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A Word from the Editor

WELCOME TO OUR MARCH EDITION OF THE

About MAGAZINE.

In March International Women's Day is celebrated. The Shoalhaven has some great events planned around the area (see Page 6), don't be shy, get out and join in the fun!

We are always looking out for interesting content and articles to keep our readers entertained. If you have a topic of interest, some history about the area, photos taken in the bay and basin that you think are cover worthy, community group news or anything else that may be of interest to other members of the bay and basin email through on <u>editor@</u> aboutbayandbasin.com.au.

Also. check the new and improved website at https://bayandbasincommunity financialservices.com/ where you can access previous editions of the **About.....** magazine and see what projects the Community Bank Sanctuary Point are working towards.

This month's must reads:

- What Lies Beyond: Diving the SS President Coolidge – Page 15
- About Monthly Feature: Greenwell Point – Pages 26-27
- Another great recipe from Australian Home Cooks – Page 31.

Regards and happy reading Editor

Green Personal Loans

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Basin Villages Forum

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

2025 Forum meetings resume February The forum established by Council gives all people in the Bay and Basin area the opportunity to raise issues and concerns they may be experiencing. These issues are referred to the Community Consultative Body of Council with the combined force of the Bay & Basin people. There are no cost to people attending the forum, and welcome all to join.

Coastal Management Planning Most of this planning has been finalised but Sussex Inlet and most importantly SGB are still to be finalised and exhibited to the community for final input. It is hoped that Coastal Planning staff can attend a forthcoming meeting to advise of progress and explain the vision for the future of the Basin

"Out of Character" discussions and decisions have been very active within councillor debates. BVF made a submission regarding Character in 2024. BVF has often found proposed developments appear "Out of Character" with our area but character has not had sufficient recognition in planning approvals. Submissions raised by BVF questionning Character still to be resolved at Council include:

- · Proposed high rise developments in Erowal Bay and Sanctuary Point
- St Georges Basin Commercial redevelopment Chessell site Road Crematorium proposal
- · Sanctuary Point Library Site

Concerns about the future of the Vincentia Golf Club and proposal for redevelopment were also raised. The proposal for aged care units again was not in keeping with the character of the area. Support for the Club to remain open was also supported by the Forum.

Pelican Point Pontoon Repairs Work is well underway to finally repair the damage to this important structure. Members have noted the poor condition of signs honouring the 107 Squadron Kingfisher War (float) planes that were based there during World War 2. We must preserve this history at the end of Island Point Roads

Bherwerre Wetland Boardwalk The facility is now providing an excellent recreational and nature experience for locals and visitors. The forum supported Council in respect of this Sanctuary Point walk-way.

Chessell Road Crematorium Application The first DA for a crematorium facility on the Wool Road Bypass in January 2022 was withdrawn and a second application lodged in September 2023. No decision or staff report on this has been notified at this point. BVF has been supportive of the residents' strong objections, which have also been supported by strong and numerous submissions. It remains a very serious concern for residents.

Council Tree Policy The forum has been made aware by a number of property owners about concern regarding trees on Council footpaths considered dangerous. The trees are causing damage to driveways, fences, root structures are blocking storm water drains and sewerage pipes. We would like to hear from residents concerned and any suggestions how better outcomes could be achieved with Council. To be discussed at a future meeting.

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

Good news from Buffy



The Basin Track Bushcare group works hard to restore degraded bushland. Our aim is to bring back local plants which will encourage indigenous wildlife to return to the Basin. One of the ecological communities, or habitats, that we work on is saltmarsh, which has disappeared from many areas, and is now threatened. Saltmarsh is coastal wetland which helps maintain water quality by filtering runoff. It is also an important habitat for many kinds of wildlife, some of which are threatened.

In recent weeks, our group has been excited and delighted to see a buff-banded rail in one of the sites we work on. The buff-banded rail, or rusty swamp bird, is a distinctively coloured medium sized bird which lives and breeds in marshy areas. It is rare in the Basin area.

We were even more excited when we saw that Buffy, as we called him/her, had taken a mate and produced chicks.

The experience of the Buffies shows that our wildlife does not have to be lost forever, that it can and will return if given the chance.

Residents can play a part in rewilding the Basin by planting local indigenous plants, and by not mowing into natural areas, especially saltmarsh. This will be appreciated by the saltmarsh and encourage other Buffies to return to the area.



2025 MEETING DATES

Friday 28th March from 10am to noon

Tuesday 29th April from 6.30pm to 8pm

Friday 30th May from 10am to noon

Tuesday 24th June from 6.30pm to 8pm

Friday 25th July from 10am to noon

Tuesday 26th August from 6.30pm to 8pm

Friday 26th September from 10am to noon

Tuesday 28th October from 6.30pm **(AGM)** to 8pm

Friday 28th November from 10am to noon.

Meetings held at
The Country Club St Georges Basin:

Contact Secretary

Gwen Price 0419 492 348 for further information

PO Box 99 Sanctuary Point 2540

e: sanctuarypointcommunitypride@ gmail.com

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





International

Women's Day

Empowerment and Celebration: Shoalhaven's International Women's Day Events in March. International Women's Day will be with us soon and the Shoalhaven IWD program — which promises to have something for all women — will commence on 28 February 2025 and run until 16 March 2025.

The events are designed to be entertaining and empowering, with a variety of activities such as a High Tea, Art Competition, Meditation session, Writer's session and a Bushwalk.

On International Women's Day itself, Saturday 8 March, women are invited to participate in an entertaining and empowering afternoon, where they will be served 'High Tea' after entertainment segments and hearing from a truly inspirational women, Jess Bromley.

The event will be Em Cee'd by Lisa Horner and will be held at Nowra School of Arts from 1.30pm. Entry fee is \$20, bookings are essential and can be made through Shoalhaven Women's Health Centre on 4421 0730.

Prior to this, the Art Competition winners will be announced on 28 February, and works will be exhibited from 3rd to 27th March.

The remaining weeks of March will be packed with some great events such as the Meditation Session on 11 March, the Writer's Session on 15th March, and then finish with a Bushwalk on 16 March.

All events are for women only and events with cost will be cash only. If you have any more questions or need further details, feel free to go to **shoalhaveniwd.org** or email **shoalhaveniwd@gmail.com**.

CELEBRATIONS FOR THE SHOALHAVEN

All About Women

Art Exhibition & Competition

A showcase of local talent and celebration of the IWD journey through time.

Venue: Ray Cleary Building, UOW Shoalhaven Campus,

George Evans Drive, West Nowra **Time:** 9am – 5pm Monday to Friday

Cost: Free

Contact: Marg: moq69@hotmail.com

High Tea

Promising to be an entertaining and empowering afternoon, Contact Shoalhaven Women's Health Centre to book.

Venue: Nowra School of Arts, 11 Berry St. Nowra

Time: 2pm—4pm

Cost: \$20 entry **Contact:** 4421 0730

■ Meditation

Take in the breathtaking view and surrounding nature, with a guided meditation by Colleen Langan. Bring a chair/mat/rug.

Venue: Hanging Rock, Nowra

Time: 6pm Cost: Free

Contact: Colleen 0410 460 345





- 15 MAR

Writer's Afternoon

An opportunity for women to gather in a warm and supportive environment to read their work and to be inspired by others. Light refreshments provided.

Venue: Shoalhaven Regional Art Gallery Meeting Room,

12 Berry Street, Nowra

Time: 10.30am for 11am—1.30pm

Cost: \$5 entry

Contact: Andrea 0491 012 501 if interested in reading

| • 10 MA|

Bushwalk

Berrara Creek Walk. An easy walk of 3kms return. Bring hat, sunscreen, water, swimmers and a snack. Also bring lunch or go to the Cudmirrah Cafe after the walk.

Time: 10am at the boat ramp at the end of Lakeland Ave, Berrara

Cost: Free

Contact: Ronnie 0408 409 152



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)



One kind word can change someone's entire day

- Unknown -



JOIN YOUR COMMUNITY FOR A FREE BBQ

Each year across Australia there are events bringing local communities together for Neighbour Day. This year the chosen theme "Create, Share, Grow, Belonging" calls on all Australians to strengthen community ties and foster a sense of belonging in their neighbourhoods and beyond.

To celebrate NEIGHBOUR DAY, Sanctuary Point Community Pride is holding a free BBQ at Clifton Park, Clifton Street, Sanctuary Point from 11.30am to 1.30pm on Sunday 30 March 2025.

Come alone or bring the family and join us for live music from local performers and a sausage sizzle. Clifton Park is well equipped with a playground, bike riding paths and toilets. There is some seating but if you have a chair, bring it along as we expect a crowd.

