

CLARITY

A CLARENCE VALLEY JOURNAL

FREE





broomshead
holiday park

02 6646 7144


calypso yamba
holiday park

02 6646 8847


iluka riverside
holiday park

02 6646 6060


minnie water
holiday park

02 6649 7693



remember the joy of simple things?

... beach fishing at dawn, tranquil evenings by the river or the magical night sounds of a bush camp...?

Clarence Coast Holiday Parks' five unspoiled locations promise a holiday experience that's just the way it should be.

The Parks are simple, spacious and meticulously maintained.

Each has its own distinctive character and all offer a choice of cabins, villas, van or camp sites (Minnie Water even has 'glamping' safari tents!)

... and they are all in idyllic, absolute beachfront, riverside or bushland settings.

There are no elaborate, man-made entertainment facilities – nature has that covered with some of the most spectacular and unspoiled beaches, waterways National Parks and countryside that you'll ever find.

... visit the website and re-discover...



02 6649 7671



clarenc coast holiday parks.com.au

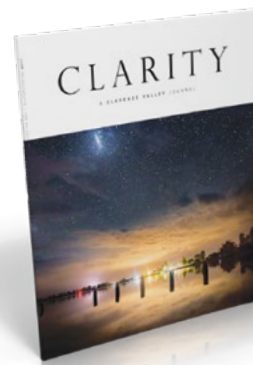
five great parks, a lifetime of memories

We may be better known for our coastal strip, but upriver is an adventurer's dream: serene start to a day's paddle at the **Clarence Gorge**. Photo by Jake Anderson.





Clarence
Valley



On the cover: The riverside village of Lawrence, captured from dusk to nightfall by local photographer Anthony Duff
@duffysphotography

CLARITY

A CLARENCE VALLEY JOURNAL
EDITION ONE ~ WINTER/SPRING 2017

Welcome!

G'Day! Here in the Clarence Valley we appreciate the finer things in life: crisp mornings on the river; moments of solitude in the surf; long-lost adventures up dirt roads and meeting friends for a coffee and a catch-up.

Quite simply, you can breathe a little easier in the Clarence. That's what this big river country is about.

When you stroll the streets of our towns, be prepared to meander and take your time. Clarence Valley people love a chat, and these stories hold us together like the mighty Clarence River that weaves its way through the landscape.

From the Bundjalung, Gumbaynggirr and Yaegl traditional owners, to the generations of families on the land, to the café owners who've swapped the city for the good life, to the kids and their beloved chooks – there's always room for another story.

The Clarence Valley can be a chapter in the story of your life, or it can be the whole book. Either way, we're delighted you're here.

Welcome to the first issue of *Clarity* Magazine.

Justine

Justine McClymont, editor.

THIS LAND HAS BEEN TREASURED BY THE
BUNDJALUNG, GUMBAYNGGIRR AND YAEGL PEOPLE
FOR MILLENNIA

CLARITY

A CLARENCE VALLEY JOURNAL
EDITION ONE ~ WINTER/SPRING 2017

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Grafton's iconic Jacaranda Season (October/November) will be upon us before we know it! Photo of **Chanyce** by Trevor Worden.





This map is
by no means
comprehensive and
is designed simply to give the
reader a broad sense of place.



Clarence
Valley





CLARITY

A CLARENCE VALLEY JOURNAL

EDITION ONE ~ WINTER/SPRING 2017

Overview...

We thought we'd kick *Clarity* off with some broad information about the Clarence Valley.

The Clarence Valley is located in what's known as the Northern Rivers area of NSW. It's a three hour drive from Brisbane, and a solid days' drive north from Sydney. Basically, we're below Ballina's Big Prawn and above Coffs Harbour's Big Banana.

The Clarence Valley comprises an area of 10,441 square kilometres and has a population of over 50,000 residents. It has the city of Grafton, two large towns – Maclean and Yamba – and 60 smaller townships and villages.

The area contains vast tracts of State Forest and National Parks, and the coastal stretch is a hugely popular tourist destination. The rivers and waterways are the heart and soul of this place.

Several rivers – most notably the Nymboida, Mann, Boyd, Orara and of course the mighty Clarence – weave themselves through the landscape. As we're proud of reminding everyone, the Clarence Valley is home to the longest whitewater trail in Australia.

Whether you're visiting or are fortunate enough to call this place home – time spent here is an unfolding series of pleasures, both large and small.

More detailed Clarence Valley navigation and information can be easily accessed at www.myclarencevalley.com

Need some help?



TOUCHSCREEN INFORMATION HUBS ARE LOCATED AT:
 GRAFTON COUNCIL CHAMBERS, PRINCE ST GRAFTON
 MACLEAN COUNCIL CHAMBERS, RIVER ST MACLEAN
 CLARENCE VALLEY AIRPORT, AIRPORT RD GLENUGIE
 CALYPSO HOLIDAY PARK, HARBOUR ST YAMBA
 FERRY PARK, PACIFIC HWY MACLEAN
 PACIFIC HWY, SOUTH GRAFTON

meet
the
locals

Mollie's gaze will follow you wherever you view this page from. Try it!

WHO
WHAT
WHERE
WHEN
WHY
HOW

With...

Mollie McClymont (The McClymonts)

Hugely popular country music trio The McClymonts have come a long way since their early days as youngsters in Grafton. The three sisters started writing and playing music from their house on Villiers Street, recording and singing into a cassette recorder with songs often revolving around school, boys and family. When they weren't singing, they were living the classic country-town life of sport, community events, music and family. We caught up with Mollie in between her busy schedule of festivals and touring for a quick interrogation.

Who is your favourite person to hug?

My all-time favourite has to be my son Ned. He's so cuddly and affectionate. I smother him with hugs all day long.

What makes you angry?

People who litter, who walk across pedestrian crossings slowly, bad customer service ... I could go on!

Where do you consider to be home?

Grafton is our home town, and always will be. It's a beautiful and humbling place to call home.

When is the best time for a cup of tea?

After dinner. I'm always hungry after dinner so a green tea always fills the gap.

Why do you love dogs so much?

What's not to love about dogs? They're great company - happy to do anything as long as it's with you, such as a walk, beach, lazy Sundays on the couch, or hangs in the backyard. They don't judge, and are so cute!

How do you define success?

If it makes you happy and it pays the bills then that's success to me.

INSIDE INFO: The McClymont's fifth studio album *Endless* is out on Spotify and iTunes.
@molmcclymont and @themcclymonts.

A man who clearly loves his job. Mike on the tools. Photo by Gary Parker.



With...
Michael Vincent
(Xtreme Cycle and Skate, Yamba)

Then:

As long as I can remember, bikes were part of my growing up. I remember many of my bicycle "firsts". The excitement of a new bike and the first time I'd ride it, that thrill of independence my first time riding to visit a friend, and of course my first "stack".

I was raised in the UK, but our family lived in the West Indies briefly and that's where I ditched the training wheels. I was never into jumps but loved forest and woodland rides – and I still do!

It's funny the things that stick with you: I remember riding home from school one afternoon; the front wheel slid out from under me going around a wet corner on some concrete paving slabs. My knee was bleeding, my handle grips were scuffed, but I was more upset about my trousers. It didn't stop me riding, but even to this day, I'm always very mindful of slippery corners when I'm out and about.

Now:

We're really lucky in the Clarence Valley to have so many great ride options, with **Bom Bom forest trails** and the new **Woodford Island tracks** coming up this year as well. They all offer superb riding and are maintained by passionate locals.

In Yamba, I take my mountain bike and fat bike out around the town – I have a little circuit that I do, including steps, paths and the breakwall. There's something magical about riding next to the ocean.

If I had to give advice, the main tip would be to get the right gear. ALWAYS use a helmet, and ride expecting a good ride, but always be mindful.

We have so many great family riding spots in the Clarence Valley and in Yamba there are great cycling lanes and pavements to help keep little ones safe. If you're riding on the road, make sure you know the road rules and follow them!

INSIDE INFO: **Xtreme Cycle and Skate:** 2/34 Coldstream St Yamba [f xtremecycleskatetyamba](https://www.facebook.com/xtremecycleskatetyamba)
[XtremeCycleSkateYamba](https://www.instagram.com/XtremeCycleSkateYamba). Bikes, repairs, parts & accessories, skateboards, hardware, scooters, bike hire.

YES
PLEASE!

Just Add Salt

(Ferry Park, Maclean, www.justaddsalt.com.au)



FROM LEFT:
Bike Plate
\$25
Camera Cup
\$22
Bee Ring Dish
\$18

OFFICE-METRE

(What pushes *Clarity's* buttons)

Crisp Mornings

We couldn't get enough of winter's early morning freshness. Remember those 40-plus days of February? We'll take a bit of chill any day of the week.

River Glimpses

Scientists* say living near large bodies of water is good for your physical and mental health. (Something about negative ions in the air which help us absorb oxygen, combat free radicals and balance serotonin levels.) Even without these benefits, a gaze at the mighty Clarence or the Pacific Ocean always makes us smile.

Cafe Choice

Seems every few weeks or so a new, high quality caffeine-slinging enterprise pops up on the radar. We applaud.

Roadside Roos

All drivers here have felt that jolt of recognition – seeing skippy grazing by the roadside – and praying it doesn't decide to suddenly bounce out onto the tarmac. Another good reason to go easy on the accelerator on our country roads.

Missing Morning Minutes

Who can tell us what happens to that half hour between 7:30 and 8:00 every weekday morning? One moment there's all the time in the world, the next we're running out the door half-dressed with a gobful of toast and a bleating child in each hand.

Bridge Traffic

Clarence Valley traffic is a piece of cake, but even so, get onto the Grafton Bridge at peak hour and things get a little ... *gridlocked*. Good thing it'll be 2019 soon and we'll have a new bridge. (Unless we're all whizzing around in flying cars, in which case bridges will be redundant.)

National Park Pooches

No-one loves dogs more than the *Clarity* team, but geez we get cranky when we see 'em on National Park beaches. Doesn't matter how 'local' anyone is, no-one's exempt from the laws that protect our National Parks and native wildlife. There are heaps of top spots around the Clarence for us to cavort with our best mates.

*Yes, we made the word 'Scientician' up, it's good isn't it.

meet
the
locals

Antony chilling in the Irons and Craig produce garden. Photo by Gary Parker.



WHAT'S IN A NAME...

With...
Antony Perring
(Irons and Craig, Yamba)

Irons and Craig is named after our grandmothers Olga Irons and Joan Craig. My nana Joan taught me how to cook. She had me stirring the gravy from when I was eight. I grew up in a big extended grandparent-type family in Grafton. My nana and pop pretty much raised me.

My partner David who owns and runs Irons and Craig with me also had his grandmother Olga living in his house when he was growing up at Palmers Island. Through the cafe we have our late nanas around us all the time.

I'm a self-taught cook. After finishing high school in Grafton I moved away to Canberra for Uni. I've worked in retail and publishing, photography and design in Sydney and in Singapore, but for all those years I talked about starting my own café or restaurant. I think David got sick of me talking and decided to give me a push. So in 2013 we returned home to the Clarence Valley to start Irons and Craig.

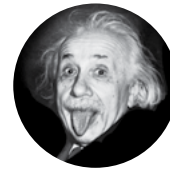
Irons and Craig is an opportunity for us to work with fresh, local produce. We make everything from scratch, and source everything we can from local growers and suppliers. There's much more

access to good fresh food here than when we were in Sydney, and we make our own preserves that we sell through the café.

We have a vegetable garden out the back of the café and we're also working with one of our local aged care hostels *Caroona* to establish edible food gardens for the residents. They've all had a garden in the past or they've come off a dairy or a cane farm, so they have some fantastic knowledge.

Last spring we helped to put in about 16 hay bale gardens and planted seedlings with the residents. We've had people who really hadn't engaged with each other before now outdoors fighting over the hose! A sense of purpose is really what the garden is about. The secondary benefit is the tomatoes and the parsley they can pick to eat or the chokos they can use to make chutney. It's really good fun. We'd love to see the idea taken up by aged care homes around the country.

