

ISSUE #01

free!

White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE



SEE YOU IN *the water*

THE STORY OF PILGRIMS CAFE

+ Two Way Street | Happy Snaps | How's Your Core? | Winter Comfort | Local Band Ekko

♻️ Printed on 100% recycled stock

Welcome to our very first issue of White Wash. The magazine evolved from the idea of wanting to showcase the Milton-Ulladulla district and the amazing people who live and work here. The project has turned into an exciting venture that we want to share with everyone in our community and the many visitors to our beautiful region!

Pilgrims Vegetarian Café is an iconic part of Milton, and Martha and Garth are a wonderful example of people who are community-involved and driven. We are so grateful to have this as our first feature article and we thank all the local businesses and people who have supported us in our launch issue, of which we are extremely proud.

We look forward to featuring more stories about our region, the many interesting people in our community and their remarkable endeavours.

So grab a coffee, kick back and enjoy! We welcome your feedback.

Love from


Virginia & Terri

White Wash will appear quarterly and is also available online at whitewashmagazine.com.au

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LOCAL FACT



180 years

The age of Mick Ryan Park fig tree



TWO WAY STREET

GEOFF COOK & KEN ANDRISKE

Geoff Cook and Ken Andriske (right) have cooked up a storm in the Steak House at the annual Milton Show for over 20 years, but the roots of their friendship go even further back.

Sitting down with Ken, 60, and Geoff, 62, involves being in the middle of a conversation that rolls on around you, and is peppered with that uniquely dry and laconic Australian sense of humour. Almost every comment sparks yet another memory and story. There is a relaxed familiarity that springs from a long association. At times they finish each other's sentences, in between the laughs.

They met playing grade rugby league for Milton in the '70s, and socialising in the then small town. Ken says, "We bonded over beer and footy. We both love the Sydney Roosters and we like a beer."

Geoff continues, "Footy in those days involved training, and drinking at the pub. There was none of this stretching before the game. We had a beer and a smoke at half-time!"

They both enthusiastically recall stories of social tennis matches, cooking spits for fundraisers, parties at the Andriskes', family gatherings and trips away. There's the annual camping trip to Moruya: "It's a fishing trip but we don't fish," says Ken. "We don't camp either," responds Geoff. "We stay in a shed with a fridge and a TV!"

Suddenly another memory is jogged... "Remember the Monkey Mountain Rough Riders Association?" asks Geoff. "Yeah, we jumped on the back of a wild animal and hung on!" laughs Ken.

Ken's first job was at the local abattoir, owned by Geoff's late father-in-law Eddie Latta, who established Ted's Butchery in Milton. Eddie and stalwart Bruce Richards were original members of Milton Show Society and ran the Steak House for many years. Ken remembers, "In those days, someone had to die in order for you to be nominated to the Show committee. I was invited to join when Eddie died, and then later we asked Geoff to help us with the Steak House."

They both wear Eddie's original butcher's aprons when cooking, so a little bit of Milton history continues. The meat is also still supplied by Ted's.

Geoff says, "The Steak House is not a huge money maker. It's there to provide a service and to feed the Show volunteers."

Needless to say, life isn't all footy and beer and these two mates have seen each other through a few scrapes, and the inevitable loss of family and friends as the years go by. During a family crisis when Geoff was a young man, he went to live with Ken's large family for several months and says he was treated as one of them.

“There's the annual camping trip to Moruya: "It's a fishing trip but we don't fish," says Ken. "We don't camp either," responds Geoff. "We stay in a shed with a fridge and a TV!"

The pair- who has never had an argument- has worked hard all their lives but find time to give back to the community. When asked what they appreciate most about each other, Geoff doesn't hesitate, "Honesty. Kenny always stays calm and he's got a cracking sense of humour."

Ken reflects then replies, "Geoff is very black and white. He cuts through the cr*p and that scares some people, but that's just Geoff. I know I can rely on him."

So what lies ahead for these two mates from Milton? Geoff laughs, saying he doesn't think past what's on tomorrow! Ken says, "We'll keep cooking at the Show. We have a system on the barbeque. Geoff on one side and me on the other... and we meet in the middle."

