



## Mens Health Awareness Week

June 9 to 15 to promote and support the health and well-being of men and boys.



## FREE Chemical Cleanout

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## Kings Birthday Long Weekend

The long weekend is June 7, 8 and 9. Double demerits from Friday 6th to Monday 9th.



# HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

June 2025

Established 2004

Volume 21 - Issue 6

## BOTANIC GARDENS WEEK 2025 - OPEN DAY CELEBRATING THE GREEN GUARDIANS



Tom Korevaar greeting the guests



Doryphora Sassafras



Pandorea Pandorana



Noel, Kim and Marysia



Ed, Kim, Trace, Greg and Col



Arran and Sue enjoying the day



Alan, Gloria and Ann



John Tufts treating the visitors with live music



Bowerbird nest



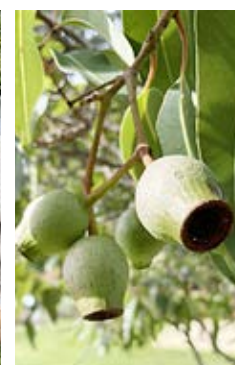
Colourful ornaments



Mason Keane with his exquisite bonsais



Colourful orchids with Louise



Snugglepote and Cuddlepie?



Xanthorrhoea glauca

The fine weather held through the weekend for a much-anticipated celebration at Shoalhaven Heads' Native Botanic Garden on Sunday 25 May. The occasion marked BGANZ Open Day and the local launch of Botanic Gardens Week, with this year's theme: Guardians of the Green – Protecting our Future.

The gardens at Cecilia Parade came alive with music, conversation, and the enticing aroma of a sausage sizzle. Visitors were greeted by the tunes of John Tufts and the welcoming smiles of the Botanic Garden volunteers, whose enthusiasm set the tone for a great day.

Many strolled through the gardens phone-in-hand, exploring plant details on the HORTIS 360 website – a digital guide brought to life through Rob Stewart's

meticulous plant cataloguing. Others simply soaked up the atmosphere with a cuppa or a bite to eat, surrounded by native flora and friendly faces.

For those with green thumbs, plants were available for purchase, and keen bonsai collectors found plenty to tempt them. A gentle reminder: the big annual plant sale is coming up in September.

Botanic Gardens Week is a national celebration organised by the Botanic Gardens Australia and New Zealand Network (BGANZ). It's a chance to recognise the vital conservation work gardens like ours undertake – preserving plant species, sharing knowledge, and creating spaces for the community to learn and connect with nature. Just as zoos safeguard endangered

animals, botanic gardens act as safe havens for threatened plant species, working together as part of a global network.

Shoalhaven Heads is lucky to have such a vibrant and well-loved garden. As one visitor put it, "We are so fortunate to have an amazing space here in the Heads." Thanks go to Rob Stewart for his work behind the scenes on HORTIS360, to Marysia Nowak for generously sharing her plant knowledge throughout the day, and to the many dedicated volunteers whose time and passion make the garden what it is.

Together, they embody the spirit of Botanic Gardens Week – protecting our future one plant, one conversation, and one open day at a time.

Heads News



## Thinking of Selling



## Raine & Horne

Danielle Harris 0407 233 030





## HEADS NEWS

The HEADS NEWS is brought to you by Tania Skelton and Mike Howard. For info about advertising or supplying editorial please contact Tania or Mike:

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### DEFIBRILLATORS IN SHOALHAVEN HEADS

Surf Club	Ampol Service Station	Shoalhaven Medical
Golf Club	St Peter's Church	Centre
Bowling Club	Tennis Clubhouse	Outside Chinese
Mountain View Resort	Council Swimming Pool	Restaurant
Coastal Palms	Holiday Haven	River Retreat
Tall Timbers	Caravan Park	Community Centre
Rural Fire Service	Dr Salauddin Surgery	Heads Hotel

### DATES FOR YOUR DIARY

Community Forum	Red Cross
Bowling Club 7pm Wed Jun 4	Bowling Club 1:30pm Tue Jul 1
Fire Brigade	RSL Sub Branch
Fire Shed 7pm Mon Jun 23	Bowling Club 4pm Mon Jun 2
Lions	Social Hub
Bowling Club 7pm Tue Jun 10	Community Ctr 10am Mondays
Probus	VIEW Club
Bowling Club 10:30am Fri Jun 13	Bowling Club 5:30pm Mon Jun 2

### IMPORTANT PHONE NUMBERS

Police Assistance Line	131 444	Kids Help Line	1800 551 800
Police/Ambulance/Fire	000	Shoalhaven Hospital	4421 3111
Poisons Information	13 11 26	Marine Rescue	4447 4466
State Emergency Service	132 500	Nowra Police Station	4421 9699
Wildlife Rescue	0418 427 214	Lifeline	13 11 14

### ESSENTIAL SERVICES

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58 Queen St Berry		Dr H. Muttaqi	4448 7398
Dr Zameer Panju	4448 7105	106 Shoalhaven Heads Rd	
112 Shoalhaven Heads Rd			

## COMMUNITY FORUM

### Entrance Management Plan (EMP) feedback extension

The Entrance Management Plan (EMP) feedback has been extended to 26th May. An information spread and petition have been included in the Heads News.

### Anzac Day

Clr Selena Clancy said Anzac Day at the Heads had an impressive turnout and appreciated being a part of this important remembrance occasion.

### Wharf Road Boat ramp upgrade

The progress to deliver this project has been very disappointing. The need has been clearly demonstrated and yet the funding has been withheld and reallocated in the past. The tourism and fishing community have an expectation that this modest upgrade project should be delivered by Council and State Government without further delay. The Coastal Management Program has funding earmarked for a Living Shoreline which was not requested, and which will not deliver for the community. It was agreed unanimously that these funds be used to upgrade the Wharf Road Boat ramp.

### Beach Sand

Sand over the viewing platforms and other infrastructure will be removed by Council in the week commencing 12th May. Clr Clancy to obtain a copy of the works outline.

### Dune Care Group

The group formation meeting Wednesday 14th May 3:30-6pm at the surf club – tea and coffee will be provided.

### Entrance Management Plan

Discussion on the failure of the existing policy and the need to push for changes to the operation plan for the mechanical opening.

### Shoalhaven Food Network

Clr Clancy spoke of the Shoalhaven Food Network – grants for small outlets (more information to come)

Deputy Mayor Peter Wilkins will chair the Council meeting next week while Mayor White is on leave to have a cancer removed. Best wishes for a speedy recovery Patricia.

### Community Centre - Jenny Edwards

- \* The new oven has been installed.
- \* The centre was used on the 3/5/25 as a polling place with lots of people going through.
- \* Having a few problems with water damage coming through the ceiling in a couple of places, a roofer has been organised to fix these areas.
- \* The toilets look so much better with a fresh coat of paint, Andy's Painting Services did a great job.

### Native Botanic Garden - Tom Korevaar

The Botanic Gardens Day event on Sunday 25 May 2025, 10 am to 2 pm, is expected to attract many visitors including people from the broader Shoalhaven / Illawarra area.

Learning how to use our Hortis 360 Platform from your smart phone will be central to promoting the theme "Guardians of the Green. Protecting Our Future".

Additionally, "walk-throughs" of the garden, community information stalls, barbecue & light refreshment offerings and live music, will ensure an enjoyable outing for all ages.

