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Featuring in this issue 3 NSW Shared Equity Home Buyer Helper (SEHBH) Photo taken by Emma as part of the Curious & Creative program to empower youth

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in the Shoalhaven

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A Word from the Editor

WELCOME TO OUR MARCH EDITION OF THE

About MAGAZINE.

We at **About**..... are continually striving to improve and reinvent the magazine to keep it fresh for you, our readers. That is why we are seeking your opinion.

Tell us what you want to see in **About**.....* tell us what you like and what you don't like (be gentle), this is your chance to have your say. Write to editor@ aboutbayandbasin.org

This months must reads:

- Meals on Wheels Page 9
- What Lies Beyond –
 Bolivia Page 37
- Schools Corner –
 Pages 41 & 42

Regards and happy reading, Editor





NSW SHARED EQUITY HOME BUYER HELPER (SEHBH)



The SEHBH scheme is now in its second year and we have been helping people right across New South Wales be able to purchase homes that they otherwise would not have been able to.

To remind you:

If you have a deposit as little as 2%, the NSW Government will contribute up to 40 per cent of a new dwelling and up to 30 per cent of an existing dwelling with no lenders mortgage insurance required.

The NSW Shared Equity Home Buyer Helper is open to:

- A single parent of a child or children under 18 years of age
- A single person 50 years of age or above
- First home buyer key workers who are nurses, midwives, paramedics, teachers, early childhood educators or police officers.

And from December, the government is also offering assistance under this

scheme to Victims/Survivors of domestic and family violence.

If you would like to know more about this scheme please call us on 4443 9825 or come in to the branch.

Community Grant - Basin View Rural Fire Brigade

We are very pleased to announce that we have awarded a Community Grant to the Basin View Rural Fire Brigade.

The Grant will provide funding to the Fire Brigade enabling them to construct a memorial garden – a place for their members and the community to pay respect for the efforts to protect the local community of former members of the brigade who have passed away.

We look forward to seeing this project completed.

Until next month, Anthony van Breugel – 4443 9825





Basin Villages Forum

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

Basin Villages Forum's first meeting was held February 18th before the **About** magazine cut off date. While many issues will have been discussed it was also a time to remember Christine, long term resident and committee member of Basin Villages Forum.

Christine Rigg (1959-2024)

The start of Basin Villages Forum year is saddened by the loss of Committee member Christine Rigg who worked as Secretary/ Treasurer for many years.

The Basin Villages Forum website was also operated by Christine so a huge hole has been left in the group, and not just as committee member.

Both partner David as Chair with Christine were seen as an indispensable duo.

The 'dry' facts given about her time holding these positions do not show the tenacity, honesty and forthright nature of the special person that was Christine.

Loved by many and admired for her wonderful musical ability and talent as well as her love of the natural world, Christine produced a book with photographs sharing her love of the wonderful plants and animals found during walks on Redhead Point Reserve at Sanctuary Point

Her fascination of nature also became a calendar of dragonflies, butterflies, plants, frogs, fungi and things beautiful that caught her discerning eye.

Christine has left a wonderful legacy of dedication to the community, music and laughter.

She will be remembered by those people involved in the many compartments of her life, cut short too soon.

Previous meeting issues discussed were:

- RATES Shoalhaven City Council's proposed Special Rate Variation requiring a request to the Independent Pricing and Regulatory Tribunal (IPART) for permission to raise community rates. The percentages given shocked many people starting at 44% or 18% to rise each year for 3 years. Note: at this time Council could not agree with any rate rise so the only action by SCC is the normal rate variation of approx. 4.4%. There are concerns that Council services cannot be applied with this small normal rise, only time will tell. Council was investigating all avenues with funding, checking spending and all aspects of funding within Council.
- Cooee Hotel Amended Plan RA23/1001 shows some issues raised may have been addressed, comment submitted was made by Forum committee and new submission in process. Community comments can be submitted by 28th Feb through Council's email council@shoalhaven.nsw.gov.au. For plans and documents via Council's DA Tracker accessed on internet via Council's web site. For assistance 0424 100 051.
- Bherwerre Wetland almost completed but can be utilised. The community is waiting for the official opening date. Hopefully in March. Some concerns raised about neglected entry area
- Crematorium at SGB Submissions have been finalised but at this point in time there have been no further acknowledgment or actions taken.

Basin Villages Forum meets every 3rd Monday of each month. March meeting will be held on 19th March 2024

All residents in villages on the northern shore of St Georges Basin are automatically members.

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







International

Women's Day

International Women's Day is celebrated each year around the world on 8 March. The women of the Shoalhaven region, however, get to celebrate for a whole month from 2nd March through to 20th March.

The Shoalhaven International Women's Day committee has a month-long program of events, inclusive of all women, and designed to celebrate the contribution of women in our beautiful Shoalhaven. In other words, there is something enjoyable for all women, starting with a Writer's Afternoon and a Trivia Night on 2 March. The following events include Women Performing Night, a Bushwalk, Guided Meditation, Basket Weaving, and a Women's Dance.

According to the Shoalhaven IWD committee, these events, which are either low cost or free entry, always draw a great crowd of supportive women. So, check out the program, plan ahead, and enjoy a whole month of International Women's Day activities.

Formore information, program and contact details go to https://shoalhaveniwd.org

CELEBRATIONS FOR THE SHOALHAVEN

Writer's An opportunit

Writer's Afternoon

An opportunity for women to gather in a warm and supportive environment to read their work, and to listen.

Venue: Nowra Library Meeting Room

Time: 2pm – 4pm **Cost:** \$5 entry

Contact: Andrea 0491 012 501



🚝 Trivia Night

A fun night out with friends and wear purple! BYO drinks and nibbles. Booking for tables of 6. Tea and coffee provided.

Venue: Dunn Lewis Centre, Ulladulla,
Time: 6pm – 9pm
Cost: \$10 entry

Contact: Dawn 0439 034 970



Weaving Stories – Making Time

Stitch a small sculpural basket from raffia and found objects.

Weave a story. Make some time for you. Please bring a snack,
a thermos drink, a chair or picnic mat.

Venue: Lyrebird Sports Park (under the trees near Lyrebird

Kindergarten, Jervis Street, Nowra)

Time: 1pm – 4pm

Cost: Free (limited spaces)

Contact: Lissa 0478 193 533

■ Women Performing

We're seeking performers for the opporutnity to perform in the company of supportive women. First time performers encouraged! To apply go to *shoalhaveniwd.org* or email *shoalhaveniwd@gmail.com* expression of interest.Tea and coffee provided. BYO drinks and nibbles.

Venue: Huskisson Community Centre **Time:** 6.30pm – 10pm (7pm start)

Cost: \$10 entry **Contact:** Lyn 0439 572 587



N - 10 MAR

Bushwalk

An easy to medium walk of 7kms return. Bring water, snacks, hat, jacket, sunscreen and wear closed-in shoes.

Venue: Meet at the gate and signboards of

Mt Bushwalker trackhead 9 30am for 10am start

Cost: Free

Time:

Contact: Ronnie 0408 409 152



IO MAI

Women's Dance

Join well-known women's band Which Witch to dance the night away! Bring along your favourite girls and let you hair down for the night!

