

ISSUE #02

free!

White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

In the clouds

Dean Dampney - Artist With A Camera

Spring is in the air and the team here at White Wash certainly has a spring in our step after the wonderful response to our launch issue. Thank you to everyone for the positive feedback and enthusiastic support.

In this issue we talk to talented local photographer Dean Dampney and his beautiful wife Naomi. We feel inspired by their creative passion and their desire to build a life of balance here on the south coast. We are grateful to Dean and Naomi's eldest son for our cover shot (he took the photo when he was only seven). Photographic talent runs in the family!

The creative energy continues with Emily Reid and Laura Smith. They bring youthful enthusiasm and tons of talent to their new gallery at the top of the town.

Spring is a time for renewal, so get out in the garden, pick up a book and grab a glass of wine... relax, refresh and refocus!

Virginia & Terri

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VERNOREXIA:

(n.) a romantic mood inspired by Spring.



TWO WAY STREET

PAM BURRIDGE & ROZ JOHNSTON

At age 40, Roz Johnston (left) decided to learn to surf. And who better to guide her board than former world champion Pam Burrridge? After riding those first few waves together, Pam and Roz formed a solid friendship – one that has now grown into a successful business partnership.

Pam and Roz are the same age and both have that healthy, sun-kissed glow that puts a flattering lens on approaching middle age. Roz says she's sometimes mistaken for Pam, before laughing, "but never in the water!"

As Australia's first professional female surfer, Pam achieved the ultimate when she became world champion in 1990. And after travelling the world for nearly two decades, Pam and her husband, Mark Rabbidge, who makes surfboards, decided they wanted to leave Sydney to live close by their favourite break at Green Island.

Pam recalls the epiphany in 1996, while out at Manly: "I was surfing literally 'shoulder to shoulder', fighting for waves that weren't even that good. I remember the moment when I felt... 'I'm out of here!'"

The couple moved to Bendalong, and after the arrival of children, Pam used her experience to launch a surf school. It allowed her to add to the family income, while maintaining a lifestyle focussed on fitness and surfing.

Roz also had a connection to Bendalong – she'd enjoyed many carefree holidays there over the years. In 2002, though, Roz and her husband moved south from Wollongong for good.

And that's when Roz met Pam – their daughters went to the same school at Milton Public.


Roz was a fan of Pam's impressive surfing career and decided to book her daughters in for lessons.

"What could be better than having a world champion teach you to surf?" she enthusiastically told her girls.

Soon after, Roz joined the weekly women's class Pam ran at Mollymook. "I'd played a lot of sports but it wasn't easy. It took me six lessons before I could stand up."

"She has long legs," Pam jumps to her friend's defence. "So it took a while for her to get untangled."

Roz hardly missed a session, and as her love of surfing developed, so did her friendship with Pam. Four years later, Pam asked Roz to train as an instructor. Roz was surprised as she still thought of herself as a novice. But she instantly agreed.

 Roz says she's sometimes mistaken for Pam, before laughing, "but never in the water!"

From that point on, Roz had a vision for the surf school. She and her husband owned a '60s-style bungalow in Mollymook, which she wanted to turn into a base to host women's surf retreats.

Seven years later, after completing extensive renovations to the property, a group of women from the Hawkesbury region north of Sydney were the first to stay at the 'Retro Retreat.'

Roz points out, "Pam's high profile is a real draw card," while Pam shares, "Roz is the organiser. She manages the finer details."

"We were amazed at how quickly bookings came in," Roz adds. "It's been really popular." (The original surf retreat group has returned twice since 2014.)

Despite their successes, Pam and Roz, the self-confessed "tomboys", are just happy to live on the beautiful south coast balancing work, family and their passion for the water.

Their friendship is based on surfing together and teaching together. It's that simple. •

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



Tess Wilson as a bub at Narrawallee Inlet in 1988



Surf check at South Mollymook taken by the very talented photographer, Jordan Jaffrey



Sandfly Creek off Narrawallee Creek, about 1920



Boo Seeka at the Commercial



Gary Dillon at Jeffrey's Bay South Africa in 1974



Ingrid Kaneider with Annette and Rob Veitch at Bannisters Pavilion 'Happy Friday' Twilight drinks



Vanessa Puglisi and her adorable son Dante



Mark Beasley playing guitar for local band EKKO



Andy and Julie Leslie in their beautiful backyard



Bro yoga or "broga" at Om Sweet Om - Health & Wellness Yoga Studio in Milton

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In the clouds

Dean Dampney -
Artist With A Camera

Dean Dampney is a wedding photojournalist and the man behind the lens at CloudFace Photography. Photojournalist is a term not widely used in our culture, but it describes his work and importantly, his attitude, to documenting life. It's not all about subject, aperture and focus. There's an instinct and sensitivity to the mood and the feelings involved in the moment captured by the lens. Dean expresses his work as an artist.

Dean's interest in photography commenced at age seven when his father gave him a camera. He says, "It was ironic that the camera came from my father because it's my mother that has a strong photographic lineage."

Dean's mother grew up taking photos with her uncle, renowned Australian photographer

Max Dupain, at their Newport home on the northern beaches of Sydney. Another relative on Dean's mother's side was the first female Australian Air Force photographer.

