

ISSUE #15

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White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

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Lightly

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and courage with
Monica Mudge.



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Ray Firth, winner of the Escape ARTfest Art Prize, with his painting, *Reckless Conjola*.



Gareth Larson feeling the love from Felix, Bodhi and Indigo at Tabourie Beach on Father's Day.



A vintage snap of Golf Ave in Mollymook in 1936. A little less traffic than today!



Banjo Parsons tucking into some fresh carrots harvested from the family vegetable garden.



The LJ Hooker team at the Cancer Outpatients Appeal annual golf day.



It was pure joy for Gemma and Joel Newton at their wedding in Airlie Beach captured by Sam Walklate.



Leonie Marsh and Carrie Roberts at the opening of Carrie's exhibition at Milton Work Hub.



Vic Willis and Tina Burnham enjoyed a yoga retreat in Bali with Om Sweet Om.



Brian Turnbull wading through floodwaters completely submerging the bridge on Evans Lane at Milton in 1991.



Virginia and Terri, with Keryn and Philip Sim, visiting 'Old Blotchy'. See more about this special tree on page 24.

EDITORS' NOTE

As we contemplated summer and spending time in the ocean, it made sense to catch up with our very own eco-warrior Monica Mudge. Moni is beyond incredible in terms of the amount of work she does in the local community to raise awareness about environmental issues.

Here at WW, we strive to minimize our environmental footprint by using sustainable paper stock. We distribute thoughtfully to where locals love to linger and encourage people to read, share and recycle. If you do miss a hard copy, all issues are available on our website.

Speaking of spending time in the ocean, we chatted to Annette Chapman and Fred Willis who look after the Ulladulla Sea Pool. What a wonderful pair!

Artist, Meagan Jacobs spends several months each year in the Outback volunteering at the Yarlu Aboriginal Art Centre. Find out how the desert landscape influences her artwork.

Happy holidays everyone and we hope you enjoy this bumper summer issue.

Virginia & Terri

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Two Way Street

ANNETTE CHAPMAN AND FRED WILLIS

Words by Terri Quinn

Strolling along the timber boardwalk towards the Ulladulla Sea Pool, it's hard to imagine a more picturesque location for this iconic community asset built in the '50s. Tucked away on a secluded rock platform just south of the harbour and with glorious views out to sea you can't help but feel a little envious of Annette and Fred's 'office'.

It's a perfect spring day and the sparkling water, reflecting off the pool's cobalt-blue walls, is as brilliant as the sky. It's Tuesday and Fred is putting the finishing touches on the weekly clean. As he hauls the massive vacuum down the home straight, Annette arrives from the Ulladulla Leisure Centre.

Sporting sun-bronzed skin and ready smiles Fred and Annette have a relaxed camaraderie derived from years spent as co-workers lifeguarding, managing and maintaining the three local pools. Born in the same year and both raised in Western Sydney, Fred commenced his employment as a Leisure Attendant with Shoalhaven City Council in 2004 and this year Annette celebrates 10 years of service.

It's also ten years since Fred took over the cleaning of the Sea Pool from Jack Robinson, who passed on the complex ritual of working the tides. The drain valve has to be opened at the high tide mark, even if it's during the night, then three hours later, when 95% of the water is gone, the cleaning begins. "It's a short window to get to the end before the tide turns and starts pushing water up through the drain hole," explains Fred. "It takes five hours to clean it, then I close the valve, turn the pump back on, and it takes five to six hours to fill. Once it's filled, I determine whether it's clean enough or if it needs an extra vacuum."

It's a time-consuming process that can sometimes see Fred working through the night. "It's more commitment than most people realise," says Annette. "It's a huge effort but the cleanliness of the pool is a testament to Fred. He's fastidious."

Fred worked for 20 years as a commercial diver building many of the jetties in Sydney Harbour. Unfortunately, a diving disease damaged the cartilage in his hips, leading to a double hip replacement and the end of his diving career. But the skills learnt working underwater—uncompromising precision and attention to detail—became huge assets when he switched to managing the pipes and pumps at the pools.

As a long-time employee of NSW Fire and Rescue, Annette has been stationed



at Ulladulla since 2001. Highly experienced in lifesaving techniques and protocols she's also heavily involved with the Mollymook Surf Club. In her role as Assistant Director of Lifesaving, she shares her skills while training and assessing candidates for the Bronze Medallion and Advanced Resuscitation courses.

In addition to handling the practical logistics of their job extremely capably, the pair's warm and genuine interactions with pool-goers win them many fans. "Annette's very community-minded and well-liked by everyone," says Fred. "She certainly makes the atmosphere at the pool very friendly."

“ We have regulars who come here every morning and we get to know them really well,”

Chatting to their regular clientele daily, over many years, builds a strong sense of community. "We have regulars who come here every morning and we get to know them really well," says Annette.

One long-time regular at the Sea Pool is much-loved local identity, Marg Sheedy. Now in her eighties, she still swims twice a day. Her first swim is at 8am then she's back in the afternoon if she hasn't already had a dip at Rennies Beach, near her home. "She used to come down and decorate the fence on the opening day of each season. This is her pool!" says Fred.

It's a similar story at Milton Pool where octogenarian Helen Neal enjoys a political discussion after she completes her laps. "And there's George, who's pushing 90, and swims every morning in summer," says Fred. "He's an absolute gentleman," agrees Annette. "We have some wonderful conversations."

Situated in a beautiful rural environment the

25-metre pool at Milton is a popular meeting spot for young mums who bring their children to the shaded toddler pool in summer. Annette and Fred love playing music through the speakers to add to the laid-back ambience. "Locals know who's on duty as soon as they pull up because I listen to 2ST and Fred plays classical music!" laughs Annette.

While part of the same team, Annette and Fred often work their shifts alone, only crossing paths briefly during the day. But they still manage to have close communication with Fred leaving notes for Annette if he needs something done and Annette giving Fred a call if she's stuck. "Today is a perfect example. I had a problem at the Leisure Centre so I rang Fred, he stopped what he was doing and came up and helped. That's what it's all about!"

They might be pulling solo shifts but there's always company around—even in the middle of the night or the wee small hours. One New Years Day, Annette arrived at the Sea Pool to find revellers partying sans swimmers. The bouncers at the Marlin Hotel are also known to enjoy a swim when they finish work at 4am on a hot night. "I've got to know them well," says Fred. "They're big boys but well-behaved!" And the local police know when Fred's cleaning the Sea Pool at night and often cruise down and say hello.

Whether it's kids enjoying a splash around, teenagers hanging out with friends, or adults ploughing through Olympic-sized laps, summer school holidays are extremely busy for the pair who put in huge hours for the six weeks to keep the pools clean and safe. Despite occasional vandalism, (Annette once arrived at the Sea Pool to find a shopping trolley on the roof of the shed) the duo has few dramas to report.

The bigger test is contending with the forces of nature. In June 2016, a king-tide and heavy seas swamped the Sea Pool and washed the shed away. There was so much sand in the pool Fred had to shovel it out! At Milton Pool, it's the dreaded westerly winds that cause some headaches as well as a raft of 40 wood ducks who are prone to pooping all over the concourse.

Recent computerisation of the pool system also provided some challenges for the pair, but Annette sprang into action. She made a 'cheat sheet' with every step in the process recorded for them both to reference. "She's organised and efficient and keeps everyone on their toes," says Fred.

Annette and Fred arrive at the Sea Pool, a tad before 5am each morning, with torches in hand. While completing their checklist, they relish watching the sunrise over the horizon. "Sunrise here every morning is spectacular, and then there are the dolphins!" says Fred. Annette nods. "We consider ourselves very lucky, it's a really good job. We receive great support from management and we run our own show ... that's a huge advantage." w

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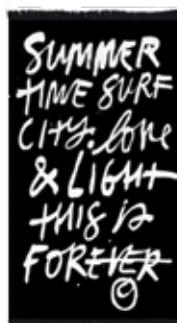
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FEATURE

TREADING *lightly*

Concern, commitment
and courage with
Monica Mudge.

