

Shoalhaven Women in Business

Celebrate



International Women's Day 2014

March 8



Day of celebration and a day of action

EACH year around the world, International Women's Day is celebrated on March 8.

Thousands of events occur not just on this day but throughout March to mark the economic, political and social achievements of women.

Organisations, governments, charities, educational institutions, women's groups, corporations and the media celebrate the day.

Over time and distance, the equal rights of women have progressed.

International Women's Day celebrates the achievements of women while remaining vigilant and tenacious for further sustainable change.

There is global momentum for championing women's equality.

Many groups around the world choose different themes each year relevant to global and local gender issues.

The 2014 theme is inspiring change for the internationalwomensday.com global hub and encourages advocacy for women's advancement everywhere in every way.

It calls for challenging the status quo for women's equality and vigilance inspiring positive change.



PLANNING: Members of the Shoalhaven International Women's Day committee Lyn Wallin, Suzi Krawczyk, Cheryl Scowen, Moira Lawry, Mary Preece, Andrea Lofthouse and Marg McHugh meet at Meroogal House to discuss IWD events for the area.

Events to stir the spirit

AN International Women's Day art exhibition was launched on Friday, February 28 at 6pm. The month-long show will be held at the University of Wollongong Shoalhaven Campus and is free.

The theme is out and about. For details contact Marg McHugh on 4422 0103.

A poster exhibition, called A Personal Journey – political posters of the '70s, '80s and '90s will run from Tuesday, March 4 until Friday, April 4 (launch Friday, March 7 from 6-8pm) at Squid Studio, 12 Princes Highway.

Ulladulla and Districts Community Resource Centre will host a free IWD business breakfast and awards event on Friday, March 7 from 8.30 until 10.30am.

Contact Maria Mitchell on 4454 0477 for details.

Guest speaker Lesley Mackay will speak about the impact of IT on women at an IWD

high tea on Saturday, March 8 from 3-5pm at Nowra School of Arts.

The cost of \$10 covers a pot of tea and a range of cakes and delicacies.

Bookings are essential and can be made by contacting the Women's Health Centre on 4421 0730.

An event for girls in years 8, 9 and 10 will take place on Wednesday, March 12 at Nowra Showground.

For details contact Jodie Quinelle on 4429 3456.

A writers' night will be held at Our Bookshop and Cafe in Queen Street, Berry on Friday, March 14 at 6pm.

For details phone Andrea on 4465 1240.

The popular Women's Wellness Festival will take place at the Bomaderry TAFE campus on Friday, March 21 from 1-7pm.

The free, family-friendly event will feature stalls and workshops.

There will be a chance to shake things up on Saturday evening, March 22 from 7.30-11.30pm at a women's dance night.

The night will feature live music from Which Witch and Cider Jam.

The cost is \$15 (\$10 concession) and payment is at the door of the Nowra Showground pavilion.

For more information on this women's only event phone Marg on 4422 0103.

A women's performance night will cap off the celebrations on Friday, March 28 from 6pm.

This women's only event at Tomerong Hall will be a chance for women to perform for the first time.

The cost is \$10 (\$5 concession). Meals will be available for purchase or bring your own.

If you would like to sing, dance, read poetry, fire twirl or entertain in any way, phone Caz on 0413 466 430.

History of women taking a stand ...

INTERNATIONAL Women's Day has been observed since the early 1900s, a time of great expansion and turbulence in the industrialised world that saw booming population growth and the rise of radical ideology.

• **1908:** Great unrest and critical debate were occurring among women. Women's oppression and inequality was spurring women to become more vocal and active in campaigning for change. Then in 1908,

15,000 women marched through New York City demanding shorter hours, better pay and voting rights.

• **1909:** In accordance with a declaration by the Socialist Party of America, the first National Women's Day was observed across the US on February 28.

• **1910:** A second International Conference of Working Women was held in Copenhagen. Clara Zetkin (leader of the Women's Office for the Social Democratic

Party in Germany) tabled the idea of an International Women's Day. She proposed that every year in every country there be a celebration on the same day – a women's day – to press for their demands. There conference of over 100 women from 17 countries, greeted Zetkin's suggestion with unanimous approval.