While Dean has always enjoyed taking photos his working life began a world away from photography. After completing degrees in Economics and Science, his first job was in San Francisco as a software engineer. After three years, he returned to Australia continuing to work in that industry on a succession of contracts, allowing time for surfing and travel.

Dean bought a shack at Tabourie in 2001 so he could escape the pressures of the corporate world, and have a base for when he was surfing in the area. Almost as soon as he purchased the shack, he was offered full-time work and faced a tough decision.

He was tiring of the hype of the job... and the winter swells were approaching. Dean says, "I chucked it in. Despite the perks, the job wasn't good for me on a soul level."

Living in Bondi at the time, Dean picked up his camera again. Influenced and encouraged by local artists and friends, he set his sights on becoming a photographic artist and was sponsored to put together an exhibition at a gallery in Paddington. Dean met his wife Naomi while she was working at the photographic lab he used to develop his work.

Naomi's background is similar to Dean's in that she explored different options before discovering her 'real' career path. She was interested in ecology and the environment and completed a Bachelor of Science but knew that working in the creative arts was what she really wanted. So she studied visual arts

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and continued working as a photographer for nearly two years in Canada.

When Naomi and Dean met, their mutual interest in photography ignited their connection, but they also shared a love of the south coast and an appreciation for simplicity and nature. Naomi grew up in Wollongong and had enjoyed family holidays at Bentalong as a child, while Dean and his brothers had spent their school breaks camped at Peppy Beach. The couple ended up moving to a small seaside suburb in the northern beaches of Wollongong and commuted to Sydney for work.

“I learn so much from Naomi and we inspire each other.”

At a time when advances in digital photography were enhancing almost anyone's ability to create great images, Dean's math brain calculated that being a photographic artist was likely to be an unstable way to make a living. He decided to apply his skills to photojournalism. He was employed in print news media and later in advertising, and says he thrived in the pressroom environment.

But soon after the birth of their first child in 2005, the couple had a discussion about what they wanted for their growing family. A huge mortgage was not the picture they saw, so they moved to Tabourie and married in 2006. “I saw it as a real adventure,” says Naomi. “We both loved the south coast and wanted a lifestyle that fitted with a young family.”

Dean continued to work in media, which often meant travelling to Canberra and Sydney. At the same time, the south coast was becoming increasingly popular as a wedding destination. Naomi had some previous experience with a large wedding photography agency in Rose Bay so the couple decided to try their hand at photographing weddings. And so their business grew...

They made a mutual decision after the birth of their second child that one of them should be with the children on the weekends. Naomi also wanted to study art therapy and apply her creative talents in a practical, helpful context.

“I appreciate what goes into shooting a wedding,” Naomi says. “When I did it, I



Dean's wife Naomi and their three beautiful children.

found it really exhausting. I couldn't switch on and off. Dean's got a gift... he is just so suited to it.”

The name CloudFace suggests a level of whimsy. “I wanted the name to be sort of interpretable and confusing,” says Dean. “It couldn't be called perfect wedding photos. com [laughs].”

When asked about his philosophy to weddings, though, Dean becomes reflective. “My upbringing was not particularly religious but I really believe in marriage... it's not necessarily for everyone, but it's another layer of wrapping around a relationship that ties people together.”

Dean says he enjoys every wedding and appreciates the uniqueness of each couple's commitment. Naomi laughs as she likens Dean's attitude to the social work model of ‘unconditional positive regard’. Perhaps it's this attitude that inspires the significant level of trust required of his clients as there is nothing posed or contrived about Dean's images. He photographs what he sees.

Although Naomi is no longer directly involved in the technical side of the business,

she remains an integral part of the artistic process. “I learn so much from Naomi and we inspire each other. Naomi is my greatest critic,” Dean says.

Naomi is now undertaking a Masters in Social Work and works with children with special needs, seniors and adults with mental health problems. “Art therapy enables me to incorporate my love of art with helping people. It's healing,” she says. “We're really lucky to be doing what we love and it works with our children... and we're in a place we love.”

CloudFace grew out of the determination of these two talented people to build a life that nurtures their creativity and supports their commitment to each other and their three beautiful children.

Dean Dampney has an eye for the esoteric – he captures those ephemeral, those serendipitous moments with such great ease. And while his beautifully non-intrusive style has earned him many awards and much praise over the years, this south coast photographer has both feet firmly on the ground. •



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FASHION STYLE WITH

Sachi Boutique

Spring trends this year feature fluid tailoring and sophisticated styling options with a focus on a fresh palette of soft colours. Think modern, romantic, feminine and fun!



FLOUNCES

Flounces and ruffles soften edges and add sophistication. Off the shoulder and one-shoulder tops and dresses are seeing a huge resurgence this season.

ACCESSORISE

Accessorise with statement pieces in natural materials and tones. Rose gold jewellery adds a touch of nonchalant luxury.

STRIPES

Stripes stormed the spring/summer 2016 runways in every style you can possibly imagine – horizontal, vertical, thick and super skinny too. Stripes are timeless and always say fresh and classic.

