

ISSUE #04

free!

White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE

la famille
The Cupitt Family



What a summer we've had here on the south coast. Lots of people enjoying our beautiful beaches, our fantastic restaurants and coffee shops, and of course reading White Wash magazine!

In this issue we feature the Cupitt family who have created an iconic, award-winning business in Ulladulla that is soon to celebrate it's 10th year. Their unique family dynamic enables them to work together to achieve excellence. We are totally in love with the photographs of the family by Dean Dampney of CloudFace Photography.


We have broadened our Local Spotlight to include the talented Joel Newton, a local motocross rider who is taking on the US Supercross circuit. Joel's love of motorbikes is addictive, and he is passionate about his sport.

Easter is another busy time of year in Milton-Ulladulla with the Blessing of the Fleet Festival attracting massive crowds to the region. And don't forget the Milton Show! We have spoken to local people who have had some involvement in this annual historical event, and they give different perspectives on what the show means to them.


Autumn is the perfect time of year for bushwalks and picnics on the stunning south coast. Take a copy of White Wash with you to read while you relax. Enjoy Issue #4.

Virginia & Terri

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The information in advertorials has been supplied to us and we have no reason to doubt its accuracy, but cannot guarantee it.



Above: Mollie (left) and Trudy on the beach circa 1940. Right: The twins were excited to see a recent issue of the Australian Women's Weekly celebrating vintage covers.

TWO WAY STREET

MOLLIE AND TRUDY

Identical twins Trudy Hammond and Mollie Woods were born in July 1916. Yes, that's right, they're 100 years old! They spent 36 years living around the corner from each other in Cunjurong Point until Mollie moved to a nursing home a few years ago.

The O'Keeffe twins were born in Taree, and grew up in Coraki, NSW, where Mollie's earliest memory is of sirens wailing, people cheering, whistles blowing, and their mumma telling them it was the end of the Great War!

The girls attended the local Catholic school and Trudy recalls them being teacher's pets. "The other kids must have hated us!" she says. "The teacher would move along the row of children giving them all a flick with the cane but stop when she came to us. Twins were special in those days."

The family later moved to Liverpool in western Sydney and after completing art correspondence courses, Trudy and Mollie worked as fashion illustrators at *Home Budget* magazine, and later Trudy worked at the *Australian Women's Weekly*.

Mollie joined the army in the 1940s and operated searchlights at Nielsen Park in Sydney. During the war, the twins attended dances at Liverpool Town Hall with American, British, French and Australian soldiers, who were stationed nearby. Trudy has a twinkle in her eye as she thinks back to those fun times, while Mollie says, "They were real gentlemen, and very courteous. In those days, everyone just enjoyed themselves in an innocent way."

After the war, Trudy married Reg Hammond and honeymooned at Foley's Hotel in Jervis Bay. A few years later, in 1949, Mollie married Wally Woods. Both couples set up homes in the Sydney suburbs and continued to share their lives while raising their children.

In the early 1960s, Reg won a ballot for a block of land at Cunjurong Point. He and Trudy built a cottage and the Woods family joined them for

holidays. Back then the Bendalong Road was a dirt track. The house had no running water and an outside toilet, but they had wonderful times there.

Then in 1980, Mollie and Wally bought a block of land nearby and built their dream home. Trudy and Reg renovated their cottage and both couples retired in Cunjurong Point, where they made many friends and loved strolling along the beach together.

"The old team was back together again," Trudy reminisces.

Of course there were tough times, too. Mollie was seriously injured in a car accident at 52, and Trudy battled breast cancer at 80, after losing Reg. Mollie says that in times of trouble, "We just did whatever we could for each other. We couldn't do without each other."

Wally died in 2011, and Mollie later moved to a nursing home in Figtree. Trudy continues to live at Cunjurong Point with visitors dropping by for a story and a laugh. Mollie's daughter also lives nearby, and she and Trudy visit Mollie regularly. In between visits, the twins chat on the phone – and many times while talking to Trudy, she smiles and says, "I must tell Mollie that!"

They have lived, worked and socialised together, and never had a disagreement. "She is my other half. One of us only has to raise an eyebrow and the other understands," says Mollie.

As for becoming centenarians, Trudy believes a positive attitude is helpful. "Mollie and I just glide along," she says. •

KNOW TWO PEOPLE WITH A GREAT STORY?

We'd love to hear it. info@whitewashmagazine.com.au

HAPPY SNAPS

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



Anna Hozack and Lauren Powell at the Blessing of the Fleet Parade in 1995.



Kate Beasley with friend Beth, meeting a cute koala on their travels around Australia.