• **1911:** International Women's Day was honoured for the first time in Austria, Denmark, Germany and Switzerland on

March 19. More than 1 million women and men attended rallies campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination.

• **1913-14:** On the eve of World War I campaigning for peace, Russian women observed their first International Women's Day on the last Sunday in February. Following discussions, the day was transferred to March 8 and this day as remained the global date for celebration and action.

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POSITIVE: Jetts owner Imogen Parker wants to help Shoalhaven women achieve their fitness goals.

Active living at any hour

NOWRA'S newest gym, Jetts has been a huge success and owner Imogen Parker is all too happy to help women get their fitness back on track and help change lives in the process.

Being the first 24/7 model gym of its kind in Nowra's CBD was Imogen's goal because she knows not everyone fits into a 9am to 5pm workout regime.

"Jetts gives people the opportunity to incorporate fitness into their busy schedules," she said.

"Working out is that little bit of time out for the busy woman. Even if it is just 30 minutes out of your day, it is "you" time and that then has a positive effect on all aspects of your life."

Jetts offers state of the art cardio and strength machinery as well as small group training on the Functional Trainer.

"High intensity, interval training is a time efficient and cost effective way of training that gets results fast," Imogen said.

With more women than men signed up all at varying ages, it's a credit to Jetts' philosophy that fitness is for everyone.

"The youngest members here are 14 and that ranges up to 75 plus," she said.

"Coming to Jetts can just be to keep active, lose weight or work towards other fitness goals but I find while everyone's motivations are so different just being around like-minded people makes for a fabulous, positive workout environment."

"I understand what it's like to work and have a family and I really appreciate the time I have to work out here in the gym and every woman can experience the same at Jetts."



THINKING AHEAD: South Coast Wealth Management financial adviser Kayleigh Patmore would like to help women.

Look after your future

SOUTH Coast Wealth Management financial adviser Kayleigh Patmore believes financial wellbeing is a key issue for most women.

Ms Patmore said there were a few main reasons why women should be proactive about their financial future.

The first was the life expectancy of women.

"On average women live five years longer than men. This brings about two factors for women to consider and plan for.

Firstly, they need to be prepared for a longer retirement than men, and secondly those who are currently in lifelong relationships with men will likely become solely responsible for the finances at some point in their life," she said.

"Also, women often have irregular careers.

"Women often become their children's primary care-givers and alter their working patterns to give them time to work in the home."

Linked to this is that women often receive significantly less pay than men. Finally the breakdown of marriage or a long-term relationship can be an issue.

"It's a sad fact but many end in divorce and women find it difficult to re-build their assets," Ms Patmore said.

In light of this, Ms Patmore encouraged all women to ensure they understand their current financial position and plan for the future.



KNOW-HOW: Narell Brown from Jaybees has been in the industry for 24 years.

Music to artists' ears

THE music industry is an amazing tangle of creative types who all need to be funnelled into venues for the waiting public to appreciate.

To facilitate that process, an entertainment agent has to know, understand and be part of the artist's and venue's needs, wants and demands. Working both sides of the fence is a juggling act that takes skill.

Some days are spent consoling artists who are feeling overlooked or trying to contain the ego of an artist that has flown a little high.

Then over on the venue side: to provide them with the very best entertainment for their clientele while working within strict budget constraints.

Narrell Brown from Jaybees Entertainment has been performing this act for over 24 years and is a dab hand at satisfying both artists and their employers.

Engaging these artists in everything from nursing homes, to private parties, pubs and clubs to theatres, there is nowhere a performance can't be staged.

Working from a well-appointed home office, makes Narrell available seven days a week. And she is always ready to answer a call even outside office hours.

Availability is the key to being able to cater to everyone's needs, and Narrell's family have always worked with her on this level and understood her commitment to the clients she takes care of.

Longevity in this business is a rare thing especially for women.

To have operated for 24 years without a break is a demanding feat that Narrell has achieved with great tenacity and strength of character.



VOCAL LOCAL: State Member for the South Coast, Shelley Hancock can voice your concerns.

Our woman in the house

AS the Member for South Coast, Shelley Hancock is committed to being a strong, grassroots representative for the local area in the Parliament of NSW.