Sachi Boutique in Ulladulla is a treasure trove of stylish ladies wear from top designers including Mesop, Holiday, One Season and Elk.

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Spring has sprung and we are green with envy with the latest trends from Sachi Boutique.



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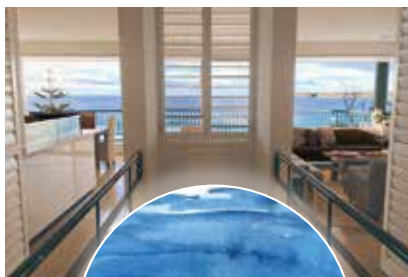


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SPRING fling



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jomalone.com.au



BEAUTY

Herbivore Rose Lip Butter, \$13.90.
herbivorebotanicals.com

LOCAL PRODUCTS

If you would like to feature a product in our next issue please contact us.

INTERIOR STYLE WITH

Spaces @2538

Spaces @2538 continues to wow you with the latest trends in homewares, textiles, furniture, lifestyle and design. This season indulge in the incredible range of products that will be making its way to our store!

RICH TONES

As we head towards summer we turn up the heat with spicy hues and dark tones. Think the richness of terracotta, golden yellow, warm pinks and crimson red.



Credit: Pink Stairs by Amelle Habib

NATURAL MATERIALS

Timber looks embrace darker tones such as walnut and sassafras. Charcoal stone is also on the radar. Natural materials and rawness are amalgamated with sleek precision in the new season.

ADD BOTANICALS

Connection with the natural world will still trend. Lush foliage prints and botanical greens will form the basis of several key styles.



Credit: Bonnie and Neil photography, Amelle Habib and styling Heather Nette Krag

All of the new trends and featured directions can be found on Instagram at @Spaces2538. 📷

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IN THE VINEYARD

With Cupitt's Winery



CUPITT ALPHONSE SAUVIGNON

We are often asked about our signature wine at Cupitt's, and the wine we love to showcase is Alphonse Sauvignon, which is

unlike many of the Sauvignon Blancs that have become commonplace in Australia.

In crafting this wine we took inspiration from the French classic Sancerre. Rosie developed her love for this style of wine when learning winemaking techniques from an 18th generation winemaker Alphonse Mellot from Sancerre in the Loire Valley (France). The Mellot family has been making Sauvignon as far back as the XVI century.

They produce elegant and discreetly herbaceous Sauvignon that beautifully weaves citrus, oak and minerality. We make our Alphonse Sauvignon in the Sancerre style offering a savoury, acid-driven expression of the grape as opposed to the tropical fruit forward styles from New Zealand.

The grapes are whole bunch pressed, and a portion is barrel fermented with extended lees contact for creaminess. James Halliday awarded the wine 90 points and described it as 'offering flavours of gravel, lemongrass, lemon sherbet and passionfruit pulp. Looks smart. Smoky oak plays a minor role. Juiciness to the finish.'

Cupitt Fromagerie Crottin de Chèvre would be the perfect regional match for this French style wine.



Cupitt's Winery
58 Washburton Rd, Ulladulla
NSW 2539
P. 02 4455 7888
E. info@cupitt.com.au



COFFEE

INDUSTRIAL ROAST

WITH ANDREW GIBSON

White Wash talks to Andrew Gibson at Maverick about how he established his coffee bar and roastery in Ulladulla.

WHAT HAS INFLUENCED YOUR STYLE WHEN CREATING THE MAVERICK SPACE?

Maverick Coffee was born on the ten-acre property where I live in Termeil Forest. I converted an unused garage into my coffee workshop, where I would push up the roller door to view the landscape as I worked. I find solace in the forest so I've tried to bring that sense of comfort to the store with many plants. I have a background in design and admire a lot of different styles but my roots stem from industrial design. I love raw materials, neutral colours and a grunge feel.

WHAT SPARKED YOUR INTEREST IN COFFEE?

I grew up around the hospitality industry and coffee was ancillary to that. Going for a coffee was a daily routine that brought me closer to my family and friends and provided a moment of clarity amongst the chaos. I held a couple of high-pressure jobs, but I found no satisfaction in my work and ultimately it ran me into the ground. I moved my career focus from money to enjoyment and I found that in coffee.

WHY START A COFFEE SHOP IN ULLADULLA?

I was in the process of setting up a coffee roastery in Christchurch, NZ but things didn't go to plan, so I took some time to regroup here on the south coast. I realised I didn't want a coffee roastery in a big city and I was in search of a more balanced lifestyle. I had family in the local area and a space became available in Ulladulla that had potential so I just went for it.

HOW DID YOU LEARN YOUR CRAFT?

I had been working in coffee for years before I found a position with a coffee roaster in London. At that point I could smash out some latte art and called myself a barista, but I soon discovered how ignorant I was. Everyone at Alchemy Coffee was extremely passionate and involved and the team had a couple of European barista champions. It was there that my knowledge greatly expanded and I learnt the art

and science of coffee. In the off periods I worked in other areas of the business as a machine technician, training baristas and finally coffee roasting.

WHY DID YOU CHOOSE THE NAME MAVERICK?

The name Maverick is representative of my character and life choices.

WHAT IS UNIQUE ABOUT MAVERICK COFFEE?

