

ISSUE #09

free!

White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

A photograph of Rick Stein, a man with grey hair, smiling and wearing a bright red button-down shirt. He is standing in front of a wall with a colorful, patterned tile design featuring green, blue, and yellow motifs. The word "Hungry!" is overlaid in large white text across the middle of the image.

Hungry!

IT'S ALL ABOUT TASTE
WITH RICK STEIN



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L to R: Hugh McBride, Rob Bevear, Andy Bell, Mal McDonald and Greg Bower supporting the Milton Rugby circa 1990.



L to R: Isis Burdich, Mylamber Burdich and Elke Jarman at the Berry Fairgrounds Festival.



Mikey Laws serving up some refreshments on a recent trip to Tassie.



Adam and Kyla Stone holidaying in Japan with daughter Fig.



Meg Leslie at The Alcazar of Seville last year.



Karen Riley, Jo Dell and Lucey Best at The Old Church in Milton.



L to R: Aaron Price, Joel Newton, Brett Burcher and Elliot Marshall at the premiere of surf film Engrained.



GUESS WHO?

These three siblings are local through and through. Email your guess to info@whitewashmagazine.com.au and the first person to guess correctly wins a box of chocolates from Woodstock Chocolate Co.

EDITORS' NOTE

Rick Stein fell in love with the south coast many years before he established his restaurant at Bannisters. He has vivid memories of eating oysters at Merimbula on his first trip to Australia at 19.

We were lucky enough to speak with Rick when he was in Mollymook at Easter, in between hosting a Bannisters lunch, enjoying a dip at north Mollymook Beach and catching up with south coast friends. He was also kind enough to share one of his favourite recipes.

Massive shout out to Russell Bierke, one of our Two Way Street subjects in Issue 7, for being accepted into the World Surf League for big wave surfing. Making the pro tour was his quoted aim when we interviewed him, and he's done it! Congrats Russ!




The story behind the showjumping achievements of Tim and Mal McDonald, at the Milton Show this year, is a heart-warming one.

Winter is a great time for walking and exploring the natural wonders just west of Milton-Ulladulla. Check out the latest featured walk in our column by the National Parks Association.

After that long walk, settle down in front of the fire with a glass of wine and enjoy Issue 9.

Virginia & Terri

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Cover Photo: Dean Dampney




As Tim McDonald completed a clean first round in his debut at the Milton Show horse events earlier this year, fellow competitor and show-jumping veteran Mal McDonald felt especially proud. Father and son were competing together for the first time – the old hand and the novice – carrying on a family tradition that goes back to before Mal could walk.

Mal grew up in the Blue Mountains where his grandmother had a farm with show horses and ponies. “My grandmother had me on a pony as soon as I could walk,” says Mal. “She always made sure I had my own riding horse.”

During Mal’s teenage years, horse riding took a back seat to surfing and on one trip to Currarong he met Roz, whose family had a holiday house there. The couple married and lived in the Mountains but the coast was calling. “We’ve always been south coast people,” says Mal.

On one visit south they spotted an historic Milton cottage in the real estate window, fell in love and bought it that day! Roz and Mal moved into their home in 1983 and welcomed three children in quick succession – Tim, Glen and Hettie.

Mal worked hard laying bricks, and one night while enjoying a drink at The Commercial Hotel he bumped into Graeme Murray, from Murray Racing Stables at Conjola, and they got talking about horses. Graeme had a horse that he thought might interest Mal and the deal was done. “I hadn’t had a horse for ages and I got the bug back,” he says. Mal and Roz’s cottage had a few acres out the back so Mal set up some jumps and began “schooling up” the horse ... he was back in the saddle!

Of the three kids, Hettie was the one who showed the most interest in riding. She soon had a horse and Mal taught her to jump. “If you’re going to jump it’s just a natural thing to want to compete,” he says, and so began years of travelling to shows in Moruya, Kangaroo Valley, Nowra, Berry, and of course, participating at the local Milton Show every year.

Meanwhile, Tim and Glen were more focused on surfing and footy, and Tim says he would “only have a token ride.”

Moving to Wollongong at 18 for university and later to Sydney also made it hard to get on a horse, but when Tim was back living at home for the majority of last year, he started riding with his dad and quickly “got right into it.”

Tim took his time getting the feel of the horse, but soon decided he wanted to start jumping – something father and son agree gives the biggest buzz. “That feeling of going over a jump smoothly, being on the right stride, that excites me more than dressage,” enthuses Tim.

There’s some discussion about the element of danger but Mal responds, “It’s like



Mal (left) and
Tim McDonald
between
competition
rounds on Milton
Show Day 2018.

surfing – if there's not a little bit of fear or challenge in it, it's not as much fun."

Training a horse involves skill, understanding, communication, and above all, patience ... attributes that Mal has in spades. "We've never had money for horses that were trained. We get cheap horses, work hard and ride them consistently," he says.

He would buy ex-racehorses and then teach them to go slowly in small circles, change direction, and to be on the right leg. "They have to be able to change leg to be able to jump. If your horse is on the wrong leg, it's out of balance," explains Mal.

“Other people can buy a horse that's skilled up and they know how to ride but they don't know how to train ... Mal can do both.

Tim is grateful for the knowledge his dad has passed on to him. "I'm lucky I've got Mal to teach me how to ride. Not many people in town can go get a horse and start learning to jump. Every time I ride I'm picking up new things."

Mal agrees, "You need to get your technique right if you're going to be half serious. It starts with your feet and your legs, then your hands all working together. My grandmother taught me all of that."

The McDonalds are a tight-knit clan, who support each other in their ventures and enjoy spending time together. "Our three are pretty close and all their mates are mates of each other. That's what's so good about this town, it's the best place to bring up kids," says Mal.

The family had a bit of a scare last year when Mal needed triple bypass heart surgery, but he downplays it all. "There was no big emergency. It just had to be done." He spent five days in hospital and was absent from the Milton Show for the first time in 15 years,

but he's recovered well and says, "I don't even think about it now."

"Mal's biggest disappointment was not being there for show day," Tim says. "But the horse events were washed out anyway so he doesn't feel like he missed out!"

It's clear that Tim has huge admiration for his father. "Other people can buy a horse that's skilled up and they know how to ride but they don't know how to train ... Mal can do both." Mal humbly tries to deflect attention, "I'm dead set a rank amateur rider!"

Now, Tim's looking at buying a horse and Mal wants to pass on his knowledge so Tim can school up the horse himself. "We want something fairly raw so Tim can learn how to train it himself."

This family knowledge will then be passed onto the next generation. Glen and his wife Amanda have just welcomed Mal and Roz's first grandchild and you can bet your life Mal will be keen to get little Bobby on a horse. "His mum's a country girl. He'll be riding," says Mal.

As to the future, Tim is keen to continue riding, hopefully one day returning to Milton to live, while Mal is looking forward to the 150th year anniversary of Milton Show next year. "I'll probably be the oldest rider down there," he laughs.

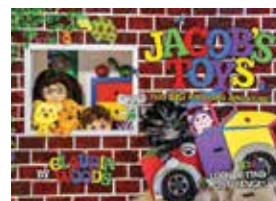
As talk turns to teeing up an afternoon ride with Hettie, father and son agree that achieving something new is what they enjoy most about show-jumping, before Mal adds: "It's just nice to be riding with someone, sharing the experience. It gets under your skin and it's hard to shake off. Tim's got it now and I'm glad about that." w

**DO YOU KNOW TWO LOCAL PEOPLE
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JACOB'S TOYS

By Claudia Woods

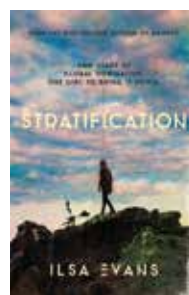
Jacob thinks he's too old for soft toys but when his mother washes them and hangs them out to dry, wild weather sets the toys free on an exciting adventure. Will Jacob miss his soft toy friends?



DARK ANGELS

By Ron Thomas

Set in the dangerous streets of 1930's Darlinghurst, Gilbert Maggs runs away to escape his drunken father, but quickly finds life out of home has its own perils.



