OCEAN ROAD MAGAZINE

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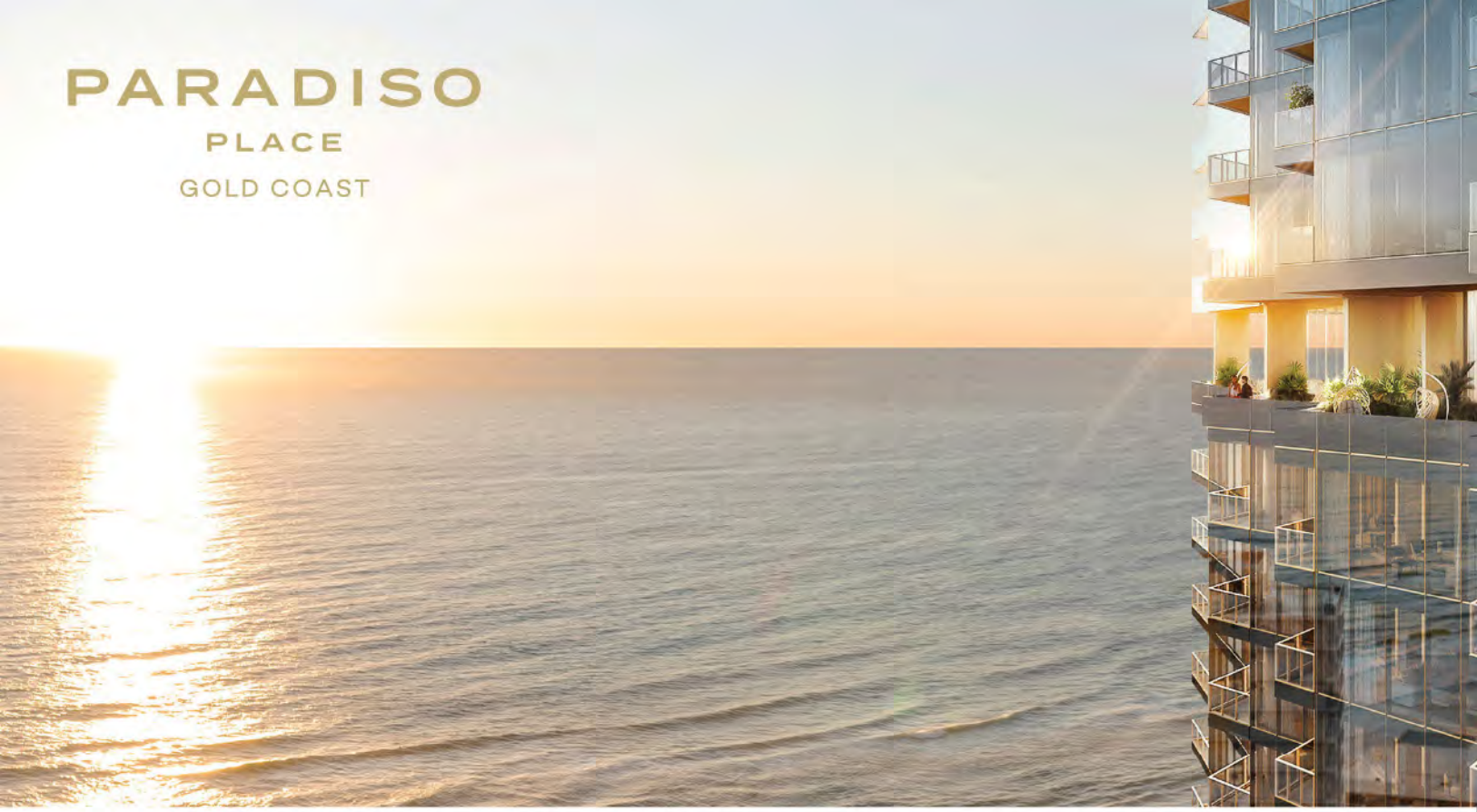
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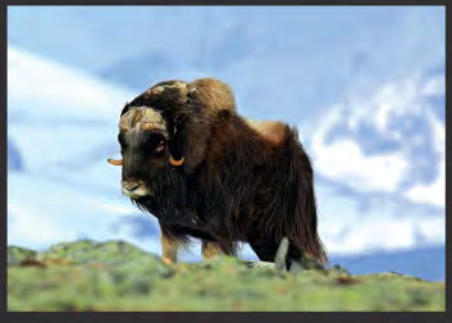
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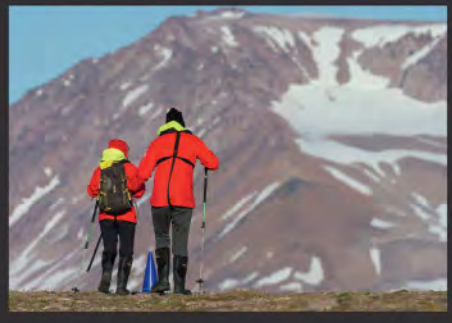
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After 12 years of publishing *Ocean Road Magazine*, we feel very confident our brand continues to grow as a respected voice for the region while flying the print media flag in an ever-changing media world.

Through new partnerships with significant local media businesses, we have created an editorial board that will help drive our editorial content into the next decade and provide content of local and national importance, breaking important stories the mainstream media embrace and spread nationally.

Inspired by *Vanity Fair Magazine*, *Ocean Road*'s cover will now have the tagline 'The Gold Coast's Only True Journal', further reinforcing our editorial goals and bringing into focus a new era of independent journalism not created by any other local publication.

With investigative journalism under fire from all sides including government regulation and diminishing newspaper revenue, *ORM* will strive to take up the mantle and as they say, "keep the bastards honest".

Online news has been tarnished with "fake news" and presents news that is not subject to the same level of scrutiny that print media must conform with or face litigation. It is important that print media is maintained and grows to ensure that government and corporate greed is held to account.

Investigative journalism is such an important part of our society – to lose it would surely move us towards those states that suffer from massive corruption, greed and environmental devastation. To quote Shakespeare's Macbeth: "Power corrupts and absolute power corrupts absolutely."

Unchecked power will ensure that the rich get richer to the detriment of the rest of society. That's not the sort of place I want to live and I am sure neither would you.

We look forward to sharing hard-hitting stories that will drive change where needed.

Regards,

Brian Usher
Managing Director
Editor-in-Chief & Photographer

Melissa Usher
Fashion & Beauty Editor
Social Media





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Chris Nyst
Shares his wisdom on life matters that may affect us.



Rick Brennan
Over 25 years of experience and knowledge on self improvement.



Karla Gilbert
ORM health and fitness ironwoman.

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Aviary Rooftop Bar is an 18+ venue. Events at Aviary are subject to change.




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MAYOR'S MESSAGE



The Gold Coast is diversifying in the right direction.

As our city navigates its way out of the ravages of Covid-19, we are seeing the green shoots of economic recovery starting to emerge. Our real estate market remains buoyant despite consecutive interest rate rises, tourism is on the rebound with more international routes coming online and our manufacturing and health and knowledge industries are recording strong growth.

Over the past decade as mayor, I have worked to broaden the economy as it was obvious that we could never rely solely on tourism and construction. Today, we are a much more resilient city with growth in the marine sector, sports development, medical research and filmmaking – to name a few.

The film industry offers incredible scope for growth. Recent meetings I have held with some of the largest film production companies in the world give me great confidence that we are heading in the right direction. Global investors have made it clear that they are viewing our city as the 'Hollywood of the South Pacific'. Their confidence is underscored by our capacity to offer exceptional natural landscapes, built-form infrastructure, world-class sound studios and appealing weather. They also comment on the city's laidback lifestyle, which allows actors, directors, cast and crew to enjoy their time Down Under without the paparazzi-style pressure that exists in Hollywood. Credit must go to Screen Queensland and its team for keeping our name up in lights as the world repositions itself post Covid. To me, the future is about jobs – and protecting our lifestyle. The film industry fits both of those bills perfectly.

As a city, we have taken on the global economic challenge from a position of strength while continuing to deliver the essential services that our residents rightly expect. Taking a value-for-money approach has meant our frontline services remain the No.1 priority.

Looking ahead, our focus continues to be on delivering improved community infrastructure while allocating record investment in roads and transport and enhancing community safety. Maintaining and growing our green spaces and continuing to plant more trees will protect the lifestyle we all love.

I assure all Gold Coasters the city's councillors and administration will continue to work hard to keep rates at, or below, CPI. Residents can have confidence we will deliver the services the community needs at a price we can afford.

Tom Tate – Mayor



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"Only the best ..."

spring



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From car-loving tomboy to glamorous Miss Indy, race car driver, Surfers Paradise bar owner, supercar test pilot and reviewer, social media influencer and charity queen – Rachael Reid's story is remarkable.

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Ferrari SF90 Stradale



TOP GUN

With apologies to Tom Cruise's *Maverick*, Rachael Reid feels the need – the need for speed.

She has done so ever since she was a little girl when her older brothers used to push her down the hill near their home, at breakneck pace, in a wheelie bin. In her teens, she'd help them tweak and restore Holden VBs, VLs and Toranas.

"Obviously having girl hands, I could get in there (under the bonnet) and change things," Rachael says with a chuckle. "I was always watching motorsport on TV."

Reid, the woman behind the hugely successful automotive lifestyle business Her Supercar Life, is speaking with *Ocean Road* at one of her favourite coffee haunts, Blackboard at Varsity Lakes. Her story is a remarkable one – from car-loving tomboy to glamorous Miss Indy, race car driver, Surfers Paradise bar owner, supercar test pilot and reviewer, social media influencer and charity queen.

The Her Supercar Life Instagram account boasts almost 100,000 followers and on any given day, Rachael can be seen zooming around the Coast in the latest Lamborghini, Porsche, Ferrari, Maserati or Aston Martin. Her reputation as a champion for female empowerment in the male-dominated automotive world has seen her invited to join luxury Italian carmaker Lamborghini's global female advisory board.

She's achieved all this as a mum-of-three and despite battling a crippling and frightening illness.

Rachael grew up on the southern Gold Coast, the daughter of a single mum who raised her and her siblings alone while working as a waitress at popular theatre restaurant Dracula's. After leaving Elanora State High, she went to work for Glitter Strip nightclub kings Tony and George Rigas, in their iconic Surfers Paradise establishment, Shooters.

"I worked in the office in the daytime and hosted VIPs at night," she says. "I had the time of my life and learned so much from the Rigas boys."

Rachael, who also had a stint working for entertainment power couple Billy and Jackie Cross, modelled from a young age and competed in the famous Miss Indy quests of the 1990s and early 2000s, up against the likes of former Miss Universe Jennifer Hawkins and Kylie Clarke.

Always a go-getter, she opened her own bar in Surfers Paradise, Kookoo, and even operated a popular watering hole on the Indy track at Main Beach called the Nitro Bar.

Rachael saved hard and in her mid-20s, became a partner in a popular go-kart track at Ormeau.

"This is when I met and got to know a lot of Australia's top racing drivers like Marcus Ambrose, Craig Baird, Jonathan Webb, Andy McElrea and Fabian Coulthard to name a few," she says. "It's where I got my deep passion for all things motorsport and automotive. It was just fun, exciting and I loved the adrenalin rush. To my surprise, I also had a natural ability for driving fast but in control."

After starting out racing go-karts, Rachael graduated to Formula 440 race cars. She initially bought five of them and converted them to race simulators, charging revheads $5 apiece to 'drive' them at motor races around Australia and overseas. After touring the simulators for two years, Rachael started racing the 440s at tracks around southeast Queensland.

I even had the cars featured at events like Indy and the popular TV show at the time, Blokes World, promoted me as their 'burnout babe' – looking back, I have to laugh," she says. "Soon after, my good friend Paul Morris and the amazing team from Norwell Motorplex took me under their wing and taught me more about the racing craft, honed my skills and taught me how to hold my own against the blokes. It just clicked and I gave many of the boys a real run for their money.

"... if you see me out and about driving around, make sure you stop me and say hi – I might just let you jump in and take you for a drive!"
– Rachael Reid



"Obviously, I got to drive many cars during this period, including being introduced to a lot of high-end supercars. I very quickly fell in love with some of their brand stories, with most having come from a rich racing background. Being a history buff, the prestige and supercar segment just spoke to me. I learnt a lot about each brand's history with each having their unique quirks, benefits and nuances."

Rachael then married and had three beautiful daughters – Mia, now 11, Zoe, 10, and Ava, 4 – who she was determined to inspire and teach a 'girl power' mantra: "What you want in life doesn't have to be a dream and with some hard work and passion you can do whatever you want."

"My first car was a VW Beetle. By the time I was 21, I had a Mercedes C180, brand new," Rachael says. "I was like, goals! I'm trying to teach my kids the same thing – save, save, save to blow, blow, blow (laughs)."

Before she married, Reid owned and drove a number of supercars, but it all had to take a back seat to family. As her girls became older, she decided she wanted to get back into the business. And what better vehicle than her passion, luxury cars. At first, she gravitated to one of her favourite brands, Porsche, 'which holds a very special spot in my heart'.

"As a young girl, I had seen a 911 and it was the first car I knew I wanted to own one day," she says. "As fate would have it, my husband grew up surrounded by them with his beautiful late father having owned a number of them and had one of only a couple of special edition 911s in Australia at the time. He had some amazing stories to tell."

It was also around this time that Rachael learnt a couple of incredible facts. The first was that 51 per cent of driver's licences in Australia were held by women; the second was the fact there are more female Ferrari owners in Australia per capita than anywhere else in the world.



The Porsche 911 (992) GTS is a serious piece of kit on track, but also a wonderful daily that you can take the kids to school in.



Getting prepped for a few test laps with McElrea Racing


Ferrari F8
"As a female, if you want to break through, you just do it. Don't play the gender card. It's like saying the person beside you is doing better because they've got money."
– Rachael Reid
HSL
HERSUPERCARLIFE

"It got me thinking more about how many other females would benefit from my experience and passion," she says.

Her Supercar Life was born.

"Testing, reviewing and experiencing some of the best cars in the world sounds like fun but people don't see the hard work behind the scenes," Rachael says. "As with anything, it has taken a long time – over four years – to build the HSL brand and audience."

It wasn't long before brands started to take notice.

"A number of top-end automotive brands reached out. I am a very loyal person so I will always remember their early support," she says. "One was Michelin, who sent me to Malaysia and thanks to them I was able to fulfil a life-long dream to drive Formula 4 at the famous F1 Sepang racetrack where I met some amazing life-long friends."

In 2020, the second-in-charge at Lamborghini Global, Katia Basile, reached out to Rachael personally and asked if she would be interested in joining the prestigious Lamborghini female advisory board, which would end up being responsible for the development of the Lamborghini Urus – the world's first super sport utility vehicle.

After about a year of building Her Supercar Life, Rachael started feeling unwell. She put it down to the flu or over-exertion.

"But after a while of not feeling any better, I decided to go to my doctor. After some tests I was given the shocking diagnosis that I had Stage 4 cancer, Hodgkin's lymphoma to be more specific (the same as singer Delta Goodrem has battled)," she says. "My world came crashing down and I was spinning, thinking about my very young family. It was an incredibly hard time for everyone."

Hundreds of tests and two major surgeries later – one to take lymph nodes from her neck and a second very risky one to take a biopsy from around her heart – revealed that while she didn't have cancer, she did have a rare autoimmune disease known as sarcoidosis which affects the heart, lungs and other major organs and can be just as deadly.

"It actually took a long time for it to be diagnosed with a number of doctors around the world working on the case, with some still to this day not agreeing with what I have," she says. "Nevertheless, finding it early has helped us closely monitor it but I still need a barrage of tests every few months. This is my new normal but I am incredibly thankful I am here.

"I just try to stay healthy and not run myself into the ground, but I'd rather be busy than sitting around feeling sorry for myself. I say to my girls when they're having a little moment, 'life is short, get on with it and enjoy it'."

Rachael's diagnosis made her look at life very differently.

"It also gave me a new reason for being– to use my passion and influence to at least try to help make a difference to anyone less fortunate," she says. "I decided to use my influence and to bring the somewhat segmented supercar community together and give them a chance to make a difference."



I got so much support from so many wonderful people during my toughest days.

My three daughters are my inspiration and love to tell me what they think about each car I have.





Take me back Italy! The Ferrari Roma is the perfect GT Tourer.



Rachael was one of the first in Australia to experience Maserati's incredible MC20.



Rachael with her favourite Ferrari SF90



Reid launched Exotics and Espresso, a free car event for supercar owners to connect with like-minded owners and the greater car community, but most importantly to help raise much-needed funds for charity.

"Obviously car gatherings are not a new thing, but what is very different about Exotics and Espresso is the style of the event," she says. "I wanted to create a family-friendly environment that is inclusive of everyone. If anyone has been to a car event they'll understand what I mean. They can make you feel a bit of an outsider if you don't know the exact engine specs or rim size. They're admired from afar. They can tend to be a bit overwhelming, especially for females.

"Not at Exotics and Espresso. We have just as many females attending as males. The events are all about getting the owners to open their incredibly expensive and rare cars up for kids to sit in and if they're lucky, start.

"Just watching kids' faces light up when they get up close and personal with these incredible machines is priceless and makes it all so worth it. They will remember that experience their whole life and if brands are smart, these kids will become future brand ambassadors and buyers."

With so many families and kids enjoying the supercars events, it also made sense to Rachael to partner with a charity very close to her heart – the Make-A-Wish foundation.

"The work they do is incredible," she says. "After I learnt that the dream of many unwell kids, both boys and girls, was to sit in or have a drive in a supercar, it just made sense for me to really push this as far as possible to help raise much-needed funds for sick kids. I am proud to say we have raised quite a lot but I am determined to raise much, much more and I want to take it even further."





"The (Exotics and Espresso) events are all about getting the owners to open their incredibly expensive and rare cars up for kids to sit in and if they're lucky, start."
– Rachael Reid

Rachael at the launch of the McLaren Artura.



Bringing smiles to children's faces at Exotics and Espresso on the Gold Coast and raising money for Make-A-Wish.



Rachael has also co-founded another exciting charity initiative called the Sunset Run, a one-day luxury lifestyle event bringing together male and female supercar owners to show off their toys and lap up exclusive VIP experiences. The first Sunset Run was held in January to raise money for LIVIN, with the renowned mental health charity on board for the second event in September.

Owners of about 40 supercars worth more than $15 million took part in the event, which featured a breakfast with the superyachts at The Boatworks, a scenic drive through the Gold Coast Hinterland including a coffee pit stop at Canungra Valley Vineyard, a chef's lunch at the hatted Social Eating House with Oracle Boulevard closed off for the occasion, a three-hour private sunset cruise, world-first Pink Flamingo Spiegeltent show on water with charity auction and exclusive YOT Club Sunset Run party.

In a thrilling development, Rachael and her business partner, East Exotics owner Ian Mclean, have been invited to take the Sunset Run to Miami, in the US, for the event's star-studded international debut.

Rachael is also a co-host of a new podcast called Supercar Stories, which is now available on Spotify.

"I am still trying to get comfortable talking to a microphone format but it's a great listen if you're interested in car content," she says.

While she often gets compared to another prominent female supercar influencer, Dubai-based Alex Hirschi, aka the Supercar Blondie, who hails from Boonah in the Scenic Rim, Reid says they are quite different.

"It's an obvious comparison," she says. "I think Alex is incredible and she has carved a new category for females in automotive and built an incredible multi-million dollar brand. We have exchanged messages on a number of occasions, however, we are both very different.



Porsche – Taycan Turbo S
in Carrera White Metallic

"Alex is a journalist who was introduced to cars through a radio sponsorship. I am a driver and car enthusiast first and foremost. Obviously, Alex living in Dubai also gets access to cars we simply don't get access to here in Australia so she appeals to a more aspirational audience where my audience is far more high-net worths and active buyers, which really differentiates us."

Reid, who has driven at speeds of more than 290km/h, says she has even jokingly challenged Hirschi to a race "but I'm not sure she's that keen (laughs)".

Despite having broken through the glass ceiling (or should that be the glass sunroof?) of the male-dominated motorsport/automotive world, Reid says she dislikes playing the gender card.

"I find it hard because I'm one of the boys," she says. "As a female, if you want to break through, you just do it. Don't play the gender card. It's like saying the person beside you is doing better because they've got money. You make your own path as you want it to be. I can't think of any other way of saying it. You literally are in control of your own path. If you want to stand out above the rest, just go for it. Get massive and explode."





For Rachael Reid, the road ahead is exciting.

"It has certainly been a wild ride, but I wouldn't change a thing," she says. "If anything, it has taught me that if you want something enough and you try your hardest even just a little each day working towards your goal, it will pay off.

"Finally, if you see me out and about driving around, make sure you stop me and say hi – I might just let you jump in and take you for a drive!"

"(Go karting is) where I got my deep passion for all things motorsport and automotive. It was just fun, exciting and I loved the adrenalin rush. To my surprise, I also had a natural ability for driving fast but in control."
– Rachael Reid

TOP

Rachael exploring the limits at her karting track, MSI Karting.

Rachael sits on the Lamborghini Female Advisory Board, which was responsible for the development of the Lamborghini Urus.

Feeling the love from Aston Martin on her 40th.

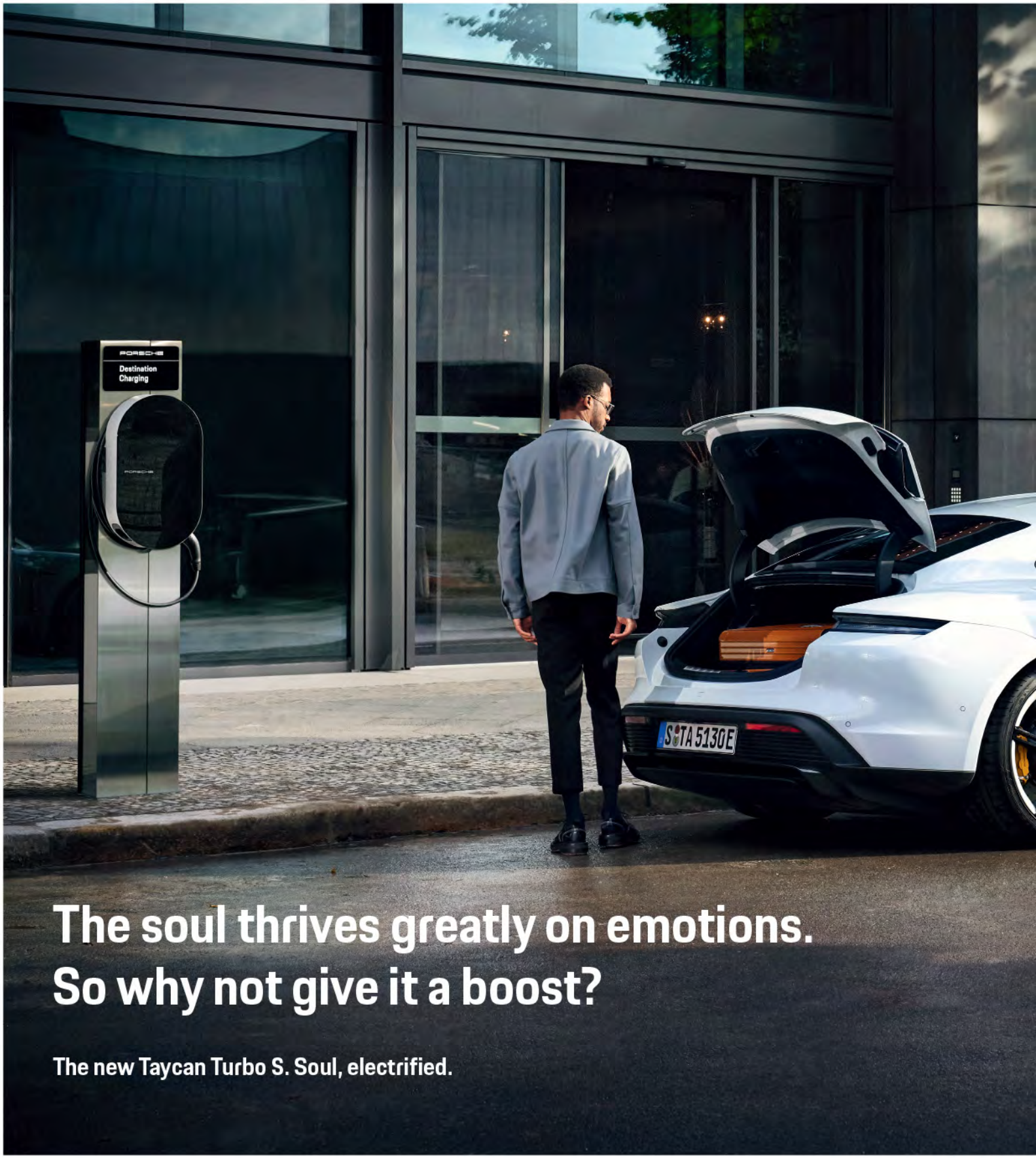
The Sunset Run has proved a massive success raising tens of thousands for mental health charity LIVIN.











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The Tweed River House renovation has preserved much of the 100-year-old original character and charm.

Take a foodie ROAD TRIP

Tweed River House: The Murwillumbah Hinterland Gem

WORDS: Corrine Barraclough **PHOTOGRAPHY:** Supplied

There is simply no better way to enjoy the Murwillumbah hinterland views than a long lunch on the River Terrace at Tweed River House.

Perched perfectly over the Tweed River, sitting gracefully among the lush greenery and cane fields of the Murwillumbah hinterland, you'll find this 100-year-old colonial mansion. The renovation is absolutely exquisite.

"We bought the property in January last year and we've lovingly restored it over a nine-month period. As locals, we had always admired the old-world charm of the building, as well as the stunning location, then it came up for sale," general manager Gregory Lording tells *ORM*.

"This is a restoration, built on the principle of preserving the original features and we've tried to create the ultimate in plantation-era styled destination dining. We've spent a lot of time holidaying in Provence over the years and invested greatly in the design here. On a winter's night, the fire will be roaring. On hot summer days, the fans create a gentle breeze on the terrace.

"We've paired exceptional food and wine with warm, efficient and friendly service. It's beautiful and extremely elegant, but there is no snobbery here! We really wanted people to feel as though they've stepped back in time, say 100 years, back to a gentler era and pace of life. Think Singapore's Raffles and Penang's E&O dining rooms and cocktails on the terraces of grand old homes of Australia's tropical north.

"Guests can come and dine here for three hours, surrounded by natural beauty, and forget about life for a while. We pride ourselves on being the opposite of a churn restaurant."

Well, doesn't that sound just dreamy?



"We've paired exceptional food and wine with warm, efficient and friendly service."





Every plate at Tweed River House showcases different preparations of a star ingredient.

The house itself was first built in 1907; a historic homestead with stunning, eye-catching original features. In the 1960s, the house was a place of community celebration, called Greenhills Reception, holding an important place in local history for weddings and funerals. Ask any local and they'll know the name and spot well.

"It had won a place in locals' hearts and this is why we wanted to give it a name with 'House' in the title. It's important to us that people feel they're not walking into a venue, but rather it has the feel of walking into someone's home," Gregory says. "The house itself has a great energy to it, having been a centre for families for many years. Newborn babies don't seem to cry here."

That's a drawcard, if ever we've heard one!

Tweed River House opened its doors last October, after the meticulously planned nine-month reno was complete, and swiftly won its first Chef Hat Award in the esteemed 2022 Australian Good Food Guide.

Executive Chef Joseph McGrattan has curated a locally sourced, sustainable, Provencal-inspired menu,

OPEN: Tweed River House is open for lunch from Thursday to Sunday and dinner on Friday and Saturday nights.

BOOKINGS: tweedriverhouse.com.au

DIRECTIONS: Simply head inland for 30 minutes from Coolangatta to the beautiful Murwillumbah hinterland.

MENU: Choose from 2, 3, 5 and 9 course menus including delicious gluten free and vegan options.





which is changed up each season with carefully selected ingredients on an ever-evolving menu.

"He's a regional chef, not a city chef," Gregory says. "He has combined his gastronomic talents from his classical European training in Michelin restaurants with a love of fresh, local produce to create an outstanding, contemporary culinary experience."

McGrattan worked with several Michelin star chefs and has travelled extensively to more than 50 countries. He honed his use of indigenous food as Head Chef at Raugi's Restaurant at the remote Kooljaman Resort, on the Dampier Peninsula.

For your taste buds, the upcoming Spring menu is divine. Choose from wild-caught fish from Ballina (predominantly yellow or bluefin tuna), Bungalora pork belly pancetta or Nduja (a spicy, spreadable Hungarian salami whipped with confit garlic butter). Or you might like to try the Whiskey oak smoked free-range chicken or free-range poached quail egg. And for dessert, save space for a Tarte Brulee, Chocolate avec gum trees, vegan Frangipane or French sponge cake de citron (Genoise sponge is much lighter than Victorian or Italian sponges).

Inside the venue itself, The Dining Room is the ideal place to shelter from Winter days and nights as you settle in for a leisurely dining experience – done the Tweed River House way.

Or, for a super special occasion, consider The Chandelier Private Dining Room. Think fine linens, crystal ware and your own butler who will hand deliver a side of extra elegance underneath the 110-year pressed metal ceiling.

"We offer a prix fixe style menu, two courses $70, three-course $85, where guests choose their own selections from each course and also have our popular five-course tasting $115, which people love for a leisurely lunch or dinner and for the ultimate, a nine-course degustation $165," Gregory says.

The extensive wine list consists of fine vintages sourced from both Australia and France, including some organic and lo-fi winemaking offerings.

"Our restaurant manager and sommelier is Aaron Wigg, a 20-year hospitality veteran who has worked in luxury lodges and restaurants in Scotland, New Zealand and Germany, as well as Pipit in Pottsville – all are award-winning restaurants," Gregory says.

"The price point of wines and champagnes ranges from $11 to more than $150. There truly is something for everyone's budget and taste."

