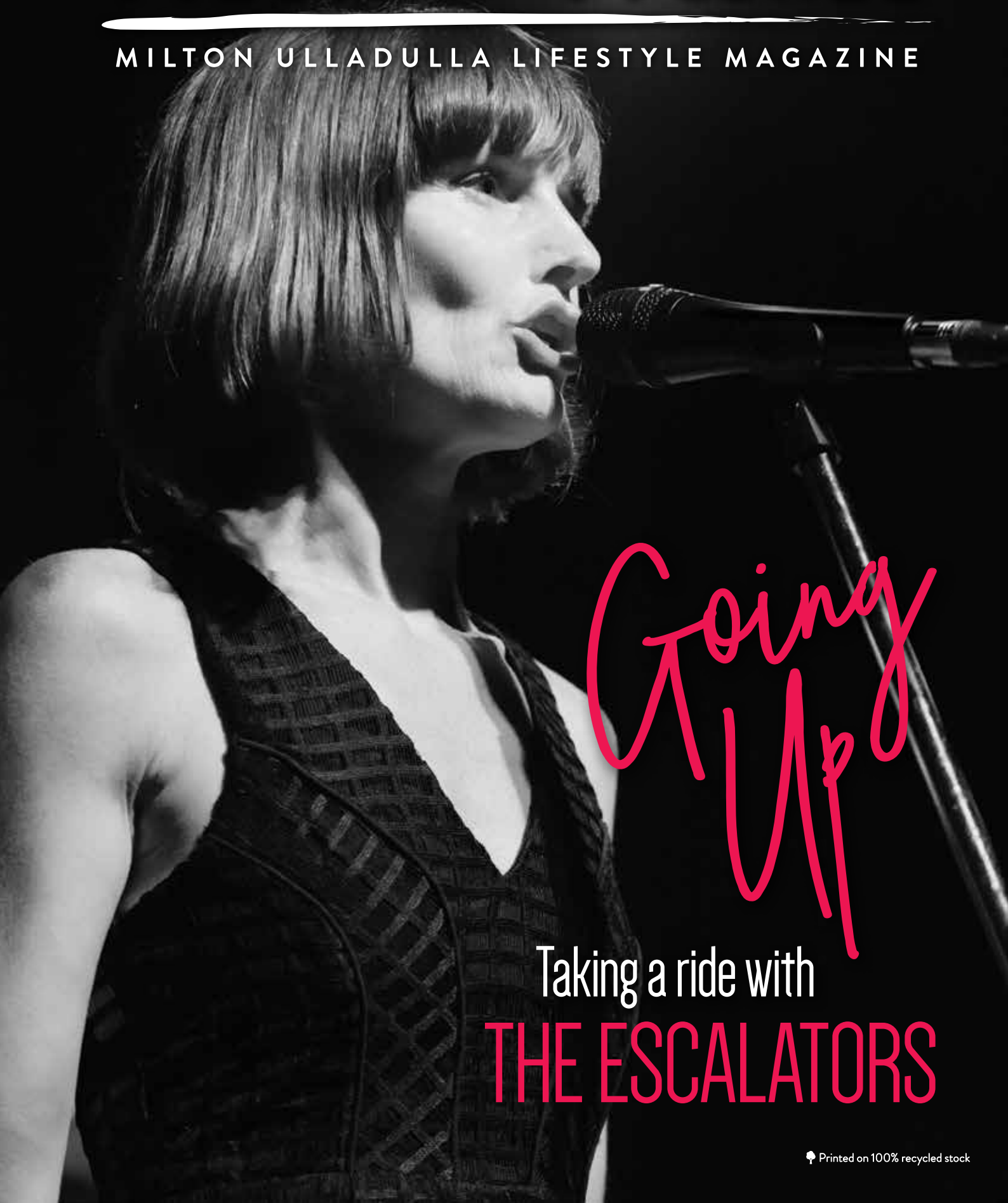


ISSUE #03

free!

# White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE



Going  
Up

Taking a ride with  
**THE ESCALATORS**

Summer is here and we are all looking forward to long warm days, laughing with friends and catching up with those we love. Our beautiful region shines at its brightest during the holiday season, with wonderful beaches, great places to stay and fabulous food. No wonder we have so many visitors!

It's been a busy spring. Escape Artfest showcased the abundant artistic talent in the region with many interesting and fun events. The organisers of this annual festival must be applauded for their tireless commitment to the celebration and support of creative expression in all its forms.

Also, huge congratulations to regular contributor Cupitt's Winery. They are dripping in gold and bronze after scooping the pool at recent restaurant and tourism awards both nationally and locally.

In this issue we talk to local band The Escalators. This band of unassuming musicians took home the prize for Best Jazz Artist at the recent Australian Independent Music Awards held in Sydney shortly before we went to print. They were very surprised at receiving the award – we were not!

We also meet delightful floral artist Saxon Gyorgy who is enhancing the special day for south coast brides with her unique floral arrangements that hint at something a little wild.


White Wash wishes you all the happiest summertime and thanks you again for the support we have received. Put on a big hat, take a dip in our clear waters and enjoy the holidays.

