

ISSUE # 14

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White Wash

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**GLORY
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MAKING SOME NOISE!





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Food author Maggie Beer with chef Jake Warner at Cupitt's. Maggie was in town for Storyfest in June.



Meg Leslie with baby Margot and Elia Farina with baby Edie catching up for coffee at Peach Cafe in Milton.



Credit: Ninja Warrior

Cian Maciejewski from Rogue Fitness was a fierce competitor in Ninja Warrior recently.



The Winter issue of White Wash was holiday reading for Michelle McBride while in Candi Dasa, Bali.



Billy Riley lending a hand with picking the crop of broccolini at Claydon Park in Milton.



Carmel Timmins' granddaughter, Scarlett, enjoyed catching up with all the dogs at a family lunch.



L to R: Caroline Boland, Pauline Kates and Jen Chopping volunteered for Storyfest.



Storyfest director, Meredith Jaffe, interviewed social commentator and writer, Jane Caro, about her new book *Accidental Feminists*, at Milton Theatre.



White Wash editor, Virginia, is thrilled to announce the arrival of her twin granddaughters in June. Welcome to the world Polly and Harriet!

EDITORS' NOTE

Spring is here and we certainly have a spring in our step after the overwhelming response to our Winter cover story. We feel honoured that Noel Butler chose to share his story with us and congratulate him on his award for 'Outstanding Contribution to Reconciliation' at the regional NAIDOC Week celebrations.

Speaking of winners, Cupitt's won gold in food tourism at the 2019 Sydney Surrounds South and Southern NSW Regional Tourism Awards. Go team!

In this issue we feature the Glorious MUDsingers who brought tears to our eyes when we sat in on their rehearsal. Led by the inimitable Tina Broad and her husband Hamish, they bring joy whenever they raise their voices in song.

Ever feel like just hitting the road full-time? Well that's what Shannan and Mady Maciejewski have done with their little 'wandering tribe'. Read their heartwarming story in Two Way Street.


Whether you're hitting the road or staying put this Spring, kick off your shoes, settle in and enjoy Issue #14!

Virginia & Terri

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Spring Issue #14—September 2019

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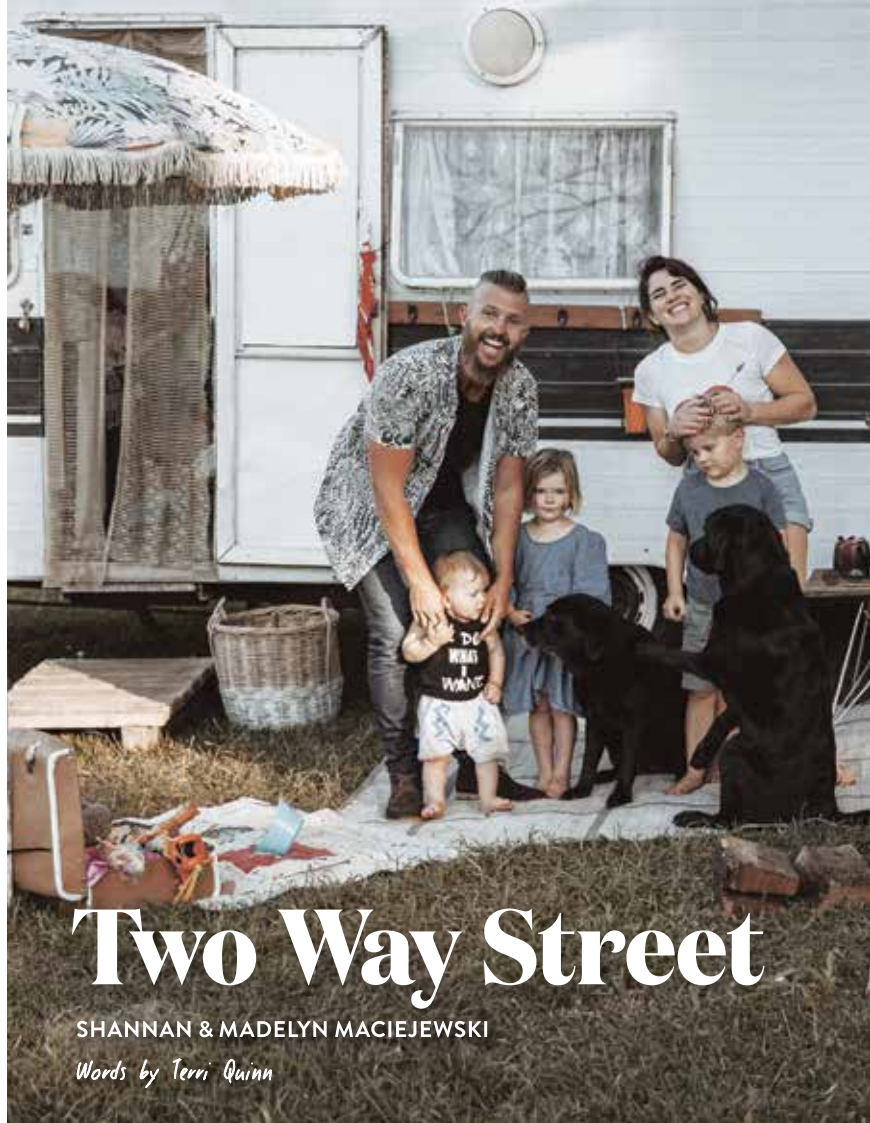
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Two Way Street

SHANNAN & MADELYN MACIEJEWSKI

Words by Terri Quinn

In May this year, Shannan Maciejewski was standing at Rennies Beach, Ulladulla, in the exact spot where 16 years earlier his life had changed dramatically. “The sunset on the beach was simply stunning, so calm, so colourful, such a contrast to that fateful day,” he says.

That was the day he lost his father, Norbert, who suffered a massive heart attack while they were surfing together. “All I remember was darkness. Cold weather, dark skies, big swell. Surfing next to my best friend, my dad. It will be with me forever.”

Shannan was left to race back to the family home nearby to break the terrible news to his mother and three sisters. “There’s a lot about that time that I don’t remember. I guess you block stuff out and that’s how you cope,” he reflects.

Grief-stricken, Shannan struggled on through his HSC year and was surprised when he managed to gain entry to university. As he mulled over his options he felt a strong desire to get away, so he accepted a place at Southern Cross University in Lismore to study a Bachelor of Exercise Science.

It wasn’t long before Shannan met Mady through mutual friends. Mady was raised in rural Fernleigh, near Byron Bay, and had enjoyed an idyllic childhood riding her horse to primary school where there were only four other kids in her year. The two were both dating other people when they first met but quickly became close friends.

When Shannan completed his degree, his first job was at a boutique gym in Byron Bay with a celebrity clientele. He watched, listened and learned and while researching the latest fitness trends overseas he felt driven to create his own business. At just 21 years of age, he launched Raw Fitness and Sports Training and was soon leasing his first commercial premises, defying the sceptics who doubted that someone new to the area and fresh out of uni could succeed.

While his main focus was strength and conditioning, Shannan’s collaborative approach saw Raw hosting international health and fitness professionals at workshops and seminars. He also began working with local sports teams and was eventually coaching Australian soccer athletes, NSW indoor soccer teams and professional surfers on both the physical and psychological aspects of elite sport.

Meanwhile, Mady and Shannan were now a couple, building their relationship at the same time as they were working together to build the business. Mady, a qualified beautician, supported Shannan behind the scenes in an administrative



Credit: Dilott-Hoysem

role but eventually incorporated her beauty treatments into the business, offering makeovers as a reward for clients achieving their fitness goals.

Raw was making its mark on the North Coast fitness scene. The couple hired more staff—therapists and coaches—and Shannan became sought after as a motivational speaker. Invited back to his alma mater, he thrived on the opportunity to mentor young Exercise Science graduates about their future options.

“We’re healthy, happy and we have a roof over our heads. That’s all we need. Each day of our time together is celebrated well.”

There’s no doubt Shannan’s passion for fitness, coaching, and mentoring others, was influenced by his dad. Norbert had coached his children’s soccer teams in Ulladulla with Shannan’s sisters, Cian and Jenna, both progressing to play soccer at a national level. He was also the strength and conditioning coach for the female Wollongong Wolves in the ‘90s and tutored senior students privately in maths and physics.

