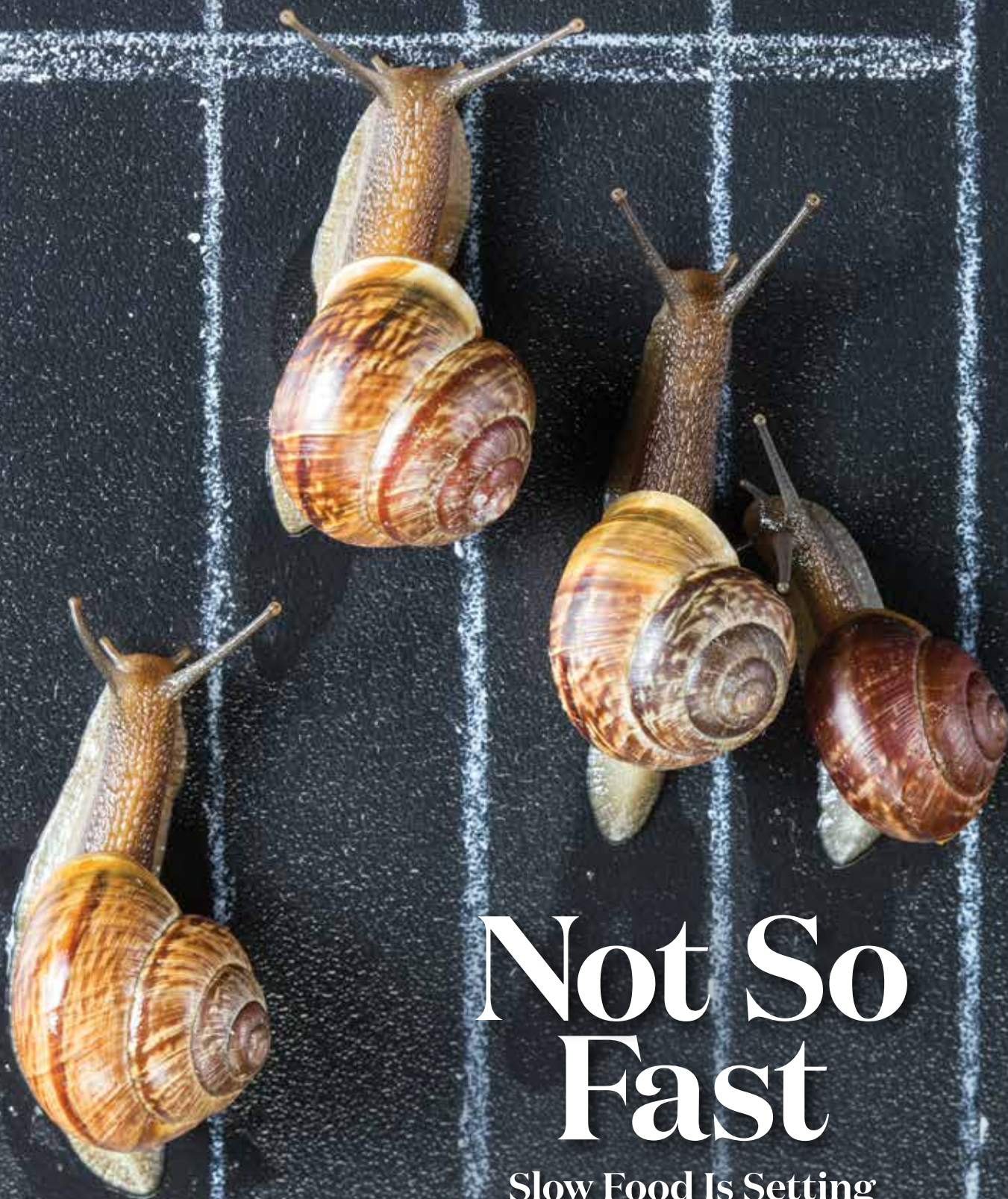


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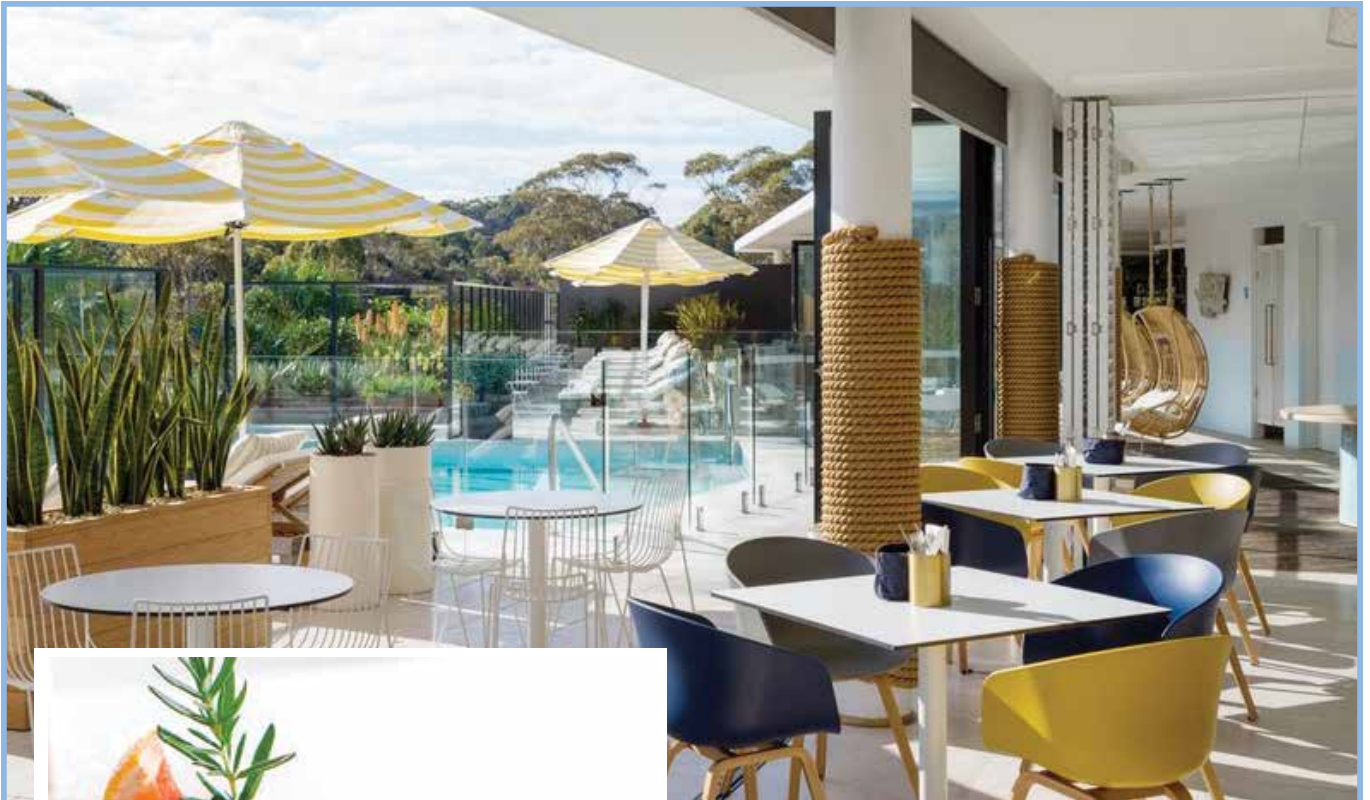
White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE



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The Pace For Change



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HAPPY SNAPS

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Locally born archaeologist Jacinta Carruthers digging around at Dendera in Egypt.



Michael Laws and Jade Andrews are on cloud nine after their engagement while holidaying in New Zealand.



Wilbur the piglet from Claydon Park calling in at Duke & Co while on a walk around Milton!



Michelle Halir hanging out with her gorgeous daughter Tahlia in Milton.



Cathy Heath and Sharron Rooney diving into the summer issue.



Welcome to the world little Frankie Rose Sandona! Congrats to Amelia and Lucas from the Harvest Bar.



Olivia, Annabelle and Henry Vincent are crazy excited about welcoming in the new year.



The gorgeous Gustaffson sisters, Bec and Emma, enjoying a visit to Rottneest Island in WA.



OUR GUESS WHO WINNER!

Well the mystery man in the summer issue was Tony Hopper from Raine & Horne, and Lisa Bingham picked up a treat from Woodstock Chocolate Co. for guessing correctly. Well done Lisa!

EDITORS' NOTE

What a summer it's been! Lots of beach swims and spectacular thunderstorms have kept us cool and entertained.

In this issue we take a look at all things Slow Food—what the movement is all about and how it has been embraced by our local restaurants, producers and providers.

This year marks the 150th anniversary of the Milton Show and we talk to four show veterans who have each given 50 years of service to this much-loved community event. We also meet champion cake decorator, Eileen Scriven, whose cakes have won awards at The Sydney Royal Easter Show.

The Swaggers front man, Shaun Wessel, caught up with our music columnist, Jem Quinn, to share his feelings about the closing of a wonderful chapter of live music in our local area.

