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Every effort has been made to ensure that the information displayed is correct at the time of publishing. The Dunn & Lewis Foundation takes no responsibility for any errors or omissions.

There is an information form on the previous page for organizations that would like to be included in future editions of the directory.

phone: 4455 2895
email: dunnlewis2@bigpond.com
www.dunnlewisfoundation.org.au

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

David Curtis, Dwayne Dickson, Kyle Eacott, Jordan Flood,
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Jane Dowling, Gayle Dunn, Patricia White, Cheryl Hobson
The Australian Government Department of Health and Ageing
TAFE Illawarra

INVITATION TO BE A SPONSOR

Special Christmas Edition

Here is a great opportunity for your organization to support the Dunn & Lewis Youth Development Foundation's Community Directory Project through business and corporate sponsorship. You can start your sponsorship with the holiday season edition. Over 10,000 copies will go into to every home, information and tourist centre in our district. The Directory will showcase our local resources and business activities for the demanding time over the Christmas holiday break.

To find out more or register your interest contact
Gayle Dunn at The Dunn & Lewis Youth Development Foundation
ph: 02 44 55 4626 email: dunnlewis1@bigpond.com
www.dunnlewisfoundation.org.au

Dunn & Lewis Youth Development Foundation Community Directory

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PRE-SCHOOL

BABES N BUBS

Preschoolers with mum or dad in a relaxed environment, songs, craft, books

Tues 10am - 12noon

0 - 5 Yrs

Anglican Church Hall

\$2 plus a piece of fruit

Phone 44542030

THE DANCE FACTORY ACADEMY

Tues, Wed and Thurs 9.30 - 10.30am

Tiny Tots 3 - 5 yrs

\$92 Per term (one class per week)

TDFA Studio

Contact Tess 44553972

HAPPY FEET SCHOOL OF DANCE

Ballet Mon 3 - 5 yrs 4 - 4.30pm

\$25 Registration & \$85 Per Term

Milton Public School Hall

Contact Krystle 44540145

GYMNASTICS

Kids Monday 10 - 11am

Wednesday 10 - 11am

1 - 5 yrs

Milton Basketball Stadium

Contact Sue Whitford 44555925

KIOLOA PLAYGROUP

Tues 10am - 12 noon

Kioloa Community Hall

MORE MUSIC SCHOOL

Group classes for Tiny Tots

\$5 per class

For more information call 0450152849



PLAYGROUPS

Craft, games, reading, singing and morning tea.

Thursday & Friday 9.30 - 11.30am

Preschoolers & Parents

Baptist Church Hall \$2

Contact Sian Smith 44555322

STREETFEET PREFORMING ARTS SCHOOL

Preschool expressive theatrical

Mon 3.30 - 4pm

Friday 9.45 - 10.15am

\$70 per term

Contact Toni Lane 0439564012

MILTON PONY CLUB

Contact Gordon Case 44556791

A good party food is a veggie platter.
And the fruit your colon craves is
APPLES.



Alisha Stoneham

A fish oil supplement is a sure way to get
your daily Omega 3 needs.

New and Updated Information

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: _____

Email: _____

Website: _____

Details of Activities: _____

Schedules: _____

Registrations: _____

Fees: _____

Other: _____

COMMUNITY SERVICES

ROTARY CLUB

Meets Tuesday 6.30pm
Milton Ulladulla Bowling Club
Phone 44555444
www.d9710.rotary.org.au/miltonUlladulla

APEX CLUB

Meets for dinner and drinks
1st & 3rd Monday
Phone 44556671
apex@miltonulladulla.com

LIONS CLUB

Dinner Meetings 1st & 3rd Wednesday
7pm Exservo's Ulladulla
Phone 44544886

LEGACY

Twenty active members to look after
our widows.
Contact Max Owens 44564505

EVENING VIEW CLUB

Contact Sue Mcmann 44552739

MOLLYMOOL VIEW CLUB

Contact Faye Kastelein 44556425

MILTON ULLADULLA VIEW CLUB

Contact 44541535

PROBUS CLUB ULLADULLA & DISTRICT

Contact Johanna Callaghan
44542797

MILTON DISTRICT CWA

All Women welcome
3rd Wednesday of the Month 1 - 3pm
CWA Hall Milton

THE SOUTHERN BRANCH OF THE NATIONAL SERVICEMEN'S ASS.

4th Sunday of the month
Contact Rick Gallagher 44540412

MEALS ON WHEELS SERVICE

Producing meals from our own purpose
kitchen enabling us to cater for the
greater need of our community.
Volunteers are wanted for social support
and meals on wheels services.
Contact Virginia 44552861

DHARMIK TRADING

Fair trading products from Nepal.
Contact Mary-Louise Parkinson
44554772
www.dharmiktrading.com

Cranberries contain
the most
phytochemicals and
most antioxidants.

Eating 5 servings of
veggies per day can
make you biological
age as much as 4
years younger.



Codie Riddell

CHILDREN

AUSKICK

Good fun, ball skill, teamwork
Runs 2 terms of the Year
Friday Afternoon 4 - 5pm
Boys & Girls 4 - 11
\$65 Registration plus insurance and a
bag of goodies - Lighthouse Oval
Contact Kathy 44553636
mknichols1@bigpond.com.au

CIRCUS 35 SOUTH

General Circus
Under 8 Years
Tues 3.45pm
Princes Hwy
Opposite Ex-servo's
Princes Hwy
Contact Sharon
0405596172
www.circus35south.com



THE DANCE FACTORY ACADEMY

Contact Tess 44553972

FIRST BURRILL LAKE SEA SCOUTS INC

World wide youth organization for boys
and girls, team work and leadership
Joey 6 - 8 yrs Wed 5.45 - 6.45pm
Cubs 8 - 11 yrs Thurs 6 - 7.30pm
\$20 membership \$60 per term
Scout Hall St Vincent St Ulladulla
Contact Tracey Dell 44556252

GYMNASTICS

Recreational gymnastics classes
Roc Classes Mon 4 - 6pm
Tues 4 - 5am
5 - 10 Yrs
High School Hall
Contact Sue Whitford 44555925

HOUSE OF JULES ART STUDIO

Children after school classes
Mon - Thurs 3.45 - 5pm
Classes held each afternoon in the
holidays, Detail on website
12 Myrtle St Milton
Contact Julie Sydenham 44545993
julie@houseofjules.com.au
www.houseofjules.com.au

KUMIAI - RYU

Learning positive life values such as
co-ordination, respect, fair play,
communication, teamwork and
leadership.
Little Ninja's 4-11yrs
Mon & Wed 5.30 - 6.15pm
Milton Basketball Courts
Contact Jason O'Leary 0424651323
shoalhavendojos@krmass.com.au

HAPPY FEET SCHOOL OF DANCE

Level 1 Ballet 6 - 8 yrs Mon 4.30 - 5.15pm
Beginners Tap 6 - 8 yrs Tues 4.30 - 5.15pm
Level 1 Tap 9 - 12 yrs Tues 5.15 - 6pm
Jazz Wed 4 - 4.45pm 5 - 7 yrs
4.45 - 5.30pm 7 - 10 yrs
5.30 - 6.15pm 10 - 12 yrs

Registration \$25 and \$85 a term
Contact Krystle 44540145 Milton Public School Hall



Avoid fizzy drinks - the sugar in the fizzy drinks is not good for your colon.

CHILDREN

JAM

on Fridays) from Kinder to Yr 6.
Anglican Church Hall
Phone 44542030

KIDS ALIVE

Craft, cooking, games and life skills
Tues 5 - 6.30pm
Kindergarten - 6 Yrs
Baptist Church Hall - \$3 a day
Contact Pastor Justin Ratcliffe
44555322

LAKE CONJOLA PONY CLUB

Every 2nd Sat 10am
2 - 4 yrs
Lake Conjola Recreation Ground
Can go into various competitions and
Pony Club Championships
\$45 yearly Elaine Caswell 44564141

MILTON PONY CLUB

Contact Gordon Case 44556791

ULLADULLA CHESS CLUB

Thursday Afternoon 3.30pm
Open to all ages
Ulladulla Library
Phone 44551269

MILTON GIRL GUIDES

Enabling girls and young women to
grow into responsible self confident
young women.
Mon 4.30 - 6pm 6 - 14 Yrs
Camden St Hall
\$82 membership & \$50 per term
Contact Jenny 44545822

What is a healthy spice -
Cinnamon - use some daily.

