

# coastbeat

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ISSUE 04 / SPRING 18  
GREAT LAKES TO BYRON BAY



**ELDERS OF THE SURF  
FALZON & WITZIG**

**DAY TRIPPING  
OUR TOP 10 IN SAWTELL**

**TO THE DEPTHS  
FREEDIVER LUCAS HANDLEY**

**TURTLE TALES  
SURVIVING AGAINST THE ODDS**

**SEACHANGE TO TREECHANGE  
AN ORGANIC GARLIC FARMER**

THE PULSE OF THE COAST



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# Spring Sensations

1.



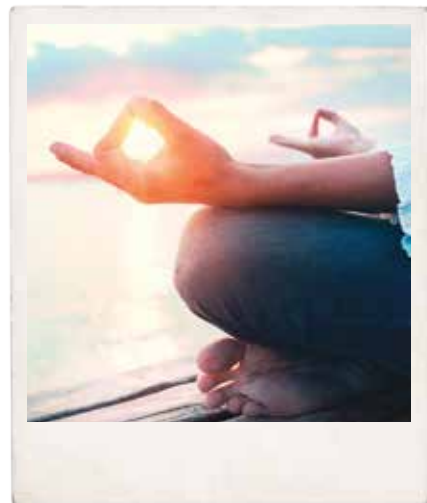
Longer days and the promise of summer.

2.



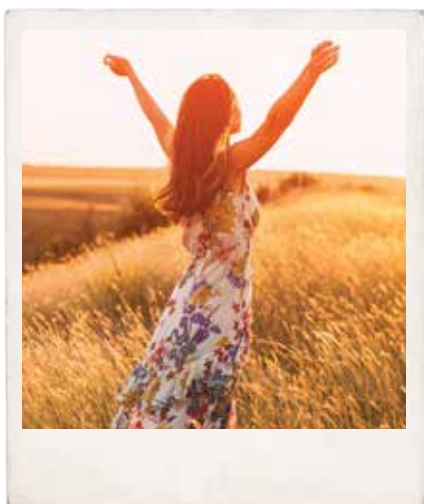
Jacarandas spilling purple snow and the scent of jasmine.

3.



A time of renewal for the mind and body.

4.



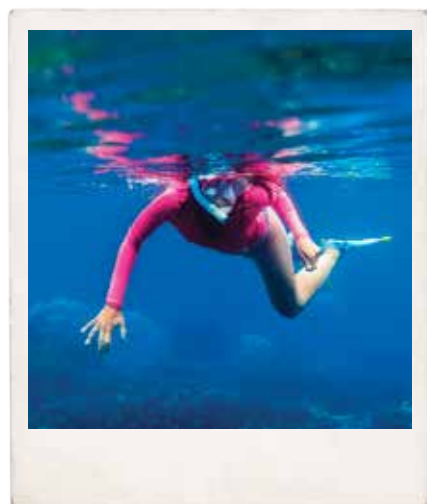
Winter woollies get packed away to make way for the pretty dresses.

5.



Nesting season - magpies dive-bombing the posties on their mail run!

6.



Off come the wetsuits. Swim, explore and be adventurous.

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# Welcome



Look At Me Now Headland, Emerald Beach. Image by Tianne Albrow

Dear fellow Coasters,

By the time you read this Spring will have sprung. At the time of going to print we have just received some very welcome rain. I thought it had forgotten how to rain! Some of our friends out west received over 60mm but not everyone. Let's hope this heralds the beginning of the end of the drought.

Thanks to you and to our Cb writers for finding more stories to tell about people doing great things on our coast. I had no idea that Albe Falzon had made so many movies. Morning of The Earth, with its wonderful soundtrack, is definitely one of my favourite movies of all time. Paul Witzig is another legendary surfer and filmmaker we chat to in this issue.

Miriam and I have just returned from a holiday in Vanuatu to escape the winter chill. We had a great time, the people we met were so genuinely friendly and the weather - despite the rumbling volcano and a minor earthquake - was sublime. I was reminded of how close we are to our Pacific Island neighbours and perhaps how little we engage with them. In light of that, we will be introducing a new feature in future issues 'Postcards from the Pacific' just to keep us a bit more connected.

Recently, Olivia Hannah and I were lucky enough to get a royal tour of the new Evermore Living Resort in Forster by Principal Coyne Graham. What a fantastic facility. I couldn't believe how well thought out it was, with every effort made to encourage residents to engage together as a community. With the beautiful lounge areas, bar, pool, heated spa, cinema, library and rooftop Teppanyaki Bar, I was tempted to move in myself! This is the future of retirement living.

This month, we welcome and thank new sponsors bcu, whose new store recently opened at Coffs Central and Shane Brooks from Florent & Munday Real Estate, for their support. Shane is our industrious leasing partner at Coffs Central and Moonee Market. They join Destination Coffs Coast as Coastbeat founding sponsor partners.

Gowings is now in the middle of our 150th year and it is my great privilege to be only the fourth managing director over that time. We continue to be committed to major initiatives in the region. This includes finding enthusiastic retailers with great products or services to join us at Coffs Central in the newly created space alongside Kmart. If you have a compelling or quirky new retail idea (think dog or beard grooming) that would fit well into Coffs Central, see p110 and chat to Shane.

We're also looking forward to turning dirt on a very special greenfield site called 'Sawtell Commons' just off Lyons Rd that will create a unique community living experience. We decided on the name 'Commons' as it means a green shared space for all to enjoy and this fits our vision perfectly as a planned estate with open spaces, gardens, play areas and direct access to national park. If you're looking for a new home in what will be a wonderfully designed estate just five minutes from the beach p63 has all the relevant info - just call Olivia to secure first choice.

Let's look forward to a clean Spring swell.

For the Coast,

JG

John Gowing, Founder of Coastbeat

## Founding Sponsor Partners



# Cb Spring Issue Team



## **Elize Strydom**

Writer & Photographer

Elize was impressed by an array of talented women across three generations: singer Georgia Cummins, designer Amy Smith and paramedic Maxine Wallace.



## **Zacharey Jane**

Writer

Zac loved interviewing people who have created unique, fulfilling lives. "And being able to name-drop Albe Falzon and Paul Witzig has lifted my status in the line-up!"



## **Ali Hiddlestone**

Writer

Ali has been busy growing a peanut into a watermelon. For Spring, she learnt about green turtles and covered our Sawtell stories.



## **Kirk Owers**

Writer & Photographer

Kirk particularly enjoyed driving out to Gloucester with Drifta's Luke Sutton and seeing his camping and 4WD out-fitting empire up close.



## **Brendan Ray**

Photographer

Brendan enjoyed his time with Paul Witzig. "To talk about our days using film and to meet such a pioneer of surf films and photography was great."



## **Geordie Bull**

Writer

Geordie loved chatting to organic farmer Sally Ayre-Smith and paramedic Maxine Wallace. "Their zest for life is something I find incredibly inspiring."

### **Contributing Writers in addition to those above**

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### **Photographers in addition to those above**

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Feel free to share a photo, story or let us know what you love about the coast at [hello@coastbeat.com.au](mailto:hello@coastbeat.com.au)

## A word from the Editor

Welcome to our Spring magazine. Thank you for letting us know how much you enjoy reading about our wonderful coast dwellers. We're proud to tell their stories.

This issue, our fabulous local team have many great tales to tell with beautiful images to match. We share the story of a TV producer who fell in love with a gorgeous view of the Macleay River reminiscent of her African childhood, we spend time in Sawtell and learn about the billions of bubbles from Saxbys. There's also a special travel and adventure feature. I found out how challenging it is to capture a vortex wave image and caught up with

freediver Lucas Handley.

In addition to the stories in these pages, we have great online content so if you haven't already signed up to [coastbeat.com.au](http://coastbeat.com.au) doing so this season puts you in the running to win a \$200 voucher from Surf Hardware.

So, find a spot to soak up the beautiful Spring sunshine and enjoy the pages ahead.

Yvette Harper, Editor / Content Manager  
- [yvette@gowings.com](mailto:yvette@gowings.com)

### **Vortex cover image by Kian Bates of Raw Edge Photography**

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Sally Ayre-Smith

# From SeaChange to TreeChange

It's a rare person who can seamlessly transition from high-flying television and movie producer to garlic farmer, but Sally Ayre-Smith has done just that.

Words by Geordie Bull

Photography by Elize Strydom

After producing the acclaimed TV series *SeaChange* at the peak of her career, Sally and her husband Marcus Skipper left it all behind to start a new life in a little-known part of the coast. Nine years later, their two-acre Macleay Valley farm 'Sweet Water Farm' has produced over \$600,000 worth of garlic - a figure Sally is happy to share in the hope of inspiring people to take up the "noble profession" of certified organic small-acre farming.

Here's how it all began...

Sweet Water Farm owes its name to the property's location on the Macleay River at the point where sweet freshwater meets brackish tidal flow. Nestled in the Sherwood Valley only 15 minutes from Kempsey, the garlic farm looks out across the river to a patchwork of fields shadowed by blue mountains - a vista that, for Sally, evokes memories of a childhood spent on an expansive farm in East Africa, where she would wake to see giraffes grazing in front of her home and hippos bathing in the nearby river.

"I loved growing up in Africa," Sally says. "When we inspected this property, I immediately looked out across the river and could just imagine spotting all those beautiful animals. It has the same feel."

While Sally has always longed to be part of an intimate community and return to her roots on the land, it was when Marcus was diagnosed with cancer in 1995 that the couple decided to seize the day. Sally spotted a tiny advert for a "patch of dirt" and they found themselves driving up to the Macleay Valley.

"We'd never heard of Kempsey so had no idea what to expect," Sally says. "When we got to the property, the agent was smart enough to drive us all the way down to the river. We were speechless when we saw it. I turned to Marcus and said, 'Is this it?'. He looked at me and said, 'Yep, this is it'."

Five weeks after inspecting the property, the couple were living in a tent - a far cry from their upmarket digs in Sydney. Marcus, now in remission from cancer, built a cabin to live in temporarily while he created a riverfront, hand-crafted dream home with high-ceilings, an open fireplace and African-inspired murals. As the cost of living rose and building expenses began to add up, they realised that a relaxed retirement wasn't an option. So, with zero farming experience and plenty of enthusiasm, Sally threw herself into the task of learning how to work the land.



Sally & Marcus on the farm

She invited an expert out, who told her to try growing "garlic, blueberries or marijuana", and enrolled in a TAFE horticulture course. She and fellow students grew garlic to apply the theories they were learning and, when the course ended, Sally purchased all the students' produce - 100kg of Russian garlic - and Sweet Water Farm garlic was born.

After the farm began the certification process and produced its first crop in 2008, Sally was faced with the task of learning to market the product.

"I got dressed up and drove to Sydney and Newcastle with some beautifully packaged samples and basically started door-knocking," she says. "I visited top chefs, restaurants and retailers and put energy into developing great relationships with our first customers."



&gt;&gt;

We then ensured we always delivered and never let them down and they are still our customers today.”

Sally adds, “It is so important for growers, particularly of premium fruit or vegetables, to market their products in person. There are so many farmers growing beautiful garlic. The reason why we’ve been so successful in marketing ours is because of the relationships we’ve formed.”

Sweet Water Farm organic garlic now produces an average of seven tonnes of garlic per year, an admirable feat for a dusty patch of land in a relatively undiscovered part of NSW. The sense of achievement is not lost on Sally, who now devotes much of her time to helping local farmers transition to organic.

Over the past few years, this passionate farmer has helped three neighbouring farms make the transition (“they got the bug!”). Sally also works closely with the Macleay Valley Food Bowl to promote the region as a place where organic fruit or vegetable farmers can thrive. She is also spearheading the development of an organic distribution centre in Kempsey and plans to create a local farm school where students can study and be paid to contribute their skills to a working farm.

“We’ve lovingly worked to create beautiful soil and to be certified organic and we’re in the position where the farm is running pretty smoothly, so we can use our time to help other farmers transition to organic and to promote the opportunities for agriculture in the valley,” she says. “This is what I love. We know anyone can do it, because we had no skills and we did it!”

Does she ever look back longingly at her successful city career?

“Never!” She says. “I’ve had the richest 10 years of my entire life. Before the farm, I had an amazing career and made 20 movies and television series’, but nothing compares to this. There’s something important about living on a piece of land and being part of a community, and you don’t get that feeling in the city. It’s about having to think about the little things, like putting my neighbour’s bin out when he’s away. The people around me enrich my life so much.”

**Find out more information about  
Sweet Water Farm at  
[www.sweetwaterfarm.com.au](http://www.sweetwaterfarm.com.au)**



# Elders of the Surf

Surf and sun and the free-spirited soul of the bronzed Aussie surfer is iconic to our coast. In the 1960s and 70s the spellbinding imagery of these wave riders in action brought surf counter-culture to the world, through film and the legendary *Tracks* magazine. This issue features two masters of surf documentary, Paul Witzig and Albe Falzon.



Cover of *Tracks*, Issue #6, courtesy of johnwitzig.com.au



Poster from Paul Witzig's film



*Morning of the Earth* poster. Image by Albe Falzon



From Paul Witzig's film *The Sea of Joy*

# Life Surfing

At *Coastbeat* we love surfing - no secret. So, when we discovered that the man who made what many regard as one of the greatest surf films ever lived in *Coastbeat* country, we had to get the scoop.

Words by Zacharey Jane

Images courtesy of Albe Falzon



"It's a great gift," says Albe Falzon, "to understand the purpose of your life."

Film-maker, surfer, photographer, writer and environmentalist Albert Falzon, discovered his when he was just eight years old and his grandfather showed him the ocean for the very first time. He knew that his life would be bound to the sea, expressed through his other great love: photography.

Albe's most famous documentary, *Morning of the Earth*, is renowned as the greatest surf film ever made. Since its release in 1972, Albe has travelled the world making documentaries about the myriad ways to celebrate life on this planet. His camera has taken him to Timbuktu and back, literally.

We meet in a sunlit café in Bellinghen, near where Albe has settled on acreage he bought back in 1972. Of course, there's great surf nearby and our interview is dependent on there not being a high-pressure system off the coast!



"This part of the world is paradise: we have amazing, empty beaches, beautiful rainforest, community and really rich cultural diversity," he says, grinning broadly. "There is great unity to be found through celebrating diversity."

Although this green region is very different to the landscape of Albe's childhood, the philosophies of sharing and community are the same.

"I grew up in Redfern, in inner-city Sydney, where my grandmother bought adjoining three-storey houses and knocked the interior walls through. She believed in keeping everyone together, so I lived with extended family: nine different families in all. It really was one of the first communes, although we never called it that."

School was 'a waste of time', says Albe. He attended a city Catholic school but rejected the life they offered him. Albe left school and pursued an education through copious reading and later, travel.

"My mother told me to follow my love. For me that has always been photography and surfing. I wanted to make a really beautiful, positive film about the world."

Albe travelled up and down the north-eastern coast of Australia, filming his friends surfing – mates like Nat Young, David Treloar, Stephen Cooney and many more who became famous surfers. Then in 1971, with the young Stephen Cooney and legendary big wave surfer, Rusty Miller, he took his camera overseas through Bali and Indonesia to Hawaii.

The opening sequence of *Morning of the Earth* was filmed at Haleakala Crater in Maui on infrared film, very early one morning. Albe was trying to capture the feeling of creation, coupling it to the powerful, essential energy that surfers experience when riding a wave.

"The art of life is understanding that everything is a wave. When you're in tune and on the wave, it's effortless and powerful, impermanent and beautiful. Surfing is a great metaphor for life."

A big part of *Morning of the Earth* was the music. Albe enlisted Australian bands and songwriters, showing them sections of the edited footage and asking them to compose for that section. What emerged was one of the first film soundtracks celebrated in its own right, winning a coveted Gold Album award.

The success of *Morning of the Earth* led to more documentaries in a similar style. Albe shot them all on 8mm film, a format that didn't require big crews because he wanted to be invisible in the world of his subjects.

"None of the international distributors ever asked me what I shot on. Technology is great but only for what I can do with it. I think we get too hung up on the glamour of new technology and forget that it is just a tool."



Cover shot for *The Road to Timbuktu*



On the road, filming in Java

Like *Morning of the Earth*, his next documentary arose from hanging out with friends, in Santa Barbara. There he filmed eccentric surfer and inventor George Greenough building his boat, *Morning Light*, and surfing. The resulting work, *Crystal Voyager*, with a soundtrack by Pink Floyd, received a standing ovation at the prestigious Cannes Film Festival.

From there Albe travelled to Sri Lanka to meet mate Michael White and the young unknown writer, Arthur C. Clarke. Their conversations led to the six-part documentary series *Festivals of the Far East*, which took Albe to some of the most inaccessible cultural festivals across Sri Lanka, India, Burma, Ladakh and Tibet. Enduring sub-zero temperatures and climbing mountains at over 10,000 feet to access a hidden valley, Albe became the first person to document the sacred Tibetan Wesak Festival.

"Up there in Tibet they breathe rarefied air: it's a rarefied energy," Albe says of the experience. *Festivals of the Far East* has been released in over 80 countries and is still the most comprehensive and beautiful footage of these ancient cultural events. After *Festivals of the Far East*, Albe was



Surfing is still central to Albe's life

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commissioned to make *Festivals of the World*, a series of twelve 30-minute films spanning twelve countries.

"It was too much," Albe comments. "That sort of shooting schedule doesn't allow time to really immerse yourself in the culture. I wanted to do things differently."

Despite Albe's reservations, the documentary series was released internationally to great acclaim. Albe went on his own way and made *The Road to Timbuktu*, on a two-month journey across the Sahara from Marrakesh to the Ivory Coast.

"I was never driven by economic rewards. It was always about the vision."

To share his love of the surfing lifestyle, Albe and friends David Elphick and John Witzig started *Tracks* magazine in 1970. Albe describes its inception as a 'confluence of energies', creating a public voice for the surfing counter-culture.

Albe has been a Buddhist for most of his life and cites the compassion and kindness of Buddhism as his guiding principles. I ask him about the commercial surfing world, the competitions and the macho image of the uber-sportsman. How does he deal with this in the surf?

"I try to react with kindness and if that's not enough I leave them be," he replies. "You can't change anyone's perspective if they aren't ready to change. But surfing is a great saviour. As soon as you're in the water it wipes the slate clean."

Back in his rainforest home, Albe's walls are decorated with symbols of peace. The garden is full of birds and he is a WIRES volunteer caring for marsupials, some of whom are still lolloping across his lawn. He has a remarkable collection of surfboards adorned with images of positive power to take into the surf.

"Some people travel the world to find beauty," Albe comments. "I find the world in my garden."

Albe is working on collating and editing his body of work for

publication. He has studied transpersonal psychology and meditation for the last 20 years and these practices inform his writing, visual art and surfing.

"Life is effortless because all possibilities already exist, just waiting to be experienced. The images and films I make are already there, just waiting for me to point the camera at them. I have never had what you might call a regular job – the universe has always provided what I need when I need it and living has been my work. There is great joy to be found in understanding your purpose in life and finding the faith to follow that purpose. Some people have moments in their life; my whole life has been a moment."

Watching *Morning of the Earth*, talking to Albe and comparing his vision of life with what I see daily, I wonder out loud if somewhere between then and now the human race has lost its way. It makes me feel sad for how the world could have been. In reply, Albe is optimistic. He believes that we are always changing and that one day we will understand the power that comes through connection and the simple philosophy of kindness. Through Albe's eyes, every Morning is a morning of the Earth.

Find out more at  
[www.albertfalzon.com](http://www.albertfalzon.com)



Albe with his partner Robyn



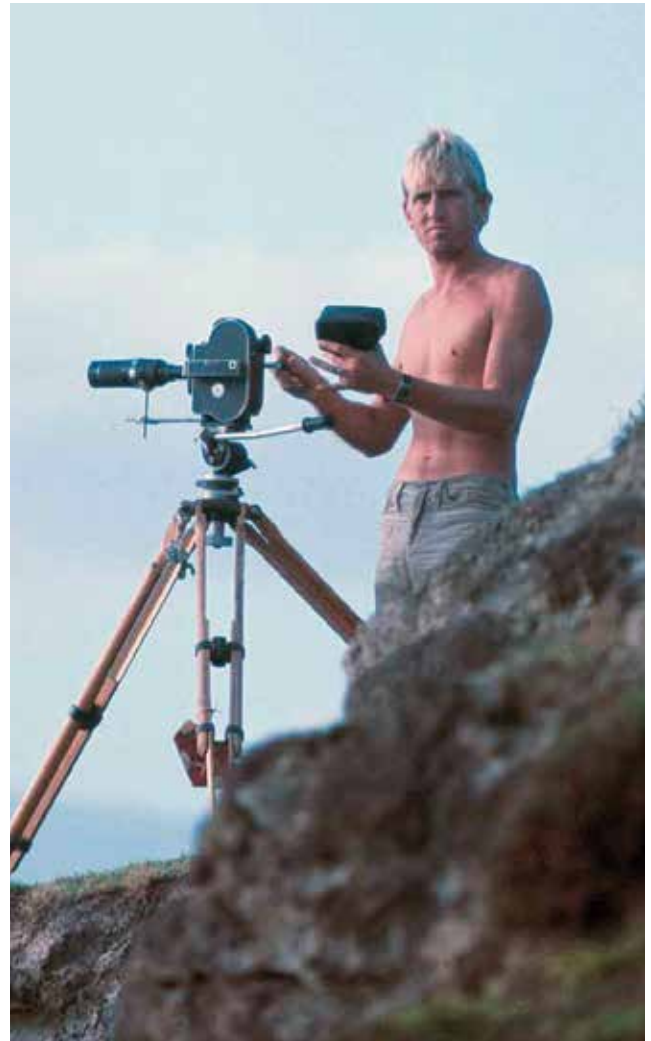
Paul Witzig on top of the old hearse he, Kay Hobs and his brother John Witzig (pictured) used to publicise *The Hot Generation* in 1968



Witzig Gallery interior, courtesy of Witzig



King Island house interior, courtesy of Witzig



Paul Witzig on location, courtesy of Witzig

# Building On the Sea of Joy

Through the 1960s and 70s Paul Witzig brought the sun, sea and surf to Australia through his epoch-making surf documentaries and images. In 2018 this Elder of the Surf is still doing it, with architecture.

Words by Zacharey Jane

Photography by Brendan Ray & Witzig



A Witzig house on King Island, courtesy of Witzig

An early morning onshore breeze ruffles the leaves of the pandanus that surround the dwelling, bringing with it the sharp tang of the ocean. Sunlight is starting to pour through the louvred windows and pool across the floor, glossing the knots and grains a glowing gold. As the morning moves on the light spreads, warming away the winter chill, running lightly up the wooden walls, glinting off the rugged bolts that hold together the gnarly roofbeams, dropping down through the glass panels that pitch up towards a blue winter sky. An osprey is wheeling above; a lizard lies basking on the woven mat below. Soon the whole house is snug, with just the sound of the birds and the ocean and the whistle of the wind as it gusts outside.

Then a phone rings.

"Hello...yes, come on over for a chat and then after how about lunch?" says architect, surfer and film-maker Paul Witzig, when I call him.

I get to his gallery office in Maclean, overlooking the Clarence River. We are not on a rustic island retreat in

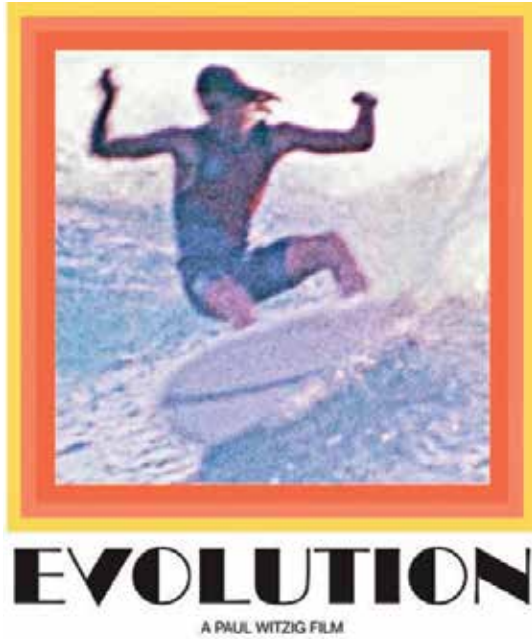


Interior of a Witzig design, courtesy of Witzig

the South Pacific, but we could be. We are in a Witzig house, designed by Paul and reflecting his fundamental philosophy that houses sit best in the landscape when they work with nature.

"The elements are what is most important: light, air, sun," Paul says, as we talk in his office, strewn with plans, photographs and fabulous Papua New Guinea art. "I think my response to the natural environment informs everything I do. And I think that human beings find the sun a really important thing, find the wind a really important thing, find the view a really important thing."

Paul's primary career has been as an architect, but his first love was surfing and the two, he explains, complement each other.



