

ISSUE #11

free!

White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE



Molly Magic

IT'S ALL ABOUT THE BEACH



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EDITORS' NOTE

We fell in love with Mollymook Beach when we visited the South Coast as teenagers and we still love getting a spot under a shady tree at North End and cooling off in the crystal clear water. So this summer we dedicate the issue to the absolute magic of Mollymook and talk to a few of the people who love it as much as we do.

Congratulations to the ARTfest committee on an awesome few days of creative activities, displays and workshops back in October. They certainly pulled off a successful festival. Well done!

The Milton-Ulladulla community will be forever grateful to the Rural Fire Service who worked tirelessly to protect our town from the Kingman bushfire back in August. We were all devastated by the tragic loss of Alan Tull, the helicopter pilot who lost his life and we feature some photographs from locals of that terrible time.

On a happier note, our graphic designer Bridie and her husband Lee have welcomed their first baby, Henry, and we send huge love and congratulations. To say Terri is excited to finally be a grandmother is an understatement!


Have a fabulous summer everyone!

Virginia & Terri

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Summer Issue #11 - December 2018/19

White Wash editorial

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Cover Photo: Sam Walklate Photography
www.samwalklate.com



South Molly-Moke Beach, as it was known then, in the early 1950's.



Step aside Gucci here comes Supre's summer collection! L to R: Jaslyn Wiles, Summer Smyth, Alex Badham and Kimmi Snelson before their first UHS social in 2001.



Cassandra Hamel from The Milton Country Retreat Chocolate Cottages won silver in Business Excellence at the NSW AusMumpreneur Awards 2018.



Pearl Pacey freestyling on her skateboard along Mitchell Parade at Mollymook.



Ben Reid and Leslie Mallinson were married on Racecourse Beach in August and had their reception at Mollymook Surf Club.



Artist Fernanda O'Connell with photographer Dane Colley at the opening of Fernanda's exhibition at Tallwood during Escape ARTfest.



Michelle from Salty Sea Dog ran into Edwina Bartholomew from Sunrise who was covering the bushfires.



Brett Burcher and Holly Rankin aka Jack River at Splendour In The Grass.



GUESS WHO?

Which local used this passport pic while applying for a visa in London to get to India in 1980? Email your guess to info@whitewashmagazine.com.au and all correct answers will go in the draw for a box of chocolates from Woodstock Chocolate Co.



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Ten years ago, good mates Kurt and Matt opened the doors of AKWA Surf Shop in what was the culmination of a long-held dream for the two. Despite being told that a surf shop in Milton would never work, the self-confessed nerd and the former World Qualifying Series surfer feel stoked to have proven the naysayers wrong.

AKWA Surf Shop has a distinctive style, with vintage Colonel Sanders foam surfboards (recently scouted for an Aussie movie) and old trophies from surfing comps gone by in the window. Inside, favourite boards and collectors' items adorn the walls. As we sit down in the comfy retro lounge in the corner, the wry banter between the AKWA owners rolls out unabated.

Neither, Kurt nor Matt can remember exactly when they first met. They both feel like they've known each other forever. But they are sure it was down at the beach and hazard a guess that it was probably through the surf club.

"I remember this bright ranga floating around and thinking to myself, 'he needs some more sunscreen!'" jokes Kurt. "Given that Kurt is 20 years older than me ..." laughs Matt, (he's only seven years older) "obviously, I was aware of what an awesome surfer he was."

Kurt joined the Illawarra Academy of Sport and started surfing competitively at age 14. Initially, he was more focused on getting the autographs of his heroes between heats, but by 18 he became more serious about the sport. "I started to be competitive and it turned into a career," says Kurt, who enjoyed 10 years as a pro surfer on the WSL tour. "Surfing opened up the globe and funded me to see the world."

Meanwhile, Matt completed a Bachelor of Commerce in Accounting at Wollongong University and in his mid-20s, he and his high school sweetheart, Emma, were working in London and travelling through Europe. Kurt and Matt kept in touch through regular phone calls and it was during this time that the pair first started talking about the possibility of opening a surf shop in their hometown.

On their return to Australia, Matt and Emma married, and Kurt went on to wed Emma's sister, Alicia. Now brothers-in-law, the boys' bond deepened and they continued to toy with their plan. "I reckon we talked about it for about three years all up," says Matt. "Kurt was driving up and down the coast as a sales rep for Ocean & Earth. He'd ring me when he was driving and annoy the hell out of me!"



Matt Bryant (left) and Kurt Nyholm front and centre at AKWA Surf Shop.

While Kurt was on the road, local surfers would ask him to pick up surfboards and equipment for them in Sydney. He felt sure there was a hole in the market that he and Matt could fill and they both saw the potential in Milton. It was time to stop talking and dive in!

“I’m happy to be the nerd,” says Matt. “Kurt has the people skills.”

They convinced Grant Morrow to lease them the historic Mellicks building on the highway and he helped them create the unique space with the relaxed vibe that they envisaged. “He gave us a go and now we’re his longest tenant,” says Matt.

Another supporter was Kurt’s old boss Brian Cregan at Ocean & Earth. “Brian was a great mentor and now he’s one of our biggest accounts,” says Kurt.

The early days were tough and the two couples worked hard seven days a week, with the guys retaining their day jobs and the girls running the shop with a baby in a basket behind the counter. Things were so tight financially that they even shared a car! As the business grew, they were able to employ staff, who they now warmly describe as being part of their extended family.

AKWA quickly joined Pilgrims in becoming an integral part of the Milton streetscape and with the growing number of boutiques and eateries, the little village evolved into the popular tourist destination and local hub that it is today.

Kurt admits to initially being a little wary of the effect their business partnership might have on their close relationship. But Matt is very clear on how they manage to maintain both: “It’s 100 per cent trust and

100 per cent communication. My dad gave me some good advice on honest conversations – get things off your chest, don’t stew on things as it can lead to resentment.”

It’s obvious that the two play to their strengths and their contributions complement each other perfectly – Kurt’s vast surfing experience gives him a thorough knowledge and understanding of products and what surfers want; Matt’s the numbers man with the business acumen to manage the financials and grow the business. It’s certainly proved to be a successful combination over the past decade. “I’m happy to be the nerd,” says Matt. “Kurt has the people skills.”

The AKWA mantra ‘supporting locals’ is enacted through the community building and charity work that Matt and Kurt have undertaken. They began by putting on surfing events for fun, but quickly realised they could do something for charity. They choose to keep their focus very much at the local level and with support from the community hundreds of thousands of dollars have been raised over the years for individuals affected by early onset dementia, severe burns and heart disease.

