

# the burleigh wave

theburleighwave.com.au Community news for Burleigh, Miami, Palm Beach, Elanora and Varsity Lakes Issue 07 | January 2025



free

# amir prestige

## BREAKING RECORDS & SURPASSING ALL EXPECTATIONS

This year has been defined by exceptional sales results that have firmly established us as a leading force in the Gold Coast property market, with over \$650,000,000 in properties sold.

Among our many achievements, the record-breaking sale of '41-45 Hedges Avenue, Mermaid Beach', for \$28 million stands as the highest residential sale in Gold Coast history—a landmark transaction that highlights our ability to deliver outstanding outcomes for our clients.

Similarly, the record-setting sale of '159 Jefferson Lane, Palm Beach', for \$11.15 million reinforced our dominance in the highly coveted beachfront market.

Our team's success lies in understanding the unique lifestyle and investment appeal of the Gold Coast, tailoring our approach to meet the aspirations of both buyers and sellers. We take pride in creating meaningful connections across the market, ensuring seamless opportunities and exceptional value for our clients.

Now is an ideal time to consider buying or selling on the Gold Coast. With steady interest rates, continued interstate migration driving demand, and buyers actively seeking premium properties, the market remains vibrant. For sellers, this is a prime opportunity to achieve record-breaking results, while buyers can secure their dream homes in a region that promises both lifestyle and growth potential.

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Hello and welcome back to another year of *The Burleigh Wave*. I hope you all had a wonderful holiday season and feel refreshed and ready to take on the new year.

I first learned of cane toads as a nine-year-old who had just migrated from New Zealand to the humble Gold Coast hinterlands. My neighbours, 11-year-old boys,

introduced me to the pests and spoke of rather inhumane ways of disposing of them. I didn't want to hurt the creatures, nor would I today, despite learning that cane toads are an incredibly invasive pest that breeds like mad. To combat the population boom of the toads, Burleigh Heads based not-for-profit, Watergum, hosts a week-long cane toad control event where the community is encouraged to get involved collecting and humanely disposing of toads at all stages of life. I speak to Kelsi Taylor, Invasive Species Manager from the organisation about cane toads, what the community can do to help mitigate their spread and more, on page 18.

Peel back the pages for more stories on the locals, such as the photographer whose work features on our cover (page 25), and a member of the Lions Club of Burleigh Heads who recently celebrated 60 years of community service (page 21).

As we start the new year, we're excited to continue to share your stories with the community. Thank you for all of your support – talk soon.

Emma Marie Watson, Editor.

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Got a story? Get in touch.  
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### Cover photo credit

Wayne Sorensen, Instagram: [@waynesorensenphotography](https://www.instagram.com/waynesorensenphotography)  
Location: North Burleigh Beach

### 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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**18** - In focus | Cane toad busting



**21** - Profile | Lion, Merv Ferguson



**22** - Historic Burleigh | Bush and beach



**25** - On the cover | Wayne Sorensen



**31** - Artist profile | Meg Jeffery



**What:** Magic Millions Carnival  
**When:** Wednesday 1 – Tuesday 14 January  
**Where:** Gold Coast Turf Club, Bundall

The Magic Millions Carnival is back for another year on the Gold Coast. Presented by The Star, saddle up for a fortnight of polo, showjumping, horseracing and more. Further details can be found on page 10.



**What:** *The Mind Field* – Arj Barker  
**When:** 7pm, Saturday 11 January  
**Where:** Soundlounge, Currumbin

Australia's adopted son and American comedian, Arj Barker, is set to answer some of life's biggest questions at his show, *The Mind Field*, in Currumbin this month.

Find out more at: [alist.com.au/shows/s35280](http://alist.com.au/shows/s35280)



**What:** The Great Cane Toad Bust  
**When:** 18 - 26 January  
**Where:** Your own backyard

Get ready for Australia's biggest toad bust this month with a challenge to humanely collect and dispose of cane toads and their tadpoles. Protect the longevity of our natural environment, and register for free. Learn more on page 18.



**What:** *Pandemonium* – Jimeoin  
**When:** 7.30 - 9.20pm, Saturday 18 January  
**Where:** Home of the Arts, Surfers Paradise

If your new year's resolution was to laugh more, it seems January is making your goals a reality as Jimeoin is performing his show, *Pandemonium*, at Home of the Arts.

Learn more at: [alist.com.au/shows/s34447](http://alist.com.au/shows/s34447)



**What:** Burleigh Swim Run Australia Day Challenge  
**When:** 6.30 - 10am, Monday 27 January  
**Where:** Burleigh Beach

The 14th annual Burleigh Swim Run Challenge returns to our shoreline with three events of community fitness fun. Registrations are still open – head to page 11 for more information.



**What:** Iron Series Grand Final  
**When:** Sunday 2 February  
**Where:** 293 The Esplanade, Miami

Early next month, Miami is hosting the Grand Final of the Shaw and Partners Iron Series. Australia's fittest surf sport athletes battle it out to take home the crown. Further information about the event can be found on page 35.

### 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](http://whatsongoldcoast.au)**

# Tell Burleigh about your business



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The Burleigh Wave is the ONLY publication exclusively for the Burleigh community.

With distribution of 12,000 magazines each month to hundreds of local outlets.

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the burleigh wave





## Wildlife land acquisition in Tallebudgera Valley



Source: City of Gold Coast.

The City of Gold Coast recently purchased a 13.4 hectare piece of land in Tallebudgera Valley, the seventh property acquired by The City to help protect plant and animal species habitat and connect critical wildlife corridors.

Located on Dalton Road, Mayor Tom Tate has said that the location and another piece of land located in Maudsland ‘provides protection for endangered species such as koalas, the glossy black cockatoo as well as a riparian buffer along important waterways.’

Since 2021, the City has spent \$15.4 million on 178 hectares of environmentally significant land as part of the Natural Areas Acquisition Program. Mayor Tate said that the City has already seen improvements in the health of land previously purchased. As well as Maudsland and the Dalton Road properties, the City has previously purchased land in Wongawallan, Pimpama, Burleigh Heads, Tallebudgera Valley and Tallebudgera.

‘We are committed to protecting our native wildlife by connecting and restoring critical nature corridors and 51% native vegetation cover as a part of the Our Natural City Strategy,’ Mayor Tate continues.

The City has said that the sites that are selected are chosen by focusing on critical locations, such as corridor pinch points, areas of priority species habitat, linkages between high value strategic natural assets, and conservation areas that are under the greatest threats.

## Local news snapshot

Read on below for a recent snapshot of local and statewide news.

### **Currumbin Seawall and Oceanway Renewal project update**

Construction of the Currumbin Seawall and Oceanway Renewal project has shutdown until Sunday 5 January and works recommence on Monday 6 January.

### **Justins Park turf restoration**

The annual turf restoration works at Justin Park in Burleigh Heads has been completed and includes new turf, soil aeration, improvements to drainage, and maintenance has been done to the timber furniture.

### **RT Peak Memorial Park at Kirra Hill re-opened**

Recently, the RT Peak Memorial Park at the top of Kirra Hill was re-opened to the public. The footings for the Kirra

Hill Eagle are set to be put in place early this year and further vegetation planting is to take place over the next 12-18 months.

### **New customer service centre for Elanora Library**

Late last year, a customer service centre was added to the Elanora Library. Locals can now borrow books and access essential City services in one convenient location. The team at Elanora Library can help you with rates and water, animals and licensing, parking, planning applicants, and waste and recycling.

### **Rockview Public Park upgrades**

Fitness upgrades are set to commence and be completed within the first half of the year at Rockview Public Park in Palm Beach. Three new multi-use workout stations will be installed to

replace old equipment. Offering a variety of moving and static fitness equipment to suit all levels, the stations will include a full-body workout, calisthenics and cardio zones.

### **50c public transport fares are now permanent**

Fares on public transport across the State are now permanently reduced to 50 cents in an effort to bring cost of living relief to Queenslanders.

### **Have your say on the Brisbane 2032 Games**

The community is invited to share their ideas on planning for the Brisbane 2032 Olympic and Paralympic Games. Feedback can be provided at: [gamesreview.com.au](http://gamesreview.com.au) and submissions will close at 11.59pm on Friday 10 January.



## 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.



**Tom Tate**

*Mayor, Gold Coast*

Happy New Year Gold Coasters. What a year 2024 was, with great news for our City on an economic front,

more major events and festivals for residents, and a real 'sense of opportunity' for small business and industry.

With 2025 here, I'm sure plenty of locals made New Year resolutions at midnight on 31 December – and I hope they've stuck to them.

If getting fitter and being more active was your resolution, you're not alone.

A survey last year found the Gold Coast was number seven across all Queensland council regions for its 'health and activity rankings'. In 2019-20, we were ranked fifth.

The report highlighted that only around 60% of our 670,000 residents engage in sufficient daily physical activities. On face value, 60% sounds a lot but when you take into account our relatively young population, we need to get up, get active and boost our health and physical fitness.

Late last year, I opened our latest community venue – the magnificent Palm Beach Aquatic Centre. It forms part of our annual \$377 million investment in parks, recreation and culture. Key areas include \$207 million to manage parks and natural areas, around \$35 million managing the City's six major sports venues and eight aquatic centres, and \$24 million on community centres. This investment is about staying ahead of the curve when it comes to improving, or building, new sports fields, parks, cycle and walking ways.

Importantly, our investment is city wide and picks up the north where our population is exploding.

New parks, pools, sports fields and open space playgrounds are popping up from Coomera to Coolangatta, adding to our existing 2,300 parks and playgrounds.

Getting people active takes time and I applaud staff behind our long-standing Council program called Active and Healthy.

The program offers around 130 free or low-cost activities held outdoors, in our libraries, pools, parks and beaches. The aim is to connect residents with other like-minded people, keen to learn new skills or boost their physical – and mental – fitness.

I encourage all Gold Coasters to try a new activity, meet like-minded residents and get up and about.

Let's boost our City's rankings – and boost our personal health at the same time.

Remember – don't break that New Year's resolution. Happy New Year.



**The Hon Karen Andrews MP**

*Federal Member for McPherson*

Happy New Year. 2025 brings a fresh slate and an exciting opportunity for each of us to set new goals and make a positive impact in our community.

The Southern Gold Coast, long known for its charm and innovation, is uniquely positioned to shine this year. As a hub for growth in business, tourism, and development, we have a chance to take bold steps forward and showcase the very best our region has to offer.

Supporting local businesses will be critical to this success. By choosing to shop, dine, and invest locally, we not only strengthen our economy but also contribute to a more vibrant and resilient community. Whether it's visiting one of Burleigh Heads' many hospitality hotspots or promoting local talent, every effort helps the Southern Gold Coast thrive.

This new year also brings fresh opportunities to come together as a community. From participating in Surf Life Saving Clubs to volunteering with local organisations or joining sporting associations, there are countless ways to connect, contribute, and celebrate the spirit of Burleigh. These collective efforts foster the famous positivity and culture that make this area so special.

As we embark on this journey, let us embrace the chance to create meaningful connections, support each other, and celebrate our shared successes. I wish you, your friends, and your families a healthy and prosperous 2025. Together, we can ensure this remarkable place we call home continues to shine brighter than ever.





## Hermann Vorster MP

State Member for Burleigh

Happy New Year, Burleigh. I hope you all had a wonderful Christmas season, enjoying

time with family and friends. As we move into the new year, I wanted to share some updates on the work I've been focusing on and what's to come for our community.

Since being sworn in as your State Member for Burleigh in November, I've been focused on planning and preparing for the New Year. There's a lot of work ahead, and I'm eager to continue turning the commitments I made during the election into real action. The Koala Bridge, upgrades for our schools and surf clubs, and a new police beat for Burleigh are all top priorities.

One of the first items on my agenda was meeting with Environment Minister Andrew Powell MP to discuss the future of our National Parks. Protecting our environment is a priority, and I'm pleased to say that the Crisafulli LNP Government has committed over \$600,000 to enhance conservation efforts in the area. We also had the opportunity to connect with local rangers and volunteers to discuss the next steps for maintaining and improving these important natural spaces. I'm excited to work on ensuring the best outcomes for our environment here in Burleigh.

I also had the chance to visit Burleigh Heads State School just before Christmas, where I joined the amazing volunteers at the Breakfast Club. It was great to see the positive impact this initiative has on students, providing them with a healthy start to their school day. I'm proud to sponsor the Breakfast Club and support the volunteers who make it all possible.

