

MAY 2022

brilliant

ONLINE



➡ Spike and Mum Lucy

The

MOTHER'S DAY

Issue



INSIDE: We celebrate mothers in May while Doing Good, Feeling Good and Looking Good.



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NOTE FROM OUR EDITOR

◆ Welcome one and all to this month's edition of Brilliant-online.

As the year gathers pace and we enter the month of May we are certainly not slowing down in continuing to deliver a wide range of Brilliant stories for your enjoyment.

There's a lot going on this month. Mother's Day may have occurred just before we published but that doesn't stop us from paying our respects with a story dedicated to all the wonderful Mum's out there on their special day.

We catch up with performing artist Mums Elle Diablo and Lucy Frost from the Tortuga Festival, profile some of the super sporting Mums out there and have an intriguing piece on traditional versus modern day parenting techniques.

Our mantra at Brilliant-online is always 'look good, feel good, do good' and we have a special piece on how we help businesses do just that. Meanwhile, we catch up with the team at Lifeline Mid Coast to learn more about their Push Up Challenge and there are some invaluable tips on how to keep the weight off during the impending winter months.

Elsewhere, we chat with Angus Gill, fresh off winning a Golden Guitar Award for Bush Ballad of the Year

for his song The Easy Way and catch up with Pam Hata to learn how the COVID pandemic and recent floods influenced her latest song "Big River Run".

May is also Pet Month so we catch up with tails, sorry, tales of our furry friends throughout history and meet Toni Jessop who is on a one-woman crusade to help rescue the streets dogs of Phuket and find them forever homes.

There's plenty more so go right ahead and get stuck in! We do hope you enjoy this month's offerings.

Ben Tirebuck



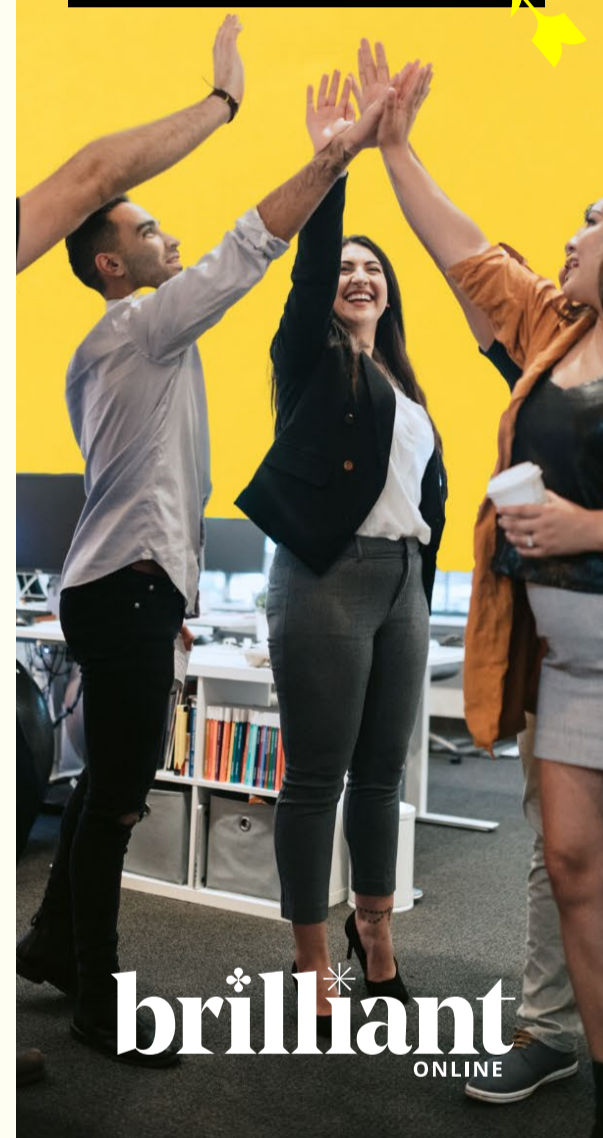
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➡ Bridgette and Veronica with their granddaughter, Victoria



Brilliant
MOTHER'S DAY



MUM'S THE WORD!

◆ Mother's Day is a truly special day in the calendar where we all get the chance to show our genuine love and thanks to that one very special person in our lives.

It goes without saying that it's not only one solitary day each year where we do this, but Mother's Day affords the opportunity for Mum's all over to rightfully stand front and centre, take a day off and be lavished with attention!

Let's face it, mothers are bona fide superstars! Not only do they carry and nurture us for a whole nine months before we are born but they raise us with an unconditional love and support that only a mother can, through our infant and petulant teenage years all the way up to and beyond our own adult lives. They help us make sense of the world, installing our emotional fibre and establishing our moral compass and are always there to turn to for invaluable advice and direction. We love our Mums, that's for sure!

But what about a little history and insight into how the occasion originated and how it is celebrated across the world?

Festivals

Mother's Day is celebrated all over the world and has been for centuries. The ancient Greeks worshipped Rhea as the 'Mother of Gods,' celebrating via an annual spring festival to honor the goddess of nature and fertility.

Similarly, the spring festival of Hilaria was celebrated in ancient Rome on the Ides of March (March 15) some 250 years before Christ was born in honor of mother goddess Cybele where festivities including games, parades and masquerades would last for three days.

During Medieval times, apprentices and servants were allowed leave on Mothering Sunday in order to travel home and visit their mothers. The popular custom was to take a special Mother's Day cake known as a Simnel cake, a rich fruit mixture with layers of almond paste in the middle and on



➡ RHEA (Rheia) - Greek Mother of the Gods

top, decorated with 11 marzipan balls to represent the apostles of Jesus (minus Judas Iscariot).

Mother's Day was adopted in the 16th century by Christians in the lead up to Easter as part of their Lenten traditions each year to honour the Virgin Mary. This is why Mother's Day is celebrated in the UK on a different date to most other places in the world, exactly three weeks before Easter Sunday (it was celebrated on March 27 in the UK this year). It was also during this period that the tradition of giving gifts became popular as families would reunite for a Mothering Sunday service at church and often children would pick flowers en route which they would then present to their mothers as gift bouquets, hence why the giving of flowers is still such a popular one.

Present day origins

Elsewhere, Mother's Day tends to follow the traditional American date of the second Sunday in the month of May. This was established on May 12, 1907 by Philadelphia resident Anna Jarvis who wished to not only hold a memorial service for her late mother, who had died two years prior, but to mark a day when all mothers and the sacrifices they make could be honoured by their children.

The practice gained popularity as commemorative church services spread throughout America, leading to then President Woodrow Wilson in 1914 officially proclaiming the second Sunday in May as Mother's Day, describing the day "as a public expression of love and reverence for the mothers of our country."

Nowadays, Mother's Day is, of course, a major celebration. According to statistics from the U.S. National Retail Federation published by Fox Business, an estimated US\$31.7 billion was forecast to be spent on Mother's Day in the U.S. alone this year. Approximately 23 million flowers are sold on Mother's Day each year, and about 122 million phone calls are made. Big numbers and big business.

In Japan Mother's Day gained popularity after World War II as a way of comforting mothers who had lost sons to the war. Celebrated on the same date nowadays as in the U.S., 'Haha No Hi' is an extremely popular date in the Land of the Rising Sun where red carnations are typically given to symbolise a mother's purity, sweetness and endurance.

The celebration falls slightly later in France, on the last Sunday of May, where the traditional gift of a flower-shaped cake is given to mothers across the country. Interestingly, for a period after World War I mothers of large families were given medals by the government as recognition and thanks for helping rebuild the population after so many lives had been lost during conflict.

In Ethiopia, families celebrate Mother's Day on the second Sunday of May in the form of the Antrosht festival. Typically signifying the end of the rainy season, families convene and celebrate over a large meal while engaging in song and dance performances that honour their mothers and other family heroes.

India always loves a good festival and Mother's Day is no different! Taking place in October and dating all the way back to the 16th century, the country honours the goddess of mothers known as Durga where a 10-day festival is held and families spend weeks preparing food, decorating their homes and gathering gifts.

Finally, we turn to Thailand. The Royal family is highly revered in the Land of Smiles which explains why Mother's Day there takes place on the set date of August 12 each year to coincide with the birthday of the much loved and respected Queen Sirikit. Families gather to eat and share memories and elaborate parades and ceremonies take place to honour the dual intentions of the holiday.

Wherever, whenever and however you celebrate your Mother's Day, the one thing in common is it is an occasion to honour and respect the family matriarch, to show her how much you love her and how grateful you are for everything she has done and continues to do.

HAPPY MOTHER'S DAY to all Mums out there!



➔ The tradition of giving carnations in Japan



➔ A traditional gift in France for Mother's Day is a flower-shaped cake.



➔ Antrosht festival, in Ethiopia



➔ Mother's Day in Thailand is a special event in schools.

PERFORMING MUMS HAVE A REWARDING COMBINATION OF SKILL SETS

◆ Balancing work and parenting is never easy, let alone when you are a performing artist with countless hours of rehearsals and shows. Having a supportive family and co-workers is certainly an advantage.

We caught up with two of the Mum performers from the TORTUGA Festival, Lucy Frost and Elle Diablo.

Lucy Frost and son Spike

Being a mum and an artist/performer is never easy. Touring life doesn't fit so well around naps and early nights!

You have to pick the events you really want to do and be OK with saying no if it's not what is best for your family.

Lucy's husband is a performer too, so they have to take turns to do their projects and be present and patient when it's not your turn. It's not all a compromise, though.



Lucy said, "I feel so warm and fuzzy seeing the joy in his eyes when he learns a new skill and memories of my childhood come flooding back."



➡➡ Lucy Frost and son Spike, Balancing Motherhood and Career

She told us, "Being a mum is one of the most creative roles I've played! I've never done so much singing, making, painting and playing as I have with our son in the past two years. Every night at bed time I get to try out funny voices and comic timing on my favourite audience member. I am passing on my passion for acrobatics and circus-p."

Two-year-old Spike goes to kindy stars gymnastics sessions at Springloaded which Mum and son LOVE doing together.

Elle Diablo and daughter Bonnie

Elle is a sword swallower, fire and sideshow performer and has been teaching pole dance for 16 years, PLUS she is a Mum.

Before circus life she studied biomedical science at university and had plans to become a medical doctor. Now she is the co-director of one of Melbourne's original pole and burlesque schools, Bottoms Up Dance, and mum to 4-year-old old Bonnie.



"Being a mum is one of the greatest challenges and biggest joys of life," said Elle. "Bonnie has grown up in the dance studio and beside the stage. She plays games with her toys where she goes off to 'work to do a show'."

"The burlesque/circus parent community has been a wonderful perk of becoming a parent. It's been great to have so much support from other parents who know the specific challenges of parenting and performing in an unconventional field."

Happy Mother's Day to all Brilliant Readers!



➔ Elle and Daughter Bonnie

TRADITIONAL VS MODERN PARENTING

◆ Parenting 101 – wouldn't we all love to have an instruction manual we could just follow to know what's the 'right' thing to do when we become parents?

Let's face it. It's tough being a parent.

There's no need to sugarcoat here. You don't get to go to school to learn or train how to be a parent. Pilots train to fly a plane and get everyone safely from one place to another. Doctors spend years poring over books and hours practising and learning how to help people who are sick. But to become a parent? There's no Parenting 101 or Proficiency Parenting courses we can take.

You can read all the books available on parenting and when you're faced with your toddler having a meltdown you still feel frustrated and guilty (yes those two emotions can actually go together). There are tons of books about pregnancies and preparing for the big arrival. And we diligently apply ourselves to becoming the expert on this stage of becoming a parent. But somehow once the child arrives,

perhaps there's too much going on, but it is not as common for parents to pore over books to learn 365 Mantras for Managing Meltdowns with Terrible Twos or How Not to Scream When Teenagers Push Too Many Buttons.

You just... getget busy surviving being a parent.

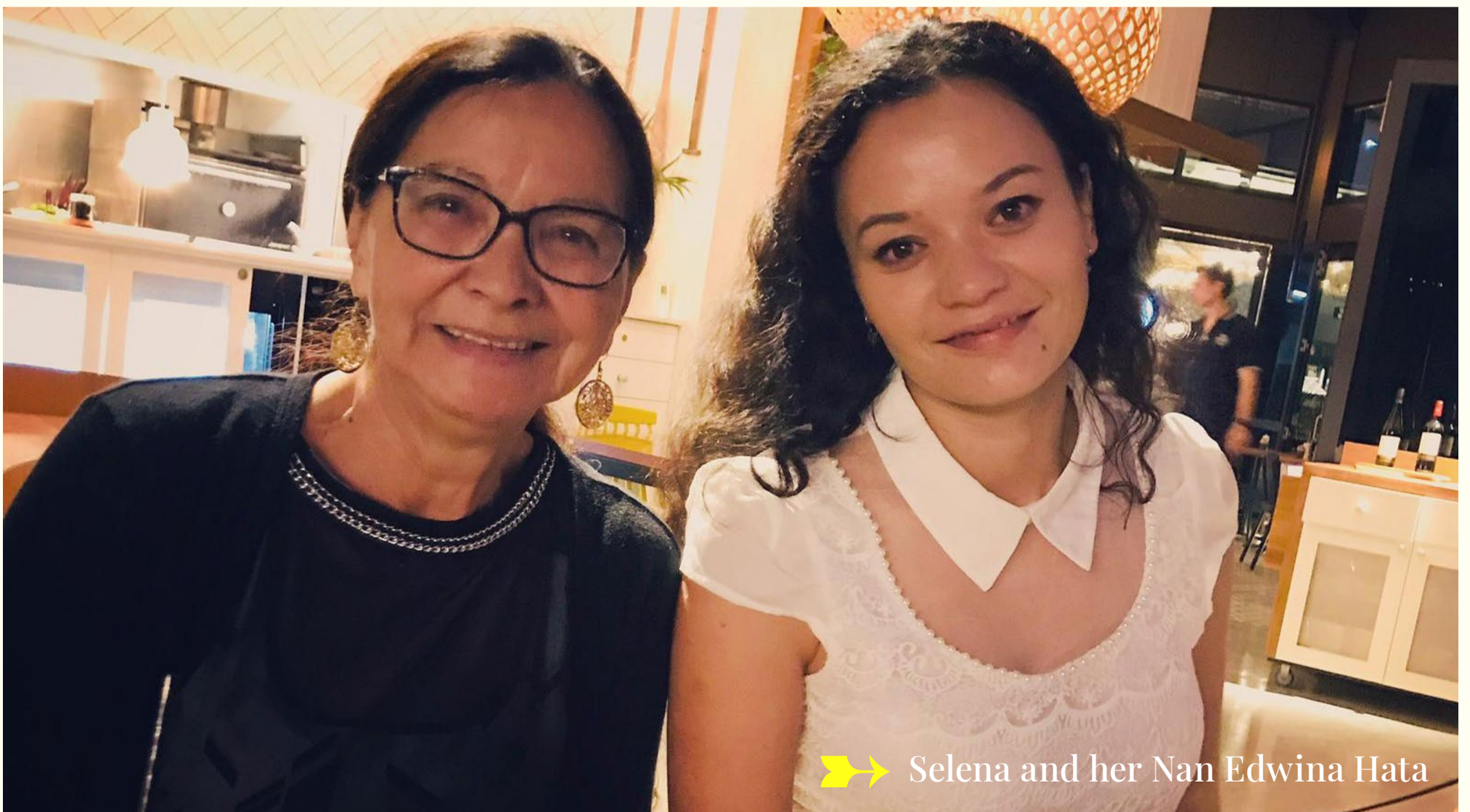
So to all parents out there, know that you are not alone, and that we recognise Modern Day Parenting can feel arduous and stressful.

It doesn't end when you become a grandmother

I recently visited my granddaughter in Luxembourg and landed to a very different parenting experience which got me thinking about parenting styles and how one can never really know what is the 'right' thing to do. Parenting styles are different not just across generations but also across countries and culture.

It had been a long wait to finally meet my granddaughter, and now that travel restrictions have been lifted, I was raring to pack my bag and jet set my way to meeting Victoria. After a gruelling journey all the way from Australia through several countries and battling long flights, COVID tests and lost baggage, I finally got to meet our latest precious member to the family.

We all have expectations of what it would be or feel like when meeting our grandchildren for the first time, and yes it was magical and totally worth all the travel misadventures, but what I was not prepared for was how unsure I actually was about parenting. Thing is, just because you become a grandparent does not mean you have been awarded a promotion or a PhD in Parenting. If anything, I found myself even more confused about what parenting really is about!



→ Selena and her Nan Edwina Hata

I'm sure some of you have struggled over these questions:

- Do I pick up the baby if she's crying?
- How long should I let him cry before picking her up?
- Do I put her down the minute she stops crying?
- Am I hugging her too much, too long, too often?
- Is ignoring a fussy baby going to emotionally hurt them?
- Is pampering a fussy baby going to emotionally hurt them?
- Why can't I feed her the things I used to feed my own daughter?
- and the biggest question is....omg... am I a bad mother / father?

... and the list goes on and on. You get the idea.

Many of us look back to our own childhoods as a point of reference as to how to parent. But our children are growing up in a totally different generation and there just isn't a template for how to parent in this present generation.

So as parents we are caught in this strange, eternal twilight zone between two worlds - the traditional and the modern. I thought I'd shine a brilliant light on these two seemingly opposing ways of parenting and see what I can discover about this elusive thing called parenting which seems so impossible to ever get right!

Traditional Parenting

Keywords: Authoritarian. Discipline. NO.

Main aim: The parent is the authority figure here. They teach children skills, manners, values that will allow them to become responsible adults who will in turn become useful members of society and contribute to their families.

Characteristics of children: They have good manners, have been 'well-taught' by their parents, behave really well, understand school and education are important. They get good grades and collect accomplishments in various areas of their lives. As adults, they are dependable, reliable and have good work ethics.

Style: It is a very practical way of parenting, where the focus is on the long term and the benefit of the greater good. Many may be familiar with the philosophy of "You need to study hard now so you can get a good job in the future."

Parents are more likely to exert power and authority over the children who are expected to be obedient and responsible.

In this style, parents impose more restrictions and boundaries and say no a lot more. And a NO in traditional

parenting is a complete sentence. There is no room for negotiation. Discipline is strict and resistance is futile.

The values and belief systems of the family are also important here. Children are expected to behave according to these values. Children learn to abide by rules at an early age and they learn the consequences of not following rules as well.

Tantrums, meltdowns and disrespect have no place here. And like an ever reliable mathematical equation, every action has its consequences.



➔ Ben and Mum Pat

Downside: This makes the role of the parent the 'bad guy' where everything is rigid, inflexible, disciplinarian and lacking in ease and affection. It is tiring for the parent to constantly put on an 'armour' and set strict boundaries, sometimes to the point of disconnecting and pushing the child away in the name of punishment and education. Spare the rod and spoil the child is what parents fear in this style.

Children growing up in this style learn a fear of authority figures, some become timid and withdrawn and have difficulty socialising. Others can go to the other extreme and become rebellious, driven by fear and anger. Children do not have the chance to fully develop a sense of self in a safe, loving and healthy environment, because their point of reference is always an authority figure in the family. They constantly seek approval and base their behaviours on how others react.

Modern Parenting

Keywords: Customised. Nurturing. Permissive.

Main aim: Mental health is not some trend here - it's a vital part of modern parenting. It is a more nurturing approach that respects each child's individual talents, preferences and needs. You could say that it is customised to how every child is. Modern parenting is aiming to raise children who are confident and who can trust in their own abilities and self-worth.

Modern parenting is not so hung up on scoring grades and achievements. It takes on a more all-encompassing approach and recognises the child's unique skills and tries to build up on that so they can find their place in the world and be able to fit in as well as contribute.

Characteristics of children:

Children who grow up under this style of parenting have a stronger sense of individuality, confidence and are more trusting of their own abilities to take on the real world. They are less likely to be socially awkward.

Style: Parents are very involved in this style. They are not so rigid with rules and boundaries and are able to see another way of approaching a situation or trying to understand why a child behaves the way they do. This style encourages children to respect (and trust) the authority figures as opposed to fearing them. Children are encouraged to explore, play, try different things. Punishment is not the modern parenting cup of tea - it's not about punishing, threatening or shaming a child for not doing something. It's about rewarding them when they do, and finding ways to get them interested.



→ Liz Jarvis, Sean(Hubby), sons Liam, Adam and Ivan

Downside: As is often said, balance is key to everything. Zero discipline leads to an overly permissive parenting style. You do not want to have the child to lead you by the nose and become the boss of the house where they can do anything they want. In the long run, this actually hurts the child because they are unable to cope in the real world where life is very often unfair and comes with its challenges. They are unable to deal with rejection and lack the resilience to push through difficult periods.

Obsessing over every single thing the child does leads to being too involved which can feel suffocating to the child (and maybe to the parent if they cannot cope). This is what is commonly known as helicopter parenting. Over control is not love, and it is harmful to the child who may act out with tantrums and meltdowns.

For a comparison of the differences between traditional and modern parenting, check out this table.

[Check Here](#)

So now what?

There is no one style that is perfect and the easy solution to parenting. If you look at Nature, species evolve by selecting the strongest and healthiest traits and passing that on to the next generation. So perhaps that is what we can do when it comes to parenting styles. Be selective and be prepared to adapt with each generation and agreeing with what my son-in-law says, "Adapt with each child as everyone is different."

Parents with more than one child can attest to how frustrating it is that the blueprint that worked like magic with their first child rarely works for the second or the third. It's back to the drawing board with each child. There is no one-size-fits-all parenting here.

From the day you first meet your child to the day you see them get married and have their own kids, you will always have doubts about your parenting choices and decisions.

