

coastbeat

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THE PULSE OF THE COAST
ISSUE 01 / SUMMER 17-18



A BELLINGEN
PERSPECTIVE

**THE KOMBI
CONNECTION**

BEACHGRIT'S
SECRET SURF SPOTS

**PETE EVAN'S
SUMMER SERVE**

GRITTY PRETTY'S
TOP 10 BEAUTY
MUST-HAVES

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Welcome



Waves, wind, water, sun, sand, surf, forest, back beach, southerly busters, cyclone surf, east coast lows, chilly winter mornings, no one else on the beach, hinterland swimming holes, fishing, diving, whales and dolphins, a few quiet beers, local produce, season's first lake prawns, mangoes, avocados up north..

Hi All,

Welcome to the first edition of Coastbeat.

Alum Mountain sits as silent sentinel to the beginning of the North Coast, new licence, Datsun 120Y, first trip up the coast, 5 to 6 hours from Sydney to Seal Rocks. Number One Beach is pumping when we arrive, no one's out, too big and rough. Young and fearless, we paddle out, spectators line the point... 39 years pass, now the North Coast is our home.

How the coast has changed in those few years. My cousin Charlie always said the story of the coast was, first the fishermen, then the surfers and finally the real estate agents. When my dad first drove from Sydney to Noosa for the winter sun just after the war, there were no bridges across the rivers, just punts. Now it won't be long till the Pacific Coast Motorway joins Sydney to Brisbane. This improvement in access is generally good, however we will need to be continually

vigilant if we wish to retain the unique character of the North Coast and avoid the congestion and pitfalls of urban living, such as timed paid parking at Watagos.

I love surfing, fishing, kayaking, exploring adventure trails and getting comfortable with living in the outdoors. I love the nature of the coast - the birds, dolphins, fish, turtles and even the myriad of insects and their cacophony.

The coast with its small villages and towns is still capable of providing that valuable sense of community, where people can feel that they belong and their efforts are recognised. That is in essence what Coastbeat is about. We are working on creating a platform in both print and digital where our Cb community can communicate, share and learn more about our fabulous coast.

My company Gowings is pleased to be the founding sponsor of Coastbeat because

we have a significant stake in the North Coast through the ownership of our Pacific Coast Community Hubs.

Supporting the locals by showcasing their work, creating jobs for the area and care for our environment form key motives behind creating Coastbeat. This is our very first edition, I hope you enjoy it and I encourage you to sign up and keep your finger on the pulse of the coast.

Heartfelt thanks to all those who have contributed and helped pull Coastbeat together. We look forward to continuing support from locals and businesses within our community.

For the Coast,

John

Cb Team

What I Love Most About Coastal Living?



John Gowings
Managing Director

"The pristine environment, no traffic and being able to go for a walk and swim everyday. The community feel of small coastal towns, the diversity of each region and its people."



Saimaa Miller
Editor-in-Chief

"Breathtaking beaches, lush rainforests, stunning lakes and great surf. The best things in life are free and we get to experience it everyday living on the coast."



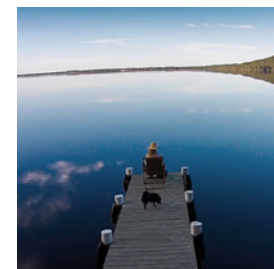
Olivia Hannah
General Manager

"My family love camping, fishing, swimming, paddle boarding, surfing, bike riding. The coast is truly nature's adventure playground with a new secret to discover every weekend."



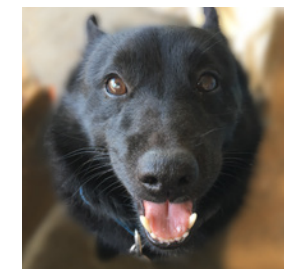
Kyle Rathbone
Designer

"I love the sense of community, the quirky shops, cafés and walking our dog with my fiancé along the many immaculate beaches. Driving with no traffic is a bonus."



Miriam Van Lith
Creative Director

"The peace and tranquility of the lakes and the movement and energy of the ocean. Plenty of space to have my family, horses and animals around me."



Skipa
Team Mascot

"Living on the coast means a laidback lifestyle. Fresh air, bush tucker and lots of time out on the paddleboard with my dad. Woof."

Contributing Writers

Alison Bone, Diane Carter, Eleanor Pendleton, Derek Rielly, Aimee Suriajaya

Feature Photography

Glenn Leahy, Coast Pictures

Cover Photography

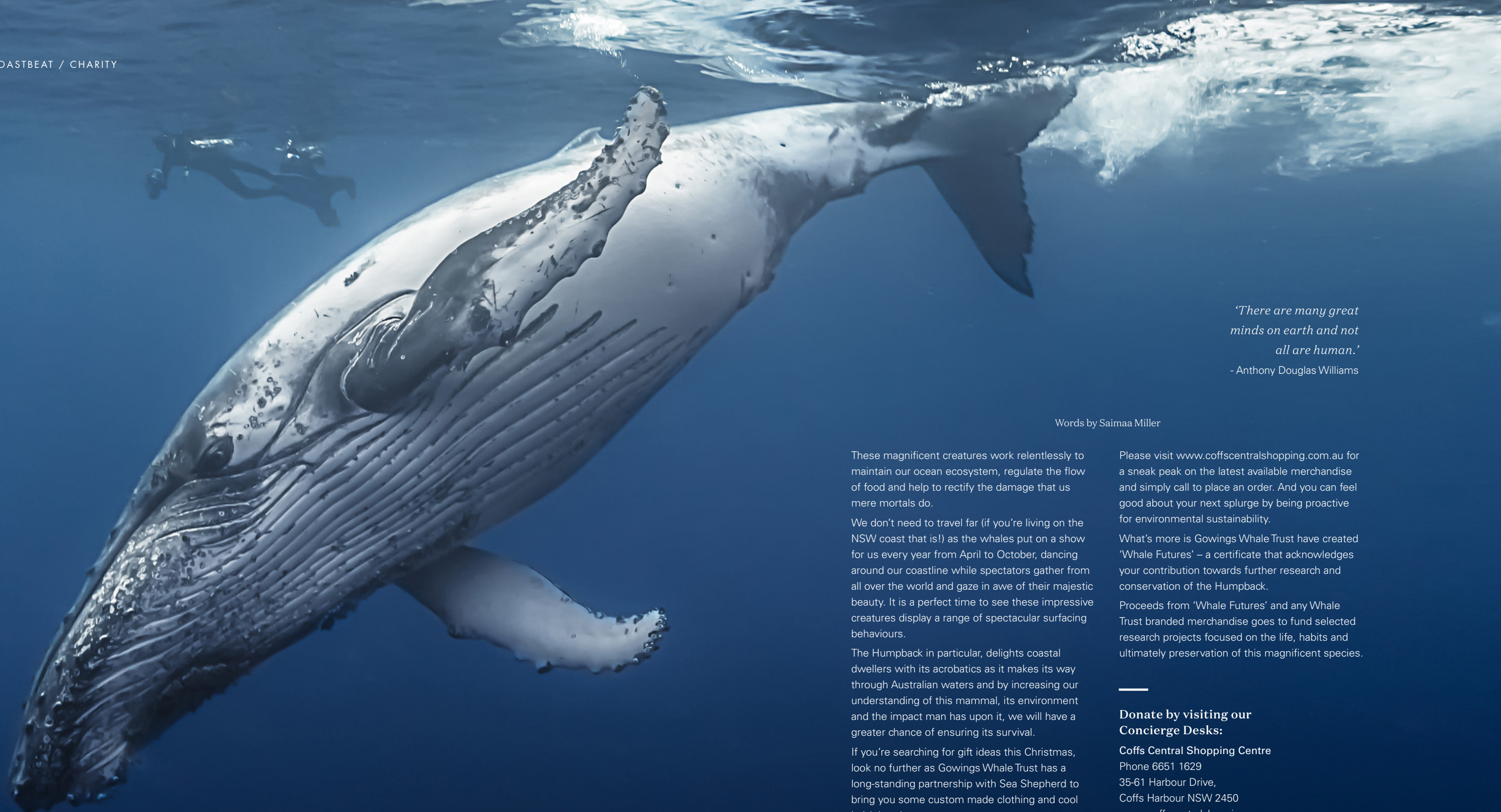
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*‘There are many great
minds on earth and not
all are human.’*
- Anthony Douglas Williams

Words by Saimaa Miller

These magnificent creatures work relentlessly to maintain our ocean ecosystem, regulate the flow of food and help to rectify the damage that us mere mortals do.

We don’t need to travel far (if you’re living on the NSW coast that is!) as the whales put on a show for us every year from April to October, dancing around our coastline while spectators gather from all over the world and gaze in awe of their majestic beauty. It is a perfect time to see these impressive creatures display a range of spectacular surfacing behaviours.

The Humpback in particular, delights coastal dwellers with its acrobatics as it makes its way through Australian waters and by increasing our understanding of this mammal, its environment and the impact man has upon it, we will have a greater chance of ensuring its survival.

If you’re searching for gift ideas this Christmas, look no further as Gowings Whale Trust has a long-standing partnership with Sea Shepherd to bring you some custom made clothing and cool knick-knacks.

Purchasing one of these awesome items directly supports our whale community, as all proceeds are donated to Gowings Whale Trust for research to ensure our Humpback Whales are here for generations to come.

Please visit www.coffscentralshopping.com.au for a sneak peak on the latest available merchandise and simply call to place an order. And you can feel good about your next splurge by being proactive for environmental sustainability.

What’s more is Gowings Whale Trust have created ‘Whale Futures’ – a certificate that acknowledges your contribution towards further research and conservation of the Humpback.

Proceeds from ‘Whale Futures’ and any Whale Trust branded merchandise goes to fund selected research projects focused on the life, habits and ultimately preservation of this magnificent species.

**Donate by visiting our
Concierge Desks:**

Coffs Central Shopping Centre
Phone 6651 1629
35-61 Harbour Drive,
Coffs Harbour NSW 2450
www.coffscentralshopping.com.au

Port Central Shopping Centre
Phone 5525 1000
40-42 Horton Street,
Port Macquarie NSW 2444
www.portcentralshopping.com.au

Gowings Whale Trust

Here at Cb, we are avid supporters of environmental awareness and sustainability so much so that our managing director, John began Gowings Whale Trust a few years back, with the aim of increasing people’s knowledge, involvement and understanding of the Humpback Whale through public education.

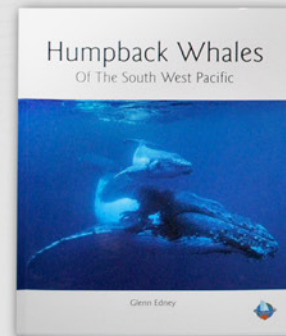


Additional information about our research or educational programs, our souvenir lines or general enquiries can be made by phone on 5525 1006 or email whaletrust@gowings.com

HELP OUR HUMPBACKS

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

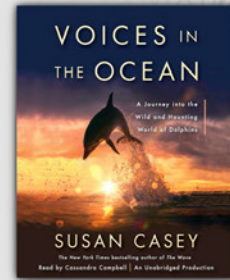
'Because their future is ours'
John Gowing



Humpback Whale Book
\$29.95



Jolly Roger Black Tee \$35



Voices in Ocean
Book \$49.95



Jolly Roger Black
Keep Cup \$22



Whale Cap \$19.95



Timber Whale
Model Kit
\$14.95



Blue Whale
Paperweight \$9.95



Tote Bag \$10



Polo Shirt \$49.95



Blue Whale T-shirt \$39.95



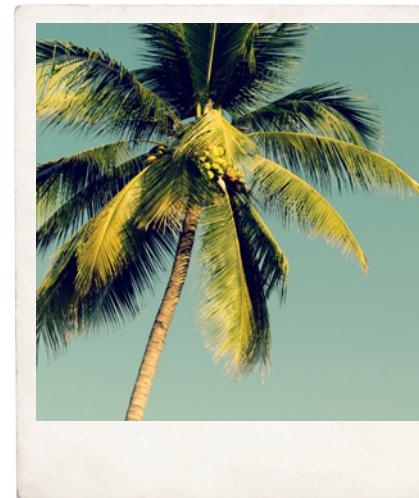
Invest in a Whale
Future today. It is
tax deductible.
All donations over
\$10 receive a Whale
Future certificate.



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

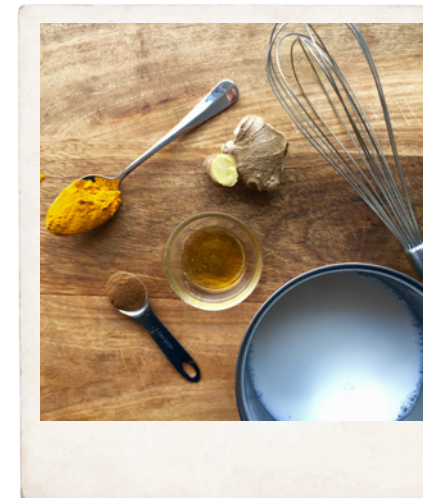
Summer Vibes

1.



Think palm trees, pineapples
and picnics. Maybe with a piña
colada too.

2.



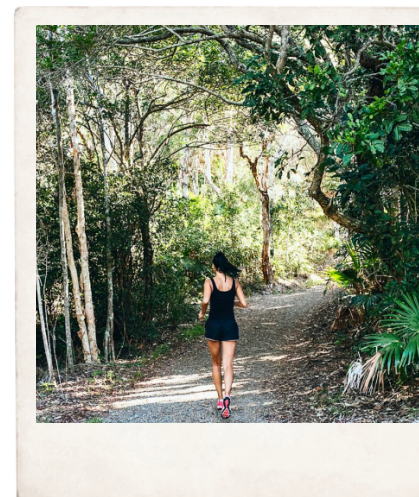
Turmeric delivers some serious
cred as an anti-inflammatory if
joints swell up in the summer heat.

3.



Heading North? Summer road
trips are the best.

4.



Cardio is still the best for a sleek
summer beach bod.

5.



These citrus beauties are filled
with antioxidants which are great
for sun protection.

6.



Long, balmy days means
more time for you!

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www.seashepherd.org.au
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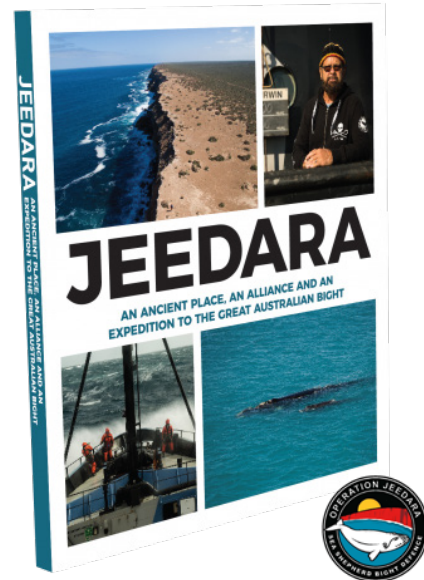
Sea Shepherd Australia uses innovative direct action tactics to investigate, document and take action when necessary to expose and confront illegal activities on the high seas.

By safeguarding the biodiversity of our delicately balanced oceanic ecosystems, Sea Shepherd Australia works to ensure their survival for future generations.



Operation Jeedara

Sea Shepherd Australia is part of the Fight for the Bight Alliance, whose mission is to stop BP from drilling for oil in the Great Australian Bight. The Bight is one of the last intact wilderness areas left on the planet and given the state of the world's oceans; it is of global significance and deserves the outmost protection.



JEEDARA – An ancient place, an alliance and an expedition to the Great Australian Bight.

Jeedara – the book – is a tribute to the Great Australian Bight's rich marine ecosystem and the crucial crash-campaign to protect them. Sea Shepherd joined a coalition of community groups striving to rescue the Great Australian Bight from BP's plan to drill for oil in the middle of the Bight, in waters 2,500 meters deep, 3,000 meters beneath the seabed in one of the most turbulent regions of the world's oceans.

This book will lift the spirits of those who think saving the environment is all too hard, and raise the understanding that we can all directly gift the Earth and its oceans by supporting Sea Shepherd and its gallant defenders into the successes of the future.

The book is available for purchase at Coffs Central or online at:
www.seashepherd.org.au/jeedara/

SOURCE: Sea Shepherd Australia



BP was responsible for the world's biggest oil spill accident, the Deep-water Horizon tragedy in 2010, when 800 million litres of oil spewed into the Gulf of Mexico for 87 days.

BP then used dispersant that made the spill 52 times more toxic to the ocean, marine life and people of the Gulf of Mexico. Six years on, industries, tourism and the environment have not recovered and millions of litres of oil sit on the ocean floor and dolphin mums are giving birth to stillborn calves.

The Great Australian Bight is rich in beauty and biodiversity, boasting the world's most significant southern right whale nursery, as well as humpback, sperm, blue and beaked whales. Sea Shepherd's Operation Jeedara showcased the Great Australian Bight and highlighted its wilderness. Rarely has such an environmental mission as Jeedara boasted success so swiftly. But, the fight for the Bight is not over. Other oil and gas companies are queuing to drill in the deep waters of this magnificent marine precinct.





