



APRIL 2024Vol 21 Issue 3

About Monthly Feature

JIM KELLY'S FLAG

Sanctuary Point Community Pride

WHAT MAKES SANCTUARY POINT SHINE?

Come and celebrate with us!
Sanctuary Point & Districts Bendigo Bank Branch

HAPPY 20TH BIRTHDAY

Fields of Green - photo by Dave Broadhurst Landscape Photographer





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A Word from the Editor

WELCOME TO OUR APRIL EDITION OF THE

About MAGAZINE.

About has had a facelift. We now have a new website where you can browse the magazine online

We also have new email addresses if you want to get in touch with us. All the details are on Page 9 of this edition.

On Page 3 you will find some details on the celebrations of 20 years of your Community Bank being open. In a time when other banks have been closing branches or reducing their hours, Bendigo Community Bank has provided all your banking needs, locally. Why not join in the celebrations.

This months must reads:

- What Lies Beyond –
 Liechtenstein Page 15
- Jim Kelly's Flag Pages 26-27
- Schools Corner Page 37

Regards and happy reading, Editor



HAPPY 20TH BIRTHDAY TO US!



On April 5, 2004, the doors to your Community Bank opened for the first time.

Being a Community Bank, we are for locals. Our shareholders are members of the Bay & Basin Community. We invest our profits back into the community through Community Grants, sponsorships and donations – offering a unique banking solution. AND.....

We are not going anywhere..... We have just recommitted to Bendigo to continue to operate into the future.

It's an honour and a privilege to be a part of and support the Bay and Basin community. We thank you all for your support, which enables us to give back.

Join us at the branch on April 5, as we celebrate this milestone. We will have a free BBQ operating, fun for the kids and Power FM will be broadcasting live. So come down and join the festivities – grab a snag and have a chat.



To mark such a milestone, we are also planning a formal celebration in May. Details will be announced shortly, including how you can purchase tickets to join the evening. Stay tuned!

Until next month, Anthony van Breugel – 4443 9825





Basin Villages Forum

basinvillagesforum.asn.au PO Box 37, St Georges Basin 2540

BVF February meeting started with short tribute to Christine Rigg for her long term role within the BVF as Secretary and Treasurer.

Short discussion on need for Secretary and Treasurer of BVF after loss of Christine who held both both roles.

Two Shoalhaven Councillors present with many issues addressed including the Special Rate Variation and meeting outcomes.

Conversations held in depth about workings of Council, with new CEO, Council services, restructuring and state of roads.

Items

- Amendment to Cooee Hotel DA shows developer has listened to the community. New amendment discounting disturbance to Basin Village Green. Other changes include height of buildings & car parking spaces etc. BVF to submit comment.
- 2. Rabbits. Feral rabbits in many different areas and if seen residents should report to Council and/or email *enquiry.southeast@lls.nsw.gov.au* or phone 1300 795 299.
- BVF Committee prepared and submitted feedback as requested by Council on proposed rate increases during the Dec/ Jan break.
- 4. State Planning Reforms. Concerns raised re new correspondence from Dept of Planning, Housing and Infrastructure with plans to change zonings of land within the 6 Cities Regions (including Shoalhaven). This could apply locally with high rise possible.
- 5. SGB Coastal Management Plan. Whilst rated Highest Priority, SGB Planning still to be completed. Mid 2024 suggested as possible delivery of the Action Plan Stage 4. Direct engagement with SGB and Forum suggested.

- Sustainable Tourism workshops being held with BVF representative attending and reporting back to Forum.
- SGB Crematorium DA remains in progress and undecided.
- Erowal Bay Boarding House remains in progress and undecided with site remaining for sale and unsold as residential block.
- Bherwerre Wetland boardwalks and car park access both open. Still elements to complete. Signage and art works in progress. Issues unresolved such as dog status; maintenance; rezoning for conservation.
- 10. Correspondence required re Review of Shoalhaven LEP 2014 to inform council of local areas requiring rezoning.
- Combined CCB meetings to be held to discuss future of representatives attending Council's Budget Committee. BVF representatives to attend.

Basin Villages Forum meet every 3rd Monday of each month at Meriton St Community Centre SGB. **Next meeting 15th April.**

Enquiries 0424 100 051.





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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



VOLUNTEERS NEEDED

WANT TO DO SOMETHING LIFE CHANGING?

WHY NOT VOLUNTEER AT VINCENTIA OR HUSKISSON PRIMARY SCHOOL AS AN ETHICS TEACHER!

Volunteers can be parents, grandparents, friends and from the local community. Primary Ethics, the approved provider, offers full free training, lesson scripts and ongoing support.

The ethics program encourages children to develop their opinions through ethical reasoning and respectful discussion. Ethics helps kids develop confidence and empathy. As a volunteer ethics teacher, you'll get a lot out of it too!

If you have an hour a week and want to ensure children at our school can access this valuable program, go to

https://primaryethics.com.au/volunteer/ ethics-teacher/

OR contact

Nicky for Vincentia Primary on 0447 068 194 OR

Suzanne for Huskisson Primary on 0421 279 156.

BAY & BASIN CANCER SUPPORT GROUP

are once again hosting their



FUNDRAISING EVENT

on Wednesday 1st May 2024

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

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

Please come along and bring a friend - \$5 entry

For information or to reserve a table please phone Di 4443 3275 or Jo 0409 240 195.



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Each year on Mother's Day over 100,000 participants nationwide come together to walk or run to raise money for breast cancer research.

Since 1998 the Mother's Day Classic has donated over \$44 million to the National Breast Cancer Foundation and since 1994, the five-year survival rate for breast cancer has increased from 76% to 92%. This includes over \$100,000 raised by the Huskisson event alone.

This year we are going one step further and raising money for both breast cancer or ovarian cancer research. In Australia around 1,815 women are diagnosed with ovarian cancer each year making it the sixth most common cause of death from cancer among females in Australia. The five-year survival rate for ovarian cancer is only 49%.

In Huskisson on Mother's Day, the 12th of May, we will be coming together at Voyager Memorial Park for a 3km, 5km or 10km walk or run.

Many walkers and runners are participating in tribute to friends or family members who have dealt with a cancer diagnosis and some are facing a diagnosis of their own.

In addition to a run or walk along a beautiful, mainly flat course along the water we will also have a BBQ, cupcakes and flowers for sale and an amazing raffle.

Please head to <u>mothersdayclassic.</u> <u>com.au</u> or **f** huskissonmdc for more information.

We hope to see you there!





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St Georges Basin Senior Citizens Inc.

(aka Basin Seniors)

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

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

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?

Come along 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



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UPDATE TO EMAIL AND WEBSITE

We are excited to share that we now have a new look, updated website. Please check it out, we would love your feedback:

https://bayandbasincommunityfinancialservices.com/

During this process we have had to update the **About** * magazines email. Please update your contacts with the below email addresses for use from this April 2024 issue (change the .org to .com.au).

NEW EMAILS:

Editor: editor@aboutbayandbasin.com.au

Advertising: ads@aboutbayandbasin.com.au

Distribution: distribution@aboutbayandbasin.com.au

If you have an article on a topic of interest, some local history to share, a local event coming up, local information, update to contacts in the "What's On" section, a recipe to share or even an acknowledgement of a local business or person who went above and beyond we want to hear about it and share it with our readers. Please email us on the above.

We hope to hear from you soon.

About magazine Team



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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

So, we find ourselves on the other side of the Easter celebrations and looking forward to our next fundraising morning for our Clifton Community Food Garden, which will be on Saturday 20th April. We usually have a relaxed friendly atmosphere on this day and our members enjoy a chat with the locals and visitors and share some garden banter.

The wonderful cooks, Charm and Ellen have been busy creating the preserves, pickles and jams during the busy summer season and their shelves are full. Plenty of fig jam this year with white figs donated and genoa variety grown in the garden, two limited additions available to delight your taste buds. (Umm! Maybe, there might be strawberry jam too! Shhh'.....)

As the Garden is now ten years old extensive reviews have been undertaken over the past months to examine the usefulness and direction of the facility. Reviewing the data gathered from the programme Evernote, especially the success and productivity of each crop in each bed, has led to a reduction in the varieties grown.