>>

“Everything always goes back to the surf. I’ve spent an awful lot of my life chasing waves and if you’re a dedicated surfer you are very in tune with the natural environment, with the tides, with the sun, because they determine where you’ll surf and when you’ll surf. You can use that knowledge in the design and construction of a building.”

Paul Witzig became a surf documenter on the northern beaches of Sydney in the 1950s while studying architecture. With his brother John, one of the founders of *Tracks* magazine, he embraced an alternative lifestyle

that espoused freedom and rejected the conservative Australian establishment of the time. His surf films tried to capture this lifestyle, to inform people.

“They thought that we were wild, that we were dangerous. I wanted to show them that our choices were about peace and living with nature.”

If you think that making films about surfing is a long way from the technical expertise and design skill of architecture, Paul does not agree.

“Film-making is a lot like architecture: you start off with an idea in your head that you sketch on paper; then you bring more people in and form a team, same as if you are constructing a building. The creative process, for me, is very similar.”

Like a film director’s work, every Witzig design is unique, yet there is a distinct look. In this world of concrete and steel a Witzig house is easy to spot: it seems more sympathetic to the landscape than modernist modular constructions. The craftsmanship of Paul’s team is also on display; the exposed wooden beams, bolts and joinery make it obvious that a skilled artisan has made a Witzig home, not a machine or a computer.

The first house Paul ever constructed was when he and his wife Marianne lived on the Great Australian Bight. He foraged for his materials, using stone, timber, old railway sleepers and corrugated iron found in a junkyard. His fabric and design choices were influenced by his surfing lifestyle.

“When we were young, chasing waves all up and down the NSW North Coast, we used to rent old farmhouses for five dollars a week. You go into the paddock and the nicest place to be is under a tree, with the breeze blowing.



A Witzig house on King Island, courtesy of Witzig



Artwork from PNG. Image by Brendan Ray

What I want to do with these buildings,” Paul says, gesturing to the steep gable above where we sit drinking tea, “is allow the breeze to blow through and take the heat out. That’s why I like the gable roof because the heat rises, so you have louvres at either end to let the breeze blow through, which keeps the house cool and provides natural light all the time.”

Paul’s striking designs are influenced by his involvement with the community of Nusa Island in PNG, where he and Marianne have lived intermittently for the past 25 years.

“There’s art in everything they do in PNG, from their houses to the bowl you eat out of. Everything is beautiful. Obviously, you respond to that.”

Paul also cites a Japanese influence.

“But what it all boils down to,” he says, “is that I believe in simple structures, with good proportions, using beautiful materials, like these wonderful north coast timbers.”

Paul’s design sense reflects his past as a surf film-maker, celebrating his lived knowledge of the environment. In the Witzig films there is an air of community, optimism and wonder.

“We felt that we were doing something that was connected to nature. Then surfing became dreadfully commercialised and went off on a track that we wouldn’t have chosen. Yet, a couple of years ago I was asked to be a judge at a short film festival in Sydney. It was really interesting to see films from all over the world and realise that the philosophy we started off with in the 1940s and 50s is now global.”

The short films Paul judged represent a grassroots movement of surfers still chasing waves and freedom, as Paul and his friends did all those years ago.

“There is not a country in the world that does not have a surfing community,” Paul says. “No matter how cold, how adverse the conditions, there are people out there riding waves and I think it’s wonderful.”

I ask if there is any sadness that this attitude of living in harmony with the natural environment is not more common.

“Oh, yeah,” Paul replies. “With this magnificent planet that we live on – we should treasure it, but we trash it and we elect leaders that encourage it to be trashed.”



The gallery in Maclean, courtesy of Witzig

His sons Ramy, Damien and Kristian are working on restoring their father’s seminal surfing films. So far *Evolution*, *Hot Generation* and *Sea of Joy* are complete and the rest are works in progress.

“That was quite a project,” Paul admits. “We had a screening recently and I realised that it was 50 years since we shot the first film. I enjoyed doing the restoration because it was a chance to finish them. I wanted them to be a picture of a world long-gone...a way of life that doesn’t exist anymore. I can let them go now.”

After looking through some stunning images of a Witzig home on the windswept King Island, we leave for lunch. As we step into the wintry chill I comment on how warm it has been in his office and ask Paul whether he has used any new fabric to make his constructions so comfortable.

“All the principles that we use in these houses are well-known,” he replies with a chuckle. “We don’t do anything new except intuitively use environmental elements to create a good living environment. The natural environment informs everything I do.”

This is perhaps something that we can all build on.

**To view Paul Witzig’s work and the Witzig Gallery collection, visit [www.witzig.com.au](http://www.witzig.com.au)**

The Witzig Gallery is located at 80 River St, Maclean



Paul in his studio. Image by Brendan Ray



# The Country Girl

After playing at almost every pub, restaurant and open mic night in town, Clarence Valley singer/songwriter Georgia Cummins is ready to record an album and hit the road, but she needs to finish high school first.

Words and images by Elize Strydom

Returning to the Clarence region after almost a decade in the 'big smoke', I couldn't help but see the many parallels between 18-year-old Georgia Cummins and my teenage self. I too grew up on a property outside Grafton and was impatient to strike out into the world and show it what I was made of. I was into drama, music and writing, but serious about my sports too, and harboured a desperate dream to one day present a radio show on the national youth broadcaster, triple j.

As we hooned around her riverside family farm in an all-terrain vehicle, Georgia told me about her experiences as captain of Grafton High School, what it was like to compete in high jump at both a state and national level and her undeniable passion to pursue music. I felt a strong connection to her story and a deep understanding of all she was experiencing.

After buying a guitar from ebay for "about a hundred bucks", Georgia taught herself how to play, copying what she saw on YouTube videos. Friends started to compliment her soulful singing voice and she was invited to perform at the 2015 Jacaranda Festival. Georgia teamed up with her cousin, Dan Wall and they started gigging as a duo. Whenever they played they'd wind up scoring more gigs.

"Once we performed in Yamba and people came up to us and said, 'Can you play at my wedding?' and 'Can you play at this?' or 'Can you play at that?'" Georgia explains. "We booked four gigs that day!"

When she began Year 12, Georgia reluctantly had to start saying no to shows, as her parents urged her to focus on school instead. It's something she struggles to accept but assures me she'll make up for it. In addition to her long list of practical skills, Georgia also knows her way around a recording studio. She's determined to record a collection of songs written over the last two years and release an album or EP.

"My plan for next year is to take a couple of months and travel from the Sunshine Coast down to Melbourne, playing gigs along the way," Georgia tells me excitedly. "I have a stomp box and tambourine and I really want to learn how to play the harmonica – I'm definitely leaning towards the whole one-woman band."

One performance Georgia has been able to pursue this year is Schools Spectacular. After an intense, multi-round audition process, she was selected as a Featured

Artist for the 2018 event. In late November she'll join over 5,000 public school students on stage at Sydney's Qudos Bank Arena where she'll perform a solo and sing in ensembles in front of an audience of 30,000. The show will also be broadcast on Channel 7 later in the year. In a case of terrible timing, rehearsals are scheduled for October, just as Georgia begins her HSC exams.

"Luckily none of them fall on the days I have exams," she says. "It will still be pretty crazy, though – doing an exam and then travelling to Sydney to rehearse!"

I ask Georgia if she feels like she's missing out on anything due to her rural location, but she rejects the suggestion that musicians must be based in the city in order to 'make it'. Most of her favourite acts – Ziggy Alberts, Mitch King, Kyle Lionheart and Tullara Connors – hail from the north coast. Georgia says she's received a great amount of support and encouragement from other local artists.

"Tullara saw me perform in Grafton then invited me out for coffee and suggested all sorts of tips and tricks on how to give a great performance," she says. "Tullara introduced me to lots of musos and has opened so many doors."

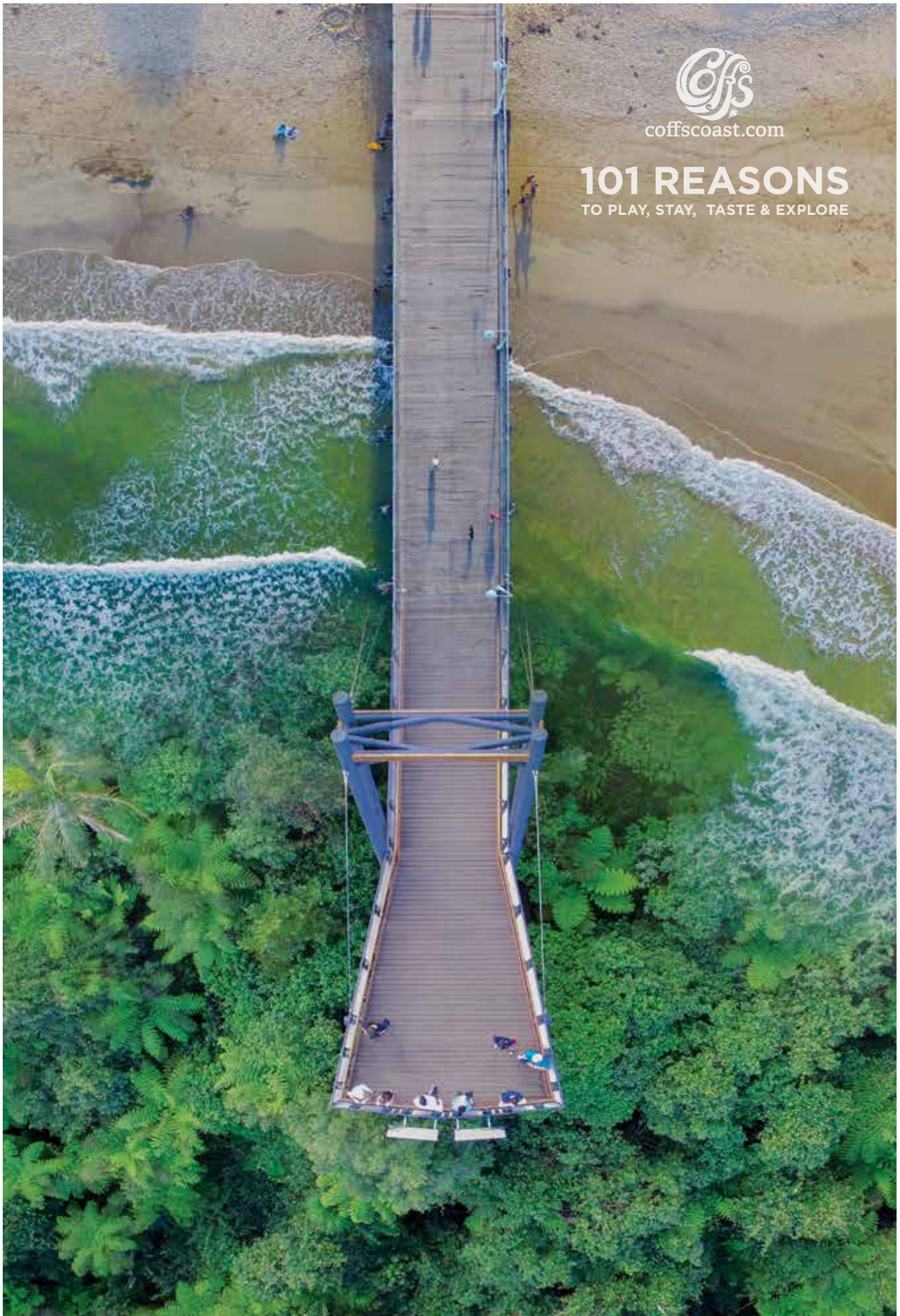
As we drag the canoe down to the water's edge and break its glassy surface, the sun is sending out its final golden rays. Georgia's dog Lily is at her feet and she leans over to give her an affectionate scratch behind the ears.

"This has definitely been a great place to grow up," Georgia says, looking up at the snaking river and distant hills. "All my friends are obsessed with coming out here."

Fuelled by a pure passion for music, there's no doubt that Georgia's genuine talent will take her far. But it's comforting to know that no matter how high her star rises, she'll always be able to return to her roots on the banks of the mighty Clarence. Thankfully I've been able to do just that, too.

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**Follow Georgia's journey and see where she's playing next via Instagram @georgia\_c17 and Facebook @georgiacmusic**



coffscoast.com

# 101 REASONS

TO PLAY, STAY, TASTE & EXPLORE

Coffs Harbour Jetty and Forest Sky Pier at Sealy Lookout. Photography and creative concept by Lius Hansen @liushansen. Image creation by Coast - wearecoast.com.au

# From Sunrise to Sundowners

There is much to explore on the beautiful Coffs Coast from vibrant coastal villages, to hinterland hidden gems and spectacular mountain vistas. Whatever destination you choose, this region leaves you wanting more. Here, surfer Harley Ingleby shares some of his favourite ways to spend sunrise to sunset in his hometown.

Words and images by Harley Ingleby for Destination Coffs Coast



Growing up on the Coffs Coast I've always looked forward to my weekends and enjoy my downtime exploring. I often have friends visiting from all over the world and more recently my partner moved here from Sydney. This has given me a renewed passion for the region; I love showing off some of our best spots and finding new ones even I didn't know about.

A typical morning for me, be it week day or weekend, has to start with a sunrise surf. My morning ritual begins with a takeaway coffee in Emerald Beach and between The General Store, Wired or Surf Street Café, you can't get a bad coffee in town. Coffee in hand, a beautiful sunrise and a few kangaroos are definitely worth getting out of bed for.

A new attraction to the area and a first for me was trying out the TreeTops Adventure Park at Sealy Lookout. I was blown away! Don't be fooled and think this is just for kids. The more advanced courses are quite a workout and definitely got my adrenaline going.

Being totally immersed in nature and doing something fun and exciting is why I love surfing so much. TreeTops is the first activity I've done in the area in quite a while that I can really draw those parallels to. I'll definitely be going back for another round soon. Make sure you don't leave without grabbing a freshly baked lemon myrtle cake from the Nyanggan Gapi Café. I ate two!





>>

I couldn't tell you how many calamari wraps I've eaten in my life and I don't even want to think about it! If you haven't been to White Salt in Woolgoolga, you need to. It's technically fish and chips but not as you know it. The tastiest cooked-to-order fish, hand cut local potatoes and the freshest salads. My lunchtime go-to is the cal wrap, a ginger beer and a drive up to Woopi Headland. At the right time of year you'd be unlucky not to spot a whale.

Since my partner Gina moved to town, wine and cheese seem to be on high rotation! One of our favourite spots is TwoTails Winery at Nana Glen.

Although I get a bit of separation anxiety when away from the ocean for too long, it's a beautiful drive through farmland, forests and hinterland villages, whether you take the Bucca Road or go via Coramba Road from Coffs Harbour.

You can't go wrong with a cheese board and a glass of something local on the deck overlooking the vineyards in the late afternoon sun.

Harley Ingleby is a professional longboard surfer with two world titles to his name. Emerald Beach is home.



Image by Sinclair Black

To find out more about all of the experiences you can enjoy on the Coffs Coast go to [coffscoast.com](http://coffscoast.com)



# In Season this Spring

From the daily seafood catch to the local farmer's harvest, here's your guide to fresh, local food available on the Coffs Coast.



**FoodieTip:** Shop for local produce at farmers' markets, greengrocers and specialist seafood retailers.

Fruit				
Avocado (mid-late)	Lemon	Orange	Pear	Rockmelon (late)
Banana	Limes	Passionfruit	Pineapple	Strawberry (mid-late)
Blueberries	Mandarin (early-mid)	Paw Paw	Plum (mid-late)	Tomato
Grapefruit	Nectarine (late)	Peach (mid-late)	Raspberries (mid-late)	Watermelon (late)

Herbs				
Basil	Coriander	Ginger	Mint	Spring Onion
Chilli	Dill	Lemongrass	Oregano	Thyme
Chives	Garlic	Lemon Myrtle	Parsley	

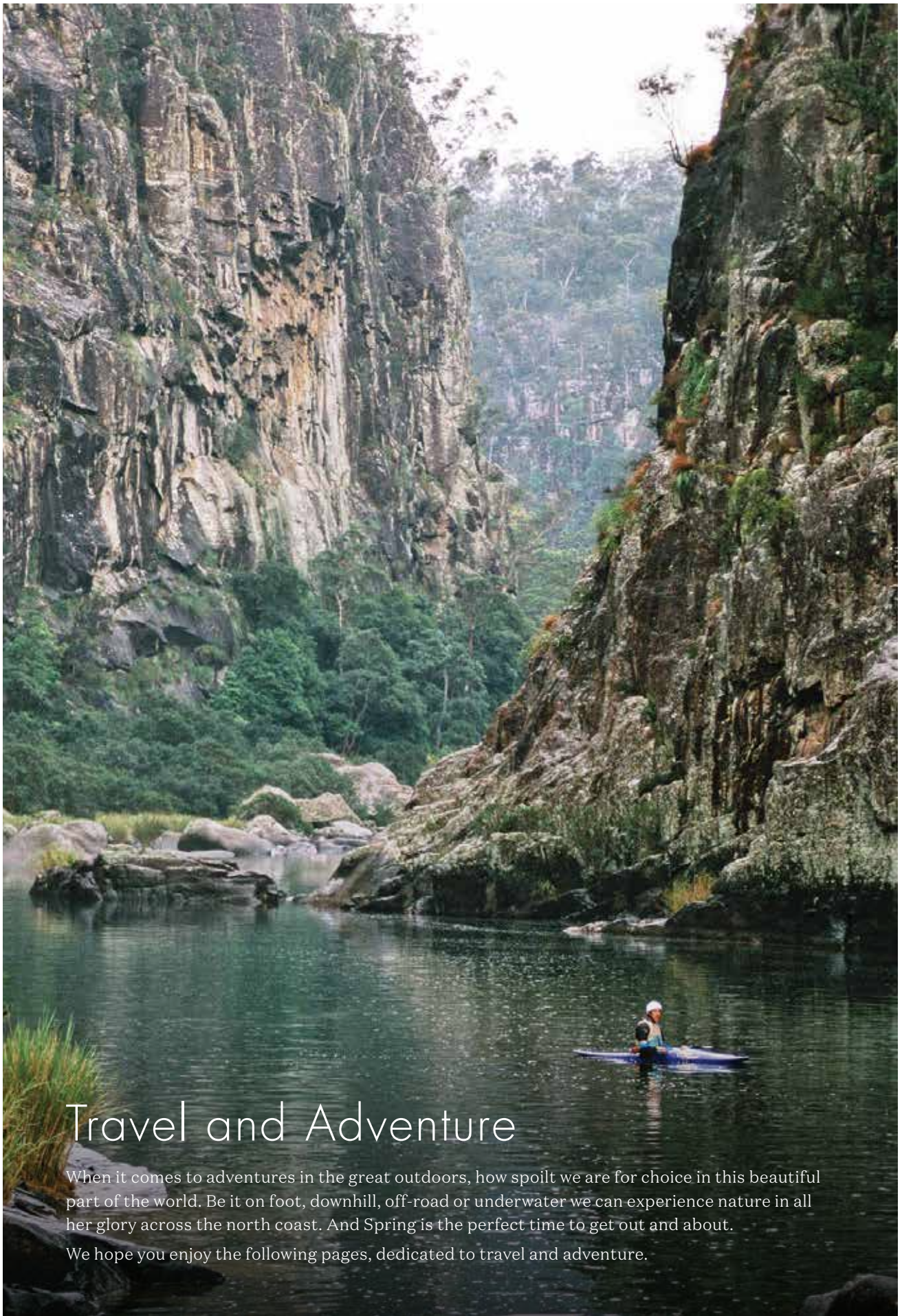
  

Vegetables				
Asparagus	Carrot	Kale	Potato	Tatsoi
Beans	Cauliflower	Leek	Radish	Turnip
Beetroot (early-mid)	Celery	Lettuce	Rhubarb	Watercress
Bok Choy	Choko (late)	Mushroom	Rocket	Wombok
Broccoli (early-mid)	Choy Sum	Okra	Silverbeet	Zucchini
Button Squash (mid-late)	Corn (late)	Onion	Spinach	
Cabbage	Cucumber	Parsnip	Squash	
Capsicum (mid-late)	Eggplant	Peas	Sweet Potato	

Seafood				
Bonito	Kingfish	Mahi Mahi (mid-late)	Snapper	Tuna - Albacore
Bream (early)	King prawns	Mud Crab (mid-late)	Spanner crab (early)	Tuna - Big Eye (mid-late)
Bullseye (early)	Leather Jackets (early)	Mulloway (early)	Swordfish (mid-late)	Tuna - Yellowfin (mid-late)
Cuttlefish	Lobster	Octopus	Teraglin	Whitebait (early)
Grinner	Mackerel (mid-late)	Red Fish (mid-late)	Tiger Prawns (early)	Whiting

Season timing indicated in brackets. This Spring Harvest Calendar is brought to you by Coffs Coast Harvest.



## Travel and Adventure

When it comes to adventures in the great outdoors, how spoilt we are for choice in this beautiful part of the world. Be it on foot, downhill, off-road or underwater we can experience nature in all her glory across the north coast. And Spring is the perfect time to get out and about.

We hope you enjoy the following pages, dedicated to travel and adventure.

Nymbi-Binderay National Park. Image by Craig Fardell

# To the Depths

On the beach in Byron Bay, where it all began, we chat to freediver, marine scientist, and film-maker Lucas Handley.

Words by Yvette Harper

Photography by Lucas Handley



Picture a little boy in the foothills of Byron stepping through creeks, exploring the rainforest, seeking out creatures – ever curious about what to catch, how things grow and why so much changes with the seasons.

At the age of 12, the boy swapped the forests for the sea and discovered an incredible new playground to explore. He became fascinated with the ocean and remains so, more than twenty years on.

As a child, Lucas Handley's goal was to one day have a career where shoes would not be required. And now, at 33, he's mostly barefoot or in fins and surely, they don't count as shoes?

Ignoring the advice of school teachers and career advisers to go into biomedical science, he chose to follow his heart and become a marine scientist instead. Lucas is also a film-maker and passionate environmentalist. He has almost completed his law degree which he

took up having witnessed great frustration from those in the marine science community who often felt their hands were tied due to environmental policy. Lucas also participated in the powerful eco documentary, *Blue*. He's a freediver, freediving instructor and business owner, having launched the Underwater Academy a couple of years ago.

As I see it, 'all-rounder' doesn't begin to cover it, but Lucas doesn't see it that way. "I don't think I'm that different to anyone else. I was just born into a place with a beautiful and intact environment where I had the opportunity to connect with it. I think you could give any kid access to that beauty and they would have a similar desire to protect it."

And while his work keeps him in Sydney much of the time, those beloved surrounds that shaped Lucas's childhood mean Byron will always be home.



Lucas diving with humpbacks in Tonga. Image by Jon Shaw



Lucas with his partner Hannah. Image by Sam Clarke

&gt;&gt;

It was by observing a spearfisherman one day at a local beach that a young Lucas realised it was possible to venture deeper into the ocean. Here he found his favourite escape. I ask if the silence is part of the appeal. "Actually, it's not as quiet as people imagine. The reef is alive with bubbles and cracks and all sorts of sounds."

For Lucas, the key to freediving is to stay relaxed despite feeling both nervous and exhilarated about reaching new depths. For many years, he had been keen to share his knowledge, but the demand was not there. Instagram changed all that.

"The popularity of the sport went through the roof. People were seeing stunning images of divers in their long fins interacting with charismatic megafauna like whales and mantas and turtles and became completely captivated. So, something that I'd been doing for 15 or 20 years suddenly took off," he says.

The Underwater Academy has locations in Sydney, Melbourne, Brisbane and Perth but Lucas hopes to expand it further, including Byron which would allow him a move back to the coast. I learn from Lucas that we're all wired for success in certain facets of the sport.

"What's fascinating is that every human on earth has a dive reflex and, with a small amount of training, we can all adjust to holding our breath underwater." Lucas believes we simply need to trust ourselves and our physical abilities more.

"We all have a connection with our body that we don't usually explore. I love seeing people realise they are capable of amazing things. I've had a 100% success rate with people holding their breath for over two minutes by the end of a training session."

Lucas is soon off to Komodo for a trip with fellow freedivers. Tonga is another location he frequents, to dive with humpbacks. He travels widely but it is the Solomon Islands that has really captured his heart. Lucas is drawn there time and again and recently took his partner Hannah for her first visit to the islands.

"The Solomons is one of my favourite places to go. The oceans are beautiful, the forests are incredible, and I find the villages I visit really harmonious. People look after each other and visitors in a way I haven't experienced anywhere else. The sense of community is wonderful; everyone feels a part of their community and looks after it. I'd like to think I bring some of that mentality home with me."

When he returns home, it's never long before the fins are on and the big blue beckons. Down he dives, propelling his body, listening to those bubbles and cracks of the reef. And once more, he's that curious Byron boy exploring his surrounds - which are, quite literally, breathtaking.

**For more information,  
go to [www.lucashandley.com](http://www.lucashandley.com)**



# Adventure Seeker

*Coastbeat* caught up with Kathmandu's Jo Smith who shares her favourite places of the region and the must-have supplies to pack for each adventure.