The Kombi Connection

Arrawarra's Steve and Rhonda Hopkins have spent decades restoring Kombis to their former glory, keeping the spirit of this classic car alive through their meticulous craftsmanship.

Words by Alison Bone
Photography by Glenn Leahy

After 64 years of production the last Volkswagen Kombi rolled off the assembly line in 2013. Over the years the iconic Kombi had come to symbolise the counter culture and the freedom of the road – a feel-good car that tugs at the heart strings and conjures up visions of sunsets, surf boards and girls with flowers in their hair.

"The Kombis were part of people's lifestyle," says Steve Hopkins, who, along with his wife Rhonda has restored dozens of them. "It's important to keep the Kombi alive so future generations can see what life was like in the 50's and 60's," he adds. In these days of disposable culture where things break down and are thrown away and everything is fast, shiny and new, a restored Kombi is like a slice of perfectly preserved history. It is also a display of true craftsmanship, much like a lovingly restored piece of art.

"The restored Kombis are 100% original, except for the new mechanicals which make them run better," says Steve. "We do everything, the upholstery, the glass work, the painting, it comes out better that way." Not only are the couple keeping the spirit of this classic car alive through their award-winning restorations, they are also observing values and traditions that hark back to a time where things were built to last. Steve's attention to detail and use of traditional repair methods such as lead loading (a soldering technique that takes great skill) rather than using body filler, are rare in the industry these days but the results are totally authentic.

The couple have a well-earned reputation for their beautiful award-winning Kombi restorations, but the road to success was paved by accident, literally. Rewinding to the 70's, 17-year old Steve was working as an apprentice fitter and turner – a job he hated. Looking out the window one morning he saw his splitty (split screen



Kombi) all twisted and bent in the driveway. His brother had borrowed it the night before, filled it with twelve of his friends, got drunk and rolled it. Neither of them had the money for repairs, so Steve had to fix it himself, borrowing the tools from his dad. "It came out quite good and I really liked doing it," he says, so he tossed in the apprenticeship, put himself through a panel beating tech course and started his own business restoring VW Kombis and Beetles. Rhonda helped him – they had met in 1969 on the beach in Bulli, where he used to go on surfing trips.

The couple married in 1972 and started saving for a house and workshop. Steve meticulously restored a Norton Commando motorbike to pay for a deposit, but it was stolen by a couple of bikies. He then restored a VW Type 3 Wagon, but wrote it off in an accident. Their financial struggles continued when Rhonda crashed the Ford Cougar they had restored too. Finally their run of bad luck ended and they scraped together the money to build a small workshop. In 1982 they moved up to the North Coast, "Fixing up whatever rolled into the backyard," explained Steve, which included a good number of Porches. Their reputation steadily grew and the Kombi work rolled in faster and faster.

"The great thing about a Kombi is that just about everyone likes them and the variety of people who own them is amazing," says Steve. Back in the 70's you could pick up a Kombi for a couple of hundred dollars. These days it's a very niche market – a fully restored 23 window Kombi Samba can set you back \$250,000. According to Steve, Kombi enthusiasts are looking for the whole experience, the process of transformation. They want to buy a rusty old wreck and see it born again, right before their eyes, customised to their own choices.



>>

“Many are millionaires,” says Steve. “They work hard, they get home, have a bourbon and sit in front of a computer to look at the pictures we send through every night. They love it and really want to get involved in the build, it might take three weeks to decide on the set of wheels.” More than a business transaction it is a collaboration, a labour of love. “We tend to become good friends with the people we have worked with,” says Rhonda. “It’s a partnership, the whole business is based on trust,” adds Steve. While the couple could perhaps have made more money had they stuck to fixing up Ferraris, as Steve explains, “If we had a shed full of Ferraris we would have a totally different vibe – when you drive a Kombi everyone waves and takes pictures. It’s not like that with a Ferrari.”

One of their favourite restoration projects was a 1954 VW Barn Door Deluxe Microbus that came from Queenstown NZ, where it had spent the 50’s and 60’s doing tours to the snowfields. The end cost for the buyer

was \$380,000, mind you, this wasn’t just any old Kombi but “The sixth rarest Kombi in the world,” according to Steve. The day after they finished the restoration, which included an original 30hp engine, Steve and Rhonda drove it down to Sydney for the VW Nationals where it won ‘Car of the show.’ “The VW Museum in Germany has offered to buy it for \$450,000, but the guy won’t sell it to them,” Steve laughs.

While Steve and Rhonda are at retirement age and have leased the business to their friend Brendon Lee who emulates their dedication and passion, they intend on working a few more years and have built a workshop on their own ten acres. “We have slowed down a bit but still love doing what we do,” says Steve. The couple are currently restoring a Kombi Microbus Deluxe that they bought from a 94-year old man – who had purchased it brand new in 1970. “We are going to keep it in the family,” says Steve. “Our grandson loves surfing so there is a high chance he will use it for surf trips.”



Tune into www.coastbeat.tv for more on Steve and Rhonda Hopkins keeping the Kombi connection alive.



A Bellingen Perspective

When I re-located from Sydney's Bondi Beach to the Coffs Coast two years ago, Bellingen was my cultural life-saver. It had almost everything that I had missed about the big smoke; great live music, kundalini yoga classes, colon hydrotherapy, organic baked goods, great coffee (albeit sans best buddies) with an awesome, small town community vibe.

Words by Diane Carter Photography by Glenn Leahy

As I turn inland towards Bellingen, leaving the sparkling waters of the coast behind, the road winds through the sub-tropical hinterland and enters a picturesque valley.

Located half way between Sydney and Brisbane, the Bellingen Valley is home to a vibrant, alternative lifestyle community, a few well-known Australians and loads of amazing wildlife and natural beauty.

It is also known as Byron Bay's little sister, a more timeless, authentic version in my book. I gaze at contented cows as they graze the lush farmland pastures that border pristine rivers, which unwind into the magnificent mountains and which hug this historic hill town – 'picture postcard' pretty much sums it up.

However, it didn't always look like this. In days gone by, thick forests of red cedars and tallowwood once covered these smooth, emerald hills before the arrival of Europeans timber in 1843.

They were cutting down trees as fast as possible and transporting them by river and sea to Sydney and the world markets. Timber was a much in-demand commodity, especially the 'red gold' cedars, which had a dramatic impact on the landscape and the local Gumbayngirr tribe. This history of the bush is repeated across most of our country and it is artists such as Bellingen local Jesse Lethbridge, a didgeridoo-maker who are re-telling the story of the bush.

We can often forget how landscapes are cleared to make way for farmland, however if you take the incredibly scenic Waterfall Way, west towards Dorrigo National Park, you will get a peek into an ancient pre-human world. The Gondwana World Heritage area is the most extensive strip of diverse rainforest anywhere on earth and a stunning record of life on our planet. A must-see if you love being immersed in the natural world.

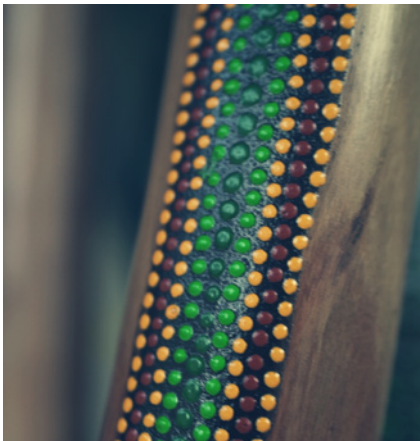
'Clean water' is the meaning of 'Bellingen' in the local indigenous Gumbaynggir language and it surprisingly

still rings true today, thanks to the efforts of the Bellingen Environment Centre and the can-do spirit of local community. Bellingen folk are an eclectic bunch, boasting the highest concentration of creatives on the Coffs Coast and the most likely to volunteer in some capacity. Architects, designers, artists and musicians from all over have chosen this magical valley to work, create, play and raise their families, as much for its natural beauty as the colourful community life.

As I drive along the sweeping ridgeline to the home of one Bellingen's unique artists, I spy many beautiful timber homes surrounded by lush gardens in which I could easily see myself living (or maybe an artistic retreat weekend at least!). Jesse Lethbridge, didgeridoo-maker and musician, devotes his time in this valley to crafting, playing and composing for this iconic instrument. Beginning to play the didgeridoo (or Yidaki as it is known in north-east Arnhem land) in 1998, Jesse has journeyed many times through the heartland of Australia to deepen a connection with the yidaki and the indigenous family who carry the legacy of being the traditional crafters, healers and musicians of their tribe. It was to have a profound effect on the direction of his life and that of his future family.

Djalu Gurruwiwi is the elder from northeast Arnhem Land that 'adopted' Jesse, teaching him the music and sacred meanings of their ancient ways. A special bond formed which sparked Jesse's passion to continue learning, performing and travelling with the yidaki throughout the world, deepening his sense of self and appreciation of other cultures.

Raising his two children with his partner on acreage that also doubles as Jesse's craft workshop, has allowed Jesse to follow his bliss and musical pathway. Bringing together his other musical passions for 6 and 12 string guitars, mandolin, percussion and Native American flute, Jesse creates uniquely tribal music to which we could blissfully relax or let loose and dance.



Head to www.coastbeat.tv to listen to Jesse's spiritual sounds



>>

The custom-made yidakis take many weeks to be seasoned and shaped into the musical instruments that form the basis of Jesse's passion and business. The designs he creates are a combination of the person's energy for whom he is creating and the animals which are native to the area.

A diamond python lives in the roof of his workshop and often comes to visit. Jesse acknowledges that it provides him with inspiration for his creations as do the local goannas.

The polished pieces of Stringybark, bloodwood, ironbark and wooly butt from the Australian bush are works of art, prized as much for their hypnotic, mesmerizing vibrations as for their ornate beauty.

Before I leave this magical place I am treated to a musical healing. As Jesse's circular breathing resonates harmonically through the wood of the instrument, a wonderful vibration begins to energise my whole being, beginning in my chest where Jesse has placed the end of the yidaki. It ends with a dolphin call and I am imbued with a gentle joy and heightened sense of my inner cells being washed clean.

Yoga and art classes abound in this idyllic country town, as do writers workshops, health retreats, kayak and fishing expeditions. You can see them advertised

on community noticeboards at popular local hangouts; Award-winning Bellingen Gelato (with a sister shop in Rozelle, Sydney) and Kombu Health Food store are hubs of activity seven days a week. As in any country town, people wave to each other and stop to have a chat on the street or judging by the busy outdoor tables on a Tuesday afternoon, at the array of unique cafés dotted around the town.

The weekly farmer's and craft markets (often featuring Jesse and other local musicians), Winter Music Festival and the beautiful clothing/homewares stores featuring local designers, go a long way to keeping Bellingen's creative culture alive and the tourist trade coming back for more.

So next time you're needing a fix for urban overwhelm, Bellingen could be your tonic; a generous dose of quiet hinterland drives and bushwalks, secret waterholes, art and music inspirations, salubrious café and restaurant experiences and a myriad of rustic or luxury accommodation choices...simply breathtaking.

Jesse Lethbridge custom-made didgeridoos are priced from \$395.
www.jesselethbridge.com



The Coffee Chronicles

Upon arriving into Port Macquarie you'd be forgiven in thinking this is your average sleepy coastal town, but there's more here than meets the eye. Port's café culture is alive and buzzing, its population consisting of an eclectic mix of humble folk and the town itself radiating with a creative, artistic vibe.

Words by Aimee Suriajaya Photography by Glenn Leahy

When compiling a list of Port's coolest places to sit and enjoy your daily brew, one can't look past Bookface Store and Café at Port Central. The bookshop with a café inside is the winning combo where you can grab yourself a cuppa with a yummy treat whilst perusing the colourful isles of literary fascination.

The Berkelouw family has been trading in books for six generations. Books are their passion and they love meeting new customers who share a love of all things creative. We chatted to Cathy Bayes Hunt, store manager of Bookface since its conception in November 2014 and she'll be the first to tell you that books are in her blood.

Cathy's family moved to Port Macquarie in 1977 and opened their own bookstore, which serviced Port through the 70's and 80's. Cathy literally grew up around books and managing Bookface Store today, makes her feel like she's come full circle. Cathy treats the shop like it's her own and her passion for the business itself is inspiring.

"The role of a bookstore is to create an environment and space people want to hang out in," Cathy explains. People like to touch and feel books, to turn the pages and make an informed decision before walking away with their choice in hand.

With the introduction of online bookstores, the physical stores had to change with the times and offer an enticing reason for people to step foot inside their doors. Bookface Store doesn't just sell books, they offer a wide array of gift ideas, household items and knick-knacks you never knew you wanted, but could definitely find a use for. There is even a kid's corner with a fabulous variety of children's titles to keep the little ones occupied.



The introduction of the café owned by Jo Hawes, which sits side by side with the bookstore was an ingenious decision and confirmed BookFace Store and Café as a destination in Port Macquarie.

Cathy believes the scheme for online bookstores is pure marketing. They take all your personal information, spam your inbox and subtly upsell with their personalised 'suggested titles for you'. Compare that to a physical store where you can guarantee at least one staff member has read the book you want and can tell you all about it.

Although busy running the café, Jo is equally passionate about books and excited for others to share their love of reading while enjoying her unique blend produced by local roasters, Peak Coffee and savouring her delectable delights made by in store or by locals.



For more on Cathy and Jo at Bookface, head to www.coastbeat.tv



>>

Bookface Store and Café are also avid supporters of local charities and schools, regular donating to special causes and striving to improve education in the region.

They make a point of stocking local works and supporting home grown artists who have yet to secure publishing deals.

The concept store fits perfectly with the

town's growing art culture and the iconic experience that is Glasshouse theatre and gallery, which is just a stone's throw away.

Bookface Store and Café is located at Port Central.

www.portcentralshopping.com.au

Top 10 Summer Reads

Bookface top choices for summer reading to enjoy over the holidays, and even better with Jo's coffee and cake!

1. Force of Nature, Jane Harper

Second hotly anticipated novel from this emerging Australian author. What happened to Alice Russell? Five women go into the bush but only four come out. A terrific suspenseful novel, it's a great read for everyone and making waves around the world.

2. Nevermoor: The Trials of Morrigan Crow, Jessica Townsend

Morrigan Crow is cursed, born on an unlucky day she's blamed for all the local misfortunes. A breathtakingly beautiful debut by Australian author Jessica Townsend. Ages 8+. Perfect for fans of Harry Potter.

3. Goodnight Stories for Rebel Girls, Elena Favilli & Francesca Cavallo

A reinvention of fairy tales, inspiring children with the stories of 100 heroic women from Elizabeth 1st to Serena Williams. A book for bedtime and beyond.

4. The Secrets She Keeps, Michael Robotham

Two vastly different women both with a secret that could destroy all they hold dear. A compelling psychological thriller that delves deeply into the psyche of the human mind, by internationally bestselling Australian author.

5. Wednesdays with Bob, Derek Rielly

On Wednesdays Robert Hawke, our 23rd and oldest living prime minister, would invite Derek into his home to share cigars and irreverent conversation. The result is an extraordinary portrayal of a beloved Australia - strange, funny and uniquely personal.

6. Little Secrets, Anna Snoekstra

Another fantastic Australian author, "what happens when ambition trumps the truth - an arsonist is on the loose". Full of twists and turns, this dark examination of human nature is a fast-paced thriller set in small town Australia.

7. First Person, Richard Flanagan

Australian award winning author turns compelling, comic and chilling. First person is a haunting journey into the heart of our age.

8. Sweet, Ottolenghi

His stunning new baking and desserts cookbook. Fresh evocative ingredients, exotic spices and complex flavourings. Features 110 innovative recipes. A must for all baking fans.

9. 110 Best Australian albums, Toby Creswell

The best Australian albums for the past 60 years, placing each album in order and discusses why each album deserves its place. Tells the story behind the making and the impact the album made on the local and world stage. Interviews with artists and those involved in the record making processes.

10. The Horner, Jeff Horn

His journey from bullied schoolboy to world champion, written with award winning author Grantlee Kieza. His story proves that anything is possible if you never give up.



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Uptown Local Vibe

If you live around the Coffs Harbour area and have a thing for fashion, it’s highly likely you’re familiar with Uptown Local. Micah and Angela have owned the store for four years but their experience and knowledge in fashion and running a small business dates back long before this.

Words by Aimee Suriajaya Photography by Glenn Leahy



Having met in Sydney working together in the industry, the girls decided to move back to Angela’s home town of Coffs Harbour and take over the family business running the long-time successful fashion store Encounters (Coffs locals will be all too familiar with this revolutionary store which opened in 1980). They ran Encounters for 11 years, slowly adding new brands and ensuring the store kept up to date with the latest fashion trends and the ever-evolving market.

