

ISSUE #13

free!

# White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

**NOEL  
BUTLER**  
ON COUNTRY





## the Rooftop


Enjoy our spacious sunny terrace and relax amongst the treetops at The Rooftop Bar & Grill.

Check out our new lunch menu, and keep an eye on our website for our mouth-watering monthly lunch specials.

We're open for lunch, drinks and dinner daily, and don't miss our Sunday Sessions with awesome live music and drink specials from 3-6pm.

[BANNISTERS.COM.AU](http://BANNISTERS.COM.AU)

BANNISTERS  
**pavilion**  
mollymook beach

 (02) 4455 3044

# HAPPY SNAPS

SHARE YOUR HAPPY SNAPS WITH US: [#whitewashmagazine](#) [info@whitewashmagazine.com.au](mailto:info@whitewashmagazine.com.au)

## EDITORS' NOTE

Welcome to Issue #13!

In this issue we speak with Noel Butler about sharing his vast knowledge of Aboriginal Culture with all who want to listen and learn. We are blown away by the fabulous cover shot of Noel that was captured by Dean Dampney during a smoking ceremony that we all attended at Noel and Trish's picturesque property.

Ben McInerney and Tim Thomson are often mistaken for brothers as they not only look alike (think dark good looks and beards to match) but also because of their obvious close bond. In Two Way Street we chat about their relationship, both familial and musical.

Many young children are fascinated with the human body and love reading books on skeletons. Jacinta Carruthers was one such child and now she digs around in the ancient cemeteries of Egypt. It was an absolute honour to discover more about her incredible work.


We are looking forward to the inaugural Storyfest on June 21. The three-day festival brings many of Australia's best storytellers to our beautiful area. Don't miss it!


Meanwhile, grab a coffee, sit back and enjoy the winter issue ...

Virginia & Terri

### LET'S CONNECT

 [whitewashmagazine.com.au](http://whitewashmagazine.com.au)

 [whitewashmag](#)

 [@whitewashmagazine](#)  
[#whitewashmagazine](#)



### SUBSCRIBE TO OUR E-NEWSLETTER

[info@whitewashmagazine.com.au](mailto:info@whitewashmagazine.com.au)

© White Wash Magazine

Winter Issue #13 - June 2019

Cover Photo: Dean Dampney, CloudFace Photography

*Notice: All material appearing in this magazine is subject to copyright. Reproduction in whole or part is not permitted without permission from the publishers. While every effort has been made to ensure that information in this magazine is accurate, no responsibility is accepted for material supplied by an individual, company or organisation. The opinions expressed in this publication do not necessarily reflect the view of the publisher.*

W White Wash editorial

• Advertorial sponsored by advertising business



Taneesha Boland and Sam Walklate surprised everyone when they exchanged vows at Aoraki Mount Cook in New Zealand on 26th February ... just the two of them!



The Swaggers final gig at Cupitt's on 31st March raised funds for Jen Bowden and the Motor Neurone Association of NSW.



Poppi Bryant on her pony Kylie at the Milton Show. She enjoyed riding and waving to her friends.



Rhys Williams picking proteas from the Bannisters flower garden.



Christine Kean was a first-time entrant and winner of the Best Boiled Fruit Cake at this year's show.



Bianca Bennetts captured smooching her son Ziggy at the farm gate.



They were certainly sun-safe while wading in the shallows at North Mollmook circa early 1900s.



Cousins Harry Dickford and Jack Warburton loved all the fun at the Milton Show.



Jenny Leavers and her daughter Hallie holidayed in Fiji recently.



Fight For The Bight paddle out at North Mollmook to protest against plans to drill for oil in the Great Australian Bight.

Credit: Therese Spillane

Credit: Nicci from Just Kidding Creative





**White Wash**  
MILTON ULLADULLA LIFESTYLE MAGAZINE

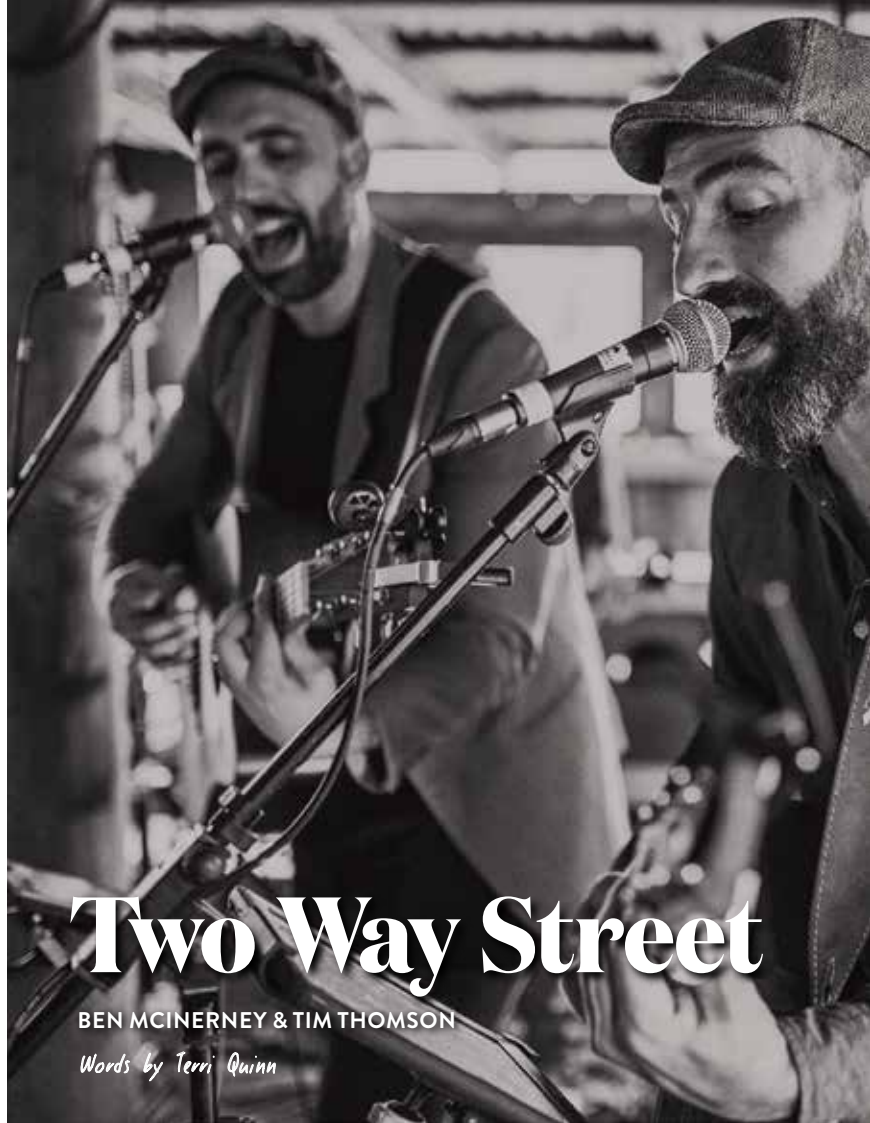
**Thoughtfully  
hand delivered  
to where locals  
love to be...**

Also available online at  
[WHITEWASHMAGAZINE.COM.AU](http://WHITEWASHMAGAZINE.COM.AU)

**tallwood**  
EATERY  
Mollymook

**DRINK . DINE . CATER**

02 4455 5192  
[tallwoodeat.com.au](http://tallwoodeat.com.au)



Ben McInerney was only 14 when Tim Thomson started dating his older sister, Tarryn, but the six-year age gap was quickly forgotten when they started jamming together. “Music brought us together because it’s outside age brackets,” says Ben.

Tim had been writing original music and playing in bands with friends since primary school and his high school band ‘Losing Count’ played gigs around Ulladulla for several years.

When he formed new band ‘Needless to Say’ with mates James Chave and Matt Leslie they needed a bass player and Tim thought Tarryn’s little brother might like to join them. Ben admits to being a complete novice, but Tim remembers: “He literally just grabbed a guitar and picked it up so quickly. We were shocked ... we thought, ‘This kid’s got it!’”

The band’s debut gig was at the 1998 Milton Show’s Battle of the Bands, where they belted out their brand of punk rock on the back of a truck to enthusiastic young locals. They followed up with band nights at the Mollymook Golf Club and still reminisce about how the ‘old Golfy stage’ provided them an opportunity to gain valuable performance experience.

At this point, Tim was singing lead vocals with James and Ben on back-ups. Wanting to improve, they decided to go to singing lessons where the teacher quickly noticed Ben’s big, powerful voice. “And I still didn’t get a start!” laughs Ben. Truth be told, he was a bit shy in the early days but as his confidence grew he slipped seamlessly into frontman mode.

After school Tim started a painting apprenticeship locally while also pursuing his passion for audio. “I wanted to get into recording so I bought some gear and a guy I met at a gig in Sydney gave me some work and taught me heaps.”

Ben went on to attend Wollongong University and later moved to Sydney where he teamed up with James and Matt (from Needless to Say) and Jamie Corson to form the indie pop band New Navy. “New Navy was a pretty big change musically,” explains Ben. “The stuff we were writing and playing was very different from the punk rock we had done before.”

And it was a success. The four-piece rose to prominence with their single *Zimbabwe*, which received heavy airplay on Triple J, even cracking the Hottest 100 in 2011. They followed up with their debut EP *Uluwatu* in the same year.





Ben McInerney (left) and Tim Thomson (right) performing at one of their gigs.

Credit: Dean Dempsey, CloudFace Photography

They were on a roll, playing gigs at big-name venues like The Metro Theatre and at Field Day alongside massive international bands. “At the time you kind of go along, but looking back it was pretty cool. I’m really proud of what we did there.”

While New Navy was taking off in Sydney, Tim had married Tarryn and was doing “the family thing” in Ulladulla, painting houses and growing his audio business on the side. Over the years he gathered experience at corporate functions and festivals, while mixing for bands in Sydney (including his mates New Navy) and also building up local clientele.

“One of our favourite venues is the Harvest Bar,” says Ben. “You pack that place out with locals and it’s just awesome.”

