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### A Word from the Editor

# WELCOME TO OUR JULY EDITION OF THE About .....

As the heart of winter settles in across Australia, there's a certain charm to this time of year – crisp mornings, cosy evenings, and a chance to slow down just a little.

It's a season for warm conversations, shared meals, and taking stock of what really matters.

In this issue, we celebrate the people, places, and projects that bring our community to life – even in the coldest months. From local winter events and school holiday activities to stories of neighbours lending a hand, we're reminded that community spirit doesn't hibernate – it grows stronger.

As always, we welcome your feedback, ideas, and contributions. This magazine is for you – and made stronger by you.

Stay warm, stay connected,

This months must reads:

- Shoalhaven First Nations Film Festival – Page 4
- What Lies Beyond Bali Page 13
- Monthly Feature Honouring Remembrance – Pages 26 & 27

Regards and happy reading Editor



## HONOURING THE UNSUNG HEROES BEHIND OUR LOCAL COMMUNITY BANK

In a time when many local branches were being closed, customers were choosing to bank online and cash usage was starting to decline, our community took a bold and inspiring step in the opposite direction – reclaiming ownership of our local bank. It is a milestone that speaks volumes about the values we share across the Bay and Basin; commitment, resilience, and a deep belief in the power of community.

This transition isn't merely symbolic. It represents a return to local ownership, where decisions are made by those who understand the heartbeat of our neighbourhoods. As I lead the Community Bank as your local Branch Manager with the batten being passed on, it is timely that we reflect on the foundation laid by the people who helped us to reach this point – including the bank's shareholders.

Recently, a letter arrived from the Bank's first Chairman, Jeff Everingham, offering a moving tribute to what he described as the "unsung heroes" of our story. These are the local shareholders who invested not just their money, but their faith in a vision for community banking that puts people before profits.

Unlike investors in commercial Banks who chase financial returns and capital gains, our shareholders have taken a different path. Dividends have been modest, and opportunities for windfall gains were set aside. Year after year, profits have been reinvested through local grants, sponsorships and scholarships – supporting everything from junior sports teams to community centres, environmental initiatives to educational dreams.

The Chairman's letter acknowledged this with gratitude and pride. "It can be said that the shareholders have foregone capital gain, which has been redirected to their community" for the past 20 years.

Today, we see the impact of this all around us – in thriving community programs, in young people heading off to university with a scholarship in hand, and in organisations who have been given a chance to grow through vital sponsorships. These outcomes are not the result of distant corporate strategy – they are the fruit of local people believing in and backing each other.

As I lead the local bank, let this be a moment of recognition and celebration – not just for what we have achieved, but for how we achieved it. We build on those who invested in a better future, not for themselves, but for everyone.

To the first Chairman, to the founding shareholders, and to every community customer who continues to support this journey – thank you.

This is your Better Big Bank. This is your Community Bank. And the story is only just beginning. So, join us today and enjoy a better way to bank.

Until next month, James Marin - 4443 9825





### Shoalhaven First Nations Film Festival

Thanks to the generous support of Sanctuary Point & Districts Community Bank Branch – Bendigo Bank, Shoalhaven First Nations Film Festival Incorporated held a successful series of workshops from 13-14 May. The aim of the workshops was to help nurture the next generation of storytellers from amongst young members of local First Nations Communities, and to give these young people the skills to preserve and share their stories by recording them on film.



Over two amazing days, Sal Balharrie, a highly accomplished filmmaker, co-director and producer of the inspirational film, Like My Brother, worked with aspiring filmmakers from Gadhungal Marring and Community, and curious filmmakers from local high schools. Sal was assisted by two South Coast filmmakers, Phil Crawford and Jamie Lepre. Thanks to the capacity of all three to engage with people and to draw out their stories, participants discovered just how imaginative they can be.

By the end of Wednesday afternoon, participants from Gudhungal Marring and Community had identified 10 stories that told about their childhoods and the lessons passed on by the Elders. In time, it is these stories that we hope will be told to a wide audience, Indigenous and non-Indigenous, stories that are funny in the telling, sometimes dark, sometimes sad, always with a twist in the tail. The plan is for participants to choose one of these stories, and take it through to production (filming), as a 'proof of concept', with the possibility of screening this short film to the local community at Huskisson Pictures, along with a short video capturing the reactions of participants to the workshops, as part of the second SFNFF on 13 September. Stage 2 will be to use the short film as the gateway to working with film industry professionals to stitch all 10 stories together into a feature film.

The curious filmmakers discovered the power and the joy of shaping their stories in the telling. Just as importantly, Gadhungal Marring came away with the goal of taking Sal's workshops into the local primary schools, of introducing the next generation to a process that the creatives from Gadhungal Marring are only now just beginning to learn in their 30s.



Coming out of the workshops, there are real opportunities for local aspiring filmmakers – Sal Balharrie, and the two South Coast filmmakers, Phil Crawford and Jamie Lepre, are ready, willing and able to help, as is Nick Bolton, Chair of Screen Illawarra. This has all been made possible through the support and generosity of our local community, of which our Community Bank is a huge part.



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Ismail Larney
Dental Prosthetist

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

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

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

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

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

Ish 0410 683 658 Bianca 0438 130 487





#### The Community Crop

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 to share with others. Produce will vary



depending on season. Community Crop.





## JOIN the CREW

The Man Walk provides an opportunity for men to get together and walk, talk and support each other in a regular and healthy way.

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# SAHSSI

#### **SAHSSI 30 – 2025 EVENT**

https://www.sahssi.org.au/about/sahssi-30-walk

#### **Saturday 9th August**

White Sands Park Huskisson 8am



SAHSSI30 is a walk along the beautiful Jervis Bay coastline to raise funds for domestic violence survivors in the Shoalhaven and local women at our crisis accommodation sites. It is a grassroots community-driven event that has grown out of a desire to make positive change for women and children in the Shoalhaven. The event is organised by local volunteers and is a collaboration between Bay and Basin Amnesty, Heartcentre and Jervis Bay CWA.

This annual walk with hundreds of participants has raised nearly \$100,000 for SAHSSI Nowra Women's Refuge and keeps the focus on the issue of gender-based violence and homelessness in the local area.

The funds raised by SAHSSI30 have provided families who are living on or below the poverty line with access to activities and experiences that would not otherwise be available to them.

SAHSSI30 has funded a coach full of children to Mogo Zoo, purchased school holiday activities for children staying in the refuge, funded Christmas experiences, contributed to the refuge sanctuary garden, provided internet access in the refuge and helped with the construction of a children's playground. All money donated to SAHSSI is spent directly on the clients we support. You can walk as an individual or as a group and you can

walk ANY distance that suits you or simply donate to a great event and cause.

SAHSSI30 is a choose your own adventure starting at Whitesands Park in Huskisson with a stop off at Plantation Point at the 7km mark through to the finishing or turning around at beautiful Hyams Beach at 10- 12kms. A fabulous morning tea is provided for participants both at Plantation Point and Hyams Beach.

Accessibility path – The path from White Sands Park to Plantation Point is accessible, which means whether you are using a wheelchair, walking, running or pushing a pram, everyone can all get moving together for one cause.

Get in touch if you have any questions or follow @sahssi30 / f sahssi30 / sahssi30@gmail.com



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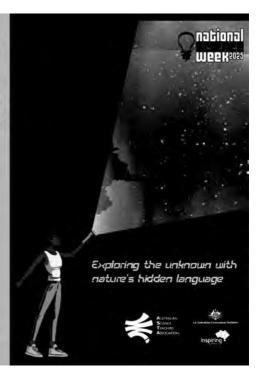
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# **MUCKING IN**

#### CLIFTON COMMUNITY FOOD GARDEN

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

The only 'constant' is change!! Now how true is that fact that we are constantly reminded about. The weather over the last four weeks has made that all too clear. However the garden has grown on and we have enjoyed cabbage, carrots, beetroot and lettuce over this time. Brussel sprouts and broccoli are developing well and will be the next produce for us to share. A

and will be the next produce for us to share. A bed of leeks have been in for 6 weeks but seem to be slow to 'take off' and maybe they need more sunshine. Time will tell!

The fruit trees in the orchard and the natives at the front of the area have all had an extensive prune, ready for good new growth in the spring. Extensive work has seen the strawberries all removed to the back area to free up the sunnier beds in the front garden, for more productive crops.