INSIDE INFO: Irons and Craig
29 Coldstream Street Yamba
Open 6am - 12pm Mon to Fri,
6:30am - 12pm Sat & Sun



Nerds' Corner

(a feast of Clarence Valley facts)

PEOPLE STUFF: (AS OF JUNE 2017)

Population of the Clarence Valley

51,357

... and it grows at a lovely, sustainable 0.5% every year, perhaps you'd care to join us?

JOB STUFF: (AS OF JUNE 2017)

There are

21,196

Employed residents at the moment

TOURISM STUFF: (DEC 2016 > DEC '17)

Visitors to the Clarence Valley

1,081,000

... we cracked the million! This is an estimated annual increase of **22%** from the previous year.

HOUSING STUFF: (JUNE 2016 > JUNE '17)

House prices in the Clarence Valley

\$350,000

median sales price for all dwellings in

Clarence Valley in June 2016, a significant annual increase of **6.1%** over the year before. Still heaps cheaper than most of the rest of NSW, so get in quick y'all!

WEATHER STUFF: (AS OF JUNE 2017)

Climate in the Clarence Valley

The average mean maximum temperature for Grafton ranges from **20.2°C** in July to **30.2°C** in January, and the mean minimum temperature ranges from **6.6°C** in July to **18.9°C** in both January and February. Average annual rainfall in Grafton is **994.6mm**, with the wettest month being January (**134.8mm**).

And according to the CSIRO and Stanford University, Yamba has **the best climate in the world!**



**FIRST
TIME
LAST
TIME**

With...
Dan Ross
(Pro Surfer, Coach,
Environmental Advocate)



Dan takes a stroll. Photo by **Margarita Salyak**

**FREQUENTLY
ASKED
QUESTIONS**

With...
Vicki Edmonds
(Grafton2Yamba Houseboat Hire)

It might be the hopeless romantic in us, but few sights are more beguiling than a houseboat on a glassy waterway. There's something about the promise of domestic comfort mixed with the freedom of movement that appeals. Self doubt, however, creeps in the moment we actually consider turning that dream into reality and booking a houseboat... Telling ourselves 'there's no such thing as a silly question', Clarity bumped into Grafton2Yamba Houseboat Hire and asked Vicki a few very silly questions.

We come from a proud line of landlubbers. Do you need some kind of Maritime/Salty Seadog/Pirate experience, or can anybody drive the houseboats?

You don't need a licence or navigation experience to drive our houseboats, but you do need to be at least 21 years old! To make sure you have a great time, we explain the navigation rules, brief you about the full operation of the vessel, and then take you for a short drive under supervision so you feel comfortable before setting out on your own.

We're not particularly clever with machinery, and are best kept away from things with moving parts. Are the houseboats easy to drive?

Yes, driving is as easy as it can possibly be. There's forward, reverse and a steering wheel and that's it. You'll rarely be more than a few hundred metres

from the riverbank, so 'line-of-sight' navigation is simple. We provide you with an operations manual and our vessels are fitted with navigation instruments to help you travel safely throughout the river. We also make scheduled calls to you to establish your plans for the day and to confirm that you're safely anchored each night. You can also phone us throughout the day by mobile phone.

OK. We're feeling a bit more confident now. What's our cruising area?

Almost 200km of Clarence River waterways! The general cruising area is from Harwood Bridge downstream to Rogan's Bridge beyond Grafton upstream. We'll show you how to use the river maps and explain the cruising area so you can make the most of your time on this mighty river.

INSIDE INFO: Grafton2Yamba Houseboat Hire

www.g2yhouseboats.com or (02) 6647 6638. Prices start at \$580 for two nights.

**YES
PLEASE!**

Dyinda Designs
(www.dyindadesigns.com.au)



FROM LEFT:
Fish Tea Towel
\$30
Magpie Tea Towel
\$30
Stingray Tea Towel
\$30

First time you stood up on a surfboard?

I was five years old. Dad took me out on the repurposed back half of a longboard.

Last time you felt fear?

A public speaking engagement last week!

First time you had a sponsor?

Aged 11. Thanks Billabong!

Last time you rode a perfect wave?

Two days ago. It was an amazing view as I took off. I've still got it vividly in my mind!

First time overseas?

Mum took me to London when I was 12. I went to school there for three months.

Last time you were on a plane?

I'm tapping away at these answers on a plane to Sydney now to promote Patagonia's 'Yulex' wetsuits (non-neoprene, environmentally friendly wetsuits).

First memory?

The first memory that really sticks out is getting caught in a rip and thinking I was going to drown. I would have been about six. Dad was surfing out the back and couldn't see me. Luckily I swam across the sand bank and got to the beach safely.

Last time you were homesick?

When you travel a lot, it all depends on the company around you. I love the friends I've made on the road so a lot of places feel like home. That said, I recently spent a month working overseas and couldn't wait to get back home to the Clarence Valley.

INSIDE INFO: @danielsaan

meet
the
locals

Skye and Jade. Photo by Gary Parker.



HIGH ROTATION

With the crew at...

The Tilted Teaspoon

*The Tilted Teaspoon is one funky little vintage inspired café. With homemade delights and a welcoming vibe, it's a cosy place to drop in and get your fix. It's also hard to ignore the eclectic tunes that filter through the joint. Clearly the crew here have a joyously diverse taste in music. We couldn't resist putting a hypothetical to the gang: **You have control of the café's playlist for three songs. What tracks would you spin?***

Skye

Love Rears Its Ugly Head | **Fade Into You** | **I Don't Know**
Living Colour | Mazzy Star | Ruth Brown

Jade

Could This Be Love | **Diana** | **Add The Bass Line**
Bob Marley | Paolo Nutini | Jordan Rakei

N'dea

Better Together | **I Will Wait** | **Can't Stop The Feeling**
Jack Johnson | Mumford and Sons | Justin Timberlake

Pam

Little Green Bag | **Crazy** | **Uptown**
George Baker Selection | Gnarlz Barkley | Bruno Mars

INSIDE INFO: 120-122 Prince St Grafton. Open 'til 2pm weekdays, 1pm Saturday and 12pm Sunday. [f thetiltedteaspoon](#), [@thetiltedteaspoon](#)

YES PLEASE!

Nicholson Fine Foods

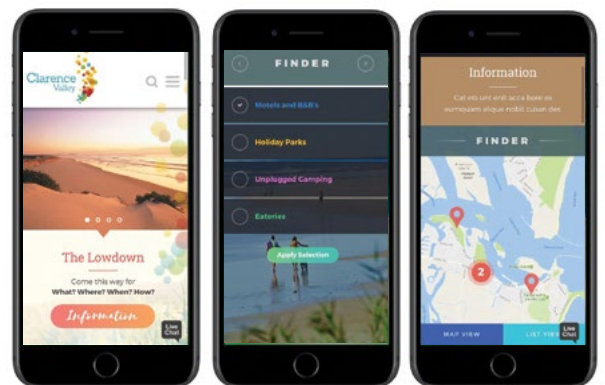
(4 Mooli Place, Yamba, www.nicholsonfinefoods.com.au)



FROM LEFT:
Northern Rivers Classic BBQ Essence \$13
Belgian Classic Chocolate Mousse \$17
Euro Style Spiced Beetroot Finishing Vinegar \$17.25

Did you know?

(AKA shameless plug for our new website)



Did you know 80% of people research their holidays on a mobile phone? That's why we designed our destination website myclarencevalley.com first and foremost for mobile phone and tablet usage. (Of course it looks pretty schmick on a desktop monitor as well.)

Scenes from one of Australia's finest coastal walks, with cameos from our nation's coat of arms (curious kangaroo and intense emu). Photos by Sandy Scheltema.



CUSTOMISING THE CLARENCE

Three Options...with
Yuraygir Walking Experiences
(www.yuraygirwalks.com.au)

1) I HAVE slovenly children WHO THINK A WALK AROUND THE BLOCK IS SOME KIND OF DEATH MARCH.

Introduce the kids to walking outdoors – a strange and wonderful activity that doesn't involve staring at a screen. Start at **Boorkoom Campground** near **Diggers Camp** and walk south to **Wilson's Headland**. The track is mostly elevated above the rugged coastal rock platforms and hidden coves below, with views out to sea and a chance to spot passing whales, dolphins, sea eagles and diving sea birds. You'll pass through shaded coastal forests and diverse heathlands, where you can challenge your tribe to see who can count the most species of birds. Keep an eye out for the rare Coastal Emu! Once you reach Wilson's Headland, choose your own adventure by following the same route back or by taking the alternative western track when you come to the junction. Finish the family adventure by exploring the rockpools back near Diggers Camp. Sure beats screen time.

Boorkoom Camping Area to Wilson's Headland – 2km / 1 hour one way (4km / 2 hour return)

2) I'M AN extreme athlete WHO HAPPILY EATS ULTRA MARATHONS FOR BREAKFAST.

OK then tough-guy/gal. Take on the full-blown 65km walk from **Angourie** to **Red Rock** over four days, or – well – seeing as you're so über fit you can do it in three if you're up for the challenge! If you're a self-sufficient type, throw all your gear on your back and camp in national park campgrounds or caravan parks along the way as you explore this colossal park. Or if you're in need of a little more comfort you can reenergise in cabins and holiday houses or join a guided tour. Visit the coastal villages of **Brooms Head**, **Minnie Water** and **Wooli** along the way to stock up on supplies as you make your way through the natural beauty of Yuraygir National Park. With three river crossings to negotiate with the help of local boat operators, you'll be able to say you've hiked the longest stretch of undeveloped coastline in NSW. Not that you're one to talk up your achievements, of course.

Angourie to Red Rock – 65kms / 24 hours walking time (plus 3 river crossings)

3) I'M A nature lover WHO'D GIVE SIR DAVID ATTENBOROUGH A RUN FOR HIS MONEY.

Grab the binoculars and camera and explore Yuraygir National Park walking south from **Illaroo Campground** at **Minnie Water** through coastal dune forests, rock platforms and heathlands. 'Twitchers' (yes it's a thing!) will be able to spot an abundance of bird species, while plant lovers will get a close-up view of colourful wildflowers, particularly in late winter and spring. Have morning tea at **Boorkoom Campground**, then continue to **Wilson's Headland**. Walk on through littoral (coastal) rainforest, dry heath and wetland habitat while listening out for the sounds of threatened frog species. You'll walk through habitat of the elusive ground parrot and be able to spot bright Christmas Bells on the outskirts of **Wooli**. Either camp or stay in a cabin at one of Wooli's caravan parks or holiday houses near the Wooli Wooli River. Do it yourself or discover the secrets of Yuraygir with an expert local guide.

Illaroo Campground/ Minnie Water to Wooli – 15km / 5 hours walking time

INSIDE INFO: Yuraygir Walking Experiences www.yuraygirwalks.com.au 0455 044 292
NSW National Parks and Wildlife Service www.nationalparks.nsw.gov.au (02) 6641 1500
Make sure you have maps and adequate supplies before setting out. Check tide charts so you only cross rock platforms at low tide and ensure where possible to organise watercraft in advance to cross rivers safely.



Best mates

Students from Palmers Island Public School
and their favourite chooks

Photographed for *Clarity* by Gary Parker



Delila and Brownie

This is my chook Brownie. My stepdad named her that. Brownie's my favourite because she's so friendly and calm and she loves a cuddle. Brownie laid an egg on the computer once!



Chris and Ninja

This is Ninja. She likes to eat apples and other left over scraps. Mum called her Ninja because you can't see her at night. We've got three other chooks at home, Daisy, Roz and Xena, but Ninja's my favourite 'cos ... she's a Ninja!



Lincoln and Grandpa

This is Grandpa chook. She likes to help me with my homework. Once she face-planted when she was running to the chicken coop!

Charlie and Cuddly

My chook's name is Cuddly and she loves to have a cuddle. She likes to eat chicken starter and grass. One time she pooped absolutely everywhere and it was very funny!



Jessica and Perch

This is my chook Perch. She likes to perch on lots of parts of me: on my arm, thumb, fingers and shoulders. I like it when she perches on me, but one time she pooped all over my shorts.