New Navy was together for four years by the time Ben had finished uni and started working. He hated his desk job and a different career was calling. “I needed a job that was structured but also stimulating and exciting—I wanted to join the cops.”

Leaving New Navy was a really tough decision but destiny called. Policing was in Ben’s family—his dad served for 35 years, mum for five years and his uncles too. “It was something I knew I always wanted to do.”

After being stationed in Young for four years Ben returned to Ulladulla with his new wife, Jessica, to take up a position in Nowra and start a family. The brothers-in-law quickly decided to get the old vibe back, both for fun and to earn a little extra income. An added bonus for Ben was that music provided an important emotional outlet. “Policing can be tough,”

he says. “Music helps clear my head and keeps me connected to the positive aspects of the community.”

Joined by experienced musicians Wade Henry and Gary Yates, Ben and Tim say the chemistry felt easy and relaxed, just like family, so the new name for the band was decided—Brothers! Playing a mix of blues, soul, pop, jazz, R&B, funk, reggae and indie tunes, the bookings came flooding in.

It’s been a “crazy busy” last three years for Brothers releasing *Southern Love* a five-track EP of originals in 2017 and playing weddings and parties all over NSW. Performing at events like Taste of Manly in front of thousands was a highlight, but the two agree that local gigs are the best. “One of our favourite venues is the Harvest Bar,” says Ben. “You pack that place out with locals and it’s just awesome.”

When talking to Ben and Tim, the mutual admiration is evident as they sing each other’s praises. “Tim is such a hard worker,” says Ben. “I can’t believe how much he gets done during his week with five kids. He runs two successful businesses and everyone that knows him knows he’s the best guy ever. It takes three hours to go down the street because everyone wants to talk to him!”

Tim responds: “It’s been awesome seeing Ben’s musical talents grow from that 14-year-old kid. I admire his songwriting and playing ability and how far he’s taken it. He’s my teacher now—in the last three years I’ve learnt from him. His talent is an impressive thing. It’s something you’re born with and he’s got the gift.”

The challenge for the guys now is to strike a happy balance between work, music and family. With Tim and Tarryn’s five kids and Ben and Jessica expecting number two, they try to involve family whenever they can. They bounce song ideas off their wives and bring the kids along to gigs where possible, like at Cupitts where they can dance around on the grass while their dads play.

In order to achieve longevity, the goal for Brothers this year is to slow the pace a little. “We don’t want to burn out as a band by overplaying,” says Tim.

And, of course, in the end, family does come first with music sitting squarely at the core. “There’s always music at home with the kids jumping around to Paul Kelly. Most family get-togethers the guitars come out,” says Ben.

“The cousins are all around the same age and my three-year-old already has a drum kit! Maybe there will be another band down the track!” laughs Tim. **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](mailto:info@whitewashmagazine.com.au)

**HARBOUR BOOKSHOP & MUSIC**

## IN THE BOOKSHOP



### HORSE WARRIOR

By Meredith Jaffe

Dark plans are afoot for the peaceful land of Avenal and 11 year-old Maia is forced to undertake a journey far from home and the ones she loves. With only her pony and the annoying Raven to help her, Maia must find a way to save Avenal.



### EMERGENCE (KINDRED TIES: BOOK TWO)

By Marita Smith

Fletcher, Ariana and Eli are carriers of a rare gene that enables them to communicate with animals and bridge our world and the spirit world.



### POWMAN: UNLEASH THE HERO WITHIN

Dave Tabain and Nadia Worland.

The POWman series has been created in consultation with qualified professionals and is all about empowering kids to deal with bullying. The book has fun illustrations that take the reader on a journey with Dave POW Tabain and his friends. **•**

Harbour Bookshop Ulladulla  
Shop 5, Rowens Arcade 93 Princes Hwy, Ulladulla NSW 2539  
P. 02 4454 4044  
E. [mail@goodbooks.net.au](mailto:mail@goodbooks.net.au)  
W. [harbourbookshopulladulla.com](http://harbourbookshopulladulla.com)



## INTERIOR STYLE



Credit: Coco Mojo

### TEXTURAL LUXE

Winter sees us adding visually warm colours and textures into our homes. We bring you rich Tobaccos, Rusts and Naturals in the form of plump, feather filled, linen cushions, divinely finished with a luxury velvet gusset.



Credit: Papaya Homewares

### RUSTIC WARMTH

Set the evening's ambience by enjoying the company of friends around the warmth of a crackling fire pit. Generate cozy comfort through rustic materials such as natural woods and candles encased in classic hurricanes.



Credit: InBed Store

### TOASTY TONES

Spend cool nights and brisk mornings snuggled in linen, the perfect year-round option. With over 20 colours in store to choose from, mixing and matching provides an enormous colour palette to explore.

Mention the codeword **TOASTY TONES** in store and receive a 10% discount. •

Open Mon-Sat 9.30am-4pm  
Sunday 10am-3pm  
Shop 2/91 Princes Hwy, Milton  
P. 02 4455 4026  
E. [spaces2538@gmail.com](mailto:spaces2538@gmail.com)  
W. [www.spaces2538.com](http://www.spaces2538.com)

## WINTER PRODUCTS

# Main Squeeze...



### VINTAGE PIECES

Available at Jipsi Cartel. Velvet blazer \$149, fedora \$79, and Coco sunnies \$30. Shop 1/49 Wason St, Milton. P. 0415 046 715



### TURIA PITT - GOOD SELFIE

Available at Harbour Bookshop. Shop 5, Rowens Arcade 93 Princes Hwy, Ulladulla. P. 02 4454 4044



### BAKBALLS

\$39.95. Available at Body Align Physio. 1/85 Tallwood Ave, Mollymook. P. 02 4454 2309



### MANLY SPIRITS GIN

\$85.99. Available at Mollymook Fine Wines & Ales. Mollymook Shopping Centre, Tallwood Ave, Mollymook. P. 02 4454 2537



### KAIYO FIGURES

Various sizes starting from \$39.95. Available at Spaces 2538. Shop 2/91 Princes Hwy, Milton. P. 02 4455 4026



### MORGAN + TAYLOR BEANIE

\$34.95. Available at Sarah Gabrielle. 61 Princes Hwy, Milton. P. 02 4454 5700



## STOCKING COMPLETE RANGE OF MILKY CLOTHING

for babies and kids

# SALTY SEA DOG

## STREETWEAR

**LOCALS RECEIVE 10% OFF ALL YEAR ROUND!**  
Men's, Ladies, Kids, Babies + more!



5A The Settlement Milton • P. 0410 475 621 • [www.saltyseadogclothing.com.au](http://www.saltyseadogclothing.com.au)



# Items to love this Winter

Artwork by Kyla Stone  
 @kylastoneart  
 kylastoneart.wordpress.com



## THANKYOU COFFEE BODY SCRUB

\$14.95. Available at [thankyou.co](http://thankyou.co)



## VICE & VELVET

Handmade cloud soap made with natural and sustainably sourced ingredients, \$18. Available at [viceandvelvet.com.au](http://viceandvelvet.com.au).



## ASSORTED LOCALLY MADE TEA COSIES

\$30 each. Available at Something's Brewing. Shop 9/23 Wason St, Milton. P. 02 4455 6996



## EPOKHE SUNNIES

\$220. Available at AKWA Surf. Shop 1, Mellick's Corner, Princes Hwy, Milton. P. 02 4454 5222



## INDUSTRIE PORTLAND JACKET

\$159.95. Available at Salty Sea Dog. 5A The Settlement Milton. P. 0410 475 621



## AUGUSTE THE LABEL DRESS

\$199. Available at Coyote Boutique. Shop 1/228 Princes Hwy, Ulladulla P. 02 4455 7899

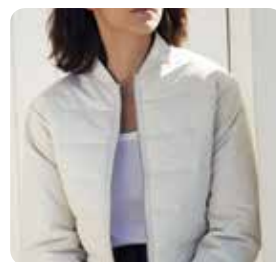
## WINTER TRENDS

As the temperature drops, Coyote Boutique has you covered for all of your winter wardrobe needs.



## SAGE GREEN

Reminiscent of dried sage leaves this quirky colour couldn't be easier to style. Add a denim jacket to keep out the cold. *Wish Anything Goes Dress*



## BOMBER JACKET

Ramp up your street-style credentials and keep warm at the same time with this stylish white bomber jacket. *Assembly Belmont Jacket in Chalk White*



## MIDI SKIRT


The midi is a safe and flattering length that looks fabulous and elegant for everyone. Team with sneakers or heels depending on the occasion. *Staple the Label Shadow Midi Skirt*


Don't forget you can now shop online at [coyoteboutique.com.au](http://coyoteboutique.com.au)!

Shop 1/228 Princes Hwy, Ulladulla P. 02 4455 7899

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

Open 7 days a week

 Instagram @coyoteboutique

 Facebook @Coyote-Boutique



Serving fresh **honest food** in **unique** ways just **for you**

See website for upcoming dinner events - [www.thetreehousecafe.com.au](http://www.thetreehousecafe.com.au) - 4 Boree St Ulladulla - P. 02 4455 3999











# NOEL BUTLER ON COUNTRY

WORDS BY VIRGINIA CONNOR  
PHOTOS BY DEAN DAMPNEY

**N**oel Butler is a Budawang elder of the Yuin nation and a proud Australian. He and his wife, Trish, live on 100 acres of paradise south east of Ulladulla. Driving down the track to their home, the vegetation changes, with the dominating tall eucalypts giving way to a noticeably increasing variety of trees and shrubs as you arrive in the lush valley where they have established their home and learning centre, Nura Gunyu.

It's a bush garden in the truest sense—with species both endemic to the local area and other native plants introduced from northern NSW and Queensland, now established and thriving in this peaceful setting. More than forty of these species are food sources that have nurtured Aboriginal people for 60,000 years, while others support the many native birds and animals which Noel and Trish encourage to reside there.