What's the best food combo -
fibre and water.

NSW RURAL FIRE SERVICE

...for our community



Thank You — NSW RURAL FIRE SERVICE

Over 100 years ago the residents of the south-western New South Wales township of Berrigan formed Australia's first official bush fire brigade. The resident's joined together as firefighters for mutual protection against the ever-present threat of bushfires.

On 1 September 1997, The NSW Rural Fire Service (RFS) was established by an act of Parliament as the successor to the first bush fire brigade, re-defining the world's largest fire service and building on a century of experience in protecting some of the most fire-prone areas on earth.

Today the Service comprises over 2,100 volunteer rural fire brigades with a total membership of just over 70,000. In addition, salaried staff are employed to manage the day to day operations of the Service at Headquarters, regional offices and district fire control centres.

This section of the website is dedicated to provide further information on the NSW Rural Fire Service, its history, role, structure, fundraising, employment, and how to contact us. <http://rfs.nsw.gov.au>

COMMUNITY SERVICES

Milton Ulladulla Community Cancer Centre 44551333
Milton Courthouse 44552116
National Parks & Wildlife 44553826
Fisheries Inspector 44551725

LIBRARY

Milton 44298916
Ulladulla 44551269

AUSTRALIA POST

Milton 44551548
Ulladulla 44299900

CENTRELINK

Appointments 131021
Employment Services 132850
Family Payments 131305
Retirement Payments 132300

WILDLIFE RESCUE

0418427214

COMMUNITY TECHNOLOGY CENTRE

Monday to Friday Any Age
3A - 82 St Vincent Street Ulladulla
Sue Porton 4455 1292
ctculladulla@scoastnet.com.au www.ctculladulla.org.au
Internet café, courses, photo copy and
any office needs - \$2.50 ½ hour.

RSPCA

Animal welfare, re-homing and fostering.
Meets 3rd Saturday of the month at 2pm
Email: rspcaulladulla@hotmail.com
Milton Ulladulla Bowling Club Contact Phil Testaz 0414749490

A.C.T.S CAFÉ

Cappuccinos, quality lunches,
all proceeds go to Foodbank providing free food for the needy.
Tuesday 10am - 2pm
Wednesday 10am - 2pm
Sunday after Church 11.30am - 1.30pm
\$5 for lunch & cappuccino (or soft drink)
Highway Christian Church
Contact Mario Fajardo 0434151900
acts.hcc@gmail.com www.highwaychristian.org.au

EMERGENCY & LOCAL SERVICES

EMERGENCY & COMMUNITY SERVICES

Fire, Police, Ambulance	000	Mobile 112
Hearing & Speech Impaired	106	
Ambulance	131233	
Police	44552542	
Fire Station	44551020	
SES	132500	

BUSH FIRE BRIGADE

Kioloa	Tabourie	44244424
Bendalong	Conjola	
Milton	Fisherman's Paradise	

COASTAL PATROL

Ulladulla	44555366
Kioloa	44571109

MILTON HOSPITAL

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

INTEGRAL ENERGY

Emergency Service	131003
General Enquiries	131081

LOCAL SERVICES

DOCS (Department of Community Services)	44547744
Alcoholics Anonymous	44551333
School Counseling	44551799
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
Motor Registry	132213

CHILD CARE CENTRES

ANGEL'S MOLLYMOOK PRESCHOOL & KINDERGARTEN

Phone 44553066

MILTON ULLADLLA PRESCHOOL

Traditional Preschool

Monday - Friday

2 - 5 Yrs

Phone 44551768

MYRTLE STREET KIDS'R'US

Long day care provides all meals for the day.

Monday - Friday 8am 6pm

0 - 5 yrs

0 - 2 yrs \$56 per day

3 - 5 yrs \$50 per day

46 Myrtle Street Milton

Contact Stacey 44552894

SEASHELL'S CHILDCARE CENTRE

Mon - Friday 8.30am - 4.30pm

2 - 5 yrs

\$45 per day

Contact Rhonda 44541006

TABOURIE CHILDCARE CENTRE

Long daycare

6 weeks - 5 yrs

\$52 - \$58 per day

20 River Road Lake Tabourie

Phone 44573288

GREEN STREET PRESCHOOL

Mon - Fri 8am - 6pm

0 - 12 Yrs

\$48 per day

157 Green Street Ulladulla

Phone 44555597

GUMNUT CHILDCARE CENTRE

5 Croobyar Road Milton

Phone 44553993

CENTRAL SHOALHAVEN MOBILE

44561511

FAMILY DAYCARE

44293111

MILTON CABBAGE PATCH PRESCHOOL

44552891

ULLADULLA CHILDCARE CENTRE

Margie phone 44551006

The calcium companion is Vitamin D—take 1,000iu daily—women over 65 need 1,200iu of Vitamin D daily.

Vitamin C is a natural friend to skin – it is essential for making collagen

Apple peel contains approx. 2-7 times more phenolic compounds than the apple flesh.



Jackie Mulligan

YOUTH and JUNIORS

ULLADULLA YOUTH CENTRE

Open Hours
Tuesday 12.30 - 5.30pm
Friday 9.30 - 3.30pm
Access to Youth Workers
Information, Advocacy, Referral
Safe place to hang
What's on - Weekly Sessions
Tues 3.30 - 5.30pm

Xpress **urself** art session –
No skills needed, just come along and be creative

Wednesday 3.30 - 5.30pm

Cooking, music jam sessions, youth arcade games night and movie & munchies.

Mixed hip hop group - "Our Voice"

Thursday 3.30 - 5.30pm

Drama with Dean

80 St. Vincent St

Phone 44541761

newyouth@bigpond.net.au

www.ulladullayouthy.org.au

GYMNASTICS

Level Gym Mon 6 - 8pm

Tues 5 - 7pm

Friday 4 - 6pm

8 - 19 yrs

Ulladulla High School Hall

Contact Sue Whitford 44555925

FRIDAY NIGHT YOUTH GROUP

Outings, bands, friendship and social connections.

12 - 18 Yrs Friday 7 - 9pm

Baptist Church Hall \$3 a night

Contact Pastor Justin Ratcliffe

44555322

YOUNG TEXTILES & FIBRE GROUP

Learn variety of stitch techniques, textiles projects, learning hand craft.

2nd Saturday 10am - 12 noon

Boys & Girls 5 - 18 yrs

Milton Public School Hall

\$10 membership & \$2 per class

Contact Julie Wicks 44561215

AIKIDO

Mental and physical co-ordination no kicking or punching involved, instead it offers a unique approach to handling an attack.

Juniors Mon 5.45 - 6.45pm

Milton Anglican Church Hall

\$50 membership & \$6 per class

Contact Sensei Mick 0416291943

ULLADULLA BOXING GYM INC

Tues & Thurs 4.30 - 6pm

13 - 17 Yrs

Harbour Life Community Church

St Vincent St Ulladulla

Membership fee is how old you are up

until 18 and \$3 a visit for members and

\$5 for non members

Contact Warren 0418429902

FIRST BURRILL ULLADULLA SEA SCOUTS GROUP

World wide youth organization for boys and girls - teamwork, leadership and learning by hands on.

