

ISSUE # 23

free!

# White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

Where Have You Been?





---


*relaxed dining at*  
**THE ROOFTOP BAR & GRILL**

---

*Take in the laid back vibe amongst the treetops at Bannisters Pavilion. The perfect setting for relaxed dining this Summer.*

*Enjoy a seasonal menu including antipasto, fresh salads, seafood, burgers and more. The Rooftop's menu has delicious dishes sure to delight.*

*Visit our website for opening hours. Bookings are essential.*

 02 4454 7400

the *Rooftop*

BANNISTERS.COM.AU

# VAN RENSBURG GALLERIES



Van Rensburg Galleries represents work across painting, drawing, photography, sculpture and mixed media. Focusing on contemporary and emerging artists, the gallery features work with a modern, figurative sensibility that is emotionally rich and poignant and conveys wit and humour.

Van Rensburg Galleries mission is to support some of the world's most exciting artists, locally and internationally, who demonstrate a sensitivity to the conundrums of modern life. The galleries' influences stretch from Artemisia, Caravaggio and Van Gogh to Dada, Brett Whitely and Charlie Sheard.

As a practising artist herself, Director Beulah Van Rensburg believes that art is for enjoyment, both in creating and experiencing.

Don't miss The Summer Series at Van Rensburg Galleries.  
See exhibition dates in the White Wash Calendar.



## Contact Us

BEULAH - [beulah@vanrensburg-galleries.com](mailto:beulah@vanrensburg-galleries.com). 0488 098 866  
SARAH - [sarah@vanrensburg-galleries.com](mailto:sarah@vanrensburg-galleries.com). 0403 999 181  
JOANNE - [joanne@vanrensburg-galleries.com](mailto:joanne@vanrensburg-galleries.com). 0407 250 577

Shop 2/74 Princes Hwy, Milton, NSW, 2538  
[www.vanrensburg-galleries.com](http://www.vanrensburg-galleries.com) • [@vanrensburg-galleries.com](https://www.instagram.com/vanrensburg-galleries)

Shoalhaven  
**100 BEACH**  
**CHALLENGE**

Explore your own backyard and find a new favourite beach!  
[100beachchallenge.com](http://100beachchallenge.com)

Left to right: #24 Nelson Beach  
#55 Conjola Entrance  
#97 Pebbly Beach

#100Beachchallenge  
@visitshoalhaven

02 4421 0778

# Reflections of Milton

Milton's newest luxury tiny home escape exclusively for couples with stunning farmland and escarpment views.



P. 0439 241 700 • W. [TinyRentals.com.au](http://TinyRentals.com.au) •  @reflections\_of\_milton



## White Wash

### EDITORS

Terri Quinn  
Virginia Connor

### CREATIVE DIRECTOR

Bridie Quinn

### OUR CONTRIBUTORS

Brett Burcher  
Jem Quinn  
Paul Buckingham  
Patrick Faulconer  
Treading Lightly Inc  
Dr Katie Macartney

### COVER PHOTOGRAPHY

Ben Mackay  
[www.oceanfeels.com](http://www.oceanfeels.com)

# Welcome To Our Summer Issue!

December / January / February 2021-2022

**W**ell, we thought last year was hard, but this one has been overwhelming!

As human beings, we crave connection. We need interaction. We need love. We need touch. We need friends and family.

After the long months of separation and social isolation, we are back together and looking forward to a fantastic summer.

Life still seems a little different, but oh, the joy of being able to hug our loved ones, and once again visit our fabulous local eateries and music venues.

Our feature story asks the question: Where have you been? We talk to four locals to discover how they managed lockdown, what they learned, and what they look forward to most this summer. We thank them for sharing their stories.

Award-winning photographer, Ben Mackay, specialises in travel and lifestyle photography. He has travelled the world but has a special connection to the South Coast.

We fell in love with his aerial shot titled 'Summer Separation'. Its unique perspective set the tone for the summer cover perfectly—people grouped together, enjoying the beach, but still slightly distanced.

In Two Way Street, school captains Jade Mudge and Isabella Vinson have led their fellow students at Ulladulla High School through two of the most challenging years in memory. What inspiring young people they are.

Also at the High School is Local Talent, Ice Schaap, who works with our youth to promote well being. His Lioness Program gives young women the skills and confidence they need to take on the world.

We are so excited to be welcoming visitors back to our beautiful region. Here's hoping for lots of sunshine, fabulous food, the odd gin and tonic and most of all, time with those we love.

A massive thank you once again to this amazing community for another year of support for White Wash. We couldn't do what we do without our readers, contributors, and advertisers, and we are deeply grateful to you all.

We send love and blessings to you and yours this Christmas. Have fun, be safe, be kind and stay well. We hope you enjoy this summer edition of White Wash. Why not stash Issue #23 in your beach bag and stake out your special spot on the sand! [w](#)

Virginia & Terri

We acknowledge the Traditional Owners and Custodians of the Land we work on as the first people of this country.

### LET'S CONNECT

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

[@whitewashmag](https://www.instagram.com/whitewashmagazine)

[#whitewashmagazine](https://www.facebook.com/whitewashmagazine)

### SUBSCRIBE TO OUR E-NEWSLETTER

Just send your email to [info@whitewashmagazine.com.au](mailto:info@whitewashmagazine.com.au)

### © COPYRIGHT WHITE WASH MAGAZINE 2021/22

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

- [w](#) White Wash editorial
- Advertorial sponsored by advertising business

**JIPSI**  
CARTEL

**WOMEN'S  
FASHION +  
ACCESSORIES**

©@JIPSICARTEL  
SHOP 2/91  
PRINCES HWY, MILTON  
JIPSICARTEL.COM

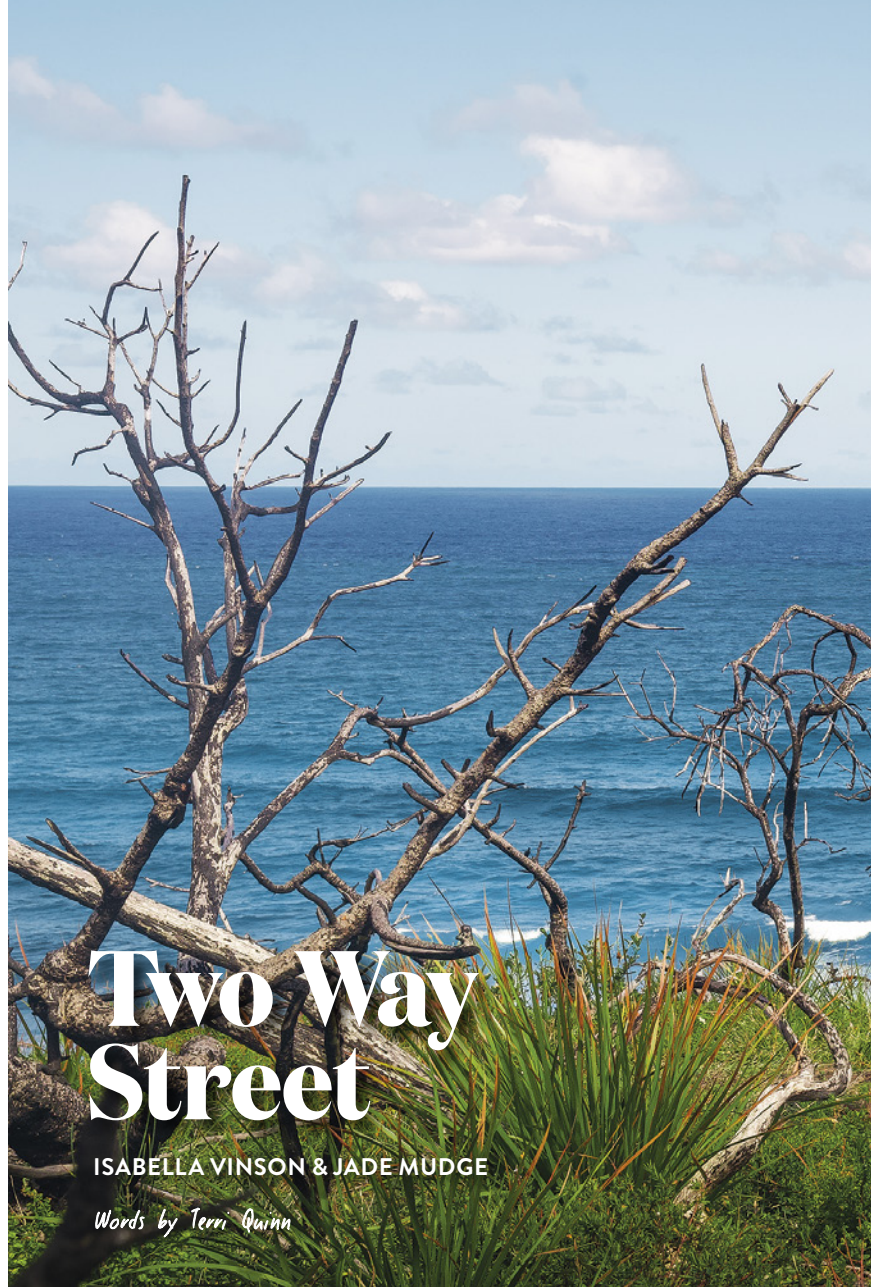
*Your Local Buyers Agent*

**home**  
*Property Specialist*

**www.callhome.com.au**  
**or Davina 0448 069 869**

**GWYLO**

Open for dinner Wednesday-Saturday  
Bookings at [www.gwylo.com.au](http://www.gwylo.com.au)



# Two Way Street

ISABELLA VINSON & JADE MUDGE

*Words by Terri Quinn*

The final two years of high school are demanding enough, but throw in the Black Summer bushfires and a pandemic, and the challenges increase exponentially. This year's Ulladulla High School captain, Isabella Vinson, and her predecessor, Jade Mudge, have navigated the difficulties, while cementing a solid friendship along the way.

Both girls attended Milton Public School, with Bella looking up to Jade, who was the primary school captain and a year ahead. "I always found Jade welcoming," says Bella. "Straightaway, I thought, 'I like this person.'" But it wasn't until they attended yoga classes together during their high school years that they got to know each other better. "Our paths have been very similar," Bella continues. "I'm always happy to contact Jade if I need anything."

Bella and Jade are both outstanding students with shared interests and an innate drive to succeed. Bella's scholarly path was set almost by osmosis. "My grandfather was an academic," she says. "I often sat in his office at the University of NSW as a child, listening to discussions with other educators. That has influenced the expectations I hold for myself."

In contrast, Jade was the first in her family to head to university straight from school. "My parents studied later in life as mature age students," says Jade. "My grandparents didn't finish high school. But I had this urge from a young age that uni was what I was going to do."

Jade commenced her stint as captain in 2020, just after the area had endured a tragic summer of bushfires. During the crisis, Jade was part of the 'on the ground' response by local environmental organisation Treading Lightly Inc. Her mum, Monica, is the founder, and she has the role of Youth Ambassador. While the Vinson family, who live at Conjola Park, saw the most devastating impact of the fires.

Isabella Vinson (L)  
and Jade Mudge



“I was in town at Grandma’s, and we thought we had lost the house,” says Bella. “Luckily, our street had water, and our house survived.”

Looking back, Bella and Jade have managed to find some positives in that summer of distress. “I now know every single person who lives in Conjola Park!” says Bella. “It’s been interesting to watch that strong community come together.”

For Jade, it was the deepening of her relationship with her mum. “We shared some beautiful moments and built this strong connection because I got to see Mum in that element,” she says.

Not long after settling into the 2020 school year, Covid hit, and students commenced online learning from home. It was the start of adapting to two years of physical separation from school, on and off.

“In terms of Covid, I think we had it easier than Bella’s year,” says Jade. “Because it was unprecedented, teachers took the pressure off us a bit. And we still got to have a beautiful Formal.”

This year, students have spent longer in lockdown and end-of-year celebrations were put on hold. When we spoke, the HSC had been pushed back to November, and Bella was trying to reset. “I lost steam after the Trials. Then lockdown happened,” says Bella. “Because I’ve done so well, I thought to myself, ‘I can’t screw up now!’”

Jade was quick to offer reassuring words. “I shutdown too after the Trials, Bella. But then you think, ‘I’ve done ok so far. I can do this.’”

When Bella was elected 2021 captain, she immediately reached out to Jade, who exemplified the type of leadership that Bella admired. “I rang Jade and said, ‘What do I do?!’” “I couldn’t explain the role. There’s no job description,” Jade laughs. “You just have to roll with it!”

And what a rollercoaster it’s been! Life has been challenging for the best of us over the last two years, let alone teenagers with high aspirations.

Academic excellence requires not only talent but dedication, and the pair both push themselves hard. It was their mums who made sure they switched off when needed. “Mum always ingrained in me: if you’re having a bad day, go for a swim, get outside, take a walk,” says Bella.