■ *Tweed River House, 131 River Street, South Murwillumbah. For more information, visit tweedriverhouse.com.au or find them on Instagram and Facebook.*

Tweed River House Recipes



Grilled Scallops

3 large scallops in 1/2 shell per person
45g nduja butter
1/2 lemon
30ml ink aioli
10 g gremolata crumble
5g fingerlime pearls

NDUJA BUTTER

100g garlic butter
100g butter
20g nduja
5ml lemon juice
2g salt
mix all together

INK AIOLI

100g aioli
10g squid ink
5g lemon juice
3g salt

GREMOLATA CRUMBLE

2 lemons microplaned
200g gluten free bread crumbs
10g chopped tarragon
5g chopped chives
5g chopped parsley
toast crumbs until light brown, combine with rest

TO SERVE

Put butter on scallops and grill for two minutes under hot grill.
Add bread crumbs to scallop and grill for a further one minute.
Put scallop shells on plate.
Dot each scallop with two dots of ink aioli.
Top each scallop with some fingerlime pearls.
Put lemon wedge on plate and garnish with watercress and flowers.

Beetroot Textures

1 red beetroot
1 golden beetroot
1 target beetroot
90g creamy feta
15g pecans (roasted)
10g pickled fennel
10g riberry dressing
10g apple salad
1 carraway tuile

BEETROOTS

Simmer beetroots in separate pots until cooked through
Cool and peel all beetroots, cut into large slices

BASIC PICKLE

100ml cider vinegar
200ml water
100g caster sugar
5g fennel seed
5g star anise
Combine and bring to boil. Pour over sliced beetroots in three separate trays and allow to cool.

FETA

150g feta
20g creme fraiche
Break up feta and whisk with creme until combined and not lumpy.

APPLE SALAD

1 red apple
10g olive oil
5ml lemon juice
1/2tsp chopped chives
1/2 tsp chopped dill
Fine dice apple, combine with rest and season.

RIBERRY DRESSING

100 g riberry (clove lilliepillie)
50g raspberry vinegar
30ml hazelnut oil
Bring vinegar to boil.
Add riberrys to vinegar and remove from heat.
Add hazelnut oil and season.

PICKLED FENNEL

100ml white wine
50g champagne vinegar
200g water
15g caster sugar
2g salt
1 lemon zested
1 sprig tarragon
1 fennel bulb
Mix together liquids, sugar, salt, lemon, tarragon and boil. Fine slice fennel, add to boiling pickle, take off heat.

CARRAWAY TUILE

100g gluten free flour
200g egg whites
75g garlic butter
Whisk whites until frothy, whisk in flour. Melt butter and whisk into egg and flour mix. Chill in fridge 1 hour. Spread tuile batter on baking paper on tray, sprinkle with carraway seeds and bake for 7 mins at 200°c.

TO ASSEMBLE

Place a slice of each beetroot on plate. Put a quennelle of feta mousse on beside each beetroot. Put a tsp of apple salad on beetroot. Scatter some pickle fennel over beetroots. Place five pecans on top of beetroots.
Dress salad with 1 tbsp of riberry dressing. Place tuile on top of feta mousse. Garnish with flowers and microherbs.





Witches wear britches in brewing

Beer is the third-most-popular drink around the world, behind coffee and tea and has been around for as long as witches for a reason.

Words: Krista Hall, Certified Cicerone

Mixing potions in cauldrons, pointy hats, cats and broomsticks. Oh my! I always think of one of my favourite movies, Hocus Pocus, when I think of witches. But while its stars Bette Midler and Sarah Jessica Parker didn't mix up a brew or have a swig of beer in any scenes I can recall, there is a reason for this reference and a reason I am talking about witches in a beer article.

Beer is the third most-popular drink around the world, behind coffee and tea and has been around for as long as witches for a reason. Women brewed beer and were called alewives, but over time were termed witches.

You see, beer was a drink that was safer to drink than water at times, a nutrient-dense beverage that was full of carbohydrates and proteins in times of famine. It was also very cheap to make, so it didn't matter whether you had much money, you could brew a beer. Men would do the manual labour or hunting and foraging and women stayed home to raise a family and perform household chores, which for many consisted of brewing beer.

Women used to brew beer and transport it in big cauldrons up until the 1500s as a way to make an income or to get some nutrients into the family. The tall, pointy hats were actually worn as a bit of a marketing tool so people could spot the brewers among a crowd at a market. The 'black cat' or cat that is also associated with witches was to scare off mice from eating the grains, which is essential when brewing a beer. Brooms were also used but not for flying. They would put broomsticks outside their alehouses as a marketing tool, so people knew that beer was sold there if there was a broom out front.

Fast forward a few years and men saw an opportunity for the brewing market. They needed to get on top of the female industry and started spreading rumours that the women were brewing potions and poisons rather than beer, hence the term 'beer witches'. Unfortunately, these rumours took hold, and the males took over, dominating the market. From then, women were too scared to brew again, too scared to be accused of brewing potions and termed a witch and burned at the stake.

"... WOMEN WERE TOO SCARED TO BREW AGAIN, TOO SCARED TO BE ACCUSED OF BREWING POTIONS AND TERMED A WITCH AND BURNED AT THE STAKE".

It's crazy to think about something we associate with Halloween, dress-up parties, books and stories stemming from women brewing beer. Religion and gender inequalities got in the way and took over the trade, and like many industries in history, turned it into a male-dominated industry which is pretty well still the case today. Stats are still showing that beer is a male's preference for alcoholic drink selection, but some studies have shown that women are a growing market and popularity is growing among females to choose beer as their go-to drink choice. We are also seeing equality in the beer industry with many female brewers hitting the brew deck, which is exciting. Two Birds Brewing, established in 2011, was one of the first female-owned and operated breweries in Australia. With so many beer styles to choose from, it's a lot easier to find a brew for everyone now.

The story of alewives is still up for debate as to whether it was really the alewives who inspired the witches we know today. Either way, I feel like there is some association between beer and witches in some of the stories I have read.

COMPETITION TIME

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FIANO, FIANO!

This Italian white wine serves both our climate and lifestyle well and can be enjoyed with or without food.

Words: Peter Panousis – Peter Pan Wine *Lifestyle photography:* Anton Mislawsky @unsplash

Spring has sprung, which lets us make way for some lighter wine drinking. The wine of choice for Yours Truly this Spring will be Fiano.

What is Fiano?

Fiano is a medium-sized white grape with thick skin that forms small to medium-sized clusters that are drought resistant but prone to powdery mildew in wet summers.

Bunches are usually low yielding but interestingly, the berries have sugary pulp with a slight bitterness. As a wine, Fiano produces a pale yellow colour, usually dry to the taste, with medium acidity and low tannins supported by notes of flowers, honey, spices and nuts. Fiano is usually made into a dry wine, however, there are many fine sweet examples too that are usually luscious and textured, with developed dried-fruit flavours like fig and prune.

Specifically, Fiano from cooler climates can be vibrant and racey, showing citrus, pear and developing to honey and hazelnut notes. Alternatively, wine made in warmer climates develops tropical fruit and stone-fruit aromas such as apricot, with exotic notes of spice and a rich textural element like a Chardonnay but with good prevailing acidity.

In short, Fiano cannot only be likened to Chardonnay but to Pinot Grigio, Viognier and Semillon. Ultimately, style will usually be determined by the winemaker's preferences. If the grapes are picked early, a lighter, fresher style will ensue. Conversely, if the grapes are picked later, expect a richer textural style. Oak treatment will also influence style and taste.

Fiano is classified as an aromatic white to be enjoyed young but will age well too. World-renowned wine writer and scholar Jancis Robinson says: "Fiano can produce an age-worthy wine that has the potential to develop in the bottle for several years after the vintage date. In its youth, Fiano is often intensely flavoured and aromatic, with honey notes that over time develop more spicy and nutty notes."

What are the origins of Fiano?

Fiano is said to be an ancient grape hailing back to ancient Roman times but with its more likely origin is Greece. In a 2019 post, the Drink Italian website stated: "Fiano was considered imported by the Greeks."

Even today, swarms of bees are drawn to the sugary pulp of Fiano grapes in the Avellinese vineyards of the Campania region. Specifically, Campania is located on the shin side of Italy and has more than 46,000 hectares of planted vines, with Fiano one of the top three grapes grown in the region. The climate is hot in summer and mild in winter, providing desirable long-growing conditions, while the soil is rich and volcanic. Sicily shares similar terroir to Campania and provides ideal conditions for growing Fiano. The grape thrives in its hot, dry climate and is able to handle heat spikes and drought. Open the gate for other countries with similar climates.

Fiano became a DOC-rated wine (like an appellation of France – where strict rules are applied to making wine) in the late 1970s but in the 1990s, it went through its own renaissance, becoming a DOCG wine. In 2003, the Fiano di Avellino DOCG was established to officially recognise top-quality wines. The DOCG category is a mark of a quality wine – the highest level of quality for Italy and not unlike the Cru class AOC category of France. DOCG wines must come from a clearly defined geographical area, which can range from a single vineyard to one or more wine-growing communities or even an entire region. They must comply with strict quality standards with regard to the authorised grape varieties, cultivation, yield harvesting and ageing.

Where does Fiano grow best around the world?

Clearly, the Fiano grape grows best in Campania and Sicily, Italy. Its long history in these two regions ensures the grape is grown and made into desirable and profitable nectar. Tradition has served this grape well.

Interestingly, the grape has also managed to make its way outside of Italy. On a much smaller scale, the Argentinian region of La Rioja, north of Mendoza, is also home to Fiano. Small plantings of Fiano are also found in the warmer parts of California. The other part of the world where Fiano grows best is in Australia, where it's especially popular as it suits our warmer climate and is ideal for our drier growing conditions.

There are now more than 104 Australian producers of Fiano. Coriole Vineyards in McLaren Vale were the first to plant Fiano in 2005 and the grape performs well in the rich Terra Rossa soils of the estate. Both McLaren and the Riverlands produce some of the best examples of Fiano in the country. The recent uptick in the number

of farmers growing the grape means more investment in the wines it produces. Consequently, Fiano can now be found in Queensland's Granite Belt. In NSW, Fiano is grown in the cool, elevated climate of Orange, and the warmer regions of Shoalhaven, Mudgee, Hunter Valley, Hilltops and Riverina. In Victoria, you will find Fiano grown in the King Valley, Alpine Valley, Heathcote, Bendigo, Geelong, Rutherglen, Glenrowan, Nagambie Lakes, Beechworth, Macedon Ranges, Mornington Peninsula, Geelong and Yarra Valley. In Western Australia, Fiano is grown in Margaret River, Geographe, the Great Southern, Peel, Swan Valley and Perth Hills; and in South Australia, it grows well in McLaren Vale, Clare Valley, Adelaide Hills, Barossa Valley and Langhorne Creek. In the ACT, you'll find Fiano grown in Tumbarumba and Canberra districts. It would appear Tasmania is not growing commercial plantings of Fiano, but I suspect this will change as the climate starts to warm.

> "Fiano is classified as an aromatic white to be enjoyed young but will age well too..."

Why Fiano?

Fiano is a grape of interest primarily due to its scarcity, however, it is relatively cheap compared to other varieties like Chardonnay and both the Italian and Australian examples are first class. Stylistically, one can find Fianos made either light and fresh or rich, textural and nutty, thus suiting all palates and ages. A good Fiano can mature or cellar particularly well, suiting the most discerning palates. Alternatively, it can be playful and ready to drink. Fiano is simply right for Australia, including our climate, lifestyle and food.

Fianos are also affordable and value for money compared to premium Burgundy. Remember a DOCG Fiano is top-class and highly rated and can be found here in Australia for less than $40 a bottle retail. Likewise, many good Australian examples can be found for around $20 to $25 retail – a bargain considering the quality of the wines.

Fiano has good acid structure and texture which makes it versatile for drinking with or without food. However, Fiano is incredibly food friendly due to its array of flavours, texture, nutty notes and spice. Think Fiano and Asian food or seafood dishes. Specifically, try it with sashimi or sushi or with Vietnamese or Thai dishes with coriander, mint and basil – simply sublime. Fiano will also handle creamy sauces and flavoursome, mild Indian curries and pulses. Fiano will also pair well with Italian dishes including lighter-style pizzas, eggplant dishes, risotto, roast chicken or pork. Fiano is also good with soft, creamy cheese or Burrata. Try it with a Caprese salad – so good!

What to consider ...

From South Australia, try the Il Cattivo Fiano. Wine writer Tony Love describes Il Cattivo as a new winery venture by property developer Anthony Catinari, whose 2017-planted estate vineyard overlooks Fisherman's Bay, at the seaside tourist township of Port Elliot, on the south coast of the Fleurieu Peninsula. Anthony is both the viticulturist and winemaker for Il Cattivo. The winery is rated 3.5 stars by James Halliday and is only a one-hectare vineyard under vine with Fiano and Montepulciano as the main varieties. The winery is relatively small, producing around 1500 dozen. I really like their Fiano – it's bright, with lots of florals and citrus and pine nuts with good acidity and texture. The wine is made with a wild yeast ferment in both stainless steel tank and barrel. This Fiano underwent some malolactic fermentation (a process where grape acid is converted to milk acid, thus making the wine a little more soft and creamy in taste). Lees stirring has also been applied – a process where the yeast solids in the wine are stirred regularly to help make the wine a little softer and creamier to the taste.



From one of Barossa's small producers, try Paisley Fiano. Derek Fitzgerald, the owner, is a former long-time winemaker for Thorn-Clarke and was instrumental in winning many awards for them during his tenure. Derek has been making wine for more than 20 years but established Paisley in 1997. The property is relatively small (around five hectares under vine) and produces about 1500 cases per year. Paisley is currently four-star rated by James Halliday and Derek has access to some good growers around Barossa and Adelaide hills for the Fiano. The 2021 Fiano received 98 points from Winestate Magazine and 92 points from Mike Bennie, who says: "This Fiano gives us some 'quintessential' characters of nashi pear, cashew, ginger and light green herbs in bouquet and palate. It's juicy, a little crisp, a touch oily in texture and follows through on a promise of interest and freshness." A delightful drink!



And finally, from one of Australia's youngest winemakers comes Charlie O'Brien's Silent Noise Fiano. Although Charlie is young, he has already accomplished so much in winemaking including four trophies at the McLaren Vale Wine Show for his MF 2021 Grenache. His Fiano has: "Notes of tropical fruits (that) rise up to greet you from the glass. Think pineapple, guava, gold kiwi fruit, strawberries and passionfruit. There is lovely palate weight and creamy texture that provides a structurally complex character for these exotic, vibrant fresh tropical flavours." I found this wine to be lighter and more crisp and minerally than the Paisley. Two different styles to suit two different occasions and meal matches.



Enjoy and happy but safe drinking.

About the author: *Raised on the Gold Coast, Peter Panousis is a Fine Wine Consultant who has operated many restaurants and cafes. Formally educated with a Degree in Hospitality, Peter is WSET trained and has undertaken extensive wine education. He is also a Member of ASVO (The Australian Society of Viticulture and Oenology), and an Associate Fellow with AIM (Australian Institute of Management). See more from Peter @peterpanwine on Facebook, Twitter and Instagram.*

Some of the Gold Coast's most dynamic change makers have opened the door to a new way of tackling the greatest challenges facing humankind at the inaugural New World Leadership Summit.

Words: Greg Pride



NEW WORLD LEADERSHIP Summit

Presented By Natalie King

The PO

to make



THE winter sun is glinting off the harbour at Sanctuary Cove and there's a sense of purpose, passion, positivity and empowerment in the air – along with plenty of love.

Twenty guests and facilitators – some of Australia's most dynamic women and one brave dynamo of a man – have gathered aboard the spectacular superyacht, Ocean Alexander 28 Explorer, for the New World Leadership Summit.

Summit founder Natalie King, of women's networking group Birds in Formation, has invited them all here to discuss what they hope will be a rippling paradigm shift in global thinking as humankind grapples with challenges including mental health and the aftermath of the pandemic, climate catastrophes, military conflict and the corrosive cost of living crisis. It's a new paradigm that emphasises love, compassion and understanding for ourselves and others – in a bid to build a better, more productive, less combative and conflicted world.

"We envisage that connections will be made to action solutions for a better world to empower each other to be the change they want to see in the world", Natalie said.

"As a New World Leader, we allow ourselves to own our unique gifts and recognise others as equals regardless of their beliefs and experiences. We drive with authenticity, well intent and accept that we are sovereign beings, yet connected to each other and all that there is.

We believe we can make significant changes to the well-being of our population and our planet by accepting each other as brothers and sisters," the pitch for the summit explains.

To support the pledge, the New World Leadership Summit is fundraising for Serving Our People.

"We align with the Serving Our People vision to help change the mindset of humanity globally, by creating consciousness to do an act of service as part of one's life routine.

"People are like bricks; sometimes we fall, and then we just need to help lift each other back up, as when one person rises – we all do. And when you help someone, the positive ripples go even further.

The opulent Ocean Alexander 28 Explorer is a suitably novel space for these changemakers to gather, providing far more stimulating surroundings than any hotel conference room possibly could. Built by Alexander Marine, the world's third-largest superyacht manufacturer, this floating mansion was unveiled at this year's Sanctuary Cove International Boat Show and quickly became "The belle of the show".

WER a better world



Onboard the Ocean Alexander 28E

The vessel boasts three levels of absolute luxury, including four ensuited staterooms and an on-deck master with a king-sized island bed, a stunning sky lounge with Italian furnishings, wet bar and jacuzzi, a gym, supersized teak swimming platform and six big-screen TVs.

Gobsmacked guests and facilitators eagerly shed their shoes and step aboard for the morning session of the New World Leadership Summit which starts with an introductory talk from Natalie in the Skylounge. The morning session features inspirational, powerful and thought-provoking presentations from big-name facilitators like Bec McMillan, Nicole Gibson and Dani Stevens and a meditation session that has all onboard in a state of sheer emotional release, if not pure bliss.

Then it's over to the InterContinental Sanctuary Cove Resort for a sumptuous lunch and a lively round table discussion in the elegant Verandah Restaurant, with Ocean Road there to capture the vibe. Over clinking glasses and silverware, Natalie confides her own struggles during the pandemic, which led her to grow wings and take flight with Birds in Formation.

"Birds In Formation used to be a networking group to support Women in Business, but when the pandemic hit Australia, we shut the doors, turned within and stopped events" she says. "It triggered so much anguish and anxiety I didn't even know I had; it felt like my heart was pumping on the outside of my chest, dealing with the segregation happening around the world and also within families and communities. There was confusion, distrust in our leaders and a revelation of new realities.

"Like many, I started questioning everything, seeing the world with different eyes, which was very uncomfortable and unsettling on top of the mental and physical health threats and financial instabilities we were collectively experiencing. The system was no longer working for me, so I just wanted to leave society and run for the hills. But then I realised that I really, really like to be around people, and that many were feeling the same way. So why don't I try and turn this around instead?

"Today we get to share an experience of human connection. And it all starts with you. When you learn to truly love, appreciate and have compassion towards yourself, you can offer the same courtesy to others with no judgement." – Natalie King

"So, I called a council, reaching out to all the powerful women I know to create the New World. We relaunched Birds in Formation – New World Forward on the 22.2.22 portal to support women in the transition to the New World – physically, mentally, emotionally and energetically through collaboration, compassion and community. The momentum then brought me to think even bigger a few months down the track, now inviting leaders, change makers and thought leaders to step onboard this spectacular luxury yacht, which signifies the ark in a sense, as we are building the foundations for the New World."

Natalie tells those assembled that her mission is to contribute to the positive ripple effect in the world by being happy, fulfilled, soul aligned and self-actualised.

"I have passion to motivate and inspire people to do the same," she says. "And when I get to collect and connect people who align with my vision, we get to collaborate to amplify the message of love and compassion for the greater good, because that is how we are going to move forward. Today, we get to share an experience of human connection. And it all starts with you, because when you learn to truly love and appreciate yourself, have compassion towards yourself and don't judge yourself – that's when you can expand and offer that same courtesy to others.

"We have the opportunity....we want to see in the new world" is part of the quote on the right, starting with We are in a shift between the old and the new world. We have the opportunity, the awareness, the capability, the competency and the empowerment to make the choice to actually create and be the change we want to see in the new world.

Responding to uplifting comments from guests around the modalities used in the summit sessions, being a combination of breathwork, relaxation techniques, coaching, workshops and meditation, inspiring speaker and thought leader Bec McMillan states: "It's a multi-dimensional event, and we are all multi-dimensional beings. In the normal world, we go to work, we have to do this and be that. Breaking that model since we understand there is more to life, there is more to us and what we are capable of, means having the multi-dimensional tools,

"We are in a shift between the old and the new world. We have the opportunity, the awareness, the capability, the competency and the empowerment to make the choice to actually create and be the change we want to see in the new world."







Natalie gets the discussion going by asking the guests and facilitators why it's important to have summits such as this.

"It's about walking our talk," says CEO of health & edu-tech company Positive Prime, Kim Serafini. "If we can't take time out to nurture ourselves, we can't expect that the processes, our treatments, our retreats or read our books. In that opportunity for self-love, we actually then come into resonance with an energy that allows us to heal the planet and each other in the process."

"Natalie concurs. Self-love is doing what you love, whether that is taking time out for yourself, or whether you actually chose to live and work, spending your day doing what you love. We are not here to please others, but to inspire others by acting in alignment with our truth, which ultimately benefits the greater good if our intent is good. Part of today's objective is for our amazing facilitators to educate and remind us about some of the tools and resources that are available to us now, in additional to the love, guidance and support, so that we can understand more about who we really are and what we are here to do. That clarity helps us to lead and inspire our teams and our communities into a new era where everyone owns their own gifts and operates from a space of love and authenticity.

education and awareness. The key is balance and realising that we're not robots."

Gold Coast entrepreneur, Rebecca Pask, notes that while it may take a village to raise a child, 'it takes a community to change the world'.

Another facilitator, keynote speaker, ambassador for empaths, and multi, award-winning, quantum healer Mell Balment shared that people are 'a bit tired...a lot of competition, a lot of masculinity and a lot of pushing'.

"The art of intuitive knowing seems to be dulled down or even made wrong," she says.

"So, I see the new way forward for leaders is to come together collectively to show that everybody's unique, intuitiveness, guidance and knowing, one, has a place, and two, is actually in harmony.

"There are so many people trying in isolation, versus in collaboration, to come together and say, 'we're tired of the old, we've tried it that way'. How many people have started business and it's been a slog because we were taught the old methods that are just becoming boring and obsolete. We've seen through it, there's no vulnerability. The new leadership style has been demonstrated today – collective, intuitive, the bridge between spirituality, love, logic and luxury."

Natalie agrees, pointing out that the Ocean Alexander 28 Explorer is definitely not your average conference venue, let alone meditation space.

"The emotional realise we experienced in Sian's beautiful meditation in the luxurious skylounge today show that we are capable and safe in holding space for each other without judgement. Vulnerability is how we relate to each other and find common ground.

The summit's lone brave male facilitator, transformational coach Brett D. Scott, says the mainstream media narrative 'is not coming from this direction'.

"This is why having a love-focused group of people who are leading the way, we get to infect potentially a lot more people with a positive, uplifting way of taking more control over their lives, rather than reacting to how they have to live" he says.

"If all of us transformational leaders can focus on continually improving ourselves and focus on sharing that knowledge with others, we can't help but unite humanity" "at least that's my opinion" declares Brett.





The Voice Australia performer Xy Latu

Award-winning speaker and author Graziella Thake says the summit is about both giving and receiving. "We're listening to each other's stories and we're realising that our value together is more powerful than our singular value," she says.

"As big as a conference can be, congregations like this – when we share, listen, figure out ways to help each other and we don't compete – that's what it's about."

Natalie adds: 'When you learn to appreciate your own unique qualities and gifts, that you are in fact needed in the world and that everyone has something to offer, then there is no need for competition!

The discussion turns to sacrifice. "I believe we will still be challenged by the ups and downs of life, but we are waking up to a more conscious version of ourselves moving forward, where we are able to deal with challenges without attachments to shame, guilt and judgement. So, are we done with sacrifice? Because I'm exhausted," Natalie says, as guests nod their heads in agreement.

Multi-preneur, speaker and author Marlie Jolanda contends that so-called sacrifice is all about 'a level of surrendering', as one might surrender to the seasons rather than resist them. "Snow can be fabulous and quite fun if you wear the right clothes," she says. "You can turn it into enjoying whatever kind of challenge you might have and recognise that as part of the transformation, the cycle of life."

Quantum healer, wealth and success coach Sian Whitewolf opines that 'sacrifice is part of the cycle of life … it teaches us and without it, we can't rebirth'. Sian suggests the idea of supporting each other is also something we should all nurture in our children and wonders aloud at the boundless possibilities if we do.

Utilities sector executive and event facilitator Nancy Katsimberis, believes heart-centred leadership and collaboration is the way of the future. "It's important to merge the corporate world with innovation, fun and service," she says.

"It is pertinent that we create community and a culture that engages our youth to be change-makers and to empower them to effect change in the world. It's our responsibility to build better, more inclusive collaborative models for business which help liberate people financially to earn an annuity income stream and also give back to philanthropic initiatives that tug on their heart strings.

"Growing up in South Africa, I have been instilled with the concept of Ubuntu, which is the understanding that 'I am, because we are'. If we all understood this, then we would naturally embody the human virtues and be humble, kind and compassionate to every person we meet and truly seek to find the gift in them. Every person is a mirror, teaching us something for our own evolution, for we are all one."

Marlie believes removing judgement is a key to change. We all have different upbringings and beliefs and instead of insisting that our way is the right way, the opportunity is to remain curious and accepting to other perspectives instead of letting our triggers to our disagreement decide what's right or wrong.

"The participants were all focused on doing things for the betterment of humanity, which aligns exactly with what Serving Our People does as a charity on so many levels." – Yas Matbouly

Part proceeds from the summit aided Serving Our People, a Gold Coast-based charity working to feed the homeless and help others in need. Visit **sop.org.au** to learn more.



Yas Daniel Matbouly
Founder & President
Serving Our People

Graziella adds: "So maybe we walk away with one task to be supportive of people and appreciate them as equals. Maybe we don't try to achieve everything and just empower everyone around us. It's not always finding the big solutions."

Natalie agrees: "That's a start. I don't have solutions for world hunger or the rental crisis, but I know that collectively, we can find the resources we need and start changing the culture of how we support ourselves and each other."

The afternoon program is equally packed with inspiration, ideas and information on how to bring about New World change, with facilitator sessions and a combined conversation on moving into financial decentralisation, before Natalie wraps up a thoroughly absorbing and engaging program on the beautiful bow of the Ocean Alexander motor yacht with Nancy's channelled New World Manifesto ceremony that has guests and facilitators joining a circle to forge their intentions in visualisation of a world in unity.

As the sun sets over Sanctuary Cove, the New World Leadership Summit participants celebrate the event's success with bubbles, canapes and party tunes from The Voice Australia's Xy Latu. Having completed an inspiring, unique and memorable day of creating the vision of the New World, Natalie sums up the sentiment of the day perfectly.

"I believe that you are the sun in your universe. And when you're not feeling 100 per cent, then it's felt in every part of your community, starting from your inner circle of friends and family and rippling outwards," she says. "If we can learn to have more love and compassion for ourselves, understand that we are all worthy, and in fact just as perfect as the day we were born, we can start peeling the layers of programming that have made us feel inadequate, stressed and unsatisfied, along with the judgement, unrealistic expectations and self-sabotage. If we can help each other to feel safe and supported, then that's a start."

The New World Leadership Summit was realised with the help of sponsors and donors including QLD Headshots and QLD Film Festival, entertainer Xy Latu, Secrets Shhh, Swoon Group, its facilitators, Natalie King Attention to Life, Birds in Formation – New World Forward, and Ocean Road Magazine.

Visit: ***newworldleadershipsummit.com*** for more on the New World Leadership Summit and upcoming events.





Brett D. Scott
Transformational Coach & Founder
Super Charged Freedom

"Becoming The Hero Of Your Own Journey"

Brett is the world's first Late bloomer Thought Leader. Having operated in many different careers including Hotels, Real Estate sales and Fitness, Brett finally discovered how to break through his own limitations and achieve incredible success and freedom via Metaphysics.

Brett now operates an established, highly ethical Mindset coaching business with his team. He has helped many clients to achieve high-level awards, change careers, earn 3, 5 ,10x their income and much more. Interestingly, he's done that for himself too; TEDx Talk published, multi-award winning author, Beam in Business & The Accolades Man to Watch 2021 and popular podcast Mastering Success, amongst other things. Brett's mission is to genuinely and positively impact millions of people to live their version of success and freedom.



Mell Balment
Deep Belief Hacker
Quantum Coaching & Healing

"Linking Logic with Love"

Having experienced the trifecta of child abuse, rape and cancer, Mell is the founder of UnWaveRed Awareness. She believes greatness is achieved through surrender, self-compassion and grace, for the challenges we've endured.

Driven by a mission to take a woo out of woo-woo, Mell simplifies the understanding of consciousness. Supporting the integration of strategy and spirituality to amplify impact, driven by soul wisdom.

As a multi, award-winning, quantum healer, Mell partners with empaths to clear procrastination and fears about leaving their legacy.

Mell is also part of the new crypto era, sharing her passive income solution for sovereign independence.

Visit: ***mellb.com***

NEW WORLD LEADERSHIP Summit
Presented By Natalie King

Facilitators

Special Guests



Nicole Gibson
CEO inTruth Technologies
Speaking on "Love-Based Leadership, Extracting The Vision Within"



Dani Stevens
'Evangelist of Positivity'
danistevens.com
Speaking on "Supporting Your Vessel And Enjoying The Juggle"



Bec McMillan
Inspiring Woman, Speaker & Spiritual Thought Leader
Speaking on "From Adversity To Succes"



Kim Serafini
Keynote Speaker, BestSelling Author & CEO Positive Prime

"Technology To Support Our New States Of Being"

As the Founder and CEO of the health and edu-tech company Positive Prime, Kim is leading new trends in health and wellness, self-care and technological solutions. Her career has involved filming interviews with many of the world's highest-profile business leaders, acclaimed scientists, and the most famous self-help gurus to confirm the right approaches, to employ towards personal and professional transformation. Devoted to helping others make significant, long-lasting, rapid and successful changes Kim is committed to continually innovating and leading with advanced technologies.