Meet others in our community for a fun day out sponsored by Shoalhaven City Council. For further information email us at <u>sanctuarypointcommunitypride@gmail.com</u> or our check out our website **spcp.org.au**.





Shoalhaven Family History Society Inc.

Names Please...

I was recently helping a friend to sort out a large box of family history! The box contained a selection of certificates, photos, documents, a partially completed commercial "My Family History" book, and some notebooks.

The plan was to type in all the names and dates etc, into my family history programme then fill in the gaps from the documents to hand, to produce a basic report for my friend which she could then expand as more information came to hand. This was where the problems began!

The book had page headings like "my parents" "my grandparents" "my great grandfather's parents" and no "insert names here" provision, which made hard going to sort out who was who. Even more difficult were the notebooks.

For example: " Grandfather taught Sunday School in Methodist Church in Railway Road......" and "John F. Funeral miles of kids in white clothes, he taught Sunday School. Swore like a trooper and would knock you down as soon as look at you. Granny had to ask for money. He'd put his hand in his pocket & pull out her fare, she was C of E."

The fact that there were no identifiable names or the name of the source person in this very interesting little snippet made it impossible to attach it to a family in the database I was building, so it remains unattached in the notebook.

Added to this were no sources for information, making checking the 'facts' problematic.

When I resorted to a subscription only website, I found that one person who had been adopted into over 40 online family trees, was in fact, not the correct person at all, having married a different spouse, returned to England, and

gone to prison in Sydney for assaulting his publican wife, when 'our' man was happily producing children and working very hard as a grazier in Grafton.

The lesson here is to always add names to your notes; you know exactly who you are writing about, but your descendants won't, and all these lovely stories will be lost forever.

On the upside, the owner of the box is still very much alive, and hopefully can add these names to her notes before it is too late, but what she will think about having the wrong man in there is a bit of a worry.

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 and the 1st & 2nd Thursday of each month, all days from 10am to 2pm. Take a look at our website at www.shoalhavenfamilyhistory.org.au for more information. Our general meetings are held on the 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.



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FiREFLY

JOIN THE BAY & BASIN YOUTH CREW - MAKE YOUR VOICE HEARD!

Local young people encouraged to join new local youth advisory group. Firefly Bay & Basin are on the lookout for young changemakers keen to make a real impact in their community through a new initiative called Bay & Basin Youth Crew.

Following conversations with students from Vincentia High School, community groups, and local organisations, it became clear that more young voices needed to be heard in decisions affecting them. The **Bay & Basin Youth Crew** will be a platform to share ideas, provide input, and get involved in projects and programs that directly impact their lives. The Crew is looking for 12 passionate individuals aged 11-18 in 2025 to step up as local leaders, working together to shape their community and create positive change.

WHO CAN JOIN? We know that some young people feel like there's nothing for them to do or be part of in the Bay & Basin area. This is your chance to change that. The Crew is all about making the area a better place for young people – creating opportunities, getting involved in decisions that affect you, and making real change happen.

WE'RE LOOKING FOR ALL KINDS – whether you're quiet, loud, creative, sporty, a deep thinker, or just curious about making a difference. You don't need to be the most confident or outgoing person in the room; you just need to care about your community and be willing to have a go.

This opportunity is for everyone, no matter your background, experiences, or abilities. If you want to be heard and be part of something meaningful, this is for you!

WHY GET INVOLVED? Being part of the Crew comes with some awesome perks, including getting fed at every meeting!

- Get paid for attending Crew catch-ups
- Develop leadership skills through exclusive workshops
- Enjoy free food, snacks and refreshments at meetings
- Access mentoring and mental health first aid training
- Connect with like-minded people and community organisations

"We know that young people in this area have incredible ideas and fresh perspectives. The Crew is about making sure they're heard and making an impact," says Natasha Busbridge, Community Engagement Coordinator at Firefly. "This initiative comes from our Youth Collective workshops, where students and community groups highlighted the need for a structured way for young people to engage with decision-makers."

INTERESTED? Just fill out a quick survey to tell us about yourself. If selected, you'll need to be able to commit to:

- Two consecutive training days on Sundays in May 2025.
- Bi-monthly, two-hour crew meetups after school (Wed 4-6pm) throughout 2025.
- Fun and engaging Crew activities across the year

SIGN UP NOW! Don't miss this chance to make an impact. Sign up by filling out a short online form at <u>www.fireflybayandbasin.com/youthcrew/</u>. Submissions close mid-March. For more info contact info@fireflybayandbasin.com.





Sanctuary Point

Paradise Beach Rd Sanctuary Point, Monday – Friday 9.30am – 5pm Phone 4406 2076 Email sanctuarypointlibrary@shoalhaven.nsw.gov.au https://www.shoalhavenlibraries.com.au/Hours-and-locations/Sanctuary-Point-Library

Your library has a great range of fun and FREE regular children's programs. Why not come along, learn, create, and have fun?

There is something for kids of all ages!

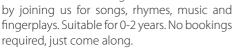
Tech Heads. Third Monday of every month during school terms 4pm-5pm. Future ready fun! Experiment, create and learn with a range of tech including robots, 3D printing, LEGO and more. Suitable for kids aged 8-12 years. Bookings essential.

Coding Club. Wednesday 4pm. Learn to code games & animations in the Scratch environment. Laptops provided or bring your own. Suitable for 8-12 years. Bookings essential.

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. No bookings required, just come along.

Rhymetime. Friday at 10.30am. Give your baby a head start to learning



Tech Help! Tech Help! Tech Help!

Did you know Sanctuary Point Library offers a short 15 minute session every Tuesday at 3pm?

These sessions are ideal if you need a bit of quick help to resolve an issue or just learn something new. Bookings are essential. Just

let us know what you need help with and which device you are bringing at the time of booking.

The library is also currently taking expressions of interest for a 5 week **Tech Savvy Seniors**



program to be held later in the year

covering topics such as Cyber Safety, Online Shopping, Smartphones, Internet, Tablets and more! Group size will be limited so call or drop in soon to register your interest.

Need help with any of the library apps like Borrowbox or Indyreads? We can help you anytime. Call or ask at the desk and one of our friendly staff will be happy to assist you.

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

See you at the library!



Following on from flyers you may have received in your letterbox or social media ads you may have seen

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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

Marbecc for Vincentia 0407 150 967 OR

Suzanne for Huskisson 0421 279 156.



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



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QUOTES



Southern Stompers

From humble beginnings still going strong after 12 years

Contributed by Roger Kinsky on behalf of Southern Stompers

12 years ago I received a phone call from Bob Netting asking me if I was interested in playing Dixieland Jazz in a group he was trying to form. I play the banjo and love Trad Jazz so I didn't hesitate to say 'yes'. Bob was a trumpet player with his own traditional Dixieland Jazz band which played each month at the Wollongong Jazz Club. I met with Bob at his house and he gave me copies of the music he wanted the group to play. Later he kindly provided me with a set of CD's of various jazz groups so I could practice at home by playing along.

We started practicing weekly at Bob's where he had a dedicated music room in his house. There was a washboard player – Max so we had a little group of 3. After some discussion I suggested the name 'Southern Stompers' and the name stuck.

In those days there was a weekly market on Saturdays at the grounds of the Lady Denman and we started playing there to get exposure to playing in public. As time went on Bob found a tuba and saxophone player who joined our group and we started playing regularly on Thursdays at the entrance to Egans Lane carpark behind Woolworths Nowra. Above is a photo of us there on a drizzly day – from left to right Ross (tuba), Bob (trumpet), Roger (banjo), Max (washboard) and Joe (sax).

As time went on our group changed. Ross left and was replaced by Hans (keyboard) and Max was replaced by Robbie (bass) and we were also joined



by Denis (trombone). We started playing regularly at the entrance to Woolies in Vincentia. Bob was able to secure some paying gigs including the Australia Day Duck Derby at Moona and Race Day at the Shoalhaven City Racetrack. We also played about twice a year at the Moruya Jazz Club where we made the acquaintance of Peter, who is an excellent all round player of many instruments including the trumpet, trombone and drums. Due to Denis's connections we also play occasionally at the Gerringong Market on Saturdays.

Sadly, Bob died suddenly two years ago but we were very lucky that Denis also plays trumpet so he was able to step in and fill the void and also plays trombone for variation during some numbers. Below is a recent photo of our group taken outside the entrance to Home Co Vincentia from left to right Hans (keyboard), Joe (sax), Denis (trumpet and trombone), Roger (banjo) and Robbie (electric bass).