The changing climate, humidity and impact of the rust virus on many of the crops, has led to decisions to exclude some of the previously enjoyed vegetables grown. It seems the battle with growing the garlic and brown onions has been lost. Things like berries, garlic and onions take longer growing periods, so the crops which give a quicker return are favoured.

The amount of the plant Yacon is to be reduced, and moved to another position in the garden. It is a crop which reproduces rapidly but the Peruvian Ground Apple is an interesting vegetable gaining popularity in Australia. A close relative to the sunflower it is a perennial plant which has fleshy tubers similar

to sweet potato in appearance. It has a mild sweet flavour, very juicy with crisp, crunchy, refreshing flesh, similar to nashi pear or water chestnut with similar texture. It has clear health properties being high in fibre, potassium and antioxidants. Reputed to improve digestion, reduce cholesterol levels and boost the immune system. It also will reduce inflammation and promote weight loss and can be eaten raw, cooked as steamed, baked or chipped. The tubers keep well if stored in a cool dry place and will increase in sweetness if stored for a few weeks. Woo!! That is a rap! May be that is the only crop we should be growing and eating. We usually have a sample on the vegetable table at the fundraising days, for people to taste.

The sweet basil, which is grown in the bed with the tomatoes, as an insect deterrent and companion plant did particularly well this season and was used for the delicious pesto created by one of the members. Thank you, Dennis. Sorry, folks all gone now!!

Also, our thanks to Anne, a local resident with a native lime tree which produced a bounty of fruit this season; Anne kindly shared these with the members. With delight, someone immediately rushed off to purchase oysters as the ultimate treat – oysters with native lime, delicious.

There will be lots of silver beet, spinach, cabbage, lettuce, carrots, beans, peas, passionfruit etc. as usual for us all to look forward to in the autumn and winter months. Perhaps more workshops coming our way too.

We hope for another productive winter ahead.





Sprouts and Microgreens

Brad Wilson - herbalist



Grow Your Own

Are you a "brown thumb" – can't grow anything? Have you planted seeds, moistened them, prayed to them, only to wait in vain when nothing emerges? Have you bought lettuce seedlings only to see them vanish overnight? (Hint: follow the silvery trail). Have you waited 3 months for the spindly onions you planted to struggle upward only to discover Woolies are giving them away for a dollar a bag? How can growing vegetables be so hard?

Do you dream of rows of mixed vegetables swaying in the summer breeze? Red apples ripe on the tree ready for plucking? Watermelons so large you need the wheelbarrow?

Here's your solution – how would you like to grow heaps of fresh organic food in your kitchenette (blindfold if you like) for almost no cash in just 5 days? Try sprouts and microgreens.

Put them in your salads, sandwiches and wraps, your stews, your stir fries. Put them on toast with peanut butter (bonus: they stick on). Put them in your kid's smoothies. Sprouts are so versatile and the combinations are endless.

Go hard core – Big Macs with sprouts? Yes please. The Colonel with sprouts? Mmm - finger lickin'. Krispy Kremes with sprouts? Yes with extra cream.

If you thought sprouts were "health food" you are right. Any rabbit will verify. Packed in every little sprout is real nutrition.

It's got fibre - you need that.

Vitamins and minerals? Yep, bursting with that.

Freshness? Yep, mooing on the plate.

Free of pesticides? No problem.

Cost savings? Enough for a holiday to Fiji.

Sprouts come in many flavours and colours. Try alfalfa, mung beans, fenugreek, radish, broccoli, kale, rocket and lentils. Use whole, not split lentils otherwise you'll be waiting indefinitely.

If you haven't got one, you will need a strainer tray or a mason jar with a strainer lid. These days ordering online takes the worry out of being seen in a health food store. And you can relax knowing your strainer and seeds will be discreetly shipped in plain packaging. Your friends and family need never know what you are up to.

After you've grown sprouts for a bit you may want to try the "new" trend - microgreens (same baby plants, new fancy name). It's far quicker to grow a carpet of baby broccoli in just 10 days by sprinkling seed on a thin layer of potting mix rather than wait 3 months for your broccoli to mature. They are sweet and crunchy and just as nutritious. Instant organic veggies and no gardener's knees! Turn your brown thumbs into green thumbs, and give your health the thumbs up.

Sprouts on Toast Cook the toast. Spread on plenty of peanut butter. Apply sprouts firmly. Flip upside down to test for adhesion. Enjoy!



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TWO SPECIAL EVENTS TO CELEBRATE OUR

20th Birthday

Bendigo Bank Community Bank Sanctuary Point & Districts branch turns 20 this year and we are celebrating!



Friday 5th April 2024

Join bank staff and Power FM who will be broadcasting outside the branch from 10am – 2pm

Come on down for a FREE BBQ, face painting for the kids and lots of giveaways on the day.

Friday 24th May 2024

Join the current Board of Directors and Staff at our Gala Dinner Celebration, as we acknowledge the Community Bank's contribution to the Bay & Basin community and the efforts of individuals past and present.

WHERE: The Country Club - Vincentia

TIME: from 7pm to 11.30pm

TICKETS: \$30 (plus booking fee) Tickets are limited so get in quick

https://www.stickytickets.com.au/P1ORP
Entry and three-course dinner is included in ticket
cost (beverages not included and are to be

purchased by attendees).

Music for the night provided by local artist Liam Maihi.









Ph: 4441 5135

Information for Members & Guests



MEAT MARKET THURSDAYS

Tickets on sale 6pm; Draw from 7pm



Open 10am. Bookings preferred last booking 4pm

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XSES

What will you say after joining the SES?

Contributed C Wheeler - Unit Commander, St Georges Basin Unit, 41 Tasman Road, St Georges Basin

STATE EMERGENCY SERVICE

"What have the Romans done for us?" was asked, famously, in a Monty Python film. Our operatives were asked, recently, "What has the SES done for you?" Here are their answers.

- "SES is social, provides excellent training, life skills, such as First Aid and helping the community is very fulfilling"
- "I have a great sense of achievement and a feeling of self-worth whilst enjoying the friendship of the St Georges Basin SES"
- "I've learned new skills, made new friends. I feel I'm giving back to the community"
- "Given me a life away from home. Learning heaps of new things as well as working with a really great group of people"
- "A great community of people achieving jobs safely so the wider community can remain safe and able to have a sense of normality in a time of need"
- "I like to help people and I'm learning how to help the community. It's giving me an outlook for learning"
- "A chance to meet great community minded people and support the community. Meet great leaders and be mentored and encouraged to learn and grow"
- "Gives me a sense of purpose. Gives me pride as a team member. Gives me skills I otherwise wouldn't have. A great, lifelong group of friends"
- "Feels good to give something back to the community. Sense of achievement. Many training opportunities. Great team to work with"
- "Being accepted into a community with

- shared interests and the skills and drive to assist the community in times of need. Given me the training I need to be able to assist the team in helping the community"
- "Meet new people. Make great friends. Work with great people"
- "I've expanded my personal, technical and leadership skills"
- "Instilled trust in other members. Sense of self satisfaction in helping others in distress. Meeting new people. A feeling of self confidence"
- "A new range of skills. A sense of purpose.
 Opportunity to help the community. A chance to use my present skills and knowledge in an inclusive, supportive organisation"

What will you say after joining the SES? Come and join us. We are recruiting now.

The events of the last few years have taken a heavy toll on the dedicated volunteers at St Georges Basin. We are always looking for people who wish to stand up for their community and make a difference. Young and fit, retired and still active, there are exciting opportunities for all.

Wear orange and stand out from the crowd, meet great people and enjoy quality training and achieve nationally recognised qualifications.

Call in at Tasman Road or go to the SES website www.ses.nsw.gov.au and fill in the form. Remember to join the St Georges Basin Unit.

If you have an **emergency** caused by storm, flood, or tsunami, call the SES emergency number **132 500.**





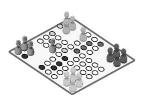
Sanctuary Point

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

Sanctuary Point Library staff hope everyone had a safe and happy Easter holiday.