WORDS BY VIRGINIA CONNOR
PHOTOS BY DEAN DAMPNEY





Quietly spoken and unassuming, Monica Mudge was a little reluctant to be the subject of our summer edition feature. But her impressive resume, which lists the likes of environmentalist, volunteer, yoga teacher, mother ... trailblazer, made her the perfect candidate. With a natural, easy-going style that most are quickly drawn to, Moni is engaging, admired and passionate about protecting the environment.

Born in London, Moni came to Australia with her parents when she was three. Her family travelled around the country, which meant she attended 11 different primary schools before settling in Sydney's western suburbs. The family holidayed on the South Coast near Narooma, and her father was a keen fisherman, participating in game fishing tournaments popular at the time. Moni remembers being taken to meet the boats returning to the wharf with their catches and being very distressed when giant marlin were discarded, after being weighed and having their bills cut off. "I would go home sobbing," she recalls. By the time she was about 12, Moni was planning ways she could get out to Montague Island to protest against the fishing of these beautiful ocean giants.

Moni says she's always loved being near the ocean but rarely swam because she was afraid of sharks. Despite this, or perhaps because of her fear, she avidly watched veteran underwater photographers Ron and Valerie Taylor and their epic shark diving documentaries, developing an almost hero-like admiration for Valerie. "They were real conservation pioneers. Even though it was scary watching them, I thought, 'that's what I want to do one day!'" Moni laughs.

After finishing school, Moni made Narooma her base for about seven years, during which time she travelled within Australia and overseas. After meeting her husband, Jason, they moved to Ulladulla where Moni worked in a local bank. Following the birth of their first child, the couple settled in Mollymook in a house near bushland and the ocean. Moni says, "I felt very settled and I knew we would stay."

Wanting her two daughters to establish a close connection with the beach meant getting herself in the water, so Moni learned to surf with local expert Pam Burridge and started snorkelling with her husband. "You can't keep me out of the water now," she says.

Moni's girls, Sarah and Jade, loved watching shark conservationist Madison Stewart (aka Shark Girl) documentaries and like their mum, who was a member of the Sea Shepherd Conservation Society, became passionate about doing something in response to environmental issues. Moni decided to show the girls that change is possible and organised ►



a group of community members to take part in Sea Shepherd's annual World Love for Dolphins Day in 2012.

"I put the word out through friends and held an information session down at the harbour," Moni says. "People were so supportive. It was important to me that my girls see that being true to your passions and standing up for what you believe can be empowering, rather than threatening to others."

Around four years ago Moni heard Tim Silverwood, co-founder of the global environmental movement Take 3 For The Sea, speaking on the radio. "As a family, we have always strived to leave the places we visited better than we found them. I could really relate to what Tim was saying," says Moni.

She contacted Tim and asked how she could start up a Take 3 program in the local area to raise awareness about the impact of plastic pollution on coastal environments. She was informed that council partnership was vital, so Moni agreed to set the ball rolling. Many she spoke to were sceptical about her being able to get Shoalhaven Council onboard but she studied the council's mission statement and appealed to the importance

of the region as a tourist destination, therefore maintaining its beauty. Following Moni's presentation council members voted unanimously to partner with Take 3. "It was so encouraging," she says. "I had a lot of help forming the deputation and it was such a happy occasion for us all. I still get excited to see the Take 3 signs, posters and murals around."

Moni is now Take 3's national Surf Life Saving Program manager, motivating surf clubs across the country to participate in the movement.

The conservation movie *Blue*, released in 2017, features a conversation between young activist Madison Stewart and iconic ocean conservationist Valerie Taylor. The scene ends with Valerie conceding that individuals can make a worthwhile difference in addressing climate change and the impacts of pollution. This was another motivational watershed for Moni and her girls.

Next on the agenda was Fight for The Bight. Two events held on Mollymook Beach earlier this year indicated that many locals were concerned about proposed offshore drilling in the Southern Ocean by Norwegian oil and gas company, Equinor. The 'Fight' is a national alliance raising awareness of the risks involved in the proposed venture,

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Opposite: The Fight For The Bight Paddle Out.
Above: Take 3 mural at North Mollymook.

which seeks approval for deep-sea drilling 370 kilometres off the South Australian coastline in one of the roughest and most remote oceans on the planet. On September 3, Moni led a deputation to Shoalhaven Council, presenting the community's concerns and seeking support for objection to the proposed mining activity. Moni and her team were overwhelmed with the council's response when they voted to oppose the proposed drilling—the first council in NSW to do so unanimously!

As well as her involvement with Take 3 For the Sea, Moni is at the helm of a plethora of activities, initiatives, programs and groups focussed on the environment. She writes grants proposals, organises information sessions, champions groups, attends functions, meetings and seminars. Her energy and enthusiasm rallies people. Connections are made and momentum builds.

"Change is slow, but when the number of people increases, the results are so rewarding and we inspire each other," says Moni, who is also a member of the One Million Women movement, founded by award-winning conservationist Natalie Isaacs

The movement is based on the power of individual women to influence daily household decisions and the impact of those decisions on the environment. It's a perfect fit for Moni's philosophy—small steps taken by individuals can affect significant change.

"I believe that we cannot rely on our leaders to fix the environmental issues we are faced with," Moni says. "It's up to us as individuals to actually do something. If we want change, then we must change our daily lives and make different decisions."

Moni laughs when she recalls the Ulladulla Ex-Servos Club approaching her about ceasing distribution of plastic straws. The club was keen to make the change but there was some resistance from the bingo ladies, so Moni offered to talk to the group. Some of the ladies had grandchildren who were involved in beach activities and Take 3 clean-ups. They were quickly won over by Moni's relaxed reasoning. "As soon as the connection is made, it's as if a light goes on for most people. It's not just about cleaning up the beach, it's about saving sea creatures, and the kids are really into that. I don't take on challenges to 'win'—it's about empowering people by providing information that means something to them."

“Change is slow, but when the number of people increases, the results are so rewarding and we inspire each other,”

Moni sees her day job teaching yoga to young people, aged three to 18, as another opportunity to help young minds develop an awareness of themselves, each other and their environment. Around the Milton studio, drawings and paintings given to Moni by her students are a testament to their enjoyment of the classes and affection for their teacher. She's passionate about yoga being a practice that helps to facilitate this connection. "If we do not feel connected, there's no real motivation," Moni says. "Our interest in looking after the environment comes naturally when we're aware of our place in the world. Connection is also important to our mental health." ▶



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“There are so many people in our community doing great stuff, and we need to work together,”



Her concern for the mental health of young people is a response to conversations she's had with teenagers, who she says have a lot to worry about. "Social media gives them access to a lot of information—some good, some not so good."

Earlier this year, Moni developed a voluntary program for teenage girls with local high school wellbeing officer Ice Schaap, called the Lioness program. The course was developed after the tragic murder of Eurydice Dixon in Melbourne and aimed to assist the girls to build confidence through self-defence skills and safety awareness. "The girls loved it!" says Moni. "We rarely finished the sessions on time—they just wanted to stay and talk about stuff. It was a privilege to be part of those groups."

Moni's interest in the environment has led her to connect with many others with similar concerns. "There are so many people in our community doing great stuff, and we need to work together – otherwise there's the risk of treading on toes and overlapping our activities, which is not helpful," she says.

With that 'big picture' in mind, Moni has formed a registered association called Treading Lightly Inc. It's a local initiative that aims to bring groups and individuals together to 'connect and care for the Earth' through consultation and collaboration. "There's space for everyone," says Moni.

A leadership committee has been established and membership is open to all. Their 'Raising the Vibration' event was held on the beach at South Molly on World Climate Strike Day and was attended by over a hundred locals eager to be informed of the group's plan to support positive change. Moni introduced the Treading Lightly team and was inspiringly positive. Her daughter Jade also spoke to those present, representing high school students, who had organised a panel discussion at the school—a worthy contribution to the global climate strike activities. The crowd was friendly and relaxed with small children playing in the sand and everyone holding hands to form an enormous circle before the group dispersed.

