

ISSUE #08

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White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

Till the cows come home





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Credit: Christa



Three little cuties on their ponies at the Milton Show. (Photo provided by Show Committee)



The Bogey Hole (circa 1930) looking south to the car park with Lady Spencer's Chair on the right.



Bianca Bailey and her newest addition, baby Willow.



The Puglisi family attending a wedding at the Miramare Gardens in Sydney.



The ladies from Uniting Church Milton who sell knitted items to raise money for charity.



Roz Johnston and Pam BurrIDGE hitching a cool ride with one of their Women's Surf Retreat groups.



Pro surfer Taj Burrows hanging out with the The Treehouse crew over the summer.



Donna Valente riding 'old girl' with support from her dad Ken Sperring on their property at Woodstock (circa 1973).



From left: Emily Toole and Candice Goodger at Prenatal Yoga at Om Sweet Om.



Purple rain and purple tongue! Mochi the Chow Chow at jacaranda time.

EDITORS' NOTE

Issue #8 completes two years of WW! We're so proud of the impact our little mag has in the community and we'd like to thank everyone for their support. One fan even has our first edition framed ... could be a collector's item one day!

Well what a summer! Our town swelled with visitors and we all enjoyed time spent with family and friends.

We want to congratulate Aunty Nell Mooney, one of our Two Way Street subjects, on being announced as Shoalhaven Citizen of the Year at the Australia Day Awards. A well deserved honour for a remarkable lady who has served our local community so well.


In this issue, we feature the Anderson family who have been dairy farming in Milton for generations, and continue to do so as the young ones take up the baton ... or is that the milking machine?

Tina Broad and Hamish Richardson share their musical talent with the community through the popular MUDsingers choir. We have a chat to them about how and when their paths crossed and their extraordinary journey since then.


Autumn is our favourite time of the year, as the weather cools and the water stays warm. Happy Easter everyone!

Virginia & Terri

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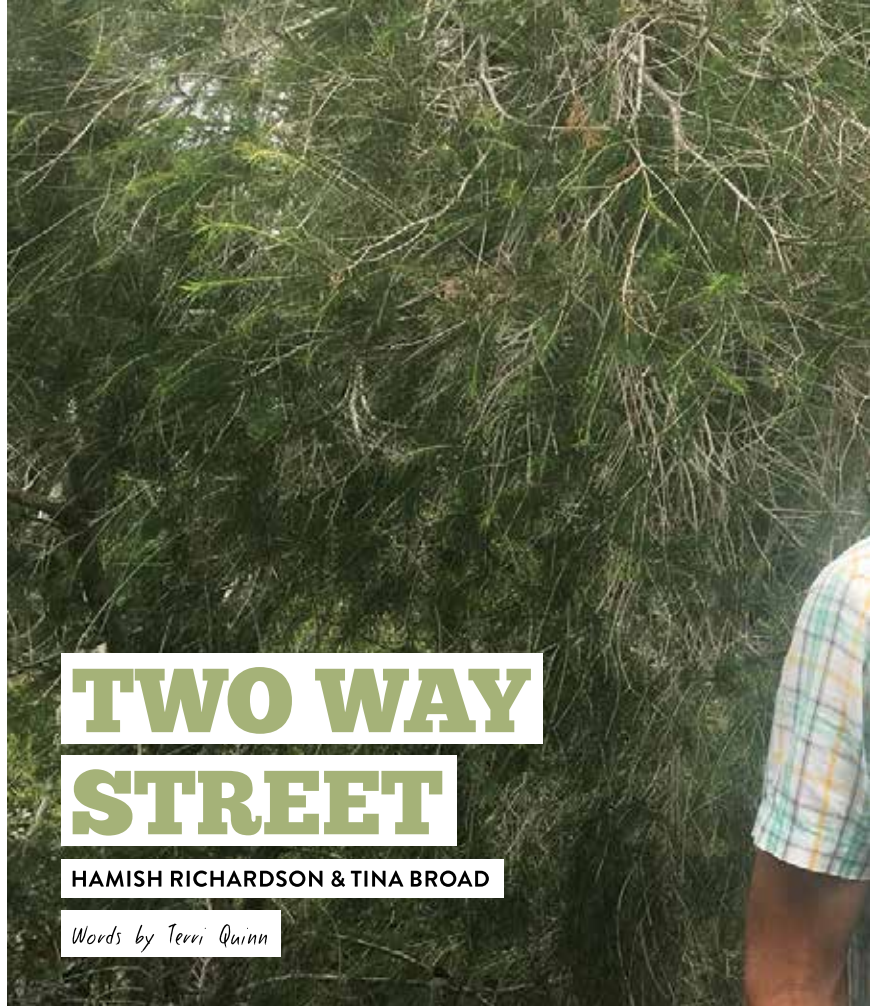
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Cover Photo: Dean Dampney



TWO WAY STREET

HAMISH RICHARDSON & TINA BROAD

Words by Terri Quinn

Tina Broad and Hamish Richardson were two people destined for the stage. As youngsters, Tina would emerge through the plastic fly strips of her kitchen doorway singing ‘Hey Big Spender’ into a hairbrush, and Hamish and his brothers would sneak into their parents’ bedroom, tie skipping ropes to the bed, and pop up for an impromptu concert singing into the handles.

Tina was raised as an only child in a close-knit family in Kent, England. She remembers, “loads of music growing up” including a strong family culture of singing around the piano. At 17, she was scanning university prospectuses from Australia as her parents had decided to immigrate.

Hamish is a sixth generation Australian with a strong Celtic heritage that included learning to play the bagpipes. He and his three brothers and a sister grew up on a farm near Bathurst where they could make plenty of noise and not bother anyone except their blue heeler! Hamish won a scholarship to Scots College to play the pipes and all through high school he and his siblings played in bands.

In a stroke of destiny, Tina and Hamish both enrolled to study Communications at Mitchell College. They travelled in different ‘tribes’ – Hamish was into playing rugby and wasn’t on Tina’s radar. She however, was on his: “Tina was one of the stand-out communications students ... a bit of a legend.” Their paths finally crossed in their final year, when they both signed on for the musical production of *Godspell*. By the end of the run Tina had noticed the “gentle, singing hunk.”

It was the mid-’80s, the heyday for pub music, when they both moved to Sydney, and Hamish and his siblings launched their band, aptly named Brother. For country boys, the city “was like being helicoptered into another world.”

The awesome opportunity to tour with Aussie rockers, The Party Boys, led Brother to even bigger things when they were spotted by Joe Walsh from the supergroup Eagles, who took the band to Japan and then on to the ultimate ‘big smoke’ Hollywood. They were on their way!

LA provided many worldly adventures for the boys and they created a stir busking at Venice Beach with their unique brand of Celtic rock. In time they tired of chasing the seemingly elusive record deal and decided to pursue an independent path by recording their own album. The ensuing success gave them entrée into the major festival scene and led to them touring throughout North America.

Tina had visited for a while but with Hamish on tour she returned to Australia and then went on to London. In 1988 she landed a marketing role with a major European exhibition company, and according to Hamish “she rocketed up the ladder.” Tina loved the UK and singing resurfaced in her life. But she adds, “not



Hamish Richardson
and Tina Broad at
home in Mollymook.

on stage ... on wine bar tables!"