Rob Stewart (the gardens president and curator) will be speaking at a Pacific Region Hortis 360 webinar meeting. The invitation for him to address this

international seminar is a nice recognition of the status of Shoalhaven Heads Native Botanic Garden and the advanced work being done in our project.

### Shoalhaven Heads Estuary Task Force - Phil Guy

Phil gave the history of the Wharf Road boat ramp upgrade and noted the way the project has been expanded from only an upgrade to the ramp to including adjacent parking and amenities. This is contrary to the community request and has seen the cost of the project increase. Council has no funds to meet the grant condition of 50% Council contribution, nor 25% reduced contribution and is requesting full grant assistance – which is highly unlikely. This much needed upgrade is a priority for the village and the CMO should be amended to include the upgrade. Phil is seeking the assistance of MP Gareth Ward via a Zoom meeting to hear the issues and support the request. These funds come from Transport NSW and that agency has been missing in action at the table with CMP and other issues.

The SHET has worked jointly with Forum to provide thorough and valid feedback to Council on the Entrance Management Policy and is relying on our Councillors to deliver a better outcome.

### Meals on Wheels - Kim McGuire

Kim reflected on the service which has been going since the early 80s and today has 30 clients who may choose their meals from a menu. 20th May will see a joint picnic in the park with the preschool. The roof of the building has sprung a leak, and Council is attempting to rectify the matter.

### Lions Club - Gidg Zealand

The Social Hub has returned after school holidays and will have a speaker on Monday 12th to inform the attendees on home care packaged for elderly people and processes to ensure adequate support is being provided.

Lions will have run a Bunnings BBQ on 1st June and Gidg thanked the friends of Lions who help at the BBQs.

The members enjoyed a social night on Friday 2nd May at Mountain Ridge Pizza – enjoyed by all.

### POTHOLES

An ongoing problem around the village – while the ones in the paved roadway are being fixed the enormous potholes in the unsealed areas are being left. The pothole near Bangalay and the holes near JBO have been there for over 6 months. Please keep reporting to Council and to Clr Clancy who will try her best to press for maintenance. The app SNAP SEND SOLVE is a quick way to report to Council.

Community Forum

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# FLOOD AT 1.574M SHOWS WHERE THE DAMAGE BEGINS



1.574m peak water level at a house in Hay Ave (red lines added for clarity)

At 7:30pm on Friday 23 May, the Shoalhaven River peaked at 1.574 metres AHD. That’s well below the official 2.0 metre trigger set out in Shoalhaven City Council’s draft Entrance Management Policy (EMP). Yet even at that level, residents in parts of Shoalhaven Heads were dealing with water in garages, low-lying yards, and driveways (including in Jerry Bailey Road). It wasn’t a major flood — but it was enough to show where the problems begin.

## What Happens as the River Rises?

To help clarify the issue, here’s a simple guide to how impacts build — and what the current policy allows:

Height (AHD)	What This Level Relates To
1.5m	Water begins entering non-habitable areas like garages and yards in low areas.
1.8m	<b>Proposed notch height</b> — low enough to help the river drain, but high enough to avoid reverse ocean flow.
2.0m	<b>Current EMP setting:</b> Council can cut the berm only once the river level at Shoalhaven Heads reaches this point, typically during a Flood Warning.
2.25-2.6m	Typical sand berm height. If the berm is too high, cutting it becomes slower and more difficult.

By the time the river hits 2.0 metres, another half-metre of water may already be flowing through garages and yards — leaving behind mud, debris and damage. That’s additional cleanup and disruption for residents. Council’s policy is based on modelling and professional assessments. But the community isn’t disputing the science — it’s asking for something the EMP doesn’t yet account for: lived experience.

## A Trial Approach

The petition, signed by more than 550 residents, doesn’t call for the river to be opened automatically at 1.5 metres. What it asks is that 1.5 metres be treated as a signal to act — a level where Council can start



River at approx 1.1m AHD at River Rd Reserve



River at approx 1.1m AHD at the jetty near Carter’s Corner



River at approx 1.1m AHD at the pontoon at River Rd Reserve

preparing if flooding looks likely. It also asks that the notch — the section of the river mouth that’s kept low to let water escape — be maintained at 1.8 metres instead of 2.0. That way, if the river keeps rising, Council can cut a berm breach point down to the same level and create a pilot channel, allowing the river to start draining sooner.

Water was already reaching garages and yards at around 1.5 metres. Based on what was observed, this supports the community’s call for 1.5 metres to become an action level where preparation can begin.

## Clr Clancy to Present Petition

Shoalhaven Councillor Selena Clancy has confirmed she will present the petition at the next Council meeting. “This is an issue the community has raised clearly and consistently,” Clr Clancy said. “I’ll be pushing for it to be properly considered.”

The EMP is expected to return to Council’s agenda in mid-June.

Heads News

# BOTANIC GARDENS

Writing this in early May, it seems hard to believe that winter is (almost) here! Beautiful warm days here in our piece of paradise have encouraged many to be out in nature or the garden enjoying every moment of it. Now is a good time to prune natives that have finished flowering, especially to maintain a compact shape. Many natives can become “leggy”, where the branches and leaves are sparse. Pruning also encourages profuse flowering, and sometimes a second flowering.

Some plants such as Lilly Pillys (Syzygium/Acmena), Correa alba, Coastal Rosemary (Westringia fru-

ticosa), and even some Grevilleas and Bottlebrushes make perfect hedges or borders and can be clipped accordingly. Even topiary if you’re keen! My picture is of our (almost) arch of Lilly Pillys in the Garden. As we are such a small place for a botanic garden, at just one hectare, we often trim plants to make room for more.

This month the volunteers are busy weeding and trimming in the main garden and potting up in preparation for our annual plant sale in September.

Chris Lawrance

FIONA PHILLIPS

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

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**Stall enquiries & bookings contact Megan 0407 407 328**

# NEW DUNE CARE GROUP - VOLUNTEERS NEEDED



A newly formed Dune Care Group is getting ready to support ongoing efforts to protect the beach at Shoalhaven Heads.

Coordinated by Claude Domio, the group has already signed up around ten volunteers and is now looking for more. Councillor Selena Clancy has joined as a community member and says the aim is to work with Council, not against it.

“The group’s off to a good start,” she said. “We just want to make sure the work is looked after properly.”

Sand was recently cleared and new plants added by Council contractors, but fences to protect the site are still missing — a concern shared by many locals. Claude says there’s a 10-week maintenance period in place, after which the volunteer group hopes to take on a hands-on role.

A background in land and water conservation means Claude brings some practical know-how, but he’s quick to point out this is a team effort.




“We’ll set a regular time to meet — maybe once a fortnight. It’s not heavy work, just helping the dunes recover.”