Virginia & Terri

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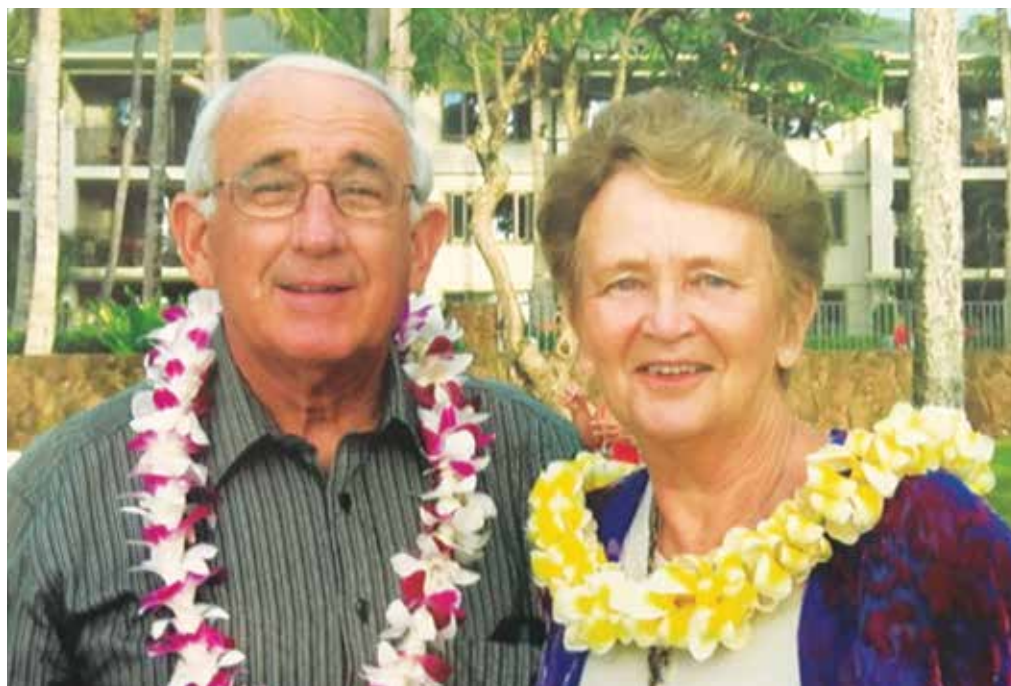
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## TWO WAY STREET

GWEN AND IVAN JOHNSON

In the early '60s Miss Gwen Kirby arrived at Milton Central School, fresh out of teachers' college, to teach mathematics and science. Ivan Johnson was the young science teacher assigned as her mentor. Their chemistry ignited the beginnings of a partnership that culminated in a golden wedding anniversary this year.

When visiting the Johnson family home, the first thing you notice, after dragging your gaze away from the stunning view of Rennies Beach, is the treasure trove of books, photographs and mementos. It is immediately apparent that these items reflect what is central to the lives of Gwen and Ivan – family, learning and community.

Above the fireplace is a photo of their home (circa 1968) standing alone on top of the dunes. Gwen explains, "Ivan used to walk over this land to access the track to the surf. He found out who owned it and fortunately we secured Lot 17."

They built their home and raised three children, who had "squatters' rights" over the beach. Gradually more homes went up around them, but Ivan and Gwen still watch and listen to the ocean every day.

The south coast has always been close to Gwen's heart. As a child she enjoyed holidays to Lake Conjola, which she describes as "time spent in heaven." For Ivan, his connection to the area was immediate. Only days after moving here to teach, he decided he would stay for the rest of his life... and he has!

Ivan recalls strolling down to Mollymook Beach in those first few days: "I started chatting to the lifesavers and was shown the old clubhouse. Before I knew it, I'd joined the surf club, and was put on patrol starting the next day!"

Years later, Gwen would have a similar experience when she turned up with the kids to join Ulladulla Swimming Club and left as club secretary!

That initial surf patrol led Ivan to 56 years of service to Mollymook Surf Lifesaving Club,

Life Membership and the awarding of an Order of Australia Medal. At age 40, Gwen decided to take up playing soccer and has since spent decades coaching the primary girls' team in Ulladulla. She's also taught many of the local kids in town to swim.

They've both devoted their lives to education – beginning together at Milton Central School, before Ivan went on to teach at Ulladulla High School for 40 years and Gwen spent over 30 at St Mary's in Milton.

"Being part of one school for all that time was an honour," Ivan says of his impressive tenure.

As well as enjoying their family, which now includes seven grandchildren, the pair continues to go the pace. Ivan is a member of the local fossil group; has compiled the history of the Mollymook Surf Club and is now writing the history of his Swedish grandfather.



It's a privilege to see ex-students do great things with their lives."

Gwen continues her long-held passion for travelling, is a volunteer tutor, and still coaches soccer and swimming. "I get great joy from seeing children gain confidence," she says. "It's a privilege to see ex-students do great things with their lives."

So what's next in their busy schedule? Ivan jokes that Gwen will soon start her annual project of cooking 50-plus Christmas cakes to raise funds for a Fijian school charity. "Gwen has a poor sense of smell so it's my job to make sure that the cakes aren't burning!" he laughs. •

#### KNOW TWO PEOPLE WITH A GREAT STORY?

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Ross and Rhonda Warburton with friends visiting Victoria Falls, Zimbabwe.



Penny and Marlee taking The Megmobile out and about for a spin.



Collers Beach around 1920.



White Wash editors Virginia and Terri at Melbourne Cup Charity Lunch at Cupitt's.



Jade Cowan from Alan May Holden at the charity golf day.



Mia and Sylvie having a blast jumping waves at Racecourse Beach.



Andy and Marita Bell on their wedding day in 1981.



Sunday selfie taken by Dean Dampney of Cloudface Photography. @deandampney.



Body art at Escape Artfest.



Heidi Duncan, Phil Davey, Julie Dobinson and Amanda Nuttall enjoying a drink at Earth, Wind, Fire and Water long table lunch.