Interview by Kue Hall

## 1) Rock climbing, Glenreagh region

**Where:** Glenreagh is in the Clarence Valley about 35 minutes inland from both Coffs Harbour and Woolgoolga.

The escarpment coming into Glenreagh offers a broad range of rock climbing and caters to climbers of all abilities. The open ridges and cliffs are great for bouldering, rope climbing and abseiling. "As a teen/young adult I would often climb and abseil the cliffs. I grew up locally and then left to pursue outdoor guiding and snow-sports so I'm just starting to get back into it again here."

**Kathmandu's must-have item:** For all weather and keeping clear of the wind, Jo packs the Terrno X Jacket.



## 2) Bundageree Rainforest Walk

**Where:** Near Tuckers Rocks in Bongil Bongil National Park.

This is an easy and relatively flat walk that covers the bush and the beach. "We love to take a picnic and our swimmers and make a family day of it," says Jo. "I'm also a big believer in being comfortable to really enjoy adventures and that means choosing the right footwear."

**Kathmandu's must-have item:** Salomon shoes are great for comfort and support.



Nambucca Heads. Image courtesy of Nambucca Shire Council

## 4) Cows With Guns Mountain Biking Trail, Pine Creek State Forest

**Where:** Just off the Old Pacific Highway, Bonville

This range of mountain biking trails is ideal for anyone who likes to get out into nature on their bikes. "We love this for a family adventure. My girls are 8 and 10 and I probably wouldn't take children younger than that unless they're really great riders," says Jo. "There is a whole bunch of trails (14km in total) - all varying in difficulty so you can have an easy afternoon ride or challenge yourself as there are some really advanced trails."

**Kathmandu's must-have item:** The Mirage Mountain Biking Pack "is the perfect size for snacks and supplies. Being able to fit a 3L water bladder in the pack also means you don't have to interrupt the action to rehydrate."



## 3) Nambucca River, Nambucca Shire

**Where:** About 45 minutes south of Coffs Harbour.

If you're into water sports – be it kayaking, water skiing or boating, the waterways along the Nambucca River are worth checking out. "This area is really popular for a reason," says Jo. "And highly recommended for anyone who loves being on the water. Even during busier periods, there's plenty of room for everyone."

**Kathmandu's must-have item:** Jo recommends a Dry Bag whenever you're taking on water sports. "You can put all of your valuables in it and as the bag is waterproof, you have total peace of mind while you're having fun."

## 5) Sealy Lookout and Bush Trails

**Where:** 10 minutes north of the heart of Coffs Harbour.

"I'm a huge lover of the Bruxner Park area and everything it has to offer - the Forest Sky Pier, the views and all the walking tracks within the Orara East State Forest. It's so close to town, locals can even enjoy a walk or trail run before or after work."

**Kathmandu must-have item:** Jo recommends the Aysen Hybrid Legging especially in the case of inclement weather. "These leggings are not only super comfortable, but they also have waterproofing in the areas your legs would otherwise get wet."

## 6) Platypus Flats, Nymboi-Binderay National Park

**Where:** Platypus Flats campground is situated by the Nymboida River. Travel time (north) from Dorrigo is approximately 45 minutes.

"As a family, we love camping out at Nymboida. There's always plenty to do at this beautiful riverside spot - swimming, kayaking for experienced kayakers, fishing and wildlife spotting. It's a place you can just put your pack on and go exploring."

**Kathmandu must-have item:** For Jo, there are many camping must-haves, but standouts are a good quality sleeping bag and a self-inflating mat. Merino shirts are also recommended for their natural antimicrobial properties. This means you can wear the shirt for a few days without it needing a wash.



Platypus Flats image courtesy of coffscoast.com



Image courtesy of coffscoast.com

## 7) Macauleys Headland

**Where:** Near Diggers Beach, Coffs Harbour.

"On a still day, nothing beats snorkelling or diving around Macauleys Headland – you can literally see right down to the bottom of the ocean," explains Jo.

**Kathmandu must-have item:** Jo recommends a microfibre towel. "This is the perfect addition for a snorkelling trip as it will dry you quickly and can pack up small enough to fit into your backpack."

## Other must-haves from Kathmandu for your Spring adventures:

- The Slack Line Set is a fun backyard challenge that you can take anywhere. A great activity for the backyard, the park or the campsite, this slackline can be set up in minutes with no knots.
- DriMotion Shirts are super versatile - ideal for general fitness and walking.
- Miro Hiking Shorts are recommended as the weather warms up and you switch leggings for shorts. These also have a pocket for stashing snacks and extras.

For expert advice and gear, see the team at Kathmandu Coffs Central [www.kathmandu.com.au](http://www.kathmandu.com.au)



# Family Pedal Power

One Coffs Coast family, all cycling enthusiasts, share with us their favourite day out.

Words by Scott Bocking

Photography by Brendan Ray



Mountain biking is one of the fastest growing activities in Australia and within the sport are many different disciplines from full on downhill racing to heart busting cross-country events. Anyone can get out there in the Aussie bushland, all you really need is a functioning bike and a sense of adventure.

It's an activity perfect for all ages and fitness levels. It's also a great way to spend quality time together as a family. Our accessibility to State Forests, National Parks and nature reserves offers endless options for a family day out on bikes. Along our coastal strip are thousands of kilometres of dirt tracks and trails snaking their way through our beautiful bushland and coastline.

## Arrawarra to Woolgoolga

One of our favourite family rides in the region is from Arrawarra to Woolgoolga.

After taking in the sweeping northern views from Arrawarra Headland, we make our way through Garby Nature Reserve. The estuary flowing through here is pristine and the birdlife abundant. The tall timber creates a broad canopy that cools the forest as the trail snakes along the flat gradient. From here we roll along to our first rest stop at Mullaway. Take in the views and cool sea breeze or in whale season, scan the horizon for the jumping giants.

From Mullaway we head south and join the bike path through

to Safety Beach, passing the golf course and countless kangaroos lazing on the well-tended grass. At Safety Beach the Lake Walk traverses above the beach and down to the northern bank of Woolgoolga Lake. This is a beautiful trail. Tucked away in the bush, it's easy to forget how close you are to town. By the lake's edge, the smells and sounds of the lake and bush carry you along the well-worn trail.

Riding behind my sons and watching them duck and weave through the trees and jumping off every root and rock takes me back to my own childhood; those carefree days when time on your bike was all that mattered and the feeling of freedom it gave, intoxicating.

As we ride, my wife and I morph back into kids ourselves and the four of us whoop and holler as we roll across the dirt, laughing out loud as we try to copy the boys' jumps and skids. We take one last rest on the footbridge and watch people fish and swim. I check the tide and realise it is full low, so we take the path from the dunes down to visit The Buster, the shipwreck on Woolgoolga Beach. Given the low tide, The Buster is quite exposed, and we take some time to walk around the rusted remains and imagine this old ship in her former glory. The view up towards the surf club is stunning.

My wife's competitive nature bubbles to the surface and she takes off. I don't remember entering a race, but it seems that I am in one now. I give it everything I have to pull along beside her and she looks over and smiles. Unsure whether I

can keep up her pace, I start making long carving turns that leave an etched curve in the sand behind me. My tyres roll effortlessly over the hard beach and the north-east breeze helps propel me. I am completely lost in the moment until I feel a buzz on my rear tyre. The boys giggle as I turn around to find them both lining up behind me trying to get as close as they can.

The plan was to finish with a ride up to the water tower on the headland to take in the incredible view, but the lure of a milkshake has my boys distracted. As we await our order at Bluebottles, we talk about our next ride and start planning another family adventure. It will not be any great distance or exotic location – all that matters is that we'll be there, helmets and all, together.

### Scott's suggestions for the best family rides on the coast

Kiwarra State Forest, Taree

Jolly Nose MTB Park, Bonny Hills

Kalateenee Mountain Bike Trails, Kempsey

Pine Creek, Bonville

Wedding Bells State Forest, Woolgoolga

Bom State Forest, Grafton

New Italy Mountain Bike Park, Tabbimoble

Scott Bocking has always loved bikes - so much so he even bought a bicycle shop in Woolgoolga a few years ago. He has almost 20 years' experience in the bicycle industry. Having ridden some of the most exotic MTB destinations on the planet, these days he loves nothing more than exploring the countless local trails with his family and friends.

Scott has also been an integral part of the bcu Woolgoolga MTB Festival. The inaugural event was held in August.

**Follow Scott on Instagram**

**@woodseys\_wheels**



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# Wonderful Woolgoolga

From its relaxed small-town vibe to the Sikh influence and celebrated annual Curryfest, *Coastbeat* finds out what makes this little seaside town special.

Words by Belinda Eighan

Why is there a big Indian temple on the old Pacific Highway at Woolgoolga? It's one of the most frequent questions locals are asked, often followed by, "and why does everyone call it 'Woopi'?" And while the answer to the latter has become lost in the mists of time, the former is easy to explain.

During World War II labour shortages saw a relaxation of the previous prohibition on non-European labour in the banana industry. Woolgoolga, 20 minutes to the north of Coffs Harbour, became a popular choice for Sikh migration to Australia and the town now has the largest Sikh/Punjabi population in the country. Bananas may have brought the Sikh community here initially, but blueberries are quickly becoming the crop of choice. As a village, the seaside spot has a lovely, relaxing atmosphere. Woolgoolga is also blessed with a protected, family-friendly main beach, ideal surf and fishing conditions and a variety of cafes and restaurants. Depending on the tide, you can also see some of the shipwreck of The Buster which lies at the northern end of the main beach. The headland is the perfect spot for whale watching too.

The town's annual Curryfest celebrates food, culture, dance and music. It attracts around 15,000 visitors each year. This year's festival will be held on September 29.

For more info, go to [www.curryfest.com.au](http://www.curryfest.com.au) or [eatstreetwoolgoolga.com.au](http://eatstreetwoolgoolga.com.au)



In addition to the main Gurukul temple (above) Woolgoolga has two smaller centres of Sikh worship. Visitors are welcome.

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# Campfire King

Gloucester-based Luke Sutton has made his 4WD camping business, Drifta, into the biggest of its kind in the world while still finding time to get off the beaten path.

Interview by Kirk Owers

Images courtesy of Drifta



The Drifta team in Gloucester

Australians are great campers. Give us a sturdy vehicle and a few basic supplies and we'll be sweet for weeks. Our wide brown land is rich in beautiful places – most of them a long way from the nearest hotel. Luke Sutton has turned his passion for off-roading into a remarkably successful business. Drifta employs 75 people who manufacture hundreds of niche products – many designed by Luke himself. The products are available from Gloucester, a new retail store in Queensland and online.

## What attracted you to camping as a youngster?

My father John was very much into the outdoors and our family always camped a lot. During school holidays we'd camp in a big old canvas tent, often in Forster. We always stayed in caravan parks as we didn't have a 4WD. Dad was very organised and so too were our campsites. He also had nifty ideas. One was a large two-piece timber roof rack for the top of the old Holden station wagon that we loaded our tent and camping gear in. This then converted to a kitchen bench that held our camp stove. I guess it gave me the background I needed to develop Drifta years later.

## Camping used to be considered "roughing it" but that seems to be changing...

Camping was always a cheap option but it has become kind of cool, especially for city people who may never have camped before. The rise in popularity of the SUV has helped this shift. People are getting a lot more adventurous and exploring new places with greater confidence. Touring our



Camping gear for all seasons

wonderful country is becoming a big thing. We are unique in Australia regarding affluence and leisure time and we have the greatest country in the world to explore. This is what has largely driven our camping and 4WD industry. No-one in the world sets up their 4WDs like we do in Australia.

## Can you tell us a bit about how you got started and what products you specialise in?

It all started 18 years ago with a camping kitchen I made in my garage. It lifted out of a vehicle and stored camping and cooking gear and set up into a kitchen. When camping



Luke off-roading in the Aussie outdoors

trailers became a big thing, I designed a range of camping trailer kitchens which became very popular and allowed us to expand, hire staff and move to Gloucester. We also became very busy travelling all over Australia, selling our products at camping shows. Money was tight - I couldn't afford a forklift for three years. We then started designing and building drawers for the back of 4WDs. Basically, we found a gap in the market and over about four years we have become, I think, the largest custom 4WD drawer manufacturer in the world.

**Among your many innovations is a tarp designed for emergency use - to give shelter and collect water.**

One of the biggest problems when a cyclone devastates an area is that there is no fresh drinking water afterwards. I devised a simple solution using a hex tarp with a gutter sewn in that catches rainwater and feeds it into a drum. As well as providing shelter, it can collect and store up to 500 litres of water from just 50mm of rain. The non-profit charity organisation Sea Mercy have been providing emergency assistance to Pacific Islanders. We're looking at gaining donations, so we can manufacture as many of these rainwater collection tarps as possible.

**You were an early adopter of digital marketing. How important has that been?**

Almost all our sales are online so it's crucial. Our website has always had a lot of content. I was encouraged to do my own marketing by John Symond (from Aussie Home Loans). It's not easy to put yourself out there and you need to be honest, believable and have integrity - if you do, it's the best marketing possible.

We started doing YouTube videos eight years ago and have now made around 240 videos. My son Kaito is skilled at filming and does most of our clips. We have had over four million YouTube views, and this is largely what drives our business. We've used social media to foster a Drifta community and we host camping events to bring everyone

together. We have up to 500 people attend and there is a great sense of belonging.

**Life sounds busy. Do you get time to head off into the bush anymore?**

It can be hard. We have several divisions to our business and continue to grow. Such growth is not without its costs, personally and physically. Camping for me is business and while I enjoy it, when I'm camping, I'm working. The key is to find ways to completely relax and to reset yourself. I love boating so having a boat is important for me. I haven't had the time to go on larger road trips, like to the deserts of inland Australia for quite a while. I'm looking forward to the business settling down, so I can get back out there.

**For more insight from Luke go to [www.coastbeat.com.au](http://www.coastbeat.com.au)**

Watch video content on YouTube (Drifta Camping & 4WD) and for product information, go to [www.drifta.com.au](http://www.drifta.com.au)

Donate to Sea Mercy at [www.seamercy.org](http://www.seamercy.org)



Image of Luke by Kirk Owers



Freedom camping specialists

### Luke's recommended camping spots

For me, the NSW North Coast offers some of the best camping locations in the world.

There are huge amounts of untouched bushland and some of the best coastline you'll ever see. This is true from Stockton Beach (north of Newcastle) all the way up to Byron Bay. Anywhere along this amazing stretch of the coast you'll find wonderful camping spots – many of which you'll have to yourself.

I do have a number of 'secret spots' to camp which I'll keep under my hat for now but here are some I'm happy to share...

#### The Barrington Tops National Park

This is an incredible part of the world that offers many campgrounds and plenty of tracks to explore. You can always find your own hidden place to camp.

#### Port Macquarie to Crescent Head

This region has some vast headlands to discover and many small campsites along the way.

#### Wooli to Brooms Head

Here you will find isolated and beautiful camping areas. These top camping spots and surrounding beaches and bushland are all part of Yuraygir National Park between Coffs Harbour and Yamba. It's also the longest stretch of undeveloped coastline in our great state (a total of 65km) which means there are many awesome places to explore: forests, cliffs, headlands and waterways.



The Barrington Tops National Park

Travel Associates  
Personalised  
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Dede hat \$64.95

Kmart  
Lace bralet  
\$8.00

Australia  
Post  
Insta  
Camera  
\$99.00



Sportscraft  
Contrast trim pant  
\$149.99

Uptown Local  
Wayfarer cross  
sandals \$139.95

Coopers  
Seafolly bronte  
glasses \$89.95

Sportscraft  
Linen shirt \$139.99

Kmart  
Hardcase travel  
bag \$38.00

# Art of the Ocean

Kian Bates captured the striking vortex image on the cover of this issue. We caught up with him at home in Boomerang Beach, just south of Forster.

Interview by Yvette Harper     Images courtesy of Raw Edge Photography



**Cb: Kian, please share with our readers a little bit about yourself.**

I've loved surfing, fishing, bodyboarding and spearfishing since childhood and I'm lucky to have always lived near the ocean. The formation of waves and ever-changing light have long fascinated me. To capture a moment in time and share it with people is very rewarding.

I first came to this region about 20 years ago on a surf trip with friends. I remember being blown away by the diverse coastline and amazing lake systems. At 21, I bought a block of land at Smiths Lake and moved here with my wife Ashley in 2007.

These days, our family is based at Boomerang Beach and includes our two very energetic, beach loving kids, Kayla and Cody. We recently built our home and gallery. The gallery is open to the public and we sell our images there and online. Ashley and I consider ourselves extremely lucky to live in one of our favourite places in the world.

**Cb: You're particularly passionate about oceanic photography. What do you find so captivating about the ocean?**

No two waves ever break the same way. The ocean is forever changing from crystal clear water with small waves to out of control, storm-generated swells. The colours, shapes and twisted formations allow me to be creative with my photography.

**Cb: Is there such a thing as a bad day in the office given your love of the workplace environment?**

Ha ha - a bad day in the office would be if I don't have a

'keeper' (a photograph I'm happy with). The ocean is my happy place, free from any stress that the day-to-day life may throw at me. I love the sound of waves erupting and exploding onto shallow reefs or beach breaks and generally go to locations with few people around.

**Cb: Our cover image is part of your vortex series. How challenging are these shots to capture and can you explain how this phenomenon occurs?**

I'd be lucky to capture a vortex image once among 1,000 images and even then, I may delete that one image because it's not good enough. Clarity and heavy waves breaking onto shallow sandbanks is key to a great vortex image. You have to be committed and ready for a beating with some long hold downs as these are very powerful waves.

I'm no scientist but as I understand it, as the wave is breaking towards me and the lip impacts the surface of water in front of it, the wave creates these air pockets beneath the surface that form into vortex rings that only last for a split second. This brevity is the reason that even those who have spent years surfing or swimming in the ocean have yet to see a vortex.

**Cb: You've been into photography since high school. What first piqued your interest?**

I wanted to document the surfing trips I went on with mates and I've always been amazed by the impact weather conditions and wind patterns have on the ocean. Mum bought me my first underwater camera at the age of 17 or so. Swimming out with only 24 images available on a roll of film was very challenging but I wasn't deterred.



'Accelerator' - part of Kian's vortex series

**Cb: How do you ensure that such a long-term career remains interesting and varied?**

By exploring our amazing coastline and finding new breaks and reefs. I'm lucky enough to be involved in annual trips to Tonga too where people swim with the humpbacks.

I also experiment with different lenses and equipment with the aim of producing fresh, unseen images – my own interpretations of ocean art.

**Cb: Any advice to budding young photographers?**

Turn off the gaming console and put down your mobile phones! There is so much beauty to discover and we are spoilt in having some of the cleanest beaches in the world. Camera gear and equipment is now much more advanced and so accessible, making it easy for everyone to have a go. You can take hundreds of photos in a session and view them while you're still in the water.

**Cb: What do you love most about life on the coast?**

The healthy, happy and relaxed family lifestyle it offers. We can walk or ride to four different beaches within five minutes. The beaches face different directions and produce completely different wave conditions too so there's something for everyone.

There are always beaches and lakes to explore here and it's wonderful to watch the kids grow up really appreciating their natural environment. Kayla and Cody always do 'Take 3 for the Sea' before we leave the beach which is something I hope all parents teach their children. We all need to step up to keep our oceans free from waste.

Follow Kayla and Cody's lead and Take 3 for the Sea – [www.take3.org](http://www.take3.org)

Meet Kian and see his work at The Boomerang Beach Gallery at 61 Boomerang Drive, Boomerang Beach. Kian also runs ocean and landscape photography workshops for anyone wanting to learn or improve their photography and editing skills.

**For more information, Raw Edge Photography are on Instagram, Facebook and online at [www.rawedgephotography.com.au](http://www.rawedgephotography.com.au)**



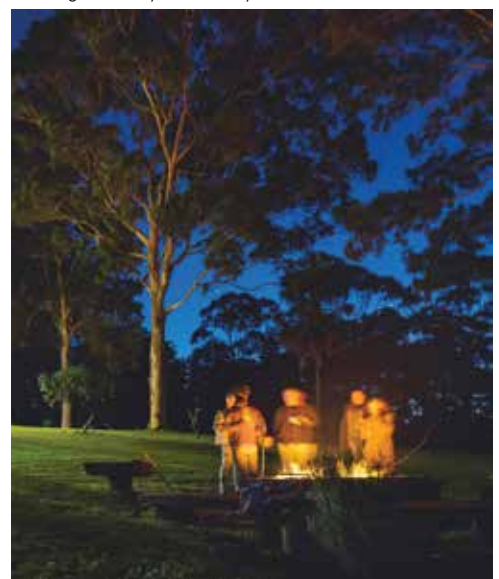
Kian & Ashley Bates with their children, Kayla & Cody.



From The Point on Wallis Lake to the Pacific. Image by Callum Birch.



Sea Eagle shot by Glen Golby



Claudia Gabriel Lim Photography

# Where Spirits Soar

A weekend escape at Sea Eagle Point recharges the spirit and brings a family closer together.

Words and images by Kirk Owers



The boys fishing off Sea Eagle Point Jetty

The Great Lakes region has long been a favourite destination for nature lovers. The pristine white sand beaches are among Australia's most beautiful: clean, rainforest-fringed and buttressed by headlands which shield the wind and sculpt desirable waves. Whales, dolphins and eagles are frequently sighted while anglers dig beach worms to land their dinner. Most visitors spend their days facing east - on the sand, in a boat or bobbing on a board.

But the Lakes region has another side to it, figuratively and literally. A narrow isthmus of coastal land, its western flank is bordered by a series of coastal lakes, National Parks and wetlands. Brimming with wildlife and flora, the hinterland is ripe for adventure. Wallis Lake, one of the cleanest coastal lakes in Australia, empties into the sea at Forster and backdrops the small villages of Pacific Palms. It's a beautiful body of water especially at dusk when it mirrors the sky and shines like Inca gold.

Normally my family stay as close to the high tide line as possible but when the opportunity arose to experience 100 acres of seclusion on the western side of Wallis Lake, we jumped at it. Our boys were eager to fish from the private jetty and hunt for yabbies in the dam. My wife and I packed books and dreamed of all the places we might read them: in hammocks, by the fire, on a sun-warmed daybed.





Navigator house



Boatman's Cottage



Navigator house & Cabin below



Shots by Claudia Gabriel Lim Photography

The Navigator House perches on a scenic ridgeline, part of a finger of land with views to the Green Cathedral and Seven Mile Beach on its opposite shore. The spacious house features a big sun-dappled deck overlooking a grassy slope clipped by the resident donkeys, Teddy and Jaco. Including an adjoining cabin and nearby cottage, the entire property sleeps 20, making it idyllic for small or extended family gatherings and retreats.

Before long we've unpacked, and my wife is easing into a hammock. I spend the afternoon fishing off the jetty, playing badminton, launching yabby traps and feeding apples to the donkeys with the boys. As night approaches, fires are lit, and we gather in expectation. A new outdoor dining area, cooking fire and kitchen has recently been completed, a local chef is keen to test it out and we've been invited to sample the food being prepared over the glowing coals.



"There's something about cooking over an open fire. You can't beat it," says chef David Cameron.



Helena, Gusto & Marley waiting for dinner

David sources sustainably farmed local produce for his restaurant and catering business. We feast on pork from Coomba's Long Table Farm, buffalo rump from Burraduc Farm in Bungwahl and a brace of rib-eyes from the Manning. The meal is topped off with a tail of fresh crayfish (caught by my son) and marshmallows by the fire. We waddle home, blissed out.

The next day the kids find six yabbies in the traps which need liberating or eating (we can't decide). A casual hit of tennis turns into a proper game. Then it's basketball and another fishing session. After lunch we follow a wallaby track and find a remarkable wetland-fringed rainforest thick with huge Elkhorn Bird Nest Ferns.

We spot plenty of wildlife throughout our stay including sea eagles, lorikeets, kookaburras, owls and lace monitor lizards. We don't want to leave, and we make plans to return. Nearby Wallingat National Park is said to be great for mountain biking and there's an amazing lookout from Mt Whoota. Best of all, these experiences aren't an either/or option. Hit the beach in the morning and go for a rainforest adventure or a kayak in the afternoon. At Sea Eagle Point, both are at your fingertips.

**To book email [seaeaglepoint@gmail.com](mailto:seaeaglepoint@gmail.com).**

**The author was a guest of Sea Eagle Point  
[www.seaeaglepoint.com.au](http://www.seaeaglepoint.com.au).**



See a short video on YouTube Sea Eagle Point.



Ian Turner, Managing Director of Saxbys

# Billions of Bubbles

Saxbys soft drinks still has fizz 150 years since its humble beginnings in the newly formed township of Taree.

Words and images by Kirk Owers



Image courtesy of Saxbys

Australia was still in its infancy when a young stonemason by the name of George Saxby hefted his worldly goods (and his enormous beard) onto a coastal trader and shipped out for the Manning Valley.