“From a young age I saw the impact you can have on someone’s life,” says Shannan. “I always remember the time dad became teary when he received a call from a kid who had achieved a personal best time in his 100-metre race at Little Athletics. At his funeral service, one of his students told me he had been like a dad to him.”

Shannan and Mady were married in 2013 and while honeymooning in Hawaii Mady discovered she was pregnant. Sebastian was born at Lismore Base Hospital and the couple was over the moon. “I always

wanted to be a dad,” says Shannan, “and Mady was a perfect mother from the start.”

By the time their second child arrived, Violet, the long hours at work were taking a toll. “Sometimes Shan would only see the kids to kiss them goodnight,” says Mady. After 12 years of building the business, Shannan started to wonder if there was another way to share his knowledge that would allow him a better work-life balance.

The decision to sell Raw was an emotional one. In 2017 the couple sold the physical side of the business but Shannan continued with speaking engagements, writing articles and working online with people around the world in the fitness industry.

The day after they sold the gym, the family left Byron Bay for a driving holiday through NSW, Victoria and Queensland, before renting a house on the Sunshine Coast for six months. The house was spacious but with Seb and Violet born only 20 months apart, the little family felt drawn to be close to each other. “We were in this big house but living in one room,” says Mady. “It seemed a natural thing that we all wanted to be together.”

They returned to Milton last year and welcomed baby Theo to the clan. The family unit had grown to five but they still had the inclination to downsize. With a love of all things vintage, they purchased an old Franklin caravan with the idea of restoring it while doing more travelling.

When Theo was only five weeks old, the family hit the road with their two dogs and the few possessions they deemed necessary. The rest, they either sold or gave away. “It was a leap of faith,” laughs Mady, “but we’ve always liked it a little bit crazy!”

As they explored the beauty of Australia away from the east coast, the couple revelled in spending precious time as a family, while also connecting with other young families on the road. “We’ve met some beautiful humans,” says Mady. “It’s been a joy.”

Mady has also tapped into a long forgotten talent. As a child, she used to draw her favourite horse for her mum and now she’s picked up the sketchpad again. “I’ve discovered more about me and my capabilities,” she says. “Packing up and going on the road has allowed me the space to be creative.”

After nine months travelling, the family returned to Ulladulla in May for Shannan’s sister’s wedding. The visit also coincided with the anniversary of Norbert’s death and Shannan decided to mark it at Rennies Beach. It was a cathartic experience and one that helped him gain a new perspective on the tragedy.

“In a strange way, I now see dad’s passing as a blessing. Losing him taught me that time is precious. This time with my kids allows me to pass on the lessons my father passed on to me and I’m grateful for that.”

As the wandering tribe pack up the caravan for the next leg of their journey, Mady says, “We’re healthy, happy and we have a roof over our heads. That’s all we need. Each day of our time together is celebrated well.” **W**

IN THE BOOKSHOP



GOOD GIRL BAD GIRL

By Michael Robotham

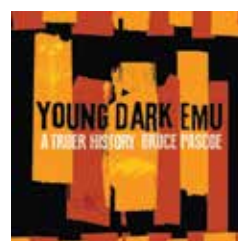
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By Trent Dalton

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YOUNG DARK EMU: A TRUER HISTORY

By Bruce Pascoe

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GLORY BE!

THE MUDSINGERS ARE
MAKING SOME NOISE!

WORDS BY VIRGINIA CONNOR
PHOTOS BY DEAN DAMPNEY



It's late May and some long-awaited cold weather has kicked in with an icy wind blowing from the south-west. At 5.15 on a Wednesday evening, it's already dark and only 12 degrees. Surely not many people will be venturing out to the local CWA hall for choir practice ...

Cars start to park in the quiet streets around the hall and small groups of well rugged-up pedestrians are ambling towards the old wooden structure. Once inside, there are happy greetings, jokes shared, hugs exchanged and discarding of overcoats. There is a very surprising number of people here, and they keep coming. By 5.30 more than 70 members of the Glorious MUDsingers have arrived and form self-directed sub groups, according to their vocal range. What presents at first to be a haphazard group of congenial country residents becomes a semi-circular structure with one of the groups (the altos) spontaneously bursting into song. The other groups—bass section, sopranos and tenors—take their cue and within a few bars every person gathered is singing, on key and pitch perfect. Harmony fills the hall, and that's just the warm up!

The Milton Ulladulla District singers, known as the Muddies, formed in 2006 after local music enthusiast Tina Broad invited a cappella expert Tony Backhouse to run a workshop in Ulladulla. Tina had been involved with the Sydney a cappella association prior to moving to Mollymook and admired Tony, the founder of the Sydney based choir Cafe at the Gate of Salvation and his vast knowledge of African-American gospel music. A cappella translates from the Italian 'in the manner of the chapel', and is singing unaccompanied by musical instruments. Despite the religious origins of this style, the MUDsingers are a secular group, with no affiliation to a particular church or faith. Following the success of the workshop, the 30 attendees decided they wanted to continue singing and Tina was tasked with leading the new choir.

Tina says she feels inherently musical. "As a child, I was lucky enough to be surrounded by music and singing and I've always harmonised." Although Tina's formal music training stopped when she finished school, she has continued learning through workshops, travel and her career choices.

Around the time the MUDsingers formed, Tina was working for Music Australia, promoting the benefits of music in schools and community settings such as nursing homes. She and husband, Hamish Richardson, saw the establishment of the MUDsingers, and their role within the choir, as an opportunity to promote musical activity "in their own backyard", as well as enhance the strong sense of community they felt was already established in the district. "It was a coming together of our interests and feelings about the community. We love living here and the choir enriches this," says Tina.

Word spread and others soon joined the choir. There are no auditions. Interested potential choir members turn up at one of the weekly practice sessions and decide if they wish to join. Tina insists that most people can sing. "There was a time when almost every Australian household had a piano and singing was part of our culture. It's just not modelled anymore," she says. ►



Credit: Dean Dampney, CloudFace Image Solutions

Tina Broad leads the Glorious MUDsingers in rehearsal.

The choir members learn through looking and listening. There is no sheet music, no accompaniment and no lyric sheets. Tina sings a few bars of a new song and the group sings it back. Tina explains, “It’s just us and our voices. We are in the service of the song, and of each other.”

Singing in a group has social, emotional and physiological benefits that are well documented. Heart rates synchronise, blood pressure is lowered and there is a decrease in stress and anxiety levels. Music exercises the brain and neural pathways can be formed and repaired. Endorphins are released and there is emerging evidence of choir singing having positive impacts on cortisol levels and increased immunity in participants. More importantly, choristers say it makes them feel good and fosters increased social wellbeing.

Being a MUDsinger is about commitment. This may be an amateur singing group but the standard aspired to is one of excellence. “Our commitment is to be the best we can be. Singing is fun, and it’s more fun the better we are!” says Tina. “Every member is reliant on the voice of the other members. There is no individual judgement—the stronger voices carry the weak and it’s about making space for everyone.”

This commitment to each other is demonstrated every Wednesday night by the attendance at practice sessions. All eyes are on Tina as she spins, stomps, glides and shimmies around the room, providing instruction and encouragement. Many of her signals are big messages with precise arm or hand gestures, others are more subtle—an eyebrow raised or a certain twist of her lips—all delivered while she sings with style and

awesome clarity. Tina sets performance goals and the choir meets those goals. Of course, the group has no difficulty maintaining their focus on Tina. She is a consummate performer and amazingly charismatic, and they want to get it right!

Getting it right is what the MUDsingers do. Goosebumps are standard for audiences and tears are not uncommon. Human voices raised in harmony are prone to move even the most hardened soul. Apart from the wonderful sound, there is a distinct feeling of joy, even love, emanating from this group of mostly middle-aged men and women, who meet each week and become something more. The choir’s repertoire of gospel music has roots in the early African-American slave traditions. It is from these traditions that much of our modern music genres, including rock and roll, rhythm and blues, soul, and country music have evolved. The early music of black Americans has strong associations with many aspects of social change, including the civil rights movement. There is an inherent sense of humanity in the music that evokes emotions even in those not spiritually inclined. “We don’t just sing gospel, but we prefer music that has a higher intention,” Tina laughs. In 2014, Tina embarked on a gospel tour of America and she appreciates the power of this music.