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Jenny Blunden sings beautifully, Lachlan Mackenzie plays guitar with skill and passion, Hayden Moore is totally in charge of the drum kit and Bradley Parson provides an element of swoon on bass. They are The Escalators and it's hard (even for them) to label the style of music they create... soul/blues/jazz/funk? What matters, though, is that when they play, your toes start tapping and something stirs in your chest. No matter what your musical taste, that inescapable rhythm and sense of joy that resonates through their songs and performance is hypnotic.

But let's go back to the beginning...

This story started when Lachlan Mackenzie and his brother formed a band at school in Sydney. Lach's strategy was simple: "We bought guitars and drums, wrote songs and played together. It's always been about playing music with other people," says Lach, who had no formal training, just a few guitar lessons.

Jenny grew up in Batemans Bay but

attended the same high school as Lachlan as a boarder. She says she loved the experience of boarding school, which led her to discovering music. She met Lachlan and joined the band. *The Allsorts* – as they were called – played gigs in Sydney, put out a record and with little more than the boundless enthusiasm of youth, took off to tour the west coast of the US and the UK as soon as they finished school. Lachlan says they learned a lot on tour, but essentially the experience reinforced his belief that, "You can make things happen. We weren't going to be asked to do a tour. If that's the dream, you can go out and make it work. We were teenagers meeting complete strangers on the other side of the world and connecting through music."

Jen agrees that musically, the tour was great but socially it was a challenge being the only girl and often having to "play mum" to the boys, who could sometimes get a bit too involved in the party side of the music scene.

Sadly, when the band returned to Sydney

they folded after the tragic suicide of their then lead singer. "It was broken; we couldn't bear to replace him," Lachlan says. "He was a prodigious talent and the most naturally gifted musician I've ever been in a room with."

Jen and Lach's friendship turned into romance and they moved to Milton 12 years ago to start a family. Soon after the birth of their first child, they headed to Sydney to listen to a band and remind themselves that their world was about more than getting enough sleep, feeding cycles and the overwhelming love and anxieties that come with new parenthood. While out on the town they also remembered how important music was to their wellbeing. The realisation was serendipitously reinforced when, on that same night, they ran into a local musician and friend, bass player Grant Mackay, who was also a new parent. They agreed to start playing together to keep a hold on their sanity. Later at a picnic at Point Nor-East,

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local musician Roddy Reason introduced Jenny and Lachlan to a friend, drummer Wade Henry. The band we all know as The Escalators (get up and get down) was born!

"It's always been that community-based thing for us," Lachlan says. "The community keeps throwing up talented people, situations and opportunities. It's also about support, encouragement and appreciation for creativity."

“creating music with friends and sharing that with music loving audiences”

Initially the band played music as a form of escape and relaxation but through performing at community events came offers to play commercially. Balancing creativity with commerce meant they had to expand their material to meet client requests without compromising their integrity and style. They found a way to play the jazz, soul and reggae music they loved, and took requests for classic covers, always delivered with their unique blend of wit and soul. It wasn't long before the band was booked months in advance – their cool sounds perfectly setting the mood for celebration.

About five years ago, bass player Grant moved to Canberra and Brad Parson joined the band. Brad grew up in 'Tabourie and played with Sydney-based band Sedgwick Pie before returning to the south coast. Three years after Brad jumped onboard, original drummer Wade hung up his sticks. The band was extremely busy, playing two weddings a week and booked a year in advance. They met Hayden through local music networks. Hayden was born down here and had returned to the area after studying music at university. He was working as an online session drummer and supplementing his income with landscaping. The timing was perfect and the combination proved successful, with each member bringing their own groove to the mix.

Hayden joining the band was also an opportunity to reassess the group's musical direction. Jen says, "For a time we allowed ourselves to be dictated by



Top: Jen and Lachlan at the Australian Independent Music Awards  
Left: Hayden Moore on beat  
Above: Bradley Parson on bass

our clients, but in the last few years we've made a conscious decision to assert our creativity. If you're recreating the same thing too often and for someone else, you can lose touch with inspiration."

The decision to take a more proactive role in the band's direction led to them recording their first EP, *Felix*, in 2014. It was an exercise in cross-pollination, taking five jazz standards and giving them a Motown or Jamaican rock-steady sound. An original track on the EP *Felix* gave listeners insight into the band's huge talent for composition. *Felix* was a statement of 'The Escalators' identity and launched them beyond the local scene. They were invited to play at the Noosa Jazz Festival last year and built an east coast tour around the event.

Strong positive reaction to their music gave the band a boost, cementing the fact that what they were doing had merit beyond their own enjoyment, and an Artfest grant helped make the decision to record another CD. *From the Hip* was launched in January 2016 with a

sell-out concert at the Milton Theatre. Five of the seven tracks are original compositions and one track, *Open Fire*, reached number one on Triple J's *Unearthed* list. Their success has given the band a new confidence to play gigs on their own terms – not only selecting the music but creating the environment and developing repartee and audience interaction.

"We're fortunate to have reached a point of artistic maturity where we can say with confidence, 'this is what we do – we hope you like it too.' We have found our musical identity," Jen says.

They recently played at the Manly Jazz Festival, which Lachlan remembers going to as a teenager and thinking how awesome it would be to perform there one day. "We've come around to where we began... creating music with friends, and sharing that with music loving audiences," he says. "That's where the magic happens."

