



Community BEAT

ISSUE 27, SEPT 2023



CALLING ALL MALE ARTISTS! GET CREATIVE FOR NOVEMBER

Across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides. A growing number of men – around 10.8M globally – are facing life with a prostate cancer diagnosis.

Coastline is drawing attention to this health crisis by inviting men to submit an artwork for the Movember 2023 Art Competition. Have a piece of your art on display at our Central Kempsey Art Hub exhibition space for the whole month of November!

There will be an in-branch and social media competition, with a major prize of \$250 to be won!!

For more information and to enter the competition visit:

<https://www.coastline.com.au/community/photography-art-hub/movember-art-exhibition-2023/>



WHO SHOULD WIN OUR 'SUPPORT LOCAL BUSINESS' COMPETITION?

It's time to have your say! From the 11th of September, Coastline will post promotional videos of the nine finalists to our Facebook page. The community will then have the opportunity to vote by liking and sharing the video they love the most. The business with the most likes and shares in each of the three valley's will become the winners of the 2023 Support Local Business Competition.

The finalists from each of the Valleys:

Hastings Valley - / Ichi Restaurant / SolaXs / Plum Studio

Macleay Valley - Lafamilia Pygmy Goats / Eilerslie Florist / Beach Life

Manning Valley - MBR Electrical / Heritage Financial Planning / Glass 24/7

Visit <https://www.facebook.com/CoastlineCreditUnion> to vote for your favourite business. The winners from each valley will be announced on the 18th of September.

MAD FOOD SCIENCE IS BACK!

Coastline's Community Foundation has partnered with The Root Cause to bring the ever popular Mad Food Science back to the Mid-North Coast!

Bel teaches our young community members the importance of eating the rainbow and the affects food has on our overall health and wellbeing.

Through a hands on, fun and engaging session, families learn how to make healthier meal choices, master the art of reading packet labels, and discover why fresh foods grown in nature are better food for our bodies.



Don't miss out these school holidays!
Join us at:

- > 10am - 12pm, 25th Sept, at the Anglican Church, South West Rocks
- > 2pm - 4pm on the 26th Sept, at Glasshouse, Port Macquarie
- > 10am - 12pm on the 27th Sept, at First Steps Count Child & Community Centre

Register at: <https://foss.coastline.com.au/FileView/Form/september-mad-food-science-registrations>



LIVE ART DEMONSTRATION PORT MACQUARIE BRANCH

Pop by the PMQ branch on Friday, the 8th September, from 10am - 3pm and witness the live art demonstration performed by Jill Cairns & Bernice Dahes.

These artist will be showing techniques and tips as a teaser of what to expect at the Hastings Valley Open Art Prize exhibition! Learn techniques from these experienced artists, while having morning tea on us.

We look forward to seeing you there!

LINKT SCAMS ARE ON THE RISE!

There is a new scam circulating that impersonates the Australian road toll operator, Linkt.

If you receive a communication (text message) from someone claiming to be Linkt requesting you pay an overdue toll notice, and it seems suspicious, it probably is!

Do not click on links in an SMS and never give out your card or other personal details online unless you

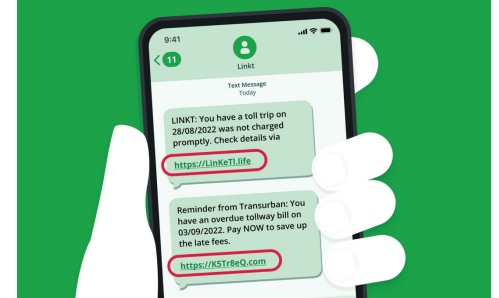
are certain you are visiting a secure website.

This is a very well-crafted scam, and the link in the SMS takes victims to a website that appears like the original, making it feel very convincing.

The safest option is to delete the message and contact Linkt directly to confirm it is a legitimate request. If you have a current account with Linkt, you could also login to your account via the website directly.

Linkt scams on the rise

Staying alert isn't just for on the road!



ARTIST KATHERINE ACKLAND FEATURING AT THE ART HUB

A little about this month's artist:

"My work is fundamentally a response to the age-old notion of "landscape". My understanding and interpretations of my surroundings both internal and external are expressed through the process of painting. Essentially what I am attempting to achieve is an expression of gesture that is able to encapsulate the essence of my responses to certain places, events and memories.

These "events" as such are not large-scale experiences but rather glancing moments of connection and inner beauty where the internal and external landscapes have merged and become one.

I personally feel my work is very much in a process based stage, the deeper I journey into the "tribe" of landscape and humanity explored through my own experience, the more and more I crave a simplicity of gesture, abstraction and colour, and a spontaneity of line and drawing".

Visit the Art Hub at Central Kempsey Branch this September to view Kathrine's full collection of artworks.



MONTHLY FEATURE ARTIST
1 - 30 September 2023
KATHERINE ACKLAND
Coastline Art Hub 26-28 Smith St, Central Kempsey, 2440

SHOWCASE YOUR PRODUCTS WITH OUR LOCAL SPOTLIGHT

We believe in the value of small business and invite you to showcase your products within one of our stores.

Coastline offers small businesses who make tangible goods, ideally of a unique, original, independent or handmade nature, the opportunity to have their products sold at our stores, with all proceeds going back to them.

If you don't have a shopfront, and operate in the Mid-North Coast Region, email your local branch today.