There have been opportunities for the members to have a thorough clean-out of the indoor areas of the facilities. An opportunity to throw out or redirect things that have been stored for too long, or are no longer required, was seized by some of the members. The creative ones have developed new storage systems to free-up the floor space and make better use of the area. The squirrels have scampered home with more treasures which "will come in handy one day" or "it's just what I needed".

Our winter crops excluding the leeks are all thriving; much attention is given to searching through green leaves for green grubs, the juvenile offspring of the white butterfly moth which haunts the garden. But our attention must turn to the humble beetroot too, as it is again highlighted as a super food. A relative of chard, kale and spinach, both the leaves and bulb are rich in vitamins and minerals, the green tops are non-starchy vegetable and contain little carbohydrate, whereas the beet bulb is starchy

and therefore higher in carbs (but also fibre). It is suggested that nitrates, compounds in beetroot juice help lower blood pressure, help lower high cholesterol and boost physical performance as it relaxes and widens blood vessels.

Beet juice may improve muscle power in the heart, and increase blood flow to the brain, particularly the frontal lobes associated with cognitive thinking and behaviour. It is that wonderful magenta colour where all the goodness is hiding, from Betaines, water soluble antioxidants that have chemo-preventative abilities. They are a good source of potassium, a mineral and electrolyte that helps nerves and muscles function properly. If potassium levels get too low, fatigue, weakness and muscle cramps can occur. Regular intake of beetroot and beetroot juice are the answer to support your organs including the liver. Modern diet trends can overload the liver with exposure to toxins, alcohol consumption and sedentary life style named as contributors.

# Our next Fundraising Morning will be on Saturday 19<sup>th</sup> July from 10am till 12 noon.

While it seems a good way away, time is flying by, and our lovely cooks have stocked up on the goodies. We can be assured of delicious Pickles, Chutney and Preserves to liven up our winter meals. Even though the vegetables may be a bit short, there will be plants and happy smiles and a chat to welcome our visitors. Some of our members have taken the opportunity to explore other regions, off in their caravans; others have been struck down with that persistent virus. All enjoy a chat with locals on our open mornings.





#### **Vegetable School**

Brad Wilson - Herbalist



**Question:** What does a mangelwurzel look like? What is the difference between a rutabaga and a swede? Is the yam a sweet potato? If chicory is an endive, what is a witlof? Why do they call it "spaghetti" squash? Is the choko a squash or a gourd? Okay that's enough tough questions. Too bad you all failed. So you won't be surprised to hear that to get a job on the checkout in the supermarket, you have to attend Vegetable School and pass a strict test. I know because it happened to my wife, who always tells me the truth.

On her first day at the supermarket, the Vegetable Identification Manager (VIM) herded all the newbies together and placed before them a mysterious cardboard box full of vegetables and started firing off questions, much like the ones above. Naturally, there was consternation, bewilderment and crying. The ladies shed a few tears as well.

Holding up a vegetable in front of individual "A" the VIM gently said "What is this?" If you said broccoli but it was actually broccolini, you got a note put in your file. If he picked up the eggplant and you said aubergine you would be put in the

corner. If he picked up a parsnip and you said "white carrot" you would be asked to stand on one leg.

Consequently, passing Vegetable School is no easy task. Only dedicated professionals get through. With that in mind I was half asleep with my vegetables scattered on the checkout roller when all of a sudden the beeping stopped and the operator held up a vegetable and said "Is this a turnip?" Aha, I thought. "She failed Vegetable School...." Naturally I said nothing like that, so I looked at the vegetable, and confidently said "No it's a swede".

I glanced at the queue, expecting little nods of approval but they were all busy looking at their phones except for the guy behind me trying to put all his shopping into 10cm of free space on the roller – clearly not possible. However, thanks to my swift response the beeping continued, giving him another 10cm of space.

Now completely awake, I was dying to tell the checkout operator that a swede is a hybrid of cabbage and turnip and that in America it is called rutabaga, in Scotland it is called neeps and in Sweden it is called a Swedish turnip. Although she looked like she was the brainy type, I resisted, as I felt that the queue behind me was starting to get a little antsy. Still, now that you all know, I feel a little better.

**FUN FACT: "fine words butter no parsnips"** is an old saying which means "too much talk, too little action" - something I'm never accused of.....!!!



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Agencies will have an information station to answer any questions and get an insight into the role of emergency management. A light supper will be provided.

**VINCENTIA / HUSKISSON - Thursday 24th July 2025** – 5pm to 7pm at Huskisson Community Centre, 17 Dent Street, Huskisson.

**KANGAROO VALLEY – Wednesday 18th September 2025** – 5pm to 7pm at Kangaroo Valley Public Hall (Showground) 179 Moss Vale Road, Kangaroo Valley.



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# WHAT LIES BEYOND Bali - Indonesia Part 1

Contributed by Corinne Le Gall

I first visited Bali in 1976, followed by a further nine visits culminating in my final time in 1996, for a total of ten visits in twenty years.

Bali was pretty much unheard of in 1976. Very few tourists, but enough for the local population to realise that their little island was starting to draw the attention of mainly Australians wishing to visit their little slice of paradise.

I arrived there firstly as a mix of a two young and carefree friends, then a solo traveller, a pregnant mum and her young son and finally, the same mum with son and now a daughter and my husband's second visit to the island. And the crawling changes in those twenty years unfolded right in front of my eyes - the better and the worse.

Bali was once, innocence. A hotel, one of only two in the town of Ubud far from the seaside town of Kuta. Legian, the next beach west of Kuta was the furthest that the other tourists ventured to. Now, all changed!.

Ubud was the centre of culture - Bali's historical offerings of dance and music, local artists abounding and mutual respect going both ways for visitors and locals.

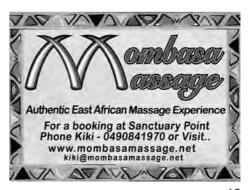
Rice paddy fields dominated the landscape with the locals tending their fields and the odd 'shop' catering to the infrequent traveller in that area, hawking wooden carvings or a freshly painted scenery on a linen medium. Very few 'restaurants' to choose from had me eating all meals at the

hotel that I stayed at. A two-way mutual respect was observed by both locals and the few foreigners who ventured so far from the beach areas.

Moving on to Kuta, possibly the first 'tourist' seaside town, saw a few more hotels, plenty of local traffic - foot, communal bus (BEMO), pushbikes, motorbikes and trucks. The eating houses were more numerous than where I was in Ubud.

I basically spent my time there as a real beach bum from morning to night, sitting under the now-non-existent trees with the local women who braided hair, gave a massage or sold trinkets to the tourists. Life was so simple and Bali was beautiful and safe.

Twenty years later, I witnessed the soulless Bali - commercialised to capacity, catering to disrespectful, loud and obnoxious tourists of all backgrounds - Paradise Lost!



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#### **Shoalhaven Family History Society Inc.**

# What's in a Name?

There are members within the Family History Society who carry the dubious pleasure of having the surname of Smith. The name is sourced originally from artisans and craftsmen, such as a person who uses hammers and other tools to make items out of hot iron or steel, e.g. a blacksmith. It dates back to the Anglo Saxon times and is one of the most commonly used names in today's society. It was usually linked to a trade or worker person and not handed down to the next generation, as happens in today's society. No applaudable ancestor seems to have been the originator of the name.

'Smith' surname affords a degree of anonymity because of the longevity of its heritage and the wide use of the name. Slave traders gave the name to slaves; absconders are known to adopt the name to remain hidden in society; war refugees used the name to blend-in with different communities; convicts and free settlers who were illiterate, relied upon other people to interpret the verbal spelling of their name, and often today, people quote the name to suppliers because the use of their own name (brought in from overseas countries,) is confusing to spell.

Heritage shows that England, Scotland and Ireland all have folk carrying this name – often depicted in Banners, Coats of Arms and input into the clan tartans and plaids from traditional Scottish families. One notable is the 'Smith' who married fleeing lovers into Scotland, from English environs – noting that the young couple were usually under age and were married 'over the anvil' at Gretna Green.

In our research, several variations of the name can be found: Smith, Smyth, Smythe. The common shortening of the name historically was Smitty; nowadays, the name is colloquially shortened to Smithy.

