

About.....[©]

Our Bay & Basin

OCTOBER 2024

Vol 21, Issue 9

NOAH'S CHALLENGE

Shoalhaven's best family day out

For the 13th year.....

SPRING INTO SANCTUARY POINT FESTIVAL

presented by Sanctuary Point Community Pride

AUSSIE BIRD COUNT

Australia's largest citizen science project

Swans on the Basin – photo by Debbie Kelly

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A Word from the Editor

WELCOME TO OUR OCTOBER EDITION OF THE

About MAGAZINE.

Domestic Violence Awareness Month

October marks Domestic Violence Awareness Month, a pivotal period dedicated to breaking the silence surrounding domestic violence and forging real change. This month is not just about raising awareness; it's a call to action, urging everyone to be the change they wish to see in the world.

Around 95% of all victims of violence, whether women or men, experience violence from a male perpetrator. Domestic violence, encompassing various forms of control, affects lives in profound ways. One in two Australian women has experienced sexual harassment, and women are almost three times more likely than men to face violence from a partner. This issue is the leading cause of serious injury, disability, and death for women in Australia, with an average of one woman killed by her intimate male partner each week.

By participating, supporting, or spreading awareness, you become a vital part of a movement working towards creating a world free from domestic violence. Explore opportunities, participate actively, and visit the website for valuable information. Your involvement, no matter how small, can make a significant difference in fostering a safer and more compassionate world for all.

This months must reads:

- Spring into Sanctuary Point – Page 7
- What Lies Beyond – Samoa – Page 17
- Settree Letters - Pages 28 & 29

Regards and happy reading, Editor

Cassie's Cuts Curls & Colours

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NEW TEAM MEMBER – CONTINUED FRIENDLY CUSTOMER SERVICE.....



We are excited to share with our community that we have a new member of our team. A big warm welcome to Angelina.

Angelina begins her journey in banking with us as our new Customer Service Officer. She is already settling in very well within our team, and we're very excited to have Angelina on board.

Donna, Kat, and Angelina are here to continue the friendly professional service we are known for. Please join me in welcoming Angelina.

In other exciting news, we recently funded a grant to the Basin View Rural Fire Brigade for the construction of their Memorial Garden. This Memorial Garden

honours members of the brigade who have passed away. The garden was unveiled at the brigade's 75th Anniversary celebrations in August.



We would love to continue to support as many Community Grants as possible within our Bay & Basin community. If you are involved in a community group, or know of a group needing funding, I actively encourage you to reach out to me at our branch to learn more about how you can apply.

Footy season is now ending, and the weather is heating up. I wish everyone a happy and safe October. Jingle bells will be ringing before we know it.

Luke Nolan, Branch Manager – 4443 9825.

Basin Villages Forum

CCB for StGB Villages / basinvillagesforum.asn.au / PO Box 37, St Georges Basin 2540



Morning tea with the great Bherwerre boardwalk outlook – photo by Maureen Webb

Two Councillors attended the August meeting with elections noted for September. BVF Committee and residents have appreciated the attendance of SCC Councillors who answer questions, action problems and advise of issues.

- **What's in a Name?** During the August meeting discussions were held about change of name for Basin Villages Forum with the suggestion of renaming to Bherwerre Community Forum. Community requested to comment and decision to be made over the next month.
- Also suggestion that BVF commence discussions on change of name for St Georges Basin lake possibly to Bherwerre Waterway to better utilise and respect the local Aboriginal history of our area but would require greater input from locals and other government agencies and ongoing discussion with Aboriginal peoples.
- **Old Wool Rd Reserve** a local 2.2 hectare fully treed community reserve noted – plastic bands around trunks of a number of trees, Council asked to check on same.
- **Sanctuary Point Library update.** Original plan now cancelled and action underway for Warilla Library Plan to be in place. Regular updates expected.
- **Local Character & Scenic Landscape Plan** SCC request for comment on amendment in the Shoalhaven Local Environment Plan to better plan future of the area with proposals for development.

Comment submitted by BVF committee member.

- **Irresponsible dog owners** – Issue raised of increase in dog droppings left on and near pathway at SGB. Request to Council for raised awareness of dog owner responsibilities, increased Ranger visits and highlighting fines that can be over \$200 for not picking up droppings.
- **Crematorium issue still in limbo.** Request for Councillors to follow up.
- BVF Committee members apologise for the lack of input on the **Basin Villages Forum website** due to lack of internet person to input monthly reports. Hopefully this situation will change over the next months.

Basin Villages Forum meets 7.30pm up to 9pm every 3rd Monday of each month at Meriton St Community Centre SGB. **Next meeting 21st October – Enquiries 0424 100 051.**

Ongoing community Project - Bherwerre Wetland, Larmer Ave Sanctuary Point. Recently members of the Australian Plants Society (Nowra group) visited and enjoyed walking the boardwalk, the creek view and identifying some of the native plants. Some sighted were bridal veil orchids (dockrillia sp), leucopogon parviflorus (beard heath, hardenbergia violacea (purple coral pea) and of course the beautiful Sydney wattle (acacia longifolia) just one of the wonderful wattles in flower at the time. ■



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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!

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Bianca 0438 130 487





Noah's

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Noah's Inclusion Services

Contributed by Julie Munley – Marketing, Communications & Fundraising Coordinator
48 Paradise Beach Rd Sanctuary Point (next to the blue library) Ph 4423 5022

NOAH'S CHALLENGE

SUNDAY 27TH OCTOBER 2024

**Come along to the Noah's Challenge,
the Shoalhaven's Best Family Day Out,
on Sunday 27 October 2024 – 10am to 3pm
at the UOW Shoalhaven Campus at West Nowra.**

There will be a range of fun activities for children of all ages and families to enjoy, including rides, workshops, face painting, family picnic zone, music, food, prizes and more.

This event is in support of Noah's Inclusion Services, supporting the wellbeing of local children and families.

Entry and all activities and rides are free, with donations to Noah's programs welcomed on the day.

Visit noahschallenge.com.au for more information or to make an online donation.



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Spring into Sanctuary Point Festival

For the 13th year the Spring into Sanctuary Point Festival will be held at the Francis Ryan Reserve (behind the shops) at Sanctuary Point on Saturday 19th October 2024 from 9am to 1pm. The Spring into Sanctuary Point Fair unites our community and spotlights the remarkable community organisations that contribute to making the Bay and Basin an exceptional place to call home. This year Sanctuary Point Community Pride Inc welcomes the sponsorship of the Shoalhaven City Council.

There will be plenty of stalls with lots to see and activities for all ages to enjoy.

- Live Bands & Dancers
- Children's activities including a Lucky Dip
- FREE entry to the famous Lions Club Geoffrey the Giraffe Jumping Castle
- Youth Poster Competition results
- Headspace stall
- Coffee van & Lions Club BBQ
- Community Information stalls

Bring a picnic chair or rug and enjoy the music and dancing in comfort.

If your community group has not registered for a free stall, please apply through the link: <https://spcp.org.au/news/spring-into-sanctuary-point-fair-call-for-stall-holders/>. Setting up a stall is a terrific way to promote your community group. Last year over 1,200 people visited the festival.

This vibrant event not only celebrates our town but also champions unity and generosity through the annual Community Pride Raffle. We gratefully acknowledge the exceptional benevolence of our local businesses.

This year's major prizes include:

- ✓ \$100 Symones Avenue of Beauty voucher
- ✓ \$100 Sanctuary Pt Garden Centre voucher
- ✓ Large shellstitch crocheted rug in rainbow hues
- ✓ Handmade crocheted oversize knee rug in shades of purple

Proceeds of the raffle will go to the
Bay & Basin Uniting Church Food Pantry.

The raffle will be drawn during the morning and the winners notified.

The fair is sponsored by

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The Community Crop

The Community Crop is located at St Georges Basin Baptist Church, 165 The Wool Rd (opposite Shortcut Rd).

Produce is available for all in our community and anyone who has surplus in their garden is also welcome to drop off if you would like to share with others.

Produce will vary depending on season.

More info on  Community Crop.





Australia's largest citizen science project with over 60,000 people participating nationally is happening this month. The Aussie Bird Count is in its 10th year and is an activity for all ages.

It involves observing and counting the birds that live near you – whether that's in your garden, the local park, the beach or even your town centre. By telling us about the birds you've seen within a 20 minute period, you will help Birdlife Australia develop an understanding of our local birds whilst getting to know the wildlife on your doorstep.

Birds tell us a lot about the environment we live in and the **Aussie Bird Count** has given Birdlife Australia a chance to build a long term picture of how our most successful birds are faring. It has also enabled Birdlife to monitor the decline of our once fairly common garden birds such as silvereyes and fairy-wrens.

Participating is easy, simply download the free **Aussie Bird Count** app aussiebirdcount.org.au from Google Play or the Apple App store. Next sit for 20 minutes in one spot and count the birds you see and enter them into the app.

If you have trouble telling the difference between a Magpie and a Currawong the app has a great bird ID feature so that it can help you identify what you are seeing.