When Denis can't play, Peter usually steps up with his partner Janene (trombone). Recently, Peter set up his own jazz group (Pete's Ramblers) and Hans

and I joined this group also, so we are a quartet.

Despite the setbacks over the years the **Southern Stompers** are still going strong. We play Dixieland Jazz music which is tuneful, bright and happy and provides a morale boost to us when we play and to shoppers passing by.





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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!

lsh 0410 683 658 Bianca 0438 130 487



Wool Road Spinners & Weavers €

We are drawing closer to our exhibition to be held during the June long weekend – 7th and 8th June 2025. The Spinners and Weavers have been busy for some months with some exciting raffle items.

A hand crafted blanket will be raffled. Wool prepared for spinning was given to each spinner to be spun.



After it was plied, other members hand dyed the yarn that was spun in different colours. Then all the knitters were galvanised into action to knit a blanket using just 10 stitches. Also the vest pictured above, which was spun by a wonderful spinner and then had a friend knit this delightful vest.

So if you would like to see what all the chatter is about **drop in any 1st or 3rd Thursday of the month** and join us for a cuppa, a chat and be inspired at Jervis Bay Baptist Church classroom (look for the bunting), 1 St George Ave, Vincentia

Judy - 0403 212 237





WORLD DAY OF PRAYER 2025

FRIDAY 7TH MARCH – 10am

St George's Basin Baptist Church 165 The Wool Road, St George's Basin

World Day of Prayer is a global movement of prayerful action.

It has a long history beginning in the 19th century when Christian Women of Canada and the United States began a variety of activities in support of women's involvement in mission at home and in other Countries. Now the World Day of Prayer involves people in over 170 countries on the first Friday in March each year.

Each year the day focuses on specific needs of a different country and a collection is taken to support this cause.

This year the focus country is

The Cook Islands in the South Pacific,

and the theme is

"I Made You Wonderful".

The women of The Cook Islands have prepared the Order of Service for our church service,

Please come and share with us in this service and morning tea.

Bikes At The Basin

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- 3/59 Junction St Nowra NSW 2541 &1/6-8 Orient St, Batemans Bay NSW 2536

Authorised by Fiona Phillips MP, Nowra.







WHAT LIES BEYOND Diving the SS President Coolidge

Contributed by Corinne Le Gall

SS President Coolidge – beautiful American steam ship, luxury ocean-going passenger liner was completed in 1931. Operated by the Dollar Steamship Lines until 1938, then taken over by the American President Lines until 1931.

Taking the rich-to-do on voyages to the far east and around the world before the second world war, this luxurious liner was commissioned firstly to help in the evacuation of US citizens from Hong Kong and other parts of east Asia once Japanese aggression expanded in the 40's.

In 1942 she was acquired and converted into a troop ship. Civilian fittings were removed or boarded over and accommodation was converted to transport 5,000+ troops. Guns were mounted as well as loads of munitions, Jeeps and all that was required to sustain the men and the war effort.

Unfortunately, when she tried to find safe harbour through the main channel on Espiritu Santo, Vanuatu, she hit friendly mines – information which was accidentally not conveyed to the captain. The first struck the ship in the engine room killing one, the second hit near the stern. The captain grounded her and did not think that she would sink, with the majority of troops walking off onto the beach, but after a while, she started listing to port and slid down to her watery grave with the bow at 60/20 ft/mtrs and her stern at 240/73 ft/mtrs.

The captain went down with his ship when he tried and successfully rescued his remaining two men who were unaccounted for, but he became trapped. In 2013, his body was

reportedly located and recovered in 2014 with his dogtags still on.

The largest shipwreck accessible and diveable from shore. At 60 feet, the descent is gentle with great visibility. The ship at the time was mainly intact, but has since deteriorated through earthquake activities. One such hit when we were diving. We were at about 60 metres down when we heard a rumble, looked up thinking it was a boat, but did not see anything. The whole wreck shook and the rusting hull started to send small fragments up. When we emerged from the dive, the land crew told us that it was in fact an earthquake. Quite frightening, as luckily we hadn't penetrated the wreck at that stage but were on our way to doing so. From then on for the duration of the dives. we did not enter the wreck as there were large carpets/rugs that could have detached as well as other items which were loose. I believe that today, she has deteriorated a lot and we thanked our lucky stars that we were able to dive on and penetrate her when it was relatively safe to do so.





Government Releases More Home Care Packages

It's great news! The Australian government is releasing thousands of new Home Care Packages, providing even more older Australians with the support they need to continue living independently at home.

If you or a loved one has been granted a new Home Care Package, you now have many decisions to make, and probably quite a few questions you would like answered. How do I navigate My Aged Care? Which provider should I choose? What services and supports am I entitled to? Will I have to pay out-of-pocket expenses?

It can feel overwhelming, which is why BCR Communities' Senior Care Manager, Debbie Calderon, is encouraging older people in the Bay and Basin to reach out for guidance and support.

"We are a Sanctuary Point-based not-for-profit that has been delivering quality in-home care to our many clients in the Bay and Basin for over 25 years," Debbie said.

"A Home Care Package opens up so many opportunities—help around the home, personal and clinical care, social activities, mobility aids, meal services, and more. It's a wonderful resource, but it can also be confusing, with many decisions to make."

Debbie and her experienced team of Care Managers know Home Care Packages inside and out—and they genuinely love a chat, especially with fellow locals!



"For those who have been approved for a package and are waiting for one to be assigned, now is a great time to get the ball rolling," Debbie said. "Our team is happy to talk you through the process and answer any questions."

"If you decide to choose us as your Home Care provider, you'll be paired with your own dedicated Care Manager who will support you every step of the way. We'll help make sure your Home Care Package supports your needs, goals, and daily routine so you can keep living happily and safely at home."

Contact BCR Communities today on 1300 222 748, email <u>info@BCRcommunities.com</u> or visit <u>BCRcommunities.com</u> to learn more about our in-home services.

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

Are you a Military TPI looking for social interaction??? Come and join us.

We are always seeking new members.

We hold our meetings at the Shoalhaven Veteran and Family Hub, 124 Wallace St, Nowra on the 3rd Tuesday of most months at 11am.

Every few months we have a luncheon so we won't be at our regular meeting place. Spouses and partners are welcome to come along also.

If you are interested in coming along, please contact the Secretary, Leanne Wehmeier on 0419 464 313 beforehand to confirm what our location will be on that day.

We look forward to meeting you soon.



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 OR call the Main Office on 4422 5111

<u>OR</u> fill in forms online at www.northshoalhavenmeals.org.au



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

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

Shoalhaven Prostate Cancer Support Group

- Share experiences of treatments and managing side effects
- Discuss the possible impact on partners, family and work
- Learn from speakers including medical professionals
- Find reassurance and fellowship in an easy going, friendly environment.

We meet 2nd Monday of the month from 10.30am at Coastal Waters Conference Room, 110 The Wool Rd, Worrowing Heights. For more info please contact Fred Hocking 0435 628 110 or Roy Forge 0405 579 088



VINCENTIA RURAL FIRE BRIGADE

next door to Leisure Centre, Vincentia

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

Huskisson **Woollamia Community Voice**



Community Consultative Body (CCB)

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

MEETINGS

at Huskisson Community Centre. Dent St. Huskisson.

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



Shoalhaven Family History Society Inc.

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

SOCIAL TENNIS

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

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.



INJURED WILDLIFE?

Call Wildlife Rescue 0418 427 214

www.wildlife-rescue.org.au

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



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



Australian Red Cross

The Power of Humanity

We meet every 4th Wednesday of the month at 1pm at the Holy Spirit Church Hall, St George Ave. Vincentia.

Become involved in our disaster relief and other activities. We also have a singing group which practises Wednesday mornings, and performs at nursing homes and day care centres plus the odd bit of busking throughout the year. Support and friendship.