Quite often, we Smith people are questioned re the authenticity of our name, when we try to register for 'whatever' and are regularly asked for photo identification. Our family comes from many generations of Smiths', even on both sides of the Family, and yet, have not been related until the current generation. Several generations back, we have three Smith brothers marrying three sisters; assumed reason being the proximity of eligible persons within the local area confines when transport was limited and people were living off the land.

When a researcher comes upon a difficult line of research, seemingly with no continuity or conceivable connection of information, it is called a 'brick wall'. In our Smith family, we have a James Smith who came to Australia pre 1840 but having left a confusing trail of information, leads us to dead ends. There are many James Smiths appearing in documentation – but which James? James was a popular name because of peoples' patriotism to the Royal Families.

Names can often be followed through Birth and Death records, Marriage records and Church registers; often information occurs in family records, such as in those cumbersome family bibles, or even engraved jewellery and house hold items passed from one generation to the next. Each plausible piece of information adds a spark of interest, and so the thrill of the chase starts to find some new connecting threads.

The Shoalhaven Family History Society Research Centre is in the Old Pyree School, at 888 Greenwell Point Road Pyree. We are open for research every Sunday & the 1st & 2nd Thursday of each month, all days from 10am to 2pm. Take a look at our website at www.shoalhavenfamilyhistory.org.au for more information.

Our general meetings are held on the 1<sup>st</sup> Saturday of the month (excluding January) at 1.30pm, with afternoon tea to enjoy - a chat and catch up for everyone. Come along one day to see what we do and how we can help you.



# The Style Sessions that Change Lives

For some Bay and Basin locals, getting dressed for a job interview, school formal, or important life step can be a daunting task – especially when finances are tight or confidence is low. That's where BCR Communities' **Smart Start Styling Sessions** come in, offering more than just clothes – they provide care, dignity, and a fresh start.

Each one hour styling session begins with a relaxed chat about the participant's goals, preferred colours and styles, and sizing needs. From there, BCR's resident stylist Roh Holland, curates a personalised selection of quality clothing, shoes and accessories for the participant to try on – working together until they find the perfect outfit.

"We're not just handing out clothes," Roh said. "We're helping people step into new opportunities - whether that's a job interview, an important meeting, or even a school formal. It's about confidence, dignity and feeling good in your own skin."



The program has been life-changing for many. One participant, who wished to remain anonymous, shared how the session supported her recovery after escaping domestic violence. "Attending the style session was a turning point for me. After fleeing a domestic violence situation and having no support system, I felt overwhelmed and unsure of how to begin rebuilding my life," she said. "Roh, who helped dress me, was incredibly kind, patient, and professional. She made me feel seen and respected, and took the time to understand what I needed. She didn't just help me find clothes, she helped me see myself in a new light."

Thanks to donations from organisations like Thread Together and Good360, as well as generous locals, the Smart Start Styling wardrobe is filled with items to suit a range of needs, shapes, and ages. The service is available by appointment to people experiencing financial hardship.

"Receiving these clothes means so much more than just having something to wear," the participant added. "This experience reminded me that I deserve dignity and opportunity, and that I'm not alone in this journey."

To find out more about BCR Communities programs please visit BCRcommunities.com, phone 1300 222 748 or email info@bcrcommunities.com

**Photo above:** Nate is all ready for his school formal after his Smart Start Styling session with BCR Community Services team members Roh Holland (left) and Karen Chambers (right)

#### St Georges Basin Senior Citizens Inc.

(aka Basin Seniors)

Providing Fun Activities and Social Contact for "Young at Heart" Seniors

Ph Margaret 4443 6031 - 0403 783 290

#### Senior Citizens are people 50 and over either retired or semi - retired.

We are a friendly group of people providing activities and fun days for our local Senior Citizens. So, if you are looking for something to do, something to get you out of the house where vou'll meet people and make new friends, we are here for you. Perhaps you are new to the district and looking for company and an interest? Why not join us for a social morning of **Indoor Bowls**, or perhaps a game of **Euchre** is more to your liking?

Please come along and have a morning with us to see if you like us and would like to come back and join us. We are located in the Auditorium at The Country Club – St Georges Basin, from 9am each Thursday. If you don't know how to play Indoor Bowls, don't worry, we'll soon teach you in a very social, relaxed and friendly atmosphere.

Our Bushwalking group will make new members very welcome also. They meet on alternate Friday mornings. All walks are easy and designed for Seniors. Anyone interested in any of our activities can contact me on 4443 6031 or 0403 783 290. Till next time, stay safe and well everyone. Keep smiling, Margaret



#### Shoalhaven Lydian Singers

We are a community mixed choir. We meet each Wednesday from 6:30 - 9pm at St Andrews Presbyterian Church Hall, Nowra, Access through the gate at bottom of Woolworth's carpark. Come along and sing a variety of music from classical to jazz. Tenors and Basses are particularly welcome. No auditions required. For enquiries contact Leonie on

0418 979 689.

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

Are you a Military TPI looking for social interaction??? Come and join us. We are always seeking new members. Meetings are at the Shoalhaven Veteran and Family Hub, 124 Wallace St, Nowra on the 3rd Tuesday of most months at 11am. Every few months we have a luncheon so we won't be at our regular meeting place. Spouses and partners are welcome to come along also. If you are interested in coming along, please contact the Secretary, Leanne Wehmeier on 0419 464 313 beforehand to confirm what our location will be on that day.

#### **Shoalhaven Prostate Cancer** Support Group

Share experiences of treatments and managing side effects; Discuss possible impact on partners, family and work; Learn from speakers including medical professionals; Find reassurance and fellowship in an easy going, friendly We meet 2nd Monday environment. of the month from 10.30am at Coastal Waters Conference Room, 110 The Wool Rd, Worrowing Heights. Contact Fred 0435 628 110 or Roy 0405 579 088



#### **VINCENTIA RURAL FIRE BRIGADE**

next door to Leisure Centre. Vincentia

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

#### Huskisson **Woollamia Community Voice**



#### **Community Consultative Body (CCB)**

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

#### **MEETINGS**

at Huskisson Community Centre, Dent St. Huskisson.

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



#### JUSTICES OF THE PEACE Volunteer Help Desk

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

#### **SOCIAL TENNIS**

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



#### We are looking for Volunteer bus drivers.

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

Call Michelle at Basin View Masonic Village on 4443 5034

#### **PHOENIX STRINGS**

Like to play Uke? Join a happy group of Uke and Guitar players. Can't play? We will help you! Come along on Thursdays from 1pm to 4pm at the Community Cottage, Edmund Street, Sanctuary Point.

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



#### **INJURED** WILDLIFE?

Call Wildlife Rescue 0418 427 214

www.wildlife-rescue.org.au



#### **VOLUNTEERS NEEDED**

Do you have a particular interest and would like to help Basin View Masonic Village? We need REBUT your help with activities such as bus trips, craft, exercise

and various entertainment events. Just a few hours of your time occasionally will put a smile on the faces of our residents. Contact Michelle or Jo on 4443 5034 during office hours.

#### Rural Fire Services

#### **IN AN EMERGENCY CALL 000**

#### We have 7 Brigades over two groups in our area.



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

New members always welcome.

**EMERGENCY CALL 000** 

Fire Control		4424 4424
Basin View	Denise Fabreschi	0412 780 899
Huskisson	Cpt Sanna Reeves	0408 480 424
St Georges Basin	Cpt Michelle Thornley	0427 288 340
Sussex Inlet	Adam Harris	0409 326 660
Tomerong	Doug Schutz	4443 4600
Vincentia	Captain	4401 1750
Wandandian	Brian Edwards	0488 752 489
Tomerong Vincentia	Doug Schutz Captain	4443 4600 4401 1750

#### ·····community

## Shoalhaven Beekeepers Assoc Inc.

meet West Street Community Centre, West St, Nowra on the 3rd Wed (ex. Dec 2nd Wed) at



noticeboard

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 1 and 1 and

## SHOALHAVEN INDIAN MYNA ACTION GROUP

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



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

### Tennis: Ladies Doubles Social tennis only – no competition

Ladies come along for some exercise & social activity at The Country Club, StGB.