Milton resident Sandy Aureli joined the MUDsingers shortly after settling in the area in 2009. She has always loved singing and was a member of her school choir as a child in England. Sandy started her working life as a primary school teacher and recalls being inspired by a music teacher who had formed a choir at the school where she worked.

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Sarah Butler.



FEATURE

Choir members sharing the joy.

“Not only did the children sing beautifully, they were smiling!” Sandy remembers.

A neighbour told Sandy about the MUDsingers and she went along one night. “I thought I should watch and talk to Tina about whether or not I could become a member but when I arrived, I could see the idea is to just ‘join in’ ... so I did,” Sandy says. “Tina works the group, rather than individuals. I like to think of us as a musical instrument and Tina knows how to get the best sounds out of the instrument! Being a member of the MUDsingers is fantastic. It’s not social—we are working when we go to practice. We have a shared purpose and it’s very cohesive.” Sandy dismisses any suggestion of competitiveness within the group. “If someone has a great voice, we are just so happy that they are in our group and it benefits the whole choir,” she says. “I just love it.”

“We are in the service of the song, and of each other.”

There is some time given to social activity. Following practice, most of the group retire to a local bar to restore their well-exercised throats with a few beverages. Usually the evening ends the way it began—with some spontaneous singing, much to the delight and surprise of the other patrons, especially visitors to the area unfamiliar with the midweek harmonies.

Local and international charities also benefit from the efforts of this group of crooners. The MUDsingers hold an annual black tie concert at Milton Theatre and have raised more than \$100,000 dollars for charity

in the last decade. “The show is a performance goal for us and gives us an opportunity to show our family and friends what we have been working on every Wednesday night,” says Tina. The night is a local highlight and is always a sell-out.

In 2017, the MUDsingers visited Fiji and raised money for defibrillators that have proved life-saving. In July this year 57 members of the choir toured Samoa. “The trip was amazing. We did three workshops with local village and church choirs and we sang at the Catholic cathedral in the capital, Apia,” enthuses Dick Shaw, who has sung with the choir for eight years.

As part of their preparation for the trip, the choir learned a song of thanks in Samoan, called Fa’afetai, written by Tony Backhouse in collaboration with a local elder—and Dick reports that their Samoan hosts were very impressed. The group took much-needed sporting equipment to the islands as well as 12 walking frames and two wheelchairs to assist with patient care at a local nursing home. “The trip was a real cultural exchange and we certainly got a lot out of it, they taught us so much,” says Dick, who has long-term friends in Samoa. “They are still talking about it over there—especially our Samoan song!”

The MUDsingers make more than great music, they generate joy. Their shared commitment, talents and purpose, coupled with the competence of visionary leadership, produces something that transcends the songs. Bring on the goosebumps!

The MUDsingers are glorious. [w](#)



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Local Talent

RUBY BOLAND

At 23, Ruby Boland is building a strong reputation as a live music photographer with an Instagram following to match. She spoke to White Wash about her work:

TELL US A BIT ABOUT YOUR BACKGROUND

I've always loved photography and music. Growing up, my parents always had music playing in the house. I studied Music and Visual Arts at Ulladulla High and used my photographs for my HSC major work.

HOW DID YOU GET STARTED?

I started going to gigs at 11 and took my 'point and shoot' camera. Then I discovered it was an actual job that you could do, so I decided to try to get into it! At 15 I started going to smaller shows in Sydney and taking my camera. I began meeting people and making connections. I found out how to shoot for online music websites and blogs, then they emailed promoters and managers to gain an access pass for me to shoot from the front.

WHO DO YOU SHOOT FOR NOW?

I shoot for websites Best Before, AAA Backstage and Culture Eater. I mostly work with local South Coast bands like FiKa in Wollongong.

WHAT GEAR DO YOU USE?

I have two cameras—a DSLR Canon 60D and I recently upgraded to a Canon 5D Mark 3. The new camera is a beast and there's no limit to what I can do! My editing software is Lightroom, where I create presets to edit with. I love working with split toning. It adds colour to the highlights and the shadows.

WHAT'S THE KEY TO THE WINNING SHOT?

I used to keep clicking and shoot everything but I've learnt to wait for the moment. You have to read the stage and read the vibe. If the artist is going to come down to interact with the audience you need to get out of the way! I've shot Gang Of Youths multiple times so I can tell what's coming next ... but there are always surprises in a live show!



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Main: Florence Welch, from Florence and the Machine, performing live at The Domain in Sydney on January 26th.
Top Right: Dave Le'aupepe from Gang Of Youths.
Bottom Right: Ruby Boland.



TELL US ABOUT CAPTURING THAT AMAZING SHOT OF FLORENCE WELCH.

It was a stressful day and I nearly didn't get there. It was 40 degrees and my car overheated on Mt Ousley. A friend gave me a lift to the train and I ran all the way to the Domain. I made it just in time to collect my pass. The other photographers gathered in the middle but I went to the side 'cos I knew she would run. She had this light that followed her and it just happened to all line up. You know when you've got the shot and I just knew that was the one. It got 2000 Instagram likes. I've never had so much interaction on a post! Her pianist liked and commented too, which was really cool.

DO YOU HAVE ANY OTHER FAVOURITE ARTISTS THAT YOU LOVE TO SHOOT?

Jack River is really good to shoot, as her stage show is always so colourful. I've also shot Paul Kelly. I love Gang of Youths—their first album is one of my favourites of all time. Twenty One Pilots are so much fun and they're different every time.

WHAT'S YOUR FAVOURITE MUSICAL GENRE?

At High School I was into punk and heavy rock, but now I love everything and it changes as I shoot more artists. I used to think electronic music sucked then I shot Field Day in 2105 and it was so much fun. It changed my opinion and now I love it.

IS THERE A DOWN-SIDE?

It's a hard industry and it's taken a long time to learn how to do it properly, but starting so young has helped a lot. Sometimes bands will hire one of the boys, but I try not to worry about that. It can't just be about who you know, you have to have the talent to back it up.

WHAT'S NEXT?

I've had a few enquiries from bigger bands and I have my fingers crossed. I've done a mini-tour with Clove from Melbourne where I just jumped in the van. My ultimate would be to go on tour with a band and shoot behind the scenes as well as the performance. I'd like to work with more bands and artists directly and be on the photo team for a major festival. [W](#)

 THE OLD CHURCH
AT MILTON

JUST MARRIED

Lucey normally organises other people's weddings but on the 17th May it was her turn as she wed the love of her life, Adam, at the Old Church in Milton.



Surrounded by their nearest and dearest, Adam and Lucey stood under spectacular autumn foliage to be wed by Ebony Millard.



Stunning table settings and beautiful blooms from Gypsy Carmen adorned the locally made, wooden tables in the marquee.



Lucey's girl posse of close friends made a picture perfect bridal team on a stunning autumn day at the Old Church.



Shafts of fading sunlight provided a magical backdrop as the newlyweds strolled in the picturesque grounds after the ceremony. •

Credit: Dean Dampney, CloudFace Image Solutions

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Crooked Colours

Words by Jem Quinn

Perth trio, Crooked Colours made a splash in 2017 with their debut album *Vera*. A tasty slice of indie electronica, the crew quickly caught the attention of those in the know, with their melodic tones and tight production. Fast forward to 2019, and the band have dropped their sophomore LP, *Langata*. A matured mosaic of electronic textures, the album is testimony to the band's growth and dedication to their craft. Blazing the trail both home and abroad, Crooked Colours have been quickly cementing their reputation as a standout live act with a dedicated and ballooning fan base.

Growing up just south of Perth, self-confessed synth enthusiast Leon De Baughn explained the genesis of the band. "We're from Mandurah, I was

doing a fair bit of DJing at the time and playing around with synths. I met Phil (Slabber—guitar/vox) through mutual friends. He was a singer-songwriter doing gigs around town and making his own music. We got chatting and we decided to record some stuff. Liam (Merrett-Park—drums), was recommended to us by friends and that's how he joined the band. Fortunately for us, we all got along really well."