Jade agrees: “I was obsessed with writing essays. I’d sit at the desk all day. Mum would come in and turn off the computer. She’d drag me out to climb Pigeon House or something crazy!”

Bella also finds release in the joy of performing. She has been doing acrobatics at Circus 35 Degrees South in Ulladulla since age seven and teaching since she was 12. “It’s a big part of my life,” she says. “It’s even led me to apply for a Bachelor of Circus Arts in Melbourne next year. But I’m also passionate about social justice, so I’ve applied for a Bachelor of Arts/Law at Sydney Uni, and I’ve gained early entry at Wollongong.”

As well as juggling heavy academic loads, they both find time for extra-curricular activities they are passionate about. Engagement with environmental and Indigenous issues are high on their agendas, and they’ve thrown their support behind local campaigns, including Manyana Matters, Take 3 for the Sea and Fight for the Bight.

Their exceptional efforts have brought them many accolades for youth leadership and community involvement. Bella received this year’s NSW Premier’s Award for Community Service, and Jade received two NSW Minister’s awards last year.

In April this year, Jade moved to Sydney to commence a Bachelor of Psychology at Macquarie University, and faced a new set of challenges. “I had some health issues, and my metabolism basically shut down. It was an intense time,” says Jade. “I managed to see out the semester, but I’m studying part-time now, and really enjoying it.”

Jade recently shared a social media post on PCOS (polycystic ovary syndrome), stimulating much discussion. “Jade is so open,” says Bella. “Everything that Jade does, she goes into it with her whole heart. She approaches massive issues calmly and thinks about how she can make a change. That’s so inspiring.”

“When I was doing the HSC, I’d make a big deal about all the work I had to do, so Mum and Dad didn’t make me do any chores!” laughs Jade. “I can’t believe how much Bella takes on. She’s always been studious but is so humble about her achievements.”

Huge, life-changing events like a worldwide pandemic force us all to make a shift in our priorities and Bella and Jade, along with their peers, have been forced to shift, too. “I think it’s shown what matters in a community,” says Bella. “My year group is a lot more connected. We’ve all been in this together.”

“I was putting pressure on myself to get a certain ATAR, but Covid made me realise there are bigger things going on in the world,” adds Jade.

These thoughtful young people know that the steps ahead are complex. But carving out a pathway through strong leadership is their modus operandi. “There are so many big social challenges,” says Jade. “But we’ve seen the power of grassroots movements to bring about change.”

“Sometimes, what comes next seems overwhelming,” adds Bella. “I manage by focusing on my own little bubble—our town, our community.”

It seems the future is in good hands. [w](#)

**SHOP LOCAL THIS SUMMER**

**CLAY KITS**

Free D.I.Y Clay Kit when you redeem your Service NSW Creative Kids voucher at [www.ashceramics.com.au](http://www.ashceramics.com.au)  
Direct purchase also available on the website.



**ASSEMBLY LABEL CROSSOVER TAN SLIDE**

\$100. Available at Coyote Boutique.  
Shop 1/228, Princes Hwy, Ulladulla.  
P. 02 4455 7899, W. [coyoteboutique.com.au](http://coyoteboutique.com.au)



**AYU PERFUMED OIL**

\$90 for 30ml. Available at Comunete.  
3/92 Princes Highway, Milton.  
P. 0401 346 428, W. [comunetestore.com](http://comunetestore.com)



**AUSTRALIAN SAPPHIRE DIAMOND RING**

Available at Jay Rash & Co Jewellers.  
Shop 1/11 Boree Street, Ulladulla.  
[www.jayrashjewellers.com](http://www.jayrashjewellers.com)



**BRING IT IN SWIM SWIMDRESS**

\$249. Available at Sarah Gabrielle.  
61 Princes Hwy, Milton.  
P. 02 4454 5700, W. [sarahgabrielle.com.au](http://sarahgabrielle.com.au)



**CUPITT'S ESTATE HAZY PALE ALE**

4-Pack \$22. Available at  
Cupitt's Estate or [cupittsestate.com.au](http://cupittsestate.com.au)  
58 Washburton Road, Ulladulla.  
P. 02 4455 7888



**BLACK WOLF CANDLES**

Range available at [blackwolfcandles.com.au](http://blackwolfcandles.com.au). P. 0401 121 011  
E. [info@blackwolfcandles.com.au](mailto:info@blackwolfcandles.com.au) [@blackwolfcandles](https://www.instagram.com/blackwolfcandles)  
Share the love at [#blackwolfcandles](https://www.instagram.com/blackwolfcandles)



*Harvest*

MILTON

**NOW OPEN!**

Wed & Thur 4pm til late,  
Fri & Sat 12pm til late, Sunday 12pm - 5pm.  
89 Croobyar Road, Milton. P. 02 4444 8751

[Instagram](https://www.instagram.com/harvestmilton) [Facebook](https://www.facebook.com/harvestmilton) follow @harvestmilton





**PLANTS AND POTS**  
 Available at Plant Culture.  
 2/127 Princes Hwy, Milton.  
 P. 0402 375 045  
 E. info@plantculture.net.au  
 W. plantculture.net.au  
 @plantculture\_ (Instagram)  
 @plantculturemilton (Facebook)



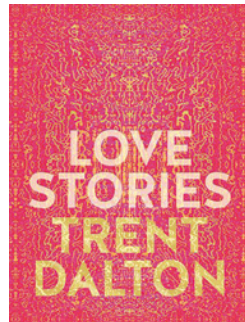
**PYZEL SKATEBOARD**  
 \$399. Available at AKWA Surf.  
 Shop 1, Mellick's Cnr, Princes Hwy, Milton.  
 P. 02 4454 5222, W. akwasurf.com.au



**MAYDE AUSTRALIAN NATIVE TEA**  
 Large jar (120 serves) \$48,  
 small jar (12 serves) \$14.  
 Available at Dwell 35° South.  
 Shop 2, 43 Wason St, Milton.  
 E. dwell35south@gmail.com  
 P. 0407 587 119, W. dwell.store



**MYRTLE & MOSS CITRUS TRIO**  
 \$49.95. Available at Sachi Boutique  
 Shop 17, 107-109 Princes Highway,  
 Ulladulla. P. 02 4455 2544  
 W. sachiboutique.com.au



**LOVE STORIES BY TRENT DALTON**  
 Available at Harbour Bookshop.  
 Shop 5, Rowens Arcade, 93 Princes Hwy,  
 Ulladulla. P. 02 4454 4044



**NOA DESIGNS JEWELLERY**  
 Handcrafted sterling silver with each piece uniquely made right here  
 in Mollymook by Dallas. Available at noadesigns.com.au  
 P. 0417 469 162, @noa\_designs\_jewellery

**RUN BY SURFERS FOR SURFERS**

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

FEATURE

Meg Leslie's daughter  
Margot, styling it up  
in their bathroom at  
home in Conjola.



# Where Have You Been?

Words by Virginia Connor

**S**ummertime and the living is easy. At last, we're enjoying a sense of freedom, catching up with family, moving around and engaging in social activities denied to us for months. We're back!

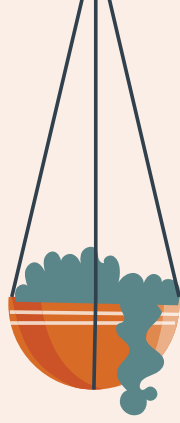
When Sydney Covid infection numbers started to rise in June this year, many commenced the daily 11am media vigil, watching the former NSW Premier convey startling case numbers and increasingly alarming concerns. Greater Sydney went into lockdown with even more extreme limitations imposed on the residents of several local government areas where the Delta variant was rampant. Up until August 14, regional NSW enjoyed relatively mild restrictions. Shops, cafes and restaurants remained open and we could travel to other regional destinations.

Then came the crunch. Stay-at-home rules were imposed on the entire state and our community virtually closed down. The impact was significant and varied in its effect, according to your lifestyle, work and social activity. Most difficult for many, was the separation from family, friends and support networks where distance prohibited contact.

Staying at home provided some of us with the opportunity to explore new activities and interests, or just be 'still' in our otherwise busy lives. There were, and are, worries as well. Business owners and employees who lost income and job security are assessing the damage, and many will be moving forward with anxiety and caution. While concerns about the complex health issues are likely to be a consideration for years to come.

Four generous local residents spoke to White Wash about their personal lockdown experience, and in each of these stories there's a reinforcement of our desire, our need, to be with others. Together we experience greater enjoyment, affection, guidance, support and so much more. The period of separation and confinement imposed by the pandemic provided many with time for reflection and creative or physical endeavours. But it also gave us a deeper appreciation for simply being together. Enjoy your summertime! ►





## Susie Greentree

Susie Greentree has been active in organising the monthly Milton Showground markets since returning to the district from Canberra where she worked at the National Gallery of Australia for ten years. With the markets eventually suspended and extra time on her hands, she took up ceramics and now really enjoys the creative outlet. She is also very close to her grandchildren and is lucky to have them living nearby, so contact with them, including some intensive home schooling, was part of her lockdown regime. “Last year, we started out being very serious and rigid with lessons. We placed enormous pressure on ourselves. That changed. It was much more relaxed this time,” she laughs.

A previously avid traveller, Susie has missed her annual trips to Bali with her partner, Gaston. “We have always taken travel for granted. We had to adapt, but after all, we do live in paradise,” says Susie, who enjoyed a swim near her home at North Mollymook when the sun was out. “Even still, sometimes the enormity of the situation would hit me like the tide. It comes in waves and leaves you floundering on the sand. Then it recedes and you think, ‘it’s fine, it will be okay’. Last year the lockdown was a novelty, but this time was very different. Most of all, I missed spontaneity. I’m not a big planner and I hate routine. Our lifestyle changed so much in that regard.”

To help the community, Susie made a committed effort to support those local businesses offering alternative services as much as possible. “We are so lucky that many of our region’s cafes and restaurants continued to provide such high quality and variety,” she says. “I really wanted to show support, so we ordered meals frequently.”



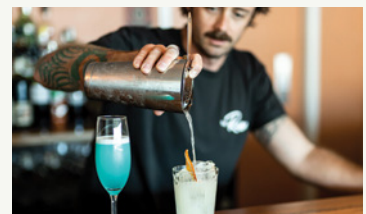
Susie also took to exploring the many local bush tracks. “I’ve spent so much time in the bush, I could be employed as a park ranger,” she laughs. “That’s been a real positive—having the time to rediscover our beautiful natural environment.”

Looking forward, Susie admits she’s worried about the pandemic’s impact on local property values. The considerable increases in home and land prices have attracted investors, effectively changing the make-up of the community as more properties are used for holiday accommodation. “Visitors to the region are great for local business, but they don’t become involved in community activities and committees as they don’t live here,” she says.

Despite this year’s turbulence, Susie remains positive. And while she admits to feeling slightly disgruntled about the imposed interruption to her plans, it’s clear she is hopeful about brighter days to come. “My life was on hold, at least travel-wise, for the past two years, and at my age, that’s a considerable period of time. The pandemic has instilled a bit of nervousness around travel. Apart from health worries, there’s a lack of confidence in being able to plan a trip without the risk of changing schedules. But I hope it all works out,” says Susie, as she prepares to go for a dip in the ocean before getting back to her mermaid sculpture. She doesn’t appear to be wasting any more time.

**THE *Ruse* BAR. EATS.**

**MEXICAN INSPIRED MENU.  
DELICIOUS COCKTAILS.  
DINE-IN, TAKEAWAY  
& SPECIAL EVENTS.**



[THERUSE.COM.AU](http://theruse.com.au)

@the\_ruse\_

The Ruse Ulladulla

Damien Martin and his wife Alice, with sons Cash and Rocky and their dog, Dos.



## Damien Martin

When Damien (Damo) Martin envisaged the reopening of the beautifully polished, rebranded Milton Hotel in December 2019, he could not have imagined the operational obstructions that lay ahead. The dreadful Black Summer fires impacted the region at the height of the tourist season, a month after the pub opened its doors, with devastating effects on so many, including the business community. Then Covid and the introduction of lockdowns and complex health orders were imposed soon after trading resumed.

This year was looking good after a ripping season last summer, but the second wave of the virus in June forced businesses to cease operating again. “The worst part has been not being able to give it a really good go. It’s been one thing after another,” Damo admits.

But Damo didn’t let this year’s lockdown dampen his enthusiasm. He saw the time as a unique opportunity to reflect on the business’ achievements. “Most new businesses don’t get the chance to assess how it’s going. You’re too busy to even consider the need to change shape or direction,” he says. “That’s been a silver lining.”

When figuring out how to continue trading during what seemed like a constant wave of economic crises, ‘pivot’ became a business model in its own right. The brewed on-site lager needed to be sold, or it would go off, so Damo purchased a canning machine and takeaway sales took off. One year on, and retail and wholesale distribution have expanded on a scale requiring a new brewery to meet demand. “Having the time to plan and do this right is pretty exciting,” says Damo. “Bringing people together and creating things to share is my motivation.”

