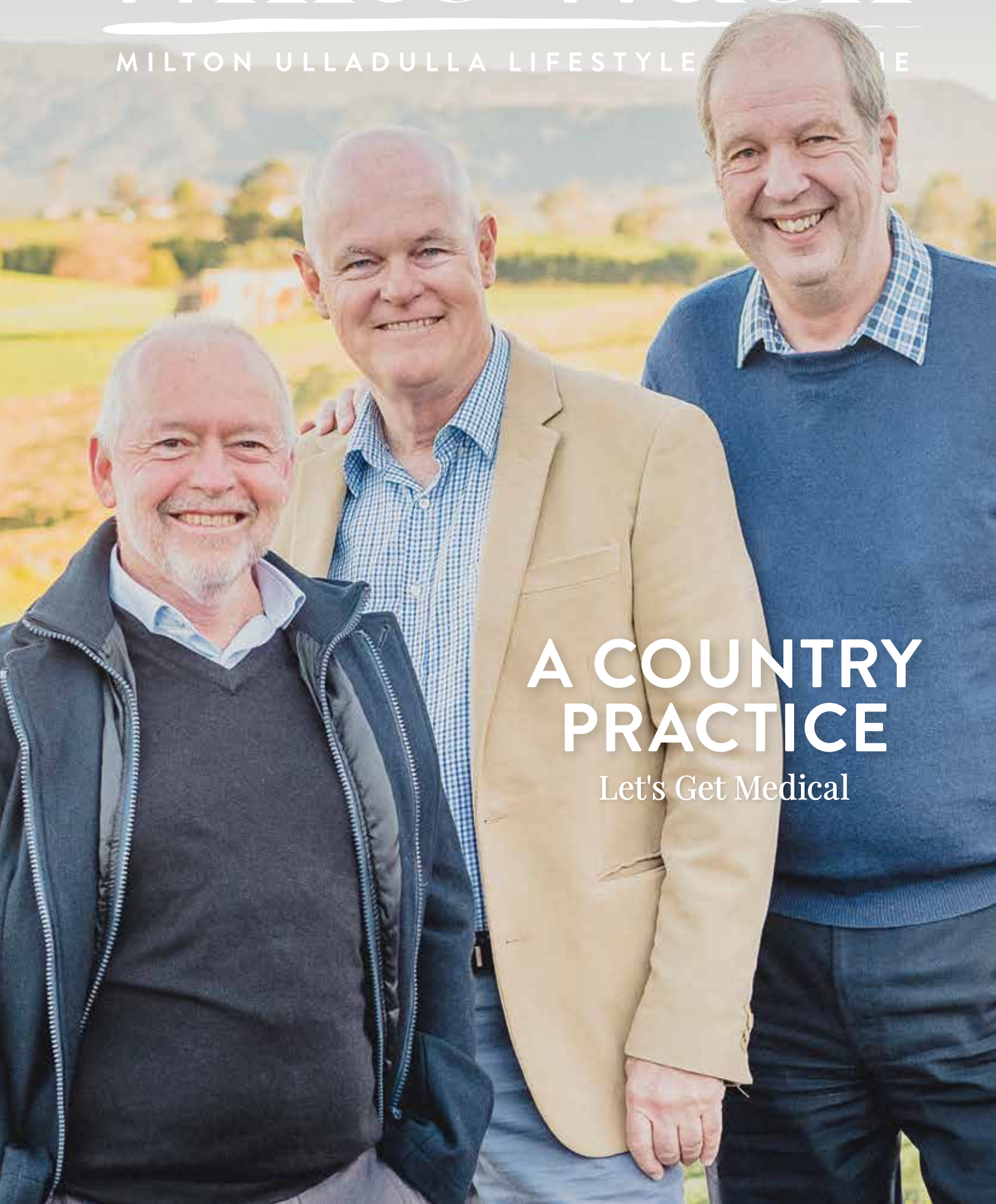


ISSUE #10

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EDITORS' NOTE

Doctors Tait, Charles and Rothe talk all things medical in the spring issue. Their country practice in Ulladulla has been going longer than the TV show! What a privilege it was to talk to these local GP's who have served our community so well. They certainly had some amazing stories to tell!

With ARTfest on the horizon, the brand new committee is looking forward to inspiring our community through a feast of artistic experiences that aim to engage all of us but especially the younger demographic. Show your support for this wonderful annual event in October.




Continuing on the creative theme, we talk filmmaking with upcoming young actors Kendra Appleton and Lilly Hatwell in Two Way Street and also film producer Leonie Marsh, who is our Local Talent.

What an enjoyable night at the official launch of Storyfest with author Markus Zusak. It gave us a preview of the delights to come in 2019.

As the weather warms, we love the sound of the walk to Buckley's Point featured in the latest column from the Milton branch of the National Parks Association. Perhaps take a copy of White Wash to enjoy with a picnic when you get there!

Virginia & Terri

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Spring Issue - September 2018

W White Wash editorial

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Cover Photo: Dean Dampney



L to R: Sisters Emily, Grace and Kate McBride rocking roller skates, chinoiserie and pyjamas back in the '90s.



L to R: Mitch Tyquin and Cohen Smith celebrating the ten-year reunion of the Bulldogs Grand Final winning teams in July.



Shayna from Ekko captured by Dane Singleton at the Metro Theatre in Sydney on 6th June.



Story time ... Lucey Best with her nephew - Hendrix Laws.



Mel Louth enjoying a Top Digj cultural experience near Katherine NT.



Lillian Neave won the Junior Achievement Award with her first ever quilt at the Milton Quilter's Exhibition.



L: Local artist Craig Green, at his exhibition at The Wall with Robert Hollingworth.



Kendra Appleton enjoyed time with her mother, Debra, and grandmother, Hilda, at her Wedding Shower recently.



Congratulations to Brendan Connor and Alix Manning-Davis on their engagement while in Biarritz.



Rock-paper-scissors with the crew at Rhys Williams Gardening as they start work at Bannisters.

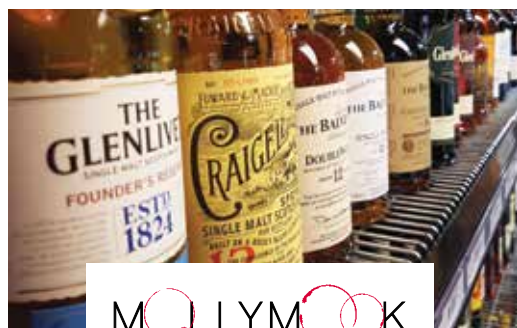


Yes it was the Latta siblings! Congratulations to Amy Pollard for winning the Guess Who competition in the winter issue. She's pictured here with Michelle Cook (Latta) and the winning box of chocolates kindly donated by Jo at Woodstock Chocolate Co.



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TWO WAY STREET

KENDRA APPLETON & LILLY HATWELL

Words by Terri Quinn

When returning to their high school recently to mentor senior drama students, young actors Kendra Appleton, 23, and Lilly Hatwell, 19, discovered the joy of giving back – not only to the up-and-coming thespians, but also to their drama teacher who had guided them on their own creative paths.

Kendra joined the Milton Follies in 2003 at age eight and fondly remembers her first production, *Alice in Wonderland*. “I loved to perform but I wasn’t a natural for the stage. I was always in the chorus,” she says. Lilly had taken drama classes in Ulladulla, but it wasn’t until she reached high school that her love of performing really took hold.

Both girls attended St John’s High School at Nowra and were inspired by drama teacher Mark Burian. He helped hone their skills, encouraged their talent and most importantly, instilled the self-belief that they could pursue acting professionally.

Through school productions Kendra gained the confidence to step out of the chorus and into the spotlight, and by 15 she had begun working professionally, taking on TV and short film guest roles. In 2012, her HSC year, she scored a major role in an Australian children’s drama series, *In Your Dreams*, for the Seven Network. Filming was to take place in Germany and Kendra was faced with a dilemma. “I really wanted to finish school but there was no way I wasn’t going to do it!”

