

ISSUE #07

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White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

Beauty and the *Bogey*





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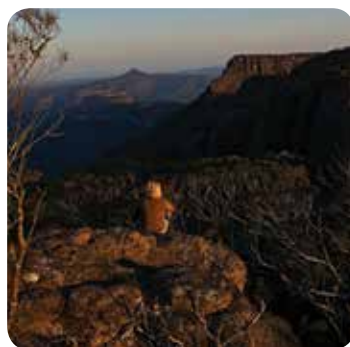
Cate Morrison 11 (left) and Ivy Lawson 10, have started FatCat Community Animal Service. They raise funds in order to help the elderly and the needy pay their vet bills.



Susan Dillon nee Woodruff (right) with her siblings Bill and Margaret at South Mollymook in 1969.



Beach bunny Susie Greentree at North Mollymook circa 1967.



Nigel Devenport on the Shrouded Gods in the Budawangs. Photo by Chris Zinon of Big Nature Adventures.



Julie Sydenham being feted at the 100 club ARTfest function at St Isidore. Photo by Ollie Cool.



The glorious MUDsingers led by Tina Broad performing during Escape ARTfest. Photo by Ollie Cool.



Renee and Lewis Tait captured at Narrawallee Beach on their wedding day by Heart And The Sea.



Gwen Johnson, Anne-Maree Kitchener, Heather Stewart and Robbie Roberts congratulate Vicky Hewitt on her retirement after 40 years service at St Mary's Milton.



Jennie Beasley with her daughter Hannah and grandson Ridge on the Mt Bushwalker track.



Gabrielle and Kim Matthews at the Mollymook Cup.

EDITORS' NOTE

'Summertime and the living is easy.' The hum of cicadas, crystal-clear water, salt-dried skin and mango and ice cream are some of our summer loves. But for the first time, we've included a few of our reader's favourites in our 'What We Love' column.

Not surprisingly, our focus in Issue #7 falls on our beautiful beaches. For many years there has been a group of women who meet at the Bogey Hole, where they swim, sunbake and share the highs and the lows of each other's lives.

The Bogey Hole ladies have been perfectly captured by photographer Dean Dampney and he's also shared some impressive images of our local area as seen through the eyes of children.

Professional big wave surfers, Brett Burcher and Russell Bierke have a special bond. They travel the world doing what they love, committed to conquering the big waves despite some serious setbacks.


As Julie Sydenham steps back from her role as coordinator of ARTfest, we discover more about the passion that drives her artistic endeavours.


We thank the Mollymook Turf Club for inviting us to judge the Fashions on the Field at the recent Mollymook Cup event. It was a great day out.


So dive into our bumper summer issue and take it easy!

Virginia & Terri

LET'S CONNECT

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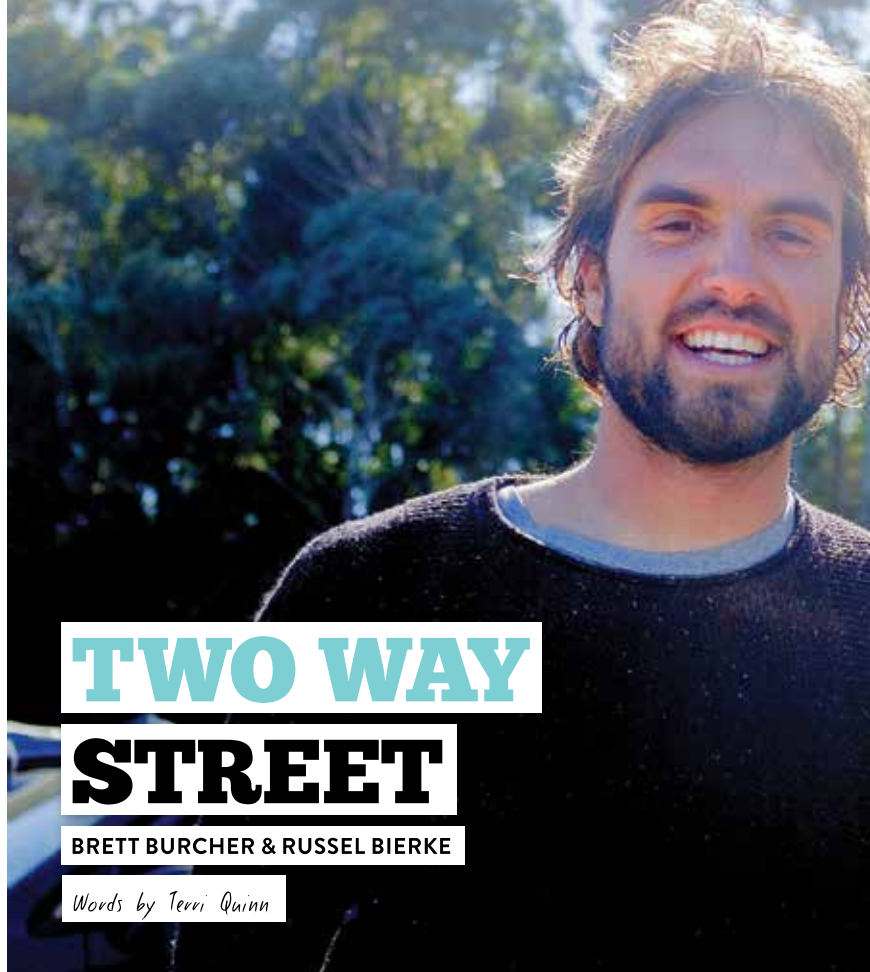
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Cover Photo: Dean Dampney



Paddling into 15-foot swell is a feeling few will experience. But for professional big wave surfers Russell Bierke and Brett Burcher, it's just another day at the office. Earlier this year, when Brett wrote a piece about his mate for Australia's surfing bible, *Tracks Magazine*, he spoke of "the mental strength" it takes to master massive waves ... something this pair has plenty of.

Russell's backstory is the perfect scenario for a surfer knocking on the door of the big time. He was born in Hawaii to an American father, Kirk, a big wave surfer and board shaper, and an Australian mother, Leanne, who taught him to surf as a toddler in the whitewash.

When Russ was five, the family moved to the north coast of NSW, where sister Claire was born, and by the time they landed in Ulladulla two years later, Russell was "fully into surfing" and quickly joined the Boardriders Club. It was here that he met Brett, who began surfing at age seven with his dad, Mark, at Mollymook Beach.

Brett recalls the arrival of "a sandy little grom" on the scene, and even though he's eight years older than Russell, the two quickly bonded. When Russell was 14, his first surf trip away without his parents was with Brett. "He out-surfed us older guys," Brett says. "He completely did us up."

They agree that years spent in the water teaches you how the ocean works, and you learn to instinctively put yourself in the right position. But achieving at a high level in big waves takes something more. In the *Tracks* article, Brett describes Russell's indomitable style and "the commitment and skill it takes to accomplish that level of surfing."

In June last year, those traits were on full display in the event that would change Russell's life – Red Bull Cape Fear. At 18, he was the youngest competitor, and the conditions were treacherous – the biggest waves ever ridden in what is renowned as one of the more dangerous surf spots. As Brett says, "It was nuts."

