

# about

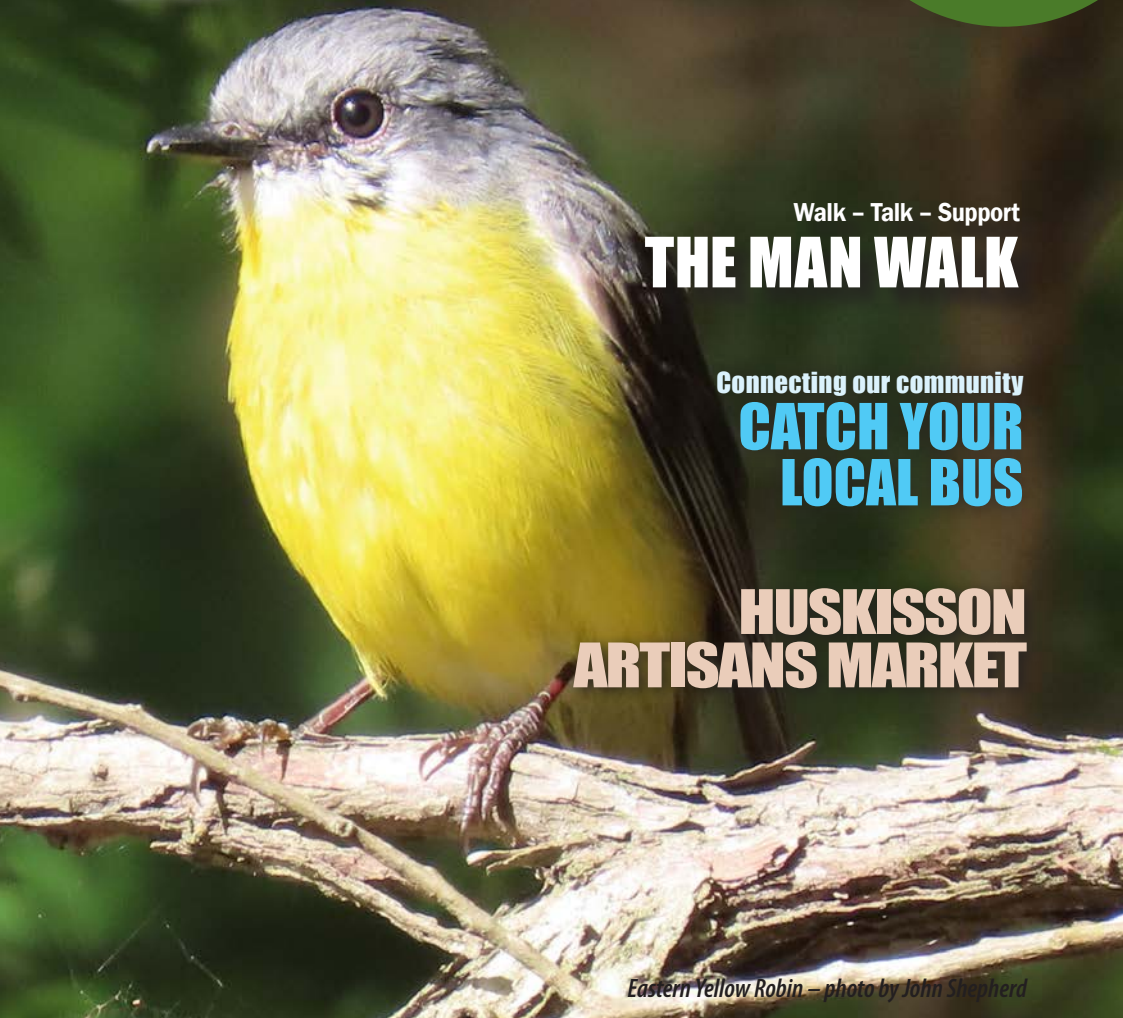
**BAY & BASIN COMMUNITY**

**APRIL 2026**

Vol 23 Issue 3

**FREE  
COMMUNITY  
MAGAZINE**

**pick me up &  
take me home**



Walk – Talk – Support

## **THE MAN WALK**

Connecting our community

## **CATCH YOUR LOCAL BUS**

## **HUSKISSON ARTISANS MARKET**

*Eastern Yellow Robin – photo by John Shepherd*

**BENDIGO COMMUNITY BANK ATM conveniently  
situated at KERRY ST SANCTUARY POINT.**

A Community Magazine proudly produced as a service to the community by  
Sanctuary Point & Districts **Community Bank** Branch

# Locals Helping Locals Move.

Take the first step with a trusted, local team.



Scan here to get *your*  
**FREE** property appraisal

**Local Expertise, National Reach**

**The #1 Real Estate Brand on the South Coast**

**Dedicated Sales & Property Management Team**



**02 4442 1900**

[sanctuarypoint.ljhooker.com.au](http://sanctuarypoint.ljhooker.com.au)



 **LJ Hooker**

1/10 Paradise Beach Road,  
**SANCTUARY POINT** NSW 2540

9/8 Moona Creek Road,  
**VINCENTIA** NSW 2540

## Featuring in this issue .....



**3 A warm easter welcome**  
from your Community Bank Branch Manager

*Eastern Yellow Robin – photo by John Shepherd*

**6 Huskisson**  
**Artisans Market**

**7 A long walk for Ashton**

**9 Walk – Talk –Support**  
The Man Walk – St Georges Basin

**13 Improving Transport**  
**Connectedness**

**18 BCR 2nd Chance Op Shop**

**20 Community Noticeboard**

**22 What's On**

**28 Monthly Feature**  
Sons of Shoalhaven

**32 Mother's Day Classic**  
Save the Date

**33 Eye Care Tips**  
Diabetes and your vision

**38 Schools Corner**  
Huskisson Primary, Vincentia Primary,  
St Georges Basin Primary,  
Falls Creek Primary and Vincentia High

**Contributions for:  
May 2026 issue by  
8th April**  
and the **June 2026  
Issue by 6th May**

**EDITOR, ADVERTISING  
and DISTRIBUTION  
ENQUIRIES to:**  
editor@  
aboutbayandbasin.  
com.au



**Community Bank  
Sanctuary Point Districts**



**communitybank\_  
sanctuarypoint**

**[https://bayand  
basincommunity  
financialservices.com/](https://bayandbasincommunityfinancialservices.com/)**

**Printing About** magazine  
is proudly printed and typeset  
locally by **Sanctuary Point**

**Printing - 4443 0014**

8,000 copies distributed in  
Wandandian, Bewong, Tomerong,  
Falls Creek, Basin View,  
St Georges Basin, Sanctuary  
Point, Old Errowal Bay, Errowal  
Bay, Huskisson, Vincentia and  
Woollamia.

**About** accepts no responsibility for any  
article, advertisement, notice or letter  
published. Any article, advertisement,  
notice or letter is published at the  
risk of the contributor, who accepts  
liability for any intended publication.  
All contributors forwarding articles,  
advertisements, notices or letters  
agree to indemnify the publisher and  
warrant that the material is accurate,  
not deceptive or misleading, in breach  
of copyright, defamatory or in breach of  
any other laws or regulations. **About**  
reserves the right to edit contributions  
and there is no guarantee all material  
submitted can be published. All views  
expressed in this publication are  
those of the contributors and are not  
necessarily those of **About**

## A Word from the Editor

### WELCOME TO OUR APRIL EDITION OF THE ABOUT MAGAZINE.

### A Time for Renewal and Community Spirit

As the vibrant colours of autumn settle across our region with Easter around the corner, it's a time that for many represents renewal and the simple joy of spending time with loved ones.

It's this same sense of connection that we strive to capture in every issue of our community magazine. As I put together this edition, I'm reminded once again that the best part of this role is getting to read your stories. From local triumphs and new beginnings to the quiet acts of kindness that happen every day, these are the narratives that truly define who we are.

Each page of this magazine is a testament to how vibrant our region is. It's in the bustling market stalls, the determined spirit of our local sports teams, and the creative passions of our artists and entrepreneurs. You are the heart of this community, and we are honoured to be the platform that shares your stories.

We hope you enjoy this issue and feel as inspired by the stories within it as I have been.

Happy Easter

**Editor**

**About** is deeply grateful for the support of all our advertisers and business partners. Their generosity enables us to continue delivering valuable local stories to our community. Thank you to our major partners for making this month's issue possible.



**Bendigo Bank**  
Sanctuary Point & Districts

JERVIS BAY | MARITIME MUSEUM



**LJ Hooker**  
Sanctuary Point | Vincentia

THE  
COUNTRY CLUB  
St Georges Basin

# A WARM EASTER WELCOME FROM YOUR COMMUNITY BANK BRANCH MANAGER



On behalf of the entire team here at your local Bendigo Bank in Sanctuary Point, I would like to extend our warmest wishes to you and your family for a safe and happy Easter.

As we approach the long weekend, it offers a wonderful opportunity to pause, reflect, and enjoy precious time with our loved ones. For many, Easter is a symbol of hope, renewal and new beginnings. This sentiment resonates deeply with us at the bank, as we see this same spirit of optimism and growth in our community every single day. It's what makes the Bay & Basin area such a vibrant and special place to live and work.

Our commitment as a community bank has always been to support the financial aspirations of the people and businesses that form the backbone of our region. We see ourselves as more than just a bank; we are your neighbours and partners in building a prosperous future. Whether that means helping a young family secure the keys to their first home, providing the financial tools for a local business to expand or supporting community projects that enrich us all, we are dedicated to investing back into the community that supports us.

This Easter, as you gather with friends and family, we hope you feel a strong sense of connection and belonging. It is that very spirit that we strive to foster here at the branch. We are always here to listen and assist with your financial journey, so please feel free to drop in for a chat.

May the Easter weekend be filled with joy, rest and cherished moments.

Warm regards,

A handwritten signature in cursive script that reads "James Marin".

**James Marin**  
**Community Bank**  
**Branch Manager 4443 9825**



# Basin Villages Forum

A Shoalhaven City Council Community Consultative Body

## REMINDER BASIN VILLAGES FORUM MEETINGS April 20, May 18, June 15

7.15PM FOR A 7.30PM START

St Georges Basin Community Centre, Meriton St, STGB  
SUPPER IS SERVED

## St Georges Basin Urban Developments

These substantial developments, involving Anson Street and the SGB CBD were considered at the February BVF meeting and were reported as being processed.

## THE CCB RESPONSE

On January 12, 2026 a Shoalhaven CCBs workshop was convened at the Tomerong Hall for the CCBs without Council involvement. BVF President David Reynolds and Vice President Chris Grounds attended the meeting of 20 CCBs. The CCBs created a Working Party with a task to prepare a ***“Draft document as a proposal for Council regarding CCBs, which incorporates the views expressed at the meeting.”*** Two documents, a Proposals Paper and a Perspectives Paper have been produced and circulated and the Working Party met with the Mayor and CEO to discuss these.

CCBs met again on March 3 to consider Council’s Discussion Paper prior to Ward Meetings with CCB Executives on March 11 and the CEO on March 17 scheduled by Council.

## THE FORUM FUTURE IS UP IN THE AIR

The immediate future for the Basin Villages Forum (BVF) and indeed for all CCBs in the Shoalhaven remains firmly up in the air at the time of writing.

At the December 16th 2025 Council meeting a 6-5 vote of councillors with two absent resolved to:

**Transition from the current CCB Model of engagement and formally conclude its operation in its present form from July 1 2026, and;**

**Involve community consultation from March 2026 to determine the most appropriate alternative engagement model that should be for the long term.**

## Basin Floodplain Risk Management Plan

Council will report soon on public feedback on this Plan which was sought by Council in February.

The CCBs meeting on March 3 did however reject the three community engagement models put up for consideration by Council.





# BAY & BASIN DENTURES VINCENTIA

Your Denture Specialist

32B The Wool Road Vincentia  
(next to Osteopath)

## Offering:

- Full and partial dentures, denture repairs, relining, repairs (same day)
- We accept NSW Healthcare Vouchers Veteran Affairs & Health Insurance cards
- House calls for Nursing Homes and those not able to visit the clinic
- Payment plans can be arranged



**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**



# A Long Walk for Ashton

Daniel and his son Ashton are currently walking more than 600 kilometres down the south coast, turning Ashton's love of long distance walking into a journey that is inspiring communities along the way and supporting families with children with diverse needs.

***This is their story.***

When Ashton was young he was diagnosed with autism. He didn't fit in main stream schooling and eventually transferred to Budawang special needs school, a caring and empathetic education institute.

He was and still is non verbal but as he got older Tourette syndrome appeared. He has a loud verbal tic and feels the need to hit something when he tics – often himself or a hard surface. It can be very isolating.

Ashton is an amazing athlete – he taught



himself to swim, can spin a basketball on his finger and hardly ever misses a shot when shooting basketballs.

However, his main athletic ability is his skill at walking extreme long distances – he was walking over 20km from a young age. So this year we are walking all over the world.

We have already covered a few walls in New Zealand and are currently walking from Wollongong with the aim of getting to Victoria – a distance of 600km!

In the meantime Ashton and I will continue to walk down the coast. On the 1st March we were in Wairo Beach – 168km into a potential 600km trip!

If you see two people trudging along with two big bags give us a wave. We appreciate it.

