

CHAMPION OF THE WORLD

Sasa Sestic's journey
from cappuccino-maker to
world's best barista

—
Words by Emma Macdonald

Front cover photography by Martin Ollman

HAVING A SIMPLE COFFEE with a Barista Champion of the World turns out to be not so simple at all. Within the labyrinthine corridors of Sasa Sestic's coffee company Ona, in Canberra's industrial enclave of Fyshwick, we reverentially take a seat in the main office. In comes someone carrying a tray containing glass jugs of deep brown brew. No words are spoken as Sasa puts his nose to the first jug and inhales deeply.

"This", he announces, "is Blue Copper—one of our experimental lots from Ethiopia."

We sip slowly and find ourselves swirling the suspension over our tastebuds. There are hints of red wine and dark chocolate.

Our heavy pottery cups drain and it is time for the second brew—a washed Panama bean that is light with jasmine with a hint of green tea.

Who knew coffee could be so complex?

Sasa does.

His good friend Mick Rose—also in the coffee trade—says Sasa is so deeply connected to coffee, so emotionally invested, so single-minded and obsessive, that one sip of an exceptional roast can bring him to tears.

"Oh yeah, I have seen him cry when he drinks it," says Mick.

Sasa has also been known to travel for days to find a particular coffee bush—35 hours in planes, 10 hours of driving followed by several hours on horseback, through thick jungle. Nothing stands between him and the next great bean.

— CONTINUED ON PAGE 4 — ...



LUXURY WATERFRONT APARTMENTS NOW SELLING.

The stunningly appointed one, two and three-bedroom apartments and penthouses push the envelope for apartment interior design standards. With timber flooring, stone bench tops, wool carpet and integrated Miele appliances, Huntington is at the forefront of quality residential developments, surpassing every aspiration.

35 HONEYSUCKLE DRIVE, NEWCASTLE
REGISTER YOUR INTEREST
COLLIERS INTERNATIONAL
1800 851 936

HUNTINGTON.DOMAGROUP.COM.AU

DEVELOPED BY
DOMA

SELLING AGENT
Colliers INTERNATIONAL

CONTENTS



01

COVER STORY

CHAMPION OF THE WORLD
PAGE 1

CITY

CANBERRA - 'THE LOCALS'
GUIDE
PAGE 8

PLACE

THE BOUNCE FROM INSIDE
THE CANBERRA BUBBLE
PAGE 16

STYLE

KEY PIECES FOR AW19
PAGE 20

TRAVEL

THREE MINI BREAKS
FROM CANBERRA
PAGE 24

WELLBEING

MATTER OVER MIND -
THE POWER OF LETTING GO
PAGE 27

FOOD

FALLING FOR FIGS
PAGE 28

WHAT'S ON

INSIDER GUIDE
PAGE 30

REALM PRECINCT DIRECTORY

FITNESS

HALE GYM

OPENING HOURS

Monday – Sunday: 5:30am – 11:00pm

+61 2 6273 3101
halehealth.com.au

EVO HEALTH CLUB

OPENING HOURS

Monday – Thursday: 5.30am – 8.30pm
Friday: 5.30am – 8.00pm
Saturday: 8.00am – 6.00pm
Sunday: 9.00am – 5.00pm
Public Holidays: 10.00am – 3.00pm

Closed: Christmas Day, Boxing Day
and New Year's Day

+61 2 6162 0808
evohealthclub.com.au

HAIR + BEAUTY

HALE SPA

OPENING HOURS

Monday: Retail only
Tuesday: 8.30am – 7.00pm
Wednesday: 8.30am – 8.00pm
Thursday: 8.30am – 8.00pm
Friday: 8.30am – 4.00pm
Saturday: 8.30am – 4.00pm

+61 2 6273 3101
halehealth.com.au

MUDD THE SPA

OPENING HOURS

Monday – Friday: 6.00am – 8.00pm
10.00am – 6.30pm for treatments
Saturday: 8.00am – 6.00pm
9.00am – 5.00pm for treatments
Sunday: 9.00am – 5.00pm
10.00am – 3.00pm for treatments
Public Holidays: By appointment

+61 2 6162 0909
mudd.com.au

HAIR + BEAUTY

KUNDALINI HAIR

OPENING HOURS

Monday (retail only): 9.00am – 4.00pm
Tuesday: 9.00am – 6.00pm
Wednesday: 9.00am – 8.00pm
Thursday: 9.00am – 8.00pm
Friday: 9.00am – 6.00pm
Saturday: 8.30am – 4.00pm
Sunday: CLOSED

+61 2 6273 7766
kundalinihair.com.au

RESTAURANTS

BUVETTE BISTRO & WINE BAR

OPENING HOURS

BREAKFAST
Monday – Sunday: 6.30am – 10.30am

LUNCH
Tuesday – Friday: 12.00pm – 3.00pm

ALL DAY MENU
Tuesday – Friday: 11.00am – 6.00pm

DINNER
Monday – Saturday: 6.00pm – 10.00pm

BRUNCH
First Sunday of every month:
11.30am – 2.30pm

Bookings: buvette@domahotels.com.au
+61 2 6163 1818
buvette.com.au

MAPLE + CLOVE WHOLEFOODS

OPENING HOURS

Monday – Friday: 7.30am – 3.00pm
Saturday + Sunday: 8.00am – 3.00pm

+61 2 6162 0777
mapleandclove.com

LILOTANG

OPENING HOURS

LUNCH
Tuesday – Friday: 12.00pm – 2.30pm

DINNER
Tuesday – Saturday: 6.00pm – 10.30pm

+61 2 6273 1424
lilotang.com.au

RESTAURANTS

CHAIRMAN & YIP

OPENING HOURS

LUNCH
Tuesday – Friday: 12.00pm – 2.30pm

DINNER
Monday – Saturday: 6.00pm – 10.30pm

+61 2 6262 1220
chairmangroup.com.au/chairmanyip

OSTANI BAR & RESTAURANT

OPENING HOURS

Monday – Friday: 7.00am – 11.00pm
Saturday – Sunday: 11.00am – 11.00pm

Bookings: ostani@domahotels.com.au
+61 2 6163 1802
ostani.com.au

RITUAL CAFE

OPENING HOURS

Monday – Friday: 7.30am – 3.30pm
Saturday – Sunday: CLOSED

+61 432 329 390
ritualbarton.com

MISCELLANEOUS

EMERGENCY

Dial 000

BARTON PHARMACY

OPENING HOURS

Monday – Friday: 7.00am – 7.00pm
Saturday: 8.00am – 7.00pm
Sunday: CLOSED

3 Sydney Avenue Barton ACT
+61 2 6273 0308

BARTON GENERAL PRACTICE

OPENING HOURS

Monday – Friday: 8.30am – 8pm
Saturday: 8.30am – 1.00 pm
Sunday: 9.00am – 12.00pm

Suite 2/3 Sydney Avenue Barton ACT
+61 2 6295 0424

LOCAL ATTRACTIONS

AUSTRALIAN BOTANIC GARDENS
anbg.gov.au

AUSTRALIAN WAR MEMORIAL
awm.gov.au

CANBERRA GLASSWORKS
canberraglassworks.com

HIGH COURT OF AUSTRALIA
hcourt.gov.au

NATIONAL ARCHIVES OF AUSTRALIA
naa.gov.au

NATIONAL GALLERY OF AUSTRALIA
nga.gov.au

NATIONAL LIBRARY OF AUSTRALIA
nla.gov.au

NATIONAL MUSEUM OF AUSTRALIA
nma.gov.au

NATIONAL ZOO AND AQUARIUM
nationalzoo.com.au

OLD PARLIAMENT HOUSE
oph.gov.au

PARLIAMENT HOUSE
aph.gov.au

QUESTACON
questacon.edu.au

TELSTRA TOWER
telstratower.com.au



Photo by Martin Ollman

...
CONTINUED
FROM PAGE 01

CHAMPION OF THE WORLD

THE COFFEE MAN'S STORY is one of those shining tributes to Australia's multicultural history. Sasa, now 40, was born in Yugoslavia, and when war broke out, moved with his family to Serbia. But life in Kosovo eventually became so hard, the family sought to flee. Sasa and his big brother Dragan were competitive handball players and Dragan was a Serbian champion. At 17, Sasa and Dragan joined the Australian team in an attempt to secure their family safe passage to friendly shores.

After several months in Melbourne, Sasa returned briefly to Serbia to play under a professional contract, before finally settling with his family in Canberra and training for Australian representative handball with the same single-minded focus that he now applies to caffeine.

He proposed to his Macedonian girlfriend Beti—they met in English language classes at the Canberra Institute of Technology (CIT)—and he and his brother both made the Australian Olympic team in 2000.

A single cup of coffee—an Ethiopian Belya—was the start of a love affair that has bloomed into an international empire.

But when the buzz of the Olympics was over, Sasa became focussed on establishing himself in a financially secure career path. He stayed at CIT and did a hospitality qualification before joining the Mawson Bakery and finding himself drawn to the coffee machine.

"I laugh about it now, big frothy cappuccinos with lots of sugars. That's what I was making back then." Funnily, Sasa didn't even drink the stuff.

2003 proved to be a huge year, with the arrival of Sasa and Beti's first child, Ana, and Sasa representing Australia at the handball World Championships. He did brilliantly, getting a lucrative offer to play

in the Middle East. But by this stage, he was truly in coffee's thrall and he stayed so he and Dragan, and their wives, could buy humble Manuka coffee shop, Hansel and Gretel, with money they had saved after years of cleaning toilets and doing any odd job they could.

Instead of being consumed with an insatiable ambition to train and play handball, the 24-year-old turned his obsessive nature to coffee. While the family held down the shop, Sasa started to travel in search of information and inspiration.

He credits Mecca Coffee Roasters in Sydney with serving him the first coffee he ever fell in love with—an Ethiopian Belya.

"Ahh it tasted of blueberries. It smelled just like a Christmas cake."

Sasa chased the owner down to buy some and investigate it. But when he had no supplies, Sasa hopped on a plane to Melbourne in order to savour some more.

That was the start of a love affair that has bloomed into an international empire—Ona has cafes across Canberra and Sydney, as well as supplying beans to more than 100 stores, and is this year establishing a presence in Dubai.

Meanwhile, Sasa's passion extends not only to the beans, and method of roasting, but to the extraction and heart of barista culture.