Scouts 11 -16 Yrs Mon 6.30 - 8.30pm

Adventurers 11 - 16 yrs Wed 7 - 9pm

Scouts Hall St Vincent St Ulladulla

\$20 membership & \$60 per term

Contact Tracey Dell 44556252

ULLADULLA UNITED JUNIOR CRICKET

Play Saturday Morning 8.30 - 11.30 all ages and abilities
Registration September: Contact Robbie Gilkes 0418541177

SUPPORT GROUPS

THE ULLADULLA AUTISM

SPECTRUM SUPPORT GROUP

1st Monday of the month

10am-12noon

Community Resource Centre

Contact Annette Neilson 44540885

AUTISM SUPPORT GROUP

1st Mon of the month

Community Resource Centre

Contact Noel Boycott 0402058899

VISION IMPAIRED

Last Friday of the Month

10.30am - 12 noon

Meals on Wheels Centre

Phone 44552861

ARTHRITIS GROUP

3rd Wednesday 9.30am

Community Resource Centre

Contact Trish Moon or Charles Long

ULLADULLA DIY SUPPORT

GROUP 2 COPE

Non-denominational and caters for all ages. Tuesday 1pm

Hall next to St Vinnies Green St

Contact Wal 44564174

MEALS ON WHEELS SUPPORT GROUP

Men's group meets monthly

Phone for time & venue

Contact Virginia 44552861

PARKINSON GROUP

3rd Wed 10am

Catholic Church Phone 44540747

SOCIAL SUPPORT GROUP

For men & women who are lonely, isolated, frail, aged or disabled. Community bus will pick you up at your home and return you home. 10am - 2pm Morning tea, cooked lunch, activities, outings and entertainment.

MILTON GROUP

Wednesday Fortnightly Old Manse Hall Croobyar Rd Milton. Pick up Ulladulla, Mollymook, Narrawallee and Milton.

BURRILL GROUP

Monday Fortnightly Community Hall Burrill Pick up Kioloa, Tabourie, Burrill and Ulladulla

CONJOLA GROUP

Thursday Fortnightly

Community Hall Conjola

Pick up Manyana, Bendalong,

Fishermens Paradise and Conjola

Maximum Cost \$5

all enquiries Contact Michelle

44552861

ULLADULLA UNITED CRICKET

Welcomes people with disabilities

Play Saturday

Registration September

Juniors Phone 0418541177

Seniors Phone 44555112



A good pre-walk snack - raisins.

Jamie Macallef

Aim for 10 deep breaths in the morning and at night to help relieve stress.

SUPPORT GROUPS

MEN'S SHED

Mon, Tues, Wed, Thurs 8am -3.30pm
For all Men
Contact Barry Wilford 44556055

ULLADULLA STROKE RECOVERY GROUP

The Ulladulla stroke recovery group is affiliated with NSW Stroke Recovery Association Inc and conducts meetings to support stroke survivors and their carers. Activities, guest speakers and outings.

3rd Friday of the month (Feb-Dec)

10am - 12pm

Catholic Hall Green Street Ulladulla

Contact Colin Cameron 44540371

TRIPLE C CLUB CANCER SUPPORT GROUP

Contact Lynette 44553583

COMMUNITY TRANSPORT

Phone 44540840

THE ULLADULLA AUTISM SPECTRUM SUPPORT GROUP

1st Mon of the month 10am - 12pm

Community Resource Centre

Contact Annette Neilson 44540885

AUTISM SUPPORT GROUP

1st Monday of the month

10am - 12 noon

Community Resource Centre

Contact Noel Boycott 0402058899

DIABETES GROUP

Meets Quarterly

Phone 1300 136588

www.diabetesnsw.com.au

MILTON ULLADULLA FAMILY SUPPORT SERVICE

Contact Laurece 44555428

ULLADULLA COMMUNITY HEALTH CENTRE

Cnr South St & Princes Hwy
Various Support Groups, Programs

Aged

Asthma

Diabetes

Cardiac Rehabilitation

Children & Baby

Continence

Community Nursing

Counselling, Support and Psychology

Health Promotion

Hearing

Methadone

Needle & Syringe Programs

Stomal therapy

Women's health

All services are free and confidential

Telephone 44555366

Low impact activities like swimming, cycling or an elliptical trainer can get your heart rate up without stressing your joints.

MILTON ULLADULLA FAMILY SUPPORT SERVICE

Provides flexible, high quality services to children with special needs and caring support to their families.

158 Green Street Ulladulla

Contact Laurece 44555428

www.noahsark.nsw.ed.au

FOODBANK

Free parcels to the needy / in crisis.

Healthcare card required. (Fortnightly)

Tuesday - Friday 10am - 1pm

Highway Christian Church

240 Princes Hwy Ulladulla

Contact Mario Fajardo 0434151900

acts.hcc@gmail.com

www.highwaychristianchurch.org.au

YOUTH and JUNIORS

SOUTHERN SHOALHAVEN DISTRICT DARTS ASSOCIATION

Juniors 5 - 18 Yrs Thursday 4 - 5.30pm

Milton Ulladulla Bowling Club

Registration \$5 & \$2 a game

Contact Rose Silver 44573055

GOLF COACHING

Cadets 1st Saturday 2pm

Cadets Clinic for beginners Wednesday 3.45

Hilltop Course \$5 a week Phone 44552055

STREETFEET PERFORMING ARTS SCHOOL

Mon Beginners Contemporary 5 - 5.30pm

Grade 3 Ballet 5.30 - 6.45pm

Tues Junior Troupe 4 - 4.45pm

1 Intermediate Troupe 5.30 - 6.15pm

Wed Beginner Jazz 4 - 4.30pm

Junior Hip Hop 4.30 - 5.15pm

Grade 1 Jazz 5.15 - 6pm

Teenage Grade 3 Jazz 6 - 6.45pm

Thurs Preliminary Ballet 4 - 4.45pm

Junior Troupe 4.45 - 5.30pm

Beginners Hip Hop 4.45 - 5.15pm

Grade 3 Ballet 5.15 - 6pm

Fri Grade 2 Junior Jazz 4 - 4.45pm

Junior Tap 4.45 - 5.15pm

For more information

Contact Toni Lane 439564012

CIRCUS 35 SOUTH

Over 8 Years

Tues 4.45pm Body Skills

5.45pm Aerial

Thurs 4pm General Circus

5pm Aerial Beginners

6pm Body Skills

Over 10 Years

Tues 6.45pm Strength & Conditioning

Thurs 7pm Aerial

Sharon 0405596172 www.circus35south.com

MILTON-ULLADULLA JUNIOR RLFC

Sat mornings March-Sept
Ulladulla Sporting Complex
Kevin Whitford 44555925
www.sportingpulse.com

Eat some carrots daily as they contain Vitamin A for your eyes.



Jordan Flood

SENIORS

ELDERBERRIES

Friendship and Outings
Gold coin donation
1st Saturday of the month
Highway Christian Church
240 Princes Hwy Ulladulla
Contact Jan Youens 44541750
www.highwaychristianchurch.org.au

HEART FOUNDATION WALKING GROUP

Encourage and support people in the Ulladulla area to be active.
Tuesday & Friday at 8.30pm
Ulladulla Harbour Foreshore
Kim Thompson 44555366

THE MILTON ULLADULLA FAMILY HISTORY SOCIETY

Helps people find family history
\$30 Joining Fee \$5 Attendance Fee
2nd Sun of the month 10am - 5pm
CTC Rooms 82 St Vincent St Ulladulla
Contact Michael 44552739
miltonulladullagenies@yahoo.com.au

COMBINED PENSIONERS & SUPERANNUANTS ASSOC

We have small trips once a month, friendly lunch and enjoy a game of indoor bowls. If staying for the day please bring your own lunch.
\$14 a yr Insurance & \$2 a day
Tues & Thurs 9.30-2pm

Lower Civic Centre Ulladulla

Peg 4455 2418
Carpet Bowls Tues & Thurs 10-3pm
Contact Leo Floyd 44565894

Manyana Hall

2nd Monday of the month
Contact Leonie Brown 44561640

MILTON ULLADULLA HISTORICAL SOCIETY INC

Come along and study local history
3rd Tues of the month
except in **January**
Old Manse Milton Uniting Church
Contact Joanne Ewin 44551473
ewin3@bigpond.com.au

MILTON ULLADULLA HOSPITAL DAY CENTRE

Providing therapy for the aged
Mon - Thursday 11am - 3pm
Next to Milton Hospital
60+ Contact Neville Provan 44549113