The album, as the artwork suggests, is a psychedelic kaleidoscope rich in textures and tones and definitely a progression from *Vera*. When it comes to the band's propensity to evolve, "We're always using new instruments and synths and trying to create new sounds," he said. "And we're hoping the next album will be the same."

Crisp and polished production has been a hallmark of Crooked Colours' output since the very beginning. "We like to do all the production in-house," Leon said when asked about the production process. "Everything we have picked up in the studio has been self-taught and for anything we



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MOLLYMOOK
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Left to Right:
Phil Slabber, Leon De Baughn
and Liam Merrett-Park

don't know there's an online tutorial."

Named after a town in Kenya, the album title *Langata*, is more than just a namesake. Heavily inspired by their travels abroad, the band wears their international influences on their sleeve and the worldly flavours are carefully woven into their sound throughout the album. "A lot of the themes from the album were inspired by our travels, particularly our trip to Africa. We like to write while we are on the road, it definitely helps get the creative juices flowing." Littered with eclectic and foreign samples and vocal grabs, the band sample a New Caledonian school choir on the album opener, *I'll Be There*, to brilliant effect. The intercontinental themes clearly resonated with fans and saw the album take a perch

as the Number 1 dance album on the Aria Chart after its release.

When asked about the band's early influences, De Baughn cited the explosion of indie dance, particularly of the Australian variety, from labels like Modular and Sweat It Out in the noughties. "Bands like Cut Copy and The Presets were huge," he said. The inclusion of Ladyhawke on *'Never Dance Alone'* is an obvious tip of the cap to a darling of that scene and it would appear that the band are a perfect fit on the Sweat It Out label amongst other Aussie dance legends such as Anna Lunoe, Rufus Du Sol and What So Not.

“ The album, as the artwork suggests, is a psychedelic kaleidoscope rich in textures and tones.

With a hectic tour schedule jam-packed with club shows and festival slots, it would be easy to assume that the band's days are spent soaking up the North American summer, however, they are doing anything but. "We've still been busy writing, here in LA, between our shows," Leon said. "We're working on new material for the next album. It's good to get the jump on it while no one is expecting anything of us just yet."

When chatting about their North America shows Leon said, "The reception over here has been unbelievable. We've toured here before but it definitely feels like we have got some momentum now and the festivals are insane!" With a turnout of 90,000 people at Bonnaroo, it's hard to argue. With a dance-friendly sound, well suited to big rooms and festival vibes, their success is no surprise. It has allowed them to share the bill with juggernauts such as Childish Gambino, Post Malone and Odesza, as well Aussie compatriots Rolling Blackouts Coastal Fever and Courtney Barnett at festivals like Bonnaroo, Electric Forest and Firefly.

The band will continue their assault stateside for the next few months, with a stack more festival and club shows, before returning to home soil for the Australian summer. Catch Crooked Colours heading up The Grass Is Greener Festival, Grapevine Gathering and Falls Festival. [W](#)

MUSIC

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LET'S WALK

Credit: Paul Buckingham



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Dogs on a leash are allowed.
The track is wheelchair
friendly. Remember a hat,
water and sunscreen. [W](#)

*For weekly, guided walking in
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[f @npamiltonbranch](#) for a full
schedule.*



Credit: Dean Dampney, CloudFace Image Solutions

The Court Of Public Opinion

MOKK TRIAL

MOKK Trial, a local tech startup founded by South Coast entrepreneur Blake McKenzie in 2017 and backed by local businessman Chris Beasley, is the world's first mobile social dispute resolution app.

Blake McKenzie has had a varied career running several companies and working in hospitality here on the South Coast. He's also penned a children's book. It was his creativity and interest in how humans interact that led him to produce something truly unique. "I see a world where people love to judge others. Careers are torn apart, relationships break down, friends stop speaking," he explains.

"MOKK Trial is about offering a platform for two parties in conflict to submit their sides of an argument via a mobile interface and be anonymously judged in an online courtroom. It's too easy nowadays for things to get personal and I think MOKK Trial can help in some way."

There are a variety of situations where MOKK Trial could play moderator, such as the 'friendly pub argument', a boredom killer on a commute to work or a neighbourhood dispute resolution platform.

Users outline their case via text and can submit photos or documents as evidence, and even summon a friend as a witness who is likely to support their

version. Witnesses then submit their own evidence before the argument is sent out to relevant MOKK Trial users to accept an invitation to become 'judge' on the case. If the 'verdict' handed down is appealed, the case is then sent out to a jury pool of users based on their pre-set interest categories. The first 12 to accept the invitation become the 'jury' who then pass judgement.

The MOKK Trial app was launched locally last month via the App Store and Google Play accompanied by a local Facebook, billboard, and word of mouth campaign. In October this year the founders will travel to the US to meet Silicon Valley venture capitalists for funding to increase the app's technical capabilities.

MOKK Trial removes the need for costly litigation for minor conflict and solves the world's oldest problem: who wins the argument? It gives the world a fast, easy, and fun process to resolve conflict.

The platform is purely social and in no way legally binding. It aims to create a safe forum for open discussion and dispute resolution. Users must be a minimum of 13 years old and agree to the terms of use and privacy policy. •

*MOKK trial can be downloaded via The App Store
or Google Play*

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Wedding Season

MOLLYMOOK BEACHSIDE WEDDINGS

Wedding Planners
Amelia McAlister and
Beth Nicholson.

Mollymook Beach is our jewel in the crown here on the magnificent NSW south coast and it's also home to Mollymook Golf Club. Not only renowned for its Beachside Bistro, two bars, Beachside Cafe, live entertainment and that "million-dollar view," the Golf Club is also an extraordinary place providing a breathtaking beachside location for weddings and events.

As September 1st heralds the start of Spring, it also marks the start of the wedding season and Mollymook Beachside Weddings, located in the Ocean View Room downstairs at the Golf Club, is one of the regions most highly sought after venues for couples looking for the perfect place to say "I DO!"

With a stunning ocean backdrop, spectacular food and five-star service, the venue boasts an award-winning team of wedding planners, including Beth and Amelia. These two are perfectionists and highly respected in the wedding industry for their talent, attention to detail and the personal touch they bring to every wedding. Creating a magical environment of love and lifelong memories for couples and their loved ones is one of this team's driving passions.

One such couple, David and Chanel Harriott, were married at Mollymook Beachside Weddings and were

thrilled with their special day. "We had our wedding at this beautiful venue and could not be happier, we wish we could do it all over again!" says Chanel. "From the day we booked, the wedding team went above and beyond to make sure every single detail was perfect! I can't find the words to thank the girls enough and we would highly recommend Mollymook Beachside Weddings to anyone wanting to get married."

Mollymook Beachside Weddings take enormous pride in what they do and understand what an honour and privilege it is to share in one of the most important days of your life. Whether you are planning an intimate ceremony or a larger celebration, they offer a range of packages that are tailored to suit every taste, style and budget. There are also some specials available that you can browse through on their website.

So if you're dreaming of looking into the eyes of your special someone with the sun setting on a breathtaking ocean view, make your dream a reality and pick up the phone and get in touch today. Beth and Amelia are ready to get your wedding journey started. ●

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BODY ALIGN PHYSIO

YOUR WELLBEING

Words by Amanda McDonald



Low back and pelvic pain are common in pregnancy because of the huge physical changes that occur.

Pregnancy-Related Pelvic Girdle Pain (PPGP) refers to pain felt around the pubic bone, lower back and vagina due to hormonal changes softening the ligaments and rapidly changing posture.

Things to do:

- Keep your legs together when moving in and out of bed and from sitting to standing. Log roll in bed and put a pillow between your legs for sleeping. Engage your deep core muscles to provide support.
- Spend some time laying down and taking the load off the joints. Apply a cool compress for 10-15 minutes every 1-2 hours. Support garments and belts can help stabilise the pelvic joints and make day-to-day activities more comfortable.
- Consult our team for treatment of PPGP and pregnancy and postnatal exercise classes.

