

LIVE your
best **LIFE**

FREE

HOLIDAY STYLE

Bendalong to Bawley

COMMUNITY DIRECTORY
Your FREE guide to active living
Holiday Style 2009/10

Telstra Dealer



LEADING EDGE Telecoms

Celebrate this Christmas
with a new mobile phone

GOOD CALL!

Ph 133 402

- Mobile phones
- Accessories
- Broadband
- Home phones
- Installations
- Networking

Connect to a
new mobile
phone plan
Dec/Jan and
receive a free
mobile car
charger



New
range of
mobile
phones in
store now

Call in to see our friendly staff:
Jo, Garry & Patricia

YOUR LOCALLY OWNED AND OPERATED

Leading Edge Telecoms Ulladulla

Shop 6, Lifestyle Centre, 159-161 Princes Hwy, Ulladulla. 44 555 100



WORKS BETTER IN MORE PLACES

LIVE YOUR BEST LIFE COMMUNITY DIRECTORY

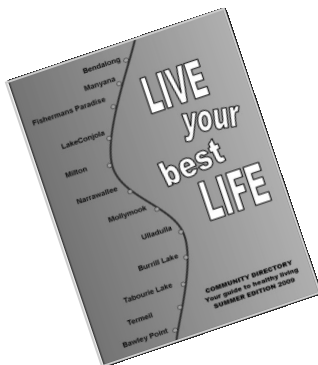
special holiday edition ...

The Directory is a source of information about healthy active living and personal wellbeing; the 'how, what, when, and where ...' in a practical, informative magazine. Find new activities and access the best facilities in our district for the best holiday time ever...

As part of ongoing development a 'hub' of support will be available at the Dunn & Lewis Youth Foundation Website. It will be a centre of interactive tools designed to make access to organised activities and participation easy and effective. Stay tuned ...

Directory available as a PDF at www.dunnlewisfoundation.org.au

ACTIVITIES	2
CHURCH SERVICES	6
EVENTS	7
MARKETS	8
PARKS and RESERVES	9
VACATION CARE	9
BEACHES and POOLS	11
COMMUNITY SERVICES	12
BOAT RAMPS	13
EMERGENCY and LOCAL SERVICES	13



More information about regular programs and events, is in the Summer issue of *Live Your Best Life*.

Copies available at
Dunn & Lewis Youth Development Foundation
141 St Vincent St Ulladulla
4455 4626 or 4455 2895
available on-line as a PDF
www.dunnlewisfoundation.org.au

ACTIVITIES

Every Saturday during School Holidays

Guided history walking tours of Milton

will be held every Saturday including Boxing Day
bookings are advised

\$10.00 per adult, Family: 2 adults and children \$25.00
with some great historic Milton postcards to be won.

The Guided history of historic Milton on the South Coast starts at the Milton Cultural Centre opposite the Milton Post Office at 10am and finishes at the Milton Village Green. Includes the old shops of Milton, The Settlement, Pubs and Churches. The walk is conducted by public historian Cathy Dunn. Walk around the streets of Milton and see homes and buildings dating back to the 1860s & 1870s and discover the history of 150 year old township of Milton.

There is now an online booking system for the all the history tours for more info

www.scpromotions.com.au

DISCOVER LOCAL FOSSILS

The Guided Fossil Walk is conducted over a 500 metre section of the horizontal rock platform that skirts the south side of Ulladulla Harbour.

The guided walk caters for groups of up to 15 adults and accompanied school aged children. The use of jargon will be kept to an absolute minimum so you don't need any prior geological knowledge or any other form of scientific background.

The Walk is not physically demanding and can be completed in 1½-2 hours. The cost of the walk is: Adults \$10, Children \$5. With a maximum of \$30 per family.

The Walk is being organized under the banner of the Ulladulla Milton Lions Club and a Lions member will assist with each tour group, walk leader is **Phil Smart**.

WHAT TO WEAR? Because the Walk takes participants across rocks that can be sharp edged, sensible protective footwear is important. Comfortable walking shoes, boots or strong sneakers with non-slip rubber soles are best. OPEN SANDLES and THONGS are definitely NOT SUITABLE. Sun protection is also needed. Tours have been arranged at times either side of low tide to take advantage of the best conditions for viewing the rock platforms.

BOOKING ARRANGEMENTS

To make an enquiry, or to book your place on a guided walk, please go to the enquiry counter at the Ulladulla Visitor Centre or contact Phil on 0408 588 166 or email with contact details info@145ontheperade.com.au

All Tours will depart from the grassed area in front of the Coastal Patrol building in the harbour, near the sea pool.

DAY - DATE - START TIME

Sunday 13 Dec 12.30pm
Tuesday 15 Dec 2.00pm
Thursday 17 Dec 3.00pm
Saturday 19 Dec 4.30pm
Monday 28 Dec 11.30am
Wednesday 30 Dec 1.00pm
Thursday 31 Dec 2.00pm
Sunday 3 Jan 4.00pm

DAY - DATE - START TIME

Monday 4 Jan 5.00pm
Tuesday 12 Jan 1.00pm
Thursday 14 Jan 2.00pm
Friday 15 Jan 3.00pm
Wednesday 28 Jan 12noon
Thursday 29 Jan 1.00pm
Friday 30 Jan 2.00pm

Think of movement as an opportunity, not an inconvenience

ACTIVITIES

MILBREE PARK RIDING SCHOOL

Contact Milea Woods 44541903 or
0447655873 c.mwoods@bigpond.com.au

LAKE TABOURIE MUSEUM

Princes Hwy
Tabourie Lake
4457 3269

Weekends and
public holidays & by
appointment

Open 10am—4pm

Step back in time with a collection of 20th
Century memorabilia
School Holidays,



FERN GULLY WINERY

63 Princes Hwy Termeil
4457 1124 Max or Glenda

Open to public for tours

Large groups should book

Open Weekends, school holidays and
public holidays



KINGSTUDIO

A beautiful gallery in a garden setting

328 Princes Hwy Milton

Halfway between Milton and Ulladulla
look out for the flags
02 4454 2214

NATIONAL PARKS ASSOCIATION

www.npansw.org.au

ron.doughton@gmail.com

Bushwalking, camping trips, overseas
adventures, camping, bike riding,
conservation and much more than you
thought ...