First elected to Shoalhaven City Council in 1987, Shelley worked with and for the community on a local government level for over 16 years. Highlights include serving as chair of the Rural Fire Service Strategic Planning committee and as Deputy Mayor as well as several other council committees.

Elected to NSW Parliament in 2003, Shelley's commitment to the community now includes providing assistance for local residents on state government issues, raising matters in NSW Parliament or taking constituent concerns to the appropriate minister, department or agency.

After the 2011 election Shelley was appointed as the state's first female Speaker and as such is required to act with both authority and impartiality within the Parliament.

The Speaker, along with the Legislative Council President, is responsible for the overall direction of the Parliament and Shelley is solely responsible for the operation of the Department of Parliamentary Services of the Legislative Assembly.

At her office, 1/57 Plunkett Street, Nowra, Shelley can also assist with Justice of the Peace applications, community service awards, state representative certificates and arranging congratulatory messages for 50th and 60th wedding anniversaries as well as 80th, 90th and 100th birthdays.





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EXAMPLE: Nowra High School principal Angela Byron is a role model to students.

A positive role model

AS the first female principal of Nowra High School, Angela Byron is conscious of her duty as a role model to her students.

"It's important for all students to see women in leadership positions and particularly for girls to understand that there are no limits on what they can achieve in their chosen field of endeavour," she said.

"There are a large number of women in leadership roles at Nowra High, and I think this sends a clear and positive message to our girls that they too should be aiming high.

"I have been fortunate throughout my career to have some wonderful female role models, so I understand the influence that comes from encouraging young women to pursue their dreams."

This year Angela is celebrating 20 years of working in public education. Commencing her career as a history teacher in western Sydney, Angela has also held positions at the Board of Studies and Department of Education developing expertise in curriculum design, educational measurement, quality teaching and school improvement.

"I am grateful to have had a diverse career within public education, however being the principal of Nowra High School is undoubtedly the highlight," she said.

"I feel incredibly lucky that I look forward to coming to work every day and I love the challenge of working in such a dynamic and complex environment.

"Each day brings something new and there always seems to be a new reason to feel proud of my staff and my students."



PRODUCT VALUE: Suzanne Edwards from EGR Trailers has been manufacturing quality trailers for the past decade.

Ten years of trailers

SUZANNE Edwards owns and operates EGR Trailers in South Nowra with husband Rob. The business has been operating in the Shoalhaven for 10 years.

Their main focus is manufacturing a high quality trailer at a reasonable cost.

"Working in a male dominated industry of engineering has many hurdles for a female," Suzanne said.

"Most people expect you to know nothing about the industry and ask to speak to the boss. Most are surprised to learn that I am responsible for most of the sales and ordering of parts. Although I do all the book work I also do all the pre-delivery work on our trailers and assist with the running of our workshop.

"We find running the business together challenging at times, but very rewarding when our products are received by happy customers," Suzanne said.

"A family business allows us to personalise our approach to customers."

The trailers Suzanne and Rob create are manufactured in their local workshop, not brought in from out of town.

Because they have complete control over their products they have been able to make improvements you'd be hard pressed to find anywhere else.

"We eliminated the traditional welded angle iron frame and replaced it with an RHS chassis and added drainage holes," Suzanne said.

That design change reduces the chance of water being trapped, extending the life of the trailer.

They stock plenty of spare parts for trailers of all sorts.



TAILORED HELP: Cathy Arcus from The Disability Trust Workskills program is committed to helping people.

An individual approach

CATHY Arcus has been working with The Disability Trust Workskills program since 2011 and is dedicated to supporting and presenting people with work, who would not otherwise have the opportunity.

With a mental health background and experience in aged care for most of her life, Mrs Arcus said that she helps to enable and support people with mental health issues, injuries or those who are at a disadvantage for whatever reason, to achieve their dreams and goals.

"That is the main reason I do what I do. I love working with people and I love enabling them to see that what they want is possible," she said.

"I say to them, 'let me show you how'. At Workskills we are client focused with a person-based team and I am very proud of that.

"We work with each person individually. There can't be success in the individual if you provide a blanket support system for every person, because every case is different."