Sounds like the recipe to a long-standing friendship. •

TWO WAY STREET WILL BE A REGULAR FEATURE

If you know two people with a great story, we'd love to hear it. info@whitewashmagazine.com.au

Share your snaps with us by tagging #whitewashmagazine on Instagram or email us at info@whitewashmagazine.com.au



Genevieve and Jacinta Carruthers



South Mollmook Beach and Golf Club in 1963



Pino Puglisi fishing for calamari down at Collers Beach in 1967



Noni Price's hens party, November 2013



Cute little Harry Dickford clowning around



Local Rotarians and Milton Ulladulla Basketball Association members at the new court behind Mollmook Beach



Sophie and Dom Geisser's wedding in Milton



Andrew Kaneider and Emily Reid at Blanc Space Gallery



Rosie Stephen, Skye Todd and Tess Wilson



Nocturnal Surf Tag at Flatrock

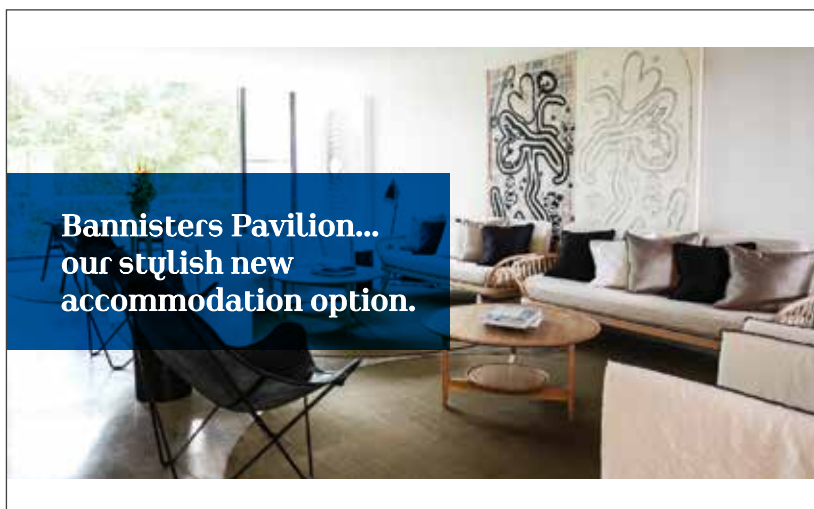




It's slightly shabby, the acoustics are lousy and you may wait 40 minutes for a Bliss Burger on a holiday weekend. So what is it about this place that draws such a diverse and almost devotee-like customer following? Pilgrims was established in Milton in 1980 by a Seventh Day Adventist couple as a vegetarian takeaway outlet. The then small hippy/surf community camping along the region's coastline soon adopted it, largely due to it being about the only place south of Bondi offering 'alternative' food. In those days many of the customers were of limited means, calling in for a burger and a smoothie about once a fortnight coinciding with welfare payments. In 1987, local couple Andy and Julie Leslie bought

the shop, expanded the menu, and during the 17 years they ran it, Pilgrims became almost legendary as an essential stop for hungry travellers in search of south coast waves. Twelve years ago Pilgrims was purchased by Garth Dickenson, his wife Martha Perry and her brother Daniel. Garth had previously worked at Pilgrims in the '90s when he lived on the south coast experimenting with permaculture and organic farming. Garth is a qualified chef. He and Martha met while working together at a Sydney café. Martha has a bachelor of Health Science in Naturopathy and worked in hospitality while studying. Growing up on Sydney's northern beaches,

Garth, along with some other members of the Dee Why surf set in the late '80s, was headed towards a professional surfing career. Injury changed that, so he took some time to travel the world, surfing and trying to figure out what he might do with his life. He later established a vegetarian catering business to meet the growing demand for alternative menus for conferences and yoga retreats. Soon after they met, Garth and Martha returned to the south coast in search of somewhere to settle down and immediately felt Milton was right for them. Garth visited his former employers at Pilgrims and was working there when they decided to sell. The couple saw potential in the café and buoyed by