**Want to help?**  
Contact Claude Domio on 0459 644 643 or reach out via the Community Forum.


Heads News

# Raine & Horne

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**Danielle Harris**  
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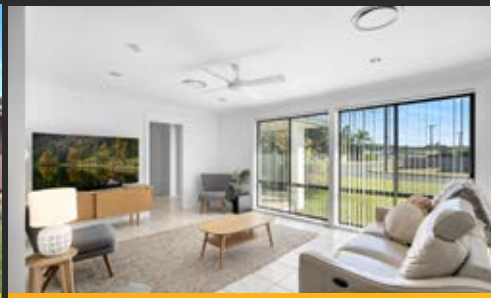
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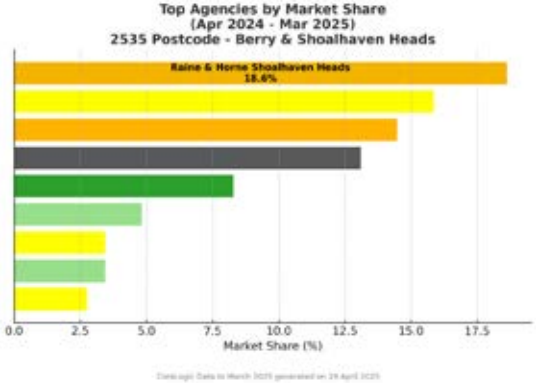
14/43 Renown Avenue

2 1 1



8 Davison Drive

4 2 4

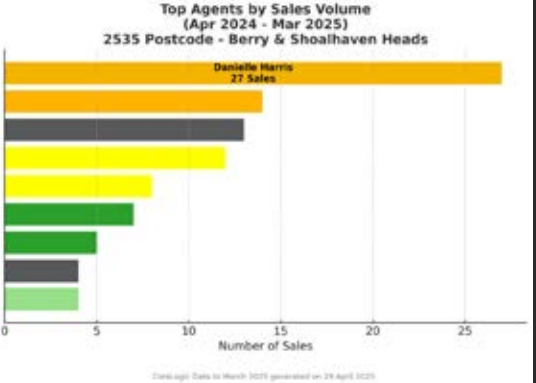


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Danielle Harris 27 Sales



# BRASS SUCCESS FOR DUNSTAN FAMILY IN MELBOURNE

Shoalhaven Heads sisters Isla and Sophie Dunstan recently returned from the Australian National Brass Band Championships in Melbourne with their dad John, after competing as part of the City of Wollongong Junior Brass Band.

Held at Xavier College in Kew, the band competed in two sections — Junior B Grade and Open D Grade. “In the Junior B Grade, we came second,” said Sophie. “So we’re the second-best junior band in Australia!” In the Open D Grade, which is open to all ages, they placed fourth.

The family turned the trip into a holiday, stopping at Bermagui and Eden on the way down, and Echuca on the way home. “It was way better than last year when it was all the way in South Australia,” Isla said. “This time we made a whole trip out of it.”

The event also included a street march. Isla described a spiral formation the band performed mid-march: “We lined up, and then one group would loop behind the other to make a massive spiral. It looked really cool.” Their drum major Evan, just 16, won Best Drum Major in the D Grade section — a standout achievement for his first time in the role, after two months of early morning lessons with a senior conductor.

Both girls have been part of the junior band since age nine, with Isla on E-flat tuba and Sophie on second cornet. “We literally joined on our birthday,” Isla laughed. “I remember walking out of rehearsal with a birthday sticker from our conductor.”

Isla said playing tuba comes with pressure. “If the



Twins Isla and Sophie and their dad, John

tubas play fast, the whole band plays fast. It’s a big responsibility.”

Isla now has a 25% school music scholarship, while Sophie received a general excellence scholarship after a tough academic test and portfolio assessment. “They wouldn’t give two of the same scholarship to sisters in the same year,” Sophie explained, “so I went for a different one.”

The band rehearses in Wollongong each Friday. “Nowra has a town band,” said John, “but there’s no junior program like Wollongong has, so we make the trip.” John, who has played trumpet and cornet in bands, orchestras and even the Opera House, said it’s special to see his daughters follow the same path.

Their next competition is in August at the NSW state titles in Sydney, with the 2026 nationals to be held in Brisbane.

Heads News



## LIONS CLUB

At our May meeting we agreed to donate \$1000 to the Shoalhaven Heads Football Club. The money will go towards the purchase of lighter goal posts which will primarily be safer and easier to move.

We also agreed to sponsor a hole at the annual Shoalhaven Heads Primary School golf fund raiser and have offered our help on the day.

In last month’s report I indicated that our club is interested in being involved in the Lions Eye Health Program (LEHP) which involves testing young children for various vision problems. Some of our members

have already commenced the online training.

On Sunday 1st June we will be running the BBQ at Bunnings South Nowra so please drop in and buy a sausage (or two) if you are out on the day.

We have also agreed to run a food stall at the Kismet Community fair to be held at the Community Centre in October.

Our next monthly meeting will be held at the Heads Bowling Club on Tuesday 10th June commencing at 7pm. Visitors are always welcome to come along and join us.

Rob Russell - President

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### Osteoarthritis management

Osteoarthritis is a chronic condition that affects many people within the community. Our amazing Physio Erika has a special interest in the management of osteoarthritis of the shoulder knees, hips or ankles.

**If this is a condition that affects you, contact our clinic and request an appointment with Erika!**



## HEADS MEN'S SHED



A couple of creations from the Mens Shed

Good morning fellow Shedders,

I hope this finds you all in your best fettle! We are still looking for more Members the annual fee is only \$50, the more members we have the better service we can be to our customers, as I was reminded recently.

"Alone we can do so little, together we can do so much"!

It doesn't matter how much you know about wood-working, as there are others here that are willing to assist you in completing a project you want to do, BIG or small, over the years we have been blessed to have a diverse range of members who have helped complete a number of task. On one occasion there was a need to modify a couple of bikes for children with special needs & we were lucky enough to have a mechanical engineer on our team & the resulting bikes were magnificent.

On another occasion we had a preschool that required a life size wooden tractor for the children to play on & we were able to deliver it in a couple of months, the project was completed on time.

Unfortunately those members are no longer with the Shed & we are the poorer! But we are collecting a new group of members with different skill levels & we just plough on completing the tasks on hand.

Our hope is with the new influx of members we will have a new skill set, that we can utilise to help our customers get their jobs done!

Well here we are at the end of another newsletter, I hope you enjoy the rest of the month & as they say "well see you in the funny papers", here a couple of jokes I hope you haven't heard before.

What do you call fake spaghetti? An impasta!

Why did the scarecrow win an award? Because he was outstanding in his field!

Pat Duggan, Secretary



## VIEW

To celebrate Mother's Day and have some fun our members and visitor were invited to bring along a photo from childhood days and have others guess who they were. It created many laughs and there were chocolates all round for trying.

Shoalhaven Heads VIEW Club is urging the local community to give generously to The Smith Family's Winter Appeal this year to support thousands of children and young people experiencing disadvantage with their education.

VIEW (Voice, Interests and Education of Women) is proud to be the largest community sponsor of The Smith Family's Learning for Life program, which provides students with financial, educational and personal support, which is crucial, particularly in the current economic climate. It is also the largest community sponsor of students on The Smith Family's Learning for Life program with our own club supporting 3 students through its fundraising activities.

We always welcome new friends to VIEW and hope you can join us at our next meeting on Monday 2nd June 2025, 12 noon for 12:30 pm at Shoalhaven Heads Bowling Club. This meeting is being held one week earlier than usual due to the Kings Birthday Public Holiday.

Please contact Sue on 0408 620 527 if you would like to come along.

Lorraine (President)

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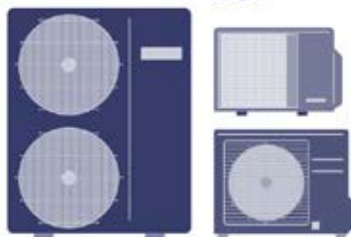
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## IS OUR VOTING SYSTEM FAIR? WHY THE ANSWER ISN'T SO SIMPLE

After every election, questions inevitably surface about how the system works — and whether the results are truly fair. The 2025 federal election was no exception. With a significant swing against the Coalition and a notable number of independents and minor party candidates winning seats, some commentators suggested the system was stacked or distorted.