BirdLife Shoalhaven will be conducting a bird walk for beginners at the Jervis Bay Maritime Museum in Huskisson during the Aussie Bird Count week. The walk will show participants how to use the app and improve your bird ID skills. Details will be on the Birdlife Shoalhaven website and Facebook page. ■

Batteries can START FIRES

Over 3 fires a week are reported in NSW as a result of batteries in waste trucks, recycling centres, transfer stations and landfills.

Never place any battery in either of your kerbside bins.

You can drop off your household batteries for FREE recycling at Council's Recycling & Waste Depots

or at some local supermarkets and retailers. For more information on safe battery disposal, and locations of retailers offering free battery recycling visit **bcycle.com.au** or scan here >



Battery recycling

**A-Z Recycling & Disposal Guide. Over 100 items listed.
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Easy Sultana Cake

courtesy of  Australian Home Cooks

INGREDIENTS

Sultana Mix

- 1 1/2 cups sultanas
- 3/4 cup sugar
- 90g butter

Cake Batter Mix

- 2 eggs
- 2 cups plain flour
- 4 teaspoons baking powder
- 1 teaspoon sea salt
- 1 teaspoon vanilla



METHOD

1. Add the Sultana Mix ingredients to a heatproof bowl. Pour over 1 cup of boiling kettle water, stir well and allow to cool to room temperature.
2. Preheat oven to 180C.
3. Once the sultana mix has cooled add the rest of the ingredients above and stir well.
4. Line a loaf tin with baking paper, pour in cake batter and bake 45 minutes to 1 hour or until the centre of the cake is firm. Turn the oven off and allow the cake to cool completely in the oven for 2 hours or so (you could cool the cake on a cake rack but cake may dry out a little).
5. Serve as is, cut in slices and spread with butter or spread with icing.

ICING – 2 cups icing sugar, 4 or more tablespoons water, dessicated coconut (optional). Add a few tablespoons of water to the icing and mix with a fork.

Add 1 tablespoon of water between stirring, you want just enough to bring it together to a thick icing. Using a spatula spread the icing over the cake and sprinkle with coconut (if using). ■



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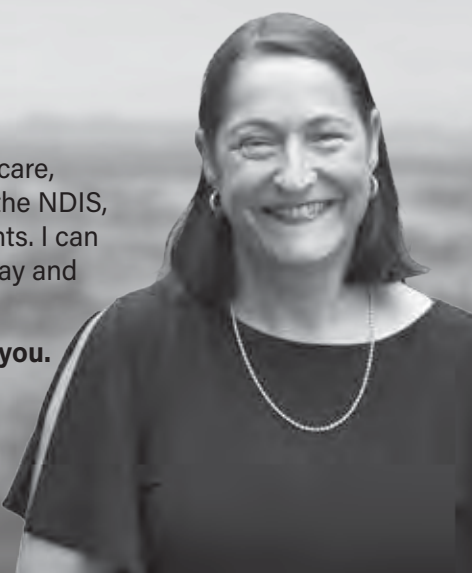
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Authorised by Fiona Phillips MP, Nowra.





NSW Justices

In this issue I would like to talk about a variety of items we sign, either as a Justice of the Peace or witness. But first let me tell you what we cannot sign as we are Justices of the Peace in New South Wales and governed under that legislation.

We cannot sign the following documents:

- Power of Attorney
- Enduring Power of Attorney
- Previously Certified copies
- Pre-Signed Statutory Declarations (these must be signed in front of us)
- Proof of Life (these are pension documents from overseas countries and must go to Centrelink)
- Overseas Property Documents
- Guardianship
- Laminated Australian Citizenship Certificates
- Pictures
- Letters.

WILLS These are normally done by your solicitor but in today's world you are able to prepare your own Will with kits available from newsagents and various sources.

The JPs role in this is to sign with another person as a witness – not as a JP. A family member, relative or a person who is in the Will cannot witness. You must sign in front of the two witnesses.

It is handy to make copies of the Will with the original kept in a safe place and maybe a copy to your Executor whom you have chosen and where it is located. Remember when you make a Will it supersedes your previous Will.

SUPERANNUATION/HARDSHIP There comes a time when you may want to withdraw money from your superannuation. Each company have their own forms and generally require Certified

Shoalhaven Justices of the Peace
at work for you

SIGNING DOCUMENTS

copies of your licence etc. This is normally stated on the form. The JP can sign your Certified copies on presentation of your originals and the superannuation form as required.

Some funds limit the amount you may withdraw at a time due to your age. Hardship cases may be looked at differently and you should refer to your superannuation company.

FINES These may be speeding, red light cameras, tolls etc. Most of these are provided with a space if another person was in control of the vehicle. If so, a Statutory Declaration is normally on them and must be signed by a JP. Please bring your ID with you.

D.N.A. These are documents that are becoming more common today and require a Justice of the Peace to verify. In some cases the JP has to sign their name across the picture of the person after it is attached to the application. A special pen is needed otherwise the ink will not be permanent. The JP must sign across the picture and frame (paper). There will be other parts they may have to sign. This is only active on the day it is signed.

LETTER OR CORRESPONDENCE These often come in where a person wants you to witness a signature or a letter they have written etc. Please note that the JP is only able to sign that they have witnessed your signature, BUT NOT AS A JP.

Remember to always check with your JP and if they are part of the NSW Justices Association you will find they are well trained and up to date. It is like looking for the best Plumber, Doctor, Electrician and more.

Till next month, if you need any assistance or have a query contact me on 0438 013 330.

Laurie – Shoalhaven Branch

New South Wales Justices Association ■

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Shoalhaven Orchid Society

October Orchid Show

The Shoalhaven Orchid Society will hold a one day Orchid Show on **Saturday 19th October** at the *Bomaderry Community Centre, 19 Birriley Street, Bomaderry.*

The show is expected to feature a spectacular display of flowering orchids from keen hobby growers throughout the region. It is peak flowering time for some Australian native orchids so we can expect a fine display of these as well as many exotic and unusual orchids from around the world.

Admission to the show is free and one lucky visitor is going to win a beautiful orchid as a lucky door prize. You will also have a chance to win great prizes in our raffle. The show will be open between 9am and 3pm. Society members will be available throughout the weekend to help answer questions on growing orchids. You never know, this may be just the hobby you are looking for.

As usual we will have a well-stocked sales table with a large range of orchids and growing accessories for sale at very reasonable prices. This is a great way for growers to expand their orchid collection and for beginners to find some easy-to-grow starter plants. It will certainly be worth a visit.

The Society holds monthly meetings at the Bomaderry Community Centre at 7pm on the third Monday of each month except January. Winter day meetings (June – August) are on the third Saturday starting at 10am. Visitors are most welcome.

For further information please contact Louise Gannon (President) on 0419 241 177.

Photo: Shoalhaven Orchid Society member Francoise Sikora, with her champion softcane orchid.



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Shoalhaven Prostate Cancer Support Group

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WHEN: 2nd Monday from 10.30am

WHERE: Coastal Waters
Conference Room,
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For more info please contact:

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WHAT LIES BEYOND SAMOA

Contributed by Corinne Le Gall

Samoa gained its independence from New Zealand in 1962 after more than a century of foreign influence and domination, but remains a member of the Commonwealth. The country was known as Western Samoa until 1997. Its capital and main commercial centre is Apia, on the island of Upolu.

Not to be confused with American Samoa which came about with the split of the Samoan islands with the eastern islands becoming American territories whilst the western are now just known as Samoa.

Typical of islands, in order to see as much as you can and at your leisure, I would highly recommend hiring a car for a couple of days and even more to venture out and catch many of the beautiful attractions – that's of course if you can tear yourself away from your hotel which will most likely be by the waters anyway.

Getting out and about of your hotel confines, on very well paved roads will have you visiting wonderful palm fringed beaches which are not overcrowded bathed with the obligatory different shades of blue in all hues. Stop off safely and immerse yourself in any of these beaches to get that real island feel.

You will find very calm, almost pond-like beaches as well as surfing beaches where you can hire a local or even arrange with a company to take you out to the reefs.

Being tropical, lots of waterfalls are dotted around the island. Visit them, swimming into the inviting waters and have the force of the fall on your body – very relaxing.

If you would like to visit the capital which I would strongly encourage, go into Apia and you will then appreciate your hotel grounds for the peace and quiet. Typical island's capital of hustle and bustle, local markets, high traffic volumes, brightly coloured buses from years gone by transport the locals from place to place. I really do like to experience that feeling – seeing exactly what the locals do.

The gardens are lush with brightly coloured, tropical plants of all colours and well manicured.

One special place to visit is the Robert Louis Stevenson Museum – which was his actual home in the last few years of his life and is also his burial site. A beautiful colonial home set in gardens of impeccable landscaping. If you are travelling outside of a guided tour, take your time and walk at your pace through the building, sit on the grass and try and imagine how this famous poet would have enjoyed exactly what you are doing right now.

One thing that was a bit foreign to me though, was that as you drive down any of the roads, what you will notice is that you will find the burial sites in the front yard of houses, Samoans like to bury their loved ones in that manner where they are nice and close and accessible to have a real connection with passed-away members of their families.

