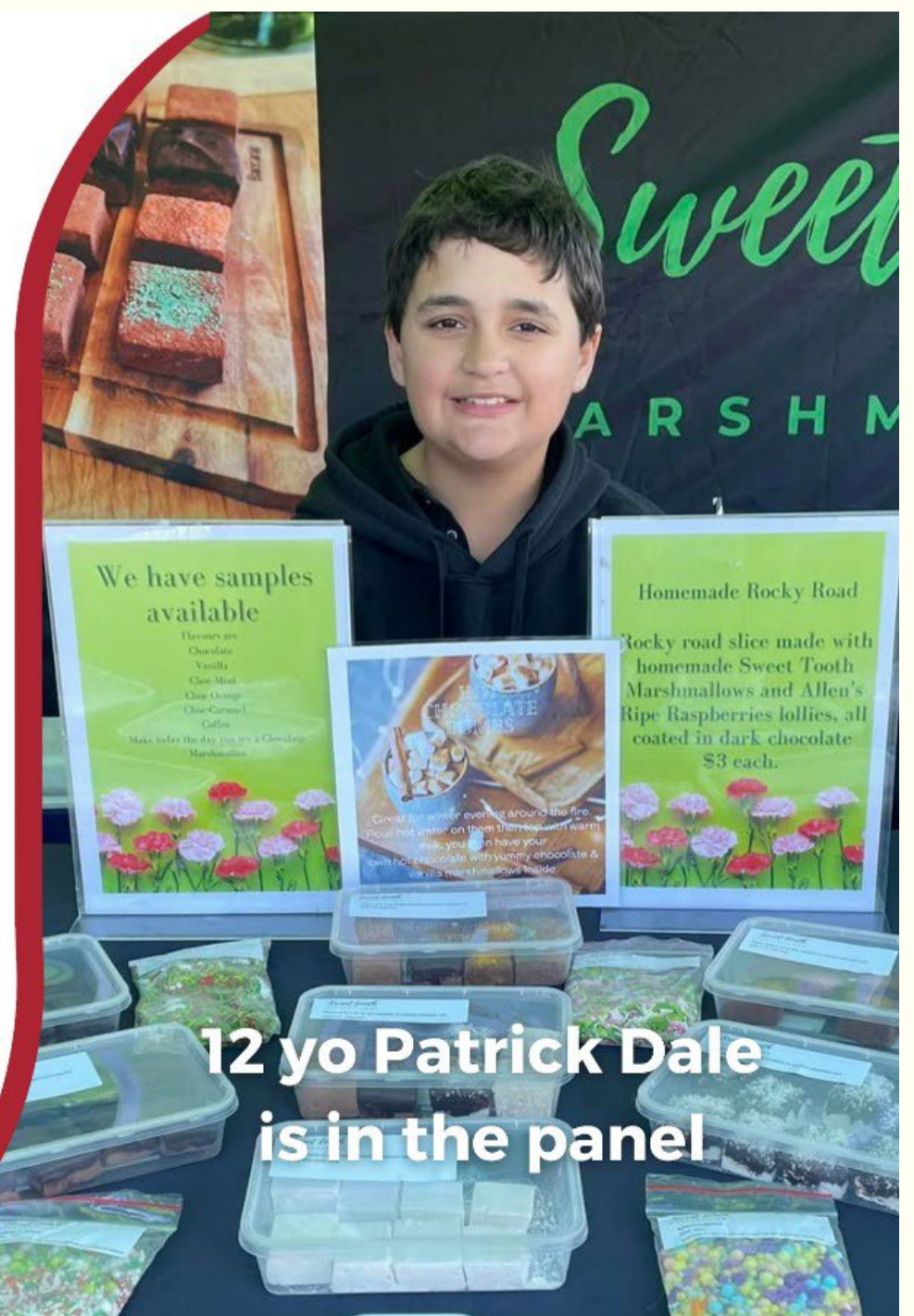
A Roadmap from Ideas to Successful Business by 12 yo Patrick Dale of Sweet Tooth Marshmallows

Wednesday 15th November 5.30pm

Charles Sturt University, Port Macquarie, Building 802, Room 1161



Get info here :



12 yo Patrick Dale is in the panel.

PORT ADVENTURE CRUISES MAKING A DIFFERENCE AND HELPING THEIR COMMUNITY

◆ Elsa and Dave now have their very own radio program - "Talking Entertainment with Dave and Elsa" every Wednesday evening from 8.00pm on 2WAY FM Hastings Community Radio 103.9.



Elsa and Dave live on air at 2WAY FM

A bucket list item for Dave has been to have his own radio program, to say he is excited about it would be an understatement, but he admits he couldn't do it without his partner in life, Elsa, who he fondly calls his Producer.

"2WAY FM has been around for 100 years. But I'll tell you what, they do such a good service for the community, they get people like us that are not experienced

or professional radio announcers involved with their own programs," Dave told us.

The couple from Port Adventure Cruises have completed their fourth show, but they have been learning the ropes prior to going live to air for about 6 weeks. They had to learn the ins and outs of operating the panel.

"You've got commitments like any radio station with your content,

you've got to play commercials for the sponsors, the news, the weather, we read all that. And then in between all the commitments to the station, we talk about what's happening in our region, events. Last week, we had the General Manager of Majestic Cinemas in the studio. We talked about everything, movies and about how he started the business," Elsa added.

Want to chat with Elsa and Dave on the radio?

If you have an event, a great venue or tourist facility you want to chat about, give Elsa a call on Ph: 0434 393 199. She will take your details and go from there. They envision interviewing 3 to 4 people every week on their program, and best of all, it's free to be included.

"It's great fun, we are really enjoying it. We've had some fantastic guests so far including Benny Elias, an absolute footy legend who played for the Tigers and Australia back in the day," David said.



Elsa and Dave assure us they have plenty to talk about and look forward to presenting the program each week. Be sure to tune in at 8.00pm each Wednesday evening 2WAY 103.9 FM WauchopeLive Radio Online

Dave and Elsa interviewed our very own CEO Veronica Lind in the 2WAY FM studio.

Dave told us, "Brilliant-Online has such an interesting story and you guys do so much for the local community with entertainment."

Helping local businesses and community

When asked what they hope to achieve through the program they stressed it's not about self promotion. Elsa is a part of the Greater Port Macquarie Tourism Board and is very passionate about it.



Elsa and Benny Elias



➔ Elsa and Dave love their job

Dave told us, "I've also always been passionate about our beautiful town. As most people know, I operated a business in Port Macquarie many years ago, leaving the area about 20 years ago. But, I came back six years ago with Elsa and brought with us The Rhythmbot and started up Port Venture Cruises."

He saw a big difference on his return. The town had expanded, when he left he said it was like God's waiting room, now they see Port Macquarie as a great opportunity for their business.

"But it's not just about us. It's about the whole community because businesses have to support each other. We've been to hell and back. COVID, bushfires, floods, you don't

know what's next, look at this new war that's happening at the moment. The world has gone mad. We believe you have to enjoy your life, take life as it comes at you. On our radio program we won't just be talking about our product, we are out to help everybody as we always have been."

Elsa's involvement as part of the Greater Port Macquarie Tourism Association enables the couple to continue to do what they do best, help other businesses and the community as a whole.

The Tourism Board helps businesses to promote themselves and their endeavours. They promote the businesses that are part of the association and that are a benefit to the whole community.

Her involvement will add to the radio program that will bring a bit of history, a bit of education and of course a bit of talking entertainment.

An example of this is the upcoming Camden Haven Show, they were to interview the Camden Haven Chamber President Rod Bucton, but he is unavailable unfortunately, but they will still plug it, give a bit of history about the Show and promote the iconic event.

A Voluntary Association

Elsa is one of eleven board members that advocate for the area, advocate for tourism and for tourism operators that are members of the association. They are all volunteers.

“You don't actually have to be a tourism operator or an accommodation house or whatever, to be part of the association as a member. As long as you operate your business in Port Macquarie or in the surrounding areas, or you are somehow associated with tourism, because let's face it, tourism and hospitality is what the industry is about in our region,” Elsa explained.

She further told us that some regions have mining, construction and engineering industries, the Greater Port Macquarie Region's main industry in her eyes is tourism.



“If the Greater Port Macquarie region does not have tourism businesses, we really don't have an industry to draw tourists to the area. That is why the Board advocates for our tourism businesses,” she said.

The Board promotes them, gives them support, if someone's going for a grant, they give them letters of support or advice on their application. The Board helps new businesses, promoting them via their Facebook page or a link on the Board's website.

Also support is given openly by hosting regular meetings and networking events and opportunities, it's about getting people together. It's about each business supporting each other. It's about working together for the greater good of the community.

“It's a good network of like minded people that not only want to see



Port Macquarie aerial water shot

Credit: Alex Mc Naught



➔ Dolphins playing in Port Macquarie waters

Credit: Alex Mc Naught

their own businesses grow, but also support the greater interest," Elsa said.

Elsa's role as a Board Member is to support the Executive Committee comprising Jeanette Hyde - President, who has been in this role for the past 13 years and a part of the Association for over 30 years, Secretary Chris Denney and Treasurer Adam Buckton.

Elsa has a great love and admiration for Jeanette Hyde. They have bonded as friends.

"The Tourism Board strives to have Tourism operators and the region's businesses collaborate. All the different operations work together to not only draw visitors to the area, but to involve locals as well," she said.

She didn't join the Board to benefit her business, actually she was asked to join. She has benefited from her involvement of course, her involvement has helped her further her work in the community, helped her to draw people together, to collaborate.

A Small Business that has faced its challenges

As a small business tourism operator, Port AdVenture Cruises has done it tough and persevered during the hard times of the past few years.

"We've come through COVID, floods, fires etc and with all those things happening, business has picked up. People are getting more of an attitude of let's go out, enjoy

ourselves, have a timeout with the kiddies, with the family and friends. At the end of the day, people still have to enjoy themselves. We're going into the silly season or the busy season, whatever you want to call it. And things are looking good for advanced bookings."

Dave added, "But we have been held back. With interest rates at the moment, we understand that families are doing it tough. So we have kept our personal cruise rates stable at \$39 for an adult, \$29 for a child and \$35 for a senior. A family of four cruise is about 130 bucks."

He admitted that's a lot of money when the family has to pay double interest rates and fuel and all this other day to day expenses that we all have to have.

Port AdVenture Cruises costs have risen as well, but they feel that if they can keep their prices down, it's better to make a little bit rather than not have those people join them for a cruise at all.

"We have thought about putting prices up to combat our overheads, but we thought no, we're better off to have people on our boat in small numbers, rather than have nobody. It's a catch 22. We're paying double the price for diesel, our business loan has virtually doubled in 12 months. We know we're not special in this regard, lots of businesses are experiencing this. But we've got to juggle the pluses and the minuses and just ride it out. That's what we're trying to do," Dave said.

Some advice to Small Businesses

To help keep the doors open, don't price yourself out of the market, that's the thing Dave told us.

"Yes, you still have to pretty much weigh everything out and cover your costs. And obviously, everyone's in business, not to just get a wage, but to make a little bit of money, but at the same time, be loyal to the locals just as much as to the visitors. Be kind, give good customer service and offer good value for money."

Be clean, friendly, accessible and if you can diversify, value add.

"On a personal basis, what we're thinking at the moment is that we only do two cruises a day then the boat is just sitting at the wharf. Not operating at all for many hours. Our Plan B is that while we're not cruising, let's get people on board to have a coffee, tea, cake or a snack, maybe a cold one, and have some music playing. Provide a relaxed place for people to take advantage of the beautiful views from our boat," he told us.

They are also in the process of setting up a Tourism Visitor Information place. Have their big screen TV playing current videos of local attractions, happenings about town, maybe even a day for a Q & A about what's on and what's there to





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do. These ideas will also give them a back up if high winds, rain or even mechanical failure prevail.

But the main piece of business advice to small business is do what you have always done well, better.

An example of what they have always done is that they give people free food. By this it means food is included in the walk-on price of the cruises: freshly made wraps, beautiful fruit and ice cream, coffee, tea and cakes.

Plus new offerings as a value add are cheese boards and buckets of fresh prawns. These are in addition to the walk on price, but are proving to be very popular - some people are even pre-ordering so they don't miss out.

It all goes through the bottom line, these extra initiatives just might pay for the fuel or an employee.

What matters most

Repeat customers, good, friendly staff, first class hospitality, making sure they are keeping everyone happy. Elsa and Dave just want everyone who comes on board The Rhythmboat to have fun.

Dave added, "By owning a boat, this business, we've got so many authorities that need to be addressed. AMSA, Maritime food and liquor licensing, all these sorts of different requirements and rules that we've got to stay on top of to run our business. And that does take a lot of time and a lot of management."

Some say Elsa and Dave have the best job in the world, they don't disagree, but behind the scenes there is a lot of work and there are only 4 staff including Elsa and Dave.

"It's just a fact of owning a small business, we love what we do and we want to continue for many years, so we keep going. But, I think things have got to give a little bit where, you know, interest rates need to come down, the cost of living needs to come down, and it's gonna come down," Dave said.

A Brilliant plug

Port AdVenture Cruises has been with Brilliant-Online for over 12 months now and Dave wanted to finish his interview with a shout-out to us.

"What you guys do via your medium is unbelievable. You're giving people like us an opportunity to promote our product. You do it so well. It's not just a magazine, the way you're doing it with modern technology is fantastic. We get so much feedback from our customers saying they heard about us from Brilliant-Online, not only in Port Macquarie but from all over. It really is such a brilliant magazine. Anyone reading this, if you're not advertising with Brilliant-Online, talk to these ladies because they are brilliant."