TAI CHI AIKI

Involves practicing movements very slowly to relax and strengthen without the risk of strain or injury
Tues 10 - 11am
For Seniors
\$50 membership and \$10 a class
Milton Basketball Stadium
Contact Sensei Mick 0416291943

WALK GROUP

Walk at your own pace
Winter Thurs 2pm,
Summer Thurs 9.30am
Meet at Mollymook Park
opposite Breakers
Contact Elaine 44555362

OPEN DOORS CRAFT GROUP

Meet new people while learning craft, playing board games or going on outings
Tues at 10am - 12pm
St Martins Church Hall Call 44542030

WATER SPORTS

ULLADULLA SWIM CLUB

Wednesday 6 - 8pm
2yrs to Veterans
Family oriented club with fun nights and outings
\$70 a year includes insurance
Leisure Centre
Contact Barry Immer 44553461
chellefaoa@hotmail.com
immers@bigpond.com

ULLADULLA LEISURE CENTRE

Operating Hours
Monday - Thursday 6am - 8pm
Friday 6am - 7pm
Saturday 9am - 4pm
Sunday 10am - 2pm
Extended Weekend Summer Hours
44 553132
ulc@shoalhaven.nsw.gov.au

Thanks to

VOLUNTEER SURF LIFESAVERS



Known throughout the world, volunteer Surf Life Savers are an amazing group of people that provide a unique humanitarian service. Surf Life Savers are easily recognised by the famous red and yellow cap, and their bright red and yellow uniforms. Surf Life Savers all pay a membership fee to be a part of their local Surf Life Saving Club.

To keep our beaches safe, surf lifesavers patrol beaches from September to April. Each year surf lifesavers spend in excess of 270,000 voluntary hours patrolling 129 of the accessible beaches along the New South Wales coastline. Last season they performed 6,319 rescues, 188,824 preventative actions and treated 30,940 first aid cases.

Since recording began in 1949, Surf Life Saving New South Wales has saved more than 300,000 lives. Surf Life Saving New South Wales makes an invaluable contribution to New South Wales by providing safe and enjoyable destinations for all beach visitors.

It is thanks to the dedication and professionalism of these fine volunteers that New South Wales beaches are amongst the safest in the world.

Hence, Surf Life Saving's motto, which has not changed since its inception in 1907, is still as relevant today as it was at the time of the Association's formation - 'Vigilance and Service'.

<http://www.surflifesaving.com.au>

Walk 10,000 steps per day for a healthy heart.

Do some weight training for half an hour a week to maintain muscle strength.

WATER SPORTS	
<p><u>MANYANA BOARDRIDERS</u> Monthly competitions, venue and times may vary. More information phone Sharon Mawson 44561582 \$20pa \$2 per comp mawsons@shoal.net.au</p> <p><u>ULLADULLA BODYBOARDERS</u> Friendly competitions, 12 years and over of all abilities. Meet 2nd Sunday of the month 7.30am Rennies Beach. Cost \$55 for membership & insurance Contact Karen Glass 44554382 swiftstix@msn.com</p> <p><u>ULLADULLA BOARDRIDERS</u> Surfing events held 1st Sunday every month, Meet 7.30am at Rennies Beach. Divisions start from under 12yrs to over 41yrs with point scores towards yearly age champions. Contact Mark Galton 44540981 Fees from \$40 per year, covers insurance and presentation</p> <p><u>MOLLYMOOK LONGBOARDERS</u> All ages meet 7.30am Golfies car park 3rd Sun of the month Ken Greenhaigh 0427541562</p> <p><u>MOLLY MAKO'S SWIN CLUB</u> Contact Cheryl Hill 44540797 swim@mollymookmakos.com.au</p> <p><u>PAM BURRIDGE SURF SCHOOL</u> Contact Pam Burridge 44564038</p> <p><u>ULLADULLA SURF SCHOOL</u> 1300 660904</p> <p><u>ULLADULLA ROWING CLUB</u> Meeting Wed 5pm & Sat 4pm at the reserve on the corner of Lakeview Drive & Moore St Burrill Lake. Contact Sue Rouchfuss 44571131 awondar@sci.net.au</p>	<p><u>ULLADULLA CHRISTIAN SURFERS</u> Wed 4 - 6.30pm Mollymook Beach Surfing day trips every 6 weeks, Afternoon surfing, snacks. surf comps, surfing road trips, bible talks. Contact Steve Campbell 0416204232 or 44542300 scampbell@ncs.nsw.edu.au www.christiansurfers.com.au</p> <p><u>ULLADULLA SPORTS & GAME FISHING CLUB Inc</u> All new members 10 years and over are welcome. Fee \$75 yearly Contact Don Goswell 0412654527 www.ulladullasgfc.com.au</p> <p><u>MUBC FISHING CLUB</u> We hold a fishing comp once a year and family days throughout the year. Members of Milton Ulladulla Bowling Club plus \$10 a yr Cheryl Jarvis 44551428</p> <p><u>ULLADULLA SKI CLUB</u> Full member-all ramp fee \$70 Pia Farmilo 0413995360</p> <p><u>EXSERVO'S FISHING CLUB</u> Meets 2nd Tues of the month at 7pm Tuesday Night Raffles Weigh in at club on weekends of competition Information Call Dick Vye 44571551</p> <p><u>LAKE CONJOLA BOWLO FISHING CLUB</u> 2nd weekend of the month \$5 Contact Brendon Wood 0427404103</p> <p><u>MANYANA FISHING CLUB</u> Competitions 2nd Sat of the month Meets 1st Wed of the month 6.30pm Manyana Soccer Club Contact Keith McBride 44561091</p>

SENIORS	
<p><u>HEART MOVES</u> Designed for people with chronic illnesses. Low moderate intensity exercise.</p> <p><u>Catholic Church Hall Ulladulla</u> Men & women \$5 a class Mon & Wed 8.45 - 9.30am Contact Patti Bartlett 44561394</p> <p><u>Kioloa Community Hall</u> Men & women \$5 a class Tues 8 - 9am Friday 8.30 - 9.30am Contact Anita Ashby 44573552</p> <p><u>SENIORS EXERCISE WITH LYNDALL</u> <u>Walking Group</u> This session will improve your heart & lung fitness by using interval training which has been proven to be the most effective form of cardio training. Tues, Wed, Thurs 8.30am 45 Minutes \$6 per class MacDonald Pde Reserve Burrill Lake Contact Lyndall 44552275</p> <p><u>Pilates for Seniors</u> Tues, Wed, Thurs 10.30am 45 Minute Classes \$6 per class 27 McDonald Pde Burrill Lake Contact Lyndall 44552275</p> <p><u>Weights for Seniors</u> Tues, Wed, Thurs 9.30am 45 Minute Classes \$6 per class 27 McDonald Pde Burrill Lake Contact Lyndall 44552275</p>	<p><u>ULLADULLA & DISTRICT LAPIDARY CLUB</u> The craft of polishing stones Tuesdays 57 Parson St Ulladulla Contact Beryl Dove 44551384</p> <p><u>WALK GROUP</u> Easy friendly walks 2nd Sat of the month at 8am Contact Jean Erwin 4455 6731</p> <p><u>ULLADULLA & DISTRICT SENIOR CITIZENS SOCIAL & WELFARE CLUB</u> Come along for friendly game of carpet bowls. \$2.50 a day covers play & morning tea. Lower Civic Centre Contact Robert Haynes 44556025</p> <p><u>STRETCH & TONE</u> Gentle exercise mainly senior ladies and social coffee Wednesday 9.30 -10.30 \$5 a class Masonic Hall Milton Contact Elaine 44555362</p> <p><u>CARPET BOWLS</u> Social Gatherings Mons 9.30am to 12pm Baptist Church Hall Contact Maurene Hawken 44555322</p> <p><u>ORCHID SOCIETY</u> 2nd Monday of the month 1pm Orchid show Saturday 5th September CWA Hall Milton \$7.50 Contact Irene or John 44413553</p>
If you have lung or sinus problems dairy foods aren't you're friend	

