

coastbeat

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THE PULSE OF THE COAST
ISSUE 02 / AUTUMN 18



THE FARM
A DOWN-TO-EARTH FAIRY TALE

**HANGING WITH SURFER
HARLEY INGLEBY**

OUR TOP 10 FOR
SOUTH WEST ROCKS

**STICKY BEAK
A BEAUTIFUL FORSTER HOME**

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Contents

10.
ORIGINS /
The Farm
A Down-To-Earth Fairy Tale

24.
ADVENTURE /
Sailing Away

34.
CULTURE /
Top 10
Autumn Reads

42.
STICKY BEAK /
A beautiful
Forster home

60.
FAMILY /
Can you tell me how to get,
how to get to Lalaland?

74.
MAKERS /
Harvey Jahnsen
Master Boat Builder

82.
FULL CIRCLE /
Coming Full Circle

92.
WELLNESS /
Ways to De-stress

100.
ETHICAL /
The Great Lakes
Food Trail

16.
SPORT /
Hanging with Harley

28.
EXPLORE /
Take a Hike

36.
ART /
Wayne's World

48.
CRAVING /
But First... Coffee

62.
CHAT /
Peita Blythe
Map Illustrator

78.
100 YEARS OF ANZAC /
Cecil Healy:
ANZAC Legend

86.
FASHION /
What's Trending
This Autumn

94.
MARINE /
The story of Anna
and her anemones

102.
TASTE /
Meet the Chef
Sugarmill Restaurant

20.
RISING STARS /
The Fingerz

30.
SOURCE /
The Little Farm
with the Big Name

38.
DAY TRIP /
Jewel of the
South West

58.
CHARITY /
The Baird Institute

70.
PRODUCE /
Real Food Markets

81.
LOCAL /
Rudi Mentges

90.
NOURISH /
Five herbs to flavour your
health this Autumn

98.
ACT /
Talking Trash

106.
DINING /
Wild Harvest
Wednesdays

Welcome



A word from John

Hi all,

Welcome to the second edition of Coastbeat.

We were overwhelmed by the positive response and feedback to the first edition of Cb - so much so that we have soldiered on and produced this bigger and better second edition. In this issue, we have many inspiring stories about the people who make the coast the coast.

Coastbeat has been a hive of activity and the issue reflects that with a diverse range of features throughout. Of particular interest to me is the story of timber boat builder, Harvey Jahnsen whose craftsmanship I discovered about 10 years ago. I also enjoyed the insight into The Farm and images of the beachside home in Forster.

The issue showcases the talent of a number of local writers and photographers. We also welcome Yvette to the team. My thanks to everyone who has toiled to bring this together in time for Easter.

Wishing you all a peaceful and safe Easter break.

For the Coast,

John Gowing - Managing Director of Gowings

A word from Yvette

Hello readers,

It's time to put your feet up and enjoy the read because this issue really does have something for everyone.

And yes, we're all about our beautiful coastline but with autumn traditionally being a time of harvest, we wanted to celebrate the wonderful growers and food producers here too.

In addition to our great farming and sustainability features on Tom and Emma from The Farm and Beth and Hayden from Burrawong Gaian, we go foraging, meet a teenage band and chat to a champion surfer. We also explore South West Rocks, hear from a family who decided to pack it all in and set sail and share a heroic tale about one of our Anzacs. And that doesn't even cover half of the great stories we have for you this issue!

As she stood on stage proudly clutching her Oscar this month, Alison Janney declared, "I did it all myself," which she said obviously meant completely tongue-in-cheek. And it's true – the best results come from collaborative efforts. I am blessed to work with such talented writers and photographers whose words and images have amazed me time and time again.

Liv and Zac, a special thanks to you both for such a warm welcome and nothing but the most fabulous support and encouragement. Did someone say champers?

For comments or to share a story for a future issue, please touch base at hello@coastbeat.com.au

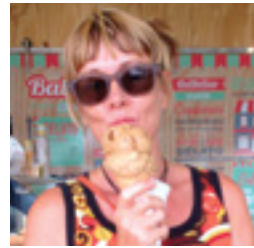
Yvette Harper - Editor / Content Manager

Cb Autumn Issue Team



Cain Pascoe
Photographer

Cain is a Port Macquarie lad who shot a number of Cb features. He found it very humbling to meet and see the life work of boat builder, Harvey Jahnsen. "As someone who dabbles in DIY projects, I can truly appreciate his unique skill and talent."



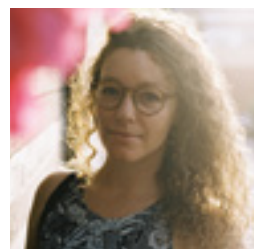
Zacharey Jane
Writer

Author, journalist and teacher Zac says, "the best part of writing for Coastbeat, apart from the interesting people we feature, is the amazing folk who put this magazine together. It was great to work with photographers Elize, Sam and Kate, writer Melissa and of course, our super-hero editor, Yvette."



Ali Hiddlestone
Writer

Journalist and Coffs Harbour local Ali loves the beach, a good coffee and exploring the amazing sites of the north coast. From this issue, she learnt one of Kylie Kwong's cooking secrets thanks to Beth at Burrawong Gaian and discovered the key to making great haloumi.



Elize Strydom
Photographer

Elize is a journalist and photographer who thinks the camera is a key to peoples' worlds and ideas. For our Autumn magazine, she hopped on a boat with a sailing family, wandered through cane fields with an opera singer and sustained temporary hearing damage with a teen band.



Melissa Beit
Writer

When not living on a sailboat Melissa resides in Iluka. On the Pandion feature she says, "it was so therapeutic to write about our sailing trip and its messy lead-up. Sometimes you can't see how far you've come until you look back to where you started."



Sam Clarke
Photographer

Byron Bay based Sam likes to capture an image but more importantly, capture a feeling. For Cb, he provided the beautiful images of Harvest in Newrybar. "On the foraging shoot Peter had a wealth of knowledge and it was amazing to find so many edible plants growing right on our doorstep."

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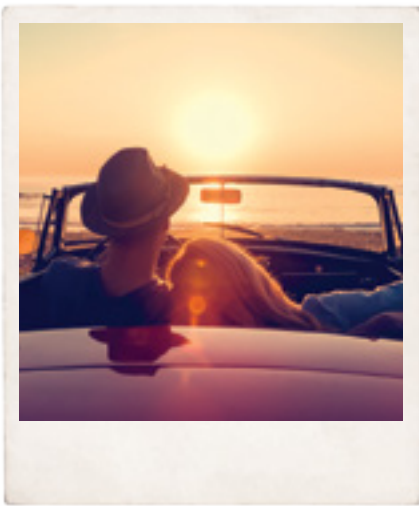
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Autumn Feels

1.



Golden leaves and cool changes make for beautiful Sunday drives.

2.



Creature comforts like sweatpants and jumpers make a reappearance.

3.



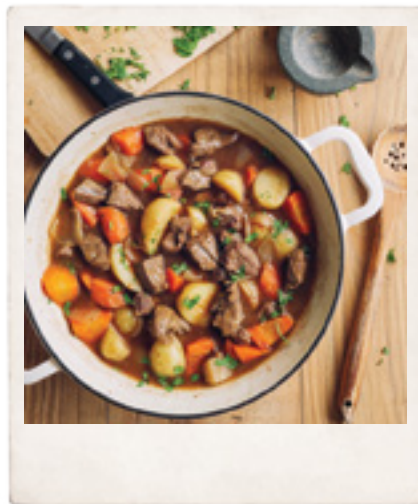
Apples, pears & berries – think crumbles, pies and danishes.

4.



Warm the bones with a winery visit; a delicious red should be top of the menu.

5.



Slow-cooked stews packed with loads of ginger and garlic to ward off any sniffles.

6.

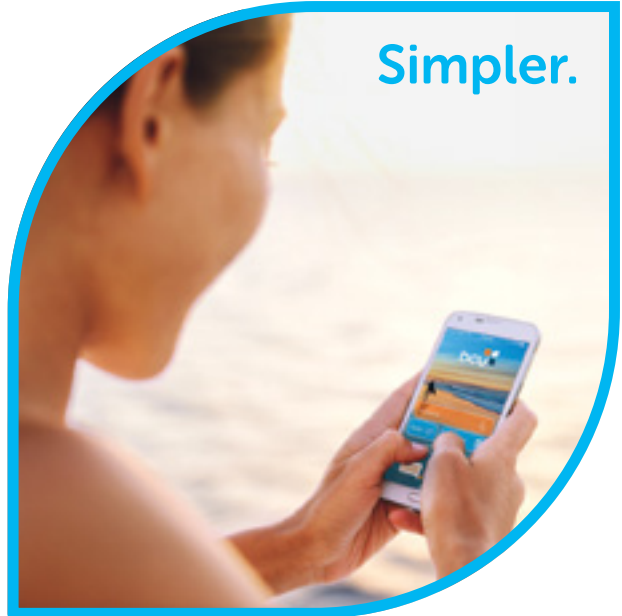


Candlelight dinners – whether it's for one, two or a few. Cooler nights and earlier sunsets make the perfect setting for dinner indulgence.

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The Farm

A Down-to-Earth Fairy Tale

Once upon a time, a beautiful young backpacker left her home in England to travel to Australia in search of adventure. There she rescued two chickens from the clutches of an evil snake-man. They were magic chickens, who granted her three wishes...

Words by Zacharey Jane

Photos of Tom & Emma by Kate Holmes, other images courtesy of The Farm

Well, parts of this fairy tale are true. There was a beautiful young English girl, an adventure and certainly some chickens. Lots and lots of chickens.

The English girl is Emma Lane. She did rescue two chicks from the feed baskets of a snake breeder at her first Australian agricultural show, only to discover that little fluffy chicks grow to become large, messy chooks and an inner-Sydney apartment is not the best place to keep them. The adventuress became a damsel in distress.

Enter our hero, Tom Lane, chicken fancier and hobby farmer. One thing led to another, like the chicken and the egg...or the egg and the chicken and Tom and Emma married, had four children, left Sydney for northern NSW and started The Farm in Byron Bay. And so, the fairy tale begins.

The creation of The Farm is a wish come true for Tom and Emma. They observed how the daily chores of working their own small patch in Federal connected their children with the earth and reasoned that if cultivating their own beans, berries and bum-nuts (that's eggs, to the uninitiated) could transform their kids into enthusiastic greens-eaters, logically, it could do the same for others. Overnight, The Farm was conceived.

The Farm is a working farm and a village, shared by a community of growers and open to the public. They produce 20 tonnes of organic vegetables from 80 acres of garden, scratched at by 400 free-ranging chickens, 30 head of cattle and 20 free-range pigs. Alongside the crops and animals is a bakery, The Bread Social; the Three Blue Ducks restaurant; a marketplace, the vendors and growers shop; and an open-air bar.

The bar is a great place to start discovering the second layer to Tom and Emma's dream: sustainability. All of the beers and wines are on tap. Tom, who is a brains-trust of statistics, estimates that this bottle-free system saves 30,000 bottles and related packaging annually.

Similarly, every meal prepared at the Three Blue Ducks comes from farm produce. If there is a shortfall from The Farm gardens, the chefs reach out to 50 local farmers from a network of organic farms in the area.



Photo by Sabine Bannard





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In a far paddock grazes the herd of Scottish Highland cattle. Nearby are the pigs, rootling happily in their free-range paddock. These animals are raised on The Farm, far from the horrors of feedlot enclosures, force-feeding, concrete stalls and antibiotic injection regimes.

Tom comments on the flack The Farm has received from those opposed to the idea of animal slaughter for food.

“It’s highly confronting for many people seeing the pigs in the paddock and then seeing the pig on the spit,” he says. “However, to me that’s the beauty of what we are trying to do. It might put people off but at least they understand and as a result, might question where the animal on the black plastic tray in the supermarket actually came from and consider the quality of the life it led. If that turns them off meat, then so be it.”



Cb: Do you ever think that ironically, you may be creating more vegetarians?

“Maybe...but that’s okay,” says Emma, laughing. “We have plenty of vegetables!”

They also have plenty of macadamia nuts and here starts a third layer to Emma and Tom’s dream. The macadamia plantation is open to the public to gather nuts as they wish, for free. Scattered about the macca grove are several pre-industrial nutcrackers, ready for the gatherers.

“It’s great to see a kid pick up a nut off the ground, crack it open and realise that this is where the nut comes from, not from a plastic bag. So that’s why we don’t actively harvest the nuts. We get a couple of tonne out of here,” says Tom.

In the middle of the macca grove awaits a wooden bench, where visitors are encouraged to sit and contemplate the greenery. “Part of our mission statement,” says Emma, “is to have a ripple effect, improving well-being from the soil up and this is a part of it. The soil has to be in good health in order to nourish the vegetables and animals, but it’s also about how you’re viewing the world. We have tried to incorporate that into our education programs.”

Emma is referring to Farm Kids, which teaches simple farming practices to children, from veggies to bees. The same is offered to adults, with additional tuition in such ‘how to’ topics as pasteurising pork, beekeeping, stone masonry and geomancy: the ancient art of land healing.

And so much of The Farm needed healing when Tom and Emma arrived. In the 1800s the whole 80 acres was completely logged for its rainforest timbers. In reparation for this ancient destruction, Tom and Emma have added their acreage bordering Simpson Creek to an existing heritage listing, and in partnership with Landcare and the local Green Army, replanted the area with over 3500 native rainforest flora. The impact on the water purity in the creek has been measurable and remarkable. Water samples taken show a 'phenomenal improvement' from the samples taken on entry. And now, native birds, fish and eels are returning to this regenerated natural environment. In thirty years' time, Tom believes the rainforest canopy will be fully re-established.

The donation to the heritage listing and the replanting was done as a personal investment by Tom and Emma, in line with their philosophy of giving back to the community and the land. This philosophy gave rise to the community gardens, opened up to independent farmers at no charge, including the free use of farm equipment and irrigation.

"We see ourselves not as a monopoly, but as an incubator, for growers as passionate about the land as we are who couldn't otherwise afford to farm," says Tom. The growers trade with the Three Blue Ducks restaurant, establishing their own businesses within The Farm village. But when it's harvest time, everyone pitches in, even the chefs.

Near the farmers' plots is the hospital garden, given to the nearby Byron Bay hospital; patients are encouraged to sit and enjoy the natural landscape. Tom and Emma look forward to the day when NSW Health regulations allow them to supply the hospital kitchens with fresh, organic produce.

The Farm also supports Liberation Larder, a group that grows nutrient-dense foods for homeless and deprived community members in the area, preparing 500-600 meals per week, and The Shift program, a women's shelter offering free workshops on creating a self-sufficient kitchen garden.

It is a truism of every fairy tale that following your heart will lead you to your heart's desire, but Emma remembers just three years ago when they opened their doors for the first time, not at all sure if anyone would understand what they were trying to achieve.



Photo by Sabine Bannard





Photo by Sabine Bannard





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“We sat there the day and watched as the families trickled in. We both had a tear in our eyes,” confesses Tom.

“We’ve now been approached to speak at events all around the world. The response we’ve had is humbling,” says Emma. “We never thought that we’d have such an impact.”

Emma believes that the cohesion The Farm community enjoys began with the mission statement she and Tom wrote at the start of their journey.

“Having that clarity and vision for what you want to do means that you are presented with the right people along the way,” she says. “There have been some challenging relationships, but we’ve worked through them.”

“It’s a farm, so it’s a work in progress. It isn’t finished and probably never will be,” adds Tom.

The velocity of their success feels a little like eating an elephant in three bites, he says. Despite this, The Farm looks and feels embedded. They are planning a citrus orchard and hoping one day to work with council to realise their dream of including a farm stay element. They are also launching The Beach House, near Lennox Head, with a similar ethos but focussing on marine and coastal sustainability.

Sometimes the blessings come in elephant sized loads.

Like 900 kilos of eggplant in one harvest. As waste is definitely not on the menu at The Farm, the growers and the chefs collaborated to devise a dish with eggplant tempura and chilli jam so outstanding Emma begged them to keep on the menu.

The Farm is a village – a diversity of micro-businesses working together under a common ethos. Tom and Emma are taking that ethos to like-minded developers around the world; they believe that multiple small, community-focussed projects are the way of the future.

To help spread the word they have produced *The Farm Community*, a book exploring how the farm developed through the common values of simplicity, sustainability and real food. It offers a blueprint for others connecting with local communities and explores simple projects, as well as 50 recipes collected from across The Farm’s community.

And what is our Earth but a big, green farm in space? The imperative that we sustain it is no fairy tale.

The Farm: 11 Ewingsdale Rd, Ewingsdale

The Farm Community is released on 1st September 2018

For more information, visit www.thefarmbyronbay.com.au or call (+61 2) 6684 7888



Hanging with Harley

Just a pre-schooler when he first tried surfing, Harley Ingleby remains completely hooked three decades on. Harley has dominated Australian longboarding for many years and while his talent has taken him to places far and wide, he says nowhere else compares to what's right at his doorstep. After plenty of love (and licking) from Harley's Staffy, Minion, I sat down with him at his Emerald Beach home for a chat...

Words by Yvette Harper

Photography by Sinclair Black

Harley Ingleby is a champ. In fact, a World Champion, twice over...

He's also very down to earth and incredibly humble about his surfing success. It's lovely that, having interviewed a younger Harley whose ambition was to win a World Champion Longboard title, I can rekindle my acquaintance with Harley, World Champion not once, but twice, in 2009 and 2014.

Harley has dad, Mark to thank for introducing him to surfing at the age of four and to a broad range of surf craft, too. From an early age, Harley was drawn to longboarding and it's as a longboard competitor than he has found success in the industry.

And while it's been the better part of fifteen years since Harley's first paying sponsor came on board, he has found the ideal balance between work and surfing thanks to long-term, supportive sponsors and brand ambassadorships. This balance means that while he certainly spends more time than most looking up weather and surf conditions, surfing has never been the all-consuming focus of his life.

"I think my career longevity is a result of having never surfed full-time and there always being a certain level of responsibility with work. I've seen other athletes burn out along the way. For me, surfing is just a fun sideline. With that said though, I do get a bit antsy if I'm away from the ocean for long!"

Even as a kid, other sports like golf or basketball were just gap-fillers for Harley. And 30 years of surfing hasn't diminished his appreciation of the sport or of the local breaks. "I'm so glad Dad introduced me to all kinds of boards and I feel blessed to live in this area where there's not really such a thing as an 'unsurfable' day. On any given day, I can find somewhere that will be fun."

For Harley, our coastline is the complete picture and sets us apart from other beautiful, coastal spots around the globe. "Here, we're so well-rounded. Our beaches are untouched and it's easy to find an empty beach. There's also the perfect climate, plenty of wildlife and great consistency with water temperatures and surf conditions. We just have a really good balance of

everything. Comparatively, there's always something missing in other parts of the world for me."

Fortunately for Harley, turning his talent into ways to make an income was a natural progression. Harley's longest standing sponsor is Australian business, Surf Hardware International (SHI). SHI is responsible for some of the biggest brand names in surf ware such as FCS, Gorilla Grip, Matuse, Hydro and Softech – brands producing everything from boards to fins, wetsuits and luggage.

"SHI have been with me since my mid-teens and I use their products exclusively. In my eyes, they don't have any competition. FCS were the first ones to develop a really good fin system for shortboards and their longboard fins are equally great. With Dad having shaped my boards as a boy, I've always been interested in the design side. I try to give the design crew articulate feedback and have been lucky to be involved in a lot of research and development. I really enjoy that side of the business and feel privileged to do testing for a company that are industry leaders."





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Back in the early 2000s, there was a little-known company by the name of GoPro. GoPro was founded by an American looking to better capture the action during a surf trip to Australia. Before long, Harley got wind of this new camera, not yet on anyone's radar and captured some time-lapse images whilst longboarding. One image would become the first international magazine cover to be shot by a GoPro. Not surprisingly, Harley's image got GoPro's attention. From there, Harley was flown to an athlete's summit in the US and became one of the brand's official representatives. Harley has been producing great content for them ever since with some of his photos and videos from right here on the Coffs Coast used in campaign imagery worldwide.

Using a GoPro also meant Harley could easily capture the best moments in the surf - something lacking when he was younger, and photographers and videographers were limited by having to shoot from the shoreline. The timing also coincided with the rise of social media and as result, Harley has been able to engage with the broader community and share some of his favourite local experiences be it dolphins within arm's reach, kangaroos on the headland or Harley hanging ten with his usual ease.

Harley is also a partner in the Solitary Islands Surf School and has been a brand ambassador for bcu for several years. Local shaper, Billy Tolhurst has been providing Harley's boards for over 20 years and the two are currently working with a Japanese based production company, Thunderbolt Technologies.

For some athletes, sponsors come and go but the longevity of Harley's key supporters reflects his dedication to those who saw such promise in the young surfer and of his loyal nature as well.

With so many things on the go, it's a wonder Harley can

find the time for surfing and the travel that comes with being the highest world-rated longboarder our country has to offer. Currently ranked fifth in the world, Harley is hoping 2018 brings the opportunity to try for a third world title. The WSL are looking to have back-to-back world events in Taiwan and Papua New Guinea late in the year. This year, he'd also love to look up friends in Southern Africa and says a trip there 'has been a long time coming.'

And while there are many beautiful coastal spots Harley would happily spend his summers, like the south-west of France and New Zealand's North Island, it's a safe bet he wouldn't stay away too long. He'd miss home and family too much for that, not to mention his furry favourites, Minion and Moe.

