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A publication of Bay & Basin Community Financial Services Limited (ACN 105 756 063) A Committed Community Centric Company

CONTACT DETAILS

Contributions Please submit your contributions for the **September 2024 issue by 7th August** and the **Oct 2024 Issue by 4th Sept** to

The Co-ordinator

editor@aboutbayandbasin.com.au PO Box 180 Sanctuary Point NSW 2540

Advertising Enquiries

ads@aboutbayandbasin.com.au

Distribution Enquiries

distribution@aboutbayandbasin.com.au

Printing

About* magazine is proudly printed and typeset locally by Sanctuary Point Printing, phone 4443 0014

8,000 copies carefully distributed to homes and business in Wandandian, Bewong, Tomerong, Falls Creek, Basin View, St Georges Basin, Sanctuary Point, Old Erowal Bay, Erowal Bay, Huskisson, Vincentia and Woollamia. We are also supported by many local businesses.

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A Word from the Editor

WELCOME TO OUR AUGUST EDITION OF THE About MAGAZINE.

DID YOU KNOW?

AUSTRALIA is 5th – 11th August 2024

Loneliness Awareness Week is about shining a spotlight on the universal experience of loneliness, squashing misconceptions about who experiences loneliness and highlighting the role we all play – individuals, communities, workplaces, education and government – in reducing loneliness and creating more opportunities for meaningful social connections.

Everyone is encouraged to get involved this year! For more information or you would like to be the first to know about this year's theme and receive resources to spread the word and participate go to https://lonelinessawarenessweek.com.au/

This months must reads:

- What Lies Beyond, Hungary Page
 15
- Monthly Feature Local, Local Councils – Pages 28 & 29
- Schools Corner Pages 40, 41 & 42

Regards and happy reading, Editor



WELCOME TO THE NEW FINANCIAL YEAR





OPENING BANK ACCOUNTS We have been making changes to how we open bank accounts, to provide our customers with a better banking experience. If you wish to open a bank account, whether it be business or personal, please make an appointment either in branch or by phoning us on 4443 9825. Existing customers with e- banking can open new easy saver and term deposit accounts online. Our staff are more than happy to assist you in branch with this service.

SCAMMING AND EMAILS A new phishing scam has been targeting Bendigo Bank customers. The new scam involves incomplete email subject lines ending in '.....'

Email subject lines identified include:

- · We kindly request that you verify your identity online by
- · You have a new message from our team
- If you have any further questions or concerns
- · As part of our latest ebanking update, we noticed
- Due to this update, the following services have been

This is an attempt to get customers to open the email and read it. Once opened customers are encouraged to click a link which directs them to a fake Bendigo Bank e-banking log on page.

WHAT TO LOOK OUT FOR - This is what a scamming email looks like

Please do not click on any links and if you are unsure, always contact the branch for verification.

Dear Valued Customer,	
As our latest ebanking system update, we've noticed that you have not yet verified your identity onlin automatically updated your account, but there are some key functionalities that are currently unawal verification process.	
Specifically, you will not be able to:	
- ATM withdrawata	
- Online outchases	
-In-store purchases	
-Money transfers	
These restricted services will be immediately reactivated once you verify your identity using the butter	on balow.
Verify My Identity	
This quick and simple process will restore full access to your account and allow you to seamlessly or	ontinue your banking activities.
We appreciate your understanding and cooperation in maintaining the highest standards of security	for your Bendigo Bank account.
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Bendigo Bank	
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Until next month - Donna Hillhouse 4443 9825



Basin Villages Forum

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

Basin Villages Forum is the Community Consultative Body (CCB) for residents of villages on the northern areas of the St Georges Basin waterway. All local residents are automatically members of the Forum able to attend and vote at meetings on issues. All welcome.

The June meeting saw 3 Councillors attending plus a candidate for next election. Issues discussed included:

- Sewage pollution into St Georges Basin, report outlet had been repaired but concerns raised for next heavy downfall and high tide. Forum representative will constantly check.
- Sink Hole Wool Rd, Old Erowal Bay. Councillor Ell spoke re this issue. Points raised during discussion were (i) Disturbing and inconvenient for many people. (ii) Council working on alternative road access possibly open by end July whereas repair to sink hole and road will take many more months (10 months suggested). (ii) Environmental issues raised with possible pollution of Worrowing Creek, a highly sensitive and high environmental value waterway requiring protection and leading into the waters of Erowal Bay. Report of aquatic weeds choking the waterway near sink hole, suggestion lack of maintenance possible part cause of problem. Suggestion of roundabout placement at corner of McGibbon Pde and Wool Rd whilst roadwork in progress. (v) Council will seek funding assistance from NSW State Govt
- SCC Review of SLEP (Shoalhaven Local Environment Plan). Issue raised that community has had no chance for input, Councillor Boyd explained that review is long term process and while many issues will be completed its expected the new Council will be required to review the rezoning processes.

- SCC Proposed Property Sales. Councillor White explained SCC owns many properties, some buildings, some land lots. BVF made submissions into those relevant to our area but many more can be commented on via SCC Get Involved Page.
- Bherwerre Wetland. Issue of dogs on boardwalk and wetland ongoing. Council rangers checking constantly. Also SCC's Land Management Leader checking wetland for weed growth re formulation of Weed Management Plan.
- Hawken Rd, Tomerong bridge. Tomerong resident noted problem of dangerous issues at the Hawken Rd bridge. Suggested report to Council.
- Coastal Management Plan. BVF rep noted the SGB/Sussex Inlet Coastal Management Plan community exhibition time delayed and Council hope to have it out for local resident input in July.
- Southern Cross Community Housing (SCCH) representative spoke on plans for 100 new houses in St Georges Basin. Forum will be notified of DA when completed and SCCH rep will attend to outlay and discuss plans. Will be State Significant Project due to high cost of proposal. SCC not decision maker but will have input.
- Forum committee expect candidates and councillors will attend meetings over the next months to meet community members.

Basin Villages Forum meets 7.30pm every 3rd Monday of each month at Meriton St Community Centre SGB.

Next meeting 19th August.

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



The Community Crop

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

Produce is available for all in our community and anyone who has surplus in



their garden is also welcome to drop off if you would like to share with others.

Produce will vary depending on season.

More info on Community Crop.

Contacting About

NEW EMAILS

(change .org to .com.au)

Editor:

editor@aboutbayandbasin.com.au

Advertising:

ads@aboutbayandbasin.com.au

Distribution:

distribution@aboutbayandbasin. com.au

Check out the updated website where you can view previous issues of the **About** magazine

https://bayandbasincommunity
financialservices.com/



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FiREFLY

Youth Changemakers Drive Campaign to TURN THE DUMPS INTO JUMPS!