We need more players for Wed AM. Ph: 0409 920 878

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

#### **Local Markets**

#### **Berry Country Fair**

1st Sun (except Feb held 2nd Sun) 

Berry Showground, Alexandra St 

4464 1476

#### Callala Beach Makers Market

5th Sat (only in months with 5 Saturdays) 

«Callala Beach Community Hall 

«Sam to 1.30pm

#### **Clifton Community Food Garden Fundraiser**

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

#### Culburra Beach Market

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

**Huskisson Markets** 2nd Sun 

■ Huskisson Sports Ground

■ 0409 740 704 (BH)

#### **Jervis Bay Maritime Museum Markets**

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

#### Milton Village Showground Markets

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

#### Nowra Showground Indoor Market

4th Sat  $\scriptstyle \rm I\!\!I$  Nowra Showground Pavilion  $\scriptstyle \rm I\!\!I$  8am to 1.30pm

#### **Pyree Village Arts & Craft Markets**

4th Sun  ${\rm I\! I}$  Shoalhaven Potters Workshop, Greenwell Pt Rd, Pyree  ${\rm I\! I}$  4443 7312

**Royal Coastal Patrol Market Ulladulla** 2nd Sun II Ulladulla Harbour & Wharf, Wason St, Ulladulla II 4455 3403

**Sussex Inlet Flea Market** 2nd Sat I Uniting Church Hall, Jacobs Dr, Sussex Inlet I 4441 1546

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

Call Courtesy Bus to book 0413 014 125



# WHAT'S ON JULY

The Home of Sport & Entertainment on the South Coast















Scan the QR Code to learn more



Bingo Starts 6:30pm Bingo Starts 6:30pm Trivia from 6:30pm Trivia from 6:30pm SGB Women's Golf Club Raffle SGB Women's Golf Club Raffle Drawn 6pm Drawn 6pm Bingo Starts 10:30am Bingo Starts 10:30am \$18 Wednesday Steak Night\* \$18 Wednesday Steak Night\* 9th On Point Kitchen from 5pm Wednesday Mega Meat Raffle Wednesday Mega Meat Raffle Wed Tickets from 4:30pm, Draw 6pm Sub Club Raffle Draw 6:30pm Sub Club Raffle Draw 6:30pm Wednesday Night Poker Wednesday Night Poker State of Origin 3 On the Big Screen \$18 Parmageddon Thursdays\* 10th \$18 Parmageddon Thursdays\* On Point Kitchen from 5pm On Point Kitchen from 5pm Thurs Ripper Raffle - Tickets from 4:30pm Ripper Raffle - Tickets from 4:30pm Junior Rugby League Raffle Junior Rugby League Raffle Friday Bingo 10am - 2pm Auditorium Friday Bingo 10am - 2pm Auditorium Friday Afternoon Poker Friday Afternoon Poker Rego from 12pm, Start 1pm Rego from 12pm, Start 1pm Hitlist Fridays 7pm Main Lounge Hitlist Fridays 7pm Main Lounge Snooker Club Raffle Drawn 7:30pm Snooker Club Raffle Drawn 7:30pm MEGA Friday Member MEGA Friday Member Badge Draw Drawn 7:45pm Badge Draw Drawn 7:45pm Free Live Entertainment Free Live Entertainment Hits Central 7pm - 11pm Torque Duo 7pm - 11pm Poker - Sunday Poker Poker - Sunday Poker Rego from 1pm, starts 2pm Rego from 1pm, starts 2pm **Sunday Meat Raffle Sunday Meat Raffle** Tickets from 1:30pm, Draw 3pm

Cash Housie Starts 10:30am

On Point Kitchen from 5pm

\$18 Burger & Beer Tuesdays\*

Snooker Club Raffle Drawn 5:30pm

Afternoon 12:45pm - 3pm

Free Live Entertainment

Last Chance Honey 10:30am - 12pm

\$18 Monday Roast Night\*

Poker Rego from 5:30pm, starts 6:30pm

Bingo - Morning 10am - 12pm

Rock-A-Holics 4pm - 8pm

Musical Monday

On Point Kitchen from 5pm

Tickets from 1:30pm, Draw 3pm Snooker Club Raffle Drawn 5:30pm Free Live Entertainment Backlash 4pm - 8pm Bingo - Morning 10am - 12pm Afternoon 12:45pm - 3pm

Cash Housie Starts 10:30am

On Point Kitchen from 5pm

\$18 Burger & Beer Tuesdays\*

\$18 Monday Roast Night\* On Point Kitchen from 5pm

Poker Rego from 5:30pm, starts 6:30pm

Cash Housie Starts 10:30am

\$18 Burger & Beer Tuesdays\* On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia from 6:30pm

SGB Women's Golf Club Raffle Drawn 6pm

Bingo Starts 10:30am

\$18 Wednesday 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

\$18 Parmageddon Thursdays\* On Point Kitchen from 5pm

Ripper Raffle - Tickets from 4:30pm Draw 6pm

Junior Rugby League Raffle

Friday Bingo 10am - 2pm Auditorium

Friday Afternoon Poker Rego from 12pm, Start 1pm

Hitlist Fridays 7pm Main Lounge

Snooker Club Raffle Drawn 7:30pm

MEGA Friday Member Badge Draw Drawn 7:45pm

Kids Bingo

Thurs

Books on sale 9:30am | Game 10am - 11:30am

Free Live Entertainment

Raven 7pm - 11pm

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

Bingo - Morning 10am - 12pm Afternoon 12:45pm - 3pm

\$18 Monday Roast Night\* On Point Kitchen from 5pm

Poker Rego from 5:30pm, starts 6:30pm

Cash Housie Starts 10:30am

\$18 Burger & Beer Tuesdays\*

Bingo Starts 6:30pm

**Xmas in July Ham Raffle** Tickets 4:30nm Draw 6nm

Trivia from 6:30nm

SGB Women's Golf Club Raffle

Bingo Starts 10:30am

\$18 Wednesday 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

\$18 Parmageddon Thursdays\* On Point Kitchen from 5pm

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

Friday Bingo 10am - 2pm Auditorium

Friday Afternoon Poker Rego from 12pm, Start 1pm

**25th** 

Hitlist Fridays 7pm Main Lounge

Snooker Club Raffle Drawn 7:30pm

MEGA Friday Member Badge Draw Drawn 7:45pm

Cash Housie Books on sale 11:30am | Starts 1pm

**Monthly Special Breakfast** 

Free Live Entertainment Hav N Fun Karaoke 7pm - 11pm

Poker - Sunday Poker Rego from 1pm, starts 2pm

**Sunday Meat Raffle** Tickets from 1:30pm, Draw 3pm

Snooker Club Raffle Drawn 5:30pm

Free Live Entertainment Mark Dabin 4pm - 8pm

Bingo - Morning 10am - 12pm Afternoon 12:45pm - 3pm

\$18 Monday Roast Night\* On Point Kitchen from 5pm

Poker Rego from 5:30pm, starts 6:30pm

Cash Housie Starts 10:30am

On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia from 6:30pm

Bingo Starts 10:30am

On Point Kitchen from 5pm

On Point Kitchen from 5pm

Tickets from 4:30pm, Draw 6pm

Sub Club Raffle Draw 6:30pm

Wednesday Night Poker

Drawn 6pm

Wed

**31st** 

Thurs

\$18 Burger & Beer Tuesdays\*

SGB Women's Golf Club Raffle

\$18 Wednesday Steak Night\*

Wednesday Mega Meat Raffle

\$18 Parmageddon Thursdays\*

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

#### **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 =** Tue 1pm & 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

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

website www.liveslivedwell.org.au

Basin Track Bushcare = Wed 9am = https://www. shoalhaven.nsw.gov.au/For-Residents/Our-Environment/ Bushcare = michael.smith@shoalhaven.nsw.org = 0434 691 367

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

#### **Bay & Basin Bombers Junior & Senior AFL Club**

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

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

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

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

#### **Clifton Community Food Garden Working Bees**

held 3 times a week = Daylight Saving Hours Tue 9am-12noon = Fri 3-6pm = Sat 9am-12noon = Non Daylight Saving Hours Tue 9am-12noon = Fri 2-5pm = Sat 9am-12noon = 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 welcome | Pres. Flavia Riva 0430 155 486

**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

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 I Thu 9am-12pm
I New members welcome both men & women
I 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 • 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

**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
- **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 Concert Band Junior, Concert and
  Stage band Nowra School of Arts Annex, Berry St Nowra
   Tue 6-9.30pm Richard 0417 462 885 or see
- Shoalhaven Ex-Servicemans Dance Club 157