Ultimately, she decided to study for her HSC by distance education while filming on the other side of the world, and sat her HSC 48 hours after returning home!

Kendra filmed Season Two of *In Your Dreams* in 2014, this time shooting in Australia, and then went on to make her major film debut in the Australian science fiction film *Terminus*, which had its world premiere at the Sci-Fi London Film Festival in 2015.

Despite a four-year age difference, Lilly was well aware of Kendra’s rising star. With support from Mr Burian, she too engaged an agent in Year 9 and started acting in short films and TV commercials.

The two finally met when Kendra returned to St John’s to speak to the senior drama class in 2016, and took the time to congratulate Lilly on her performance in the lead role of *Cinderella*. Lilly was now the one juggling HSC study with filming commitments, but encouraged by Kendra’s ‘you can do it’ attitude, she ploughed on. Gaining early entry into Medical Science was the attainment of one dream and then came some more exciting news. Lilly was also accepted into NIDA to study a Diploma of Stage and Screen Performance!

She decided to defer medicine in order to attend the most prestigious drama school in the country that counts Cate Blanchett as one of its famous alumni. “I



Young actors Kendra Appleton (left) and Lilly Hatwell both grew up here on the south coast and have similar hopes and dreams as they pursue that breakthrough role.

had always wanted to go there and it was incredible ... I learnt so much!"

Having completed her course, Lilly is now living in Sydney with other NIDA graduates and doing the rounds at auditions, while Kendra has been on the promotional trail for her latest film, *Blue World Order*.

Both girls appear to be a little in awe of each other's successes as they travel a similar journey. "We have so much in common," say Kendra. "We have the same agent and it's pretty funny how alike we are on some levels."



We have the same agent and it's pretty funny how alike we are on some levels."

Kendra and Lilly have both made the decision to base themselves in Australia rather than head to L.A. "There's so much opportunity here," says Lilly. "And we can still audition for work in the US by submitting self-tapes."

Proximity to family is also a significant factor for the two. "In order to be a good actor you have to be a relatively happy and healthy person," says Kendra. "For me, home is a really important foundation that I feel lost without."

There's no denying that a strong emotional base is crucial during the grueling audition process, which is such a large part of life for young actors. "It's really hard sometimes, but you need to have resilience as you get so many no's," says Lilly.

"Or no response at all!" says Kendra, "You have to get used to it. What's harder is when you get down to the end and then miss out ... its pretty horrible."

Both Kendra and Lilly give themselves over to the process and employ a positive outlook. "I try to see every audition as a win because I got in the room and you never know where it could lead," says Lilly. "It's survival of the most determined," adds Kendra. "I'll

still be going to auditions when I'm 35 with kids!"

Kendra has added another string to her bow by completing a Bachelor of Arts majoring in Professional Writing and Publishing, and is writing scripts with friends. "Now that I'm older and have more experience, I feel more confident to write," says Kendra, who amongst all this is also planning her wedding!

Despite their busy lives, the friends keep in touch and come together when they get the opportunity. Last year it was to judge the local Reel Escape Short Film Festival, part of ARTfest in Ulladulla and organised by Lilly's mum.

Then this year came the invitation to return to St John's and run drama workshops over two days. Working with the students to share their skills was a real highlight for the two.

Standing nervously at the back of the hall watching their protégé's perform for their parents, made them realise why Mr Burian never sat down at their school plays. "We were so nervous, but so proud to see our kids get up there and nail it!" says Kendra, laughing with Lilly at the reference to 'our kids.'

"It was great for the kids to connect with someone who has pursued drama as a respected option," Lilly adds. "For them to see that you can do it ... especially from down here."

It also gave them an opportunity to thank their teacher. "We have a lot to thank Mark Burian for," says Kendra. "He prompted those big choices. If it wasn't for him I wouldn't have plucked up the courage to pursue a career." Lilly agrees: "He's definitely been a driving force." ^W

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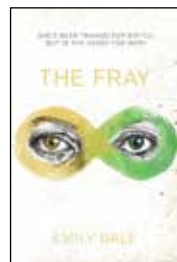
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A BLANK CANVAS

By Robert Hollingworth

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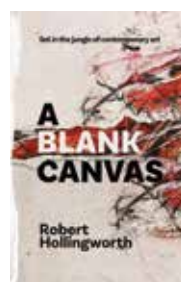
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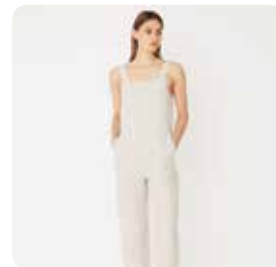
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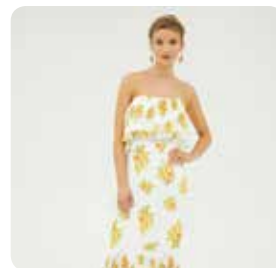
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PRACTICE

LET'S GET MEDICAL

WORDS BY VIRGINIA CONNOR | PHOTOS BY DEAN DAMPNEY



In Australia, we are lucky to have access to advanced healthcare. It is an engrained part of our culture – a culture which places a heavy focus on achieving optimum health. We easily call on medical experts when things go wrong, and utilise their expertise to inform and help guide us in the lifestyle decisions we make about our wellbeing. From time to time, most of us rely on having access to a general practitioner, our local GP.

As a rural/coastal centre, the Milton/Ulladulla region is fortunately well serviced by medical practitioners. The population of about 20,000 is supported by approximately one GP for every thousand of our citizens, as well as numerous allied health services and alternative health practitioners.

Ian Tait started practising in the area in 1981 after completing his studies at the University of NSW and spending time as a registrar in Canberra. He became aware of a program supporting the establishment and growth of regional medical practice, and learnt there were positions in Ulladulla.

Ian had loved the area since his regular surfing visits during the early '70s, camping out on the lighthouse headland. He admits his dream life was to work, surf and live on a hill where he could see the ocean ... so the decision to move to Milton/Ulladulla was an easy one! Soon after relocating here, a friend suggested that a medical surgery be built behind the site of the then Ulladulla Pharmacy, so Ian established the Ulladulla Medical Clinic.

There were a number of doctors working in the area at the time, but some of them were slowing down, and they offered Ian great support when his practice opened. "There was one who used to keep a shotgun in his consulting room to shoot at crows, and would sometimes do so in the middle of a consultation! He had a well-developed disregard for

authority," Ian recalls with affection.

The new practice in Ulladulla grew quickly and Ian was soon searching for a partner to help meet the demands of the growing population. David Charles was introduced to Ian through a mutual friend in 1988. Like Ian, he had an appreciation for the region from holidaying here. He quickly convinced his wife of the benefits of moving out of Sydney, where he had been in general practice for five years while also working at Concord Hospital.

With David's arrival, the pace eased a little and they made time to go home for lunch most days and play a round of golf a couple of mornings a week. Those luxuries soon vanished and they were both working 9am to 6pm at the surgery, as well as being rostered on duty at the local hospital. "In the old days, you saw all sorts of things at the hospital. There was one time when someone hit a dog out the front and ran in and put it on the X-ray table!" laughs Dave.

“We do our best, always. We do what we can, and we know our limitations.”

By the mid '90s, David contacted a former colleague from his Concord days who he thought would be a good fit for the ever-expanding practice. Paul Rothe had a wide range of medical experience in various settings, including Saudi Arabia and Edinburgh, where he had studied as a physician. David was convinced that working in a country practice would suit Paul's quiet perseverance and nurturing nature and persuaded him to join the team.

It would be easy to imagine that these men decided to make their life here because of the natural beauty of the region and the slower pace ►

Credit: CloudFace Commercial Photographers



L to R: Doctors David Charles, Ian Tait and Paul Rothe in Milton.

