

about

BAY & BASIN COMMUNITY

MAY 2026

Vol 23 Issue 4

**FREE
COMMUNITY
MAGAZINE**

**pick me up &
take me home**

BCR Communities initiative

**POCKET
PANTRY**

Walk, jog or run

**MOTHER'S DAY
CLASSIC**

Save a LIFE for LIFE

Support South Coast Animal Rescue Inc.

Pretty Pink Gerbera – photo by Dannie & Matt Connelly

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A Word from the Editor

WELCOME TO OUR MAY EDITION OF THE ABOUT MAGAZINE.

There's a certain magic in the air this month, isn't there? The crisp mornings and rich, golden hues signal that autumn has truly settled in, inviting us to embrace its cozy rhythm.

As our community gathers in from the cooler weather, we're reminded of the special warmth and connection that makes our town feel like home.

This month also brings the wonderful opportunity to honour the incredible mother figures in our lives on Mother's Day. Inside, you'll find stories celebrating their invaluable contributions. For those looking to make the day extra special, may we suggest treating Mum to the wonderful Autumn Celebration of Food event?

As you turn the pages, discover local features, community updates, and plenty of inspiration for enjoying the unique beauty of our region this season. We hope you enjoy the issue and cherish every moment of this beautiful time of year.

Warmly, Editor



About is deeply grateful for the support of all our advertisers and business partners. Their generosity enables us to continue delivering valuable local stories to our community. Thank you to our major partners for making this month's issue possible.

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Sanctuary Point & Districts

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 **LJ Hooker**
Sanctuary Point | Vincentia

 **THE COUNTRY CLUB**
St Georges Basin

NAVIGATING FINANCIAL UNCERTAINTY TOGETHER



In a world that feels increasingly unpredictable, the rising cost of petrol, coupled with widespread inflation, is placing significant pressure on household budgets. The squeeze on the cost of living is a real and growing concern for many in our community. It's a challenging time, and it's easy to feel overwhelmed.

As your local community bank, we believe that moments like these call for us to pause, plan, and come together to find solutions. We are here to help you navigate these financial pressures, whether that means finding new ways to save or getting support when you need it most.

Let's Talk: Ways, We Can Help You

Your financial wellbeing is our priority. We encourage you to sit down with us to explore ways you can strengthen your financial position. We can work with you to:

- **Save Money:** Review your current budget, identify potential savings, and explore banking products that can help your money work harder for you.
- **Make Money:** Discuss opportunities for growing your wealth, from high-interest savings accounts to investment options tailored to your goals.

**Experiencing Financial Difficulty?
Please Reach Out.**

If you are experiencing financial difficulty, it is crucial that you reach out for help. We want to support you, and the sooner you contact us, the more options we have to assist.

Our commitment to you is backed by the Banking Code of Conduct, which outlines how we support our customers. This code ensures that we:

- Take extra care with customers who are experiencing vulnerability.
- Provide inclusive banking services for people with low or no income.
- Work with you to create suitable financial hardship arrangements.

Life can be challenging, but you don't have to face financial stress alone. As part of your community, we are committed to providing the support and guidance you need.

The sooner you contact your bank, the sooner they can help.

Warm regards,

James Marin
Community Bank
Branch Manager 4443 9825

Basin Villages Forum

Community Consultative Body

REMINDER BASIN VILLAGES FORUM MEETINGS

May 18, June 15

7.15PM FOR A 7.30PM START

St Georges Basin Community Hall
SUPPER SUPPLIED

THE CCB FORUM RESPONSE

The Forum assumes that by now many of you have caught up with the ongoing news regarding Shoalhaven Council's intention to conclude the operation of the 23 Shoalhaven CCBs, including the Forum. The process set by Council a period of "consultation" until April 19 based on a "Survey" available online on the Council Get Involved page.

The feedback to the proposed Accredited Community Forum model, devised and proposed by the CCBs but edited by Council will be the subject of a "Report" to Council. It is likely to be subject to discussion and decision at the May Council meeting.

The Forum has provided meeting reports, updates through **About** and issued a number of newsletters through our member network to support members participating in the Survey and to stay informed. The Forum is hoping for a safe landing.



BASIN FLOODPLAIN RISK MANAGEMENT PLAN

Council will report soon on public feedback on this Plan which was sought by Council in February.



ST GEORGES BASIN URBAN DEVELOPMENTS

A number of these substantial, large scale urban development's involving Anson Street properties and the SGB CBD were considered at the February and March BVF meetings and were reported at that time as being processed. These proposed developments go back 10 years when a Land and Environment Court decision permitted a highly controversial Anson Street proposal, which was strongly opposed by the community. No progress has occurred in that time on the land. In another proposal on Lots 1 and 6 Anson Street in 2022, the Southern Regional Planning Panel "refused" the developments. In 2025 the Forum lodged a substantial submission to State Planning on the Southern Cross Community Housing Project proposed for the land zoned for Mixed Use at Crowea Road, Lots 8, 9 and 10 adjacent IGA carpark on. This is in the hands of state planning not Council. Ironically the Forum was notified of a Developer community meeting on April 16 and news of this will have been conveyed in the April Forum meeting and Minutes.

This latest proposal is a concept that still requires an application to state planning for Lots 2, 3, 4, 8 and 9 Anson Street.



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Ismail Larney
Dental Prosthetist

Ish became involved in Dental Prosthetics (Denture making) through his passion for painting and sculpting. From a very young age he carved his family's firewood. He was able to link his passion for carving and sculpting to his career and by restoring the facial features of maxilla facial patients.

He manufactured artificial eyes, noses, ears, cast metal splints and obturators for many years at the Sydney (United) Dental Hospital.

Ish has over 30 years experience in making dentures. He became a dental tutor in 1986 and recently retired from teaching however, his retirement was short lived and Ish has now opened a private practice in Vincentia so he can continue doing what he loves best.

When he is not in the practice Ish does voluntary work with Poche Centre for Indigenous Health (University of Sydney).

Come in and have a chat, we are here to help!

Ish 0410 683 658
Bianca 0438 130 487



Shoalhaven Food Network Announces Landmark Sponsorship with Bendigo Bank Sanctuary Point

The Shoalhaven Food Network is proud to announce a new three-year partnership with Bendigo Bank Sanctuary Point & Districts whose generous support will play a vital role in progressing the Network and strengthening our region's hospitality workforce through the Gaining Through Training (GTT) Program.



This partnership represents a powerful investment in the future of the Shoalhaven's vibrant food and hospitality industry. Through Bendigo Bank Sanctuary Point's commitment, the Gaining Through Training program will continue to provide practical pathways into employment for emerging hospitality talent. This, in turn, supports the local venues, producers, and businesses that form the backbone of our regional food economy.

The GTT program is designed to connect participants with hands-on industry experience, mentorship, and real workplace opportunities, helping to build the skills, confidence, and long-term careers that our region depends on.



A key outcome of this support has been the creation of the "Local Heroes" series — a collection of skills and story-based videos that showcase the incredible talent in our region and help promote and retain hospitality skills in the Shoalhaven. These are available to view on the SFN's YouTube Channel, with new content being added every week.

Branch Manager James Marin, said *"our support ensures the GTT program can continue to grow and flourish over the next three years, creating stronger connections between industry, training, and employment while championing the next generation of hospitality professionals. This partnership reflects a shared vision: investing locally to build opportunity, strengthen community, and support the people behind the region's thriving food, wine, and hospitality culture"*.

The Shoalhaven Food Network sincerely thanks Community Bank Sanctuary Point & Districts for their leadership and commitment to supporting regional industry and community development.





WALK, JOG OR RUN FOR BREAST & OVARIAN CANCER RESEARCH

Join in the fun at the 2026 Mother's Day Classic to be held on **Sunday 10th May 2026.**

The course follows scenic coastal and shared paths from White Sands Park, passing beaches, creek reserves, and foreshore sections before returning to finish back at the park. The mostly flat, out-and-back route offers beautiful coastal views.

Wear pink or teal – we can't wait to see this years outfits. Spot prizes to be won including best dressed. Check-In/Registration located at White Sands Park (look for the pink Mother's Day Classic flags). Drive, carpool, bike or walk to the event. There will be bacon & egg rolls to purchase to keep you going for the morning. Bring your own water with you on event day. This is a fun run/walk with no official run timing on event day. Dogs allowed in all areas, including the course (on leash).

<https://www.mothersdayclassic.com.au/event/mothers-day-classic-huskisson>

Call 0422 593 089 or email huskissonmdc@hotmail.com



STAY CONNECTED and follow us for the latest updates on this event on  



Community to organise an event to remember - **Tomerong School of Arts turns 100**

**Save the Date!! Tomerong, NSW
October 17th 2026**

The Tomerong School of Arts is set to mark its 100th anniversary with a spectacular celebration that pays tribute to its enduring role as the beating heart of the community.

Centenary Celebration Highlights:

- **Heritage Exhibition:** Rare artifacts from the hall's storied past – exciting multimedia displays and an opportunity to yarn with locals and be part of their rich history
- **Bespoke sculpture and art on display** – including a signature piece by well known artist Akira Kamada
- **Live Performances:** A moving first nations welcome, performances by local musicians and young emerging talent and interviews with local heroes
- **Community Gala:** A night of music, food, and celebration

"This isn't just a building — it's a living archive of our shared history," says Centenary Organising Committee Promotions Officer Amanda Sheard. *"We are inviting everyone — past and present residents, artists, performers, and curious visitors — to join us in celebrating 100 years of laughter, learning, and legacy. This building was built on the labour and love of residents 100 years ago and together we will celebrate that amazing achievement which lives on today through the care and dedication of talented volunteers and those who love this local institution."*

A Legacy Worth Celebrating One of only two community-owned halls in the Shoalhaven, the Tomerong School of Arts remains a testament to grassroots spirit and local pride in a quaint and beautiful town in spectacular Jervis Bay.

Built in 1926 by local craftsman James Muller and a team of dedicated volunteers at a cost of just 300 pounds, the hall has stood as a symbol of resilience, creativity, and connection. Through the years, the hall has been a Military post for two years during World War II, a temporary school, a library, and movie theatre, as well as the meeting rooms and entertainment hall for the community and its institutions.

More recently it has been an important venue for movie nights, weddings and wakes, pop and rock concerts, belly dancing classes, clogging and jazz evenings. The Tomerong School of Arts has evolved with the times while staying true to its founding spirit. As it enters its second century, the hall continues to serve as a hub for creativity, education, and togetherness. Its residents are opening their arms to share this legacy!

For further details call the Centenary Organising Committee Promotions Officer, Amanda Sheard on 0452 618 613.

Plans and Progress



Members are busy with several projects that benefit our community.

Firstly we are in discussions with Shoalhaven Council to have erected a large picnic shelter in Clifton Park Sanctuary Point. The shelter will include picnic tables and seating. SPCP will be seeking grants to supplement our funds and the Council will manage the project.

This shelter will be a welcome addition to the family-friendly facilities in the park that include the playground including an all-abilities swing (that SPCP funded with a Veolia Mulwaree grant); BBQs; and toilets. The Learn-to-ride bicycle paths sponsored by the Bendigo Bank are also very popular. At the rear of the park is a fenced off-leash dog area too.

Our second endeavour is the planning of our Spring into Sanctuary Point fair that is held each year in October. More information will be available on our Facebook page as our plans develop.

NEXT MEETING: Friday 29/5/26 – 10am to noon; upstairs Function Room at The Country Club – St Georges Basin. All welcome to attend.

If you are interested in joining a friendly community focussed group, please contact our Secretary Gwen Price on 0419 492 348 or email us at sanctuarypointcommunitypride@gmail.com.

BAY & BASIN CANCER SUPPORT GROUP

are once again hosting their **ANNUAL MORNING TEA FUNDRAISING EVENT**



Wednesday 6th May 2026

at The Country Club, St Georges Basin from 10am till 12 noon.

There will be lots of craft, raffles, lucky door prizes and wonderful food for all to enjoy.

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Locals Helping Animals



For over four decades, Lynnette "Lynne" Thurston has been a beacon of hope for animals in desperate need. As the President of South Coast Animal Rescue Inc. (SCARI), her life's work is a powerful testament to compassion, resilience, and unwavering community spirit.

Lynne's journey into animal rescue began in Sydney, long before SCARI was a reality. While raising two children and working full time, she dedicated her life to saving animals from high-kill shelters. She photographed countless animals, giving them a face and a chance at life, and worked with pounds across the state to introduce vital practices like vaccination, worming, and compulsory desexing — standards that have since become commonplace.

Twenty years ago, life called her to the South Coast. Moving to Sanctuary Point to become a full-time career for her aging parents, Lynne didn't see a barrier; she saw an opportunity. It was here she founded SCARI. Fourteen years ago, the operation found its permanent home on a beautiful, nearly four-acre block in Tomerong, which has since become a true sanctuary.

MORE THAN AN ANIMAL RESCUE

SCARI's mission extends far beyond rehoming cats and dogs. Lynne and her small team stand on the front lines for the community's most vulnerable. They take on harrowing cruelty cases, provide a haven for animals of domestic violence victims, and are often the last and only hope for animals on death row.