Pres. Margaret Klem 0491 622 405 or Elaine Ladyga, Singing Group 0490 007 483

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

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

Call Courtesy Bus to book 0413 014 125



WHAT'S ON MARCH

The Home of Sport & Entertainment on the South Coast





available at the bar













Free Live Entertainment Hits Central 7pm - 11pm

Free Live Entertainment

TBA 7pm - 11pm

Free Live Entertainment

Free Live Entertainment

Hav n Fun 7pm - 11pm

Free Live Entertainment

Books on sale 11:30am | Starts 1pm

Monthly Special Breakfast

Cash Housie

Last Chance Honey 7pm - 11pm

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

Kevin Bloody Wilson Doors 5pm | Show 6pm - Auditorium

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

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

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

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

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

Snooker Club Raffle Drawn 5:30pm

Free Live Entertainment

Rock-A-Holics 4pm - 8pm

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

Cash Housie Starts 10:30am

On Point Kitchen from 5pm

Bingo Starts 6:30pm

Trivia from 6:30pm

Bingo Starts 10:30am

On Point Kitchen from 5nm

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

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

\$18 Burger & Beer Tuesdays*

SGB Women's Golf Club Raffle

\$18 Wednesday Steak Night*

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

Sub Club Raffle Draw 6:30pm

Wednesday Night Poker

10th Mon

12th

Wed

13th

Afternoon 12:45pm - 3pm

Bingo - Morning 10am - 12pm

Afternoon 12:45pm - 3pm

Poker - Sunday Poker

GedupNdans 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

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

Cash Housie Starts 10:30am

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

Bingo Starts 6:30pm

Trivia from 6:30pm

SGB Women's Golf Club Raffle Draw 6pm

Bingo Starts 10:30am

\$18 Wednesday Steak Night* On Point Kitchen from 5pm

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

Sub Club Raffle Draw 6:30pm

Wednesday Night Poker

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

Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle Draw 6:30pm

Friday Bingo 10am - 2:30pm Auditorium

Friday Afternoon Poker Rego from 12pm, Start 1pm

Snooker Club Raffle Drawn 7:30pm

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

Cash Housie Starts 10:30am

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

Bingo Starts 6:30pm

Trivia from 6:30pm

SGB Women's Golf Club Raffle Draw 6pm

Bingo Starts 10:30am

Tickets from 4:30pm, Draw 6pm

Wednesday Night Poker Register 5:30pm, Start 6:30pm

Junior Rugby League Raffle

Snooker Club Raffle Drawn 7:30pm

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

*Member Price

31st

Mon (

\$18 Parmageddon Thursdays* On Point Kitchen from 5pm Ripper Raffle - Tickets from 4:30pm

Junior Rugby League Raffle Draw 6:30nm

Friday Bingo 10am - 2:30pm Auditorium

Friday Afternoon Poker Rego from 12pm, Start 1pm

Hitlist Fridays 7pm Main Lounge

Snooker Club Raffle Drawn 7:30pm

Jag the Joker Draw

Peter Powers Hypnotist Show Doors 7pm | Show 8pm - Auditorium

Jackee B Trio 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

Backlash 4nm - 8nm

Bingo - Morning 10am - 12pm

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

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

Cash Housie Starts 10:30am

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

Bingo Starts 6:30pm Trivia from 6:30pm

SGB Women's Golf Club Raffle

Draw 6pm

Bingo Starts 10:30am

\$18 Wednesday Steak Night* On Point Kitchen from 5pm

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Sub Club Raffle Draw 6:30pm

Wednesday Night Poker Register 5:30pm, Start 6:30pm

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Hitlist Fridays 7pm Main Lounge

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

Snooker Club Raffle Drawn 7:30pm Jag the Joker Draw

Jag the Joker Draw

Poker - Sunday Poker

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

Sunday Meat Raffle

Tickets from 1:30pm, Draw 3pm

Snooker Club Raffle Drawn 5:30pm

Free Live Entertainment

William Wallace 4pm - 8pm

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

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

\$18 Wednesday Steak Night* On Point Kitchen from 5pm

Wednesday Mega Meat Raffle

Sub Club Raffle Draw 6:30pm

Thu

\$18 Parmageddon Thursdays*

Ripper Raffle - Tickets from 4:30pm

Draw 6:30pm

Friday Bingo 10am - 2:30pm Auditorium

Friday Afternoon Poker Rego from 12pm, Start 1pm

Hitlist Fridays 7pm Main Lounge

Jag the Joker Draw

·····community

Shoalhaven Beekeepers Assoc Inc.

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



TOMERONG MARKETS

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

SHOALHAVEN INDIAN MYNA **ACTION GROUP**

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



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

Local Markets

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 ■ 0409 740 704 (BH)

Jervis Bay Maritime Museum Markets

Twilight Museum Market 1st Sat #3-7pm # Dent St, Huskisson | Ph 4441 5675 | e: markets@ibmm.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 I Shoalhaven Potters Workshop, Greenwell Pt Rd, Pyree **4443 7312**

Royal Coastal Patrol Market Ulladulla 2nd Sun I Ulladulla Harbour & Wharf, Wason St. Ulladulla #4455 3403

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

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

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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

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

Bay & Basin Bombers Junior & Senior AFL Club

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

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

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

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

Clifton Community Food Garden Working Bees

held 3 times a week = Daylight Saving Hours Tue 9am-12noon = Fri 3-6pm = Sat 9am-12noon = Non Daylight Saving Hours Tue 9am-12noon = Fri 2-5pm = Sat 9am-12noon = Jeff 0437 333 042

Collingwood Reserve Park Care Group • meet in reserve opposite Basin View Volunteer Rural Fire Brigade Shed • Mon 8.30am •

CWA Jervis Bay Day Huskisson Community Centre, Dent St Tue 10am for craft, cuppa & chat 3rd Tue General Meeting Visitors welcomed Pres. Emily Ede 0438 208 754

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

Heart Foundation Walking Group = Paradise Beach Sanctuary Point **=** Mon 9am **=** Sue Randles 0427 286 719

HuskiDrumming = Facilitated djembe drumming circle = Huskisson Community Centre = Sat 10.30am = All welcome = e: huskidrumming@gmail.com

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

JB Walkers and Talkers = Meet Holden St Boat Ramp, Vincentia = Pram friendly walking group = Fri 10.30am = e: lanaburkey@gmail.com

Jervis Bay Bridge Club - Huskisson Community Centre, Dent St, Huskisson - Fri 9.30am - All Bridge players welcome Ph 0421 332 991 or 0430 013 946

Jervis Bay Community & Men's Shed I Thu 9am-12pm
I New members welcome both men & women
I Colin Loudon 0412 347 322

Jervis Bay & Districts Activities Group | Fri 9am-1pm | Men & Women welcome | Colin Loudon 0412 347 322

Jervis Bay Paddle Group weekly paddle group for kayakers

«check 13 Jervis Bay Paddle Group page for schedule

Jervis Bay Physical Culture Club - Classes held Vincentia Primary School & StGB Community Hall www.jervisbayphysie.com.au - e: jervisbayphysie@gmail. com - Jaclyn 0422 458 485 or Amie 0405 438 057

Jervis Bay Wobbegongs Winter Swimming Club =

Huskisson Beach south end = Racing season Sun 8.30am between 1st May & 30th Sept each year = Swim & Chinwag Mon-Fri 7.30am to 8am all year long

http://wobbegongs.weebly.com/ or

Karate = Sanct Pt Community Centre, 18 Sanct Pt Rd = Tue & Fri = 5.30pm

- Line Dancing = Tue 10am-1pm SGB Community Hall,
 Meriton St, StGB = Mon 6-8.30pm Shoalhaven Heads
 Bowling Club = Wed 10am-1pm Bomaderry Community Hall

 Thurs 6-8pm StGB Community Hall = Laurel 0408 184 984
- **Mannahouse Youth** Fri 7pm StGB Community Centre, 21 Meriton St, StGB www.mannahouseyouth.org
- **MSCARC Inc. =** (Mid South Coast Amateur Radio Club Inc.) **=** Wed from 7.30-9.30pm on air **=** New members always welcome **=** Ken 4403 0599
- Nowra Healing Rooms = 12 Tarawara St, Bomaderry

 Open Wed 10am-12pm, Thu 7-9pm = 0459 046

 084 = No appointment necessary & no charge =

 www.healingrooms.com.au
- Nowra Quilters = North Nowra Community Centre, 7 Hood CI, Nth Nowra = Tue 9am-1pm = New members welcome = e: alex@themwarners.com
- Nowra Town Band = 174 Kinghorne St, Nowra = Mon 5.30–6.30pm for Training Band & 7–9pm for senior practice = Private lessons available in brass and percussion = Hall 4422 0807 or Ross 4443 5745/0488 056 196
- Raised Voices Community Choir SATB = Jervis Bay
 Baptist Church = Tue 7pm = New Members welcome
 = Ph Rosalie 0412 297 435
- **Rock and Roll Lessons** = Huskisson Community Hall = Tue 7pm = Rock n Roll, Partner Dancing, Swing = Ph Laurel 0408 184 984 or Rob 0439 416 386
- Scottish Country Dancing = Thu 2pm-3.30pm
 Senior Citizens Hall, Berry St, Nowra = Tue 7.30-9.30pm
 Presbyterian Church Hall, Kinghorne St, Nowra
 Beginners welcome = Heather 4441 5496
- Shoalhaven Concert Band = Junior, Concert and
 Stage band = Nowra School of Arts Annex, Berry St Nowra
 = Tue 6-9.30pm = Richard 0417 462 885 or see
- Shoalhaven Ex-Servicemans Dance Club 157