— the same reasons many choose to live here. And while, it's likely these aspects were viewed very favourably, the decision was largely based on the appreciation they shared for the unique opportunities that come with practising medicine in a regional area. They were willing to be challenged, to enhance their knowledge and draw on different skills to treat the huge variety of medical conditions, injuries and illnesses that confront country GPs.

All three have given great service to the local Milton Hospital. Ian has worked there since 1982 and last year received an award from the Rural Doctor's Association of NSW in recognition of his commitment to service over this period. He has practiced in obstetrics and anaesthetics as well as surgery. He no longer delivers babies and when asked why, he smiles and says, "When I found I was delivering babies for women who I had delivered, I knew it was time to stop."

He remembers a woman in labour, over 35 years ago, who delivered premature twins. The surprise arrival was very dramatic and the little

ones were not doing well. The hospital only had one humidicrib and an emergency trip to Wollongong Hospital (by road) was necessary.

Ian accompanied the tiny babies up the long and bumpy highway intubating them in turns. His wife, Leigh, recalls that she had no idea where he was or what had happened until he turned up the next morning a little weary and told the story. Unfortunately, one of the twins passed away a few days after arriving at Wollongong. But 15 years later, the surviving twin presented to the surgery and asked Ian if he remembered her birth. It was a happy reunion.

Country practitioners have many similar stories — where they just do what has to be done. "The situation is yours to deal with," says David. "And we also have the support of other local doctors and the shared body of knowledge is so much greater," adds Ian.

In the early days, before the huge advances in technology, doctors in regional areas gathered information from patients, and then thought through the various hypotheses and treatment

options. "We only had a prescription pad and a blood pressure machine," laughs Ian. "But most presentations, even today, require good clinical knowledge rather than complex technology. Patients can stay local, and we manage situations with specialist advice over the phone when necessary."

“When I found I was delivering babies for women who I had delivered, I knew it was time to stop.”

The technology available in larger centres and hospitals has certainly changed the way practitioners treat their patients, with diagnosis being deduced through a series of highly technical, and often expensive, tests and scans. These advances have meant that many more complex medical conditions are diagnosed, making treatment more complex, but not always resulting in better life quality for patients. While the doctors concede that

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Credit: CloudFace Commercial Photographers

The three doctors sharing a coffee before surgery.

seeing a specialist will often reassure a patient, specialist intervention will not always improve the outcomes for the patient.

Patients are actually more likely to be seen sooner by a doctor in a country hospital than a city hospital, and that doctor will have a broad range of expertise learned from varied medical experience. Last year, around 15,000 patients were seen through the emergency department of Milton Ulladulla Hospital. That figure is impressive given its size and relatively small number of staff.

Taking the time to get to know the patient is an advantage and a country practice certainly supports the establishment of healthy doctor-patient relationships. Continuity of care is another important part of rural medicine. "It's very different to the city," says Ian. "It's really cradle to grave and a different approach is needed for each individual." These doctors recognise that sometimes the patient really just needs to talk to someone to help alleviate their anxiety.

In metropolitan medical clinics there is often pressure on practitioners to do something.

Taking action is the expected response. Medical practitioners in country centres are thoughtful about what is the right thing to do for the individual and sometimes that might be a decision to do nothing. Ian is philosophical in his approach: "We do our best, always. We do what we can, and we know our limitations."

Western culture, with an increasing aged population, has a growing interest in end-of-life decision-making processes, and the quality of a person's final days. For country doctors, these decisions are part of the life cycle and are especially complex when it may be a friend or someone they've known for a long time. "That's happened to me a couple of times," says David. "But for better or worse you're also their doctor, so you have to put on your medical hat."

Our local doctors are ensuring that the high standards of medical care available to our community will continue, with internships being made available to trainee doctors who value the range of experience that can be gained in rural practice. Internships are highly competitive these days, and a program has

been established with Wollongong University. Working locally, interns are encouraged to participate in diagnosis and think about the patient's needs under close supervision.

Paul Rothe is very supportive of the education of young doctors and champions the benefits of medical regional practice. "Paul's very clever, capable and caring ... something to aspire to, actually," Ian says.

The clinic in Ulladulla now has eight doctors on staff and up to six nurses, who are invaluable in ensuring efficient and effective patient care. The nurses perform a range of clinical duties, such as dressings and immunisations. More importantly, they provide an extra pair of eyes and ears in helping to monitor patient progress, especially in chronic care situations. "It's a very collaborative relationship," says Ian.

David Charles admits he is planning his retirement, albeit, slowly. "I've had a great career," he says. "I'm lucky to have enjoyed my work and it's been very rewarding." Ian adds, "You get the opportunity to participate in people's lives. It's a very privileged situation." w



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LOCAL TALENT

LEONIE MARSH

Words by Brett Burcher

Credit: Nick Polak Photography

Partying onboard Jim Carrey's boat, rubbing shoulders with A-list celebrities, while cruising down the River Thames seems a universe away from the rolling green hills and pristine beaches of the South Coast. To gain insight into how these two worlds coexist, I chatted to Milton's Leonie Marsh about her colourful career, parenthood and her visions for the future.

During Grade 10, Leonie applied for work experience at a family friend's post-production house, Frame, Set and Match. Several years later, and with a communications degree at UTS all but completed, Leonie had a career epiphany, declaring to friends that she was going to be a producer. Ironically, it would be the very same post-production house that would become her maiden job in an enlightened professional quest spanning 15 years.

Born and raised on Sydney's north shore, Leonie is the eldest Mansfield sibling of three. After finishing high school, Leonie set off on a gap year in the UK, working in the boarding house of a prep school in Kent, before returning home to undertake a three-year degree at UTS, specialising in media arts and production. Fresh out of uni, Leonie began working at the Film & Television Office, now Create NSW, in the Development & Investment Dept – where all the submitted film and television scripts were assessed. She worked there for a year before hightailing back to London with her now husband of nine years, Jonathan, in 2006.

After a year struggling to find work, Leonie eventually landed some work experience at Working Title, known for producing quintessential British films, including *Bridget Jones's Diary*. But right before it got underway, Leonie had a skiing accident and was on crutches the day it was scheduled to begin. "I called in and said, 'I'm terribly sorry, I can't

walk so I'm going to be no use to you,' and that was the end of that."

Cue more months of job-hunting, until as luck would have it, she received two job offers on the very same day. One was at British filmmaker Matthew Vaughn's MARV Films as the office runner. "They needed someone to run to Starbucks and answer the phone ... it was a far less attractive job in terms of wage and job title, but I took it and stayed there for six years."

It's such a vibrant and dynamic community."

Vaughn is well-known for identifying and casting emerging talents – household names Daniel Craig, Jennifer Lawrence and Sienna Miller all credit Vaughn films for helping establish their careers. Leonie worked her way up and was soon working as director's assistant on her first feature film *Kick-Ass*, and then the *X-Men* franchise.

As Leonie was co-producing *Kick-Ass 2*, she and Jonathan realised they were expecting their first child and so made the mutual decision to return home. Living back in Sydney, Leonie founded a female producers' collective called Screen Vixens – a networking group for established and budding producers to collaborate, mentor and drink wine. "Women remain vastly underrepresented in the industry," Leonie says. "So as a producer, it's important I seek to tell diverse, female-driven stories". The collective now has 200 members and a rapidly growing presence nationwide.

Feeling the pull of a country lifestyle, it wasn't long before Leonie and Jonathan could envision a future on the South Coast. "It's such a vibrant and dynamic community and there is scale here, so it's an exciting place to live," she says.

Now pregnant with her third child, Leonie is taking a pause to focus on motherhood while still producing the popular podcast *Dispatch to a Friend*. Looking ahead, she is keen to establish a local Moonlight Cinema event, and has plans to write a screenplay. "My immediate future is to be a mum, but a little dream is to try writing a screenplay," she enthuses. "I feel very inspired living in this beautiful region." [w](#)

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For centuries this proverb has been recited by those who wish to remind us of just how fleeting life can be: that one should live life to the fullest, seize opportunity, take a chance and, on occasion, indulge a little.