The sanctuary's gates are open to all creatures, great and small. *"It's not just domestic animals,"* Lynne explains. *"We also have a great variety of livestock — sheep, cows, horses, goats, pigs. You name it, we've probably had it."* They even step in to assist local wildlife whenever they can.



This deep-seated commitment to the community was never more apparent than during the devastating 2019 bushfires.

While larger organisations mobilised, SCARI focused on the forgotten. *"We asked what we could do,"* Lynne recalls. They organised truckloads of hay for Bemboka, a small town hit first and hit hard. They channelled donations directly into local farm supply stores in Nerriga, ensuring that 100% of the funds went straight to the people, animals and wildlife who needed it most. For months, they worked tirelessly and when the floods

followed, they were there again, answering calls for help day and night.

Their work also touches the deepest human needs. They've delivered carloads of toiletries, handbags, and children's toys to women's refuges and regularly support the homeless by providing their beloved animal companions with food, blankets, flea treatments and often money from their own pockets for a hot meal.

AN URGENT PLEA FROM THE FRONT LINE

Today, the sanctuary is run by just Lynne and her husband Graeme, who battles multiple illnesses, with the indispensable, around-the-clock support of their son, Brad. They are aided by two dedicated volunteers, Lou and Laura, who Lynne says they *"could not do without."*

The reality is stark. They are two pensioners, doing it hard themselves, funding a large-scale rescue operation with love and sheer determination. *"It's extremely hard to maintain the yards and house along with the animals, plus callouts to rescues at 10 at night or 1 or 2 in the morning,"* Lynne admits.

The emotional toll is immense. Some animals arrive in such appalling condition that the kindest, most heartbreaking decision is humane euthanasia — a cost that also falls to them. *"We have many sleepless nights and many tears, but it is not about us or our feelings; it's about the quality of life for the animals."*

Now, they are at a breaking point. With no government grants of any kind, they do not have money to continue to deliver the same level of help. The stables are falling apart, vet bills are piling up and the cost of feed, fencing and daily expenses is relentless.

"We love our little community here and would do anything to help them and their animals, but without resources, we are struggling."

This is not a big company; it's a family and a handful of volunteers pouring their souls into

their community. Every single donation goes directly back to the animals and people who need it. They are small, but their impact is mighty. Now, they need our help to continue their vital work.

**To support their mission,
please contact Lynne Thurston –
SCARI
(South Coast Animal Rescue Inc
& Sanctuary)
on 0425 267 391**



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Vision for Bay & Basin Community Hub Takes Major Step Forward

Earlier this year, we were excited to announce that over 15 local community groups had come together to form a steering committee for the redevelopment of the Francis Ryan Reserve in Sanctuary Point. Today, we are thrilled to share a major milestone in this journey: the Bay & Basin Sporting and Community Hub is now a legally incorporated association.

This project is about more than just buildings; it's about building a stronger community. By collaborating on a common infrastructure project, we are not only improving our shared spaces but also creating vital opportunities for individuals to engage, interact, and thrive together. Through teamwork and dedication, under the Shoalhaven Council's Community Lead Initiatives program, we will raise the funds to design and build our community hub, laying the foundation for a more connected future.

This exciting progress would not have been possible without our foundational partners. We extend our heartfelt gratitude to **LJ Hooker Sanctuary Point** and **Vincentia, IGA Sanctuary Point**, and **Mook & Jandos takeaway** for their invaluable financial contribution and unwavering support. Their belief in our vision when it was merely an idea was instrumental in seeding this concept and we truly appreciate their trust and commitment.

Shape the Vision: Your Voice Matters

The steering committee's broad vision for the hub is to create a multi-purpose space for everyone. Now, we need to bring the voices, ideas and needs of the entire community together to shape the future of the Hub. We invite you to complete the online survey or scan the QR code to share your thoughts and help define the brief for the concept plans.

To learn more, become a member, get involved, donate, complete the survey or to show your support, please visit our new website at baybasinhub.com.

We would like to extend our sincere thanks to the Firefly Bay and Basin Team for putting the survey together and for kindly hosting it on our behalf. Community connection in action.

BBSCH Steering Committee

Building the infrastructure to drive community and connection

QR Code to online survey



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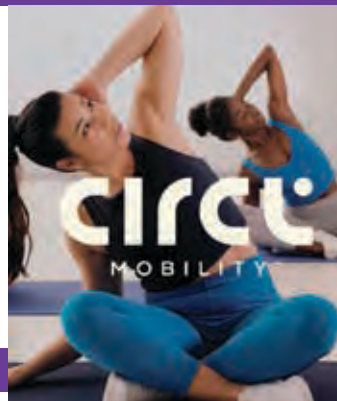
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Choose Healthy - Be Healthy

Contributed by Jaye – Fitness2uShoalhaven – 0401 200 720
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Starting around age 30, women naturally lose about 3–5% of their muscle mass per decade, even if they remain healthy and active. This gradual decline can accelerate after age 50, largely due to hormonal changes related to menopause and decreased physical activity.

Research shows that muscle and bone loss both quicken during and after menopause, increasing the risk of sarcopenia — a condition characterised by significant muscle weakness and reduced function.

By age 60 and beyond, the rate of decline can be higher, and between 10–20% of older adults are estimated to have sarcopenia

We can choose to do consistent strength training, intake adequate protein, and living a healthy lifestyle; these choices can significantly slow or even reverse muscle decline in women over 50.

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Parent Connect Program Sanctuary Point



The Parent Connect Program is a free support service that Noah's Inclusion Services offers to parents or carers of children living with a disability, additional need or developmental delay.

Parents and carers are able to talk through their concerns and discuss their goals with an experienced member of the Noah's team who also has lived experience with disability within their own family.

Personalised one-on-one support sessions are offered to each family as well as regular in-person group sessions with other Parent Connect families.

This program covers some common topics of discussion, including:

- Understanding the NDIS (although it is not essential for your child to have an NDIS Plan for you to access this service)
- Transitions and strategies for school
- Managing personal wellbeing and avoiding carer burnout
- Building community connections

In-person group sessions are planned for Term 2 2026. Please come along to enjoy morning tea and an opportunity to chat and build your support network.

- **Monday 11 May – 9.30am to 11.30am**
- **Wednesday 10 June – 10am to 11.30am**

Proudly sponsored by:

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This program is funded for the Sanctuary Point community through generous support from Bendigo Bank Sanctuary Point and Districts.

**Please phone Noah's Inclusion
Services for more information or to
RSVP on 4423 5022**

FiREFLY. Local Students Rise as Changemakers

In late March, 10 students from Vincentia High School travelled to Sydney as part of the Firefly's Youth Voice Project, an important milestone in their journey as emerging community leaders. The overnight trip marked the culmination of the program's "Aware Phase," where students deepen their understanding of community, connection and their role within it. More than just an excursion, the experience combined education, travel training, team building and a glimpse into future opportunities, helping young people build both confidence and capability.



Throughout the visit, students engaged with professionals from the Uniting Advocacy Team, who shared insights into their current Fair Treatment campaign. The group also worked alongside the Accountable Futures Collective, exploring what true accountability to young people looks like in practice. Together, the students unpacked key principles, including the importance of trusting young people as capable contributors, ensuring their voices are present in decision-making spaces, and creating safe opportunities for all young people to speak up. They also reflected on the need for transparency, meaningful action, and adults taking responsibility for their impact, powerful concepts that will shape their ongoing work in the program.

Beyond the workshops, the trip offered moments of celebration and connection. Students enjoyed dinner at Circular Quay, followed by a lively scavenger hunt stretching from Cadman's Cottage to the Sydney Opera House. The activity brought the group together in a fun and memorable way, strengthening friendships and teamwork.

The final component of the excursion focused on giving back. Students participated in a sorting workshop with Banish, Sustainable social enterprise near Central Station, where they helped to process hard-to-recycle materials that would otherwise end up in landfill. **This hands-on experience reinforced a key message of the Youth Voice Project: being an active community member includes contributing positively to their community.**



Back in the Bay and Basin, students returned with new skills, stronger connections and a growing sense of purpose. The Sydney trip marked a turning point in their journey, reinforcing their identity as emerging community changemakers, ready to make a real impact. Next, they'll develop their own project ideas, using research to build strong proposals before pitching change making projects to the community event later in the year.



Shoalhaven Family History Society Inc. WHEN YOU HIT THE WALL – Ask For Help

When Thomas Green died in a coal mining accident in Wallsend NSW in 1906, aged 62, his widow, as the informant, gave his mothers' name as Margaret, father not named, so with no other information I knew this was not going to be easy. Was 'Margaret' a mistake? What was her husband's name? What was her maiden name? Could she have been a single mum?

After his UK marriage in 1867, Thomas gave his place of birth on census records as Cowpen, Blyth, NBL, but as he had immigrated through Queensland, those records do not name parents so I had nothing more to go on. First stop was UK census records, and one entry was of interest in 1851, where Thomas N Green age 7 was living with his grandparents John Green & Sarah at Horton Colliery, where his grandfather was a coalminer. The middle initial of N was puzzling. Going back to 1841, John & Sarah Green were living at Causey End where John was a coalminer, with son George age 20, also a coalminer, and daughter Margaret age 15.

Next stop was UK Freebmd to find the birth of Thomas c 1844, it was there in the September quarter of 1844 ref 25/407, at Tynemouth. I wanted to take advantage of The General Register office UK digital delivery service for a very reasonably priced basic scan of a certificate, but there was no record of Thomas Green with that reference on the G.R.O. website.

Time to call in the troops: My post on the Rootschat forum was answered within the hour, confirming that Thomas Green's Freebmd entry of 25/407 was indeed there, but there was also a "Thomas Nursey" on the same page which I had missed, and because there were 11 names listed on the page which usually only has 10, this was a clue to a birth being registered twice, usually because the parents were not married to each other. Back on the G.R.O site, because this site only registers a birth with the father's name, I found Thomas Nursey's entry and ordered a digital image, paid online & downloaded within minutes.

This was the hallelujah moment: Margaret was a single mum & Thomas's father was a mariner.

No.	When Born.	Name, if any.	Sex.	Name and Surname of Father.	Name and Maiden Surname of Mother.	Rank or Profession of Father.	Signature, Description, and Residence of Informant.	When Registered.	Signature of Registrar.	Baptismal Name, if added after Registration of Birth.
24	2nd Sept 1844	Thomas Boy	M	Thomas Boy	Charles Nursey	Mariner	Margaret Green Cowan Colliery	2nd Sept 1844	Charles Nursey	

Transcription : 2nd September 1844 in the Township of Cowpen. Thomas. Boy. Father - Charles Nursey. Mariner. Mother - Margaret Green, who made her mark (X) of Cowpen Colliery.

Margaret was not to be found in any census after 1844, so whether she married or died is still a question to be answered. And Thomas's middle initial 'N' maybe a reference to his father?

The Shoalhaven Family History Society Research Centre is in the Old Pyree School at 888 Greenwell Point Road, Pyree. We are open for research every Sunday & the 1st & 2nd Thursday of each month, all days from 10am to 2pm. Take a look at our website at www.shoalhavenfamilyhistory.org.au for more information. Our general meetings are held on the 1st Saturday of the month (excluding January) at 1.30pm, with afternoon tea to enjoy – a chat and catch up for everyone. Come along one day to see what we do and how we can help you. ■



DIABETES AND YOUR VISION!

Your questions answered

by Anna Richter – Rose Optometry Berry
14 Alexandra Street, Berry – (02) 4216 8628

ARE YOU AT RISK OF MACULAR DISEASE?

Protecting your sight as you age

The silent threat to your central vision

Macular disease is the leading cause of blindness and severe vision loss in Australia. The macula is responsible for detailed central vision, allowing us to read, recognise faces, and maintain independence. Damage to this area can significantly impact quality of life.

A growing problem

1 in 7 Australians over 50 and 1 in 2 over 80 are affected by macular degeneration. As we live longer, early detection becomes increasingly important.

Who is at risk?

You may be at a higher risk of macular degeneration if you have a family history, smoke, have a poor diet, don't exercise regularly, or have conditions like heart disease or diabetes. Long-term UV exposure can also increase risk.

Why early detection matters

Macular disease often develops without symptoms. Advanced imaging, such as optical coherence tomography (OCT) and retinal imaging, can detect early changes and allow timely intervention.

Prevention

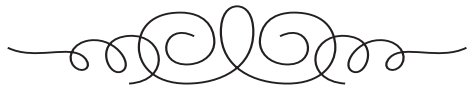
A healthy diet including fish, leafy greens, low GI foods, and nuts can support eye health. Supplements with lutein and zeaxanthin may also help.

"Prevention is often the most effective form of treatment."

Simple daily check

Cover one eye at a time, focus on an Amsler grid or a familiar object, and compare each eye for distortion or clarity changes. Seek immediate advice if changes occur.

Free Amsler grids can be picked up from Rose Optometry Berry. ■



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New Pocket Pantry Opens in Sanctuary Point

With more families in the Bay & Basin feeling the pressure of rising grocery costs, BCR Communities is responding with a new Pocket Pantry designed to provide affordable food and practical support.

Officially opening on the 4th of May at the BCR Youth and Community Centre in Sanctuary Point, the pantry will be open to local community members and will operate every Monday and Tuesday from 10am to 1pm, offering low-cost groceries in a safe and welcoming space.