ULLADULLA SCRABBLE CLUB

Meets Mondays at the Exservo's
1pm-5pm Contact Gary Pollard 4456 5139
\$5 yearly

ULLADULLA LEARN TO SURF

1300 660 904

ULLADULLA WATER SKI CLUB has its
clubhouse, picnic area and launching area
at Kings Point. There is water skiing
weekends and during the school holidays

MANYANA TENNIS COURTS

Social Bookings and Keys
Phone Cunjurong Shops 44561136

MILTON TENNIS COURTS

80 Croobyar Rd Milton
Phone 4454 2888

MILTON ULLADULLA BOWLING CLUB

St Vincent St Ulladulla 4454 1925

MOLLYMOOK BEACH BOWLING AND RECREATION CLUB

Forest Way Mollymook 44555222

MILTON ULLADULLA EX-SERVICES CLUB

Princes Highway Ulladulla 4455 1444

LAKE CONJOLA BOWLING CLUB

180 Lake Entrance Rd Lake Conjola
4456 1272

MOLLYMOOK GOLF CLUB

9 Hole course Phone 44552113

MOLLYMOOK GOLF CLUB HILLTOP COURSE

18 Hole course Phone 44552055

LAKE CONJOLA TENNIS CLUB

Court Bookings 44561163

ULLADULLA TENNIS COURTS

4455 4593

MILTON RIFLE CLUB

Closes Dec 12,
resumes 3rd week January, 4457 1713

ULLADULLA SQUASH

46 Princes Hwy
Geoff Rudd 44541218 or 0431400033

TIMBERTOPS HORSE RIDING

Princes Hwy, Termeil
Open School holidays and Weekends
1 hour and 2 hour trail rides

Must ring to book 4457 1008

FUNLAND ULLADULLA

1st Floor Rowens Arcade,
Princes Hwy Ulladulla 4454 3220

ACTIVITIES

GLEN STAUNTON'S TENNIS CAMP

School Holidays 2010
Mon 11th to Fri 15th January
9am—12noon

- • Modified Tennis Program for children of all ages
- • Coaching Skills, Tournament
- • Lots of fun and prizes
- • Cost \$75

Milton Tennis Courts
80 Croobyar Rd Milton 4454 2888

Boots Great Outdoors

4455 2526

For outdoor activities, maps and advice

BIG4 BUNGALOW PARK **Princes Hwy Burrill Lake** **4455 1621**

Bird feeding

Two full size tennis courts

18 hole mini golf, pedal boats and canoes

HOUSE OF JULES ART STUDIO

12 Myrtle St Milton

Julie Sydenham 4454 5993

Holiday Activities Various Adults Classes each weekday, plus a Childrens Holiday Program, special 'one day' and 'weekend' workshops.

Classes priced from \$15

Classes available for all age groups and abilities

Activities include - painting, drawing, ceramics, silk painting, mosaics, papercrafts, clay, soap making, decorative masks and other fun crafts.

Bookings via phone 4454 5993 or

Email: julie@houseofjules.com.au

details www.houseofjules.com.au

THE HOT GLASS STUDIO & GALLERY

Mark Galton

109 Princes Hwy Burrill Lake 44540981

Hours: Mon - Fri: 10am - 5pm Sat:

10am - 5pm Sun: 11am - 5pm

NSW recreational fishing fee

www.dpi.nsw.gov.au

When fishing in NSW waters, both freshwater and saltwater, you are required by law to pay the NSW Recreational Fishing Fee and carry a receipt showing the payment of the fee. This applies when spear fishing, hand lining, hand gathering, trapping, bait collecting and prawn netting or when in possession of fishing gear in, on or adjacent to waters.

Pay for your fishing license fee online
1300 369 365 (Visa and Mastercard only)
from most Kmart stores in NSW

from fishing fee agents

Ulladulla Ship Shape

2/150 Princes Highway Ulladulla 2539

Motor Registry Ulladulla

Ulladulla Newsagency

15 - 19 Wason St Ulladulla

Fishing Centre

12 Wason St Ulladulla

Early Bait And Tackle

22 Wason Street Ulladulla

Mollymook Newsagency

64A Ocean St Mollymook 2539

B and J Mechanical Repairs

74 Princes Hwy

Rob's Bait 'N' Tackle At Burrill

1/105 Princes Highway Burrill Lake

Macca's Fishing Camping and Hardware

Shop 9/83 Voyager Cr Bawley Point

Royal Volunteer Coastal Patrol Kioloa

Boat Ramp Lot 1 Scerri Drive Kioloa

Merry Beach /General Store

3 Merry St Merry Beach

Bendalong General Store

20 Waratah St Bendalong

Cunjurong Point Store

7 Alaska Street Cunjurong Point

Lake Conjola PO Store

41-43 Carroll Ave Lake Conjola

Lake Conjola Liquor and General Store

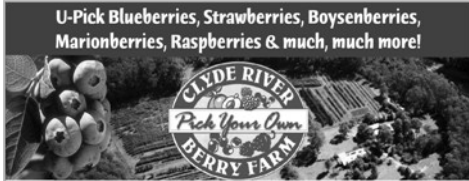
4 Milham Street Lake Conjola

You should not be in charge of or operate a marine vessel or automobile if you have consumed alcohol

If you are caught in a rip swim parallel to the beach

ACTIVITIES

CLYDE RIVER BERRY FARM



U-Pick Blueberries, Strawberries, Boysenberries,
Marionberries, Raspberries & much, much more!

Experience the novelty of picking your own berries from the farm.

- A large array of jams, honey and blueberry plants are also available.
- Pre-picked peaches and nectarines also available.
- Located only 30 minutes from Ulladulla & Batemans Bay.

Open 7 days. 10am-6pm Dec & Jan (excluding Christmas Day)

Turn off the highway, 3km south of Termeil into the Boardinghouse Road and follow the signs.