Maverick Coffee is a micro-roastery so everything is roasted in small batches with quality and precision. This level of control is hard to achieve when roasting on a large scale. All the coffees brought in are fresh harvest and of specialty grade. I roast each new coffee to its individual profile to bring out its own unique flavour characteristics.

WHAT ARE THE CHARACTERISTICS AND FLAVOURS OF YOUR COFFEE?

This is dependent on the origin, processing and how it's roasted. I currently have two blends that appeal to the majority of people. 'Old Town' is rich, chocolatey and full-bodied while 'Twist of Fate' is lighter and has fruit and nut flavours. On top of that I'll roast single origin coffees that I rotate seasonally.

WHAT TRENDS CAN WE SEE WITH COFFEE FOR THE FUTURE?

Coffee has changed a lot over the years and like anything else trends come and go. I find current trends more annoying than interesting so I tend not to pay attention. I hear about 'deconstructed coffees' and the whole hipster thing winds me up. I receive updates from friends in the industry but for the most part I keep to myself and just do my own thing.

WHAT ARE YOUR PLANS FOR MAVERICK?

A small wine bar is on the cards and I'd also like to introduce more food by way of a small seasonal menu. It is very much dependent on finding the right chef, so it's not something I will rush into. For the moment my focus is coffee and connecting with like-minded businesses. •

Maverick Coffee 8/171 Princes Hwy, Ulladulla
P. 02 4454 0677. www.maverickcoffee.com.au



Kylee and Elissa love the fact that Milton is a country town just beside the sea, and it is here on the main street that you will find their adjoining shops. Apple + Arrow specializes in beautiful baby wear, gifts and toys, as well as children's and ladies' clothing, while Wild Ivy has an amazing range of jewellery, handbags, clothing, shoes and homewares.

The girls both love the vibrant feel of the village and came to the area looking for a sea change and to raise their children in a small community. Walking down the street can sometimes involve chatting to twenty different people, but that's what they love about this place – the slower pace and the time to develop beautiful friendships.

Kylee and Elissa met after they acquired their shops side by side in the heart of Milton, and as their friendship developed they decided to embark on a joint venture. They were looking for a stylish wristwatch to meet the needs of their customers but were unable to find exactly what they were looking for. So they decided to create a simple, classic design that is affordable, functional and on trend.

UpState Watches have a big face and come in a variety of fashion colours that have been a hit with customers of all ages. Tan has been the best seller (pictured above) for winter but the girls are predicting the paler tones of mint and dusty pink will be popular as summer approaches.

With the changing face of retail the pair feel it's really important to cater to the specific needs of their boutique clientele. Their aim is to design ranges that enable them as creatives to stand out and express who they are and showcase what they can deliver to their customers. Expect to see gorgeous summer frocks, statement jewellery and modern homewares with a hint of fun.

However, it's not all about work. In summer these two friends enjoy the south coast lifestyle. Friday afternoons will find them having a swim with their kids at the beach, followed by some nice cold wine on Kylee's deck and home made pizzas from her woodfire oven. •

Apple + Arrow: Shop 6b, The Settlement Princes Hwy Milton P. 02 4455 3233, Instagram [appleandarrow_](#)
Wild Ivy: Shop 6 The Settlement Princes Hwy Milton P. 02 4454 5463

LOCAL RECIPE

TONGSAI SPICY HERB FISH

From Iachie Badham

I learnt this recipe from the local women in Tong sai Bay Koh Samui when Viv and I lived there in a hut on the beach for several months in the early '80s.



- White fish fillets
- 2 tsp crushed garlic
- 1 tsp minced fresh red chilli
- 2 tsp minced galingale (young ginger)
- 2 tsp very finely minced lemon grass root
- 60ml vegetable oil
- 2-3 tsp finely chopped fresh mint
- Lime juice
- Fish sauce
- Salt, sugar and freshly ground pepper
- Fresh fennel or parsley

1. Place the garlic, chilli, ginger and lemon grass in a skillet and add the oil. Fry gently for a few minutes until very aromatic, then add the mint.
2. Make up a generous amount of sauce with lime juice, fish sauce, salt, sugar and pepper in proportions to taste, and simmer gently for 1 minute.
3. Add fish and gently poach in the sauce until cooked.
4. Garnish with sprigs of fresh fennel or parsley.

Advice | Knowledge | Results

Call Micky on 0418 622 822
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**Lyall
AND
Scott**
PROPERTY

Spring has sprung and we're so excited we've wet our plants!

There's so much to do in spring. Here are a few tips to help you get organised.

FRUIT AND VEGIES

In our warm temperate climate it's time to plant spring vegetables such as tomatoes, potatoes, lettuce, cucumbers, melons, corn and capsicum.



STONE FRUIT

Spray stone fruit now with copper oxychloride for leaf curl, and your citrus with eco oil, to keep leaf miner and other pests at bay. It's also a good idea to keep an eye out for fruit fly and hang some traps.



LAWNS

Your lawns need love too so make sure you top dress and feed. Don't forget to check and spray for Bindi and other weeds.



! Spring is an important time to fertilize and mulch in preparation for the summer months ahead. Don't forget to plant some lavender to encourage the bees! Happy gardening!!!