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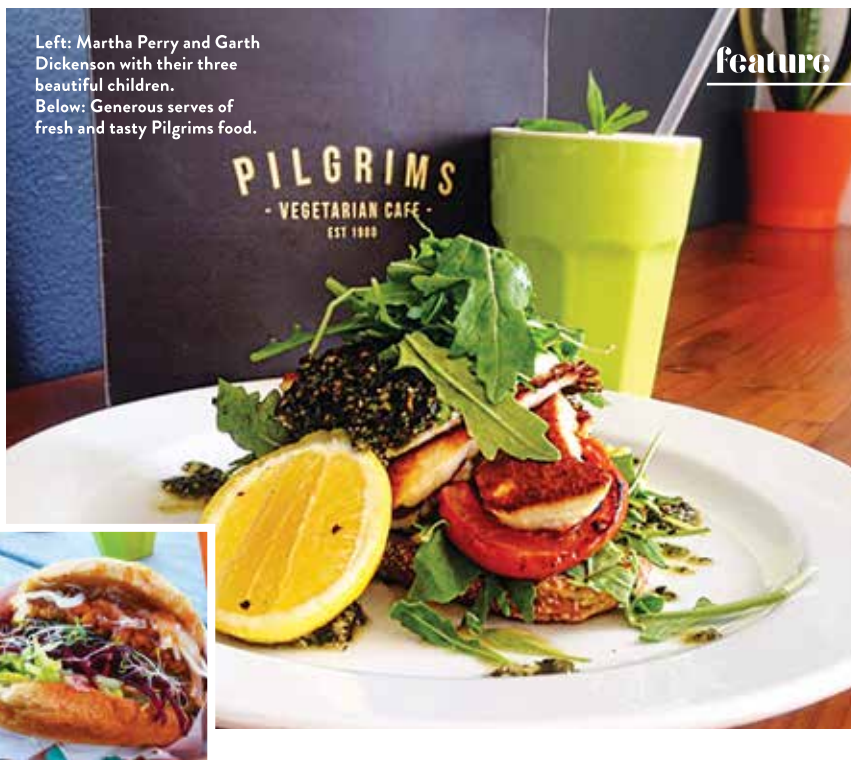
increasing growth in the region, they contacted Martha's brother Daniel, who has a degree in Business Studies. They agreed to take over the business together.

Talking to the couple about their philosophy and attitudes to business revealed some interesting, if not unsurprising themes. Martha says, "We want people to come to Pilgrims and have a yummy, happy experience - we are here to serve people and look after them". The statement is no surprise given that during the interview, Martha, who has a flower in her loosely tied back hair, greets almost every customer by name, hugs some of them and generally exudes warmth. Garth is slightly more serious and adds with a disarmingly direct gaze, "You have to keep it in perspective - we do burgers and coffee. It's simple: its not life saving work."

It can be daunting walking into Pilgrims, if the queue to order reaches the door and every table is full, but there is also a cheeriness to the space largely due to the staff being unflustered even when under pressure. Garth agrees and explains that in order to enhance the customer's experience they try to provide a calm environment where employees are treated with the respect that is in turn demonstrated to customers. He adds, "I make sure that staff all know that Pilgrims is not cool."

“ We want people to come to Pilgrims and have a yummy, happy experience - we are here to serve people and look after them.

Garth's formal training in busy Sydney restaurants formed his management style. He experienced rigid hierarchical systems that sometimes resulted in team members of lowly rank and experience being treated with little respect. He sees no benefit in these constructs but appreciates that structure is essential in the efficient running of a busy kitchen - especially when the kitchen is one as exposed to the public as it is in Pilgrims. The staff has clear roles and responsibilities which encourage ownership and pride in their work. Flexibility and generosity are also key elements in the Pilgrims management philosophy.



Left: Martha Perry and Garth Dickenson with their three beautiful children.
Below: Generous serves of fresh and tasty Pilgrims food.