Vast tracts of countryside were being carved up and sold for a song as the Gold Rush drove new arrivals into a fever. In those days convicts were still being sent to Terra Australis, Tasmania still had tigers and explorers were still trying to find an inland sea. Bush rangers roamed the countryside, sticking it to the squattocracy and generally making a nuisance of themselves. For George Saxby, it was an exotic land, brimming with opportunity and adventure.

The major industries of the time – logging, shipbuilding, farming, mining – all relied on back-breaking toil. All these thirsty men, sweating rivers under a baking colonial sun didn't need another stone worker. They needed a drink.

George Saxby had long been fascinated with the alchemy of impregnating water with bubbles. He started making his now famous stone Ginger Beer recipe in hand-corked ceramic bottles, shortly after arriving in the Manning.

154 years later, Saxbys' fifth generation of descendants are still producing soft drinks in Taree, making Saxbys one of Australia's oldest family run businesses.

"When George arrived in Taree there would have been around 300 people in the town," says his great-great-grandson, Saxbys' Managing Director Ian Turner. "He started making drinks in a factory near Cundletown in 1864 and was a founding member of the Church of Christ and the original president of the cricket club. He served as mayor for two terms, started a newsletter and later represented one of Taree's first newspapers."

Saxbys serviced the Manning region and all its fledgling townships from Gloucester up to Lake Cathie. George would make many of the deliveries himself – not always successfully. "On one occasion he lost control of his horse and cart and it all ended up in the Manning. He lost everything including his horse," laughs Ian. "I think that whole generation were very adventurous. Just to survive and make a living you had to do whatever you could. It's a great history to have."

The soft drinks business was firmly established by the time George passed it on to his sons, Dolph and Edwin, in the early 1900s. Ever since, each generation has dealt with unique challenges during their tenure. Dolph and Edwin Saxby moved the business to Arthur Street, Taree, took on a partner and changed the company name. During the war years they struggled to find enough steel for their bottle caps, but the business persisted where many others folded.



George Saxby. Image courtesy of Saxbys



George Saxby (top middle) & sons

>>

Another disruption came much later in the early 1970s when soft drink containers shifted from returnable glass bottles to one-way bottles and aluminum cans. "It drastically changed our business model and cost structure. And it meant that now the big Sydney manufacturers could expand into the regional areas and undersell us," says Ian.

While most small regional operators couldn't compete, Saxbys adapted and expanded. "We invested in our future. We built our current factory in 1976 and started spreading outside our local area. Up until then country manufacturers were very respectful of each other's area. They all knew it was a tough gig and that we had to look after what we had. Eventually all those small guys disappeared. In the 70s there would have been 80 or 90 soft drink manufacturers in regional Australia. Today, between Sydney and the Queensland border, there's just us."

As the company looks to the future, new challenges loom including, eventually, succession. Saxbys' Business Support Manager, Reid Farrell, is the only other current staff member to share the Saxby bloodline. "While we are the only family members actively working at the company there are relatives who are shareholders and lots of young people who may decide they want to get involved down the track. I was born in Texas and didn't start with the company until I was 30," Reid notes.



Reid Farrell & Ian Turner

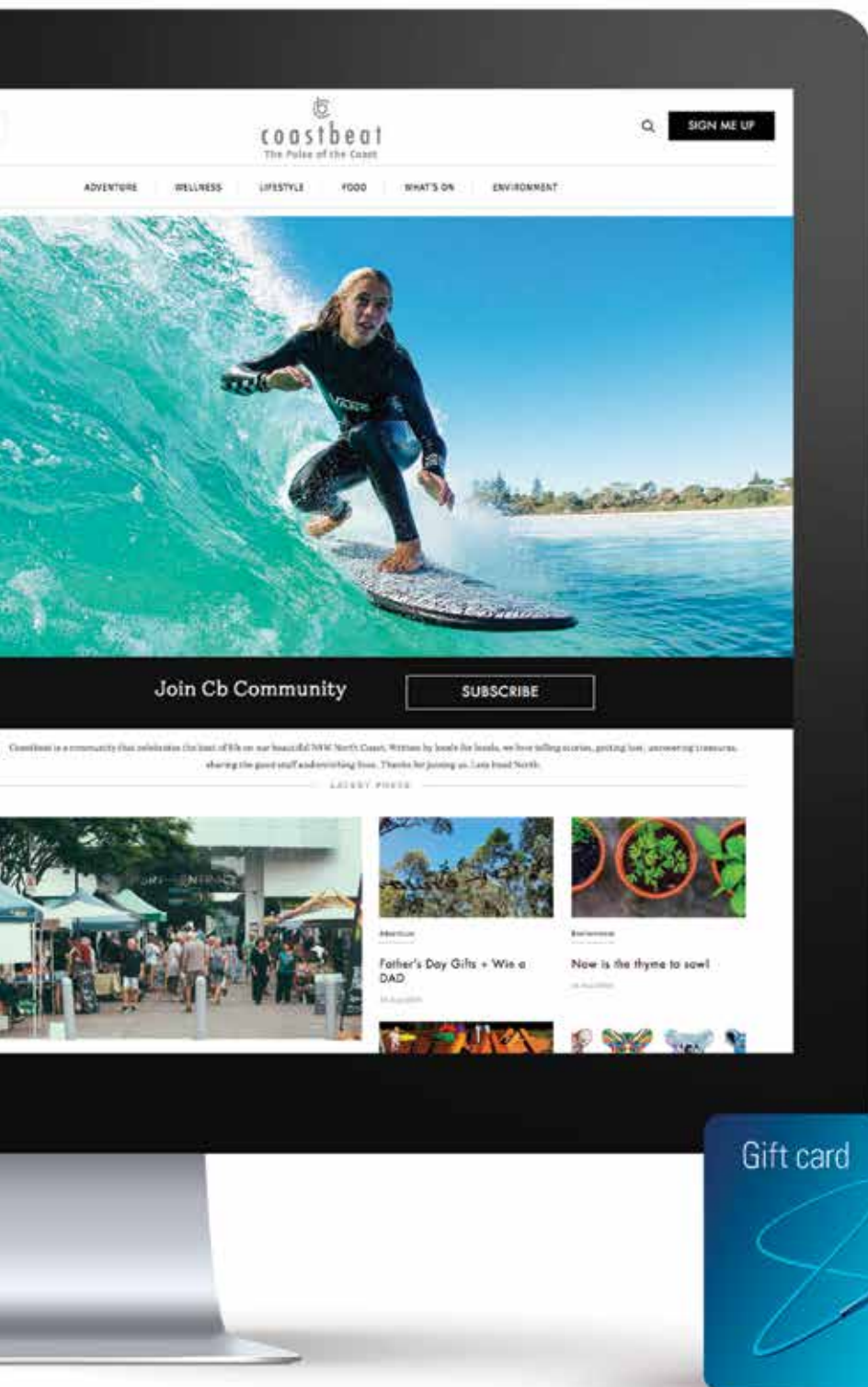
A visitor to the current Saxbys factory may be disappointed by the lack of beards among the 50 or so staff. Certainly, there's nothing to match the facial forest sported by the company founder in his prime. Now, it's the type of bushranger beard that is often paired with a man-bun and a fixed-gear bike and is in vogue in many inner-city enclaves. Saxbys have sent up the hipster trend with a satirical advertisement which suggests that George Saxby was their original inspiration.

"I actually had a full hipster beard for a while there," laughs Reid. "But it wasn't real. It was photoshopped onto my company portrait, until Ian took it down. There is a genuine hipster market for our products – especially for young people who use soft drinks as alcoholic mixers," says Reid. "But that ad was mainly just a bit of fun. Soft drinks are meant to be fun."

**To check out their clever commercials and for any other info go to [www.saxbys.com.au](http://www.saxbys.com.au)**



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# Turtle tales: surviving against all odds

Catching a glimpse of beautiful moments in nature often comes down to being in the right place at the right time: a whale breaching, a dolphin surfing a wave or in the case of a local National Parks and Wildlife Field Officer, a female green turtle laying her eggs while you're out fishing.

While spotting a whale or a dolphin has little consequence, knowing the location of a green turtle nest has ramifications for the survival of an entire species.

Words by Ali Hiddlestone



Image by Bryce Forrest

"Michael should have bought a lottery ticket," says sea turtle biologist, Holly West. She's referring to the off-duty National Parks and Wildlife Service (NPWS) officer who, while doing a spot of sunrise fishing on Boambee Beach in January this year, was lucky enough to spot a female green turtle laying her eggs.

According to Holly, this isn't a regular occurrence, especially along the NSW coastline, and provides the hatchlings a significant helping hand in ensuring their survival.

"While sea turtle nesting numbers have been slowly increasing in NSW, nests are still quite rare and generally go unrecognised or may be in remote locations," she says. "Knowing where the nest was meant we could carefully monitor the area and remove any possible threats."

It must have been fate because what followed in the coming months was nothing short of miraculous.

Not long after the nest was laid, there was an unexpected king tide. "We were really worried that the eggs had spent too long underwater and weren't actually going to hatch. The developing embryos need to breathe. If they're submerged in water for too long, there's a good chance they'll drown."

With the looming threat of more high tides, NPWS staff and volunteers worked quickly and tirelessly to sandbag around the nest, giving the hatchlings the best possible chance. Of course, everyone hoped for the best.

And then, during a scheduled patrol one morning, a volunteer spotted a set of hatchling tracks coming out of the nest. While the turtle eventually made it down to the water, the track marks showed the little creature had gone around and around in circles.

"These little guys are really fighting all odds just to make it to the water's edge," says Holly. "When a hatchling comes out of the nest, they automatically look for the brightest light. Historically, the moon over the water or horizon would have been the brightest light and would ensure they made it to the ocean. However, when you hatch in a busy spot like Boambee Beach, there are lights everywhere. Because of this, the hatchlings get really disoriented and often use up the precious little energy they have, going around in circles."

The following day, the team found another two hatchling tracks that spun in similar circles – they even found one hatchling still wandering the beach at sunrise.

It was at this point that Holly, Marine Expert Dr Duan March and NPWS put their heads together and decided to excavate the nest, giving any remaining hatchlings the best chance of survival.

And the result? “We found a few and then we dug another little pocket and all of a sudden there were about 70 turtles trying to crawl out!” says Holly.

The hatchlings were fit and healthy and could be released on the beach at sunset to make their heroic dash to the water.

Ann Walton from NPWS says the Boambee rescue would not have been possible without the help of local experts. “Duan’s expertise and Holly’s experience on turtle management from around the world, made it just the best thing.”

Almost all sea turtle species are listed as either endangered or threatened, primarily due to human impact. Holly believes that by ensuring the survival of 70 vulnerable green turtle hatchlings, a significant contribution was made to the future of the population.

Global warming and rising sea temperatures also have a huge impact on the species – with the sex of the developing hatchling being determined by the temperature of the nest.

“Warm sand temperatures produce primarily females and cooler sand temperatures produce mostly males. Our major northern nesting beaches are producing predominantly females,” says Holly, before adding, “This is where those more southern nesting beaches – like Coffs Harbour – are going to play an important role in putting males back into the population.”

The region was actually home to three green turtle nests last season: one at Boambee, another at Bongil Bongil and a third nest at Yuraygir.

For those feeling lucky enough to catch a glimpse of these wonderful creatures in action, Holly recommends keeping your eyes peeled around late October, early November. And should you be blessed by a green turtle sighting, keep in mind Holly’s wise words: “Remember to be respectful and if you do see something, let a ranger know.”

**For more information on turtles or to support conservation efforts go to [www.seaturtlefoundation.org](http://www.seaturtlefoundation.org)**



Image by Michael Phillips



Image by Bryce Forrest



Dr Duan March & Holly West excavating the nest

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# bcu grows with the North Coast

Originally founded in Macksville during the early 1970s, bcu began as the Banana Growers' Federation Members Credit Union, and today stands as one of the region's great financial industry success stories. Formed by a small group of business owners, mainly banana farmers on the NSW North Coast, bcu was created to offer a local, realistic banking alternative to the big banks.



The new bcu Coffs Central store

Fast forward almost 50 years and the bcu network now spans from Port Macquarie to the Sunshine Coast and while they have expanded in size and services, bcu remain a member-owned organisation, with a passion for local community banking.

Despite bcu being a relatively small financial institution, they have remained at the forefront of industry innovations. When the New Payments Platform by Osco was rolled out earlier this year, bcu were one of the few financial institutions to have the system up and available to Members the same day it went live in Australia.

bcu's dedication to keeping their products relevant, fees fair and Members the priority has proven a winning formula. Membership has grown to over 50,000 and the organisation has been the recipient of a number of awards from companies such as Money Magazine, Canstar and Mozo over recent years.

At a time when many banks are closing regional stores, bcu have gone against the trend, opening a new retail store in Coffs Central earlier this year. Officially opened by Acting CEO Alan Butler and Bryan Ussher, son of bcu's founding Chairman Bill Ussher, the new store is the first part of a move that will see bcu relocating their corporate teams to new commercial premises in Coffs Central. Coffs Harbour Mayor Denise Knight and Company Directors Sinclair Black and Geoff Hardaker were also in attendance. Another of the special guests was Mrs Clarice Amos, one of bcu's longest-standing members.

"This highlights our dedication to supporting the local business

community and gives us the flexibility needed to continue to grow with the community into the future," says Alan.

At the heart of bcu's success are the valued team members. "Our staff are our biggest asset. They are dedicated and passionate people, committed to delivering genuine personal service," Alan adds.



Acting CEO Alan Butler with (l to r) Carly Shanahan and bcu staff members Whitney Bengtson & Jennifer Bucuman



bcu Ambassador Carly Shanahan in action. Image courtesy of WSL.



Karen Mills - bcu Clarence Valley Area Manager

## Here is some insight on three of the bcu team.

### Karen Mills

Karen has lived with her husband and family on the Mid North Coast for 23 years and loves “everything” about the area. “Who can complain when some days before work I can have a run along the beach, a dip in the ocean and off I go?”

Starting as a casual cashier in the Bellingen store 18 years ago, Karen’s belief in the principles bcu was built on saw her progress quickly to store supervisor. Karen and her husband were drawn back to the coast, moving to Woolgoolga eight years ago, where she took up the role as Team Leader of the Woolgoolga Store. Karen is now the Acting Area Manager of the Clarence Valley, spanning from Woolgoolga to Iluka.

In her acceptance speech at the 2018 bcu Super Achievers Awards Dinner, when Woolgoolga was announced as Store of the Year for the second year running, Karen said the achievement was “made possible because of the teamwork and dedication of the close-knit team”.

### Cass Wilson

Cass lives with her husband and two young sons in Nana Glen and has been a part of the Coffs community for Five years or so. Cass loves the diversity of the region, with beach on one side and bush on the other. “We love that the boys are growing up in such an awesome part of Australia. It has everything that we would want or need.”

With over 18 years’ experience in the financial industry, Cass brings an absolute wealth of knowledge and skill to her role as Area Manager. Cass is dedicated to working with her teams, helping individuals reach their personal best and achieve their goals.

The community-focused structure of bcu is something Cass is extremely passionate about, and she is a proud advocate for the organisation. One of her Cass’s favourite things about working for bcu is that they create so many great employment opportunities for locals.



Cass Wilson - bcu Coffs Harbour Area Manager with Mrs Clarice Amos

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### Micha Simmons

With over 20 years' experience in the finance industry, Micha recently moved to Macksville to take on the role of Area Manager for Macksville, Urunga and Port Macquarie. Looking for her next challenge within the industry, Micha was drawn to bcu by its unique structure, operating practices and community-focused approach, and relocated with her family from QLD to pursue a career with the organisation. "I knew I wanted to work with bcu and was just really lucky that the organisation is based in such a beautiful location," Micha says.

Staff development and mentoring is something Micha is extremely passionate about and one of her favourite components of her role with bcu. "Our staff at bcu are incredible; they are motivated and dedicated to doing their absolute best for every Member."

Micha believes that bcu's strong focus on Members and the community is core to the success of the organisation. "Our staff can relate to and connect with our Members. Our team understands that there is a person behind every transaction and always make Members their priority."

To talk to one of the friendly bcu team, visit your local store or head to [www.bcu.com.au](http://www.bcu.com.au)



Micha Simmons, bcu Nambucca Valley Area Manager



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#### **BILL & VAL**

"The reason we chose Evermore is our daughters surfed the net, had looked everywhere, particularly in Newcastle with nothing coming close to what Evermore offers. Evermore in our opinion is superior to all other retirement villages, as its design is all under one roof. No need to go out in the weather to its facilities, as the club lounge, spa, movie theatre, library, gym, restaurant etc. are accessed by a leisurely short walk under cover from the apartment."

We came to an Open Day and were overwhelmed with the warmth of the residents' welcome, and it's very heartening to feel the lovely atmosphere within the village! We love living here!"



*"There are a lot of financial advantages living at Evermore as you don't pay stamp duty on the purchase, day to day costs are less than maintaining a house or villa and the restaurant meals are very affordable!"*

#### **BILL & BRENDA**

"All round, Evermore is the perfect place for us. We made the move as the house was getting too much to maintain. We checked a lot of retirement villages in the area but nothing matched Evermore. We are totally happy, as everything is here; beautiful club lounge, restaurant, movie theatre, pool,

indoor spa all under one roof! The roof top spa and bar has amazing Wallis Lake views and is perfect for BBQs. Come along to an Open Day and have a very close look at it; the staff are wonderful and we are very happy we made the move to Evermore!"



#### **JOHN**

"I'm a money man and I like to know where my money goes. I discovered that pensioners including myself can live off the pension at Evermore. There are a lot of financial advantages living at Evermore as you don't pay stamp duty on the purchase, day to day costs are less than maintaining a house or villa, and the restaurant meals are very affordable. I like to do my sums and the financial aspect of coming to Evermore is great! I love it!"



Bill & Val



Val, John & Rhoda

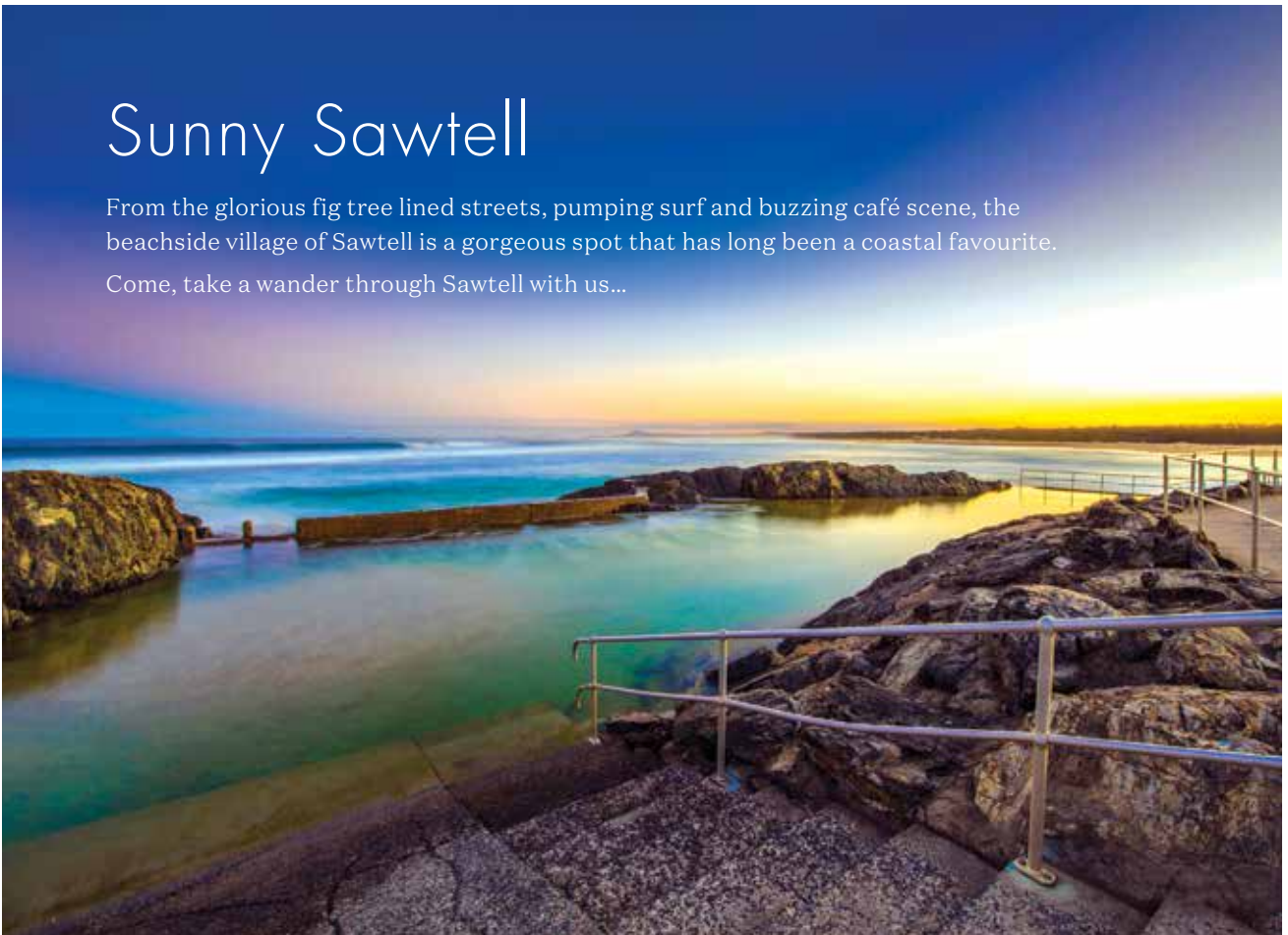


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# Sunny Sawtell

From the glorious fig tree lined streets, pumping surf and buzzing café scene, the beachside village of Sawtell is a gorgeous spot that has long been a coastal favourite. Come, take a wander through Sawtell with us...



The Kiosk at Sawtell's Surf Life Saving Club

# Day Trip - Our Top 10

With its pristine waterways, picture-perfect beach and the delicious eateries framed by the iconic fig trees, it's easy to while away time in Sawtell. Whether you're lucky enough to be local or simply visiting for the weekend, this dynamic little town is packed full of wonderful activities and delivers something for everyone.

Words by Ali Hiddlestone

Photography by Brendan Ray & Claudia Thompson



Helicopter view of Sawtell, showcasing the beach, headland & estuary

## 1. Get the heart pumping with a headland walk

There's nothing better than exploring Sawtell in its entirety with a bird's eye view. Start your walk at Boambee Headland Lookout where you'll have a beautiful view of Coffs Harbour and Muttonbird Island. From here, follow the path down to the beach and continue along the main stretch. You will no doubt see plenty of surfers and swimmers in your travels. At the end of the beach you'll reach the base of Bonville Headland where a path leads you up to the lookout point. Soak up the panorama to the south over the rock pool, Bonville Estuary and Bongil Bongil National Park and unrivalled views of the coastline. On a clear day you can see as far as South West Rocks.

## 2. Magical morning views with a side of coffee

For over 80 years the Sawtell Surf Life Saving Club has been the ideal spot to take in Sawtell's two kilometres stretch of beach bliss. As one of the main access points to the beach, the lawn and the beachside timber deck deliver a gorgeous vista with Boambee Headland to your north and Bonville Headland to the south. At the surf club, grab a coffee or bite to eat at the recently opened, The Kiosk.



Image taken at Zest Cafe

## 3. Take a dip in the Sawtell Memorial Rock Pool

There's no better way to cool off after your headland walk than with a dip in Sawtell's very own rock pool. Created more than 50 years ago, this much-loved local landmark is one of just a few ocean pools on the mid-north coast. The pool is built into the headland and offers great protection from the rip that runs out past the pool from the mouth of Bonville Creek. With ocean temperatures fairly mild all year round, the pool is perfect in springtime!

&gt;&gt;

#### 4. Catch a wave

Depending on the wind direction, you're bound to score a wave in Sawtell. With two headlands on offer, there's always a protected spot. Bonville Headland is a popular surfing location and you'll also find keen surfers at Sawtell's main beach.

#### 5. A novice surfer? Have a lesson with Sawtell Surf School

Whether you've surfed a little before or are a complete beginner, the team at Sawtell Surf School will get you up and on a wave before you've even had time to fret about falling off! The highly qualified and friendly instructors will give you an authentic taste of surfing, useful safety information on waves and the beach, and a top time! So be sure to give it a try. The school runs private and group lessons.



Image courtesy of Sawtell Surf School



A sweet treat from Boomtown 2452

#### 6. Indulge in Sawtell's amazing café scene

Along with the magnificent fig trees, the streets of Sawtell are lined with a plethora of cafés and restaurants offering some of the finest food on the coast. *Coastbeat* favourites include Treeo, Boomtown 2452, Zest and Split Café & Espresso Bar. For the sweet tooth, try Treeo's Nutella French toast (delicious!).