*Gardenhaven Nursery
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2538 (Entrance via Bishop Drive)
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www.gardenhaven.com.au*

SPOTLIGHT ON A LOCAL CREATIVE

MEET THE GIRLS AT BLANC SPACE



The *Who Shot Summer?* photographic exhibition at Blanc Space gallery earlier this year held special meaning for local talents Emily Reid and Laura Smith. It was the culmination of a whirlwind journey of establishing their own gallery in their beloved hometown, and producing a show they had dreamt of only six months before.

When the two friends from high school caught up for coffee late last year, Laura was lamenting having to go back to Sydney for work. She wanted to be on the coast, but felt there wasn't enough going on. Both had lived and worked in Sydney but found it expensive and a grind that drained their creative juices. As Emily explains, "In the art world up there it's a pretty crazy party life. It became overwhelming trying to work seven days a week, make art and then keep up with the whole scene." Unbeknown to each other they had both been thinking about what they could do to pursue their creative pathways locally. So the conversation began.

Laura's idea was that she wanted to have an exhibition with disposable cameras, and Emily dreamt of having a creative space. Laura said, "From there we ricocheted off each other and before we knew it we were looking for premises. In a matter of weeks, Blanc Space was born. It happened very fast."

Blanc Space is not only an art gallery it is a collaborative workspace as well. "We have people renting desk space and that's how we afford to be here," Emily explains. "We have six desks and

creative people come and go for different stints. It's really cool because it's constantly changing. We get different energies and inspirations coming in and we all help each other out."

Emily is a self-taught artist who has art in her blood. "I grew up in a creative family," she says. "My dad was a really talented artist who drew for Disney and Mum just loves art. She always gave me pencils and paper and sat me down in the corner."

After high school Emily spent time in Sydney, where she garnered enough attention and established connections to enable her to return to Ulladulla and continue to expand her impressive portfolio. She is serious about her craft. She has drawn for commissions, done art shows and exhibitions in Sydney, and thanks to a well-connected mentor in the art scene, she continues to do so.

This year has been a highlight of Emily's artistic career. She is featured in the prestigious *Semi Permanent* for 2016 – a book full of artwork from around the world. It is a snapshot of global artistic trends, and brings together internationally renowned designers and artists. She also received her biggest commission so far, to do a mural for a café in Bali. Emily gives a throaty laugh and says in her distinctive husky voice that originally she was approached to design the mural and someone else was going to paint it, but the client decided that because of its incredible detail, they would need to fly her over to Bali to paint it.

Emily's done many murals around town, including the tree in Pilgrims, and one on the wall of the new library at Sanctuary Point Public School. She also



continues to add strings to her bow and is learning to tattoo at the studio next door to Blanc Space. “I do everything I can do – I like to learn,” she says.

Laura completed a Diploma in Fashion Design, and while exploring her options in Sydney, worked part-time as an intern for cult fashion label One Teaspoon. “It was good for a while but it wasn’t actually getting me anywhere,” Laura says.

She has dreams of starting her own label: “Each time I came home I was super inspired. It’s like a breath of fresh air down here.”

Emily agrees about life on the south coast, “It’s

just good for the soul – you feel happy, you want to make things, you want to do things. And also you’re not constantly bombarded with different trends. I don’t get persuaded by what’s hot, and what everyone else is doing.”

Laura is now working on her own swimwear line, and planning a trip to India to source fabrics. But meanwhile she is fully committed to making Blanc Space a creative hub for the local community and beyond. The gallery has had exhibitions almost every month since opening. As well as local shows, Laura says, “We did one at the Belgrave Cartel in Manly for the Australian Open of Surfing which was pretty cool, and we took the *Who Shot Summer?* exhibition to Thirroul.”

“In between exhibitions we just fill the gallery with local artists because that’s what our main focus is. There’s just so much talent.”

The girls also have an impressive list of projects in the works: a vinyl art cover exhibition, a new website with an online store, a line of art books and magazines, holiday workshops for kids, opening up the space as a music venue, and also a solo show for Emily in October!

While building a creative outlet for themselves, they’ve actually gifted something very special to the Milton-Ulladulla district. “Everyone who comes in says to us, ‘What you’re doing is so great – it needed to happen’,” Laura says. “And we’re like ‘Whoa!’”

Emily agrees: “If we took what we have here to Melbourne or Sydney, it wouldn’t stand out. This town just needs it. There is interest in creativity here and we love to support that. In between exhibitions we just fill the gallery with local artists because that’s what our main focus is. There’s just so much talent.”

It is obvious that these two friends take great pride in what they’ve created at Blanc Space. Their openness to new and varied experiences is admirable, and their collaborative approach inspiring. Emily and Laura are at the centre of our local creative community and we wish them continued success. Watch this space. •

Blanc Space Gallery. Shop 5/80 South Street Ulladulla. E. hello@blancspacegallery.com

IN THE BOOKSHOP

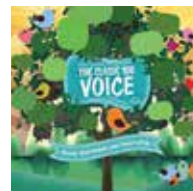
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Ulladulla & ABC Centre



FIELD GUIDE TO USEFUL NATIVE PLANTS FROM TEMPERATE AUSTRALIA

By Judith Caton & Richard Hardwick. Price \$49.99

This handy guide offers detailed descriptions of over 150 useful plants from the temperate eco-region of Australia. It will be of interest to people who live there and the many tourists who visit, as well as bushwalkers, educators, archaeologists and chefs.



