

the burleigh wave

theburleighwave.com.au Community news for Burleigh, Miami, Palm Beach, Elanora and Varsity Lakes Issue 05 | November 2024



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It's time to don the togs, it's officially summer-ish. Welcome to the November edition of *The Burleigh Wave*.

This month we have a few stories that focus on the deep blue sea, one of them being our feature with charity, Accessible Beaches, that have an online directory of where the most accessible beaches are and what makes a beach accessible. Read more on page 24.

The girls are back in town, or, for the first time, in Burleigh cricket. We speak to coach, Emma Taylor, about how the Southern Gold Coast is paving the way for making cricket a gender inclusive sport. Learn about the program on page 27.

There's a number of ways to get a deeper connection with the world around you, and why not start in your own backyard? Read on to find out how you can be a part of the heart of Burleigh - its community - through clubs, events, animals, sport, and more.

Thanks for the support, talk soon.
Emma Marie Watson, Editor.

Contact us

Got a story? Get in touch.

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@captureswithgrace

Location: Burleigh Head National Park

Acknowledgement of Country

The Burleigh Wave acknowledges that we are here on the land of the Kombumerri people. The Kombumerri are the traditional owners of this land and are part of the oldest surviving continuous culture in the world.

The fine print

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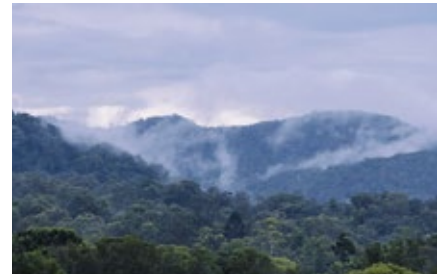
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What: Learn to Grow Food at Home Workshop

When: 9.30am - Sunday, 3 November

Where: Ground Currumbin, Currumbin Valley

Urban Food Solutions are hosting a two hour interactive workshop blending theory with live demonstrations on how to grow food in your own backyard, or kitchen. To learn more, head to: Facebook / Urban Food Solutions



What: Here Comes Mr Forehead

When: 5.30pm - Saturday, 9 November

Where: HOTA, Surfers Paradise

Australian alt comedy royalty, Emma Holland, is set to grace HOTA with her show, *Here Comes Mr Forehead*. Head up the coast for a unique hour of chaos you'll never forget. Find tickets here: hota.com.au



What: Remembrance Day

When: Monday, 11 November

Where: The Cenotaph, Burleigh Heads

The 11th hour of the 11th day of the 11th month signifies Remembrance Day. Honour our Veterans amongst locals at The Cenotaph in Burleigh Heads. Remember to remember, remember to pause. Read more on page 12.



What: National Recycling Week

When: Monday, 11 - Sunday, 17 November

Where: Home, work, school and community

Since 1996, Planet Ark has hosted a yearly week-long event to promote recycling across Australia. Learn how to recycle better and teach your friends. More information can be found here: recyclingnearyou.com.au/nationalrecyclingweek



What: Full Moon Beach Kirtan

When: 5.30pm - Saturday, 16 November

Where: Burleigh Beach

Settle in for an immersive evening of meditation underneath the full moon in Burleigh this month. Bring your own cushion or blanket to sit on and all mantras will be provided. Find out more at: Facebook / The Mantra Room Gold Coast



What: The Full Mifsud

When: 7pm - Thursday, 28 November

Where: Mo's Desert Clubhouse, Burleigh Heads

Are you unapologetically uncensored and do you refuse to settle down? Then comedian Jacqueline Mifsud's new show, *The Full Mifsud*, might be the type of comedy you're seeking. Book tickets here: mosdesertclubhouse.com

Monthly Markets

| | |
|------------|----------------------------------|
| 1st Sunday | Broadbeach Burleigh Heads |
| 2nd Sunday | Coolangatta |
| 3rd Sunday | Broadbeach Hope Island |
| 4th Sunday | Burleigh Heads Paradise Point |

Weekly Night Markets

| | |
|-----------|--|
| Wednesday | Miami Surfers Paradise |
| Thursday | Emerald Lakes |
| Friday | Currumbin Dreamworld Miami Surfers Paradise |
| Saturday | Miami Clear Island Waters Surfers Paradise Dreamworld |

Weekly Farmers Markets

| | |
|-----------|---|
| Wednesday | Robina |
| Thursday | Coolangatta Currumbin |
| Saturday | Burleigh Heads Carrara Helensvale Palm Beach Main Beach Mudgeeraba |
| Sunday | Bundall Carrara Merrimac Miami Nerang Robina Surfers Paradise |

For more information visit whatsongoldcoast.au

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the burleigh wave



The time is now to Get Ready for severe weather



Pictured: Mayor, Tom Tate, announcing the Get Ready campaign. Image source: City of Gold Coast.

The effects of severe weather during last Christmas and the New Year can still be seen today in some places. The unprecedented challenges that came from storms, heavy rain and a heat wave all within a few weeks has prompted the City of Gold Coast to launch the Get Ready campaign.

The new program aims to encourage residents to prepare in case of a disaster by:

- preparing an emergency plan
- preparing an emergency kit
- understanding what risk your home and area may face
- preparing your property by clearing leaves, branches and debris from your gutters and yard.

Severe weather is at its peak on the Gold Coast between October and April each year, with threats ranging from bushfires, storms, heavy rains, high winds to heatwaves.

Emergency plan

When creating an emergency plan, residents should consider situations like: What if you can't get home? What if your children are at school or childcare? Do you have somewhere for evacuation? What happens if you lose power for any length of time?

Your plan should include how you will respond to risks, such as potential hazards in your area like flooding or bushfires, or loss of power for an indefinite amount of time. Consider having safety switches installed and test them regularly. Make a list of emergency contacts, including family, friends, insurance and emergency services. Teach children how and when to dial Triple Zero.

Have a meeting place in case of evacuation and separation. All household members should know where, how and when to turn off the power, water and gas supplies as well as where the power lines are on your property to ensure you can avoid them.

If you have pets, always ensure they have access to food and water, shelter and bedding. In your emergency contacts list,

include numbers for your veterinarian or animal welfare agency. Never leave an animal tied-up, chained without shelter and bedding or in a motor-vehicle. Make sure your pets can be properly and easily identified.

The most important part of your emergency plan is sharing it with the people with whom you live. Save it on your computer and keep a printed copy in your emergency kit in case power is disrupted.

Emergency kit

When preparing an emergency kit, think about how you would survive if you lost access to drinking water, power, the internet, and other services for up to three days. Essential items to include are:

- bottled water
- tinned food
- a torch with spare batteries
- a portable phone charger
- a battery radio with spare batteries
- a medical kit
- copies of important documents in waterproof bags
- any special needs for your family, such as infant formula or prescription medicines.

Further resources to build your plan

Get Ready Queensland, the campaign's program developed by the Queensland Government, has launched an online severe weather emergency planning tool to assist residents with creating their plan. To start making an emergency plan, visit: getready.qld.gov.au/plan

For residents wanting to stay up-to-date with potentially dangerous situations, the City has a free opt-in messaging service that sends alerts directly to their phones. Sign up by visiting: dashboard.goldcoast.qld.gov.au

Learn more about the Get Ready campaign at: cityofgoldcoast.com.au/getready



Gold Coast Light Rail Stage 3 updates



Image source: Goldlinq.

The Gold Coast Light Rail has progressed into Stage 3 of construction, with traffic changes from Gardenia Grove to Mountain Avenue in Miami having begun mid-October. This new work area will allow utility relocation and road works to progress until late 2024.

Miami

Night works commenced on the southbound lanes of the Gold Coast Highway between 2085 Gold Coast Highway and Brakes Crescent, Miami to progress drainage works. Moderate to high levels of noise are expected and are set to finish mid-month.

Burleigh

Near Christine and Sixth Avenues in Burleigh Heads, night works are expected to be ongoing until late 2024 to upgrade and relocate water, drainage and electrical utilities. Moderate to high levels of noise are expected throughout the next couple of months. There will also be night works between First Avenue and West Burleigh Road to progress drainage works, however, this is expected to be completed early this month. Across the Gold Coast Highway, Lower Gold Coast Highway and West Burleigh Road Intersection, night works will continue until early December to progress water relocation works and install traffic signal infrastructure. High levels of noise are expected.

Intermittent night works will continue throughout 2024 to backfill behind the retaining wall at Lower Gold Coast Highway between Ferny Fairway and Deodar Drive.

Night works to reconstruct the base of the footpath on the Gold Coast Highway northbound footpath between Connor Street and Sunbeau Court will continue until the end of the year, as well as night works to upgrade and relocate sewer, drainage, install traffic signal infrastructure and rebuild sections of the road between West Burleigh Road and Connor Street of the Gold Coast Highway.

Memorial Park on the Gold Coast Highway will also undergo construction for the remainder of the year to install new drainage, water pipes and communication cables.

At the time of print, these works were scheduled to go ahead but they are subject to change in the event of wet weather.

Further information on Stage 3 of the Gold Coast Light Rail can be found at: gclr3.com.au

Lake Hugh Muntz water quality improving



Image source: City of Gold Coast.

The water quality alert level at Lake Hugh Muntz in Mermaid Waters has been downgraded to the Amber Alert level.

Within the last couple of months, the City has begun algae and Phoslock treatments which has turned much of the water colour from brown to blue. This change in colour, among other properties, means that the levels of blue-green algae have dropped significantly.

The City will continue to assess the algae levels as the weather gets warmer, and they also want locals to be aware that water can change quickly, especially after rainfall. They recommend against swimming if the water looks unusual, such as if there are scums on the surface.

If you have questions about the Lake, please email: lakehughmuntz@goldcoast.qld.gov.au



Beree-Badalla Boardwalk: building back better



Pictured: Impressions of proposed upgrades to Beree-Badalla Boardwalk in Palm Beach. Image source: City of Gold Coast.



Construction has begun to upgrade the Beree-Badalla Boardwalk in Palm Beach. The \$3.9 million renewal project will see the boardwalk upgraded to a 3-metre-wide path which will span 640 metres through saltmarsh and mangrove wetlands along Currumbin Creek from Thrower Drive boat ramp to Salk Oval Parklands.

The upgrades will improve accessibility and safety. Due to popularity and harsh weather conditions, many of the local boardwalks have deteriorated. Queensland Disaster Recovery Minister, Nikki Boyd, has said that 'We've worked closely with the City of Gold Coast on a plan to build back

better with a wider boardwalk, new fishing platforms, seating, a kayak launching ramp and outdoor shower.

'Building back better means delivering storm resilient community infrastructure for the enjoyment of Gold Coasters, and interstate and international visitors sharing our great lifestyle and supporting good jobs.'

Locals can expect general construction noise and dust, temporary closure of boardwalk and boat ramp access, and discolouration of water surrounding the area during construction.

Weather permitting, the project is set to be finished in March 2025.

For further information on the project, head to: goldcoast.qld.gov.au



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Councillor and Parliamentarian column

Parliamentarians and Councillors will contribute a column to *The Burleigh Wave* each month. This will be an opportunity to share their thoughts on various issues impacting the community.



Image source: City of Gold Coast.

Tom Tate

Mayor, Gold Coast

For the past five City budgets, council has invested record funds on transport projects and programs.

New roads, widened thoroughfares, public transport investments, improved cycleways, new bridges, off-ramps and parking bays – all these projects are being rolled out across the coast from Coolangatta to Yatala.

In fact, in this current financial year (2024-25), we are investing \$375 million on the transport system including \$95 million on road safety and traffic capacity enhancements, \$43 million on active and public transport infrastructure upgrades and \$167 million on road, bridge and footpath maintenance and rehabilitation.

With this in mind, I am conscious of the frustration many residents feel when it comes to increasing traffic across the coast. Our regular community surveys consistently see transport and traffic matters listed as the number one priority for Gold Coasters.

Since being elected Mayor in 2012, I have publicly said we can't 'spend our way out of congestion'. Keeping our city moving and protecting our lifestyle is a combination of many transport programs and initiatives as well as a change-of-habit for many of us. We must all change the way we move about the city including using more public transport modes – trains, trams, buses and ferries.

In saying that, I regularly hear first-hand from people who confirm they are willing to use public transport but only if the services are regular and reliable. At the grass roots level, public transport is a State obligation so the expansion of services, fare pricing and route frequency rests with State



decision makers. This Council is doing what it can to partner with the State on key public transport projects like light rail and new bus routes - but ratepayer dollars only stretch so far.

So what can we do to free up our roads?

Let me give you an example. During school holidays, across many key intersections and roads, traffic flow greatly improves given the school-drop-off-pick-up trips are not being taken. That makes absolute sense, but studies have found many of those school drop-off-pick-up trips are taken by families who live less than 2km from their school.

To support greater choice for families, Council has an Active School Travel Program in place to engage families and encourage them to seek alternate ways to manage this weekday drop-off schedule. Walking the short distance to school boosts the quality time a parent or guardian spends with their little ones while also allowing people to get fit. Cycling the short distance gives kids a sense of responsibility and independence, while teaching them important road rules/pedestrian skills.

Of course, I accept this does not always suit families, given parents are often then driving to their workplace after drop-off but there are thousands of situations daily where it is better for families, the kids and the community to adopt Active School Travel initiatives. I know schools which have adopted the Active School Travel initiative, today enjoy improved traffic flows in the morning and afternoon, with less frustration all-round. I encourage parents to speak with their school community to see what programs can be put in place at their local school. Importantly, council officers are in place to assist with the roll-out of Active School Travel programs. Check it out at: cityofgoldcoast.com.au/activetravel



Josh Martin

Councillor, Division 13

In the wake of the successful Burleigh bEATS and Feast on Fifth street festivals, it's clear the community of Division 13 values opportunities to come together to celebrate this amazing place we call home. I'm excited to share that I will be supporting many more family-friendly events scheduled in the area as we approach the end of the year. The best part? These events are completely free – no tickets needed, just come and enjoy.