Looking for creative fun to keep the kids entertained during the April school holidays? Look no further than your local library! See below for more details of session dates and times for Sanctuary Point Library but remember that bookings are essential as places are limited. For dates and times of sessions at other Shoalhaven Library branches or to book tickets go to http://

www.shoalhavenlibraries.com.au/events



Get your game on! Tuesday 16th April 10.30am-11.30am.

Games, games, and more games. Test

your skills, battle your friends. Make your own board game, design your own game pieces and counters, or check out what's popular on Scratch!

Suitable for ages 5-12 years.

Drop-in creative art & craft. Friday 19th April.

Drop in any time between 10.30am and 11.30am. Join us for unstructured, arty fun! We will provide the materials, you bring your ideas! Collage, paint, draw, construct

Collage, paint, draw, construct and more.

Suitable for ages 4-12 years.

Pipe cleaner people adventure.

Tuesday 23rd April 10.30am-11.30am.

Create your own characters from pipe cleaners, beads, straws and felt. Who will

you make? Superhero or mermaid? Ninja or ballerina? The choice is yours! Direct and shoot a stop motion movie on the library iPads starring your characters.
Suitable for ages 7-12 years.

Please note the library will be closed Thursday 25th April to observe the Anzac Day Public Holiday but remember the Digital Library is always open!

https://www.shoalhavenlibraries.com.au/ Digital-Library



Book Haven Book Club

Did you know there is a new Saturday morning Book Club at Sanctuary Point Library? Come along and enjoy the friendly discussion!

We meet on the fourth Saturday of every month at 10am.

Join us on Saturday 27th April as we share books in the theme of 'Recommended by a friend'.

Don't have any recommended books? Call or drop in and we can recommend one for you!







WHAT LIES BEYOND LIECHTENSTEIN

Contributed by Corinne Le Gall

One would be hard-pressed to find many people who may have visited this small pocket of land, let alone spell its name. Sandwiched between Austria and Switzerland, this mere dot on a map of the world is a destination which does not pop up in anyone's mind nor radar as a destination of worth. At only 25 kilometres long, about fifty minutes is all it will take to go from one end to the other. But that 25 kms is worth exploring as it is one of the few lands in Europe still not inundated with droves of tourists and remains quite unspoilt.

The first thing you will notice when you arrive at the capital, is the very imposing castle overlooking the city and known as the Vaduz Castle, with Vaduz being the capital city of Liechtenstein. Walking the outer grounds of the castle and its surrounding gardens, your mind can wander to days gone by and movements that those streets would have witnessed. But that's as far as you can visit, as even today, the Prince of Liechtenstein still calls the castle his abode with guards standing sentry and guarding it.

The eastern side of the castle is the oldest part and was built in the middle ages, as is presumed the chapel of St. Anna. During the war of 1499, the castle was burnt by the Swiss Confederacy. The original owners were the counts Werdenberg-Sargans who were also presumably the builders. The western side was expanded by another count in the 1600's. The current owners of the castle, the Princelv Family of Liechtenstein acquired Vaduz Castle in 1712 when it purchased the countship of Vaduz. Charles VI, the Holy Roman Emperor combined the Countship with the Lordship of Schellenberg and the Liechtensteins purchased this in 1699 and formed the present Principality of Liechtenstein.

Almost most of Vaduz's attractions can be seen on foot, on your own but if you want more detailed references and attain the nuances of history, it may be worth you getting a walking guide who will lead you through the highlights in a small amount of time. The castle overlooks the capital itself and the view of the city of Vaduz is stunning where not only will you witness the cityscape, but also the panoramic views of the mountains and smaller villages.

In the town square proper, you will find museums which detail the history, culture, nature and how Liechtenstein came to be in its present form. The Cathedral of St. Florin (Vaduz Cathedral) is another point of interest situated just a few minutes walk from the main square.

Liechtenstein is quite famous for its winery and vineyards which are reachable by foot from the main square of Vaduz. The surrounding mountains are picturesque, snow-capped peaks where you will find the Malbun ski resort, the only one in Liechtenstein, for those who may want a spot of snow skiing or snowboarding on its 23 kilometres of slopes serviced by 7 different ski lifts.

If you are not feeling very energetic, the Sabres Chairlift will take you through and to the very panoramic views of the Leichtenstein alps. We have all heard of the French, Swiss, Italian and Austria's alps, but the less crowded alps of Liechtenstein should very well be grouped in there as well.

The most widely spoken language in Liechtenstein is the Alemannic dialect of German which is different to standard German but closely related to dialects spoken in neighbouring Switzerland and Austria.



CUSHIONING GRIEF WITH FRIENDSHIP

Even though she enjoyed a fulfilling career as a schoolteacher, 70 year old Robin Gunter felt her life really began in 1996, when she married Huxley Gunter. It was a deep and enduring love with the pair sharing a passion for teaching, creating, sailing, travelling and adventures.

"Hux was the most wonderful and fascinating person I have ever met and we adored each other," Robin said. Their life together took a turn when Huxley felt severe chest pains and suffered a heart attack. Thankfully, he made a full recovery.

"It made us realise that life is very precious," Robin said. "We decided to take things more slowly, pursue new interests and reduce stress. We joined the local sailing club and learned how to sail which was so much fun. In winter we would travel in our caravan. Our lives were filled with happiness. Every day was a celebration of life and it could not have been more wonderful."

Then in July 2017, Huxley suddenly and unexpectedly suffered a massive heart attack. He could not be revived. Robin's life was completely upended. The grief she experienced was overwhelming and she is thankful for the close friends and relatives who have generously given their caring support.

Last year, Robin joined the BCR Wellness Exercise Classes, run by Bek and Gabby from Jervis Bay Physiotherapy – a decision she said was life changing. "I am so glad I joined. The other members and I feel that our lives have become more positive through the social connections we are making, as well as the actual exercise classes. The group has become so strong now that we join together for coffee once a week with much chat and laughter," Robin said.

"Because of this social connection many of us are now also attending social group activities and bus trips organised by BCR Communities. From my life's experiences, I have learned to appreciate every day and every experience and enjoy amazing friends."

If you would like to find out more about BCR Communities social activities, call 1300 222 748 or email info@BCRcommunities.com



UPDATE YOUR LISTING

WE DON'T KNOW IF YOU DON'T TELL US

Are Your What's On Details

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

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

Shoalhaven Family History Society Inc.

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

www.shoalhaven.net.au/~sfhs LIKE us on

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

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



North Shoalhaven Meals on Wheels – Jervis Bay Service

North Shoalhaven Meals on

Wheels-Jervis Bay Service is a not-for-profit organisation that provides meals to older people living in their own homes in the Bay and Basin area.

We need cooks or those that want to help in the kitchen, and delivery people for those that want to get out of the kitchen and help deliver meals.

We operate Mon, Wed and Friday from our Huskisson kitchen, with great flexibility in volunteering.

Call the kitchen 4441 7845 if no answer please leave a message so we can get back to you <u>OR</u> call the Main Office on 4422 5111 <u>OR</u> fill in forms online at www.northshoalhavenmeals.org.au



VOLUNTEERS NEEDED

Do you have a particular interest and would like to help Basin View Masonic Village?

We need your help with activities such as bus trips, craft, exercise and various entertainment events.

Just a few hours of your time occasionally will put a smile on the faces of our residents.

Contact Michelle or Jo on 4443 5034 during office hours.





Australian Red Cross THE POWER OF HUMANITY

We meet every 4th Wednesday at the Holy Spirit Church Hall, St George Ave, Vincentia. Become involved in our disaster relief and other activities.

Our singing group practises Wednesday mornings, and perform at nursing homes and day care centres and the odd bit of busking throughout the year.

Pres. Margaret Klem 0491 622 405 or Elaine Ladyga – Singing Group 4441 5921.

SHOALHAVEN CITY PIPES & DRUMS

We meet each Monday – 7pm at The Exservos, 157 Junction St, Nowra. All ages welcome. **Phone Gladys 0432 680 481**



ST GEORGES BASIN VIEW CLUB

We are an arm of The Smith Family. We provide friendship for women in the area as well as advocating on important issues.