When he was starting out, he used to watch DVDs of Barista World Championships on steady rotation, studying every nuance, considering every scientific variable, weighing each performance 100 times or more.

“He used to watch DVDs of Barista World Championships on steady rotation, studying every nuance, considering every scientific variable, weighing each performance 100 times or more.”

By 2015, with Ona successfully operating out of the Canberra suburbs of Manuka, Fyshwick and Civic (the Cupping Room) Sasa won the Australian Barista title. He was headed for Seattle and the World Championships, in which 50 top baristas from all over the world are tasked with preparing four espressos, four cappuccinos and four signature coffees for an international panel of judges. But not before he secured a sample of Clonakilla Shiraz viognier juice for his showstopper beverage.

Despite collapsing from the flu—such was the manic pace he kept over competition weeks—Sasa won the title, the Clonakilla-infused beverage earning headlines around the world. Canberrans—who, according to Roy Morgan research are the country’s biggest coffee snobs and more likely to drink a proper café serve than any other Australian—literally rejoiced.

Sasa was a rock star.

There was a movie made about him, “The Coffee Man” biopic, and a book by the same name was published.

Ona coffee orders shot up overnight following the global win. And Sasa spent more than 220 days of the next year travelling.

Beti held down the fort, working for the business while raising both Ana and her little brother Alex. She is inordinately proud of Sasa and accepts his drive for what it is.

“He is just a very passionate person. If there is something he’s interested in then there is absolutely no limit and no end to it.”

That extends to uncovering the cultural origins of the very coffee beans themselves.

In 2010, Sasa began travelling to coffee bean-producing countries to satisfy his curiosity. First stop was Brazil. But what he encountered was a very closed shop—with a clear divide between how and where the coffee beans are planted, and how they taste coming out of the shiny Italian café machine.

“No one would tell me anything. I had to knock on doors and make calls and email people.”

Eventually he found a contact in Brazil and booked his flights. The country produces about 40 per cent of the world’s coffee beans and has a fairly humanitarian industry where producers enjoy a reasonable standard of living.

That standard of living dropped when Sasa accompanied a new El Salvadorian friend to his homeland.

“I got so much out of that trip. I met producers from Nicaragua, from Honduras, from India. So for the following 12 months I travelled to maybe 10 origins, and saw maybe 500 farms. I went to different coffee research centres, different coffee universities—I just needed to learn.”

What he learned in countries such as India was that mothers needed to pick coffee beans while their young children accompanied them into the jungle.

“It was quite risky for them to have their children because in the wild there are also leopards and elephants and snakes and the risk to the children is quite high.”

“Back in Canberra, people had started to really recognise what we were doing, and we had a good life. I just felt bad because suddenly it felt like we are doing so well yet coffee producers were struggling so much.

“That gave me the idea that we can’t just go on to the farms, buy the best lots, be selfish, take what we want and then don’t worry about what happens there. We had to find a way to give back.”

The result was Project Origin—Sasa’s ethical coffee trading company, where Ona can deal directly with producers to ensure the green beans are produced in the most sustainable way possible. Working across Ethiopia, Colombia, Honduras, El Salvador, Panama, Nicaragua and India, among others, Project Origin pays producers 50 per cent more than Fair Trade, or Rainforest Alliance brands.

“Sometimes we pay up to 500 per cent more.”

The coffee we tasted on our arrival at Ona’s Fyshwick headquarters was sourced from a producer who earned 250 per cent more than fair trade.

Sasa has raised considerable money to also provide direct assistance to his small subsistence farmers—more than \$500,000 in fact. The coffee bean-picking-mums in India now have a childcare facility to keep their babies safe.

“We’ve also made life a bit more easy for our producers—building in sanitation, toilets, showers and stuff. We keep reinvesting in their communities.”

Meanwhile, Sasa’s obsessive streak has led him into the realm of invention and manufacturing—the aptly named OCD, which stands for the Ona Coffee Distributor.

The “OCD” is a patented metal device which takes the place of a tamp in the coffee-making process. It swirls the coffee around in the basket to ensure even distribution of the grinds and a more consistent coffee brew.

More than 10,000 of the metal devices (which sell for around \$200 each) have been sold across countries including the United States, United Kingdom, China, Colombia, Thailand and Taiwan. Sasa says it overcomes one of the greatest issues facing baristas, which is ensuring all coffee grinds are extracted evenly.

“If you use your finger before tamping, which is what a lot of baristas do, not only is it unhygienic, but the grounds are uneven. Some are extracted more than others, resulting in not only inconsistent flavour, but also negative flavours from over and under extraction in the same basket.”

It has clearly caught on with the coffee-making elite. This year, 40 out of 54 of the World Barista Champion contenders used the OCD.

But what gives Sasa his biggest rush of pride is the new generation of coffee champions he is mentoring out of Canberra. Ona is a veritable hit factory for champion baristas. Ona’s long-time staff member Hugh Kelly won the Australian Barista Championship in 2016 and 2017, while the company’s Matthew Lewin won the 2019 title (Hugh came second).

It’s clear Sasa’s obsessive drive and passion is contagious. As Ona grows, its expansion includes a strong focus on training and education.

Our tip for the one to watch is young Alex Sestic. While too young to imbibe the precious brew himself at just 11 years of age, Sasa’s son is, according to Beti, “just a smaller version of Sasa”.

As the couple commits to more family travel time together, Alex is learning his dad’s trade and experiencing life on Project Origin coffee plantations around the world. Beti says that he is similarly taken by coffee.

“When they went to the Australian Championship in Melbourne, Alex helped out at the Ona coffee booth, pouring the coffees. He loves travelling to the farms and learning all about coffee—not so much the machinery, but the actual brew. Oh yes, like his dad, he is deep into it.” ■



CANBERRA— THE LOCALS' GUIDE

One of the most exciting things about arriving in an unfamiliar city is the thrill of discovery. The chance to find all the hidden gems, the things that aren't necessarily listed in the tourist guidebook. And what better way to do that, than letting a local show you around?

We asked eight expert Canberrans to share their picks for the things that should be on your to-do list.

Words by Amanda Whitley



A fine drop

Kate Hibberson is one of Canberra's best sommeliers, and you can enjoy her selection of drops at lakeside fine-diner The Boat House. When she's not curating wine lists, you will find her at her 'day job' at Mount Majura Vineyard or working on five-star-picnic business, Schmicnics. Here's where she recommends wine lovers head when they're in the capital.

AUBERGINE

I love dining and Aubergine is one of the best places to do so in Canberra. Its wine list is extensive (and I spend far too much time reading it). Don't let it scare you—ask Cyril and the other staff for help—they are more than happy to guide you! And if you're determined to get your hands (and tastebuds) on a really old bottle of Clonakilla Shiraz Viognier, this is the place to find it.

Open for dinner from 6pm Monday to Saturday.

18 Barker Street, Griffith | 02 6260 8666
aubergine.com.au



Photo by Tim Bean



Photo by Tim Bean

Whether you're after a bottle or a bar, here's where the locals go for great wine.

BAR ROCHFORD

This is wine for the next generation. Wine at Bar Rochford is fun—expect some funk and a great time. It boasts an eclectic list of wines focussed more on the natural wave of wine—minimal intervention, maximum enjoyment.

Open 5pm—late Tuesday to Thursday, 3pm—1am Friday, 5pm—1am Saturday.

65 London Circuit, Canberra City | 02 6230 6222

barrochford.com

XO

While most people think of the oh-so-delicious modern Asian food when they think of XO, I often go just for the wine. This buzzing little eatery tucked away at the unassuming Narrabundah shops has a small but fun and interesting list that continually evolves, with Kent and the team being great at recommending something to suit everybody.

Open for lunch 12pm–3pm Wednesday to Friday and dinner 6pm to 11pm Monday to Saturday.

16 Iluka St, Narrabundah | 02 6295 9696
xo-restaurant.com.au



MOUNT MAJURA VINEYARD

I may be biased, but I love Mount Majura Vineyard because quality comes naturally—the wines are single vineyard, so speak of place; and we have a range of traditional and experimental varietals such as Mondeuse and Tempranillo. The added bonus is that we are close to town—just 15 minutes from the city—but feels like we are out in the country.

Open 10am–5pm seven days.

88 Lime Kiln Road, Majura | 02 6262 3070
mountmajura.com.au

AINSLIE CELLARS OR JIM MURPHY'S

I often spend far more time than necessary in a good bottle shop—it's more of a pastime than part of a daily errand. The range of local wines in both these retailers is impressive and extensive, as is their selection of drops from further afield. Grab a bottle and pack a picnic (or dare I suggest you—you can order online at schmicnics.com.au!)

AINSLIE CELLARS

Open 9am–8pm Saturday to Thursday and 9am–9pm Friday.

7 Edgar St, Ainslie | 02 6230 6622
ainsliecellars.com.au

JIM MURPHY MARKET CELLARS

Open 9am–6pm seven days.

19 Mildura Street, Fyshwick | 02 6295 0060
jimmurphy.com.au



Designs on the unique

Alison Jackson is a Canberran designer, maker, contemporary Silversmith and Jeweller whose work is held in both public and private collections and is sold at boutiques across Australia. If anyone knows where to track down something beautiful and unique, it's her. Here's where to head.

Photo by Anisa Sabet



KIN GALLERY

An absolute must-visit if you're a jewellery lover. A curated selection of Australia's best contemporary jewellers, you will be amazed at the range of work and the skill of each maker!

Open 10am–5:30pm Tuesday to Friday, 10am–4pm Saturday and 11am–3pm Sunday.

27 Lonsdale St, Braddon
kin.gallery

CRAFT ACT

An incredible collection of unique works by local and interstate makers—think glass, metal, ceramics, jewellery, textiles—plus you can enjoy their regularly-changing art gallery space whilst you browse!

Open 10am–5pm Tuesday to Friday and 12pm–4pm Saturday

180 London Circuit, Canberra City | 02 6262 9333
craftact.org.au



THE CURATOREUM

Head to the National Arboretum and immerse yourself in this stunning independent book and gift store filled to the brim with objects and jewellery inspired by the Arboretum's natural setting.

Open 9am–4pm seven days

National Arboretum, Forest Drive, Molonglo Valley | 02 6251 3371
thecuratoreum.com



MEET GATHER COLLECT

A gorgeous independent locally-owned boutique—its light-filled store with huge windows showcases their colourful display of objects, clothing, jewellery, ceramics and stunning handcrafted furniture. A real hidden gem!