The Escalators style may be difficult to define, but this group of talented musicians is definitely going places. •



  
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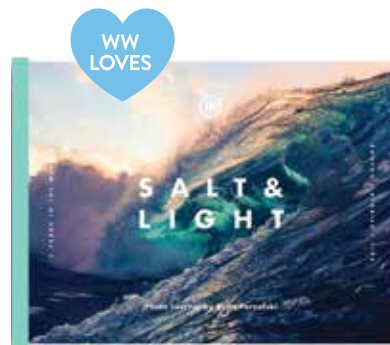
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#### FASHION STYLE WITH

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## IN THE VINEYARD

With Cupitt's Winery



### ROSIE'S ROSÉ

Some of us may remember Rosé as sweet and fizzy, and imported in an interesting shaped bottle that could later be used as a candle-holder! Thankfully for Rosé lovers, those days are long behind us.

Rosé has become much more sophisticated and winemakers are making it on purpose, not just as a by-product of red grape winemaking. These days it is crisp and light and very refreshing on a hot summer's day, and so pretty to look at.

Cupitt's Rosé's Rosé is a tip of the hat to the Cupitt matriarch and winery founder, and is literally planned from the ground up. Cupitt's selects Pinot Noir fruit from Tumbarumba that is picked to a ripeness that emphasises acidity, and then pressed with light skin contact to produce a beautiful salmon colour. The result is showing characters of fresh strawberries, while the textured savoury palate leaves a crisp, dry finish.

Rosé's Rosé is probably the easiest wine to match with food as it goes pretty well with most dishes from sweet to savoury. It is also the perfect aperitif on a summer's day or evening.



*Cupitt's Winery  
58 Washburton Rd, Ulladulla  
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## EYE FOR STYLE

WITH COYOTE BOUTIQUE

This year Jenny Moore celebrated fourteen years at Coyote Boutique in Ulladulla. Jenny's passion and great eye for style have enabled her to build a business that provides fabulous fashions to a broad range of ages and continually keeps pace with the latest trends.

Back in 2002 there weren't many boutiques to choose from in Ulladulla. Jenny's daughter Jessica had just turned sixteen and she perceived a gap in the market. So she decided to step up and fill that gap by opening Coyote Boutique. Jenny knew she could rely on Jessica to be an enthusiastic supporter and helper... what teenager wouldn't love easy access to more clothes?

They found a vacant shop on the highway (where Coyote still operates today) and Jenny's carpenter husband Brad did the fit-out. Family and friends also pitched in and helped with painting and other bits and pieces. The shop was the ultimate in cool at the time and with regular updates over the years, Coyote continues to present a shiny face to its many loyal customers.

When it came time to stock the shop, Jenny did her research - reading magazines, looking at different

labels, and contacting stockists. She managed to bring together a collection of brands that would fulfill the needs of her customer base from teenagers to sixty year olds, and by September of that year, they were ready to open for business.

A finely honed eye for fashion enables Jenny to put together a look to suit any event or special occasion, as well as providing chic and modern options for your everyday wardrobe. Some of the clothing labels in-store include Minkpink, Assembly Label, Cooper St, Staple the Label, Wish, the Fifth Label and Res Denim. There is a large range of sunglasses from Le Spec, Minkpink and Roc as well as a new collection of minimal and simplistic jewellery from Steviie.

“A finely honed eye for fashion enables Jenny to put together a look to suit any event or special occasion.”

Over the years Coyote has built a loyal clientele, while also supporting the local community by donating to a variety of charities and fundraisers. We congratulate Jenny and wish her continued success. •

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## POWERING ON

WITH EMPOWER FITNESS AND NUTRITION

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Originally known as EM P.T., Ulladulla's only personal training studio was launched in 2012 out of a friend's garage. Owner Emily Bingham (EM) saw that the town could benefit from her services, enthusiasm, passion and leadership. After two and half years, EM realised that something was missing from her vision to help others achieve optimal health, and soon enrolled to study Nutritional Medicine.

EM has completed her Advanced Diploma of Nutritional Medicine, Certificate III & IV in Fitness and is a qualified Master Trainer. Continuously enhancing her knowledge and skills, she is currently studying a Bachelor of Health Science. EM has a special interest in the body as a whole, and feels

that true "complete body" health is achieved by combining a well-designed training program with a healthy diet and fun!

In EMpower Fitness and Nutrition, EM has created a unique partnership between functional movement and healthy eating. She is passionate about food being used as medicine and loves to educate her clients about making better choices when it comes to diet and lifestyle.

With the opening of the Nutritional Medicine Clinic, EMpower Fitness and Nutrition guides clients to optimal health and wellbeing, with an abundance of support, all in the one place! They offer programs that include nourishing, wholesome eating plans as well as exercise, tailored to each individual. Clients have access to a busy schedule of classes, a huge variety of equipment, shopping lists, menus, recipes and more. There is even a nutrition store with lots of healthy goodies for sale.

EM has worked hard to build a loyal client base, and a studio where everyone feels supported. There's an honest comradery; clients encourage each other and motivate one another to achieve their goals. •

*For more information visit [www.empowerwellbeing.com.au](http://www.empowerwellbeing.com.au)  
Call 02 4454 5602 or pop into the studio at Shop 22,  
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### LOCAL RECIPE

## PRAWN LINGUINI

*From Bannisters Pavilion  
Rooftop Bar & Grill*

Serves four



Christmas is almost here and there's nothing better than enjoying fresh seafood alfresco style. This recipe from the Pavilion Rooftop Bar & Grill is the perfect, quick and easy dish on a hot, summer night.