For Milton born beauty therapist Nia Pedley, the time to take a chance is now. After obtaining a Diploma in Beauty Therapy and working for numerous salons over the years, Nia felt she could bring a more personal touch to the industry if she was given the chance to work for herself. So in February this year Nia opened the doors to her very own business and she hasn't looked back.

Nestled away in a beautiful yet often forgotten corner of Mollymook, Time'N'Tide is a cosy, tranquil salon where clients can de-stress and relax both body and mind. Passion and pride are both key for Nia as she feels there is nothing more rewarding than assessing, diagnosing and successfully treating someone's skin concerns.

As a therapist Nia feels the industry has arrived at a turning point regarding hands-on treatments. Some salons today are abandoning individual, personalised pampering in favour of a more clinical approach, depriving the client of that 'special' experience.

Time'N'Tide utilizes a combination of two main brands in their treatments – Ahava and Christina Cosmeceuticals. Both are world leaders and award winners in their respective fields of beauty and aesthetics. Christina Cosmeceuticals are used to rectify, heal and/or improve numerous skin conditions by targeting deficient skin functions.

Ahava, on the other hand, is an affordable therapeutic wellness range for those wanting results achieved through the use of Dead Sea minerals. All Ahava products are allergy tested, vegan and approved for sensitive skin. Ahava is also free of palm oil, parabens and iodine in addition to being animal testing free.

At Time'N'Tide, Nia prides herself on providing high-end treatments and relaxation as well as offering the means to safely treat clients for a range of dermatological conditions including rosacea, eczema and psoriasis.

Nia retains enormous passion for all aspects of her work and believes she has both the knowledge and the products to deliver an unforgettable and beneficial experience for those wanting to improve their skin health and also those just taking time to indulge in life. •

Time'N'Tide Beauty Therapies. Shop 12A, Mollymook Shopping Centre, Tallwood Ave. P. 0456 236 998

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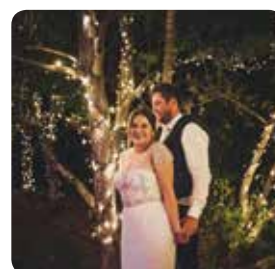
JUST MARRIED

With The Old Church At Milton

Congratulations to Gemma and Zac who were married on the 21st of April at The Old Church in Milton. After what Gemma described as “the most amazing day of our lives” the couple enjoyed a whirlwind honeymoon in Europe.



The bride and groom danced the night away to awesome local band The Swaggers.



The fairy lights throughout the garden created a magical backdrop for photos.




The love was flowing from family and friends after the ceremony in the garden.




Guests enjoyed the four course celebratory feast from St Isidore with matching wines. •

Credit: CloudFace Commercial Photographers and food shot by Michael Wee.

W. theoldchurchmilton.com.au

 @theoldchurch_milton

 @theweddingaisle2539

LET'S WALK

With The National
Parks Association

Credit: Paul Buckingham



The Walk: Buckleys Point.
Traditional Country of the
Yuin People.

Distance: 4km return.

Grade: Easy walk, slight
incline. Suitable for children.

Getting there: Turn right into
Lake Conjola Entrance Road
approx 7km north of Milton.
Turn right into Narrawallee
Creek Road after approx 5km.
Continue past the gate for
approx 1.5km until you see a
small sign on the left that says
Narrawallee Creek Nature
Reserve. Follow the track
to parking.

The Experience: The track
has the option of the beach or
a magnificent lookout at the
end. Pick either or both for an
awesome experience of the
coast. The kids will love the
magic forest of trees at the
end of the path. Take a picnic
but remember to take all your
rubbish and leftovers.

Important: You can ride
your push bikes. Trail bikes,
dogs and smoking are not
permitted. Always remember
a hat, water and sunscreen. W

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



New Tradition Design is a building design studio, specialising in high-end, custom home designs for clients on the South Coast and nearby Southern Highlands.

Established in 1990 as Milton Drafting & Design, principal designer Andrew Bell has over 25 years of experience in creating beautiful and elegant spaces that finely balance traditional style and a contemporary approach to luxury home design.

Andrew commits himself to the concept of creating individually designed spaces to suit the specific needs of the most discerning client.

"Everything we do is about creating a custom solution for our clients," says Andrew. "We take into account their ideas, their building site and the particular features that they require for their home."

New Tradition Design prides itself on an approach that is hands on, detail-oriented and truly focused on the client's idea of how a space should look, feel and function. Working with NTD means that close consultation is always driving the design process.

Whether you have a complete vision, or just a small seed of an idea, NTD use their expertise to see it flourish into a home or space that is truly unique, inside and out. They draw on traditional building

forms, but with more modern interpretations, construction techniques and materials.

Andrew works with clients from start to finish, combining floor plan layout, exterior finishes, interior and landscape design to create a fully realised, individually crafted residence that will shine.

They are involved across the whole spectrum of house design from detailed joinery and custom finishes right through to landscape layout. "We delight in the details," says Andrew. "Because it's the detail that makes the difference."

The studio provides a range of services that include everything from design, documentation and council approvals, right through to management of the entire building process.

So, whether you're looking for a new build, or to breathe life into an older home with a clever renovation and remodelling solution, NTD can develop a package specifically tailored to your individual needs.

Contact Andrew Bell today to discuss your new project and learn how New Tradition Design can help bring your vision to life. •

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JACK RIVER

Words by Jem Quinn

Sugar Mountain is the brand spanking, debut album from the stellar songstress Holly Rankin, better known to her fans as Jack River. The album is a colossal slice of glossy, yet gritty, melodic pop, wrapped with electric tones and a sprinkle of melancholy that could be likened to Lana Del Ray.

Catching her breath after an epic set at Splendour in the Grass, Holly shared her thoughts on the experience. "It was amazing and overwhelming to play to so many people. It was a monumental moment to embrace the people that came to listen to the music. It was super special and there was a big Ulladulla crew there too!"

Currently splitting her time between Sydney and Mollymook, Holly has been revelling in the delights of the south coast. "It's an amazing place to escape the city and recover," Holly said. "It's such a spacious place to write. I'm looking forward to bringing my diaries down to Mollymook and starting the second album."

Songwriting with substance is often hard to find amongst her pop contemporaries, but it's easy to see that Rankin's writing process begins with the lyrics. *Sugar Mountain* was the culmination of her diaries and

thoughts from her youth. Rankin explained, "I'm a lyricist first and foremost, I love words and melody. I work out the piano, guitar and drums when I get into the studio. My co-producer Xavier Dunn is very electronic and we put our powers together to create modern pop music melted with folk and '70s psychedelia."

Not just an enigmatic front woman, Holly has also showed her hand as a promotor, pulling together the female powerhouse touring group, Electric Lady, which has featured the likes of Bec Sandridge, Alex Lahey, Ali Barter and Gretta Ray. Not content there, Holly also heads up the Hopeless Utopian creative agency and directs the Grow Your Own festival in her hometown of Forster.

Releasing her album on the uber-cool, indie mega label, I OH YOU, Jack River is right at home with Aussie juggernauts DMA's, DZ Deathrays and Violent Soho. Recruiting the support of Sydney upstart, Jess Kent, Holly will be steering the Jack River project across the country for a string of dates through September to promote *Sugar Mountain*, finishing the run with hotly anticipated appearances at regional festivals, Yours & Ows and Spilt Milk. [w](#)

Jack River is touring the country through September.

Visit the website for details jackrivermusic.com/tour-dates

SPRING ALBUMS

Spring is in the air so turn up the volume on these albums recommended by White Wash music columnist Jem Quinn.



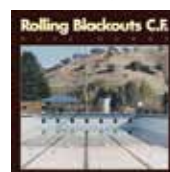
Florence + The Machine
High As Hope



Arctic Monkeys
Tranquility Base Hotel + Casino



Odette
To A Stranger



Rolling Blackouts Coastal Fever
Hope Downs



The Rubens
Lo La Ru [w](#)



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IN THE GARDEN

With Gardenhaven Nursery

Spring has sprung so let's get inspired in the garden! Here are some tips for getting your spring garden green and beautiful by the time the season reaches its peak.