As the weather cools we look forward to the annual Blessing Of The Fleet celebration that draws so many visitors to our town.

We welcome you to a new year of White Wash and hope you like the fresh new face our designer Bridie has given us. Enjoy Issue #12!

Virginia & Terri

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Autumn Issue #12–March 2019


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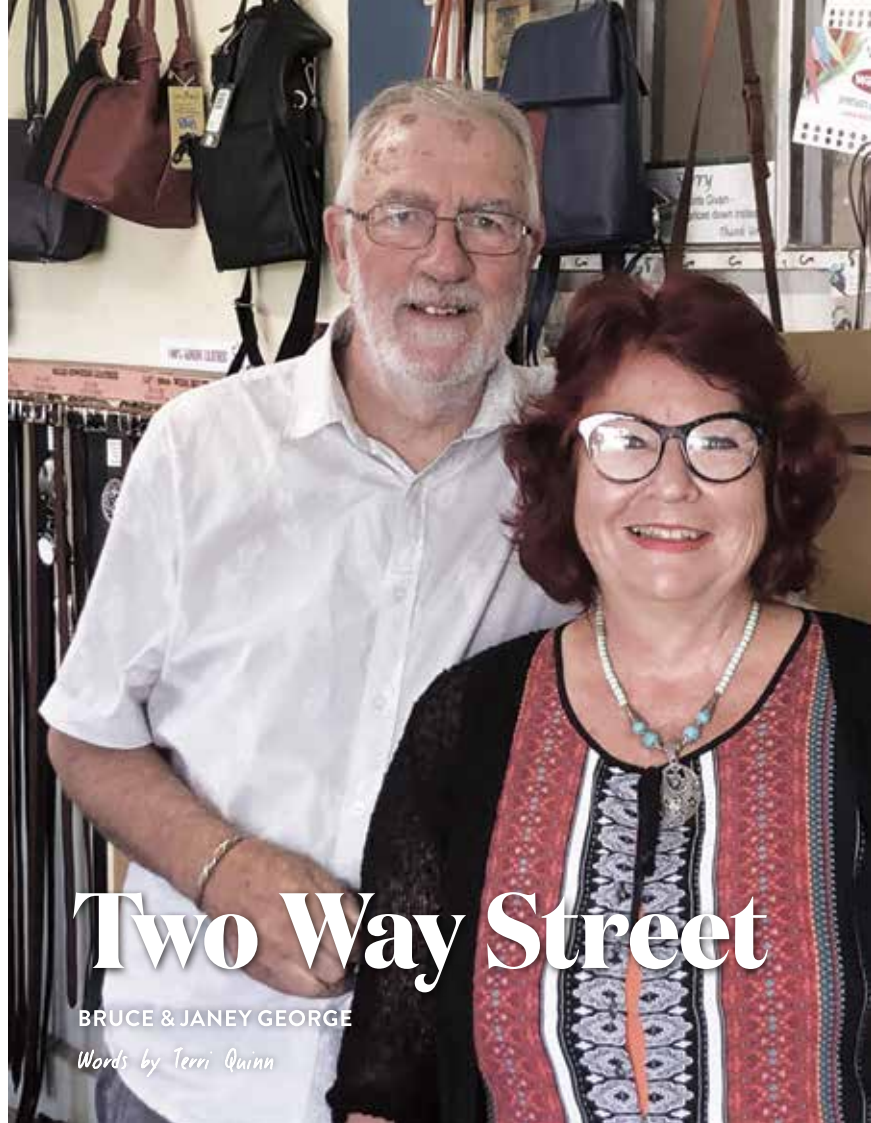
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Two Way Street

BRUCE & JANEY GEORGE

Words by Terri Quinn

It was the '70s and long hair, bell-bottoms and leather sandals were all the rage. When South African born Janey McKenzie entered a leather shop in Durban in 1972, she met the tall Australian who would go on to make her first pair of custom-made sandals and in the process capture her affection.

Bruce George, like many other Australians at that time, was following a well-worn travel path to London. A trained draftsman, he had met a fellow Aussie in Durban, who taught him leatherworking, which he enjoyed, and together they went into business with a South African there.

Janey admits to having a soft spot for Australians, as there were hundreds of them in the coastal city at that time, and Bruce's impression of their first encounter was of Janey being "very friendly and, of course, very attractive."

When Bruce's visa expired after 12 months he had to move on and Janey followed a few months later meeting him in Barcelona. While there, he connected with other leather workers and continued making sandals. The pair based themselves on the Costa Brava, living in a Kombi van on the beach, and travelled around selling their wares at markets all over Europe. "We didn't have much money, but we had a great time," says Bruce.

Over the next few years, the couple had a spell in Western Australia, another stint in Spain, and also welcomed their two children, Kita and Tim. While visiting Bruce's parents, who had moved from Sydney to Mollymook, they considered a life on the South Coast. After all that time travelling, they were ready to put down roots.

Bruce's mum had discovered the quaint Attic House in the Settlement Arcade at Milton was empty, and the couple agreed it was perfect. In October 1979, the Country Leather shop was established in the front and the young family lived out the back. They stocked the shelves with jewellery they'd brought back from Spain and their custom-made leather sandals priced at \$13 a pair.

A few locals suggested they should have set up in Ulladulla, as it was a larger commercial centre, but Bruce and Janey loved Milton. "We had everything here and the kids enjoyed it," says Janey. "In those days it was very quiet and they played out front with the other local kids in a blow-up pool."

"When we moved in we didn't know who we would sell to and we had no idea



what tourism was like—but come Christmas holidays we were smashed!” says Janey. Each day the shelves would be wiped out and the couple would be up all night making leather goods so they had stock for the next day.

At that time, there was only one gift shop in Milton and outside of holiday time the weekends were quiet as the supermarket closed at lunchtime on Saturday. So the couple, inspired by their time in the market stalls of Spain, decided to start the Milton Art and Craft Market in the Settlement Courtyard in front of the shop.

“We plan to stay here as long as we can and keep doing what we do,” says Bruce.

“The markets encouraged artisans by providing a venue for them to sell their products and they also attracted local people and visitors to Milton,” says Bruce. From humble beginnings in 1980, the market eventually outgrew the courtyard, became the Milton Village Markets and moved onto the main street.

Janey coordinated the markets for almost 17 years but as Milton grew in popularity, and more shops opened, the stalls on the highway became a logistical problem. In December 2017, under the stewardship of Janey’s good friend, Susie Greentree, the markets relocated to Milton Showground.

The couple also involved themselves in many other community groups, working tirelessly to put the little village on the tourist map. They served on the Milton-Ulladulla Chamber of Commerce and Bruce was on the original Milton 125th Anniversary Committee in 1985, which became the Milton Promotions

Committee and ran the Milton Settler’s Fair and the Scarecrow Festival for many years.

Life was certainly busy for the couple—as well as all their community work, running a business and raising their children, Janey and Bruce were driven to follow other personal passions. Janey was instrumental in setting up Milton Playgroup in Wason Street, (where it still operates today) and for several years she did community gardening to assist older people in their homes to manage their gardens.

As a keen basketball player, Bruce was also president of Milton-Ulladulla Basketball Association for 14 years, and is proud to have started the junior basketball competition. He was still playing in the men’s competition until 2013 only stopping as the body slowed a little at age 66.

After Bruce stepped back from administrative duties at the basketball and Janey finished with the markets, the pair had a bit of extra time, so what did they do? Fill it of course! They joined the Milton Theatre Management Committee in 2002. They now sell tickets through the shop for the array of top-notch artists that play at the theatre.

This October marks 40 years in the shop for Bruce and Janey making them one of the longest operators of the same business in Milton. The couple values the support they’ve received from locals over the years. Some, like friend Chris Symons, still have an original pair of sandals from when they first started ... “We just keep resoling them,” says Bruce.

Living and working together over so many years could be a challenge for some couples but Bruce says the secret is “cooperation and lots of give and take.” They now man the shop on alternate days so Bruce can enjoy some golf and bodyboarding, and Janey savours time in her garden at Lake Conjola, where they moved in 1984. They also take off two weeks each year to travel—a time they cherish, as they didn’t have a holiday during the first 10 years of building up the business.

While Country Leather is situated in the geographic centre of Milton township, it’s owners Bruce and Janey are at its emotional centre, always committing themselves with enthusiasm to the things they feel strongly about. “We plan to stay here as long as we can and keep doing what we do,” says Bruce.

They no longer make sandals, in fact Janey doesn’t do much leatherwork now preferring to spend time propagating plants to sell at the shop, but Bruce is still making everything by hand, including belts. “Lots of belts now are made of reconstituted leather and they fall apart. There’s nothing like a solid leather hand-crafted belt,” says Bruce. Janey agrees: “We get people coming back, fathers bring their sons, some even asking, ‘do you still make sandals?’” [w](#)

DO YOU KNOW TWO LOCAL PEOPLE WITH A GREAT STORY?