Renee (left) and BCR CEO, Heather Marciano (right)

Recent research shows that more than one in three people across the Shoalhaven have experienced food insecurity in the past year, highlighting just how widespread the issue has become and why there is a growing need for direct, local support.

Stocked with everyday essentials such as eggs, cheese, bread, canned goods and cereal, the pantry will also include ready-made meals and a selection of treats. Importantly, a range of gluten-free and dairy-free options will be available, ensuring people with dietary requirements can access suitable and affordable food.

The initiative is supported through the Financial Wellbeing and Capability - Emergency Relief Grant from the Australian Government's Department of Social Services, helping BCR deliver targeted support to our community.

Leading the program is BCR Communities' new Emergency Relief and Capacity Building Officer, Renee Cubbo, who brings to the role a strong background in community services.

"I'm very excited to be part of BCR Communities and to help bring the Pocket Pantry to life," Renee said. "We're seeing more and more people struggling with the rising cost of living, and food is often where the pressure is felt first. Having somewhere local to access low-cost, nutritious food can ease that burden and help people feel more secure." Renee also highlighted the strong connection between food security and mental health.

"When people don't have reliable access to healthy food, it can lead to stress, anxiety and a sense of instability. We know people experiencing poor mental health are more likely to struggle with food insecurity, so being able to offer support in this way can make a big difference."

In addition to the Pocket Pantry, emergency food relief is available Monday to Thursday at the BCR Youth & Community Centre in Sanctuary Point from 9.30am to 3pm.



WHAT LIES BEYOND

Some lesser-known islands of the Venetian Lagoon

Contributed by Corinne Le Gall

From a morbid, but realistic perspective, have you ever thought or wondered where inhabitants who die on the islands of the Venetian Lagoon are buried? The buildings that sit atop the island are built on large wooden stilts that have been driven into the soft soil under the waters – so where to lay the deceased?

Well, there is a dedicated island within the Lagoon known as ‘the ‘Island of the Dead’. San Michele has been the city’s main cemetery since the early 19th century. As you sail past this island, it will seem just like normal island except for the fact that it only houses the dead as well as two Churches and obviously, the mausoleums and the above-ground graves.

Anyone can visit this island, but best avoid November 1st and 2nd – All Saints and All Souls days – as it can and will get crowded by families who come to visit and celebrate those gone before them. A very peaceful cemetery with a serene atmosphere, where you can just meander your way through, taking as much or as little time as you wish.

Quarantine, during the Black Death phase of the 14th and 15th centuries, takes its name from the Italian ‘quaranta’ meaning ‘forty’. Ships arriving at port during those times had to wait 40 days, the isolation period, before disgorging passengers and crew to other parts, in order to slow down the progress of this pandemic.

Two islands, the Lazzaretto Vecchio and the Lazzaretto Nuovo were used for that very purpose. The Vecchio (meaning ‘old’) was the first quarantine station built in the 15th century to cater for the quarantine confinement of the evident plague.

The Nuovo continued on from there to cater for the quarantine of those that arrived from various ports in the Mediterranean suspected of carrying disease.

Getting around and stopping at these islands for a few hours, you might consider purchasing a 12 or 24 hour Vaporetto Day Pass – basically a hop-on, hop off ferry.

If you like history, these two islands have it in abundance, a lot to learn of the historical aspects. ■

Nathan Parnell

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WE NOW OFFER:
Gutter Vac Cleaning &
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 Driveways, Roof Cleaning, Blocked Drains etc.

Huskisson Woollamia Community Voice



Community Consultative Body (CCB)

HWCV provides a two-way communication link with Shoalhaven City Council; other government agencies and; non-government organisations who make decisions that affect you. **Join us to have a say in local matters that effect you and the community you live in.**

MEETINGS

at Huskisson Community Centre, Dent St, Huskisson.

Mondays at 7pm
(aim to finish at 9pm)



Link to HWCV's website



We are looking for Volunteer bus drivers.

LR Drivers Licence required. One morning or afternoon per month.

Call Michelle at Basin View Masonic Village on 4443 5034

PHOENIX STRINGS

Like to play Uke? Join a happy group of Uke and Guitar players. Can't play?

We will help you! Come along on Thursdays from 1pm to 4pm at the Community Cottage, Edmund Street, Sanctuary Point.

For more information call Sandra 4443 2073 or John on 0403 052 026.



VINCENTIA RURAL FIRE BRIGADE

next door to Leisure Centre, Vincentia

We are seeking community minded volunteers. Contact our Captain on 4401 1750

JUSTICES OF THE PEACE Volunteer Help Desk

We are available to help to answer your questions at The Office of the Federal Member for Gilmore, Suite 3, 59 Junction St, Nowra (around corner from PO). **For more info or to join the local J.P. Branch call Brenda 0407 065 031**

SOCIAL TENNIS

Ladies Doubles – We would love to have some more Ladies join us for some fun and exercise every Tuesday morning 9.30am – 11.30am at The Country Club – St Georges Basin. **Please come along or contact Maureen on 0478 792 001**



VOLUNTEERS NEEDED

Do you have a particular interest and would like to help Basin View Masonic Village? We need your help with activities such as bus trips, craft, exercise and various entertainment events. Just a few hours of your time occasionally will put a smile on the faces of our residents. **Contact Michelle or Jo on 4443 5034 during office hours.**

Rural Fire Services

IN AN EMERGENCY CALL 000

We have 7 Brigades over two groups in our area.



Basin View, Huskisson,
St Georges Basin, Sussex Inlet,
Tomerong, Vincentia and Wandandian.

New members always welcome.

EMERGENCY CALL 000

Fire Control

4424 4424

Basin View	Denise Fabreschi	0412 780 899
Huskisson	Cpt Sanna Reeves	0408 480 424
St Georges Basin	Cpt Michelle Thornley	0427 288 340
Sussex Inlet	Adam Harris	0409 326 660
Tomerong	Doug Schutz	4443 4600
Vincentia	Captain	4401 1750
Wandandian	Brian Edwards	0488 752 489

Shoalhaven Beekeepers Assoc Inc.



meet in the Committee Room at the Nowra Showground (enter from West Street via the War Memorial Gate) on the 3rd Wed (ex. Dec 2nd Wed) at 5.30pm for cuppa, meeting starts 6pm sharp.
www.beekeepers.asn.au/shoalhaven

TOMERONG FOOD HALL & MARKETS

Every 3rd Saturday of the month from 8am till 1pm. Artisan style baked goods, pastries, cakes, biscuits, organic produce, local honey, free range eggs, coffee, live music and friendly community Find us on @Tomerong Food Hall & Markets

SHOALHAVEN INDIAN MYNA ACTION GROUP

This facebook page has been setup for the community to share information, educate and share ideas on this pesty bird, the "Flying Rat" Indian Myna which competes and harm's our native birdlife. Join the group for some valuable information to help our local wildlife.



We meet at Jervis Bay Baptist Church school room, behind the Church, cnr Wool Rd & St George Ave, Vincentia, on 1st and 3rd Thursdays from 9.30am to 1pm.
Phone Judy 0403 212 237.

Tennis: Ladies Doubles Social tennis only – no competition

Ladies come along for some exercise & social activity at The Country Club, StGB.
We need more players for Wed AM. Ph: 0409 920 878

Shoalhaven Transition a worldwide grassroots movement, transitioning communities towards a more sustainable future. **Meets monthly 4443 4713.**

Local Markets

Berry Country Fair

1st Sun (except Feb held 2nd Sun) || Berry Showground, Alexandra St || 4464 1476

Callala Beach Makers Market

5th Sat (only in months with 5 Saturdays) || Callala Beach Community Hall || 8am to 1.30pm

Clifton Community Food Garden Fundraiser

3rd Sat || 10am - 12 noon || at the garden Clifton Street, Sanctuary Point || 0412 793 319

Culburra Beach Market

1st Sun || Culburra Community Centre, Fred Evans Lane || 8am to 1pm

Huskisson Markets

2nd Sun || Huskisson Sports Ground || 0409 740 704 (BH)

Jervis Bay Maritime Museum Markets

Twilight Museum Market 1st Sat || 3-7pm || Dent St, Huskisson || Ph 4441 5675 || e: markets@jbmm.asn.au

Milton Village Showground Markets

1st Sat PLUS Long Weekends & Easter || Milton Showgrounds, Croobyar Rd, Milton || miltonvillagemarkets@gmail.com

Nowra Showground Indoor Market

4th Sat || Nowra Showground Pavilion || 8am to 1.30pm

Pyree Village Arts & Craft Markets

4th Sun || Shoalhaven Potters Workshop, Greenwell Pt Rd, Pyree || 4443 7312

Royal Coastal Patrol Market Ulladulla

2nd Sun || Ulladulla Harbour & Wharf, Wason St, Ulladulla || 4455 3403

Sussex Inlet Flea Market

2nd Sat || Uniting Church Hall, Jacobs Dr, Sussex Inlet || 4441 1546

Tomerong Food Hall & Market

3rd Sat || 8am-1pm || School of Arts, 360 Hawken Rd, Tomerong || tomerongfoodhall@gmail.com || www.tomeronghall.com || or find us on

Is drinking costing you more than money?

Don't suffer any longer...

there is hope ...

Call Alcoholics Anonymous 1300 22 22 22 aa.org.au

OUR COURTESY BUS RUNS 7 DAYS / WEEK FROM 11AM-LATE

Call Courtesy Bus to book 0413 014 125

* Events subject to change



WHAT'S ON MAY

The Home of Food, Sport & Entertainment on the South Coast

ABBA LANCHE
THE AUSTRALIAN ABBA TRIBUTE SHOW

\$44
from \$49

Saturday 9th May
Doors 7pm | Show 8pm

MUSICAL Monday
with **BRIAN KING**

Monday 4th May
10.30AM - 12PM

FREE

It's BACK!
Friday 8th May

Drawn every Friday at 7.45pm
If not Claimed Second Chance Draw
at 8.30pm for \$250

Jackpots by \$1,000 weekly if not won
Members Must be in the The Country Club
St Georges Basin at the time of the draw

Terms and Conditions apply (TP/0032)
See Reception for more information

DRAW STARTS AT \$5,000

SATURDAY 2ND MAY
BINGO WITH CASH PRIZES!
LAST SATURDAY EACH MONTH
ON SALE FROM 11.30AM
STARTS 1.00PM

CASH HOUSE

BIDDING FUNDS FOR
BET & BAIKIN COMMUNITY
SUPPORT GROUP INC.

\$20
TO PLAY

SATURDAY 30TH MAY
BINGO WITH CASH PRIZES!
LAST SATURDAY EACH MONTH
ON SALE FROM 11.30AM
STARTS 1.00PM

CASH HOUSE

BIDDING FUNDS FOR
BET & BAIKIN COMMUNITY
SUPPORT GROUP INC.

\$20
TO PLAY

Celebrate Mother's Day!

SIGNATURE BREAKFAST
SUNDAY 10TH MAY • 9AM-11AM

\$29 per adult | KIDS EAT FREE UP TO 9 YEARS OLD

PLUS KIDS ART CLASSES!

THE COUNTRY CLUB
St Georges Basin

Limited Tickets!
9:30AM-10:15AM
10:30AM-11:15AM

On Point Kitchen



Fri 1st

Friday Bingo 10am - 2pm Auditorium
Friday Afternoon Poker
Rego from 12pm, Start 1pm
Snooker Club Raffle Drawn 7:30pm
Hitlist Fridays Main Lounge from 7pm

Sat 2nd

Cash Housie
Books on Sale 11:30am | Starts 1pm
Free Live Entertainment
Torque Duo 7pm -11pm

Sun 3rd

Poker - Sunday Poker
Rego from 1pm, starts 2pm
Sunday Meat Raffle
Tickets from 1:30pm, Draw 3pm
Snooker Club Raffle Drawn 5:30pm
Free Live Entertainment
Mark Gales 4pm - 8pm

Mon 4th

Musical Monday
with Brian King 10:30am - 12pm
Bingo - Morning 10am - 12pm
Afternoon 12:45pm - 3pm
Poker Rego from 5:30pm, starts 6:30pm
\$18 Monday Rib Night*
On Point Kitchen from 5pm

Tues 5th

Bingo Starts 10:30am
SGB Women's Golf Club Raffle
Drawn 6pm
Trivia from 6:30pm
\$18 Burger & Beer Tuesdays*
On Point Kitchen from 5pm

Wed 6th

Bingo Starts 10:30am
Wednesday Mega Meat Raffle
Tickets from 4:30pm, Draw 6pm
Sub Club Raffle Draw 6:30pm
Wednesday Night Poker
Register 5:30pm, Start 6:30pm
\$18 Wednesday Steak Night*
On Point Kitchen from 5pm

Thur 7th

Ripper Raffle - Tickets from 4:30pm
Draw 6pm
Junior Rugby League Raffle
Draw 6:30pm
\$18 Parmageddon Thursday*
On Point Kitchen from 5pm

Fri 8th

Friday Bingo 10am - 2pm Auditorium
Friday Afternoon Poker
Rego from 12pm, Start 1pm
Snooker Club Raffle Drawn 7:30pm
Hitlist Fridays Main Lounge from 7pm
MEGA Friday Members Badge Draw
7:45pm | Second Chance 8:30pm