Open 9am–5pm Wednesday to Friday, 9:30am–4pm Saturday, 10am–3pm Sunday.

68 Bandjalong Crescent, Aranda | 0415 683 131
meetgathercollect.com.au

SHOP GIRL FLOWER GIRL

What is not to love about this incredibly thoughtfully-curated store?! Tucked away at the Ainslie shops, it has the most divine flowers as well as a beautiful selection of quality products to treat yourself or your loved ones.

Open 9:30am–5:30pm Monday to Friday, and 10am–4pm Saturday.

1/13 Edgar Street, Ainslie | 02 6156 3559
instagram.com/shopgirlflowergirl



Shop 'til you drop

Fiona Keary is the founder of image consultancy service Style Liberation, and knows her way around Canberra's fashion scene better than most. Whether you're after a high street shopping experience or want to unearth the city's best boutiques, take her advice.

CANBERRA CENTRE

The Canberra Centre is my go-to when shopping with clients, as I can find so many fantastic options under the one roof. From premium brands such as Husk and Sass & Bide to high street favourites like Zara and H&M. It's a great place to shop and then celebrate your shopping wins with a delicious lunch (or dinner) at Raku.

Open 9am–5:30pm Monday to Thursday, 9am–9pm Friday, 9am–5pm Saturday and 10am–4pm Sunday.

Bunda Street, Canberra City | 02 6247 5611
canberracentre.com.au

SISSA SORELLA

Walk in and be transported to shoe heaven. There are no stock standard selections at this store; rather, stunning soft leather gems. Sissa Sorella stocks gorgeous European and homegrown brands that are conversation-starters.

Open 9am–4pm Monday to Wednesday, 9am–4pm Thursday and Friday, 9am–2pm Saturday and 10am–2pm Sunday.

Shop 1, 18-36 Duff Place, Deakin | 0407 941 969
sissasorella.com.au



PEPE'S

Canberra has so many brilliant boutiques and gift shops full of great accessories. One of my favourites is Pepe's at the Canberra Centre—their bag collection is fabulous! Expect to find labels like Arlington Milne, ELK and Status Anxiety, as well as some eye-catching jewellery and watches.

Open 9am–5:30pm Monday to Thursday, 9am–9pm Friday, 9am–5pm Saturday and 10am–4pm Sunday.

Canberra Centre, Bunda Street, Canberra City | 02 6162 4448
pepespaperie.com.au

MOMENTO DEZIGNS

Momento has been a Canberra institution for as long as I can remember, stocking stunning cocktail and formal dresses by designers such as Alex Perry, Lucy Laurita and Ginger & Smart. You'll find the perfect frock for that special occasion and be assured that no one else will be wearing it at your event (they keep notes to avoid those awkward 'we're wearing the same dress' moment).

Open 9:30am–6pm Monday to Thursday, 9:30am–9pm Friday, 9:30am–5pm Saturday and 10am–6pm Sunday.

Shop 4, 17 Bougainville St, Manuka | 02 6295 1146
frockaholics.com

MORGANSON'S FINERY

At Morganson's Finery you'll find beautiful men's and women's bespoke tailoring. Whether you are looking for a casual weekend blazer or a contemporary work suit, you can choose from more than 2000 fabrics and a style to suit.

Open 10am–5:30pm Tuesday to Friday and 10am–4pm Saturday and Sunday.

27 Lonsdale Street, Braddon | 02 6181 6442
morgansons.com.au



Uncover Hidden Gems

Tim the Yowie Man is a Canberra expert, author, and tour guide and has dedicated the last 25 years of his life to showcasing the wonders of the region. Here he shares some of the city's most charming natural and manmade secrets.

PLATYPUS PICNIC

Many nature lovers flock to the Tidbinbilla's wetland sanctuary but if you wander to the adjacent Black Flats Dam you'll have it all to yourself. Take a bottle of wine, and enjoy an afternoon watching these shy monotremes frolic in their natural habitat.

Access from Tidbinbilla Visitors Centre, off Paddy's River Road
tidbinbilla.act.gov.au

JERRABOMBERRA WETLANDS

Grab the binoculars, creep into one of the camouflaged bird hides and spy on rare local and exotic birds, all within sight of Parliament House. Canberra is truly the bush capital.

Dairy Road, Fyshwick | 0439 030 058
jerrabomberrawetlands.org.au

RED ROCKS GORGE

Just a couple of kilometres from the back fences of Canberra's southern suburbs flows the Murrumbidgee River. You can raft this hidden gorge and its challenging rapids. If you dare!

Access from Kambah Pool Road, Tuggeranong
environment.act.gov.au



MT GINGERA

The spectacular day-walk up this dramatic peak in Namadgi National Park is a treat for the senses. In the warmer months, marvel at millions of Bogong moths aestivating (a form a summer hibernation) in secret caves near the summit; while after a big snowfall in winter, follow the maze of animal tracks. Don't get lost!

Start at Namadgi National Park, Naas Road, via Tharwa
environment.act.gov.au

NATIONAL FILM AND SOUND ARCHIVE

This striking art deco building on the fringe of the city once housed the gory Institute of Anatomy and is a favourite haunt for paranormal aficionados. Spooky! Ghosts aside, The National Film and Sound Archive is the custodian of over 2.8 million works, including films, television and radio programs, videos, audio tapes, records, compact discs, phonograph cylinders and wire recordings.

Open 9am-5pm Monday to Thursday, 9am-8pm Friday, 12pm-5pm Saturday.

McCoy Circuit, Acton | 02 6248 2000
nfsa.gov.au



Eat Street

One of Canberra's most highly-awarded chefs, Damian Brabender owns and operates various restaurants and cafes in the capital, and acts as Executive Chef at The Truffle Farm. Here's where you'll find him when he's not in his own kitchen.

RAKU

World class Japanese. The amazing team is led by good friend and highly talented chef Hao Chen. With a focus on fresh sushi it's best to get a spot at the bar and watch these talented chefs display their craft. Their selection of Nigiri is the best I've had anywhere.

Open 11am-11pm seven days.

Bunda Street, Canberra City | 02 6248 6869
rakudining.com.au

OTIS

It wouldn't be a 'must eat' list if I didn't nominate one of my own restaurants! But seriously, I love getting the chance to eat out at OTIS. The 10-plate Chef's Selection showcases amazing local produce with a real focus on Australian-made—even the soundtrack is Aussie classics. You must try the OTIS pepper steak because brandy, pepper, steak...

Open 12pm-10pm Tuesday to Saturday.

29 Jardine Street, Kingston | 02 6260 6066
thisisotis.com.au

CANBERRA CONTEMPORARY ART SPACE

Open 11am-5pm Tuesday to Saturday. Gorman Arts Centre, Batman Street, Braddon.

ccas.com.au

NANCY SEVER GALLERY

Open 11am-5pm Wednesday to Sunday. Gorman Arts Centre, Batman Street, Braddon.

nancysevergallery.com.au

STRATHNAIRN ARTS

Open 10am-4pm Thursday to Sunday. 90 Stockhill Drive, Holt.

strathnairn.com.au

ANCA

Open 12pm-5pm Wednesday to Sunday. 1 Rosevear Place, Dickson.

anca.net.au

CMAG

Open 10am-5pm Monday to Saturday. London Circuit, Canberra City.

cmag.com.au

NISHI GALLERY

Open 11am-6:30pm Wednesday to Saturday. Kendall Lane, NewActon.

newacton.com.au

BEAVER GALLERIES

Open 10am-5pm Tuesday to Sunday. 81 Denison Street, Deakin.

beavergalleries.com.au

CONTEMPORARY GALLERIES

There are about 40 galleries in Canberra! Here are some hot local tips.

M16 ARTSPACE

Open 12pm-5pm Wednesday to Sunday. 21 Blaxland Crescent, Griffith.

m16artspace.com.au



THE BASEMENT

Top-notch live music is regularly hosted in this—one of Canberra's few proper music venues. Yes, it's in Belconnen and yes, it's always worth the 15-minute drive from the city.

4pm-12am Monday to Wednesday, 4pm til late Thursday to Saturday.

2 Cohen Street, Belconnen | 02 6251 7630
thebasementcanberra.com.au

BURRUNJU ABORIGINAL CORPORATION GALLERY

Indigenous Australian paintings are my favourite of all the visual arts. The intense movement of dots and lines resonate with abstract expressionism but are organic and grounded in our country's history. See what our amazing region is making today at this self-organised Indigenous gallery. Buy something—you will always be happy you did.

Open 10am-4pm Monday to Saturday.

245 Lady Denman Drive, Yarramundi Reach
02 6251 4371

aboriginal-arts.com.au

Head off the beaten track for a true taste of Canberra culture.



Culture Vultures

David Caffery tries to practice cultural philosophy by directing event management company Dionysus, producing the Art, Not Apart Festival, throwing wild parties and overseeing MusicACT. He knows where to head for a taste of music and art that's off the beaten track.

SIDWAY

Finally Canberra has a not-trashy, not-commercial club for late night dancing. Run by underground promoters Pickle with Nick Smith of Bar Rochford, this is a reason to stay in Canberra on the weekend.

Open 5pm-1am Wednesday, 5pm-4am Thursday and Friday, 7pm-4am Saturday.

21 East Row, Canberra
sidewaybc.com



From casual Chinese to Mod Oz fine diners, Canberra is a foodie's paradise.



ZAAB

Clean-cut flavours and genuine family-based hospitality. Becky and Uncle are the father-daughter team bringing the smells and taste of Thai and Laos cuisine straight to the middle of Braddon. Serving small plates and share dishes, Zaab is perfect for an unplanned spontaneous dinner and drinks. Do not leave without trying The Laos sausage, handmade daily by Uncle. Don't bother asking for the recipe, he won't give it to you (I've tried!).

Open 5pm-late seven days

7 Lonsdale Street, Braddon | 02 6156 5638
zaabstreetfood.com.au

JIMMY'S PLACE

An institution in Dickson—long known as the city's Chinatown. Jimmy's is perhaps the most consistent dining experience I have ever had, and stays so true to itself. It's a Canberra Chinese dining staple. I can't go past the XO pipis with noodles—my favourite dish in Canberra.