Zest's salt and pepper squid is also delicious and it's hard to go past Split's smashed avocado, dukkah spices and poached eggs! If you're after a quick takeaway to enjoy under the shady fig trees, grab a yummy burger from Village Takeaway or pop across the road to Sea Salt Fish & Chips.

Find out more about another tasty local eatery, the new Hilltop Store on p64.

#### 7. Have a picnic lunch at Boronia Park

If you're more of an outdoors type, there's nothing better than a picnic lunch at Boronia Park. Arguably one of Sawtell's most popular picnic spots, Boronia Park is located on Boronia Street at the base of Bonville Headland. It features barbecues, picnic tables and chairs as well as a children's playground. It's also in close proximity to Bonville Creek – popular for swimming and fishing.

#### 8. See a movie at Sawtell Cinema

Sawtell Cinema is an iconic part of this beachside village and is quaint, charming and historic in nature. Dating back to 1941, the Sawtell Cinema has had its challenges over the years – temporarily closing at one stage – but remains a thriving and proud part of the Sawtell community. From its unique décor, extra soft seats and glorious old-world feel, there's no better way to take in the latest releases. Find out more about the Sawtell Cinema on p68.



### 9. Enjoy boutique shopping

Did someone say shopping? You heard right, not only has Sawtell got the beach and café life sorted, it's also great for fashion and homewares with several beautiful boutiques sprawled along the main street. For the latest clothing, shoes and accessories, *Coastbeat* loves First Avenue Boutique and Miss Minnie's Boutique. You can also pick up some vintage homewares from the local op shop.



### 10. Attend a workshop at Sawtell Art Group or see an exhibition

Fancy yourself a budding Picasso? Why not try your hand at one of Sawtell Art Group's regular classes or workshops? Classes cover a range of different styles and skills from oils and acrylic landscapes, to paint pouring, watercolour and drawing techniques. If you'd rather see art than create it, the regular exhibitions on offer may be more your speed.

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# SAWTELL COMMONS

between the mountains and the sea

*'Commons' (def') is the cultural and natural resources accessible to all members of a society, including natural materials such as air, water, and a habitable earth.*

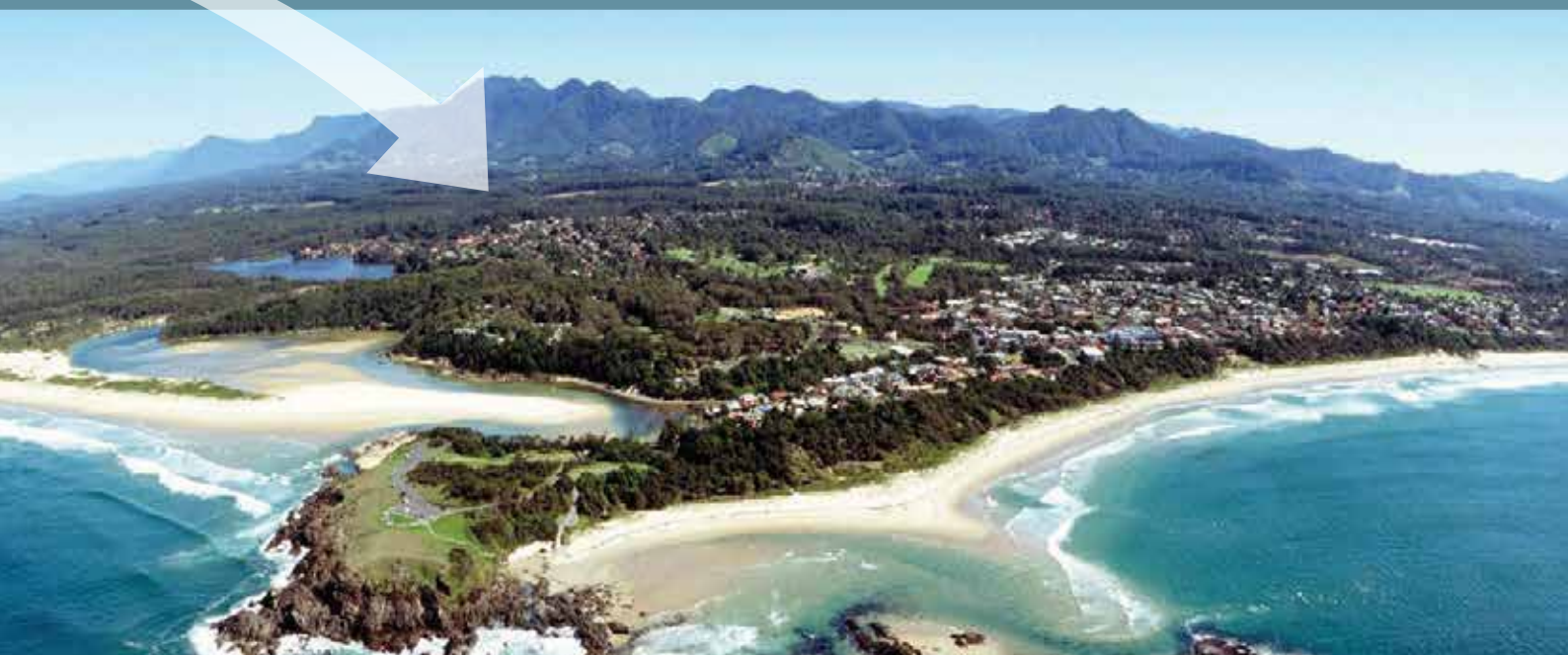
*"A place of family, friends, fresh air & all good things." John Gowing*





Sawtell Commons is the last undeveloped residential land close to Sawtell with fantastic access and views over the Bongil Bongil National Park.

Pending development approval for 220 lots, with block sizes ranging from 450m<sup>2</sup> to 850m<sup>2</sup>, all blocks have either North-South or East-West orientation and access to cycleways and pathways connecting natural vegetation areas to creek reserves and park lands. A children's playground & community garden will be features of the parkland areas. Lifestyle and location are unmatched with beaches, fishing, golf, swimming, tennis, surfing & boating. The famous Sawtell Village, just 3.5km away boasts a rich café & restaurant culture, great shopping, a heritage cinema and pub. There's easy access to local schools, it's 2 minutes to the Pacific Highway and 8 minutes to Coffs Harbour airport with regular services to all major East Coast cities.



Thank you to all those who have already registered.

Register your interest before November 30th to receive VIP priority block selection.

Contact Olivia Hannah at [olivia@gowings.com](mailto:olivia@gowings.com) or 0416 388 562



Carla Jones & Richie Dolan with son Hudson



# From hatted restaurants to The Hilltop Store

As part of our 'Full Circle' series, *Coastbeat* caught up with renowned Sydney chef and Sawtell local, Carla Jones and her equally renowned chef husband, Richie Dolan. The couple talk about their new venture, The Hilltop Store which opened earlier this year.

Words by Ali Hiddlestone

Photography by Brendan Ray

The idea began as a daydream fifteen years ago. Now, acclaimed chef Carla Jones has achieved her vision of opening a café at Sawtell's famous 'Hilltop Shop'. "I've always loved it. I think it started from my trips to get lollies there as a kid," she says.

"I remember sitting at the pub in Sawtell as an apprentice chef and I'd mutter to myself, 'if I ever move back home and open something, I'd do it at the Hilltop!' And now that I've actually done it, I think I'm still in shock."

The Sawtell local, along with husband Richie and two-and-a-half-year-old son Hudson, left their high-flying chef roles in Sydney nearly two years ago for a chance to start something incredible of their own, back home.

The resumes of this talented husband and wife team are certainly impressive. Both have worked with national and internationally acclaimed chefs, not to mention co-owned and headed up some of Sydney's most well-known and celebrated venues.

Carla came from humble beginnings. At the age of three, she moved from Inverell to the local area with her family, attending Toormina Primary and Toormina High School. Completing her apprenticeship in Coffs Harbour and Brisbane, Carla then took herself to Sydney in search of some experience in the pastry field. In testimony to her talent, Carla ended up at Matt Moran's award-winning restaurant Aria.

As Richie recounts his rise to becoming a prominent Sydney chef, Carla, sitting beside him, smiles in the knowledge of how much Richie's first Aussie job would change both of their lives. It was at Aria that Richie and Carla's paths crossed.

Having moved to Australia as a 19-year-old with only six months training under his belt, Richie applied for the position of 'chef de partie' at Aria. For those not entirely up with the hospitality lingo, this role is just fourth in the kitchen hierarchy and requires the running of an entire section of the kitchen.

Again, as a testament to his talent – or bluffing abilities as Richie would have you believe – he got the job. "You know what they say, 'fake it until you make it!' I suppose

in this industry you just bite off more than you can chew and then you chew like buggery," he says.

"It was all down to hard work after that. I worked incredibly long hours but the more time you spend in the kitchen the more you learn, and if you're eager to learn, you pick it up really fast."

Richie went on to become sous chef at Aria before stepping into the role as head chef at Matt Moran's newest addition to his restaurant collection, Chiswick.

During this time, Carla had also been busy making a name for herself. Having spent 18 months at Aria, she took herself off to London. Again, she fell on her feet, landing a highly coveted chef position at Gordon Ramsay's restaurant in Claridge's – a five-star luxury hotel in London's prestigious Mayfair district.

After nearly two years abroad, Carla returned home and began working as a chef de partie at the very popular Four in Hand restaurant in the Sydney suburb of Paddington. A promotion to sous chef, two 'hats' and seven years later, Carla decided to open her own restaurant in Sydney. She teamed up with the owner of the Four in Hand, Colin Fassnidge and the pair launched 4Fourteen.

Three years later, Carla fell pregnant and the urge to return to her hometown grew too strong. "I knew [coming home] would be the right move because every time we'd come to visit family, it became just that little bit harder to leave. As soon as kids were involved, it was a no-brainer," she says.

It wasn't long after moving home that the wheels were put in motion for the revamped hilltop shop. It took 18 months, but the couple's transformation of the historic and locally-loved general store into a vibrant and buzzing café was remarkable and has fast become a crowd favourite.

"Everyone has been so supportive of it," says Richie. "Five minutes before opening on our first day, there was a queue of people waiting at the front door. They were all people who had, in some shape or form, been part of the project." He adds, "It was just completely overwhelming."



>>

According to Carla, the building process was made extra special by the support from the community. "I think the thing that I've loved the most about opening the new café is having past owners and families pop in and show us old pictures and thank us for breathing new life into the place," she says.

Carla is also really thankful for the number of locals who helped with the actual construction itself. "It's really the café the town built," she says.

When it came down to sourcing food, both Carla and Richie have been blown away by the exceptional quality of local produce. "Coffs Harbour has the most remarkable food bowl. There's award-winning poultry, oyster mushroom farms and beautiful fresh fish from the Co-cop. It's just incredible," says Richie before adding, "We also get heaps of locals dropping food in for us like citrus fruits and honey – so we just get creative with how we can incorporate it into our menu, it's lovely."

While some chefs take inspiration for their menu from past experiences, Carla and Richie are all about keeping things simple and fresh.

"We just think about what we'd like to eat and then create a menu based around that. We do a special

Sunday roast lunch that's proved really successful.

That's not from any past chef experience, it's from my childhood," says Richie.

While there are many married couples who couldn't bear the thought of working together, Richie and Carla enjoy it. For Richie, "It's fun – I get to work with my wife."

While Carla agrees, she admits to being a little strategic with the kitchen design. "I have my own little area out the front and Richie is out the back so we're not side by side the entire day!"

"I think the best part is when people come and compliment us together. If you're successful together and you can share that, I think that's really special," says Richie.

It's also really special that Carla and Richie have established their place on the hilltop, where Carla always hoped to be.

The Hilltop Store is located at 114 First Avenue, Sawtell and is open 6 days a week.

**For more information visit  
[thehilltopstore.com.au](http://thehilltopstore.com.au)**





Image by Moore Photography

## French Toast with Orange & Medjool Dates, Macadamia Ice-cream, Palm Sugar Caramel (Serves 4)

### INGREDIENTS

4 slices of day old sourdough bread  
 4 tblsp unsalted butter  
 6 eggs  
 2 cups milk  
 4 tblsp sugar  
 1 tsp vanilla paste  
 Pinch salt  
 Zest of 2 lemons  
 2 Oranges  
 100 grams medjool dates  
 8 mint leaves chopped  
 150mls palm sugar caramel  
 4 scoops of macadamia ice-cream  
 100gms chopped roasted macadamias  
 Icing sugar to dust

### METHOD

1. Whisk the eggs, milk, sugar, vanilla, salt and zest together.
2. Place bread in a shallow dish and pour egg mixture over the bread. Allow to soak for half an hour before frying.
3. Melt 1 tblsp of butter in a medium frypan, take out 1 slice of soaked sourdough and place in fry pan. Gently fry over a medium heat until golden brown on one side, fry the other side, then place in a moderate oven for 4 minutes.
4. Remove from oven, dust with icing sugar and flip the bread again, place back on the stove top over a high heat and caramelise the sugar.
5. Remove from pan and place in a warm oven until serving. Repeat with the other three slices of bread.
6. Segment oranges and place in a bowl. Cut dates in half and remove the seed, slice thinly and add to oranges.
7. Add 50mls of the caramel to fruit along with the chopped mint and set aside until plating.

### PALM SUGAR CARAMEL

250grams Dark Palm sugar  
 100mls water  
 1 cardamom pod crushed  
 ½ lime juiced

### METHOD

Put palm sugar, water and cardamom in a saucepan and place on stove over medium to high heat. Dissolve the sugar and let simmer for 2 minutes. Check consistency and add a squeeze of lime juice. Store in the fridge and use as required.



# The story behind Sawtell Cinema

Movie-lovers descend from far and wide to enjoy Sawtell's charming cinema and these days, it's often buzzing with patrons, but the much-loved cinema has had its ups and downs. It took one mighty push by locals two years ago to put this invaluable community asset back in business...

Words by Ali Hiddlestone

Photography by Brendan Ray



Jill Nash - Sawtell local & one of the 20 investors in the cinema

Sawtell resident Jill Nash has always loved her local cinema. "I enjoyed the fact that it was an independent cinema still operating – there aren't around many these days."

Jill first became involved with the art deco cinema following the 2009 floods which destroyed much of the interior, forcing it to close. It reopened temporarily but the relaunch proved short-lived and the cinema closed permanently in late 2012.

The cinema was then put on the market, staying empty for three long years. "The longer it stayed closed the more dejected it looked. It took such pride of place in the street, so you really noticed how derelict it had become."

Almost two years later, Jill had a serendipitous catch up with a local friend, Stephanie Ney and the wheels to save the cinema were put in motion. "Stephanie told me her plan for saving the cinema and I jumped on board whole-heartedly."

A unit trust was established with the terms of 20 investors and no more than two million dollars in capital. Jill became one of the investors along with 19 other passionate locals – all determined to get the cinema up and running again. "I think most of us did it more for love than for any great financial return."

The money had to include purchasing and refurbishing the cinema, "going digital, replacing all the seats, moving the

toilets inside and restructuring the entire place to make two cinemas," says Jill. 18 months later, the cinema had its grand opening. "The community response has been huge – everyone is just so thrilled," she adds.

Kieren Dell, CEO of Majestic Cinemas, who now lease the cinema was delighted to be able to reopen the iconic venue. "The cinema is a great tribute to the passion and vision of the current owners and of the local community, all of whom have made it a great success. It's wonderful to have a successful boutique cinema in a regional town that caters to the holiday crowds and to those who enjoy arthouse, foreign films and special events - all with a glass of wine in hand."

Since its reopening, not only is the cinema thriving, so too is local business. Jill is one of many proud locals. "We are all just so pleased to have the jewel in the crown of Sawtell returned."

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**For more on Majestic Cinema in Sawtell go to [www.majesticcinemas.com.au](http://www.majesticcinemas.com.au)**

Macleay Valley Coast residents can also look forward to their own local cinema with plans for a new Majestic Cinema in Kempsey Central shopping centre by late 2019.

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# florent & munday

162 Heritage Drive, Moonee Beach



4 2 8

\$ 980,000

## The Complete Package

Tucked away on the high side of the street at the rear of Heritage Park, this delightful four bedroom, two bathroom property delivers on many levels. Vaulted ceilings, spotted gum timber flooring, skylights, innovative architecture and a floor plan designed for modern lifestyles make this residence an impressive entertainer and equally, a comfortable and versatile haven for the family.

Contact Yvette Ward 0403 602 544

25 Red Gum Circuit, Sapphire Beach



4 2 2

\$ 729,000

## Brand New - North Sapphire Beach

Open-plan design with plenty of natural light. Those who love to entertain will appreciate the kitchen's stone benchtops and stainless steel appliances, gas cooktop, all perfectly complemented by the dazzling white colour palette. Stacking sliding doors open to fuse indoor and outdoor living. Featuring four generously sized bedrooms, two separate living areas, the main with cathedral ceilings combines lounge, dining and kitchen. Cycling and walking trails leading to the beach.

Contact Shane Brooks 0403 266 707

32 Bakker Drive, Bonville



4 2 5+

\$ 1,150,000

## Wow this Home is Sure to Impress!

This executive home includes four bedrooms, the master bedroom suite has ensuite and walk in robe, light-filled open plan living areas, kitchen with quality appliances plus two patio areas. The kids are catered for with a rumpus room and 11.8mtr solar heated saltwater pool with its own entertaining area and a large Colorbond shed. This stunning home is set on just over 2 manicured acres, backing creek and set amongst outstanding properties and only minutes to the Bonville International Golf Club. Don't miss this one.

Contact Luke Wenban 0418 165 979

10 Trevally Street, Korora



4 2 2

\$ 749,000

## Brand New - Korora Beach Estate

Ideally positioned only a short stroll to Korora Beach this home encompasses four bedrooms, the master bedroom includes a walk-in wardrobe and stylish ensuite with double sinks. Three separate living areas, one perfect to enjoy as a living/media room, a family room combining dining and kitchen in a light and bright open plan, the third being the kids' retreat adjoining two bedrooms and a three way bathroom. Entertainer's delight with a stylish kitchen and glass stacking doors to the covered entertaining area.

Contact Shane Brooks 0403 266 707

"We Make it Happen!"

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64 Mimiwali Dr, Bonville



4 2 2

\$ 629,000

## Brand New - Sawtell Ridge Estate

Boasting quality inclusions throughout, this brand new home will not disappoint. The open plan design caters for families seeking space, entertainers will love the covered alfresco area that looks out to the surrounding bush reserve. Features also include open plan living area, separate media room, kitchen with engineered stone benches & quality stainless steel appliances, ceiling fans throughout, main bedroom with ensuite & walk-in robe and remote double lockup garage. **Contact Shane Brooks 0403 266 707**

37 Saltwater Crescent, Corindi Beach



4 2+ 2

\$ 635,000

## Family Home Close to the Beach

This is an outstanding four bedroom, level family home in a sought after location, within a short walk to the beach. Generous size bedrooms with beautiful white Plantation shutters. The fabulous kitchen has been renewed featuring stone bench tops with a recessed double sink, pyrolytic (self cleaning) Miele oven with induction cooktop and rangehood. Tiled throughout there are three separate living rooms plus a fantastic alfresco dining area to enjoy a morning cuppa in. **Contact Nicole Stark 0418 290 153**

15 Glengyle Close, North Boambee Valley



4 2 2

\$ \$629,000

## Quality Family Home

Boasting quality inclusions and extra special touches, this brand new home will not disappoint. The open plan design caters for families seeking space, entertainers will love the large covered alfresco patio that looks out to the hills. Open plan living area with raked ceilings, separate media room, kids retreat, kitchen with engineered stone benches & quality stainless steel appliances, butler's pantry, ceiling fans throughout, main bedroom with ensuite, side access for boats and trailers. **Contact Luke Wenban 0418 165 979**

122B Old Coast Road, Korora



6 5 5

\$ EOI

## Ocean and Hinterland Views

This private and luxurious beach style home plus enormous separate studio is exquisitely designed to maximise the stunning coastal scenery and create a beautiful indoor/outdoor lifestyle. Perched high on approx. five acres and commanding uninterrupted ocean views from most rooms from both dwellings. Amazing use of glass throughout the home to enjoy sundrenched living spaces & huge entertaining deck with direct ocean views. Only 10 minutes to Coffs Harbour, resorts and beaches. **Contact Yvette Ward 0403 602 544**



Shane Brooks  
Principal & Licensee  
0403 266 707



Luke Wenban  
Sales  
0418 165 979



Nicole Stark  
Sales  
0418 290 153



Yvette Ward  
Sales  
0403 602 544



Samantha Ginn  
Sales Coordinator  
02 6652 7888



Ashley Cooper  
Sales Support  
02 6652 7888

# Maxine Wallace

## The Surfing Paramedic

Maxine Wallace is a dedicated paramedic and grandmother whose passion for surfing – which she discovered on the day she turned 40 – keeps her happy, healthy and young at heart.

Interview by Georgie Bull



Image by Elize Strydom



Image by Sharon Lamb of Scherezade Photography

**Cb: Hi Maxine, tell us about yourself...** I work as a part-time paramedic in Port Macquarie. When I'm not on shift, I stay in a little cottage on the back roads near Crescent Head and spend lots of time surfing.

I have two adult children who live on the Central Coast and Sydney, and three grandchildren, who are the loves of my life.

**Cb: What motivated you to become a paramedic?**

I was a real latecomer and didn't become a paramedic until I was 50. After being in the fitness industry for 23 years, working as a fitness instructor and managing gyms, I wanted a more secure job. I'd met a few paramedics through the gym and thought their roster sounded appealing, so I began studying, not sure if I'd finish. It was a long process, but I finally completed my studies and was lucky enough to be transferred to Port Macquarie.

**Cb: What are the most rewarding aspects of your job?** It sounds clichéd, but I love helping people. I'm also surrounded by great colleagues who have become like family to me. When you're driving around with one person for a whole shift, you get to know them pretty well. We're lucky on the mid-north coast because we have small stations where everyone knows each other. I love that we work as a team

and are part of a chain of patient care. And the roster is good – lots of time off for surfing!

**Cb: And the challenges?** The hardest part of the job is definitely the physical side which is something most people probably don't think about. We're often in situations where we have to lift people or carry them up stairs, which can be really difficult when there's no time to call for back-up.

It can be frightening when patients don't realise that we're there to help them and become combative. Luckily, we have a great relationship with the police, so I feel safe most of the time.

**Cb: How do you unwind from work?** My colleagues are great. If something stressful has happened, we always talk about it and ensure the other person is ok. There's this feeling that someone always has your back.

Surfing is my main form of therapy. The ocean cleanses everything – from work stress, to personal issues. I've also got a great group of friends I can have a laugh with.

**Cb: When did you fall in love with surfing?** I didn't start surfing until I turned 40. My ex-husband Pete was a top surfer and I travelled around with him but was too busy with young kids and just never found the time to learn. Back in the 90s, I used to go to the comps and watch these amazing

women surf longboards and be in absolute awe of them. Then one day, Pete pushed me into a wave at Noosa and that was it!

I love the feeling of being out in the water, looking around and appreciating everything. Every wave is different, and you only need one good wave to get that natural high. There's nothing else like it.

**Cb: What's your favourite surfing experience?** My girlfriends and I went on a trip to the Mentawai Islands a few years ago and I got the best waves of my life. We were on a boat for two weeks with perfect waves every day. It was magic. Unfortunately, I also had the worst wipe-out of my life on that trip! The surf was overhead, and I got held down for a long time, trying to find the bottom so I could push off. I was terrified. On its day, Crescent Head Point is pretty hard to beat. It can be difficult to get a wave when it's crowded but when you do, it's worth the wait.

**Cb: What do you love most about life on the north coast?** Crescent Head is a great community. Our shared love of the ocean brings us together. We are so lucky to have plenty of amazing beaches – particularly down the back roads where I live. Point Plomer is still the most beautiful place. I used to bring the kids up to Plomer every summer when they were little, and it's hardly changed. These days, I take my grandson camping there.

**Cb: What are you most grateful for at this point in your life?** My grandchildren. I'm so blessed to have them. There's nothing like the love you feel for your grandkids and I enjoy such a special relationship with them. My little seven-year-old grandson comes up to stay with me in the holidays and we go camping, sit around the campfire and surf together. We're really close.

**Cb: Is there a motto you try to live by?** Treat others how you want to be treated. And be happy.

Thank you Maxine



Image by Elize Strydom


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# What's On at Coffs Central this Spring



## WIN a Stylist Session

Coffs Central is giving you the chance to win a Personal Styling Session with an accredited fashion Stylist PLUS \$1000 to spend in Coffs Central during the styling session.

Our Stylist will guide you in developing your own sense of style, whilst ensuring perfect fit and suitability, giving you the confidence to dress on trend. Get your new Spring/Summer look sorted!

When: September  
Find out more at [coffscentralshopping.com.au](http://coffscentralshopping.com.au) and follow us on Facebook at [facebook.com/coffscentralshoppingcentre](https://facebook.com/coffscentralshoppingcentre)



## Candle Workshop

Come and learn how to make your own gorgeous candles.