When it comes to community safety, I know that this is a top concern for many of you. We all want to live in a safe and secure community, and that's exactly why making Queensland safer is a priority for the LNP Government. I've heard from many of you about the frustrations surrounding repeat offenders being allowed back onto the streets, and I'm committed to ensuring we address this. The Making Queensland Safer Laws will be a big focus for us in the coming months, and I'm confident that these changes will help tackle the youth crime crisis that has been affecting our region.

In the early weeks of our new government, we had already begun making progress on several critical priorities. We instructed Treasury to begin abolishing Stamp Duty on new builds for first home buyers, met with the Police Commissioner to ensure our officers have the support they need, taken action to scrap the costly Pioneer-Burdekin Pumped Hydro project which would have increased power prices for families and businesses. We've also started work to reduce the Patients' Tax and begin to review the Labor Government's DNA Lab Debauch to ensure justice for victims.

Looking ahead to the rest of the year, I'm excited to continue working with local schools, sporting groups, and community organisations to achieve even more for Burleigh.

Thank you once again for your ongoing support. I'm here to work for you, and together we'll continue to make Burleigh the best it can be.



## Josh Martin

Councillor, Division 13

As we step into the new year, it's the perfect time to reflect on what makes our community so special: the vibrant lifestyle, the natural beauty, and the public outdoor spaces that bring us all together. With

that in mind, I'm thrilled to share some updates on projects across Division 13 and that are improving the recreational experience and the natural beauty of our area.

Enhancements have been completed at Wonga Park in Burleigh Heads, elevating the park experience for all visitors. The upgrade includes new footpaths, an innovative concrete pump track, refreshed fitness equipment, and a revitalised basketball court. In addition, a fenced off-leash area for dogs and extra seating have been introduced to improve comfort and accessibility for residents and their pets. This makeover also strengthens the Park's role in the Burleigh to Springbrook Critical Nature Corridor, connecting koala habitats from Burleigh Heads to Springbrook National Park. Nearly 4,000 trees and shrubs, including 1,939 koala habitat trees, have been planted across 25,376 square metres. These upgrades mark a significant milestone in the City's commitment to meeting the goals outlined in the Natural City Strategy 2032.

In the first half of 2025, work will begin on improvements to Elanora's Bill Thompson Park, including a newly resurfaced basketball court, upgraded seating and tables, and a new BBQ area, creating a more inviting and functional space for families and community gatherings. As part of the City's Fitness Equipment Asset Renewal Program for 2024/25, Rockview Public Park on the Palm Beach foreshore will receive a significant upgrade to its fitness equipment. Three new multi-use workout stations will replace the existing aging equipment. These stations will offer a range of fitness options, including a full-body workout zone, a calisthenics zone, and a cardio zone, encouraging active, outdoor living for all fitness levels.

Finally, if you're looking to relax and make the most of our beautiful outdoor spaces this summer, don't miss our Movies Under the Stars events this month. With two more movie nights scheduled for Division 13 this season, it's the perfect opportunity to pack a picnic rug and enjoy free entertainment under the night sky with family and friends.

For more details, including which movies will be screening, visit my social media channels: @crjoshmartin

## Movies Under the Stars

**When:** 7pm, Saturday 11 January

**Where:** John Laws Park, Burleigh Heads

**When:** 7pm, Saturday 18 January 2025

**Where:** Palm Beach Parklands, Palm Beach



## Cost-friendly guide to the Magic Millions Carnival



Pictured: Last year's Barrier Draw in Surfers Paradise.  
Source: Facebook / Magic Millions.

Gallop into the new year with the Magic Millions Carnival. This two-week long festival, presented by The Star, includes an array of equine centred events such as polo and showjumping, industry talks, horseracing, and also luncheons. See some of the free and inexpensive events taking place listed below.

### 2025 Magic Millions Gold Twilight Meeting

**When:** 11am – 8pm, Saturday 4 January  
**Where:** Gold Coast Turf Club, Bundall  
**Cost:** \$20 – \$30. Free tickets available on the day for children (17 years and under) and concession card holders.

The Twilight Meeting will be a day of live racing and entertainment at the Gold Coast Turf Club Racecourse in Bundall. Ticket information can be found at: [gctc.com.au/event/magic-millions-gold-2025](http://gctc.com.au/event/magic-millions-gold-2025)

### Own the Morning – Racing Queensland

**When:** 9 – 10am, Monday 6, Wednesday 8 and Friday 10 January  
**Where:** Magic Millions Complex, Bundall  
**Cost:** Free

Attendees are invited to head to the Magic Millions Gold Coast Yearling Sales complex for an exclusive behind the scenes tour. Each session will include a guest speaker, coffee, and chats with owners, breeders, trainers, and industry enthusiasts. Registrations are required, learn more at: [racingqueensland.com.au/ownership/own-the-morning-series](http://racingqueensland.com.au/ownership/own-the-morning-series)

### 2025 The Star Gold Coast Magic Millions Barrier Draw

**When:** 6 – 10am, Tuesday 7 January  
**Where:** Surfers Paradise Foreshore  
**Cost:** Free

Champion jockeys and their thoroughbreds are set to trot across the Surfers Paradise Foreshore as part of the Magic Millions Barrier Draw. This event is free, open to the public and no registrations are required.

Further information on the carnival and other events taking place can be found at: [magicmillions.com.au/calendar/category/gold-coast-jan](http://magicmillions.com.au/calendar/category/gold-coast-jan)

## Free workshop with *Inspire!* dementia-friendly choir



Source: Supplied.

Varsity Lakes based dementia-friendly choir, *Inspire!*, is hosting a free, voice-enhancing workshop led by renowned speech pathologist, Kirsten Geraghty, on Thursday 30 January. Spend an afternoon engaging in fun activities and songs to help improve articulation, motor skills, rhythm and vocal projection.

Places are limited and registrations are required by Sunday 19 January, head to: [tinyurl.com/yckb889t](http://tinyurl.com/yckb889t) for further information.

**When:** 1 – 3pm, Thursday 30 January

**Where:** Varsity Lakes Community Resource Centre, 20 Mattocks Road

## Australia Day the Austrian way



Source: Supplied.

The Austrian Australian Club located in Elanora invites the community to celebrate Australia Day early with an Austrian twist. Hosted on Sunday 19 January, the Club is offering free entry to a luncheon with the Schneider Musikanten, authentic Austrian musicians, as well as games, raffles, food and drinks, along with an Austrian Australian fusion menu of schnitzels or bangers and mash. The meals are available for \$20 for members and \$25 for guests.

**When:** 11am, Sunday 19 January  
**Where:** 3 Pines Lane, Elanora

Bookings for the event are essential. Contact ph: 5534 7099 or email: [gcstocksportclub@gmail.com](mailto:gcstocksportclub@gmail.com) to register.





# A weekend away and a walk that matters

by Westpac Helicopter Rescue



Source: Supplied.

The Byron Coastal Charity Walk is back on Saturday 3 May this year, offering an exciting and meaningful way to give back to the community while enjoying one of Australia's most iconic coastal landscapes.

This annual event, held in support of the Westpac Rescue Helicopter Service, invites participants to walk 12, 24, or 36 kilometres along the stunning Byron coastline.

As you trek along Byron Bay's breathtaking coastline, you'll

be met with stunning views of the Pacific Ocean, rugged cliffs, and lush hinterland.

Coinciding with the Queensland Labour Day long weekend, the event is the perfect excuse for a getaway with friends or family. Whether you're looking for a challenging hike or a leisurely stroll, the walk offers something for everyone. You will also be contributing to a cause that plays a crucial role in saving lives, the Westpac Rescue Helicopter.

Participants can walk or run at any pace and enter individually or in teams. Participants will also enjoy on-track entertainment, ensuring the walk is as fun as it is inspiring. The event is fully supported with snacks, drinks, marshals on track, medical assistance and lots of great entertainment.

So, lace up your shoes, gather your friends, and take part in this inspiring walk. Your efforts will not only give you a weekend to remember but will directly impact the lives of those in need of rescue.

Join us for an adventure that saves lives. Find out more and register via: [rescuehelicopter.com.au/events](http://rescuehelicopter.com.au/events)

## Swim Run challenge



Source: City of Gold Coast.

Registrations are open for the 14th annual Burleigh Swim Run Australia Day Challenge on Monday 27 January. Locals are invited to head down to Burleigh Beach at 6.30am for a morning of swimming and running events for kids and adults to enjoy.

Attendees can sign up to three types of events, such as The Challenge, which is a solo or team 400-metre ocean swim and 4-kilometre beach run, The Taste Tester, a solo 200-metre ocean swim and 2-kilometre beach run, or The Young Guns Challenge, a 400-metre wade and 400-metre beach run for individuals between 5 to 12-years-old.

Registrations for competing in the event close on Sunday 19 January. Further information can be found at: [@burleighswimrun](https://www.instagram.com/burleighswimrun)

**When:** 6.30 - 10am, Monday 27 January

**Where:** Burleigh Beach



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# Locals supporting locals in aged care

by Callum Johnson, St Vincent de Paul Society QLD



*Pictured: Margaret Dunshea, first female Conference member in the Burleigh Heads Parish. Source: Supplied.*

The first female Conference\* member to join in the Burleigh Heads Parish, Margaret Dunshea, has been a welcome sight to her community for almost three decades. Margaret joined the Ozanam Villa Special Works Conference in 1995 and became its President in 2006.

The Ozanam Villa Conference is

special in that it works directly with the residents, staff and families of the Ozanam Villa Aged Care Facility at Burleigh Heads. The Conference assists residents through a range of activities, from lending an ear to organising events for them and their relatives.

‘Our support is very holistic. Sometimes all people need is a friendly face, or a chat, or even just someone to complain to,’ Margaret said.

‘The biggest complaint is often about food – in these sorts of facilities, food becomes a very big deal. The residents are most appreciative of the work we do; they love talking with us about their families. And all the members have a genuine affection for each other – we

all have each other’s backs.’

More recently, the Conference successfully procured mobility scooters for the residents.

‘There was one fellow who lost both legs in his early 60s but couldn’t really go anywhere. Since the mobility scooter, you can see him going to his local shopping centre, getting a coffee at a café – things he’s never been able to do,’ she said.

It is Margaret’s hope that the Ozanam Villa Special Works Conference can serve as an inspiration for similar Conferences at other aged care facilities throughout Queensland.

*\*Conference refers to a group of St Vincent de Paul Members.*

# An inclusive approach to recruitment in Burleigh

by Lexy Akillas, Aruma



*Pictured (L to R): Michelle, Elyce, Cody, and Nathan at the group interviews. Source: Supplied.*

Aruma, one of Australia’s largest disability providers, has taken a new approach to recruiting support workers. They have invited National Disability Insurance Scheme (NDIS) participants to sit in on the interview panels to ensure they’re selecting the best people for the job.

Two of Aruma’s Human Rights Advisors, Cody Barrett and Elyce Shearer, were recently involved in this initiative to help select new support workers for the Burleigh site.

Having been with Aruma since he was a young teen, Cody knows a thing or two about what makes a good support worker.

‘A good support worker asks me what I want to do and involves me in every decision about how I live my life. They help me to do things, but they don’t do things for me. If they are unsure about anything, I want them to ask me so I can tell them how to best support me’ said Cody.

Potential candidates were invited to the Burleigh Head Office, where they met with two of Aruma’s Shared Living Managers,

Michelle Rooke and Nathan Lawrie. Cody and Elyce joined the candidates for some presentations, followed by scenario role plays, a friendly tour of the office and services, and finally, individual interviews.

‘Both Cody and Elyce have experience being a customer of Aruma and also an employee thanks to their work as Human Rights Advisors. This insight was so valuable, and they did a great job of outlining the dos and do nots for support workers. They also shared some of their lived experience with disability. This was really powerful,’ said Nathan.

Following the individual interviews, Cody, Elyce, Michelle and Nathan came together to review the applicants, where they selected three suitable candidates to progress to the next stage of recruitment.

One applicant commented after the interview, ‘I love that you have involved participants in the interview process. It really shows Aruma put the people they support at the centre of what they do.’

According to the recent NDIS Review, in 2021-22 there were around 325,000 workers supporting NDIS participants. This number is expected to reach 453,000 by 2025.

Through inclusive recruitment initiatives like this, Aruma hopes to ensure that the right people are in the right jobs.

If you’re looking for NDIS home and living options, social and community participation, or Supported Employment in the Burleigh area, head to Aruma’s website: [aruma.com.au](http://aruma.com.au) or call ph: 1300 538 746.