As Hamish tells it, "There's been a lot of long-distance relationship time for us," and so it continued for years with the pair visiting each other for a month at a time while Tina established herself as a freelance marketing consultant back in Australia. Hamish made it home for the birth of their daughter Lily in 1995, but then had to resume the tour. "In retrospect, I wish I'd said 'sorry guys carry on without me,'" he says.

“There's been a lot of long-distance relationship time for us.”

"We were together but we had independent lives," Tina adds. There were lots of late night phone calls and letters that Tina has kept. "It's a romantic thing to get a letter. Hamish was a great writer ... he wrote me lots of lovely letters."

"They weren't all lovely!" laughs Hamish, as he describes lines drawn in the sand and a fair amount of heartache. But the two had a very strong bond – Tina believes it was an almost transcendent connection and she's amazed at what the relationship weathered.

Another strong bond was the one Hamish had with Mollymook where he had enjoyed many family holidays. On one of his trips home, he and Tina spent a blissful ten days on the coast and decided to buy a house. Thanks to technology, Tina's work had become more flexible and Hamish was still coming and going. When their second daughter, Grace, was born in 1999, the family moved into their new home.

A serious car crash with the band soon after, led to a reassessment of priorities. Hamish wanted his family with him and convinced Tina to bring the girls on tour. "They had every experience we had," says Hamish, as he laughs about their skill ordering room service and selling merchandise.

Eventually Tina came home as Lily was starting

high school. Hamish had a bit more time on the road before deciding it was time to quit the band. "I just wanted to be home more."

After decades of living apart, they settled into life together in Mollymook but that didn't mean things got any less busy. When Tina commenced a new role with the Music Council of Australia, communicating the positive aspects of being musically active at any age, she decided to invite A Capella singing guru Tony Backhouse to run a workshop in Ulladulla. The 30 people who attended became the core of the MUDsingers. The choir was a "great coming together of everything important to me," says Tina.

Eleven years on, Tina still leads the MUDsingers, with support from Hamish. The 80 members meet weekly, to sing and socialize, and perform regularly to raise money for local charity groups.

Hamish shares his skills with the Tribal Funk Orchestra leading late and lapsed musicians in jam sessions and also teaches music at the local high school. Tina enthuses: "They're lucky to have someone with Hamish's experience ... you don't usually get an international musician as your music teacher."

In Tina's latest gig with APRA AMCOS she runs a program called Song Makers, and now it's her on the road, as she visits 50 schools a year inspiring mentors who work with top music students. And if that's not enough, she's part way through a PhD!

Singing in a group is about harmony, something Tina sees as a metaphor for life. When she and Hamish take to the stage, to raise their voices in song together, there's no doubt that's their secret! [w](#)

DO YOU KNOW TWO LOCAL PEOPLE WITH A GREAT STORY?

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The evenings are getting cooler but you'll generate some heat this autumn in the many beautiful pieces available from Coyote. Let us add some inspiration to your wardrobe with these trends!



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Till The Cows Come Home...

WORDS BY VIRGINIA CONNOR

PHOTOS BY DEAN DAMPNEY

As you approach Milton township from the north, verdant fields stretch either side, while cows graze peacefully and bulls move slowly amongst the members of their harems – almost graceful despite their awesome bulk. Though long considered ‘dairy country’, this farming region now also stocks beef cattle in response to market demands and changes in weather patterns. Either way, cattle decorate much of the landscape and the view is enhanced by their (mostly) quiet presence.

This calm pastoral scene, however, belies the human industry required to keep a profitable farm working. Brian ‘Barney’ Anderson and

his two sons, Brent, 19, and Todd, 18, are on tractors, trucks and quadbikes most days, starting at seven each morning and finishing the day around six if they are lucky. They tend 180 milking cows on their 355-acre dairy farm, Wickham Hill, nestled between the gentle hills east of Boolgatta Flat and stretching across to the western edge of Narrawallee Inlet. Barney’s parents also live on the farm. His dad, Ian, has lived and worked there all his life, retiring only a couple of years ago due to failing health. In fact, the family, and their forebears have lived at Wickham Hill for seven generations.

Robert Garrad, Barney’s great, great, great,

grandfather arrived in Lachlan Macquarie’s Sydney in 1811, after more than four months on the *Admiral Gambier* along with over 200 other convicts. Sentenced to 14 years for stealing meat, 25-year-old Robert probably realised he was unlikely ever to return to the farm near the ancient village of Wickham Skeith, Suffolk, where he was born.

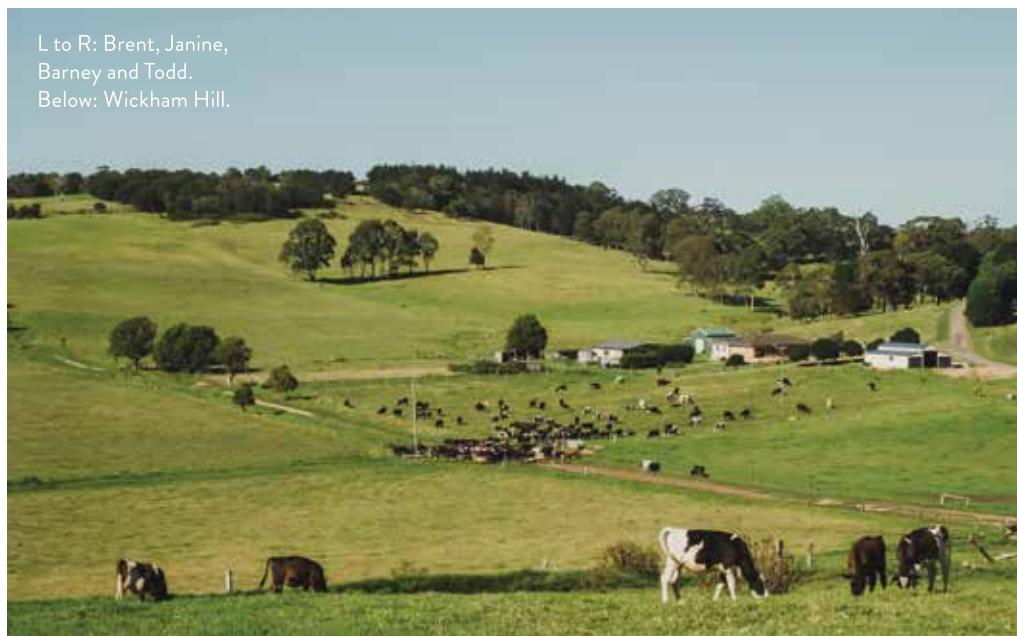
By 1828, Robert was married to Sarah, and was working as an assistant overseer at Camden. In 1829, he was a convict overseer at Murramarang, and 1838 saw him become a free man, securing 300 acres for £75 near Milton, and establishing his farm, Wickham Hill.

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L to R: Brent, Janine,
Barney and Todd.
Below: Wickham Hill.



in Milton.

Leila and Elwyn continued to work the dairy and had three sons. The boys helped before and after attending school at Milton Central. The older boys, Ian and Earl, used to ride to school hitching their ponies at their grandparents' house, which now forms part of Milton hospital. By the time the youngest of them, Allan, was going to school, the bus was operating.

Ian left school at 14 and stayed on the farm to work with his father. He married Barbara Donovan in 1963 and she moved with him to Wickham Hill. While Barbara was used to a rural life – her father being a timber cutter – she had to adjust to a routine that revolved around milking times and bringing up their three boys, Paul, Darren and Barney.