This is the power of Moni's leadership—quiet, informative, inclusive, effective. "Jade and Sarah inspire me every day and I couldn't do what I do without them, and my husband's support and patience," she says.

With the global environmental issues of waste, pollution, sustainability, climate change, energy and carbon emissions highlighted almost daily in most media formats, it's impossible to not be aware of the growing sense of urgency with regard to the future of planet Earth.

"There's no time for negativity—children and young people are our future. They are the ones who will need to deal with these problems and we need to support and empower them," says Moni, whose response is calm and, above all, hopeful about the future.

Moni may be treading lightly, but the impact is significant. [w](#)



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Dancing Within The Ocean

KATHERINE TURK

Words by Brett Burcher

Nearing the end of a successful first year studying a Bachelor of Arts and Bachelor of Business at Southern Cross University in Lismore, Kat received an out of the blue call from her father, Victor, asking her to join him on a surf trip to the Maldives the following week.

Coinciding with the end of year exams, her response was reluctant ... but it was a yes. Emerging from the trip in a new headspace, the writing was on the wall. She hastily resigned from her course, and in what may appear a well-masterminded plan by her father, returned to Ulladulla to work at the family-owned surf shop.

Bush Surf Company started in 1979 in Kalaru, near Tathra. “My parents, Victor and Diana, told me stories of walking to the telephone booth and calling Gordon and Rena Merchant (founders of Billabong) to order a single pair of boardshorts.” Victor also shaped Bush Surf surfboards back then. “Every once in a while, an old local will come into the store and show us a Bush board along with a tale from cherished

surfing days down the coast.” Before Bush Surf’s opening in Ulladulla, her parents owned and managed a vegetarian cafe ‘Zoobs’. The pivotal reason Victor and Diana chose to settle in Ulladulla was the same as Kat’s reason to remain in town ... the waves.

Back home, the waves became her sanctuary again. The surf scene locally was strong and welcoming, but female numbers were not highly represented. Feeling the need to create a bond of like-minded women in the area, Kat began a ‘rock up on the day’, all-female surf group. “It was about getting girls together to surf and build confidence out in the water. I wanted to create a safe surfing space where you could turn up and be guided on what spot to surf in particular conditions, where best to paddle out and where to sit. I was also able to provide a few technique tips along the way.”

If the heightened presence of females in the local line-ups is anything to go by, her wish was granted. “It’s so amazing to see a new frontier of females who are simply surfing because they love it. They’re not there for anyone or anything else, just to surf. It’s so cool.”

Kat’s surfing journey was influenced by her particular motivations at

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Credit: Tim Mooney





Credit: Humming Bird Surf Photography

the time. During high school, she finished runner up at the Australian School Titles teams event in South Australia. “I surfed at regional and state events, and would often earn a place, but never really took my surfing any further.” Spending her hard-earned cash on travel made more sense, and she soon began directing her itinerary to the Maldives, Tahiti, Indonesia, Mexico, and yearly trips to the North Coast of NSW.

It was on the faraway shores of a remote fishing village in Mexico that Kat had a somewhat unique experience with an indecisive species of the deep. “I was duck diving under a wave and as I surfaced, something hit the side of my head and slapped me across the front of my jaw. I instantly felt a hole in the side of my cheek and blood began pouring from my mouth.”

Safely back on land, a local Mexican lady closely

examined the wound, repeating the words, “Pescado! Pescado!” which is Spanish for fish. Turns out she’d been struck by a garfish. The local fisherman later explained that garfish prefer to jump over fishing boats rather than swim under them. Requiring stitches, Kat was transported to a dark hospital room for treatment, where she lay nervously, in the foetal position, as the doctor administered a local anaesthetic with a needle that had been ‘sterilising’ nearby in a used apple juice bottle!

“It was about getting girls together to surf and build confidence out in the water.”

Kat’s comfortability on boards doesn’t just end in the water—she’s one of those annoying individuals that can effortlessly ride any form of underfoot craft. “I love how snowboarding is just an open canvas. You get off the lift and you’re free to ride however you want, till you reach the end of your run. Surfing can sometimes feel aggressive, like a bit of a battle with yourself and others, paddling to get in the spot, fighting for a wave. You can do 30 turns in one run on a snowboard, that could take you weeks on a surfboard.”

While on the subject of annoying talents, Kat also learnt to play the guitar and understand and appreciate music from a very young age. “Coming from a musical family, I learned many instruments—guitar, bass, piano and the flute.” Not quite the list of instruments you would expect to see from a member of a heavy metal school band who in their glory days, represented the South Coast at the state-wide Battle of the Bands in Sydney. “We would play at school assemblies and award presentations, but not the usual songs you would expect. Our crowd favourite was Rage Against The Machine’s *Killing In The Name Of*. Thinking back now, our music teacher must have been a total legend!”

Unassuming and moving to the beat of her own instrumentals, Kat’s discovered her niche, dividing her time between the Batemans Bay, Nowra and Ulladulla Bush Surf stores, and dancing within the ocean, in the way only she does. [W](#)

JUST MARRIED

With strong family ties in the local area, Emileen and Joel were excited to celebrate their wedding day at The Old Church in Milton on Saturday the 5th of October.



The ceremony on the pontoon included this special moment full of love for their first child due to be born soon.



Glowing with happiness, the bride and groom created beautiful memories with their bridal party on the lawn area.



Milton provided a classic rural backdrop as the couple made a new friend after the ceremony at The Old Church.



Em and Joel shared a romantic moment together before family and friends joined them on the dance floor in the enchanting marquee. •

Credit: Blush Pink Photography

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

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Winston Surfshirt

Words by Jem Quinn

In November, Winston Surfshirt will drop *Apple Crumble*, the delicious follow-up LP to the spectacular 2017 debut, *Sponge Cake*. Sweetness isn't the only recurring theme Winston confirmed. "The album will be a continuation of our sound, a bit more mature, and a lot more concise than *Sponge Cake*. This one has been a lot more thought out, but it's definitely still party music."

Starting out nine years ago on the Northern Beaches of Sydney, Winston has been constantly adding and reshuffling the band line-up. Now with a full brass section complete with trombone, trumpet and sax, "We've got

so many people on stage, we're like the bloody Gypsy Kings," Winston joked. "Adding brass has had a huge influence on our music."

Still the chief songwriter, Winston described the process. "I sit at home and make beats. I'll make fifty and then maybe I'll choose one, then all the boys get in and add horns and keys. We all live in different places, but when we get together we never need much rehearsal." The crew takes care of the recording process at their home studio setup. "We don't need a studio, we've got a good mic, and we like to do the bulk of the production ourselves, otherwise it wouldn't be us."

Kicking back in a flat in southwest Chelsea, Winston explained that, to the disappointment of their European fans, their scheduled tour had to be postponed. "We still need to put the final touches on the album."

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We'll be back over here in February to do the shows." In the interim, the band has a string of regional shows planned for the Australian summer. "We're really excited for the regional shows, they've definitely been some of the funnest gigs we've done so far."

Speaking to his early influences, Winston recalled his youth growing up in England before moving to Australia when he was 12. "Dad was into the heavy rock like Led Zeppelin but we listened to a whole range of stuff like Frank Sinatra and a lot of Motown as well. My older sister was into Spice Girls and Destiny's Child and all that early R&B of the '90s. When I

came to Australia, I was obsessed with the Beatles for about 10 years. I loved their songwriting and the love that John had for Yoko." Beatles pop and the melodic and soulful vibes of Motown are prominent in the band's simple but effective arrangements, silky smooth bass lines and the regular use of horns, now a staple in the Winston Surfshirt sound. Constantly sporting the infamous John Lennon frames, Winston makes no secret of his love for his musical hero.

“We’ve got so many people on stage, we’re like the bloody Gypsy Kings.”