We all want to be the best parents to our children, and that can cause a lot of stress if we focus too much on that. It can make us forget that here is a little person who is seeking and needs an emotional connection with us.



This little person is not here to judge how we fare as parents. This little person just wants to BE with us. We are human BEINGS. Not human doings.



Four generations, Angela and Lily Shaw, Myra Brook and Jenny McKenzie

Perhaps a much more realistic and far kinder approach is to aim to be a Good Enough Parent. We do our best, and that's enough. At some point when we grow up, we can all look back and understand why our parents behaved as they did and made the choices they made. Our children will do the same with us.

Government Help

What is true is the world continues to change and we have to keep up with parenting differently. Parenting Version 0.1 may no longer be compatible with our world now. We need to update, reboot, refresh and go for Version 4.5. We are also getting more awareness and knowledge which we can wisely apply in appropriate doses to help make our parenting more manageable.

Many countries and companies are also doing their part to step in to help parents. Especially with modern parenting, more attention is focused

on the child, and we are seeing an increase in maternity and paternity leave and government support for families.

Bulgaria for example, is leading the way in being the country with the most generous maternity leave. Mothers get 410 days of maternity leave in a phased approach. This is funded at nearly full pay, and social security covers 90% of the salary. Learn more about which are the 5 countries with the best maternity leave here.

Loved as I Am

Being with my granddaughter and listening respectfully to what my daughter and her husband think about parenting, as well as to what her husband's parents think has given me a new way of looking at parenting. Yes, it was uncomfortable feeling unsure and lost, and I also know that regardless of the parenting style, Victoria is growing up in a loving

environment with so many adults who love her and want the best for her. I trust Victoria loves me anyway, right here right now as I am (babies and children do not obsess and worry about the future!), however I (grand)parent. I am a Good Enough Grandmother, and I am proud of my daughter for being a Good Enough Mother, and I hope she enjoys her motherhood as I have enjoyed mine.

For a 'job' that does not offer year-end bonuses, promotions, recognition or a tidy early-retirement package, parenting is an experience that is ultimately as much about your own growth and development as that of your child.

To our readers who are parents, tell us about your parenting experiences and share the kindest advice you've received or learnt that helped you cope with difficult moments. It is in our shared experiences that we all come to realise we are simply humans trying to do our best.



I wish all Mums
a very Happy
Mother's Day.
You've done well
- very well.



➔ Victoria having lunch

As the poet Kahlil Gibran famously said in his poem On Children:

Your children are not your children.

They are the sons and daughters of Life's longing for itself.

They come through you but not from you,

And though they are with you yet they belong not to you....

You are the bows from which your children as living arrows are sent forth....

For even as He loves the arrow that flies, so He loves also the bow that is stable.

Interesting reads :

Dr. Namira Williams supports Mothers with Disabilities

Birth is a Team Effort

Confinement after Child Birth



➔ Chrissy and her grandson



➔ 4 generations Jill Lyons (my mother), Emily Wright (my granddaughter) Ellin Williams (my daughter and Emily's mum) and Namira Disability Maternity Care





Brilliant
HEALTH



MEET THE TEAM AT DISABILITY MATERNITY CARE!

◆ It is often said 'Teamwork makes the Dream work' and I have to say we agree. Our small team has grown over the last year, and we wanted to let you know more about who we are in this article. We have also provided a video about what we each do at DMC, why we do it, and a fun fact about ourselves.

Like all teams, we bring different strengths to the team, which is crucial in reaching our goals, whether short term, or long term. Recognising each other's strengths, and working together is a strength of disAbility Maternity Care as an organisation. It benefits us at work, and benefits you as consumers. So we would like to tell you a bit more about ourselves and our work superpowers:

Giorgio

Superpowers: Giorgio's superpower is his ability to produce fantastic media, graphics and videos. Essentially, turning something ordinary into an inviting social media experience, whether it's a fun fact or serious snippet. His other superpowers are his ability to manage IT issues and problem solve them. "We should call him Dr Giorgio as he certainly gets rid of my headaches," quips Namira.

Favourite book – The Farseer Trilogy by Robin Hood

Favourite movie - Snatch by Guy Ritchie

Sophie

Superpowers: Admin and database skills are Sophie's superpowers. Commitment to detail and making sure everything that goes out for public scrutiny is perfect. Sophie's other skill is fast response time and keeping the team on a time track. "She's often done things as I go to mention them," Namira comments. "That's working in sync!"

Favourite book/ movie - I don't have a favourite as there are too many!

Amanda

Superpowers: Being 'with woman' and all things midwifery is Amanda's superpower. She brings her knowledge as a midwife to developing our education programs, combined with her passion working to support parents with disabilities. Her empathy working with women is reflected in the details of education program development.

Favourite book – The Secret River by Kate Grenville

Favourite movie - Moanna

Namira

Superpowers - Namira loves working on projects, collaborating with others and bringing everyone's ideas together to make a final goal happen.

When asked about her favourite project she replied, "I've worked on lots of different projects, but one of my favourite was training a group of women from the Punjabi community to be community educators about women's health screening.

"These five women then went back to the community to talk to the other



Giorgio



Sophie



Amanda



Namira

women about why health screening was important and where to go for it. After the project was finished, some of these women went on to develop strong career roles in health. I loved to see that personal growth come from small projects."

Favourite book – There are too many good books to pick a favourite, but if I have to, then I love A piece of straw by Junko Morimoto, which I used to read to my children. Such a great book to teach children the value of sharing and giving.

Favourite movie – Forrest Gump

We care

At disAbility Maternity Care we are all passionate about creating equality for parents with disabilities so that they are supported to be the parents they would like to be. If you haven't been to our website, check it out here <https://www.disabilitymaternitycare.com>

We provide regular newsletter and information about what's going on in this space. As always, we would welcome feedback.



dis**Ability**
Maternity Care



DMC Meet The Team



dis**Ability**
Maternity Care

WE ENABLE FAMILIES, HEALTH &
SERVICE PROVIDERS WITH TOOLS
& RESOURCES TO SUPPORT
PARENTS WITH DISABILITIES

www.disabilitymaternitycare.com



TIPS TO STOP THOSE EXTRA KILOS DURING THE WINTER MONTHS

◆ As we add the layers of warm clothing to beat the cold we also disguise our growing waistlines. With some simple changes, we can help prevent the extra weight that the average Australian gains over winter.

Keep active and get outdoors!

Warm up on those chilly mornings with a brisk walk. Not only will the sun warm you up and make you feel great, staying

active in winter is one of the best ways to prevent the extra kilos creeping up on you.

Try something different like gyms, indoor sports, aqua aerobics in a heated pool, Pilates, Yoga, Fitness

DVD's, Jump rope and resistance bands... the options are endless so no excuse not to get moving!



➔ Walking the dog is a great way to keep active and get outdoors

Stop the Winter blues - some easy steps to follow

- Watching portion sizes and avoid comfort eating
- Choose tomato based sauces rather than cream ones
- Enjoy hot skim milk drinks
- Fill up on salad and cooked vegetables
- Read food labels carefully rather than falling in the trap of comfort eating
- Allow yourself one treat day per week
- Add legumes to soups and casseroles

More healthy recipes from Raw Chef Yin

Avoid those nasty winter bugs and boost your immune system

Eat plenty of fresh fruit and vegetables. Citrus fruits boost intakes of Vitamin C and can help reduce the duration and severity of a cold. Citrus fruits are in season over winter, so make the most of this!

Add garlic to soups, stews and casseroles (or take a garlic supplement). This can act to reduce cold symptoms. And don't forget to keep up the fluids... try herbal and green teas.

These are just a few things of the things we can do throughout winter to maintain a healthy weight and a healthy mind so what are you waiting for?!

Call JK Healthcare to make an appointment with Jodie Kennett (Accredited Practising Dietitian and Credentialed Diabetes Educator.)



➔ Fight those winter layers



➔ Healthy, fresh food

HEALTHY APRICOT CHICKEN RECIPE

◆ Revamp traditional apricot chicken with this nutritious, reduced fat and high fibre recipe.

369 calories per serve

Allergens: Recipe may contain mustard and celery

- 20m prep
- 50m cook
- 4 servings

Ingredients

- 2 tsp olive oil
- 600g skinless chicken thigh fillets, cut into 3cm pieces
- 1 large onion, thinly sliced
- 2 sticks celery, thinly sliced
- 2 carrots, peeled and cut into chunks
- 2 garlic cloves, crushed
- 1 tbsp wholegrain mustard
- ½ cup Massel salt reduced chicken style liquid stock

- 1 cup apricot nectar
- ¼ cup chopped dried apricots
- 400g Cannellini Beans, drained and rinsed
- Steamed snow peas and broccolini to serve

Method

1. Preheat oven to 170C/150C fan forced. Heat half the oil in a large casserole dish over high heat. Cook the chicken in 2 batches for 1-2 minutes each side or until golden. Transfer to a plate.
2. Heat remaining oil in the same dish over a medium heat. Add the onion, celery and carrot and cook, stirring, for 5 minutes or until softened. Add the garlic and cook, stirring, for 30 seconds or until fragrant.

Return chicken to dish. Stir in the mustard, stock, apricot nectar and dried apricots and bring to the boil. Cover the dish with a lid or foil.

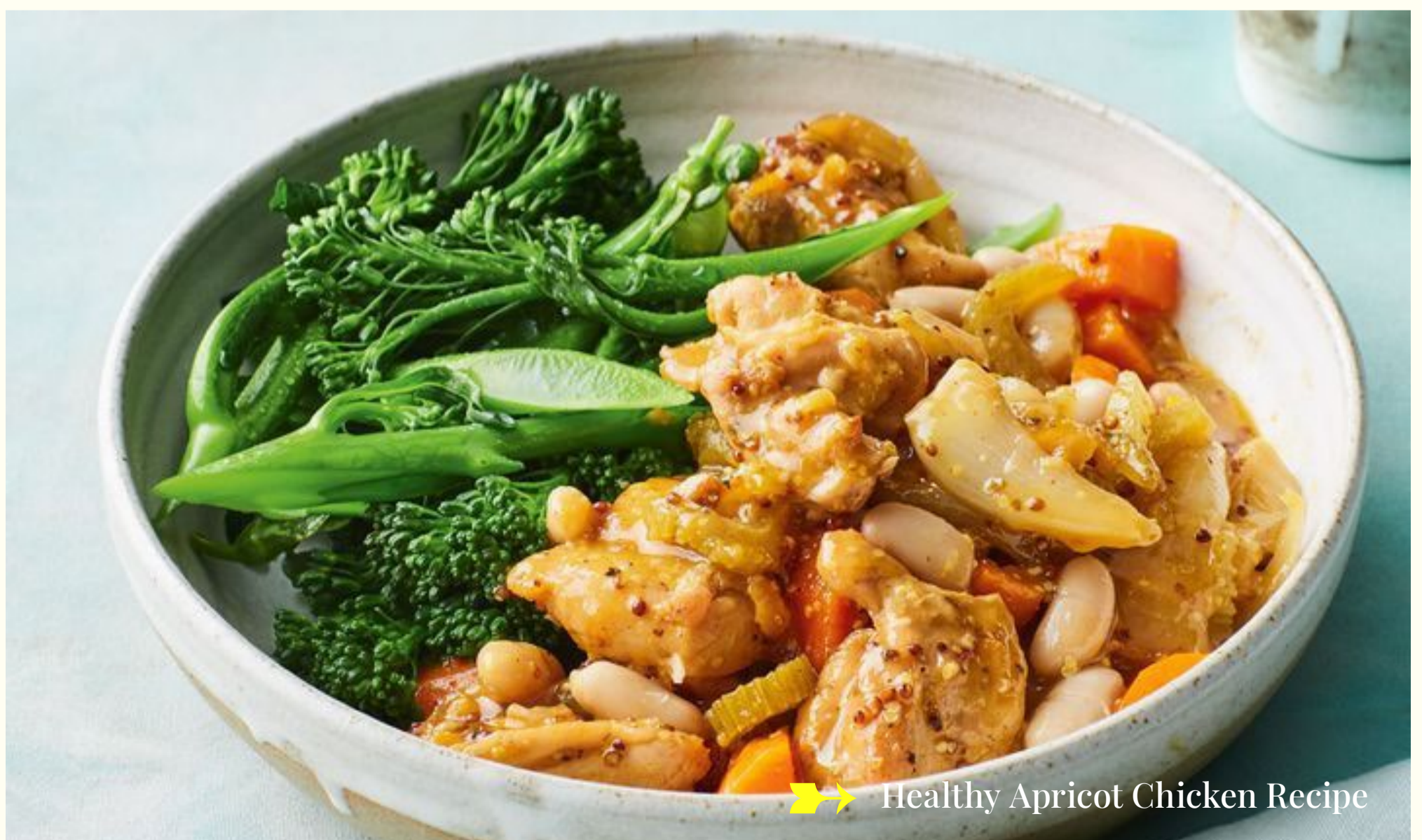
3. Bake for 40 minutes, adding cannellini beans for the last 10 minutes of cooking time.
4. Serve with steamed snow peas and broccolini.

RECIPE NOTES

Tip: You can swap the cannellini beans with another legume such as canned chickpeas or butter beans.

Read about keeping weight down during winter months

Want more recipes?



➔➔ Healthy Apricot Chicken Recipe



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Brilliant
BUSINESS



HELPING BRILLIANT BUSINESSES LOOK GOOD, FEEL GOOD, DO GOOD

◆ Brilliant-Online has been doing good helping businesses look brilliant and feel brilliant.

Brilliant-Online shows that magic does exist. With our Harry Potter-inspired interactive advertising platform, we have been doing magic, empowering businesses to look good, feel good as they do good for the community with their skills, services and products.

We are helping progressive individuals and dynamic businesses tell valuable, accurate stories people want to hear, deepen knowledge and nurture engagements leading to direct, immediate connections. The magic is in creating positive brand perception and sharing their stories all over the world.

There is a growing Brilliant community of people coming together, pushing for a better world in the digital era. And we feel good doing good, Brilliant-style!

Achieving Brilliant Goals

When we started out, it was clear for us what our Brilliant goals were:

1. Help Gig Businesses around the world sell without selling
2. Help the business community reach new audiences or engage with existing stakeholders to get their stories heard
3. Enable our clients to use Brilliant Magazine and online multi-dimensional advertorial platform for business growth
4. Fill a gap in the global marketplace for a new type of publication

[Check out our Advertising Package](#)

Fostering Brilliant Values

We are also guided by our Brilliant Values, which are:

1. We believe in AUDACITY, being passionate and bold in setting modern pathways
2. We believe in IMPACT, making a positive difference to those who come in contact with us
3. We believe in ACCOUNTABILITY and own every action
4. We believe in KINDNESS and treat everyone and everything with respect



➔ Veronica Lind and Chrissy Jones, a friendship that started something Brilliant

Making Businesses Brilliant



"One of my sayings is: look good, feel good, do good." - Michelle Carter, Gold Medalist, Women's Shot Put, Olympic Games 2016

That is exactly what Brilliant-Online is doing in this space. We are helping businesses look good, feel good while they are doing good!

Do Good

What does it really mean to 'do good'? A common perception is giving to charity, volunteering or being kind and helpful. But how does an online magazine 'do good'?

We actually have lots of brilliant ideas up our sleeves! And we have been keeping busy Doing Good Brilliant-style since we started.

We cover a lot of community stories. It's one of the best parts of our job, because we get to meet so many amazing talents out there and listen to their stories. We got to know upcoming artistes in all different art forms and it has been such an eye-opener to get to hear their stories straight from the horse's mouth as they say.

When we do good Brilliant-style, we want people to really get to know these artistes, first and foremost as actual, real people with their authentically human side. These artistes have willingly and generously opened up their stories to us, and we want to do right by them by sharing their genuine stories. It's about building connections and readers resonate with the most human parts of a story or a person. We listen for what is the essence of these upcoming artistes - what drives them, their joys and fears, hopes and dreams.

Ultimately, we help make upcoming artistes and businesses famous so they build positive brand perception. It's not enough for people to simply know about an artiste. They need

to remember this person and have enough of an emotional connection with them to want to remember them, seek them out, and follow their story and progress.

We have met a whole gamut of artistes across the various art forms. There is something for everyone and every taste when you enter our Brilliant-Online magazine.

Music

Angus Gill is our Wauchope wunderkind in the bluegrass music genre who has recently won his first Golden Guitar Award for Bush Ballad of the Year for his song The Easy Way, co-written with Manfred Vijars, at the 50th CMAA Country Music Awards of Australia.



→ TG'S Childcare provide lifelong quality care and learning



→ John Clarke with Chrissy Jones

Circus

And if the circus and acrobatics is more your cup of tea, we have also shared Lucy Gamby Frost's story on Brilliant-Online. We were bowled over by her street theatre, slapstick, comedy, partner acrobatics, escapology, musical saw, singing, fire, stunts, and pyrotechnics (and the list goes on)!

Dance

Dance enthusiasts out there read about our story on Macquarie Dance Academy (MDA), a university society established in Macquarie University, Sydney, NSW where dancing is their shared passion. A student group that focuses on street dance culture, it is bringing together people that have a passion for street dance and provide them with a platform to express themselves.

Art

Tim Walker creates fascinating art. If you've read about his story boxes on our magazine, you'll want to have a go making one yourself. He uses paper tole to create little theatrical story boxes made from paper, cardboard, leather and finished off beautifully with paint.

We work with Wauchope Creative Hub to promote creative artists.

Writing

Intrigue is brewing in Wauchope with best-selling author Desley Polmear's murder mystery trilogy - Unlocked Secrets, followed by Just Before Midnight and Payback. She is sharing her talent and passion by inspiring a new generation of budding writers in Wauchope.

Photography

For shutterbugs out there, Craig Mason's story is an inspiring one to follow. Internationally renowned and award-winning wedding photographer, Craig knows just how to capture the essence of human emotions.

And there's also our famous Sydney based sports photographer, Andy Cheung of Arck Photography.



➔ Vermilion Pinstripes doing a video shoot for My Blue Tea



➔ Utopian Living, Spring Fashion

Feel Good

When we do good, we FEEL good. We are pushing for a better world and we are doing that by sharing interesting stories that inspire. Doing good starts with each of us from where we are. Our Brilliant team knew what our objectives and values are, and we wanted to bring together our values, skills and experience to give back to our communities.

Brilliant-Online brings together every story that inspires. We curate this Look Good, Feel Good, Do Good experience in a way that is creative,

exciting and sparks curiosity. Authenticity is what we go for in our stories and it is that magic ingredient of sharing genuine human stories that fosters meaningful connections with our Brilliant community all around the world. When you read our stories, it feels like you know each business already. It is an all round sensory experience where it is not just words but also interactive visuals and direct connections that engage you. We meet the needs of both sides - our readers gain value and knowledge about businesses, and brands get increased exposure and visibility.



➔ Great Lakes Food Trail Long Table Farm free range organic pork



➔ Lucy Frost at Port Macquarie Museum

Brilliant-Online was born during the difficult times of the pandemic, and it turns out we could not have brought this out at a better time. The pandemic was a hard knock, and it made us really assess why we were doing this. We knew if we went the whole mile, it was to make a difference and it would be going out with a brilliant bang. Ultimately, we wanted to create a brilliant experience that allowed businesses to be seen and appreciated as their authentic selves, and for them to build real connections to people in the community that would be long-lasting and meaningful.

Possibly our youngest Feel Good story hero is seven-year-old Jonah from Jonah Bakes. Together with My Blue Tea, we set up a fundraising for Jonah to give him a boost in motivation to achieve his dream of having his own bakery one day. Jonah battles a rare form of skeletal dysplasia amongst other challenges, and we wanted to share his brilliant bakes with everyone.

Children are indeed our future, and nobody knows it better than Gayle Kee from TG's Child Care. Here is a child care expert who really does care and she has dedicated her life to the

care, stewardship and development of the children in the communities. She has been doing this for the past 24 years, and many children have passed through her safe, fun and loving environment. Playing is Learning for Life - this is a passion Gayle truly believes in and has provided to so many families over the years.

And we definitely could not miss out on sharing the incredible story of Zara Rutherford, the nineteen-year-old who flew solo around the world in 155 days. If this is not inspiring we don't know what is! We're so proud of her brilliant achievement, and to know

that she is doing this to shine a light on and provide opportunities for women to get into STEM (science, technology, engineering and maths) occupations.

We really loved sharing the story of Dr. Namira Williams from disAbility Maternity Care. She is doing good supporting parents with a disability to become the best parents they can be. disAbility Maternity Care was established to provide women with disability and service providers information to assist in supporting them to become mothers.

These and many more are our Feel Good stories. Stories that have the power to inspire also have the power to spark a change. When you feel good, you naturally have more and better energy to try something different, go the extra mile and fully be present and enjoy what you do.

Look Good

Let's face it, we all like to look good. Whatever 'good' means to each individual. It could be feeling clean and fresh after a shower, dressing up for a special event or wearing your most comfortable and favourite t-shirt and jeans combo.

Ever noticed how good it feels after even a simple haircut? Or having a good run at the gym?

We want to give that brilliant feeling to businesses that share their stories here. When businesses look good, they gain more confidence and get that extra boost of happy hormones that makes them not just enjoy what they do but also pushes them to go even further. At Brilliant-Online, it's not just about showcasing brilliant businesses. It's also about sharing happy business stories.

Many of these businesses and stories enhance the lives of our readers, sharing what it means and how to live one's best life, whether it is physical or mental health.