Avoid:

- Loading one leg more than the other. When pregnant the ligaments around your pelvis are already under great stress, so don't overload them!
- Excessive walking and standing if already in pain.
- Wide leg stance and single leg poses in yoga.

If your aches and pain hang around come and see our fabulous physio team. ●

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Wine tasting is a fundamental aspect of wine appreciation. Between tasting notes that read like strange poetry, changing trends in techniques and obscure grape varietals, the world of wine can be perplexing.

Although often thought to only be reserved for sommeliers, every wine lover can have fun with wine tasting. Our aim at Cupitt's is to make good wine accessible and enjoyable. So, we have some tips on how to taste and train your palate.

Wine tasting is about using three key senses: sight, smell and taste. A visual examination can detect any visible problems and may give some indication of the variety and age of the wine.

Following your nose is key to developing your palate. "The next time you're about to eat or drink anything, smell it," suggests Rosie Cupitt. "Your olfactory system is tied directly to memory, so by creating the memory, you have a better chance of identifying those smells and flavours later."

The aroma of the wine 'in glass' can aid in identifying the grape variety, the origin and any faults. Look out for cardboard, band-aids or burnt rubber, as none of these are good! Most of the time, though, we are looking for pleasant aromas like berries, citrus, melons, honey, butter, oak, nuts ...

the list goes on indefinitely.

Next is the 'in mouth' sensation. When you take a sip, swish it around in the mouth to engage all your taste buds. Now assess the balance of the wine—are the fruit, acid, tannin, and alcohol harmonious or somewhat disjointed?

At the end of the day though, after all the sniffing and swirling, there is only one criterion that really matters—do you like the wine or not? It can be helpful to consider how the wine would pair with certain foods. You might find that a Nebbiolo from Barolo is extremely tannic when sampling without food, but pair it with a roast leg of lamb and you are in heaven!

The best way to train your palate is to 'Drink, Drink, and Drink More'. Ultimately, the only foolproof way to develop your palate is to taste a variety of different wines, as often as possible.

At Cupitt's Winery, there is a range of wine tasting experiences on offer. There is the daily Tour and Taste Experience at 11am, wine tasting in the Cellar Door every day or for an immersive wine experience try the Winemaker's Table. This in-depth session takes place in the underground wine cave, tasting wine in specialised glassware complimented by a Cupitt Fromagerie Cheese selection. •

'Winemakers Table' experience is \$65 pp. 'Tour and Taste' is \$40 pp and the Cellar Door is open 7 days from 10am-5pm.



CUPITT'S WINERY

IN THE FROMAGERIE



SLOW CHEESE

Every two years, the *World of Cheese* arrives in Bra, a small town in northern Italy, for a Cheese Festival hosted by Slow Food. This year the festival will run from September 20-23 and cheese from every part of the world will be on display in the ancient town.

It's always exciting and inspirational to see the streets lined with tents full of this wondrous food we all love to eat. Visitors are able to sample artisan cheeses while learning more about how they're made. Some cheeses are great to taste and others are more interesting to try if you're brave and want to experience something completely foreign.

'As Natural as Possible' is the focus for Cheese 2019 and Rosie Cupitt will be taking Cupitt Fromagerie cheese to Bra, home to Slow Food's international headquarters, as part of a workshop that is all about Raw Milk Cheese. There are many challenges involved in its production and in some countries the use of raw milk in cheese making is more tightly controlled than guns!

Cupitt Fromagerie has produced a batch of raw milk Tomme de Chevre, following the Australian guidelines, and we are so excited to be representing the Shoalhaven at this international event. Rosie will proudly join other small-scale producers from around the world as they take part in critical panel talks and workshops.

Don't despair if you can't make it to Italy, you can always visit the Cupitt Fromagerie tasting table each Saturday between 11am and 3pm, located in the Cellar Door. •

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10 Years On

RICK STEIN AT BANNISTERS

When Rick Stein's restaurant opened at Bannisters in 2009, it heralded a significant shift in the area's reputation as a fine food destination. This September marks the 10th anniversary of Rick's successful collaboration with Bannisters in Mollymook and we spoke to him about the exciting milestone.

CONGRATULATIONS ON YOUR 10 YEARS AT MOLLYMOOK. HOW DO YOU FEEL ABOUT WHAT YOU'VE ACHIEVED IN THIS TIME?

We feel rather proud that the restaurant has increased in popularity every year since we opened in 2009. It is after all, a long way from any city. It's also noticeable that in those years, at least half a dozen good restaurants have opened locally and we think the combined effect promotes the area really well.

HOW HAVE THINGS CHANGED OVER THE LAST 10 YEARS?

The local produce on the South Coast has always been brilliant but getting hold of it, particularly seafood, is now so much easier. The local fish is so good—meaty and full of flavour. It's a pleasure working with the raw materials. It's also easier to get staff, as it's been established that Mollymook is a lovely part of the world to live and work in.

HOW WILL YOU BE CELEBRATING THE MILESTONE? WILL IT BE IN MOLLYMOOK?

Absolutely of course! We will be celebrating with a party with regular customers, suppliers and locals. We have also created a special five-course set menu that will be available for customers in September. This menu is a taste of our favourite dishes from the past ten years.

HOW HAS 'RICK STEIN AT BANNISTERS' HELPED SHAPE THE LOCAL FOOD SCENE?

We think having someone with an international name is bound to attract customers to the area and will have a flow on effect to other businesses. It's about promoting the area, not a particular business. It's a very cooperative community.

WHAT ARE YOUR PLANS FOR THE FUTURE?

We currently have no plans to open any other restaurants. We love having Mollymook and latterly Port Stephens, which is proving to be quite popular. We think that the trick of owning more than one place is to go for quality not quantity. [W](#)

To celebrate the anniversary throughout September, Rick Stein at Bannisters Mollymook will have a special five-course set menu available for diners at \$120 per person. For bookings phone 02 4455 3044 or visit bannisters.com.au

LOCAL FUNDRAISER

DEAN HOWCROFT GALA



Dean Howcroft was diagnosed with Multiple Sclerosis 14 years ago and since then he's been riding a rollercoaster of debilitating symptoms and side effects from medications.

At a gala night last year, our wonderful community raised funds for Dean to receive treatment at The Stem Cell Institute in Panama.

Now Dean and his family are reaching out to raise funds for a second treatment. "Successful treatment for me is about the little things that most people take for granted. It will mean I'll be able to walk the length of the beach, hand in hand with my wife, with our two kids in tow," says Dean.

The next fundraiser will be held at Ulladulla Civic Centre on the 9th of November. Tickets are \$100 per person and include a drink on arrival, photography, entertainment and canapés. [W](#)

Purchase your tickets at [Sticky Tickets](http://StickyTickets.com.au) online or at Ulladulla Ex Servos. P. 02 4455 1444

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COVER CHAT



My heart leapt when I saw the image of Noel on the front cover. Great narrative to complement as well. Enjoyed reading ... both informative and educational. Kudos Dean Dampney and White Wash Magazine. [@reefoncollers](#)

I can't get over what a great quality magazine this is for a freebie. Look at that shot. Awesome. [@kate.wardner](#)

Amazing cover and well written! We are so lucky to have this quality magazine available to our community. Thank you! [@jul052](#)