Two singles from the forthcoming album have already dropped and have been received with a great deal of excitement. *Make A Move* is a classic return to form, and is an undeniable dance floor burner set to get feet and tails moving. Meanwhile, *Smile* lowers the tempo a touch and is an unashamedly loved-up, summer slow jam, complete with smatterings of brass, broken beats and Winstons' signature breezy and soulful vocal flow. When commenting on his effortless hip hop delivery, he was quick to note that early hip hop was another big influence. "When I met Bust Lip (beats) he played in a rock band, but he was obsessed with hip hop and he pushed my love for hip hop. The first album I ever bought was the Gorillaz."

Since the release of *Sponge Cake*, the crew has been busy making waves with a standout out performance at Splendour In The Grass and headlining their own shows with the Baked Goods tour supported by neo-soul phenom, Milan Ring. Never content, Winston has proven to be a music-making machine frequently collaborating with Cosmo's Midnight, Sydney electronica outfit Polographia (as Poloshirt) and most recently Belgium hip hop crew, Blackwave with *The Antidote*.

Get your hands on *Apple Crumble* when it drops in November and catch the crew as they blaze the trail with their regional shows this summer. [w](#)



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YOUR WELLBEING

Words by Amanda McDonald



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Credit: Cloudface Image Solutions

With a buzzy, community atmosphere, Milton Village Showground Markets boast fun for the family, food to tempt your tastebuds and stalls bursting with life and colour. Held on the first Saturday of each month, it's a great way to spend the morning before hitting the beach this summer.

The popular markets host between 35 and 70 stalls showcasing a huge variety of local merchandise and with new stallholders continually joining there's always a flow of interesting and diverse items to explore.

Strolling under the shade of the magnificent coral trees you'll find an eclectic range of handcrafted treasures and trinkets. From divinely scented candles, essential oils, soaps and lotions to children's clothing, up-cycled fashion and funky jewellery, you're guaranteed to pick up a gem.

Home decorators will love the ceramics, macramé, bric-à-brac, authentic antiques and Aboriginal arts and crafts. And if you're a keen gardener there's also a large selection of plants including natives, succulents and bonsai.

Load up on gourmet fare in the Food Alley where the emphasis is on local, sustainable and organic products. Sample the hand-made condiments (pickles, jams, honey, preserves), organic breads and pastries,

artisan cheeses, free-range beef and pork, locally sourced seafood, micro herbs and seasonal fruits and vegetables.

When you start to feel peckish, you'll be tempted by mouth-watering goodies including Dutch pancakes, Turkish Gözleme, hand-made pies, chocolates and ice creams. Grab a spot on the grass to enjoy lunch and be entertained by local musicians as you relax and take in the scene. The kids will love playing on the Jumping Castle or enjoying a pony ride while you savour a cup of freshly-brewed coffee.

Milton-Ulladulla is a strong and dynamic community well serviced by community organisations like Marine Rescue, Cancer Council, Fair Funding, local Fire Brigade and the RSPCA who are all represented at the markets. Sometimes you'll see local schools and sporting groups raising funds for their various activities and they always have something interesting to add to the mix.

The Milton Showground venue provides plenty of free parking and locals and tourists appreciate the open market space and amenities that are family-friendly and welcome pets. •

Milton Village Showground Markets. 107 Croobyar Road Milton. 1st Saturday monthly. Saturday Long Weekends. 8.30am to 1.30pm. E. miltonvillagemarkets@gmail.com
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All For A Good Cause

CUPITT'S WINERY

On Sunday of the October Long Weekend, Cupitt's hosted a live music event to raise money for the Milton Rural Fire Brigade. Popular local band, Brothers, produced an epic performance and with great food and wine to accompany them, the day was a huge success.

The busy long weekends are a great time for Cupitt's to raise money for local charities as they always experience a high influx of visitors to the venue. "To ensure that guests have a good experience we decided to control the number of visitors and make it a ticketed event," explains Libby Cupitt.

"This then presented us with a great opportunity to raise money for a local charity," she continues. "We selected Milton Rural Fire Service to be the recipients of this particular fundraiser as these brave and dedicated men and women are partially self-funded and do an amazing job keeping our community safe."

With the Milton-Ulladulla district being impacted by raging bushfires in August last year, this was a wonderful way for locals to show their support and give back to the men and women who worked so hard to save lives and protect property.

The Milton Rural Fire Brigade volunteers came along to the event and helped out with the organisation

of the parking. They also made themselves available to chat with the kids who enjoyed having their photograph taken with the fire engine.

The sold-out event raised a total of \$6478.05 and Annette Stevens, Community Engagement Officer for the Milton Rural Fire Brigade, was thrilled. "We are extremely grateful to the customers, staff and management of Cupitt's Winery and Restaurant for their fund-raising efforts for our brigade," she says. "All monies raised will be used to purchase vital fire-fighting equipment which will improve the capability of our volunteers to serve the community."

Libby was pleased with how the day turned out and echoes Annette's comments: "Thank you to our customers for supporting the event, the staff at Cupitt's for a great day and the Brothers band for putting on such a great show."

The next fundraising event at Cupitt's will be on Sunday the 29th December to raise money for the Mollmook Surf Life Saving Club, another very worthy community organisation that helps keep us safe at the beach over the summer. Subsequent fundraisers will be on New Years Day and Australia Day. Check the Cupitt's website for details and to purchase tickets.

Don't forget you can enjoy live music at Cupitt's, overlooking the nearby lake and ranges, every Sunday of the year from 12.30pm. ●



CUPITT'S WINERY

A MATCH MADE IN HEAVEN



Credit: Rob Locke @foodwinedine

Any foodie aficionado will tell you that wine and oysters are a match made in heaven and both Cupitt's and Appellation Oysters couldn't agree more.

Appellation Oysters is a premium division of Australia's Oyster Coast (AOC) where the best oysters from 60 plus farms across 13 estuaries, along the unspoilt east coast of NSW, are graded to meet 'Appellation' standards.

Cupitt's and AOC have developed a strong symbiotic relationship and enjoy pairing their best products to highlight the unique flavours that are complemented by one another. "There's a good marriage with oysters and wine, as oysters from different farms, just like wines, share a different flavour," says Libby Cupitt. "We wanted to provide the opportunity for people to learn and appreciate oysters just as we do with wine tasting."

Cupitt's and Appellation Oysters are presenting a series of Masterclasses with Appellation CEO Mark Allsopp. Mark will explain where the oysters are grown, how they are harvested and the five flavour pit stops of the oyster. You'll also learn how to shuck an oyster, the best way to eat oysters and how to best pair oysters with wine.

The Masterclass is a unique chance for oyster fans to sample Sydney Rock Oysters from different estuaries in NSW with Cupitt wine and beer. Tickets are \$60 per person.

Appellation Oysters can also be enjoyed daily at Cupitt's Kitchen. ●

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Local Talent

MEAGAN JACOBS

Words by Terri Quinn



Credit: Paul Gurney

Growing up on the northern beaches of Sydney, Meagan Jacobs enjoyed an idyllic childhood, full of freedom and closely connected to the land and the sea. Sailing with her father and brothers up the Hawkesbury River to visit her grandfather, who lived on an island only accessible by boat, was one of the many experiences that fostered her spirit of adventure and a deep appreciation for the natural world.

“It was a lovely childhood. I was always climbing trees and making cubby houses,” says Meagan. “I enjoyed walking in the bush and playing on the beach collecting little pebbles and things. I’m still a great collector.”

Her first memory of making art was at age six when her father bought

her some long-nose pliers, some wire and some beads and she made jewellery which, with budding entrepreneurial skill, she proceeded to sell to family members. She would spend hours ensconced drawing and painting and later making her own clothes.

After leaving school Meagan enrolled at TAFE to study dress design and patternmaking but quickly realized that she was more interested in the designs on the fabric than the actual structure of the clothes. Almost immediately, she began painting surfaces, finding time to pursue her passion around her day job.