We’d love to hear from you. Email us at info@whitewashmagazine.com.au



IN MEMORIAM

GARRY EVANS



Credit: Ryan Perno

The team here at White Wash was deeply saddened to hear of the passing of Garry Evans. He was a community-minded person who had a deep appreciation for the written word and made that his life work.

At Harbour Bookshop Garry provided a personal touch to his customers that you couldn’t find when buying a book online. Over the years many of us sought his advice on the perfect book for our child at Christmas, the book to engage our reluctant teenage reader, or a great read for our next book club meeting. He loved all things literature and gave recommendations with enthusiasm, knowledge and care.

With the establishment of Harbour Publishing House, Garry embraced and promoted the many talented writers, illustrators and designers in the local community. He was proud to travel to the Frankfurt Book Fair last year and showcase his books to the world.

“Harbour Publishing House was the place where Garry discovered and nurtured new talent and where his passion for books was truly realised,” said author Meredith Jaffé. “I am forever grateful that Garry allowed me to play in his pond. It was a small dedicated team that made magic happen. Nothing will ever compare.”

Graphic designer Ryan Pernofski said: “The thing I loved about Gaz was he was a true believer in the potential of people. He was very generous with his time and resources towards others.”

The large attendance and heartfelt tributes at his funeral were an insight into the many lives he had touched and a sign of the high regard in which he was held. As a community we hope that collective outpouring of love gives strength to ‘his girls’ Michelle and Georgia.

Vale Garry—you will be greatly missed. [w](#)



SPACES 2538

INTERIOR STYLE

This Autumn find cozy comfort in the home through natural timber components, earthy colours and sustainable fabrics.



Credit: Uniqwa Furniture. Photo taken inside Bungalow Interiors.

WOODEN ELEMENTS

Bring a light, relaxed, romantic atmosphere to your bedroom by introducing innate timbers. The Uniqwa Furniture canopy bed anchors the space, adds height and gives the bedroom a grand focal point of love.



Credit: Armadillo & Co

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The Armadillo Malawi rug brings warmth, comfort and quality underfoot. Showcasing a ribbed textural pile, inspired by India's gently undulating terrains, its earthy tones establish a simple foundation for your furnishings.



Credit: The Dharma Door

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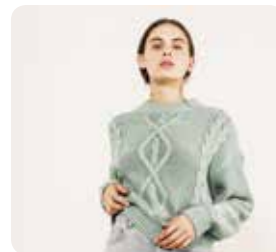


Credit: @cuedoubleyou

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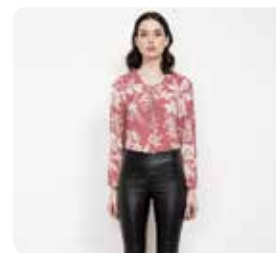
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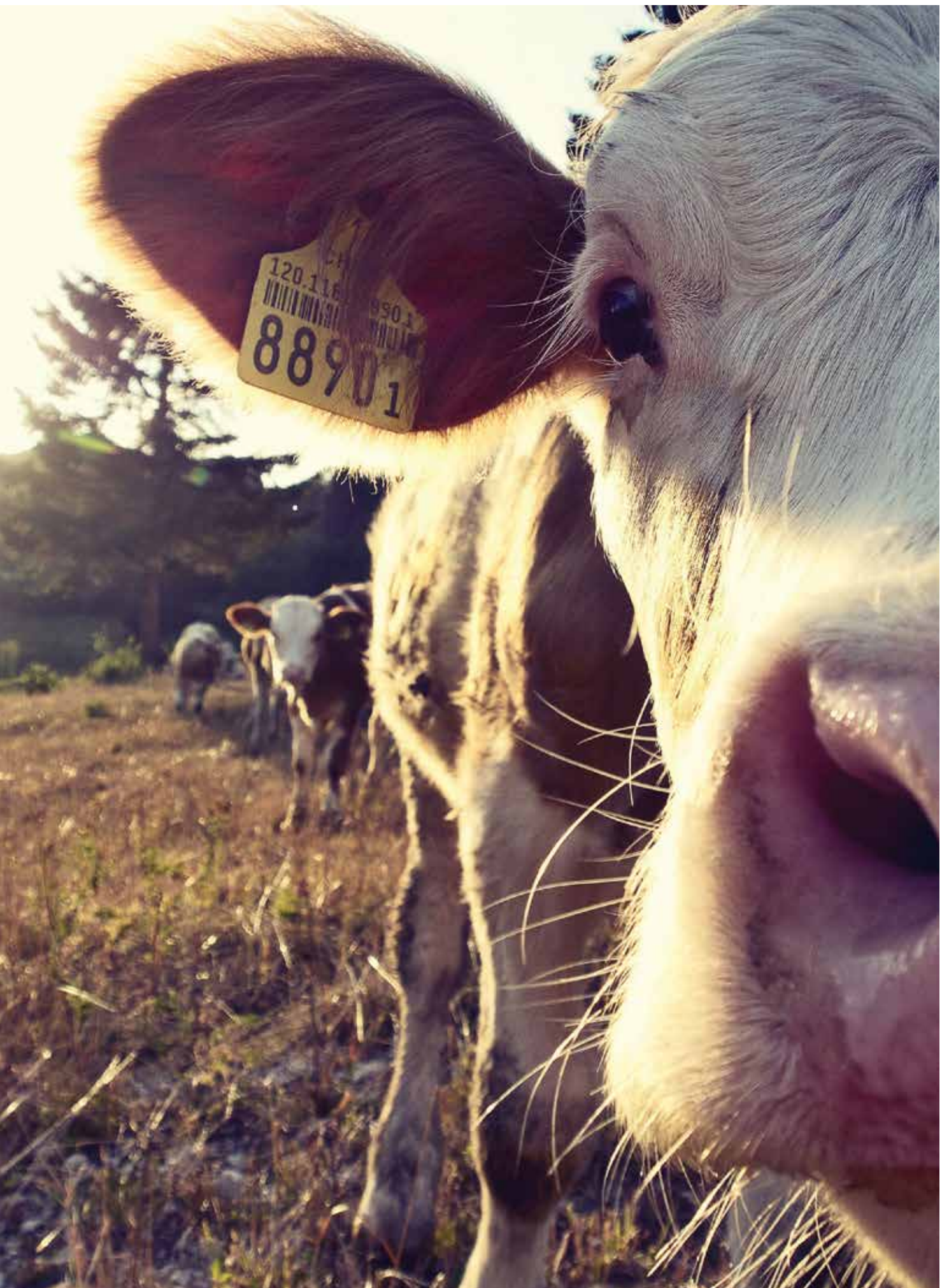
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Not So Fast

Slow Food Is Setting The Pace For Change

WORDS BY VIRGINIA CONNOR

Slow food is not about cooking something at low temperatures for hours on end, as some may think. It's a global not-for-profit movement advocating greater awareness of the origins of the food we eat, with an emphasis on local produce, traditional cooking methods and interaction between food producers and consumers. It is the opposite of fast food, and what has been termed 'fast life'—the establishment of patterns of behaviour dictated by our fast-paced modern living, which influences our food choices.

The grassroots movement was founded by Italian activist Carlo Petrini in 1986 in response to the unsuccessful campaign against the establishment of a McDonald's fast food outlet near the iconic Spanish Steps in Rome, and growing concern for the disparity in access to quality food worldwide. Since its inception, the movement has been fostered in 160 countries with over 150,000 members.

The Slow Food ethos of 'Good. Clean. Fair' promotes fresh, seasonal, flavoursome food, sustainably grown by food producers paid fair wages under fair conditions. It's a holistic approach to consumption with strong environmental and social implications. The movement also raises funds for international projects including initiatives in developing countries where food shortages have been exacerbated by war, drought and the loss of traditional food growing skills due to population displacement. While the movement is global, individual communities focus on developing local solutions that defend and develop the biodiversity unique to their region. Increasing access to good, clean, fair food is a priority and members of the Slow Food movement pay a yearly fee, 50 per cent of which goes to funding international projects.

The first Australian Slow Food 'convivium', now called regional food communities, was established in the Barossa Valley by well-known and much-loved cooking guru, Maggie Beer in 1995. There are now 17 Slow Food communities in Australia, including the South Coast Slow

Food community (formerly Shoalhaven Slow Food) set up in 2007 by local winemaker and restaurateur, Rosie Cupitt, after she attended a conference in Bra (Slow Food HQ) in the Piedmont region of Italy. The Slow Food "Terra Madre" event is a biennial conference bringing international producers and chefs together to discuss challenges and solutions in protecting agro-biodiversity.

Being an energetic and influential member of the local food community, Rosie saw an opportunity to bring people together to support producers and increase awareness of the impact of modern, large-scale agricultural practices and food consumption on the environment. "The culture of the fresh food market has all but disappeared from our everyday life. The idea of going to several vendors in order to source the best produce is no longer the norm in our culture. In many European countries small markets still exist with people shopping daily for fresh meat and vegetables, enjoying the social interaction that accompanies these rituals," says Rosie.