Growth of the business since Garth, Martha and Daniel took over has been significant and somewhat reflective of the regions' growth and increased popularity as a weekend/ holiday destination. The original premises have doubled in size and Pilgrims has opened at Huskisson and Cronulla.

Martha and Garth's aversion to the idea of 'franchise' resulted in a range of agreements being reached with the new Pilgrims managers that were based on relationships and trust. Martha's brother and business partner, Daniel, has commenced the formal licensing processes and has helped them become more comfortable as they develop an understanding of how they are able to maintain control over when and how Pilgrims continues to expand. Garth smiles and says, "You will never see a Pilgrims in a shopping complex."

From somewhere in the café one of the staff calls out to a departing customer "see you in the water". You hear this often at Pilgrims. In fact, it's printed on some of the black T-shirts

worn by staff - most of whom look like they have recently been for a surf and are happy to be serving burgers and coffee until they get back in the water. It's 10.30am midweek and there are only a few tables unoccupied. I notice a table of four young women with preschool age children squealing and giggling over pancakes. Next to them is a man in his 60s reading the paper with his dog asleep under the table and there is a tradie from a local building site at the counter waiting for a large takeaway order. Coming in the door is a group of middle-aged bikers carrying helmets and peeling off leather jackets. The girl behind the counter smiles as they take their time deciding what to order. Garth looks up from making burgers and nods a greeting. Everyone is relaxed, no one looks or feels out of place here. Surely that is at least a bit cool. •

*Pilgrims Vegetarian Café, The Settlement, 8/9 Princes Hwy, Milton NSW
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LOCAL PRODUCTS

If you would like to feature
a product in our next issue
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IN THE VINEYARD

With Cupitt's Winery

CUPITT NEBBIOLO &
MIA BELLA ARNEIS



What is an "alternate variety"? The definition as stated by the Australian Alternate Variety Wine Show, is any variety other than Cabernet Sauvignon, Chardonnay, Chenin Blanc, Colombard, Grenache, Merlot, Pinot Grigio/Gris, Pinot Noir, Sauvignon Blanc, Semillon, Shiraz, Riesling and Verdelho... phew!! Now that covers a lot of the wines we usually drink, but there are some other varieties introduced into Australia that offer an alternative to these and are really well made and delicious.

They are just 2% of the total plantings but add a little bit of excitement and a wine experience that is "outside the square" for those looking for something new and a little different.

The Italian varieties in particular are very well suited to the Australian climate, and Nebbiolo and Arneis are becoming well known wines. They both originate from Piemonte in northern Italy and have a wonderful history together. Arneis, although a white grape, was added to Nebbiolo to soften the tannins, but they are both great varieties in their own right.



Match Cupitt Nebbiolo (priced at \$36) with:

- Herb-crusted roast lamb rack
- Smoked duck with wild mushrooms
- Fresh spinach linguine with white truffle shavings

Both wines are available now at Cupitt's Winery, 58 Washburton Rd, Ulladulla NSW 2539
P. 02 4455 7888
E. info@cupitt.com.au



When talking with Rosie Cupitt about her cheese making, we discover that Cupitt's Winery is located on the site of an original Milton dairy farm. So perhaps the step from vintner to cheese maker is not so surprising, as Rosie aims to build on that history with her new venture.

WHAT SPARKED YOUR INTEREST IN CHEESE?

My travels and search for wine knowledge have created the interest in cheese. In France and Italy you could eat a different cheese every day of the year and still not eat them all.

I always spent my holidays looking in cheese rooms and thinking how wonderful it would be to be able to create a product, and wondering how you did that.

HOW DID YOU LEARN YOUR CRAFT?

I started learning the traditional way to make the cheese that I love four years ago, and every day I learn something new... you never stop learning. I went to France (in between winemaking) and studied the art of making artisan cheeses, with a lot of tasting! I spent two weeks in the Loire, where every afternoon we would turn and wipe the huge cheeses in the old railway tunnel where they were ageing, a really important part of making good cheese.

HOW MUCH OF YOUR TIME IS GIVEN TO MAKING CHEESE?