Tickets will be sold on the night. Tea, coffee and cake provided. BYO drinks and nibbles.

Venue: Tomerong Hall

Time: 6.30pm for 7pm start **Cost:** \$20 entry

Cost: \$20 entry **Contact:** Marg 0459 153 620



Meditation

Take in the breathtaking view and surrounding nature, with guided meditation by Colleen Langan.

Bring a chair or mat/rug.

Venue: Hanging Rock, Nowra Showground

Time: 6pm Cost: Free

Contact: Colleen 0410 460 345

Website: shoalhaveniwd.org

Email: <u>shoalhaveniwd@gmail.com</u>

Shoalhaven IWD

All events are women only. Events with cost will be cash only.

IWD events proudly supported by:





LISA (Lesbians in the Shoalhaven area)



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Falls Prevention and Postural Strength

GentleFit Classes

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48 Edmund St, Sanctuary Point 8am Tuesday and Thursday – all welcome

7 Streamside Street, Woollamia

9.30am Tuesday & 9.30am Thursday – all welcome



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Huskisson Woollamia Community Voice



HWCV provides a two-way communication link with Shoalhaven City Council; other government agencies and; non-government organisations who make decisions that affect you.

Join us to have a say in local matters that effect you and the community you live in.

2024 MEETING DATES:

- 19th February
- · 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



Link to HWCV's website



GUTTER & SOL

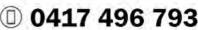
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Jervis Bay Meals on Wheels and Districts North Shoalhaven Service



Coming together for Christmas 2023 was important for many reasons, with the number one reason being that no one in our community should feel alone and with over 50 people in the bay and basin spending Christmas Day alone and requiring the services of a food delivery like Meals on Wheels, receiving a gift donated by their community is an important step in supporting their wellbeing and reminding them of the value they have in our community.

This project also increased the awareness of the children in the bay and basin community on what resources we have in the area and who and why they need it, which also increases understanding of diversity and connection to our world.

It is amazing to think that Jervis Bay and Districts Meals on Wheels deliver approx. 800 main meals per week, 1800 per month and 18,000 per year. And across the North Shoalhaven we are now delivering in excess of 55,000 main meals per year.

Through supporting organisations that continually service our community through the commitment and consistency of the volunteers that make this happen, we are also valuing them through supporting the work they do through our altruism.

There were many people on this project and it is with thanks to you:

- **Jervis Bay Fudge Shop** for creating 70 elegant and delightful gift bags
- Huskisson and St Georges Basin Schools P&C's for their teamwork and initiating the

project **and their communities** for their donations

- The Meals on Wheels team for distributing the gifts and handmade cards
- And the children from both schools who delivered the gifts along with some cards and drawings to attach to the gifts – and not fogetting the teachers who supported them!

We would also like to acknowledge the work of the **Huskisson Public School Student Representative Council** who sold gratitude journals created and donated by **Kellie Hooper** with all proceeds being a donation to the Meals on Wheels organisation.

Anyone is free to join in this initiative in 2024 and through amalgamation of services we can proceed to offer the kindness buckets where community organisations will have a QR code so you can choose who you would like to support at Christmas. If you would like to join the project please email us on huskissonps.pandc@gmail.com OR stabps@amail.com





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Noah's Inclusion Services

Contributed by Renee Van Huisstede

48 Paradise Beach Rd Sanctuary Point (next to the blue library) Ph 4423 5022

Noah's Inclusion Services is a not-for-profit, community-based

organisation supporting children with additional needs for over 40 years. Noah's has multiple locations and provides services to families from Illawarra and Shoalhaven and Ulladulla, and now also in Eurobodalla.

Noah's at Sanctuary Point runs groups each week during school terms. We would love to welcome families along to groups that suit their needs and situation. Call us on 4423 5022 to register you interest and find out more.

Monday:

Billima Boori- 9:30am-12

Playgroup for Aboriginal families

Wednesday:

PlayConnect-9am-10:30

for families who have a child with additional needs or developmental concerns.

MyTime Parent Support Group 10:30am-12

for Carers of a child with additional needs

Friday:

Little Steps Playgroup 9:30am-11

for children who do not attend any other childcare service.

Noah's at Sanctuary Point also offer Peer to Peer mentoring, Key Worker model therapy services, Family camps, Parent Room information sessions and Therapeutic Group Programs of Support.



PEER TO PEER MENTORING

Peer to Peer Mentoring is a free support service that Noah's Inclusion Services offers to parents or carers of children living with a disability.

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

A series of one on one support sessions is offered to each family and some common topics of discussion include:

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

The Peer to Peer Mentoring Program is proudly supported by the Physical Disability Council NSW (PDCN).

For more info on any of our services call Noah's on 4423 5022, check our website noahs.org.au or follow us on .

Whether you already have an NDIS plan for your child, or just wondering about your child's development, we are here for you and can link you to support to navigate your child's and family journey.



2024 MEETING DATES

- · Friday 15 March at 10am to noon:
- 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.

President Christine Percy 0409 363 243 Secretary Gwen Price 0419 492 348

PO Box 99 Sanctuary Point NSW 2540

e: sanctuarypointcommunitypride@ gmail.com

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











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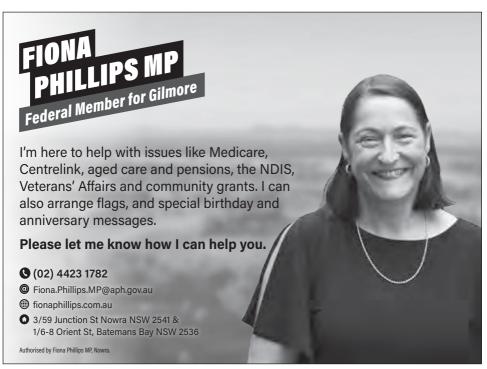
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permit, call the Shoalhaven Fire Control on 4424 4424, who will provide you with the name and number of the relevant Permit Officer for your area.

SAVE THE DATE!

Since 1998, Mother's Day Classic has donated \$44 million to the National Breast Cancer Foundation. This year, we're going one step further by also raising money for the Ovarian Cancer Research Foundation.

From this day on, we've made it our mission to stop both ovarian cancer and breast cancer in their tracks. Get a move on to save lives! It's time to raise money for breast cancer research, ovarian cancer research, or both.

Huskisson's 8th Annual Mother's Day, Classic will be held on Mother's Day, Sunday 12th May at Voyager Memorial Park in Huskisson. This year we will have 3 distances to choose from 3km, 5km and 10km to walk or run.



Please head to mothersdayclassic.com.au or f huskissonmdc for more info.







Reconnecting you to softly spoken friends and the punch lines in jokes.

"Hearing Clearly, Celebrating Loudly: Jervis Bay Hearing Centre Turns 21!"

The Jervis Bay Hearing Centre has reached a remarkable milestone, turning 21 and marking two decades of unwavering commitment to the hearing health of the Shoalhaven.



Let's take a journey through the years and explore the incredible impact this centre has had on the community.