Open for lunch 12pm-2:30pm and dinner 5pm-11pm Wednesday to Monday.

71 Woolley Street, Dickson | 02 6248 8188
jimmyplace.com.au

TRECENTO

Amazing pasta, simple flavours done correctly by people who love what they do. A trattoria so authentic you'd be forgiven for thinking you'd been transported to Italy, Trecento is perfect for experiencing local hospitality. Try the Trecento Carbonara—so simple it's perfect.

Open for dinner Monday 6pm-late, lunch 12pm-2:30pm and dinner 6pm-late Tuesday to Sunday. Open for breakfast 7am-2:30pm Saturday and Sunday.

Manuka Terrace, 18 Flinders Way, Manuka
02 6260 7111
trecento.com.au





Architecturally arresting

Rachael Coghlan is the CEO of Craft ACT: Craft + Design Centre and Artistic Director of the annual and fast-growing DESIGN Canberra festival. A mid-century modern architecture enthusiast, she's the perfect guide for building buffs.



Photo by Martin Ollman

MONARO MALL – FRANK HINDER MOSAIC

This mid-century modernist building by Whitehead and Payne Architects (1963) was the first fully-enclosed air-conditioned shopping centre in Australia. Its recent award-winning refurbishment by Universal Design and Mather Architecture is a beautiful celebration of contemporary retail experiences teamed with a deep respect for the original design. (When you're there, look up and check out one of Canberra's best-kept local secrets: renowned modernist Frank Hinder's stunning glass mosaic ceiling at the City Walk entry to David Jones.)

Open 9am–5.30pm Monday to Thursday, 9am–9pm Friday, 9am–5pm Saturday and 10am–4pm Sunday.

Bunda Street, Canberra City | 02 6247 5611

canberracentre.com.au

NORTH BUILDING – CRAFT ACT

In 1959, Roy Simpson of Yuncken, Freeman Architects designed the Civic Offices as the centre of Canberra's cultural and administrative life. The North Building is now home to Craft ACT—a design centre with a gallery and shop showcasing Canberra's thriving contemporary craft artists and designers. Nearby Civic Square features fabulous gold mosaic columns underneath the twin office buildings and Tom Bass's important work of mid-century Australian art Ethos (1961).

180 London Circuit, Canberra City

TAGLIETTI

In a city of design, with an abundance of iconic architecture, the work of Italian-born, Canberra-based architect Enrico Taglietti is some of our most distinctive. Enrico's sculptural shapes and angles, cantilevered planes of roof and deck, and concrete can be seen in houses, schools, churches and commercial buildings. His contribution is significant, as is his attachment to our city.

My favourite Taglietti building is the 1977 Australian War Memorial Annex in Mitchell. You can't go inside but it's impossible to take a bad photograph of this iconic building so it's worth the drive.

Australian War Memorial Annex, Callan Street, Mitchell



Australian War Memorial Annex (1979) Enrico Taglietti. Photo Darren Bradley.

NATIONAL GALLERY OF AUSTRALIA

The architecture of the National Gallery of Australia and its world class collection feeds my soul and stirs my heart. Just outside Colin Madigan's 1981 brutalist masterpiece is James Turrell's skyspace, Within Without (2010), one of my favourite spaces in Canberra—especially at sunset.

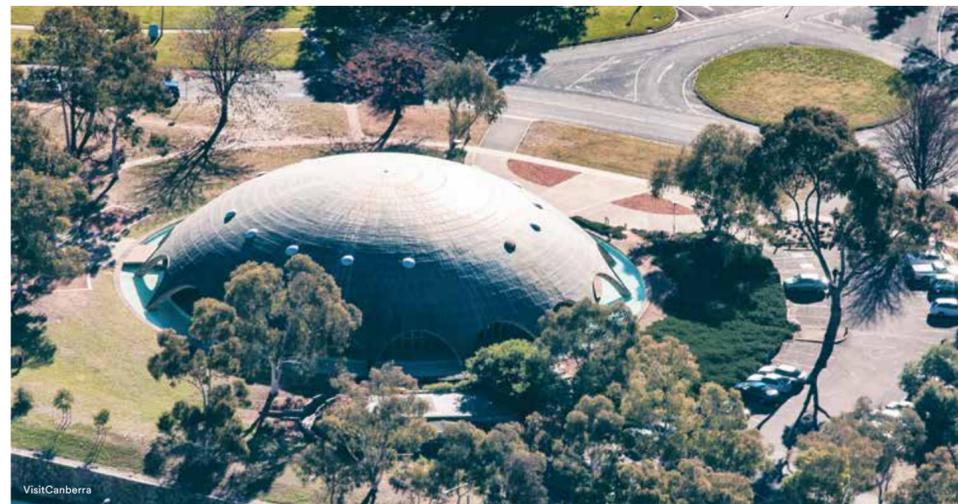
Open 10am–5pm daily except for Christmas Day.

Parkes Place, Parkes | 02 6240 6411
nga.gov.au

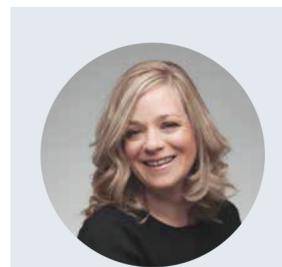
THE SHINE DOME

Roy Grounds' iconic 1959 Shine Dome is my favourite building in Canberra. I love everything about it: the arches, moat (and ducks), the auditorium with its bespoke furniture and string walls for insulation, stunning oversized hanging lights and curved timber walls.

15 Gordon Street, Acton
science.org.au



VisitCanberra



Coffee Snob's trail

Belinda Neame is the co-founder of quarterly street food and live music event, The Forage. Having unearthed some of the city's tastiest food vendors, we asked her to do the same for coffee. Here's where this dedicated cafffiend finds her fix.

LONSDALE STREET ROASTERS

Lonsdale Street Roasters (LSR) was the venture that kicked off Braddon's revival back in 2010, forging a trail through the wilderness of car yards and garages that others would quickly follow. Roasting their own beans and quickly earning a loyal clientele, LSR now manages to sustain two cafes on one street while supplying superior caffeine all around the city.

6.30am-4pm Monday to Friday, 6.30am-3pm Saturday, and 8am-2pm Sunday

7 and 23 Lonsdale Street, Braddon | 02 6156 0975

lonsdalestreetroasters.com



VisitCanberra

TWO BEFORE TEN

If you love nothing more than a buzzy coffee haunt that oozes community and all things local, you can't go past Two Before Ten. The coffee is roasted on site and they have turned this formerly-derelict suburban shopping centre into a buzzing community hub. With favourite blends like the Atlas and Juggernaut, you will love the coffee and vibes.

Open 7am–4pm Monday to Friday and 8am–2pm Saturday and Sunday.

68 Bandjalong Crescent, Aranda
twobeforeten.com.au

THE CUPPING ROOM

Although many a newcomer has mistaken this for an exotic massage parlour, this Canberra classic is in fact known for cupping of a different kind. With seasonal menus and serving consistently fabulous Ona Coffee, The Cupping Room is colourful and always buzzing with activity. We recommend the Black Betty and its soothing caramel undertones for your next cup.

Open 7am-4pm Monday to Friday, 8am-3pm Saturday and Sunday.

1/1-13 University Avenue, Canberra City
thecuppingroom.com.au

RITUAL

Tucked underneath Little National Hotel in Barton, Ritual is my go-to for smooth, creamy coffee. We recommend coupling a cappuccino with one of their chocolate chip cookies (with a Rolo in the middle for an oozy caramel surprise!)

Open 7:30am-3pm Monday to Friday.

21 National Circuit, Barton | 0432 329 390

ritualbarton.com



PICCOLO MARKET COFFEE

Even if you're enjoying an escape from the chore of your weekly fresh produce shopping, you'll want to explore the Fishwick Markets. Not only is it home to a cornucopia of fresh food, but it now boasts an eclectic assortment of retailers. And if you're searching for a really good coffee, Piccolo Market Coffee is it. Pouring Lonsdale Street Roasters coffee, they also have the most delicious homemade sweet treats by local baker, Amore Cakes.

Open 10am-5pm Thursday and Friday, and 9am-5pm Saturday and Sunday.

12 Dalby Street, Fishwick
fishwickmarkets.com.au



VisitCanberra

THE BOUNCE FROM INSIDE THE CANBERRA BUBBLE

The property market waxes and wanes interstate, causing heartache for mortgagees and investors while they nervously wait out fluctuations. It's a different scenario in the national capital where property exists in a much more protected environment.

Words by Emma Macdonald

YOU'VE HEARD THE TERM "Canberra Bubble" by now.

2018's Word of the Year, according to the Australian National Dictionary Centre, the Canberra Bubble refers to the insular nature of Federal Politics.

But the term is equally applicable to the city's property market, which has historically been insulated from the excesses of boom and bust that plague the rest of the country. Due to a variety of legacy and political factors, the national capital's property market has largely been able to withstand the economic fluctuations that shake the other states and territories. Not even a Global Financial Crisis managed to slow Canberra down. Similarly, while 2018 ended with analysts bemoaning the extent of the deceleration felt across the Sydney and Melbourne property sectors, investors in the nation's capital seem to have far less to be concerned about.

According to Allhomes senior data analyst, Dr Nicola Powell, Canberra has once again skated over most of the speed-humps that are shifting the gears property growth nationally—marking out the territory as one of the safest markets to inject investment dollars.

*"Last year, one new
Canberran was being
added to the population
every hour—that's around
24 new residents a day."*

For one thing, the past six consecutive years have seen Canberra post record house-price growth. Nicola does note that given the lending environment, the price cycle may be one of more moderate growth as borrowers face more restrictive lending as a result of regulatory intervention and what has been a bruising royal commission into banking.

But something that shows no signs of slowing is the city's population growth.

"When you look closely at the population stats, you can see that last year, one new Canberran was being added to the population every hour—that's around 24 new residents a day. It has the second highest population growth rate out of all of the states and territories," says Nicola.

The ABS currently pegs ACT population growth at 1.9 per cent, coming only after Victoria on 2.2 per cent and higher than the national average of 1.6 per cent.

There is very little bad news to dwell on.

"I think Canberra is benefiting from a number of things economically, I think we've got fairly strong economic growth, we've got international flights opening us up and bringing record number of tourists to Canberra, we've got an incredibly strong white collar population with low unemployment, huge number of professional people earning good wages. Obviously you've then got then the snowball effect of what opportunities that creates for the city."