Ph: 44781057

ULLADULLA YOUTH CENTRE

80 St Vincent St Ulladulla
44551761

Re-open 11th January

Tues to Thurs 12:30—5:30

Fri 12:30—3:30

Two week program

- Beach games and BBQ at Mollymook Beach
- Hip Hop Workshops
- Night Tennis, Leisure Centre Swimming Sessions
- Timezone Afternoons
- Pam Burridge Surfing lesson days

Most events are free, some will have a small cost included.

Young people interested register at the Youth Centre, places limited for some activities. Some activities require parental consent.

ULLADULLA TOURIST CENTRE

Civic Centre Princes Hwy Ulladulla
4455 1269

10am-6pm Monday-Friday

9am-5pm Saturday - Sunday

Carry a bottle of water like you would your keys and wallet. It is important to stay hydrated throughout the day particularly when you are doing any physical activity

PLAY POKER

Mollymook Golf Club

Every Monday Night: \$22.00

Golf Rd Mollymook. 6.00pm Registration, 7.00pm start

Cash prizes and APL Pro Series ticket

Milton Ulladulla Ex Servicemens Club

Every Tuesday Night: \$11.00.

Princes H'way (South) Ulladulla

6.30pm Registration, 7.30pm start

Cash, Club Bistro vouchers and APL Pro Series ticket

Mollymook Beach Bowling Club

Every Wednesday Night: Free.

Forest Way Mollymook

6.00pm Registration, 7.00pm start. Club and Bistro vouchers prizes

Milton Ulladulla Ex Servicemens Club

Every Thursday Night: Free.

Princes H'way (South) Ulladulla

6.00pm Registration, 7.00pm start. Club vouchers prizes

Mollymook Beach Bowling Club

Every Saturday night: \$11.00. Forest

Way Mollymook

6.00pm Registration, 7.00pm start

Club and Bistro vouchers prizes

Cash prizes, Club vouchers and APL Pro Series ticket

Mollymook Golf Club

1st and 3rd Sunday of each month:

\$33.00

Golf Rd Mollymook. 3.00pm Registration, 4.30pm start

Cash prizes and APL Pro Series ticket

Jumping Jelly Beanz

Jumping Castles

3 sizes available 1-16yrs

Private parties or supervised events

ph Kirra or Noel 4455 3289

Face Painting for all occasions

Kirra 4455 3289

ARCADIA TWIN CINEMA

Rowans Arcade Boree St Ulladulla

4454 1224

MILTON THEATRE

69 Princes Hwy Milton 4454 36363

ACTIVITIES

ULLADULLA DIVE & ADVENTURE CENTRE

211 Princes Hwy opposite Ex-servos
Scuba and dive courses,
snorkeling lessons and tours
Open 7 days 9am ph. 4455 3029

ULLADULLA BOAT CHARTERS

Cnr Princes Hwy & Deering St
Dive & Tours, Fishing Charters
Open 7 Days ph. 4455 5303

LAKE CONJOLA

Canoe and Boat Hire

7 days a week
call into Lake Conjola PO Store
or phone 4456 1163

CHURCHES

CHRISTMAS SERVICES

St Peter's and St Paul's Milton

Princes Hwy Milton
Christmas Day Service 8:00 am
Holy Communion

St Martin's Ulladulla

Cnr Princes Hwy & Green St Ulladulla
Christmas Eve
11pm Holy Communion
Christmas Day
9:30 am Ulladulla Family Service

Holy Family Church

Cnr Green and St Vincent Sts Ulladulla
7.30 pm Christmas Mass -
outdoors, bring your chairs
10.30pm Christmas Mass - inside –
come early for Carols
Christmas Day Services
at 8am and 10am

Milton Ulladulla Baptist Church

Christmas Day
Family Service 9:00am

BEFORE YOU TAKE YOUR PETS TO BEACHES, RESERVES AND NATIONAL PARKS

CHECK with National Parks and
Shoalhaven City Council
you may incur a fine for having your pet
where it is not supposed to be

CHURCHES

St Martin's Anglican Church

Princes Hwy, Ulladulla 4454 2030
8.30am Holy Communion
5.30pm Family Service

St Peter & St Pauls Milton

23 Charles St, Milton 4454 0342
11:00am Holy Communion

Harbourlife Community Church

Cnr St Vincent & Deering Sts
Sundays 10:00am 0414925899

Uniting Church In Australia

24 Wolseley St, Milton 4454 2404

Uniting Church Outreach Centre

Princes Hwy, Ulladulla 4454 1694

Holy Family Church

Cnr St Vincent and Green Sts Ulladulla
St. Mary's Star of the Sea
Corks La, Milton 4455 1313

Milton Ulladulla Baptist Church

Sunday Services

215 Matron Porter Drv,
Narrawallee 4455 5322
9:00am Contemporary Family Service
11:00am Traditional Service
6:30pm Youth Service

Highway Christian Church

Sunday services 10am and 6pm
Christmas Day service 9am
New Years Eve BBQ at South Mollymook
Beach about 8:30pm till past 12am (hand
out free water and free BBQ)
Impact Youth hangouts over summer
break, contact office 44540092

SOLID ROCK CAFÉ

St Martins Anglican Church Hall
28th Dec–7th Jan

ULLADULLA IDOL

UCEF MONSTER BOOK SALE

Book Bargains Bonanza

St Martins Hall

Sat 9 Jan 9am-4pm
Sun 10Jan 10am-3pm
Devonshire Teas too!



EVENTS

Come celebrate New Years Eve with us!!!

The New Years Eve Ulladulla Harbourside Festival is a free family New Years Eve event hosted on the shores of Ulladulla Harbour. Providing a host of quality entertainment over several days, the harbourside festival is topped off with the spectacular 9:00pm New Years Eve fireworks display.

The NYE Ulladulla Harbourside Festival runs from 29th December - 2nd January, from 5pm until 10pm daily. The festival features Carnival Rides (charge applies), Kids fancy dress, Street entertainment, Spectacular 9pm Fireworks (New Years Eve) and much more....