## Sixty years of lapidary on the Gold Coast



*Pictured: The original Gold Coast Lapidary Club meeting place, 1976. Source: Supplied.*

This year marks 60 years of the Gold Coast Lapidary Club. Founded in 1965, the Club has been cutting, shaping and polishing stones into beautiful works of art for six decades. Celebrations will be ongoing throughout the year as well as an extra special Annual Gem Show scheduled for June.

In March 1965, southern Gold Coast resident, John Hall, submitted a notice to a local newspaper asking people

who were interested in lapidary to attend a meeting in the SCWO Rooms in Burleigh Heads. Gordon Cran chaired the meeting and over 60 people turned up, prompting the participants to decide that there were sufficient lapidary enthusiasts to form a club.

The Club's first committee was elected on 13 April 1965, with Alby Hams as the first President, Gordon Cran as Vice-President, Joy Cheslin as Secretary and Don Hand the Treasurer. The committee decided on the Club's colours, gold and blue, to depict the sunshine and blue sea for which the Gold Coast is so noted.

In early 1974, the Club received a loan to built the Club rooms which commenced construction on 1 June of the same year. During the building

period, field trips were cancelled and members gave up every weekend to work on the building. In September, the Club were able to move into the rooms, which were officially opened by Sir Bruce Small, the Gold Coast Mayor at the time, on 6 November 1976.

The Club, consisting of 262 members, remains in the same rooms today but with many improvements and extra machinery. Their longest standing members have been with the Club since 1988, marking 37 years, and 1996, 29 years. The group encourages lapidary to be enjoyed by all ages, with members ranging from 12 to 90-years-old.

You can learn more about the Club at: [goldcoastlapidaryclub.com.au](http://goldcoastlapidaryclub.com.au) or visit the Club rooms located at 80 Pacific Avenue, Miami.



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*Pictured (L to R): Lions Betty Ferguson, Paul Trewartha, and Kyron Halleday working at the 4CRB Radio Anniversary last year. Source: Supplied.*

### Lions Club of Burleigh Heads by Lynne Doyle

Community engagement can restore the sense of being ‘back in control’ for people who can often feel powerless after experiencing major losses. On one such occasion, we were called upon when a local school tuckshop suffered the loss of their freezer over the weekend, bringing this vital service to a standstill. A community member heard of their plight from one of the tuckshop volunteers and he reached out to Burleigh Heads Lions for support. Our Club was able to organise the immediate replacement of the multi-door freezer before some staff even knew it had failed. This is but one example of our commitment to the community.

Our organisation often supports other Lions clubs. Recently some members assisted the Mudgeeraba Lions Club with their project, packing support bags for Share the Dignity to help women escaping domestic violence situations. They helped put together over 200 bags for this worthy cause.

All our members are dedicated to, and passionate about, Lions, the community and simply helping others any way we can.

Lions Club members are men and women who strive to make a difference in their local community as well as in communities worldwide. To support the community, we need involvement of people like you. If you can help with time or skill, please contact us and get involved. Being a volunteer organisation means that

100% of donations or proceeds through fundraising go towards the community projects. Burleigh Lions have supported local charities, community groups, school students, schools, and people with disabilities.

We can't do it alone though – a big thank you to Bunnings Burleigh Waters for their ongoing support. We appreciate the opportunity to raise much needed funds to assist our local community. You can't beat a good sausage and onion with tomato, mustard or barbecue sauce.

If you would like to join us to see what we do, we meet at the Burleigh Heads Surf Club on the 1st and 3rd Tuesday evening of each month.

You can reach Kyron, our Club President, on ph: 0411 143 163 for more details.



### Probus Club of Burleigh Waters by Brian Hallam

Starting with a drive through the scenic Currumbin Valley, the Burleigh Waters Probus group went on an enjoyable monthly walk through lush forest to the Saw Mill at Mt Cougal National Park. The waterfalls were running, birds were singing, and at least one platypus was seen. Coffee and Chit Chat was had afterwards at the Harvest Café where fish and turtles were also seen in the running creek.

The monthly activity was Barefoot Bowls at Burleigh Heads Bowls Club with lunch there afterwards, and a variety of bowls shots were seen on the green by those enjoying the outing. We also had a great Christmas dinner with special entertainment.

At the monthly meeting, our guest speaker, Martin Donaldson, from Griffith University spoke on Assistive Technology.

*Pictured: Members of the Probus Club of Burleigh Waters in Mt Cougal National Park and on Bowls Day. Source: Supplied.*







# community meetings

Many community groups take a break over the new year period. If you're interested in visiting a meeting, please be sure to contact the group ahead of time to confirm their summer schedule.

## **Al-Anon Family Group Meetings**

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

## **Beached @ Burleigh, Food Help**

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

## **Burleigh Waters Library Book Club**

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

## **Coffee & Connect - Unisex**

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

## **Community LearnScape Garden Club**

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

## **Dragons Abreast Gold Coast Paddling**

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

## **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

## **Gold Coast Tweed Bonsai Club**

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

## **Late Thursdays: Trivia Night**

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

## **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

## **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 - Men's BBQ**

When: 5pm, every Thursday  
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

## **Palm Beach Neighbourhood Centre - Wellbeing Wednesday**

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

## **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

## **Rotary Club of Burleigh Heads**

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

## **Social Chess - ChessNuts**

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

## **Weekly Mens Group**

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

## **Writing Friday**

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

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



## The power of community: what makes *The Waves*



Source: Supplied.

*The Ballina Wave*, *The Byron Wave*, *The Lennox Wave* and *The Burleigh Wave*, are much-loved monthly titles covering community news and events across the Northern Rivers and Southern Gold Coast. For many, the magazines are a 'must read' each month. As *The Wave* magazine group prepares to launch an Equity Crowdfunding opportunity in early 2025, Publisher, Milt Barlow, shares what he believes makes the magazines such a vibrant part of our local communities, and his thoughts on future expansion. Here he is, in conversation with the group's Managing Editor, Kate Parry.

### **You purchased *The Lennox Wave* from Helen Fry in early 2021, however publishing was not your background. What was the attraction?**

I spent over 30 years in the movie distribution business and was previously the CEO of Village Roadshow Entertainment for a decade. I spent over 30 years in the movie distribution business and was previously the CEO of Village Roadshow Entertainment for a decade. Following this, I became heavily involved in the early days of the internet via a youth portal called Tribe. Jeff Kennett was our Chairman and the platform had sites for every Australian capital city, in addition to Los Angeles and London. After this, I became the leading distributor of Chinese language movies for Chinese diasporas in Australia, New Zealand, Canada, and USA. In 2021 COVID hit, which meant no movies were being produced and movie theatres weren't open, so my business ended overnight.

My wife and I had relocated to the Northern Rivers in 2015 and in early 2021 I was having a coffee with Helen Fry when she took me somewhat by surprise with the comment: 'I want to retire - I don't suppose you would be interested

in purchasing *The Lennox Wave*?' Whilst I was somewhat skeptical if print publications had a future in the digital world, the magazine had, at that stage, been 'home' for the Lennox Head community for 18 years. It was loved and supported by the community, its readers and advertisers. I was one of those residents who looked forward to it each month.

It was the DNA of *The Lennox Wave* that really caught my attention: embracing the local community and being a voice for its residents, not engaging in politics, Council bashing or letters to the Editor. It simply gave a safe and vibrant home to the community, in beautiful high gloss colour each month. This was the absolute attraction for me. Also, there were not too many community publications in Australia still going for 18 years. We are now 21 years young.

### **You have a strong track record of success in scaling businesses. You have previously mentioned you built Village Roadshow Entertainment from \$35 million to \$250 million a year turnover, so I guess it came as no surprise that you were not just going to sit with one magazine – *The Lennox Wave*?**

I have always liked to be involved in businesses that I thought had much more to achieve or had the opportunity to expand into areas that were under resourced. So 2021, whilst being challenging with COVID, also opened a new door when NewsCorp either closed down or moved online over 100 community and suburban newspapers across Australia.

Overnight communities were left without their trusted and much-loved community publications. Ballina was a classic example with the closure of *The Advocate* print version and its move online. This presented us with an opportunity, so we launched *The Ballina Wave* in November 2021, with you of course Kate as our Editor, and then followed with *The Byron Wave* in December 2022. In 2024, we expanded to the Gold Coast with *The Burleigh Wave* launching in July.

### **Would it have been easier just to do one magazine - *The Northern Rivers Wave* - instead of four different magazines?**

Here is the thing that I learnt from Helen and *The Lennox Wave* and which is a critical and immovable part of our DNA. When you go 'wide' and try to cover many communities you don't have the same engagement from individual communities, and advertisers. We have seen many newspapers come and go in the Northern Rivers over the last few years because they tried to be all things to all people. Sure, it might have been cheaper to produce just one publication, but I believe you run the risk of losing your identity. 90-95% of our magazines have content that is unique to the community we serve and is not replicated in our other magazines. *The Lennox Wave*, through our wonderful Editor, Natalie Grono, is fiercely focused on the Lennox Head community; *The Ballina Wave*, led by you Kate, has a 100% focus on Ballina and the Plateau; *The Byron Wave* - led by Editor Charla Rallings - supports and gives a home to the



communities within the Byron Shire; and our first Gold Coast magazine, *The Burleigh Wave*, is focused on Burleigh Heads and its immediate surrounds of Miami, Palm Beach, Varsity Lakes and Elanora, and championed by our Editor, Emma Marie Watson.

**What sets us apart from other publications in the region?**

Again, our 100% focus is to provide a 'home' for the communities within our localities. I just did a quick count of our December issues and across the four Waves and we did over 170 individual community stories. That's huge. Community has never looked stronger. It makes us all very proud and the feedback is very humbling. Whilst some months are harder than others, it is this support that keeps us all going and pushes us to want to achieve more. I think the other thing that is 'baked' into our DNA is that we don't do politics, nor do we push a political agenda. Simply put, we

just want to provide an outlet for the groups within our community to tell their story to others. It works well.

**You are looking to raise additional funding in 2025 through a Crowd Source Funding Campaign. Why do that, and how will those funds be used?**

I see some wonderful opportunities in many communities and suburbs around Australia and that are devoid of great local publications like *The Waves*. We would like to continue our expansion on the Gold Coast with another two magazines - one in the north and one in the south to compliment *The Burleigh Wave*. We think there are some additional opportunities perhaps in the Northern Rivers and definitely along the New South Wales coast, and indeed in Sydney where many suburbs and communities no longer have their own publication. The rate and timing of our expansion will be entirely dependent on the amount of funds raised.

**Finally, do you think there is a danger that print publications like *The Waves* will be made redundant by online offerings?**

Not at all. In fact there is a definite resurgence in high quality print, just as there was resurgence and shift away from CDs to vinyl records. We are seeing major high quality print fashion magazines returning to Australia after many years of absence, so I think the future is bright and getting stronger for print. This is set against a backdrop of 'internet overload' - fake news, AI, scams and just being bombarded with non-stop online noise. It's exhausting and I was recently reading that there has been an increase of people opting out of Facebook, Instagram, Tik Tok et al. It has become overloaded to the extreme. There is something nice and comforting in sitting down and reading a high-quality publication or good book. I think this is where we excel and will continue to grow.

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## It's cane toad busting season

by Emma Marie Watson



*Pictured: Local group, Boonah District Landcare, at The Great Cane Toad Bust 2024. All images in this article have been supplied by Watergum unless stated otherwise.*

Each summer, residents on the southern Gold Coast have come to expect extreme weather conditions with heavy storms and downpours of rain. The combination of the wet weather and heat brings out one of the most infamous invasive species in Australia – the cane toad.

Cane toads thrive in our subtropical environments and face a population boom following the wet season. Studies show that one female cane toad can produce up to 35,000 eggs in each breeding cycle and can breed up to twice per year in a subtropical climate like our own.

Unfortunately, the toads wreak havoc on our local and national ecosystem. As an introduced species, they are not part of our native environment but have thrived here due to their high breeding rates and absence of native predators.

Since 2021, Burleigh Heads based environmental not-for-profit, Watergum, has run The Great Cane Toad Bust, a humane week long cane toad control event held every January across Australia to decrease local cane toad populations through community involvement.



*Pictured: A Bust participant holding a frozen cane toad.*

Kelsi Taylor, Invasive Species Manager at Watergum, tells me that the Bust was 'the first ever nation-wide event aiming to get as many Australians as possible out controlling cane toads.' There were community population control events across Queensland, but no organisation had taken on a scope as large as Watergum.