In between organising the design and delivery of the apparatus for the production of more beer, Damo has been keeping the family fed. “I’m in the kitchen at home instead of at the hotel,” he laughs. “Nothing fancy. It’s all about quick and tasty and getting the kids into bed.”

Damo admits that a career in hospitality is hard on family life, and he is very concerned about a growing skills shortage in the industry and the absence of international workers. “Lockdown had an effect on people’s values and career choices. I know mates who are not keen to return to the demands of the commercial kitchen,” he says. “We need a team to make it work, but we advertise and have trouble even getting applicants. It’s bad in the cities and even worse in regional areas where your talent pool is limited.”

Staffing issues aside, Damo feels lucky to have a wonderful support team in his family. “My wife Alice and my in-laws are 100 per cent believers in what I’m doing. I grew up in the school of hard knocks, which I think has helped in my determination and focus. There’s also the encouragement of the local schooner fan club,” he laughs. “Having people back in the venue enjoying themselves is what I really looked forward to.” ▶



# MILTON THEATRE

DIVERSE PERFORMANCES FROM  
ROCK TO BLUES AND LIVE PLAYS

**Milton Theatre is reopening in January 2022.**  
Keep your eye on our website and Facebook for updates.

69 Princes Hwy, Milton  
[www.miltontheatre.com.au](http://www.miltontheatre.com.au)  
P. 02 4455 3056



"Gardening became my main thing, so I'd go for a drive and look at other people's gardens for inspiration".

## Hettie McDonald

In June this year, Hettie McDonald bought her first home and moved in just before lockdown. The timing was bittersweet. While Hettie had lots of time to settle in and start a garden, it was also difficult not being able to share her new home and achievements with friends. It was the first time Hettie experienced living alone. "In some ways it was awesome," she says. "At least the nurseries and hardware stores were open, so I could get the things I needed to set up the house."

Having more time to spend surfing was another positive aspect of her new home at Burrill, being only minutes' walk from the beach. "I've always worked long hours, so I am used to rising early for a 6am start," says Hettie, "I'd go for a surf and tidy up, but by 9am I was looking for things to do. Gardening became my main thing, so I'd go for a drive and look at other people's gardens for inspiration."

Fortunately, Hettie was able to continue her employment, albeit with drastically reduced hours. "Financially, it was harder but I wasn't spending much either. I'm so glad the cafe was still operating (for takeaway) throughout lockdown. Getting up at 5.30am, going to work, seeing people and talking to the customers really made my day on those days I was working."



Hettie was very cautious about contact with others during lockdown because of her sense of responsibility to her job and her family. "I wasn't depressed, but sometimes I felt lonely," she says.

Thankfully, spending time with friends, having people over to her home and Friday drinks at Harvest are now back on the agenda, as well as being able to travel again. "Travel overseas is not a priority for me due to finances now that I have a mortgage. But I want to see more of Australia and even just be able to go camping again," she says.

Despite less work, less money and limited social contact, Hettie made the most of lockdown, settling into her new home and spending more time doing the things she has always loved—horseriding, surfing, bushwalking and now gardening!



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

Open 7 days, 6am-3pm. Shop 6/41 Wason St Milton. For bookings, catering and functions phone: 02 4455 3794  

Meg and Sam Leslie,  
with their daughters,  
Margot and Gwen.



Credit: @brenny\_m

“There has been a lot of change imposed on the community but I think we are tougher, more grateful and more focused on what truly matters.”

## Meg Leslie

With two little girls at home, Meg Leslie’s focus was on practising patience and gratitude. Keeping eight-month-old Gwen and two-and-a-half-year-old Margot stimulated and happy was a full-time job, while her husband, Sam, was able to continue working. “We are so lucky that Sam could keep working. In fact, his work was flourishing,” says Meg. “But there were times, I admit, I was a bit jealous as his life didn’t appear to change that much.”

Meg actively looked for the positives in order to keep on top of her emotions amid the sometimes-overwhelming task of parenting. “I focused on small wins and had to control my urge to be totally organised. I learned to be cooler with the chaos, which doesn’t come naturally to me,” she laughs.

The usual household routine was abandoned. Inspired and encouraged by her sister, Meg started running and recognised that it made a real difference to her mood generally. “I go for a run before Sam leaves for work. It has literally changed the tone of my day,” she says. “I set the expectations low in terms of housework so that I can be present with the children. The house could stay messy all day and Sam and I would smash it after the girls went to bed, rewarding ourselves with a generous glass of wine.”

Not being able to visit a friend for a cuppa or go shopping when needing a break was hard, and Meg missed the variety and spontaneity of pre-pandemic life. The intense demands of early parenthood under these circumstances highlighted the value Meg places on her support network and the community.

“This community has a collective heart of gold,” she asserts. “The bushfires, then Covid. There has been a lot of change imposed on the community, but I think we are tougher, more grateful and more focused on what truly matters.”

Meg cherishes her family and says the difficult stay-at-home period enhanced her appreciation of the children, her marriage and her home. Having said that, Meg and Sam are looking forward to loading up their caravan and heading in any direction for a family holiday that is anywhere but home! w

**DS BUILDING**  
New Builds, Renovations  
& Alterations

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

**LIGHTHOUSE**  
— PLUMBING —

GAS, WATER, DRAINAGE  
& EXCAVATION

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

## JUST MARRIED

Katie and Andrew were lucky enough to celebrate their wedding in March this year, in between lockdowns!



The joy on Katie and Andrew's faces tells the story. Family and friends showered them with love (and rose petals) on their picture-perfect day at The Old Church in Milton.



Married at last! With only a few short months to organise, the wedding was an intimate celebration of their love.




The stunning gardens and the quiet tranquility of the dam made a beautiful backdrop for the couple's wedding photos.




We wish Katie and Andrew all the love and happiness in the world. •

Credit: Cloudface Image Solutions

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

 [@theoldchurch\\_milton](https://www.instagram.com/theoldchurch_milton)

 [@thewedding\\_aisle](https://www.instagram.com/thewedding_aisle)



With such enormous growth in the property market in our local area, it can be overwhelming to know how to access your home equity and make it work for you.

With over 20 years of experience in the Finance sector and links to a large panel of lenders, On Point Home Loans is ready to provide you with all the information and advice you need.

“The equity you hold in your home is an asset you can use for additional borrowing. Either for property or share investments or a renovation!” explains mortgage broker Tara Gibbs.

“With record low interest rates, reviewing your current interest rate is the first step. Usually, it will free up cash flow to assist with your next purchase and increase your borrowing power.”

There is a range of factors to be considered when taking out other finance. On Point Home Loans will guide you through the process and make sure you can still live a comfortable lifestyle and grow your property portfolio at the same time!

“Generally, you can borrow up to 80% of the current property valuation, which we can complete for you to know exactly how the bank will value your property,” says Tara.

“If your house is currently worth \$900,000, and you owe \$550,000, it means you can access up to \$170,000 to use as a deposit for the next investment if you meet all other criteria.”

Tara and her team recognise that some clients will need to look further afield than the local area to access more affordable property prices. “You might just need to broaden your scope to find that property with a good rental yield,” says Tara.

On Point Home Loans are ready to meet and discuss your individual needs. “We are set to take that next step with you!” says Tara.


Centrally located in Milton, On Point is your local mortgage broker. They specialise in finding both home and business loans for you. “As a bonus, On Point do not charge any fees for our service ... so call us today!” •

*Advertorial for On Point Financial Solutions.*

*Credit Representative No 410378. Credit Licence No 389328.*

*A. 3/91 Princes Hwy, Milton | P. 0402 482 440*

*E. [tara@onpointfs.com.au](mailto:tara@onpointfs.com.au) | W. [onpointfs.com.au](http://onpointfs.com.au)*

* [@onpointhomeandbusiness](https://www.instagram.com/onpointhomeandbusiness)*

*Disclaimer: Your full financial situation would need to be reviewed prior to acceptance of any offer or product. Subject to lenders terms and conditions, fees and charges and eligibility criteria apply.*







Plant Culture is born from a love of greenery and sharing the good vibes that plants bring. With 25 years of experience as a qualified horticulturist, owner, Nick Katsoulis, is passionate about plants and loves sharing his knowledge with others.

Nick has operated across various horticultural domains, including nurseries, landscape maintenance, plant sourcing and installation. He was Head Gardener for one of Australia's largest hospitality businesses, Merivale, and gathered plant care knowledge while working with garden giant, Yates.

Ever since his days as an apprentice nurseryman, Nick has dreamed of establishing his own plant nursery. His wife Jess grew up in Milton, and the couple knew it was the perfect location for their business. Now happily ensconced on the highway at Milton, they are already building strong connections within the local community.

"Our goal is to provide a range of quality plants and advice that makes owning plants or getting into the garden more approachable," says Nick. "We believe plants not only give us clean air but make us happier humans."

Sustainability is always front of mind for Nick and Jess. "We think it's essential to care for our green friends in ways that are as environmentally friendly as possible. Our go-to fertilisers and plant care products are organic options."

Plant Culture continues to expand their plant offering and has recently installed a greenhouse in the nursery yard, Nick is also working with the neighbouring Milton Farm Shop to revamp their communal gardens and car park.

When visiting Plant Culture's retail store, you are immersed in an abundance of lush greenery. Nick is focused on providing a constant flow of healthy plants and sourcing unique advanced specimens. There are also pots, plant care products and an array of gardening accessories on display.

If you're thinking about giving your garden a revamp, Plant Culture offers a full range of personalised services. They can assist with garden design, plant selection and installation.

Nick is always up for a chat about all things horticultural. Call in and see him in-store or book an on-site consultation. •

*Advertorial for Plant Culture.*  
 A. 2/127 Princes Hwy, Milton | P. 0402 375 045  
 E. [info@plantculture.net.au](mailto:info@plantculture.net.au) | W. [plantculture.net.au](http://plantculture.net.au)  
 @plantculture\_ \_ | f @plantculturemilton

## COYOTE

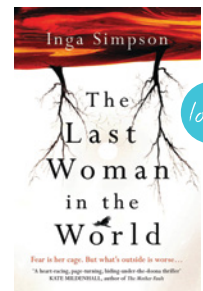
Boutique

Coyote Boutique is your one stop shop for modern on trend ladies fashion. Store open 7 days and online.

Assembly Label • Nude Lucy • Staple The Label • Wish Mink Pink • Charlie Holiday + much more!

P. 02 4455 7899 • 1/28 Princes Hwy, Ulladulla  
[coyoteboutique.com.au](http://coyoteboutique.com.au)

## IN THE BOOKSHOP



### THE LAST WOMAN IN THE WORLD

By Inga Simpson

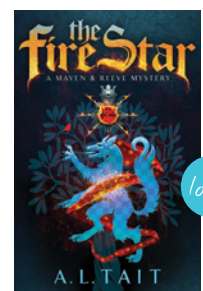
The Last Woman in the World looks at how we treat our world and each other—and what it is that might ultimately redeem us.



### MARKET DAY

By Carrie Gallasch and Hannah Sommerville (illustrator)

A story brimming with joy, generosity and magic about the warmth and community of the market. Illustrated with rich colour and texture by Hannah Sommerville.



### THE FIRE STAR: A MAVEN & REEVE MYSTERY

Book one and two. By A.L. Tait

This bestselling author is back with the next Maven and Reeve Mystery. A secret mission. A missing cook. A hostile landscape. A mystery to unravel. •

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

E. [ordershbu@gmail.com](mailto:ordershbu@gmail.com)  
 W. [harbourbookshop.com.au](http://harbourbookshop.com.au)  
 @harbourbookshopulladulla

## YOUR WELLBEING

Words by Amanda McDonald



### CHRONIC PELVIC PAIN

**Chronic pelvic pain (CPP) is a condition lasting longer than six months whereby the patient experiences recurrent or persistent episodes of pain in the pelvic region.**

Common CPP conditions include endometriosis, coccydynia, vulvodynia, pelvic floor pain, bladder pain syndrome, interstitial cystitis and pudendal neuralgia.


CPP can be complex to treat, so it is essential to cover all aspects of the patient's journey, including biomechanical and psychosocial factors.

Musculoskeletal physiotherapy treatment may consist of the following:

- Mindfulness and breathing.
- Pelvic floor muscle down training and desensitisation.
- Graduated pelvic floor release and manual therapy.
- Graduated dilator therapy.
- Assessment and treatment of the lumbar spine, pelvis and thoracic spine.
- Defecation dynamics to improve bowel and bladder function.

In many cases, we work alongside other health practitioners in the treatment of CPP.

Pelvic physiotherapy can be highly effective in treating and managing these conditions, so get in touch with one of our physios if you are experiencing symptoms. •

Body Align Physio, 1/85 Tallwood Ave, Mollymook Beach NSW 2539  
P. 02 4454 2309  
E. [admin@bodyalignphysio.com.au](mailto:admin@bodyalignphysio.com.au)  
 [@bodyalignphysio\\_mollymook](https://www.instagram.com/bodyalignphysio_mollymook)  
W. [www.bodyalignphysio.com.au](http://www.bodyalignphysio.com.au)



Dreaming of a family beach holiday or a girls' getaway? A romantic escape or an adventure-filled weekend? Where We Escape will ensure you have a truly memorable holiday rental experience.