THE CLASSIC 100 - VOICE

We now stock all your favourite music from the Australian charts and the ABC. The Classic 100 – ABC Classic FM’s annual survey of listener favourites – returns with a celebration of the musical instrument with which we are all born: the human voice.



GUNS AND GOANNAS

By Bradley Franklin & J.S. Browne. Price \$32.99

When Jim Dempsey’s millionaire boss asks him to house-sit his beach bungalow, it seems too good to be true. In between chasing fast women, being mistaken for Prince Harry and starting a fight with the local Goanna Pulling Champion, this could potentially be his biggest earn ever.

*Harbour Bookshop Ulladulla
Shop 5, Rowens Arcade 93 Princes Hwy, Ulladulla NSW 2539
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E. mail@goodbooks.net.au
W. harbourbookshopulladulla.com*

PILGRIMS

- VEGETARIAN CAFE -

EST 1980

Pilgrims Vegetarian Cafe. The Settlement, 8/9 Princes Hwy, Milton.
P. 02 4455 3421. Open 7 days a week.

UPTOWN PATISSERIE

Happy 10th Birthday Uptown Patisserie! Congratulations on ten years of scrumptious, personalised, unique, special occasion cakes!!

FIVE FACTS ABOUT UPTOWN PATISSERIE

1 Tanya bakes everything herself, daily and to order.

2 The coffee at Uptown Patisserie comes directly from Guatemala. It is grown, imported and roasted by a local family, with all proceeds going to their village at the base of a volcano in Guatemala.

3 Uptown Patisserie is a good old-fashioned Aussie bakery with a lot of lines that date back at least 80 years.

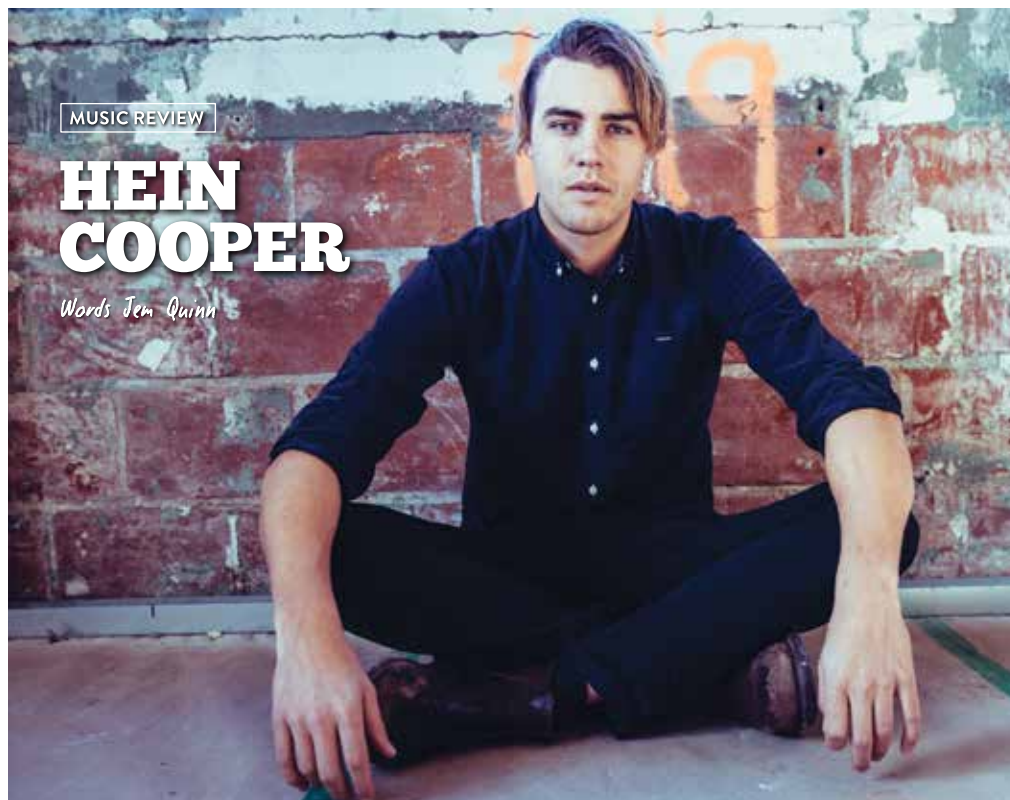
4 Tanya's pie recipe is 85 years old.

5 Tanya's sausage roll recipe is 112 years old.



“ I am lucky enough that after 32 years as a pastry cook I still love baking. I believe that I have achieved my goal, which is making birthday cakes to order. I can also live my dream of living in a beautiful town with all it has to offer.” *Tanya x*

*Uptown Patisserie
2/128 Princes Hwy Ulladulla
Open 6 days a week (Mon - Sat)
from 8am every morning.
P. 02 4455 1666*



Milton native, Hein Cooper, has had a wild ride over the past twelve months. As one of the region's most successful exports, Hein's breakthrough single *The Art of Escape* earned the local talent a huge amount of radio play and subsequent recognition.