Sat 9th

ABBALANCHE
ABBA Tribute Show
Auditorium Doors 7pm | Show 8pm
Free Live Entertainment
Martini Henrys 7pm -11pm

Sun 10th

Mother's Day Breakfast
On Point Kitchen 9am - 11am
Poker - Sunday Poker
Rego from 1pm, starts 2pm
Sunday Meat Raffle
Tickets from 1:30pm, Draw 3pm
Snooker Club Raffle Drawn 5:30pm
Free Live Entertainment
Backlash 4pm - 8pm

Mon 11th

Bingo - Morning 10am - 12pm
Afternoon 12:45pm - 3pm
Poker Rego from 5:30pm, starts 6:30pm
\$18 Monday Rib Night*
On Point Kitchen from 5pm

Tues 12th

Bingo Starts 10:30am
SGB Women's Golf Club Raffle
Drawn 6pm
Trivia from 6:30pm
\$18 Burger & Beer Tuesdays*
On Point Kitchen from 5pm

Wed 13th

Bingo Starts 10:30am
Wednesday Mega Meat Raffle
Tickets from 4:30pm, Draw 6pm
Sub Club Raffle Draw 6:30pm
Wednesday Night Poker
Register 5:30pm, Start 6:30pm
\$18 Wednesday Steak Night*
On Point Kitchen from 5pm

Thur 14th

Ripper Raffle - Tickets from 4:30pm
Draw 6pm
Junior Rugby League Raffle
Draw 6:30pm
\$18 Parmageddon Thursday*
On Point Kitchen from 5pm

Fri 15th

Friday Bingo 10am - 2pm Auditorium
Friday Afternoon Poker
Rego from 12pm, Start 1pm
Snooker Club Raffle Drawn 7:30pm
Hitlist Fridays Main Lounge from 7pm
MEGA Friday Members Badge Draw
7:45pm | Second Chance 8:30pm

Sat 16th

Free Live Entertainment
Gedupndans 7pm -11pm

Sun 17th

Poker - Sunday Poker
Rego from 1pm, starts 2pm
Sunday Meat Raffle
Tickets from 1:30pm, Draw 3pm
Snooker Club Raffle Drawn 5:30pm
Free Live Entertainment
Gedupndans 4pm - 8pm

Mon 18th

Bingo - Morning 10am - 12pm
Afternoon 12:45pm - 3pm
Poker Rego from 5:30pm, starts 6:30pm
\$18 Monday Rib Night*
On Point Kitchen from 5pm

Tues 19th

Bingo Starts 10:30am
SGB Women's Golf Club Raffle
Drawn 6pm
Trivia from 6:30pm
\$18 Burger & Beer Tuesdays*
On Point Kitchen from 5pm

Wed 20th

Bingo Starts 10:30am
Wednesday Mega Meat Raffle
Tickets from 4:30pm, Draw 6pm
Sub Club Raffle Draw 6:30pm
Wednesday Night Poker
Register 5:30pm, Start 6:30pm
\$18 Wednesday Steak Night*
On Point Kitchen from 5pm

Thur 21st

Ripper Raffle - Tickets from 4:30pm
Draw 6pm
Junior Rugby League Raffle
Draw 6:30pm
\$18 Parmageddon Thursday*
On Point Kitchen from 5pm

Fri 22nd

Friday Bingo 10am - 2pm Auditorium
Friday Afternoon Poker
Rego from 12pm, Start 1pm
Snooker Club Raffle Drawn 7:30pm
Hitlist Fridays Main Lounge from 7pm
MEGA Friday Members Badge Draw
7:45pm | Second Chance 8:30pm

Sat 23rd

Free Live Entertainment
Last Chance Honey 7pm -11pm

Sun 24th

Poker - Sunday Poker
Rego from 1pm, starts 2pm
Sunday Meat Raffle
Tickets from 1:30pm, Draw 3pm
Snooker Club Raffle Drawn 5:30pm
Free Live Entertainment
SiRenics 4pm - 8pm

Mon 25th

Bingo - Morning 10am - 12pm
Afternoon 12:45pm - 3pm
Poker Rego from 5:30pm, starts 6:30pm
\$18 Monday Rib Night*
On Point Kitchen from 5pm

Tues 26th

Bingo Starts 10:30am
SGB Women's Golf Club Raffle
Drawn 6pm
Trivia from 6:30pm
\$18 Burger & Beer Tuesdays*
On Point Kitchen from 5pm

Wed 27th

Bingo Starts 10:30am
Wednesday Mega Meat Raffle
Tickets from 4:30pm, Draw 6pm
Sub Club Raffle Draw 6:30pm
Wednesday Night Poker
Register 5:30pm, Start 6:30pm
\$18 Wednesday Steak Night*
On Point Kitchen from 5pm

Thur 28th

Ripper Raffle - Tickets from 4:30pm
Draw 6pm
Junior Rugby League Raffle
Draw 6:30pm
\$18 Parmageddon Thursday*
On Point Kitchen from 5pm

Fri 29th

Friday Bingo 10am - 2pm Auditorium
Friday Afternoon Poker
Rego from 12pm, Start 1pm
Snooker Club Raffle Drawn 7:30pm
Hitlist Fridays Main Lounge from 7pm
MEGA Friday Members Badge Draw
7:45pm | Second Chance 8:30pm

Sat 30th

Monthly Special Breakfast
9am - 11am
Cash Housie - Books on Sale
11:30am | Starts 1pm
Free Live Entertainment
Hav n Fun Karaoke 7pm -11pm

* Member Price

* Events subject to change

WHAT'S ON
MAY



Weekly Meetings

1st St Georges Basin Scout Group ■ Tasman Rd Scout Hall, SGB ■ Tue 5pm Joey Scouts; 6.30pm Cub Scouts ■ Wed 6pm Scouts ■ Mon 6.30pm Venturers ■ Paula 0400 674 525

Al Anon Family Group ■ Thu 10am ■ Huskisson Community Centre, Dent Street, Huskisson

Alcoholics Anonymous ■ Tue 1pm ■ Huskisson Community Centre, Dent Street, Huskisson

Alcohol and Drug Treatment ■ Lives Lived Well ■ Nana Muru (Better Road) ■ Free day rehabilitation program runs over 6 weeks in bay and basin (non-residential) ■ Mobile withdrawal program for residents of Nowra and bay and basin ■ 18 yrs and over ■ 1300 727 957 ■ self refer via website www.liveslivedwell.org.au

Basin Radio Controlled Yacht Group ■ Jetty at Island Pt Rd, SGB ■ Tue & Sat 9.30am ■ Racing starts 10am ■ Tony Blackmore 0427 450 278 or Malcolm Griffiths 0431 094 520

Basin Track Bushcare ■ Wed 9am ■ www.shoalhaven.nsw.gov.au/News-and-feedback/Participation-opportunities/Bushcare ■ david.rush@shoalhaven.nsw.gov.au ■ 1300 293111

Bay & Basin Art Group ■ Community Centre, Loralyn Ave StGB ■ Mon 9.30am-12.30pm ■ Over 50s ■ Lyn 4443 2848

Bay & Basin Bombers Junior & Senior AFL Club ■ Leisure Centre, Wood Rd, Vincentia ■ Juniors Thu 4.30-5.30pm for girls & boys aged 6-17 ■ Seniors for men & women Tue & Thu 6-7.30pm / Game Day Sat ■ Michael 0417 190 277 or Chris 0403 047 659 ■ www.bombers.net.au

Bay & Basin Bush Potters ■ 48 Edmund St, Sanctuary Point ■ Mon 9am-2pm ■ Lesley 0426 878 421

Beginners Belly Dance Class ■ Huskisson Community Centre ■ Wed 5-6pm ■ Ph Mimi 0461 576 176

Best Fitness ■ Huskisson Community Centre ■ Tue 4.30-5.30pm ■ Ph Mimi 0461 576 176

Clifton Community Food Garden Working Bees held 3 times a week ■ Daylight Saving Hours Tue 9am-12noon ■ Fri 3-6pm ■ Sat 9am-12noon ■ Non Daylight Saving Hours Tue 9am-12noon ■ Fri 2-5pm ■ Sat 9am-12noon ■ Bruce 0403 236 842

Collingwood Reserve Park Care Group ■ meet in reserve opposite Basin View Volunteer Rural Fire Brigade Shed ■ Mon 8.30am ■

CWA Jervis Bay Day ■ Huskisson Community Centre, Dent St ■ Tue 10am for craft, cuppa & chat ■ 3rd Tue General Meeting ■ Visitors welcome ■ Pres. Cheryl Clarke 0466 307 776

Dancing ■ Bomaderry RSL Club ■ Wed 7pm ■ permanent dance floor R'n'R, swing, country 2 step, rockabilly ■ Born to Boogie 0409 998 868

Friendly 500 Card Group ■ Mon 1pm ■ New members welcome ■ Roger 0481 995 461

Heart Foundation Walking Group ■ Paradise Beach Sanctuary Point ■ Mon 9am ■ Sue Randles 0427 286 719

Huskidrumming ■ Facilitated djembe drumming circle ■ Huskisson Community Centre ■ Sat 10.30am ■ All welcome ■ e: huskidrumming@gmail.com

Huskisson Girl Guides ■ 8-18 years old ■ During school terms ■ Huskisson Guide/Scout Hall (near Bowling Club and Oval) ■ Wed 5.30-7.30pm ■ New Guides always welcome ■ Gayle 0418 114 979

JB Walkers and Talkers ■ Meet Holden St Boat Ramp, Vincentia ■ Pram friendly walking group ■ Fri 10.30am ■ e: lanaburkey@gmail.com

Jervis Bay Bridge Club ■ Huskisson Community Centre, Dent St, Huskisson ■ Fri 9.30am ■ All Bridge players welcome Ph 0421 332 991 or 0430 013 946

Jervis Bay Community & Men's Shed ■ Thu 9am-12pm ■ New members welcome both men & women ■ Colin Loudon 0412 347 322

Jervis Bay & Districts Activities Group ■ Fri 9am-1pm ■ Men & Women welcome ■ Colin Loudon 0412 347 322

Jervis Bay Male Choir ■ practices Fri 5.30-7pm ■ A fun attitude but no musical experience required ■ Lorraine 0408 422 423 for venue details

Jervis Bay Paddle Group ■ weekly paddle group for kayakers ■ check  Jervis Bay Paddle Group page for schedule

Jervis Bay Physical Culture Club ■ Classes held Vincentia Primary School & StGB Community Hall ■ www.jervisbayphysie.com.au ■ e: jervisbayphysie@gmail.com ■ Jaclyn 0422 458 485 or Amie 0405 438 057

Jervis Bay Wobbegongs Winter Swimming Club ■ Huskisson Beach south end ■ Racing season Sun 8.30am between 1st May & 30th Sept each year ■ Swim & Chinwag Mon-Fri 7.30am to 8am all year long ■ <http://wobbegongs.weebly.com/> or 

What's On...What's On...What's On...What's On...What's On...What's On

Karate ■ Sanct Pt Community Centre, 18 Sanct Pt Rd ■
Tue & Fri ■ 5.30pm

Line Dancing ■ Tue 10am-1pm SGB Community Hall,
Meriton St, StGB ■ Mon 6-8.30pm Shoalhaven Heads
Bowling Club ■ Wed 10am-1pm Bomaderry Community Hall
■ Thurs 6-8pm StGB Community Hall ■ Laurel 0408 184 984

MSCARC Inc. ■ (Mid South Coast Amateur Radio Club Inc.)
■ Wed from 7.30-9.30pm on air ■ New members always
welcome ■ Ken 4403 0599

Nowra Healing Rooms ■ 12 Tarawara St, Bomaderry
■ Open Wed 10am-12pm, Thu 7-9pm ■ 0459 046
084 ■ No appointment necessary & no charge ■
www.healingrooms.com.au

Nowra Quilters ■ North Nowra Community Centre, 7 Hood
Cl, Nth Nowra ■ Tue 9am-1pm ■ New members welcome
■ e: alex@themwarners.com

Nowra Town Band ■ 174 Kinghorne St, Nowra ■ Mon
5.30-6.30pm for Training Band & 7-9pm for senior practice
■ Private lessons available in brass and percussion ■
Hall 4422 0807 or Ross 4443 5745/0488 056 196

Raised Voices Community Choir SATB ■ Jervis Bay
Baptist Church ■ Tue 7pm ■ New Members welcome
■ Ph Rosalie 0412 297 435

Rock and Roll Lessons ■ Huskisson Community Hall ■ Tue
7pm ■ Rock n Roll, Partner Dancing, Swing ■ Ph Laurel
0408 184 984 or Rob 0439 416 386

Scottish Country Dancing ■ Thu 2pm-3.30pm
Senior Citizens Hall, Berry St, Nowra ■ Tue 7.30-9.30pm
Presbyterian Church Hall, Kinghorne St, Nowra
■ Beginners welcome ■ Heather 4441 5496

Shoalhaven Concert Band ■ Junior, Concert and
Stage band ■ Nowra School of Arts Annex, Berry St Nowra
■ Tue 6-9.30pm ■ Richard 0417 462 885 or see 