The Early Years: Founded in 2003 by Audiologist Alison Chiam, the Jervis Bay Hearing Centre started as a modest clinic with a profound mission – to reduce suffering and improve the lives of individuals through quality hearing care and community education. Alison's passion for her field and dedication to enhancing the quality of life for her patients quickly set the stage for the centre's success.

Community Engagement: Beyond its clinical services, the Jervis Bay Hearing Centre has become a beacon of community engagement. Throughout the years, the centre has actively participated in local clubs and community groups, delivering information, education and fostering a sense of unity and understanding about the importance of hearing health.

Technological Advancements: Embracing innovation has been a key factor in the centre's success. From the early adoption of digital hearing aids to the latest advancements in cochlear implants, the Jervis Bay Hearing Centre has consistently stayed at the forefront of technology, ensuring that its patients have access to the most cutting-edge solutions for their hearing needs.

Patient-Centric Approach: At the heart of the centre's success is its unwavering commitment to a patient-centric approach. The team at Jervis Bay Hearing Centre understands that each individual's hearing journey is unique, and they have tailored their services to cater to diverse needs, ensuring that every patient receives personalised care and attention.

Educational Initiatives: Alison and her team believe in the power of education as a tool for empowerment. Over the years, the centre has conducted numerous workshops and seminars to educate the community about hearing health, prevention, and the importance of early intervention. By empowering individuals with knowledge, the Jervis Bay Hearing Centre has contributed significantly to breaking down the stigma surrounding hearing issues.

Looking Ahead: As the Jervis Bay Hearing Centre enters its third decade, the future looks bright. With a foundation built on passion, community, and cutting-edge technology, the centre is poised to continue making waves in the field of hearing health. Plans for expanded services, increased outreach and continued community involvement are on the horizon, ensuring that Shoalhaven residents can count on the centre for their hearing care needs for another 21 years to come.

As we raise a toast to the Jervis Bay Hearing Centre on its 21st birthday, let's celebrate not just the passage of time but the countless lives touched and improved by the dedicated team behind this remarkable establishment. Here's to the next chapter of hearing health and the continued success of the Jervis Bay Hearing Centre!





CHICKEN **KATSU CURRY**

courtesy of **f** Australian Home Cooks

INGREDIENTS

For Chicken

- 2 chicken breasts
- 3 cups panko crumbs
- 1/2 cup of plain flour
- 2 eggs beaten with a little water
- salt and pepper to season
- Oil for frying

For Curry

- 3-4 medium washed potatoes, diced
- 1-2 large carrots, peeled and sliced
- 1 large brown onion, sliced into wedges
- 2 cups chicken stock, extra if needed
- 2 blocks of S & B Curry Sauce Mix
- BBQ sauce, black sesame seeds & cooked white rice to serve.

METHOD

Curry:

- 1. Pre heat oven to 180C
- 2. Add a little oil to a pan, then add potato, carrot and onion, lightly fry for 4-5 minutes.
- 3. Add stock and curry cubes, bring to the boil. The liquid should thicken slightly.
- Pour into an oven proof dish, cover and place in oven, 180C for 30-35 minutes until vegetables are softened. Check halfway through cooking and add extra stock if needed. Your sauce should be silky and thick.

Chicken:

- 1. Set up your chicken crumbing work station with 3 shallow bowls or plates, 1 with the plain flour, 1 with the beaten egg & 1 with the panko crumbs.
- 2. Slice and season each chicken breast in half horizontally to end up with 4 equal slices. Coat each slice in flour, then into egg and finally into the breadcrumbs. Chill for 1 hour.
- 3. Heat oil in a pan and fry each side until golden and crisp.

To serve, spoon curry into bowls, add rice, slice chicken and place on top. Drizzle with bbg sauce and sprinkle with black sesame seeds.

VOLUNTEERS NEEDED

WANT TO DO SOMETHING LIFE CHANGING?

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

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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.

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









Shoalhaven Family History Society Inc.

Hitting The Wall Again

Researching a Family Tree for a client, I 'hit the wall' only two generations in & it was time to purchase a transcription.

Mary Thompson was married to John Sinclair in Gundagai NSW in 1878, which was curious as the families lived at Grenfell (could this be a registry error of place of registration?) but I went ahead, as buying the marriage transcription would, hopefully, give me the names of John's parents; allowing me to step back one more generation.

The transcription arrived quickly – only to find – as so often happens, that there were 'no entries' for John's place of birth, father, mother or father's occupation. The witnesses were no help either, so his "usual Residence" being "Nubba Station near Young" was my only clue.

Over to TROVE, and a search for "Nubba Station" revealed

- An entry in the Brisbane Courier on 19 December 1870 reporting the sale of Nubba Station (Cootamundra) with 13500 sheep, to Mr W Sinclair (hmm).
- NSW Government Gazette 29 May 1876
 published a probate notice for Stephen
 Brogan with Peter Sinclair, farmer & overseer being the executor (John had a brother Peter)
- Wagga Wagga Advertiser 21 Dec 1882 reported William Sinclair died at Wynna Downs Station, Burke NSW on Sunday 10 December..... (Burke?)
- 23 December 1882, William Sinclair's obituary is published revealing he was aged 57, had moved to Wynna Downs Station, had left a widow and 6 surviving

children, and Mrs Scott of Cootamundra was a daughter (John's older sister Margaret was married to Edmund Darracott Scott)

■ 13 June 1883, Peter Sinclair is the manager of Nubba Station.

William's Will was found on Microfilm at SFHS library at Pyree, and this confirmed all the facts needed; his wife and children were all named, as was all of his property and estate which was sworn at £13655.

We are often advised to only follow the direct line of ancestry, but this is one very good example of the details of his siblings proving to be extremely valuable.

Items in the local newspapers often provide so much information, especially an obituary, so read them carefully for clues.

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 for more info: www.shoalhaven.net.au/~sfhs

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.





Summer Days are Fun Days

From petting a python to dangling precariously above the treetops, participants in the BCR Communities 'Summer Days are Fun Days' program had some heart stopping moments while they were making memories to last a lifetime.

Over 55 deserving young people from the Bay and Basin joined the youth holiday program which ran over three weeks during the summer school holidays. Thanks to funding from the NSW Government - Office of Regional Youth, BCR Communities was able to provide the program for free including transport, food, tickets and materials.

Young people with from the BCR Work Life & Training program also joined in with the fun with BCR Communities qualified NDIS support staff on hand for some of the sessions.

BCR Community Program Officer, Donna Corbyn said while having fun was a main priority, the recreational experiences were curated around getting the participants out of their comfort zones. building their confidence, fostering team work and learning new skills. "I think what made it so successful was that the BCR team worked with a group of young people to actually develop the program. They researched, designed, helped facilitate, and were even involved in the funding submission. This meant this was their program, and we knew from community consultation that it was needed. Sometimes it can be difficult for families to provide these kind of experiences for their kids and we believe everyone should be able to have the opportunity. For me, the highlight of the program was seeing how the participants supported and encouraged each other to try the activities, and the many friendships which formed as a result."

