

ISSUE #05

free!

White Wash

MILTON ULLADULLA LIFESTYLE MAGAZINE



Coming
HOMIE

Well we can't believe its 12 months since the first issue of White Wash hit the streets of Milton-Ulladulla!

We are beyond excited to have the awesome Turia Pitt as our cover story, in this our first anniversary issue.

Champion Ironman, public speaker, charity worker, author and adventurer - Turia grew up here, makes her home here, and loves this community.

At the time of going to press, she was preparing to climb to Everest Base Camp. Turia has also recently released her new book "Unmasked." Is there anything this impressive and inspirational young woman can't do?

We meet local, creative talent Kyla Stone... an artist who explores unique watercolours as well as gorgeous botanicals. She also grew up on the south coast and is closely connected to the creative community here.

Julie Holstegge found her passion for the environment while spending time in the garden as a child with her mother and grandmother. She shares that passion locally, working as part of a team, doing a massive job of re-vegetating the Croobyar Creek catchment area.


Winter on the south coast is a well kept secret... un-crowded beaches, perfect waves, and lovely sunny days. Grab a cup of coffee, snuggle up by the fire, and enjoy Issue #5 of White Wash.

Virginia & Terri

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Credit Cover Photo: Elizabeth Allnut



TWO WAY STREET

PETER HISTON & JEFF KING

They met as kids at Kingsgrove Public School and went on to form one of the longest lasting partnerships in the local building industry. 'Jacko' and 'Kingy' have a friendship as solid as the concrete they've laid all over this town.

Both boys grew up playing rugby league for the Colts in Sydney. "Jeff was a great little second rower – a tackling machine," Peter recalls.

"I would put the ball under my arm and run like hell," Jeff responds, "Till I could pass it to Pete to finish off."

High school didn't hold the boys' interest and they spent more time exploring the gully, and riding their bikes through stormwater drains.

Both vividly remember one adventure when floodwater rushed towards them. They had just enough time to scurry out of the drain, narrowly escaping tragedy. Days later, they found their bikes and schoolbags in the next suburb!

Peter left school as soon as possible and began a fitting and turning apprenticeship. Jeff stayed on then did an electrical apprenticeship. And on weekends they'd head down the coast surfing – Wairo was a favourite spot.

Jeff married Linda at 18. "He was still in short pants!" teases Peter, and he and Lyn weren't far behind them. They started their families and the Histons moved south in 1974, with the Kings migrating the following year.

Peter sold Jackson Surfboards on the side, hence his nickname 'Jacko', and he and Jeff found work digging the kerb inlet pits in the new suburb of Narrawallee. They laugh as they recall creatively naming themselves 'The Perfect Pit Co.'

Chiselling out pits was hard yakka, so when they heard that concreters were needed at the Hilltop Golf Course they fronted up. The foreman wrote down their name as P&J Concreting, and so it was for the next 40 years.

"Without any experience, we'd bluffed our way

into concreting the top golf club!" Peter laughs.

The subsequent years were a time of rapid expansion in town, and they concreted most major buildings. The second floor of the Beachside Golf Club was the biggest single pour in the district at the time.

They worked hard and played hard, too. "We had to go to the pub for work!" quips Peter.

Between work and family life, they also saw a need for more organised sport in the area, so with their can-do attitudes, they began their impressive contribution to the community.

They're life members of several clubs, including the Marlin Social Golf Club and the Junior Rugby League Club, plus Peter was founding president, and Jeff treasurer, of Ulladulla Boardriders, which is still going strong 43 years later. But their proudest achievement was Frogs Holler touch footy club – with a group of volunteers, they worked Saturdays for years building the clubhouse and fields.

"That nearly ended in divorce!" Jeff laughs.

Of course, tempers have flared at times. "Every now and then we'd tell each other off but we never spat the dummy and went home," Peter explains.

When asked how they complement each other, Jeff replies matter-of-factly, "Pete screens and I shovel."