New Years Eve party at Rancho Relaxo!



Mel Cook - Blessing of the Fleet Princess in 2003.



Kate Rash and Kate Hozack - Milton Showgirls in 1994.



Jenny, Brad, Jess and Nick relaxing at Cupitt's Winery over the summer.



OneWave event at North Mollymook. Photo taken by Ken Banks.



Congrats to Alice and Damo on their recent engagement!



Parade flashback (1991) with Regan Stone and Ben Orphin.



Sunrise and yoga at Ulladulla Harbour for 'Refresh 2017' with Om Sweet Om.



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tallwood



Off Slaughterhouse Road between Milton and Ulladulla, you wind down leafy Washburton Road and see a sign against a stone pillar announcing you are at the entrance to Cupitt's Winery. Once you round the bend, you may think you have been transported to rural France as you take in the vineyards, hedges, pencil pines and provincial-style buildings. That is, until you look west to the panoramic and quintessentially Australian views of pastureland and the not too distant Budawang Range.

Don't let the understatedly sophisticated French theme fool you. This is a very Australian endeavor, with Rosie and Griff Cupitt, their sons Wally and Tom, and Tom's wife Libby working together with a shared passion for producing good food, wine, craft

beer and cheese.

The 200-acre former dairy farm caught the imagination of Rosie and Griff 13 years ago when they 'retired' to the south coast from the Southern Highlands. The property included a derelict creamery built in the 1850s and original cottage, which provided the perfect centerpiece for Rosie's vision of a French provincial-style cellar door and restaurant. Rosie, a horticulturalist, became interested in winemaking during garden trips to France in the 1990s, which led to her studying viticulture and traditional French and Italian winemaking methods.

The family had a holiday house on the south coast since the early 1980s, and when Rosie and Griff moved to the region permanently they envisaged establishing a small winery and restaurant, and probably selling it after

five years.

While Rosie had experience in winemaking with some of the larger vineyards in northern Shoalhaven, it was a huge leap to be going it alone. Griff wanted to graze cattle and admits that growing grapes is hard work in our moderately wet climate. Despite the challenges, Rosie was confident the venture would work and with support from local council, restoration of the creamery and construction of the restaurant were completed (just!) in time for the Wine Festival weekend opening in June 2007.

Even the rain didn't deter the enthusiastic crowd. "The weather was awful," Griff says. "I was pulling bogged cars from the paddock with the tractor, but everyone had a great time."

Back then a family-run business was not

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the plan. Rosie and Griff's adult children were in various stages of establishing their own careers. Both Wally and Tom studied engineering at university and travelled overseas, and their daughter Sophie was studying in France. While they all had an appreciation for fine fare and a delicious drop, nurtured by their parents' involvement in the hospitality industry, none envisaged being part of the south coast venture in any capacity, other than helping out when visiting during holidays at their parents' Narrawallee home.

But in 2009, Wally started working at the winery to pay off some travel expenses. The longer he was there, the more his interest in winemaking grew. He decided to stay and has expanded his knowledge of fermentation processes to produce a range of craft beers, adding another stream to the business.

At around the same time, Tom and then girlfriend Libby returned to Australia from London to renew their visas and worked at Cupitt's during their stay. Libby is a town planner but admits to having developed a passion for food and wine while working part-time in some of London's best restaurants. They returned to London but when Rosie decided to start making cheese, they came back to help out for a while with a view to settling in Melbourne.

Libby says, "We were working in the Yarra Valley and kept thinking about Cupitt's and its potential. We had to come back."

Tom and Libby married at Cupitt's and enjoyed it so much that promoting the beautiful setting as a wedding venue, quickly became a business focus for Libby. "It was a tough decision to shift from predominately restaurant service to hosting up to three weddings a week, as we were then closed to the community," Libby says. "Establishing the Sunday Sessions with live music was a way of enabling community access, and we love it. It's like a festival every Sunday."

So how does a family of unique individuals with strong views and different personalities work and play together so harmoniously? "Having unlimited access to good wine and beer certainly helps iron out any problems," laughs Libby.

The family all have quite distinct roles,



Credit: Dean Dampney of CloudFace Photography



Top Left: Rosie and Griff Cupitt. Top Right: The new kitchen garden. Bottom (from left): Griff, Rosie, baby Will, Tom, Libby and Wally.

as well as individual goals, but there is an obvious camaraderie, with respect and trust being key to maintaining their strong relationships.

“Having unlimited access to good wine and beer certainly helps iron out any problems.”