School Holiday Cruises

- Morning cruise 11-1pm
- Sunset cruise 4-6pm

November/December Cruises

- Melbourne Cup - 7 Nov
- Christmas Day lunch - 25 Dec
- Christmas Day afternoon/sunset
- New Year Cruise

To Book a Port Adventure Cruise

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Website - <https://bit.ly/rhythmboat>

Book Cruise Online



Elsa and Chrissy at Wauchope's Love Local Festival 2022

HOW TO CRAFT SIMPLY IRRESISTIBLE PRODUCT IDEAS

◆ Vermilion Pinstripes shares 3 steps to help your business come up with an irresistible product idea. It's Simply Brilliant!



You don't have to be a genius or some marketing guru to create a product idea that makes your customers want it, want it now, and want more of it. The beauty of marketing is that there is a logical process to it, which if you follow, can take your business up a notch. Veronica Lind, Business and Marketing Strategist of Vermilion Pinstripes, has seen how small businesses have gotten motivated when they see it is possible to make a change when they understand how modern marketing works. It's about creating Happy Businesses and helping businesses thrive in our communities!

So, are you ready to help your business move up a notch by coming up with your very own, unique irresistible product idea that will make you stand out from the crowd? Here are the 3 steps:

1. Inspiration - Seek, and you shall find...
2. Ideas - Keep them growing!
3. Evaluation - Sift out the wheat from the chaff.

Step 1 - Inspiration

This is not some magical woo-woo that comes to you when you go all Zen and meditate. It's actually easier than that. Inspiration can strike you anywhere, so get out there and open your eyes and ears. Inspiration can hit you while you're boarding a bus or rescuing your dog's toy from under the sofa. And, there are actually questions that can help get you on that inspirational track. For a list of these questions, download Vermilion Pinstripes' workbook *Crafting Irresistible Product Ideas* here.



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CRAFTING *IRRESISTIBLE* PRODUCT IDEAS

DOWNLOAD WORKBOOK



September 2023

WORKBOOK

Step 2 - Ideas

When an inspiration hits you, you don't just let it float away again. Make sure you have a way of recording all the inspiration and random, spontaneous ideas and thoughts that come to your mind. Paper-based or digital, it's your choice. But note it down.

Step 3 - Evaluation

Now that you have lots of ideas, get your business or marketing team together and get ready to do some weeding. This is where you look at each idea and decide if it's worth pursuing or to simply bin it. No

hard feelings here and it's about getting into the practicalities and getting real. Check out the Crafting Irresistible Product Ideas blog for a list of Evaluation questions to guide you.

If you look at the whole process from Step 1 to Step 3, it's like a funnel. You go from being open and receptive to everything to finally filtering out only the best ideas. That's where your Irresistible Product Idea starts to grow and take shape.

Vermilion Pinstripes' Crafting Irresistible Product Ideas workbook is a handy manual to have with you as your business gets ready

to create and share your skills, experience and expertise with the rest of the world. It's easy to go into overwhelm, especially if you are a small business just starting out, about how and where to begin. Start by downloading the workbook.

Download workbook here



Yes, it is undeniable that in today's fast-paced and competitive market, businesses feel the pressure to create the Next Big Thing that will capture their audience's attention and generate buzz.



Creating irresistible product ideas in modern marketing is a blend of many skills, and by following this 3-step guideline, you are on your way to capturing the hearts of your customers. Let your creativity flow and we can't wait to hear about your Irresistible Product Ideas as they hit the market!

Young Entrepreneurs have something to share too!

Tween Entrepreneur Patrick Dale

will be speaking at Micro Business Forum's event on 15th November 2023 at CSU. Read about how this 12-year-old started his own amazing business. He is an inspiration for how you can create an Irresistible Product that has the world wanting more! For Patrick, his amazing idea came from simply wondering, "Why are there no chocolate marshmallows?"

Sweet Tooth Marshmallows

If you need more help with Crafting Irresistible Product Ideas or simply need a pair of fresh eyes and ears to help you refine your product, book a call with Veronica to gain a deeper understanding of marketing your product or service.

Book a call with Veronica



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TG'S CHILD CARE'S AWARD-WINNING GARDENS PLAY A BIG ROLE IN EARLY YEARS LEARNING FRAMEWORK

◆ Mention TG's Child Care and images of lush, colourful, creative gardens come to mind. And there's more to these gardens than meets the eye!



TG's award-winning gardens are the brain child of Trevor Kee, one of the owners of TG's Child Care and also a qualified landscape designer. It is his magic wand that has created every single one of these magical playspaces that are so signature of TG's philosophy of Playing is Learning for Life. Across all their six campuses in Australia, TG's children get to explore these natural playspaces that are chockful of learning opportunities and sustainability skills.

**Designing TG's Child Care
Magical Gardens**

One could wonder, what exactly happens in these gardens? What do the children and Educators do there? Surely it's not just to take a nice morning walk.

Come with us, and we'll take you on a magical Brilliant adventure of what TG's gardens offer!

Growing more than just plants in the gardens

TG's gardens are ready for the spring and summer crops!

TG's children love helping and getting busy in the garden. They are given age-appropriate tasks that engage their senses and learning

skills, and as always, FUN to do with their friends and Educators!

They really are the best gardeners any vegetable garden can hope to have, and it is beautiful to see how the children simply grow and shine and fully expand their potential when they are entrusted with appropriate responsibilities. It's a powerfully affirmative feeling to know that one can make a difference to one's environment.

Prepping the gardens

The children have been hard at work helping Educators to prepare the vegetable gardens for the spring crop. They use their gross

motor skills to pull out the weeds and winter crop and build strong muscles and healthy bodies being outdoors. Educators share knowledge about helpful plants and not-so-helpful ones they need to remove, and how the different seasons affect the types of crops that can be grown, so the children are also building their gardening experience and being empowered with information about nature. If you pass by TG's at such moments, you'll hear lots of laughter and excited squeals from the gardens

because the children are also building relationships with their friends and Educators at the same time! Whoever said gardening is a chore has not experienced what gardening is like TG's style! Remember, Playing is Learning for Life!

A Little MEG in the gardens

TG's has strong sustainability values and Little MEG i.e. Mindfulness, Empathy and Gratitude is what TG's children

have in their pockets always. When the children are gardening, there is a strong element of Mindfulness at play, where simply feeling the dirt, digging up plants and noticing little worms are all engaging children in the here and now and contributing to their overall wellbeing.

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



Nurturing relationships

You can see how beautiful relationships are nurtured because of the loving, kind and respectful environment at TG's. The Preschool and Middle Rock children are delighted to take the Boaties under their wings, showing care and empathy while passing on knowledge from the Educators on what plants to pull out and asking if they need help. The children model the same respectful behaviour they have experienced, by trusting the Boaties to give it a go, and to

be ready to help if they need it. It is heartening for Educators and families to see how the children are in their process of Becoming and developing their identities.

Team work makes light (and fun!) work

The gardens are a huge space, and it is clear that many hands make light work. Working as a team comes naturally to TG's children. They have a strong sense of Belonging, knowing they have the support of their friends and

Educators and also knowing they too can provide support and help to others. They are valued and are an important part of the group. For example, when the children were gardening, they noticed that the worms' toilet was full! (If you don't know what that looks like just ask any one of TG's children! They'll be happy to explain to you!) So together as a team, they poured the worms' water onto the garden, releasing nutritious bacteria back into the soil. TG's children are getting a headstart in sustainability practices.



The children understand the seasonal changes and are excited to plant more delicious vegetables, which they can appreciate later on their plates. They always have something to look forward to with each season.

EYLF alignments

An apparently simple and enjoyable activity in the garden fulfils different sections outlined in the EYLF, specifically EYLF 1.1 Children feel safe, secure and supported and EYLF 2.4 Children

become socially responsible and show respect for the environment.

Mud play is the best fun there is!

Let's face it. When we were children we all loved getting muddy and jumping in puddles! So do TG's children!

TG's gardens has areas where the vegetables are growing and being taken care of, and there are other areas for different activities, that's why it's so fun to explore!

Benefit of... dirt!

The Boaties Educators know about the benefits of exposing children to play in the dirt. Playing in nature can boost children's sensory development, creative thinking, and... you may want to write this down, even their immune system! Who would have thought a bit of dirt could do so much good!

Recipe for mud

The Boaties had a field day watering the dirt in the big



garden bed, and they discovered the resulting 'blend' had a most unusual texture! They could mould it and squish it with their fingers! TG's Educators are always quick to notice learning opportunities and how to make them fun as well. With the EYLF always on their minds, they can also take advantage of spontaneous opportunities to further boost the children's learning. Seeing how much fun the children were having with their discovery, the Educators started filling the garden beds with buckets of water for the children to jump about in muddy puddles.

Benefits of outdoor play

This type of unstructured outdoor play give ample opportunities for the children to exercise, practise social skills and help them make sense of the world. This activity fulfilled Learning Outcome 2 where through mud play, the children were developing a sense of self and belonging of their place in the world around them. Being in and around nature provides the children with opportunities to explore nature, ground themselves and learn to care for the environment and world around them.

Perhaps even just reading about this is already inspiring the Inner Child in you to kick off your boots, get out in the garden with a bucket of water and do a bit of stomping about! Take it from TG's children - playing in the dirt, getting messy and going home smelling like the outdoors usually means someone had a good time!

Activities at TG's change with the seasons, and with warmer weather, the children know they have lots of activities coming up where they will be exploring water and sensory play!

10 years and going strong!

Knowing this is just a typical day at TG's and all the fun the children

and Educators are having, is it any wonder that TG's has Educators who have been with TG's for ten years? TG's has seen Educators who started off as parents and who later trained so they could join TG's as an Educator, and there have been TG's children who grew up and returned to TG's as Educators.

There is a beautiful environment at TG's that keeps children and Educators happy to return day after day.

It is no wonder that TG's has won Employer of Choice at the 2023 Wauchope and Hinterland Business Awards!



What will you do in your gardens today? Why not do it the TG's Way, where Playing is Learning for Life, and you can start right in your own backyard! Share your garden fun adventures with us!

**Join the award-winning
TG's Family!**



NAVIGATING THE WAVES OF BUSINESS RESILIENCE

◆ From start up to success and sailing all the storms to get there. As Small Business Month rolls around, it's the perfect time to celebrate the entrepreneurial spirit that drives countless small businesses to success. Jessica Gray from Smart Coast Conveyancing shares her thoughts.



By the time crisis hits, we would all be running around like headless chickens. With mismanagement, a crisis could be blown out of control.

Smart Coast Conveyancing is very proud to be a successful small business that was created from the ground up. I would like to share some of the more valuable insights into being a resilient business owner which may help others trying to start or grow their small business.

It isn't always smooth sailing and is on most days one of the most challenging things you are trying to accomplish in your life.

Starting Smart Coast Conveyancing

Smart Coast Conveyancing was a shock pivot for me. After finding out that my current employer at the time was selling the business and during a small panic attack at the uncertainty of my employment status, Smart Coast Conveyancing was imagined, discussed, created and opened in under 3 months.

During a time of the implementation and uncertainty

around digital conveyancing, the company faced its fair share of challenges, including tough competition, changing regulations, and lack of an existing client data base. However, it's precisely these obstacles that have shaped Smart Coast Conveyancing into the resilient business it is today.

Lesson 1: Embrace Innovation

To thrive in today's fast-paced business world, embracing innovation is essential. We recognised the need for digital transformation early on. By investing in cutting-edge technology and streamlining our

processes, we not only enhanced efficiency but also positioned ourselves to lead the way in our industry.

Resilience often involves adapting to change and leveraging technology to stay ahead.

We had not been in business very long so we couldn't make a claim to be the most "experienced" in the early days, but it is important to leverage the skills you do have and show the market why they should choose you. We now refer to this as "The Smart Coast Difference".

Lesson 2: Diversify and Expand

Relying on a single revenue stream can be risky. We diversified our services to cater to a broader clientele, including property developers, small businesses and people moving into retirement living.

This diversification not only helped us weather economic downturns but also allowed us to thrive in various market conditions. Resilience means being adaptable and open to new opportunities.

Smart Coast Conveyancing handle commercial leasing, sales and purchases for businesses. We do retirement leasing and related party transfers, so even if residential and strata transactions are slow, we have other areas to focus on.

Try to think outside the box and offer multiple solutions which could attract a whole new customer market to tap into.

Lesson 3: Build Strong Relationships

Collaboration is the cornerstone of successful business. We forged strong relationships with real estate agents, local business chambers, banks, accountants, and other businesses to create a referral network.



These partnerships not only expanded our reach but also provided a support system during challenging times. Building a network of allies can be crucial when facing adversity.

I have been heavily involved in the local community by running events, offering sponsorships, entering awards and sitting on various committees. These networking platforms have paved the way for multiple opportunities for Smart Coast Conveyancing. Sometimes you may be required to invest time you don't think you have but the sacrifice can be very rewarding.

Lesson 4: Prioritize Customer Satisfaction

Smart Coast Conveyancing has

always put its customers first. Providing exceptional service and maintaining open lines of communication builds trust and loyalty among our clients. In times of economic uncertainty, a loyal customer base can be a lifeline for any business. Resilience is often tied to maintaining strong relationships. We offer reasonable low pricing, however we are not the cheapest.

We understand that our clients are NOT looking for the cheapest price but instead they choose superior and reliable 24/7 service, which we deliver faster than anyone else.

Our clients find that this service has more value to them than a few dollars they would save if we started to undercut our competitors on price.

In any industry, someone has to be the cheapest and someone has to be the best, at Smart Coast Conveyancing, we choose the latter. Listen to your customer, find solutions to their problems and they will be willing to keep coming back to you.

Lesson 5: Prepare for the Unpredictable

The future is uncertain, and unforeseen challenges can arise at any moment. We try to always be proactive in preparing for the unexpected. From having contingency plans in place to staying informed about industry trends and regulatory changes, we try to ensure we are ready to tackle any obstacle that could come up. Resilience involves being well-prepared for the unknown.

My executive assistant has been travelling around Australia for the past 9 months and rather than find herself unemployed and me facing the stress of trying to hire and train someone new, I reduced her hours to allow her more flexibility to enjoy the trip and she worked on the road from her camper. There was some adjustment but for the most part, clients were not even aware she wasn't in the office and business was as normal.