Where We Escape is a specialised holiday rental management company based in Mollymook on the NSW South Coast. Their highly skilled and knowledgeable team brings a fresh, new approach to holiday accommodation for both property owners and holidaymakers alike.

With a diverse collection of holiday rentals from luxury styled homes to family friendly beach shacks, they select the perfect property to suit each guest's requirements. Then all they have to do is relax and enjoy their time away.

Every property is set and checked prior to each stay. This ensures the property is perfectly prepared, making guests feel warm and welcome from the moment they arrive.

"If guests are coming for a special occasion, we can arrange to have flowers, cakes, or grazing boxes ready for them to enjoy," says owner Tegan Bateman. "With coastline views, turquoise pools, outdoor fireplaces and stunning gardens, our

portfolio of luxury properties will allow you to enjoy all that our coastal lifestyle has to offer."

You can choose to relax on the pristine white sand and swim in the crystal clear water of Mollymook Beach or venture into the nearby National Parks for walking and climbing adventures.

Where We Escape aims to create an unparalleled holiday rental experience tailored to your needs. Their website and social media pages give comprehensive details of their property portfolio, with tips on things to see and do in the area, local cafes, restaurants, shops and community events.

"We want to help create unparalleled holiday experiences for our guests to enjoy," says Tegan. "Our main focus is on creating a personalised service for both guests and property owners."


If you're a property owner looking for a manager, get in touch to discuss adding your home to the Where We Escape portfolio.

Or, if you're planning your next getaway, explore and experience one of Australia's most renowned locations with Where We Escape South Coast. •

*Advertorial for Where We Escape.*

A. Shop 11/80 Tallwood Ave, Mollymook Beach

E. [enquiries@whereweescape.com.au](mailto:enquiries@whereweescape.com.au) | P. 02 4412 7880

W. [whereweescape.com.au](http://whereweescape.com.au) |  [@whereweescape](https://www.instagram.com/whereweescape)



*Sarah Gabrielle*

**Casual • Resort • Evening**

Shop 2 The Gatehouse  
Cnr Myrtle St & 61 Princes Hwy, Milton  
P. 02 4454 5700. Open 7 days.

 [@sarahgabriellemilton](https://www.facebook.com/sarahgabriellemilton)  
[sarahgabrielle.com.au](http://sarahgabrielle.com.au)



Shine Cleaning Group is your locally owned cleaning company.

We specialise in residential and commercial glass cleaning services.

We also provide commercial cleaning services to businesses and private companies.



**SHINE**  
Cleaning Group



[www.shinecleaninggroup.com](http://www.shinecleaninggroup.com)

Dwell 35° South is now open in Milton,  
offering unique furniture, lifestyle and homewares.



- Custom made and locally sourced pieces.
- Sought after and exclusive ranges such as Hale Mercantile Co., Hunter Candles, Paper Mills Lighting, Bisque, HK Living, Robert Gordon and many more.
- Dried flower bar and range of Moroccan cactus silk soft furnishings.

**DWELL**  
35° SOUTH

Shop 2, 43 Wason St, Milton • [W. dwell.store](http://W.dwell.store) • Open 10-4 pm, 7 days • [E. dwell35south@gmail.com](mailto:E.dwell35south@gmail.com) • P. 0407 587 119

## LET'S WALK



Credit: Paul Buckingham

### The Walk:

Ulladulla Headland Rockshelf. Traditional Country of the Yuin People.

### Distance:

As far as you like. It's an easy incline and flat.

### Getting There:

Park at Coomee Nulunga parking area, 400m west of the Ulladulla Lighthouse.

### The Experience:

This is a great experience for the whole family. You can make the walk last as long or short as you wish.

Follow the gated service road, slightly east and opposite the parking area all the way to the steps. You'll know you are in the right spot because you will see a covered seat at the top of the stairs.

If you are adventurous, walk right around the rockshelf under the lighthouse and climb the sand and steps back to the carpark. Alternatively, it is a wonderful place to relax and be one with the ocean.

### Important:

- Dogs on lead.
- No smoking.
- Always take a hat, water, and sun cream.
- Wear shoes that can get wet. You may need to walk through low puddles.
- Ensure you only traverse the platform in good weather conditions with a small swell and a middle to low receding tide.
- Stay well away from the edge! [w](#)

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

# Happy Snaps

SHARE YOUR HAPPY SNAPS WITH US:

 #whitewashmagazine  info@whitewashmagazine.com.au



Joanne Hay photographed this stunning waratah while bushwalking in the Ulladulla Wildflower Reserve during lockdown.



Karen Riley and her grandchildren, Fifi, Archer and Tilly, played with Barbara and Chook Chook.



Corryn Queenan married her partner, Windu in a traditional Hindu ceremony in Bali.



Heidi Graham and her daughter Zoe enjoyed the sunshine at Mollymook Beach with their dog Ollie.



Dean Dampney snuggled up with his son, Arlo, their dog, Indi, and some inspirational reading.



Paris Lees and her horse, Wilba, went for a ride down the quiet and picturesque Garrads Lane.



Our editor, Virginia, welcomed a very cute Golden Retriever puppy, Raffy, to her home in Milton.



Murphy Morgan met his new cousin, Toby Greentree, who was born on his tenth birthday.



## Jay Rash & Co

JEWELLERS

SHOP • DESIGN • CREATE • RESTORE

- 25 Years Experience •
- Fine Quality Jewellery •
- Bespoke Pieces •

Stockists of Kirstin Ash, Najo, Georgini, Citizen, Sekonda and ICE Watches.

Dolphin Court – 1/11 Boree Street, Ulladulla. P. 02 4455 2122. Open Mon-Fri 9-4pm. [www.jayrashjewellers.com](http://www.jayrashjewellers.com)   @jayrashandcojewellers



# Will Power

HOZACK CLISDELL LAWYERS

Solicitor Fiona Fagan has recently joined the team at Hozack Clisdell Lawyers and is relishing her new life here on the South Coast with her young family.

Fiona brings an impressive skill set to her new position. She has her Masters in Wills and Estates, lectures in the Master's Programme at the College of Law, and has been recognised as a Leading Wills and Estates Litigation Lawyer in the 2021 Doyle's Guide.

One of the first matters Fiona was involved in when she started practising law was a family dispute over assets. "I saw so much money wasted on legal fees, and devastatingly, it caused irreparable damage to the relationships between family members," says Fiona.

That situation sparked an interest in Wills and Estates Law, with Fiona deciding there had to be a better way. Consequently, she is passionate about offering advice to clients to put a plan in place that can provide for all family members, and most importantly, preserve family relations.

"I often see people come to me when it's too late," says Fiona. "Later on, they say they would give away all of their assets if they could just have their family getting along again."

As well as encouraging her clients to implement carefully considered wills, Fiona deals with Enduring Powers of Attorney and Enduring Guardian documents. These are the authorities regarding financial and health decisions when someone can no longer manage their affairs.

Fiona strives to work with her clients to plan ahead and avoid future stress and conflict during times of crisis. "If there is a dispute over a will, I try to lead all parties to a settlement as early as possible to avoid having to go to court to settle the battle."

Having been a partner in a large law firm in Adelaide, Fiona is enjoying the intimacy of the Hozack Clisdell office and life on this unique stretch of the coast.

"My husband Richard, and our one-year-old son Henry, love living at Mollymook," says Fiona. "We look forward to getting involved in the community and meeting more people along the way."

There is no better time than right now to get your affairs in order. Give Hozack Clisdell Lawyers a call today and book an appointment with Fiona. •

*Advertorial for Hozack Clisdell Lawyers.*

A. 89 Princes Highway Ulladulla | P. 02 4455 1566

E. [fiona@hozackclisdell.com.au](mailto:fiona@hozackclisdell.com.au) | W. [hozackclisdell.com.au](http://hozackclisdell.com.au)



SOCIAL

## COVER CHAT



Such a beautiful cover. I have already read the amazing article about Nicky and Grant Goozee. What a power couple. [@luceypaswell](https://twitter.com/luceypaswell)

Keep up the good work on White Wash! It's such a beautiful, informative and professional magazine. We're so lucky to have such a high-quality publication to showcase the talent and joys of our little community! [Jane L'Estrange](https://twitter.com/JaneLEstrange)

All sounds wonderful and thank you for working so hard to get the Spring issue out. [@bangalayretreat](https://twitter.com/bangalayretreat)

Fabulous edition. Thank you for sharing the history of our beautiful environment and home, including the Dreamtime story!!! [@rachelle\\_lewis770](https://twitter.com/rachelle_lewis770)

White Wash your cover is relevant for these times ... Heal Country. [@love\\_2\\_reed2](https://twitter.com/love_2_reed2)

Love love love this cover! [@genevieve\\_wood\\_](https://twitter.com/genevieve_wood)

Thank you so much for yet another delightful and local read. So important to access community experiences and people this way during COVID restrictions and lockdown. Much appreciated. [Sarah Butler](https://twitter.com/SarahButler)

Ohhhh this cover. So beautiful. [@monimudge](https://twitter.com/monimudge)

Send us your feedback on our summer issue! Tag us at [#whitewashmagazine](https://twitter.com/whitewashmagazine) to be featured in the next edition. [W](https://www.whitewashmagazine.com.au)

• COFFEE •  
• SMALL EATS •  
• PROVISIONS •

[@rosieoats\\_burrill](https://www.instagram.com/rosieoats_burrill)

**Hozack Clisdell Lawyers**  
legal & conveyancing practitioners

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

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

## STAY AT CUPITT'S ESTATE



The year may be closing out, but buds of excitement bloom as we embrace summer with open arms and plan our next escape.

The team at Cupitt's Estate has added another string to their bow with the launch of their brand-new deluxe accommodation suites.

Perched atop a rolling green hillside and overlooking the eucalypt trees, the suites cater to your every need.

The pods were constructed offsite by Prefabulous before being installed earlier this year.

While we've been bunkering down in lockdown, Meg at Neon White Design has worked dynamically to dress each room with thoughtful and elegant furnishings.

The final result is a stunning immersive way to experience the true essence of the South Coast and everything on offer at Cupitt's Estate.

The boutique winery, craft brewery, fromagerie and restaurant are all just moments away from each free-standing luxury dwelling.

Sip on a glass of wine and admire stunning views while you bathe in your private balcony bathtub.

Experience exclusivity and warmth with original art pieces curated by Van Rensburg Galleries throughout each room.

So, stop daydreaming and start planning a memorable South Coast getaway at the exclusive Cupitt's Estate. ●

*Advertorial for Cupitt's Estate.*  
58 Washburton Road,  
Ulladulla NSW 2539  
[@cupittsstate](https://www.instagram.com/cupittsstate)  
P. 02 4455 7888  
[W. cupittsstate.com.au](http://www.cupittsstate.com.au)



# Absolutely Fabulous

PREFABULOUS

Credit: CloudFace Image Solution

Prefabulous is a modular building company designing and constructing beautiful, prefabricated homes at their factory in Wagga Wagga and delivering them to clients across NSW.

Their award-winning designs are based on a range of coastal and rural concepts tailor-made to suit each client's needs. "Clients meet with our architect to discuss the unique design, orientation and lifestyle requirements for their particular site and location," explains Managing Director Gavin.

Prefabulous then carry out a complete building design, including selecting fixtures and fittings for your interiors. They submit the DA approval with Council, fully construct the building in Wagga, then deliver and install your home on-site.

Over the past 12 months, Prefabulous has planned and built Cupitt's Estate new Vineyard Pods. "We welcomed the Cupitt's team for a tour of the display and construction yard in Wagga Wagga in October 2020. Planning and design commenced from there," says Gavin.

The ten pods were recently delivered to their new home in Ulladulla. With Silver Ash and Monument cladding, Prefabulous' signature designs are a

striking contrast against Cupitt's scenic backdrop of pastures, vineyards, and mountain skyline.

The skillion roof creates light and space, offering privacy for each pod from the north-facing balcony. Inside, the interiors make a statement with striking bold finishes using marble, natural oak and brass. The white cypress colour scheme was specially designed for Cupitt's in conjunction with Neon White Design and combines elegance with natural textures and tones.

All Prefabulous designs focus on clever space-maximising solutions, the use of energy-efficient materials and impressive attention to detail. The homes are completed to a high standard with engineered oak floors, timber reveals, quality joinery and Smeg appliances.

"If you're dreaming of a new home on the South Coast, or anywhere in NSW, give us a call and book in for an inspection of the display home located in Wagga," says Gavin.