Rosie and Griff have stepped back (a little) with Wally taking over the winery and Tom as the business manager. "Yes I'm the boss," Tom concedes with a wry smile, "but how do you performance manage your mother?"

In June this year, Cupitt's multi-award winning Winery, Brewery & Kitchen will celebrate its 10th year of providing sophisticated dining and hand-crafted wines (and beer) in a relaxed, picturesque setting to locals and those visiting the region.

The family has much to be proud of. The first harvest from their sauvignon vines produced 12 tons of grapes. They are now

producing 70 tons. Rosie is well on the way to establishing her scrumptious artisan cheese range, and has plans to increase production. The restaurant has been extended to seat 120 with the renovation design provided by their daughter Sophie and her architect husband, who reside in London between visits home. The craft beer range now also includes the recent release of 'King William' named after Tom and Libby's son, Will, born last year.

"The boys coming back has made a huge difference – the business may have been sold," says Rosie. "And now especially with little Will... we're really lucky the kids are here with us."

The Cupitt family has no plan to slow down. As the construction of onsite accommodation to supplement the original cottage is being considered, Griff calmly listens to his family's enthusiastic banter, smiles and says, "All I want is a new tractor... but I don't think I'll get it." •



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AUTUMN VINTAGE

Autumn at Cupitt's means vintage: the process of harvesting grapes and creating wine. Over the next three months all other jobs on site will be put on hold as the process of winemaking takes centre stage. It's one hell of an exciting time: addictive and enthralling!

The vintage crew will work tirelessly to create our best wines yet, lovingly looking after every bin of grapes throughout each step. The journey behind each wine starts in the vineyard well before the grapes are harvested, and finishes with the winemakers' pursuit to bring out the finest possible expression of the fruit.

Each vintage has a unique set of characteristics that change the subtleties in the flavour of the wine – and that's what makes each year's harvest individual and special. This year we have had ample sunshine and not much rain, which is great for uninterrupted ripening.

At Cupitt's most of the grapes we pick are from vineyards in premium growing areas around NSW. This year we will be processing around 70 tonnes of grapes including our estate grown Sauvignon and Semillon. We also source grapes from the Hilltops region, the Southern Highlands, Orange, Tumbarumba and the Canberra District.

We will be celebrating the vintage at our annual Harvest Feast Long Table Lunch on 19 March 2017. Tickets can be purchased on our website www.cupitt.com.au

Cupitt's Winery
58 Washburton Rd, Ulladulla
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Fernanda O'Connell grew up in Sao Paulo, the most highly populated area of Brazil. Her parents would take her to the beach for school holidays, and from an early age she dreamed of living by the ocean.

At age 11 she took up body boarding, which was the sport of choice for females who wanted to ride waves. Surfing changed Fernanda profoundly, and she knew she wanted to live a more wholesome life close to the sea.

Later Fernanda decided to travel the world, with a particular focus on famous surfing destinations. While visiting Australia she met her future husband, also a keen surfer and traveller. Together, they travelled extensively until finally settling in Ulladulla with their children.

Drawing and painting had always been part of Fernanda's life but it wasn't until she moved to the south coast that the urge to document the region from a surfer's perspective became imperative.

For the past 10 years she has concentrated on painting 'portraits of waves', experimenting with different colour palettes to represent different times

of the day. Her work is purposefully devoid of people so that viewers are encouraged to immerse themselves in the artwork. As the surfing population continues to grow, the idea of uncrowded and perfect waves becomes even more desirable.

In the last decade, Fernanda has exhibited in the United States, Australia and Brazil in solo and group shows. People in Brazil, France, the United States, Hawaii, Germany, England, Portugal and Australia have collected her work, and she has become known as a niche painter of 'Surf Art'.

Fernanda uses mainly acrylic paint, ink, and charcoal to execute her highly detailed paintings. She is inspired by the matte quality these mediums produce, and the frescoes of Diego Rivera come to mind. Her choice of colour palette is intentional too, as it suggests her mood and often the spirit of the times.

She is also influenced hugely by her experiences in the surf, as well as fashion, interior magazines and of course the people around her. •

*Fernanda can be commissioned for a bespoke piece and her art is available for viewing on her website: fernandoconnell.com and clubofthewaves.com. E. fernandoconnell@gmail.com
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WHAT A BLESSING!

THE BLESSING OF THE FLEET FESTIVAL

Easter weekend in Ulladulla is synonymous with the Blessing of the Fleet, one of the largest and most popular festivals on the south coast. The festival is a time for families to enjoy a unique celebration that sees people return year after year, and the 2017 festival is shaping up to be bigger and brighter than ever!