 Junction St, Nowra Wed 7-9.30pm Social dancing inc.
 modern ballroom, new vogue, sequence, latin, rock n roll
 visitors welcome Ph Norm 0407 950 325
- Shoalhaven Rock N Roll Group = SGB Country Club = Mon 7pm = John 0411 120 042 or Linda 4443 3364 = www.shoalhavenrockandroll.org.au

- Sing Australia, Vincentia Community Singing Group
 Jervis Bay Baptist Church, The Wool Rd, Vincentia Thu
 7-9pm New members welcome Jenny 4441 7713 www.singaustralia.com.au
- Smith Bay Bushcare Group = Basin View = Fri for 2-3 hours = Fran 4443 6324
- **Social Scrabble** The Country Club StGB Thu 1-4pm New players welcome Ph Anne 0410 012 642 or Emily 0438 208 754
- St Georges Basin Health & Com Transport Serv =
 Mon & Wed Local Health = Tue, Thu & Fri Nowra Area Health
 = 4423 6044 for bookings Mon-Fri 9am-12pm, 1-3pm
- **St Georges Basin Little Athletics =** Sports Grounds, Larmer Ave, Sanctuary Point **=** Registration Ph Tracy 0423 846 194 or Michelle 0412 656 206
- **St Georges Basin Senior Citizens Club -** Thu from 9am Bowls-Darts-Euchre, The Country Club St Georges Basin **-** Ph Margaret 4443 6031
- St Georges Basin Senior Citizens Walking Group
 - Alternate Fridays 9am onwards, ph Helen 0412 215 855, Colleen 0423 233 594
- St Georges Basin SES Unit = 41 Tasman Rd, StGB = Wed 6.30pm = for training, providing advice to members of the community on storm/flood preparedness, new volunteer enquiries welcomed = 3 NSWSESSGB
- **Sussex Inlet Computer Club** = Sussex Inlet RSL Club = 2nd, 3rd & 4th Tue 10am-noon = All welcome
- **Table Tennis** = Scout Hall, Tasman Rd, SGB = Wed 2-4pm = Adam 0401 020 827 please leave a message
- **Tennis** Erowal Bay Grandview St, Erowal Bay Booking enquiries 0491 978 037 Monday & Tuesday morning social tennis players welcomed, as well as Thursday afternoon social tennis
- **Tennis** = Huskisson = Owen St, Huskisson Casual bookings Wendy 4441 7985 = Adult Mixed Group Mon PM & Thu AM Ph June Grippling 4443 3065 or John Hayward 4441 6979 • Ladies Tue AM Ph Jan Chappelow 4441 6417
- **Tennis** The Country Club, St Georges Basin Social Mon 6-9pm & Thu 9-11am Ph Max 0427 663 318 Comps Tue or Wed 6-9pm Ph 4443 0666 thecountryclub.com.au/sport/tennis/
- **Vincentia Bush Care Group =** Tue 9am 12 noon **=** Ph 0418 460 594

Fortnightly Meetings

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

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

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

Wool Road Spinners & Weavers Jervis Bay Baptist Church classroom, behind church, cnr The Wool Rd & St George Ave, Vincentia I 1st & 3rd Thu 9.30am-1pm I Judy 0403 212 237

Monthly Meetings

1st St Georges Basin Scout Group Meetings 1st Mon 6.30pm | Tasman Rd Scout Hall, SGB | Paula 0400 674 525

Amnesty International - Bay & Basin 3rd Mon New members welcome bayandbasinamnesty@gmail.com

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

Basin Business Forum Last Fri of the month ■ See ■
Basin Business Forum for more details and to RSVP
■ e: basinbusinessforum@gmail.com or

Basin View Daylight Lodge No.1015 (now consolidated with Lodge Milton No. 63) Milton Masonic Centre, 128 Princes Hwy, Milton I 2nd Mon 6pm
I M/Ship & other enquiries Ken Sheppard 0428 638 611

Basin View Rural Fire Service Fire Station #3rd Fri 6.30pm #Denise Fabreschi 0412 780 899

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

Bay & Basin Cancer Support Group Venue Room, SGB Country Club 1 2nd Thu 10am-12pm 1 Dianne 4443 3275

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

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

Bloomers & Buds Social Gardening Group

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

Combined Probus Club of Jervis Bay & Districts

Inc. SGB Country Club, Function Room # 4th Thu 9.30am=11.30am # Pres. Val Hyde 0422 477 771; Sec. Denise Stevens 0408 008 460

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

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

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

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

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

Jervis Bay Divers Club Club Jervis Bay I Last Wed 7pm I contact_2@jervisbaydivers.org or call Geraldine 0410 326 061

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

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

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

Justice of the Peace Assoc NSW Shoalhaven

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

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

Nationals Branch Shoalhaven meetings I lan 4443 3780

National Servicemen's Assoc., Shoalhaven Sub-Branch

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

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

3rd Tue 11am I Nowra Veterans Wellbeing Centre, 124 Wallace St, Nowra I Leanne 0419 464 313

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

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

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

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

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

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

Shoalhaven Ex-Servicemans Dance Club 3rd Sat 7-10.30pm | Shoal ExServicemans Club 157 Junction St, Nowra | social dance incl. modern ballroom, new vogue and sequence, latin, rock n roll | visitors welcome light supper | Ph Norm 0407 950 325

Shoalhaven Mark & Royal Arch Chapter No.73 1st
Thu 7pm | RFBI Village Hall, 130 The Wool Rd, Basin View |
Freemasons (attached or current) | Glen Green 0417 453 999

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

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

Shoalhaven Prostate Cancer Support Group

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

Shoalhaven Scout Fellowship 3rd Sun II David Ravell 4441 8659

Shoalhaven Transition 1st Tue I Trish Kahler 4443 4713 or shoalhaventransition@yahoo.com.au

St Georges Basin Probus Club Inc. (Mixed) SGB Country Club, Function Room | 3rd Thu 10am-12pm | Sec. Robyn Dalleywater 4408 8084

St Georges Basin Rural Fire Brigade Fire Station, The Wool Rd, SGB 13rd Mon 7.30pm 1 Cpt Michelle 0427 288 340

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

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

Vincentia 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 1 1st Mon 6.30pm | Cpt. 4401 1750

Wandandian Progress Association 1st Tue 6pm II
Progress Hall I New members welcome II
e: secretary@wandandian.org.au

Wildlife Rescue South Coast © Contact 0418 427 214 e: info@wildlife-rescue.org.au 2nd Wed 7pm Phone / email for details of meetings via Zoom or venue TBA

Weekly Church Services

Anglican Church -

Vincentia • Vincentia Primary School, George Caley Place, Vincentia • 8.30am Traditional Service each Sunday

■ 10.30am Contemporary Family Service with kids and youth programs ■ Minister Campbell Mackay 0478 228 113

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

Bay & Basin Uniting Church = Meriton St, SGB = Sun 9.30am Family Worship w/Jnr Church = Minister 4443 0864

C3 Church Jervis Bay = 20 Birriga Av, Worrowing Hts = Sun 9.30am Family Service = Every morning except Sun 5.30am Prayer Meeting = Office 0429 335 024 = web: c3churchjervisbay.com.au

Holy Spirit Catholic Church = 23 St George Ave, Vincentia • Mass times: Sun 9.30am = Tue / Wed / Fri 8am = Wed 5pm • www.nowraparish.org.au/masses/mass-times

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

Seventh-day Adventist Church = 169 McKay St, Nowra

Sat 9.30am Bible Study, 11am Worship Service = Future
planning for possible Bay and Basin Contemporary Service =
Minister Adam Tonkin 0413 538 514

Monthly Church Services

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

Other Activities

Australian Breastfeeding Association,

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

Bay & Basin Branch of the Liberal Party Meets Quarterly Tpm Venue SGB Country Club

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

Other Activities cont'd

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

Community Cottage 48 Edmund St, Sanctuary Pt II
Lesley 0426 878 421 II Mon Pottery 9am-2pm
II Tue & Thu Gentle Fitness for Postural Strength - Move with
ease 8-9am II Thu Phoenix Strings Ukes & Guitars practice
1-4pm

Shareostomates, Shoalhaven Area Ostomates

Support Group Nowra Community Health Centre, 5–7 Lawrence Av, Nowra 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

■ Meriton St Community Centre, SGB

■ Christine 4443 7665

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

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

■ Christine 0409 363 243 or Gwen 0419 492 348
■ e: sanctuarypointcommunitypride@gmail.com

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

Vincentia Ratepayers & Residents Association

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

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

Venues for Hire

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

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

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

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

Jervis Bay Maritime Museum Classrooms Dent St, Huskisson

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

St Georges Basin Scout Hall Tasman Rd Scout Hall, St Georges Basin I 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
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 II the old church 48 Paradise Beach Rd Sanctuary Point II Ph 4423 5022

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

UPDATE YOUR LISTING

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

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

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



GREENWELL POINT

Contributed by John Blackmore

"When villages creep into towns, and the pioneers fade away, most of the present generation do not have a thought of the work that was done in days gone by to provide a heritage, the results of which they now enjoy".