A beautiful island nation, warm, welcoming people, rich cultural heritage of Polynesian traditions, pristine beaches, lush rainforests and waterfalls, whilst nature surrounds you and makes all visitors feel welcome. ■



Debbie holding her award with some of the BCR Aged Care Team

After living an active, independent life, it can be hard to recognise the signs that you might need some extra support to stay living in your own home. Registering for Government assistance through My Aged Care can feel daunting if you are unsure what the process is, or what kind of support you might be entitled to receive.

This is when you need to chat with BCR Communities Senior Care Manager Debbie Calderon and her team. Debbie's knowledge, kindness and commitment to person-centred care, are just some of the reasons she recently won the ***Outstanding Employee Award at the Shoalhaven Business Awards***.

According to Debbie, the following three signs are good indications that it may be time to investigate in-home care.

Feeling overwhelmed by daily tasks? If you've noticed that everyday activities like cooking, cleaning, or even getting dressed are becoming more difficult, it might be time to think about extra support.

Worried about your health and safety at home? Are you or your loved ones starting to worry about falls, managing medications, or general safety around the house? These concerns are important signals that some extra help could be beneficial. Home Care Packages offer services like home modifications or personal care assistance, helping you stay safe and comfortable in your own home.

Relying more on family and friends? It's wonderful to have loved ones who can lend a hand, but if you're finding yourself increasingly dependent on them, it might be time to consider professional support. A Home Care Package can provide a reliable and consistent level of care, giving both you and your family peace of mind.

If you would like to chat about your situation, contact BCR Communities today by calling 1300 222 748, emailing info@BCRcommunities.com or visiting BCRcommunities.com. Taking this step could help you get the right support, so you can continue enjoying a happy and healthy life at home. ■

CHARITY GARAGE SALE

Saturday 5th October 2024 8am – 1pm

in aid of Basin View Masonic Village, 130 The Wool Rd, Basin View

Furniture, Household Goods, etc.

Donation of goods for sale welcome.

(We cannot accept clothing, large wall units, televisions or computers)

Goods maybe dropped off Sat 28th September and Fri 4th October
9am –12 noon. Please phone 4443 2073 to drop off at other times.



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Save on tip fees, any amount, slabs/walls/trees etc.
8 ton Tipper with 3 ton crane. Compact Backhoe/
Bobcat hire with grader, crusher, hammer &
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4423 0155
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SHOALHAVEN CITY PIPES & DRUMS

We meet each Monday – 7pm at Nowra Wellbeing Centre, 124 Wallace St, Nowra. All ages and levels of experience are welcome. **Phone Stuart 0404 471 957**

**INJURED WILDLIFE?**

Call Wildlife Rescue
0418 427 214
www.wildlife-rescue.org.au

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**

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**

**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.**

**VINCENTIA RURAL FIRE BRIGADE**

next door to Leisure Centre, Vincentia

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

Shoalhaven Family History Society Inc.

The Old School 888 Greenwell Pt Rd, Pyree. Open every Sun 10am and 1st & 2nd Thurs 10am – 2pm. shoalhavenfamilyhistory.org.au LIKE us on

NOWRA & DISTRICTS TOTALLY & PERMANENTLY INCAPACITATED (TPI) SOCIAL & WELFARE CLUB

Are you a Military TPI looking for social interaction??? Come join us! We are seeking new members. We hold our meetings at the Nowra Veterans Wellbeing Centre, 124 Wallace Street, Nowra, on the 3rd Tuesday at 11am as well as having social outings and lunches. **For more information contact Secretary Leanne Wehmeier on 0419 464 313.**

SHOALHAVEN ANIMAL WELFARE LEAGUE NSW**BECOME A MEMBER AND HELP ANIMALS IN YOUR LOCAL AREA.**

We are looking for passionate animal lovers to join our dedicated group of volunteers to help care for local pets in need, and assist with our various community support and desexing programs. Contact AWL NSW Shoalhaven Branch on 0429 429 885 or email awlshoalhaven@awlntsw.com.au. You can also find us on


**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**



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

Shoalhaven Beekeepers Assoc Inc.



meet West Street Community Centre, West St, Nowra on the 3rd Wed (ex. Dec 2nd Wed) at 5.30pm for cuppa, meeting starts 6pm sharp, guest speakers most months. For more info email shoalhavenbeekeepers@gmail.com or 

TOMERONG MARKETS

Every 3rd Saturday of the month from 8am till 1.30pm. Lots of local handmade products and snacks. Find us on  and  @Tomerong 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.

Local Markets

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

Clifton Community Food Garden Fundraiser

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

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

Jervis Bay Maritime Museum Markets

Winter Morning Market 1st Sat || 10am-1pm || Dent St,
Huskisson || Ph 4441 5675 || e: markets@jbbmm.asn.au

Milton Village Showground Markets

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

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 Village Market

3rd Sat || 8am-1.30pm
|| School of Arts, 360 Hawken Rd, Tomerong || email:
tomorongmarket@gmail.com || www.tomeronghall.com || or
find us on  or 

Rural Fire Services

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**

IN AN 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

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Scan the QR Code
to learn more

Tues 1st	Housie Tuesdays Books on sale 10am Games 10:30am \$15 Burger & Beer Tuesdays On Point Kitchen from 5pm Bingo Starts 6:30pm Trivia from 6:30pm
Wed 2nd	Bingo Starts 10:30am \$15 Steak Night On Point Kitchen from 5pm 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
Thurs 3rd	\$15 Parmageddon Thursdays On Point Kitchen from 5pm Ripper Raffle - Tickets from 4:30pm Draw 6pm Junior Rugby League Raffle Draw 6:30pm
Fri 4th	Friday Bingo 10:30am - 2:30pm Auditorium Hitlist Fridays 7pm Main Lounge Snooker Club Raffle Drawn 7:30pm
Sat 5th	School Holidays Kids Bingo Books on Sale 11:30am Games 12pm - 2pm Free Live Entertainment Raven Duo 7pm - 11pm
Sun 6th	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 7th	Bingo - Morning 10am - 12pm Afternoon 12:45pm - 3pm \$15 Pork Ribs & Drink Mondays On Point Kitchen from 5pm Poker Rego from 5:30pm, starts 6:30pm

Tues 8th	Housie Tuesdays Books on sale 10am Games 10:30am \$15 Burger & Beer Tuesdays On Point Kitchen from 5pm Bingo Starts 6:30pm Trivia from 6:30pm
Wed 9th	Bingo Starts 10:30am \$15 Steak Night On Point Kitchen from 5pm 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
Thurs 10th	\$15 Parmageddon Thursdays On Point Kitchen from 5pm Ripper Raffle - Tickets from 4:30pm Draw 6pm Junior Rugby League Raffle Draw 6:30pm
Fri 11th	Friday Bingo 10:30am - 2:30pm Auditorium Hitlist Fridays 7pm Main Lounge Snooker Club Raffle Drawn 7:30pm
Sat 12th	Free Live Entertainment Keith Zehr 7pm - 11pm
Sun 13th	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 Hits Cental 4pm - 8pm
Mon 14th	Bingo - Morning 10am - 12pm Afternoon 12:45pm - 3pm \$15 Pork Ribs & Drink Mondays On Point Kitchen from 5pm Poker Rego from 5:30pm, starts 6:30pm

Tues 15th	Housie Tuesdays Books on sale 10am Games 10:30am \$15 Burger & Beer Tuesdays On Point Kitchen from 5pm Bingo Starts 6:30pm Trivia from 6:30pm
Wed 16th	Bingo Starts 10:30am \$15 Steak Night On Point Kitchen from 5pm 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
Thurs 17th	\$15 Parmageddon Thursdays On Point Kitchen from 5pm Ripper Raffle - Tickets from 4:30pm Draw 6pm Junior Rugby League Raffle Draw 6:30pm
Fri 18th	Friday Bingo 10:30am - 2:30pm Auditorium Hitlist Fridays 7pm Main Lounge Snooker Club Raffle Drawn 7:30pm
Sat 19th	Survivor Poker Fundraiser Auditorium from 12pm Free Live Entertainment DJ Zanin 7pm - 11pm
Sun 20th	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 Rock-A-Holics 4pm - 8pm
Mon 21st	Bingo - Morning 10am - 12pm Afternoon 12:45pm - 3pm \$15 Pork Ribs & Drink Mondays On Point Kitchen from 5pm Poker Rego from 5:30pm, starts 6:30pm

