



**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](http://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



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