Vincentia High School Year 9 students and avid mountain bike riders Caitlyn, Phoebe and Jasmine are leading the campaign to restore the BMX track in Basin View. They aim to transform what they call 'the dumps' at Malcolm Moore Reserve into a usable BMX track where they can develop their mountain biking skills.

"We think that young people can make a big difference in our community," says Phoebe, one of the project members. "By fixing up the BMX track, we're making it safer and more fun for everyone, and we're also helping local riders feel proud to call this reserve their own."

The Youth Voice Project invited community members to participate in two crucial components of the revitalisation effort:

- 1. Take a Survey by share your thoughts (which closed 3rd July 2024)
- Sign the Petition to rally behind our community's recreational facilities urging the Council to prioritise repairs on the BMX track-

https://chna.it/CvP4a8DWa6

"Your input and support are important, together, we can turn the dumps into jumps and create a space that reflects the vibrancy and spirit of our bike riding community" says Caitlyn, another project member.

As a testament to their commitment, the young changemakers have enlisted the expertise of BMX track designer James Hall from Keystone Trails.

Leveraging the survey responses and the young people's ideas, Hall will craft a concept design that resonates with the collective vision for the track's revival. This inclusive approach ensures that every voice contributes to the track's restoration.

The students will formally present the survey and petition results, alongside the concept design, to the Council at a briefing scheduled for late July. At this meeting, the changemakers will advocate for the reserve to be placed on the Council's priority listing and request that the Council secure grants to underpin the rejuvenation endeavours.

Students will also be partnering with South Coast United Mountain Bikers (SCUM) to host a fun, free event at Sanctuary Point Skate Park during Term 3. The **BMX Blast** event is designed to engage and inspire the local community, particularly young people, through a series of BMX clinics and activities. This event will not only promote physical activity and outdoor fun but also foster a sense of community and healthy competition. The event, funded by a grant, will feature BMX biking clinics and demonstrations by SCUM, a free BBQ, information booths, giveaways, and much more. Look out around the community and on facebook for the date of this event once confirmed.

For more info contact Christine at Firefly Bay and Basin on 0401 777 342 or email cmcinerneypercy@uniting.org





Noah's Inclusion Services

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

ENVISAGE Families Program coming to Noah's Sanctuary Point

Noah's Inclusion Services is proud to be presenting the ENVISAGE Families Program in Sanctuary Point.

ENVISAGE Families is a program to empower caregivers to feel confident and competent to navigate parenting their child/ren with developmental concerns. It focuses on support, knowledge and connections based on strengthbased ideas about health, wellbeing and development.

The program is available in five face-to-face sessions around the following topics:

- · Health and wellbeing in early child and family development
- · Child and family development
- Parenting is a 'dance' led by the children
- Looking after myself
- Communication, collaboration, connection

ENVISAGE is a program co-created by Australian and Canadian researchers, clinicians, and most importantly parents of children with developmental concerns and disabilities.

Noah's will be hosting the program on Wednesday mornings 10.30am to 12pm on 31 July, 7 August, 14 August, 21 August and 28 August.



Enabling Visions and Growing Expectations

The program is available free to parents or carers raising children 0-8 years with developmental concerns or a disability. Your child does NOT need an NDIS Plan for you to attend.

To register scan the OR code





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Shoalhaven UPDATE

Did you know you can help shape the future of the Shoalhaven?

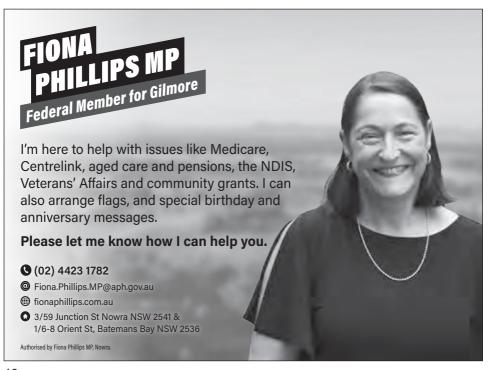
Through Get Involved Shoalhaven.

Get Involved Shoalhaven is Council's online community engagement space. We invite you to have your say on Council projects and plans because we recognise you're a valuable source of local expertise.

Your feedback will help shape Council decisions that affect residents, workers, and visitors across our beautiful city.

Go to https://getinvolved.shoalhaven.nsw.gov.au/

Have a look at the open projects waiting for community feedback, have your say to help your community for the future.





Shoalhaven Philatelic Society Inc.

presents

Stamp and Coin Day

Saturday August 17

Time: 9.30am - 3pm

Venue: Wesley Centre,

Uniting Church,

29 Berry St, Nowra

1404116

Admission: Free

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For further details contact John on 0414 634 556





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Shoalhaven Family History Society Inc.

NSW Family Birth Death or Marriage Search

Following on from searching the Early Church Records for New South Wales, this month we expand a little on searching the NSW indexes. NSW BDM's online family history search provides free access to NSW Government records of: births over 100 years ago; deaths over 30 years ago; marriages over 50 years ago. Only the records that fit these time frames are publicly accessible.

It was not compulsory to register a birth, death or marriage in NSW until 1856 and written forms did not come into use until 1918. This means that some records may be missing key details, or missing entirely.

The amount of detail in the records depends on the year of the event, the format and the condition of the original records we hold in the registry.

What to expect on a certificate:

- Death Certificate Names of the parents, names of spouse(s), names of the children, place of death, occupation.
- Marriage Certificate Place of birth, age at marriage, date of the marriage and names of parents. Some late 1800s marriage records do not include all information.
- Birth Certificate Place of birth for the parents, residence at time of birth, name and age of older siblings, date of marriage for parents, occupation of father.

If you can't find a record, there could be errors in the names, dates and place you are searching, or the record may never have existed. For example, if you can't find a marriage record for your ancestors, it could be because: the event was not registered or the event did not occur in NSW (so try other state registries), or the registration may have been missed when the records were transferred to digital format.

If you're unsure about a name or if you can't find what you are looking for, try using these advanced search options:

Use	To Find	Examples	
*	Any string of characters	R*n will match Ron, Ran, Roan.	
		Bro* will match any word starting with Bro, such as Brooks, Bromley, Bros.	
?	Replace a single character	R?n will match Ron or Ran but will not match Roan.	
@	Represents a soundex	@colin will match Clune, Colan, Cullan, Callahan.	

When you're researching historical information, you might find differences in the spelling of a name. This could be because: a mistake was made in recording the name; a name was changed from another language into English or the records are hard to read.



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About

Family History

If you don't have an exact date, you can try searching a date range.

- Select date of event range from drop down: either yes or no.
- If you select date of event range "yes", you
 must enter a start and finish date for the
 period of your search.
- For example: Event from 01/01/1900, Event to 31/12/1910.
- If you only need the date of the event and not the full certificate, you can interpolate the dates. To do this keep changing the dates from and to until you have narrowed the results to the actual date.