- 4 tbs red chilli sliced
- 4 tbs chopped garlic
- 16 green prawns, shelled and cleaned
- Olive oil
- 4 tbs chiffonade parsley
- Zest of 1 lemon
- Salt and pepper
- 200g halved heirloom tomatoes
- 1kg cooked linguini

1. Lightly cook prawns in oil until golden in colour, but not fully cooked.
2. Add more olive oil to the pan and saute the chilli and garlic.
3. Place the pasta into the pan and toss.
4. Add parsley, lemon zest, tomatoes and seasoning.
5. Let the pasta absorb the flavours for 2-3 minutes, then serve.
6. Top with parsley for garnish.

## Advice | Knowledge | Results

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## IN THE GARDEN

With Gardenhaven Nursery

Early morning and late afternoon are the best times to be in the garden at this time of year, especially with the long warm summer evenings.

### ROSES

All your roses should be blooming now. Cut long stemmed ones, arrange in a vase and enjoy their classic beauty and fragrance.

Keep an eye out for aphids on new buds and either spray them off with the hose or use a multipurpose Rose Spray. This will help combat other insects as well as fungal diseases such as 'black spot' on leaves, a problem in humid weather.

Maintain healthy plant growth and abundant flowering with a twice seasonal plant food rich in potash.



### VEGIES

Now that all your spring vegies are in, keep them growing strong with regular watering and a liquid fertilizer enriched with seaweed and trace elements every two weeks. This will ensure good crop production and result in lots of yummy salads!



### MULCH

Keep the mulch up to encourage worms as it's breaking down and helping conserve precious moisture during hot weather.

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As a child growing up in the Hills district of Sydney, Saxon Gyorgy remembers making little things out of twigs and leaves and playing fairies in the garden. Her mother loved gardening and painting and Saxon inherited her creative flair.

Later Saxon would buy bunches of flowers from Woolies, pull them apart and rearrange them for her own enjoyment. After several years working as a nanny, floristry was calling, and she commenced a traineeship with a large floral company in Sydney.

Saxon reached management level with the company, but had feelings of unease. She says, "I wasn't in love with what I was doing... I wasn't being creative enough. Other people were breaking the rules and being a little wild and I thought, 'well that's what I do best'."

Wild child? "Yes my mum will tell you that!! In those days I was wild in every way and I challenged everything. Now I push the boundaries with floristry."

Saxon's parents in law were living in Mollymook and she had noticed that her fun and free style of working with flowers wasn't being done in the area. So two years ago, she and her husband Ray, moved south with the intention of opening a florist shop. She was intimidated at first, being new to the area, but with Ray's support they opened Willow & Fleur at the Mollymook shops.

With the popularity of the south coast as a wedding destination, Saxon's diary started filling up. She continues, "I had to take more and more time out of the shop to do weddings. People were knocking on the door and turning away disappointed that I couldn't make them anything, because I was too busy with weddings."

At about this time she fell pregnant. Saxon says, "I had thought I could do weddings, the shop, and have a baby, but I was insane!" So after a short break earlier this year, to welcome their baby son Greyson, the couple closed the shop and made the leap into the world of weddings.

From the bouquet, arbor and chair-florals, through to the ceiling arrangements, Saxon ensures the wedding flowers flow beautifully. She laughs

when recalling a recent project where she envisaged a giant heart, covered in flowers, and suspended from the trees. She explained the concept to Ray, (whose job it was to make it), and he said, "OK... how big?" She replied "BIG!" Saxon says, "He just made it happen, he's amazing. He loves making my dreams come true."

Preparing for a wedding involves a lot of hard work. The couple drive their van to the markets in Sydney at midnight on Wednesday night and return straight home where the process of stripping, watering and caring for the flowers begins. On Thursday Saxon starts to arrange the flowers and then they're delivered to the venue on the big day.

It's fun to play with them and see how they want to move, "she says.

Saxon loves the weekly trip to the market. "When the roller doors go up there's an adrenaline rush. You see what's in season and you're drawn to it. You listen to the flowers - you almost talk to them in this strange way." On a more practical level, she has built a relationship with her suppliers, which ensures she gets the best quality blooms.

Saxon has reached a point in her career where she's known for her wild, abundant and natural style and is recommended by several local venues. She says, "A lot of brides now say, 'Just go for it! These are the colours - do what you do'. It's rewarding for me to have their trust because I can be a lot more creative."

In September this year Saxon collaborated with her friends at Blanc Space to transform the Ulladulla gallery into a magical floral wonderland. The Urban Flora exhibition was Saxon's brainchild, and something she'd been longing to do for a long while.

Saxon Gyorgy designs with intuitive grace using the natural flow of the flowers. "Every single bloom is stunning in its own way. It's fun to play with them and see how they want to move, "she says.

The young girl who played around in the garden now shares her floral artistry with south coast brides. Saxon says, "I don't do perfect. I like to help the flowers dance." •





## SUSTAINABLE DINING

WITH TALLWOOD EATERY

If you're planning a stay in Mollymook and you love fresh food and the idea of supporting a truly sustainable local business, be sure to book a table at Tallwood, an unassuming restaurant that you will find in the heart of Mollymook.

Good mates Matt Upson and Clayton Till took up residence in Mollymook and have operated Tallwood since January 2013. They are passionate believers in utilising the region's incredible produce by designing their menus based on low mileage, local and seasonal food.

Since they've opened, they have established strong networks with local farmers, producers and suppliers, so these days you can be sure that wherever possible the seafood, beef, pork and garden fresh produce are all locally sourced. If you're the type that cannot possibly hit the surf without a morning caffeine hit, or if you simply respect a well brewed drop, then you can rest assured knowing that the Tallwood coffee is roasted fresh, using only Australian grown coffee beans.