"Our love affair with prefab building runs deep. It's all we do, and we do it fabulously!" ●

*Advertorial for Prefabulous.*

A. 28 Bomen Road, Wagga Wagga | P. 0477 118 820  
E. [hello@prefabulous.net.au](mailto:hello@prefabulous.net.au) | W. [prefabulous.net.au](http://prefabulous.net.au)  
[@prefabulous.au](https://www.instagram.com/prefabulous.au) | [f @prefabulousau](https://www.facebook.com/prefabulousau)

## INTRODUCING CUPITT'S ESTATE NEW VINEYARD PODS



Prefabulous

[neonwhitedesign.net](http://neonwhitedesign.net)

NEON WHITE DESIGN



Absolute beachfront, private, luxury accommodation  
in the heart of the Murramarang National Park.



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

# Gardenhaven

*Everything for the garden*



**COME IN AND CHECK OUT OUR HUGE RANGE OF WATER FEATURES AND POTS!**

LOT 1 PRINCES HWY MILTON. ENTRANCE VIA BISHOP DRIVE. P. 02 4455 2596

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

# Local Talent

ICE SCHAAP

*Words by Brett Burcher  
Photos By Eef - @captured\_by\_eef*

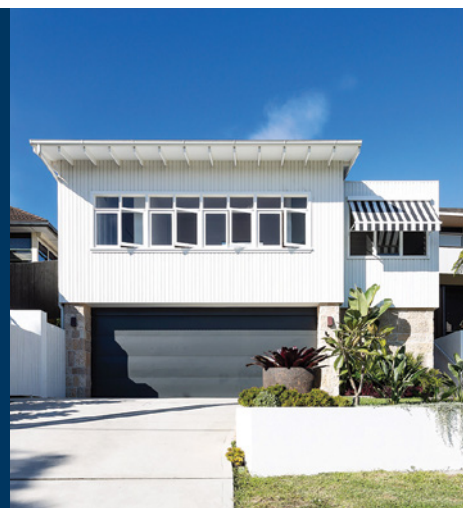
Ice Schaap was born in the Netherlands, but for the last 12 years he and his family have called Mollymook home. As a former professional Muay Thai boxer and qualified mental health nurse, he is committed to promoting the physical and psychological wellbeing of the youth in our local area.



**BLUCORE**  
CONSTRUCTION PTY LTD

- CUSTOM NEW HOMES
- ARCHITECTURAL ALTERATIONS & ADDITIONS
- BESPOKE BUILDING PROJECTS

Contact Keegan Mitchell on 0401 420 451  
✉ [enquiries@blucore.com.au](mailto:enquiries@blucore.com.au)  
📷 [@blucore\\_construction](https://www.instagram.com/blucore_construction)  
🌐 [www.blucore.com.au](http://www.blucore.com.au)







Ice visiting his father, Arie, in Katwijk in 2019.

#### **TELL US ABOUT GROWING UP IN THE NETHERLANDS.**

I was born in 1970 in Katwijk, Holland, into a happy home where the radio was always playing and adventure was never too far away. My grandparents and father lived through World War 2, so they never wanted to experience poverty again. Under our roof, the family motto was 'provide and protect'. The underpinnings of my upbringing were to work hard and look after your family.

Located next to the North Sea, Katwijk experienced long, harsh winters, and when it snowed my father had a rope behind the car and would tow us on our sledge. I didn't particularly like school, and I struggled with authority. My mum was very sick for most of the time I was at school, and my father was working five days a week. At home, I had a lot of responsibility and independence in taking care of my mum, whereas at school, I felt I was treated like a kid again.

As soon as I was 16 and eligible to leave school, I worked in the flower auction, which was exciting and allowed me to travel and explore new places. Within a couple of years of starting work, the Iron Curtain fell in Berlin. It opened up a whole new market of flowers to explore. You could literally step on the train and go back 40 years in time. I found myself in Russia, Poland and Siberia, admiring huge statues I'd only ever seen on TV.

#### **HOW WERE YOU INTRODUCED TO BOXING?**

I'd always been impatient and was easily angered. I found myself in a few fights here and there, so at 16, I decided to start boxing. With my height and weight (I'm a tall cruiserweight), it felt quite natural to fight. I trained and fought in Muay Thai, a boxing style combining elbows, knees, fists, and kicks. They call it the style of eight limbs! I travelled to Thailand for the Amateur World Titles, and because I'm from an old-fashioned Christian town, I never fought on Sundays. In Thailand, I got matched on a Sunday, and it was the first time I lost in my life! Boxing took me to many places, and I was fortunate enough to enjoy a career that combined fighting overseas and part-time work. ►



Located in the lush green grounds of The Old Church at Milton. The Altar Bar offers a selection of international and Australian wine, small bites to enjoy and live music.



Open Friday 2-6pm,  
Sat and Sun from 12pm-7pm



ALTAR WINE BAR

@altarwinebarmilton  
71 Croobyar Rd, Milton

Harm, Arie, Ice  
and Jonathan  
strolling on the  
beach at Katwijk.



#### HOW DID YOU COME TO LIVE IN AUSTRALIA?

I was 19 when I met Maria, and we married when I was 23. She had a very calming and positive influence on a couple of questionable aspects of my life, for which I'm forever appreciative. We started travelling together, and one of those trips brought us to Australia and eventually Mollymook. We spent one lovely afternoon at Mollymook Beach, and it became imprinted in our minds. Of course, we didn't take any photos, and when we returned to Holland, we both thought, "oh, what was that magical spot we visited?" In 2009, we were in a rental car with three kids in the back, driving down Mitchell Parade. Twelve years later, we are still here.

#### WHY DO YOU KEEP SO ACTIVE?

After I had my last fight at 36 I fell into a bit of a hole. Life was getting too busy. I had three beautiful kids, Jonathon, Harm and Fiene, to take care of and a mortgage. When I decided to stop, I momentarily lost my identity. To remain active, I started doing triathlons, climbing, cycling and mountain biking. When I moved to Mollymook, I discovered surfing and bushwalking, and staying diligent with those activities kept me really fit. Exercise is so good for my mental health. I've always been pretty energetic, so I need it as an outlet.

#### WHAT MADE YOU DECIDE TO BECOME A MENTAL HEALTH NURSE?

My decision to study originated after my sister-in-law asked me to swim with a boy with challenging behaviours. She was a volunteer at a swimming facility for kids with psychological and physical disorders. Knowing I loved sports and could defend myself, she thought I would be a good match. I met a six-year-old boy who repeatedly bit me, scratched me, and stole food. His parents said he liked swimming, but I literally had to drag him from one side of the pool to the other! Long story short, I swam with the boy for ten years and was there when he entered a care facility. His parents are still on the chat list when I visit Holland.

My deeper interest in mental health started when I began working on a ward for eating disorders. During my boxing years, I had to keep my body in good shape, and making my weight class taught me a thing or two about nutrition. I was stunned at how people who were smart, funny and beautiful were so hard on themselves. Many people refer back to their teenage years as a catalyst for mental health issues. It appealed to me to work with individuals in this age space to provide tools, advice, and alternative pathways, that could ultimately change the outcome of their future.

 **Hooker Ulladulla**

**BUY | RENT | SELL | HOLIDAY**

#nobody does it better

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

Ice chasing Jonathan along the beach of the seaside town where he grew up.

### HOW ARE YOU USING YOUR EXPERIENCE AND PASSION TO ARMOUR THE NEXT GENERATION?

I've had the opportunity to work with Monica Mudge on a female youth project called The Lioness Program. After the killing of Eurydice Dixon in 2018, there was a huge discussion in the media about victim-blaming and responsibility. I strongly believe that a woman should be able to walk in a park without being in any form of danger. As sad as it is, I also think that women need to be equipped with the necessary skills if danger does present itself. Together with our daughters, Jade and Fiene, Monica and I developed a program targeted at teenage women to teach self defence, awareness of values, and management of self-control in stressful situations. It's been really nice to utilise my skills and direct them towards something I'm very passionate about.

### WHAT DOES YOUR CURRENT ROLE AT ULLADULLA HIGH SCHOOL ENTAIL?

For the last six years, I have been working at Ulladulla High School in a wellbeing role. I can share and discuss all things in life that I believe are important for a person's wellbeing, such as healthy relationships, mental health, exercise, goal setting, social skills, fun and a positive outlook on life. I have chats with students about safe sex, spirituality, money issues, family issues, career pathways etc. I've completed a broad range of psychological and social therapy studies to ensure I remain educated and relevant in supporting the people around me. I'm so thankful to the Snow Foundation, and the staff and parents at the High School, for their ongoing support and their recognition of the importance of this role for the youth in the area.

### WHAT DO YOU LOVE MOST ABOUT LIVING HERE?

The ocean. I love the horizon and how it's just empty. It feels like the end of the world and the start of another we don't know anything about. If you ever get the opportunity to look at the ocean, you do. I've never seen somebody with their back to the ocean! I also enjoy the diversity of the place. People pay thousands of dollars for a holiday to experience what we sometimes do in one day. Everyone who comes here and lives here straightaway shares a love for the ocean or the mountains. Maybe that's why it's so easy to connect with the community, because we all share this wonderful thing. w



Wedding Studio

Photography & Videography

Based on the South Coast

[contact@thedreamscollective.com](mailto:contact@thedreamscollective.com)

[www.thedreamscollective.com](http://www.thedreamscollective.com)

## MODERN CLOTH NAPPIES

Words by Lucy Loft



Curious about trying Modern Cloth Nappies (MCNs) but not sure where to start? Here are three simple ways a Nappy Library can help you.

### 1. You can try before you buy:

A Nappy Library saves you time and money by providing you with a range of styles and brands to trial before you invest in your own MCNs.

### 2. We have a range of sizes:

The library caters for newborns and toddlers. Each kit arrives with thoroughly sanitised nappies ready to go.

### 3. We provide support:

Don't worry, we won't just drop the nappies and run! There will be washing and care instructions, a face-to-face or Zoom chat on how to use the kit, plus you can contact us with any questions. •

*Advertorial for Puggles Nappy Library. Based in Lake Conjola.  
W. [www.pugglesnappy.com](http://www.pugglesnappy.com)  
@pugglesnappylibrary*



## Xmas Apart

DDCS LAWYERS

Christmas is a busy time of year for us all. Many separated parents find it challenging to agree on the best arrangements for their children, particularly over the holidays. These tips may help you to reach an agreement and avoid conflict:

### 1. START PLANNING EARLY

Discuss your plans ahead of time to alleviate anxiety. Keep an eye on government restrictions relating to COVID-19 and any state border travel restrictions that may be in place.

### 2. UTILISE A PARENTING PLAN

Formalise your arrangements with your former partner by writing down your agreement on paper and signing and dating it. If necessary, use a Parenting Plan (which can be drafted quickly by lawyers or mediators).

### 3. NEED HELP NEGOTIATING?

If you cannot reach an agreement with your former partner, consider engaging a mediator or a family law specialist. DDCS Lawyers can assist you with advice, and/or negotiate on your behalf.

### 4. EMBRACE THE SPIRIT OF GIVING

Try to limit the number of handovers and reduce travel time to make it easier for all. Be respectful of your former partner's traditions over Christmas, and try to embrace the spirit of giving. If your children are old enough, a good starting point is to ask them what they would like to do for Christmas.

### 5. HELP! WE BOTH WANT THE KIDS ON CHRISTMAS DAY

If you both want the children at the same time, one approach is for one parent to have the children from midday on Christmas Eve through to mid-morning on Christmas Day, then the other parent has the children from mid-morning to Boxing Day. If there is more travel involved, you might agree on the children spending the week of Christmas with each parent every alternate year.

### 6. ENJOY THE HOLIDAYS

If you and your former partner communicate clearly and practice flexibility, there is a good chance that the children will be able to enjoy their Christmas/summer holidays surrounded by love and support. •

*Advertorial for DDCS Lawyers.*

## Your Life, Your Lawyers

Family law and estate planning for every life stage.

Serving Canberra and the South Coast.

**DOBINSON DAVEY  
CLIFFORDSIMPSON  
LAWYERS**

**P.** 02 6212 7600

**E.** [mail@ddcslawyers.com.au](mailto:mail@ddcslawyers.com.au)

**W.** [ddcslawyers.com.au](http://ddcslawyers.com.au)

# **WALLED** GARDENS



With a passion for rare and unique plants and extensive horticultural knowledge, Walled Gardens specialises in creating beautiful, bespoke gardens and outdoor living spaces.

We strive to create gardens that are aligned with your property and lifestyle, ensuring you achieve the outdoor space you've been envisioning.



Contact us for a free on-site consultation.

p. 02 8999 1408 — e. [hello@walledgardens.com.au](mailto:hello@walledgardens.com.au) — @walledgardens — [www.walledgardens.com.au](http://www.walledgardens.com.au)



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

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

**MOLLYMOOK**  
FINE WINES & ALES

## MANGO SALSA

From Virginia Connor



Mango salsa is an amazing treat that combines sweet and spicy in one bite. The recipe is quick and easy, taking only ten minutes to prepare.