"If you look good, you feel good, and if you feel good, you play good." - Deion Sanders, Hall of Fame cornerback

One can preach that beauty is skin deep, but psychology tells us that looking good can help even athletes play better. Feeling self-confident in how you look gives you an edge, not unlike a placebo effect. It's something



➡➡ Wauchope Lasiandra Festival



➡➡ Wauchope Apex do good

many of us have experienced - when we wear something that we think looks good on us, when we are delighted with our new haircut, there is a spring in our step that we didn't have before, and there is an openness to the body that feels more ready to tackle anything.

Brilliant-Online has been showcasing businesses that help their communities look good from the inside out, and from the outside in. When you take care of what's going on inside, your joy comes out as a brilliant glow - looking good and feeling good go hand in hand.

TG's Child Care recognises the importance of healthy nutrition from an early age, which is why their mealtimes are fun times and healthy to boot!

My Body My Pilates has been promoting awareness of mental health in Japan. They organised free or donation-based pilates twice a month as well as a 30-Day Pilates Challenge to encourage as many people as possible to take that step to care for their physical and mental health.

Look Good, Feel Good, Do Good

We create a Brilliant impact on the businesses we feature by making them look good. Businesses feel good with us, and they get excited about the services they provide or the products they create.

It is about empowering businesses to take ownership of their business journeys, helping them stride towards their fullest potential. When small businesses grow, so do their communities, and everyone feels good.

Are you excited about how your business story would look and feel when we make it Brilliant?

Learn more about how our Brilliant advertising works its magic.



➡➡ Release Your Tension, My Body My Pilates



➡➡ Rafael NADAL at the 2019 Australian Open Tennis Championships by Andy Cheung of Arck Photography.

TG'S CHILD CARE WELCOMES BACK FAMILIES

◆ It has been a long wait through the pandemic. With COVID-19 rules relaxing, families are now welcomed back into the centre.

TG's Child Care's top priority is the health, safety and wellbeing of children, educators and families. Adhering to the guidelines provided by the NSW Government for Education is vital to keeping Playing is Learning for Life going and safe for everyone.

Safety measures during pandemic

The team at TG's Child Care have worked in great collaboration and in consultation with the Department of Education and the Department of Health to ensure they continue to provide a safe and supported environment for all children, families and educators.

The TG's team have conducted a thorough Risk Assessment to ensure they are maintaining strict and effective hygiene and cleaning practices and procedures at all times.

During the pandemic, TG's Child Care took great care to ensure the safety and wellbeing of everyone moving through their service. This involved a series of simple steps which were easy to implement and follow:

1. Drop off and collection point was the front gate. This helped to minimise risk of COVID-19 and limit contact.
2. Families took their children to the front gate.
3. Families rang a doorbell to notify educators they had arrived.

4. An educator met families at the front gate to collect or deliver children and their belongings.
5. The educator had an iPad with them for families to sign in or out.

New measures for families at TG's

Now, TG's is delighted to welcome back families, while still making sure everyone is kept safe. As eager as people all over the world are to rebuild connections again and have more social contact, the old adage still rings true - Prevention is Better than Cure. TG's Educators continue to be proactive and aware of the need to socially distance when moving



throughout the service.

With the new rules, families are more than happy to adapt to how they drop off and collect their children. Again, steps are kept simple:

1. Families use the sanitise station and sign children in at the kiosk.
2. After signing in, families take the children to their rooms.
3. Families can help children with their bags, water bottles and their hats.
4. The children get a big hug and it's done!
5. Pick-ups and drop-offs are kept to 5-10 minutes.
6. Families and educators practise social distancing during their interactions and conversations whilst at TG's Child Care.

Check out TG's friendly video to welcome back families

Everyone is adapting to new rules with the current state of COVID-19. Check out the latest government regulations regarding COVID-19.

Check here

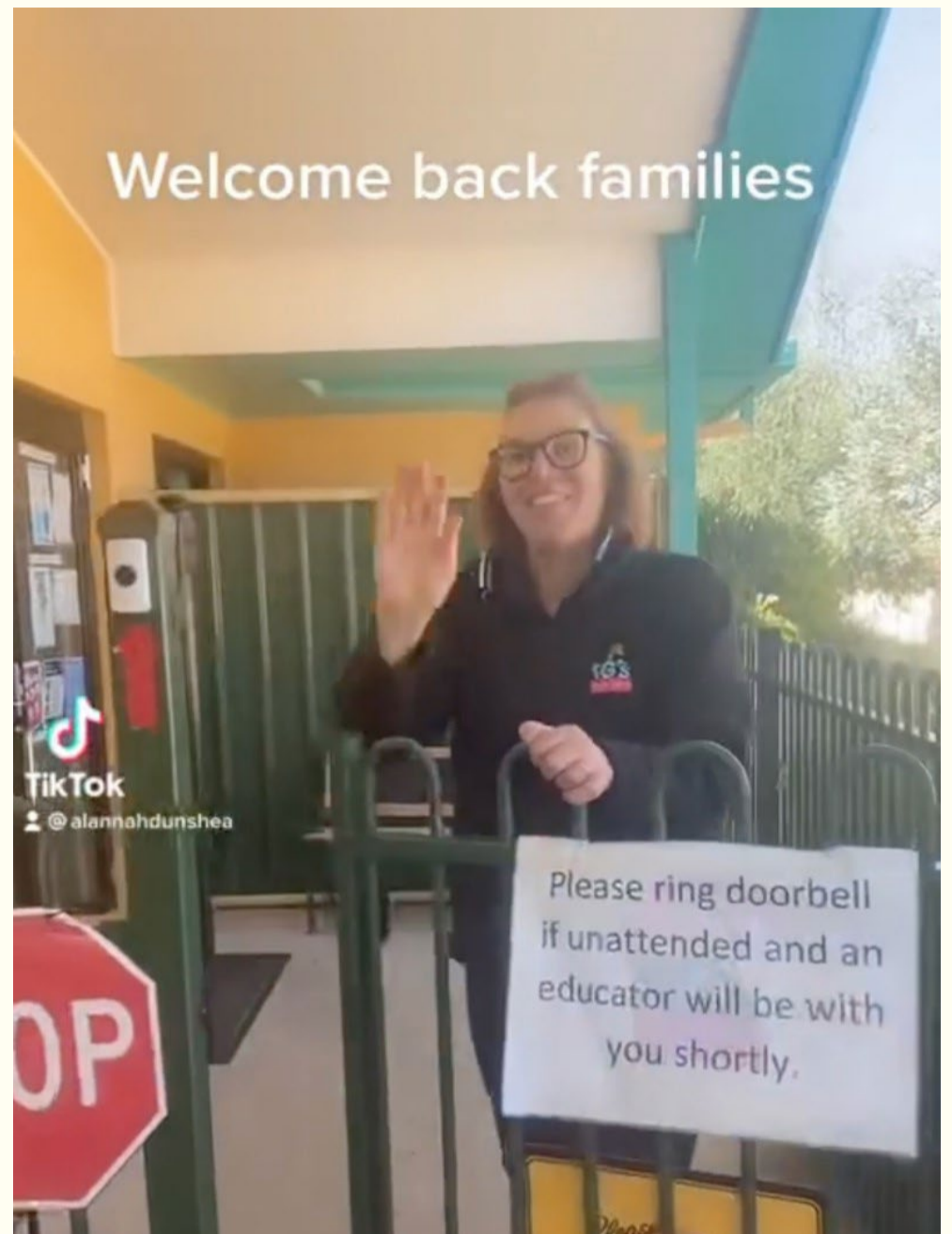
Protect against winter illnesses

Something to take note of even as COVID-19 is starting to ease, is the risk of illnesses with the onset of winter.

The NSW Health advises everyone to take care with typical winter illnesses such as the flu and protect everyone's health and wellbeing. If the pandemic has taught us anything, it's to be knowledgeable and aware of what's happening, be proactive with health measures, and take the necessary steps to protect ourselves and the people around us.

With the coming of cold temperatures, here are a few things we have learnt from COVID-19 that we can all do to keep the flu and other nasty bugs at bay:

- Stay home if you are unwell.
- Keep up to date with vaccinations.*
- Get tested immediately for COVID-19 if you become symptomatic and isolate until you receive a negative result.



- Practice good hand hygiene by washing regularly with soap and water.
- Take a Rapid Antigen Test (RAT) before visiting vulnerable loved ones or going to large gatherings and events.

*The flu vaccine is available from your local GP, pharmacy or Aboriginal Medical Service. Flu vaccines are free for all children aged 6 months to under 5 years. Those aged 5 and older can obtain one for a small fee.

All that we have learnt from the pandemic have not been in vain, and whether it is as a country, a city, at work, at school or in one's home, there are healthy habits, useful knowledge and experience that we can choose to keep in order to ensure the health, safety and wellbeing of people around us. Even as we allow ourselves to slowly start to enjoy bit by bit the deliciousness of the freedom of movement and social interactions, we can still be vigilant and better prepared for future situations.

TG's continues Playing it Forward, safely and with joy! It's heartwarming to see the happy, smiling faces of families once again in the playspaces at TG's!



Contact
TG's Child Care :

<https://www.tgschildcare.com.au/>

Armidale | Uralla | Wauchope |
Urangan

A NEW RECYCLING PROGRAM FOR AUSTRALIA'S GRAPHICS SOLUTIONS INDUSTRY?

◆ Avery Dennison has announced a recycling program that will create a new value chain for the Australian graphics solutions industry.

The Avery Dennison Plastic End Cap Recycling Program focuses on waste material generated in operational use, diverting discarded plastic waste to create raw materials for everyday products.

Traditionally, the plastic end caps sealing each roll of Avery Dennison graphic materials are discarded and would end up in landfills. Under this program, there will be a process for aggregating the plastic end caps, safe collection and management of the waste, and processing this waste into raw materials to make new plastic-based products.

The plastic end cap recycling program is a response to growing customers' demand for sustainability. Last year, Avery Dennison conducted customer interviews across multiple markets in Australia and New Zealand (ANZ), Southeast Asia, and South Asia. Over 85% of the participants said that sustainability is a critical business priority.

"Being a global leader in self-adhesive and specialty media for professional graphics providers and designers, Avery Dennison Graphics Solutions is working hard to drive change in our industry," said David Newman, Senior Marketing Manager, Graphics Solutions, Asia

Pacific, Avery Dennison. "Australia is the first market for our plastic end cap recycling program. We aim to make this a success and offer it in more markets across the South Asia Pacific region."

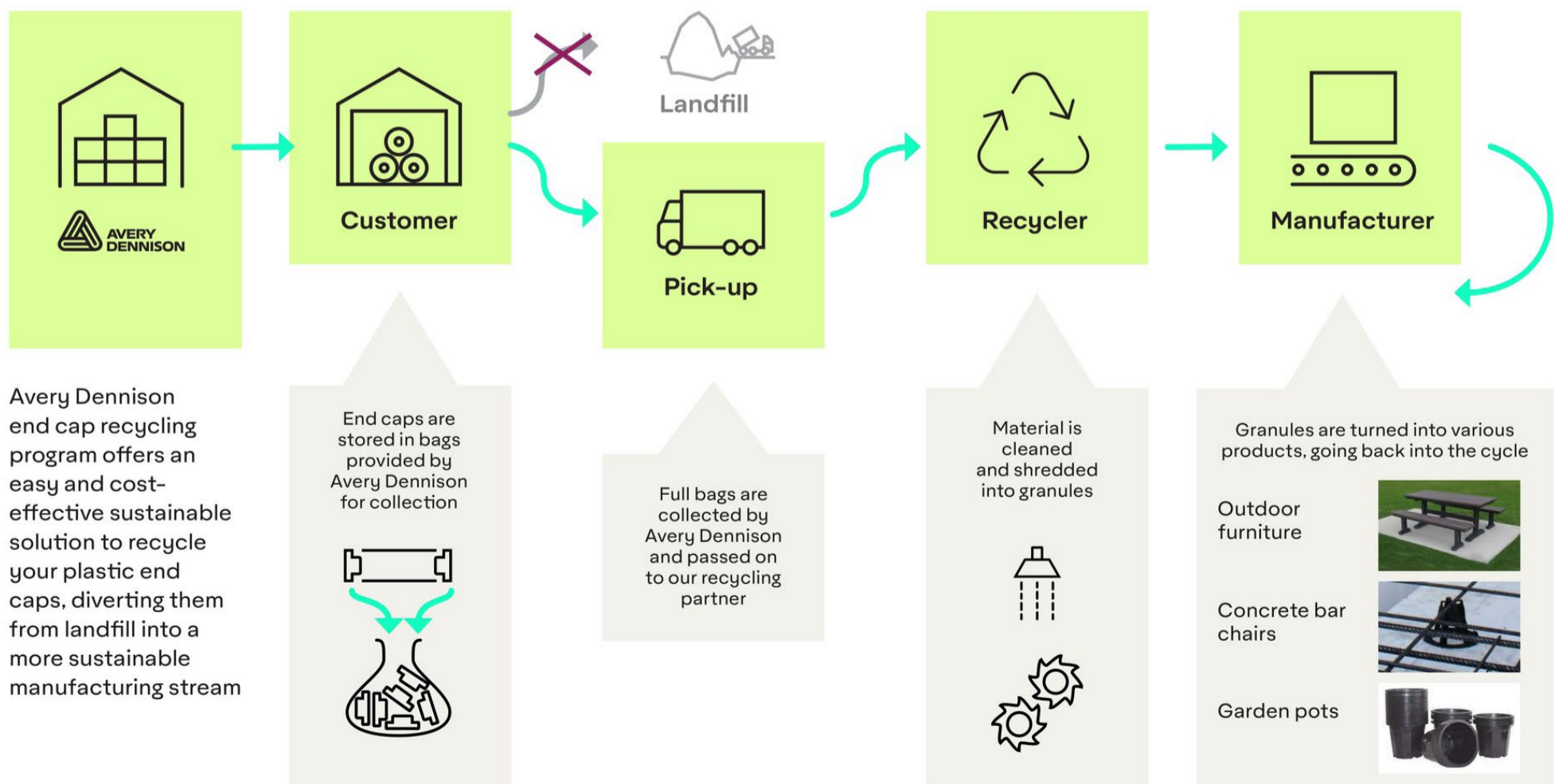
How the plastic end cap recycling program works

Every roll of functional material that Avery Dennison delivers to their customers such as converters and printers, comes with a pair of plastic plugs known as end caps. These caps, made of either high-density polyethylene (HDPE) or polypropylene, serve to suspend the two ends of the



Plastic End Cap Recycling Program

Together, we can eliminate end cap waste



➔ Recycling Program from Avery Dennison

cylindrical core in each roll of film so that the material is safe from external damage. Traditionally, these plastic end caps are discarded as waste and usually end up in landfills.

Through this program, customers can store their discarded end caps in designated Bulka Bags provided by Avery Dennison. When their containers are full, the waste manager will pick these up and aggregate the waste before sending them to the recycling centres. The recycler will clean and process the plastic end caps into granules to be reused as raw materials.

These plastic granules can be used to manufacture new products made of recycled plastic materials such as outdoor furniture or gardening products.

New pathway for local businesses to advance the circular economy

According to Jordan Leach, Business Director, Graphics Solutions, ANZ and ASEAN, Avery Dennison, this program offers a pathway for local businesses such as converters and printers using Avery Dennison's products to advance the circular economy.

"By participating in this recycling program, businesses large and small in the graphics solutions industry will be taking the right step in making sustainability an integral part of their daily operations."

Sign up for Recycling Program

Customers including end-users and installers in the ANZ region who are keen to participate in this plastic end caps recycling program can reach out to their respective Avery Dennison account managers for discussion.

More information about this recycling program

Contact Avery Dennison :

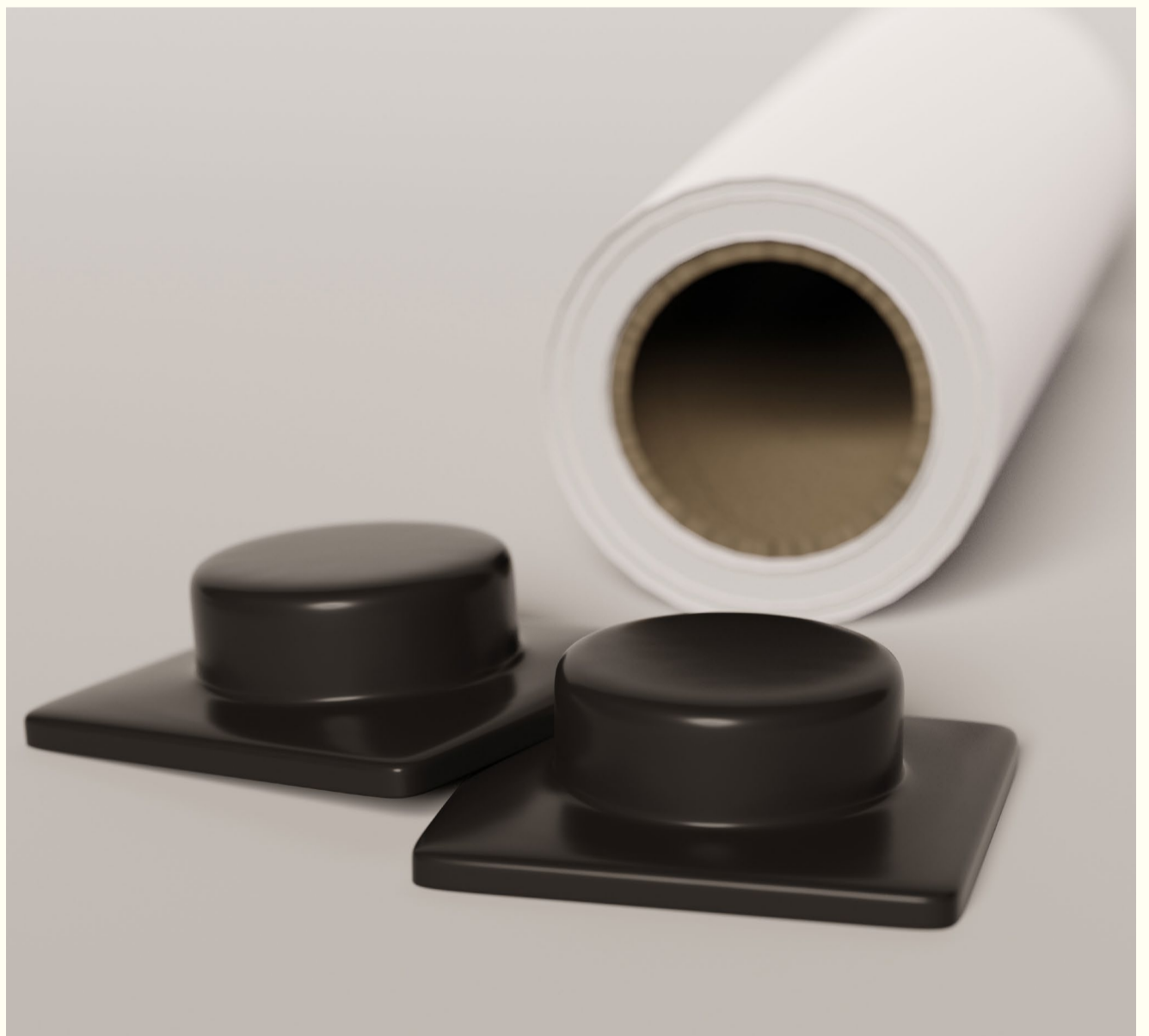
🌐 <https://graphicsap.averydennison.com/en/home.html>

✉ graphics@ap.averydennison.com

Contact Us



➔ Avery Dennison granules for plastic materials.



➔ Avery Dennison plastic end caps.

WHEN DOES YOUR BUSINESS START TAKING CARE OF YOU?

◆ With Mother's Day top-of-mind this month, this one's for all the Business Mums who are ready to make their businesses work for them. When does your business start taking care of you?

Does this sound familiar?

After developing a skill set and career from your early 20s, you found yourself facing the infamous crossroads of work and family when it came time to pursue your next life-long project: motherhood.

With a tenacious pivot, you turned your talents into a business that could support your aspirations in both parts of your life. You essentially started raising two different kinds of babies: One that needed endless snacks, cuddles, patience and many sleepless nights. The other 'baby' was your ever-evolving business, the mammoth task of shaping your unique skills into a sustainable income stream. One that required constant improvements, refining your offer, growing a team and a lot of sleepless nights there too.

Where to go from here?

If you're sitting there nodding (and groaning) along, it's time to swap the

hustle for sustainable growth. Not only that, but growth in a direction that affords you true freedom, flexibility and most importantly - time.

You've spent years pouring energy into both your business and your family, so both could reach their full potential under your watchful eye.

Now, it's time to switch gears, become a true CEO and make this business work for YOU (not the other way around). Because THAT's the true reason that set you on this path in the first place.

It wasn't so you could drop your work, run off to soccer practice, then rush back and pick up where you left off (although I'm sure they appreciate

all that flying around town). It was more than that: It was about being the master of your own destiny. The keeper of your own time.

Jump to Steps to Success.

Client Success Story:

"The gentle guidance and encouragement from Liz has allowed me to take full control of my business, in a way that allows me to have a clearer vision and strength in realising my dreams. After continually being pushed outside of my comfort zone, my business and I have grown exponentially since working with Liz and her team at Better Business Decisions." - Liv Thwaites, Green Hip Workwear



➔➔ Are you a mumpreneur?

Final thoughts for my dedicated Business Mums

As an accountant and business adviser of over 35 years, I have seen many business owners find that their businesses have started taking more out of them than they give, and enough is finally enough.