Noel's father was born on the Aboriginal reserve in South Street Ulladulla in 1896. He and Noel's Scottish mother had eight children. When Noel was two, the family returned from where they were living near Batemans Bay to the Ulladulla reserve. His father's health was deteriorating with the onset of multiple sclerosis and the family was forced to leave the reserve, being the last Aboriginal family residing there, with their belongings deposited on land at the western end of Green Street. While the land had been granted to Noel's father, the family was now without any shelter. Local farmers assisted with felling timber, carting it to the sawmill and helping Noel's father build a modest home, with no electricity or running water. "We carried water from Millards Creek—I grew up on that water," recalls Noel.

Despite the obvious hardships, Noel speaks of his childhood with fondness. "My father never stopped teaching us. He was teaching from his bed in the end, too weak to even feed himself," he smiles sadly.

Noel's early life was spent learning from the land with his father and uncles—Noel's father taught his children their history and their language, Dhurga. "Watching, listening and living is how we learned," he says simply. "The land tells you everything if you know how to read the signs. The type of trees that grow in a place can tell you what kind of birds and animals are around, even where the water table will be found."

Not surprisingly, this learning formed the basis for Noel's studies in horticulture and the environment. He also developed the ability to express his knowledge of the natural world, and its complex ►

Credit: Dean Dampney, CloudFest Photography





connection with Aboriginal Culture, in artistic form. His wood sculptures, often incorporating intricate engraving and wood burning patterns, have been acknowledged with awards nationally and overseas, earning him Artist in Residence status in the UK in 2011. Noel tells stories through his art and reveals a glimpse of his talent for sharing knowledge. Fundamentally, he's a teacher. He has taught cultural practice and land preservation extensively throughout Queensland, Western Australia and the United Kingdom. Most recently, Noel has addressed international audiences promoting Indigenous foods for their nutritional value as well as the potential economic advantages of accessing this abundant local produce. He is also an Australian National Geographic representative, consulting on native plants and animal species and their important place in a sustainable future.

There is a growing interest in native produce, with many of Australia's leading chefs embracing Indigenous native ingredients and incorporating them in restaurant menus. Noel and Trish frequently have chefs visit their property, wanting to know more about native food varieties, taste and cultivation methods. Medical students from the University of Sydney also spend time at Nura Gunyu as part of their learning about the impact of our modern diet and the well-documented poor outcomes for Indigenous health.

Noel feels strongly about the injustices of past government policies and the negative impact these have had, and continue to have, on Aboriginal people and culture. "We are still seen as different and separate from non-

Indigenous Australians and those policies made us different," says Noel.

The most conservative government figures estimate that 25,000 children were separated from their parents and siblings between 1910 and 1970. However the *Bringing Them Home* report, instigated by the Human Rights and Equal Opportunity Commission in 1995, estimated that as many as 100,000 children were taken from their families. Following Federation in 1901, Aboriginal Australians were not entitled to vote in Federal elections until 1962, and not until the referendum in 1967 were Indigenous Australians included in the Census.

“ We live in the best place, in the best state, in the best country in the world,” enthuses Noel.

This sad history of exclusion and separateness is largely linked to Australia's founding document, our Constitution, which was drafted at a time when it was considered that the land belonged to no one prior to European settlement. There was therefore no acknowledgement of Aboriginal people being the original inhabitants of this country and they were excluded from discussion about the creation of the new nation to be situated on land they had lived on for more than 60,000 years. The National Apology, delivered in 2008, recognised Aboriginal Australians as “the oldest continuing culture in human history.” However, our Constitution remains silent on this matter, with no acknowledgement of Aboriginal Australians being the first people of this nation.

# RUN BY SURFERS FOR SURFERS

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





Left: Trish and Noel at their home.  
Above: One of Noel's wood carvings.  
Far left: Noel performing a smoking ceremony at Nura Gunya.

Credit: Dean Dampney, CloudFace Photography

But Noel's indignation about these issues doesn't impact on his determination to help make the future better for all Australians. "I've learned not to talk about the past. I am interested in the present, and how we can change the future. We live in the best place, in the best state, in the best country in the world," enthuses Noel. "What we have here in Australia is unique and we are losing diversity by not taking advantage of our rich food resources. Lots of other countries are interested in what we have here and we need to develop this before it's too late."

The relaxed atmosphere at Noel and Trish's learning centre, Nura Gunyu, attracts hundreds of visitors each year from both Australia and overseas. Many return a second time, wanting to know more about bush food. "Most people's diet is still limited to the same 100 or so European plant varieties introduced since white settlement, yet there are over 6000 edible plants growing naturally in this country. Food is our life and it comes from the earth," says Noel. "It's there for all of us."

Visitors to Nura Gunya not only experience a sample of delicious Australian native foods, and learn their origins, uses and seasonal availability, they also gain insight into the past to a time when Indigenous Australians hunted, gathered, stored and traded food in an ordered rhythmic cycle dictated by the seasons and cultural codes passed down from generation to generation. "Our culture belongs to all Australians," says Noel. "If you love this country, you should know the value of our resources and take responsibility for looking after the land. We are definitely seeing more young people wanting to know more about

Indigenous Culture and native foods. They want change and a more sustainable way of living".

Noel and Trish also take great delight in their work with children at several preschools across the district. Delivering a cultural education and language program for little Australians is providing the basis for expanding their knowledge about Indigenous heritage. The kids love learning the Dhurga words for different animals and they get to make and paint wooden cut-outs of the animals. "The kids choose some pretty wild colours, but they really enjoy it," laughs Noel.

Last year Noel provided cultural consultation for a classical music podcast project for children produced by the ABC titled *Music for the Dreaming*. The music, composed by Brenda Gifford and depicting Aboriginal stories about the changing seasons on the South Coast, was performed and recorded at the Sydney Opera House.

Committed to educating others and his own continued learning, Noel's knowledge of the rites, customs and ceremonies of Aboriginal Culture, handed down through stories told by the elders who preceded him, is representative of the connection and respect for the land he wants everyone to experience.

"I don't know everything, but what I have learned should be shared with others or it's of no use," he says. "I have a responsibility to share this knowledge and take care of the land. We will keep going for as long as people want to listen. Teaching and learning, that's our culture." [w](#)



**Serving Pablo & Rusty coffee and a seasonal menu  
with fresh, local produce from Claydon Park.**

Open 7 days, 6am-3pm. Shop 6/41 Wason St Milton. For bookings, catering and functions phone: 02 4455 3794 [Instagram](#) [Facebook](#)



## LET'S WALK

Credit: Paul Buckingham



### The Walk:

Milton Rainforest. Traditional Country of the Yuin People.

### Distance:

Approximately a 1.5km loop.

### Grade:

An easy walk.

### Getting There:

Entrance to rainforest walk is at the northern end of Church Street near Milton Pool.

### The Experience:

Follow the path around to the left at the back of the Public School and explore this delicate ecosystem of remnant sub-tropical rainforest. Enjoy the peace and quiet and pause to listen to the birds.

### Important:

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

*For weekly, guided walking in National Parks around Milton and Ulladulla, visit Facebook [f @2npamiltonbranch](#) for a full schedule.*



# Local Talent

JACINTA CARRUTHERS

Words by Terri Quinn

"My path has been following opportunities and seeing where they take me," says archaeologist Jacinta Carruthers, whose adventurous spirit has taken her from exploring the upper reaches of Burrill Lake as a child, to digging in the ancient cemeteries of Egypt.

Looking back, Jacinta remembers her interest being sparked by a really old book at her grandma's house on ancient history and science. "I used to flick through that book whenever I visited," she says. "I loved ancient history at high school too. Mrs Grant at St John's was a fabulous teacher and I fell in love with it."

After school Jacinta followed her passion and enrolled to study a Bachelor of Ancient History at Macquarie University. "I started with the classics, ancient Rome and Greece, but when I elected to do one unit on Egyptian Archaeology, I discovered what I really wanted to do."

The appeal of studying Bioarchaeology, for Jacinta,

was that it was more 'hands-on' and focused on the individuals. "It brings together a study of ancient human remains, (skeletal and soft tissues) and combines this with archaeological and historical evidence, so you get this really holistic view of the lives of ancient people," she explains.

In 2013, while completing her Honours year in Egyptian Archaeology, her supervisor, Associate Professor Yann Tristant, invited her to attend a joint expedition, with a French team, to Abu Rawash, a cemetery site about eight kilometres north of the famed pyramids of Giza in Egypt.

It was a return trip for Yann, who at the end of 2012 had discovered a funerary boat dated circa 2950 BC—the oldest boat ever found in Egypt. "I can't believe I was there to see such an impressive find," says Jacinta. "The wooden boat was about 20 feet long and buried at the end of the tomb. It's now housed in the new Grand Egyptian Museum in Cairo."

Digging out in the desert in June provided plenty of challenges for the team. They would start work at 5 am and finish at midday to avoid the searing



## HARVEST BAR

cocktails • craft beers  
wines • tapas • live music

Open 7 days from 12pm  
Available for hire - [@harveythetravellingbar](#)  
P. 02 4444 8757  
[theharvestbarmilton.com](#)

45-degree heat. Camping in tents, there was no running water and only generator power. “The shower is a bucket and the toilet is a bucket. You never fully get the sand off you!” says Jacinta.

Unfortunately, Jacinta’s dream trip to Egypt came to an abrupt end when mass demonstrations led to the military overthrow of the Egyptian government. A safe distance from the drama, Jacinta had a bird’s eye view of the political upheaval: “We were on this outcrop looking out over Cairo, with the pyramids in the background. The Egyptians were letting off flares and celebrating President Morsi stepping down but unfortunately it turned violent.” Subsequently the excavation site was shut down and the team had to leave.

Back home, Jacinta went on to attain a Masters in Museum and Heritage Studies from the University of Sydney. As part of her Masters she worked as an intern under Dr Melanie Pitkin, who curated the exhibition of mummies from the British Museum at The Powerhouse Museum in Sydney in 2016.

They developed a research project on the ethics of displaying human remains and surveyed people coming through the exhibition about their thoughts and feelings on the topic. Jacinta is now working on processing that information and publishing a report.