During COVID we all had to get better at adapting our business, some restaurants started home delivery and other industries



started letting staff working from home. If we use this approach now and apply it to our everyday business operation, we will find some of the problems we have can be resolved. We don't need a pandemic to switch our mindset to flexible and innovative work practises.

Conclusion:

As business owners, I hope you can draw inspiration from the Smart Coast Conveyancing story. Resilience is not just about

weathering storms; it's about emerging stronger and learning to be adaptable. This Small Business Month, let's celebrate the spirit of resilience and the success stories created by the motivated entrepreneurs out there that inspire us all.

If you are an individual or a business that needs assistance with conveyancing in NSW and would like to experience the "Smart Coast Difference" we would love to hear from you.

Smart Coast CONVEYANCING

PAC Insider Legal Awards

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Get started

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ANDIE NOKHONG'S INSPIRING JOURNEY AT IPAN

◆ Be extraordinary with iPAN

Andie Nokhong's remarkable journey at iPAN serves as a shining example of the transformative power of seizing the right opportunity. In a world filled with dreams and aspirations, sometimes all it takes is that one perfect moment to set one's life on a new and extraordinary path.

Andie had always been an exceptionally dedicated individual, pouring her heart and soul into her work at an aged care center. Day in and day out, she provided unwavering care and compassion to the elderly, a truly noble profession. Yet, deep within her, she nurtured dreams of a brighter future, one that promised not only financial security but also a better life for herself and her two beloved children.

It was a fortuitous twist of fate that led Andie to stumble upon an advertisement for iPAN, Australia's Most Extensive Brand-New Property Portal. The allure of the Real Estate industry beckoned to her, offering tantalizing possibilities she had never considered before. Andie, driven by a thirst for change and a desire to carve out a better future, took the plunge and joined iPAN, commencing a life-altering journey that would defy her wildest expectations.

Andie didn't just dip her toes into this new endeavor; she dove in headfirst. With iPAN's unwavering support, she embarked on a relentless quest for knowledge and skill acquisition. Training sessions became her haven, market analysis her daily ritual, and building relationships with prospective



buyers and sellers her forte. Andie's unwavering determination and unparalleled work ethic soon drew the gaze of her superiors, who recognized her potential and dedication.

Armed with iPAN's advanced tools, including an integrated sales portal and CRM system, Andie streamlined her sales processes, cultivated deeper connections with clients, and reached new heights in her career. iPAN's commitment to transparency, comprehensive training programs, and efficient business system structure all played instrumental roles in nurturing Andie's transformation into the accomplished professional she is today.

With her unwavering commitment and dedication, Andie rapidly ascended to the pinnacle of success within iPAN, achieving the coveted title of Top Individual Salesperson

in less than two short years. Her remarkable achievements were evident in the numerous deals she masterfully closed and the sheer delight of the clients she served. Financial success, once a distant dream, had now become a tangible reality, and Andie's life underwent a profound transformation.

As the years rolled on, Andie's reputation as a respected and trusted real estate professional continued to soar. She became an unwavering source of inspiration to others, a living testament to the belief that with sheer hard work, unwavering determination, and a fervent desire for self-improvement, anyone can script a remarkable turnaround in their life.

In the grand tapestry of iPAN's success stories, Andie Nokhong's journey stands out as a brilliant example of how this remarkable platform can transform ordinary

individuals into extraordinary achievers. iPAN, with its unwavering commitment to nurturing talent, fostering personal growth, and providing cutting-edge resources, empowers individuals like Andie to reach heights they once only dreamt of.

So, if you're searching for a chance to unleash your inner potential and embark on a journey of transformation, look no further than iPAN. With iPAN, you too can discover the extraordinary within yourself and turn your dreams into reality. Join us, and together, we'll redefine success and inspire the world with your story of triumph. With iPAN, you will indeed become extraordinary.

[Find out more about iPAN](#)



[Watch Andie's 'Before and After' joining iPAN transformation.](#)



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BUDGET-PRICED MELBOURNE GETAWAYS

◆ Travel writer Susie Boswell discovers a whole new – affordable – destination since Bonza began flights into and out of Melbourne’s Tullamarine airport.



➔ Saturday 23 December: *Love Actually* – scored for a symphony orchestra

It's been bonzer! Overwhelming support for Bonza Airlines has defied the sceptics and seen the budget newcomer boost its schedule between Melbourne and Port Macquarie by 50 per cent – from flights twice weekly to now hosting return services three times a week.

Once, visiting Melbourne was a formidable logistical and financial commitment – either a marathon drive including, ideally, an overnight stop each way, or two very expensive flights, transiting Sydney, to reach the Victorian capital. Now, it's a hop of 90

minutes or so, at fares as low as a mere \$69.

But it's not only flights that are achievable within a realistic budget: Susie has sourced a number of excellent hotels offering exceptional rates for visitors to enjoy the city's blockbuster attractions. Here, ten suggestions to open up your top Melbourne experience.

1. FLIGHTS

First, book early to secure your seats, at the best price. On the Bonza app, or via a travel agent.

Timetable until the end of October: Sundays – ex MEL 1045, ex PQQ (Port Macquarie) 1325. Mondays – ex MEL 1235, ex PQQ 1515. Thursdays – ex MEL 1205, ex PQQ 1445.

Sunday flights end on October 29, replaced by a Saturday service from the following weekend, November 4.

The schedule becomes: Saturdays – ex MEL 1220, ex PQQ 1450. Mondays – ex MEL 1220, ex PQQ 1450. Thursdays – ex MEL 1150, ex PQQ 1420.

Bonza's 737 MAX 8 aircraft seat 186; passenger loads have been healthy, mostly near maximum or entirely at capacity. That's why services have been increased. So it's important to nab your forward and return flights before booking accommodation.

Understand that fares are dynamic: that means they fluctuate depending on demand and availability. Bonza says: "It sounds obvious, but book early to get a great price. It's worth considering when you fly, with prices typically lower on Christmas Day, New Years Eve, Tuesday afternoons and Saturday evenings." Some of the best-priced holiday season flights are from 8 January, with many routes less than \$100 a person one way.

Recently, Bonza Holidays was launched: all-inclusive deals over the summer peak period. Before school goes back in late January there's a seven-night holiday ex Sunshine Coast at luxury 5-star Cairns hotel Crystalbrook Bailey selling at time of going to press for just \$1031pp. Bonza Holidays include flights, accommodation, pick seats, 23kg checked, 8kg cabin baggage.

2. 2023 MELBOURNE CUP

On Tuesday November 7. As usual, this year the "race that stops a nation" is featuring a number of notable overseas guests - and that's not just the New Zealand, Irish and Middle Eastern bloodstock.

The twin cousins of princes William and Harry, Lady Eliza Spencer and Lady Amelia Spencer, will be Victoria Racing Club's Ambassadors for The Melbourne Cup Carnival.



"A prize pool of \$350,000. Best Dressed could well be a chap in a kilt"

The pair, both models, follow their older sister, Lady Kitty Spencer, previously a guest at the Cup, invited to judge the glamorous Fashions on the Field competition, now in its 60th year. The four categories are Best Dressed, Best Suited, the Millinery Award, and Emerging Designer Award.

The competition's prize pool is an astonishing \$350,000-plus. But that's not the least of the surprises. This year, national and international digital entries will be encouraged! Fashionistas don't even need to set foot in Australia, let alone on the Flemington race track, to enter. Following submissions of images of their favourite racewear look (that closed earlier this month), an overseas entrant selected in each of the Best Dressed and Best Suited categories will be flown to Melbourne to compete in the final judging, along with three other competitors similarly chosen from around Australia.

There's more: don't assume Best Dressed will be a lady and Best Suited a chap. Best Dressed could well be a chap in a kilt and Best Suited a woman in a pants suit. Winners paraded and awarded on Oaks Day, Thursday 9 November.



Royal relies the Spencer twins to judge Melbourne Cup fashion

And let's not forget the horseflesh! The Cup Carnival comprises: Victoria Derby Day, Saturday 4/10; the Cup; Oaks Day; and Champions Stakes Day on Saturday 11/11.

3. HOTELS

There's no need to break the bank to secure excellent hotel accommodation in Melbourne. The two hotels previewed here have been offered at rates from as low as \$174 a night in cooler months and off-peak times: I've listed typical prices at time of going to press. As with air fares, understand that hotel prices are dynamic: that is, they'll vary according to factors such as the season, demand, special events.

What a find this one is! Premium accommodation in the heart of the city: **Vibe Hotel Melbourne**, with a fab location on Flinders and Queen Streets mid-CBD and knockout views over the Yarra River and city, with rates (at time of press) of from \$219 and a monthly average from just **\$207**. The restored heritage building hosts an entirely new hotel tower with every amenity including free WiFi, swimming pool, gym, interconnecting rooms (subject to availability), lobby café and bar to hop right into Melbourne's famed nosh. Explore the city's foodie laneways and historic arcades, all in striking distance of the hotel.

See it at: <https://vibehotels.com/hotel/melbourne>

Also: **Be charmed! Be sure to have a look at** <https://quincymelbourne.com/> and <https://www.facebook.com/stayquincymelbourne> with rates (at time of press) from around **\$213**. Know that **Quincy hotels** are renowned as unique and fun. Located in the lively heart of iconic Flinders Lane, mecca of award-winning restaurants, boutique bars, galleries, fashion and street art. A 7-minute walk from Crown Casino and Convention Centre.

SAVE A FURTHER 10 PER CENT: Join **TFE Hotels' e Club** for free at <https://www.tfehotels.com/en/signup/> and reap a range of benefits. For best prices, always book direct at [tfehotels.com](https://www.tfehotels.com)



➔ Easy on the eye, and budget: Quincy Melbourne



➔ We all want more of Elvis: 40 songs feature in the new show

4. SHOWS

ELVIS, A MUSICAL REVOLUTION,

an exuberant new musical celebrating the life and music of The King, is now playing on stage at Melbourne's Athenaeum Theatre. Featuring 40 of his songs, it follows his life from boyhood to become the world's most outstanding musical icon. Seats currently on sale to 26 November via Ticketmaster. elvisamusicalrevolution.com.au; #elvisrevolution; @elvis.revolution

MOULIN ROUGE: THE MUSICAL

The winner of 10 Tony awards, Baz Luhrmann's film comes to life with glitz and glamour now on stage at the Regent Theatre in a musical extravaganza featuring more than 70 songs including everyone's

favourite "Lady Marmalade", plus thrilling new additions. Special "singalong" performances on 21 November and 21 January. Tickets from \$69 plus Ticketek fee.

MAMMA MIA! – Brimming with 22 of ABBA's songs the musical that never tires has just opened at the Princess Theatre. Video clips of song and dance, and all information at <https://mammamiathemusical.com.au/>

WICKED – The blockbuster song and dance story will open at the Regent Theatre in March 2024. It's said to be one of the most lavish productions showing outside of Broadway, with audacious costumes, set design and production. Join the waitlist for tickets now at <https://wickedthemusical.com.au/>

CHICAGO – The longest-running production on Broadway arrives at Her Majesty's Theatre also from March next year. With six Tony awards and a Grammy, sign up for the waitlist and news alerts at <https://chicagomusical.com.au/tickets/melbourne/>

5. MUSEUMS & THE ARTS

Melbourne offers a wealth of cultural and entertainment attractions, many of them entirely free of charge. For example:

ACMI – Got a gamer in the family? ACMI, formerly the Australian Centre for the Moving Image, in Federation Square, is Australia's national museum of screen culture including film, television, video games, digital culture and art. Open daily 10-5, free entry.

That's just one example. For a stimulating list backed by vivid images, explore <https://whatson.melbourne.vic.gov.au/article/free-things-to-do-in-melbourne-every-day> and <https://whatson.melbourne.vic.gov.au/article/free-things-to-do-with-kids-in-melbourne>

ARTS CENTRE MELBOURNE is Australia's biggest and busiest performing arts venue, staging more than 4400 performances and events annually in its multiple venues. It hosts Opera Australia, the Australian Ballet, Melbourne Theatre Company, Melbourne Symphony Orchestra, Australian Chamber Orchestra, Victorian Opera and more. It's also home to the Australian Performing Arts Collection and the Australian Music Vault and has daily guided