Burleigh Sunday Sounds

Mark your calendars for Burleigh Sunday Sounds, a celebration of local talent happening at Burleigh Heads for five consecutive Sundays this spring. Grab your picnic blanket and enjoy a relaxed Sunday afternoon in Memorial Park, all while supporting local businesses and championing our local music scene. Be sure to explore the event's local food trail map available on the day to guide you to an array of fantastic eateries just a short stroll from the Park.

When: 2pm-5pm, every Sunday in November and the first Sunday of December

Where: Memorial Park, Connor Street, Burleigh Heads

Movies Under the Stars

Enjoy a magical evening outdoors with the City of Gold Coast's Movies Under the Stars program. This free and family-friendly program has been on offer from September this year and will continue through until April 2025 across the city. Gather your family and friends, pack a picnic, or take advantage of food options available in the local area.

Movie: *IF* (PG)

When: 6.30pm – Saturday, 2 November

Where: John Laws Park, Burleigh Heads

Movie: *The Garfield Movie* (G)

When: 6.30pm – Saturday, 9 November

Where: Palm Beach Parklands, Palm Beach

Artist and movie announcements are to be announced shortly – head to my social media channels for further information: Instagram / crjoshmartin



The Hon Karen Andrews MP

Federal Member for McPherson

Ask residents or visitors about Burleigh, and their responses will be very similar. It's a vibrant and welcoming community, a very relaxed place to live with a village feel which is quickly embraced by locals and visitors.

Burleigh is a foodies' paradise of hipster cafes, laneway dining, craft breweries and eclectic farmers' markets. And Burleigh Waters is emerging as one of the most sought-after residential suburbs in South-East Queensland offering a diverse range of accommodation options for singles, couples, families and empty nesters.

With access to some of the most popular swimming and surfing beaches in the world, and surrounded by the Burleigh Head National Park, these stunning natural surrounds attract more than 300,000 visitors each year.

Against this idyllic backdrop, the increasing cost of living, inflation, and no interest rate relief is a daily challenge for residents and business owners alike.

Ensuring housing affordability for residents, including essential workers, and addressing the issue of homelessness also remain important challenges for the local economy. And the concerning upward trend of small business failures, particularly in the Food and Beverage sector, hits our coastal areas particularly hard.

Accepting and adapting to change is not easy at any time, let alone when livelihoods are at stake. At a time like this, it's important that we support our local businesses as much as we can. We did it during the GFC, and we did it through COVID, and I'm confident that we can do it again.



Keeping safe during Schoolies



Photographer: Matthew Cresnik. Image source: Schoolies.

Schoolies is back on the Gold Coast for two weeks of celebrations for graduating students. Queensland students are invited to attend the first week of Schoolies from 16 – 23 November while students from New South Wales and Victoria are celebrating from 23 November until 1 December.

Students attending the Gold Coast event will be parked up in Surfers Paradise, however, if you see an influx of teens with Schoolies pink lanyards walking around, they may have travelled further down the Coast to Burleigh and surrounds.

Ensuring the safety of attendees and residents is of paramount importance to Schoolies. The organisation has

a few measures they recommend putting in place during the celebration, such as:

- a 24 hour helpline for students and their parents
- wearing the official Schoolies wristbands
- wearing the official Schoolies ID Photo Pass.

The Red Frogs have been longtime partners of Schoolies and will continue to provide a positive presence in the crazy party culture. Attendees can contact Red Frogs to:

- walk you home if you feel unsafe
- make pancakes in your apartment
- provide assistance in room cleaning
- get a sugar hit in the form of Allen's Red Frogs.

The Queensland Government will also activate the yearly Safer Schoolies Gold Coast Response team during the first week of Schoolies. The Response provides a range of support services, such as:

- Safer Schoolies wristbands for Yr12 school leavers only
- Schoolies Hub, a dedicated toolie, drug and alcohol-free area for genuine schoolies to enjoy safely with their friends
- support on the ground including increased police and emergency services presence.

For information on what's happening throughout Schoolies week here on the Gold Coast, a full range of events can be found on: schoolies.com/2024

Remember to remember: 11 November



Image source: RSL Queensland.

Every year on 11 November, Australians across the globe stop to honour all who have served and sacrificed for their nation. The 11th hour of the 11th day of the 11th month denotes the anniversary of the Armistice that ended fighting with Germany in World War I.

To mark the occasion, Burleigh

Heads RSL Sub Branch is hosting a Commemorative Service at the Cenotaph, Burleigh Heads. The service will be MC'd by LtCol Kim Schneider (Retd) and the address will be given by the Branch's President.

Beginning at 10.45am, Veterans will form up on the walkway between the Cenotaph and the Burleigh Bowls Club to march on. The ceremony will also include

the laying of wreaths, playing of the *Last Post*, and the observance of a minute's silence at 11am.

Veterans, Ex-service people and members of the public are invited to the service.

For further information, contact Secretary, Lin Glass, via email: secretary@burleighheads.rslqld.net.au



Six new koala joeys born in Currumbin



Currumbin Wildlife Sanctuary proudly announced that they welcomed six new koala joeys during Save the Koala month in September. All six of the joeys were born at the Sanctuary in their dedicated Koala Nursery. As the local koala population is endangered, the births of these joeys is a significant milestone to grow and conserve the koala population in Southeast Queensland.

The Koala Conservation Specialist at the Sanctuary, Sarah Eccleston said that the three little boys and three little girls are the future. 'At the moment, koalas are looking at becoming locally extinct by 2050. That's terrifying and it's not going to happen on my watch. Our breeding programs ensure a secure, genetic diverse population into the future and we're heavily involved

with the current chlamydial disease vaccination trial in the local koala population,' Sarah said.

Attendees of the Wildlife for Tomorrow Cocktail Event Gala held last month were invited to bid on the chance to name one of the six new joeys, and at the time of print, two of the female koala names had been announced: Eve and Poppy.

The koala babies are all out of the pouch now and clinging tightly to mum. Guests of the Currumbin Wildlife Sanctuary can see them at the Koala Nursery and learn more at their daily Koala Keeper Talks. Learn more here: currumbinsanctuary.com.au

Image supplied.

Inspire with local dementia-friendly choir

by Jan Gillies, Inspire!



Pictured: Gold Coast dementia-friendly choir, Inspire! Image supplied.

Singing together every fortnight has become a highlight for a group of Gold Coast residents. Open to all, Inspire! choir especially welcomes people living with dementia and their care partners.

Gathering regularly, 40 or more dynamic choir members sing a repertoire ranging from popular musicals to Beatles classics. Led by charismatic choir director Anne Ryan, with experienced accompanists Mary Walters on keyboard and drummer Freddi Rutherford, the choir exudes warmth and energy, encouraging all to 'let it go'.

Next rehearsals are on 7 and 21 November from 1.30pm to 3pm at Varsity Lakes Community Resource Centre, 20 Mattocks Road, Varsity Lakes. Cost is a \$5 donation for afternoon tea. For more information, please email: inspirechoir@gmail.com



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Local radio station celebrates 40 years on air



Pictured: 4CRB at their Open Day in September. Image supplied.

Burleigh based community radio station, 4CRB, is celebrating a significant milestone in 2024: 40 years on air. Not only are they marking the milestone of a massive four decades of being a cornerstone of the Gold Coast community, but they were the first FM broadcaster in the region and continue to be an integral part of Burleigh.

The station marked the occasion throughout the year, including replaying the very first broadcast, a slideshow timeline of the history of 4CRB on their website, the release

of an e-book written by their patriarch and founding member, and an Open Day held in September that saw over 400 listeners, including Federal Member for McPherson, Karen Andrews and Division 13 Councillor, Josh Martin in attendance.

Robyn Hyland, director of 4CRB, answered a few questions about the station and how they hope to continue entertaining the community.

What are the major milestones over the past 40 years that you're most proud of?

Two of the greatest milestones have been the purchase of the land and then the building of the station, which was entirely funded by the generosity of listeners in our community. The early days of broadcasting were very manual, labour-intensive process, which meant we could only broadcast from 6.45am to 9.30pm each day. Fast forward to today, and thanks to advances in technology, we now have a 24-hour broadcast which allows our volunteers the convenience of recording ahead of real time.

What does the future look like for 4CRB - can we expect another 40 years on air?

The success of community radio and 4CRB is always challenging. It rises and falls on the health of the business community as well as the financial donations received from the listeners of the community. Times of hardship, such as COVID, all impacted the financial resilience of the station. Having said that, 4CRB has a loyal following of listeners and sponsors whom we are confident will always support the station.

How has the community been a part of your journey?

A community radio licence is a gift from the government to the community of the Gold Coast and is managed on behalf of the community by 4CRB. In essence, the community is 4CRB. Community connection plays a vital role for all by serving as a source of support and growth. We rely on the services of the many generous volunteers to deliver the broadcasts our listeners know and love. The community has been part of the initial dream of the founders and has contributed to the success of the station over the last 40 years, and no doubt, for the next 40 years.

You can listen to 4CRB on 89.3FM or digitally on: 4crb.com

Varsity Lakes foundation developing protection villas

by Andrew Douglas, CEO, The White Shadow Foundation

The White Shadow Foundation is a charity based in Varsity Lakes on the Gold Coast. We exist to serve the disadvantaged and marginalised by providing financial and practical assistance in key areas identified as critically important, namely; child protection against sexual abuse, mental health, acute homelessness, domestic and family violence, parental alienation, and women experiencing hardship in caring for their newborns.

The White Shadow Foundation is pleased to advise of its plans to develop a 30 Villa Sanctuary on the Gold Coast, serving as our flagship operation and designed to shelter and protect up to 120 women, children and babies each year who are currently escaping domestic and family violence. Over time, the community service project will provide a stress-free

environment for thousands of families, facilitating positive pathways to safely reintegrate back into society.

I want to personally thank all of our invitees who attended the recent super yacht fundraising event where CEOs from partner organisations shared collaboration strategies in helping future residents in care. The financial modelling is now complete, and our builder has donated the first Villa. We hope to make a significant change and to continue the rally cry of bringing hope, safety, and brighter futures to Southeast Queensland communities.

Please email: hello@whiteshadowfoundation.org or visit: whiteshadowfoundation.org/thesanctuary for additional charity and supporter information.



Robina tool library fosters community relationships



Image source: Gold Coast Tool Library.

Ever wanted to hem a pair of jeans, try out paddle boarding, wash your carpet, or don a cat costume? Well, you're in luck as there is a library in Robina and that has all of the items you need to do these things, and much, much more.

The Gold Coast Tool Library is a volunteer led, not-for-profit community sharing platform allowing locals to access tools and household goods without the need to purchase expensive items or store gear that is only occasionally used. To borrow items from the Library, you can purchase an annual membership subscription which is open and inclusive to anyone over 18 years of age. As a member, you get access to the online inventory, you can reserve items ahead of time and borrow up to five items each week at no further cost.

The majority of the items in the Library's inventory have been donated by the community. These donations are given a new life which prevent them from going to waste in landfill or deteriorating due to lack of use. Donors can always join the library and borrow them back if needed, all whilst having the Library take on the storage and maintenance tasks. Grant funding has allowed the group to purchase some of the more expensive and sought after items in the inventory.

Not only is the organisation an accessible resource to those who may not have the space or funds to purchase bulky and expensive items, but it provides many benefits to the local community, such as:

- increasing social equity by providing access to household goods at a fraction of the cost of purchasing items outright
- saving on space and clutter
- trying out something new before committing to a purchase

- environmental benefits by reducing consumption and associated carbon emissions
- act as a valuable third space providing place based social interactions, mental health benefits by reducing social isolation and loneliness, a place to exchange skills and knowledge, personal empowerment and accomplishment through learning new skills.

In the New Year, the Library intends to facilitate events like Repair Cafes, a meeting place to repair things together.

Locals can join as a member, donate underused items and volunteer their time. Further information about the Gold Coast Tool Library can be found here: toollibrary.org.au





Burleigh Waters local advocating for human rights

by Lexy Akillas, Aruma



Pictured: Cody Barrett talking at Aruma's 2023 Human Rights Conference. Image supplied.

Cody Barrett is a Burleigh Waters local who is supported by the National Disability Insurance Scheme (NDIS) and has recently stepped up to advocate for people with disability by making his voice heard.

He has done this by joining the Human Rights Advisory Committee, which is hosted by Aruma, one of the country's largest NDIS disability service providers and charities.

At just 22 years old, Cody's lived experience with disability has made him wise beyond his years and ignited a passion for making the world a better place for all.

'At the first Committee meeting I attended, we got right into discussing the hard stuff. We talked about everything from social-sexual education, the language we use for people with a disability, support worker expectations, and safety in Aruma homes. I enjoyed being in the room with all parts of Aruma, including other participants, staff, our CEO, and even board members. I'm proud to be a voice for people with a disability,' said Cody.

According to the Australian Human Rights Commission, 'People with

disabilities are more likely to experience poverty, live in poor quality or insecure housing and have low levels of education. They are often socially isolated, with fewer opportunities to participate in community life.'

Aruma prides itself on being a human rights organisation that believes in changing those statistics. In 2015, it established the Human Rights Advisory Committee to do just that.

'The Human Rights Committee discusses not only what's happening at Aruma but also what's happening in the world around us. Our team is not afraid to ask the hard questions. We've spoken out to media and even had audiences with NDIS Minister Bill Shorten and His Excellency General the Honourable David Hurley,' said Aruma's Human Rights Lead, Judy Topper.

Cody was removed from his parents at a young age, and he then bounced between foster homes before joining Aruma's children's services at 14 years old. At 18, he transferred into the adult services and moved into the Supported Independent Living home where he resides today.

He shared, 'When I joined Aruma, I

finally felt like I was part of a home. I was made to feel welcome and as though I belonged. This has enabled me to achieve many goals. In the last two years, I have had the Public Trustee removed and become my own decision-maker, which I am very proud of.'

Aruma Manager of Shared Living, Nathan Lawrie, has been there every step of the way and couldn't be prouder of Cody's recent decision to join the Committee.

'One thing I admire about Cody is his passion for advocacy and ability to speak his mind. Cody is an amazing young man who can achieve anything he puts his mind to,' said Nathan.