SFHS Research Centre is the Shoalhaven Family History Society

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.shoalhavenfamilyhistory.org.au 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 – a chat and catch up for everyone.

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





Jervis Bay Lions Club

Lions is an international organisation with strong links to helping the local community and has been operating for over 100 years.

We support local groups such as schools, hospitals, medical research, assistance for the blind and deaf and also individuals in need in the local community.

Incorporated in this work we also have a lot of fun and friendship with a dinner meeting once a month plus social outings...

We can be found at the Huskisson Markets on the 2nd Sunday of each month with our famous "Lions Van" and jumping castle for the kids. We are always on the look out for new members.

More info go to https://lionsclubs.org.au Publicity Officer Bob Hanlon 4441 6087.



ORCHIDS GALORE

The Shoalhaven Orchid Society will hold its Spring Orchid Show in the Bomaderry Community Centre, Birriley Street, Bomaderry on

Saturday 31st August 9am – 3pm.



There will be a wonderful display of exotic and Australian orchids. Entry is free and everyone who comes through the doors can go in the draw for the lucky door prize – a beautiful flowering orchid. There is also a raffle with orchids and other great prizes.

The hall is wheelchair accessible. Visitors will be able to enjoy the wonderful orchid display and have the opportunity to ask for advice or take advantage of a large range of orchids at the ever-popular sales table to add to their collection at very reasonable prices.

Contact Louise Gannon for further information on 0419 241 177.



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 Saturday 19 October 2024 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:

<u>sanctuarypointcommunitypride</u> <u>@gmail.com</u> or via our website <u>spcp.org.au</u>

In addition to community information stalls, the fair will have live bands; children's activities; coffee van and Lions Club BBQ; 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 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.





WHAT LIES BEYOND HUNGARY

Contributed by Corinne Le Gall

Boasting 13 Nobel Prize winners as well as Harry Houdini the magician, Bela Lugosi star of the early Dracula films and Emo Rubik of Rubik's cube fame amongst others, Hungary is the birth place of many famous people.

It is landlocked by 7 countries in central Europe with the capital Budapest, being bisected by the Danube River. Budapest is a unification of two districts, Buda and Pest which are connected by its Chain Bridge. The Buda district is hilly whilst the Pest is flat.

The official language is Hungarian spoken by 98% of the population. Although under communism until 1989, Hungary is now a democratic nation acceding to the Schengen Agreement after the downfall of the Soviet Bloc, meaning there are no longer internal passport controls for movement in and out by citizens of EU member states.

Sitting proudly on the Pest side of the city, you'll find the Hungarian Parliament Building, a UNESCO World Heritage listing. An imposing sight, with its reflection showing in the waters of the Danube – which itself is another UNESCO Listing – it is one of the tallest buildings in Budapest. The Parliament Building is also the 3rd largest parliament building in the world with 691 rooms and 20 kilometres of stairs.

The building can be toured but you may have to be very patient as it's reputed that seven hundred thousand visitors each year also have the same idea of taking the official tour, and that will be the only way that you'll see the inside as you cannot visit without joining a tour.

Hungary actually boasts 8 UNESCO World Heritage Listings. The architectural style of Budapest is varied. It consists of Renaissance, Romanesque, Gothic, Neoclassical and Baroque Revival – and combinations of these.

Unfortunately most tourists don't get out of the city as they afford very little time to visit Hungary as it is still new on the tourist trail and still underrated as a travel destination. If they did, they would be treated to 10 national parks, 145 minor nature reserves and 35 landscape protection areas as well as quite a few communal thermal baths.

The people of Hungary are very friendly and most can help out a tourist for directions. Their food is delectable.

If you are new to the city and limited on time, taking a paid tour will have you taking in more than you would under your own steam.

An evening sightseeing cruise on the Danube where you will go past and marvel at the well illuminated Parliament building is a must if you have the time. But if you want to photograph the building itself, which dominates the Pest side, make your way to the Buda side and from there, you will definitely be able to photograph both the building as well as the Danube River – especially at nights when it is all lit up.

Huskisson **Woollamia Community Voice**



Community Consultative Body (CCB)

HWCV provides a two-way communication link with Shoalhaven City Council; other government agencies and; nongovernment 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.

2024 MEETING DATES:

- · 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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Slow Cooked French Onion Lamb Shanks

courtesy of **f** Australian Home Cooks

INGREDIENTS

- 3-4 lamb shanks, frenched
- 1 large onion, sliced
- 2 carrots, diced
- 1 x 400g can of Italian diced tomatoes
- 1 cup of beef stock

- 1 pkt of french onion soup
- 2 tblspns worcestershire sauce
- salt and pepper to season.
- flour for dredging
- oil for frying

METHOD

- 1. Heat oil in a frypan. Dredge shanks in seasoned flour.
- 2. Fry to sear on all sides.
- 3. Place in the slow cooker.
- 4. Add tomatoes, stock, onion, carrots, worcestershire sauce and french onion soup mix. Stir to combine.
- 5. Season well with salt and pepper.
- 6. Cover and cook on high 4 4.5 hrs.
- 7. Serve over mashed potatoes or pasta.

<u>NOTE:</u> I added sliced potato to this, but would normally leave them out and serve this on mashed potato. Also if you like a thicker sauce add a little cornflour mixed with water at end of cooking time.





Volunteers like Julie Make our Community

It's a common scenario – after a few years of retirement, Sanctuary Point local Julie Garamy started to feel restless. She wanted to feel like she was helping others again, to be part of a team and have a purpose to her day.

Luckily for BCR Communities, Julie picked up an issue of the **About*** Magazine, read a story about volunteering with BCR and the next day made the call to offer her services.

BCR Communities is a not-for-profit which has been providing aged care, community, youth and disability services in the Bay and Basin for over 32 years. We were started by locals for locals and volunteers like Julie have always been at the heart of our organisation.

"I started by volunteering with aged care clients, helping with activities in the centres and assisting with social outings on the bus. I loved it so much because I could see how happy the clients were, it felt so good to see them engaged and having a wonderful time together." Julie said.

Julie has been volunteering with BCR for nine years and is a much appreciated member of the team. She now works in volunteer administration and service coordination acting as the match-maker between our clients and our volunteers.

'Having a chat' is Julie's superpower, she can talk



to anyone and find common ground very quickly. After a couple of hours in Julie's company everyone feels they have found a friend and she is an expert at finding the right fit for our volunteers.

BCR Communities offers a range of volunteer opportunities – you could change a young person's life as a driver mentor; use your woodworking skills for community projects; provide companionship to someone who is socially isolated and so much more.