All the while in the back of their minds dreaming up their own little baby, a store with an entirely new concept and an opportunity to do all the things they wanted to do. To take everything they had learnt from Encounters and put it into a formula that was their own, that reflected their personalities and what they envisioned for the town of Coffs Harbour. You could say Uptown Local was their passion store.

The name Uptown Local had been secured in their minds long before the bricks and mortar store opened. In fact, the concept was originally for an online store. Having worked in retail for so long, Micah and Angela could see trends were changing and that retail business was progressing with the technological times, online shopping became a whole new concept and they knew it was time to jump on board.

Their desire was to create an ideology. Constantly inspired from travels across the globe, they wanted to try and lift the fashion scene in Coffs and offer something unique and desirable to locals. “Think of us like an art gallery,” Angela explains. “Our clothing is the artwork and we’re the curators”.

For the duration of its existence, Encounters sat in the Park Beach Plaza but when the ladies heard there was an opening to join the speciality boutiques at Coffs Central,

they wanted in. And it was here that their concept store Uptown Local came to life. “Coffs Central speak our language,” Micah put simply. The girls wanted to be a part of this newly styled centre with a feel for local, artisan inspired specialised stores and felt it was the perfect opportunity to showcase what they envisioned for the store.

In September 2013 Uptown Local birthed into the store you know and love today. It was inspiring to hear the ladies talk about their vision for the store in the no expenses spared renovation. This was to be a show store. A stylised boutique that was simple, streamlined and elegant, stocking womenswear, menswear, denim and accessories. Angela explained: “It was to be upmarket but paired back. Think New York style loft apartment / warehouse space”.

The idea was to honour the space, keeping it as original as possible while adding contemporary, functional but beautiful pieces. Tasmanian oak shelves line exposed brick walls, a bespoke timber counter sits at the back and anyone who knows the store is in love with the custom-made sliding ladder along the denim wall. You can tell it was important to the girls that everything was locally made (where possible) and of the highest quality. The concrete flooring was part of the original build and its imperfections were highlighted by simply filling and adding polish. The lights you see hanging from the high ceilings were found discarded in the centre so the ladies decided to upcycle the pieces and had their electrician rewire them to be energy efficient. I love these stories behind the projects and the girls sounded as excited about the design and fit out as they did about the pieces of clothing that graced the shelves.





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As is the story with all small businesses, it's not always peachy and there's no time to switch off. When Micah and Angela aren't physically in store their minds are. They say they're always thinking ahead and looking for possibilities to achieve more and do better. Planning is a massive factor especially in fashion. So while they're currently filling the shelves with the hottest summer trends, they're forecasting and purchasing for winter 2018. In fashion you have to think ten steps ahead. Micah goes on to say: "There's no room for complacency, in running a small business you have to don every hat and make sure all skills are honed and sharp". Angela agrees: "It's not always amazing, you have to ride the waves, be on your best game and learn to deal with situations quickly. It's constant problem solving with a smile".

When selecting brands to stock in store I am told authenticity is a huge factor. Some choices are driven by the industry but Micah and Angela also have to love the brand and the people behind them. They want to represent and support brands of a certain quality and aesthetic. The way these brands market themselves and do business is also taken into account and if they're from Australia or New Zealand even better. It's simple really,



Uptown Local is about supporting home grown talent and showcasing high quality, respected labels in the industry. And with a customer base spanning from teenagers to 60 year olds, it seems they're doing something right. When I ask about this season's summer range the ladies are beyond excited. They tell me it's usually easy to pick and choose pieces out of a range that will suit the store and region

but this summer every label is showcasing an epic range so the girls are bringing 90% of it to you. "We're super excited to be in town," Micah tells me. "Gowings (Coffs Central) are revolutionising our CBD and we're thrilled to be a part of that".



Tune into www.coastbeat.tv to see more on the Uptown Local girls.

It's the season to decorate!

This festive season invite Christmas into your home with our magical range of ornaments that have been carefully selected to create three unique collections.

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Pansabella PROVIDORES

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Ground Floor, Coffs Central

What's Trending This Summer

Micah and Ange give us the scoop on what's trending this summer..



SOURCE: @waityouneedthis

Bold floral prints

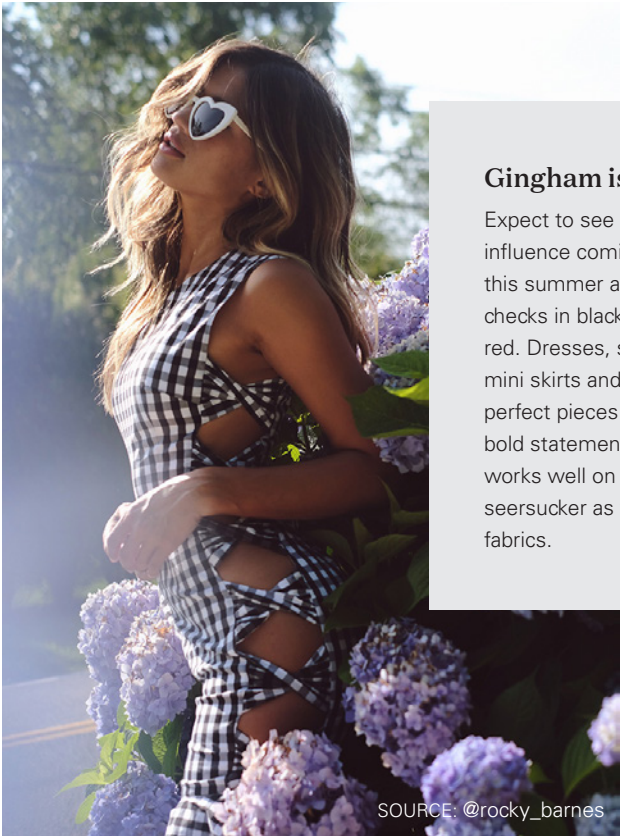
Nothing says summer like big floral prints. A little Gucci, a little Hawaiian, a little Australian Summer. Florals can take you from day to night, beach to bar and not just for the feminine dressers. Dress it down with Converse and denim for a more casual look.

Linen

Made a big come back last year and is continuing through to this summer too. Perfect for the Australian lifestyle - casual and relaxed with an air of elegance. Linen adds structure to an outfit and in neutral tones such as white and nude make for a classic summer look. An absolute wardrobe staple.



SOURCE: @harperandharley



SOURCE: @rocky_barnes

Gingham is back

Expect to see a 50's influence coming through this summer as bold checks in black, navy or red. Dresses, swimwear, mini skirts and jackets are perfect pieces for these bold statements. Gingham works well on lycra, cotton seersucker as well as silk fabrics.



SOURCE: @brooketestoni

Kitten heels

A nod to 90's influence, add a little height to any outfit with kitten heels and tick the boxes of stylish, wearable and comfortable. Audrey Hepburn may have put them on the fashion map and some may consider them old fashioned, but if they're good enough to grace the runways of Prada and Dior, it's good enough for us.



SOURCE: @yasalamfashionblog

Red

Big, bright and bold, you can expect to see red coming through as a dominant colour for the season. Think fun summer dresses, eye-catching bikinis, high heels and a perfect base for florals. Not game for a statement piece just yet? Start with a red lippy, every girl's go-to accessory.

Katsby

'Have I gone mad? I'm afraid so, but let me tell you something, the best people usually are.'

- Lewis Carroll, Alice in Wonderland



At first glance Kat McKinnon may appear to be a little mad with her pink hair and quirky tastes, but she's really a colourful character who wants to share her love of fashion with the people of the Coffs Coast.

Having run Charlipop Kids for over 10 years, sourcing quality designer wear for kids at affordable prices was always her forte but Katsby has a wider offer including ladies fashion and accessories.

Drawing on her years of experience in the fashion and retail industry, Kat sources designer samples, end of season and discontinued lines in ladies and children fashion to fill her many racks. This ensures a lot of one-off items and some great finds at reasonable prices. "If you come in and see something you fall in love with, get it, it won't be here next time. The stock changes all the time," she said.

The name Katsby comes from Kat's involvement in Roller Derby with her local league name being 'The GR8 Katsby' and you may still find her and the team rolling around the floor on skates from time to time! The store design is unique and lends to Kat's love of Steampunk and her favourite childhood novel 'Alice in Wonderland'.

Kat wanted "to create a community space where people feel free to drop in. A space where guys can pick up the guitar or read with their kids while their partners relax and shop, where teens can drop in for a game of pool.' So

there's a lounge and book exchange space, a play area for little ones and a pool table for the big kids.

"Everybody who comes in tells me they get it, the idea of slowing down and relaxing. We get guys who come from the swim centre who sit on the couch, pick up the guitar and play for a bit. It's great. I love people and I love having a chat.

"The next step is to invite artists to work in the space or give them space to sell their art, so if you're a local artist feel free to contact me. I also want to encourage local mother's groups or community groups to come here - I have plenty of space and would love to be able to use it to connect the community."

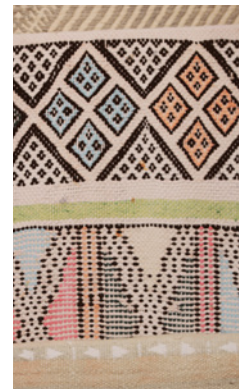


Find Katsby-World of Fashion at Moonee Marketplace.

www.mooneemarketplace.com.au

For all these trends and so much more visit Uptown Local at Coffs Central.

www.coffscentralshopping.com.au



Tribal Gathering

A word of warning as you step foot inside Newrybar Merchants... You become obsessed. Ok, obsessed may be a little strong but one can most definitely find themselves lost in there.

Words by Aimee Suriajaya Photography by Glenn Leahy

I'm not just talking physically as you weave your way through the labyrinth of rooms and sections of varying art and craft, but the mind tends to get lost too. Lost in a world where camels trot through desert sands, vibrant colours assault the senses, the smell of wax candles and fresh flowers fill the air and maybe, just maybe, a magical carpet ride becomes a possibility.

Newrybar Merchants is a one-stop shop for all things beautiful and homely. It's exactly what you want your house to look like. Filled with plants and greenery (even their very own florists tucked away at the back), ceramics, home décor, luscious body products, gorgeous Moroccan rugs, fine jewellery to adorn yourself with and everything in between.

If you're looking for a gift for that person who has everything, this is your place. One of my favourites? Pure liquorice or Himalayan salt rocks that come with a tiny grater to dust directly onto food to enhance flavour. See what I mean, everything in between.

But the thing that really draws you in is the ethos behind the store. Newrybar Merchants came together organically after a small group of locals sat down and threw around ideas for what they imagined to be something truly spectacular. Without excessive thought or planning they simply went for it, and after two years of very successful business, they haven't looked back.

I spoke with Shannon Fricke, stylist, interior designer and one of the original merchants owners, who tells me that the shop itself and location of it were not simply selected because it was what was available on the market. They felt that Newrybar was such a special town with a unique sensibility that it needed to be shared with people who came to the region. The famous beaches of Byron Bay are just a 15-minute drive to the coast but the hinterland experience in Newrybar really is a hidden gem.

The house itself is rather unique and represents a moment in the history of this charming little town.

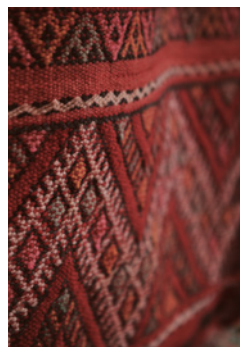
It's an old 1890's wooden cottage co-created by Zane Grier from Driftlab and designer and builder Todd Miller from ZieglerBuild. In fact, Fricke tells me it was the house itself that set the tone for what would be held under its roof, that being home wares and lifestyle. It was about honouring the old whilst showcasing the new and respecting every process along the way.

The idea for the space was to co-create a collaborative concept store bringing like-minded, creative individuals together to sell their wares, and to offer a completely different shopping experience in the form of a small-scale boutique.

When speaking to Fricke, you really get a sense of what it is to be a part of this collective. Almost as if you're stepping back into the times of tribal gatherings and people coming together to design, collaborate and work as one. You can tell these creatives are well travelled, have an eye for detail and the finer things and are truly passionate about what they do.

And from a business point of view it makes total sense. Why pay an exorbitant amount on rent and utilities with cash flow solely relying upon you, when you can share business costs as well as have a beautiful collaborative space to enjoy. We all know days can be long and tedious when working on your own during quiet times and for creative folk, it creates an uninspiring spoke in the wheel. This concept means passionate people are able to bring their worldly ideas and treasures to the hands of those of us looking for them. It really is an ingenious idea.

Each room in Newrybar Merchants is dedicated to a different merchant who run their own stores and have their own store owners within the bigger space. It sounds complicated but Fricke assures me they've "found a dynamic of people who share a similar vision, everyone who is there wants to be there out of choice. The shop's energy is all about sharing and cooperation, we're a bit like a family." Then quite simply she adds: "It just flows."



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In fact the energy of the store and the importance of maintaining its balance is mentioned a few times during conversation, and once you enter through those doors yourself, you feel it.

And with so many different merchants and people bustling about the space, you can see why this balance of energy really is so important.

Fricke admits, "It's an unusual format in this world where everyone is often doing their own thing" and that's why you fall in love with it even more. These merchants could very well step out on their own and earn profits entirely to themselves but this concept of joining forces, of coming together to create a space that is truly unique and special, really is something to marvel.

If you're heading to Byron, do yourself a favour and stop by Newrybar to check out this quant little hillside town. Grab yourself a coffee from Harvest across the road and wander through the creative maze that is Newrybar Merchants. It really is something to behold.

**Newrybar Merchants is located at
19 Old Pacific Highway, Newrybar.**
www.newrybarmerchants.com



For more on Newrybar Merchants
tune into www.coastbeat.tv



Wish upon a star
this Christmas



Merry & Bright

Lily & Sapphire
Seville Tall Tumbler
Green \$14.95



Bed Bath N Table
Branch with Berries

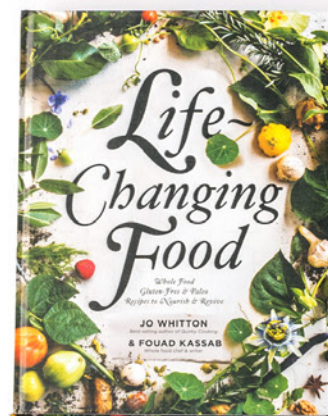
Bed Bath N Table
Measuring
Cup Set



Sensara Boutique
Elk Bag \$169



Go Vita
Life Changing Food
\$69.95



Red Sparrow
Tea Co
Anna Chandler
Gift Set \$29.95



Lily & Sapphire
Moon & Stars Earrings
\$39.95



Lily & Sapphire
Salus Organic Bath
Salts \$12.95



Lily & Sapphire
Shell & Tassel
Necklace \$49.95



Palms Pharmacy
Elizabeth
Arden
Gift Set \$85.00



Urban Life
RVCA Cross Back
Bikini \$44.99



Urban Life
RVCA Low Rise Brief
\$39.99



Lily & Sapphire
Calypso Bottle
Opener \$29.95



Sensara Boutique
Fringe Jendi Hat \$49

Bed Bath N Table
Glass Xmas Baubles



Bed Bath
N Table
Summer
Slippers



Give him a Grin

Kathmandu
Wooden Kubb
Set \$99.98



Bed Bath N Table
Xmas Bauble



Uptown Local
The Academy Linen
Shirt \$79.95



Bright Eyes
Dragon Polarized
Sunglasses \$240



Palms Pharmacy
Hugo Boss
The Scent \$145



Bright Eyes
Straw Fedora Hat
\$29.99



Australia Post
Dire Straits Album \$30



Kathmandu
Drink Bottle
\$49.98



Australia Post
Timber Puzzle
\$7.99



Urban Life
Leather
iPhone
Case \$69.95



Uptown Local
The Horse Watch \$149



Uptown
Local
Eli Wallet
\$79.95



Telstra
iBomb
Wireless
Headphones
\$120



Urban Life
Riders Chino Short
\$69.99



Gazman
Socks 3 for \$30

Kathmandu
Waterproof
Playing Cards
\$9.98



Urban Life
Birkenstock Habana
Brown \$145



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Solution
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Bookface
Eye Pillow
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Bookface
Bath Scrub
\$24.95



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Mug



Stormriders
Billabong Wallet
\$49.99



Prouds
Obaku Watch
\$149.00



Prouds
Rose Gold
Hoop Earrings
\$299



Prouds
Belcher Bracelet
\$1,699



Cotton on Body
Cindy Brasiliano
\$11.95



Cotton on Body
Cindy Bralette
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Warehouse
Olympia EDP
80ml \$89.95



Chemist
Warehouse
Nude by
Nature
Complexion
Essentials Kit
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Mollini Queneva
Manning Shoes
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Bookface
Pink Humingbird
Scarf \$29.95



Bookface
Pink Olive
Collection
Candle \$29.95



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He's wishing for

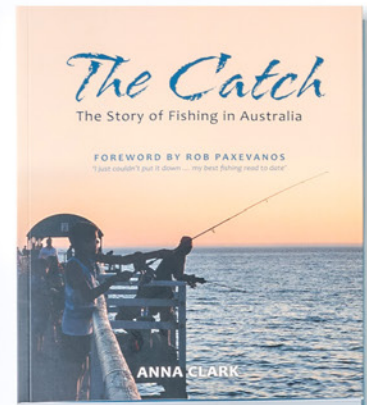
Concierge Desk
Sea Shepherd Cap
\$29.99



Connor Pringle Polo \$12.99



Bookface
The Catch \$39.99



Manning Shoes
Florsheim Perez
\$159.95



Stormriders
Arnette Polarised
Sunglasses \$169.95



Stormriders
Nixon Sentry
Watch \$419.99



Chemist
Warehouse
Mercedes
Benz Gift
Pack
\$69.99

Target
Toblerone \$10



Ritchies Supa IGA
Johnny Walker Red
Label 1 litre \$58.00



Ritchies Supa IGA
Viennese Biscuits



Target
Mug

Connor
Reed Denim Short \$59.99



Stormriders
Globe Socks 3 Pack
\$19.99



Bookface
Camping Cutlery Tool \$29.95

PORT CENTRAL
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We wish you a beachy Christmas



Target
Bucket &
Spade Set



Cotton On Kids
Fedora \$16.95



Cotton On Kids
Drink Bottle \$5.00



Cotton On Kids
Cap \$14.95



Cotton On Kids
Goggles \$14.95



Cotton On Kids
Sunnies \$5.00



Cotton On Kids
Flamingo One
Piece \$26.95



Cotton On Kids
Rash Shirt
\$24.95



Cotton On Kids
Board Shorts
\$19.95



Cotton On Kids
Shorts \$16.95



Cotton On Kids
Shoes \$14.95



Cotton On Kids
Shoes \$14.95



Cotton On Kids
Shoes \$14.95



Cotton On Kids
Shoes \$14.95

Make her Smile



Bookface
The Green
Kitchen \$49.99



Target
Wide Brim Hat
\$15.00



Stormriders
Mink Pink Sunset
Glasses \$59.95



Just Jeans
Jess Broderie
\$79.95



Organics MattR
Organic Fruit &
Vegetables



Bookface
Basket \$46.00



Organics
MattR
Kimchi
\$16.00



Organics
MattR
Bottled Culture
\$5.00



Organics MattR
Tumeric Elixir
300ml \$19.95



Spendless Shoes
Haze Sandles
\$29.99



Organics
MattR
Organic
Cheeses
from \$7.95

Make a wish...