She's a much-loved executive coach and business advisor, a bestselling author, world-class keynote speaker, angel investor and the inventor of Lithos Therapy. Having lived and worked in over five regions of the world, Kim loves travelling and affectionately sharing her philosophy of positivity in other cultures… living up to her title of The Queen of Gratitude.

Visit: ***positiveprime.com***



Sian Whitewolf
Quantum Healer, Wealth & Success Coach. Pathway to Freedom

"Connecting Back To The Ancient" – Meditation

Sian grew up in outback desert country and has been working with ancient star knowledge and quantum energy for over 25 years. Running numerous retreats and workshops on the East coast of Australia, and working with clients worldwide, Sian uses her healing techniques to inspire, heal and awaken others.

Sian uses a wholistic approach to her client's transformation, focusing on shifting patterns and beliefs that no longer serve, and empowering the soul with vision and transcendental healing.

Using a vast tool belt of knowledge gathered over years of quantum energy, sound, shamanic journey, animal healing, shadow work and mindset coaching, Sian opens people up to their best versions of self through a journey of re-remembering, so they can live their life and dreams of abundance, happiness, purpose and self- empowerment.



Marlie Jolanda
Multipreneur - Speaker - Author Secret SisinBiz Society

"Leading From Our Divine Feminine In Business"

Marlie is an award-winning Multipreneur, Professional Speaker and International Bestselling Co-Author with salubrious energy. As a Meaningful Marketing and Business Coach she helps Entrepreneurs-on-a-Mission to 6-7 figures, by turning more potential customers into paying clients with her proven methods. Marlie started her career at BMW Group Netherlands, has continued helping hundreds of business owners and launched various successful businesses in Coaching, Presenting and Networking-for-Women.

As the founder of Secret SisinBiz Society, Marlie is changing the way women do business around the world. Her mission is to share Secrets-of-Success with more than two million Sisters-in-Business to help them grow personally and professionally with her #winwinwin model. She is also dedicated to giving back as the founding Vice-President of the Gold Coast Rotary Passport Club. Her goal is to donate over $1 million to charities.

Visit: ***marliejolanda.com***



Nancy Katsimberis
Co-Founder Australian Utilities Company

"The Gift"

Nancy Katsimberis is the Management Executive and Co-Founder of Australian Utilities Company, and on the board of the National Customer Code Council for Energy Brokers, Consultants and Retailers. With over nine years' experience in the utilities sector and a passion for sustainability, she has presented at local and international conferences, and is a thought leader in the area of prepaid metering for utilities.

Passionate about heart-centred leadership, collaboration and giving back to her community, Nancy is the President of the Gold Coast Passport Rotary Club and the secretary and grant writing manager for Serving Our People.

Awarded the 2021 Top 100 Women In Construction, the Winner of the Unsung Hero Award for International Women's Day Heart of Women Awards 2022 and the Winner of the Heart of Australia Award for Australia Day 2022. Nancy is also a Reiki Master Teacher, Hypnotherapist and Life Coach.

Visit: ***auc.solutions***

NEW WORLD LEADERSHIP Summit

Presented By Natalie King

Facilitator Offers



Mell Balment

Ambassador for empaths and multi, award-winning, quantum healer Mell B has been through a lot and faced her fears in multiple encounters that would have most running for the hills. Instead, she has turned every harrowing conflict, into success.

Member of Professional Speakers Association, Mell delivers deeply vulnerable, impactful experiences and rousing keynotes with surprisingly vivacious energy for a resilience topic.

If you're looking to shift the beliefs of your audience, her talks will inspire and motivate action.
Every delightful delivery is uniquely aligned with the message, theme and outcomes of the convenor. She really is the breath of fresh air for your conference, symposium or panel.

*To book Mell for your event – visit **mellb.com/speaking***

MELL BALMENT



Nancy Katsimberis

As a corporate business owner, I understand the importance of high performance, mental health and stress relief for you and your teams. As part of our Chill for Charity corporate campaign let's arrange a powerful one hour hypnotherapy session together to uplevel your team!

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CHILL FOR CHARITY



Marlie Jolanda

Sometimes you just need a bit of accountability to get back on track. Happy to help you with this.
The framework we use for the High Performance Accountability Call is based on my Mentor's $100k Model. He charges $100k/year – you are guaranteed to add that at a minimum to your bottom line and he takes 7% of additional profits made for the next two years.

Suffice to say – a very powerful framework!

*Let's see if it works for you too – book in your first complimentary call via: **www.marliejolanda.com/ask** and mention OCEANROAD in your booking. Looking forward to helping you to the next level, in business and life.*

Marlie Jolanda

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Sian Whitewolf

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Sian Whitewolf



Brett D. Scott

Brett D. Scott is The Success Alchemist. What does this mean? Our team at Super-Charged Freedom help switched-on people turn their Bad Habits into Personal Freedom.

How do they do that? Simply put, we reprogram the subconscious mind!

As a gift for any switched-on person reading this today, we would like to offer you a FREE copy of Brett's life-changing book 'Super-Charged Freedom: Your Truth Will Set You Free' and FREE access to our 7 Steps to F.R.E.E.D.O.M program. Email ***info@brettdscott.com*** *your name and phone, why you deserve this, and we will follow up fast.*



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A new KYND of care



Community need, family experience and the willingness to take a risk have all contributed to the success and growth of Kynd, the platform for NDIS and disability support founded on the Gold Coast by Southern Cross University graduate Michael Metcalfe.

Words: Michael Jacobson **Photography:** Supplied

MICHAEL METCALFE describes Kynd as the pebble in the pond. And he remembers vividly the moment he knew that its ripple effect could, and would, change people's lives for the better.

A graduate of Southern Cross University's MBA program, Michael is the founder and CEO of Kynd, an award-winning, Gold Coast-based online platform that matches National Disability Insurance Scheme (NDIS) participants with the right disability support workers. Launched in 2017, Kynd is an empathetic, bespoke service that gives people greater choice, freedom and control.

"Kynd's first NDIS participant was from Boonah and she desperately wanted a disability support worker who shared her love of horses," Michael says. "She found the right person on our just-released app and we helped bring them together. That was the start. We immediately saw it could work. It showed us that by truly focusing on an individual – holistically, not just their physical needs – you can make an incredibly positive difference in someone's life.

"That type of thinking was also very much part of my Masters at Southern Cross University. I graduated with an MBA in Hotel and Tourism and Management in 2006 and one of the biggest things I took from it was the notion that this was more than just a qualification enabling me to pursue my own aspirations. It also conveyed a belief in the broader good that business can do for people. I like to think Kynd reflects that reality."

It was the alarming reality of the disability support system in Australia that inspired Kynd.

"Through the experiences of my own family, friends and their families,



> “I saw the traditional aged care and disability sectors in action – with all their crazy complexities, confusions and frustration. It was like a punch in the face ... the system was broken, and in many ways it still is.”

Kynd CEO and Founder Michael Metcalfe formed the Gold Coast-based disability support platform in 2017



Micheal describes Kynd as the easiest way to find and book NDIS Support Workers.

I saw the traditional aged care and disability sectors in action – with all their crazy complexities, confusions and frustrations," Michael says.

"It was like a punch in the face. Too often, daily life was a bitter grind for support workers and the people needing support services. I talked to hundreds of people, families and support workers and I couldn't believe how most services worked. I didn't want that for my family – or anyone's family.

"The system was broken, and in many ways it still is. That touches every family. The more I heard, the more the need for a better way became clear. Kynd was born there."

Risk and reward

From a purely pragmatic business perspective, Michael knew he was taking a risk. Still, it's not as if that was anything new. Risk has informed so much of what he has done in life.

It was risk that in 2000 took Michael to the ski slopes of Colorado where, with just three days of experience, he landed a job as a snowboard instructor – making downhill runs by day, running events by night and finding time where he could to complete a Queensland University of Technology business degree.

Risk, too, that six years later saw him grasp an opportunity that surely does not come the way of many 24-year-olds – to become Shipboard HR Manager for an international cruise company. Based in Florida, the ensuing 15 months found Michael sailing to Alaska, the Caribbean and South America in a role he says was like managing a United Nations debate with 50 crew nationalities every day.

When the time came to trade blue ocean for blue sky, Michael returned



to Australia in 2008 as a Service Brand Specialist for Virgin Blue, then readying to launch Virgin Australia internationally.

"I was on the inaugural BNE to LAX Virgin flight with Sir Richard Branson – a once-in-a-lifetime experience" Michael says. "Risk and reward in one bloke. I gained a lot from his take on using energy to turn belief into reality, team habits into culture and inspiring people to join the journey."

Michael's next venture really put his MBA to work, as well as his own capital: "Because of my interest and experience on the ski slopes and in alpine hospitality, I knew there was an opportunity in the highly fragmented, independent European winter hotel sector."

Indeed there was. Despite launching Snotels Alpine Hotels slap-bang in the middle of the Global Financial Crisis, the next four years saw Snotels grow into a network collection of 30 hotels in 21 ski resorts in six countries. It was a truly wild entrepreneurial ride that eventually succumbed to seasonality. When it did, it was time for Michael and his wife Hayley to head home to Australia.

A big believer in the adage 'nothing ventured, nothing gained', Michael's next move was as a globetrotting freelance management consultant for hotel and resort investors and developers.







Before launching Kynd, Michael's professional life took him to spectacular locations and opportunities around the world.

"I loved the adventure of it," he says. "I was living in Burleigh, travelling the world, building concepts and experiences for different people and cultures. Saudi Arabia, Thailand, Switzerland, Croatia, Belarus, USA, England, the UAE and more. While I loved it, I felt something changing. The thing I love most is creating experiences and memories for people. I wanted something more personal, more fulfilling, something with an impact that was human, needed and also scalable."

Challenge and belief

Since launching in 2017, the kynd.com.au platform has addressed human needs and created a growing community across Australia. Solely focused on the NDIS space, Kynd has won several industry and business awards – including the 2018 Optus Future Maker for social impact – and has secured numerous NDIS, Queensland and Australian Government innovation grants. Add significant investment rounds during 2019 and again in 2021 and Kynd has been able to grow its team, platform and capability – even in the face of the global pandemic.

"It's the belief in something that drives you. Struggle and challenge inform success. We learn more when things are difficult because you must be even more committed. It is why I am so proud of our team, who stepped up to challenges and never lost sight of what we do or why we do it.

"I've always loved challenges," Michael says. "I've always known that I'll only have one life and I have to make each chapter count. And luckily, I've always been supported by mentors and family."

MERCILESS & COLD-BLOODED

THE MURDER OF BRIDE-TO-BE STEPHANIE SCOTT

Life in the beautiful country town of Leeton was positively humming for young, soon-to-be-married teacher Stephanie Scott, who had everything to look forward to until a tragic turn of events on the eve of her wedding over the Easter long weekend of 2015.



WORDS
DETECTIVE SERGEANT TIM CLARK, INVESTIGATIONS MANAGER, MURRUMBIDGEE POLICE DISTRICT, NSW



Far Left Insert: Stephanie Scott, brutally murdered just days before her wedding.

"Hey, good luck with the search."

– CONVICTED KILLER VINCENT STANFORD

STEPHANIE CLARE SCOTT was born on October 14, 1988, in Sydney. By Easter 2015, she was an enthusiastic and much-loved drama teacher at Leeton High School, in NSW's Riverina region.

The daughter of Robert (Bob) and Merrilyn Scott, Stephanie had two sisters and two brothers. Her father was the Deputy Principal at Canowindra High School, where Aaron Leeson-Woolley was a student. Aaron grew close to the Scott family and two years later, began a relationship with Stephanie. On April 11, 2014, the couple announced their engagement and set a wedding date of April 11, 2015.

THE EASTER LONG WEEKEND



Aaron kissed Stephanie, 26, goodbye and told her he loved her at 12.30 pm on April 3, 2015. Little did he know it would be the last time he would see his beautiful bride-to-be.

He was off to Canowindra to a farewell party for a friend until April 5 while Stephanie stayed home to finalise wedding plans. About 11 am on Easter Sunday, Stephanie picked up school keys from a work colleague's house. She wanted to make sure her students and the relief teacher had everything they needed while she was away on her honeymoon.

Her colleague lived near the school and walked with Stephanie to the school gate and unlocked it. Stephanie went through the gate, closed and locked it behind her and kept the keys. She had parked her red 2010 Mazda 3 sedan in Myrtle Street, near the gate.

Stephanie went through a second set of locked steel gates to access the school buildings and made her way to the English teachers' staff room, where she stayed for two hours and 40 minutes, working at her desk before calling time to go home – she had a wedding to prepare for.

THE ATTACK

After leaving the admin block, Stephanie walked along an enclosed corridor towards the locked steel gates. As she stopped to grab the keys from her bag, she was grabbed from behind. One can only imagine how scared she must have been as her attacker placed his hand over her mouth. Stephanie struggled and fought back, scratching at his face, trying to yell. She was dragged along the corridor towards a small room once used as a photography 'dark room'.

Stephanie continued to struggle, scratching and fighting as she tried in vain to free herself. As her attacker closed the door behind them, Stephanie tried to flee but was pushed violently, falling and landing face down on the floor. The offender put his left arm over Stephanie's throat and began mercilessly beating her to the face with his right fist. Stephanie struggled, fighting for her life as she was struck in a violent rage up to 30 or 40 times. After 40 to 50 seconds, Stephanie fell unconscious. The offender put on a condom and raped her.

THE MURDER

As Stephanie lay on the floor, the offender placed his hand on her throat and removed a 40cm knife from his right pocket. He stabbed her in the neck, causing severe injuries which resulted in huge blood loss and ultimately, her death.

Certain Stephanie was dead, the killer placed his knife on the floor and went home for lunch before returning to the school. He later told police he picked up his knife and cleaned it in a storeroom. He picked up the items Stephanie had dropped as he dragged her from the gate to the dark room, including her car keys. At some point after raping and killing Stephanie, he went out to Myrtle Street and drove her car to the other side of the school. He carried her body to the car and put some yellow masking tape on Stephanie's neck to try and stop the bleeding. He placed a sheet of plastic into the boot of her car and put her body on top of it before retrieving a high-pressure cleaner from another room and cleaning up his crime scene.

Stephanie's body was in the boot as he nonchalantly drove her car back to his house, parked it behind a large shed in his backyard and walked back to the school to collect his ute. He removed blood-soaked MDF boards from the floor of the dark room and placed them in his ute. Investigators later confirmed this after the offender was photographed at the wheel of his ute by the Automatic Number Plate Recognition (ANPR) of a Griffith Highway Patrol vehicle at 3.35 pm. He was travelling away from the school, towards his home, along one of Leeton's main arterial streets.







Opposite Page: Aerial photograph of Leeton High School (location of the last confirmed sighting of Stephanie), *Above Left to Right:* Blood on the red jerrycan found at Stanford's home matched Stephanie's DNA, Scene of the murder, The murder weapon. Blood located on the knife was matched to the DNA of Stephanie. *Below:* Main Image - Pike Road, Wamoon canal. *Insert:* A local farmer located Stephanie's vehicle on Pike Road at Wamoon approximately 8km from the Leeton township.

> "The attack itself involved extreme brutality. There are indications it was planned or premeditated. The manner in which he conducted himself in the immediate aftermath by calmly going about his affairs is highly disturbing."
>
> – SUPREME COURT OF NSW JUSTICE ROBERT HULME





Above: An extensive social media campaign followed in which appeals for information were posted by family and friends. *Below:* Stanford in his vehicle, driving away from the location of Stephanie's body.



body in the boot, to the Cocoparra National Park, 50km north-east of Leeton. He placed her body on the ground, removed her clothing and stuffed her clothes, a sun visor from her car and the sheet of plastic from the boot into a backpack before burning the body under branches with 20 litres of petrol.

He drove Stephanie's car back to his place, removed items including the fuel can and boot liner, changed his clothing and drove the car to Pike Road, Wamoon, where he left it near a canal. After casually meeting his mother at a supermarket just after 7.30 am, the offender drove around Leeton, throwing Stephanie's possessions into garbage bins on the main street and near a sports oval. These items were never recovered. Police would later find the sun visor from Stephanie's car and other items in a bin at the corner of Banna and Jondaryan Avenue, Griffith.

SOMETHING IS NOT RIGHT

Aaron texted Stephanie on Easter Sunday but she didn't reply. When he returned home about 7.20 pm, she wasn't there. He sent more texts but again, Stephanie failed to reply. He drove past Leeton High and friends' homes, but her car was nowhere to be seen. While increasingly concerned, he thought pre-wedding nerves might have prompted her to spend the night elsewhere. He messaged her again in the morning but still, no reply. He called friends and family to no avail, so at 4.30 pm on April 6, 2015, Aaron went to Leeton Police Station to report Stephanie missing.

Police conducted a triangulation on 'find my iPhone' on Stephanie's mobile. It was turned off or not operating. There had been no activity on her bank accounts since she shopped at Griffith on Easter Saturday and no social media activity.

> "Just that I had to kill her. I wasn't angry or anything. Basically emotionless. Just that I had to kill her."

He later drove Stephanie's car and parked around the corner from a local service station, where he filled a red jerry can with petrol and walked back to the vehicle. As he left to return home, he drove past the service station in Stephanie's car (his stop at the service station captured on CCTV retrieved during the investigation).

BACK TO LEETON

In the early hours of April 6, the offender drove Stephanie's car, her

Stephanie's family were consulted and the missing person's report quickly developed into serious concerns for her welfare. Relatives and friends posted appeals on social media, conducted coordinated searches of Leeton and hired a helicopter to cover a wider area.

THE FORMAL INVESTIGATION

At 8 am on April 7, 2015, police launched appeals for information through social media and traditional media outlets. Reporters from national media groups converged on Leeton to interview family members and friends.

Detectives attended Leeton High and inspected Stephanie's classroom. A check of the alarm system showed Stephanie disarmed the administration block alarm at 1.31 pm and re-armed it at 1.38 pm. The Forensic Services Group and the Dog Unit were called in to assist with a further search.

Late on Tuesday, a large group of Stephanie's family and friends gathered to try to break into the school, believing Stephanie may have been held captive in the grounds. Police spoke with the group and convinced them not to forcibly enter the school. A neighbour advised them he had seen the school cleaner (Vincent Stanford) working over the Easter weekend. A short time later, Stanford drove past the school. When police stopped him, he told them he had just dropped his mother at work and was heading home.

A SUSPECT EMERGES

Vincent Stanford was born on December 21, 1990, in Tasmania. He was 24 at the time of the investigation and lived at home with his mother, Anneke Noort, and older brother (Luke). Stanford also had an identical twin brother (Marcus) who lived in South Australia. On March 2, 2015, Stanford began a five-week relief position cleaning at Leeton High. It was due to end on April 2, 2015, but was extended.

About 7.30 pm on April 7, 2015, police were told Stanford's white Toyota HiLux Ute had been seen at the school. Police went to Stanford's home to discuss his movements and ask if he had seen Stephanie. He confirmed he was at the school over the Easter weekend, "cleaning the bins and stuff". He denied knowing Stephanie or seeing her there. As police were leaving, Stanford called to them: "Hey, good luck with the search."

SOMETHING'S NOT RIGHT

On April 8, 2015, Detective Senior Constable Whelan went to see Stanford. He wasn't home, so he asked Stanford's mother to tell her son to contact him. About 11 am, Stanford attended Leeton Police Station and made a statement to Senior Constable Whelan. Stanford said he had been cleaning at the school all weekend but had not seen anyone else there except some roller skaters (later identified and interviewed). He also said he went to a local supermarket in Leeton. Police were suspicious – something just didn't seem right. Police contacted the manager at the nominated supermarket and were advised it was closed on Easter Sunday.

STRIKE FORCE INITIATED

On April 8, 2015, Strike Force GUNDIBRI was initiated to investigate the suspicious disappearance of Stephanie Scott. The officer in charge was Detective Sergeant Tim Clark.

Inquiries with Stanford's employer revealed all of their cleaners were on leave over Easter and Stanford should not have been at the school. Detectives contacted Stanford by phone to confirm details about his trip to the supermarket. Stanford said he "went to" the supermarket on Easter Sunday and bought "just groceries, some dinner … iced coffee". But the supermarket was not open on Easter Sunday. Vincent Stanford was now a Person of Interest.

FIRST CRIME SCENE DECLARED

At 6 pm on April 8, Detective Senior Constable Milne and Detective Senior Constable Rolfe went to Stanford's home to speak with him. He wasn't there but his mother and brother were. Stanford's mother gave police consent to conduct a walkthrough, during which they found a set of keys on a red-and-white lanyard that matched the description of the keys Stephanie's colleague had given her. Police saw fresh tyre tracks from the front of the house into the backyard but noted Stanford's ute had a larger wheelbase than the impressions. A used condom was found on the ground where the tyre impressions ended. Yellow tape was also found nearby. An opened condom wrapper without a condom and other wrapped condoms were found on the floor in Stanford's bedroom. Police declared the premises a crime scene. Anneke and Luke were removed from the house and escorted to Leeton Police Station.

HAUNTING IMAGE

A short time later, Stanford arrived home in his ute and told Detective Milne he had been "out taking photographs". Detectives saw a digital camera on the ute's front passenger's seat and some large MDF boards in the back smeared with what appeared to be blood. Police seized Stanford's ute and he agreed to accompany them to the station. Police removed the camera from the car and turned it on. The first image displayed was of a burnt human corpse, which appeared to be female, in bushland.

STANFORD ARRESTED FOR MURDER

Detective Sergeant Clark spoke with Stanford at the station. While he was not arrested, the conversation was recorded. Stanford continued to deny he had any contact with Stephanie or her car. Police noticed Stanford had what appeared to be several small, fresh-looking scratch marks on his forehead, under both eyes, on the bridge of his nose and upper right forearm, and small marks on his left arm. Stanford cited different incidents

of bumping his head and running into a tree branch a week earlier to explain them.

Further analysis of the camera revealed another photo of the same burnt corpse taken from a different angle. Stanford told police he downloaded the photos from a horror movie on the internet because he thought they were funny. He denied the photos were of Stephanie.

Detective Sergeant Clark arrested Stanford for the murder of Stephanie Scott. Stanford was given the opportunity to speak with a solicitor and declined to be interviewed but consented to forensic procedures including an examination of his injuries by a doctor, photographing and measuring of those injuries, the collection of fingernail scrapings and a buccal swab for DNA. Stanford was then charged with the murder of Stephanie Scott. Bail was refused.

FORENSIC EXAMINATION OF THE UTE

Detective Senior Constable Kremers, of Albury Crime Scene, examined Stanford's ute. The stains on the MDF boards returned a positive result for human blood, later matched to Stephanie's DNA. Destinations stored in the ute's GPS included Boundary Rd, Leeton, 11km from Stanford's home, and Cocoparra National Park, about 50km north of Leeton. The national park can be accessed via Boundary Rd. Surface deposits on the ute indicated it had driven on a gravel/dirt road. A condom in its wrapper and a mobile phone were found under the passenger seat. Stanford refused to provide the access code to police.

DEVASTATING NEWS

At 5.30 am on April 9, 2015, Detective Sergeant Clark and Detective Inspector Paul Smith told Stephanie's family Stanford had been arrested and charged. The family were told about the photos found on the camera but were not told the body had been burnt. A short time later, a national news bulletin revealed an arrest had been made after photos of a burnt body were found on a mobile phone. The information, leaked by an unknown source, caused enormous grief for the family.

STEPHANIE'S CAR LOCATED

At 9.30 am on April 9, 2015, police received a call to say a car matching the description of Stephanie's had been found near a farm on Irrigation Way, Wamoon, near the intersection of Pike Rd and Boundary Rd, 11km from Stanford's home. A crime scene was declared. A forensic examination of the car revealed a substantial amount of human blood in the boot and on the rear bumper. The blood matched Stephanie's DNA. Stanford's DNA was also found in the car.

At 2 pm on Easter Sunday, a female witness was walking along Mallee Street at the rear of Leeton High when she heard noises she described as "like things were being moved or dragged across the ground; things like furniture or something similar". She saw Stephanie's car reversed underneath a covered walkway.

BACK AT THE OFFENDER'S HOUSE

An extensive crime scene examination was conducted at the Stanford residence. Police found a car boot liner from a Mazda 3 sedan. Blood on the liner matched Stephanie's DNA. Her DNA was also located in blood on a fuel can, on the outside of a used condom and some yellow tape found behind the shed. The yellow tape was later matched to similar tape used by painters at Leeton High.

Inside the house, Detectives Rolfe and Milne found Stephanie's keys, a red bra which was later identified as belonging to Stephanie and a knife that was later proven to be the murder weapon. Blood found on the knife and a set of handcuffs was also matched to Stephanie's DNA. A lubricant bottle and some condoms, found on a shelf in a cupboard, also had Stephanie's blood on them.

DISTURBING CONTENT

A computer in Stanford's bedroom was seized and examined at the State Electronic Evidence Branch (SEEB). The results were alarming. It contained surveillance type photos and videos of women and school children and a large cache of bestiality images. Several videos on topics including murder, rape and bomb-making were also uncovered.

The SEEB analysis showed that from late Saturday, April 4, until the early hours of Sunday, April 5, Stanford spent a considerable amount of time searching the terms: 'widow-maker'; 'widow knives'; 'sharpest puncture knives'; 'sharpest knife tips'; 'sharpest knife you can buy'; 'best piercing knives'; and 'serial killer knives'. There was also evidence he had conducted further enquiries with a security company regarding leg cuffs. Stanford bought a set of flexi-cuffs and a dagger-style knife by mail order. On April 14, 2015, a package arrived at Stanford's home and was handed to police by his mother. It contained the flexicuffs and dagger-style knife Stanford bought online.

LAPTOP LOCATED

At 8 am on April 10, 2015, a witness attended Leeton Police Station to say he had seen a vehicle fitting the description of Stanford's ute pull up near Main Canal about 3.50 pm on Easter Sunday. He said a male person threw what appeared to be a laptop into the water before running back to his vehicle and driving away. Police divers found the laptop the following day. SEEB subjected it to a process of rapid drying and its contents were downloaded. It was Stephanie Scott's work laptop.

BODY LOCATED

About 5 pm on April 10, 2015, police found the badly burnt remains of a human body on the edge of Cocoparra National Park. The body was later identified as the remains of Stephanie Scott. Yet another crime scene was declared. There were no items of clothing or jewellery found at the scene.

A Griffith-based scout group contacted police to say they had spent the weekend trekking and camping in the park. The scouts were interviewed by officers specially trained to interview children. A photo taken at 5.34 pm on April 8, 2015, by one of the scouts shows Stanford in the background, in his white ute, driving away from the location of Stephanie's body. The photo was taken just after Stanford had revisited the body and taken the photos police found on his camera. During a subsequent interview, Stanford told detectives he returned to where he had dumped Stephanie's body because he "...just wanted to see if she was still there [and] thought maybe the wildlife would have taken her".



Above: Laptop found by police divers. *Below:* A reasonable amount of timber had been collected and stacked over the lower torso of the body indicating an attempt to burn the genital area of the body in particular, Detective Senior Constable Justin Milne and Detective Scott Rolfe interviewing Stanford at Wagga Wagga Police Station, Murderer Vincent Stanford.



> "...just wanted to see if she was still there [and] thought maybe the wildlife would have taken her."

STANFORD WANTS TO BE INTERVIEWED

On April 11, 2015, Corrective Services at Junee Correctional Centre contacted police to say Stanford wanted to speak with the officer in charge of the investigation. Detectives Clark and Milne drove to the jail to record an interview with Stanford, who was not yet aware police had found Stephanie's body. During the interview, Stanford gave the exact location of Stephanie's body and admitted to the murder.

Stanford told police he first saw Stephanie when she was upstairs working in the staff room. He said he had no idea she was going to be there and had never met her before. When he saw Stephanie, he said a feeling came over him: "Just that I had to kill her. I wasn't angry or anything. Basically emotionless. Just that I had to kill her." He said he waited for her to leave and as she walked towards him, Stanford told police she said: "I'm going home now. Have a happy Easter."

Stanford said he attacked Stephanie and dragged her into the dark room. Asked why he had a knife with him, he said he brought it into the cleaning store because:





"I think I had to open something up."

Stanford said after he removed the knife from his pocket, he "hit her in the carotid artery". After beating her he states he "grabbed my sheath, my sword, and I struck her in the carotid artery". In this interview, Stanford refers to putting tape "on the carotid artery to stop the bleeding". He was asked if there was a reason he stabbed Stephanie in the neck. "To make sure she was dead," he said.

After killing Stephanie, Stanford told police he returned home for lunch. He parked his ute at the front of his house, ate a cheese sandwich and had a coffee before returning to the school. Stephanie was left lying on the floor of the dark room. He stated he was at home for about 10 minutes.

A second interview was conducted with Stanford on April 21, 2015, this time at Wagga Wagga Police Station, to clarify and challenge some of the information he had previously supplied and find out where Stephanie's rings were. Forensic evidence gathered at the murder scene was also put to Stanford.

CAUSE OF DEATH

A post-mortem carried out on April 13, 2015, found the direct cause of death was blunt force head trauma. Bruises were found on the right side of Stephanie's face and there was a small laceration on the right lateral eyebrow. There was a nasal fracture and a 'blow-out' fracture of the right eye (a type of injury often associated with side impact during a car crash). There were two stab wounds on the right side of her neck. The right internal jugular vein was disrupted but there was no associated haemorrhage in the track.