For Russell, it was a nerve-racking few days, where his focus was simply on surviving. His fearless determination on the final day scored him a perfect 10 and triumph in the event. The crazy swell went down in history, the footage was viewed worldwide and Russell's profile grew exponentially.

He followed up Cape Fear with multiple international surf magazine covers and the release of online movie *Bezerke*. The play on words is no accident ... Brett is in awe as he describes how Russ pushes it more than most, and has a calculative mind when it comes to reading the swell: "That gives him an edge ... as well as being crazy!"



Brett Burcher
(left) and
Russell Bierke at
Golfy carpark,
Mollymook.

There is a lot of respect between the two, but also some friendly ribbing that keeps things in perspective. Brett's image recently appeared on a range of Havaiana thongs, and Russ laughs, "We're all trying to get a pair so we can walk all over Brett!"

While Brett is reticent to discuss his own career highlights, Russ reveals that he won the Junior Surf Masters at Cronulla, released a surf movie *Carpark Stories* and has a "bunch of covers." Brett downplays it all, "But that was years ago!"

●● Brett recalls the arrival of "a sandy little grom" on the scene, and even though he's eight years older than Russell, the two quickly bonded.

For the last few years, Brett has worked his surfing around studying, and occasionally writing articles for magazines when something comes up which interests him. The opportunity to do a story on Russell was one of those times. The *Tracks* piece was a special tribute from one mate to another.

Unfortunately both Russell and Brett have experienced life-threatening accidents in their careers. Brett was surfing in a remote part of South Australia in 2015 when he had a wipeout that resulted in two fractured spinal vertebrae. He remembers the long two-hour drive to medical assistance, and then being airlifted to Adelaide. His recovery included two months in a body brace.

Russell's near-death experience in April this year, near Bells Beach, was well documented. He was knocked out by a hit to the chin from his board, and would have drowned if not for the quick response from fellow surfers. Luckily a jet ski was on hand and his mates, including 11-time world champ Kelly Slater, got him to shore and into an ambulance.

For both guys, healing came through physical

activity – training together and of course surfing. But they do admit to nerves when it was time to get out there again. Brett says, "I don't do some of the stuff I used to ... I'm wary of shallow water." Russ tries not to dwell on it: "I'm more aware of where my board is when I'm underwater," he says. "But I've let it go as a freak accident."

One particular *Tracks* cover last year was special for Brett. It was shot when he returned to near where he broke his neck – his first trip after the accident. "I love it so much there, I felt I had to get back ... It worked out well." Russ agrees: "A bit of redemption."

Their surfing careers enable them to travel all over the world, and that's one of the things they enjoy most. When we talked, the pair were preparing to head to Europe for six weeks. Then Russell will go on to Hawaii to follow the winter swell – his ultimate goal being to make the Big Wave World Tour. "I feel like I'm close ... we'll see how this winter pans out."

After 10 years, Brett feels he's coming to the end of his time with pro surfing. "I've milked it long enough," he says. "It's time to do some other stuff."

The friendly banter rolls into an analysis of each other's surfing style. "I'd like to have the paddling speed that Burch does. I'd love his long arms ... his technical approach is amazing." Brett quips, "I'd take his balls (laughs) and his sponsors!"

When asked about their favourite spots, both believe you tend to surf where you live. For Russell, it's south side at Racecourse. "If it's flat like today, it has the best wave." For Brett it's still Mollymook: "The waves aren't always as good, but it's home and I love it." **W**

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LINEN DOUVET COVER

From The Beach People. Sourced and used by Interiors 2538.

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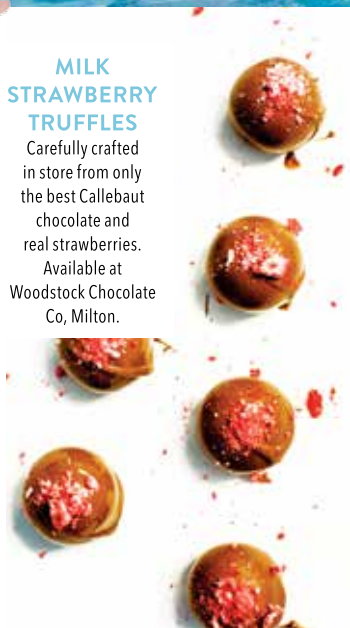
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Beauty and the Bogey

WORDS BY VIRGINIA CONNOR
PHOTOS BY DEAN DAMPNEY

The first time I was asked to go for a swim at the Bogey, I thought it was some kind of a joke ... I mean, what sort of name is that? But after wading into the crystal clear water of the rock sheltered tidal pool, situated between South Mollymook Beach and the popular Golf Course Reef north of Collers Beach, I was enamoured. Three lovely ladies, who have shared countless hours at the Bogey Hole over many years, spoke to Whitewash about this special place.

Ninety-year-old Shirley Smith started taking her kids to the Bogey in 1962, while her husband played golf at the nearby Mollymook Beach Course. The family would pile into the car and drive up from their home at Tabourie. Back then

you could only access the Bogey by trekking around the headland from South Mollymook Beach. But the walk was well worth it because the safety afforded by the natural rock formation, acting as a breakwater, meant Shirley could relax while the four children swam and explored the rock pools.

Shirley recalls being told by a local when she first started visiting the Bogey that a group of men used to swim there regularly in the '50s. But several large rocks in the centre prevented them from completing their laps. Some believe that the ingenious group arranged for a bulldozer to move the rocks aside, creating the open space enjoyed there today.

By the time Shirley moved to Mollymook in

1979, a pathway had been constructed from the car park at Golfy Reef. She says that a former resident of Riversdale Ave sold some of his land to council for the car park, because he was tired of the surfers walking through the property to get to the break, and the pathway was a condition of the sale. The easy access meant Shirley could visit daily, on her own at first, and later teaming up with a group of women who became affectionately known by locals as 'The Teabags', due to their routine of bobbing gently up and down in the pool early each morning. At the time, Shirley's hair was arranged in a fabulous '60s-style up-do, so there was no getting it wet! Those peaceful morning swims at the Bogey, she says, set her up for the day ahead.



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Left to right:
Lenore Mitchell,
Shirley Smith and
Margaret Murray
at the Bogey Hole.

She still manages to get there regularly, apart from the coldest few months during winter. And while many of her 'Teabag' friends have passed on, new swimmers have quickly become regulars, and Shirley still happily chats and shares her stories with everyone who makes their way there.

Margaret Murray, 84, moved to Mollymook in 1990 from Tamworth. She laughs, "I was a real bush bunny!"

She met Shirley at the Bogey and soon became a daily visitor to the swimming hole. Margaret loved sitting amongst the rocks, reading and listening to her favourite bagpipe music through headphones. Shirley would swim early in the day, go home, do some chores and return to the Bogey, joining Margaret for the 'sun session'



around 10.30am. The pair became a regular sight, sunning themselves and dipping into the water to cool off in the heat of the day.

Lenore Mitchell moved to Mollymook in 1997 and quickly decided that the Bogey Hole was the place for her sun "therapy". An accomplished and glamorous tanning devotee with a Mediterranean heritage, she recognised fellow sun experts and loved the protected, almost private aspect of the small beach. She soon after commenced a personal challenge to obtain a tan as dark as Margaret's! The three women quickly became firm friends.