In 2015, AKWA organised a night surfing event where competitors surfed under floodlights. It was a world first and hugely successful, raising enough money to be shared between local community groups, including Jindelara Cottage and Noah’s Inclusion Services. Matt and Kurt recognise the collaboration of other local businesses like Mollymook Bottlo, Pilgrims, Tallwood and Milton IGA in their charity work. “Those guys jump on board every time,” says Kurt. “I don’t think there are many communities like this. We band together.”

Another important role that AKWA plays in the community is through the Ulladulla Boardriders Club. The club has a long history (Kurt spent 10 years as president) and the pair believe it’s a great way to keep kids healthy and in the water. AKWA donates prizes and provides sponsorship to young surfers. “We help give them a leg up,” says Kurt. “And when you see guys like Russell Bierke hit the big time, it’s awesome.”

As they reflect on the past decade, it’s obvious that despite winning several business awards, money isn’t the driving force for these two. Their main focus is on family, lifestyle and doing what they love. “Having a successful business in our hometown, working 200 metres from where our kids are at school ... that’s the ultimate for me,” says Matt.

Kurt agrees: “I’m proud of the relationships we’ve made with people through here. We have the freedom to go surfing, be with the kids at night and talk to friends who come in and get their wax.”

As they crack a beer out of the office fridge, and joke about who’ll be first in the surf tomorrow morning, Kurt gazes out the window to Green Island in the distance, and becomes pensive. “It’s like a marriage,” he says. “We’ve been through some big highs, and some lows, but our friendship has never faltered. It’s a pretty rare relationship.” ^w

DO YOU KNOW TWO LOCAL PEOPLE WITH A GREAT STORY?

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JUST THIS ONCE (AUTUMN/FALL)

By Ryan Pernofski

Just This Once, Part Two in the SEASONS series, is a daily visual journey through Autumn/Fall, captured mostly through the iPhone lens of the talented Ryan Pernofski.



POW MAN: UNLEASH THE HERO WITHIN

By Dave Pow Tabain

Dave’s schoolmate is being bullied and he wants to help. His parents taught him how to deal with people who say and do mean things to others. It’s time to make a plan. •

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Credit: InBed Store

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Credit: The Dharma Door

NATURAL TEXTURES

The Jumbo Tassel Wall Hanging by Dharma Door will add a touch of raw luxury to any space. Handmade by fair trade artisans in Bangladesh, this show-stopping piece features row upon row of beautiful jute tassels attached to an intricate macrame base piece.



Credit: InBed Store

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SUMMER TRENDS WITH

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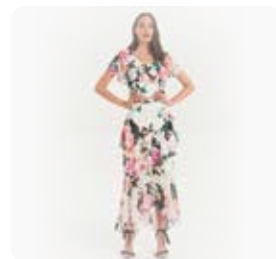
Vivid Tie-Waist Maxi Dress by Cooper Street.



TURNING HEADS

Highlight your femininity with a plunging V-neck, whether you're headed for a wild night out with the girls or a romantic meal for two with your beau.

Rare Necessities Dress in Black by Staple The Label.



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feature

Molly Magic

IT'S ALL ABOUT THE BEACH

WORDS BY VIRGINIA CONNOR
PHOTOS BY SAM WALKLATE



Aaron Owers and Amy Pollard on patrol at South Mollymook.

The ever-changing and breathtakingly beautiful swathe of sand that forms the arched border between land and sea at Mollymook Beach is the centrepiece of our coastal community. Locals and many thousands of visitors admire this stretch of coast and the holiday season sees the beach become the focus for summertime fun and relaxation.

Even for those who don't care for the sand invading their person and belongings, many are happy to camp on the grassy areas, drawn to the sea breeze and the spectacle of hundreds of people engaged in the many pursuits offered by the sea, sun and sand. Whether it's the wonder of watching the resident dolphins playing in the waves, waxing up a surfboard to take on a rising swell or encouraging the kids to construct a complex castle, engineered from sand and water, the beach provides hours of enjoyment and has an emotional, as well as a physical, impact on all of us.

AMY POLLARD

Amy Pollard was born in Milton Hospital and says she's always loved the beach. "Dad used to wake me up to go for a surf before school. Swimming, fishing ... just being at the beach was what we always did as a family," recalls Amy. "Being out there early and seeing the dolphins is fantastic ... best time of the day. I don't really care about the weather, it's always beautiful."

At 15 years of age, Amy attained her bronze medallion and joined the Mollymook Surf Life Saving Club because a group of close friends were rowing in the club surf boats. She went on to win Junior Patrol Person of the Year, and a few years later completed her patrol captain's course.

Rowing in the surf boats started out as a bit of fun, but the girls' commitment and talent soon saw them competing in the Australian Surf Boat Rowers titles in Queensland in the (then) only division for women, which meant they were up against all ages and levels of experience. But when the Under-23 women's division was formed, the girls took out first place at Manly in the contest's inaugural year.

In her mid-twenties, Amy spent two years overseas and recalls that while living in London, she'd not seen the ocean for four months. When she took a trip south to the English coast, she says, "It was overwhelming, and a relief to see an expanse of water again. I realised how much I missed the beach."

Amy has been back volunteering her time and skills with the local SLSC for about two years and within weeks of her return she met her partner, Aaron, while on patrol. He was driving the Inflatable Rescue Boat and they soon discovered they had more in common than the red and yellow uniform. They both love the outdoors, the local community and the team spirit of the club.

Amy's passion for the beach goes beyond her enjoyment of the activities associated with surf lifesaving. She is very aware of how lucky we are to have such pristine water and stunning beaches on our doorstep. "People should cherish this place and not take it for granted," says Amy, who is passionate about promoting the Take 3 For The Sea initiative. "It's a fantastic concept and the message is great. Thanks to inspiration from local ambassador Monica Mudge it's been really well supported locally. We all need to be accountable for the impact we have." ►

GREG SUTCLIFFE

Greg Sutcliffe and his family moved to the district from the western NSW town of Goolgowi in 2003 and he took up paddling with the Mollymook Outrigger Canoe Club in 2013. His wife, Liz, had been paddling for a couple of years prior, but, not being a beach enthusiast, Greg wasn't that interested at first. "I suppose I joined for the social connection and sense of community. Back in Goolgowi, there were about 250 people in the whole place and everyone knew each other," Greg says. "I've met so many people through the Outriggers – all sorts of people, with different interests and situations, and it's fun!"