STRATIFICATION

By Ilsa Evans

In 2023, with conflict escalating throughout the world, a paranoid billionaire develops a type of force field designed to provide safety for only a few. •

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INTERIOR STYLE WITH *Spaces 2538*

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Credit: Kip & Co

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Credit: Willowvale Road

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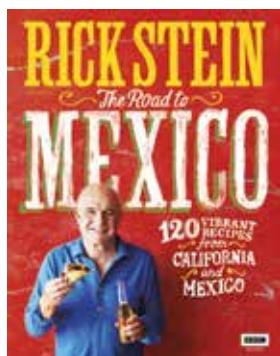
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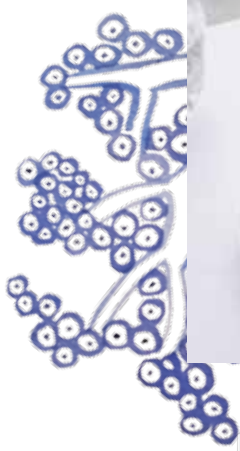


RICK STEIN - THE ROAD TO MEXICO

Available at Harbour Books,
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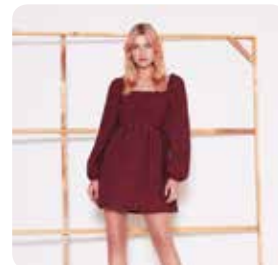
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A photograph of Rick Stein, an older man with white hair, smiling and sitting. He is wearing a bright red button-down shirt and dark trousers. He is positioned in front of a wall covered in colorful, patterned tiles. The tiles feature various designs, including floral motifs in red and green, and geometric patterns in blue, yellow, and white. The word "Hungry!" is overlaid in large white serif font.

Hungry!

IT'S ALL ABOUT TASTE
WITH RICK STEIN

WORDS BY VIRGINIA CONNOR
PHOTOS BY DEAN DAMPNEY & ANNIE COCHRANE

When Rick Stein's restaurant opened at Bannisters in 2009, it heralded a significant shift in the area's reputation as a fine food destination. While locals had been enjoying an amazing variety of great dining options for some time, the inclusion of the internationally known celebrity chef raised the stakes, capturing the interest of locals and long-term regulars, along with the ever-increasing number of well-heeled visitors to our beautiful region.

With the super-stylish refurbishment of the Bannisters motel a few years before, the scene was set. So, when entrepreneur and Bannisters owner, Peter Cosgrove, asked Rick – friend and regular visitor to Bannisters – if he could recommend a chef, Rick took the bait! Rick was enthusiastic about a possible collaboration

town of Padstow in Cornwall where he and a mate opened an ill-fated disco. The building came with a late-night license and the pair envisaged being at the helm of a sophisticated, chilled club scene similar to what was happening in London. Unfortunately, the venue attracted boozy groups more interested in fighting than five-star service, which resulted in the local constabulary revoking the establishment's license.

Financially desperate, they turned their efforts to developing the food-side of the business and soon rebranded their 'club' as a popular café serving local seafood. Rick's earlier experience as a chef during a stint in hotel management, along with a preliminary education with parents who were both good cooks, had given him an

“The deal was a masterstroke for the Stein/Bannisters partnership and for the community.”

and had Julian Lloyd in mind. Julian had commenced his career at age 16 at Rick's famous The Seafood Restaurant in England and after completing his formal training had travelled to Australia and Asia gaining valuable knowledge and experience. When Rick offered him head chef at Bannisters, Lloyd accepted. The deal was a masterstroke for the Stein/Bannisters partnership and for the community.

Rick's first experience of the NSW south coast was back in the '60s. He had come to Australia, at 19, half a world away from his birthplace in Oxfordshire, England, on a two-year working holiday seeking relief from the grief and shock of his father's suicide. During that visit, he spent what he remembers as an idyllic long weekend eating flathead and local oysters down at Merimbula with friends.

Rick's travels gave him time to indulge in reading and reflection, and on returning to England, he completed a Bachelor of Arts in English at Oxford University. Soon after graduating, he moved to the seaside

adventurous palate and an enthusiasm for food. He was accessing local shellfish, and grilling or baking fish to enhance the flavours and replace the traditional fried-in-batter-style seafood fare. The Seafood Restaurant became the dining destination for southern English day-trippers and holidaymakers hoping for a rare glimpse of sea and sunshine.

Rick maintained his connection with Australia during regular visits in the '80s with his young family. He and former wife, Jill, would close the restaurant for a couple of months during the winter and take their three boys out of school to travel and explore different cultures and foods. The destinations would frequently include Southeast Asia and Australia. “The produce is so different, so plentiful and varied. The combination of fresh, simple ingredients and, of course, spices, provide such lively flavours and texture,” enthuses Rick.

The popularity of The Seafood Restaurant at Padstow led to Rick being approached by the BBC in 1995 to host A Taste of the Sea. ▶

Dining at Bannisters
(left) Rick enjoys a wine
at the Pool Bar (right)



Credit: CloudFace Commercial Photographers

Despite his natural shyness, the opportunity to do what he loves in front of the camera turned out to be the perfect format for him to connect with millions of people. He is relaxed on camera, exuding a natural warmth and genuine interest in learning from other chefs and traditional cooks. This, combined with his eagerness to explore new culinary practices, proved to be the launch pad of the Stein empire. More shows, books, guest appearances and tours often took Rick away from Cornwall and the family, but the business kept growing and several more ‘Stein’ restaurants were established. There are now five restaurants, a pub and a cooking school.

Edward, Jack and Charles – Rick’s three sons – are all involved the family business. The eldest, Edward, is the creative director, bringing his artistic sense and design skills to the decor and style of each of the family’s business ventures. Middle son Jack followed in his father’s footsteps and, despite his dad cautioning him against a kitchen career, trained extensively in restaurants across the

globe before returning to Padstow to become executive chef, in charge of menus and the establishment of the development kitchen where new recipes are put to the test. The youngest Charles is with a London-based wine merchant and is responsible for the wine selection in the Stein restaurants. And although Rick separated from Jill in 2004, they remain business partners – testament to her long-standing commitment to the ongoing success of the empire.

“Every day you’re hungry – it’s basic to our existence. Food brings people together – it’s convivial.”

The boys’ involvement has enabled Rick to continue his international travels and successful relationship with the camera. The multi-award-winning television shows are culinary travel diaries, featuring must-visit restaurants, as well as highlighting traditional recipes of different regions. India, Venice, Istanbul, Mexico ... the

list is as diverse as it is long. “Food and travel provide an insight to the culture of a place, and the sophistication of the country,” Rick says. “You find the voice of a culture based on the quality of the produce.”

His respect and excitement for different ingredients, taste combinations and techniques are evident in every series. Rick is fascinated with flavour and appreciates simplicity as much as more complex fusions – he also views some aspects of the modern obsession with food shows as being in danger of placing the focus on skills rather than taste. When asked what keeps him so enthusiastic about food, he is quick to answer, “Every day you’re hungry – it’s basic to our existence. Food brings people together – it’s convivial.”

These days, Rick views Mollymook as his second home, visiting six times a year to ensure the menu and quality is maintained, host cooking-courses and participate in a range of foodie celebrations across the country. It was while in Australia that Rick met Sarah (Sas) Burns, who he married in 2011. Sas has a long

RUN BY SURFERS FOR SURFERS

Shop 1, Mellick's Corner Princes Hwy, Milton NSW P. 02 4454 5222



Credit: Annie Cochrane

connection with Mollymook, based on many happy childhood holidays. It was Sas who first introduced Rick to the area, and he felt immediately at ease here. "It's very much like Padstow – except the weather is much better," Rick says with a smile.

When asked about the difference between cooking seafood in Mollymook as compared to Cornwall, Rick leans in, "The fish here are so good. They're meaty and full of flavor. It's a real pleasure working with the raw materials here."

Rick sources all the seafood he uses at Bannisters locally and loves being part of the community. "I have learned so much, talking to the local fisherman and produce suppliers," he says.

He also sees every restaurant in the area as adding to the richness of the local food scene. "It's about promoting the area, not a particular business. It's a very cooperative community," says Rick, relaxing with a trademark glass of wine in hand.

Bannisters is part of the South Coast Food

Alliance, which brings together several local restaurants to host regular gastronomic events that showcase the food, the wine and the region's best produce.

The Stein/Bannisters partnership is soon to be repeated on the NSW north coast, near Port Stephens, and Rick's enthusiasm is impressive as always. At 71 years of age, he shows no signs of slowing down. When we spoke to him, he was preparing to revisit France to explore modern French cuisine and provincial cooking. "The French tradition contributed so much to the development of the gourmet cooking scene and has experienced diminished popularity over more recent years," Rick says. "I am nostalgic for the French respect for food and flavours, and curious as to where the traditions are held now."

Raising his glass as if to toast, the renowned chef concludes, "As long as I love eating, I'll keep exploring different tastes."

Cheers to you, Rick. [W](#)

Enjoy a Taste of The Sea package - bannisters.com.au



Credit: David Griffen

GRILLED HERVEY BAY SCALLOPS WITH ROASTED HAZELNUTS AND CORIANDER BUTTER

- 16–20 cleaned king scallops in the shell or 32 cleaned queen scallops
- 25g butter, melted
- Salt

Hazelnut and Coriander Butter

- 75g roasted hazelnuts (reserve a few)
- 225g unsalted butter
- 25g fresh coriander
- 15g fresh parsley
- 25g shallots
- Juice of ½ lemon
- Freshly ground black pepper

1. First blend together all ingredients for the butter. Place on a piece of cling film. Roll into a sausage and refrigerate until firm.
2. Preheat the grill to high. Put the scallops onto a baking tray. Brush each one generously with melted butter and season with salt and pepper. Grill the king scallops for two minutes and the queen scallops for one minute.
3. Lightly spread about one teaspoon of the coriander butter over the scallops (about ½ teaspoon for the 'queenies') and grill for another 1–2 minutes (one minutes for the queenies) until they are just cooked through.
4. Sprinkle with reserved roasted hazelnuts. Place on warmed plates and serve straight away.