Moonee Beach Pharmacy
Fedora Hat \$24.95



Cals Butcher
Hot Pepper Sauce
\$10.95

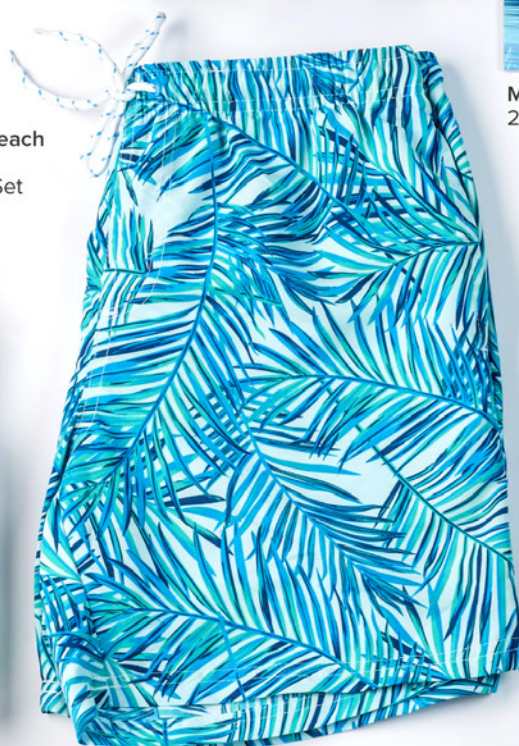


Moonee Beach
Pharmacy
Manicure Set
\$10.05

Nourished Earth
Refill Coffee Mug
\$34.95



Nourished Earth
Klean Kanteen \$31.00



Best & Less
Swim Volleys \$10.00



Moonee Beach Newsagency
White Horses Surf Book \$19.95

Cals Butcher
Prunes in Shiraz
\$22.50



Cals Butcher
Balsamic Vinegar
Glaze \$22.50



Nourished Earth
Organic Liquorice
\$8.65



Coles
Wireless
Headphones
\$32.00



Moonee Beach Pharmacy
2018 Calendar \$19.95



Liquor Land
Whisky Gift Box Set \$21.00



Liquor Land
Soapstone Drink
Coolers \$7.00



Coffs Coast Health Club
Gym Membership Gift
Certificate



Nourished Earth
Fire Tonic \$20.05

MOONEE MARKET
'where life is'

Wishes do come true



Katsby
Heart Necklace
\$15.00



Best & Less
Lace Bralette
\$6.00



Moonee Beach
Pharmacy
Boho Dream Teapot
\$36.95



Nourished Earth
Tea by Birdy
\$28.95



Moonee Beach Pharmacy
Nail Polish \$9.95



Nourished Earth
Lola Berry Book \$39.95



Moonee Beach
Pharmacy
Timber
Reindeer \$8.05



Moonee Beach
Pharmacy
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\$29.95



Kez's Sweet Life
Jewelled Bracelet \$25.00



Nourished Earth
Lavender Eye Pillow \$21.95



Moonee Beach Pharmacy
Napoleon Make Up
from \$29.00



Moonee Beach Pharmacy
Takara Too Gold Earrings &
Necklace \$25 each



Best & Less
Inflatable Flamingo
\$15.00



Nourished Earth
Grown Alchemist Organic
Skin Care from \$24.95



Katsby
Boho Sandals
\$30.00

MOONEE MARKET
'where life is'



1st Christmas Spectacular

Coffs Central & Coffs City CBD will come alive on the evening of Friday 1st December for our annual Christmas Spectacular!

Santa will arrive on a BIG RED TRUCK to meet all the kids and light the town Christmas Tree. There will be loads of entertainment from live music, jumping castles, face painting, roving naughty elves, choirs and much, much more!



2nd Exclusive Santa Sessions

Our Exclusive Santa Sessions are back! Enjoy a real life experience with our Santa photography this December at Coffs Central from \$25 per session.

- *Sensitive Santa, Saturday 2nd and Thursday 7th*
- *Story-Time with Santa, Saturday 9th and Thursday 14th*
- *Santa Paws, Saturday 16th and Thursday 21st*

Bookings essential, phone 5622 8900 or visit our Facebook page for more information.



2nd Sustainability Workshops

'Re-Craft It' is a series of FREE workshops delivered by Living Lightly, the Sustainable Living Program of Coffs Council, in partnership with Coffs Central.

- *Saturday 2nd - DIY Christmas Wreaths*
- *Tuesday 5th - DIY Body Scrubs & Butters*
- *Saturday 9th - DIY Festive Supplies*
- *Tuesday 12th- Healthy Xmas Menu Planning*
- *Tuesday 19th - DIY Christmas Packaging*

Coffs Central Recharge Hub, Food at the Terrace. Bookings essential, simply visit: www.eventbrite.com.au for more information



9th Breakfast with Santa

Make their Christmas dreams come true with a breakfast experience with Santa they will never forget! Join Santa at the Depot Cafe on Saturday 9th December at 8:30am for a range of Christmas Treats! Parents, don't forget your cameras as your children will have a ball making new friends and joining in on the games!

Bookings essential, phone 5622 8900 or visit our Facebook page for more information.

13th Gift Wrap

Haven't got time to wrap? No problems! The ladies from Coffs Harbour Quota Club are here to help! Wrapping daily from 13th December through to Christmas Eve! You can find them tucked under the travelator Ground Floor, Coffs Central. Remember to bring a few gold coins for all their hard work!

Our Community Chests will be in place at the Concierge Desk again this year to donate much needed gifts to the Salvation Army. Giving to those in need this Christmas.

14th Makers Markets & Community Chest

Looking for a handmade, homegrown present this year for family or a friend? Visit our Christmas Makers Market on Thursday 14th December from 9:00am - 2:00pm in-Centre. There will be a range of items from handmade beauty products, children's clothing & accessories, jewellery, paintings etc.

Our Community Chests will be in place at the Concierge Desk again this year to donate much needed gifts to the Salvation Army. Giving to those in need this Christmas.

15th Boomerang Bags

This Christmas, don't get caught up in all that extra baggage! Simply come along to our FREE Sewing Bee and whip yourself up a festive bag to put all your treasured gifts in.

Join the ladies from Boomerang Bags, a group of volunteers creating alternatives to single use plastic bags, on Friday 15th December 10:00am - 2:00pm, Level 1, Food at the Terrace.

18th Santa's Workshop

These Christmas Holidays bring your little ones into Santa's Workshop where they can create a handmade gift for a loved one for FREE!!

Let your kids creative minds flow as they join in on the fun, creating gifts from recycled materials to wrap and pop underneath the Christmas Tree. December 18th - 21st, 11:00am - 2:00pm. Located Level 1, Food at the Terrace.

What's on in Port Central this December



30th Christmas Parade

Don your Santa Hat & Reindeer Antlers and join Port Central and Port Macquarie in celebrating the arrival of Santa Clause at our annual Town Christmas Parade on the evening of the 30th November.

Bring Family and Friends down to the centre of town from 5:45pm for the parade and hang around at Town Green afterwards for the festive fun, live entertainment and the lighting of the Town Christmas Tree!



1st Santa's Forest

Santa will make his grand entrance to Port Central in the Iconic Woodie on Friday 1st December. He will be greeted by the sweet voices of Port Primary Students, so come down to the Port Central / Glasshouse Forecourt, join in the carols and make him feel welcome!

Santa's Forest will open shortly afterwards and will be open from 10am daily until Christmas Eve. Printing is instant so no long waits! Santa's Forest is located upstairs in the Food Terrace!



6th Santa Paws

This year Santa Paws is back by popular demand!

Santa Paws is the paw-fect way to treasure a family photo this Christmas!

Bring your furry friend to our exclusive Santa Paws sessions on Wednesday 6th, 13th & 20th December from 5pm-6:30pm, located in Santa's Forest.

Bookings Essential
portcustomerservice@gowings.com



7th Festival of the Sun

Festival of the Sun hits the Port Breakwall Tourist Park on the 7th, 8th, 9th December! This year FOTSUN "Outer Space" is packing its biggest ever line-up featuring acts like blues diva Meg Mac, indie crooners Ball Park Music and vintage rock n' rollers The Preachers to mention a few! Port Central is a proud sponsor and conveniently located in the Port Macquarie CBD. All festival goers are invited to Port Central to take advantage of the exclusive festival discounts available! Simply flash your wristband!

14th Gift Wrap

Come down to Port Central from 19th December and get your gift wrapped in our designer gift wrap for a gold donation!!

Your donation will be supporting the Westpac Rescue Helicopter and as an added bonus you will automatically go in the draw to win a \$100 Discover Card to spend in-centre. Gift Wrap will be located on the ground floor near Flight Centre from 14th December - 24th December 10am-4pm daily.

15th Wrap Battle

Hit FMs Nic and Jack are teaming up with Port Central for some festive fun this Christmas! Radio callers will be invited to put their freestyle rapping skills to the test live on air. The five best freestyle rappers will then be selected to take part in a live Gift Wrap Battle, hosted by Hit Fms Nic & Jack, at Port Central on Friday 15th December from 9am. Come and watch on as they battle it out to wrap the best gift in just 2 minutes for the major prize! Located Centre Court, near Boost Juice.

Real Food Markets

The Real Food Markets are held every Tuesday from 2pm-6pm. More than sixteen stallholders, boasting a diverse range of locally made goods and freshly grown and harvested produce, come to life on the Port Central Forecourt each week treating locals and visitors alike to what our wonderful region has to offer.

For more info contact portcustomerservice@gowings.com

18th School Holiday Workshops

School Holiday Fun kicks off on Monday 18th December from 10am - 2pm daily, through to Saturday 13th January located at Centre Court near Boost Juice.

Mondays - Felt Cushion Workshop, Tuesdays - Mandala Fun, Wednesdays - Dream Catchers, Thursdays - Paper Flower Origami, Fridays - Mobile Making and Saturdays - Wrapping Paper. Prices start from \$5 and all materials are supplied. The best part? The kids will take home everything they create!! For more info contact portcustomerservice@gowings.com

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Santa is Coming to Town

Come along to Moonee Market on Saturday 16th 10:00am – 1:00pm as we welcome Santa who will be arriving on the local BIG RED TRUCK! There will be loads of entertainment such as face painting, jumping castles, Pony cycles and LIVE music. Why not bring your four legged friends in too and enjoy our FREE Santa Paws session. Our retailers will have some amazing offers to tantalise your taste buds! See you there!



Lighthouse Health and Education

Exclusive providers in the Coffs Harbour region, of the 'I CAN READ System' & the Total Literacy programme. The programme teaches children and adults to read and improve skills in not only reading and phonics, but comprehension, spelling & grammar as well as services to improve the mental health of children and adults through psychological services. Located at Moonee Market next to the Early Learning Centre.



Christmas Wreath Workshop

Nothing says Merry Christmas like a beautiful handmade Christmas Wreath. Learn to make a gorgeous fresh floral wreath, perfect for hanging on your door or turning into a spectacular Christmas centrepiece. Flex your floral muscles and get creative with unique foliages, textured natives and beautiful blooms. Book Now by calling Nourished Earth on 6653 6969.



New Amenities Now Open

Our new amenities have now opened, and they really need to be seen to be believed. Architecturally planned with functionality in mind, these beautifully presented amenities have been created with the help of local interior designer, Nicole Foster from Natural Habitat. Located on the Ground Floor, behind the Newsagents.

Cheese, Glorious Cheese!

Bruny Island Cheese Co. is an artisan cheese maker in southern Tasmania, founded by Nick Haddow. Our cheeses are all made and matured using traditional techniques and are some of the finest artisan cheeses made in Australia.

The cheeses Bruny Island Cheese Co. makes are very much the product of Nick and head cheesemakers Halsey's travels and training throughout the great cheese producing regions of France, Italy, Spain and the UK. They are the cheeses they love to make and eat. Nick and his team are inspired by the artisan cheeses from their travels but they do not seek to copy them. Instead, they makes cheeses that are connected to their environment... cheeses with a distinctly Tasmanian character.

Bruny Island Cheese Co. use cow's milk to make its range of cheeses. We believe profoundly that the milk is what makes the cheese and therefore the

good treatment of animals and their milk is paramount to us.

We have recently purchased a farm in Glen Huon with plans to open a small, sustainable dairy with a small herd of Dairy Shorthorns and Brown Swiss.

The aim is to create the best cheese possible with the best milk. It will be the smallest dairy farm in Tasmania and we plan to develop a cheesery on site in the years to come dedicated to the production of raw milk cheese. Stay tuned!

Bruny Island Cheese Co. is a proud supporter of the Gowings Whale Trust and donates 1% of all sales to the Trust.

SOURCE: Bruny Island Cheese Co.



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Chewing the Fat with Mitchell Rae

Mitchell Rae - iconic shaper, artist and all-round top bloke chews the fat on everything from surfing to spirituality.

Interview by Saimaa Miller Photography by Glenn Leahy

Cb: Thanks for joining me Mitch. Everyone seems to ask you about shaping and surfing, as this is what you're known for. But I'd like to talk with you about your journey and what has shaped you in becoming the humble legend you are today.

Mitchell: I've been making surfboards since I was 16 years old but the feat I'm most proud of are my three children, Rosie (25 yrs), Jackson (22 yrs), and Eloise (21 yrs).

Cb: What is the most important thing to you about being a father?

Mitchell: Your children come into this world through you, but not from you. They don't belong to you, but you have an opportunity to teach them what you have learnt and show them the world through your eyes. What they take from you is ultimately up to them.

Cb: Well, they have learnt some quite amazing things through your actions. For example, you have been approached on many occasions to commercialise your shaping work with some serious coin as an incentive, yet you have resisted. Why?

Mitchell: It's great to have a pot of money as it enables

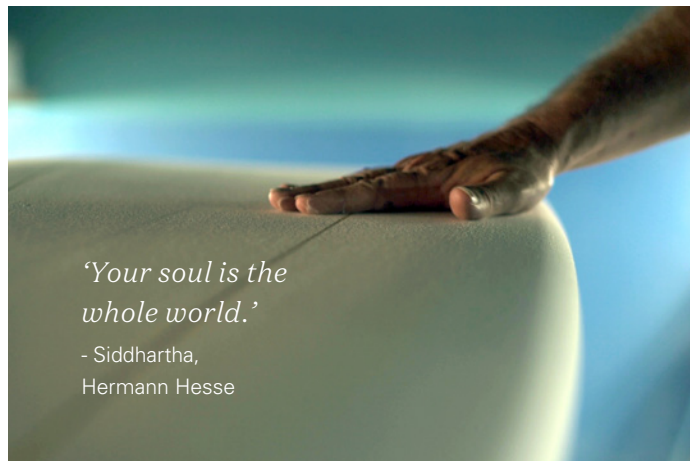
you to travel to great places and live the lifestyle you want. But money is like grease to me. You need just enough to oil the wheels. It's not a priority of mine and I firmly believe the universe provides what you need.