As is typical of their generation, the guys don't get too deep, but there's an obvious respect between them, forged after years of running onto footy fields and building them side-by-side. They have each other's back. "We dead-set appreciate that," Peter says.

"We're very lucky." •

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



The old tramline wharf at Jones Beach was built around 1925. The tramline was 5 miles long and transported silica. Remnants can still be seen at Jones Beach.



Photo of some seriously big swell taken by the talented Ryan Pernofski.



Amanda and Glen McDonald on the best day of their lives! Image by @cloudfacephotography



Mollymook Outriggers after their win at Rose Bay, Sydney.



Gary Warburton, Marty Drysdale, Ryan Gough and Jon Hozack having a celebratory beer after the Mahi Mahi's placed 3rd at the Country Championships at Seal Rocks.



Shaun Wessel and Ben McInerney at Groove Garden gig.



The Parson family enjoying the French Dinner at The Treehouse Cafe.



Heather Stewart, Vanessa Santomingo, and Noni Price at the Business Community Network event at the Mollymook Golf Club.



Winter mission in Morton National Park. Photo by @samwphoto

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Credit: Elizabeth Allnut

Coming HOME

Having lived in Ulladulla since she was four years old, Turia Pitt is a “south coast girl” through and through, by her own admission. And when she talks about ‘home’, there’s happiness and wonder in her words. “Time slows down when I come home,” she says. “It’s relaxing and beautiful. Everything I need is here – Michael, my family and my mates.”

When Turia was horrifically injured in a fire while competing in an ultra-marathon in the Kimberly region of Western Australia in 2011, she spent six months recovering in hospital. After making incredible progress, she was super excited to be told she could finally go home. But her homecoming proved to be difficult, and she felt disillusioned.

Turia realised that despite her impressive advancements, she was unable to do the things she’d always enjoyed – swimming, surfing, or even running on the beach. These activities were impossible, and just

being outside for any period of time was difficult due to the sensitivity of her skin and exhaustion.

Hospital had been an unreal environment. While it was supportive and healing, it wasn’t at all like her ‘real’ life. Turia had been doing better than any of the other burns patients in her rehab program – she was really proud of herself. But when she arrived home everything was different and she had to start from scratch.

It wasn’t long before Turia’s remarkable mind (and body) took on the challenge, adjusting to the huge changes and starting to feel ‘at home’ in the place she’s always loved. Within a year of the accident, Turia was running again – something her doctors told her would never be possible. And eventually she was back surfing at her beloved Mollymook Beach.

The truth is, it’s taken more than surgery and rehab to achieve what Turia has

accomplished since that dreadful day in The Kimberly. The horror of being trapped in the fire’s path and her agonising injuries could have broken this young woman. But Turia sees herself as lucky and chooses positivity every day. When asked about her motivation, she laughs, “As Michelle Bridges says, ‘never rely on motivation – it’s like a bad boyfriend... never around when you need it.’”

“It’s about being persistent and consistent,” she continues, her tone becoming more serious. “Before the fire, I had bursts of energy and then wouldn’t train for days.”

During her recovery, Turia set milestones and worked on making small improvements. Progress was very slow but after a while she was able to reflect and realise how far she had come – small gains add up! “The old Turia would have been impatient,” she says. “Change your mindset and be consistent is the lesson taken forward.”

In Turia’s TED talk, she recalls being in

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hospital after the fire, and imagining she was an SAS trooper who had been injured by explosives – she says that it helped her think of herself as “strong and tough”. As a young girl competing in school running events, she used to pretend she was a princess carrying an urgent message that would prevent her people from being killed, to help her go faster. Both examples are powerful in their beautifully simple logic.

But Turia attributes the roots of her strength to her parents. Her mother, Celestine, is an accomplished author, who used to stay up late writing after putting the children to bed. Her father Michael’s attitude was always, “Don’t complain. Do the work to change what’s wrong.” They also nurtured her sense of humour – her mum believes that a day without laughter is a day wasted!