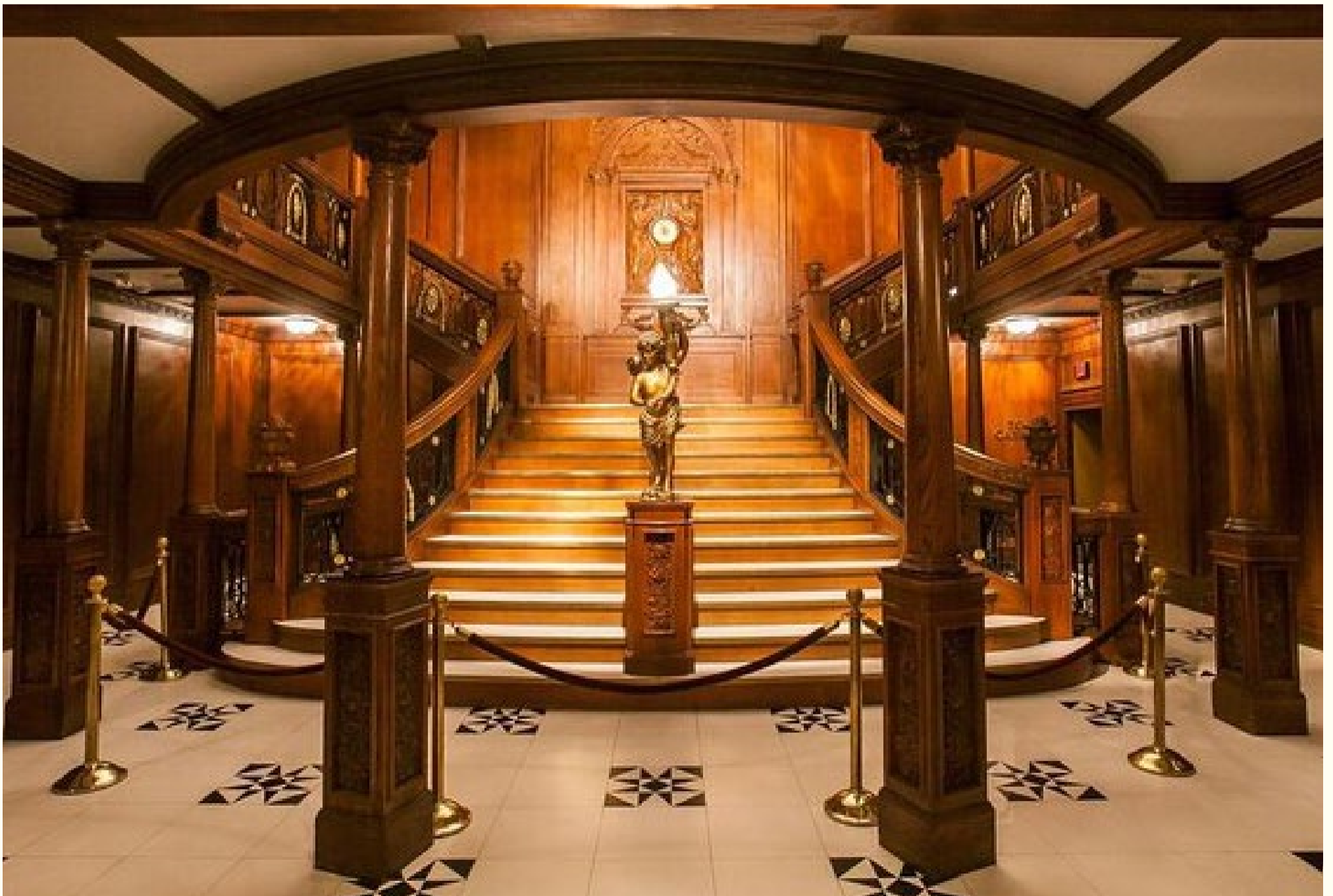
tours, Sunday backstage tours, and a Sunday crafts market.

DISCOUNTED TICKETS to a variety of shows are offered during a 12-hour window from 12 noon every Tuesday. Go to artscentremelbourne.com.au and search TIXAT12. Available across the centre's multiple venues: State Theatre, Playhouse, Fairfax Studio and Hamer Hall, for different shows each week. Follow Arts Centre Melbourne on Instagram and Facebook. Tickets are not the only discounts: happy hour specials are offered at a bar and restaurant on site.

TITANIC: THE ARTEFACT EXHIBITION - More than 200+ genuine artefacts recovered from the 1912 shipwreck of the Titanic go on display at Melbourne Museum, Carlton, a week before Christmas,

on 16 December, through Easter 2024, to the end of the Victorian Autumn school holidays on April 14 (the date it struck the iceberg). The exhibition offers the opportunity to experience life on board the vessel through full-scale recreations of the ship's interiors such as the iconic Grand Staircase. Explore the powerful human stories of those who travelled and worked on board the ship, learn about its innovative engineering ... even touch an iceberg that's the same temperature as the freezing waters of the North Atlantic Ocean that swallowed more than 1,500 souls. Tickets from \$18 - \$32.50.

PHARAOH - ANCIENT EGYPT: At the NGV, National Gallery of Victoria, from Friday 14 June 2024, a massive exhibition of over 3000 years of history with more than



➔ Titanic: The Artefact Exhibition

PHOTO: VIATOR

500 pieces on loan from the British Museum London celebrating kings and queens from Tutankhamun, Queen Nefertari, Ramses and more. Sculpture, architecture, jewellery, hieroglyphic texts, a fully intact statue of a Pharaoh and amulets, collars and rings. Including a free exhibition for kids for them to get up close to the ancient world with hands-on activities and lessons.

DINOSAURS ON THE RUN: The closest thing to a walk in Jurassic Park is Dinos Alive, featuring 80+ life-size animated dinosaurs, like T-rex and seven of his mates. The all-ages exhibition features a VR experience exploring the depths of the oceans along with the creatures that called it home during the Jurassic period. Opens Wed 1 November, to late January. Fever Exhibitions Hall, Brunswick.

6. FOOD, DINING, DRINKS, SHOPPING

LOBSTER-STUFFED CROISSANTS? A WHISKY DINNER with truffled honeycomb crumpets and crab and cucumber tarts paired with Glenfiddich 23yo Grand Cru? That sounds like Melbourne! French, Nordic, Lebanese cuisine... this city offers outstanding food choices, and not all of it at scary prices.

Among countless options beyond fine dining are laneway cafes, the makings of a picnic in the Botanical Gardens – or how about a bottomless Yum Cha or endless Tex-Mex tacos? Best place to seek out food venues: <https://www.theurbanlist.com/melbourne/a-list/food-and-drink-news-melbourne>

SHOPPING in Melbourne is equally eclectic. For the fashion addict:

boutiques, markets, discount outlets all beckon, too many to even begin listing. There are arcades, pop-ups, artisan jewellery, vintage, thrift, designer couture ...

Equally, chase down footwear, accessories, decorator and home wares, department stores, entire shopping centres, health and beauty outlets, gifts, everything musical. Bourke Street Mall is a major destination in the city centre, a pedestrian-only retail and dining hub; Collins Street is known for luxury goods. Start at: www.whatson.melbourne.vic.gov.au/shop

7. SPORT: CRICKET – TENNIS

THE MCG, Melbourne Cricket Ground, is one of Victoria's most popular visitor attractions. The



Best Western's pet-friendly Melbourne City Hotel.

cricket calendar is at <https://www.mcg.org.au> Not only to attend a match this Summer, seek out the G for its behind-the-scenes iconic tours that include the MCC Long Room and Library, player change rooms and cricketers' viewing rooms, media centre, portraits of Sir Donald Bradman and Sachin Tendulkar – even optional lunch by Guy Grossi in the Committee Room.

ROD LAVER ARENA, in a historic first, will host the Australian Open in 2024 from a Sunday start, extending the tournament to a 15-day event, from Sunday 14 to Sunday 28 January. With many matches now playing longer, the move aims to alleviate the pressure of late-night finishes on both players and fans.

If you'd like to get in the mood before the Grand Slam opener, a

film just opened to cinema release this month, Australia's Open, is a documentary that will hook tennis fans in with engrossing archive footage, iconic moments, interviews with star players and how it captures the sport's aesthetic. Featuring also tennis and tournament administrators and sports broadcasters.

8. LOVE ACTUALLY, IN CONCERT

It's the 20th anniversary of favourite festive film and ultimate rom-com *Love Actually* featuring the nativity lobster and 17 hit songs by Mariah Carey, Joni Mitchell, Norah Jones, Eva Cassidy, Kelly Clarkson, Dido, The Pointer sisters, The Beach Boys, The Beatles and more. Is there anything better? Well, yes, actually.

On Christmas Eve minus 1, Saturday December 23, a symphony orchestra will fill the air with an award-winning score of the movie's soundtrack while audiences thrill to the movie projected simultaneously on a massive screen. Hugh Grant, Liam Neeson, Colin Firth, Laura Linney, Bill Nighy, Alan Rickman, Emma Thompson, Keira Knightley, Rowan Atkinson and the rest of the cast are truly larger than life.

The show is at the magnificent 2500-seat Hamer Hall at the ACM, Arts Centre Melbourne, on Southbank, just across the Yarra from Flinders Street Station. Patrons may choose from two performances, at 3.30pm and 7.30pm; follow the prompts at <https://www.loveactuallyliveinconcert.com/> to book through the



➔ *Love Actually* In Concert

ACM, or via Ticketek.com.au. See: loveactuallyliveinconcert.com; facebook.com/loveactuallyinconcert; instagram.com/loveactuallyinconcert. Ticket prices were \$60.05 to \$151.65 but at time of writing it looks like the cheapest seats have already been snapped up. Dress in your favourite Christmas outfit, laugh, sing and celebrate the spirit of the season.

9. MORE HOTEL OPTIONS

A second option for CBD accommodation is with the Best Western Hotels chain in centrally located properties. Price points are quoted at very low budget levels but it's always best to check individual hotel sites for live rates on your preferred dates. Two properties here offer an ideal launchpad for guests to explore

Victoria's capital. Check websites to find facts such as if WiFi is free or for a fee, breakfast availability, services and so on.

Best Western Queen Victoria Market hotel, a new 4-star including accessible rooms, is close to the 600 traders operating in the biggest open-air markets in the southern hemisphere. Night Markets too every Wednesday from 23 November to 15 March (except 21 and 28 December). Also nearby: Melbourne Museum, Docklands, Flemington racetrack. Easy access to buses and trams around the city centre. Best Western Queen Victoria Market

Best Western Plus Travel Inn is close to historic Carlton Gardens, the Royal Exhibition Building and lively Lygon Street, famous for exceptional Italian cuisine and brimming with restaurants,

cafes, coffee shops, book shops and small bars. The thoroughfare cuts through this neighbourhood for a couple of kilometres, a popular destination for visitors to Melbourne. The hotel's guest services team can offer dining suggestions and make reservations and 24/7 reception is available for booking tours and transport. Best Western Plus Travel Inn

10. SELF CATERING – PETS – BEST INFO

SELF-CATERING apartment-hotels offer wonderful savings without compromising on the quality of your visitor experience, and at value rates. They're one of my favourite accommodation choices: do I really want to leap into a lift, showered and fully dressed, to hit a hotel restaurant before brekkie service closes?



Best Western's Travel Inn pool

Far better to enjoy making my own favourites as I take in the morning news and meander to the bathroom at my leisure. It's more economical, I enjoy my own preferences, and privacy. If it's cold or rainy at nights, or I'm exhausted after a day's sightseeing, it's nice to bunker down with snack prepped in my own kitchen and re-energise for tomorrow.

Live like a local at **Adina Apartment Hotel Melbourne on Flinders**, near Flinders Street Station and Fed Square, an easy walk from historic arcades and laneways, cafes and boutiques. Close to major sporting venues the MCG, Rod Laver Arena and Etihad Stadium, art exhibitions and performing arts shows. Configurations of one, two and three bedrooms are offered, with a full kitchen, personal laundry, free Wifi, gym. From **\$197.10** (at time of

press), average rates can be higher, so book direct, fast. Join eClub for 10 per cent off. Check: (03) 8663 0000; flinders@adinahotels.com.au; Res 138 642; adinahotels.com

PETS are welcome at **Best Western Melbourne City Hotel**.

So if you happen to be driving to Melbourne, here's the place. Pets or not, this spot is described as charming turn-of-the-century and quaint, in a tram-free zone, located near Southern Cross train station and Melbourne Convention and Exhibition Centre. There's a laundry service, currently quoted at \$2 an item, and laundromat quoted at \$4 a load. To sample rates currently from under \$200: Best Western Melbourne City

RESEARCH YOUR BREAK to make the most of your budget – Melbourne has a near infinite array of attractions, many of them

“pop up” events, so check what's on during your stay. For example, a picnic-style Downtown Dumpling Market also with noodles, bao, skewers, watering holes galore and a sake bar is on for two weeks from Thurs 9 November to Sun 26 November. Some sites to check what's on are: www.theurbanlist.com/melbourne; www.visitmelbourne.com

But for a fully comprehensive picture of what the city has to offer, don't rely solely on hit-and-miss internet browsing. Lonely Planet's **Melbourne & Victoria guide** to all the mustn't-miss essentials is available as eBook \$17.95; book \$32.99; book + eBook \$39.99 at <https://shop.lonelyplanet.com/en-au/>. It's a great gift too, for locals considering taking Bonza to Melbourne and wider Victoria now and in the future.



➔ **Downtown Dumpling Market**
PHOTO: CITY OF MELBOURNE

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Thursday Coffee Connects are free to attend to meet other friendly small business owners.

FREE!

- 12th October 10am at Abundance Cafe, Sancrox
- 9th November 10am at Waters Edge Port Macquarie

\$15

Special Student Fee of \$15 for Wednesday Small Business Forums at Charles Sturt University from 5.30pm to 7.30pm
Indulge in delectable finger food while immersing yourself in valuable discussions and insights during the event.