These words were written by the late Mr Frank Evans, for publication in November 1999, in a book of memoirs of people who had an association with Greenwell Point. The group who organised these memoirs of that village's local residents came under the banner of Greenwell Point & Districts Family & History Group.

About readers may have travelled to 'The Point' in recent years to enjoy fish & chips at 'the pub', the Pelican Rocks Café, or even the upstairs restaurant under the same name that operated above it in the couple of decades before that. The latter had a wonderful view over the water and out to the headland at Crookhaven Heads.

It is difficult to imagine how busy Greenwell Point was as a port in the late 1800s. In fact, for some time it was reputed to be the fourth busiest port in the New South Wales colony. Sydney and Newcastle were obviously the top two on this list, but **About** readers may be surprised to know that Wentworth in the far south western corner of NSW was the third busiest (and busiest inland) port during these same decades. It was focused on co-ordinating river trade for the thriving wool industry, being at the junction of both of the vast Murray and Darling river systems. Wentworth was on the border of two colonies, with a third not too far downstream.

At the same time, Greenwell Point was a thriving trading post for agricultural production, and the passage of goods for the large Shoalhaven river flood plain. To the north, Kiama, Shellharbour and Wollongong all had small harbours exposed to the open sea. A number of other jetties at places like Coalcliff and Sandon Point at Bulli were serving coal mines prospering in locations along the escarpment north of Wollongong's growing business district.

Over 20 different people contributed to the publication. Many had family members who had pioneered various primary industries and transport services, and other functions which Greenwell Point and its surrounds provided. Or couldn't provide, as the case may have been.

Numerous contributors related how isolated the area from the entrance at Crookhaven Heads, along Culburra Beach to Penguin Head, and beyond along Warrain Beach south, was at that time. A key to everything in this area where Alexander Berry's canal (About Monthly Features June 2022, June 2014 and July 2014) connected the Shoalhaven and Crookhaven rivers was a Pilot Station built in 1870 at the end of the headland at Crookhaven Heads. While the entrance to the river below this Pilot Station was still dangerous at times, visibility out to sea and up the river to where Greenwell Point had developed, was a vast improvement on what the original cedar cutters had encountered in 1812 when attempting to negotiate the untouched entrance of the river to its north. This is where we know today as Shoalhaven Heads.

Towards the end of this publication, a series of interesting newspaper snippets collected for inclusion in it give snapshots of some of the things which transpired around 'The Point' in earlier times. A Shoalhaven Telegraph excerpt from 1907 outlined how the "Coolangatta Estate wool clip of 56 bales topped the market in Sydney, fetching 14 pence per pound. The fleece was of very fine quality, and the experiment of sheep breeding as carried out on the Wollumboola run may be regarded as a success." This was no overnight success, for as we know from a previous About Monthly Feature (September 2015), Alexander Berry had assigned his emancipated convict Patrick Caffery way back in 1835 to graze sheep along the isolated peninsula stretching from the heads at Crookhaven down to Lake Wollumboola. Over half a dozen decades later, this price gained at the Sydney Markets vindicated the wool grazing enterprise originally undertaken beneath the banner of that estate.



In 1909 and 1913, other Telegraph snippets indicated changes which had occurred in the licensing and ownership arrangements of the hotel at Greenwell Point. Alexander Berry had not allowed any licensed premises on his estate lands during the village's establishment. Although, around seven years after the digging out of the canal, Frank Evans stated in his memoir that "Berry soon established the first private village at Greenwell Point by building a terrace of nine houses in the Main Road, and a large storage shed on what is now known as ANZAC Park. This was in approximately 1829". These were to be for his workers.

As the canal immediately upstream from the infant village was only navigable for use by smaller vessels at this stage, "a wharf was built at Greenwell Point where ships took on and discharged cargo onto barges which were pulled by oars to Coolangatta Later, when steamboats came into vogue, barges were towed to all ports in the Shoalhaven" upstream from 'the point'. Transport by sailing ships arriving at this port was challenged after the Illawarra Steam Navigation Company formed in the 1850s. In May 2018, the About* Monthly Feature looked at this company's operations along the South Coast as the decades rolled by during the second half of the 19th century.

In the 1880s, a public or government wharf was constructed near where the main wharf is today. Greenwell Point House was built nearby during this decade, opposite to where Pelican Rocks Café exists today. It contained a large barn as part of that premises, which was used to store cargo. A trolley track was built between it and the wharf, on which things were conveyed backwards and forwards, before and after their storage. Smaller local steamers ordered by the Berry Estate, the Meeinderry and the Coomenderry, brought goods from upstream areas to be stored there before larger steamships like S.S. Illawarra would take goods being exported from the Shoalhaven.

Kennedy is a family name now associated with Comerong Island for generations, across the canal to the north of Greenwell Point. For several decades towards the end of the 20th century, Miss Daisy Kennedy conducted a boarding house at No. 2 Junction Street, opposite the war memorial gates at Nowra Showground. Her childhood years

had been spent living on the island, from where she attended Numbaa School.

Daisy's memoir for this publication centred on her great-grandfather Thomas Kennedy. He came to the NSW colony in 1839. After working at a timber mill at Berry's Bay, North Sydney, "Thomas moved it lock, stock and barrel down to Broughton Creek where he lived on the Estate, and was then put in charge of the Stores at Greenwell Point. He worked there five days a week and checked the stores as they came by ship, more or less a Customs Officer".

Daisy mentioned rowing across the canal in her childhood to get to Greenwell Point. Coming across from the southern Noble Island section of Comerong, she would have had to have walked some distance to presumably access a rowboat/s kept around that location. Most families lived in the northern parts of Comerong Island where the land suitable for dairy farming was located.

In the area of CAFFERY'S HILL, the 2015 **About** Monthly Feature mentioned earlier, some sections were known later as Orient Point, Roseby Park and Crookhaven Heads. Rowing across to GREENWELL POINT from there was commonplace too, particularly after facilities such as a school (established 1870), a church (opened 1890), and a hotel did eventuate.

Several contributors spoke of a footman who would row people across this waterway to 'the point'. After being called the Royal to begin with, the hotel was later known as the Black Swan, before being the Crookhaven Tourist Hotel after the 1800s were over. It had come in to existence only after Alexander Berry had died, and his younger brother David then gave permission for a licensed premises.

The hotel allowed for passengers in transit, travelling to and fro up and down the coast, to stay overnight. Up to half a dozen steamers would arrive and depart this early district port weekly. The hotel and a large building overlooking the flat land and Comerong Island and beyond became popular accommodation for these travellers.

As Frank Evans concluded in one of his three contributions to the publication, "Everything required in the Shoalhaven originally came by sea".

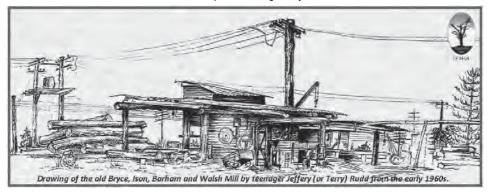
History About



Snippet of Tomerong History

SAWMILLS, BOAT BUILDING & CRICKET

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



Bryce, Barham & Ison Sawmill This Mill was on the site of the horse racing track popular from 1860-80 and at the turn of the century. Joe Barham, Bill Bryce and Reg Ison purchased this Mill from Charlie McGuire around 1945 when it was located in the State Forest. Originally powered by a McDonald diesel tractor, electricity was used on moving to the village about 1951. John Walsh later entered the business and other locals to work there included Jim and Henry Suffolk, Ken Rolfe and Ken Barham. The mill closed down around 1971.

Boat Building Yard A timber boat building yard was established by Jack Kemp on the northern side of Tomerong Street in about 1948. Jack was a shipwright who learned the trade from his father whilst living at Sans Souci. Jack constructed a weatherboard shed which ran from north to south between present day William Bryce Road and Tomerong Street. He constructed a small room at one



end of the shed that he used as living quarters for himself. He later made alterations to the shed, turning it into a small cottage and built another slightly larger shed south of the original building. Jack was commissioned to build all types of boats including speedboats, fishing boats, trawlers, and weekend cruisers as well as the trailers to transport them.