**Written by Daniel Toole**



# Huskisson Artisans Market

Sunday 26 April 2026  
10am-3pm

Community Centre, Dent Street

*Huskisson Artisans Market.*

*Hand made ceramic stem vase by Debra Garrett.*

*Photo: Tania Genoves*

If you have lived in the bay and basin for some time you may be aware there is a wealth of clever makers of hand-crafted items in the community — makers of ceramics, jewellery, textiles, one-off garments, accessories, timber furniture and utensils, children's books and toys. What you may not be aware of is the constant challenge that these makers face in the lack of opportunities to show and sell their creative wares. Huskisson Artisans Market, organised by local artisans for artisans, exists to meet this very need.

Since Samantha Tannous, founder of the Arts Muster events organisation, held the first market in 2023 it has been going from strength to strength. From its start in just one room in the Huskisson Community Centre, the market has expanded to occupy the whole building with 40+ artisans' stalls grouped in three sections: Makers, Artists and Providores selling gourmet pantry goods, gins and wines.

At the most recent market (November 2025) Arts Muster introduced Artfulmind

Pop-up Gallery/Shop, curated by Dr Natalie McDonagh, that sits at the heart of the market and features the work of some of the South Coast's finest makers and artists.

Huskisson Artisans Market is held 3 times a year — late April, late August to coincide with the Arts Muster weekend of arts and crafts workshops, and late November as the pre-Christmas market.

**The next market is Sunday 26 April at Huskisson Community Centre. Save the date!** Come and linger, soak up the atmosphere, explore the 40+ stalls, shop, and meet the makers behind the work.

## Market Dates 2026

Sundays:

26 April, 30 August & 29 November  
10am-3pm

Apply for a stall

To subscribe for news about Arts Muster events, or apply for a stall at Huskisson Artisans Market, visit [artsmuster.com.au](https://artsmuster.com.au).



# BAY & BASIN CANCER SUPPORT GROUP

are once again hosting their **ANNUAL MORNING TEA FUNDRAISING EVENT** on **Wednesday 6th May 2026**

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

There will be lots of craft, raffles, lucky door prizes and wonderful food for all to enjoy. Please come along and bring a friend - \$5 entry. **For information or to reserve a table please phone Di 4443 3275 or Jo 0409 240 195.**



## Australian Plan Management Services



Navigating Your NDIS Plan with heart, expertise and dedicated support

**Call us on 4445 3715**



**HUSKY Sports**  
Our community club

336 Huskisson Rd.

Ph: **4441 5135**

*Information for Members & Guests*

**APRIL 2026**

4th – Late Night Fix 7.30pm

11th – Dirty Byrd 7.30pm

18th – The A Team 7.30pm

25th – Crown & Anchor from 2pm  
Courtesy Bus available



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

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

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



# McNamara & Associates

## Lawyers & Conveyancers

- Family focused with a friendly & caring approach
- Efficient & reliable services for all your conveyancing, family law, business and legal needs

6/3 Schofield Lane, Nowra

**4423 0155**

[www.mcnamaralawyers.com.au](http://www.mcnamaralawyers.com.au)



# The MAN WALK

## Walk, Talk, Support

Contributed by John Svoboda • The Man Walk – St Georges Basin – (Yuin)



**I am the Manbassador for the St Georges Basin Man Walk Group, started over 4 years ago, and with over 150 Walks reached.** I had a vision there was a definite need for it, after going through a lived experience; I wanted men to feel inclusive within our community and combat isolation.

My previous experience was running a Hope Walk around Nepean River in 2019. We had 120 people attend the walk, with the support of Vintage FM, commentating on the event. Today, my role is to introduce the new men joining our walk, to all our regular men who attend. Once they start to walk, talk flows and we all support each other making all feel welcome. When conversations start there is great banter amongst all who attend and the men go home feeling happy psychologically, in health and richness in conversation.

This month we have hit a new record of 24 men attending our walks; 26 have caps and/or T-shirts. You can earn a cap after attending 6 weeks and a Sponsored T-Shirt after attending 12 weeks.

We also celebrate Men's International Day, which is celebrated on 19th November, with a Breakfast Walk in November each year. Stay tuned for more information on this in future issues.

### Thank you to our Sponsors:

- **Bendigo Bank – Sanctuary Point & Districts** for funding the purchase of caps and T-Shirts
- **Shoalhaven Suicide Prevention and Awareness Network** for funding the Coffee enjoyed by attendees
- **Providence Blue Café** for providing the Coffees we enjoy

- **LJ Hooker** for funding our Men's International Day Breakfast Walk in 2025.

The walks are not compulsory yet the men that attend the walk regularly turn up to enjoy each others company and conversations. Imagine if 24 men are coming back home happier each Saturday after walking, talking and supporting, their families and community benefits as well.

Thank to Gunter and Lindsay that help run the walk and all other men that support. I also appreciate the support provided by the CEO of The Man Walk and his Team, to reach where we are today. We invite any local men to our walks, you will feel welcomed! ■




## JOIN *the* CREW

*Connecting men, strengthening communities, combating isolation*

**ST GEORGES BASIN CREW WALKS**  
**EVERY Saturday Morning @ 7.30am**  
**Meeting @ Providence Blue Cafe**  
**191 Kerry Street, Sanctuary Point**

Call John on 0412 118 678  
f **The Man Walk – Community**  
[www.themanwalk.com.au](http://www.themanwalk.com.au)



# Pause With Kat

Contributed by Kat Munson – Wellbeing & Reflective Practice

### **I'm Kat, and I'm talking all things wellbeing, growth and reflection.**

Yesterday I made some pizza bases that I had been putting off for a week, and it felt great!

It also made me notice how little I had been celebrating my small wins. The washing I did, even though I was exhausted, the morning walk I did, even when I didn't want to get up, and the writing I did, even when my mind was blank.

### **Why do we hold off on celebrating ourselves unless it's the big milestones, when life is built on the small moments?**

I think many of us put judgment on ourselves that influences what we celebrate and what we share. This judgement could be influenced by many things, our beliefs, who we are surrounded by and what society has told us. For whatever reason, we believe that there are some things worth cheering about and some things not worthy, even if they feel like a win.

I've been practising the skill of finding the small highlights. The things that I would normally just see as part of my everyday life, and sharing them. With family, with friends, with the person serving me at Woolies and asking how my day has been.

Maybe you could pause and notice your own small moment from the day, congratulate yourself and share it with someone.

Kat xx

**Got a question or a wellbeing topic of interest?**

**Email [KatMunsonwellbeing@gmail.com](mailto:KatMunsonwellbeing@gmail.com)**



## Contacting about

BAY & BASIN COMMUNITY

**Editor:** [editor@aboutbayandbasin.com.au](mailto:editor@aboutbayandbasin.com.au)

**Advertising:** [ads@aboutbayandbasin.com.au](mailto:ads@aboutbayandbasin.com.au)

Check out the updated website with previous issues of the  
**about** magazine

<https://bayandbasincommunityfinancialservices.com/>



# Machelp

**Apple Mac Sales & Service**  
15+ years serving Apple Mac users  
throughout the Shoalhaven.

- New Macs & Apple products
  - Repairs, upgrades, data recovery
- Phone Dave 0411 572 725**

## Ralphs Mobile RV & Caravan Repairs

MVRL55811

**0435 742 540**

[ralphsrvrepairer@gmail.com](mailto:ralphsrvrepairer@gmail.com)

*Don't come to us, we come to you!*

Servicing the Shoalhaven from  
Kiama to Batemans Bay  
Fully licensed and insured



## John Thorncraft Electrical

Lic No. EC 41572 ABN 25 052 886 301

*Servicing Bay & Basin and surrounding areas*

New Homes • Extensions • 24 Hr Service  
Installation & Repairs, Hot Water Systems, Stoves, Small Jobs

[johntelectrical@gmail.com](mailto:johntelectrical@gmail.com)

**0402 017 295**



**Milton Ulladulla Stamp Club**

## Stamp & Coin Fair

**Saturday 11th April 2026**

9.30am to 3pm – ADMISSION FREE

St Martins Anglican Church Hall  
Cnr of Princes Hwy & Green St, Ulladulla

**Dealers – Buying and Selling**

*Don't miss out on buying your raffle tickets for the Huge Hamper being raffled to support the club.*

Stamp Dealers and a Coin Dealer will be on hand to answer queries and appraise collections as well as buy and sell individual Philatelic and Numismatic items.

**The Club is looking for new members and members of the public wishing to renew their interest in this hobby.**

**Enquiries:**

**Steve 0437 900 901 or**

**Mike 0408 262 016**



Incorporating



## GUTTER & SOLAR PANEL CLEANING

- Residential, Commercial, Strata & Holiday Homes.
- Preventive and scheduled property maintenance, gutter & solar panel cleans.
- Let us help you prepare for bushfire season.
- Over 25 years industry experience.
- Fully insured & working from heights qualified.

*Using the latest gutter vacuum and solar cleaning equipment.*



**0417 496 793**

[www.edscopyertymaintenance.com.au](http://www.edscopyertymaintenance.com.au)



**Mombasa  
massage**

Authentic East African Massage Experience

For a booking at Sanctuary Point  
Phone Kiki - 0490841970 or Visit..  
[www.mombasamassage.net](http://www.mombasamassage.net)  
kiki@mombasamassage.net

- Sliding Door Repairs
- Window & Flyscreen Repairs
- Pensioner Discounts Available
- Servicing the local area since 2006



**the  
Roller  
Doctor™**

STEVE BERRY  
**0411 555 182**  
e: [info@therollerdoctor.com.au](mailto:info@therollerdoctor.com.au)  
[www.therollerdoctor.com.au](http://www.therollerdoctor.com.au)

**BAY & BASIN  
TREE SERVICE**

- Tree removal
- Tree trimming
- Block clearing
- Chipping service
- Hedge trimming
- Stump grinding
- Mulch supply
- Firewood

Free Quotes  
Competitive rates  
Fully insured  
Qualified Arborist – Cert III  
17 years experience

**0414 801 730**  
e: [bayandbasintreeservice@gmail.com](mailto:bayandbasintreeservice@gmail.com)

**Ian's Keys  
& More.....**



- ✓ Most types of key cutting for home or vehicle
- ✓ Remote Control repair and replacement
- ✓ Engraving for identification or personalisation
- ✓ Watch repair, battery and band replacement
- ✓ Gifts, Pet Tags and Personalised Cake toppers

Shop 9, Burton St, Vincentia  
Ph: 4441 7648 – e: [ianskeys@mail.com](mailto:ianskeys@mail.com)

**Nathan Parnell  
ROOFING**

METAL ROOF SPECIALIST  
For quotes call  
**0422 024 000**

- All types of Metal Roofing
- Fascia & Guttering
- Wood Fire Install & Cleaning
- Chimney Sweeping
- Roof & Gutter Repairs
- Down Pipes & Drainage
- Leaf Guarding / Skylights

Lic No. 175344C

**WE NOW OFFER:**  
Gutter Vac Cleaning &  
High Pressure Water Cleaning  
Driveways, Roof Cleaning, Blocked Drains etc.

**Grab & Go!** Concrete, Brick & Green waste?  
We Demolish, Remove & Recycle



Save on tip fees, any amount, slabs/walls/trees etc.  
8 ton Tipper with 3 ton crane. Compact Backhoe/  
Bobcat hire with grader, crusher, hammer &  
screener. 11 ton wheeled Excavator/Loader.  
Site clearing, excavation & road maintenance.

Call Dave, free quotes  
**0411 572 725**



# REAL ESTATE – DONE WRIGHT

*Locals supporting locals*

wrightwayrealty.com.au

**Glenn Wright** Licensed Real Estate Agent

Call 0408 120 866

“ True to his word - Glenn was professional, true to his word and friendly from the first conversation to the last. Glenn delivered as promised and we would have no hesitation in recommending Glenn for any and all Real Estate needs.”