Aside from his advocacy work, Cody is also a talented sportsman. In 2019, he joined the NRL Titans Leaguability team, and just two years later, he was awarded Player of the Year at the Gold Coast Titans' annual awards night.

Cody shared, 'I don't like using the word disability because it's more important to look at your abilities. I hope that by sharing my achievements and working with the Human Rights Advisory Committee, I can inspire other people with a disability to achieve their goals.'



Get ready for the Gold Coast Volunteer Awards

by Ali Foster, Volunteering GC



Image source: Volunteering Gold Coast.

Volunteering Gold Coast is hosting the Gold Coast Volunteer Awards this November. The prestigious event aims to acknowledge and honour the exceptional contributions made by volunteers within our local community.

Nominations have now closed and the winners will be announced at the awards ceremony, set to take place at The Star on 29 November. All finalists, along with their guests and nominators, will be invited to attend the gala dinner and celebrate the remarkable achievements of our volunteers.

With a wide range of categories, the Gold Coast Volunteer Awards offer ample opportunities to honour various aspects of volunteering excellence. From the Gold Coast Volunteer of the Year to the Gold Coast Diversity & Inclusion Initiative of the Year, these awards recognise the selfless dedication of individuals and groups who strive to make a positive difference.

Attendees will enjoy a sumptuous two-course meal while applauding the outstanding achievements of our community's volunteers. For more information and to secure your tickets, visit: volunteeringgc.org.au

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Has your life been affected by someone else's drinking?



Image source: Unsplash.

If someone close to you has or has had a drinking problem, Al-Anon Family Groups may be able to help.

Al-Anon meetings support family and friends of alcoholics and have specific groups for people affected by someone else's drinking, with:

- weekly meetings – free of charge (donations accepted)
- meetings are anonymous – you are not required to speak unless you feel comfortable to do so
- no registrations required – simply drop in and listen.

Meetings are held every Tuesday at 10am at St John's Anglican Church, 14 Park Avenue, Burleigh Heads.

For more information about Al-Anon, head to: al-anon.org.au/meetings/?search=QLD

Celebrating excellence: Pride of Work Awards

by Joanne Kane, President Elect, Rotary Club of Burleigh Heads



Pictured: Winners from the Rotary Club's Pride of Work Awards night. Image supplied.

The Rotary Club of Burleigh Heads proudly hosted the inaugural Pride of Work Awards, a night that truly celebrated the remarkable contributions of dedicated individuals from our local business community. The atmosphere was electric, filled with pride and emotion, as attendees came together to recognise the incredible talent and commitment of our award recipients. Not a dry eye could be found in the room as each nominee's unwavering dedication was highlighted.

A heartfelt thank you goes out to our major sponsor, National Workwear, for their invaluable support in making this event a resounding success. Their commitment to promoting excellence and community spirit underscores the essence of what the Pride of Work Awards represent.

This year's recipients truly embody the spirit of hard work and dedication.

Nicole Ainger from Ingwerson and Lansdown Solicitors was recognised for consistently going above and beyond, delivering high-quality work while earning great respect among her peers.

Mariana Irimin from A Curtains and Blinds was celebrated for her extraordinary dedication and commitment to customer service, which has made a lasting impression on all who interact with her.

Jessica Nascimento from Spec Bar and Tapas demonstrated exceptional leadership and engagement with customers, making her a standout in her field.

Liz Mahon from Miami High School was honoured for her unwavering commitment to excellence in education and her inspiring leadership in shaping young minds.

Cat Seselja from Stocklands Burleigh Heads earned recognition for her meticulous attention to detail and her positive attitude that has a far-reaching impact on her team.

Elle Rogers from Classic Way Family Practice was acknowledged for her professionalism and dedication,

inspiring those around her and raising the standards of patient care.

Will Wells from OzHarvest was celebrated for his exceptional service, and passion for giving back to the community, making a meaningful difference in the lives of many.

Bella Warren from The Surf Club Burleigh Heads was praised for her outstanding customer service engagement, showcasing a commitment to excellence that is admirable.

Liz Tarazona from National Workwear was recognised for her excellent leadership and attention to detail, qualities that elevate her work and set a benchmark for others.

To all the recipients, your hard work and commitment does not go unnoticed. Each of you have set a remarkable standard for professionalism and dedication in our community. Congratulations on this well-deserved recognition.

The night was not just a celebration of achievements but also a re-affirmation of the strong community spirit that binds us all. Here's to many more nights of recognition and celebration of excellence in our local businesses.



What's on at the library

Local libraries harbour a wealth of knowledge and resources readily available for the community. More than a place to borrow books, each month they offer a wide variety of events and activities for all ages. Here's our top picks for the month ahead. Each event listed is free but may require you to register online to guarantee your attendance. Learn more at: goldcoast.qld.gov.au/libraries/home



Author Series:
John Safran - Squat

Where: Robina Library
When: Wednesday, 6 November, 6.30pm

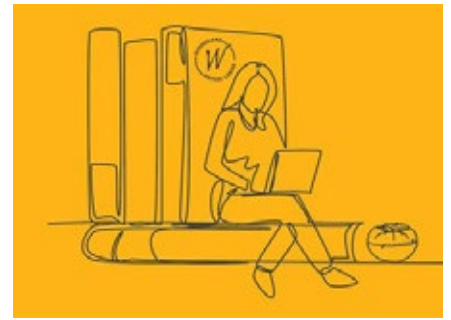
Australian writer and filmmaker, John Safran, is set to tell Robina about his new book, *Squat*, which recounts his experience travelling to Los Angeles and squatting at a well-known celebrity's manion. Hosted by journalist, Mahmood Fazal, strap in for a whirlwind story.



Late Thursdays: Literary Trivia Night

Where: Robina Library
When: Thursday, 7 November, 5.30pm

On the first Thursday of the month, Robina Library host a free trivia night for locals. This Thursday is a special treat for book lovers and trivia enthusiasts combined. Compete in teams and show off your knowledge.



Writing Friday

Where: Elanora Library
When: Every Friday – 10am-4pm

Elanora Library offers local writers a free volunteer-led program to cultivate their habit of writing and the opportunity to connect with other writers in the community. The event follows the popular Pomodoro time management method which trains the mind into working effectively to reach smaller targets.



Author Series: Benjamin Stevenson – Everyone This Christmas Has a Secret

Where: Broadbeach Library
When: Tuesday, 19 November, 6.30pm

Benjamin Stevenson's latest novel, *Everyone This Christmas Has a Secret*, is a festive thriller that unravels the mystery behind the death of a murdered world-famous musician. Take yourself to Broadbeach to hear how this twisty mystery plays out.



Author Series: Jacqueline Bublitz – Leave the Girls Behind

Where: Elanora Library
When: Thursday, 21 November, 6pm

Head to Elanora later this month to hear Jacqueline Bublitz discuss her new novel, *Leave the Girls Behind*. The acclaimed author returns with another taut suspense thriller following her previous novel, *Before You Knew My Name*. *Leave the Girls Behind* explores how crime ricochets through the lives of those left behind.



Live at the Library: Alisha Todd

Where: Broadbeach Library
When: Thursday, 28 November, 6pm

Local multi-instrumentalist and songwriter, Alisha Todd, is set to perform an indie folk blend of 90s pop music at Broadbeach Library. Come along for the late Thursday session and enjoy her live performance while you browse and borrow the latest and greatest novels Broadbeach has on offer.



Community in brief



Pictured: Probus Club of Burleigh Waters at Fort Lytton. Images supplied.

Probus Club of Burleigh Waters by Brian Hallam

Our walking group travelled further north to The Spit and walked out on the groin by the Seaway. After seeing a large pod of dolphins, they enjoyed coffee at the Seaway Kiosk.

Our monthly outing was a bus trip to Fort Lytton, which is an important historic site built in 1881 and used for the defence of Brisbane until the end of WWII. It was also the site of the former Quarantine Station. We had a very interesting tour of the pentagonal fortress concealed behind grassy embankments, from where guns faced out over the Brisbane River, and the Museum had plenty of historical information and exhibits. We had lunch at Wynnum RSL and called into Yatala Pies on the way back to the Gold Coast.

At our recent meeting, a member gave his profile and guest speaker, Sharyn Duffy from Animal Welfare League Queensland, talked about how they care, foster, and rehome animals.

As usual we finished off the month with lunch at Robina Pavilion.



Pictured: Merv Ferguson. Image supplied.

Burleigh Heads Lions Club by Ruth Porter

Burleigh Heads Lions Club would like to recognise Lion Merv Ferguson's outstanding accomplishments. He has continued to be active in the community for 60 years assisting with projects, welfare needs and support for many community organisations. Merv's ingenuity and resourcefulness have made a difference.

Our team at the Lions regularly participates in fundraising endeavours, especially Bunnings Barbecues, and recently offered incredible support and participation where needed at 4CRB Radio Station's 40th Birthday Open Day Event. What a memorable celebration, making the day a tremendous success.

Thinking of joining? As a Lion, you can help others, meet new people and use your talents to make a real impact. You will acquire new skills, take challenges head-on, cultivate lasting friendships, grow personally and have fun at the same time. You'll be joining a group of service-minded men and women who are passionate about volunteering and making a difference in the community.



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Rotary Club of Burleigh Heads

When: 6.45am, every Thursday
Where: The Surf Club, Burleigh Heads
Contact: burleighheadsrotary@gmail.com

Gold Coast Tweed Bonsai Club

When: 10am-4pm, 2nd Saturday of the month
Where: Carrara Community Centre
Contact: goldcoastbonsaiclub@gmail.com

Dragons Abreast Gold Coast Paddling

When: 8am-9.30am, every Tuesday and Sunday
Where: Durigan Street, Currumbin
Contact: webdagc@gmail.com

The Lions Club of Burleigh Heads

When: 7pm, 1st and 3rd Tuesday of the month
Where: Burleigh Heads Surf Club
Contact: Kyron Halleday ph: 0411 143 163

Probus Club of Burleigh Waters

When: 10am, 3rd Monday of the month
Where: Burleigh Sports Club, 111 Christine Ave
Contact: Trevor ph: 0408 660 752

Retired OnLine Inc (Computer club)

When: 10am, 1st and 3rd Monday of the month
Where: Palm Beach Share and Care
Contact: Lynette ph: 0481 318 688

Gold Coast Toastmasters

When: 6.30pm, 2nd and 4th Tuesday of the month
Where: 20 Mattocks Rd, Varsity Lakes
Contact: ollga.safronova.au@gmail.com

Community LearnScape Garden Club

When: 10am-12pm, every Wednesday
Where: 139 Durrigan Street, Currumbin
Contact: 5534 1412

Beached @ Burleigh, Food Help

When: 8.30am-10.30am, every Friday
Where: Burleigh Heads Church of Christ
Contact: Ann: admin@bcc.org.au

Weekly Mens Group

When: 6.45pm, every Wednesday
Where: Robina
Contact: 0422 508 533

Palm Beach Neighbourhood Centre - Men's BBQ

When: 5pm, every Thursday
Where: 16 Third Avenue, Palm Beach
Contact: info@palmbeachnc.org.au

Burleigh Heads Support Group

When: 6.30-8.30pm, 2nd Friday of the month
Where: Mary Mother of Mercy Catholic Church
Contact: 1800 558 268

Palm Beach Neighbourhood Centre - Wellbeing Wednesday

When: 10am-11.45am, every Wednesday
Where: 16 Third Avenue, Palm Beach
Contact: info@palmbeachnc.org.au

Palm Beach Neighbourhood Centre - Art & Craft

When: 10am-12pm, every Tuesday
Where: 16 Third Avenue, Palm Beach
Contact: info@palmbeachnc.org.au

Palm Beach Neighbourhood Centre - Community Garden

When: 9.30am-11am, every Tuesday
Where: 16 Third Avenue, Palm Beach
Contact: info@palmbeachnc.org.au

Palm Beach Neighbourhood Centre - Sewing for a cause

When: 10am-12pm, every Thursday
Where: 16 Third Avenue, Palm Beach
Contact: info@palmbeachnc.org.au

Writing Friday

When: 10am-4pm, every Friday
Where: Elanora Library
Contact: 5667 5940

Coffee & Connect - Unisex

When: 6.30-8.30am, last Friday of the month
Where: Burleigh Hill
Contact: thesisterhoodgc@gmail.com

Coffee & Connect - Women

When: 6.30-8.30am, every Friday
Where: Social Brew, Burleigh Heads
Contact: thesisterhoodgc@gmail.com

Late Thursdays: Trivia Night

When: 5.30pm-6.30pm, 1st Thursday of the month
Where: Robina Library
Contact: 5667 5940

Social Chess - ChessNuts

When: 9am-2pm, every Monday and Friday
Where: Lynne Richardson Community Centre
Contact: Ray ph: 0411 520 833

Burleigh Waters Library Book Club

When: 10.30am-11.30am, 2nd Tuesday of the month
Where: Burleigh Waters Library
Contact: 5667 5940

AI-Anon Family Group Meetings

When: 10am, every Tuesday
Where: St John's Anglican Church, Burleigh Heads
Contact: al-anon.org.au

*To have your community meeting listed, email the details to:
editor@theburleighwave.com.au*



University and TAFE scholarship program open by Community Bank Tugun, part of Bendigo Bank



Our 2025 Community Bank Tugun Scholarship program is now accepting applications.

We invite all Yr12 students undertaking further study at university or TAFE in 2025 to submit an application before 31 January 2025.

For more information on how to apply and criteria, please head to: communitybanktugun.smartygrants.com.au

Image source: Pexels.