Activities included Shoalhaven Zoo, Treetop Adventures, Ulladulla Funland, indoor rock climbing, mini-golf, ten pin bowling and craft workshops.

To find out more about BCR Youth & Community Services, phone 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
Incorrect or Out of Date?

Email your updated info to editor@aboutbavandbasin.ora

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

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@
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

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 II 3pm-7pm II Dent St, Huskisson II Ph 4441 5675 II 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

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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

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

Call Courtesy Bus to book 0413 014 125



WHAT'S ON MARCH







Scan the QR Code to learn more













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

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

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

Seafood Raffle

Poker - Sunday Poker

Rock-A-Holics 4pm-8pm

Rego from 1pm, starts 2pm

Sunday Meat Raffle

Tickets from 1:30pm, Draw 3pm

Free Live Entertainment

Snooker Club Raffle Drawn 5:30pm

Tickets from 5pm Draw starts 6pm

Mick on Wheels Trio 7pm - 11pm

Free Live Entertainment

Snooker Club Raffle Drawn 7:30pm

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

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

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

Monthly Special Breakfast

Free Live Entertainment DJS Disco 7pm - 11pm

Seafood Raffle Tickets from 5pm Draw starts 6pm

Cash Housie Calls start at 11am

Free Live Entertainment Raven 7pm - 11pm

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

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

Snooker Club Raffle Drawn 5:30pm

Free Live Entertainment Keith Zehr 4pm-8pm

Seafood Raffle

Tickets from 5pm Draw starts 6pm

The Ultimate Luke Combs Tribute Show Doors 7pm | Show 8pm Auditorium

Free Live Entertainment Backlash 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

Hits Central 4pm-8pm

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

\$15 Loaded Fries & Drink Mondays On Point Kitchen from 5pm

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

Cash Housie Starts at 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 Raffle Tickets from 4:30pm, Draw 6pm

Sub Club Raffle - Draw 6:30pm

\$15 Parmageddon Thursdays*

Wednesday Mega Raffle

Sub Club Raffle - Draw 6:30pm

Tickets from 4:30pm, Draw 6pm

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

Seafood Raffle

Tickets from 5pm Draw starts 6pm

NPL Poker - 2 Player Teams Tournament Rego from 12pm, starts 1pm

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

Monkey Business 4pm-8pm

Afternoon 12:45 - 3pm

Bingo - Morning 10-12pm

\$15 Loaded Fries & Drink Mondays On Point Kitchen from 5pm

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

\$15 Burger & Beer Tuesdays*

Cash Housie Starts at 10:30am

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

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

> \$15 Loaded Fries & Drink Mondays On Point Kitchen from 5pm

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

Cash Housie Starts at 10:30am

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

Bingo Starts 6:30pm

Trivia - from 6:30pm

Senior's Health Check Up Day

Bingo - Starts 10:30am

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

Wednesday Mega Raffle

Sub Club Raffle - Draw 6:30pm

\$15 Parmageddon Thursdays*

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

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

SiRenics 7pm - 11pm

Seafood Raffle

Tickets from 5pm Draw starts 6pm

Rego from 11am, starts 12pm

NPL Poker - Bounty Game

Free Live Entertainment

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

Snooker Club Raffle Drawn 5:30pm

Free Live Entertainment William Wallace 4pm-8pm

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

Mon

\$15 Loaded Fries & Drink Mondays On Point Kitchen from 5pm

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

Cash Housie Starts at 10:30am

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

Bingo Starts 6:30pm

Trivia - from 6:30pm

Easter Egg Raffle Tickets 4:30pm | Draw 6pm

Bingo - Starts 10:30am

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

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

Sub Club Raffle - Draw 6:30pm

\$15 Parmageddon Thursdays'

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle

Draw 6:30pm



Ripper Raffle - Tickets from 4:30pm Junior Rugby League Raffle

Mon











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 Boogie 0409 998 868
- **Heart Foundation Walking Group** Paradise Beach Sanctuary Point Mon 9am Sue Randles 0427 286 719
- **HuskiDrumming** = Facilitated djembe drumming circle = Huskisson Community Centre = Sat 10.30am = All welcome = e: huskidrumming@gmail.com
- Huskisson Girl Guides During school terms Huskisson Scout/Guide Hall, Kiola St (near Bowling Club) - Tue 5-6.30pm Junior Guides 6-9yrs - Wed 4.30-6.30pm Guides & Senior Guides 10-16 yrs - Parents and Friends Support Group 3rd Wed - Liesel Turnbull 4443 6007/0402 837 777
- **Husky Social Carpet Bowls** Huskisson Community Centre - Mon 9am-1.30pm - morning tea provided bring your lunch - Ph 0427 275 552 or 0421 480 702
- JB Walkers and Talkers = Meet Holden St Boat Ramp, Vincentia = Pram friendly walking group = Fri 10.30am = e: lanaburkey@gmail.com
- **Jervis Bay Bridge Club** Huskisson Community Centre, Dent St, Huskisson - Fri 9.30am - All Bridge players welcome Ph 0421 332 991 or 0430 013 946
- Jervis Bay Community & Men's Shed 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.mannahousevouth.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
- 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 enguiries welcomed **F** 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 enguiries 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

Fortnightly Meetings

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

IPam 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 | 1st & 3rd Thu 9.30am-1pm | Judy 0403 212 237

Monthly Meetings

1st St Georges Basin Scout Group Meetings 1st Mon 6.30pm \(\text{Tasman Rd Scout Hall}\), SGB \(\text{Paula}\) 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 II 3rd Fri 6.30pm II 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 I 2nd Thu 10am-12pm I Dianne 4443 3275

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

Bay & Basin Multicultural Support Group Community Centre, Meriton St, SGB | 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 10am-12pm #Pres. Darrell Woodbridge 0414 250 603; 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 4th Wed 7pm I Vincentia Public Halll I Deb Shapira Secretary 0409 021 714 or email deborah.shapira@bigpond.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 ■ lan 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 I 1st Wed 10am @ Club Jervis Bay I www.marinerescuejervisbay.org.au/ I 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 II Nowra Veterans Wellbeing Centre, 124 Wallace St, Nowra II Leanne 0419 464 313

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

NSW Transport Authorities Retired Employees Assoc

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

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

Shoalhaven Avicultural Society 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 I 3rd Thu 10am-12pm I 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 II 3rd Thu 5.30pm II Barbara Herbert 0437 144 345 II 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 II Progress Hall I New members welcome II 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

Shareostomates, Shoalhaven Area Ostomates

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

I e: sanctuarypointcommunitypride@gmail.com

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

Vincentia Ratepayers & Residents Association

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

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

Venues for Hire

Bay & Basin Uniting Church Meriton St, StGB #4443 2642

Community Arts Cottage 48 Edmund St, Sanctuary Point Lesley 0426 878 421

Huskisson Community Centre Dent St, Huskisson
Ph Peter 0401 436 353

Huskisson Scout & Guide Hall Kiola St, Huskisson #Ph Scout South Coast & Tablelands 02 42746334

Jervis Bay Maritime Museum Classrooms Dent St, Huskisson

Sanctuary Point Youth & Community Centre 34 Paradise Beach Rd, Sanctuary Point Ph: 4443 9244