- Harley & Kaz



m: 0408 120 866 e: glenn.wright@atrealty.com.au  
wrightwayrealty.com.au

WRIGHT↑WAY  
realty

@realty



# ROSE

optometry



**Anna Richter – Optometrist**

*Formerly at EyeQ*

*Thank you to all my patients for the kindness and support I have received over the past eight years. I am now part of the team at Rose Optometry.*

14 Alexandra Street, Berry NSW  
Ph: (02) 4216 8628

*I would be delighted to continue caring for your eye health at Rose Optometry and welcome both existing and new patients.*

[www.roseoptometry.com.au](http://www.roseoptometry.com.au)



## Movin4ward Respite

offers a modern twist to the delivery of short term accommodation

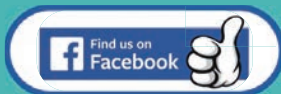
- Stay overnight or up to 14 nights



Book Now **0407 897 920**

- Located in beautiful Jervis Bay (NSW South Coast)

Only ever one guest at any one time embracing personalised supported care



Funding Options Available:

- ✓ NDIS
- ✓ Self Funded
- ✓ My Aged Care



# JERVIS BAY LAWNMOWING

Friendly Service • Great Prices

Dan 0403 245 149





# IMPROVING TRANSPORT CONNECTEDNESS

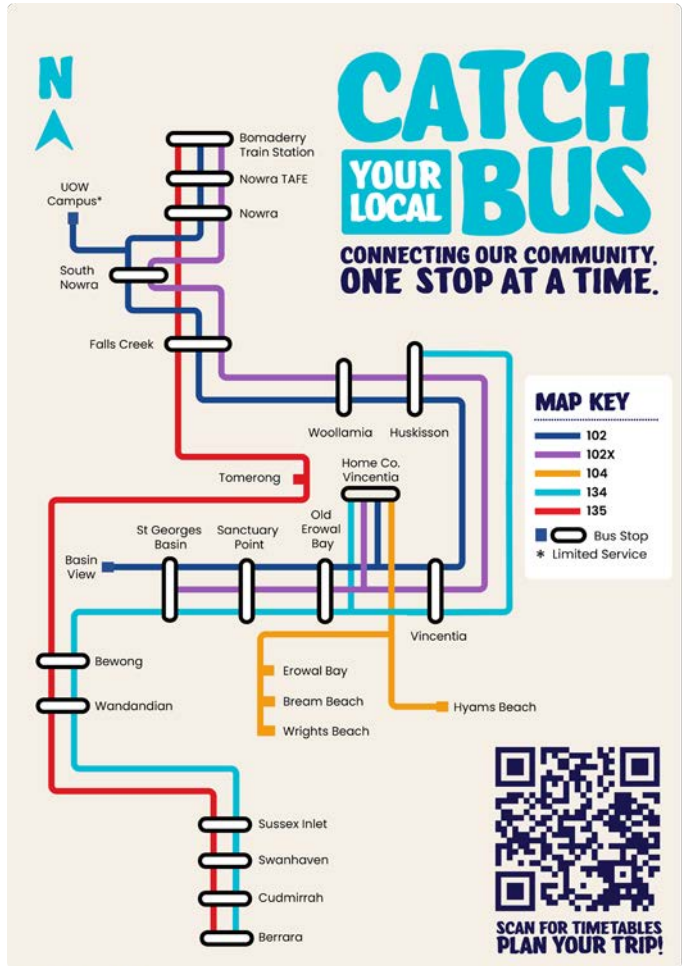
A major project of Sanctuary Point Community Pride Inc has been to encourage locals to use the public buses where necessary. We recognise that many people are unable to drive due to a variety of reasons. With many bus companies servicing the area, it was confusing to find the correct service.

With a grant from the Foundation for Rural and Regional Renewal, information about bus routes was collected. A map was designed along the lines of the famous London Underground schematic as shown below.

Have you seen the map on the information boards at the major roundabout at Naval College Road and Wool Road?

Our next step is to have copies of the map and QR code printed and distributed at information points.

We encourage residents to find a suitable bus route and catch your local bus. As they say, use it or lose it!



Concept & initial design by C McInerney-Percy. Design by Yest Creative.

This map is a simplified diagram and does not reflect actual distances or road alignments. For detailed, street-level maps, please refer to bus company websites or Google Maps.

# Wool Road Spinners & Weavers Inc.

I have noticed that the very social atmosphere of the group suddenly changes when everyone realises that I am lurking, to find a story for the About magazine!! So this month I asked who had a project that they were passionate about. Fortunately Margaret said she was enjoying the challenge of what she was working on.

Margaret bought a spinning wheel but when she got arthritis she needed to stop spinning. She had wool prepared to be spun, but was unable to spin it. Another member of the group, who can't knit but loves spinning, jumped at the chance to be able to help spin the wool for her. Margaret knits but unable to spin; the other member is a passionate spinner but can't knit. What a team!

Margaret decided to make a beanie, however the beanie was too small, so she unpicked and made adjustments so that the beanie wasn't as tight in a section. Margaret is able to make her own patterns or as in this case adapt a pattern. When I play an instrument I need written music, cooks use recipes and knitters/crocheters use a pattern, I am very impressed with Margaret creating her own adjustments and patterns. Next project is to knit matching fingerless gloves.

Margaret made comment that many crafters: spinners, weavers, knitters and others should



consider glasses with middle distance lens, to allow to easily work at their craft that is often further away than at the reading distance.

**We meet the first and third Thursday each month 9.30am to 1pm at Jervis Bay Baptist Church classroom, 1 St George Ave, Vincentia.** Drop in for a cuppa and look at all the projects in production – **Judy 0403 212 237.**

**Wirin  
Wirra**  
**Native Nursery**

- Full Range of locally grown flowering ornamentals, screening, local species & bush food plants
- Tubestock to advanced plants
- Wholesale prices – All welcome
- Eftpos Available

**0488 332 562 – 4443 4029 (Ph/Fax)**

email: [wwirra@bigpond.net.au](mailto:wwirra@bigpond.net.au)

web: [wirinwirra.com](http://wirinwirra.com)

**Located on the cnr of Hill Street and Evelyn Road, Tomerong**



# Chicken, Cashew and Chilli Jam Stirfry

courtesy of  Australian Home Cooks

## INGREDIENTS

- 1 tbsp peanut oil
- 1/2 cup (80g) raw cashews
- 6 (about 600g) chicken thigh fillets, thinly sliced
- 4 purple Asian shallots, thinly sliced
- 1 red capsicum, halved, seeded, thinly sliced
- 100g snow peas, thinly sliced lengthways
- 1 tbsp finely grated fresh ginger
- 1/3 cup (80ml) chilli jam
- 1/4 cup (45g) finely grated palm sugar
- 2 tbsp lime juice
- 1 tbsp fish sauce
- 1/2 cup Thai basil leaves
- Steamed jasmine rice, to serve

## METHOD

1. Heat 1 teaspoon of the oil in a wok over medium heat. Add the cashews and stir-fry for 1-2 minutes or until toasted. Use a slotted spoon to transfer to a bowl.
2. Heat half the remaining oil in the wok over high heat. Add one-third of the chicken and stir-fry for 1-2 minutes or until browned. Transfer to a bowl. Repeat in 2 more batches with remaining chicken, reheating wok between each batch.
3. Heat remaining oil in wok over high heat until just smoking. Add shallots, capsicum, snow peas and ginger and stir-fry for 2 minutes or until heated through.
4. Add the chicken, cashews, chilli jam, palm sugar, lime juice and fish sauce and stir-fry for 1 minute or until heated through.
5. Remove from heat; add basil and gently toss.
6. Serve immediately with steamed rice, if desired.



## New Zumba Gold

**The class that's designed for seniors**

**Have fun while getting active, improving balance and looking after your health!**

I am a qualified Personal Trainer, specialising in aging - you can be confident you are in good hands.

**NOW IS THE TIME TO FEEL GOOD!**

Try it for FREE contact **Jaye 0401 200 720**  
<http://www.jayecartwright.zumba.com>



# Shoalhaven Libraries Sanctuary Point

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

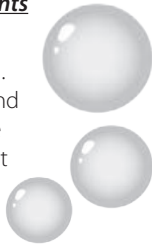
## **Sanctuary Point Library staff wish everyone all the best for a safe and happy Easter holiday.**

Looking for fun, free and creative sessions to keep the kids busy during the April school holidays? Look no further than your local library!

See below for details of session dates and times for Sanctuary Point Library but remember that bookings are essential as places are limited. See dates and times of sessions at other Shoalhaven Libraries branches or book tickets here: <http://www.shoalhavenlibraries.com.au/events>

### **Amazebubbles!**

Thursday 9th April 10.30am-12pm.  
Design and 3D print a bubble wand and experiment with unpopable bubbles. If we have time we might try bubble painting too.  
Ages 8 years and over only.



### **Retro Game Coding.**

Thursday 16th April 10.30am-12pm.  
Get creative with coding in Microsoft MakeCode to design and run your own game on the handheld Retro Arcade for Education. Ideally suited to kids who

have some block coding experience. Strictly ages 8 years and over.

### **Creative Collage Creatures.**

Friday 17th April 10.30am-11.30am.  
Let your imagination go wild and craft some crazy creatures with card and paper. Ages 5 -12 years.



## **Youth Week Miniature Figure Painting.**

Wednesday 15th April 2pm-4pm.  
Take your first steps into the world of painting miniature game figures for games like Warhammer or Dungeons & Dragons. Valiant knights, dreadful dragons, and more!  
Cover all the basics, from brush

control to colour choice and mixing. For ages 12-24 years.

**Please note the library will be closed to observe Easter from Friday 3<sup>rd</sup> April to Monday 6<sup>th</sup> April inclusive but don't forget our Digital Library is always open!**

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

Did you know that Shoalhaven Libraries offer Book Club kits?

Whether you're a seasoned bookworm or just looking for a fun way to connect with others, these kits provide everything you need to host your own book club. Each kit contains 5-10 copies of a book, as well as a set of questions to help facilitate your discussion.

So don't wait any longer – gather your friends, pick up a kit, and get ready for unforgettable conversations and new literary adventures!

To find out more, ask our friendly staff or go to <https://www.shoalhavenlibraries.com.au/Using-the-library/Book-Club-Kits>.



**Sanctuary Point PRINTING** "Your local complete printing service" ABN 88 538 538 045 (Est. 1989)

**OFFSET & DIGITAL FULL COLOUR PRINTING**

Business Cards | Envelopes | Letterheads | Flyers  
 Invoice Books | Magazines | Newsletters | Menus  
 Annual Reports | Short Stories | Autobiographies

**4443 0014**

15 Nirimba Ave, Sanctuary Point NSW 2540  
 e: [spprint@shoalhaven.net.au](mailto:spprint@shoalhaven.net.au)  
 w: [www.sanctuarypointprinting.com.au](http://www.sanctuarypointprinting.com.au)

**HUNT REMOVALS & STORAGE**

**"OUR PROUD REPUTATION IS YOUR GUARANTEE!"** INTERSTATE & BACKLOAD REMOVALS

RESIDENTIAL & OFFICE RELOCATIONS  
 CONTAINER STORAGE & TRANSIT  
 INTERNAL MODULAR STORAGE  
 INSURANCE ARRANGEMENTS  
 PACKING MATERIALS AVAILABLE  
 PACKING SERVICES AVAILABLE  
 OBLIGATION FREE QUOTES

**AUSTRALIA WIDE**

**HUNT**

**NOWRA: 02 4422 7742**

3 TOM THUMB AVE, SOUTH NOWRA NSW 2541  
[www.huntremovals.com.au](http://www.huntremovals.com.au)  
[info@huntremovals.com.au](mailto:info@huntremovals.com.au)

MEMBER **afra** Australian Furniture Removers Association

**MENTION THIS ADD AND RECEIVE 10% OFF YOUR NEXT MOVE!**

**SANCTUARY POINT COMMUNITY PRIDE**

**2026 MEETING DATES**

- Tuesday 28/4/26 – 6.30pm to 8pm
- Friday 29/5/26 – 10am to noon;
- Tuesday 23/6/26 – 6.30pm to 8pm
- Friday 24/7/26 – 10am to noon
- Tuesday 25/8/26 – 6.30pm to 8pm
- Friday 25/9/26 – 10am to noon (venue TBA)
- Tuesday 27/10/26 – 6.30pm to 8pm
- Friday 27/11/25 (AGM) – 10am to noon.

Meetings held upstairs Function Room at The Country Club – St Georges Basin, except for March and September meetings. Contact Secretary Gwen Price on 0419 492 348. All welcome to attend.

e: [sanctuarypointcommunitypride@gmail.com](mailto:sanctuarypointcommunitypride@gmail.com)  
 w: [www.spcp.org.au](http://www.spcp.org.au)

**TEZZA'S TILING**

Renovations, Kitchens, Bathrooms, Laundries & Waterproofing (certified)

**FREE measure and quote**

**Terry Irvine**  
**0414 974 424**

Fully Qualified, Licensed & Insured  
 Lic No. 271142C

— LOCAL —

**GLASSMASTER**  
 GLAZING SPECIALIST

EMERGENCY **24hr** SERVICE

**- 0432 074 704 -**

24 Duranbah Drive, Huskisson – For a free measure & quote call Andy

Specialising In:

- Broken Glass Replacement
- Shopfront Repairs
- Splashbacks
- Table Tops
- Mirrors
- Shower Screens
- Glass Cut To Size
- Commercial Work

**Second chances matter – for people and for the planet.**

At the BCR 2nd Chance Op Shop in the Youth & Community Centre in Sanctuary Point, pre-loved items find new homes while local young people gain valuable skills, confidence and work experience in a welcoming, community-focused environment.



The shop offers low-cost fashion, shoes, accessories and small household treasures like books and games, helping

families stretch their budgets while giving good-quality items a second life. Every purchase supports sustainability and keeps clothing and goods out of landfill.

Through the initiative, participants from the BCR Youth Collective gain experience in customer service, merchandising, pricing, stock rotation and point-of-sale processes. Working alongside volunteers and staff, they learn what it takes to run a welcoming, community-focused retail space.

BCR Youth & Community Services Team Leader Karen Chambers says the shop provides a safe and encouraging place for young people to develop skills that can support future employment.

*“The 2nd Chance Op Shop gives young people the chance to learn by doing,” Karen said. “Each shift brings new learning opportunities, from greeting customers and styling displays to working as part of a team and problem-solving in a busy retail environment.”*

*“This is about helping young people see their potential. When they gain confidence and practical skills in a real setting, it opens doors and helps them imagine new possibilities for their future.”*

While the intention is to open the 2nd Chance Op Shop each Monday from 10am to midday, operating times may vary depending on volunteer availability so visitors are encouraged to check for updates on the BCR Communities Facebook page.

Due to the op shop’s limited space, BCR is putting on hold accepting general clothing or household donations. However, quality formal and business attire is welcomed to support youth-focused Smart Start Styling Sessions.

Community members are encouraged to stop by to discover affordable finds, support local youth and experience the welcoming atmosphere.