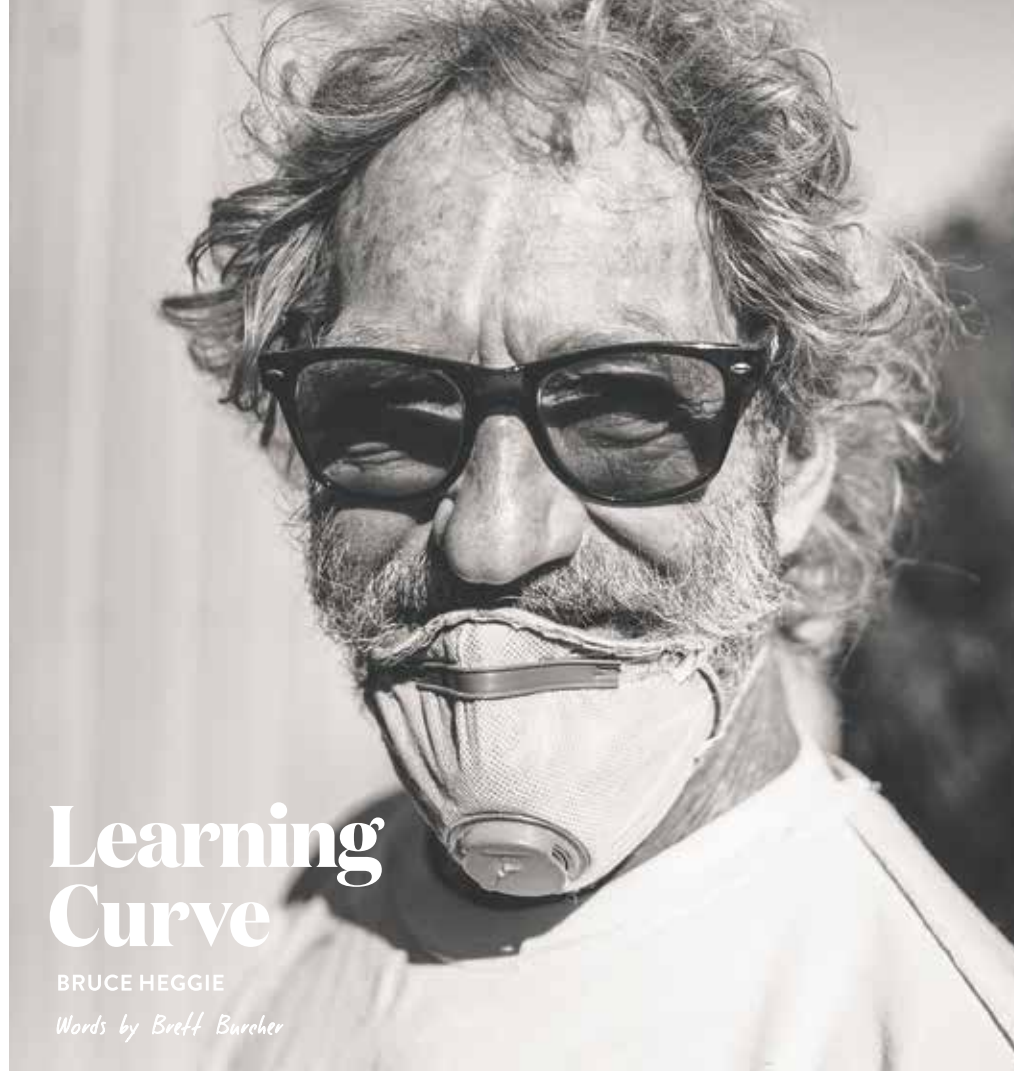
LOVING the cover and article in White Wash Magazine on the incredible Noel Butler. Such a great article and this shot of Noel by Dean Dampney is so powerful. [@dukeandcoca](#)

Fantastic work! Seriously compelling cover. Bravo WW! [@jugomodularliving](#)

What a powerful and stunning image to showcase the feature article on Noel and Trish Butler in the latest edition of Whitewash Magazine. [@nuragunyu](#)

Back in the day I would've had to fight long and hard to put such a pure—while obscured—portrait on a mag cover. White Wash design and ed team ... blown away by the power of this image by Dean Dampney. Viewed it online; it loses nothing in print. [@jules_flowerandflourish](#)

Fantastic photos. Let us all continue to learn and share about our Aboriginal culture, our original land owners. Together we grow. [@lgarnon](#) 



Learning Curve

BRUCE HEGGIE

Words by Brett Burcher

Credit: CloudFace Image Solutions

In 1954, the existing BDH (Bulli District Hospital) welcomed a fellow BDH into this world, a young man by the name of Bruce Donald Heggie.

Bruce grew up by the beach in Woonona, attended Woonona High School and cut his teeth along the wave-infested coastline from Bellambi to Scarborough. As an inquisitive kid his most treasured wave was 'Peggies', a long right-hand reef, located just to the south of Sandon Point. "It only broke on certain tides," says Bruce. "I would mark all the tides under nine inches on a calendar and just hope the swell would fall on those days."

It was like winning his own junior lotto when Bruce's parents purchased a weekender in Conjola. 'Peggies' was soon put on the back burner as he devoted more time towards surfing at Green Island than he did in Wollongong. Weekends, school holidays and any spare millisecond were spent at Conjola.

When Bruce became a self-diagnosed responsible teen, his parents would often drop him there and leave him to his own devices for weeks at a time. Proud owners of a putt-putt motor that started with a belt, Bruce and friends would motor their boat upstream and park on the Bendalong side of the lake. "We would surf Green Island, stop in for a hamburger and thick shake on the way back and catch some fish for dinner as we putted home." Soon after finishing



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school, he moved straight down to Conjola and began working at the local sawmill, before starting a carpentry apprenticeship.

Bruce's affair with surfboard shaping began as a teenager at home in Wollongong, making a few backyard boards for himself and close mates. A good friend named 'Biggsy' was a standout shaper at the time and owned a factory close by. Bruce would scoot down to his factory, heckle him with questions and experiment with his own shapes under Biggsy's watchful eye.

His maiden taste of employment involved fixing dings at a local surf shop, where he managed to save \$80 of his hard-earned cash to purchase his first car. When he relocated south permanently he was still just making the odd shape for a few friends. When eyes wandered and gums flapped, word spread and the orders kept piling up, and soon he was fortunate enough to shape full-time during the summer and work as a carpenter through the winter. This spelt the birth of the iconic Ulladulla Surfboard Company.

During the mid-'70s, a huge influx of individuals from all walks of life began showing up in town. "Everyone became really good friends," says Bruce. "And it was an exciting, fun and social time for the area." Peter 'Jacko' Histon was one of those at the helm and with the input of 30 or so others the Ulladulla Boardriders Club was founded.

After Jacko kept being shown the door from the Golf Club for having intolerably long locks, the Boardriders Club figured the only solution was to organise their own celebratory shindigs. "We would book a big hall, organise a band from Sydney and have these outrageous parties. We went through every club and hall in town," he laughs.

Bruce's affinity with all board sports led him to dabble with windsurfing and eventually experiment with making windsurf boards. In the early '80s, he travelled to England with the intention of shaping surfboards. Three months later, he had shaped 150 sailboards! It was the start of the European windsurfing boom and Bruce blew in at just the right time. Living season to season, Bruce would leave Australia around Easter, with all the new surfboard design knowledge under his belt, present that to the Europeans when he arrived, then learn all the

windsurfing advancements during his stay and return home in November in similar fashion.

Unbeknown to Bruce, he returned to Europe one summer in unusually high demand. A board he shaped the year prior had recently won a world-sanctioned event and was being touted as the 'board of the year' in Europe. He was handed a factory and told to shape to his heart's content. That season-shifting gig became the norm for the next six years until, according to Bruce, they came to their senses about his generous salary intake.

“Everyone became really good friends,” says Bruce. “And it was an exciting, fun and social time for the area.”

After learning a lot about Carbon and Kevlar through his endeavours in Europe, a proposal to design and build solar-powered, energy-efficient boats arose back on home soil. Bruce assisted local doctor Robert Dane in the development of the world's first lightweight, powerful solar panels and rigid carbon fibre wings for ferries. Dr Dane's company, Ocious, then created the first solar-powered commercial ferry, which was endorsed for the 2000 Sydney Olympics Games and used to taxi all the international press around Homebush Bay and Sydney Harbour.

Bruce's current venture, also with Ocious, is designing an unmanned ocean vehicle, which generates power itself using the swell of the ocean, without the input of motors and sails. On the back of two successful prototypes, he is now in the process of constructing a larger version, capable of handling an array of equipment for oceanography and surveillance purposes. "It's been an unreal learning curve. We have won every design award you can win and we somehow keep improving. It started at a speed of half a knot, then 1 knot. I've got it at 2 knots now and if I get it to 3 knots I'll retire!"

"All my lines of work overlap and they are all on water, whether its under or over. I'm the luckiest man alive. I've got a fantastic job that demands constant improvement and innovation. People say you make your own luck but I just call it luck," he laughs. **w**

A MOMENT IN TIME



Are you celebrating a new baby, a pregnancy, an engagement or just want to capture some memories?