Reaching this point of wanting more marks a brilliant step forward in your CEO mindset. It doesn't mean you've missed something, or that you've spent too long stuck in daily 'doing'. It means you've realised you are deserving of a business that makes your life easier, more rewarding and more free.

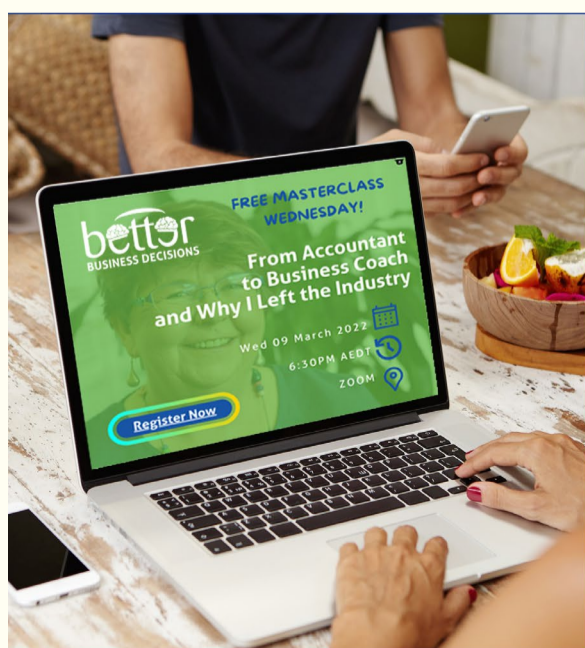
Now is the time to make this business work for you, and I can't wait to help make that vision a reality. Head over to my website and book a FREE 30 min chat with me, and we can develop a game plan for sustainable growth in this fantastic enterprise you raised.

Disclaimer: These are yuck and boring but unfortunately a legal requirement for professionals in my industry. So just a reminder, the information contained here is general in nature and you should seek financial and business advice tailored to your own personal circumstances. Which, by no small coincidence, I can help you out with. Head over to my website and book a free 30 minute chat with me

Book Now



➔ Liz Jarvis, Better Business Decisions



better
BUSINESS DECISIONS

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

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Get in touch anytime

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✉️ hello@betterbusinessdecisions.com.au 📍 1/20 Isabella Street, Wingham NSW 2429



THE NOISE ON THE NURSERY..

◆ “Garden chat with Chook”, from Greenbourne Nursery

What to buy for Mother's Day

The last four weeks have seen an ease in all things precipitation. Clearer skies and some breezy days have helped to dry things out.

Normally I would be complaining about the wind, knocking over plants and disrupting our train of thought, however it has proved to be really effective. I have found a new respect for what the wind can do for us. It proves that Mother Nature truly has a plan.

With the improvement in the weather conditions the nursery has embraced the returning crowds of people. Actually, the word crowd does not do them justice... the nursery has embraced the 'family' returning.

The common theme of conversation has been about the strength and resilience of the plants in people's gardens. Many plants that had deteriorated rapidly throughout the torrential and consistent rain have now begun to recover and show positive signs.

Recommendations for the coming season

Our main recommendations are to lightly prune any dead tip material from the plants. This material can potentially be breeding grounds for various pathogens. Applying an anti-rot agent (phosphorous acid) has been common. With all the extra moisture in our soils there are certain diseases and pathogens that are more active.

We have also been discussing the fact that phosphorous acid is non selective, so it will repel both good and bad organisms. After applying the acid, it is important to reinvigorate the soil with ingredients that encourage these positive organisms. All of the manure and seaweed products are great for encouraging them back.

I had a great chat with a gentleman who had been having trouble with young avocado trees over the last couple of years. His neighbour has large trees that are established and strong, however his young trees had struggled and died over the last few years. He had researched the various problems associated with young trees in wet seasons, the fact they are more susceptible to various diseases and pathogens in these wet seasons.



➔➔ Around the nursery

His defensive method was to grow the plant in a raised bed. Now raised beds are a great idea and they are used all the time.

However, it was his method which fascinated me and drove me to repeat the story. He found an area in his garden and lightly teased the soil but dug no hole.

He then purchased some large bricks and made what I can only describe as a circular 'fire pit' with a diameter of about 2 metres. Having purchased a 45 litre Avocado plant, he then removed it from the pot and then placed it in the middle of the brick circle.

So, here we have the complete soil ball above the ground with a circular pattern of bricks around it. To the unsuspecting neighbour it could look like some sort of religious ceremony...The gentlemen then began emptying bagged garden soil all around the root ball, creating a pyramid of soil.

The bricks at the bottom captured and held the base, while the sloped walls were added to with extra garden soil.

By the end the man had a proud avocado tree at the top of a mounded pyramid all supported at the base by the security of the bricks.

A creative and very effective raised garden bed. One that will counteract the current conditions and nurture the tree while it is young and also allow the tree to eventually grow roots into the ground and anchor the tree into maturity.

Ornamental Plant Recommendation...

Chrysanthemum 'GARDEN MUM' (Chrysanthemum x hybrid)

The wonderful second Sunday of the month of May when we celebrate with affection and remembrance with the greatest people in the world...the Mothers.

I hope every mother out there had a truly special day. So, it would not be Mother's day without a splash of colour all through the nurseries, with the mighty Chrysanthemum leading the way. These plants represent Mother's day like no other plant.

A very colourful and compact selection is the 'Garden Mum'. This specific selection has a great compact nature up to 50cm which makes it suitable for a host of positions. Great in small pots, or as a small shrub in the front of the garden bed. They work well on sunny verandas and can even work on a sunny kitchen table.

These Chrysanthemum plants thrive in full sun, produce masses of flowers and work really well if you want to do a bulk planting. So, if you didn't happen to pick one up prior to Mother's Day, race in to your local nursery now as there are always plenty available the few weeks after the big day.



➔ Chrysanthemum "Garden Mum"

Culinary Herb Recommendation...

Perennial Basil (*Ocimum gratissimum*)

Also called 'tree basil' and 'clove basil', this under-estimated plant is a year after year champion. When the cool of the year knocks many of the other basil to sleep this particular variety will still thrive and give you fresh leaves for your cooking.

It has a great aniseed/basil flavour. Great for all traditional dishes that contain the common sweet basil. The plant has the potential to get to a modest size just over one metre.

It produces masses of soft purple flowers all year round that provide a great way to entice bees into your yard to aid with pollination.

Due to the increased popularity of the plant, it is now appearing on a more regular occurrence in nurseries. It is a plant that I always find a spot in the garden for.

Fruit tree recommendation...

Jaboticaba (*Myrciaria cauliflora*)

I normally have to stop and think how to pronounce this plant and even then, it takes me two or three attempts. JARB-OTY-CARBA is the best way to get it off the tongue. I have only once been fortunate enough to have seen a large specimen in fruit, and how amazing it was is hard to describe.

I was at a small charity market for a pre-school. I was walking around enjoying their great garden setup when I



➡➡ Jaboticaba at the nursery



➡➡ Perennial Basil (*Ocimum gratissimum*)

saw it over in the corner.

I knew of the plant but had never seen one in full fruit. It was spectacular to say the least.

The plant itself produces shiny, round, purple fruit right on the trunk and large branch parts. It is truly a sight to behold. It is one of Brazil's favourite fruits.

The tree is initially a little slow to grow but has the potential to reach 10 metres. Pale brown peeling bark and small white flowers in clusters arise directly from trunk and branches.

Within a month of flowering the fruits are formed. The deep purple coloured berries have a thick skin and contain a translucent white pulp similar to grapes.

A mature plant can repeat crop 4-5 times in a single year. It is truly a show-stopping impact tree that is worth planting in your garden.

Happy Mother's Day

Once again, I wish all our Mothers the very best. I hope you were all pampered, appreciated and remembered in only the best ways.

Everyone please get outside and enjoy this amazing Autumn sunshine and get into your local garden centres and find some amazing plants to add to your gardens.

Please feel free to drop into the nursery here at Greenbourne for some good advice or just a friendly chat.

Happy Gardening, Daniel "Chook" Fowler



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HEALTHY, WEALTHY & WISE

◆ The proverb “early to bed, early to rise, makes a man healthy, wealthy and wise” was first used by John Clarke in a 1639 book of proverbs.

I was going to mention that to my teenage daughter. However, she makes too many disparaging remarks about my age so I am not going to provide her with more ammunition.

I had a boss who thought wisdom was overrated. After I had had my wisdom teeth removed he said, “as long as they didn’t remove your common sense”.

What are the kinds of things we need to do for a healthy business?

Things that provide our “wealth” goals which can also include the ability to spend time with people and doing things we enjoy.

How can we do this? Steven Covey says the secret is to focus our attention on Quadrant II (Plan), things that are not urgent but important. In business most of us spend our time getting the work done, that is in Quadrant 1 (Do).

Using this matrix from Steven Covey's ‘The 7 Habits of Highly Effective People’ really helps to prioritize tasks when you have a lot going on.

Michael Gerber (the E-Myth Entrepreneur) tells us to work on our business (Quadrant II).

The secret of this is to look at Quadrant IV and see what we can eliminate doing and to look at Quadrant III to see what needs to be done but should be delegated as it is a low value activity.

Here’s to making changes so we all have a Healthy New Financial Year.

Disclaimer: As always the advice in this article is general and you should seek advice from a professional advisor on your circumstances.

Ask John Clarke about your tax



➔➔ Seek advice from a professional



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Brilliant
INVESTMENTS



JOURNEY WITH THE IRISH KING OF KALGOORLIE - ASHOK PAREKH

◆ Mention Ashok Parekh and people will recognise the name as a highly respected presence in the Kalgoorlie community.

Ashok Parekh talks about his experience in Kalgoorlie and the activities within the Mineral Resources sector.

Noel Ong, CEO of Samsco has heard of Ashok Parekh for many decades. Which is not surprising.

Mr. Parekh is a legend in more than one sense of the word. His presence in the Kalgoorlie is undeniable, having been there since 1984. To say he knows everything there is to know about the industry would be an understatement. He is also a legend in the mineral resource industry. It is not every day that one gets the chance to listen to someone who is well entrenched with the developments of the industry, which is why Noel was so keen to speak to him.

Noel has had countless insightful conversations with thought leaders across industries, and his conversation with Mr. Parekh is one that stands out in the Samsco space - after all, here is a living legend in the flesh, sharing his experience and wisdom.

What makes Mr. Parekh so intriguing is his skill in making deals. Making a deal in this sector requires a steady and steely resolve. This sector is comparable to



➔ Ashok Parekh talks about his experience in Kalgoorlie and the activities within the Mineral Resources sector with Noel Ong from Samsco

navigating through all the dangerous creatures lurking in the Southern Ocean. And even in this, Mr. Parekh has made himself a legend in how he manages deals in his industry, and turning it into quite an art.

Mr. Parekh is someone who is in what the industry calls the "purple circle". Here is a man who has done it all, and his experience, knowledge and wisdom are what investors are seeking. There is much to be gleaned from this conversation with Mr. Parekh. Perhaps after listening, investors may be inspired to reach out to Mr. Parekh for more.

Bookmark this conversation - you'd want to have a second listen and find other like-minded people in the industry to share what you've learnt with.

Ashok Parekh

Centenary Medal 2003 Recipient: Australian Government (Governor General of Australia and Prime Minister of Australia) Meritorious Service Award 2009: (Institute Chartered Accountants in Australia)

Mr Ashok Parekh is a chartered accountant, with over 40 years' experience, who owns a large Accounting Practice in Kalgoorlie, which he has operated for 33 years. He was awarded the Centenary Medal in 2003 by the Governor General of Australia, and was recently awarded the Meritorious Service Award by the Institute of Chartered Accountants, the highest award granted by the institute in Australia.

Mr Parekh has over 33 years' experience in providing advice to mining companies and service providers to the mining industry. He has spent many years negotiating with public listed companies and prospectors on mining deals which have resulted in new IPOs and the commencement of new gold mining operations. He has also been involved in the management of gold mining and milling companies in the Kalgoorlie region, and has been the Managing Director of some of these companies. He is well known in the West Australian mining industry and has a very successful background in the ownership of numerous businesses in the Goldfields. Mr Parekh was an Executive Chairman of ASX-listed A1 Consolidated Gold Limited (ASX: AYC) from 2011 to 2014.



➔ Asokh Parekh in his office

GALILEO MINING LIMITED (ASX: GAL) TAKES ONE STEP CLOSER TO MORE SULPHIDES.

◆ Brad Underwood, Executive Chair and Managing Director of Galileo Mining Limited (ASX: GAL) talks about their next drilling campaign in Norseman.

The palladium prospect in Norseman, Western Australia is being tested right now with a systematic approach.

Investors are always looking for an exploration company on the Australian Stock Exchange or ASX Limited (ASX: ASX) that piques their interest. Galileo Mining Limited (ASX: GAL). is one such company that is well worth putting in some DYOR effort.

Brad Underwood, Executive Chair and Managing Director of Galileo Mining Limited is a familiar face and voice to readers and viewers of Samsco, and the company has been featured on Brilliant-Online as well.



➔ Brad Underwood, Executive Chair and Managing Director of Galileo Mining Limited (ASX: GAL) says the company is taking one step closer to more sulphides

Explore past Brilliant insights of Galileo Mining Limited here:

- Galileo Mining Limited (ASX: GAL) Searching for Palladium in Norseman
- Galileo Mining Limited shares Methodical Approach to the Search for Nickel and Palladium
- Galileo Mining Limited's Alternate Source for Nickel in the Albany Fraser Province

Previous conversations with Mr. Underwood on Samsø:

- Coffee With Samsø conversation on Galileo's strategic focus on nickel, copper and cobalt in tier-1 mining jurisdiction.
- Rooster Talk conversation focusing on the science and techniques of nickel exploration - the easy process and potential issues.

Mr. Underwood returns to share a conversation with Noel Ong, CEO of Samsø to discuss the technical merits of the Norseman project. Investors, get ready to take notes - you'll want to follow this upcoming drilling campaign.

About Brad Underwood

Chair and Managing Director

Brad Underwood is the Chairman and Managing Director of Galileo Mining. Mr. Underwood is a geologist with over 18 years of experience in exploration, prospecting and mining. He has been involved in copper, gold, nickel and cobalt discoveries and the development of numerous prospects over a variety of commodities.



About Galileo Mining Limited (ASX:GAL)

Galileo Mining is a resources company listed on the Australian Securities Exchange (ASX) under the code GAL and is exploring for base metals in south-east Western Australia. The company has 100% ownership of its Norseman Project and has Joint Ventures with the Creasy Group over highly prospective tenements in the Fraser Range.

The Norseman Project is located adjacent to the regional town of Norseman in an infrastructure-rich area of Western Australia. A bitumen highway runs parallel to the project area and is less than 10km from the Company's current JORC cobalt-nickel resources. The Norseman Project includes numerous areas with potential for further cobalt discoveries as well as additional nickel and copper prospects.

The Fraser Range Project covers two zones of the extensive Fraser Range geological belt. The Fraser Range is known for the world-class Nova

nickel-copper-cobalt mine discovered by Sirius Resources in 2012. Galileo's northern Fraser Range tenement is 80km from the operating Nova mine while the southern tenements are just 30km from the mine.

Galileo is targeting Nova style nickel-copper-cobalt mineralisation in the Fraser Range and has a deep level of experience in the region.

The company was originally privately owned by renowned prospector Mr. Mark Creasy, and Galileo Managing Director Mr. Brad Underwood spent eight years as General Manager of the Creasy Group's exploration at the Fraser Range and Norseman.

Galileo Mining listed on the ASX in May 2018, raising \$15 million in IPO funding.

Mr. Creasy continues to be the largest shareholder, controlling approximately 31 percent of the company. ASX-listed miner Independence Group (ASX: IGO) and Mineral Resources' founder Chris Ellison are included within the Company's top five largest shareholders.



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VENTURE MINERALS LIMITED ON ITS WAY TO BECOMING A TIN MINING COMPANY.

◆ The company is moving towards its Feasibility Study and Andrew Radonjic, Managing Director of Venture Minerals Limited (ASX:VMS) updates us on the company's progress as it transitions to being a World Class Tin Producer.

Investors are in for a treat with this conversation with Mr. Radonjic. The road towards production is a long one, but it is exciting to follow the story of a company that is already on this path.

Patience is the key to looking at a company's future. Exploration requires the magic ingredient called Time.

So what does it take to make a company a World Class Tin and Tungsten producer? That is the burning question investors and anyone with a passion in this industry want to ask Mr. Radonjic.

The thing that is making people interested and wanting to know more about Venture Minerals is that at one point it was characterised by volatility in its share prices. And now that has really gone down.



➔ Follow the progress of Venture Minerals Limited (ASX:VMS) as it transitions to being a World Class Tin producer with Noel Ong from Samsø

What this means is, (and Noel Ong, CEO of Samsco is a passionate advocate of this) investors need to get crackin' and start on their DYOR (Do Your Own Research). Potential investors would find it worth their while to really learn about the company, get curious and ask questions.

So if any of you reading this have questions waiting to be answered, reach out to Mr. Radonjic.

Noel discusses with Mr. Radonjic on what's been happening in the company. Catch up on the updates about:

- Thor (Julimar lookalike)
- Kulin
- Golden Grove North

Every one of these projects is brimming with a life of their own. While they may be known as 'the other projects', they all pull their own weight. Learn more about them here:

About Andrew Radonjic

Qualifications: BAppSc (Mining Geology), MSc (Mineral Economics), MAus/MM

Mr. Radonjic is a geologist and mineral economist with over 30 years of experience in mining and exploration, with an initial focus on gold and nickel in the Eastern Goldfields of Western Australia. Andrew has fulfilled a variety of senior roles which gave rise to three gold discoveries,

totalling in excess of 3 million ounces in resources and resulting in 1.5 million ounces being produced. Since 2006 Andrew has been an executive director with Venture Minerals, which he has been co-leading during the discovery of the Mount Lindsay Tin-Tungsten deposit. Andrew is a founder and recently was a director of Blackstone Minerals Limited (ASX: BSX). About Venture Minerals Limited

Kulin and the Rising Tin Price

Double Bonus with Thor and Julimar

Mine, the company entered an exciting phase as it moved from a highly successful explorer to producer with completion of the first shipment.

Follow Venture Mineral Limited's other stories on Brilliant-Online here:

The True Value of Venture Minerals Limited

Venture Minerals on Rising Tin Prices

Venture Minerals as a Green Tin Player

About Venture Minerals Limited (ASX:VMS)

Venture Minerals Ltd (ASX: VMS) has refocused its approach to developing the Mount Lindsay Tin-Tungsten Project in northwest Tasmania, already one of the world's largest undeveloped Tin-Tungsten deposits. With higher Tin prices and the recognition of Tin as a fundamental metal to the battery revolution, Venture has commenced an Underground Feasibility Study on Mount Lindsay that will leverage off the previously spent +\$35m on feasibility work.

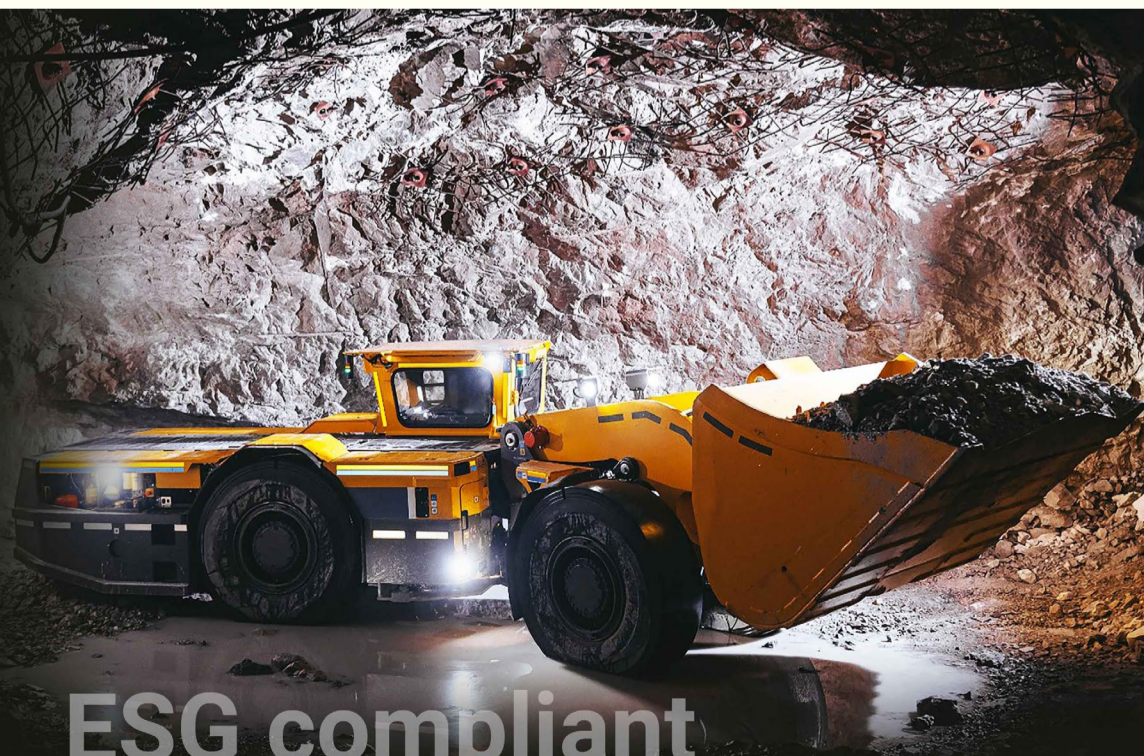
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REVOLVER RESOURCES LIMITED (ASX: RRR) DISCOVERS OVERLOOKED COPPER DEPOSIT IN QUEENSLAND

◆ We spoke to Pat Williams, Managing Director of Revolver Resources Limited (ASX: RRR) about unlocking the potential of Dianne and Osprey

There is much to explore with Revolver Resources Limited (ASX:RRR). Especially now with its development of a great copper deposit.