## Shoalhaven Family History Society Inc. Using New South Wales Birth, Death & Marriage Indexes

Recently I have been asked to cover the basics of family history research for our less experienced researchers. After you have set out your pedigree chart, it's time to fill in the gaps with births, marriages & deaths, and NSW BDM's online is the usual go to website for most people <https://familyhistory.bdm.nsw.gov.au/lifelink/familyhistory/search>.

As with most search pages, here your results will only reflect what you have asked for, so if you searched for 'Dorsey' the results for Darcey or Darcy will not appear, and if you have entered John and Jane as parents the results will not show John and Janet's children. Less is More when searching online. Narrow down your time frame when searching to avoid unnecessary results. Names can also be found with different spellings so be open to this.

If you are not confident using the internet there is always the tried & trusted Microfiche collection, but bear in mind the coverage here is not as recent as on the NSW BDM site, with births 1788-1918; marriages 1788-1945 and deaths 1788-1945.

Can't find a birth registration for a first child? Try searching under the mother's maiden name, and be aware that middle names were often the mother's maiden name.

A female not appearing on a death index may have remarried, or divorced and returned to her maiden name.

Death certificates are the most unreliable as they can only be as accurate as the informant's knowledge of the deceased and if the informant is a child of the deceased, children born before they were may be unknown to them and therefore not listed.

A Death which was the subject of an inquest may not be registered, so a search of any

inquest records at NSW State Records may help. [MHNSW; TROVE DIGITISED NEWSPAPERS]

As well as there being gaps in NSW registrations, the registry may be incorrect. This has happened as the original records have been transferred to the current database, and the (usually alpha) place of registration has not been changed on entry and not picked up in proofing.

From personal experience I was suspicious when a child was registered as born Kempsey but all her siblings had been born in the Kiama district; Kiama was proved to be correct on further documentation.

When you have successfully filled in the gaps, it's time to dig deeper and discover all the stories behind the events, which will bring your family back to life and maybe shake some skeletons out of their comfortable closets.

The Shoalhaven Family History Society Research Centre is in the Old Pyree School, at 888 Greenwell Point Road Pyree. We are open for research every Sunday & the 1st & 2nd Thursday of each month, all days from 10am to 2pm. Take a look at our website at [www.shoalhavenfamilyhistory.org.au](http://www.shoalhavenfamilyhistory.org.au) for more information, or catch our Facebook page for changes to normal opening times.

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



## 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)



Link to HWCV's website



## We are looking for Volunteer bus drivers.

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

**Call Michelle at Basin View Masonic Village on 4443 5034**

## PHOENIX STRINGS

**Like to play Uke? Join a happy group of Uke and Guitar players.** Can't play?

We will help you! Come along on Thursdays from 1pm to 4pm at the Community Cottage, Edmund Street, Sanctuary Point.

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



## VINCENTIA RURAL FIRE BRIGADE

next door to Leisure Centre, Vincentia

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

## JUSTICES OF THE PEACE Volunteer Help Desk

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

## SOCIAL TENNIS

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



## 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.**

## 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

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

**Shoalhaven Beekeepers Assoc Inc.**



meet in the Committee Room at the Nowra Showground (enter from West Street via the War Memorial Gate) on the 3rd Wed (ex. Dec 2nd Wed) at 5.30pm for cuppa, meeting starts 6pm sharp.

[www.beekeepers.asn.au/shoalhaven](http://www.beekeepers.asn.au/shoalhaven)

**TOMERONG FOOD HALL & MARKETS**

Every 3rd Saturday of the month from 8am till 1pm. Artisan style baked goods, pastries, cakes, biscuits, organic produce, local honey, free range eggs, coffee, live music and friendly community Find us on

@Tomerong Food Hall & 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.**

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

Ladies come along for some exercise & social activity at The Country Club, StGB. **We need more players for Wed AM. Ph: 0409 920 878**

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

**Local Markets**

**Berry Country Fair**

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

**Callala Beach Makers Market**

5th Sat (only in months with 5 Saturdays) || Callala Beach Community Hall || 8am to 1.30pm

**Clifton Community Food Garden Fundraiser**

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

**Culburra Beach Market**

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

**Huskisson Markets** 2nd Sun || Huskisson Sports Ground

|| 0409 740 704 (BH)

**Jervis Bay Maritime Museum Markets**

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

**Milton Village Showground Markets**

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

**Nowra Showground Indoor Market**

4th Sat || Nowra Showground Pavilion || 8am to 1.30pm

**Pyree Village Arts & Craft Markets**

4th Sun || Shoalhaven Potters Workshop, Greenwell Pt Rd, Pyree || 4443 7312

**Royal Coastal Patrol Market Ulladulla** 2nd Sun ||

Ulladulla Harbour & Wharf, Wason St, Ulladulla || 4455 3403

**Sussex Inlet Flea Market** 2nd Sat || Uniting Church Hall,

Jacobs Dr, Sussex Inlet || 4441 1546

**Tomerong Food Hall & Market** 3rd Sat ||

8am-1pm || School of Arts, 360 Hawken Rd, Tomerong || tomerongfoodhall@gmail.com || www.tomeronghall.com || or find us on

**Is drinking costing you more than money?**

*Don't suffer any longer...*

*there is hope ...*

Call Alcoholics Anonymous 1300 22 22 22 [aa.org.au](http://aa.org.au)

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

## Weekly Meetings

**1st St Georges Basin Scout Group** ■ Tasman Rd Scout Hall, SGB ■ Tue 5pm Joey Scouts; 6.30pm Cub Scouts ■ Wed 6pm Scouts ■ Mon 6.30pm Venturers ■ Paula 0400 674 525

**Al Anon - Huskisson** ■ Tue 1pm & Thu 10am ■ Huskisson Community Centre Dent Street, Huskisson

**Alcohol and Drug Treatment** ■ Lives Lived Well ■ Nana Muru (Better Road) ■ Free day rehabilitation program runs over 6 weeks in bay and basin (non-residential) ■ Mobile withdrawal program for residents of Nowra and bay and basin ■ 18 yrs and over ■ 1300 727 957 ■ self refer via website [www.liveslivedwell.org.au](http://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 ■ [www.shoalhaven.nsw.gov.au/News-and-feedback/Participation-opportunities/Bushcare](http://www.shoalhaven.nsw.gov.au/News-and-feedback/Participation-opportunities/Bushcare) ■ [david.rush@shoalhaven.nsw.gov.au](mailto:david.rush@shoalhaven.nsw.gov.au) ■ 1300 293111

**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](http://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 ■ Bruce 0403 236 842

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

**CWA Jervis Bay Day** Huskisson Community Centre, Dent St ■ Tue 10am for craft, cuppa & chat ■ 3rd Tue General Meeting ■ Visitors welcome ■ Pres. Cheryl Clarke 0466 307 776

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

**Friendly 500 Card Group** ■ Mon 1pm ■ New members welcome ■ Roger 0481 995 461

**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](mailto:huskidrumming@gmail.com)

**Huskisson Girl Guides** ■ 8-18 years old ■ During school terms ■ Huskisson Guide/Scout Hall (near Bowling Club and Oval) ■ Wed 5.30-7.30pm ■ New Guides always welcome ■ Gayle 0418 114 979

**JB Walkers and Talkers** ■ Meet Holden St Boat Ramp, Vincentia ■ Pram friendly walking group ■ Fri 10.30am ■ e: [lanaburkey@gmail.com](mailto: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** ■ Thu 9am-12pm ■ New members welcome both men & women ■ Colin Loudon 0412 347 322

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

**Jervis Bay Male Choir** ■ practices Fri 5.30-7pm ■ A fun attitude but no musical experience required ■ Lorraine 0408 422 423 for venue details

**Jervis Bay Paddle Group** ■ weekly paddle group for kayakers ■ check [Facebook](#) Jervis Bay Paddle Group page for schedule

**Jervis Bay Physical Culture Club** ■ Classes held Vincentia Primary School & StGB Community Hall ■ [www.jervisbayphysie.com.au](http://www.jervisbayphysie.com.au) ■ e: [jervisbayphysie@gmail.com](mailto: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 [Facebook](#)

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

Call Courtesy Bus to book 0413 014 125

\* Events subject to change

# WHAT'S ON APRIL

The Home of Food, Sport & Entertainment on the South Coast

**On Point BREAKFAST**  
SATURDAY  
25TH APRIL  
9am - 11am

THE COUNTRY CLUB  
St Georges Basin

THE COUNTRY CLUB  
**MONDAY Rib Night**  
AVAILABLE FROM 5PM EVERY MONDAY

1/2 Rack of Pork Ribs  
Served with Salad & Chips

\$18 MEMBERS  
\$22 VISITORS

THE COUNTRY CLUB  
**KIDS BINGO**  
Saturday 11th April  
10:00am - 11:30am

**\$5** Per BOOK

Includes: Games & Marking Pen

Books on sale from 9:30am  
Bring the kids and have some fun!

\*Children must be accompanied by a responsible adult, 1st need to book.

THE COUNTRY CLUB  
**BURGER + BEER TUESDAYS \$18\***

ANY BURGER, FRIES & A BEER OR SOFT DRINK  
MAXIMUM DRINK VALUE \$7.00

AVAILABLE FROM 5PM

WITH A DIFFERENT SPECIAL BURGER EACH WEEK!

\*members price

**ANZAC DAY**  
LEST WE FORGET  
SATURDAY 25TH APRIL  
On Point Kitchen Breakfast  
Specials from 9am  
Two-up in the Auditorium  
2:00pm - 6:00pm  
Entertainment  
6:00pm - 11:00pm

THE COUNTRY CLUB  
**CASH HOUSEIE**  
SATURDAY 2ND MAY  
BINGO WITH CASH PRIZES!  
LAST SATURDAY EACH MONTH  
ON SALE FROM 11:30AM  
STARTS 1:00PM

RAISING FUNDS FOR  
BAY & BASIN COMMUNITY  
SUPPORT GROUP INC.

**\$20** TO PLAY  
BOOK OF 20 GAMES

THE COUNTRY CLUB  
**STEAK NIGHT**  
WEDNESDAY FROM 5PM

200g Sirloin Steak  
With Chips & Salad

\$18 MEMBERS  
\$22 Visitors

**MUSICAL Monday**  
with  
**LAST CHANCE HONEY**  
MONDAY 13TH APRIL  
10.30AM - 12PM

FREE MAIN LOUNGE

**ABBA LANCHE**  
THE AUSTRALIAN ABBA TRIBUTE SHOW

Saturday 9th May  
Doors 7pm | Show 8pm

**\$44** Doors **\$49**

Tickets Club Reception or online

THE COUNTRY CLUB  
**\$18 PARMA GEDDON!**  
THURSDAYS FROM 5PM

CHOOSE FROM THE ORIGINAL OR THE WEEKLY PARMY SPECIAL!

\*Dine-in Only members price

Scan the QR Code to learn more

\* Events subject to change



Wed 1st

**Bingo** Starts 10:30am

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

**Sub Club Raffle** Draw 6:30pm

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

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

Thurs 2nd

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

**Junior Rugby League Raffle**  
Draw 6:30pm

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

Fri 3rd

**Friday Bingo** 10am - 2pm Auditorium

**Friday Afternoon Poker**  
Rego from 12pm, Start 1pm

**Snooker Club Raffle** Drawn 7:30pm

**Free Live Entertainment**  
Revolution Rock 7pm -11pm

Sat 4th

**Free Live Entertainment**  
SiRenics 7pm -11pm

Sun 5th

**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

Mon 6th

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

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

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

Tues 7th

**Bingo** Starts 10:30am

**Trivia** from 6:30pm

**SGB Women's Golf Club Raffle**  
Drawn 6pm

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

Wed 8th

**Bingo** Starts 10:30am

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

**Sub Club Raffle** Draw 6:30pm

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

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

Thurs 9th

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

**Junior Rugby League Raffle**  
Draw 6:30pm

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

Fri 10th

**Friday Bingo** 10am - 2pm Auditorium

**Friday Afternoon Poker**  
Rego from 12pm, Start 1pm

**Snooker Club Raffle** Drawn 7:30pm

**Hitlist Fridays** Main Lounge from 7pm

Sat 11th

**Kids Bingo** 10am - 11:30am Auditorium  
Books on Sale 9:30am

**Free Live Entertainment**  
Torque 7pm -11pm

Sun 12th

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

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

**Snooker Club Raffle** Drawn 5:30pm

**Free Live Entertainment**  
Backlash 4pm - 8pm

Mon 13th

**Musical Monday**  
with Last Chance Honey 10:30am - 12pm

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

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

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

Tues 14th

**Bingo** Starts 10:30am

**Trivia** from 6:30pm

**SGB Women's Golf Club Raffle**  
Drawn 6pm

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

Wed 15th

**Bingo** Starts 10:30am

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

**Sub Club Raffle** Draw 6:30pm

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

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

Thurs 16th

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

**Junior Rugby League Raffle**  
Draw 6:30pm

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

Fri 17th

**Friday Bingo** 10am - 2pm Auditorium

**Friday Afternoon Poker**  
Rego from 12pm, Start 1pm

**Snooker Club Raffle** Drawn 7:30pm

**Hitlist Fridays** Main Lounge from 7pm

Sat 18th

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

Sun 19th

**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

Mon 20th

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

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

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

Tues 21st

**Bingo** Starts 10:30am

**Trivia** from 6:30pm

**SGB Women's Golf Club Raffle**  
Drawn 6pm

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

Wed 22nd

**Bingo** Starts 10:30am

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

**Sub Club Raffle** Draw 6:30pm

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

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

Thurs 23rd

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

**Junior Rugby League Raffle**  
Draw 6:30pm

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

Fri 24th

**Friday Bingo** 10am - 2pm Auditorium

**Friday Afternoon Poker**  
Rego from 12pm, Start 1pm

**Snooker Club Raffle** Drawn 7:30pm

**Hitlist Fridays** Main Lounge from 7pm

Sat 25th

**ANZAC Day | Monthly Special Breakfast** 9am - 11am

**ANZAC Day 2UP** Auditorium 2pm - 6pm

**Free Live Entertainment**  
DJ Mat Trix 6pm -11pm

Sun 26th

**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

Mon 27th

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

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

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

Tues 28th

**Bingo** Starts 10:30am

**Trivia** from 6:30pm

**SGB Women's Golf Club Raffle**  
Drawn 6pm

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

Wed 29th

**Bingo** Starts 10:30am

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

**Sub Club Raffle** Draw 6:30pm

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

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

Thurs 30th

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

**Junior Rugby League Raffle**  
Draw 6:30pm

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

\* Member Price

\* Events subject to change

WHAT'S ON  
APRIL



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

**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

**MSCARC Inc.** ■ (Mid South Coast Amateur Radio Club Inc.)  
■ Wed from 7.30-9.30pm on air ■ New members always  
welcome ■ Ken 4403 0599