All about grant writing

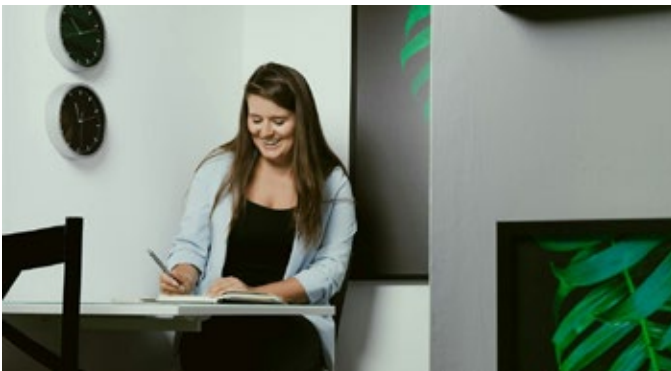


Image source: City of Gold Coast.

Later this month, the City of Gold Coast is hosting a free workshop all about grant writing. *Grants 101: Grant Writing Made Simple* will cover various topics, including:

Finding grants

Explore various grant sources and learn how to identify opportunities.

Mapping out your community group

Discover the importance of knowing your group's key information and demographics, and how to use this information in grant applications.

Project planning

Learn its role in strengthening your grant application.

Grant writing essentials

Gain tips and tools to enhance your application.

When: 10am-12pm - Thursday, 21 November

Where: Mudgeeraba Community Centre

Register at: whatsongoldcoast.au

Networking in the garden



Image source: Community Bank Tugun.

The final GC South Business Network event for the year occurs later this month, and to go out with a bang, will be hosted under the stars at the Southern Beaches Community Garden in Tugun.

Enjoy old-fashioned hospitality while you meet and mingle with other local business and community representatives. Relax in nature, learn about bush tucker, and win some prizes.

Tickets include finger food and a drink upon arrival. The hosts, Community Bank Tugun, also invite attendees to bring along a donation of a non-perishable Christmas food item for their Collection Drive.

When: 6.30pm - Wednesday, 13 November

Where: Southern Beaches Community Garden, Tugun

Secure tickets here: trybooking.com/CVZFW



Ramada Hotel and Suites Ballina

reviewed by Milt Barlow

If you're searching for a fabulous destination to enjoy a mini getaway, a trip over the border to the Northern Rivers is a great option. Situated just an hour from Burleigh, Ballina has a lovely laidback nostalgic feel whilst boasting some fabulous eateries and accommodation. It was a delight to recently discover the joys of a staycation at the Ramada Ballina.

With the main draw card being its location right on the beautiful Richmond River, over the years the hotel has constantly maintained its quality and value for money.

During our stay, we were accommodated in a one-bedroom apartment that overlooked the river, off a huge balcony. Cosy, clean and comfortable, the apartment featured a lounge area with Chromecast TV, an uber comfortable bed in a spacious bedroom, a lovely bathroom with full amenities and a small, but functional, kitchen.

If you need to work-out there is the well equipped Riverview Gym, and we were fortunate to be staying on the same level as the delightful full-size heated pool - what more could you want?

Across the hotel, accommodation options range from one-bedroom family suites to spa rooms, and one- or two-bedroom suites plus a penthouse apartment. In all, there are over 100 options to choose from.

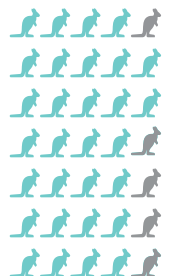
When it comes to dining, check out the new Saltbush Restaurant, located on the ground level, for breakfast, lunch and dinner. We enjoyed the Saltbush and Mountain Calamari which was incredibly tender and delicious, followed by the Kingaroy Pork Belly and the Grilled Ballina King Prawns - delicious.

Adjacent to the hotel is The Blow Bar offering beauty and styling services and the fabulous Isola Wine Shop and Tasting Room.

So whether it be a short staycation, or if you have guests and family coming to town, it's hard to go past this location. Rooms start at \$270 a night but vary on days and seasons.

For more information visit: ramadaballina.com.au

- ACCOMMODATION
- LOCATION
- STAFF
- FOOD
- VALUE FOR \$
- WOULD I RETURN
- OVERALL



Author was a guest of Ramada Ballina.



Everyone deserves to go to the beach

by Emma Marie Watson



Pictured: Making Tallebudgera more accessible with special equipment tailored for people with disability. Images supplied.

It's a rite of passage as a Gold Coaster to spend much of the summer on the beach. But unfortunately, a lot of the beaches nearby and across the nation inhibit individuals from accessing the sand with mobility devices.

Accessible Beaches is a not-for-profit organisation and charity founded in 2016 by beach-lover, Shane Hryhorec. Shane has been using a wheelchair since 2007, after an accident where he suffered serious injury to his spinal cord and brain at 21 years old. Taking to the beach with a wheelchair became a painstaking affair for Shane, quickly discovering that the thin wheels on his chair were too easily bogged down in the sand, prompting him to find a solution that would once again allow him to go to a place he loved so much – the beach.

Right now, you can check out a comprehensive list of Australian beaches on Accessible Beaches 'Beach Directory' page. This list continues to be updated as information is received and collected by the organisation. The process is usually very community-involved – members of the public can 'add a beach' to the directory via forms on Accessible Beaches website and then the group will reach out to the relevant council to alert them to the inaccessibility of the local beach. The beaches are then ranked from 1 to 5 stars dependent on how accessible they are – with 5 being the ideal number.

The key features of a five star beach are:

- well located accessible parking with more than one spot
- clear, seamless transitions between car park, pathways and to the sand

- excellent amenities including accessible and an accessible changing room
- wide clear pathways, free of undulations and obstructions
- DDA compliant ramps (where needed) and handrails
- access across the sand to the water or the hard sand, usually via matting
- accessible equipment such as beach wheelchairs, floating beach wheelchairs, and walkers available at all times
- access to shade and fresh water.

The organisation's ultimate goal is for beach access equipment to be available for booking and use at any time, Bern Walker, Beach Access Project Officer, says that, 'Many of the beaches restrict access to short windows a couple of time a week or only on weekends. We believe that people with disabilities should be able to go to the beach at a time of their choosing.'



Pictured: Tallebudgera Creek - the only beach on the Southern Gold Coast that is rated five out of five for accessibility. Image source: SLSA Beachsafe.



Accessible Beaches work very closely with councils, surf lifesaving clubs and members of the community to make local beaches accessible. Often, it starts out with advocacy then develops into a collaborative approach to achieve the desired outcome of accessibility. 'Sometimes the council employ us to undertake beach access audits to assess the accessibility of a location, identify gaps and make recommendations. We then work with them [council] on that journey in conjunction with members of the community and the relevant lifesaving club, if it is a patrolled beach,' Bern continues.

Currently, there are three Southern Gold Coast beaches listed on their directory: Tallebudgera Creek (five stars), North Burleigh Heads Beach (one star) and Burleigh Heads Beach (one star). Bern says that Accessible Beaches is 'aware that there are more accessible beaches on the Gold Coast, however we have been unable to obtain the information and photos required to list them.' The City of Gold Coast website does not contain enough information for the organisation to determine whether or not the beach is accessible, and instead relies on lifesaving clubs or volunteers to provide them with the required information, which could take time.

Community involvement is key in making our beaches more accessible, and if you're keen to make a difference, you can get involved by:

- assisting Accessible Beaches in gathering information and photos they need to list the remaining Gold Coast beaches, as well as providing photos for Burleigh Heads and North Burleigh Heads beaches
- advocating to council to make the equipment available seven days a week, rather than relying on Volunteering Gold Coast to run most of the programs
- volunteering with Volunteering Gold Coast to help run the program
- contact your local surf lifesaving club to see if they can volunteer to make the equipment available more often in locations not managed by Volunteering Gold Coast
- volunteer with Accessible Beaches.

Everyone deserves the opportunity to go to the beach when they want, so let's make it happen.

Learn more at: accessiblebeaches.com

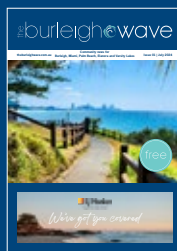


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If you are interested drop us an email milt@northernriversmedia.com.au or call 0412 461 559



Meet the baristas making Burleigh's cheapest coffee

by Burleigh Church of Christ



Pictured (L to R): Michelle, Renee and her support worker, Ash.



Pictured (L to R): Rhi, Tarsha's support worker, and Tarsha. Images supplied.

Burleigh Church of Christ (BCC) has a big team of volunteers and employees who make its daily operations possible. As well as being a church, BCC is a renowned place of solace and care for the Burleigh Heads community facing financial hardship; offering services such as free groceries, free laundry, free showers, low-priced op shop, and much more. Meet some of the members who are making the Southern Gold Coast a better place. Visit: bcc.org.au to learn more.

Michelle

What's your role and how long have you been volunteering?

I have been volunteering for 2½ years at the Church. My role is day-to-day operations, customer service, till operations, sorting of donations, and I'm a barista on a Friday.

How did you get started?

I started a few years ago when I needed to meet requirements. At the time, finding work was a bit tough, so I opted to volunteer instead. I wasn't sure what to expect but it has turned out to be a positive experience.

What's your favourite part about volunteering and why is it important to you?

My favourite part of volunteering at the Church is that it has given me a sense of community and connecting with staff members as well as customers – I've met some wonderful people. It makes me feel good to know I am contributing in a meaningful way. I find that very important.

Tarsha

What's your role and how long have you been working for the Church?

I make amazing coffee and talk with customers. I have worked as a barista at the Burleigh Church of Christ coming up to two years.

How did you get started?

I really wanted to work after I finished high school. I really wanted a good routine in my week. I started volunteering at the Church and an amazing opportunity came up to work as a barista.

What's your favourite part about your role and why is it important to you?

All of the people I meet, the people I work with, and of course, making coffee. I get to be part of a community of people who really care about each other and appreciate helping other people in the community.

Renee

What's your role and how long have you been working for the Church?

I am one of the baristas at the op shop and have been doing it for two years. I also help the ladies, Jess and Korelle, do the Movers and Shakers kids program on Mondays.

How did you get started?

I asked Pastor Steve if I could get involved and he offered me a job.

What's your favourite part about your role and why is it important to you?

I love greeting new people because they are special and kind. I love making coffees because it's a challenge at times, but I feel I'm getting better. I'm really happy to be here.



Cricket is for girls

by Emma Marie Watson



Pictured: The Burleigh Cricket Club 2024 girls program. Image supplied.

Burleigh Cricket Club is paving the way locally for girls in cricket. This year marks the launch of their girls cricket program, coached by former Junior Burleigh Bullshark, Emma Taylor, who has been playing cricket for eight years, beginning at just 10 years old. 'I actually began playing for Burleigh in an under 10s boys competition, so to be the Head Coach of a program catering to girls around the same age group, is pretty special to reflect on and see how much women's cricket has grown in the time I have been playing,' Emma shares.

In recent years, women have been gaining prominence in previously male dominated sports such as soccer, rugby league, and basketball, and it seems that cricket is in-line to be the next 'girls' sport. 'Cricket is certainly a different sport compared to soccer and rugby for many reasons, not just the physical,' says Emma. 'Traditionally, the sport has always been considered a "boys sport" and, for a significant period it was treated as such. But within the last few years, the number of opportunities presented for girls to play cricket, not just at a grassroots level, but as a professional career, has grown astronomically. This program is a true reflection of that.'

The Bullsharks have had an incredibly successful junior boys' and men's program for a number of years, prompting the Club to jump on the opportunity to create a program tailored for girls. Emma says that she thinks the motivation for the program was to, 'Give girls in the area the opportunity to play the game with other girls. We've had girls in the past come and play in a junior boys team against boys, so the Club realised that it was clear the next step was to have a dedicated girls' program to foster inclusivity and growth for local young women.'

Cricket has inevitably changed Emma's life for the better, and she wants other girls to experience what she has. 'I have met some of my best friends playing this game, and I still continue to play with and against girls I first met when I was 10. I have



been fortunate enough to play a lot of cricket, but I have also been given the chance to play with and against some of the women I grew up idolising. Cricket has taught me the power of patience, determination, and mental toughness. I want to be able to pass on these lessons to young girls and I hope that cricket can be as transformative for them as it has been for me.'

The turn-out for the girls program this cricket season thus far has been greater than anything Emma could have imagined. 'From hoping that I would get maybe five girls turn up, to now having at least 16 girls consistently show up from the very first session, the results speak volumes about the need for a program like this in Burleigh. The program we have created is the perfect starting point for any girl who wants to give cricket a try, learn new skills, and join an inclusive community.'

Emma and the Bullsharks have big dreams for girls' cricket, and the best way we can help them achieve this is by getting the word out about the program. Fostering a space for gender inclusivity will help show younger women that girls truly can do anything, and that cricket *is* for girls.

To learn more about the program, email: girls@burleighcricket.com.au

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Elevating catering with fine foods and sustainability

by Sumptuous Fine Food



Pictured: Leesa Trigger. Image supplied.

Leesa Trigger, the culinary mastermind behind Sumptuous Fine Food in Currumbin, has redefined the local catering and dining scene with her creative approach for fine cuisine. As founder and head chef, Leesa's passion for food began at a young age and evolved into a flourishing career that has made her a celebrated figure in the community's food scene.

Born and raised in Currumbin, Leesa's love for cooking started in her family's kitchen, where she learned the basics of flavour and technique from her mother, Isabelle. Her natural talent and curiosity led her to pursue formal training in Japanese cooking, both in Australia and Japan. After honing her skills in some well-known local outlets, she expanded her knowledge of sustainable farming as a co-owner of an organic farm in New South Wales. With a passion for fresh and ethically harvested produce combined with a creative culinary flair, Leesa opened the doors of Sumptuous Fine Food in Currumbin in 2013.

Sumptuous Fine Food embodies Leesa's belief that food should be both a pleasurable and nourishing experience. Her menus are

meticulously crafted to balance tastes, textures, and presentation, making each dish a work of art. Through her commitment for locally sourced ingredients, she ensures that every meal prepared celebrates the wholesome goodness of ethically grown foods. Her dishes reflect her ability to fuse Japanese techniques with modern Australian and Greek influences, creating unforgettable dining experiences and earning her a loyal client following.