“Time slows down when I come home,” she says. “It’s relaxing and beautiful.”

Turia’s life is full. She travels extensively for public speaking engagements and is the ambassador for Interplast – a group of volunteer medical specialists who provide free reconstructive and plastic surgery to people in developing countries in the Asia Pacific. Her fundraising activities are testament to her strength and stamina, both mentally and physically, and include trekking a section of the Great Wall of China, the Kokoda Trail, and as this issue goes to press, preparing to lead a group to Everest Base Camp!

Last year she competed in the international Ironman event in Kona Hawaii – another amazing personal goal achieved. When asked about the risks involved in continuing to push her body despite her injuries, Turia says, “Life without risks is not really a life at all.” Having said that, she has clearly demonstrated her ability to put in the hard yards in preparation for every challenge she undertakes.

Of course, the person at the centre of Turia’s world and her other great source of strength, is fiancé, Michael. During her six months in hospital he spent every day by her side and when Turia first came home, they lived with his parents as their home provided the



Right: Turia at her home surf break - Flatrock.
Below: Turia and Michael on vacation.
Below Right: Turia finishing the Ironman in Kona.



privacy and support the couple needed... plus, it’s close to the beach! Perfect for Turia, who loves the outdoors and the beauty of our local natural environment. She describes her ideal day as spent with Michael, “up early for a surf, breakfast at Pilgrims, a bit of reading then a walk in the hinterland or along the coast, before drinks and dinner with friends at the Pavilion.”


This is a woman who is passionate about living the life you want to live – no excuses – and believes coming home helps her keep things in perspective. She also feels a deep gratitude to the local community who she loves so much. Soon after she arrived home from hospital, close friends organised a Masquerade Ball and raised over \$60,000. This enabled her to go to a specialist clinic in France and access

state-of-the-art rehabilitation and surgery. “The community was so supportive, it was incredible,” says Turia.



“No matter how important you think you or your problems are, driving back from Sydney gives me time to think,” Turia adds. “You turn up the volume as you leave Nowra for that last leg of the journey and as soon as you get to the top of the hill in Milton you feel you are home. This community has your back. I’m so proud to be part of it.” •

Turia’s new book ‘Unmasked’ is in bookstores now. Visit turiapitt.com to order your copy. To make a donation to Interplast visit interplast.org.au/donate. Instagram @turiapitt





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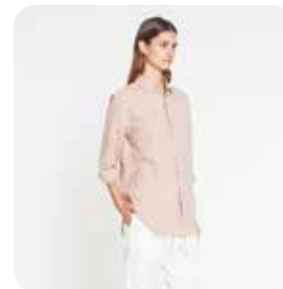
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The 'stout' family of beers flourished during the 19th and early 20th centuries and was commonly regarded as nourishing, and reputed to have many health benefits. 'Milk stouts' enriched with lactose were viewed as especially beneficial, and were even prescribed by doctors for a wide range of ailments!

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CLINIC BY THE SEA

MILTON OSTEOPATHIC CLINIC

What is Osteopathy? Alison Lewis asked one of her regular patients for their perception, and they responded, "It's a comprehensive, hands-on treatment for muscle and joint pain. I always feel very balanced, like every inch of my body has been considered." Alison couldn't have described it better herself!

Osteopathy is a government-registered profession, which requires completion of a minimum 5-year master's degree, with training in anatomy, physiology, pathology, general medical diagnosis and osteopathic techniques.

Alison trained and worked in London for 10 years before following her heart to Australia, and is now living her dream of running her own clinic by the sea. "I am passionate about working within the local community, offering ways for people to control their pain and improve their quality of life. I believe we can all take ownership of our health and reap the rewards."

Milton Osteopathic Clinic opened its doors three years ago, and has expanded to include fellow osteopath, Craig McGregor and naturopath, Emma Wilson.

