



**petermannow**  
FREE SPIRIT CRUISES

- > **What is your typical day?** There's no such thing as a typical day in our kind of business. Fluid is the best description. You have to go with the flow.
- > **The best thing about your job?** Contrary to what most would think - that I work in this most spectacular, pristine environment which I love - it is actually the living encyclopaedias that are my guests which make it special.
- > **What do you love about the Manning Great Lakes?** The fantastic waterways, being surrounded by forest, the hidden treasures tucked away in the hills of the Manning, the magical unexploited waterfalls and waterholes, the mild climate and close proximity to Sydney.
- > **Your favourite local restaurant or café?** The Box Fish in Forster.
- > **Something you are looking forward to?** Being able to take a holiday without my mobile phone.
- > **Favourite drink?** A nice glass of red.
- > **Last movie watched?** Saving Private Ryan.
- > **Favourite TV show?** Q & A.
- > **Favourite local beach?** Cellito Beach.
- > **What does the future hold for you?** In the short term I will encourage sustainable tourism. I crave more time ... for my family ... for travel and for volunteer work.

focus interview



**O**n the evening of Thursday 22 April, almost 80 members of The Manning Net held their monthly gathering at the Manning Regional Art Gallery. After being welcomed by director, Sue Mitchell, they viewed the gallery's current exhibition of works by James Guppy, Joy Cooksey and Ali Haigh. They then enjoyed a meal prepared and presented by the Friends of the Gallery.

The Manning Net's invited guest speaker for the evening was Jo Ernst, who informed and entertained the gathering with reference to some of her figurative works in pastel, ink and oil. Jo began exhibiting and teaching in 1993 and has studied art in France, New York and Sydney.

The Manning Net is in its fifth year of operation. The group meets in the evening on the fourth Thursday of the month, usually in Taree or Wingham. This presents the opportunity for women to catch up with friends, share a meal and be inspired and entertained by a chosen guest speaker.

There appears to be no shortage of interesting people living in or

associated with the Manning Valley who are prepared to share their time, knowledge and experiences.

The Manning Net has gone from strength to strength since its first meeting in February 2006.

Around that time, a small group perceived the need for an informal setting where women could socialise, network, establish new contacts, catch up with old friends, and share experiences.

The Net has grown and evolved since its early days, thanks to the enthusiasm and support of women from throughout the Manning Valley. During the warmer months, around 70 usually attend and although numbers drop off a little during winter, there's seldom less than 50 at a gathering.

Information about The Manning Net's current half-year program can be found at [www.manningnet.org](http://www.manningnet.org). This site also has a notice board that promotes local activities.

If you would like to find out more about The Manning Net, visit their website or contact one of the facilitators.

Carol Saul and Alison McIntosh on behalf of The Manning Net.

## RESORT TO ART AT GOLDEN PONDS THE JOHN CHADBAN AWARD

**G**reat Lakes Art Society, in conjunction with Aevum Living, will hold the annual 'Resort to Art at Golden Ponds' two day art exhibition and sale on the weekend of 8 - 9 May at Golden Ponds Resort.

The exhibition and sale will open on Friday evening and invited guests will join Mr John Chadban, former Great Lakes Mayor and patron of the Great Lakes Art Society, for drinks and canapés where Mr Chadban will again judge the exhibition and announce the winner of the John Chadban Award 2010, which carries \$250 prize money.

Ms Robyn Wallis, Community Liaison Officer for Aevum Living, said the company is firmly committed to supporting the local community in the Forster Tuncurry area, and the aim of the exhibition and sale is to bring people together through a shared interest of visual arts.

The Great Lakes Art Society is a not for profit group who promote art in the local community through workshops - for beginners to advanced painters. Anyone wanting to become involved is welcome to make enquires.

The Art Society will conduct a raffle over the weekend of a painting graciously donated by art society member Mary McEnallay. You must not miss the artists creating a montage of Cezanne's 'Oranges and Primroses' over the weekend. The montage will be raffled and additionally visitors may vote over the weekend for the People's Choice painting. Entry to the exhibition is free and community members are welcome to bring their mum and families along for coffee and cake, and view the art works of our talented local artists.



**steve atkins**  
FROM GREAT LAKES WINERY

**Wine  
TIME**



**E**xploring food and wine is a great joy of life that I hope I never tire of. There are no rules when it comes to matching food and wine which leaves a wondrous realm of possibilities for your sensations to explore. And living on the Mid-North Coast of NSW, we are spoiled with a great variety of local produce. Why would you choose to hand your money over to an anonymous corporate supermarket as opposed to a local grower/producer? If we truly love living here and want our region to flourish we need to support and nurture local businesses to ensure they are viable into the future.

Maybe it's not possible to buy everything you need that's made locally but we do have a vast selection of local produce so that's where we need to make the effort - to source local produce wherever possible. I know where I prefer to shop and it certainly isn't in a supermarket buying imported products. So after procuring my weekly supplies from local markets, butchers and other retailers stocking local produce I have some serious local food and wine matching to be done!

Wine and food matching is personal - you do hear of "rules" such as white wine with fish and red wine with meat ... blah, blah, blah ... who says? If it works for you - then that's all that matters. Try red wine with fish and white wine with meat - you

may have been missing something sensational.

For example I love Verdelho with a steak. Rule number one - there are NO RULES! The following is a sample of how food and wine combining on this day unfolds for me.

Today it starts early with some local Comboyne Culture cheeses - the washed rind and the lindsay blue. And I feel like drinking a nicely chilled Rose. So we'll see how they go together. And that's where the real fun starts because as I said before - there are no rules! The floral cherry flavour of the Rose adds to the earthiness of the washed rind and softens the sharpness of the blue and both cheeses bring out the fruitiness of the Rose. Each complements the other in different ways - a minor science experiment in the mouth!

Next on the menu are plump, freshly shucked, irresistible local oysters. With a squeeze of lime (grown in my backyard and simply sublime) with freshly ground pepper followed closely with a mouthful of a brut style sparkling wine. Now we have progressed from being a science experiment in the mouth to the beginnings of "a party in the mouth". Neither flavour is overpowering with the creaminess of the oyster and the subtle sparkle of the wine just being a lovely combination.

Now for dinner ... a few hours later of course! With so much lush pasture in the region our beef

producers that sell through local butchers provide us with some of the best eating beef you'll find.

A slow cooked "meat in a pot" (a technical description) made from an inexpensive cut of beef such as chuck steak or gravy beef is sensational thrown into a slow cooker with whatever sauces and spices you happen to have in the fridge & pantry. No huge effort required just a couple of hours and the aromas will be tempting you to tuck in! A glass of red is beckoning this time so let's go for the Shiraz. A mouth filling fruity peppery Shiraz blends together with the rich sauce and soft texture of the beef.

Dessert is very local and special as Robbie (my partner) has been determined not to waste any of the vast supply of lemons and limes bursting off our trees - so she's been producing lemon & lime tarts for every social and not-so-social occasion. And they are delicious - citrus grown in this part of the world is magnificent and prolific - everyone should have a tree or two.

But what to drink with a citrus tart is a dilemma - will a dessert wine be lost amongst the tang of the lemon and lime? Or will the sweetness of the dessert wine dilute the tang of the citrus?

... a mouthful of citrus tart ... yuummm ... now a sip of sweet sticky ... aaahhhhhhh, wonderful!