SENIORS	TUITION
U3A MILTON ULLADULLA CAMPUS INC Over 55 Contact Helen Reeson 44552805 FITNESS BODY STRENGTH & FLEXIBILITY Level 2 USING WEIGHTS YOGA FOR BEGINNERS Contact Helen Reeson 44552805 SHIBASHI Contact Irene Mitchell 44540747 MUSIC Contact David Evans 44543039 FOLK DANCING Contact Monica Mulcahy 44722121 HOBBIES MAH-JONG Contact Bill & Sharyn Lampard 44557740 CURRENT AFFAIRS Contact Noel Souten 44542254 TUITION ADVANCED ITALIAN Contact Elana Sevcik 44573187 INTRODUCTION TO RUSSIAN Contact Val Barnes 44555796 SPANISH BY EAR Contact Val Barnes 44555796 BEGINNING ITALIAN Contact Sam Sanguiliano 44564052 ELEMENTARY FRENCH Contact Judith Emery 44551539	DRUM LESSONS Contact Wade Henry 0412258858 PIANO LESSONS Contact Vicki Peachman 44540255 GUITAR STUDIO Contact Dave Nolan 44543746 PIANO KEYBOARD Double Bass, Flute & Theory Contact Maryanne Balbi 44553763 MORE MUSIC SCHOOL Music is a gift for life that we can give our children and to ourselves. <i>It is never too late to begin learning ...</i> "More Music" School caters for groups or individuals of varying ages and abilities. Private lessons for singing, keyboard, piano and organ. Group lessons for singing, keyboards, choir or band. Youth groups, Churches, community groups, pre-schools etc. Mob: 0450 152 849 VOCAL TUITION Leonie Rogers 4455 1234



Simon Deutscher

Aim for three portions of fish per week—fish contains the **good** Omega 3 fatty acids.

A clove of garlic a day may help to thin your blood and lower your blood pressure.



Dwayne Dickson

PERFORMING ARTS	
MILTON SOCIAL GROUP LINE DANCING Wed 12 - 3pm \$5 Anglican Church Hall Milton Yvonne Chardlow 44555351	
MUD MUSIC COUNCIL A community, not-for-profit initiative, aiming to: "create more opportunities for people of all ages and abilities to learn about, listen to, create and perform. Contact Tina Broad or Hamish Richardson 44543887 info@mudmusic.com.au www.mudmusic.com.au	THE GLORIOUS MUDSINGERS "Hellishly good gospel." Wed 4.30pm gold coin donation 35 Bannister Head Rd Mollymook Contact Tina Broad or Hamish Richardson 44543887 info@mudsingers.com.au www.mudsingers.com.au
MUDbrothers Bagpipes, didgeridoo, guitar, vocals Contact Hamish 44555499 hamishBROTHER@gmail.com www.mudmusic.com.au	CHOOKS ON A HOT TIN ROOF Ukulele for Women Meets once a month for open sessions Old Church on Croobyar Rd Milton Contact Kate 44544152 kate.conyngham@bigpond.com www.mudmusic.com.au
ULLADULLA PHYSICAL CULTURE Robyne Phillips 44552704	MILTON-ULLADULLA ENTERTAINERS INC 4455 2668
STREETFEET PERFORMING ARTS SCHOOL Mon: Lyrical 6.45 - 7.30pm Tues: Intermediate 5.30 - 6.15pm Ladies Tap 6.15 - 7pm Thurs: Bronze Medal Jazz 6 - 7pm Fri: Contemporary 6.30 - 7pm Seniors Hip Hop 7 - 7.30pm Seniors Troupe 7.30 - 8.15pm Contact Toni Lane 0439564012	ULLADULLA & DISTRICT DANCE GROUP Tues: Beginners 6.30pm - 7.30pm Advanced 7.30 - 9.30pm \$4 Cabarets 1 st & 3 rd Fri 7.30 - 10.30pm bring a Plate \$5 Social Dance 2 nd & 4 th Fri 7.30 - 10.30 \$4 Milton Masonic Hall Contact Lloyd & Betty Akers 44555186
THE DANCE FACTORY ACADEMY Monday - Thursday All ages and all Styles of dance \$92 Term (Per Class) Contact Tess, Marissa or Kriselle 44553972 thedancefactoryacademy@hotmail.com www.thedancefactoryacademy.com	



PERFORMING ARTS

ADVANCED WOMENS AFRICAN DRUMMING GROUP

Must have prior drumming with Desiree Sheldrake to join.
Friday 7pm Frogs Hollow Contact Jan Guest 44545032

WOMEN AFRICAN DRUMMING GROUP Tuesday 2 - 3pm \$5 each class

7 Dickson Close Ulladulla Contact Desiree 44554258

BELLY DANCE Workshop & Performances, Soft Gentle exercises for women & girls of all ages Monday 5.30pm - 6.30pm \$5 a Class 7 Dickson Close Ulladulla Contact Desiree 44554258

MILTON BOOT SCOOTERS

Tuesday 7.15pm - 10.15pm
Thursday 7.15pm - 10.15pm
Friday Morning 9am - 12pm
Anglican Church Hall Milton \$6
Contact Bev Andriski 44551406

LINE DANCE FOR BEGINNERS

Monday and Friday 1.30 - 4pm
Monday Nights 6.30 - 8.30pm
\$2 Donation
Outreach Centre
Cnr Princess Hwy & North St
Contact Helen 4455 2805

HAPPY FEET SCHOOL OF DANCE

Mon: 5.15 - 6pm 13 yr & up Hip Hop
6 - 6.45pm 13 yr & up Ballet
Tue: 6 - 6.45pm 13 yr & up Tap
Wed: 6.15 - 6.45 13 yr & up Jazz
7 - 7.45 13 yr & up contemporary
Registration fee \$25 & \$85 a term
Milton School Hall
Contact Krystle 44540145

MILTON FOLLIES - Anyone can join

Contact Andrea Douglass
44540066 dougli@bigpond.net.au

MILTON DANCE ASSOCIATION

Every Thurs 7.30pm - 10pm
\$4 Tea and Biscuits
1st & 3rd Sunday 4pm - 7.30pm
\$4 Supper at 6pm Bring a Plate
2nd & 4th Saturday 7.30pm - 11pm
\$5 Bring a Plate
Old time and new vogue
Contact Marie 4455 5938

MILTON DISTRICT BAND

Contact Denis Breheny 44541102

CIRCUS 35 SOUTH

Adult Aerial Tuesday 7.45pm
For more information visit website
www.circus35south.com
Contact Sharon 0405596172

Broccoli is one of the healthiest foods you can eat.

The most dangerous body fat is belly fat.

Chloe Riddell
& Bam



MARTIAL ARTS

ULLADULLA JUDO CLUB

Monday & Wednesday
10's 4.30pm - 5.30pm
16's 5.30pm - 7pm
Adults 7pm onwards
Contact Matt Holmes 0405030185 or
Michael Clare 44544230
ulladulljudoclub@live.com

ULLADULLA BOXING GYM INC

Beginners 13-17
Tues & Thurs 4.30 - 6pm
Social groups of all ages
Wed 6 - 8pm
Specialized classes for groups of at least 12 candidates. Child minding available if required.
Harbour Life Community Church
St Vincent St Ulladulla
Discounted membership for under 18s and \$3 a session
\$50 membership and \$3 a session
Non-members \$5 a session
Contact Warren 0418429902

AIKDO

Mental & physical co-ordination, no kicking or punching involved offers unique approach to handling an attack.
Monday 7 - 8pm Adults
Milton Anglican Church Hall
\$50 Insurance and \$10 a lesson
Contact Sensei Mick 0416291943

KUMIAI - RYU

Monday & Wednesday 6.30 - 8pm
Squad Training Monday 4.30 - 5.15pm
Advanced Saturday 3.20pm - 4pm
Milton Basketball Courts
Contact Jason O'Leary 0424651323
shoalhavendogogs@krmass.com.au

JODO

Jodo is the art of Japanese short staff techniques
Fri 6.30—7.30pm
Beginners to advanced
Milton Basketball Courts
\$50 membership & \$10 per lesson
Contact Sensei Mick 0416291943

Do some weight training for ½ hr week to maintain muscle strength.