Find Harley on Facebook or follow him on Instagram @harleyingleby

For all Surf Hardware products, go to www.surfhardware.com.au





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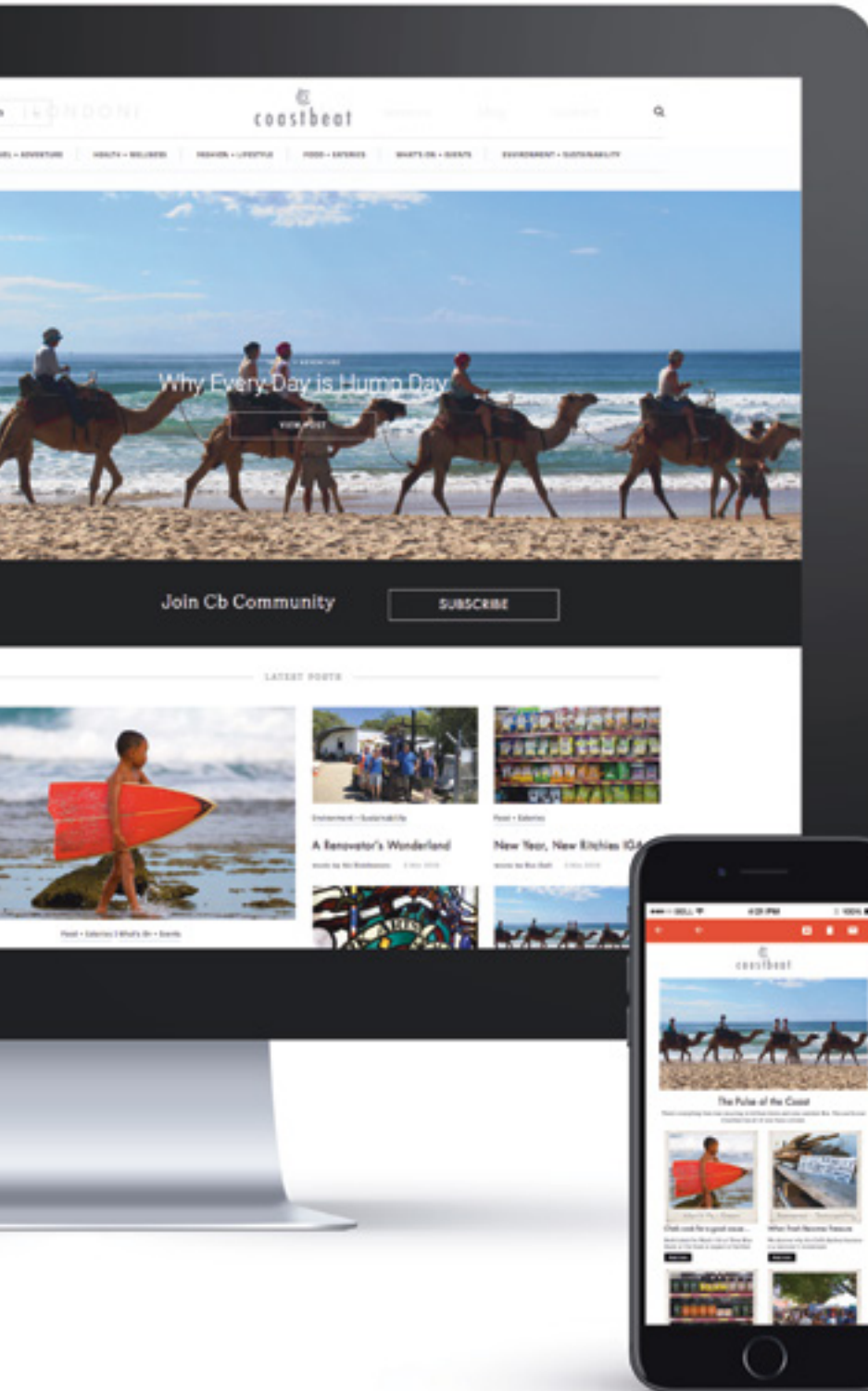
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coastbeat.com.au where you'll find all sorts of good stuff.

Fresh stories from the region are being added all the time and if you're stuck for something to do our events calendar will give you a bit of weekend inspiration.

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So, what are you waiting for! Head North.



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The Fingerz

Teenagers Harry Peterson and Banjo Hayes have certainly had a busy several months. They went from mucking around in the music room at school to forming a band, booking gigs and releasing their first single. Cb chats to the lads about all the exciting changes that have come to pass...

Words by Yvette Harper

Photography by Elize Strydom



Like most teenage boys on the coast, Harry (15) and Banjo (14) are keen on surfing, music and girls with school a little further down the pecking order. The boys formed their two-piece band last year and really had to up the ante on their jamming sessions once they'd secured their first gig. With just a few months to prepare, they took to the stage for the first time in June last year.

Harry sings, plays guitar and covers most of the song writing while Banjo is all about the drums. The boys, who hail from the Coffs Coast's northern beaches, are close mates and have a terrific dynamic. As Harry says, "We both just love music and can't imagine playing with anyone else. Together, we have the right chemistry."

The duo simply wants to 'rock out on stage and make everyone happy.' Of course, they get a special thrill when the audience start singing one of their many original songs back to them. Since their official debut last year, they've

played countless pub gigs and their only frustration is not getting to see other bands perform because as minors, they need to be out of there by 9pm – something rarely an issue for up and coming musos.

The band's name was inspired by a student at school preparing for a science class. Harry and Banjo had listed dozens and dozens of potential names, but nothing felt quite right. "We just couldn't put our finger on it", Harry says with a laugh, upon realising his pun. In passing, a student referred to the 'phalanges' – a term referring to the bones in the fingers and toes. The word got their attention but sounded a little complicated and instead, 'The Fingerz' stuck.

However, upon stepping into the world of Spotify and iTunes recently with the release of their first single, Harry and Banjo discovered a long-forgotten 60s band with the same name and thus, opted for 'The Fingerz' to avoid confusion.

Not surprisingly as young, surfer, coastal dwellers, they're inspired by Silverchair. They also admire the music of Nirvana, Led Zeppelin and plenty of modern sounds on offer from Triple J. Harry's dad, Steve, their self-appointed roadie, describes their music as 'indie rock'. The boys like playing the heavy stuff but are equally at ease with lighter, acoustic sounds. Harry and Banjo agree they're just happy to be playing for others and want to enjoy the groundswell while it lasts.

And yes, while schoolwork is not quite on par with music or surfing, the boys are already mulling over university plans, all thanks to a remarkable experience over the summer holidays. Harry and Banjo were fortunate enough to be selected for Rock School at Griffith University. Griffith Uni is ranked among the top fifty performing arts universities in the world and for a week, the boys soaked up every second; immersing themselves in all things musical and learning about the industry.

With only 25 students selected from around Australia in attendance, the boys were in excellent company. The program was held at the uni's Gold Coast campus which meant Harry and Banjo would arrive fresh from an early morning surf, still covered in zinc. And while they may have looked a little out of place (Banjo was also one of the youngest there), the lads established firm friendships and felt nothing but whole-hearted support from the other students. "Everyone was so nice, and we made great mates. We all had so much in common. Harry and I also admired the fact that the teachers were really big on the 'no ego' thing," Banjo says.

Needless to say, Griffith University's music program holds plenty of appeal down the track. As for other exciting things on the horizon, The Fingerz have lined up to perform in Bali so it looks like the Peterson and Hayes families have bags to pack! Harry and Banjo both come from close and supportive

families which makes everything that little bit easier seeing as Mum and Dad are still having to do all the running around.

The band also hope to release an EP later in the year and have been asked to perform mid-year at the inaugural Park Lane Festival in Coffs Harbour. The festival marks 10 years of *headspace*, the service supporting young people with mental health issues and will showcase the region's young talent. And as they have done regularly over the past several months, The Fingerz will continue to play at venues on the Coffs Coast - before 9pm of course, if it's a pub gig.

It has been an amazing run so far for Harry and Banjo with all opportunities to perform having come about naturally. And at the risk of sounding so very old and uncool, they are terrific kids with the right attitude.

Long may they enjoy the ride...

The Fingerz first single, *Wet Weather* is available now on Spotify and iTunes

You can find The Fingerz on Facebook or follow them on Instagram at @thefingerzband



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Sailing Away

One family wanted to slow down and grab life with both hands, so they bought a 42-foot ketch, learnt to sail her and headed off on a journey from Iluka to Cairns and back again.

Words by Melissa Beit

Photography by Elize Strydom

'Excuse me,' said my sister-in-law over the excited babble of the rest of my family on hearing our Grand Plan. '*Does nobody else think this is a really bad idea?*'

She was right. It was a really bad idea; it was lunacy. Seen through the eyes of a sane person, what we were proposing to do – buy a sailboat and sail away for six months with our kids – was financially ruinous, professionally suicidal, and given the age of our crew (13, 10 and 6), morally questionable. Oh, and one other thing: we didn't know how to sail.

But we did it anyway.

Our eldest daughter, Reminy, was 13 and since she'd started high school, time had seemingly sped up and we'd all felt pulled into a mouse-wheel of extracurricular activities, homework pressures, social commitments and the toxic online culture that teenage girls are increasingly exposed to. We had a growing sense that one day soon we'd wake up and find that she'd grown up and flown the nest, that our precious time with her had slipped through our fingers all too quickly.

My husband Miles and I were at crossroads in our careers, but the frantic pace of our lives meant that we could never find the time to stop and reflect on where we wanted to be next, or how we wanted to get there. We knew we weren't living deliberately, that we weren't sucking the marrow out of life. Our lives felt paradoxically dull and tense and I, in particular, felt increasingly fearful. There always seemed to be something new to be afraid of.

I reasoned, bizarrely, that we should do something really scary, to set a new benchmark for terror. So, we re-mortgaged the house, bought a sailboat and named her Pandion. The next six months were brutal.

'Oh yeah,' says Reminy to whomever asks. 'That sucked. That was the hardest time of my life.'

There was the gruelling task of getting the house ready to rent out, the boat ready to sail, the endless list of boat repairs we'd never anticipated, the money haemorrhaging out of our savings account in a fast and steady stream, the hours spent upside down scrubbing out boat compartments we never knew existed and the struggle to squeeze sailing training into an already overcrowded life. The strain

the whole endeavour was putting on our marriage and our family and the nagging fear that this was the worst decision we'd ever made had us all questioning whether this was a trip we even wanted to make anymore.

Two months after our intended departure date had slipped by, we were still sitting on anchor in our home port of Iluka, trying to address a 'To Do' list that had grown to 162 items. Deliverance came in the form of an experienced sailing couple from Sydney who anchored next to us on their way to Noumea.

'You just need to leave,' they said, gently.

So, we left, at 10pm on the 15th July 2017, motoring out the Clarence Heads by moonlight at the start of our first passage as a family. We had no idea what to expect.



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A Day in the Life of Pandion

I wake in the aft cabin with bright tropical sunlight streaming in the port-holes onto my face and climb out of the tiny double bed that has taken me to some of the deepest slumbers I've ever had. Miles is already up and away in the tender, fishing with our son. Our littlest daughter, Sylvie, is busy creating a spaceship for her stuffed toys out of sticky tape and paper in her 'cubby', up behind the salon. Reminy is sprawled out asleep in the forward V berth. Books are strewn around her, unfashionable books like Jane Eyre, Sophie's World and Boys in the Boat, books the kids had to start reading when their 'good' books ran out.

It's a school day and we all want to go snorkelling when the tide's a bit lower, so I prod her awake and go up on deck.

We're anchored off a tiny cay on Sudbury Reef, south-east of Cairns, and are the only boat around. Miles and Malachy are just visible as a moving dot trolling around a bommie to the south. I strip off and dive over the side of the boat into water so clear I can see every feature on the bottom. At the sound of my splash, Sylvie emerges from below and throws herself in beside me. A little while later, the Hibernating Grizzly Bear (that's Reminy) joins us, bleary-eyed and half asleep until she hits the water and wakes up properly.

The boys catch a coral trout that we eat for breakfast with the last of the limes. I bullyrag the kids into their schoolwork which is a lot easier to do if you have a big carrot like snorkelling to wave in their faces. We do maths, Sylvie reads aloud to me from Fantastic Mr Fox, Malachy works on his project about Ireland and Reminy gets stuck into her self-selected study of the brain. Today she's learning about neuroplasticity and she keeps piping up with new and astonishing facts.

With school finished, we suit up for a snorkel and swim over to the bombies closer to the cay. The Great Barrier Reef is in serious stink and we've been troubled by the damage we've seen all the way up the coast, but this reef is spectacular. We spend ages playing with rainbow-hued Christmas tree worms, visiting anemone fish, peering under coral looking for trout, spying electric blue starfish, giant lolling sea cucumbers, Moorish idols, neon-coloured nudibranchs, bristle stars, turtles and more. We communicate with each other underwater by wild gesticulating and 'snorkel talk.'

It's our longest snorkel yet and all of us are getting better at staying down for longer and diving deeper between breaths, even the seven-year-old.

We finish the day running around on the tiny island as the sun goes down behind our beautiful boat.





The Pandion crew come home

'How was your trip?' people ask and it's impossible to answer in a single word. Bits of it were magical, other bits were horrible, uncomfortable, terrifying, hilarious, exhausting, boring, frustrating, amazing, mind-blowing and life-changing.

Worthwhile is the word Miles and I seemed to have settled on. But what does that mean, worthwhile? We took the question to the kids: why was our sailing trip worthwhile? Here's what they said:

'You feel free.' (Malachy)

'You learn how to control yourself in scary situations and not freak out.' (Reminy)

'We saw and heard amazing things, like whales singing.' (Reminy)

'We met lots of nice people.' (Sylvie)

'You learn about how much waste you produce on a boat, compared to on land.' (Malachy)

'You get to break apart from your life and be entirely yourself.' (Reminy)

'Sometimes the sailing was really nice and the sunsets were beautiful. We saw so many fish and everything was beautiful.' (Sylvie)

'Your family becomes sort of like a team.' (Reminy)

'You learn to live in the moment.' (Malachy)

Now that we've earned our stripes sailing up the coast to Cairns and back, we're preparing to sail to New Caledonia in May this year and then onto Vanuatu. We can't wait.

Note: Miles and Melissa both completed Competent Crew qualifications before they left, and Miles completed his Day Skipper qualification. Melissa crewed on a racing yacht almost every week in the six months before they left, both got radio licences, completed a navigation course, an engineering course, and a fire and survival at sea course. They both have wilderness first aid qualifications. They also crewed on other people's yachts whenever they could. While they still don't consider themselves to be 'real sailors', they've met a lot of other people out there doing it with far less experience than them.

You can visit their blog at

www.svpandion.com.au



Take a Hike

There's no better way to soak up the beauty of our coastline than with a little bipedal exploration. About 20 kilometres to the south of Forster, close to Pacific Palms, is the Booti Booti National Park, home to the Booti Hill and Wallis Lake walking track.

Words by Yvette Harper

Photography by Cain Pascoe

The park itself covers some 1,500 hectares, includes an eight-kilometre peninsula between the ocean and Wallis Lake and encompasses stunning beaches, estuarine foreshore, rainforest and scenic headlands – perfect for the upcoming whale watching season.

The Booti Hill and Wallis Lake walking track is a loop of several kilometres that takes an estimated three hours. The walk has a couple of possible starting points – Elizabeth Beach, Sunset Picnic Area on The Lakes Way or the Ruins campground. Our advice is to commence the walk at The Ruins campground, also on The Lakes Way (just after Tiona Park, heading south). Starting the walk at the campground means you'll have the steepest part of the walk out of the way first.

To start, make your way from the campground down to Seven Mile Beach where the walk is signposted. You'll be travelling clockwise and making your way up the northern side of Booti Hill, ascending steep steps amongst banksia trees. For those wishing to catch their breath on their way up or simply wanting to take in the surrounds, benches are dotted along the incline. The path is manageable for most walkers if taken slow and steady. The cool breeze from the ocean makes this one of the more comfortable bushwalks in the area.

Twitchers (or bird lovers for the uninitiated) are wise to pack their binos for the walk with the habitat of Booti Booti home to over 200 bird species. For those who prefer scaly creatures, keep an eye out for goannas and water dragons around The Ruins campground.

After the initial climb up the hill, the walk is more undulated and takes you from drier, bushy scrub to subtropical rainforest dotted with ferns, moss and strangler figs. This section in the walk also provides views of Seagull Point before the track emerges above Lindemans Cove. You then make your way along the ridge to head down in the direction of Elizabeth Beach where you will have glimpses of the beach below. The walk down is steep so it's advisable to wear appropriate shoes; leave your thongs at home for this one.

The walk then threads by the lovely Elizabeth Beach. The beach is framed by the southern side of Booti Hill and tends to be more protected than the more open, surfing beaches of Boomerang and Blueys. 'Elizabeth' has been long been the pick for families as it is considered the safest beach in the area and is also the only patrolled beach (summer and peak



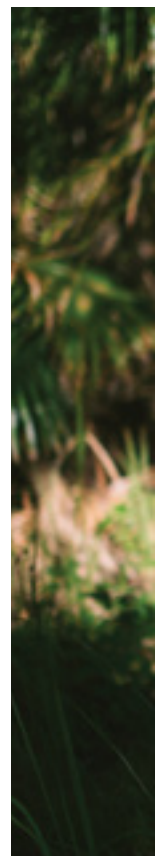
seasons only). There's a picnic area a short stroll from the beach should you be ready for that yummy afternoon tea you packed.

For those interested in a slight detour, the beautiful, tucked away Shelly Beach (where clothing is optional) is accessed by a walking track at the southern end of Elizabeth Beach. The walk over to Shelly Beach, up the hill and over the ridge, takes about 10 minutes.

If Shelly Beach is preferred for another day, then continue the walk from Elizabeth by retracing your steps up Booti Hill until you reach the fire trail heading west (as marked) towards The Lakes Way. Cross over The Lakes Way for the last part of the walk which hugs the shoreline of Wallis Lake. The last few kilometres are easy and level. The views across the lake are gorgeous so this part of the walk is particularly scenic and peaceful.

With an average depth of only five feet, Wallis Lake is wonderful for swimming, paddle-boarding, kayaking and fishing. And for those bird lovers with binoculars still in hand, it's the best spot to enjoy waterbirds such as pelicans and the endangered little tern.

Wallis Lake is also considered one of the cleanest lakes in Australia so why not dive in for a swim at the end of the walk. After covering several kilometres, it's deserved!



Cb's review of the walk

This is a fantastic walk even through the warmer months of the year. The dense rainforest canopy means that the path is mostly shaded if you walk in the afternoon. Remember to keep looking back, as sometimes the most impressive views are behind you on this walk. Sturdy footwear will help for the steep parts as well and for roots, stone and leaf debris scattered along the path. Smooth, latte coloured gum trees are dotted throughout the walk. This is a great bush, beach and lakeside walk that provides a sense of peaceful isolation.



But wait, there's more

If the walk through Booti Booti National Park tickled your fancy, there are other exciting developments in the pipeline sure to interest you.

The MidCoast Council, in conjunction with National Parks & Wildlife Services, has engaged a leading tourism and trail specialist to develop a feasibility study and Master Plan for a 100-kilometre walk and aquatic trails between Forster and Hawks Nest.

The aim of the Great Lakes Great Walk and Aquatic Trails is to open up an incredible stretch of our coastline for nature-based tourism, in line with what the MidCoast region is already renowned for. With a growing market in adventure tourism and nature-based pursuits, the walk and aquatic trail would be ideal for hikers, paddleboarders and kayakers.

Sharon Bultitude, MidCoast Council's Destination Management Coordinator, says the project is positioned to deliver, "a world-class coastal trail experience, with a unique mix of visitor accommodation, new high-quality experience-based tourism products and a range of cultural and Indigenous experiences."

For more information or to sign up for project updates, visit www.midcoast.nsw.gov.au/greatwalk



The Little Farm with the Big Name

Nestled in beautiful bushland just north of Kempsey is a modest and humble poultry farm. The ducks keep to themselves, waddling around a large paddock they call their own. Ducklings can be seen eagerly following their mums. The chickens are in another paddock, foraging for insects to peck and no doubt enjoying the fresh air, sunshine and life outdoors. Despite its somewhat unassuming nature, Burrawong Gaian Farm is anything but ordinary...

Words by Ali Hiddlestone

Photography by Cain Pascoe



When you're supplying to the country's most prestigious chefs, you're clearly doing something right. Kylie Kwong, Neil Perry and Shannon Bennett are just a few loyal customers of Burrawong Gaian Farm. While they're poultry farmers to the stars now, husband and wife team, Beth and Hayden McMillan started with a slightly smaller goal in mind.

Keen for a tree change, the pair uprooted their lives from Kiama, in Sydney's south, 14 years ago to a farm in Kundabung, on the north coast. Embracing the country life whole-heartedly, they started their own micro poultry farm, using the previous owners of Burrawong to process their chickens. In a twist of fate, a few years later, the McMillans had the opportunity to take over Burrawong – and jumped at it.

"We wanted a change in our whole lifestyle direction. Hayden was after a career change - we were both school teachers – and we've always been passionate about the land and paddock-to-plate philosophy," says Beth.

Hayden runs the farm full-time while Beth teaches Indonesian and Music at St Paul's College in Kempsey. She is also Head of Creative Arts and Languages at the school – a role she loves and is not quite ready to give up.

Five years on and Beth and Hayden are the owners of one of the most well-regarded poultry farms in the country. Passionate about sustainable farming, they produce a range of different chicken breeds, including Joyce's Gold Heritage Chicken and a Transylvanian Naked Neck Heritage cross. Their ducks are fully vertically integrated, with Beth and Hayden breeding, hatching, growing and processing all their ducks at the farm. Muscovy's and a few geese complete the farm roll call.

According to Beth, raising their livestock in a natural, open environment is what makes them unique. The ducks and chickens forage freely, roaming far and wide. Interestingly though, the breeds keep to themselves – and stay on the farm. "Yes, they all stick together, it's quite funny. They know who they are," laughs Beth.



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While they describe the farm as small, during peak season Burrawong produces around 500 meat birds a week, 250 ducks and have set a goal for up to 100 Heritage chickens. Supplying to customers in Coffs Harbour, Sydney, Melbourne and everywhere in between, Beth says they're continually looking to expand their brand.

The farm's growing profile has been a result of Beth's passion for marketing and networking. It's also thanks to ongoing recognition at Sydney's renowned Delicious Produce Awards - five years in a row! The farm's accolades include three gold medals and a state title for their ducks, a gold medal for their Poussin and a finalist title for their chickens.

"Each year since taking over Burrawong, we've had an award which is something we're extremely proud of. We grow a range of poultry products and I'm delighted that they're all award-worthy," says Beth.

"We also think that competing in these events every year and having our poultry scored so highly has really helped to raise our profile. In fact, that's where we've met the high calibre chefs who now order from us."

"I met Shannon (Bennett) who then introduced me to the owner of Flinders Island Meat in Melbourne. He basically said to us both, 'you two work out how you're going to get

the ducks to Melbourne!' "They're the opportunities you don't get every day."

Kylie Kwong is now Burrawong's biggest duck buyer, ordering over 100 Peking Ducks every week. Neil Perry orders regularly for his prestigious restaurant - Rockpool Bar and Grill - which lists Burrawong chickens on their menu every week. Shannon Bennett covers Melbourne and is the biggest client in that market.