Barbara was busy with the boys and their schooling, with the mothers' club and canteen duties. To this day, she remains very involved with the local Agricultural and Horticultural Society ladies' committees, organising events such as the annual Milton Show.

She remembers a very young Barney being, "always at the dairy. He wasn't interested much in school. He was out on a tractor, or helping in the dairy whenever he could." Barney smiles

at this memory.

Barney met Janine 'Nene' Rowlands through mutual friends. They both attended Ulladulla High School and socialised together locally, before marrying in 1994.

When Nene thinks back to when she first came to live at Wickham Hill, she says, "It was so dark!" Having lived with her parents at Conjola where there were streetlights outside

It's beautiful here, I can't
imagine living anywhere else.

their home, the thick blackness of living on a property was startling.

"I had to leave a light on all night for months so Nene could sleep," Barney laughs.

These days, Nene's gotten used to moonlight and a myriad of stars being the only light source when the sun sets behind the Budawangs, but she admits it's not always easy being a dairy farmer's wife.

When their two boys, Brent and Todd, were little, Nene would take Barney's dinner out to him in the paddock so that the boys could spend some time with their dad before bed. ►

Robert and Sarah had eight children and purchased several adjoining properties. At the time of his death in 1871, aged 83, Robert's property spanned 1200 acres. Three successive generations worked the property until around 1940 when it was divided between Robert's three great grandsons. One of their sisters, Leila Garrad (Barney's grandmother), married Elwyn Anderson in 1944. Elwyn was raised on a farm in Bodalla and the couple purchased Leila's brother Leo's share of the farm and came to live on the original Wickham Hill site. They had about 40 cows and were milking twice daily and carting milk to the creamery



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Credit: CloudFace Photography

"I am still a 'silage widow' for a few months every year," Nene laughs, referring to the spring/summer activity of cutting, baling and storing as much grass as possible to be accessed in the winter months. As well as looking after Wickham Hill, Barney and the boys are contracted by other local farmers to make silage on their properties. So while they live and work at home or nearby, during those months they are rarely at the house other than to eat and sleep.

Barney nods, "There's always something to do. Apart from the comparative monotony of the daily milking cycle, there's so much variety in the work. Fencing, fixing pumps, spreading fertiliser, feeding calves, helping a cow in trouble with a difficult birth ... it's never the same. That's what I love about it."

Their sons have both decided to work with Barney on the farm rather than pursue other careers or seek adventure in less familiar places.

Their clear eyes and slightly sunburnt faces glow with health and they smile and shrug when asked about why they stay. Brent says simply, "Why wouldn't you? It's beautiful here ... I can't imagine living anywhere else."

●● You can never plan anything because if the weather changes, the plan changes.

The beauty of the place aside, dairy farming is hard work. As well as the twice-daily responsibility of relieving these large animals of the milk they are bred to produce, there is the constant care of calves, pastures and fences. At the mention of the weather, everyone laughs. "Yeah, the weather determines just about everything we do," smiles Barney. Nene chimes in, "You can never plan anything because if the weather changes, the plan changes."

But the complaints are few and lighthearted and it's clear that the family feel grateful for the way of life they have been afforded.

The rhythms of life seem to have been repeated in this family saga. While changes in technology and the mechanisation of many tasks mean that working a farm is not as physically challenging as it was for previous generations, it's as much about commitment and consistency as ever. As Barney says, "you have to love it, 'cause you wouldn't do it for the money."


Three generations of Andersons, direct descendants of Robert Garrad, reside at Wickham Hill in happy familial harmony – the bonds between them closely linked with their ties to this land.

"Ninety days out of 100, I get out of bed really looking forward to the day's work," Barney says. For someone who works seven days a week, every day of the year, that's an impressive statistic. **W**



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Cupitt's Winery in Ulladulla has commenced its eleventh wine vintage this autumn – a thrilling time of year processing grapes and creating wine. When starting out Rosie Cupitt never envisaged her two sons, Tom and Wally, joining the winery ... but that's exactly what happened! "I am very happy and proud they are working in the business and are both so passionate about wine making," says Rosie.

Perhaps the boys' involvement was fate, as wine has always been a big part of the Cupitt family ritual. "Mealtime invariably involved the opening of a bottle of wine, accompanied by an in-depth conversation about the wine, including how it matched the food, what we liked about it, and trying to guess the variety and origin," says Tom.

Rosie was the Cupitt's winemaker for many years before her sons took over the reins. "We still respect her great intuition and her ability to pick things up in wines that we might otherwise have missed," says Wally, who is now Head Winemaker. The brothers feel pleased to be able to carry on the winemaking style that their mum instilled in them, while also striving to evolve.

Of course, working in a family business with five different personalities and ideas can have its trials. Tom reflects, "We spend a lot of time together, which is nice most of the time. However, separation of work from home life is a challenge. Meal times often become business meetings." Rosie agrees, "When we catch up as a family, we do discuss the business, but we also share nice dinners together and enjoy the fruits of our labour!"

Wally believes that their strong sense of family filters through every aspect of the business. The tradition, passion and knowledge the Cupitt's bring to the table, provides a successful formula that produces award-winning results.

Rosie laughs as she remembers an old story: "Tom and I were doing tastings together when Wally was away working vintage in Sancerre, France. We drank rather than spat out the wine as it was so good. Griff and Libby were wide-eyed when we wandered unsteadily up the hill hours later. That no longer happens as they both now have great range on their wine spit." •

Cupitt's Winery celebrates the annual grape harvest with a Long Table Lunch. The lunch will be held at the winery on March 18. Visit cupitt.com.au to purchase tickets.

IN THE WINERY

With Cupitt's Winery and Fromagerie



FROM THE FROMAGERIE

Rosie Cupitt is very excited to be bringing a south coast version of France's Comté cheese to Cupitt's Fromagerie this autumn.

In keeping with the French standards, Cupitt's Comté is produced with milk from Montbéliarde dairy cows that graze the rich, green pastures at Croobyar in Milton.

"This cheese absolutely deserves a spot in your fridge. It has a nutty, earthy flavour and creamy texture that I really love," says Rosie. "It's one of those cheeses that always has me coming back for more."

Comté gets bonus points for being long-lasting and it's also one of the few cheeses that work well with both red and white wine, as well as champagne. It's an incredibly versatile cheese as it melts easily so it's perfect for use in recipes that require a good hard cheese.

Rosie Cupitt, the cheesemaker, has her own special recommendation: "I would take it into a little corner, with a really nice bottle of wine and a knife, and hope no one interrupted me."

Before your next dinner party or drinks with friends, drop by the Cupitt's Cellar Door, pick up some locally made wine and grab this special cheese, made with Milton milk right here in Ulladulla - you don't get much more local than that! •



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SPOTLIGHT ON A LOCAL

PENNY LOVELOCK

Guest contributor Kendra Appleton talks with local painter Penny Lovelock about her musings, methods and rituals when it comes to her work.

With an easy smile, bouncing curls and a willingness to share her thoughts, it was delightful to get a chance to learn more about Penny's recent and upcoming work. Describing herself as a "figurative" artist, Penny began her career as an artist/illustrator soon after graduating Leeds University with a BA (Honours) in Graphic Design.

Her biggest challenges when starting out as an illustrator, she confided, were chasing people, and the rejection, but Penny seems to have taken the ups and downs as lessons and simply 'a part of life.' She has illustrated over 30 books and completed loads of publication illustrations.