Described by Triple J's Zan Rowe as a "beautiful discovery" the lead single is a shining example of his songwriting ability and one could easily be forgiven for making comparisons to the late, great Jeff Buckley.

Following the lead single, Hein recorded his first full-length album in Montreal with producer Marcus Paquin, known for his work with Arcade Fire and The National. "It was a very free and collaborative process," says Cooper. Despite being a solo artist the resulting album is refreshingly diverse, ranging from the moody and melancholy tracks such as *Curse My Life* and *Dopamine* to upbeat jams like *Rusty* and *Overflow*.

With a lyrical maturity beyond his years Hein draws songwriting inspiration from time spent alone building ideas and lyrics. The tool driving the process has been the loop pedal. "I use the loop pedal to build my ideas when writing. It allows me to think about bass, rhythm and melody, and visualise the full spectrum of my songs without needing a full band to rehearse with".

As well as being integral to the songwriting process the loop pedal has also been key to his live show. "Over the last two years I've been able to tour the world in a very grass roots way. Touring without a band allowed me to keep costs down", says Hein.

For an emerging artist, touring internationally can be daunting, but the experience has been entirely positive and the music has been well received. "Yes. It's been amazing for me. I really have found a good vibe in most places. Rome was definitely a highlight. During the first song of my set the audience started cheering. I was like 'who just walked on stage behind me?' Germany, France and French Canada have also produced good vibes and a warm welcome."

“ Rome was definitely a highlight. During the first song of my set the audience started cheering. I was like 'who just walked on stage behind me?' **”**

Briefly back on home turf to support Peter Bjorn and John, Hein will resume his European sojourn featuring on the summer festival circuit. Continuing to build his presence internationally and with growing anticipation for a follow up album, we can expect big things from this Milton favourite in the not too distant future. •



SPRING ALBUMS



Big Scary Animal



Dope Lemon Honey Bones



The Avanches Wildflower



Emma Louise Supercry



CAFE CULTURE

HAVEN IN THE HEART OF TOWN

The Treehouse Café sits nestled under beautiful old trees in Boree street providing respite from the bustle of Ulladulla's shopping centre.

The lovely old weatherboard cottage welcomes visitors with a large range of savory and sweet delights all made to order by their friendly expert staff. The setting is charming with comfortable furniture, old English china and quirky rustic retro touches. The inside tables are set with white paper cloths and colour crayons to encourage the artist in your child (or you). Outside seating under the trees is a delight in summer and on those sunny winter days where you can watch the passersby, chat with friends or sit quietly with a book while sipping the excellent organic Fair Trade coffee from Art of Espresso.

The fare is wholesome with a focus on freshness and flavor! Homemade cakes are a favorite here as are guilt free raw food treats. There's something for everyone with gluten and dairy free options available as well as vegan in both savory and sweet dishes. The menu changes regularly in response to the seasons and the innovation of owner and chef Kylee.

Every month the café hosts a themed dinner night with live music. The food goes international and with a fixed price five course meal and limited seating, these events sell out very quickly.

The Tree House is open Monday to Saturday with plenty of parking nearby. •

The Tree House Cafe, 4 Boree St, Ulladulla
P. 02 4455 3991 Open Mon - Fri 8 - 4pm, Sat 8 - 3pm
Open 7 days a week during the summer period

DIY

CREATIVE ICE CUBES



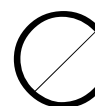
Credit: Google Images

At this time of year on the south coast its exciting to see all the blossoms emerging with the arrival of warmer temperatures. Make the most of it and get creative with colourful (and yummy) ice cubes to jazz up your summer drinks.

- Thyme grows well at this time of year so pick small sprigs, pop them in your ice cube tray with water (or fresh lime juice!) and freeze away. They will be a great addition to your next soda or gin and tonic.
- Edible flower petals with mint (pictured above) also work well. Use varieties such as pansies and snapdragons that have been grown to be eaten.
- Celery leaves no longer have to go to waste! Add chopped leaves to your ice cubes – perfect with a Bloody Mary.
- Lemon in water helps the body eliminate toxins. Make lemon ice cubes as an easy addition to your water bottle.

Our White Wash Pinterest page is bursting with great DIY tips as well as fashion, books, photography, recipes and much more.

[P whitewashmag](#)



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Up-cycling made easy with Porter's Paints

Nicola and Rob are the new owners of Inspirations Paint in Ulladulla and they are ready to let their best kept secret out of the bag. Porter's Paints. Their paint store on the Princes Highway is the home of artisan made Porter's Paints, that boast a unique colour range and specialty finishes.

Porter's Chalk Emulsion is Queen of the specialty range and has become a household name with up-cycling enthusiasts because of its chalky, matt texture. People flock to this product because of its self-priming properties which mean that in most cases you can apply the product with little to no preparation - this is a bonus for busy DIYers who are time poor.

The range doesn't stop there, it also includes concrete wash, Liquid Gold, Copper, Silver, Chalkboard paint and loads more.