If like Julie, you are ready to find your purpose and give back to your community, contact BCR Communities today on 1300 222 748 or email info@BCRcommunities.com.





Snippet of Tomerong History POST OFFICE

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



Tomerong PO has been located at the Hotel, the Store and the School. This picture from 1951 shows the building contructed in 1908.

What is thought to be the earliest Post Office in the Jervis Bay district was established in 1843 at South Huskisson (Vincentia). The name of the first Postmaster is not known, although a J Lamond was appointed as Postmaster in 1844.

The office received a weekly mail delivery with postage to Sydney costing one penny. It is likely this office closed down at the end of 1851 following the decline in use of the Wool Road.

A Post Office was first established at Tomerong in 1862 under the charge of James McLeod Robertson (the teacher at the newly established non-vested National School).

His time as both schoolmaster and Postmaster was short lived. On October 16 he took a fall from his horse while travelling to Nowra, hitting his head and sustaining serious injuries.

Following his untimely death several months later, John Parnell, the hotel proprietor became Postmaster.

The Post Office was located in a small building situated a short distance from the Traveller's Rest

Hotel. Subsequent premises were situated at the Public School (1865-1875), (1906) and at the corner store (1885-1906).

The telegraph line was extended to Ulladulla in 1875 and in 1886, the Post Office received telephone communications with Nowra.

When Florence Wood was appointed as Postmistress in 1906, she had the current premises constructed just north of the school where she remained as Postmistress for the next 19 years.

Some of the later Postmasters/mistress' have included Arthur Jacques, Hannah Aspinall, William Costello, William Bennett-Caten, Douglas Grenenger, Terence Fowler and Lurleen Newman.

In 1992 the Post Office was relocated to the Tomerong store/service station but returned to the present site four years later.

The Post Office continues to operate today although it has had many moves up and down the street.

SHOALHAVEN CITY PIPES & DRUMS

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

Shoalhaven Family History Society Inc.

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

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.



VINCENTIA **RURAL FIRE BRIGADE**

next door to Leisure Centre. Vincentia We are seeking community minded

volunteers. Contact our Captain on 4401 1750

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, quest speakers most months. For more info email shoalhavenbeekeepers@ gmail.com or f



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



VOLUNTEERS NEEDED

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

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 **f**

Shoalhaven Transition a worldwide arassroots 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

Winter Morning Market 1st Sat # 10am-1pm # 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

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

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

Call Courtesy Bus to book 0413 014 125



WHAT'S ON AUGUST

Your Home of Sports



















Scan the QR Code to learn more





5th

\$15 Parmageddon Thursdays On Point Kitchen from 5pm

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

\$15 Parmageddon Thursdays On Point Kitchen from 5pm

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

\$15 Parmageddon Thursdays On Point Kitchen from 5pm

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

Hitlist Fridays 7pm Main Lounge

MEGA Friday Members

Badge Draw

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

Draw 7:45pm | Second Chance Draw 8:30pm

Snooker Club Raffle Drawn 7:30pm

\$15 Parmageddon Thursdays

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

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

Draw 7:45pm | Second Chance Draw 8:30pm

Snooker Club Raffle Drawn 7:30pm

MAGIC MEN - Australia's No.1

Free Live Entertainment

Auditorium Doors 7pm | Show 8pm

Hav N Fun Karaoke 7pm - 11pm

Hitlist Fridays 7pm Main Lounge

MEGA Friday Members

Badge Draw

Ladies Show

Poker - Sunday Poker

Rego from 1pm, starts 2pm

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

29th

Sat 31

Junior Rugby League Raffle Draw 6:30nm

Hitlist Fridays 7pm Main Lounge **MEGA Friday Members**

Badge Draw Draw 7:45pm | Second Chance Draw 8:30pm

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

Snooker Club Raffle Drawn 7:30pm

On Point Kitchen Breakfast

Cash Housie Call start at 1pm

Free Live Entertainment William Wallace 7pm - 11pm

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

Hitlist Fridays 7pm Main Lounge **MEGA Friday Members**

Badge Draw Draw 7:45pm | Second Chance Draw 8:30pm

Snooker Club Raffle Drawn 7:30pm

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

Hitlist Fridays 7pm Main Lounge

MEGA Friday Members Badge Draw

Monkey Business 7pm - 11pm

Poker - Sunday Poker

Hits Cental 4pm - 8pm

Rego from 1pm, starts 2pm

Sunday Meat Raffle

Tickets from 1:30pm, Draw 3pm

Free Live Entertainment

Bingo - Morning 10am - 12pm

\$15 Pork Ribs & Drink

Mondays On Point Kitchen from 5pm

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

Snooker Club Raffle Drawn 5:30pm

Afternoon 12:45pm - 3pm

Thurs

Draw 7:45pm | Second Chance Draw 8:30pm

Snooker Club Raffle Drawn 7:30pm

Free Live Entertainment

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

Afternoon 12:45pm - 3pm

Free Live Entertainment Mark Dabin 4pm - 8pm

Bingo - Morning 10am - 12pm

\$15 Pork Ribs & Drink

Mondays On Point Kitchen from 5pm

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

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

Snooker Club Raffle Drawn 5:30pm

Free Live Entertainment Rock-A-Holics 4pm - 8pm

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

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

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

Housie Tuesdays Books on sale 10am | Games 10:30am

\$15 Burger & Beer Tuesdays

On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia from 6:30pm

Bingo Starts 10:30am

\$15 Steak Night On Point Kitchen from 5pm

Wednesday Mega Meat Raffle

Housie Tuesdays Books on sale 10am | Games 10:30am

Mon

Lues

\$15 Burger & Beer Tuesdays

On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia from 6:30pm

Bingo Starts 10:30am

\$15 Steak Night

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

Sub Club Raffle Draw 6:30pm

Free Live Entertainment Keith Zehr 7nm - 11nm

ABBALANCHE - The Australian **ABBA Tribute 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 10am - 12pm Afternoon 12:45pm - 3pm

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

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

Housie Tuesdays Books on sale 10am | Games 10:30am

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

Bingo Starts 6:30pm

Trivia from 6:30pm

Bingo Starts 10:30am

\$15 Steak Night

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

Sub Club Raffle Draw 6:30pm

13th Lues

12th

Mon

Housie Tuesdays Books on sale 10am | Games 10:30am

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

Bingo Starts 6:30pm

Trivia from 6:30pm

Bingo Starts 10:30am

\$15 Steak Night

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

Sub Club Raffle Draw 6:30pm

Mon 19th

Tickets from 4:30pm, Draw 6pm

Sub Club Raffle Draw 6:30pm



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 0461 576 176
- **Belly Fit** = Huskisson Community Centre = Tue 4.30-5.30pm = Ph Mimi 0461 576 176