- Your Small Business Panel Discussion, 18th October
- Roadmap from Ideas to Successful Business by 12 year old Patrick Dale of Sweet Tooth Marshmallows on 15th November



microbusinessforum.org.au/
next-meeting

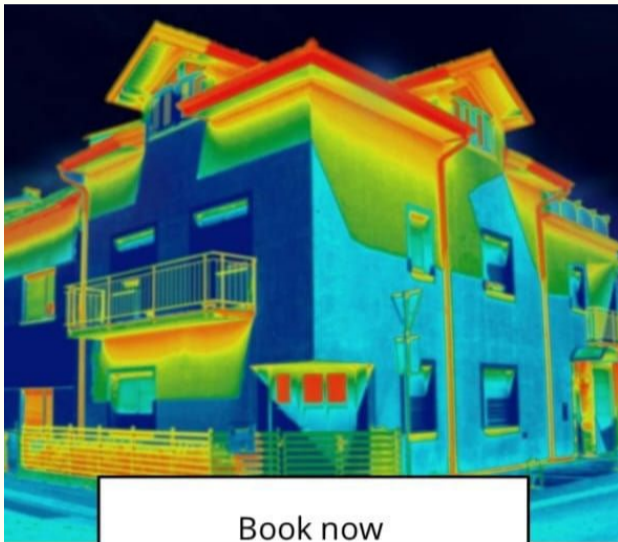
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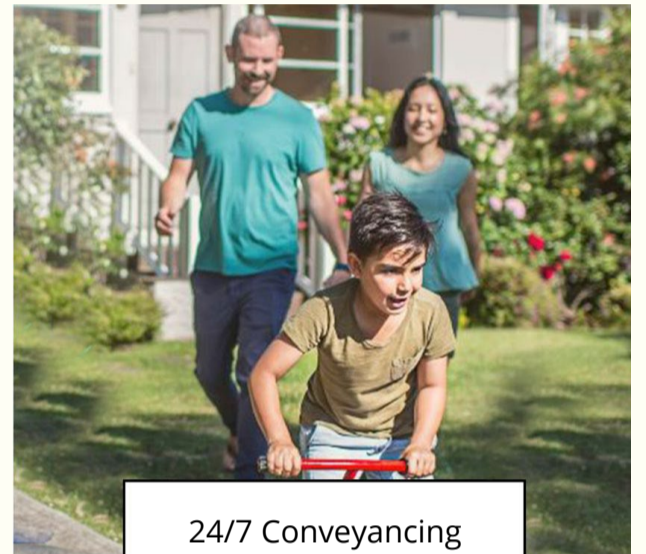
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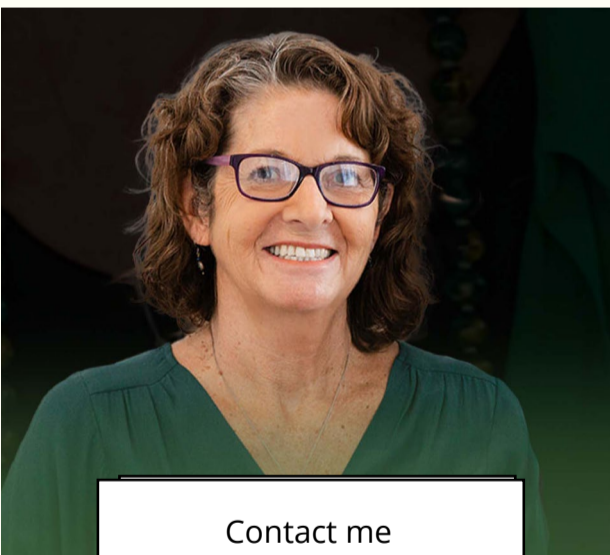


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CRUISES

A promotional tile for the #ShopLocalChallenge. It features a pink heart with the text '#SHOPLOCAL CHALLENGE' and 'brilliant' inside. Below the heart, the text reads 'brilliant ONLINE #ShopLocalChallenge' and '#ShopLocalChallenge is a series of Promo Tile interactive ads that reveal your offer so customers can go to your shop or buy from you online'. A pink button says 'CHECK OUT OFFERS FROM AUSSIE BUSINESSES'. Below that, a white button says 'BOOK THIS TILE'. At the bottom, the text reads '#LoveLocal Challenge This Brilliant tile is available for \$66. Buy 12, get 1 free. Buy Online.' and 'PROMO'.

#ShopLocal

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➔ November is Diabetes Month. Write to editor@brilliant-online.com for advertorials.





Brilliant

HEALTH



FORENSIC HEALING - AN ADVANCED ENERGY HEALING TECHNIQUE BY SHONA RUSSELL

◆ Meet Shona Russell from Soul Synergy Healing, an intuitive energy healer using the Award-Winning Forensic Healing Modality that has helped her embrace and develop her evidential psychic Claircognizance, Clairsentience and Clairempathy gifts.



Forensic healing has been globally recognised for transforming people's lives and there is no issue that it cannot address.

Specialised services in spiritual healing include spiritual development and life transformation. Shona provides advanced energy healing techniques and comprehensive education to empower individuals on their spiritual journeys.

Her expertise encompasses the effects of energy, enabling you to accelerate your success.

Whether you seek to enhance your relationships, improve your health, strengthen your finances, advance your career, or reduce stress, the offerings are designed to cater to your needs.

Forensic Healing is safe and can be used for animals and children.

Spiritual Development for Women

Shona's business, Soul Synergy Healing, provides spiritual and personal development, healing and empowerment for women who want more in life.



“I am blessed with the opportunity to guide clients through their own journey of awareness, and change, into a level of self-compassion, acceptance and love that brings about sustained healing and inner peace. I can say I have the wisdom of knowing and deep understanding what is required to truly heal and grow... the awakening of one’s own power,” Shona told us.

She has come to understand that over time, being true and living one’s passion, whatever that may be, gives us a sense of fulfilment, a meaning to life, knowing our souls journey is simply aligning the ego self with the spiritual self.

Deeply passionate about helping others release, heal, create, engage, empower and find a sense of self-worth, love and purpose in life, Shona believes we are all on a journey of self-discovery, (though never alone).

“I empower my healing abilities for 'the highest of good'. Once you enter and open yourself to accept the guidance, loving support and freedom in your healings you will no longer carry the baggage that has caused you pain, you can live and stand in your power, your true self, and move forward to greater and a more loving soul filled life,” she explained.

Benefits from Forensic Healing

Feel a greater sense of peace, freedom, and living soulfully, a life that you were destined to live, without the shackles that keep you from being the authentic divine essence of you... this is what you truly deserve!

Experience positive change and personal growth, release your baggage and embrace your life.

Forensic Healing can help answer long standing questions regarding life struggles for people suffering from chronic physical, emotional, spiritual, behavioural and relationship problems. Often there is a disconnect between a person’s state and the incidents leading up to it.

Forensic Healers read a person’s energy field to find the real cause



behind a person's condition and use proven healing techniques to release the condition energetically.

As negative energies are identified and released, it brings balance and peace, enabling a person's body to naturally heal itself.

It will also change a person's energy to attract more peaceful and loving relationships (like attracts like, the Law of Attraction).

Your energy healing and self-discovery journey covers:

- Overcoming negativity, bad luck, suffering, hardship, curses, and the feeling of being stuck in life.
- Breaking free from feelings of loneliness, depression, isolation, and disconnection, allowing you to live a purposeful life.
- Exploring natural, energy-based, and organic solutions to catalyse positive transformations in all areas of your life.
- Reclaiming your personal power by reversing feelings of powerlessness, low self-worth, guilt, shame, and loss.
- Nurturing healthier and more fulfilling relationships with your partner, friends, colleagues, and



family, fostering harmonious connections.

- Discovering authentic, spiritual solutions rooted in universal laws, offering genuine insights and practices to support your personal growth.
- Liberating yourself from the manipulation agenda that

permeates our world, breaking free from the confines of the metaphorical "Matrix."

- Getting relief and energy healing for sexual, physical, and emotional abuse, providing compassionate support on your journey to recovery.

Forensic Healing is an advanced energy healing technique

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headspace PORT MACQUARIE CELEBRATES NATIONAL HEADSPACE DAY

◆ BBQ, Mural Art and an important message for youths to leave unrealistic expectations behind and reach out for support was what it was all about.



Headspace Youth Reference Group volunteers encouraged attendees to colourfully decorate the centre's affirmation wall with a variety of unrealistic expectations they will be letting go this year. Community members of all ages reflected on the pressures they feel in life and found a shared goal in prioritising their mental health and wellbeing.

The headspace Day activity, a mural art workshop, gave the community the opportunity to learn new skills and express themselves through painting. The piece came together superbly representing Port Macquarie's local landscape, in

particular our birdlife. The artwork was affectionally named Perri the Pelican by one of the young people who helped bring the painting to life. Perri has now been dubbed as the unofficial mascot of headspace Port Macquarie.

Ditch impossible expectations

Despite the food and fun, the day delivered an important message to young people about ditching impossible expectations, the unrealistic goals society and social media places on them and encouraging them to reach out if they need support.

headspace CEO Jason Trethowan recognises many young people face expectations from various directions – from their families, schools, workplaces, social media and from within themselves. "Too many young people still feel they have to manage these expectations on their own," said Mr Trethowan.

New data from the headspace National Youth Mental Health Survey reveals two in five young Australians prefer to deal with their emotional problems alone, so headspace Port Macquarie reminded young people that support is always available.

For locals, the open day presented an opportunity to highlight the issues from the survey, while dismantling the stigma attached to help-seeking by showcasing the centres extensive program of services.

"For young people that may be struggling, it's important they know help is there for them and how to access it. Today, is all about young people letting go of life's pressures, coming together and having a good time,"

said headspace Port Macquarie Community Engagement Officer Emily Lawson, who coordinated the open day.

"The 2023 headspace day and key messages it brings are timely reminders that headspace can support young people in a variety of ways. We are a one-stop shop where young people can get support for not only their mental health, but work and study, drug and alcohol, and even health checks with our nurse or GP."

Young people aged 12 to 25, as well as their family and friends, can visit headspace Port Macquarie for support. Help is also available via phone and online counselling service headspace seven days a week between 9am-1am (AEST). The number is 1800 650 890.

If you're looking for someone to talk to immediately, Lifeline (13 11 14) and Kids Helpline (1800 55 1800) are available to talk 24/7.



TURMERIC TO BOOST WOMEN'S HEALTH AND WELLBEING

◆ Alison Carroll, widely known as The Turmeric Lady from AC Healthy Solutions brings insights into the power of the humble turmeric and how it can be beneficial to women.



Did you know turmeric is also known as "The Golden Goddess"? What a beautiful and apt name for a spice that can help each and every goddess move into their Golden Years.

The medicinal prowess of turmeric goes back a long way and has been helping women achieve the glow of health especially during

the menopausal phase of their journeys. It has been used in cooking as a culinary spice and dates back nearly 4,000 years to the Ayurvedic culture in India.

A natural healer through history

Turmeric is a natural healer. Our modern living conditions and

lifestyles mean our bodies take quite a beating. Many have found turmeric to be an incredible support to improving their health because of its anti-inflammatory and immune-strengthening properties.



With over 300 active constituents, turmeric is a powerhouse of modes of actions - it is a phytoestrogen, anti-inflammatory, antioxidant, antihistamine, anti-atherogenic, analgesic, antimicrobial, cardioprotective, digestive, hepatoprotective, immune modulating, vulnerary (wound healing), nephroprotective (kidney), neuroprotective, cardioprotective and more. Who would have thought a simple golden powder could do so many wonders!

A woman's best friend

Turmeric has properties which can help with hormone balance and even enhancing fertility.

Antioxidants help with hormone balance and protecting our bodies. It can also prevent aging at a cellular level i.e. it can prevent damage to our egg health and improve fertility. Turmeric is said to improve our biological age and help keep our bodies younger, and therefore prepare our bodies to get pregnant even at a later chronological age. Turmeric helps the liver to detox hormones i.e. it removes unneeded hormones and other toxins from the body. In fact, in traditional Eastern medicine, turmeric is considered to be a warming herb or spice that is used to increase warmth and blood flow to the pelvic area. This helps bring essential nutrients to the lower

body to create a healthy womb environment.

There is ongoing research in this miraculous spice and with all that has been discovered so far, one can say this golden powder is a woman's best friend, a must-have in one's pantry and medicinal shelf. Moving from fertility to the menopausal phase, women who are going through menopause can also benefit from turmeric. It's your best friend for life!

Including turmeric in one's diet can bring about these benefits during the menopausal phase:

- reduce hot flushes
- help with hives, migraines and severe sweating
- help improve weight loss
- improve bone, heart and brain health



- boost the immune system
- reduce pain and improve joint mobility
- regulate blood sugar and diabetes
- improve digestive issues
- improve liver function
- protect the kidneys

The Turmeric Lady

Alison Carroll of AC Healthy Solutions suffered chronic pain from her arthritic knees for ages before finally discovering a much-needed pain relief in turmeric. It not only helped her get rid of the

pain, it even brought her an overall sense of wellbeing.

When you discover something good, you simply want to share it, and Alison has been helping women transit into their menopausal years with the help of turmeric to lessen the effects of the change in this phase of life. The big plus point here is turmeric is a natural remedy, which is gentle and healing for the body.

Turmeric for health and wellbeing

Through her research and helping clients on their healing journeys,

Alison has compiled these main health benefits from turmeric.

1. Turmeric Gradually Increases Antioxidants in Your Body
2. Turmeric Can Help Control Diabetes
3. Turmeric Helps Lower Cholesterol
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7. Turmeric Can Help with Gastrointestinal Conditions



Check out AC Healthy
Solutions turmeric products

8. Turmeric Can Help Relieve Arthritic Pain
9. Turmeric Can Help Control Weight

Turmeric products

Alison has turmeric products ranging from a beautiful CurQone™ Organic Turmeric Chai blend for your afternoon (and body's) delight to a Turmeric Elixir which is rich in probiotics and is a powerful anti-inflammatory.

Hemp is the next popular powerhouse plant in Alison's collection. Another quiet natural healer, hemp seed oil is rich in

healthy fats and can help reduce risk of heart problems. Check out hemp products for external use here:

Check out Natural Products for External Use

Remember to use Coupon Code BRILLIANT15 before you check out!

Did you know that black pepper can help give your turmeric a mega boost in power? A compound in black pepper enhances absorption of curcumin by up to an incredible 2,000%!

Increasingly, people are looking to natural solutions to enhance their health. Many swear by the wonderful effects of turmeric. What is your wellbeing success story? Share with us!

Alison is always happy to talk to people either on the phone or pop into one of her markets where they can have a taste of the Turmeric Elixir, and Alison is there to talk about the many benefits of taking turmeric.

As with all supplements, if you are on any medication, it is important to talk to your health provider before you start taking turmeric.

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HALLOWEEN

party

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more....



Brilliant
COMMUNITY



HALLOWEEN IS A TIME FOR THE WEIRD AND WONDERFUL AT THE WITCHY NOOK!

◆ There are celebrations galore at The Witchy Nook, and Brilliant-Online wishes Bianca Moore a magickly brilliant birthday!

It's triple the fun and joy at The Witchy Nook! Bianca Moore is all bubbly and excited as it's The Witchy Nook's birthday, they are having their first celebration in their new premises (Woo hoo!) and of course we can't miss out on the Halloween celebrations!

Halloween Party @ The Witchy Nook!

Skeletons, ghouls and zombies are staple fare at Halloween, but have you ever considered this celebration in a different light? Halloween is actually a magical time of the year, and an invitation to everyone to embrace the weird and wonderful in the world!