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LOCAL TALENT

PAT KEEGAN

Words by Terri Quinn

On entering the workshop of guitar maker Pat Keegan, there's a particularly south coast ambiance, with the sweet smell of timber, the soft sound of the ocean, and a distinctly laid-back vibe. Pat brushes sawdust off a chair and offers a cup of tea, as the old family cat saunters into their shared domain.

As the conversation flows, it becomes obvious there are two influences that have shaped Pat's journey as a guitar-maker: his time as a musician, and his love of working with timber. Pat learnt to play guitar at 14 and was in and out of bands throughout high school. Surf trips to the south coast in the '70s led to him meeting local girl Angel Fitch, and the couple made their home in Ulladulla after marrying in 1981.

On his arrival, Pat worked as a landscaper and later with the NSW National Parks and Wildlife Service. Musically, "I got mixed up

with the wrong crowd," says Pat, with tongue-firmly in-cheek, as he describes joining the Milton-Ulladulla Folk Music Club in the mid-80s. Pat met a few like-minded people, and together they went on to form The Loaded Dog Bush Band.

The Loaded Dog played country music festivals throughout NSW, recorded two albums and won a slew of awards at The Australian Bush Music Festival in the mid-90s. "We were invited to play at the National Folk Festival in Canberra and that was pretty much the 'big time' for bands like ours," Pat reminisces.

When the popularity of bush music faded, the band returned to their roots – loud rock music! "I learnt to play guitar to The Stones, so there's a soft spot," says Pat. The group renamed themselves The Ruins (we laugh at the play on words) and despite changes to the line-up over the years, they still perform a few gigs a year at The Star Hotel in Milton.

As Pat headed toward retirement, he decided to combine his two passions, music and timber, and teach himself to make electric guitars. His days with the National Parks had given him some woodworking skills. And his years as a musician provided an innate understanding of the technical workings of the instrument.

He purchased some tools and began setting-up his workspace. An antique bookbinder's press from the late 1800s, found underneath a house in Wollongong, has pride of place in the workshop and is used to glue timber together.

●● Purists would say you can't use pallet pine but I love the funky finish it provides.

Pat works with a variety of high-quality timbers, but likes to use recycled timber whenever possible. A set of stairs from a renovation at Culburra, a red cedar stump from Little Forest, and even a piece of driftwood sit in his workshop, but one of his favourites to work with is pallet timber. "Purists would say you can't use pallet pine but I love the funky finish it provides," he says.

Over time he's moved from a labour-intensive high-gloss finish to a fabric finish, where he glues paisley fabric to the guitar, then seals and finishes it with furniture wax/polish. "I probably have one of the better paisley fabric collections!" laughs Pat.

His guitars are totally different to what you buy in a music shop. They are works of art. The craftsmanship that goes into each piece makes me wonder how he can part with them, but Pat's practicality dictates that he only has a few guitars of his own. The rest are made for other musicians. "They're for working not standing in the corner!"

Pat admits he has plans to cut down the number of guitars he makes, but the passion he has for his trade is clear. "One of the reasons I do it is I love the woodwork," he says. "But I couldn't make furniture. Furniture is boring ... you can't plug it in, turn it up, and rock out!" **W**

Pat's bespoke guitars will be exhibited at The Wall, Eastside Mall, Ulladulla, on July 17th.

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Credit: CloudFace Commercial Photographers

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Skin conditions treated at SRS include adolescent breakouts, adult acne, pigmentation, sun damage, dermatitis and eczema, as well as dry, dehydrated and aging skin. Justine offers the latest in cutting-edge technology, with the Healite 2 LED machine used for medi-facials, corrective peels, skin rejuvenation, infusion treatment, wound healing and scar reduction therapy.

The choices Justine has made in setting up her business show a commitment to both the environment and the local community. She uses sustainable packaging, up-cycled, retail display pieces, and even lavender from the garden. She also supports other local businesses wherever possible including the 'I Am Aromatics' range developed here on the south coast.

The SRS delivers a fresh approach to skin rejuvenation by bridging the gap between beauty treatments and cosmetic surgery, using scientifically researched and medically proven non-invasive methods with all the relaxing trimmings to boot! •

Contact The Skin Rejuvenation Suite today and be rejuvenated. Book via 0423 166 505 or online at theskinrejuvenationsuite.com.au



JUST MARRIED

With The Old Church At Milton

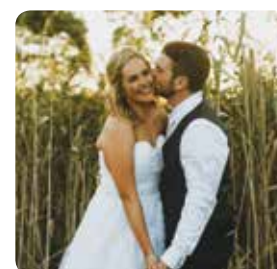
Tara and Andrew were blessed with a perfect autumn day when they celebrated their love and commitment, amid family and friends, at their wedding at the Old Church in Milton on the 3rd of March.



With the afternoon light reflecting off the dam, the scene was set for the intimate ceremony, while also providing a beautiful backdrop for some gorgeous photos.



Guests meandered through the extensive gardens enjoying canapés and drinks before joining the newlyweds in the elegantly decorated marquee. There they were treated to a four-course feast prepared and served by St Isidore.



Are you looking for a wedding venue? The Old Church will open it's doors to potential couples as part of the South Coast Wedding Fair on Saturday the 4th of August from 10am-4pm. Come along to the Open Day and say hello! •

Credit: Sarah Kennedy Photography

[W. theoldchurchmilton.com.au](http://W.theoldchurchmilton.com.au)

@theoldchurch_milton,

@theweddingaisle2539

LET'S WALK

With The National
Parks Association

Credit: Paul Buckingham



The Walk: Granite Falls.
Traditional country of the
Yuin people.

Distance: 1km return.

Grade: Easy walk, slight
incline. Suitable for children.
Some moderate steps.

Getting There: 18km north
of Milton, turn left into
Twelve Mile Road (near
Luncheon Creek.) Watch out
for the small sign! Follow the
dirt road for 6.5km.

The Experience: After
heavy rain the falls can be
spectacular, but in drier
periods there may be little
or no water.

Extra: As you exit car park,
turn right and follow the signs
to the Rainforest Walk (more
strenuous, not suitable for
children), a magical picnic area
and George Boyd Lookout.

Important: Bikes, dogs and
smoking are not permitted in
National Parks. Remember
a hat, water and sun cream.
Bring your own firewood or
BBQ. *w*

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



Credit: CloudFace Commercial Photographers

Rhys Williams has been getting his hands dirty since he was a young boy working alongside his parents in their massive, English-style, cottage garden in rural Victoria. Together they created what he describes as “probably one of the best gardens in the district.”

While his destiny seemed clear, Rhys put his desire to garden on hold while he studied business. Travelling the country as national sales trainer for the General Pants Group, he built a skill set that he still utilises in his relations with his employees and clients today.

Marriage to Ronnelle and the arrival of children, led to dreams of a lifestyle change and eight years ago they left Shellharbour, bought a house in Mollymook and “just rolled” into their new life. Now was the time for Rhys to finally pursue his love of gardening.

When launching into business, a mate lent him a van and his dad arrived to help in his Kingswood Camper. “He was meant to stay three months and was here for a year and a half!” laughs Rhys.

Opportunity came knocking when he was approached to establish the gardens at the new Bannisters Pavilion in Mollymook. Despite a lack of commercial experience, Bannisters recognised Rhys’

instinctive talent. They organized for him and his team to work with William Dangar (one of Australia’s pre-eminent landscape designers) and according to Rhys, “They trained us up and taught us so much.”

The collaboration produced a stylish oasis that perfectly compliments the hotel and reflects Rhys’ aesthetic: “I love the coastal environment we live in down here and I don’t ever want my gardens to distract from that. It’s about complementing the architecture, not distracting.”

Rhys added more high-profile gardens to his resume and now specialises in large-scale private and commercial work. While he can access the services of landscapers when needed, his specialty is planting, growing and maintaining. “I’m just passionate about the plants,” he says.

Whenever Rhys and his team complete a garden, they gift clients a bottle of champagne to celebrate and leave the cork in the ground for good luck— a William’s family tradition.

Rhys feels blessed to live and work in this beautiful area and gets great satisfaction from seeing his clients enjoy the outdoor spaces he creates. “We’re so thankful for our clients and the gardens we get to work on.” •

W. rhyswilliamsgardening.com.au



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Defined as, ‘the effect of contrasted light and shadow’, Ocean Alley’s album, *Chiaroscuro*, is as advertised. From the searing opener ‘Corduroy’, which is moody and dramatic, to the funky-up and undeniably fun single ‘Confidence’, the band shows their diversity in light and shade.