Clifton Community Food Garden Working Bees

- held 3 times a week Daylight Saving Hours Tue 9am-12noon • Fri 3-6pm • Sat 9am-12noon • Non Daylight Saving Hours Tue 9am-12noon • Fri 2-5pm • Sat 9am-12noon • Jeff 0437 333 042
- **Collingwood Reserve Park Care Group** meet in reserve opposite Basin View Volunteer Rural Fire Brigade Shed Mon 8.30am •
- **CWA Jervis Bay Day** Huskisson Community Centre, Dent St 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 Rosalie 0412 297 435
- Rock and Roll Lessons = Huskisson Community Hall = Tue 7pm = Rock n Roll, Partner Dancing, Swing = Ph Laurel 0408 184 984 or Rob 0439 416 386
- Scottish Country Dancing = Thu 2pm-3.30pm
 Senior Citizens Hall, Berry St, Nowra = Tue 7.30-9.30pm
 Presbyterian Church Hall, Kinghorne St, Nowra
 Beginners welcome = Heather 4441 5496
- **Shoalhaven City Pipes & Drums** Mon 7pm 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
- **Tennis** The Country Club, St Georges Basin Social Mon 6-9pm & Thu 9am-1pm Comps Tue or Wed 6-9pm Ph 4443 0666 thecountryclub.com.au/sport/tennis/
- The Country Club Computer & Technology Club =

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

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

Fortnightly Meetings

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

IPam 0401 043 833 | Kate 0417 713 850

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

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

Wool Road Spinners & Weavers Jervis Bay Baptist Church classroom, behind church, cnr The Wool Rd & St George Ave, 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@qmail.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 3
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 I 2nd Mon 6pm

■ M/Ship & other enquiries Ken Sheppard 0428 638 611

Basin View Rural Fire Service Fire Station #3rd Fri 6,30pm #Denise Fabreschi 0412 780 899

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

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

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

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

Bloomers & Buds Social Gardening Group

Inc. Community Centre, Dent St, Huskisson II 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 477 771; Sec. Denise Stevens 0408 008 460

Combined War Widows & Laurel Club of Legacy

Huskisson Meeting & Lunch II Club Jervis Bay (RSL) II 2nd Tue at 11am II 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

Vincentia Community Hall (behind Coles carpark)

Lauren 4443 5946

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

Huskisson Rural Fire Service 2nd Tue 7pm

Captain Sanna Reeves 0408 480 424

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

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

Jervis Bay Lions Club Club Jervis Bay 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 II Group Training Day 3rd Sun 8am II All welcome including juniors II Pres. Tony Lim 0411 052 746 II 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 || 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 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 I 3rd Wed (ex. Dec 2nd
Wed) 5.30pm for cuppa, meeting 6pm sharp,
guest speakers most months

e: shoalhavenbeekeepers@gmail.com or **f**

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 I Nowra Bowling Club, Osborne St, Nowra I 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 II Masonic Hall, Moss St, Nowra II Betty Coulton 4442 1475

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 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 II
Progress Hall II 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

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 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 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

Shareostomates, Shoalhaven Area Ostomates

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

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

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

Community Forums

Basin Villages Forum 3rd Mon 7.30pm 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

Ie: 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 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

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



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- · Smoke detectors

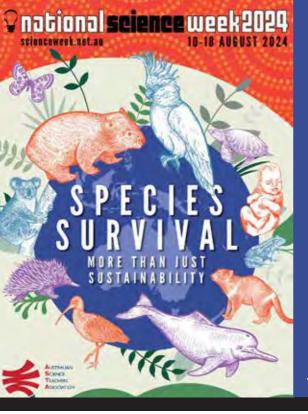
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'LOCAL' LOCAL COUNCILS

Contributed by John Blackmore

Over the past decade, numerous **About**...... Monthly Features have centred on, or mentioned in passing, various aspects of the development of local government across the Shoalhaven district.

In the June 2016 article LOCAL GOVERNMENT, the closing remark in the final paragraph was that the structure of governance across this district has changed every three to four decades since 'local' local councils were first formed in the mid 1800s. With local council elections looming next month, this **About** Monthly Feature is going to go back to the very beginning of this process.

In 1996, the Shoalhaven Historical Society produced a publication called LIVING ECHOES – A History Of The Shoalhaven. This contained twenty two chapters on a wide variety of topics across our district. Most succeeding chapters were written by a different author, with a dozen main writers heading up each chapter. Many of the chapters had an ancillary writer, with Joanne Ewin from the Milton-Ulladulla Historical Society writing no less than ten sub-sections across the various chapters covering that part of the district. As might be expected, Joanne was the main writer for the chapter entitled Milton-Ulladulla and Pioneers.

Many About Monthly Features have quoted research completed by now retired South Coast Register journalist, historian and cricket writer Alan Clark. In this publication, he is the main writer for the chapters on the subjects of The Press, The Churches, Education, Essential Services, and Sport. However, if we include his Introduction as a chapter, longterm S.H.S. member Hugh Gubb pips Alan with half a dozen sections contributed. His subject areas where he was the main writer were Pioneering & Agriculture, The Navy, Post Offices, Railways and Local Government.

Of the sections on the other two well known northern population centres of the Shoalhaven, Berry Historical Society member Mary Lidbetter wrote a chapter entitled Berry Township Facing Up To The Future, while Noel Ross wrote the chapter that precedes this – Kangaroo Valley Township & Liquid Gold. Audrey Gardyne's chapter on Aboriginal People includes a range of sub-sections like Ownership Of Land, the impact on Aboriginal people after European settlement, Education, Employment opportunities, as well as various committees formed in the mid 20th century. These attempted to improve the conditions of people of Aboriginal descent. At the outset, longtime Nowra Public School librarian Bob Harnwell set the scene in Chapter One by outlining the Geology, Flora and Fauna of the district.

In Hugh Gubb's chapter on Local Government, issues surrounding the original quest to form a local government body in the district are outlined in detail. The 1850s and the immediate decades that followed and preceded it were dominated by the Coolangatta Estate, until its eventual sale in the 1890s. In 1859, a Shoalhaven Municipal Area was proposed and formed, after the Municipalities Act of 1858 was established under the New South Wales colonial government.

About readers may recall in June's Monthly Feature on J.H. PLUNKETT that a lower house of parliament had been brought in to existence only two years before when elections were first held for the NSW Legislative Assembly. This recently created people's house, which today wears the tag of 'The Bear Pit', soon came in to conflict with members in the NSW Legislative Council, or upper house. They had principally been landholders who had benefited across the colony since the counties system had been introduced over a number of decades from the 1820s forwards, under the rule of successive governors. While the conflict that arose between Alexander Berry and Reverend John Dunmore Lang was an example not isolated to the local area, it did end up being taken to a higher authority than the NSW colonial government.