As a place of spells and magick, the Witchy Nook is having a Halloween Party, so come join in for some great music, good vibes, Halloween themed snacks and 20% off storewide on 28th October at 5pm, Shop 5-6 Colonial Arcade, Port Macquarie. There will also be a raffle with amazing prizes, a lucky door prize, and one for Best Dressed and you can expect some fun and games to play in the store!



Have a magickly brilliant birthday, Bianca!



The party is for all ages, and both children and adults are welcome. Bianca will be there ready to get the party going at 5pm and we'll be making lots of magick through the night!

Check out Bianca's range of new stock while you're there. This will

be a Halloween party to remember, with specially chosen Halloween themed crystals, goodie bags, crystal confetti, lucky dips and even a children's area where they can play while parents allow their Inner Harry Potters to secretly come alive as they peek through the potions and spells!

A most hearty congratulations to Bianca from us at Brilliant-Online! Bianca originally started her business online, and over time, it has flourished into markets, events, pop ups and now a shop! We can't wait to join in the Halloween fun, and to see how The Witchy Nook continues to grow!

CHILLS UP THE SPINE AT NORFOLK ISLAND

◆ This Halloween, head off to one of the most haunted places in Australia – Norfolk Island!



➔ The room where Veronica felt the strange sensations

It may come as a surprise to some of you to know that this little island measuring only 34.6 sq km in the South Pacific is actually considered to be one of the most, if not THE most haunted place in Australia. In fact, there are more documented ghosts per square kilometre than any other place in Australia! The Canadian website The Paranormal even ranks Norfolk Island as the world's fourth most haunted islands! About half of the present day population even claim to have had an encounter with a ghostly presence.

While this may sound creepy to some, the island itself has embraced this as part of its identity. The high rate of paranormal activity attracts ghost hunting visitors or simply those who are curious about ghosts to the island every year. There are even knowledgeable local tour guides who can tell you all you want to know about the island and its ghostly sightings and histories.

When you learn that the island was home to some tough, violent criminals who lived through torturous conditions (some were

even brutally murdered) in the 1800s, you would not be surprised that Norfolk Island has become such a haunted site today.

Veronica went on a ghost tour!

Our CEO of Brilliant-Online, Veronica Lind, went to Norfolk Island and was brave enough to actually go on a ghost tour! The Lantern Lit Ghost Tour is one of the tours available and it is led by guide Rachel who takes visitors on a journey with terrifying

tales of spirits and hauntings, unexplainable phenomena and strange happenings. Rachel even keeps a journal of all these unusual events!

And what was Veronica's experience on this tour?

"We went into the superintendent's house which was said to be the most haunted house on Norfolk Island. I had ringing in my ears, and my head felt hot and nauseous for maybe 30 seconds. I felt fine after I left the building." - Veronica Lind

In spite of this, Veronica is one brave soul to continue with the tour and at one point they even walked through the cemetery carrying lanterns.

So if you are looking for a special way to celebrate Halloween, perhaps a flight over to Norfolk Island would make this a Halloween to remember. Whatever these restless spirits are after, it's certainly not Trick or Treat!

Norfolk Island has its dark, shadowy past, and the islanders do have wild and gruesome stories to share with visitors. The

island's tradition and superstition go together, and if anything, it showcases the human condition that can be seen through so many histories.

A beautiful, pristine island

Apart from the paranormal attraction, Norfolk Island has a lot more to offer, and those who are not really into ghosts can enjoy the pristine nature of the island. Much of the island is designated as a national park or nature reserve. It is the place to go for wildlife watching, for walking under the

tallest ferns on earth, seeing 200-year-old fig trees and exploring rock pools.

Halloween is coming!

If you want to amp up the scare factor, check out our Brilliant editor Ben Tirebuck's article on ways to scare yourself witless on Halloween!

Suggestions to scare you witless on Halloween!

For a more family-oriented Halloween fun, remember to check out The Witchy Nook's Halloween Party coming up on 28th October at 5pm! There will be sweet treats, a raffle, games and something for everyone in the family! Find out more here.

And if you do want to do a bit of smudging or burn some special incense after a ghostly tour or encounter, check out The Witchy Nook for some healing and balancing magick!



Did you know that many of the 116 bird species living on Norfolk Island cannot be found elsewhere on earth?



 [Norfolk Island Story](#)

SUGGESTIONS TO SCARE YOU WITLESS ON HALLOWEEN!

◆ The day that celebrates all things scary is fast approaching so we thought we would throw forward five suggestions that are guaranteed to scare you out of your wits on Halloween!



➔ There's not much scarier than the concept of a haunted house!

They are not all thematically-linked to the famous October 31st date but we are pretty confident each one in its own right will induce that combination of uneasy nausea, wobbly legs and hairs standing on the back of your neck!

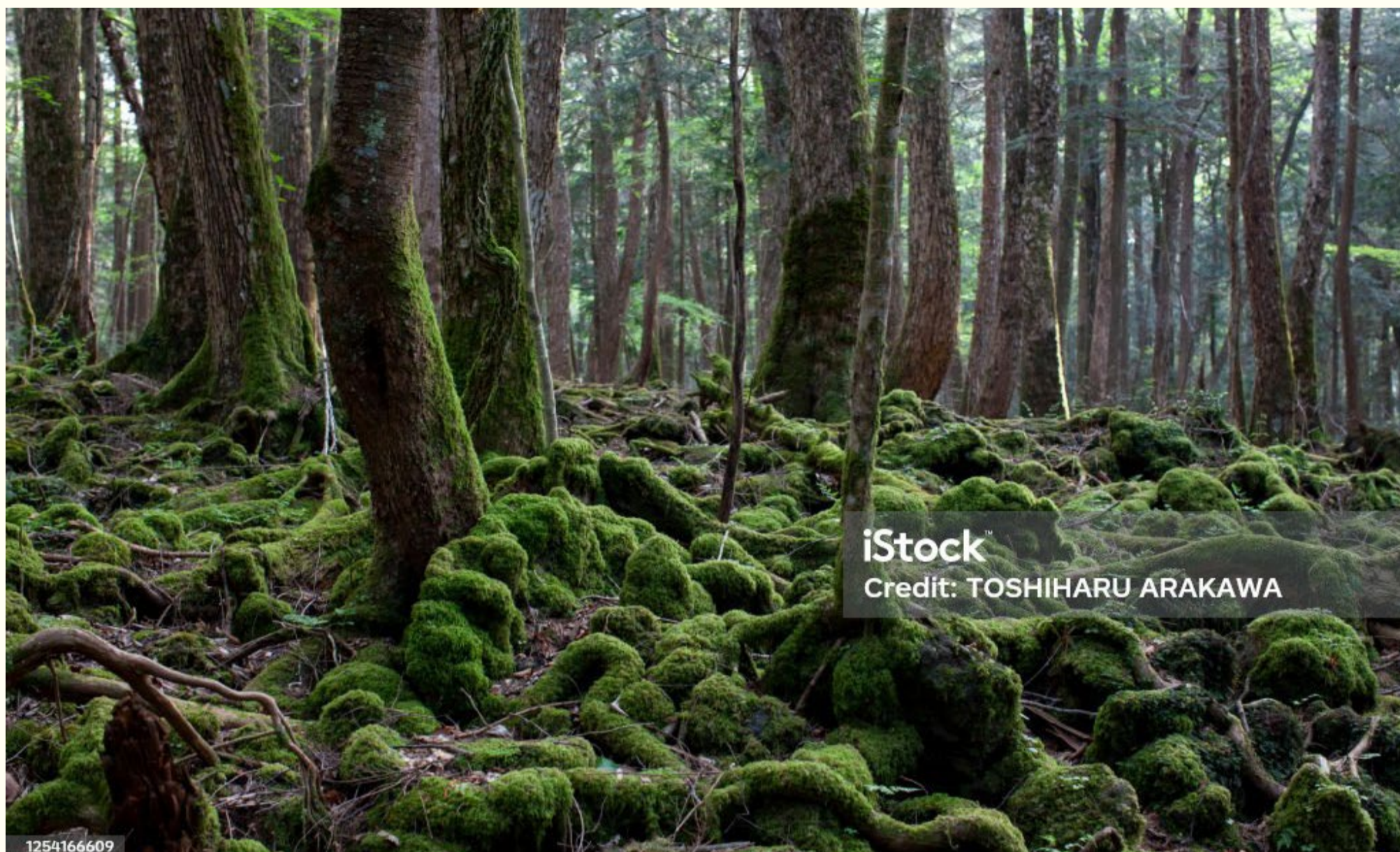
Visit a haunted house or take a ghost tour

Let's be honest, there's not much scarier than the concept of a

haunted house! The staple of spooky stories and horror movies since the genre began, haunted houses are literally the bricks and mortar that are guaranteed to chill you to the bone, be it the comedic variety at a fun fair or the more serious and sinister types that carry far more credibility. McKamey Manor in Summertown, Tennessee, USA claims to be the world's scariest haunted house demanding an exhaustive list of prerequisite requirements prior to entry and even offering a US\$20,000

reward to people who manage to survive over 10 hours within its confines. Their website states that "Each guest will be mentally and physically challenged until you reach your personal breaking point" so maybe actually managing to claim the dosh will be harder than initially anticipated!

Wanderlust lists 10 different haunted sites throughout the world, including in France, England, India, South Africa, Monte Cristo Homestead in New South Wales



➔ The forest with the highest suicide cases in Japan is Aokigahara Forest

and The Separate Prison at Port Arthur in Tasmania. Similarly, there are a variety of chilling ghost tours accessible throughout the world such as an after-dark walking tour of New Orleans, widely regarded as the most haunted city in the USA, a bus tour of the sinister streets of London including visits to Sweeney Todd's and Jack the Ripper's old haunts, a walking tour of old town Prague's spooky spots, a tour of the Catacombs of Paris and the Rose Hall night-tour in Montego Bay, Jamaica where the White Witch is said to linger. Viator and Afar both provide a great list of options that are guaranteed to offer something that will scare, whether you actually believe in ghosts or not!

Go for a walk in the woods

Forests are a perplexing phenomena in that they can

be devastatingly beautiful demonstrations of nature while also appearing like the creepiest places on earth! There are a couple of extra creepy infamous forests that you could visit if you felt brave enough, especially on Halloween. The first is the Aokigahara Forest northwest of Mount Fuji in Japan, almost 14 square miles of forest so thick it is known as the "sea of trees." Unfortunately, after the Golden Gate Bridge in San Francisco, USA, the location sees the second-highest rate of suicides in the world and as such has taken on a sinister reputation as being haunted. Add to the mix that the forest is also believed to contain centuries-old mythological Japanese ghosts filled with anger and vengeance known as yūrei, it is a brave person that takes a hike in these woods.

However, our next destination even out-spooks the renowned Aokigahara Forest.



The Hoia Baci Forest in Romania is considered the most haunted forest in the world. The fact it sits in Transylvania, the mythical home of Dracula merely adds to the terror!

Named after a shepherd and his 200 sheep that went missing in the forest and were never seen again, Hoia Baci Forest has a reputation for intense paranormal activity and unexplained events. These include ghost sightings, images appearing in photographs that were not visible to the naked eye, the failure of electronic devices, reported sightings of UFOs and a five-year-

old girl who disappeared there only to reappear exactly five years later wearing the same clothes but who had not aged a single day and could not recall where she had been! Creepy!! Visitors tell of strange feelings and symptoms being induced such as severe anxiety, nausea, high fever, rashes, headaches and the feeling of being watched. The large, looming trees, twisted at the trunk into images that are enough to scare on their own, set a landscape that is truly bizarre and often inexplicable, in fitting with its tag of one of the most paranormal sites in the world. Visit if you dare and at your own peril!

Take a leap of faith

For those suffering from acrophobia, why not use Halloween as a positive to conquer your fear of heights by taking a bungee jump or even a skydive? Jumping from a high structure such as a bridge

while attached to an elastic rope is all but certain to eliminate those jitters and there are options to do exactly this in many places all over the world although if you want to jump from what is currently officially the highest commercial bungee jump site in the world at 260 metres above sea level then you will have to head to the Zhangjiajie Glass Bridge in Hunan Province.

If that doesn't do the trick then why not take things even higher and opt for a parachute jump from an aircraft. Tandem parachute jumps are available the world over and are extremely safe. It is a thrilling experience and will guarantee to end your fear of heights once and for all!

Cage dive with sharks – or even crocs!

Sharks have installed deep routed fear into countless people over the

generations, mainly due to Steven Spielberg's 1975 blockbuster 'Jaws'. There's no doubt these awe-inspiring creatures generate a primeval fear so the chance to get up close and personal with one seems too good to miss. There are numerous options to do so with places like South Africa and Mexico popular destinations although Bluewater Travel cites the Neptune Islands just off Port Lincoln in South Australia as the world's best option.

Alternatively, you could opt to dive with a crocodile. Yep, that's right, the chance to take to the waters and come face to face with the terrifying scaly reptiles is out there, with the best option reported to be Crocosaurus Cove in Darwin. "Experience the ultimate face-to-face encounter as you are carefully lowered in to the water with a large saltwater crocodile for 15 minutes," their website says.



The Hoia Baci Forest in Romania is considered the most haunted forest in the world



“Take in his intimidating gaze, feel the sheer power of his 3 tonne bite force, and learn to appreciate his true strength and resilience as a modern-day dinosaur.”

Ummm, personally I think I will pass although, it must be said, it is somewhat refreshing to see humans rather than animals in cages!

Watch a scary movie

A scary movie is exactly that at the best of times but there is something extra spooky

about taking in such a movie on Halloween night. Dim or better still turn off the lights, light a candle or two or maybe a jack o’ lantern for added effect and settle down with your loved ones for a night of frights in front of the TV! Of course, the choice of flick is subjective and there are many, many films in the scary or horror genre that would fit the bill. How about revisiting Freddy Kreuger in ‘A Nightmare on Elm Street’ or Jason Voorhees in ‘Friday the Thirteenth’? ‘The Exorcist’ is guaranteed to shock, as is the chilling ‘Texas Chainsaw Massacre’, likewise ‘The Hills Have Eyes’. More recent offerings include ‘The Blair Witch Project’, ‘The Ring’, ‘Saw’, ‘Paranormal Activity’ and Aussie outback shocker ‘Wolf Creek’.