Her bespoke catering services have become a hallmark of Sumptuous Fine Food, offering exceptional hospitality service and high-end dining experiences for clients. From intimate dinners to grand events, Leesa works closely with people to create custom menus that reflect their preferences. Her attention to detail and ability to craft unique culinary experiences have made her a sought-after caterer for private clients and prominent local events like Swell Fringe Festivals, the Masquerade Ball at Ground Currumbin, and Mick Fanning Charity Golf Day events.

In addition to catering, Leesa expanded Sumptuous Fine Food to

include a café and store, which has quickly become a local favourite. The shop features a curated selection of rare grocery products, including artisan sauces and condiments, specialty teas, and unique items from Japan. The café offers a rotating menu inspired by these ingredients, providing customers with a distinctive eat-in and shopping experience.

Leesa's journey with Sumptuous Fine Food reflects her passion, talent, and dedication to food and community. She regularly participates in local food festivals, charity events, and cooking workshops, sharing her culinary expertise while inspiring people to make healthier food choices. Her innovative approach to cuisine, paired with a strong commitment to sustainability and community engagement, has firmly established her as one of Currumbin's most influential chefs.



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Palm Beach memories

by Gold Coast Historical Museum, Instagram / goldcoasthistory



Image 1: Henry Hill's kiosk, Tallebudgera, 1940s.

Image 2: Nancy at the Palm Beach holiday home, 1930s.

Image 3: Bathing beauties, Nancy on the left, Palm Beach, 1930s.

Images supplied.

Nancy Hayward was born in Brisbane in 1916. Her enterprising father, Henry, purchased a large block of land at Palm Beach for £10 around 1927, where a family holiday home was built. This was made possible by the construction of two bridges over the Tallebudgera and Currumbin Creeks in 1926. The Palm Beach Hotel, erected in the same year, was a convenient stopping place for passing motor traffic.

The land Henry purchased ran from the beach to the 'main road', which was a dirt and sandy track that is now part of the Gold Coast Highway. Their holiday home was built at 23rd Avenue, Palm Beach and at the time there were very few houses scattered in the area.

The road from Brisbane to the Gold Coast was a direct road and you needed to hop on two ferries during the journey to carry you across the river at Logan and Coomera. With the two ferry crossings and a dirt road, it took nearly all day to reach their destination. Wheel chains were carried to be used when the road was wet and boggy and of course, in wet weather, they had trouble getting through at all. There were very few cars on the road.

Nancy recalled the first thing that her mother would do when they arrived was unpack the car and then head down to Currumbin Creek, near where Currumbin State School now is, and pick boronias and Christmas bells to decorate the house to make it feel more like home.

Most school holidays were enjoyed at their coastal home. There were huge sand dunes in front of the house and the children would slide down them on old ironing boards. They had a big glass window where the family would watch countless whales go by.

An Aboriginal family lived near where the Pirate Park now is and Nancy's Mother would pack the children's lunches and the trio, Nancy and her two brothers, would head to the lagoon to play with them. Back then, Aboriginal people occupied just about all of the land along both sides of Currumbin Creek.

There was no electricity or running water and Nancy

remembers her father putting up a 'gloria light' (today's version of a gas camping light). They got beautiful clear fresh drinking water from a bore in the yard and this was also where they would shower.

Nancy's father, Henry, sold the holiday home about 1934 for £400. Around this time, Nancy's parents secured a lease from the government for a large parcel of land to the southeast and southwest of Tallebudgera Creek bridge.

A kiosk was built at Tallebudgera and her father's brother managed it and lived there (it was a house with a shopfront which was the kiosk). The kiosk eventually made way for the iconic music venue, the Playroom, and is now part of a carpark and Tallebudgera Recreation Centre. Nancy and her family would come down on weekends and holidays and stay there, much the same as with their previous holiday home. When his brother stopped managing it, Nancy's father again took over. When they came to stay, Nancy's enterprising mother would employ the cook from The Southport School (TSS) to provide them with meals.

Nancy remembers getting a cut lunch and going up to Tallebudgera for the day. They would put bread in a bottle and catch fish then they'd take all the fish home to Nancy's mother who would put them through the mincer and make fish cakes. They would spend the whole day up there and sit under the bridge to get some shade. The creek wasn't as wide as it is now, and Nancy doesn't ever recall thinking about or worrying about sharks. Back then, there was only a tiny track through the Burleigh Headland.

Her father built huts on the beach to hire out to holiday makers, and they were later used as an R&R (convalescent place) for American soldiers during WW2.

Nancy and her husband, Ronald, continued in the tradition of her parents and in 1954 they bought a block of land along the Gold Coast Highway at Palm Beach for £500. They had to think twice before they bought it - it was still a lot of money in their day. Each weekend, her husband would come down and work on building their holiday home. It took four years and subsequently, Nancy's two children, Barry and Janice, got to enjoy the same sort of childhood as their mother had, spending many weekends and holidays at the beach.





Master shaper and surfboard design pioneer

by Peter Harris, SurfWorld Gold Coast



Pictured: Rick Neilsen and Lawrie Hohensee, Miami, 1970. Images supplied.

Master shaper, Lawrie Hohensee, stands as a true pioneer in Gold Coast surfing history. His journey began as a boat builder at Evans Deacon in Brisbane where he mastered the art of working with wood and fiberglass. This expertise paved the way for his venture into surfboard shaping, when in 1954, Lawrie crafted his first board—a 10-foot Okanui—following a plan from a popular science magazine. The board rode well, and from that moment, Lawrie was hooked.

By 1963, Lawrie took a bold leap when opening the very first retail surfboard shop on the Gold Coast located at Mermaid Beach. The shop became a game-changer, offering surfers a dedicated space to buy custom boards and connect over their shared passion for riding waves and surfboard shaping. By the mid-1960s, Lawrie, along with Peter Drouyn, were experimenting with surfboard design, pushing the boundaries by creating shorter, lighter boards, measuring around 8 to 8.6 feet. These boards, designed for the fast, powerful waves at Burleigh Heads, were crafted six to twelve months before the documented Shortboard Revolution. Lawrie's work

placed him at the cutting edge of surfboard design, revolutionising how boards were shaped and surfed.

By 1967, local surfing talent, Rick Neilsen, left his bricklaying career to apprentice under Lawrie at his new Miami surf shop. Rick not only learned the craft of shaping, but also used his bricklaying skills to help build the shop's new location on the corner of Pacific Avenue and the Gold Coast Highway. The shop quickly became a hotspot, particularly for Miami High students who would drop by during lunch or after school, as it was just across the road.



Pictured L to R: Bob Jones, Jeff Watt, Ray McBride, Roger Firehock, Lawrie Hohensee, John Hohensee, Joe Peterson, and Peter Sowden outside the surf shop in the 70s.

Today, Lawrie continues shaping boards and passing on his knowledge to aspiring students in Emu Park, near Yeppoon, where he now resides.

All who have learnt their trade through 'Hono' describe Lawrie not only as a highly skilled craftsman, but also as a generous mentor who is committed to helping others achieve their career goals.

The roster of shapers who learned under his guidance, industry figures who worked with him in business, and sponsored surfers who rode his board in competition, reads like a who's who of Queensland surfing: Peter Drouyn, Bob McTavish, Paul Hallas, Rick and Paul Neilsen, Geoff Darby, Michael Peterson, Bill York, Keith Paul, Ron Woodward, Terry Dempsey, Roger Firehock, Terry Vosper, and Billy Grant just to name just a few.

Lawrie Hohensee's influence on the Australian as well as the Gold Coast surf scene including the evolution of surfboard design is immeasurable.



Fishing for Gold (Coast)

by Mark Spencer, True Blue Fishing Charters



Image supplied.

An Australian fan favourite, prawns, are found teeming in the waters of the Gold Coast. Several species are found through the region, such as:

Banana prawns (*Penaeus merguensis*, *Penaeus indicus*)

These prawns are prevalent from Shark Bay in Western Australia all the way over to Northern New South Wales. Banana prawns can grow up to 34cm long and their prime season runs from November to May.

School prawns (*Metapehæus macleaya*)

Located from mid Queensland to south-east of the Victorian border, school prawns can reach sizes of up to 25cm and share a season similar to banana prawns, from November to May.

Tiger prawns (*Penaeus monodon*)

Tiger prawns come in three subgroups – black, brown, and grooved. They are found from mid-coast New South Wales to Shark Bay in Western Australia, growing up to 33cm. Each subgroup has its peak season, but they're generally caught year-round.

Eastern king prawn (*Penaeus plebejus*)

These prawns are found all along the east coast, from Tasmania to the Gulf. Mainly caught by offshores trawlers, they can reach sizes of up to 30cm.

Coral prawns

Various genera of coral prawns inhabit coastal reefs along the east coast with trawlers primarily catching them around reefs and gritty bottoms.

Mantis shrimp

With over 125 different species in Australian waters, mantis shrimp can be found around Australia, from estuaries to coastal flats and out to the shelf in 1,500m. They are mainly caught by hand or as by-catch from trawlers or line fishermen. Moreton Bay and inshore reefs are great places to find them by hand.

Bag limits, handling and conservation

When prawning on the Gold Coast, it's crucial to adhere to bag limits, which are 10 litres per person with a boat limit of 20 litres for two or more people. Remember that bag limits apply not just during your trip, but also to your entire catch, including what you have in your fridge, freezer or bait.

Handling prawns requires caution as they possess two sharp spikes used as defence mechanisms, one on their head and one on their tail. Prawns molt their shells regularly, undergoing pre-moulting and post-moulting stages, which last from 10 to 12 days and two to six days respectively.

Get ready to cut some serious shapes in Burleigh



Pictured: DJ, Mha Iri. Image supplied.

Burleigh's finest music venue, Mo's Desert Clubhouse always has a ton of exciting events on, and this month is no exception with Scottish techno DJ, Mha Iri, heading over for a two-hour warehouse rave. Mha Iri started her DJ career in Melbourne and became one of the most sought after DJs in the city before moving back to Edinburgh and taking over the European club scene. She recently played at Awakenings in The Netherlands – the largest outdoor techno festival in the world – as well as Tomorrowland in Belgium.

Supporting Mha Iri is Aria, a well-known name in the Melbourne club scene, and Corey Dobson, another Melbournian who's made his mark in techno. Some of the Gold Coast local talent are set to play as well, Talby and C-Lo have been playing numerous clubs around the area for some time now.

When: 6pm - late, Saturday, 23 November

Where: Mo's Desert Clubhouse, Burleigh Heads

Secure tickets at: mosdesertclubhouse.com



Cook with QCWA: Carrot and sweet potato triangles

Recipe courtesy of the QCWA Country Kitchens team.

This recipe is part of QCWA's Christmas Recipe collection which focuses on healthy, easy-to-make, home-cooked food.

Find out more here: qcwacountrykitchens.com.au

Serves: 8

Prep time: 15 minutes

Cook time: 25 minutes

 ½ serve per portion

Ingredients

- 1 tablespoon olive oil
- 1 small red onion, finely diced
- 2 teaspoons fresh ginger, grated
- 2 teaspoons cumin
- 1 teaspoon cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon garlic powder
- 2 carrots, grated
- 1 medium sweet potato, peeled, grated
- 1/3 cup currants
- 2 cups cooked brown rice
- 2 tablespoons almonds, roughly chopped
- ½ cup parsley, finely chopped
- 100g reduced fat fetta cheese, crumbled
- 8 sheets filo pastry
- milk, to brush
- 1 tablespoon sesame seeds



Method

1. PREHEAT oven to 180°C. Line tray with baking paper.
2. HEAT olive oil in fry pan.
3. ADD onion, ginger and spices. Cook for 2-3 minutes.
4. ADD carrot, sweet potato and currants. Cook for a further 5 mins until carrot and sweet potato have softened. Stir in rice and almonds.
5. TRANSFER rice mixture to a bowl. Cool for 5 mins.
6. ADD parsley and fetta to rice mixture.
7. LAY filo pastry on work surface. Cover with a clean damp tea towel.
8. FOLD 1 sheet of filo pastry in half horizontally.
9. PLACE ½ cup of rice mixture in one corner of the filo pastry. Fold diagonally to form triangle shape.
10. BRUSH with milk and sprinkle with sesame seeds.
11. BAKE for 15 minutes or until golden brown and crisp.

Car of the month



Images supplied.

Owner: Tony Scibberas

Make: Customised 1939 Lincoln Zephyr

Tony Scibberas is proud owner and builder of a cherry-red 1939 Lincoln Zephyr. With a fibreglass body, everything has been re-built by Tony himself, apart from the paint and upholstery. The build took Tony 18 months of daily work underneath a gazebo on the side of his house.

What Tony loves most about the car is its uniqueness – 'It attracts a lot of attention and isn't like your average Ford Falcon.'

Most recently, Tony attended All Ford Days car show with the Lincoln, and out of 1,300 cars, won best in show, which isn't a surprise as this car should have a trophy case of its own.

Want your car featured in an upcoming issue? Get in touch by calling Emma on ph: 0414 500 068 or emailing: editor@theburleighwave.com.au



Launch into lifesaving season



Pictured: Surf Life Saving Queensland's 'Raising of the Flags' ceremony. Image source: Surf Life Saving Queensland.

Surf Life Saving Queensland has launched the 2024/2025 patrol season with an historic raising of the flags ceremony to honour volunteer lifesavers and First Nations custodians.

Volunteers from North Barrier to the Gold Coast attended the ceremony which marked history with the inclusion of the Australian, Aboriginal and Torres Strait Islander flags. Surf

Life Saving Queensland has said that this, 'represents a symbolic gesture highlighting our commitment to First Nations acknowledgement, inclusion, and reconciliation. It also serves to recognise our shared histories and collective responsibility in caring for Queensland's beaches and all who visit them.'

North Burleigh and Coolangatta SLSC were among the South East

Queensland clubs in attendance at this historic ceremony.