“I’m really interested in the whole debate and I struggle with it,” says Jacinta when asked her view on the ethical dilemma. “When you’re working with human remains you’re taking a very methodical and scientific approach to their excavation and analysis, but you’ll have this moment where you realise you’re the first person to touch this person in 5000 years. The last person who would have engaged with them would likely have been one of their loved ones. Your moral compass pulls on you, but for me I see the incredible benefits of studying these individuals. We can learn so much about them and about ourselves. Essentially we’re giving them a life through their death.”

Having completed six years of study with breaks for field trips in between, Jacinta now has three jobs that straddle both the academic and museum sectors. She’s an academic tutor of undergraduate Archaeology and Ancient History subjects at Macquarie, works as an educator at the Museum of Ancient Cultures and also

makes herself available as a research assistant for Yann and another mentor, Associate Professor Ronika Power, a Superstar of STEM (Science, Technology, Engineering and Mathematics) who advocates for young women pursuing careers in science.

During a second field trip with Yann last year to a necropolis at Dendara, 60 kilometres north of Luxor in Egypt, Jacinta gained more valuable knowledge in the area of Osteoarchaeology—estimating sex, age, stature, and identifying disease, trauma and occupational markers, through skeletal analysis. She studied an individual who had a broken clavicle, a bone she had broken as a child. “It makes you think about your own body and what skeletal markers you will leave behind!”

“... you’ll have this moment where you realise you’re the first person to touch this person in 5000 years.

One of the more confronting aspects of her work is studying the remains of young children. “When you’re working with adult skeletal remains you know they’ve had a life, but working with infants is always tough. But again it’s about humanising them, treating them with the utmost respect and finding out as much information about them as we can.”

Jacinta’s life is very different to many of her peers who have more traditional jobs and lifestyles, but she’s determined to continue to embrace every new opportunity and experience. “When I tell people I’m an archaeologist they often say, ‘I always wanted to do that when I was a kid.’ So it’s cool that I’m living lots of people’s childhood dreams!”

As to the future, a return trip to Egypt is a big goal but one that’s dependent on the political situation. “Yann always throws in ‘digs’ about a PhD,” says Jacinta, laughing at the pun, while conceding that further study is also on the cards.

Mum always encouraged me to work hard and do what I love. That had a huge impact on me, along with meeting people like Mrs Grant, Yann, Ronika and Melanie. I’ve had some really strong mentors. I want to get where they are one day.” **W**

## JUST MARRIED

The wedding of Genevieve and Joel at the Old Church in Milton on March 30th was an intimate celebration shared with family and close friends.



The rain held off as the couple exchanged vows beside the picture-perfect backdrop of the stonewall ruins.



As Gen and Joel were snapped strolling on the lawn, guests enjoyed French champagne and canapés in the garden.



The clear marquee was the setting for a delicious feast from the team at Small Town Catering (St Isidore).



It looked like a fairyland when the lights came on and the magic continued as Gen and Joel had their first dance as husband and wife. •

Credit: Alana Atkins Photography

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

@theoldchurch\_milton

@thewedding\_aisle



*Sarah Gabrielle*

CASUAL  
RESORT  
EVENING

Shop 2 The Gatehouse  
Cnr Myrtle St &  
61 Princes Hwy MILTON  
P. (02) 4454 5700  
OPEN 7 DAYS



## MICK RYAN FIG TREE

By Patrick Faulconer



If life has been a bit frantic lately, why not visit the Fig tree at Mick Ryan Park in Milton for an antidote.

Take a cuppa and linger in the shade of this magnificent arboreal cathedral. This is nature's church. Open all year and everyone is welcome!

Lie down and stare up at the canopy as it cools and reinvigorates. Take time to walk around every lateral branch. Be a kid again and bounce up and down on the springy branch. Run your hand along the bark.

This *Ficus Obliqua* or Small Leaved Fig is about 120 years old. At 45m across and 16m tall it has the ability to fruit all year providing feed for all manner of large birds and bats.

The tree stores 6107kg of carbon with a gross carbon sequestration of 10kg per year. Its structural value is estimated at \$83,470.

It is foolish, however, to price nature's beauty as it's irreplaceable. We must cherish and protect it. [W](#)



## Behind The Curtain

DI FALLOON

Words by Kendra Appleton

Coming from a long lineage of vaudeville turned theatre actors, Di Falloon was always going to be involved in show business. "Theatre is in my blood," she says.

Di's great grandfather John Fuller paved the way when he was headhunted for a show that brought him from his native England to Australia. While touring in New Zealand, he fell in love with Auckland and moved his family there. Together they put on shows using different surnames so as not to look like a family act.

The tradition of creative arts continued with the generations—Di's mother could sing, act and play piano and Di became involved in theatre while at school. Things took a big leap forward when she joined the University of Canterbury Drama Society and Dame Ngaio Marsh (a prolific crime writer and theatre director) took her under her wing. Acting as Marsh's assistant, Di learnt the ropes of directing and production and she remembers her mentor fondly.

After finishing university, Di began teaching and continued staging productions in New Zealand and Australia. Teaching at a disadvantaged school in Queensland saw Di put on one of her most memorable productions, *Zigga Zagga*. She managed to rope the boys from the rugby team into the play, in turn getting the whole school on board.

Moving to the South Coast in 2001, Di quickly took on several roles in the local community including running Tabula Rasa (now Escape ARTfest) and being appointed to the Arts Board of Shoalhaven City Council.

“Seeing people step outside their comfort zone is the most rewarding part of directing.”

In 2003 committee members of the Milton Follies approached Di to direct their all-age production of *Alice in Wonderland*. The production took off and is fondly remembered by all who were involved and who saw the play.

Over the years, Di has directed a total of 14 plays with the Milton Follies. Last year she came back after a hiatus and directed a play that was on her bucket list, *Calendar Girls* which was another huge success. Having introduced hundreds of young people to theatre, Di loves to watch them gain confidence, self-esteem and maturity under her guidance. "Seeing people step outside their comfort zone is the most rewarding part of directing," says Di. "I'd love to do a few more plays yet!" [W](#)

Don't miss the Milton Follies production of *Anything Goes Junior* at Milton Theatre May 31st to June 9th.



# MILTON THEATRE

DIVERSE PERFORMANCES FROM  
ROCK TO BLUES AND LIVE PLAYS

69 Princes Hwy, Milton  
Check out our gig guide at  
[www.miltontheatre.com.au](http://www.miltontheatre.com.au)  
Ticket Enquiries: Country Leather Milton  
P. 02 4455 3056



# Chloe Dadd

Words by Jen Quinn

Having supported Phil Jamieson with her solo show and warming the stage for Tash Sultana and Ocean Alley with The Zilzies, it's been a huge start to 2019 for the immensely talented Ulladulla export Chloe Dadd.

At just 19 years of age, the singer-songwriter has immersed herself in all things music, studying Audio Engineering and Sound Production at the JMC Academy, playing with two bands and honing her craft on the road with countless solo gigs.

Already an accomplished songwriter, Dadd's solo work displays guitar skills typically reserved for those with decades more experience. With a firm command of the loop pedal, her carefully crafted tones are the hallmark of a producer's ear. "I started guitar at nine," says Chloe. "It's crazy what can happen in a decade."

Her effortlessly melodic music should not disguise the hard work she puts in behind the scenes. "I'm always playing, making music on the bus, churning out ideas, and when I get home, I'll pick it up and work on it."

Aside from her solo pursuits, Chloe juggles her time with two bands. In regards to Ulladulla-based indie upstarts, FiKa, "We started that band in high school, writing music together and doing random gigs. We're all mates and we just keep playing together 'cause we love it."

Chloe also jumped on board with Wollongong-based The Zilzies midway through 2018 and has been collaborating with their slick brand of super tight indie pop. "They're lovely guys and great songwriters, I love collaborating with them and it's been a great way to expand my own songwriting."

When comparing her solo work to her band collaborations, Chloe says, "It's a different vibe and a lot more personal. I definitely take my time with it. It's really hard to get to a point where I can say stop, put it down, and be done with it."

“ I started guitar at nine,” says Chloe. “It’s crazy what can happen in a decade.”

The future looks bright for the Ulladulla star, with exciting things in store. "I'm just focusing on writing and producing as much as possible. I'm working on crafting my own sound and working on what I really want my music to sound like. I want to release something later this year. It's been two years since my last release so I'm excited to get some new music out." [W](#)

*Catch Chloe performing solo at Ryans Hotel in Thirroul on the 8th of June and at the Winter Wine Fest in Gerringong with The Zilzies on the 9th June.*



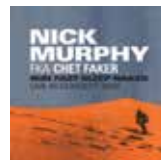
## WINTER ALBUMS



**Catfish and the Bottlemen**  
The Balance



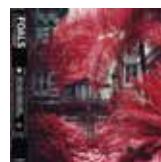
**Sticky Fingers**  
Yours To Keep



**Nick Murphy**  
Run Fast Sleep Naked



**Mac DeMarco**  
Here Comes The Cowboy



**Foals**  
Part 1 Everything Not Saved Will Be Lost [W](#)

FOR ALL YOUR  
BEER, WINE, SPIRIT  
AND CIDER NEEDS...  
COME IN AND SEE US TODAY

Mollymook Shopping Centre, Tallwood Ave, Mollymook  
Mon-Sat 9am-7pm and Sunday 10am-6pm • P 02 4454 2537  
[www.mollymookfinewinesandales.com.au](http://www.mollymookfinewinesandales.com.au) • [mollymook\\_fine\\_wines\\_and\\_ales](https://www.instagram.com/mollymook_fine_wines_and_ales)

**MOLLYMOOK**  
FINE WINES & ALES



# Natural Rhythm

Words by Chantel Pierce

Growing up on a farm in rural NSW I have been fortunate enough to live close to the land and in accordance to its natural rhythms and seasonal cycles. I believe that when we live in harmony with our magnificent Mother Earth, we begin to recognise, appreciate and honour her.

My life-long practice of yoga supports intuitive living and aligning with nature through its sister science, Ayurveda. Ayurveda looks at the whole human, which is not only body, but mind and spirit. Indigenous Australians have this same belief and understanding of connection to and healing from the land. As did the rishis (ancient yogis) who would dedicate years at a time to observing the land, all the creatures that inhabit it and the healing quality of time spent attuned to the natural law.