Moving to Australia in 1990, Penny continued a successful illustrating career in Sydney, then

in 2003 moved to the south coast. It was then, with young children she found herself moving away from illustrating. Penny began painting twelve years ago and now works from her home studio.

Her warm disposition and honesty are engaging as we delve into what she's been working on lately. Penny is finishing some smaller works for a few galleries that are "quite whimsical and sweet." She also has a show at Tallwood in April – "It's only a small space, so I will probably do 6-8 works, maybe some bigger ones so they get an impact."

Penny is still pondering the subject matter and reveals, "Women are certainly featuring in my work and they seem to constantly. I'm trying to work out why, where it's coming from, and what's the link?" She has been doing some reading around what it is that draws her to women and thinks that since becoming a mother herself, she has truly realised how strong women have to be. "I didn't used to

really be that interested in women but as a mother I have had to be so many things and it's evolved and grown."

Adding to the list of muses, Penny includes nature and animals. "Landscape is really important as well. It's basically landscapes and figures. I really like cows, and my dog of course. And music." Music doesn't just feature visually in her work – she is almost always playing something in her home studio while working. "Yes music is really important to me. I play it and I listen to it when I work," she shares.

“ Women are certainly featuring in my work and they seem to constantly. I'm trying to work out why, where it's coming from, and what's the link?

Penny describes her method on music selection as being matched to her current mood or painting, "I think I choose the music to suit what I am painting or how I am feeling. And I really know when I shouldn't listen to loud music. You just feel it is wrong. It's a bit intuitive really."

Routine is simple and straightforward for the days Penny spends painting at home in her studio, "I take the dog for a walk, come home, make a coffee, and then I go into the studio." She paints about three days a week and sometimes does bits on the weekend. Painting with oil can be dependent on weather and like all jobs, some days just require more breaks than others, "Today I actually had a few more breaks and left the area and it was better."

Last year, Penny entered the Archibald Prize, painting food icon, Maggie Beer. This year, she has her sights set on some different goals. "I'm not sure if I'll go in the Archibald again." The Plein Air Parliament Art Prize is set in her sights, "You have to submit a painting you have done outside. I've had a look at what's been entered and I think, yes."

Penny hopes to one day win a prestigious art prize. She aspires to be accepted into more galleries as her body of work grows. It is certain that these things will unfold for Penny in the near future and we are sure to be delighted by her new works along the way. [W](#)

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Locally born Scott Richardson launched Ulladulla Web Design in 2009 with some pretty impressive credentials. He had worked as a lead designer/developer for DMG Radio Australia (now Nova FM) and as a designer for Fox Studios.

When founding his business, Scott made a conscious decision to employ locals. He is proud to have assembled a highly skilled team of software engineers, web developers, content strategists and designers, who all live on the south coast and work together to deliver excellent services to their clients.

Scott's team – Jamie, Vanessa, Angus, Samantha and Patrick, focus on creating beautiful, high performance, custom website design and development, while also turning their creative talents to branding and online marketing. All aspects of their service are in-house – there is no outsourcing offshore.

UWD custom design and develop websites on their own framework to ensure high performance and no restrictions in functionality. Their high-end design quality is evident in all of their website and branding work and they are committed to delivering outstanding user experience and performance.

As a local business owner himself, Scott is passionate about sharing his local knowledge and expertise with his clients and no job is too big or too small.

The team works on projects ranging from \$999 in value to \$200k plus. Some of their large-scale contracts include designing and developing the entire end-to-end e-commerce system for Australia's largest regional Telco, Southern Phone and they're also the web team behind You Camp, the private camping equivalent of AirBnB, based out of Moruya.

This year UWD has introduced special web 'packages' for brochure sites, advanced sites and e-commerce. Starting at \$999 they make the entry price easier for small businesses and start ups. All sites are powered by their in-house developed Destiny CMS and include SEO, web and email hosting, monitoring and maintenance support.

Meanwhile, they still offer custom solutions for established businesses or those who require more bespoke functionality. Ulladulla Web Design provides city-level agency work with small business approachability and pricing ... a winning combination! •

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W. www.ulladullawebdesign.com

NUTRITIONAL HEALTH

By Emily Bingham



Fibre is taking the limelight in the functional medicine field recently, and there are some pretty compelling reasons to be taking a look at what fibre can do for our health and wellbeing.

Prebiotics found in foods such as asparagus, garlic, ginger, onions, artichoke, apples, and leek, are fermented by the bacteria in our digestive tract. Arriving at the large bowel, prebiotics fuel the good bacteria, which results in incredible health outcomes.

This is how they work:

- Improve health and balance of the gut bacteria.
- Support immune function and reduce inflammation.
- Support energy production.
- Improve transport of nutrients to and from the colon, and to the liver, through stimulating colonic blood flow.
- Help to detoxify and decrease carcinogenic compounds.
- Regulate presence of harmful microorganisms such as gastrointestinal infections.
- Support blood sugar control.
- Enhance availability of calcium and magnesium – two nutrients needed for healthy bones.
- Stimulate bowel movements, which may be helpful for constipation.

Having a healthy digestive system results in a healthy and happy mind and body.

Contact Emily for all questions, or to book an initial consultation. •

Emily Bingham: Clinical Nutritionist, Personal trainer, Founder EPower Fitness and Nutrition
E. info@empowerwellbeing.com.au
P. 02 4454 5602



LET'S WALK

With The National
Parks Association



The Walk: Mt Bushwalker.
Traditional Country of the
Yuin people.

Distance: 7kms return.

Grade: Easy flat walk. Suitable
for children over 12 years.

Getting There: Via Porters
Creek Dam Road, north of
Milton. Dirt road, suitable for
2WD but can be uneven.

The Experience: The Mt
Bushwalker track is one of the
most rewarding local National
Park walks. Perhaps the best
part is you drive to the top
instead of climbing! Following
a fairly flat path, you will
enjoy breathtaking views of
the Budawang Range, Clyde
Gorge, The Castle and Pigeon
House Mountain.

The lookout is a great place
to eat, rest and refresh.

Important: Dogs and smoking
are not permitted in National
Parks. Not wheelchair
accessible. Always take a hat,
water, and sun cream. Wear
appropriate walking shoes. The
track can be wet after rain.
No BBQ facilities available. **W**

*For weekly, guided walking in
National Parks around Milton
and Ulladulla, visit Facebook
f @npamiltonbranch for a full
schedule.*

Image credit: Barry Tomkinson



LITERARY HUB

WITH FRIENDS OF MILTON LIBRARY

In 2014 Friends Of Milton Library (FOML) fought hard to save the library from closure and since then their goal has been to transform Milton Library into a literary and community hub. And that's exactly what they're doing!

After receiving enquiries from a number of existing book clubs about book sets, and also enquiries from people interested in joining book clubs, FOML decided to offer a fabulous new service to the local community. January saw the launch of Book Club Kits with sets consisting of 8-10 copies of each book title, information on the author, and even suggested discussion questions.

This service is offered at many libraries around the country and is particularly successful in rural communities. "It's a simple concept that works well in a number of regional areas. We believe this is a great service for our local area that will allow established locals and new residents to connect with others within the community," says Monique Carson, FOML Book Club Coordinator.