Cb: There is a hugely spiritual element to what you're saying and we can see this come through in your surfboards and artwork. Where do you think you learnt this 'stuff'?

Mitchell: I read Siddhartha by Herman Hesse when I was 17 years old on my first trip to Bali. It was my introduction to Eastern philosophy, having come from agnostic parents. Everything about this trip transformed me on a deeper level and was the inspiration for my professional work.

Cb: You found your trademark design, being the 'eye' on the surfboard during this time?

Mitchell: Yes, it's a recognisable and distinctive feature of Outer Island surfboards. I first noticed 'eyes' on fishing boats in Bali. Most of the fisherman couldn't swim and would often face turbulent seas. The eyes on the boat are thought to help them navigate through stormy seas and protect their occupants, returning them safely to their families.





For more on Chewing the Fat with Mitchell Rae, head to www.coastbeat.tv

>>

Cb: What does the 'eye' mean to you now?

Mitchell: The 'eye' represents a spiritual quest for truth and knowledge. For me, it also represents the purity of surfing, away from the commerciality you see in the sport these days. Surfing is the highest form of meditation. When you are in the ocean and about to ride that wave, you're in the moment. Nothing else matters. Time is extended, and time and space are one. You're riding that moment. That is what meditation is. And that's when you get the surfing bug.

Cb: Your trademark also interestingly brings people together?

Mitchell: Yes, surfers often travel to remote locations in search of an uncrowded break and surf-able waves. Many folks have said they became buddies with someone because they noticed this recognisable feature on someone else's board. It's almost like having an extended family out there. The 'eye' becomes a talking point for people in faraway places.

So, rather than feeling isolated, the surfboards bring people together.

Cb: That's pretty special, Mitch. Is that also why you decided to stay small with your shaping work?

Mitchell: Call me an old hippy but I believe when a shaper and not a machine makes the surfboard, the artist puts a piece of themselves into it. This obviously can't happen when surfboards or any artwork for that matter, are produced commercially. There is something different about handmade work, much like there is difference in living within what nature provides.

Cb: Thanks for joining us Mitch.

Custom-made surfboards by Mitchell start at \$1,000 and artwork from \$800.

www.outerislandsurfboards.com


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BeachGrit's Secret Surf Spots

Who needs a treasure map to unlock this bright stretch of coast from Forster to Byron Bay with its conga line of beach breaks and the occasional reef? The hunt is as satisfying as the kill. But. We can't let you come in blind... Here's a little advice on getting what you want, surf-wise.

Words by Derek Rielly



1. The coastline is marked by headlands.

Know what that means? Yeah, it's offshore... somewhere. Those summer northerlies that destroy open stretches of sand and make the ocean look like a ski field of white? Come and surf in the lee of the south side of a headland. If it's a winter southerly or a southerly buster in January, switch sides.

2. Hire that four-wheel-drive.

Long, long stretches of beaches where rangers aren't going to rain hellfire. You gotta get out by dark but those summer days, with the tailgate down, the thump of a sweet soundtrack hitting the speaker grills, and empty peaks. Can life be improved?

3. Stare down a shark.

I remember a dear friend writing about seeing a shark once while surfing... He didn't windmill paddle to the beach. He stuck his head underwater and stared at the majestic, beautiful, apex predator until it fled. So, if you come in on a good-sized east swell, surf every reef and beach break and face off any curious sharks.

4. Live at the base of sand dunes.


I'm giving away a little secret spot here. There's a hidden caravan park at the base of a mighty dune at Treachery, just south of Seal Rocks. Climb dunes to reveal two-click long beach. Lately, the park has been building modernist cabins that sleep six and cost less than three hundred a night. Ready for the back half of summer. Or pitch your tent for twenty a night. Either way, you win.

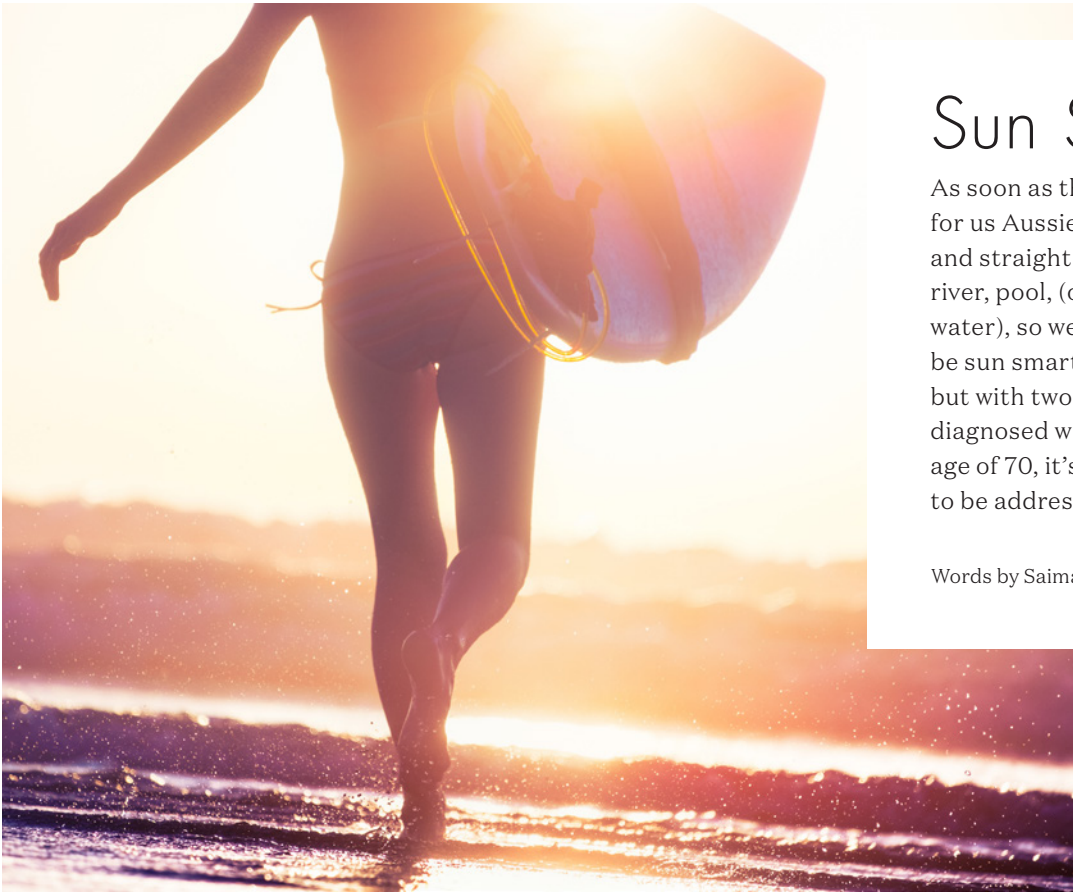
5. Open your mouth and ears.

Talk to local inhabitants about where the best sandbanks are. I mean, don't ask straight up, that'll close the door, but talk in general terms until the curtain is peeled back.

6. You like warm, but not too warm, water?

A little up on Sydney, but not as stifling as summer on the Gold Coast? Welcome to paradise!

 Derek Rielly is the co-founder and editor of www.beachgrit.com



Sun Smart

As soon as the weather heats up, for us Aussies it means clothes off and straight to the beach, lake, river, pool, (or any large body of water), so we need to know how to be sun smart. Sounds boring I know, but with two in three people being diagnosed with skin cancer by the age of 70, it's a subject that needs to be addressed.

Words by Saimaa Miller

Now, I'm not about to tell you to stay indoors or cover every inch and slather yourself in sunscreen. After being told for years to 'slip, slop, slap', as a society we have now reneged on this advice, largely due to the fact that the importance of vitamin D has been realised. Much like plants in order to photosynthesise, we need sunrays and in particular ultraviolet B rays (UVB), in order to manufacture vitamin D. This immune-boosting nutrient is needed for strong bones and teeth, regulation of insulin as well as playing an influential role for genes involved in cancer growth and development.

We know around the middle of the day is when we are met with the harshest sun, and a great rule of thumb is to keep out of the sun from 10am to 2pm during summer months. But what other ways can we learn to be sun smart without compromising our active, outdoorsy lifestyle?

Believe it or not, there are certain foods that contain natural UV blockers and all these foods have one thing in common – antioxidants. These powerhouses protect against free radical damage, boost immunity and help keep the signs of premature aging at bay (the unnecessary result of spending lots of time in the sun). Citrus fruits and specifically their peels, contain a substance called limonene which has been shown to reduce the risk of skin cancer by 34% by killing cancer cells and blocking potential growth. Carotenoids (found in colourful fruits and vegetables) and omega-3 fatty acids (fish, nuts, avocado, coconut oil) not only help to improve skin quality but also reduce the risk of sunburn which is directly

related to an increased incidence of skin cancer.

Extra virgin coconut oil that is organic, pure and unprocessed has a natural SPF of 10. It protects the skin and the underlying tissues, while continued use over time strengthens skin quality making it more resilient to sunburn. Coconut oil is also said to give a golden glow rather than turning your skin lobster red - who doesn't love that! If you're not convinced and would rather remain cautious, fear not as there are now a myriad of choices of natural sunscreens at our fingertips.




Go online to www.coastbeat.com.au to check out Cb's favourite sunscreens and enjoy soaking up sunrays the extra smart way.

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Photo Credit: Georgina Egan

Gritty Pretty's Top 10 Beauty Must-Haves

Eleanor Pendleton is Founder and Editor-in-Chief of Gritty Pretty.

Words by Eleanor Pendleton



1. Mecca To Save Face Superscreen Spf 50

Whether it's summer or winter, wearing SPF every single day is a must. This SPF 50 is incredibly lightweight and non-greasy. It feels more like a moisturiser and wears beautifully under makeup.

Cost: \$40
Web: www.mecca.com.au



2. Aesop Immediate Moisture Facial Hydrosol

Relax and keep cool with this hydrating face mist. This refreshing rose-infused formula revives your skin anywhere, any time.

Cost: \$25
Web: www.aesop.com.au



4. Estée Lauder X Victoria Beckham Bronzer In Java Sun

This matte bronzer is as natural looking as it gets, especially when worn beneath the cheekbones and eye lids for definition. Can also be used all over for a sun-kissed look.

Cost: \$95
Web: www.esteelauder.com.au



3. The Super Elixir By Welleco Alkalising Greens Caddy

If it's good enough for Elle Macpherson, it's good enough for us. This summer, avoid the temptation to binge and get glowing from the inside out with this combination of no less than 45 natural probiotic and organic ingredients. After a few days, your skin will glow, hair shine and your body's pH levels restored.

Cost: \$145
Web: www.grittypretty.com

5. Becca Beach Tint In Grapefruit

Want lips and cheeks that look like they were born infused with antioxidants and pretty, pretty colour? This iconic makeup stain will do exactly just that. Yes, you can thank us later.

Cost: \$45
Web: www.grittypretty.com



7. Nuxe Huile Prodigieuse Dry Oil

Award-winning, celebrity-loving, this cult French beauty oil can be applied to the body, face and hair. Thanks to six precious plant oils (Macadamia, Hazelnut, Borage, Almond, Camellia and St. John's Wort), it also smells like summer in a bottle. Magnifique!

Cost: \$43
Web: www.grittypretty.com



6. Hourglass Ambient Lighting Edit Palette Volume 3

Say hello to your new must have this season! This sleek and travel-friendly palette contains six Ambient Lighting shades, with three of those being new limited edition holiday shades. Dust it onto cheekbones and watch your face glow instantly.

Cost: \$117 **Web:** www.mecca.com.au



8. It Cosmetics Your Skin But Better Spf 50 CC Cream

Meet the ultimate multi-tasker: medium-full coverage foundation, anti-ageing skin care and SPF 50 to protect against both UVA and UVB rays. I'll take three please!

Cost: \$58
Web: www.sephora.com

9. Sachajuan Ocean Mist

Meet the sea salt spray responsible for more accurately beachy Instagram hair than the actual ocean. Spritz and get sexy hair in seconds (no crunchy residue, promise).

Cost: \$40
Web: www.grittypretty.com



10. David Mallett Mask No.1 L'hydratation

During the warmer months, sun, salt and sand can damage your hair. This fragrance-free masque contains a concentrated dose of hair-strengthening vegetable proteins; it nourishes deeply and hydrates intensely without weighing strands down. Winner.

Cost: \$99
Web: www.grittypretty.com



Radiantly You

Summer season is in full swing, social calendars are chock-a-block with fabulous events to attend and we absolutely want to look our best. But with late nights, eating out and alcohol-fuelled fun on the agenda, it can be quite the challenge to maintain that radiant glow. Here are some easy solutions to keep you looking your best while saving on dollars too... You're welcome.

Words by Saimaa Miller



Eye Bright.

The whites or sclera in our eyes can change in colour due to the harshness of our climate. Too much sun or wind exposure can in fact damage the DNA of the eye cellular structure, resulting in a yellowish look. Leafy greens are great for brighter eyes. Spinach for example, is loaded with lutein which keeps your eyes healthy and sparkling.

As the name implies, Eyebright (*Euphrasia Officinalis*) has been used for centuries to treat eye-related problems. From itchy, sore, red eyes to tired, strained and bloodshot peepholes, this wonder herb has you covered. Flavonoids and defensive compounds in Eyebright may also help in treating seasonal allergies, giving you a double dose of protection.



Knockout Nails.

White spots on nails can be a signal that you are lacking calcium, zinc, sulphur and/or iron. Maintaining a balanced diet is essential for the overall health as well as naturally good-looking nails. Include legumes (lentils and peas especially), eggs, natural yoghurt, goat's cheese and salmon into your regime; and try rubbing a little olive oil into your nail beds of an evening to restore strength and shine.

Natural Bronzer.

Crunching on carrots not only keeps your skin healthy and vibrant, it can also make like you've been dusted with a bronzer. Other fruits and veggies with orange and red tones like pumpkin, sweet potato and berries will do the same trick as they include beta-carotene, an antioxidant high in carotenoids. This enables a natural tanning look by subtly changing skin pigment. Now, who doesn't love that?

Glossy Locks.

Just like your skin, your hair can be damaged by harsh sunrays, namely due to dehydration. So for beautiful, shiny hair, water is a must. Next up would be essential fatty acids such as avocado, nuts, and dosing up on good oils such as flaxseed, olive and coconut oils. Try leaving coconut oil in your hair overnight on a weekly basis and you'll be in the queue for the next Pantene ad.

Blemish-free Skin.

Congested or problematic skin occur when we've had too much of the good stuff – refined sugar, white flour products and saturated fats. Sad I know, but these foods trigger an inflammation response and can lead to an over-production of sebum, causing unwanted blemishes and spots. Skin healers are vitamins A, C, E and mineral, zinc. Foods rich in silica also increase collagen production aiding in skin repair. Include foods such as leafy green vegetables, cucumber, millet, oats, onions, rice, whole grains, alfalfa, barley and beetroot. Add these to your diet and no filter will be necessary for amazing looking skin.

Pearly Whites.

Combine ½ teaspoon of baking soda with ½ teaspoon of natural salt to make a tooth cleanser. Add one drop of breath-freshening peppermint essential oil to the mixture. Wet your toothbrush and dip it into the mixture and brush your teeth the way your dentist tells you. The particles in the baking soda polish the surface of your teeth, while a chemical reaction with the water lightens stains. Don't overdo it though – only use this method once per week to maintain strong tooth enamel.

p.s A smile on your dial goes further than you think.

Did you know that smiling is good for your immune system? We have acupuncture points located at the corner of our mouths. Turn them upwards and trigger your thymus gland to produce more white blood cells for an immunity boost. Smiling can also keep feelings of stress and anxiety at bay by releasing endorphins. And it makes us look more attractive too!



How to make Eyebright tea.

Add one teaspoon of washed Eyebright herb (stem, leaves and flowers can be used) and boil it in 1 ½ cup of water for ten minutes. Drain the leaves with a strainer or cotton cloth and let it cool. Eyebright teabags are also readily available from most health food stores. Steep the teabag for five minutes in a cup of boiling water and drink it two to three times daily for clear, bright eyes.

Sculptures on the Coast

“Why should Bondi and Cottesloe have all the fun?!” That’s what our gracious boss, John thought as he perused the 21st anniversary exhibition of the renowned Sculpture by the Sea, which fell on 19th October to 5th November in Bondi earlier this year.

Words by Saimaa Miller

What started out as a one day exhibition staffed by volunteers working from David Handley’s lounge room, within three years grew to becoming the largest annual sculpture exhibition in the world. Sculpture by the Sea currently features 100 sculptures by artists from around the world whose works transform the spectacular 2km Bondi beach coastal walk into a sculpture park that is now viewed by an estimated 500,000 visitors over 18 days in spring each year.