Connie Salafia has a passion for shooting all ages and stages—newborns, children, teens, couples, maternity and families. She has spent years perfecting her craft in portrait photography and she loves faces!

Specialising in natural light portraiture, Connie uses the stunning natural locations here on the South Coast as a perfect backdrop. She also works from a home studio or is able to visit you in the comfort of your home for a photoshoot.

With Christmas just around the corner a family portrait could be a great idea, or gift vouchers are also available. Get in touch with Connie today and allow her to capture your special moments ... ones you can cherish now and in the future. **•**

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Credit: Tim Mooney

IN THE GARDEN

Spring brings new growth so weed out the bad and plant something new and beautiful.



VEGGIE PATCH

It's time to get back to the veggie patch. Plant your Spring veggies now—tomatoes, lettuce, cucumbers, melons, corn and capsicum.



LAWNS

Top dressing and fertilising your lawn is essential at this time of the year. The healthier your lawn, the less weeds you will have to endure. Spray now for Bindii.



CITRUS

Keep leaf miner and other pests at bay. Spray with eco oil regularly and remember to watch for fruit fly. Maybe hang out a trap or two.



MULCHING

Mulching is essential now, especially with the lack of rain. Apply fertiliser prior to mulching and water in well. Plant plenty of lavender to encourage the bees. •

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



A Shady Gem

Words by Patrick Faulconer

Credit: Kyla Stone Art

How often, when visiting the beach on a hot summer's day, have you wished for just a bit more shade under which to rest, keep cool and protect yourself from the hot sun?

It can be rare to find such shade without rocks or ants under your bottom but when you do it's always a welcome discovery.

There is one such shady gem at South Narrawallee Beach—a *Banksia integrifolia*, commonly known as Coastal banksia. This distinctive native tree, growing out of a grassy plateau, is cool and flat to lie under while also providing all-day shade for a picnic, to change a baby's nappy, to read a favourite book or just to rest under. It's also near enough to the water for a quick dunking!

As single trees have done for millennia, the banksia at Narrawallee Beach also provides a focal point to meet and chat with friends, acquaintances or even strangers as you survey the prevailing beach conditions.

That's the case for a hardy group of locals who still meet up there most days before dipping their toes in the briny sea. The group was once known as the Narrawallee loggers because of the large, long log that they used to sit on before it was converted into firewood by some enterprising youths.

Most people normally associate the banksia species with Old Man Banksia, or *Banksia serrata*. As the Coastal banksia has not entered folklore as much, it is assumed from the 'old man' connection that they have a long life.

In fact they are opportunistic colonisers along the insipid shoreline providing canopy and protection for other shrubs.

At Narrawallee it is common to see this species in many guises of gnarliness and decline and I wonder how much longer my natural parasol will survive. I know banksias are prone to sudden demise and it doesn't help that big tides are washing up at the base of the tree.

Ensuring survival of this species in your garden may require regular pruning. This enhances the wonderful contrasting leaf surfaces but lessens the flowering and consequent cone production.

However, pruning will not prevent production of the sweet nectar that honeyeaters and wattlebirds are so fond of.

Coastal banksia is often taken for granted amongst the dune vegetation but when seen in isolation with an ocean backdrop it is as photogenic as any remarkable tree. **W**

The Banksia integrifolia is beautifully illustrated by Kyla Stone Art. [@kylastoneart](https://www.instagram.com/kylastoneart) W. kylastoneart.wordpress.com

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The Tide's Changing

LIGHTHOUSE PLUMBING, DS BUILDING & VIVID SCAPES

Words by Kate Corson

Our region is expanding, and not just with new faces, but old ones returning home and young ones taking the opportunity to stay and work locally.

In years gone by, many tradesmen left the region to complete an apprenticeship in the city, as there was limited scope to obtain a certificate locally.

However, the desire to live and work by the coast has seen a number of tradies make their way home and they're changing the tide for young people looking to start their careers locally.

Born in Mollmook, Mike Corson runs Vivid Scapes, a local landscape construction company. He started the business in 2015 after completing his qualifications in Sydney. In 2018, after a decade living away, he decided to bring the business 'home'.

"I always wanted to come home and for my family to live by the coast, but I was hesitant about whether there would be enough work to keep busy," said Mike. After nearly two years, Mike has been able to establish a successful business and also offer an apprenticeship to local teen, Damon Macri.

After leaving school Damon wanted to stay in the area, so he started working as a casual landscaper. "I thought at some point I'd need to leave home to get my trade," he said. "But now I can do the majority

of my work locally, just travelling to Wollongong for TAFE once a month."

Other small businesses have been able to do the same, with Brent Hurley from Lighthouse Plumbing and David Shuttle from DS Building, both returning to life on the coast, and in doing so, offering new apprenticeships to two young locals.

These three small businesses are now creating their own network of local trades, sharing resources, equipment and recommendations among a wider team, which is having a positive knock-on effect with clients and employees.

Heading into Spring, many people are starting to think about that new build, renovation or home project that needs a kick-start. With a closer network of skilled trades working together, clients are able to find someone they can trust sooner, based on the positive recommendation of their existing local tradie.

Not only will clients find a service that meets their needs, there is also a good chance that by keeping the work local, young apprentices are also getting a start.

"When you support a local business, you're also helping to support young people get a foot in the door to their career. It's humbling to be able to offer something that was harder to come by years ago. It's a great sign for the region and the industries we work in," added Mike. •

LOCAL TRADIES

LOOKING FOR AN APPRENTICE?



Thinking of signing up a local apprentice, but not sure where to start? Each of the businesses (see left) formally signed up their apprentices via MEGT, a national Apprenticeship Network Provider, appointed by the Australian Government.

MEGT is one of 11 Apprenticeship Network Providers, contracted by the Australian Government to provide Australian Apprenticeship Support Network (AASN) services.

With offices located across every state and in the ACT, MEGT provides flexible and timely on-the-ground assistance (including regional areas) to employers and apprentices or trainees.

MEGT can also assist with navigating financial incentives for eligible employers and how to get apprentices enrolled in relevant training certificates, alongside their on-the-job training. [W. www.megt.com.au](http://www.megt.com.au)

MEGT - National Apprenticeship Provider
E. aasninfo@megt.com.au
P. 13 MEGT (6348)
W. www.megt.com.au

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Contact **David Shuttle**
E. djshuttle@gmail.com
M. 0410 023 977

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Contact **Brent Hurley**
E. lhplumb@gmail.com M. 0435 158 019
@lighthouseplumbing

lighthouseplumbing.com.au

VIVID SCAPES
LANDSCAPE - DESIGN
CONSTRUCTION

Contact **Mike Corson**
E. vividscapes@outlook.com
M. 0415 872 434 @vivid_scapes

www.vividscapes.com.au



LOCAL RECIPE

ARANCINI BALLS

From The Harvest Bar



Credit: Google Images

- 500g Arborio rice
- 850ml vegetable stock
- 100g salted butter
- 300g diced roasted pumpkin
- 2 sprigs rosemary chopped
- 1 med brown onion diced
- 1 clove garlic crushed
- 200g parmesan cheese
- Salt and pepper
- 250g Panko breadcrumbs
- 2L cooking oil for frying

1. Fry off garlic and onion in butter.
2. Add rice and rosemary. Mix until rice starts to brown.
3. Add stock gradually with salt and pepper. Turn heat to low, stirring every two minutes until thickened.
4. Add pumpkin and parmesan. Stir until rice is tender and creamy.
5. Place risotto in a bowl, cover and place in fridge for 1 hour.
6. Roll into balls and cover with a thick even layer of Panko breadcrumbs.
7. Heat oil in a large saucepan on high heat.
8. Fry Arancini balls until golden brown (3 minutes).
9. Drain balls on paper towel and serve warm. [W](#)



Weather Watch

Words by Sean Carson

The year thus far has been mild, with 50% below average rainfall. An east coast low brought the heaviest rain in June accompanied by a record wind gust of 130km/h to the coastal fringe. The damage was minimal and the McDonald's sign that blew over in Ulladulla was far from catastrophic!