Tues 22nd	Housie Tuesdays Books on sale 10am Games 10:30am \$15 Burger & Beer Tuesdays On Point Kitchen from 5pm Bingo Starts 6:30pm Trivia from 6:30pm
Wed 23rd	Bingo Starts 10:30am \$15 Steak Night On Point Kitchen from 5pm 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
Thurs 24th	\$15 Parmageddon Thursdays On Point Kitchen from 5pm Ripper Raffle - Tickets from 4:30pm Draw 6pm Junior Rugby League Raffle Draw 6:30pm
Fri 25th	Friday Bingo 10:30am - 2:30pm Auditorium Hitlist Fridays 7pm Main Lounge Snooker Club Raffle Drawn 7:30pm
Sat 26th	Free Live Entertainment Hav N Fun Karaoke 7pm - 11pm
Sun 27th	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 William Wallace 4pm - 8pm
Mon 28th	Bingo - Morning 10am - 12pm Afternoon 12:45pm - 3pm \$15 Pork Ribs & Drink Mondays On Point Kitchen from 5pm Poker Rego from 5:30pm, starts 6:30pm

Tues 29th	Housie Tuesdays Books on sale 10am Games 10:30am \$15 Burger & Beer Tuesdays On Point Kitchen from 5pm Bingo Starts 6:30pm Trivia from 6:30pm
Wed 30th	Bingo Starts 10:30am \$15 Steak Night On Point Kitchen from 5pm 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
Thurs 31st	\$15 Parmageddon Thursdays On Point Kitchen from 5pm Ripper Raffle - Tickets from 4:30pm Draw 6pm Junior Rugby League Raffle Draw 6:30pm

WHAT'S ON

OCTOBER



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 - Huskisson ■ Thu 10am ■ 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 ■ <https://www.shoalhaven.nsw.gov.au/For-Residents/Our-Environment/Bushcare> ■ michael.smith@shoalhaven.nsw.gov.au ■ 0434 691 367

Bay & Basin Art Group ■ Community Centre, Loralyn Ave StGB ■ Mon 9.30am-12.30pm ■ Over 50s ■ Lyn 4443 2848 or Audrey 4443 4340

Bay & Basin Bombers Junior AFL Club ■ Leisure Centre, Wood Rd, Vincentia ■ Thu 4.30-5.30pm ■ Girls & Boys aged 6-17 ■ Jeff 0420 749 402 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

Belly Fit ■ 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 ■ Jeff 0437 333 042

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 welcomed ■ Pres. Emily Ede 0438 208 754

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

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 ■ During school terms ■ Huskisson Scout/Guide Hall, Kiola St (near Bowling Club) ■ Tue 5-6.30pm Junior Guides 6-9yrs ■ Wed 4.30-6.30pm Guides & Senior Guides 10-16 yrs ■ Parents and Friends Support Group 3rd Wed ■ Liesel Turnbull 4443 6007/0402 837 777

Husky Social Carpet Bowls ■ Huskisson Community Centre ■ Mon 9am-1.30pm ■ morning tea provided bring your lunch ■ Ph 0427 275 552 or 0421 480 702

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 Paddle Group ■ weekly paddle group for kayakers ■ check [FB](#) 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 [FB](#)

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

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

Mannahouse Youth ■ Fri 7pm StGB Community Centre, 21 Meriton St, StGB ■ www.mannahouseyouth.org

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 City Pipes & Drums ■ Mon 7pm ■ Nowra Wellbeing Centre, 124 Wallace St, Nowra
■ Ph Stuart 0404 471 957

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-Servicemens 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 4443 3364
■ 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

Smith Bay Bushcare Group ■ Basin View ■ Fri for 2-3 hours ■ Fran 4443 6324


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 ■ Monday & Tuesday morning social tennis players welcomed, as well as Thursday afternoon social tennis

Tennis ■ Huskisson ■ Owen St, Huskisson Casual bookings Wendy 4441 7985 ■ Adult Mixed Group Mon PM & Thu AM Ph June Gripppling 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 9am-1pm ■ Comps Tue or Wed 6-9pm
■ Ph 4443 0666 ■ thecountryclub.com.au/sport/tennis/

The Country Club Computer & Technology Club ■ The Country Club — St Georges Basin, Paradise Beach Rd, Sanct Pt ■ 2nd & 4th Mon with 2 meetings per day 9.30-11.30am & 12.30-2.30pm
■ Ph John 0404 291 540

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

Fortnightly Meetings

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

SCA Shire of Adora Medievalists of the South Coast Wandandian Progress Hall ■ Every 2nd Wed 5.30-7.30pm
■ e: seneschal@adora.lochac.sca.org;
■ w: adora.lochac.sca.org/regular-activities

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, Vincintia ■ 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 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. Val Hyde 0422 477 771;
Sec. Denise Stevens 0408 008 460

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

Honey Beez Gardeners Group 3rd Wed 11.30am ■ Vincintia Community Hall (behind Coles carpark) ■ Lauren 4443 5946

Huskisson RSL Sub Branch 2nd Thu 5pm
■ Club Jervis Bay ■ Sec Helen Walker 4441 5282

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

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 Husky, 336 Huskisson Rd, Huskisson ■ Last Wed 7pm ■ contact _2@jervisbaydivers.org or call Susan 0409 875 358

Jervis Bay Lions Club Club Jervis Bay ■ 1st Thu 6pm for 7pm start ■ President Marie-Ann Watson 0412 401 917
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 ■ Ian Collins 0424 292 625 ■
secretary.probusjervisbay@gmail.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

Justice of the Peace Assoc NSW Shoalhaven

Branch Bomaderry Bowling Club, Meroo St ■ 1st Mon 1pm ■ Visitors most welcome ■ Brenda 0407 065 031

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

Marine Rescue Jervis Bay - VMR 209 Voyager Park, Currumbene St, Huskisson ■ 1st Wed 10am @ Club Jervis Bay ■ www.marinerescuejervisbay.org.au/ ■ 4441 5433

Nationals Branch Shoalhaven meetings ■ Ian 4443 3780

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 ■ Leanne 0419 464 313

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 2nd Tue 7.30pm ■ PCYC Hall Park Rd Nowra ■ 4423 4475

Shoalhaven Beekeepers Ass, Inc. West Street Community Centre, West St, Nowra ■ 3rd Wed (ex. Dec 2nd Wed) 5.30pm for cuppa, meeting 6pm sharp, guest speakers most months ■ e: shoalhavenbeekeepers@gmail.com or [fb](https://www.facebook.com/shoalhavenbeekeepers)

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 Ex-Servicemens 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 Parkinsons Support Group Nowra (Shoal. Shakers) 1st Wed 10am-12pm ■ Masonic Hall, Moss St, Nowra ■ Betty Coulton 4442 1475

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 10am-12pm ■ 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 Red Cross Holy Spirit Church Hall, St George Ave, Vincentia ■ 4th Wed (except Jan) 1pm ■ Enquiries Margaret Klem 0491 622 405

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

Weekly Church Services

Anglican Church -

Vincentia ■ Vincentia Primary School, George Caley Place, Vincentia ■ 8.30am Traditional Service each Sunday
■ 10.30am Contemporary Family Service with kids and youth programs ■ Minister Campbell Mackay 0478 228 113

Basin Baptist Church ■ 165 The Wool Rd, SGB ■ Sun Morning Service 9.30am ■ Minister David Marsden 0408 779 451

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

Holy Spirit Catholic Church ■ 23 St George Ave, Vincentia ■ Mass times: Sun 9.30am ■ Tue / Wed / Fri 8am ■ Wed 5pm ■ 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 Body'Soul Fitness 8-9am ■ Tue Studio 19 Dance 3.30-8.30pm ■ Tue & Wed Daly Moves Exercise 9.30-10.30am ■ Fri Mannerhouse Outreach Childrens Group 4-5pm

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.hwc.org.au ■ exec@hwc.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 ■ 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 Anne Simpson 0405 527 655

Justices of the Peace			
BASIN VIEW			
Barling, Debbie			0411 275 656
Gray, Frank	4443 5365		
HUSKISSON			
OLD EROWAL BAY			
Lord, Simone	4443 8300		
SANCTUARY POINT			
Flynn, Mark		0418 669 688	
Hawkins, Paul	4443 8800	0417 219 260	
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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WE DON'T KNOW IF YOU DON'T TELL US!

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

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

SETTREE LETTERS

Contributed by John Blackmore

On the front cover of her book HUSKISSON'S SHIPS AND THEIR BUILDERS 1861 to 1977, Bridget Sant placed a photo which included four members of the Settree family.

In that photo, three generations of that one family were standing towards the bow of a vessel called the Madang. It was taken in the late 1940s when this vessel was built in the shipyards that existed in Currumbene Creek. From right to left in this photo were Alf Settree, his father, as well as Alf's school age sons John and Trevor.

Over the years of the *About*® Monthly Feature, several articles have been written focusing on members of the Dent family. George Richard Dent was a founding father in the establishment of the shipbuilding tradition at Huskisson in the 1860s. Bridget acknowledged in her book published in 2012, the transition from this family to another as occurring in the early 1930s. *"Pop Settree's arrival in Huskisson marked the start of a major new episode in the shipbuilding industry."*

Unlike *"when George Dent could acquire rights to use an 'empty' waterfront (in the 1860s), the Settrees had to fit into a settled environment where space was more restricted by other development and private ownership (in the 1930s)..... The Settrees moved to the part of the waterfront that had been used by the Dents to build their larger ships, acquiring the land from Mr Fields on what is now Field Street"*. While the enterprises started, then for three quarters of a century continued with numerous Dent family members at its core, they constructed wooden vessels mainly for coastal trade along Australia's eastern seaboard. The shipbuilding undertaken by the Settrees was soon to cater for large vessels that would go further afield.