It’s been a huge start to 2018 for the six-piece from Sydney’s Northern Beaches. Ringing in the New Year across the ditch at the Rhythm & Alps Festival, and Baydreams at Mount Maunganui, the band was well received in the bastion of dub, roots and reggae amongst compatriots Fat Freddy’s Drop, Cornerstone Roots and the Black Seeds. Keeping the New Zealand vibes rocking the band asked Tales of I to join them for their Australian Tour.

In the midst of a potato gnocchi cook up for his family on the Northern Beaches and on the eve of their homecoming show at the iconic Enmore Theatre, rhythm guitarist Mitch Galbraith explained the band’s beginnings. “We were just friends who hung out in our bass player’s parents’ shed. We got bored and we all played instruments in high school so we started mucking around with guitars, and doing covers.”

That was 2011 – seven years later the band have put forth two EPs and two full-length albums, amassing a groundswell of fans along the way.

While the surf-rock tag gets bounced around like a beach ball the coastal feel, intended or not, is evident throughout. Mitch explained, “We all live close to the beach so it shines through in our music. We all surf, we enjoy fishing and kicking back in the sun. It’s there at a subconscious level ... the ocean and that lifestyle helped the band form.”

●● The ocean and that lifestyle helped the band form.

Discussing the early days, Mitch says all six members experienced a variety of influences. “We listened to everything from old classic blues, Hendrix, Pink Floyd and a lot of reggae and roots music.”

With a run of US tour dates, a European tour and then another US tour supporting a huge, yet to be announced Australian act, there is plenty in store for the rest of 2018. “We’re already tinkering with new ideas for the next album,” says Mitch. “We think *Chiaroscuro* is the best record we’ve done, but we’ll definitely be looking to better it.” [w](#)

Chiaroscuro – out now

WINTER ALBUMS

Tune in to these cool albums recommended by White Wash music columnist Jem Quinn.



DMA's
For Now



Vance Joy
Nation of Two



Middle Kids
Lost Friends



Camp Cope
How to Socialise & Make Friends



Slum Sociable
Slum Sociable



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P. 02 4455 3056

UP IN THE AIR

With Flight Centre Ulladulla

If you're feeling the winter blues, talk to Janice O'Neil and her team at Flight Centre and let them plan your next escape!



VISIT THE GOLD COAST

A quick flight from Sydney, and you're lying on the beach in the warm winter sun. Take a helicopter ride, go jet boating, or climb to the top of the Q1 building.



GO ON SAFARI

Africa is a continent rich in natural beauty and amazing wildlife. Ask Janice about her 14-day camping tour with ON THE GO tours overland from Namibia to South Africa.



CATCH THE GHAN

Team member, Kylie, recommends this luxury train trip from Adelaide to Darwin, with ever-changing scenery and locally sourced food and wine.

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Ulladulla NSW 2539
Hours: 9am-5:30pm



After 30 years practising acupuncture and Traditional Chinese Medicine, Helen Gordon felt the time was right to join her family here on the beautiful south coast. Helen grew up on Narrabeen Lake in Sydney and now as she watches the sun set over Burrill Lake, she embraces the feeling of having come full circle.

Traditional Chinese Medicine (TCM) is a comprehensive system of medicine successfully practised for over 2000 years. It defines health as harmony between the body, the environment and the mind.

TCM holds a wealth of knowledge on how imbalances manifest in the body and consequently disease develops. "This is why we can have symptoms and feel sick but all the western medical tests are clear. How often do we hear 'there is nothing wrong with you'? TCM treats disease from the outside (energy level) to the inside (organic level) before damage has occurred," explains Helen.

Before studying Chinese medicine, Helen worked for 17 years in the public hospital system as a nurse, midwife and family therapist so she has a good understanding of both western and eastern medicine. She uses acupuncture, Chinese herbs, Qi Gong and crystal healing in her work, to re-establish balance

and support the body in its own healing.

"We need to trace back to why we got sick in the first place and then it is easier to make the changes necessary for health. Problems with gynaecology, fertility, digestion, anxiety, depression and chronic degenerative issues can all respond positively to treatment," says Helen who has a special interest in chronic and difficult diseases.

While many people are familiar with Tai Qi exercises, Qi Gong includes elements of Tai Qi, martial arts, TCM and meditation. "It works at a deeper level," clarifies Helen, "keeping us healthy, flexible and resilient." As well as running regular Qi Gong practise sessions, once a year Helen supervises a special four-month program, taught by Master Zhao ShiHua.

Helen's clinic also has a Crystal Bed from John of God in Brazil to assist healing on all levels: physical, emotional and spiritual. She believes, "A session under the crystals clears and harmonises all seven chakras and provides profound spiritual healing."

As Helen establishes herself here in the Milton-Ulladulla area she is happy to talk to people and answer any questions they may have. •

Helen Gordon: P. 0422 176 466

W. www.menlachinesemedicine.com





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www.cashmereessentials.com



MIND MATTERS

WITH DR KATIE MACARTNEY

Mental health disorders and dementia have emerged as two of the most prevalent health issues in Australia. Here are some proactive steps to help prevent and manage dementia and depression in all age groups:

GET INVOLVED

Social isolation, boredom and lack of engagement negatively impact our brain function and mental wellbeing. In Milton and Ulladulla there is something for everyone- join a club, get a pet, join a theatre group or book club, attend an art class, play a sport. Whatever your passion, you can explore it here!

SMELL THE ROSES

Being outdoors increases exposure to vitamin D and having contact with nature reduces stress, improves mood, lowers anxiety and helps to prevent chronic disease. Go out to the beach, the bush, or the garden and feel good about the benefits for your brain!

GET ACTIVE

This is a most important recommendation! Exercise increases blood flow to the brain, stimulates brain cell growth, reduces cholesterol and decreases blood pressure. Start with walking, yoga, swimming or consider joining a team, a club or a gym.

NOURISH YOUR BRAIN

Eat a healthy, well balanced diet that is low in fat and sugar. Eat fish, fruit and vegetables and have less than two standard alcoholic drinks per day.

USE IT OR LOSE IT

The saying "use it or lose it" applies to both your brain and your muscles! New activities help to build new brain cells and strengthen connections in the brain. Try reading, puzzles or crosswords, learn a language, or take up dancing.

SET GOALS

Setting meaningful, achievable goals will help your cognitive function. Write down things you want to do within a certain time frame e.g. "I will read three books before Christmas."

BE INCLUSIVE

People who experience bullying or discrimination, are at increased risk of mental illness. We need to respect people's differences and celebrate individuality.

GET HELP

Talk to your GP if you have any concerns. Consider looking at www.yourbrainmatters.org.au or calling Lifeline on 13 11 14 or the National Dementia Hotline on 1800 100 500. [w](#)

YOUR WELLBEING

Words by Amanda McDonald
From Body Align Physio



A SAFE RETURN TO EXERCISE POST BUB

After delivery, women are encouraged to increase their physical activity gradually, as many of the physiological changes of pregnancy persist for 4 to 6 weeks after birth and pelvic floor conditions are common. Follow these precautions to minimise risks.

- **0-4 weeks postnatal**
Begin with gentle walking, pelvic floor exercises (as guided by your physiotherapist), and specific postnatal abdominal bracing.
- **4-8 weeks postnatal**
We highly recommend seeing a specially trained physiotherapist 6 weeks after having your baby, to assess and prescribe exercises for the pelvic floor. Low-impact postnatal classes can begin with correct breathing, technique, posture and light weights.
- **8- 12 weeks and beyond**
Gradually increase the intensity of your program, progressing your postnatal abdominal exercises. If returning to high impact exercise such as running, please consult your physiotherapist to check your abdominal wall and pelvic floor.

At Body Align Physio we offer postnatal checks as well as guided Pilates programs to progress your strength and function, so you can be assured you're in safe hands. •



Stone Cottage

This delightful country cottage overlooking Stone Cottage Vineyard is set in a lush 5 acres of south coast magic. The cottage is situated 4.5km from the idyllic market town of Milton and some of the south coast's best restaurants.

Book your next stay with us.

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



TURNING HEADS

WITH CHARLI TOUT

Words by Brett Burcher

Credit: Zecora Stokes

Growing up amongst a hotbed of energetic grommets, only a stone's throw from Racecourse Beach and Ulladulla Skate Park, it was inevitable that 13 year-old Charli Tout was never going to be the indoor type.

A water baby and all-round lover of the outdoors, Charli started paying attention to the surfers that would fly past her in the shore break. "I've always enjoyed being in the water, and after watching people surf all day it got me interested to give it a go myself when I was around nine or ten," she says.