Emma studied a Bachelor of Naturopathy, and worked as a naturopath in Sydney before taking some time off to raise her children. She returned to formal

practice in 2016 and believes that natural medicines are indispensable for supporting children's optimal health and treating childhood illnesses.

Emma employs physical examination and clinical diagnostic skills, along with herbal medicine, dietary analysis and modification, nutritional supplementation, and lifestyle recommendations, to treat a wide range of symptoms and disease. "It is my experience, that in many situations, if you provide the right natural support, a person's health can be strengthened and often restored." She has seen the positive effects of naturopathic treatment for many health problems, including infections, obesity, gastrointestinal, respiratory, and women's reproductive health issues.

Milton Osteopathic Clinic strives to provide a multifaceted approach to healthcare with practitioner-supported programs and treatment plans that aim to support and strengthen the body and increase health and wellbeing. The team strongly believes that's the way forward for Australian healthcare. •

Milton Osteopathic Clinic: Alison Lewis - Owner and Osteopath, P. 0244544995. Emma Wilson - Naturopath, P. 0490255792. 94 Princes Hwy Milton. E. alison@miltonosteopathic.com.au. [f @miltonosteopathicclinic](https://www.facebook.com/miltonosteopathicclinic)



A LABOUR OF LOVE

MILK HAUS WHOLEFOODS CANTEN



Credit: Design For Days

Milk Haus Wholefoods Canteen has grown exponentially since first opening up its doors in April 2015. The garden has not only grown, it has flourished. Its footprint has expanded and every square inch is busy growing produce, flowers and of course weeds!

The simple but creative menu is driven by the monthly bounty of fresh produce picked from the garden. It changes each month to reflect what the garden team has planted and nurtured.

Proud owner of the property, Danielle McKeon says, "Growing one's own produce is a true labour of love. It certainly would be much cheaper to buy everything in, but it's the symbiotic nature of low food miles, paddock to plate, and the difference in taste, that the canteen relies so heavily on."

Danielle believes it's the effort and collaboration of her talented and creative staff, including her trusty mother Margie that keeps Milk Haus forging ahead. "It is such a lovely place to work and so refreshing to work alongside a team of people that are so passionate, like-minded and who really care about the whole eating / dining experience as much as I do." And it seems the customers tend to agree.

The laid back atmosphere is casual but inviting. Diners can choose to eat inside, on the landing overlooking the vegetable garden, or in the covered courtyard. While you wait for your meal you can stroll through the vegetable gardens or talk to the gaggle of chickens.

Milk Haus believes strongly in using wholefoods rather than processed products, intentionally using whole milk rather than skim, and designing a menu that leans towards vegetarian eating. This engages and subtly educates diners on the benefits of eating smaller portions of meat and more good leafy produce.

The kitchen team is consistently plating up colourful, nutritious meals, essential to good health, and always trying to capture all the colours of the rainbow.

Sitting outside on a beautiful day enjoying alfresco dining, you could almost be in Provence or Tuscany. But instead you're sipping your coffee in the picturesque pastures of Woodstock. •

Milk Haus Wholefoods Canteen: 170 Woodstock Road, Woodstock NSW 2538. Open Hours: Thursday - Monday 8am - 4pm. Closed: Tuesdays and Wednesdays P. 02 4455 7293. Menu available on website at: milkhaus.com.au Instagram @milkhausmilton

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IN THE GARDEN

With Gardenhaven Nursery

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SPOTLIGHT ON A LOCAL TALENT

WABI WAY OF LIFE

WITH KYLA STONE

Wabi is a concept in traditional Japanese aesthetics, sometimes described as one of beauty that is “imperfect, impermanent, and incomplete.”

There is an ethereal quality to Kyla – she almost floats into the room like a Botticelli angel. She is a creative soul, a dreamer, and a keen observer of the world around her. There is gentleness to her.

Kyla's childhood in the Bay and Basin area was one of freedom and awareness of the natural world. She was always outdoors gardening with her mum, or sitting in a boat fishing with her dad. Both her parents and grandmother were creative. Kyla says, “I loved dancing, dressing up, painting, and making things.”