The best time of year to cane toad bust is in the warmer months from September to April, with the official event being held each January to coincide with the peak of the toads' breeding season. The more the breeding cycle can be interrupted, the greater chance of successfully decreasing the numbers of cane toads populating our areas.

During the cooler months, cane toads enter torpor, which Kelsi says is 'a state similar to hibernation where they hide away under logs, rocks or other objects and reduce metabolic activity levels to conserve resources.' Cane toads may also come out of hiding during winter heat spurts.

For the upcoming bust from 18 to 26 January, Kelsi has said that participants should head out after dark to look for adult toads. 'Timing your busts with wet weather conditions may result in more toads being about.'

During last year's Great Cane Toad Bust, over 50,000 cane toads were captured. Some of the community previously afraid of cane toads, stepped up and took part, with Kelsi saying that at Watergum, they've heard many stories of toad busters conquering their fears and heading out toad busting, 'A great way to get started is to go out with an experienced toad buster for support. You can also use tongs or a pick-up stick to catch the toads, or tadpole trapping is another great way to control cane toad populations without having to handle any actual toads. Other preventative measures include water perimeter fencing or planting grasses as this can help prevent toads from accessing waterbodies and



breeding.’ Kelsi tells me that they hope to remove more than 75,000 through this year’s event.

For best results, Watergum recommends control of all life stages in combination with each other – cane toad busting and tadpole trapping. Tadpole trapping is just as vital as cane toad busting and can be done during warm, sunny weather which is when the cane toad tadpoles are most active. Those who are keen to help out as much as possible can opt for tadpole trapping during the day and toad busting after dark. ‘A female adult cane toad can produce up to 70,000 eggs per year, hence removing as many adult toads as possible is vital in preventing future breeding activity,’ says Kelsi. ‘Removing cane toad tadpoles is a fantastic way to break the breeding cycle at the start, removing toads at their vulnerable tadpole life stage and preventing them from growing up, breeding, and causing more damage to the environment.’

Our native wildlife has started to learn to predate on cane toads, including the ibis which perform the stress and wash technique. ‘Crows flip them [cane toads] on their back and eat their stomach by pulling the organs through the toad’s mouth to avoid the toxin, and rakalis – water rats – flip the toads over and surgically remove their hearts. Scientists are also working on several control methods, including taste aversion training for quolls and freshwater crocodiles, teaching these predators to avoid cane toads, as well as the construction of a waterless barrier to slow down the spread of cane toads in North Western Australia.’



*Pictured: An ibis performing the ‘stress and wash’ technique on a cane toad. Source: Cane Toads in Oz.*

Watergum believes that community education and engagement is vital for controlling invasive species like cane toads. ‘Running an annual event helps to maximise this engagement, reach areas we otherwise wouldn’t, and get as many people out across the country controlling cane toads during the peak of their breeding season,’ says Kelsi.

‘Cane toads produce bufotoxin, a cardio toxin which is not found in any native Australian fauna or flora. As this toxin is not native to Australia, our wildlife didn’t evolve alongside it and develop resistance, meaning that this toxin is lethal for many of our native species. Cane toads also have enormous appetites and opportunistic eating habits, meaning they’ll eat just about anything they can fit in their mouths, ranging from insects, bird eggs, native frogs, tadpoles, and even small mammals.’

You don’t need any special equipment to help control the cane toad population – just a bucket, a torch, and gloves. Watergum recommends using a tall bucket with a hole cut

in the lid, but encourages participants to use whatever they have on hand at home. The best time to spot adult cane toads is after dusk. ‘Shining a light into the toads’ eyes can stun them temporarily, making them easier to pick up.’ Once you’ve caught as many toads as you can, place them in the bucket and take them to your nearest toad drop-off zone. If you’re keen on tadpole trapping, Watergum has traps and lures available for purchase on their website as well as further educational information for locals and drop-off zones for your captured toads.



*Pictured: Watergum’s tadpole traps and lures.*

Registrations for the Bust are open for individuals, families or groups and the data you provide to Watergum’s database is not only integral for population control, but participants with a competitive side have the opportunity to ‘win’ the Bust by being the top toad buster.

‘By joining forces and making a difference, we can create a safe haven for wildlife and pets in our local areas.’

To register and find out more, head to: [watergum.org/greatcanetoadbust](http://watergum.org/greatcanetoadbust)



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# Meet the volunteers feeding Burleigh

by Burleigh Church of Christ



Pictured (L to R): Burleigh Church of Christ volunteers Maria, Kaz, Di, Marlene, Janice and Ron. Source: Supplied.

Burleigh Church of Christ (BCC) has a big team of volunteers and employees who make its daily operations possible. It is a renowned place of solace and care for the Burleigh Heads community facing financial hardship. Visit: [bcc.org.au](http://bcc.org.au) to learn more.

## Maria

### What is your role and how long have you been volunteering?

Just on three years. I cook on a Tuesday.

### How did you get started?

I volunteered at RSPCA for five years before it closed down. I found a flyer regarding Burleigh Church of Christ and found my happy place.

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

Meeting new people and helping others in need.

## Kaz

### What is your role and how long have you been volunteering?

Cooking meals and I think I've been here for a year or a year and a half. I'm having so much fun that I'm not sure how long I've been here.

### How did you get started?

I heard of the Church through a friend.

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

We have so much fun in the kitchen. I enjoy helping my community and it's great having laughs and talking to everyone. We all help each other and it's a joy to do that with love.

## Marlene

### What is your role and how long have you been volunteering?

I've been cooking meals for four or five years.

### How did you get started?

We were asked if we could get a team together to cook meals for those in need, and as I enjoy cooking and helping people, I thought I would give it a go myself.

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

The friendship, the laughter, and that there is always someone there to discuss any problems I have without feeling uncomfortable.

## Janice

### What is your role and how long have you been volunteering?

Cooking meals for approximately four to five years.

### How did you get started?

The company who was supplying our Church with frozen meals stopped, so a few of us offered to give it a go to see if it would work.

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

The camaraderie, friendship and the fun and laughter we have. Also to see people's faces when they receive the food that we sometimes take for granted. It is so important to share with people less fortunate, whatever the reason why.

## Ron

### What is your role and how long have you been volunteering?

Food preparation and kitchen duties for the past two years.

### How did you get started?

I asked people I met delivering meals if I could help.

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

Working with caring people and having a regular routine.





# Sixty years of dedication to the community

by Emma Marie Watson



*Pictured: Merv during his days at the Apex Club.*

Burleigh Heads Lion, Merv Ferguson OAM, has recently celebrated a significant milestone – 60 years of community service.

Merv began his career in banking and remained in the industry throughout his working life. Wanting to meet more locals in need of financial assistance, 60 years ago, Merv joined his local Apex Club, an organisation for young men, and supported the community with projects, welfare needs and more. Fast forward 20 years, he joined the Lions Club where he has now been a member for 40 years, serving in several Lions Clubs across Queensland until settling in the Lions Club of Burleigh Heads for the last 27 years.

After 60 years, it's a selfless feat to contribute for several decades. When asked what motivates him to be so involved in the community, Merv says that it's just something he has always loved doing. One of the highlights of his time assisting the community was working with the Children's Mobility Foundation where he and others provided mobility devices for children who can't walk. 'Laying out \$8,000 for mobility devices for children changes you and is an unreal experience,' says Merv.

Throughout this time, Merv held 15 club presidencies, was elected as the Lion Clubs' District Governor in 2012 where he was given the privilege of representing Australia on the world stage, and in 2011, was awarded an Order of Australia which he believes was mainly for his community service efforts. Merv has also been granted life membership with Apex and Lions service clubs.

Merv says more recently, the Burleigh Lions have been working with local lifesaving clubs to install sunscreen spraying machines and helped out Caningeraba State High School with the donation and installation of a freezer after the school's abruptly broke. Over a period of several years, Merv tells me the Club has donated over \$20,000 to Operation Smile Australia, a charity that provides safe craniofacial surgical care across the world to children who have a cleft lip or palate.

As Merv looks toward the future, he wants to help out more



*Pictured: Merv running in the Queen's Baton Relay, 2006. Source: Supplied.*

organisations in the local community as well as encourage more people to get involved and become a Lion, with an emphasis that the Club is open for people of all ages.

Those interested in becoming a Lion can contact the Club's President, Kyron Halleday on ph: 0411 143 163 or send an email to Secretary, Ruth Porter: burleighheads.qld@lions.org.au



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## Connecting the bush and the beach

by Nicolle Archer, Gold Coast Historical Museum



*Pictured: Retirement home of George and Mena Bergman, Mt View Ave, Miami, 1949. Source: supplied.*

In the first half of the 20th century, Burleigh village was linked to the farming hinterland of Tallebudgera Valley via the wetlands of West Burleigh. The Southern Coast Rail Line stopped at West Burleigh for dual purposes – commuting passengers to the area for a beachside camp, and enabling trade for timbergetters and farmers west of the line.

In the City of Gold Coast's publication, *Everyone Knew Everyone* (2008), the Clark and Mattock families recount early memories growing up in West Burleigh.

Siblings, Burnie Clark and Valmai Mattock, were children of the Clark family and lived on their 120-acre property then called *Geebeeginba*. Where Stockland's Woolworths stands today, the house was set on a raised hill, overlooking the ocean across tea-tree swamps. The land easily flooded and it was difficult to grow crops. However, the family was self-sufficient with vegetables, dairy cattle, chooks and ducks.

As a school child, Burnie was able to sell lettuce at Burleigh shops. He expanded his small agricultural business to grow tomatoes along

Skyline Terrace. Burnie further harvested crops of beans, sweet potatoes, pumpkins, carrots, beetroot, melons, and more, which he sold in city markets.

In the 1950s, Burnie built a fibro Queenslander at Burleigh Cove on a site behind Stockland, and when interviewed in 2006, at the age of 93, Burnie was living on the last two of the Clark's 120 acres. At this site, a plaque stands in Burnett and Carrie Clark Park, recognising Burnie and his wife's connection to the land.

Burnie's sister, Valmai Mattock, had wedded Ernest, son of Amy and Charles Mattock. The Mattocks lived on Reedy Creek Road opposite the Clarks. Ernest bought land from the Clark family, including what is now Mattock's Road. Valmai sold most of the acreage when he passed away in 1959. Retaining a smaller lot, Valmai bought and transported houses to her land, and rented them out. Her progressive thinking and advocacy for proper infrastructure, made her opinions on local matters well-sought.

Valmai was well into her 60s and still wandering through the swamp

land, looking for lost cattle. She would traipse as far away as Miami Golf Course, wielding a stick ready for the numerous hidden black snakes. Returning home with vicious leg scratches, Valmai would apply kerosene as salve.

Both Burnie and Valmai had an interesting neighbour in David Fleay, who would often visit the Clark property. Burnie recounts, 'There used to be a bunyip out there too. People used to imagine it and that went on for years. Anyway, I got Mr Fleay out, from the fauna reserve, and he caught that on tape one night. I went along with him; we considered it was the Brown Bittern - the bird.'

*The Gold Coast Historical Museum is open Tuesdays and Wednesdays from 9am - 1pm and Sundays from 10am - 3pm at 8 Elliott Street, Surfers Paradise.*

*Learn more by contacting the Museum via email: [histsoebun@bigpond.com](mailto:histsoebun@bigpond.com) or visit: [Instagram / goldcoasthistory](#)*



## Legendary Michael Peterson board unveiled

by Peter Harris, SurfWorld Gold Coast



Pictured (L to R): Dick Hoole, Cheyne Horan, Peter Harris, Wayne 'Rabbit' Bartholomew and Doug Warbrick at the unveiling of the *Morning of the Earth* board at SurfWorld Gold Coast. Source: supplied.

On Friday 22 November, amidst torrential rains that drenched and flooded the Gold Coast, the SurfWorld Museum came alive with an atmosphere of celebration and nostalgia. As curator and emcee for the day, I had the immense privilege of unveiling one of the most significant surfboards in Australian surfing history: the revered *Morning of the Earth* (*MOTE*) board, shaped and ridden by the legendary Australian surfer and shaper, Michael Peterson.

The invitation-only event drew a full house of shapers, surfers, and dedicated surf enthusiasts, all eager to see this magical board in the flesh and to be a part of a moment that has been decades in the making. Special guests included Michael's family – his mother Joan, sister Denise, his niece Brooke, and nephew Lee – who, along with all our guests, enjoyed live renditions by local band, The Alley Cats, of classic songs from the *MOTE* soundtrack

Joining me on the stage were surfing legends Wayne 'Rabbit' Bartholomew and Cheyne Horan, Rip Curl co-founder, Doug Warbrick, and master photographer Dick Hoole.