Our main aim is to provide financial, emotional and educational support to disadvantaged Australian students. We do this through the Learning for Life Program.

We meet for lunch on the 3rd Friday at The Country Club, St Georges Basin. We host a variety of social outings to raise funds to support our sponsored students.

Call Deb Hanlon 0488 018 784



INJURED WILDLIFE?

Call Wildlife Rescue 0418 427 214

www.wildlife-rescue.org.au

Shoalhaven Beekeepers Assoc Inc.

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



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

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

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



BECOME A MEMBER AND HELP ANIMALS IN YOUR LOCAL AREA.

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



VINCENTIA RURAL FIRE BRIGADE

next door to Leisure Centre, Vincentia

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

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

·····community

OLD AND NEW RESIDENTS

Are you new to our beautiful bay & basin area or are you a long time resident? Would you like to join a friendly and happy group of people? Monday 9.15am – Indoor Bowls (carpet). All warmly welcomed. Morning tea provided (bring cup), your first day is free. Join a happy mob on Monday morning. Pat 0421 480 702 or 0429 610 109

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.**

Local Markets

noticeboard

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

Clifton Community Food Garden Fundraiser

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

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

Jervis Bay Maritime Museum Markets

Twilight Summer Market 1st Sat #3pm-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

Pyree Village Arts & Craft Markets 4th Sun II Shoalhaven Potters Workshop, Greenwell Pt Rd, Pyree II 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 II Uniting Church Hall, Jacobs Dr, Sussex Inlet II 4441 1546

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

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

Weekly Meetings

- 1st St Georges Basin Scout Group = Tasman Rd Scout Hall, SGB = Tue 5pm Joey Scouts; 6.30pm Cub Scouts = Wed 6pm Scouts = Mon 6.30pm Venturers = Paula 0400 674 525
- **Al Anon Huskisson =** Thu 10am **=** Huskisson Community Centre Dent Street. Huskisson
- Alcohol and Drug Treatment = Lives Lived Well = Nana Muru (Better Road) = Free day rehabilitation program runs over 6 weeks in bay and basin (non-residential) = Mobile withdrawal program for residents of Nowra and bay and basin = 18 yrs and over = 1300 727 957 = self refer via website www.liveslivedwell.org.au
- Basin Radio Controlled Yacht Group = Jetty at Island Pt Rd, SGB = Tue & Sat 9.30am = Racing starts 10am = Tony Blackmore 0427 450 278 or Malcolm Griffiths 0431 094 520
- Basin Track Bushcare = Wed 9am = https://www. shoalhaven.nsw.gov.au/For-Residents/Our-Environment/ Bushcare = michael.smith@shoalhaven.nsw.org = 0434 691 367
- Bay & Basin Art Group = Community Centre, Loralyn Ave StGB = Mon 9.30am-12.30pm = Over 50s = Lyn 4443 2848 or Audrev 4443 4340
- Bay & Basin Bombers Junior AFL Club = Leisure Centre, Wood Rd, Vincentia = Thu 4.30-5.30pm = Girls & Boys aged 6-17 = Jeff 0420 749 402 or Chris 0403 047 659 = www.bombers.net.au
- **Bay & Basin Bush Potters** = 48 Edmund St, Sanctuary Point = Mon 9am-2pm = Lesley 0426 878 421
- **Beginners Belly Dance Class** = Huskisson Community Centre = Wed 5-6pm = Ph Mimi 0416 204 801
- **Belly Fit** = Huskisson Community Centre = Tue 4.30-5.30pm = Ph Mimi 0416 204 801

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 II Tue 10am for craft, cuppa & chat II 3rd Tue General Meeting II Visitors welcomed II Pres. Emily Ede 0438 208 754

- **Dancing** = Bomaderry RSL Club = Wed 7pm = permanent dance floor R'n'R, swing, country 2 step, rockabilly = Born to Booqie 0409 998 868
- **Heart Foundation Walking Group** Paradise Beach Sanctuary Point Mon 9am Sue Randles 0427 286 719
- **HuskiDrumming** = Facilitated djembe drumming circle = Huskisson Community Centre = Sat 10.30am = All welcome = e: huskidrumming@gmail.com
- Huskisson Girl Guides During school terms Huskisson Scout/Guide Hall, Kiola St (near Bowling Club) ■ Tue 5-6.30pm Junior Guides 6-9yrs ■ Wed 4.30-6.30pm Guides & Senior Guides 10-16 yrs ■ Parents and Friends Support Group 3rd Wed ■ Liesel Turnbull 4443 6007/0402 837 777
- **Husky Social Carpet Bowls** Huskisson Community Centre - Mon 9am-1.30pm - morning tea provided bring your lunch - Ph 0427 275 552 or 0421 480 702
- JB Walkers and Talkers = Meet Holden St Boat Ramp, Vincentia = Pram friendly walking group = Fri 10.30am = e: lanaburkey@gmail.com
- **Jervis Bay Bridge Club** Huskisson Community Centre, Dent St, Huskisson - Fri 9.30am - All Bridge players welcome Ph 0421 332 991 or 0430 013 946
- Jervis Bay Community & Men's Shed 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 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 CI, 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 Christine 0413 572 725
- Rock and Roll Lessons Huskisson Community Hall Tue 7pm - Rock n Roll, Partner Dancing, Swing - Ph Laurel 0408 184 984 or Rob 0439 416 386
- Scottish Country Dancing = Thu 2pm-3.30pm
 Senior Citizens Hall, Berry St, Nowra = Tue 7.30-9.30pm
 Presbyterian Church Hall, Kinghorne St, Nowra
 Beginners welcome = Heather 4441 5496
- **Shoalhaven City Pipes & Drums** Mon 7pm The Exservos, 157 Junction St, Nowra Ph Gladys 0432 680 481
- 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 4443 3364 = www.shoalhavenrockandroll.org.au
- Sing Australia, Vincentia = Community Singing Group = Jervis Bay Baptist Church, The Wool Rd, Vincentia = Thu 7-9pm = New members welcome = Jenny 4441 7713 = www.singaustralia.com.au

- **Smith Bay Bushcare Group Basin View** Fri for 2-3 hours Fran 4443 6324
- Social Scrabble = The Country Club StGB = Thu 1-4pm = New players welcome = Ph Anne 0410 012 642 or Emily 0438 208 754
- St Georges Basin Health & Com Transport Serv =
 Mon & Wed Local Health = Tue, Thu & Fri Nowra Area Health
 = 4423 6044 for bookings Mon-Fri 9am-12pm, 1-3pm
- St Georges Basin Little Athletics Sports Grounds, Larmer Ave, Sanctuary Point - Registration Ph Tracy 0423 846 194 or Michelle 0412 656 206
- **St Georges Basin Senior Citizens Club** Thu from 9am Bowls-Darts-Euchre, The Country Club St Georges Basin Ph Margaret 4443 6031

St Georges Basin Senior Citizens Walking Group

- Alternate Fridays 9am onwards, ph Helen 0412 215 855, Colleen 0423 233 594
- St Georges Basin SES Unit = 41 Tasman Rd, StGB = Wed 6.30pm = for training, providing advice to members of the community on storm/flood preparedness, new volunteer enquiries welcomed = 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 Monday & Tuesday morning social tennis players welcomed, as well as Thurday afternoon social tennis
- 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 = Mixed Comp Wed night Ph Jenny Durante 4441 5766 = Coaching available Lou Durante 0428 210 893
- **Tennis** = The Country Club, St Georges Basin = Social Mon 6-9pm & Thu 9am-1pm = Comps Tue or Wed 6-9pm = Ph 4443 0666 = thecountryclub.com.au/sport/tennis/