So good are things in the territory, that Nicola notes even Sydneysiders want in on the action.

"What Canberra offers as a neighbouring state is a fabulous lifestyle, short commutes, high average wages, employment opportunities and relative affordability when you compare it directly with Sydney. So there are a lot of benefits to moving across."





A migrant to Canberra from the United Kingdom, Dr Powell said Canberra was clearly different to the rest of the country.

"For one thing, I have never been anywhere that has such a high proportion of people with doctorates," she says with a smile, noting Canberra's "smart city" tag is extremely fitting.

It is also as white collar as they come, with the lowest unemployment rate of any other state and the highest levels of educational attainment leading to the highest levels of job participation and the highest average wages.

But Collier's ACT Chief Executive Paul Powderly says there are more deep-rooted factors which shore up the ACT's property strength and make it a safer bet into the future.

He traces the ACT's sure-footedness today to its birth as the nation's capital—happily receiving injections of economic and intellectual equity befitting of its status, as well as benefitting from aspirational planning foundations over its 106-year-lifespan.

In more recent decades, Paul credits Liberal Prime Minister John Howard for his late 1990s restructure (headlines at the time said "slash and burn") of the Australian Public Service and the way in which it has strengthened the ACT's financial and social independence.

"Back then the town had historically been a public service city with more than 60 per cent of jobs there. But the job cuts introduced under Howard forced the city to move into private enterprise and the Government started outsourcing. In the end it completely worked in our favour."

The big accounting firms, legal firms, defence and IT contractors established larger presences in the city, and the private sector began to understand the allure of Canberra as more opportunities for living and working were created.

Conversely, Canberra's remaining links to bureaucracy were still strong enough to hold it out of the murky depths when the GFC hit in 2008.

"It hit the other major Australian cities far harder than us because they have such big financial sectors. Sydney and Melbourne had to absorb a lot of job losses and cost-cutting in banks, legal firms etc, but here in



"When government spends, government expands, and so does Canberra."

Canberra, the Commonwealth Government said "there is only one way Australia can't go into recession and that is if we spend our way out of it". So when government spends, government expands, and so does Canberra."

"That's not to say people with mortgages didn't do it tough here, but certainly we were more insulated from it than the rest of the country."

It may still be known as a public service town to the rest of the nation, but Paul says most people warm to the city upon entry.

"We are a planned city and people who come here fairly quickly realise how lucky they are—there is affordable quality housing, and all the planned retail and amenity, the lake, the national institutions. It's a city which has been planned for easy living and to attract public servants. And the things that attract public servants attract everyone else."

Canberra's growing independence from the public sector has also been accompanied by political self-determination and the flow on effects.

The move to Self-Government in 1988 and the enactment of the Territory Plan 20 years later have allowed local planning concerns

to override Commonwealth oversight (save for the Parliamentary Triangle) to enable the city to grow more organically and come to realise the benefits of urban renewal and densification. Canberra's construction industry has, as a result, gone into overdrive. A new light rail has finally begun after decades of protracted debate, and as the city heads into the 2020s, it has slowed its urban sprawl to focus more sustainably on urban infill.

This, according to Paul, is far more in keeping with our city's international and cosmopolitan future—as well as catering for consumer desire.

"We had decades of new suburb after suburb after suburb being established but what is taking place now is far more sustainable and more strategic."

While light rail has had its detractors, Paul says the ACT has dodged the bullet now plaguing New South Wales which is retrospectively fitting in a light rail because it can no longer cope without one.

"There's 20 years too late. But by planning and doing it now while the city's not choking is the best time to do it. The PR is not great right now, but in 20 years' time we will sit back and see that it was a good thing."

Meanwhile the light rail corridor has opened another booming property market as investors and residents seek to find themselves a spot within a finite land parcel within walking distance of the city's transport hub.

For all the new apartments going up, there is no shortage of buyers including a steady stream of newcomers moving into the territory for their chance at career success and lifestyle combined.

People like Paul Powderly have no thoughts of leaving. "My colleagues in Sydney will spend an hour and a half just getting to work. It could take an hour to cross the Sydney Harbour Bridge at 5pm. This city is seven minutes to anywhere.

"Plus all the restaurants, shops, lake views, mountains, and proximity to Sydney and the ski fields. What more could you ask for?" ■



HER AUTUMN/WINTER STYLE



MEET CARA HO, OUR FASHION STYLIST BRINGING YOU THIS SEASON'S LOOKS.

Born into Australian fashion royalty, Cara cut her teeth working in fashion business management for eight years, before establishing her niche styling Australia's celebrities for red carpet events and television. With a strong portfolio of clients from TV, fashion and the corporate worlds in both Sydney and Canberra, Cara is passionate about helping people establish their signature look, whilst paying homage to trends.

"I am a huge advocate of soft, relaxed tailoring, knitwear and tonal palettes, that allow you to mix and match to create a myriad of outfits for work, weekend and going out," she says of her personal style philosophy. "In other words, wear your clothes; don't let them wear you."

PRODUCT DETAILS

THIS PAGE

- 1 Marc Jacobs shell trench coat \$1,127 [netaporter.com](#)
- 2 Joseph silk-satin midi dress \$603 [netaporter.com](#)
- 3 Tibi oversized twill blazer \$1,364 [netaporter.com](#)
- 4 1064 Studio Silence 14 set of two gold-plated necklaces \$382 [netaporter.com](#)
- 5 Theory wool-blend straight-leg pants \$481 [netaporter.com](#)
- 6 Chanel sling-backs AUD \$1,150 [chanel.com](#)
- 7 Laura Lombardi Luna gold-tone ring \$70 [netaporter.com](#)
- 8 Morrison Marielle top in grey \$299 [morrisonshop.com.au](#)
- 9 Morrison Marielle pant in grey \$299 [morrisonshop.com.au](#)
- 10 Apple Watch Hermès stainless steel case with Fauve Barenia Leather Double Tour \$2,139 [apple.com](#)
- 11 Rebecca Vallance Vivian coat in check \$1,200 [rebeccavallance.com](#)
- 12 Chanel shopping bag in black AUD \$4,160 [chanel.com](#)
- 13 Chanel trainers AUD \$1,150 [chanel.com](#)

OPPOSITE PAGE

- 14 Jennifer Behr leopard-print satin hair tie \$190.52 [net-a-porter.com](#)
- 15 Chan Luu gold-plated hoop earrings \$249 [netaporter.com](#)
- 16 Tom Ford one-shoulder cashmere and silk-blend sweater \$1,795 [netaporter.com](#)
- 17 Nanushka Zarina leopard-print stretch plissé-crepe midi skirt \$397 [netaporter.com](#)
- 18 By Far Jane crystal-embellished silk-satin clutch \$932 [netaporter.com](#)
- 19 Neous Tulip faille sling-back sandals \$665 [netaporter.com](#)
- 20 Isabel Marant gold-tone multi-stone necklace \$299
- 21 The Row Coco suede and moire mules \$1,053 [netaporter.com](#)
- 22 Black & Brown Dallah knotted leather waist belt \$119 [netaporter.com](#)
- 23 Misa Cesra dress \$579 [husk.com.au](#)
- 24 MM6 Maison Margiela ribbed-knit sweater \$718 [netaporter.com](#)
- 25 Givenchy GV textured-leather and suede shoulder bag \$1,650 [netaporter.com](#)
- 26 De Grisogono Ventaglio 18-karat white gold earrings \$25,000 [netaporter.com](#)
- 27 Vince Knotted silk-satin blouse \$330 [vince.com](#)
- 28 Vince Knotted wrap-effect silk-satin midi skirt \$330 [vince.com](#)
- 29 Hillier Bartley Lantern fringed velvet clutch \$840 [netaporter.com](#)
- 30 The Laundress silk and delicate care set \$43 [netaporter.com](#)
- 31 Malone Souliers Maureen 100 patent-trimmed leather mules \$725 [netaporter.com](#)
- 32 De Grisogono Boule 18-karat rose gold multi-stone earrings \$20,000 [netaporter.com](#)
- 33 Rebecca Vallance Harlow dress \$1,100 [rebeccavallance.com](#)
- 34 Aquazzura Purist 105 mirrored-leather sandals \$672 [netaporter.com](#)
- 35 L'afshar Grace acrylic clutch \$1,289 [netaporter.com](#)
- 36 Fashion Forms gel nipple covers \$25 [shopstyle.com.au](#)

NEUTRAL GEAR

Beige is now anything but boring. Unlikely as it sounds, full-look beige is slated to become 2019's power colour of choice.

Resort-appropriate shades of ecru, beige, sand and—tastily enough—oatmeal, are making a much-prayed-for return to full form this season.

No longer just a base or a filler, let the shade stand on its own in a monochrome look, or pair it with white and grey.



SAY IT WITH A SNEAKER

Sneakers are nothing new, but it seems 2019 will be another year of sneaker mania. This year, fashion girls are going beyond the classic whites and opting for statement-making shapes and colours. Style back with...everything!



PERSONALITY PRINTS

Polka dots, stylised snake and animal prints have shaken off their kitsch connotations for AW19. Embrace your animal instinct and pounce on this fashion trend any way you please.



LADY LUXE GOES DAY

It's all about the long-sleeved dress with floaty hemlines. Team back with knits, boots or sneakers for a more casual take on this feminine trend.



SLIPPERY AS SILK

It's been a minute since satin was on the designer radar, but the luxury fabric is back in action from international designer houses to high street stores. There is no escaping this trend. Test the silky look at your next formal event, wear it as a button-down for the office, or pair a silky skirt back with a knit and sneakers.



OFF BALANCE NEVER LOOKED SO GOOD

Asymmetric off-the-shoulder necklines done slouchy, architectural, or draped and fluid—there is no escaping this not-so-friendly winter trend. Think of it as an opportunity to show a hint of skin during the cooler months.



HIS AUTUMN/WINTER STYLE



PERSONAL STYLING SERVICE

Cara offers personal fashion styling and image consultancy services for both men and women, accommodating budget and lifestyle requirements.

To make your appointment or to find out more, please, call Cara on 0421 489 688.