Beth says supplying these top-notch chefs is a symbiotic relationship. "When you're at that top end, they want consistent quality produce and it's up to you to have the bar set high. We're very fortunate to have staff who help us with presentation, ensuring all our poultry is packaged beautifully," she said.

So what is the key to their success? Beth says it's about keeping things simple. "People are obsessed with certified organic and complicating things but it's not necessary, I believe, if everything is just grown really well. Our poultry have a great life, they're outside in the sunshine, rain, wind and they have the freedom to do all sorts of things. All our grain is Non-GMO and soy-free and we try to be aware of consumer needs, but I think sometimes progress has given them a push in the wrong direction. I think if we all stayed a little more medieval, it's better for everyone."

Running the farm 'traditionally' is certainly part of Burrawong's charm and the farm has helped put other North Coast properties on the map. Beth and Hayden, along with other local farmers, have started a group called the 'Macleay Valley Food Bowl', which is designed to help new farmers into the market.

"It has really encouraged a trend with chefs from the major capital cities coming straight to the source which is really great. Our area has a lot of agriculture going on and it's fantastic that our local community is being recognised for its excellence."

Burrawong Gaian Farm produce can be found locally at the below locations

Chicken Butchery - Coffs Central, Macksville Quality Meats, Thommo's Superior Meats - Stuarts Point, Munster Street Butchery – Port Macquarie, L-Bo Butchery – Kempsey & Lighthouse Beach Meat & Poultry – Port Macquarie. Produce from Burrawong is also available at the Newcastle Farmers Markets.



Top 10 Autumn Reads

Cathy Hunt from Bookface at Port Central shares with Cb readers her favourite books this season.

1. *The Woman in The Window* by A.J. Finn

Get ready for the thriller of 2018!

Anna's lifeline to the real world is her window, where she sits day after day, watching her neighbours. When the Russells move in, Anna is instantly drawn to them. A picture-perfect family of three, they are an echo of the life that was once hers. But one evening, a frenzied scream rips across the silence, and Anna witnesses something no one was supposed to see. Now, she must do everything she can to uncover the truth about what really happened.

I found this to be an elegant, beautifully written thriller. I loved Dr Fox from the word go and the twists and turns were just exquisite. It's so rare to find a story so compelling, yet so gracefully told - the flair and class of Hitchcock on every page. It's quite a cliché but I was genuinely walking around the house/answering the door/eating my meals with the book in my hand!

2. *The Tattooist of Auschwitz* by Heather Morris

This is a beautifully written and inspiring story, based on the true story of Holocaust survivor, Ludwig Sokolov. It is an important and utterly unforgettable read. This story, full of beauty and hope, is based on years of interviews author Heather Morris conducted with real-life Holocaust survivor and Auschwitz-Birkenau tattooist, Ludwig (Lale) Sokolov.

3. *Good Night Stories for Rebel Girls 2* by Elena Favilli

100 brand new bedtime stories for all those rebellious girls (and boys) out there who loved the original Rebel Girls book which took Australia by storm. The beautifully presented pages of this book feature the stories of more extraordinary women, leaving readers inspired and motivated. Perfect to dive into and wonderful reading for boys and girls alike.

4. *The Extremely Inconvenient Adventures of Bronte Mettlestone* by Jaclyn Moriarty

An intriguing and compelling adventure story for young readers with a true heroine in Bronte Mettlestone. Bronte certainly does not want adventure in her life, but when her estranged parents die, they leave her with a



very inconvenient quest - to travel to far flung empires and deliver strange gifts, challenged of course by dragons and pirates along the way! Is there more to her quest than meets the eye? Read and see. This is a great read for boys and girls aged 9-13.

5. *Taboo* by Kim Scott

This is the new novel from two-time winner of the Miles Franklin Literary Award. This novel, about a young woman cast into a drama that has been playing for over two hundred years, is equal parts brutal, mysterious and idealistic. It is a work charged with ambition and poetry.

Taboo takes place in the present day, in rural south-west WA and tells the story of a group of Noongar people who revisit, for the first time in many decades, a taboo place: the site of a massacre that followed an assassination of a white man who had stolen a black woman. This is a novel of survival and renewal, as much as destruction and despair. Ultimately, it is a book of hope.

6. *The Yes Brain Child* by Daniel J Siegel and Tina Payne Bryson

This book by acclaimed childhood experts Daniel Siegel and Tina Payne Bryson is a practical, no nonsense exploration on how to foster a 'Yes Brain' rather than a 'No Brain' response in your child. Full of insights into children's behaviour, with real life case studies. This book offers practical suggestions of how to relate to your child in ways that encourage resilience and flexible thinking. A helpful and accessible read.

7. *The Chalk Man* by C.J. Tudor

This one tops my list of what to read next.

The Chalk Man is a suspenseful, psychological thriller and the debut novel from author, C.J. Tudor. The story centres around Eddie and moves between a sleepy English village in the mid-1980s and current day. The title refers to the secret codes written in chalk that young Eddie and his mates used to communicate with one another. One such message from a mysterious 'chalk man' led to the dismembered body of a young girl. Thirty years later, Eddie receives a letter containing a piece of chalk and the drawing of a stick figure and so begins a web of secrets and intrigue. Eddie must look to the past for answers.

This book is full of twists and turns and will have readers guessing until the very last page.

8. *100 Nasty Women of History – Brilliant, Badass and Completely Fearless Women Everyone Should Know* by Hannah Jewell

100 fascinating and brilliantly written stories about history's bravest, baddest but little known 'nasty' women from across the world. The term 'nasty' taken from Trump's reference to Hilary Clinton in the final debate of the 2016 presidential race.

This book contains profiles of women from across every century, race and continent, united in the fact that they were all a bit 'nasty'. From 3rd-century Japanese Empress Jingu to 20th-century British social reformer Octavia Hill, these are the women who were bold and powerful. This is an often-hilarious look at fearless women through the ages and one to help inspire your inner badass.

9. *How to Be Human: The Manual* by Ruby Wax

In *How to be Human*, Ruby Wax tries to come up with some answers to that niggling question about how we can learn to like and love ourselves. With the input of a Buddhist monk inner and a neuroscientist, Ruby explores



how to find happiness in the modern world. Filled with witty anecdotes from Ruby's own life and backed up by scientific authority, *How to be Human* is the only guide you need for building a healthy, happy relationship with yourself.

10. *The Vegetable – Recipes that celebrate nature* by Vicki Valsamis and Caroline Griffith

The Vegetable is an essential collection of 130 plant-based recipes featuring fresh flavours and exciting combinations that will delight anyone looking to eat more vegetables.

With stunning full-colour photography throughout, the book is broken down by style of vegetable –so you can always find the perfect recipe for your beautiful produce.

With recipes for dishes large and small as well as sauces and pickles, *The Vegetable* is the perfect companion for simple dinners and feasts with friends alike. A beautiful gift for the vegetarian mother or girlfriend in your life or those wanting to explore more than just your ordinary veg.

Happy Reading!

Bookface Store and Café is located at Port Central Shopping Centre



Wayne's World

As team mascot, it's only right that pooch Skippa gets some love this issue and we're delighted to introduce our readers to the very talented Wayne deJong – tradie by day, artist by night. Skippa is Wayne's latest subject and Cb sat down with him to learn more about his world.

Words by Yvette Harper

Photography by Elize Strydom

He may look like an Aussie surfer but as a Canadian, Wayne would be just as content in the ski fields as he is on the Coffs Coast – the place he now calls home. Aussie? Canadian? Norse God even? My three boys thought he was just like Thor and half expected him to conjure up thunder and lightning.

And so, how did a talented carpenter from Vancouver end up here, painting beautiful portraits like the one of our favourite little Belgian breed of Schipperke, Skippa? Well, like many a backpacker before him, it was all about a girl...

Wayne only planned to spend a day or two in Coffs Harbour until he crossed paths with a local girl by the name of Marie and his travel plans went out the window. Three kids and 13 years later, Wayne's still a long way from Vancouver.

Wayne grew up in a creative household with a musical family who also loved drawing, quilting, building, painting and making stained glass windows. As a boy, he would tinker in the shed with his father and as he got older, curiosity turned to passion, especially knowing he wasn't one for a desk job. And so, taking on a carpentry apprenticeship under the tutelage of his father was a natural progression for Wayne.

"I really enjoy the building game. It's very satisfying creating something with your hands and seeing that visual progress. I also like trying new things all the time and taking on small challenges in life to keep it fresh."

And it was the appeal of something new and different that led to portraiture. About 18 months ago, a fellow tradie suggested Wayne depict the work dog as a bit of a joke. Wayne took on the challenge with gusto. And the result? A dapper dog wearing a suit, a monocle and smoking a pipe. Quite the distinguished gentleman indeed. Next, Wayne and the lads were doing the carpentry work at Maggie's Dog Café at Moonee and he showed the owners a picture of his recent subject. Before long, two more of Wayne's wonderful paintings adorned the wall at Maggie's.





Portraiture suits Wayne well. "I like people and find them interesting to paint. It's fascinating looking into their eyes to try and capture a bit of their soul - striving to get to the depths of them." At his Korora home, which he built himself, hangs a stunning portrait of his grandfather, among others.

It was actually a nasty knee injury a few years ago that reintroduced Wayne to his artistic side. The damage to his knee and consequent surgery sidelined him from building for several months and so, to keep himself busy, he picked up the paintbrushes. "I took a couple of lessons and discovered my gift for it. I loved it and realised I was much better than I thought and decided to pursue it."

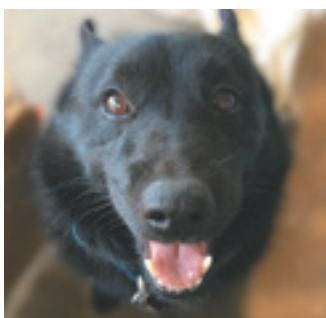
And he's thrilled to now have the perfect place to hone his skills. It may have been 10 years in the making but the man finally has a shed. "It's my dream shed and I'm lucky to have the space and know-how to build it. Here, I can let my imagination run wild." And it's a safe bet that Wayne and Marie's three kids are close by too – thereby becoming the third-generation to tinker away, pick up a brush and feel inspired...

On the shed wall, bold and large, is the slogan, 'It Was All A Dream' – lyrics from a song of Wayne's youth. In building his own creative space, he's also realising the dream of his father and uncle, who, living on small suburban blocks in a city, never got to have their own fabulous sheds.

The new shed is also where Wayne hopes to draw other artisans to his dream shed. When forced out of work with his injury, Wayne found it difficult to find people in the local art scene. He did attend a group art class comprised of women in their 60s and very much enjoyed it (a feeling reciprocated I'm sure) but he would love to bring together a diverse group of people to share their skills so that everyone can support one another. Be it woodworkers, sculptors, painters or even those wishing to learn such skills, his goal is to establish a creative hub where everyone is welcome.

"Hey," he says in his warm, relaxed drawl, "if this tradie can do it, anyone can."

Ready for your portrait? Wayne can be reached by email - dejongconstruct@hotmail.com and on Instagram @dejongw



About Skipka by John G

Skipka is the Gowings and Coastbeat team mascot. More importantly, Skipka is Miriam and my marriage guidance counselor because he is never entirely happy unless we are together. We never really understood how much a part of our life he was until he went missing for the best part of a day in January. Fortunately, we were safely reunited when a kind lady dropped him off to a vet's practice in Picnic Point.

As you can see from the page opposite, Skipka has now been immortalised by Wayne who has captured him in all his cheekiness, wearing the appropriate hat of course...as 'skipper' of the ship. It's a dog's life!





Jewel of the South West

Located on the Macleay Valley Coast between Port Macquarie and Coffs Harbour, South West Rocks is a little town that punches above its weight when it comes to jaw-dropping beaches, foodie havens and adventure. Whether you've got a day, a week or a month to visit, here's a top ten must-do list for making the most of this delightful seaside village.

Words by Geordie Bull

Photography by Cain Pascoe



1. Swim at Horseshoe Bay

The Mid North Coast is packed with lush beaches, and my home in Crescent Head is no exception. That said, the beaches in nearby South West Rocks take things to another level. With white sand, crystal clear water and stunning granite rock formations, all the beaches in this area will blow your mind – including Horseshoe Bay, which has the added bonus of being located a stone's throw from the town centre. Kick the day off by grabbing a coffee and wander down to the beach for a swim, or enjoy a lunch of fish 'n' chips from the nearby kiosk.



2. Walk through Arakoon National Park

The expansive Arakoon National Park offers a choice of well-maintained and signposted nature walks to suit all fitness levels. Our family loves to pack a picnic and do the easy wander from Trial Bay Gaol to Little Bay, where the kids can play on the rocks and swim for hours (sometimes we have it all to ourselves). More adventurous hikers can tackle the 10km walk from the gaol to Smoky Cape lighthouse, enjoying coastal views, abundant bird life and bushland scenery.



3. Soak in the Mermaid Pools

You won't find any signs pointing to the Mermaid Pools – locating them is part of the adventure. Starting at the gaol, take the Monument Hill track and walk until you discover five or six turquoise rock pools set in the granite boulders that border the ocean in Arakoon National Park. Have fun rock-hopping your way down to the pools and bask in the water as the waves splash up on the rocks. We recently took the kids on a day trip to see the fabled pools and, in the words of my four-year-old son, "that was the greatest day ever!" Sometimes the best things in life really are free.



4. Explore Trial Bay Gaol

If you love a bit of history, Trial Bay provides an experiential insight into what life was like for the prisoners of yesteryear. Opened in 1886, it functioned as a public works prison and was also used in WWI as a German internment camp. The gaol closed in 1918, reopening years later to become a well-known tourist attraction that features beautiful sandstone and a watchtower with some of the best views on the coast. The gaol is run by the National Parks and Wildlife service, who offer tours and school holiday programs for kids. If you're looking for somewhere close by to stay, the popular Trial Bay campground is located beside the gaol, right on the calm waters of Trial Bay.

5. Do a Food Crawl

I never visit South West Rocks without dropping into Sixty Degrees Café to sample their ever-changing menu that prioritises fresh, local produce (the menus are hidden inside Little Golden Books – a quirky touch.) For another fantastic food and coffee option in the heart of town, try the perennially busy, Malt & Honey. You'll also find a good selection of cafes by the river and near Trial Bay and Smoky Cape.

If you love a good pub meal, the Seabreeze Beach Hotel does excellent food and often features a regular line-up of live music. The hotel also hosts some great events, including the Craft on the Coast Beer & Cider Festival.

For a delicious dessert, try Chillati Gelato & Sorbet. Open seven days a week, you can choose from 30 flavours of gelato, freshly made on the premises. Yum!



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6. Paddle Back Creek

If the beach is South West Rocks' leading lady, the waterways of Back Creek are her co-stars. One of the best ways to explore Back Creek is to hire a paddle board from one of the two SUP hire vendors in town. Whilst enjoying a great workout, you'll see stingrays, colourful fish and, if you're lucky, a friendly pod of dolphins. If you're an early riser, Tim and Nell from SWR SUP also conduct sunrise tours of Back Creek - even little kids can join in by donning life jackets and sitting on the front of the board.



7. Take in the View from Smoky Cape Lighthouse

Worth it just for the view, Smoky Cape Lighthouse is a must-do for anyone visiting South West Rocks. Surrounded by the pristine forest of Hat Head National Park, the lighthouse is a great spot for whale watching, picnicking and birdwatching. Guided tours of the lighthouse are available, and you can stay overnight at the adjoining lighthouse keeper's quarters which have been turned into a charming bed and breakfast.

8. Dive Fish Rock

Located just off the coast of South West Rocks, Fish Rock is one of the only dive-through caves in Australia and one of the largest ocean caverns in the southern hemisphere. If you're into diving, take this opportunity to experience an underwater paradise teeming with fish, turtles, grey nurse sharks and manta rays. Two dive centres operate year-round to service visitors who come from all over the world to experience the wonders of Fish Rock.

9. Walk Connors Track in Hat Head National Park

If you've got more than a couple of days to spare, it's well worth the short drive to Hat Head, where you'll find a sleepy village, a popular holiday park and a beautiful creek and beach. Cross the footbridge and follow the trail up the hill onto Connors Track, a six kilometre return walk that winds through coastal rainforest and heathland. Be sure to pack your swimmers for this one - there are plenty of inviting and secluded beaches along the way.

10. Get your Culture Fix in Gladstone

Only 10 minutes from South West Rocks, the little village of Gladstone is the cultural capital of the Macleay Valley Coast. Listed on the Mid North Coast Arts Trail, Gladstone is home to a fantastic community art gallery, several artist's studios and some eclectic boutiques - including The Hub, which houses a variety of little stores that share space in a quaint red building (you can't miss it). Nestled on the banks of the Macleay River, Gladstone is also home to a variety of country-style cafes that serve some of the best scones around.





Waves and clouds over black rocks...

Adorning the water's edge and taking in an exceptional vista of Forster, seamless and spacious areas combine with clean lines to make this home an architectural masterpiece.

Words by Ali Hiddlestone Photography by Tia Carter



You know what they say about 'location, location, location' and when your home is in an incredible spot like this, you're certainly onto a winner.

"The building had to be worthy of its very special space," says the architect responsible for the bold design, Taree based, Dylan Wood.

Home-owners Tania and Dale wanted to give the building a new and modern 'skin' – something contemporary that would maximise their gorgeous ocean views whilst also dealing with their privacy concerns. Unit blocks on both sides of the property certainly meant Dylan had his work cut out for him.

With the home now complete, everyone reflects on what has been a wonderful and harmonious process. Tania admits to feeling quite sad when it all came to an end - sentiments rarely expressed by anyone at the end of a long building process!

And now, thanks to Dylan and builder, Joss McNamara, the family are enjoying their beautiful home and Coastbeat was lucky enough to have a little sticky beak...







>>

Entering the kitchen and living space, you can't help but be blown away. The living room is graced with floor to ceiling windows, making the ocean feel so close you could almost touch it. The kitchen is chic and minimalistic, lending to the creation of a lightweight space.

"The building is both urban and coastal – disparate elements blending together in the one space which is fascinating. It's a lightweight, ephemeral form suspended over a defensive masonry platform. Waves and clouds over black rocks," says Dylan.

The visual impact of the home is certainly enhanced by the choice of materials. Dylan opted for a lot of masonry for the structure – polished concrete slabs, dark bricks and honed concrete blocks. Tallowwood decking, spotted gum joinery and timber slats completed the look.

The upper level is surrounded by a translucent fibreglass screen suspended from the building, providing shade and privacy. "I always preference materials that age well and require minimal maintenance," says Dylan.

There is no shortage of places to relax in this three-bedroom sanctuary, with two open living spaces, an expansive timber deck overlooking the ocean and a beautiful private backyard complete with masterful decking and an enviable lawn.

Everyone worked well together from start to finish. According to Dylan, "the building team had a 'we'll make it happen' attitude throughout the project which made the whole process a pleasure."

Integral to the team was builder, Joss McNamara and Tania cannot sing his praises highly enough. “The carpentry in exceptional thanks to Joss’s amazing attention to detail. Some of the features he was responsible for, such as the beautiful timber staircase, have become favourites in the house.”

Working with Tania and Dale was a unique experience for Dylan. “This project was really inventive and interesting – a private house surrounded by units is not what you are supposed to do. I particularly liked the contrarian nature of the project.”

The architect was also pleased to be creating a home that, in addition to being a really positive contribution to Forster, was for a local family who would be living there permanently.

Fortunately for Dylan, Tania and Dale supported his design from the moment they saw it, despite its unconventional appearance. Dylan admits that it was an ambitious project that took a bit of courage from everyone involved to see it through to its completion.

While a little unusual and unorthodox in its design, this home is very much suited to Dylan’s style. “Each project presents a unique set of circumstances and challenges; however, I do have particular obsessions that I return to on a regular basis – natural, unfinished materials that age gracefully, computer cut slot-together plywood and camphor laurel slabs. One of the most unique things about my practice of architecture is that I often make furniture and joinery myself and have a very strong grasp of the technical aspects of making things which I like to incorporate into a build.”

And so, what’s the feedback on the finished product from the architect’s perspective and more importantly, how do the home-owners feel now that the project has come to an end? Dylan believes that something “refined, elegant and properly celebratory of its place,” has been created. Tania and Dale couldn’t agree more. “We’re ecstatic and just love living here. While it’s right on the beach with a café underneath, there is a lot going on, but it’s still a very private place. We love the open, light and airy spaces. It’s our dream home.”



Homeowner Tania, with builder Joss McNamara



Builder, Joss McNamara

Best reached at jm@jossmcnamarabuilder.com or on M) 0421 529 538



Homeowner Dale, with architect Dylan Wood

A little more about architect - Dylan Wood

Dylan has recently completed 3 x three-storey timber and concrete tower dwellings which explore the middle ground between single dwellings and unit development. They are located at 113 Albert Street in Taree.

The goal for this project was to create housing that was small and space efficient but still comfortable enough for long-term living. Dylan has other projects ranging from minor to major alterations and additions to new dwellings, units, apartment buildings and even a small eco-tourism resort.

Dylan is best reached by email at architects@dylanwood.com.au

Accommodation

Beneath this gorgeous home and located on ground level are 3 x 2-bedroom apartments available for guest accommodation.

To enquire, call 6554 6587



But First...Coffee

Kirby Burton left her home town of Coffs Harbour at the ripe old age of 18 to submerge herself in the food and coffee culture of Melbourne; little did she know that passion would send her around the world and back again.

Words by Kue Hall



Photo by Anthony Do

Photo by Rob Wright



Photo by Jon McMillan

Kirby, the face behind the Coffs Coast's Penny Farthing Coffee, is a self-confessed 'coffee geek' whose passion is to supply delicious, ethically-sourced coffee and educate people on how to get the most from their brew.

She's certainly one to take advice from. After winning two Australian Titles – the 2009 Coffee and Good Spirits competition followed by the 2011 Australian Latte Art Championships – Kirby then competed in Holland and Germany before settling to work under the reigning World Champion in London. Despite these worldly adventures, the call to settle down and raise a family back home was too great and she found herself back in Coffs Harbour, where Penny Farthing Coffee was born.

"At the time, I really wanted to bring some of my knowledge and that coffee culture to Coffs; there weren't any other roasteries here at the time," Kirby says. "Now it's a little different, there's so much more happening here, and people are getting educated about coffee and sharing their flair, which is great."

Five years on and Penny Farthing Coffee is found in Coffs Coast cafes, homes and beyond. Some proudly display the signature Penny Farthing labelling whilst others have their own signature blend created by Kirby and the team.