But before jumping to conclusions, it's worth looking at how our voting system actually works — and how much of what happens comes down to the choices of voters themselves.

### Preferential voting is designed to reflect what voters want

Australia's House of Representatives uses preferential voting in single-member electorates. That means voters number candidates in order of preference, rather than just ticking a single box.

This gives voters more control:

- You can support a minor party or independent first, without “wasting” your vote.
- If your first-choice candidate is eliminated, your vote moves to your next choice.
- Your vote still counts — even if your top pick doesn't win.

This is very different from systems like first-past-the-post (used in the UK and US), where whoever gets the most votes wins, even if most voters preferred someone else overall.

### So who decides where preferences go? You do.

A common misunderstanding — often repeated in

media — is that “a candidate's preferences flowed to another candidate.” But candidates don't control preferences.

Here's what actually happens:

- Parties can suggest preferences using how-to-vote cards.
- But it's voters who number their ballots, and only those markings determine where preferences go.
- While some voters may follow party suggestions, many choose their own order based on personal values or strategic thinking.

So when someone says “the Greens' preferences flowed to Labor,” what actually happened is that many Greens voters decided to rank Labor ahead of others — not that the Greens handed over their votes.

### But what about fairness?

Some critics point out that the winning party doesn't always match the overall national vote share. That's not because of preferential voting — it's because of how we divide the country into single-member electorates.

This system tends to favour major parties with concentrated support in key areas and under-represents minor parties even when they have significant national support.

For example, a party might win:

- 10% of the vote nationally, but
- 0 seats, because they weren't a front-runner in any single electorate.

That's why some people advocate for a proportional

representation system, like Tasmania's Hare-Clark model.

### What is Hare-Clark?

Hare-Clark uses:

- Multi-member electorates (e.g. 5 MPs per district),
- Preferential voting, and
- A method of allocating seats in proportion to votes received.

It allows for more diverse representation, better chances for independents and minor parties, and far fewer “wasted” votes — all while giving voters full control of their preferences.

Would it work federally? That's a longer conversation. But it's one way to address the disproportionality that can emerge in single-member systems, even under preferential voting.

### Final thought

Australia's electoral system isn't perfect. But it's one of the fairest in the world — because it allows voters to express their preferences clearly and have their voices count.

If the outcomes seem lopsided or uneven, it's not because the system is rigged — it's because voters are using the system strategically, deliberately, and in increasing numbers, creatively.

Rather than scrap it, we should keep understanding it — and make sure it continues to reflect the will of the people, however complex that will may be.

Heads News



## MID-YEAR MOMENTS: TALKS, TRIPS AND TOASTS WITH PROBUS

Welcome to our June Probos newsletter. As we embrace the cooler months and the energy of mid-year, we are thrilled to share some exciting activities and upcoming events that our committee has planned.

Starting with our monthly meeting on Friday, June 13th, at 10:30 am, we will be welcoming a guest speaker from 'Ageing with Grace' who represents a vibrant and inclusive community of volunteers, united in supporting and empowering older people to age gracefully. Join us at the Heads Bowling Club for the chance to connect with new and old friends, share in the fun and engage in some interesting discussions.

The inclement weather kept most of our Gourmet



Members enjoying their prawns at Jim Wild's Oyster Shack

Wanderers away last month however the few members who braved the uncertainty of rain, thoroughly enjoyed their day at the historic town of Berrima where they stopped for morning tea before strolling through its quaint little shops. They feasted at the Surveyor General Pub and visited the old Berrima Courthouse before heading back for a well-deserved rest.

WAGS is held each month at Coastal Palms Community Centre and has been well at-

tended by members with an appreciation for good wine and sharing a platter or two whilst trying to guess the wines of the month.

Tickets have sold out for Our Entertainment Group's outing to Nowra Players this month to see 'Bloom'.

Our functions officer Kathy has been diligently organising our mid-year celebration of a different kind this year which will be held on 11th July at the Heads Bowling Club for Probos members. 'Fashions on the Field' Race Day Luncheon together with some great fun and games including the famous wooden horse race together with prizes and best dressed. Keep an eye out for those pesky jockeys as they may have some great tips for you.

Date for our bus trip to Kembla Races to be posted in July. We hope to welcome more new faces at our next meeting. We meet every second Friday of each month at Heads Bowling Club at 10:30am. For further information or to come along to one of our informal gatherings as a guest, please contact our President Linda Steyne on 0413 018 440 Take care and keep warm.

Kerry Kells - Publicity Officer

## Betty Kuntiwa Pumani

malatja-malatja

those who come after



Betty Kuntiwa Pumani, *Aniara*, 2020 (detail), synthetic polymer paint on linen. Courtesy of the Artist, Mimi Maku Arts and Museum of Contemporary Art Australia. Image © Betty Kuntiwa Pumani / Copyright Agency, 2025, photograph: Jessica Maurer

Opening Weekend—Saturday 28 & Sunday 29 June

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CLUB	CONTACT	PHONE	MEETINGS
Beer Appreciation	Mike Howard	4448 7833	TBA each month
Botanic Garden	Tom Korevaar	0429 012 796	Working Bee 8am every Monday at 9 Celia Parade
Bowlo Fishing Club	Scott Tyrrell	0447 782 800	Weigh-in last Sunday of each month
Bushido Judo Club	Darren	0409 920 711	Tue 5:30-7:30pm - Community Centre
Community Centre	Jenny Edwards	0418 100 151	Contact Jenny for hiring of the Community Centre
Community Forum	Robyn Flack		1st Wednesday of month at Bowlo at 7:00pm
Computer Club	Alan	0416 008 406	10:30am every Wed at the Bowling Club
Cricket	Ted Street	4464 1142	Season October to April
Fire Brigade	Stephanie Judge	0412 425 567	3rd Mon at 7pm Training - Sun 9am - 12 noon
Garden Lovers Group	Laurie Talbot	0428 441 667	2nd Thur of the month - 1:30pm at the Com Centre
Golf Club	Club House	4448 8683	Open 7 days a week
Handicraft Group	Marilyn McMahon	4448 7756	Wednesdays 9am to 11am at the Community Centre
Heads Fishing Club	Ion Lloyd	0424 705 520	2nd Sunday of the month BBQ & Weigh-In 1:00pm
Jerry Bailey Children's Centre	Staff	4448 7524	Open 8:00am till 6:00pm Mon - Fri
Lions Club	John Moore	0417 027 692	2nd Tue of the month 6-7pm at the Bowlo
Meals on Wheels	Deborah Getley Viv Jones	0402 855 332 0413 290 869	Meals cooked Wed & Fri and delivered Mondays
Men's Shed	Pat Duggan	0473 120 615	Mon, Tue, Wed 9:00am - 12 noon Celia Place
Playgroup	Shannon Opel	0484 098 388	Mon, 10:30-12 at the Bowlo (in school terms)
Probus Club	Maggie Pye	4448 5913	2nd Fri of the month 10:30am at the Bowlo
Public School	Office	4448 7174	Ravenscliffe Road, Shoalhaven Heads
Red Cross	Jenny Edwards	0418 100 151	1st Tue of odd months 1:30pm at the Com. Centre
RSL	Paul Bounds	4448 8284	1st Monday of month (4:00pm) at Bowling Club
Rugby Union	Greg Murphy	0411 255 060	Season April - September