The company had been working on two little-known assets in north western Queensland, Australia for the past seven years in a private capacity. They were listed in 2021.

What we do know now is that the company is well funded, cashed up and in the process of unlocking the potential of the Dianne and Osprey projects. These are the two projects headlining the company and both are showing enormous potential.

Pat Williams, Managing Director, talks about how the company is dedicated to producing value for shareholders. It is systematically going through exploration while also keeping a firm hand on costs.

The company also has a talented and experienced Board of Management and they are hands on actively exploring its tenements and pursuing further acquisitions as well as creating additional shareholder value.



➔ Revolver Resources Limited (ASX:RRR) discovers overlooked Copper Deposit in Queensland

The Dianne Project

The recent discovery of the Green Hill corridor is really showing up the potential of Dianne. Results from the Green Hill prospect are showing that the size could grow further. Operation on site commenced in the first half of Oct 2021-2022 and continues in the wet tropics. Completed work includes surface mapping, regional surface sampling, an extensive IP program and a 17 hole DD program. Dianne is open in 3 remaining directions.

The Osprey Project

And as for Osprey, it is poised to be a Tier 1 project. The company has conducted 3 IP programs and continues building the geophysical signatures. The project is already showing indicators of a halo typical of an IOCG (Iron Oxide Copper Gold) system.

About Patrick Williams

Qualifications: BAppSc (Mining Geology), MSc (Mineral Economics), MAus/MM

Pat Williams has worked in the global resources business for more than 30 years where he has held senior roles with several international mining operations from the front line through to the boardroom. Working through a range of senior production and management roles with BHP and Anglo American, Pat gained strong operational management expertise over a 15-year duration. As COO of global mining services company Runge Ltd, Pat stewarded the business through IPO and various M&A transactions. Pat has extensive experience leading small, medium and large-sized operations teams to deliver safe, efficient project outcomes, on time and on budget.

Pat has led value creation at operational, business, commercial and shareholder levels through all facets of the commodity cycle journey. He is differentiated from his peers by his rare mastery of business strategy, operational discipline, human leadership and commercial acumen. His knowledge encompasses resources planning, processing, infrastructure, logistics, operations, projects, maintenance and sales.

About Revolver Resources (ASX:RRR)

Revolver Resources (ASX: RRR) is an Australian listed copper exploration company focused on the development of natural resources for the world's accelerating electrification. Our near-term focus is the exploration and development of advanced copper projects in Queensland.



Copper sits at the heart of the world's acceleration to net zero emissions through electrification. Concurrent with a new commodity super cycle that is forecast to drive a surge in long-term demand for copper, the most cost-effective conductive material, Revolver Resources has copper projects located in premier polymetallic provinces, the North-West Minerals Province and the Hodgkinson province located in northern Queensland.

Our portfolio includes the Dianne Project, a near-term production prospect north-west of Cairns comprising six mining leases and an exploration permit, and the Osprey Project, consisting of six exploration permits north of Mount Isa with established prospectivity for IOCG and Mount Isa style targets.

Since our inception, multiple drilling programs and geological and geophysical works have increased the company's confidence in its tenure. Following our listing, new work programs are to be accelerated at both projects, in parallel, to better quantify the known resources. At Dianne specifically, the company will progress the orebody through JORC code definition, as well as identify potential extensions and repeats within the tenure.

Revolver's leadership team has extensive experience in the natural resources sector and has established strong connections with all relevant stakeholders including landholders, traditional owners, community representatives and government.



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CHASING FOR COPPER AND GOLD WITH COOPER METALS LIMITED (ASX: CPM)

◆ Ian Warland, Managing Director of Cooper Metals Limited (ASX: CPM) brings us a mineral exploration story.

Cooper Metals Limited (ASX:CPM) is looking at the bright beginning of a copper discovery process. The recent interest in the Mt Isa region is set for exploration activities that are slowly taking shape.

Managing Director, Ian Warland shares the concepts of the Cooper Metals story with Noel Ong, CEO of Samsco.

An exploration geologist with more than three decades of experience, Mr. Warland gives an in-depth update on what is happening with the company's Australian projects - Mt Isa East, Queensland and the Gooroo Gold project in Western Australia.

As Cooper Metals continues to prepare for more exploration activities, investors may want to roll up their sleeves and get into some serious DYOR.

For now, Cooper Metals may have a fairly low market capitalisation, it is still worth following the story here and contacting Mr. Warland to get to know the company better.



➔ Ian Warland, Managing Director of Cooper Metals Limited (ASX: CPM) brings a mineral exploration story with Noel Ong from Samsco

About Ian Warland

Managing Director

A highly experienced and successful geologist with 25 years' experience in Australia and internationally over a wide range of commodities. Notably, a career highlight was being joint recipient for "Explorer of the Year" in 2006 for the discovery of the Jacinth and Ambrosia zircon-rich mineral sand deposits.

Ian holds a Bachelor of Applied Science Geology with First Class Honours and university medal from the University of Technology Sydney. He also has a Graduate Diploma of Applied Finance and Investment and an Associate Diploma in Environmental Control.

In the last ten years Ian has worked primarily in the junior exploration sector as a geological consultant and in senior management positions for Musgrave Minerals and Marmota. After leading Twenty Seven Co Ltd as their CEO for the last three years, Ian is now Managing Director of Cooper Metals.

About Cooper Metals Limited

Cooper Metal's flagship Mt Isa East Cu-Au Project covers over 1300 sq km of tenure with numerous historical Cu-Au workings and prospects already identified for immediate follow up exploration. The Mt Isa Inlier is highly prospective for iron oxide copper gold (IOCG) and shear hosted Cu +/- Au deposits.

Mt Isa East is complemented by two early stage Projects in WA within proven well mineralised districts. The Yamarna Gold Project located along strike from Gold Roads 6.16 Moz world class Gruyere Gold Deposit (ASX: GOR) has an extensive length of untested Dorothy Hills Shear Zone that was important in the formation of Gruyere < 10 km to the southeast.

Lastly the Gooroo Cu and Au Project covers newly identified greenstone belt ~20 km from Silver Lakes Deflector mine. The 26 km expanse of covered greenstone belt has had almost no exploration and was only added to government geology maps in 2020 after reinterpretation of geophysical data.



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MATADOR MINING LIMITED (ASX: MZZ) IS FOCUSING ON BUILDING A MINING PORTFOLIO

◆ Sam Pazuki, the new Managing Director/CEO and Ian Murray, Non-Executive Chair of Matador Mining Limited (ASX: MZZ) share the company's exploration focus.

Noel Ong, CEO of Samsco has often said that Matador Mining is a gold miner in the making.

And now, with the company's new move in bringing on board Sam Pazuki as the company's new Managing Director and CEO, Matador is taking this a big step further. Mr. Pazuki comes from an experienced background with Oceania Gold Limited (ASX: OGC : TSX: OGC), a very successful gold miner. There is a wealth of experience here waiting to be mined.

Ian Murray, Non-Executive Chair, joins Noel in sharing his thoughts on Mr. Pazuki as the new member of the board and the new CEO of the company. There are lots to glean from today's conversation as Mr. Pazuki shares his vision for Matador.

What is noteworthy is Matador's Cape Ray project is 120km in length and has a resource of over 800,000 ounces which is destined to grow over time.



➔ Sam Pazuki, the new Managing Director/CEO and Ian Murray, Non-Executive Chair of Matador Mining Limited (ASX: MZZ) share the company's exploration focus with Noel Ong From Samsco

About Sam Pazuki

Professional Engineer with a Masters in Finance who has broad based experience with three extraordinary, well-respected global companies. During his employment with each of these companies, he was a valued contributor from strategy through to execution while they went through a period of transformational growth. In these dynamic work environments, he worked collaboratively with all levels of the organization to adapt to the major changes and effectively respond to the new needs of each business.

He is very proud of his ability and track record in building solid and collaborative relationships, by thinking strategically, knowing how to deliver positive results, communicating effectively and being a leader with a high degree of emotional intelligence.

Public speaking is both his strength and passion.

About Ian Murray

Mr Murray is a Chartered Accountant, a Member of Australian Institute of Company Directors, and holds an Executive degree in Advanced Management & Leadership from the University of Oxford, Saïd Business School. With over 25 years' mining industry experience in senior leadership positions, including the position of Executive Chairman and Managing Director of Gold Road Resources Ltd (ASX: GOR) and DRDGold Ltd (NYSE & JSE: DRD), he has also held executive positions with international 'Big Four' accounting firms.

Mr Murray brings a wealth of financial, corporate, project development and operational experience to the Board and most recently led Gold Road as it transitioned from explorer to large

scale gold producer. Mr Murray has been the recipient of many awards during his leadership of Gold Road, including the Gavin Thomas award for leadership, the Diggers and Dealers Deal of the year award in 2017, after winning the best emerging company award in 2011 as well as the CEO of the year award from CEO Magazine.

About Matador Mining Limited (ASX: MZZ)

Matador Mining Limited is an exploration company that is listed on the Australian Stock Exchange (ASX). The company has its main project in the south-western area of Newfoundland, Canada.

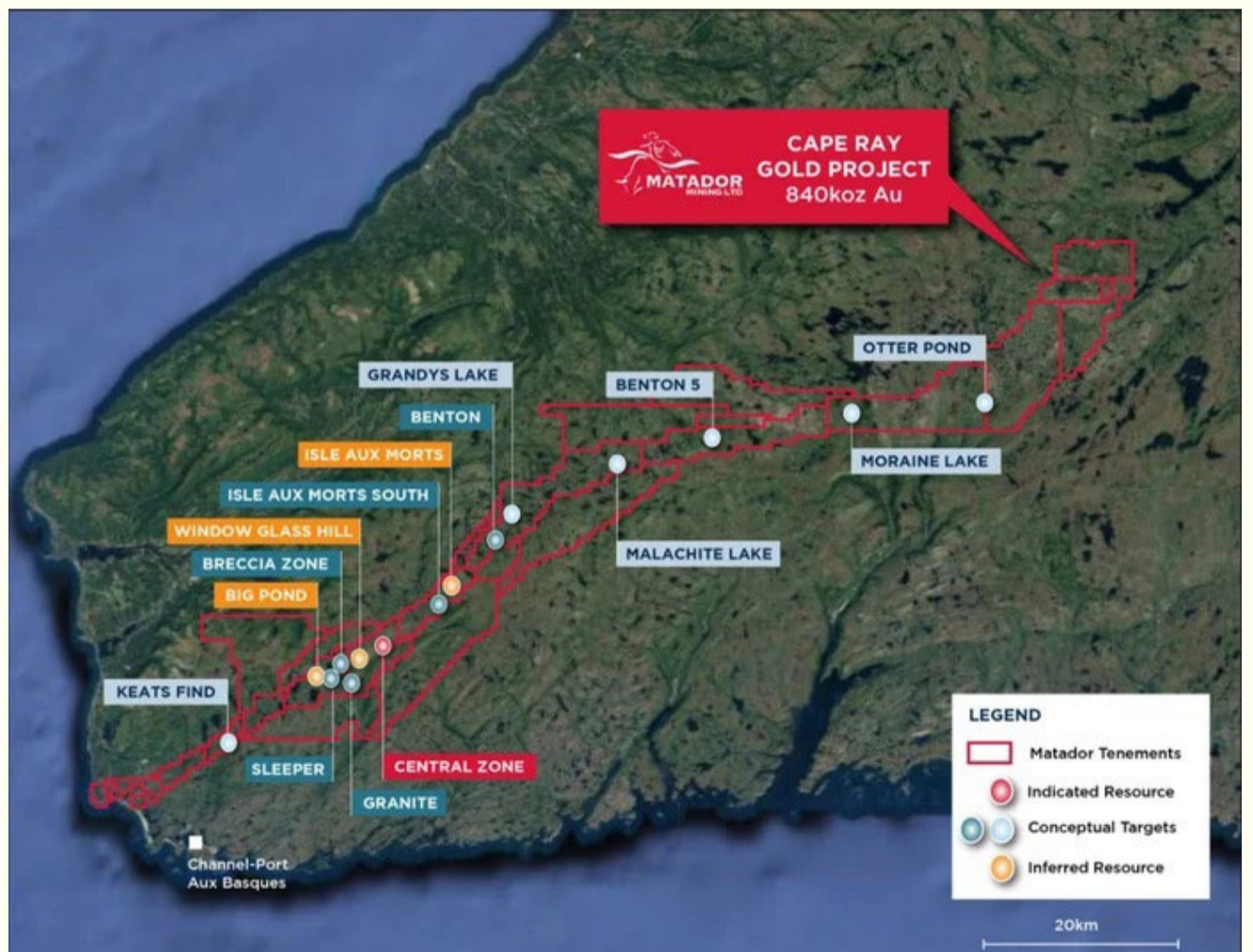
The Project is about 25 km northeast of the coastal town of Port aux Basques and is located on the Cape Ray shear, one of the most prospective, yet under-explored gold regions in North America.

The Company is the largest holder of ground along the Cape Ray shear, with approximately 120 km of continuous strike along the shear. The Company's tenement boundary is located approximately 50 km along strike from Marathon Gold's (MOZ. TSX) 4.2Moz Valentine Lake Gold Project.

The Cape Ray Gold Project

The Cape Ray Gold Project (Cape Ray or the Project) covers approximately 120km of strike along the highly prospective, yet under explored Cape Ray Shear located in Newfoundland, Canada. The Project hosts a current resource of 837,000oz Au at 2g/t Au, across four deposits, all of which are within 15km of strike.

[Learn more](#)



 Cape Ray Gold Project



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➔ Toni J for the Animals, Phuket



Brilliant
PETS



TALES OF LEGENDARY AND FAMOUS PETS

◆ Pets are part of the family and have been so for generations.

They write their own stories within our lives and hearts and offer so much above and beyond companionship. Throughout history there have been countless stories of famous pets that have been elevated to legendary status. Here we take a look at some of them.

In Ancient Rome, emperor Caligula (37–41 BC) owned a Spanish racehorse called Incitatus who he adored. He built a marble stable and bestowed a jewelled collar upon his steed, fed him flakes of gold mixed in with his daily oats, provided him with a golden bucket to drink from and a procession of servants to wait on him.

Pets in ancient Egypt were held in especially high regard with cats and dogs often mummified once they had passed away. A common practice among ancient Egyptians would be to shave off all their hair, including their eyebrows, to show their grief for the death of a pet.

In more modern times there is the tale of one of the most famous dog's in Australian history. Bob was born in South Australia in 1882 and lived his early years as a stray with an unusual love of trains. He hung around the railyard with workers, following trains down the track before he was adopted by the local station master who then allowed the canine to ride in the guard's van each day.

After the man moved away Bob continued to jump trains alone, travelling up and down South Australia for years. His reputation became legendary and he was warmly welcomed at whichever town he might roll into. Children loved him, he was welcomed to attend dinners and banquets as a guest of honour and a special bracelet was made for him with instructions on how he could be safely returned for anyone who might find him lost.

Dogs are referred to as man's best friend and examples of their loyalty throughout the years has become legendary. Arguably the most well known is that of Hachiko in Tokyo who waited at Shibuya train station everyday for his master to return from work, continuing to do so for a full 10 years after his master sadly died. There is a statue commemorating the loyal canine outside the station, a landmark in the Japanese capital. One of the station's exits is named 'Hachiko exit' and there have been two films made recounting his tale.

Similarly the story of Fido in War World II stricken Italy who would wait at the bus stop everyday for his master to return. One day, sadly, the man didn't return as he fell victim to an air raid and was killed. Fido still continued to wait at the same bus stop everyday for the next 14 years, hoping his master and best friend would one day return.



➔ Hachiko, the Story of the Most Faithful Dog in History

It is often said that pets save lives, in a variety of ways, and that was certainly the case for Brit James Bowen and his cat Bob. At the time Bowen was a drug addict, living homeless on the streets of London when he came across an injured cat in 2007. He tended for it and the two soon became inseparable. Bob would often be seen on Bowen's shoulders adorning a woolen scarf as the man busked to make money in London.

Bowen soon made the story into a book and a subsequent film and fame welcomed both Bowen and his beloved feline before Bob sadly passed away in June, 2020. Bowen credits Bob with literally saving his life, saying on his Facebook page: "He gave me so much more than companionship. With him at my side, I found a direction and purpose that I'd been missing."

Stories of celebrities' pets are well celebrated, from Michael Jackson's beloved chimpanzee Bubbles to Beyoncé's pet snake Fendi to George Clooney's Vietnamese pot-bellied pet pig Max, who the heartthrob claimed he loved more than any of the famous and beautiful women he dated over the years!

Hardman Mike Tyson is famous for his love of breeding pigeons although, exerting a softer side, he admits he doesn't name them because it makes him sad to get too attached, and the cast and crew on the Harry Potter movie franchise made actress Emma Watson a customised coffin for her pet hamster when it sadly passed away.

Last but not least we have the heartwarming story of Rin-Tin-Tin, a German Shepherd who was rescued from a French battlefield during World War I by American soldier Lee Duncan. Once back in the U.S., Rin-Tin-Tin literally became the toast of Tinseltown as he went on to star in 27 Hollywood silent movies, helping Warner Bros. out of the financial mire as the movies he starred in were so incredibly successful!



Happy family and their dog

MEET TONI, THE WOMAN HELPING MAN'S BEST FRIEND FIND A FOREVER HOME

◆ We all like to do our best to help others. It is ingrained into our society and psyche as a manifestation of doing good, an often selfless act that can enhance another's plight or alleviate suffering. It feels good to do good, right?

For some, helping others is more than just an occasional gesture – it is a way of life, a passion fuelled by the heart and soul that cannot be truly measured, regardless of its level or reach. And by helping 'others' we don't necessarily always mean people.

Toni Jessop has been on a one-woman crusade to help distressed and abandoned dogs in Phuket find a better life by way of adoption for many years now. She runs 'Toni J for the Animals', a volunteer led practice that helps man's best friend find a permanent home, a real, loving home, a million miles away from the hardships and endless suffering they regularly endure on the streets of the popular tourist island in the Andaman Sea.

Heralding from the UK, animals have always been a part of Toni's life. Growing up surrounded by pets from an early age, predominantly dogs, cemented her affiliation with our furry friends and established a deep-rooted love affair.

Abandoned and neglected

It was during a holiday to Phuket in 2010 that Toni was first alerted to the plight of Thailand's street dogs. Whilst enjoying the natural beauty the island had to offer, she was aghast at the sheer number of abandoned and neglected dogs that littered the streets, literally on every corner, in every direction she turned.

The pivotal moment for Toni was during a trip to the nearby island of Koh Phangan. Whilst browsing through a local street market, she happened upon a female dog who was in a sickly state, bereft of hair, malnourished and

clearly very unwell but extremely well natured and gentle. The dog, sensing she had connected with a new friend and kindred spirit, followed Toni back to her accommodation, seeking a more lasting companionship. Toni did not know what to do, who to turn to or call for help for the poor soul and instead had to take the heartbreaking decision to take her back to the market then fool her in order to lose her.

It was an experience that cut deep and forever marked her.

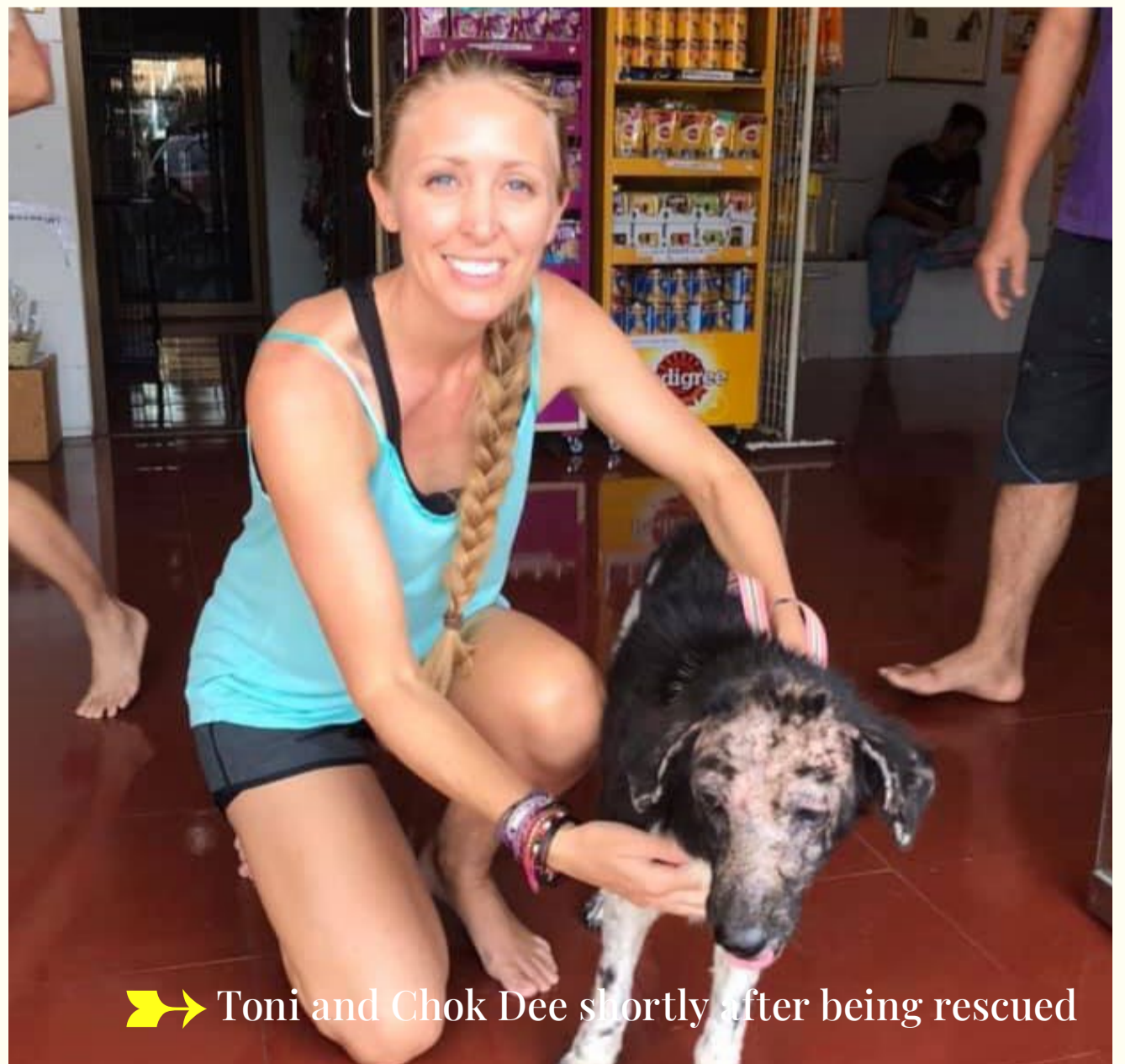
"I returned to the UK but could not shake the image or memory of the abandoned dog," Toni recalls wistfully. "I had no local contacts in Thailand or

any idea as to how I could help which left me feeling frustrated and helpless."