The Blessing of the Fleet ceremony is the centrepiece of the festival that has become an iconic drawcard for our district. It is a treasured tradition that originated in Sicily centuries ago. The ceremony was passed down through the generations and was adopted by the local Italian fishing community in the 1950s. The ritual continues every Easter, as the fleet of local fishing boats is blessed, and prayers are offered for abundant fish and safe journeys at sea.

On Easter Sunday the day begins with a wonderful street parade that showcases a string of colourfully themed floats with beautiful princesses and their partners onboard. The parade is led by the local catholic priest, followed by a statue of St Peter, the patron saint of fishermen, accompanied by local fishing families. The parade moves down

the main street and finishes at Ulladulla Harbour.

The Blessing Ceremony then takes place and the priest is ferried, aboard the Ulladulla Marine Rescue boat, around the harbour to bless the flotilla of decorated fishing boats.

For the remainder of the day there is a huge lineup of entertainment for all ages, including market stalls, amusement rides, beach games, music, and plenty of food. There will be a designated Kids Zone in the Civic Centre, with over 1000 pieces of Lego, the chance to paint and interact with local artists, and the awesome Circus 35 South performing.

The culmination is a spectacular fireworks show over Ulladulla Harbour in the evening. The festival is a truly great day out for the whole family. The highway is closed and the Civic Centre and harbour foreshore are classified as an alcohol free zone. So come along and enjoy the festivities on Easter Sunday! •

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Follow us on Twitter [@blessingfleet](https://twitter.com/blessingfleet).

Information supplied by BOF festival chairman Phil Brown.

WHAT WE LOVE ABOUT

EASTER ON THE SOUTH COAST



Credit: Tim Mooney

Picnicking at Depot Beach, where the forest meets the sea.



Eating chocolate eggs of course!



Credit: Tim Mooney

Exploring the many trails in the Budawang National Park.



Checking out the floats at the Blessing of the Fleet Parade.

A big thanks to Tim Mooney from Sydney Aerial Photography for supplying us with his beautiful aerial photographs. P. 0418 670 437

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SPOTLIGHT ON A LOCAL TALENT

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WITH JOEL NEWTON

On the starting line. Nervous. Stay focused. Rev the engine. Go! Position yourself, control around tight corners, accelerate hard, over jumps. Hold on to the bike! Welcome to the world of motorbike racing where Joel Newton feels very much at home.

Motorbike racing has two disciplines: Motocross, which is outdoors using natural terrain; and Supercross, which is staged in stadiums on a man-made track. Joel enjoys racing in both and has achieved national success.

The majority of Motocross riders begin as three-year-olds tearing around on a pee wee, but not Joel. He had other interests like the beach, surfing and football. His passion for motorbikes didn't start till age 14, when his dad bought an AG bike and he learned to ride at the Kings Point gravel pits.

With encouragement from other local riders, he started racing a Honda CR80 at Moruya Speedway for fun, then Nowra, and his favourite local track at Wollongong. Joel decided to start racing competitively at age 18, and now at 33, he's still enjoying it and continues to excel.

Last year, Joel toured the country, competing successfully in the Australian Supercross Series. His biggest race of the year was the AUS-X Open in Sydney in November. Fireworks and around 10,000 fans greeted Joel at the premier race for the series. He finished 14th nationally which is huge for a privateer (he pays his own way without sponsorship). As one of only two privateers in the 2016 Supercross series, Joel's dedication is unquestioned.

On top of the significant financial commitment, there's also a physical toll attached to racing. To stay in peak condition he does lots of cardio training and has to watch what he eats and drinks. "If you put 100 per cent effort into riding fast, you need endurance to hold onto the bike," Joel says. "Your heart rate is maxing out!"

Managing injuries is key to achieving longevity in the sport. When questioned about injuries, Joel reveals, "I've had a few, but not too bad for a motocross rider," downplaying the fact

that he's broken a leg, collarbone, wrist, elbow, and busted a knee.

Joel admits that racing is addictive: "The more you do it, the more you want to do it. There's a fair bit of adrenaline."

His support base is crucial to Joel's ability to race at the top level. His girlfriend and family are all onboard, although Joel admits that if he decided to give up racing tomorrow, his mum would be pretty happy. And working in his dad's excavation business provides him with flexible work arrangements, as well as the ability to make his own practise tracks.



The more you do it, the more you want to do it. There's a fair bit of adrenaline.

The many hours spent on local practise tracks are some of the best days for Joel. He loves riding with mates, doing laps and hitting the jumps. Unfortunately, race days are not so laid-back, and are far from scripted. "You might bang into people, lose your rhythm, and it can just be a 10th of a second between qualifying or not. It takes mental discipline," says Joel, with a tone steeped in determination and focus.