David Curtis



ULLADULLA PUBLIC SCHOOL Volunteer Reading Program

Ulladulla Public School has established a Volunteer Reading Program to assist children in their reading. Interested community members volunteer to train as reading tutors. Each tutor is assigned particular students that they assist each week. Full training and on going support is given to all tutors by the Support Teacher, Bev Johnson.

If there is anyone in the community who would like to volunteer an hour or two of their time, any day of the week, or would like more information about the project please contact Bev Johnson at Ulladulla Public School on 4455 1649 . It is extremely satisfying to assist a child learn to read and an hour of your time could really help some students.

FITNESS

GENTLY DOES IT

A passive exercise system for ladies and men to relax and unwind while exercising. Build strength and health. Contact Val Brady 44554888

BUDAWANG YOGA RETREAT

Near Pigeon House Mountain, monthly weekend retreats.

Contact Mary Louise 44573682 or 0418865402

mlp@budawang.com

www.budawang.com

MOLLYMOOK YOGA

Weekly classes Mollymook Beach
Monday 10am & Wednesday 6.45am
Contact Mary Louise 0418865402

mlp@budawang.com

CURVES

Circuit training with customized fitness goals. Programmed with your bodies' own information.

Contact Jenny 44557029

MANJUSHRI BUDDHIST CENTRE

Meditation Tuesday 7 - 8pm
Thursday 7.30 - 8.30pm

40 Wason St Milton
Contact Ben 44573111
0415931204

YOGA

Tuesday 6.30pm- 8pm
Tabourie Childcare Centre
\$10 a class
Contact Namaste Diane 44571533

YOGA

Thursday 10 - 11.30am
\$10 a class
Kioloa Community Hall 44571533

KIOLOA NIA

Nia blends Tai Chi, Yoga, Jazz, Dance and other movements to get fit and have fun to uplifting music.

Mon 6 - 7pm **Kioloa Community Hall**
Noel 44572496

nboycott@zip.com.au

NIA

Nia blends Tai Chi, Yoga, Jazz, Dance and other movements to get fit and have fun to uplifting music.

Tuesday 10 - 11am

CWA Hall Milton Noel 44572496

nboycott@zip.com.au

www.niaaustralia.com.au

ENCORE

Exercise and networking for women recovering from breast cancer.
Contact Janet 44540244

DRU YOGA CLASSES

Yoga of the heart
Friday 10am - 11.30am
\$12 per Class or \$10 Concession
CWA Hall Milton
Instructor Zahle Jensen 44555828

YOGA - DRU

Wednesday 6.45am
Mollymook Surf Club
Contact Sadhana Goulston 4454890

PRE-NATAL / NATURAL CHILD

BIRTH
Workshops for expectant parents
Contact Mary- Louise 0418865402

ULLADULLA SQUASH & FITNESS

GYM
Advanced isometric system
Class available at competitive rates
Contact Geoff Rudd 44541218 or 0431400033 ruddy1@hotmail.com

HOBBIES

SHUFFLEBOARD EXSERVO'S

Monday Nights 7pm
Contact Shirley Vaughan 44555934

EUCHRE EXSERVO'S

Monday Nights 7pm
Contact Bev Fitzpatrick 4454 0749

BINGO

Milton Ulladulla Bowling Club
Mon, Tues, Wed & Fri 10am
Mon & Tues Nights 7pm
Cards available for visually impaired.
Phone 44551555

EUCHRE

Milton Ulladulla Bowling Club
Thursday 6.30pm Ph 44551555

TRIVIA

Milton Ulladulla Bowling Club
Wednesday 7pm \$3
Phone 44551555

INDOOR BOWLS

Lake Conjola Bowling Club
2nd Thursday 44561272

POOL COMPETITION

Lake Conjola Bowling Club
Monday 5.30pm \$3 Phone 44561272

BINGO

Lake Conjola Bowling Club
Friday 1pm \$3 Phone 44561272

POKER MOJLYMOOK GOLF CLUB

Monday 7pm Phone 44551911

BINGO MOLLYMOOK GOLF CLUB

Mon 1.30 - 7pm, Tues 7pm
Wed 7pm, Thurs 11am & 1.30pm
Phone 44551911

VINTAGE CLASSIC CAR CLUB

2nd Wednesday of the month 7.30pm
Milton Ulladulla Bowling Club
Contact Roger Guest 44545032

SOLING YACHTS

Come along and race your own yacht
Wednesday & Saturday 1pm
Open to all ages
\$30 membership & \$2 on Saturday
Tabourie Entrance or Portland Way
depends on wind
Contact Peter Maddison 44573250

MILTON ULLADULLA MODEL RAILWAY CLUB

Anyone interested in trains is more
then welcome to come along.
2nd Saturday of the month 11am
Open to all ages
\$25 membership & \$2 per meeting
Contact Bob Goodwin 4455 5918

MILTON ULLADULLA VIDEO CLUB INC

1st Thursday of the month
9.30am - 12.30pm
Mollymook Golf Club
Tony Mann 44565050



Phillip Stoneham

You can get Vitamin D from tuna and salmon and fortified foods like milk and orange juice, but sunlight is your best source.

HOBBIES

ULLADULLA SCRABBLE CLUB

Meets Mondays at the Exservo's
1pm-5pm Contact Gary Pollard
44565139 \$5 yearly

MILTON RIFLE CLUB

Every Sat 11.30am 18+
at 4/19 Croobyar Road Milton.
Club rifles available or bring your own.
Fee \$175 yearly for membership which
allows you to shoot anywhere in NSW,
insurance and monthly magazine.
\$5 range fee for every shoot.
Contact Ken Fitzpatrick 44571713
wazrstar@bigpond.com

MILTON ULLADULLA MODEL AIRCRAFT CLUB

Come along any Sunday morning to
watch the aerial display.
Tues, Thurs, Sun at 9am to 12noon
Ulladulla Sporting Complex
Club membership \$20 plus insurance
Contact Andrew Carsten 44551383
aca97933@bigpond.net.au

ULLADULLA & DISTRICT GARDEN CLUB

Last Monday of the month 9.30am
January-November
Mollymook Surf Club 44555050

MOLLYMOOK BRIDGE CLUB

If your keen on a challenge bridge is
the game for you. We are eager to
help and advise new players.
Mon, Fri & Sat 1.30pm
Wed 9.30am, Mon & Thur 7pm
St Vincent St Ulladulla
Maureen Bromfield 44541477

MEN'S SHED

Wood working, social, mateship.
Involved in many community projects.
Mon, Tues, Wed, Thurs 8am - 3.30pm
Contact Barry Wilford 44556055

MILTON ULLADULLA BOWLING CLUB WOODWORKERS

1st Monday 7pm
Ages 18 - up members of the club
\$30 pa Membership and Gold coin on
workshop
Contact Matthew Ritzrow 44540808

BINGO

Mollymook Beach Bowling Club
Wednesday 1pm \$3.50
18 and over
Phone 44555222

EUREKA EUCHRE

Mollymook Beach Bowling Club
Sunday 12.15pm \$5.50
18 and over
Phone 44555222

POKER LEAGUE

Mollymook Beach Bowling Club
Wednesday and Saturday nights 7pm
18 and over
Phone 44555222

TRIVIA

Mollymook Beach Bowling Club
Tuesday 7pm \$3
Phone 44555222

BINGO

Exservo's
Monday & Thursday 10am
Friday 10am & 1.30pm
Wednesday Nights 7pm
Phone 44551444

APL POKER

Exservo's
Tuesday & Thursday Nights 7pm
Contact Matthew Snook 44557257 or
0414797844

MILTON ULLADULLA STAMP CLUB

4th Monday of the month
Milton Ulladulla Bowling Club
Contact Mike Spicar 44545411

FITNESS

HEALTHFIT

A program designed by our exercise physiologists Gregg or Jacqueline. Self
refer or referred by Doctors. Particularly suited to people with injuries or chronic
conditions and people who prefer to exercise in a friendly, smaller centre or at
home program.