"I've learnt so much since I started roasting; one of my goals was for people to understand that they can also have great quality coffee at home," Kirby says. "We love getting a

bit geeky and chatting with our wholesalers and customers about how they brew their coffees."

All the beans Kirby uses are ethically sourced, including one directly from a farmer in Honduras. "I was lucky enough when I started the business to connect directly with a family-run farm in Honduras. We're one of the only roasters in Australia to get their coffee," she says.

"It's been incredible to see what it's done for their farm. We pay full price directly to them so there's no middle men taking a cut. It's wonderful to see their business flourish by supplying an incredible product that hits speciality coffee scores, which is also really important for me."

So, what really is the secret to the perfect brew? Kirby says honouring the product for what it is, and consistency. "People add sugars and syrups and other things but really it's about understanding that particular blend and knowing how to get the most out of it."

Just a few places you can find Penny Farthing Coffee include Depot Café in Coffs Central and Kempsey Central, Maggie's Dog Café at Moonee Marketplace, Salute Coffs Harbour and Jetty, Sawtell's The Spare Room and Urban Espresso Lounge in the Coffs's Jetty strip.

Penny Farthing Coffee

www.pennyfarthingcoffee.com

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Odd + Quirky Facts on... Port



1.

The region is well-known for its affinity to the koala and connection to koala habitation and conservation. It is home to the Koala Hospital and the Hello Koalas Sculpture Trail.

2.

Sea Acres National Park is home to one of the largest and most intact segments of coastal rainforest in our state.



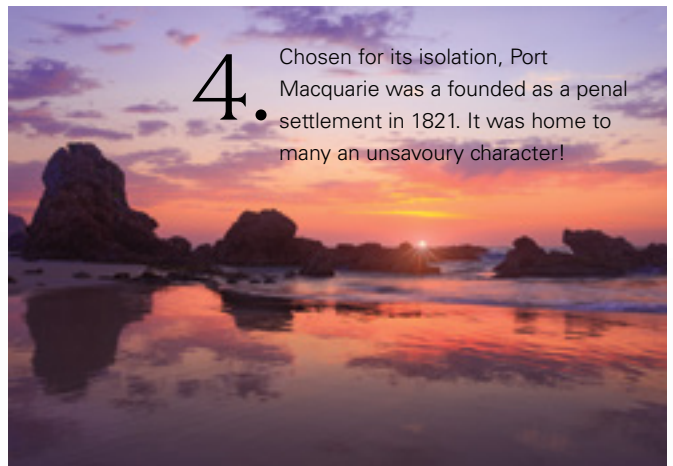
3.

Tacking Point Lighthouse was Australia's lucky number 13 when built in 1879. It stands at just 8 metres tall.



4.

Chosen for its isolation, Port Macquarie was founded as a penal settlement in 1821. It was home to many an unsavoury character!



5.

Port Macquarie is on the same latitude as the Lord Howe Island, which can be reached in 4 hours. Direct flights are available from Port to LHI through to June and then again from September.



6.

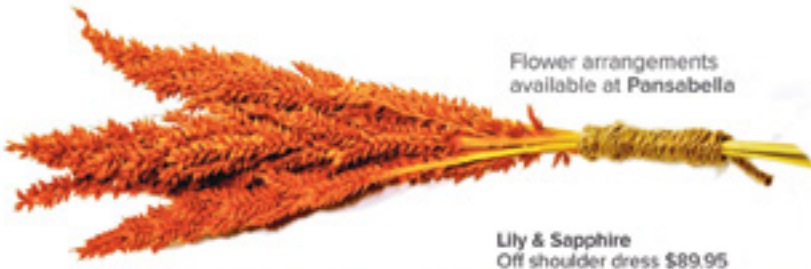
The rock art of the break wall started out as an art competition in 1995.

Autumn, a time to explore



& reflect





Flower arrangements available at Pansabella



Lily & Sapphire Tortoise Hoop earrings \$79.95

Lily & Sapphire Off shoulder dress \$89.95



Red Sparrow Twin wall Keep cup \$36



Lily & Sapphire 'wonderful' book \$89.95

Uptown Local The cult bag \$169.95



Red Sparrow Turmeric tea

Ramsay Pharmacy Issey Miyake Nectar De Parfum \$130



Seasonal vegetables available at Pansabella



Uptown Local Royal Republic boots \$309.95



Kathmandu
Yoga mat \$79.98

Kathmandu
Skipping rope
\$19.95



Uptown Local
The Elite crop
\$119.95



Go Vita
Glass flask
\$45



Go Vita
Pukka
Tea
\$8.50



Fresco
Fresh fruit at
market value



Go Vita
Intra Strength
formula 450g
\$69



Uptown
Local
Contender
legging
\$109.95

Go Vita
Brookfarm
Muesli
350g
\$11.50

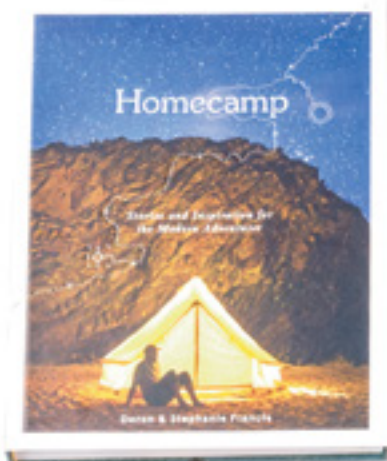


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Bookface The New Camp Cookbook \$29.99



Stormriders Ripcurl Watch \$200

Organics MattR Clif Bar \$2.95



Cotton On Drake Cuff Pant \$39.95



Strandbags Colorado Liam Satchel \$126.75



Organics MattR Drink Bottle \$32.95



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Bookface Adventure Awaits Camping Mug \$18.95



Cotton on Kids
Sunglasses \$5



Cotton on Kids
Drink Bottle \$5



Target
Long Sleeve
Hooded Tees \$15



Target
Badminton Set \$7



Target
Connect 4 Card Game \$10

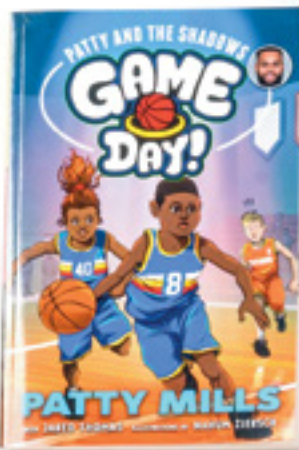


Target
Jeans \$10

EB Games
Pokemon
Key Ring \$12



Cotton
on Kids
Socks
\$3.99



Bookface
Game Day \$14.99

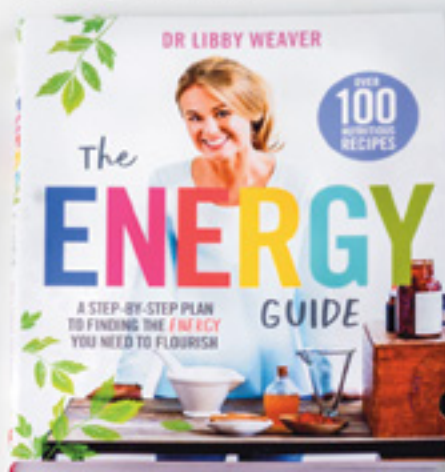


Target
Laceless Canvas
Shoes \$12

Lorna Jane
Athletic Sleeveless
Hoodie \$85.99



Bookface
The Energy Guide \$39.99



Lorna Jane Sweat Towel \$35.99



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Active
Tab Sock
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Lorna Jane
Vent Booty Support Tight \$110.99



Spendless
Shoes
Versus
Sneaker
\$29.99

The Baird Institute

A word from John G

26 years ago, my son James was born with an aortic valve stenosis. He had a successful procedure shortly after his birth and has been relatively symptom free since then. However, mid last year he began experiencing shortness of breath, tiredness and blood flow circulatory issues.



One morning, James was feeling particularly unwell, so I took him to the local medical clinic. He was subsequently admitted to the Emergency Department at the Prince of Wales Hospital in Randwick for observation and tests. Following an arthroscopic test of his heart valves, it was discovered that his aortic valve efficiency had significantly deteriorated since his most recent cardiologist appointment, which had reflected the valve functioning satisfactorily. Further tests and appointments with the cardiologist and cardiothoracic surgeon led to the conclusion that James's aortic valve needed to be replaced. Although we had hoped to put off the valve replacement operation until James was a few years older, it was determined that the operation needed to happen right away. This is when we first crossed paths with Professor Paul Bannon who agreed to undertake the serious, open-heart operation on James. Paul is one of the most experienced cardiothoracic surgeons in Australia

and arguably, one of the best in the world.

The successful outcome of the aortic valve replacement surgery for James has given him an extra 60 years of life and we offer our most sincere and humble thanks to everyone involved in James's journey.

The moral of this story is that not only is Paul a gifted surgeon, he is also the Chair of The Baird Institute. The Baird Institute is a charitable foundation dedicated to research and to improving outcomes for people like James.

I encourage all readers to find out more about the life-changing work undertaken by The Baird Institute. We hope you will share the story with others or consider supporting them by way of a donation. Moving forward, Gowings and Coastbeat are also looking at ways to support Paul and the institute

www.bairdinstitute.org.au

One third of all Australians will die of heart disease. *With your help we can turn this around.*

The Baird Institute, a medical research institute focused on diseases of the heart and lungs, was established in 2001 and honours the example of the late Professor Douglas Baird AM.



Doug, a gifted cardiothoracic surgeon, was devoted to his patients and epitomised the ideals of science, surgery, sensitivity and skill.

The most important part of our work as surgeons and health professionals is to identify real problems experienced every day by real patients.

At The Baird Institute, we identify the issue, we design relevant research programs that answer specific patient problems, we undertake research in the wards of major teaching hospitals or in affiliated research laboratories and then we return to the operating theatre, intensive care unit and the wards with life-saving solutions.

Our research model is a translational one. As an organisation, we focus on the translation of quality cutting edge research into improved surgical practise. We emphasise the delivery of long term public health solutions to ensure we have a positive impact at all stages - from patient diagnosis, through to treatment and recovery.



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Your gift will make a real difference to
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Coffs CBD gets the Kmart Gold Star Treatment

Most of us love a quality bargain and we are not alone, with Australian 'Kmart mums' -obsessive fans who swap advice and trade photos, tips and product 'hack's -numbering over 100,000 members on social media groups.

Cb caught up with the nation's number one department store to find out what the fuss is all about and get the lowdown on its newest concept store, at Coffs Central.

Why downtown Coffs?

Coffs Harbour has one of the largest city centres on the North Coast, so when the opportunity arose to secure a new store in the heart of town at Coffs Central, it seemed like the perfect location for us. Gowings has done such a great job refurbishing the centre, we think it will offer a great shopping experience for local residents.

Positioning our new Kmart store in the heart of town will be much more convenient for local residents, with easy access parking for customers. This store will be about 30% larger than others in the region, so it should draw more customers into the city.

How do you explain the Kmart effect?

We're the place where families come first. And we hope to make everyday living brighter for families – by offering them desirable on



trend products, at everyday low prices, that everyone can afford. Our stores showcase these amazing products across three distinct 'worlds' – kids, home and clothing and the whole store format is really simple to shop. This helps make us more accessible, to more people.

Why are you excited?

Kmart has been trying to find the right location in Coffs Harbour for over a decade now, so we are really excited for our store opening at the end of March, plus the store has created 160 new jobs which have been filled by members of the local community.

Join in the fun at Kmart

Level 1, Coffs Central Shopping Centre,
Coffs Harbour.

A large advertisement graphic for the new Kmart store in Coffs Harbour. On the left, there is a large, stylized purple letter 'K' with a cluster of colorful confetti (pink, yellow, blue, green) to its left. To the right of the 'K', the text reads: "New Kmart Coffs Harbour is now open." Below this, it says "Open until 9pm weekdays. Public Holiday trading hours will vary." At the bottom right, the Kmart logo is displayed, featuring a red 'K' with the word "mart" in blue lowercase letters to its right.

Can you tell me how to get, how to get to Lalaland?

When your home is decked out with a playful loft and a slippery slide to match, you know a career with children might be on the cards. There's no denying that Lalaland owner Bridgette Vartiainen lives and breathes her job.

Words by Ali Hiddlestone Photos by Rob Wright

The multi-level play centre, which opened to the public in late February, is a slight change of pace for the owner of boutique tea store, Red Sparrow Tea Company.

When faced with the decision to open another tea store in Sydney or return to Coffs Harbour to launch a long-held dream, Bridgette says it was a no-brainer.

"The opportunity to open an amazing children's playground was too good to pass up, and it suits my personality to a tee," she said. "I've always said that I've got to follow what life brings me and if it feels good, to just go with it. The move felt right and everything fell into place easily. Since opening, I've been on this great high. I can't believe I own my own playground! I feel like the queen of the castle!"



Lalaland's name was also partly serendipitous. Bridgette wanted the name of a town with alliteration - similar to Sesame Street. However, everything she thought of wasn't quite right. In search of inspiration, Bridgette found an online business name generator only for it to suggest Lalaland. "It was just perfect, I couldn't believe it," she said.

The brand new children's (and parent) wonderland is kitted out with slides, ball pits, Lego world, a basketball court, soccer field, and much more. The centre also offers children's parties, which Bridgette believes is an untapped market in the Coffs Harbour area. "The attention to detail in both party rooms is amazing. There's a beautiful princess room and a fun pirate room." It's no wonder kids want their birthday parties there.

Bridgette hopes that appealing to a broader demographic of children will set her apart from the competition. "We're accommodating for most age groups, from bubs right up to teens which is quite unique. The little mini soccer and basketball hoops means everyone has their own areas of interest. Usually in a place like this, the older kids trample over the young but that doesn't happen here. It's nice for families with older and younger kids to have a day out together."

With two kids aged 12 and 14, Bridgette is passionate about getting all the family involved in the business.

"As my kids are young teenagers, they've never really expressed much interest in tea so I'm excited that they can get involved with something they like doing. I really like the idea of a family business and that my kids have the opportunity to run the business with me."

Lalaland is at Moonee Marketplace
www.mooneemarketplace.com.au

For more information find them on Facebook - Lalaland Moonee Beach, Ph 6653 6511



Lalaland
 PARTY. PLAY. CAFE.

OPEN 6 DAYS A WEEK
TUESDAY - SUNDAY 9:30AM - 5PM

OPEN MONDAY'S DURING SCHOOL HOLIDAYS

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Peita Blythe – Map Illustrator

In each issue, Coastbeat is pleased to showcase the work of talented young artist, Peita Blythe. She's created these wonderful maps of Port Macquarie.

Here, Peita tells us why she's so mad for mapping!



Photo by Michael Agzarian

Cb: You admit to being obsessed with maps. Why do you find them so much more interesting than static illustration?

Oh yes, I'm totally obsessed with mapping because it combines all of my passions: travel, research, illustration, design, hand lettering and storytelling. I love the versatility of maps. Anything and everything can be mapped and the possibilities are endless – be it a specific street, memory, travel route, country, experience, person, song or even a conversation.

Cb: What are some of the challenges in mapping a destination?

Making maps can be very challenging because there are so many different elements to consider and a map needs to be geographically accurate. It involves a lot of research, planning and problem solving which is why I love it! The

main challenge is deciding on the layout and the perspective to adopt for the map. For instance, when I was working on the Port Macquarie map, I initially sketched it from a north-facing perspective but when I started to add in the buildings and icons, various problems started to arise. After lots of testing, it became clear that the south-facing perspective was the best orientation to properly capture the city.

Cb: At just 25, you've already created quite the niche market...tell us about that leap of faith to leave full-time work and pursue your passion?

I still pinch myself that I get to make maps for a living! After finishing my visual communication degree at UTS in Sydney, I began working full-time as a graphic designer at a creative studio which I really enjoyed. It was a small team and I learnt so much during my time there about design and running a small business too.

GREATER PORT MACQUARIE

Regional map

including the Manning, Macleay and Hastings Valleys

HOME TO UNCROWDED SURF BEACHES, TRANQUIL RIVERS AND LAKES, WORLD HERITAGE RAINFORESTS, KOALAS AND BIRDS, CRYSTAL CLEAN WATERS WITH PLAYFUL DOLPHINS AND MAJESTIC WHALES.

SAMPLE LOCAL PRODUCE AT WINERIES AND ORGANIC FARMS, VISIT THE REGIONAL MARKETS OR SIT DOWN FOR A FEED AT ONE OF THE EATERIES. STUMBLE ON A FOOD OR MUSIC FESTIVAL, OR GET LOST IN NATURE.

YOU WILL BE GLAD YOU CAME!



BRISBANE

A GREAT LOOP DRIVE STARTS AT SCOTTS HEAD

SCOTTS HEAD
GREAT FISHING SPOT FOR SPANISH AND SPOTTED MACKEREL

GRASSY HEAD

great surfing spot
TRIAL BAY

SOUTH WEST ROCKS

FISH ROCK - CAVE
OCEAN CAVE SCUBA DIVING SITE

KEMPSEY CENTRAL
'the heart of it all'

HAT HEAD

lonely spot for camping & fishing

Be sure to visit the
Danghutti-Nogaku
Aboriginal Art Gallery (DNAAG)

SLIM DUSM
WAS BORN JUST
OUTSIDE OF KEMPSEY

Stoney
DANCE

ONE OF THE
WORLD'S LARGEST
AQUA PARKS

NO NORTH COAST
PRIMBALL

CRESCENT HEAD
COUNTRY CLUB

CRESCENT HEAD
LODKOUT

A SURFERS!
HUBBEN

WHALE
WATCHING

PORT MACQUARIE

PORT CENTRAL
'the heart of it all'
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Kindee

BELLEROPIN
VALLEY
HORSE RIDING

TIMBERTOWN
WOODS

BILLABONG
LOTS OF WISDOM TO SEE

HELLO KOALA
TRAIL

Long Point
Vineyard & Art Gallery

Casagrain

LITTLE FISH
CAFE AND RESTAURANT

BONNY HILLS

KATTING NATURE
RESERVE
LAURLETON

SO MANY THINGS
TO DO IN THIS AREA!
YOU CAN GO BUSHWALKING
THROUGH RAINFOREST,
BIRD WATCH, HAVE A PICNIC,
SEE SCENIC VIEWS
AND WATERFALLS.

Boorganna
Nature Reserve

Comboyne

MIDDLE BROTHER
MOUNTAIN

Wauchope

BAGO MAZE & VINEYARDS

THREE BROTHERS
FARM PRODUCE

Ellenborough
Falls

UPPER
LANDSDOWN
IS AN AMAZING
VOLCANIC REGION

Cooperook
State Forest
THERE ARE LOTS OF
THINGS TO SEE ALONG THE
COOPEROOK FOREST DRIVE!

MANNING
VALLEY

WINE TO THE
BIG OYSTER

TAREE

CURLETTOWN
HERITAGE

HARRINGTON
MARKETS

CROWDY HEAD
a sleepy fishing village with a
great harbour, marina and boat ramp

HARRINGTON

Wingham

WARRIGAN'S
RISH PUB

SYDNEY

Key

- TRAINLINE
- 1 HOUR DRIVE (81 km)
- 1.5 HOUR DRIVE (75 km)
- 3 HOUR DAY TRIP (160 km)

MAP ILLUSTRATION BY PEITA BLYTHE

A Coastbeat initiative. If you'd like your business to be featured, please contact olivia@gowings.com

CUT ME OUT

CUT ME OUT

MAP ILLUSTRATION BY PETA RYTHE



Post Macquarie

EXPLORING

JOHN ONLEY DISCOVERED AND NAMED PORT MACQUARIE AFTER THE GOVERNOR OF NSW IN 1810. ORIGINALLY A PENAL COLONY, NOW OVER 45,000 USUALS CALL PORT MACQUARIE HOME. THE FIRST SUGAR CANE WAS GROWN HERE AND PORT IS FAMOUS FOR BEAUTIFUL BEACHES, WHALE WATCHING, AND KOMAS.

WHALE WATCHING

FROM WANGELL HILL LOOKOUT

PORT CENTRAL

The heart of the city

WITH OVER 40 STREETS AND A FINE TESSERACT, HAVE NO WORRY'S POSITION, UTILITY AND FIREMANS, THAT, IS, AND ITS MORE.

SURFERS!

BE SET ONE IN PORT MACQUARIE

ONLY 10 MINUTES FROM THE CENTRE OF TOWN

Teaching Point Lighthouse

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CUT ME OUT

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After doing various freelance projects at night, I soon realised there was a demand for illustrative maps. With the encouragement from the creative studio and their assurance that I always had a job to come back to if everything went pear-shaped, I made the decision to go out on my own. It's been eighteen months now since I took that leap and it's the greatest thing I've ever done.

Cb: What is your favourite map?

It would have to be a map that I created last year when I took a scenic flight over Antarctica. It only takes three hours to get to Antarctica from Sydney (crazy right?) and in those three hours I started drawing a map to get a better grasp of the continent and to document the trip. I included iconic landmarks, base stations, stories from other passengers and fun facts from the information pack we received.

The flight's Captain walked by and was intrigued by my map illustration. He then explained our route (which of course I quickly added to the map), pointed out landmarks to keep an eye out for and referenced his favourite places. He was kind enough to share some of his stories and reflections on 20 years of flying to Antarctica. Soon enough, we had a crowd gathered around us, listening to the Captain and watching me add details to the map as he spoke. It was so lovely to see the map come together so organically and to have a memento that captured such an incredible experience.

Cb: How does your creativity change the way you look at a city or experience somewhere?

It has made me look for the quirky and unusual. When I make maps of new destinations, it helps me orientate myself and gives me a better grasp of the place in question. It helps me slow down and learn new things about somewhere. When I'm travelling, I love making maps because it means I really soak up the spot I'm in.

Cb: You're an adventurer. What's on the travel wish list for this year?

This year, my partner and I are going to the Faroe Islands, a collection of 18 islands located between Scotland and Iceland. My partner is a geologist and environmental scientist and has found some incredible places that I'm very excited to explore and map out.

Cb: Is there somewhere that would be a standout to map?

Oh, there are so many places! It has been a dream of mine to live in Copenhagen for a year and when that happens (fingers crossed), I would love to illustrate a huge and really intricate bird's eye map of the city to document my time there.

Cb: Thanks so much Peita. We look forward to all the wonderful maps to come.



Find Peita at www.peitablythe.com
and on Instagram @peitablythe



What's On at Coffs Central this Autumn



Re-Craft It Workshops

Re-Craft It Workshops are all about healthy, green, clean living. Do yourself a favour and make a booking today!