Add your own Spring fragrances and choose a spring colour and enjoy your candles at home. The class is designed for beginners and anyone interested in having fun and being creative.

When: Sunday 23rd September  
Time: 11:30am – 1pm  
Cost: \$25.00 per person  
Where: Recharge Hub, Level 1.  
Bookings: call 5622 8900 or email [customerservice@gowings.com](mailto:customerservice@gowings.com)



## The Buskers are Back

The Buskers are back in town this October and on October 6th they will be in Coffs Central. Be entertained and inspired by acts like Clown Loto, Sports Suzie and The Flying Dutchmen. It's acts like theirs that will excite the imagination while making you laugh.

When: Saturday October 6th  
Time: 10:30am – 1:30pm  
Cost: Free  
Find out more at [coffscentralshopping.com.au](http://coffscentralshopping.com.au) and follow us on Facebook at [facebook.com/coffscentralshoppingcentre](https://facebook.com/coffscentralshoppingcentre)

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## Learn to Cook with Chef Dave

Coffs Central will be offering live Cooking Demonstration Workshops in the coming months for those looking to learn the art of cooking.

Keep an eye on our Facebook page  
[facebook.com/coffscentralshoppingcentre](https://facebook.com/coffscentralshoppingcentre) for more information.



## Styling Tips Workshop

Do you find it difficult to find clothes and accessories that work for you while still being on trend? Coffs Central's Stylist will help you find the perfect look for you, while teaching you tips and tricks that will change how you dress and accessorise.

When: Sunday 21st October 2018  
 Where: Coffs Central Shopping Centre.  
 Bookings: call 5622 8900 or email  
[customerservice@gowings.com](mailto:customerservice@gowings.com)



## Makers Markets

With paintings, jewellery, photography, furniture, clothing and décor. Grab a coffee and wander the centre, all while falling in love with the quirky pieces that are passionately and individually hand-crafted by our market stall holders.

When: Every Thursday 9am – 2pm at Coffs Central.  
 Find out more at [coffscentralshopping.com.au](https://coffscentralshopping.com.au) and follow us on Facebook at [facebook.com/coffscentralshoppingcentre](https://facebook.com/coffscentralshoppingcentre)



## Kids FREE PJ Masks Show

Coffs Harbour favourites The Smileys will be performing a PJ Masks show for the kids. Plus, FREE face painting will also be available with Trudy Smith.

When: Saturday 15th September.  
 Time: From 10am  
 Where: Coffs Central, in front of Kmart  
 Find out more at [coffscentralshopping.com.au](https://coffscentralshopping.com.au) and follow us on Facebook at [facebook.com/coffscentralshoppingcentre](https://facebook.com/coffscentralshoppingcentre)



## Kids Creating Xmas Cards Workshop

If you love sending personalised Xmas cards, Coffs Central is holding a Kid's Creating Xmas Card Workshop with local artist Trudy Smith. Send out Xmas cards designed by your very own child.

When: November 2018.  
 Where: Coffs Central  
 Find out more at [coffscentralshopping.com.au](https://coffscentralshopping.com.au) and follow us on Facebook at [facebook.com/coffscentralshoppingcentre](https://facebook.com/coffscentralshoppingcentre)

# What's On at Port Central this Spring



## Real Food Markets

Every Tuesday from 2pm the Port Central Forecourt comes alive with local passionate food stalls boasting a diverse range of locally made or produced food. Whether it's Farm Fresh eggs, certified organic and in-season fruit and veg, locally grown organic macadamias, honey and beeswax products or locally harvested olives and oil, you will find this and more every Tuesday. So bring your baskets and head down to the Port Central Forecourt each Tuesday, have a chat with our lovely stallholders, stock up on some top quality produce and taste the difference!

Where: Port Central Glasshouse  
Forecourt, Port Macquarie, NSW, 2444



## WIN a Stylist Session

Port Central is giving you the chance to win a Personal Styling Session with an accredited fashion Stylist PLUS **\$1000** to spend in Port Central during the styling session.

Our Stylist will guide you in developing your own sense of style, whilst ensuring perfect fit and suitability, giving you the confidence to dress on trend. Get your new Spring/Summer look sorted!

When: September 2018.  
Find out more at  
[portcentralshopping.com.au](http://portcentralshopping.com.au)  
Follow us on Facebook at  
[facebook.com/portcentralshoppingcentre](https://facebook.com/portcentralshoppingcentre)



## Styling Tips Workshop

Do you find it difficult to find clothes and accessories that work for you while still being on trend? Port Central's Stylist will help you find the perfect look for you, while teaching you tips and tricks that will change how you dress and accessorise.

When: Saturday 20th October 2018.  
Where: Port Central Shopping Centre.  
Bookings: call 5525 1000 or email  
[portcustomerservice@gowings.com](mailto:portcustomerservice@gowings.com)

ENQUIRIES  
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## Tea Planter Box Workshop

Create a fresh tea garden to pop on your windowsill for fresh tea every day! Rhiannon will take you through the steps of creating a wooden planter box that you will then fill with a selection of fresh herbs that you can use to unwind every day.

When: Saturday 22nd September, 2:00pm - 3:30pm

Where: The Creative Hub, Level 1

Cost: \$25.00 per person

Bookings: 5525 1000 or portcustomerservice@gowings.com



## Mid North Coast Cook Off

The search is on for the best apprentice chef with the regional ETC "Cook Off" competition to heat things up in the kitchen. Those pursuing cooking apprenticeships in the lower mid north coast can show off their skills with competitors to create an original dish with specific guidelines. The cooking battle will be held at Port Central the Saturday 10th of November where 3 finalists will have to dish up their best meals to get a chance to go through the next stage and compete with their fellow apprentices for the title of ETC best apprentice chef 2018.



## Kids FREE Family Pepper Pig Show

In this new Peppa Pig Show you're all invited to Peppa's birthday party. Help George and Daddy Pig to make this party Peppa's best birthday ever! Lots of dancing, singing and games for all.

When: Saturday 10th November

Time: 10:30am - midday

Location: Port Central Centre Court near Target



## School Holiday Cooking Workshops

It's never too early to get little hands dirty in the kitchen so we have organised 2 cooking workshops these school holidays designed to keep children stimulated and entertained. These classes are fun and educational with children preparing dishes with creativity and laughter. \$15pp, bookings essential. Call 5525 1000 or email portcustomerservice@gowings.com

Sushi Workshop 13th September, 10:30am - midday.

Pasta Workshop 29th September, 10:30am - midday.



## School Holiday Craft Workshops

Looking for something to do during the School Holidays? Kids can unleash their creativity, make new friends and learn some new skills in our Creative Workshops, 10am - 2pm daily.

Dream Catchers - Monday 1st and Thursday 11th Oct.

3D Artwork - Tuesday 2nd and Monday 8th Oct.

Play with Clay - Wednesday 3rd and Wednesday 10th Oct

Contemporary Canvas Art - Thursday 4th and Friday 5th Oct.

Paper Bead Jewellery - Friday 5th Oct.

Recycled Art - Tuesday 9th Oct.

\$20 per child. Book now 5525 1000 or portcustomerservice@gowings.com



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**PORT CENTRAL SHOPPING CENTRE**

40 - 42 Horton Street, Port Macquarie NSW 2450





# What's On at Moonee Market this Spring



## Facial Rejuvenation

Offering a holistic approach to dental and facial care from Implants to Preventative Care, Facial treatments to Restorations. Visit Coffs Coast Dental and Facial at Moonee Market, phone 1300 385 515 or visit: [www.coffscostdental.com.au](http://www.coffscostdental.com.au)



## New Butcher at Moonee

Russells Prime Quality Meats has moved to Moonee Market. Russell guarantees all their meat comes from paddock to plate. Perfect for BBQing, Sunday Roasts and the classic meat and three veg. Get in early & book your Christmas turkey now!



## Lala Land is a Social Hub

So much more than just the most exciting and fun indoor play centre on the North Coast. Biz Brekkies are held on Wednesdays at 9:00am and Family Yoga is available every Thursday at 11:30am during school terms. Call 6653 6511.



## Storytime & Art Classes

Katsby's Kids' Lounge is the perfect way to entertain your kids, while enhancing their imagination. Join Kat for free storytelling & free face painting every Wednesday at 11am. Art & Craft classes also available every Thursday 5pm - 7pm \$10-\$15. Book now 0425 808 482.



## Sugarmill Restaurant

Sugarmill has welcomed new Manager Ben Wilson to the team, so keep an eye out for some exciting menu changes and other news on Sugarmill and Moonee Market's Facebook pages.



## FREE Family Fun Day

This October Moonee Market will host a FREE Family Fun Day, including free face painting, a live show, music and lots of family fun. Stay tuned for more information on our website and Facebook page. When: 6th October 2018.



FIND US  
MOONEE MARKET





Lily & Sapphire  
Dede Hat tea  
\$64.95



Urban Life  
Linen shirt \$89.99



Lily & Sapphire  
Bowl cross bag  
\$115.95

Go Vita  
Selection of  
Raw Cakes  
from \$7.50



Lily & Sapphire  
Speckled rectangle  
platter \$110.95



Urban Life  
Crushed overalls  
\$89.99



Sensara Boutique  
Les Tropeziennes  
Sandals \$139.95



**COFFS CENTRAL**  
*'the heart of it all'*

# It's A Wrap

Meet our maker, a mother, artist and business woman from Mullumbimby who is trying to get the plastic problem wrapped up and put away, sustainably.

Words by Zacharey Jane

Photography by Sam Clarke



Claire Mason with some of her different wrap designs



Claire Mason describes her work as a 'labour of love'. She and her collective of co-workers are pitching at a plastic-free world, one wrap at a time. Beeswax wraps, that is.

Beeswax wraps replace plastic wrap for covering food. They are made from fabric coated with molten beeswax. The wax is still malleable when dry which means that it can be bent and moulded over and around food and dishes for storage. The wraps are multiple use items that can be unfolded, wiped down and re-used safely and hygienically.

Beeswax wraps are also the latest rage and one hopes that it's not a fad because these organically produced, sustainable, biodegradable items are rapidly replacing single-use plastic wrappings and not a moment too soon.

The Great Pacific Garbage Patch, that frightening accumulation of floating plastic in our ocean, is now around 1.6 million square kilometres in area, weighing-in at about 79,000 tonnes. A formidable foe, fed by every single piece of plastic that is used and left to float away in the world's waterways.

Claire's company began because she saw an opportunity to combat this Goliath. She has, like so many entrepreneurs, had multiple careers before starting The Beeswax Co, as a qualified chef, a computer programmer, a photographer and an artist. Claire's sense of aesthetic is obvious across her range of wraps, four in all, with a fifth range in production. Two are designed by Wiradjuri artist, Daniel Hend, inspired by Aboriginal imagery. All are immensely popular, selling widely in Australia. But her biggest clientele is in England, France and Germany.

"We are right at the beginning of a plastic-free Europe," she says, as we talk on the phone. "There is great interest in our ethos and our products in Europe, especially Daniel's designs. Our customers feel that they are taking a little taste of Australia home."

Claire has just returned from selling out her entire range at various European trade shows. She has left her adult daughter Surye in Europe, following up the sales and promoting the line, as Sales Manager.

"We are growing so fast that Surje left her full-time job in Sydney to join me in the company," says Claire proudly. "We are a small company, but we have big aspirations."

The Beeswax Co uses Global Organic Textile Standard (GOTS) certified materials. The beeswax is sourced from local Australian beekeepers and the cotton is grown in India from old seed, meaning non-genetically modified (GM), which does not require chemicals and pesticides and is less reliant on huge quantities of water. Old world seed has adapted over hundreds of years to the growing environment in India making more environmentally friendly.

"Apart from addressing environmental sustainability, we are trying to support the Indian producers," explains Claire. "By using old seed instead of GM seed the farmers can replant, instead of having to buy single-use seed every year from the multinational seed companies. Debt is a huge social issue among Indian farmers, contributing to a suicide level in the

hundreds of thousands every year."

There are many different styles of beeswax wrap available online, but check out the materials that they are made from because why save the world from plastic, only to poison it with unsustainable farming practices and chemicals?

For the crafty folk, Claire has been kind enough to provide a recipe for making your own beeswax wraps. When I ask her if she minds handing over her secrets, she laughs.

"Of course not! That is what this company is all about! The more people walking away from single use plastic the better. That's why we started The Beeswax Co."

Well said, Claire. And that about wraps it up.

**For more information or to purchase one of Claire's beeswax wraps go to [www.thebeeswaxco.com.au](http://www.thebeeswaxco.com.au)**



Image courtesy of The Beeswax Co.



### Claire's Beeswax Wrap Recipe

Pine-tree resin (can be found at selected online suppliers.)

Beeswax

Coconut oil

100% cotton fabric

Scissors or pinking shears

Paintbrush

Hairdryer

Clean working surface

Drying rack

### METHOD

1. In a metal saucepan or pot, melt 1 part pine-tree resin with 2 parts beeswax and a dollop of coconut oil. Do not boil. Handle with care!
2. Cut a piece of 100% cotton into a rectangular shape, to a size of your choosing. The fabric does not need to be hemmed but an attractive finish can be achieved by cutting the edges with pinking shears, which also stops the fabric from fraying.
3. Lay the fabric rectangle on a smooth, clean surface and coat it with the beeswax mix, using a paintbrush and a hairdryer to keep the wax soft while coating. You can use a large, clean baking tray.
4. Hang to dry before using.

# The Storyteller

Words by Yvette Harper



Andrew Pratley by Hello Coco Studio

Toby & Ethan Pratley by Andrew Pratley

Emerald Beach local Andrew Pratley is a full-time primary teacher and father of five (with children aged 5 to 21). Away from the classroom, he loves to draw, paint and play the guitar, bass, harmonica, mandolin, drums, didgeridoo and ukulele. Oh yes, and he surfs whenever he can.

All of this begs the question, how has he found time to publish his first children's book?

"I've done it over a long while – little bits and pieces at a time and so now, to hold the finished product in my hands feels very rewarding. It motivates me for the next book."

*Empty* tells the story of a little girl who feels forlorn and alone. She embarks on a journey and discovers haunting and beautiful music that leads her to friendship. Shared joy and companionship bring about her purpose and fulfillment.

And while it was never his intention, all of the things Andy cares most about have become a part of *Empty*: relationships, children, music, the ocean and the beauty of the north coast (in addition to the beautiful illustrations in the book, drawings of the South Solitary Island Lighthouse line the inside front and back covers).

Andy is certainly well-equipped to connect with young readers, having engaged kids for years now – not only in the classroom but on screen too. Sure, a group of young teachers in coloured skivvies took over the world of children's entertainment in their big red car but *The Bunyips*, which Andy was a part of many years ago, also had their time in the sun.

Andy has always loved coming up with silly songs and rhymes and finds them helpful in the classroom to engage kids. He believes it makes learning more fun and helps students remember things.

"Variety is the spice of life and it's important to find something that sparks a child's imagination. It's an old-fashioned tool that still works. If kids feel inspired and can see the point of wanting to learn, the path becomes much easier for them."

Teacher, father, author, muso, artist, surfer. It seems variety keeps life interesting for Andy too. "I'm certainly not the greatest artist or musician or author but I like having a go and dabbling in different artistic ventures. I always encourage our five children to do the same."



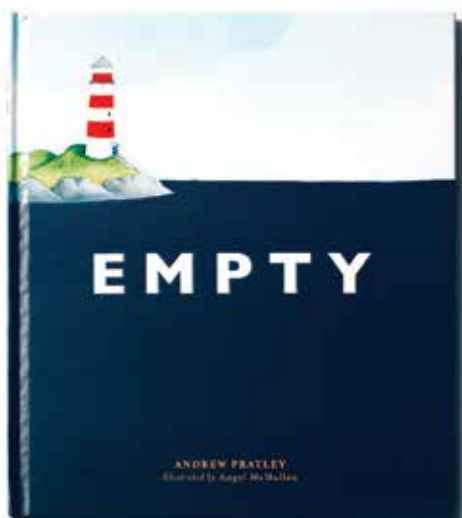
The Pratley family. Image by Erin Holliday from Hello Coco Studio

Andy explains to me his need to create and says he really misses it when there are lapses between creative endeavours. "Creativity brings me joy. I've been writing stories for years - this one just happens to have been published. It's something I'll continue to do and if I can bring joy or insight or happiness to someone else then that's a bonus."

Naturally, there are already ideas bubbling away for the next book and without giving too much away, expect themes of community, mixed families and multiculturalism to play a part. This lovely north coast family of seven

is bursting with talent, and paintbrushes and musical instruments are always within easy reach. Andrew's eldest son Toby is channelling his own artistic ability by making surfboards.

Hopefully Toby's busy working on a great new design for his dad given that surfing is Andy's favourite way in the world to unwind. If only he could get out there more. As we wrap up our chat, he echoes the sentiments of many a surfer before him, "There's always one more wave to catch."



### Here are some of Andy's favourite reads

Like many readers, young and old, Andy is a fan of Dr Seuss, Roald Dahl and Oliver Jeffers.

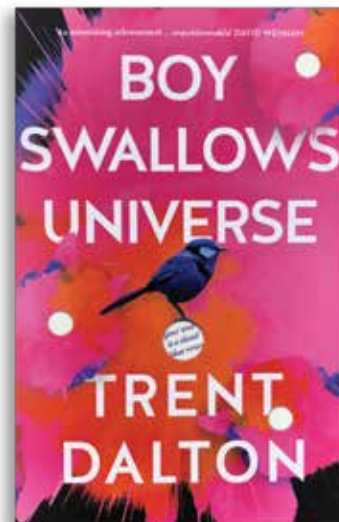
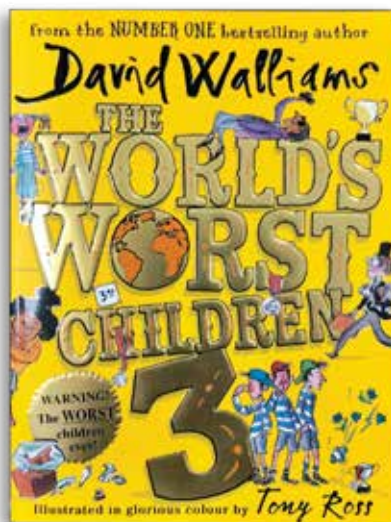
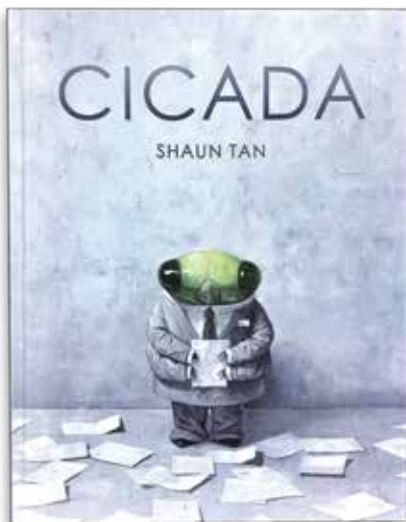
Another favourite is *The Invention of Hugo Cabret* by Brian Selznick. Told in both words and illustrations, it tells the tale of a young orphan who lives in the walls of a busy Paris train station.

For non-stop action thrillers, he recommends *Ice Station*, *Scarecrow* and *The Contest* by Matthew Reilly.

Classics like *Narnia* from C.S. Lewis and J.R.R. Tolkien's *The Hobbit* and *Lord of The Rings* stand the test of time for the Emerald Beach author.

---

**Find Andrew on Instagram @drewpratley & on Facebook drewpratley01. *Empty* is available now. To find out more, go to [www.littlesteps.com.au](http://www.littlesteps.com.au)**



## Best Books for Spring

The team from Book Face Port Macquarie share their favourite reads for the season.

### Fiction

#### *The Nowhere Child*

The debut novel from Australian author, Christian White represents a new voice in crime fiction. This is a tale of trauma, cult, conspiracy and memory.

#### *Second Sight*

More home-grown talent in the crime fiction genre. This, the second novel by Aoife Clifford is described as a taut and thrilling read. Written across two timelines it will keep readers guessing until the very end.

#### *Boy Swallows Universe*

There is high praise for this book by Walkley-winning journalist Trent Dalton. Set in Brisbane in the 80s, the novel is described as a story of "brotherhood, true love and the most unlikely of friendships."

#### *The World's Worst Children 3*

The latest collection of stories of beastly boys and ghastly girls from British comedian, actor and author David Walliams.

#### *Cicada*

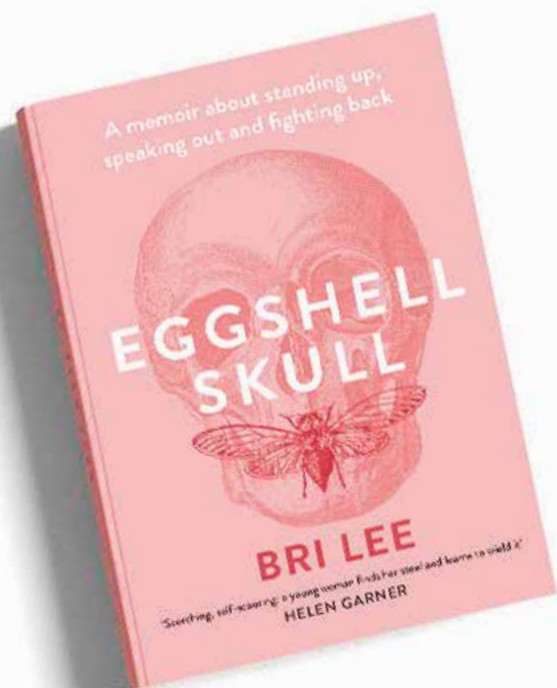
This is the latest book from award-winning Aussie author and illustrator Shaun Tan. As the title suggests, a suit-wearing insect is at the heart of this picture book about an unappreciated cicada and the drudgery of office life. The book has a rich subtext with themes of migrant workers and workplace bullying and is recommended for children and adults alike.

### Non-Fiction

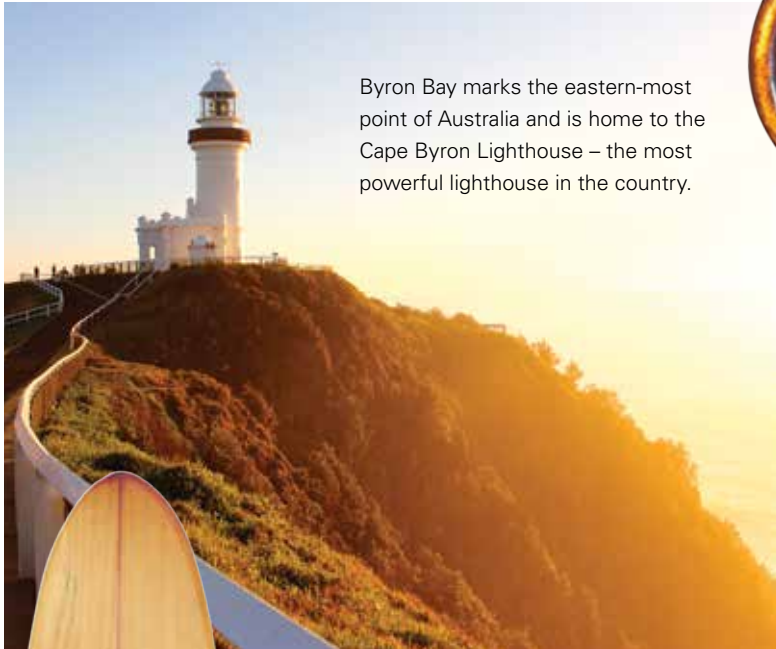
#### *Eggshell Skull*

A powerful, brave and compelling memoir about standing up, speaking out and fighting back. *Eggshell Skull* tells of Bri Lee's journey through the legal system from one side of the courtroom, as a judge's associate, to the other just two years later as a complainant telling her own harrowing story.

All of the above titles including *Empty* are available at Book Face Store and Café at Port Central.  
Phone 6584 6001



# Odd + Quirky Facts on... Byron Bay



Byron Bay marks the eastern-most point of Australia and is home to the Cape Byron Lighthouse – the most powerful lighthouse in the country.

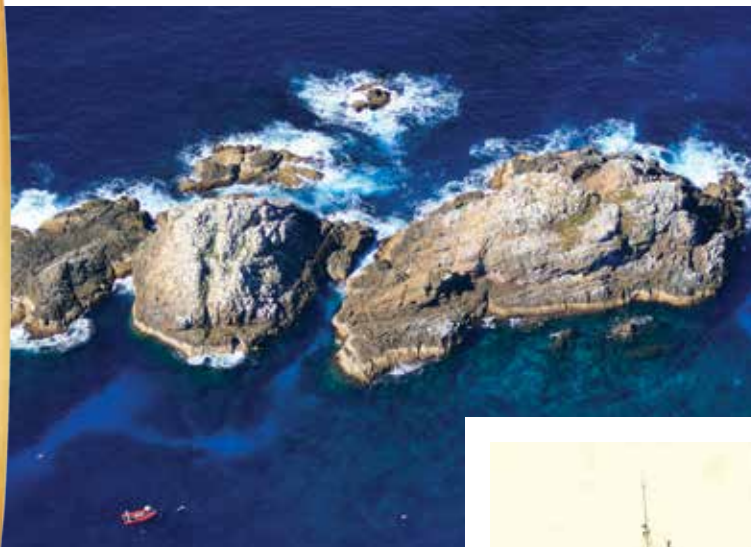


Nimbin, in the hills west of Byron celebrates a free-spirited and alternative existence and can trace these roots to 1973 Aquarius Festival. The town has hosted the annual Mardi Grass Festival for many years.