Getting up at 5am two mornings each week for training doesn't sound like fun, but Greg insists the health benefits and sense of teamwork makes it rewarding. "It's not competitive, as you are going at your own pace and it's very inclusive – there's no pressure. The Outriggers Club is very welcoming of newcomers," says Greg, who is in the Golden Masters (60+) category.



There's always something different to see out there – birds, dolphins, the occasional seal.

Despite being non-competitive, the relatively small club took out third place at last year's National Titles at Mooloolaba. "It's a bit of a buzz when you beat those bigger clubs from Sydney and up north," laughs Greg, who loves being on the water around Mollymook Beach. "There's always something different to see out there – birds, dolphins, the occasional seal. Sometimes it's calm and other days it's that rough it's ridiculous."

After being raised working a large property in the wheatbelt, Greg claims Mollymook has the best climate in Australia. "It's never too hot or too cold and there's no dust, no flies and no mozzies – if you can count them, you haven't got a problem!"

His enthusiasm is the hallmark of a beach convert and although he still makes the trip west to visit friends and family back in Goolgowi, he is always grateful to be headed back to the coast to launch his canoe.



Credit: Sam Walklate Photography



RUN BY SURFERS FOR SURFERS

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

Credit: Sam Walklate Photography



Helen Neal with her favourite bright yellow board under her arm.

HELEN NEAL

Helen Neal gets on her boogie board as often as her busy schedule and the weather allows. For Helen, who never wears a wetsuit (even in winter!), it's not the cold water she balks at, so much as the wind when she emerges from the surf. She has had the same bright yellow board for 35 years, and despite her (now departed) cat having occasionally used it as a scratching post, it's in pretty good shape: "It's doing its job and I am used to it. A new one might be different and I wouldn't like it as much," says Helen, who has lived in Milton for 40 years – not quite half her life!

As a child Helen recalls spending summer holidays at the beach with her family on the South Coast. Living on a farm near Shellharbour, her parents would rent a house at Merimbula or Narooma. "I remember us being in the long line of cars waiting for the barge to carry us across the Clyde River. We kids would spend every day, the whole day, at the beach. It was wonderful," she says.

When Helen met her English husband, they took a holiday at Burrill Lake. While here, they fell in love with Milton township and the surrounds and decided to stay. Visiting the beaches provided enjoyment when their two girls were growing up and respite for Helen, a former nurse, who used to walk on the beach because it was "a great place to

do some thinking."

An enthusiastic theatregoer, lover of classical music, and an avid reader, this octogenarian simply glows when she emerges from the surf. Her positivity and appreciation and love for her environment are infectious. "I used to play tennis and golf. I still play bridge, but my physical exercise nowadays is my visits to the beach," Helen smiles, "And getting in a swim at Milton pool."

"Milton and Ulladulla have changed a lot over the past 40 years but the beach hasn't. That's what I love about it," says Helen, as she shrugs off her towel and heads back into the surf to catch a few more waves.

Many of us visit the beach regularly. It's a place to exercise, catch a wave, meet up with friends, amuse the children or just spread the towel, erect the umbrella and lay back with a book and watch the water's ceaseless movement. Being at the beach encapsulates summer. The awesome presence of the ocean – its crash and roar during heavy swells or the calm ebb and flow on those still evenings – the laughter of children carried on the wind, the sight of a sea eagle, motionless, suspended high above the sand, all of which brings pleasure, calm and excitement.

Enjoy this summer at the beach. [w](#)

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Credit: Paul Buckingham



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and Ulladulla, visit Facebook
f @npamiltonbranch for a full
schedule.*



LOCAL TALENT

BIANCA BENNETTS

Words by Terri Quinn

When international supermodel Bella Hadid was photographed sunning herself in Mykonos last year, fashionistas zoomed in on the bikinis she wore. Described by *InStyle* magazine as 'show-stopping swimsuits in timeless silhouettes and classic colours,' the FAE brand had hit the big time – and Bianca Bennetts was centre stage.

Growing up in Ulladulla, Bianca had always loved hanging out at the beach in her bikini. But in her wildest dreams, she never imagined that bikinis would become her business, and that the power of social media would see her swimwear label gain international fame in just two short years.

After finishing school, Bianca headed to Sydney. From there, she did some travelling before landing in Bali where she enjoyed the warm climate. It was also here that she met her future husband, Adam, who

hailed from the Gold Coast and had been living and working in Bali. Smitten with Bianca and her ability to wear a bikini so well, Adam started taking photos of her and their idyllic beach lifestyle, and posting the snaps on Instagram.

It wasn't long before swimwear companies were sending Bianca bikinis in order to promote their brands. Having a huge interest in fashion, Bianca could see a gap in the market and decided to develop her dream bikini for the girl who's not afraid to show some skin. She worked with designers in Bali to create a bikini that was a little bit racy but with comfort at the forefront. "They made two bikinis for me that I fell in love with and I started wearing them all the time," says Bianca.

Adam posted the pics. Friends and Instagram followers showed interest and began asking where they could purchase the bikinis. The couple saw a business opportunity and after some discussion, they decided to put their savings on the line and place a

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minimum production order of 300 bikinis to see how it would go.

In the six weeks between Adam taking photos and the pair launching their Insta business, they had 10,000 followers. "We sold out all 300 bikinis in the first week and it just snowballed," says Bianca. "Every time we made a new production order it doubled! Three to four months in, we were like, 'Wow, we're doing this!'"

Gifting three bikinis to Bella Hadid proved to be a smart business decision – the media coverage she received while wearing the swimsuits raised FAE's profile dramatically, more celebrities began wearing the bikinis and the brand exploded, now boasting over 300,000 Instagram followers. "We owe our success to social media. Celebrities have such a strong impact on brands and that sets you up," says Bianca.

The pair has also invested in using well-known models for their campaigns. "Paying for high-profile models puts you on the map," explains Bianca. "Adam and I have never been afraid to take risks with FAE and they have worked well for us."

As well as business success, there are also good vibes on the home front. After welcoming a son, Ziggy, Adam and Bianca celebrated their marriage before deciding to move back to Ulladulla to be closer to family. "I always knew we'd end up here," says Bianca. "It's my favourite place in the world."

The new routine on the South Coast is working well. Adam runs everything 'back of house', while Bianca's focus is chiefly conceptual. She sends her sketches to head designer Beck, who expands the concepts, and the manufacturer in Bali brings the designs to life. Then Bianca tries on every sample and makes any alterations – it's a very hands-on approach. Her design aesthetic is simple: "We try and make them super minimal, fit well on the body, and nice and comfortable. The designs are seamless with not too much hardware."



We sold out all 300 bikinis in the first week and it just snowballed.