Amelia and Cheep

My chicken's name is Cheep. She is very loud and loves to 'cheep' and once she flew into my head and pecked it! Cheep and Perch and Cuddly all live together and I feed them.



Lachlan and Bananaman

We found Bananaman on a road all alone and took her in. She loves to escape out of her pen and once she ran into our family photos. Her favourite things to eat are grass and worms. We've got 11 other chooks at home, one is called Chickenlicker.



Ruby and Morgana

My chicken's name is Morgana. She's my favourite because she's stunning! Her favourite foods are banana and bacon rind. She loves to make nests and gives piggyback rides to the other chickens. I put her in the basket of my bike so she can see the world!



Nya and Blackie

This is Blackie. She likes to eat bread, chook food, bugs and spiders. One time she sat on my stepdad's shoulder while he was playing guitar and singing. Blackie's my favourite because she lets me hug her.

INSIDE INFO: *Palmers Island Public School* lies approximately halfway between Yamba and Maclean. It first opened its doors in 1866 and provides classes from kindergarten to grade six. The school's motto is "Citizenship, Scholarship & Sportsmanship". It is a small, delightful and positive school. Thanks to Principal Ellie Wiseman, staff & parents for their help with the shoot, and to the chooks themselves for giving us their best poses.
www.palmersisl-p.schools.nsw.edu.au



What two can do...

Meet three couples who've helped make the
Clarence Valley cafe scene something special

All interviews by Leigh Bancroft. Photographed for *Clarity* by Gary Parker.

Judy & Mark. Toast Espresso, Grafton

Judy

My first Grafton memory is arriving at my in-law's house in Mary Street in the dark. We arrived after a storm, the sound of crickets were in the air and the fresh smell of warm damp earth is something I will always remember. I wrote in my diary about this when I was sitting on the Tube in London considering the move back to Grafton.

When we first moved here we missed Sydney terribly, but we have etched out our own place in the community and we love living here in Grafton. The lifestyle choices of living in the Clarence Valley brought opportunities for our children. Grafton has great teachers, sports and is geared towards families. Our children are the 5th generation of the Hackett family to live here. It does take a village to raise a child.

We've come from humble beginnings. We have grown personally, influenced by our families, the people we have worked for, and with, and the community. Toast Espresso is about people but it's more about our community. Our story is the classic example of "it takes 20 years to be an overnight success".

Mark

I always loved Mum's cooking, the roast dinners, biscuits and cakes. The delicious, simple, honest food from my childhood definitely sparked my passion for food.

I left school in 1980 when I was 17. The first three months of my cooking career were spent in Sydney in a pre-apprenticeship course alongside now legendary chef David Thompson.

I landed a job in the seafood industry and was lucky enough to establish friendships and connections with chefs like Matt Moran and Christine Manfield among others. I worked in a number of restaurants in Sydney and then Adelaide.

I met Judy on a blind date, we fell in love and later married in Sydney. We left Australia and travelled through France, Italy and the United Kingdom. In 1996 we decided to come home to Grafton. Our daughter Georgia was one at that stage and we wanted her to have time with her grandparents.

Coming home wasn't easy for either of us. We were used to the pace of city life and our arrival

in Grafton came with its challenges. After the first couple of years of being here we realised it was a really lovely place to bring up a family and it was harder to leave.

We spent many years working in hotel bistros and then running Georgie's, our fine dining restaurant at the Grafton Regional Gallery.

We were involved in the founding years of the annual Gate to Plate event, which is now a culinary magnet for food lovers.

Grafton is a big pub town. Pubs shape the community and culture. Locals celebrate, commiserate and catch up at the pub. Twenty years on, there has been a gradual move towards more business being done in cafés.

The shift from beers to coffee brought us to our latest venture Toast Espresso. Our collaboration with local Maclean coffee roaster, Botero's Danny Young, helped shape this latest project.

After a decade of work in fine dining, missing out on evenings and time with our daughters, we envisioned a new day time business serving great coffee, and it grew from there.

INSIDE INFO **Toast Espresso** 31 Prince Street Grafton Open 6am – 5:30pm Mon to Fri, 6:30am – 2pm Sat & 7am – 11:30am Sun

Fiona & Rob. On The Bite, Maclean

Rob

Sydney was my hometown and my career in hospitality began when I was fifteen working in McDonald's. I learnt to make coffee in New Zealand and then worked in cafés and restaurants for a decade. I landed a job working with Paul Wilson and Chris Lucas at their restaurant The Botanical. At the time it was the darling of the Melbourne food scene with a two-hat chef rating. I worked my way up to become part of the management team.

Fiona is a local from a cattle and cane farm at James Creek near Maclean. She worked on and off in hospitality while we were travelling, but mostly worked in finance and superannuation until 2004 when she became a chef. Fiona was lucky enough to get a job with renowned Middle Eastern chef Kurt Sampson. From there she moved to Seamstress Restaurant & Bar and became head chef. It was one of Melbourne's most exciting new Asian restaurants.

We left Melbourne and moved here in 2010 to be closer to Fiona's family. We opened On The Bite in the same year. Hospitality businesses in Melbourne seem to open with a bang to make lots of money in a short period before the hype dies and they are replaced by the next big thing. In Maclean with its smaller population it's more about long term support from locals and visits from returning tourists. We're really happy that we opened in Maclean. It's more of a year-round town than some of the other more touristy places. It's really interesting getting to know so many different people and it's a great feeling knowing that they appreciate our food and coffee.

Our menu reflects Fiona's skill base of Middle Eastern and Asian cuisine. We serve food that we like to eat ourselves. The area has great access to local produce and what we can't buy we try to grow. We grow herbs like basil and Vietnamese mint and Fiona's mum also has a productive veggie garden. Occasionally some of our local customers will also bring in a supply of herbs or fruit for us to use. We choose to serve Coffee Supreme, which is an ethical company that source coffee worldwide direct from farmers and are not focused on capital gain.

Our favourite things about living in the Clarence are the pristine beaches, the mountains, the rivers and all the space. Fiona loves beaches and I like the rivers. At the moment we're enjoying discovering the kayak trail of the Clarence River systems and campgrounds. In our spare time on the weekends, we also like to cook and experiment with food. Fiona loves horse riding and helping out on the family farm. I'm not much good at horse riding myself! We have never even considered moving back to Melbourne. For us the Clarence Valley is as good as it gets.

On The Bite 215 River Street Maclean Open 7am - 4:30pm Mon to Fri









Morgan & Chris. Yum Yum, Angourie

Morgan

I'm a Clarence Valley girl, born and bred, and together with my partner Chris we own and manage Yum Yum Angourie Café and General Store. Chris is a Welshman from Penarth, just outside of Cardiff. He fell in love with Australia while having a gap year and vowed to return one day to pursue his love of sun, surf and cooking. We met many moons ago while hunting for vintage bibs and bobs.

Chris has always worked in the hospitality industry, cooking different cuisines as well as running a catering business as a side project in Penarth. Chris returned to Australia and found a job at Fishy Fishy at Lennox Head ... dream come true.

Chris was living in Byron and I lived in Yamba. The highway became our friend. We wanted Yamba to be home as my childhood and lifestyle very much mirrored Chris'. We had seen that Angourie Café and General Store was for sale and talked and dreamt about the idea of buying it. It was an iconic little store dating back to the 1970s. We decided to turn our dream into a reality and buy the business. Our first change was to put our mark on the place so it portrayed who we were as its new owners. Our hope was to create a homely space, something different from the usual.

Chris grew up on a farm in Penarth. Chris' Dad was a hunter and gatherer and the family were treated to duck and pheasant on a regular basis. Grassroot vegetables were grown and stored to last the winter ... a slow-paced lifestyle in tune with the environment. He can always remember eating fresh and in season. Our breakfast and lunch menus carry on this philosophy today. Chris changes his menu on a regular basis according to the availability of produce, which he tries to source locally where possible.

As for me, I wake in the early hours while the world is quiet and bake all things sweet. Displayed on our counter is an array of delicious home baked biscuits, slices and cakes. We also sell quality products that we personally endorse – beautiful cookbooks, magazines, fresh rose posies and produce from the farmer's market where you get to know the person who grew them. We also have laundry, bathroom and pantry supplies, again sourced locally where possible. A true general store.

Yum Yum Angourie Café and General Store pays homage to all things that Chris and I love. We wanted our café to be a place that beckons people in, where the customer feels valued and welcome, and where they can ponder awhile to take in the beautiful scenery while enjoying wholesome, slow food.

Yum Yum Angourie Café & General Store

17 The Crescent, Angourie. Open Wed to Mon from 7am to late afternoon

Yellow-tailed Black Cockatoo

As dictated to Gra Murdoch. Painted for *Clarity* by Dan Bursell.

In 1826 we were given a fancy latin name, *Calyptorhynchus funereus*. That *funereus* bit refers to our "dark and sombre plumage" – they reckon we were dressed up for a funeral. If they paid more attention they'd have seen we're not really the mournful type.

Of course, we've been called other things for millennia. *Wylah*, *Ngaoaraa*, depends on which Aboriginal Country we're flying over at the time.

There's six different types of Black Cockatoos around Australia. You'll find my white-tailed and red-tailed cousins out West Oz way, but us Yellow-tails stick to the eastern seaboard. South from here, we're hurting a bit from having our habitat gobbled up by you insatiable humans. Here in the Clarence Valley we're doing alright, but go easy on cutting down too many more trees, especially the big old eucalypts. They're *our houses* you see.

If there's one thing we're good at it's making a racket. You'll probably hear us before you see us. When we're flying in a mob, we sound like a dozen rusty gates with our screechy 'Kee-ow' calls, and if we're in a tree, having a good old feed on grubs, larvae, banksia seeds or pine cones, you'll hear us softly chuckling as we get to work. Our super-strong beaks are our best friends, they allow us to strip bark off a tree to get at the grubs, or rip in to a banksia cone no worries.

We roam in gangs, you'll see us wheeling around just above the treeline in raucous groups. No graceful vee-formation flying for us, no majestic solo soaring, just us screeching and kee-owing and having a better time than you.

If it's been dry and you notice us out and about, it's a safe bet rain's on the way. How do we know these things? Sorry pal, I can't reveal my sources.

Anyway, come and meet the missus. What's that? You can't tell the blokes from the shielas? OK, I've got a pinkish ring around my eye, a dull yellow cheek patch and a black bill, whereas the ladies have a grey eye ring, a brighter yellow patch

No graceful vee-formation flying for us, no majestic solo soaring, just us screeching and kee-owing and having a better time than you.

on their cheeks and a lighter coloured beak.

Righto, so, here's our place. Home sweet home. We always wanted a tall eucalypt and we were stoked to find this one had a perfect deep hollow in it. We both did the renos, mostly stripping and peeling wood shavings off the interior walls to make a nice bed for the eggs. I got a few gum leaves in just to make it extra special.

The wife incubates the eggs all on her own. She sits on 'em for a month straight. I'm on food duty

– if I don't bring home three or four meals home each day there's hell to pay.

It's weird, we usually have two eggs, but the second one – always a little smaller – comes a week after the first and we basically ignore it so the poor little bugger perishes in its infancy. I know it's sad, but don't blame me, it's just how evolution's shaped us. We dote on chick number one though – we look after the cheeky little bugger in the nest for six months. And I can tell you that's long enough.

We've been married for ages. We're a devoted bunch, we cockies, and we live a long time. It's

not unheard of for us to rack up half a century on this glorious planet, and if, god forbid, one of us was to die, the other

stays single for the rest of our days. But though we're socially monogamous, this isn't to say we don't have the odd sneaky affair. DNA tests you nosy humans have performed on us have revealed not all youngsters are from the father that raises them. (I have to ask you guys, was that DNA test *really* necessary?)

Anyway, gotta go, there's a few trees down Woolli way the crew are keen to check out and there's no way I'm missing out on the fun.