“This mango salsa makes a beautiful accompaniment to the baked ham at Christmas time. It’s a family favourite at our house!” says Virginia.

**Ingredients:**

- 2-3 large mangoes
- 1 small red onion
- 1 lime, juiced
- ½ cup of coriander
- 3-4 tablespoons of sweet chilli sauce

**Method:**

1. Peel, stone and chop the mangoes into cubes.
2. Finely chop the red onion.
3. Chop the coriander coarsely.
4. Combine all ingredients in a medium bowl and mix well.
5. Squeeze over the juice of one lime. Enjoy! [w](#)



It’s a new year, and many Australians are setting aside time for their life admin tasks. One way you can prepare is to ask yourself these five important questions.

**1. DO YOU HAVE AN UP-TO-DATE WILL?**

Everyone over 18 should have a Will. The Will should be reviewed generally every three to five years or as your circumstances change. For example, you will want to consider reviewing your Will if you purchased significant assets or welcomed a new family member.

**2. CAN YOUR WILL BE EASILY LOCATED?**

Your Will should be stored in a secure location, such as the NSW Trustee & Guardian WillSafe storage facility. At least two people should be notified of its location. These might be your family members, major beneficiaries, or your executor.

**3. ARE YOU AWARE OF WHAT PROPERTY MAY NOT BE COVERED BY YOUR WILL?**

You may have interest in assets that you cannot give away in your Will because of how they are owned, such as a house that you equally own with your spouse under a joint tenancy.

**4. WHAT ABOUT YOUR DIGITAL ASSETS?**

Online accounts, memberships, and files stored on a computer or in the ‘cloud’ may be of sentimental value (e.g. photo collection) or financial value (e.g. PayPal or Opal account). You should decide how these will be dealt with when writing your Will.

**5. HAVE YOU ALSO APPOINTED AN ATTORNEY AND GUARDIAN?**

A power of attorney appoints someone to manage your financial affairs if you are unable to. An enduring guardian will make your health and lifestyle decisions if you are unable to. Take time to carefully consider who you appoint as your attorney and guardian as they are in a position of trust and responsibility.


Your Will is one of the most important documents you’ll ever sign. Trusting the right professional is essential. That’s why the people of NSW have continued to trust NSW Trustee and Guardian with over one million Wills and counting. ●



*Advertorial for NSW Trustee and Guardian.  
P. 1300 10 20 30 | W. tag.nsw.gov.au  
E. tagwollongong@tag.nsw.gov.au  
[@nswtg\\_](#) | [@nswtg](#)*

# I WILL


ease the pressure on my loved ones with the #1 maker and executor of Wills in NSW.


**I WILL WITH NSW TRUSTEE & GUARDIAN.**



 1300 10 20 30  
 [www.tag.nsw.gov.au](http://www.tag.nsw.gov.au)  
**Video and in-person appointments.**

Fees may apply. See website for details.





**NSW Trustee & Guardian**



When Milton Therapy and Learning Centre opened its brand-new premises in June, it was the culmination of a long-held dream for owners Kate and Simon Kinch.

The couple moved to Milton with their young family ten years ago. Initially, Kate worked as a Speech Pathologist in the public and not-for-profit sectors before opening a small mobile speech pathology business in 2013.

As the Kinch family settled into life on the coast, they were keen to create a multi-disciplinary team to meet the growing need for services in the local community.

Milton Therapy and Learning Centre (Milton TLC) was born when friend and Art Therapist Naomi Dampney jumped on board. Over the coming months and years, Kate and Simon continued to be approached by allied health professionals who wanted to join the TLC team.

“We looked at each opportunity and the needs of the community and said ‘Yes!’ a lot,” laughs Kate.

The business quickly outgrew its premises, so the couple purchased a vacant block of land in Church St Milton and began designing their ideal centre.

“We now have 15 team members across two

centres. One in the Bay and Basin area and our new centre here in Milton,” says Kate proudly.

“We provide Speech Pathology, Occupational Therapy, Art Therapy, Social Work, Music Therapy, Developmental Education, Early Intervention Therapy and Allied Health Assistant services.”

TLC’s new purpose-built centre has four consulting rooms, an incredible sensory gym, staff facilities and accessible parking. “We hope to provide a welcoming, safe, nurturing home for a huge range of people in our community,” says Kate. “We value our partnerships with local schools, early education centres, NDIS participants, and disability and aged care providers.”

The TLC team is committed to continually learning and improving the service they provide. “We try to live our values of people, community, inclusion and care,” says Kate. “We love what we do and where we live.”

Kate and Simon hope to continue to say ‘Yes!’ as opportunities to grow and improve present themselves over the coming years. •

*Advertorial for Milton Therapy and Learning Centre.  
A. 31 Church St, Milton | P. 02 4455 2152  
E. admin@miltontlc.com.au | W. miltontlc.com.au*

## LET'S CELEBRATE!



After months off the road, we can't believe we are finally out of lockdown!

What better way to celebrate than gathering a group of friends and family together and hopping on one of our fantastic Wine Knot tours.

Lockdown has been challenging, not only for us but also for many of our partners. So why not support our local area by enjoying one of our most popular tours, The Milton Run.

The first stop can be either Cupitt's Estate in Ulladulla or the Stone Cottage Vineyard in Woodstock for an amazing wine tasting experience.

We will then head to a lunch stop of your choice. You can delight in a gorgeous meal paired with a complimentary cocktail at the stunning new Harvest Bar venue on Croobyar Road.

Or you can head to Milkhaus in Milton, where you can enjoy a gorgeous 'produce to plate' lunch with fresh ingredients from the garden. Eat outside in the enchanting courtyard or inside the charming, converted cheese factory.

Then finish your day at our newest hottest venue, The Altar Bar. You will be able to sit back and relax in the magnificent gardens whilst enjoying a glass of wine of your choice and a cheese and produce platter.

Check out our website for all the details. We look forward to sharing the summer months with you! •

*For more information, please contact us at:*

*E. contact@wineknottours.com*

*W. www.wineknottours.com.au*

*@wineknottours*

The travelling coffee & cocktail caravan!



**HELLO HUEY**

Visit us: @hellohueycaravan



**- New Builds  
- Renovations  
- Project Management**

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

Aaron 0400 470 377   Chris 0406 030 903



# Allstyle

Roofing & Plumbing

0414 439 916

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

new roofs • repairs • fascia & gutter • re-roofs • down pipes • plumbing & maintenance • asbestos removal



# Stay Healthy

Words by Dr. Katie Macartney

The past two years have seen a massive focus on one virus known as COVID-19. This pandemic has meant that, unfortunately, Australians have neglected other areas of their health and wellbeing.

As we move out of lockdowns and into a new era living with COVID-19, it is time to consider a more holistic view of our health. Below are some routine tests to book in for and things to discuss with your family GP.

## WOMEN

- Aged 25 to 74 years—a screening test for cervical cancer (formerly called the pap smear) should be booked every five years (unless high risk).
- Aged 50 to 74 years—a mammogram should be booked every two years (unless high risk).

## EVERYONE

- 50 to 64 years—bowel cancer screening with a faecal occult blood test performed every two years (unless high risk).
- >50 years—Australians are most likely to die from heart disease or stroke. As a result, a cardiovascular disease risk assessment should be done annually by everyone over 50. This check involves weight and blood pressure monitoring and blood tests to monitor things such as cholesterol.

## INFECTIOUS DISEASES

COVID-19 is here to stay. We can prevent infections with hand washing, social distancing, staying home when symptomatic, and most importantly, getting vaccinated. 2020-2021 have seen massive reductions in common colds and respiratory tract infections such as influenza and viruses that cause bronchiolitis and croup.

From summer and into 2022, we will need to continue to protect ourselves using the measures above and seek early treatment as these infection rates begin to rise again.

## MENTAL HEALTH

A secondary psychological pandemic has occurred with lockdowns, travel restrictions and rising unemployment, causing an increase in mental illness and suicide in this country. You can improve your mental health with exercise, going outdoors, social engagement, a healthy diet, avoiding smoking, alcohol and drugs and practising gratitude. If you are concerned about a friend or family member, ask them, “R U OK?” If they need support, advise them to see a GP or phone Lifeline on 13 11 14 or Kids Help Line on 1800 55 1800.

## CONSULT YOUR GP

Other critical times to consult a GP are if you have any symptoms, are planning a pregnancy or are due for routine immunisations, e.g. childhood, over 50 years, over 70 years or the annual flu vaccine. It is also essential to talk to your GP about screening for osteoporosis, diabetes, and other conditions related to your family history or sexually transmitted infections. [w](#)



Taking an **innovative and sustainable** approach.

Level 2 Power Connections.

**0423 611 890**

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



CHARITY

## GIVE A LITTLE JOY THIS CHRISTMAS TIME



**Christmas time can be a challenging time of year for some families. Least of all for those who struggle to make ends meet and this year has proven to be extra challenging for many in our region.**

Shoalhaven City Council is encouraging the community to donate to the annual Mayor's Giving Box this festive season. The annual charity campaign is a partnership between Shoalhaven City Council and Stockland Nowra Shopping Centre.

Donated presents and funds are distributed to local charities in the Shoalhaven. This year the charities include Cullunghutti Aboriginal Child and Family Centre, Lyrebird Preschool, Clipper Road Children's Centre and Salt Ministries.

Unwrapped presents can be dropped off at the Mayor's Giving Box, in the Stockland Nowra Shopping Centre or at Council's Nowra City Administration Building. Online donations will also be accepted.

A small gift can go a long way to giving a little joy to someone in need this Christmas time. [W](#)

For more details or to donate online visit Shoalhaven City Council's website: [www.shoalhaven.nsw.gov.au/donate](http://www.shoalhaven.nsw.gov.au/donate).



Credit: CloudFace Image Solutions

It's been 30 years since Michael Lizak set up shop in Ulladulla, making his favourite escape destination the home in which both his family and business would grow. The area has allowed him to live the dream —balancing work that he loves with surf, music and community.

Since 1991, Michael has helped hundreds of locals and visitors with his work. "Osteopathy is a hands-on approach for the body's mechanical issues that lead to aches and pains," explains Michael. "There is a focus on soft tissues like muscles and ligaments, not just the joints."

Identifying and effectively treating these issues is a skill that Michael has refined through over 30 years of experience. While it's technical work, it's ultimately about feeling good, feeling comfortable, and enjoying the ability to function.

"Achieving that means tailoring treatment to suit each individual's needs. It's not a one-size-fits-all approach. Every body presents a unique challenge and a different set of treatment requirements."

Michael's business partner and wife, Michelle, echoes that tailored approach through her work in massage and reception.

As an Ulladulla local since the '80s, the community is at the heart of Michelle's work. It's a passion that the pair attribute to their mutual drive and success.

"The Ulladulla community is a family that's made our lives richer," says Michelle. "Our business has always been about the people."

Some patients, like Bruce Hilton, are long term. They understand that the best way to look after themselves physically is to have a maintenance approach that includes treatment and exercise.

"It's certainly something that's kept me going," says Bruce. "At 96, I'm still feeling the benefits!"

Many of Michael's exercises are influenced by his personal practice of Tai Chi and Qj Gong and are used to manage the impacts of a physically demanding lifestyle coupled with ageing.

The passion for his work, lifestyle and community pushes Michael to continue to learn and grow. Applying those learnings to help his patients makes his work constantly fulfilling.

"It's been a shared journey and one that I'm proud of and grateful for," says Michael. ●

*Advertorial for Ulladulla Chiropractic and Osteopathic Centre.*

*Words by Taleih Lizak*

*A. Shop 25 The Philip Centre, Boree Street Ulladulla*

*P. 02 4455 1212*




**WHOLEFOODS STORE & COFFEE BAR**

Mon to Fri: 8am-4pm • Sat: 8am-1pm  
P: 02 4454 5602 • E: [info@empowerwellbeing.com.au](mailto:info@empowerwellbeing.com.au)

**SHOP 2, THE PAVILION, GREEN ST, ULLADULLA**

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



**MILTON WORK HUB**

Studio 10, 23 Wason St, Milton • P. 0467 889 122  
E. [miltonworkhub@gmail.com](mailto:miltonworkhub@gmail.com) • [@miltonworkhub](https://www.instagram.com/miltonworkhub)



# WILLINGA PARK



## AN EVENT EXPERIENCE LIKE NO OTHER.

Located in the picturesque town of Bawley Point, Willinga Park is one of Australia's leading equestrian centres and an event destination renowned for exceptional quality and beauty. Join us at one of our events:

**Dressage by the Sea**

**Eventing @ Willinga**

**World Championship Gold Buckle Campdraft**

**Jumping @ Willinga**

**+ Many more**

19-21 & 25-27 February

22-24 April

11-14 May

15-18 September

To find out more information visit [willingapark.com.au/events](http://willingapark.com.au/events)



WHAT'S YOUR HOME WORTH?  
SCAN TO FIND OUT





# Bootleg Rascal

Words by Jem Quinn

Right on cue for the summer party season, rambunctious indie/dub renegades Bootleg Rascal are back with a reimagining of their former works. Irreverently titled, *Sloppy Seconds*, the Rascals have described the album as a “Greatest Hits on steroids.”