Our local 2024/25 patrol season is on now until Monday, 5 May next year. To learn more about lifesaving and Surf Life Saving Queensland's commitment to diversity and equity, head to: lifesaving.com.au/diversity-equity-inclusion

On the cover

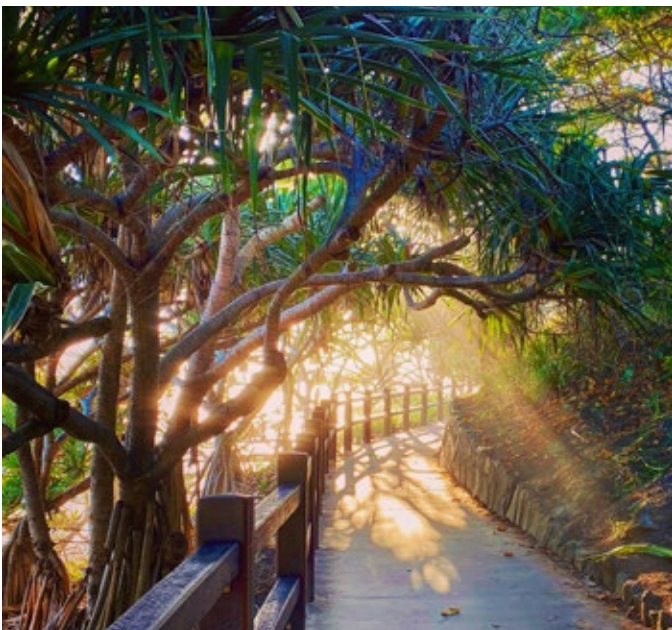


Image source: Instagram / captureswithgrace

Local photographer, Grace McLintock, recently captured the image of Burleigh Headland gracing our cover. Taken just after 6.30am on a spring morning, the boardwalk, arches of the trees and rays of light glowing in the centre of picture radiate the welcoming nature of Burleigh.

Grace has loved photography from an early age, and since moving to Burleigh 23 years ago, she has been capturing the suburb on her daily walks. 'I never go out with the intention of taking photos—I just simply stop and snap if something catches my eye and stroll on.'

What she loves most about the Burleigh Headland area are the 'contrasting environments from the coastal walk to the back track that cascades through the gorgeous shaded greenery. I walk through this park every day and love it regardless of the weather. Every day is unique and you never know what may await you.'

To see more of Grace's images from her daily walk, head to: [Instagram / captureswithgrace](https://www.instagram.com/captureswithgrace)

In-Conversation at HOTA



Pictured: Euan Macleod's painting, *Lone Surfer, Burleigh Heads*. 2011.
Image source: HOTA.

Australian-based New Zealand artist, Euan Macleod, is heading to HOTA this month to talk about his career and work with Susi Muddiman, Director of HOTA Gallery. Euan is best known for his dramatic landscapes which explore place, belonging and the human condition. Euan's painting, *Coastal Painter*, is included in HOTA's current exhibition, *Direction*, which explores art on the Gold Coast.

When: 1pm - Sunday, 24 November

Where: The Studio, HOTA, Surfers Paradise

Cost: \$15

HOTA's *Direction* exhibition is open now until 19 January 2025. Further information about the exhibition and conversation with Euan Macleod can be found at: hota.com.au

Life drawing in Burleigh



Image source: Mint Art House.

Local art studio, Mint Art House, hosts a Life Drawing session on the 3rd Wednesday of every month at their gallery in Burleigh. People of all art levels are welcome to join the studio for an evening of unguided drawing. This is a perfect way to practise drawing from a life model and really hone in on your creativity and skills

Bring your own materials and drinks, water will be provided, and settle in by 5.50pm for two hours of pure drawing bliss.

When: 6-8pm, Wednesday, 20 November

Where: Mint Art House, 5/87 West Burleigh Road, Burleigh Heads

Cost: \$25

Further information and tickets to secure your space at the event can be found here: mintartouse.com

Burleigh meets Broadway

Burleigh Heads choir, Coolamon Singers, is set to perform music from Mozart, Lloyd Weber, Bernstein and Richard Rogers in Burleigh on Sunday, 10 November. The choir has been at the heart of Burleigh for over 30 years and welcomes singers of all ages.

The group will be directed by award-winning conductor, Marco Bellasi, and accompanied by pianist, Ayesha Gough. The pair and choir promise to take you on a musical journey through the challenges of emerging love and idealism. Attendees will enjoy favourite songs from *Phantom of the Opera*, *West Side Story*, and *South Pacific* as well as Mozart's *Thamos, King of Egypt*.



When: 2.30pm – Sunday, 10 November

Where: Burleigh Village Uniting Church

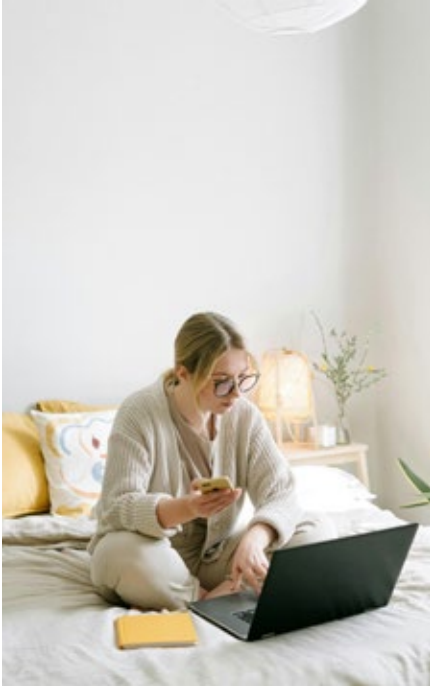
Cost: \$24 - \$28

Pictured: Marco Bellasi. Image source: City of Gold Coast.

Further information about the choir and their performances can be found at: coolamonsingers.org



Support for school leavers



Photographer: Ivan Samkov.
Image source: Pexels.

The end of the school year is fast approaching, and some students in Yr12 may be feeling overwhelmed as they're expected to delve into the real working world in a couple of months. Luckily, there are thousands of kids in the same boat and the Queensland Government has a range of free resources in their 2024 School Leaver's Guide available to help the stressed out teen.

The guide, created in October 2023, covers information about career and further study exploration; subsidised training and incentives; industry specific career exploration; preparing to be job ready; assistance with finding a job; support for young people: mental and disability support; support

for Yr13 Indigenous Youth; and, support for young people with cancer.

Discover different pathways, scholarships, what occupational skills Australia needs more of, and much more. Find out how to get into different industries, such as film, government jobs, sport, community services, and much more.

Its important to remind the Yr12 student in your life that its their future and their choice.

Find the full guide and further resources here: desbt.qld.gov.au

PJ Storytime at the library



Image source: City of Gold Coast Libraries.

Children aged three to five and their caregivers are invited to spend an afternoon in their pyjamas at Burleigh Waters Library on Thursday, 7 November.

Help your little one to discover the joy of bedtime stories and the special bond they create. Bring along a favourite teddy bear and blanket and settle in for some fun and imagination.

When: 5pm - Thursday, 7 November

Where: Burleigh Waters Library

Cost: Free

Find further information and register for the afternoon, here: goldcoast.qld.gov.au

LEGO Masters Workshop



Image source: HOTA.

As part of the *Here and Now* exhibition, HOTA are hosting a LEGO Children's Workshop with duo Clicking Bricks, Andrew and Damian from LEGO Masters. The local LEGO legends will help your little ones develop their brick-building skills and explore the Gold Coast in the form of tiny plastic bricks.

When: 10.30am and 12pm, Saturday, 9 November

Where: The Studio, HOTA, Surfers Paradise

Cost: \$20

Further information and tickets can be found here: hota.com.au



Are you low in iron?

by Assunta Hamilton, Qualified Naturopath, Flannerys Organic & Wholefood Market



Image supplied.

Iron is a valuable resource for our body to function at optimal levels. We need it to make haemoglobin, a protein in our red blood cells helping to carry oxygen through our blood vessels.

A lack of iron means your body's tissue and muscles don't receive enough oxygen to work effectively, leaving you feeling weak, tired, achy and unfocused.

Iron deficiency can happen at any stage of life. It can be caused by stress, hormonal changes (such as menopause and during pregnancy), nutritional deficiency, increased physical exercise as well as illness.

Signs and symptoms may include fatigue, lethargy, breathlessness, hair loss, cold hands and feet, and skin that is easy to bruise. Lack of energy and focus can be frustrating, but can be explained and helped with an extra boost of iron rich foods and supplements. Pale skin can also indicate lower iron levels, particularly on the inside of your lower eyelids. Frequent headaches may also be a sign your body is signalling for an iron boost

Wholefood sources are always the first choice recommended to treat an iron deficiency. Beef liver is a fantastic natural source of iron, as well as leafy greens and spinach. Where possible, source locally produced and organic foods to ensure maximum nutrition without the toxic chemicals that

can inhibit absorption. Organic red meat, legumes, nuts, seeds, quinoa and dark chocolate (above 70%) are also packed with iron.

Did you know there are certain foods that block the absorption of iron in your gut? So, limit caffeine (coffee and tea) as well as calcium foods when you are having your main meals.

Liquid iron supplements are a great addition if diet alone is not enough, and you need that extra boost – with kid friendly options for the fussiest of eaters. For extra support in your iron needs, we also recommend a quality protein powder, which contains a high dose of iron per serve. It is wonderful for athletes, those that have upped their cardio training, or simply to add to your morning smoothie whilst pregnant or going through hormonal changes.

Our top iron support products

- Wholefood sources such as beef liver, organic meats and leafy spinach. Ancestral Nutrition Beef Liver Capsules are a great option to take if you don't like the taste of liver or you're on the go.
- Prana On Protein powder is packed with fibre, protein and iron for busy lives. An easy option to add to your daily smoothie for an energy boost, it helps to keep you feeling full for longer.
- Liquid iron is readily absorbed by your gut straight into your blood, and we recommend looking for a good quality, wholefood-based brand.

Consuming high levels of iron can be detrimental, so it's important to speak with a qualified professional about the right dose for you and your family members. Please consult a healthcare professional before taking any supplements. Your healthcare professional will also be able to perform iron testing looking for other nutritional deficiencies that could be attributing to your daily iron intake. Be patient with yourself, as your iron needs will change throughout your life – we can offer support wherever you are at in your wellness journey.

For more information, visit: flannerys.com.au

Grow a mo this November

For over 20 years, moustaches have been emerging on the faces of Australian men each November. Starting as a desire to bring the moustache back into fashion and evolving into a fully-fledged men's health movement across the globe, the moustache has transformed into a symbol of brotherhood, mateship and wellbeing.

Movember is the leading charity changing the face of men's health. They strive to bring awareness to all conditions that affect men, with a strong focus on mental health and suicide prevention, prostate and testicular cancer. Since their beginning in 2003, Movember has funded more than 1,250 men's health projects worldwide.

Many men, particularly Australian men, are dying too young, largely from preventable causes due to an avoidance of help-seeking. Movember fosters support and lets the men around us know that we care.

You don't have to be able to grow a mo to take part in Movember, head to: au.movember.com to learn more and get involved.



Can eye rubbing make my vision worse?

by Rosine Ung, Burleigh Optometrists



Photographer: George Milton. Image source: Pexels.

The short answer is yes. Eye rubbing is a major contributor to the commencement and progression of an eye condition called keratoconus. Sunday, 10 November is World Keratoconus Day to raise awareness.

Keratoconus is an eye condition that causes the clear cornea at the front of the eye to gradually thin and the natural pressure in the eye causes the area of thinning to bulge out into a cone-like shape. The word keratoconus comes from the Greek words for cornea, *keras*, and cone, *konos*.

The cone-like bulge of the cornea causes distortion of the vision by redirecting the light entering the eye. Patients with keratoconus usually have reasonably high amounts of astigmatism. Astigmatism is a type of vision problem caused by abnormal eye curvature that is usually correctable with spectacles or contact lenses. If their keratoconus is progressing, the patient may have to update their prescription spectacles or contact lenses every six to twelve months to keep their vision clear as their astigmatism changes.

It is very important for a patient who has keratoconus to have corneal scans performed using a corneal topographer and/or a tomographer with an optometrist. If the keratoconus is progressing, they will be referred to an ophthalmologist for treatment such as corneal cross-linking to slow down, and in some cases, even stop progression of the condition.

Patients with moderate to severe keratoconus cannot have their vision corrected with spectacles or standard soft contact lenses. They will require special, custom-made rigid contact lenses specifically designed for their eye. These can only be fitted by optometrists who undergo additional training to fit and prescribe these lenses. Very severe cases of keratoconus may even have to undergo corneal transplant surgery.

Eye rubbing is strongly correlated with the keratoconus and it is believed that the vigorous rubbing causes permanent changes to structure of the cornea. Eye allergies are also correlated with keratoconus, likely related to the eye rubbing. Genetic factors are also involved, with family history and some eye and general health conditions increasing the likelihood of getting keratoconus.

So, remember, don't rub your eyes, see your optometrist to manage your eye allergies, and ask about keratoconus if your vision or prescription is changing rapidly.

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Unlocking growth with bonsai

by Sarah Belmonte, Gold Coast Bonsai Club



Pictured: Jeff with his people's choice award winning bonsai.

In today's fast-paced world, finding activities that promote calm, focus, and creativity can be transformative. Bonsai, the ancient Japanese art of cultivating miniature trees, offers not only a creative outlet but also numerous mental health benefits. Joining a community club, like the Gold Coast Bonsai Club, can amplify these positive effects, enriching both your bonsai practice and your personal well-being—even if you're a complete beginner.

Why practice bonsai

Practicing bonsai is more than just horticulture; it's a meditative, mindful process that requires patience and care.

The act of shaping and nurturing a tree encourages mindfulness which helps you stay present and focused. Studies have shown that engaging in mindful, hands-on activities like bonsai can reduce stress, lower blood pressure, and promote a sense of inner calm.

Bonsai also fosters creativity and problem-solving. Every tree is unique, and deciding how to shape, prune, and style it encourages a deeper connection with nature and an appreciation for the natural world. The discipline also teaches patience and perseverance—qualities that can be applied to everyday life. These benefits, combined with the satisfaction of seeing a bonsai develop over time, make it a rewarding hobby for both the body and the mind.