The business continued to operate for about 20 years with Jack constructing his last boat around 1969. The original shed was demolished and removed in late 2000.

South Tomerong Sawmills THE old highway at south Tomerong (now Kells Road) was the site of a number of sawmills over the years. The earliest one was established by the McGuire family

around 1910. It burnt down in 1939 after which the family commenced another mill at Sassafras. The Sassafras mill was later sold to Manning Davis and the McGuire family re-established a mill on the site of the original mill at Tomerong in 1947.

Manning Davis relocated his mill from Lake Conjola to south Tomerong in 1939, shortly after the McGuire's had moved to Sassafras. It



was situated to the north of the old McGuire mill on the old highway. Manning later went into partnership with his son Tommy who continued to operate the business after Manning retired in 1953.

In 1945 Alan Watt established a sawmill south of Manning Davis' mill using an old Buick engine to power the saw bench. Alf Jones continued to operate the mill for a while following Alan's death in 1956. It was then leased to Athol Goodsell for a time, but was later sold to Alf Jones.

In 1957 Toby Davis and John Herbert joined forces and established a mill next to and south of Tommy Davis' mill at south Tomerong. The partnership continued for a number of years before John Herbert sold his share in 1973 to commence a quarry and earthmoving business east of the village.

Cricket Pitch THE original cricket pitch at Tomerong was situated on the Parnell property on the eastern side of the Shoalhaven to Ulladulla Road and was used by the local teams for many years.



The first cricket club was formed at Tomerong in 1883 and from that time, Tomerong had a strong presence in Shoalhaven District Cricket.

Undoubtedly Tomerong's finest achievement in the sport was winning the First Grade Grand Final in 1933-34 and 1934-35. A new cricket pitch was established at South Tomerong in 1953 on the eastern side of the Princes Highway.





Noah's Inclusion Services

Contributed by Julie Munley

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

Supporting children and families in the Bay and Basin

Noah's Inclusion Services programs for the Bay and Basin region have been redesigned for Term 1 with new opportunities and scheduling for existing programs.

We would love to welcome your family to our Sanctuary Point centre if any of these programs are suitable for you:

- Bilima Booris Aboriginal Playgroup Mondays 9.30am to 11.30am
- My Time Parent and Carer Support Group Tuesdays 10am to 12pm



- Creative Connections group for children 7-10 years Tuesdays 3pm to 4.30pm
- Playconnect Playgroup Wednesdays 10am to 11.30am
- Build & Connect group for children 9-12 years Wednesdays 3pm to 4.30pm
- Teen Girl Group Thursdays 3pm to 4.30pm
- Little Steps Playgroup Fridays 9.30am to 11am

Please call us on (02) 4423 5022 to book for these sessions or drop in and see us at 48 Paradise Beach Road, Sanctuary Point.



Thoalhaven City Council











All of these items can be recycled via your yellow bin.

Except one.











Only glass bottles and jars that originally contained a food or beverage can be recycled via the yellow bin. Broken drinking glasses, mirrors, vases, crockery and other glass types must be disposed of into the red bin.

Take the confusion our of recycling. Check out **Council's updated and improved**, **A-Z Recycling and Disposal Guide**.

This guide is written specifically for Shoalhaven residents. It tells you what can be recycled, what can't and where to put it.

Yellow bin, red bin, the Waste Depots and other recycling options: there's answers to over 100 items.

Over 100 items listed. Visit shoalhaven.nsw.gov.au

Call Waste Services on 1300 293 111





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1 March - 8 June 2025

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BUDDANON

Ngamaru Bidu, J. Biljabu (dec.), Kumpaya Girgirba, Bowja Gaye Patricia Butt, Noelene Girgirba (Lanky) Oates, N. Taylor (dec.), Ngalangka Nola Taylor, Muuki Taylor, W. Taylor (dec.), Kalyu, 2014 (detail), synthetic polymer paint on linen. Museum of Contemporary Art Australia. © Martumili Artists/Copyright Agency, 2024



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Shop 1, 5 Burton Street Vincentia Shopping Village





Sichuan Beef and Vegetable Noodles

courtesy of **f** Australian Home Cooks

INGREDIENTS

- 300g beef rump, sliced
- 1/2 brown onion, sliced
- 1/4 red capsicum, sliced
- 1/4 green capsicum, sliced
- 1 cup cauliflower florets, cut small
- 2 carrots, cut into sticks
- 6 cloves garlic, minced
- 500g packet hokkiien noodles
- Pinch salt
- Sesame seeds to garnish

Sauce

- 6 tablespoons soy sauce
- 2 tablespoons sugar
- 2 tablespoons mirin (could replace this with chicken stock)
- 1 tablespoon sesame oil
- 1/2 tablespoon szechuan peppercorns, ground
- 1/2 tablespoon chilli powder (if you don't like spicy leave out the chilli and szechuan powder. Szechuan powder has a spicy numbing effect)
- 1/4 cup water

METHOD

- 1. Mix all sauce ingredients together in a bowl.
- Unpackage noodles and place in a large bowl, pour boiled kettle water over and allow to sit for 6 minutes before gently breaking apart noodles, drain and rinse with cold water, set aside.
- 3. Heat up frypan to high heat, add a little oil plus the beef. Brown the beef then remove from the pan and set aside.
- 4. In the same pan add the garlic, onion, capsicum, carrot and cauliflower. Saute for 5 minutes or until the onions are cooked and the cauliflower aldente. Now add in the noodles, stir for one minute then add the sauce and the beef browned earlier. Stir well for a few minutes, turn off the heat and serve!
- 5. Sprinkle with sesame seeds to garnish.

(Recipes makes 4 small serves or 2 very large portions)



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MUCKING IN

CLIFTON COMMUNITY FOOD GARDEN

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

We are all excited for another productive year in the Clifton Community Food Garden. We have been joined by several new members during the summer months eager to roll their sleeves up and experience this unique facility. Welcome to you all.

The summer has been cruel in many ways with the weather changing constantly, the humidity has decimated the cucumber and zucchini plants with mildew thriving and killing the young plants.

Tomatoes have been good with excellent flavour but many have split at the stem. The variety Black and Red, a heritage variety, have produced well this year and have very nice flavour and pinkie/red firm flesh. Each variety of tomato has been weighed to record the yield and there is plenty of fruit on to ripen as we go into Feb, so total harvest of tomatoes is ongoing.

And then, there have been the very hot days, when the sun is so hot it is difficult to stand and water. The young silver beet and beetroot plants have succumbed to heat exhaustion and will have to be replanted, as the weather cools. But planning goes on, with the wish list for autumn and winter crops being circulated for the favourites to be planted. It is very important for members to be included in these early decisions so they can become involved in the care and progress of the growing crops.

There were many intrepid supporters who braved the strange and furious weather in January on the Saturday morning, to replenish their stock of pickles, jams and chutney. We had some plants and bunched flowers too, and bunched herbs with the odd vegetable to spare but generally, stock was low. We all had such fun on the morning, dodging the showers and gusts of rain squalls, it made a jolly morning for all and funds went into the spending account.

"Happy treasurer!!" Thank you to those jolly folk, members and community supporters all, who will not be deterred, no matter what!!

Many thanks from us all for the donation of the Mother-in-law's Tongue (Dracaena Sansevieria trifasciata) from 'a friend of the garden' who cleared her abundant supply of this very hardy plant. Also known as the Snake Plant it comes in many varied forms, and colour presentations. The one donated was the green with the gold surrounds, tall and elegant. Virtually indestructible, motherin-law's tongue is an ideal low-maintenance potted plant with a strong architectural element. suited to modern homes and décor both indoors and outside. They help improve air quality by eliminating harmful airborne pollutants like benzene, formaldehyde and trichloroethylene which are frequently found in home goods and furniture. Snake plants are proven to improve general health in addition to cleansing the air. During the night they release oxygen which can enhance sleep, lessen stress, and also help with allergies and respiratory issues, (research from NASA). They are generally pest resistant and considered highly symbolic, and enjoy Feng shui rating. Perfect! So old is new again! (at someone else's house).

The next fundraising Open Morning will be Saturday 15th March, from10am till 12noon,

flags will fly at the front of the garden and members will be on hand to assist. There will be pickles, jam, chutney and preserves available and also any excess vegetables and plants.

We are open on the third Saturday morning of each month, and found in Clifton Street between the Men's Shed and Children's ride-on play-ground.