At high school, Kyla studied visual arts and furthered her knowledge at Wollongong University with a fine arts degree. In the course of her studies she explored different mediums, but found working with watercolours most suited her aesthetic and technique. She sees beauty in the simple and the imperfect. Using the delicate nature of watercolour, and her eye for detail, she produces images that zoom into the small, fragile aspects of everyday life.

Kyla appreciated the wonderful teachers at uni, who informed the way she worked, conceptually and spiritually. They were so impressed with her skill that she was invited to do an honours degree. She decided, however, to take a job as a personal assistant to a local artist. “I learnt a million things... especially business wise,” she says, grateful for the opportunity.

Later, she travelled to Nepal, with her now husband, Adam, where she experienced the strong spiritual aspect of the country and its people. Kyla explains, “Before that I just painted, but after the trip to Nepal I felt like I had something to say... I felt like an artist.”

With the birth of their beautiful daughter, Fig, Kyla's life changed completely, and it also changed the way she approached her art. In the quiet moments while feeding Fig, she is planning, and then steals some

painting time whenever she can. Although, she feels like she has to work to keep her soul happy, for now her happiness revolves around Fig. “It's important to me to make sure her life is nice.”

Kyla spends a lot of time planning her art, holding onto ideas, collecting images in her mind, and recording in her journal. She laughs, “Quirky things spark something in me!”

She is inspired by connections both in human relationships and in nature. “I have an idea and I see it everywhere. Life is research... we learn by just living.”

Enjoying strong support from family, friends and community – be it practical (like minding Fig) or by providing encouragement and collaboration – Kyla is able to nurture her craft, with her workload governed by commissions and planned exhibitions. Tim Mooney, who curates artwork for Tallwood restaurant, also plays a mentoring role, offering advice and support.

The ‘Coast Life’ exhibition at Cupitts Winery in 2016 was a career highlight for Kyla. The ocean theme of the show, connected strongly with locals, and she was delighted. “It's one thing to make art, but if you're not connecting with people in your life it feels unimportant,” she says.

As well as painting, Kyla has recently started to work with flora. “It's all art,” Kyla shares. “It's just a matter of playing with composition, be it colour, texture, pattern, or relationships between elements, using watercolours or at other times botanicals.”

The concept of Wabi will feature in Kyla's next exhibition. It's a theme she explored in her final year at uni and one that still trickles into her philosophy. There will be a mix of floral art and paintings, and a conversation between the two. •

Instagram @kylastoneart and @_wabi_bykylastone
Keep an eye out on Instagram for upcoming exhibitions.
E. kylaastone14@gmail.com. W. kylastoneart.com
Credit: Rose Punch of @petalphotography. Kyla is dressed by @nortjygeraldine of Berry.

SPRINGING INTO ACTION

DUNN LEWIS CENTRE

In the 2002 Bali Bombings, 88 Australians were killed, including two young local friends, Craig Dunn and Danny Lewis. As a consequence of the death of her son Craig, and the effect that it had on the local community, Gayle Dunn established the Dunn Lewis Youth Development Foundation, a Harm Prevention Charity, in 2003.

The Dunn Lewis Centre, a sporting, educational and training facility, incorporating the arts, provided the youth of our town with new and exciting opportunities. From day one, the support from the local community was incredible, with donations and fundraising events (and the help of hundreds of volunteers) turning Gayle's dream into reality.

Every dollar raised was ploughed solely into the construction and completion of the centre. The first stage was completed and opened for business in 2010. It comprises a 12-lane bowling alley, kiosk, lounge area, art gallery, function room, meeting rooms, classrooms, visitor information centre, and technology hub. The facility provides many youth

and community activities, distance education and disability group programmes. It bridges generation gaps, and abilities, offers work experience, traineeships and support groups. The centre is self-sufficient and over 60,000 people walked through the door in 2016 - what an achievement!