Tuesday 26th January Australia Day Festival

Be at Mollymook Beach Reserve

on Australia Day as the region celebrates our Proud Past, Bright Future. In addition to Citizen of the Year Award ceremony the Australia Day Celebration event will feature, song and dance on stage, over 110 market stalls, community group displays, children's rides, and competitions.

Ulladulla District Citizenship Australia Day Awards

During the Australia Day celebrations for 2010, the Lions Club of Ulladulla Milton will be presenting the Ulladulla District Citizenship Awards. The Lions Club is therefore calling for nominations from the Ulladulla district for individuals and organisations who have served the area with distinction in the year 2008 and who should be recognised with a Citizen award in a ceremony to take place at the Australia Day Celebrations. Three categories for these awards:-

Ulladulla District Citizen of the Year
Ulladulla District Young Citizen of the Year
Ulladulla District Organisation of the Year

Fun and Games

As part of the fun-packed day, some of the best-ever Aussie Competitions will be conducted for all ages. There will be kite flying, colouring in competitions and kids fun games and the Marlin Hotel Tug-o-War.

Displays

Displays include the NSW Fire Brigade community education, along with Community, Tourism and Heritage information. Plus on display will be a range of Australian family history with many local & regional history records.

Who were the Pioneers of Milton? Yes Milton is celebrating its 150th anniversary in 2010 and on Australia Day Tuesday January 26, public Historian Cathy Dunn will feature the final resting place of the many pioneer families of Milton on the tour of Sandridge Cemetery at Mollymook at 11.30am. Be it a convict, a farmer, a blacksmith, a mother and wife.

Citizenship Ceremony

Shoalhaven Mayor Paul Green will administer the ceremony culminating in the Australian Citizenship pledges for several new Citizens.

The Ulladulla Milton Lions Club is responsible for the Ulladulla District Australia Day Celebrations. This event is held on January 26th each year at Mollymook Beach Reserve. The event is recognised as the official district celebrations by the Australia Day Council and is financially supported by Shoalhaven City Council.

EVENTS

DUNNO & KEGS MEMORIAL CLASSIC

Open all ages
surfing and bodyboarding
1st Saturday March 2010
Must register February
Gayle 0408540684
www.dunnlewisfoundation.org.au
www.ulladulla.info/surfingclassic/
welcome.html



BAWLEY VALE ESTATE

"A MONTH OF SUNDAYS" SUMMER 2009 / 2010 PROGRAM

Sunday 27th December:

The Escalators - 4.30 - 7pm
Wine tasting & sales 10.00am - 7pm
BBQ by the Fire Brigade Plate du jour

Thursday 31st December:

The Scribblers - 5.00 to 8.00pm
Wine tasting & sales 10.00am - 8pm
BYO picnic

Sunday 3rd January:

Pigeon House Jazz Band - 4.30 - 7pm
Wine tasting & sales 10.00am - 7pm
BBQ by the Fire Brigade Plate du jour

Sunday 10th January:

Karisma Katz - 4.30 to 7pm
Wine tasting & sales 10.00am - 7pm
BBQ by the Fire Brigade Plate du jour

Sunday 17th January

Pigeon House Jazz Band - 4.30 to 7pm
Wine tasting & sales 10.00am - 7pm
BBQ by the Fire Brigade Plate du jour

Sunday 24th, January:

Tux Deluxe - 4.30 to 7pm
Wine tasting & sales 10.00am - 7pm
BBQ by the Fire Brigade Plate du jour

\$10 per persons aged 18 yrs and over;
part of the proceeds to Bawley Point
Volunteer Bush Fire Brigade

MILLHOUSE ART SOCIETY ANNUAL EXHIBITION

at the Civic Centre 28th Dec to 11th Jan
from 9.30am to 4.30pm each day. It's free
admission and there will be a raffle donated
by local artist Lyn Unwin. The art work
featured will be in a diverse range of media
- oils, pastels, watercolours, acrylic and
mixed media. Works will cover a wide
selection of subjects from landscapes to
contemporary and are by artists who live
and work in the Shoalhaven area. Visitors
will find many local scenes to remind them
of their holiday in the beautiful area around
Milton, Mollymook, Ulladulla.

Yvette Murphy, Millhouse Art Society,
yvette11@bigpond.net.au

BAWLEY PONY IRONMAN

16th January 2010

Annual event being held at Gannet Beach,
Bawley Point. Funds raised go to Kioloa
Rural Fire Brigade and Coastal Patrol.
Events range from Nippers, Under 8's, 10's,
12's, 14's, 16's, Opens and Over 40's for
both men and women. Flag races and a
Volleyball knockout.

SOUTH COAST WINE SHOW 2010

Judging will take place on
Friday 22nd January
The public tasting will take place between
6pm and 8pm on Saturday 23rd January
at the Milton Showground Pavilion.

JESS SAMS GAME FISHING TOURAMENT

Friday 5th, Saturday 6th and Sunday
7th of February 2010
For further details

Secretary: Ken Rushton 44556860
rushton@netspace.net.au
Ulladulla Sport & Game Fish Club
PO Box 204 Ulladulla 2539

Milton Village Markets

First Saturday each month 4454 5567

Ulladulla Wharf Markets

2nd Sunday of each month 4455 3403

Mollymook Beach Reserve

5th Sunday 0405 623 969

*Wear light clothes and never fish alone
Life vest is best
Wear correct foot wear—non slip soles
Check weather conditions*

loads of fun for the whole family

123 Princes Highway Burrill Lake ph. 4455 1621



mini golf

Open to the public 7 days

- Adults.....\$9
- Children.....\$6
- Family.....\$25
- Open8am-7pm



water activities

CANOE HIRE

- Full day \$60
- 2hr \$30 (extra \$10/hr)

PEDAL BOATS

- Half hour 2 person \$15
- Half hour 4 person \$20



tennis

Open to the public 7 days

Hire the tennis court
for only \$15 per hour.

Includes
tennis rackets and balls.



Come along and help feed the birds (Rainbow Lorikeets)
at **BIG4 Bungalow Park**

3:00 pm Eastern Standard Time 4:00 pm Daylight Saving Time

The park fronts Burrill Lake and includes on site recreational
facilities such as Mini Golf - open to the general public.