**Nowra Healing Rooms** ■ 12 Tarawara St, Bomaderry  
■ Open Wed 10am-12pm, Thu 7-9pm ■ 0459 046  
084 ■ No appointment necessary & no charge ■  
www.healingrooms.com.au

**Nowra Quilters** ■ North Nowra Community Centre, 7 Hood  
Cl, Nth Nowra ■ Tue 9am-1pm ■ New members welcome  
■ e: alex@themwarners.com

**Nowra Town Band** ■ 174 Kinghorne St, Nowra ■ Mon  
5.30-6.30pm for Training Band & 7-9pm for senior practice  
■ Private lessons available in brass and percussion ■  
Hall 4422 0807 or Ross 4443 5745/0488 056 196

**Raised Voices Community Choir SATB** ■ Jervis Bay  
Baptist Church ■ Tue 7pm ■ New Members welcome  
■ Ph Rosalie 0412 297 435

**Rock and Roll Lessons** ■ Huskisson Community Hall ■ Tue  
7pm ■ Rock n Roll, Partner Dancing, Swing ■ Ph Laurel  
0408 184 984 or Rob 0439 416 386

**Scottish Country Dancing** ■ Thu 2pm-3.30pm  
Senior Citizens Hall, Berry St, Nowra ■ Tue 7.30-9.30pm  
Presbyterian Church Hall, Kinghorne St, Nowra  
■ Beginners welcome ■ Heather 4441 5496

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

**Shoalhaven Ex-Servicemans Dance Club** ■ 157  
Junction St, Nowra ■ Wed 7-9.30pm ■ Social dancing inc.  
modern ballroom, new vogue, sequence, latin, rock n roll  
■ visitors welcome ■ Ph Norm 0407 950 325

**Shoalhaven Rock N Roll Group** ■ SGB Country Club ■  
Mon 7pm ■ John 0411 120 042 or Linda 0408 428 670  
■ www.shoalhavenrockandroll.org.au

**Sing Australia, Vincentia** ■ Community Singing Group  
■ Jervis Bay Baptist Church, The Wool Rd, Vincentia ■ Thu  
7-9pm ■ New members welcome ■ Jenny 4441 7713 ■  
www.singaustralia.com.au


**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 ■  NSWSESSGB

**Sussex Inlet Computer Club** ■ Sussex Inlet RSL Club ■  
2nd, 3rd & 4th Tue 10am-noon ■ All welcome

**Table Tennis** ■ Scout Hall, Tasman Rd, SGB ■ Wed 2-4pm ■  
Adam 0401 020 827 please leave a message

**Tennis** ■ Erowal Bay ■ Grandview St, Erowal Bay ■ Booking  
enquiries 0491 978 037 ■ Social tennis players welcomed  
on ■ Monday & Tuesday mornings ■ Tuesdays evening  
6.45pm ■ Thursday afternoons

**Tennis** ■ Huskisson ■ Owen St, Huskisson Casual bookings  
Wendy 4441 7985 ■ Adult Mixed Group Mon PM & Thu AM  
Ph June Gripping 4443 3065 or John Hayward 4441 6979  
■ Ladies Tue AM Ph Jan Chappelow 4441 6417

**Tennis** ■ The Country Club, St Georges Basin ■ Social Mon  
6-9pm & Thu 9-11am Ph Max 0427 663 318 or  
Ph 4443 0666 ■ thecountryclub.com.au/sport/tennis

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

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

## Fortnightly Meetings

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

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

**Wool Road Spinners & Weavers** Jervis Bay Baptist Church classroom, behind church, cnr The Wool Rd & St George Ave, Vincentia ■ 1st & 3rd Thu 9.30am-1pm  
■ 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 ■ 2nd Tue 10am ■ Peter Moate 4448 7788

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

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

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

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

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

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

**Bay & Basin Liberals** Meets monthly ■ More information about joining, meeting venues and times call Michael Davis 0498 797 471 or e: michaeladavis1981@gmail.com

**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 ■ Last Wed 9.30am ■ 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. Norman Hughes 0418 382 288; Sec. Roz Woolmer 0409 981 340

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

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

**Huskisson RSL Sub Branch** 2nd Thu 6pm  
■ Club Jervis Bay ■ Sec Helen Walker 4441 5282

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

**Jervis Bay Arts Trail** Last Sat of the month 10am-3pm  
■ Visit local artists in their studios and purchase original artworks directly from the artist ■ See website for details.  
www.jervisbayartstrail.com.au

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

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

**Jervis Bay Lions Club** Club Jervis Bay ■ 1st Thu for 7pm start ■ President Ruth Evans 0439 466 741 ■ 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 ■ Joy Swattridge 0403 838 441  
■ e: swattorj@hotmail.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

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

**Jervis Bay Writers Group** Workshop your writing with other local writers ■ Ages 35-60 ■ Find us on [FB](#) ■ email [jervisbaywritersgroup@gmail.com](mailto:jervisbaywritersgroup@gmail.com)

**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, Currumbene St, Huskisson ■ 2nd Fri 5.30pm @ Club Jervis Bay (MRNSW members only) ■ 4428 2400

**National Party – Shoalhaven Branch** Visitors most welcome ■ Geoff Brennan 0402 026 328 for further info

**National Servicemen's Assoc., Shoalhaven Sub-Branch** Rotating meetings on 4th Sun ■ Ulladulla Ex-Servos Club 0930 for 1000hrs start ■ Nowra Ex-Servos Club 0930 for 1000hrs start ■ Sussex Inlet RSL Club 1000 for 1030hrs start ■ Jim Reid 4421 2886

**Nowra & Districts Totally & Permanently Incapacitated (TPI) Social Welfare Club** 3rd Tue 11am ■ Nowra Veterans Wellbeing Centre, 124 Wallace St, Nowra ■ Harry Back 0402 366 695

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

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

**Sanctuary Point Mens Shed** 17 Clifton St, Sanct Pt ■ 1st Thu 10.30am ■ All members welcome ■ Open Mon-Fri 9am-3pm ■ Any blokes that want to get out of the house for a while drop in for a cuppa and a chat ■ 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.** Committee Room at the Nowra Showground (enter from West Street via the War Memorial Gate) ■ 3rd Wed (ex. Dec 2nd Wed) 5.30pm for cuppa, meeting 6pm sharp ■ <https://www.beekeepers.asn.au/shoalhaven>

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

**Shoalhaven Ex-Servicemens Dance Club** 3rd Sat 7-10.30pm ■ Shoal ExServicemens 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 ■ Nowra Bowling Club, Osborne St, Nowra ■ John 4421 4624

**Shoalhaven Prostate Cancer Support Group** ■ 2nd Mon 10.30am ■ Coastal Waters Conference Room, 110 The Wool Rd, Worroving Heights ■ Fred Hocking 0435 628 110 e: [ShoalhavenPCSG@gmail.com](mailto:ShoalhavenPCSG@gmail.com)

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

**Shoalhaven Transition** 1st Tue ■ Trish Kahler 4443 4713 or [shoalhaventransition@yahoo.com.au](mailto:shoalhaventransition@yahoo.com.au)

**St Georges Basin Probus Club Inc. (Mixed)** SGB Country Club, Function Room ■ 3rd Thu 9.45am-11.45am ■ Sec. Robyn Dalleywater 4408 8084

**St Georges Basin Rural Fire Brigade** Fire Station, The Wool Rd, SGB ■ 3rd Mon 7.30pm ■ 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](http://www.tomeronghall.com) ■ New members welcome

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

**Wandandian Progress Association** 1st Tue 6pm ■ Progress Hall ■ New members welcome ■ e: [secretary@wandandian.org.au](mailto:secretary@wandandian.org.au)

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

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

## Weekly Church Services

### Anglican Church -

**Vincentia** ■ Vincentia Primary School, George Caley Place, Vincentia ■ 9.30am Family Service with kids and youth programs ■ 6.30am Contemporary Service ■ Minister — Rev Campbell Mackay ■ [www.jervisbayanglican.org.au](http://www.jervisbayanglican.org.au)

**Basin Baptist Church** ■ 165 The Wool Rd, SGB ■ Sun Morning Service 9.30am ■ Enquiries Steve Harris 0415 668 660

**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, Worroving Hts ■ Sun 9.30am Family Service ■ Every morning except Sun 5.30am Prayer Meeting ■ Office 0429 335 024 ■ [web: c3churchjervisbay.com.au](http://web:c3churchjervisbay.com.au)

**Holy Spirit Catholic Church** ■ 23 St George Ave, Vincentia ■ Mass times: Sun 10am, Sat Vigil 6pm, Wed 5.30pm ■ [www.nowraparish.org.au/masses/mass-times](http://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](http://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 Gentle Fitness for Postural Strength - Move with ease 8-9am ■ Thu Phoenix Strings Ukles & Guitars practice 1-4pm

### Shareostomates, Shoalhaven Area Ostomates

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

*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](mailto:tomerongmarket@gmail.com) ■ Sat (4th Sat) Yoga Tapas 8-10am ■ Further info [www.tomeronghall.com](http://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](http://www.hwcv.org.au) ■ [exec@hwcv.org.au](mailto: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](mailto: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](http://www.vrra.org.au) ■ [vrra.ccb@gmail.com](mailto:vrra.ccb@gmail.com) ■ Secretary 0438 856 568 ■ [f](https://www.facebook.com/vrra.ccb) [vrra.ccb](https://www.facebook.com/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 ■ Email tomeronghall@gmail.com  
 ■ www.tomeronghall.com
- Vincenia Community Centre** rear of Bilo carpark, Wool Rd, Vincenia ■ 4429 3463
- Wandandian Progress Association Hall** D2683 Princes Hwy, Wandandian ■ www.wandandian.org.au  
 ■ Booking Officer Gill Smith 0402 149 967

### 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

Tyrell, 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

#### VINCENIA

Casmiri, Luciano (Lou) 0438 856 568

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

### Playgroups

- Aboriginal Playgroup** Mon 9.30-11am ■ Noah's Inclusion Services the old church 48 Paradise Beach Rd, Sanctuary Point ■ Ph Mel Harpur 4423 5022 or email mharpur@noahsark.nsw.edu.au
- Sanctuary Point Sing & Play** ■ Tues 9.30-11.30am at Sanctuary Point Connect ■ A free supported playgroup with music, craft and more ■ 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 ■ the old church 48 Paradise Beach Rd Sanctuary Point ■ Ph 4423 5022
- St. Georges Basin** Wed 9.30am ■ Cnr Tasman Rd & Terry St, SGB ■ Melissa Horselman 0424 218 547 or find us on facebook

# UPDATE YOUR LISTING

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

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

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

# SONS OF SHOALHAVEN

Contributed by John Blackmore

In the last **About** Monthly Feature, the ladies who were focused on in THE BOOK OF SHOALHAVEN, AS IT WAS AND AS IT IS, were described at some length. This 1926 history doubled as a promotion for BACK TO SHOALHAVEN WEEK held that year. This was covered in the March, October and November 2010 **About** Monthly Features. *'Successful Sons Of Shoalhaven'* was another section of this promotional publication.

Eighteen males had a summary of their life's achievements outlined in this section. Some were brief thumbnail sketches, others more detailed, with quite a number having lived in the district in the latter decades of the 1800s. Like the women from last month's feature, many of these men were members of the first European families considered as *'Pioneers Of Early Shoalhaven'*, in a district population well under 10,000 people. Around half of these men began the earliest parts of their lives living in farming communities at Numba, Terara and Pyree.

Hugh McLelland had the original years of his school days at Numba. After being taught there by his father, Hugh's education took him to Sydney University where he achieved a Master of Arts degree. By 21 years of age, he had become an Inspector of Schools. In time, he achieved the status of a Chief Inspector of Schools within the NSW Department of Education.

Another educator with the academic status of a Master of Arts was John Monaghan. The family name of Monaghan has since been maintained down the generations at properties around Pyree and neighbouring Mayfield. At the time of this 1926 publication, John was the Headmaster or Principal of Albury High School in the southern part of the state.