An important part of the FAE mission is to minimise their environmental footprint, and Bianca is proud of their achievements in this regard. FAE uses 100 per cent regenerated eco-friendly fabric, runs a paperless office, and has no plastic packaging. "We want to make a difference and do everything we can for the environment."

The US market is about 80 per cent of FAE's business and Bianca's best friend, Tallara Hamilton, who also grew up in Ulladulla, is the Customer Service Manager based in Los Angeles with the PR team. FAE are also looking to break into the European market, with the aim to secure a PR agent in the offing.

Releasing two major campaigns per year involves regular trips to Bali and LA for the young family, but Bianca loves it. She is endlessly inspired by those summers where she spent so much time at the beach and just wants her customers "to feel confident, rock it, and look great."

When we finish chatting, Bianca plans on getting some work done while Ziggy sleeps. It's not easy to have a partnership where work and home life overlap, but there's a real sense that life is good for this beach-loving family. "I'm so happy that Adam loves the South Coast. I always hoped I'd meet someone who wanted to live here. He's the backbone to FAE. I wouldn't have been able to do it without him." [W](#)

W. www.fae.house, Instagram [@fae](#)

JUST MARRIED

With The Old Church At Milton

Charlotte and Josh, from Sydney's northern beaches, holiday at Bawley Point and love the south coast. They were married in the stunning garden at The Old Church in Milton on the 13th October, surrounded by love from family and friends.



Pure joy and a touch of relief as Charlotte and Josh celebrate becoming man and wife.



Elegant table settings for the reception catered by award-winning restaurant St Isidore.



The look of love as the bride and groom stroll through the magnificent grounds at The Old Church.



Sealed with a kiss ... Charlotte and Josh enjoyed a beautiful and memorable wedding day! •

Credit: Tealily Photography

W. theoldchurchmilton.com.au


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A portrait of a young man with long, dark, wavy hair and light skin, wearing a blue sweater. He is looking directly at the camera with a neutral expression.

DIDIRRI

Words by Jem Quinn

Singer/songwriter Didirri Peters has been making waves in 2018 with a jam packed tour schedule and the release of his debut EP, *Measurements*. With plans for a full length album next year the future is looking bright for the talented young star.

Growing up in the coastal town of Warrnambool, the Victorian crooner bases himself in Melbourne between brief hiatuses from the road. Twenty-three years young, Didirri's lyrics bear all the hallmarks of an old soul. Laced in charismatic sincerity the unashamedly romantic *Measurements* EP is a bold and audacious slice of indie Folk. Raw, introspective and contemplative, Peters worked hard with producer Hayden Calnin to remove sounds and put forward a very stripped back offering.

Having supported the likes of Tash Sultana, Vance Joy and the Temper Trap, Peters has had no shortage of exposure to the bright lights of the big stage. His natural charm and charisma make him an honest and relatable character much to the delight of his audiences who have lauded his live show with tremendous amounts of praise.

Standouts from the EP include the breezy 'Bird Sounds' which is the perfect compliment to a lazy Sunday morning as well as the huge singalong hit, 'Can't Get Last Night Out Of My Head'. With a particular nostalgia to his music, that resembles artists from times gone by, comparisons to legends like Jeff Buckley are definitely not out of place.

In the midst of his European tour Didirri was kind enough to shed some light on his music and what's been happening in his world of late.



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“ With a particular nostalgia to his music that resembles artists from times gone by, comparisons to legends like Jeff Buckley are definitely not out of place.

Splendour in the Grass was pretty amazing! SXSW! Obviously putting out my own EP. So many personal achievements as well but mostly just settling into a really good touring family that can support each other.

YOUR LYRICS ARE PARTICULARLY HONEST AND THOUGHTFUL. HOW DOES THE WRITING PROCESS TYPICALLY TRANSPIRE FOR YOU?

Absolutely no methods. My only routines are writing as often as possible, in any way that comes out. I only write honestly because I really struggle to write any other way.

THERE IS A PARTICULAR MELANCHOLY TO YOUR SONG WRITING, ARE THERE ANY EARLY INFLUENCES YOU CAN ATTRIBUTE TO THIS?

Definitely Bernie Tolman and Bob Dylan, I guess Eddi Reader and Joni Mitchell as well.

WITH A JAM PACKED TOUR SCHEDULE, WHICH ARTISTS WILL YOU BE LISTENING TO ON THE TOUR BUS?

Father John Misty, Julia Jacklin, Elbow, John Frusciante, Soft Hair, Bob Dylan, Andy Shauf, Moreton, Billie Holiday, Karen Kane, Eddi Reader, and Jonothan Wilson so so much!

I'VE HEARD YOUR MUSIC DESCRIBED AS SOULFUL FOLK, HOW WOULD YOU DESCRIBE YOUR MUSIC?

Drunk pirate space punk Folk. With the tinge of country Bossa!

WHAT CAN WE EXPECT FROM DIDIRRI IN 2019?

I hope to still be alive. Music is my main currency though, so I'm guessing more of this. Probably an album. w

CONGRATS ON A GREAT SET AT YOURS & OWLS RECENTLY, HOW HAVE YOU FOUND THE RECEPTION TO MEASUREMENTS EP?

Yours and Owls was amazing! We were all very exhausted from an Auckland show the night before and everyone gave us the support we needed from the audience. It felt very raw to be tired and singing the songs. It almost felt a little more in the moment, no room for internal thoughts getting in the way.

YOU'VE HAD A HUGE 2018, WHAT HAS BEEN ONE OF THE HIGHLIGHTS OR STANDOUT MOMENTS?

SUMMER ALBUMS

Loving the summer vibes from these albums recommended by music columnist Jem Quinn.



Maribou State
Kingdom in Colour



Paul Kelly
Nature



Rufus Du Sol
Solace



Tash Sultana
Flow State



Jungle
Forever W



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VIETNAM

Words by Alyssa Critchley

From the colourful tribal markets in the mountainous region in the north to the floating produce markets on the Mekong River in the steamy south, Vietnam has an unmistakably strong sense of place.

In recent years, these sights and sounds have played a role in boosting Vietnam's popularity as a travel destination that is much more than a niche trail for only the most intrepid backpackers.

Vietnam's greatest asset is the sheer diversity it offers travellers. Itinerary highlights include culinary adventures in narrow streets between weathered French colonial buildings and ancient fig trees in Hanoi's old quarter; an overnight stay in a traditional junk boat among the limestone karsts of Halong Bay; and a ride on the back of a xe om (motorbike taxi) through pulsing Saigon.