BIG4

Bungalow Park



For accommodation FREECALL 1800 552 944

Yoga Pilates Massage for everyone ...



HOLIDAY SCHEDULE DECEMBER/JANUARY

MONDAY 4, 11, 18, 25 JANUARY		
10-11am	Yoga/Pilates	Ulladulla
11.30am-12.30pm	Gentle Yoga/Pilates	Ulladulla
6.30-7.30pm	Yoga/Pilates	Milton CWA Hall
TUESDAY 29 DECEMBER, & 5, 12, 19 JANUARY		
8-9am*	Yoga/Pilates	Mollymook Surf Club
10-11.30am	Yoga/Pilates	Ulladulla
*no class this venue 19 January		
WEDNESDAY 6, 13, 20, 27 JANUARY		
10-11am	Yoga/Pilates	Ulladulla
THURSDAY 31 DECEMBER, & 7, 14 JANUARY		
9.30-11am	General Yoga	Mollymook Surf Club
7 JANUARY FREE CLASS		
6.45-7.15am	Laughter Yoga	Mollymook Surf Club
FRIDAY 8, 15, 22, 29 JANUARY		
10-11am	Yoga/Pilates	Ulladulla
SATURDAY 2, 9, 16, 23 JANUARY		
9.30-10.30am	Yoga/Pilates	Ulladulla

1hr classes \$10/\$8con or 3 @ \$27/\$21con

1.5hr classes \$13/\$11con or 3 @ \$35/\$30con

* Schedules may be subject to changes - Ulladulla classes are held in a private studio, they run on demand & bookings are required

PRIVATE CLASSES & PACKAGES

FOR INDIVIDUALS & GROUPS ARE AVAILABLE

STUDIO & MOBILE TREATMENTS INCLUDE -

remedial, swedish, ka huna (hawaiian)

& pregnancy massage

craniosacral therapy - reflexology - Bowen therapy - ear candling

Kerri Wild member SYTA & ATMS lotus@shoal.net.au

T 4455 6600 - M 0418 429988

www.yogaandmassage.cwa.au

ExServos CLUB

Ulladulla's ENTERTAINMENT Centre



Raffles

Tuesday - Drawn 7pm

Surf and Turf

Thursday - Drawn 1.30pm

Meat, Fruit and Vegetables

Followed by Piggy Payouts

Friday - Drawn 7.30pm

\$1500 Meat Mart

Saturday Early Bird Members

Free entry - Drawn 12noon

Sunday Draw 5.30

GREAT AUSSIE BBQ

Followed by Sunday Promos

SUNDAY BONUS VOUCHER

Buy \$10 worth of raffle tickets

and receive

\$10 worth FREE

on presentation of this voucher

MONTHLY FRIDAY MEGA RAFFLE

On the last Friday of every month we will have

Meat Troy and 5 Major Prizes. Draws at 7.30pm

KIDS ROOM

THURS, FRI, SAT & SUN

Bookings essential - Qualified carers

COURTESY BUS

Tues, Thurs, Fri, Sat and Sun

Dress Regulations Apply

www.ulladullaexservos.com.au

Princes Highway, Ulladulla

4455 1444

Sea Salt

Tuesday night Meat Deal
Members \$10, Non Members \$15

Thursday - 2 courses
Members \$12, Non Members \$18

Sunday Roast & Dessert
Members \$12, Non Members \$18

(Menu available lunch & dinner)

Bookings Essential 4455 2327

POKER

TUESDAY
WIN CASH - \$11 ENTRY

THURSDAY
WIN VOUCHERS - FREE ENTRY

8pm - 11pm

BINGO!

10am Monday to Friday
plus 7pm Weds & 1.30pm Fri



Milton Ulladulla Bowling Club

Visitors Welcome

Restaurant • Bowls • Raffles
Bingo • Entertainment • Courtesy Bus
Free Child Minding
cnr Green & St. Vincent Sts
Ulladulla 2539

Ph: (02) 4455 1555

www.MiltonUlladullaBowlingClub.com.au

information for members and their guests



i'm lovin' it

Mc Donald's Restaurant
Princes Highway Ulladulla

MILTON IGA®

84/86 Princes Highway Milton 2539 Ph: 02 4455 1233
email: igamilton@bigpond.com

7.30 am - 8.00 pm Sun—Thurs
7.30 am - 9.00 pm Fri & Sat
Liquor Dept open from 9.00 am
closed Christmas Day



- Gourmet deli
- Fresh fruit and veg
- Butcher 7 days
- Fresh flowers
- In-store ATM
- In-store Photo Kiosk

OPEN 7 DAYS

Home delivery
Tues and Thurs
Orders in by
12noon

Ample car parking at rear
Car service available



IGA Petrol Station (next door)
open 7 days discount petrol, video hire, accessories

YOUR CHOICE YOUR FUTURE

COURSES AT ULLADULLA TAFE CAMPUS 2010

Enrolments: Friday 29 Jan & Monday 1 Feb 2010 from 1-7pm

The TAFE courses below require pre-application and close on 30 October 2009

4480 Aged Care Work Certificate III
3294 Children's Services Certificate III

Late applications still accepted

Application forms are now available from the Campus or Website: www.illawarra.tafensw.edu.au

BUSINESS ARTS & INFORMATION TECHNOLOGY

Careers in Business & Administration

Business - Certificate II
Business Administration Certificate III
Business Administration Certificate IV
Financial Services Certificate III
Small Business Management Certificate IV
Information Session: 29 January 2010 12pm – 1pm

Careers in Information Technology

Information Technology Certificate II

GENERAL EDUCATION & EQUITY PROGRAMS

Programs to help you return to work or study

Access to Work and Training Certificate I
Information Session: 1 February 2010 10am – 11am

Careers in General Education

Language, Literacy and Numeracy Course

TRADES & TECHNOLOGY

Careers in Maritime

Transport and Distribution (Maritime Operations) Certificate II

Careers in Environmental & Rural Studies

Organic Horticulture Statement of Attainment

HUMAN SERVICES, TOURISM & HOSPITALITY

Careers in Hairdressing & Beauty

Retail Cosmetics Certificate II

Careers in Human Services (Community & Health)