This belief is echoed through all three systems: Yoga, Ayurveda and Aboriginal teachings. My yoga teacher Katie Manitsas explains it like this: “Yoga, Ayurveda and Aboriginal spiritual teaching all honour the intuitive realm and suggest that if we become quiet enough within ourselves, through meditation and spending time living close to the earth, healing will take place.”

These teachings all believe in connection to a source and a deep interconnectedness and respect for all living things. “It’s a relationship of life for all humans,” says Budawang elder Noel Butler, when he explains the reciprocal relationship of gratitude with all living things and the need to uphold deep respect and spiritual connection to the land.

The South Coast lifestyle is one of the lucky few, that invites us to notice our natural environment and observe its changes. By living intuitively with our surroundings, we can sense the shift of season by witnessing the change in the land and the behaviours of its inhabitants.

When speaking with Noel about seasonal changes, he highlighted the lack of Bluebottles last summer due to the weaker northeast winds and the skink lizards still out soaking up the sun during the extended warm weather over Easter. These are both examples of animals living in tune with their natural surroundings, despite the calendar months suggesting that certain events such as hibernation should begin at the end of summer.

I encourage you to take note of the beauty and abundance of our South Coast backyard during seasonal shifts. When we take the time to stop, listen and look—we remember to reconnect and appreciate our environment, which encourages us to care for and protect her for future generations to come. [W](#)

## A TEA LOVERS PARADISE

Premium loose leaf tea • Award winning coffee  
Organic drinking chocolate • Teapots, mugs and accessories

Open 7 days: Mon to Fri 9am-5pm  
Sat 9am-4pm, Sun 10am-3pm

Shop 9/23 Wason St Milton NSW 2538  
P. 02 4455 6996

BUY  
ONLINE

[www.somethingsbrewing.com.au](http://www.somethingsbrewing.com.au)

MILTON  
SPECIALTY  
TEAS



## Peachy Keen

PEACH CAFÉ

Words by Eliza Ackland

Credit: @jingeranger

On the main road of Milton, just near the crossing you'll find Peach Café. With its walls painted a peachy hue and happy customers sipping coffee out the front, you'd be forgiven for thinking Peach Café has been a Milton institution for years.

After opening in November last year, Peach Café has well and truly settled in. It's the brainchild of sisters Jasmin and Amber Barry who, after a three-year stint working the café scene in Melbourne, returned to their roots on the South Coast to open a place of their own.

The interior is light and bright with enough indoor plants to double as a nursery. The vibe is relaxed and friendly with a young team powering the kitchen and front of house.

The menu serves the classics, but aims for something a little more adventurous and refined with a clear influence of middle eastern flavours. The Aussie breakfast staple of avo on toast is elevated with spiced feta, dukkah, sumac yoghurt and pickled beetroot. Pickles, chutneys and jams feature throughout the menu as head chef Amber has a knack for a homemade style of cooking.

Some of the eye-catching dishes include the saganaki and mushroom toastie with garlic mushrooms,

saganaki cheese, onion jam and spiced tomato relish topped with two fried eggs. Or, the mouth-watering slow cooked lamb that's marinated overnight and served up with pickled slaw, cucumber, aioli and garlic paprika fries.

There are plenty of options to quench your thirst too, from fresh smoothies to milkshakes and of course, coffee. These girls know their way around a cuppa, or a latte, or a long black, or even an infamous magic—a double ristretto topped up with milk in a tulip cup.

The beans hail from Melbourne roaster ST. ALi, a pioneer in speciality coffee that Jasmin and Amber knew had to be at the forefront of their café. Each coffee is made with care from freshly ground beans weighed to exactly 20 grams and extracted for 30 seconds to achieve the never bitter, rich, syrupy body. Peach Café uses the award-winning full cream milk from South Coast Dairy. It wouldn't be a Melbourne inspired café without at least three milk alternatives—they've got soy, almond and coconut.

With two powerhouse women at the helm, supported by a loving family, Peach Café is bound to keep your taste buds singing and your coffee cups full. Pop in to experience some peachy hospitality and tasty food prepared with love. •

Shop 7/97 Princes Highway Milton. P. 0458 093 623

@\_peachcoffee Peach W. peachcafemilton.com.au



STORYFEST

## CELEBRATING THE ART OF STORYTELLING



Storyfest is a three-day festival for the writer, the reader, the dreamer and the storyteller. The inaugural event runs from 21st to 23rd June with 24 Australian writers telling their stories at a range of venues across the Milton-Ulladulla area.

"Writers are coming from across this continent to tell their stories. Collectively, we will share the joy and passion of words and the tales we weave that make us uniquely Australian," says Festival Director Meredith Jaffé (pictured) on the eve of the festival.

Milton Theatre is the place to be on Friday night when bestselling crime writers Michael Robotham (*The Other Wife*), Candice Fox (*Gone by Midnight*) and Christian White (*The Nowhere Child*) celebrate the dark world of crime fiction.

And at one of Mollymook's favourite restaurants, Tallwood Eatery, authors Natasha Lester (*The French Photographer*) and Lauren Chater (*The Lace Weaver*) explore writing historical fiction with a modern resonance.

Saturday sees a special lunchtime event with Jane Caro, author of *Accidental Feminists* and the festival closes with a gala dinner at Cupitt's Winery on Saturday evening featuring a very special conversation with the iconic and beloved Maggie Beer AM.

For the film buffs, there will be a night in film at Milton Theatre featuring the award-winning short film *Sherbert Rosencrantz, You're Beautiful* followed by the new feature film *Animals* (starring Holliday Grainger and Alia Shawkat). [W](#)

Get your tickets now at [storyfest.com](http://storyfest.com)

## The bee's knees design

A creative hive specialising in graphic design, branding, websites, proofreading, copywriting and social media.

[thebeeskneesdesign.com.au](http://thebeeskneesdesign.com.au)



Storyfest  
INC.

21-23 June 2019  
Milton • Mollymook • Ulladulla

Visit [storyfest.com.au](http://storyfest.com.au)





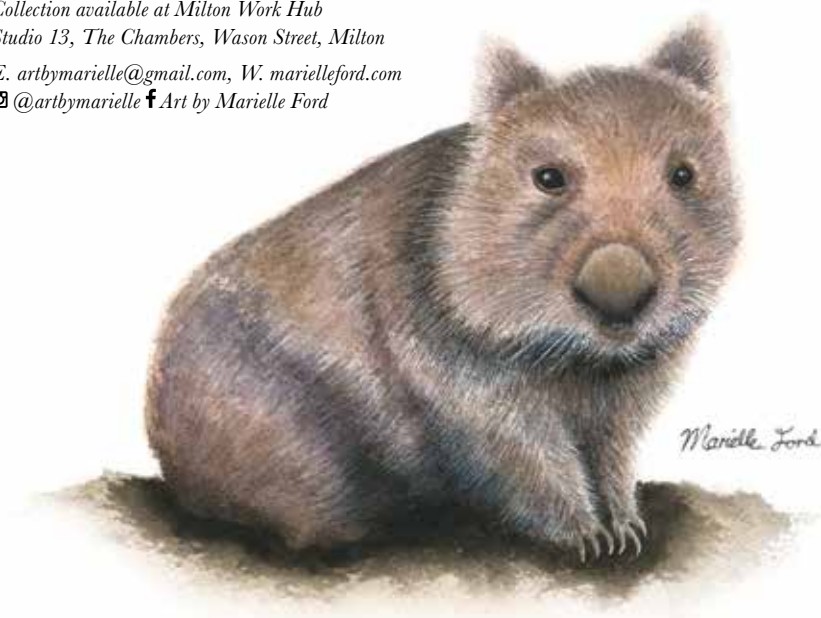
# In Awe Of Nature

BY MARIELLE FORD

Collection available at Milton Work Hub  
Studio 13, The Chambers, Wason Street, Milton

E. [artbymarielle@gmail.com](mailto:artbymarielle@gmail.com), W. [marielleford.com](http://marielleford.com)

Instagram: @artbymarielle Facebook: Art by Marielle Ford



## ONE TEAM FOR ALL YOUR REAL ESTATE NEEDS



CHRIS COFFEY  
PRINCIPAL / SALES  
0488 333 003



CATERINA LOCCISANO  
PROPERTY MANAGER  
0413 636 130



JULIE LANGLOIS  
SALES AGENT  
0422 122 977



KATIE KONRAD  
PROPERTY MANAGER  
0450 663 884



**ONE AGENCY**  
MOLLYMOOK • MILTON • ULLADULLA



# Mulling It Over

CUPITT'S WINERY

As the temperature drops, the desire to get cosy is on the rise. There's nothing like a glass of mulled wine to help you stay warm and toasty. The mixture of wine, spices, and fruit flavours drives back the cold, and it's a brilliant drink to enjoy all winter long.

Mulled wine has been enjoyed since ancient times when the Romans would heat wine to defend their bodies against the cold winter. Its classic warmth can be savoured on its own or if you're looking for an accompaniment, it's perfect with saltier varieties of cheese. Some suggestions would be a Cupitt's Flor Azul (Goat/Cow Blue Cheese) or the Milton Gold (Comté style cheese).

Tom Cupitt of Cupitt's has been perfecting his recipe over the years and he'd love to share it with you. His top tip is to create a beautiful base syrup by blending the sugar and spices before you add the bulk of the wine. This ensures you don't burn off all the alcohol and you get the desired warm and fuzzy feeling that this drink provides!

Cupitt's will be serving Mulled wine this Winter so drop by and enjoy a glass with a beautiful view.

If you'd like to make it at home, here is Tom's recipe.