In Hugh Gubb's LIVING ECHOES chapter, a map of the proposed Municipality of Shoalhaven is an illustration within the pages of description



surrounding the conflict which arose between Berry and Lang. This map is dated 21st September 1859. That was the day on which this municipality was proclaimed. James Graham, whose family home of Graham Lodge today remains within a stone's throw of the three bridge river crossings of the Shoalhaven joining Nowra and Bomaderry, was the first mayor of the Shoalhaven Municipal Area from 1859 to 1862. He was followed by Henry Moss, whose sister married Michael Hyam in 1853.

The About Monthly Feature in April 2019, WHO WAS MICHAEL HYAM? explains both of these men's contributions around those years to the beginnings of Nowra as a town. Hyam's Sir Walter Scott Inn at Number 1 Ferry Lane in Nowra was in sight of both Graham's Lodge and Moss' stately home. The latter was located between the Inn and the eastern end of North Street coming off the planned town street grid. For over a century, Moss' home stood where the Moss Street traffic lights today intersect with the Princes Highway.

With the town of Nowra in its infancy, when the petitions went in to the newly formed Legislative Assembly requesting provision for government services like law, educational services, and the like, they needed to be paid for. Some of the land on Berry's estate was included on the map proclaiming the Municipality of Shoalhaven. Within the boundary plan of this municipality was included land from the south of Nowra Hill and PARMA (About Monthly Feature April 2012), north to Good Dog (later known as Cambewarra), Meroo and beyond the Broughton Creek (later named Berry) areas. All were emerging settlements. Along the western boundary between Nowra Hill and Good Dog was an alignment that crossed the river at Longreach.

At the centre of this dispute was the eastern boundary. On its southern side of the river, this alignment split Greenhills and Terara, then after travelling to the west of Pig Island (also known as Burraga), north of the river it included land beyond Bolong which intersected with the corner of Broughton Creek where that creek takes a major bend near Far Meadow. Continuing along the creek as the boundary, it extended further than the town which would become Berry. Around Broughton Vale, it headed back west to pick up the alignment of the escarpment.

What came in to dispute were the areas of land owned by Berry that had been included within these boundaries. Berry did not want to be forced to pay rates on such lands. As in many other parts of the colony, "prospective petitioners found an obvious conflict of interest in that rural freeholders did not want a disproportionate amount of their rates spent on town facilities".

Several decades earlier, Reverend John Dunmore Lang had been influential in introducing MECHANICS INSTITUTES (About Monthly Feature June 2021) in to the colony. "Due to the prospect of self-government at the local as well as State level", Lang, as a founding father of the Presbyterian church in the NSW colony, considered it his duty to tour around its regions. As well as preaching his sermons, Lang made some political speeches in his travels, with landowners and the rates issue prominent in these.

After Berry prevented him from speaking in the church at Numba on 'his land', he argued that as an itinerant preacher, Lang was "not of the true communion of the Established Church of Scotland". Irate at this intervention, Lang spoke at Prosper de Mestre's church at Terara instead, and wrote to the Editor of the Illawarra Mercury. His basic argument was that as one of the largest freehold landowners in the colony, Berry should be paying rates to council.

At this point, Alexander Berry "commenced legal proceedings for defamation". When raising his complaint with the Governor, Berry claimed that he was not informed of where the original municipal boundaries were to be. He won his subsequent case in the NSW Supreme Court, preventing the Shoalhaven Municipal Area council from operating. After Mayor James Graham appealed this finding to the Privy Council in England, not only did it also rule in favour of Berry, but awarded costs involved in the case against the fledgling council.

After these proceedings took from 1861 until 1865 to unfold, two years after this decision, the residents again petitioned the colonial authorities in order to gain their own 'local' local council body. This time, two councils came in to being. Both were proclaimed in 1868. Both began to operate from 1869, with Numbaa Municpal Council south of the river, and the Municipality of Broughton Creek and Bomaderry to its north.





The History of Spinning

Before the advent of written history, humans were using sticks to spin fibres together into long strands, which could then be twisted into rope, knitted or woven into cloth or net.

Whilst the spinning wheel is most commonly associated with the art of spinning, it wasn't introduced to Europe until in the late Middle Ages. Until its introduction, the drop spindle was the primary spinning tool used to spin all the threads for clothing and fabrics. The drop spindle has been used to spin fibre throughout the ages from Egyptian mummy wrappings to tapestries, and even the ropes and sails for ships, for almost 9,000 years.

The spinning wheel was invented in the Islamic world by 1030. It later spread to China by 1090, and then spread from the Islamic world to Europe and India by the 13th Century.

By the 17th century almost every home had a spinning wheel. Sometimes there were two, one for wool and one for flax (linen). Flax was used to make bedsheets, tablecloths, napkins and towels. In medieval times, poor families had such a need for yarn to make their own cloth and clothes that practically all girls and unmarried women would keep busy spinning, and 'spinster' became synonymous with an unmarried woman.

The spinning Jenny, a multi spool spinning wheel, invented around 1764 by James Hargreaves, dramatically reduced the amount of work needed to produce yarn of a high consistency with a single worker to work eight or more spools at once. The spinning Jenny helped to usher in the Industrial Revolution in the textile industry

More modern spinning machines use a mechanical means to rotate the spindle, as well as an automatic method to draw out fibres, and devices to work many spindles together at speeds previously unattainable.

Newer technologies that offer even faster yarn production include friction spinning, an open-end system, and air jets.

Hand spinning is still an important skill in many traditional societies. Hobby or small scale spinners have increased in numbers over the last few decades with the increase in popularity for artisan crafts.

Ref: National Museum American History -Smithsonian Institute

The Wool Road Spinners and Weavers Meet 1st and 3rd Thursday of each month 9.30am to 1pm at the Jervis Bay Baptist Church, 1 St George Ave, Vincentia.

Contact Judy 0403 212 237.



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All 2024 SPCP meetings will be held in the rear function room of The Country Club, St Georges Basin.

- Tuesday 27 August at 6.30pm to 8pm;
- Friday 27 September at 10am to noon;
- Tuesday 22 October AGM at 6.30pm with ordinary meeting to follow;
- Friday 22 November at 10am to noon.

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

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MINI GOLF Open 10am. Bookings preferred last booking 4pm MEAT MARKET THURSDAYS Tickets on sale 6pm; Draw from 7pm





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





Calling all book loving kids!

It's that time of the year again when we spend a whole week celebrating reading,

Australian authors, illustrators and of course books, books and more books! That's right – it's Book Week and this year it will run from Saturday 17th August to Friday 23rd August!