"The Book Club Kits will be a great opportunity for friends, colleagues, school parents, and community members to form groups of up to 10 people, to read the same books and then get together monthly to have

a serious (or very social) chat about the common book they have read. It is an opportunity to discover new authors, share ideas and socialise with an existing or new local circle."

Presently, the library has 63 book sets covering a variety of genres suitable for all types of readers. Membership costs \$250 per group for the year, but people can join at any time and the registration fee will be adjusted on a pro-rata basis according to the months remaining in the year for borrowing. The funds collected go directly towards purchasing new titles and expanding resources. The Group Leader is responsible for collecting and returning the kits to and from the Milton Library.

So if you love reading and want to meet new people, contact FOML for further details. Check the website for information including: Registration and New Book Suggestion Forms, Q&As, current Book Club titles available; tips on running a successful book club and much more.

In the meantime spread the word to all your friends and family who currently like to read or want to get back into reading in a fun way. **W**

*Contact for FOML : Monique Carson
E. fomlbookclubs@gamil.com, f @[friendsofmiltonlibrary](https://www.facebook.com/friendsofmiltonlibrary)
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HOCKEY DAD

Words by Jen Quinn

Ready to set sail on their upcoming Oz tour, Windang fellas Zach Stephenson and Billy Fleming have turned in a cracking second record, *Blend Inn*.

With the success of their previous LP *Boronia*, the obvious pressures of 'second album syndrome' were always going to make the hotly anticipated follow up a tall order. Undeterred, the childhood mates reached out to John Goodmanson to take the production reins. "We loved the latest Cloud Nothings record, so we just hit him up. He was keen, so we headed over," Zach explained, fresh out of the surf just days before the release.

Having written the album an entire year before the release, Zach and Billy met Goodmanson in Seattle. With a rich history as the birthplace of grunge and the breeding ground for bands like Pearl Jam, Soundgarden and Nirvana, Goodmanson chose the infamous Robert Lang Studios for the recording. Steeped in nostalgia, the studios played host to Nirvana's last known recording in which the haunting, 'You Know You're Right' was laid down.

Zach explained, "John's a legend of the Seattle scene and he told us lots of stories about all of those bands. We were kind of thrown into it, so we soaked it all

up while we were there." The influence was evident in lead single, 'Homely Feeling' whose giant chorus echoes the sentiments of the Seattle scene. The sound clearly resonated, with the track on high rotation at Triple J and scoring #54 in the Hottest 100.

“We had such a big studio and all the equipment to do it, so we had to step it up.

While the previous record, *Boronia* was a charming slice of iconic, Australian youth, with tales of mateship, surfing and girls, *Blend Inn* charts more introspective waters, with added textures and tones. The album is a slightly more clean-cut offering than its predecessor with an expansion on their fuzzy surf-rock sound. "We had songs that we wanted to sound a bit more polished and we had such a big studio and all the equipment to do it, so we had to step it up. It was lots of fun, and we're stoked with it," Stephenson said.

Striking the balance between progression into new territory, while maintaining the themes that make HD great, the future looks bright for the Windang pair.

Blend Inn - Out now through Farmer and the Owl

LOCAL SURF FILM



ENGRAINED

Produced by cinematographer Darcy Ward and surfer/writer Brett Burcher, *Engrained* is a 20-minute cinematic piece combining both visual and narrative storytelling, and taking the viewer on an insightful journey through a range of unique locations across the globe.

Documented over an 18-month period, the project is artistically captured on the highest-quality cinematic cameras. Darcy and Brett deliver an authentic and meaningful film that offers a captivating perspective on the places they travel, their overall journey and the waves they surf.

The leading locations include South Australia, Tasmania, Ulladulla, South Africa and Ireland/Scotland. Featuring surfers Russ Bierke, Connor O'leary, Louie Hynd, and Brett Burcher. Live music from Shaun Wessel and Matt King.

Screening at Milton Theatre on 9th March. All age event. Doors opening at 7pm. Tickets - \$20 from Country Leather or phone 02 4455 3056 or visit miltontheatre.com.au

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UP IN THE AIR ✈️

With Flight Centre Ulladulla

The Flight Centre team brings first-hand experience to their travel advice. As they say: We Know Because We Go! Here are some of their travel tips.



ICELAND

"Iceland is a country of sharp contrasts – you can see volcanoes, sprouting geysers, thundering waterfalls and black sand beaches all in one day."

From Barbara Diefel



HAWAII

"Hawaii is magic! A highlight for me was snorkelling at Hanalei Bay ... make sure you're in the water before 10am to catch the turtles!"

From Jason Norris



SINGAPORE

"Singapore is a fantastic stopover on the way to Europe, such a melting pot of culture. I visited Little India, Arab Street and dined on Singapore Chilli Crab in China town."

From Janice O'Neil

Phone Flight Centre today on 02 4455 3524 for your next adventure!

Woolworths Shopping Centre Ulladulla NSW 2539.

Hours: 9am-5:30pm



ON CONSIGNMENT

WITH UPSTAIRS DESIGN COLLECTIVE

Upstairs Design Collective has had a fantastic summer and Toni and Juanita would like to thank all the local ladies who have supported their fledgling business since it's opening. Their charming store sells unique, contemporary jewellery and curated vintage and pre-loved fashion.

There is one particular component of the business that is seeing phenomenal growth and enthusiastic interest from shoppers and Toni and Juanita want to spread the word. It's the consignment room!

Customers are excited about this specially designated space within Upstairs Design Collective, as there is nothing else like it on the coast – a whole room full of designer fashion items, where you can purchase that distinctive statement piece or showcase one to be sold.

Toni and Juanita have vast knowledge and experience of fashion and jewellery and have combined their talents in this growth area of their business. They curate the items on consignment and present them for

sale in a beautiful, elegant space.

This is how it works. If you have good-quality designer clothing, bags or jewellery that you no longer wear, make an appointment to meet with the girls and show them your pieces. Together you decide on an appropriate price and when it sells, that money is split down the middle.

"It's a nice way for people to make some money from their precious things," says Toni. "You get to have a clean out and your pre-loved items go to someone who will love them just as much as you did."

So if you have some unwanted designer goods that you no longer wear, but feel they are too good to give away, here's an opportunity to make some extra money. That favourite outfit, bag or piece of jewellery gets a new life and someone else gets to enjoy it.

The Upstairs Design team has already received a great response from local ladies bringing in their clothing and also purchasing from the consignment room. In addition, they would love to see more jewellery and bags adorning the shelves of the room and adding to the amazing stock.