CLUB	CONTACT	PHONE	MEETINGS
Soccer - Registrar	Chris Firth	0411 524 747	rego@shbfc.com.au Season: April - September
Social Golf - Bowlo	Bowling Club	02 4448 7154	Golf Club
Social Hub	Robyn Flack	4448 7208	Mon 10-12 at Com Centre (during school terms)
Surf Club	Karl Poulton	0401 824 335	Patrol Sep to Apr Nippers Oct to Apr
Tennis & Pickleball	Christine Talbot	0419 465 995	Mon & Wed 9am, Tues & Wed 7pm
VIEW Club	Sue	0408 620 527	2nd Monday of month at Bowling Club at 11:30am
Yoga	Tania	4448 7833	Mon & Wed 5:30-6:30pm Community Centre

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<b>Sun 1 Jun</b> L 06:57 0.41m H 13:05 1.24m L 18:17 0.77m	<b>Mon 2 Jun</b> H 00:42 1.67m L 07:48 0.48m H 14:02 1.26m L 19:19 0.81m	<b>Tue 3 Jun</b> H 01:36 1.55m L 08:36 0.53m H 14:57 1.30m L 20:28 0.82m	<b>Wed 4 Jun</b> H 02:33 1.45m L 09:18 0.56m H 15:47 1.36m L 21:36 0.81m	<b>Thu 5 Jun</b> H 03:31 1.37m L 09:59 0.58m H 16:33 1.44m L 22:43 0.77m	<b>Fri 6 Jun</b> H 04:25 1.32m L 10:36 0.58m H 17:15 1.52m L 23:40 0.71m	<b>Sat 7 Jun</b> H 05:17 1.29m L 11:12 0.59m H 17:54 1.60m	<b>Sun 8 Jun</b> L 00:29 0.64m H 06:06 1.27m L 11:48 0.60m	<b>Mon 9 Jun</b> L 01:13 0.57m H 06:52 1.26m L 12:24 0.62m H 19:06 1.73m	<b>Tue 10 Jun</b> L 01:53 0.51m H 07:37 1.26m L 13:00 0.63m H 19:42 1.78m	<b>Wed 11 Jun</b> L 02:32 0.46m H 08:20 1.25m L 13:37 0.65m H 20:18 1.81m	<b>Thu 12 Jun</b> L 03:11 0.43m H 09:02 1.25m L 14:17 0.66m H 20:57 1.82m	<b>Fri 13 Jun</b> L 03:51 0.42m H 09:46 1.24m L 14:58 0.67m H 21:36 1.82m	<b>Sat 14 Jun</b> L 04:32 0.42m H 10:29 1.24m L 15:42 0.68m H 22:17 1.80m	<b>Sun 15 Jun</b> L 05:17 0.42m H 11:16 1.24m L 16:29 0.69m	<b>Mon 16 Jun</b> L 06:02 0.42m H 12:05 1.26m L 17:21 0.71m H 23:47 1.71m	<b>Tue 17 Jun</b> L 06:48 0.42m H 12:58 1.30m L 18:19 0.73m	<b>Wed 18 Jun</b> H 00:39 1.65m L 07:36 0.43m H 13:53 1.36m L 19:25 0.73m	<b>Thu 19 Jun</b> H 01:36 1.57m L 08:24 0.43m H 14:48 1.45m L 20:39 0.70m	<b>Fri 20 Jun</b> H 02:41 1.49m L 09:13 0.44m H 15:43 1.57m L 21:55 0.64m	<b>Sat 21 Jun</b> H 03:49 1.43m L 10:02 0.45m H 16:37 1.69m L 23:08 0.54m	<b>Sun 22 Jun</b> H 04:58 1.38m L 10:52 0.47m H 17:31 1.81m	<b>Mon 23 Jun</b> L 00:16 0.43m H 06:04 1.35m	<b>Tue 24 Jun</b> L 01:16 0.32m H 07:07 1.33m L 12:36 0.51m H 19:17 1.99m	<b>Wed 25 Jun</b> L 02:12 0.25m H 08:06 1.32m L 13:29 0.53m H 20:08 2.03m	<b>Thu 26 Jun</b> L 03:05 0.22m H 09:02 1.31m L 14:22 0.54m H 20:59 2.03m	<b>Fri 27 Jun</b> L 03:56 0.22m H 09:54 1.30m L 15:14 0.57m H 21:47 1.98m	<b>Sat 28 Jun</b> L 04:45 0.27m H 10:45 1.29m L 16:05 0.60m H 22:34 1.88m	<b>Sun 29 Jun</b> L 05:31 0.33m H 11:34 1.29m L 16:56 0.65m H 23:19 1.76m	<b>Mon 30 Jun</b> L 06:14 0.41m H 12:22 1.29m L 17:47 0.70m
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# SLASH ELECTRICITY BILLS WITH SOLAR & BATTERY – BIG REBATES NOW AVAILABLE

Home batteries are more affordable than ever — and from 1 July 2025, a new federal rebate will cut battery costs by around \$370 per kilowatt-hour (kWh) of storage. That means a typical 10kWh battery could receive over \$3,700 off the upfront cost.

Here’s how to plan a system that suits your home — and how much you might save.

## 1. What Kind of Home Energy Use Matches Yours?

Use this table to compare three common household patterns and how solar (with or without battery) can help reduce your bills.

	Home During the Day (e.g. retirees, remote workers)	Out All Day, Home at Night (e.g. working families)	High Energy Household (e.g. EVs, pools, large families)
System	5kW solar only	6.6kW solar + 10kWh battery	10kW solar + 13kWh battery
Power Use Pattern	Can run appliances during the day	Most energy use is after sunset	High use day and night
Self-Use of Solar	~10kWh/day	~15kWh/day via battery	~20kWh/day
Daily Savings Estimate	~\$3/day (using solar instead of grid)	~\$4.50/day (store and use own power)	~\$6/day (self-powered most of the time)
Annual Savings Estimate	~\$1,000+	~\$1,500–1,700	~\$2,000+
Battery Recommended?	Not essential	Yes	Yes

**Tip:** Even without a battery, you can increase savings by running appliances during the day — many machines can be set to run automatically with a timer.

## 2. How Much Solar Do You Need?

- A rough guide:
- A 5kW solar system generates about 20kWh/day on average  
→ 30kWh/day in summer  
→ 10kWh/day or less in winter  
Solar energy is generated mostly between 9am and

4pm. You can use this energy directly, store it in a battery, or feed it back into the grid (which still earns you a feed-in tariff and supports larger-scale storage like pumped hydro or grid batteries).

**Oversizing isn’t wasteful:** A larger system performs better on cloudy days and in winter. It ensures your battery can be topped up consistently, even in less-than-ideal conditions.