For experienced independent travellers unphased by touts that are common in tourist areas, Vietnam is a rewarding destination that offers what is arguably the best value for money in SE Asia. Package tours mean that Vietnam can also be experienced worry-free. And while the country has been popular with frugal adventurers for years, its resort and luxury sector is growing to rival that of better-known destinations, Thailand and Bali.

Whatever your budget, investing a little curiosity will reward you in Vietnam. It could be as simple as signing up for a guided street food tour, a cooking class or pulling up a plastic stool at a street-side bar selling locally brewed beer (*bia hoi*) and whiling away an hour or so watching the street life. [W](#)



YOU NEVER REGRET A SWIM

WITH DR KATIE MACARTNEY

Thalassotherapy, a therapeutic form of medicine that involves seawater, has been practiced since Roman times. Being in and around the sea has significant physical and psychological health benefits that should motivate you to dive in!

SALTWATER

Saltwater is said to be a healing and effective treatment for conditions such as sinus complaints, respiratory conditions, arthritis, fibromyalgia and skin problems like eczema or psoriasis. Some of the benefits may come from the absorption of minerals such as magnesium, potassium, iodide or calcium into our skin. Importantly there is also a body of work promoting its positive effects on mental health, depression and anxiety.

COLD WATER

Complementing the health benefits of saltwater are the added benefits of cold water. We are all familiar with the images of footballers in the sea after a tough game. The anti-inflammatory rewards of cold water help with muscle soreness and assist in a quicker recovery. Cold water also aids alertness, improves hair and skin health, is good for immunity and circulation and reduces stress.

PHYSICAL EXERTION

Swimming in the ocean has many advantages that are imperative for overall health and wellbeing. It is low-impact exercise for your entire body that helps you lose weight, strengthen and tone muscles and increase lung and heart function. If you are not a swimmer, try stand-up paddle boarding, surfing or walking by the sea on the sand or footpath.

PSYCHOSOCIAL BENEFITS

Swimming and walking by the ocean are also considered meditative and relaxing which contributes to overall mental wellbeing. Being in nature and seeing sea life like whales and dolphins, calms the mind and reduces stress.

Being part of a club or group such as the Mollymook Ocean Swimmers improves mood, a sense of belonging, intellectual stimulation and social connections. You can be involved in a Surf Club from volunteering to training and competing. It has been shown that people who volunteer live longer and are happier and healthier.

SLIP, SLOP, SLAP

There are so many reasons to get down to the beach this summer, but always remember the risk of skin cancer increases with sun exposure, so apply sunscreen and wear a t-shirt, sunnies and a hat. [W](#)




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HAPPY, HEALTHY BONES

Did you know?

- Osteoporosis is a common disease affecting over one million Australians.
- It occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, causing a loss of bone density.
- It especially affects post-menopausal women, who have lost the bone protectiveness of oestrogen.
- The most common site for osteoporotic fractures is the spine, hips, wrists and shoulders.

What To Do:

The good news is weight-bearing exercise builds bone strength, helps maintain and improve bone density, balance and coordination, and prevents falls. Think brisk walking, hiking, stair climbing, tennis and jogging. Resistance training using progressive weights, bands and machines, strength and conditioning programs, Clinical Pilates, Yoga, and Tai Chi are also excellent. Alongside good diet and nutrition, try and average 30 minutes of bone-building exercise 3-4 times a week, consulting with your allied health professional for further advice.

Lastly, be mindful of your pelvic floor health when you exercise. Ensure you breathe properly, activate your pelvic floor muscles and exhale as you lift weights or stand up from a squat. Happy bones = happy body! •

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



NATURAL FLOW

WITH SAM WALKLATE PHOTOGRAPHY

Sam Walklate relishes having grown up in Mollymook and his photographs reflect his deep love for the South Coast. From the stunning beaches to the majestic Budawang Ranges, Sam captures the raw beauty of our local landscapes with power and grace.

Sam's first foray into photography was with a 'point-and-shoot' camera, but as his interest grew, and with encouragement from good mate Nigel Devenport, he quickly progressed to a more 'serious' camera, the Canon 40D.

When the two travelled through Central and South America together in 2009, Nigel was witness to Sam's developing skill and obvious flair behind the lens and consequently asked him to photograph his wedding. It was an experience that Sam thoroughly enjoyed and soon after he landed his first professional booking for a school friend's nuptials.

This was the beginning of one of the favourite aspects of Sam's work. "I love shooting weddings, they're such good times," he says. "Editing the images always brings a smile to my face."

As a keen surfer, Sam also spends a lot of time in and around the water. He enjoys nothing more than capturing crystal clear images from inside the wave or a bird's-eye view of the coastline with his drone.

Some of his favourite photographs of Mollymook and Narrawallee were recently displayed on the walls at local restaurant Tallwood, in what was his second exhibition.

Sam sees a strong correlation between surf photography and wedding photography: "Both are about capturing the natural flow, those organic moments ... no cheesy shots!"

Along with that instinctive ability to shoot those unposed moments, Sam can also employ meticulous planning when need be. The sun only lines up directly with Croobyar Road in Milton twice a year and Sam scheduled it perfectly when he produced a memorable image of Glen McDonald skateboarding down the road with the sun setting dramatically behind him.

Over the years Sam has honed his craft and expanded the scope of his services to include family portraits, food photography and commercial work. Contracting for high-profile client Bannisters has also seen him diversify into videography and promotional work on social media.

Sam feels justifiably proud of what he's achieved and is keen to share his skills through some summer workshops. Get in touch for details or bookings. •

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Credit: Sam Walklate Photography

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IMAGES FROM LOCAL PHOTOGRAPHERS



Credit: Jeremy and Skye Adams



Credit: Duke & Co Instagram



Credit: Sam Walklate Photography



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Similar to the paddock-to-plate approach to cooking, Cupitt's also embraces the garden-to-glass philosophy of bringing garden fresh herbs, fruit and veggies to cocktail and mocktail making. Infusing base spirits with seasonal garden produce, instead of off-the-shelf products, is a beautiful way to inject vibrant flavours into cocktails and add colour and interest at the same time.

Cupitt's cocktail garden includes lemony herbs such as verbenas, sorrel and lemon thyme; the sweetness of mint and spearmint; florals including chamomile, violets, lavender and elderflower; and refreshing cucumbers and citrus.

This summer the cocktail of the day will feature a variety of fruits flourishing in the garden including wild Alpine strawberries, blueberries, boysenberries, passion fruit, rockmelon, rhubarb and peaches. The Cupitt's team can't wait to get their hands on the bright red flesh of their first crop of Alpine strawberries when they are ready for harvest!