In 2016 the construction of the exterior shell of the auditorium was completed. With a seating capacity that will exceed 1000, this Sports & Arts complex will ultimately consist of a gymnastic facility and twelve-lane rock-climbing wall (to elite standard), a fully sprung floor, and be able to cater for classes, competitions and large-scale national sporting and dance events. It is going to be a great facility for the area.

A fundraising campaign has commenced in earnest to raise the \$250k to purchase and install the fully sprung floor throughout the auditorium.

So stay tuned for the date of the "Auditorium Open Day" when the community will be invited, for a sausage sizzle and a show-around. In the meantime to make a donation, pop into the Centre or go to www.GoFundMe.com/dlc •

Follow #dunnlewiscentre on Facebook/Instagram to keep up to date with the latest news!

WHAT WE LOVE

WINTER ON THE SOUTH COAST



Credit: Jordan Jeffrey

Empty beaches and big swell for surfers!



Cooking a curry and having friends over for a cosy dinner.



Cheering on the Milton-Ulladulla Bulldogs at Bill Andriske Oval at Mollymook



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LOCAL RECIPE

MOQUECA BAIANA

From Tracey Gunn

Credit: Google images



This traditional Brazilian dish has been tweaked by Tracey to give it an edge. (Serves 2-3)

- 500g firm white fish fillets
- 2 tbs coconut oil
- 2 cloves garlic finely chopped
- 1 small brown onion chopped
- 1 ½ red capsicums sliced
- 1 tbs ground cumin
- 1 tbs ground smoky paprika
- 1 ½ tsp ground chipotle chilli
- ½ tsp salt and pepper to taste
- 400ml can coconut milk
- 400g tin crushed tomatoes
- 2 cups fish stock
- Juice of 1 lime
- Fresh coriander chopped

1. Melt coconut oil in heavy pan over medium heat.
2. Add onions and gently cook until translucent. Add garlic, cumin, paprika and chilli.
3. Add capsicum and cook for 2-3 minutes until they start to soften.
4. Add tomatoes, coconut milk, and fish stock and cook gently for about 20 minutes until it becomes creamy.
5. Add salt and pepper to taste.
6. Add fish chunks and heat gently until flaking.
7. Turn off heat. Add lime juice and coriander.
8. Add a wedge of lime.



Julie doing what she does best at Yatte Yattah.

In 1999 the Holstegge family was looking for a 'tree change'. They wanted to be near the bush and mountains, but still be able to hear the ocean. Milton ticked all the boxes, so they bought a 100-acre property and moved here in 2000.

The ex-dairy farm had been heavily cleared, and seeing the livestock so exposed, led Julie to decide to fence off a tributary on the property and plant trees. But first she resolved to do some research on shade and shelter.

Julie enrolled in a Diploma in Land Care and Natural Resources, and also volunteered with Milton Rural Land Care. She then met Andrew Britton, Local Land Services, SE Coordinator for the Small Farms Network, who runs courses for local landowners on how to improve and maintain their land, and she got involved.

In 2010, the Small Farms Network offered Julie the opportunity to work on the 'Milton Rocks' project, funded by the Federal Government, and based within the Croobyar Creek catchment area. With the hard work and involvement of local landholders, they established over 10km of

vegetation corridors, planted 11,000 trees, erected many kilometres of fencing, and released 8,000 dung beetles.

Their hard work was recognized in 2015, when the Milton Rocks project, delivered in partnership with the Croobyar Road Farming Group, won the Community Environmental Achievement Award, at the Keep NSW Beautiful Blue Star Awards.

An additional 3-year grant from NSW Environmental Trust was awarded to protect a further 3kms and plant 5,000 more tubestock. The aim of this stage of the project is to expand the wildlife corridors, link areas of remnant bushland, and incorporate waterways.

Julie's passion for the environment comes from time spent in the garden with her mum and gran, growing up on their 15-acre hobby farm in the Hills district of Sydney. She still loves gardening and laughs, "That's what I do in my spare time!"