Currently based on the Gold Coast, long-term collaborators Carlos Lara and Jim Young have had a grand old time putting the album together. “We’re super pumped for the new project to be coming out,” says Carlos just days before the album’s release. “One of Jim’s all-time favourite albums is *Second Hand Smoke* by Sublime. During Covid, we got the opportunity to go back and dig up our old songs, change them up and put a new spin on them.”

Nothing’s sacred these days, with the dynamic duo busting down the doors and exploring new genres. With each subsequent release, Jimmy and Carlos become a little more experimental and eclectic with their output. In regards to their appetite for diversity, Carlos explained, “Bootleg have always been known for that dub/reggae vibe, but a lot of people are surprised to hear us talk about our love for hip-hop and rap; It’s always in there. For me, Snoop Dogg’s, *Doggystyle* was huge and Jim loves *2001*, by Dr Dre.”

“Progression keeps it interesting for us. I am ADD as hell. I’m always looking for different ways of writing music and keeping the creativity sparking.” *Sloppy Seconds* is a testament to this genre-bending ethos. A true fruit salad of styles featuring flamenco flavours in the Spanish re-rub of *Sharks*, the indie-dance synths of *On A Low*, and the post R&B feels of *All About You*.



## STONE COTTAGE VINEYARD

A small family-owned boutique vineyard nestled amongst the picturesque hills at Woodstock.

A. 34 Evans Ln, Woodstock NSW 2538.

E. [stonecottage34@bigpond.com](mailto:stonecottage34@bigpond.com)  
to arrange a visit.





Carlos Lara (L) and Jim Young from Bootleg Rascal.

Credit: Rhys Bennett



I am ADD as hell. I'm always looking for different ways of writing music and keeping the creativity sparking."

When quizzed on their early influences, Carlos explained. "When I was studying music at uni, I really struggled with my harmonies. The way I figured it out was by listening to the iconic album *Based on a True Story*, by Fat Freddy's Drop, and I just non-stop practised harmonising that whole album."

In preparation for the upcoming tour, Carlos has been busy splitting his time in the studio with his new passion for training mixed martial arts. "I find it's a really good balance for me—being in the studio and going into the gym. It has a lot of similarities to writing music in that there is so much to learn, and you are always trying to find that flow state. I love being able to exert myself not just mentally, but physically as well."

With a full training camp under his belt, Carlos is ready to hit the road with his partner in crime, Jim. The tour will take them Australia-wide with 20 scheduled shows, including a brief pitstop across the ditch. The pair will be teaming up with R&B songstress Iyah May for the Queensland and Byron Bay shows, and picking up hip-hop starlet R.em.edy for the Melbourne show. "It's nice to have such fun regional supports playing alongside us, and besides, both of them are way cooler than Jim and I," Carlos laughed.

Bootleg's notoriously energetic live shows could not be more strongly recommended, so jump on any tour dates that align with your summer travel plans. Otherwise, be sure to give *Sloppy Seconds* plenty of airtime in the summertime rotation.

We also need to give a special mention to the newest member of the Rascal family! Jim's son, Otis, arrived in the world right as the album dropped. Congrats! [w](#)

Somehow through all the diversity, the album still feels cohesive and has an authentic Bootleg feel.

Another new wrinkle to the album is the inclusion of several collaborators. "It was difficult getting people together to collaborate during Covid, but our manager was able to make it happen." Citizen Kay and MAXINE deliver some silky-smooth verses on *Therapy*, and Saint Lane brings some hip-hop flavour to *All About You* and the Bootleg classic, *Overflow*. Federal Opposition Leader, Anthony Albanese even gets a start with some choice words on the album intro. "The whole process has sparked new ideas and has got us itching even more to write new music," said Carlos, hinting towards another album in the not-too-distant future.

Despite their forays into other musical territories, the dub and reggae roots are still a cornerstone to the Bootleg Rascal sound.

## BROOKE SULTANA

- Pilates Teacher L2 APMA
- Remedial, Myofascial Massage
- Dry Needling

[focuspilatesandmassage@gmail.com](mailto:focuspilatesandmassage@gmail.com)  
[www.focuspilatesandmassage.com](http://www.focuspilatesandmassage.com)



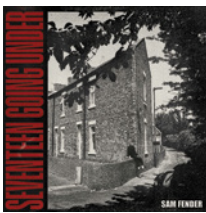


**NIGHTMARES ON WAX - SHOUT OUT TO FREEDOM**  
Iconic English producer George Evelyn, aka Nightmares On Wax has used his time in lockdown to put the finishing touches on an album three years in the making. Lead single 'Breathe In' featuring the afro-soul dream team, Oshun, is a tasty slice of what to expect.



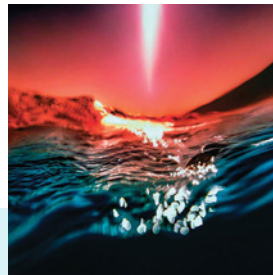
**NGAIIRE - 3**

Papua New Guinea-born Australian, Ngaiire brings a shimmering and vivid collection of soulful electronic pop music. A brilliant juxtaposition of futuristic sounds blended with retrospective lyrical insights into her past.



**SAM FENDER - SEVENTEEN GOING UNDER**

Despite the crossover appeal and chart success, there is an undeniable substance to Fender's music. The Springsteen comparisons are well founded and the future is bright for this North Shields lad.



**BONOBO - FRAGMENTS**

Masterful in all of his output, Simon Green, aka Bonobo is back to it with another charming release. Lead single, 'Rosewood' is a dreamy groover with shuffling percussion, hypnotic vocals and classic piano loop that will make it the perfect summer soundtrack.



**FLIGHT FACILITIES - FOREVER**

It's been seven years since their last album and perennial favourites, Flight Facilities are back with their second full-length offering. Featuring collaborations with BROODS, Channel Tres, DRAMA and Emma Louise we can look forward to an eclectic and dancey affair.



**JORDAN RAKEI - WHAT WE CALL LIFE**

The fourth studio album from the Kiwi-Australian crooner, Jordan Rakei. A frank and honest showcase from the supremely talented multi-instrumentalist, out now via the legendary Ninja Tune label.

mclean milton

residential and commercial design  
new homes • additions • interior design • council applications

admin@mcleanmilton.com

0450 505 927

@mcleanmilton\_designstudio

# SMALL TOWN PROVISIONS

TAKE YOUR **SUMMER PICNIC**  
TO THE NEXT LEVEL!



Come and visit us for picnic supplies, hampers, wine + more! [@smalltownprovisions](https://www.instagram.com/smalltownprovisions) • [smalltownprovisions.com.au](http://smalltownprovisions.com.au)

## WILDLIFE PHOTOGRAPHY, LIMITED EDITION PRINTS AND ORIGINAL ARTWORKS



STUDIO GALLERY - OPEN BY APPOINTMENT ONLY. FOR BOOKINGS CONTACT TANYA ON 0418 202 445.

*Tanya Stollznow*  
WILDLIFE PHOTOGRAPHY

[www.tanyastollznow.com](http://www.tanyastollznow.com)



# Scribbly Gum

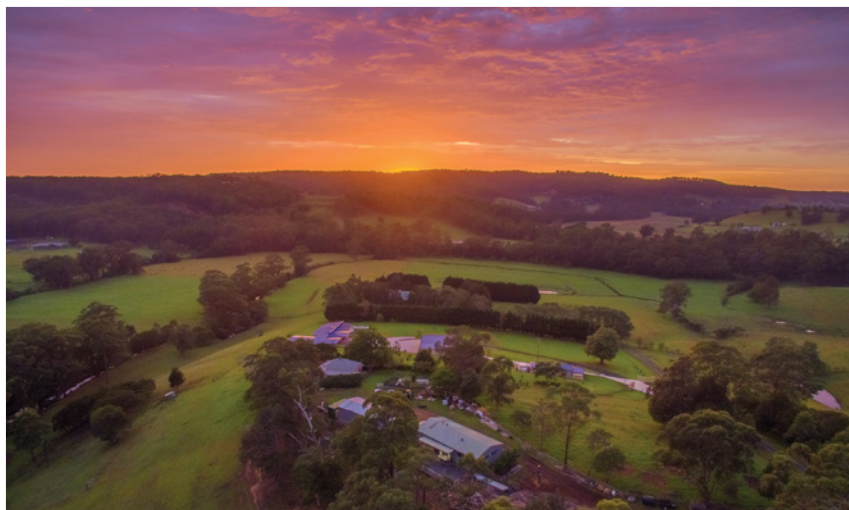
Words by Patrick Faulconer. Illustration By Kyla Stone.

If you were to attend a dinner party and construct a list of Australia's top ten tree species, trees such as the Ghost Gum, River Red Gum, Bunya, Boab, Huon and cheeky newcomer, the Wollemi would be energetically discussed.

On my list and very near the top would be the iconic Scribbly Gum, a species of tree that we sometimes take for granted in Australia due to its presence in May Gibbs' *Snugglepot and Cuddlepie*. But how many of us have actually stood up close to the Scribbly and wondered how those doodles came to be?

Ulladulla has one of Australia's finest arboretums of Scribblies right on our doorstep, and some are in the path of the Milton-Ulladulla by-pass. Before you start tying yourselves to trees, let's take a wander amongst our own patch of *Snugglepot and Cuddlepie* Kingdom.

Here is a suggested little perambulation that may only take half an hour. I parked on the Southern side of Kings Point Drive, just opposite the sewage works entrance. (GPS: 268326 608272). It would be difficult to get lost in this forest as you have the highway to the east, Kings Point Drive to the north, houses to the south and water to the west so you could just amble to your hearts content amongst the many bike trails and paths.



  
Martins Ridge  
Farm  
Food with Provenance  
Conjola NSW

- Grass-fed & chemical-free produce direct from the farm
- Intimate events & functions
  - On-farm accommodation
  - Butchery classes
- Local paddock to plate experiences
- Produce available at the Milton Farm Shop and Burrill Lake Farmers Markets

Ian, Tina and Rhys Martin. 68a Martins Ridge Road, Conjola  
P. 0412 653 950. E. [ian@martinsridgefood.com.au](mailto:ian@martinsridgefood.com.au)  
[martinsridgefood.com.au](http://martinsridgefood.com.au)



## THIRSTY WORK



**Drinking an icy cold beer is one of life's pleasures.**

It's one of the many reasons that local designers Studio Friday love living on the South Coast—the independent brewery scene is booming!

Working with local legends Tilba Brewing Co and Jervis Bay Brewing Co (to name a few) has given the design studio a taste for crafting visuals for the awesome brewhouses in the region.

When it comes to designing authentic brands for local breweries, Studio Friday kicks off the process by drawing inspiration from the local area.

From the eye-watering natural beauty of the landscape to the stories of a neighbourhood's past, the tiniest detail can spark a design concept. In fact, Studio Friday believe it's the best way to bring a local brand to life and get those beer cans into the hands of thirsty folk.

Studio Friday crafts engaging branding, from logo and packaging design through to all digital and physical marketing touchpoints.

They deliver a core look and feel that seamlessly translates across merchandise, events and retail environments. And, they know a good beer when they taste one.

Cheers to that! ●

*Advertorial for Studio Friday.*

For more information please contact us at:

E. [hi@studiofriday.com.au](mailto:hi@studiofriday.com.au)

W. [www.studiofriday.com.au](http://www.studiofriday.com.au)

P. 0451 059 011

IG [@studio\\_friday](https://www.instagram.com/studio_friday)



But how many of us have actually stood up close to the Scribbly and wondered how those doodles came to be?"

Either follow the track by the road in a westerly direction or be a little more daring and duck in 50 metres or so and follow meandering paths downhill. If you do that, you will be rewarded with grasslands and open-grown trees that defy gravity and symmetry with their crooked appearance. We expect nature to be symmetrical, but some Scribblies just haven't read the manual. And if holding up those big levers gets too much or the wild west wind blows too hard, then they might just loosen the load by shedding half a limb or so.

This is where the relationship with fur and feathers starts as broken limbs are the catalyst for hollows. Different size hollows will have different sized residents. A Powerful Owl will need at least a 150mm diameter hole, whereas I've seen Feathertail gliders pop out of holes as big as your thumb. I'll defy anybody to find a local forest type with as many hollows as this Scribbly woodland.

Head downhill and west until you come to a broad path lined with blue posts. Follow the posts south. There is a respite from Scribblies while Bloodwoods and Turpentine's pre-dominate. It even looks at times that other species are trying to imitate the Scribbly hunchback. The path crosses a rocky stream and then take the second path uphill to the water tower. You can dash over to Canberra Crescent for an ocean view and get an idea of where the by-pass will exit before heading back into the shade and running into a megalith of a Scribbly (GPS: 268512 608171).