After conducting extensive research, she came across the Soi Dog Foundation, an NGO that provides assistance, care and adoption opportunities for dogs and cats on the streets of Phuket.

It has since gone on to become a major international organisation with backing from the likes of celebrities such as Ricky Gervais and Dame Judy Dench and that recently saw its co-founder John Dalley receive an MBE from the Queen.

In 2012 Toni returned to Phuket to volunteer with Soi Dog, learning much



➔ Toni and Chok Dee shortly after being rescued

more about the dynamics of an animal rescue practice including the horror stories of the dog meat trade, which was much more prevalent throughout the country at that point, and which led her to a life changing decision to become a vegan.

"I had been a meat eater all my life up to that point but it was like a lightbulb moment for me, a realisation that I had been discriminating one animal against another and which led me to reevaluating my beliefs and values," Toni said.

Coherent vision

Back in the UK once again, Toni studied an animal science course at University and applied for the role of an inspector at the RSPCA but was unable to secure a place. All the while, she continued to journey back-and-forth between her homeland and Phuket, volunteering at numerous animal rescue centres which gave her invaluable experience and insight and helped her forge a more coherent vision of what she wanted to establish - a positive, sharing environment with the welfare of the dogs front and centre.

She knew deep down for many years

that Phuket was where she truly wanted, even needed, to be. All the trips back-and-forth and the notion of helplessness when back in the UK solidified this feeling and so it was in December 2016 that she finally took the plunge and moved there fulltime, along with her partner at the time and her two beloved dogs, Henry and Molly.

"I continued volunteering part-time at various rescue shelters while teaching and taking on online work in order to maintain an income," Toni recalls.

However, it was to be a tragic turn of events that would really propel her towards finding her purpose as her beloved Henry passed away in the April, only six months after arriving, closely followed by Molly three months later.

"To say I was heartbroken is an understatement," says Toni, tearfully. "It was one of the most devastating moments of my life that I still struggle to recall without being genuinely distraught."

In an effort to combat her hurt and as a means to honour the memory of her beloved pets, Toni threw herself 100% into full-time work at the government-backed dog pound,

wanting to do more to help the plight of the island's canines. However, she was appalled at the conditions, the frequent cruelty and the shocking loss of life on a daily basis.

"My eyes were truly opened at that point," she recalls. "There were over 1,000 neglected, abandoned, sick dogs in unsufferable, cramped conditions with a lack of food or medical supplies. The suffering they were enduring was unimaginable. It was like a death camp."

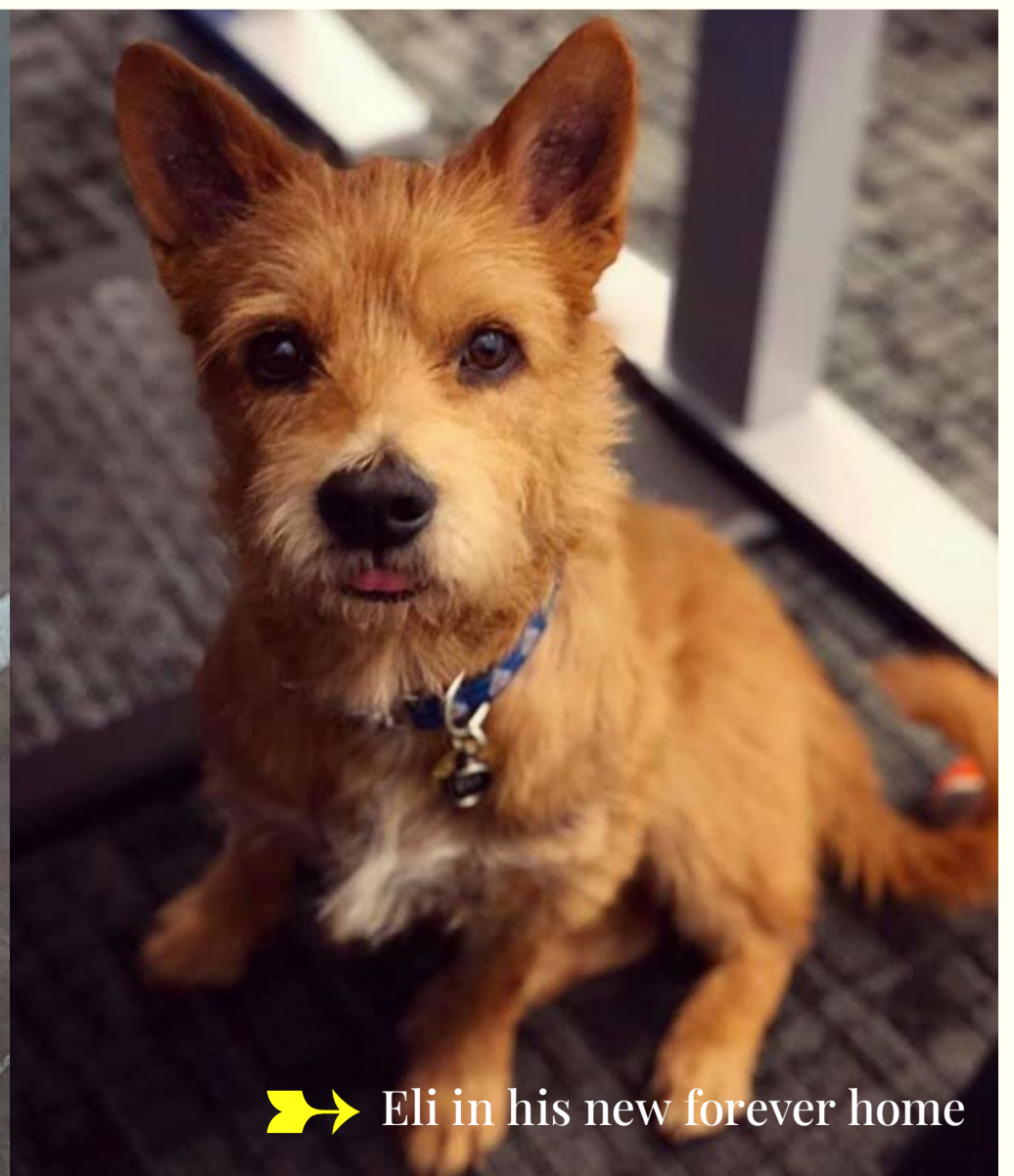
She refused to accept or compromise the situation and so set about raising awareness and improving it. She helped drive donations to the pound, brought in much needed veterinary assistance and engaged Soi Dog who helped pull out hundreds of dogs for adoption while offering direct help and advice to the under-resourced and financed pound.

Going it alone

It was shortly after that Toni decided to go it alone. She knew she didn't have the resources or funding to provide an actual shelter but that she did have the experience and passion to provide a more than capable service for helping at least some of



➡➡ Eli was rescued



➡➡ Eli in his new forever home

the dogs find adopted homes.

"With the help of numerous volunteers providing invaluable support and guidance online and offline, the goal since 2019 has been to get sick and distressed dogs out of the government dog pound, off the streets and into loving, forever homes," Toni says proudly.

So how does it work, I ask her, and how can people get involved?

"Essentially I operate as an agent of sorts but with a support network of fosterers," she replies.

"We will pull dogs that are especially sick or distressed from the pound or the streets and put them up for adoption with me serving as the first point of contact. I take them to the vet for a thorough medical check up and run an assessment on the animal's disposition and suitability, as in would they be ideal to mix with other dogs, cats, etc.

"Once this process is concluded the animal will remain in my care or that of one of the fosterers until we find him or her a home. We will profile the dogs online via the website and through social media channels where people can review them and their backstory and decide whether they can offer them a forever home.

"Conversely, we have had instances of people coming across a dog on the streets or at the beach directly who they wish to adopt. In this situation I apply the same process aside from profiling them on the website."

Once a match has been made, Toni oversees and facilitates the entire adoption process, navigating the often choppy waters around quarantine rules and airline restrictions for certain countries. Amazingly, she does not charge for this. The only fees are those to the new owners for transporting the newly adopted animal to their country, including any associated quarantine fees.

'So grateful and happy'

There have been over 1,000 dogs lucky enough to have gone through this process in the last four years who now have secure, stable and loving homes – literally a million miles from what they endured on the streets.

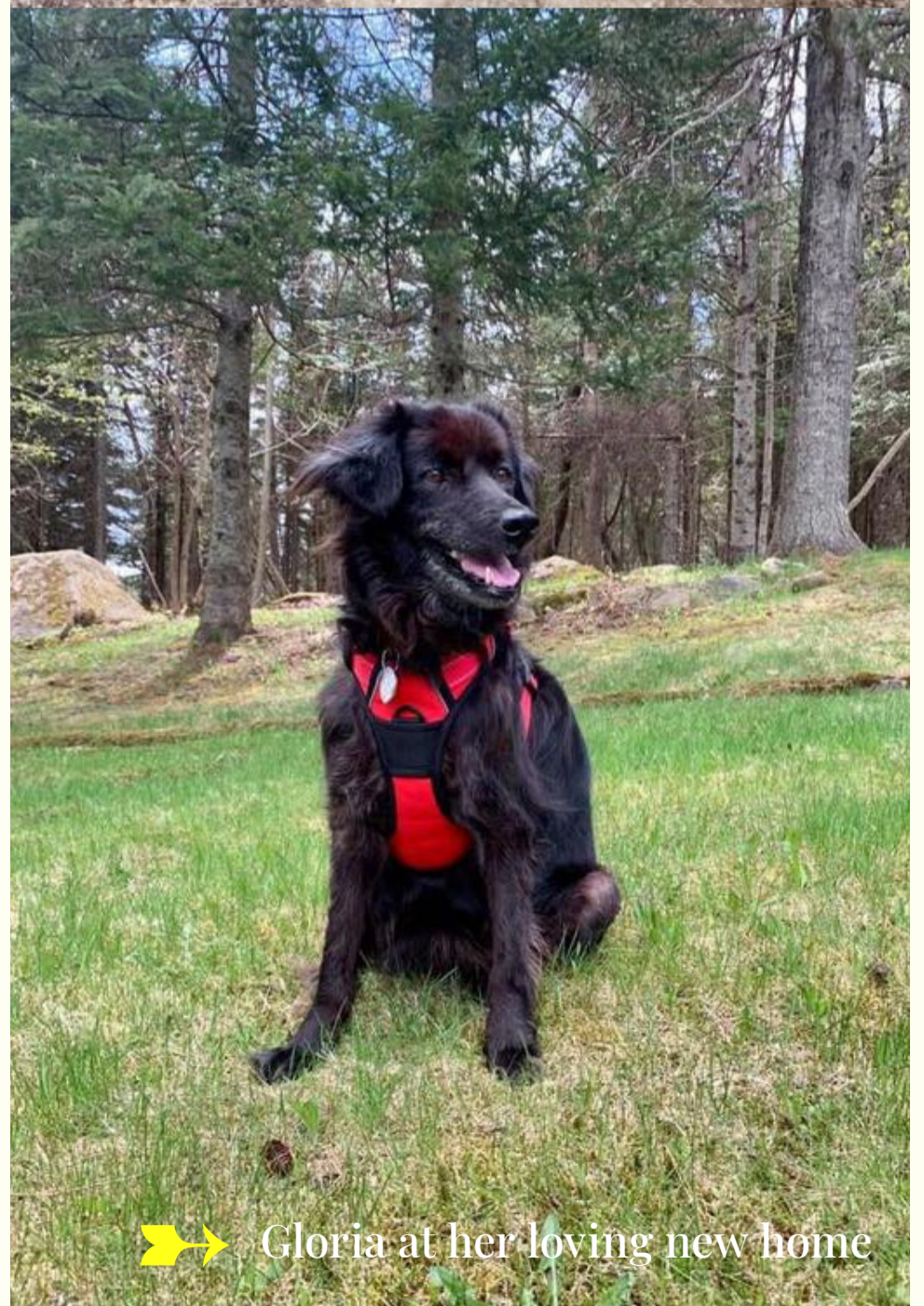
One example was a stray called Gloria who, when discovered, was severely underweight and had endured several accidents with vehicles on the roads. Walking was very difficult and she was in pain and deeply distressed. Once Toni rescued her, Gloria then had multiple operations on her hips, was neutered, microchipped, treated for her ticks and fleas and vaccinated. She then found her an incredible foster home who helped with rehabilitation until a loving permanent home was found for her with a couple in Canada.

"Since Gloria had such a rough first 8 years of her life, she is so grateful and happy every single day," the Canadian adopters have since said. "We are amazed at how simple acts of love and care can turn a dog's whole life around."

Just take a look at the before and after pictures and you will be amazed. A poor, sickly creature that many would turn away from in shock or pity was transformed into a



→ Gloria after being rescued



→ Gloria at her loving new home

beautiful, healthy, vibrant girl and a much loved pet. The love, care and dedication of Toni and her team, as well as Gloria's new adopted family in Canada, prove that there is always true beauty lying beneath even when some people may easily have dismissed it.

Currently there is a dog called Momma who is up for adoption. She lived in the jungle with her pack for over three years and Toni and her team had been feeding them, treating them and keeping an eye on them. Unfortunately, Momma got caught in a pig trap and her front left leg was almost severed. Upon being found, she was rushed to the vet but the damaged limb had to be amputated.

"However, she is currently very happy, healthy and adapting to life on three legs - she loves her new stroller!" says Toni. "She is four-years-old, so sweet and gentle and absolutely adores people. I would love to get her a suitable home."

I ask Toni why people should adopt, specifically from her and Phuket.

"It is, essentially, saving a life. Providing a better life and opportunity for an often defenceless animal who, by no fault of their own, find themselves plunged into a life of unthinkable suffering," she replies. "Naturally, I want to find as many dogs homes from Phuket as I can although adoption in general is something I strongly support, be it from overseas or in the person's home country."

Adoption over breeders

It is often commonplace for people to turn to breeders or private sources when choosing a dog, I suggest, to which Toni agrees.

"However, you'd be amazed that often there are breeds of dogs such as, for example, Huskies in animal rescue shelters that have been abandoned. I urge people to do a little bit more research before making any final decision, to be a little bit more open minded before turning to breeders."

COVID, naturally, had an impact as the majority of international flights were disrupted and numbers have dropped as a result. Furthermore, new regulations from airlines are

posing a challenge even now things are slowly starting to revert to a sense of normality. It is frustrating, admits Toni, but something she will tackle head-on and fearlessly, as she always does.

As we wrap up our chat, Toni informs me that she hasn't yet adopted a dog to Australia, something that I am amazed by and that I genuinely hope can be reversed in due course.

As suggested previously, it feels good to do good, right? Toni strives to do beyond good everyday and has done for years now, through troubling

times and often with her back against the wall. She does what she does with love and passion and there is no materialistic barometer or financial gain measuring her. Her mantra is positivity, love, kindness, help, hope. She is evidence of a true, genuine soul trying her very best to make a mark on the world, however small, while simultaneously trying to make it a better place. I, for one, take great comfort in that. It is something that deserves great respect while being both humbling and inspiring that I think we could all learn a great deal from.



➔ PJ before and after rescue and adoption. PJ was adopted in Phuket but unfortunately passed away two years later



➡ Mum Marlene with son Stu and daughter Christine



Brilliant

COMMUNITY



MARLENE DOHERTY HAS BEEN SPINNING THE WHEEL FOR DECADES

◆ Marlene Doherty has been a spinner and weaver for thirty plus years. It's her hobby and she is self taught. If you call into Wauchope Creative Hub you just may see her at work on her trusty spinning wheel.

She loves to chat about her craft and encourages others to try it. A relatively simple machine, she says the trick is a matter of controlling the tension, tightening it until the bobbin gets full right to the top.

"It's not hard to do. Anyone can give it a go," says Marlene. "I've taught hundreds of people over the years. Eighteen years ago I started a spinners and weavers group in Coffs Harbour, when I left, we must have had more than 20 people involved."

Creative Family

Inspired by watching her own Mother and Grandmother sew and knit, Marlene learned at a young age. Her mother learned dressmaking from a Chinese lady in Kings Cross and made the most beautiful garments.

Marlene trained at Sydney technical College as a craft teacher, she then went on to teach in schools for 30 years.



Not like nowadays, she was a jack of all trades teacher, from woodworking to sewing and everything in between.

Her own children are creative as well, son Stu and daughter Christine are both involved at Wauchope Creative Hub in their own way.

We asked Marlene what Mother's Day means to her. "Well, as everybody says, it's family," she replied. "And it really is. I think it's more so now, isn't it? Because of what we've all been through with COVID. I've got two of my children, Stu and Christine nearby, which is wonderful, and I have another son who doesn't live locally."

Married to her husband for 64 years, 84-year-old Marlene says her family means the world to her. Her grandchildren have children of their own now. It's a special time in her life.

On display and for sale at Wauchope Creative Hub

Lots of beautiful handcrafted wares are on display at the Hub, but Marlene's items are eye catching.

A lovely display of handcrafted colourful woollen items adorn coat stands and hat racks, and if you are lucky enough to see Marlene sitting at her spinning wheel she is always up for a chat.

She loves to talk to people and show them how to use the spinning wheel. It is a craft that she hopes will continue well into the future.

[Read Full Story](#)



CALLS FOR SENSIBLE APPROACH TO CLIMATE CHANGE

◆ Calls for Port Macquarie–Hastings Council to hold fast to its climate change policy and show leadership. This was raised as a key priority with residents and regional leaders at a community forum on April 28.

The forum debated climate issues and its complexities and aimed to normalise the need for sensible action on climate change.

Residents, and others who joined via livestream, participated in a robust discussion with a panel of respected Port Macquarie-Hastings community representatives, health and science experts.

The event was prompted by Port Macquarie-Hastings councillors Lauren Edwards, Lisa Intemann, Nik Lipovac and Rachel Sheppard in response to a council proposal to revoke its Climate

Change Response Policy. This proposal follows a recent decision by council to rescind its previous Climate Emergency Declaration.

Crs Edwards, Intemann, Lipovac and Sheppard believe the open community discussion on climate change will empower residents to have conversations about the proposed removal of council's Climate Change Response Policy, discuss concerns respectfully, debate solutions and ultimately engage in individual and collective action to address climate change at the local level.

The four councillors were unable to attend the start of this event as they were fulfilling their duties at an extraordinary council meeting.

Panellists on the night were:

- Dr Gordon Burch - former SCAS chairman, scientist, representative on numerous community organisation/committee roles.
- Teresa Cochrane – proud young Dunghutti/Gumbaynggirr woman studying environmental science and management at CSU.
- Dr Angela Frimberger - Chamber of Commerce member, Deputy Chair Veterinarians for Climate Action.
- Peter Johnson – board member of Eco-Tourism Australia, owner of Diamond Waters Eco Resort, Camden Haven.



➔ Panellists from L-R Dr Gordon Burch, Teresa Cochrane, Dr Angela Frimberger, Peter Johnson, Dr Georgia Ritchie, Brian Tierney and Leslie Williams

- Dr Georgia Ritchie – medical oncologist at Mid North Coast Local Health District (MNCLHD) Cancer Institute.
- Brian Tierney – long-time local developer and active Port Macquarie-Hastings community and committee member
- Leslie Williams - State Member of Parliament for Port Macquarie.

Submissions were received from concerned citizens

The Medical Staff Council - Port Macquarie Base Hospital submitted an open letter acknowledging climate change is a 'health emergency'. Signed by 130 local medical professionals, the letter supports the broader concerns of the Australian Medical Association (AMA).

Panellists comments

Member for Port Macquarie Leslie Williams said the community is looking for real leadership on the issue of climate change.

"This is what our community expects. I am bewildered and perplexed as to why you would rescind a Climate Change Response Policy only ratified by the council in October last year," Mrs Williams said.



"We call on local, state and federal government to work together to develop robust climate and health policy that draws on the expertise of national and international bodies," the open community letter said. "This policy should include plans to monitor and undertake research into the health impacts of climate change including air pollution, cardiovascular disease, infectious diseases and mental health effects, and how to best respond to the emerging health crisis."