Up-Cycling Everyday Home Items
Saturday 14th April 10:30am - 12:00pm

Personal Care & Green Cleaning
Tuesday 24th April 10:30am - 11:30am

Boomerang Bags
Wednesday 9th May 10:30am - 11:30am

Bees Wax Wraps
Tuesday 22nd May 10:30am - 11:30am

Book Now:
<https://www.eventbrite.com.au/>

Coffs Central Workshops

Learn everything you need to know at Coffs Central about fermentation and getting the kids into the kitchen.

Fermented Preserves
Saturday 7th April 10:30am - 12:30pm

Little Chefs Sushi
Wednesday 18th April 10:30am - 11:30am
Thursday 26th April 10:30am - 11:30am

Fermented Drinks
Saturday 12th May 10:30am - 12:30pm

Bookings essential: phone 5622 8900
or customerservice@gowings.com

Seniors Week

Learn a new skill or just have some fun with our FREE Workshops + FREE Coffee & Cake!

Reuse & Recycle
Monday 9th April from 10:30am

Travel the World in a cup of Tea
Tuesday 10th April from 10:30am

Learn to Eat Well on a Budget
Wednesday 11th April from 10:30am

Flower Arranging
Thursday 12th April from 10:30am

Connecting Seniors Online
Friday 13th April from 10:30am

Book Now: 5622 8900

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Kids FREE Pirate Show

Join Jack & Jewel on an adventure you'll never forget! The hilariously funny pirate duo will be in Coffs Central for a LIVE pirate show just for the kids! Don't miss out!

Date: Saturday 21st April

Time: From 10:00am

Bookings essential: phone 5622 8900 or email customerservice@gowings.com



Makers Markets

Whether you love paintings, jewellery, photography, furniture, clothing or decor; Come, gather, grab a coffee and wander the centre and fall in love with the quirky pieces that are passionately and individually hand-crafted. There are a wide range of products such as children's clothing & accessories, terrariums and potted succulents, crystal sun catchers, yummy sweet treats and much more! Every Thursday 9am - 2pm at Coffs Central.



Live Cooking Demonstrations

Come down to Coffs Central and enjoy our LIVE cooking demonstrations with Chef Dave. He'll show you how to cook delicious meals at home, PLUS take home a FREE recipe booklet! No Bookings necessary! Located on the Ground Floor.

Thursday 12th April 11:00am - 1:00pm

Thursday 26th April 12:00pm - 2:00pm

Thursday 10th May 11:00am - 1:00pm

Thursday 24th May 11:00am - 1:00pm



Kids FREE Paw Patrol Show

Everyone's favourite pups Chase & Skye are inviting your little ones on a Paw Patrol Mission to help them solve the case! Join us at Coffs Central for Dancing, Games & Giveaways and stick around for a photo session at the end! Located on Level 1.

Date: Saturday 19th May

Time: From 10:00am

Bookings essential: phone 5622 8900 or email customerservice@gowings.com



Mother's Day Promo

Spend \$80 or more at participating fashion retailers* between Friday 27th April and Friday 11th May for your chance to win a \$500 Shopping Spree for Mum!

*Lily & Sapphire, Ally Fashion, Urban Life, City Chic, Coopers Surf Australia, Seasons Boutique, W.Lane, Rockmans, Amber Rose, Gazman, Sensara Boutique



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What's On at Port Central this Autumn



Easter

Join us at Port Central on Saturday the 31st March and meet our furry friend The Easter Bunny!! He will be bouncing around Port Central from 10am-1pm sharing some yummy Easter Eggs and spreading some Easter Cheer. The Easter Bunny loves having his photo taken so make sure you get a picture with him so you can cherish the memory for years to come!

Don't forget Port Centrals Trading Hours over the Easter weekend! The Centre is closed Good Friday 30th March and open over the Easter weekend, 10am - 4pm 31st March, 1st and 2nd April.



Kokedama Workshop

Besides hanging from string, Kokedama's can be placed on decorative plates & used as feature pieces. They are a breeze to dress up for social events and also make fantastic gifts! This succulent bouquet/kokedama workshop is a great class to learn new skills associated with succulent and cacti gardening. Location: Port Central Creative Hub

Date: Saturday 7th April
Time: 10:30am - midday
Bookings essential: phone 5525 1000 or portcustomerservice@gowings.com



Kids FREE Minion Show

The Minions have found a new master to serve called Shaggy Shelly and she wants Bob and Kevin to help her steal all of the bananas in the world. Will the Minions be fooled by Shaggy Shelly or will you be able to tell them what she's up to before it's too late? Free Family Show at Port Central!

Date: Saturday 14th April
Time: 10:30am - midday
Bookings essential: phone 5525 1000 or portcustomerservice@gowings.com



Phone (02) 5525 1000

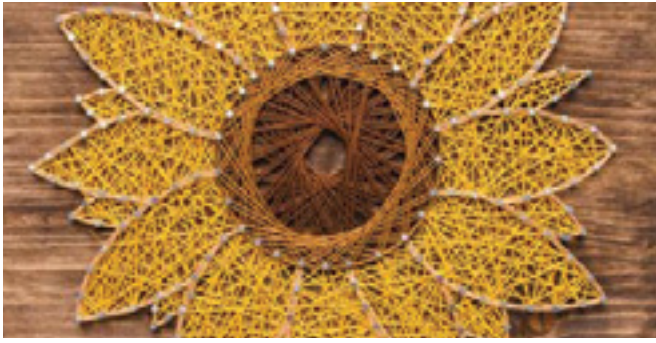


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School Holiday Entertainment

Dream Catchers Monday 16th & Thursday 19th April
Collage Artwork Tuesday 17th & Monday 23rd April
String Artwork Wednesday 18th & Thursday 26th April
Stencil Street Art Friday 20th & Tuesday 24th April

Cost: \$20pp
Time: 10am - 12pm daily
Bookings essential: phone 5525 1000 or email
portcustomerservice@gowings.com



Circus School

Looking for something physically fun and creative for the kids? Well come on down and clown around at Port Central. Thanks to Danielle & Lara from Conscious Creatives Circus, kids can come and try out the circus for themselves with activities like diabolo, trick sticks, juggling, spinning plates and hula hooping!

Date: Saturday 28th April | Time: 10am - 2pm
Bookings essential: phone 5525 1000 or email
portcustomerservice@gowings.com



Kids FREE Paw Patrol Show

In this new Paw Patrol Show, Everest the Snowy Mountain Pup has climbed to the top of Adventure Mountain to clear the snow and can't get back down. Can you help Marshall and Skye save Everest before it gets dark? Free Family Show at Port Central!

Date: Saturday 5th May
Time: 10:30am - midday
Bookings essential: phone 5525 1000 or email
portcustomerservice@gowings.com



Mother's Day Promo

Spend \$80 or more at participating fashion retailers* between Friday 27th April and Friday 11th May for your chance to win a \$500 Shopping Spree for Mum!

*Sussan, W.Lane, Cotton on Body, Just Jeans, Noni B, Portmans, Jeanswest, Lorna Jane, Sportsgirl, Manning Shoes, Colette, Strandbags



Kids Mother's Day Gift Workshop

Tiny pinch pots are easy to create and make a fun gift for Mother's Day. This is a great project for kids and adults to do together. Using Air Dry Clay and the help of the sun, kids can create and decorate a pot or ring stacker for Mum!

Date: Saturday 12th May
Time: 10:30am - midday
Bookings essential: phone 5525 1000 or email
portcustomerservice@gowings.com



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Markets a testament to thriving local farming community

Every Tuesday afternoon, Port Macquarie locals scurry to do their shopping with fresh fruit and vegetables, free-range eggs, beautifully sweet honey and a selection of dairy products all available from the Real Food Markets.

Words by Ali Hiddlestone

Photography by Cain Pascoe

Some of these avid shoppers pre-order their favourite spinach leaves, eggs or sheep's milk Haloumi so they don't miss out. An experience purely unique to the market environment, they walk around and chat to the local growers: the brains and brawn behind the produce they're buying.

After speaking with Cb, there's no denying the following four producers have something wonderful to offer those who frequent the markets.



Ewetopia

– Ian and Jill McKittrick

Meet Ian and Jill, cheese enthusiasts-turned-pro and loving every minute of it. Keen to escape the fast-paced Sydney city life, the savvy couple moved the family to the country – the mid north coast hinterland to be exact - 15 years ago and have never looked back.

Chuffed with their new way of life, they decided to take a local cheese-making course. And after several trials and tribulations in the kitchen, the McKittricks realised they were onto something.

Ewetopia offers a range of fine dairy products. From their ewe's milk, they make feta and haloumi and occasionally, a blue cheese and yoghurt. From their jersey cows, they bottle milk and yoghurt. The couple also dabble in soap by supplying their milk to a local soap maker.

The crowd favourite? Their award-winning ewe's milk haloumi, says Ian.

"It gives quite a different product to a cow's milk haloumi. There's something about the texture that works really well – it's beautifully soft and you get a silky feeling in your mouth."

Best part of your job? "We love making fresh produce accessible for our local customers," says Jill.

"We love our market regulars who enjoy spending time with those involved in producing the food. We like that the market provides the opportunity to build relationships with customers who can then feel involved in our story. You can't really get that any other way," she said.

What's in season? Despite the animals working on a timed milking schedule, Ian and Jill say they'll have a full range on offer for the upcoming season.

"We try to stagger our product range, so we can give our loyal customers the best that Ewetopia has to offer, all year round."



Eastward Farm

– The Bailey Family

Located in the rolling countryside of Rollands Plains, the Eastward Farm is packed full of beautiful fresh vegetables of every kind. It's been two years since the Bailey family decided to turn their humble family garden into a commercial operation that spans several acres.

"We've always believed in good food and we think the

Honeycomb Valley Farm

– Anna Featherstone & Andrew Campbell

It takes heart, soul, mind and plenty of muscle to keep Honeycomb Valley Farm ticking along, says Anna Campbell, but she wouldn't have it any other way.

Their 90-acre farm in Nabiac is home to honey and native bees, alpacas, goats, sheep, cows, chooks, horses and hundreds of plant species including turmeric, lemon balm and much more.

Recently, they combined forces with another local who is also a third-generation beekeeper. Anna says Honeycomb Valley can now offer their local customers a range of honey from 1,500 hives. The farm produces coastal honey like ironbark and brush box as well as special harvest honey such as yellow box and apple box.

The crowd favourite? "Our chilli honey and habanero honey are very popular," says Anna.

According to Anna, there's a honey for every palette. "It's hard to really pick a standout because all our customers' tastes are so different. If we've got three honeys in one season, someone will like each of them – there's not one favourite."

Best part of your job? For Anna, feeling connected to the earth and seeing the sky every day are definite perks.

"I love watching the plants grow over the years and feeling the pace of the seasons." Anna says she's particularly

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farm is a great way to meet the needs of the community. I also think the trend is shifting towards supporting local agriculture and sourcing food that is as fresh as possible," says Desley Bailey.

The Eastward Farm is an all-family affair, with Desley's three younger children part of the business. "It's a really good lifestyle for the kids, they get commission from working in the garden, plus, they really enjoy it."

Eastward Farm offers a range of vegetables, dependent on the time of year. "Basically, we try to grow whatever we can that's in season so that people can come and fill their fridge from us."

The crowd favourite? It's tough competition between the spinach leaves, succulent tomatoes and their homemade peanut butter.

"My son's peanut butter is really popular – he does a peanut butter, an almond butter and a cashew almond butter. We source the nuts locally which I think is really important," says Desley.

Best part of your job? "I love meeting the customers and having that face-to-face interaction. Customer loyalty is built from that which is really nice."

What's in season? When it comes to vegetables, autumn is a great time of year. According to Desley, the only thing they're unlikely to have is corn and tomatoes but they'll have plenty of other vegetables to choose from.



enjoying her recent foray into writing, with two recently published books; 'Small Farm Success Australia – How to Make a Life and a Living on the Land' and 'Honey Farm Dreaming', where Anna shares a number of her organic balm recipes using beeswax.

"It's just good to get this information out of your head and onto paper. I want every farmer to have these recipes," she says.

What's in season? In the bee-world, this is a fairly complicated question.

"The seasons are a little all over the place at the moment – it can vary quite a lot. There should be ironbark and brushbox and maybe even yellowbox, but you can't guarantee anything. It's really up to nature," says Anna.

Hand'n'Hoe Organics

– David, Tristan and Keiran Flinter

Certified organic macadamia farm, Hand 'n' Hoe, has been a local favourite for more than 20 years. The father and sons proprietors have won several awards and are clearly onto a winner.

Hand 'n' Hoe grow and harvest a selection of macadamias and have a range of products including natural kernel, honey roasted, salted roasted as well as chocolate coated in dark, milk and white chocolates. They also make spreads and oils.

Despite starting from very humble beginnings, Hand 'n' Hoe Organics now sell their quality nuts at markets as far south as Sydney and the Blue Mountains, here in Port Macquarie and at several farmers' markets in between.

"We also supply over 200 different organic and health food stores around Australia," says Keiran.

Crowd favourite? "Our most popular options would have to be the natural kernel and macadamia spreads, particularly the roasted crunchy," says Keiran.

Best part of the job? Positive feedback from the local community is what keeps the Flinter family going.

"Being able to produce and supply such a quality and sought-after product is really satisfying," says Keiran.

"Some of the small-town markets we do are our best



actually as more and more people are recognising the benefits of supporting local producers and taking comfort in knowing where their product comes from."

What's in season? Hand n Hoe harvest once a year, from April to July. During this time, they target certain varieties of macadamias as they ripen in the middle of autumn, so watch this space!

The Real Food Markets are held every Tuesday

from 2pm in Port Central Glasshouse Forecourt, Hay Street, Port Macquarie.





Harvey Jahnsen Master Boat Builder

Give a man a fish and he'll eat for a day; teach a man to fish and he'll eat for a lifetime.

Please pardon the platitude, but sometimes we forget, in this ready-made age, that honouring tradition is more than a flag, a slogan, a public holiday. Australians, from First Nations to newcomers, have worked the land and braved the seas to survive, and the traditions and skills that supported our survival deserve to be remembered.

Words by Zacharey Jane

Photography by Cain Pascoe

Harvey Jahnsen understands this. He grew up working alongside his boat-builder father Alf, in the northern NSW area of Foster-Tuncurry. Together they built hundreds of vessels: yachts, ferries, fishing boats, dinghies, racers, cruisers. Throughout the 20th century, Jahnsen boats kept business in their area afloat, quite literally. But Harvey is one of the last commercial wooden boat-builders left.

"There's nobody around to build boats the way we used to," he says with resignation. His knowledge and skill will not be passed on to the next generation to be used as Harvey and Alf did.

The departure of this tradition from our shores is a sign of our times. Pragmatically, wooden boat building goes the same way as so many other practical skills. Perhaps this is the path forward in this age of technology and rapid transit, but a tradition that was so integral to our culture deserves honouring and remembering.

Harvey is 77 years old now and although his health does not allow him to make boats anymore, he is still sought after for advice from other boat-builders. But he has little time for fibreglass or steel construction; wood is his passion.

Harvey's niece, Tracey, is close to her uncle. She values the Jahnsen boat building history and would like to see Harvey's legacy preserved in some way. As a child she watched her uncle and grandfather select the perfect piece of wood by closely studying the tree in the field. She laughs when remembering family picnics spent looking up at the trees, examining the shape of the branches to match them to the shapes of the boat in plan. Tracey refers to their collection of timber as a 'timber library'.

They were perfectionists, she says.

The longevity of the Jahnsen boats is testimony to this perfectionism. Many of the yachts, ferries, fishing boats and launches built 60 years ago are still in service, with owners, Tracey says, amazed that the vessels are as watertight as the day they were launched.

To be able to make something like that is an art as much as a business.



The catalogue of Jahnsen craft is diverse, from more utilitarian fishing boats and ferries to sleek yachts and stylish cruisers. One can pick a Jahnsen craft by the elegant shape of its hull: a narrow un-raked bow, cutting directly into the water, curving mid-ship to a generous breadth. However, their ship building business grew from practical demands, so each boat was designed to suit its usage.

Tracey says of her grandfather's attitude to his craft, "Alf built boats for a living, like someone else builds houses. There was a need for boats and he had the resources. It was a way to make a living from what was at hand: they had the water, the wood and the need. But whatever they did, they did well. If Alf made something that didn't fit together perfectly, he'd throw it out and do it again. Although Alf was a gentle man he was hard on himself and quite hard on Harvey, in terms of getting it just right. He did it for love...you can tell that he loved doing it just perfectly."





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We visit the workshop for a guided tour from Harvey and Tracey. It was here that they drafted the outline of the craft on the floor, in scale. Many of the boats they made were too big for the shed, a large Nissen hut that Alf built after WWII, so these were constructed outside in the lot next door.

They also made scaled models of their designs, beautiful constructions that now hold Harvey's memories of a time that has passed. The walls of the workshop are hung with decades of memorabilia, testifying to the beauty of their work.

Harvey fossicks about at the back of the shed and pulls out a piece of timber he tells us is 60 years old. If the timber is treated well, he says, it will last forever. He shows us a ship's wheel, part of the helm, an artefact of great beauty, made from Australian red cedar and white beech, using timber that is 625 years old. This is one of many pieces Harvey will never part with – its value as a symbol of his past far exceeds its considerable commercial worth.

"Alf was a very generous man because he worked from the love of his craft," says Tracey. "He passed that love on to Harvey. It was a true craft that began with the tree in the ground and ended with the boat in the water. Alf was a humble man and so is Harvey.

But their craftsmanship transferred into the boats themselves and their reputation as master shipbuilders grew. The Jahnsen-built yachts became highly sought after for racing and pleasure craft, as well as the more practical boats."

The future of the Jahnsen workshop is uncertain. Sourcing the timber is increasingly difficult and demand for wooden boats has declined, although an appreciation of the art and craft of the wooden boat has not.

Tracey understands the change but would like to see the workshop preserved as testimony to Australia's shipbuilding heritage. She is talking to maritime museums and clubs, investigating sustainable ways to save the workshop. They say that to prepare for the future one must know the past. She envisages a working museum that provides experience for generations to come, that honours the craftspeople of the past, their knowledge and skill and the industry that kept Australia afloat.

For further information

email jahnsenboatco@gmail.com

Cecil Healy: the ANZAC Legend who refused victory

The idea of heroism is often coupled with achievement, especially in the sporting world. 'Going for gold' is the catch-phrase. However, one of Australia's forgotten Olympic heroes is most remarkable because he did not go for gold - he stepped aside, in an unprecedented act of sportsmanship that has had huge influence on the creation of the Australian identity. A new book *Cecil Healy - A Biography* tells this man's story.

Words by Zacharey Jane



Cecil Healy circa 1905 by Arthur Wigram Allen, 'Edwardian Summer'

Cecil Healy - A Biography is the work of another Australian Olympic swimming champion and Manly surfer, John Devitt, in collaboration with author, Larry Writer. Devitt won gold at the 1956 Melbourne Olympics in the 4 x 200 metre freestyle, the same race Cecil had won 44 years prior at the 1912 Stockholm Olympics. Then in 1960, Devitt won gold at the Rome Olympics in the 100-metre freestyle; this was the same race his predecessor Healy did not win and for not winning, became John Devitt's hero.

The story goes like this. In 1912 at Stockholm, Cecil Healy clocked the second fastest time in the heats for the 100 metres. His rival for the gold medal was the American swimmer from Hawaii, Duke Kahanamoku.

Everyone expected the American to win - after all, he had the fastest time. But thanks to a bungle that has never been satisfactorily explained, the American team failed to turn up for the semi-finals. A steadfast Olympic rule meant that they were automatically disqualified.

This left Cecil Healy facing the final as the fastest

swimmer competing. Gold was his for the taking.

What is sportsmanship? Although today many competitors, spectators and sponsors have forgotten, any definition makes it clear that sportsmanship has never been about winning at any cost. Healy knew that.

The son of a prominent Sydney barrister, Cecil Healy grew up in a cultured environment, seeing law in practice through his father's work. He also experienced loss, with the sudden death of his father when Healy was still in his mid-teens. Perhaps it was this background that informed his ideas of justice.

Upon hearing that his rival Duke Kahanamoku would not be allowed to race, Healy approached the Australian team managers. He told them that if they did not put in a formal objection to Kahanamoku's disqualification he would boycott the race. He knew that Kahanamoku could beat him, but he did not feel that the disqualification was fair and winning gold would be diminished under such circumstances.



Image courtesy of Freshwater Surf Life Saving Club

Knowing Healy to be a man of his word, the Australian managers took him seriously. They made a formal objection, the Olympic committee relented and Duke Kahanamoku was allowed to swim in the final of the men's 100 metres freestyle. He won.

After the race, Kahanamoku raised Cecil's arm to the crowd, in testimony to Healy's sportsmanship. The Swedish Olympic Federation said of Healy, "What he did that day is more precious than gold."

But the story goes on.

Healy returned to Australia, where he earned his living as a notable journalist and public speaker, on sports and many other subjects. He contributed to his community as vice-president of the NSW Amateur Swimming Association, in addition to his role as captain and star lifesaver at the Manly Surf Club.

In the aftermath of the Olympics, a close friendship developed between Healy and Duke Kahanamoku. In 1914, Healy invited the Hawaiian to Australia for a series of swimming competitions. In those days, swimming carnivals were huge events, offering entertainment as well as races.

"Thousands would attend the swim meets, lining the sides of the ocean and harbour pools," says Larry Writer. "In between the events there would be all sorts of entertainment: diving clowns, novelty races and competitions to see who could hold their breath the longest."

Kahanamoku brought with him his surfboard to demonstrate the sport of surfing, which had originated in Hawaii but at that time was less common in Australia. He made a huge impact on the Australian onlookers.

Larry Writer says, "People came from everywhere to see him, this bronze god riding the waves. The Duke was an amazingly skilful surfer: he could do handstands on the board, carry people on his shoulders as he surfed. It really inspired surfing in Australia."

Seemingly overnight, surfing sprang up all over Australian beaches; one of our iconic cultural practices had begun.

And then Australia went to war.

It was no surprise to Healy. A great traveller, he had visited Germany in 1912 and reported back on the militarism he saw there, believing that war was inevitable. He was 33 years old when he enlisted on 15 September 1915. Because of his age and his business ability he was made a Quartermaster, in charge of stores. After months of witnessing the men he outfitted losing their lives on the frontline, Healy requested to be transferred to active service, feeling that this was the only way he could make a meaningful contribution alongside his countrymen.