## 3. What to Ask Your Installer

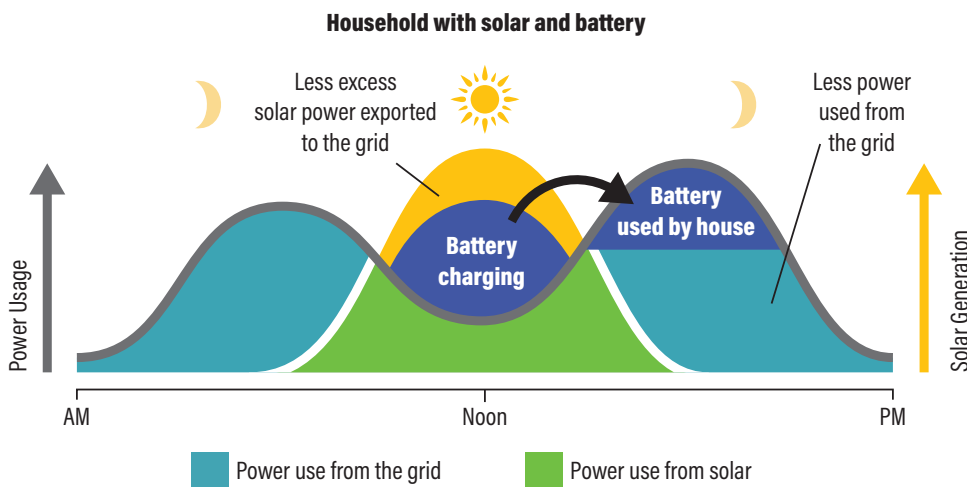
- Can the solar system charge the battery in winter?
- How much solar will I use versus send to the grid?
- Does the battery provide blackout backup? What can it power?
- Can I expand the system later (e.g. for an EV charger)?
- Will the system qualify for the federal battery rebate?

Installers should be Clean Energy Council-accredited and willing to explain how the system will work in both summer and winter — and how long it might take to recover your upfront investment through energy savings.

## 4. About the Federal Battery Rebate

The Cheaper Home Batteries Program begins 1 July 2025. Key details:

- Around \$370 per usable kWh of battery storage
- A 10kWh battery could receive over \$3,700 in discounts
- Available for eligible households with new or existing solar



- Rebate value tapers each year until 2030
- Learn more at:  
[dcceew.gov.au/energy/programs/cheaper-home-batteries](https://dcceew.gov.au/energy/programs/cheaper-home-batteries)

## The Bottom Line

Solar and battery systems now offer:

- Lower electricity bills
- Greater independence from the grid
- Protection from rising energy costs
- A cleaner, more sustainable home

With technology improving, recycling systems getting better, and support increasing, renewables with storage are the cheapest, cleanest and most reliable way to power your home.

That’s why they’re expected to supply half the world’s electricity by 2030.

## Disclaimer

This article provides general guidance only. Actual system performance, savings, and rebate eligibility vary depending on your location, household usage, product choice, and installer.

Always consult a Clean Energy Council-accredited installer for tailored advice.

Heads News



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\$1,250,000



23 Noakes Street  
\$1,200,000 - \$1,300,000



10 Cheltenham Drive  
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6 Davenport Road  
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1 Hanlon Avenue  
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Principal/Sales  
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Claire Nunn  
Sales  
0402 294 992



Lorraine Shaw  
Property Manager  
02 4448 8344



Lilli Williams  
Sales  
0498 473 247





## SHOALHAVEN HEADS RURAL FIRE BRIGADE

Hi everybody. The Brigade was called to thirteen incidents last month. Some jobs are worth mentioning. Some may be considered "run of the mill".

### Structure fire at Aspinall Street

One Sunday afternoon, we were called to a structure fire at Aspinall Street in the village. A passer-by had noticed a smoke plume rising from the shops and thinking it unusual, reported a fire. Imagine the owner of the Pizza shop's surprise when two Fire Trucks and nine firefighters roll up, lights flashing and sirens blaring, when all he was doing was "cleaning" the ovens.

Whilst there is a humorous side to this "incident", the RFS would prefer to be called on a smoke sighting if you have any concerns. Imagine a genuine incident going unreported.

### Semi-trailer fire

A semi-trailer fire was reported on a Friday. Around mid-morning, both our Pumper and Cat1 Tankers responded to the Princess Hwy at Gerringong where we found the Prime mover had decoupled from its trailer. The contents, which was material for recycling was smouldering.

We were joined on scene by RFS Gerringong and FRNSW Kiama, where crews worked to cool the smoking material. An Excavator was brought in to empty the trailer, allowing firefighters access to extinguish the fire. Once out, the load was transferred to another truck & Trailer.

It took a massive amount of water, an estimated 50,000 litres, to complete the task. When you consider most large RFS Fire Trucks carry 3000 to 3500 litres, that's a lot of "To and Fro" trips between the nearest Fire Hydrant and the fire, by supporting vehicles.

Recycling is an important feature of modern life. Please consider the suitability of what you place in the Yellow Bin. This is the second such incident in recent memory.



Semi-trailer fire - before excavator & after.



After: checking with Thermal Imaging Camera

### Illaroo Incident

Late one Friday night we received a request to support the Police in an ongoing incident at Hughes Road, Illaroo. They were after a Cat1 appliance with a crew of Structural qualified firefighters.

RFS Cambewarra had been on scene since 5:00pm and we were tasked with taking over their role. They had earned their rest.

Fortunately for all involved, Police were able to subdue the individual around 1:00am and shortly after, we were released to head home. That's a level of excitement I've not experienced before.

### Shed Fire

There was a shed fire at dinner time on a Sunday night. Both our tankers rolled, along with units from RFS Cambewarra, RFS West Nowra and FRNSW Nowra. The advice received was "a nearby house was under threat".

On arrival we found a 3m x 4m Garden Shed well alight. Crew quickly got to work. Two SHRFB members getting set to wear Breathing Apparatus, whilst remaining members set up hose lines and attacked the



Mopping up at Shed fire

fire externally. Those on breathing gear were able to enter the shed once the fire was blacked out and clear the shed of its contents.

The tip is, don't garage hot machinery and flammable items in the same area.

Stay safe, Geoff Parker



## What's On at Heads Bowlo this June

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BUSHCARE

During May, Shoalhaven Heads Group have been clearing Lantana, Senna and Asparagus Fern near the Water Treatment Plant, Weeds were removed and trees trimmed around the remnant bushland in Woolstencraft St and the Pump Track.

River Rd Group have been weeding and mulching and are planning more plantings and mulching above the rock wall during autumn.

Golfers group has been busy restocking the nursery, removing lantana regrowth adjacent to Seven Mile Beach National Park and planting near the 10th tee. Buffalo grass and Rhodes grass have been treated North of the Surf Club car park in the hind dunes.



RED CROSS

The members of Shoalhaven Heads Red Cross who attended our local ANZAC ceremony unanimously declared it a very moving ceremony and a respectful tribute. Well done, organisers.

Another Red Cross Morning Tea done and dusted! Well done to all the 'luscious treat' makers. As usual, the scones with jam and cream proved the most popular. Our scone makers are top of their craft. Next one won't be until October Long Weekend.

Thank you to all who supported us in our raffle or made generous donations. Congratulations to the winners. Thank you to IGA for the \$50 voucher, which was won by Joe; and to Marian Robertson, a very talented local artist whose stunning painting was won by Bev. The other winners were Peter, who chose the bubbly and Sandra, who chose the chocolates for her wonderful Hubbie, who had bought the ticket for her.

We have lost volunteers this year due to health issues and moving from the area, if you are interested in helping with this rewarding experience please contact the coordinators listed below or see us at National Botanic Gardens Day on Sunday 25th May.

Do not dump garden rubbish and lawn clippings in bushland as it is hard to remove once it regenerates. Ticks, snakes and leeches are active, take care going into the bush. Golfers Group meet on Mondays at 7.00am in SHGC car park and the Heads Group meets on Tuesdays at 7.30am at various sites.

Contacts: Heads Group and Golfers Group; Noel 0428400790, River Rd Group; John 0405217509  
**Noel Schneider**



Shoalhaven Heads Red Cross representative, Ray Orr, laying a wreath as a sign of respect, gratitude and remembrance for sacrifices made

The money raised assists the vital Red Cross programs running in communities around NSW, and assisting those who suffer during disasters.