In the region, markets have been established. Many continue to operate and are growing in popularity, while others have ceased. "It's time consuming to coordinate and maintain momentum," says Rosie "... all our Slow Food members are volunteers, many of them with businesses and other commitments that keep them very busy."

To help local producers sell more of their product and increase consumer awareness, the Slow Food community launched the first Shoalhaven Local Producers Directory in November last year with support from Shoalhaven City Council. The guide lists more than 70 small producers and providores in the South Coast region and is a fantastic resource for the community as well as visitors to the area looking for wholesome fresh produce. Slow Food also recently held the inaugural Slow Food South Coast Snail of Approval Awards, acknowledging the efforts and achievements of several small-scale food producers and restaurants based in our region. ▶



Left: Gourmet mushroom grower, Marita Smith.

Among those acknowledged were producers Claydon Park and Higgins Creek Farm as well as providores EMpower Wholefoods and Milton Farm Shop. The Fish Shop at Burrill Lake, where 'take away' takes on a slow food attitude with fresh, local seafood cooked and served to very happy customers who don't seem to mind the wait on busy summer evenings, also received a Snail of Approval.

Food is not only a staple, it's the catalyst for many of our social interactions, whether it's a family meal or an important celebration. Our sophisticated palates, prompted by a surfeit of cooking TV shows and beautifully illustrated cookbooks, has led to an almost competitive attitude towards food consumption.

The South Coast has become a destination for food lovers as much as those drawn to our beaches and the beauty of the natural environment. Our region enjoys exceptional restaurant options, a wide range of cafes, and fresh produce outlets, including delis and

bakeries, all offering a huge variety. Many of them source ingredients locally and use seasonal produce and traditional cooking methods.

“ There are lots of local people doing good things for food, the earth and the environment.

Slow Food South Coast promotes the growth of local producers through their Producers Grant program, now in its fourth year. Over the past three years \$15,000 has been awarded to recipients of the grant, all of whom have demonstrated a commitment to sustainable, environmentally respectful methods of production. The grant money is used to enhance their business, whether it be a new tractor, watering systems or training courses.

We all have access to a huge variety of fruit and vegetables, no matter the season, as well as fish and meat through large supermarket

chains offering convenience and competitive pricing. But are we giving enough consideration to the source of this almost overwhelming level of choice, and the consequent environmental impact? What are the real costs? Costs associated with mass production, transportation, refrigeration, packaging and the fact that some producers, both here and overseas, are not always receiving reasonable payment for their efforts or are not working in acceptable conditions? The humane treatment of animals in food production is another aspect of this complex issue and increasing concern worldwide for the impacts of global warming has heightened interest in ways we can all contribute to altering the predicted course of events. As consumers, we all have influence through our choices.

Movements like Slow Food ask that we consider our food choices in the context of long-term sustainability and fairness to producers. Small-scale producers of high quality fresh food

RUN BY SURFERS FOR SURFERS

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

Credit: Ollie T Cool



Credit: Clyde River Berry Farm



Credit: Strong Organics

should not be a 'boutique' choice for the more affluent or 'alternative' members of the community but seen as a choice for supporting a healthy, sustainable local food community that benefits the whole region.

Rosie says, "Slow Food is not about excluding the big multinationals but we would like to see some practices change, such as stocking local produce when available and negotiating fairer prices with producers."

Slow Food concepts could be seen as elitist to some but it's clear that this group of like-minded locals is promoting a 'Slow Food is for everyone' vibe. The focus is on participation and education. Rosie is enthusiastic about engaging with schools to develop children's awareness of taste and food through gardening projects. "Education is key to sustainability," she says. "Learning about the impact of our choices starts at home and at school ... and learning in the garden is fun for kids."

Many adults also like learning in the garden, so the Slow Food group organises monthly visits to a local garden with a focus on a 'hero' vegetable—one that is flavoursome, useful and sustainable. These garden

talks with the growers are a place where knowledge, ideas and tips for growing are shared. Slow Food also connects people with other groups interested in similar projects, such as Take 3 for the Sea, all with a focus on protecting the planet.

Thanks to the efforts of local producers and support from consumers, our region has a thriving food community. Making considered food choices is an investment in the future health of our communities and the natural environment as well as helping to address the growing issue of world food shortages. Slow Food is driving change on a global scale through a focus on local initiatives.

"Change is slow. Awareness is growing but behaviour changes take longer," Rosie acknowledges. "There are lots of local people doing good things for food, the earth and the environment. Connecting them increases the momentum for change."



Good. Clean. Fair. It's food for thought. w

Download the Slow Food Local Producers Guide at: shoalhaven.com/foodie or visit slowfoodsouthcoast.org.au

Top Left: Vegetables from the garden at Claydon Park, Milton.
Bottom Left: Punnets of blueberries from Clyde River Berry Farm.
Right: The Strong family from Strong Organics, supplies organic produce to Milton Farm Shop.



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LET'S WALK

Credit: Paul Buckingham



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Important:

This is not a National Park. Always remember a hat, water and sunscreen, even in Autumn. [W](#)

For weekly, guided walking in National Parks around Milton and Ulladulla, visit Facebook [f @npamiltonbranch](#) for a full schedule.

Local Talent

EILEEN SCRIVEN

Words by Terri Quinn



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Eileen Scriven has been baking for most of her life. As a young girl, she remembers making cakes, biscuits, and slices with her mother and siblings. “We cooked on an old wood stove and you had to chop the wood and bring it inside,” says Eileen.

Times were tough growing up in Wyalong and it got tougher when Eileen’s dad died suddenly when she was a teenager. “He had a heart attack and dropped dead on the verandah,” says Eileen.

Her mother was left to raise six kids and worked hard sewing and cooking to make ends meet. “Mum was always a good cook. We’d get chokos off the vine and make pickles and pick figs off the tree for jam. Then we’d go up the street and sell them.”

Eileen’s mum also taught her to sew and she put those skills to good use when she arrived in the area in 1982 with her husband, John. “When I first came to Ulladulla, I made a lot of wedding dresses for the Italian community,” says Eileen. She also baked and decorated cakes for her four daughters, extended family and friends, just like her mother had.

Creative flair and a keen eye for detail garnered her a strong reputation locally, and in 1993 Eileen started entering her cakes in the Sydney Royal Easter Show. After receiving Highly Commended for a few years running, she started placing 3rd and then 2nd until achieving the coveted first place in 1999.

She credits the *Australian Women’s Weekly* cake decorating book with getting her the prestigious prize. “I knew if I wanted to win I had to get piping!” Eileen says with a grin. She bought the book and worked her way through the basics—now, that same book is stuffed full of notes, tips and recipes to be passed on to her grandchildren.

Eileen honed her skills further by attending TAFE and later became a teacher herself, sharing her art with others over many years, at the Ulladulla and Nowra campuses.

It’s Eileen’s piping technique that sets her apart and has earned her numerous awards at a national level. She uses an extremely fine hypodermic needle so that her designs actually sit off the cake and seemingly float. It’s painstaking work but that’s what keeps her at the top tier. “I had a cake featured in the *Australian Women’s Weekly* once. Not a lot of people can do that delicate work,” she says proudly.

Last year was a triumph for Eileen as she won the Masters Wedding Cake section at the Sydney Royal Easter Show, receiving the Perpetual Trophy for Best Exhibit for the 9th time. Her entry for this year’s show is almost done, with the amazing sugar flowers taking hundreds of hours of work: “My sugar work keeps me sane!” she laughs.

“I have a cake decorating room but you can hardly get in it!”

Eileen’s home on 21 acres in Milton is a treasure trove of collectibles. “I have a cake decorating room,” she says, “But you can hardly get in it!” Bits and pieces are stashed all over, but Eileen knows where everything is as she buzzes around pulling out relevant items as we talk. She finds a favourite recipe for butter cake and offers to share, “I’ve given this to a lot of decorators. It has custard powder in it. You can’t fail with that cake!”

Encouraging bakers is clearly important to Eileen, who has donated prize money for kids with special needs at this year’s 150th Milton Show, to inspire junior cake makers with a disability to participate.

Baking up to three cakes a week for events, Eileen is as enthusiastic as ever—a trait inherited from her beloved mum, who was still making Dolly Varden cushions up until her death two years ago at age 91.

At her 70th birthday last year, Eileen used some money her mum had left her for a fireworks display. The whole family enjoyed the celebration, and as each one lit up the sky she thought, ‘There goes another one for mum!’ **W**

JUST MARRIED

Jess and Nick were married at The Old Church at Milton in November 2018. Jess described the celebrations as “the best weekend ever. I wish we could do it all over again!”



Joy, excitement and petals were abundant after the newly-married couple shared their heartfelt vows.



Elegant and contemporary styling in the marquee created a relaxed and sophisticated vibe for family and friends to enjoy.




Jess leads the way as Nick shows off his moves in an intimate moment captured in the garden behind the dam.