Byron is a little place with a big reputation. With a permanent population of around 10,000, the town attracts over two million visitors each year.



Longboard surfers arrived in the 1960s, drawn to breaks like The Pass and Wategos and everyone else then followed.



World-heritage Julian Rocks is a sacred landmark and part of Bundjalung folklore. When 'Nguthungulli' (Father of the World) was fleeing the mainland with his married lover, her husband took aim but speared their canoe instead. The two rocks represent the ends of the sinking canoe.

The SS Wollongbar ran aground in 1921. Retired pro surfer and fourth generation local, Danny Wills learnt to surf on the sandbar that the wreck creates. In a quirky twist, Danny is the descendant of one of the Wollongbar crew members.



# Waste Not, Want Not

In making changes at home, we can all help fight the food waste war. Decreasing the amount of food waste in your household is one of the simplest ways to minimise your impact on the environment.

By Lou de Mattia from Coffs Harbour City Council



Did you know that Australians send four million tonnes of food to landfill every year? And throw away eight billion dollars' worth of edible food each year? The facts on food waste are shocking when you consider the detrimental environmental impacts and the difference such food could make to the nearly three million Australians living in poverty, one quarter of whom are children.

## Doesn't food waste just break down?

You may think food scraps naturally decompose as they would if placed in the compost or worm farm, but once placed in landfill there is no oxygen to break them down, so food releases a strong greenhouse gas - methane. Methane, like carbon dioxide, is a greenhouse gas. High amounts of greenhouse gases are one of the leading causes of global warming.

## So, what can you do in your home to decrease food waste?

Decreasing the amount of greenhouse gas you contribute to is one way you can decrease your impact on the environment. If you can't compost yourself, some councils have food and garden waste collection that process food scraps and garden waste into compost, diverting them from landfill. If your local council has an organics bin service that accepts food waste, be sure to use this. It also helps to buy food that is in season and locally grown, therefore meaning that fewer resources are used in growing and transporting the produce.

## Track your waste

Start by observing how much food you're throwing away. Getting to the end of the week and finding your fridge full of rotten veggies? Scraping half the dinner plate into the bin? Do the kids' lunchboxes come home with partially eaten food inside? Once you figure out where your

groceries are going you're half way to tackling the issue.

## Get creative

Confusion between Use By and Best Before dates mean we sometimes throw out food that is still perfectly edible. The Use By date relates to food safety - it gives you an idea of how long you can safely consume food.

The Best Before date is different. A product will remain fresh and of good quality right up to its Best Before date and sometimes beyond if it's properly stored, both at home and at the supermarket. Sometimes a quick bake, toast or whizz is all food needs to be revived past its Best Before date. Stale bread can be made into croutons, wilting parsley and kale can be whizzed into a pesto and sad looking fruit can make delicious cakes. Think brown, even black bananas for banana bread, cakes and cookies.



## Meal Prep

Planning the weekly meals and writing a shopping list will save you time and money. Check the contents of the fridge and pantry before shopping so you aren't buying unnecessarily. Think about how many meals you'll need and see if you can double-up on meals, such as bolognaise sauce for spaghetti one night and tacos the next with some Mexican spices added, or a roast chicken that becomes a stir-fry or pie, with the bones cooked up for stock.

**For more eye-opening facts on food waste or to give them a little love - be it your time or a donation visit [www.ozharvest.org](http://www.ozharvest.org)**

Coffs Harbour and Port Macquarie both have OzHarvest chapters you can support.

# Sea Shepherd's Operation Reef Defence

In late July, our flagship, the *MY Steve Irwin*, departed Melbourne to sail up the east coast of Australia as part of a campaign opposing the proposed Adani coal mine and in defence of the Great Barrier Reef.

Our first stop was Sydney Harbour before we continued north. We visited several towns and cities along the eastern seaboard such as Coffs Harbour, Byron Bay, Brisbane, Noosa and Mackay.



The *MY Steve Irwin* arrives in Coffs Harbour. Photo: Jax Oliver;

In every location that we visited, those of us on the ship felt a wonderful embrace from the community. The support was very encouraging. The crew received a hero's welcome at each stop, be it on land from the locals or at sea with a beautiful humpback whale escort.

In our travels, we met with key Indigenous groups, politicians, celebrities, community and conservation groups - all standing strong for the reef.

Sea Shepherd is not anti-mining but when a project from a company with a terrible environmental and humanitarian track record threatens the Great Barrier Reef and places 64,000 tourism related jobs at risk (verse their 'promise' of 14,000 jobs) then

we must come together in opposition. It is vital that our children have the opportunity to enjoy our incredible wonder of the natural world.

One thing that became particularly evident during the tour was that Australians do not want to trade their Great Barrier Reef for one of the world's biggest ecologically destructive coal mines.

For the Oceans

A stylized, handwritten signature in black ink, appearing to read 'Jeff'.

**Jeff Hansen**

Managing Director - Sea Shepherd Australia



Take action for the reef:

**[www.seashepherd.org.au/reefdefence](http://www.seashepherd.org.au/reefdefence)**



Amy Smith with her swimwear line at Stormriders

# From the Sky to the Sea

Discover the success story behind eco swimwear line Ossix.

Words and images by Elize Strydom



Image by @tdk\_creative

Many people dream of leaving their dependable day job to go after the one thing they're passionate about, but few actually make it happen. Port Macquarie designer, Amy Smith tells *Coastbeat* that with a little help from her friends and a lot of hard work, her eco swimwear dreams are becoming a reality.

Late on a Friday night when most people have either gone to bed or are still out partying, you'll find 37-year-old Amy in her garage, sewing the swimmers we'll be wearing this summer. She turns down invitations to the pub, hasn't been to the beach in months and moved back in with her mum in an effort to devote as much time and money as possible to her swimwear label, Ossix (a play on the year 2006, when she began tossing around label names with friends).

"I think that's what it takes when you're just one person trying to get things off the ground," Amy says. "I've had to say no to so many social events and friends definitely question my approach, but this is the route I want to take and it's already paying off."

The fashion industry is notoriously fickle with many labels popping up and disappearing within a season or two. Customers are becoming more discerning and want to know who's behind the garments they're folding into their reusable canvas shopping bags.

Amy admits that it would be much easier and cheaper

to outsource her manufacturing but says ethical and sustainable practices are her priority. "I'm not interested in mass production or fast fashion," she says. "I love the fact that I can look at each swimsuit and say, 'I made that!'"

Designing, producing and selling locally is a commendable approach but Amy has chosen to make an even greater effort to reduce consumption and her carbon footprint. "I use an Italian fabric that contains a material called Econyl," she explains. "It's made from regenerated fishing nets and industrial plastic."





Image by @tdk\_creative



Image by @tdk\_creative

>>

While it can cost her up to three times the price of regular swimwear fabric, Amy has been won over by the combination of high quality and green credentials. Faced with a sea of choice, she hopes her customers will get behind a brand with a conscience.

Ossix has been in full-time operation for almost three years but Amy's journey to this point began much earlier. After finishing high school, Amy tried to enrol in a graphic art course at TAFE but was told it wasn't on offer that year. She put her name down for fashion design instead. Initially, Amy thought fashion was "a bit prissy" but ended up loving the course and winning various awards. She worked in retail in Sydney before resettling in Port Macquarie and taking up a job as Guest Services Supervisor with Virgin Australia.

Amy lived the life of a high flyer for seven years and had a lot of fun but the idea of starting a swimwear label was never far from her mind. Leaving a respectable, well-paying job would be a tough – perhaps impossible – call for most but Amy felt the decision was clear. "It was definitely the right time," she says. "Fashion was my passion and doors just started opening for me to pursue it again."

She found a casual job at a surf shop and threw herself into the Bachelor of Business she'd started while working with Virgin. Amy did one of her university work placements with performance sportswear and uniform manufacturers Soft Edges in Port Macquarie. "David and Diane from Soft Edges

really took me under their wing and let me do all of the sewing for my very first little collection," she says. "They recently retired, and I bought four of their sewing machines and inherited quite a few patterns."

While clearly possessing the tenacity and drive to make Ossix work, Amy feels very lucky to have such a strong and supportive local network. "Anthony Wilson, owner of Saltwater Wine Surf Centres and Stormriders is one of my biggest inspirations," she says. "I work with the best people – they're so smart and know the industry well." She adds, "I've also collaborated with some awesome local artists and my studio used to be in with Simon Luke's (Director of Port Macquarie's Festival of the Sun) storage space. It was a privilege being able to spend time with him."

As the weather warms up, why not head out and pick up a pair of locally made, ethically sourced swimmers. Amy Smith, hard at work on the sewing machine, will thank you. The earth will be pretty pleased, too!

**For more information go to  
[www.ossixswimwear.com](http://www.ossixswimwear.com) or follow  
 Amy on Instagram @ossixswim**



Ossix swimwear is stocked at Stormriders Port Central, Stockland Forster and Kempsey Central as well as in Sublime & Blossom in Port Macquarie.

Port Central  
Newsagency  
Safari Hat  
\$34.95

Sunglass Hut  
Versace Sunglasses  
\$379.95

Port Central  
Newsagency  
Teapot \$19.95

Bookface  
Calm Me Tea  
\$15.00

Target  
Mug

JayJays  
Midrift  
Blouse  
\$39.95

Dotti  
Wicker  
Canteen  
Bag  
\$35.95

## Wreaths

Bookface  
Wreaths \$24.99

Bookface  
Reusable  
Bag \$17.95

Chemist  
Warehouse  
Bvlgari  
Goldea EDP  
50ml Spray  
\$79.99

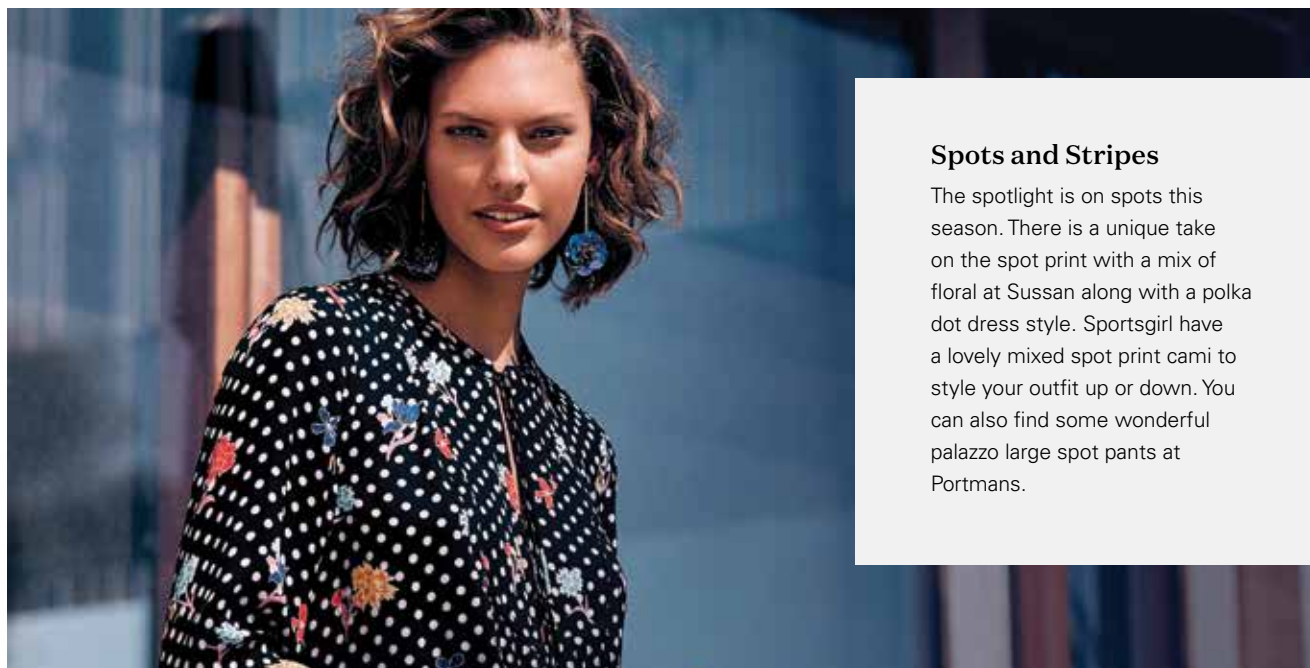
Dotti  
Skirt \$39.95

Williams  
Blowfish  
Malibu Shoe  
\$69.95

# What's Trending This Spring

by Emma Wood - @emmawoodstylist

Emma Wood from Stylem has over 20 years' experience in the fashion industry, almost a decade of which she worked for Vogue Australia. Emma has also worked for Harper's Bazaar in the UK and as a freelance stylist for other publications and high-profile brands.



Sussan Floral Blouse \$79.95

## Spots and Stripes

The spotlight is on spots this season. There is a unique take on the spot print with a mix of floral at Sussan along with a polka dot dress style. Sportsgirl have a lovely mixed spot print cami to style your outfit up or down. You can also find some wonderful palazzo large spot pants at Portmans.



Sportsgirl Bamboo Clutch Bag \$89.95

## Basket Bag

The French market bag has gone upmarket. You can find great options of the basket bag from Sportsgirl at the moment. There are some really fun variations of this style. Some are made from bamboo and are quite bucket like and others are more finely woven with long straps, but all touch on the classic feel of this bag.

## Slogan Tee

This is a trend that seems to be here to stay. These are such great wardrobe staples to add a touch of personality to your denim look. Portmans have a sophisticated 'merci' top option and Jeanswest and Sportsgirl have some other French and New York fun tees that will add that extra touch with your jeans.



Jeanswest \$29.99



Lily & Sapphire  
Flemington Wine  
glasses \$9.95ea



Uptown Local  
Lois earrings \$150.00



Ramsay Pharmacy  
Guerlain Insolence  
perfume 50ml  
\$110.00



Ramsay Pharmacy  
Clarins Lovely Rose  
eye palette \$68.00  
nail lacquer \$19.99



Lily & Sapphire  
Jessica hatch  
wallet \$59.95



Pansabella  
Fresh Seasonal  
flowers



Go Vita  
Eco Tan self  
tanning lotion  
\$36.95



Lily & Sapphire  
Detailed jewellery  
box \$49.95

Oval shell  
necklace  
\$69.95



Uptown Local  
Nude block heel  
\$169.85



Uptown Local  
Shona Joy slip midi dress  
\$240.00



Shona Joy dress from Uptown Local **\$320**

### Midi Dress

The flowing midi dress is making a comeback. There are some lovely feminine styles that are perfect for your Spring wardrobe. Go a bold print, floral or a block colour with ruffles but the mid length in this loose fabric is the key trend.



Sportsgirl Gigi  
Tort Sunglasses  
**\$39.95**

Linen Blazer from  
Uptown Local **\$159.95**



### Sports Jacket Blazer For The Men

A casual sports jacket or blazer in a fine cord or linen is a smart option for the lads to dress up their weekend looks. Gazman, Tarocash and Uptown Local have some great options to go check out.

### Cat Eye Sunglasses

Yes, the glamorous cat eye shape is back. Uptown Local has a variety of colourways in this Hollywood style. There are also some great options from Sportsgirl and Sunglass Hut.



Lovisa earrings  
**\$17.99**

### Statement Hoop Earrings

The hoop is back in style. You can find some quirky flat versions and dramatic embellishments with tassels and gems. Lovisa and Colette have some super fun styles.

Uptown Local is in Coffs Central. All other retailers referenced above are in Port Central

JayJays  
Pineapple Tee \$29.95

Sunglass Hut  
Raybans \$225.00



Port Central  
Newsagency  
Fedora \$24.95



Bookface  
Whiskey  
\$19.99



Bookface  
Key Chain  
Tool Set  
\$39.95



Organics  
MattR  
Bananas



Chemist Warehouse  
John Varvatos Artisan  
EDT 125ml Spray  
\$49.99



Organics  
MattR  
Raw Paleo Bar

Port Central  
Newsagency  
Magnifying  
Glass \$27.95



Organics  
MattR  
Hand 'N' Hoe  
Macadamias



Stormriders  
Ripcurl Watch  
\$499.99



JayJays  
Drop-it Pintuck Moto  
Short \$39.95



Stormriders  
Reef Thongs  
\$89.99



Holly Jackson from endota spa in Port Macquarie

# Stress and its impact on our skin

By Holly Jackson from endota spa



Each and every day, many of us focus on what needs to be done tomorrow, this week, next month or into the future but have we lost connection to the present?

Forgetting the here and now has derailed our self-care. It's vital to spend time, even just 15 minutes every day, connecting to your present feelings – finding that time to unwind and reduce stress.

Stress is hugely important to how our skin reacts. The more stressed we are, the more fine lines and wrinkles are present.

Water is usually the first thing to go when we're stressed, a result of being internally and externally dehydrated. Having your water bottle close to you throughout the day, drinking that 1-2 litres, will help flush out toxins within our bodies and help hydrate our skin.

When we drink water, it goes straight to our internal organs, aiding digestion and the vital functions of the body. The skin is the largest organ in the body and yet it is the last place the water goes to.

My tip to help with dehydrated skin: use a serum that contains hyaluronic acid which will aid in the retention of water in the skin.

Stress can also cause a change in our hormones. This has a dramatic effect on our skin, whether it be through acne, pigmentation or wrinkles. Finding a good skincare regime can help prevent these changes.

Reducing all those stressors is obviously not always achievable but I strongly encourage everyone to switch off and find some quiet time every day. Fix yourself a cup of organic tea, grab a well-being journal and simply 'be' for a little while. This will allow you to adapt to your stressors instead of having a reaction to issues. Your loved ones are living the journey with

you and often when you're irritable there can be a knock-on effect for the rest of the family.

Disconnect those devices, step away from screens and just for a short while, stop, slow down, meditate. Take the time to consider the impact stress is having on you.

Find your haven, wherever that is – by the beach, at home, somewhere with a view - and let it be your place to disconnect to reconnect. Your skin and body will thank you for it.

*Holly is the spa owner of endota spa in Port Macquarie, located at the Observatory Hotel in William St.*

**For more information, phone 6584 7888 or go to [www.endotaspa.com.au](http://www.endotaspa.com.au)**



# The Spring Clean

Spring is the perfect time to dust ourselves off from Winter and get our minds and bodies back on track. For an effective Spring Clean, here are my tips for improved fitness to establish new habits so you're feeling fabulous by the time Summer comes around.

Words by Jen McCulloch from Coffs Coast Health Club



Jen McCulloch

## **Time Planning. Remember - failing to plan is planning to fail!**

Use a diary to plan out your week. This includes work, family time, food shopping, housework (yawn) and time for yourself and your fitness.

Allocating time for exercise is essential. Ensure that those around you are aware of the time you have set aside for fitness. I use the calendar on my phone to stay on track and dedicate an hour each day to exercise.

## **Consistency**

Consistency is the key. Once you've set aside time, stick to it. Setting the alarm a little earlier may seem crazy but lighter mornings will help ease the pain. Mornings are a great time to add some extra movement to your day, be it a beach walk or gym session. Exercise improves your mood by releasing endorphins - the happy hormone. Incorporating activity into your morning will help propel you through the day, whatever it may throw at you.

## **Freshen Things Up**

Spring Cleaning your home helps clear the mind and

healthy eating starts with a well-organised kitchen.

Should you find yourself in an eating rut, remove temptation by getting rid of unhealthy food stocked in your fridge or pantry. Having healthy and nutritious meals readily available makes everything easier.

## **Get Strong with Weights**

Lifting weights is one of the best ways to lose fat and firm up the body. Muscle requires more calories than fat which means you burn significantly more calories, even when resting. Weighted exercise is also proven to increase bone density to help ward off diseases like osteoporosis in later life.

Start with working the larger muscle groups like your chest, back and legs with exercises like Squats (with barbell and dumbbells), Leg Press, Chest Press and Seated Row.

Make your body expensive in terms of its calorie expenditure and stronger to take on all day-to-day challenges. Talk to a personal trainer about a resistance program or look for a group class that incorporates weighted exercises.

### Increase your NEAT (Non-Exercise Activity Thermogenesis)

Many of us commonly believe that losing those extra kilos and feeling fitter only comes from added gym time but the best way to lose weight and keep it off is to make simple everyday changes.

Here are some examples: walk instead of drive, take the stairs and not the lift (a bit trickier on the coast where high rises are few and far between), go for a walk during your lunch break, up the pace when you're doing housework, clean the car by hand, move around regularly through the work day rather than being sedentary all day.

### Meal Planning

After the cool wintery weather, we often get used to eating more than we need. Start Spring by being mindful of portion sizes and set yourself a meal plan for the week. Make sure there are healthy snacks readily available when you get home from work or the gym – you'll be less likely to make mistakes with your diet. I use takeaway tubs to portion out food. A handy hint: use portion sizes on package and recipes as a guideline. I also pin my meal planner to the fridge.

Start by making small changes and hopefully they will become habitual in no time at all. It's the activity that you add to your daily routine that will be particularly beneficial in the long-term.

*Jen is a personal trainer at Coffs Coast Health Club. She moved to Australia from the UK earlier this year. Originally a teacher, Jen retrained as a personal trainer to combine her passion for education and fitness and to diversify her career. Jen's love of fitness stems from her background as a long-distance runner. Her training style involves high intensity, functional and strength training.*

**Coffs Coast Health Club has two locations - Toormina & Moonee Market**  
[www.coffsc Coasthc.com.au](http://www.coffsc Coasthc.com.au)



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**MOTHER  
NATURE'S**

TASTE. NOURISH. ENJOY. LIVE

# Nourish

Leah, Kirsten and the team from Nourished Earth have certainly been busy since we last caught up with them.



Leah from Nourished Earth

They've expanded their store and launched the Nourished Earth Spa, offering all manner of beauty treatments with their exclusive skincare range from Vanessa Meagan.

They've also launched their own line of naturopathic formulated herbal creams and ointments.

Nourished Earth kindly took time out to share some handy home remedies with *Coastbeat* readers.

## Home Remedies

The kitchen pantry offers a multitude of ingredients for a wide variety of natural and effective products. Be it for illness or cleaning, remedies can be created from basic ingredients and will save you time and money.

## Make your own cough syrup / boost your immune system

This is the perfect remedy for when the shops are closed, and an annoying cough takes hold.

Slice an onion and place it in a bowl. Cover the onion with raw honey and leave on the bench. After an hour or so the honey will liquify further until it has an almost watery consistency. Have a spoonful every few hours or until coughing subsides.

This potent combination helps to combat your cough and strengthens your immune system.

## Tea for easing sore throats

Herbs are very effective for soothing a sore throat and fighting the infection causing it too. Whether dried or fresh

from the garden, any of the following herbs in hot water will result in wonderful, therapeutic tea:

Thyme, sage, rosemary, add lemon, ginger or raw honey to enhance the flavour and boost your immune system.

## Topical Poultice

A poultice can be very effective for inflammation such as bruising or injury. It's also helpful to draw out foreign objects like splinters, abscesses or boils. Several items from your fridge or pantry can contribute to making a poultice.



**For inflammation (i.e. injury) we suggest:****Cabbage Poultice**

Using green cabbage leaves, pound the leaves with your fist to soften and release some of the moisture. Place the cabbage over the affected area and cover with a clean, damp cloth and wrap with cling wrap. Leave on for a few hours.

**Potato Poultice**

Peel a potato and then grate. Place the grated potato onto the affected area, cover with a clean, damp cloth and wrap with cling wrap. Adding grated ginger to the potato will have extra anti-inflammatory benefit. Leave on for a few hours.

**For infection including boils and abscesses we suggest:****Bi-carb Poultice**

Mix sodium bicarbonate (bi-carb of soda) a small amount of water into a paste and place over the affected area. Leave the paste on for 1-2 hours before removing. Rinse the area with clean water. If you have colloidal silver, apply some to the area, let it dry and then cover with a band-aid.

**Natural fridge deodoriser**

When you need to remove nasty smells from your fridge, simply put one cup of bi-carb of soda in a small bowl and place it towards the back of the fridge, leaving it uncovered. This will help absorb unpleasant odours (it's great for those strong seafood odours).

To freshen your fridge, cut a lemon in half, squeeze a little lemon juice into the bowl and then add the fruit halves to the bowl. Cover with a small amount of hot water and leave in the fridge for 10 minutes. This is a terrific natural deodoriser.