  Junction St, Nowra | Wed 7-9.30pm | Social dancing inc.
  modern ballroom, new vogue, sequence, latin, rock n roll
  visitors welcome Ph Norm 0407 950 325
- Shoalhaven Rock N Roll Group = SGB Country Club = Mon 7pm = John 0411 120 042 or Linda 0408 428 670 = www.shoalhavenrockandroll.org.au

- Sing Australia, Vincentia Community Singing Group
   Jervis Bay Baptist Church, The Wool Rd, Vincentia Thu
  7-9pm New members welcome Jenny 4441 7713 www.singaustralia.com.au
- 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 = 3 NSWSESSGB
- **Sussex Inlet Computer Club** = Sussex Inlet RSL Club = 2nd, 3rd & 4th Tue 10am-noon = All welcome
- **Table Tennis** = Scout Hall, Tasman Rd, SGB = Wed 2-4pm = Adam 0401 020 827 please leave a message
- **Tennis** = Erowal Bay = Grandview St, Erowal Bay = Booking enquiries 0491 978 037 = Social tennis players welcomed on = Monday & Tuesday mornings = Tuesdays evening 6.45pm = Thursday afternoons
- **Tennis** = Huskisson = Owen St, Huskisson Casual bookings Wendy 4441 7985 = Adult Mixed Group Mon PM & Thu AM Ph June Grippling 4443 3065 or John Hayward 4441 6979 = Ladies Tue AM Ph Jan Chappelow 4441 6417
- **Tennis** The Country Club, St Georges Basin Social Mon 6-9pm & Thu 9-11am Ph Max 0427 663 318 or Ph 4443 0666 thecountryclub.com.au/sport/tennis
- **Vincentia Bush Care Group =** Tue 9am 12 noon **=** Ph 0418 460 594

#### **Fortnightly Meetings**

Bay & Basin Camera Club Vincentia Community Hall, rear Coles carpark II 2nd & 4th Tues 7.30–9.30pm
II Pam 0401 043 833 I 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.ora/regular-activities

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

Wool Road Spinners & Weavers Jervis Bay Baptist Church classroom, behind church, cnr The Wool Rd & St George Ave, Vincentia I 1st & 3rd Thu 9.30am-1pm I 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 I New members welcome I 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 II St Georges Basin Country Club II Ph Chris 0403 113 362

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

#### **Bloomers & Buds Social Gardening Group**

**Inc.** Community Centre, Dent St, Huskisson I Last Wed 9 30am IPh Denise 0408 723 270

#### **Combined Probus Club of Jervis Bay & Districts**

Inc. SGB Country Club, Function Room #4th Thu 9.30am-11.30am #Pres. Norman Hughes 0418 382 288; Sec. Roz Woolmer 0409 981 340

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

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

**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 Jervis Bay Last Wed 7pm contact\_2@jervisbaydivers.org or call Geraldine 0410 326 061

Jervis Bay Lions Club Club Jervis Bay I 1st Thu for 7pm start I President Ruth Evans 0439 466 741 I 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 II 1st Mon 1pm II Visitors most welcome II Brenda 0407 065 031

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

**Nationals Branch** Shoalhaven meetings I lan 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 II Nowra Veterans Wellbeing Centre, 124 Wallace St, Nowra II Leanne 0419 464 313

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

#### **NSW Transport Authorities Retired Employees Assoc**

Nowra Bowling Club, cnr Osbourne & Junction St II 2nd Thu 10am for 10.30am start II Pres. Bob 4421 5265 or Sec Aileen 4421 6660

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

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

Shoalhaven Beekeepers Ass, Inc. 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 #4

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

Shoalhaven Ex-Servicemans Dance Club 3rd Sat 7-10.30pm | Shoal ExServicemans 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 Rereamsons (attached or current) RGlen Green 0417 453 999

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

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

#### Shoalhaven Prostate Cancer Support Group

2nd Mon 10.30am © Coastal Waters Conference Room, 110 The Wool Rd, Worrowing Heights © Fred Hocking 0435 628 110 e: ShoalhavenPCSG@gmail.com

**Shoalhaven Scout Fellowship** 3rd Sun I David Ravell 4441 8659

**Shoalhaven Transition** 1st Tue I 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 13rd Mon 7.30pm 1 Cpt Michelle 0427 288 340

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

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

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

**Wandandian Progress Association** 1st Tue 6pm II
Progress Hall I New members welcome II
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, Worrowing 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 II 2nd Sun II 2pm II 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 I www.breastfeeding.asn.au

**Bay & Basin Branch of the Liberal Party** Meets Quarterly \$\pi\text{7pm} \pi\text{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 II
Lesley 0426 878 421 II Mon Pottery 9am-2pm
II Tue & Thu Gentle Fitness for Postural Strength - Move with
ease 8-9am II Thu Phoenix Strings Ukes & Guitars practice
1-4pm

#### **Shareostomates, Shoalhaven Area Ostomates**

**Support Group** Nowra Community Health Centre, 5–7 Lawrence Av, Nowra | Contact Brenda Christiansen on 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 550 or 4424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 for 0424 6321 for group times and dates | Contact Brenda Christiansen or 0422 006 for 0424 6321 for group times and dates | Contact Brenda Christiansen or 0422 632 for 0424 6321 for 042

Improving lives through shared experiences

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

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

#### **Community Forums**

**Basin Villages Forum** 3rd Mon 7.30pm 

■ Meriton St Community Centre, SGB 

■ Christine 4443 7665

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

**Sanctuary Point Community Pride** Function Room at The Country Club, St Georges Basin

Christine 0409 363 243 or Gwen 0419 492 348

I 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) I 3rd Thu of every 2nd month (Feb, Apr, Jun, Aug, Oct, Dec) 7.15pm coffe/tea/biscuit 7.30pm start I www.vrra.org.au I vrra.ccb@gmail.com II Secretary 0438 856 568

#### 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 \$\text{\text{Email tomeronghall@gmail.com}}\$\$ www.tomeronghall.com

Vincentia Community Centre rear of Bilo carpark, Wool Rd. Vincentia #4429 3463

**Wandandian Progress Association Hall** D2683 Princes Hwy, Wandandian I www.wandandian.org.au I Booking Officer Anne Simpson 0405 527 655

#### **Justices of the Peace**

**BACIN VIEW** 

BASIN VIEW		
Barling, Debbie		0411 275 656
HUSKISSON		
OLD FDOWAL DAY		
OLD EROWAL BAY		
Lord, Simone	4443 8300	
SANCTUARY POINT		
Flynn, Mark		0418 669 688
Hawkins, Paul	4443 8800	0417 219 260
Tyrrell, 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
VINCENTIA		
Casmiri, Luciano (Lou)		0438 856 568

#### Local Services...Local Services...

#### **Playgroups**

Aboriginal Playgroup Mon 9.30-11am I Noah's Inclusion Services the old church 48 Paradise Beach Rd, Sanctuary Point I Ph Mel Harpur 4423 5022 or email mharpur@noahsark.nsw.edu.au

Sanctuary Point Sing & Play I Tues 9.30–11.30am at Sanctuary Point Connect I A free supported playgroup with music, craft and more I 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 II the old church 48 Paradise Beach Rd Sanctuary Point II 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

# UPDATE YOUR LISTING

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



### **HONOURING REMEMBRANCE**

Contributed by John Blackmore

Over a decade ago, Huskisson R.S.L. sub-Branch embarked on a project to upgrade its memorial in Voyager Park at Huskisson. A photograph was taken in Voyager Memorial Park in January 2014 of a cheque presentation to the sub-Branch. This was a significant donation in the tens of thousands of dollars to assist with the upgrade of the memorial.

Present on that occasion was the entire executive of Huskisson R.S.L. sub-Branch. As they stood from left to right in the photo were Messrs Barry Williams, Bob Roach, Barry Edwards, Brian Bateman and Greg Tindall. Collectively, they were the President, Vice-President, Secretary, Treasurer and Assistant Treasurer of the sub-Branch at the time. They were pictured receiving their cheque from the Federal Member for Gilmore Ann Sudmalis, the State Member for South Coast Shelley Hancock, and Shoalhaven City Mayor Joanna Gash.