I am in my cheese room every day, either making cheese from the beautiful goat's milk I get from

Caleb Graham, or tending to my ageing cheese, or just thinking about the way to make another type of cheese. I really want to try to please everybody with the cheese I'm making at Cupitt's.

WHAT HAS BEEN A HIGHLIGHT?

My French cheese mentor, Ivan Larcher, comes to Australia a couple of times a year to do workshops for Artisan Cheese Makers. He visited my fromagerie and we made cheese together. That was pretty special.

WHAT DOES THE FAMILY THINK OF THIS NEW ADDITION TO THE CUPITT'S STORY?

Now that we are producing and selling cheese, the 'kids' are really pleased with me taking on this project as they see how happy it makes me. It has been a long-time dream of Griff and I to add a cheese room to the boutique winery, microbrewery and restaurant.

DO YOU SEE THIS AS A FUTURE LARGE-SCALE COMMERCIAL VENTURE?

I don't know if I see myself getting too big with the production, as I will always want to produce true artisan cheese, interesting and full of flavour. My next project will be making raw milk cheese (with permission from the food authorities) as this is how you develop really flavoursome cheese. I'm working on that! •

Cupitt's cheese is available at Cupitt's Winery and at the weekly Gaia Growers Market in Ulladulla.

LOCAL RECIPE

SPICY LAMB, TOMATO AND CHICKPEA BROTH

From Rhonda Warburton



My mother cooked lamb stew for the shearers on our property at Hillston NSW. This recipe is similar but with a modern twist... comfort food on a cold winter's night. Enjoy.

- 1 tbsp olive oil
- 2 lamb shanks
- 1 large onion, finely chopped
- 3 garlic cloves, crushed
- 1 tbsp ground cumin
- 2 tsp Moroccan seasoning
- 2 pinches dried chilli flakes
- 4 large, ripe tomatoes, chopped
- 5 cups beef stock
- 400g can chickpeas, drained
- 1/3 cup chopped fresh coriander
- Greek-style natural yoghurt, to serve

1. Heat oil on medium in a large-heavy based saucepan. Add lamb and brown for approx 4 minutes each side. Set aside.
2. Reduce heat to low. Cook onion

until soft. Add garlic, cumin, Moroccan seasoning and chilli and cook, stirring, until aromatic (about 1 minute).

3. Add lamb, tomatoes and beef stock and bring to the boil. Simmer, stirring occasionally, for 1½ - 2 hours or until lamb is tender and starts to fall off the bone.
4. Remove lamb from pan and set aside to cool slightly. Remove and discard bones. Coarsely chop lamb. Skim the surface of the soup to remove scum. Stir in lamb and chickpeas. Season with salt and pepper. Cook for a few minutes. Stir in coriander. Top with a dollop of yoghurt. •

HEALTH

HOW'S YOUR CORE?

Maybe you want to rock a toned and trim midriff, but there are more important reasons to strengthen your core.



We spoke with Amanda Osborne, local physiotherapist and Pilates instructor, to find out more about “core strength” and discovered the following interesting facts:

1 Before you take a step forward, jump on your surfboard, or move your arm to reach for a cup of coffee, your core is preparing for movement.

2 Your inner core comprises four muscles that act as a “core cylinder” to stabilize and support your lower back and pelvis, preparing it for lifting a load.

Around 35% of women who read about how to do a pelvic floor contraction do it incorrectly.

3 To correctly work your core system you need to get into the routine of consciously switching it on.

4 A strong and stable core is not just about rock hard abs, it's deeper than that. Try gently drawing in the belly button or lifting the pelvic floor muscles.

5 If you get into the habit of engaging your core for everyday functional tasks, you will feel many benefits including improved posture and reduced back pain.

6 Around 35% of women who read about how to do a pelvic floor contraction do it incorrectly. Pilates uses exercises that focus on building the timing and sequencing of these core muscles.