Cottesloe in Western Australia soon followed suit, and since 2005 the Perth annual exhibition attracts 220,000 visitors to view 70 sculptures by artists from across the world.

In 2016, David Handley received an Order of Australia Medal in the Australia Day Honours for significant service to the visual arts through the promotion of sculpture, and as a supporter of and advocate for, artists with a disability.

In a bid to spread the love of these internationally recognised works of art, Gowings will be showcasing twelve of these famed sculptures at Coffs Central Shopping Centre early in 2018.

For now, here is a sneak peak of the majestic beauties soon to hit our coast.

1. Anthony Battaglia, Bird Geometry #1, 2 & 3, Sculpture by the Sea, Bondi 2017.

ARTIST’S STATEMENT

A study of the proportions of birds pre-flight; their strong lines and mass broken down to fundamental shapes and form.



2. April Pine, Trip, Sculpture by the Sea, Bondi 2017.

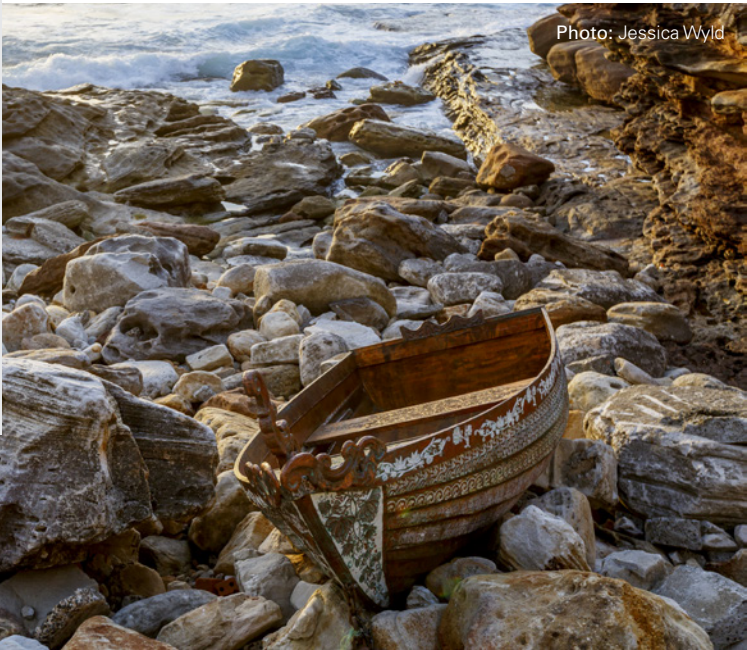
ARTIST’S STATEMENT

Three figures meander their way across the rocks on their journey towards the surf. Each figure independent in their moment whilst paused in motion.

3. Denise Pepper, Leaden Hearts, Sculpture by the Sea, Bondi 2017.

ARTIST’S STATEMENT

Journeys are intimate stories of those who leave and those left behind. Leaden hearts were convict tokens fashioned from copper coins, left as farewell mementos for loved ones.



4. Hugh McLachlan, Slow Flow Towards Narcissism, Sculpture by the Sea, Bondi 2017.

ARTIST’S STATEMENT

A sculpture dealing with the flow from one state into another. Highly polished stainless steel with a reflective surface tempting the Narcissist in us all.



5. Marcus Tatton, Environment III, Sculpture by the Sea, Bondi 2017.

ARTIST’S STATEMENT

Environment III is essentially a public space for play and reflection. It derives from the word ‘environment’ being scrawled across this landscape.



6. Rhiannon West, Wind Reflections, Sculpture by the Sea, Bondi 2017.

ARTIST’S STATEMENT

An interplay of form, function and light that constantly changes as the sun’s natural light shifts through the day. This piece is inspired by the essence of light and the power of energy in modern day society.



7. Sally Stoneman, *Rose of Jericho, Anastacia, Resurrection, Sculpture by the Sea, Bondi 2017.*

ARTIST’S STATEMENT

The Rose of Jericho is a type of tumbleweed that resurrects when moistened.

My sculptures evoke the nature of these plants through their materials.



11. Tsukasa Nakahara, *High Tide, Sculpture by the Sea, Bondi 2017.*

ARTIST’S STATEMENT

The wave and tide brings various benefits to us and the earth. The repetition will last forever.



12. Virginia King, *Phantom Vessel II, Sculpture by the Sea, Bondi 2017.*

ARTIST’S STATEMENT

The branching vessel form has evolved to become a delicate and filigreed vessel, conceived to create comparisons between the nautical, botanical and anatomical.

8. Tom de Munk-Kerkmeer, *Mega Pixel Power Tower, Sculpture by the Sea, Bondi 2017.*

ARTIST’S STATEMENT

Once played with Lego, now playing with wooden blocks.

With this playful multi-coloured structure the artist wants to create an imaginary space for the light-hearted contemplation of human endeavour.



9. Tony Davis, *Divestments 4, Sculpture by the Sea, Bondi 2017.*

ARTIST’S STATEMENT

Four logs salvaged from milling operations, ravaged by termites, chainsaw and fire, raised up together in a last stand, stripped bare of all but their soul.

10. Toshio Iezumi, *M.171001, Sculpture by the Sea, Bondi 2017.*

ARTIST’S STATEMENT

My works are made of laminated heat reflecting glass with reflective coatings inside. These coatings refract and reflect incoming lights repeatedly inside the body so that a complex depth emerges.



COFFS CENTRAL MURAL COMPETITION 2017

We are pleased to announce the inaugural Coffs Central mural competition with entries now open for local artists.

Coffs Central has chosen two sites on Vernon St, Coffs Harbour which are large and ready to be your canvas.

If your artwork is selected, Coffs Central will provide all necessary materials, plus cash prizes.

1st \$3000
2nd \$1500

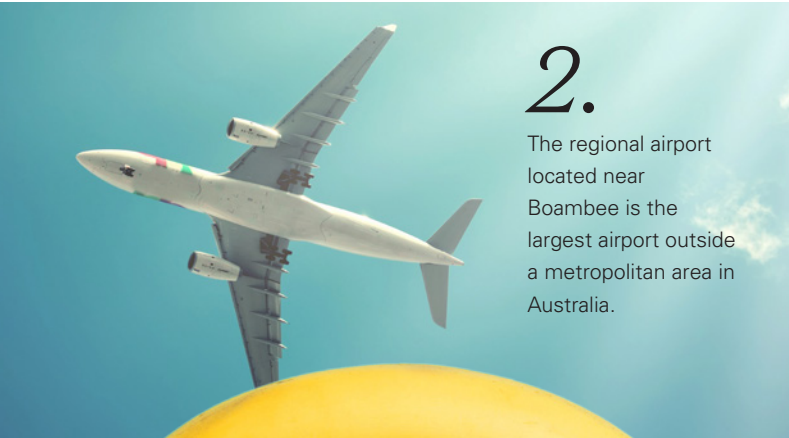
For all relevant info, terms and conditions please jump on the web at www.coffscentralshopping.com.au/news



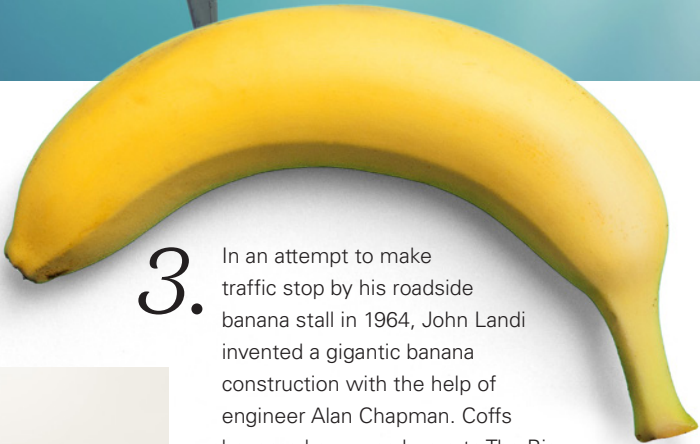
Odd + Quirky Facts on... Coffs



1. The Solitary Islands are home to the southern-most coral reefs in the world.



2. The regional airport located near Boambee is the largest airport outside a metropolitan area in Australia.



3. In an attempt to make traffic stop by his roadside banana stall in 1964, John Landi invented a gigantic banana construction with the help of engineer Alan Chapman. Coffs became known as home to The Big Banana and Australia's first 'big thing'.



4. The local economy used to rely on banana harvesting but has since been taken over by blueberries, fishing and tourism.



5.

Coffs boasts one of the most temperate climates in the whole of Australia and is often included in best places to retire surveys.



6.

Coffs is just one of three points in Australia and the only place in New South Wales where the Great Dividing Range meets the Pacific Ocean.



COFFS HARBOUR

Regional map

HOME TO UNCROWDED SURF BEACHES, TRANQUIL RIVERS AND LAKES, WORLD HERITAGE RAINFORESTS AND DRAMATIC VOLCANIC HINTERLANDS, COYAL REEFS, CRYSTAL-CLEAR WATERS WITH PLAYFUL DOLPHINS AND MAJESTIC WHALES.

SAMPLE LOCAL PRODUCE AT WINERIES AND ORGANIC FARMS, VISIT THE PLENTIFUL MARKETS OR SIT DOWN FOR A FEED AT ONE OF BENIWAGEN, SAWTELL OR COFFS GREAT EATERIES. STUMBLE ON A FESTIVAL OR GET LOST IN NATURE. YOU WILL BE GLAD YOU CAME!



ILLUSTRATION BY PETIA BLYTHE

Chisel

Interview by Saimaa Miller Photography by Glenn Leahy



Cb: Where were you born?

I was born Czeslaw Filipek in Poland in 1950. My parents migrated to Australia when I was two and we lived in Maitland.

After being called a wog one too many times, I took down the biggest guy at the school and was given the name Chisel. I was never called a wog again.

Cb: What do you remember most about your childhood?

We experienced the Maitland flood in 1950. My parents came to Australia with nothing, built a small living, only to lose everything. I learnt a big lesson then and there.

Cb: What do you most enjoy about living on the coast?

I love the space of coastal living where the lifestyle is

fantastic and you can't hear your neighbours.

Cb: What are you passionate about?

Life. Helping the youth through martial arts and mateship.

Cb: If there is one thing you could change what would it be?

Nothing. I wouldn't change a minute of my life.

Cb: What's your favourite spot on the coast and why?

Right here. Coffs Harbour is becoming more and more central, easy to reach from the main cities and far enough away that you can find yourself in places like Bellingen in just ten minutes.

Cb: What's your motto for life? Do what you can then you can die with no regrets.



For more on Chisel tune into www.coastbeat.tv



Survival of the Fittest

Over 150 years later, Charles Darwin's theory on evolution where he coined the term 'survival of the fittest' still rings so true. In his book titled *On the Origin of Species*, Darwin wrote: "In the struggle for survival, the fittest win out at the expense of their rivals because they succeed in adapting themselves best to their environment."

Words by Saimaa Miller

Much like an athlete has to constantly better him or herself in order to remain competitive, or our continuous battle keeping up with the latest technology advances to stay in the game. Problems leading to solutions, natural disasters making way for new plant life, vestigial organs (missing your tail, anyone?) to extinction of an entire species - we know that change is the only constant and evolution is part of our blueprint.

An aircraft on its flight path constantly auto-corrects to stay on course. Us humans do our own form of auto-correction by consistently questioning ourselves and altering our perception. Glass half empty or glass half full? There is no wrong or right, perception is simply our interpretation. Let's take stress for example – did you know that stress is actually a perceived state? Simply put, it's what your mind (and therefore your body) defines as a stressor. A marathon runner will not perceive a 10km run as stressful, whereas most of us sure do. Your friends may coo at your crying baby, but coupled with a lack of sleep and a dishevelled household, you might find the screams rather annoying.

In order to evolve, we need to take responsibility for our mindset. Differences in people and opinions are what makes life interesting and where creativity stems from. But it can also get us into conflict by causing irritation and arguments. We cannot change what other's think, but what we have ultimate control over is ourselves. Ever noticed something that once frustrated you, no longer bothers you? A person whom you once loved or hated, becomes indifferent to you? Voilà, that's an auto-correction in your perception.

The key to changing mindset and therefore adaptation (in order to survive) is simply to understand our purpose and what drives us to behave the way we do.

We are a tad more complicated than other earthly species and require a little more than the basic needs of eat, sleep, hunt, repeat. Our 'why' goes beyond daily routine, have-tos, and to-do lists. It shapes everything from relationship and career choice, to where we live and how we choose to spend our spare time. It is the very reason for which we exist, and the forces that drive us beyond our personality. In fact, knowing our purpose is essential for contentment because if we don't have an endgame, we can feel like a hamster running on a wheel keeping up with life's demands. Boredom and apathy can set in, or worse still, we work ourselves into extinction. Knowing and understanding our purpose provides us with a deeper connection and helps us adapt to survive.

So, how do you find your purpose? Find things that you yourself are passionate about. Not what your best friend or lover is into, but something which ignites a fire within you. It might be being an environmentalist or an animal activist. It might be inventing something or a creative pursuit. It might simply be some type of fitness activity, cooking or cultural expedition. But it is almost always to do with something that we love or invokes feeling of love inside us. Even better if it makes us feel part of something higher, and makes us feel loved.

As Darwin explained, "It is not the strongest of species that survive, nor the most intelligent, but the one most responsive to change." We have to take note from Nike and Just Do It. So instead of overthinking it: Will this work out? Should I try that? What if I don't like it? What if I don't make money at it? Begin by taking steps toward your goals and start trying new things. Being receptive to change is how we evolve and how we ultimately excel in the survival of the fittest.

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Visualisation Practice



Step 2. Sight, Sound, Smell, Touch

In order to further identify your vision, use your senses to create the experience. Let's say for example, you want to feel confident in your body. Envision yourself doing this – How will you get there? What tools do you require to get you there? What help do you need? What is the one thing that you can give up which will help you reach your intended goal.

Step 3. Breaking Negative Thought Patterns

No matter how hard we try, most of us we have that little (mean) voice inside willing us to fail, better known as FEAR. 'You can't do this'; 'you're not good enough'; 'you haven't trained hard enough'; 'you have tried many times before and failed'; 'why is this time any different?'; 'what if I get bored?'. We can either buy into these thoughts and let them rule our lives, or we can choose to acknowledge them when they arise, but understand that these are just some of the things our mind wants us to feel, in order to protect ourselves in case failure does eventuate.

But here's the thing. It's just letting you off the hook. It doesn't mean it's true and doesn't become reality unless we choose it to be.

Neuroplasticity or brain plasticity refers to the brain's ability to change throughout life. The human brain has this amazing ability to reorganise itself by forming new connections between brain cells (neurons).

Step 1. Identification

Break your goals down to just one. Get absolute clarity of this goal. Focus on the one where feelings of doubt, anxiety and fear are located.

Identify what it is you want to achieve (no holes barred!) and actually see yourself doing it. It's important to be specific and clear. Visualise or draw the picture in your mind's eye and identify the steps you must take in order to reach your desired outcome.



Each neuron cell is made up of an axon and dendrite and is linked together by synapses, which permit an electrical or chemical signal to pass through, thus allowing communication. Each time we repeat a thought or action, these synapses grow stronger. In fact, if we continually practice visualisation, our synapses fire so efficiently that the idea, thought, or action that was once too hard becomes an easy routine (this forms the basis of performance coaching).

It's time to break those negative thought patterns that limit you from reaching your true potential.

Observe how in Step 1 and 2 above, we are not thinking about anyone else and instead attuning our thoughts with the clear intention of focusing on what you can change and develop. This is the key starting point. Transformation lies in letting go of what everyone else is doing and trying to change external circumstances because the only person you have control over is YOU.

Step 4. The Final ABC

To further cement your vision, finish up with these three final points:

- A. Physical body – take deep belly breaths in through the nose for 5 counts, hold for five counts, out through the nose for five counts. Repeat this 10 times.
- B. Emotional power point – remember the last time you achieved a big goal and how it made you feel. Hold onto it and experience that feeling again. Remember it.
- C. Focus point – is where your vision begins e.g. feeling comfortable in your bathers at the beach or pool; feeling sexy in a hot dress on a date night; feeling light and energized when you wake up in the morning, etc.

In order for visualisation techniques to work, they must be practised daily and you must take action everyday towards your goals. Set aside time (mornings are best before you get too immersed in the day) where you can take a few minutes out to focus on your visualisation practice.

SOURCE: Aussie Body Diet (2016) by Saimaa Miller



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Secret Life of Dogs

When Lisa received a sponsorship as a Marine Mammal specialist, she packed her bags immediately and made the trek to Australia from a small coastal town in Scotland.

Words by Diane Carter
Photography by Glenn Leahy



When deciding on where to land in Australia, Lisa and her partner Steve would look no further than Moonee Beach. It reminded her of home, and all the things the couple loved when it comes to living in a coastal community; feeling immediately welcomed by the locals and knowing that people are happy to help each other out.