So we know that the food at Tallwood is really,

really good, but what may not be so obvious is the effort and investment these boys are putting into making the restaurant a truly sustainable and environmentally conscious business.

They recently installed solar panels allowing the restaurant to run off its own energy supply during sunlight hours; multiple recycling systems have been implemented for both organic and inorganic waste; and a vestal water system is installed to provide customers with fresh, filtered still and sparkling drinking water sourced from the restaurant's own water supply.

The team is also working with their suppliers to design a solution for recycling single use coffee cups, and in the interim they are offering discounts to customers on coffees ordered in the multi use 'earth cups'.

All of these considered touches at Tallwood equate to a dining experience that consists of a locally inspired and refined menu, served in a friendly, casual and truly sustainable environment. •

*Tallwood Eatery, Shop 2/85 Tallwood Ave, Mollymook Beach, NSW. P. 02 44 555 192 [www.tallwoodeat.com.au](http://www.tallwoodeat.com.au)  
Follow us on Instagram @tallwood*



Chef Matt Upson at Tallwood

DIY

## FESTIVE WRAPPING PAPER



DIY tip and image from [www.thefairmilkblog.com](http://www.thefairmilkblog.com)

Give your Christmas gifts a special finishing touch this season with these gorgeous yet simple wrappings.

- Buy some brown kraft paper from your local art store (Splatters in Milton) that is thick enough to prevent any show through.
- Buy white twine as it's the perfect contrast to the brown paper. Don't worry about tying it perfectly as this can add character to the natural and organic look.
- The luggage labels can be purchased from a post office or craft store.
- For the finishing touch head out in the garden and find some sprigs of festive foliage. It can be whatever you can find - eucalyptus, rosemary, sage etc. Save this until the end so the plants don't dry out too much.

*Get your art and craft supplies at Splatters in Milton. Also our White Wash Pinterest page is bursting with great DIY tips.*  
P [whitewashmag](https://www.pinterest.com/whitewashmag)



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# IN THE BOOKSHOP

With Harbour Bookshop  
Ulladulla & ABC Centre



## SURFER BOY BO

By Di Morrissey & Illustrated by Julie Sydenham. Price \$19.99

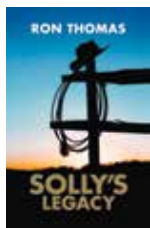
'Surfer Boy Bo' features a young boy named Bo, who discovers all kinds of strange and wonderful sea life, beneath the surface of the ocean. However, Bo also learns that parts of this underwater world are disappearing, and that it's up to us to take care of the environment.



## TIMING THE MACHINE

By Gary Crew & Illustrated by Paul O'Sullivan. Price \$24.99

Where is HG Wells' legendary time machine? Still travelling? Or lost somewhere between the here and now? Will Enoch find out? Timing the Machine is the highly anticipated sequel to 'The Visions of Ichabod X' - shortlisted for the Australian Book Designer's Awards 2016.



## SOLLY'S LEGACY

By Ron Thomas. Price \$29.99

When the clouds of the Great War gather over Europe, Daniel Landerville's boyhood passion for horses and adventure leads him to join the Australian Light Horse. The horrors of Gallipoli see him invaded home, struggling to find peace. He has unfinished business in Turkey to resolve....

Harbour Bookshop Ulladulla  
Shop 5, Rowens Arcade 93 Princes Hwy, Ulladulla NSW 2539  
P. 02 4454 4044  
E. [mail@goodbooks.net.au](mailto:mail@goodbooks.net.au)  
W. [harbourbookshopulladulla.com](http://harbourbookshopulladulla.com)



For Chantal Pierce at Om Sweet Om life is a continual journey both on and off the mat. Here is her story...

I was a "ski bum" living in the Canadian Rockies. My mat was a hand me down and my oversized t shirt and see-through leggings were from the local thrift shop. None of it mattered though. I found a yoga studio that immediately provided me with a sense of home. It was a welcoming space that I felt comfortable in without judgement of the fellow students or teachers. It became my home away from home. From that point in my life, I led quite a nomadic journey, always keeping my mat with me as my sacred studio space. Upon returning to Milton, a place that I call home, I set straight to work creating that same sense of arriving home.

Om Sweet Om opened its doors in Milton in June this year, and has been opening the minds of those who walk up its stairs ever since. It's a home away from home where everyone is welcomed and accepted - no fancy mats or active wear required. It's about getting back to the roots of what yoga is: the union of breath, mind and body. It's an intimate space that prides itself on small classes, which allows

Yoga: A continual journey both on and off the mat

one-on-one assistance and support. It's a space where yoga becomes approachable and the focus shifts from the exterior to the work done within.

Om Sweet Om Milton offers a variety of practice styles and class times, from the traditional roots of yoga, Hatha and Ashtanga, to a modern day Vinyasa Flow. It offers balance with the Yin Practice, taking time to slow things down in our fast paced world, and strength and stability using a fun, supportive prop called the Prana Wheel.

Beginner programs run for six weeks covering yoga foundations, alignment, breath and movement in a non-intimidating environment. Om Sweet Om offers prenatal yoga and even some Zen for the men, or as we like to call it Bro-ga. It's a space that everyone can call Om. If you haven't already done so, walk up those stairs, roll out your mat and begin to breathe space into your mind and body. •

Om Sweet Om Milton: Shop 3/91 Princes Hwy Milton.