Mrs Williams said it is 'ironic' councillors were called into an extraordinary meeting on the same night as the forum to discuss, among other issues, council's Think 2050 strategic plan – a plan developed after comprehensive community engagement. Among the key priorities from that consultation was a call from the community for council to take more action on climate change.

"I have a huge amount of faith in this community. If council rescind this climate change policy, we are just going to continue without them," she said.

Mrs Williams encouraged the four councillors who prompted the forum to stay resilient.

Brian Tierney strongly opposes the policy proposal saying it is incumbent on council to do the right thing for future generations and accept that climate change is a reality.

"When I became aware the council planned to revoke its climate change response policy, I fired off a response ... I'm firmly against it. It doesn't make sense to me that councillors, who have a duty of care to the public, could consider supporting such a proposal," Mr Tierney said.

"Council needs to go back, rethink and start again. Please don't leave our community, our people, our children, their children and the generations that follow, to face inevitable climate



➔ Brian Tierney and Leslie Williams

change without a broadly respected response policy – it’s the right thing to do. It’s incumbent on the council to be a leader and show leadership.”

Dr Georgia Ritchie said climate action is crucial for good health and joined the chorus of her medical colleagues on declaring it a ‘health emergency’.

“It should not be a divisive political issue, it should be a bipartisan issue and we should be working together as a community to address this,” Dr Ritchie said.

“We can do that – we’ve gone through a global pandemic, we stood together as a community.

“If we stand together now, we can enjoy the wins in bettering the health of our communities into the future.”

Peter Johnson said council and the community risk falling behind many other regions who have embraced the opportunities that exist in good climate policy.

“Council will be stepping away from all other councils on the north coast – all have detailed policies. We run the risk of stepping outside the mainstream. This is no longer pioneering stuff,” Mr Johnson said. “So much can be achieved with good policy and direction.”

Dr Angela Frimberger said climate change ‘touches on everything we care about’.

“Climate change is not an inherently political problem, it’s a science problem,” Dr Frimberger said. “I do echo that theme of ‘we’re all in this together’ - take politics out of it and do what we need to do.”

Dr Frimberger said weather is cyclical, but climate change will continue to fuel ‘mega-events’. The Black Summer bushfires, she said, had a devastating impact on local wildlife and habitats.

“Agriculture, after fossil fuel use, is a contributor to greenhouse gases. It is also the potential hero of this story. Our farmers are working hard on this issue and deserve all the support we can give.”

She said mitigation over adaptation is crucial for the natural world, it is less costly and there is a point where climate change, if uncontrolled, will become unmanageable.

“We need to use every tool in the toolbox now ... to genuinely reduce emissions. Use your choice, your vote and your voice.”

Teresa Cochrane said good climate policy protects animals, culture, community and a future for young

people. “It is affecting our generation, all of us now, and it is going to get worse. This (conversation) allows us to have a better understanding and opens us up to different understandings.”

She said more trees must be planted, and species endemic to the LGA, so animals can thrive in their local environment. “We need to start thinking of the bigger picture for our community and what that looks like – who we want to be. We all have a voice and we need to use it to promote positivity. We can be the pillar of change. Let’s be on the right side of history.”

Dr Gordon Burch said there is still plenty to be done on the issue of climate change and everyone has a role to play. “Every person, every community, every state, every nation must take action to reduce or cease using fossil fuels,” Dr Burch said.

“The time we have is so short, we can’t operate under normal economic rules. It’s too late.

“I urge you to remember Mallacoota, remember Cobargo – there will be nowhere to run or nowhere to hide when the worst of the climate catastrophes start to hit.

“Unless action is taken and we’re part



➡ Peter Johnson



➡ Dr Georgia Ritchie

of it, that's the future we are leaving for the next generations."

Dr Burch said electricity generated through wind turbines, solar and batteries is a solution we have now. "Every place in Australia needs a climate action policy if we want to avoid the consequences of extreme global warming – we can do this now. We need to work as a team with a better narrative and better leadership."

The discussion was facilitated by Jane Evans, Adjunct Senior Lecturer at Charles Sturt University (CSU) and MC Ross Cargill, Managing Director of Men and Women at Work.

The community can provide feedback on council's proposal to revoke its Climate Change Response Policy via the Have Your Say link on council's website:

Submissions close on May 6, 2022.

A report will be tabled at the May 2022 council meeting, detailing the submissions received from the public during the exhibition period.



→ Teresa Cochrane



→ Tracy Fairhurst



→ Climate is changing, so should we

BIGGEST MORNING TEA @ THE HUB

◆ Wauchope Creative Hub is much more than a place full of amazing arts and crafts, it's a community of creative people and they loved the opportunity to gather and meet new friends by hosting an "Australia's Biggest Morning Tea"

Aside from being a great cause, The Biggest Morning Tea was also an opportunity for Hub customers to meet a lot of the creative "Hubstars" and maybe even get inspired to find a new creative pursuit.

"Cancer touches so many of our lives, we really loved the ability to get together on this fun day and raise some funds, every little bit helps and we are really proud to join the cause," said Stu Doherty.

GoNutz Donuts and WrapOff were kept busy throughout the morning serving up delicious home baked delights and beverages, Kelly Guthrie kept supporters entertained with her musical

renditions and Hubstars were also kept busy attending to the many customers on the day.

Overall, a fantastic fundraiser for a fantastic cause. Well done Wauchope Creative Hub.

Australia's Biggest Morning Tea is a community event that raises vital funds to make a big difference for those impacted by cancer

It's easy to be a host, you register on their website, www.biggestmorningtea.com.au and they will help you with everything you need to make things easy-teasy!

The official day is Thursday 19th May 2022, but you can host anytime

that suits you in May or June. Once your date is set, start planning your tea and send out your invites.

You'll find heaps of resources in your online fundraising hub once you register, that make everything easy no matter what kind of morning tea you choose.

Have a tea-riffic time knowing that every cuppa will make a difference to those impacted by cancer, that's sure to make your morning tea a tea-riffic time!

Remember - if you are hosting a morning tea in person to always check your state or territory's current social distancing guidelines to ensure a safe and fun Biggest Morning Tea. Or you can choose to host virtually - it's up to you!



➡➡ Marlene and Leanne enjoyed a cuppa and a chat

Every Cuppa Makes a Difference

\$150 provides transport and a night's stay at a local Cancer Council Lodge for people who need to travel for vital cancer treatment.

\$510 helps provide training to leaders of cancer support groups so they can offer emotional and practical support to those impacted by cancer.

\$1000 helps develop a blood test to monitor a patient's individual response to cancer treatment.

Research: Investment in research has helped increase survival rates from 49% in the 1980s to 69% today.

Support: Around 150,000 Australians are diagnosed with cancer each year, meaning there are many families who need practical information and support.

Prevention: Supporters are helping Australians reduce their cancer risk by funding world-leading prevention campaigns.

Australia's Biggest Morning Tea had 20,030 morning tea hosts right across the country last year and raised over \$10.6 million for people impacted by cancer.

Every single dollar raised makes such a life-changing difference in funding vital cancer research, prevention programs and support services for cancer patients and their families.

If you hosted a morning tea like Wauchope Creative Hub, or attended one and made a donation, thank you - as Stu said, "every dollar counts."



➡➡ Hubstar Christine and a happy customer



➡➡ Happy shopping, Wauchope Creative Hub



➡➡ Hubstars Janelle and Karen

BLAZE AID, HELPING COMMUNITIES RECOVER

◆ BlazeAid is a volunteer-based organisation that works alongside rural families, they help to rebuild fences and other structures that have been damaged or destroyed by natural disaster.

We had the pleasure of chatting with the very busy Camp Coordinator of BlazeAid Wauchope, David Geekie, who is responsible for the effective performance of the camp in servicing the community's disaster recovery fencing needs within a radius of around 100km of the township of Wauchope.

David is very hands on, regularly liaising with the farmers or property owners who have registered with BlazeAid for assistance. He also works closely with local community groups such as councils, showground societies and others who support them in setting up and maintaining the camp base.

It is a varied role with many responsibilities

Liaising with those responsible for the camp location is possibly the most important role for David, the volunteers must be accommodated and looked after. The Wauchope Camp had a quick relocation recently so the Wauchope Show could happen for the first time in two years. The Wauchope Cattle Sale Yards was the temporary home and now the Wauchope BlazeAid camp is back at the Showgrounds. David and his team handled the temporary move expertly and the work continued all the while.

BlazeAid now provides vehicles for volunteers to access worksites towing the heavy duty tool trailers. David as the coordinator is responsible for their safe operation and maintenance.

The vehicles often operated in quite extreme 4WD environments not normally encountered in regular driving.

"We are currently encountering very wet conditions," explained David. "One day we are climbing up ridgelines to fix fire affected fences, the next day we are crossing boggy paddocks and creeks to work on flood affected fences. It is not uncommon for us to have to reduce tyre pressures and use both maxitreads and our vehicle fitted with a winch to gain access to our work sites."

What does BlazeAid do in general?

David sees BlazeAid as an efficient channel to connect those wishing to contribute their time and efforts to help fellow Australians who have suffered from disasters.

There are some who see BlazeAid simply as volunteers helping to restore boundary fences destroyed by disasters, however David prefers the slogan: "BlazeAid, Helping communities recover from natural disasters".



➔ Wauchope Camp Coordinator David Geekie



"As such, we donated our time and efforts to help prepare the Showgrounds facilities for the Wauchope Show and even helped run the show jumping events until they were cancelled on Saturday morning. In Victoria I was involved in distributing seed to replenish pastures destroyed by the fires and we are still doing some tree planting projects," he told us.

"There is definitely a common understanding within our community that 50% of what we do is rebuild fences, the other 50% is restoring the community we are building fences for."

How can readers help BlazeAid to help others?

Firstly, many people feel they couldn't physically help and this is not true. Even when fencing there are many roles that don't require great strength or skills and there are always roles around the camp that need doing.

"I don't have an administrative assistant available during the day as all the team like to go out fencing," said David. "We don't have someone in camp to service our tools such as chainsaws, augers and picket drivers. Our vehicles are hard used on rough terrain and need weekly checks and maintenance, as do our tool trailers."

The volunteers do all their own cooking, some help to prepare meals, maybe a cake or some biscuits for morning tea to give some relief, would be appreciated, all helps with the running of the camp.

David added, "Donations to help buy fencing materials would really help as some of our farmers are at the end of their financial tether and we are running out of materials to supply."

If you are in a position to help BlazeAid Wauchope in any capacity get in touch with David, many hands make light work that is very much appreciated by the rural community.

[Our Facebook](#)



➔ Dinner time at Wauchope Showground camp



➔ Fixing up fences at the farm BlazeAid



➔ Repairing fences at the farm BlazeAid



➔ Elle Diablo Fire Performer



Brilliant

ENTERTAINMENT



LIVE MUSIC HURRAY! AT THE GLASSHOUSE THURSDAY 19 MAY

◆ “... Escape from whatever day you’ve had and allow your heart to open up and your spirit to expand because that’s what music does – that’s what live music does.”
– Josh Piterman!

Australia's new Phantom of the Opera, Josh Piterman joins internationally acclaimed bass baritone Teddy Tahu Rhodes and renowned pianists and showman Guy Noble in Concert at Glasshouse Port Macquarie on Thursday, May 19. Book <https://www.glasshouse.org.au/Whats-on> or call 6581 8888. Tickets from \$59.

If you love opera, musical theatre, the brilliant musicality and fun of performances like The Ten Tenors and Celtic Thunder, you will love Teddy Tahu Rhodes, Josh Piterman and Guy Noble in Concert.

Program Highlights include Nessun Dorma, Some Enchanted Evening, Music of the Night, Gilbert and Sullivan's I am a Pirate King, Cole Porter's So in Love, and much-loved duets The Pearl Fishers, Lily's Eyes & You'll Never Walk Alone.

**“Audiences are looking forward to live music... I hope they come away smiling, uplifted and pleased they came!”-
Teddy Tahu Rhodes**

Bass baritone Teddy Tahu Rhodes has sung with the world's leading opera companies including New York's Metropolitan Opera and Opera Australia. Memorable roles include Escamillo (The Toreador) in Bizet's Carmen, Scarpia in Puccini's Tosca, and the title role in Mozart's Don Giovanni.

An ARIA and Helpmann Award-winning artist, Teddy starred in Opera Australia's smash hit Rodgers and Hammerstein musicals South Pacific and "The King and I."

Australia's own 'Phantom of the Opera', tenor Josh Piterman starred in the title role in London's West End in 2019 and will reprise the role this year at the Sydney Opera House and Melbourne Arts Centre.

Josh is an established Australian musical theatre performer and classical crossover artist whose debut self-titled album went to No.1 on the Aria and iTunes charts, He performed with the international pop opera group The Ten Tenors and made his mark in the Australian production of

West Side Story. Other musical credits include Cats, Beautiful - The Carole King Musical and the UK production of Hairspray.

Pianist Guy Noble is a sought-after conductor and soloist, and has worked with Australia's finest orchestras and leading international artists including Harry Connick Jr, Olivia Newton John, The Beach Boys, and soprano Sumi Jo.

Guy is also a regular guest presenter on ABC Classic FM.



➔ Australia's new Phantom, Josh Piterman

"We want people to come away thinking that live performance is an essential service!" - Guy Noble (Limelight Magazine)

This concert is being organised on behalf of the not-for-profit Australian Centre for Arts and Health to further their arts and health work in our community.

"It will be such a joy for people to experience a live music performance again and for my arts and health work to be able to remind people in our community of the uplifting experience, shared with others, through engaging with inspiring music in our Glasshouse Theatre," said ACAH director Margret Meagher.

Josh Piterman sings

Highlights of Josh Piterman's live performances including 'Music Of The Night' at The Australian Open 2022, 'Age Of Reason' at Australia Day Live 2022 and 'Nessun Dorma' at Australia Day Live 2019.

Watch Highlights of Josh Piterman's live performances

Teddy Sings Some Enchanted Evening

After 7 Tony Awards and sell out seasons on Broadway and the West End, the Lincoln Center Theatre's stunning production of Rodgers & Hammerstein's South Pacific is coming to Adelaide for a strictly limited season from 29 December 2013!

Teddy Tahu Rhodes - Some Enchanted Evening



→ Josh Piterman is an established musical theatre performer and classical crossover

TEDDY TAHU RHODES

JOSH PITERMAN & GUY NOBLE

IN CONCERT



Glasshouse Arts Centre, Port Macquarie
Thursday 19 May 2022, 7.30pm

Delight to the best of Opera & Musical Theatre
Highlights include: Nessun dorma, Some Enchanted Evening, Music of the Night, Rossini's Largo al factotum, I am a Pirate King, Cole Porter's So in Love, and much-loved duets The Pearl Fishers, Lily's Eyes & You'll Never Walk Alone.

PAM HATA'S MUSICAL MESSAGE OF HOPE

◆ A Musical Message of Hope, featuring Big River Run, a sound track to support flood affected communities

The Covid pandemic and recent flood disaster events affected many townships across NSW. Pam's personal experiences within the big river cane country community of Maclean during this time have left their mark on her heart sound and style, inspiring her to write her most recent single release song "Big River Run".

Pam explains how the resilience she witnessed from within her local community gave light to this piece.

"That's what rivers do, they keep flowing, just like the community here. They're really strong and resilient. They just keep moving forward."

[Read more about Pam Hata](#)



➡➡ Pam Hata RAW



➡➡ Pam Hata Wild



➡➡ Track Acknowledgement: "Big River Run" remixed, mastered and produced by Jack Butcher of Flat Jacks Sound Shack

Local businesses and independent artists collaborated in times of need creating an event to help lift the spirits of the devastated community. Pam was contacted to join the fundraising event relief efforts just after she and her family had been relocated out of their home by the SES.

Pam continues to donate proceeds from this track to the flood effected in support of the community who have experienced such difficult times.

[Check out Pam Hata Music](#)

Track Acknowledgement: "Big River Run" remixed, mastered and produced by Jack Butcher of Flat Jacks Sound Shack

[Read Full Story](#)



[Flood Relief Stage](#)



[Pam Hata Performing Live](#)

ANGUS GILL WINS HIS FIRST GOLDEN GUITAR

◆ Off the back of a #1 ARIA Australian Country Album and 3x #1 radio singles, Angus Gill nabbed the Golden Guitar Award for Bush Ballad of the Year for his song *The Easy Way*, co-written with Manfred Vijars, at the 50th CMAA Country Music Awards of Australia.

It's been a dream of Angus' since he can remember, and now the Mid North Coast singer-songwriter and producer can call himself a Golden Guitar winner.

"I was just speechless. I couldn't believe it," he said of his glittering

Tamworth Country Music Festival moment. "It means so much to me to pick up a Golden Guitar. We don't do it for that, we don't do it for the awards." A beaming Angus said, "I'm totally lost for words and for me, this is a first! This has been seventeen years in the making and I am so grateful that I won my first Golden Guitar for Bush Ballad of the Year.

"This was the style I started playing as a seven year old, after being inspired by local entertainers William Lane

and Ken "Chainsaw" Lindsay. I got my first gig singing bush ballads at the Timbertown Heritage Theme Park, in my hometown of Wauchope. I'd sing for four hours every Saturday for twenty five dollars and a meat pie. The four years I did at Timbertown taught me so much about stage craft and how to captivate and entertain audiences of all different sizes. And now to win a Golden Guitar for Bush Ballad of the Year, it's a very special "full circle" moment for me."



➔ **The Easy Way by Angus Gill wins a Golden Guitar for Bush Ballad of the Year 2022**

Mum and Dad's reaction to the award...

"They were both as chuffed as I was. I think Dad still believes the Golden Guitar is his. Although he probably deserves it, putting up with all of my antics for the last 24 years," Angus said.

What does the award mean to Angus?

"It's something I've been aiming for ever since I first picked up a guitar as a kid. To finally hold one of my own Golden Guitars in my hands, is quite an incredible feeling. This is the highest accolade you can receive in Country Music in this country. That said, I don't write songs because I want to, I do it because I have to and because I love to. There is simply no other option. Passion will always be the driving force behind everything I do, but awards are nice (laughs)."

[Read Full Story](#)



➔ Angus Gill



➔ Angus with his very proud Mum and Dad

WANT A WEEK OF FESTIVAL AND ENTERTAINMENT?

◆ Kids Workshops & Family Shows, Untamed Cabaret After Dark, Food Trucks & a Festival Bar! Then roll-up to the TORTUGA Festival at Westport Park, Port Macquarie presented by The Original Good Time Merchants, from the 10th to 19th June 2022.

It's a daring New Arts Festival set to hit Port Macquarie over the June public holiday. The festival has an incredible line up of circus, music, cabaret and comedy shows that will take place in the Aurora Spiegel tent. A beautiful art-deco venue, the Aurora Spiegel tent is originally from the Netherlands, and is approximately 100 years old.

Showcasing high-energy, high quality acts from touring and regional artists Tortuga will be a celebratory experience for the community that will provide locals and visitors with the chance to come together, try out some circus skills through Tortuga's workshop programme and be inspired by the finest in Australian circus, comedy and cabaret.

Monica Trapaga won the nation's hearts on our screens with Play School, and since then has had a stellar thirty year performing career.

Head First Acrobats is a multi-award-winning entertainment company. Based in Melbourne, they are regulars on the international touring circuit, and specialise in high-skill, high-octane acrobatic entertainment.

Their new flagship show, '**Railed**' debuted at Perth FRINGE WORLD in 2019, and is a riotous high-energy comedy Western

[Watch Railed promo 30sec](#)

Karen From Finance recently placed as one of the top 4 finalists in the reality-tv hit show RuPaul's Drag Race Down Under which took to international airwaves in May 2021.

Elle Diablo is a sword swallower, sideshow performer, aerialist and burlesque artist. Elle has toured nationally and internationally as a solo artist and with the Australian punk sideshow The Syndicate.

Lilikoi has hypnotised audiences from London to New York, Buenos Aires to... Wollongong with her heart-breaking hip-shaking hula-hooping and unparalleled comic timing.

[Full Festival Program](#)



The festival is curated and produced by local boy done good and 13 times Guinness world record holder Gordo Gamsby

Gordo has travelled the world performing in the circus as a strongman and sword swallower. He met his circus performing wife, Lucy Frost (originally from the UK) whilst performing in Western Australia six years ago.

GET YOUR TICKETS NOW

Ticket prices from
\$40 for adult performances, and
from \$25 for family shows from

[Website](#)

[Read Full Story](#)



➔➔ Monica Trapaga, Headline Performer



➔➔ Head First Acrobats
 photo credit Matthew Gedling



➔➔ Gordo and Lucy



➔➔ Elle Diablo



➔➔ Lilikoi hoops

BRILLIANT ONLINE ENTERTAINMENT GUIDE

◆ Mid North Coast Events

Most days of the week, somewhere across the Mid North Coast, NSW there is an opportunity to kick back, relax and enjoy the good things in life. The Brilliant-Online Entertainment Guide provides one easy place to find it all!

Whether you want to dance away the evening, join friends at an event or take the family out to the trending eateries in town, the Mid North Coast offers a diverse entertainment scene offering something for everyone.