As for her farm – with the help of friends, Claire, Dave and Charlie, they have re-vegetated the tributary to Croobyar Creek, approximately 2.5 hectares of trees, and established a small nursery to grow plants from seeds collected locally. Julie says, "It's my own personal commitment to the environment." •



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MILTON FOLLIES PRESENTS

'WYRD SISTERS' AT MILTON THEATRE

For more than 13 years, Milton Follies has provided an opportunity for scores of young, and not-so-young performers to act, sing, and dance on the fabulous Milton Theatre stage. During more than 19 productions, Follies has presented audiences with live plays, pantomimes, and musicals created by, and starring, local talent.

Milton Follies is justifiably proud of their engagement with the community. They welcome anyone and everyone to audition for their shows, or to become an integral part of the production teams. Follies believe in providing a safe, nurturing space where everyone can freely express themselves, and make friends.

This year they are proud and excited to present 'Wyrd Sisters', adapted for the stage from Terry Pratchett's popular novel. In this tale, Pratchett takes Shakespeare's 'Macbeth' and turns it up 'till the knob comes off'. There is a wicked duke and duchess, a ghost of a murdered king, dim soldiers, strolling players, and a land in peril. But it is three witches who stand between the Kingdom and destruction.

Follies director K-M Doyle, is thrilled with rehearsals so far. "This play has attracted new blood for Follies which is always exciting. The new recruits, combined with the wealth of talent already in the Follies stable, are uniting as a dedicated and supportive ensemble, and I am so proud of the work they are producing."

Follies President, Ruth Myers, making her stage debut in this production, says, "I am delighted that a director with K-M's experience and passion has volunteered to bring 'Wyrd Sisters' to Milton Theatre. It's a privilege to be a part of an amateur cast that is receiving such professional training."

'Wyrd Sisters' is a non-musical, adult production, but contains humour and themes suitable for family audiences. Like the best family productions, it has humour aimed at all ages, including riotous innuendo that will safely fly over the heads of the youngsters.

'Wyrd Sisters' will open at Milton Theatre on Friday night of the June long weekend. Ticket prices are \$25 for adults and \$20 for students and concession holders. •

Tickets at miltonfollies.org or from Splatters at Milton, 2/72 Princes Hwy, Milton NSW 2538



Credit: Ollie Cool



DIY

CACTI GARDEN



Credit: Google images

Brighten your home this winter with a beautiful cacti garden, perfect for a sunny nook in your home. Cacti are just too easy for those that often forget to water plants!

What you need:

- A range of bright coloured cacti - see picture above.
- A wide and shallow pot. (Cacti have small root systems so you can plant them in a shallow pot.)
- Soil that is best for cacti and succulents.

1. Fill your pot with soil.
2. Choose a range of bright cacti for impact and contrast.
3. Plant relatively close together using fingers or a small trowel and gently firm the soil around.
4. Water lightly then going forward water no more than once a month.

Succulents are available at Gardenhaven Nursery.

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



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P. 02 4455 3056



Byron Bay singer/songwriter Sam Buckingham will be making a special appearance with Kent Eastwood, at Mollymook Beach Bowling Club on the 12th August, to support the fund raising efforts of the Cancer Outpatients Appeal.

Sam has built a reputation as one of Australia's most authentic and productive young performers and has been featured on Triple J Unearthed. She has toured the country several times, appearing at concerts and festivals, and sharing her pop/roots musical style with performers such as Katie Noonan.

As a multiple International Songwriting Competition finalist, Sam has been described as, "beautifully direct and emotional" by Dom Alessio from Triple J.

Sam recorded her latest album, *The Water*, in a converted horse stable on the south coast of NSW, and she has family connections here in the local area.

We encourage you to come along and enjoy this talented songstress while also assisting this important cause.

Tickets are \$65 and include a three-course meal plus wine. Contact Barry Tomkinson on 0412 250 595 for more information.