CHARGED WITH AGGRAVATED SEXUAL ASSAULT

On June 3, 2015, Detective Sergeant Clark charged Stanford at Griffith Local Court with one count of Aggravated Sexual Assault. Stanford refused to supply the access code to his mobile, a new Windows Microsoft phone that SEEB had not previously examined. Taken between 3.10 am and 3.13 am on April 6, 2015, the six relevant photos SEEB eventually found on the phone were invaluable. The first three are too dark to show anything. The last three are of Stephanie's body. They were taken before her corpse was burned and show her naked, with a blue towel over her head, in bushland. The wound to the right side of her neck is clearly visible.

SENTENCED

On July 20, 2016, Vincent Stanford entered guilty pleas to Aggravated Sexual Assault and Murder. On October 13, 2016, in the Supreme Court of NSW, Stanford was sentenced by Justice Robert Hulme to 15 years' jail with a no non-parole period for Aggravated Sexual Assault and life imprisonment for murder.

The judgement summary published by the Supreme Court stated, in part:

The attack itself involved extreme brutality. There are indications it was planned or premeditated. The manner in which he conducted himself in the immediate aftermath by calmly going about his affairs is highly disturbing. Ultimately the Court was satisfied that the offence fell within the worst-case category calling for the imposition of the maximum penalty. Mr Stanford's culpability is so extreme that the community interest in retribution, punishment, community protection and deterrence can only be met with the imposition of a life sentence.

THE IDENTICAL TWIN

Following Stanford's arrest, police learned he had an identical twin. Detective Sergeant Clark asked South Australia police to contact the twin (Marcus) and gather evidence to eliminate him as a suspect in Stephanie's murder. In the interim, investigating police became aware of information which implicated Marcus as an accessory after the fact to Stephanie's murder. Marcus had allegedly received jewellery and a driver's licence belonging to Stephanie. He later admitted to receiving these items, sent to him by his twin brother. Marcus' involvement is, unfortunately, a story in itself and will be documented in the Australian Police Journal.

RIP BOB SCOTT

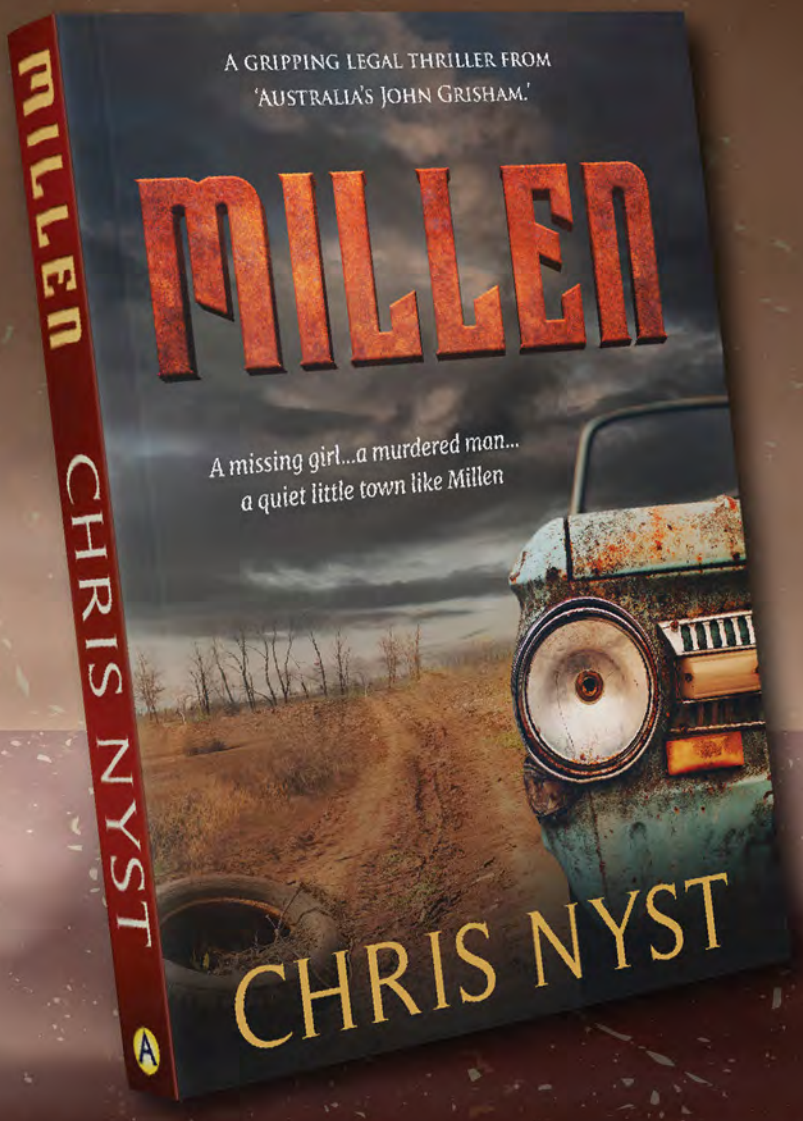
On October 31, 2016, in a very sad footnote and only two weeks after Vincent Stanford was sentenced to life imprisonment, Stephanie's father, Bob Scott, was killed by a falling tree branch while he was felling trees on the family farm at Canowindra.

ABOUT THE AUTHOR After attesting as a Probationary Constable in 1993, Tim Clarke was stationed at Castle Hill and Merrylands Police stations until 1997, when he transferred to Leeton, in rural NSW. Tim started criminal investigation duties at Griffith Joint Investigative Response Team in 2001 before moving to CI duties at Narrandera in 2006. He was promoted to the rank of Detective Sergeant and stationed at Griffith as CI Team Leader in 2008. Tim has been the Investigations Manager at Griffith since 2017.

★★★★★

"...a complex and nuanced mystery..."

AMAZON READER'S FAVOURITE



Award-winning novelist and screenwriter Chris Nyst returns with a powerful tale of treachery and deception in the outback.

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homo hubris



The idea that 'someone upstairs' is benevolently watching over us, guiding the Fates to ensure we always come out on top, is a comforting thought.

Words: Chris Nyst, Director, Nyst Legal *Portrait:* Brian Usher *Lifestyle photography:* Joshua Earle on Unsplash

The Oscar-winning 1956 drama, *Somebody Up There Likes Me*, launched the career of one of Hollywood's greatest stars, the brooding, anti-hero heartthrob Paul Newman.

In the highly-acclaimed biopic, Newman played legendary New York City brawler and middleweight boxing champion Rocky Graciano. A poor, disadvantaged kid from a tough neighbourhood, Graciano was raised on the mean streets of Manhattan's East Side and spent years in reform school, gaol and military prison before fighting his way, tooth and nail, to the top, eventually becoming the World Middleweight Champion in 1947.

In the film of his life, at one point Rocky's ever-loving sweetheart, Norma, played by Pier Angeli, looks starry-eyed at her brave, battered beau and marvels at all he's achieved. To which Rocky just shrugs nonchalantly and quips: "You know, I been lucky. Somebody up there likes me."

Anyone who knows Rocky's back story might think nothing could be further from the truth. But it's still a nice movie moment. And a nice sentiment, too.

The idea that 'someone upstairs' is benevolently watching over us, guiding the Fates to ensure we always come out on top, is no doubt a comforting thought. But it raises the question – if someone was smiling down on Rocky, who the heck was looking after the poor slob he KO'ed in the sixth to take the World Title? And, for that matter, who was looking after Rocky himself 12 months later when the same guy, Tony Zale, took the title back off him in a re-match, knocking the champ out in the third?

No, I doubt a tough guy like Rocky would really believe anyone gets given more than what they earn fair and square, by blood, sweat and tears.

When I was just a kid, there was an irreverent little tale that did the rounds of the schoolyard, about a Biblical-type figure called Ralph. In the story, Ralph tends a modest crop and works diligently, year in and year out, year after year, to produce a meagre harvest for his poor family. Then, one year, a devastating storm rips through the land and completely wipes out his work.

But Ralph doesn't despair. Being a pious man, he simply drops to his knees and prays to the heavens, saying: "Lord, Thou hath taken everything from me, destroyed all my work. But I understand. I know this is but a test of my faith. Thou knowest all and Thou workest in strange ways. Thy will be done."

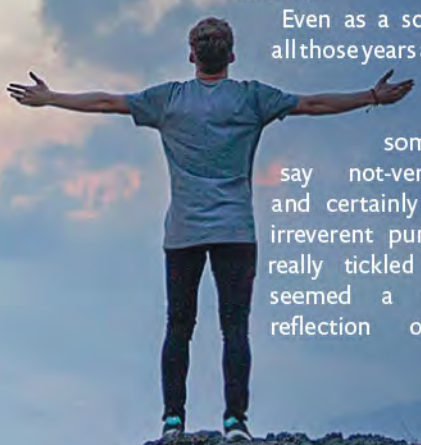
And, with that, Ralph gets to his feet, till in hand, and starts over again.

A year later, a terrible fire

ravages the land and again, Ralph's humble little crop is completely decimated. But again, Ralph takes it all on the chin. He drops to his knees and declares 'Thy will be done', then gets up and starts again.

Months later, when his work is finally finished, the new year brings a whole new disaster – a voluminous flood that completely washes out all of the plants he has grown. Finally, Ralph has had enough. He can no longer accept such shabby treatment. So this time, he doesn't drop to his knees. He looks up to the sky, defiantly, and rages: "Why? Why Lord? Why? I have withstood all your tests. I have never questioned your will? Why would you do this to me yet again."

Suddenly, ominously, the clouds open up and a loud, rumbling voice casually replies: "I don't know, Ralph. But there's something about you that shits me."



Even as a schoolboy all those years ago, that small, some may say not-very-funny, and certainly slightly irreverent punch line really tickled me. It seemed a naughty reflection on the

> "He drops to his knees and declares 'Thy will be done', then gets up and starts again."

randomness of our universe, an almost Douglas Adams-style observation of the absurdity of our universal sense of self-importance. God was on our side, of course. But, to the extent somebody up there maybe liked us, wasn't it equally possible they didn't, or at least maybe just not as much as they might, perhaps even for reasons they couldn't quite put their finger on?

A few years back, I read Israeli professor, philosopher and best-selling author Yuval Noah Harari's thought-provoking 1977 book, *Homo Deus: A Brief History of Tomorrow*. In it, Professor Harari introduces the concept of Homo Deus (from the Latin 'homo', meaning 'man', and 'Deus', meaning 'god'), arguing that modern homo-sapiens, having now conquered the ravages of history, over the next century or so will evolve to become the self-made gods of planet Earth.

In his opening chapter, the author argues that humankind has all but eliminated the three cataclysmic scourges that have dominated our existence for millennia – namely, pandemic, war and famine. He presents impressive statistics and convincing argument to support the view modern medicine has advanced to the point where disease could never again have the debilitating global effect of past plagues, war for territory simply no longer makes sense, and is, therefore, a thing of the past, and modern globalism ensures widespread famine is just no longer a thing.

Then along came the Covid pandemic of 2020, the increasingly crippling effects of global warming and the Russian invasion of Ukraine in 2022. The last I heard of Professor Harari, he was doing a TED talk entitled *The War in Ukraine Could Change Everything*.

Looks like maybe, for all our high-minded hubris, we're going to just have to hope, for a little while longer at least, that somebody up there likes us, after all.

■ *Follow or subscribe to Chris Nyst's regular blog online: nystlegal.com.au/*

ALPINA'S XB7 heaven

WORDS: *Greg Pride* **PHOTOGRAPHY:** *Brian Usher*

Renowned for manufacturing some of the world's most luxurious hand-made, high-performance vehicles, ALPINA's magnificent XB7 is among its latest and greatest models.



The ALPINA XB7 pitched high on the Tallai Mountain with the Surfers Paradise Skyline behind.



"The majestic feel of the car is one thing; then there's the sound. A push of the Swarovski-encased start-stop button and the XB7's 4.4L V8 Bi-Turbo engine roars into life, pushing 36 decibels from its thumping quad sports exhaust when it starts and 77 decibels at max thrust."

Is that Clive Palmer doing a double take as we spin past his Sovereign Islands mansion in the astonishing ALPINA XB7?

Even in this exclusive residential enclave, home of the Gold Coast's rich and famous, where luxury vehicles abound, the ALPINA still manages to turn heads.

Having put this mighty machine through its 0-100km/h-in-4.2 seconds paces out on the open road, we're cruising The Sovereign Mile in more genteel fashion to immerse ourselves in the many features that make the car so special (cue the Swarovski crystal gear selector and push-button massage seats). On this blue sky Gold Coast day, the paved streets of the Sovereign Islands, opulent mansions and shimmering Southport Broadwater provide the perfect backdrop to show off the ALPINA in all its glory.



The XB7 has only been in Australia for a little over a year, having made its debut at the 2021 Sanctuary Cove International Boat Show. Worldwide production is only around 2000 vehicles annually, with just a handful landing in Australia, and all quickly snapped up.

The ALPINA story began in Kaufbeuren, Bavaria, in the 1960s, when founder Burkard Bovensiepen established a BMW tuning business after many years of manufacturing typewriters. The first ALPINA-badged cars appeared in 1967 and quickly enjoyed success in major motor racing events including the 1970 European Touring Car Championship, German Hill Climb Championship, the prestigious Spa 24-Hour race and numerous rally and track races.

By 1970, ALPINA had relocated to its present base in Buchloe, Bavaria, where it manufactures some of the world's most luxurious hand-made, high-performance vehicles. ALPINA made its Australian debut in 2016 and established a loyal following of car connoisseurs captivated by the quality and prestige of the bespoke German marque.

The XB7 is among the latest and greatest models and Ocean Road was recently given the privilege of test-driving the top-of-the-range, full bells-and-whistles incarnation of this automotive beast.

Climbing into the driver's seat of the three-row, super SUV, one of the first details you notice is the lavish leather upholstery. ALPINA vehicles boast Lavalina leather, the highest-quality leather used in the automotive world. Ultra-premium Lavalina leather is unequalled in terms of feel, climate-comfort and appearance and ALPINA actually has its own in-house leather workshop to work exclusively with the product.

Lavalina is a premium, cask-pigmented, full-grain cowhide, with the raw material sourced exclusively from specially-selected farms in Southern Germany, Austria, Switzerland and Northern Italy. The proximity to the ALPINA factory means the hides do not have to be preserved using chemicals before undergoing a completely natural tanning process, thereby making the leather pleasantly moisture-





Cockwise from far left: ALPINA Product Specialist Anthony Hoobin; Stylish centre console; XB7's 4.4L V8 Bi-Turbo Engine; Alpine 20 Spoke Alloy Wheels; Digital Dash Display; ALPINA hand crafted leather; finished leather steering wheel and dash.







regulating as well as breathable and temperature-balancing.

What sets Lavalina leather apart is its natural feel, supple sheen and cloth-like softness. No two hides are alike and the natural grain markings can be seen on the surface of the upholstery of every individually-crafted ALPINA vehicle.

As well as the seats, every ALPINA automobile is fitted as standard with a hand-stitched Lavalina leather sports steering wheel which feels sublimely intuitive the moment you touch it. ALPINA founder Burkard Bovensiepen devoted particular attention to the steering wheel, deeming that it significantly determines the feel for the road and must meet the high aesthetic demands of the discerning ALPINA customer base. Bovensiepen's attention to detail went so far as ensuring the signature ALPINA blue and green stitched seam pattern on the steering wheel consists of two parallel lines, with no unpleasant, noticeable transitions at the seam or leather edge.

Each one-of-a-kind interior on an XB7 represents up to 120 hours of work by a master car upholsterer, with customers able to select from a standard colour palette of 16 harmonious shades, from Ivory to Atlantic blue to ALPINA Green. For those wanting to go the extra mile in terms of bespoke customisation, a mind-boggling 45 colour variants are also available in Alcantara, a suede-like microfibre material which can be used to complement the Lavalina leather upholstery and provide a 'sporty' finish.

The front and rear seats of the XB7, the steering wheel and even the centre console and front door rests are ventilated and able to be heated at the push of a button - perfect for those chilly winter mornings we've experienced in southeast Queensland. Fully electric seats (complete with memory function) which mould your body to the vehicle – not to mention the automated massage feature – make the car a delight to drive and enhance the feeling of safety and stability despite the immense horsepower beneath the bonnet.

"If you're feeling particularly brave or generous and want to let, say, your teenage son drive the XB7, you can even use the electronic key function to limit the power and/or sound system volume!"



We take the ALPINA XB7 for a cruise of the beautiful Sovereign Islands. The ALPINA soft leather interior below.







The majestic feel of the car is one thing; then there's the sound. A push of the Swarovski-encased start-stop button and the XB7's 4.4L V8 Bi-Turbo engine roars into life, pushing 36 decibels from its thumping quad sports exhaust when it starts and 77 decibels at max thrust. Crank up the 32-speaker Bowers & Wilkins, full-surround sound system and you have a veritable automotive symphony.

There are not one but two fully adjustable panoramic sunroofs – one at the front and one at the rear – as well as automated window sunshades. At night, the front sunroof's in-built LEDs illuminate, making even cloudy skies look lit up with a galaxy of tiny stars.

Interior highlights include a 12.3" instrument display, 12.3" touch screen control display with wireless Apple CarPlay and sat nav, heated and cooled cup holders, wireless smartphone charging (along with four USB ports in the front and rear) and ALPINA Luxury Myrtle high-gloss wood trim with an embossed ALPINA insignia.

The tech is what you'd expect and more in a car the quality of the XB7, including Head-Up Display, Gesture Control, Parking Assistant Plus and Driving Assistant Professional with front and rear cross-traffic wearing, steering and lane control assistant, lane-keeping assistant with sidec collision warning, lane change assistant, crossroads warning evasion aid and speed limit info/assist.

In the rare event your safety was compromised by a medical episode, the attentiveness alert function would kick in – causing the car to vibrate, the windows to come down and the air-conditioning and sound system to pump up to max levels. An SOS safety alert pinpointing your exact GPS position would also be sent out.

The XB7 is equipped with an electronic key that can be downloaded onto a smartphone to access the vehicle and, should the need arise, even texted to a family member or friend from anywhere in the world. If you're feeling particularly brave or generous and want to let, say, your teenage son drive the XB7, you can even use the electronic key function to limit the power and/or sound system volume!

A very cool feature of the vehicle is the push-button vehicle lowering system – perfect for loading groceries, luggage or even children. Accelerate to around 40km/h and the car instinctively and ingeniously raises back up to its natural driving position.

Another very practical highlight is the multi-split tailgate, along with an automated 'max-luggage' function which allows you to lower the rear seats with the push of a button to maximise storage from 62 litres up to a whopping 2559 litres.

Outside, the XB7 exudes style and sophistication – from the metallic paintwork and 23" ALPINA Classic forged alloy wheels through to the muscular, oversized kidney grille, satin aluminium trim and roof rails and specially designed ALPINA front apron, rear diffuser and spoiler.

As we depart the Sovereign Islands in the XB7 following the photo shoot, we're sure we see Clive peering admiringly from his mansion.



Spotlight on Kylie Blucher

Managing Director – Nine Queensland and Nine Northern NSW

After more than 25 years working in the television and radio industry, Kylie Blucher has gained extensive knowledge of the Australian media landscape.



Interview by:
Caroline Russo
hushhushbiz.com
Hush Hush Biz
Arts & Entertainment News

Working with both Southern Cross Austereo Radio Network and the Nine Entertainment Company, Kylie Blucher has held various sales, marketing, promotions and publicity positions to become a knowledgeable, highly respected and sought-after authority within the media industry. Prior to Kylie's tenure with Nine, she moved through the ranks within the Southern Cross Austereo Radio Network, holding executive roles in Brisbane at B105 and in Sydney at 2Day FM and Triple M.

Returning to Brisbane in 1997, Kylie began her career in television at Nine Queensland as its marketing director, swiftly moving through the programming and marketing ranks before taking on her current position as managing director in 2010. Six years later, Kylie took the helm of NBN Television in Newcastle and now holds the position of managing director. Kylie has held several board positions during the past 10 years, including the Major Brisbane Festival (Deputy Chair), Surf Lifesaving Queensland Foundation, the Queensland Eye Institute Foundation, Youngcare and the Queensland Performing Arts Trust. She currently sits on the Tourism & Events Queensland Board and is president of the Committee for Brisbane.

What part of Brisbane were you from and what schools did you attend? What was your first job and pay cheque?

"I grew up on the southside in Algester and Sunnybank. I went to Salisbury State High School and my first job was at KMart (long before it was cool) and I can't remember how much I earned. (It) would not have been much!"

What drew you to work in media and marketing?

"My father owned a publishing business and also ran speedway events. I think being exposed to all of this lit a flame for promotions and marketing."

Who have been your mentors over the years and the best advice given?

"I've had a number of mentors. David Gyngell is probably the most significant. The best advice in life and career is to learn by listening."

What have been the most challenging times you've dealt with?

"Media has had some really tough times. Restructuring and downsizing has been the absolute worst part of my job. Seeing great talent leave the business has been really tough. It's one of the reasons I love Nine – the scale of the business provides protection from market conditions affecting different divisions. Our commitment to content creation across all of our platforms delivers wider distribution opportunities and efficiencies.

What is a typical week in your life and how do you balance things?

"No week is typical which is why I love my job so much. I have a great team at work and a great team at home that allow me to maintain relative balance!"

Do you see Brisbane/ Queensland as destinations that will lead more in Australia? How do you see Brisbane in the next five years?

"There could not be a better time to live in south-east Queensland with our 10-year runway to the 2032 Olympic Games. The next five years need to focus on the necessary investment in infrastructure, the arts and our tourism industry so we are set for the most successful Games in history and have a legacy that will support our State for decades to come."

What is the best advice you give to women wanting to go into media?

"Be yourself and work like you own the business."

What is your favourite pastime, TV show and travel destination?

"Travel-wise, I've just been to Tokoriki Island in Fiji and it was unbelievable. I would go back in a heartbeat. Closer to home, it would be Straddie every time.

"TV shows? There are too many to name. My guilty pleasure is watching reruns of *Friends*. It's a show all of my kid's love and can recite because we have all watched it so many times.

I love being with my family, books, exercising, and going out with friends."

If you were able to invite anyone in the world for a dinner party, which six people would they be?

"With my two eldest kids living in Sydney and the effects of COVID, I think dinner with my family would be my first choice every time!"

If you had three wishes, what would they be?

"I celebrated my 50th in New York so I would love to do this for my 60th, 70th and 80th. Maybe if I use one of my wishes, my 90th too!"

THE GOLD STANDARD

GemLife's split-level homes offer a luxe level-up for over-50s living on the Gold Coast.



Images: Artists' impressions, for illustrative purposes only.



Taking centre stage at the resort is the architecturally designed country club.



When nothing but the best will do, GemLife Gold Coast's luxe new split-level home designs have been custom designed to capture superb views from the over-50s lifestyle resort's unique elevated site.

GemLife Manager of Interior Design Jennifer Kyle said the split-level designs, the 342sqm Aruma and the 351sqm Vantage, offered a sense of openness and space together with exclusive luxury standard inclusions and designer finishes.

"The homes have been architecturally designed to optimise the exceptional views, fresh breezes, and natural light. They are sure to appeal to discerning buyers looking for something truly special," said Jennifer.

She said those who love to entertain would be impressed by the homes' two outdoor entertainment areas on the upper and lower levels, plus alfresco kitchens.

"They will also appreciate the built-in bar areas and wine fridge inside the homes. Both designs have master bedroom suites on each level which gives the option for dual living and privacy when guests are staying," she said.

The stylish two-bedroom plus multipurpose room home designs feature open-plan living areas, ultra-high ceilings, large rear yards with separate alfresco areas, louvered shade systems, generously sized balconies, and designer kitchens with European appliances.

Jennifer added that the split-level homes had the option of stairs or contemporary elevators and offered multiple facade and colour-scheme choices.

"The homes will also boast smart tech home automation for the lights and fans and will also have WiFi-enabled remote controlled garage doors," she said.

Located in Stage One, there are a limited number of these premium sites available, and homes start at $1.2 million. The home designs are 7-star energy rated





and within walking distance of the resort's future country club.

RESORT-STYLE FACILITIES

Set on a 46-hectare site in the Gold Coast's Pimpama area, capturing city skyline and mountain views, the resort will be the city's largest of its kind and will include a sprawling country club, rooftop infinity-edge pool, bowling alley, cinema, wine lounge and virtual golf among its suite of luxury facilities.

The resort will also boast an outdoor recreational precinct and wellness centre with a lagoon-style pool, outdoor yoga and indoor Pilates' studio, plus an origami-inspired pavilion set atop the resort's highest point to capture 180-degree views across the coastline.

Fitness, wellness, relaxation, and recreation amenities have been designed for today's increasingly active and healthy over-50s.

Taking centre stage at the resort will be a stunning, architecturally designed country club.

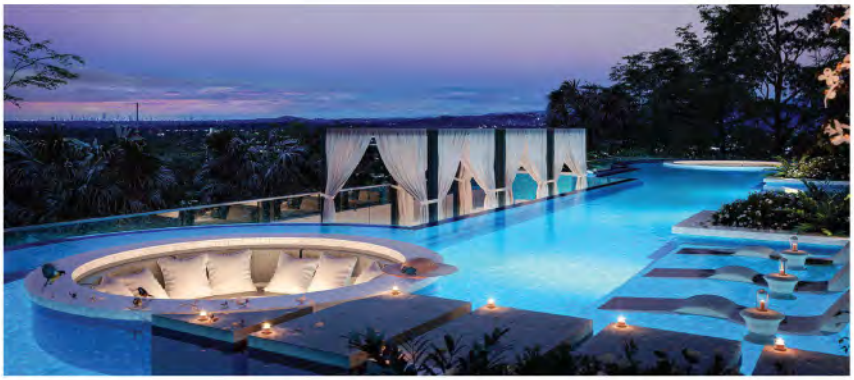
GemLife Gold Coast Sales Manager Ashleigh Murtagh said residents would be able to unwind and breathe in the fresh air from a poolside cabana, relax with friends in the wine lounge, or work up a sweat in the fitness centre.

"When entering the lobby, visitors will be wowed by the sophisticated design and furnishings which will include a floor-to-ceiling wine cellar display, a stand-out design feature that doubles as a screen for the wine lounge on the other side," she said.

"On the ground floor, the building will feature a grand hall with stage, dance floor and a commercial kitchen for functions and events, a bar and lounge, creative studio, library, hair salon, café, undercover balcony area with outdoor lounges and dining areas, plus more."

Located on the next level will be





the fitness centre with health club, including a fully equipped gym, yoga studio, indoor lap pool, spa and sauna. This floor will also be home to a large lounge and games room with golf simulator, plus a feature Sky Lounge – a circular room made of glass with 180-degree views towards the Gold Coast skyline, the perfect spot for residents to get cosy around its central fireplace during the cooler months.

"The star feature will unquestionably be the stunning infinity-edge pool on the upper-level terrace, with its sunken conversation lounges, semi-submerged sun-lounges, and inviting poolside cabanas," said Ashleigh.

Amenities on the lower level will include a four-lane ten-pin bowling alley, residents' workshop, boutique cinema, and six-rink lawn bowls' greens among others.

GemLife Gold Coast will comprise 365 homes delivered in stages over more than three years.

■ *For more information, visit the GemLife Gold Coast Experience Centre, at Gemstone Drive (accessible via McCabe Avenue) in Pimpama, weekdays from 9am to 5pm and Saturdays from 10am to 4pm. You can also call 1800 325 229 or visit www.gemlife.com.au/gemlife-gold-coast-resort/ to learn more.*

"The homes have been architecturally designed to optimise the exceptional views, fresh breezes and natural light."

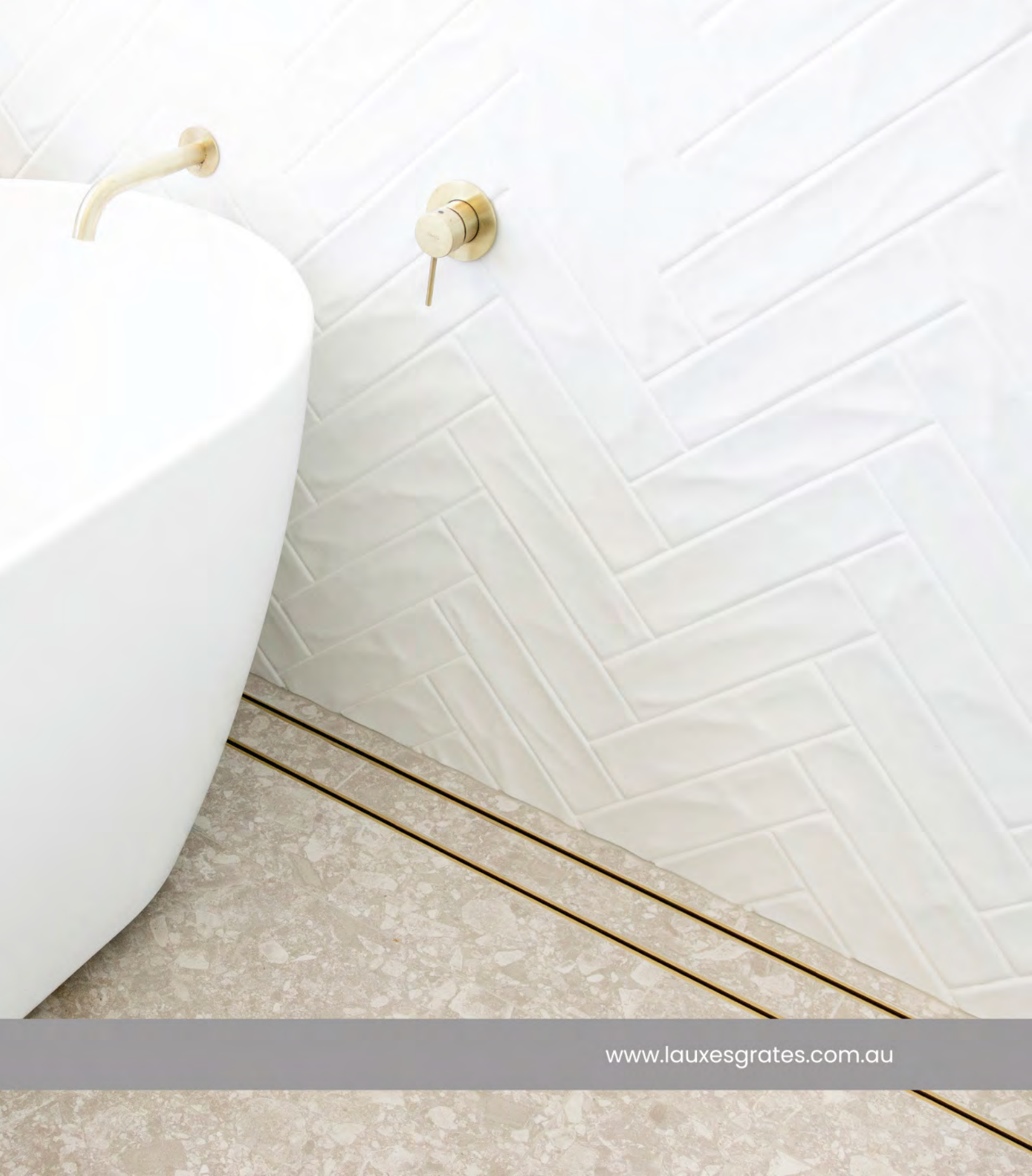
– Interior Design Manager Jennifer Kyle

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ROYALE GOLD COAST
the gold standard in beachfront living

Coastal glamour meets contemporary cosmopolitan at the $400 million Royale Gold Coast.