The guest panel shared stories that oscillated between the profound and the hilarious, offering rare glimpses into Michael's competitive brilliance and enigmatic personality. From his fiercely private nature to his legendary cutback immortalised in Albie Falzon's timeless film – Michael's legacy was celebrated in vivid detail.

Yet, the true star of the day was the board itself.

This single-fin marvel, crafted in the early 1970s, was shaped by Michael under the mentorship of pioneering master shaper, Joe Larkin, at his Miles Street factory in Kirra. Joe, SurfWorld's inaugural patron and my esteemed predecessor, played a pivotal role in guiding Michael's early career. The board, now securely displayed in a custom-designed case, had been out of public view for decades, shrouded in

mystery and thought by many to have vanished entirely.

Its re-emergence was nothing short of remarkable. The board had been safeguarded for years in the private collection of Carl Tanner, a life member and co-founder of SurfWorld, and who finally entrusted it to the Museum after my persistent efforts to ensure its preservation and public display. With the generous support of a grant from the Tugun branch of The Bendigo Community Bank, I was able to design and commission the protective case that now houses this crown jewel of SurfWorld's collection.

For me, this unveiling was deeply personal. I first learned the craft of shaping under Michael's unique style of guidance and, for a time, was his only sponsored surfer. Being part of Michael's inner circle during his peak years remains one of the greatest honours of my life.

The *MOTE* board, with its groundbreaking design – a dome deck, vee bottom, low rails, and tucked edges – was revolutionary for its time. Its dimensions, often misquoted, measure precisely 5'8" x 19 ¾" x 2 ⅞". This board not only symbolises Michael's innovative approach to surfing, but also embodies a turning point in surfboard design.

The surfing Michael performed on this board is the stuff of legends. His iconic cutback, immortalised in *MOTE*, remains one of the most celebrated images in surf culture, both in Australia and internationally. To this day, surfers around the world strive to emulate the perfection of the Michael Peterson cutback.

If you'd like to witness this extraordinary piece of surfing history for yourself, visit SurfWorld Gold Coast on the Currumbin beachfront, directly opposite the Currumbin Wildlife Sanctuary. Come and experience the magic of the *MOTE* board and its timeless connection to Australia's surfing heritage.

Head to: [surfworldgoldcoast.com.au](http://surfworldgoldcoast.com.au) for more information.





# Byron Bay Oyster Bar & Seafood Restaurant

reviewed by Milt Barlow

I was a big fan of Bonito in Byron Bay's Hotel Marvell, so was delighted to learn management has lifted the local restaurant bar once again with the addition of its Byron Bay Oyster Bar & Seafood Restaurant.

A nod to the oyster bars of New England and New York, this modern reimagining is the place to be if you're a lover of the best seafood on offer. If seafood is not your thing, then they also have eye fillet and Bangalow Pork Chop on the menu.

As you'd expect, the star of this show is undoubtedly the oysters. Whilst sourced from across Australia and New Zealand, the oysters are also matured and grown to plumpness and freshness in a huge land-based tank that can hold up to 6,000 oysters and uses local ocean water to cleanse and regenerate them.

The standout menu item is the 20 plate oyster selection - a great tasting plate, beautifully presented, with hot and cold oysters featuring natural, kilpatrick, mornay, baked miso, rockefeller, garlic buttercrumb, ginger and soy, bloody mary, and verjus and pomegranate. If you're an oyster lover, you will think you died and went to heaven with this lot.

Following this oyster feast, it's onto the Raw Bar and seafood selection. From the Raw Bar we treated ourselves to Black Caviar from Georgia served with a Potato Confit Yolk and Crème Fraiche, and some sensational Tuna Carpaccio that I swear must have been caught off the coast that morning - delicious.

Grazing continues with small and large plate selections that include Bay Lobster Rolls, Half Shell Scallops, Spanner Crab, Pork and Fennel Stuffed Squid and BBQ Mooloolaba Prawns.

We went for the stuffed squid which was tender and lip smacking, along with the spanner crab which we thought was the only low point of the menu and a bit ordinary.

Large dishes include Freemantle Octopus, Confit King Salmon, Whole Market Fish, Lobster Mornay or you can go over the top with a Seafood Tower. We shared the fresh fish of the day - snapper. It was superb and lip smacking, perfectly cooked and presented.

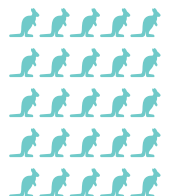
As you would expect, there are local vegetable and side dishes on offer. We went for the Grilled Asparagus which was served with Cured Yolk and Black Caviar Beurre Blanc. It was a perfect complement to the fresh fish. And for those wanting a little more, there is a cheese platter and desserts available too.

The décor of the room is good and cosy as ever, with great flatware and presentation. The staff were all incredibly attentive and helpful.

The Byron Bay Oyster Bar & Seafood Restaurant is top shelf and a welcome addition to Byron's ever expanding culinary scene.

To book or discover more, visit: [byronbayoysterbar.com.au](http://byronbayoysterbar.com.au)

**FOOD**  
**STAFF**  
**VALUE FOR \$**  
**WOULD I RETURN**  
**OVERALL**



*Author was a guest of the venue.*



# Become an owner of *The Waves*

Northern Rivers Media has become one of Australia's most successful community media publishers.

After purchasing the much loved 18-year-old *The Lennox Wave* in 2021, the company has expanded its unique community focused model into The Ballina Shire with *The Ballina Wave*, The Byron Shire with *The Byron Wave*, and has recently begun its expansion into the Gold Coast with *The Burleigh Wave*.

Many regional towns and suburbs were left without their local community newspapers and magazines when NewsCorp either closed or moved online over 100 publications.

While we believe that of course online is now an accepted part of our lives, over the past few years with fake news, AI, scammers and just too much online 'noise' there has been a strong move back to reliable print

publications, particularly those that are deeply connected and supportive of their local communities.

In March 2025, Northern Rivers Media will be instigating a CSF (Crowd Source Funding) campaign through ASIC licensed intermediary OnMarket.

Our aim is to raise funds to continue the expansion of our community magazines by issuing shares that will allow investors and members of our communities to share in our ownership.

An Expression Of Interest (EOI) campaign will commence in February 2025 followed by the CSF in the following month.

If you would like to be advised and presented with further details, please email us so that we may contact you with appropriate documentation in early 2025 for your consideration.

Please register your interest in receiving further information  
by emailing: [community@northernriversmedia.com.au](mailto:community@northernriversmedia.com.au)



## On the cover with Wayne Sorensen



Photographer: Wayne Sorensen.



Pictured: Wayne Sorensen, Antarctica. Source: supplied.

The image gracing the cover of our first issue of the year is *Rising tide* by Miami-based photographer and artist, Wayne Sorensen. Taken on the northern end of Burleigh Beach with a slow shutter speed, one of Wayne's favourite techniques, it captures the predawn glow of what Wayne describes as a fairly dreary morning. 'Using a tripod to keep the camera steady in the surging tide I was able to capture the sweeping movement as the tide ebbed and flowed. What I also really love about this image is the dramatic 'fish bone' clouds sweeping across the sky.'

The slow shutter speed increases blur in the image which results in a photograph that resembles a painting, 'I often have people mistake my work for paintings. I

actually wear that as a badge of honour, because I want my work to be perceived as artwork not just a photograph.'

Wayne studied photography, painting and graphic design at Queensland College of Art and has maintained a strong passion for photography ever since. His preferred photographic subjects include landscape and wildlife. In 2024, Wayne won the Animals in Nature category in the 2024 Australian Geographic Nature Photographer of the Year awards for an image of an Emperor Penguin in Antarctica.

'What draws me to this style of photography as art, is that it transforms a typical scenic shot into something a bit more special. It can

never be recreated exactly the same again. As an artist, it's my vision for that special moment in time.'

Many mornings for Wayne include clambering around the rocks at Burleigh Headland trying to capture the perfect sunrise. 'Living in Miami, I'm on the beach most days at sunrise walking my dogs from North Burleigh to Burleigh. I feel blessed to live in such a beautiful part of the world and when I'm by the ocean everything else just melts away.'

More of Wayne's work can be found at: [waynesorensen.com.au](http://waynesorensen.com.au) or through social media on: Instagram / @waynesorensenphotography

## Cook with QCWA: Sunshine Fruit Salad



Recipe courtesy of Judy Stubbs from the QCWA Country Kitchens team Maleny Branch.

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 0 minutes

 2 serves per portion

### Ingredients

- 1 cup strawberries, roughly chopped
- 1 small pineapple, skin removed and chopped
- ½ small pawpaw, peeled and chopped
- 1 mango, peeled and sliced
- 1 tablespoon ginger, grated
- 2 oranges, juiced
- 2 passionfruits, halved and pulp removed
- 2 cup natural yoghurt, reduced fat

### Method

1. Combine strawberries, pineapple, pawpaw and mango in a large bowl.
2. Mix ginger, orange juice and passionfruit pulp in a small jug and drizzle over fruit.
3. Set aside in the refrigerator until cool.
4. Serve with yoghurt.





## Property trends for the new year



*Pictured: Views from a listing on the Southern Gold Coast.  
Source: Amir Prestige.*

For those interested in purchasing or selling a home, or just keen to get a better insight into the housing market on the Southern Gold Coast, Nathan Dawson from Amir Prestige and Dan Alexander from LJ Hooker Southern Gold Coast answered a few questions about real estate trends in the area.

### **What are the current trends in real estate across the Gold Coast?**

Nathan Dawson from Amir Prestige says that the local real estate market has remained strong and dynamic over the past few years. 'Lower-interest rates and an ongoing urban regeneration have contributed to heightened buyer activity across high-end and more affordable segments of the market.'

According to Nathan, properties that offer a lifestyle close to beaches, parks and amenities as well as spaces that cater to working from home are increasingly sought after by buyers. 'Areas like Sorrento, Broadbeach Waters and Mermaid Beach are particularly popular, attracting domestic buyers and international investors,' he said.

Dan Alexander from LJ Hooker agrees that properties with an attractive mix of lifestyle and convenience are in high-demand, and areas such as Burleigh Heads, Palm Beach, Currumbin and Coolangatta remaining incredibly popular. 'These locations attract not only local buyers but also interstate migrants, particularly from New South Wales and Victoria, drawn to the region's more relaxed pace and affordability compared to larger cities.'

### **How will these trends change over the next 12 months?**

Nathan expects that the local real estate market will continue to evolve, but the interest in 'coastal living and flexible work arrangements will keep the demand strong, particularly for lifestyle and investment properties.'

'Luxury properties should remain in demand, though entry-level home prices may see a slight cooling due to rising construction costs and economic uncertainty,' Nathan continues.

Dan says that buyers are expected to shift toward purchasing smaller homes, such as apartments and townhouses. He says that this change will be particularly evident among first-time buyers, downsizers and investors, 'Areas such as Burleigh Heads and Kirra are seeing strong demand for modern apartments. The completion of infrastructure projects, such as the new light rail extension to Burleigh Heads, and the M1 upgrade will also have a positive impact on property values in these areas as well as Palm Beach and Coolangatta.'

Like Nathan, Dan agrees that luxury homes remain in demand, and that there may be a slight cooling of price growth in the short term this year, 'The interest rate hikes in the past year have impacted borrowing capacity, creating some affordability challenges. Buyers are becoming more cautious as they reassess their budgets, particularly in higher price brackets.'

### **What's your advice for people interested in buying or selling soon?**

According to Nathan, if you're looking to buy or sell this year, timing and strategy is key. He recommends that buyers secure properties that offer long-term growth potential, meaning well-located homes, properties with land value, or builds worth renovating. Nathan also says that summer is a great time to buy or sell. 'The market tends to be more active with domestic and international buyers taking advantage of the warmer weather and holiday season to explore new opportunities.'

Dan also says that long-term value properties are what buyers should look for, as well as getting pre-approved finance before entering the market. For those looking to sell, Dan suggests to do your research before you choose who will sell your property. 'Search online, visit them at open homes and check references. Look for traits such as professionalism, communication skills, demonstrated experience, and results in the local area.' Additionally, he says that a well-presented property is easier to sell. 'Simple updates like fresh paint, landscaping and cleaning can make a significant difference.'