The Country Club Computer & Technology Club =

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

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

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

Call Courtesy Bus to book 0413 014 125



WHAT'S ON APRIL



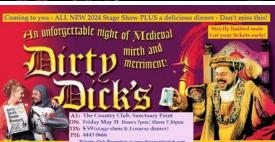






















Scan the QR Code to learn more

Bingo - Morning 10-12pm Afternoon 12:45 - 3pm \$15 Pork Ribs & Drink Mondays On Point Kitchen from 5pm Poker Rego from 5:30pm, starts 6:30pm \$15 Burger & Beer Tuesdays* On Point Kitchen from 5pm Bingo Starts 6:30pm Trivia - from 6:30pm Bingo - Starts 10:30am \$15 Steak Night* On Point Kitchen from 5pm Wednesday Mega Meat Raffle Tickets from 4:30pm, Draw 6pm Sub Club Raffle - Draw 6:30pm On Point Kitchen from 5pm **MEGA Friday Members** Badge Draw

\$15 Parmageddon Thursdays* Ripper Raffle - Tickets from 4:30pm Junior Rugby League Raffle

Thurs

Draw 7:45pm | Second Chance Draw 8:30pm Hitlist Fridays 7pm Main Lounge Snooker Club Raffle Drawn 7:30pm Friday Bingo 10:30am-2:30pm Auditorium NPL Poker - \$22 + 1x\$20

Lifeline Rego 12pm | Game 1pm Cash Game Free Live Entertainment Last Chance Honey 7pm - 11pm **Never Ending 80's Show** Auditorium Doors 7pm | Show 8pm

Poker - Sunday Poker Rego from 1pm, starts 2pm **Sunday Meat Raffle**

Tickets from 1:30pm, Draw 3pm Snooker Club Raffle Drawn 5:30pm

Free Live Entertainment Backlash 4pm-8pm

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

\$15 Pork Ribs & Drink Mondays On Point Kitchen from 5pm

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

\$15 Burger & Beer Tuesdays* On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia - from 6:30pm

Bingo - Starts 10:30am \$15 Steak Night* On Point Kitchen from 5pm Wednesday Mega Meat Raffle Tickets from 4:30pm, Draw 6pm

Sub Club Raffle - Draw 6:30pm

\$15 Parmageddon Thursdays* On Point Kitchen from 5pm Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

MEGA Friday Members Badge Draw Draw 7:45pm | Second Chance Draw 8:30pm

Hitlist Fridays 7pm Main Lounge Snooker Club Raffle Drawn 7:30pm

Friday Bingo 10:30am-2:30pm Auditorium

School Holidays Kids Bingo 9am - 12:30pm

Free Live Entertainment Hits Central 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 Monkey Business 4pm-8pm

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

Mon

\$15 Pork Ribs & Drink Mondays On Point Kitchen from 5pm

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

\$15 Burger & Beer Tuesdays* On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia - from 6:30pm

Bingo - Starts 10:30am

\$15 Steak Night* On Point Kitchen from 5pm

Wednesday Mega Meat Raffle Tickets from 4:30pm, Draw 6pm

Sub Club Raffle - Draw 6:30pm

\$15 Parmageddon Thursdays* On Point Kitchen from 5pm

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

MEGA Friday Members Badge Draw Draw 7:45pm | Second Chance Draw 8:30pm

Hitlist Fridays 7pm Main Lounge

Snooker Club Raffle Drawn 7:30pm

Friday Bingo 10:30am-2:30pm Auditorium

School Holidays Kids Bingo 9am - 12:30pm

NPL Poker - \$22 + 1x\$20 Lifeline Rego 12pm | Game 1pm Cash Game

Free Live Entertainment Last Chance Honey 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 Rock-a-Holics 4pm-8pm

Fantastic Friday Cash Draw Drawn 6:30pm, 7:30pm, 8:30pm & 9:30pm

Snooker Club Raffle Drawn 7:30pm

Friday Bingo 10:30am-2:30pm Auditorium

\$15 Burger & Beer Tuesdays* On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia - from 6:30pm

Bingo - Starts 10:30am

\$15 Steak Night* On Point Kitchen from 5pm

25th

Thurs

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27

Wednesday Mega Meat Raffle

Tickets from 4:30pm, Draw 6pm

Sub Club Raffle - Draw 6:30pm

ANZAC Day - 2UP Auditorium 2pm - 6pm

\$15 Parmageddon Thursdays* On Point Kitchen from 5pm

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle Draw 6:30pm

MEGA Friday Members Badge Draw

Draw 7:45pm | Second Chance Draw 8:30pm Hitlist Fridays 7pm Main Lounge

Snooker Club Raffle Drawn 7:30pm Friday Bingo 10:30am-2:30pm Auditorium

Monthly Special Breakfast

Cash Housie Calls start at 1pm

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 David Woods 4pm-8pm





Fantastic Friday Cash Draw

Snooker Club Raffle Drawn 7:30pm

Friday Bingo 10:30am-2:30pm Auditorium

\$15 Burger & Beer Tuesdays*

On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia - from 6:30pm

Drawn 6:30pm, 7:30pm, 8:30pm & 9:30pm

Fortnightly Meetings

Bay & Basin Camera Club Vincentia Community Hall, rear Coles carpark 2nd & 4th Tues 7.30-9.30pm

1 Pam 0401 043 833

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

Shoalhaven Masonic Widows Association Basin View Masonic Village Hall, 130 The Wool Rd 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 New members welcome bayandbasinamnesty@gmail.com

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

Basin Business Forum every 2nd Tues 8-9.30am •e: basinbusinessforum@qmail.com or

Basin View Daylight Lodge No.1015 (now consolidated with Lodge Milton No. 63) Milton Masonic Centre, 128 Princes Hwy, Milton I 2nd Mon 6pm

I 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 *2 2nd Thu 10am-12pm *Dianne 4443 3275

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

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

Bloomers & Buds Social Gardening Group

Inc. Community Centre, Dent St, Huskisson I Last Wed 9.30am II Ph Denise 0408 723 270

Combined Probus Club of Jervis Bay & Districts

Inc. SGB Country Club, Function Room #4th Thu 9.30am-11.30am #Pres. Val Hyde 0422 477 770; Sec. Denise Stevens 0408 008 460

Combined War Widows & Laurel Club of Legacy

Huskisson Meeting & Lunch | Club Jervis Bay (RSL) | 2nd Tue at 11am | Carol Barnes 0408 076 280

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

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

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

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

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

Jervis Bay Divers Club Club Husky, 336 Huskisson Rd, Huskisson | Last Wed 7pm | contact_2@jervisbaydivers.org or call Susan 0409 875 358

Jervis Bay Lions Club Club Jervis Bay I 1st Thu 6pm for 7pm start I President Marie-Ann Watson 0412 401 917 Publicity Bob Hanlon 4441 6087

Jervis Bay Probus Club Inc. (C) RFBI Basin View Masonic Village, 130 The Wool Rd, Basin View ■ 3rd Mon 10am ■ Ian Collins 0424 292 625 ■ secretary.probusjervisbay@gmail.com

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

Justice of the Peace Assoc NSW Shoalhaven

Branch Bomaderry Bowling Club, Meroo St 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 1st Wed 10am @ Club Jervis Bay II www.marinerescuejervisbay.org.au/ II 4441 5433

Nationals Branch Shoalhaven meetings I lan 4443 3780

National Servicemen's Assoc., Shoalhaven Sub-Branch

Rotating meetings on 4th Sun II Ulladulla Ex-Servos Club 0930 for 1000hrs start II Nowra Ex-Servos Club 0930 for 1000hrs start II Sussex Inlet RSL Club 1000 for 1030hrs start II Jim Reid 4421 2886

Nowra & Districts Totally & Permanently Incapacitated (TPI) Social Welfare Club

3rd Tue 11am I Nowra Veterans Wellbeing Centre, 124 Wallace St, Nowra I 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 2nd Tue 7.30pm
PCYC Hall Park Rd Nowra | 4423 4475

Shoalhaven Beekeepers Ass, Inc. West Street
Community Centre, West St, Nowra | 3rd Wed (ex. Dec 2nd
Wed) 5.30pm for cuppa, meeting 6pm sharp,
guest speakers most months
| e: shoalhavenbeekeepers@gmail.com or | 1

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 | Freemasons (attached or current) | Glen Green 0417 453 999