HOLY HOLY

WORDS BY JEM QUINN

The holy union of Tim Carroll and Oscar Dawson has been a fruitful one, with their latest offering *Paint* no exception. Long time friends, the duo got together while on European sojourns. Carroll, a talented indie-folk singer-songwriter was based in Stockholm, while Dawson, a member of the slightly more rambunctious Dukes of Windsor, was nested in Berlin.

According to Carroll, "Oscar came to Sweden to do some mixing and needed somewhere to crash. We ended up writing a song together. I like his influence and what he brought to my songwriting. When we came back to Australia we decided to make a record. That was Holy Holy's debut."

Fast forward four years and the pair have released their second full-length album. As the synth simmers in the tension building opener, *That Message*, it becomes immediately apparent that Holy Holy are spreading their creative wings with this release. "We wanted to move away from making another nostalgic '70s guitar record", Tim explains. Doing away with the analogue tape, and back to digital recording, *Paint* is, as the title suggests, colourful with a broadened palette of sounds and textures.

Whether by coincidence or design, Tim said, "We've ended up with a band full of producers." Oscar has produced for Ali Barter and Alex Lahey. Bassist, Graham Ritchie, has worked with Airling and Jesse Davidson, and synth player, and now permanent fixture, Matt Redlich has produced for the likes of Ball Park Music, Emma Louise and Husky.

The production emphasis is conspicuous throughout the album. Tim says, "The synth, in particular, is more prominent and really features at times. We definitely put a lot of thought into our records and the arrangement of each sound in the mix."

While showing a huge amount of diversity, fans of the previous records need not despair. Like *When the Storms Would Come*, *Paint* is still very guitar driven. Dawson's slick fretwork, a constant feature, is perfectly complimented by Carroll's effortlessly sublime vocals.

All in all, it's not a wild deviation from past recordings but more of an expansion on what makes Holy Holy a shining light in contemporary Aussie rock. •

Catch Holy Holy at Anita's Theatre, Thirroul on the 22nd of June. Tickets are \$29.50 and available at anitastheatrethirroul.com

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JUNE + JULY + AUG CHECK OUT WHAT'S ON!

9

WYRD SISTERS OPENING NIGHT

8pm at the Milton Theatre.
P. 02 4455 3056 for tickets.



10

LIVE MUSIC WITH BROTHERS

Held at Cupitt's Winery.
P. 02 4455 7888 for details.



10

SHOALHAVEN COAST WINTER WINE FESTIVAL

10 - 12 June across the Shoalhaven
P. 0413 052 654



11

WINTER LONG TABLE LUNCH WITH THE ESCALATORS

Held at Cupitt's Winery.
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QUEEN'S BIRTHDAY 12

Monday 12th June.

24

INTERNATIONAL THEMED DINNER

24th June at The Treehouse
Cafe. P. 02 4455 3991



24

CHRIS CAIN AT MILTON THEATRE

P. 02 4455 3056 for tickets.



1

RODDY REASON BANNISTERS POOL BAR

1st, 3rd and 5th Friday
of each month and
alternating Sundays.



2

JAZZ IN THE VINES WITH THE ESCALATORS

Held at Cupitt's Winery.
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2

TALLWOOD STREET FOOD

Held on the first Sunday of
each month from 12.30 - 5pm



6

SUSHI LUNCHES

At The Treehouse Cafe.
Held on the 1st Thursday
of every month.
P. 02 4455 3991



28

NORMIE ROWE AND THE PLAYBOYS

8pm at the Milton Theatre.
Tickets: \$49
P. 02 4455 3056



30

LIVE MUSIC SUNDAYS

Held at Cupitt's Winery.
P. 02 4455 7888 for
details.



5

GRIGORYAN BROTHERS

8pm on 5 August at
Milton Theatre.
P. 02 4455 3056



5-6

CUPITT'S 10TH BIRTHDAY PARTY

Held at Cupitt's Winery.
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7 BANK HOLIDAY

Monday 7th August.

12

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