The trio not only share a love of the sun and sea, there are recipes to be exchanged, travel stories to share and discussions about family and life to be had. The few hours they spend together each day pass quickly, and it's always with reluctance they start the routine of folding their chairs, rolling towels and packing their beach bags. It sounds idyllic, but this daily ritual requires complex coordination of their individual commitments and activities outside 'Bogey business', as well as careful consideration given to weather forecasts and tide charts. Shirley even carries a water thermometer and announces a daily readout so they know what they are getting themselves into! The routine is almost regimental! Lenore laughs, "more like mental".

The Bogey attracts lots of people, especially young families who love the safe shallow waters. The ladies cite this as one of the many joys of their time there. They love seeing "little ones" enjoying the water and playing among the rocks, often pretending to be pirates or mermaids – their imaginary games encouraged by Shirley, Margaret and Lenore. Over the years they've met several families who visit each year, and they're always happy to see them come back to the Bogey.

● this daily ritual requires complex coordination of their individual commitments and activities outside 'Bogey business'

I wondered if the influx of tourists over the Christmas holidays put the ladies out at all. "No way!" they reply in chorus. They love it that others enjoy the Bogey as much as they do, though Shirley admits to having no hesitation in confronting anyone who is not respectful of others or, as she says, "just plain stupid". She's forthright about a couple of issues and explains, "They shouldn't be bringing dogs down to the Bogey during the day, especially large ones. There's no room and there are children about."

She also adds, "They can't go fishing at ▶



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Lenore and Shirley
test the water on
another perfect day
at the Bogey Hole.



Credit: Dean Dampney - www.cfcommercialphotographers.com

the Bogey, either. It's not legal and they should know it. I just tell them 'Get out! Go on, get!' and they do."

I am not surprised. These women have a quiet authority that few would question.

Margaret fondly recalls taking her grandchildren to the Bogey when they were visiting from Canberra during the holidays. "They are all men now," she laughs. "They have great memories of those times. They still call me 'Mrs M', so do the great grandchildren – I never wanted to be called 'grandma'."

Lenore brings her grandson and his friends to the Bogey during school holidays. The little boys love it, and are very careful not to splash about too much near the ladies. "They are always happy – there's plenty to do and see," she says.

The Bogey has been the venue for celebration and sad times, birthday parties, and times remembering friends who have passed on. There is a large rock on the right at the end of the path with several plaques commemorating people who have died.

"There are the two men who were long board riders," Shirley remembers. "Then there's

Lorna, who cooked fantastic scones and was a very hardworking volunteer, and Lorraine, who was a terrific swimmer ..."

The group becomes subdued, and they talk with sadness and respect of their friend Dawn, who passed away on a very hot day in January 2016, while taking a dip at the Bogey. She was 91, and a very elegant, gracious lady. It's clear they miss her, but they take solace in knowing she was doing something she enjoyed, at the place she loved, when her time came.

Shirley is slowing down (a little) and is thinking of moving up north nearer to her daughter. This causes shockwaves in the group, and they launch into the pros and cons of proximity to your family, as you get older. No consensus is reached but Margaret is clearly going nowhere. "My kids are in Canberra – it's lovely but it's freezing in winter. No way!" she says.

It's hard to keep these girls on track and the conversation meanders among shared memories of funny times, people they've known, what the grandchildren are up to, health issues and, of course, food ... they love to cook! But in the end, the talk turns to 'Bogey business', and they are

lining up their next rendezvous. Tide charts are out, weather forecasts have been committed to memory and they need to work around Lenore's Pilates class. A day and time is confirmed, weather permitting! (These seasoned sunbakers wisely don't place total trust in the forecast.)

The three have been friends for 20 years. They met at the Bogey Hole and they love being there – together. They meet for the company – not just each other's but also for the social interactions with so many others who regularly visit for a swim.

"I feel safe here," Lenore says. "I can swim without worrying that a big wave will knock me over." Before turning the talk to her friends, "We support each other. Whatever difficulties we are experiencing, we can talk about it and offer ideas and information to help. Being at the Bogey recharges my batteries."

Margaret is a little pensive and then, as if remembering something that has been overlooked, says, "You can sit here for hours and it's always the same. I think it's the beauty of the place ... the natural beauty and its tranquillity."

We all agree. [w](#)

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Angel Williams is living her cheese dreams. She was a cheesemonger for several years in Vancouver, Canada and then moved to Australia in 2015 to become a certified cheesemaker. Along the way, she published an ebook *How to Say Cheese* and is currently an assistant cheesemaker at Cupitt's Fromagerie at Ulladulla.

For four years Angel was the assistant manager at Benton Brothers Fine Cheese on Granville Island in Vancouver, Canada. It's one of the world's most thriving markets with over 11 million visitors a year, and this position fueled her passion for the cheese industry. However, Angel soon realized that many people felt intimidated by the cheese counter, and she wanted to enable them to become more confident. "It's much easier to enjoy discovering new flavour experiences when you feel you have a little bit of knowledge," she says.

So in order to connect more fully with potential customers, she and her best friend Bee Kapitan, collaborated for two years to create the extremely successful ebook, *How to Say Cheese*. The pair spent hours researching, taking photos and tasting amazing

cheese, to create this labour of love. The publication recently received a host of prizes at the iBook Author awards including the prestigious Best Book of the Year.

How to Say Cheese is far from a boring cheese reference. It's loaded with interactivity that also connects to social media. Angel explains, "Basically, in the ebook, I'm a virtual cheesemonger who answers those burning questions about unique cheeses from around the globe." The approachable, multi-touch publication has kept families in mind, and children will enjoy discovering the many dairy animal icons that are scattered throughout the book, each with a hidden surprise.

As cheese is a renewable food source for all times of the year, it's truly the ancient version of fast food. It's a great alternative for a quick lunch or an easy dinner — think summer picnics or a plate by a cozy fire.

"Cheese isn't something that needs to be fancy or only for special occasions and it can be fun trying different flavours and textures," says Angel. "As long as you love cheese, you don't have to be a connoisseur to enjoy it." •

How to Say Cheese can be found on the Apple iTunes iBooks store. P. 0423162477 or email Angel on howtosaycheese@gmail.com for further details.



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You are invited to come and enjoy *Aperitivo* at Cupitt's this summer between 5pm - 7pm. Keeping with the 'genuine' Italian dining experience, your first drink will be accompanied by a complimentary *cicchetti*, or palate cleansing small bite. Enjoy catching up with friends on the deck as the evenings lengthen over summer and the sun slips behind the stunning Budawang Ranges.

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SPOTLIGHT ON A LOCAL

JULIE SYDENHAM

Julie Sydenham's teachers were shocked when she announced in Year 12 that she wanted to be an artist. As an excellent student, eyeing a career in legal forensics, a throwaway comment from her art teacher resulted in a massive backflip.

"Are you prepared to not do your art after school?" asked her teacher. For Julie it was a 'light bulb' moment. "Absolutely not!" she replied.

Born in Camden, Julie's artistic talent took hold early: "As soon as I could make a mark I did... It was always there."