Vodka provides a great cocktail base as it has very little flavour itself and takes on the flavours from the infused produce quite easily. Think about trying a simple fruit infusion such as mandarin peel or berries and then add to champagne to create a delicious

spritz. Tequila is another great vehicle for flavour pipping!

Cupitt's have created a new cocktail called 'Beauty and the Beast' after Anthony (Restaurant and Bar Manager) and Adrian (Garden Guru) collaborated on the idea of infusing tequila with orange blossom and kaffir lime leaves, both in abundance in the Kitchen Garden. It also incorporates a rose geranium syrup, rose sugar and salt for the rim. Heaven in a glass!

The possibilities are endless so if you'd love to learn how to make some of these great creations at home, why not join a Cocktail Making Masterclass with Anthony. He is a powerhouse of cocktail knowledge and you'll learn how to create exciting sugar syrups; what fresh ingredients to infuse into your spirits; how to shake a cocktail like a pro; and all the do's and don'ts of cocktail making. It's a fun experience and you'll start thinking outside the box when coming up with your Summer Cocktail of choice!

The Cocktail Making Masterclass will be running regularly throughout summer. It's a fantastic Christmas present for that tricky-to-buy-for friend or relative! Alternatively, if you're more into the sipping than the mixing, just head to the bar for a sunset cocktail this summer on a Friday or Saturday. ●

Head to our website to book a Cocktail Masterclass.
W. www.cupitt.com.au/cupitt-experiences

IN THE BREWERY

With Cupitt Craft Brewers



NEW ON TAP - MILTON PILSNER

For many years Wally and Tom Cupitt dreamed of opening a brewery alongside the winery and restaurant and those dreams came to fruition when Cupitt's Craft Brewery was established in 2014.

Together with Head Brewer Liam Jackson and Assistant Brewer Landon Gauld they revel in exploring new styles and flavours while always making beer that they enjoy drinking.

The latest brew to hit the taps is dedicated to the family patriarch Griff Cupitt and even has his trademark hat on the label.

"We brewed this beer for Griff who works tirelessly behind the scenes here at Cupitt's," says Liam. "It's his tippie of choice after a day's work."

Milton Pilsner is fermented cold with German lager yeast, while new-world hops are added for a subtle twist. Extended maturation leads to a beer that ticks all the boxes.

A soft palate carries delicate floral and spice notes, in a refreshing package that will remind you why you love beer!

Why not quench your thirst this summer with a Milton Pilsner at the Cupitt's Bar, open 7 days from 10am to 5pm (through to 10pm Friday and Saturday nights.) ●

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It came as no surprise when Heather and Mark Stewart decided to relocate to Milton. Both Sydney born and raised, they had been frequent visitors to the south coast for more than 40 years.

"We love the south coast's scenic beauty with some of the best beaches in the world, lush farmland and a spectacular hinterland to the west. Even now, after all these years visiting and living in the region, we still find new and spectacular places," enthuses Heather.

The couple had purchased a 100-acre farm on Croobyar Road in 1999 and spent years commuting from Sydney on weekends to renovate the old farmhouse and rejuvenate the property. Thoroughly smitten with the country way of life they finally made a permanent move south in 2015.

As part of their lifestyle change they decided to focus on a new project. Heather had discovered a passion for renovating and was keen for a new challenge. After weeks of searching she and Mark found a hidden gem. "When we spotted Reef, a rundown classic 1960s beach house, we immediately saw the potential, so we bought it," explains Mark.

Having been involved with the Surf Club and being keen ocean swimmers, Heather and Mark have an affinity with the water, so the unique location of the

house definitely appealed. With spectacular ocean views across Collers Beach and north to Mollmook Beach and beyond, the property provides a front row seat to Golfie and other famous surf breaks.

Heather set about refurbishing and decorating Reef to create a contemporary, coastal retreat while remaining true to its heritage. Large glass windows take full advantage of the north-facing aspect and the abundance of space makes it ideal for families, and also couples, seeking to enjoy a relaxed beach holiday.

The huge deck is the perfect spot for whale watching and it's only a short stroll across the road to the very private Collers Beach for a swim or a snorkel. The fine dining options, boutique shopping and natural wonders of the local area are all easily accessible.

"It's the sort of house we would want to holiday in and it turns out our guests love it too," says Heather. "Some enjoy it so much, they book a year in advance."

Heather prides herself on the personal touches she puts in place at Reef on Collers to ensure that her guests have a memorable and comfortable stay. "Walking from room to room and checking that everything is perfect before my guests arrive brings me joy. I just know they will greet our 'grand, old dame' with a mighty WOW!" •

To stay at Reef on Collers contact Heather at:
E. info@reefcollers.com.au

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NUTRITION FOR SUMMER



HYDRATE

Summer heat makes you more susceptible to dehydration. Start your day by drinking two glasses of water and keep drinking! Carry a water bottle with you as a reminder to stay hydrated. Bored with water? Add lemon or try iced tea!



ENJOY SEASONAL FRUITS

Avocados, blueberries, strawberries, apricots, peaches, plums, cherries, watermelons and rockmelons are all in season in summer. They are naturally delicious and bursting with health benefits.



SERVE SEAFOOD

Summer is the ideal time to get the freshest catch from your local fishmonger. Grill salmon, tuna, lobster, and calamari for a low-calorie, protein-packed lunch or dinner.



HEALTHY SNACKS

Pack a cooler bag with ice, bottled water, sandwiches on whole grain bread, pita chips, hummus, yogurt and lots of fruit. You'll feel healthier and happier after your day at the beach. **W**

COVER CHAT



Just some of the lovely feedback on our spring issue. Email us at info@whitewashmagazine.com.au or tag us on Instagram @whitewashmagazine to share your thoughts with us!

Three stars in our community. @vickievangogh

Congratulations on a stand out issue of White Wash magazine. I read it from cover to cover as soon as I got my copy! **Meredith Jaffe**

It just gets better and better. Fabulous article on the doctors. **Michelle Cook**

Love this mag @whitewashmagazine and our guests do too. Well done! @gagemollymook

This is awesome! @launchwebdesign

Love it you guys! @megdles

So look forward to the issue each quarter! A quality read! @annieshighteas

Nice one! Congratulations! @empowered.co w



THE CANCER OUTPATIENTS APPEAL

The Cancer Outpatients Appeal (COA) was launched in 2002 to give local patients the opportunity to receive their cancer treatment closer to home, rather than travelling considerable distances to Sydney or Canberra.

Fund raising kicked off with an auction night at the Star Hotel and continued for several years. Through wonderful support from the community, local businesses and the corporate sector, the Milton-Ulladulla Community Cancer Services Centre became a reality in September 2008.