Along with Simon Longworth, this insightful and dedicated team helps people from Kiama to Ulladulla.

"Our role is to support people back to employment," she said.

"A large part of what we do is to liaise with people in the Shoalhaven to improve community partnerships for clients and encourage social change."

Workskills also provides employment services in Wollongong, Campbelltown, Miranda and the Southern Highlands.



PROFESSIONAL: Elders Culburra's Kerry Green has a passion for quality service.

A passion for service

WITH over 20 years' experience in the real estate business, Kerry Green from Elders Culburra has grown her business to double its original size through her passion for quality service.

From its early beginnings in a small home office, to the Elders Culburra it is today, Kerry said it was her passion for the business and the satisfaction she gains from providing excellent services to their clients that keeps her striving for more.

"We provide holiday rental, permanent rental and sales and on the holiday side of things our point of difference from the rest is our excellent and hands on management of those properties," she said.

"We have had an accumulative growth over the first seven years of being in business and Elders Culburra now has the largest holiday rental portfolio in the area, with the permanent rental side quickly catching up.

"Our sales since 2011 have doubled from the amount sold in the first year and we have had a good start to this year."

Kerry said Elders Culburra has a dedicated and dynamic team who all work collaboratively, taking a special interest in every person.

"We are now a team of seven and we will continue to provide the best services," she said.

Elders Culburra is also dedicated to the local community and is a sponsor of the Culburra Surf Club and local touch football team.

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GROWING CAMPUS: Head of Shoalhaven Campus Robbie Collins.



SISTER ACT: Leonie Clay and Julie Woodall from My Travel Expert want to help you see the world.



DEVELOPMENT: The Office Connection's Kathleen Morris can help you streamline your small business.



EXPERIENCED: Nikki Cooper has over 11 years' recruitment industry experience.

Education opens doors

AS an influential female figure, Robbie Collins is well aware of her duty to inspire women.

"For me, it's all about that sense of community opportunity. You create your own future by engaging in education that opens doors," she said.

"We don't know what jobs are going to be around in the next 10-15 years, so an education that creates options and teaches you how to be someone who can be a flexible, creative learner, is crucial."

Robbie, who has held the position of Head of Shoalhaven Campus since 2003, is a great believer in giving everyone access to education.

"The most rewarding part of my job is watching the campus grow and seeing the changes happen in the community," she said.

"I really believe that what is going on at the campus is significant for the whole of the Shoalhaven. It creates opportunities for people in general, and women especially."

"Nearly every leadership role on this campus is held by a woman – it's fantastic!" she said.

"The medical school, the nursing school, the library, the cafe – women run them all. There are more and more women moving into leadership roles."

Robbie herself was recently promoted to Associate Professor based on her innovative work with UOW in the Shoalhaven.

A place to connect

NOWRA'S Travelscene is now My Travel Expert and the team is dedicated to fulfilling your travel needs.

Owned by sisters Leonie Clay and Julie Woodall since 2011, the pair have over 50 years' combined experience in the industry and say they are committed to delivering a high standard of service to the Shoalhaven.

Mrs Clay said their business has received many awards over the years including the Shoalhaven Business Chamber's outstanding new business and highly commended award for excellence in service in 2013.

"We continually set ourselves and our team goals and we are proud to achieve them," she said.

"And now we have joined forces with helloworld, Australia's largest travel agency group."

My Travel Expert has recently created a new and exciting travel program especially designed for the single travelling woman.

"We started the Shoalhaven Solo Sisters program late last year," she said.

"It began as a result of inquiries from women who are single by choice or by circumstance and wanted to travel but were hindered by cost and lack of travel companions."

"We are offering some great choices, from a shopping experience in Melbourne to culinary delights in Vietnam."

"The Solo Sisters program has been very well received so far and women are clamouring for it. It can be very empowering for some women to be a part of this."

Shoalhaven women, this is your chance for empowerment and to connect with others with My Travel Expert's Shoalhaven Solo Sisters.

The best for business

KATHLEEN Morris from The Office Connection in North Street, Nowra aims to increase the profitability of your business by taking care of things you don't have time for.