*We came,
we saw...*

*We really
didn't want
to leave.*

Professional adventurer Henry Brydon gives us seven reasons to embrace Australia's longest **whitewater trail**, right here in the Clarence Valley

All photographs by Jake Anderson

The Clarence can be tranquil one moment (Hayley, below), the next fizzing like a dropped can of beer (Nick, at right). Knowing what lies ahead is essential.



Briefing at Nymboida Canoe Centre



Relaxing under the mossie proof sauna tent



Henry Brydon founded *We Are Explorers* in 2014. The idea was to create a collective of adventurers dedicated to seeking out and documenting special places. In turn, more in the community would be inspired to get out there and experience the beauty of nature.

We Are Explorers have a particular passion for 'Microadventures' - the concept of turning even a weekend away into something exciting, challenging and memorable.

We invited Henry and a small crew: cameraman Nick Covelli, photographer Jake Anderson, and local adventurer Hayley Talbot to spend a week on the Clarence Valley's extraordinary river system.

The week left a deep impression on the gang. Here's Henry's list of the seven reasons why the **Clarence Canoe and Kayak Trail** is one of Australia's hidden gems.

1

IT'S THE LONGEST WHITEWATER TRAIL IN AUSTRALIA

With scenery so beautiful your eyes will water and rapids so wild your bum will tighten, you'll be wondering why you hadn't come sooner.

Covering more than 195km of river between Nymboi-Binderay National Park and the township of Copmanhurst, this is officially New South Wales' greatest hidden gem (and Australia's longest mapped whitewater trail). Combining three wild river systems; the Nymbodia, Mann and Clarence, there is something to please all paddling palates across the eight map sections whether you're into bone-rattling rapids or zen-like cruising.

2

THERE ARE RAPIDS TO RUN

Tombstone? Demolition Derby? Exhibition Falls? Bridal Veil?

You wouldn't be alone in thinking we're talking about a UFC Deathmatch. These are, however, some of the testing Grade 3/4 rapids you'll encounter on a magical mystery river tour here.

Widely regarded by professional paddlers as one of the most challenging areas to kayak and canoe in the country, make no mistake; certain parts should not be attempted by gung-ho beginners and portage points must be noted before setting off. Always refer to the trail maps and don't trade wise planning for blind ignorance.

3

THERE IS AN ASTONISHING GORGE TO EXPLORE

This is one of the many "how awesome is this?!" moments you're likely to have on the trail, and you'll probably blurt it out involuntarily at some stage.

The lower Gorge was one of our favourite parts of the adventure. Paddling as the sun rose, the water was mill-pond flat with huge rock formations surging up on either side of us. It's a beautiful and almost eerie experience.

Further up the Gorge lie the mighty Rainbow Falls and Willow Tree Falls; they're the big older brothers of the Clarence River and are not to be messed with. In fact, it's imperative that all visitors portage (carry their canoes around) this section.



Henry on dinner duty

Nick, meet gravity. Gravity, this is Nick.



4 YOU WILL TRULY ESCAPE

It's more important than ever to switch off those phones and disconnect; to let nature rule once again. This part of the world really feels like that too. It's a proper wild river and for large chunks of it you won't have any opportunity to upload a selfie in real time. You've been warned.

The Clarence Valley is about three and a half hours from Brisbane whilst Sydneysiders can get up here in about six hours. To get the most out of a visit it's worth taking at least a day either side of the weekend so you have at least two days on the water.

5 THE FISHING IS PHENOMENAL...

The Nymboida/Mann River System is one of Australia's finest freshwater fishing and canoeing destinations (and let's all try and keep it that way too). Cod and Bass are what you're after, and expect to find some giants here! The Nymboida/Mann River system is closed to fishing from August to October each year.

Don't forget to take a photo, not the fish. It's a "catch and release" area that requires lures and barbless hooks so while you may salivate at the thought of one sizzling away on your BBQ later, I'm afraid that just won't fly here. Pardon the pun.

6 ...AND THE WILDLIFE ISN'T TOO BAD EITHER

Depending on time of year, don't expect to see another soul on a river adventure here, other than a herd of curious turtles and maybe the odd platypus.

It's a wilderness area, and so its inhabitants roam at will. Inquisitive frogs clamber onto your boat to have a good look at you, wild dogs roam the farmlands, wedge tailed eagles roam the air and if you're lucky/unlucky you'll see snakes wallowing in rocks pools.

7 THE CAMPGROUNDS ARE DELIGHTFUL

No river journey is complete without camping; the experiences off the river are as important as the time spent on it.

Pulling into your wild camp spot in the late afternoon, setting up camp to the sound of birdsong, cooking up a medieval-esque camping banquet and easing into the evening with your river crew under a blanket of stars.

It literally doesn't get much better.

All the campgrounds are clearly marked on the trail maps - our pick of them being The Junction and Nymboida.



INSIDE INFO: The Clarence Canoe & Kayak Trail is the longest whitewater trail in Australia! It covers more than 195 km of river between the Nymboida-Binderay National Park and the township of Copmanhurst, encompassing the Nymboida, Mann and Clarence river systems. It offers spectacular scenery, an abundance of wildlife and some exhilarating whitewater adventure. A comprehensive map kit is available at myclarencevalley.com, or call (02) 6643 0800 to purchase hard copies, printed on water resistant paper!

INSIDE INFO:

Looking to experience our waterways? The following legends have your every requirement covered

UPRIVER

NYMBOIDA CAMPING & CANOEING Nymboida (02) 6649 4155

Kayak and canoe rental, along with PFDs and helmets for the Nymboida River. Coaching available. Camping and basic cabins are also available.

EXODUS ADVENTURES Buccarumbi (02) 6649 4129

Based on the Nymboida River. Convenient canoe and safety equipment hire, whitewater trips & tours, shuttle services, camping, emergency help & equipment recovery services, and experts in local knowledge.

MANN RIVER CARAVAN & CANOE PARK Jackadgery (02) 6647 4662

Canoe hire, along with a pick up and drop off service around the Mann River. Canoes, kayaks and inflatables available for hire. Camping and cabins available as well.

BIG RIVER CANOE CLUB Grafton (02) 6649 4350 or (02) 6649 4358

Canoe club based out of Grafton. Numerous members have different levels of experience, including competitive whitewater rafting, all the way to quiet weekend paddlers.

DAVE'S OUTDOOR FAMILY ADVENTURES South Grafton 0421 980 600

Family run business in South Grafton providing tours around the local river systems. Also provides kayak hire.

NYMBOIDA RIVER CANOES Nymboida (02) 6649 4063

Based on the Nymboida River. Canoe and equipment rental, whitewater trips & tours, and shuttle services. Accredited instructors and guides.

DOWNRIVER

YAMBA KAYAK Yamba 0466 035 444

Offers a wide variety of river, lake and sea kayaking tours from Yamba. Also offers a hire service.

THE KAYAK CO. Yamba 0400 967464

Provides Hobie pro angler kayaks fitted with numerous additional fishing features for hire. Delivery to ramps available and parklands around Yamba/Maclean area.

ADRENALIN SPORTS YAMBA Yamba 0402 526 016

Hires single and double kayaks for the Yamba area. Equipment delivery and retrieval is also available.

AAA KAYAK TOURS Iluka 0497 201 924

Eco Friendly tour/hire operator. As well as kayaking tours they also offer bush walking tours, snorkelling, bikes, scooters, stand up paddleboards, kayaks and motorised kayaks. The operator is also an Accredited eco tour guide for coastal areas (kayaks).

OTHER OUTLETS THAT SELL/HIRE CRAFT, BUT DON'T RUN TOURS:

GRAFTON PADDLESPORTS / MAKO PADDLES South Grafton (02) 6642 4780

Produces and designs racing kayaks and high performance paddles.

MACLEAN OUTDOORS Maclean (02) 6645 1120

Specializes in the sale of Hobie Kayaks, kayaking and watersport accessories. Also sells other camping equipment (tents, swags, cooking equipment etc.)

BCF GRAFTON South Grafton (02) 9346 1610

Sells a range of camping goods (gas hot plates, BBQs, eskys etc.), as well as kayaks and canoes.

Frances 'Scoop' Fenner, captured at the exact moment the tasting process changed from indulgent pleasure to a feat of endurance. Photo by proud Dad Henry.





THE
YOUNG
CRITIC

The Verdict

I Scream is a beloved Clarence Valley institution. It's Grafton's epicentre of chilled confections. Reputation, however, means nothing to *Clarity's* formidable six-year old reporter, Frances 'Scoop' Fenner.



FAIRY
FLOSS

Wow, this tastes, it ... tastes like strawberry fairy floss, does that mean I become a fairy now? Why shouldn't I eat it all? How many more am I tasting? Really?



BUBBLE-
GUM

Ooooooh this is yum. How can I describe it? It tastes like one of those, you know ... those green frogs? Not a *real* green frog, a *lollie* green frog. You're silly, Dad.



FLOOD
MUD

This is *soooo* chocolatey, like, *reeeeaaaally* chocolatey, but it's like ... it's like ... um ... a muddy puddle.



STRAWBERRY
SORBET

Oooaaarrrrrr! This tastes like banana strawberry! How do they make this? Seriously, how? Can we make this at home?



COCONUT

This tastes like a coconut on the beach. I'm starting to feel full now. How many more are there?



BANANA

Why did we do all the fun ones at the start? This tastes like a banana. (*Dad presses Frances for more information.*) OK, it tastes like a banana off a tree.

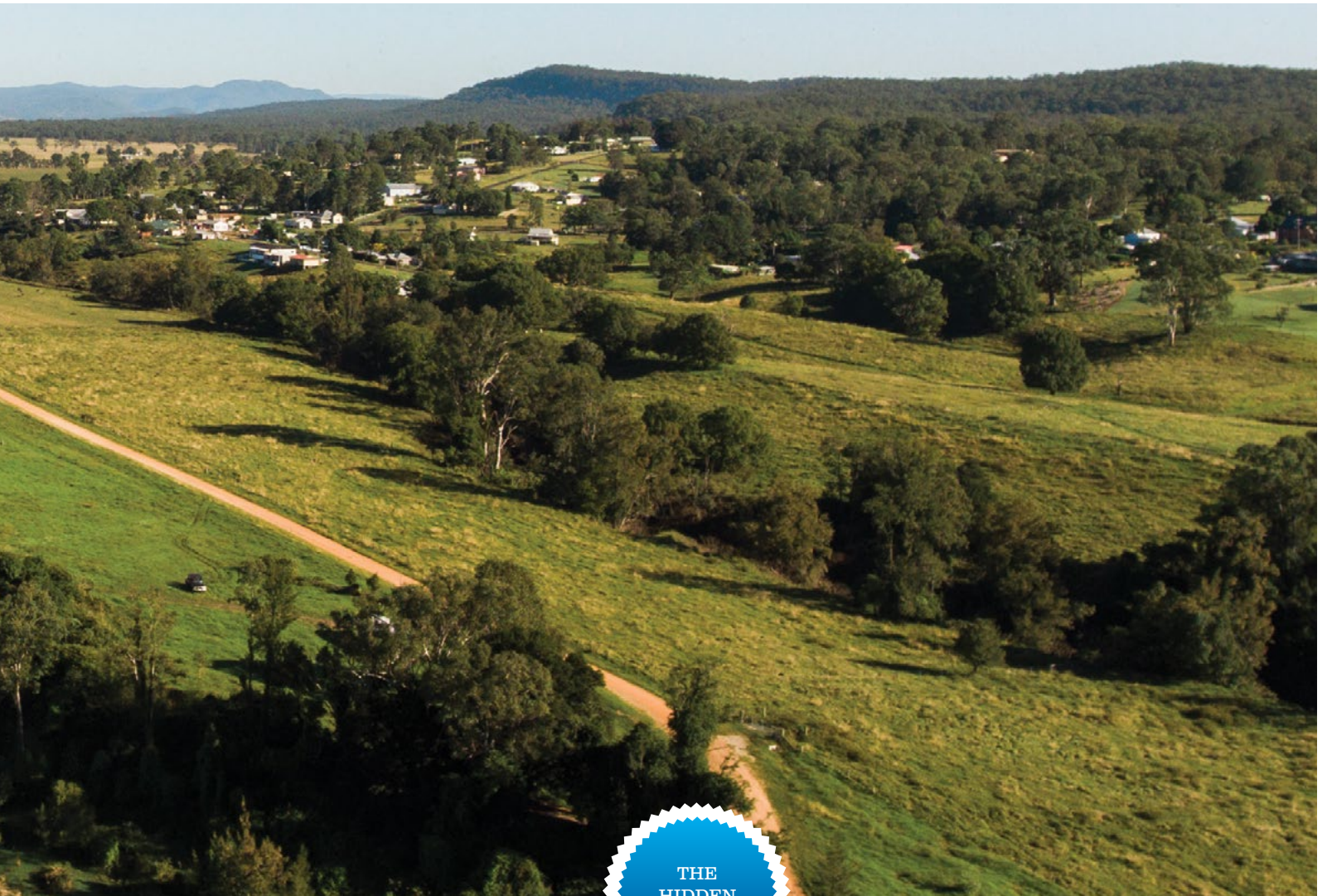


RAINBOW

I *reeeeally* don't feel well now. I wish I didn't have all of the Fairy Floss and the Bubblegum. I wish I wasn't full 'cos this Rainbow one is *sooooo* yum. It tastes rainbowy.