In the late ‘80s, she moved with her husband and baby son to the South Coast. Drawn to the pristine, un-crowded environment they purchased a small cottage opposite the beach in the tiny, coastal hamlet of Kioloa. “It was quite secluded back then and very beautiful,” she recalls. “There

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were a lot of like-minded people who cared about the environment and wanted a better lifestyle for their children.”

Always creative, Meagan made hand-coiled pots and papier-mâché sculptures to sell at the local markets and later developed her own business, Reedy Creek Creations, painting tabletops for restaurants and homewares stores. She also worked for local media publications, while continually drawing and painting the South Coast beaches and mountains.

Formal training in Fine Arts Drawing at TAFE Illawarra Institute set Meagan up with treasured lifelong skills. “Drawing is an important part of my practice, whether I’m sketching quick studies while walking in the bush or sitting down for two hours laboriously recording a single tree, I love that hand-eye to paper act,” she says.

It was on a painting trip to Fenn Gap, in 2010, that Meagan fell in love with the Outback. “It was actually quite a defining moment,” she explains. “It was the light and the colour. I knew straight away I would come back to the desert.” And that’s what she did!

Five years ago she volunteered at the Warlukurlangu Art Centre at Yuendumu, 290km NW of Alice Springs, one of the longest-running and most successful Aboriginal-owned art centres in Australia. It was the start of what would become an annual winter pilgrimage.

The Warlu artists have a high profile, both nationally and internationally, with their art featured in hundreds of exhibitions and publications in Australia and around the world. The sale of their artworks provides funds to support special projects to improve the health and wellbeing of the Yuendumu community, including building and maintaining the swimming pool, the child-care centre and a clinic.

No two days at the centre are the same for Meagan. Acting as a facilitator for the artists, she works alongside painters of all ages, artists who approach their work with incredible natural ease, and she admits openly to having a soft spot for the grand elderly artists of the desert. “When the mercury hits 40° conditions can be challenging,” she says. “But at the end of the day, when all the dazzling paintings are lined up in the sun to dry, it can be highly rewarding.”

Spending four days a week at the art centre leaves Meagan three days for her painting. At home, she paints from her veranda, undercover out of the sun, looking out over the community of Yuendumu to the mystical

hills in the distance. Weekends are spent walking up to those hills, with a few other artists and her dog Django, to immerse herself in the ancient desert landscape, where the ever-changing interplay between light and shadow provides Meagan with endless inspiration.

Spending time with the local Aboriginal artists and traditional owners of the land has seen her invited to visit sacred sites and given permission to paint certain unique landscapes. “I’m in awe of how generous they are with their knowledge,” says Meagan. “And I feel incredibly privileged to be here.”

“ I like the painting to develop and it almost directs me in the end.”

Meagan uses oil paints on board, which she finds preferable to canvas when painting in remote locations. “Boards work well for me. I have to ship my work from here to galleries in Melbourne and northern NSW. They get carried around, dropped in the dust and sanded off so it suits the environment out here.”

Colour and texture are strong features of Meagan’s abstract or ‘imagined’ landscapes. “When it comes to colour I trust my intuition,” she says. “It’s not unusual to find luscious, thick, pink skies or seductive red trees in my paintings. I’m not aiming to render an observed scene, it’s more about capturing the feel of a place.”

It’s not unusual for Meagan to have 10 paintings on the go at one time. “I always work like that. I start them all off and I work in layers and build them up. Things get painted over, scratched into, they become like archaeological digs. That allows me to not be too precious. I like the painting to develop and it almost directs me in the end.”

Meagan plans to be back home in Mollymook at the end of the year when the heat becomes oppressive and heavy rains cut Yuendumu off from the rest of the world. As she reflects on her yearly coast to desert trek she becomes melancholy. “I’m so connected to the South Coast and I love the community there, but now I’m entrenched in the community here too, so it becomes quite difficult to leave ... although I am looking forward to walking under some tall trees and swimming in the ocean.”

Turn the page to view a collection of Meagan Jacobs’ Australian landscapes. ►

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Credit: CloudFace Image Solutions

When you walk into Stuart Bros. Delicatessen your eyes are immediately drawn to the expansive range of high-quality charcuteries in the refrigerated counter and the shelves bursting with gourmet preserves, condiments, spices and dry goods.

Stuart Bros. Delicatessen was originally the brainchild of business partners Wendy Stuart and Shaun O'Rourke, who saw the need for a specialised deli in Ulladulla that provided locally and internationally sourced goods not available in supermarkets. Nine months after opening their doors in January 2018, Dorothy Hodgson joined the partnership.

The women originally derived their business model from a traditional Italian delicatessen but they've expanded the range to include products from Germany, France and Greece as they continually adapt to their customer's requirements.

As strong supporters of the Slow Food movement, Stuart Bros. also source an array of local South Coast produce including free-range eggs, sourdough bread and a full range of dairy products from Tilba Tilba. Boxes of fresh, seasonal vegetables grown at Claydon Park in Milton are also distributed through the shop.

Slow Food South Coast has been a great support for Stuart Bros. in expanding their knowledge of local

growers and they feel honoured to have been recognised with a recent Snail Award as a Slow Food provider.

The team takes pride in its comprehensive product knowledge and good old-fashioned service. Customer satisfaction is their main priority and they aim to create an environment where people can share stories about food and life in general. The shop's front window opens out to a cosy little seating nook where you can linger for awhile to enjoy breakfast, coffee and a chat.

If you've had a busy day, Stuart Bros. prepares delicious take-home meal options made from scratch and they also love to cater for events. Whether you need a simple grazing platter or a fine dining experience at your home, they will provide a mouth-watering, gourmet spread while meeting any special dietary requirements.

Wendy, Shaun and Dorothy enjoy networking in the community and take every opportunity to share their vast knowledge, through their cooking classes. They also run barista courses, within the NDIS Mentoring Program, which are tailored for individual requirements. "Ulladulla is fast becoming a foodie destination with room remaining for other artisan providers to join the food journey," says Dorothy. •

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Old Blotchy

*Words by Patrick Faulconer
Illustration by Kyla Stone*

Credit: Kyla Stone Art - @kylastoneart

As new subdivisions and building sites spring up across our local area, an ever-increasing number of trees are being lost to make way for new housing.

I'm beginning to think it's getting harder and harder to escape from urban living, but luckily here on the South Coast we don't have to travel too far to find pristine forest. If you really want to connect with Mother Nature, to prove to yourself that she will always have the upper hand, then head south and pay a visit to Murrumbidgee National Park.

Within the National Park, not far from Termeil, is one particularly spectacular tree. But here's the catch – I'm not going to tell you exactly where it's located. If you're a dedicated tree lover, or seething at the effects of climate change, then you will find a way to seek it out.

Known affectionately by locals as 'Old Blotchy', the spotted gum, or *Corymbia maculata*, is listed on the National Register of Big Trees and is one of the largest examples of the species in NSW. The majestic beauty of this wooden monolith will most definitely leave you awe-struck.

At about 60 metres tall and up to 400 years old, 'Old Blotchy' has somehow managed to escape 200 years of timber cutters' sharpened steel just because it's always

been too blooming big. The old foresters knew they would be wasting their time. The tree would be far too hollow in the middle and when you finally managed to get it down on the ground, then what?

Once you have located 'Old Blotchy' you will probably never need to see a giant tree again. The elephantine feet, the smoothness of the marbled bark and the sheer distance to the first branch will take your breath away ... I believe they call it the WOW factor!

“ The elephantine feet, the smoothness of the marbled bark and the sheer distance to the first branch will take your breath away.

Don't rush your visit. After walking around the vast 10-metre girth and gazing endlessly up its straight trunk to the leafy crown, spend some time sitting at a distance trying to correlate the statistics of Mother Nature's incredible abilities.

Most importantly, make sure you tread lightly as the biggest threat to 'Old Blotchy' now is from tourists. Ideally, clean your shoes to avoid bringing in unwanted pathogens.