Curiosity led to commitment, and encouraged by her father Marty, Charli soon found herself playing around in the waves at Racecourse Beach, alongside her elder brother Jack. She also started watching movies about American professional surfer Bethany Hamilton on the Internet and was immediately hooked.

Still hooked, Charli has rapidly become one of the leading female surfing talents in the area, already boasting some impressive competitive results and turning heads everywhere she goes with her energetic free surfing and unmatched hours spent in the water.

While still adjusting to the dynamics and strategies of competitive surfing, Charli has wasted no time in making her presence felt. After taking out the Ulladulla Boardriders Open Women's title in 2017, she has started 2018 off in similar fashion, already bagging two wins in as many contests.

"I like both competition and free surfing, but I still haven't figured out how to block out or harness nerves and pressure yet," admits Charli. "I really enjoy the challenge of trying to do my best surfing in 20 minutes, and being able to compare my performance to what the other competitors can do in that time frame."

At present, it's an exciting time to be an aspiring athlete in any sport, and none more

so than women's surfing. A devoted fan of the sport, Charli applauds the new wave of female advancement and revolutionary performances occurring in the water both locally and globally.

"I reckon female surfing is progressing a lot because there are so many more women surfing than there was ten years ago, and I'm really stoked surfing has become recognised as an Olympic sport."

Charli remains happy to mix it with the boys, but would love to see more female faces frequenting the local lineups.

Outnumbered by her male counterparts, Charli remains happy to mix it with the boys, but would love to see more female faces frequenting the local lineups. "In our school group, there are about twenty boys and two girls everywhere we go and everyone gets along, but it would be unreal to have more girls surfing."

Calling Ulladulla home since birth, Charli credits the local area and it's people for influencing her unwavering love for surfing and the ocean. "There are so many nice people in the community and such a wide range of surf spots. You can always find somewhere decent if you look hard enough – or if dad's willing to look for me!" she adds with a grin.

Focused on exploring her potential, Charli recently made the decision to postpone other sporting interests to focus solely on her surfing. "I used to play soccer and AFL, but unfortunately they were taking up most afternoons of the week and I was missing my time in the ocean." Charli now surfs everyday, and also skateboards and walks a lot of places. "That's my cross training," she laughs. [w](#)

Stop Press: With sponsorship support from AKWA, Charli competed in her very first competition outside the local area at the Ocean & Earth South Coast Regional Titles in Kiama on May 6th and won the Under 16 Girls division! This has led to a wildcard entry for the Shoalhaven Pro Junior. Go Charli!!!

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CHEF AND GARDENER

WITH CUPITT'S WINERY

Credit: Claudiu Face Cammermeyer Photography

Cupitt's Head Chef Russell Chinn, and garden designer Adrian Baiada, from My Square Metre have developed a mutually beneficial relationship while working closely in the Cupitt's Kitchen Garden. Their partnership has proved fruitful as the garden provides fresh, seasonal produce for the restaurant and bar all year round.

When Russell arrived at Cupitt's eight years ago the Kitchen Garden had just a few herbs growing. He began by asking the gardeners at the time to grow things that were used frequently in the restaurant and then with the arrival of Adrian in 2016, a major revamp significantly increased production.

"Initially, it was a challenge to get the quantity that a busy kitchen needs from a plot that size," says Adrian, "But we've taken over a lot more space and now have a potato patch in the top paddock that produced 650kg last summer."

As the garden has grown, so has the close alliance of these two skilled artisans. They meet weekly to discuss what's to be harvested, and every few months they plan the next three to six months plantings.

Their collaboration may have even produced some cross-skilling. Russell isn't known for having a green thumb, but he does grow lime, cherry, pear and

mariposa plum trees at home. And while Adrian might not be a chef, his wife had it written into their vows that he had to make her Indonesian banana pancakes every Sunday, so he must be fairly adept!

Both certainly share a fondness for winter on the south coast. Russell, being English, relishes the cooler mornings and says, "I really love cooking with the root veggies that come through as well." Adrian agrees, "It's the cold snap we get down here. Last year it allowed us to grow romanesco as it gets the florets going." They're also both excited about growing salsify this year as it's notoriously hard to get and expensive.

Each week all the chefs spend time in the garden to assist with planting and harvesting. "Last week Adrian had them collecting worm castings for planting the winter lettuce crops," says Russell, who is looking forward to seeing what each of the chefs comes up with for the Winter Express Lunch Special, as they all get a turn of planning a lunch.

"One stipulation is that it needs to include a great amount of produce from the Kitchen Garden." They certainly have no shortage of options with all the abundant produce and hardly an empty spot in the garden! •

Express Lunch - \$29. Every Thursday and Friday throughout winter. Bookings recommended.

IN THE VINEYARD

With Cupitt's Winery & Brewery



BEER-WINE HYBRIDS: TWO WORLDS COLLIDE

While many people would consider them worlds apart, beer and wine have forged closer together than ever before at Cupitt's.

By using grape juice in the fermentation of beer, the Cupitt's brewers have strengthened the connection between the two. The rise of this technique does challenge many perceptions of beer, but beer-wine hybrids are part of a growing trend that provides more options for food-friendly beverages.

As producers of both these products, Cupitt's is well positioned to bridge any divide between beer and wine. Utilising this year's vintage grape harvest, Cupitt's made two hybrid beers that like wine, carry a unique signature of where and when they were created.

The Arneis hybrid, fermented using Belgian ale yeast, combines low bitterness, moderate acidity and floral complexity, with flavours of melon and pear. The Tempranillo hybrid, fermented with wild yeast, has clear vinous characteristics, subtle tannins and notes of raspberry, cherry and cocoa.

At Cupitt's we believe these beers can work well with food. These co-ferments play an important part in encouraging more drinkers to try beer and challenge entrenched views on what wine or beer should be, while having fun doing it! •

Cupitt Craft Beer available in the Bar and the Cellar Door.

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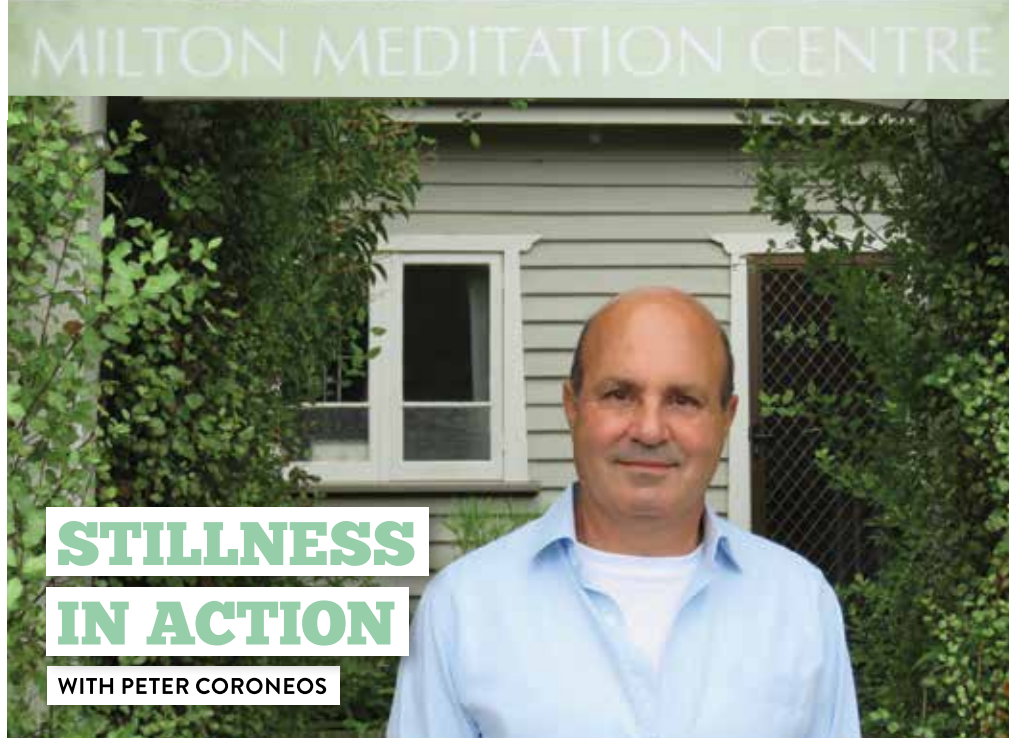
BATH SALTS



There's nothing better than a hot bath after a busy day. These fragrant, homemade bath salts will soothe tired muscles, promote relaxation and rejuvenate dry skin.