**Aged Care Work Certificate III
**Children's Services Certificate III
** Application form required
Disability Work Certificate III
Information/ Enrolment Session: 1 February 2010 1pm – 2pm

Careers in Tourism, Hospitality & Cookery

Hospitality (Kitchen Operations/Healthy Eating) Certificate I
Hospitality (Patisserie) Certificate III
Baking Skills Statement of Attainment

Enrolments

Friday 29 January
&
Monday 1 February 2010
1-7pm

For more information contact the Ulladulla Campus
156 Green Street, Ulladulla
Phone: 02 4455 3866



IP: 411
IS: 8282
Filename:
Document owner:

www.illawarra.tafensw.edu.au



ILLAWARRA INSTITUTE

Date published:
Page 1 of 1

PARKS and RESERVES

MOLLYMOOK BEACH RESERVE

There are other areas along Mollymook Beach with gentler waters for young children.

Public Parking, Public Toilets, Shower Facilities, Playground facilities, Public Phone, BBQ, Picnic Tables, Kiosk/ Takeaway - beach patrolled by Mollymook Surf Lifesaving Club.

ONE TRACK FOR ALL

On the Northern Headland at Ulladulla (via Dolphin Street) is One Track for All, with four lookouts providing spectacular views of the coast and harbour. Telling the story of the southern Shoalhaven Aboriginal and non-Aboriginal history, from an Aboriginal prospective.

It is a cultural trail that will delight all, with the stories illustrated through the many relief carvings and paintings placed around the 2km track. This is the work of local Aboriginal Noel Butler, who sees it as a tool for linking indigenous culture with white history.

This unique heritage track has been carefully constructed to provide assisted wheelchair, pram and bicycle access. There is disabled access parking at the track head and there is space for mini buses to drop off passengers and park nearby. Local people have even started using it as an exercise path, demonstrating that it is "One Track For All".

The trail has been developed with the help of the Budawang Aboriginal Landcare Group.

PIGEON HOUSE WALK

All year round Pigeon House offers a delightful adventure for explorers of all ages. Before you go let someone know your plans, take plenty of water, dress sensibly, remember your sunscreen and if you intend to go off the main roads, grab a map from the closest Tourist Information Centre before you go. and please....*take nothing but photographs and leave nothing but your footprints...*



CAREFUL ON THE WATER

Three of the most important things to ensure your safety are:

- 1. Check** the weather [PDF: 90 KB] - it's the most important factor in any trip. Conditions can change quickly - if you're caught in rapidly worsening weather, 2 km offshore can be just as dangerous as 20.
- 2. Carry** a marine radio (not just a mobile phone)
A mobile phone can only reach one person, and can easily get water damaged, run out of battery life, or the reception can drop out. If this happens, your one link to the world is gone. A radio Mayday can be heard by many people at the same time and is a lot more reliable.
- 3. Always** let someone know your plans in plenty of detail - the very least when you're leaving, where you're heading, and when you'll be back. Keep in contact with your local volunteer marine group.

VACATION CARE

~ OOSH ~ VACATION CARE DECEMBER/JANUARY PROGRAM

18 Dec—27 January
Ulladulla Public School Hall
Green Street Ulladulla

0412 342 472

Vacation Care offers children every day a large range of activities. These include arts, crafts, sporting activities, games, videos and more

CLOSED CHRISTMAS DAY and
AUSTRALIA DAY

'SOUTHERN SHOALHAVEN COAST WALK'

Your Guide to 40km of Coastline
Narrawallee Inlet to Merry Beach
Maps, historic and environmental
information. \$5 available at
TOURIST INFORMATION CENTRE

PARKS and RESERVES

Rotary Park, Ulladulla

Located on the northern side of Ulladulla Harbour, off Crescent Street. Modern play equipment has been installed, which incorporates a variety of structures suitable for children in the 4 to 14 age group. Younger children will require direct supervision when using the playground. Open areas are also provided for free play.

For the comfort of visitors, the reserve incorporates a car park, BBQ's, picnic tables, and toilets. Council also maintains a boat ramp, from which access to the harbour can be gained.

Ulladulla Milton Lions Park Burrill Lake

The first major park when entering the Shoalhaven from the south and located on the banks of Burrill Lake. This park features all the amenities a traveller needs. Picnic shelters capable of holding larger groups, formal pathways and challenging play equipment make this park ideal for revitalising your energy after time spent on the road.

Mick Ryan Reserve Milton

At the top end of Milton on the western side of the Highway look for the giant Port Jackson Fig that features in this Park. Mick Ryan reserve has all the amenities including picnic facilities, BBQ's, and play equipment. Stop and enjoy wonderful views over the escarpment to the west and let the kids play in this unique park.

Lake Conjola Foreshore Reserves

Lake Conjola is one of the Shoalhaven's most popular recreation areas. However, its many foreshore reserves still offer visitors the opportunity to revive the spirit quietly. The foreshore reserves are located strategically around the lake from Cunjurong in the north, Fisherman's Paradise to the west and the village of Lake Conjola to the south. From these reserves, gentle walks meander through native bushland and re-connect with developed parks where you can picnic or enjoy the scenery from one of many vantage points.

Burrill Lake Foreshore Reserves

There are a number of unique reserves waiting to be discovered along the foreshores of Burrill Lake. A large area of parkland has been developed adjacent to the Princes Highway, which provides a scenic rest stop for long distance travellers. From here access is available to Burrill Beach or to the lake itself. Picnic facilities and amenities are provided on site.

Warden Head

Three easy grade tracks have been developed around Warden Head and North Head at Ulladulla. All the tracks have been developed in conjunction with the local Aboriginal community, and incorporate local art as an educational tool. Guided tours can be booked through Budamurra Aboriginal Corporation on (02) 4455 5883, who also manage a local gallery and Aboriginal dance troupe.