How community enhances the bonsai experience

While bonsai can be practiced alone, joining a community club adds an invaluable layer of connection and support. Human beings are naturally

social, and studies consistently show that belonging to a group has significant mental health benefits. Clubs foster a sense of belonging, which helps combat feelings of isolation and loneliness. Engaging with a supportive community is known to boost mood, improve mental health, and increase overall life satisfaction.

The Gold Coast Bonsai Club?

The club is not just for seasoned bonsai artists. Whether you're completely new to bonsai or do have years of experience, the club offers something for everyone. Beginners will find an incredibly welcoming environment, where questions are encouraged, and mentorship is readily available. Seasoned practitioners share their knowledge through workshops, demonstrations, and informal discussions, offering guidance that accelerates learning in ways that books and online resources cannot.

Check out our website at: goldcoastbonsaiclub.com.au

Connect with the deep blue sea

by Karlien Pass, Ocean Connect



Pictured: Seaslug. Image supplied.

With funding from the City of Gold Coast's Catchment and Citizen Science Grants, Ocean Connect runs regular sea slug and seagrass surveys. Our seaslug surveys take place in the rock pools in Burleigh Heads or during shore or boat

dives at different locations along the Gold Coast. Our sea slug data has contributed to the knowledge of sea slugs and nudibranch on the Gold Coast. All data is shared on the Atlas of Living Australia and new sea slug species are added to the existing species list each year.

Seagrasses are a habitat forming species and they play a critical role in the equilibrium of coastal ecosystems. They provide many key ecosystem services, such as a nursery and habitat for animals, preventing coastal erosion and sequestering a large amount of carbon dioxide. Seven species occur in the Gold Coast region and cover an estimated 22% of the Broadwater. Hands-on sessions teach participants how to identify seagrasses and why they are an important habitat. During our incursions we have gamified seagrass identification and our excursions provide you with the full experience in the water.

Get in touch via our website for more information on these amazing projects: oceanconnect.com.au



Keeping your dog safe from snake bites

by Jane Jackson BAnimSc, Animal Journalist



Pictured: Eastern Brown Snake. Image source: South East Snake Catcher.

The glittering coastline of the Gold Coast and the hinterland region come to life with natural beauty and vibrance during the spring and summer seasons. A somewhat less enchanting change is the seasonal return of our resident snakes.

Australia is home to 10 of the world's most poisonous snakes and a snake bite is one of the most common causes of death in Australian dogs, second only to road trauma. It's well established that we humans have an innate fear and avoidance of snakes—dogs certainly do not share this same fear. Dogs are curious—they have a natural prey drive and hunting instinct, which may stimulate them to try to harass or play with a snake. Some breeds of dogs, such as Jack Russell Terriers, Staffordshire Terriers and stock dog breeds such as Kelpies, Border Collies and Koolie Dogs, have a high prey drive and are at the top of the list for the most common breeds to fall victim to a snake bite. Dogs that survive a snake bite generally do not learn avoidance, and in many cases, can be repeat offenders.

According to the journal, *The Veterinarian*, 76% of domestic animal bites come from the brown snake. Certain snakes are indigenous to particular regions, so for southeastern QLD, the most common snakes your dog is likely to encounter are the brown or red-bellied black snakes and occasionally the death adder and small-eyed snake.

Experts are sinking their teeth into scientific data on snake habits, including snake bite locations and which breeds of dogs are more prone to have close encounters of the snake kind. In 2016, the University of Melbourne initiated the SnakeMap project which tracks veterinary-provided information throughout Australia of when and where pets are bitten, how they were treated, and recovery statistics. The

ultimate aim is to make SnakeMap available to the public so we can have timely, accurate information about snake species active in our regions. This will be a beneficial tool.

If your dog is bitten by a snake or if you suspect a snake has bitten your dog, it's important to act fast and get your dog to the vet straight away. If you can identify the snake, this will be very helpful for your treating vet. Phone ahead to let your vet know you're coming so they can prepare for your arrival. The faster your dog receives anti-venom, the better the chances are for recovery. Prognoses can range from good to extremely guarded depending on the speed of treatment and the amount of venom taken in by the dog.

The scary thing is you may not even realise that your dog has been bitten by a snake as puncture wounds may not be visible. Snake bite symptoms include:

- sudden weakness followed by collapse
- bleeding from the puncture wound site
- swelling in the bitten area
- pain and discomfort
- neurological signs such as twitching, drooling and shaking
- vomiting
- loss of bladder and bowel control
- dilated pupils
- paralysis.

The good news is that most snake bites can be avoided simply by keeping your dog on a lead, staying on an open path when out and about, and avoiding areas with high grass or foliage and rocks. Never let your pet examine a dead snake—dead snakes have venomous fangs.

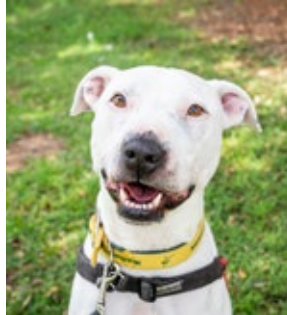
Taking the following precautions will help keep snakes away from your property:

- keep the grass short around your home and clear any brush, flowers, and shrubs from walkways
- keep the yard tidy by removing undergrowth, filling holes in the ground, mowing the lawn regularly, and clearing away any objects that can make great hiding places for snakes
- keep the garage, shed, and or outdoor buildings clean and clear of clutter
- store bird seed and other livestock foods well to avoid mice and rats. They are a snake's favourite meal and will move in if there is a good source
- store piles of wood away from the home and shed areas
- dig your fence a foot into the ground if possible.

Snakes will always be in our environment, but we mostly don't see them. Snakes are just as fearful of us as we are of them and try to avoid detection by us and our pets. They usually will not bite unless provoked, stepped on or attacked.

Pets of the month

Name: Charming
Age: Seven years
Breed: American staffy cross
Gender: Male
Health check: Desexed, microchipped, vaccinated, wormed and flea treated
Adoption price: \$245 - including a free 4kg bag of Royal Canin food



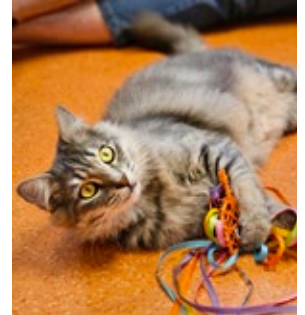
Hello, I'm Charming, as in Prince Charming. I'm a delightful, mature man who is keen to warm the hearts of my next human companions. I had a rough start to life, but despite all of that, I'm a happy, smart, loveable dog who enjoys cuddles indoors and going for walks. I do love my treats and will eagerly sit for them. I am dog social, so if you have an affectionate, happy-go-lucky dog at home, I'd love to meet them to ensure we're a match.

Available from: RSPCA Brisbane Animal Care Campus – 139 Wacol Station Rd, Wacol. Open Tues-Sunday.

Apply online to adopt: rspcaqld.org.au/adopt

RSPCA adoption line: 1300 364 443

Name: Liana
Age: One year, seven months
Breed: Domestic medium hair cross
Gender: Female
Health check: Desexed, microchipped, vaccinated, wormed and flea treated
Adoption price: \$185 - including a free 2kg bag of Royal Canin food



Hey, I'm Liana, a young, affectionate cat looking for a new family. I enjoy pats and will happily purr away the days with you. I adore playtime with my wand toys, but I'm also happy to lounge around. I have a luxurious, soft coat and enjoy a good brush to keep me tangle-free. I also get along with other cats, so I could be a purr-fect match if you're looking for another feline companion.



northernriversmedia

Magazine Editor Role

Expressions of Interest
 Connected to the Gold Coast community?

If this sounds like you, email your CV/background details to:

Kate Parry (Managing Editor)
editor@theballinawave.com.au

Northern Rivers Media is inviting expressions of interest from creatives who are connected to the Gold Coast community.

Role Overview:

As an Editor at Northern Rivers Media, you will be responsible for researching, writing, and sourcing hyper-local content from the Gold Coast region, to develop and deliver a monthly publication that showcases the people, places, and events of the community. This is a contract/part-time role.

Responsibilities:

- Research and write compelling local stories
- Source and curate content relevant to the Gold Coast community
- Develop and deliver a monthly publication to non-negotiable deadlines
- Collaborate with the Managing Editor and other team members

Required Skills and Qualifications:

- Journalistic or editorial experience
- Proficiency in InDesign; Photoshop skills are an advantage
- Excellent communication and organisational skills
- Strong connections within the local Gold Coast community
- Ability to work independently and manage your time effectively

Reporting to: Managing Editor

If you are passionate about local stories and have the skills to bring them to life, we would love to hear from you.

[#lennoxewave](#) [#ballinawave](#) [#byronewave](#) [#burleighwave](#)



Pan Pacific Masters



Image source: City of Gold Coast.

The 13th Pan Pacific Masters Games is returning to the Gold Coast at the start of the month. Covering a wide range of sports from archery and shooting to dragon boat racing and moto racing, the Games will showcase world class venues with contests across the Asia-Pacific. Anyone can sign up, with the only entry requirement being minimum ages in certain sports.

Not only will the Games flaunt sporting legends, but there will be live entertainment from several musicians, including Australian icons Sneaky Sound System.

From Brisbane to Tallebudgera, there's a live sporting event for everyone. Head to: mastersgames.com.au for further information and the full program.

Iron series Tugun



Image source: City of Gold Coast.

November is prime athlete seasons with the Shaw and Partners Iron Series Athlete Trial Round happening in Tugun. Forty-eight of the fittest Australian surf sport athletes have the opportunity to battle it out over four rounds of Iron racing. Locals are invited to catch some of the sporting excellency for free on Saturday, 16 and Sunday, 17 November.

Several athletes from Burleigh and surrounds are competing, such as: Brielle Cooper, Jasmine Rayward, Corey Fletcher and Ben Carberry from Burleigh Heads Mowbray Park SLSC, and Ky Kinsella being the sole contestant from Tugun SLSC.

Check out the program and further information on the Series here: ironseries.com.au

Free open day for new Palm Beach Aquatic Centre



Image source: Facebook / Cr Gail O'Neill - Division 14

The much anticipated Palm Beach Aquatic and Community Centre is now open. After two years of construction, locals are invited to enjoy the facilities on offer, such as aquatics, swimming and fitness centre.

While using the facilities requires a membership, the Centre is hosting a free community open day on Sunday, 17 November for residents to try-before-they-buy and dip their toes into the aquatic community. Bring along your family, togs, exercise gear for a day of group fitness, community classes, live music, games, prizes, and more.

To secure your attendance, bookings are required. Head to: goldcoast.qld.gov.au for tickets and further information on the new Centre.



Lefties in Southport

with Billy Bob Thoughtson



Have you heard that old saying 'they don't know their left from their right'? It's typically used by cranky old buggers to describe situations where someone is confused or seeks clarity. In politics, this phrase or similar ones, are thrown around all the time. The terms 'left' and 'right'

originated during the French Revolution, where supporters of the King sat on the right side of the National Assembly, and those in favour of revolution sat on the left. More recently left and right terms have been widely used, but they often oversimplify complex political landscapes.

It does remind me of a riddle. How many left-wingers does it take to change a light bulb? Answer: None. They'd rather sit in the dark and complain about the inequality of light distribution. On the other hand, how many right-wingers does it take to change a light bulb? Answer: None. They'd rather privatise the light bulb industry and blame the darkness on government regulation. Winston Churchill once said, 'If you're not a liberal (lefty idealist) at 20, you have no heart; if you're not a conservative at 40, you have no brain'. Here we have that classic idea that youthful enthusiasm (liberalism) is often tempered by experience and a more rational, calculated approach (conservatism) as people grow older. But whatever your political persuasion, or however you've changed your views over the years, we mustn't get bogged down in ideological purity – we're all a bit left and right.

Me? Well, I'm a lefty, and for years I've been struggling with my left-handedness, trying to work out what it all means? It seems there are 48 genetic variants that can influence your dominant hand, and there is a blend of complex determinants (like neurological and cultural) at play. Globally, left handedness varies from 3.5% in China to more than 13% in the Netherlands – which could be due to the Dutch legend about plugging leaky dikes with your left thumb. The general rule is about 10% of the world's population is left-handed. In ancient times the left hand was considered sacred but more recently, in some parts of the world, the left hand is considered dirty as it's the bum wiping hand – whereas the right hand is the posh one for shaking hands and licking your fingers after fried chicken. Being left handed has also been linked to sin and the devil. In Christianity, God separated people using his left or right hand and guess where the lefties were sent? Historically, left-handed people have faced various forms of discrimination and stigma.

From an early age, I was in search of answers. I remember being at a Chinese restaurant with my right-handed parents and their friends. They were all using chopsticks and I asked if I could have a left-handed set which brought the house down. In desperation, I asked the waiter if using chopsticks with your left hand had any special esoteric meaning in China. I was expecting some Confucian wisdom but the waiter simply replied, 'It means you're bloody left-handed, mate.'

Then, at primary school, I was forced to write with my right hand and this pressure was exacerbated when I broke my left wrist in the playground. Apparently, lefties like me smudge ink when we drag our pens across a page. Teachers would try and tie my left hand behind my back or use kinder methods like lollies. This forced switch, known as 'handedness conversion,' created stress and confusion, and was thought to contribute to the development of stuttering in some individuals. One famous example being King George VI, a right Royal leftie, forced to use his right hand so he didn't smudge, but he ended up stammering and stuttering all over the place.

Lefties who have faced this kind of conversion torture usually go back to their dominant hand once adults, but some claim it gave them a special ability. I am, of course, talking about being ambidextrous, where you can use the right and left hands with equal skill or ease. One thing that really annoys me though are those who say they are ambidextrous when they are, in fact, not. A true ambidextrous can write left or right handed on a whiteboard at the same time, play an instrument like guitar equally well with either hand, or wipe their bum with skill or ease regardless of the preferred hand. This ability is very rare, but there are some delusional people who think it's a clever way to impress. They even use it as a pick up line, claiming that ambidextrous people are the best lovers and are able to pleasu — actually, I might let you fill in the blanks on that one. If you ever get hit on with that kind of bullsh*t, ask them to demonstrate a basic skill to back it up. Like let's see you draw some shapes on this beer coaster with both hands at the same time, or show me a pretend wipe of your bum.