Renowned Queensland developer David Devine and his team have collaborated with two of Australia's leading designers – architectural firm DKO Architecture and interior design studio Mim Design – to transform an incredible, absolute-beachfront site at Northcliffe Terrace into the ultra-luxury residential apartment building Royale Gold Coast.

Prestige property buyers are discovering that nothing else on the market compares to Royale Gold Coast when it comes to beachfront apartments. The white sands of Northcliffe beach right on their doorstep. Stylish and spacious northeast-facing apartments with panoramic beach and ocean views that can never be built out. The exceptional offering of luxurious six-star lifestyle amenities.

The $400 million Royale Gold Coast is being developed by Mr Devine's team DD Living on the prime 2251sqm, north-east facing corner block of Markwell Avenue and the exclusive beachfront strip Northcliffe Terrace, just north of Gold Coast's popular lifestyle and entertainment precinct of Broadbeach.

A limited number of apartments in Royale's signature collection of 104 luxurious two, three and four-bedroom beachfront apartments, beach homes, sky homes and penthouses remain on the market.

Opulent fittings and finishes with timeless and elegant craftsmanship are carried throughout the 38-level building, with prices for these ultra-luxury apartments starting at $3.01 million for a three-bedroom plus multipurpose room apartment; $4.825 million for a premium beach home on the lower levels; $6.05 million for a half-floor penthouse; and upward of $14.36 million for the full-floor penthouses.

Stepping straight off the beach on the ground level is the Royale Beach Club, 1200sqm of exclusive beachfront realm for residents and their guests with two large lagoon-style pools, one of which also provides a 25m lap pool. Luxurious lounge areas soak up the sun, while inside is the Royale Wellness Centre with a state-of-the-art gym, sauna, spa and treatment rooms.

The entire 560sqm floor plate on Level 1 is dedicated to Club Royale for residents to use as an extension of their home, with a formal 14-seat dining room that opens out to a terrace overlooking the beach, a Cuccina Chef commercial kitchen, teppanyaki bar, executive lounge and entertainer's balcony, a marble feature bar and an oversized cellar room offering chilled individual wine racks and whiskey lockers for residents to purchase for the secure storage and display of their fine wines and liquors.

For the residents who run a business or work from home, Club Royale also includes meeting rooms.

This level of luxury right on the beach is completely unique and unlike anything else currently available on the market, presenting a rare opportunity to prestige property buyers.

With construction underway, leading Australian construction company Hutchinson Builders has forecast completion for the fourth quarter of 2025.

"Soon Royale will be a new landmark for the Gold Coast and its residents will be walking along the beautiful stretch of beach at Northcliffe, feeling that they have landed in the best place on earth," Mr Devine says.

"The rarity of Royale's absolute beachfront, northeast-facing corner site on the elite Northcliffe Terrace inspired my vision to develop the ultimate beachfront apartments and Hutchinson Builders is integral in bringing this to life."

Adrian Parsons, Royale Gold Coast's marketing manager and director of luxury apartment marketing agency TOTAL Property Group, says buyers are pleased to see construction progressing on schedule.

"The absolute beachfront location is very rare, positioning Royale as one of the most prime developments on the Gold Coast and possibly Australia, with DD Living's plans hitting the mark with prestige property buyers," Mr Parsons says.

■ *The Royale Gold Coast Pop-Up Display, located at 29 Markwell Avenue, Surfers Paradise, is open from 10am to 4pm daily, with off-street parking available. For more information on apartment sales or to arrange a virtual tour, contact Total Property Group on 1300 722 131 or visit www.royalegc.com.au.*







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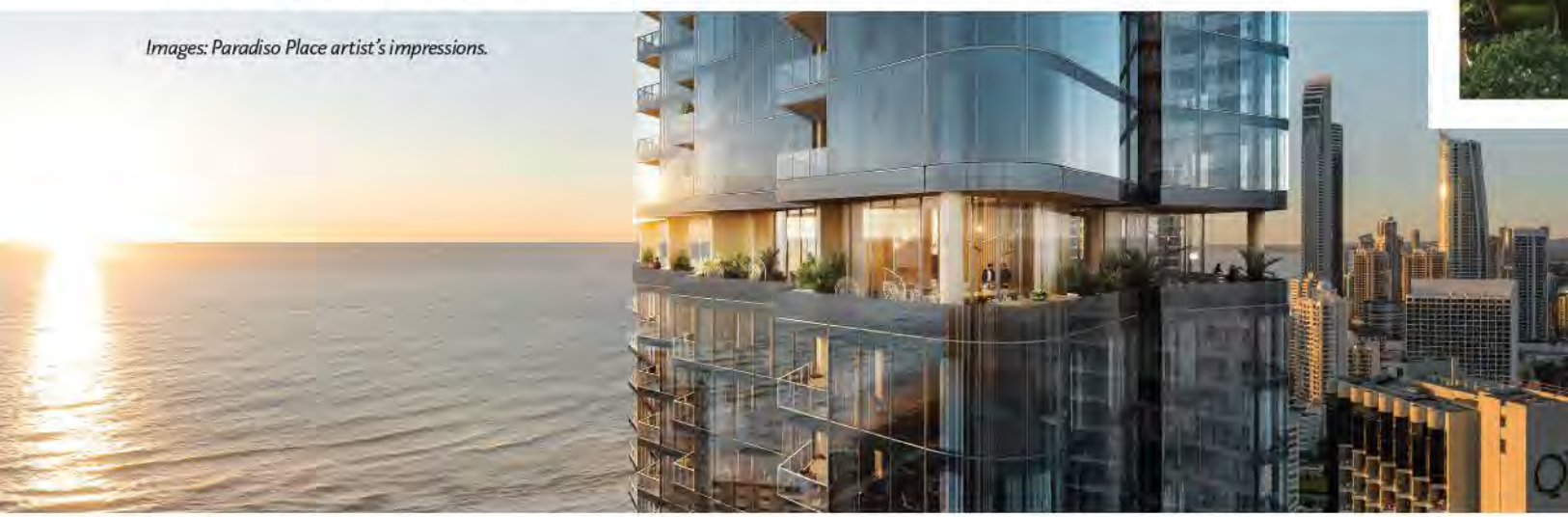
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Living in paradise
Paradiso Place

A NEW OCEANSIDE NEIGHBOURHOOD IS SET TO ELEVATE A WHOLE CITY BLOCK IN NORTHERN SURFERS PARADISE.



Images: Paradiso Place artist's impressions.

Luxury master plan development Paradiso Place will be the Gold Coast's largest oceanside neighbourhood and the first residential development of its kind in Australia.

An unprecedented level of amenity exclusive to residents, a premium coastal-cosmopolitan location just one block from the beach and market-leading features throughout will see Paradiso Place and its luxury apartments elevate the experience of apartment living.

The $940 million landmark development will transform the 11,483 sqm whole-city block between Surfers Paradise Boulevard and Ferny Avenue, at the northern end of Surfers Paradise.

The development will feature three residential apartment towers anchored by a vibrant retail and alfresco dining precinct on the ground floor and exclusive, resident-only five-star resort amenities on the Level 2 Podium.

Leading international property developer SPG Land is revolutionising apartment living at Paradiso Place with smart, luxurious apartments boasting ocean views, market-leading 2.95m ceiling heights, premium finishes and exclusive access to lifestyle amenities, including Australia's first full floor of co-working spaces in the sky on Level 26.

The first release of apartments in Tower 1 of Paradiso Place had Australia's property market buzzing with excitement, with all 150 apartments selling out within months, opening up the early release of the final 106 apartments in Stage Two.

Australians were highly active in their pursuit of the ultimate oceanside apartment, purchasing the majority (97 per cent) of the $160 million Stage One release of apartments in Tower 1, with buyers from NSW (39 per cent), Queensland (32 per cent), Victoria (21 per cent) and other parts of Australia (five per cent). Only three per cent of buyers were from overseas.

A limited release of 106 apartments in the $110 million Stage Two are now on the market. They consist of 11 one-bedroom apartments starting at $619,000, 68 two-bedroom apartments from $885,000, 19 two-bedroom plus multi-purpose room apartments from $1.361 million and eight three-bedroom apartments from $1.721 million.

Those who have visited the $4 million Paradiso Place Sales Gallery on the development site at 103 Ferny Avenue, in Surfers Paradise, can see the first-hand level of detail that SPG Land is undertaking in the design and delivery of this incredible new oceanside neighbourhood.

The Paradiso Place Sales Gallery is the largest development display in the Southern Hemisphere and includes two full-scale apartments, a spacious grand foyer showcasing design features of Tower 1's lobby, an impressive 2.5m scale model of







the three-tower development and a 60sqm immersion room for purchasers to experience the views, location and SPG Land's vision for Paradiso Place.

Paradiso Place truly extends the limits of comfort and future home living with smart technology-enhanced apartments giving residents the power to manage their home life with a simple tap of a button on their smart device from wherever they are in the world.

Through the Paradiso Place App, custom designed by global market-leading smart home technology provider Habitap, residents can manage daily tasks remotely, from inviting guests and granting them entry to controlling lights, temperature, arranging the use of amenities and reserving a table at the restaurant.

SPG Land is raising new standards for luxury residential apartments, with inclusions never before experienced on the Gold Coast.

A vast offering of luxury lifestyle amenities on the Level 2 Podium that would be found in a five-star resort include a lagoon pool with swim-up bar, sunset pool, an all-day-dining restaurant featuring an exclusive menu designed by renowned Chef Luke Nguyen, alfresco dining areas, daybeds, lounges and a wellness terrace with sauna and spa, all exclusive to residents and their guests.

Tower 1, the first of the three residential towers to be constructed, will offer a full floor of workspaces on Level 26 with a Coffee Emporium serving a signature blend daily, boardrooms, private meeting rooms, work pods, multiple hot desks, a zoom room for teleconferencing, a function room and outdoor events area and substantial outdoor balcony areas for additional meeting areas.

Exquisitely styled by internationally renowned Studio Carter and supported by high-speed internet and advanced office technologies, the Level 26 co-working space in Tower 1 will transform how its residents work from home.

The quality of Paradiso Place and its apartments, the extensive five-star resort lifestyle amenities and desirable location just a minute's walk from the beach in one of Australia's most vibrant and cosmopolitan oceanside neighbourhoods has enormous appeal.

"Surfers Paradise is undergoing a lot of urban renewal and SPG Land is contributing to the reinvigoration of the northern end of the suburb with Paradiso Place to deliver a new neighbourhood designed for owner occupiers," SPG Land Deputy CEO Eric Chan says.

"We have given a great deal of consideration to modern use of apartments and focused on providing premium lifestyle facilities at Paradiso Place to offer an exceptional residential lifestyle on par with prestigious global standards.

"We are pleased that Paradiso Place has been so well received by Australian buyers, and in particular Gold Coast locals, who have given the development a strong vote of confidence."

Luxury apartment marketing agency TOTAL Property Group manages apartment sales at Paradiso Place and reports strong market approval for Paradiso Place.

"Demand for apartments at Paradiso Place has been remarkable, with Australian buyers securing nearly all apartments in Stage One," TOTAL Property Group Managing Director Adrian Parsons says.

"We haven't seen this level of demand in over two decades and the Gold Coast property market is showing no signs of slowing down.

"Limited apartment stock available and the continued growth of the Gold Coast with its lifestyle and close proximity to a capital city attracting a steady influx of interstate migration is motivating buyers to act quickly.

"On the back of a successful campaign for Stage One, we are now rolling out Stage Two and presenting 106 one, two and three bedroom apartments to a market that is hungry for quality residential apartments of the high standard being delivered at Paradiso Place."

■ *Learn more about the apartments at Tower 1 at the $4 million Paradiso Place Sales Gallery, at the development site at 103 Ferny Avenue, Surfers Paradise. You can also arrange a personal tour or find out more by visiting www.paradisoplace.com.au or phoning Total Property Group on 1300 103 111.*



Council's rejection of Town Plan-compliant developments could erode the Gold Coast's appeal as a place worth investing in.

DON'T LET POLITICS *kill the golden goose*

Words: Steve Hunt, Media Hunt
Photography: Supplied by Media Hunt

Artist impression of new development.



The development industry in one of the city's biggest economic pillars.



Steve Hunt is a property and media expert with more than 30 years' experience in the media industry. His firm, Media Hunt, is a leading PR and communications advisory consulting to the property industry in Queensland.



Two years out from the next Gold Coast City Council elections, some strange things are going on when it comes to considering development applications.

The most notable has been the pushback on projects that are, to coin an industry term, code assessable. In layman's terms, this means projects that comply with the current Town Plan. Approval is and should be a formality.

To give some context, very few 'code assessable' projects lodged with council are refused – at least, not up until the past 12 months.

Industry sources tell me there should be great concern among ratepayers at the number of compliant projects being rejected by council that have been supported by the council's own town planners – even though there is every likelihood these projects will win their challenges in the Planning and Environment Court.

Many have quite justifiably exercised their right to appeal the council's decision in the Planning and Environment Court and the majority will win. Industry sources tell me the majority of these challenges will be successful for the applicant and not the council.

> "If the development industry economy that provides tens of thousands of jobs didn't exist, many of us wouldn't be able to live here, including the NIMBYs (not in my backyarders, who hate the idea of progress)."
> – *Steve Hunt*

The cost of each challenge is estimated at between $500,000 and $1.2 million. That means an unnecessary cost to the ratepayers of this city of up to $30 million.

Before I go any further, here are a couple of disclaimers. The first is I consult for many in the development industry – not just on the Gold Coast, but Australia-wide. On the Coast, the development industry is one of the city's biggest economic pillars and contributes billions of dollars to the local economy.

If the development industry economy that provides tens of thousands of jobs didn't exist, many of us wouldn't be able to live here, including the NIMBYs (not in my backyarders, who hate the idea of progress).

The second is that I am a long-term ratepayer and resident. I have been on the Gold Coast since the 1980s and my wife was born at the old Southport Hospital. My kids go to school here. As a ratepayer, I'm quite entitled to ask why council has suddenly changed its tune to target compliant applications and waste so much money on court battles they are not likely to win.

The NIMBYs should thank me for raising this issue because this is a needless waste of their money – money that could be spent on council's primary role – service delivery. The Gold Coast City Council does that extremely well.

Sadly, the age-old curse of self-interest in politics appears to be the inspiration behind these sudden changes in attitude toward compliant applications. Without digging too deep, it's pretty clear a lot of these decisions are politically motivated. Ratepayers should ask their local councillors why they are wasting so much money and what's the point of having a Town Plan in the first place.

Let's not forget that we have a rental crisis of the type we have never seen on the Gold Coast, with a vacancy rate of less than 0.4 per cent.



Classic coastal kitchen perspective from an approved development.

The fringe minority, the self-appointed community representatives with no industry experience, should realise that this city, and its Town Plan, is based on the fact many newcomers want to live here. Latest data from Colliers Gold Coast suggests 145,000 newcomers will arrive on the Gold Coast in the next decade.

With the full-house sign almost up, where are we going to put them unless developers with compliant applications can fill that need?

Here's another factor at the core of this issue. The global pandemic has created a boom on the Gold Coast that has benefited practically every household here – from jobs to property price growth. On the flip side, there aren't enough places to rent. We need more buildings.

This boom has created a calibre of investment from interstate and international players of the calibre that we have never seen before. If they get knocked back, that's going to have serious ramifications for further investment on the Gold Coast. It's akin to killing the golden goose.

The mayor's office has a very good understanding of the importance of investment confidence, but it seems some councillors are more interested in being re-elected and are happy to waste ratepayers' money in unwinnable Planning and Environment Court squabbles under the guise that they are looking after minorities in their communities.

"If you're knocking back applications, which are code assessable, then that's doing pretty significant damage to our reputation as an investment destination," one industry source says. "I think the recent issue in rejecting code assessable applications has been a political response to perceived and real community pressure. And there is probably a misunderstanding of the real issues of supply and demand – the need for more accommodation for the city."

I am also reliably informed that under the State Planning Act, there should be a bias toward approving compliant applications.

"Code assessable is not carte blanche approval but the council better have some really good reasons to knock them back," another town planning source says.

Finally, before I get the hate mail, let me say I, like most people, am opposed to irresponsible and unsustainable development.

That's what the Town Plan is for – it is not for political gain.



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SPRING *is in the air*

DO BUYERS REALLY 'SPRING' INTO ACTION?

The winds of change are here! There is something invigorating about the positive, vibrant mood in and around the Main Beach area.

Annette Sinclair, Principal of Main Beach Property Services feels that although there is an unnecessary negativity in the media when it comes to the current property market, that is just not the case in Main Beach.

"With the weather improving, more out-of-town guests coming to stay in the Main Beach area and a lively and energetic vibe, you can't help but feel positive about the market over the coming period." Annette says with a smile.

With the end of year holiday season fast approaching the season will not only be prosperous for the business precinct, it should also prove to be beneficial for anyone with investment properties in Main Beach and its surrounds.

"We want to keep seeing change in the area, we want to see the positive and booming business sector continue beyond this period. It gives us pleasure to see the increase in guests to our area with hotels and accommodation properties at 100% capacity, we couldn't be more excited for the future of our Main Beach village."

There is no question that Spring is here, and Main Beach is certainly in full bloom. A suburb blooming with optimism looks to a strong future for all.

The MBPS Sales Team has a "spring" in their step so come in and see what they can do for you!

Words by K. Mitchell

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Whose house is it really?

Buying property in someone else's name isn't always the gift the recipient thinks it is.

Q. I bought a house in my partner's name, but now I want it back. What can I do?

A. Perhaps surprisingly to some, this is not an uncommon problem. People often – for one reason or another – buy real property in somebody else's name. It's usually someone they have some affection for and/or trust in, such as a family member, close friend, spouse or partner. Often it is because they want that person to get the benefit of the property, but not always. And while they officially buy the property in, or transfer it into, the donee's name, they don't necessarily consider the transaction an outright gift.

Sometimes, somewhere along the line, circumstances change and the donor wants to claw the property back, but the donee, whose name is now on the title deed, digs their toes in and refuses to budge.

In such cases, the common law recognises a concept called 'presumption of a resulting trust', meaning that where a property is paid for, either wholly or partially, by one person (the donor) but legally held in the name of another (the donee), the law presumes the property is actually held by the donee on trust for the donor.



So, even though the property is officially registered in the name of the donee, the person who originally paid for the asset is presumed at law to be the real beneficial owner. As such, they are entitled to exercise some control over the asset and will be entitled to the proceeds of its sale. For example, if you have purchased a house in the name of your de facto partner, they are presumed to hold it in trust for you, unless they can demonstrate otherwise, and at first blush, you remain the beneficial owner of the property.

To complicate matters, the law also recognises a concept called the 'presumption of advancement'. That is a presumption which applies to property transfers from a husband to his wife (but strangely not the other way around), a male fiancé to his female fiancée and parents to their children. In respect of those transactions, the law automatically presumes that the transaction was a gift in favour of the recipient, who has thereby acquired full beneficial ownership of the property concerned. While it is still open to the donor to prove the transaction was not intended as an outright gift to the donee, the burden of proving that rests firmly at the donor's feet.

> "Any party proposing to pay out money on such a deal should make sure they carefully and clearly record their intentions in writing prior to proceeding with the transaction..."

Sadly, this is becoming an all-too-prevalent area of litigation between family members and former friends.

Ultimately, determining whether the party who shelled out the cash in the first place actually intended to simply gift the property to their donee, or intended to still maintain some beneficial ownership over the asset, will come down to the evidence called at a trial and a finding of fact by the court as to what they intended at the time of entering into the transaction.

That's why ideally, any party proposing to pay out money on such a deal should make sure they carefully and clearly record their intentions in writing prior to proceeding with the transaction. That becomes even more important when it is a parent buying an asset for a child, or a husband transferring assets to his wife, because in those circumstances, the presumption of advancement applies.

Brendan Nyst, Dispute Resolution & Litigation, Wills & Estates, Defamation, Nyst Legal www.nystlegal.com.au

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GRATE EXPECTATIONS!





Lauxes Grates is all about problem-solving. Having worked hard to develop a product designed by trade, for trade, with ease of installation, it's now going from strength to strength.

Words: Corrine Barraclough

Established in 2010, Lauxes Grates (trading under Lauxes Products) is one of Australia and New Zealand's most exclusive designers and manufacturers of elegant water drainage solutions for indoor and outdoor applications.

Like many thriving businesses, there's a compelling back-story spanning many years of experience which has led the company to this point. A great deal of time and energy has been poured into developing a product that's designed by trade, for trade.

"We've become a popular builder's choice for durability, functionality and affordability," Tim Dawson, who was named as one of the Top 100 Young Entrepreneurs of Australia in 2019 and 2020, tells *ORM*. His extensive experience spans cabinet making, electrical, real estate and construction.

"I know what it's like to be using material that's not up to scratch. Over the years I've often worked with products knowing that the person who made it has never used it. That's one of many things that makes us different."

Tim was born and bred here on the Gold Coast.

"People think of the GC as being a sleepy town – far from it! This is a phenomenal hub for business and we want people to know we're a local success story," he says. "The GC has the capacity to achieve great things."

Busily renovating their new Global HQ based in Ashmore to take the company to the next level, Tim's energy is infectious. With personality, focus and drive like this, it's hardly surprising he scooped the Gold Coast Business Excellence Award in 2020.

"It's a great honour to be recognised by those I look up to for inspiration," he says. "It's only several years ago since I sat in awe of these people – that award (2020 Annual Category Winner for Retail, Wholesale and Distribution) was a turning point for me. Business can be very lonely until you find a network of people who have experienced similar challenges and really understand."

Rewind 13 years, Tim took a trip to China to see for himself where a lot of materials are being made.

"I saw first-hand that they're not made for our market and they're not suited for our country. I wanted to put a stop to that," he says. "Everyone blames China. They just scream that they should make things better, but they haven't bothered to show them how. Now, our product is perfect, and their business is flourishing as a result."

But it's not all number-crunching. This truly is a business with heart. Dawson has built this from the ground up.

"It was very lonely at the start. I would tell my mates I had the beers in, get them 'round and they'd find there was a whole container to unload," Tim says, laughing. "Now I'm in a position to pay it forward. For instance, one of those friends has a son who I'm now sponsoring, as he is an up and coming race car driver."

There was a lot of sacrifice and, unsurprisingly, a lot of long hours.

"I was away from my family a lot. I missed milestones and I remember clocking up a 132-hour week at one stage. I was working seven days a week. My diet was appalling. I was living off baked beans and eight cans of V energy drink per day. I was in survival mode."

Tim credits ProTrade United with helping him turn his mindset around.

"Now, I have a personal coach and a business coach. They've been a big part of our success story," he says. "What I've learned from them is incredible. They basically train a tradie out of a van and into a business."

Lauxes Grates is also a business that genuinely values its people.

"The product has been the vehicle of our success, but the best part of our business is the team," Tim says. "It is, without doubt, our best creation. It's a fun and inspiring company to learn and grow in. That's what it's all about to me. I genuinely enjoy being a leader – not being a boss just telling people what to do but really leading.

"My mantra and my goal is to unlock everyone's full potential. My business success is a result of all the mistakes I made. In former businesses when I was younger, I didn't appreciate people the way I do now. I kept a lot of secrets and it didn't serve me well. I was broken when I went bankrupt. Without that bankruptcy experience behind me, I wouldn't be here.

"Now, at Lauxes Grates, we've built a company culture I'm incredibly proud of. We work on total transparency and always tell the truth. I've found that the more I tell the truth in business, the more successful I've become. We come together as a team every Friday to check in on the business pulse, review the week and discuss what the next week looks like.

"Ego doesn't drive the business here – I learned the hard way and I'm so grateful for that. Experience is the best teacher."

Careful, *ORM* says – you may get a flurry of CVs coming through your door.

"Fine with us," Tim says. "We're hiring!"

Visit lauxesgrates.com.au or call 1300 214 510 for more information, tech talks and product news.



- Lauxes' head office is on the Gold Coast, with warehouses in Western Australia, Victoria and expanding.
- Available through more than 2000 wholesalers (growing daily).
- 14km+ of grates sold every month.
- In-depth product knowledge has kept Lauxes ahead of competitors.
- Lauxes Grates has received awards including ProTrade United awards for Team Leadership, Student Engagement and Business of the Year and the Gold Coast Business Excellence Award 2020 for Retail, Wholesale & Distribution.



"We've become a popular builder's choice for durability, functionality and affordability." – Tim Dawson



A battle of mind OVER INJURY

When farmer Barry 'Dick' Williams suffered a Traumatic Brain Injury after falling from a ladder, he went into a deep depression. But since a chance flip through *Ocean Road Magazine* helped lead Dick and his wife Lynn to Brain Care's revolutionary EEG biofeedback treatment, Dick is on the way to not only regulating but correcting the physical, emotional and functional damage his injury caused. Lynn shares his road to recovery with *ORM*.

Words: Lynn Williams

In November 2018, our lives changed forever. The day started out like any other, caretaking a sheep and cattle property in western Queensland. We both went about our usual duties and after some time of not having seen Dick, I went to investigate. I headed to the shearing shed, where I knew he was working. I found my husband of 45 years lying across a ladder on the floor, 'out cold'. As luck would have it, my mobile phone worked. I called 000 and our property neighbour for help.

As the day progressed, Dick started his fight for his life. Difficult conversations were had with myself and my two children at our nearest hospital. There was limited ability to complete diagnostic testing (a CT scan) and no ability to transfer Dick to a better-equipped hospital in Brisbane as bad weather had grounded the Rural Flying Doctor Service plane. In the absence of any further testing, it was assumed that Dick had likely fallen from the ladder after suffering a stroke. He was deteriorating to the point of palliation.

The following day, after some signs of neurological improvement and clearer weather, the RFDS transported Dick to the PA Hospital in Brisbane for further treatment. After more tests, doctors determined Dick had not suffered a stroke. He had sustained a Traumatic Brain Injury, bruising and broken bones after falling from the ladder. It was at this point his journey to recovery began – nine weeks of intensive inpatient rehabilitation including learning to walk and speak again and come to terms with his new normal. Looking back, coming to terms with his new normal was the greatest challenge of all.

We relocated to Mackay when Dick was discharged from hospital to be near our daughter and to access the community-based rehabilitation services required for Dick's ongoing care – at least four days in centre rehab (with allied health practitioners including physio, speech and occupation therapy) at Mackay Base Hospital for seven months.

After completing rehab, we found ourselves struggling significantly with our new normal and Dick lapsed into severe depression. We accessed a variety of therapies and interventions to try to help Dick with his depression. After exhausting them all, I happened to pick up a copy of *Ocean Road Magazine* in a waiting room and read an article on Brain Care titled: Training Brains and Changing Lives.

I quickly learned that this revolutionary EEG bio-feedback treatment offered a drug-free therapy to assist people who had suffered acute brain injuries, anxiety and depression. And it was available on the Gold Coast. I spoke with Dick and we agreed it was worth a try.

After an initial consultation with Brain Care via telehealth, Dick was accepted as a patient. In March 2022, we temporarily relocated to the Gold Coast to start intensive treatment with Brain Care. The first step was a comprehensive brain function profile assessment, including quantitative electroencephalography with event-related potentials and a thorough cognitive, social and emotional assessment.

Based on the findings, specialised protocols were determined for therapy including Neurofeedback, heart-rate variability training and photobiomodulation. To support Dick through it all, he also attended psychology sessions which included eye



Far left and below: Dick recovering in hospital. Right: Relocating to Mackay to be near our daughter.





Much improved!

movement desensitisation and reprocessing. Dick's therapy focused on regulating and correcting the physical, emotional and functional damage his injury had caused.

Initially, our sessions showed minimal improvement but as time went on, Dick's mood lifted and his sense of self grew. Dick now actively engages in conversations, makes eye contact and often even initiates conversation. He is empowered and comfortable making decisions on a daily basis. These are massive improvements from the depressive state Dick found himself in and the isolation he felt. Dick applies the strategies he learnt from the clinicians at Brain Care every day. We can't speak more highly of the clinicians at Brain Care. Their caring and compassionate 'never give up' attitude is something we are both very thankful for.

> "Looking back, coming to terms with his new normal was the greatest challenge of all."
> **– LYNN WILLIAMS**

Dick's journey is ongoing and Brain Care has played a huge part in addressing some of the major challenges he has encountered following his Traumatic Brain Injury.