Personally, however, nothing beats John Carpenter’s 1978 original Halloween, a film that defined

the slasher genre and spawned countless poor imitations over generations. Expertly crafted without excess gore, it is the perfect exercise in spooky film making and guaranteed to send chills down your spine! Whichever movie you decide to select, make sure you have a cushion or a decent sized sofa to hide behind when the shocks get too much! And if you’re feeling ultra brave, why not make it a horror movie marathon!?

Failing all that, if none of these suggestions stimulate sufficient levels of fear into you then you could always just book up on a holiday or roadtrip with the in-laws - something generally guaranteed to scare even the most hardened of souls!!!

Read about the history of Halloween and how it is celebrated around the world here.

BLACK CATS GET A BAD RAP – TIME TO SET THE RECORD STRAIGHT

◆ There are a myriad of inaccurate and harmful myths surrounding black cats. Here we look at why, while explaining why it is time to reconsider and realign the broad perception of our dark haired feline friends...



➔ Young Gus won British comic Bob Mortimer's "Kitten of the Year" in 2017

To be unfairly tarnished with a certain, unfounded reputation must be a terrible experience to endure. However, it is something that black cats the world over have had to put up with for centuries. With October 27 being National Black Cat Day in the U.S., we take a deeper dive in an attempt to debunk some of the (inaccurate) myths that have been unjustly associated with felines of a dark haired persuasion.

The most common charge in western culture is that black cats are long associated with bad luck. We are all familiar with the old saying of crossing a black cat's path will bring just that, right? Similarly, in many quarters, black cats have become synonymous with witches and are thus depicted as evil. The common image of a witch flying on her broomstick frequently sees a black cat accompanying her, with many stories even claiming the cats to be shape-shifting witches themselves! As such, black cats have, in some circles, been long associated with Halloween, creatures to be feared and avoided, a symbol of all things bad and scary. However, let's take a step back and analyse the evidence in a little more depth as surely these particular felines require a fair trial with a judge and jury too!

As with many things, in order to understand something we have to take a step back and trace historical roots. In doing this, as with many things, it might not come as a great surprise to learn that religion had a significant role in how black cats have been characterised and therefore received over the years.

Going back to the 13th century we learn that Pope Gregory IX issued an official church document known as "Vox in Rama" which declared black cats a direct incarnation of Satan. "The decree marked the beginning of the inquisition and church-sanctioned heretic and/or witch hunts. Initially it was designed to squash the growing cult of Luciferians in Germany, but quickly spread across Europe," author Layla Morgan Wilde explains in her book *Black Cats Tell: True Tales And Inspiring Images*. As the mythical threat of witches grew in medieval Europe, so did the Christian church's desperate desire to quash what they regarded as a direct threat. While the church had a real hard time proving that any supposed practitioner was actually a witch, black cats were very much real, tangible symbols that, unfortunately, were unjustly tarnished as scapegoats. However, religion in all its guises has many critics, with many levelling its very notion as superstition personified – the parting of the sea, the feeding of the 5,000, a talking donkey and Jonah being swallowed by a giant fish, anyone?

First things first, quite simply, the notion of black cats being bad luck or evil is purely down to superstition – nothing more, nothing less. Let's be truly honest, if we are basing our perception of black haired felines on the myth of witches then we are already off to a suspect start and very much on shaky ground! Witches are no more realistic or credible than Santa Claus or the Easter Bunny, cultural icons that have been shaped over generations into what we associate them with and

for today. It just seems sheer bad luck that black cats got lumped in with the fantasy of cunning old woman casting evil spells that were castigated by the power hungry church, maybe due to their colour being associated with such dark arts or being unable to be easily seen in the dark of night?

Second things second, the notion of black cats inducing bad luck is, again, mere superstition. How many times have you personally encountered a black cat and then gone on to experience a spate of unfortunate events unfolding? Just like walking under a ladder, opening an umbrella indoors or breaking a mirror, it is an old fish wives tale that shouldn't be seriously adhered to in a realistic and sensible everyday world. In fact, on the contrary black cats are considered good luck in many cultures; they were honoured in ancient Egypt and in Japan you will often hear the greeting of "konnichiwa" when a black cat crosses someone's path as it is regarded as good luck, while they are also believed to help single women find suitors in the Land of the Rising Sun. In Scotland it is regarded as very lucky for a black cat to pass by your doorstep, a sure sign that you are soon to come into money. Now, we acknowledge that these are also superstitions and thus futile going by our argument but we are just trying to level up the scores!

Superstition or not, mud sticks and that appears to be the case with black cats, who are regarded with suspicion in many countries. One of the sad consequences of this is that black cats are the least adopted among all breeds and colours globally. It is actually pretty heart-breaking when you stop and digest the reasons why that prevent many reaching loving homes. My partner and I saw this at close quarters when adopting in Singapore – there was one kitten who remained long after all the others had been taken



in by loving adopters and it was purely because he had black hair. Yet he was the most charming, friendly, outgoing and cute kitten either of us had ever seen so the decision was simple and he had a new home in no time.

Soon after Gus, as we named him, was entered into a fun-themed 'Cat of the Year' competition run on Twitter by iconic British comedian Bob Mortimer. Gus won the 'Kitten of the Year' category, earning hundreds of plaudits and warm comments by numerous smitten people, while Bob himself declared Gus "superb" and sent a signed art print in his honour which now hangs proudly in our home study! Gus has gone from rescue cat that

nobody wanted to award-winning black beauty, travelling overseas to his new home in Phuket, Thailand and is one of the coolest, most affectionate and grateful little moggies around - and there are plenty more just like Gus out there!

Black cats often get a bad rap but it's time to set the record straight. Ultimately, cats don't care what colour your hair is so why should we care about theirs? They will love you regardless of your skin colour, hair colour, gender, sexual preference or nationality and won't be swayed by superstition so maybe it's time that we display the same degree of acceptance and love in return. After all, nobody wants to be a scaredy cat!

CONGRATULATIONS TO THE WINNERS OF THE CHILDREN'S SUPERHERO ART SHOW AT WAUCHOPE ART GALLERY!

◆ The Children's Superhero Art Show at Wauchope Art Gallery was a big success! A very Brilliant Congratulations to all the winners and everyone who participated!

A hearty CONGRATULATIONS to these creative young artists!

- Isobel, St Josephs Primary winning a Port Adventure Cruises family cruise pass
- Akira, TG's Childcare Riverbreeze winning the family pass to Billabong Zoo
- Sidney, Beechwood Primary winning a TG's Child Care Sponsored Art Pack
- Ivy-Lane, Port Macquarie Primary winning a Bennetts Steel Lolly Jar
- Lucy, Heartworx winning a The Witchy Nook voucher
- Oliver, Smartland Early Learning Major Innes winning a TG's Child Care Sponsored Art Pack
- Elsie, Westport Primary winning a TG's Child Care Sponsored Painting Art Pack
- Casey, Port Macquarie Primary winning a TG's Child Care Sponsored Painting Art Pack
- Sophia, Wauchope Public winning a TG's Child Care Sponsored Art Pack
- Ivy, TG's Childcare Riverbreeze winning a TG's Child Care Sponsored Art Pack





The judges had a very difficult time because they received so many amazing art works. We certainly need more of such opportunities for even more young artists to stretch their creative muscles, so we are looking forward to seeing more children's art shows!

Thank you to these amazing sponsors!

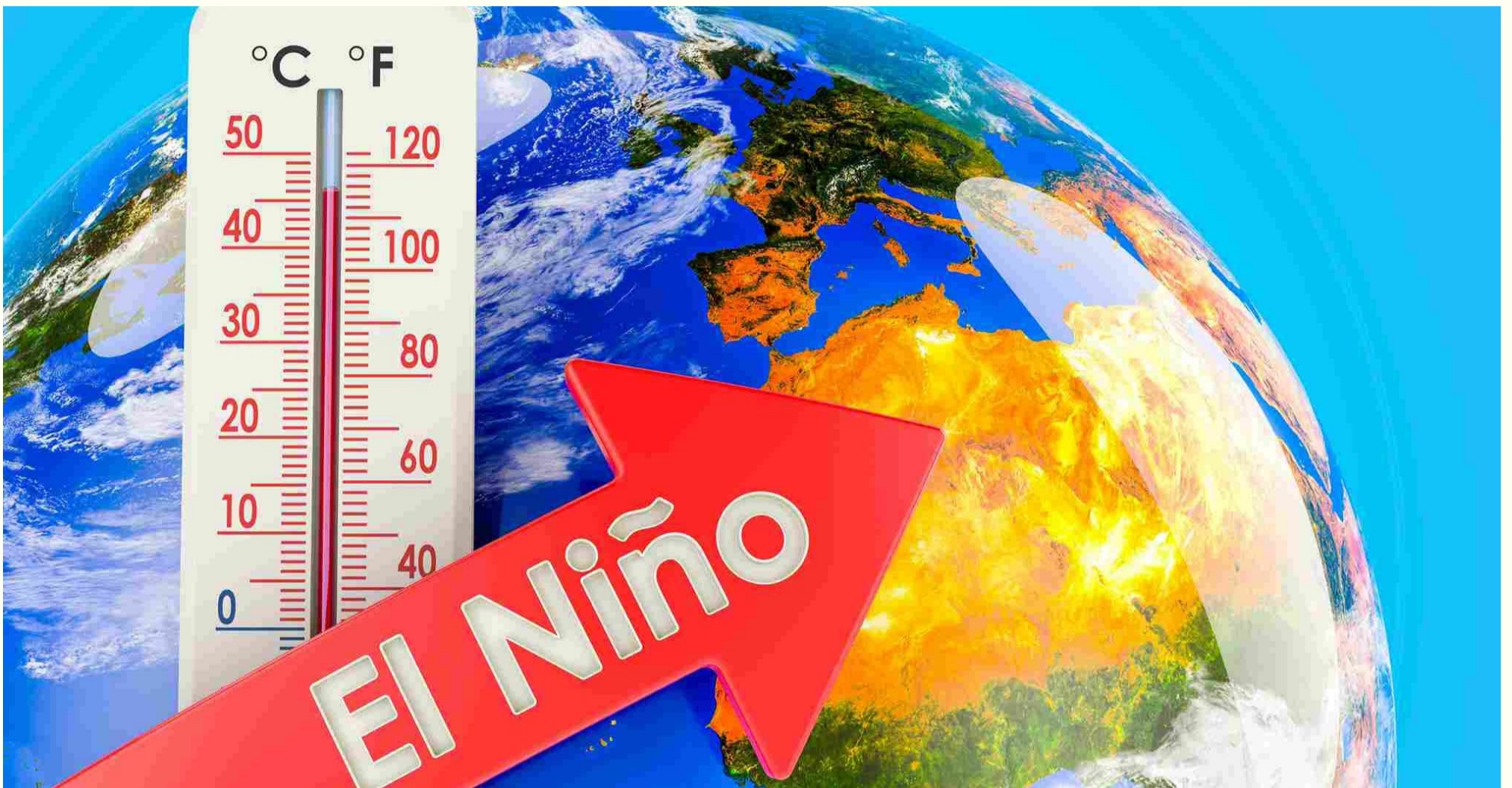
TG's Childcare, Brilliant-Online and Wauchope Chamber all came together to make this event possible, and also to the sponsors of the prizes, Port Adventure

Cruises, Billabong Zoo, Bennetts Steel, The Witchy Nook and TG's Child Care!

Till the next art show, keep those capes and colours flying everyone!

EL NIÑO IS COMING. WHAT DOES IT MEAN FOR AUSTRALIA THIS SUMMER?

◆ It is clear that the stark reality of climate change is becoming increasingly more apparent with each passing year.



➔ The El Niño event in the Pacific Ocean will impact large parts of the Australia's east coast this summer, creating a potentially devastating scenario.

A notion that was generally pooh-poohed as an over exaggeration by many observers in recent times evidently poses a much more real and serious threat to our planet and, ultimately, the future of humanity. So what happens when our increasingly warming planet meets with a natural climate pattern?

We are set to find out this year as The Australian Bureau of Meteorology recently confirmed an El Niño event in the Pacific Ocean that will impact large parts

of the country's east this summer to create a potentially devastating scenario.

El Niño is a natural weather phenomenon which climate change has exacerbated.

Part of a natural cycle known as the El Niño–Southern Oscillation (ENSO), El Niño occurs every 2 to 7 years and results in increased and sustained warmer weather conditions, while its counterpart La Niña generates the opposite.



The Australian Bureau of Meteorology explains El Niño as occurring “when sea surface temperatures in the central and eastern tropical Pacific Ocean become substantially warmer than average, and this causes a shift in atmospheric circulation.”



➔ El Niño brings an increased threat of intense heat waves, extensive drought and hazardous bushfires

Essentially El Niño results in rainfall moving away from the western Pacific Ocean and eastern Australia, and toward the central and eastern Pacific Ocean, thus creating dry, arid conditions – not great for a traditionally hot country and even worse when you factor in the ever-increasing impact of climate change and global warming.

The threat of El Niño to Australia, especially in the eastern part of the country, is very real with warmer-than-usual temperatures and reduced rainfall prompting an increased threat of intense heat waves, extensive drought and hazardous bushfires. The tragic Black Summer bushfires of 2019/20 followed an El Niño event the previous year, resulting

in widespread devastation, including loss of life, property and irreparable damage to wildlife, with over a billion animals killed. In subsequent years we have experienced La Niña, resulting in heavy downpours and destructive flooding. This summer it is the turn of El Niño and experts are concerned.