As far back as World War I, W.R. Carpenter's business enterprises had been expanding from outside of Australia in to a wider Pacific region. His increasing fleet of trading vessels transported

copra, the demand for which had enlarged considerably. This cargo had been a food source, but now was being used increasingly for the creation of munitions in Australia.

In the 1930s, Carpenter's association with 'Pop' Settree firmed when a 193 ton wooden motor vessel he ordered was built at Huskisson. Launched in 1933, the 116 foot long *John Bolton* had been designed to specifically carry copra. Several dozen vessels were built at Huskisson during the period in and around World War II. Bridget Sant listed in her 2012 book at least ten of these which saw service in the Pacific region to help the war effort. In the years immediately after WWII, Carpenter replaced three 100 plus foot vessels built in the 1930s, one of which was the *John Bolton*, with the 77 foot 140 ton *Komawia*, and the 80 foot 60 ton *Madang*. All five vessels were built at Huskisson.

The Settrees had had their own traditions of shipbuilding as a family along the NSW coastline before they arrived in Huskisson. Beginning with Alfred William Morrow Settree (1820-1896), he learnt the trade in the 1840s after being transported to the colony as a convict. His skills learnt as a shipwright around Brisbane Water at Gosford were passed on to his son Alfred William Robert Settree (1845-1926), who worked with his father in that area before they branched out to the Tweed River district. Some of the vessels built there were used to ply along the northern rivers, taking passengers and cargo upstream to, and downstream from the towns then developing at the head of navigation on those rivers.

Alfred William Morrow Settree II (1877-1957) was born at Kincumber near Gosford. While he was a young boy, the family moved to Balmain where his father and grandfather began new shipbuilding ventures on the Sydney Harbour shoreline. Here they built smaller wooden sailing vessels such as schooners, ketches and cutters. Named after his grandfather, he was later known

as 'Pop'. While still a teenager, he embarked on some travels in various places around the world.

One of his grandsons, John Setttee, learnt his trade as a shipwright in the 1950s working with his father in Huskisson. He still lives in the town, and shared for this **About** Monthly Feature a couple of letters written during his grandfather's time. The first letter 'Pop' wrote from the Suez Canal in 1895. He began:

"Dear Mama, Just a few lines to let you know I have arrived so far quite well. We had a very rough passage from Colombo to the Red Sea, but from there to Suez a very fine one, but terribly hot. I cannot imagine how people live in such places.

Aden is nothing but a lump of barren rocks. We stopped there one night. One of our passengers died just as we got to Suez, from dysentery. We buried him at Suez.

We are just going through the canal. It is nothing but a huge desert, Egypt nothing but Arabs,

Egyptians and camels wherever you look. I have seen Mount Sinai and the deserts. The people are such queer beings.

I have seen nothing to equal Sydney so far. It has seemed a long trip to me. It is a trip I would never take for pleasure again – too much confined aboard here. I will be glad when I get onshore".

He promised to write again to his 'Mama' as soon as he was settled in London. Before closing, a remark of note that he made of the area along the Suez Canal in this letter was that he had noticed "a nice piece of green grass", observing that it is only "the first I have noticed since leaving Sydney".

He also referred to some young boys who were running along the bank of the canal chasing after the vessel in which they were travelling. "The ships go so close to the bank" that as these youngsters were running and laughing along after the vessel, they were asking the ship's passengers "for anything you could throw to them".

In another very much shorter letter written to him by his father, 'Pop' is thanked for a "cheque enclosed for two pounds". This letter was written in April 1903 from Davis Town, another location

near Gosford. In this short but sweet exchange, his father indicates that he was "sorry to hear that the vessels are not doing much at these times". This remark suggests this was a quiet time for 'Pop' as he established himself building vessels, and/or that vessels owned by the family enterprises were not being hired much for use.

A third letter shared by John Setttee was one written half a century later by his father, a fourth generation in the family to be named Alfred. A.R. Setttee (1914-1998) wrote this letter on August 30th 1950 from Guadalcanal in the Solomon Islands. He addressed this letter "Dear Boys".

In describing his travels through the Pacific region, Alf's destinations and ports of call were the same as some of the ships that he'd worked on the construction of at Huskisson. In the 1930s, he was a young man serving his apprenticeship, then time as a tradesman under his father 'Pop'. Samoa, Vila in the New Hebrides, as well as Rabaul in New Britain, were other locations Alf visited.

In this immediate postwar stage, Alf wrote a paragraph that outlined the extent of the intense battles fought in the Guadalcanal in WWII, only a handful of years before. "There is great evidence that there was severe fighting here, as there is evidence of it all through the bush. Guns and ammunition all through the bush discarded, and all along the foreshore, a great number of ships sunk. From 10,000 tonners to trawlers, there is a Jap submarine sunk alongside the wharf where we are lying. A New Zealand Corvette got her. We are loading 900 tons of empty cartridges shells to take back to Melbourne for scrap, so that will give you some indication that the fighting was very severe here." He had also written that "this is the island where there were one million Americans stationed. It is 130 miles long by 80 broad."

Alfred Raymond Setttee would go on in the decades that followed to build dozens of wooden crafted boats at the Huskisson shipyards. Many of these were fishing trawlers ranging from the mid 20s up to 50 foot long. In the 1980s and early 90s, Alf's experience would become critical in the project that restored THE LADY DENMAN (**About** Monthly Feature August 2010). ■



Shoalhaven Libraries Sanctuary Point

Paradise Beach Rd Sanctuary Point, Monday – Friday 9.30am – 5pm Saturday 9.30am – 12.00pm
Phone 4406 2076 Email sanctuarypointlibrary@shoalhaven.nsw.gov.au
<http://www.shoalhavenlibraries.com.au/Our-Libraries/Sanctuary-Point>

This month Sanctuary Point Library has some great events on offer! There is something for everyone!

Tuesday 15th October. 10.30am-11.30am. Seed Library Working Bee

& Plant Swap. Enjoy a chat and a cuppa while you help make seed envelopes out of recycled materials for our Seed Library. Bring along any plants or cuttings you would like to swap with others.



Thursday 17th October. 10.30am-11.30am. Nature Book Week Storytime. Join us for stories, songs and craft that celebrate our beautiful bush. Suitable for ages 2-5 years. No bookings required.



Thursday 17th October. 4pm-5pm. Harry Potter Book Afternoon.

Calling all witches & wizards. Do you love all things Potter? Come along in costume for an hour of wizarding fun! Make a bracelet in your house colours, decorate a wand, take a photo in front of the Platform 9 and $\frac{3}{4}$ photobooth and even play pin the nose on Voldemort. Suitable for kids aged 5-12 years. (Psst! Muggles welcome too!)

Monday 21st October. 4pm-5pm. Tech Heads – Halloween edition. This month at Tech Heads we are tinkering with Micro:bits and creating spooky themed projects. Suitable for kids aged 7-12 years.

Thursday 24th October. 10.30am-11.30am. Grandparent's Day Preschool Storytime.

Celebrate all the nans & pops with stories and songs about grandparents. Make a special craft just for your nan or pop to give them in person or send in the mail. Suitable for ages 2-5 years. No bookings required.

Thursday 31st October. 10.30am-11.30am. Halloween Preschool

Storytime. It's a spookyrumpus! Stories, songs, and lots of Halloween fun. Come along in costume and we might even decorate monster cookies too. Suitable for ages 2-5 years. No bookings required.



Bookings are required for most sessions. Call 4406 2076 or book online at www.shoalhavenlibraries.com.au/events



Have you joined the Seed Library yet? Drop in today to pick up some new season seeds so you can look forward to delicious, home-grown veggies from your own backyard! Let's get seed sharing, build food resilience, and promote sustainability in our community! ■



THUMBS UP TO OUR LOCALS

I would love to give a big shout out to Col Loudon and his group of volunteers from Jervis Bay Community & Mens Shed Inc.

A couple of months back we had to face the agonising decision to have to clean out and sell my mother in laws house in St Georges Basin . Years of accumulated materials and household items, it was a daunting task fo my wife and myself. We contacted Col to see if his group were interested in some of the materials and tools.

Gladly they came around and collected what they wanted for their group, whilst there they offered to assist us with setting up garage sales so we could sell and dispose of the remaining things.

They brought around tables for us to display glass ware, kitchen aids and other collectables. They advertised the garage sale in the local area and stayed all day to assist with the sales.

Anything left over was boxed up and distributed through various charities and groups.

If not for this fantastic group of people I would still be there fumbling through years of accumulation.

Thanks again to Col, Jan, Jen, Big John, Little John, Rodger and others.

It is not very often one comes upon a group of caring sharing generous people.