P. 0437 222 857, E. [omsweetommilton@gmail.com](mailto:omsweetommilton@gmail.com).

[omsweetomyoga.com.au](http://omsweetomyoga.com.au), Instagram: [Om\\_Sweet\\_Om\\_Milton](https://www.instagram.com/Om_Sweet_Om_Milton)







With Milton Theatre recently undergoing a facelift, it was time to explore the history of this important community building. When looking back at the heritage story it could well be told with the soundtrack of the Destiny's Child hit *I'm a Survivor*.

Originally built in 1927 the building functioned as the Milton School of Arts, and operated as a picture theatre from 1929 while also hosting dances and other community events and activities.

From 1976 until 1993 the theatre was used solely as a movie theatre until the twin cinema complex opened in Ulladulla in the 1990's. The theatre was closed for extensive renovations and a group of interested locals got together and formed a Management Committee.

Community participation in the Grand Reopening Concert in November 1993 was enthusiastic and marked the beginning of the theatre's new role as a venue for live performance. In 1996 the building was in urgent need of renovation and the local community lobbied successfully for total refurbishment. The funding was provided by local council as well as State and

Federal sources.

The renovations included construction of a new two-storey change area, an enlarged foyer, kiosk, light and sound box and disabled toilets. With the intimate 212 seat historic theatre fully refurbished with the latest sound and lighting equipment, it became the venue of choice for professional and amateur performers from the local schools and the community. It is also regularly included in the tour schedules of famous national and international music acts.

Milton Theatre, along with the original 1872 building next door, continue to be used, reflecting their value to the people of the Milton/Ulladulla district. Both buildings have successfully withstood attempts to demolish them thanks to continued community efforts and support for their survival and refurbishment.

This year the theatre had another revamp with Shoalhaven City Council completing much needed painting of the facade. It is reassuring to know that the heritage and social value of this building is officially recognised and will continue to be enjoyed by future generations as a popular venue for a wide range of performing arts. •



Image: Cathy Dum - www.ulladulla.nsw.gov.au

#### WHAT WE LOVE

## CHRISTMAS ON THE SOUTH COAST



Setting up camp under the trees at North Mollymook for the day.



Catching up with old friends and making new friends by the pool at The Pavilion!



Enjoying fish and chips with a cold glass of wine at Dolphin Point.

📷 Share your summer snaps with us #whitewashmagazine. Follow us @whitewashmagazine



# MILTON THEATRE

**DIVERSE PERFORMANCES FROM  
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**69 Princes Hwy, Milton**  
Check out our gig guide at  
**[www.miltontheatre.com.au](http://www.miltontheatre.com.au)**  
Ticket Enquiries: Country Leather Milton  
**P. 02 4455 3056**

## UPTOWN PAWTISserie

Wondering what to give your pampered pooch for Christmas? Hop into Uptown Patisserie and take a look at Tanya's special range of Pawtisserie treats.

### FOUR FACTS ABOUT UPTOWN PAWTISserie

**1** Tanya has been making the personalized dog bones for 12 years now, and every year they get more popular.

**2** Pawtisserie dog treats are the perfect gift, not only for your own four legged family members but also for those of family, friends and neighbors.

**3** Each bone-shaped biscuit is dipped and written on, wrapped and ready to hang on the tree.

**4** Tanya just needs a few days notice as she makes them to order.

“Making these dog biscuits is the highlight of my year. Being a big dog lover and knowing they love them, puts a smile on my face.” *Tanya x*

Available at Uptown Pawtisserie  
2/128 Princes Highway Ulladulla  
Open 6 days a week (Mon-Sat)  
From 8am every morning.  
P. 02 4455 1666



## LIFE IN THE SUNSHINE

WITH BEACH & BANDITS

We are Maria and Ice, and we were both born and raised in the salty air of the North Sea, not far away from each other. However, we didn't meet until we were 17 and 19.... on the beach!

We are beach lovers and would try to make the most of the really warm days during the Dutch summer, as they are rare. Holland has a lovely beach culture and in mid summer the sun doesn't set into the sea until 10.30 p.m. The beach is still busy and shops are selling ice cream and snacks till midnight.

Longing for more warm days and new adventures we started to travel, first with the two of us and later with the children. Our aim was to skip winter as much as we could. We visited U.S.A, New Zealand, Australia and Asia, but we lost our hearts at Mollmook. We thought that this was a place we could live.

So we packed our bags and for the last seven years we have called this beautiful beach our home. Settling in proved easy; most of the people we meet are beach lovers too. Living here made us more aware of the intensity of the sun and we had to teach

our kids to be sun smart. But we struggled to find cool, comfortable, sun-safe pieces for them.

Long time friends from our hometown, Jo-anne and Hans Schaap (artists/designers) founded Beach & Bandits, and we were hooked straight away. During a visit to family and friends in Holland, they showed us some samples and we knew we had to get this on the beautiful Australian beaches.

This year Beach & Bandits is available in seven shops and on the 1st October 2016 our website went online. We love the way people react when they see the styles for the first time. We are looking forward to seeing kids running around on the beach in B&B and then just look at each other and smile about our latest venture! •

### SUMMER DISCOUNT OFFERS!

We would like to offer our fellow White Wash readers a 20% discount on the **10th December** (for pre-Xmas shopping); **26th of December** (Boxing Day); **26th of January** (Australia Day) and the **14th February** (Valentine's Day).

Go to [www.beachandbandits.com.au](http://www.beachandbandits.com.au) and use the discount code 'whitewash'. Have fun browsing!