COLOUR

For classic spring colour why not plant a flowering cherry, plum, almond or peach tree. If the soil is dry, add water-saver crystals when planting.



VEGGIE PATCH

The arrival of spring brings exciting opportunities to make a new start in the edible garden. Lots of goodies are now available for your veggie patch – potatoes, tomatoes, basil and plenty of leafy greens.



FERTILISE

Now is the time to fertilise your plants, lawns and gardens as growth resumes. Add mulch and water well.



SHOP

There are plants, pots and ornaments arriving daily so call into Gardenhaven for a browse. •

Gardenhaven Nursery
Lot 1 Princes Hwy, Milton NSW
2538 (Entrance via Bishop Drive)
P. 02 4455 2596
www.gardenhaven.com.au



For Kate Kinch, owner and manager of Milton Therapy and Learning Centre it's all about family. Milton TLC is a small, family-run centre providing therapy services for children and young adults.

When Kate and her family arrived in Milton over five years ago they fell in love with the area and quickly developed a bond with its community. It soon became apparent that there was a need for local Speech and Language Pathology as well as Occupational Therapy. At the time, many parents were travelling to Nowra and beyond to access these services for their children.

As a qualified Speech and Language Pathologist with over 12 years experience working in the ACT and NSW across all sectors, Kate decided to establish a small centre in Milton to provide assessment and intervention for children with speech, language and communication difficulties.

Since then she has assembled a team of professionals that includes Art Therapist Naomi Dampney and Occupational Therapist Kerrie-Anne Hubbard. The three women all have young children of their own and providing therapy services for children and their families is certainly at the heart of their practice.

Naomi started work at the centre about 18 months

ago and shares her creativity through Art Therapy – using the creative process of making art to improve the physical, mental, and emotional wellbeing of children, teens and adults. Naomi has lived in the area for many years and has rich experience working with local not-for-profit agencies.

After time away, Kerrie-Anne Hubbard returned to the area that she loves earlier this year, to settle with her young family, and also joined the team. She is pleased to be able to use her Occupational Therapy experience to help children gain the functional skills they need for independence in everyday life.

The Milton TLC team collaborate closely with local psychologists, schools, GP's and specialists to provide holistic support to families. "We are passionate about supporting families to help their children and we pride ourselves on providing a local, family focused service," says Kate.

Kate, Naomi and Kerrie-Anne are excited to be moving to new premises in Milton later in the year and they anticipate expanding the range of services that they provide in the near future.

Milton TLC is a registered NDIS and Medicare provider. Home visits and school visits are available on request. •

P. 02 4455 2152, E. kate@miltontlc.com.au,
W. miltontlc.com.au



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YOUR WELLBEING

Words by Amanda McDonald
From Body Align Physio



BE IN THE NOW.
BE MINDFUL.

Did you know that mindfulness comes in many different ways? I use mindfulness meditation for patients with musculoskeletal pain as research has shown that it is effective at changing a patients' relationship to their pain.

Mindfulness can be practiced formally via a body scan, sitting meditation or mindful movement such as Pilates or Yoga. Alternatively, it's the simple act of going for a surf, a swim, or whatever activity brings you into the present moment.

Mindful Walking

The key is to leave your phone at home. Once outside walk slowly and purposefully – don't rush! Start to tap into your senses; notice the sounds and colours around you; appreciate the light and shadows; feel the air temperature against your skin.

Mindful Driving

Before you start driving, take 3-5 minutes in your car to sit silently and practice meditation or mindful breathing. If you feel tense, soften your jaw, face and shoulders and release the grip of your hands on the wheel.

Mindful Work

If you're feeling stressed, remember to pause and take three mindful breaths. The simple act of breathing deeply into your belly will activate your parasympathetic nervous system. •

Body Align Physio, 1/85 Tallwood Ave, Mollmook Beach NSW 2539
P. 02 4454 2309
E. admin@bodyalignphysio.com.au
@bodyalignphysio_mollmook

ESCAPE ARTFEST

Words by Kendra Appleton

Credit: Joyce Morris - ARTfest Digital Entry - 2017

A new chapter is upon us with this year's Escape ARTfest. With it origins now 23 years past, the beloved community festival is being steered by a brand new committee with fresh ideas and a new direction.

This year's vision, 'Showcasing Artists to Inspire the Community' is focused on engaging people across all demographics. The committee aims to deliver a festival that is inclusive and celebrates the amazing talent that exists within our community.

The new committee team, Steve Trevaskis, Sue Brodie, Kara Payne and Suzanne Jones, have been working hard to deliver the annual dose of creative outlets and interactions our community has traditionally enjoyed every October. The festival has always been an attraction for visitors to flock to the area and this year is set to impress all spectators.

Speaking with executive committee member, Kara Payne, it is clear we are in for a treat this year, with the inspiring addition of Artist Open Studios and an Art Market.

The Open Studio concept sees the public being able to interact directly with artists in their workspaces. This will give people the opportunity to learn more about the artist's works and provide ease to purchase their wonderful creations.

The Art Market is a family friendly event, sure to entertain and have a little something for everyone. Held at the Ulladulla Civic Centre grounds, stall holders will be displaying, demonstrating and discussing their art practices and works to the community.

Motivated by her love and belief in the festival being an integral part of our region's identity, Kara undertook her role on the Escape ARTfest committee with a vision to reach out to the younger members of the community, seeing a need as both an artist and an art teacher to make creative outlets more accessible.

Upholding tradition, the weekend's festivities will kick off on Thursday 4th October with the Milton Gallery Walk. To add a new twist to the original event, there will be interactive stations, street art and pop up performance as people walk the Milton Gallery trail.

Over the three days of Escape ARTfest there will be wonderful workshops, expressive artist talks and enticing exhibitions – sure to satiate the thirst for creativity and curiosity for all.

Escape ARTfest runs from 4th-7th October 2018. Check the website for the calendar of events and get involved! [W](#)

W. www.escapeartfest.com.au, E. info@escapeartfest.com.au

MILTON ULLADULLA

ESCAPE ARTFEST 2018

Art Exhibitions - Music - Open Studios - Performance - Light Shows
Art Market - Workshops - Family Art Activities - Artist Talks & FUN!

Full Calendar of Events
www.escapeartfest.com.au

4th - 7th October 2018

UP IN THE AIR

Here are some snaps of the White Wash team on tour around the globe over the last few years. We'd love to see your travel shots and hear your stories. Email us at info@whitewashmagazine.com.au



"It's all about the beaches, the cobblestoned old town and the vibrant pintxo bars."
Terri - San Sebastian, Spain.



"I loved the Moroccan food and camping out in the desert under the stars."
Bridie - Sahara Desert, Morocco.



"In Paris with my granddaughter Mia ... what's not to love about the City of Light?" *Virginia - Paris, France. W*



PLANNING FOR TOMORROW

WITH TAILOR-MADE FINANCIAL SERVICES

A better lifestyle and the opportunity to start a business that added real value to their clients drove the vision for Ben Hatcher and Roger Nee to establish Tailor-Made Financial Services back in 2003.

Starting a business in Milton 15 years ago was a challenge, as it was a small town, but the focus was simple: to provide high quality advice based on the best interests of the client.

With a background exclusively in Finance, Ben had worked for an investment bank as well as the Sydney Futures Exchange and the Hong Kong Exchange. Roger had a successful and diverse teaching career, from out west at Menindee to private schools in Sydney and the International Schooling system in Hong Kong.

The pair adopted the old adage 'If you fail to plan, you plan to fail' and reinvested in the business by employing high calibre people with a positive attitude. John Broughton joined the team fresh out of university and 13 years later is now a business owner.

With an ageing population Carolyn Tomlinson has become a specialist adviser, assisting clients and their families to make decisions associated with moving into Aged Care, which can be complex and highly emotional.