■ *Brain Care is a Tweed/Gold Coast-based NDIS-registered provider of neuromodulation services to optimise brain functioning. Visit www.braincare.com.au to learn more.*



Thankful for Brain Care clinicians like Rustam Yumash.

The right attitude

Brain Care director and consultant psychologist Nerida Saunders says Dick and Lynn's attitude has helped them get the best out of Dick's treatment.

Dick and Lynn were extremely dedicated and motivated with their therapy at Brain Care and the results reflect this.

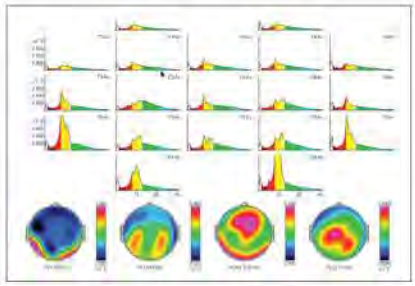
During his initial assessment, Dick's son, Malcolm, said something along the lines of 'he'll be the best client you ever have; he'll do whatever you ask and whatever it takes'. And he definitely did. Dick was initially quite withdrawn and shy. He avoided social interaction and encounters and had a diminished sense of purpose, motivation and self-confidence.

As sessions progressed, Dick's demeanour changed – something Lynn and Malcolm also noticed. Dick took a while to become aware of these changes, despite Lynn providing him with specific examples. This is something we often see at Brain Care – families and friends observing changes before the client.

By the end, Dick was starting to notice and report these changes himself, although somewhat hesitantly due to his humble nature. He could point out positives in his day-to-day routine. He was feeling more motivated, was sleeping better and was more willing to engage socially with others, even at large events. Family who had not seen him since he started the therapy could not believe the difference.

The graph in the next column is a spectral presentation of Dick's EEG and displays the power (X-axis) of his brainwaves for different speeds or frequencies (Y-axis, ranging from 0-40 cycles per second). The colours divide the brainwaves into different band ranges of delta (brown 0-4hz), theta (red, 4-7hz), alpha (Yellow, 8-12hz), SMR (white, 12-15hz) and Beta (Green, 15-30hz).

The topographical brain maps display the power distribution over the head for a specific frequency and help pinpoint the largest deviations for that frequency so we can determine protocols for training. Training is completely personalised, based on individual brain mapping.



The chart in the next column shows Dick's brainwaves in response to a task. It tracks how much 'brain power' Dick is using for a particular neural or cognitive function and compares it to the normative database. The red line indicates the typical response for peers. The green line is Dick's response and the blue line is the difference between the two.



Component	Functional meaning	2D map	3D s-LORETA image	Comparison to norms Green – patient, Red –norm, blue -difference
P1N1 vO Cuneous, occipital lobe	Reflects processing in primary and secondary visual cortical areas. Corresponds to P1/N1 visual wave.			
P1N2 vTL Angular gyrus and inferior temporal lobe	Reflects processing in left visual ventral stream. It's sensitive to mismatch in the sensory domain when stimulus does not match the memory trace.			
N1P2 vTR Angular gyrus and inferior temporal lobe	Reflects processing in right visual ventral stream. Both left and right components correspond to N170 visual wave.			
P3 b P Superior parietal lobe	Reflects engagement operation of accumulation of brain resources for performing action. Corresponds to P3b wave.			
P3 supF Premoto r cortex, frontal lobe	Reflects operation of action inhibition when there is a need to suppress the ongoing activity in case of unpredicted event.			
P4 mon CC Anterior cingulate	Reflects operation of conflict detection and monitoring. Indicates that there is a conflict between two or several actions.			
P3 novelty Medial Prefront al cortex	Reflects operation of inhibition of ongoing activity when a novel event occurs. Corresponds to Novelty P3a wave.			

"The neuroplasticity of the brain – the ability of the brain to change itself – is a complete wonder."
– NERIDA SAUNDERS

Dick continues to progress with the support of his extraordinary wife, who will stop at nothing to assist him. They plan to come back to Brain Care later in the year to continue training and to enhance the progress Dick has already made. The neuroplasticity of the brain – the ability of the brain to change itself– is a complete wonder.

■ *Visit www.braincare.com.au for more information.*

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"Train your brain, change your life"

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PREMIER INVITATIONAL

Australia's biggest football (soccer) tournament of 2022 is set to see almost 300 teams converge on the Gold Coast.

The Premier Invitational tournament will bring the best teams from around Australia together for a football (soccer) festival. Teams have been competing in state and regional tournaments known as the Pre-Season Championship Cup and a Diamond League series around Australia, organised by The Magic Group.

The Premier Invitational is a national and international event that allows all teams to come together. The tournament has previously hosted touring teams from the US and New Zealand.

The competition was established in 2012 by Magic United to bring junior players together. The first event featured 32 teams made up of Under 8s and Under 9s.

Ten years on, the tournament will host almost 300 teams, making it Australia's biggest football (soccer) tournament of 2022.



The tournament now covers Under 8s to Under 16s for boys and Under 10 to Under 16s for the girls. Close to 50 girls' teams will compete in the tournament, proof of the continuing growth of the girls' game. With Australia and New Zealand set to co-host the Women's World Cup in 2023, it is an exciting time for girls and women around the world.

The tournament will be played across four venues. The format of fixtures and the structure of the event gives players and spectators a great opportunity to take in the sights and the facilities on the Gold Coast. The event also allows for players and travel companions to visit many of the attractions the Gold Coast is famous for – not just the tournament itself.

National sponsors are now getting behind Magic Group Events, with Diamond Sports (Apparel) now the Platinum Sponsor and iNSPIRETEK (wellness) a silver sponsor.

Tourism Events Queensland will support the event for a third year and Major Events Gold Coast returns for its second year of supporting The Premier Invitational.

Accor has also worked alongside the tournament organisers to provide accomodation solutions and Black & White Cabs will provide transport assistance. Experience Oz is giving visitors experience opportunities from the Hinterland to the beaches, shopping and theme parks. Village Roadshow has provided the winners of the competitions entry to their exceptional venues which include Movie World, Wet and Wild, Sea World and Outback Spectacular.

Families who can't attend will still be able to taste what the tournament has to offer. Veo will assist with the recording of the games and will live stream some matches. InSport TV will host and give all the opportunity to watch pre-recorded games at a later date.

More than 170 teams took part in 2021. The 2021 IER survey conducted on behalf of Tourism Events Queensland estimated the tournament's economic benefit to the city at more than $1.3 million. With close to 300 teams participating this time around, event organisers hope to surpass an economic benefit to the region of more than $3 million.

The Magic Group encourages any companies who would like to discuss sponsorship opportunities to contact the tournament organisers.

■ *Visit www.premierinvitational.com.au for more details.*







Tom Tate, Mayor

Mayors Quote

"The 2022 Premier Invitational comes on the back of the recent tour from two English Premier league (EPL) clubs to our city," said Gold Coast Mayor Tom Tate.

"Football is a global sport, and this tournament unites players, officials, and spectators with more than 300 teams competing. Congratulations to Major Events Gold Coast and Magic United for bringing the world game to our coast."

Mayors Message

From little things, big things grow. That is certainly the case with the Premier Invitational which has grown over the past decade to become the premier football tournament in Australia.

Expect incredible action on the field, great rivalry between the 300-plus teams and an enthusiastic band of supporters cheering on their competition favourites across nine days of competition.

As Mayor, I'm delighted to see our world-class city venues activated for the Invitational. Post the GC2018 Commonwealth Games, we have worked hard to improve our city's reputation as a place to play sport and conduct business when it comes to areas such as sports science, nutrition, administration, and coaching.

Today, we have six major sports hubs – from Coomera to Coolangatta, all offering incredible facilities and spectator support.

The Invitational is a time for on-field action, but I encourage visitors to spend a few extra days soaking up our hospitality – from fine dining restaurants to theme parks, nature trails and the majestic broad water.

It's all yours to explore so pack up the football boots after competition and get out and about across the magical Gold Coast. See you there.



Stirling Hinchliffe MP,
Minister for Tourism, Sport and Innovation and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement

Sport and Innovation Ministers Message

Welcome to the Premier Invitational, a highlight on the It's Live in Queensland events calendar and a wonderful opportunity to showcase the Gold Coast as a tourism destination.

The Gold Coast community is grateful to welcome visitors who fill their cafes and restaurants, stay in their accommodation, use local transport and explore our unique 7.1 tourism experiences.

That's why we support events through Tourism and Events Queensland's Destination Events Program – because they bring a welcome boost to the local community and support local jobs.

Events like the Premier Invitational allow friends and family to reconnect and create community pride. We hope you enjoy your stay and return again in the near future.
Be sure to immerse yourself in the local culture and get the opportunity to explore some of our world-class tourism experiences in this beautiful region.

Congratulations to the event organisers and volunteers – we wish you all the best for a successful event.















A LOCAL HIT

Bonogin Valley Bulls Cricket Club

Founded in 2017, the Bonogin Valley Bulls Cricket Club has grown to 10 teams in just five seasons. Bonogin president Jake Savage shares the club's highs and lows – and everything in between – with *Ocean Road Magazine*.

Founded in September 2017, Bonogin Valley Cricket Club is the newest addition to the Gold Coast Cricket landscape. The 2022-23 season will be Bonogin's fifth in existence and after starting with just two teams, the club will boast 10 this year.

"The club was formed after a social game between the Bonogin Valley Rural Fire Brigade and a Bonogin Valley Community team," president Jake Savage says. "The original committee was made up of myself, Ryan Overweg, Andrew Jordan and Alisdair Graham."

The Bulls' strong community focus has helped them become a destination club for many locals lost to the sport of cricket and looking to return in a more social environment, as well as new and existing residents wanting to become more involved in local life.

"Our members have come from the local community and also their friends and family," Jake says. "We have also had players come from other clubs seeking more opportunity and a chance to create history at a fledgling club."

Based at Davenport Park, Bonogin, the club built a strong presence on the local scene in its inaugural 2017-18 season on the back of its core values (Integrity, Sportsmanship, Encouragement, Team Spirit and Enjoyment).

By 2020-21, it was able to field four Senior Men's Grade teams (one 3rd, one 5th and two 6th-grade sides) in the Cricket Gold Coast Competition; as well as under 10s, 12s and 14s teams in the Cricket Gold Coast Junior Competition; they also had two Last Man Stands teams; and a Woolworths Cricket Blast program, which introduces kids to the basics of cricket.

One of the 6th-grade teams was a Colts side made up of fathers and sons, where juniors aged over 14 are introduced into Senior grade cricket.

"In the club's first four seasons, we have seen it grow from 15 players at the start of the 2018/19 season to now have 140-plus members," Jake says. "We won a winter Premiership in 2018 in our first foray as a club and made finals in our first season in the Cricket Gold Coast Competition.










"The biggest Highlights would have to be our First XI winning the club's first Cricket Gold Coast Premiership in 20/21 and the two wins in the First Grade T20 competition in 21/22."

Despite its success on ground, the club has had to fight for its place on the city's sporting landscape.

"The lowlights have been the battle we have had to be included into the competition, our unsuccessful application to play in First Grade for Season 20/21, our exclusion from the T20 competition this season and our battle to try and secure a turf ground," Jake says.

He says the club, which has outgrown its Davenport Park base and needs a turf wicket and a clubhouse to continue growing, is in talks with Gold Coast City Council about future developments.

"Council have been supportive of finding us a ground and recently purchased a parcel of land at Firth Park off the Turner Family to develop into sporting fields," Jake says. "The Bonogin Valley Bulls had previously spoken to the Turners about utilising the space for cricket fields, so this is a project that has been ongoing since 2017."

While D'Arcy Doyle Park has been touted as another option, Mudgeeraba and Nerang Districts Cricket Club have right of use on that ground.

The Bulls have bounced back from the bouncer Cricket Gold Coast delivered the club earlier this year when it decided to bump them from the shorter format T20 competition to bring in a Gold Coast Dolphins side made up of third and fourth-grade players.

"Although disappointed at the decision, we have turned our attention to other aspects of the pre-season," Jake says. "We will look to field an under 17s side for the first time this season as well as an over 40s side in the veterans' competition."

The club is always pleased to hear from anyone interested in stepping up to the wicket.

"Cricket is a great sport for many reasons," Jake says. "It is a sport that can be played well into your 50s and 60s and experience actually helps a lot with the game. Many players have improved as players as they have got older and wiser.

"Cricket also provides an opportunity for fathers and sons or daughters to play together, which a lot of other sports can't replicate."

The club's growth has been powered by the support of major sponsors including The Wallaby Hotel, Crasto Properties, Freedom Taxation, Love This City and Gateway Finance.

"Without them, we would not be able to function as a club," Jake says.

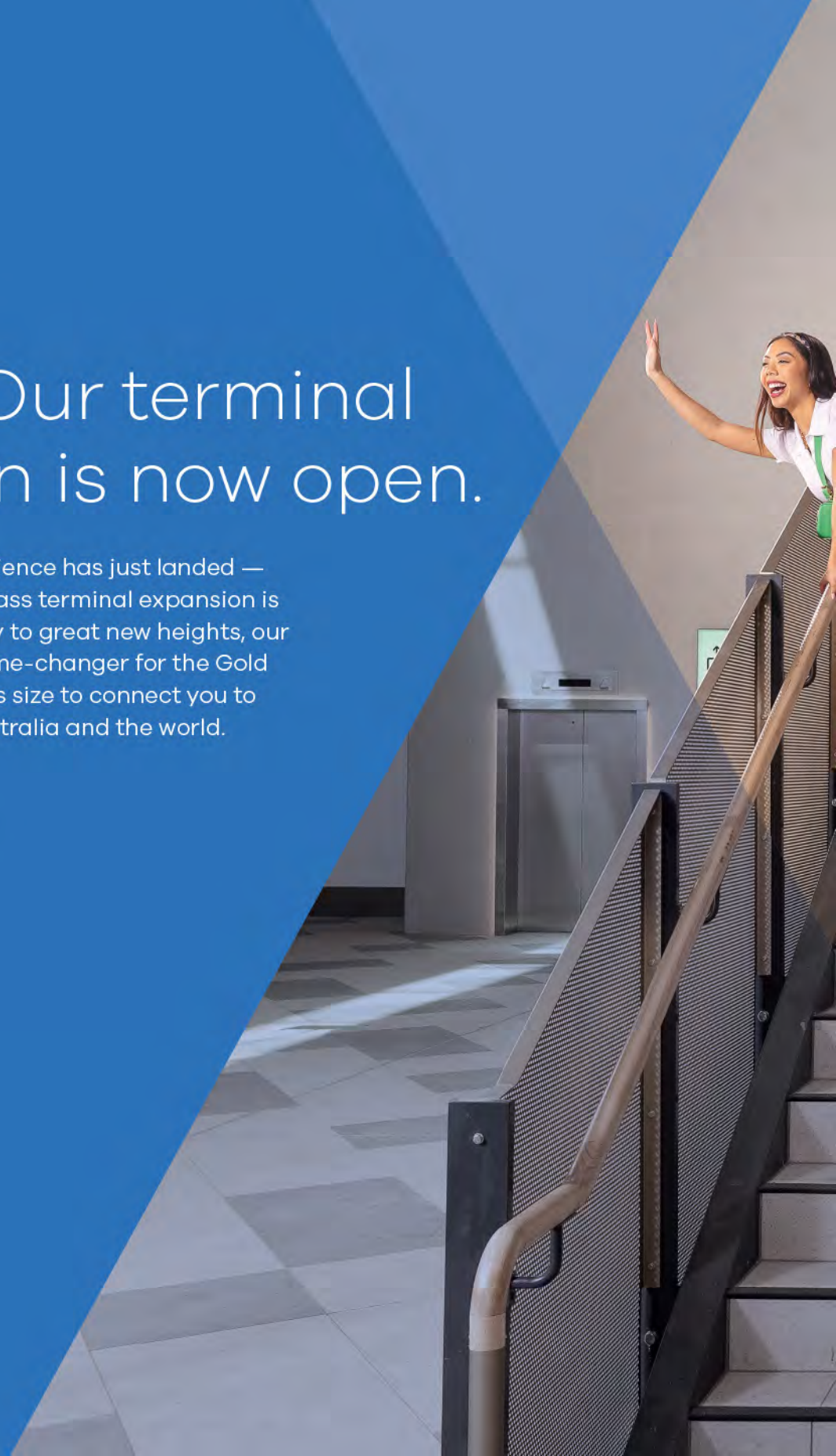
Visit www.bonoginvalleybullscc.com.au to find out more.

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A bigger, better airport experience has just landed — Gold Coast Airport's world-class terminal expansion is officially open! Taking our city to great new heights, our multi-level expansion is a game-changer for the Gold Coast, doubling the terminal's size to connect you to more destinations across Australia and the world.

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GOLD COAST AIRPORT







MODERN ASIAN TREATS!

Rydges Gold Coast Airport is changing things up at Asian restaurant Madame Za – now you can treat yourself to an all-you-can-eat buffet.

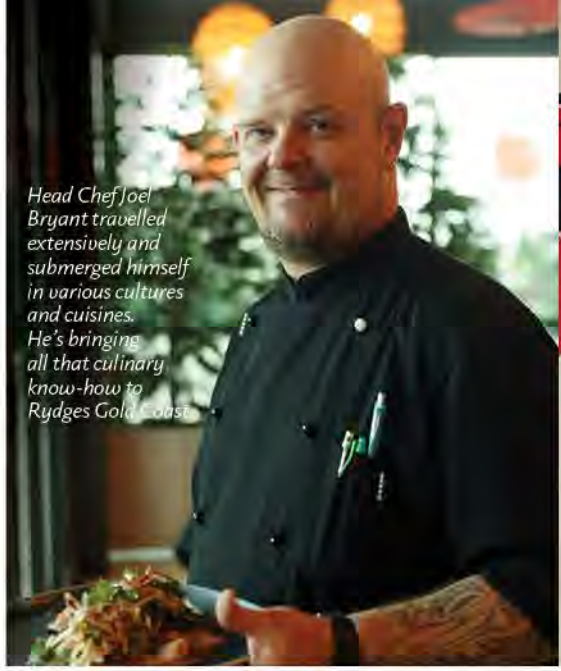
Words: Corrine Barraclough
Photography: Supplied and Brian Usher

It's all go, go, go at Gold Coast Airport. Travel is back in full flight and the revamped and expanded International terminal is on track to bring a new wave of visitors to our beautiful Coast. Keep in mind that even before this $500m expansion, the GC was already the sixth busiest airport in Australia, with more than six million passengers passing through each year.

Rydges Gold Coast is the first and only leisure-themed airport hotel, just a one-minute walk to the actual terminal, five minutes walk to the beach and only a 30-minute drive to Byron Bay. Rydges Gold Coast is a 192-room hotel, featuring Deluxe, Premium and Executive rooms over seven storeys, designed to cater for both long and short stays.

"We're finding business is going very well for us here at the airport. Many guests are staying with us prior and post their flights and enjoying our dining experiences," Head of Marketing Michael Curtis tells *ORM*. "As we're just one minute's walk to the terminal, this is the ultimate in convenience and it's working incredibly well for the hotel."

Inside, this comfortable, modern, relaxed, coastal-themed hotel is home to two key restaurants. At The Salty Fox, you can enjoy the rooftop bar with views over the ocean. Walk through the hotel lobby and you'll find Madame Za.



Head Chef Joel Bryant travelled extensively and submerged himself in various cultures and cuisines. He's bringing all that culinary know-how to Rydges Gold Coast.



Mastermind of the kitchen and the creative driving force behind the menus is head chef Joel Bryant, who completed his apprenticeship at Star City in Sydney, worked with Luke Mangan and has picked up a couple of chef hats along his culinary career path. Running both The Salty Fox upstairs and Madame Za downstairs, he ripped up the pub-style menu upon arrival and changed the concept to Asian.

"Madame Za is going really well. The modern Asian menu is going down excellently with diners. It's now time to look to the future," says Joel, who previously worked at Oscars on Burleigh for three years, at Songbirds Retreat (Mount Tamborine) and Peppers Soul.

"So, after much thought, we've decided to keep the menu the same but move to a buffet. There are no Asian buffets at this end of the Coast and people love the value for money," Joel says. "This way, people are able to come along, whether they're locals or travellers, and literally help themselves to what they fancy to eat. It will still follow the same format as our existing menu, just served differently.

"Diners will be able to indulge in a starter like soup, prawn crackers or spring rolls, into a main dish such as curries or stir-frys and then choose dessert. Our special soups will be rotated every couple of days."

As the International Departure Lounge opens, Joel has been considering efficiencies with his service offering.

"We want to make sure it works slickly as we get increasingly busy," he says. "With the new terminal open we'll be serving hundreds of extra people each week."

■ *The new buffet experience at Madame Za will be open five days per week; Tuesdays to Saturdays from 5.30pm to 9pm. Buffets will have a price point around $35, with the Friday and Saturday offering a little more special for the weekend.*



- Rydges is the first and only leisure-themed airport hotel on the world-famous Gold Coast.
- A one-minute walk west to the terminal, a five-minute walk east to the beach, a 30-minute drive south to Byron Bay, a 30-minute drive north to theme parks.
- The Salty Fox – a rooftop bar with views over the tarmac and ocean.



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- 30 minute drive South to Byron Bay, 30 minute drive North to Surfers Paradise and Gold Coast theme parks.
- The Salty Fox rooftop bar and restaurant has uninterrupted ocean or tarmac views.
- Outdoor 26m resort style swimming pool.
- Diverse conference and event spaces from 4 to 250, perfect for corporate meetings, cocktail parties or hosting your special event.
- Madame Za Asian fusion buffet restaurant open for dinner Tuesday – Saturday.
- The Pearl Room, a beautifully designed private dining room, ideal for the high powered lunch or dinner or just to celebrate a special occasion.
- Fully equipped gym with cardio and fixed weights machines overlooking tarmac.







Rydges Gold Coast Airport, Lot 5 Terminal Drive, Bilinga Qld 4225
Phone : +617 5619 8198 | rydges.com

THE SALTY FOX

The jewel in the crown of Rydges Gold Coast Airport, located on level seven with uninterrupted views over the tarmac, or ocean, or both! The rooftop bar and restaurant offers a unique experience nowhere else in the region can offer. Live music on weekends with a bistro style menu for as short or as long as you like.

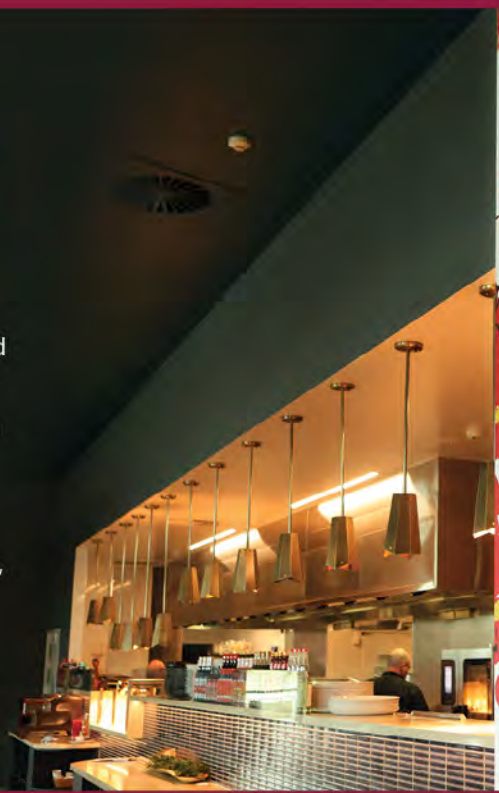
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Holidays *start at the airport*



The new Gold Coast Airport terminal is the centrepiece of a $500 million gateway to the region.



Local providores and produce will be at the heart of food and beverage offerings at the revamped Gold Coast Airport, providing travellers a curated selection of the best of the region's thriving food scene.

When the doors open on the airport's Hassell-designed international terminal expansion, the centrepiece of a $500 million investment in the precinct, the contemporary new facility will feature new cafes and eateries including flagship cafe and bar Wollumbin.

Travellers can expect to welcome 18 new food and beverage and retail outlets between the new and existing terminal areas by the middle of next year.

Chef Matt Jefferson has been appointed Gold Coast Airport food and beverage ambassador for the Airport Retail Enterprises outlets.

The Executive Chef of Broadbeach's renowned Social Eating House says the airport will be an extension of the Gold Coast's amazing food culture.

"We want to make a stand for the Gold Coast," he said. "Local coffee, distillers and brewers and fresh produce will all be on show at the airport.

"Holidays start at the airport. That's where the excitement kicks off."

Wollumbin – named after the Yugambeh First Nation name for nearby Mount Warning – will offer a range of contemporary Australian and international dishes and local beverages.

Views to the mountain ranges also feature in the upgrade – visitors will look out to the spectacular vista of the Gold Coast and northern NSW hinterland and the airside operations through double-height, floor-to-ceiling windows in the departure lounge.

Visitors will arrive in the space via a naturally lit hall with soaring 11-metre ceilings while a timber feature wall, including the locally abundant Spotted gum, mimics the mountain range view.

The interior design is also a nod to its setting. To the east are the coastal blues and mint greens of the Pacific Ocean, while to the west are the grey-greens and bronzes of the World Heritage-listed Hinterland.

Queensland Airports Limited incoming chief executive officer Amelia Evans says the terminal expansion highlights the best of the Gold Coast and northern NSW region.

"We've stepped things up to a new level at the airport," she says. "The terminal expansion offers a true gateway experience to the Gold Coast and northern NSW, with the best local flavours and design features incorporated.

"The views out to the hinterland are truly spectacular and will no doubt make departing passengers question why they are leaving our beautiful region."

The Gold Coast Airport terminal expansion doubles the capacity of the terminal, with 30,000sqm of additional space for domestic and international flights.

Travel infrastructure has been upgraded, including the addition of four glass aerobridges and new baggage claim areas.

FAST FACTS

- The departure lounge glass wall is 180m and includes 198 panels
- Custom carpet colours were inspired by hinterland and tree canopy foliage
- The terminal expansion will include an expanded duty-free store, a parents' room, multi-faith room and VIP room
- GCA's full domestic network has been restored. International connections to Singapore and various New Zealand cities have been re-established, including Auckland, Christchurch, Wellington and Queenstown.
- The terminal will have 18 new food and beverage and retail outlets when the extension opens this year and the existing terminal refresh is complete next year, including Mediterranean, fresh food, sushi and Asian cuisine, along with the first Schnitz outlet in an Australian airport.

Chef Matt says he's excited to see the project reach completion, noting how the region was "growing up fast".

"You'll find every alley of the Gold Coast has an amazing food and beverage operator now," he says. "Everything is here. You can't go wrong."

Visit www.goldcoastairport.com.au



Often overshadowed by other destinations nearby, Greenland is an amazing country to visit. But when should you go and what do you do there?

Iceberg Greenland *Photo:* Stian Klo

Amazing Greenland

The world's largest island

In a place without a real road system, one of the best ways to get to know Greenland is through cruise travel, which can bring you to places you never imagined you'd see and acquaint you with people you had no idea you'd ever meet.

With Hurtigruten Expeditions, you can explore this unique destination in ultimate comfort and safety, aboard premium small-ship expeditions accompanied by an expedition team of field experts.

In Greenland, Inuit culture is thriving and adapting to the changing times and Greenlanders are a famously friendly people. You can meet local residents, go on hunting trips, sled with dogs and more – but make sure you don't miss out on what makes Greenland unique.

While most people know it's quite cold (the icy answer to Iceland's truly green surroundings), there's much more to Greenland – and you don't have to forgo the trip entirely if you're not a fan of winter weather.



Uummannaq Greenland *Photo:* Alamy

When should you go to Greenland?

Whether you're looking to escape the heat of summer or experience some of the delights winter in Greenland brings, you're in luck. There's never a bad time to make the trip.

However, you should consider what's important to you. If your heart is set on the northern lights and meeting sled dogs, it's best to wait until winter (even if you have to pack all of your wool clothing).

If you'd rather have a more temperate experience and still immerse yourself in the culture and landscape of Greenland, summer could be a lovely time to go – and could also get you out of humid, hot days at home. In fact, most expedition cruises to Greenland take place between June and August

From dog sledding to glaciers - what activities should you do?

Greenland is a unique country that provides many opportunities for travellers. One of the things everyone should do is get serious about sampling local cuisine. Whether you go with an excursion from your expedition cruise ship or on your own to explore restaurants, you'll find freshly caught fish – Greenland is the only place you can try Greenland salmon – as well as wild game that has recently been hunted. You may sample delicacies like seal and musk ox if you let yourself be governed by what's up for grabs at the place where you go to eat. Don't avoid unfamiliar food – some of them are only available in Greenland.

You should also make sure to look around you at every step of the way. Greenland is beautiful, from its glaciers to its green meadows, and taking an excursion for the sole purpose



Aappilattoq Greenland *Photo:* Arnau Ferrer



Aappilattoq Greenland *Photo:* Arnau Ferrer



Iceberg Ilulissat Greenland *Photo:* Camille Seaman

of hiking around a little is a great idea. It's unlike any landscape you're likely to have seen before, so take plenty of pictures or even schedule a special photography cruise to treat yourself and bring home the best vacation photos around.

Joining a Hurtigruten Expeditions cruise means that you can truly discover the island through a range of onboard lectures, shore landings and optional activities. There are many excursions available, from city tours to community visits or maybe get a small taste of hiking the famous Arctic Circle Trail. Then there's kayaking in the land of kayaks. If you're an adventurer, Greenland can cater to you exquisitely. You may see any one of a number of local animals, from seals and oxen to whales, and you'll certainly be exposed to the elements in ways that aren't all too common back home. This is true whether you visit in winter or summer.

If your intentions in going on a vacation include exploration and new challenges, Greenland is perfect for you.