Daybreak Circuit Class 7am Monday, Wednesday and Friday

Corefit Back Care Class 5.45pm Thursday

8 Croobyar Rd Milton

Accredited Exercise Physiologist Gregg Orphin 44553063

YOGA PILATES MASSAGE

for everyone . . .

Monday	10 - 11am Yoga/Pilates Ulladulla
Tuesday	10 - 1.30am Yoga/Pilates Ulladulla 4.30 - 6pm Pre-natal Yoga Ulladulla 6.30 - 8pm Intermediate Yoga Ulladulla
Wednesday	10 - 11am Yoga/Pilates Ulladulla 4.30 - 6pm General Yoga Ulladulla 6.30 - 8pm Yoga/Pilates Ulladulla
Thursday	9.30 - 11am General Yoga MSLC 6 - 7.30pm Beginners/Gentle Ulladulla
Friday	10 - 11am Yoga/Pilates Ulladulla
Saturday	9.30 - 10.30am Yoga/Pilates Ulladulla

This schedule is subject to changes.
A selection of classes run during school holidays.
Please phone Kerri to confirm.
FREE LAUGHTER YOGA CLASSES
COMMENCE SEPT 09
PLEASE PH KERRI WILD
FOR MORE INFO 4455 6600

Aim for 1,000-1,500mg of calcium
a day from food and/supplements
for optimal bone density.



Rick Pedder

FAMILY BALL SPORTS

MILTON ULLADULLA CROQUET CLUB

A friendly oriented club open daily and welcoming all age groups .
Held at the Milton Showground
Annual subscription of \$150 and \$6 per game.
Contact: Jean Pack 4455 5640

ULLADULLA & DISTRICT NETBALL ASSOCIATION INC

Netball complex Ulladulla Sports Park
Phone 4455 2280 or 458050278
ulladullanetball@hotmail.com
www.ulladulla.netball.asn.au

ULLADULLA UNITED CRICKET CLUB

Play Saturday 1.30 - 6.30pm
Registration September
Seniors
Contact Greg Churchill 44555112

OZ TAG

Monday from 6pm
Frogs Hollow Ground
Contact Renee Byrne 0419215898
bjmotors@scoastnet.com.au

LAKE CONJOLA TENNIS CLUB

Wednesday nights
Contact Malcolm Sloan for times
Booking courts 44561163

MILTON ULLADULLA SOCCER CLUB

Under 5's,
14 - 16 girls
Senior Men and Women
Starts around Easter to the 1st week in September
Contact Rod 44554718
www.mufc.net.au



TENNIS

Adults \$47, Juniors \$26, Seniors \$31
Family \$146,
Ladies Comp, Sunday Veterans
Junior Comp & Monday Night
44554593

MILTON ULLADULLA BASKETBALL

Tuesday and Thursday
Open to all ages, Miniball comps (Kindergarten to Primary)
High school comps, seniors (men and women teams)
Croobyar Road Milton
For more information call 44551575

ULLADULLA SQUASH

Adult Mixed Thursday 7pm \$10 each
Under 16 Friday 4 - 6pm \$5
Social Squash and Racquet Ball
Squash Courts For Booking 7 Days
8am - 9pm
Contact Geoff Rudd 44541218 or 0431400033
ruddy1@hotmail.com

MILTON ULLADULLA TOUCH ASSOC

Wednesday Nights at Frogs Hollow
Contact Col Stevenson 0410532289
colstevo@aapt.net.au

MOLLYMOOK GOLF CLUB

9 Hole course
Ladies Tuesday 8am
Veterans Wednesday 7am
Phone 44552113

MOLLYMOOK GOLF CLUB HILLTOP COURSE

Ladies Tuesday 8am
Veterans Wednesday 7am
Mixed Thurs 7am - 12 & Sun 7-11am
Men Saturday 7am - 12pm
Phone 44552055

ARTS & CRAFTS

MARILYN'S CRAFT CORNER

Classes Monday to Friday
from 10.30am to 3pm
Open to all ages
20 Wason St Ulladulla
Contact Marilyn 44554229 \$20

MILLHOUSE ART SOCIETY of MILTON ULLADULLA Inc

Pastels on Tuesday, Oil or acrylic Wednesday & Thursday.
Watercolor Classes Fri 9.30-12noon with Kay Barber at the gallery in the Courtyard Studio complex Milton.
Fee \$20 yearly
Contact the Gallery 44557211
palmieri@scoastnet.com.au

MILTON ULLADULLA CAMERA CLUB

Learn and experiment with your photography with friendly groups and all abilities
Third Monday 7pm
Upstairs Milton Ulladulla Bowling Club
Contact Annette 44541123

MILTON QUILTERS

2nd & 4th Thursday of the Month
9.30am at the Baptist Church Hall
Narrawallee
Open to all ages
Contact Pat Martyn 44540308
\$20 a year Insurance and \$4 each day for morning tea

MILTON ULLADULLA WEAVERS

4th Mon of the month 10am to 2pm

MOLLYMOOK WRITERS

2nd & 4th Wednesday
10.30am - 2.30pm
Contact Jenny Cantrill 4454 1185

MURRAMARANG SPINNERS & WEAVERS

We all enjoy the spinners and weavers and welcome new members
1st & 3rd Mon of the month at 9.30am
Miriam Millers Craft Room
\$25 Membership and \$1 a week
Contact Deb Benson 44541723

NARRAWILLY RAG RUGGERS

Progy and hooky rug making monthly work shops
44556870
narrawillyfarm@shoal.net.au

NULLADOLLA POTTERY GROUP

Members have use of Wheels and Kilns - Clay and Gazes available.
Workshops and outings.
2nd Friday of the month at 10am
Courtyard Studios
Opposite Post Office Milton.
Open Friday - Sunday and every day during school holidays
Contact Barbara Smith 44555214

PRINTMAKING

Workshops weekends & evening classes
Please visit website for more information www.antpress.com
Contact Andrew Antoniou 44543371

You need to eat 25 grams of fibre per day. A potato tip-cubing your potatoes will slash their potassium content by as much as 50%.



ARTS & CRAFTS

ALLIANCE FRANCAISE DE MILTON ULLADULLA INC

French Lessons
Contact Murielle Atkins 44540356
muatkins@bigpond.com

ARTS, PAINTING AND CRAFT

Wednesday 9am - 12pm
Ladies Group
Baptist Church Hall
Contact Evnice Tatchell (Arts)
or Liz Karacsoni (Craft) 4455322

CRAFT GROUP

Enjoy paper craft, Card Making,
3D paper crafts
Once a month Mon & Thurs Group
1 - 4pm
Meals on Wheels Premises
Contact Virginia 44552861

CREATIVE WRITERS OF MILTON ULLADULLA

Offers encouragement to those who
write or want to write
Monday 9.30am - 12pm
\$25 a year
Kendall Cottage
Contact Eileen 44541526
cwmua@shoal.net.au

EMBROIDERERS GUILD NSW MOLLYMOOK GROUP INC

Open to all ages
1st and 3rd Friday of the month 10am
Uniting Church Milton
Contact Leslie Lockwood 44417284
Annual fee \$55 joining fee \$15

HOUSE OF JULES ART STUDIO

Adult Painting & Drawing Classes
Adult Open Workshop
Adult Folk and Decorative art classes
All classes held on various days & evenings
12 Myrtle St Milton
Contact Julie Sydenham 44545993
julie@houseofjules.com.au
www.houseofjules.com.au

KINGSTUDIO

Screen Printing
Monday 10am
Contact Malcom 44542214

LIFE DRAWING GROUP

Thursday evenings 7pm
Green House Gallery Milton
Contact Robert Newberry 44545409

FAMILY BALL SPORTS

AFL

Fun active game that everyone can
participate in.
Juniors under 12 & under 14 train
Tuesday & Friday 5 - 6pm
17's and Reserve Grade train Tuesday
& Friday 6 - 7pm Lighthouse Oval
\$65 membership + Insurance
\$100 Reserve Grade
Contact Shane 0448820798