Emily Jenkins, who was recruited in 2017, is now an adviser offering advice on cash flow coaching, mortgage broking and personal insurances. She is available to help those who are growing and protecting their wealth.

Today, Tailor-Made Financial Services employs a team of nine locally based staff. Supporting the advisers in their work is a wonderful team consisting of Julie Dadd, Ed Macartney, Dona Hayman and Nikki Fletcher.

By leveraging technology, Tailor-Made has successfully expanded their ability to service clients in various locations within Australia as well as overseas.

Interestingly, there has been nil staff turnover in over 15 years, but this will shortly change when Roger Nee takes extended leave for the rest of 2018. He will be busy adding value to his new clients, the school children of Milton Public, where he will be working as a casual teacher.

When asked to reflect on the past 15 years Roger Nee noted: "It's been a fantastic and rewarding journey helping clients achieve their idea of financial freedom and contributing to the amazing local community."

Visit tmfs.com.au to find out how they can help you enjoy today by planning for tomorrow.



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ONGOING LEGACY

WITH CUPITT'S WINERY

Griff Cupitt remembers plucking chickens, as a young boy, to supply the Cupitt's Butchery in Bowral for Christmas. He has always worked on the land, living much of his life in Bowral, where he took over the family farm when his father died at an early age. The Cupitt family had a large herd of cattle, and would sell over 3,000 head per year through the local saleyards.

Fast-forward to 1984 and Griff and wife Rosie bought a block of land, overlooking south Narrawallee Beach, where they built a family holiday house that they enjoyed at every opportunity. After selling their business, the Bowral Hotel, in 2003, the couple were contemplating a more permanent move to the south coast and found themselves at an auction for Washburton Farm at Ulladulla.

The 193-acre property was the perfect place for Griff to run some cows and they made the purchase. While making time for farming he also wore many hats as the family established the restaurant, built the vineyard and created all the other additions that make Cupitt's Winery what it is today.

Now with the next generation working in the business, Griff has been able to refocus his attention on farming.

He has always loved Black Angus cattle and the breed was his first choice when it came to building up his Ulladulla herd of 80 cows and calves. "They marble up pretty well and have good flavour," he says.

Griff is extremely proud that his beef now features on the restaurant menu with a variety of cuts available throughout the year. Outdoor diners also get to enjoy Cupitt's Black Angus Meatballs out on the deck at the Budawang Bar.

Griff is continually looking at ways to improve the pastures on Washburton and he's excited to be able to devote some time to get this right as he pursues his aim to establish an ongoing legacy at the farm. "I want to breed good calves to put through the restaurant," he says.

Meanwhile, he's off to fix fences – an ongoing battle as trees fall in the infamous, westerly winds that blow this time of year. Griff also plans on introducing some sheep onto the property to help manage the grass in the vineyard.

That means lamb will also end up on the restaurant menu! But in the interim the sheep will be helping take whipper snipping off Griff's 'to do' list and leave him more time for tractor work and pasture improvement. •

To celebrate Cupitt's seven day trading they are offering a complimentary glass of wine with a main meal when dining at Cupitt's Kitchen on Monday or Tuesday in Spring. Mention this article when booking.

IN THE VINEYARD

With Cupitt's Winery



THE CUPITT EXPERIENCE IS NOW AVAILABLE EVERY DAY

The tasting pleasures of sipping locally made wine and beer, eating flavoursome artisanal cheese and talking to the winemakers, cheesemakers and brewers will be available to Cupitt's visitors seven days a week.

Guests can now experience Cupitt's relaxed setting overlooking Burrill Lake and the iconic Pigeon House Mountain every day.

Cupitt's is the perfect dining destination for lovers of gourmet food, local craft beers, crisp wines, stand-out coffee and original cocktails. Their legendary 'paddock to plate' ethos means you can expect fresh, local and honest cuisine with an evolving seasonal menu showcasing bold flavours and colours.

The Cellar Door, housed inside the historic stone creamery, is open from 10am - 5pm for sampling of cool-climate wines. And to deepen your knowledge, book into the unique 'Tour and Taste Experience' and go behind the scenes, visiting the winery, brewery and cheese-making facility and sampling the produce along the way. Tours depart daily at 11am and cost \$30pp.

Cupitt's Winery and Restaurant caters for all ages and is a family friendly destination. Weekends are especially relaxed with casual dining options including Wood Fired Pizza and live music on Sundays from 12.30pm - 3.30pm. •

Cupitt's Winery
58 Washburton Rd, Ulladulla
NSW 2539
P. 02 4455 7888
E. info@cupitt.com.au

Sarah Gabrielle

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"We just try to help everyone we can, we always have," says Elders Insurance owner Matt Dell. Elders Insurance Ulladulla was established almost 40 years ago and has always been run by the Dell family. "My dad Ray started in Milton in 1974 and the whole family have been involved at different times. We grew up here and now my kids are growing up here too. We just love being local."

Matt believes strongly in community involvement and volunteers his time generously to many local groups including Milton Ulladulla Entertainers, Apex Club and Bendigo Community Bank, to name a few. The same philosophy flows into his business. "I like to think we run our business with the same goal in mind – be connected, helpful and give back when you can."

The local element is what makes an important difference in the insurance industry. Matt knows the types of insurance issues locals face and takes the time to understand their situation and advise what they really need. "Customers like calling our Ulladulla office and talking to real people," he says. "We are able to give expert advice and personalised cover to suit each individual or situation. With some education and local knowledge thrown in it can be really handy for local business owners too."

And the community spirit doesn't stop there! Elders Insurance allows their customers to choose their own repairer whenever possible. That means that literally millions of dollars is going back into South Coast businesses each year. "We get to support those who support us and it's a real win-win situation."

Matt and the Elders team are excited to announce a new initiative – their CTP 'Give Em Five' promotion. For every CTP Greenslip purchased you can nominate a local community organisation to receive a donation of \$5 or more (some conditions apply of course). It might be your school P&C, a local charity or any other community group.

"We hope to give away thousands of dollars this year and make a real difference," says Matt. "If your group would like to be a recipient of the Giveaway, just give Elders a call – after all we're here to help!"

Elders Insurance Ulladulla is a specialist in Business, Farm, Home, Personal, Commercial and Motor Vehicle insurance. As your local insurance expert they can tailor cover for every business and home. Interest free monthly payments are available on most policies at no extra cost. Quotes are fast and obligation free and they talk you through the process at every step. •

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NUTRITIONAL HEALTH

By Emily Bingham



At EMpower we're all about the awesome nutritional value of our foods. Include these five vegetables in your springtime diet and enjoy the wonderful health benefits.

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- **Bok choy:** Rich in magnesium and vitamin C to support the immune system and muscular system.
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- **Cabbage:** Rich in glutamine to support integrity of the gut wall. When fermented, offers a dose of probiotics for gut health.
- **Lettuce:** High water content to add some extra hydration to your meals

Visit us in store at Shop 2 in The Pavilion and chat to our qualified Nutritionists Emily and Vendella for all your nutritional needs!