PRODUCT DETAILS

THIS PAGE

- 1 Brunello Cucinelli double-breasted shearling coat \$17,005 mrporter.com
- 2 Universal Works striped wool-blend rollneck sweater \$369 mrporter.com
- 3 A.P.S petit new standard skinny-fit dry selvedge denim jeans \$282.43 mrporter.com
- 4 The Laundress denim care set \$45 mrporter.com
- 5 Brunello Cucinelli canvas and full-grain leather holdall \$5,015 mrporter.com
- 6 Brunello Cucinelli suede boots \$2,035 matchesfashion.com
- 7 Pradaslim-Fit cashmere sweater \$1,087.60 mrporter.com
- 8 Saturdays nyclogo-print cotton-jersey T-Shirt \$85 mrporter.com
- 9 Ray-Banerika round-frame tortoiseshell acetate sunglasses \$213 mrporter.com
- 10 White sand mid-rise straight-leg twill trousers \$250 matchesfashion.com
- 11 nonnative + Liberty London hunter cotton and linen-blend twill hooded field jacket \$1,659 mrporter.com
- 12 Converse One Star OX suede sneakers \$112 mrporter.com

OPPOSITE PAGE

- 13 ETRO burgundy slim-fit linen and wool-blend suit jacket \$1,559 mrporter.com
- 14 Tom Ford slim-fit button-down collar checked cotton shirt \$599 mrporter.com
- 15 Tom Ford metallic silk-jacquard tie \$291 mrporter.com
- 16 ETRO burgundy slim-fit linen and wool-blend trousers \$530 mrporter.com
- 17 Tom Ford dark-brown leather belt \$1,009 matchesfashion.com
- 18 BERLUTI Lorenzo leather loafers \$1,767 matchesfashion.com
- 19 Z Zegna grey techmerino wool-jersey suit jacket \$3,005 mrporter.com
- 20 Z Zegna techmerino wool t-shirt \$495 mrporter.com
- 21 Z Zegna grey tapered techmerino wool-jersey drawstring suit trousers \$969 mrporter.com
- 22 Brunello Cucinelli suede-trimmed leather sneakers \$1,455 matchesfashion.com
- 23 Native Union drop wireless charger \$129 mrporter.com
- 24 Suunto 9 Baro GPS stainless steel and silicone digital watch \$925 mrporter.com
- 25 Hugo Boss ribbed virgin wool, silk and cashmere-blend rollneck sweater \$465 mrporter.com
- 26 Rag & Bone Fit 3 denim shirt \$335 mrporter.com
- 27 Cartier eyewear aviator-style leather-trimmed gold-tone sunglasses \$2,976 mrporter.com
- 28 Johnstons Of Elgin fringed cashmere scarf \$291 mrporter.com
- 29 Rag & Bone Patrick checked wool and cotton-blend trousers \$479 mrporter.com
- 30 Polaroid Original Sx-70 Sonar camera \$1,105 mrporter.com
- 31 Converse 1970s Chuck Taylor All Star canvas sneakers \$112 mrporter.com
- 32 Bottega Veneta Intrecciato detailed leather bomber jacket \$5,820 mrporter.com
- 33 Stüssy Malcolm striped cotton-jersey t-shirt \$145 matchesfashion.com
- 34 Bottega Veneta intrecciato cotton polo shirt \$650 matchesfashion.com
- 35 Acne Studiostoronty logo-jacquard wool-blend scarf \$306 mrporter.com
- 36 Dunhill slim-fit denim jeans \$385 matchesfashion.com
- 37 Bottega Veneta Intrecciato suede slip-on trainers \$950 mrporter.com

TACTILE FABRICS

Tactile fabrics are a simple way to update your wardrobe in a trend-led way without stepping too far out of your comfort zone. All of these layering pieces can be worn smart or casual and will make your usual outfits feel new.

RELAXED-LEG TROUSERS

Over the past few seasons, looser cuts and more relaxed shapes have worked their way off the runways and onto store rails. This voluminous way of dressing has infiltrated everything from coats and hoodies to suits and shoes (if you count the chunky trainer trend), but it arguably looks best down below on dad jeans, pleated trousers and not-so-tailored separates.

The easiest entry into the world of wider fits is with denim. No need to go full Slim Shady though—a straight leg is a good first step. For a smarter look, it's wise to wear something with weight, like a wool-mix. This will gather nicely on your shoe rather than just looking like you've got your dad's trousers on.

STANDOUT TAILORING

The navy suit. Stylish, yes. A wardrobe cornerstone, most definitely. But exciting? Not necessarily. For this reason—and because menswear itself has become increasingly ballsy—a sartorial reshuffle has been bubbling away under the surface for the past 12 months. Your tailoring now comes in technicolour. Try your hand at burgundy, teal and patterns.

UTILITARIAN SUIT

With athleisure and fitness gear now a staple part of everyday wardrobes, guys are paying more attention to what pieces do rather than just how they look. Technology is not just confined to better and more efficient business—it's making its way into suit attire. One way to show you have your finger on the pulse is to pair a hybrid athletic-suit with tonal trousers and a simple crew neck T-shirt.

NOD TO THE 70'S

If there is one overarching trend this season, it's the 1970s. The decade that style supposedly forgot is now informing—colours, patterns and cuts—and even fabrics with corduroy inexplicably making a comeback. Pay homage to the trend and apply a contemporary twist to ensure you wear the look and not the other way round.

BROWN EVERYTHING

On paper, brown is far from the sexiest tone on the colour wheel. The reason brown works so well is because it's an easy-to-throw-on colour, up there with black and navy, but allows textures to pop so much more. Use it to show off the slight sheen of suede or the shadows that form in the ridges of a chunky knit.



THREE MINI BREAKS FROM CANBERRA

Words by Amanda Whitley and Beatrice Smith

Canberra isn't just a destination in its own right—it's also the perfect base for a mini break. Whether you're into sea, snow or salut (wineries galore), there's one for you.



Photo by Tim Bean



Sea

Kiama, Gerringong and Gerroa may not be the 'south coast' as we know it but there's a lot happening in this seaside destination.

EAT

THE FAMOUS BERRY DONUT VAN

Colin and Shirley London created the van that once travelled around Australia for a year, and then decided that Berry was to become its permanent home. These donuts are hot, light, fresh, covered in sugary cinnamon and utterly irresistible.

73 Queen Street, Berry | Facebook @The-Famous-Berry-Donut-Van



Photo by Tim Bean



Photo by Tim Bean

MILKWOOD BAKERY

The sister café to Berry Sourdough Café, this bustling little bakery on the main street of Berry is one not to miss. Established in 2012, Milkwood Bakery serves up a full range of organic artisan sourdough, cakes, pastries, daily specials and the best pies you will ever taste. Also on offer is takeaway coffee, tea, hot chocolate and freshly squeezed juices.

109 Queen Street, Berry | berrysourdough.com.au

CROOKED RIVER WINES

With unbeatable views over the Gerringong headland to one side and a lush green valley on the other, Crooked River Wines' cellar door tasting is a must-do. Established in 1998, Crooked River has won multiple awards for its premium quality red and white wines and now boasts over 15 varietals.

11 Willowvale Road, Gerringong | crookedriverwines.com

PLAY

BUENA VISTA FARM

Fiona and Adam's sprawling Buena Vista Farm sits under lush Moreton Bay figs and looks out over the rolling hills of Gerringong. With a market garden, beehives, goats, pigs and a cooking school that teaches everything from sourdough bread baking to fermenting and cheesemaking, this is a home chef's paradise. Classes are held weekly but—be warned—they book up in advance.

buenavistafarm.com.au

THE LITTLE BLOWHOLE

Kiama's famous blowhole may be a little tricky to find, but it's well worth the effort. When there is a good swell and seas are coming in from the northeast, the spray reaches impressive heights. Enjoy the views from the rocky foreshore or the viewing platform. You can even walk around the headland from here to Easts Beach.

Tingira Crescent, Kiama | kiama.com.au

DEER WILLOW

Located just a stone's throw from the harbour, Deer Willow's achingly-chic minimalist space holds treasures like triple-milled French soap, Turkish towels, ceramics by local designers, candles by Husk and jeans from Assembly.

12 Manning Street, Kiama | Facebook @deerwillow

STAY

DOVECOTE

Dovecote (pictured above) offers two accommodation options. Headland House is a dramatic, architectural and spacious home with soaring cantilevered pavilions that reach out over the rolling hills and capture picture-perfect views. Sleeps eight guests.

Perfect for a romantic getaway or small gathering, Escarpment House is tucked into the hill on the western side of Dovecote. It features two bedrooms and a cosy living area. Sleeps four guests.

Contact the concierge on 0447 005 092 | dovecote.com.au

SEACLIFF HOUSE

If you're planning a special occasion in Kiama, Seacliff House's country-chic interiors, pool, expansive grounds and wood burning fireplace should do the trick. A private house surrounded by lush pastures and views of the sea, Seacliff House sleeps up to 12 and even has an outdoor fire pit and games room.

seacliffhouse.com.au

THE SHED

Modern, minimalist and featured in House & Garden Magazine, The Shed Gerroa is a barn-like space that features floor-to-ceiling windows overlooking 100 acres of farmland. With room to sleep eight, and three separate bedrooms, this is perfect for a getaway with your whole family or friendship group.

theshedgerroa.com

Snow

The road from Canberra to Thredbo is much-traversed in the colder months, packed with keen skiers and families seeking a winter wonderland. But you don't need to set foot on the slopes to enjoy the riches of the road to the snow.

EAT

THE LOTT

A great lunch option is The Lott, a cosy spot with an open fire in winter. A regular in the Good Food Guide, it's located within a 100-year-old wool store and focuses on regional produce. The menu changes seasonally and they've now introduced takeaway options for lunch on the run.

177-179 Sharp Street, Cooma | lott.net.au



Photo by Tim Bean

WILDBRUMBY

You can't go past a visit to wildbrumby schnapps and gin distillery for a true mountain experience. It comes complete with a European-inspired menu and schnapps tasting, and an infectious atmosphere.

Alpine Way & Wollondibby Road, Crackenback | wildbrumby.com

CRACKENBACK FARM

Crackenback Farm is a hidden gem and local favourite with delicious cuisine created by chef Jodie Evans. Enjoy an afternoon of fine wine and food as you soak up winter in the mountains.