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

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

Shoalhaven Prostate Cancer Support Group

Fred Hocking 0435 628 110 e: ShoalhavenPCSG@gmail.com Please phone / email for details of meetings

Shoalhaven Scout Fellowship 3rd Sun II David Ravell 4441 8659

Shoalhaven Parkinsons Support Group Nowra

(Shoal. Shakers) 1st Wed 10am-12pm

Masonic Hall, Moss St, Nowra

Betty Coulton 4442 1475

Shoalhaven Transition 1st Tue II 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

St Georges Basin VIEW Club Luncheon SGB Country Club, Function Room | 3rd Fri 10.30am for 11.30am start || Deb Hanlon 0488 018 784

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

The Country Club, St Georges Basin Fishing Club The Country Club, StGB # 4th Sun 2pm (ex Christmas) # Russell 0411 573 238

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

Vietnam Veterans Assoc - Jervis Bay Sub Branch

Club Jervis Bay #3rd Thu 5.30pm #Barbara Herbert 0437 144 345 #e: vvaajervisbay@gmail.com

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

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

Wandandian Progress Association 1st Tue 6pm
Progress Hall ■ New members welcome ■
e: info@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

Catholic Church = 23 St George Ave, Vincentia = Mass times: Sat vigil Mass 5pm = Sun 9am = Mon Thu Fri 8am = Tue Wed 5pm = www.nowraparish.org.au/masses/mass-times

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

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

Monthly Church Services

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

Other Activities

Australian Breastfeeding Association,

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

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

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

Other Activities cont'd

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

Community Cottage 48 Edmund St, Sanctuary Pt ■
Lesley 0426 878 421 ■ Mon Pottery 9am-2pm ■ Tue & Thu
Body'Soul Fitness 8-9am ■ Tue Studio 19 Dance 3.308.30pm ■ Tue & Wed Daly Moves Exercise 9.30-10.30am ■ Fri
Mannerhouse Outreach Childrens Group 4-5pm

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Support Group Nowra Community Health Centre, 5–7 Lawrence Av, Nowra © Contact Brenda Christiansen on 0422 006 550 or 4424 6321 for group times and dates © *Improving lives through shared experiences*

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

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

Community Forums

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

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

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

■ Christine 0409 363 243 or Gwen 0419 492 348

■ e: sanctuarypointcommunitypride@gmail.com

Tomerong Community Forum 2nd Mon 2030hrs directly after the School of Arts meeting I Tomerong School of Arts Hall II 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 I 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

BASIN VIEW		
Barling, Debbie		0411 275 656
Gray, Frank	4443 5365	
HUSKISSON		
OLD EROWAL BAY		
Lord, Simone	4443 8300	
SANCTUARY POINT		
Flynn, Mark		0418 669 688
Hawkins, Paul	4443 8800	0417 219 260
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 II Noah's Inclusion Services the old church 48 Paradise Beach Rd, Sanctuary Point II Ph Mel Harpur 4423 5022 or email mharpur@noahsark.nsw.edu.au

Sanctuary Point Sing & Play II Tues 9.30-11.30am at Sanctuary Point Connect II A free supported playgroup with music, craft and more II 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 I the old church 48 Paradise Beach Rd Sanctuary Point I Ph 4423 5022

St. Georges Basin Wed 9.30am II Cnr Tasman Rd & Terry St. SGB II Melissa Horselman 0424 218 547 or find us on facebook

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JIM KELLY'S FLAG

Contributed by John Blackmore

As is often said, "someone needs to start a tradition, before others can continue to follow it with pride". Mentioned in the first About Monthly Feature of this year, this statement is indeed indicative of many things we know and understand as conventions in our society. ANZAC Day for instance, representing many memories to many different people. To the soldiers who were in the infamous Changi Prisoner of War Camp in Singapore, an Australian flag made in secret, away from the attention of the Japanese soldiers guarding them, was their hope to regain their freedom.

On Liberation Day 1945, this flag was flown over the Changi P.O.W. camp. Having risked brutal punishment, or even death, to make it in the first place, it was an emotional time for those prisoners. Rather than leave it behind, once it had been flown there. Nowra man Jim Kelly climbed the flagpole and retrieved it. Earlier, the Japanese flag, the symbol for the tyranny they had been subjected to in the camp, had been taken down and replaced by this home made Australian flag. Before enlisting in the 8th Division of the Australian Army to serve in World War II, Jim Kelly had been an outstanding player within the Nowra Warriors Rugby League Football Club. He had gained representative honours during the 1930s, playing for N.S.W. Country in the annual fixture against City teams. Traditionally, these matches were held on the Sydney Cricket Ground. Before enlisting with his brother Len in the army, Jim had also played for Newtown, then one of the more prominent clubs in Sydney first grade competitions. Jim's esteem as a local footballer was later cemented when 17 past coaches of the Nowra Warriors club selected him in the hooker position at their 1968 reunion. This then 'best ever' team covered over half a century of the club's existence in South Coast rugby league circles.

Unfortunately for Jim, on 21st September of the same year, his cordial factory was burnt out. This

had operated at the same site since the 1930s, after the business had been moved from a site in Berry Street, Nowra. His father originally had taken up the opportunity to take over this business soon after arriving in Nowra in 1912. He and wife Jane had a family of two daughters and five sons, Len and Jim being among them. They operated the cordial factory in Berry Street as a family enterprise, continuing on a tradition of other owners who had commenced cordial drinks production there in earlier decades of the town's existence, back in the 1800s.

Over the four decades that Kelly's Nowra Cordial Factory operated from the site at the corner of Kinghorne and Douglas Streets, it had some unofficial roles that the family forged within that enterprise. They had a reputation for being one of the first businesses in Nowra to employ Aboriginal men, with JIMMY LITTLE (About Monthly Feature October 2007), his brother Frank, and Joe Wright being among these. Another role the Kelly brothers took on was to host regular get-togethers for other returned Prisoner Of War ex-servicemen.

During these decades, their Nowra Cordial & Ice Company business was at an ideal location, on the Princes Highway to the immediate south of the Nowra CBD. Professional fisherman travelling from Greenwell Point, Huskisson and even further afield could stop off, get fresh ice for their load, before continuing their journey to and from markets. Likewise, as Huskisson oldtimer ALLAN DENT (bout Monthly Feature June 2023) was to recall in recent years when interviewed for Huskisson R.S.L. Subbranch's 75th anniversary book, the cordial factory "was always our last stop before leaving town, to pick up supplies". As well as picking up supplies, like cordial drinks for the shopkeepers of Huskisson, as a bus driver to and from 'town' for school children, the general public and those businesses, Allan often 'returned home' those returned P.O.W. soldiers after reunions at Kelly's Kinghorne Street Cordial Factory.



Fisherman Jesse Rossen was appointed as one of seven directors of the Nowra District Fisherman's Co-operative when it was incorporated in August 1947, only months after the Huskisson Sub-branch formed. Jesse was to become both a Huskisson R.S.L. Sub-branch, and its R.S.L. Club President in his time. Up until the fire that closed the highway in Nowra on a busy Saturday morning in September 1968, Jesse is thought to have been one of the local fishermen, before the days of refrigerated transport, to regale themselves of ice from this cordial factory. Anecdotal evidence from the 1995 NOWRA REMEMBERS video suggested a Huskisson R.S.L. Sub-branch Foundation Member had taken a lift on one of these fisherman's trucks as his transport to his place of enlistment for the army in WWII. Believed to be Norm Harris, he was referenced as "a cook at a local hotel", possibly at Huskisson, in this video.

Jim Kelly's story of bringing home the handmade Australian flag only came to prominence upon, and after, his death in 1984. It was placed on his coffin for his funeral service at Nowra's St. Michaels Church. After helping organise Jim's funeral, Nowra R.S.L. Sub-branch member Terry Hennessey OAM took a special interest in JIM KELLY'S FLAG. He regularly gave talks about it to various community groups and R.S.L. meetings in the years that followed.