LAKE CONJOLA BOWLING CLUB

Ladies bowls Tues & Thurs 10am
Men bowls Wed & Sat 12.30pm
Mixed bowls 1st Sunday 10am
Contact club for barefoot bowls
Phone 44561272

MOLLYMOOK BEACH BOWLO

Visiting Bowling members welcome
Ladies bowls Tues & Thurs 10am
Mens bowls Wed & Sat 12.15pm
Mixed Friday 8.30am
Sunday Roadrunners Social 9am
Barefoot Bowling available
Phone 44555222

MANYANA TENNIS COURTS

Social Bookings and Keys
Phone Cunjurong Shops 44561136

MANYANA SOCCER

Thursday 5 - 6pm
Under 8s Under 11s
Contact Kim Walsh President 4561205
Craig & Jen Chopping (Coaches)
44561568

MILTON RUGBY UNION FOOTBALL CLUB 44540592

MILTON ULLADULLA BOWLING CLUB

Ladies bowls Tues & Thurs 10am
Men's Triples Wed & Sat 1pm
Mixed men's & ladies pairs Fri 9.30am
Turkey Trots Sunday 9.30am
Mixed Bowls Sunday 1pm
44541925

GLEN STAUNTON'S TENNIS CAMP

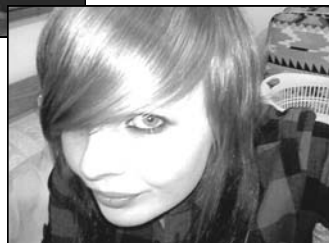
Over 30 Years experience
Modified tennis programs for children
for all ages
coaching skills, tournaments
Cost \$75
Milton Tennis courts
80 Croobyar Rd Milton
Phone 44542888

MANYANA SOCCER CLUB

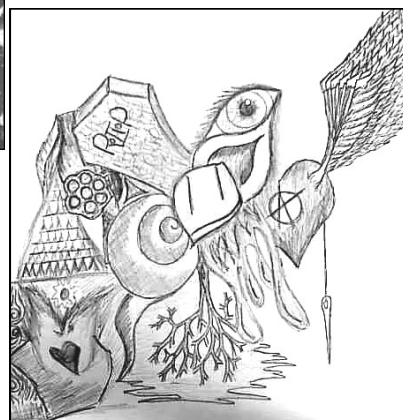
Contact Keith McBride 44561091

MILTON-ULLADULLA JUNIOR RLFC

Sat mornings March-Sept
Ulladulla Sporting Complex
Kevin Whitford 44555925
www.sportingpulse.com



Karlee Dunn



Eating omega 3 rich foods like salmon and sardines
may help seal in the shine in your hair.



Ray Maling

ACTIVITIES

MILTON ULLADULLA POLOCROSS CLUB

As the founding state, NSW has enjoyed competitive supremacy for many years and has grown to about 1800 members spread across more than 58 clubs.
Sub Juniors under 12 Yrs
Juniors 12 - 15 Yrs
Intermediates 16 to 20 Yrs
Seniors Open
Master over 45 Yrs (women)
over 50 Yrs (Men)
Information about meetings and games
Contact Keith Green 44552143
poloxnsw@bigpond.net.au
www.nswpolocross.com.au

MILBREE PARK RIDING SCHOOL

Private & group lessons
Contact Milea Woods 44541903 or 0447655873
c.mwoods@bigpond.com.au

SOUTHERN SHOALHAVEN DISTRICT DARTS ASSOCIATION

During the school holidays comps e.g. Mixed doubles, nominated triples.
Ladies' comp Mon nights 7pm
Men's Tues nights 7.30pm
Mixed Thurs nights 7.30pm
Exservo's
Registration \$10 & \$2 per game
Contact Rose Silver 44573055

WALKING GROUP

All ages and abilities welcome
Wed 3.30pm
Friday 1.30pm
Different locations
Contact Beth Garkut 44571226

BUSH POETS

Sunday 2 - 4pm Exservo's 44551444

ACTS COMMUNITY GARDEN

Watering, weeding and planting
Tuesday, Wednesday 10am - 2pm
Free and open to all ages
Highway Christian Church
240 Princes Hwy Ulladulla
Contact Mario & Robyn Fajardo
0434151900

BANGALAY FOOD GROWERS

Community based organic food growers group.
Contact Louise Tucker 44555363
bangalaygrower@hotmail.com

MILTON ULLADULLA DOG TRAINING CLUB

Training for dogs and their owners
Companion training and puppy school.
Current vaccination certificate must be shown.
Every Sun at 9.am Milton Showground
Contact Janet Smith 44553137
www.dudtc.org.au

LITTLE ATHLETICS

Keeping kids active in track and field, throwing, and jumping events.
Tuesday 4.30pm
Starts September - October
Ages 3 - 17 yrs
Contact Milea 44541903

BIRD WATCHING GROUP

Meets every second Friday at different locations
Bob Black 44564005 or Marg Hamon 44571129 marghamon@bigpond.com

MILTON NATIONAL PARKS ASS

Bushwalking, Camping Trips, Bike Riding, Conservation and many other activities. Contact Geoff 44543580 or June 44545551
www.npansw.org.au

ACTIVITIES

THE RATS RUNNERS AND TRIATHLON CLUB

All abilities welcome from walking up to competition level. 12 years upwards
Meet every Tues & Fri 6.15am at the corner of Village Drive & North St
Wed at Narrawallee Inlet 6.15am
Handicap events once a month
Sunday bush run in local paper
\$5 per yr and handicap events \$1entry
Contact Ken Saunders 44556005
www.geocities/ulladullarats2001

ULLADULLA PISTOL CLUB

Great sport for all ages men & women and people with disabilities.
Wednesday 1pm & Sunday 10am
The Range Wheelbarrow Rd
Burrill Lake Contact Sarah 44552810

ORCHID SOCIETY

2nd Monday of the month 1pm
CWA Hall Milton
Orchid show Saturday 5th September
Contact Irene or John 44413553

UNITING CHURCH FELLOWSHIP GROUP

Social activities for all ages
1st Wed of the month at 1.30pm
Uniting Church Hall North St Ulladulla
more information 44541694

MILTON ULLADULLA DISTRICT MOUNTAIN BIKERS INC

The MUD "MONSTERS" Mountain Bikers club started in mid 2008. Down hill adrenalin junkies, cross country racers and family cruisers. \$5 a ride Mountain Cycles in Ulladulla (next to Subway) For more information contact Adam on 0418247271
<http://mudmtb.blogspot.com/>

Eat oat bran and oatmeal to help lower bad cholesterol.

KIOLOA & BAWLEY POINT WAMINDA CLUB

Activities, Craft and Outings
2nd Mon of the month 10am - 4pm
Kioloa Community Hall
Marie O'Connell 44571187

KIOLOA & BAWLEY POINT WAMINDA GROUP

Indoor Bowls
3rd Monday of the month 1 - 4pm
Kioloa Community Hall
Contact Marie O'Connell 44571187

MILTON PONY CLUB

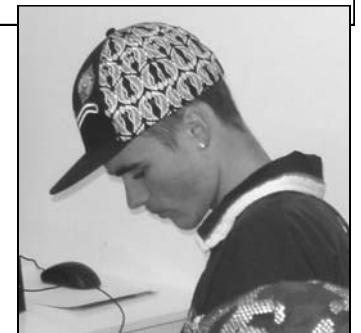
1st Monday of the month
Rallies 2nd and 4th Saturday
Matron Porter Dr Mollmook
Contact Gordon Case 44556791

MOLLYMOOK PONY CLUB

All riders welcome 2-24 yrs
All levels catered for
Matron Porter Drive Mollmook
Regular Sunday Rallies
Julie Warn 4454 3080

INDOOR CARPET BOWLS

Enjoy a social evening of carpet bowls
Tues 7pm Open for all ages
Outreach Centre
Cnr Princess Hwy & North St
Jean Erwin 44556731



Kyle Eacott