We spoke to the committee about what's been achieved and their continuing mission.

WHAT IS THE ROLE OF THE COA?

The Cancer Outpatients Appeal supports the Milton-Ulladulla Hospital in its objectives to provide ongoing broad-based health services to the community and to continue to evolve with the community needs. Part of that vision has seen the establishment of a new branch of the association – The Men's Health and Cancer Support Group.

WHY IS CONTINUED FUND-RAISING NEEDED?

It's important to realise that while the various level of Governments provide grants to build such facilities, it's this generous community who provide the funds needed to maintain the centre.

As the population grows and ages, the hospital needs to increase capacity, adopt relevant technologies, make available diversification of treatments and develop a sense of permanence for the community.

WHAT FACILITIES AND SERVICES ARE PROVIDED AT THE CENTRE?

The centre is open five days a week, with treatments on four days, and it's operating at 100% capacity. Patients are supported by a social worker who visits twice weekly, a specialist breast care nurse, two dedicated oncology nurses and an oncology nurse practitioner. A prostate cancer nurse was also recently appointed for the Illawarra-Shoalhaven Local Health District.

We pay homage to the volunteers at the centre who give generously of their time to help staff, patients and carers by providing everything from lunches and cups of tea to a wig service and library.

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Left: Julie Sinclair, Chris Still, Robyn Bean, Peter Still.
Front from left: Di Neeves and Leslee Bradley.



HOW ARE FUNDS RAISED AND USED?

We have a variety of charity events including annual favourites, the Melbourne Cup Lunch and the Charity Golf Day. Funds raised meet the ongoing costs of building and equipment maintenance of the centre, helping the nurses to update their skills at specialised courses and assisting patients with travel to and from the centre where needed.

HOW IS THE CENTRE MANAGED?

A Governance Committee, made up of health service personnel and members of the Appeal, meet quarterly to monitor the progress and performance of the Cancer Centre, to evaluate and implement opportunities, to add new services and to identify ongoing needs.

WHAT'S THE NEXT GOAL FOR COA?

There are two main goals for fund raising moving forward. After ten years of operation, the Cancer Centre needs four new chemotherapy chairs at a cost of \$6,500 each. The newly established Palliative Care Unit at the hospital also needs equipping and refurbishing.

HOW WILL YOU MAKE IT HAPPEN?

Over the next 12 months, we will be organising some exciting social events that will give people the opportunity to have fun while also supporting the appeal. We are always very grateful to the local community for their generosity and support when it comes to our fund-raising activities.

WHY DID YOU GET INVOLVED AND WHAT DRIVES YOU TO KEEP GOING?

Most of the volunteers have either had cancer treatment themselves, or have close family members or friends who have been affected by the disease. Our personal experience gives us an insight into what people go through and motivates us to help them feel supported and as comfortable as possible during this stressful time. We want to give back by making sure the centre is well equipped, well staffed and most importantly still running in another ten years time. **W**

The Men's Health & Cancer Support Group meet the second Tuesday of each month from 6-7.30pm at The Milton-Ulladulla Bowling Club. Visit canceroutpatientsappeal.org.au to make a donation or check details on fundraising events.

LOCAL RECIPE

AFFOGATO

From Viv Badham



Credit: Google Images

Viv Badham embraces her Italian heritage with lots of warm hospitality that revolves around family and friends, eating and drinking. Affogato (Italian for "drowned") is a favourite Italian coffee-based dessert she serves at the end of every dinner party or any time of the day for that matter! So sweeten your summer with this super easy Italian classic and take both your coffee and dessert breaks to another level.

Ingredients:

- Good quality vanilla ice cream or gelato.
- Freshly brewed, strong espresso coffee.
- Frangelico, amaretto or other liqueur.
- Amaretti or biscotti biscuits.

Method:

1. Add a large scoop of ice cream to each individual serving dish or glass coffee cup.
2. Pour over a shot of liqueur.
3. "Drown" in a shot of hot espresso coffee.
4. Crumble the biscuits and sprinkle on top.

As the Italians say, Salute! **W**

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WHY NOT?

WITH WINE KNOT TOURS

Family owned and run, Wine Knot Tours, is the only food and wine tour operating in Milton, Mollymook and surrounds. Liv, Shane, Linc and Mark are passionate about this region and cannot wait to show you the best it has to offer!

Mick, their talented and jovial driver, is Shane's uncle and Linc's dad and has been a Mollymook local for over 15 years. When the family pulled their talents together and started Wine Knot Tours in early 2017, Mick was first in line for a job doing what he loves most – driving and talking!

Wine Knot has partnered with the area's best local food producers to make sure you experience the most amazing taste sensations that the beautiful Milton-Ulladulla region is famous for.

Perhaps you'd like to visit Milk Haus at Woodstock and take a tour of owner Dan's beloved garden before tasting the Produce To Plate menu that truly sets her apart. You'll even encounter a few of the furry and feathered local residents!

Or if you have a sweet tooth, you'll love chocolatier Jo at Woodstock Chocolate Co in Milton. She shares her artisan skills with visitors and you can indulge in her delicious handmade chocolates.

Wine Knot also offers full day wine tours with their exclusively partnered wineries. You'll be lucky enough to meet the winemakers and owners, taste their amazing wines and sample local produce. The Unwooded Chardonnay with lunch at Cambewarra Estate and the recently released Malbec from Silos Estate are must haves!

With a visit to Cupitt's Winery, you'll delight in their gorgeous produce platters while relishing the breathtaking vista, overlooking the vineyards, Budawang Ranges and Pigeon House Mountain. There's also a return transfer service to their Sunday live music sessions.

Wine Knot Tours provides a premium service in intimate and scenic settings. With award-winning wines and winemakers, culinary excellence, dedicated food producers and awe-inspiring sights, they believe this region never disappoints.

"Our dedicated team will cater to your every need so you're guaranteed to have the best experience in the Shoalhaven," says Mark. "Relax in our luxury, air conditioned van with complimentary water (or bubbles!) whilst hearing the best local stories and insights from our resident expert, Mick." •

E. contact@wineknottours.com, P. 0407 474 291,
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Sarah Gabrielle

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Ben Hatcher, the principal adviser at Tailor-Made Financial Services, laughs at the comparisons of a financial adviser to a psychiatrist, but wholeheartedly agrees that dealing with people's emotions and being a good listener is the key to delivering successful financial advice.

Financial issues are one of the leading causes of stress impacting people's lives, and Tailor-Made firmly believe that planning ahead can have a remarkable impact on the contentment of people's lifestyle.