Shoalhaven Ex-Servicemans Dance Club 157
Junction St, Nowra ■ Wed 7-9.30pm ■ Social dancing inc.
modern ballroom, new vogue, sequence, latin, rock n roll
■ visitors welcome ■ Ph Norm 0407 950 325

Shoalhaven Rock N Roll Group ■ SGB Country Club ■
Mon 7pm ■ John 0411 120 042 or Linda 0408 428 670
■ www.shoalhavenrockandroll.org.au

Sing Australia, Vincentia ■ Community Singing Group
■ Jervis Bay Baptist Church, The Wool Rd, Vincentia ■ Thu
7-9pm ■ New members welcome ■ Jenny 4441 7713 ■
www.singaustralia.com.au


Social Scrabble ■ The Country Club StGB ■ Thu 1-4pm ■
New players welcome ■ Ph Anne 0410 012 642 or Emily
0438 208 754

St Georges Basin Health & Com Transport Serv ■
Mon & Wed Local Health ■ Tue, Thu & Fri Nowra Area Health
■ 4423 6044 for bookings Mon-Fri 9am-12pm, 1-3pm

St Georges Basin Little Athletics ■ Sports Grounds,
Larmer Ave, Sanctuary Point ■ Registration Ph Tracy
0423 846 194 or Michelle 0412 656 206

St Georges Basin Senior Citizens Club ■ Thu from 9am
Bowls-Darts-Euchre, The Country Club – St Georges Basin
■ Ph Margaret 4443 6031

St Georges Basin Senior Citizens Walking Group
■ Alternate Fridays 9am onwards, ph Helen 0412 215 855,
Colleen 0423 233 594

St Georges Basin SES Unit ■ 41 Tasman Rd, StGB ■ Wed
6.30pm ■ for training, providing advice to members of the
community on storm/flood preparedness, new volunteer
enquiries welcomed ■  NSWSESSGB

Sussex Inlet Computer Club ■ Sussex Inlet RSL Club ■
2nd, 3rd & 4th Tue 10am-noon ■ All welcome

Table Tennis ■ Scout Hall, Tasman Rd, SGB ■ Wed 2-4pm ■
Adam 0401 020 827 please leave a message

Tennis ■ Erowal Bay ■ Grandview St, Erowal Bay ■ Booking
enquiries 0491 978 037 ■ Social tennis players welcomed
on ■ Monday & Tuesday mornings ■ Tuesdays evening
6.45pm ■ Thursday afternoons

Tennis ■ Huskisson ■ Owen St, Huskisson Casual bookings
Wendy 4441 7985 ■ Adult Mixed Group Mon PM & Thu AM
Ph June Gripping 4443 3065 or John Hayward 4441 6979
■ Ladies Tue AM Ph Jan Chappelow 4441 6417

Tennis ■ The Country Club, St Georges Basin ■ Social Mon
6-9pm & Thu 9-11am Ph Max 0427 663 318 or
Ph 4443 0666 ■ thecountryclub.com.au/sport/tennis

Vincentia Bush Care Group ■ Tue 9am - 12 noon ■
Ph 0418 460 594

What's On...What's On...What's On...What's On...What's On...What's On

Fortnightly Meetings

Bay & Basin Camera Club Vincentia Community Hall, rear Coles carpark ■ 2nd & 4th Tues 7.30-9.30pm
■ Pam 0401 043 833 ■ Kate 0417 713 850

Shoalhaven Masonic Widows Association Basin View Masonic Village Hall, 130 The Wool Rd ■ 2nd Mon 10am ■ 4441 0436 or 4441 1644

Wool Road Spinners & Weavers Jervis Bay Baptist Church classroom, behind church, cnr The Wool Rd & St George Ave, Vincentia ■ 1st & 3rd Thu 9.30am-1pm
■ Judy 0403 212 237

Monthly Meetings

1st St Georges Basin Scout Group Meetings 1st Mon 6.30pm ■ Tasman Rd Scout Hall, SGB ■ Paula 0400 674 525

Amnesty International - Bay & Basin 3rd Mon ■ New members welcome ■ bayandbasinamnesty@gmail.com

Association of Independent Retirees-AIR Bomaderry Bowling Club, Meroo Rd, Bomaderry ■ 2nd Tue 10am ■ Peter Moate 4448 7788

Basin Business Forum Last Fri of the month ■ See  Basin Business Forum for more details and to RSVP
■ e: basinbusinessforum@gmail.com or

Basin View Daylight Lodge No.1015 (now consolidated with Lodge Milton No. 63) Milton Masonic Centre, 128 Princes Hwy, Milton ■ 2nd Mon 6pm
■ M/Ship & other enquiries Ken Sheppard 0428 638 611

Basin View Rural Fire Service Fire Station ■ 3rd Fri 6.30pm ■ Denise Fabreschi 0412 780 899

Bay & Basin Brew Club ■ 2nd Fri 7pm at alternate locations ■ Matt 0413 172 757

Bay & Basin Cancer Support Group Venue Room, SGB Country Club ■ 2nd Thu 10am-12pm ■ Dianne 4443 3275

Bay & Basin Cricket Club Meetings held 2nd Tue 7pm ■ St Georges Basin Country Club ■ Ph Chris 0403 113 362

Bay & Basin Liberals Meets monthly ■ More information about joining, meeting venues and times call Michael Davis 0498 797 471 or e: michaeladavis1981@gmail.com

Bay & Basin Multicultural Support Group Community Centre, Meriton St, SGB ■ 1st Thu 11am-1pm ■ Zaga Tkulja 4229 2755 or Anu Mehta 4422 5933

Bloomers & Buds Social Gardening Group Inc. Community Centre, Dent St, Huskisson ■ Last Wed 9.30am ■ Ph Denise 0408 723 270

Combined Probus Club of Jervis Bay & Districts Inc. SGB Country Club, Function Room ■ 4th Thu 9.30am-11.30am ■ Pres. Norman Hughes 0418 382 288; Sec. Roz Woolmer 0409 981 340

Combined War Widows & Laurel Club of Legacy Huskisson Meeting & Lunch ■ Club Jervis Bay (RSL) ■ 2nd Tue at 11am ■ Carol Barnes 0408 076 280

Country Labor – Jervis Bay/SGB Branch meets every month on the 2nd Wed ■ more info about joining, meeting times and venue email Debbie on debshapira@gmail.com

Huskisson RSL Sub Branch 2nd Thu 6pm
■ Club Jervis Bay ■ Sec Helen Walker 4441 5282

Huskisson Rural Fire Service 2nd Tue 7pm ■ Captain Sanna Reeves 0408 480 424

Jervis Bay Arts Trail Last Sat of the month 10am-3pm
■ Visit local artists in their studios and purchase original artworks directly from the artist ■ See website for details.
www.jervisbayartstrail.com.au

Jervis Bay Community & Men's Shed Computer Service Day 1st Thu 1-3pm ■ Call Colin for booking 0412 347 322

Jervis Bay Divers Club Club Jervis Bay ■ Last Wed 7pm ■ contact_2@jervisbaydivers.org or call Geraldine 0410 326 061

Jervis Bay Lions Club Club Jervis Bay ■ 1st Thu for 7pm start ■ President Ruth Evans 0439 466 741 ■ Publicity Bob Hanlon 4441 6087

Jervis Bay Probus Club Inc. (C) RFBI Basin View Masonic Village, 130 The Wool Rd, Basin View
■ 3rd Mon 10am ■ Joy Swattridge 0403 838 441
■ e: swattorj@hotmail.com

Jervis Bay Triathlon Club Inc. Usually Iluka, Booderee National Park ■ Group Training Day 3rd Sun 8am ■ All welcome including juniors ■ Pres. Tony Lim 0411 052 746 ■ admin@jervisbaytriathlonclub.org

What's On...What's On...What's On...What's On...What's On...What's On

Jervis Bay Writers Group Workshop your writing with other local writers ■ Ages 35-60 ■ Find us on  ■ email jervisbaywritersgroup@gmail.com

Justice of the Peace Assoc NSW Shoalhaven Branch Bomaderry Bowling Club, Meroo St ■ 1st Mon 1pm ■ Visitors most welcome ■ Brenda 0407 065 031

Marine Rescue Jervis Bay - VMR 209 Voyager Park, Currumbene St, Huskisson ■ 2nd Fri 5.30pm @ Club Jervis Bay (MRNSW members only) ■ 4428 2400

National Party – Shoalhaven Branch Visitors most welcome ■ Geoff Brennan 0402 026 328 for further info

National Servicemen's Assoc., Shoalhaven Sub-Branch Rotating meetings on 4th Sun ■ Ulladulla Ex-Servos Club 0930 for 1000hrs start ■ Nowra Ex-Servos Club 0930 for 1000hrs start ■ Sussex Inlet RSL Club 1000 for 1030hrs start ■ Jim Reid 4421 2886

Nowra & Districts Totally & Permanently Incapacitated (TPI) Social Welfare Club 3rd Tue 11am ■ Nowra Veterans Wellbeing Centre, 124 Wallace St, Nowra ■ Harry Back 0402 366 695

Nowra Legacy Group 66 Bridge Rd, Nowra ■ 1st Mon (except January) 10am ■ 4423 1795 or 0409 981 663

NSW Transport Authorities Retired Employees Assoc Nowra Bowling Club, cnr Osbourne & Junction St ■ 2nd Thu 10am for 10.30am start ■ Pres. Bob 4421 5265 or Sec Aileen 4421 6660

Sanctuary Point Mens Shed 17 Clifton St, Sanct Pt ■ 1st Thu 10.30am ■ All members welcome ■ Open Mon-Fri 9am-3pm ■ Any blokes that want to get out of the house for a while drop in for a cuppa and a chat ■ John 0413 837 538

Shoalhaven Avicultural Society (Bird Club) 2nd Tue 7.30pm ■ North Nowra Community Hall, Hook Cl, Nth Nowra ■ Ph Ray Faulds 4423 4475

Shoalhaven Beekeepers Ass, Inc. Committee Room at the Nowra Showground (enter from West Street via the War Memorial Gate) ■ 3rd Wed (ex. Dec 2nd Wed) 5.30pm for cuppa, meeting 6pm sharp ■ <https://www.beekeepers.asn.au/shoalhaven>

Shoalhaven Caravan Club bi monthly 11am ■ Nowra Bowling Club followed by lunch ■ Ph Kathy 0427 874 201

Shoalhaven Ex-Servicemens Dance Club 3rd Sat 7-10.30pm ■ Shoal ExServicemens Club 157 Junction St, Nowra ■ social dance incl. modern ballroom, new vogue and sequence, latin, rock n roll ■ visitors welcome light supper ■ Ph Norm 0407 950 325

Shoalhaven Mark & Royal Arch Chapter No.73 1st Thu 7pm ■ RFBI Village Hall, 130 The Wool Rd, Basin View ■ Freemasons (attached or current) ■ Glen Green 0417 453 999

Shoalhaven Orchid Society 3rd Mon Feb-May & Sept-Dec 7pm; Winter day meetings 3rd Sat June, July & Aug 10am ■ Bomaderry Community Centre, 17-19 Birriley St, Bomaderry ■ Visitors welcome ■ 0419 241 177

Shoalhaven Philatelic Society 2nd Mon 7pm ■ Nowra Bowling Club, Osborne St, Nowra ■ John 4421 4624

Shoalhaven Prostate Cancer Support Group ■ 2nd Mon 10.30am ■ Coastal Waters Conference Room, 110 The Wool Rd, Worroving Heights ■ Fred Hocking 0435 628 110 e: ShoalhavenPCSG@gmail.com

Shoalhaven Scout Fellowship 3rd Sun ■ David Ravell 4441 8659

Shoalhaven Transition 1st Tue ■ Trish Kahler 4443 4713 or shoalhaventransition@yahoo.com.au

St Georges Basin Probus Club Inc. (Mixed) SGB Country Club, Function Room ■ 3rd Thu 9.45am-11.45am ■ Sec. Robyn Dalleywater 4408 8084

St Georges Basin Rural Fire Brigade Fire Station, The Wool Rd, SGB ■ 3rd Mon 7.30pm ■ Cpt Michelle 0427 288 340

Sussex Inlet Cancer Support Group 2nd Fri 10am ■ Sussex Inlet Neighbourhood Centre ■ Robin Lang 4441 0155 or Kay Cunningham 0408 297 325

Tomerong School of Arts 2nd Mon 1900hrs ■ Tomerong School of Arts Hall ■ www.tomeronghall.com ■ New members welcome

Vincentia Rural Fire Brigade Fire Station, The Wool Rd, Vincentia ■ 1st Mon 6.30pm ■ Cpt. 4401 1750

Wandandian Progress Association 1st Tue 6pm ■ Progress Hall ■ New members welcome ■ e: secretary@wandandian.org.au

Wildlife Rescue South Coast ■ Contact 0418 427 214 e: info@wildlife-rescue.org.au ■ 2nd Wed 7pm ■ Phone / email for details of meetings via Zoom or venue TBA