'Investors and buyers should be prepared for a more neutral market in terms of price growth, although well-located properties in key areas could still see reasonable price increases,' says Dan. 'If interest rates remain high, it could dampen demand among first-time buyers and investors who are more sensitive to borrowing costs. Conversely, if inflation begins to ease and the RBA starts cutting rates, we could see a resurgence in buyer activity.'



# Better health through gentle movements

by U3A Southern Gold Coast



Pictured: Mary Ludwig teaching her yoga class at U3A. Source: Supplied.

Meet Mary Ludwig, our incredible yoga teacher. Mary has taught Hatha yoga for more years than forever. She explains that yoga promotes flexibility, strength and balance through a series of posture and controlled breathing techniques. These

stretching movements engage muscles gently, reducing the risk of injury while improving overall flexibility. For many people, yoga also helps relieve physical discomfort, like tension in the neck, back or shoulders, making it an accessible practice even for beginners.

Mary creates a calming environment paired with guided breathing and encourages focus on the present moment. The calm feelings brought out by yoga often result in better concentration, improved mood, and enhanced resilience to daily stress by toning the lymph glands and bodily hormones.

Sharing these sessions with Mary and others fosters a sense of belonging and mutual encouragement through

a holistic approach to health, which enhances physical fitness, mental clarity and social connection. This is a gentle yet powerful practice that can support a balanced and fulfilling lifestyle, and in addition, yoga keeps you looking younger – cheaper than a facelift.

U3A is an international volunteer organisation that organises courses for community participation. On Wednesday 22 and Friday 24 January we are holding Open Days at Tugun Village Community Centre. Come along and meet our tutors and hear about their courses.

For further information and to see our 2025 programme, head to our website: [u3asoutherngoldcoast.org.au](http://u3asoutherngoldcoast.org.au) or call ph: 5534 7333.

## January Tide Times, Gold Coast Seaway

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Time m <b>1</b> 0212 0.15 0916 1.75 WE 1549 0.21 2122 1.10	<b>2</b> 0254 0.14 0957 1.75 TH 1630 0.19 2207 1.11	<b>3</b> 0339 0.16 1039 1.73 FR 1714 0.18 2256 1.11	<b>4</b> 0428 0.21 1122 1.67 SA 1758 0.18 2350 1.13	<b>5</b> 0522 0.28 1207 1.58 SU 1845 0.18
<b>6</b> 0050 1.16 0624 0.37 MO 1255 1.46 1932 0.20	<b>7</b> 0158 1.22 0736 0.46 TU 1350 1.32 ☉ 2023 0.21	<b>8</b> 0309 1.31 0859 0.51 WE 1455 1.19 2117 0.22	<b>9</b> 0417 1.43 1030 0.50 TH 1608 1.10 2215 0.22	<b>10</b> 0519 1.56 1150 0.43 FR 1721 1.05 2311 0.21	<b>11</b> 0616 1.68 1254 0.34 SA 1826 1.04	<b>12</b> 0005 0.19 0708 1.76 SU 1347 0.27 1923 1.07
<b>13</b> 0055 0.16 0756 1.81 MO 1432 0.22 2010 1.09	<b>14</b> 0142 0.14 0840 1.81 TU 1513 0.20 ○ 2054 1.12	<b>15</b> 0224 0.14 0921 1.78 WE 1552 0.21 2134 1.13	<b>16</b> 0305 0.16 0958 1.72 TH 1628 0.23 2213 1.12	<b>17</b> 0345 0.22 1033 1.64 FR 1702 0.25 2251 1.12	<b>18</b> 0424 0.29 1106 1.54 SA 1734 0.28 2332 1.11	<b>19</b> 0506 0.39 1139 1.43 SU 1807 0.31
<b>20</b> 0018 1.11 0553 0.49 MO 1213 1.31 1840 0.34	<b>21</b> 0112 1.12 0650 0.59 TU 1252 1.19 1919 0.37	<b>22</b> 0217 1.16 0804 0.66 WE 1342 1.08 ☉ 2005 0.40	<b>23</b> 0328 1.22 0937 0.68 TH 1450 0.99 2102 0.42	<b>24</b> 0432 1.31 1103 0.63 FR 1609 0.95 2204 0.42	<b>25</b> 0527 1.42 1205 0.54 SA 1719 0.96 2302 0.38	<b>26</b> 0614 1.52 1252 0.44 SU 1815 1.00 2353 0.31
<b>27</b> 0658 1.62 1332 0.35 MO 1902 1.06	<b>28</b> 0037 0.23 0739 1.71 TU 1410 0.27 1944 1.12	<b>29</b> 0120 0.15 0819 1.78 WE 1447 0.20 ● 2027 1.18	<b>30</b> 0203 0.09 0858 1.83 TH 1524 0.14 2109 1.24	<b>31</b> 0246 0.07 0938 1.83 FR 1603 0.10 2152 1.28		

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## Free financial education for families and students



Photographer: Artem Podrez. Source: Pexels.

If you have a health care card, you could be eligible for Saver Plus. The Saver Plus Program offers free financial education for eligible families or students and provides savings of up to \$500 for education costs. Since 2003, the Program has helped over 60,000 people learn skills to take control of their finances.

The Program is free, runs for 10-months and can be started at any time. Participants will have access to five online financial educational workshops and can save up to \$50 per month. If you reach your saving goals each month, ANZ will match what you've saved up to \$500. The goal of the program is to provide financial tips that will help students and families improve their financial situations.

To be eligible for Saver Plus, participants must meet the following criteria:

- have a health care card or pensioner concession card AND an eligible Centrelink payment
- be in school yourself OR have a child in school (can be starting school next year)
- have regular income from work (either yourself or your partner)
- be 18+ years old.

To learn more about the Program, call ph: 1300 610 355 or head to: [saverplus.org.au](http://saverplus.org.au)

## Free bike skills workshop



Source: City of Gold Coast.

Guardians and caregivers are invited to bring their children aged six and up along to Miami this month for an hour long bike skills workshop. The event is hosted by the City of Gold Coast Active Travel Program and aims to build biking confidence and control in children.

The workshop is designed for children who can confidently ride without training wheels. Bring along a bike and helmet for a day of outdoor fun.

Registrations are required with only 10 participants involved in each session. Learn more at: [whatsongoldcoast.au](http://whatsongoldcoast.au)

**When:** 9 – 10am, Monday 13 January

**Where:** Pizze Park Netball Courts, Miami

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## Aussie artist goes global

by 19 Karen Contemporary Artspace



Pictured: Artist, Glendon Cordell. Source: Supplied.

Australian artist Glendon Cordell, who is exclusively represented by 19 Karen Contemporary Artspace in Mermaid Beach, is currently showing his first international exhibition in collaboration with Vins Gallery, Taiwan.

Glendon's first solo show opened at the Mermaid Beach gallery in January last year and sold out prior. The artist, who was relatively unknown only three years ago, quickly rose to prominence after his work appeared at international auction houses such as Sotheby's and Christies.

Now, with collectors in Europe, Canada, USA, London, Asia and of course, Australia, the homegrown pointillist artist is highly sought after and will show his next body of work in New York this March.

To see Glendon's work in the flesh, and many other distinctive Australian and international contemporary artists, visit the 700m<sup>2</sup> warehouse style gallery which hosts complimentary informative tours on the last Friday of every month at 1pm.

For more information about the gallery and the stable of artists it represents see: [19karen.com.au](http://19karen.com.au)

**When:** 9am - 4pm, Tuesday - Thursday  
9am - 2pm, Friday - Saturday

**Where:** 19 Karen Avenue, Mermaid Beach

**Cost:** Free.

## Last month of *HOTA Collects: Direction*



Pictured: Homework by Michael Zavros, 2014. Archival ink on Hahnemuhle photo rag.  
Source: Collection, HOTA Gallery.

There's only a few weeks left to see the *HOTA Collects: Direction* exhibition before it closes on Sunday 19 January. This free exhibition, personally selected by Director of Gallery and Visual Arts, Susi Muddiman OAM, allows guests to immerse themselves amongst the storytelling, historical viewpoints, humour, and moments of self-reflection that can be found within the collection.

The gallery is open between 10am – 4pm daily and no bookings are required. Further information can be found at: [hota.com.au](http://hota.com.au)

**When:** Daily at 10am – 4pm until Sunday 19 January

**Where:** Gallery 2, Home of the Arts, Surfers Paradise



## Local artist profile: Meg Jeffery

by Emma Marie Watson



Pictured: 'Reflection Towers Two' by Meg Jeffery, 2024. Oil paint on board.

Meg Jeffery is a Brisbane born artist who has been residing on the southern end of the Gold Coast for the past four years. Her environment immediately affects her art practice, as she explains, 'The rapid development of the Gold Coast is quickly making its way south down the Gold Coast Highway. I often find I will drive past a building one week, and it's halfway through demolition the next.'

Since High School, Meg has been interested in urban development, and even studied architecture and urban planning at University before COVID changed things for her, and she chose a different path with painting instead. Meg says that although her work focuses on historic buildings, she's not anti-development. 'The Gold Coast is an amazing place to live and I can understand why it's growing so quickly. However, I still want to mourn the loss of these old homes and buildings, and the memories, energies and sentimental value they have held throughout their [residents'] lives.'

Meg's painting, *Reflections Tower Two*, is currently on display at Home of the Arts (HOTA) as part of the exhibition *Here and Now: Gold Coast Triennial*. The painting is created in Meg's signature 'lo-res' style, in which she applies hundreds of small squares of oil paint to create a pixelated image. Meg has honed in on this style over the past year, saying that she has taken inspiration from digital art and traditional cross stitch. 'I came across the subject for this painting while exploring the City of Gold Coast's online photo archives. The photograph captures the final moments of the shopfront in Coolangatta before it was knocked down to make way for the Reflections buildings – which is where I landed my first job when I moved to Coolangatta.'

Her motivation to keep creating art comes from being



Pictured: Artist, Meg Jeffery. Source: Supplied.

involved in the local creative community. 'I'm so inspired by seeing the work of others and experiencing their passion. I'm incredibly lucky to have some amazing creative friends and we understand each other in a way no one else can.'

However, the need to constantly create art has been difficult for Meg to keep up with as she says she has 'recently let go of the idea that I must always be creating art to be a "real" artist. It's been hard to find the motivation to create art over the past couple of months, which I think is a combination of creative burnout and just life in general – thanks cost of living crisis.' Taking a break from painting for the last couple of months has allowed Meg to 'replenish her creative juices' and she is now working on finding balance between her art practice and other aspects of life.

Some of Meg's colleagues are also on display at the exhibition, such as Claudio Kirac, Emily Dolphin, Norton Fredricks, Rebecca Ross and Ellamay Fitzgerald. 'One of my favourite works is *The oyster says to the pearl* by Savannah Jarvis. She has a very beautiful way of exploring something that is quite the opposite – the excruciating pain of endometriosis. I'm also really drawn to Christine Sharp's deeply ghostly emerald abstract painting, *Deep Forest*.'

To learn more about Meg and check out more of her paintings, head to: [megjeffery.com](http://megjeffery.com)

*Here and Now* is a free exhibition held at Home of the Arts in Surfers Paradise and closes on Sunday 16 February.

Further information on the exhibition can be found at: [hota.com.au](http://hota.com.au)





## Improving gut health and digestion

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



Source: Supplied.

Poor digestive function and gut health problems can affect most of us at some point in our life. Many people experience discomforts like bloating or irregularity, which can sometimes signal that their gut health could use attention. It is worth noting that stress, food choices, and lifestyle can all influence how we feel. Ultimately, a healthy digestive system means a healthy you.

### Look after your microbiome

Understanding the difference between probiotics and prebiotics can help you make good food choices to have a healthier gut. Probiotics and prebiotics work as a team and help nourish and enhance the gut's microbiome, home to over 50 trillion bacteria of around 1,000 different species. Although we typically think of bacteria as bad, it's helpful to understand there are good types of bacteria as well, particularly in the gut.

Probiotics are living organisms that may help boost and balance the gut's good bacteria. This good bacteria aids in digestion, nutrient absorption, plus much more – potentially including brain function. You'll find probiotics in some fermented foods, such as cultured yoghurt and sauerkraut, as well as in powder form to add to smoothies and capsule form to take daily. Though introducing probiotics can be beneficial, it's important to provide an optimal environment for the 'good' bacteria to thrive. You can do this by using prebiotics.

Prebiotics are nondigestible carbohydrates that feed the good bacteria in your gut. Jerusalem artichoke, onions and garlic are popular types of prebiotic foods that you can add to your diet to promote digestive health. Feeding the good bacteria may help them thrive and produce favourable effects on the immune system, skin health and digestion, such as reduced bloating.