The Nourished Earth team have more great home remedies where these came from. Chat to them in store at Moonee Market for some handy hints on cleaner loos and getting rid of creepy crawlies!

For more information go to  
[www.nourishedearth.com.au](http://www.nourishedearth.com.au)



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Head, Neck and Shoulder Lymphatic  
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**Nourished  
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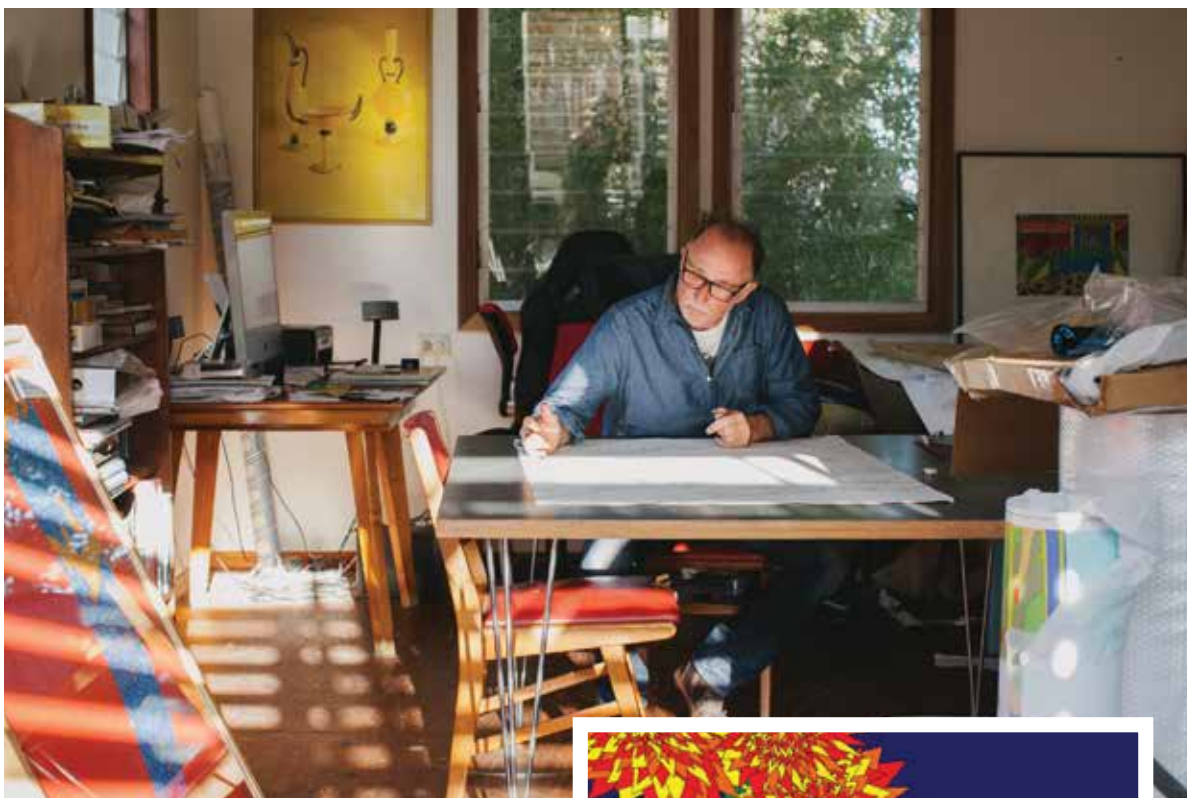
Open Monday - Saturday, book now  
02 6653 6969 or [www.nourishedearth.com.au](http://www.nourishedearth.com.au)



# Art After Hours

There's no guarantee that a creative life will boost your bank balance, but as Coffs Harbour artist Michael Langley discovered, it can lead to unexpected rewards.

Words by Elize Strydom



Michael working from his Korora home. Image by Elize Strydom

"So, what do you do?" It's the question that all creatives dread. Answer honestly – artist, musician, photographer – and the conversation inevitably turns to money "Do you really make a living from that?" Choose to reveal your unrelated day job and you feel like you're only telling half the story.

If you're a Coffs Harbour local, chances are Michael Langley has handed you a coffee or croissant over the counter at k'pane Artisan Bakery. What many customers may not realise is that once Michael clocks off, he heads straight to his home art studio on a hill in Korora. There, he spends the afternoon poring over large sheets of paper, meticulously creating intricate shapes and patterns before using Photoshop to add drop after drop of vivid colour.

"My work is about pattern and little bits of reality and the effect of colour on the eye," Michael explains. "Is it digital art? It sort of sits in between."



One of these works, 'Dark Was the Night', recently won him the Coffs Coast Art Prize. Another took him to the finals of the national still life award 'STILL' and in 2016 he was a finalist in the prestigious Jacaranda Acquisitive Drawing Award (JADA).

For Michael, these accolades are so much more than new additions to his CV. "The standard for the JADA is just mind-blowing," he says. "There were about 700 entries nationally and to be chosen is a real affirmation. All of your friends tell you how great you are but it's something else when the professional people say 'Wow, that's good!'"

Michael's backstory doesn't involve any earth-shattering artistic epiphanies and he can't pinpoint the exact moment when he decided to go down this path. He's simply compelled to make and appreciate art. "I've just got to do it," he says firmly. "I get something inside my head and I have to put it somewhere. I need to get it down on paper." Spend two minutes looking around Michael's home and you'll notice there isn't a blank space to be found. "I've got no money, but I buy art and I'm still paying it off," he laughs. "Every time I walk into the house it uplifts me. It enriches your life, it really does."

Michael is upbeat about the future of Australian art but he's keen for more people to see its value. He points to the impact of MONA (Museum of Old and New Art) in Hobart and the Glasshouse in Port Macquarie as positive examples of what can happen when art is elevated.

"It's really sad that Coffs Harbour, a city of this size, can't support a commercial gallery," he says. "It's necessary

to raise the awareness of the importance of art in the community."

But who says Michael can't stir up a groundswell of support from behind the coffee machine? Next time you drop into k'pane, take note of the top of your latte. If Michael has prepared it, you may well be looking at true artistry.

---

**Find Michael on Instagram @michaellangleyart and [www.michaellangleyart.com.au](http://www.michaellangleyart.com.au) or call into k'pane Artisan Bakery at the Jetty Village & Coffs Central.**



Image by Rob Wright



Michael at k'pane. Image by Rob Wright



Chef Koo (l) & Chef Kim (r). Image by Elize Strydom

# Meet the Chefs

## Ootoya Japanese Sushi Bar

*Coastbeat* chats to Chef Kim and Chef Koo from Ootoya in Coffs Harbour. The restaurant is in the heart of town and delivers delicious and authentic cuisine.

### **Cb: Tell us a little about yourselves**

Kim: While I grew up cooking, my professional career only commenced in 1998 when I started at cooking school in Korea. Cooking was always part of my childhood and I was inspired by my mum who is also a chef. I worked at a well-known hotel in Korea before moving to Australia where I spent a long time working as the hot food head chef at a large Japanese restaurant in Sydney.

Koo: For me, cooking started simply as a job but over time it became more and more fun. While working at various restaurants in Sydney my interest grew. Initially I moved to Port Macquarie, but I was keen to build up my own restaurant to run as it is wonderful to be a part of a successful business. As I was looking around for the right opportunity, I discovered Coffs Harbour and we opened Ootoya two years ago.

Kim and I are both part-owners at Ootoya. We first met about 10 years ago when working at the same Japanese restaurant in Sydney. We work well as a team.

### **Cb: How long have you lived in Australia?**

Kim: I have lived in Australia for over than 10 years now and have always wanted to run a restaurant near the sea.

Koo: I too have lived here for over a decade.

### **Cb: As chefs, what are your areas of specialty?**

Kim: My specialty is hot food.

Koo: I focus on the sushi and sashimi.

### **Cb: Any favourite dishes from the menu?**

Kim: Yes, my favourite is the chicken teriyaki.

Koo: I love the chef's assorted sushi and sashimi. It's Ootoya's signature food and looks great on the plate. I'm always happy to prepare it.

### **Cb: And you also have some Korean dishes on offer too?**

Our specialty dishes are Bibimbap which is Korean mixed rice with meat and vegetables and Bulgogi, our Korean BBQ Beef Dish.

### **Cb: What do you enjoy about working at Ootoya?**

Kim: I am so happy to work with my

old friend, Chef Koo. And even after so many years, I still have a great passion for cooking.

Koo: It brings me a lot of joy when the regular customers come in and greet me.

I am interested in trying new methods of cooking and coming up with new dishes. Seeing a customer enjoy something I have prepared inspires me.

### **Cb: How do you like to spend your time away from work?**

Kim: I spend most of my time with my nine-month-old baby and I also enjoy playing golf.

Koo: Like Kim, I love golf.

### **Cb: What do you most enjoy about life on the coast?**

Kim: I get the opportunity to scuba dive!

Koo: Being able to take my family (my wife and I have twin boys, aged two and a half) to the beach.

Thanks so much Chef Kim and Chef Koo

---

**Ootoya Japanese Sushi Bar is on the Ground Floor of Coffs Central in Harbour Drive. They are open seven days a week. Phone 6651 7770.**



Chef Kim. Image by Elize Strydom



## Sushi from Chef Koo

### TO MAKE SUSHI RICE & SUSHI VINEGAR

1. Combine 300 grams of rice and 300ml of water and put in a rice cooker for 35 minutes.
2. While the rice is cooking you can prepare your sushi vinegar. The sushi vinegar adds flavour to the sushi.
3. For sushi vinegar use 30ml vinegar, 30 grams of sugar and 5 grams of salt and mix until dissolved. This will take a minute or two.
4. When the steamed rice is done, place it into a mixing bowl and add your homemade sushi vinegar by folding it gently into the rice for a few minutes. Then rest the rice for a few minutes so it can cool slightly.

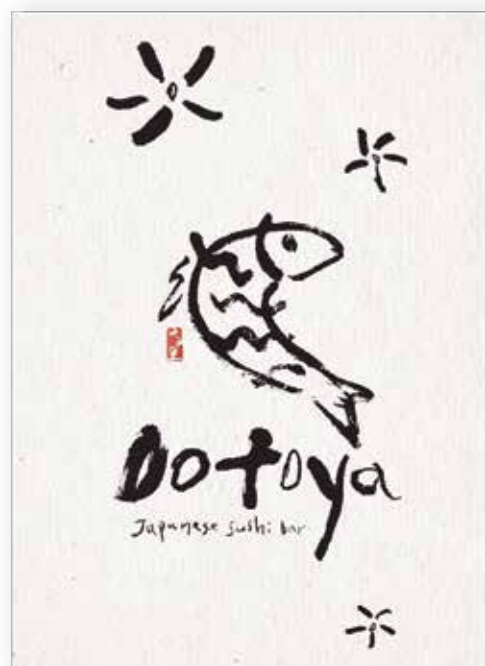
You're now ready to make your sushi roll!

### TO MAKE A SUSHI ROLL

1. Use nori (seaweed paper) in a half size
2. Spread the sticky rice over the nori in an even layer leaving a 1cm border
3. Add filling: fresh salmon, tuna or teriyaki chicken and lay the filling out evenly in a 1cm thick line in the middle of the rice
4. Fold in the edge with the rice, leaving the 1cm gap exposed, then fold over completely
5. Gently push on the roll to even it out and firm up the hold
6. Cut roll into halves, then quarters, then eighths and serve

For ease and keeping the right shape, Koo recommends using a bamboo mat. With such sticky rice, he also suggests using gloves and spraying them with a little oil first.

**Chef Koo has kindly made a quick video for *Coastbeat* too – sushi in 90 seconds! Watch it at [coastbeat.com.au](http://coastbeat.com.au)**



# BREKKIE & LUNCH 7 DAYS

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# 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, mullet, dart	Dolphin fish, marlin, yellowfin tuna	Dusky flathead, mangrove jack	Australian bass
APR - JUN	Bream, tailor, whiting	Marlin, Spanish mackerel, wahoo	Bream, mangrove jack	Australian bass
JUL - SEP	Mullet, tailor	Spanish mackerel, kingfish, pearl perch, snapper	Bream, luderick	Closed season for Australian bass
OCT - DEC	Mullet, 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, mullet, 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, mullet	Snapper, kingfish, Spanish mackerel	Luderick, bream, mullet	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, mullet	Snapper, pearl perch, kingfish	Bream, luderick	Closed season for Australian bass
OCT - DEC	Mullet, tailor, bream	Snapper, kingfish, marlin	Dusky flathead, bream	Australian bass

Bright Eyes  
Drover Sahara hat  
\$49.95

Kmart  
Folding Multi tool  
\$10.00

Kmart  
Telescopic  
fishing rod  
\$25.00

Coopers  
Denim jacket  
\$129.99

Coopers  
Rip Curl  
t-shirt  
\$49.99

Kmart  
Fishing lure \$12.00

Bright Eyes  
Serengeti sunglasses  
\$400.00

Kathmandu  
Survival kit  
\$49.98

Kmart  
The Pacific  
book \$24.00

Coopers  
Sex wax  
\$6.00

Coopers  
Reef thongs \$59.99



*"We are very proud to be part of the vibrant mix of innovative retailers who call Coffs Central home.." - Felipe Barrera, Fresco Marketplace.*



Retail leasing opportunities exist for innovative and entrepreneurial operators with a passion or dream to start their very own business or to relocate their existing business into a vibrant and activated shopping centre. There are high exposure retail spaces available in prime positions at very attractive leasing rates ranging in size from 50 sqm. to 400 sqm.

We provide the full package of turn key business incubation support including business model feasibility, business mentorship, shop design, graphic design, interior design, fitout assistance and marketing support. Target businesses include: Jewellery, Fashion, Swimwear, Activewear, Bags & Accessories, Footwear, Homewares & Kitchen, Sports & Outdoor, Health & Beauty, Technology, Optometrist, Laser Clinic, Pathology, Medical, Dental and Casual Dining.

*"Business has boomed ever since I opened my beautiful shop in Coffs Central. It has been the best business decision I have ever made."*  
- Bridgette Vartiainen, Red Sparrow.

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Leasing enquiries: Shane Brooks  
0403 266 707 [shane@fmrealestate.com.au](mailto:shane@fmrealestate.com.au)

**COFFS CENTRAL**  
*'the heart of it all'*

## Events Great Lakes



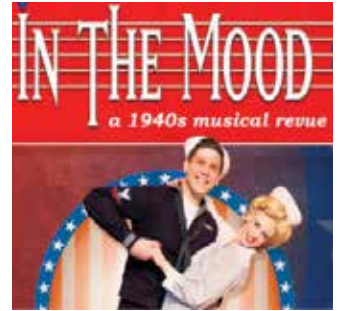
**Wallis Lake Oyster & Beer Festival**  
22nd-23rd Sep, Tuncurry  
f Wallis Lake Oyster & Craft Beer Festival 2018



**Longview Farm Party**  
28th Sep-1st Oct, Caffreys Flat  
www longviewfarmparty.com



**Taree Show**  
5th-7th Oct, Taree  
www tareeshow.org



**In the Mood**  
11th Oct, Taree  
www mec.midcoast.nsw.gov.au



**Akoostik Music Festival**  
19th-21st Oct, Wingham  
www akoostik.com.au



**Krambach Cup**  
19th Oct, Taree  
www manningvalleyraceclub.com.au



**Lakeside Festival**  
3rd November, Tuncurry  
www lakesidefestival.com.au



**Forster Dragon Boat Regatta**  
17th-18th Nov, Forster  
f Great Lakes Pearl Dragons

## Events Port Macquarie



**Wildwood Music Festival**  
29th Sep, Port Macquarie  
www wildwoodmusic.com.au



**Glasshouse Tour**  
10th Oct, Port Macquarie  
www glasshouse.org.au



**Race Cup Carnival**  
5th-6th Oct, Port Macquarie  
www portmacquarieraceclub.com.au



**Camden Haven Show**  
13th-14th Oct, Kendall  
www camdenhavenshow.org.au



**Sydney Comedy Festival Showcase**  
20th Oct, Port Macquarie  
www glasshouse.org.au



**Bi Centennial Open Day**  
20th Oct, Port Macquarie  
f Douglas Vale Historic Homestead and Vineyard



**Beechwood Billycart Classic**  
21st Oct, Beechwood  
f Beechwood Billycart Classic



**Wauchope Moto Fest**  
17th Nov, Wauchope  
f Motorcycle Friendly Wauchope

## Events Coffs Coast



**Bellingen Fine Music Festival**  
27th-30th Sep, Bellingen  
www.bellingenmusicfestival.com.au



**Curryfest**  
29th Sep, Woolgoolga  
www.curryfest.com.au



**Buskers & Comedy Festival**  
2nd-7th Oct, Coffs Harbour  
www.coffsharbourbuskers.com



**Eat Street Woolgoolga**  
6th Oct, Woolgoolga  
www.eatstreetwoolgoolga.com.au



**Skate, Ink & Rhyme Festival**  
20th Oct, Coffs Harbour  
f Skate, Ink & Rhyme Festival



**Folk & Bluegrass Festival**  
26th-28th Oct, Dorrigo  
www.dorrigofolkbluegrass.com.au



**Blues & Berries Community Fair**  
4th Nov, Woolgoolga  
www.bluesandberries.com.au



**Dorrigo Agricultural Show**  
24th-25th Nov, Dorrigo  
www.dorrigoshow.com

## Events Clarence Valley



**Street Food Truck Festival**  
23rd Sep, Yamba  
f Yamba Golf & Country Club



**Bridge to Bridge Ski Classic**  
29th-30th Sep, Grafton  
www.graftonb2b.org.au



**Eat Street Yamba**  
30th Sep, Yamba  
f Rotary Club of Yamba



**Australian National Goanna Pulling Championships**  
30th Sep, Wooli  
www.goannapulling.com.au



**Clarence Valley Country Muster**  
22nd-28th Oct, Ulmarra  
www.cvcmuster.com.au



**Grafton Jacaranda Festival**  
27th Oct-4th Nov, Grafton  
www.jacarandafestival.com



**Jacaranda Dragon Boat Races**  
27th-28th Oct, Grafton  
f Grafton Dragon Boat Club



**Yamba Rod Run**  
9th-11th Nov, Yamba  
www.clubyamba.com.au

# Events Byron Bay



**Byron Bay Guitar Festival**  
6th-7th October, Byron Bay  
www.byronbayguitarfestival.com



**International Film Festival**  
12th-21st Oct, Byron Bay  
www.bbff.com.au



**Byron Bay Lighthouse Run**  
14th Oct, Byron Bay  
www.byronbaylighthouse.com.au



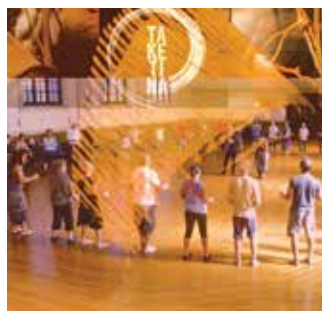
**Byron Latin Fiesta**  
1st-4th Nov, Byron Bay  
www.byronlatinfiesta.com.au



**Ballina Country Music Festival**  
2nd-4th Nov, Ballina  
www.ballinacountrymusic.com



**Mullum Music Festival**  
15th-18th Nov, Mullumbimby  
www.mullummusicfestival.com



**TaKeTiNa Workshop**  
23rd-25th Nov, Mullumbimby  
www.taketina.com.au



**A Taste of Irish Christmas**  
30th Nov, Ballina  
www.rsl.ballinarsl.com.au



# SAWTELL STREET PARTIES

**SATURDAY Sept 22<sup>nd</sup>**  
**LIVE MUSIC**  
4pm **BEAU HATCH BAND**  
5:30pm **BARNES STORM**  
7pm **GRANT WALMSLEY**  
(OF THE SCREAMING JETS)  
**& DANNY YOUNG**  
(SON OF THE LEGENDARY JOHN PAUL YOUNG)  
**MY GENERATION - CLASSIC 80's & 90's ROCK**

**SATURDAY Nov 10<sup>th</sup>**  
**LIVE MUSIC**  
4pm **COL FINLEY TRIO**  
5:30pm **BOSTOCKS**  
7pm **ROUND MOUNTAIN GIRLS**

PROUDLY PRESENTED BY THE SAWTELL CHAMBER OF COMMERCE

**FOOD STALLS / STREET BAR / FACE PAINTING**  
**JUMPING CASTLE / FAMILY FRIENDLY / FREE ENTRY**





# Contacts / Retail Directory

<b>bcu</b>	Ph) 1300 228 228 <a href="http://www.bcu.com.au">www.bcu.com.au</a>	<b>Macleay Valley Holiday Parks</b>	Ph) 1300 425 605 <a href="http://www.macleayvalleyholidayparks.com.au">www.macleayvalleyholidayparks.com.au</a>
<b>The Beeswax Co</b>	<a href="http://www.thebeeswaxco.com.au">www.thebeeswaxco.com.au</a>	<b>Mother Nature's</b>	Ph) 6652 7800 <a href="http://www.localfarmfresh.com.au">www.localfarmfresh.com.au</a>
<b>Big Garden Furniture</b>	Ph) 0417 205 807 <a href="http://www.biggardenfurniture.com.au">www.biggardenfurniture.com.au</a>	<b>Nourished Earth</b>	Ph) 6653 6969 <a href="http://www.nourishedearth.com.au">www.nourishedearth.com.au</a>
<b>Book Face</b>	Ph (02) 6584 6001 Fb – BOOK FACE Port Macquarie	<b>Ootoya Japanese</b>	Ph) 6651 7000 Fb – Ootoya Japanese sushi bar
<b>Coffs Central Leasing</b>	Ph) 0403 266 707 E) <a href="mailto:shane@fmrealestate.com.au">shane@fmrealestate.com.au</a>	<b>Raw Edge Photography</b>	Ph) 0450 187 330 <a href="http://www.rawedgephotography.com.au">www.rawedgephotography.com.au</a>
<b>Coffs Coast Health Club</b>	Ph) 1300 040 479 <a href="http://www.coffsc Coastthc.com.au">www.coffsc Coastthc.com.au</a>	<b>Real Estate of Distinction</b>	Ph) 6658 4700 <a href="http://www.reod.com.au">www.reod.com.au</a>
<b>Destination Coffs Coast</b>	<a href="http://www.coffsc Coast.com.au">www.coffsc Coast.com.au</a>	<b>Sawtell – including Sawtell Street Parties</b>	<a href="http://www.sawtellnsw.com.au">www.sawtellnsw.com.au</a>
<b>Drifta</b>	Ph) 6558 2328 <a href="http://www.drifta.com.au">www.drifta.com.au</a>	<b>Sawtell Cinema</b>	Ph) 5621 8101 <a href="http://www.majesticcinemas.com.au">www.majesticcinemas.com.au</a>
<b>endota spa Port Macquarie</b>	Ph) 6584 7888 <a href="http://www.endotaspa.com.au">www.endotaspa.com.au</a>	<b>Sawtell Commons</b>	E) <a href="mailto:olivia@gowings.com">olivia@gowings.com</a>
<b>Evermore</b>	Ph) 6528 0000 <a href="http://www.evermoreliving.com.au">www.evermoreliving.com.au</a>	<b>Sea Eagle Point</b>	<a href="http://www.seaeaglepoint.com.au">www.seaeaglepoint.com.au</a> E) <a href="mailto:seaeaglepoint@gmail.com">seaeaglepoint@gmail.com</a>
<b>Fashion trends for Spring</b>	These items are available from Uptown Local in Coffs Central & the retailers of Port Central	<b>Sotto Zero Gelato</b>	Ph) 6651 1531 Fb - Sotto zero gelato
<b>FCS</b>	<a href="http://www.surffcs.com.au">www.surffcs.com.au</a>	<b>Stormriders Port Central</b>	Ph) 6584 1600 <a href="http://www.stormriders.com.au">www.stormriders.com.au</a>
<b>Florent &amp; Munday Real Estate</b>	Ph) 6652 7888 <a href="http://www.fmrealestate.com.au">www.fmrealestate.com.au</a>	<b>Surf Club Restaurant &amp; Bar</b>	Ph) 6652 9870 <a href="http://www.surfclubcoffsharbour.com">www.surfclubcoffsharbour.com</a>
<b>The Hilltop Store</b>	Ph) 6658 5615 <a href="http://www.thehilltopstore.com.au">www.thehilltopstore.com.au</a>	<b>Surf Hardware</b>	<a href="http://www.surfhardware.com.au">www.surfhardware.com.au</a>
<b>Kathmandu</b>	Ph) 6650 0836 <a href="http://www.kathmandu.com.au">www.kathmandu.com.au</a>	<b>Taste Coffs Coast</b>	<a href="http://www.tastecoffsc Coast.com.au">www.tastecoffsc Coast.com.au</a>
<b>k'pane Artisan Bakery</b>	Ph) 6651 9978 <a href="http://www.kpane.com">www.kpane.com</a>	<b>Woodseys Wheels</b>	Ph) 6654 1217 Fb -Woodseys Wheels



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