The family moved to Milton when Julie was nine and she attended Milton Public School where her future husband Greg was also enrolled. "We hated each other for a while there," Julie laughs.

After Year 12, Julie completed a Bachelor of Education majoring in Visual Art. She married Greg and they welcomed three children. After teaching art for nine years in Sydney, the family returned to Milton, where Julie was forced to

rethink her goals. In 2000, she took a risk and started her own studio, running ceramics classes out of a storage unit at Kings Point, with Greg hooking up an intricate bucket system, as there was no running water!

When the couple built their home in Milton, a new studio was incorporated and Julie's art classes went from strength to strength. Quickly realising there was a demand for art supplies, she also established the art store Splatters in Milton.

As Julie immersed herself in the creative community, she discovered local festival Tabula Rasa and got involved. In 2005, she attended a meeting and left as coordinator! New funding meant a name change and Escape ARTfest was born. It started small but under Julie's stewardship, it has evolved into a celebration that attracts visitors nationwide.

"So many people have been instrumental in growing the festival," says Julie, humbly. However, it's obvious that Julie's commitment to keeping the arts alive in this community has been integral to the festival's success. After more

than a decade in the role, she recently decided to step down from ARTfest to rediscover her own creative path.

Part of that involves her work as an illustrator, which had serendipitous beginnings. A few years back, while preparing for an exhibition at Cupitt's, Julie produced a narrative series of artworks. She asked her daughter Jasmine to write a story, which provided the impetus for 16 paintings. On completion, Julie photographed the pieces, and after adding Jasmine's story, she realised she'd produced a picture book.

She approached Garry Evans at Harbour Bookshop, who, along with his wife Michelle had been toying with the idea of getting into publishing. They quickly decided that this was the vehicle with which to launch their publishing house. The release of *When I Grow Up* was a highlight for Julie.

As soon as I could make a mark I did ... It was always there"

Around this time, author Di Morrissey visited Harbour Bookshop. She saw Julie's book and approached Garry about a collaboration. For Julie, this was the perfect gig: "I love the decorative element of painting and that's why I fell so easily into illustrating." Along with Harbour Publishing House, she and Di have now released several successful picture books together.

As Julie frees up some time, she is excited about the next creative journey. "My head's always swimming with a million ideas," says Julie. "I'm passionate about the storytelling aspect of art. It's those stories that knit our societies together that inspire me."

Julie is very proud to be chosen as a baton bearer for the upcoming Commonwealth Games - the selection criteria required someone who had contributed to the community in a significant way. No arguments there! But it's clear the fanfare plays second fiddle to the family life she and Greg have built. "I couldn't do what I do without his support," says Julie.

When the pair travelled to Europe, they loved the family-oriented communal spaces, where like-minded creatives share their music and art. "Milton with a piazza is my dream!" she says. **w**

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Lucey Best (left)
Karen Reilly (middle)
and Jo Delly (right)

WEDDING COLLECTIVE

WITH THE OLD CHURCH, ST ISIDORE

& THE WEDDING AISLE 2539

Credit: Heart & The Sea

The Old Church is an exclusive and wildly beautiful venue in Milton and owners, Phil and Karen Reilly, are thrilled to announce their collaboration with St Isidore restaurant and The Wedding Aisle 2539. Together they have formed a unique wedding collective capable of fashioning an event only limited by your imagination.

The Old Church and its grounds at Claydon Park, boast extensive, manicured gardens and picturesque views over the Milton Valley to the Budawang Ranges in the distance. Their large marquee provides a perfect reception venue and outdoor dining experience that allows you and your guests to take in the stunning surrounds while celebrating your special day.

The church itself hasn't been operational for many years. Instead it has been beautifully restored and converted into boutique accommodation for up to six guests and is included for two nights in all of the wedding packages. The garden, carefully tended by Kyla Hargreaves, is a truly magical place with three alternative ceremony settings that are equally lovely for any season.

The Old Church takes food very seriously, so partnering with St Isidore, a local one-hatted restaurant,

made perfect sense. Head chef Alex Delly and the St Isidore team provide exceptional service and design a menu that showcases the freshest local produce and celebrates the beauty of seasonal food.

St Isidore incorporates ingredients from Claydon Park, as well as their own garden, to create a delicious feast that will be one of the highlights of your celebration with family and friends. They also offer a premium wine and beer package that can be matched to perfection with your celebratory meal.

Onsite events manager Lucey Best, from The Wedding Aisle 2539, specialises in planning, coordinating and styling, and works directly with couples to translate their vision into a reality. Together with her professional team, she sources the best local vendors and uses her distinctive flair to create an unforgettable day designed to perfectly suit every couple.

The three-way team at The Old Church provides 'all inclusive' wedding packages that streamline the planning so you can enjoy the excitement and build up to your day. They would love to help make your dreams come true! •

W. theoldchurchmilton.com.au, theweddingaisle2539.com.au, stisidore.com.au. For all wedding enquiries email theoldchurchatmilton@gmail.com

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IN THE GARDEN

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LOCAL RECIPE

FISH CAKES

From Kate Rogers



These fish cakes are way better than bought fish cakes - especially if you can catch the fish yourself! I hope you enjoy one of my favourite and super easy recipes for summer.

- 700g of any fresh white flesh fish, skinned and boned, diced finely, about 3-5mm thick (black drummer is good for this)
- 4 shallots, sliced thinly including the green part
- 3cm knob of peeled ginger, finely grated
- 3 cloves of garlic, peeled and finely grated
- 2 long red chilli, finely diced
- 1 red onion, finely diced
- 1 bunch coriander, finely chopped
- 1 bunch parsley, finely chopped
- 2 tbs fish sauce
- 1 cup fine breadcrumbs
- 2 or 3 eggs

1. Mix all ingredients well in a large bowl to combine. The mix should hold together.
2. Shape into thin patties and lightly pan fry in sunflower oil until golden.
3. Serve immediately with side salad dressed with lemon juice. [W](#) Image: Google images



Credit: Tim Mooney

Tracey Gunn believes that health is more than just eating a balanced diet and getting a little exercise. She has a holistic approach to health and wellness that involves all aspects of life – what you eat, how you move, what you put on your skin and even how you think!

Tracey's interest in health issues began at 17 after her father passed away. When reading an article about macrobiotic principles and how food could heal cancer, she had an a-ha moment and wondered if this knowledge could have helped to save her father's life. So Tracey began eating organic wholefoods and immediately felt the benefits.

With the purchase of a puppy in her 20s, Tracey discovered the value of a raw food diet for her dog and this highlighted the idea of food as medicine. The death of her mother five years ago concreted her decision to further her knowledge by studying at The Institute for Integrative Nutrition (IIN) – an institution based on holistic principles of nutrition and disease.

After graduating, Tracey joined a local integrative medical practice as a health coach and works with patients to implement lifestyle protocols and diet procedures. She also coaches private clients and

supports them on their wellness journey.

Her passion for good wholesome food led Tracey to run educational cooking workshops, to arm people with knowledge and inspire them in the kitchen. The Milk Haus cooking school provides an amazing venue and Tracey loves the ripple effect that these days create in the community.