In the VOYAGER PARK About ..... Monthly Feature in May 2019, many details were given on the stages of development of this memorial. The cheque presentation mentioned in these opening paragraphs was made just a few weeks shy of 50 years since the Voyager/Melbourne Disaster at sea off Jervis Bay in the dead of one summer's night in 1964. The final stage of the Voyager Memorial Park upgrade was opened and used for the first time in 2019 for that year's ANZAC Day commemorative service.

This had been the culmination of a seven year project undertaken by sub-Branch members. It meant that it was then a little more than half a century since the original community committee was formed in 1968 (involving some key sub-Branch members), when this final stage was opened. The original committee had an express purpose to build a memorial park in Huskisson. The location of this park right from the outset had been aimed at the area near the swimming pool that had been in use since its opening in October 1965.

Chairing up this committee formed to work towards the proposed memorial park on the foreshore was Huskisson resident and Shoalhaven Shire Councillor John Hatton. 1968 was the year that John was elected Shoalhaven Shire President. He became an even better asset for the ongoing development of the park project when he would go on to be elected to State Parliament five years later. John Hatton served as the Member for South Coast for over two decades after his election as a parliamentarian.

On Wednesday March 27th, 1968, when John was elected to chair the memorial park committee, local businessman and Huskisson R.S.L. stalwart Don Fairweather was elected as his Secretary. Don was to go on and become a President of the sub-Branch for four years in the early 1980s. Like many of those who worked in the best interests of both the sub-Branch and the R.S.L. Club that it had spawned at Huskisson, Don would eventually be honoured with Life Membership of Huskisson R.S.L. Club Ltd.

Apart from his work on the memorial park project, Don Fairweather worked hard for the ongoing progress of Huskisson Soccer Club (formed early 1960s), as well as the re-establishment of a cricket club based in Huskisson in the 1980s. Don was President of the sub-Branch at the time the latter sport re-formed locally, and began playing under the name of Huskisson R.S.L. Cricket Club. Beginning in senior Shoalhaven District competition from the 1982/83 season onwards, it also had junior grades start in the 1980s for the first time. Its disappearance as a sport played in Huskisson in the late 1950s had ended a tradition going back to the early decades of the shipyards in the 1800s.

In the late 1980s, when he was in the midst of four years as President of Huskisson R.S.L. Club Ltd, Don Fairweather was to write a precis which outlined the development of the soccer club from its very first junior team which played in 1961. He had been President of Huskisson R.S.L. Soccer



Club in the early 1970s when the local club first formed senior men's teams. He was one of the key organisers who established Huskisson as a first grade entity in the years soon after the Shoalhaven District Amateur Soccer Association began functioning as a organisation operating senior and junior competitions from 1973 on. He was also involved a few years later when Huskisson formed the first senior women's soccer team in the Shoalhaven. They played in competitions in Wollongong well before Shoalhaven based women's soccer competitions began.

In the April 2023 **About** ..... Monthly Feature, the very first ANZAC Day ceremonies conducted in the memorial park at Huskisson in 1971 and 1972 were detailed. As the years rolled by, the first centerpiece of the memorial park, a large slab of granite stone, would be upgraded.

In 1984, a few years before an addition was made to Huskisson's memorial park, newly elected sub-Branch President Doug Brennan led a 20<sup>th</sup> anniversary commemoration of the Voyager/Melbourne Disaster. This was held at Voyager Memorial Park at 10am on February 10<sup>th</sup>, twenty years to the day after the disaster. Held in conjunction with H.M.A.S. Albatross, this ceremony was conducted by R.A.N. Chaplain Simon Hubbard and Huskisson Anglican Church Minister Barry Parkin. Mr Ted Smith of Vincentia, as lead vocalist, assisted with proceedings.

From the wider community, Shoalhaven City Council Mayor Harry Sawkins, as well as Captain Peter Ross of H.M.A.S. Creswell, both attended. From Huskisson R.S.L. sub-Branch, their World War I Digger Les Cowie was present, while Tom Vance, a Vice-President of Shoalhaven Exservicemen's in Nowra, and the President of Sussex Inlet R.S.L. sub-Branch, Ted Boulton, also represented their respective organisations.

The address at this ceremony was given by the Commanding Officer of H.M.A.S. Albatross, Commodore T.A. Dadswell. As Doug Brennan recalled in his report to the South Coast Register regarding this address, Tom "very vividly traced the events of that evening 20 years ago when tragedy struck out at sea from Jervis Bay. The Commodore saw everything that was happening as a pilot on one of the aircraft engaged in the training operation. It was a moving address, and quite a few of those present, including Tom Dadswell, were visibly affected by the emotions of memories of that night."

In the fourth of his five years as Huskisson sub-Branch President, Doug Brenan would lead a ceremony which was called a SALUTE TO THE SERVICES. On this occasion, the spirit of the event held on November 21st, 1987 was to recognise and honour the contributions made by all of the Australian Armed Forces for the benefit of all citizens within the Commonwealth of Australia. This recognition was for efforts in both peacetime and wartime.

Before this particular occasion was conducted, an upgrade of the memorial park was planned and constructed. In October 1987, a working bee was conducted with the goal of having the Gallipoli pine tree, planted the best part of a decade before, as its centerpiece. A photograph of those who participated in this working bee shows Bill Kemp, Jim Bennett-Burleigh, Tom Hale, Merv Ewers and Noel Webber in their overalls, braces, boots and other working clothes, all gathered around the pine tree. Of course, in the middle of the action holding the tree was Doug Brennan.

On completion, four brick columns were added at each corner around the tree. A plaque for each armed service was mounted on top of each pillar, including the Women's Services and the Merchant Navy. The brick pillars were built by Harry Wennell, with each capped by Bill Birkett. Each pillar was facing a cardinal point of the compass – north, east, south and west.

This construction was officially opened in Voyager Memorial Park by Sir Ivan Dougherty. He had served as a Major General in the Australian Defence Forces during World War II. He was welcomed by Huskisson sub-Branch President Doug Brennan, and his Secretary Ken Patterson. Sir Ivan was an uncle of Vera Hatton, a Huskisson resident and wife of by then longstanding Member for South Coast in the N.S.W. State Parliament – John Hatton.

As can be gathered from the beginning of this **About.....** Monthly Feature article, this upgrade to Voyager Memorial Park was not to be the last such phase of the Huskisson R.S.L. sub-Branch's efforts to properly honour and remember all those who had served their country before them. But as this occasion was marked in the 40<sup>th</sup> year of the sub-Branch's existence, it was certainly conducted with the most worthy of intentions.



# Preparing for Spring Into Sanctuary Point

While Spring feels a long way off, Sanctuary Point Community Pride members are busy preparing for the annual Spring Into Sanctuary Point fair.

# It will be held on Sat. 19th October 2025 from 9am to noon at Francis Ryan Reserve, behind the shops at Sanctuary Point.

The aim of the fair is to showcase the range of activities that community groups provide.

If you are a community group that would like to have a free stall at the fair, contact us today at sanctuarypointcommunitypride@amail.com or via our website spcp.org.au

In addition to community information stalls, the fair will have live bands; children's activities; food stalls; lucky gate prizes and much more. Fun for all the family!

Look for further details in future editions of **About.....** magazine and on our website.

Each year a raffle is held with proceeds going to benefit the community. Prizes are generously donated by local businesses and SPCP members will be visiting them for their much appreciated contribution to the monster raffle. Raffle tickets will be on sale in the fortnight leading up to the fair with the winners to be announced at the fair.



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# FiREFLY

### National Recognition for local Youth Voice Project

Bay and Basin locals can take a well-earned moment of pride: the Youth Voice Project, an initiative by Firefly Bay and Basin, has been recognised on the national stage. The project was awarded the Highly Commended Partnership for Change Award at the 2025 Student Voice Conference, held in Geelong in late May.

Receiving this award is more than a moment of celebration – it's a recognition of what can happen when young people are genuinely included in decision-making, and when communities wrap around them with support, trust and resources.

Led by Firefly Bay and Basin with funding from Uniting NSW.ACT and Foundation for Rural and Regional Renewal (FRRR), and initially supported by partners including Vincentia High School, Western Sydney University and Youth Insearch, the project prioritised co-design from the beginning. Young people weren't just consulted – they were at the centre of designing the direction and priorities of the work.