Parking for the Coomee Nulunga Cultural Track is provided on the right hand side of Deering Street, opposite Lighthouse Oval. Walk through the legs of the Corroboree Man and onto a track developed and maintained by the Aboriginal community. Follow the totems along the trail (which takes approximately one and a half hours) to gain an insight into the flora and fauna representative of the Ulladulla district. Beach access is available from the track.

Track two, "Snake Ground" is a much shorter track which has only recently been completed. This track follows the headland from a trackhead at the lighthouse and terminates in a BBQ and picnic area.

Limit your exposure to UV radiation from the sun

- Seek shade when outdoors
- Wear protective clothing
- Wear a sun protective hat
- Wear sunglasses
- Wear sunscreen

BEACHES and POOLS

Bendalong

Public Parking -Kiosk/Takeaway & general store

Ramp: Washerwoman's Beach - all boats
Off Leash Exercise Areas for Dogs - prior to 8.00 am and after 4.00 pm each day.
Washerwomans Beach and foreshore reserve between Washerwomans Creek and Boat Harbour Rocks.

Manyana

The surf near Green Island at Conjola (access from Manyana/ Cunjurong Point) provides excellent board riding for enthusiasts and there are plenty of spots for spear fishing and scuba diving. Public Parking - Public Phone - Kiosk/Takeaway

Conjola Beach

The surf near Green Island at Conjola (access from Manyana/ Cunjurong Point) provides excellent board riding for enthusiasts and there are plenty of spots for spear fishing and scuba diving. Public Parking - Public Phone - Kiosk/Takeaway.

Lake Conjola and Green Island

The Entrance Road turns off the Princes Highway 6kms north of Milton. Lake Conjola offers boating, sailing, water skiing, fishing and safe swimming.

Public Parking - Camping - Public Toilets - Kiosk/Takeaway - Boat Ramp

The surf near Green Island at Conjola provides excellent board riding for enthusiasts and there are plenty of spots for scuba diving.

Spearfishing is prohibited in the waters of Conjola Lake and the whole of the waters of Berringer Lake, together with all their creeks, tributaries and inlets eastwards of a line drawn from the northern extremity of Roberts Point to the western extremity of Station Point, downstream to the South Pacific Ocean.

Narrawallee Beach, Reserve and Inlet

Narrawallee is a quiet residential hamlet, surrounded by beach and Inlet. Access is via Matron Porter Drive, the Narrawallee reserve has bar-b-que, picnic and toilet facilities with access to both the lake and beach, along with a walking track around the headland.

Narrawallee Inlet Ramp - Small craft only

Mollymook Beach Will be patrolled from late December to the end of school holidays by Mollymook Surf Lifesaving Club and again during the Easter Holidays. Shower wash off for beachgoers Public Phone, BBQ, Playground.

North Mollymook

Access is via Mitchell Parade and Beach Road. Will be patrolled from late December to the end of school holidays by Mollymook Surf Lifesaving Club and again during the Easter Holidays.

Colliers Beach

Popular surfing beach, accessed via Riversdale Ave off Golf Rd Mollymook

Ulladulla

The Ulladulla Harbour is a firm favourite for keen fishers and popular with both residents and tourist alike, surrounded by a vast arrange of seafood restaurants and cafes.

The Ulladulla Seapool is located at the southern end of Ulladulla harbour and can be accessed via the boardwalk from the harbour side or from Wason Street.

Boat Ramp: Harbour (South) via Wason St - all boats

Public Parking, Public Toilets, Public Phone Picnic Tables, Kiosk , Takeaway

Rennies Beach - Public Parking - Surf Beach

Racecourse Beach - Public Parking - Surf Beach

Burrill Lake entrance

Burrill offers windsurfing, canoeing, ocean and lake fishing, water skiing, mini golf, ocean and lake swimming and leisure pursuits including bike tracks, picnic and bar-a-que facilities at the Lions Parks just south of the Bridge.

Off Leash Exercise Areas for Dogs - prior to 8.00 am and after 4.00 pm each day. Public reserve east of Princes Highway, bounded by Racecourse Creek & opposite Kings Point Drive.

Tabourie Lake Entrance

Off the Princes Hwy

NANA)

**Native Animal Network Association
Ulladulla 0418 427 214**

BEACHES and POOLS

Bawley Point

Boat Ramp: Tingira Ave Natural ramp into sea

Off Leash Exercise Areas for Dogs - prior to 8.00 am and after 4.00 pm each day.

Cormorant Beach and foreshore reserve between Tingira Drive and Terragong Avenue

Fisherman and the scuba diver who has the opportunity to dive on the many shipwrecks around Brush Island. The Historic Shipwrecks Act protects these sites, allowing no artefacts to be removed from the area. Bawley point offers all kind of fishing, surfing and swimming activities for all ages.

Pebble Beach and others

Don't miss the trip 30 minutes south of Ulladulla to Pebble Beach where you can see at close range a colony of virtually tame kangaroos ambling along the seashore next to surfers and beach goers. There are countless beaches and headlands, lakes and rivers to explore.

Village Swimming Pools

Opening 1 November 2009 to 30 April 2010
Greenwell Point, Milton

Sea Pools

Opening 1 November 2009 to 30 April 2010

Ulladulla Leisure Centre

This is the Shoalhaven's first integrated wet and dry leisure centre and is regarded as one of the finest on the South Coast. It is open all year round and boasts an extensive range of facilities and activities and is definitely worth a visit!