After five years of owning her business, Mrs Morris knows the challenges that come along with small businesses.

"The Office Connection has been around for 20 years and there have been many changes in that time. We focus on technology to make our services continually relevant to our clients," she said.

"We have a great team here who are continuously working to diversify the services we offer and promote our telephone support services – this has been a major development for us over the last 12 months."

"Our reports show us that these services are a great way to grow businesses and keep competitive in the changing business environment."

Mrs Morris said as a business owner and manager she has met a lot of interesting people and had the opportunity to be an entrant and judge in the Shoalhaven Business Awards.

"The Office Connection has definitely facilitated numerous job placements for mature and experienced business women in the area and this is a hugely satisfying part of the business," she said.

"There are also a lot of opportunities for young ladies here, as we have progressed a number of trainees through their Certificates III and IV in Administration."

"We have a very collaborative environment and all work as a team to continue growing as a business and to give our clients the best possible service."

Finding staff made easy

FOUNDED in 2011, Palladium Recruitment and Labour Hire began out of a desire to provide a professional alternative to free government funded employment agencies.

Palladium is a privately owned recruitment and labour hire business servicing the Shoalhaven.

It delivers affordable, innovative and effective recruitment services to all industry sectors, specifically aimed to supply highly skilled, experienced and qualified candidates who most importantly are motivated to work.

Helping businesses streamline their recruitment processes and take the hassle out of finding staff is what they do best.

Nikki has a passion for recruitment and thrives on matching candidates to clients while maintaining a cost-effective, honest and professional service.

Her experience is varied and includes recruitment consulting (both permanent and temporary), business development, resourcing, advertising and labour-hire.

Nikki has the knowledge, skills and motivation to fulfil your recruitment requirements and more importantly is committed to finding you the right employee.

Palladium Recruitment is at the forefront of attracting skilled and experienced candidates to the Shoalhaven by embracing new recruitment strategies including the use of social media and the internet while not forgetting traditional recruitment methods.

The best thing about Palladium Recruitment is they provide a risk-free service – meaning no placement, no fee.

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REPRESENTATIVE: Federal MP Ann Sudmalis pays tribute to local Shoalhaven women.

Working for community

AS the Federal Member for Gilmore, Ann Sudmalis is a representative of the people in our community and listens to the needs and concerns of our area to make a difference.

"In the Shoalhaven, we have some of the most inspiring women in Australia, we have entrepreneurs, dressmakers and mothers, volunteers and solicitors, police women and doctors, we have women like Turia Pitt, and Maz our hospital clown, we have Lorraine Pocock and the women of Zonta, we have women Lions and women Rotarians, we have the CWA and Red Cross, and so many more," she said.

"After attending the Meroogal Women's Day Awards I am again blown away at the breadth of dedication from our local women. There is strength in each and every one, a passion for life and their life's work. Whether they are working for a wage or working for a community they are women and that encompasses all."

Ann was born in Milton and finished her science degree in Canberra, where she began teaching.

She has lived locally for 25 years choosing to bring up her family on the South Coast.

Apart from being the local Federal Member of Parliament, Ann is a Member of the Parliamentary Education Office Advisory Committee, Joint Standing Committees of Education and Employment, the Standing Health Committee, the Coalition Policy Committee for Education, Defence and Veterans Affairs, Infrastructure and Regional Development.

Most importantly, Ann values all the contributions of all of our community and looks forward to assisting her constituents in any way they require.



FREEDOM: Be Well Be Free's Therese Harding wants to help Shoalhaven residents achieve health and wellbeing.

Break bad habits for good

WITH the health and wellbeing of the community in mind, Therese Harding's hypnosis practice Be Well Be Free is there for you.

A master practitioner in neuro-linguistic programming, Therese has dedicated her learning and skills to helping others suffering from the habits of smoking and being overweight.

She knows how difficult it can be for people to change these unconscious habits and this is where hypnosis comes in.

The Reach Your Ideal Weight in 60 Minutes program uses hypnotherapy together with a tested, proven and unique proprietary seven step plan. Quit Cigarettes in 60 Minutes also uses advanced hypnosis.

The beauty of both programs is that they deal with the uniqueness of each individual.