Straight after Christmas Joel packed up his motorbike and headed to the US to compete in the AMA Supercross national tour. This is his second time in the States and his aim is to qualify in the top 40 in the 450CC premier class. Of course, everything is bigger over there including the crowds and the prize money. Joel is riding in massive stadiums packed with 40,000 - 70,000 people every weekend.

Perhaps the US tour will be his time - the privateer might crack a major sponsor. Whatever happens, Joel has the maturity to handle it. When asked about the danger associated with the sport, he says simply, "You put it out of your mind. You have to go hard. Don't hesitate. Be 100 per cent committed. At the end of the day, you're there to race." •



Credit: Photo by Ruby Boland Photography

The Swaggers formed in early 2015, quickly becoming one of Ulladulla's most popular bands. Shaun Wessel (lead vocals, guitar), Eric Duxbury (drums, backing vocals), Mick Lizak (keys, backing vocals), Matt King (lead guitar), and Anta Supomo (bass) have taken the south coast music scene by storm.

The band connected through a similar taste in music, and name the funk, soul and reggae groove from the likes of Bill Withers, Donny Hathaway, Fat Freddy's Drop and Bob Marley, as key influences.

Their first show together was supposed to have been a one-off fill-in, but while rehearsing they just clicked and everything seemed to flow naturally. They decided to keep things going and see where it would take them.

At rehearsals each week, they jam out new songs till they work. "We like to put our own spin on each piece and 'Swaggerize' a song to make it our own," says Shaun.

Playing a wide variety of music for weddings and pub shows, helped the band to write their first EP "Frozen Butterflies" released late last year. The

songs encompass mixed influences from funk, blues, and acoustic and the EP was well received by their fans old and new. They would love to produce a full-length album and are looking to add some festivals to their yearly schedule.

The Swaggers are a well-established wedding and corporate band, professional yet relaxed with their approach to getting the party happening. They have played weddings from Kangaroo Valley to Batemans Bay, and as far away as regional Victoria. They also do high-end corporate occasions in the wineries, and food festivals up and down the coast.

The band especially enjoys playing at weddings because the atmosphere is so full of love and joy. They find that playing to a different crowd each week, and always receiving the same positive response is humbling.

They recently had a wedding where the first dance request was their song "Birds and Doves" and for musicians, that is the ultimate high. Shaun says, "That is the drive that keeps you writing and passionate about what you love... MUSIC!" •

The Swaggers will play at the Ex Servos on April 22nd supported by Brothers. Tickets available from the Ex Servos. For more information go to www.theswaggers.com.au

IN THE BOOKSHOP

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PHOTO JOURNAL: SALT & LIGHT

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THE DRY

By Jane Harper. Price \$32.99

Luke Hadler turns a gun on his wife and child, then himself. When Federal Police investigator Aaron Falk returns to Kiewarra for the funerals, his investigative skills are called on, as the facts of the case start to make him doubt the murder-suicide charge. Who really killed the Hadler family?

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LOCAL RECIPE

CHOCOLATE COCONUT BALLS

From Kerry Hozack



Easter time is chocolate time. This recipe was given to Kerry by her mother-in-law Betty, and is a 'tried and true' favourite in the Hozack household. And it's very easy to make!

- 1 packet (250g) Milk Arrowroot biscuits
 - 1 cup desiccated coconut
 - 1 tablespoon of cocoa powder
 - 1 x 395g tin of sweetened condensed milk
 - Extra coconut (for rolling the balls in)
1. Crush biscuits with a rolling pin or in food processor, and place into a mixing bowl.
 2. Add cocoa and coconut, stir together then add condensed milk.
 3. Take a small amount of mixture and roll into a ball. Then roll through extra coconut.
 4. Continue with the rest of the mixture.
 5. Place the chocolate balls on a plate, and chill in the fridge for 30 minutes.



IT'S SHOW TIME!

THE MILTON SHOW (3RD AND 4TH MARCH)

This year is the 148th annual show and exhibition, and White Wash has talked to a few people around town to find out what the Milton Show means to them.

LAINIE ANDERSON

Lainie Anderson was last year's Milton Showgirl and views the show as an opportunity for the community to come together and learn about its strong agricultural heritage and celebrate its achievements. She says, "The absolute best thing about the Milton Show, growing up, was the show bags. I quickly learnt to manage the \$20 my Nan had given me, well enough to obtain a year's worth of candy." As a young girl, Lainie remembers a week of late nights cooking, and then being able to eat the cakes and biscuits she had entered in the show for breakfast the following days.