Regards Peter Pendlebury



**Coast and Country
Community Services Ltd.**

COMMUNITY MINDED VOLUNTEERS NEEDED

Coast and Country Community Services is a community transport services provider that supports vulnerable people across Illawarra Shoalhaven, Young, Weddin and Bega. For us to continue in our valuable work in supporting our community with their transport needs, we are actively seeking community minded volunteers, with a drive to connect people and their communities. The key roles to be filled by the right volunteers are drivers with licences including C and LR and vehicle assistants (no licence required for this role).

Be part of the great Australian volunteer force that has kept Australia strong, moving, and connected. When volunteering for CCCSL, you will have access to a quality volunteer support program, including the reimbursement of out-of-pocket expenses and training.

For an information pack call our office team on 4423 6044



VOLUNTEERS WANTED Allowance for eligible persons

The Wandandian Progress Hall is owned by local members and the community. We are looking for a maintenance/grounds person and a person to assist with general cleaning. We are fully accredited by Centrelink to offer up to 15 hours per person under the Mutual Obligation Requirements Scheme (paid work for pre pension aged individuals). The work would suit seniors looking to cover their volunteer hour obligations. **Call Eve 0408 249 546**



RAMOX CAFÉ

Located at Bundanon's iconic Art Museum, Ramox Cafe features seasonal menus with quality produce sourced from the surrounding Shoalhaven region.

Executive Chef Douglas Innes-Will brings his local eye & longstanding knowledge of South Coast produce to Bundanon, working with local purveyors to source sustainable ingredients for signature dishes.

Wednesday to Sunday | 10am-4pm

Ramox Café. Photo: Anna Wiewiora.

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Associate Relationship Manager

Mobile 0435 532 820

kaz.vidler@bendigoadelaide.com.au

 **Bendigo Bank**

bendigobank.com.au

*Source: Roy Morgan Single Source Australia, May 2023. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions available online at bendigobank.com.au or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 068 049 178 AFSL 237879 (1841404-1890907) (07/23) OUT_38343460, 20/06/2024

Wool Road Spinners & Weavers

Inc.



History of Crochet

Who first invented crochet? One theory suggests that crochet evolved from the Chinese needlework technique that spread to Turkey, India, Persia, and North Africa. However, the development and widespread popularity of crochet, as we know it today, is attributed to European immigrants to the US in the early 19th century.

Is crochet older than knitting? Knitted textiles survive from as early as the 11th century CE, but the first substantive evidence of crocheted fabric emerges in Europe during the 19th century. Earlier work identified as crochet was commonly made by nålebinding, a different looped yarn technique.

Which is more difficult, knitting or crocheting?

The simplicity, combined with the ease of undoing and redoing stitches, makes crochet particularly accessible for beginners. Knitting can be a bit more challenging at the start.

What crocheting does to your body?

Some of the restorative benefits of crocheting are reported to include combating anxiety, relieving stress, reducing insomnia, building self-esteem, depression relief, improving

fine motor skills, decreasing the risk of Alzheimer's, and so much more. Creating art with yarn by crocheting and knitting can transform you.

So if you want to explore the benefits of knitting, crocheting, felting spinning or weaving, come and join us.

The Wool Road Spinners and Weavers, on the *1st and 3rd Thursdays of the month from 9.30am to 1pm at Jervis Bay Baptist Church (classroom near the carpark), 1 St George Ave, Vincentia.*

Call **Judy 0403 212 237** ■

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Shop 1/20 Paradise Beach Rd
Sanctuary Point

Ph: **4443 3777**



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- Come in and talk to Shane



Shoalhaven Family History Society Inc.

Sometimes There Are No Answers

Family History is not an exact science; every discovery leads to more questions, and so often these just cannot be answered. Having just finished – to the best of my ability – a family tree for a client, one of his ancestors left no paper trail at all, with red herrings and tempting hints along the way which led absolutely nowhere and was actually what he was half expecting.

He will pursue this further, and will obtain certain probate packages and certificates as recommended and hopefully fill in some blanks.

Likewise, my latest quest to find all the burials in another Shoalhaven Small Cemetery; this time I am working on the Burrier cemetery which, it is quoted, contains 26 souls, but I have so far found 55 burials which can be proven, leaving untold unknown interments.

This is mostly due to lost records, and the time frame and difficulty with registration at the time with the remoteness of the location. Babies born premature with health problems were born and buried on the same day, doctors could not reach patients in time to save them, and the farm still had to be attended to and all the other children fed and looked after.

The goal of our Small Cemeteries Project is to document all interments with a biography if at all possible, but again, in some cases there is just no information to be found.

A death registration stating the birthplace of one 'unmarried' man to be "*supposed to be Dublin*" with no parents named had me feeling a bit out of sorts, until I discovered he was a convict who was born in the West Indies, tried in Glasgow, and was transported from London..... Hopefully this will lead to a bigger picture of his life.

Likewise, a lady whose parents, husband, marriage & children are all "*not known*" as the informant was no relation to her and from her estimated age of 86 she was born circa 1812 when records, if kept at all, were very brief,

However difficult the task, this is still a very important aspect of the ethos and aims of our society, which include preserving the history of the Shoalhaven and its residents for future generations.

In the case of the small cemeteries it is also giving a voice to those who are so far unrecorded, unrecognised and forgotten, we hope to rectify that with this work.

If you have any information on burials in our small cemeteries we would love to share it and add it to our records.

The Shoalhaven Family History Society Research Centre is in the Old Pyree School, 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 the website at shoalhavenfamilyhistory.org.au for more information.

Members can use the facilities free of charge and a small fee of \$10 allows visitors to research for the day.

Our member's 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. Visitors are most welcome.

Come along one day to see what we do and how we can help you. ■



MENTAL HEALTH MONTH OCTOBER

Mental Health Month 2024 theme is:

Let's Talk About It

"Let's Talk About It" emphasises the significance of open dialogue and communication regarding mental health across various platforms and settings. The theme's *"Talk"* aspect highlights the importance of inclusive discussions, considering diverse needs and utilising different mediums for conversation. Meanwhile, the *"It"* component, is open-ended, allowing individuals to choose the topics they want to discuss.

This could encompass conversations of lived experience stories, navigating mental health systems, or seeking resources and support.

By embracing this flexibility, we empower people to engage in discussions that are meaningful and relevant to their own experiences. Whether it's sharing coping strategies, advocating for better access to mental health care, or simply lending a listening ear, the *"It"* component encourages a wide range of conversations that promote understanding and support of mental health.

"Let's Talk About It" further highlights the importance of connecting with others, as supported by research showing how relationships with family, friends, and broader community connections can support one's wellbeing. Engaging in conversations about mental health and sharing lived experience stories with supportive individuals can improve psychological wellbeing and overall wellness. Through collective unity and compassion, we

create environments where individuals feel empowered to openly discuss mental health, find reassurance, and seek support.

Let's Talk About How To Be A Mental Health Ally

1. Connect

Reach out and check in with folks, if you notice a change in people's behaviour, take the time to check in with your people. You could connect by meeting for a walk, or coffee/tea or to do a common interest you both share.

One way you can reach out is by sending a text or giving them a call.

When you do connect, ask questions like:

- How are you doing?
- I've noticed you haven't been yourself, would you like to chat?
- Is there anything on your mind that you'd like to talk about?

If they decline your invite (don't take it personally – they might not be ready to chat) remember to continue to check in on them and encourage connection with their family, friends or community.

2. Deep Listening

If someone is experiencing distress, communication might be difficult, taking time to listen and understand makes space for a range of experiences, and doesn't add pressure to the conversation.

Practice active listening, including being attentive to non-verbal communication – Don't start planning what you're going to say next and don't impose your opinions or solutions, just simply listen.

- Leave lots of time for replies (don't jump in) and allow people to write/text if they prefer.
- Practice listening to understand, not to react, and ask questions to clarify if you need to.
- It can help to repeat things back to people to make sure you understand what you're saying and validate their experience.

3. Continued Support

If you're worried about someone, it's important

Just being there to support someone is the most important thing, you're not there to diagnose – just listen and support them.

to check back in with them regularly or if you're not the most appropriate person to do so then having someone who's closer to them check in could be a better option. If you can, set another time to connect in person or do an activity together.

Professional Help If you think they may need additional help, encourage them to see their GP to get a mental health care plan and referral to see a mental health professional.

Let's Talk About It

HELPLINES

Wayahead 1300 794 991 9am–5pm

Mon–Fri Help finding the right service for you in NSW

Lifeline 13 11 14 24/7 support for anyone having a personal crisis

Kids Helpline 1800 55 1800 Phone and online counselling for people aged 5–25

Beyond Blue 1300 22 46 36 24/7 Mental Health support

QLife 1800 184 527 3pm–12am each day LGBTQI+ support

SANE Australia 1800 187 263 Support for people or friends/family of someone with complex mental health.

Griefline 1300 845 745 8am–8pm 7 days AEST Support for people experiencing grief and loss

Suicide Call Back Service 1300 659 467 24/7 Counselling for people feeling suicidal and their carers, as well as those who have lost someone

NSW Mental Health Line 1800 011 511 24/7 Line for mental health information and intake to hospitals.