St Georges Basin Scout Hall Tasman Rd Scout Hall, St Georges Basin | Tammie 0472 658 505

Tomerong School of Arts 358 Hawken Rd, Tomerong \$\\$15 per hour \$\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 I Tues 9.30-11.30am at Sanctuary Point Connect I A free supported playgroup with music, craft and more I Tracey Popple 4443 0520 or e: tracey.popple@det.nsw.edu.au

Splash Playgroup Mon 9.30-11.30am Paradise Beach Reserve Renee 0423 606 559

Baby Playgroup - for babies 6 wks to 2 yrs #Thu 1-2.45pm at Sanctuary Point Connect #Tracey Popple 4443 0520 or e: tracey.popple@det.nsw.edu.au

Little Steps - a playgroup for children not attending childcare 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.org



MARK RADIUM

Contributed by John Blackmore

In last month's **About** Monthly Feature, the show circuit followed by many local families across our region was outlined. As we move into Autumn, many of us in the Bay & Basin may be considering in the coming weeks whether to make the trek to the Homebush precinct for Sydney's annual Royal Easter Show. This article is going to look back at a horse that old timers attending these events still revere.

MARK RADIUM was mentioned in the August 2005 **About**...... Monthly Feature as one of three horses inducted in to the inaugural Shoalhaven Sporting Hall of Fame in a category set aside for animals. One of the other two horses was Regal Reign, who first gained notoriety when rion in 1976 by MERVYN BENNETT (**About**...... Monthly Feature October 2008) at the Montreal Olympics. As the other was Archer, the winner of the first two Melbourne Cup races held in 1861 and 1862, what makes this third horse special enough to be considered alongside them?

In a book on Australian Showjumping, written and published by Kangaroo Valley identity A.J. Chittick, the sixth and final chapter begins with a photo of horse Mark Radium and his rider Jack McGee going over a jump in competition at the Sydney Showgrounds. This photo has some officials standing to the side of the jump, with a packed grandstand in the background. The thumbnail description accompanying this photo begins "a famous combination as thousands still remember them..... The last of the pre-war champions..... (this combination) dominated the jumping scene from 1946, when major shows resumed", once World War II concluded.

This book, with a main title of HIGH, WIDE AND HANDSOME, covers the period from 1900 to 1950. Showjumping during that time had a circuit involving the main capital cities, with major mainland shows in Brisbane, Sydney, Melbourne and Adelaide all available for them to

compete at. Horses were transported by train to many of these, unlike today when most horses are taken large distances along highways and byways in floats towed by self-sufficient motorhome cum large touring vehicles.

Published in 1989, A.J. Chittick's book begins with an introductory written sketch of how during this period, agricultural shows in both city and regional areas developed this form of competition for horse riders. He defined it as show-ring jumping, as opposed to what was then referred to by the end of the 20th century as show jumping. The latter he wrote now "has numerous competitors and a comparatively small band of devotees among the public".

Chittick's assertion was that "the show-ring jumpers had a tremendous public following, mainly because the stars of the sport went to the public and appeared in every little town in Eastern Australia as they travelled the show circuit" during the first half of the 20th century. It was a time when most people travelled by train to and from the capital cities, and around regional centres. Or they simply stayed put at home. The fact they were able to see the stars of this sport at their local show was appealing to many. Riding horses from place to place was still a regular form of transport in regional areas for many, until the end of this period.

Another comparison made by A.J. Chittick in this period is that the best racehorses could only be seen live in action by the public in the capital cities, and by only those who could afford to make it there. Most racehorses only had careers lasting a few years, while quite often, showring jumpers could have extended careers which lasted up to 10 or even 15 years. Local horses could also be pitted in competition against the star performers of the show-ring circuit at regional shows, adding interest for the attendees in each area. In this period up until the Second World War, touring circuses had show-ring jumping



horses performing under their big top canvases, boxing troupes were part of the show circuits, buck-jumping competitions were common, and touring theatre companies performed under big top canvases.

Jack McGee was born at Far Meadow via Berry in 1911. He grew up in a horse riding tradition, and by ten years of age was competing at both the Berry and Nowra Shows, with appearances in the coming years at Sydney's Royal Easter Show. Not only was Berry Showground where he first competed, but Jack also assisted his father in the training of both young show-ring jumpers, and trotting horses. These horses were all trained there over the course of the remainder of the year before competing. Jack rode successfully during the glory years of the 1920s and 1930s on his own horses, and for other owners.

The traditional importance of Berry's show-ring jumping to the circuit in general can be gauged in an advertisement that A.J. Chittick included in the introduction section of his 1989 book. An annual exhibition held in 1899 showed Sydney businesses who sponsored the main events at Berry. This exhibition was also opened by the NSW Governor Earl Beauchamp. A photo that he included at the start of the introduction was the 1929 Nowra Show, with a crowd ten deep in front of the pavilion located at close quarters beside the high jump stands.

MARK RADIUM was born in the Taree district as an Autumn foal in May 1932. His owner Alex Stewart sent him to Sydney as a two year old, before his next owner George Bell enjoyed some success with him. By the 1937 Royal Easter Show, he was victorious in a number of events with rider Les Blackwell. With a change of owner the following year, and Jack McGee riding him on the southern Spring tour, Mark Radium arose in to the limelight of show-ring jumping. Winning heights of 7 feet 8 inches at Albury, 7 feet 6 inches at Adelaide Royal, and 7 foot 3 inches at Melbourne Show crowned him as a new champion on a national scale. This latter win in Melbourne broke a long standing record made in 1919.

Jack rode Mark Radium successfully on the major show circuit until competition was closed down in 1941 due to the world war. To understand how popular show-ring jumping was prior to WWII, peak public attendance figures at Sydney's Easter Show were recorded at "150,108 on Good Friday 1938, and 174,072 on Easter Saturday in 1939".

Returning from war duties in 1946, Jack McGee was able to buy Mark Radium for his show-ring jumping team. "At Sydney's first post-war show in 1947, he put the writing on the wall for the future by winning all five jumps on the programme", wrote A.J. Chittick. History now records that with the same horse and rider, Mark Radium was to go undefeated from 1947 until 1955 in all events he competed in at Sydney's Royal Easter Show. The only exception was 1949 when he finished 2nd whilst suffering from pneumonia.

Jack McGee was recognised as the last remaining rider of the best pre-war professionals when he rode Mark Radium in the 1950s. He considered himself a Berry boy, and endeared himself to his fellow townsfolk by stabling his champion horse behind his house at 54-56 Queen Street, when it was not engaged in competitions. By this stage, Jack had married wife Norma at St Patrick's Catholic Church in Berry in 1948. Their family would grow to four children in the coming years.

As part of the 70th anniversary celebrations for Kangaroo Valley Historical Society, held on Remembrance Day last year, Mark Chittick (son of A.J.) spoke about the importance of horses in valley history. With mountains on all sides of the valley floor, riding horses as a means of transport was a necessity. Show-ring jumping traditions followed on in 'hand-in-glove' fashion from this, with both his father A.J. and grandfather James integral and passionate their craft.