## INGREDIENTS:

- 2 bottles of red wine of your choice
- Zest/peel and juice of 2 oranges (no pith)
- 100g brown sugar
- 30g castor sugar
- 1 cinnamon quill
- 2 cloves
- 2 star anise
- 1 pinch of freshly grated nutmeg
- 30ml muscat (optional)
- 30ml brandy/Grand Marnier/Cointreau
- 120ml Stones Ginger Wine

## METHOD:

1. In a large stainless steel pot add sugar, cinnamon, star anise, cloves, nutmeg, orange zest and juice, and enough wine to cover.
2. Simmer until the sugar is dissolved and then boil for 4-5 minutes to make a thick syrup.
3. Add the remaining wine, muscat, brandy and ginger wine and gently heat (not boil) for five minutes.
4. When it's warm and delicious, ladle it into glasses and serve.
5. Garnish with additional orange slices and cinnamon stick if desired. •



CUPITT'S BREWERY

## IN THE BREWERY



Despite the name, Barleywines are very much beers, made of sugars extracted from grains. They earned their 'wine' name because the alcohol level is much closer to what the average consumer would find in wine not a beer.

Barleywines originate from the UK, and can be traced back to the 18th century. Given the high alcohol content, they were traditionally, and often still are, aged in wood. Examples brewed to British traditions are typically less bitter and less strong than modern American Barleywine styles.

Barleywines hold a special place in the heart of Cupitt's Head Brewer Liam, because they demonstrate the richness and complexity that beer can carry. A well-cellaried Barleywine can develop flavours similar in character and intensity to a sherry—think dried fruit and subtle oxidative notes. They are a true sipping beer and the most majestic of all beer styles ... at least in Liam's opinion!

Cupitt Craft Brewers brewed a batch of Barleywine in July last year, and it is currently maturing in an oak barrel that formerly played host to Cab Sav in the winery. They say good things take time, and this big beer will see the light of day this coming winter.

Stay tuned via the socials to be the first to hear about the release! •

f @cupittcraftbrewers  
 @cupittcraftbrewers

Cupitt's Winery  
 58 Washburton Rd, Ulladulla  
 NSW 2539  
 P. 02 4455 7888  
 W. [www.cupitt.com.au](http://www.cupitt.com.au)

**HozackClisdell Lawyers**  
 legal & conveyancing practitioners



■ ■  
 We're a **local practice**  
 with extensive  
 experience in providing  
 a wide range of  
**general legal services**  
 to the **South Coast**  
 ■ ■

89 Princes Hwy, Ulladulla, P 02 4455 1566  
[www.hozackclisdell.com.au](http://www.hozackclisdell.com.au)

**arbor medic**

- Aesthetic pruning of trees to AS4347
- Delicate shrub care
- Any hedge trimmed or rejuvenated
- All tree removals • Stump grinding
- Mulching • Tree planting • Arborist reports

T: Patrick Faulconer 4455 6956  
 E: [arbmed@internode.on.net](mailto:arbmed@internode.on.net)



International Society of Arboriculture -  
 Certified Arborist No. UK/I 111.





# Freerider

HELEN SCHETTINI

*Words by Brett Bureher*

Born and raised in Kamloops, on the west coast of Canada, Helen Schettini basically took her first steps with a pair of skis underfoot. With the snow and mountains in her backyard, her first skiing experience came at the tender age of two.

*Make your own memories at*

# The Mook

*Book your stay at one of Mollymook's iconic original beach shacks*

P. 0421 911 508 • E. [mollymookholiday@gmail.com](mailto:mollymookholiday@gmail.com) • [@themook\\_mollymook](https://www.instagram.com/themook_mollymook)



Going against the grain of the times, Helen and her brother Dave traded skis for snowboards in their early teens. Drawn to the creative side of snowboarding, the lure of visualising and manufacturing your own lines in an exciting, natural and low-key fashion, sparked an internal desire that would eventually push Helen to become one of the most popular female backcountry riders in the sport.

"I moved to Whistler (the mecca for snow sports) at 17 and worked every job imaginable in the off-season to fund my winters." Starting out in competition, a spate of mishaps resulted in three consecutive broken legs and extended periods on the sidelines. "In contests, you are riding groomed jumps and half pipes, and it's all very icy. You're attempting pretty high-risk manoeuvres with very little variability for failing, so when you come up short or go too long, you're landing on hard ice from 30 feet up." The injuries swayed Helen to move into the freeriding/backcountry side of snowboarding, where her career really took off.

If you're wondering what freeriding snowboarding entails, feast your eyes on Helen's online TransWorld Snowboarding Video Part. It's a shortcut look into her bar-raising performances that ultimately manifested from years of hard work and dedication. "During the intense years of my career I would go all out, from November until May, every single day. Coordinating with filmmakers and photographers, watching weather maps to forecast the ideal riding spots and then performing. It was a solid 8-10 years of filming back to back."

It's a short window to remain relevant in any sport, and Helen was one of the fortunate ones who paved a big enough profile to not have to work a second job. "I'm so grateful for the sponsors and opportunities I have had." Inspired to push fluid, natural and innovative lines and disregard established blueprints of success, is essentially what contributed to her long tenure in the sport. The same formula would see her nominated for 'TransWorld Rookie of the Year' in 2011 and crowned runner up for 'Rider of the Year' in 2013.

Resembling the modern day Tinman, a broken humeral head, broken arm, compressed vertebrae

and three broken legs are some of the injuries she's sustained. "It's a risk versus reward career path, and the reward part has been insurmountable. I've been fortunate enough to travel the world and be paid to snowboard, but it does come at a cost for your body and mind."

Mentally tapping out of the sport before this past Northern Hemisphere winter, Helen found it hard to shift her psyche away from feeling obligated to push herself to film when the conditions allowed. "Even though I didn't want to, I would look outside and feel the urge to go and get the job done. Considering I'm financially comfortable and don't have to panic about my future career path, I still experienced a lot of anxiety and insomnia. The majority of professional athletes will need to transition at some point, and even though my situation is a perfect story, it was still a struggle."

Not one to complain, Helen is comfortable voicing the often unrecognised and avoided truths aligned with the mindsets of professional athletes. With the extra downtime in her current schedule, Helen is using the time to study an Introduction to Accounting course. "Whether I apply it to a career or if I simply use it for my day to day accounting every year, it's a skill we all use so why not learn more about it."

The next obvious question is—how does an elite snowboarder come to reside in Mollymook? Fortunately for Helen, her main sponsors, Spy sunglasses and Yes snowboards both promote and support her as a four seasons athlete and lifestyle ambassador, the perfect match for someone who now spends equal time in the ocean as she does in the mountains. "I absolutely love it here, the whole area has a sense of calm surrounding it and even with so few people, everyone is like-minded to enjoy quality of life over financial situation, which I appreciate so much."

Living with her local partner, enjoying the warm sunshine and waves, her new home away from home certainly has its drawbacks. With her deep love for the mountains of home and keeping things fresh, it looks as though the tug-of-war of seasons isn't stopping anytime soon. "I'll continue to live in multiple places over the world and I'm happy with that as a long term plan for now." <sup>W</sup>



## YOUR WELLBEING

Words by Amanda McDonald



### As Winter sets in some of us are dusting off the skis and boards and heading to the snow.

As physiotherapists we see skiers who complain of early fatigue, knee pain or discomfort, and stiffness after a day on the slopes. So ideally we recommend allowing six weeks of preparation, improving your aerobic fitness and specifically strengthening the leg, gluteal and core muscles.

Try these exercises and build up slowly.

- **Leg Strength:** With long periods of standing and squatting you need strong legs with good alignment. Sit with your back flat on the wall, legs shoulder width apart, knees aligned with second toe. Start with 15 seconds and gradually build up.
- **Balance:** Skiing requires a high level of balance and shock absorption when doing turns, moguls and landing jumps. Practice standing on one leg, gradually increasing the time and then try jumping side to side with legs together.
- **Bridging:** Lie on your back with feet apart. Roll up spine segment by segment with activation of your core and buttocks muscles. Lower slowly. Repeat 20 times.
- **Plank and side plank:** Challenges abdominal, oblique and spinal muscles. Start with 10 second holds and gradually work up as you get stronger.

Like all sports, prevention is key. Consult an allied health professional who can guide you into a safe and preventative exercise program. •

Body Align Physio, 1/85 Tallwood Ave, Mollymook Beach NSW 2539  
P. 02 4454 2309

E. admin@bodyalignphysio.com.au

Instagram @bodyalignphysio\_mollymook

M O C H O

**PART CAPE,  
PART HOODIE,  
PART TOWEL -  
MOCHO IS A PONCHO  
LIKE NO OTHER.**

Available exclusively online at  
[www.mocho.com.au](http://www.mocho.com.au)

Enter codeword "mochowhitewash"  
and receive a 10% discount.





## CHIT CHAT



That cover!! I've never seen snails look so stylish. Such a punchy shot. Great theme guys. [@kylstoneart](#)

Just had a read—looks great White Wash magazine, another top-notch issue!! [@nessie\\_noodle](#)

Congratulations on such a great publication and edition. Proud to be a part of it. [Kerry Vatovec](#)

I remember going to see Bruce and Janey for a bookmark each summer with my Pa—David Parry. Nan (Judy) worked opposite in the Sarah Claydon op-shop. [@mimokomim](#)

Was such a great read!! You guys do a really good job. It's interesting, it looks so well laid out, the design is great and the quality is top notch. So impressed—and it's free!! [@kate.wardner](#)

Another brilliant edition of White Wash. Thank you so much for all the amazing and hard work you do to get this magazine up each season. [Sarah Butler](#) [w](#)



# Travel Health

Words by Dr Katie Macartney

Winter is a time when many South Coast residents head to warmer climates either in Australia or overseas. Whatever your travel plans, visit your GP six to eight weeks prior to departure and be well prepared for your trip.

## MEDICATIONS

You need to check your scripts and medications are up to date. If you are travelling for more than a month ask your GP to mark the script for increased quantities to be dispensed by the pharmacy. Keep a record of your medications in your bag. A health summary (a print out of your medical conditions, medications, allergies and immunisations) is also helpful if you need to see a doctor when you're away.

## FIRST AID KIT

A basic first aid kit can be very handy, particularly when you're going to more remote locations. Tailor the kit to your trip, e.g. saline and dressings for a potential reef cut when surfing, a thermometer for kids, oral rehydration solution for most trips abroad.