Firefly staff Tash and Christine presented on the Youth Voice Project at the Student Voice Conference, hosted by the Australian Council for Student Voice. The theme of this year's event – Connect. Share. Empower. – couldn't have been more fitting. "We were incredibly nervous walking in," said Christine. "But it was such a welcoming and inspiring environment. Everyone was there to learn from each other – students, educators, policymakers. It reminded us that the work we're doing locally has a place in the national conversation."

In addition to their presentation, Tash was invited to join a panel discussion at the end of day two, reflecting on her conference highlights and future directions for youth-led projects across the country. "Winning the Highly Commended Award was a huge honour," said Tash. "It validated the work we've done together over two years – and most importantly, it recognised the voices and leadership of the young people who have shaped this project every step of the way."

Dr Ruth Winfield, Principal of Vincentia High School, also attended the conference in support.



"It meant a lot," Christine shared, "her presence affirmed the school's commitment to real youth participation and to working alongside community."

The conference also marked the launch of the Australian Framework for Student Empowerment – a new, collaborative tool to guide schools and systems toward deeper engagement with student voice. The Youth Voice team is now exploring how to embed this framework into their ongoing work. While the national recognition is exciting, the team is already looking ahead. "We've always said this work is ongoing. It's not a project with an end date, it's about continuing to create spaces where young people are heard, seen and respected" said Tash

Firefly and partners would like to thank all those who contributed to this achievement: Vincentia High School's dedicated staff, FRRR, Youth Insearch, South Coast United Mountianbikers, Beyond Empathy, BCR Communities, the Jervis Bay Maritime Museum, and of course – the young people who continue to lead the way.

Bay and Basin residents can follow Firefly's social media channels for updates and opportunities to get involved. With this award under their belt, the team is more energised than ever to continue the work of building a stronger, more inclusive future – together.





# Wool Road Spinners & Weavers

I was curious to hear what my grandchildren knew and thought about spinning. Admittedly they have seen me knitting more than spinning. Most of my spinning is from unprocessed wool fleece rather than already prepared wool for spinning. So I asked some questions of children aged between 6 to 11.

What do you think of when you think about wool? Sheep; soft fur from sheep; make stuff from it; shearers.

What would you like to make with wool? The eldest wanted to make a blanket or a stuffed pillow, The next (a boy) wanted to make a camouflage green and navy blanket, whilst the youngest wanted a navy blanket with blue flowers

How do you think yarn gets made when the wheel is spinning? The wheel spins the wool, making it softer. It's stretched and it turns to "string" so it can be knitted or used in Arts and Crafts.

What do you think is the hardest part of spinning? The hardest part is knitting and taking the stuff out of the wool. (They have watched me getting out the prickles and dirt as I have prepared the fleece for spinning!!) Another suggested getting the lumps out and the eldest

suggested patience, to sit doing the same thing!

What would you name your first spinning project? The youngest suggested she would make a blanket and name it 'Annabelle's perfect knit.' The eldest would make a square and it would be called 'My First Creation' whilst the other child would also knit a square and call it 'Alex's woolly square'

#### Lastly I asked:

What kind of animal do you think would like to wear a woollen jumper? The youngest child decided a dog jumper in turquoise as that colour is made from her two favourite colours of green and blue. The next child wanted a jumper made from fluorescent yellow as his favourite soccer



player frequently wears this colour. The eldest child chose a pink jumper for a duck as it would look cute and it would be fun to see the duck waddling in a jumper that was waterproof.

It is fascinating to see how your actions can influence!!



5th - Dirty Byrd 8-11pm 11th - Crystal Set Duo 7.30-10.30pm

12th - The Spencer Band 7,30-10.30pm

**18th - Us Too Duo** 7.30-10.30pm

19th - Alan Barnes Band 7.30-10.30pm

26th - A Team 7.30-10.30pm

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

# JULY 2025



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

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





## Understanding Seizures: – **How to Respond with Confidence**

Contributed by South Coast First Aid - 0410 024 869 - www.southcoastfirstaid.com.au

Seizures can be distressing to witness — but with the right knowledge and quick thinking, you can make a real difference. Whether caused by epilepsy, head trauma, infection, or other medical conditions, seizures are more common than many people realise.

## Knowing how to respond safely is key. What Is a Seizure?

A seizure is a sudden, uncontrolled electrical disturbance in the brain. It can cause changes in behaviour, movements, feelings, or levels of consciousness.

The most well-known type is the tonic-clonic seizure (formerly known as a grand mal seizure), which involves convulsions, muscle rigidity, and loss of consciousness. But seizures can also be subtle — such as brief staring spells or unusual sensations.

### What To Do During a Tonic-Clonic Seizure

As recommended by Australian Resuscitation Council and Epilepsy Foundation Australia:

- Protect from injury. Move dangerous objects away and place something soft under their head.
- Stay calm, stay with the person and reassure them throughout the entire seizure.
- **3. Time the seizure.** If it lasts more than 5 minutes, call 000.
- **4. Do not restrain them** or put anything in their mouth.
- Roll them onto their side (recovery position) once it's safe — usually after the seizure stops.

**6. Reassure them** when they regain consciousness. They may be confused, tired, or emotional.

#### When to Call an Ambulance (000)

- The seizure lasts more than 5 minutes.
- Another seizure follows quickly.
- The person is injured, pregnant, or has diabetes.
- It's their first known seizure.
- You're unsure if the person has epilepsy.

#### Seizure First Aid Is for Everyone

Confidence in seizure first aid can prevent injury and save lives. If your workplace, community group or school doesn't already offer training, consider arranging a session.

The Epilepsy Foundation provides resources and support to help people understand and manage epilepsy, while the Australian Resuscitation Council ensures that first aid protocols are based on evidence-based medical guidelines.

#### Final Thought

Seizures can be confronting — but they are manageable with the right knowledge and calm approach. By knowing what to do, you can provide effective, compassionate care, and potentially save a life.

More information can be found at:

https://epilepsyfoundation.org.au/ https://resus.org.au/







# Shoalhaven Libraries Sanctuary Point

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

Look at all the fun things happening at your local library these school holidays! Book the kids in to beat the winter blues. Borrow some books, movies, puzzles or games to take home. It's all completely free with your library card!



Good Morning Jervis Bay. Tuesday 8<sup>th</sup> July 10.30am-11.30am. A very special storytime featuring local author Michelle van Grinsven reading her beautiful picture book all about life in our bay. After the story, stay for a fun ocean themed craft. Ages 2-8 years.

**Magical art. Thursday 10<sup>th</sup> July 10.30am-11.30am.** Explore new art techniques! Use wax and paint, tissue paper and water to create amazing, colourful artworks. Suitable for kids aged 6-12 years.

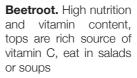
LEGO Digital Storytelling.
Tuesday 15<sup>th</sup> July 10.30am12.00pm. A fun session
combining literacy, coding and
electrical circuits. Build your
scene with LEGO then code
an interactive story including
sounds and speech with

Scratch and Makey Makey. All materials provided, just bring your imagination. Strictly ages 8-12 only.

**Tree Craft. Thursday 17<sup>th</sup> July 10.30am-11.30am.** We love trees! Let's make a twig friend and try our hand at weaving a tree hanging with wool, vines or a paper plate. Suitable for kids aged 4-12 years.

Please note bookings are essential for all events. To secure a place at any of these free sessions call 4406 2076 or book online at <a href="http://www.shoalhavenlibraries.com.au/events">http://www.shoalhavenlibraries.com.au/events</a>

Did you know the Seed Library has new seeds?





**Borage.** A beneficial plant for garden and health, leaves make a calming tea, lovely blue flowers attract bees.

**Kale.** High in vitamin A, young leaves used like lettuce, older leaves cooked, like cabbage.

**Snapdragon.** Perennial plants, best grown as annuals, tall showy flower heads, nip to spread, scented border plant, excellent for cut flowers.

**Snow pea.** Sweet winter vegetable, keeps well in the fridge for weeks, can be frozen.

Shoalhaven Library members can borrow two packets of seeds every time they visit the library. Remember to check out the donated seeds too!



**Writing Group.** The library is hoping to host a writing group to be held monthly. Dates and times still to be determined. Call or email to register your interest.

See you at the library!





# **Bobotie**

courtesy of **f** Australian Home Cooks

Experience a fusion of sweet and savory flavours in this traditional South African dish that's sure to tantalize your taste buds!