914 Alpine Way, Crackenback | crackenback.com

PLAY

SKIFIELDS

The Snowy Mountains' four winter resorts offer something for everyone. Perisher is the largest resort, Thredbo has the longest run, Charlotte Pass is only accessed by over-snow transport and Selwyn Snowfields is a fun family resort.

thredbo.com.au

THE CHRISTMAS BARN

The Christmas Barn is like a magical, mystical festive journey with a huge store packed to the brim with beautiful Christmas trees and decorations. Childhood dreams are made here! Open June to December—it's never too early to celebrate.

23 Monaro Highway, Bredbo | bredbochristmasbarn.com.au



BIRDSNEST

If you're in the mood for some retail therapy, take a wander around the flagship store of online fashion giant, Birdsnest, for beautiful clothes, a unique shopping experience, and the opportunity to stock up on some winter necessities.

232 Sharp Street, Cooma | birdsnest.com.au

STAY

THE POST OFFICE

The Post Office has come a long way from its early beginnings delivering parcels and letters to the high country pioneers. This stylish and unique cottage with an attached converted barn has been featured in Australian Country Style, Home Beautiful and Vogue Living magazines. If you love understated luxury, you'll feel right at home in this unique alpine hideaway set in the heart of the Snowy Mountains.

1056 Alpine Way, Crackenback | penderlea.com.au

LAKE CRACKENBACK RESORT AND SPA

Surrounded by mountains, Lake Crackenback Resort and Spa is a five-minute walk from the Bullocks Flat ski area and 17 kilometres from Thredbo's ski resort. There's a bright waterside bar/restaurant, plus a relaxed cafe with a kids' menu. Onsite activities include archery, trampolining and water sports, as well as hiking, biking and tennis. There's also a spa, a 9-hole golf course, a gym and an indoor pool.

1650 Alpine Way, Crackenback | lakecrackenback.com.au

SKI IN SKI OUT

Ski In Ski Out is set right on the Crackenback Ridge and the snow is literally on your doorstep. These quality apartments are spacious, well fitted out and the basement spa is a treat after a hard day on the slopes.

skiinskiout.com.au



Photo by Tim Bean

Salut

The countryside surrounding Canberra is brimming with world class wineries and cellar doors just begging to be explored. Grab your designated driver and explore!

EAT

POACHERS PANTRY

Surrounded by vineyards of grapes used to produce the elegant cool-climate wines at Wily Trout Vineyard, Poachers Pantry is a piece of rural life mere minutes from Canberra. Settle in for brunch or lunch in the original weatherboard farmhouse or sit outside and soak in the country air.

431 Nanima Road, Murrumbateman | poacherspantry.com.au



Photo by Tim Bean

ROBYN ROWE CHOCOLATES

Take a short but picturesque drive along Nanima Road to discover the delights of lovingly hand-crafted chocolates at Robyn Rowe's Chocolate d'Or. Made with the highest quality imported Belgian Callebaut Fair Trade couverture, Robyn's chocolates are deliciously smooth, glossy and creamy.

1153 Nanima Road, Murrumbateman | robynrowechocolates.com.au

CLEMENTINE RESTAURANT

Clementine is a warm and vibrant regional restaurant in the heart of Yass. Set in a 1950s weatherboard cottage with views across the lawn to the striking Lovett Chapel, the menu is strongly influenced by regional French-Italian style cooking and changes weekly to utilise the highest quality seasonal produce. The well-considered wine list is dedicated exclusively to local wines.

104 Meehan Street, Yass | clementinerestaurant.com.au

PLAY

HELM WINERY

Ken Helm is somewhat of an institution in the Canberra District wine scene and a long-time advocate for rieslings. The Helm Wines tasting room is the 1888 Toual Public School House, listed by the National Trust and the inspiration for the school bell featured on their label. It was once used for meetings of the Temperance League, where locals signed the pledge against alcohol! The Half Dry Riesling is a cracker.

9 Butts Road, Murrumbateman | helmwines.com.au

FOUR WINDS WINERY

Take the scenic route via Murrumbateman Road and stop in to Four Winds Vineyard. These guys love the simple things: great wine and wood-fired pizzas. Pull up a chair overlooking the vineyard, a glass of handcrafted wine in one hand and a melty slice in the other.

9 Patemans Lane, Murrumbateman | fourwindsvineyard.com.au

CLONAKILLA WINERY

This place hardly needs an introduction—Clonakilla has become synonymous with award-winning wine. This family winery's recently made-over cellar door is nestled on the fringe of Murrumbateman and gives you a chance to see what all the fuss is about. Be sure to try the Clonakilla Shiraz Viognier.

3 Crisps Lane, Murrumbateman | clonakilla.com.au

STAY

THE NEST

Rest easy at The Nest at Gundaroo. With five generous self-contained luxury villas, there are options for couples and families.

56 Cork Street, Gundaroo | thenestgundaroo.com.au

GUNDAROO COLONIAL INN

If you're after true country style accommodation, The Gundaroo Colonial Inn is the go. Don't expect anything fancy, but it's perfectly comfortable and clean.

23 Cork Street, Gundaroo | gundaroo colonialinn.com.au

OR LEAVE THE CAR IN CANBERRA

A designated driver is a must for this itinerary. If no one is keen to lay off the vino, we recommend Vines and Wines who run regular wine-tasting tours around the region and can organise private tours for groups of eight or more.

vineswines.com.au



MATTER OVER MIND – THE POWER OF LETTING GO

Learning to find balance between the mind and body is one of the best ways to look after your overall health and wellbeing. Dr Andrea Murray tells us how.

Words by Dr Andrea Murray, Clinical Neuropsychologist

THE MIND AND BODY are intimately connected and our experience at any one moment in time is dependent on a balancing act between the two. We can reminisce about past experiences, become completely absorbed in the present, or spend time planning and organising for our future.

When the mind is in charge, it likes to rewind into the past or fast-forward into the future—these are the spaces where it feels most productive! Revisiting yesterday's experiences provides us with valuable learning opportunities, and speculating about what tomorrow will bring stops us from feeling stagnant.

The body, on the other hand, is much happier to live very much in the here and now. It is perfectly at peace with going about life at a much slower pace.

It wasn't always like this. As children, the delicate balance between the mind and body is very one-sided, consisting of mostly body with minimal mind. We spend our days meeting present moment desires with very little thought about what has been and what is yet to come. Try telling my three-year-old it's time to leave the park when a cute cavoodle puppy has just rocked up and wants to play—it's not going to go down well!

Children are consumed with meeting basic needs and nothing too much more—I am hungry, let's eat now; I am tired, let's sleep now; I am bored, let's play now. Don't get me wrong, this is not a bad thing. Life is pretty blissful when it's okay to forget about the future and past.

The problem is, as we move into adulthood, this state of living entirely in the present moment can become slightly problematic.

As adults operating in our modern-day society, it is vital that the mind weighs in at times. The scales tip to instead favour the mind over the body, to enable us to successfully navigate our way through the complexities of life. When our mind is working harmoniously with our body,

our needs are heard and honoured when they can be—after the mind takes into consideration our current responsibilities, the needs of others, and any other important circumstantial evidence.

But this is often not the case. The mind has a tendency to dominate and stop listening to the body, particularly when we are tired and stressed. With its volume turned up, the mind can become loud and overbearing. It starts to beat us up about something we have done (past tense thinking), or something we are yet to do (future tense thinking), and has us obsessing about these things until it is satisfied we have addressed them.

On Saturday I should have been making the most of a day off. It started perfectly—a sleep in, a brunch out, and a walk around the lake. About halfway around the lake on a fairly repetitive stretch of sidewalk, it all began to unravel. My mind decided it was no longer happy taking the morning off and started (not so subtly) reminding me about the impending deadline for this article you're reading right now. Enter: extreme stress state.

Despite being a perfectly normal response, this worry about the future (or past) is not actually all that helpful—it stops us from enjoying life as we should. So next time your mind starts to dominate, here are three simple steps to slow it back down and bring it back to the present moment.

GO SLOW

1. Clear your mind

When your mind becomes loud and bossy, give yourself a moment to acknowledge the thoughts that are there and then clear them from your mind.

A helpful way to clear the mental slate is to write your thoughts down on a blank sheet of paper or into a fresh page of your notebook. Once you have your thoughts written clearly down in front of you, they become much easier to sift through, allowing you to clarify whether or not there is anything helpful (e.g. "don't forget to pick the kids up from school"), or whether it is just plain noise (e.g. "I'm so stressed out right now because I have a million things to do").

When distinguishing helpful from unhelpful, ask yourself the question "is this something I am in control of?". If you decide it is a helpful thought, put it on your to-do list. If it is not, simply let it go.

Once your thoughts have been dumped onto paper, you no longer need to spend time and energy holding onto them, and your mind can begin to slow down.

2. Make a to-do list

Making to-do lists is something you probably already undertake, and if you are one of these people all you need to do with your "helpful thoughts" is allocate them time within your already existing schedule.

If you don't make daily to-do lists (yes, every single day), you're missing out and I can't recommend this highly enough! Find a time in your day, preferably first thing in the morning, to write out all the tasks you must accomplish. Include literally everything, from your morning coffee, to email time, to doing your chores.

When you are done with each task, place a checkmark next to it, to give yourself a little sense of accomplishment.

3. Take Five

Once you have cleared your busy mind, it's time to tune back into your body and listen to what it's telling you. If you're tired or stressed, this is the moment you need to act, to take time out and reset.

Changing up your environment is a great way to bring yourself back into the present. Give yourself permission to have a coffee break, step outside, spend time in green spaces, or take a few long, deep breaths.

Whatever you need to restore the balance, allow yourself time to do it and be okay with making this decision. Learning to find balance between the mind and body is one of the best ways to look after your overall health and wellbeing.

Need some more help slowing down your life? Go to behere.co ■

“The mind has a tendency to dominate and stop listening to the body, particularly when we are tired and stressed.”



FALLING FOR FIGS

These succulent little parcels are the perfect base for sweet and savoury dishes. Explore the possibilities.

Styling by Belinda Neame · Photography by Tim Bean



Baked camembert with gooey fig jam & roasted nuts

INGREDIENTS

1 Camembert wheel in wooden box
2 tbsp fig jam
1 large handful of roasted, unsalted nuts (we used walnuts, almonds and pecans)
1 sprig of fresh rosemary, split into 4 pieces

METHOD

Preheat oven to 180 degrees. Remove the lid and foil wrapping from the Camembert and place back in the base of box. Line a baking tray with baking paper and place the Camembert in the middle of the tray.