## IMMUNISATIONS

The Fluvax is a worthwhile vaccine as influenza is highly contagious and could ruin your travel experience. There are some additional vaccines that

are sometimes necessary when travelling overseas. These include yellow fever, hepatitis, typhoid and tetanus. Take your itinerary to your GP for prescriptions and immunisations.

## MOSQUITOES

Malaria occurs in more than 100 countries worldwide and can be prevented by taking anti-malarial tablets prescribed by your GP. Other mosquito-borne diseases, including dengue fever and Ross River fever, can be prevented by using mosquito nets and strong insect repellent containing DEET.

## STAY HEALTHY ON YOUR TRIP

Aim to be as fit and healthy as possible prior to leaving. Build exercise into your trip—it will help burn off calories from extra food or drinks consumed! On a long road trip or flight make sure you are on your feet every one to two hours to maintain good circulation and prevent deep vein thrombosis.

## TRAVEL INSURANCE AND OTHER ISSUES

Seeking medical treatment overseas can be very expensive so travel insurance is essential. Your GP may also discuss information regarding safe eating and drinking practices, altitude sickness and safe sex practices, depending on your age group, trip and itinerary. [w](#)



# Hooker Ulladulla

## BUY | RENT | SELL | HOLIDAY

#nobody does it better

02 4455 1000 | [ulladulla.ljhooker.com.au](http://ulladulla.ljhooker.com.au)



## Hidden Gems

TIMELESS COSMETIC TATTOOING

They say that valuable gems are hidden in remote locations, and that's certainly the case with the dynamic duo, Tarnya and Lauren, at Timeless Cosmetic Tattooing, located in the tranquil gardens of the Milton Village Green.

Recognised in Australia and internationally, Tarnya has extensive experience in the cosmetic tattooing industry and has received multiple awards for her work and achievements. In 2016 she was the recipient of Best Advanced Cosmetic Tattoo Artist in Australia from the Association of Cosmetic Tattoo. Tarnya has also been a Master Trainer for the Australian Association of Cosmetic Tattoo National Conferences and APAN (Aesthetics Practitioners Advisory Network).

When looking to expand her business in 2018, Tarnya found the perfect candidate in Lauren and she took her under her wing. Lauren brought more than six years of beauty therapy experience to the team and is now building her own cosmetic tattoo clientele.

"The art of cosmetic tattooing is to replace or enhance features of the face that have been lost due to aging, sun exposure, hormones, illness and trauma," explains Tarnya. "We work with each client to create a balanced and symmetrical look that enhances their natural beauty."

When it comes to brows, Tarnya and Lauren use digital machines to deliver clean, crisp, consistent and longer lasting hairstrokes. "We use a tattoo machine rather than a hand tool with a blade (microblading) because the pigment placement is more consistent and even, the healing process is quicker and pigment retention is better."

With extensive knowledge in skin, colour theory and the science behind the art, Tarnya has a natural ability to use a tattoo machine to deliver high quality results. She travels extensively to keep up to date with trends, techniques and the newest technology.

As well as hairstroke, combination and powder brows, Tarnya is also highly sought after for her ability to deliver different styles of eyeliners and lip tattoo. There is a range of procedures on the treatment list at Timeless Cosmetic Tattooing including professional teeth whitening and special occasion makeup.

Tarnya and Lauren believe that listening to what their clients want is the key for outstanding results. "The desire for client satisfaction is the foundation of our business," says Tarnya. •

*Timeless Cosmetic Tattooing, 6/107 Princes Hwy, Milton  
Open Monday to Friday from 9am-5pm*

*P. 0414 660 848, E. [info@timelesscosmetictattooing.com](mailto:info@timelesscosmetictattooing.com)*

*W. [timelesscosmetictattooing.com](http://timelesscosmetictattooing.com)*

*Instagram and Facebook @Timeless Cosmetic Tattooing*



LOCAL RECIPE

## VEGAN LENTIL, CARROT AND CASHEW SOUP

From Treehouse Cafe



- 1 large brown onion
- 80g cashews
- 2tsp curry powder
- 750g carrot, grated
- 185g red lentils, rinsed
- 1.5 litre stock
- ½ bunch coriander
- Coconut cream
- Coconut flakes
- Maple syrup
- Dill fronds and parsley leaf to garnish

1. Sauté onion on low/medium heat until soft.
2. Add cashews and curry powder, stir for two minutes.
3. Add carrot and lentils.
4. Add enough stock to cover ingredients.
5. Bring to the boil, turn temperature to low and simmer until soft and tender, approx. 20 minutes.
6. Add coriander.
7. Blend with a stick blender.
8. Toss coconut flakes with some maple syrup and roast for three minutes or until golden.
9. Top with a little coconut cream, the roasted maple coconut flakes, and parsley and dill. [w](#)

## Your beauty is timeless with cosmetic tattooing

Cosmetics.  
Skincare  
& Perfume  
Stockists



Timeless Cosmetic Tattooing • 6/107 Princes Hwy, Milton • Open Mon to Fri from 9am-5pm • P. 0414 660 848

E. [info@timelesscosmetictattooing.com](mailto:info@timelesscosmetictattooing.com) • W. [timelesscosmetictattooing.com](http://timelesscosmetictattooing.com) • Instagram and Facebook @Timeless Cosmetic Tattooing



## IN THE GARDEN

### IN FRONT OF THE FIRE

Winter means hot baths and sipping red wine in front of the fire. We've got you covered with our seasoned firewood and outdoor fire pits.



### DECIDUOUS

It's that time of the year to pop in and peruse our large selection of deciduous, ornamental, fruit trees and roses at bare-rooted bargain prices.



### FOR COLOUR

Entice bees and birds into your garden with strikingly beautiful, flowering natives. We have loads in stock!



### VEGGIE PATCH

Don't forget to keep up with a power feed and mushroom compost to keep your winter crop thriving.



### TIPS

Now's the time to prune your deciduous trees and spray your stone fruit, at bud swell, with copper oxychloride to prevent leaf curl and fruit rot. •

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



# Makeover At Dolphin Point

Serena and Stephen Blakey were having trouble selling their cottage at Dolphin Point. After Selling Houses Australia did a makeover, the house sold in just six days. We spoke to Serena about the experience:

### TELL US ABOUT YOUR PROPERTY AT DOLPHIN POINT:

Stephen had always wanted to live at Dolphin Point as it's a bit tucked away. It was a small '60s house that had been added onto but we loved the community, the easy lifestyle and the ocean view.

### WHAT HAVE YOU ENJOYED MOST ABOUT IT?

We bought in 2003 and it's been amazing bringing up the kids here. You walk out the door and you're at the beach. The family loves surfing and it's close to great surf spots and lots of walking tracks. It's just effortless ... we're so lucky!

### WHY WASN'T THE HOUSE SELLING?

The house needed lots of bits and pieces of maintenance. We put it on the market at the end of 2017 and thought we'd have no trouble selling over Christmas but it was on the market for a year.

### HOW DID SHA GET INVOLVED?

I'm always watching Foxtel Lifestyle Channel and kept seeing 'If you have a house that just won't sell, apply for Season 12.' So I emailed and heard back within a week. We did a casting interview and that was it.

### WHAT ASPECTS OF THE HOUSE DID THE TEAM FOCUS ON?

We knew the house had lots of potential and the SHA designers carefully chose the most important changes. They laid new flooring, painted, revamped the lighting, installed blinds and shutters, enlarged and renovated the family bathroom, added more storage

## White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

## Put our summer cover on your wall!

We are now offering our summer  
cover bigger and better!

**\$45**

\* Digital file to print and frame







Left: The finished exterior of the house.  
Below from left: Cast members Charlie and Shaynna with home owners Serena and Stephen Blakey.  
Bottom: The living room after the makeover.



and partially renovated the kitchen. Outside they did a new driveway, stepping-stones and plantings. They paved the courtyard and added a fireplace and plants. Now there's a beautiful atrium in the middle of the house with more light coming in. They did so much!

#### HOW WERE THE TRADESPEOPLE?

SHA used local tradesmen and every single one of them worked so hard to get the renovation done. One morning we had 25 tradies on site—it felt like they did a month's work in three full-on days. The tiler had a very tedious job with the penny tiles!

#### WHAT WAS THE END RESULT?

The house looked amazing and we had so many people interested. The couple that bought it was just visiting the area that weekend, heard the hype and came along. They just fell in love with it. I'd like to thank Ben Pryde at Raine & Horne who was so considerate through the journey.

#### WHAT WAS THE EXPERIENCE LIKE?

The stars were really friendly and down to earth and the extended crew was so supportive. Andrew is exactly as he is on TV, Shayna is so knowledgeable and Charlie did a great job with the outdoor areas. They're a very organized and professional team and they talk you through the whole thing. Most of all it's been really good for us as a family. We all pitched in—my sons were even helping barrow concrete for the driveway! As we leave the house that we all loved we'll always have this memory. The experience was so worthwhile.

#### WHAT'S NEXT?

The kids have grown up and they're ready to do their own thing so it's time for a change. The new owners will love living here. The moon rises over the ocean and it's a very special place for so many reasons. [W](#)

*Stream Selling Houses Australia Season 12 on Foxtel.*



## NUTRITIONAL HEALTH

Words by Emily Dennis



**Coming into the cooler months I'd like to highlight a few key tips to harnessing a strong immune system and helping you stay well this winter:**

- **Anti-microbial foods:** Ginger, garlic, cinnamon and lemon juice help to fight off bacteria and support the gut microbiome balance and diversity.
- **Mucolytics (mucous clearing):** Pineapple contains bromelain a natural mucolytic that is also antimicrobial helping to fight off those bugs!
- **Sleep:** Set a regular evening routine and prioritise sleep for good health and healing. Turn off devices, pick your fave herbal tea and enjoy some meditation.
- **Avoid immune suppressants:** Minimise intake of alcohol and high sugar foods. Reduce stress.
- **Vitamin C:** Found in capsicum, broccoli, strawberries and oranges. Supports collagen, sinus health, airways and is a natural antihistamine.
- **Warming foods:** Soups and stews are ideal when you're under the weather.
- **Garlic:** A favourite! Antiviral and anti-microbial.