So start going through your wardrobe now!! Remember that special piece that you no longer wear could bring someone else great joy and you some extra cash for your next fashion purchase. What a brilliant idea! •

Upstairs Design Collective,
The Settlement Milton. Upstairs
beside Brown Sugar. Open Tuesday
- Sunday. P. Toni - 0424 409 011,
Juanita - 0410 549 459

f @upstairsdesigncollective

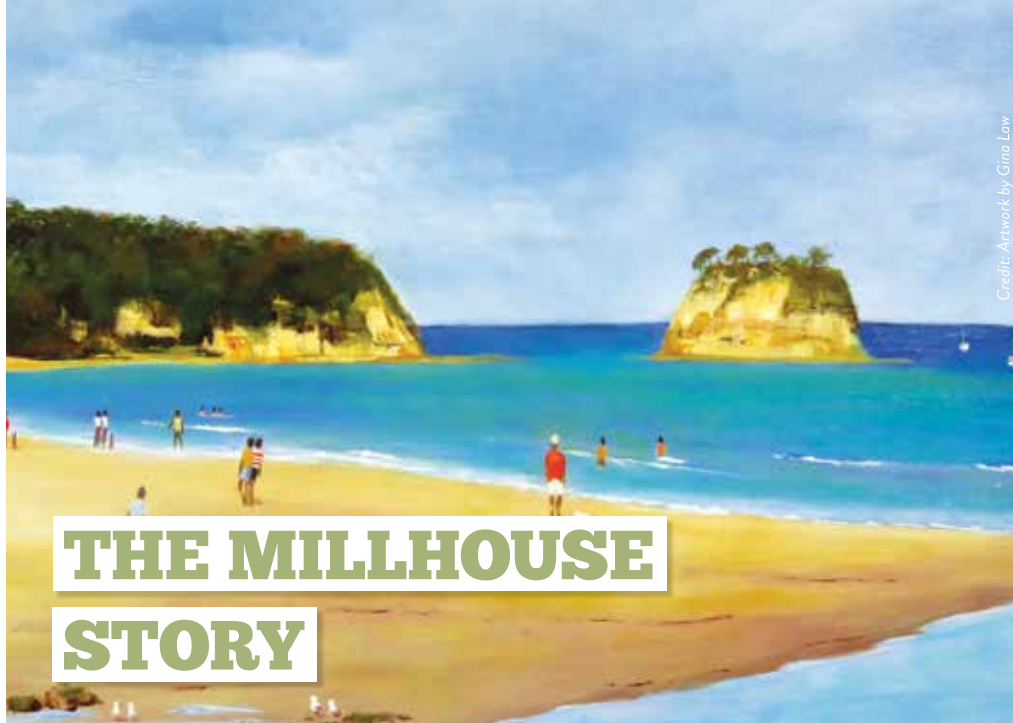
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Credit: Artwork by Gina Low

THE MILLHOUSE STORY

In April 1974 nineteen interested art students met at the home of the late Jean Hill who had been asked to start an art class for the Nowra Technical College in Milton. At first they set up residence in the lounge room of Jean's home, and the group raised money for all essential equipment needed for their art classes.

The students had to move from home to home for some time, until eventually, along with the potters, they were given the keys of the Millhouse in Ulladulla. This house was situated opposite Ulladulla Harbour in the grounds of the Civic Centre. They held their first exhibition in the Millhouse and opened their rooms, during all of the holiday times, making many sales to visitors and locals alike.

Unfortunately, after about seven years, they lost the use of the Millhouse, when the building was moved to another location. By this time the group had tripled in size and had to move from place to place until they were fortunate enough to acquire the use of 'Kendall Cottage' in Ulladulla. As time went on, membership grew considerably and the need for larger premises became evident.

In 1995 the TAFE building in Milton closed its

doors and the Millhouse committee approached the council with a view to renting a suitable space. After a lot of work, a permanent gallery was set up and it was wonderful to finally have a gallery space. Today, there are many happy members who enjoy painting together and using the facilities to showcase their artwork. The Little Gallery next door is used to conduct meetings and workshops as well as allowing members to have painting groups where they share their skills and knowledge.

Each year Millhouse Art Society conducts an exhibition at the Ulladulla Civic Centre over the Xmas/New Year period and also during the Blessing of the Fleet celebrations at Easter. These exhibitions are an opportunity to showcase their paintings to the locals and many visitors to the area, while the Millhouse Gallery Milton (opposite the P.O.) is open school holidays and weekends between 10am-3pm with four changing exhibitions annually.

Members have a monthly meeting on the third Monday of the month at 1pm. At these meetings they endeavour to encourage the artists and keep them informed of future events. New members are always very welcome. www.millhouseartsociety.com

P. 02 4455 7211, W. www.millhouseartsociety.com,
millhouse_art@hotmail.com, Information by Millhouse Art Society

YOUR WELLBEING

Words by Amanda McDonald
From Body Align Physio



NOT JUST FOR GIRLS

Whilst some men are hitting the gym and lifting heavy weights, many blokes are realising the benefits of building up their core strength.

Here are five reasons why Pilates is a highly respected and beneficial rehabilitation exercise for all.

1. Pilates was created by a man (Joseph Pilates) who rehabilitated soldier's injuries using Pilates exercises during World War I.
2. Clinical Pilates (taught by physiotherapists/health professionals) is used for both men and women to prevent and repair injuries through specific training.
3. Many high level sporting athletes practise Pilates to prevent and rehabilitate injuries.
4. Pilates improves flexibility. In an effort to get 'buff', men resort to exercises that shorten muscles. Bench presses, pull-ups, squats and running are all great strength exercises, yet lengthening exercises are needed to balance the system out.
5. Pilates strengthens the pelvic floor. Men are often surprised to know that they have pelvic floor muscles! Many men experience the embarrassing effects of urinary incontinence after prostate surgery, carrying extra weight, chronic coughs, or doing repetitive heavy work. *

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LOCAL RECIPE

COCONUT CAKE

From Kate Beasley



- 125g butter, softened
- ½ teaspoon coconut essence
- 1 cup caster sugar
- 2 eggs
- ½ cup desiccated coconut
- 1½ cups self-raising flour
- 250g sour cream
- ½ cup milk

Coconut Ice Frosting

- 2 cups icing sugar
- 1½ cups desiccated coconut
- 2 egg whites, lightly beaten
- 1 tablespoon water

1. Preheat oven to 180°C. Grease 22cm-round cake pan and line base with baking paper.
2. Beat butter, essence and sugar in a small bowl until light and fluffy. Beat in eggs.
3. Transfer mixture to a large bowl. Stir in half the coconut, sifted flour, sour cream and milk, then add the remaining half of the ingredients.
4. Spread the mixture into the pan and bake for about 50 minutes. Stand for 10 minutes before turning onto wire rack, to cool.
5. Combine sifted icing sugar with coconut, eggwhites and water; mix well. Top cold cake with frosting. **W**



For many years now, Craig Cameron has cared for the eyesight of residents here on the south coast. During that time he's also had a very clear focus on his other great passions – his beautiful family and his much-loved local community.

Craig completed his Optometry degree in Brisbane in 1983 before working for short stints in Sydney and Hobart. He and his wife Janey, along with their baby daughter, arrived in Ulladulla in 1986, after purchasing the existing Optometry practice situated upstairs in the Plaza. Craig had never been to Ulladulla but Janey had spent blissful childhood holidays here.

In 1995 the practice relocated to Rowen's Arcade, doubling the space and providing easier access for patients. Craig, always keen to embrace new technology, oversaw full computerization of the office in the same year.

Optical technology also evolved during this period with computerised testing for glaucoma; digital imaging allowing instant capture of retinal images for examination and permanent record; and later Optical Coherence Tomography which allowed views of the retinal tissue that were previously unimagined.

All of these breakthroughs in diagnosis, monitoring and treatment have shaped the way Craig manages his patients as he stays at the cutting edge of technological advancements. His services also expanded to Batemans Bay and Nowra, and in 2013 the three practices transitioned into OPSM franchises, becoming part of an iconic Australian company while still maintaining local and community connections.

As the practice grew busier, so did life on the home front. The Cameron family expanded to six children and Janey and Craig proceeded to involve themselves strongly in the community. They gave service to a variety of community groups including Rotary, Nursing Mothers, The Entertainers and their children's local school and preschool committees.