So learn to be more aware of this important part of your body and ‘switch on’ to improve your health! •

SPORT

CHARITY CRICKET DAY

Words Brett Burcher

Milton showground was the perfect setting for the Midas Touch vs Chariots twenty-five over annual cricket match, held on March 12th. With Midas suffering a recent defeat, the event was back on after a short three-month break. The boys were quick to organize a rematch in the hope of carrying the trophy through the lonely winter months.

A sunny, humid day greeted the players, with conditions slightly favouring the batting side. Midas Touch won the toss and elected to try their luck with the ball. It could be called a ‘friendly’ between old school friends, but once both teams were out in the middle, the sledging and competitive atmosphere would have you believing otherwise.

After a solid opening partnership, a few quick wickets fell because of outstanding fielding. Chariots hung in there, managing to muster up a competitive 90 runs. Batting second was always going to have its challenges... beer consumption



From left: Bryce Gage, Chris Hayward, Sam Walklate, Mark Dixon, Mitch Butel, Andrew Burcher, Elliot Marshall, Jack Nyboer, Liam Quinn, Joel Newton, Brett Burcher and Michael Hoskins.

levels being one! Wickets fell early, and they didn't stop. After a less than impressive innings, Midas Touch was bowled out 20 runs short of the winning total.

A few Milton folk turned out to watch the spectacle and they weren't disappointed. Notable performances went to Elliot

Marshall, Liam Quinn, Elliot Morton, Sam Walklate, Adam Clough and Joel Newton. Player of the day rights went to Mitch Butel after a 4-wicket spell and his fair share of runs.

All players chipped into a daily kitty, with money raised going to the Fred Hollows Foundation. Both teams are already looking forward to the next match and there are whispers in the air of a possible weekend away. Thanks to everyone involved for making it a top day. •

To donate to the Fred Hollows Foundation visit hollows.org/au/donate



Batting second was always going to have its challenges, beer consumption levels being one!



IN THE BOOKSHOP

With Harbour Bookshop Ulladulla & ABC Centre



HOME COOKING WITH HAYDEN

By Hayden Bridger

Hayden Bridger, of Hayden's Pies, Ulladulla, knows how to cook more than great pies: you'll find wonderful recipes from brownies to wild rabbit with oyster mushrooms. Catch a taste of the south coast, the new destination for keen foodies everywhere! **Price \$45.00**



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By Tim Harris

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► MUSIC REVIEW

BOO SEEKA

Words Jen Quinn

If you imagined the polished sounds of Boo Seeka are a product of years of practise and playing gigs together, you'll be surprised to hear that bandmates, Ben Gumbleton and Sam Croft, met as recently as December, 2014. Introduced by a mutual friend and manager, the boys from Newcastle were already established musicians in their own right. Ben comes from a traditional singer/songwriter background, also fronting Newcastle roots band Benjalu, while Sam's skills are rooted in DJing and production.

According to Ben, the project was named Boo Seeka six days after they first met, the debut single *Kingdom Leader* dropped the day after that, and the pair were touring nationally with Kim Churchill before the month was done.



The slick electronic production from Sam, fused with the melodic hooks from Ben, has coalesced with charming success.

It quickly became apparent that it wasn't just Kim Churchill digging the band's sound. The slick electronic production from Sam, fused with the melodic hooks from Ben, has coalesced with charming success. *Kingdom Leader* and follow up singles, *Fools* and *Deception Bay* were in heavy rotation on Triple J last year, with *Deception Bay* coming in at #50 in the 2015 Hottest 100.

"It's been crazy rocking up to shows and having people singing along to the stuff they know, as well as vibing to the stuff they don't know," Ben said of their whirlwind success. With such a rapid ascension, the pair quickly realised they were going to be spending a lot of time together. "F**k! I hope we get along," Ben joked.

The band has found their home on Sydney-based label Sureshaker, which plays host to Australian stalwarts Sticky Fingers, Bootleg Rascal and Lyall Moloney. The connection at the Sureshaker label seems to be much more than contractual, with label mates exhibiting elements of psych, dub, rock, roots and reggae in their music. Boo Seeka embody this contemporary genre-defying eclecticism perfectly. Ben was stoked to be welcomed so warmly to the Sureshaker family and said "Sureshaker HQ is like a second home to us".