MAY 2022

SUNDAY, 15TH MAY

11.00am - 2.00pm Douglas Vale Historic Homestead & Vineyard, Pinot & Picasso

12.00pm Royal Hotel Kew, Andrew Cousins

3.00pm The Beach House Port Macquarie, Finn Hoy

3.00pm Block n Tackle Brewery Central Coast, Snez

4.00pm Bonny Hills Beach Hotel, Andrew Best

TUESDAY, 17TH MAY

7.30pm The Glasshouse Port Macquarie, Cosentino Deception

WEDNESDAY, 18TH MAY

8.00pm The Glasshouse Port Macquarie, Ross Noble

THURSDAY, 19TH MAY

6.30pm Club North Haven, Mike Miller

7.30pm The Glasshouse Port Macquarie, Rhodes, Piterman & Noble
Concert Book: [here](#)

19th - 22nd Festival of the Sun (FOTSUN), Port Macquarie More info. www.fotsun.com

FRIDAY, 20TH MAY

5.30pm Wicked Elf Port Macquarie, Mike Miller

6.30pm Wave Bowl Terrace Port Macquarie, Pure Acoustic Duo

7.30pm Port City Bowling Club, The Coppertones

8.30pm Comboyne Ex Services and Citizens Club, Soundscape

SATURDAY, 21ST MAY

11.00am Douglas Vale Vineyard Port Macquarie, Damon Winter

4.00pm Wicked Elf Brewery, RubyBlunt

7.30pm Bago Tavern Wauchope, Kyle Moore

7.30pm Port City Bowling Club, Electro Unplugged

7.30pm Mc Rossins Mill Uralla, Snez

8.00pm Finians Irish Tavern Port Macquarie, Dirty Coverz

8.30pm Laurieton Hotel, Can't Adult Today

SUNDAY, 22ND MAY

12.00pm Royal Hotel Kew, Chris Rose

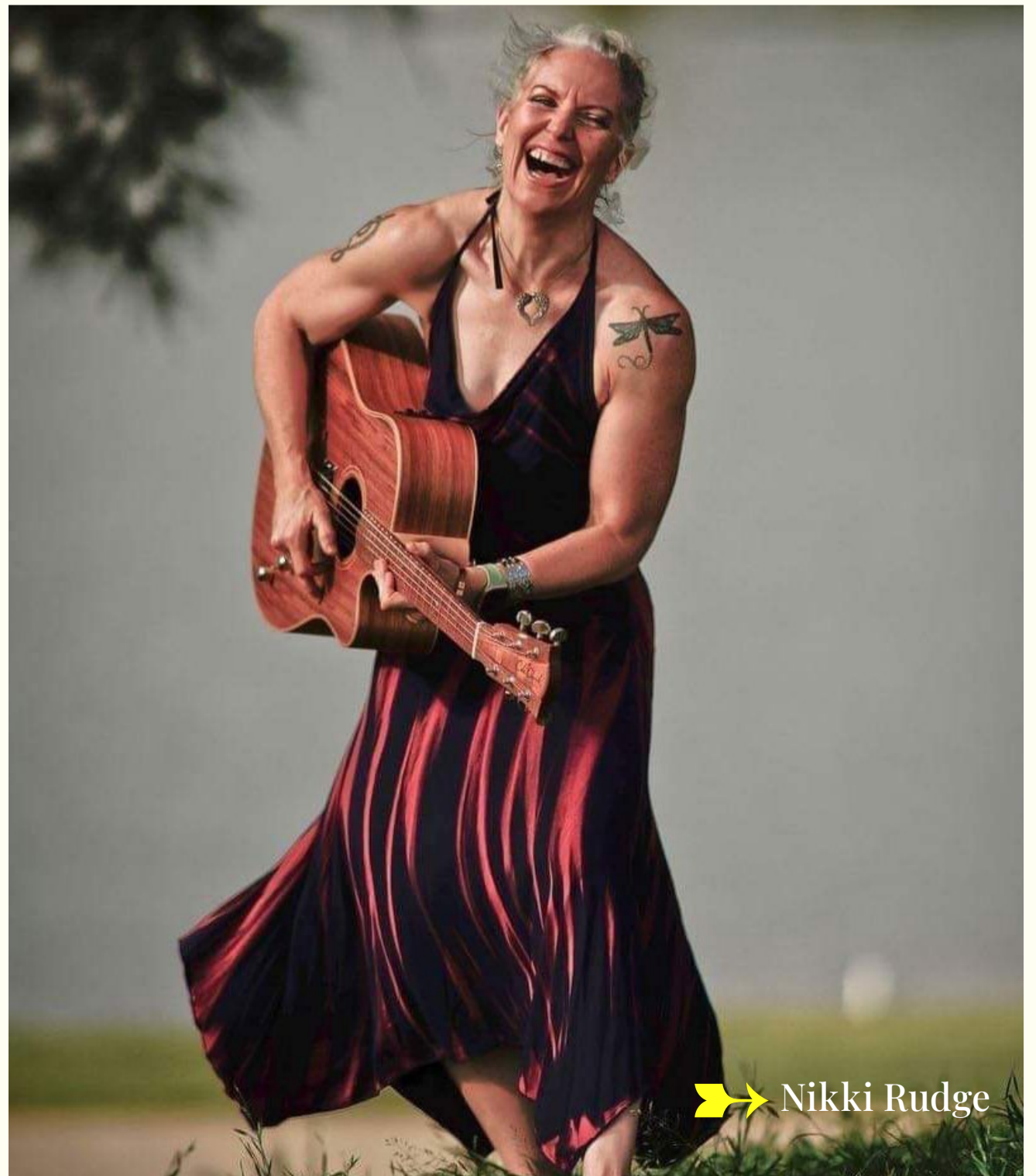
1.30pm Wauchope Country Club, Pure Acoustic Duo

2.00pm Laurieton Hotel, Nikki Rudge

3.00pm The Beach House Port Macquarie, Jackson James

4.00pm Bonny Hills Beach Hotel, Goody 2 Shoes

5.00pm Angourie Café and Wine Bar Yamba, Pam Hata



➔ Nikki Rudge

TUESDAY, 24TH MAY 2022

6.00pm - 9.30pm Blue Water Bar Port Macquarie, Angove Wine Degustation Dinner

WEDNESDAY, 25TH MAY 2022

7:30 pm - 10:00pm The Glasshouse Port Macquarie, The World of Musicals Concert

FRIDAY, 27 MAY 2022

2.00pm - 10.00pm Boots & Beach Country Music Festival Port Macquarie, Angus Gill

More info. www.bootsandbeach.com.au

6.00pm Port City Bowling Club, Mike Miller

7.30pm Port City Bowling Club, Lighthouse Music

SATURDAY, 28TH May 2022

11.00am Douglas Vale Vineyard, Damon Winter

12.30pm Chop n' Chill, Port Macquarie Keanu Jai

2.00pm Brew Haven, Port Macquarie, RubyBlunt

7.30pm Bago Tavern Wauchope, The Turn-uns

7.30pm Port City Bowling Club, Simon Gudgeon

6.00pm Glenn Innes Bowling Club, Pam Hata

SUNDAY, 29TH MAY

12.00pm Royal Hotel Kew, Hudson Rose

12.00pm Flow Bar Old Bar, Snez

12.30pm Chop n' Chill Port Macquarie, Chill Factor

1.30pm Wauchope Country Club, Pure Acoustic Duo

3.00pm The Beach House Port Macquarie, Jake Davey

MONDAY, 30TH MAY

11:30am – 6:00pm Port Macquarie Race Day

JUNE 2022**SATURDAY 4TH JUNE**

11.00am - 2.00pm Festival of Flavours Wine Cheese and Music

12.00pm - 4.00pm Long Point Vineyard Long Lunch

2.00pm The Tea Club, Nowra Shoalhaven, Snez

8.00pm Panthers Port Macquarie, Never Ending 80s v 90s Party

SUNDAY, 5TH JUNE

3.00pm - 10.00pm The Beach House, Port Macquarie, Sunset Sounds

11.00am - 2.00pm Cassegrain Wines, Port Macquarie, Taste of Winter Pop-Up

MONDAY, 9TH JUNE

6.00pm Big River Trading co. Ulmarra, Cocktails and Canvass, Pam Hata

FRIDAY, 10TH JUNE

5.00pm - 9.00pm Port Macquarie Art Walk

7.00pm Opening Night, Tortuga Festival, West Port Park, Port Macquarie

More info and tickets www.tortugafestival.com.au

SATURDAY, 11TH JUNE

12.00pm Enviro and Cultural Fair Taree, Pam Hata

7.00pm Art Walk Festival Port Macquarie, Pam Hata



MONTHLY MARKETS

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EVERY TUESDAY

12.00pm to 6.00pm

Real Food Local Produce Markets

Port Central Hay Street Forecourt,
Port Macquarie

EVERY SUNDAY

Port Macquarie Art Society
Market Bazaar 8.00am to 1.00pm

Hamilton House 198 Hastings
River Drive, Port Macquarie

FIRST SUNDAY

Grown and Gathered Community
Markets 9.00am to 12.00pm

1493 Pappinbarra Road,
Pappinbarra

SECOND SATURDAY

The Foreshore Markets 8.00am to
1.00pm

Westport Park Cnr Buller & Park
Streets, Port Macquarie

www.marketplaceevents.com.au

SECOND SATURDAY

Johns River Markets 8.00am to
12.00pm

Johns River Community Hall 54-56
Johns River Rd, John's River

[www.facebook.com/
johnsrivercommunityhall/](http://www.facebook.com/johnsrivercommunityhall/)

THIRD SUNDAY

Laurieton Riverwalk Markets 8.00am to
1.00pm

Cnr. Tunis & Short Street, Laurieton

www.riverwalkmarkets.com.au

FOURTH SATURDAY

Wauchope Farmers' Markets 8.00am to
12.00pm

Wauchope Showground High Street,
Wauchope

www.wauchopefarmersmarket.com.au

FOURTH SUNDAY

The Local Market 8.00am -1.00pm

Maritime Museum William Street Port
Macquarie

www.marketplaceevents.com.au

* Advertised dates are subject to change. Contact the individual venues for further information.

More information:

www.portmacquarieinfo.com.au

www.tortugafestival.com.au

www.midnorthsocial.com

To list your event, please send details, images and videos to editor@brilliant-online.com



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➡➡ Cosentino Deception at the Glasshouse on 17th May - The Grand Illusionist



➡➡ Ross Noble Stand Up Comedy at the Glasshouse Port Macquarie



➡➡ Angus Gill - CMAA Golden Guitar Winner



➡➡ Pam Hata live on stage



➡➡ Best of Kids Cabaret

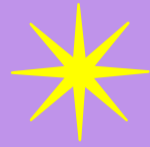


Serena kicks her way into the round 2.
Photo by: Arckphoto

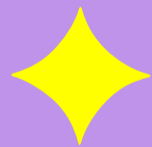
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Images | www.arckimages.com

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Brilliant
SPORTS



SPORTING SUPERMOMS!

◆ Each and every mother is a superhero in her own right. Right across the world, mothers are rightfully upheld as truly inspirational figures, the fulcrum of the family that nurture, guide and support. We all know how important a role they play within our lives and we will all be forever grateful to them for all they do.

Balancing motherhood and a career has always presented challenges but have you ever wondered how it would be being a professional athlete and returning to your sport while also taking on the role of a Mum? A pretty tall order, right?

There are literally countless examples of amazing women who have excelled back on the court, on the track, on the pitch or in the pool since giving birth.

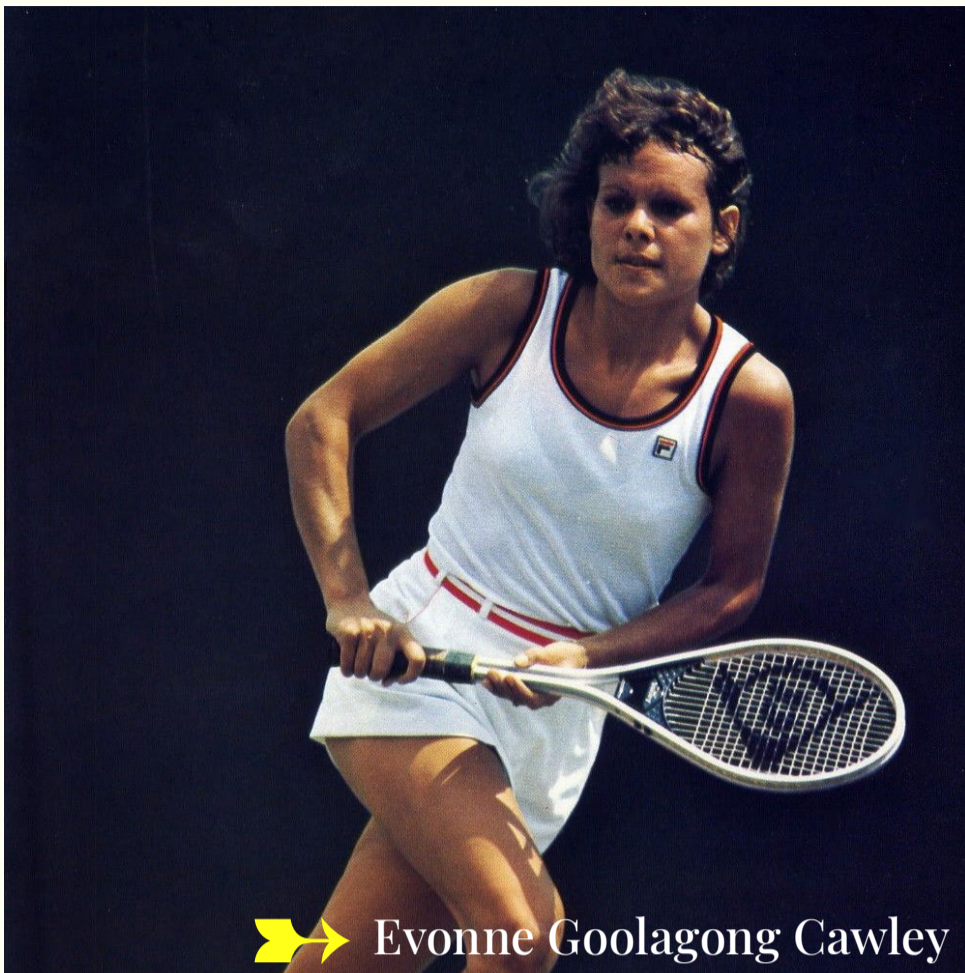
We can't cover them all, of course, but have cherry-picked a few here whose achievements are, quite simply, outstanding.

In tennis, Australian Margaret Court is still revered as the greatest female player in history, the first woman in the Open era to win the Australian, French, US Opens and Wimbledon in the same calendar year and amassing more major titles than any other player in history.

Court may have lost the 1971 Wimbledon singles final to fellow Aussie Evonne Goolagong Cawley but bear in mind she was pregnant with her first child Daniel at the time! She returned in 1973 and went on to win a further three Grand Slam titles, the only woman in the Open era to win a major after childbirth. She had three further children and continued to play until 1976.



➔ Margaret Court



➔➔ Evonne Goolagong Cawley



➔➔ Serena Williams



➔➔ Kim Clijsters



➔➔ Amanda Nunes UFC Champion and Mum

Goolagong Cawley herself dominated the tennis court during the 1970s and became the first mother to win the Wimbledon singles title in 66 years in 1980, three years after the birth of her daughter Kelly.

Belgian Kim Clijsters gave birth to her daughter in 2008, but was soon back on the court, winning the US Open in 2009 and 2010 and the Australian Open a year later. She was also the first mother to win a Grand Slam title since Goolagong Cawley at Wimbledon in 1980.

Serena Williams needs no introduction. A tennis phenomenon who stands just one win away from equalling Margaret Court's record of 24 Grand Slam singles titles. In September 2017, Williams gave birth to daughter Alexis Olympia and was back on court only three months later! Whereas she hasn't quite been the dominant force she once was, she continues to compete at the highest level as she chases Court's record.

UFC is one of the, if not THE, most brutal sports around but becoming a mother didn't soften Brazilian fighter Amanda Nunes, who gave birth to

her first child in September 2020 and was back in the octagon less than six months later to defend her women's featherweight title with a first round win against opponent Megan Anderson.

American Allyson Felix is the most decorated American track and field athlete in Olympic history, a five-time Olympian who has won medals at every single Games she has competed in from Athens in 2004 to Tokyo in 2020. In 2018, however, she had to watch on for a month after her newborn baby Camryn was in an intensive care unit after a premature birth.



➔ Allyson Felix and son Camryn



➔ Alycia Montarino and daughter Linnea Dori



➔ Nia Ali and son Titus Maximus



➔ Dame Sarah Storey

Fortunately Camryn pulled through and the experience motivated Felix to compete qualify for her fifth Olympics in Tokyo – her first as a mum. She went onto to win bronze in the 400 metres final and gold in the 4 x 400 metres final.

Fellow track and field star Nia Ali gave birth to her first son in 2015. The American took a year off but then stormed back to win silver in the 100 metres hurdles at the 2016 Rio Olympic Games and Gold at the World Athletics Championships in Doha in 2019.

British long-distance runner Paula

Radcliffe gave birth to her first daughter at the start of 2007 and was back winning the New York marathon in the November of the same year while Dara Torres became not only the oldest member of a U.S. Olympic swim team at the 2008 Beijing Games but won a silver medal in the 4 x 100 metre freestyle relay – in the same year she became a mom at the age of 41!

Dame Sarah Storey is the most decorated British Paralympian of all time with a total of 28 medals, 17 of which are gold. She gave birth to her first child, a daughter, in 2013 and a

son in 2017, successfully managing to juggle the demands of being a mom with being a superstar athlete, picking up her latest medal-haul at last year's Tokyo Paralympics.

The list is endless and we could go on and on. We must apologise to the many fantastic mums out there in the sporting world that we haven't paid coverage to but salute every single one of them for their fantastic achievements in sport and at home.

[Read Full Story](#)

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3,139 PUSH-UPS IN 24 DAYS: ARE YOU UP FOR THE CHALLENGE, MID NORTH COAST?

◆ LIFELINE MID COAST TAKE ON THE PUSH UP CHALLENGE – PUSH FOR BETTER MENTAL HEALTH – 1ST JUNE TO 24TH JUNE 2022

Lifeline Mid Coast rallies the support of the community in their push for better mental health this June. They are proud to be a major beneficiary partner of Australia's largest fitness-based mental-health event, The Push-Up Challenge 2022, and they want you on their team.

The Push-Up Challenge is designed to help shine a spotlight on the tragic number of Australians that die by suicide each year and provides a tangible way for the community to make a difference to mental health and suicide prevention.

"We are challenging people to get fit, have fun and learn about mental health, by registering with us and completing 3,139 push-ups from June 1st to June 24th this year," says Marketing Coordinator Lisa Willows. "We are encouraging individuals and organisations to take the challenge and participate in raising awareness and funds for Lifeline Mid Coast."

"We understand that 3,139 is a lot of push ups to make over the period, so we are happy for teams to make them collectively. Complete your push ups any time, any place – other exercise alternatives are welcome, it's all part of being the team and it's great to have a goal. There is a phone app that can track your progress."

Recent scientific evidence suggests that three 45-minute exercise sessions per week is enough to provide antidepressant benefits to mental health

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

Lifeline Mid Coast CEO Catherine Vaara said, "The Push-Up Challenge is a great opportunity for Australians to talk about their mental health, learn how to best support each other and recognise when they might need to put their own hand up for help. Mid North Coast locals had so much fun pushing up and learning about mental health with us last year, so we can't wait to do it all again for 2022."

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

Participants of all ages and abilities push-up while learning about mental health, with the number of daily push-ups changing to reflect a vital mental health fact. Participants can aim for 100% of the daily push-up target, or set their own push-up goal - which



➔ Take up the Push Up Challenge

can also be done as sit-ups, squats or tailored exercises - with progress tracked through a dedicated app.

“The Push-Up Challenge is all about getting involved in physical and mental health in a fun and unique way and we’d love to have the local community involved,” said Nick Hudson, Founder of The Push-Up Challenge.

Lifeline Mid Coast is encouraging people of all ages, local businesses, gyms, clubs and schools in the area to join Team Lifeline Mid Coast. You can register for The Push-Up Challenge as an individual, a team, or get your whole workplace, club, gym or school involved at https://www.thepushupchallenge.com.au?utm_campaign=lifeline-12

About The Push-Up Challenge

Founded by Nick Hudson in Perth in 2017, The Push-Up Challenge (TPUC) began as a challenge between four friends and has grown to become Australia’s largest fitness-based mental health event. The Challenge asks individuals to complete 3,139 push-ups over 24 days in June, to raise awareness about mental health and suicide. TPUC is a fun way for Australians to connect with one another, get fit, and learn about mental health, with participants encouraged to raise money for Lifeline, Movember or The Push For Better Foundation. The free event runs from 1-24 June 2022. For more information and to register, visit www.thepushupchallenge.com.au

About Lifeline

For 59 years, Lifeline has been connecting with Australians in need through crisis support and suicide prevention services – bringing hope and help to people anytime, anywhere.

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

The Lifeline network includes 41

Centres in metropolitan, rural and remote areas across the nation. There are over 10,000 volunteers and 1,000 employees working to ensure that no person in Australia has to face their darkest moments alone.

Lifeline centres also deliver accredited education and training programs focusing on suicide awareness and prevention as well as community-based suicide prevention initiatives, including support services for those impacted by suicide. Lifeline is available to help.

Through phone, text and online chat, Lifeline is available 24 hours a day, seven days a week to listen without judgement to any person in Australia who is feeling overwhelmed, experiencing crisis or longs to be heard. If you, or someone you know, is in need of support, please contact Lifeline on 13 11 14 (24 hours / 7 days) or chat to a Crisis Supporter at www.lifeline.org.au (7pm – midnight, 7 nights).



➔ Nick Hudson - Push-up Challenge Founder



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