Guests enjoyed delicious canape options at the cocktail-style reception catered by St Isidore’s offshoot Small Town Catering. •

Credit: Heart And The Sea

W. theoldchurchmilton.com.au

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The Swaggers Next Chapter

Words by Jen Quinn



It's been a hell of a ride for local luminaries The Swaggers. Forging their unique styling of funk, soul, and swagger, they cemented themselves as one of the gems of the South Coast music scene.

The explosion of a food and wine culture in the Milton-Ulladulla area prompted the need for quality entertainment and The Swaggers brought it in spades. Adding their own spark to carefully curated favourites, the group provided the soundtrack to countless special moments for the local South Coast community.

While it's been a remarkable journey for the band, unfortunately their time together is finite and they have decided to head in different directions. Founding member and charismatic front man, Shaun Wessel, who lost his father suddenly late last year, shed some light on the decision to call it a day.

"When I lost dad I was up and down on an emotional roller coaster. My priorities shifted and I knew it was all about family now." The defining moment came down at Dermal when Shaun saw a family with kids setting

up a tent. "I had a wedding gig at Albion Park that night, and I remember thinking I'd give my left nut to be doing that instead of the wedding. By the time my son is 14 he won't want to go camping with me ... now is the time."

Shaun's love of music started early and his father's influence was key. "I was always fascinated with dad's record player when I was a kid. I used to just watch it spin around. I'm still partly obsessed with it. I spin records all the time. I think that's where my passion for music grew."

His unmistakable husky tones are matched only by his commanding presence as a quintessential front man. "I didn't learn to play guitar until I was 20 but I could always sing." He remembers the nerves the first time he sang in public, but he fell in love with performing and his voice developed as his confidence grew.

In the early days Shaun teamed up with drummer Eric Duxbury jamming in the garage and playing gigs as a duo. After stints in Newcastle and Wollongong Shaun moved back to Ulladulla permanently and the pair added Mick Lizak on keys and Anta Supomo on bass. Over time they quietly started gaining momentum as local favourites.

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Credit: CloudFace Commercial Photographers

Left: The Swaggers performing in their inimitable style.
Below: Shaun's dad and mum with their grandchildren.



Matty King joined the fold a little later in the piece. "Matty is an amazing musician, he really added some magic for us. Our song repertoire went up and it really changed our sound. That's when things started to blow up. We connected with so many people through the music we played and we had fun doing it."

From humble beginnings the band was afforded some amazing opportunities. "We went up to Hamilton Island for Audi Race Week with Collette Dinnigan. She was a massive fan. Going from the Treehouse Cafe in Ulladulla to Vogue parties with celebrities was such a spin out for us."

Despite the highlights, it hasn't all been champagne and celebrities. The rigours of relentless gigging, constant set-ups and pack-downs and late nights sometimes takes a toll. "We all work full time jobs and have families ... so you start to get a bit burnt out."

With just a few select dates left to play, the curtain has closed on The Swaggers for now, but there is no

doubt the music is set to continue for this talented bunch of musicians. Fans will be pleased to know that the remaining band members have formed a new group, which will move in a slightly different musical direction, one which is sure to excite old and new fans alike. As for Shaun, "I'm not quitting music. Music is my life. I want to do more original stuff and now I'll have time to get creative and write."

The Swaggers certainly deserve a grand finale and that's what they'll get with their sold-out gig at Cupitt's on the 31st March. "It's been awesome and those guys will be my friends forever. It was a little bit of magic that happened for a few years and everyone loved it. I want to say thank you to the community who ran with the band and really lifted us up." [W](#)

The Swaggers final show at Cupitt's Winery will raise money for the Motor Neurone Disease Association of NSW and Jen Bowden who has recently been diagnosed with the disease.

MUSIC

AUTUMN ALBUMS



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- Cotton cloth squares (quilters fat quarters work well)
- Pinking shears
- Baking paper
- Iron

1. Use pinking shears to pre-cut squares to the required size.
2. Place a piece of baking paper on the ironing board.
3. Then place your square of fabric on top right side up.
4. Sprinkle with beeswax pellets (just enough to infuse the fabric).
5. Place a second sheet of baking paper on top.
6. Iron with a hot iron. You can see the wax melt into the fabric.
7. Allow to cool. It only takes a few minutes.
8. Fold and use as needed.
9. Use lukewarm water and organic soap to clean. [W](#)



Working With The Wise

DR KATIE MACARTNEY

One of the unexpected thrills of becoming a country GP in Milton has been working with the elderly. It can be challenging but if you take a moment to discover a bit more about the person and their life, before finding out about their health, the work becomes so much more rewarding and interesting.

It's fascinating talking to people who have lived through most of the past century! Many of them have experienced events that current generations would find hard to imagine. They remember world wars, royal coronations and transitioning from the pound to the dollar. I've met people who have spoken to the Queen; designed planes for WW2; served in Parliament; and one who had ridden Phar Lap!

The local stories are always special—the couple that stood on their balcony on Burrill Lake, catching fish and throwing them directly onto the BBQ to cook for dinner; dairy farms heading down to Collers Beach; and people riding horses on the sand at Mollymook.

The adaptability of the modern centurion also blows me away. Whilst some are still struggling with the idea of a cashless bakery, one 100-year-old lady would Skype her twin sister to chat! Others swim every day in the ocean without a wetsuit! It's great to be surprised by people you meet on a daily basis.

Some people might perceive working in palliative care as sad and depressing but I have come to really enjoy it. Working with patients as they come to the end of their life, to ensure that their experience is as comfortable as possible, can be an extraordinary privilege both personally and professionally.

Talking to families about palliative care and how best to prepare for this is essential. It involves getting to know the patient, their values and their preferences, because care focuses on all aspects of a patient's needs—physical, psychological and spiritual.

People who are aged love a visit from animals or children and I enjoy taking my dog along to the local nursing home. When the pre-school children come and sing, whilst my dog sits beside a resident for a pat, it lifts the mood and makes everyone smile.

Meeting patients and their families in their homes is another wonderful part of my job. The individual comes alive and you can appreciate what is important to them—whether it's a painting on the wall, family photos, a friendly cat, knitting for local charities or baking goods. A person who is mentally or physically unwell always appears much healthier in their familiar, home environment.

The lessons that I have learnt from the past few years have been immense and as a junior doctor I have derived so much enjoyment and satisfaction from working in geriatric general practice. [W](#)

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Lune & Luxe is the design collaboration of two creative nomads, Sasha Paterson and Sarah Thomas. This electric duo have been busy mixing a textual pallet of home styling along the South Coast, delivering dreamy, earthy, and timeless style for their clients.

Sasha, a Kiwi from rural New Zealand, and Sarah, an Aussie chick from Sydney, are now calling the South Coast their forever home. "Growing up in a small country town I understand the idiosyncrasies of the people and the lifestyle," says Sasha. "Coming here has truly been a blessing in so many ways and the community has really embraced us."

Having worked in the creative industry for over 15 years—Sasha as a producer and art director in the advertising industry and Sarah as a photographer and food stylist—they have many strings to their bow outside the usual interior design world. Not to mention experience working with international clients including Vogue Living, Jurlique, Marie Claire, Delicious magazine and Google, to name a few.

Over the years, the pair had bumped into each other on shoots or at creative events in Sydney, however it wasn't until their partners met on a surf trip to Indonesia that they became friends. "After hours of nerding out on colour trends, and probably a few too

many wines, a partnership was born through the idea of creative collaborations," says Sarah.

Sarah and Sasha each have their own individual aesthetic and style, but coming together as a creative team brings a new dynamic that's electric! "It's a rare thing to work with someone who pushes you in new directions to make the work better ... it's pretty magic!" says Sasha.

As business partners, they are totally in-sync and complement each other with both the creative and business aspects of their work. Sasha explains: "We are the people that we are designing for, so we understand that money, time and style are all equal in the overall equation of buying, selling or making a house a home."

What sets these two apart from the design pack is the diverse range of work they have undertaken in both commercial and residential project management and production. Using their experience with a wide range of multifaceted clients, this team is up for any creative challenge including property styling and marketing, interior design and holiday home fit outs. "Our clients are AMAZING and we feel privileged to be invited into their spaces to collaborate with them!" •

Follow @luneandluxe to learn some expert tricks and tips at one of their styling and colour workshops starting April 2019.



BODY ALIGN PHYSIO

YOUR WELLBEING

Words by Amanda McDonald



NEW MOTHERS RETURNING TO EXERCISE

Physiotherapists Amanda and Claire work closely with new mothers educating them about safe pelvic floor exercises.

1. Start your pelvic floor straight away

Pelvic floor exercises can begin as early as day one after delivery. It's normal to feel minimal sensation in the first few days and if you've had tears or other intervention it may take a little more time. Either way it's best to get started as soon as you can.

2. After six weeks

It's important to wait until your GP six-week postnatal check to allow your body to heal and recover. A women's health physiotherapist can also assess the activation and relaxation of the pelvic floor muscles; check for any tears that may not be painful, yet do increase the risk of incontinence; and check the supportive tissues of the bowel, bladder and uterus for signs of prolapse.