What's On...What's On...What's On...What's On...What's On...What's On

Weekly Church Services

Anglican Church -

Vincentia ■ Vincentia Primary School, George Caley Place, Vincentia ■ 9.30am Family Service with kids and youth programs ■ 6.30am Contemporary Service ■ Minister – Rev Campbell Mackay ■ www.jervisbayanglican.org.au

Basin Baptist Church ■ 165 The Wool Rd, SGB ■ Sun Morning Service 9.30am ■ Enquiries Steve Harris 0415 668 660

Bay & Basin Uniting Church ■ Meriton St, SGB ■ Sun 9.30am Family Worship w/Jnr Church ■ Minister 4443 0864

C3 Church Jervis Bay ■ 20 Birriga Av, Worroving Hts ■ Sun 9.30am Family Service ■ Every morning except Sun 5.30am Prayer Meeting ■ Office 0429 335 024 ■ [web: c3churchjervisbay.com.au](http://web:c3churchjervisbay.com.au)

Holy Spirit Catholic Church ■ 23 St George Ave, Vincentia ■ Mass times: Sun 10am, Sat Vigil 6pm, Wed 5.30pm ■ www.nowraparish.org.au/masses/mass-times

Jervis Bay Baptist Church ■ Cnr The Wool Rd & St George Av, Vincentia ■ Sun 9.30am Morning Service

Seventh-day Adventist Church ■ 169 McKay St, Nowra ■ Sat 9.30am Bible Study, 11am Worship Service ■ Future planning for possible Bay and Basin Contemporary Service ■ Minister Adam Tonkin 0413 538 514

Monthly Church Services

Spiritualist Meeting ■ Scout Hall, 39 Tasman Rd, StGB ■ 2nd Sun ■ 2pm ■ Ph 4443 0628

Other Activities

Australian Breastfeeding Association,

Shoalhaven Group ■ 24 hour Breastfeeding Helpline 1800 686 268 for information about local Mum-to-Mum get togethers ■ www.breastfeeding.asn.au

Bay & Basin Branch of the Liberal Party ■ Meets Quarterly ■ 7pm ■ Venue SGB Country Club

Bay & Basin Uniting Church Huskisson ■ OP SHOP at Huskisson Church Centre ■ 53 Hawke Street, Huskisson ■ Mon-Fri 9am-4pm, Sat 9am-12.30pm ■ 4441 7495

Other Activities cont'd

BBCR Activities Hub ■ 18 Sanctuary Pt Rd, Sanctuary Point ■ Mon, Tues, Thurs & Fri 9am-3pm (closed Wed) ■ 4443 7681

Community Cottage ■ 48 Edmund St, Sanctuary Pt ■ Lesley 0426 878 421 ■ Mon Pottery 9am-2pm ■ Tue & Thu Gentle Fitness for Postural Strength - Move with ease 8-9am ■ Thu Phoenix Strings Ukles & Guitars practice 1-4pm

Shareostomates, Shoalhaven Area Ostomates

Support Group ■ Nowra Community Health Centre, 5-7 Lawrence Av, Nowra ■ Contact Brenda Christiansen on 0422 006 550 or 4424 6321 for group times and dates ■

Improving lives through shared experiences

Tomerong School of Arts ■ Mon Pilates 6-7pm ■ Wed NIA 11.30-1.30pm ■ Sat Markets (3rd Sat) 8am-1.30pm ■ email tomerongmarket@gmail.com ■ Sat (4th Sat) Yoga Tapas 8-10am ■ Further info www.tomeronghall.com

Youth & Community Centre ■ 34 Paradise Beach Rd, Sanctuary Pt ■ 4443 9244 ■ Operating Hrs Mon-Fri 9-4pm offering a range of social & recreational activities

Community Forums

Basin Villages Forum ■ 3rd Mon 7.30pm ■ Meriton St Community Centre, SGB ■ Christine 4443 7665

Huskisson & Woollamia Comm. Voice ■ bi monthly 2nd Mon 7pm (Feb-Nov) ■ Huskisson Community Centre, Cnr Tomerong & Dent St, Huskisson ■ www.hwcv.org.au ■ exec@hwcv.org.au

Sanctuary Point Community Pride ■ Function Room at The Country Club, St Georges Basin ■ Christine 0409 363 243 or Gwen 0419 492 348 ■ e: sanctuarypointcommunitypride@gmail.com

Tomerong Community Forum ■ 2nd Mon 2030hrs directly after the School of Arts meeting ■ Tomerong School of Arts Hall ■ New members welcome

Vincentia Ratepayers & Residents Association

Vincentia Community Hall (Coles carpark) ■ 3rd Thu of every 2nd month (Feb, Apr, Jun, Aug, Oct, Dec) 7.15pm coffe/tea/biscuit 7.30pm start ■ www.vrra.org.au ■ vrra.ccb@gmail.com ■ Secretary 0438 856 568 ■ [f](https://www.facebook.com/vrra.ccb) [vrra.ccb](https://www.facebook.com/vrra.ccb)

What's On...What's On...What's On

Venues for Hire

- Bay & Basin Uniting Church** Meriton St, StGB
 ■ 4443 2642
- Community Arts Cottage** 48 Edmund St, Sanctuary Point ■ Lesley 0426 878 421
- Huskisson Community Centre** Dent St, Huskisson ■ Ph Peter 0401 436 353
- Huskisson Scout & Guide Hall** Kiola St, Huskisson ■ Ph Scout South Coast & Tablelands 02 42746334
- Jervis Bay Maritime Museum Classrooms** Dent St, Huskisson
- Sanctuary Point Youth & Community Centre**
 34 Paradise Beach Rd, Sanctuary Point ■ Ph: 4443 9244
- St Georges Basin Scout Hall** Tasman Rd Scout Hall, St Georges Basin ■ Tammie 0472 658 505
- Tomerong School of Arts** 358 Hawken Rd, Tomerong
 ■ \$15 per hour ■ Email tomeronghall@gmail.com
 ■ www.tomeronghall.com
- Vincenia Community Centre** rear of Bilo carpark, Wool Rd, Vincenia ■ 4429 3463
- Wandandian Progress Association Hall** D2683 Princes Hwy, Wandandian ■ www.wandandian.org.au
 ■ Booking Officer Gill Smith 0402 149 967

Justices of the Peace

BASIN VIEW

Barling, Debbie 0411 275 656

HUSKISSON

OLD EROWAL BAY

Lord, Simone 4443 8300

SANCTUARY POINT

Flynn, Mark 0418 669 688

Tyrell, Leesma 0420 921 778

ST GEORGES BASIN

Crass, Charles 0400 876 696

Creighton, Sandra 0411 245 188

Thomas, Jeff 0417 772 262

TOMERONG

Askew, Matthew 0422 068 209

VINCENIA

Casmiri, Luciano (Lou) 0438 856 568

Local Services...Local Services...

Playgroups

- Aboriginal Playgroup** Mon 9.30-11am ■ Noah's Inclusion Services the old church 48 Paradise Beach Rd, Sanctuary Point ■ Ph Mel Harpur 4423 5022 or email mharpur@noahsark.nsw.edu.au
- Sanctuary Point Sing & Play** ■ Tues 9.30-11.30am at Sanctuary Point Connect ■ A free supported playgroup with music, craft and more ■ Tracey Popple 4443 0520 or e: tracey.popple@det.nsw.edu.au
- Splash Playgroup** ■ Mon 9.30-11.30am ■ Paradise Beach Reserve ■ Renee 0423 606 559
- Baby Playgroup** - for babies 6 wks to 2 yrs ■ Thu 1-2.45pm at Sanctuary Point Connect ■ Tracey Popple 4443 0520 or e: tracey.popple@det.nsw.edu.au
- Little Steps** - a playgroup for children not attending childcare ■ the old church 48 Paradise Beach Rd Sanctuary Point ■ Ph 4423 5022
- St. Georges Basin** Wed 9.30am ■ Cnr Tasman Rd & Terry St, SGB ■ Melissa Horselman 0424 218 547 or find us on facebook

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 the
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 would
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UPDATE YOUR LISTING

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Are Your ...What's On... Details Incorrect or Out of Date?

Email your updated info to editor@aboutbayandbasin.com.au

SHOALHAVEN'S NEWS

Contributed by John Blackmore

Six decades ago, a century of local newspaper reporting was celebrated in a publication called *'The Shoalhaven & Nowra News'*. At that point in time, it was a newspaper printed out of the Commercial Printery in Junction Street, Nowra. The location of this building was opposite the Shoalhaven Shire Council offices, and the traditional Nowra Town Fire Brigade building. With the Nowra School of Arts just around the corner in Berry Street, and the Nowra Post Office also nearby on the SE corner of Berry and Junction Streets, *'the News'* was in an ideal position close to the heart of the town's Central Business District.

On Wednesday, 1st February, 1967, a 40 page supplement was published by *'the News'* inside its normal 24 page tabloid sized broadsheet. On the pages within this supplement, there was much historical information to begin with on how local newspapers had been established, developed and progressed down the years. In addition, many of the articles written in to the supplement contained subjects of various sections of the community which had traditionally been reported on.

Similarly, the advertisements in this supplement reflected many of the businesses which had been an integral part of the community during the 20th century. Anderson's Menswear, Bert Westwood's Marine Boat Shop, T. Basha & Sons furniture, Ison's Hardware, Hewlett's Sports Store, Lawrence Motors, G.P. Walker & Son Hot Water Specialists, J. Mison's Windows and Doors, P.J. Aldous Electrician, Thurgate Brothers Toyota dealer at Bomaderry, Horlicks Pty Ltd, Pacificana Restaurant at Sussex Inlet, Murphy's Tyre Service, Nowra Truck & Farm, Roxy Theatre, Davies Newsagency, Dalex Motors Volkswagen, P. Walsh & Sons Hardware and Groceries, Reg Legge & Co. Electrical Appliances, Nowra Steam Laundry, Reid & Herne Hardware, Conrad's Garage G.M.H. car dealer, Grand Transport Services Pty Ltd, Button's Dry Cleaning, Flemings Fabulous Foodstore, Bedfords of Milton and Ulladulla, the South Coast Register

at Berry, Permewan Wright store at Bomaderry, Bomaderry Newsagency, Shoalhaven Timbers, A.K. Schofield & Son Butchers, Payne & Kelly Bus Services, Fosseys Store Nowra, Nowra Cordials, Walsh & Monaghan Pty Ltd, Kevin Wiggins Chemist and the Nowra Brickworks. This list does not exhaust those who supported the achievement of this local newspaper's enterprise. Numerous other groups from outside the district also offered their congratulations to *'the News'*.

The supplement began with an historic front page copy of *'The Shoalhaven News'* from July 1926. This style of presentation was based around vertical columns, with a much smaller letter font size. It had items of news which were more like snippets of information rather than fleshed out articles describing the topic dealt with. The adverts were in text boxes contained within the columns as they were set out on the broadsheet.

On the back page of the supplement is a full page advert from Wiggins Teape – Shoalhaven Pty Ltd. This message was from the British manufacturing firm who had established the paper mill along the northern bank of the Shoalhaven River at Bolong, downstream from Bomaderry. Shoalhaven Fine Papers had been made there for a decade up to that point. The paper mill was possibly the single biggest local employer in the district at the time.

At the centre of the supplement is a montage of nine photos of employees of *'the News'* hard at work using the printing machines that published it. At the top of this double page spread was a heading 100 YEARS OF PROGRESS. This had been blocked as headline letters were then, when printed. These photos are numbered. Away from the spread, it names the operators of each machine. And in order, the machines are described and show a Ludlow slug caster, a printing machine specialising in high quality colour work, preparatory collation of finished copies of a newspaper edition, one of the three Lino-type machines, stonework where adverts are placed on a page before printed articles are spaced around them, a scan-a-graver for etching

photographs on to a news page, an Elrod machine for spacing the adverts and articles, as well as the large printing press capable of producing 16 pages at a time and 5,000 copies of each an hour.

Apart from the adverts in the supplement, and the people that were now producing it, many detailed articles were included outlining various sections of the district community. An image of an old engraving from the 1885 Town & Country Journal shows a Nowra Public School building as it existed then. The article outlines at length the establishment of this school before and after it opened in 1862. This was done under an authority known as the Board of National Education. It was the forerunner to the NSW Department of Education, established around 1880.

SHOALHAVEN OWES MUCH TO BERRY FAMILY was the heading of an article on another page of the supplement. Lengthy description is made in this article of the means by which the settlement was made at Coolangatta, and the fact that it guided the destiny of the district for the best part of three quarters of a century in the 1800s. A picture from the top of Mt Coolangatta accompanies this story. It gives a good impression of the heyday of the village at Coolangatta during those years.

On page 10, a photo of the Nowra Bridge is shown when it was under construction before its opening in 1881. In the image can be seen some of the workers in action, with the superstructure already in place. In explaining some of the construction details, the article describes how the bridge's opening led to much prosperity and expansion for the town of Nowra.

EARLY ATTEMPTS TO ESTABLISH A PORT AT JERVIS BAY and THE BIG FLOODS OF 1860 SPELT DOOM FOR TERARA TOWNSHIP are both long articles run on opposite pages to each other. On a following page is this statement: *"On the evening of 7th December 1909, the late George Harrison, owning and driving a 15 horsepower Star car, pulled in to the Prince of Wales Hotel yard. Early the next day, with his first passengers, he set out for Bega"*. While the route was restricted to travelling as far as Moruya for some years, Harrison's Motor Service operating from their Kinghorne Street base went on to become a pioneering transport service along the South Coast.