Mark recalled last November how he watched MARK RADIUM perform in his very last competition. For nearly 20 years, this horse was a prominent name in national show-ring events. A small horse who always competed in open competition, he would coil himself up before charging full tilt at the high jump barrier in front of him. Once he had cleared it, he would prance around after a jump with his tail coiled up in the air.

Such antics endeared this champion horse to crowds far and wide



Here we go, the beginning of another year!!

How did I get involved in spinning? I retired a couple of years ago, and moved into the area after living in the Central West.

I had realised that after working full-time, it would help to transition into retirement by learning something new. We are very fortunate in this area that there are so many different opportunities to learn new skills, (just look inside this **About** magazine).

For me, as I am a knitter, I wanted to learn the process before just using a bought ball of wool. So began my journey into the spinning world. The process of learning and coming to the Wool Road Spinners and Weavers meant that not only have I learnt what happens to make a ball of wool, but I have had the pleasure of making new friendships.

So, if you would like to see what is involved in spinning, weaving or felting, come and have a cuppa with us and have a look. It might be something that you haven't considered.

If it isn't what you would like to do, then there are so many possibilities within our community. If there is nothing else you meet, talk and laugh with others, so important for our health!

We meet at the Classroom at the back of the Jervis Bay Baptist Church, 1 St George Ave Vincentia on the 1st & 3rd Thursday of the month from 9.30am to 1pm.

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.

I am pleased to say we are up and running again after our Christmas break for another year of providing companionship, 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 you'll meet people and make new friends, we are here. Perhaps you are new to the district and looking for company and an interest? Why not join us for a friendly social morning of **Indoor Bowls**, or perhaps a game of **Euchre** is your thing? Please come along and have a free morning with us to see if you like us and would like to come back and join with us each week.

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, we'll soon teach you in a very social, relaxed and friendly atmosphere.

Our **Bushwalking group** would 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 everyone, keep smiling, Margaret**









Prepare today. Protect tomorrow with Care2Prepare.

From bushfires to floods, natural disasters are unprecedented and can leave a profound impact on communities including carers, the elderly and people with disability. Carers, the elderly and people with disability experience unique challenges in responding to and recovering from natural disasters, so when it comes to knowing how to effectively prepare for and execute a plan, Care2Prepare is here to help! Care2Prepare is a project delivered by Carers NSW in partnership with the Physical Disability Council of NSW (PDCN) and GoCo, aimed at improving household and community resilience and preparedness, and reducing the impact of flood and bushfire.

This comprehensive program is dedicated to providing carers, the elderly and people with disability with the tools to effectively navigate natural disasters. Recognising the specific needs of these groups, Care2Prepare also offers tailored resources, education, and support.

Joyce from Bomaderry lives alone in the quiet suburb of Bomaderry and recalls the 2019 and 2020 bushfires that spread to the area. With the bushfire season upon us she felt a growing unease and turned to Care2Prepare. A Care2Prepare Household Readiness Officer conducted in-home planning visits and developed a personalised disaster preparedness plan, tailored to Joyce's specific circumstances. transformed her anxiety into confidence and peace of mind: "Havina a disaster preparedness plan gives me confidence that I will be safe during a disaster." she explains. "I know exactly what to do if another bushfire happens in the area." For Joyce, proactive disaster planning isn't just a checklist; it's empowerment in action. "I'm not scared; I'm prepared," she says.

If you care for a family member or friend, are elderly, or live with disability and want to take the next steps in being prepared for a natural disaster visit https://bit.ly/care2prepare23



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Shoalhaven Libraries Sanctuary Point

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

Your library has a great range of fun & FREE regular children's programs. Why not come along, learn, create, and have fun? There is something for kids of all ages!

- Coding Club. Wednesday 4pm. Learn to code games & animations in the Scratch environment. Laptops provided or bring your own. Suitable for 8-12 years.
- Storytime. Thursday at 10.30am. Help your child grow a love of books and reading by coming along for stories, songs, and craft. Suitable for kids aged 3-5 years.
- Rhymetime. Friday at 10.30am. Give your baby a head start to learning by joining us for songs, rhymes, music and fingerplays. Suitable for 0-2 years.

New! New! New!



This term we are launching an all new after school program for kids - Tech Heads: a monthly session of future ready fun!

Experiment, create and learn with a range

of tech including robots, 3D printing, LEGO and more. Held on the third Monday of the month in school terms. Suitable for kids aged 8-12 years.

Look at all this cool stuff we will be playing and experimenting with this year!

- March 18th Spheros battle arena
- May 20th test your engineering skills with cardboard and Makedo
- June 17th 3D printing
- August 19th Film a LEGO stop motion movie
- September 16th Artbots
- October 21st Halloween Microbits
- November 18th LEGO Mindstorms
- December 16th Makey Makey interactive greeting cards



More fantastic news! **Book Haven Book Club** is coming to Saturday mornings at Sanctuary Point Library! Join the discussion on the fourth

Saturday of the month at 10am. The first session will be held on Saturday 23rd March.

Please note that bookings are essential for all events as places are limited and fill quickly. Book at http://www.shoalhavenlibraries.com.au/events.







BUILDING A WEBSITE Over the past two years Sanctuary Point Community Pride Inc has been building a website to provide information about us and our activities, past and future.

We were fortunate in gaining a grant from the Foundation for Rural & Regional Renewal IRCF program to cover the costs of a professional website designer. Peter of Yes! Creative worked with our President Christine McInerney Percy (who is studying design) and the site went "live" last year.

There's a lot of work involved in collecting information and photos, choosing fonts and layouts; all the while ensuring that the information is clear and accessible.

We think you will be as pleased with the result as we are. Do check it out at www.scpc.org.au

Meanwhile we are planning another "Memories of Times Past" morning tea for the Seniors Festival. It will be held at the St

Georges Basin Community Hall, Meriton Street from 9.30am to noon on Friday 22nd March. There will be a gold coin donation to offset costs and for catering purposes RSVPs are required. Please phone Secretary Gwen Price on 0419 492 348.

A report on last year's successful event was published in the June 2023 edition of **About.....** and, of course, in the Events section of our website.

We are also making plans for our 2024 Spring Into Sanctuary Point Fair to be held on Saturday 19th October 2024 at the Francis Ryan Reserve. Community groups can have a stall without charge. If you would like to have a stall, especially if you haven't had one before, do contact us at *sanctuarypointcommunitypride@gmail.com* The fair is a great way of letting the community know about your activities.

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The Community Crop

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

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



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

Produce will vary depending on season.

More info on f Community Crop.

Contribute to About

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

Michael Sinclair 📥

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Jervis Bay Lions Club



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.





The Shoalhaven Branch of the NSW Justices Association Inc are constantly trained, coached and bought up-to-date with the rules and regulations that all JPs are required to follow as required by the NSW Attorney General.

Did you know that a Justice of the Peace is appointed by the Governor of NSW and their dismissal is also by the Governor of NSW on the advice of the NSW Executive Council?

WHY IS THIS IMPORTANT?

It is important because the JPs role is non-political, unbiased and free to all.