Lisa's family are second generation dog breeders and being found asleep as a child, curled up with her dogs was not an uncommon occurrence. So it wouldn't come as a surprise to anyone, that she would become a dog lover and make a career from working with animals.

After studying as a Marine Mammal Specialist and working at Edinburgh Zoo, at age 23 Lisa felt the call to move away from all she knew and applied for sponsorship in her field in Australia. She completed her visa requirements but having become disillusioned with the work, a friend offered her a

position within a pet store. Having fallen in love with dog grooming, Lisa attended the Grooming School Australia and studied to be a pet stylist while waiting for her partner Stephen to be able to make the move to Australia.

Back in Scotland, dogs are considered a big part of the community and their owners take them everywhere, to the pub, restaurants, hotel accommodation and on trains. Even working farm dogs will sleep inside the house, often with the occasional goat.

Lisa recalls one of her first grooming clients telling her that their pet was an 'outside dog', initially she was incredulous as this would be considered scandalous back in North Berwick. "Especially the old men and young tradies, they would have a pint at the pub with their dogs, with water bowls and treats often provided by the establishment," explains Lisa.

Lisa and Stephen decided to open Maggie's Dog Café & Salon in Moonee in 2012. The vision was to create a relaxing space for people to spend quality time with their dogs. Cleanliness and hygiene were a priority, as Australians would need to get used to the idea of their pets being 'inside dogs' in a commercial setting. So Moonee Marketplace was the perfect choice; the concrete floors and high ceilings made for a modern aesthetic but also ensured that doggie do's or smells wouldn't pose a problem to clientele.

The café space is set-up so dogs can sit eye-to-eye with their owners, while they chow down their puppacino, yoghurt-based ice cream, gluten-free pie or biscuits.



The menu line-up for humans sounds just as wholesome and delicious with smoothies, healthy wraps and locally roasted, organic coffee. Lisa uses buckwheat and chickpea flour in all her recipes as they pack a more nutritional punch and are less likely to cause allergies amongst her clients.

Maggie's other services include grooming, playpens and a shop that only stocks Australian, small-business products, which was an important point of differentiation to the bigger pet retailers.

Five years on with a successful business and a loyal following of 400 salon clients, met with wonderful community support, Lisa and Stephen could not be happier. "It's been hard work and with no shortage of challenges, but I wouldn't have it any other way. We're in love with Moonee and the small town vibe where all the business owners know each other and we have quickly become a part of a great community." It makes sense too as husband, Stephen is also a surfer and in their well-deserved relaxation time both enjoy the local bushwalks, native wildlife and idyllic beaches that the Coffs Coast offers in abundance.



Maggie's Dog Café is located at Moonee Marketplace.

www.mooneemarketplace.com.au

"I grew up in a small town, North Berwick on Scotland's east coast and was born an animal lover. I always knew I was going to work with animals, I just didn't know how!"



Tune into www.coastbeat.tv for more on Lisa



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Waste Not, Want Not

‘We do not inherit the earth from our ancestors, we borrow it from our children.’
- Native American Proverb

Words by Aimee Suriajaya



One Man’s Trash Is Another Man’s Treasure

Unsure of what to do with leftover household rubbish? If you have a green thumb and don’t mind saving a penny, you’ll want to check this out. They say one man’s trash is another man’s treasure but why not transition your own trash into treasure? Forget the other man. Here are some great tips to upcycle regular household goods into handy garden tools.

1. Wooden palettes

Not only are they totally trendy, they have so many uses in the garden – compost bin; shelving; stacked to utilise maximum space for a veggie garden in small areas; feature walls; miniature greenhouses; window boxes; raised veggie gardens; wooden paths... The list goes on! They also look beautiful as a vertical herb, succulent or flower garden.

2. Plastic milk bottles & Wooden popsicle sticks

Great for plant labels, simply cut milk bottles into strips or use popsicle sticks to poke straight into the dirt.

3. Metal mop buckets or watering cans

A contrasting look for planting flowers.

4. Wooden furniture

Items such as bookcases, floorboards and tables work wonders when making raised beds.

5. Bathroom porcelain

Another attractive out-of-the-box planter idea by using old sinks, baths and even toilets!

6. Old brick

Use it for framing garden sections, raised beds or creating paths, water feature, fire pit or plant labels.

7. Eggshells

Eggshells are very high in calcium so great for plants. Rinse an empty shell, fill with soil and plant seed. Once it starts to sprout you can pop the whole shell into the garden, just poke a hole in the bottom so the roots can grow.

8. Coffee/tea mugs

A cute idea for a hanging herb garden. Simply fill with soil and plant seed then tie mugs together with string. Or keep them sitting on your kitchen window to catch some sunlight.

9. Driftwood

Great for succulent beds or simply to spruce up the look of your garden.

10. Ice cube trays

Great little seedling starters. While they can’t be planted straight into the ground the plants can be re-potted and the tray used again.

11. Tyres

Creative ideas for planters, you can also paint them to add colour and vibrancy to your garden. Or remove the rubber and use the metal and hose reel!

12. Fabric shoe organiser

A great idea for a hanging garden, it’s also a fantastic space saver if you’re lacking in area.

Benefits of Adding Seaweed to your Soil

It may be slimy and a little on the nose, but this nutrient powerhouse will soon become a gardener’s best friend.

Seaweed isn’t just for rolling sushi or for kids lunchbox snacks (something we highly recommend!), it is abundantly helpful in nourishing your garden soil. Who knew?!

Use it as a fertiliser, soil builder or to get your compost live and thriving. Seaweed is dense in nutrients, contains complex carbohydrates and 10 times the mineral levels of general land-based plants, being particularly rich in iodine and calcium.

It stimulates microbial fungi in the soil (aka the good stuff), defends plants from diseases and adds iron to soil. Its natural plant hormones help when re-potting and moving plants around the garden and preventing transplantation shock. This slimy sea dweller strengthens a plants cell wall aiding resistance to pests, disease and severe environmental changes. And it boosts chlorophyll production, the stuff that gives plants their beautiful green colour.



How does it work? Kelp is one type of seaweed that comes in powder form and is very easy to use. Algin is a seaweed extract but you may be more familiar with its common name agar-agar (some health fans use it instead of gelatine in cooking). It comes in powder, ribbon-like sheets or flakes and is added to water to make a paste. Great for sandy soils, simply pour it on to act like a wetting agent. A high potency liquid form can be sprayed

directly onto plants (you can even get a nifty attachment for your hose) to allow nutrients to be absorbed through the leaves. Granulated is another option and is super simple for sprinkling on indoor plants. Better yet, get down and dirty and forage your own seaweed from the beach. But be sure to only take stuff that has washed up of its own accord so as not to ruin gentle ecosystems. Any type will do – brown, red, green –



even better if you grab a mixture as they each have differing nutrient contents. Lay them straight down to nourish soil but don’t plant into them as it will be far too salty. Give it a week or more then remove and thoroughly water the soil to wash away excess salt. We admit it mightn’t smell the best, but if you can get over this little fact (or burn some citronella to take the edge off), your garden (and therefore you) will be loving it!

Ever feel a twinge of guilt throwing away pulp from juice leftovers? Kick that guilt aside as we show you ways to rekindle its romance.

A cluster of fresh, ripe oranges and green leaves on a dark wooden surface. One orange is sliced open, revealing its juicy segments.

Simply add spices. You can also choose to add an egg for consistency or rice, quinoa, beans or lentils for extra bulk.

Make your own veggie bread or add to savoury muffins, pancakes, trail bars or cakes. If you have a dehydrator, why not try fruit or veggie straps, crackers or pizza crust.

Ok, we know this one sounds weird but the food we eat is packed full of nutrients that are just health giving when applied topically. Add sugar, coconut oil and raw honey for a delicious body scrub.

Use fruit pulp to make ice-blocks. Simply blend with coconut water or coconut milk for a creamier taste, fill and ice-block tray and freeze.

If none of the above tickle your fancy simply throw it into your garden compost.

A close-up photograph showing a pair of hands gently cupping a small, vibrant green seedling with four leaves. The seedling is growing out of a mound of dark, rich, moist soil. The hands are positioned on either side of the soil, with fingers slightly curled to support it. The background is a blurred expanse of the same dark soil, emphasizing the central subject.



Did you know that over five trillion pieces of plastic currently litter our ocean?

Rubbish accumulates in five ocean garbage patches, the largest one being the Great Pacific Garbage Patch, located between Hawaii and California. If left to circulate, the plastic will impact our ecosystems, health and economies. Solving it requires a combination of closing the source, and cleaning up what has already accumulated in the ocean.

Instead of going after plastic, young Dutch inventor Boyan Slat, devised a system through which, driven by ocean currents, the plastic would concentrate itself, reducing the theoretical clean up time from millennia to mere years.

Slat devised Ocean Cleanup, a system that develops advanced technologies to rid the world's ocean of plastic. A full-scale deployment of our systems is estimated to clean up 50% of the Great Pacific Garbage Patch within five years.

The Ocean Cleanup was chosen by TIME magazine as one of the best inventions of 2015, and Boyan Slat was the youngest ever recipient of the UN's highest environmental accolade, Champion of the Earth.

For sale at Coffs Central, is GYRE: The Plastic Ocean by Julie Decker.

With stunning visual impact and an astonishing array of ocean trash, internationally recognized artists create works of art for this exhibition from debris collected from beaches around the world.

This book explores the relationship between humans and the ocean in a contemporary culture of consumption and is a must have coffee table book.

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Return to the Source

Joshua Allen speaks to Cb from Synchronicity Farm where he and his wife Tomoko have embarked on a mission to transform our relationship with food.

Words by Alison Bone Photography by Glenn Leahy

Once upon a time we all ate locally grown food but with the advent of refrigeration and the growth of urbanisation and globalisation, our eating habits over the last century have greatly changed. Our fridges and fruit bowls are now often filled with ingredients that have travelled thousands of kilometres. Joshua Allen from Synchronicity Farm is on a mission to get us back to the source, the local food source that is. “We want to inspire food choices that embrace the social, environmental and health benefits of eating artisan, seasonal and local food,” he says. Not only is it much more nutritional to eat freshly harvested food, but it reduces carbon footprint, keeps money in the community and directly benefits farmers.

While he may own a farm, Josh certainly isn’t your average farmer, rather a man with a huge vision and the type of energy that burns brightly enough to turn it into reality. He describes himself as, “An awakened individual who demands to know where my food comes from, who grew it, is it organic, where was it grown and when was it harvested?”. His commitment to reconnecting people to their food has been a guiding force in the evolution of Synchronicity Farm and he firmly believes that, “If you’re passionate about something and willing to put in the hard yards your passion will help you succeed.”

Ten years ago Josh and his wife Tomoko swapped city life in a Bondi apartment for the tranquility and space of a 33 acre property on Orara River. As Josh tells it, “For 17 years I had been losing my bond in Sydney because whatever rental place I was in, I would rip up the back lawn and turn it into a beautiful food-producing garden.” No matter how healthy and abundant the gardens he planted were, it never went down well with his landlords and he was continually being moved on, minus his bond. After completing a permaculture course it had become very clear to the young couple that it was time to plant seeds for their future. The countryside called, and as synchronicity was clearly at play, it became the name of the farm. “Our life has always unfolded that way,” says Josh, “with chance meetings and amazing circumstances that continue to befall us – and being able to recognise, listen and realise that there is a meaningful coincidence between those things.”

Once on the farm – with a huge fertile canvas to work on, and no landlord looking over their shoulders – Josh and Tomoko were able to get seriously gardening. They grew what he describes as, “a surplus of beautiful food,” and



were soon running a very successful stall at Harbourside Market in Coffs Harbour, happily sharing the products of their labour-of-love with the local community. “People treasure the ability to access high quality local food at a fair price,” says Josh. “It makes absolute sense to eat seasonal, locally grown food. It lasts longer, tastes better and is better for you.” Using what Josh labels, “Disruptive strategies,” they would put out signs like, ‘You Set The Price’ and ‘Our Destiny In Your Hands,’ whereby customers would decide what they should pay for the items they chose. “There was lots of rich dialogue going on about what things were worth and who grew it and is it organic, and we ended up making more money or the same money as if we had prices on things,” he says.

Three years on it was time for the couple, who had three young children, to reassess. As well as the markets, Josh was running a stall outside Nana Glen General Store on Saturdays, and putting in five days a week at a local bank, while Tomoko was, in his words, “Working like a trojan on the farm.” Even though what they were doing was successful, it was ultimately unsustainable. “We literally got eaten out of house and farm,” says Josh, so they stopped doing the markets and focused on growing more on the farm, where customers would turn up looking for fresh vegetables. Josh puts it poetically, “People would rock up and we would give them a basket and scissors and skip through the gardens hand in hand and harvest romantically on the spot. It was a really great experience for people who want to have a real connection with their farmer and where their food comes from.”



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With Josh and Tomoko’s passion for growing organic food and their desire to create an immersive food experience, Synchronicity farm was always going to be a celebration of slow food – a world-wide movement which links the pleasures of the table with a commitment to protect the community, culture and environment. As change-makers, the couple really want to drive people to make more conscious choices in regards to their shopping and eating habits, but finding the most effective way to do it was a matter of trial and error. Much like the gardens they planted, some projects flourished and others floundered, but they saw everything as a chance to learn. The farm expanded with innovative programs like KidFarmer – an intereactive farm experience for kids and Giving Tree Education which offers traning and workshops. It also welcomes WWOOFers and has established agritourism and agribusiness.

More recently though, Josh has shifted his focus and his boundless energy to what he calls the ‘raw food story.’ Earlier this year they joined the Open Food Network, an online platform that lets customers buy directly from farms. Applying a policy of what he calls “fearless generosity,” they started selling Seasonal Organic Food Boxes – encouraging people to “live life on the veg.” Boxes are packed from 4am on the day of delivery with the freshest ‘living food’ available, plucked straight off the vine or dug from the earth, and in the customers hands four hours later. “We harvest the food like a midwife delivers a baby, it is



cared for that carefully,” says Josh, adding, “our salad is not for the feint hearted. It’s not going to all taste the same, it will be lemony, furry, hot, bitter, with a range of flavours and textures and colours.” He is particularly excited about this model of selling because not only is it living food, it is also naked – as in unpackaged which means zero wastage.

Taking it to the next level, their latest venture is the development of their own Farm Gate – Organic Raw Foods Store. Applying modern methods to get back to a more traditional way of eating, Josh turned to social media and launched a crowdfunding campaign, which saw 54 local supporters pledge \$7,000 to help fund the initial work for the development.

“People share our vision to build a food hub where genuine connections between growers and customers can be formed,” says Josh. The store will stock the best organic farm fresh food grown at Synchronicity and from local organic growers – and in true locavore fashion, aim for everything to come from a 100km radius. The plan is to also sell breads and cakes baked in their wood fired oven, along with all of those core items needed for cooking; salt, oils, cheese, dairy and spices. As the growing operation expands, they will offer plant seedlings to encourage food growing.

His big vision for the future, apart from eventually giving up his day job at the bank, is to share the blueprint for Synchronicity Farm and so encourage other people to do something similar. But where is he at now, what has he learned in this epic journey from Bondi to the bush? “We learned from every single failure,” says Josh. “We aren’t independently wildly wealthy, we had to extend the timeframe out to build this mission, but that’s ok. Ten years ago we landed here like a bull at the gate thinking this thing has to happen now, bring in major investors, lets build this thing. And now, ten years later we are saying, you know what, it’s fully about the journey and there is no actual destination so we stopped worrying and started enjoying it. Its also been about reducing our needs, when we first moved here we thought we need this much money, these

things in our lives, this asset, these levels of activities. Slowly we have asked, do we really need that, can we do it ourselves? How much do you really need?.” Which is surely a great question for all of us!

**Synchronicity Farm is located at
632 Orara Way, Nana Glen.**

www.synchronicityfarm.com



For more on Synchronicity Farm
head to www.coastbeat.tv



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Pete Evan’s Summer Serve

As A Passionate Chef, Surfer And Dad,
Pete Always Embraces A Healthy Lifestyle.

Interview by Saimaa Miller



“My lifestyle secret is to love and respect yourself, and cherish the people around you via the food you eat, the food you share and the energy you radiate.”

In a typical day I eat a load of seasonal veggies, especially leafy greens from our organic garden. I'll have a balanced amount of organic meat or poultry, wild-caught sustainable fish or organic free-range eggs from our chooks. To this will be added herbs and spices, and maybe through the day we might have a nibble on some nuts, seeds and seasonal organic fruit. I have cultured vegetables with every meal. I usually eat one to two meals per day and intermittent fast daily. I like to drink just good old filtered water throughout the day, and maybe a tea or some probiotic drinks.