Nowra Town Band; a CWA Branch begun in 1924; a Rotary Club in Nowra a decade later; the opening of Graham Park in 1958, near Berry, dedicated to artificially breeding dairy cattle; Nowra Dairy Co-operative; the Apex Club; Council's collection of Samuel Elyard's landscape paintings of early Nowra; tales from 1800s Kangaroo Valley; the story of the 'local' local government origins; the White Ensign Club for navy personnel; Nowra Bowling Club; the postal and telegraphic services development across the Shoalhaven; a story of early HMAS Albatross; even the half century of gold production from Yalwal. And still there is more subjects that the supplement embraced.

'The Shoalhaven and Nowra News' became the 15th newspaper across NSW to cover its community's news for a century. Indeed, its story mirrors that of the district, as in 1867, Terara was still "the official township" when Charles Watson printed his first edition of *'The Shoalhaven News'*. He did this under the title *'The News, Shoalhaven'*. The article mentioned that some of its earliest editions in 1867 had been preserved by the Mitchell Library in Sydney.

By 1892, *'The Shoalhaven News'* was still being published at Terara, before *"it began to emanate from the offices of the 'Nowra Colonist', also published by Leeming & Watson"*. The latter was the son of Charles Watson, who had passed on by this time. This source of local news reporting had been established in Nowra as competition to the *'Telegraph and Shoalhaven Advertiser'*. The latter had been first published by Joseph Weston, the proprietor of *'The Kiama Independent'*, in 1879. He had apparently felt that the town of Nowra needed a newspaper by then. This later publication would become known as *'The Shoalhaven Telegraph'*.

By 1967, under the proprietorship of Harold Wilson, The Shoalhaven & Nowra News had incorporated all three local mastheads from the latter decades of the 1800s under its banner. On page 3 of the supplement, there are two photos on the same page of the building that *'the News'* was being published out of in its centenary year. At the top of the page, the 1967 photo had a NOWRA NEWS banner advertisement on the front of the building. At the bottom is a 1947 photo around the time Wilson purchased *'the News'*. ■



MUCKING IN

CLIFTON COMMUNITY FOOD GARDEN

Hours: Tues and Sat 9 to 12; Fri 2 to 5pm – Contributed by Colleen McIntyre

With a sudden change to the weather during Easter break we have charged into the planting of the winter vegetables with gusto.

Even the garlic has returned this year which is always exciting and as the 'Queen of the cropping' it is given royal attention. Infinite attention is given to the choice of bed for the garlic and it is carefully prepared as the garlic is in the ground for 6-7 months. It is recommended to soak the cloves to be planted in Seasol solution, to promote early root development and also bi carb soda to lower the ph. level and destroy any pathogens. There are so many instructions and advice as to the best way to grow garlic, with many, many YouTube videos available; there could be a temptation to "give up" before we start. But start we have, late in March, with great excitement and agreed procedures.... here we grow again!!

Apparently Dill is a good companion plant for growing with garlic and we have dill plants ready, so that will join in too!! Strawberries and garlic grow well together, so we are trialling that and tarragon and chamomile, marigolds and savoury can improve growth and flavour of the garlic.

Apparently it is important to treat with Seasol solution, each two weeks to grow roots and then it will lay dormant over the cold of winter, bursting away with growth and development in spring.

Harvest should be late November, all things being equal! Oh! And with the cooperation of Mother Nature!

We have lost the Tamarillo tree, gone, I am sad to say! It died during the summer months, dropped all its leaves and 'turned up its toes' so to speak. Perhaps water was the issue there, and it dried out too often. A search for a replacement has already begun.

After a trial and tasting event at the last open morning, a recipe has been chosen for the Ploughman's Pickle, a new product for the Market Day fundraising. An exciting uptake on

an old favourite variety of pickle!! **The flags will fly at 10am on Saturday 16th May with all the great displays of preserves, marmalades, jams, chutney and pickles, the vegetable and plant tables.** Café ala Clifton will be offering the delicious scones and cakes with tea and coffee, in the sun, if SHE turns out and shines on us! We now have credit card facilities available for the morning.

All garden beds are being prepared to plant out for our wonderful autumn and winter crops. With all the favourite vegetables, and some new ones developing in the propagation house to provide healthy eating for all. It is so important at present for us to provide our own food when and where we can. The summer production of tomatoes exceeded all expectations and in fact produced 260kg in total.

How easy it is now for us to walk and wheel all through the garden with the extensive raised pathways throughout the garden beds and from back to front now completed. It has been a major work for the construction team, needing lots of money, muscle power and dedication. We are so grateful for the support of Veolia and a recent grant from Veolia has facilitated the completion of this major project in the garden. Many attempts to improve drainage and working conditions in the garden have led to these final works, and at last, it is done!!



Enjoying scones from Cafe ala Clifton



Up the Garden Path

By Brad Wilson

A SPOONFUL OF KIMCHI Do you suffer from indigestion? Maybe you need some kimchi in your life. If it's just another manic Monday with a three hour business lunch, a troubled Tuesday when you put too many fries on top of your McFlurry, or a wasted Wednesday binge watching Netflix with a large bag of Burger Rings, you may not be feeling your "old self". Here's a suggestion. Walk to the fridge, grab the kimchi, pop the lid and start munching.

Yes it is cold, but that's a benefit – it kills some of the taste. You won't be worrying about the temperature of the kimchi – you'll be more worried about the fireworks display that has gone wrong in your mouth. It's true that kimchi is loaded up with chilli.

Let's backtrack – what is kimchi? Kimchi is the Korean version of preserved vegetables. For at least 2000 years and probably a lot longer, people have been adding salt to food to preserve it. This stops the vegetables from rotting, but it doesn't

stop them fermenting. Natural bacteria works on the vegetables – breaking them down, altering the flavour and as a by-product, producing carbon dioxide.

With the introduction of chilli into Korea about 400 years ago, kimchi became "reformulated". There are many variations, but modern day kimchi typically consists of Chinese cabbage (wombok) and daikon radish, which is generously sprinkled with chilli, ginger, garlic and onion – all in a brine of salt. This is the kimchi that most Koreans eat every day.

Kimchi is not Korea's "national dish" – that's bulgogi. Kimchi is a "side salad". It is a dish which accompanies every meal. You don't have to order kimchi in any Korean restaurant. You will get it whether you want it or not. Traditionally, every young Korean woman who learns how to make great kimchi is sure to attract a good husband. Every new baby in Korea gets to eat kimchi. Many babies enjoy hot and sour foods – which is lucky as they likely have no choice in the matter.

Kimchi is a probiotic. The vegetables attract bacteria and ferment in the salty brine. Unlike yoghurt, no bacteria culture needs to be added – it gets it from the air. It's this fermentation process which makes kimchi so agreeable. Fermentation gives kimchi its "get up and go". Kimchi can be quite gassy as the process continues even in the fridge. You might have to "burp" the lid. You can almost convince yourself you are drinking chilli beer.

Normally your gut is full of this "good" bacterium which helps you digest food. This is the gut "microbiome". Unfortunately we have become addicted to foods which add no bacteria to the gut, making food harder to digest – hence the indigestion. If you are on a course of antibiotics, kimchi is also excellent for returning your gut to its natural healthy state. Do yourself a flavour. Make kimchi a regular part of your diet. I remember the old Mary Poppins song: "For a spoonful of kimchi helps the indigestion stay down". What a classic....

Turn "junk" food into healthy food. Simple kimchi ideas: **Kimchi burger** a burger and kimchi on a bun; **Kimchi noodles** a noodle broth with kimchi added; **Grilled cheese with kimchi** spread kimchi on toast. Add a slice of cheese and grill. ■



Shoalhaven Libraries Sanctuary Point

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 Phone 4406 2076 Email sanctuarypointlibrary@shoalhaven.nsw.gov.au
<http://www.shoalhavenlibraries.com.au/Our-Libraries/Sanctuary-Point>

It's May so that means National Simultaneous Storytime! Across Australia at schools, libraries, bookshops and more, the same book is read at the same time! So, let's celebrate and promote books, Australian authors and illustrators and highlight the value of reading and literacy for everyone.



This year we will all be reading Luna Roo the Kangaroo Baller – written by Adam Jackson and Adrian Lloyd, and illustrated by Jake Minton. Please join us at our regular **Storytime session on Thursday 28th May at 10.30am**. There will be kangaroo stories, songs, rhymes and lots of fun. After the story, make a hopping kangaroo to take home. Suitable for kids aged 2-5 years. No bookings required, just come along.



Code Club Mini – coding for little kids! Did you know coding is the new literacy empowering kids in a digital world? Give your kids a head start and book into our 6 week coding program. **Tuesday 26th May to Tuesday 30th June 3.30pm-4.30pm**. In these sessions we will be coding in Scratch Junior on the library iPads and tinkering with Cubetto and Dash robots. Suitable for kids aged 4-7 years. Bookings essential. Please note we will be building skills week to week during the program, so it is best if your child attends all 6 sessions.

For more information call 4406 2076 or
 book online at <http://www.shoalhavenlibraries.com.au/events>.

<p>HUSKY Sports Our community club</p> <p>336 Huskisson Rd. Ph: 4441 5135</p> <p><i>Information for Members & Guests</i></p>	<p>MAY 2026</p>	<p>2nd – Crimson Chaos 7-10pm</p>	<p>16th – TBC 7-10pm</p>
		<p>9th – Nullibi 7-10pm</p>	<p>23rd – The Rockitz 7-10pm</p>
		<p>10th – Mother's Day Chinese smorgasbord lunch Last Chance Honey from 12pm</p>	<p>30th – Kate Young Band 7-10pm</p>
		<p>LUCKY 88 CHINESE RESTAURANT - 4441 7063 Lunch 12-2pm; Dinner 5-8pm Dine In Bookings Essential; Takeaway: Pick up from side entrance Kooloa Street</p>	<p>MEAT MARKET THURSDAYS Tickets on sale 6pm; Draw from 7pm</p>
			<p>MINI GOLF Open 10am. Bookings preferred last booking 4pm</p>



Pause With Kat

Contributed by Kat Munson – Wellbeing & Reflective Practice

I'm Kat, and I'm talking all things wellbeing, growth and reflection.

I've had some interesting conversations lately that got me thinking about connection. It seems that in our busy world, filled with technology and constant hustle, we have lost the importance of connection.

How many times do we say to ourselves, "Oh, I've been meaning to get in touch with so and so", or run into someone who's been on our mind and say, "Sorry it's been so long, I've just been so busy!" I know I do it a lot more than I want to.

We all have our reasons for disconnecting. Sometimes we feel like we need space, life feels loud, and we seek peace from it. Other times, we might be trying to avoid overburdening the people around us, shouldering things alone, not wanting to bother anyone. At times, we might be juggling so much that connection falls through the cracks, another thing on the to-do list of life.

But what is the cost we pay when we stop connecting? Do we miss opportunities for shared ideas and solutions? Do we take away space for others to lean in and share their own experiences? Do we leave ourselves isolated and alone in feelings that could be helped by another perspective?

Previously, I often found myself working alone and holding all of the pieces. I never asked for help, and I was reluctant to accept alternative perspectives and ideas. Recently, I started to ask myself how I could do things differently, making

my work and life more sustainable and more connected.

I have been practising connection by reaching out with intention. Having more grounded conversations instead of rushing to the next thing, getting to know amazing people in my community by inviting them for a coffee and a chat, asking people's thoughts on topics that we share an interest in and being vulnerable when I'm struggling and need to air what I'm feeling.

What could open up for you if today, you took a moment to reach out and connect with someone, start a conversation or ask their thoughts on an idea? And if you are feeling super brave, maybe it could be someone new!

Kat xx

Got a question or a wellbeing topic of interest?

Email katmunsonwellbeing@gmail.com



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Wool Road Spinners & Weavers

Our members come from all different parts of our society, with such a variety of life experiences, and each very valued in our group. One of our members came to Australia as a Ten Pound Pomme. Kerri and her Scottish friend, both chefs, needed to find an outlet from the demands of being chefs. so they started to crochet. This was about eleven years ago.

Since then the Wool Road Spinners and Weavers have been the winners as Kerri often produces beautiful scones and homemade jam and cream at our exhibits and other festivities. Kerri makes gorgeous crochet bags, coasters and keyrings. When she retired from her own business, another member Irene, showed her how to weave. She now weaves and makes scarves. When she tried to spin, she was often told "to let it go" (the fibre she was trying to spin). Spinning needs a relaxed hold on the fibre, any tension in your body seems to transmit poorly into the spun yarn.

She has dreams of recycling fibre into new projects. Kerri said she is a great talker, and she comes to the group for company

We meet the first and third Thursdays of the month from 9.30am to 1pm at Jervis Bay Baptist Church classroom, 1 St George Avenue, Vincentia. Feel very welcome to pop in and have a coffee and see what a great talker Kerri is!!! **Judy 0403 212 237**

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CONVEYANCING, TRANSFERS AND MORTGAGES HAVE CHANGED

Conveyancing in Australia: Conveyancing, primarily involving property transfers and mortgages, has historically been governed by different legislation across Australia's six States and two Territories, leading to complexities in transactions.