Henry Lovegrove was born at Terara. After completing his education at both Terara and Nowra Public Schools, he began his working life in 1879 as the Clerk of the Central Shoalhaven Council. That year, his father William was the Mayor of that small local council based at Terara.

By the time the BOOK OF SHOALHAVEN was published, Henry had risen in his banking career to become the manager of the main Haymarket, or City branch of the Commercial Banking Company of Sydney. Prior to this, he is indicated as having managed branches of that banking company at Berry, Cooma and Maitland.

Another Terara born SON OF SHOALHAVEN was James Pickburn. The son of a local doctor, he had achieved his Bachelor of Arts and Legislative Law degree, then admission to the NSW Bar Association, by 1895 when he was 24 years of age. The short bio of James' career indicates he was appointed as a District Court Judge in 1917, but unfortunately died the same year at 46 years of age.

Born at Numba, Bernard O'Conor was the son of one of the original Church of England ministers in the district. At the time the BOOK OF SHOALHAVEN was published, Bernard was a long serving member of the NSW Legislative Council, having practised in law as a member of the NSW Bar Association for quite a number of years before that. In the first decade of the 20<sup>th</sup> century, he had been appointed to the position of Minister for Education under NSW Premier Joseph Carruthers.

William Watts was another Numba born identity included in this collection of SONS OF SHOALHAVEN. The publication states that he acquired the freehold title to the land he had farmed on a leasing arrangement, after the sale of the Berry Estate in 1892. Watts subsequently made the progress of dairying his lifelong quest. He was a Chairman of Nowra Dairy Company, a Director of the Dairy Farmers Co-operative Company, a member of the Pastures Protection Board, as well as a Butter Stabilisation Committee. His community interests included 28 years as a council alderman, a dozen of which he served as Mayor of his local municipality. He was a President of Shoalhaven Rowing Club, a senior committeeman of the Shoalhaven Agricultural & Horticultural Association (the

organisers of the annual Nowra Show), on which he served as President for several years, being made a Life Member in 1922. He was the 2<sup>nd</sup> of five generations of his family to serve on that association's committee.

Born around 1870 at Tomerong, George F. Smith had become the Governor of Bathurst Gaol by the time the BOOK OF SHOALHAVEN was printed. A Boer War veteran who had originally enlisted with his brother to serve his country, he had been engaged to work in the NSW Prisons Department upon being repatriated from war service. A part of the rise in his career was attributed to his work studying finger print systems for the prisons service.

A prominent lifelong resident born north of the Shoalhaven River was Richard Shepherd. A son of a leading figure in the early Methodist Churches of the district, Richard sat for many years on Berry Municipal Council, serving as its Mayor from 1911 to 1920. As part of his civic roles, he represented country municipalities on the Board of Fire Commissioners for a number of years. He bought land at Bomaderry from the Berry Estate sale, served some time as a founding father and President of the Dairy Farmers Union, and continued to farm his dairying property successfully for many years. This land is part of the Manildra complex of today.

Born 1873 at Cambewarra, Malcolm Shepherd is arguably the most prominent citizen to have begun his days at that school. Following the completion of his education at Sydney's Church of England Grammar School, Malcolm worked in the Postal Department in Sydney, and the Post Master General's Department in Melbourne. He *"received the appointment of secretary to the Prime Minister, and later secretary to the Prime Minister's Department. Subsequently appointed official secretary (in England) to the Commonwealth of Australia, and was Acting High Commissioner for a period. In this capacity he was a guest at the wedding of His Royal Highness the Duke of York ..... He also represented Australia at the first conference ..... of the League of Nations,"* when it formed after World War One.

In this collective SONS OF SHOALHAVEN group, the three sons of Mr and Mrs H.G.Morton mentioned in last month's **About** were most

prominent. Phillip Henry was the eldest of their sons, Mark Fairles the 3<sup>rd</sup> of their sons, while Harry Douglas was their fourth. All three began their lives and education at Numba. All three of these sons became elected representatives in the NSW Parliament. First elected in 1889, Phillip Morton served for 10 years in the seat of Shoalhaven in state parliament. A few years later, Mark Morton was voted in to the same seat, surviving a merger with Kiama electorate, then remaining for 23 years in total in the NSW Parliament. On the other hand, Harry (or Henry) Morton served in state parliament for a decade after 1910, representing the north coast seat of Hastings and Macleay.

Born at Cambewarra in the 1860s, Hugh Sinclair and his brothers were involved in dairy farming, as their father was before them. After contributing to the development of co-operatives and creameries that led to improved hygiene in milk processing, and better herd assessment, the brothers moved to northern NSW where they farmed in the Tweed and Richmond River districts. Hugh moved to Queensland, where he was elected from 1906 to 1919 to serve the seat of Moreton in Federal Parliament.

Born in the same decade as Hugh Sinclair, John Storey would rise to become the 20<sup>th</sup> Premier of NSW Unlike Sinclair and the other SONS OF SHOALHAVEN, Storey left the district with his parents when six years old, and was educated at Darling Road school in Balmain. His father had arrived as a shipbuilder in the first decade of Huskisson's existence, but died soon after the family moved to the city.

An apprentice boilermaker at fourteen, John became active in politics in his early twenties. He helped found both Balmain Cricket Club in 1897, and Balmain District Rugby League Club in 1908. In between times, he had been elected to the NSW Legislative Assembly in the seat then known as Balmain North.

John Storey became respected for his role in reunifying the Labor side of politics over the polarising issue of conscription during World War One. After both Premier William Holman and Prime Minister Billy Hughes were expelled by the Labor Party principally over this issue, John Storey was elected Premier in 1920, but died in office in October 1921. ■



Shoalhaven Justices of the Peace  
at work for you

# NSW Justices

**First, let me tell you what we cannot sign as we are Justices of the Peace in New South Wales and governed under that legislation.**

### **WE CANNOT SIGN THE FOLLOWING DOCUMENTS:**

1. Power of Attorney
2. Enduring Power of Attorney
3. Previously Certified Copies
4. Pre-signed Statutory Declarations. (These must be signed in front of the JP.)
5. Proof of Life. (These are pension documents from overseas countries and they must go to Centrelink)
6. Overseas Property Documents
7. Guardianship
8. Laminated Australian Citizenship Certificates
9. Pictures
10. Letters
11. Copy of a digital Driver's Licence or other on your Mobile phone or computer.

**PASSPORT APPLICATION DOCUMENTS AND PICTURES** We are unable to sign these as it has to be an Australian Citizen who has known you for over 12 months. Please read the entire application form.

**WILLS** These are normally dealt with by your solicitor but in today's world you may complete your own Will with kits available from newsagents and various sources.

The JPs role in this is to sign with another person as a witness, not as a JP. A family member, relative or a person who is named in the Will cannot witness. You must sign in front of the two witnesses. It is handy to make copies of the Will with the original kept in a safe place and maybe a copy to your Executor whom you have chosen and where located. Remember when you complete a Will it supersedes your previous Will.

**SUPERANNUATION/HARDSHIP** There comes a time when you may wish to withdraw money from your superannuation fund. Each

## **A VARIETY OF ITEMS WE SIGN, EITHER AS A JUSTICE OF THE PEACE OR A WITNESS**

company has their own forms and generally require Certified Copies of your licence etc. This is normally stated on the form.

The JP is able to sign your Certified Copies on presentation of your originals and the Superannuation Form as required.

Some funds limit the amount you are able to withdraw at one time due to your age. Hardship cases may be looked at differently and you should refer to your Superannuation Company.

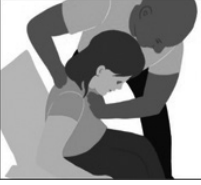
**FINES** These may be speeding, red light cameras, tolls etc. Most of these are provided with a space if another person was in control of the vehicle. If so, a Statutory Declaration is normally shown on them and must be signed by a JP. Please take your ID with you.

**D.N.A.** These documents are becoming more common today and require a Justice of the Peace to verify them. In some cases the JP has to sign their name across the picture of the person after it is attached to the application. A special pen is needed otherwise the ink will not be permanent. The JP must sign across the picture and frame (paper). There will also be other parts they may have to sign. This is only active on the day it is signed.

**LETTER OR CORRESPONDENCE** These are often produced where a person asks you to witness a signature or a letter they have written etc. Please note that the JP is only permitted to sign that they have witnessed your signature, BUT NOT AS A JP.

Remember to always check with your JP and if they are a Member of the NSW Justices Association you will find they are well trained and up to date. It is like looking for the best Plumber, Doctor, Electrician and more.

Until next month if you need any assistance please contact me on 0438 013 330 – **Laurie** (Laurence McGinty) – Shoalhaven Support Group – New South Wales Justices Association



# Choking in Adults vs Infants: – Key Differences You Need to Know

Contributed by South Coast First Aid – 0410 024 869 – [www.southcoastfirstaid.com.au](http://www.southcoastfirstaid.com.au)

With toys, shared meals, backyard BBQs and curious little ones exploring everything, it's a good time to refresh choking first aid.

## 1. Adult Coughing and Child Gagging

If an **adult is coughing effectively** or a **child is gagging**, reassure them and encourage them to keep trying to clear the airway themselves. Both of these actions can be effective on their own.

**Do not** give back blows at this stage — this can make it harder for them to clear the obstruction independently.

Stay close, supervise, and let them continue coughing or gagging to expel the object.

## 2. When Signs of Airway Obstruction Appear — Positioning Is Different

Once there are signs of an **ineffective cough** or **severe airway obstruction**:

- Give **up to five back blows**, checking after each one to see if the obstruction has cleared.
- Back blows should be delivered with the heel of the hand **in the middle of the back between the shoulder blades**.
- If not cleared, give **up to five chest thrusts**, checking after each attempt.
- To perform chest thrusts, identify the same **compression point used for CPR** and apply thrusts that are **sharper and delivered at a slower rate** than chest compressions.
- Continue alternating five back blows and five chest thrusts until the

obstruction is relieved or the person becomes unresponsive.

- Call an ambulance.

## Positioning Differences:

### Adults & Children (over 8 years):

- Treated in a **sitting or standing** position.

### Infants & Young Children (under 8 years):

- Position **over your lap with their head down** lower than their chest to let gravity assist.
  - **Back blows:** face-down.
  - **Chest thrusts:** face-up.

## 3. Signs of Severe Airway Obstruction

- Weak, ineffective coughing
- Little or no sound when attempting to breathe
- Inability to speak or cry
- Clutching at the throat
- Blue colouring around the lips or face
- Distress, panic, or becoming drowsy

## If the Person Becomes Unresponsive

- Only remove objects that are **clearly visible** in the mouth.
- If not breathing normally, begin CPR following DRSABCD.

For more information see the Australian Resuscitation Council Guidelines <https://www.anzcor.org/home/basic-life-support/guideline-4-airway#Management+of+Foreign+Body+Airway+Obstruction+%28Choking%29> ■



**South Coast  
FIRST AID**



# WALK, JOG OR RUN TO STOP BREAST & OVARIAN CANCER IN THEIR TRACKS

The 2025 Mother's Day Classic Huskisson raised \$39,416.13 and the aim is to better that this year.

**Registrations are now open for the 2026 Mother's Day Classic to be held on Sunday 10th May 2026.**

The course follows scenic coastal and shared paths from White Sands Park, passing beaches, creek reserves, and foreshore sections before returning to finish back at the park. The mostly flat, out-and-back route offers beautiful coastal views.

Wear pink or teal – we can't wait to see this years outfits. Spot prizes to be won including best dressed.

Check-In/Registration located at White Sands Park (look for the pink Mother's Day Classic flags). Drive, carpool, bike or walk to the event. There will be bacon & egg rolls to purchase to keep you going for the morning. Bring your own water with you on event day. This is a fun run/walk with no official run timing on event day. Dogs allowed in all areas, including the course (on leash).

*We are always looking for volunteers who are willing to help everyone have a great experience and lead with fun. Get in contact or register online if you would like to volunteer to help make this day a success for everyone who attends.*



**STAY CONNECTED** and follow us for the latest updates on this event on  

### GET INVOLVED by

**Volunteering | Sponsoring the Event | Event Day Activation |  
| Start a Team | Spread the Word |**

<https://www.mothersdayclassic.com.au/event/mothers-day-classic-huskisson>

Call 0422 593 089 or email [huskissonmdc@hotmail.com](mailto:huskissonmdc@hotmail.com)

# Noticed your gutters could use a clean!

0448 154 549

**FREE QUOTE**

- ✓ Fully insured & height-certified
- ✓ No mess left behind
- ✓ Industrial vacuum system
- ✓ Before & after photos

BEFORE AFTER



SHOALHAVEN

**GUTTER-VAC**<sup>®</sup>

1300 654 253

**SCAN FOR  
FREE QUOTE**



[shoalhaven@guttervac.com.au](mailto:shoalhaven@guttervac.com.au)


# FIONA PHILLIPS MP

FEDERAL MEMBER FOR GILMORE

**ON YOUR SIDE**

I'm proud to be delivering for our community.

If you need any assistance, would like a Seniors Kit, or would like a special birthday or anniversary message, contact my office today.