### Improve your diet

Eating large amounts of processed foods and consuming alcohol can lead to an imbalance in digestive flora - which could lead to digestive symptoms such as bloating and bowel irregularity. Avoiding these types of food will help you sustain your gut bacteria. Turmeric is also a wonderful anti-inflammatory which can help with liver detoxification to remove excess toxins. Adding fermented foods like sauerkraut and kefir can be beneficial, as they provide probiotics that support the healthy bacteria in your gut.

### Work on your digestion

Good health relies heavily on the absorption of nutrients from your gastrointestinal tract (GIT). Remember to chew slowly and thoroughly to lighten the digestive load on your GIT. If this proves too hard, you can try digestive enzymes. Digestive enzymes support the process of digestion, allowing you to digest food more easily. Additionally, digestive bitters and a splash of apple cider vinegar in your water can aid digestion. Celtic salts can also help maintain electrolyte balance.

### Stay regular

Having regular and complete bowel motions is important for your digestive health. Make sure you're consuming adequate amounts of fibre from fibre rich foods including vegetables, fruit, grains, legumes, nuts and seeds. And be sure to drink at least two litres of water a day to assist the movement of fibre through the intestinal tract to improve bowel regularity.

### Herbal and nutritional support

Support the health of your gastrointestinal system with nutrients and herbs. These can include:

- L-Glutamine – as an amino acid this is a source of fuel for intestinal mucosal cells and supports intestinal health
- licorice – helps to maintain healthy mucous linings in the digestive system
- calendula – a herb traditionally used in Western herbal medicine as an anti-inflammatory to help relieve mild gastrointestinal tract inflammation.

For those seeking extra support, there are a variety of supplements - like Motion Potion for digestive comfort and Quenda Ultimate Fibre for regularity. You might also find Pyewackets Flora Cider useful for gut balance. Other options include collagen or gelatin for gut lining support and Medlab Multibiotic for enhancing gut flora. Always consult with a healthcare practitioner before starting any new supplements.

To learn more about improving your gut health, visit: [flannerys.com.au](http://flannerys.com.au)





# Safe to swim? Check the water quality

by David Brown, Surfrider Foundation Gold Coast



Photographer: David Gonzalez - IDEXX. Source: Supplied.

Burleigh Heads – home to world-class surf, crystal-blue water and white sandy beaches – is a popular spot among locals and visitors alike. But looks can be deceiving.

Recent tests suggest that the crystal-blue waters of this coast may not be as clean as they appear. Results from the Blue Water Task Force found significantly elevated levels of Enterococcus bacteria, which represent a substantial elevation in the probability of adverse health outcomes. The same round of testing also found water quality issues at three other popular locations on the Gold Coast: Coolangatta Creek, Palm Beach Parklands (Currumbin Estuary) and the Broadwater Parklands.

But what does all this mean? And, what is the Blue Water Task Force (BWTF)?

Even when the weather is clear, the water you surf, swim and play in can harbour hidden dangers. That's where the BWTF fits as it is Surfrider's global water testing program aiming to raise awareness of water quality issues facing coastal communities.

The folks at Surfrider Gold Coast are leading the Australian launch of the program. Each month, volunteers undertake sampling at 12 locations across the region. From Dbah

(Tweed River) in the south to Broadwater in the north, focussing on popular spots for swimmers and surfers they also target some known outfall locations (stormwater and sewerage). Water quality sampling and analysis are undertaken after intense rainfall events when increased stormwater run-off poses an increased risk of pollution.

Beginning at dawn, trained volunteers venture out to collect samples. Following strict procedures, these are taken to Surfrider's testing lab for analysis to measure the amount of Enterococcus bacteria present. Enterococcus indicates faecal pollution (human or animal waste) and when detected at elevated concentrations, points to elevated risks of illness in humans. These include eye and ear infections, gastrointestinal upset and respiratory disease.

Once analysed and compared with government water quality standards, Surfrider publishes the data using a traffic light system. Armed with this information, communities can make informed decisions about where and when they enter waterways and the ocean. Once collected, this data also helps identify potential sources of pollution and trends in water quality issues. Using this scientific approach has assisted in bringing together local and State Government stakeholders to take action.

'I've lived on and near the beaches of south-east Queensland for most of my life and I've been a passionate surfer for most of that time. So, it seemed only logical in the past couple of years to start contributing back to the community and environment by helping identify the risks we face at our local waterways and beaches,' says Harry Gordon, environmental professional from Surfrider Gold Coast.

You can learn more and check out the monthly water quality report at: [Instagram / surfridergc\\_branch](#)

# Sea slug surveys in Burleigh Heads

by Karlien Paas, Ocean Connect

With funding from the City of Gold Coast's Catchment and Citizen Science Grants, Ocean Connect runs regular sea slug and seagrass surveys. Our sea slug 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. In 2024 alone, we have logged over 1,000 different sea slug sightings, with approximately 100 different species.

Seagrasses are a habitat forming species and they play a critical role in the equilibrium of coastal ecosystems. They contribute many key ecosystem services, such as providing a nursery and habitat for animals, preventing coastal erosion and sequestering a large amount of carbon dioxide. Seven

different species occur in the Gold Coast region and cover an estimated 22% of the Broadwater. Hands-on sessions teach participants how to identify seagrass and why it is an important habitat.

If you are excited to see your first sea slug, or contribute to seagrass monitoring, please get in touch via our website for more information: [oceanconnect.com.au](http://oceanconnect.com.au)



# Paralysis syndrome impacting lorikeets

by RSPCA Queensland



Source: Supplied.

Last year, the RSPCA's Wildlife Hospital in Brisbane and the Rehabilitation Centre at Eumundi saw over 3,800 sick lorikeets admitted into their care. The birds were suffering from a condition known as Lorikeet Paralysis Syndrome (LPS). It was the busiest summer on record for wildlife carers and veterinary staff across the state trying to save impacted birds.

LPS is a deadly disease that has been impacting lorikeet populations from Northern New South Wales to South East Queensland for over a decade. 'The syndrome is mainly only present in Brisbane, Sunshine Coast, Gold Coast and some in Gympie,' says RSPCA Queensland Wildlife Vet, Dr Tim Portas.

Primarily seen in rainbow and scaly-breasted lorikeets, if left untreated, the birds are unable to feed themselves and die from dehydration and starvation. 'It is treatable when found early but requires weeks of intensive care for the birds,' says Dr Portas.

### Symptoms of Lorikeet Paralysis Syndrome:

- inability to fly
- varying degrees of paralysis of the legs and wings
- hopping/wobbly
- voice changes
- in serious cases, paralysis may affect the whole body and the bird may be unable to blink or swallow.

The cause of the disease is still unknown, but research is underway. Dr Portas says, 'We are currently collecting intestinal contents and faeces from severely affected lorikeets and working with Universities to perform plant DNA studies in the hope to find what lorikeets are eating that could be causing the disease.'

If you notice a lorikeet with any of the above symptoms call the RSPCA's Animal Emergency Hotline 1300 ANIMAL (1300 264 625), or your nearest wildlife carer. You can also take the bird directly to your closest vet or wildlife hospital for immediate assistance.

Treating over 100 sick birds per day was a huge challenge for RSPCA staff and volunteers last summer.

The RSPCA team would like to thank those in our community spotting sick or injured wildlife and helping by taking action.

## Pet of the month



**Name:** Momo  
**Age:** 8 years  
**Breed:** Predicted to be a Norwegian Forest Cat  
**Gender:** Male  
**Health check:** Fluffy and spoilt.

Momo has been all over the eastern coast of Australia. Beginning his life in Sydney, he was adopted by Jessica during her years at University and Momo became the house's designated rat catcher. Jessica would often head to the park near her house on an afternoon, catching up with friends. Momo would find his way there, keeping a watchful eye on the group from a distance before being taken home in Jessica's arms at the evening's end.

Pictured to the left is Momo on his couch at home. He spends his days perched on the balcony, people-watching and bird-watching, in between napping on a checkered wool blanket at the end of Jessica's bed.

Momo loves head scratches, scratching and biting others, sachets of jellied meat, and Jessica.



## Iron Series Grand Final to be hosted in Miami



Source: Iron Series.

The Iron Series Grand Final is set to go ahead in Miami on Sunday 2 February. Spectators are invited to head to 293 The Esplanade to catch some of Australia’s fittest surf sports athletes battle it out for the crown.

On the day, male and female contestants will have three traditional iron courses to complete including, ski, board and swim races in different orders for each session. At the time of print, information on who is going to be involved in the final and how to watch online was yet to be determined.

To keep up-to-date with information, head to:  
[ironseries.com.au/rounds/round-4](http://ironseries.com.au/rounds/round-4)

**When:** Sunday 2 February

**Where:** 293 The Esplanade, Miami

## Learn to skate this year



Source: Facebook / Rock ‘N’ Slide Skateboarding.

Rock ‘N’ Slide Skateboarding is hosting a plethora of holiday skate adventures and group sessions throughout the month. There are advanced and mixed level sessions available, with mixed level adventures open to children aged six and up and who are beginner or intermediate skaters, and advanced level sessions suitable for experienced skaters only.

### Mixed Level Skate Adventures

The skate adventures will take participants on the Rock ‘N’ Slide bus for a full day of action packed skating across the Gold Coast’s best parks, with lunch and snacks provided.

- Monday 6 January
- Friday 10 January
- Monday 13 January
- Tuesday 14 January
- Thursday 23 January

### Group sessions

Rock ‘N’ Slide will be hosting two group sessions on Thursday 9 January at Pizze Park in Miami.

- 9am – Beginners (for children aged 5 and up)
- 9am – Micro Groms (for children aged between two and five years old)

### Ladies’ holiday sessions

The organisation is also hosting skate sessions for women every Tuesday in January at Pizze Park.

- 10am, Tuesday 7 January
- 8am, Tuesday 14 January
- 8am, Tuesday 21 January
- 10.45am, Tuesday 28 January

Bookings are required for all sessions and can be made at: [rocknslideskateboarding.com](http://rocknslideskateboarding.com) or by emailing: [hello@rocknslideskateboarding.com](mailto:hello@rocknslideskateboarding.com)





## 'Straya' all over

with Billy Bob Thoughtson



Source: © TeeRock.

Have you ever argued with an English person about the English language? A pommie mate of mine, whom I call Sir Bernard, hates being called Bernie and never shuts up about how Aussies keep bastardising the English language. For example, we were heading out for a game of golf and he politely inquired where I store my golf clubs. I told him, 'In the graadge near the big esky'. This pompous wanker had the gall, with elevated diction and a very posh accent, to correct me. He said, 'It's pronounced garage, Billy, not graadge'. So I fired back, 'Bernie, cut the crap mate. Just because you've bleached every ounce of colour from your dictionary doesn't mean you know better than the rest of us.'

These semi-friendly joustings got me thinking: when was the last time you bunged it on? You know, your best Aussie accent really twanged up for a particular person or group of people. Now I'm not gunna tell you how to suck eggs, but we all do it. We flatten our vowels and say mate as maayte, or we drop our Rs and pronounce 'car' as cah, and make statements that sound like questions. We also like to throw in a few abbreviations like arvo, servo, troppo, then chuck an 'ie' on words like sunnies, brekkie, bickie, and don't forget phrases like 'no worries' and suddenly Billy's your uncle.

I reckon you hear Aussies 'bunging it on' all the time. Last week, I was at a social gathering and a very well-dressed woman was introduced to a bloke who shook her hand with great enthusiasm and said in a guttural, baritone voice: 'Giddyay, love. How ya goin?'. She later reported this was the nicest way she'd been greeted for years. But the question remains was he bunging it on, or just being himself?

Either way, it's bloody endearing. It seems the rest of the world just loves our easygoing camaraderie and, of course, our language and its bastardisations. We all recognise how distinctly different we sound compared to the rest of the world, and this uniqueness has proven to be a valuable asset. It's commercially appealing too – just think of movies, TV shows, and books that celebrate our language and humour. Interesting to note that our accent evolved from a mix of linguistic influences brought by early British settlers. The primary settlers were convicts from various regions of

Britain and Ireland, each bringing their own regional accents. As these groups mingled in the new colony, their speech blended, creating a unique 'melting pot' accent. Children born in the colony played a major role in shaping this distinct sound, and formed a more uniform way of speaking. Over time, Indigenous words, and the relaxed attitude of Australian society further shaped the accent into the distinctive and beloved style we recognise today.