Our next meeting is Tuesday 4th June in the Banksia Room at 1.30pm. Visitors and new members are always welcome to our meetings. For more information contact Jenny Edwards on 0418 100 151.

**Pat Loveridge**

PART OF GOD'S TEAM

The winter sport season, in full swing here, has come to a close in the northern hemisphere. Liverpool are football champions of England and two other teams, Manchester United and Tottenham, battled it out for supremacy in the Europa League Final. I was reminded of the exploits of a fan named Karl Power who managed to get on the field before a big European clash involving Manchester United and Bayern Munich in 2001. Dressed in full Manchester United kit, Power posed with the rest of the team for the official pre-match photo. Power's antics got me thinking about

the relationship Christians enjoy with Jesus. The Bible speaks of how the believer has died, been raised and exalted with Christ, and will appear with Christ at his return. If a photo was taken of Jesus at each key moment of his life, the surprise is believers are found to be included with him, meaning everything that happens to Jesus, happens also to them. Jesus secures their place on God's team. All are welcome to join us as we reflect on these things in our current sermon series at St Peter's

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## WILDLIFE MATTERS - MOTHER'S DAY-HUMPBACK STYLE

It is that time of year when mother whales begin their long migration north to give birth to the new members of the species.

After 10-11 months of being pregnant, females will give birth in the warmer waters off the East Coast of Australia.

These mammals can live for a century and will produce a single calf every 2/ 3 years of their entire life.

She will give birth in sheltered waters, feed and fatten her calf to give them energy for the long journey south.

Females are fertile just a month after giving birth and male escorts are aplenty on the route home, not being gentlemanly, but seeking to breed again immediately.

Yet, the females are focused entirely on motherhood in caring and nurturing their baby for the year ahead. She will invest 2 years into her calf and will not eat for most of her migration home.

Along the way, she will rest in quiet and safe spots with little stimulus so the calf can be calm and rested from the bluster of the males. She has visited these spots for many years and knows how to protect her family.



The whale sisterhood is also around for protection and females will travel together with their calves playing and learning about being whales before the pod joins together in the feeding frenzy of the Southern Ocean.

If you find any injured wildlife, please call your local rescue group by using the IFAW app on your phone.

Karen Devine

### Travel Diaries

## IN THE SHADOW OF GIANTS: PATAGONIA, CONTINUED

Last edition, we brought you Patagonia Part One. Now, we continue hearing about this epic adventure.

### Patagonia - Part Two by Somprom Svinos

Our journey continued at Parque Nacional Torres del Paine, Chile's 'Towers of Blue.' Staying at Hotel Las Torres, we enjoyed an all-inclusive package covering meals, beverages, and activities.

Excursions included a hike to the towers—not for the faint-hearted! The 8 km trail follows a valley before a final 4 km climb over boulders. At the top, the reward: a stunning view of the towers and their glacial lagoon.

We also went horse riding with gauchos, hiked glaciers, crossed lakes by boat, and searched for pumas—nearly 300 inhabit the park. To truly experience this landscape, I'd recommend at least five days.

Next, we travelled to Puerto Varas, a town by a lake surrounded by volcanoes. A day trip took us to Chiloe Island, where life is simple—farms, colourful villages, fresh seafood, and markets selling local Artesanias.

Puerto Varas is known for fly fishing and King Salm-



San Carlos de Bariloche

on up to 30 kg. Our guide led us to a lake under a volcano, home to a 3,000-year-old Patagonian Cypress.

From here, we took the Cruce Andino, crossing the Andes via lakes linked by bus rides, travelling beneath peaks and glaciers. After two border crossings, we reached

San Carlos de Bariloche.

Bariloche, shaped by German pioneers, features the Llao Llao Hotel and chalet-style homes on Lago Nahuel Huapi. Surrounded by lakes and mountains, it's a summer and winter destination—famous for chocolate, breweries, and South America's largest ski resort.

It was sad to leave after nearly a month of discovery. Patagonia's beauty will stay with me—best relived over a glass of Malbec.

If you'd like to share your travel story, simply reach out to the Travel Focus Group team when you return. We'd love to feature your experiences!

Peta Godfrey

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# PUZZLES

## SUDOKU

There is only one rule for completing a sudoku:  
Numbers 1 to 9 must be in each column, row and 3x3 box

4						7		2
	9			5	1			
	8	3						
	5		8			3		
			6	3	5			
		8			9		5	
						2	7	
			2	1			4	
7		6						3

### KENKEN

Fill in the numbers from 1 to 6 in each row and column.  
The dark outlined areas are called cages. At the top left of each cage is a target number and operator. The numbers in a cage must produce the target number using the operator (+ plus, - minus, x multiply or / divide). Eg 6x in a 3 cell cage could be 1,2,3 (1x2x3=6)

3/			8x		12+			60x
15x								
	6			8+			15+	
6+			3					
		9+		9+	2x			
120x								3

### 9 LETTER CONUNDRUM

N	I	U
L	M	C
A	S	E

Make as many words 4 letters or more including the 9 letter word. No plurals ending in 's'. Each letter can only be used once and each word must use the centre letter. The dolphin on the front page is a clue.  
30 words: Good,  
42 words: Very Good,  
59 words: Excellent

#### May's Sudoku

2	1	8	6	7	4	5	3	9
9	5	7	2	3	1	6	8	4
3	6	4	8	5	9	7	2	1
7	8	5	1	9	3	4	6	2
4	9	6	7	2	5	3	1	8
1	3	2	4	6	8	9	5	7
5	2	3	9	8	7	1	4	6
8	4	9	3	1	6	2	7	5
6	7	1	5	4	2	8	9	3

#### May's KenKen

4-	3/		12x	30x	
2	1	3	4	5	6
6	7+	6/	1	3	4
4	5	6	3-	2-	1
3/	12x	20x	4	5	3/
1	3	4	5	6	2
3	4	5	6x	2	1
5	12x	2	1	12x	4

### May's Conundrum

IMPORTANT, patriot, armpit, impart, tarpon, martin, matron, ration, patron, piano, aport, apron, tramp, trait, train, titan, manor, tapir, taint, paint, ratio, patio, part, pant, anti, pram, rain, ramp, rani, rant, rapt, pair, pain, roam, roan, moat, tamp, moan, tarn, taro, mart, tart, main, iota, atop, tram, atom, trap



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## BEER APPRECIATION GROUP - S'HEADS

Greeting's beer enthusiasts, beer connoisseurs and home-brewers. If you have any experience with brewing all grain beer, you'll know how long a brew day it can sometimes be. Milling the grain, heating up the mash water, doughing in, running through the starch conversion temperatures, raising to mash out the sparging the grain bed so that you can finally move onto the boil where all the magic happens. Have you considered doing the mash overnight while sleeping? A well-insulated mash tun will drop possibly 10°C overnight, meaning that there is a chance to do the mash (conversion of starch) over a longer period. There are a few things to remember:

- Mashing is all about the 2 enzymes beta-amylase and alpha-amylase.
- Beta-amylase is optimal around 60-65°C and will produce maltose (highly fermentable)
- Alpha-amylase will kick in around 70°C and convert all the big/complex starches

- Start high temperature and let it drop. When the correct temperature range is hit, the enzyme gets to work.

When the starch is all converted, the enzymes stop working and won't contribute anything further. All that needs to be done is raise to 74°C and sparge.