Introduction of e-Conveyancing: The Electronic Conveyancing National Law (ECNL) was introduced in 2013 to streamline conveyancing processes. Each State and Territory implemented this law through separate legislation between 2013 and 2020.

NSW Transition:

- On 11 October 2021 NSW abolished Certificates of Title (CTs) under the Real Property Amendment (Certificates of Title) Act 2021.
- All conveyancing transactions in NSW must now be conducted electronically via an Electronic Lodgement Network Operator (ELNO) by registered subscribers (e.g. lawyers, licensed conveyancers, financial institutions).
- Limited exceptions are handled by legal authorities, not JPs.

Queensland Transition:

- Historically, Queensland required JPs to witness land property transfer documents, causing confusion.
- As of 20 February 2023 e-Conveyancing became mandatory under the Land Title Regulation 2022.
- **All property dealings must be conducted electronically via ELNO by registered subscribers, with limited exceptions managed by legal authorities.**

Key Changes:

- **Witnessing by JPs or individuals is no longer required** for land property transactions in any Australian State or Territory.
- Registered subscribers are responsible for preparing, lodging, and resolving issues related to electronic property transfers.

I trust this article has proved to be helpful to you.

Regards – Laurie 0438 013 330

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Come along and see if you like us and would like to come back and join us. We are located in the Auditorium at The Country Club -St Georges Basin, from 9.30am each Thursday. If you don't know how to play Indoor Bowls, don't worry, we'll soon teach you in a very social, relaxed and friendly atmosphere.

Our **Bushwalking Group** will make new members very welcome also. They meet on alternate Friday mornings. All walks are easy and designed for Seniors.

For any information contact Margaret on 4443 6031 or 0403 783 290.



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Slow Cooker Sticky Beef with Mushrooms

courtesy of  Australian Home Cooks

INGREDIENTS

- 1 tbsp olive oil
- 1 kg gravy beef
- 200g pkt sliced mushrooms
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 1 tbsp finely grated ginger
- 1/4 cup (60ml) soy sauce
- 1/3 cup (75g) brown sugar
- 1/2 cup (125ml) beef stock
- 2 tsp cornflour
- 1 bunch bok choy, halved
- steamed rice, to serve
- spring onion curls, to serve

METHOD

1. Heat oil in a large frying pan over high heat. Cook half the beef, turning, for 5 mins or until browned. Transfer to a slow cooker. Repeat with the remaining beef.
2. Add the mushroom, onion, garlic, ginger, soy sauce, brown sugar and stock to the slow cooker. Combine cornflour with 1 tbs of water in a small bowl. Stir into beef mixture. Season with pepper. Cover and cook for 4 hours on high (or 6 hours on low) or until the beef is falling apart.
3. Uncover. Add the bok choy. Cook, uncovered, for 15 mins or until the bok choy is tender.
4. Divide the rice and beef mixture among serving plates. Top with spring onion curls.



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Bay and Basin's Young Swim Stars Raise Nearly \$6,000 for Sick Kids



Four local eleven year old friends have dived headfirst into philanthropy, raising an incredible \$5,961 for the Starlight Children's Foundation in their very first fundraiser. The team, affectionately named the "Bay Dolphins" brought together students from Sanctuary Point Public, Vincentia Public, Tomerong Public and St Georges Basin Public to take on the Starlight Super Swim challenge.

All members of the Bay and Basin Amateur Swim Club, the girls dedicated the month to swimming laps and raising money for seriously ill children in hospitals. Their remarkable efforts secured them an impressive 39th place out of 1,260 teams across Australia, a powerful testament to their dedication and the profound generosity of the Bay and Basin community.

Fuelled by Friendship and a Desire to Help The journey began with a spark of inspiration when one of the girls, Annie, saw the Starlight Super Swim advertised and thought, "I could do that!" She immediately rallied her swim friends to join her. United by their love for swimming, the girls built an even stronger friendship while working towards a shared goal: helping others in need. Each member of the team brought incredible passion and determination to the challenge.

Lilas, a School Leader at Sanctuary Point Public, overcame an ankle injury to swim an impressive 34.4 kilometres. She personally raised \$2,440.86 — enough to bring happiness to 63 sick kids — and ranked 153rd out of 13,738 swimmers nationwide. "Proud doesn't even begin to describe how we feel about her selfless act," her mother, Genevieve, shared. "We are in awe of her ability and her achievements."

Megan swam a phenomenal 40.3 kilometres and raised \$1,000 through donations. "We are so proud of Megan!" said her mother, Shanelle. "She sets herself a goal and is determined to reach it. Her confidence and drive are just amazing."

Allison raised a fantastic \$865 and embraced the teamwork at the heart of the challenge. Her mum, Michelle, is incredibly proud of all the Dolphins. "She has talked about enjoying being part of the team and has built confidence to take with her into the next challenge — whatever that may be."

Annie, a leader at Vincentia Public and a member of Bay and Basin Nippers, thoroughly enjoyed combining her passion for swimming with helping others. She swam 33.5 kilometres and is already setting goals for next year's Super Swim. For Annie, the highlight was "strengthening friendships with the other girls and seeing the impressive final fundraising total they achieved together."

A National Effort with a Local Heart The Bay Dolphins were part of a massive national movement. This year, the Starlight Super Swim saw 13,732 "Super Swim Heroes" raise a staggering \$4.86 million while swimming a combined 360,923 kilometres. It has been a genuinely inspiring and tremendously valuable experience for these four local girls, who have shown our community the incredible power of friendship, determination, and a big heart.

On behalf of Lilas, Annie, Allison, and Megan, a huge thank you goes out to every community member who offered their time, encouragement, and generosity. ■



What we are doing at VINCENTIA PUBLIC SCHOOL

HARMONY DAY Harmony Day was a huge success! Students wore bright orange, while others proudly dressed in traditional clothing representing their family’s homelands. The celebration beautifully highlighted the diversity and unity within our school community, creating a warm and inclusive atmosphere for everyone.



K-2 FUN RUN, CROSS COUNTRY AND COLOUR RUN It was a fantastic day for all students as they took part in the K-2 Colour Fun Run or raced in the Cross Country around the school, finishing with a burst of colour. Everyone enjoyed themselves, and many students have now qualified for the District Cross Country.



EASTER HAT PARADE The final day of Term 1 was full of excitement as we hosted our annual Easter Hat Parade. Students from K-2 did an amazing job crafting their hats, with support from their buddy classes.

Families joined us to watch the parade and shared in the joy of seeing the children proudly showcase their vibrant and creative hats!





FALLS CREEK PUBLIC SCHOOL UPDATE

Learning Together

Our Yiramahn class jumped online for a 'Let's Make It Sculpture Workshop' hosted by the NSW Gallery! They learned about sculpture-making, explored the work of different artists, and then got creative making our very own sculptures. It was awesome to see everyone's ideas come to life and try something new together. Big thanks to the NSW Gallery for a fun and inspiring session!



Sporting Success! Congratulations to **Ryder and Zeke**, who represented our school at the regional rugby league trials against schools from Sussex Inlet to Kiama. The competition was extremely tough, but both boys played some great games and did us very proud.

We also congratulate **Jaxon and Elsie** who attended the South Coast Regional Swimming Carnival. Elsie competed in the Junior Girls Relay as part of the Small Schools team and Jaxon competed in several events across the Multi Class categories.

Another huge congratulations to our Netball Superstar **Celia** for her fantastic performance at the Nowra Zone PSSA Trial! Celia has been selected in the final 10 to represent at the South Coast Primary netball trials, what an amazing achievement!

We're incredibly proud of these amazing young athletes and the way they represent our school.





VINCENTIA HIGH SCHOOL NEWS

Term 1 we said farewell to Miss Butler, we already

miss her, please enjoy her memories of Vincentia High!

BEST PART OF BEING AT VHS The community! The crewwww! We have such an amazing team of hard working and community minded people at VHS! I genuinely loved working with everyone and getting to know people along the way! I love the culture of the school from embracing sporting opportunities, the learning support provided by LaSP and the SASS staff (shout out amazing, selfless, caring and talented SLSO's) and the Ganya Garindja team that have made connecting to Country and feel so close to everyone hearts at the school. Having good people support you in your work really makes a huge difference and it made coming to work each day a pleasure!

Equal second is easily my students! Although sometimes they challenged my patience with their '6-7, skibidi toilet, rizzed up' lingo they truly made me proud to be their teacher and I'm going to miss teaching at Vincentia so much, besides their jokes are fine compared to Mr Beadle's way cringy jokes anyway (JOKING)! Overall it's hard to pick the BEST part of working at VHS but it's safe to say that it will always have a special part in my heart!

MY FAVOURITE CLASS OVER THE YEARS There are so many classes that I have loved teaching over my time at Vincentia over the last 4 years! From my year 7 & 8 TAS classes in 2023, to my LaSP students, to my maths years 8, 9, 10 and 11 classes this year. Overall though there is one very special class that takes the cake, and that is my 8E class of 2025! From term 2-4 last year I taught my year 8 class across PDHPE, Maths, HSIE and English. Although it was my job to teach the students they were the ones that truly taught me so much about my own teaching practice and what it really means to foster a positive learning environment. I'm so grateful I got that opportunity and I am so proud of that class and I couldn't have done it with my SLSO's Sammy, Tim, Nigel, Amy and Kyndal as well as the support of Lisa and the LaSP teaching staff.

WHAT WILL I MISS ABOUT OUR COMMUNITY: Everything

ADVICE FOR STUDENTS: Hard work beats talents! If you want something work hard for it and believe in yourself because you are capable of anything you put your mind to! Mindset is everything so be positive! And also be kind to everyone! But most importantly, as I would say at the end of every lesson — have the best day ever and don't forget to DRINK WATER!

ONE FAVOURITE MEMORY YOU WILL TAKE WITH YOU FROM VHS: One highlight was seeing the whole community come together and sing and dance last year with the Ubuntu African Children's Choir! It was so much fun! ■





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Building Stronger Learning at Huskisson Public School

At Huskisson Public School, we are proud to be continually strengthening the quality of teaching and learning across our school. A key part of this work is the dedicated leadership of our Assistant Principal, Curriculum and Instruction, Mrs Norris.

Mrs Norris works closely alongside our teachers each week, providing targeted, individualised support to enhance classroom practice. What makes this approach unique is our school's commitment to prioritising curriculum reform by allocating one hour of personalised instructional support for every teacher, every week. This investment in our staff is both intentional and impactful.

Through coaching, collaboration, and evidence-informed strategies, Mrs Norris supports teachers in refining their practice, responding to student data, and implementing high-quality teaching approaches. This not only builds teacher confidence and capability but also ensures consistency and excellence in teaching across all classrooms.

The result is clear — improved academic outcomes for our students and a strong, professional learning culture among our staff. At Huskisson Public School, we believe that when teachers learn, students achieve.

We extend our sincere thanks to Mrs Norris for her ongoing hard work, expertise and dedication. Her leadership plays a vital role in ensuring our school remains a high-performing learning community where both students and teachers thrive. ■

3 LETTER WORDS

AVA
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SEA
TEA

4 LETTER WORDS

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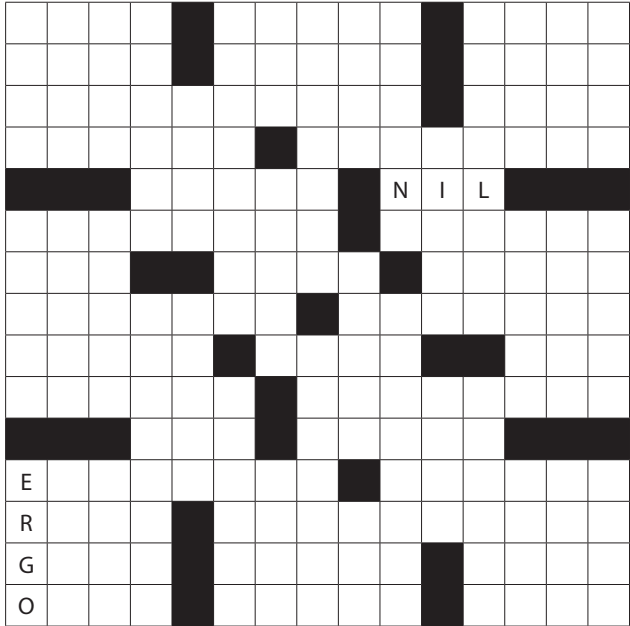
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10 LETTER WORDS

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April Puzzle Solution



KIDS

ORDER

Q. What has hands but can't clap?

A. Clock

Q. What has many teeth but can't bite?

A. A comb

Q. What is so fragile that just saying its name breaks it? A. Silence

Q. Who can shave 25 times a day but still have a beard? A. A barber

Q. What is harder to catch the faster you run? A. Your breath

Draw lines to match the features to the senses.



touch

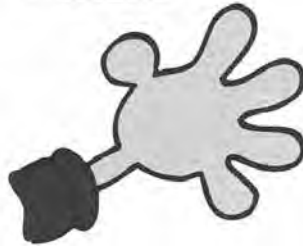
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