Healy was sent to Cambridge University, where he completed six months of officer training. Larry Writer believes that this was one of the happiest times of Healy's life, but despite enjoying the rigour and diversity of his training, Healy wrote ominous letters home. In one such missive he declared, "I cherish the hope that I will be able to sell my life dearly, and earn the respect of the men whom I command."

Sadly, his sentiments proved prescient. On 1 June 1918, Healy was commissioned Second Lieutenant in the 19th (Sportsman's) Battalion, in command of troops on the Somme. On 29 August, during the battle for Mont St Quentin, he was shot and killed by German fire. He is still the only Australian Olympic gold medallist to be killed in war.

John Devitt visited his grave at Assevillers in France, where Healy is celebrated as a hero, taking with him a cup of their beloved Manly sand to pour on the grave.

This visit was a part of Devitt and Writer's two and a half years research for their book, which Writer describes as Devitt's "labour of love" to "find out everything we possibly could" about Healy. Despite the importance of their research in recording the life of such a heroic Australian, their work was largely self-funded.



Supplied image from Cecil Healy: A Biography





Image courtesy of The Australian War Memorial

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Devitt and Writer started in Australian libraries and government offices; when they had exhausted these archives they turned their attention to Europe. Cambridge University and the Imperial War Museum in London provided valuable information. Their research was comprehensive, unearthing multiple new references to Healy in the letters and diaries of other athletes and sports administrators. John Devitt has been able to reveal the man behind the hero who so inspired him as a young swimmer. He discovered a good bloke, a modest man with a strong sense of justice. He and Larry Writer also uncovered the boys-own-adventure that was Healy's life, often recorded in Healy's own words.

"He was a very good writer," says Larry, on the telephone from his home in Sydney. "Healy had the ability to bring a story to life and his journalism was always thoughtful and well-informed."

Cecil Healy – A Biography threatens to be a riveting good read, too. It will shed light on one of Australia's great Olympians, a man who understood that the value of the sportsperson as role model and cultural hero was nothing if without honour. And it will illuminate the life of an ANZAC legend who died for the same beliefs.

Cecil Healy – A Biography is published by Stoke Hill Press and will be released in late July 2018.

For further information go to www.stokehillpress.com



Rudi Mentges

Interview by Kue Hall

Photography by Cain Pascoe



Cb: You were born and raised in Germany. When did you move to Australia?

We came to Australia to visit a friend in 1985. He was living in a little town called Marlee and we'd do our shopping in Wingham and Taree. I was about 35 years old at the time and it was my first ever holiday. During that trip we decided we would come back for good which we did, five years later.

Cb: Butchery is the family tradition – your family has been in the business for more than 750 years. Is that why you're so passionate about what you do?

Yes, just like my Dad and Grandad, you could say I have sausages in my blood (laughs). It really is ingrained in me. I've grown up with it, it's what we always did. Even before school we would help peel onions and prepare things.

I love it.

Cb: Do you consider yourself a German or an Aussie?

What is the Australian way? Is it throwing sausages on the barbie or lazing on the beach? It is such a multicultural country, that's why we love it, so I like to think I'm a bit of both.

Cb: What are your best-sellers and favourites to prepare?

Our Cheese Kransky is always popular and when we came to Australia we also created the Chilli Cheese Kransky. People love the sweet and spicy mix.

Cb: What sets you apart from other butcheries and continental shops?

We are master butchers who work tirelessly to pass on our knowledge to the next generation; many of our recipes and methods are traditional and have been passed down from generation to generation.

Cb: What do you love most about life on the North Coast?

A friend had recommended we migrate here and we've never regretted taking that advice. It's not too hot, not too cold, we have everything we need here; it's just fantastic.

Cb: What is a motto you live by?

If you have a gift, make yourself and others happy by giving it.

Cb: What's something not many people know about you?

The colour of my underpants? (laughs). No, really, not many know that I love to teach from the Bible.

Cb: Any advice you'd give your younger self?

Be obedient. I gave my mother a few headaches when I was younger. I'd like to say, if people are older and more experienced they usually know a bit more than you do.

Mentges Master Meats is located in Taree

and is open to customers on Thursday & Friday from 730am to 5pm

www.mentgesmeats.com.au



Coming Full Circle

Coastbeat is excited to present the first in a series of articles that will feature high achievers from northern NSW who left their hometown seeking success, made their mark in the big, wide world and then returned to the place they call home.

Words by Zacharey Jane



Photo by Enzo Amato

For northern NSW native and rising opera star, 27-year-old Michelle Ryan, these words conjure images of sugarcane fields stretching for kilometres under a hot northern sun, river running wide alongside and magpies calling from the branches of the giant fig that shades her Harwood home. So far from Berlin, Munich, Prague, Weimar, where she sang in Italian to the opera lovers of Europe, yet this is where she returns, coming full-circle to find respite in the place she calls home.

Harwood is a tiny village on the banks of the mighty Clarence River, sugarcane country. I drive to meet Michelle, navigating a narrow road that threatens to fall into the Clarence before it turns inland, through green fields. I stop to allow a two-metre python safe passage across the road.

500 metres on, a long, dirt driveway leads towards a classic Australian homestead set high on stilts, with a tractor parked alongside and a corrugated iron shed leaning gently in the sun. I have arrived at the home of one of Australia's rising opera stars.

Michelle Ryan is a diminutive brunette, certainly no Wagnerian cliché, softly spoken, with a warm, light-hearted

tone that belies the richness of her singing voice. Her humble demeanour is devoid of any diva-like attitude. Indeed, listening to her version of events you might assume that she found her way to the opera theatres of Europe entirely thanks to others. But the credit lies with her talent and determination.

After graduating from the Sydney Conservatorium in 2015, Michelle headed to Europe, to the Bel Canto in Munich, a program that teaches singers how to audition.

"It's not like here," Michelle says. "The auditions are very business-like. You walk in, you sing, you walk out. They judge you from the moment you arrive, so you don't just switch on as the piano starts. You need to be...not a diva as such but it's important to show how much you love your art. I'm naturally very shy. Receiving some cool feedback gave me the confidence to start stepping out, but that goes after a while because in this world everyone is a good singer. You can't rely on affirmation all the time – you have to find the belief in yourself"

Michelle is a high soprano, which means she easily reaches a high C, soaring to an E or F for particular roles. She started singing classically in church and her continuing faith has

helped support her through challenging times. Like her initial experience of preparing for her first big role while being so far from home.

“It’s assumed that you’ll know the role before rehearsals start. I was playing Despina in Mozart’s *Così fan Tutti*, for the Weimar Lyric Opera Studio Winter Season in Germany, but because of visa problems I was living in Manchester.”

The enormous difference in culture and environment between sunny Harwood and England was also a strain on Michelle.

“Winter can be depressing. I had to come to terms with being inside all the time: it definitely took a lot of motivation. Then I got really sick with flu! You don’t sing with flu – you can damage your voice – so I had to learn the role in my mind. When I got to Germany I nearly pulled out. I went back to the hotel after the first day thinking: I can’t do this – I’ve never actually sung any of it, I just know it in my head.”

Sometimes, home can be a phone call. “I called my Mum that night who then called my teacher in Sydney. My teacher phoned me and said: Don’t you dare pull out, you can do this!”

Michelle drew on her remarkable reserves and pushed through, mastering her role and earning the admiration of the director. “After the dress rehearsal, he came to me really surprised and said: ‘I don’t even know who was up there!’ He was used to me being the one struggling. I knew I was behind, but I also knew I had the ability if I gave it everything. I just had to get over myself!”

The role was a great success for Michelle, albeit touched by homesickness. “It was sad that my parents weren’t there to see me perform. There were no familiar faces in the audience, but I got flashbacks to when I was at home in Harwood and dreamed of being on the stage in Europe.”

Michelle’s family have been farmers for generations, so they were a little bemused by her love of opera, until a family

historian told them about her great-great-aunt. In Harwood she’s known as Maggie Gard; in Europe, as Margherita Grandi, a legendary diva from the 1920s to the 1950s.

From Weimar, Michelle travelled to Prague for the Summer Nights Festival, singing Zelina in *Don Giovanni*, after which she returned to Australia to sing in the Cantillation of the prestigious Opera Pinchgut. She loved this company, but Europe still called. Michelle sang again with the Weimar company, and auditioned with the Royal Academy in London for a Master of Opera.

She was accepted, with a sought after partial scholarship, but still the expense of living in London was prohibitive.

“To go overseas you need huge support, just like a surfer, but surfers have sponsorship behind them. You don’t make enough money to live on as a singer until you become really successful. Now I’m back in Harwood, I think about Europe every day.”

Michelle was helped by a regional grant from Arts NSW. She has been invited back to the Prague company and awaits news of a scholarship that will provide finance for the trip. In the meantime, she is performing professionally and entering competitions, recently becoming a finalist in the Opera Foundation’s prestigious Lady Fairfax New York Scholarship.

“I was really pleased with my result. Just being a finalist means that you deserve the award. There are definitely days when I am doubtful, but I find passion in the music. Before loving the singing, I loved the music itself. When I found out that you can sing along with an orchestra...well, that was incredible!”

And so is she. We wish her luck and look forward to hearing from Michelle, next time she comes full circle.

Contact Michelle on Facebook:

Michelle Ryan - Soprano



Photo by Elize Strydom

Mother's Day, Sunday 13th May



Bed Bath N Table
Timber box frame



Sensara Boutique
Hand painted scarf
\$69.95



Seasons
Boutique
Touche
necklace
\$69



Lily & Sapphire
Blonde Tortoise
hoops \$59.95

Lily & Sapphire
'Plant Style' book \$34.95



Fresco
Cheese, figs and
walnuts at market
value



Bright
Eyes
Obsession
eyewear
\$99.99



Seasons Boutique
Crochet jumper \$169.95



Lily & Sapphire
Bath to Body
oil \$39.95



Italian soap
\$14.95



Lily & Sapphire
Soak infusion
\$25.95



Coco-Soak
\$57.95



Dried flower
arrangements
available at
Pansabella

Uptown
Local
Status
Anxiety
wallet
\$79.95



Uptown
Local
The
Horse
watch
\$169



Lily & Sapphire
Quilt toiletry bag \$36.95



Red Sparrow
5 set clay mugs \$79.95

Iconic brand Sportscraft coming to Coffs Central

One of Australia's most recognisable and trusted lifestyle brands, Sportscraft was founded in 1914 and since then, has been a pioneer in the Australian fashion industry that has stood the test of time. With over one hundred Sportscraft stores across Australia and New Zealand, Sportscraft is excited to announce the opening of its newest store in beautiful Coffs Central, Coffs Harbour in May this year.

Offering style and quality in every piece, as soon as you walk into a Sportscraft store you are inspired. This is because at Sportscraft, the utmost care has been put into attention to detail - from the timelessly designed collections that epitomise authentic Australian style, to the rich and raw textural qualities of fabric choices, down to the finest store décor selections - everything has been considered with the customer in mind, and it has been by maintaining this quality and craftsmanship, that Sportscraft has built its longstanding reputation and loyal customers.

With Sportscraft Coffs Central opening in Coffs Harbour mid-May, it's perfect timing for the cooler months to add those winter woollen knits and outerwear pieces to your wardrobe. For womenswear Sportscraft introduces lovely soft 100% cashmere styles, along with

exciting quilted pieces featuring prints inspired by the interiors of Elizabeth Bay house, where tones of Navy, Oatmeal and Tawny Port are the trending colours of the season. For menswear, strong whisky tones inspired by the Tasmanian Whisky Trail are grounded back with staple Greystone pieces and hero Woolmark knits and outerwear styles.

A family owned Australian business, Sportscraft is excited to be opening its doors in Coffs Central, Coffs Harbour and become part of the local community. Keep an eye out for all the exciting local store events to come!

www.sportscraft.com.au
#sportscraft

Coffs Central, Coffs Harbour
35 - 61 Harbour Drive,
Coffs Harbour, NSW 2450



What's Trending This Autumn

This Autumn re-works the best of the 70s 80s and 90s.

A good excuse to layer up with some gorgeous, tactile fabrics this season. Grab yourself something corduroy, suede, velvet or denim - embroidery and studs finish off the look.



Bright Eyes
Maui Starfish sunglasses
\$299

Autumn Hues

Soft, warm shades dominate with chestnut, emerald, red, rust, sage, dusty pink adding a touch of romance to your wardrobe.



Uptown Local
Royal Republic Curve bag
\$339.95

Block Heels

Footwear is bright and chunky with colour block heels or shoes and boots with a touch of embroidery.

For all these trends and more drop into Seasons, Sensara Boutique, Uptown Local, Lily & Sapphire, Coopers & Ally Fashion at Coffs Central, Harbour Drive, Coffs Harbour.



Sensara Boutique
ELK -Tokyo Flatform
\$225



70s baby

Dust off those flares- or get some new ones! It's all about re-living that decade with style - get the look with overalls, jumpsuits, wrap dresses, high-waisted mum-jeans, 70s t-shirts, relaxed button shirts and knits

Coopers
Angeline Jumpsuit
\$119.99



Ally
Stitch Suedette Biker Jacket
\$59.99

Statement Jewellery

Make an impression with oversized tassels, rock some large hoops or introduce some bling handcrafted from resin or clay. Finish the look with a compact shoulder bag.



Lily and Sapphire
Quentao fringe Earring
\$25.95



Seasons
Lord, Velvet boot
\$145

For the boys, it's all about classic style and bright colours this Autumn.

Smart Classics

There's no such thing as being overdressed with these classic cut shirts, blazers, chinos and sports jackets.



Gazman
Fine cord sports coat
\$199

Uptown Local
Nudie- Billy worn clean denim
\$279.95



Mix it up

Keep it light with linen and cotton, teamed with heavier corduroy or denim.



Urban Life
Classic Ray Bans
\$204.99



Bright Eyes - Maui Red Sands Sunglasses \$299.00

Bold & Bright

Boys don't be shy this season with block colours of clay and navy with pops of prints of red, emerald green and even dusty pink



Uptown Local
The Horse Watch
\$149

Kathmandu
Bealey GOR-tex Jacket
\$399.98



Uptown Local
Rollas Hothouse shirt
\$89.95

Autumn Skincare

The team from Blush Make Up and Beauty in Coffs Harbour share their tips and tricks to have your skin looking its very best this autumn.

With summer now officially behind us, autumn is the perfect time for us to re-examine our skin care routines. Maintaining the same routine all year round is a big no-no as your skin goes through seasonal transitions. If you work your way through the following tips, you can prepare your skin correctly and shed the dreaded dry winter skin.



Facial Peels

Each autumn, our skin begins the reparation process brought on by our summer indulgence of exposure to UV rays and outdoor conditions. These indulgences have left many of us with damage to our pigmentation and have resulted in melanin skin changes. A facial peel will undo the damage and even our skin tone. Another bonus of a facial peel is brighter skin.

Hydration

After a summer of sun exposure, one of the best ways to prepare the skin for the cooler weather is to make sure it's completely hydrated. Daily exposure to cold weather can be just as damaging to the skin as persistent sun exposure, so skin hydration is of great importance during the autumn to combat dryness. It's time to trade up to richer, more hydrating moisturizers. Also, remember to drink plenty of fluids.

Moisturizer

The daily application of a good moisturiser keeps the barrier of the skin in good repair and specifically keeps it from drying out and cracking. We love the Sothys Hydra Range as it features a Hydraulic Acid which plumps up your skin and prepares it for winter.

Cleansing

When the seasons change, so should your products. In autumn, your skin needs a lot of TLC, particularly when it comes to moisture and vitamins. Go for the creamier, gentle, non-clogging cleanse that will add extra moisture.

If you can find a milk-based cleanser that is formulated with cotton extract, then the cleansing milk will remove impurities whilst soothing the skin.

Exfoliation

To effectively remove dead skin cells and leave skin silky smooth and radiant, you will need to exfoliate. The amount of times you exfoliate will depend on your skin type. Sensitive skin should exfoliate less, no more than once per week or fortnight. If you don't have too many difficulties with your skin, then twice a week is fine.

Treating your skin well this autumn will ensure you look fabulous for winter.

Blush Make Up and Beauty is located on Harbour Drive in Coffs Harbour

Ph (+61 2) 6652 1100

Find them on Facebook: Blush Make Up and Beauty



Susan and Kristie from Blush Make Up and Beauty

Mother's Day, Sunday 13th May

Portmans
Scarf \$29.95



Target
Fedora \$20



Dusk
Fresh Coffee Soy
3 Wick Candle
\$39.99



Prouds
9ct Gold
Necklace
\$1,599



9ct Gold
Hoops
Earrings
\$299



Stormriders
Carve Sunglasses
\$49.99



Bookface
Living Tea \$27.99



Stormriders
Ripcurl Watch \$200



Bookface
Chloe Genuine Leather
Purse \$90

Portmans
Knit Jumper \$89.95



Target
Peony Rose Bath Sats 600g \$10
Peony Rose Bath Oil 100ml \$7



Manning Shoes
Django and Julliete Flat
Court Shoe \$149.95



Prouds
Tea Cup +
Saucer Set
\$24.95



Chemist
Warehouse
Hugo Boss
The Scent For
Her 100ml
EDP \$129.99

Five herbs to flavour your health this Autumn

Leah and Kirsten from Nourished Earth share their expert advice on the best natural options for your health this autumn.

As the seasons change, we have an abundance of herbs and vegetables available that we can and should incorporate into our meals. Not only are they specific to this time of the year, they are jam-packed with immune boosting nutrients and minerals, perfect for good health.

As the weather cools, our cooking habits change, and we start to increase comforting, slow-cooked meals, warm salads, broths, soups and hot drinks such as herbal teas. Autumn is the perfect time to enhance your immune system for the cooler months ahead.

Using the following five nourishing herbs in addition to you autumn cooking will not only add more flavour but also boost health and well-being.





Sage

Sage has many medicinal properties including antioxidant, anti-inflammatory and immune enhancing actions. Sage is great for sore throats and coughs. Fresh or dried leaves can be made into a tea or added to many beef, lamb or chicken recipes. Sage is also delicious with butter or Ghee roasted potatoes.

Rosemary

This robust herb can soothe digestion, boost memory and immune health and has powerful anti-bacterial properties for fighting infection. Rosemary is the ideal addition for root vegetable dishes, marinades, sauces and is also perfectly paired with lamb.

Thyme

Thyme is a wonderful, therapeutic option high in anti-viral, anti-bacterial and antiseptic properties. It's best in broths, soups and stews. Need to sooth the throat? Use thyme leaves to create herbal tea.

Fennel

Opt for fennel to best prevent the onset of a cold. As a tea, it's fantastic in assisting with upper respiratory tract infections. Chewing the seeds may relieve mild indigestion. Our favourite way to use fennel is by adding it to a salad or roasting with vegetables.

Garlic

Garlic is an amazing herb with a broad range of uses from culinary to medicinal. Garlic is a true powerhouse when it comes to enhancing your health. Strengthen your immune and heart health with this flavour filled herb throughout the year. It's so versatile and delicious!

Combining fresh or dried herbs with the abundant autumn harvest can create delicious and flavoursome meals in your kitchen. So, get creative with your combinations and optimise your health this autumn!

Nourished Earth is located at Moonee Marketplace



Naturopathic Dispensary, Organic bulk & fresh produce, Vitamins & Supplements, Natural Beauty Bar, Facials & Massage



Phone 6653 6969

Shop 15 Moonee Market, Moonee Beach NSW 2450
www.nourishedearth.com.au | [nourishedearth](#)

Several Unexpected Ways to De-stress

Stress can wreak havoc on your health - the roll call of side effects includes everything from headaches to sleep problems, anxiety, loss of motivation and even overeating. However, unless you've been living on a remote mountain top devoid of technology and alternating between meditating and around the clock yoga, you're likely to have some level of stress in your day-to-day life. This is why it pays to have a few effective ways to bring on calm. And it's even better when they're methods scientifically proven to work.

Words by Tania Gomez



Doing the dishes

You may think this task would bring on stress but on the contrary, a dishwashing session can be quite calming. According to research from Florida State University, mindfully washing the dishes can calm the mind and leave you feeling less stressed. In fact, those who took part in the study experienced a 25 per cent increase in mental inspiration.

Smelling your partner's t-shirt

Ladies, this is for you. If you're about to embark on a stressful task such as an important presentation or job interview, then go forth and sniff your partner's shirt! Researchers from the University of British Columbia found that women who smelled an item of clothing with their partner's scent right before a high-stress situation were found to have lower cortisol levels. A bit whiffy but hey, if it works...

Chewing Gum

A Swinburne University study found that levels of cortisol in the saliva (a common physiological sign of stress) in gum chewers were reduced by 16 per cent during mild stress and almost 12 per cent in moderate stress, compared to those who didn't chew gum. A recent Japanese study found similar effects - discovering that chewing sugarless gum for 10-15 minutes reduced cortisol levels.

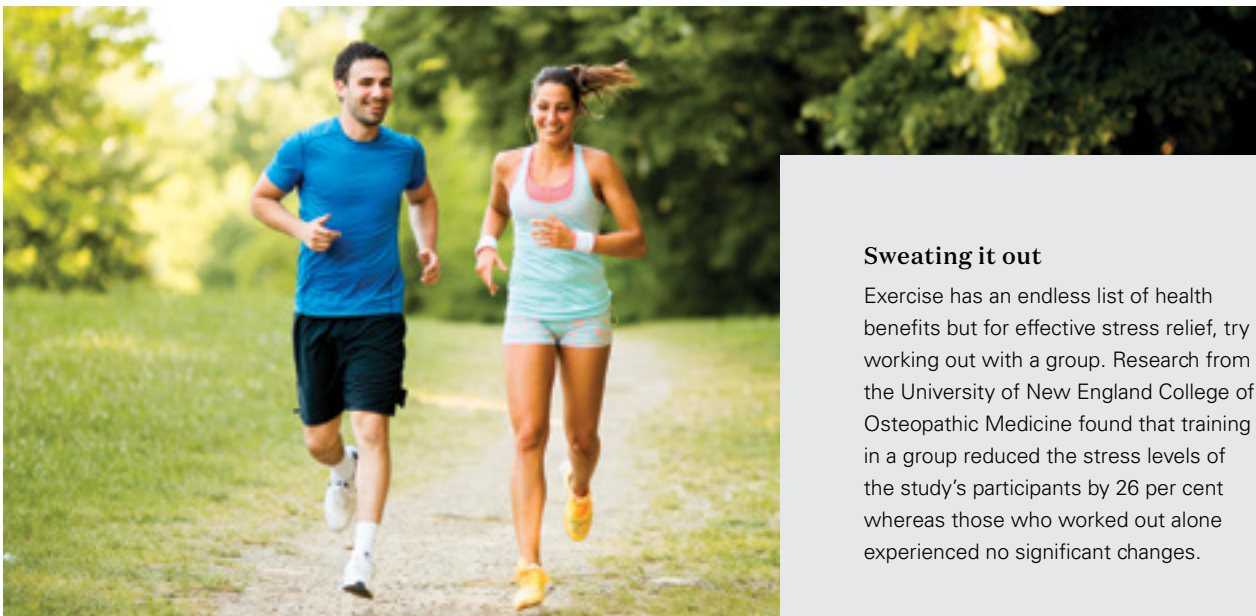


Looking at an aquarium

Results from a joint study conducted from University of Exeter, Plymouth University and the National Marine Aquarium in the UK, found that those who spend time watching aquariums and fish tanks experienced a positive effect on their physical and mental well-being. Results reflected lower heart rates, reduced blood pressure and an improvement in people's moods.