As mentioned previously the Justice of the Peace certifies copies of original documents, signs statutory declarations, signs affidavits, superannuation requests, DNA testing requests, witness wills, property transfer documents

Justice of the Peace sign a variety of documents as their role requires. However, as part of our duty of care we must have a valid reason to decline to process a request.

The introduction of online forms for many different types of documents is a great benefit to you, the client, as it streamlines a process. This includes applying for a divorce online.

Even if the process is online you may still need the services of a JP to witness documents related to your online application.

As JPs are volunteers, they are able to save you money compared to seeking the services of a solicitor or notary public. This is because JPs do not charge a fee for service.

We have a duty of care, as do solicitors and notaries, to our clients and we are held accountable if we breach that duty of care.

Shoalhaven Justices of the Peace at work for you

HOW DO I KNOW IF THE JUSTICE OF THE PEACE IS QUALIFIED AND UP TO DATE?

- Justice of the Peace are sworn in Court and are issued a specific number
- They have a current Justice of the Peace Handbook
- They are listed on the NSW Attorney Generals Website (NSW Department of Community and Justice)
- Ask if they are a member of the NSW Justices Association, as they will have up-to-date knowledge. This does not mean that if a JP is not a member of the Association that they do not possess the knowledge or skills.

So give me a call if you're a Justice of the Peace and need help and think about joining an Association to keep you up to date and legally safe.

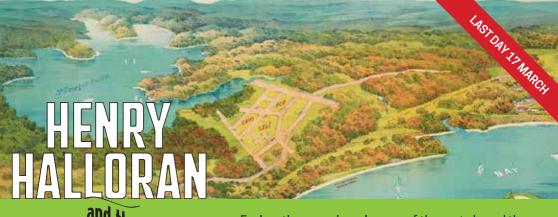
Laurie – 0438 013 330 Shoalhaven Branch New South Wales Justices Association

Fun Random Fact

What's the difference between an ointment and a cream?

An ointment mechanically sticks the active ingredient onto the skin – it therefore works better and lasts longer, but it's sticky.

A cream is not as strong as an ointment and soon loses its effectiveness but at least you can "rub it in" and it's not sticky.



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Explore the way urban planners of the past shaped the places we live today though selected items from the historic Halloran Business Archive (1898 - 1953). As well as reflecting on the history of urban planning and surveying in NSW, including Jervis Bay, it opens conversations about the issues surrounding housing and urban planning that are so significant in NSW right now.

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"YA GUNNA NEED A BIGGER SHED...."

That's what we've been hearing for a while at the Sanctuary Point Mens Shed.

SO WE ADDED AN EXTENSION

We recently added another 90 square metres to the Shed, giving us some much needed space to work in. While we were able to do most of the construction ourselves, the extension was made possible thanks to help from some community spirited local businesses: Eziway Concrete Supplies, I&T Concreting, Ace Gutters, Al's Excavations, Landscapes & Stone Walls and All Lift Cranes. We thank these guys for their generous support.

As well as giving us more "elbow room" generally, we can now manoeuvre around

bigger jobs. We were able to renovate fishing boat & trailer, generously donated to the Shed. This involved repairs & maintenance fiberglass work, electrical & internal fitout, and repairs to the outboard motor and the trailer

Luckily we have a wide range of skills among our members.









WHAT LIES BEYOND BOLIVIA

Contributed by Corinne Le Gall

North east of Chile, south east of Peru, west of Brazil, north west of Paraguay and north of Argentina lies the very land-locked country of Bolivia. Named after the liberator Simon Bolivar in 1825 after 16 years of war raged against Spanish colonial rule.

Part of central South America, I entered Bolivia by road from Chile. Arriving at the border, you need to park your vehicle and walk across to a tin shed and hand in your passport to one who did not seem to want to be there. I must point out that, it was nearing winter with quite a chill in the air combined with wind and non-air conditioned said shed, I would not have been happy at all either if I had to put up with the hundreds of tourists from all over the world who arrive at the border daily. After the formalities, which surprisingly don't really take that long, off you go on your adventure.

Touched by the Andes Mountains, the Atacama Desert and the Amazon Basin Rainforest, Bolivia is a country of unimaginable, raw and untouched beauty. Driving through, you will be flanked by snow-covered mountains, beautiful lakes where Flamingoes in their hundreds come to feed, unafraid of the humans who line up to photograph or just watch them.

Domesticated Llamas and Alpacas roam freely and are decorated with brightly coloured paraphernalia. The Vicuna - an undomesticated, untameable from the Camelid family, due to its mating habits and bullish behaviour, which if captured and shorn, its wool is rarer and more expensive than that of the Alpaca. In the same family

is the Guanaco, once again, wild. Bolivia is home also to the Puma, Maned Wolf, Giant Otter, Jaguar and Spectacled Bears, but those rarely seen. In the waters of the Amazon, Piranhas rule.

Once you hit a city or town, you will encounter the general population of mainly very short people with a lot of the women wearing bowler hats and frilly dresses quite often seen in photographs of South America. Throughout the countryside, Quinoa - a plant that has now been adopted by the west, thrives in the high altitude of the Andes and is easily cultivated for all the benefits it offers.

At over 10,000 sq/kms, the Solar de Uyuni, in the town of Uyuni, is the world's largest otherworldly salt flats and should be added to your itinerary. Photogenic when dry, even more spectacular if wet with a thin layer of rainwater, the reflections that you will capture are out of this world. To complete the experience, staying at a hotel made almost entirely of salt blocks is indeed an experience like no other.

If you are wanting to visit, make sure you do a lot of research and preparation. One thing that you will come across time and again and with what precautions to take to avoid or at least minimise, is altitude sickness. Being at such high elevation, most people will be prone to it to some degree and it can be very unpleasant with dizziness, headache, nausea and more severe cases requiring oxygen or moving back down in altitude. The one symptom that is scary is breathing difficulty and shortness of breath which can in cases, be quite severe, even life-threatening.





MUCKING IN

CLIFTON COMMUNITY FOOD GARDEN

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

Our Open Morning and Fundraising Day will be held on the Saturday 16th March at 10am till 12 noon. Do mark your calendar and visit the Clifton Community Food Garden on these Open Days, follow the progress of the planting and enjoy the friendly atmosphere of this our pride and joy. Many visitors to the area found their way to the garden in January with praise delivered by many for the presentation of the facility. Many were delighted to find such a magnificent array of pickles and preserves available at such a reasonable price.

Even though the weather has been somewhat strange, the tomatoes have delivered their bounty once again. Many kilograms of fruit have been stored for our wares as well as many shared with the members. Money maker and Black and Red with Grosse Lisse seem to be the earlier producers with later crops still ripening into late February.

With a good long season this year and our Growing Committee getting the plants into the beds nice and early, with good scattered rainfall; the crop had an excellent start.

Silverbeet and spinach, beetroot, lettuce, corn, capsicum, cucumber and zucchini have been available for the members throughout the summer.

We have had strawberries, figs, apples, raspberries, loganberries and marionberries, many of these eaten by the folk working on the day. Still warm from the sun and so fresh. What a treat!