■ *Visit: www.hurtigruten.com.au to find out more about these iconic destinations.*



Musk Ox *Photo:* Andrea Klaussner



Dombrava Greenland *Photo:* Chelsea Claus



Kayaking *Photo:* Photo Competition



Dubrovnik, Croatia

Are you the cruisy type? Phil Hawkes didn't think he was until he joined a magical cruise along the Croatian coast.

CRUISE CONTROL *in Croatia*

Words: Phil Hawkes *Photography:* Tim Fairclothand Azamara

I have cousins in Melbourne who (pre-pandemic) spent six months a year cruising the world. They've been literally everywhere, with Antarctica next on the agenda. Except for a river excursion down the Danube, or navigating a tinny around the Gold Coast's canals, I'd never tried it.

So when the opportunity came up, I joined a Mediterranean cruise, this one an 'immersive' voyage from Ravenna in Italy, across the Adriatic and down along the Croatian coast as far as Montenegro. Seven days and nights of pure pleasure, stopping at a different port each day for optional excursions (more of that later), or just relaxing on the ship, enjoying Cocktail O'Clock or taking a dip in the pool or spa.

First, the floating hotel

What a ship! Azamara Onward is one of four in their fleet of 'small ships', equivalent to floating boutique hotels, which can accommodate about 600 guests. There were less than 400 on this trip early in the season, which is in stark contrast to some of the monsters you see in the Med – several storeys high, with thousands of passengers jostling to get on and off. A bit like Las Vegas-On-The-Water, they usually have casinos and big entertainment lounges – not for me, thanks! And these smaller ships can often dock right at the town wharf instead of taking the tenders from ship to shore.

Onward's cabins have everything you'd expect in a luxury boutique hotel



Azamara Onward





including a bed you'd like to take home with you and a modern bathroom that really works – you can actually turn around in the shower. Most popular are the cabins with balconies and a private veranda where you can order room service if you're not feeling sociable. Breakfast is particularly pleasant, served as you contemplate the rising sun and the calm ocean glistening; a few dolphins gambolling if you're lucky. Sure beats the gambling on bigger ships!

During the week, we enjoyed genuine gourmet cuisine with wines to match in four different locations, all complimentary except for two 'specialty restaurants' which offer a more intimate setting – a Grill Room and an Italian ristorante. You'll find food, drinks and good coffee somewhere on the ship at all hours if you want to gain a little extra poundage. My favourite dining spot was the Sunset Deck at the stern, with a decadent buffet lunch and a full a la carte menu at dinner. Lean cuisine? Forget it.

In the evenings, there are various entertainment options including a resident band, a professional dance troupe with amazing acrobatic skills and an emcee/vocalist with a killer voice and a good line of patter. I'm told that different cruises have similar shows and all are top-notch. One evening, we were treated to an AZA-mazing musical programme featuring Croatian virtuoso Ana Rucner, who plays electric cello like someone possessed. She's so good I'm now a YouTube fan. Check her out on Youtube.



Balcony cabin



Onboard entertainment



Sunset deck



Fine dining

Another night, we enjoyed an Azamara signature event, White Nights. Out came our freshly laundered whites, ranging from faux wedding gowns to the cricket-gear look. An American surgeon honoured the occasion in white scrubs. All very jolly, with the ship's crew from 37 countries joining in the fun. The Captain ('call me Captain G'), a most engaging Italian master mariner, presided over the whole scene with amusing anecdotes. "Our aim is to make the small ship experience more personal, with a family feeling," he says.

Apart from pampering the passengers, Azamara looks after its people well. For example, a big party was held below decks one (late) night to celebrate Philippine National Day, as many of the crew are from the Philippines. Monica, a dedicated cruiser from the US, said "this is a company that has a heart", which was nice to hear.

That sentiment naturally flows through to cabin attendants including Alec, who looked after me like a son even though I'm twice his age. He saw me heading to the on-board laundry (a wonderful facility) with a pile of washing, took it from me and returned it the next day, laundered and ironed. That's service, big time.

Each night before dinner, there's a preview of the next day's on-shore itinerary that details the history and culture of the region and the various events that played out before and after Yugoslavia broke up. Some of it is quite disturbing but I think it's important for us to learn more about the Balkans and the Slavic peoples. These lectures were given by a noted expert on the Mediterranean, Professor Marty Novak, who added another dimension to the meaning of immersive with his slide presentations.

This itinerary means the ship travels at night; the next morning you awaken (or are just arriving) in a new port which is yours for the day. You have the option of staying on board to sunbathe around the pool, keep eating and drinking, play board games in the Living Room, or get buffed and polished in the spa with a facial, too.



White Night


Dubrovnik


Opatija


Zadar


Korcula


Montenegro

Where are we today? Have an atlas handy

The optional on-shore excursions are quite varied, from guided walks around the historic old towns to inland village visits and hiking in spectacular national parks. The one you shouldn't miss is the 2km walk around the walls of Dubrovnik, exhausting on a 32-degree day, but then there are the gelati shops and pizzeria waiting below. And lots of hip cafes, bars and a pebble beach close by if you want to strip off and display what the Onward chefs have done to your burgeoning physique.

First port of call is Opatija, quite different to the other places you'll visit. It's a 19th Century health resort with a Monaco feel to it, oiled and tanned tourists in skimpies and budgie smugglers taking a dip in the clear blue Adriatic, sunning like lazy red lobsters or sporting designer shades on their terraced rooms-with-a-view. If you were looking for a bolthole to park in for a few days in early summer, this would be it. There are also several on-shore excursions including a spectacular canyon hike and an Istrian truffle experience.

Next day is Zadar, different again. Our ship cosies right up to the wharf, so we walk past the famous 'sea organ' into a busy market town with remnants of its 3000-year-old settlement and Roman history on display. If you wander around the town, there's lots of history to explore. Some cruisers highly recommended the optional day tour to Krka National Park for the fittest specimens. There's also a three-hour bicycle tour. Bring the lycra.

Onward we go to the pretty island of Korcula and the Old Town history walk, with some beautiful architecture and limestone buildings; a beach buggy tour; and the Lycra mob again catered for. My choice? An ice-cold frothy beer overlooking the azure Adriatic.

Montenegro beckons next, with an early morning arrival in Kotor after the trickiest of maritime manoeuvres through the narrow harbour entrance (thanks Captain G.) – great fun to watch. This is a different country to Croatia and the difference is palpable. But don't ask me to explain it. It's something you feel in the vibe of the place as you step off the ship and onto the wharf. Perhaps it's the influence of the Orthodox Church and medieval history, making Kotor a UNESCO World Heritage site. There's a mouth-watering choice of 11 tours here, hard to choose. But it's a beautiful place – and the gelato is cheaper here too!

The penultimate stop is the star attraction: Dubrovnik. So much has been written about this city and its importance (it's also a World Heritage site); the Walls are the dominant feature, as mentioned above, and there's a choice of 12 tours you can take on shore. Or find time to take the cable car to the mountaintop overlooking the town – spectacular. The ship departs at 9 pm, so time to enjoy a bit of on-shore bar-hopping. *Tip:* Try Mirakul for the best pizzas outside Italy.

Our last stop is Sibenik, a small, pretty medieval town to walk around but

Our aim is to make the small ship experience more personal, with a family feeling.

– Italian master mariner 'Captain G'



Sibenik

it's your last chance to take a tour to Krka National Park if you have enough stamina left. I enjoyed a shorter visit to a winery and tasting hosted by a retired priest. Need I say more?

So, am I the cruisy type?

Well, yes I appear to be. This type of cruise was made to order for a solo looking for a good rest as well as some healthy adventures and beautiful food/wine – and the bonus of meeting such a lovely group of cruiseaholics. Count me in!

Departing from and arriving in Italy

Disembarkation on day seven is at Ravenna, our starting point. The port of Ravenna is well worth a day or two to explore. Be sure to see the astounding mosaics at the Basilica of San Vitale and many other beautiful buildings and sites dating back to the Roman Empire.

The airport is located 75km away in the buzzy inland city of Bologna and two or three days here is a great counterpoint to an Adriatic cruise. *Note:* Don't ask for spaghetti bolognaise. The local speciality is tagliatelle al ragu washed down with the local Sangiovese!

For sightseeing, the hop-on bus will take you all around town with an audio guide but it's a terrific town for walkies, even without a dog.



Mercure Bologna

If you are staying, the Mercure Bologna Hotel is a good choice as it's right opposite the train station – and it has a restful garden park at the rear, unusual for a city hotel.

- *Find out more about Azamara's fleet, special offers and 2023/24 itineraries at www.azamara.com*
- *Visit www.croatia.hr/en-gb and www.bolognawelcome.com/en to learn more about Croatia and Bologna.*
- *For local bookings call Zeppelin Travel 1300 786 888 or visit www.zt.com.au*

Must-see waterfalls

AT BINNA BURRA LODGE

Words: Leighton Pitcher







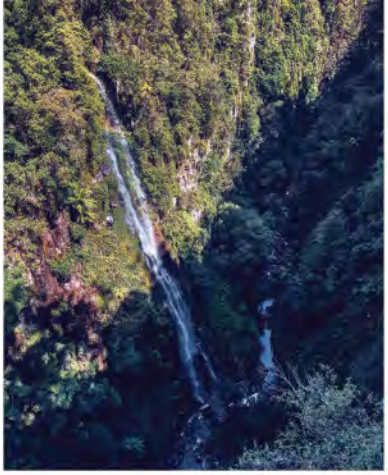
Spring is a particularly lovely time of year at Binna Burra Lodge. The rainforest canopy over Lamington National Park is illuminated by the warm sun, the wildflowers are in full bloom and the skies are fresh and bright.

The Gondwana Rainforests, the largest subtropical rainforest in the world, and Woonoongoora (Lamington) are best explored in Spring, without a doubt.

The Coomera Falls Circuit – one of Lamington National Park's most popular trails and one of the best day hikes in Australia according to Australian Geographic – is home to a beautiful array of waterfalls. Use this list to locate the best waterfalls along this breathtaking route.

Coomera Falls Circuit

Coomera Falls, one of Lamington National Park's most impressive waterfalls, plunges 64m into Coomera Gorge. It's best accessed from Binna Burra, as a 10km return walk or as part



Guided waterfall walks through the cool forests of the Lower Ballanjui Falls and Coomera Falls Circuit rated one of Australia's best hikes by Australian Geographic. Discover spectacular secluded water holes.





of the longer 17.5km walk. A viewing platform positioned 160m above the gorge offers the perfect vantage point over the top of Coomera Falls.

Kagoonya Falls

Coomera Circuit's Kagoonya Falls is another beautiful and scenic waterfall that cascades into a deep water hole. These falls are easily accessed via a short side track off the Coomera Circuit. In a deep pool surrounded by rainforest greenery, you can see the Coomera River cascading over dark-colored boulders.

Bahnamboola Falls

Along the Coomera Circuit, one of the more impressive and picturesque waterfalls is the Bahnamboola Falls. The Coomera River cascades into a deep pool surrounded by sheer cliffs, despite its modest height.

Neerigomindalala Falls

One of the last waterfalls on the 17.5km Coomera Circuit route before it connects with the Border Track for the trek back up to Binna Burra Road is Neerigomindalala Falls. It is reached just before Dragoon Bird Creek runs into the Coomera River. The waterfall's divided segments flow past ferns and other rainforest flora as they tumble over boulders.

The many breathtaking sights of Binna Burra Lodge are best experienced over the course of a few days, so be sure to take advantage of the current Early Bird Sale for stays from October through to March 2023. Terms and conditions apply.

■ *Visit www.binnaburralodge.com.au for details on the current deals and packages.*



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scan to read all of the terms and conditions, and to make a booking:



The Juliet Laser: JUST FOR HER

Words: Donna Tanchev, Her Medical Principal Doctor

The Juliet Laser is a quick, painless way to rejuvenate vaginal tissue impacted by everything from menopausal hormone changes to cancer treatments.

The Juliet is an Erbium: YAG laser, which enables painless, effective and gentle rejuvenation of vaginal tissue that also improves unwanted loss of urine/weak bladder.

The Juliet laser allows deep tissue treatment at precisely the area where it is needed.

In Her Medical principal doctor Donna Tanchev's opinion, the Juliet, being newer technology, achieves longer-lasting results and a better result in fewer treatments compared with other lasers on the market.

Menopausal hormone changes or hormonal treatments (e.g. for breast cancer) can cause the lining of the vagina to become thin and dry, which can make intercourse painful and cause itch, irritation, discharge and spotting.

The Juliet Laser uses heat to stimulate new collagen and elastin production of the vaginal lining, resulting in a plumper, more elastic, hydrated and thicker lining with improved lubrication and less discomfort.

Pregnancy, childbirth and ageing can often cause vaginal wall laxity and urinary stress incontinence, with involuntary loss of urine during coughing, sneezing or exercise. The Juliet Laser tightens the vaginal canal and supporting structures around the bladder, improving sensation during intercourse (for both you and your partner), and reduces urine leakage with physical activity, coughing or sneezing.

The external labia majora and labia minora can also be treated with The Juliet Laser, plumping up the outer labia and tightening and retracting the inner labia.

The Juliet Laser treatment is painless and takes approximately 30 minutes. It is recommended that patients abstain from intercourse for 72 hours following treatment. Occasionally, a panty liner can be worn for light vaginal discharge that lasts for up to five days after treatment.

Pre-menopausal women will usually only need one treatment. Some post-menopausal women may benefit from a second treatment approximately three months later.

Improvements can be noticed almost immediately, with maximal tightening due to new collagen formation continuing for up to three months post-treatment.

Dr Donna performs the assessment and treatment of vaginal rejuvenation at Her Medical. The procedure is suitable for most women and a consultation with Dr Donna is recommended beforehand to assess suitability and address any concerns before treatment.

Dr Donna understands the personal and intimate nature of these concerns and her compassion ensures you achieve the best possible results for a condition that is often very difficult to talk about, let alone seek treatment for.

■ *Visit www.hermedical.com.au or call 07 5616 8070 to book an appointment.*



Anti-ageing treatments:

Have you heard about RF Microneedling?

Fractional radio frequency micro-needling can help stimulate and remodel collagen on the face and body no matter your skin type.



Words: Dr Paula Hade, Her Medical

Cosmetic and anti-ageing medicine has come a long way in recent times. There are so many products and treatments available these days, it can be difficult to know where to start and what the best option is for you. Anti-wrinkle injections, dermal fillers, threads, light therapy, laser, IPL, creams and serums – the list is ever-growing.

So what can be done to help lift, tighten and rejuvenate skin at a deeper level?

Fractional radio frequency (RF) micro-needling is a treatment that can be performed on all skin types to stimulate and remodel collagen. It helps reduce the signs of ageing, lift and tighten skin and improve fine lines, wrinkles and scars with little to no downtime. It is also incredibly effective as a treatment for acne scarring. The combination of RF technology and micro-needles stimulates new collagen and is highly effective in remodelling the structure of the skin at multiple levels.

What can RF be used for?

FACE: Non-surgical face lifting, wrinkle reduction, skin tightening, skin rejuvenation and pore reduction; improvement of acne and other scars.

BODY: Scars, stretch marks, excessive underarm sweating.

How is RF micro-needling performed?

Numbing cream is applied to the area 45 minutes before it is treated. The handpiece is progressively moved over the skin during treatment, stamping the area with fine micro-needles and delivering the RF frequency.

What does RF feel like?

A brief prickling sensation and warmth lasting a fraction of a second is generally felt each time the skin is stamped. Some areas, for example around the jawline, eyes and mouth, may be a little more sensitive, but the discomfort is brief and usually well tolerated.



What to expect after the treatment?

The treated skin is usually red, warm and tingling immediately after treatment. Redness generally settles within 24 hours. Most patients will return to work the next day without any obvious effects. As the micro-needles break the skin surface, minor pinpoint bleeding is common. Very occasionally, a fine crust of scab may develop in some areas.

How many RF treatments are required?

Generally, at least three treatments, one month apart, are recommended for significant results. The more treatments, the better the results.

How long does it take to see results?

Results can be seen after four to six weeks but will continue to develop for up to four months after each treatment.

Are there any side effects?

RF is a very safe cosmetic procedure with minimal downtime and very few side effects. Prolonged redness and minor swelling for up to three days, temporary patterning of treated skin, minor bruising, skin colour changes (most common in darker skin patients) and infection are potential but rare side effects.

■ *RF Microneedling is available at Her Medical: Women's Health Clinic Southport. Visit www.hermedical.com.au to learn more.*

Dr Tanya Skincare



As a doctor, mother, skincare and cosmetic care specialist, Dr Tanya Unni understands the importance of self-confidence and that true beauty goes far beyond the layers of the skin.

With over 18 years' experience in delivering premium medical care to her patients and understanding their most significant concerns, Dr Tanya believes that adopting a holistic approach to health concerns is the solution to living healthier, happier, and more confident lives.

This unwavering philosophy has underpinned the foundation of one of Australia's fastest growing beauty ranges, Dr Tanya Skincare.

Combining Dr Tanya's extensive medical background with her traditional Indian roots, the Dr Tanya Skincare range was brought to life in 2018. A truly unique selection of natural and cosmeceutical skin and scalp products that call on the powerful age-old benefits of Ayurvedic rituals, blended with the potency of active ingredients made possible with modern-day science.

Allowing science and nature to work seamlessly together, Dr Tanya has crafted functional formulas that deliver clinical results with minimal effort. Committed to delivering a solution that is easy, accessible, and designed for everyday use, Dr Tanya Skincare combines the best of both worlds – her culture and modern science, to redefine what it means to truly glow from the inside out.

> "Beauty to me is expressing who you are. It's about feeling confident and happy in oneself. The face is a mirror of our heart and mind; it is a reflection of our inner happiness."
> **– Dr Tanya Unni**

The entire range is proudly 100% Australian-made and manufactured locally to the highest environmental standards, using toxin-free formulations and nutrient-rich ingredients.

The multi-award-winning doctor and entrepreneur has built a client base across the globe and last year celebrated the opening her Australian flagship beauty clinic at Hope Island Market Place on the Gold Coast.

■ *Try the Dr Tanya Difference for yourself, visit www.drtanya.com.au to learn more about this beautiful, best-selling range.*





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Going Brazilian: The new massage everyone is talking about



It's the therapeutic massage helping Victoria's Secret models, Hollywood stars and influencers sculpt their bodies but you don't need celebrity status to feel rejuvenated by a Lymph4You session at this new luxury Gold Coast clinic.

When a model and health coach with almost one million social media followers recommended Juliana Medina's Brazilian body-sculpting lymphatic massage, it launched her Gold Coast business virtually overnight.

"I went from zero to 200 followers on Instagram that day, then 1000 soon after, so I quit my job and bought a massage table," Juliana says. "I had five clients a day within the first two weeks and it all grew from there."

After 18 months, Juliana had built up a business so successful she was able to move out of her spare room and into a dedicated wellness hub she envisioned and created at Main Beach. The 31-year-old managed to get her new clinic premises up and running last year and keep her appointment book filled, despite the challenges of the pandemic.

Juliana's luxury clinic is the only massage specialist in Australia totally focused on lymphatic drainage – a therapy to detox and de-stress by stimulating the lymph nodes to encourage drainage and remove toxins naturally from the body.

While everyone from Victoria's Secret models to Elle Macpherson, the Kardashians and a host of Hollywood stars and influencers are sculpting their bodies with lymphatic drainage massage and adopting it as part of their health and beauty routine, you don't need celebrity status to feel rejuvenated by a session at the Lymph4You clinic.

"Most people come to us at first for aesthetic reasons because they have heard about the body sculpting benefits, but they keep coming back because of the overall health benefits. It can completely change someone's life," Juliana says.

"Most people come to us at first for aesthetic reasons because they have heard about the body sculpting benefits, but they keep coming back because of the overall health benefits. It can completely change someone's life."
– Juliana Medina, Lymph4You

"Patients and clients come to me from all backgrounds and ages and with all kinds of stresses, whether they are suffering from IBS, fluid retention, feeling lethargic, have skin problems or have hormonal issues."

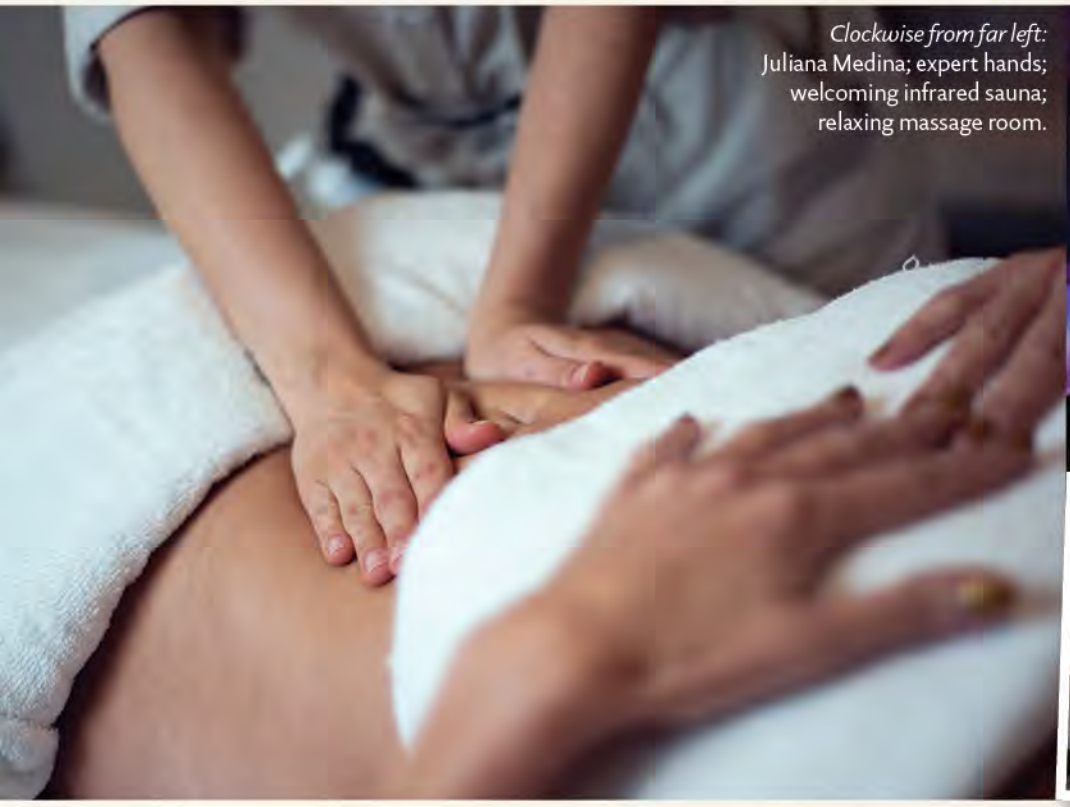
While Juliana treats younger men and women regularly, she is keen to encourage mature locals to visit the clinic.

"More mature people, especially those with lymphoedema, can find benefits from my massage. I also see clients post-surgery who need relief from various symptoms," she says.

"The lymphatic system is related to your metabolism and hormonal balance, so it's also useful to clients going through IVF, or with PCOS or endometriosis.

"I have treated many clients with very different wants and needs, which is why I tailor each treatment plan to suit the individual. It doesn't matter how big or small the results are that they're trying to achieve – they are always so grateful, which drives me to continuously look at ways to expand further in our treatments."

A physiotherapist in Brazil before she came to the Gold Coast in 2016 to attend Bond University, Juliana quickly saw the potential to apply her qualifications and experience to the technique. She has continued to refine



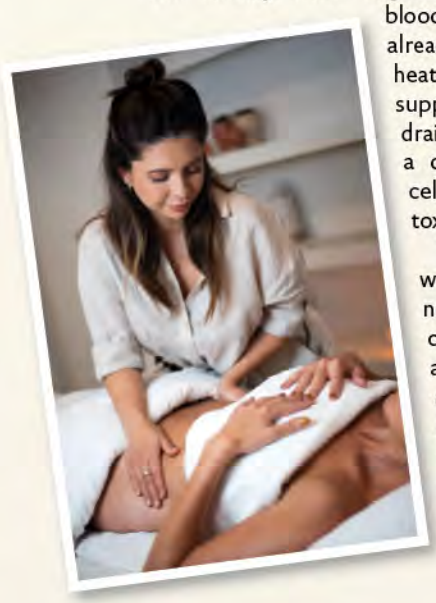




Clockwise from far left: Juliana Medina; expert hands; welcoming infrared sauna; relaxing massage room.

the traditional Brazilian technique and has developed her own signature massage, which starts with a magnesium body wrap and an infrared sauna.

"Getting the infrared sauna before your lymphatic drainage massage means you are relaxed and your body will be warm and receptive," she says. "The detoxification process will already have begun and cortisol levels and blood pressure will have already come down. The heat provides additional support to the lymphatic drainage process with a deeper sweat at the cellular level, where toxins reside.



"During the massage, we stimulate the lymph nodes, which are concentrated in the armpits, groin, neck and behind the knees. And we have to respect where the fluid is going to go, so the massage focuses on light movements in the right direction on your skin."

"The lymphatic system is related to your metabolism and hormonal balance, so it's also useful to clients going through IVF, or with PCOS or endometriosis."
– Juliana Medina, Lymph4You

Juliana says she asks clients to feel both sides of their body during the massage – and they can always see the difference.

"One side will be slimmer and one puffy and people usually are blown away at the difference and how much excess fluid can be removed," she says.

While the clinic doesn't offer nutritional advice, Juliana shares tips for gut health to support clients in-between visits.

"I tell clients to drink, drink, drink water! You must stay hydrated. And if you don't drink enough water, you retain water," Juliana says. "Exercise is important too, because the lymphatic system works through muscle contraction. And if you don't stimulate those contractions, you start to retain water and toxins.

"When clients come to us because they have bloating or water retention they leave feeling lighter and slimmer. But we never tell clients how often they should come to the clinic. We suggest they listen to their body because everyone is different.

"Clients direct their own schedule, but we find people benefit from weekly sessions for three weeks, then monthly after that."

■ *Lymph4You is located at Unit 2, 6 Tedder Ave, Main Beach. Visit www.lymphforyou.com to learn more or book an appointment.*

FASHION

Dive into Spring with the perfect swimwear to compliment your shape and style.



Nico Tie Top $206, Rouched Bottom $180, Chemise Bra $226, French Brief $177



Chemise One Piece $406



L-R: Maude Top $206, The Tie Brief $180, Joni One Piece, $374

GALAMAAR

Galamaar is timeless swimwear for the contemporary woman, made from environmentally sound fabrics and proudly produced in Los Angeles, California. Founded in 2017 by designer Blakely Wickstrom, a California native and long-time Brooklyn resident, a balance of east and west coast style and sensibility is at the heart of the brand. *Visit: www.galamaar.com*



Compiled by: Melissa Usher
Portrait: Brian Usher

LOVE!

LÉA THE LABEL

Léa the Label exudes an ethereal sense of understated elegance, offering timeless collections designed with intention. Founded by Léa Daaboul, with a deep-rooted connection to the wonders of the ocean, the label is influenced by the holistic beach culture of wellbeing and wide visions of sustainability. This minimalistic, chic swimwear is designed in harmony with the planet. *Visit: www.leathelabel.com*



Léa The Label: Riviera Top $90, Riviera Bottom $85 in Cafe, Paloma Top $A130, Paloma Bottom $123 in Terracotta.

NYUD SWIM

Nyud Swim is a Toronto-based swimwear line focused on creating a clean and minimalistic look. A perfect blend of comfort and style that accentuates the female body, Nyud uses quality fabric sourced from Italy that feels thin and light on the body yet holds its shape without any transparency.
Visit: www.nyudswim.com



Nyud Swim: Bermuda One Piece $153; Rhodes Top $78, Hudson Bottom $78; Sim Top $71, Sim Bottom $71.



Pelagia Top $137, Pelagia Bottom $123 in Terracotta and Cafe.



Loren Top $137, Loren Bottom $123 in Cafe and Terracotta.

**Prices shown are correct at time of print*



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beauty essentials



MUST-HAVE BEAUTY PRODUCTS FOR SPRING

Compiled by: Melissa Usher, Fashion & Beauty Editor
Hero Image: @drobotdean on Freepik.com



HAPPY HANDS

Rejuvenate, nourish, smooth and brighten your hands. The Enbacci Skincare This Hand Care Gift Pack RRP $65 will have your hands looking hydrated and feeling healthy. *Visit: www.enbacci.com*

THE OG SILK PILLOWCASE

Meet Silvi, the silk pillowcase that banishes breakouts, acne, split ends, hair damage and more. Not your average pillowcase – it's a world-first combination of silk treated with natural antibacterial silver to prevent bacterial growth and reduce 99.7 per cent of acne-causing bacteria. The Silvi Silk Pillowcase, available in a wide array of colours (our pick is Olive), RRP $89. *Visit: www.mysilvi.com*

Best-seller





PERFECT POWDER

PerfecTint Powder SPF 40 provides silky smooth, broad-spectrum coverage to help protect skin against the visible signs of photo-ageing. Minimises the appearance of pores and absorbs surface oil to create a flawless finish. Available in five tints, iS Clinical PerfecTint Powder SPF40, RRP $100. *Visit: www.isclinical.com.au*



NIGHT REPAIR

Tackle your skin's most persistent challenges while you sleep. Unlock 72-hour hydration with this sophisticated formulation of moisture-boosting ingredients. Fortified with AHAs, Retinol and Vitamin C to reduce visible signs of ageing, revealing a more radiant complexion. *Visit: www.drtanya.com.au*





COCO MILK

Infuse a drop of the tropics into your daily skin routine with this nourishing body milk for soft, silky skin that smells as good as it feels. We Are Feel Good Inc. Coco Milk RRP $27.95. *Visit: www.wearefeelgoodinc.com.au*

THE NEO MORTAL BY YULANI

An essential daily ritual for an indulgent face wash. Transforms from a cool, soothing gel to a skin softening cream. Removes dirt, oil and make-up. *TRY:* Extraordinary Cleanser RRP $35.