10 TIPS TO STRESS LESS

Connect with friends and socialise

Spend time with family and loved ones

Nourish your body

Listen to music

Get enough sleep

Speak to someone you trust

Practise mindfulness

Make time for yourself

Get moving be active

Take a break and change your environment

Info sourced from www.wayahead.org.au & www.mentalhealthmonth.wayahead.org.au/

Disclaimer - People are complex and every situation is different, this is some general advice that may help you start a conversation with someone you care about.



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Information for Members & Guests

Saturday 5th October

THE ROCK ADDICTS

7PM

MINI GOLF
Open 10am.
Bookings preferred
last booking 4pm

MEAT MARKET THURSDAYS
Tickets on sale 6pm;
Draw from 7pm



SATURDAY 12TH OCTOBER - 7PM

LUCKY 88 CHINESE RESTAURANT - 4441 7063 Lunch 12–2pm; Dinner 5–8pm
Dine In Bookings Essential;
Takeaway: Pick up from side entrance Kioloa Street



MUCKING IN

CLIFTON COMMUNITY FOOD GARDEN

Hours: Tues and Sat 9 to 12; Fri 3 to 6pm EDST – Contributed by Colleen McIntyre

Just like that, we are in the middle of the spring of 2024. Tomato time, the most anticipated and exciting time in the garden. There will be several crops grown, rolling through the spring and summer well into autumn. Weather permitting!

The first tomato Grosse Lisse plants were planted out on 30th August in a workshop demonstration at the garden for all the excited members who could attend.

Protection from the strong winds was the most important element added onto the normal procedure. For this planting, pots and plastic tents were necessary to protect the young plants. There is always a variation of seeds and plants available each year.

A new Apollo variety has been released and we are hoping to trial this as a replacement for the Money Maker previously grown. We want a smooth skinned tomato with good flavour and firm flesh, worthy of use in the pickles and chutneys that are so popular at the fundraiser.

The new Apollo is possibly the answer, but proving difficult to get early in the season. Other varieties chosen for this year are Black n Red, Black Russians, large and small and Teardrop Yellow, a reduced acid variety which proved popular last year. All these varieties will be added to the beds as they become available.

The sugarloaf cabbage and branching broccoli were removed, just as the hot windy weather struck. Both had been very good this year, the branching broccoli easy to share, prolific and delicious, a winner for all. The beds refurbished with rich dark compost, which is made onsite, all the year.

Easy and delicious small growing varieties of tomatoes, easy to grow in small spaces and in pots for home gardeners are: Black Cherry Tom – gorgeous dark cherry tomato in super productive clusters; Juliet tomato – incredibly tasty, small red grape shaped in abundance.

The kitchen staple of **Baking Soda** (bicarbonate of soda) springs to mind and is synonymous with the health of the tomato plants from their first planting. Its alkaline properties are the key.

By spritzing a Baking Soda solution on the tomato plants, the surface becomes more alkaline, creating an unsuitable environment for disease and insects to take hold. It will stop any Blight from growing, or stop any spread dead in its tracks!!

Early Blight appears as small yellow, brown spots showing yellow halo, as the first fruit appear. Late blight shows anytime, dark brown to purple/black with white mould. Early detection is important! If left to develop to a full infestation, unfortunately, Baking Soda can't help. It prevents the spread of this disease, but cannot treat it once it has already taken hold. Gardeners should be vigilant in observing the health of the precious plants.

Mix 4.5 litres of water, ½ teaspoon dishwashing liquid and 1 tablespoon baking soda. This mix is also suitable against powdery mildew, pesky bugs – aphids and soft bodied insects, snails and slugs. **Spray, Sprinkle or Spritz !!**

The Clifton Community Food Garden will be open on the third Saturday of each month from 10am till 12 noon – so the 19th October.

We look forward to seeing all our friends and followers. Your support is joy to us!!

Banana (musa)

Brad Wilson - Herbalist

The Truth about Bananas The modern banana needs no introduction. Being the world's most popular fruit, it's instantly recognisable. It's seedless, soft and sweet. It smiles at you and says "Eat me". It's suitable for all age groups – teeth are optional. It lives inside its own hygienic environmentally friendly package. It magically changes colour in front of your eyes: green in the store, yellow in the fruit bowl, black in the bin. As a bonus, the skins can be used for practical jokes. It's the perfect fruit.

It wasn't always so. The original banana (before humans started fiddling with it) was the plantain, which is still around. At first glance you might think a plantain is a regular banana only bigger with a tough skin and not quite ripe. It looks like a banana on steroids – the kind of banana you might hand to King Kong as a peace offering. However the taste of the plantain is a little disappointing.

Over the millennia, the modern banana has been bred to be as sweet as possible. Upon ripening, most of its starch converts to sugar. Not so the plantain. It's all starch forever. In the tropics where it grows it is boiled or fried and used like taro root or potato. It's not going to make a wonderful banana pudding.

Monkey Tales As well as being popular with humans, bananas are also very popular with monkeys. I confirmed this when I nearly lost my life during a monkey attack at a wild monkey park in Northern Japan. It all started when due to a lack of five star restaurants in the Japanese jungle and feeling kind of peckish, I had little choice but to revert to the only food item I possessed – a banana. However, bringing it out of my pocket and cracking open the top caused a furore. Monkeys have super hearing (humongous ears) and the faint snap of the banana made 20 monkey heads turn as one. Before you could say "barrel of monkeys" all the beasts were scampering in my direction, not

taking no for an answer. Hiding the banana up my jumper had no effect. At the very last moment before being fully covered in monkeys, I retrieved the banana and blindly threw it into the pack. This sacrifice saved my life. I was able to retreat and limp out of the jungle – ravenous but still alive.



Fun Fact Most bananas are naturally curved, though occasionally some rogue bananas grow straight. It's a well-known fact that if detected in time these straight bananas can be modified by using a banana bending machine. Banana benders are in high demand and can make a bunch. If you are going bananas in your present job, consider a career

in Banana Adjustment (BA) and get to the top of the tree. Slip down to your local TAFE and have a chat with the top banana. You will soon peel better. ■

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Snippet of Tomerong History **SCHOOL DAYS**

Information sourced from <https://tomeronghistory.com/index.html>



Tomerong Public School has been operating in the same location for over 160 years. The School opened only 7 years after the first Public School in the Shoalhaven but a Private School had operated in the village prior to this.

The Administration Office, previously the teacher's residence, is over 130 years old. Together with Tomerong Union Church they are the oldest in the area – we know of no other intact European building of this age in the Bay & Basin.

Tomerong School children

AFTER 1848, education in NSW underwent major changes as a result of the establishment of the Board of National Education. Prior to this time, education had mainly been provided by church run schools and situated in the more populated urban areas.

Two Boards of Education were established in NSW, one for the control of denominational or church run schools and the other for government operated schools. The Board known as the National Board had the authority to establish and direct state schools, which were known as National Schools. As the population of rural areas increased so too did the demand for schools.

The establishment of a National School was usually initiated by the community making an application to the Board who would provide financial assistance. The Board contributed two thirds of the cost of buildings; the rest was raised locally. Often this resulted in the conversion of a private school to a National School.

The National School system made slow progress in establishing schools due to the difficulties of communities in raising one third of the cost of buildings. This system was modified in 1857 to include non-vested schools. Non-vested school premises remained the property of the owner, and were not paid for by the National Board. The Board provided the books, the teacher's salary and the school followed the National programme. Outside of school hours the proprietors were free to use school premises for other purposes, such as religious services. This was not permitted in vested schools.

The popularity of the non-vested scheme was evident when after only two years of its introduction in NSW, the number of schools under the Board's control doubled.

Prior to the commencement of the Public School at Tomerong, James McLeod Robertson operated a private school in the settlement for

several years, relying on school fees as his source of income. Robertson contacted the Board, on the instigation of the community, *".....for the purpose of taking into consideration the best means of availing themselves of the liberal sums on the estimates for educational purposes."*

He also wished to know *" if the Board could interfere so as to prevent the different denominations using the school as a place of worship as occasion offered."*

A meeting of residents was held at Tomerong on Saturday, 3 May 1862 to discuss the best means of providing a school for pupils from small, scattered communities.

The meeting, which was chaired by Malcolm Mathie, put forward three resolutions:

1. *"That, in the opinion of this meeting, the only system of education adapted for a small and scattered community consisting of members of diverse religious persuasions, is that which preserves the strictest impartiality towards all, and gives precedence, or even the semblance of precedence to none: which secures to the scholars of each persuasion the privilege of religious instruction by their own pastors, and which, by the frank admission of visitors of all creeds and classes without distinction, affords the means of exercising the strictest vigilance over the course and mode of instruction, the conduct of the schoolmaster; and the application and expenditure of the funds: and these conditions in their integrity, the so called National System is, in the opinion of this meeting, the only system which is calculated to fulfil.*
2. *That the modification of the National System known as the Non-vested System is that which is most suitable to settlers in circumstances so limited as those of the inhabitants of the district around Jervis Bay.*
3. *That in compliance with the recommendation of the National Board a*

provisional committee of residents in the Jervis Bay district be appointed to initiate proceedings and make a preliminary application to the Board to aid, collect subscriptions, and fix upon the situation for a schoolhouse upon the National Non-vested System, and that such provisional committee consist of Mr Joseph Suffolk of Tomerong, Mr William Bryce of Erowal, and Mr Patrick Walsh of Wandandian."