CHICORY (chichorium intybus)

Brad Wilson - Herbalist



Bitter is Better

Now that the holiday season is well and truly over and the nose is back to the grindstone, you may be considering some sort of penance for all the overindulging you did. If you seem to be a little flabbier than you were in 2024, it might be time for a tone up.

Have I got the toning herb for you - chicory?

The big thing about chicory is that it's bitter. Not too bitter. Just a little bit bitter. You might know it as a coffee substitute. When the root is dried and roasted it turns black. Due to its bitterness it tastes very similar to coffee - without the caffeine. And can I ask you, why are you drinking decaffeinated coffee which was processed using a chemical solvent, when you could be drinking clean chicory?

Calling chicory root "fake coffee" (or "ersatz") is a little unfair. Chicory roots either on its own or blended with coffee makes an excellent drink. Some people find coffee on its own too stimulating. A coffee chicory blend might be just what you need.

The chicory plant is a popular vegetable – here, there and everywhere. It comes in several different forms and colours. You may know it as chicory, endive, witlof (or witloof) or radicchio (which has dark red leaves). Try them all if you can. Growing it makes a lot of sense and now is the time to get in your seeds. It's a winter vegetable which grows quite quickly and you can "cut and come back". Lightly steam or just blanch the leaves to reduce some of the bitterness while keeping in the vitamins. The leaves work well in a salad or as a side vegetable.

Many bitter herbs and vegetables are a tonic for the body. Bitter foods do not hang around for long. They are guickly expelled. That's why a cup of coffee is a diuretic. That fast action exercises your insides, toning your digestive system like a 5k run.

The other area of activity is in the liver. The liver reacts strongly to bitter food. The liver was doing you a "favour" by storing fat and those heavy metals and poisons you accumulated over the years - but the downside is less energy. Once they hit the liver, bitter foods force it to release some of this bad stuff into the bloodstream, after which it is excreted by the body. The result - all other things being equal - is more energy.

Because we all love chocolate (and if you don't like chocolate something is wrong with you – see vour doctor) we tend to view bitter vegetables as "not fun". As a chocolate connoisseur L understand it's an enormous sacrifice, however a little less milk chocolate and a little more bitter dark chocolate (or no chocolate) will make your bitter vegetables more appealing (I didn't say appalling). After embracing chicory, in no time at all (or maybe 10 years later or maybe never), you'll end up feeling on top of the world!



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VINCENTIA HIGH SCHOOL NEWS

Introducing Mr Congram, who is part of our English faculty teaching staff at Vincentia High School, as well as our BYOD Coordinator. Lachlan is celebrating his graduation from the University of Wollongong's (UOW) Eurobodalla Campus with a Master of Teaching (Secondary). His journey to this day has been shaped by personal challenges, inspiring mentors, and a commitment to making a difference in the lives of young learners.

Diagnosed with autism and dyslexia during high school, Lachlan faced unique challenges that shaped his perspective on education and inspired him to pursue teaching. "In Year 7, being diagnosed gave me clarity about why I was different," Lachlan said. "But it also brought struggles, particularly in learning. Some of my teachers helped me realise I could succeed even when it felt like I was failing. They didn't see me as a problem but showed me there were solutions."

These early experiences motivated Lachlan to pursue teaching. His decision to study at UOW Eurobodalla was influenced by the support and encouragement he received from the campus staff. Having witnessed the positive impact the Eurobodalla team had on his sister's education, Lachlan was drawn to the inclusive and collaborative environment.

"The staff at Eurobodalla like Jamie, Nicky, Jade, and Saskia were incredible. They created a supportive space where I could thrive. Even when I faced moments of doubt, they encouraged me to keep going and reminded me of what I was capable of achieving."

The small campus environment also allowed Lachlan to build strong connections with his peers and faculty. From engaging in group activities to light-hearted moments like a campus-wide game of hiding a rubber duck - a game that is quite popular at UOW Eurobodalla - was both educational and enjoyable for Lachlan.



While completing his studies, Lachlan secured a position as a Learning Support Officer, providing him with hands-on experience in schools. This role eventually led to a teaching opportunity at Batemans Bay High School. With the support of his principal, he received early approval to teach and began taking on classroom responsibilities.

Reflecting on his teaching journey, Lachlan acknowledges the challenges he faced, including adapting to new environments and managing self-doubt. A final placement in a rural community tested his ability to integrate and made him question his readiness to teach. However, conversations with colleagues helped him see how far he had come. "They reminded me of everything I'd achieved. It was a turning point that helped me regain confidence and move forward."

Now, with a year and a half of teaching experience under his belt and continuing his position with Vincentia High School, Lachlan is dedicated to creating the kind of supportive learning environment he benefited from as a student.

"I want to be the teacher who helps students navigate challenges and see their potential. I want to build a career where I can inspire and empower future generations, just as my own teachers once did for me."





HUSKISSON PUBLIC SCHOOL

Together we are Stronger and Smarter

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

STEM education is thriving at Huskisson Public School.

In 2024, Huskisson Public School launched an exciting new STEM education initiative, bringing hands-on, inquiry-based learning to students. Developed in collaboration with the University of Sydney's STEM Enrichment Academy, the program immerses students in real-world problem solving through science, technology, engineering, and mathematics. From mathematical challenges and robotics to environmental investigations and design projects, students participate in dynamic learning experiences that ignite curiosity and innovation.



As part of their learning, students explored the design process through a series of interactive activities, culminating in two major projects. One focused on creating innovative solutions to everyday challenges in the school gardens, while the other examined the impact of rubbish in the local area, leading to student-driven strategies for change.

Throughout these projects, students collaborated with scientists, engineers, and local businesses, deepening their STEM

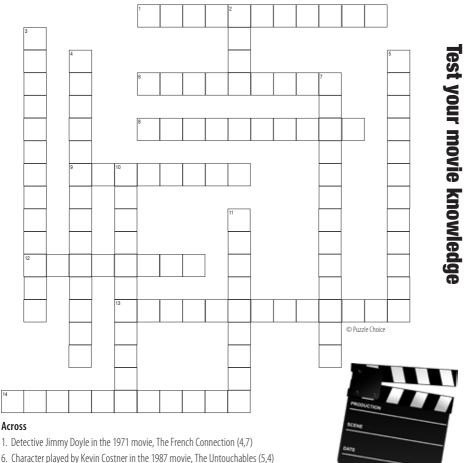


understanding and developing the critical skills needed to become 21st century innovators.

With a strong commitment to fostering creativity, critical thinking, and future-ready skills, Huskisson Public School continues to provide meaningful STEM learning opportunities for all students. We look forward to expanding this program and inspiring the next generation of scientists, engineers, and problem-solvers.







- 8. Audrey Hepburn played Eliza Doolittle in this 1964 film (2,4,4)
- 9. Professor G.H. Dorr in the 2004 movie, The Ladykillers (3,5)
- 12. Rod Taylor was Mitch Brenner in this 1963 movie (3,5)
- 13. He was Sean Maguire in the 1997 film, Good Will Hunting (5,8)
- 14. Burt Reynolds was Lewis Medlock in this 1972 movie (11)

Down

- 2. Al Pacino was Vincent Hanna in this 1995 movie (4)
- 3. He was Milton Warden in the 1953 film. From Here to Eternity (4.9)
- 4. He was George Taylor in the 1968 movie, Planet of the Apes (8,6)
- 5. He was Chance the Gardener in the 1979 film, Being There (5,7)
- 7. He was Detective Virgil Tibbs in the 1967 film, In the Heat of the Night (6,7)
- 10. Nicole Kidman was Satine in the 2001 movie (6,5)
- 11. He was Sean Thornton in the 1952 film. The Ouiet Man (4.5)

JAN/FEB PUZZLE SOLUTION



KIDS

What time do you eat dinner?

Draw the time on the clock and colour in.

Q. What do you get when you cross a pig with a centipede?

A. Bacon & legs

Q. Why did the baker stop making donuts?

A. He was sick of the hole business.

Q. What starts with 'T', ends with 'T' and is full of 'T'?

A. A teapot

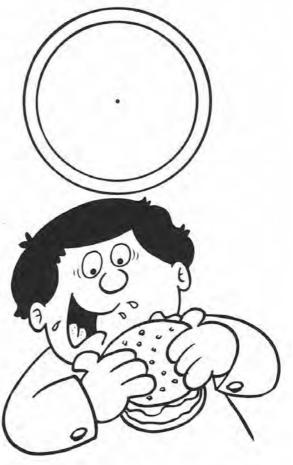
Q. Why did the kid stare at the orange

juice bottle all day?

E

A. Because the label said 'concentrate'.

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."



HUSKISSON PICTURES



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