The event did bring the first big south swell for the winter and finally moved the large masses of sand that had accumulated on the beaches from the repetitive easterly summer winds.

New sandbanks were explored and enjoyed by surfers, but the large south swells have largely been missing for a second consecutive winter. Boardriders though have been treated to some medium-sized, less common easterly swells, which have seen surfers heading to more traditional summer surf spots with the addition of wearing 3mm of 'un-summer like rubber'.

Winter sees many leave the ocean behind and head to the mountains for what has been a solid snow season. After an inconsistent start, the season came to life with a big snow dump over the July school holidays, as it seems to do each year, just as many kids aim to find their first snow legs.

Spring is now here and the atmosphere is unbalanced

as polar cold fronts collide with warming continental air. The atmosphere responds by blowing in anger, trying to find a balance. The resulting westerly wind bursts are unlikely to bring meaningful rain, as the ranges to our west project a rain shadow over the South Coast under such prevailing winds.

Added to this is the cooler than average Indian Ocean that will add less evaporation for potential pre-frontal rain bands to form. For decent rain to occur we need a system to steer against the prevailing winds from the Tasman Sea, which is against the odds before summer, thus a dry and warmer spring is strongly favoured.

Such an outlook typically lends to increased fire danger, so preparing now is key. Ocean swells tend to be steered away from our coastline and the ocean's temperature dips to its coldest levels. While I am on a pessimistic roll, I do feel for hay-fever sufferers at this time of year. Spring though is a great time to get active in the garden before the South Coast truly shines with an approaching summer. [W](#)

Sean Carson is a Senior Meteorologist and has been with the Bureau of Meteorology for 25 years. Residing in Mollmook since 2015, Sean is married to Monique Carson and they have three kids Oly, Zoe and Wade. He loves to surf, play golf and spend time with his family, in no particular order.



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Celebrating Art

ESCAPE ARTFEST

One of the most significant creative events on the NSW South Coast, Escape ARTfest returns in October with four creative and arts filled days, including hands-on workshops, exhibitions, artist talks, performers and music events.

Upholding tradition, this year's immersive Milton-Ulladulla based art festival kicks off with the ever-popular Milton Gallery walk, at 6pm on Thursday 10th October. Other highlights include:

- The Milton Muse: Friday 11th October, from 6pm to 9pm at the Harvest Bar, Milton.
- The Artists' Talk: An afternoon of laughter and insights as Sally Seltmann, Fernanda O'Connell and Andrew Antoniou talk about art, music and life, hosted by Bernard Zuel. Saturday, 12th October, 4pm to 5:30pm at Bannisters Pavilion, Mollmook.
- Escape ARTfest Art Market: Saturday, 12th October, from 10am at the Civic Centre and Café, Ulladulla.
- A diverse variety of workshops (see website below for details).

For the first time, this year the Escape ARTfest committee has introduced two art prizes: the

inaugural Escape ARTfest Prize and the Emerging Artist Art Prize.

Open to all Australian artists over 18 years, the Escape ARTfest Prize will award \$4,000 to the winning entry. Artwork must be a two-dimensional media portrayal of this year's Escape ARTfest theme: 'When the Mountains Meet the SEA'.

In addition, an Emerging Artist Art Prize, designed to encourage inspiring artists of any age who have not yet exhibited their work professionally, will be awarded the amount of \$1,000.

A selection of works will be exhibited from Thursday 10th October until Sunday 13th October 2019 during the Escape ARTfest. Admission to the exhibition will be free. Entry forms and the full terms and conditions are available on the Escape ARTfest website: www.escapeartfest.com.au/artprize

A popular weekend for both locals and visitors, the Escape ARTfest not only celebrates our South Coast artistic community but is designed to encourage all ages to join in and take part in the fun. An inclusive, open atmosphere has, over the years, ensured that the festival experience can be enjoyed by all. [w](#)

Escape ARTfest runs from 10th to 13th October 2019.

Check the website for the calendar of events and get involved!

W. escapeartfest.com.au, P. 0406 866 634

f @EscapeARTfest, @escapeartfest



TRAVEL

WANDERLUST



Credit: Google Images

PREAH VIHEAR CAMBODIA – UNESCO WORLD HERITAGE SITE

Words by Christina Cochrane

The ancient Hindu temple complex of Preah Vihear is a full day round trip from Siem Reap. If you're up for a long day, 11th century temple ruins, some fairly steep stone staircases, and the reward of fabulous views over lowland Cambodia then this is for you.

It's about 230 km from Siem Reap and approximately three hours by car. Along the way there are some interesting detours: Koh Ker, a 10th century seven-tiered jungle pyramid is highly recommended.

Upon arrival at the ticket office of Preah Vihear you'll pay a combined fee of A\$35 for entry and a bumpy, exhilarating 15 minute ride in a four-wheel drive truck up the mountain to begin your walk. The views on the way up are spectacular! There are the usual collection of market stalls and local food places and cold water is always available.

Give yourself about two hours for the walk with rests along the way. Spend time at the top enjoying the views. There are hardly any people around and the photographic opportunities are exceptional.

Remember that Thailand and Cambodia have fought over this site for over 100 years, even firing shots in 2011. Although UNESCO declared Preah Vihear Cambodian, in 2013, there are still guards and landmines dotting part of the mountainside.

The outstanding Khmer architecture and the quality of the carved stone give Preah Vihear an integrity that is worthy of the long haul out to see this site. [w](#)

MILTON ULLADULLA

ESCAPE ARTFEST 2019

10th - 13th October

Art Exhibitions - Music - Open Studios
Performance - Art Market
Workshops - Artists Talks & FUN!

Full Calendar of Events
www.escapeartfest.com.au

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CHECK OUT WHAT'S ON!

1

FATHER'S DAY BEER IN THE BREWERY

1 September from 10am–12pm
at Cupitt's Winery. P. 02 4455 7888



6

DANGEROUS ALES LAUNCH

Friday 6 September from 5pm
until late at Tallwood Eatery.



13

SOUTH COAST FOOD & WINE FESTIVAL

13 to 15 September at 11am.
At Berry Showgrounds
P. 0499 093 467



13

THERE'S NO BUSINESS LIKE SHOW BUSINESS

13–15 and 19–21 September at
the Ulladulla Civic Centre. Visit
StickyTickets.com for tickets.



Credit: Visit NSW

13

TWO OF US - THE SONGS OF LENNON & MCCARTNEY AT MILTON THEATRE

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



20

GLOBAL CLIMATE STRIKE

20 September.
Visit globalclimateshrike.net
to find out more.



27

JOSEPH TAWADROS AT MILTON THEATRE

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



4

COCKTAIL MAKING MASTERCLASS

4 October at Cupitt's
Winery from 6pm. Tickets
are \$60. P. 02 4455 7888



10

ESCAPE ARTFEST AT VARIOUS LOCATIONS

10–13 October
P. 0406 866 634
E. info@escapeartfest.com.au



12

DOUG PARKINSON AT MILTON THEATRE

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



FRIDAY NIGHT HAPPY HOUR

Every Friday at
Bannisters Pool Bar.
Selected cocktails are
\$10 from 5pm to 7pm.



19

SOUTH COAST CRAFT BREW FESTIVAL

19 October at Milton
Showground from 3pm to
10pm. P. 0400 353 030



SUNDAY SESSIONS AT BANNISTERS PAVILION

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



2

MILTON VILLAGE SHOWGROUND MARKETS

The first Saturday of each
month. E. miltonvillagemarkets@gmail.com



3

STREET FOOD SUNDAY AT TALLWOOD

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



9

DEAN HOWCROFT GALA FUNDRAISER

9 November at Ulladulla
Civic Centre. Purchase
your tickets at Sticky
Tickets or at Ulladulla Ex
Servos. P. 02 4455 1444



CHEF'S CHOICE AT TALLWOOD

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



30

SONGS & TALES OF ANGRY OLD MEN AT MILTON THEATRE

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



MUSIC IN THE VINES

Every Sunday at Cupitt's
Winery from 12.30 until
3.30pm. Free entry.
P. 02 4455 7888
for more details.



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