COLIN SHEA

Col Shea was a champion competitor in the flag racing events from the late 1950s to the mid 1980s

and Milton Show has always been a big part of his life. His two sons and grandchildren ride at the show too. When looking back he recalls, "Milton Show had good prize money and always attracted strong competition. If you came from Milton you could hold your own anywhere. I had some great battles with Cyril Donovan over the years and flag racing always gets the crowd going!"

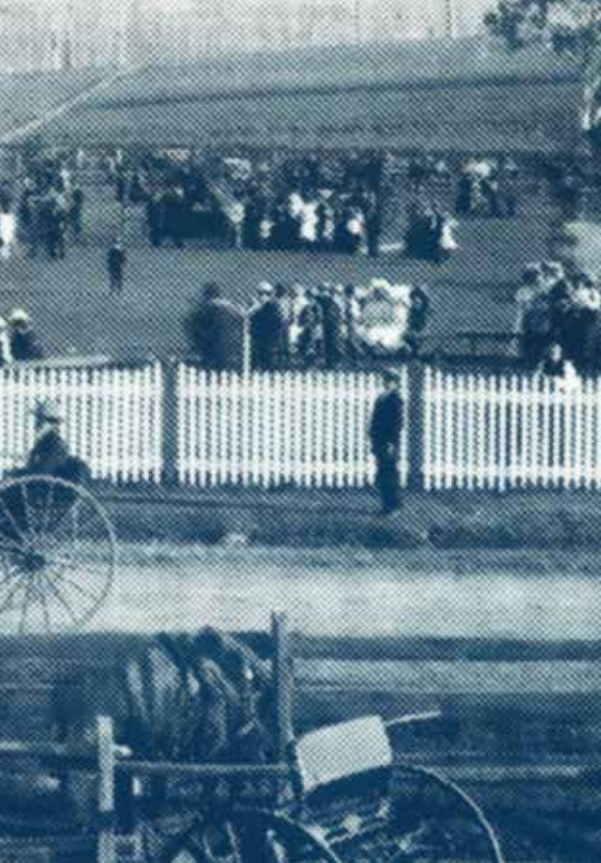
BILL JOYCE-BRIGGS

Bill Joyce-Briggs (12) and his family have competed at the Milton Show for as long as he can remember. He has entered vegetables, flowers, cooking and woodwork in the Pavilion section, won 'Champion Rooster' in the poultry section, and hung on tight when riding the poddy calves! A major highlight was winning the inaugural Milton Junior Master Stockman in 2012. Bill says that the show brings people in the community together. "It's great to go to the show and meet up with friends." As for the high standard of competition, "No matter how good you think your cow is, you get there, and there's always someone with a fair match," says Bill.



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PHOEBE AND IMOGEN ROBARDS

Phoebe (12) and Imogen (15) have been going to the show since their family moved to Milton from Blackheath three years ago. Imogen says she looks forward to the show because, "There is something for everyone. It brings the community together and people have an opportunity to share their passions and talents." This will be their 4th Milton Show and the girls will be participating in all the horse events over the two days. Phoebe says, "It's always fun."

MITCH WHITE AND STEVE QUINN

Mitch White and Steve Quinn have been judges of the Home Brew Beer section of the show since it began in 1997, and they have seen both the quality and quantity of entries improve greatly in that time. Each year they don their white coats and sit down to sample a variety of ales, lagers, stouts and ginger beers. Both men take their duties as seriously as the brewers take their brewing. Steve, a lover of craft beer, says, "It's a tough job but someone has to do it!"



Main: Milton Showground 1910

Top: Lainie Anderson, Milton Showgirl 2016

Middle: Imogen Robards on her horse Storm in 2016

Bottom: Bill Joyce-Briggs, Milton Junior Master Stockman 2012

SUSAN CURRAN AND GARY BRILL

Susan Curran and Gary Brill first started entering the show in the 1980s. Sue says, "Gary and I always read the show booklet in depth, and have a look at what we have growing or have made, and it's different each year. Gary specialises in beer, tomatoes, corn and other vegetables. I spin and weave and knit and do a few pickles etc. Winning a prize is always exciting, but I love just being able to exhibit my work, and see the wonderful work of others. Being a member of the Milton Show Society is very worthwhile and participating really makes one feel part of this great community." •

DIY

CHAI TEA CONCENTRATE



Credit: Google Images

This easy to make chai concentrate is the perfect accompaniment for the cooler Autumn days.