As a 200 HR yoga teacher, Tracey believes yoga supports the physical and emotional side of healing as it teaches you to ground, connect and be present. "Yoga is a great tool to help people cultivate balance and reduce stress," says Tracey. In her free time, she loves to create organic creams with pure ingredients to further reduce people's toxic load.

"Good health encompasses every facet of your life: from your relationships at home, work, and with friends, to education, career, finances, creativity, joy and spirituality," says Tracey. "When the scales are tipped you see people start to suffer and become stressed."

As a health coach Tracey helps clients identify these areas of their life and create a plan to assist people towards achieving optimum health. •

[Instagram @traceygunn](#), P. 0499550484, www.deliciousvibrantbeauty.com.au



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Left to right: Wade Henry, Ben McInerney, Tim Thomson and Gary Yates.



BROTHERS

Words by Jem Quinn

Local luminaries, Brothers, have had a busy year soundtracking events and functions up and down the south coast with their signature brand of folk, rock and reggae. Generally plying their trade covering old favourites and contemporary classics with their own unique styling, the troupe have now laid down a tasty five track EP of originals. *Southern Love* is a showcase of life-long musicians well honed in their craft doing what they do best.

My first memory of lead guitarist, Tim Thomson, was from Ulladulla skatepark in the late '90s belting out punk rock anthems with band mates, Losing Count. Several bands later, the tempo may have slowed somewhat, but the love of performing is still evident.

Front man Ben McInerney also had forays in the punk rock realm with Needless to Say (also with Tim) before heading up indie pop outfit and Triple J favourites, New Navy, and more recently Islandis.

While their musical pasts may be somewhat diverse, teaming up with Gary Yates on bass and Wade Henry (formerly of the Escalators) on drums, has been a winning formula, producing a matured sound that is quintessentially south coast.

As for the songwriting, Ben says, "Ideas for songs just come at random times at home or in the car. I'm always recording snippets into my phone. Some of the tracks were ideas I was fumbling around with back when I was playing with New Navy, but felt like they were better suited to Brothers."



Ideas for songs just come at random times at home or in the car."

The EP is quite a diverse display, seamlessly flowing from rolling country and folk, meandering into reggae and roots, with the clipped staccato of The Underground, followed by country and blues jam, Two Hearts. Ben's smooth vocals compliment the effortless melodies that flow freely throughout, making the offering an accessible listen for all comers, while demonstrating why their originals have been generating just as much buzz as the covers in their live performances.

After a solid year of gigs in 2017, Brothers are in high demand with only a handful of dates left free for 2018. Check them out at the Harvest Bar Milton on December 16th and Sussex Inlet RSL on January 12th. And make sure you head to brothersband.com.au for a free download of the *Southern Love* EP. [W](#)

E. brothersbookings@gmail.com [Instagram @brothersbandau](#)

SUMMER ALBUMS

Check the latest summer sounds recommended by our music columnist Jem Quinn.



Angus and Julia Stone
Snow



Winston Surfshirt
Sponge Cake



The Belligerents
Science Fiction



Hockey Dad
Blend Inn



Cub Sport
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Janice O'Neil and the team at Flight Centre Ulladulla always have their customers in mind and they work hard to provide the best possible outcome for all of your travel needs. So pay them a visit and kick off your travel planning for 2018!



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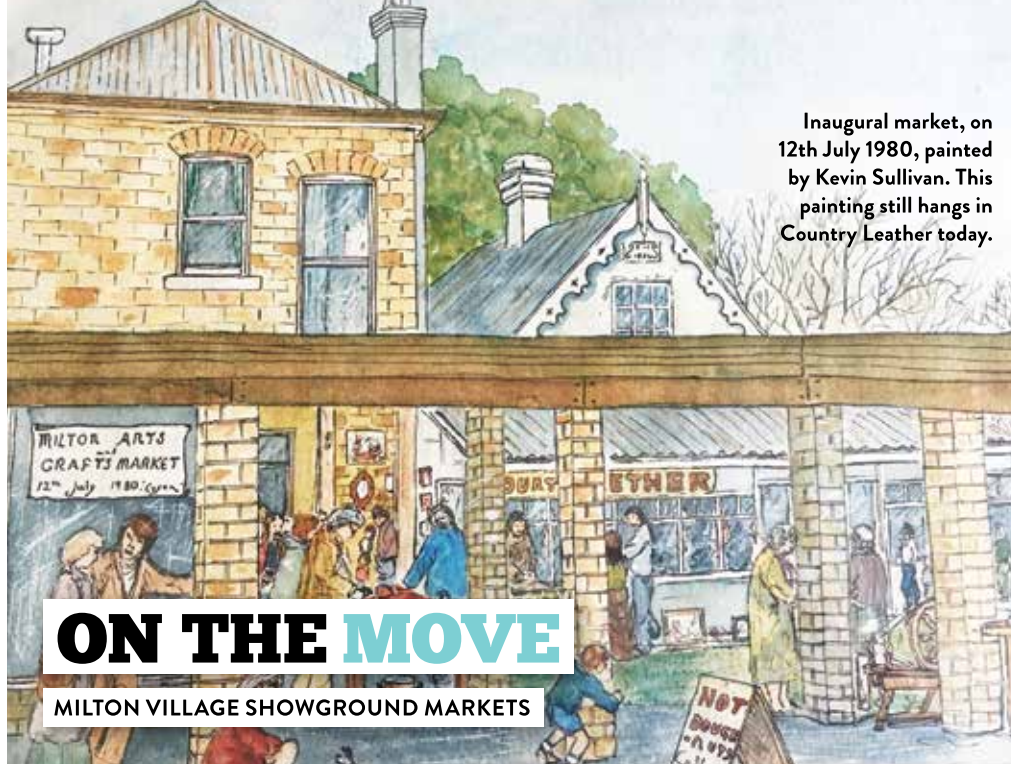
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Inaugural market, on 12th July 1980, painted by Kevin Sullivan. This painting still hangs in Country Leather today.

ON THE MOVE

MILTON VILLAGE SHOWGROUND MARKETS

When Bruce and Janey George established the Country Leather shop in 1979, Milton was a quiet little village. The couple had run a successful leather stall in the famous Spanish Street markets, and decided to create a Milton market to help promote the town. The inaugural market was held on July 12th 1980 with about 10 stalls at the Settlement Arcade.

In 1991 there was a change of name to the Milton Flea Market (in order to allow second hand goods to be sold), and a move to the main street to encourage passing motorists to stop. The markets garnered attention and saw the commercial area grow from having a few essential shops to a wide variety of specialty stores. Over the years the markets flourished and at their height included about 30 stalls.

Unfortunately, as Milton became a popular destination for shoppers, the markets created some congestion problems. Consequently local shoppers avoided coming to town on market day, stalls dwindled, and the "bustling market atmosphere," which the markets were known for, was lost.

In June this year, Susie Greentree was appointed

the market coordinator by the Milton Promotions Committee. She felt it was time for a new venue where the markets could grow and become a destination market, while still helping to promote Milton. So after 37 years in and around the main street of Milton the markets are on the move to greener pastures ... down the road to the Milton Showground!