So to add special to your next project, visit Nicola and Rob at Inspirations Paint in Ulladulla.

**inspirations
paint**

Ulladulla
82 Princes Hwy
Ph: 4455 2176

InspirationsPaint.com.au



The Milton-Ulladulla region is a haven for artists of all types, and White Wash regularly salutes the wealth of local talent in our segment Spotlight On A Local Creative. This spring the spotlight shines even more widely and brightly on the region's creative community during the annual Escape ARTfest showcasing local artists of all genres with an amazing array of events.

'Clash, Bang, Trash' is the theme for this year's festival and we look forward to over two weeks of art-inspired happenings across more than 40 venues. Through art exhibitions, sculpture, film, music, literature and other creative forms, the local district is recognized and celebrated.

Escape ARTfest will showcase the work of over 200 local and visiting artists at more than 70 individual events, and is entirely funded through the donations of local individuals and businesses.

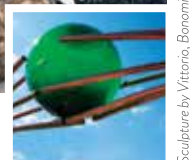
Some of the highlights of this year's festival will be \$20K in arts prizes across art, music, literature and film, The Gaia Lantern Festival, Art on the Green and the Milton Gallery Walk.

KIDSfest on the opening weekend promises to be entertaining for kids and adults alike! Features include a combined school's art showcase, an installation art walk, children's musical entertainment and a circus style aerial display.

ARTfest provides emerging artists with an opportunity for wider exposure and it enables the local community and visitors to experience the abundance of artistic talent here on the beautiful south coast.

This popular southern Shoalhaven festival has been running since the 1990's and each year it goes from strength to strength. It is now a major event on the state's tourist calendar attracting audiences from across the country. So get involved, get creative and most importantly – don't miss it!! •

White Wash is a proud Bronze sponsor of Escape ARTfest 2016.
www.escapeartfest.com.au



Sculpture by Viterio, Bonomi

HEALTH

EXERCISING FOR TWO

Being pregnant and giving birth is a very special time in a woman's life. The key to maintaining fitness is to listen to your body and consult a professional on a safe exercise plan.



We spoke to Amanda Osborne, local physiotherapist and Pilates instructor, about ways to keep active during pregnancy and post baby.

1 Keep your body strong and stable as you embark on your pregnancy journey. Stay active but listen to new aches and pains, as this could be a sign to slow down!

During a natural delivery the pelvic floor muscles stretch 250% of their normal length.

2 During a natural delivery the pelvic floor muscles stretch 250% of their normal length. It is most important to check in with a women's health physiotherapist or other professional who can assess your pelvic floor after giving birth and guide you towards a safe return to exercise.

3 Take it slow! Regardless of the type of delivery, start with low impact exercise for the first six weeks, like walking and gentle resistance training. Remember you're already lifting a 3-4kg bub!

4 Boost your mood with exercise. The release of endorphins helps create a natural high! Take a walk alone or with a friend, as the fresh air can do you a world of good. In our local area there are so many beautiful outdoor spaces to enjoy.

5 Join a mothers group! Our thriving, local fitness community provides a variety of ways to incorporate exercise with your baby. Join a local gym, Pilates or yoga class designed for the pair of you. •



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CHECK OUT WHAT'S ON!

SEPT + OCT + NOV

2

CANCER OUTPATIENTS APPEAL GOLF DAY

Mollymook Hilltop Golf
Course on 2 September
Phone: 02 4454 9164



8

HARRY MANX

Milton Theatre
8pm on 8 September
Phone: 02 4455 3056



10

NEIL DIAMOND SHOW

Milton Theatre
8pm on 10 September
Phone: 02 4455 3056



CANCER OUTPATIENTS APPEAL CASINO NIGHT

Mollymook Bowling Club
on the 17 September
Phone: 02 4454 9164



23

DAMIEN LEITH

Milton Theatre
8pm on 23 September
Phone: 02 4455 3056



MILTON GALLERY WALK

5.30pm on 29 September
escapeartfest.com.au

29



6

GAIA LANTERN FEST

6 October at Ulladulla
Civic Centre from 5.30pm

8

JOSEPH TAWADROS TRIO

Milton Theatre
8pm on 8 October
Phone: 02 4455 3056



16

MOLLYMOOK CUP

Sunday 16th October at
Archer Racecourse Nowra
Enquiries: 0412 553 033



SHOALHAVEN TIMBER FESTIVAL

29 October. Milton Showground
Enquiries: 0439 023 360



21

EARTH, WIND, FIRE AND WATER

By South Coast Food
Alliance. Friday 21 October.
southcoastfoodalliance.com.au



29

CANCER OUTPATIENTS ANNUAL CRAFT DAY

At Baptist Church Hall.
29 October from 9.30am
Phone: 02 4454 9164



1

CANCER OUTPATIENTS APPEAL MELBOURNE CUP LUNCH

At Cupitt's Winery
on the 1 November
Phone: 02 4454 9164



8

XPD EXPEDITION RACE: ADVENTURE RACING WORLD CHAMPIONSHIPS

A journey over 600km
with teams representing
over 30 countries. Held
in the Shoalhaven from
the 8 - 18 November



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17



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