INSIDE INFO: *I Scream* 91 Prince Street Grafton. With 30 flavours of ice cream, along with milkshakes, spiders, hot drinks and old-fashioned diner meals you'll be thinking you've stepped back into the 1950s. Open **Mon, Tues, Wed** - 10am to 6pm, **Thurs** - 10am to 9pm, **Fri, Sat** - 10am to 10pm, **Sun** - 12pm to 6pm





THE
HIDDEN
GEM

Copmanhurst

The heart of Upper Clarence Country.

By Justine McClymont. Photographed for *Clarity* by Gary Parker.

About 25km north-west of Grafton set amongst rolling farmlands and sandstone country is a little village called Copmanhurst. It has a pub and a general store – the trademarks of all good country villages – along with a public school, war memorial, hall, heritage museum, recreation grounds, parks, police station and historic churches.

As you drive over the hill into Copmanhurst, there's a sense that time slows down. It's one of those places that makes you long for a simpler time, without all the hustle and bustle of busy, modern life. No doubt this is part of the appeal for

the generations of cattle farmers on the land and relative newcomers (how many years till you can call yourself a local?!) who have been drawn to the village life or their own bush block.

With a population of about 400 people, Copmanhurst is a stone's throw from the Clarence River and the location of this historic village is no coincidence. Back in the day it was a thriving township with the river a vital route for transporting wool and maize to Grafton and beyond. Copmanhurst once had its own butcher, baker, blacksmith and saddlery, along with a

hospital, bank, butter factory and tea rooms. There was also a creamery out at Upper Copmanhurst to the west of Copmanhurst village, near the old church on the road out to Lilydale.

In the 1800s and early 1900s a wharf at the end of Lawrence Street was used for loading produce from the farms and stations of the district onto the riverboats. With the transition to road transport the wharf is now just a distant memory, with this stretch of the Upper Clarence better known today for more leisurely river activities like fishing, canoeing, picnics and camping.



THE REST POINT HOTEL

This is Copmanhurst's watering hole, where locals meet to shoot the breeze. It's a traditional country pub where you'll be sure to hear some of the tallest fishing tales in the Valley. But out here there's a fair chance the stories are true. Copmanhurst is the gateway to the rugged Upper Clarence River which boasts some of the finest bass fishing in the country

with properties like The Gorge and Wave Hill Station providing a mecca for fishing.

The hallway tells stories of days gone by with a collection of black and white photos. "This isn't the original pub on this site," says Marcus Chad the publican of the Rest Point Hotel. "The first pub burnt down years ago. It was actually set on fire,

by the actress Sigrid Thornton's grandfather. She came up here when they were filming the TV show *Who Do You Think You Are*."

It turns out that this isn't just a tall tale, with the original pub falling victim to fire in 1931 before being rebuilt as the single story building that stands today.

INSIDE INFO: *The Rest Point Hotel* has pub lunches every day and dinner on Thursday, Friday and Saturday nights. It has a main bar, lounge, beer garden, deck with lovely rural views and live music Friday nights and Sunday arvos. There's a self-contained cabin if you want to stay a little longer. Phone **(02) 6647 3125** for bookings.



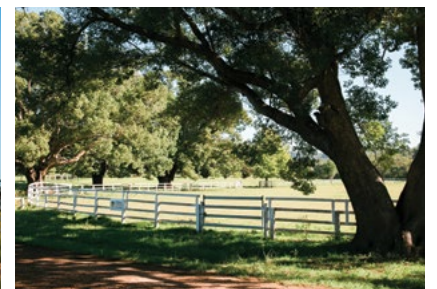
COPMANHURST GENERAL STORE & POST OFFICE

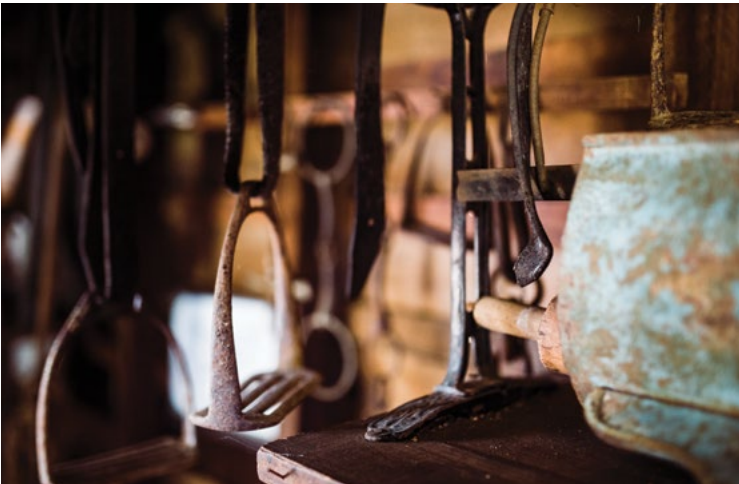
This is the only store in town and is the last stop for supplies before heading further west. It's open 7 days a week and sells basic groceries, newspapers, confectionary, drinks, ice, takeaways and coffee. Drop in and say g'day to John and crew.



COPMANHURST RECREATION RESERVE

This reserve on the western side of the village has facilities for tennis, cricket, horseriding clubs, camp draft and cutting, along with toilets and amenities. The big shady trees provide a quiet and peaceful spot for a picnic, but it's a different story come event time when people flock to the area for the annual Campdraft to showcase their horseriding skills.





COPMANHURST SADDLERY MUSEUM

Just up the road from the General Store and next to the school is the tiny Copmanhurst Saddlery Museum which pays tribute to the history of the area. Don Frame, one of the museum volunteers, grew up in Copmanhurst and went to school in the village. He says the museum wasn't always next

to the school. "It used to be at the top of the hill across the road from the Anglican church," Don says. "It was the old saddler's building, but in later years it was moved down here next to the school."

On the wall of the museum is a photo of the saddler Burt Leighton. As if time hasn't moved in

a century, his chair and workbench are still in the museum, along with a handwritten ledger from the early 1900s.

These are just a few of the treasured photos and memorabilia on display at this fabulous and authentic museum.

INSIDE INFO: *The Copmanhurst Saddlery Museum* is open every 4th Sunday of the month from 1-3pm or by appointment. You can pick up a copy of the Copmanhurst Historic Drive map from the museum which covers 31 historic sites and buildings. Contact **0478 239 274** for bookings and enquiries.



STAY A WHILE:

The Rest Point Hotel has a self-contained cabin. Phone **(02) 6647 3125** for bookings.

Camping is available at the **Copmanhurst Recreation Reserve** for \$5 per person (pay at the General Store). For enquiries and bookings phone **0427 449 783**.

Primitive camping is also available at the river end of **Lawrence Street** and at **Lilydale Bridge**. For enquiries phone **1300 886 235**.

Camping and accommodation is available at **The Gorge** www.theclarencegorge.com
Wave Hill Station www.wavehillfarmstay.com.au

EVENTS:

Hayden Grebert Memorial Bass Classic
16-17 September 2017

Copmanhurst Campdraft
23-24 September 2017



What I've learned...

Sound advice from Brad Clarke, 50, Yamba Airport Shuttle operator, (and 2015 World Bodybuilding Champion, Masters Division).

"Man up" was the only advice my dad gave me. I was just a tiny kid. He only gave it once. But it stuck.

I've promised my kids that their childhood would be the opposite of what I had. Mum and Dad split up when I was six. I went with Mum. She had alcohol and mental health issues. I was the one who made the meals and looked after my younger sister.

Sport was an escape from home. Cycling was the first sport I fell in love with. We used to track ride at the old Velodrome at South Grafton. My kids have both become professional BMX racers.

Sportsfishing became my passion. I was a deckie. Marlin and Tuna. Game fishing. Catch and Release. On a larger, commercial scale, we have to be very careful about our by-catch. If you're running cattle you replace the livestock, if you're growing wheat you re-sow wheat. We need to allow the waterways and ocean to replenish. We've got to look after what we've got.

We've been running the shuttle from Yamba to Ballina airport for three years now. Business is going through the roof. Passengers tell us: "Bugger the Gold Coast and Byron, this is our place now".

The conversations I have with passengers are just phenomenal. You'd be surprised at who visits and who lives in the Clarence Valley.

It's simple: Don't drive tired. Focus. Keep space between your vehicle and others. Let people pass you if they're in a hurry. We cover 10,000K every three-and-a-half weeks, just driving to and from Ballina. When you're on the road so much you see lots of fatigue. You see cars and trucks drift across lanes. It happens more often than you think.

Driving back here from Ballina, soon as we cross the Mororo bridge, you can see the passengers relax. Instantly! Something about that stretch of water.

I've always been connected to the fitness industry. I started out bodybuilding at 18 and started competing when I was 22.

When the kids came along we got heavily involved in BMX with them. I put bodybuilding aside and raced. I had a nasty accident. Took five years to heal and the Doc said I'd never raise my right arm above my head.

In 2006 I was diagnosed with low grade Lymphoma. I did the whole Oncology thing. Had kidney failure, a dozen operations. Sold the house to pay for medical bills. Turned out I had Sarcoidosis, which mimics Lymphoma.

I was seeing five or six specialists a week and on up to 17 different medications. My world was upside down. The Sarcoidosis got out of control. Three times they said get your affairs in order. The brain went clunk and I spiralled into depression. I got way out of shape. Eating the chips, hitting the booze, feeling sorry for myself.

One day I just asked myself: "How come I'm not me anymore?" I tried to do a single push up and couldn't. Couldn't do a single chin up either. I cried for two days.

You have to start somewhere. Every morning I'd get up at 5.00am and go for a walk. I chipped away quietly. I worked on my nutrition.

In 2011, I walked into Bodyrock Fitness. A broke, 73 kilo, skinny/fat, sickly, feeling-sorry-for-himself bloke. In 2015 I won the World Bodybuilding Title in Las Vegas. The medications, specialists, symptoms - they're all in the past now.

I train and help other people. I don't charge anything. What goes around comes around.

Start from the inside and work your way out. People say: "I've got to lose weight, I've got to go to the gym." No. Start from the inside. Eat properly and drink more water. Address the mind as well.

Food is our biggest medicine. I've talked with doctors and surgeons and brain surgeons on the bus. They don't promote nutrition and healthy eating because they're not taught it. There's no excuse, though. Anyone can get on their phone and get all the information.

In general terms of health, society would do well to go back to swapping vegetables over the back fence, instead of the supermarket where everything's laden with sugar.

When you're up there, posing for the judges, it's the first time you can relax. You're working right up 'til the moment you go on stage. When you're up there, you're not dieting, you're not training or practising.

Self discipline and self knowing is key in Bodybuilding as in life. Knowing how you work, how you respond physically, mentally, emotionally.

I won the World Title in the masters division, and was also the highest scoring athlete in that whole contest. I'd come from a very dark place to be the highest-scoring athlete at 48 years old. To go from one extreme to the other made it so special for me.