“We face a dramatic season ahead... things continue to unfold, but Australia being the most vulnerable nation in the developed world makes us really on the frontline of the impacts of climate change,” award-winning climate scientist and writer from the Australian National University Joëlle Gergis explained on a recent podcast with The Monthly.



“El Niño is coming again – and Australia is vulnerable,” she added. 2024 is predicted to be the hottest year on record globally, with the Climate Council stating that we “may witness the first year in which the global average temperature spikes at 1.5°C or higher above the pre-industrial average. Unfortunately, this would result in high fire risks across Australia in the next year.”

Ominous warning signs

The warning signs are already there and they are ominous. CNN details more than 20 runners in the recent Sydney Marathon being hospitalised during a heat wave, ski resorts closing early due to a lack of snow after Australia's warmest winter since records began in 1910, and over 60 bushfires breaking out already across New South Wales.

"We are in a serious place," David Bowman, professor of pyrogeography and fire science at the University of Tasmania, Australia, told the news channel. "The climate change monster has woken up and El Niño means it is

angry."

Several years of wet summers and flooding courtesy of La Niña has seen grass and bushland growth explode across much of the country, creating a precarious situation that is ripe for widespread bushfires this summer. Manager of Climate Services at the Bureau of Meteorology Karl Braganza warned things were rapidly drying out after three consecutive years of wet conditions. "It's really up to individuals and communities now to prepare for a summer of heat and fire hazards," he told SBS.

Hot conditions, less cloud cover and a warmer ocean surface also

results in extensive bleaching of corals, posing a threat to the Great Barrier Reef in particular; during the 2015/16 El Niño, approximately a quarter of the Great Barrier Reef was lost to this phenomenon and this year could turn the situation decidedly desperate. "I fear that the reef might not survive," Dr Gergis laments. "It really pains me to say that I think we are bearing witness to the death of the Great Barrier Reef and it's not something I ever thought I would witness in my lifetime." With global warming expected to breach 1.5°C next year and surpass 2°C by 2040, it paints a rather bleak picture of what may lie ahead.



Over 60 bushfires have broken out already across New South Wales with devastating results for wildlife

Averting the crisis

So what can be done? The Climate Council states simply that “Australia must urgently cut carbon pollution from the burning of coal, oil and gas this decade to protect ourselves, and all future generations, from worsening extremes.”

Dr Gergis further explains that as the sunniest country on the planet Australia has the conditions and ability to become the global leader in the green economy by switching more reliance to solar generated power, which currently only provides 15% of electricity supply nationwide. Overall, only

36% of energy in Australia is generated by renewable sources, way off the government’s declared target of 82% by 2030. A sustained policy insistence on supporting the use of fossil fuels, despite them compounding the global warming crisis, further compounds the situation. “Scientific reality is absolutely being lost on our decision makers... It’s infuriating and it’s heartbreaking,” explains Dr Gergis. SBS states a recent independent Climate Council report as finding existing government targets as leaving Australia “barrelling towards catastrophe”.

Scientists like Dr Gergis have been presenting factual evidence for

years, warning decision-makers at the highest level of government what needs to be done in order to slow the impact of global warming but, unfortunately, it appears to be falling on deaf ears. “We just need our political leaders to be brave [but] I really feel despairing that the political will still isn’t quite there,” she says. “There’s something we can do about it and we’re choosing not to. So I’m hoping that people step up because, you know, I really do believe that the 2020s are a make or break decade that we’ll look back at and say, you know, where were you? How did you show up and what did we do to avert this crisis?”



The Climate Council states simply that “Australia must urgently cut carbon pollution”



Aussies in threatened areas are encouraged to be vigilant and prepare for the possibility of bushfires this summer

In the short-term, Aussies in threatened areas are encouraged to be vigilant and prepare for the possibility of bushfires this summer by updating and rehearsing bushfire survival planning. "It may sound over-zealous, but assigning a day and rehearsing your bushfire plan could help you identify areas for improvement and importantly that rehearsal could be invaluable if you were to experience a fire," Professor Delene

Weber, an environmental scientist and bushfire researcher at the University of South Australia, said in comments distributed by the Australian Science Media Centre and reported by SBS. "Lastly, talk to your neighbours. It takes a community to make an area bushfire safer. Consider offering to help people with mowing, pruning or clearing gutters."

Ultimately, El Niño, and La Niña, are natural climate patterns and

there is very little we can do to avert them. However, contributory factors that are exacerbating them are essentially within our control and the facts and research are there to be acted on. Even at an individual level we can make changes to our everyday lifestyles to reduce the impact of global warming and, hopefully, minimise the threat of causing further devastation to our beloved planet.



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SYDNEY HOTSHOTS NATIONAL TOUR

2023

◆ Look out ladies, the hunks from Sydney Hotshots are back to sizzle and seduce for one night only with a brand-new killer show at Comboyne Ex-Servicemen's Club on Saturday 28th October.



Sydney Hotshots performing at Comboyne Ex-Servicemen's Club on Saturday 28th October

The two-hour production is a visual feast, choreographed and developed

by Australia's leading professionals. The hand-picked selection of dreamy guys will have the ladies up from their chairs, screaming for more, night after night!

With a totally interactive production, The Secret Fantasies Tour is the perfect night out with the girls!

A high energy production, the shows boast the perfect mix of killer dance routines, eye-catching costumes, acrobatics, and jaw dropping athletic male physiques.

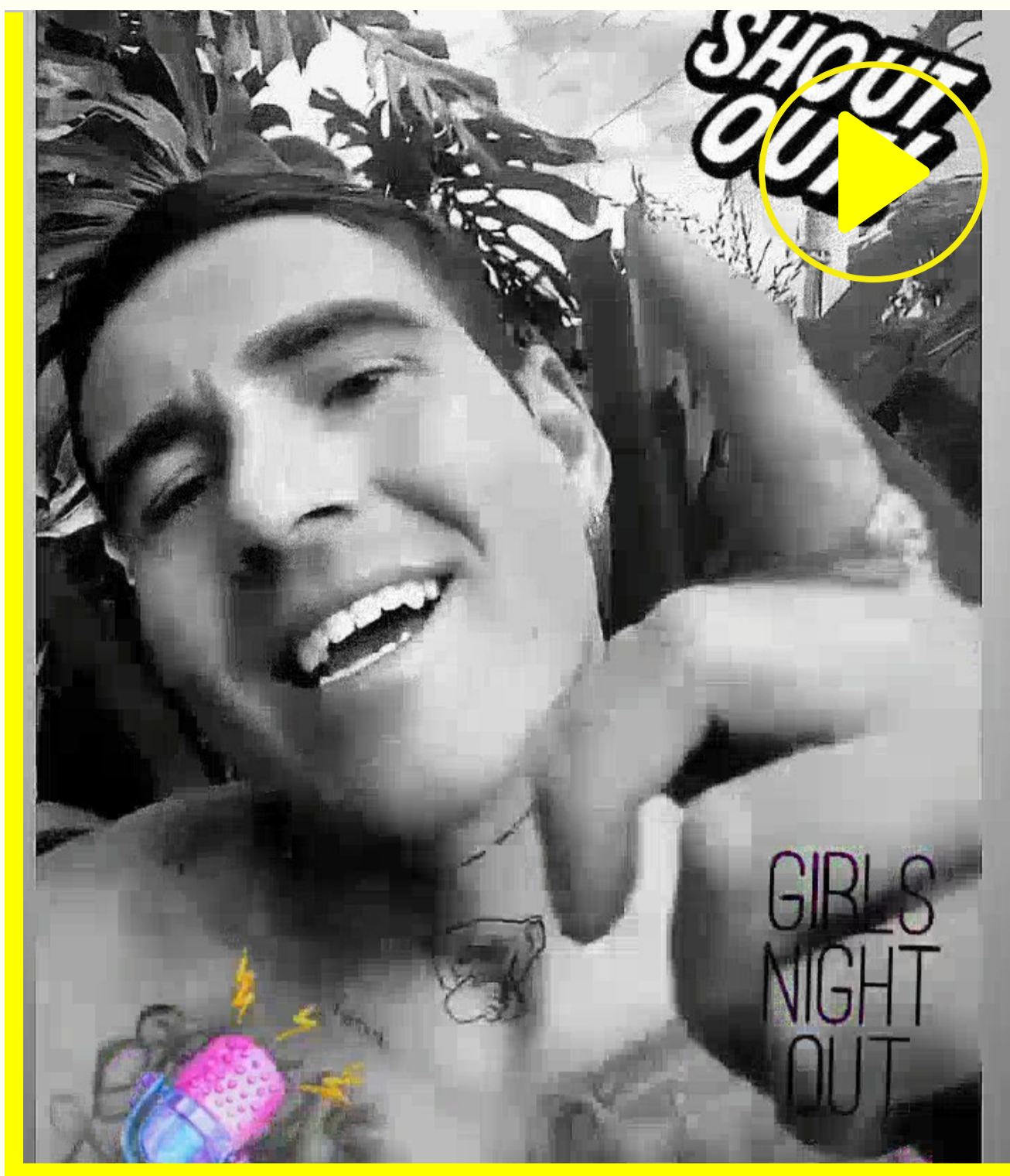


The smorgasbord of sexy guys are selected from 100's of men nationwide and put through an intensive "Hotshots Bootcamp", all graduating with an A+ in hip thrusting!

The fellas come from various backgrounds from Tradies, Cops, Farmers and even Fireman to tour Australia and entertain the ladies!

Hosted by seasoned professional Paul Reynolds (original cast member of Manpower Australia and Las Vegas headliner), Reynolds' showmanship and cheeky banter with his audiences makes for an extra entertaining evening. It's the most fun a girl can have standing up!

The Sydney Hotshots have graced television screens, appearing on Studio 10, Sunrise, AGT and Good Morning New Zealand only to name a few, as well countless radio interviews and newspaper articles/ interviews.



➔ SYDNEY HOTSHOTS NATIONAL TOUR 2023



BRILLIANT EXPERIENCES: WHAT'S ON IN OCTOBER & NOVEMBER 2023

◆ Lots of Brilliant Experiences to participate in to boost your business and engage with your community!

Catch Martin Yan of Yan Can Cook in Sydney!

Foodies are going to be in seventh heaven. Don't miss out on these once-in-a-lifetime events with Chef Martin Yan and Jackie M!

Check out Chef Yan's story and Sydney events

1. An 11-course VIP Dining Experience with Martin Yan at Chefs Gallery on Wednesday 11 October.
2. A 7-course Durian-Inspired Lunch with Martin Yan at Ipoh Hawker on Saturday 14 October.
3. A Durian Masterclass with Jackie M. & Martin Yan also at Ipoh Hawker on Saturday 14 October.

Micro Business Forum Events for Small Businesses

Business students take note! Micro Business Forum is offering special rates for their Micro Business Forums. Our communities are thriving with more and more Tween Entrepreneurs. Join MBF events to help bring your small business ideas to life.



GET TICKETS



Dinner Experience with Martin Yan & Jackie M.



Thursday Coffee Connects

12 October, 10am, Abundance Cafe, Sancrox. RSVP here.

9 November, 10am, Waters Edge, Port Macquarie

Wednesday Small Business Forum

18 October, 5:30pm – 7:30pm

Charles Sturt University, Port Macquarie, Major Innes Rd, Port

Macquarie NSW 2444, Australia

*Special Student fee \$15.

Discussion topics include My Small Business Brand, Cyber Security, Health and My Small Business Online.

Roadmap from Ideas to Successful Business with Patrick Dale, 2022 Top 5 Australia's Tween Entrepreneur

15 November, 5:30pm – 7:30pm

Charles Sturt University

Lakeside Laughs Comedy Night

The Lakeside Laughs Comedy Night kicks off the Lakeside Festival Weekend. Get ready to split your sides with Lakeside Laughs Comedy Night at Club Forster on 3 November, 8pm-10:30pm with superstar comedians such as Andy Saunders, Tommy Dean, Marty Bright, Ben Stevenson, Steve Hoskins and Auntie Maureen! Tickets are at \$30. Get your tickets here at Club Forster.

Wauchope Friday Writers Group

Book lovers, make yourselves free on Friday 24 November, 10:30am-12:00 at Port Macquarie Library, 32 Grant St, Port Macquarie.

The Wauchope Friday Writers Group has published another book and author Leanne will be there for a chat at the book launch!

Check out the new book Poetic Justice - The Faces of Retribution, a result of a writing challenge set up by group facilitator and published author Desley Polmear.

This group of enthusiastic writers was given the challenge of writing

in the third person in a murder or mystery genre, and you'll be spellbound by their ideas!

Register for book launch

Hastings District Flying Club Open Day 2023

Come visit Hastings District Flying Club on their Open Day 2023 on 22 October, 9am to 3pm. Entrance is free. Learn more about their training, aircraft and activities.

Hastings District Flying Scholarships

The Hastings District Flying Club (HDFC) aims to inspire the youth

of the Hastings District to pursue aviation by offering two flying scholarships worth \$1,500 each. These scholarships provide training opportunities for a duration of 12 months. Participants will receive flying instruction in the Sling2 aircraft, guided by experienced Recreational Aviation Instructors from the club. Successful completion of the training will result in the attainment of a Recreational Aviation Australia pilot certificate.

Application closes on Tuesday 31st October 2023. Learn more and apply here.

Apply now

APPLY FOR HDFC FLYING SCHOLARSHIPS

APPLY NOW

hdfc.com.au/flying-scholarships
Application closes on Tuesday 31st October 2023

The Hastings District Flying Club (HDFC) is offering two \$1,500 flying scholarships to promote aviation to the youth of the Hastings District.

LAUGH OUT LOUD WITH US!

Friday, November 3

LAKESIDE LAUGHS

COMEDY SHOW

8pm at Club Forster

ANDY SAUNDERS

TOMMY DEAN

MARTY BRIGHT

BEN STEVENSON

STEVE HOSKINS

AUNTIE MAUREEN

#LFEST23



EXPLORE PORT MACQUARIE



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