Here's what you need:

- Coarse sea salt
 - Epsom salt
 - Baking Soda
 - Essential oil of choice
1. In a large bowl, mix to combine: 6 parts coarse sea salt; 3 parts epsom salts; and 1 part baking soda.
 2. Divide the mixture evenly into small bowls.
 3. To each bowl add a few drops of essential oils, and combine. E.g. 10 drops of lavender + 10 drops of bergamot = relaxation; 10 drops of eucalyptus + 10 drops of peppermint = sinus clearing; 5 drops of orange + 10 drops of clove + 5 drops of cedarwood = stress relief.
 4. Decant into airtight containers to keep out moisture and label accordingly.
 5. Dissolve ½ cup of bath salts under running water, and lay back and relax! w



Few locals who know Milton's Peter Coroneos realise the role he's played in shaping the internet in Australia. Even fewer would appreciate how much he attributes his leadership success to the daily practice of deep meditation.

Yet to sit with him as he instructs in techniques direct from the ancient yoga traditions, techniques he's practiced intensely for over 40 years, is to gain a first hand experience of the unlimited potential of mind and of supreme peace.

Rising to lead the Australian internet industry for nearly 15 years from 1997, Peter is an internationally acknowledged authority on cyber policy. Twice invited to the White House to advise the Obama Administration on cybersecurity, he also helped shape laws and principles for online child protection, privacy, broadband and copyright. Qualified in science, education and law, Peter has devoted the last 20 years of his life to "making the internet faster, safer, fairer and more trustworthy."

His efforts continue. As Asia Pacific Head of the Paris-based Cybersecurity Advisors Network, Peter also heads up one of Australia's most innovative cybersecurity startups, Icon Cyber. He writes and

speaks nationally and internationally on leadership, innovation, best practice and internet policy.

But his greatest love is sharing the meditation skills he's applied to his own career. Hundreds of people have done Peter's unique training – to manage stress, anxiety and negativity. "Insight and creativity are highly valued skills," he observes. "But stress and over-thinking cripples performance."

"Taking a few minutes a day to access the inner stillness can vastly improve mood and memory. You become more spontaneous and carefree. Sleep quality improves," Peter says. "Neuroscience now validates what most meditators know themselves. Our mind can become our best friend if we know how."

"Meditation is not what most people think. It has nothing to do with religion or beliefs. It doesn't involve forcibly stopping your thoughts. It is a state of mind as natural as sleep. People who come to me are amazed how accessible the state is once they are shown how to find it. They leave feeling calmer, clearer, happier and more in control. It's the greatest reward, the highest achievement, to help this process unfold." Peter teaches individuals by appointment or in small groups. *

Milton Meditation Centre: www.miltonmeditation.com

Corporate Meditation Training: www.serenityworks.com.au

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SHAKING IT UP

WITH HARVEST BAR

Enjoying a night out at Harvest Bar in Milton 15 months ago, Lucas and Amelia Sandona decided then and there, that they were going to be the new owners.

The rustic décor and industrial styling of the bar instantly appealed to the couple, not to mention the spectacular views over green, rolling hills to the ocean. They wanted a change from their hectic lifestyle in Sydney and Harvest Bar was exactly what they'd been looking for.

Prior to the move, Amelia was licensee of a pub in Randwick for three years. Lucas had never stepped foot behind a bar but quickly found his groove with the cocktail shaker!

Since purchasing the popular Milton watering hole, Lucas and Amelia have added their own distinctive touches, making it a vibrant and exciting venue with live music, tapas and a friendly, inviting atmosphere.

Impressed with the abundance of musical talent in the area, they love to show their support by featuring local musicians at the venue each weekend.

While listening to music, patrons can enjoy an extensive wine list that includes local and imported wines to suit the most discerning palate. Their specialty, however, is the cocktails. The must-tries

are the Harvest Caprioksa and the Margarita, which Lucas claims, "Is the best not only on the south coast, but in the world!!!"

If you're hungry, there is a changing tapas menu with blackboard specials. The Harvest grazing platter is a favourite option for a group, with a generous selection of cheeses, chorizo, nuts, fruits, breads, dips, fruit pastes and cold meats ... yum!

A recent addition to the team is Harvey, the mobile caravan that is available to hire as a bar for special occasions. Harvey is the perfect way to add a funky touch to any event and Harvest Bar also offers catering options to compliment the drinks van.

Harvest Bar is also a sensational venue for a function, whether it be a birthday, hen's night or wedding. A canapé finger food menu is available upon request and Amelia and Lucas are happy to help organise your special event.

The move to Milton has been a successful one for all concerned. Amelia says, "We are totally in love with Milton. Everyone is so friendly. We are minutes from the beach without the crazy Sydney traffic." And locals have a cosy, intimate place to chill out that ticks all the boxes. •

4/23 Wason Street, Milton. Open from 12pm-10pm.
P. 02 4455 3037, W. theharvestbarmilton.com



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NUTRITIONAL HEALTH



By Emily Bingham



Try adding these nourishing foods to help fight off the common cold this winter!

- **Strawberries and broccoli:** Contain Vitamin C a natural anti-histamine.
- **Cinnamon:** Antimicrobial. Helps to fight bacteria, soothing on the gut wall.
- **Ginger:** Contains zingiberene and gingerols. Also anti-microbial, anti-nausea and wonderful support during times of infection.
- **Coriander:** Supports digestive and respiratory systems and may help to relieve sore throats and coughs.
- **Carrots:** Contain Vitamin A. Supports mucous membranes in the respiratory tract, increases resistance to infection.
- **Garlic:** Anti-viral. Crush it first then use approx. 10 minutes later.
- **Pineapple and Papaya:** Contain Bromelain. Natural mucolytic helps to clear the mucous congestion.

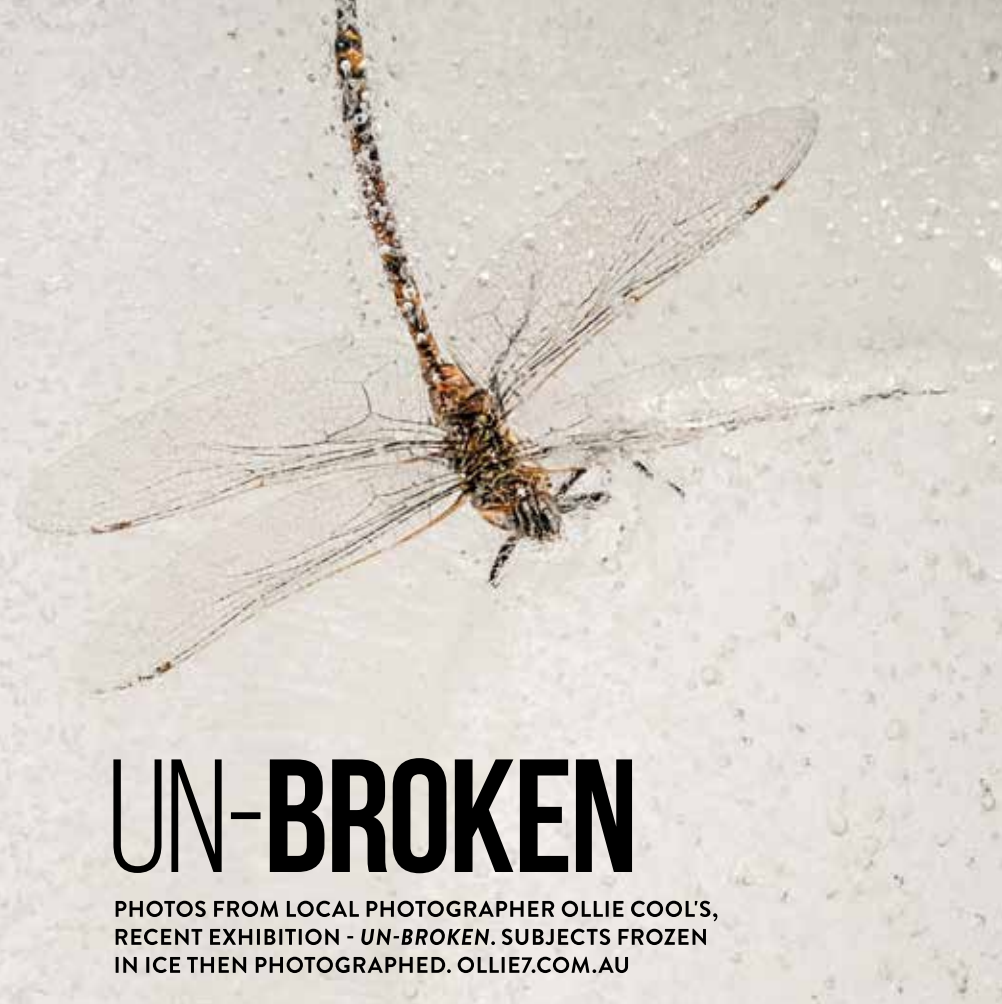
Winter tips:

Enjoy daily sunlight. Vitamin D is a potent immune modulator and supports immune function! Exercise to support the lymphatic system and assist clearing any wastes. Drink plenty of water, even on the colder days!

Need help with dinner on that cold winter night?