Somehow amongst all this, Craig generously donates his time and expertise to volunteer groups providing eye care to the less fortunate in Australia and abroad. He works with *Optometry Giving Sight* in East Timor, *Insight* in Peru and *OneSight* who run school based and indigenous clinics in Australia and New Zealand, as well as global clinics internationally.

Craig and Janey's children have grown and flourished, each achieving in their chosen fields. The pair feels extremely grateful for the opportunities this beautiful area has afforded their family. "It's a great community to work in and be a part of," says Craig. •



Visit OPSM Ulladulla today

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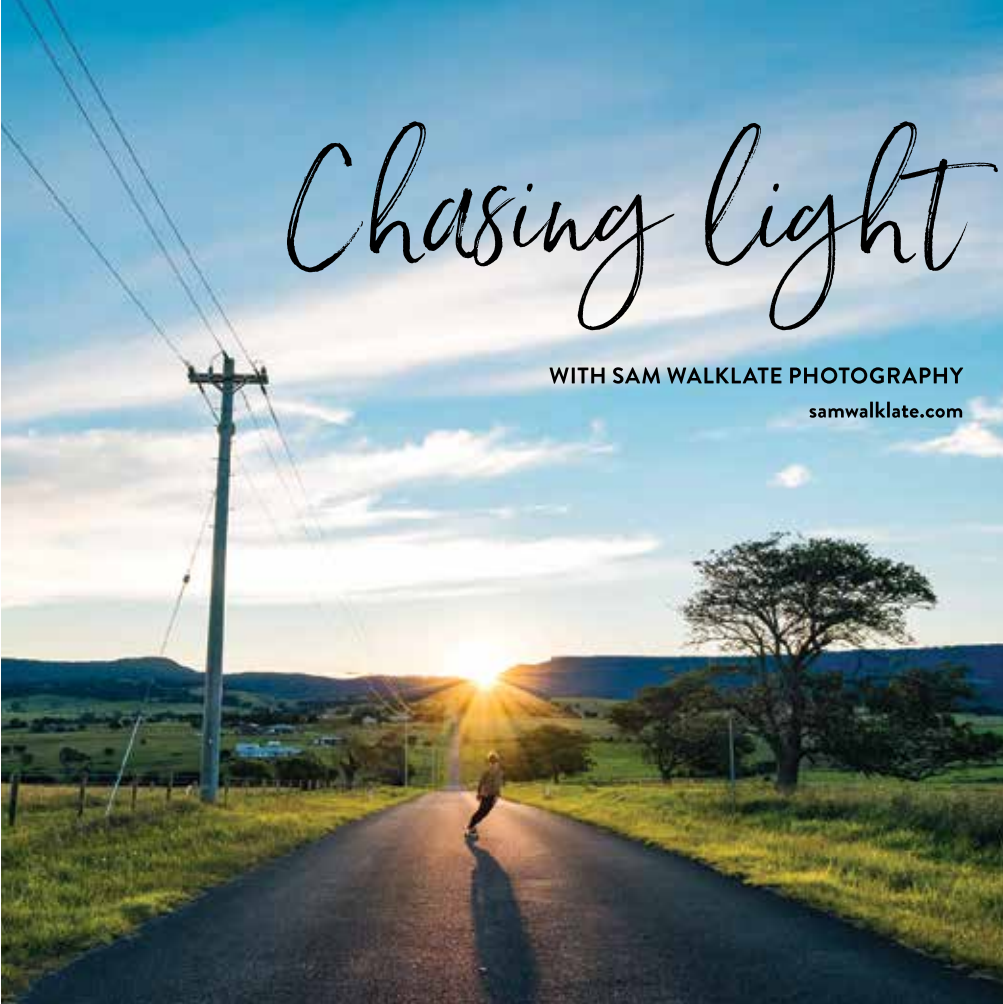


*Terms and conditions apply. Excludes Chanel. Prescription glasses and prescription sunglasses only. See in store for details.

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IN THE GARDEN

With Gardenhaven Nursery

Autumn is a nice time to get out in the garden and a great time for planting!



ORCHIDS

Cymbidium orchids should now be placed in the sun to initiate flower spikes. Start feeding with Campbells Orchid Fertilizer (Part A) from January through to August.



VEGGIE PATCH

Now is the time to sow beans, beetroot, cauliflower, broccoli, celery, cabbage, lettuce, onion, and potato ... just to name a few!



NATIVES

We have plenty of flowering natives this time of the year and a great selection of indoor plants, gorgeous pots and giftware.



TIP When all else fails call Craig for deliveries from Monday to Friday. •

Gardenhaven Nursery
Lot 1 Princes Hwy, Milton NSW
2538 (Entrance via Bishop Drive)
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www.gardenhaven.com.au



INDEPENDENT ALTERNATIVE

WITH MOLLYMOOK FINE WINES AND ALES

When local identities Graeme Steel and Jon Tucker opened the doors of Mollymook Fine Wines & Ales eleven years ago, they had a simple plan – to provide locals and tourists alike with an independent alternative to suit all tastes and budgets, as well as old fashioned customer service.

Leo Page was an addition to the team after a couple of years and following Graeme's retirement over four years ago, he became a partner in the business. With a background in the Food and Wine industry, Leo embraced the role wholeheartedly.

Leo and Jon continue to grow the business by providing quality products, a wine-beer-spirit catering service and some wholesaling to local restaurants. With sharp pricing, excellent service and the largest range in the district, they are hard to beat.

As well as stocking most well-known labels, Jon and Leo directly support small independent winemakers, brewers and spirit distillers. This gives them the flexibility to provide an expansive and unlimited range of products as well as supporting small businesses like themselves.

Recently, the boys decided to expand the shop and give it a facelift. After a 4 day closure in November

they reopened the beautifully renovated premises showcasing Australian hardwoods, polished concrete floors, mood lighting and music, in a temperature controlled environment, giving customers even more to explore in an inviting and comfortable space.

The new shop with its easy layout, wide aisles and contemporary look, has been widely applauded by old and new customers as the best they have seen. And the range of products is eye watering – over 200 beers across Craft, Mainstream and Imported, more than 600 wines and 200 spirits from Australia and around the world.

Leo and Jon have always been committed to supporting the community that supports them, and as such, they sponsor many local sports clubs, community events and charities.

Because they have an eye on the environment, they have invested in a 40kW solar power system, provide enviro bags for customers and recycle waste products.

There's a distinct buzz happening in the Mollymook village hub and you really need to check it out! •

Mollymook Fine Wines & Ales. Mollymook Shopping Centre, Tallwood Ave, Mollymook. P. 02 4454 2537. Open Mon-Sat 9am-7pm, Sunday 10am-6pm.

[mollymook_fine_wines_and_ales](https://www.instagram.com/mollymook_fine_wines_and_ales)



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UNIQUE MARSUPIAL

PETER HORTON

Words by Brett Burcher

Credit: Sam Waklate Photography

There are several well-known marsupials that call Australia home, but in its own right, the south coast has its very own species named Peter Horton. Growing up in the western suburbs of Sydney, annual family trips to the untouched beaches of Lake Conjola meant Peter was never staying west for too long.