PS: If you are a true tree anorak you may even be able to locate 'Old Blotchy's' even taller sister tree. But take some supplies as that may take some time! w

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COVER CHAT



Brilliant. Although, do they come to Tassie?

@talesofawanderingtribe

Woohoo!! Can't wait to grab a copy when I'm in town!

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Love it White Wash Magazine! Thanks to you guys and Tina for the amazing opportunity!

@cloudface_image_solutions

Looks great can't wait to get my copy!

@wanderingyogaattabourie

Fabulous WW. I love this woman. Always captured ridiculously well Dean Dampney! **@kylastoneart**

Great cover! Our Tina.

@liz_gee

Oh my favourite cover yet .

@miltonworkhub

Great issue as usual!!! Loving the story on Ruby Boland too! So much great local talent.

@missmossilton

Yes!!! I love this. Happy tears to see this beautiful soul on the cover. **@monimudge**

Woohoo awesome cover.

@mariannecool 

Lawyers For Every Stage of Life

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The decision to separate or divorce is never easy. As well as being emotionally difficult, the practical steps involved in dividing a life together can be overwhelming.

"We speak with people during some of the most difficult periods of their lives," said Julie Dobinson, managing partner at family law firm DDCS Lawyers.

For Julie, the value of getting professional advice cannot be understated. Separation can be a complex process and a lawyer can help you fully understand what you might need to consider, along with the steps you can take to protect your interests.

Even if you believe your separation will be amicable, a lawyer can give you valuable advice about what you both need to consider, the legal process, and anyone else you may need to speak to.

Expert family lawyers also have good networks of other professionals to support you during this time, including counsellors, financial advisors, accountants and property valuers.

Julie has been practising family law for over 25 years and in 2005 she helped introduce collaborative law to Australia—a process where clients agree from the outset not to go to court and instead engage in structured mediation to come to an agreement.

As one of the largest family law firms in Canberra,

DDCS Lawyers has earned an enviable reputation. Lawyers from the firm regularly receive accolades in Doyle's Guide to the Australian Legal Profession, an independent ranking of the top legal professionals in Australia.

Julie's husband, Phillip Davey, is also a partner and specialises in wills and estate planning. As a dedicated family law and wills and estate-planning firm, DDCS Lawyers can assist clients at every stage of their life. Whether you're starting or ending a relationship, need advice for parenting agreements, need to protect your assets and loved ones with estate planning, or are preparing to pass your business on.

Julie and Phil have a house in Mollymook and now divide their time between Canberra and the coast. For clients along the coast, this allows them to get the professional advice they need without the time and expense involved in a long drive to Canberra or Sydney.

"As lawyers, we want to get the best outcome for our client, which means giving pragmatic and strategic advice. But it's also about helping them through the process with dignity and without spending too much money," she said. •

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Latest Chapter

PEBBLY BEACH ESCAPE

Anyone who has ever taken the winding road off the highway down through the forest of spotted gums towards Pebbly Beach knows that a special place awaits: with white sand, clear water and kangaroos grazing beachside, Pebbly is known worldwide as an iconic destination.

Now there is another, unique attraction at Pebbly Beach, with the old shacks on the south side of the cove recently transformed into luxury accommodation —‘Pebbly Beach Escape’.

The renovation of the old beach shacks, the first of which was built back in the 1940s, has been done with a delicate touch. There is still the laid back vibe of the classic beach shack experience, with a curious magpie on the deck and the sound of the ocean in every room—but inside is high-end luxury, with five star bedding, bathrooms and kitchen.

This is the latest chapter in the fascinating story of this property.

Development on the land started with a timber mill in the 1920s. Then, just after the second world war, an elegant, willowy Russian woman was taking a holiday from running her popular café in Sydney’s Kings Cross, when she crested the hill that looked down to Pebbly and fell in love with what she saw.

Ursula Schwallbach, known as ‘Ushka’, left the city to start her dream of building holiday cabins. She set up a small store, where a cow provided fresh milk, and Pebbly became a destination for families. Poets and writers who knew Ushka from King Cross visited, the pristine environment a source of inspiration for their work.

Since Ushka, the property has only been owned by three other families, the Higgins/McFarlanes and now the Anders.

The Anders family saw how special it was—and ready for a makeover.

To help with the transformation, they’ve teamed up with Colin Bailie—the owner and creator of the award-winning ‘glamping’ experience at nearby Shallow Crossing, ‘The Escape’. Bailie is adept at bringing luxury experiences into remote bush settings.

The result is a modern, environmentally friendly, luxury experience by the ocean. 100% off grid, the property is powered by solar energy with the latest Tesla system and UV treated water.

This is a destination for those who want to commune with nature but not compromise on five star facilities. ●

Lot 115, Pebbly Beach Access Road, Pebbly Beach NSW 2536. P. 02 4478 7581, E. info@pebblybeach.com.au, www.pebblybeach.com.au



ENVIRONMENT

AVOID SINGLE USE PLASTICS



Always have a reusable shopping bag in each common location e.g car, handbag and front door.



Purchase and eat an abundance of wholefoods as they have minimum packaging.



Build up a collection of biodegradable cutlery for alfresco dining and picnics.



Take your own containers to shops when purchasing goods usually wrapped in plastic. W



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Hello Summer

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Family Matters

MILTON FAMILY MEDICAL PRACTICE
AND SOUTH COAST SKIN CANCER CLINIC

Milton Family Medical Practice is a small, family-orientated practice located in the heart of Milton. The practice prides itself on providing continuous and personalised medical services to its patients in a warm and caring environment.

Established in 2016 by Dr Meike Flore, Milton Family Medical Practice employs several general practitioners with a wide variety of special skills and interests to cater for the diverse needs of the local community, including general and preventative medicine, women's health, obstetrics, gynaecology, paediatrics, palliative care and chronic disease management. The practice also employs a dedicated team of highly-qualified nurses, various allied health professionals (naturopath Emma Povey, osteopath Melody Burgess and dietician Molly Mylott), and a number of professional administrative staff.

As the only full-time, practising GP/Obstetrician in the local area, Meike opened the practice with a view to providing a genuinely holistic approach to the healthcare needs of local families. Not only can Meike deliver babies, but she also holds Masters qualifications in fertility and pre-conception issues—so her interest in and dedication to families extends to those in the earliest stages of family planning.

Meike's commitment to integrated healthcare is realised through the collaborative approach taken by her team of general practitioners—Doctors Emma Thompson, Ashlee Mychael, Ele Chapman and Monique Scott—who work alongside her and the patients on their healthcare journeys. Collaboration between the doctors and nursing staff (including Midwife and Lactation Consultant Tegan Griffiths) ensures local women receive continuity of care throughout their pregnancies and beyond. The practice offers antenatal classes designed to educate patients about their birthing options, self-care during pregnancy, and managing labour and breastfeeding.

In late 2017, Dr Con Pappas and Dr Qays Alsha'er came on board with the establishment of the South Coast Skin Cancer Clinic dedicated to providing expert skin cancer care. Both Con and Qays are accredited with the Skin Cancer College of Australasia (with Con also a fellow and censor of the College). Con offers highly specialised skills in advanced skin cancer surgery and has also branched into associated cosmetic skin rejuvenation therapies.

"Living on the South Coast in a small community, we are so lucky to have this level of expertise right on our doorstep," says Meike. •

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TRAVEL

WANDERLUST



RAPID BAY - FLEURIEU PENINSULA, SOUTH AUSTRALIA

Words by Shannan Maciejewski

Have you heard of Rapid Bay? Well if you haven't, I'm here to change that. It may just be part of your next sun-fuelled, salty, laidback, beachside getaway.

Australia is incredibly diverse in its landscapes and you really can find yourself in some magical spots that make you feel a world away. And this is one of them. Say goodbye to fast-paced living, take a step back and slow down.

Along South Australia's Fleurieu Peninsula lies Rapid Bay. A place where the rolling hills meet the waterfront in a picturesque bayside setting.