#### **INGREDIENTS**

- 500gm ground beef
- 1 onion, finely chopped
- 2 slices white bread, soaked in milk
- 1 apple, grated
- 1/4 cup raisins
- 2 tbsp curry powder

- 1 tsp turmeric
- 1/4 cup chutney
- 2 eggs
- 1/2 cup milk
- Salt and pepper to taste
- Sliced almonds for topping

#### **METHOD**

- 1. Preheat the oven to 180°C and grease a baking dish.
- 2. Squeeze excess milk from the bread and combine with the beef, onion, apple, raisins, curry powder, turmeric and chutney. Mix well.
- 3. Press the mixture into the baking dish, smoothing the top.
- Beat the eggs with milk, season with salt and pepper, and pour over the beef mixture.
- 5. Top with sliced almonds and bake for 45-50 minutes until set and golden.
- 6. Serve hot with rice, chutney and a side of vegetables.



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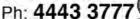




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#### **Noah's Inclusion Services**

Contributed by Nicole Kennedy, Team Leader 48 Paradise Beach Rd Sanctuary Point (next to the blue library) Ph 4423 5022

#### **READING IS A SUPERPOWER!**

From child development perspective, one of the most effective activities you can do with your child to build your connection and to give their skills and development a super boost is reading. Reading is very important for children's development, fostering language skills, expanding vocabulary, boosting comprehension and enhancing imagination and brain development. It also plays a vital role in building social-emotional intelligence, promoting empathy and creating strong parent-child bonds.



Reading to your child can be

introduced from birth by having even one or two simple books you can use during your baby's wake times as a way of communicating and building connection. By pointing at objects in books and naming them, the earliest awareness and skills and will begin to form.

As they grow older, children can help to turn the pages of books and often enjoy asking and answering questions about the story. They might also enjoy choosing the book they would like to read, giving them choice and autonomy. Asking them questions about the story after you have finished reading is a good idea too to build their comprehension and to encourage curiousity.

Storytime is often associated with bedtime and, while it is the perfect wind-down activity after a busy day, some parents struggle to find the time and energy at night. If so, don't be afraid to choose another time that suits better – before an afternoon nap works well or you could pack a few books in the car to read while waiting at school pick-up or after-school activities for older siblings.

If your child has home readers from school, ask older siblings to help with reading time if you're busy doing other things. Or if they are old enough to independently read, get comfortable together and also read your own book or magazine at that time too. The best way to encourage a love of reading is to engage in reading yourself.

"The more that you read, the more things you will know. The more that you learn, the more places you'll go" - Dr Suess



# Basin Villages Forum

A Shoalhaven City Council Community Consultative Body

St Georges Basin Community Centre | 3rd Monday each month starting at 7pm



#### WWII ISLAND **POINT** SIGNAGE

The Forum has a standing request with Council from the March meeting to remove and replace the badly deteriorated heritage signage in Kingfisher Reserve. There has been good interest from the community and excellent support from Clr. Selena Clancy who is currently liaising with Council on the Forum proposal.

#### **MEETINGS 3RD MONDAY EACH MONTH**

JULY	21ST
AUGUST	18TH
SEPTEMBER	15TH
OCTOBER	20TH
NOVEMBER	1 <i>7</i> TH

ST GEORGES BASIN COMMUNITY CENTRE, MERITON ST. STGB 7.15PM FOR A 7.30PM START - 9PM

YOU ARE INVITED - ALL ARE WELCOME! COME AND HAVE A CUPPA WITH US!







## **HUSKISSON PUBLIC SCHOOL**

#### Together we are Stronger and Smarter

P: 4441 5074 E: huskisson-p.school@det.nsw.edu.au

**Celebrating Excellence Across All Areas** At HPS, we are proud to be a place where every child is encouraged to reach their full potential. We believe all students have unique strengths and talents, and through our strong High Potential and Gifted Education (HPGE) approach, we nurture excellence across academic, creative, social-emotional, and physical domains.

Excellence at Huskisson isn't limited to one classroom or one subject — it shines through in all areas of school life. Whether it's in the way students solve complex problems in maths, explore big ideas in writing, lead discussions in debating, or support others in the playground, we see high potential and gifted learning happening every day.



Our students thrive in rich and challenging learning environments. In sport, our PSSA Knockout Netball team demonstrated outstanding teamwork and skill by progressing to Round 3 of the state competition. Their success reflects the dedication and spirit we value at Huskisson. In strategic thinking and focus, our chess teams proudly represented our school at the tournament in Nowra, with one team advancing to the final round — a fantastic celebration of critical thinking and collaboration.



Creativity is also flourishing. A highlight this term was the opportunity for students to take part in a workshop with the renowned UBUNTU African Choir — a truly unique HPGE experience. This inspiring session allowed students to connect through music and culture in a way that built confidence and sparked passion. Two of our students, Pippa and Bronte, were invited to perform on stage with the "All Voices" Choir during the UBUNTU Concert — an unforgettable moment of pride for them and our whole school community.

Huskisson students are also making their mark at the

highest levels in sport. Eva in Year 6 placed second at the National Athletics Championships in Perth—a remarkable achievement that speaks to her talent and commitment. Earlier this month, three of our students played in the AFL State Cup, showing strength, resilience and teamwork on a big stage.

Equally important is how our students contribute to their community. Through programs like Meals on Wheels and other local initiatives, they show empathy, care and leadership — qualities that are just as important as academic success.

We don't just aim for achievement — we celebrate it in all its forms. We are committed to identifying, supporting and extending the talents of all our students, and we take great pride in seeing them grow. Whether it's on the field, in the arts, in the classroom, or in the community, our students are constantly showing what's possible when potential is nurtured with care, challenge and opportunity.

We are proud to be a school where excellence is not just expected — it's celebrated.





# VINCENTIA HIGH ENTER SCHOOL NEWS

Where are the words to describe our Ubuntu concert!! Our hall was filled with family, friends and community. A performance that has warmed our hearts forever, holding Africa deep within us all.

Many thanks to our amazing staff, students & their families, our school cleaners, our canteen, the Ubuntu support crew and our host families for supporting such an epic event.

There is SO much 'behind the scenes shenanigans' that somehow come together from the powerhouse we call Us. We had lighting, sound, chair set-ups, ticket door checkers, traffic and gate control, the mighty mudjingaal mars bar slices, coffees and bracelet sales (pictured), our delish canteen menu, merchandise table operators, and the talented Jakai, Tyrone, Tallon and Rodney a proud wandi-wandean man from jerrinja with the didgeridoo opening performance and the VHS & Community Choir.

To our fabulous sponsors Treasure Chest Huskisson, Peter Eva Pizza, Club Jervis Bay, Jervis Bay Wild, VHS P&C, Booderee National Park, St Georges Basin Rugby League & Everlight Productions, without your generosity, the visit & night would not be what it was, truly magical.

The Ubuntu tour entertained us with their pure, raw talent, strong and gentle voices, moves and dancing that can only be described as energetic and heartfelt all mixed in together.

Stories of their lives had our audience silent,

but the Word Of The Night must go to Ubuntu's Manager Abe: 'Today I learnt the Aussie word for food..... 'Tucker.'

Until next time, may KWaYa and Ubuntu stay etched in our memory banks for years to come.







# **WORD SEARCH**

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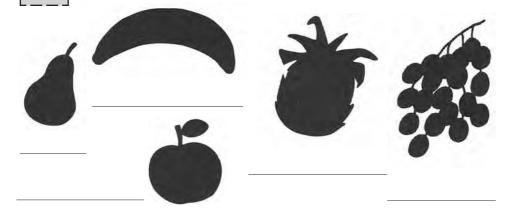
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MY ANTONIA
OF MICE AND MEN
OLIVER TWIST
PARADISE LOST
REBECCA
ROBINSON CRUSOE
THE GRAPES OF WRATH
THE HOBBIT
THE ODYSSEY
TREASURE ISLAND
ULYSSES
WAR AND PEACE

# KIDS DID YOU KNOW?

- An average strawberry has 200 seeds and are the only fruit with their seeds on the outside of their skin.
- Bananas are an energy food, which is why it is recommended for athletes.
- Pineapples got their name because they look like huge pine cones.
- It has been said that eating 2 kiwi fruits an hour before bedtime will help you get a better night sleep.
- After potatoes, carrots are the most popular vegetable in the world.

#### Which fruits are these shadows of?



### HUSKISSON PICTURES



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