Make sure to pick up an entry form for one of the creative competitions running for a chance to win some great prizes. Colour in a picture, write a poem or a short story, design a bookmark – there is something for kids of all ages and abilities from preschool right through to Year 12.

Entries can be dropped into any Shoalhaven Libraries branch but must be in by 5pm on Friday 17th August.

This year the themefor Book Week is 'Reading is magic!' Visit the library anytime from 1st August and check out all the shortlisted titles. Ask mum or dad to commemorate your visit with a photo at the enchanted reading forest. Don't forget to share the Book Week magic with #ShoalhavenLibraries #ReadingIsMagic.

Magic Wand Creation Station. Are you a witch or a wizard? A magical fairy princess or a powerful sorcerer? You will need a magic wand! Come along



to Sanctuary Point Library on Tuesday 20th August 4-5pm for a special Book Week after school craft session. Suitable for kids aged 4-12 years.

Shoalhaven Libraries Book Week Roadshow. Friday 23rd August 10am-11am. Join us at the Noah's Inclusion



Services building next door to Sanctuary Point Library for a performance of selected Book Week nominated titles. Be prepared for fun and

silliness as library staff dress up and act out! Suitable for kids of all ages.

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 http://www.shoalhavenlibraries.com.au/events

See you at the library!





MUCKING IN

CLIFTON COMMUNITY FOOD GARDEN

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

How quickly the winter months are zooming by, but we still have a good way to go, before spring rolls around and the weather warms up. Our Saturday Open Day in June was impacted by the weather. Very cold and oh so wet! There were some regular brave souls who ventured in to top up their favourite marmalade or chutney but even some of our trusty members were out for the count. Some of them were down with flu and others away from the area, trying to find a dry spot inland.

A delicious lemon drizzle cake, made by Ellen was shared for morning tea, to celebrate the June Birthday members, a tradition we all look forward to before open mornings. Cold and wet will not deter this ritual!

July – more cold and wet! Some sunny days through June and July were not enough to dry out the soil in many areas of the garden, but the vegetables are growing on anyway. So exciting to see the little heads of the cauliflower hiding between the leaves – larger each time you look. Hope they have a chance to expand into large heads, before the warmer weather arrives. This current cold weather will help with that bit! We will have enough to share. Maybe some cauliflower pickles, for sale on the tables, old fashioned and delicious.

Our next Fundraising Morning will be on **Saturday 17th August from 10am till 12 noon**, when the flags will fly at the front of the garden, and we will keep our fingers crossed it will be in the sunshine!

Our attention has also returned to the humble beetroot, as it has been difficult

for shoppers to buy Australian grown and processed beetroot to purchase in the local stores. Beetroot is a super food, rich in vitamins and minerals that are essential for health and wellbeing. It is suggested that nitrates; compounds in beetroot juice help lower blood pressure, help lower high cholesterol and boost physical performance as it helps relax and widen blood vessels.

Beet juice may improve muscle power in the heart, and increase flow of blood to the brain particularly the frontal lobes associated with cognitive thinking and behaviour. Now that is all good news!

It is a vegetable that every Aussie has an opinion about and it is essential on a true Aussie hamburger, that's for sure.

Attempts, over the years have been made to present the beetroot in other colours, green or yellow, perhaps to save the stain on ties and shirts, and tablecloths. However, it is in the wonderful rich magenta colouring that all the goodness is hiding.

Beetroot is 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. Very low potassium may lead to life threatening abnormal heart rhythms. Beet juice is also a good source of other minerals, to boost immune system and support healthy bones and teeth, and support your liver.

Our gardeners are attempting to produce a continuous supply of this super food at the garden so that we will have access to beetroot all year around. More good news!



Choko (sicyos edule) Brad Wilson - Herbalist



Who Owns the Choko? Here's a puzzler. If your neighbour decides to grow choko along your shared fence line and a choko starts growing on your side, is that your choko? Common sense should tell you the choko is not yours, because the neighbour planted it, nurtured it, named it and talked to it. It grew thanks to their soil and their rain. But isn't it your rain? Maybe it was raining sideways at the time and the rain crossed your garden first. Isn't it your sun? When the sun is high above your house - that's your sunshine. Ask yourself (I do) "Are they paying me any rent on that choko?" Nope. It's hanging there, taking up valuable real estate and putting strain on your side of the fence. Common sense should tell you it is either your choko or it is trespassing.

After picking your delicious choko, what are you going to do with it? As most people know, choko are the World's Most Boring Vegetable. Choko are..... well, let me tell you a story: once upon a week when I was very broke, all I had to eat were choko sandwiches. A choko sandwich is a joyless combination of white bread, cheap margarine, raw choko (at ten cents per choko), salt and white pepper. It's the crunchiest sandwich I have ever eaten and it's completely tasteless apart from the pepper. It's basically a pepper sandwich. If you make one, I suggest you don't add tomato sauce as that destroys it. If available, a long tall glass of milk will help get it down – albeit in lumps. Unless you especially enjoy indigestion, I suggest you cook your choko. Even a light steam or boil will make them a lot easier to chew.

Outside Australia, the aptly named choko (because you can choke on it) is otherwise called a chayote. Its appearance is familiar to anyone wandering the fruit and veggie aisle – a leathery green thing with a warty exterior and pumpkin like grooves. Overall it's something like a pear if it was dropped into a nuclear reactor.

Like pumpkins and melons, choko is a gourd. Handy people with nothing better to do like to hollow out gourds to make drums, drink containers and Jack - o'- lanterns with a candle inside. You could try hollowing out a choko and I would wish you every success.

A choko has your typical vitamins and mineralsit's pretty healthy, but what makes it so popular is that it's very easy to grow. It's a climbing vine, so once it starts it doesn't stop. You've heard of Jack and the Beanstalk? Same thing! To grow choko, acquire a choko and put it on a warm windowsill. Make a wish and overnight your choko will send out a vine. If it doesn't, wish harder and wait a few more weeks. When it's ready, pop it in the soil next to something it can climb on, like a trellis or Mum's washing line – but not the shared fence. Who needs pesky poaching neighbours?

Choko Chips: *Traditional in Turkey.* Peel and slice up a choko into chips or wedges. Coat them in cornflour and fry them in oil for 4-5 minutes. Serve with yogurt sauce. Both healthy and unhealthy at the same time!







Creating Connections

Loneliness Awareness Week

Picture this A world where every single person feels a sense of connection and belonging.

Ending Loneliness is a national network of organisations who have come together to address the growing problem of loneliness in people living in Australia.

How we're making change Ending Loneliness Together has identified loneliness as a growing issue in Australia. There are four key ways we can make a difference.