As you descend the sweeping terrain to the campground you are met with a large open area and calm, crystal-clear waters shimmering in the sun.

It's what I imagine camping to have been like in the '70s and '80s. You drive in, choose your spot, set-up and kick back to soak it all in and watch the sunset.

As an added bonus, you can take your furry friend with you. As long as you follow the rules and are respectful to fellow campers it's definitely a win-win.

HOT TIP

Beat the crowds and get in early. It can get busy on nice weekends and peak times, especially through the warmer months, but it doesn't need to dampen your fun.

With a little foresight you can snag some prime beachside real estate and with uninterrupted views of the bay, you'll watch the day tick itself away. [W](#)

@TalesofaWanderingTribe

KICKING THE CUP



Clean Up Australia estimates we use one billion disposable coffee cups every year with 90% ending up in landfill.

Many of our local coffee shops are working hard to decrease their environmental footprint by offering alternatives to their customers.

Here are some ways to support them and say 'no' to single-use takeaway cups:

1. Take the time to sit in and enjoy your coffee.
2. Invest in a reusable cup. There are loads of options available including bamboo, metal, crockery, glass and even coffee husks!
3. Use a mug library, where available, so you can borrow and return a cup.
4. Download the free Green Caffeine App for a 'swap and go' cup and consult the Green Caffeine website for participating local cafes.

We are so proud to live in a community that is working together to make a positive change for the planet. [W](#)



Healthy Planet, Healthy You

Words by Dr Katie Macartney

"Every day we depend on biodiversity (the sheer variety of life found on Earth) to keep us alive and healthy. The air we breathe, the water we drink, the foods we eat and the medications we take are all by-products of a healthy planet." (Dr Maria Neira, Director, World Health Organisation.)

Maintaining a healthy environment is central to increasing quality of life and improving the health of individuals. Here are some steps we can all take at an individual and community level to promote health for all through a healthy environment.

1. WALK OR CYCLE TO WORK OR SCHOOL

Exercise benefits our heart, lungs, mind, muscles and bones, so if we replace driving with cycling or walking we will lose weight, feel healthier, improve our life expectancy and benefit the planet!

2. AVOID PROCESSED FOODS

Reduce your consumption of high kilojoule processed foods that are high in saturated fats, salt and sugar. The packaging and processing of these foods also has an environmental impact by contributing to landfill and waste. Wholefoods are best!

3. EAT FRUIT AND VEGETABLES

Eating fruit and vegetables is important for preventing heart disease, stroke and cancer and keeps our immune system, gut and bones strong. Growing your own vegetables has added benefits—you can spend time outdoors, which is good for mental health and Vitamin D consumption.

4. DISPOSE OF MEDICATIONS SAFELY

If you have medicines and tablets that are no longer required or are out of date, take them to your pharmacy or GP to dispose of them. Don't flush them down the toilet as they are harmful to our marine species and impact our biodiversity.

5. A FEW OTHER THINGS YOU CAN DO

- Drink tap water. It helps you to avoid sugary drinks and bottled water (more plastic).
- Start a compost bin or worm farm to cut your rubbish in half and reduce landfill. The fertiliser will improve the health of your garden.
- Clean up our parks and beaches. Participate in Take 3 for the Sea or Clean Up Australia Day.

From what we are learning it is now impossible to separate having a healthy body from having a healthy planet. So take steps today to improve the health of both! [W](#)




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Liza Butler began working in the design industry, as a trainee to one of Wollongong's most highly regarded interior designers, in the early '80s.

After a hiatus to raise her children, Liza decided the Shoalhaven deserved to have a beautiful space for interior advice. So three years ago, she and her partner, Barrie, opened TDS The Design Studio. With a custom-built showroom in the heart of Ulladulla, clients can see a range of products on display while simultaneously sourcing design recommendations.

Liza and Barrie are passionate about what they do, providing high-quality workmanship and professional service that keeps clients coming back and also referring their family and friends. "We listen to what our clients say in the initial design brief to ensure a personal result every time," says Liza.

Keeping abreast of the latest trends in design, Liza recently completed the KonMari™ consultant course in Los Angeles. The KonMari™ approach springs from the Marie Kondo philosophy of only keeping items that are sparking joy. "This creates a sense of gratitude and contentment for the items we possess and gives us a sense of peace in our homes and within our lives," says Liza.

Liza believes there's a worldwide shift towards purchasing one stunning item instead of ten lesser items. "We want to make our homes more like a luxury resort and we are conscious of the global footprint we are leaving behind. We are more focused on natural fibres," she says.

To provide their clientele with some pieces that spark joy, Liza and Barrie have added sister store, Dwell 35° South, to their business portfolio. Dwell, a lifestyle concept store showcases a range of bespoke furniture items and beautiful homewares. You can also find beach umbrellas and accessories, the finest linen bedding, one-off ceramics and paintings from local artisans, locally made candles, cushions and more.

Having lived in the area for many years, Liza and Barrie pride themselves on being a locally owned and operated enterprise. Together they have forged a successful business that aims to set your home apart from the rest.

"We love what we do and it shows in our work," says Liza. "As a customer, you can be assured of personalised service and a professional finish every time." •

6/44 Deering Street, Ulladulla. P. 02 4454 2828.

f @tds.thedesignstudio @tdsthesdesignstudio

f @dwell35degreesouth @dwell35south

LET'S WALK

Words by Paul Buckingham



The Walk:

Collers Beach Rock Platform. Traditional Country of the Yuin People.

Distance:

Approximately 1.5km return.

Grade:

An easy walk.

Getting there:

Park at Collers Beach carpark via Burleigh Way in Mollismook.

The Experience:

Walk south towards the rock platform. There are some fascinating fossils and rock pools to be explored at low tide on a sunny day.

Important:

Collers Beach is an off-leash area for dogs south of the car park. Remember a hat, water and sunscreen and be prepared for your shoes to get wet! w

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

TDS
The Design Studio

Blinds • Curtains • Shutters

Shop 6, 44 Deering Street, Ulladulla
P. 02 4454 2828

Photo by Uniqwa Furniture

A lifestyle concept store showcasing a range of bespoke furniture items and homewares. 2/44 Deering Street, Ulladulla.

Dwell 35° South

NUTRITIONAL HEALTH

Words by Emily Dennis

This summer supercharge your health by adding these essentials to your diet.



BEETROOT

Include beetroot juice, roasted beetroot, or organic beetroot powder to smoothies as beetroot has been found to help support the cardiovascular system and reduce blood pressure.



ALMONDS

Almonds are a natural source of Vitamin E that acts as an antioxidant within the body. Vitamin E also reduces coagulation of the blood helping to prevent blockages.



WATER

Water is essential to fluid and electrolyte balance. Without sufficient intake there is a risk of dehydration and constipation. Aim to drink around two litres a day. •

Emily has achieved outstanding results for her clients through nutritional planning. Get in touch!

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

P. 02 4454 5602

E. info@empowerwellbeing.com.au

f @EMpower Wellbeing



Summer Breeze

Words by Sean Carson

Credit: Sam Weir Photography

With warm water, light winds and gentle waves, it was the perfect beach day! So why with continued sunshine is the beach so different today?

Subtle changes like wind direction are the key. Surfers and fishermen rise early to enjoy the benefits of smooth water created by a gentle offshore breeze that develops at night due to cool (high pressure) air over the land, flowing towards the warm (low pressure) air over the sea. The atmosphere wrestles with this difference and attempts to find a balance.

However, by 9am on a typical summer's day, the air is now hotter over the land, thanks to the sun, and this causes the cycle to reverse. The result is an onshore sea breeze. So, if you've had a big night and slept in, it may already be time to seek protection from the breeze and the rising choppy waters.

The direction of the afternoon breeze will help you decide where to head. A high-pressure system, centred to our west, will result in the wind blowing from the southeast, so you will find shelter at the southern end of the beach.

High-pressure, centred to our east, will typically turn the wind to a more common northeast direction, so northern ends of the beach are the go, particularly those with a sizeable headland. The northern corners

of the beach become even calmer late in the day as the wind turns further around to the north.