- 4 ½ cups water
- 1 stick cinnamon
- 3-inch piece of ginger
- 7 whole cardamom pods
- 2 whole star anise pods
- 10 whole cloves
- ¼ tsp ground black pepper
- ½ tsp ground nutmeg
- 1 tsp orange zest
- 10 bags of black tea
- ½ cup brown sugar
- 1 tbs honey

1. Bring the water to boil and add the spices and the tea bags allowing the mixture to steep for 15 minutes.
2. Strain the mixture into a bowl to discard the spices. Add the sugar and honey, and stir through.
3. Pour the mixture into a jar and store in the refrigerator.
4. To serve, mix one part concentrate with one part milk. Heat for a warm beverage.

For more recipes and DIY ideas follow us on Pinterest at [P whitewashmag](#)



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AUTUMN ALBUMS

White Wash music columnist Jem Quinn recommends these autumn albums.



The Swaggers
Frozen Butterflies



Childish Gambino
Awaken My Love



Bonobo Migration



Bec Sandridge
In The Fog



The XX | See You



BECSANDRIDGE

WORDS BY JEM QUINN

Stanwell Park native, and talented singer/songwriter Bec Sandridge has been gaining momentum as one to watch in 2017. Her *'In the Fog'* EP released late last year has garnered plenty of radio attention and is a snapshot of an emerging artist undergoing an evolution.

Sandridge's previous release *'Wild Heart'* is a charming, primarily folk affair, with her songwriting ability on full display. Sandridge's latest offering however, shows the transition from acoustic artist to the fuller sound of a five-piece band. With the addition of a synth, electric guitar, bass and drums, the resulting lead singles are shimmering indie-pop gems, capped with Bec's unique vocal stylings. With shades of Ladyhawke, offset with the drama and melancholy of the Jezebels, *'In the Fog'* is pop music in the very best sense of the word, with catchy vocal hooks that are just the right amount of sweet.

When asked about the transition, Bec made no bones about the fact that it was completely intentional. "I've always listened to singer/songwriters who play in bands, and I find it easy to

write with a guitar, but I wanted to do something that sounded bigger and something that people could dance to. I was never sure how I could achieve that production-wise, but with the help of Tony Buchen my producer, it kind of all just fell together," Sandridge said.

Complete with platinum blonde aesthetic, and equally striking stage getups, Bec wears her '80s pop influences proudly on her sleeve. "I love bands like Fleetwood Mac, War On Drugs, Bruce Springsteen, Cyndi Lauper and Talking Heads". Perhaps paying homage to her heroes, there is a subtle familiarity with that era in Bec's music. "People shouldn't be afraid to write pop music, but I think somewhere along the line it became a bit of a dirty word. I just really appreciate a good simple melody", she said.

Always scribbling ideas into a phone or notepad, the writing process never stops for Bec, and she hopes to be back in the studio later in the year to record more music. Until then, she will be touring the *'In The Fog'* EP around the country for the next few months. •

Be sure to check out her page becsandridge.com for the dates or catch her at Wollongong Unibar on the 24th of March, 2017.



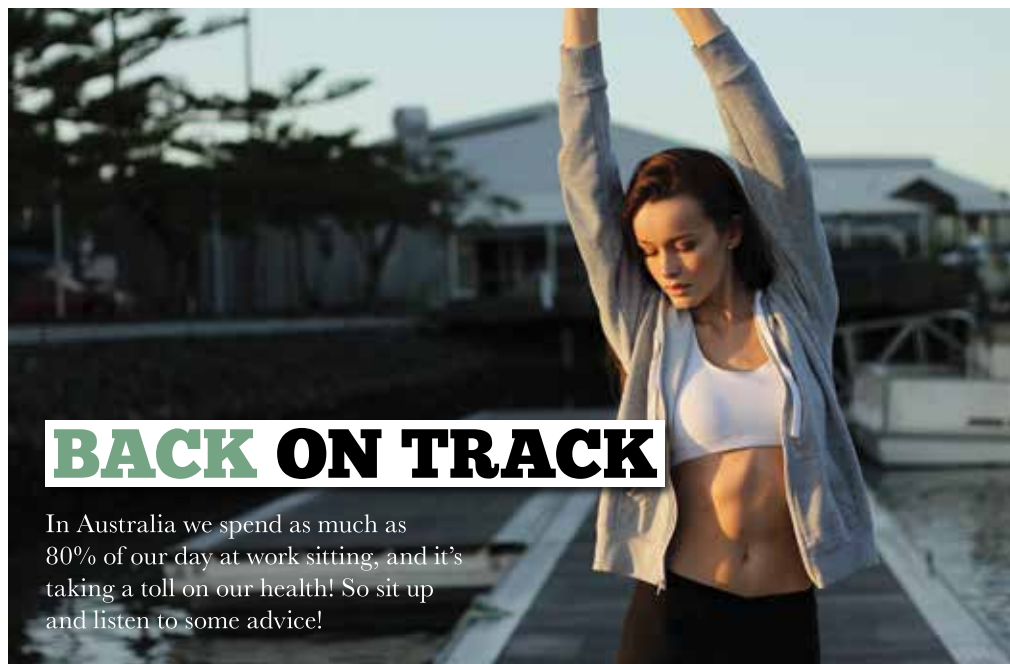
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BACK ON TRACK