Using a sharp knife, gently score the top of the Camembert. Don't go too deep. Spread 1 tbsp fig jam on top of the cheese. Place the rosemary sprigs into the Camembert, around the outside of the cheese.

Mix together the nuts and the remaining 1 tbsp fig jam until the nuts are coated. Gently pile the nuts on top of the cheese.

Bake in the oven for 8-10 minutes. You'll notice that the cheese puffs up a little and the jam will start to ooze down the side of the cheese. Remove from the oven and let it cool slightly before serving.

Serve warm with fresh figs and crackers.

Fresh fig, caramelised onion & goat cheese pizza

INGREDIENTS

4 - 6 fresh figs, cut in half
150g goat cheese (we love Meredith Valley)
1 tsp chopped fresh rosemary
½ cup grated mozzarella cheese
500g pizza dough at room temperature
1 tbsp olive oil
2 tbsp of caramelised onion (make your own, or grab a jar from the supermarket)
Olive oil
Semolina

METHOD

Preheat oven to 180 degrees.

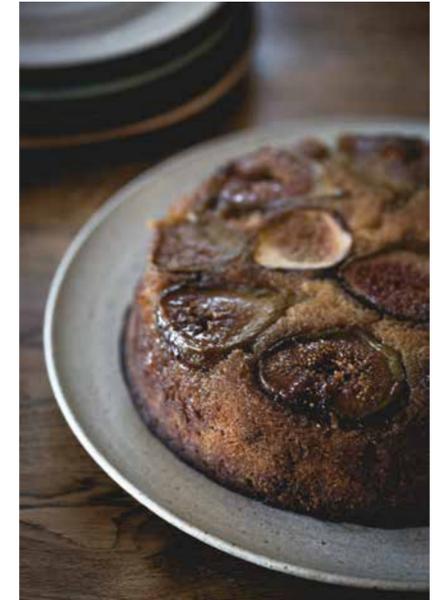
Roll out dough on a floured surface to about 1 inch thick.

Make it whatever shape you like! Dust a baking tray with a mix of plain flour and semolina and place the dough on top.

Brush a thin coat of olive oil on the dough and spread with 2 tbsp caramelised onion. Arrange the figs cut-side up and crumble the goat's cheese evenly over the top.

Finish with mozzarella cheese and sprinkle with rosemary.

Place in oven and bake for 15-20 minutes. Cut and serve with extra fresh figs.



Upside down fig & almond cake

INGREDIENTS

½ cup brown sugar
50g unsalted butter, chopped
6 large ripe figs, halved
185g unsalted softened butter
3 eggs at room temperature
¾ cup brown sugar
½ cup almond meal
½ self raising flour
½ plain flour

METHOD

Grease and line a 22cm round cake tin and preheat your oven to 180 degrees.

In a small saucepan, stir the butter and brown sugar over low heat until smooth. Pour into the base of the cake pan and place the figs evenly cut-side down.

In an electric mixer, beat the extra butter and brown sugar until light and creamy. Add the eggs one at a time, beating well until combined.

Transfer the mixture to a large mixing bowl and stir in the almonds and sifted flours until mixed through.

Pour the mixture into the prepared cake tin and spread evenly. Bake for about 1 hour.

Stand the cake for 5 minutes before turning out onto a cake plate.

Serve warm (or cooled) with vanilla ice cream or double thick cream—or both!



INSIDER GUIDE

OUR MUST-DO EXPERIENCES FOR AW19

Canberra comes alive in the cooler months, pulling on its winter coat and buzzing with experiences for every taste.

Words by Amanda Whitley

NATIONAL FOLK FESTIVAL

18 TO 22 APRIL

EXHIBITION PARK IN CANBERRA.

Join the celebration of traditional and contemporary folk life at the National Folk Festival with high-end entertainment and a program designed to inspire, enliven and entertain.

With more than 200 acts representing diverse styles such as acoustic, blues, roots, bluegrass, world, Celtic, traditional, gypsy and country in a program including music, dance, spoken word, film, circus and traditional crafts, there is something for everyone.

folkfestival.org.au



CANBERRA AND REGION HERITAGE FESTIVAL

UNTIL 5 MAY

VARIOUS VENUES ACROSS CANBERRA

The 2019 Canberra and Region Heritage Festival will be 23 days of celebration for the region's Aboriginal, historic and natural heritage. The theme for 2019 is 'SPACE' and not just outer space. There are so many meanings for space which means a bigger variety for you. Space can be a place or location, an interval of time, an expanse or clearance.

With more than 100 events, most free, you can enjoy tours, open days, dances, talks, dinners, markets and more. The festival raises awareness to the ongoing need to conserve the region's natural, historic and Aboriginal heritage.

environment.act.gov.au/heritage/heritage-festival



THE DRESSMAKER COSTUME EXHIBITION

18 APRIL TO 18 AUGUST

NATIONAL FILM AND SOUND ARCHIVE

From 1950s Dungatar to 2019 Canberra, the original costumes from the hit film *The Dressmaker* are coming to town. Audiences will be able to go 'behind the seams' of a diverse range of elegant vintage fashion worn by Hollywood stars and home-grown acting talents including Kate Winslet, Liam Hemsworth, Hugo Weaving, Sarah Snook, Judy Davis, Rebecca Gibney and more.

The exhibition, designed by Marion Boyce, features a spectacular range of haute couture worn by the film's stars. The Dressmaker Costume Exhibition celebrates the artistry of the film's sumptuous designs, as well as the transformational power of fashion.

nfsa.gov.au



SYDNEY DANCE COMPANY'S BONACHELA/ NANKIVELL/ LANE

2 TO 4 MAY

CANBERRA THEATRE CENTRE

Sydney Dance Company's 50th Anniversary bursts into life with a formidable triple bill from three remarkable choreographers—Artistic Director Rafael Bonachela, Gabrielle Nankivell and Melanie Lane.

Witness five virtuosic dancers in the world premiere of Bonachela's *Cinco* set to a dramatic string quartet. Soar beyond the clouds in Nankivell's new work *Neon Aether* and immerse yourself in a post-human world of primal seduction and belonging in Lane's 2017 smash-hit *WOOF*.

canberratheatrecentre.com.au

CANBERRA INTERNATIONAL MUSIC FESTIVAL

2 TO 12 MAY

VARIOUS VENUES ACROSS CANBERRA

The 25th Canberra International Music Festival revels in the ever-deepening artistry of baroque specialists from Australia and Europe, including Australian Brandenburg Orchestra, Bach Akademie Australia directed by Madeleine Easton and rising star Korneel Bernolet.

International heavyweights such as Brodsky Quartet, Quatuor Voce and Vyacheslav Gryaznov join forces with some of Australia's most charismatic artists: Kristian Winther, Andrew Goodwin, Natalie Peluso and many more.

cimf.org.au



MONET: IMPRESSION SUNRISE

7 JUNE TO 18 AUGUST

NATIONAL GALLERY OF AUSTRALIA

The Musée Marmottan Monet in Paris is the holder of one of the world's leading collections of works by Claude Monet, including the painting *Impression, Soleil Levant* (*Impression, Sunrise*), from which Impressionism takes its name. This painting rarely travels and was not even a part of the Grand Palais' Monet exhibition in 2010, the largest retrospective on the painter in France since 1980.

This masterpiece will be seen together with some 60 Impressionist and related paintings from the Marmottan, the Tate, and collections in France, Australia and New Zealand; as well as key paintings by JMW Turner and other Impressionist artists.

nga.gov.au/impressionsunrise

Pictured above: Claude Monet, *Impression, Soleil Levant* 1872. Musée Marmottan Monet, Paris, France. Gift of Victorine and Eugène Donop de Monchy, 1940.



2019 NETIER NATIONAL CAPITAL RALLY

10 TO 11 MAY

NETIER NATIONAL CAPITAL RALLY, PADDYS RIVER

The Netier National Capital Rally is Canberra's biggest Motorsport event, attracting competitors from all around Australia. A compact one-day format gives spectators easy access to all of the stages.

neternationalcapitalrally.com.au

FLORIADE

14 SEPTEMBER TO 13 OCTOBER

COMMONWEALTH PARK

Floriade is Canberra's most iconic annual tourism event and Australia's premier spring festival. The floral display of more than a million bulbs and annuals planted across 8,000 square metres of inner city parkland is more than just a flower show—it's a diverse, ever-expanding program of music, cultural celebrations, food and wine, horticultural workshops, market traders, artistic displays, entertainment and recreational activities.

floriadeaustralia.com



THE TRUFFLE FESTIVAL— CANBERRA REGION

1 JUNE TO 1 SEPTEMBER

VARIOUS VENUES ACROSS CANBERRA

Indulge in a feast of the senses and join in the fun at The Truffle Festival – Canberra Region. Taste and experience the magic of these highly-prized gems. Indulge in the special flavours and aromas of truffle dishes at local restaurants and cafes. Join a hunt and see for yourself how the talented dogs unearth truffles. Learn from the chefs and other truffle experts at a cooking class or demonstration, or pop along to a market and pick up some truffle delights for yourself.

trufflefestival.com.au



HANDMADE MARKET

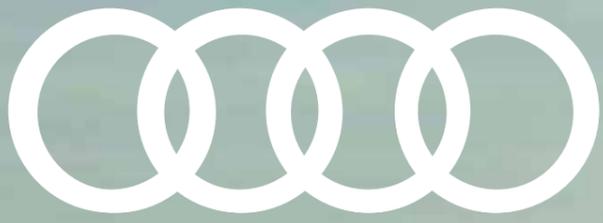
20 TO 29 JUNE

EXHIBITION PARK IN CANBERRA

Canberra's award-winning Handmade Market showcases more than 260 Australian designer/producers, bringing together the most talented artists, designers, stylists, craftspeople and producers from all over Australia, all under one roof.

You'll find everything from fashion, furniture, sculpture, ceramics, children's toys and clothing, jewellery, accessories and an indoor gourmet food & wine hall.

handmadecanberra.com.au



The all-new Audi Q8.

Enough Said



Audi Vorsprung durch Technik

Call Audi Centre Canberra today to book a test drive.

132 Melrose Drive, Phillip

Tel. 6281 1000 | audicentrecanberra.com.au

DL1700532