The authenticity of the flag was verified by Bob Martin in the same year as Jim's funeral. Originally, Bob and Bill Williams had been the first two Huskisson residents to enlist for WWII. They also both attended the meeting from which Huskisson R.S.L. Sub-branch was founded in June 1947. Bob had seen when this Australian flag was used to replace the Japanese flag on the flagpole of the Changi P.O.W. Camp. He acknowledged that he remembered an English soldier remarking that it was a great flag, as he stood next to him on Liberation Day in 1945. But "you Australians don't know how to make a Union Jack". This remark was a reference to a small discrepancy on this flag's representation of the Union Jack section of its design.

In his letter of verification, dated August 9th 1984, Bob Martin wrote that "I have been asked..... to identify an Australian Blue Ensign as the authentic flag that was hand made by Australian soldiers, and on the surrender of the Japanese on Singapore, was hoisted to the top of the flagpole and flew over Changi goal. Having been present and witnessed the event, I am sure that the flag which was in the keeping of the late James Kelly, is that same flag".

In the years that followed, this letter helped the flag gain a significant profile.

Soon after writing this letter, Mr Martin became both blind and deaf.

In the immediate postwar years, Jim Kelly himself had his profile raised on returning home to live in Nowra. One of his wartime experiences had been the hell of the Burma-Thailand railway. During this time, Jim made it his business to bury and record the deaths (mainly Cholera victims) of the Australian soldiers who were forced to labour on its construction.

In 1995, Nowra's South Coast Register newspaper produced a section on JIM KELLY'S FLAG in its annual Shoalhaven Unlimited Liftout. This coincided with the 50th anniversary of Liberation Day, or VP Day, as it had come to be known. The feature pointed out that historians were keen to know the identity of those prisoners who had made the flag. Having kept his records when engaged as a soldier in S.E. Asia, Jim became a valuable person when he returned to Australia. As his daughter Laraine Dean said in an article in that 1995 feature, "he was a living record. After the war, a lot of the living relatives of the dead soldiers were waiting for him, and the authorities whisked him away for questioning".

Without a Cordial Factory as a gathering place, during the 1970s the increased membership at Huskisson R.S.L. Club, and within its Subbranch, included a number of members who were fellow Changi Prisoners Of War. Jim's daughter Laraine produced a membership card dated the year ending December 1982, when interviewed for the Huskisson Sub-branch's 75th anniversary book. From this it can only be surmised that Jim continued to reconnect at Huskisson with his 'Changi mates' like Bob Martin, during the latter years of his own life.

And who wouldn't want to enjoy that view with your wartime P.O.W. mates, especially on ANZAC Days?



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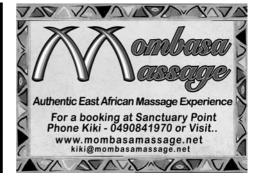
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Shoalhaven Family History Society Inc.

It was all in our Library.

A recent visitor to our library was looking for his ancestor's property, named 'Lebanon' in 'Summer Hill, Tomerong'. The death certificate stated John Stapleton died in 1879 at Currumbene Creek. With no mention of Summer Hill on any of our maps or local publications, and no record in our Land purchases CD (which focus largely on the Illawarra), we had to think outside the box.

A search of NSW Lands & Property Information Historical Parish Maps showed, very clearly, John's land on the Creek, and a later map showed that he also owned the block next door, with his son's land a little further down the road.

Our Land Sales & Auctions book had pointed to the sale of his land, and this is how we traced the exact location, not knowing that the area in those days was called Summer Hill.

John's second wife Alicia had died in 1885, but our researcher had never found a registration, after searching fruitlessly for Alicia Stapleton.

In our records we had a death for Eliza Stapleton in 1885, and when this was checked, it was indeed John's wife. The informant was Waldron Carter Brown, who was the Undertaker, and although her parents names were "not known"; her age, birth place, time in the Colony, husband & children's names proved we had the correct person.

Our visitors were quite amazed that her name could change so much, but when you take into account accents, nicknames, the fact that a lot of people then could not read or write, and the Undertaker was the informant, it was almost acceptable.

John & Alicia's daughter Agnes married into the Caffery family, and we were able to provide some insights here, and also direct him to the Five Oaks Farm on Jindyandy Lane

Subsequently, our visitors were more than happy with their treasure trove of information when they left and headed off to a local eatery recommended by yours truly.

I hope they return, as I found a few interesting birth records they might want to see.....

The Shoalhaven Family History Society Research Centre is in the Old Pyree School, 888 Greenwell Point Road, Pyree.

We are open for research every Sunday & the 1st & 2nd Thursday of each month, all days from 10am to 2pm.

Take a look at the website at www.shoalhaven.net.au/~sfhs for more information.

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



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North **Shoalhaven** Meals on Wheels **Jervis Bay Service.**

Well here we are in 2024. We had a joint activity in Seniors Week, on 22nd March 2024 with the Huskisson Primary School. It was a high tea with guite a number of our clients attending. It was paid for by the school from fundraising efforts they did before Christmas raising \$600.

We are in the process of preparing our new winter menu and would hope by the time you read this we have implemented the new menu.

Some facts and figures in -

- · January 2023 we had 99 clients and supplied 1601 main meals
- · January 2024 we had 122 clients and supplied 1830 main meals so we have had a 20% growth in clients and meals which keeps us very busy.

We are always looking for volunteers to help cook, particularly Mondays. No experience is needed we give all the training that is needed.

We need back- up cooks emergencies Wednesday, Fridays and every second Thursday.

And drivers Monday, Wednesday and Fridays in particular emergency drivers again we give all the training needed for this role.

If you think you are suited and can help out please phone the kitchen on 4441 7854 and leave a message if phone isn't answered.

Sue O'Brien - Kitchen Co-ordinator



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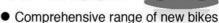
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INGREDIENTS

- 400g fettuccine
- 2 tsps olive oil
- 300g chicken breast fillet, thinly sliced
- 2 green onions, thinly sliced
- 1/2 cup semi-dried tomatoes, chopped

- 1/4 cup pitted black olives
- 1 tbsp cornflour
- 375ml can CARNATION Light & Creamy Evaporated Milk
- 50g baby spinach

METHOD

- 1. Cook pasta in a large saucepan of boiling, salted water following packet directions until tender. Drain. Return to pan.
- 2. Meanwhile, heat oil a non-stick frying pan over medium-high heat. Add chicken and onion. Cook for 3 to 4 minutes or until chicken is golden and just cooked through. Add tomatoes and olives. Toss to combine.
- Place cornflour and 1 tablespoon cold water in a jug. Stir to form a smooth paste. Gradually stir in milk until combined. Add mixture to frying pan. Cook, stirring, for 2 minutes or until sauce just comes to the boil and thickens.
 Season with salt and pepper.
- Add chicken mixture and spinach to pasta. Place over low heat. Cook, stirring, for 1 to 2 minutes or until spinach has wilted.
- 5. Serve with bread.



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2024 MEETING DATES:

- 29th April
- 17th June
- 19th August
- 21st October (including AGM)

• 18th November
at Huskisson Community Centre, Dent St,
Huskisson. Mondays at 7pm (aim to finish
at 9pm). hwcv.org.au

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1 Waratah Crescent, Sanctuary Point



Journey into Dyeing

As like many crafts, when spinning, felting and weaving it is like opening a pandora's box of associated skills that you can dive into.

One of these skills is dyeing the fibre. One can use already prepared dyes or natural dyes.

What is Natural Dyeing?

Natural Dyeing is the process of using natural dyes that are extracted from natural sources, such as plants, minerals and insects. You can extract beautiful colours from leaves, flowers, bark, roots as well as fruits and veggies.

From the bush you can use eucalyptus leaves, dock weed, pine cones and many more. From the kitchen there is tea, onion skins, lemon peel, paprika, blueberries and many others. Natural dyes need to be used on 100% natural fibres.

There are different types of dyes which means that you need to treat them slightly differently. Every dye will bond to the fibres in different ways, some of them fix to the fibres easily and others need some extra help. This is when we use mordants.

You can dye your own yarn and knit with it, you can crochet or weave as well. You can also dye your own fabrics as well as yarns and threads for embroidery.

This is only the beginning of discovering the joys of dyeing!