With more room, over 50 stalls will provide produce, cakes, bread, plants, antiques and bric-a-brac. Handmade and crafted items including woodwork, jewellery, kids clothing, pottery and ceramic items will add to the vast array of goods on display.

A few local shops will sell their products including coffee and a variety of scrumptious foods. Parents can relax, as their kids are safe and entertained with a merry go round and pony rides. The showground also has ample parking available.

The Milton Village Showground Markets provide locals and visitors with an exciting, interesting market on the first Saturday of each month, so make sure you mark it in your calendar! [w](#)

The Milton Village Showground Markets, Croobyar Road Milton. First Saturday of each month. Information supplied by Susie Greentree (market co-ordinator) E. miltonvillagemarkets@gmail.com



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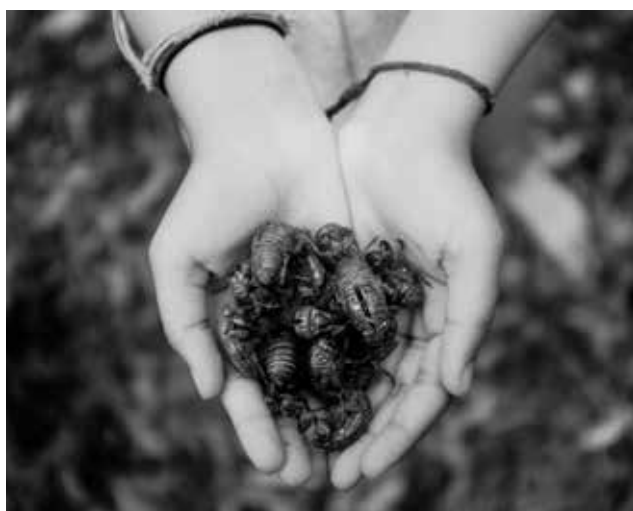
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YOUR WELLBEING

With Amanda Osborne
From Body Align Physio

About to paddle out for a surf? You need your hips to move!

Restricted hip movement means other muscles, tendons and joints, like the low back or knee, have a higher chance of pain or injury. Tight hips can limit your ability to pop up quickly, reduce the force absorption through turns, and reduce your ability to rotate, which can lead to not turning as quickly or powerfully.

Try these two stretches to help increase your joint motion.



Quad/Hip Flexor Stretch

Keep a neutral pelvis (no excessive arch in back) and gently tuck from the buttock of the back leg to open the front of the back hip. Hold for 5 breaths and repeat with the other side.



90/90 Hip Stretch

Find a 90 degree angle with the front and back leg. Try and keep the back straight and chest open. Hold for 5 breaths and repeat with the other side.

Done regularly (2-3 x day), these stretches can assist in targeting specific hip muscles to help your surfing.

Finding it difficult? Consult a health professional for further advice. •

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A MEETING OF MINDS

WITH UPSTAIRS DESIGN COLLECTIVE

Toni Darling and Juanita Izzard met as work colleagues at the Commerical Hotel in Milton and connected over their common interest in all things fashion. Toni had previously owned a store in New Zealand, and was asked by Juanita if she would consider opening one here. Her response was, "Only with a partner to share the fun and the workload!" Consequently, the seeds were sown for Milton's hippest new store Upstairs Design Collective.

Juanita has a background in retail and a passion for unique and contemporary jewellery, drawing inspiration from eclectic style icons like Iris Apfel and Zandra Rhodes. Toni previously worked as a fashion designer and wholesaler, and owned her own flagship design store 'Halo' in Dunedin for seven years. They had both spent time holidaying here on the south coast and now feel blessed to finally be living in this gorgeous part of the world.

After working in fashion design for many years, Toni had become skeptical about mass production of clothing and saw the over consumption of fashion as detrimental to the environment. She started experimenting with buying second hand garments and professionally

reworking them to bohemian style one-off pieces. They were popular with friends, so she set up a stall at the Mollmook Beach Markets.

When Juanita noticed an advertisement for a vacant retail space in Milton, she decided to check it out. "I could see the potential to do a collective space with Toni," says Juanita. "It was old and a complete mess but it was easy to see the potential to create a gorgeous setting that people would enjoy shopping in."

Family pitched in and after two months of hard work renovating, Upstairs Design Collective had found a home. With Juanita sourcing unique, contemporary jewellery from European and Australian designers and Toni stocking her curated vintage and pre-loved fashion, it's easy to discover that bespoke statement piece for your next event. The pair also has a dedicated space for designer consignment, so finding that dream designer label dress at a reasonable price is now achievable.

Both Toni and Juanita feel very fortunate to have such a beautiful space in Milton and look forward to sharing their treasures with you ... so pop upstairs today! •

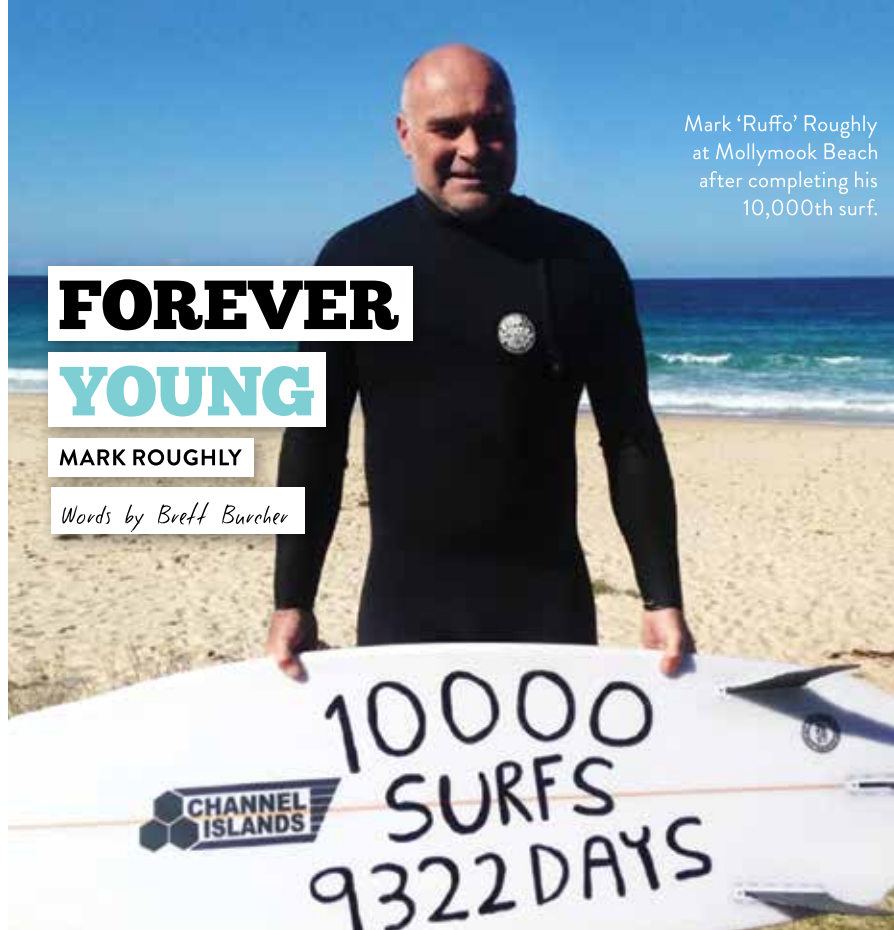
Upstairs Design Collective, The Settlement Milton.
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Mark 'Ruffo' Roughly at Mollymook Beach after completing his 10,000th surf.