Pop in to EMpower Wholefoods and grab one of the beautiful Duke & Co 'Grab 'n Go' lunches/dinners! •

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



UN-BROKEN

PHOTOS FROM LOCAL PHOTOGRAPHER OLLIE COOL'S,
RECENT EXHIBITION - *UN-BROKEN*. SUBJECTS FROZEN
IN ICE THEN PHOTOGRAPHED. OLLIE7.COM.AU

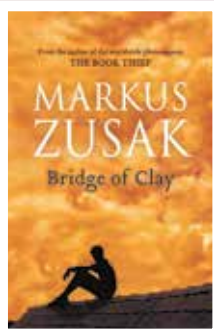


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Author Markus Zusak and his latest book.

LAUNCH OF STORYFEST INC.

The love of storytelling is strong in our local area, with many writers, musicians, film buffs and readers calling Milton, Mollymook or Ulladulla home. Now we are to have our very own festival celebrating the art of storytelling.

"Telling stories, be it through prose or poetry, film or song, is how we connect with each other, understand our past and contemplate our future," says Festival Director, Meredith Jaffé. "For as long as humans have existed, storytelling is the way we interpret the world around us and our place within it."

The first StoryFest will be held in June 2019. The festival will kick off with a writing workshop on Friday afternoon followed by a themed dinner at a choice of two of our finest local restaurants. Saturday will see three venues running programs encompassing children's fiction, adult fiction and nonfiction. Saturday night will offer a chance to glam up and enjoy a sumptuous meal whilst being entertained by our special guest writer. Alternatively, patrons can enjoy a picnic dinner and a movie, hosted by one of Australia's leading film directors.

"We are intentionally leaving Sunday free so visitors can enjoy our glorious patch of the south coast," says Program Director Pamela Cook. "Milton/Mollymook/Ulladulla features beautiful beaches, spectacular wilderness and is a popular destination for foodies."

The program is currently under development and will be released in March 2019.

In the meantime, StoryFest Inc is hosting a fundraising event on Saturday July 21 2018 at the historic Milton Theatre. The evening will be the official launch of the Festival and will feature local performers, introduce the people behind StoryFest and outline ways the community can be involved in the festival.

The highlight of the evening will be a very special 'in conversation.' StoryFest is thrilled to announce that Senior Judge of the NSW Premier's Literary Award, Suzanne Leal, will be in conversation with a writer we love to call our own, Markus Zusak.

Markus Zusak's new novel, *Bridge of Clay*, will be released internationally in October 2018. It's his first novel since *The Book Thief* was originally released in 2005. *The Book Thief* spent more than a decade on the *New York Times* bestseller list, and is translated into more than

forty languages – establishing Zusak as one of the most successful authors to come out of Australia. The 2013 film adaptation won him a new generation of fans.

"To say *Bridge of Clay* is hotly anticipated is an understatement," says Festival Director, Meredith Jaffé. "We are delighted Markus is able to join us to launch StoryFest. We look forward to hearing about life after *The Book Thief* as he takes a deep breath before embarking on a global publicity tour for *Bridge of Clay*."

Raffle tickets will be available on the night. Prizes include a day pass to the inaugural festival in 2019 and, thanks to Markus Zusak and Harbour Bookshop Ulladulla, one lucky ticket holder will win a signed set of his complete works published to date. Guests will also be able to buy copies of his books and pre order *Bridge of Clay*. There will be a book signing after the event.

All in all, it promises to be an exciting evening and a highlight of the year's literary calendar. [W](#)

Like the Facebook page StoryFest Inc to find out more about the upcoming program. Any inquiries can be addressed to info@storyfest.org.au



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IN THE GARDEN

With Gardenhaven Nursery

Winter is here and it's still an important and pleasant time to be in the garden here on the south coast. Find a sunny corner to do some therapeutic gardening and chase away the winter blues.



PRUNE

Sharpen the secateurs! Trim and shape your roses and fruit trees. Look for any dead and/or diseased wood and foliage. Spray with lime sulphur and later copper, as trees get ready to shoot in late winter.



PLANT

Winter is a fantastic time for planting. Gardenhaven stock your bare-root roses and fruit trees. Now is the time to plant your asparagus and rhubarb crowns, strawberries and raspberries.



ADD SOME COLOUR

Check out winter-flowering natives – Golden Wattles, native fuschias and banksias. These plants are colourful and abundant at this time of year. By August, flowering peach trees and perfumed jasmine will turn your thoughts to spring. •

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SELLING HOUSES COMES TO MILTON

Award-winning program Selling Houses Australia recently did a makeover of a Little Forest property owned by newlyweds Peter and Abigail Ryan. We spoke to Abigail about the experience:

PETER HAS LIVED HERE A LONG TIME, BUT HOW DO YOU FIND MILTON COMPARED TO SYDNEY?

For me the main difference between Milton and Sydney is being at the Little Forest property and hearing nothing but wildlife, and looking at the sky on a clear night and seeing a canopy of stars. The solitude and sense of space is very difficult to find where I am from in Sydney.

WHAT MAKES THE LITTLE FOREST PROPERTY UNIQUE?

The privacy and the views – you can sit on the deck and feel a million miles from anywhere, but still see the ocean. The house sits on 29 acres of rainforest with a creek, waterfall and a dam. Wombats and wallabies make up the peak hour traffic!

WAS THERE A PROBLEM WITH SELLING THE HOUSE?

The house had been on the market for almost a year when we got engaged. Although the location is magic, the house itself and the land needed something extra. I have always been a fan of SHA so thought that, as the house is so unique, they may be interested in getting involved.

WHAT IS THE APPLICATION PROCESS?

I applied for the show on-line and supplied photos and a backstory. Peter received a phone call a week or so later. After that conversation we were invited to do a casting call for the programme. It then took another couple of months to finally get confirmation that we were on the show – so exciting!

HOW LONG DID THE RENO TAKE AND HOW INVOLVED WERE YOU?

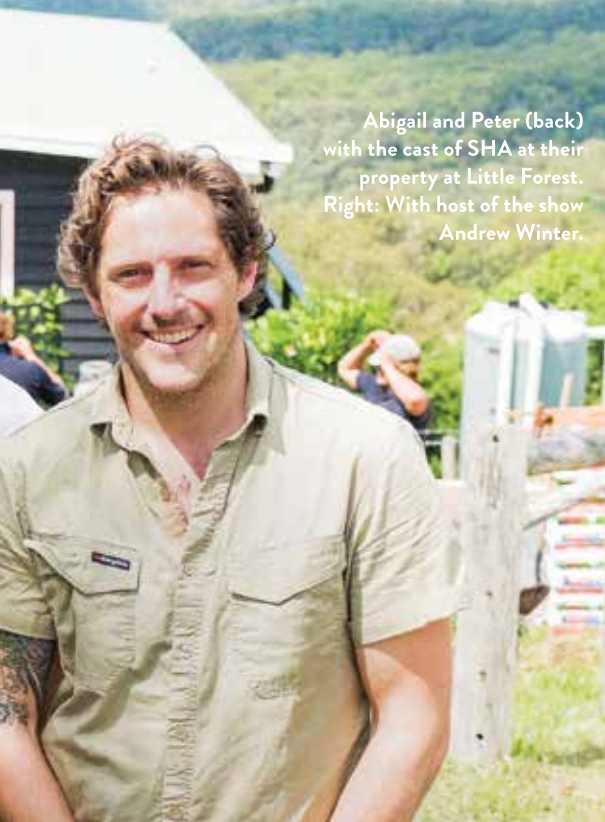
We were totally involved in the renovation. It took three days of hard work and supreme organisational skills by the Selling Houses crew. Peter and I helped as much as we could and were incredibly tired by the end of each day.



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Abigail and Peter (back) with the cast of SHA at their property at Little Forest. Right: With host of the show Andrew Winter.

HOW WAS IT WITH THE CAMERAS ROLLING?

Initially it was quite surreal having the cameras recording our every action but the crew was great fun, so we just followed their lead and were ourselves throughout.

WHAT DID THE TEAM THINK OF MILTON?

The Selling Houses team were surprised that such a small town had so much to offer, and was pretty in so many ways. They loved it and were keen to come back.

WHICH PART OF THE PROCESS DID YOU ENJOY THE MOST?

I loved the interior side of things as Shaynna Blaze went to so much trouble to keep everything a surprise. Peter really enjoyed the landscaping and watching simple little ideas totally transform the exterior.

DID OTHER LOCAL PEOPLE GET INVOLVED IN ANY WAY?

We had some fantastic local tradespeople work incredibly hard on the house and made us very proud of the local work ethic, and we know the SHA team was also very impressed.



Credit: Foxtel

WHAT WAS THE EXPERIENCE LIKE OVERALL?

The whole experience was an eye opener into how organised these shows are, and that the work really is done in the timeline that they state on air. The SHA crew is like a finely tuned machine. What seemed like an impossible job from day one turned into a reality by the end of day three.