The day after getting his drivers license on his 17th birthday, Peter made a beeline to Avalon, on Sydney's northern beaches. Still working out west at the time, the long hours didn't leave much time for surfing, so he took matters into his own hands. "I would leave for work in the dark and come home in the dark, so I began surfing between 3am and 5am," he says. "When everyone else was turning up in the morning to surf, I would be leaving and they would say, 'you're like a marsupial Peter', and the name stuck like glue."

Working as a fire fighter in and around Sydney for 20 years, he eventually talked his wife Sue into moving down to Milton. "I just had to be here. I wanted my boys to grow up here and we never looked back." A crowd favourite in the south coast lineups, Marsupial has also spent plenty of time in the Mentawai Islands off Indonesia both as a surf guide and guest on *The Barrenjoey* charter boat.

During one such trip in the early '90s, he dislocated his shoulder on the first day, and with no onboard medic or pain relief, it remained dislocated for ten days.

Twenty-five years on, he has transitioned to riding a surf mat to stay active in the water. "I love it. Every wave is double overhead now," he laughs. "The mat has given me the imagination of a kid and all the waves that I took my sons to when they were five or six years old, I'm now frequenting."

“When everyone else was turning up in the morning to surf, I would be leaving and they would say, ‘you’re like a marsupial Peter’, and the name stuck like glue.”

In recent years, Marsupial has been practicing Qigong meditation after being introduced to the method through a chance encounter with a master instructor. "I took one look at the master and said, 'whatever you're doing, I want it.'" He has progressed his practice to a level where he eliminates coffee, alcohol, ginger and chilli for four month periods, and combines regular exercise to completely cleanse the body and mind. "It keeps your body flexible which then keeps your mind flexible," Peter says. **W**

WHAT WE LOVE

AUTUMN ON THE SOUTH COAST



Watching the little ones kick up the autumn leaves in Church Street, Milton.

From Robbie Roberts



Watching the woodchopping at the Milton Show.

From Adam Sutcliffe



Long shadows in the afternoon light.

From Julie Sinclair



Warm water, uncrowded beaches and no north-east winds. **W**

From Rhonda Warburton



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JUST MARRIED

With The Old Church At Milton




Credit: Heart & The Sea


Scott and Aroha (pictured) chose the natural amphitheatre bordering the dam, for their gorgeous wedding at The Old Church in December. The tranquil waters of the dam offset by the pristine views of the mountains and the surrounding countryside, made a stunning setting for the beautiful ceremony.

The Old Church also has two other unique ceremony spaces to choose from. Surrounded by lush greenery and foliage in the front courtyard, the sandstone walls of the church provide a perfect backdrop. Or there's the picturesque back garden with a rustic stonewall, which works beautifully as an arbour.

With beautiful manicured grounds, and scenic views over the rolling Milton Valley to the mountains in the distance, the Old Church is a truly magical place. When the surrounds are so special, simplistic styling is all that's needed. •

W. theoldchurchmilton.com.au

 [@theoldchurch_milton,](https://www.instagram.com/theoldchurch_milton)

 [@theweddingaisle2539](https://www.instagram.com/theweddingaisle2539)



HEALTHY FARMERS

BY DR KATIE MACARTNEY

Maintaining good physical and mental health is critical for Australian farmers. Here are some ways they can improve their health outcomes.

CARDIOVASCULAR HEALTH

Farmers experience cardiovascular disease (including heart attacks and strokes) significantly more than the general population. One in four people in rural areas has cardiovascular disease (compared with one in six in the city). Reduce your risk by:

- Stopping smoking
- Eating more fruit and vegetables, and cut out salt
- Having two alcohol free days per week and drinking less than two standard alcoholic drinks per day
- Go to your GP for an annual health check

IMPROVE YOUR MENTAL HEALTH

The challenges of drought, social isolation and commodity price changes mean people in rural areas need to be vigilant in looking after their emotional well-being, as well as that of their neighbours. Rates of suicide in regional and rural communities are two times higher than average.

It's important to stay in touch with the people around you – by doing things like joining a club or organising social catch-ups with your friends and

neighbours. You can get support by talking to your GP or phoning Beyond Blue on 1300 22 4636.

VACCINATE AGAINST Q FEVER

Q fever is an infection spread by cattle, sheep, pigs, goats and kangaroos and is more prevalent in the Shoalhaven than many other parts of Australia. Flu-like symptoms can develop into pneumonia, hepatitis or endocarditis. Farmers, abattoir workers and vets can be vaccinated against Q fever by their GP.

SUN PROTECTION

Farmers spend more time in the sun than most Australians and have an increased risk of skin cancer and heat stroke. Slip, slop, slap and have an annual skin check.

EXERCISE

Improvements in machinery and technology are making farming less physically demanding. Doctors recommend at least 30 minutes of sustained exercise each day that increases your heart rate and makes you breathe hard. Try swimming, tennis or mountain biking ... all excellent options in the Shoalhaven. **W**

For more information talk to your GP and go to www.farmerhealth.org.au.



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MAR + APR + MAY CHECK OUT WHAT'S ON!

2

THE MILTON SHOW

Friday 2 and Saturday 3 March
at Milton Showground.



3

SHOALHAVEN LYDIAN SINGERS

3 March at St Martin's Anglican
Church, Ulladulla. lydiansingers.org.au
or phone 0412 219 895 for tickets



11

VIKKI THORN (FROM THE WAIFS) AT MILTON THEATRE

11 March at 8pm.
P. 02 4455 3056 for tickets.



16

DOUG PARKINSON AT MILTON THEATRE

16 March at 8pm.
P. 02 4455 3056 for tickets.



17

BLESSING OF THE FLEET PRINCESS BALL

17 March at Ulladulla Civic Centre.



18

HARVEST FEAST LONG LUNCH

18 March at Cupitt's Winery.
Phone 02 4455 7888 for details.



29

MILLHOUSE ARTISTS EASTER EXHIBITION

Opens 29 March - 2 April from
9.30am at Ulladulla Civic Centre.
P. 02 4455 7211 for details.



1

EASTER SUNDAY

The Blessing of the Fleet
Parade and Festival.



6

THE LACHY DOLEY GROUP AT MILTON THEATRE

6 April at 8pm.
P. 02 4455 3056 for tickets.



7

PROTECTING OUR MARINE ENVIRONMENT

7 April at Ulladulla Civic
Centre. Presented by John
Turnbull. P. 0412 520 729



14

KEVIN WELCH AT MILTON THEATRE

14 April at 8pm. Tickets
\$30. P. 02 4455 3056



28

BOWIE UNZIPPED AT MILTON THEATRE

28 April at 8pm. Tickets
\$40. P. 02 4455 3056



29

DAN SULTAN AT MILTON THEATRE

29 April at 8pm.
P. 02 4455 3056 for tickets.



CUPITT'S GROWERS MARKETS

Held on the last
Saturday of the month at
Cupitt's Winery.
P. 02 4455 7888



6

TALLWOOD STREET FOOD

Held on the first Sunday of
each month from 12.30-5pm



19

JOSEPH TAWADROS TRIO AT MILTON THEATRE

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



25

BRUCE MATHISKE AT MILTON THEATRE

25 May at 8pm.
P. 02 4455 3056 for tickets.



AUTUMN EXHIBITION AT MILLHOUSE GALLERY

Open weekends and school
holidays from 10-3pm. Visit
millhouseartsociety.com
for further details.



SUNDAY SESSIONS AT BANNISTERS PAVILION

Every Sunday from
4-7pm live on the
rooftop.



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