3. Begin slowly and work up

Pushing yourself too hard post-baby increases the risk of urinary incontinence, abdominal muscle separation and pelvic organ prolapse. Alongside a pelvic floor program, start with gentle walking, building up by 5-10 minute increments. If you feel any pain, pulling or aches then slow down. Build up to higher intensity and impact exercise gradually from 12-16 weeks. •

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Pipe Dreaming

GRAEME PARSONS

Words by Brett Burcher

A highway rider from birth, Graeme Parsons' first three years of life were spent saddled up in the family troop carrier. Those early days on the open road, inhaling exhaust fumes and rocking peacefully to the rhythm of suspension springs meant the desire for travel and adventure was in his DNA.

Graeme was born in Milton Hospital when his parents, Lenny and Annette Parsons, put the brakes on a working road trip to set up temporary residency in their modest Tabourie Lake holiday shack.

After spending several years touring, the young family returned to the area permanently, where an idyllic childhood playground awaited them. "I still know every nook and cranny on Tabourie Island, the deep holes throughout the lake where flatties hide and all the bush tracks

into the secret surf spots," says Graeme. "My siblings and all our friends grew up outside, playing in clean air and eating real food, which I now realise was priceless."

At 17, Parso began a plumbing apprenticeship under the watchful eye of his old man. With a trade under his belt and itching to get some miles on the board, he spent the following four years overseas, chasing waves, good times and the odd day's work. "I basically worked and surfed my way around the world and discovered there's a whole lot going on out there."

Living the pipe dream, he met his wife, Danielle, in Hawaii in 1992. Settling into island time, the pair based themselves in Hawaii until 2000, returning home for the birth of their first child Aidan. Eager to give their offspring the same idyllic childhood they had enjoyed, the trio settled at Racecourse Beach, and daughter Ave was born just 14 months later.

Nostalgically, the family has returned to Hawaii every year since, to the same little town

where Graeme and Danielle first met, into the arms of what has become their second home.

Parso's approach to heavy surf could be put down to countless hours spent in the notorious Hawaiian waters. "I love riding a big board in waves where crowds and onlookers are non-existent." His quiet achiever, no-frills perspective and fierce enthusiasm for any type of conditions, especially challenging ones, is ultimately what gives him the respect of all he crosses paths with.

Back home, the unassuming streets of Racecourse Beach became ground zero to a core crew of lifelong dedicated surfers who have travelled the world over in search of quality waves. The new generation of O'Connell, Bierke, Mack and Parsons are already pushing the level of surfing on the South Coast to new heights. "I've been blessed to have them as surf buddies and now they all surf better than me so I get to be 'coach'," laughs Graeme.

That coaching role also spills over to the local Boardriders Club, where Parso has held the presidential role for the last three years. He surfed his first ever Ulladulla Boardriders heat as a 12 year old, and still has admiration for the club's ability to bring kids and adults together in so many great ways. "These days it's as much about the kids in the shorebreak and the BBQ as the competition."

Parso admits to simply falling into his work as a plumber. "I still to this day wonder what I'm doing rolling around under houses. Truth is I love it, it's been very good to me and my family and I'm forever grateful. Whilst travelling, I could pull into any town, find some tools and be working the next day."

Coming full circle, his eldest son Aidan is following the same path in a bid to one day have the freedom that self-employment allows. "There's no explaining to him the years and miles that takes ... probably a good thing." [w](#)

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In the winemaking industry it's beneficial for winemakers and grape growers to work closely together to create great wines. To this end, the Cupitt family partners with farmers with mutual interests and develops strong relationships with numerous growers from various regions of NSW.

One of these farming families is the Mullanys. Peter Mullany (pictured above with Griff Cupitt), his wife Cath and their six children have a vineyard and cherry orchard near Young, in the cool-climate Hilltops Region. Cupitt's Winery has been sourcing Viognier, Shiraz, Cabernet and Nebbiolo grapes from the Mullanys since 2013.

Keeping it in the family, they purchase Nebbiolo, Merlot and Barbera grapes from Peter's brother, Brian, who also lives in Young. The collaboration has proved fruitful with the total bounty provided by the Mullany brothers making up about 45 tonne of the 115 tonne annual press at Cupitt's.

The Mullany family has been in the Hilltops Region since their father settled there after arriving from Ireland. Their property was originally a cherry farm but after discovering that the region provided ideal conditions for growing cool-climate grapes they decided to diversify into viticulture.

Their vines are now around 25 years old and really coming into their own providing excellent quality fruit for Cupitt's Winery.

Terroir is how a particular region's climate, soils and aspect affect the taste of wine. Wally Cupitt tells the tale of its influence on the grapes from Young. "The great thing about the Hilltops Region is the interesting and intense perfumed aromatics that are always complemented with a medium to full body that have fine yet firm tannins."

Since forming a relationship with the Mullany family and visiting their vineyard, Cupitt's have discovered a couple of new producers in the area and now also source their Sangiovese, Riesling and Tempranillo from the Hilltops region as well.

"Despite the hail damage that has occurred across the state during the year, so far the harvest is looking very promising," says Wally. "We'll be producing all our regular wines with a couple of new and special parcels of fruit we've managed to get our hands on, so we're very excited!"

Vintage and harvest are a great time to take a look behind the scenes and taste Cupitt's comprehensive range of wines. Tours depart daily at 11am. Price is \$30 and bookings are essential. •

Head to the website www.cupitt.com.au for further details or to book your winery tour.



CUPITT'S WINERY

IN THE FROMAGERIE



Narrawilly Farm has been a dairy farm since 1859, when it was started by Robert Miller's great-great grandfather.

The herd includes specialty Montbéliarde cows and the milk is the premium choice for Cupitt's as the quality encourages Rosie Cupitt (pictured above with Rob Miller at his farm) to continue to develop the fromagerie and produce the best boutique cheeses possible.

Sourcing the milk weekly from Narrawilly Farm, in Milton, only 8kms from the fromagerie, is a wonderful way to support the local dairy industry. It's then handcrafted into a variety of cheeses.

- **Trésor:** Similar to Brie with a chalky centre and lovely oozy paste under the bloomy rind.
- **Veuve:** A style from Champagne with a chalky centre and rich cow's milk flavours. Perfect with a glass of bubbles.
- **Croobyar:** A cheesecake like texture with a nice mild flavour, creamy finish and creamy coloured paste. It's covered in a fluffy white rind.
- **Milton Gold:** A semi-soft to firm textured aged cheese with strong yellow coloured paste. A sweet and salty taste but fresh finish. The rind is rubbed with olive oil and paprika.
- **Milton Gold:** A version of the French Comte. Buttery, brioche aromas with hazelnuts and wild honey flavours on the palate.

Cupitt's cheeses are all available daily from the Cellar Door Shop from 10am–5pm. •

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PHOTOS BY JOEL SCHREDERIS



Louise enjoying the Maldives while there for one of her training sessions.



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Stepping inside the doors of the Goddess Isis Health & Wellness Day Spa immediately arouses your senses. Aromatic oil blends distilled in India, richly coloured furnishings, tranquil music and subtle lighting, all prepare you to be immersed into a deep state of bliss.

Housed nearby the shores of Burrill Lake, owner Louise Lugg and her highly trained staff provide a holistic spa experience embedded with beautiful rituals to nourish, indulge and rejuvenate your whole being. Relaxation is taken to a new level with an extensive menu of spa treatments and journeys including Ayurveda aromatherapy, blissful massages and luxury facials.

It's been an amazing journey for Louise who started in the industry as a 16-year-old working at the Soul Pattinson Pharmacy in Ulladulla. "I was the cosmetic girl selling Helena Rubenstein and Lancome products," she recalls. "Even way back then I dreamed of owning my own Egyptian-style day spa."

Louise eventually opened one of the first beauty salons in Ulladulla and 30 years on she's now an international trainer for Subtle Energies at luxury resorts and spas worldwide. She trains staff at high-end hotels including the Six Senses, Mandarin Oriental Hotel, Four Seasons and Ritz Carlton in

between sharing her gifts with locals and visitors at her multi award-winning spa here on the South Coast.

With qualifications in beauty therapy, advanced massage, Ayurveda aromatherapy and business management, Louise is committed to providing spa treatments that follow the Ayurveda philosophy. Developed more than 3,000 years ago in India, it's based on the belief that health and wellness depend on a delicate balance between the mind, body, and spirit and Louise and her team certainly tick all those boxes.

Providing a memorable experience also means using quality products and Louise chooses Australian-made natural skincare lines, Subtle Energy and Waterlily, as well as Ayurveda aromatherapy oils to pamper her clients. She also carries a huge retail range for her customer's home care.

Louise believes in giving back to the community, spending five years on the executive of the Milton Ulladulla Business Chamber and being a long-term supporter of local charity and community events.