TRANSFORM

An extra hydration boost for your PM routine, a free radical fighting powerhouse blended with a new generation of stable Vitamin C. This serum boosts collagen and is infused with a generous dose of hyaluronic acid and multiple antioxidants providing a flawless, glowing complexion come morning. *TRY:* Overnight Transforming Serum RRP $30.



HYDRATE

A new generation lightweight fast-absorbing moisturiser that suits most skin types. It deeply nourishes and boosts moisture, while locking in hydration, for a firmer-looking, glowing complexion in a flash. *TRY:* Hydrating Moisturiser RRP $31.50.
Visit: www.theneomortal.com

REPLENISHING & CLEANSING

This nourishing oil cleanser bonds to the oils and dirt on the skin to effortlessly remove dead skin and pollutants, break down SPF and makeup and protect the natural lipid barrier without stripping the skin. It also helps to lift excess sebum and unclog pores, leaving skin soft and moisturised. Replenish Squalane Cleansing Oil (150mz9) RRP $54.
Visit: www.skinstitut.com

NEW



POLLEN NATION SKIN *We love!*

Pollen Nation's new Terry Bee-auty Bag is the perfect solution for storing your skincare and makeup essentials when you're away on the weekend, on a road trip or travelling! The bag is made from 100 per cent cotton, with a soft terry towelling exterior and features one large storage compartment. It's the perfect size to fit all of your favourite products. Not only is it highly functional for storage, it can even double as a face towel! It's lightweight, compact and soft, so you can take it everywhere. Terry Towelling Bee-auty Bag, RRP $27.
Visit: www.pollennationskin.com





ULTRA PROTECTION

This physical sunscreen is perfect for everyday use or to throw in your bag while travelling. Designed with a matte formula to sit seamlessly under makeup without leaving a white cast or greasy residue. Aesthetics Rx Ultra-Protection Sunscreen SPF50+ RRP $65.
Visit: www.aestheticsrx.com.au



Pop of colour



BENEFIT COSMETICS

Create the perfect pop of colour on your cheeks and lips with Pompo Pomegranate Rose Blush and Chachatint Cheek and Lip Tint for the perfect lip pout. *TIP:* Pop a little lip gloss over the lip tint for that extra glow. Benefit Cosmetics PomPom Blush $49 and Chachat Cheek and Lip Tint $33. *Available at Sephora, Myer and Adore Beauty.*



Dandruff v Dry Scalp
What's the difference?

Words: Bernadette Cliff, Style Director / Wella Master Colour Expert, TONI&GUY Broadbeach

Dry scalp and dandruff can often be mistaken for each other as they can have similar symptoms – flaky pieces of scalp dropping off, scattered through the hair and often falling onto shoulders.

A dry scalp is caused by a lack of or inability to retain, moisture in the scalp and the flakes are normally smaller and whiter. Dandruff occurs when a naturally formed fungus is present on the scalp and the flakes are generally bigger, can be oilier and can range from white to yellowish white. It is possible to have both conditions at the same time.

To fix the hydration issue of dry scalp, try shampoos and conditioners such as Label.m Organic Orange Blossom or Wella System Professional Balance Scalp Shampoo and Scalp Mask. There is also a Wella System Professional Balance Lotion – a weightless, leave-in moisturiser for the scalp.

When it comes to dandruff, the Wella System Professional trio – Purify Shampoo, Purify Mask and Purify Conditioner – will clear it up for you.

Do you have a hair question you would like to see featured in a coming issue of ORM? Ask the experts and email broadbeach@toniandguy.com.au or call 07 55399 444 to book a complimentary consultation.



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AHIA
FINALIST
SALON TEAM OF THE YEAR
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STATE SALON BUSINESS OF THE YEAR QLD
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SPRING SCENTS

Capture the season's warmer and brighter mood with floral, citrus and fresh accords.

Recommendations by Nick Smart of Libertine Parfumerie

1 Amouage Opus XII Rose Incense 100ml RRP $499 (Frankincense, Damascus Rose, Vanilla) **2**. La Perla Invisible Touch 120ml RRP $499(Pink Pepper, Rose Petals, Ylang-Ylang) **3**) Maison Tahité Floranilla 100ml RRP $239 (Tangerine, Iris, Vanilla, Vetiver **4** Miller Harris L'Eau Magnetic 100ml RRP $259 (Baies Rose, Bergamot, Vanilla) **5** Laboratorio Olfattivo Baliflora 100ml RRP $299 (Tangerine, Frangipani, Jasmine) **6** Santa Maria Novella Rosa Gardenia 1221 Fluid Cream 250ml RRP $110 (Orange Blossom, Gardenia, Vanilla) **7** Clive Christian Blonde Amber 50ml RRP $699 (Bitter Orange, Blonde Tabacco, Tonka Bean) **8** Trudon Vesta 270g RRP $299 (Freesia, Jasmine, Rose, Tangerine) Available at libertineparfumerie.com.au

HIGHLIGHT & GLOW!

These multi-use, glow-giving highlighter serums for the face and body have translucent, buildable mineral pigments perfect for Spring. Three shades to choose from (White Gold, Rose Gold and Bronzer) your skin will feel healthy and glow in no time. LuK Beautifood Luminizer Drops RRP $45 each. *Visit: www.lukbeautifood.com*



FRANK+BARE

The first Australian Natural Deodorant on the market, with five awesome AHAs, which exfoliate the skin, giving you smoother, brighter and clearer skin and keeping you smelling fresh all day. 100 per cent plant-based, natural and sustainable ingredients. Frank + Bare All Natural AHA Deodorant, Ylang Ylang + Grapefruit, RRP $25. *Visit: www.frankandbare.com.au*



PURE AVOCADO OIL

A deep moisturising and balancing oil for all skin profiles that provides a dose of nourishment. Kick-starts your natural collagen production for an all over body glow. Tropicology Pure Avocado Body Oil RRP $79.95. *Visit: www.tropicology.com.au*



ANTI-WRINKLE *MUST TRY!*

The revolutionary CurrentBody x Dr Harris Eye Mask has been clinically proven to reduce wrinkles and promote emotional relaxation by 67 per cent. The mask targets dynamic wrinkles, formed by expressions, using carefully placed silicone dots to stimulate tiny nerve endings in your face. This involves your autonomic nervous system, which helps to relax the body. CurrentBody Anti-Wrinkle Mask by Dr Harris RRP $165. *Visit: www.currentbody.com.au*



WAKE UP AND GLOW!

This twice-daily moisturiser kicks some serious skin goals. Your skin will feel immediate hydration with a softer, more supple skin tone. With three clinically proven active ingredients, this moisturiser is a MUST HAVE this Spring. Purely Byron Native Sunrise Blend Moisturiser RRP $100. *Visit: www.purelybyron.com*

Highly recommend!

NU SKIN EXCLUSIVE



As we head into the warmer months and enjoy all they have to offer, from vacations to staycations and time spent with family and friends, it's fitting to have glowing, supple skin that's ready for the sunny and social season. Global beauty and personal care brand Nu Skin offers the ultimate beauty travel companions and holiday gifting must-haves this season, with their exclusive Nutricentials Trial Set RRP $61, and Celltrex Always Right Recovery Mask RRP $53. *Visit: www.nuskin.com*

Ultimate set



lifestyle essentials





SPOIL YOURSELF WITH SOME OF LIFE'S LITTLE LUXURIES . . .

Compiled by: Melissa Usher
Portrait: Brian Usher

A touch of the Ecuadorian tropics



HANDWOVEN PENDANTS

Bringing the perfect touch of texture to any space, these pendant lights look beautiful on their own or stunning hung together. Every pendant shade is one-of-a-kind, handwoven by female artisans in south east Kenya, providing sustainable employment where it's needed most and helping to transform communities. Her Hands Handwoven Pendant Lights prices from $250.
Visit: www.her-hands.com.au

DRI-GLO TEXTURED TOWELS

These Australian cotton textured rib bath sheets are made from Australian-grown, yarn-dyed, 650gsm premium combed cotton. Soft and durable Dri-Glo textured rib bath sheet 80cm x 160cm, Faded Denim/Tofu, RRP $39.99 each. We also LOVE the cotton-textured rib bath mat, Faded Denim/Tofu, RRP $29.99. *Visit: www.dri-glo.com*

Mix and match!



HAND-LOOMED TEXTILES

Bring some Mediterranean flair into your home with these beautiful Weaver Green Australia Zahara Rugs made entirely from recycled plastic bottles. Featuring faded tones and a geometrical pattern, they're available in five sizes including a fabulous runner. Perfect for kitchens and busy spaces, as well as outdoor balconies, terraces and gardens. Andalucia Zahara Runner RRP $339.
Visit: weavergreen.com.au



CAREFULLY CRAFTED

Celebrate life with friends and family by sharing good times and good food on a personalised Longboard Australia serving platter. Designed and crafted in Australia from solid Australian hardwood, this unique serving board is hand-sculpted in the shape of a classic surfboard, typifying casual entertaining in true relaxed, Aussie style. Manual Arts Dept Personalised Longboard Australian Hardwood Serving Platter RRP $179. *Visit: manualartsdept.com*



YOUNG LIVING ESSENTIAL OILS

Young Living actively farms 2000 acres at Finca Botanica, producing several unique essential oils including the four essential oils in the Finca Botanica Farm Collection: Incan Melissa, Paicotea, Ecuadorian Ylang Ylang and Palo Santo. The collection celebrates the unique biodiversity of the farm and highlights Young Living's commitment to sustainability and ethical sourcing. Enjoy this bouquet of exotic oils and their benefits, individually or combined. Young Living Essential Oils – Finca Botanica Farm Collection, RRP $314.45.
Visit: www.youngliving.com.au



RELAXED LUXURY LOUNGING

Featuring all-weather construction, high-grade outdoor rope and fabrics. The Contour Range is the ideal collection to kick back and relax on. Satara Australia Contour Outdoor Double Sunlounge Textured Grey RRP $4947.
Visit: www.satara.com.au






2022 Mayoress Charity Ball

The Star Gold Coast

Words & Photography: Brian Usher – www.usherusher.com

The who's who of Gold Coast Society made their way to the annual Gold Coast Mayoress Charity Foundation Ball at The Star Gold Coast. All funds raised go to the Mayoress's Charity Foundation. The sold-out event, in the Grand Ballroom, raised much-needed funds to assist a number of local charities and continue the great work of the foundation.
















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2021 Gold Coast Sports Star of the Year

Words & Photography: Brian Usher – www.usherusher.com

Swimming sensation Emma McKeon was crowned the Gold Coast 2021 Sports Star of the Year at a gala event at the RACV Royal Pines Grand Ballroom. The event and dinner were staged by the Gold Coast Sporting Hall of Fame and Sports Gold Coast and was attended by 500 luminaries from the Gold Coast's sporting, business and political worlds.



















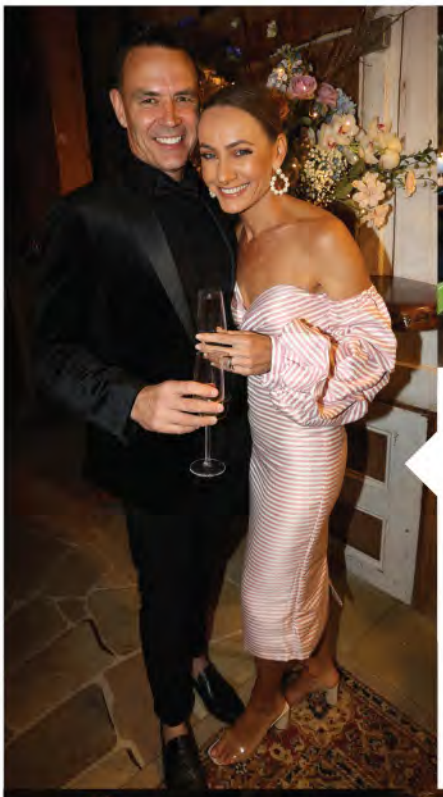


SOP

SERVING OUR PEOPLE

As Australia's only complimentary delivery service, Serving Our People (SOP) has been a vital lifeline for so many individuals and families since its inception on the Gold Coast in March 2020. SOP, initially borne to assist those affected by COVID-19, has grown where demand is never in short supply. SOP picks up and delivers anything from medication to the sick; baby formula for a mother, groceries for the elderlies, a pillow and blanket for the homeless, cooked meals for a family to help a very unwell parent who can no longer cook or provide.

Make a pledge to help and visit www.sop.org.au today!







Braeside Pavilion

Official Opening

Words & Photography: Brian Usher – www.usherusher.com

The Braeside Gin House Creek Estate celebrated the opening of The Pavilion, it's brand new $2 million wedding and events venue. Guests enjoyed drinks and canapes before a full-scale dinner in The Pavilion – a chance to sample all that Braeside has to offer. Braeside is located at 251 Gooding Drive, Merrimac.













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Women of Burleigh Champagne Winter Brunch

Words & Photography: Brian Usher – www.usherusher.com

This beautiful champagne brunch was the brainchild of Tammy Payne, a part of Live 3D and a project for the SLSA Women's Mentoring Program. Designed to get more women involved from a grassroots level up to leadership positions, the morning heard from inspiring leaders and local contributors about what the surf club means to them. The brunch was the start of a 'women of surf' series of events hosted by multiple surf clubs.
Visit www.womenofsurf.com.au for details.















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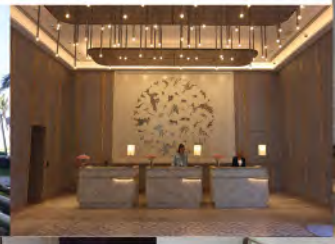



The Langham Hotel
Celebrates a New Wave of Luxury

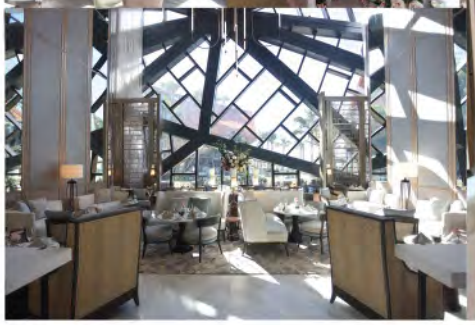
Words & Photography: Brian Usher – www.usherusher.com

The Langham Hotel Gold Coast opened its doors to showcase a modern sophistication and timeless glamour rarely seen on the Gold Coast. Globally recognised for its exceptional service, contemporary art collection, award-winning culinary expertise and signature pink accents, the who's who of the Gold Coast was treated to a taste of what The Langham has brought to our shores.











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Alfresco Emporium Interior Styling Studio

Words & Photography: Brian Usher – www.usherusher.com

ORM was delighted to attend the grand opening of the new Interior Styling Studio at the long-established Alfresco Emporium precinct in Bundall. Guests enjoyed browsing furniture and homewares in-store, sipping Champagne and discussing the new styling service now available in-house.











Magic Group in Business Race Day

Words & Photography: Brian Usher – www.usherusher.com

Part of the MGIB calendar of networking events, guests enjoyed the level two corporate suites at The Gold Coast Turf Club complete with a buffet lunch and drinks package – and plenty of time to network and create relationships and opportunities to grow business. From my experience, this is certainly a great event alongside MGIB's Yot Club and Golf Day events.

TSS Foundation Business Breakfast Series

The TSS Foundation Business Breakfast Series is now in its 31st year and is widely regarded as the leading breakfast event on the Gold Coast. It is a unique networking opportunity for the local business community, and is sponsored by some of Australia's best known corporate brands who continue to support the program year after year. The Southport School Foundation is proud to support the Indigenous Education Program at TSS by bridging the educational gap to deliver life changing opportunities for our students. For details of our next event, head to TheSouthortSchool.com/Foundation

TSS FOUNDATION






















Italian Long Lunch

Fins at Plantation House

Words & Photography: Brian Usher – www.usherusher.com

Craving a European holiday without the plane flight? Say no more! We all enjoyed Chef Snowy's crafted Italian menu, fresh from his recent month in Italy. The long lunch, at Plantation House on top of the Duranbah Hills, overlooks the amazing Wollumbin (Mount Warning). What a place to enjoy the best Italian meal you have ever had, with breathtaking views of the Tweed Valley. That's a yes from me.









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+ REHAB =
RECOVERY

Perry Cross Spinal Research Foundation



The Perry Cross Spinal Research Foundation is dedicated to curing paralysis caused by spinal cord injury and supporting better outcomes for those living with paralysis.

To learn more or make a donation please visit **www.pcsrf.org.au**









Triple M & Channel 7 Save Our Hall Sports Lunch

North Burleigh SLSC

Words & Photography: Brian Usher – www.usherusher.com

The historic Burleigh RSL Hall is in desperate need of repair and so Triple M 92.5 and Channel 7 jumped in to raise some much-needed funds. Run by Spida and Sheree Everitt from Triple M, the event drew notable local sport and music stars Sally Pearson, Leisel Jones, Noel Callow, Greg 'Fat Cat' Ritchie and Adam Brand.



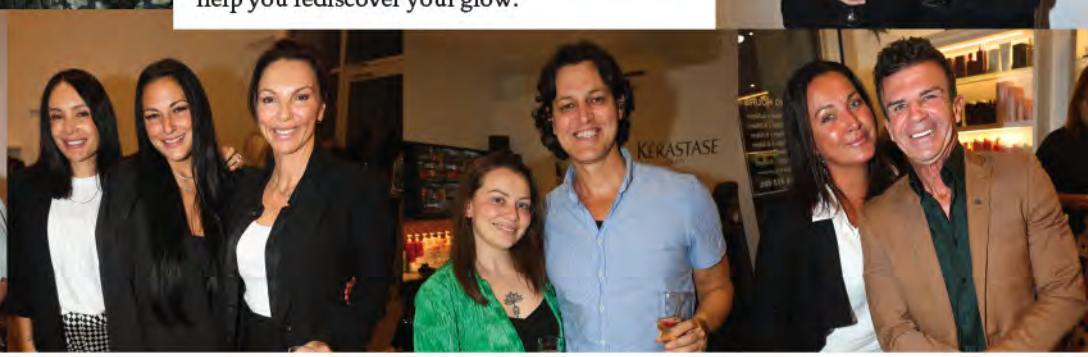

The Whole Body Co. launch

Ricocco Hair & Beauty

Words & Photography: Brian Usher – www.usherusher.com

Located in Ricocco Hair & Beauty at The Brickworks, The Whole Body Co. opened up its operation to those looking for a holistic approach to beauty. Focused on helping clients rediscover glowing skin, fat loss, toning, cellulite reduction and injury recovery, The Whole Body Co. has a treatment that will exceed your expectations and help you rediscover your glow.








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Spring Charity Luncheon

at Shuck, Main Beach

Words & Photography: Brian Usher – www.usherusher.com

Part of the Our Main Beach Festival, the luncheon raises funds for The Cancer Council Queensland. The B'Spoke Group and other sponsors enjoyed the charity fundraising event at the fabulous Shuck Restaurant, on Tedder Avenue. Entertainment was provided by Springtime Drag Divas Ella and Freya, with their heels sky-high and their splendid frocks on show.











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PORTIA LARGE



She can't stop – or doesn't seem to anyway. This former Whitsundays water baby who grew up sailing and scuba diving is no longer on island time. Portia Large still loves to indulge her passion for water sports but this one-time surfing body double for Hollywood A-lister Blake Lively is now just as well known for growing and protecting reputations via her public relations firm, LMPR Group. LMPR's clientele spans a range of the Gold Coast's most influential operators.

To name a few, LMPR is working with entertainment moguls Tony and Thea Cochrane, who have toured The Rolling Stones, created the international V8 Supercars category and are set to launch SX Global HQ here on the Gold Coast; brokers of the world's finest assets, including super yachts Torrens Luxury Collection; Australia's most unique entertainment destination the Pink Flamingo; and the Perry Cross Spinal Research Foundation.

LMPR director Portia's scope is impressive. More recently, her interest in property led her to establish BEDROC Group. BEDROC is an end-to-end project marketing, publicity and sales suite for premium residential developers. *ORM* sat down with Portia Large for The Last Word.

Why public relations?

My work has brought me countless privileges. I have traveled widely and explored Australia professionally. I have met talented and passionate entrepreneurs in the property, marine, arts, hospitality, community and charity sectors. Many of them became clients; a number of them became friends. Crucially, I have been introduced to incredible projects that shaped who I am today..

Why is the Gold Coast your ideal home base?

The Gold Coast remains a celebration of those who continue to push the boundaries, creating infrastructure and opportunities for everyone to prosper. So much has been accomplished in the last few years. I'm excited to see what the next chapter holds, the prosperity we can enjoy – as industries, as businesses and, most importantly, as people. This place is the perfect playground for those who seek to maximise life – work hard and indulge their passions – myself included.

What inspired you to establish BEDROC?

For many years, LMPR has been working in and around the property sector. During that time I have come to feel we are at a crossroads in this country. We need to put serious thought into the planning we do today if we're to continue to enjoy the famous Australian quality of life tomorrow.

At the end of the day, as nice as it is to stand back and admire an aesthetic building, the real measure of success, and what really matters, is how people interact and engage with it. This normally happens at a street level or on the ground plane. How a structure complements and evolves with the surrounding community and landscape is also crucial. With this in mind, the philosophy behind BEDROC was conceptualised to help developers better communicate and connect with their community.

Passion is something I love about the property industry. People with great aspirations, intentions and ambitions work in this field but their efforts are not always fully realised because of economic and regulatory factors. More money, intelligence, imagination, craftsmanship and emotion needs to be invested into our cities and suburbs to achieve the highest quality of living.

How can we achieve a better quality of life via property development?

We must look more overtly at how spaces are used, analysing who's there, who'd like to be there, what's there already and what needs to be put in place to meet the needs of the community, the commercial sector, residents and visitors. Along the way, we can demonstrate that, whether you're talking about community, branding or destination marketing, each discipline is required when creating destinations that meet the needs of different people across various geographic and cultural places.

What do you feel is most important to grow the Gold Coast?

Creative prosperity. Now is the time to invest in and support Australia to become one of the world's most creative nations. By encouraging creative hubs, we can grow diverse industries at local and regional levels, providing more jobs, education and opportunities. Business typically looks at creativity as an afterthought rather than a driver of growth and understanding. It's seen as the icing on the cake. But what if it was the cake too? A recipe for better living?

Define better living?

Connection, creativity and vitality. Each and every person is endowed with an incredible capacity for innovation, a by-product of the innate human capability to evolve and adapt. Creative capital is a virtually limitless resource.

Favourite place on the coast?

The Gold Coast is a constant source of inspiration. I feel most alive behind the breakers, looking back at our city skyline – it's a timeless joy for me. I see the Gold Coast as Australia's Hollywood for film production, Fort Lauderdale for big boats and home to the most tightly held real estate in Queensland.


Lisa Hunt at The Coolangatta Hotel, 23rd October

GIGL
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GIG GUIDE

Gigl has the most comprehensive searchable free gig guide app and website for the Gold Coast to Byron Bay.

Scan the QR code for the full list of live music on offer, listed below is just a small selection of artists and venues!

OCTOBER

Date	Artist	Venue
01	Paul Kirin	The Coolangatta Hotel
01	Natalie Gauci	Twin Towns
01	Mike Elrington	Dust Temple
01	Dj Sophdexx	Beach Hotel
01	Sean Martin	Burleigh Brewing Co
01	Conor Mcdonald	Dust Temple
02	Dave Cavanagh	Twin Towns
02	The Black Seeds	Beach Hotel
03	The Lazy Eyes	Beach Hotel
03	Luke Yeaman	Beach Hotel
04	Backbeat	Beach Hotel
04	Ben Amor	Currumbin Rsl
05	Col Germano	The Coolangatta Hotel
05	Tony & Patti	Twin Towns
05	Sierra Hotel	Miami Marketta
06	Daily J	Beach Hotel
06	Jam	Twin Towns
07	Mardi Wilson	Kingscliff Beach Hotel
07	Rick Barron	The Coolangatta Hotel
07	Wear The Fox Hat	Twin Towns
07	Maddy Jane	Beach Hotel
08	Living In The 70s	Currumbin Rsl
08	Harvey & Harvey	Club Banora
08	Remedy	The Coolangatta Hotel
08	Scott Dalton	Dust Temple
08	Fleetmac Wood	Beach Hotel
08	Gregg Peterson	Burleigh Brewing Co
08	Tin Parlour	Sheoak Shack Gallery Cafe
09	James D'khan	Burleigh Brewing Co
09	Strike 2 Duo	Twin Towns
11	Ben Amor	Currumbin Rsl
11	Adam Harpaz	Beach Hotel
12	Col Germano	The Coolangatta Hotel
12	Georgia Hoareau	Miami Marketta
13	Matt Buggy	Twin Towns
14	Gimmy Flowens	Beach Hotel
14	Mackenzie Duo	Currumbin Rsl
14	Bearded Dragons	Twin Towns
15	Greg Wall	The Coolangatta Hotel
15	Ian Mathers	Dust Temple
15	Winkworth Street	Club Banora
15	The Friday Guys	Burleigh Brewing Co
15	Fat Albert	The Coolangatta Hotel
16	Jake Wood	Burleigh Brewing Co
16	Goodrich	Beach Hotel
16	Steve Kilbey	Brunswick Picture House
16	Sister Sessions	Mo's Desert Clubhouse
16	The Black Sorrows	Kingscliff Beach Hotel
17	Amber Farnan	Beach Hotel
18	Back To The Tivoli	Twin Towns
18	Ben Amor	Currumbin Rsl
18	Josh Hamilton	Beach Hotel
19	Tommy Memphis	Twin Towns
19	Harry J Hart	Miami Marketta
19	Albi And The Wolves	Dust Temple
19	Col Germano	The Coolangatta Hotel
20	Ino Pio	Beach Hotel
20	Simon Meola	Twin Towns
21	In Hearts Wake	Vinnies Dive Bar
21	Wendy Gold Duo	Twin Towns
21	Justin Jones	The Coolangatta Hotel
21	Jason Delphin	Beach Hotel
21	Silent Planet	Mo's Desert Clubhouse
22	In Hearts Wake	The Northern
22	Christian Patey	Burleigh Brewing Co
23	Cotta	Mo's Desert Clubhouse
23	Lisa Hunt	The Coolangatta Hotel
23	Gavin Doniger	Burleigh Brewing Co
23	Music Of The Night	Twin Towns
25	Felicity Lawless	Beach Hotel
25	Ben Amor	Currumbin Rsl
26	Col Germano	The Coolangatta Hotel
26	Alisha Todd	Miami Marketta
27	Black Alien	The Coolangatta Hotel
28	Brittany Elise Duo	Twin Towns
28	Steven Michael	The Coolangatta Hotel
28	42 Band	Mo's Desert Clubhouse
28	La Boum	Twin Towns
29	Andrew Taylor	The Coolangatta Hotel
29	Venus Envy	Twin Towns
29	Nigel Wearne	Dust Temple
29	Mark Bono	The Coolangatta Hotel
30	Braiden Penwarn	Burleigh Brewing Co
30	Bourbon Street	The Coolangatta Hotel

NOVEMBER

01	Tunesday Mo's	Desert Clubhouse
01	Ben Amor	Currumbin Rsl
02	Sierra Hotel	Miami Marketta
03	Ben Salter Mo's	Desert Clubhouse
04	Clementine Ford & Libby O'Donovan	Brunswick Picture House
04	John Williamson	Twin Towns
04	Ciro Pertusi Mo's	Desert Clubhouse
05	Aftermath Ii Mo's	Desert Clubhouse
05	Gregg Peterson	Burleigh Brewing Co
06	Rumours Mo's	Desert Clubhouse
06	John Williamson	Twin Towns
08	Ben Amor	Currumbin Rsl
09	Georgia Hoareau	Miami Marketta
12	The Bootleg Beatles	Twin Towns
12	Rick Barron	Burleigh Brewing Co
13	James Reyne	Miami Marketta
13	James D'khan	Burleigh Brewing Co
15	Ben Amor	Currumbin Rsl
16	Harry J Hart	Miami Marketta
18	Harry Manx	Soundlounge
19	The Friday Guys	Burleigh Brewing Co
20	Eric Bogle	Twin Towns
20	Ella Hooper	Brunswick Picture House
22	Ben Amor	Currumbin Rsl
22	The Vallies	Twin Towns
23	Alisha Todd	Miami Marketta
25	Battlesnake Mo's	Desert Clubhouse
26	Pseudo Echo	Twin Towns
27	Rick Barron	Burleigh Brewing Co
29	Charlie Mitchell	Twin Towns
29	Ben Amor	Currumbin Rsl
30	Rory Switzer	Miami Marketta

DECEMBER

02	Void Of Vision	Mo's Desert Clubhouse
02	Jack Johnson	HOTA
02	Cheeky Cabaret	Brunswick Picture House
02	Meat Loaf In Concert	Twin Towns
03	A Holly Christmas	Twin Towns
04	Tommy Memphis	Twin Towns
04	Gavin Doniger	Burleigh Brewing Co
06	Ben Amor	Currumbin Rsl
06	5 Seconds Of Summer	HOTA
06	Tunesday Mo's	Desert Clubhouse
07	Sierra Hotel	Miami Marketta
10	Rick Barron	Burleigh Brewing Co
11	James D'khan	Burleigh Brewing Co
13	Ben Amor	Currumbin Rsl
14	Georgia Hoareau	Miami Marketta
17	The Friday Guys	Burleigh Brewing Co
18	Blakboi - Tom Avery	Burleigh Brewing Co
20	Xmas Variety Special	Twin Towns
20	Ben Amor	Currumbin Rsl
21	Harry J Hart	Miami Marketta
27	Ben Amor	Currumbin Rsl
28	Alisha Todd	Miami Marketta
30	Shorrock & Cadd	Twin Towns
31	Shorrock & Cadd	Twin Towns


James Reyne at Miami Marketta 13th November

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