If I wasn't in the Clarence Valley: if I was in a big city, I wouldn't have made it to Vegas for the World Titles in the first place. The support of the locals was mindblowing. Gary Mills of Mills Mowing gave me money to get over there, not expecting anything in return. Gary's just one example. Bodyrock were amazing. One girl gave me a \$1000 Qantas voucher. The Clarence community is unbelievable.

They don't tell you about the crash, though. I came home with the World Title on such a high. After a day back in Australia it took two phone calls about something trivial and annoying for me to plummet back to earth. The comedown can be brutal. You can see how some Olympians struggle to adjust. I felt the negativity start to come down on me so I sat right down and wrote out a list. Thirty names of people I was going to help and train. It took the focus away from myself and back to helping others, and the negativity just evaporated.

Yamba Airport Shuttle operates between Yamba and Ballina Monday to Saturday. \$55 per person, \$25 for children. www.yambashuttle.com.au



Three to See

Three local instagrammers well worth following:
Jeremy Billett, Anthony Duff and Rebekah Rogan



Summer storm (top); Bovine photobomb (bottom). All photos in this spread by **Anthony Duff**.



From top: Kookaburra trying not to laugh; Jacaranda Festival fireworks, Yamba marina; Summer static.



Anthony Duff
@duffysphotography

My favourite spot in the Clarence Valley would have to be my back deck at home. I couldn't tell you how many afternoons I've spent watching the sun disappear behind the mountains or simply just admiring the stars and the Milky Way on those clear, crisp winter nights. There's an abundance of birdlife around the lake below home. Every now and then we'll catch the trains passing by which my daughters also love to watch.

Clockwise from top left: Beloved Border Collie Lucy; It's always mealtime; Doing the rounds; Parental love. All photos in this spread by **Rebekah Rogan**.

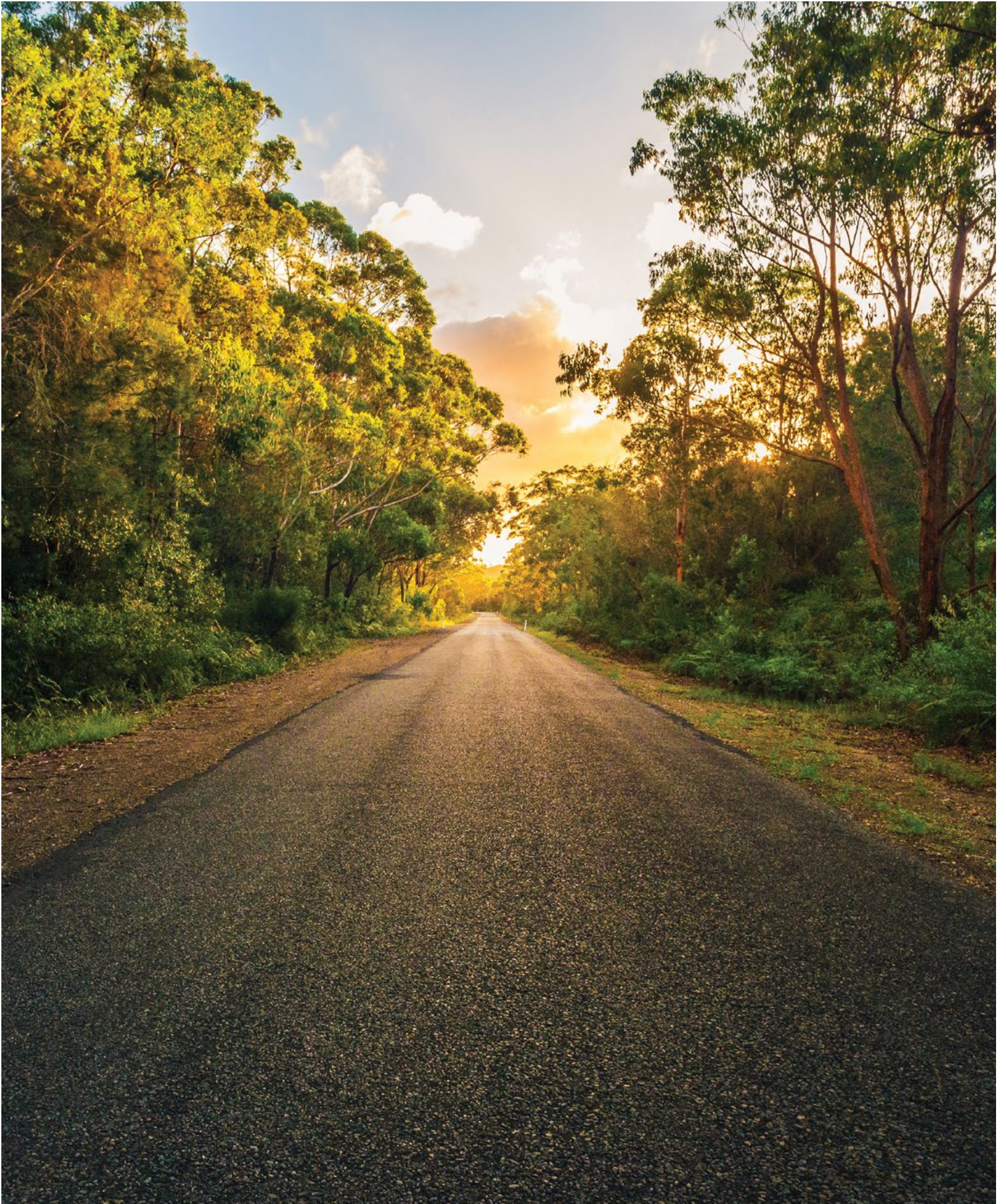




Rebekah Rogan @rebekahrogan

My favourite places are the scenic routes: everywhere from the beaches to the river and the mountains bordering the national parks. I love taking the back roads and exploring, because there's such a diverse range of scenery in the Clarence Valley.

The road out to Minnie Water and Yuraygir National Park – if not paved with gold – has the promise of something precious. All photos in this spread by **Jeremy Billett**.



Top: The Pacific may be all-powerful, but it still uses the handrail and steps when entering the Yamba Ocean Pool. Bottom: Dawn surge.



Jeremy Billett
@jeremybillett



Since I first stepped foot in the Yuraygir National Park, I've used it as inspiration and have been drawn back to it ever since. There are several areas that I return to regularly and I'm continually blown away by the raw beauty and isolation of these places where you can spend days and see no one, and there's nothing but nature all around you. The Yuraygir is yet to be topped and is always in the back of my mind.
www.billett.com.au



Balun Budjarahm - River Dreaming

By Justine McClymont. Photographed for *Clarity* by Gary Parker.

"Heads and shoulders, knees and toes, we all clap hands together." It's a chorus sung by excitable pre-schoolers all over the country. The sound of young hearts and minds learning as they go. But for a group of Grafton pre-schoolers they sing together in a different language. The language of Bundjalung Country.

"*Gunggalair*," says Dean Loadman. The children in the room stop and look up. It takes a moment for them to settle down from all the activity, but it's obvious they know what it means ... *listen*. "Who remembers the word for kangaroo?" Dean asks. Hands shoot up in the air and the young voices call out "*gurraman!*".

Artist and youth worker Dean Loadman is visiting the pre-school as part of Balun Budjarahm Cultural Experience, a Clarence Valley based cultural education organisation. Together with fellow artist Bianca Monaghan and Uncle Roger Duroux, Dean shares local language, songs, stories, art, artefacts and traditional dance through pre-schools, schools, youth programs and community events.

"Balun Budjarahm means 'river dreaming' in Bundjalung language," Dean explains. "The connection to the river is very significant. The river connects the three nations, the Bundjalung,

Gumbaynggirr and Yaegl. It's a unique spot here. It's like the crossroads where the three nations all connect. The name also came from the connection with our youth dance group Us Mob Balun Ngahriga and how we perform up and down the river."

"A lot of our culture was lost as it wasn't allowed to be practised in the past," says Dean. "By bringing it back and bringing the language back we're just wanting to share with everyone, both Aboriginal and non-Aboriginal. It's about bringing everyone together and the healing process. I think it's so powerful. Learning and sharing and teaching the culture," says Dean.

Uncle Roger, a respected Bundjalung

By bringing the culture and language back we're just wanting to share with everyone, both Aboriginal and non-Aboriginal

Gumbaynggirr Elder, says that learning together is all part of the process. "Listening and learning from each other. And hearing a different story every time makes it more, you know, exciting. The three of us learn from each other," he says.

"There's 13 clans in the Bundjalung. And you'll find the Clarence River runs along there and up into Tooloom. I think they say there's 380km of river and then it makes it way down and that's

where some of the stories start and they go along and connect up the whole river," says Uncle Roger.

Bianca explains that she learnt the story of the river from her grandmother (reproduced below). "I was pretty lucky growing up," says Bianca. "Being from Baryulgil we had a fair bit of culture out there. My grandmother, she told me the story of the river Dirrangun so I pass that one on in the schools. She was a highly regarded Elder so I was really lucky to have her as a grandmother. I think as a kid you take it for granted. She was forever telling us to sit down and listen and we'd just want to run and play. You don't realise until you're older. We're just lucky that she made sure we knew her

stories and knew our language and knew our seasons of hunting."

"My hope is that our

Aboriginal culture is part of everyone's knowledge. Everyone should know the stories and know the language. We are teaching the kids from here to say 'Jingi-wala'. So if they grow up with that when they travel they can say, 'where I'm from we say 'Jingi-wala'. That simple one word can mean a lot. We've got non-indigenous kids in our dance group, and they love it just as much as the Aboriginal kids. And that's what it's about."

Somewhere in the mountains near Tooloom, in those forests of tall trees, somewhere in those mountains hidden by drifting mists, the old woman Dirrangun kept hidden her sacred spring.

This old woman didn't want anyone to know where the water was. It was good water and she used to get it herself. But one day she was sick. And there

was a young man called a *bulagaan*.

He was a very well-built young man, he was handsome. She asked this *bulagaan* if he would go and get the water. She sent him up to this secret spring to get the water. She had to direct him and tell where it was. So the *bulagaan* set off into the mountains to get some of the

water in a bark coolamon.

When the *bulagaan* got to the water he found that Dirrangun had dammed the water up. The *bulagaan* broke the dam and the water started to run away.

When Dirrangun saw the water coming, she started to try and dam the water. But the water broke through. And at last the water came down and went into the seas which we call in the language *Burruga*.

That's how this river, the Clarence, came to be here. This Mount Ogilvie here, that's one of the dams Dirrangun made. The gorge down below Baryulgil here is that place of the last dam that Dirrangun made. But the water broke through.

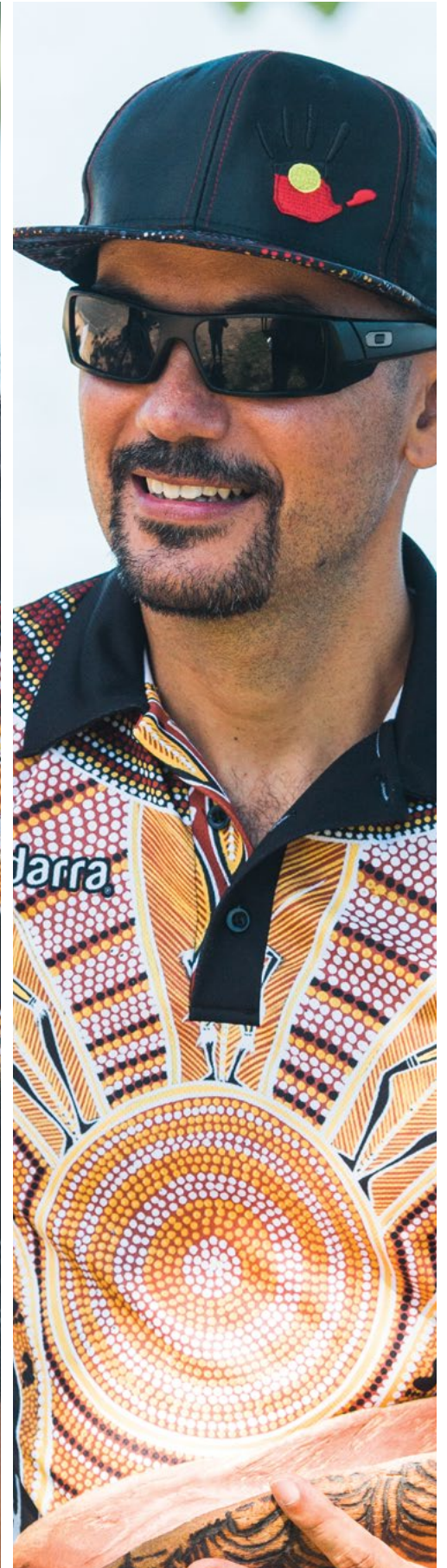
When the water got down to Yamba, Dirrangun realised that she couldn't stop it, so she cursed it and made it salt so that no one could drink it.