So it's basically a beautifully traditional, sustainable, highly nutritious, delicious diet that I follow that's free of gluten, wheat, sugar, dairy and grains. My thoughts on health are that there are a number of key aspects to being the best you can be: food and hydration – because you are what you

eat, or rather you are what you absorb. Also I believe sharing loving relationships is right up there; keeping your body moving (gentle exercise) is important; earthing yourself so that you're energetically connected is so underrated but it can make a huge difference to one's life; sensibly sunning yourself and getting a daily dose of vitamin D is crucial for your body to function properly, and wearing a smile goes a long way too. My best tip to stay at the top of your game is to understand the concept 'consciousness is everything'. Learning to fully understand yourself, your patterns, your ego and your fears and learning how to enjoy your journey on Earth is imperative and remember, we are all conscious energetic beings that come from the source and are the source simultaneously. We are all non-dual so enjoy your earthly expression and have a laugh!

Green Goodness Smoothie

Serves: 2-3
Prep Time: 10 minutes

Going Paleo is about embracing good quality fats, as Mother Nature has provided us in all her wisdom.

Try one of these bad boys (or should I say good guys) for breakfast on day a week and just see how you feel for the next 3 hours.

Avocados, coconuts, nuts, seeds and eggs are just some of the wonderful sources of what our bodies need to thrive – fats.

I make my smoothies at home with 2 eggs per person, 1 avocado per person and have a big one if that is my breakfast.

Then I can easily go without eating until lunchtime.

Play around with different herbs, spices or whatever takes your fancy and mix it up.

Try freezing left-over smoothie mixes into popsicle moulds for a treat on a hot summer's day.

The kids will love it!

INGREDIENTS

- 2 green coconuts (flesh and juice) or 500 ml coconut water
- 1 ripe avocado, stone and skin removed
- 40 g (1. ½ oz.) silverbeet, spinach or kale, roughly chopped
- 1 large handful fresh mint, parsley or coriander (cilantro)
- 2 organic free-range eggs (uncooked)
- 8 walnuts, soaked overnight
- 8 macadamia nuts, soaked overnight
- ½ teaspoon ground cinnamon
- 1 vanilla pod (seeds scraped) or ½ teaspoon vanilla powder
- Filtered water, nut or coconut milk, added to desired consistency

METHOD

- Cut open the tops of the coconuts by chopping a square opening into the top (preferably with 4 incisions using a cleaver), and pour out the coconut water directly into a blender jug. Scrape out the soft coconut flesh from the inside of the coconut shell with a spoon, and chop the flesh into chunks.
- Drain and rinse the soaking walnuts and macadamias.
- Add the coconut flesh and all other remaining ingredients into the blender and blend until smooth. Add filtered water, nut or coconut milk slowly until you to reach your desired consistency.
- Serve immediately either in a tall milkshake glass or served from the coconut shell with a straw.





Mixed Berry And Hazelnut Pancakes

Serves: 2
Prep Time: 10 minutes
Cook Time: 8 minutes

These pancakes are a real treat in our household. Mixed berries go beautifully with any type of nut – in this recipe I’ve used hazelnuts, but you could substitute any ground nuts.

I like to top these with some fresh coconut yoghurt or homemade paleo ice cream to create that amazing contrast between something warm and something cold.

We probably only eat these once every month or so, as they are pretty heavy in the fructose department and not really an everyday kind of breakfast.

- INGREDIENTS**
- 2 green coconuts (flesh and juice) or 500 ml coconut water
 - 1 ripe avocado, stone and skin removed
 - 40 g (1. ½ oz.) silverbeet, spinach or kale, roughly chopped
 - 1 large handful fresh mint, parsley or coriander (cilantro)
 - 2 organic free-range eggs (uncooked)
 - 8 walnuts, soaked overnight
 - 8 macadamia nuts, soaked overnight
 - ½ teaspoon ground cinnamon
 - 1 vanilla pod (seeds scraped) or ½ teaspoon vanilla powder
 - Filtered water, nut or coconut milk, added to desired consistency

- METHOD**
1. Cut open the tops of the coconuts by chopping a square opening into the top (preferably with 4 incisions using a cleaver), and pour out the coconut water directly into a blender jug. Scrape out the soft coconut flesh from the inside of the coconut shell with a spoon, and chop the flesh into chunks.
 2. Drain and rinse the soaking walnuts and macadamias.
 3. Add the coconut flesh and all other remaining ingredients into the blender and blend until smooth. Add filtered water, nut or coconut milk slowly until you to reach your desired consistency.
 4. Serve immediately either in a tall milkshake glass or served from the coconut shell with a straw.



Creamy Chicken Avocado Salad

SERVES: 4
PREP TIME: 20 minutes

I am all about ease and speed in the kitchen, and this dish ticks both of these boxes – quality protein missed with good fat and fibrous veggies, and it’s on the table in less than 15 minutes. You can’t argue with that.

We always have some type of protein cooked and ready to go in the fridge at home. My advice is to cook up one or two chickens during the week by either roasting them then stripping the meat off and making a stock from the bones; or better still, poach your chickens in a stock and do the same thing. This will ensure you have a delicious, nutritious stock base on hand for mugs of broth or to quickly whip up a wholesome dish. Plus you will always have some protein ready to go for a quick meal.

- INGREDIENTS**
- 500 g (17 ½ oz.) savoy cabbage, shredded
 - 1 ripe avocado, stone removed, diced
 - 300 g (10 ½ oz.) leftover roast chicken, shredded or chopped
 - 3 tablespoons extra-virgin olive oil (optional)
 - 3 tablespoons lemon juice
 - Small handful mixed herbs, torn (tarragon, parsley and chervil)
 - Sea salt and freshly cracked black pepper
 - 2 tablespoons pine nuts, toasted

- METHOD**
1. Mash the avocado slightly to a creamy and slightly chunky texture in a bowl, then add the cabbage, roast chicken, olive oil (if using) and lemon juice and give it a good toss through so the avocado dresses the salad evenly. Season with salt and freshly cracked pepper.
 2. Arrange the salad onto a platter and sprinkle with fresh mixed herbs and pine nuts. Serve.

Pan-Fried fish with Pico de Gallo Salsa

SERVES: 4
PREP TIME: 15 minutes
COOK TIME: 8 minutes

This one’s simple, clean and extremely quick to get onto the table.

Use any fish that is wild and sustainable like sardines, whiting, snapper or even play around with scallops or prawns.

Then again, if seafood just isn’t your thing, steak or chicken works really well too.

Team it with some gorgeous green veggies and or salad with avocado and nuts.

Served with some fermented veggies for gut health, you can have a meal on the table in less than 20 minutes.



- INGREDIENTS**
- 4 x 180 g white-fleshed fish fillets of your choice (e.g. snapper, barramundi, cod, sea bass, coral trout etc.), skin on
 - 2 tablespoons coconut oil or other good quality fats
 - Pico de Gallo Salsa
 - 2 large plum tomatoes, deseeded and finely diced
 - 1/3 cup chopped coriander (cilantro)
 - ¼ cup finely chopped red onion
 - 1 small fresh green jalapeno, seeded and finely chopped (keep the seeds if you like it hotter)
 - 1 tablespoon lemon or lime juice (plus extra to serve)
 - 3 tablespoons extra-virgin olive oil
- METHOD**
- To make the Pico de Gallo Salsa, mix all the ingredients together in a bowl. Season to taste with sea salt and freshly cracked pepper and add a little more lemon juice or jalapenos if desired.
 - To prepare the fish fillets, season the fillets with salt and pepper and rub them on both sides with the coconut oil.
 - Heat a large, non-stick frying pan over medium–high heat. Put them skin-side up on the pan and cook until golden brown for 3 minutes, then flip the fillets with a spatula. Cook the fish until completely opaque throughout, for a further 5 minutes.
 - Remove the fillets from the pan, place them on plates, and serve topped with the Pico de Gallo Salsa and lemon.

Rose and Watermelon Popsicles

SERVES: 6-8
PREP TIME: 10 MINUTES
FREEZE TIME: 8 HOURS

A perfect little treat for princesses ... and the princes will love them too – even if they are pink!

- INGREDIENTS**
- 300 grams (10 ½ oz) seedless watermelon, chopped
 - ½ teaspoon organic rose water
 - 400 ml (13 ½ fl oz) organic coconut cream
 - 1 tablespoon raw honey or maple syrup
 - 1 teaspoon vanilla powder or organic pure vanilla extract
- METHOD**
- Purée the watermelon in a blender until smooth and fluffy. Add the rose water to the purée and pulse to mix.
 - Fill 6–8 popsicle moulds to the halfway mark with the watermelon and rose purée, and place them in the freezer for 1 ½–2 hours or until frozen.
 - To make the coconut layer, place the coconut cream, honey or maple syrup and vanilla powder in a bowl and mix well. When the watermelon layer is frozen, fill the rest of the popsicles with the coconut mixture.
 - Insert the sticks into the popsicles and return to the freezer for 6–8 hours.

NOTES: Honey is recommended for 12+ months only.

If you can find them, add a small handful of edible rose petals to the watermelon and rose pureé before freezing. Another option is to add little pieces of mint. 5–6 small leaves broken up will be a perfect addition.

You can use the leftover watermelon pulp to flavour a smoothie.



Events Calendar

GREAT LAKES

Place	Date	Event	Contact	Website
John Wright Park, Tuncurry	11th December	Tuncurry Carols by Candlelight	02) 6555 6896	http://greatlakes.org.au/events/event/76147-tuncurry-carols-by-candlelight
Tuncurry Race Course, Chapman Rd, Tuncurry	11th December	Christmas Party Race Day	garrymargaret@bigpond.com	tuncurryforsterjockeyclub.com.au/
Harry Elliot Oval, Beach St, Tuncurry	22nd December	Grow Your Own Music Festival	media@growyourown.tv	www.growyourown.tv
Harry Elliot Oval, Beach St, Tuncurry	6th January	Under the Southern Stars	-	underthesouthernstars.com.au/
Manning St, Taree	13th January	Tastefest on the Manning	TasteFest.TareeLions@gmail.com	www.TasteFest.com.au
Tuncurry Race Course, Chapman Rd, Tuncurry	20th January	Seafood Raceday	email@tfjc.info	tuncurryforsterjockeyclub.com.au/
Boomerang Beach, Pacific Palms	7th to 11th February	The Great Lakes Pro	info@surfingnsw.com.au	www.surfingaustralia.com/states/nsw/news/
Bicentennial Park (The Tanks), Forster	18th February	Cinema Under the Stars	-	https://www.newcastlepermanent.com.au/community/cinema-under-the-stars.aspx

PORT MACQUARIE

Place	Date	Event	Contact	Website
Bago Tavern 235 High Street, Wauchope	2nd December to 3rd March 2018	Paint, Sip, Party	olivia@paintthetownaustralia.com.au	www.paintthetownaustralia.com.au
1 Munster Street, Port Macquarie	7th to 10th December	Festival of the Sun	info@fotsun.com	http://www.fotsun.com
Cassegain Winery 764 Fernbank Creek Road, Port Macquarie	13th January	Oysters in the Vines	info@cassegainwines.com.au	http://www.cassegainwines.com.au
The Glasshouse Port Macquarie 40 Clarence Street, Port Macquarie	10th February	Kamahl – Precious Words and Soothing Songs	info@glasshouse.org.au	http://www.glasshouse.org.au/Whats-On/Kamahl-Feb-2018
Bago Road, Wauchope	11th February	Grape Stomping Championships	info@bagovineyards.com.au	www.bagovineyards.com.au

BYRON BAY

Place	Date	Event	Contact	Website
Stone & Wood Brewing Company 4 Boronia Place, Byron Bay	1st December	Stone & Wood Brewery Tour	-	http://www.stoneandwood.com.au
Racecourse Road Ballina Jockey Club, Ballina	26th December	Ballina Boxing Day Races	generalmanager@ballinajockeyclub.com.au	http://www.ballinajockeyclub.com.au
North Byron Parklands, Yelgun	31st December to 2nd January	The Falls Music and Art Festival	-	https://fallsfestival.com/byron-bay/
Various locations around Byron Bay	22nd to 25th February	Byron Bay Surf Festival	admin@byronbaysurffestival.com.au	http://www.byronbaysurffestival.com.au

Events Calendar

COFFS COAST

Place	Date	Event	Contact	Website
2 Moonee Beach Road, 2, Moonee Beach	9th December	Moonee Food Truck Christmas Festival	sherry@tastecoffscost.com.au	www.mooneebeachtavern.com.au
Coffs Jetty Foreshore Reserve, Jordan Esplanade, Coffs Harbour	18th to 20th December	Coffs Jetty Family Carnival	marchsamusements@yahoo.com.au	facebook.com/pages/Coffs-Jetty-Carnival/359515184075080
135 West High Street, Coffs Harbour	20th December	Rates at The Coffs Hotel	rhianon.lee@hotmail.com	tickets.oztix.com.au/?Event=80124&utm_source=Oztix&utm_medium=Website
Jetty Memorial Theatre, Coffs Harbour	10th to 25th January	Screenwave International Film Festival 2018	contact@screenwave.com.au	swiff.com.au
Opal Boulevard, Coffs Harbour	14th January	Coffs Harbour Wedding Fair	weddings@opalcove.com	www.opalcove.com.au
123 Pacific Highway, Coffs Harbour	January (date TBC)	Rock Gods Festival	a.hobbit@hotmail.com	https://gothsandgamers.wixsite.com/godsrock
Jordan Esplanade, Coffs Harbour	1st February	Queens Baton Relay	matthew.haines@chcc.nsw.gov.au	www.gc2018.com/qbr
123 Pacific Highway, Coffs Harbour	3rd February	Cinema Under the Stars	-	http://www.newcastlepermanent.com.au/cinema
51 River Street, Seaview Tavern Woolgoolga	17th February	Taste Woolgoolga Food and Wine Festival	sherry@taste-woolgoolga.com.au	tastewoolgoolga.com.au

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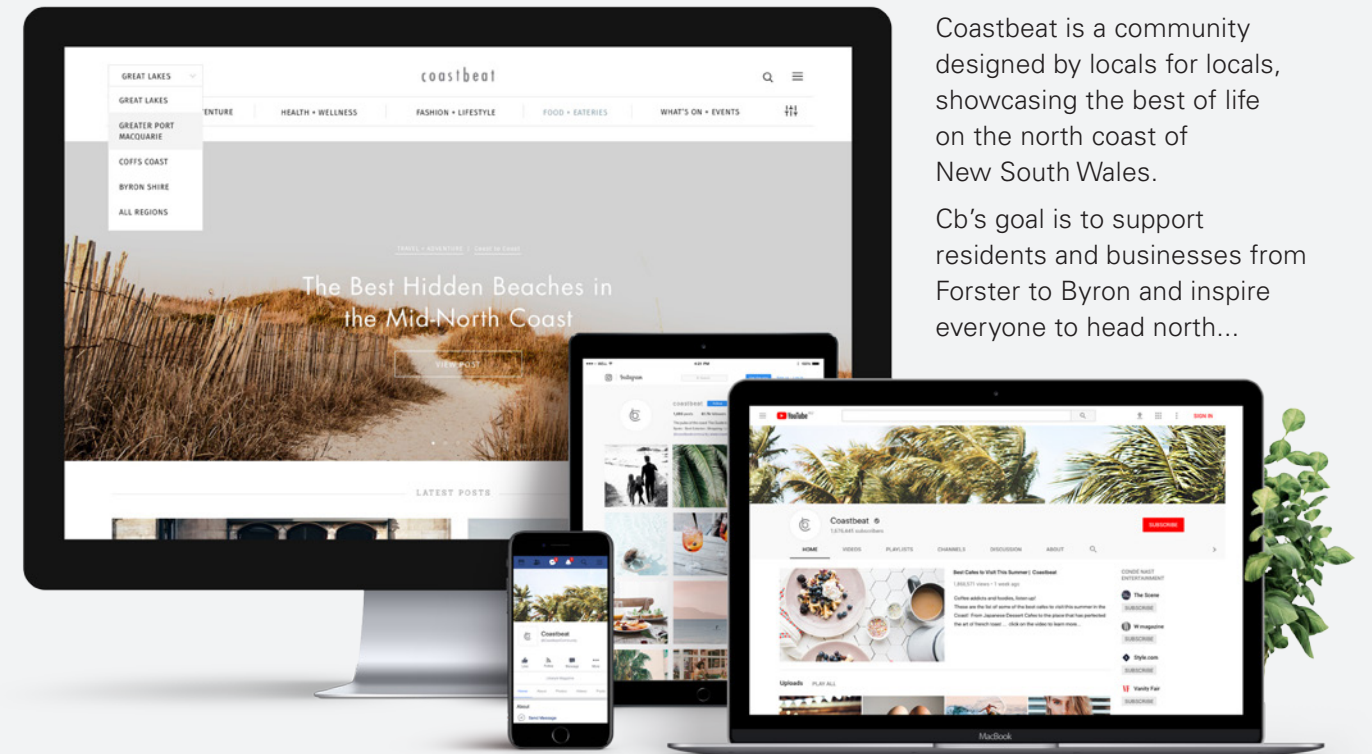


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