The meeting resolved that *"The superiority of the Non-vested as distinguished from the vested national system is its inexpensiveness, the applicants not being tied to any specification as to the building, which is erected from their own resources, and its applicability to the purposes of divine worship which, in the buildings erected under the vested system by the joint contribution of the applicants and the Board, is absolutely prohibited"*.

Following the meeting, a formal application was submitted to the National Board for assistance in establishing a non-vested National School at Tomerong. The Local Patrons, R Longfield, John Peake, Malcolm Mathie and Samuel Crawford expected 29 boys and 10 girls to attend and nominated Robertson as the teacher.

The application was successful and the new school was constructed on one acre of land on the estate of James Barham (portion 12), on the eastern side of the Shoalhaven to Ulladulla Road.

The first school building is believed to have been built by Henry Doig and was held in trust by the Local Patrons. It was built from sawn slab with a shingle roof and had five rooms: a schoolroom 22 feet by 16 feet, a classroom 16 feet by 8 feet and three rooms each 10 feet square which were used by the teacher as a residence.

The school furniture was made up of four desks and forms each 12 feet long and two desks and forms 7½ feet long....
(extract from Tomerong Local History) ■





'Bushcare members and the fallen She Oak on the right with the Lillypilly taken down on the left.'

The August winds have been warm this year. We are reminded daily about global warming. When we look at its effects we are also reminded that it's in our own hands to do something about it.

Our local Bushcare group was working on the Sanctuary Point Basin Track during the recent strong westerlies. Towards the end of our working bee at around noon, a powerful gust blew over an old she-oak. As it crashed to the ground, it took down a smaller Lillypilly.

The two trees had been standing alone in a large area of mown grass. Most of the bush and trees had been illegally removed over the years, often to provide residents with an 'unobstructed' view of the Basin.

Observant residents now are noticing that most big trees felled by strong winds are alone. The facts are that many trees together, as in undisturbed bushland, protect each other, as well as property.

In the earth, their roots overlap and twist around roots of other trees. This strengthens their resistance to wind. In the air, many healthy trees with thick foliage slow the wind, protecting all the trees. In residential areas, houses near thick undisturbed bush are at less danger from falling trees than single trees.

Residents are encouraged to plant native trees to protect our remaining trees and bush. Eucalypts and wattles grow fast and will soon begin to protect other trees.

Many people are now realising that a view of the Basin filtered through protective trees provides a wonderful view and shade.

The Basin Track Bushcare group meets on Wednesday mornings to restore native bushland by weeding and planting local indigenous plants.

If you would like to join a welcoming, committed group, <https://www.shoalhaven.nsw.gov.au/News-and-feedback/Participation-opportunities/Bushcare>

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What we are doing at **VINCENTIA PUBLIC SCHOOL**

Book Week

Our Book Week Parade was a carnival of colour with the whole school and staff getting involved.

We had everything from Harry Potter characters, to witches, dragons, Marios, princesses and even crabs!



Author Visit Authors Kate and Jol Temple visited the school where giant undies slingshots were made and giant bin chickens went mosh diving into the audience!

Kate and Jol are the authors of many books including the *Underdogs* series, *Bin Chicken* and *Bush Turkey* series and *The Dangerous Business of Being Trilby Moffat*. What a great experience for our students! ■





VINCENTIA HIGH SCHOOL NEWS

Our Careers Advisor Extraordinaire Mrs McNeil was presented with the 'Industry Collaboration' Award in August. Mrs McNeil works tirelessly with our staff, students, families and Industries ensuring best outcomes for students training & career interests.

This award recognises Mrs McNeil out of 850 staff members across NSW and ACT for *"The achievement of positive student outcomes through engagement with Industry learning opportunities"*.

Congratulations Mrs McNeil, such a well deserved award! We are very proud of you and grateful of your expertise and commitment! The future of our students is in good hands!

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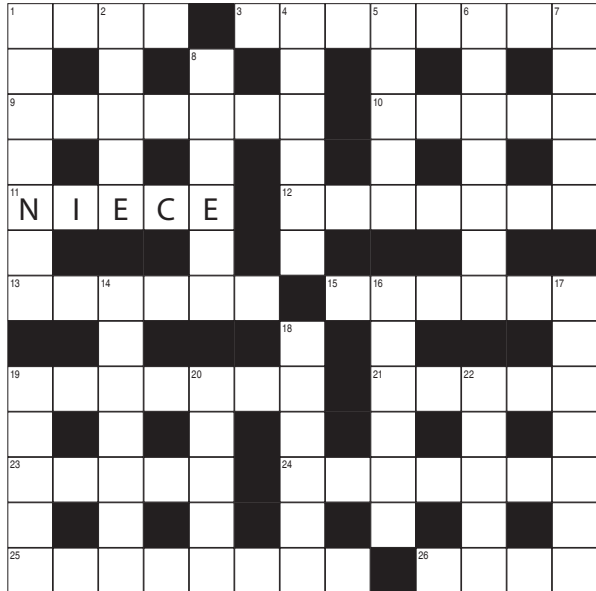
In this crossword there are two clues for each word. Can you work out which is true and which is false?

Across

1. Type of metal / Type of wood (4)
3. Unmarried man / Unmarried woman (8)
9. Dried plums / Dried grapes (7)
10. Type of bird / Type of insect (5)
11. Male relative / Female relative (5)
12. Raise / Lower (7)
13. Strong / Weak (6)
15. Complied / Refused (6)
19. Type of boat / Type of flag (7)
21. Stringed instrument / Woodwind instrument (5)
23. Young men / Young women (5)
24. Concentrated / Watered down (7)
25. Problem / Result (8)
26. Wet / Dry (4)

Down

1. Fruit / Vegetable (7)
2. Worldly / Callow (5)
4. Ask / Reply (6)
5. Animal / Fish (5)
6. Place where books are kept / Place where bees are kept (7)
7. Mountain chain / River valley (5)
8. Type of bird / Type of mammal (6)
14. Bicycle part / Plant part (7)
16. Enlighten / Bewilder (6)
17. Feared / Looked forward to (7)
18. Artist's workshop / Banquet hall (6)
19. Parts of a book / Parts of a clock (5)
20. Valuable item / Worthless item (5)
22. Speak / Remain silent (5)



© Puzzle Choice

SEPTEMBER PUZZLE SOLUTIONS

P	O	P	U	L	A	R
A	A	E	E	O		
S	U	R	P	A	S	S
S	T	F		T		
A	N	N	U	L	A	R
G	E	E	E	U		
E	R	R	A	T	U	M

P	O	R	T	E	N	T
I	O	X		R		
C	R	U	M	P	L	E
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KIDS

ORNER

JUST JOKES

Q. Why did the skeleton go to the barbecue?

A. To get another rib.

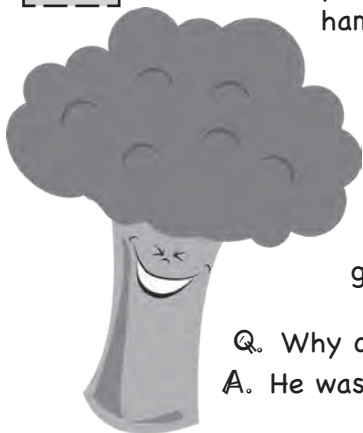
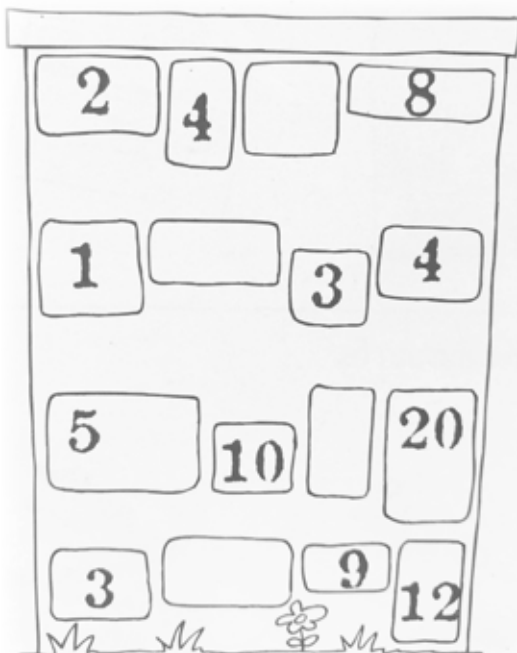
Q. Where did the broccoli go to have a few drinks?

A. The salad bar.

Q. Why are butchers so hilarious?

A. They always ham it up.

Fill in the missing numbers



Q. Which friends should you take to dinner?

A. Your taste buds.

Q. What do you call blueberries playing the guitar? A. A jam session.

Q. Why couldn't the hamburger stop making jokes?

A. He was on a roll!

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