Somewhere in the mouth of the Clarence is the last stand of Dirrangun as she tried to stop the water. She threw herself in front of the water to try and stop it with herself, but the water just rushed over her and she was turned into stone.

Extract from 'Dirrangun' by Bronwyn Bancroft, with permission from Harper Collins.

Dirrangun at Baryulgil

As related by Bianca's grandmother Lucy Daley





A woman with long brown hair, wearing a white sleeveless dress, is sitting on the ground in a field of blue flowers. She is looking down and has her hands raised near her face. In the background, there is a large, dark tree trunk and a soft, out-of-focus background of purple and blue flowers.

*The next few pages
are proudly brought
to you by the
colour purple*

A visual celebration of
Grafton's Jacaranda Season

Photographed by Trevor Worden
Styled by Bree Hiatt



Chanyce.

Grafton's Jacaranda season is surprisingly brief, which only makes the experience more rare and memorable.

Generally speaking, the purple blossoms start to show themselves in early-to-mid October.

The second half of October sees the Jacaranda-lined streets and parks of Grafton look like something out of a dream, with the trees in full bloom.

By mid November, the roads and footpaths are carpeted in fallen purple blossoms as the Jacarandas prepare to don their lighter, green summer outfits.

Seeing as Nature ultimately makes the call on such matters as blooming and blossoming, *Clarity* consulted widely with Nature to identify the season as accurately as possible. After speaking with a number of magpies, possums, and hugging several Jacarandas, we are declaring 21 October to 10 November as Grafton's 'Official' Jacaranda 2017 season.

It's only fitting that a mighty festival takes place in the peak of Jacaranda Season.

The Jacaranda Festival runs from Saturday 28 October to Sunday 5 November. This year will mark Grafton's 83rd festival, which makes it the

longest running floral festival in Australia.

So how did a country town on the banks of the Clarence River become the Jacaranda City?

Well it turns out that the first Jacarandas were planted by a fella named Henry Volkers back in 1879. He was a seed merchant and nurseryman who planted hundreds of Jacarandas in the streets and avenues across town.

The Jacaranda tree (*Jacaranda Mimosifolia*) originates from Brazil and other parts of South America, but the climate of Grafton proved to be

The second half of October sees the Jacaranda-lined streets and parks of Grafton look like something out of a dream.

just right for the subtropical species.

The very first specimens were planted along Pound Street which later became known as Jacaranda Avenue. By the 1920s visitors had started coming to town to view the Jacarandas in full bloom. Things snowballed, and the first Jacaranda Festival started in 1934.

It's fair to say that Grafton gets a little festive at Jacaranda time. From the locals who dress up and kick up their heels to the visitors who travel

from miles away just to catch a glimpse of the purple blossoms, there's just something about Jacarandas in bloom that allows people to be a more unguarded version of themselves.

Spare a thought, however, for the town bakers who must work through the nights of Jacaranda Season, tackling one of the most important jobs of the year. They know full well once daylight breaks the crowds will be at the door wanting only one thing: *Jacaranda Purple Bread!*

There's a lovely contradiction at work with

Grafton's Jacarandas: on the one hand they're a catalyst for celebration and high spirits, and on the other, their sheer

beauty inspires calm, reflection and contemplation.

We like to think Henry Volkers would be incredibly chuffed, some 138 years later, to see the gift his plantings have bestowed upon this town and its visitors. It's nice to imagine the spirit of Mr Volkers wandering the tree lined avenue, taking in the beauty, hearing the happy hum of a town under the Jacaranda's seasonal spell, and filling his celestial self with as many purple pastries as possible.



INSIDE INFO: For information about *Jacaranda Season*, go to www.myclarencevalley.com/jacaranda2017

Buy your purple bread
(and all sorts of purple delights) at the famous **Hank's Kitchen**. Grafton's longest running bakery. **29 Prince St Grafton & Shop 2/105 Bent Street South Grafton.**

Jacaranda Festival key dates.
Saturday 28 October - **Jacaranda Queen Crowning Ceremony**
Thursday 2 November - **Jacaranda Thursday**
Friday 3 November - **Riverside Venetian Festival**
Saturday 4 November - **Jacaranda Float Parade & Picnic in the Park**



Roasted Vegetable Tarts

(Judy and Mark,
Toast Espresso, Grafton)

A delicious lunchtime meal that can be adjusted to use up the 'night before's' left over roast dinner vegetables. Makes six.

INGREDIENTS:

- 100g sweet potato cut into 1cm cubes
- 150g pumpkin cut into 1cm cubes
- Olive oil
- Puff pastry sheets cut into quarters – need 6 squares
- Canola oil or spray
- Handful English spinach
- 5 eggs
- 200ml pouring cream
- Pesto – store bought or homemade
- Caramelized onion – store bought or homemade by slowly pan frying sliced brown onion with some oil, butter and a little brown sugar until it is golden

METHOD:

- Roast sweet potato and pumpkin with a drizzle of olive oil and salt at 180 degrees Celsius until softened (or use leftover vegetables from a roast dinner).
- Grease well a 6 cup muffin tin tray with canola oil.
- Cut puff pastry sheets into quarters, place 6 of the squares into the muffin tins. Evenly distribute spinach and roasted vegetables into the tarts.
- Mix eggs and cream together and pour over tarts.
- Cook in the oven at 180 degrees Celsius for 25 minutes or until pastry is golden brown and egg is cooked through.
- Cool on a rack for 10 minutes, then carefully remove from the tin.
- To serve, add a teaspoon of caramelized onion and pesto on top of the tarts and add a fresh salad on the side.



Recipes from the heart

A few delightful dishes, shared by this edition's
champions of the local cuisine scene



Strawberries & Cream with Black Pepper Meringue

(Antony, Irons and Craig, Yamba)

Sweet strawberries and the spicy heat of black pepper are a great match sure to surprise your friends. Serves four.



INGREDIENTS:

- 3 egg whites
- ¼ teaspoon cream of tartar
- 210g caster sugar
- ½ teaspoon white vinegar
- 2 teaspoons ground black pepper
- 150g mascarpone cheese or double cream
- 3-4 teaspoons balsamic vinegar
- 250g strawberries, hulled
- 3 teaspoons caster sugar

METHOD:

- Preheat the oven to 220 degrees Celsius.
- Line a baking sheet with non-stick baking paper and set aside.
- In a very clean bowl beat egg whites until stiff peaks form. Add 210g caster sugar, one or two teaspoons at a time, whisking until the sugar is completely melted and the mixture is glossy and stiff.
- Fold in the white vinegar and most of the cracked pepper.
- Spread the meringue mixture onto the baking tray about 5mm thin and sprinkle with the remaining pepper.
- Place the meringue in preheated oven and reduce temperature to 150 degrees Celsius. Cook until dried out and barely coloured, about 60 minutes. Cool completely and set aside until ready to serve.
- Make the strawberry coulis by combining 100g strawberries and 3 teaspoons of caster sugar in a blender. Blend until very smooth and set aside in the fridge.
- Thinly slice the remaining strawberries and set aside until ready to serve.
- To serve, place a spoonful of coulis on a plate and add a generous spoonful of mascarpone or double cream.
- Break up the meringue and add a few pieces to each plate.
- Add slices of strawberries and a drizzle of extra coulis.
- Add a few drops of balsamic vinegar and a grind of black pepper to each plate to garnish.



Quinoa & Wild Rice Salad

(Fiona and Rob, On The Bite, Maclean)

This salad makes a nourishing stand-alone meal but is also great served with poached or grilled chicken or grilled lamb. Serves four.



INGREDIENTS:

- ½ onion, diced
- 2 cloves garlic, chopped
- Sprig of thyme
- 1 cup quinoa, thoroughly rinsed
- ½ cup wild rice
- Pinch ras el hanout spice
- Zest of 1 lemon
- Salt & pepper
- Handful baby spinach
- 1 spring onion, finely sliced
- Mint, coriander & parsley
- 100g natural almonds & walnuts, roasted & roughly chopped
- 4 each dried apricots, figs & dates, sliced
- Greek yoghurt & lemon wedges to serve
- Barberries* to serve

Lemon dressing

- 1 lemon zest
- 50ml lemon juice
- 20ml white wine vinegar
- 180ml confit garlic olive oil
- A pinch of ras el hanout spice
- 1 teaspoon honey
- Salt & pepper

Ras el hanout* spice mix

- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 6 cardamom pods, husks removed
- ½ teaspoon fennel seeds
- ½ teaspoon black peppercorns
- 2 teaspoons sweet paprika
- 1 teaspoon cinnamon powder
- 1 teaspoon turmeric
- 1 teaspoon cayenne pepper
- 1 teaspoon salt
- ½ teaspoon allspice

METHOD:

- For the Ras el hanout spice mix, toast and finely grind whole spices, sieve and add remaining ingredients. Store refrigerated in an airtight jar.
- In a small saucepan, cover wild rice with cold water, bring to simmer, reduce heat, cover and cook for approx. 20 minutes until soft, but still holding its shape and colour.
- In a separate saucepan over medium heat, sauté the onion until soft and translucent. Add thyme and garlic and stir until fragrant (approx. 20 seconds). Add rinsed quinoa, stir then add boiling water to cover by 1cm. Bring to a light simmer, reduce heat and cover until cooked (approx. 15 minutes).
- Once cooked, turn into a bowl, season with salt, pepper, lemon zest and ras el hanout spice. Mix thoroughly and place in fridge to cool.
- For the lemon dressing, whisk all ingredients in a bowl and season.
- Combine remaining ingredients in a large bowl, add quinoa mixture and dressing.
- Serve with Greek yoghurt and lemon wedges. Sprinkle with barberries.

*Barberries are a small sweet, tart dried berry. Ras el hanout is a North African spice mix which translates to 'top of the shop'. Both are available from Kitchen to Table, Yamba.



Sticky Valencia Orange & Vanilla Upside-Down Cake

(Morgan and Chris, Yum Yums, Angourie)

Valencia Oranges are truly something spectacular ... looks beautiful presented on a cake stand in the centre of the table.

INGREDIENTS:

Filling

- 4 eggs
- 1 cup caster sugar
- 1 teaspoon vanilla extract
- 1 cup self-raising flour
- 150g butter – melted
- 1 cup almond meal

Sticky Orange Topping

- 1 cup caster sugar
- ½ cup water
- 1 vanilla bean – split and seeds scraped
- 2-3 valencia oranges – finely sliced

METHOD:

Preheat oven to 160°C (390°F)

Note:

Use a frypan without the metal knobs on the inside of pan, if you only have a frypan with metal knobs, place baking paper over them before pouring cake mixture into frypan.

Topping

- Place the sugar, water and vanilla extract & vanilla seeds & bean in a 20cm non-stick ovenproof frying pan over medium heat.
- Stir until the sugar has dissolved.
- Add the orange slices and simmer for 10-15 minutes or until the oranges are soft.
- Remove from the heat and set aside.