Upcoming Workshop:

Don't miss our upcoming workshop on 'Posture' with Emily from Empower and Alison and Craig from Milton Osteopathic Clinic – 22nd September at EMpower Wellbeing. Details via our Facebook page! •

Emily Bingham: Clinical Nutritionist, Personal Trainer, Founder EMpower Wellbeing
 Shop 2, The Pavilion 276 Green Street, Ulladulla NSW 2539
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 E. info@empowerwellbeing.com.au
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legal & conveyancing practitioners

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 4455 1566
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LOCAL RECIPE

POACHED MISSISSIPPI SEAFOOD

From Tallwood Eatery

Stock

- 5 litres of fish stock
- 50gm salt
- 20gm paprika
- 1 whole red chilli cut in half
- 1 tbs black pepper corns
- 1 tbs fennel seeds
- 1 lemon sliced in rings
- 1 small bulb fennel (save frongs)
- 1 small white onion sliced
- 3 bay leaves
- ½ bunch thyme
- 20ml Tallwood's hot sauce
- 6 cloves garlic crushed

Seafood bag

- 8 whole prawns
- 400gm of thick, white-fleshed fish diced
- 16 mussels cleaned
- 2 Moreton Bay bugs cut in half
- Fennel frongs
- 1 head of corn cut into 4pcs
- 2 medium potatoes cooked, cut into quarters
- 2 x 40cm squares of muslin

Method

1. Bring all stock ingredients to the boil and simmer for 30mins. Add salt to taste.
2. Put the muslin cloth in a large bowl. Add all the seafood, potatoes, corn and fennel frongs. Tie bag up.
3. Bring the stock to the boil.
4. Add the bags to the stock for 4 minutes.
5. Pull bags out and let drain.
6. Serve it still in the cloth with crusty bread, your favorite mayo and Tallwood's hot sauce. **W**



Take a look around the Tallwood restaurant and you'll see local artists exhibiting their work, local produce sitting on the shelves in housemade sauces, ferments and pickles and local farmers delivering fresh from their fields. You'll also see friendly, local faces welcoming you ... some who work there and some who don't. That's the community that Tallwood proudly fosters and continues to build.

As you look around, you may also see a few new faces. Warwick Travers, the new Front of House Manager, most recently hailing from the Cook Islands (where he managed two resorts), has extensive experience in an array of hospitality roles, from inner city hotels to resort spas in Byron Bay.

"It's been a pleasure to get to know him and scratch the surface of the wealth of knowledge he holds," says owner Matt Upson. "He has slotted right in and, along with his wife and newborn, will be considered a local in no time."

On the other side of the pass, another new father, Damien Martin, is now heading up the kitchen team. A friend of Tallwood's since the very beginning, he is back to share his love for experimenting with different techniques, matching flavours and helping the team on their continual learning journey.

"Damo's ability to share knowledge and foster growth can only mean big things are brewing on the Tallwood kitchen's horizons," says Matt.

Then there is the freshest side of Tallwood – their local produce and suppliers. "We pride ourselves on knowing where your food is coming from. We love preparing food that was picked or caught just down the road that morning from people we trust and call our friends. Things taste better when you can still smell the sun in every bite, and we want you to take that fresh food feeling home."

Team work is important to the success of Tallwood and Matt is extremely grateful for the way that all the crew dig deep and give of themselves enthusiastically.

"Without that positivity and hard work we wouldn't be half of what we are today. It's the Tallwood spirit that keeps us together, it's our common thread and it's what gets us out of bed."

In that spirit of sharing food and building community connection there are exciting times ahead for Tallwood. "We care about each other, about our customers, friends and families and most importantly about this community. We aim to do our part in preserving it's vitality and beauty – and we're just getting started!" •

2/85 Tallwood Ave, Mollmook Beach NSW 2539
P. 02 4455 5192, W. tallwoodeat.com.au

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This spring artists from Wollongong to Bermagui will be showing their creative work at the park-like Petana Gardens, just outside Milton. Exhibiting sculptors are enthusiastic about the layout of this three-acre garden as it provides the perfect setting for displaying their artistic pieces.

Set against the backdrop of the picturesque Budawang Range and Pigeon House Mountain, the garden's expansive lawn areas are surrounded by majestic stands of mature trees, both native and exotic. Balancing these are smaller, more intimate spaces that are complemented by tranquil water features.

A stone garden, a Japanese garden, and a Monet inspired water lily pond all sit harmoniously in the Petana Gardens and provide a superb environment for displaying sculptures of various styles both large and small.

At the 2016 Sculpture at Petana exhibition over 800 visitors viewed the many sculptures on display with many of the pieces being sold during the event. Organisers are hoping for an even larger turnout this year and similar successful sales results.

Peter Hoy and Anna Rosen, the owners of the garden and the exhibition's curators are keenly

looking forward to this year's event. "This year's Sculpture at Petana Biennial Exhibition aims to build on the achievements of the 2016 event with over 70 sculptures expected to be on display during the nine day exhibition, with many of these being available for purchase by the public," he says.

This year's exhibition is part of Escape Artfest and will be launched with a Picnic in the Garden on Saturday 6th October and the winners of the \$6000 sculpture competition will be announced on the day. The fantastic amount of prize money for this year's exhibition has been made possible through the generous support of Tailor Made Financial Services and other local Milton-Ulladulla businesses.

Sculpture at Petana will be held from Saturday 6th to Sunday 14th October with the gates opening at 10am daily. There is an admission charge of \$10 for adults while children under the age of 18 enter for free.

The 2016 picnic was a huge success and we would advise intending visitors to this year's event to come early to claim their picnic spot and enjoy the art. •

Petana Gardens can be found at 408B Woodburn Road, Morton and is an easy 15 minute drive from Milton and Ulladulla. For further information visit our facebook page or visit www.sculptureatpetana.com

DIY

BLUEBERRY CHIA JAM



This blueberry chia jam is a healthier alternative to store bought jam and can be made in just 30 minutes!

What you need:

- 700g blueberries
- ½ cup maple syrup
- 3 tablespoons chia seeds
- 1 tablespoon lemon juice
- ½ teaspoon cinnamon

1. In a medium saucepan, combine the blueberries and maple syrup. Cover and bring to a simmer over medium heat, stirring frequently. After 5 minutes, when the blueberries are starting to break down, add the chia seeds, lemon juice, and cinnamon and reduce the heat to medium-low.
2. Continue cooking uncovered stirring occasionally for about 10 to 20 minutes or until the mixture has thickened and blueberries have broken down. The jam will continue to thicken as it cools.
3. Let cool completely before transferring to clean sterilized jars. Keep in a sealed jar in the refrigerator for 2-3 weeks. W

SCULPTURE AT PETANA

A sculpture exhibition by South Coast artists as part of Escape Artfest

Over 60 sculptures exhibited in a beautiful garden setting over 9 days from the 6th - 14th October. Hours: 10am-4pm daily. Admission: \$10 adults, kids free.

Petana Gardens 408b Woodburn Rd Morton (just 15 minutes from Milton - Ulladulla)

Sculpture at Petana
www.sculptureatpetana.com

WHAT WE LOVE...

about spring time on the beautiful south coast.



Taking a drive out the back of Milton to pick a bunch of the gorgeous, native wattle!

From Meg Leslie



Admiring the amazing Take 3 For The Sea murals commissioned by the council and painted by Julie Sydenham.

From Jennie Beasley



Purple rain falling from the jacaranda trees.

From Andy Bell



Whale watching at the Lighthouse Headland.

From Jade Andrews



Walking on the beach with Bobby. *From Amanda McDonald*



Jindelara Cottage provides high-quality residential accommodation for people with a disability and respite for their families. This new community resource is extremely impressive, but what's even more impressive, is the passion, perseverance and commitment of the amazing group of women who've been on a 14-year journey to see the project to fruition.

Arriving at the cottage in Ulladulla I was warmly greeted by Sylvia Stone and Carol Malmo who took me on a tour of the facility and shared their story.

Back in 2004 Carol, Gaylene McLaren and Alison Wade, who were all parenting children with a disability, came together in order to find ways to support each other. They agreed that what they needed was respite care and after inviting other parents and interested parties to come along to their meetings, they established a focus group to advocate for a respite house here in Ulladulla.

Having worked at Budawang School for many years, Sylvia had seen first-hand the difficulties faced by students with special needs and their families –

parents and grandparents struggling to cope and worrying about who will help look after their kids. "It gets into your heart," she says. "People with a disability have to fight for everything. They fight for transport, fight for equipment, fight for respite. Nothing in their life is easy."

When Sylvia heard about the group she naturally became involved. Around this time, she received a call from a friend who was terminally ill and wanted to bequeath some money to the cause. That donation shifted things up a gear and Sylvia decided it was time to enlist some help from her Budawang connections.