With the debut album slated to drop in November, there's every chance Boo Seeka will be soundtracking your summer. •

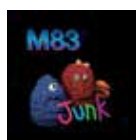
Catch Boo Seeka on their *Oh My National Tour*: Friday, June 24 at the Commercial Hotel, Milton.



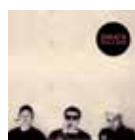
WINTER ALBUMS



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SPOTLIGHT ON A LOCAL CREATIVE

MEET EKKO



BAND MEMBERS

Mark Beasley – Lead guitar
Shayna Wilson – Lead vocals, guitar and keyboard
Dan Beasley – Drums
Easter Wilson – Bass and backing vocals

WHAT'S YOUR GENRE?

We play a form of alternative rock. It's often downtempo, dreamy and melodic. But it's ever changing, we get heavy too. Also Shayna's voice is a big attribute to our sound.

HOW DID YOU GET STARTED?

Well we've all been friends for quite a while. We collaborated on a few tracks before coming together as a band.

WHERE DOES THE NAME 'EKKO' COME FROM?

We got the name from Easter's dog Ekko. She's always hanging around the studio when we're jamming.

WHO ARE YOUR MUSICAL INFLUENCES?

We all dig bands like Radiohead, Placebo, The Cure,

Warpaint, and Kaki King. Sigur Ros has an influence on Shayna's vocal melodies. The boys have always loved jamming to the Chili Peppers.

WHAT ARE YOUR PLANS FOR THE FUTURE?

We are working on our first EP at the moment and recording and mixing with our good friend and producer Kyale McNally. We would love to share it with everyone and travel around playing a few shows. •

Check out EKKO's latest news on facebook.com/weareekko/

LOCAL CREATIVE?

We'd love to hear from you.
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CHECK OUT WHAT'S ON!

JUNE + JULY + AUGUST

11

WINTER WINE FESTIVAL

At all wineries across the Shoalhaven Coast Wine Region
10 - 5pm on 11 - 13 June
Phone: 02 4421 0332
Tickets: \$10



11

FABULOUS THREADS EXHIBITION

At the Milton Ulladulla Ex Servos.
Presented by The Milton Quilters on 11 - 12 June

13
QUEENS BIRTHDAY

21
WINTER SOLSTICE

The shortest day of the year

24

DRAGON - THE COUNTDOWN YEARS

8pm, 24 June Tickets: \$40
Phone: 02 4455 3056



24

BOO SEEKA

The Commercial Hotel Milton
9 - 11.30pm June 24
Tickets: oztix.com.au



MILTON VILLAGE MARKETS

Milton Township
9 - 1pm on the 1st
Saturday of each month

THE ULLADULLA HARBOUR MARKETS

Held at Wason Street,
Ulladulla on the second
Sunday of each month

15

BOWIE UNZIPPED: THE MUSIC OF DAVID BOWIE

Milton Theatre
8pm, 14 - 15 July
Tickets: \$40
Phone: 02 4455 3056



GAIA FARMERS MARKET

Ulladulla Civic Centre
Every Thursday from 3pm
Phone: 0431 088 668
Email: gaiafarmersmarket@icloud.com



CUPITT'S WINERY GROWERS MARKET

Cupitt's Winery
Last Saturday of
each month
58 Washburton Road,
Ulladulla. cupitt.com.au



INTERNATIONAL BEE DAY

1st Friday of August

5

AUSTRALIAN BEE GEES SHOW

Milton Theatre
8pm, 5 August
Tickets: \$50
Phone: 02 4455 3056



MOLLYMOOK BEACH MARKETS

Mollymook Beach Reserve
8.30am - 2.00pm
5th Sunday of the month



INTERNATIONAL FRIENDSHIP DAY

1st Sunday of August

13

JOSH PIKE WITH JACK CARTY

Milton Theatre
8pm, 13 August
Tickets: \$44
Phone: 02 4455 3056



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