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# ANIMAL INSTINCTS

WITH BIG SCARY Words by Jem Quinn

Hailing from Melbourne, Tom Iansek and Jo Symes of Big Scary met through mutual friends. Both were playing in indie rock bands, however, both were looking for a less “serious” creative outlet. Ironically the results have been far from trivial for the pair. Ten years on, and Big Scary have amassed a stellar back catalogue, a swagger of awards and a burgeoning fanbase.

Never content to rest on their laurels the band has continued to push the boundaries in terms of songwriting and production with their latest offering, *Animal*. “Coming to terms with what it means to be an artist,” has driven the band’s continual expansion into new and interesting soundscapes. The resulting album is a provocative and audacious exhibition of artists comfortable in their own skin, and a direct contradiction to their 2013 album title *Not Art*.

*Animal* is filled with unique vocal delivery, synths, organs and brass. While conquering a whole bunch of new territory the album still manages to afford classic Big Scary staples. Dramatic keys, soaring vocals and first-rate songwriting, are all still

prominent throughout. These elements haven’t gone unrecognised on previous releases, with the band earning accolades including the Australian Music Prize in 2014, and nominations for Triple J Album of the Year award and Best Independent Release at the ARIA’s.

If you’ve been lucky enough to catch any of their more recent shows you will have noticed that Tom and Jo have been joined onstage by additional band members, Gus, Chris and Ted adding an extra dimension to their live show. A multi instrumentalist himself, Tom says, “The additional stage presence has allowed us the freedom to enjoy the performance, rather than being overloaded with parts.”

Fans of the band have plenty to look forward to in the next 12 months. Tom says, “We will continue touring *Animal* for the rest of the year before getting back to writing in 2017.” Tom will also continue his production work with the talent featured on the bands homegrown independent label, Pieater. #1 Dads’ fans need not despair either, as Tom hinted his side project may get some attention in the next 12 months, should time permit. Stay tuned! •

*Be sure to catch Big Scary at Fairgrounds Festival in Berry on the 3rd of December. Tickets at [fairgrounds.com.au](http://fairgrounds.com.au)*

## SUMMER ALBUMS

White Wash music columnist Jem Quinn recommends these albums to vibe to this summer.



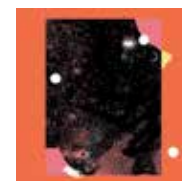
**Julia Jacklin**  
Don't Let The Kids Win



**Sticky Fingers** Westway  
(The Glitter & The Slums)




**The Escalators** From The Hip





**DD Dumbo** Utopia Defeated



**Harts** Smoke Fire Hope Desire



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Shop 1, Mellick's Corner Princes Hwy, Milton NSW P. 02 4454 5222

CHECK OUT WHAT'S ON!

# DEC + JAN + FEB

1

## 'PRESENCE' BY KYLA STONE ART

1 - 31 December at Tallwood Eatery, Mollymook. For further details follow Kyla @kylastoneart



## FAIRGROUNDS BERRY

2 - 3 December. Tickets at fairgrounds.com.au

2

7

## MILTON NPA 4.5KM WALK

Bannisters Reserve to Narrawallee. Starting at 9am. For more details phone 02 4455 3431



17

## 'SKEGSS' VINYL COVER ART EXHIBITION

17 December from 5pm at Blanc Space Gallery Artists - Esther Olsson, Kentaro Yoshida, RAD DAN and more!



26

## NEW YEARS EVE HARBOURSIDE FESTIVAL

26 Dec - 03 Jan 2017 The Harbour Foreshore Phone: 1300 662 808 Email: mulions@gmail.com



31

## CUPITT'S GROWERS MARKET

10am - 12am on 31 December Phone: 02 4455 7888 Cupitt's also has live music every Sunday



1

## NEW YEARS DAY

At Cupitt's Winery with The Escalators from 1 - 4pm

8

## SHARON SHANNON BAND (IRELAND)

Milton Theatre 8pm on 8 January Tickets: \$40 Phone: 02 4455 3056



14

## BACKSLIDERS

Milton Theatre 8pm on 14 January Tickets: \$40 Phone: 02 4455 3056



26

## AUSTRALIA DAY

26

## HATFITZ AND CARA

Milton Theatre 8pm on 26 January Tickets: \$30 Phone: 02 4455 3056



28

## VINCE JONES

Milton Theatre 8pm on 28 January Tickets: \$42 Phone: 02 4455 3056



3

## JESS SAMS FISHING TOURNAMENT

This will be held from the 3 - 5th of Feb. Check out ulladullagamefishing.info for more information



5

## MILTON NPA 12KM WALK

Pretty Beach and Durras Mountain. Departing from the Civic Centre at 9am on the 5 February. For more details and future events phone 02 4454 3485



17

## BEER AND STEER DINNER

Share your love of Craft Ale with Cupitt Craft Ale Brewers at Cupitt's Winery. Tickets \$85pp (limited numbers and will sell out)



## ADVERTISE YOUR EVENT WITH US!

To feature your event email us at [info@whitewashmagazine.com.au](mailto:info@whitewashmagazine.com.au)

Images - Google images

*wishing you a safe, happy festive season*

The team at **Raine & Horne Mollymook Milton** would like to thank you for your ongoing support and we look forward to helping you achieve your property dreams in 2017.

Being a local makes all the difference especially when it comes to real estate. If you love where we live and your looking to buy in the area, contact one of our local Raine & Horne real estate specialists. Whether it's a family home or an investment property at Raine & Horne Mollymook Milton we'll look after you.

**Raine & Horne Mollymook P: 02 4455 3800 or Raine & Horne Milton P: 02 4454 1900**

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[rh.com.au/ulladulla](http://rh.com.au/ulladulla)