"I had a choice when I was setting up my business to go to Shellharbour or to set up in the Shoalhaven and I saw there was a real need for what I do here," she said.

Those who attend a hypnosis session at Be Well Be Free leave with an urge to go home and be free from their habits.

"I'm so pleased for my clients when they leave my office in a much happier and rested state than when they came in," she said.

"Often people come to me and they are nervous or apprehensive but they always leave with a smile."



INSPIRED: Bundanon Trust CEO Deborah Ely is a champion of the arts.

Art events for everyone

FOR Bundanon Trust Chief Executive Officer Deborah Ely, the unique gift to the nation from Arthur Boyd is an opportunity for the Shoalhaven to revel in.

Being on the local community's doorstep, the property houses arts of all kinds for people of all ages and ranging interests.

Deborah said Bundanon continuously hosts special events including art programs and talks, festivals, property tours, walks and so much more.

"Bundanon is always hosting something for everyone," she said.

"The Sydney Symphony Orchestra is making a visit on April 13 and will be a concert for lovers of fine music.

"We also have the wonderful Jeff Lang who plays a folk, rock, blues style for the younger crowd to enjoy on May 25."

Deborah said there is also the chance for young women aspiring to be artists to engage with professional artists at Bundanon.

"There are great opportunities to meet women artists and this is a great way to be inspired and think of art as a career through our artists in residence," Deborah said.

"I want to make people more aware of the great asset they have here in the Shoalhaven and to come and enjoy Bundanon.

"For people who want to involve themselves more fully there is also the opportunity to do volunteer work with the art collections, gardens, events and also bush care work."

For more information on Bundanon Trust and upcoming events visit www.bundanon.com.au or contact 4422 2900.



SUCCESSFUL: Niki Willdig of Tovedale Developments prides herself on delivering the best.

Thinking outside the box

NIKI Willdig of Tovedale Developments (part of the Druce DP Group) has been in the Shoalhaven for six years working on local land development.

As part of a local family business, Ms Willdig prides herself on delivering the best for all things construction and development.

With over 12 years of real estate and land development experience under her belt, Ms Willdig has brought her specialist training in marketing to the table and is not scared of breaking the status-quo to get the best results for the local community.

"I have made sure I understand the purchaser's needs and that of the builder's too. This means everyone who's involved in the end product," she said.

"I make it my interest to try to understand who would buy the vacant land and work with that.

"We hold in high regard, the land development and I don't think anyone markets in the same way we do.

"I'm extremely proud of my main product which is the new Twin Waters development, including the Shoalhaven's largest display village at South Nowra."

In a predominantly male based industry, Ms Willdig said it has been a challenge but one she was more than willing to take on and she offers a different and successful way of thinking.

"I have found most people are open to my way of thinking and I've made fantastic business relationships," she said.

"I'm very passionate about the industry as a whole and that we are a local company doing local development."

ADVERTISEMENT

"Let's celebrate our inspiring women"

Ann

ANN SUDMALIS MP
Member for Gilmore

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SELLING SUCCESS: Nowra & Coast Real Estate director Vicki Willis knows experience makes the difference.

Modern real estate

VICKI has enjoyed a very successful real estate career nearing 20 years in Nowra and surrounding suburbs, east to the coast and outer rural areas.

Now entering her sixth successful year in her own business, Nowra & Coast Real Estate, Vicki's business concept offers a mobile service where she comes to you.

Nowra & Coast Real Estate also has a website which links to various commercial websites, so you get the best exposure possible.

In choosing not to be a franchise office, Vicki's business is not restricted to a particular area to sell in, which is great for anyone that wants to use the service and of course, past clients.

The company philosophy is to offer a personal and professional service and their motto, experience makes the difference, is true when clients entrust their most valuable asset to sell on their behalf.

Vicki has extensive industry knowledge as well as the associated legislation knowledge in relation to real estate, extensive knowledge of the areas you are selling in, good negotiation skills, honesty and transparency in all your dealings.

Real estate to Vicki is a dedication, not just a job and she has her clients' best interest in mind at all times.