Filling

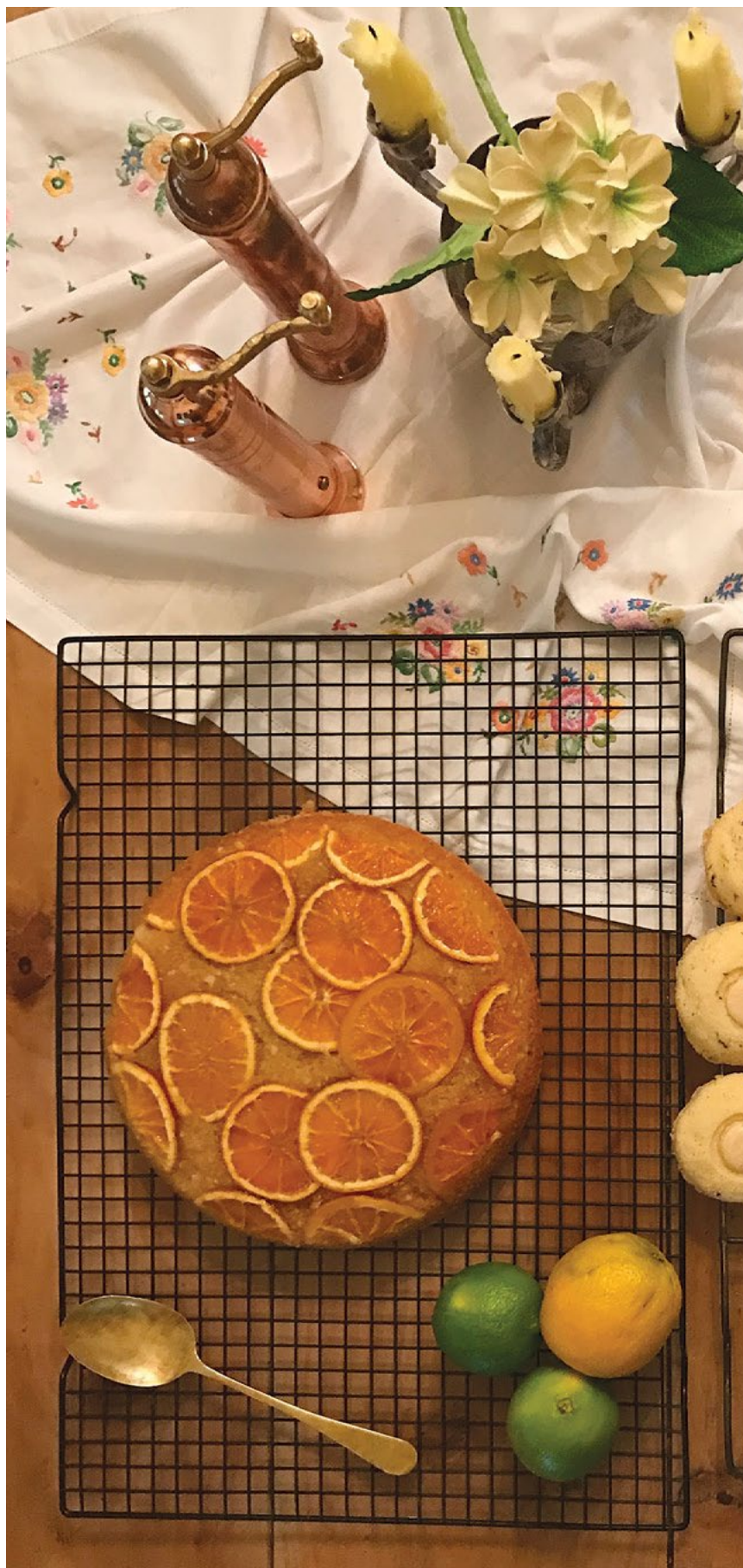
- Place the eggs, sugar and vanilla in bowl of an electric mixer and whisk from 8-10 minutes or until the mixture is thick, pale and tripled in volume.
- Sift the flour over the mixture and fold through along with almond meal and butter.

Pour

Slowly pour the filling mixture over the oranges.

Bake

40-45 minutes or until cooked when tested with a skewer. Turn out onto a cooling rack after 10 minutes.



CLARENCE VALLEY

Events Calendar

Jacaranda Festival



Dragon Boat Races



Goanna Pulling



Clarence 100



Date	Event	Place	Contact	Website
12-13 Aug	Mountain Bike Australia Enduro National Series	Woodford Island	events@mtba.asn.au	www.mtba.asn.au/event/gravity-enduro
13 Aug	Special Olympics Mid Coast Football	Grafton	andrews@specialolympics.com.au	
18-20 Aug	Clarence Valley Camp Oven Festival	Nymboida	info@nymboidacanoecentre.com	www.clarencevalleycampovenfestival.com
19-20 Aug	Tim the Bream Fishing Classic	Yamba		www.facebook.com/yambarotary/
20 Aug	Wings & Wheels	South Grafton	graftonaeroclub@gmail.com	www.graftonaeroclub.com/wings-and-wheels
24 Sep	Yamba Gourmet Street Food Festival	Yamba		www.yambagolf.com.au
29 Sep/1 Oct	Bridge to Bridge Ski Classic	Grafton	mark@stephensonmarks.com.au	www.www.graftonb2b.org.au
1 Oct	National Goanna Pulling Championships	Wooli		www.goannapulling.com.au
1 Oct	Eat Street Yamba	Yamba		www.facebook.com/yambarotary/
9-14 Oct	Wave Ski Surfing Australian Open	Yamba	reesduncan72@gmail.com	www.waveskisurfingaustralia.org/australian-open
14-15 Oct	Yamba Yoga Festival	Yamba	rosie@startightfestival.com.au	www.yogafestival.com.au
23-29 Oct	Clarence Valley Country Muster	Ulmarra		www.cvcmuster.com.au
28 Oct/5 Nov	Grafton Jacaranda Festival	Grafton	jacarandafest@bigpond.com	www.jacarandafestival.com
20-22 Oct	Clarence 100	Clarence River	bensull@hotmail.com	www.clarence100.com.au
21-22 Oct	Yamba Club Euchre Tournament	Yamba	yamba.euchre@gmail.com	
28-29 Oct	Jacaranda Dragon Boat Races	Grafton	Rerni@westnet.com.au	www.graftondragonboatclub.com.au
11 Nov	Yamba Rod Run	Yamba	falzonsofus@bigpond.com	www.facebook.com/BorderLineStreetRodders
11 Nov	Lloyd McDermott Rugby Indigenous National Girls Ella 7s	Grafton	tom.evans@rugby.com.au	www.lloydmcdermott.com.au
25-26 Nov	Adventurethon Demolish	Grafton Surrounds	info@adventurethon.com.au	www.adventurethon.com.au/events/clarence-valley
26 Nov	Special Olympics Cricket (Trin Taper Cup)	Grafton	andrews@specialolympics.com.au	
9-10 Dec	December Weekend of Rowing	Grafton	donnoble@live.com	www.graftonrowing.asn.au

FOR DETAILS, EVENT/DATE CONFIRMATION AND MORE, HEAD OVER TO
www.myclarenc valley.com



CLARITY

A CLARENCE VALLEY JOURNAL

Clarity is a free publication, produced biannually by Clarence Valley Council's Economic Development team. Clarity intends to be a warm, lighthearted and inclusive reflection of the many delights the Clarence Valley has to offer visitors and tourists. We hope you have enjoyed this first edition. Email us at visit@myclarenc valley.com.au and let us know your thoughts. Suggestions welcome!

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Marcus Chad at *Copmanhurst's Rest Point Hotel*
Don Frame at *Copmanhurst Saddlery Museum*
Brad Clarke at *Yamba Airport Shuttle*
Dean Loadsman, Bianca Monaghan and Uncle Roger Duroux at *Balun Budjarahm*
And special gratitude to the late *Lucy Daley*, a most special *Bundjalung Elder* and storyteller.

HEARTFELT THANKS TO

Bree Hiatt for styling our *Jacaranda* shoot
Sienna, Ivy and Lucinda for being epic *Jacaranda* kids
Mackenzie, Sarah and Nikki once *Jacaranda Queens*, always *Jacaranda Queens*
Chanyce *Jacaranda* model of delightfulness
Principal Ellie Wiseman, staff & parents at *Palmers Island Public School*, *champions of Chooks!*
Jeff, Robin & staff at *I Scream*, for all the ice creams!
Bec Davies from *Just Add Salt*
Frances Belle Parker from *Dyinda Designs*
Peter Nicholson from *Nicholson Fine Foods*

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CLARITY IS PRINTED BY BLUE STAR...

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Some of...

The Clarity Team

(and their perfect Clarence Valley winter's day)



Justine McClymont - Editor

Justine is a writer and editor who grew up on acreage out at Seelands, west of Grafton. Pot of tea and lazy breakfast on the deck at home, followed by a visit to the farmer's markets and something sweet at Heart & Soul or The Tilted Teaspoon. A drive out to Lilydale or Nymboida for a picnic lunch and then late afternoons at home around the fire, pottering in the garden or catching up on a good novel. Then off to a gig at the Naked Bean or one of our gorgeous country halls.



Gary Parker - Photographer

Gaz - an accomplished photographer, artist and designer - recently left the city life and now calls the Clarence Valley home. Wake to the fog rising in the hinterland and a freshly ground pot of coffee on the stove. A drive down the hill winding across the mighty Clarence toward the coast. Surf until our arms can no longer move, our eyes are red and our smiles are large. Next stop is somewhere for a feed and more coffee, maybe a nap. Another surf followed by a pie at Palmers on the way home. Few arvo brews on the deck and something cooked slow for dinner followed by a nap in front of the fire.



Leigh Bancroft - Food Writer

Leigh grew up in Grafton and has worked as a TV producer, sub editor, reviewer and writer. Her love of food has been lifelong, since she arrived in Australia after the fall of Saigon in 1975 as a war orphan. When I have an indulgent day without children I almost always go to Yamba, travelling the back road through Lawrence and Maclean. My usual coffee stop is Botero in Maclean, followed by a swim at Turner's Beach. Beachwood Cafe is my favourite place to eat in the Clarence Valley for lunch, and of course dessert. If I'm with my family, lunch at Ulmarra Pub is always a fun option and we can include a ferry ride. The views of the Clarence River are beautiful.



Frances Fenner - The Young Critic

Frances is 6 and a half (don't forget the half!!) and lives in Yamba with her Mum and Dad and her brother Jack. Currently her favourite activities include gymnastics, lego and swimming. When she grows up she wants to be both an Astronaut and the Prime Minister. After breakfast my Dad, our dog Mali and I will walk to the skate park to keep practising on my roller skates, followed by a chocolate milkshake at Irons & Craig. After lunch we will put Jack in the stroller, give Mum a break and walk with Dad to the rockwall at Yamba to see what fish have been caught as well as try to spot some dolphins or whales - I am the official spotter! Then we'll have pizza for dinner, but no mushroom please ...



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your soul says,
“let’s stay here a while”.

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Nice treats and a good staff.
Go-to place for a nice birthday cake!
Taliah Harper



The crowd of locals lining up every
single weekday at lunchtime says it all...
Kieran McAndrew



Amazing bakery, food is fantastic, have
eftpos now also so lifted another star.
Dan Optland



Staff are so so nice!
Food 🍷🍷🍷
Jessie Harvey



Great food! I really like those
caterpillar things
Sarah McIvor



Best bakery in the Clarence Valley
and the staff are excellent too.
T Wilkins



My six children will only eat pies from
hanks.
Angieramsay39



I've travelled all over and still rate Hanks as
having the best meat pies in Australia.
Andrew S



The staff are gorgeous, very polite and
ever so helpful with my son, who thinks
if it's not in a hanks bag it's gross
Yulgilbar

HANKS KITCHEN: BRINGING JOY (ONE GREEN BAG AT A TIME) TO THE CLARENCE VALLEY SINCE 1979

SOUTH GRAFTON STORE
Shop 2 / 105 Bent Street
South Grafton, NSW 2460

GRAFTON STORE
29 Prince Street
Grafton, NSW 2460

HOURS
Mon-Fri 6AM - 5.30PM
Sat 6AM - 2PM

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