Admiring the ocean

There have been numerous studies exploring the impact that spending time in nature has on our mental health. And now, researchers from Michigan State University have honed in on the benefits of looking at water. Scientists found a link between increased views of blue space (such as the ocean) and a decrease in psychological stress. So, to bring on calm, finding a spot by the water might be just the ticket.



Sweating it out

Exercise has an endless list of health benefits but for effective stress relief, try working out with a group. Research from the University of New England College of Osteopathic Medicine found that training in a group reduced the stress levels of the study's participants by 26 per cent whereas those who worked out alone experienced no significant changes.

Knitting

Your granny's favourite pastime might be the stress reliever you're looking for. A study from Cardiff University analysed a survey conducted amongst 3,545 knitters worldwide. And the result? Most participants reported that they used knitting as a means of relaxation and stress relief. The research found that as an activity, knitting had significant psychological and social benefits. The study even uncovered a connection between the frequency of knitting sessions and feelings of calm. This may be linked to the discovery by Princeton University's, Dr Barry Jacobs, who found that repetitive movements can help trigger the release of serotonin, the hormone associated with feelings of happiness. Time to cast on, everyone?

For links on the specific studies referenced above, go to www.coastbeat.com.au





Great Scott!

The story of Anna and her anemones

This is the story of a girl who loved the ocean and dreamed of exploring that magical, mystical underwater world that so captivated her.

Words by Yvette Harper

Photography by Elize Strydom & Rob Wright

Anna's wonderment took hold as she went about her childhood in suburban...Canberra? Admittedly, with the ACT being landlocked, it's not the most likely of places for dreams of that gorgeous big blue, but it was during holidays with her grandparents on the NSW south coast that Anna's passion came to life.

She has vivid memories of playing in rockpools and feeding squidgy anemones with periwinkles from the surrounding rocks. In high school, Anna moved to Bellingen and in living closer to the ocean, was keen to better understand it and protect the creatures within.

Those 'squidgy' things are now the focus of Anna's academic career. That little girl from Canberra is Dr Anna Scott, Marine Biologist, Senior Lecturer at Southern Cross University (SCU) and a world leader on sea anemones "that provide homes for Nemo and Nemo's cousins."

I'm curious about the Pixar reference in this world of academia, but Anna finds it incredibly useful for helping people connect to her research. When she first started, the film hadn't been released and people thought sea anemones were 'those spiky things' – sea urchins. "With Nemo being a household name, people can instantly associate with your work," Anna says.

Anna is based at the National Marine Science Centre in Coffs Harbour which is owned by SCU. It is a centre that draws researchers from all around the world because of its proximity to the Solitary Islands Marine Park. The Solitary Islands Marine Park spans some 75 kilometres of glorious coastline (72,000 hectares in all) and encompasses estuaries, submerged reefs, headlands, beaches and five offshore islands. Established in 1991, the park and its marine and estuarine habitats represent extraordinary biodiversity due to the coexistence of tropical, sub-tropical and temperate species. The marine park supports an estimated 700 species of fish and extensive coral communities.

For Anna, there is no better place for her work. And that's a fact. "Here, we have the world's highest density of anemones and anemonefish. Throughout the rest of Indo-Pacific they tend to be quite rare, and densities are low. From within an amazing research facility, I can study a thriving population and answer questions without impacting that population or causing any damage - vital from a research point of view."



Besides, says Anna, "it's a wonderful place to be underwater."

It's lovely to talk with someone so enthralled by their work – even years into it. Anna says she is more passionate now than ever. "I get to go to some of the most beautiful reefs in the world and answer questions about how those reefs function and how they might persist into the future. I feel really privileged to be able to do that as part of my job and as part of my life. It's very special."

What's interesting in talking to Anna is realising how staggeringly little we know about our oceans, even with the best of the best studying them. "Our marine world is much less known than our terrestrial world, which means there a lot of questions for us to answer. The more I learn, the more I realise how many unknowns there are."

It was 'unknowns' that led Anna to her PhD research. On Heron Island she witnessed mass coral spawning (reproduction) which she describes as "one of nature's most wonderful and spectacular events". Like an upside-down undersea snowstorm. Anemones were also spawning which Anna found utterly compelling. She wanted to know more but found that little was known about their sexual reproductive biology. And with the world's largest density of anemones and anemonefish located in the marine park right by her home town, Anna understood that she had an exciting path ahead.



Well, it wasn't all exciting. There were many late nights of leaning over tanks that replicated natural conditions for the anemone, to see the spawning occur. From dusk until late into the evening for 10 months, Anna would watch and wait. And watch and wait some more. Fortunately, her patience was rewarded with a ground-breaking result. Anna, still in her early 20s, became the first person in the world to scientifically document the phenomenon of host anemone spawning.

Then, not long after, a movie about a certain fish with a friend called Dory came out and everyone understood what fish and habitat she was talking about!

Anna is one of many academics undertaking essential research at the National Marine Science Centre. Others are focussing on marine mammals such as whales and dolphins, climate change, aquaculture and marine debris. There are biogeochemists looking at nutrients in our marine systems and those with a specific interest in sharks and beach safety doing a lot of drone work.

"We all collaborate internationally and everyone in this building is asking really interesting questions. Those questions are not only important scientifically but also practically in that we use the information from our research to make a difference in how we protect our marine environment."

Understandably for Anna and her colleagues at the centre, the thinking is that the more people know about our marine environment, the more likely they are to want to protect it.

"People usually don't have a high level of care for something they don't know or understand," she says. "Our oceans are so important and are under pressure from climate change, human use and pollutants. We need to minimize our impact for future generations. I know it sounds cheesy, but our ocean communities won't continue to exist as we know them today unless we prioritise their protection."

It's certainly not cheesy – it's absolutely necessary for us all to understand.

When we chatted, Anna was also preparing for a trip to the Lizard Island Research Station a few days later. Whether this would mark another fascinating turning point in her research, only time will tell.

What a beautiful journey that little girl, so enchanted by the sea, has had so far.

Dr Anna Scott is based at Southern Cross University's National Marine Science Centre. In addition to being a research centre and university teaching environment, the centre has a great public outreach program and offers educational visits to the Solitary Islands Aquarium.

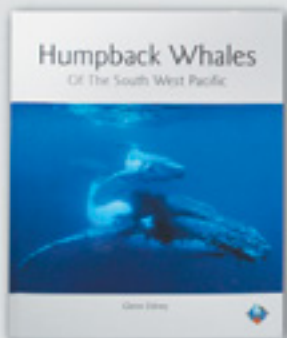
For more on when to visit the aquarium or for information on the Sea Education Activities (SEA) schools program

Phone (+61 2) 6648 3931 or go to www.solitaryislandsaquarium.com

HELP OUR HUMPBACKS

Support the Gowings Whale Trust and your donation will help ensure our humpback whales are here for generations to come. A great range of Gowings Whale Trust and Sea Shepherd merchandise available at www.gowings.com/whaletrust/shop or at Concierge Desks at Port Central and Coffs Central. 100% of proceeds go to funding projects for the preservation of the humpback whale.

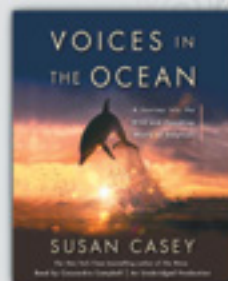
'Because their future is ours'
John Gowings



Humpback Whale Book \$29.95



Jolly Roger Black Tee \$35



Voices in Ocean Book \$49.95



Jolly Roger Black Keep Cup \$22



Whale Cap \$19.95



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Tote Bag \$10



Polo Shirt \$49.95



Blue Whale T-shirt \$39.95



Invest in a Whale Future today. It is tax deductible. All donations over \$10 receive a Whale Future certificate.



Gowings Whale Trust
'Because their future is ours'
John Gowings

Talking Trash

Here on the NSW North Coast, households and businesses have similar options when it comes to dealing with their rubbish. Once those items deemed 'trash' leave your kerb, they begin their journey to be recovered, recycled, composted or worst of all, landfilled.

Words by Louise DeMattia



Australians now produce a staggering 50 million tonnes of waste each year – an average of more than two tonnes per person. Luckily, there are some solutions to ensure that you're contributing as little as possible to these figures. Once you begin to make decisions about the end of life options for items in your home, you'll be surprised at how quickly you start thinking of ways to use your purchasing power to decrease waste.

Soft, scrunchy, squishy plastics

Plastic bags, chip wrappers, plastic bread bags, cling wrap and anything that you can scrunch up in your fist classifies as a soft plastic and will never completely break down. Ever. It will, over time, fragment into more tiny pieces of plastic.

The best option is to avoid using these by shopping at bulk stores, going without a bag and using beeswax wraps for food. For those can't-avoid purchases, reuse at home or recycle via RedCycle at participating Coles and Woolworths or join your local TerraCycle soft plastics collection point. Can't find one? Consider creating one via their website.



Furniture

You've updated your living room and need to get rid of an old couch still in good nick. Rather than sending to landfill, using your local Council's bulky goods service, embark on a DIY project and sew a new cover to freshen its look. Not the creative type? All communities have people on the hunt for free or second-hand furniture so be sure to post on a local Buy, Swap, Sell Facebook page, Gumtree, FreeCycle or donate to charity.



Future hand-me-downs

We all have piles of gorgeous clothes and shoes in our wardrobe that are no longer worn. Someone out there will be looking for what you need to clear out (even if it is for a 'Wouldn't Be Seen Dead In' dress-up party!)

As long as it doesn't have stains and moth holes, local second-hand stores will happily take your pre-loved clothing and shoes. Search for a local clothes swap market or suitcase rummage, or have a clothes swap party with friends. If you've well and truly worn clothes and shoes to their end, contact your local second-hand store to see if they will accept the material to be passed on to a rag supplier.

Things that plug into walls

TVs, computers, printers, mobiles, mobile phone accessories, washing machines, dryers and fridges can all be recovered for useful materials and avoid that dark fate of being buried alive with lead, mercury and cadmium toxins seeping into the ground. Plus, it's normally free of charge.

Mail your old phone to MobileMuster by picking up a free postage-paid satchel at Australia Post.

Email your Council or search online at 'Recycling Near You' to find your local drop-off point for electronic waste, your fridge and other white goods no longer in working order.

Donate working items to second-hand white goods and electronic stores, a local church or community group or try online through Buy, Swap and Sell sites, Gumtree or FreeCycle. Some op shops will also take electronic goods in working order too.



Leftover DIY materials

Leftover home-reno paint collection sound familiar? You can take your empty and leftover oil and water-based paints to your local Community Recycling Centre to be recycled for free. They'll also take gas bottles, fire extinguishers, smoke detectors, fluoro globes and tubes, car batteries, household batteries, motor oils, other oils and smoke detectors. These are all free and will be either recovered or recycled resulting in less toxic and chemical waste being buried in landfills near you. Search for your closest one online.

We're all responsible for thinking about the amount of waste we create so why not have some fun with it whilst you decrease the contents of your red bin!

*Warning, once you get started it might be hard to stop thinking up creative ideas to lessen your impact!

Louise is the Waste Education Office at the Coffs Harbour City Council

The Great Lakes Food Trail

The Great Lakes on the Mid North Coast is already known for its pristine waterways and beaches, but its best kept secret is the region's outstanding fresh food produce. A group of like-minded producers have collaborated to form The Great Lakes Food Trail. Their goal is to connect the community with local and ethical producers. The trail introduces people to the finest produce from the coast to the ranges, along a trail of rolling green hills and stunning lakeside vistas.

Words and images supplied by Sue Williams from The Great Lakes Food Trail

In recognition of Earth Day on Sunday 22 April, visitors to the next Great Lakes Food Trail can sample artisan cheeses, honey, pasture raised produce, sourdough, seafood, craft wines and brews as well as sweet treats made without refined sugar. The trail also offers insight into unique producers and providores, committed to the humane production of wholesome food.



The collective's core values are REAL FOOD:

Regenerative farming that builds and maintains soil health

Environmentally, economically and socially sustainable

Animals that are pasture raised on paddocks

Low stress stock handling practices

Free to range animals that can forage with their flock or herd

Open and transparent communication with the community

Organic farming principles, processes and practices

Diversity that develops healthy ecosystems

The Great Lakes Food Trail includes educational tours, tastings and experiences through the farms and gardens along the way. Visitors can hand-feed lambs and collect eggs at Lucy Land, tour the gardens at Tianjara Eco, Billabong Cottage and Dar Jannah Farm and explore the vineyards at Old Inn Road. Wine and craft beer tastings are available at the Great Lakes Paddocks and Coastal Brewing Company. There will be cheese tasting from the outstanding Burraduc Buffalo Artisan Dairy (bookings essential) and visitors can tuck into delicious, pasture raised produce from Chef Sarah at the Palms Micro Bakery and from Nadine, the cake queen, at Topi Open Range Farm.



A decade ago, Bungwahl Public School was one of just nine schools in the state selected to implement The Stephanie Alexander Garden Program. In 2011, the school also won the Environmental School Award from the United Nations Association of Australia.

The garden program helps students reduce waste to make real food, to understand the garden-to-kitchen philosophy and to better appreciate the natural world. Students learn about growing, harvesting and preparing fresh, seasonal produce. As part of the Great Lakes Food Trail, Bungwahl Public School students lead garden tours through a bush tucker garden followed by a romp in the permaculture patch.

So, for a wonderful day out and to learn more about ethical farming directly from the producers and providores themselves, visit the Great Lakes Food Trail.

The Great Lakes Food Trail Earth Day celebration will be in the paddocks from

10am to 4pm on Sunday 22 April.

For more on the The Great Lakes Food Trail,

Visit www.thegreatlakesfoodtrailnsw.com.au





Open 7 days for Lunch and Dinner 11am - 9pm
Book now 6653 7888
 SR05 Moonee Market, Moonee Beach NSW 2450
 Find us on Facebook



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Meet the Chef, Byron Goh Sugarmill

Crispy wood-fired pizzas and craft beer brewed on site are just a couple of reasons locals love the new Sugarmill Bar and Restaurant at Moonee Beach. Part of the centre's revamp, Sugarmill is all about creating the ultimate dining experience for patrons.

Coastbeat chatted to head chef, Byron Goh, about heading up this northern beaches hot spot.

Interview by Ali Hiddlestone Photos by Rob Wright



Cb: Tell us a little about your background...

I was born in Borneo and moved to Australia in 2007, at the age of 20. I've travelled and worked all around Australia, including Hayman Island for a little while which was beautiful. I worked at a number of different restaurants in Sydney before moving to Coffs Harbour about five years ago.

Prior to my role at Sugarmill, I was working as a sous chef at The Depot in Coffs Central. I worked really hard and obviously they saw potential and so offered me my dream role here at Sugarmill.

Cb: Has cooking always been a passion for you?

Yes, definitely. When I was a child it was my dream to have a restaurant. I think that was largely due to the fact that my dad had a restaurant and café. Food has always been a big part of my life.

Cb: Did you grow up cooking?

Yes, I spent a lot of my childhood cooking with my dad, aunties and neighbours. The community I lived in was very close-knit and every weekend or after school, I would go to my neighbour's house and cook.

My Dad would take us out for dinner too so I had a lot of fine dining experiences as a kid. We had a very diverse culture with Indian, French, Malaysian and Chinese foods all very accessible.

Cb: Did these childhood experiences shape you as a chef?

Yes, of course. As a child, I ate so many different foods and therefore, developed my palette early. The one thing people always give me credit for as a chef are my flavours. People are often wowed by the flavours I create and often say that they've never tasted anything like it before.

Cb: Sugarmill is striking in its layout and design. What's it like to work in such a light and open space?

I really enjoy it actually. I feel very fortunate because I get to interact with people. Customers can come and see me and have a chat which is really nice.

Cb: Tell me about the Sugarmill team...

I am very lucky with the team I work with - food, drinks and service staff all blend in well together. It's a beautiful restaurant and the energy is wonderful. In the kitchen we have myself, sous chefs, two casual chefs and an apprentice who I am training, so it's a really great team.

>>

Cb: What's your inspiration behind the menu?

I wanted everything on the menu to be a hit. I also wanted it to be different.

The concept behind it was really everything I love to eat – so if I was going out to a restaurant, what I would like to order. I'm quite picky too. If you come to Sugarmill, you eat like a chef!

Our beautiful sourdough and brioche buns are made by our very own pastry chef, Reggie, who we are very fortunate to have working with us. Her baking helps us stand out!

I love making slow cooked meats and we've found it's quite a popular choice with our customers too.

Cb: What are your favourite flavours or spices to cook with?

Every dish has its own spice or flavour. At the moment I'm using a lot of cinnamon, star anise and paprika. I use a lot of smoky flavours for the BBQ dishes.

My relish has an Asian influence with aniseed and cinnamon. I also make all my stocks in-house which I think is really important.

Cb: What kind of experience do you hope patrons will have at Sugarmill?

I want them to be 'wowed' and to come back for more – I want them to be hooked! I make everything from scratch

because I want customers to eat something that they cannot buy or make at home. It's an experience that people should enjoy and I'm sure they do enjoy – I've very proud of being a part of it.

Cb: Do you keep your cooking at home simple?

Not really! I use my family as guinea pigs and they love it. I like to be creative with meals for my daughter. I don't do the basic spaghetti Bolognese; I make all my own sauces from fresh ingredients.

I like cooking slowly, in my own time as there's no pressure when you cook at home. I also cure my own fish for the restaurant, using citrus, thyme and caraway seeds. It takes 24 hours to cure and it's beautiful.

Cb: How do you best unwind away from work?

I really enjoy photography – particularly landscape photography. I like to travel around the coast and take beautiful pictures. I also like taking the family away hiking and being outdoors.

Thanks so much Byron

The restaurant takes its name from the sugar mill that was located in Korora in the late 1800s.



SUGARMILL
RESTAURANT & BAR

Now Open at Moonee Market

Monday to Thursday
Breakfast & Lunch
7am - 5:30pm

Friday
Breakfast, Lunch & Dinner
7am - 8:30pm

Saturday
Breakfast, Lunch & Dinner
8am - 8:30pm

Sunday
Breakfast & Lunch
8am - 4pm

Book now 6653 6085


SR01 Moonee Market, Moonee Beach
@sugarmillrestaurantandbar





Gluten Free Brownies covered with Chocolate Ganache

From Sugarmill's Pastry Chef, Reggie

Serves: 12

Prep Time: 15 minutes

Cooking Time: 30 minutes

INGREDIENTS

250g Butter

250g Dark chocolate

6 eggs

660g sugar

220g almond meal

60g cocoa powder

GANACHE

300g Dark chocolate

300ml Cream

METHOD

1. Preheat oven to 170 degrees Celsius
2. Grease and line a large slice tin with baking paper
3. Melt butter and chocolate together over a saucepan of water
4. Combine eggs and sugar and stir until a creamy consistency
5. Sift almond meal and cocoa powder and add to the egg and sugar mix
6. Once butter and chocolate are melted, add to other ingredients and mix until just combined
7. Pour batter into the prepared tin and bake for 30 mins or until skewer comes out clean when put into the middle of the brownie

GANACHE

1. Place chocolate into a mixing bowl
2. Boil cream and pour over chocolate. Mix together and let cool slightly
3. Once the brownie is baked, chill down in fridge
4. Cut into even pieces and dip into the chocolate ganache
5. Serve with ice-cream

Wild Harvest Wednesdays

Wild food foraging and fine dining come together in a unique partnership between a professional forager and the new, award-winning Head Chef at the acclaimed Harvest Restaurant at Newrybar.

Words by Melissa Beit

Photography by Sam Clarke

The Forager

At a secret location near Lennox Head is a bit of bush that most people wouldn't even notice if they drove by. In amongst the bracken fern, coastal cypress and lantana, is one of the ingredients destined for tonight's Wild Harvest dinner at Harvest, in Newrybar near Byron Bay.

Professional forager, Peter Hardwick supplies the restaurant with new wild foods every Wednesday and this is a patch he's had his eye on for the last week or so. "It's rained a bit recently which makes the plants shoot new leaves, so I knew there'd be enough to pick." He's looking for the new shoots of the native grape vine and he needs at least seventy of them, enough to garnish seventy plates. Like some kind of strange insect, the buds, new leaves and tendrils of the native grape can also be cooked in a tempura batter or added to salads. They're there in abundance and the shoot I eat tastes tangy and has a not unpleasant mucilaginous texture. It's fresh, tender and unlike anything I've ever eaten.

That sets the tenor of my day – new foods, new textures and entirely novel flavours.

Our next stop is a strip of land 10 metres wide between mangroves and a council park in East Ballina. "It's like a market garden down here," Peter says, setting off with a backpack and a pair of secateurs. He harvests the leaves of three varieties of coastal succulents: sea blight, sea purslane and samphire. These are plants that would look at home in an ornamental garden and it takes a leap of faith to put the rubbery leaf of sea purslane into my mouth, chew and swallow. It's salty and tangy, a bit like capsicum. Peter explains that the plant contains capsaicin, the same compound found in capsicums and chillies. There's another familiar taste in there too, something that reminds me of nori rolls or wakame but overall the sense is that I'm tasting a totally new food.

Some of the plants that Peter's harvesting will be used as garnishes or ingredients in salads, but others will be pickled in various wild vinegars. "I like to honour the whole plant," Peter says. "A bit like eating the whole cow right down to the offal and marrow. If it's edible, I think we should eat it."