Vicki has held a licence for 16 years under the Property, Stock and Station Agent Act 2002, a current real estate agents licence, business agent, stock and station, accredited auctioneer and most recently Vicki has graduated as a qualified property valuer.



ADMIN HELP: Krystal Wieteki is a friendly face at Shoalhaven Patios.

First point of call

KRYSTAL Wieteki is the first point of call at Shoalhaven Patios.

She is always very friendly and polite and is only too happy to help you with your outdoor patio solutions.

Krystal can offer you a patio cover, screened rooms, carport, decks, glass enclosures and many other building and construction needs.

Originally Krystal was employed as a trainee, but her employers chose to keep her on after she had completed her training.

Throughout her traineeship Krystal has enjoyed the support of her employer, TAG and Essential Personnel staff, which has made her transition into employment a smooth and successful process.

She has since loved being an administrative professional for Shoalhaven Patios for the last three years.

"She's a great asset to the business, we couldn't do without her, she does a bit of everything from greeting customers to being on site," said a person who didn't want to be named, but it is her mother.

"It's good to work for a locally owned family business," said Krystal.

Liz and Shane from Shoalhaven Patios spread thick family values through every cross section of their business; this will ensure that the customer will be totally satisfied with Shoalhaven Patios from the first contact - hassle free quoting, construction and right through until the final inspection.

So call Krystal today on 44232 723 and she will be only too happy to help you on your way to your patio dreams.



SUPER STRATEGIES: Lyn Elliott of SUPER Woman vs REAL Woman is holding a last free workshop.

Inspiration for life

LYN Elliott is an inspirational speaker and author for women and is taking her successful program, SUPER Woman vs REAL Woman overseas next month.

As a human behaviour specialist for over 20 years, Lyn's aim is to educate and inspire women to lead happier, healthier and more fulfilling lives. Once a paramedic in the Shoalhaven, Lyn has seen how far women push themselves in day-to-day life and has since dedicated her career to changing, helping and supporting all women.

"I know women juggle so many things in their lives and they feel like they have to be superwoman, but life doesn't have to be that hard and I help those women to realise that," she said. "There are strategies these women can use to make their lives easier."

Lyn has been extremely successful over the last 12 months and is holding her final free workshop tonight at the Wollongong Library from 6pm before her extensive 12 month tour overseas. Bookings are essential and there are only 10 seats left.

"I will bring what knowledge I gain on my trip back to Australia and to the women of the local community," she said.

"As a mother of four, I know firsthand what it can be like to juggle too many things. I'm encouraging women to go to my website and access free tips on how to improve their lives.

"I am also releasing a book through the website and will be running workshops when I return next year."

Lyn is available for one on one coaching sessions and is also available for weekly group coaching but positions are limited.

For more information call Lyn on 0402 254 042 or email lje196@gmail.com.



PRETTY PET: Snuggle Pup and Cuddle Pooch's Sharon Hall will have your pet looking perfect.

Canines transformed

IT is not often Shoalhaven residents have the chance to be pampered and cared for by someone who has been acknowledged as simply the best in the business.

But that is on offer to the region's four legged friends from Sharon Hall, who has run Snuggle Pup and Cuddle Pooch in South Nowra for the last 12 years.

In 2009 in Germany, Sharon won the world individual dog grooming championships, against more than 100 other competitors from all over the world.

She was also part of the first Australian Groom Team competing in the teams' event in 2009 and attained the highest point score in Australia for the 2011 event.

She was also selected for Groom Team Australia travelling to Belgium for the world championships.

More recently Sharon travelled to the US and competed in Pasadena's Groom and Kennel Expo bringing home another first in the Poodle category to add to her collection.

The commitment and passion that took Sharon to wins in the German Masters world championships as well as in the US over three consecutive years where she has at least won one level is on display every day at the South Nowra business where she employs several other groomers and caters for more than 5000 of the Shoalhaven's best friends.

Sharon has also won Australia Champion Groomer and she was crowned the NSW champion last year. She is very soon competing for a chance to be NSW champion again this year at the Royal Easter Show in April.

Do your dog a favour, book it in to have the full pampered pooch package, they will love you forever. Call today on 4423 2264.

Nowra & Coast REAL ESTATE P/L

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