Deb Huish had spent 30 years working in Special Education; Bev Johnson, another experienced teacher, was skilled at writing submissions; and Barb Maxwell had done lots of work providing respite care in the community. They joined the committee and their combined knowledge in the disability arena proved beneficial in moving things forward.

As always, this wonderful community got behind the cause with over 100 interested parties attending a special meeting and Rotary, Apex and Lions also lending their support. With a decision by the Lions Club to make Jindelara a special project, the three service clubs combined to establish the Lions

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L to R: Committee members Deb Huish, Marianne Howarth, Bev Johnson, Sylvia Stone, Alison Wade and Carol Malmo at the front door to Jindelara Cottage.

Carol's son, Steven, was at the house the afternoon I visited and excitement levels rose as his friend Scotty arrived ahead of their regular bowling night. Steven proceeded to list their friends who bowl and proudly shared his winning score from last week.

This is the type of interaction the committee is aiming for. "It's great to see them use the house to have fun and socialize. While their family gets a break, they also learn how to live more independently," says Sylvia. "The long-term aim for some would be to transition to a group home."

The management team wants to stress that respite accommodation at Jindelara Cottage is free of charge to locals and they're given first priority. They just need to pay for their carers through their NDIS package. The women believe there are still parents, grandparents and carers in the area who are yet to use the respite service. "We want to try and reach them," says Sylvia.

Since 2004 the Jindelara committee has seen some faces come and go, but each and every person's contribution has led to them achieving their goal. With new member Marianne Howarth their work continues as they manage bookings, man a cleaning roster and raise funds to cover expenses.

They feel justifiably proud of what has been achieved and are extremely grateful for all the support they've received. Carol makes special mention of Lion's leaders Brian Thompson and Greg Best: "We couldn't have done it without them and of course this amazing community of Milton-Ulladulla."

As we move to leave, Carol and Sylvia reflect on how far they've come in the last 14 years. "Every time I open that front door I'm blown away," says Carol. "At different times it was all consuming. Now the house is done and it's such a pleasure." Sylvia agrees: "We just love that this house can help." [W](#)

For enquiries about respite accommodation or to make a donation email jindelaraservices@gmail.com or visit their Facebook page [@Friends of Jindelara](#)

Ulladulla District Community Foundation.

In 2012 a pilot program was commenced to provide evidence that the need for respite was real and urgent. Yurana Cancer Kids Holiday Homes kindly donated their houses for use but as they weren't appropriately equipped for people with disabilities it became obvious that a purpose-built facility was needed.

It's great to see them use the house to have fun and socialize. While their family gets a break, they also learn how to live more independently."

Dreams turned to reality when money raised by the community foundation was combined with Jindelara committee funds and then matched with large contributions from Lions International and the Federal Government. Land was purchased and construction of the state of the art facility began. Jindelara Cottage was finally completed earlier this year, and with donations of furniture, bedding, kitchen and laundry equipment from the local community, the house was ready to take bookings.

SOCIAL

WHITE WASH ON INSTA

Here are some of our favourite Insta snaps from our readers. To share your pics with us use #whitewashmagazine and you may appear in White Wash!



@theskinrejuvenationsuite Loving this edition of White Wash Magazine.



@lucyshousemollymook Still not winter on this sunny veranda.



@appleandarrow Off to work in the shop but first I relax. How good is coffee by the fire! [W](#)

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SPRING IS IN THE AIR

WITH DR KATIE MCCARTNEY

There are three types of diseases that doctors class as being types of 'atopy' (a genetic tendency to develop allergies): hay fever, eczema and asthma. In spring these conditions can worsen as flowers and plants release pollen into the air.

If it seems like more people experience these conditions now than when you were growing up, you're probably right. Scientists are not sure why but have hypothesised a link between lack of early exposure and later developing a hyper-immune response. Described as the 'hygiene theory' there is some evidence that living in a cleaner more sterile environment, without pets or siblings, increases your chances of developing atopy.

Australia and New Zealand have among the highest rates of allergic disorders in the world. Here are some ways to help manage these atopic conditions:

AVOID TRIGGERS

The best way to manage atopic conditions is to *avoid the triggers!* Think about what you have been exposed to when you get your symptoms and also if this follows a similar pattern e.g. every time I go to the park I sneeze and my eyes water.

BREASTFEEDING

Breastfeeding exclusively for four to six months has some protective effect for development of atopic conditions.

BE UP TO DATE WITH ACTION PLANS

See a doctor at least once a year to get an up-to-date management plan that will include review of medications and what to do in case of a flare up or an emergency. Ensure friends, family, colleagues and teachers are familiar with the plan, especially if an EpiPen (adrenalin) has been prescribed for anaphylaxis (life threatening allergic reaction).

SEE YOUR GP

General practitioners can provide information on medications and other treatments useful for managing these conditions. These can range from creams, puffers, tablets and nasal sprays to referrals for specialist immunologists and potential immunotherapy (administration of gradually increasing quantities of allergen extract over time to induce tolerance). Allergy testing can be performed as well.

LOOK AFTER YOURSELF

Stress can cause flares in atopic conditions so stay as mentally well as able. Keeping a healthy weight, not smoking, eating a balanced diet, ensuring your skin is hydrated with moisturiser and doing regular exercise can also help to maintain the health of your skin, respiratory and immune systems. [W](#)

For more information speak to your local GP or search www.allergy.org.au or www.nationalasthma.org.au





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SEP + OCT + NOV CHECK OUT WHAT'S ON!

1

YOGA4DIGNITY

1 September at 8.30am.
Tickets are \$20 and all funds go to Share The Dignity. Visit omsweetomyoga.com.au for details.



7

JENNIFER LAWRENCE AT THE WALL

Painting Exhibition, 7 - 30 September. Eastside Mall, P. 0418 124 953



SUNDAY SESSIONS AT BANNISTERS PAVILION

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



8

PERRY KEYES AT MILTON THEATRE

8 September at 8pm. P. 02 4455 3056 for tickets.



TEA BY THE SEA AT BANNISTERS

On the terrace at Rick Stein restaurant. Every Wednesday to Sunday from 2-4.30pm



29

MILTON VILLAGE SHOWGROUND MARKETS

29 September at Milton Showground 107 Croobyar Road, Milton. miltonvillagemarkets@gmail.com



OYSTERS AND BUBBLES AT BANNISTERS

On the terrace at Rick Stein restaurant. Every Wednesday to Sunday from 12.30-4.30pm.



4

ESCAPE ARTFEST

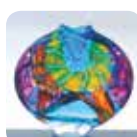
4 - 7 October. E. info@escapeartfest.com.au. P. 0406 866 634 escapeartfest.com.au



5

NOEL HART AT THE WALL

Glassworks Exhibition, 5 - 31 October. Eastside Mall, P. 0418 124 953



6

SCULPTURE AT PETANA

6 - 14 October at Petana Gardens, Milton. Open 10am-4pm. sculptureatpetana.com.au



6

SHOALHAVEN TIMBER FESTIVAL

6 October at Milton Showground. P. 0439 023 360 for details.



Credit: shoalhaven.com

13

DOG TRUMPET AT MILTON THEATRE

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



2

CALENDER GIRLS BY MILTON FOLLIES

Six shows between 2 - 11 November at Milton Theatre. miltonfollies.org for tickets.



STREET FOOD SUNDAY AT TALLWOOD

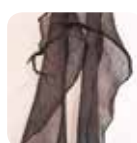
Held on the first Sunday of each month. 12.30-5pm. P. 02 4455 5192 for bookings.



9

KAREN BOULDEN AT THE WALL

Textile Works, 9 Nov - 9 Dec at Eastside Mall. P. 0418 124 953



CUPITT'S GROWERS MARKETS

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



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A romantic couple stands on a rocky cliff edge, embracing and looking out over a vast, hazy landscape at sunset. The sky is a warm, golden orange, and a distant mountain peak is visible on the horizon. The couple is silhouetted against the bright light of the setting sun.

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