As he talks, Peter snips some thick stems from the sea purslane patch and plants them in some barren soil a



few metres away. "Wild food harvesting is usually very sustainable because you're only taking the fruit or tip pruning but it makes sense to take care of your food source, so I always propagate new plants as I harvest. Some of these won't make it but enough will to keep this patch getting bigger all the time."

How careful do you have to be when you're harvesting wild food? Can you kill yourself by ingesting a non-edible look-alike? "You definitely want to know what you're doing," says Peter. "Unless you get into fungi, the effects are likely to be unpleasant rather than deadly, but you don't want to give yourself alkaloid poisoning or something nasty like that."

Peter acknowledges his strong relationships with local Aboriginal people as a source of some of his knowledge and he also has connections with biochemists who bolster his findings with scientific research and run analyses on the foods he gathers.

Back at Harvest, the science of wild food foraging takes on an element of alchemy. Peter introduces me to another development in wild food dining, that of fermenting

various combinations of wild foods and water to create bases for sauces, soups, dressings and cocktails. The smells coming from the brews are vinegary, salty and smoky and Peter dips into various containers with a handful of spoons to pass around.

There's a fermenting sugar syrup of roasted bunya cones that smells incredible and tastes a bit like coffee and caramel, the rich seaweed flavour of a charred kelp vinegar, the pear-like perfume of a tea tree ferment and the tang of samphire pickled in fruity pandanus vinegar. One taste after another, and each of them unique.

"I play around with sugar content and ageing times," says Peter, holding out a spoonful of some mature bunya nut vinegar so potent it nearly knocks me off my feet. He laughs. "It's a lot of fun."



The Chef

Fun is certainly the vibe you get from hanging around the staff at Harvest. These are people passionate about creating something unique and delicious and who are dedicated to Harvest's local and sustainable ethos but who are also having a really good time doing it.

Alastair Waddell is the award-winning Head Chef at Harvest. One of the main reasons he came to Harvest was the opportunity to work with Peter. "I saw this as a unique learning experience," he says. Already dedicated to sourcing wild and local foods from his time as Executive Chef at both Southern Ocean Lodge on Kangaroo Island and Qualia on Hamilton Island, Alastair says that the Wild Harvest Wednesdays allow him to be more experimental. "The people that show up usually expect to see some unusual dishes, so we can be a bit more adventurous."

The Byron shire has a growing reputation for offering the best of fine dining, pairing award-winning chefs like Alastair with the bounty of local, seasonal produce on offer, so how does Harvest stand out from such a salubrious crowd? "It's the whole package that Harvest offers," says Alastair, eyes

bright with enthusiasm. "We've got the deli, the sourdough bakery, the dry-age room, the bees, the gardens and we've got Peter's work."

It's a unique partnership. As well as the fresh produce that Peter forages for Wild Harvest Wednesdays, Alastair incorporates many of Peter's ferments into his meals. "The four main ingredients I rely on are the charred kelp vinegar, for its incredible umami tones; the pandanus vinegar, my go-to ingredient for when I want to pick up the flavour in a dish; the coastal tea tree vinegar, which I use in wild salad dressings; and the fermented fish and prawn sauces."

Alastair is passionate about using native ingredients but knows you have to introduce them gently. "You don't want to be too gimmicky," he says. Having said that, he got a giggle from serving a dish with vinegar made from cobbler's pegs (otherwise known as farmer's friends) to disbelieving farmers.

Because the raw ingredients for the Wednesday night meal only arrive at noon that day, everything must come together quickly in the kitchens. "Tuesday and Wednesdays are usually pretty hectic," Alastair nods. "Peter and I will have talked about the upcoming meal in advance and have a reasonably good idea of what he's going to bring in, but it's never set in stone." For tonight's meal, Alastair is experimenting with marrying the sweet bitterness of chocolate with the smoky umami of charred kelp.

The menu is different every week and is dictated by what's on the land. "It's a collaboration between Peter, me and the whole kitchen team. Sometimes we'll find ourselves with a huge load of something that's in season and we'll figure out how to feature it on the menu."

"Like bunya nuts?" Bunya nuts only fruit every three years but then they do, it is in bulk, with cones that weigh up to 10 kilograms. In this bumper year, the kitchen at Harvest has been gifted with bag after bag of nuts from loyal customers. "Yes," he says with a smile, "like bunya nuts."



The Dinner

The meal served that night is exceptional. The novelty of the flavours tasted throughout the day are expressed in each of the five dishes in a perfect marriage between familiar and unfamiliar that is never overdone or overwhelming. Alastair circulates amongst the diners, introducing them to the dishes he's invented, and Peter displays the raw ingredients with which they were made. The native grape shoots foraged earlier that day sit like gangly green spiders on top of a Dorper lamb tartare and the coastal succulents provide a salty crunch in a clam soup. The sauce for a steak of locally caught wahoo was built on a foundation of Peter's prawn sauce, a concoction that's been ageing for 12 months, made of prawn heads, sea water, native spices and pandanus vinegar.

But the highlight is dessert, a bowl of rich chocolate mousse flavoured with charred kelp and the tang of a wild vinegar, crumbled with meaty bunya nuts and grated macadamias and speared with crispy wedges of chocolate and roasted bunya nut slice. Every taste is there in perfect proportion - sweet, salt, sour, bitter and umami.

Wild food dining has become a revelation and a revolution worldwide and it's at its very best at Harvest every Wednesday night.

Note: Some bush foods are poisonous, and readers are advised not to rely on information gleaned from this article. Be sure to seek professional advice before eating unfamiliar foods.



Wild Harvest Wednesdays

Ph) 02 6687 2644 to make your reservation
18-22 Old Pacific Highway, Newrybar
www.harvestnewrybar.com.au



Clams with coastal succulents and sourdough

Serves 4

Prep Time: 10 minutes (plus 1-hour broth infusing time – see Method)

INGREDIENTS

1 onion	50g Dijon mustard
1 clove of garlic	100ml Dry Vermouth
½ a bunch of tarragon	400ml fish stock
200ml Peter's fish ferment	Lemon juice
50g crème fraiche	16 clams
4 fresh lemon myrtle leaves	

METHOD

1. In a medium sized pot, sweat the onion and garlic in olive oil, add vermouth and reduce by half. Add the remaining ingredients and place the lid on the pot. Simmer for 4-6 minutes until clams have opened.
2. Remove clams and allow the broth to infuse in a warm spot for 1 hour.
3. Pass the broth through a fine chinois. When you are ready to serve, return the clams to the warm broth.
4. Serve with locally foraged coastal succulents (sea purslane and sunrose) and a chunk of freshly baked sourdough bread.

Pan roasted Wahoo with fermented prawn sauce and pickled samfire

Serves 4

Prep Time: 20 minutes

INGREDIENTS

4 x 130g portions of wahoo

8 oysters

200ml of Peter's fermented prawn sauce

Scampi caviar - as much as you can afford!

200g samfire pickled in pandanas and coastal tea tree vinegar

cucumber varieties from Harvest garden

METHOD

1. For the prawn sauce: blend oysters with the prawn ferment and dilute with water until a pourable consistency is achieved, then warm through and finish with scampi caviar
2. Slice cucumbers thinly and arrange on plate with pickled smaller
3. Pan roast the fish, dress the plate with the prawn sauce and top with the wahoo

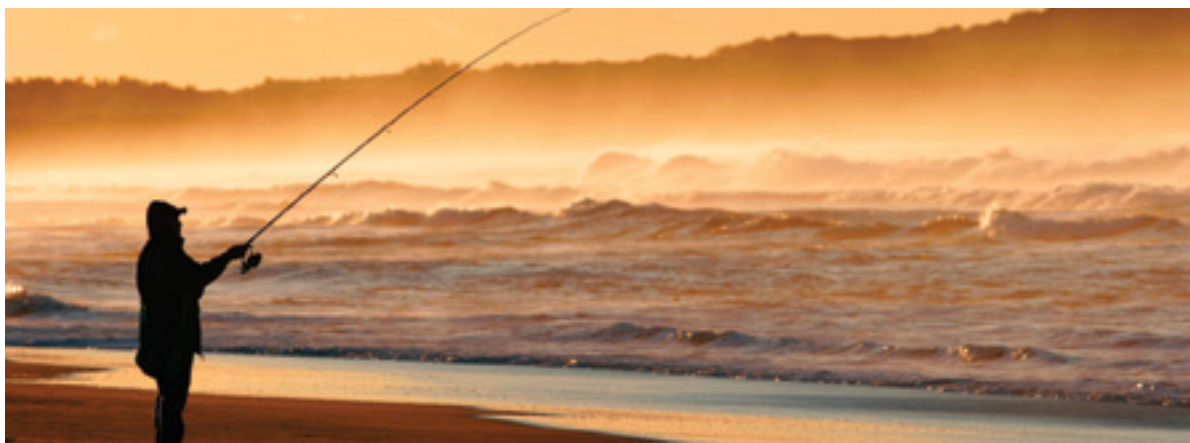


Throwing a Line In Forster, Great Lakes

The Foster Tuncurry area is a tourist mecca with its laidback style and awesome surf breaks. With seven pristine beaches within a 10-minute drive, there really is something for everyone.

And what about for those of you who love your fishing?

Words by Kevin Smith



Well, it's like being a kid in a candy store with great offshore fishing for targeting reef and pelagic monsters like marlin, tuna and mackerel. The region also delivers on open beaches and rock ledges for tailor or jewfish and we haven't even started on the Great Lakes yet! With over 100 square kilometres of creeks, rivers, oyster leases and open lake water, it's an angler's paradise.

While a tinnie is perfect to explore the maze of waterways, it's also ideal to throw a kayak in to access the smaller and more secluded waterways. If you're not watercraft savvy, there are plenty of wharves to access and inlets to walk around. At low tide, you can walk across one of the many sand flats to find a channel or a weed bed where bait fish hide and where bigger fish stalk the edges like blackfish, whiting, flatties and even small jewfish and bream. As the warm sun hits these weed beds, it can make the fish more active and alert which hopefully, allows you more strikes.

With an average depth of around five feet, it's pretty shallow in lake terms but this means more sand flats for those big flathead and blue nose bream. Wallis Lake has one of the biggest oyster lease systems on the east coast and this gives way to some stonker bream that have been known to have smoked even the most experienced angler! Tuncurry Channel and Breckenridge Channel are popular spots for flathead and another suggestion for flatties is around the bend near Red Spot Boat House.

Through April and May, when the warmer water starts to subside, the fish are still feeding on the river prawns. Use this as a guide and match a soft plastic such as a clear prawn or little shad and bounce it along the bottom of any of the

sand flats to target a flattie. Be sure to stick to stealth mode though as they can be timid.

Around the oyster leases, throw a little blade lure or small popper for a sizeable bream. Be warned, however, that some of these terrors will smack your lure so hard, you'll never see it again! They may well drag it in and bust you off around any sharps. Another option is to catch a few poddy mullet for live bait on a run-out tide off the break walls for a classic Forster jewfish.

Whiting love a good feed too and so, by pumping yabbies or catching a little whitebait, you'll do well. Use a little finesse for whiting though as they do spook easily. By fishing light, using either mono or braid down to even 2kg and without a sinker if possible and you'll have edge over any species you're targeting.

With many a fishing specialist store in the region staffed by experts to guide you and with bait also readily available, the prospect of catching your dinner looks spot on. My advice, hold off on the pizza delivery until you get out there and have a crack!

Kevin Smith is a mad keen fisherman, camper, mountain-biker, explorer and all-round adventurer. He has been based on the coast for the better part of 30 years and runs Woolgoolga Off Road as a sideline hobby. He loves getting out and about, be it by vehicle, kayak or SUP.

Keve can be reached on Facebook and Instagram

@woolgoolgaoffroad

What to Catch When

With thanks to the Department of Primary Industries (DPI), here's an overview, just for Coastbeat, on what's best to catch along our coastline throughout the year

North Coast - Coffs Coast and surrounding regions

	BEACH	OFFSHORE	ESTUARY	FRESHWATER
JAN - MAR	Bream, whiting, mullocky, dart	Dolphin fish, marlin, yellowfin tuna	Dusky flathead, mangrove jack	Australian bass
APR - JUN	Bream, whiting, tailor	Marlin, Spanish mackerel, wahoo	Bream, mangrove jack	Australian bass
JUL - SEP	Tailor, mullocky	Spanish mackerel, kingfish, pearl perch, snapper	Bream, luderick	Closed season for Australian bass
OCT - DEC	Mullocky, tailor, bream	Kingfish, marlin, snapper, cobia	Bream, dusky flathead	Australian bass

Lower North Coast - Forster to Port Macquarie and surrounding regions

	BEACH	OFFSHORE	ESTUARY	FRESHWATER
JAN - MAR	Bream, whiting, mullocky, dart	Dolphin fish, marlin, snapper, kingfish	Dusky flathead, bream, whiting	Australian bass
APR - JUN	Bream, whiting, tailor	Dolphin fish, marlin, kingfish, Spanish mackerel, snapper	Dusky flathead, luderick, bream	Australian bass
JUL - SEP	Tailor, mullocky	Snapper, kingfish, Spanish mackerel	Luderick, bream, mullocky	Closed season for Australian bass
OCT - DEC	Tailor, bream	Snapper, kingfish	Dusky flathead, whiting, bream	Australian bass

Upper North Coast - Yamba to Byron and surrounding regions

	BEACH	OFFSHORE	ESTUARY	FRESHWATER
JAN - MAR	Bream, whiting, dart	Marlin, Spanish mackerel, dolphin fish	Bream, dusky flathead, whiting, mangrove jack	Australian bass
APR - JUN	Bream, tailor, dart	Spanish mackerel, wahoo, snapper	Bream, luderick	Australian bass
JUL - SEP	Tailor, mullocky	Snapper, pearl perch, kingfish	Bream, luderick	Closed season for Australian bass
OCT - DEC	Mullocky, tailor, bream	Snapper, kingfish, marlin	Dusky flathead, bream	Australian bass

Events Calendar

Great Lakes



Stroud Show
6th to 7th April
Cowper Street, Stroud
4994 5950



Wingham Famers Market
7th April
Gloucester Road, Wingham
6550 7213



3 Brothers Farm Produce
14th April
56 Johns River Rd, Johns River
threebrothersfarmproduce@gmail.com



Ocean Rhythms Festival
21st April
Old Bar Road, Old Bar



Dorsal Club 2 Club Swim
8th April
Beach Street, Forster
johnquinn@glacier.com
0427 415 283



Junior Tennis Tournament
27th to 29th April
Forster Tennis Club, Lake Street,
Forster
02 6554 9120



The Hub Markets Taree
21st April & 19th May
Taree Showground Muldoon
Street, Taree
thehub@tsc.cc
0429 192 149



Wingham Beef Week
14th to 19th May
1292 Gloucester Road, Wingham
winghambeefweek@live.com.au
0455 236 273

Port Macquarie



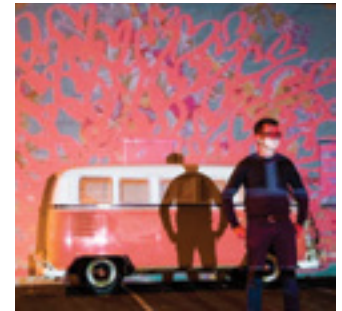
Grown & Gathered
1st April & 6th May
1493 Pappinbarra Road,
Hollisdale
grownandgatheredmarket@gmail.com
0418 220 138



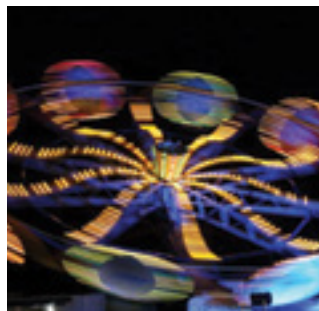
Thundamentals Tour
April 14th
1 Bay Street, Port Macquarie
portpanthers@panthers.com.au



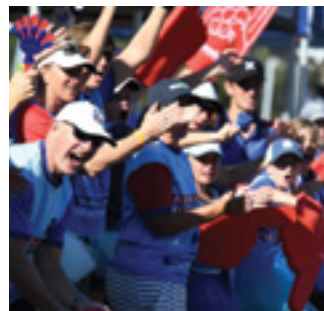
The Foreshore Market
14th April & 12th May
Park Street, Westport Park,
Port Macquarie
neciaawaghorn@gmail.com
0401 526 936



Artwalk
19th April
Port Macquarie
skye.frost@pmhc.nsw.gov.au
02 6581 8111



Wauchope Show
18th - 22nd April
93a High Street, Wauchope
wauchopeSHOWSOCIETY@bigpond.com



Ironman Australia
6th May
Clarence Street, Port Macquarie
australia@ironman.com



Slice of Haven Festival
27th May
Corner of Seymour & McLennan
Streets, Laurieton
enquiries@sliceofhaven.com.au



Brickfest
27th May
1 Hibbard Drive Port Macquarie
rbl@rainbowbricks.com.au
(02) 4919 0210

Events Calendar

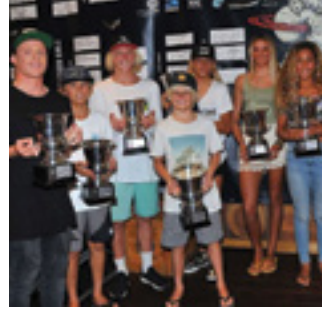
Coffs Coast



Cello with Love
6th April
2 Maclean Street, Coffs Harbour
beautifulmusicinfo@gmail.com
0417 498 502



Beachside Radiology Swim
8th April
Jordan Esplanade, Coffs Harbour
info@villagesports.com.au
6651 2029



Billabong Oz Grom Cup
13th April
Harbour Drive Coffs Harbour
laurnichols@bigpond.com
0413 952 739



Eat Street Woolgoolga
14th April
2 Market Street, Woolgoolga
sherry@tastecoffs.com.au
0400 271 739



Scotts Head Festival
22nd April
Short Street, Scotts Head
info@scottsheadfestival.com.au
0429 120 744



Coffs Harbour Show
27th to 28th April
123 Pacific Highway,
Coffs Harbour
coffsshow@aim.com
6651 1245



Bellingen Show
5th May
Bellingen Showground Black
Street, Bellingen
secretary@bellingshows.com.au
0419 124 368



RSPCA Million Paws Walk
20th May, 2018
Lower Park Beach Reserve,
Coffs Harbour
Ph) 6651 3311
www.millionpawswalk.com.au

Byron Bay



Mullum Farmers Market
Weekly on Fridays
51 Main Arm Road Mullumbimby
allie@nbfm.com.au
6677 1345



Ballina Farmers Market
Every Sunday March to May
Bentinck Street, Ballina
info@ballinafarmersmarket.com.au
0478 055 657



Byron Spirit Festival
31st March - 15th April
Various locations in Mullumbimby
info@spiritfestival.com.au
0431 201 460



Tintenbar Up Front
6th & 13th April, 11th & 26th May
George Street, Tintenbar
tintenbarupfront@gmail.com
0478 819 268



Lennox Markets
15th April
Mackney Lane Lennox Head
lennoxmarket@gmail.com
6687 4086



Open Studios
5th 6th & 12th to 13th May
Ballina, Byron Bay & Lismore
paul@activelifematters.com
0418 909 203



NRF Harvest Food Festival
4th to 6th May
Various locations, Byron Bay
info@northernriverfoods.org.au



Byron Writers Festival
3-5 August 2018 Early-bird
tickets on sale 31 May 2018
Phone (02) 6685 5115 or
https://byronwritersfestival.com

Contacts / Retail Directory

The Baird Institute	www.bairdinstitute.org.au	Lighthouse Health & Education	Fb – Lighthouse Health and Education Ph (02) 6566 4765
bcu	www.bcu.com.au	Mentges Master Meats	www.mentgesmeats.com.au Ph (02) 6652 6878
Blush Beauty	Fb - Blush make up and beauty Ph (02) 6652 1100	MidCoast Tourism	www.greatlakes.org.au Ph (02) 1800 802 629
Bookface	www.bookfacestores.com.au Ph: (02) 6584 6001	Moon Dragon	Ph (02) 6653 7888
Chicken Butchery	Fb – The Chicken Butchery – Coffs Central Ph (02) 6651 1759	Mother's Day pages	All advertised gifts are available from the retailers of Port Central & Coffs Central
Depot Café Kempsey	Ph (02) 6562 4441	Nourished Earth	www.nourishedearth.com.au Ph (02) 6653 6969
The Farm	www.thefarmbyronbay.com.au Ph: 6684 7888	Penny Farthing Coffee	www.pennyfarthingcoffee.com
Fashion pages	All advertised fashion is available from the retailers of Port Central & Coffs Central	Softech Surfboards	www.softechsurfboards.com
The Great Lakes Food Trail	www.thegreatlakesfoodtrailnsw.com.au	Solitary Islands Aquarium	www.solitaryislandsaquarium.com
Harvest Newrybar	www.harvestnewrybar.com.au Ph (02) 6687 2644	South West Rocks	www.macleayvalleycoast.com.au or SWR Visitor Info Centre – Ph (02) 6566 7099
Kmart	www.kmart.com.au	Sugarmill Restaurant & Bar	Ph (02) 6653 6085
Lalaland	Fb - Lalaland Moonee Beach Ph (02) 6653 6511	Surf Hardware	www.surfhardware.com

Downtown Coffs Comes Alive



BE PART OF THE NEW CHAPTER. FIND THE PERFECT SPACE TO CREATE AND FULFILL YOUR VISION AT COFFS CENTRAL

There's limited retail spaces available and the doors open early in 2018. You'll be in good company, alongside Kathmandu, Kmart, Sportscraft, BCU and 60 other specialty stores. Businesses that would really enhance the precinct experience are: Beauticians; Barbers; Optometrists; Laser Clinics; Sporting Goods; Footwear; Homewares; Fashion & Casual Dining. Make your retail dream a reality, get in touch now.

LEASING ENQUIRIES
RODD FOSTER
0411 454 711

COFFS CENTRAL
'the heart of it all'

Your Easter Fare is here



Coffs Central is bursting with Easter Delights. There's a wonderful selection of Easter eggs from Harbour Sweets, fresh local produce and seafood from Fresco & hot cross buns from Bakers Delight. Find cute Easter decorations at Bed Bath N Table and exquisite pastries and tarts at K'Pane.

COFFS CENTRAL
'the heart of it all'



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www.coastbeat.com.au