Anyway, the point is, while discriminatory attitudes toward left-handedness have improved significantly, there are still lingering challenges and biases. To be honest, I'm so bloody paranoid about being left-handed, like there is a crew of righties trying to hunt me down. Every time I hear the suburb name Southport I immediately think of Southpaw, a term that originated from baseball in the 19th century, and has since become widely recognised in sports and other contexts to describe left-handers. I fantasise that Southpaw is a place I could live, that caters to all lefties. For example, in Southpaw (Southport), streets zigzag in spirals to accommodate left-handed drivers, spiral notebooks don't exist, and everyone listens to local band Left Hand Drive. International Right-Handers Day, is celebrated on 13 August, and right-handed advocacy groups have emerged to support right-handed people. The Southpaw mall includes a Leftorium, Lefty's Op Shop, and Ambi's Instruments and Accessories. The latter would be overflowing with everything from left-handed scissors, left-handed sporks, can openers and potato peelers. The local hardware store, Southpaw Supply Co, is adorned with left-handed door handles, taps, and left handed petrol driven whipper snippers. In education settings, half-desks are situated on the left.

Southpaw is a bustling vibrant heaven where left-handed residents could revel in a world tailored to their every quirk, turning the everyday into a delightful adventure. Beautiful one day Southpawfect the next.



Monthly book reviews

by Aliena and Paula, Big B Books

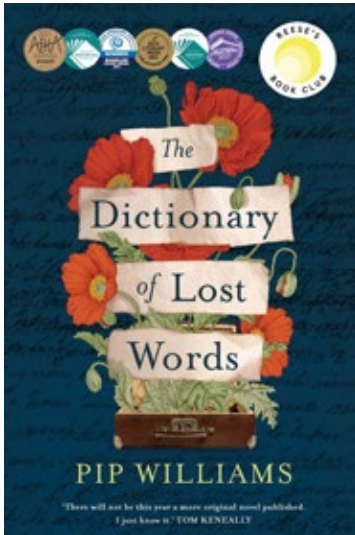


Image source: Affirm Press.

The Dictionary of Lost Words by Pip Williams

The Dictionary of Lost Words, written by London-born, Australian author Pip Williams, tells a fictionalised story of true events. This award-winning novel is set in England during World War I and when the women's suffragette movement was occurring. The story dives into the creation of the first Oxford English Dictionary, focusing on the fictional main character, Esme, as she ages. While she collects words, they symbolically bring to light the true issues people faced during that time, particularly women.

This novel explores the importance of preserving disregarded and silenced voices that are considered insignificant by others. The novel thematically highlights the importance of each person, and each word, no matter how small their influence is believed to be.

During reading this novel, I found myself immersed in the story's beautiful descriptions and insightful depth. This is a truly captivating book, and a must-read for historical fiction readers. The novel has also been adapted into a stage production, and will be performed at QPAC, Brisbane next year.



Image source: Harper Collins.

What Happened to Nina? by Dervla McTiernan

When young couple, Nina and Simon, head for a weekend to his family's cabin in the woods, all appears well, until only Simon returns home.

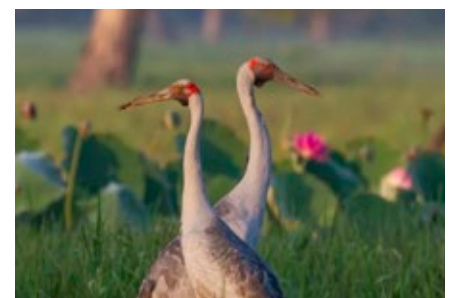
As the days pass, something in Simon's account of their last hours together seems amiss. His parents swiftly close ranks with expensive lawyers and a PR firm, while Nina's parents tirelessly push for the truth.

#whathappenedtonina soon dominates the media headlines, with wild conspiracy theories and accusations deliberately designed to muddy the waters and drown the facts.

Dervla McTiernan, an Irish-Australian author, delivers another finely crafted mystery that goes to the heart of modern policing in the age of social media and highlights use of 'fake news' to support certain agendas. Emotional and compelling, it leaves you pondering the reality of a society that has the means to distort the pursuit of legal justice at its fingertips.

Tricky trivia

1. Due to the current climate, what year are koalas expected to be locally extinct?
2. What beach is the most accessible on the Southern Gold Coast?
3. How many different species of seagrasses are there on the Gold Coast?
4. How many years has local radio station, 4CRB, been on air?
5. What bird is featured on the Queensland Coat of Arms?
6. What is a word, phrase, number, or other sequence of characters that reads the same backward as forward?
7. What is the chemical element with the symbol Fe?
8. What is the rarest and most expensive spice in the world by weight?
9. What is the longest-running Broadway musical?
10. What is the name of Melbourne's iconic horse race held every November?



Pictured: Clue to question five. Photographer: Mardi Harrison. Source: BirdLife Australia

Riddle

I have keys but no locks. I have space but no room. You can enter, but you can't go inside. What am I?



This month at the movies

with Milt Barlow

Welcome to November and a big line-up of interesting films at the movies.

Now showing is *Here*. From the reunited director, writer and stars of *Forrest Gump*, this is an original film about multiple families and a special place they inhabit. Starring Tom Hanks and Robin Wright, the story travels through generations, capturing the human experience in its purest form. In the new world of AI, it's interesting to see Tom Hanks digitally de-aged to depict him as a teenager and young adult, and with Robert Zemeckis directing it's a great watch.

Also showing is *Saturday Night*, a story which follows the 1975 opening of the classic American TV show *Saturday Night Live*. With recreated cameos of Lorne Michaels, Chevy Chase, Dan Akroyd and John Belushi, for those who remember the era, this is a real hoot.

Christmas is coming and for a weird twist on it, check out *Red One* (7 November). After Santa Claus - code name: Red One - is kidnapped, the North Pole's Head of Security (Dwayne Johnson) must team up with the world's most infamous bounty hunter (Chris Evans) in a globe-trotting, action-packed mission to save Christmas. It's a fun 'popcorn - see it and forget it' couple of hours.

Another great must-see is *Aquarius* (14 November). Set in Nimbin in 1973, it has local relevance and was a big hit on the Australian film festival scene, including The Byron International Film Festival. As the trailer says, it's all about 'dreamers, tree huggers and radical ratbags'. In May 1973, 10,000 artists, activists, hippies, radical students, gurus and visionaries descended on what was then the small dairy town of Nimbin, for 10 days of social and cultural exploration that changed a generation. When thousands of young people travelled the back roads of Northern New South Wales 50 years ago to camp and explore a new way of living at Nimbin's Aquarius Festival, something unexpected happened amongst all the bliss, drugs and drama. Through extensive collaboration and hours of precious newly uncovered footage, the film directs our gaze to the Festival - its inception and its aftermath - and examines the power of that one event to continue to shape history. This is a fascinating doco and has my vote for the must-see of the month.

Finally, if you're into thrillers, check out *Heretic* starring Hugh Grant (28 November). From the writers of *The Quiet Place*, the story tells of two young missionaries who are forced to prove their faith when they knock on the wrong door. The duo is greeted by a diabolical Mr Reed (Grant), becoming ensnared in his deadly game of cat-and-mouse. It's unusual to see Hugh Grant in a role like this - a big contrast to *Notting Hill* and *Bridget Jones's Diary*.

Enjoy the month ahead.



Pictured: *Aquarius* (2024). Image source: Sydney Film Festival.

Trivia answers

1. 2050
2. Tallebudgera Creek
3. Seven
4. 40 years
5. Broilga
6. Pallindrome
7. Iron
8. Saffron
9. *The Phantom of the Opera*
10. The Melbourne Cup

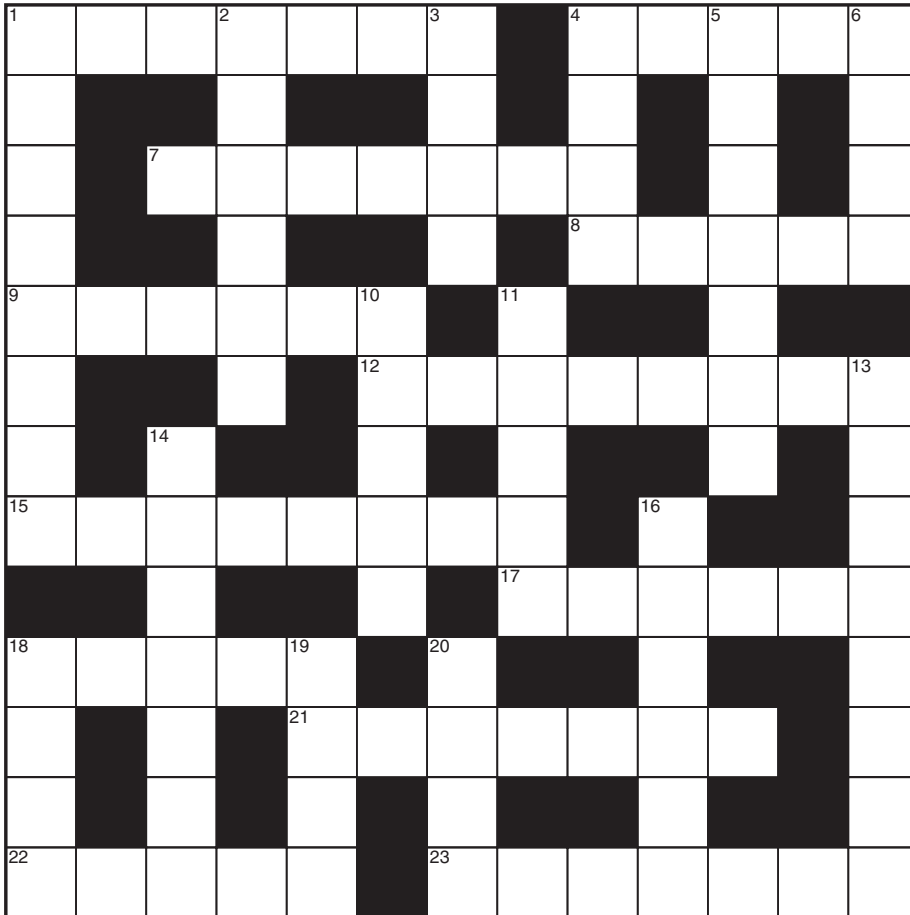
Riddle answer

A keyboard.



November crossword

© Lovatts Puzzles



Across

- 1. Sorcerers
- 4. Reject
- 7. Extent of land
- 8. Male duck
- 9. Small body of water
- 12. In one piece
- 15. People taken from danger
- 17. Pass (of years)
- 18. Get on (ship)
- 21. Oblivious
- 22. Crowd fight
- 23. Birds of prey

Down

- 1. Native fauna
- 2. Mooring weight
- 3. Large chunk
- 4. Sleigh
- 5. Unloads (suitcase)
- 6. Not any
- 10. Artist's naked models
- 11. Overweight
- 13. Countless
- 14. Card game
- 16. Textile, woven ...
- 18. Rounded thermometer part
- 19. Unexciting
- 20. Six, ... a dozen

October solution





November horoscopes

by Patsy Bennett - patsybennett.com



Aries

Your sign's ruler Mars in the creative and upbeat sign Leo will feel revitalising. You'll be drawn to romance and adventure and to planning exhilarating journeys or projects. You have the chance now to step into fresh territory but must avoid excessive idealism as this would be your pitfall.



Taurus

There is a great deal of passion in the skies for you this month and an exciting opportunity to let your imagination soar. Your capacity to manage circumstances will increase from mid-month onwards so be sure to avoid over-exertion and reckless behaviour earlier in the month.



Gemini

November offers opportunities to vary your usual routine, especially at work and regarding health. As you turn corners in one or both areas, you'll gain motivation to infuse your life with more passion and purpose. This is also an excellent month to revitalise your closest relationships.



Cancer

You'll appreciate the opportunity to broaden your social circle and your key to enjoying doing so lies in taking part in activities you love as you'll connect with like-minded people. A love affair could be passionate while family-minded Cancerians will enjoy devoting extra time to loved ones.



Leo

Mars in your sign from the 4th will ramp up your lust for life and you're likely to experience a busy and even romantic month. It's a good time to channel excess energy into favourite activities as you may otherwise feel restless which could lead to unintentional mistakes and rash behaviour.



Virgo

The new moon on the 1st brings the chance to revitalise both your work and personal relationships. It's a good month to create a sense of security and stability at home or with family. You'll be drawn to broaden your experiences and also to scheduling more time for your favourite activities.



Libra

November offers the opportunity to boost your finances and self-esteem. A business or personal associate's or partner's circumstances will affect yours and a practical approach will provide the best course forward. Be prepared to step into fresh territory in your status, activities or work.



Scorpio

The Scorpio new moon on the 1st and the full moon on the 16th will refresh your personal life and your work and health if you were born in November. There is a progressive, upbeat flavour to the month. Just be sure to keep an eye on impulsiveness, especially towards the 3rd, 4th, 12th and 18th.



Sagittarius

This is an excellent month to consider where you might tweak your usual daily routine as a means to boost your health and your productivity at work. Mercury and Venus early November bring varied and upbeat days and Mars provides the opportunity to revive your fun quota and career.



Capricorn

You'll appreciate gaining traction in key aspects of your life, including your love life, at work and in your general status. You'll also gain the opportunity as the month progresses to turn a corner within your own sense of happiness, bringing more variety and even the unexpected, your way.



Aquarius

Pluto brings you the chance to focus on areas of interest that took your attention early in the year. You'll gain the chance now to find the time, motivation and drive to concentrate on your favourite activities, people and social circles, creating a sense of purpose, belonging and direction.



Pisces

You will appreciate the opportunity to lean into activities that you adore early in the month. So be sure to schedule sports, travel and self-development for example. The second two weeks of the month will be ideal to gain ground at work and to schedule time spent with people you love.

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