Our first social evening was enjoyed early in February, what a jolly event this was with lots of creative salads and desserts to share, along with many tall stories and laughter!! We always say "there should be more of these!" There are always lots of ideas discussed for gatherings – pizza

night, soup and damper, pickling workshops and a simple sausage sizzle!! They could be informal or impromptu, maybe more socialising is required!

The Bandicoot Barrier has been completed, the surrounds of each netted area is encased with iron, dug into the ground for 25cm and standing about ½ metre. The Bandicoots are still visiting with diggings in the lawns and herb garden but the food source from the garden is no longer available. Perhaps they will go elsewhere for their food supplement.

The 'Cooking for One' workshop and demonstration will commence again in April, after Easter. Please watch out for an announcement on our Facebook page and around the area to participate in this morning activity, which are lots of fun and always helpful. Two sessions of this programme were conducted last year in the BCR Community Hall and this third session will provide child minding facilities so that young Mums can join in.

Did you know that young orphaned kangaroos require native foliage to eat for their growth and wellbeing? Volunteers who work in the Macropod Care Facility in our area have been able to supply young tasty growth for this purpose from our Native Trees in the front of the garden. The young kangaroos are taught to graze on these fresh leaves to supplement the artificial food they are fed. Their mothers would encourage this in the native bush setting, but they must be taught by the volunteers as part of the care given. Everything has multiple purposes. Another outreach of the Clifton Community Food Garden!!





Fungi (agaricus) Brad Wilson - herbalist



Know your Fungi Fungi (plural for fungus) means mushrooms. It also can mean mouldy bread, blue cheese, truffles, yogurt, athlete's foot, and blight on plants, the black stuff in your shower (not mine) and penicillin. It can even mean beer.

Be choosy when choosing your fungus. Let's say you are taking a walk in the woods visiting Grandma. All of a sudden you spy some delightful red mushrooms with white spots under a shady pine tree. Just remember that old rhyme: "Lovely to look at, delightful to hold, but if you should eat it, it's a mouthful of mould". Along with the infamous "death cap" mushroom, the spotted "fly agaric" if eaten, will ruin your day – permanently.

Still – the "fly mushroom" did have its uses. Long before fly spray, rolled up newspapers and screen doors came along, vexed housewives would put down a saucer of milk on the welcome mat laced with juicy pieces of fly mushroom. Along would come Louie the Fly, straight from the rubbish tip. One sip of the "milk" and poor Louie was dead. A victim of fly agaric!

Although poisonous mushrooms are not common, not knowing the good from the bad while "mushrooming" can be a terminal experience (or a psychedelic one). If you don't have your diploma in fungology, consider more benign alternatives: either grow your own thanks to one of those mushroom kits or just buy them from the supermarket – either way you may live longer and at the supermarket you can score a free paper bag.

So what's a toadstool? A handy seat for a tired cane toad? A tuffet for a caterpillar smoking

a hookah? Something you want to only kick to pieces on your front lawn? A toadstool is just another name for a mushroom. The same mushroom that you would find in a can of soup. It's perfectly legitimate to enquire for toadstools at the fruit and vegie shop. Just expect some funny looks and the possibility you might get banned.

So what's a fairy ring? As a child I was lied to when told a ring of mushrooms at the bottom of the garden was caused by fairies dancing there during the night. Thanks to the march of science we now know that something mysterious is happening underground – no, not fairyland. For want of a better name (I can't spell it), any damp soil beneath our feet is pretty much one huge mushroom..... Look let's face it, do we really need to know everything? As long as we have a portobello to fry or a button mushroom for the salad that should do, right?

Enthusiastic fungus eaters know that mushrooms are high in the vitamin B group. As a substitute for meat, they are a vegetarian's best friend. Ironically for vegetarians (and doubly so for vegans) mushrooms are not vegetables at all, nor even plants. People who study these things (fungologists) tell us a billion years ago mushrooms and humans shared a common ancestor, and much of the same DNA. Thus we are all mushrooms – kept in the dark and fed organic matter. Think about that the next time you are snacking on a Swiss Brown.

FUN FACT

The "sixth sick sheik's sixth sheep's sick" is said to be the toughest tongue twister in the English language.





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VINCENTIA HIGH SCHOOL NEWS





WHICH ONE? CROSSWORD

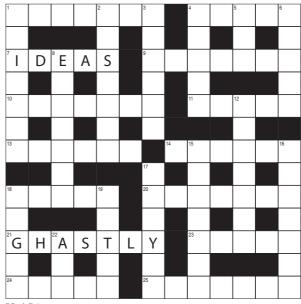
In this crossword there are two clues for each word. Can you work out which is the correct clue to use?

Across

- 1. Security device / Sonar device (7)
- 4. Deducts / Enumerates (5)
- 7. Actions / Notions (5)
- 9. Copy / Opposite (7)
- 10. Financial arrangement / Flower arrangement (7)
- 11. Clear / Unclear (5)
- 13. Golf course/ Main course (6)
- 14. Coniferous tree / Deciduous tree (6)
- 18. Started / Finished (5)
- 20. Introduce / Get rid of (7)
- 21. Gruesome / Beautiful (7)
- 23. Validate / Invalidate (5)
- 24. Go in / Go out (5)
- 25. Advanced / Retreated (7)

Down

- 1. Flexible / Inflexible (7)
- 2. Vague / Obvious (7)
- 3. Modern art / Martial art (6)
- 4. Part of a jacket / Part of a shoe (5)
- 5. Snow runner / Athlete (3)
- 6. Burn with steam / Freeze with ice (5)
- 8. Burst out / Became dormant (7)
- 12. Carelessness / Introspection (7)
- 15. Fanciful / Humdrum (7)
- 16 Breathed in / Breathed out (7)
- 17. Surgeon / Attorney (6)
- 18. Bird / Fish (5)
- 19. Encourage / Discourage (5)
- 22. Insect / Mammal (3)



© Puzzle Choice

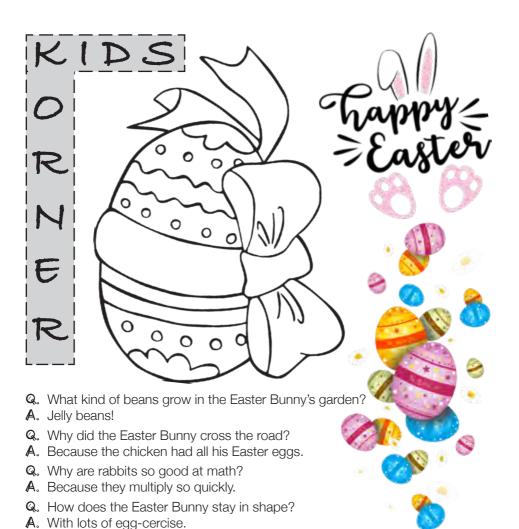
Filled in two answers to get you going!

QUOTE OF THE

Whatever you do always give 100% – unless you are donating blood.

- Bill Murray -





- Q. What's the difference between a counterfeit dollar and a crazy Easter Bunny?
- A. One is bad money, the other is a mad bunny!

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