Emily is available for Clinical Nutrition Consultations and has a keen interest in immune, gastrointestinal and nervous system health. Get in touch on [info@empowerwellbeing.com.au](mailto:info@empowerwellbeing.com.au) •

*Emily Dennis: Clinical Nutritionist, Personal Trainer, Founder EMpower Wellbeing*  
Shop 2, The Pavilion 276 Green Street, Ulladulla NSW 2539

P. 02 4454 5602

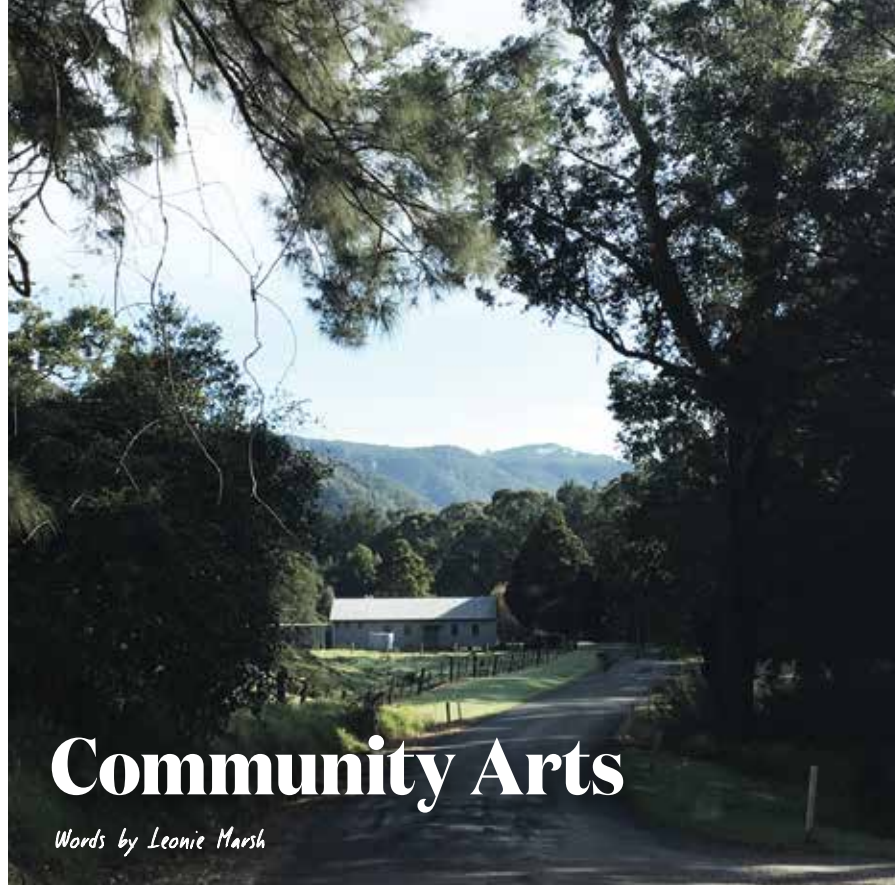
E. [info@empowerwellbeing.com.au](mailto:info@empowerwellbeing.com.au)

f @EMpower Wellbeing

**The Sunday Life**  
AWARD WINNING COFFEE • VINYL RECORDS • ULLADULLA PLAZA

AUSTRALIAN INTERNATIONAL COFFEE AWARDS SILVER 2019  
INTERNATIONAL COFFEE AWARDS BRONZE 2019





# Community Arts

Words by Leonie Marsh

Sarah Butler and her family embraced Upper Kangaroo Valley as their new home when they moved there from Sydney 15 years ago. With a background in theatre, and at that stage a new mother, Butler was unsure however, what she would do for work.

It wasn't until she laid eyes on a charming if rundown hall sitting proudly in a peaceful cleared thicket that Sarah knew she had found her calling. Officially named Upper Kangaroo River Community Hall but affectionately referred to as Upper River Hall, the building was erected in 1963 by the locals and served an important purpose in the community; hosting social events, meetings and dances through the decades.

At the time, neighbouring farmer Jack Sharman had kindly leased the land the hall was built on to the Upper River residents and

in 2006 his sons Keith and Harold generously gifted the title of the land to the community. The hall is one of only a few community owned halls in NSW and is completely self-supporting. Sarah, and a small team of friends and neighbours crowdfunded in order to restore the building to its former glory.

In 2015 Butler established the ARTSLab—a curated program and partnership between the Upper Kangaroo River Progress Association and Patron Ian Darling's local Shark Island Institute. The Shark Island Institute is a dynamic, philanthropic documentary production company disrupting the status quo and impact producing at an extraordinary level of quality and output (titles include *The Oasis*, *That Sugar Film*, *Frackman* and *Gaybe Baby*).

Now the Artistic Director of the ARTSLab and with a parallel role at the Shark Island Institute, Butler is a significant contributor to the arts on the South Coast. "This hall has a special place in the hearts of Kangaroo Valley

Because the hall belongs to the community, there is a symbiotic relationship between it and the locals.

locals," says Butler. "So many generations have held significant events or enjoyed community gatherings here, and still do. And now it is also a place for people to come together to see new art, new films and have conversations. It's important to the volunteers who keep it going that it always remains as a community space for Kangaroo Valley people, and a space for artists to develop and show their work."

The interior space of the hall itself is inspiring and has hosted art in many forms including theatre in the round, conversations, screenings, exhibitions and more recently a film shoot. Local resident screenwriter/director Victoria Wharfe McIntyre has just wrapped filming on her debut feature film *The Flood* with the hall re-dressed for the film's locations. The hall also served as HQ for the Art Department with locals volunteering their time and skills to contribute to the production. Victoria notes that the committee enthusiastically agreed to the five-day shoot, as it was a 'great artistic use of the space' while it also fulfilled McIntyre's wish to do something Kangaroo Valley focussed.

Because the hall belongs to the community, there is a symbiotic relationship between it and the locals. That special connection is palpable and fiercely protected by Butler and the committee. Audiences come from near and far to attend the ARTSLab program and it would be remiss not to mention the family of microbats that reside in the roof, delighting the crowd with an additional layer of interactive performance! The hall can seat 100 people comfortably for a film screening and has state of the art sound and lighting equipment. [W](#)

Events can be found on the ARTSLab website: [www.artslab.com.au](http://www.artslab.com.au) or visit [upperriverhall.com.au](http://upperriverhall.com.au)



PREFABRICATED HOMES

GRANNY FLATS

STUDIOS

HOME OFFICE

P. 02 4455 3853  
[www.jugoliving.com.au](http://www.jugoliving.com.au)



# JUN + JUL + AUG CHECK OUT WHAT'S ON!

1

## ANYTHING GOES JR AT MILTON THEATRE

Presented by Milton Follies.  
Six shows up until  
9 June. P. 02 4455 3056



8

## MILTON VILLAGE SHOWGROUND MARKETS

Saturday 8 June and every other  
first Saturday of the month.  
E. miltonvillagemarkets@gmail.com



8

## LIVE MUSIC AT BANNISTERS PAVILION

8 June for the long weekend.  
Visit [bannisters.com.au](http://bannisters.com.au)



14

## ASH GRUNWALD AT MILTON THEATRE

14 June at 8pm.  
P. 02 4455 3056 for tickets.



16

## TROY CASSAR DALEY AT MILTON THEATRE

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



21

## STORYFEST

21-23 June. P. 0413 525 200  
E. [info@storyfest.org.au](mailto:info@storyfest.org.au).  
Visit [storyfest.org.au](http://storyfest.org.au) for  
more event details.



29

## THE MAES WITH JOHN FLANAGAN AT MILTON THEATRE

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



CUPITT'S

## GROWERS MARKET

Held on the last Saturday  
of the month at Cupitt's  
Winery. P. 02 4455 7888  
E. [info@cupitt.com.au](mailto:info@cupitt.com.au)



13

## BUSH FOOD AND CULTURAL KNOWLEDGE WALK

With Noel Butler. 13 July  
from 9.30am-3.30pm.  
Visit [nuragunyu.com.au](http://nuragunyu.com.au)



19

## FELICITY URQUHART AND BRAD BUTCHER AT MILTON THEATRE

19 July 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.



26

## JEFF LANG AT MILTON THEATRE

26 July at 8pm.  
P. 02 4455 3056  
for tickets.



27

## COUNTRY LIVING

With Noel Butler. 27 July  
Visit [nuragunyu.com.au](http://nuragunyu.com.au)  
for more details.



3

## SOUTH COAST WEDDING FAIR

3-4 August. Visit  
[www.southcoastweddingfair.com](http://www.southcoastweddingfair.com)



## CHEF'S CHOICE AT TALLWOOD

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



3

## HEIN COOPER AT MILTON THEATRE

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



17

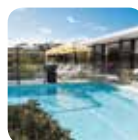
## WOODSTOCK 50TH ANNIVERSARY TOUR AT MILTON THEATRE

Featuring Damien Lovelock  
17 August at 8pm.  
P. 02 4455 3056



## SUNDAY SESSIONS AT BANNISTERS PAVILION ROOFTOP BAR

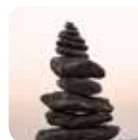
Every Sunday from  
3-6pm. \$6 drink specials  
from 3-7pm.



23

## SOUTH COAST SOUL FESTIVAL

Bewong River Retreat  
23-25 August  
P. 0452 066 069



**Raine&Horne**  
Mollymook/Milton

Ulladulla 4455 3800  
Milton 4454 1900  
[www.rh.com.au/ulladulla](http://www.rh.com.au/ulladulla)

Your local property specialist





## Discover 8 Art & Culture Trails

- Galleries • Public Art
- Heritage • Museums
- Events & Festivals
- Music & Performing Arts
- Workshops & Talks
- Craft & Artisan

Download  
your guide  
[shoalhaven.com/  
art-culture](https://shoalhaven.com/art-culture)

**Shoalhaven**  
SOUTH COAST - NSW

**shoalhaven.com**  
#artshoalhaven @visitshoalhaven