Will this tree be removed? I'm sure the powers that be will undertake every eco survey going and

that wildlife rescuers will be on hand. Ideally, every hollow should be checked first for tenants. Then all hollows should be removed carefully and re-erected into other trees, or new hollows carved into remaining out of the way trees. Treated pine boxes just don't cut the household mustard for birds and bats.

While you're up close to the trunk let's have a look at that graffiti. How did it get there? It is created by a moth (*Ogmograptis scribula*) laying an egg on the bark in the autumn. A caterpillar emerges beneath the bark and initially follows an inebriated random looping pattern of very thin lines as it wanders down the trunk chewing as it goes. It moults many times, gets a little bigger and sobers up a bit as it coherently zig zags down. After moulting for the last time, it retraces its steps back up the callusing path, and like a hangover cure, enjoys the nutrient-rich effects of the healing material.

It eventually fumbles in its mothy pockets, finds the keys, and pops out the bark door, landing on the floor only to spin a hidden cocoon, rest, and eventually fly out as a moth in late summer. So that's how they do it!

It is now a simple trek on a straight path north back to your vehicle. If you see a big Scribbly 50 metres off the path, dive in and have a look. It might be your last chance before the rubbered wheels of progress thunder through. [w](#)

*Note: I believe that our local species is Eucalyptus sclerophylla, but I am happy to debate this with other tree nuts.*

# FINELY BREWED BRANDING.

AT STUDIO FRIDAY WE LOVE GETTING CRAFTY WITH LOCAL BREWERS. WE CREATE UNIQUE BRANDING, FROM LOGO AND PACKAGING DESIGN THROUGH TO ALL DIGITAL AND PHYSICAL MARKETING TOUCHPOINTS. FROTHING ON A NEW BUSINESS IDEA? THEN GET IN TOUCH. WE'RE CURRENTLY BOOKING FOR 2022

EMAIL [HI@STUDIOFRIDAY.COM.AU](mailto:hi@studiofriday.com.au)  
 WEB [STUDIOFRIDAY.COM.AU](http://STUDIOFRIDAY.COM.AU)

*studiofriday*

# You Never Regret A Swim

PHOTO OF THE MOLLYMOOK OCEAN SWIMMERS  
BY DEAN DAMPNEY  
FROM *RISE AND SHINE* ISSUE #20.



## Woodstock Chocolate Co.

◆  
Handmade in store

◆—————◆  
Woodstock Chocolate Co.  
Find us at Shop 1, 92 Princes Highway, Milton.  
[www.woodstockchocolateco.com](http://www.woodstockchocolateco.com)

# World-class custom website design & branding

We build websites by hand using code, and beautiful brands based on research, analysis, and strategy that centres around the needs and desires of your customers and your business' goals.

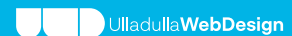
We are now accepting clients for 2022. Let's work together.

**Contact us today.**

phone  
0415 511 117

email  
hello@ulladullawebdesign.com

website  
ulladullawebdesign.com



## DID YOU KNOW THAT ULLADULLA IS HOME TO AUSTRALIA'S LARGEST TINY HOME BUILDER?



### GO TINY TODAY!

 [kylie@designerectinyhomes.com.au](mailto:kylie@designerectinyhomes.com.au)

 0418 690 317

 [facebook.com/designerectinyhomes](https://www.facebook.com/designerectinyhomes)

 @designerectinyhomes

## POSITIVE CLIMATE ACTION

*Treading Lightly Inc*



Here are some ways to morph your climate anxiety into positive action.

### Step 1: Education

Skim over the report from the Intergovernmental Panel on Climate Change.

### Step 2: Reduce energy and water consumption

Analyse the energy and water consumption choices you make on a daily basis. Only have power on when necessary, and conserve water.

### Step 3: Eat seasonally

The 'locavore diet' (eating seasonally and locally) is climate-happy eating.

### Step 4: Dress consciously

Fast fashion is currently the biggest contributor to landfill. Try visiting the op-shop and/or purchasing sustainable fashion.

### Step 5: Refuse to support the single-use industry

Keep a coffee cup and water bottle in your car at all times.

### Step 6: Understand recycling

Check out your local council website to find out what goes in what bin.

### Step 7: Dispose of soft plastics responsibly

Save your scrunchable plastics and deliver to Woolworths or Coles.

### Step 8: Respect the natural environment

Take your rubbish with you when enjoying the outdoors and Take 3 for the Sea. [W](#)

*Treading Lightly Inc*  
A. Myrtle St, Milton  
W. [www.TLInc.org.au](http://www.TLInc.org.au)  
[@Treading\\_lightly\\_inc](https://www.instagram.com/Treading_lightly_inc)



Nature Mind means peace. Dean Dampney works holistically to facilitate the ascension we're all capable of to find that place. Guiding people to access their deepest hindrances to personal growth, Dean works intuitively to unlock our true potential for love, joy and contentedness.

Qualified and PACFA accredited as a Holistic Counsellor and Psychotherapist, Dean's background in finding happiness stems from decades as a practising Buddhist and Yoga devotee.

Dean's mission is to humbly share what wisdom he's found to give people the opportunity to live with a sense of genuine exuberance for life and experience that childlike, joyful vitality again. "We deserve nothing less," says Dean.

Nature Mind represents the culmination of Dean's passions and life purpose. With our true nature as the ultimate guide, Dean facilitates men's personal growth through Holistic Counselling, Psychotherapy, Yoga, and other 'Mens Stuff'.

Consultations are heartfelt, caring and accompanied by Dean in an experience that yields to a sense of creating a felt reset.

"Be it a tune-up or upgrade, through an integrated experience of body, mind and spirit, Nature Mind is about shedding light on our conditionings and rediscovering how to shine from our hearts," says Dean.

Embedded in the Milton-Ulladulla district, Nature Mind embraces the spirit of the South Coast of NSW—its fertile ground, the plants and trees, the waterways and ocean, the animals and the bunch of humans that are fortunate enough to call it home.

"When it comes to becoming the best version of yourself, ironically, we tend to put that priority on the back burner," says Dean. "If you've got this far, and things are feeling worse than you'd like, it's time to look after number one, to nudge that priority towards the front of the queue ... for everyone's sake. The hardest part is to start the ball rolling."

"If it feels right for you to get in touch, there's nothing more I hope for than to be able to make a positive difference to your life and for you to flourish with every ounce of your being." •

*Advertorial for Nature Mind.*

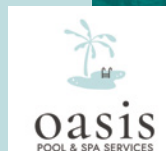
E. [dean@cloudface.com.au](mailto:dean@cloudface.com.au) | W. [naturemind.com.au](http://naturemind.com.au)  
P. 0419 686 940

## HAVE YOUR POOL SPARKLING THIS SUMMER!

We provide cleaning and servicing for residential and commercial pools and spas.



Call us today on  
**0466 330 384** for an  
obligation free quote.



# TRAIN ST CENTRAL

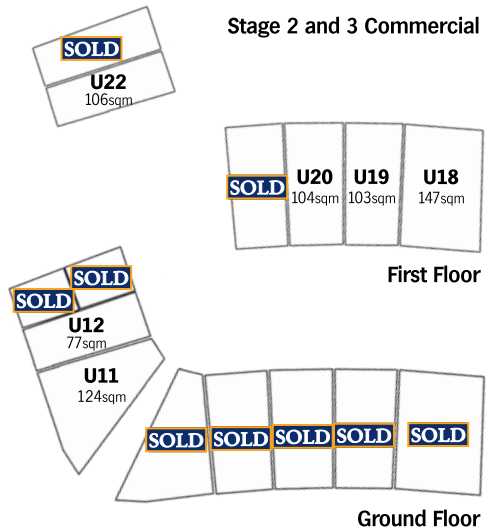


Train Street Central is a mixed-use development in the heart of Broulee. Boasting the best surfing beaches, island reserves and protected marine sanctuaries, as well as three of the regions major schools, two early learning centres, an expanding retirement village and Moruya airport less than 10 minutes away, it is understandable why more people are making the sea-change and putting down roots on this pristine stretch of Coast.

It is envisaged that Train Street Central will add a further dimension to the growing community, creating more infrastructure for local businesses and tourists alike with both commercial spaces and luxury apartments.

With Stage 1 complete and high profile local businesses operating, Train Street Central is already well established as Broulee's new Village Centre.

Stage 2 and 3 are now selling, offering commercial spaces varying in size allowing for a vast range of businesses, big and small, corporate to private. Ideal for all commercial industries from health and medical services, restaurants and wine bars, education and wellness centres, retail and office spaces. Get on board at Train Street Central!



**BLACKSHAW**  
PROJECTS

Pat Jameson  
0405 442 905  
pjameson@blackshaw.com.au

Jessica Williams  
0488 554 635  
jwilliams@blackshaw.com.au

trainstreetcentral.com.au  
38-44 Train Street, Broulee

# Summer Events - Check Out What's Back On!

## December

Event: Art Auction Fundraiser for the Cancer Support Foundation  
 Where: Van Rensburg Galleries  
 When: 3-10 December  
 Opening Reception: Sat 4th from 2-4pm  
 Contact: vanrensborg-galleries.com



Event: Milton Showground Markets  
 When: 4 Dec, 8 Jan and 5 Feb

Event: 'Breath of Tranquility'  
 Artists: Joanne Barby, Kate Irish, Anna Rosen  
 Where: Van Rensburg Galleries  
 When: 11-24 December  
 Opening Reception: Sat 11th from 2-4pm  
 Contact: vanrensborg-galleries.com



Event: Xmas Day  
 When: Saturday 25 December

Event: 'The Naturalist'  
 Artists: Michael Davis, Amanda McPaul  
 Where: Van Rensburg Galleries  
 When: 27 Dec to 13 Jan  
 Opening Reception: Sat 30th from 2-4pm  
 Contact: vanrensborg-galleries.com



## January

Event: 'Hesperides'  
 Artists: Dan Withey, Janice Liley  
 Where: Van Rensburg Galleries  
 When: 14-28 January  
 Opening Reception: Sat 15th from 2-4pm  
 Contact: vanrensborg-galleries.com



Event: Live music  
 Where: Cupitt's Estate  
 When: Every Sunday from 12.30pm  
 Contact: cupittsestate.com.au

Event: Happy hour & pizza  
 Where: Cupitt's Estate  
 When: Every Friday from 4-6pm  
 Contact: cupittsestate.com.au

Event: The Backsliders  
 Where: Milton Theatre  
 When: 15 January  
 Contact: miltontheatre.com.au



Event: Sunday sessions live music  
 Where: The Rooftop East at Bannisters Pavilion  
 When: Every Sunday from 5-8pm  
 Contact: bannisters.com.au

Event: 'Aloft'  
 Artists: Jasmine Mansbridge, Beulah Van Rensburg  
 Where: Van Rensburg Galleries  
 When: 29 Jan to 11 Feb  
 Opening Reception: Sat 29th from 2-4pm  
 Contact: vanrensborg-galleries.com



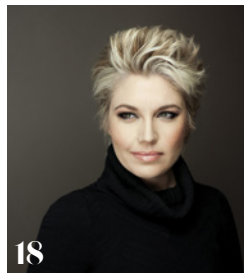
## February

Fab Markets (Farmers At Burrill)  
 Where: Burrill Lake Lions Park  
 When: Every second Friday from 5-7pm  
 Contact: @fab\_farmersatburrill



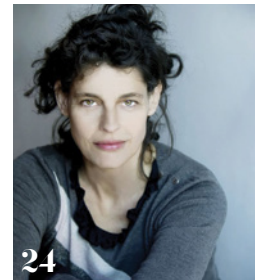
Event: Charity Golf Day for the Cancer Support Foundation  
 Where: Hilltop Golf Course  
 When: Friday 11 February  
 Contact: Barry West on 02 4455 2055

Event: Melinda Schneider  
 Where: Milton Theatre  
 When: 18 February  
 Contact: miltontheatre.com.au



Event: Dressage By The Sea  
 Where: Willinga Park  
 When: 19-21 and 25-27 of February  
 Contact: willingapark.com.au

Event: Deborah Conway  
 Where: Milton Theatre  
 When: 24 February  
 Contact: miltontheatre.com.au



**Raine & Horne**

Your local property specialists.

Mollymook/Milton  
 4455 3800  
 rh.com.au/Ulladulla

THE MILTON HOTEL

# THE HOUSE OF DANGEROUS ALES



Credit: @emreidtattoo

THEMILTONHOTEL.COM

P. 02 4454 0727 •  @THE.MILTON.HOTEL



**cooper**  
COASTAL PROPERTIES

Craig Cooper • 0434 311 113



Voted No #1 Agent

Ulladulla / Milton / Mollymook Beach

[craig@coopercoastalproperties.com.au](mailto:craig@coopercoastalproperties.com.au) • [www.coopercoastalproperties.com.au](http://www.coopercoastalproperties.com.au)