SHARE SOME MEMORIES OF YOUR TIME AT THE HOUSE.

Access to wildlife is one of the fondest memories that we have of the Little Forest area. We had a late night visit by a wombat that came to check out the renovation from the deck, and managed to scare the living daylights out of me!

WERE YOU SAD TO SEE THE HOUSE SELL?

Yes, but we know that it had to happen for our two families to combine and make an exciting future together.

WHAT'S NEXT FOR THE FUTURE?

Once our heads have stopped spinning from the renovation, wedding, honeymoon and selling the house, my plan is to focus on my business, MochO, and then start looking for a little house in Mollymook by the beach. Peter will continue with his practice in Ulladulla and commute between there and Sydney. **W**

Selling Houses Australia airs on Foxtel's Lifestyle on Wednesdays at 8:30pm

WHAT WE LOVE...

about winter time on the beautiful south coast.



The beaches in winter are still amazing places to take a stroll.
From Julie Langlois



Friday night aromatherapy bath followed by a rosé.
From Justine Donohoe



Rugging up and heading out with my camera.
From Annie Roberts



That for a Kiwi it's still warm enough to swim!
From Kate Melzer

M O

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The sandstone
Bundanon Homestead,
completed 1866.

Credit: Leonie Marsh

LOVE FROM THE BOYDS

BUNDANON ESTATE

Words by Leonie Marsh

Winding down a seven-kilometre dirt track, just inland from Nowra, through a natural gully that eventually meets the Shoalhaven River lays Bundanon. Despite the at times slightly steep road, the route is well signposted and happily I remain connected to wifi during the beautiful, scenic drive.

The magnificent properties of Bundanon and neighbouring Riversdale were bequeathed to the nation by Australian artist Arthur Boyd (1920-1999) and his devoted wife, Yvonne. Accepted on behalf of the country by Prime Minister Paul Keating in 1993 and celebrating its 25th anniversary this year, Bundanon Trust is a hugely significant artistic resource.

There is a permanent artist residency that is available to local and international artists of all disciplines. Some 350 artists were hosted in 2016/17. Kiama musician, Joe Mungovan, who recently enjoyed a month long residency says, "I'm very influenced by environment and where I'm geographically placed, so being

down there was incredible for me creatively."

Open Days run weekly and the twice-daily tours are well worth joining. Our enthusiastic guide could not have been more welcoming and her love for the land and Boyd's legacy as an artist was clearly evident. We started in the gorgeous sandstone Bundanon Homestead (completed 1866) showcasing the art of the Boyd family, an artistic dynasty stretching four generations.

Strewn with art paraphernalia, it is a layered and emotive scene in which one senses Boyd's presence keenly.

Boyd's paternal grandmother, Emma Minnie, was a talented water colourist – look out for her exquisite landscapes on leaves. Upstairs there is a small gallery currently displaying work from Sidney Nolan who was, incidentally, married to Boyd's sister Mary.

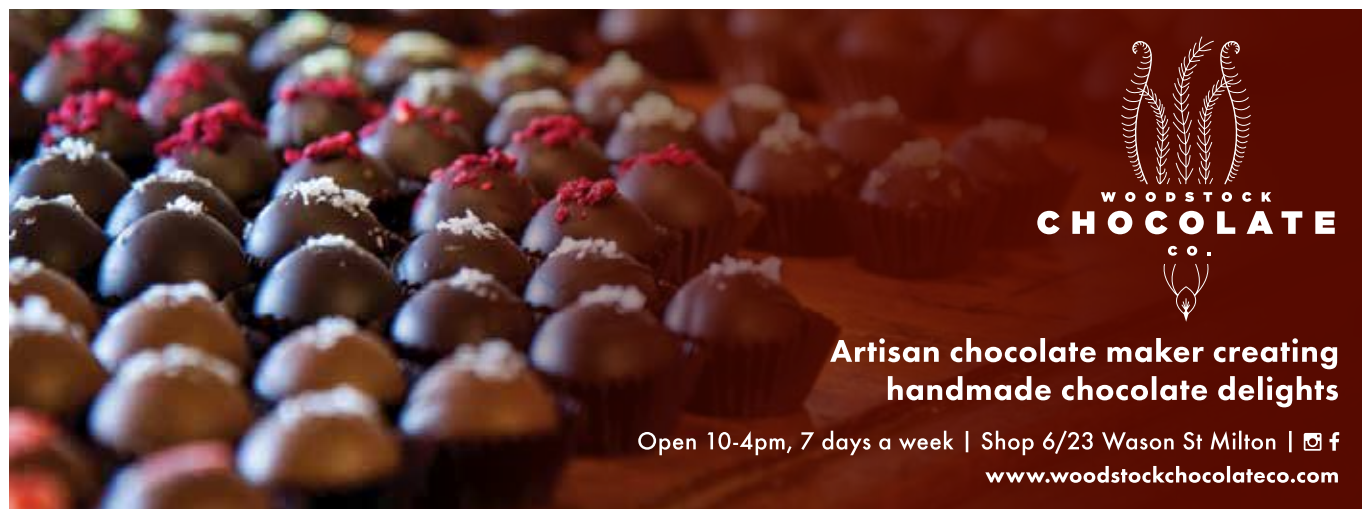
The jewel in the crown has to be visiting Arthur's studio, absolutely capturing the essence of Boyd himself. Strewn with art


paraphernalia, it is a layered and emotive scene in which one senses Boyd's presence keenly, as though he's only stepped out for a cuppa. It felt a great privilege to be in such a sacred creative space.

The grounds are beautifully maintained and the easy walk to the river was welcome despite the thirty-degree day. Nearby Riversdale plays host to many functions and performances where audiences are encouraged to stretch out along the green lawn that gently rolls down to the riverbank. The Arthur and Yvonne Boyd Education Centre, designed by Glenn Murcutt, Wendy Lewin and Reg Lark (opened 1999), is moving in its simplicity and respect for the natural surrounds.

The Trust's role in arts education and sustainability of the landscape is a true gift for us all to support and celebrate. Just how Arthur would have wanted it. [w](#)



Visit: bundanon.com.au. Bundanon Open Days: every Sunday. Tours operate at 11:30am and 1:30pm daily. Adults \$12 / Children \$8. Pack a picnic to enjoy after your tour and explore the grounds.





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2

FLIGHT CENTRE HIGH TEA

4 June from 3pm at the Dunn Lewis Centre. Presented by APT, Princess Cruises and Wendy Wu. P. 02 4455 3524 for details.



SUNDAY SESSIONS AT BANNISTERS PAVILION

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



9

MILTON QUILTERS EXHIBITION

9-10 June at Ulladulla Civic Centre 10am-4pm.



10

LONG TABLE LUNCH

10 June at Cupitt's Winery. P. 02 4455 7888 for details.



QUEEN'S BIRTHDAY 11

17

KASEY CHAMBERS AND THE FIRESIDE DISCIPLES

17 June at the Ex Servos. P. 02 4455 1444 for bookings.



23

PHOTOGRAPHY WORKSHOP AND LUNCH WITH DEAN DAMPNEY

23 June at Cupitt's Winery. P. 02 4455 7888 for details.



3 INTERNATIONAL BEER DAY

OYSTERS AND BUBBLES AT BANNISTERS

On the terrace at Rick Stein restaurant. Every Friday and Saturday from 5.30pm.



7

TUBULAR BELLS FOR TWO AT MILTON THEATRE

7 July at 8pm. P. 02 4455 3056



12

JEFF MARTIN AT MILTON THEATRE

14 July 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



22

PETE MURRAY

22 July at the Marlin Hotel. P. 1300 762 545 for tickets.



DAN SIPPLE NATUROPATH

Free, short consultations available to the community every Thursday 1:30-4:30pm at Wholefoods Store, Milton. P 02 44541042



4

THE TURNER BROWN BAND AT MILTON THEATRE

4 August at 8pm. P. 02 4455 3056 for tickets



4

SOUTH COAST WEDDING FAIR

4 August from 10-4pm. southcoastweddingfair.com for details.



6 BANK HOLIDAY

STREET FOOD SUNDAY AT TALLWOOD

Held on the first Sunday of each month. 12.30-5pm. P. 02 4455 5192 for bookings.



17

EQUUS AT MILTON THEATRE

17 August at 8pm. P. 02 4455 3056 for tickets



CHEF'S CHOICE AT TALLWOOD

Held on the Monday nights. 3 courses and a glass of wine - \$55. P. 02 4455 5192 for bookings.



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A man in a black wetsuit is standing on a gravel surface, holding a white surfboard. He is looking down at the surfboard. To his left is the back of a light blue ute with a wooden tray. In the background, there are trees and a wooden fence. The sky is blue with some clouds.

Check out
Nathan and Jade's
weekend itinerary.
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