So why don't you take a journey down the Nile of your senses, at Goddess Isis Health & Wellness Day Spa? You can choose half or full day packages and Louise specialises in spa parties for groups who would like to spend the day being pampered together. •

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NUTRITIONAL HEALTH

Words by Emily Dennis



EMpower is proud to be a part of the Slow Food Shoalhaven providores alliance, having received an award in late 2018 for our contribution to the sustainability and environmental aspects of enjoying delicious, healthy wholefoods, sourced locally where possible.

There are a myriad of reasons why eating with the slow food principles in mind is beneficial to our health, but here are a few of my favourites as a Clinical Nutritionist:

- Eating seasonal local produce supports the health of our gastrointestinal microflora. Gut health is the seat of our health, and eating seasonal foods ensures a wide range of wholefoods are available for the population of 'good bacteria' in our digestive tract.
- Did you know that eating honey from the local bees helps to reduce allergies? We love to provide local honey year-round in bulk, not only for the waste-free and environmental impact, but for the health of our customers and our community. Honey is anti-microbial, anti-bacterial and helps to soothe and nourish the gastrointestinal tract. In addition the bees are accessing the local pollens and that has a beneficial affect for those who suffer with hayfever and allergies. •

Emily Dennis: Clinical Nutritionist, Personal Trainer, Founder EMpower Wellbeing

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COVER CHAT



Here's some of the awesome feedback on our summer issue. Email us at info@whitewashmagazine.com.au or tag us on Instagram @whitewashmagazine to share your thoughts with us!

Solo Pilgrims date with White Wash magazine—bliss for my Sunday morning baby free! What a great issue, just love, love, love the place I'm so blessed to call home. Always makes me so proud reading White Wash, so many talented and wonderful people in our community. @soulmatyogamatbags

Stunning photo! How good is where we live. @leesah21

Gorgeous shot! This really gets me excited for summer in our beautiful hometown. @firefly.events

I'm homesick right now and I'm only in Sydney. @thasiagauld

Thanks Sam Walklate for perfectly capturing our paradise. @brettburcher

What a brilliant issue—well done! @hyamsbeachswim



That's Gold!

Words by Terri Quinn

As the community comes together to celebrate the 150th anniversary of Milton Show on March 1st, the Milton Show Society will pay tribute to four stalwarts, Jim Mison, Tim Gregory, Roy Johnston and Dale Wilford, who have each contributed 50 years of service to the show committee.

They are all long-term locals, but Tim, whose family moved here in 1964 from a property near Camden, laughs when he says, "Compared to these blokes, I'm a ring in!" The other three have deep roots in the area with their families having settled here in the latter decades of the 1800s—the Johnstons at Conjola and then Yatte Yatte; the Wilfords at Loch Leven in Wilfords Lane in Milton; and the Misons at historic Springfield House.

Their families have all been involved in the show over successive generations with Roy being the third

generation to serve on the show committee and Dale the fourth. Dale's great grandfather exhibited cattle at Milton Show and his ancestors won at The Sydney Royal Easter Show in 1892 with their Illawarra Shorthorn Breed. "They went by boat from Ulladulla Harbour, unloaded the cattle in Sydney and walked them up the street to the showground!"

With that rich, rural background they were destined to get involved early. "Jim and I have been competing against each other since we were eight or nine years old," says Roy. "We started by entering our vegetables in the Junior Farmers section and it went from there." Meanwhile, in Sydney, Tim was also showing cattle from about 16 years of age at his local show.

For all four men, participation at the Milton Show is ingrained in their family heritage and something they've passed on to their own children. "We've all been brought up with the show and you carry on," says Jim. "It's our main interest outside of our families ... we've been on the land all our lives."



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L to R: Jim Mison, Tim Gregory, Roy Johnston and Dale Wilford at Milton Showground.

Over the years there have been many highlights but they all agree that the 100th anniversary was extra special. "The 100th show was the greatest spectacle I've seen at the showground," says Roy. As they start reminiscing, the memories come thick and fast—Roy Brook with a little grey stallion in a sulky; Monica Johnston riding round the main ring sidesaddle; Lyall Ewin milking one of Greg Ringland's cows and giving people a squirt ... and on they go.

"This used to be the number one event for the district," says Jim. "But now we have other things as well, so we probably can't say that anymore." Tim agrees but adds proudly: "We have 800 members and I think it would still be one of the biggest organizations in the district. It's certainly something that involves the whole community."

As they contemplate what lies ahead for Milton Show they're optimistic. "One of the things that impresses me the most is the young people on the committee these days," says Dale. "It makes us feel

satisfied for the future of the show."

While confident that this great community event will carry on beyond their tenure, they revel in sharing the stories of those who came before. Dale reveals that in the old days committee meetings would be scheduled as close to a full moon as possible. "Back then people had to ride their horse to and from the meeting so they needed the moonlight to see their way home."

That kind of commitment is what the Milton Show has been built on—the same commitment that has seen this foursome give 200 years of combined service with each serving as president at different times. Throughout all the years their friendship has remained intact. "Jim and I have been neighbours in Garrad's Lane for 54 years," says Tim. "And I can only recall one occasion when we had words." Jim looks puzzled and responds, "I don't remember that!"

When asked what they are looking forward to on show day, Roy's response is whip-fast: "Two fine days!" These old stagers know that the success of the show largely depends on the weather. "I can always remember the 1962 show," says Dale. "We had 135 inches of rain and the ladies, dressed in their finery, had to take their shoes off to walk through the mud, but they still turned up."

Envisioning how they might be honoured on show day, they start to poke fun: "They'll probably give us a tin hat and a medal," laughs Dale. "And pat us on the back and say 'you're a good fella!'" says Jim. Tim informs them that they're cutting a ribbon in four different sections," and Dale adds: "I'll have to recut my section into five—one for each of the kids!"

These four mates can't believe that 50 years have past and they wonder where the time has gone. "It's not something I ever looked towards," says Roy. "You only realise it after you get to the end of it." One thing they will look forward to is catching up with more old friends on show day and reminiscing as they share a beer in the bar when the ceremony is over. "I can't believe we're actually getting awarded for having so much fun," says Dale. [W](#)



LOCAL RECIPE

CHAMPAGNE PEAR CHUTNEY

From Jon Reeves at Duke & Co.



- 10 Bosc pears
- 2 cinnamon quills
- 3 vanilla beans
- 600ml champagne
- 100g caster sugar

Bosc pears are best for poaching and hold their shape once cooked.

I use a mid-range quality champagne as it develops a better finished product and also let's you enjoy a glass or two while cooking!

1. Peel, quarter, core and dice the pears.
2. Split the vanilla beans lengthways and scrape the seeds out.
3. Place all ingredients including the vanilla seeds, into a medium saucepan over medium heat.
4. Once boiling turn the heat down to low and allow to simmer, stirring regularly for 45-60 minutes or until pears are soft.
5. Use as an accompaniment for pork, as a filling in a strudel or simply serve with custard. [W](#)



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IN THE GARDEN

Autumn is our all time favourite time in the garden. The air is cooler, the soil is still warm and hopefully moist from late summer rains.



HEDGES

Hedges are great for a windbreak, privacy screen or to formalise your garden. 'Leighton Green', 'Nitschke's Needle' and 'Juniperus Spartan' conifers are all hardy and wind tolerant options.



FOR COLOUR

Camellia, Viburnum 'Emerald Lustre', Native Lilly Pilly and Bamboo are all versatile plants. Regular light pruning of Photinia Red Robin gives a constant display of new, red growth.



THE VEGIE PATCH

Plant snow peas, climbing sugar snaps, broccoli, Brussels sprouts, cabbages, cauliflower, baby spinach and leafy greens.

TIPS

Prune trees and shrubs and check for aphids, citrus leafminer and other sap sucking pests on new lush growth indoors and out. If present, spray with Eco Oil. •

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



Credit: Tim Mooney

Surfing at sunrise. Cicadas at sunset. Beach cricket and barbies. They're the sights and sounds of summer on the South Coast, of simpler times ... of holidays the way they were meant to be. Laidback, long, and full of infectious laughter and banter.

In the era of overseas travel, cruising with a cast of thousands and bustling breaks in big cities, it's easy to forget the joys of slowing down, savouring the moment, getting back to basics and being by the sea—but not at The Mook.

One of Mollymook's iconic original beach shacks, built in 1951, this is a holiday home which has hosted endless family fun, golf enthusiasts, resident artists and girls' getaways, in an absolute beachfront location which is about as unpretentious as it gets.

It's seen generations have a crack at The Reef surf break just outside the back door, fish off the beach a few steps from the back deck, dive for abalone around Bannister Head, build serious sandcastles and share fish and chips—or ultra-fresh local oysters—at dusk with friends.

It's been home to authors spending winters by the sea in solitude and painters inspired by the ocean during spring.

And if owner Kerry Vatovec has her way, it'll be

helping a new generation rediscover the long-lost art of losing track of time for many years to come.

"It's not often these days that we get a chance to simply stop, forget what day it is and re-connect—and not in an online, social media, 24/7 email access kind of way," said Kerry.