Back then, the harsh conditions and shared struggles fostered a sense of camaraderie and disdain for authority figures or 'toffs' who attempted to assert superiority. With many convicts transported for petty crimes, they viewed themselves as victims of a rigid British class system, which further ingrained a skepticism toward elitism. But they could always fall back on their language. It was the one thing they could use to relieve their misery, with terms of vulgarity, abuse, and exaggeration, abundant. Our expressions and language evolved into a defining badge of our identity and reflected who we are and what we value.

We still thrive on comic exaggeration. Whenever we get together, there is always someone with an imagination and who creates an extension of a word or an exaggeration. Humorous colloquialism often takes inappropriate or shameful attributes and makes this the basis of a new name like battler, chucker, bludger, bean counter, chin wagger, tosser, bogan, larrikin, dobber, Pitt Street farmer. We even do names by State like QLD Banana Bender, NSW Cockroaches, SA Crow Eaters, WA Sandgropers, TAS Apple Eaters, VIC Gum Suckers and NT Top Enders. We also excel at using similes such as: off like a bucket of prawns in the sun, like a rat up a drainpipe, flat out like a lizard drinking. Then we have comparative metaphors like calling a bald bloke eggshell blonde, or a silly person a galah. Some metaphors are easily interpreted but some are more hidden and even the links to the original meaning are lost.

And finally, we love rhyming slang. Although this is often associated with Cockney English, the rhyming terms usually don't make a lot of sense and they get abbreviated, taking on a new meaning and becoming an extra word. For example, Barry Crocker (shocker) becomes Barry; Buckleys Chance (no hope) becomes Buckleys; Porky Pie (lie) becomes Porkie.

To wrap it up, Straya's language is wild and untamed, bold, and full of character. From bogans to bottle-o, our slang is a reflection of a nation that loves to keep things casual, fun, and always a bit cheeky. It's a lingo that's as laid-back as a Sunday arvo barbie. Whether you're having a yarn, giving someone a fair dinkum compliment, or just sussing-out the vibe, Aussie slang is the thread that ties this sunburnt country together.

So, next time you hear someone bunging it on, don't just listen – dive in. Be proud, slang it up, abbreviate, use an upward tone at the end of a sentence, and skip unnecessary syllables. Straya's lingo is bloody bonza, and the heartbeat of our culture.



# Monthly book reviews

by Paula and Alex, Big B Books



Source: Simon & Schuster.

## **The Ministry of Time** by Kaliane Bradley

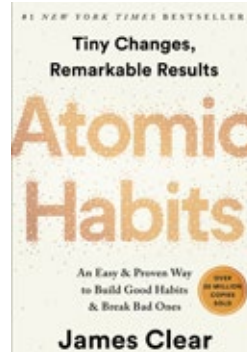
Bradley's debut speculative fiction combines a steamy time-travelling romance, serious analysis of colonialisation, bureaucracy and odd ball humour to boot. It has the lot.

Set in a near future, it is narrated by an unnamed civil servant

who has just landed a job as a 'bridge' in a new top-secret Government Ministry exploring the viability of time travel. The bridges are paired with 'expats' who the Ministry has gathered from across history to now, live in the 21st Century.

The narrator is assigned to a Victorian Polar explorer, Commander Graham Gore (a real historical figure) and has the task of closely assisting and monitoring his acclimatisation to a modern London. As the true nature of the project comes into question, so too does the nature of their relationship, with consequences they could not have imagined.

With an engaging plot, nestled within thought provoking concepts of 'hereness' and 'thereness', I immensely enjoyed this debut for its genre bending cleverness.



Source: Penguin Random House.

## **Atomic Habits** by James Clear

*Atomic Habits* delves into the power of making small, consistent changes. By improving just 1% each day, Clear argues that we can create lasting, meaningful shifts in our lives.

The book combines science-backed insights with practical strategies, explaining not only why these tiny

habits matter, but also how to make them stick. Clear's approach breaks down the often-daunting process of change, showing that small adjustments in our routines can lead to significant long-term gains.

This book helped me realise that small, seemingly insignificant habits add up over time, often with more impact than I expected. For someone with ADHD, or anyone feeling overwhelmed by change, Clear's approach to focusing on small, manageable steps is especially helpful. Instead of promoting drastic, unsustainable changes, he shows how real progress is made through consistent, tiny improvements.

*Atomic Habits* is perfect for anyone wanting a realistic, practical path to self-improvement.

# Classic movies to rewatch these holidays

with Milt Barlow

The holidays are a great time to hit the couch and rediscover some all-time classic movies. At our house, it's always a bit of an argument as to which movie to select, and I normally get outvoted by my adult kids. Despite this, here are some favourites that I think are worthy of a revisit and most importantly, stand the test of time.

- All The President's Men* (1976)
- Anchorman: The Legend Of Ron Burgundy* (2004)
- Animal Kingdom* (2011)
- Back To the Future* (1985)
- Barbie* (2023)
- Beetlejuice* (1988)
- Blackberry* (2023)
- Blade Runner* (1982)
- Breaker Morant* (1980)

- Chinatown* (1974)
- Crocodile Dundee* (1986)
- Dead Calm* (1989)
- Donnie Brasco* (1977)
- Don's Party* (1976)
- E.T.* (1982)
- Forest Gump* (1994)
- Gallipoli* (1981)
- Goodfellas* (1990)
- Goodwill Hunting* (1997)
- Groundhog Day* (1993)
- In Bruges* (2008)
- Mad Max* (1979)
- Monty Python's Life Of Bryan* (1979)
- Mulholland Drive* (2001)
- Muriel's Wedding* (1994)
- Parasite* (2019)
- Priscilla, Queen Of the Desert* (1994)

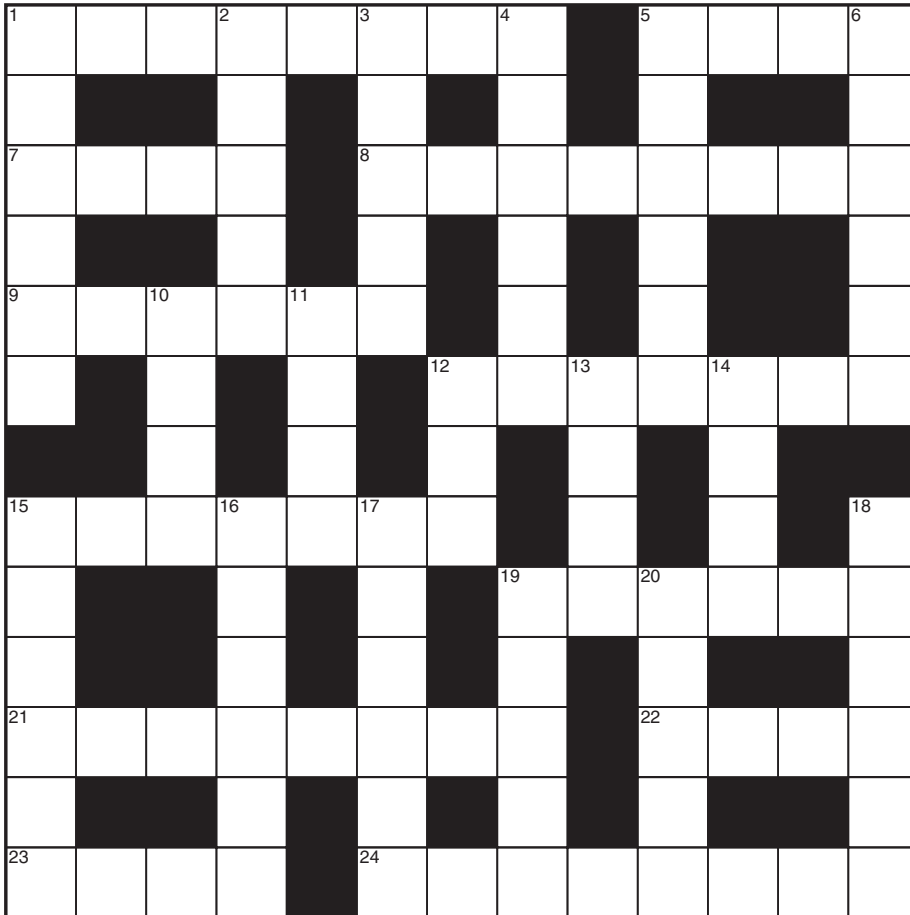
- Pulp Fiction* (1994)
- Samson & Delilah* (2009)
- Scarface* (1993)
- Schindler's List* (1993)
- Selma* (2014)
- The Big Lebowski* (1988)
- The Castle* (1997)
- The Color Purple* (2023)
- Thelma & Louise* (1991)
- The Shawshank Redemption* (1994)
- The Social Network* (2010)
- The Sting* (1973)
- Tootsie* (1982)

Each of these films is easy to access and can be found on various streaming platforms. I use a great app called Just Watch - simply type in the movie name and it will tell you the streaming platform where it can be found. Enjoy.



# January crossword

© Lovatts Puzzles



### Across

- 1. Risk
- 5. Duct
- 7. Greater (variety)
- 8. Raised (cattle)
- 9. Deer
- 10. Depart
- 11. Lying dormant
- 13. Room opening
- 14. UFO, flying ...
- 18. White-furred stoat
- 21. New Zealand bird
- 22. Dainty crockery item
- 24. Rub until sore
- 25. Golly!
- 26. Middy
- 27. End-of-year finals
- 28. Tints
- 29. Guarantee

### Down

- 1. Limps
- 2. Confuse
- 3. Lived
- 4. Move forward
- 5. Liberty
- 6. Unidentified
- 12. Named before marriage
- 15. Divorce payment
- 16. Trite sayings
- 17. Fugitive
- 19. Crustacean's eggs
- 20. Cost
- 22. Flex (muscles)
- 23. Mother's sisters

## December solution







## January horoscopes

by Patsy Bennett - [patsybennett.com](https://patsybennett.com)

### Aries

Get set to break some records and turn some corners this year! First though, there is likely to be a retrospective flavour in January, as you may need to review or reconnect with the past. The new moon on the 29th will illuminate exactly where your life will benefit from most focus for now.

### Taurus

Venus will bring a sociable phase your way in January. You'll enjoy an uptick in your love life especially towards the 23rd, 26th and 30th. Beforehand, surprises mid-month will demand your attention. You'll do well to service debt and to avoid overspending by devising a long-term budget.

### Gemini

Finances will dictate what must be done or even where you must be. Career-wise you will gain the opportunity to look at various options and new ways to work or even new ways to use different skillsets. A domestic matter will merit careful consideration especially at the end of the month.

### Cancer

There will be much focus on relationships and communications this month. The 8th to the 27th will be a particularly chatty and outgoing time even if January does require you to pay more attention to your energy levels. Be sure to avoid heated arguments as these are likely to escalate.

### Leo

This is an excellent time to boost your health, as the stars will support your efforts. It's an adventurous time in all areas of your life, especially in your love life and financially, so be sure to organise ventures that make the most of positive options to gain fresh levels of success in 2025.

### Virgo

Venus will put the focus on your work and health earlier in the month and on your love life later in January. The full moon on the 14th will spotlight particular friendships and organisations, some of which you may be ready to leave behind. Romance could thrive, especially towards the 31st.

### Libra

January is excellent for consciously devoting extra time to your own happiness. It's important to direct attention to your health and happiness, as otherwise these could come last on your to-do list. You'll appreciate the chance to explore new options in your career and general direction too.

### Scorpio

Mars retrograde may lead you to feel a little less active than usual in January, but you will enjoy focusing on your relationships and reorganising areas you share such as duties and finances. Be prepared to consider fresh ways to care both for yourself and for those you love throughout 2025.

### Sagittarius

Your sign's ruler Jupiter is retrograde in January, and may bring a slower pace in some of your personal and business relationships. This will provide the chance to deepen relationships but if you realise you are often at cross-purposes, you'll gain the chance to finally let some alliances go.

### Capricorn

You'll welcome a fresh approach to yourself and to others. How can you be more supportive of yourself and them? The full moon on the 14th spotlights how to bring a nurturing aspect into all your interactions and, if you find this is impossible, to search for interactions that do support you.

### Aquarius

January will be ideal for formulating a fresh approach to your self-expression and to your feelings for others. The new moon on the 29th will be decisive for January Aquarians in your personal life; and at work or in your health for February Aquarians, so consider your priorities carefully.

### Pisces

Venus in your sign from the 3rd will put the focus on love and money in January. You may find this one of the most romantic months of the year especially on the 3rd and 19th. However as the focus will also be squarely on finances, it is important that you devise a sound budget.

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