This turning of the wind is due to a force exhibited by the spin of the earth known as the Coriolis effect. This effect is behind the rumour that a toilet will flush in an opposite direction over the northern hemisphere. Whilst the theory is sound, the reality is the size of the toilet is too small to feel such a force. A sea breeze blows over a large area however, allowing this force to have an effect and steer it to the left.

Congratulations if you're using this information and heading to the right end of the beach but have you considered that the sea temperatures could be anywhere between a frigid 14° and a balmy 24°?

With a persistent summer sea breeze, a surface current forms and flows north to south. The Coriolis force comes into play again and steers this warm current out to sea. The warm water is replaced by cold water from the ocean's depths. A visual indicator is the warm water changes from a blue transparent turquoise to a less inviting murky green.

The days continue to get hotter and the ocean gets colder until a southerly change arrives reversing the process and steering the warm surface water back to our beach. But the change also brings cool and cloudy weather! A design fault surely? [w](#)

Sean Carson is a Mollymook local and works at the BOM.

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Relax and Rejuvenate

SMILING ON THE INSIDE

Have you been flat out at work or stretched to the limit with family responsibilities? Are you feeling the need to be pampered? Then make time in your schedule to visit Smiling On The Inside and experience the extensive range of indulgent spa treatments and massages.

Tahlia and her team are self-described 'super working mums', so they understand the need for a bit of 'Me Time'. Highly experienced therapists, they specialise in individual modalities that will help you to detox, relax and rejuvenate.

On arrival, you'll immediately notice the eco-friendly space, designed to help you unwind. With aromatherapy and a range of relaxing touches incorporated into every single treatment, you're ensured a blissful experience every time.

SOTI presents a unique welcoming ritual with every skincare, massage and wellness treatment. Breathe in the aroma of essential oils and enjoy a mineral foot soak, a guided breath and grounding ritual, foot exfoliation and hot towel therapy. Most importantly, an in-depth consultation is included to discuss your specific personal requirements.

Tahlia believes that massage has a powerful effect on the entire body—physically, mentally, emotionally and spiritually. SOTI offers a selection of massage

options including Ayurvedic treatments, which have their historical roots in the Indian subcontinent; Kahuna massages, based on the teachings of the Hawaiian Kahunas; and pregnancy massages to improve circulation.

Oncology massages assist with the management of the symptoms of cancer and the side effects of chemotherapy. "To be able to give the gift of relaxation, to those who truly need it, is such a blessing," says Tahlia, who managed a spa in a high-end hotel for ten years.

Also on the menu is a long list of organic skincare and beauty therapies including spray tans, facials, enzyme peels and non-toxic, manicures and pedicures. Even the salon accessories are fully organic—from the luxurious linens to the use of biodegradable cleaning products.

Whatever your budget, skin type, or favourite massage style, there's a luxurious spa option for you. Post-treatment, allow yourself to come back to the real world slowly while enjoying organic herbal teas and a delicious assortment of dried fruits and nuts.

To celebrate their 3rd birthday this December, SOTI is launching their very own organic, eco-friendly lifestyle range and will be offering 20% off all products for the month.

"We wake up everyday smiling because we have been blessed to have our passion become our living," says Tahlia. •



LOCAL RECIPE

BROWN RICE XMAS SALAD

From the White Wash team



The red capsicum, green shallots and currants in this recipe will add a festive feel to your Xmas lunch menu.

Ingredients:

- 2-3 cups cooked brown rice
- 1 handful currants
- 2-3 chopped shallots
- 1 chopped red capsicum
- 1 handful chopped parsley
- 1 handful cashews

Dressing:

- ¾ cup extra virgin olive oil
- 4 tbsp soy sauce
- 2 tbsp lemon juice
- 1 clove garlic finely chopped
- Salt and pepper

Method:

1. Combine the rice and vegetables in a large salad bowl.
2. Combine dressing ingredients and add to bowl.



TIP

Vary the amount of salad ingredients so you have a nice balance of red and green to get that Xmas feel! [W](#)



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CHECK OUT WHAT'S ON! Summer Events

Dec

6



FAIRGROUNDS

6 to 7 December at Berry Showground.
fairgrounds.com.au

7



RICHARD & THE LIONHEARTS

7 December at The Harvest Bar, Milton.
P.02 4444 8757



FRENCH DINNER AT THE TREEHOUSE CAFE

7 December. Phone 02 4455 3991
for more information and bookings.

13



APPELLATION OYSTER MASTERCLASS

December 13 at Cupitt's Winery. P. 02 4455 7888
for more information.

15



OM SWEET OM SOUP KITCHEN FUNDRAISER

15 December from 9-10.30am. \$30pp, front of the marine rescue unit.
P. 0437 222 857

15



SUNDAY ON THE LAWN WITH SOUL TONIC

15 December at Cupitt's Winery. P. 02 4455 7888

21



DAVE PRICE COLLECTIVE

21 December at The Harvest Bar, Milton.
P. 02 4444 8757

29



MOLLYMOOK SURF CLUB FUNDRAISER

29 December at Cupitt's Winery. P. 02 4455 7888

31



NEW YEAR'S EVE AT BANNISTERS POOL BAR

Featuring Roddy Reason, Corner Pocket and Soul Tonic. 6pm till late.
\$85 for entry plus nibbles and gourmet pizza.
Visit bannisters.com.au for tickets.

Jan

1



NEW YEARS DAY FUNDRAISER WITH BROTHER

1 January at Cupitt's Winery.
P. 02 4455 7888

1



NEW YEAR'S DAY AT THE ROOFTOP

Kick off the new year at Bannisters Rooftop Bar and Grill from 12pm.
P. 02 44547600 for reservations.

2



MOLLYMOCK SURF LIFE SAVING CLUB - ANNUAL DOOR KNOCK APPEAL

2 January from 5pm-7pm.



LENNON THROUGH A GLASS ONION AT MILTON THEATRE

3 January at 8pm. Tickets \$55.
P. 02 4455 3056 for bookings.



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Credit: CloudFace Image Solutions

10

ON COUNTRY WITH NOEL BUTLER AT NURAGUNYU

10 January from 9.30am-4.30pm.
Tickets \$180—includes a seafood lunch cooked the old way! P. 0405 646 911.
E. nuragunyu@gmail.com



11 BLACKSLIDERS AT MILTON THEATRE

11 January at 8pm. Tickets \$40. P. 02 4455 3056 for bookings.



15 FOUNDATIONS OF YOGA WITH OM SWEET OM

15 Jan to 19 Feb from 6.15pm-7.30pm. Tix—\$139. P. 0437 222 857



26 AUSTRALIA DAY FUNDRAISER WITH SOUL TONIC

26 Jan at Cupitt's Winery. P. 02 4455 7888

Feb



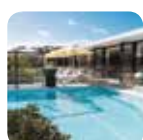
1 MILTON VILLAGE SHOWGROUND MARKETS

First Saturday of every month.



14 AUSTRALIAN SURF ROWERS LEAGUE OPEN

14 to 16 February at Mollymook Beach.



SUNDAY SESSIONS AT BANNISTERS PAVILION

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



21 CHOPPERS FOR CHARITY

21-23 February at Sussex Inlet RSL Club. P. 02 4441 2142



CHEF'S CHOICE AT TALLWOOD

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



CUPITT'S GROWERS MARKETS

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



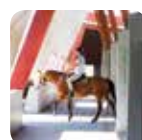
STREET FOOD SUNDAY AT TALLWOOD

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



HAPPY HOUR AT THE HARVEST BAR

Thursday and Friday from 4-6pm. \$10 cocktails, \$5 tap beer and \$6 house wine.



22 DRESSAGE BY THE SEA AT WILLINGA PARK

22 February. P. 02 4405 5666



BOTTOMLESS BRUNCH AT THE HARVEST BAR

Every Friday and Saturday between 12-3pm. \$70 per person.

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