"The Mook provides that perfect platform for doing as much, or as little, as you like—and we tend to find it's mostly the latter."

"From splashing about in the shore break to surfing in a storm with dolphins as teens, my kids have been blessed to be able to escape the hectic pace of Sydney life to retreat to Mollymook; whether with family, with friends, to study, to celebrate, or just to sink into the sofa, and truly relax. If it's not a barbie on the deck, we like to mix our breaks up with a dash of dining by visiting the areas award-winning cafes and restaurants which sit seamlessly alongside our favourite bakery, fish shop and the beloved bowlö."

Sure, the coastal-inspired interiors at The Mook are chic, and the 'shack' comes equipped with all the mod cons and creature comforts we love—but it's the money-can't-buy beachfront location and authentic holiday house vibe which set it apart from some of its city-slicker-style neighbours. •

*Make your own memories at The Mook. P. 0421 911 508
E. mollymookholiday@gmail.com @themook_mollymook*



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**STUART BROS.
DELICATESSEN**



You might wonder why a tree lopper is asking us to give trees a chance? Well local arborist Patrick Faulconer is concerned that, because of rapid expansion in our urban and sub-urban areas, we are losing way too many good trees.

To this end, Patrick campaigned alongside the Friends of 2538 group to save an old fig tree from being bulldozed at the new Cork's Lane subdivision. Thankfully they managed to preserve the tree and there is now a parkland area that provides shade and extra space for all the new residents to enjoy.

"That tree will provide up to 10 degrees of cooling on hot days, not to mention the birds and wildlife it will attract," says Patrick. "It has carbon storage of 5804kg and could sequester 22kg of carbon per year."

As well as working to protect and manage mature trees, Patrick provides consultation on what would work best when planting a new tree. "I would encourage people to seek broad advice. It's important to plant the right tree in the right place—that means choosing a tree that's successful in a particular locale, not necessarily what's in vogue in the media at the particular time."

With a strong emphasis on sustainability, Patrick and his team give all trees the opportunity to remain upright in any form including re-trenching trees to

provide amenity and wildlife value. But obviously, when a tree is dead, dying, diseased or no longer safe, it needs to be removed.

Patrick is a Certified Arborist and a member of the Australian chapter of the International Society of Arboriculture. He endeavours to provide a holistic and aesthetic tree service offering free, independent advice combined with professional, prompt and courteous service. His multi-faceted approach aims to help clients understand trees better.

With a deep and abiding love for trees, Patrick is committed to working towards the establishment of a Significant Tree Register so that trees deemed worthy of protection, are catalogued and treated accordingly.

He is also a proud supporter of the national project Avenues of Honour and hopes to one day establish a memorial avenue of trees, near the highway in Milton, to commemorate those who gave their lives in war.

"Arborists should be working in the interests of maintaining a safe and manageable urban greenscape that benefits us all," says Patrick. "Remember the old Chinese proverb: 'The best time to plant a tree was 20 years ago. The second best time is now!'"

Contact Patrick on 02 4455 6956 for all tree care and tree services or to ask about the Shoalhaven Tree Register or the Avenues of Honour project.

WHAT WE LOVE

BLESSING OF THE FLEET



Credit: Ruby Boland

The fireworks in the evening down at the harbour.



The parade with colourful floats carrying the princesses and their partners.



The tasty food at the food stalls along the highway.



Live music from talented locals keen to entertain you. [W](#)

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Arboriculture - Certified
Arborist No. UK/I 111.

WANDERLUST



TREKKING IN INDIA

Words by Charlotte Connor

A few years ago, I was lucky enough to complete the Singalila Ridge Trek—one of the most spectacular treks in the world. It follows the northern ridge that separates the vast country of India from its smaller neighbour Nepal.

The trek starts in the town of Darjeeling, located in the Himalayan foothills, where we spent a few days acclimatising to the high altitude. It's a magnificent place, with stunning mountain views, monasteries, tea plantations and local markets. As you walk along the pebbled streets, you can smell the aroma of warm chai tea.

For me, the highlight of Darjeeling was the magnificent view of Kachenjunga, the third highest mountain in the world. My favourite time of day was just after sunrise, when the morning mist would fade away, showing off the peak in all of its glory.

The 6-day trek is relatively difficult, mainly due to the high altitude (the ridge constantly rises above 3000m) but also to the constant change in terrain and weather conditions, including extremely cold nights.

But it's worth the effort. When the trek peaks at over 3600m at Sandakphu in West Bengal you experience jaw-dropping views of the world's five tallest mountains including Everest, Lhotse, Makalu and Kachenjunga.

At night we camped in local townhouses and kept warm by drinking tea. We finished in a town called Rimbik on the same day as a wedding and joined the locals by dancing in the street. It was the perfect ending to an incredibly life changing experience. [W](#)



The inaugural StoryFest storytelling festival commences in a little over three months and promises to be jam-packed with exciting events for all ages. With international bestselling authors, film producers and some very special guests, the StoryFest committee cannot wait to launch the 2019 program in March.

Right now, the StoryFest Storytelling Competition is underway. Open to residents of the Shoalhaven, it's a chance to sharpen your pencil and write your own story. Entries close April 12th.

The Schools Program will be running in the week leading up to the festival and will bring our primary and high school students face to face with some amazing award-winning writers as well as offer them the exciting opportunity to learn storytelling from published authors.

Then the main festival commences on Friday June 21st with creative writing and illustration workshops and two very special events at Milton Theatre and Tallwood Eatery. Subscribers to the StoryFest newsletter will be given the chance to get in early and book their tickets to these events.

Saturday June 22nd will see StoryFest at multiple venues across Milton, including Milton Theatre, Milton Library, the CWA Hall and the Anglican

Church Hall. Be entertained by live music in the Village Green, browse the market and food stalls and immerse yourself in the popup bookshop. With over fifteen individual sessions to choose from, there is bound to be something to please everyone.

Saturday evening we are delighted to welcome one of Australia's most celebrated film directors to the Milton Theatre for an evening of storytelling. Or you can join us at Cupitt's Winery for our gala dinner. And on Sunday, we close with two more workshops, including a creative writing workshop for the tweens to teens run by an Australian writer who has too many accolades to mention.

Whether you are a writer, a reader, a dreamer or a storyteller, come join us from June 21st to 23rd and celebrate the art of storytelling.

Want to be involved? StoryFest needs volunteers to help with everything from venue management, transport, ushers, author guides and more. It's a great way to meet some of your favourite authors and be a part of this vibrant festival. Or perhaps you are interest in sponsoring an author, an event or being an accommodation sponsor? [W](#)

For information on all of the above and all the latest news, go to our website www.storyfest.org.au or visit our Facebook page [@storyfestinc](#). Even better, subscribe to our newsletter to stay in the know.



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

1 SHARON SHANNON BAND AT MILTON THEATRE

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



1 THE MILTON SHOW

1-2 March at Milton Showground.
P. 02 4455 2845 for further details.



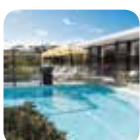
22 LUKA BLOOM AT MILTON THEATRE

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



SUNDAY SESSIONS AT BANNISTERS PAVILION

Every Sunday from 3pm followed by a DJ at 6pm.
\$6 drink specials from 3-6pm.



24 RIVERSDALE SUMMER CONCERT

24 March from 2pm.
Visit bundanon.com.au



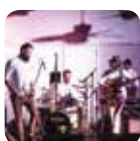
30 BUSBY MAROU AT MILTON THEATRE

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



31 THE SWAGGERS FINAL SHOW AND FUNDASIER

31 March at Cupitt's Winery.
P. 02 4455 7888 for details.



5 KILLER QUEEN EXPERIENCE - 2019 RHAPSODY TOUR

5 April at The Ex Servos.
P. 02 4455 1444 for tickets.



6 EUGENE HIDEAWAY BRIDGES AT MILTON THEATRE

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



Credit: Ruby Boland

21 BLESSING OF THE FLEET FESTIVAL

21 April from 10.30am.
Visit blessingofthefleet.info for more information.



CUPITT'S GROWERS MARKETS

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



27 EMMA PASK AT MILTON THEATRE

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



28 FIELD DAY AT BUNDANON

28 April from 10am-4pm.
Tickets \$12 for adults and \$8 concession. Unders 16's are free. Visit bundanon.com.au



CHEF'S CHOICE AT TALLWOOD

Held on Monday nights.
Three courses and a glass of wine for \$55.
P. 02 4455 5192



5 CINCO DE MAYO PARTY AT BANNISTERS PAVILION ROOFTOP

5 May. P. 02 4455 3044 or visit bannisters.com.au for more details.



11 GRIGORYAN BROTHERS AT MILTON THEATRE

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



12 MOTHERS' DAY LUNCH AT BANNISTERS PAVILION ROOFTOP

12 May. P. 02 4455 3044 or visit bannisters.com.au for more details.



17 SARA STORER AT MILTON THEATRE

17 May 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.



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100beachchallenge.com

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