Ref: Victoria: www.lacreativemama.com

21 Years of Webs and Yarns: Wool Road Spinners and Weavers

Wool Road Spinners and Weavers meet on the 1st and 3rd Thursday of the month at Jervis Bay Baptist Church, 1 St George Ave, Vincentia.

Phone Judy on 0403 212 237

Contribute to About

We'd love to hear from you! Please submit your articles by email to editor@aboutbayandbasin.com.au or by post to PO Box 180, Sanctuary Point NSW 2540 or contact us on 0478 607 829

Coast and Country Community Services Ltd.

COMMUNITY MINDED VOLUNTEERS NEEDED

Coast and Country Community Services is a community transport services provider that supports vulnerable people across Illawarra Shoalhaven, Young, Weddin and Bega. For us to continue in our valuable work in supporting our community with their transport needs, we are actively seeking community minded volunteers, with a drive to connect people and their communities.

The key roles to be filled by the right volunteers are drivers with licences including C and LR and vehicle assistants (no licence required for this role).

Be part of the great Australian volunteer force that has kept Australia strong, moving, and connected.

When volunteering for CCCSL, you will have access to a quality volunteer support program, including the reimbursement of out-of-pocket expenses and training.

For an information pack call our office team on 4423 6044







SPCP UPDATE

What makes Sanctuary Point shine?

A new initiative for Sanctuary Point Community Pride is the creation of a tourist map. The Sanctuary Point Nexus Project has been funded by the Foundation for Regional and Rural Renewal through their Investing in Community Futures program.

As part of Sanctuary Point Community Pride Inc's mission to increase pride in our community, our project will create a comprehensive map that showcases the myriad of treasures in Sanctuary Point.

The tourist map will be printed and distributed to businesses and public facilities. There will also be an interactive online map that will offer users a virtual tour of Sanctuary Point with detailed information, stunning visuals, and interactive features.

To ensure we have captured all the best spots, we are asking residents and visitors to tell us their favourite places. From tranquil nature reserves to welcoming local businesses, we want to put them on the map and encourage everyone to explore our beautiful area.

Follow this link https://forms.gle/ wfKmyW7qUWvD4LHr7

to vote on your tips for places that make our area so special.

Save the date

The 2024 Spring Into Sanctuary Point Fair will be held on Saturday 19 October at the Francis Ryan Oval, behind the shops at Sanctuary Point. We look forward to receiving applications from community groups and sporting clubs that would like to have a free stall. Our email address is sanctuarypointcommunitypride@gmail.com

2024 MEETING DATES

- Monday 22 April at 6.30 to 8pm;
- Friday 24 May at 10am to noon;
- Monday 24 June at 6.30 to 8pm;
- Friday 26 July at 10am to noon;
- Monday 26 August at 6.30 to 8pm;
- Friday 27 September at 10am to noon;
- Monday 21 October AGM at 6.30pm with ordinary meeting to follow;
- Friday 22 November 10am to noon.

All SPCP meetings will be held in the back function room of The Country Club – St Georges Basin.

CONTACTS FOR SPCP

President Christine Percy 0409 363 243 Secretary Gwen Price 0419 492 348 PO Box 99 Sanctuary Point NSW 2540

e: <u>sanctuarypointcommunitypride@gmail.com</u>

w: https://spcp.org.au/







Welcome to our Ear Wax Micro suction Clinic

Contributed by Alison Chiam – Jervis Bay Hearing Centre 4441 8886 – www.jervisbayhearingcentre.com.au

At Jervis Bay Hearing Centre, we offer a safe, dry and effective solution for removing wax from your ear canals using a gentle vacuum.

Wax builds up naturally and sometimes it is hard for it to find its way out of your canal.

Surfers and swimmers are particularly prone to build up and outer ear infections because they have a condition termed "Surfers ear".

Due to our beautiful coastal lifestyle it is very common to see this issue in our area as swimming, surfing and watersports are part of many peoples everyday life.

As you age your canal changes shape and can also accumulate wax. We can help you to manage your wax load and keep you hearing well.

Our Qualified Clinical staff have undergone rigorous training to ensure they are fully equipped to perform Micro suction safely. Our method is endorsed by Ear Specialists as the preferred wax removal technique.

Say goodbye to discomfort and hello to clearer, healthier ears with our Wax Micro suction service. Find out if you have a wax blockage at our FREE wax check clinic.



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What we are doing at VINCENTIA PUBLIC SCHOOL

SWIMMING CARNIVALS

Our VPS Swimming Carnival was held on one of the hottest days this year but the students kept their cool and had a great day in the pool, in the water park and on the slide!

There were 23 students who qualified for the District Swimming Carnival and nine students who went on to the Regional Swimming Carnival.

Well done, everyone!!















VINCENTIA HIGH SCHOOL NEWS

2023 Year 12 student receives "Kim Morris Merit Student Award"

We are very proud of our past student Zac Heapy.

Below Zac writes on receiving the award:

"Many thanks to the team at Botanica Nurseries at Silverdale, The AIH, Vincentia High School and TAFE NSW for this amazing academic opportunity.

I can't forget to thank the amazing teachers at Vincentia High School



and TAFE for guiding me along the way. Very excited to see my future within the Horticulture industry and the avenues I may go down!

Many thanks to Caitlin Sawyer my TAFE teacher for nominating me for the award. I would never have thought that I would have gotten this award!

The field day at Silverdale was magnificent, and it was great to meet like minded people. Such a great day! The AIH are going to publish an article on me in their magazine called HortInsights within the coming weeks. My artwork, photography and roses/garden will be featured in the article!"



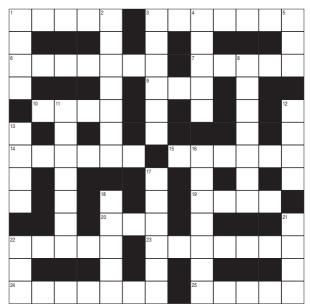


Across

- 1. Large oval tropical fruit (5)
- 3. Meat pies (7)
- 6. Water flash (7)
- 7. Juice from cooking meat (5)
- 9. Beverage (3)
- 10. Sweet drink containing carbonated water (4)
- 14. Frankfurter served on a bun (6)
- 15. Often used with a cup (6)
- 19. Consumes (4)
- 20. Hard-shelled seed (3)
- 22. Very thin crisp brown toast (5)
- 23. Spicy sauce made from red peppers (7)
- 24. Small prickly cucumber (7)
- 25. Plant having hollow cylindrical leaves used for seasoning (5)

Down

- 1. Spice made from nutmeg seed (4)
- 2. Aromatic herb with pungent leaves used as seasoning (7)
- 3. Larder (6)
- 4. Sweetener (5)
- 5. Sauce madee from fermented beans (3)
- 8. Downy fruit resembling a small peach (7)
- 11. Kind of porridge (7)
- 12. Meat from a domestic hog or pig (4)
- 13. Professional cook (4)
- 16. Sour or bitter in taste (7)
- 17. Meat from a mature domestic sheep (6)
- 18. Light meal (5)
- 21. Edible flatfish (4)
- 22. Drinking vessel with handle (3)



© Puzzle Choice

MARCH PUZZLE SOLUTION











Vincentia Marketplace, 8 Moona Creek Rd, Vincentia 4443 9979

EyeQ

yowr local experts in eyecare

Rebecca Pyne

KIDS

ORNER

Q. Why did the dingo cross the road twice?
A. Because he was a double-crosser!

Q. What's a koala's favourite drink?

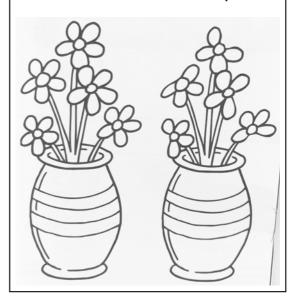
A. Coca Koala!

Q. What do crocodiles call children?

A. Appetisers!

Q. What do you get when you cross a kangaroo with sheep? A. A woolly jumper!

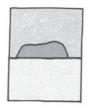
Draw more petals to make the flowers the same. Color the picture





Jo has just got her holiday photos back. What country do you think she visited?











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