 4423 1782

 [Fiona.Phillips.MP@aph.gov.au](mailto:Fiona.Phillips.MP@aph.gov.au)

 [FionaPhillips.com.au](http://FionaPhillips.com.au)

AUTHORISED BY FIONA PHILLIPS MP, ALP, 3/59 JUNCTION ST, NOWRA NSW 2541



**Scan the QR code to keep in touch**



## PROFESSIONAL AND RELIABLE COMPUTER SOLUTIONS

Supporting the Bay & Basin since 2003

**4441 8430 • [www.parcomputers.com.au](http://www.parcomputers.com.au)**

**COMPUTER REPAIRS, SUPPORT AND SALES**



Find us with Google Maps



 <https://www.facebook.com/PARComputers/>

Shop 1, 5 Burton Street  
Vincentia Shopping Village



# DIABETES AND YOUR VISION!

## Your questions answered

by Anna Richter – Rose Optometry Berry  
14 Alexandra Street, Berry – (02) 4216 8628

**Do I need to see the optometrist if I do not have vision problems?** Diabetic retinopathy may not obviously affect your vision early on, so it is very important to have a regular eye health examination.

Diabetic retinopathy is the leading cause of preventable vision loss and blindness among working-age Australians. Early detection and treatment reduce the risk of future vision loss.

**Does poor vision mean diabetes has damaged my eyes?** The main reason people with diabetes do not see the eye chart well is the same reason other people don't see well – long-sightedness, short-sightedness or astigmatism.

People with diabetes are known to have fluctuating vision which can be caused by poorly controlled blood sugar levels, but the majority can see clearly with the correct prescription glasses.

**What is diabetes?** To function, we need to convert glucose (sugar) from food into energy using insulin. Diabetes is a condition in which too little or no insulin is produced by the body, or there is insulin resistance, which leads to high blood glucose (sugar).

**How does diabetes affect your eyes?** Diabetes affects many parts of the eye. Early in the disease, there are often no signs or symptoms. Symptoms of diabetes may be blurred, fluctuating vision, double vision or flashes and floaters. Diabetes may also contribute to the development of cataracts and glaucoma. The most serious complication of diabetes is diabetic retinopathy.

**What causes diabetic retinopathy?** Diabetic retinopathy occurs when high blood sugar damages the fine blood vessels of the retina, the light-sensitive film at the back of the eye. This causes the vessels to leak blood, the retina to swell, and new blood vessels to start growing. If left untreated, diabetic retinopathy can cause blindness.

**Who gets diabetic retinopathy?** The risk of developing diabetic retinopathy is greater if

diabetes has been present for a long time or blood sugar levels are not well controlled. Other risk factors include smoking, poor diet, and elevated blood pressure.

To reduce the risk of developing diabetic retinopathy, it is important to control your blood sugar levels as much as possible.

**How does an optometrist diagnose diabetic retinopathy?** Your optometrist will perform a thorough examination of your eyes. It is common for your optometrist to put eye drops in your eyes when checking for diabetic retinopathy. They may need to take a scan or a photograph of your retina for comparison at your next eye examination. If you are diabetic, your optometrist may need to see you more often than once every two years.

**How is diabetic retinopathy treated?** In its early stages, diabetic retinopathy is monitored with regular eye examinations. If more severe diabetic retinopathy is suspected, your optometrist will refer you to an ophthalmologist for treatment. If needed, the ophthalmologist may use anti-VEGF injections or laser to treat the leaking blood vessels. In some cases, eye surgery may be required.

Treatment for diabetic retinopathy aims to prevent further damage to the eye and keep the best vision for as long as possible. Usually, surgery cannot restore vision that has been lost.

It is important to remember that early detection and, if necessary, treatment are the best ways to reduce the risk of vision loss from diabetic retinopathy.

If you have any questions about diabetes or your eye health, you are more than welcome to call **Rose Optometry at Berry (02) 4216 8628** and speak to our optometrists Robert Rose or Anna Richter. Or perhaps you would prefer to call us and make an appointment.

Convenient online bookings are available at [www.roseoptometry.com.au](http://www.roseoptometry.com.au). ■



# Noah's

EVERY CHILD. EVERY OPPORTUNITY.

## Noah's Inclusion Services

Contributed by Nicole Kennedy, Team Leader

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

### How can your family benefit from being part of a playgroup?

Playgroups are a safe way for children and their caregivers to broaden their social network within a community. They are also a great place for children to try new activities that they would not normally do at home with other children their own age.

**Allowing children to develop social skills at their own place** Whether your child is usually a social butterfly or prefers to play alone, playgroups can give them the chance to build social skills and confidence at their own pace. These skills are an important part of child development and set them up for success in school and beyond.

**Building a child's emotional confidence** Children first learn about attachment and stability in relationships at home with their family members. The beautiful thing about playgroups is that they extend and enhance these relationships, as children attend with their caregivers, as well as building new relationships. Children are given the opportunity to grow confidence and skills in building new relationships while still feeling safe with their loved one close by.

**Encouraging physical activity** Playdough, running, jumping, dancing, twirling, singing and more - your child can get very active at playgroup! But don't worry if they don't usually enjoy physical activity. The range of activities on offer at each playgroup varies. And you can always bring your own ideas to playgroup about what activities your child would enjoy most.

**Supporting children's imagination and creativity** The best way to nurture creativity in



children is to allow them to play in an unstructured way. Children develop 80% of their brain in the first three years of life, so it's important to give them space to get their creative brains firing from a young age. At playgroup there's so many free play options including dress-ups, dolls, Duplo, puzzles, craft and more.

**Learning through role play** Role play develops children's imaginations and puts them in real-life situations where they process information and solve problems. It's important children have an environment that encourages children to be active learners and thinkers and playgroup is the perfect setting. It's also a place that introduces new characters and concepts into a child's expanding world.

If you would like to explore a playgroup with your child, Noah's has some great options in Sanctuary Point.

Mondays 9.30am to 11.30am – **Bilima Booris Playgroup** for Aboriginal children and families

Wednesdays 10am to 11.30am – **PlayConnect Playgroup** for children with Autism or developmental delays

Fridays 9.30am to 11.30am – **Little Steps** for children who don't attend other care

All groups are held during school terms at 48 Paradise Beach Road Sanctuary Point. **For more information please call (02) 4423 5022.** ■



# WHAT LIES BEYOND Burano - Venetian Lagoon

Contributed by Corinne Le Gall

Blue sky, green water, the brightest of rainbow colours on walls, cobble-stoned lanes, equally colourful boats moored in the miniature canals that run through the town, fishermen's cottages - need I add more to this description to make you want to visit this beautiful, small island - not as well known as others - that lies in the northern part of the Venetian Lagoon?

Do yourself a favour if you find yourself in northern Italy. As well as visiting Venice proper, take a vaporetto (ferry) for a forty minute or so ride to this beautiful island which lies only seven kilometres away from Venice.

As you leave Venice to reach this destination, you will go past a lot of islands - big and small, that had their own purposes during the yester-years.

The colourful buildings are worthy of photographing one after the other. There is a legend attached that the colours helped the fishermen find their homes in the fog.

Linking one side of the canals to the other, well constructed and beautiful bridges, not unlike Venice, add more charm to the island. Photographically stunning!

With a small population of near 3,000 permanent residents, much smaller than Venice, life is un-hurried, very relaxed and not stressful for the locals as well as for the tourists.

Burano is famous for lacemaking and has its own museum dedicated to its history and tradition. Intricate pieces can be admired and purchased if you wish to take home a piece of the island.

Restaurants, especially seafood, abound and if you do happen to stop off, do take your time as with the rest of Europe, meals are an event on their own. Lots of talking, eating and fraternising - un-hurried just like the island itself.

If somehow your trip does not allow a visit to the famously-known 'Leaning Tower of Pisa', Burano has its own. A little walk inland will have you to the Campanile Storto, also known as the Leaning Bell Tower of Burano. At a height of 53 metres, the lean is real, more-so than the Pisa tower. Well worth a visit. All in all, Burano island is really worth the time and effort. ■

<p><b>Wedding Videographer</b></p>  <p>Weddings, Corporate, Business and all other occasions</p> <p><b>0401 076 338</b></p>	<p><b>VHS to DVD's</b></p> <p>record albums</p>  <p>Onto CD's</p> <p>Cassettes</p>  <p>Home movies, LP's and Cassettes to CD's</p> <p>Onto DVD's</p>  <p>VHS home movies</p>  <p><b>0401 076 338</b></p>
---	--



**INJURED WILDLIFE?**

Call  
Wildlife Rescue

**0418 427 214**

[www.wildlife-rescue.org.au](http://www.wildlife-rescue.org.au)



# MUCKING IN

## CLIFTON COMMUNITY FOOD GARDEN

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

**April, Easter, Autumn, how our year is zooming by! What a test the weather brought us too! So hot, hot, hot!** The tomatoes were lucky not to cook on the plants.

So then, apart from all of that, the production of the tomatoes was amazing and surpassed the yield of previous years. Almost 50 kilos is put aside for the production of the preserves sold on our open mornings. That comes first, to stash enough rich redness away in freezers to cover this requirement and then members are able to collect some for their own use. We have all enjoyed the bounty, this year, which ground to a halt in early March, after the hot weather. Some of the fruit, mainly from the variety Mortgage Lifter weighed in at 600 – 800grams, huge fruit which have a beautiful pinkie flesh and a small amount of seed area. Other varieties grown this year were Apollo, Grosse Lisse and Black Russian, with some of the small, '*pop in your mouth*' salad varieties as well. All the tomatoes were weighed as they were picked and almost 100kg were produced.

Members are now looking forward to a great return from the beds of Aubergines or eggplant which are doing well. After a slow start, they have had a boost and are showing great promise, for a great return as well. Climbing beans have been grown up the sweet corn stems and also promise to yield a good crop although the corn did not mature well (*photo left below*).



A beautiful sunflower called Teddy Bear (*photo right*) was grown in the Heritage Garden and has produced several spectacular blooms. We are trying to save seed so we can grow again next year.

Lots of planning has taken place, as always, to ensure the rotation of crops throughout the garden as a whole. A huge task!! But all the members are excited at the beginning of the season planting the seeds and the nurturing of the young plants and learning the special techniques which apply to each different crop.

So away we go again!! The beds will be filled with lettuce, endive, capsicum, beetroot, carrots, leeks, shallots, onions, beans, peas, cabbage, broccoli, cauliflower, fennel, potatoes, Asian greens, with two varieties of silverbeet and spinach. The garlic has arrived too and will be tried again this season, with fingers crossed!

The construction team have almost finished the upgrade of the pathways through the garden. All have been raised up above the ground level, well clear of the water level, when it rains.

Their eyes have turned again to the barbeque area, where the heirloom bricks which cover the surface have sunk again, and need lifting and levelling in keeping with the height of the concrete floor. Jobs of this nature are solved with a '*working bee*' – many members are involved, lifting, cleaning and filling with fun and laughter, and lots of chatter – enjoyed by all. Perfect!

Now, when this is done will be the main thing, this area has become more and more important to the activities of the garden members. It must be settled and ready for the **Open Morning, which is the third Saturday of April. It is the 18<sup>th</sup> April, after the Easter break and before the Anzac break; we now have the Café ala Clifton operating from this area. Morning Tea is available for visitors, with homemade cake... or scones with jam and cream.**

So construction team, please don't let the repair work get in the way of a good time, for our visitors.

We must thank all our loyal supporters who always arrive, when the flags fly for the Open morning and fill their bags with tasty goodies, vegies and plants, leaving us with much needed funds to run the garden. Also, enjoying the vibe!

### Up the Garden Path

By Brad Wilson

**Let's look at Biscuits** If you are saying "Hang on - I thought this was a vegetable column. Why are we looking at biscuits?" Well, biscuits are made of wheat aren't they, and isn't wheat a vegetable? Righto, let's get on with it.



**Here's a question:** Why do they bother making hard biscuits - not everyone has teeth like the Terminator? Well, years ago all biscuits were made hard on purpose. Merely baking a biscuit wasn't enough for yesterday's bakers. They had to bake the guts out of it. Biscuits were double baked and if you really wanted to ruin your appetite - triple baked. That was to drive out every last drop of moisture to keep them fresh, because moist, soft biscuits go stale quicker.

Biscuits were designed for long journeys or voyages at sea where access to fresh food was limited. If it weren't for seafaring travellers, not only would we not have had modern Australia, but even worse, we would not have had any biscuits!

Of course if you had false teeth or no teeth, then these biscuits might have been a little challenging. But that's where dunking comes in. If you thought dunking was bad manners, think again. Once upon a time every biscuit lover across our wide

brown land was a proud dunker. Given a choice between starving and dunking, you would be a dunker too. Soaking your triple baked biscuit in your tea or ginger beer was something everyone did. We were a nation of dunkers!!

Etymology - let's get a bite on this tough cookie. The common name for this kind of biscuit was "hardtack" - "tack" just means food. The word "biscuit" comes from the Latin "biscoctus" which means twice cooked. If you were on a ship it was called "ship's biscuit". If you were in a canoe it was probably called "canoe biscuit". In those days there were no Iced VoVos or Jaffa Cake. Biscuits were real - you had to be tough to eat them. There were no Tee Vee Snacks (possibly because there were no TVs) and certainly no Tim Tams. If you were looking for something light, spongy and melt in the mouth you had a bit of custard.

By the time we got to modern times the world had gone soft. The few remaining hard biscuits have names like digestives, gingernuts and crackers. All of these are pretty dry.

One day while browsing the biscuit aisle, I came across some "Water Crackers". Why call it a water cracker when it is obviously dry as a bone? The answer is simple. If you are eating these things you had better have a glass of water handy - you might choke on the crumbs.

