

## COFFS COAST ▼ CULTURE CLUB

Scored yourself a fantastic new camera but finding that your photos are still a little, erm, ordinary? Local artist and long-time professional photographer Greg Williams runs one-day courses for amateur shutterbugs just like you, as well as avid photographers who want to ditch the 'automatic' settings and get creative. He'll

show you the basics of composition and focus, shutter speed and depth of field, getting you on the way to creating pictures that will wow your friends and give you great keepsakes. **Where and when:** Woolgoogla, course runs 9am to 3.30pm. Bookings essential. **Price:** \$150 (includes a booklet and lunch. Bring own camera and some examples of your photos.) **Contact:** Call (02) 6654 1931 or visit [www.photo.dnet.tv](http://www.photo.dnet.tv)



Get snap-happy in the wild with Greg Williams.

## NEWCASTLE WHAT'S ON

If the Hunter Valley's been on your mind and you just want to make sure those wines are still up to scratch, sign yourself up for the Lovedale Long Lunch. This annual event held on the third weekend in May is designed to have visitors wine and dine their way around seven participating wineries and their adjoining restaurants, which strut their stuff on a backdrop of live jazz and art exhibitions. Buy yourself a \$5 tasting glass for all those famous vigneron's to fill for you and then sample cheese platters, desserts and creative cuisine. Shuttle buses are available for the day, so no need for a nominated driver in your crew. **Where and when:** Various locations in Lovedale, Hunter Valley; 20-21 May. **Price:** Gourmet plate \$17.50, desserts \$7, local cheeses \$7, coffee from just \$2. Shuttle bus all-day pass \$25, return coach transfers from Newcastle airport \$85. **Contact:** Call (02) 4990 0900 or visit [www.lovedalelonglunch.com.au](http://www.lovedalelonglunch.com.au).

## BALLINA/BYRON INSIDE STORY

Rachel Zinman is a Byron Bay-based ISHTA system yoga instructor and trainer. ISHTA is based on a combination of invigorating meditation and yoga techniques from India, South Africa and the US. Here's where Rachel stretches her muscles around town.

**LOVES BYRON BAY BECAUSE...** It's my hometown; I love the amazing people, the creative and eclectic culture, the beautiful beaches and rainforests, plus the opportunity to study and learn with some of the best yoga teachers in the world. Byron is a very special place. It's hard to describe and not everyone will notice it or feel it straight away. But if you're here long enough to meet some of the incredible people, you'll find yourself carried away. I believe it is a spiritual place, whatever that may mean to you, a place where many people are seeking to live a different, more harmonious lifestyle with each other and the environment.

**LOVES TO EAT AT...** Café Viva in Carlyle Street is owned by one of the best chefs in

Byron. The pancakes are amazing and you can't beat the delicious dandelion latte. For nights, my favourite restaurant is Dish Restaurant and Raw Bar on Jonson Street. Owners Ben and Belinda Kirkwood have created a beautiful laid-back environment for socialising – perfect for a tapas dinner in the Raw Bar. We lounge around on day beds and eat scrumptious delights; there's no rush but plenty of efficient service. **THE BEST NIGHT-LIFE IS AT...** We go to Buddha Bar and Restaurant in the Arts Factory Village on Skinners Shoot Road, which has a restaurant, cinema, day spa and recording studio. A perfect night at the Arts Factory might include a massage at the Buddha Gardens Day Spa, dinner at Café Zula and a movie at the Byron Lounge Cinema, one of the most unusual cinemas in Australia. Then you can always groove away with a local reggae band, or dance out the back beneath all the stars.