Our Key Areas Of Focus

Evidence	Inform	Influence	Awareness
Developing a strong evidence base for measuring loneliness and finding the most effective solutions.	Giving people the information they need to better understand loneliness and the ways to prevent it.	Influencing government and relevant stakeholders to make meaningful change.	Raising public awareness and inspiring action.

We've made a promise To bring people, community and government together to make connection and belonging a priority — and create effective solutions to combat chronic loneliness.

LONELINESS AWARENESS WEEK AUSTRALIA 5th – 11th August 2024

Loneliness Awareness Week is about shining a spotlight on the universal experience of loneliness, squashing misconceptions about who experiences loneliness and highlighting the role we all play – individuals, communities, workplaces, education, government – in reducing loneliness and creating more opportunities for meaningful social connections.

Everyone is encouraged to get involved this year! Sign up at the website below to be the first to know about this year's theme and receive resources to spread the word and participate.

https://lonelinessawarenessweek.com.au/



What to do if you feel lonely The table below has some suggestions to combat loneliness that everyone could use to improve connections to friends, family, work and in the community.



1. Think positive	2. Forget	3. Expect	4. Sit with
Worrying about social situations can make us overthink our interactions. Try shifting your focus to the other person or topic of conversation.	Comparison Comparison can often make us feel inferior to others. Instead of focusing on what you lack, try to focus on and develop the things you have.	It's natural for relationships to change over time. Knowing this can help you to better adjust as your relationships change and evolve.	Anxiety in social situations is common. Meeting new people, despite some discomfort, can help to improve your social confidence.
5. Active listening	6. Practice small talk	7. Say names	8. Go offline
Meaningful engagement starts by really listening and giving others our full attention. Show you are engaged through your actions and words.	Many of us worry that we have nothing to say. Starting small talk with others can lead to deeper and more meaningful conversations.	Saying someone's name signals that we are engaged. Offering your name, and saying theirs, can make for a more connected conversation.	It's important that we continue to nurture our relationships in the nondigital world. Make time to go offline and interact with others in real life.
9. Start a conversation	10. Be kind	11. Join in	12. Reconnect
Unexpected moments of connection greatly improve our mood. A simple hello can go a long way to helping others and you to feel connected.	Helping others makes us feel good. Being kind to others, by offering help or support, can help you to build more meaningful connections.	We all have different interests. There are social opportunities to suit everyone. Find out what activities are available in your area and join in.	All of us lose touch with friends over the course of our lives. But it's never too late to reach out. Take small steps to reconnect with old friends.

Resource adapted from APS (2018) by Dr Michelle Lim and testimonies from the 1000 Voices Lived Experience project For more tools and resources, visit www.endingloneliness.com.au

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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



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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 or friends 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 0447 068 194 OR Suzanne for Huskisson 0421 279 156.



www.wildlife-rescue.org.au

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.

Are looking for something to do, something to get you out of the house where you'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 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 –StGB 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 contact me on 4443 6031 or 0403 783 290.

Till next time, stay safe, well & keep smiling – Margaret





What's been happening at

St Georges Basin Public School

KINDERGARTEN **GRANDPARENTS** AND GRANDFRIENDS DAY On Friday

21st June Kindergarten invited Grandparents and Grandfriends to the school to join them in the hall for a performance, visit the classrooms and have recess in the playground. This is such a special day for Kindy to share what wonderful learning they achieve at school whilst their Grandparents and Grandfriends meet their friends and teachers.













Stage 2 Camp Wombaroo Years 3 and 4 went on an overnight excursion to Camp Wombaroo. This was an exciting opportunity for Stage 2 students to experience the challenge of an outdoor adventure camp. This overnight camp focused on the PDHPE Key Learning Area to promote the benefits of physical activity

Thank you to the staff for accompanying the children on this wonderful adventure.





What we are doing at VINCENTIA PUBLIC SCHOOL





Stage 3 AFL Gala Day

On Thursday, 13th June the Stage 3 cohort attended the Paul Kelly Cup where they played back-to-back AFL games. They played hard and fast against Sanctuary Point and Huskisson. The competitive girls and competitive mixed teams scored wins, using their great AFL skills and sportsmanship. Most students displayed strong sportsmanship skills when supporting each other and the opposing teams.

A great job all round, well done Stage 3!

Multicultural Public Speaking

Vincentia was very successful at the Multicultural Public Speaking local finals at Bomaderry PS. In the Years 3/4 competition, Ella came away with a highly commended and Zara won the final and will go to the next round!

In the Years 5/6 competition, Aysha and Liuxia participated and also made Vincentia PS very proud!

Aysha won the competition and will be heading to the next round! Congratulations girls!











VINCENTIA HIGH THE HIGH SCHOOL NEWS

We are excited to announce our Year 12 student Elih Ardler-Pascoe was announced a finalist at the NSW Training Awards Southeast Illawarra NSW Region ceremony on 31 June 2024 at Kembla Grange Golf Club.



Pictured above with Elih is his very proud mum Casey, our extraordinary Careers Advisor Mrs McNeill (second from left), Sarah Sadler (right) and 2022 Winner VHS Alumni Jade Barrington (left).

Congratulations Elih, your dedication and hard work was rewarded.





WORD SEARCH

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ABUTTING	DECREASE	INSIDE
ACROSS	DESCENDING	LEFT
ADJACENT	DIAGONAL	LOWER
ADJOINING	DOWN	NEXTTO
ADVANCE	EAST	NORTH
AROUND	EBBING	OUTSIDE
ASCENDING	FALLING	OVER
BACKWARDS	FLOWING	RETREAT
BELOW	FORWARDS	REVERSE
BENEATH	HIGHER	RIGHT

HORIZONTAL

RISING

CIRCLE

SOUTH VIA
THROUGH WANING
UNDER WAXING
UP WEST

VERTICAL

JULY PUZZLE SOLUTION E A R T H U NAWARE Ε Α R D ш lΤ FINDS VIEIRISIE Ε D I Α EARLY N O N A G O N Ε Е С AVENUE K E N N E L N S U APRICOT s o c k s Е Н L U L I R A T E RAI SE 0 Ζ D Α D ٧ ELDERLY E E R I Ε

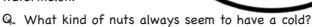
KIDS

RIDDLES GALORE!

- 1. I shave every day, but my beard stays the same. What am I?
- 2. You see a boat filled with people, yet there isn't a single person on board. How is that possible?
- 3. I have branches, but no fruit, trunk or leaves. What am I?
- 4. What can't talk but will reply when spoken to?
- 5. It belongs to you, but other people use it more than you do. What is it?
- 6. What kind of band never plays music?

JOKES

- Q. When do you go at red and stop at green?
- A. When you're eating a watermelon.



A. Cashews!

Match the witch with her silhouette





1. A barber; 2. All the people on the boat are married; 3. A bank; 4. An echo; 5. Your name; 6. A rubber band

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