Perhaps you are wondering why we bother with hard biscuits at all. They are always the last to be eaten in a packet of Family Assorted. It seems that there are some people who enjoy the sound of snapping a biscuit. I've never been a biscuit snapper myself, but who am I to judge.

It doesn't matter if you are a dunker or a snapper; we are a nation of biscuit lovers. Who amongst us does not have biscuits in their cupboard?

**Top Tip:** Running late for work? Pop a Tim Tam into your coffee. It's a mocha flavoured instant breakfast! ■





# HUSKISSON PUBLIC SCHOOL

Together we are Stronger and Smarter

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

**Huskinson Public School continues to be a place where strong relationships, experienced staff and high expectations combine to create a high-quality education for every student.**

This year, we proudly celebrate a special milestone. Congratulations to **Ms Lewis, Mrs Jenkins and Mr Frost**, who are each celebrating ten years at Huskinson Public School. A decade of service reflects not only their dedication, but also the stability of our school community. Long-standing staff build deep connections with families and students, creating a consistent, supportive and nurturing learning environment.

In 2026, the NSW Department of Education has placed a strong focus on **High Potential and Gifted Education (HPGE)**. HPGE recognises that students may demonstrate high potential across four domains: intellectual, creative, social-emotional and physical. At Huskinson Public School, our teachers actively identify and nurture these strengths in the classroom.

Each year, some of our students are selected to learn through Aurora College, a selective program supporting high academic potential in rural and remote NSW students. We are incredibly proud of their achievements. At the same time, all classrooms provide extension, enrichment and differentiated learning to ensure students are challenged and supported at the right level.

We also nurture student strengths beyond the classroom. In 2026, students can participate in debating, drama and musical club, sports groups, choir and a tech club — providing opportunities to build confidence, creativity, leadership and teamwork.

At Huskinson Public School, we are excited about continuing to grow the capabilities of all our students. With experienced staff, strong community connections and a clear focus on excellence, our school remains a place where every child is known, valued and supported to reach their potential.





# What we are doing at VINCENTIA PUBLIC SCHOOL

## VPS and District Swimming Carnivals

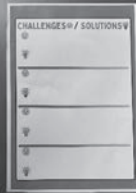
We had glorious days for both our VPS Swimming Carnival and the District Swimming Carnival. Students swam marvellously, supported by their cheer squads, and 10 students made it through to the Regional Swimming Carnival!



## Parent Vision Nights

Parents and Carers were invited to

attend one of our Parent Vision Nights at school. They participated in valuable forums, coming together to help shape the future of our school. A free sausage sizzle kept the creative ideas flowing! ■





# What's been happening at St Georges Basin Public School

## Kindergarten Children Settling In Wonderfully!

We are delighted to share that our Kindergarten children are settling into school life with great enthusiasm and confidence. They are quickly adapting to new routines, making new friends, and exploring their learning environment with curiosity and joy. It's wonderful to see their smiles and eagerness as they embark on this exciting educational journey. We look forward to supporting them as they continue to grow and thrive throughout the year!

## Swimming Carnival success

Our recent school swimming carnivals were a fantastic celebration of skill, fun, and community spirit, featuring two exciting events held simultaneously.



## School Assemblies

We have already enjoyed celebrating our students hard work and creativity each week at our School Assemblies. A big congratulations to all the students who received a Class Award or Sports Award. Your dedication and enthusiasm have shone through, especially for our kindy children as they navigate their first term. It's impressive to see how much progress everyone

has made already. Keep up the excellent work, and let's continue to support and encourage one another as we move forward together! ■





# FALLS CREEK PUBLIC SCHOOL UPDATE

Learning Together

## Small Schools Swimming Carnival

Congratulations to Manix, Bailen, Elsie, Kindred, Molly and Jaxon on their fantastic efforts at the Small Schools Swimming Carnival. They showed great sportsmanship, determination and school pride — we're so proud of you! A big thank you to Terara Public School organising and running such an enjoyable day. Well done to everyone involved!



## Morning Tea with Principal

A wonderful way to wrap up Week 2! Our School Captains, Zeke and Harper, enjoyed a special morning tea with our Principal Mr Stevenson, where they discussed student leadership, shared their vision for the future, and began planning some exciting upcoming events — exciting times ahead for our school community!





# VINCENTIA HIGH SCHOOL NEWS

**A proud moment for us and our 2025 Alumni Natalie Cooper, who displayed her VHS Major Work at the Nowra Regional Gallery.**

Our LaSP dhugan and CAPA teachers Mrs Hudman and Mrs Briggs were excited to attend full of cheer. Natalie has moved to UOW to pursue a career in art and we wish her every success and joy in her chosen field. Congratulations Natalie!

**Self Aware** (*digital illustration*) – Being an artist raises its own challenges. All artists start creating, because it is something that gives them enjoyment. That passion burns brightly as each piece made gets better and better. But what happens when that passion is subjected to pressure? A hobby transformed to a job with expectation that shoves and pushes the hand to paint and sculpt and make, but isn't for fun. That pressure blows against the flame of passion. Creating feels like a chore, like a demand. It has to be perfect. The concept of my series is that feeling of loss. Of losing the passion that dances within an artisans heart. The passion that opened them to be the art of making.

I used the digital platform Procreate to compose each of my seven artworks. Rendering techniques allowed me to play with tone and colour to communicate my concept. Reds and



Yellows swim within a circle frame, intending to communicate the passion and energy that artists feel when composing works, blue seeps its way into the corners of each swirl, representing the stresses and hardships that enforce themselves even as the artist grows in talent. Each artwork is slowly drained of colour. It becomes somber. That loss of ambition when pressures extinguish the flame of creativity with a flood of doubt is expressed through the cracks that fissure into each piece, representing the searing loss of creativity, thwarting the artists ambition.

Texture is used to convey a quiet feeling of satisfaction, although there's the crushing feeling of over thinking, of doubt and uncertainty. Even so an artist will continue to create because it is what they feel completed by doing. After all, passion in art is the passion of the heart. It isn't consistent it has its doubts. But snagged correctly it can make life.

**New Horizons** (21 Feb – 14 March 2026) represents a powerful snapshot of the next generation of artists around Nowra. Fresh takes and new works from Bomaderry High School, Kiama High School, Nowra Anglican College, Nowra Christian College, Nowra High School, Shoalhaven High School, Ulladulla High School and Vincentia High School. As part of the Gallery's commitment to nurturing the next generation of Shoalhaven artists Glenn Barkley will select one exhibiting student to receive a mentorship. This artist will create a new work to be displayed in the Ngura education space through 2027.

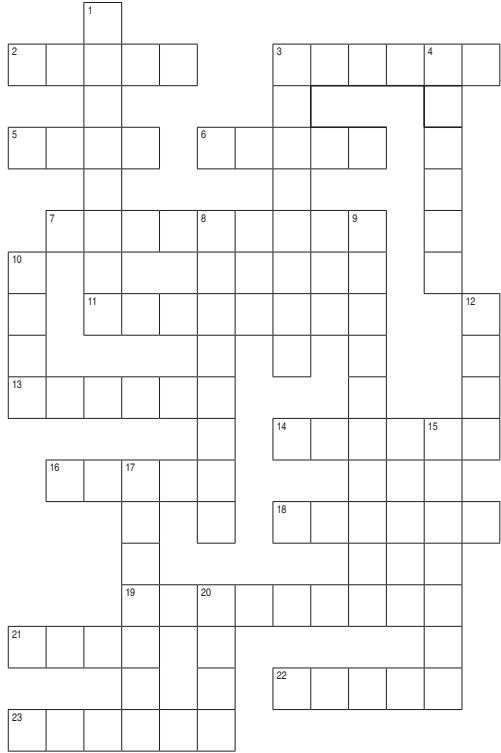
# Test your Capital Cities knowledge

**Across**

- 2. Cape Verde (5)
- 3. Mozambique (6)
- 5. Maldives (4)
- 6. Tunisia (5)
- 7. Sweden (9)
- 11. Paraguay (8)
- 13. Greece (6)
- 14. Cuba (6)
- 16. Japan (5)
- 18. Spain (6)
- 19. Benin (5,4)
- 21. Peru (4)
- 22. Vietnam (5)
- 23. Zimbabwe (6)

**Down**

- 1. Malta (8)
- 3. Liberia (8)
- 4. Iran (6)
- 8. Jamaica (8)
- 9. Uruguay (10)
- 10. Qatar (4)
- 12. Fiji (4)
- 15. Kenya (7)
- 17. Uganda (7)
- 20. Italy (4)



© Puzzle Choice



**MARCH SOLUTIONS**

<b>Sudoku 1 Solution</b>	7	4	1	9	2	6	8	3	5
	9	3	6	4	8	5	2	7	1
	8	5	2	3	1	7	9	6	4
	4	9	3	5	6	8	7	1	2
	6	1	5	2	7	4	3	9	8
	2	7	8	1	3	9	4	5	6
	1	8	7	6	4	3	5	2	9
	3	2	9	8	5	1	6	4	7
	5	6	4	7	9	2	1	8	3
	6	9	3	1	7	8	5	2	4
<b>Sudoku 2 Solution</b>	4	7	2	5	3	9	6	1	8
	5	1	8	6	2	4	7	3	9
	8	2	6	7	9	1	3	4	5
	9	5	4	3	6	2	8	7	1
	1	3	7	8	4	5	9	6	2
	3	4	9	2	8	6	1	5	7
	2	6	5	9	1	7	4	8	3
	7	8	1	4	5	3	2	9	6

# KIDS

## ORZNER

Q. Why was the Easter Bunny so grumpy?

A. He was having a bad 'hare' day.

Q. What is the Easter Bunny's favourite kind of music?

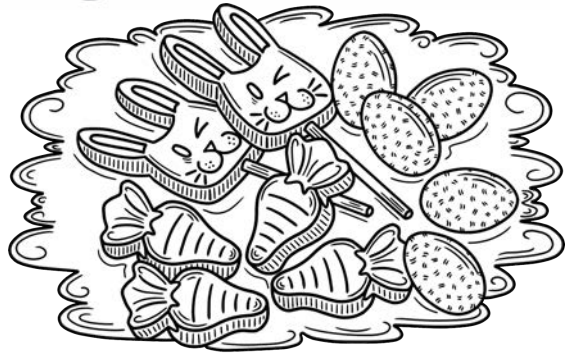
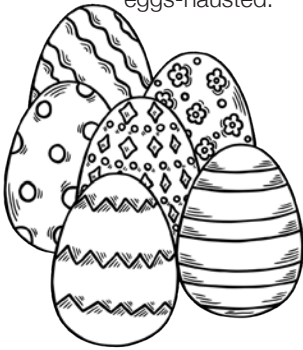
A. Hip hop.

Q. Why don't you see dinosaurs at Easter?

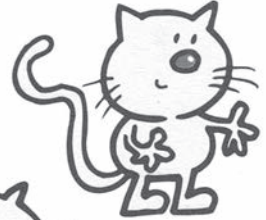
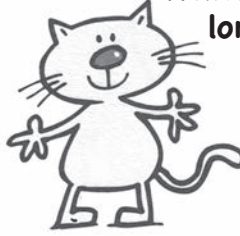
A. Because they are eggs-tinct.

Q. Why did the Easter Bunny go to bed?

A. She was eggs-hausted.



Which cat has the longest tail?



## HUSKISSON PICTURES



AIR CONDITIONED FOR YOUR COMFORT

For dates, information &  
movie times log onto  
our website

[www.huskpics.com.au](http://www.huskpics.com.au)

Program Information: 4441 6343

Administration: 4441 5076



LIVE MUSIC  
BAR + FOOD

# MUSEUM MUSIC SESSIONS

**SATURDAY 4TH (TWILIGHT MARKET)  
THURSDAY 9TH / 16TH APRIL 2026**

A family-friendly event with free live music, bar, food, & Museum open late.

**3PM - 7PM. DENT ST HUSKISSON**

[jervisbaymaritimemuseum.com.au](http://jervisbaymaritimemuseum.com.au)

**JERVIS BAY | MARITIME MUSEUM**



**KENNEDY & COOKE**  
THE SOUTH COAST LAWYERS *and*

**SOUTH COAST CONVEYANCING**  
A DIVISION OF KENNEDY & COOKE LAWYERS

WE CAN ASSIST WITH ALL OF YOUR LEGAL AND  
CONVEYANCING NEEDS.

CALL FOR AN APPOINTMENT TODAY.

**44 132 132**

Shop 2/26 Paradise Beach Rd, Sanctuary Point | Shop 1/185 Jacobs Drive, Sussex Inlet

[www.kennedycooke.com.au](http://www.kennedycooke.com.au)



# dwell Realty

SALES, RENTALS, HOLIDAYS, COMMERCIAL



02 4443 6635

[www.dwellrealty.com.au](http://www.dwellrealty.com.au)

  
*Billie-May Ewings*  
CONVEYANCING

Personal, Professional Conveyancing for the South Coast



There is no longer a need to leave the Bay and Basin to access exceptional, award winning conveyancing services. The Bay and Basin now have a full time Conveyancing firm at Sanctuary Point (conveniently located behind the Bendigo Bank).

**(02) 4408 3030**

3/200 Kerry Street,  
Sanctuary Point

Billie-May Ewings Conveyancing  
Licensed Conveyancer  
No. 05003916  
ABN: 12 103 155 128