Contact no. 4455 3132

Extended Weekend - Summer Hours

19/12/09 - 24/01/10

Facilities

Three Indoor Heated Pools

- 25m Indoor Heated Pool
- Toddlers' Paddling Pool
- 20m Hydrotherapy Pool
- 50m Outdoor Olympic Pool

Modern Gymnasium, Spa, Aerobics Program Room, Cafe, Crèche, Sports Shop

Programs and Activities

- Casual and Lap Swimming
- Swim and Spa Packages
- Squad Swimming Programs
- Gym Programs and Fitness Classes
- Birthday Party Packages

Centre Memberships

Aquatic and Gymnasium

The Centre is closed:

**Christmas Day, New Years Day
Good Friday**

COMMUNITY SERVICES

ULLADULLA COMMUNITY HEALTH CENTRE

8.30am—5.00pm

Cnr South St & Princes Hwy

Various Support Groups, Programs
Aged, Asthma, Diabetes, Continence,
Cardiac Rehabilitation, Children & Baby,
Community Nursing, Counselling,
Support and Psychology
Health Promotion, Hearing, Methadone
Needle & Syringe Programs,
Stomal therapy, Women's health

**All services are free and confidential
phone 4455 5366**

Ulladulla & Districts Community Resources Centre is your local Neighbourhood Centre

78 St Vincent St Ulladulla
4454 0477 Mon to Fri 8.30am—5.00pm
Closed between Christmas and New Year.

Our Centre Offers -

Information and Referral,
Assistance with Housing Forms
Phone/Fax and Copying
Meeting Room for Hire
Men's Projects, Support Groups
Domestic Violence Worker
Worker for the Unemployed
Visiting Services that include:
Credit Line, Brighter Futures
Essential Personnel, Gambling Counsellor
Legal Aid, Probation and Parole

EMERGENCY & LOCAL SERVICES

FIRE POLICE AMBULANCE 000 MOBILE 112 Hearing & Speech Impaired 106

Ambulance 131233
Police 44552542
Fire Station 44551020
SES 132500

BUSH FIRE BRIGADE 44244424
Kioloa, Tabourie, Bendalong, Conjola
Milton, Fisherman's Paradise

COASTAL PATROL
Ulladulla 4455 3403, Kioloa 4457 1109

MILTON HOSPITAL 44551333
Suicide Prevention Hotline
1300 360980
Poison Information 131126
Pregnancy Support Line 44555607
Life Line 44215333
Children's Helpline 1800 551800
Beyond Blue 1300 224636
Sexual Assault 44239211
Shoalhaven Council Water 44298999
Motor Registry 132213

INTEGRAL ENERGY
Emergency Service 131003
General Enquiries 131081
LOCAL SERVICES
DOCS 44547744
Alcoholics Anonymous 4551333
Community Health Centre 44555366
Home Care Service 44553445
Medicare 132011
St Vincent De Paul 44555666
Tourist Information Centre 44551269
Shoalhaven Community Transport
44540840
Sarah Clayton Retirement Village
44551766
WILDLIFE RESCUE 0418427214
RSPCA Phil Testaz 0414749490_email:
rspcaulladulla@hotmail.com
AUSTRALIA POST
Milton 44551548
Ulladulla 44299900
ULLADULLA VETERINERY HOSPITAL
249 Princes Hwy Ulladulla 44555 5339
INJURED WILDLIFE
call **WIRES** on or 1300 094 737
www.wires.org.au

BOAT RAMPS

Bendalong	Washerwoman's Beach	all boats
Fishermans Paradise	Anglers Parade	Small craft only
Lake Conjola	Holiday Haven Caravan Park	Lake Conjola Entrance Road
Lake Conjola	West Conjola	Small craft only and ski boats
Narrawallee Inlet	Narrawallee (Normandy St)	Small craft only
Ulladulla (North)	Rotary Park Crescent St	all boats
Ulladulla (South)	Harbour via Wason St	all boats
Kings Point	Ski Club - Edward Ave	all boats, no yachts (daily tariff)
Burrill Lake	Kendall Crescent Burrill Lake	all boats
Burrill Lake	Maria Ave Burrill Lake	all boats
Burrill Lake	Moore St Burrill Lake	Natural ramp, cats/skiffs only
Bawley Point	Tingira Ave	Natural ramp into sea

*'This project was funded by
The Australian Government Department of Health and Ageing'*

Every effort has been made to ensure that the information displayed is correct at the time of printing. The Dunn & Lewis Foundation takes no responsibility for any errors or omissions. Suggestions and recommendation are general in nature and should not be taken as personal advice.

The *Live Your Best Life* booklet is available as a PDF on our the website

Forms included here and available online for:

- Listing details of organizations for future editions of the directory
- Registration for participation in the programs
- Feedback form for evaluation of the Directory

www.dunnlewisfoundation.org.au

email: dunnlewis2@bigpond.com

phone: 44 55 4626 or 4455 2895

Thank you to all who contributed to this project
and participated in our programs.

If you would like us to forward your details for an activity please complete the form below and return it to Dunn & Lewis Youth Development Foundation

REGISTRATION FORM for Activities

Activity you wish to participate in (e.g. Vacation Care) :

Name:

Address:

Phone:

Mobile:

Email:

**Complete the Information Form on-line, or post or deliver to
Dunn & Lewis Youth Development Foundation
141 St Vincent Street Ulladulla 2539**

Live Your Best Life Community Directory

Organization Name

Meeting Place

Meeting Times

Age Groups

Contact Name

Phone/Mobile

Email

Website

Details of Activities

Schedules / Timetables

Registrations

Fees

Other

'Live Your Best Life' Feedback Form

We appreciate your input into improving the Directory, would you complete the form and return it to -

**Dunn & Lewis Youth Development Foundation
141 St Vincent Street, Ulladulla 2539**

Has the information in the directory been useful?

Yes

No

Have you used some of the services listed in the directory?

Yes

No

Have you referred someone to the Directory for finding information?

Yes

No

Would you use the Directory to list your organisation?

Yes

No

Has there been increased response for your organisation over the past twelve months?

Yes

No

Would you use on-line registration for some of the programs listed?

Yes

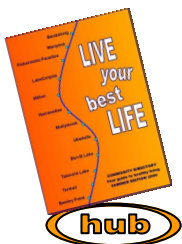
No

How could the directory be improved?

Planning for their futures ...

The Dunn & Lewis Youth Development Foundation is participating in programs and courses to train and skill our youth. Partnerships have been formed that equip the participants with competence, skills, proficiency, and self-confidence.

The numbers of our successful participants are growing and so is the need; the Foundation and its supporters are committed to continue to invest in the development of our precious youth. You are invited to join us and participate in their futures.



www.dunnlewisfoundation.org.au