FOREVER YOUNG

MARK ROUGHLY

Words by Brett Burcher

Sth Narrawallee, first surf after accident, around head high on Vanessa's board. Stayed out 30 mins, got about 6 to 8 waves, had a really good surf considering 5 weeks off.

Dated 15/2/1992, Mollymook's Mark Roughly had just put pen to paper on his maiden journal entry. Coincidentally, it was an unexpected fin to the family jewels (and 16 stitches and 5 weeks bed rest) that would influence a record-breaking number of diary entries, spanning 28 years and filling the pages of 64 books. Inspired by Dale Webster, a Northern Californian surfer who infamously surfed everyday for 40 years, Ruffo decided he was going to start his own tradition by recording every one of his surfs from that point onward.

With a Blacktown pedigree, Mark was addicted to waves, and in 1986 he moved from

western Sydney to Cunjuring Point, where he had first been introduced to surfing. He quickly became a familiar and formidable face in the lineup, with his bar-raising performances becoming car park folklore. He dabbled briefly in the competitive scene, triumphant in the prestigious 1998 Werri Slash, after taking down world-renowned names Jake Spooner and Phil MacDonald. He was present in the lineup with fellow local Pam Burridge during the final of the '97 Bells Beach World Tour competition, caddying her to a runner up finish behind four-time world champion, Lisa Anderson.

Glancing through Ruffo's journals you encounter an array of tales, moments shared and historical sessions. He once surfed in the Mentawai Islands off Indonesia for 10 hours straight, only retiring for a beloved can of Coke and an honest night's rest to prepare for the following day's dawn session. Never one to pass

up an opportunity to get wet, Ruffo clocked up 64 surfs in a single month, and accumulated 600 surfs in one calendar year. However, he does confess to having a sabbatical 'Ruffollupo' year where he only surfed 120 times, instead opting to spend a bit of well-earned rest time on the couch.

Ruffo's passion for surfing has seen him venture to all corners of the globe, including Hawaii, South Africa, Indonesia, Fiji and Canada. Despite his travels, he still declares Lakey Peak, Manyana Beach and Golf Course Reef as his overall favourite spots. He would often spend months at a time in Lakey Peak, Sumbawa, and it holds a special place in his heart.

●● Ruffo decided he was going to record every one of his surfs from that point onward.

Hailing from Manyana, the Bartlett brothers grew up idolising and surfing alongside Ruff. Eldest brother Guy reflects on their first overseas surf trip with him as wide-eyed teenagers in 1999. "When we were in Lakey Peak, he had the wave dialed and was always the best in the lineup. He was so good to travel with, especially as kids, as he didn't drink or party, he was just a complete surf pig. He ate nothing but cheese jaffles for breakfast, lunch and dinner, so the locals gave him the nickname *Mr Jaffle*. Everywhere you went, everyone knew him and loved to be around him. We used to call him the Sumbawa God."

Clean living and a youthful energy are the essence of Ruff's approach to surfing and to life, and he acknowledges the diary as a driving factor for getting in the ocean on a daily basis. Ten years ago he decided to aim for 10,000 surfs, estimating at 200 surfs a year, it would take 15 years. He's well and truly surpassed that, having reached his goal on the 25th of August this year.

Showing no signs of slowing down, Ruffo is now hoping that an invitation will show up in the mail, telling him to pack his boards and trusty diary for a day at Kelly Slater's new wave pool. He's filled with more stoke now than ever and is devoted to staying active and continuing his unique ritual of writing lifelong memories well into the future. [W](#)

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DIY

LAVENDER LINEN SPRAY



Create a relaxing homemade lavender linen spray, to spritz on pillows and sheets for your home. Lavender is a soothing and relaxing scent that aids in a restful night's sleep. The spray also fills the house with the lovely calming aroma of lavender.

What you need:

- 2 cups of distilled water
- 20 drops of lavender essential oils
- Small clear glass spray bottle
- Sprig of dried lavender to put inside the bottle
- Two tablespoons of vodka

1. Combine the ingredients in the glass spray bottle.
2. Add a sprig of dried lavender to the bottle.
3. Twist on the cap and shake well to combine.
4. Note: the use of alcohol helps dissolve the oil in the solution and preserves the scent.
5. The spray will keep indefinitely. [W](#)

For more DIY ideas follow
White Wash on Pinterest at
[P whitewashmag](#)

UMBRELLA OF SAFETY

MOLLYMOOK SURF LIFESAVING CLUB

Words by Ivan Johnson



Credit: Julie Sinclair

From the birth of surf lifesaving in the early 1900's, the main items of surf lifesaving equipment were the reel-line-belt and the oared surfboat. In the 1940's they were joined by the Eve Rocker, which complemented the Schafer method – the main method of resuscitation then in use.

However the greatest change in methods and technology started in the 1960's and has continued ever since, so that the surf lifesaving club of today has much more equipment available to help the patrolling members than ever before. At Mollymook it is conservatively estimated that it costs around \$200,000 to equip the patrols to cover the three beach areas under its 'umbrella of safety.'

On the Annual Gear Inspection Day before the start of each season, the Director of Gear and Equipment, Les O'Sullivan will put out for inspection the following ... 6 spinal boards plus straps and neck braces, 38 rescue boards, 43 rescue tubes, 6 ambu manikins (for resuscitation training) and associated spares; 6 defibrillators plus 4 training defibs; 28 operational UHF radios – now being replaced by digital radios; 12 pairs of swim fins; 6 pairs of binoculars; 3 fully equipped IRB's and trailers; and 5 operational 25 HP motors;

1 RWB jet ski fully equipped and trailer; 1 ATV fully equipped beach vehicle; 1 FWD mobile fully equipped; 2 patrol shelter trailers; 6 fully equipped first-aid kits; 5 air bag oxygen resuscitators plus spares; and as well, fully equipped and set up radio and first aid rooms.

New equipment is being evaluated all the time and the use of drones for surveillance, continued use of helicopters for search and rescue, and the upgrading to digital technology in communication, plus the deployment of shark tracking devices will soon be available on our beaches.

the surf lifesaving club of today has much more equipment available to help the patrolling members than ever before.

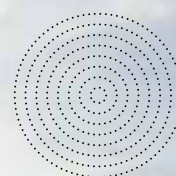
These changes have also meant that the surf lifesaver of today has to have more than just the basic Bronze Medallion and there is a continuous up-skilling of the members, so that they become proficient in the newer methods and technology of the 21st century.

Mollymook beachgoers, swimming between the flags, have never been better looked after in this modern era. [W](#)

mollymooksurf.com.au [f](#) [MollymookSurfLifeSavingClubInc](#)

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milton yoga hub



WORD ON THE STREET

WITH SALTY SEA DOG

Do you want to get hold of some of the coolest street wear in town? Then call into Salty Sea Dog Clothing in Milton. As the name suggests, owner Michelle Halir loves the beach and is passionate about beachside street wear.