Trust is a rare commodity within the financial advice industry. Tailor-Made has built their business on genuine advice and client referrals. People moving from Sydney often keep their adviser for several years, but eventually get in contact and are amazed at the professionalism and services on offer locally.

Lack of trust and problems it can cause were highlighted in an article in *The Sydney Morning Herald* on 24 August 2018: "The money problems that dogged Aretha Franklin's remarkable career." It suggested that, "A terrific tool providing third party validation of an adviser is *The Most Trusted Adviser Network*, which lists some of the best advisers in Australia as rated by their clients." Advisers from Tailor-Made Financial

Services feature in this list (twice).

With a range of highly qualified advisers, Tailor-Made can provide expert advice. Principals, Ben and John, remain focussed on clients approaching retirement or in retirement, and wanting to generate a secure income so they can enjoy life.

Looking after the younger client demographic, Emily Jenkins provides advice for those looking to build and protect wealth. Emily offers debt and mortgage advice and is an accredited financial adviser.

The general trend of an ageing population means providing intergenerational advice is becoming more critical. Tailor-Made has an accredited Aged Care specialist adviser, Carolyn Tomlinson, who can help clients maximise Age Pension and reduce Aged Care costs.

Tailor-Made Financial Services enjoys being part of the beautiful local community, taking pride in being able to contribute. Professionally, they provide pro bono work for the Cancer Council and sponsor cultural events such as the recent Petana Gardens Sculpture prize. John is a member of Apex, while Ben teaches Ethics at Milton Public School and is also a patrol member at Mollymook Surf Club. •

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

WHAT WE LOVE...

about summer time on the beautiful south coast.



Packing up the car and heading further south on a roadie.



Credit: Josh Burkinshaw

Jumping off the Gantry at Bawley Point.



The smell of the beautiful frangipanis blooming.



Snorkelling down at The Bogey Hole and hoping to spot the giant blue groper. W



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DIY

GLASS CLEANER



Many people used vinegar to clean their windows in past generations and now it seems that everything old is new again! Why not make your own glass cleaner spray at home with these simple ingredients. You will have a cleaner without any nasty chemicals that is also a more cost effective long-term solution. You can customise to your own preference and bottle in a nice brown spray bottle (pictured above) a-la-Aesop!

What you need:

- Spray bottle
 - 2 cups water
 - 2 tablespoons of distilled white vinegar
 - 10 drops of tee tree oil
1. Combine everything in a large glass measuring cup.
 2. Stir to mix.
 3. Gently pour into your glass bottle.
 4. Enjoy your sparkling, clean windows!

Note: You can experiment with different oils to get the exact scent you want. You may want something with more citrus in it, like orange or lemon. [W](#)



HAND ROASTED WITH LOVE

WITH THE BEARDED BREWER

The face of The Bearded Brewer is Ian Thuaux – coffee enthusiast, resident of the South Coast of NSW, and owner of one of the most impressive beards going around.

Ian and his wife Emily have loved coffee for a long time ... and not just like the average family with three, young kids! They have a passion for fresh, quality produce and in 2016 they started experimenting with roasting their own beans.

After sharing their coffee with family and friends, it soon became more than just a hobby and the The Bearded Brewer brand was born. “The love we had from that first blend continues to fuel our passion for great flavoured coffee,” says Ian. “And we now supply coffee to local businesses and cafes as well as individuals through subscription.”

While wanting the absolute best coffee for their customers, Emily and Ian are also committed to being eco-friendly and that has become one of the core values that drive their business decisions. They derive beans from ethical and sustainable sources and have recently partnered with the Green Caffeine Team to provide people with alternatives to using disposable cups.

The Thuaux family believes that coffee brings


people together and in 2017 they decided to take The Bearded Brewer on the road. In keeping with their environmental philosophy, rather than buying a new custom-made van, they purchased a vintage 1967 Valiente Royale caravan and repurposed it.

It was fitted out with everything needed to provide clients with great coffee – a quality coffee machine, a new wooden bench top and Eftpos facilities – while retaining the original wooden door and the distinctive blue colouring as a nod to the past. “We love the history and the character of the van,” says Emily. “She isn’t the shiniest, slickest caravan out there but our customers appreciate its authentic nature.”

The Bearded Brewer vintage coffee caravan is available to attend events or functions including weddings, markets, charity golf days, school events and community celebrations. Ian and Emily love to support the local South Coast community and are particularly keen to take on events that support this mindset as well.

“There is nothing better than being able to relax and enjoy a cup of coffee in the company of the people you love,” says Emily. •

P. 0423 795 115, E. info@beardedbrewercoffee.com.au
W. beardedbrewercoffee.com.au



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

CUPITT'S GROWERS MARKETS

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



SUNDAY SESSIONS AT BANNISTERS PAVILION

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



MILTON VILLAGE SHOWGROUND MARKETS

1 December at Milton Showgrounds. Visit miltonvillagemarkets@gmail.com P. 02 4455 1799 for details.



TEA BY THE SEA AT BANNISTERS

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



29 ULLADULLA HARBOURSIDE FESTIVAL

29 Dec - 3 Jan at The Harbour Forshore. P. 1300 662 808



BROTHERS BAND AT HARVEST BAR

31 December. P. 02 4455 3037 for further details.



1 BROTHERS BAND AT CUPITTS WINERY

1 January. P. 02 4455 4888 for further details.



4 REFRESH YOGA

4 - 7 January. Sunrise yoga, meditation and juice cleanse. P. 0437 222 857 for more details.



12 THE BACKSLIDERS AT MILTON THEATRE

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



23 SHOALHAVEN AUSTRALIA DAY AWARDS PRESENTATION

23 January. Details at: shoalhaven.nsw.gov.au



OYSTERS AND BUBBLES AT BANNISTERS

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



27 LULAC AT MILTON THEATRE

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



STREET FOOD SUNDAY AT TALLWOOD

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



1 HAT FITZ AND CARA AT MILTON THEATRE

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



16 PEARL: JANIS JOPLIN AT MILTON THEATRE

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



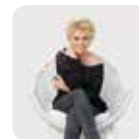
21 DRESSAGE BY THE SEA AT WILLINGA PARK

21 February at 9am. Visit willingapark.com.au for event details.



23 MELINDA SCHNEIDER AT MILTON THEATRE

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



CHEF'S CHOICE AT TALLWOOD

Held on Monday nights. Three 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 path, holding a white surfboard. He is looking down at the board. To his left is the back of a light-colored ute with a wooden tray. In the background, there are trees and a body of water under a blue sky with some clouds.

Check out
Nathan and Jade's
weekend itinerary.
Then build and
share your own here.
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