In Australia we spend as much as 80% of our day at work sitting, and it's taking a toll on our health! So sit up and listen to some advice!

Do you experience a dull ache, a shooting pain or a burning sensation in your lower back? Amanda Osborne, local physiotherapist and Pilates instructor, says that fixing chronic lower back pain is like solving a giant jigsaw puzzle, and it needs to be managed properly. So here are her tips on how to relieve those symptoms and get back on track.

LISTEN TO YOUR BODY

We used to say rest, but now that's not the case. You need to move, but within your limits. Don't go and play a game of golf or run a marathon while you're injured! The trick is to listen to your body and do gentle walking and gentle stretching. Your physio can devise a recovery plan depending on the extent of your injury.

LET GO

People with back pain are already too rigid. Their muscles have tensed up as a protective response to the pain. So before you strengthen, you need to let go! Relaxing muscles around your trunk when you have back pain is actually more helpful, especially in positions like standing and sitting. Pilates or yoga classes that focus on mobility and stability are extremely beneficial.

BREATHE IT OUT

Pain increases muscle tension, which in turn, creates more pain. When muscles are tense, they tighten and increase pressure on your nerves and tissues, which can make the pain worse. Relaxation can help break the pain-tension cycle. Breathing deeply also helps to activate and stabilise the core, which in turn, can support the back and relieve pain.

STRENGTHEN YOUR CORE

The problem of lower back pain can usually be linked to not having a strong enough core. Those deep core muscles work together to support and stabilize the spine when we move or lift a load. Core control exercises help to alleviate back pain by training you to co-ordinate activity of the trunk muscles. Make sure you have an individual assessment (first) with a health professional who can prescribe specific exercises just for you.

FIRST AID

Ice and heat are effective tools to have in your pain management kit. Try using ice for acute, severe pain and heat for chronic, dull, muscular pain. It is most important to check in with your local GP for advice on pain-relieving medications. •

SOCIAL

WHITE WASH ON INSTA

We wanted to share with you our favourite Insta snaps from last year. To share your pics with us use #whitewashmagazine and you may appear in our magazine!



Repost from @kylastone art. One of our discerning readers - the adorable Fig!



Repost from our spring cover model, Dean Dampney of @cloudfacephotography.



Our editor having a tough day at the office catching up on the summer issue at North Molly!

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CHECK OUT WHAT'S ON!

MAR + APR + MAY

3

MILTON SHOW

3 - 4 March at Milton Show Ground, Croobyar Road Milton
themiltonshow@bigpond.com



11

HOLLY THROSBY

11 March at Milton Theatre
Phone: 02 4455 3056



17

CANCER OUTPATIENTS APPEAL GOLF DAY

Sponsored by LJ Hooker
Phone: 02 4454 9164



19

"DO-GA" (DOG YOGA) FUNDRAISING EVENT

10am on 19 March at the Ulladulla Civic Centre.
barbara@wooftastic.com.au



25

BABY ET LULU

25 March at Milton Theatre
Phone: 02 4455 3056



25

ASIAN FUSION DINNER

At The Treehouse Cafe
Phone: 02 4455 3991



1

BLESSING OF THE FLEET PRINCESS BALL

1 April at Ulladulla Civic Centre



1

SOUND HEALING

1 April at 6 - 8.30pm.
CWA Hall in Milton.
Tickers: suntaramusic.com



8

EMMA PASK

8 April at Milton Theatre
Phone: 02 4455 3056



16

EASTER SUNDAY

The Blessing of the Fleet Parade and Festival



EASTER SUNDAY AT CUPITT'S

Entertainment with Jono Collins Trio from 12.30pm

16

22

THE SWAGGERS

22 April, at the Ex-Servos, Ulladulla



29

FRENCH DINNER

At The Treehouse Cafe
Phone: 02 4455 3991

5

THIS CRAZY LIFE

Presented by The Entertainers
5 - 13 May at the Civic Centre. Tickets available at the Ex Servos Club.



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27

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