Michelle's love of coastal towns began when she moved to Byron Bay after finishing school. While there, she managed a few skate and surf stores and so began her long association with the retail industry. After a health scare, she left Byron Bay in 2007, to take some time out and travel around Australia in a van. Michelle spent a few years travelling the coastline – venturing as far north as Cairns, where she met her partner Andrew, and as far west as Coral Bay in WA.

Life changed when she fell pregnant and the pair headed to Mollymook, where Andrew's parents lived, to have their baby. Andrew had holidayed here most of his life and Michelle quickly fell in love with the beauty of the area.

The couple now has two girls, Tahlia and Coco, and Andrew has his own roofing business. Michelle thoroughly enjoys life on the south coast as she busily juggles the shop, the family and the paperwork! As an

active member of the community, she supports other local businesses and artists wherever possible.

Although Michelle has managed many different stores over the years, this is the first business that is all her own and she feels very grateful for the support that locals and holidaymakers have given her. "It's been incredible," she says. "Some customers come in every week to see what is new on the shelf."

Salty Sea Dog caters for everyone, stocking ranges of men's, ladies, kids, babies, shoes, and accessories. New stock arrives every week and the headline brands include – Okanui, Industrie, The People Clothing Co, Elwood, Volley Shoes, Escape To Paradise beach bags, Milky Kids & Babies, Alphabet Soup and Mii Loves Mu. Michelle is also currently working on her own Salty Sea Dog t-shirts.

Michelle puts her heart and soul in to everything she does ... so pay her a visit! As she says, "I'm sticking away from the mainstream and loving every minute of it!" •

5A The Settlement Milton 2538, Behind Brown Sugar Cafe. www.saltyseadogclothing.com.au [f](#) Facebook [@saltyseadogclothing](#) [i](#) Instagram [@saltyseadog](#)

WHAT WE LOVE

SUMMER ON THE SOUTH COAST



Picking berries at the Clyde River Berry Farm. *From Mia Connor Clark*



Daylight saving and a late afternoon stroll and swim at Narrawallee. *From Libby Cupitt*



The flow of cars with recreational items on board. *From Sarah Ward*



Floating with the current at Burrill Lake. *From Justine Cox*



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SUMMER SIMPLICITY

With Emily Bingham



Summer is a time for the beach, sunshine and late BBQ dinners with friends. As a nutritionist, I advise clients to increase their water intake, as it's important to remain hydrated. Also it's a great time to enjoy the fresh and delicious produce available.

Here are a few tips:

- Add lemon/lime to your water.
- Keep a bottle of water on your desk and beside your bed.
- Start the day with at least 500ml of water.
- Include lots of high water content vegetables such as spinach and cucumber.
- Feel hungry but ate a short while ago? Go for a glass of water first! You may be dehydrated.
- Pre-prepare a large salad that has the basics ready to go.
- Add some fruit to a salad to enjoy those summer flavours
- Watch those sugar-loaded fruit juices. Opt for whole fruit smoothies with max one serve fruit, majority vegetables. •

Emily Bingham: Clinical Nutritionist,
Personal trainer, Founder EMpower
Fitness and Nutrition
E. info@empowerwellbeing.com.au
P. 02 44 54 5602

A SECOND CHANCE

WITH SOUTH COAST CAREERS COLLEGE

Left to right: Julie Griffiths,
Tegan Panozzo, Sarah Watterson
and Kylie Rushton.



The moment you walk into the offices at South Coast Careers College you immediately feel a sense of caring and community. Established over 33 years ago in Batemans Bay, this not-for-profit community college has been changing people's lives through the provision of education.

Chief Executive Officer Sarah Watterson says, "In essence, we believe in people so that they can believe in themselves and bring about a positive change. We have a safe place for people to explore their potential. We offer them a second chance which will make a difference to their lives and the lives of the people around them."

South Coast Careers College now operates in Batemans Bay, Merimbula and Ulladulla developing and delivering training and education programs. "The primary focus of the college is to assist people in employment – either entry, retention or progression." Sarah says. "Vocational education and training is the backbone of the Australian economy and we offer courses that are directly linked to the local employment market."

Many people feel that they have missed their

opportunity – either because of a failed school career, life events, or raising families – and perhaps they relinquished their career dreams. But the college believes it's never too late! It works with disengaged youth and equity groups to build foundational capacity in terms of language, literacy and numeracy. They also assist students to gain entry into university through a Pathway to Uni program in partnership with the University of Wollongong.

The college is fortunate to access NSW Government funding that helps provide local and affordable education. All staff members are invested in helping every student that walks through the door. Sarah shares, "We travel with them as their lives change. We've had students who were couch surfing when they came to us and they are now in their third year at university – it is truly magical."

Sarah is very proud of the organisation, the staff and especially the students. The college motto is: Every day is a learning day, and Sarah believes, "We learn just as much from the students as they do from us." ^W

For more information about South Coast Careers College please visit www.southcoastcolleges.edu.au or call the Ulladulla office on 02 4455 7008.

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DEC + JAN + FEB CHECK OUT WHAT'S ON!

1

THE BEAUTIFUL GIRLS AT THE MILTON THEATRE

1 December at 8pm
P. 02 4455 3056 for tickets.



3

RAW FOOD WORKSHOP

3 Dec from 9-1pm at Milk Haus
Cooking School, Milton.



5

ULLADULLA HARBOUR COMMUNITY CAROLS

5 December at
Ulladulla Civic Centre.



8

"BEING" BY KYLA STONE

The Wall, Eastside Mall, Princes
Hwy, Ulladulla. Dec 1-22
Opening - Friday 8.



16

BROTHERS BAND

At the Milton Harvest Bar.
Check out brothersband.com.au
for further details.



31

ULLADULLA HARBOURSIDE FESTIVAL

Fireworks and friendly carnival at
Funland on the 31 December.



1

ALL ON BOARD

'Artist on the Walls'
Exhibition opens NYE
2.30-4pm and runs through
January at Tallwood.



13

THE BACKSLIDERS AT THE MILTON THEATRE

13 January at 8pm
P. 02 4455 3056 for tickets.



15

MILTON LIBRARY

Book Club Service with FOML
Commences on 15 Jan.
E. fomalbookclubs@gmail.com
friendsofmiltonlibrary.com.au



19

KIM CHURCHILL AT THE MILTON THEATRE

19 January at 8pm
P. 02 4455 3056 for tickets.



27

VINCE JONES AT THE MILTON THEATRE

27 January at 8pm
P. 02 4455 3056 for tickets.



28

LIVE MUSIC SUNDAYS

With Brothers at Cupitt's
Winery. P. 02 4455 7888
for further details.



2

ULLADULLA GAME FISHING CLUB

2-4 Feb. Jess Sams
Anniversary Tourneant
E. ulladullafo@hotmail.com



11

NPA WALK PRETTY BEACH & DURRAS MTN

11 February. Check
out npansw.org or
npamiltonbranch on FB.



23

SUSSEX INLET CAREFLIGHT CHOPPERS FOR CHARITY

23 - 26 February at Jim
Cater Reserve, Sussex Inlet



24

HARRY MANX AT THE MILTON THEATRE

24 February at 8pm
P. 02 4455 3056 for tickets.



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