Another alternative is to mash at a lower temperature, 45°C, to let the mash bacteria in. This will sour the mash and is a technique that Guinness have used for decades. The wort is added to fresh wort, then boiled and fermented in the normal manner. If you're game, give this foreign extra stout a go!


### Guinness Foreign Extra Stout Clone

OG: 1.075 FG: 1.012 IBU: 40 ABV: 7.5%

#### Ingredients

- 5.7kg Pale Malt
- 1kg Flaked Barley
- 0.5kg Roasted Barley
- 48g Challenger hops (60min)
- Irish Ale yeast White labs WLP004

In beer we trust, happy and safe brewing, cheers!  
**Heads Brewing Co**



## BUTTER CHICKEN FLAVOURED WITH IRONY

This is a dish with a delicious flavour of irony.

It's name suggests a dish that takes time, but for the cook making it, the preparation and care needed can be delivered in lightning quick time.

And to take the irony further, the smooth, buttery texture is achieved without the use of butter.

A good dose of coconut milk gives this slow-cooker butter chicken its creamy richness. And if you're looking to pack a lot into your day, this is the perfect way to kick things off.

Dump the ingredients into your slow cooker – no need for browning the chicken if you're in a real hurry – and get on with your day.

The dish will be cooked in four to five hours and or up to seven hours if you're prepared to risk the chicken shredding a touch.

### Butter chicken flavoured with irony

#### Ingredients

- 3 tbsps vegetable oil
- 1 medium yellow onion, diced
- 3 cloves garlic, finely chopped
- 3 tbsps grated ginger
- 1 tbspn garam masala
- 450g tomato paste
- ¼ tspn kosher salt
- 1.5kg boneless, skinless chicken thighs or breasts, cut into 4cm pieces
- 1 tspn lime zest
- 1 tbspn lime juice
- 1 cup coconut milk (if necessary, whisk to combine the liquid and solids before measuring)
- ½ cup chicken stock
- ¼ cup coriander leaves, for garnish (optional)
- Cooked basmati or jasmine rice, for serving
- Naan, for serving (optional)

#### Method

In medium frypan, heat oil over medium-high heat.

Add onions to pan, and cook until softened, about three minutes.

Reduce heat to medium, add garlic and ginger, and cook another two minutes.

Add garam masala, tomato paste and salt; cook and stir two minutes.


Place chicken pieces in a slow cooker, then add tomato paste mixture, lime zest and juice, coconut milk and chicken stock.

Stir everything together, cover and cook on low heat setting for 4½ to 5 hours (or 7 hours if needed), until the chicken is cooked through.

Garnish with coriander and serve with basmati or jasmine rice, and naan if you have some.

Serves 4-6 people.

**Uncle Tim**



## RSL SUB-BRANCH

Thank you to all who attended our Anzac Day Dawn Service. An extremely successful and enjoyable day. The attendance was the largest ever, and the RSL thanks the Shoalhaven Heads community for their support.

Please keep an eye on the Shoalhaven Heads Bowling Club website for upcoming events and other information, under the clubs subheading.

I am looking forward to future articles which I hope are informative to everyone.

### May Anniversaries:

- 24 May 1915: Formal truce on Gallipoli
- 4 May 1942: Battle of Coral Sea begins
- 7th May 1945: Germany surrenders WWII

**"Lest we Forget" - Peter Young - President**

### HEADS COMPUTER CLUB

The Club meets 10:30am each Wed at the Bowlo. If interested, you can have the first 2 visits without joining. Genealogy Group is very popular for those interested in tracing their family history.  
**For more information phone Alan on 0416 008 406**



# GOLF NEWS - MACEY INSURANCE HEADS OPEN

Our annual Shoalhaven Heads Macey Insurance Open Tournament was held on Sunday 18th May. This year 107 players took to the course in a shotgun start. This was the first time we have used a shotgun start for the open and generally it was well received. This allows us to have a presentation with many people still in the club, and to have a playoff if required to determine the overall scratch winner.

Players were treated to tough but fair conditions. With cold and windy conditions forecast and with the greens running at just under 12 on the stimpmeter the pins were positioned fairly. Full credit must go to our grounds staff for presenting the course in a great condition.

On the day we had many people helping. I want to thank Barney Kingdom, Lloyd Herron Rob Russell and Nic Hall for their assistance on the day, and Lee Mad-dinson and Julie Orton for manning the BBQ.

Once again, these events don't happen without sponsors. Macey Insurance has been the major spon-sor since the events inception in 2013 and to Brendan Goddard and the team at Macey Insurance I personally thank you for your continued support and look for-ward to your future involvement. Along with Macey Insurance, Titleist have also been a sponsor since 2013. The team at Titleist supply me with prizes at a reduced rate which allows me to offer over \$3000 in prizes for the event. Thanks to Dane and Brendon from Titleist for your assistance and support.

The overall gross prizes were hotly contested. In the field there were many plus figure handicap play-ers including Ethan Harvey (+5), Colin Mitchell (+3)

amongst others. Colin Mitchell who has won the event on numerous occasions posted a score of even par 71; however, this was only enough to secure the runner up position on the day. The overall winner with a score of 70 from Links Shell Cove was Ben McEvoy.

The Nett Runner up with a score of 70 from the Highlands Golf Club was Richard Madden. The best net score on the day winning a Titleist Golf bag with a score of 69 nett was Pat Morris from Shoalhaven Heads Golf Club.

Other prizes on the day were awarded to the follow-ing players:

Gross winners: A Grade Ethan Harvey (72 The Lakes), B Grade Geoff Collins (87 The Heads) and C Grade Jim Wilson ( 96 The Heads)

Gross runners up: A Grade Axel Thompson (73 Wol-longong), B Grade Nic Wilson (89 The Heads) and C Grade Will Vale (100 The Heads).

Nett Winners: A Grade Ben Reddie (73 St Georges Basin), B Grade Jordan Green (71, The Heads), C Grade Graeme Donaldson ( 76 Highlands).

Nett runners up: Grade Paul Gilber (73), B Grade Steve Mauger (75) and C grade Luke Morris (78). All of these guys were members of the Heads.

Long drives: A grade Ben Neal, B Grade Jordan Green and C Grade Jim Wilson.

Nearest the pins: 2nd Les Sweeney, 6th and 8th Angus Pinkstone, 10th Axel Thomsen, 11th Michael Clinch and 15th Dewayne Bannon Harrison.

Thanks to everyone who played, and we look forward to the next chapter of this event in 2026.

Greg Collins - Golf Professional

# BOWLO SOCIAL GOLF

A short column this month as only one game has been played since the last issue.

St George's Basin was the venue on 4/5 and there were 26 players hitting the course with some pretty good scores coming in.

Winners:	Runners Up:
Vicki Askew - 30 points Alan Hollis - 37 points	Jackie Boaden - 30 points Shane 'Tiger' Woods - 36 points

Drive n Pitch:	Nearest the Pin:
Alan Hollis & Danny Ford	Rob Carnegie on 2 holes, Noel Garden, Julie Romanowski & Glen Askew

Well played to you all and congratulations to the winners.

Next games:  
Worrige on 25/5 and Gerringong on 22/6  
Joan Hanchard - Publicity Officer

# BOWLO AMATEUR FISHING CLUB

The April Weigh-in was held on 27th April. As pre-dicted the weather wasn't perfect but wasn't impossible like last month.

We had a great turn up, with new and old members enjoying a great feed put on by the committee, the home-made Hamburgers really hit the spot.

The Men's Estuary Category competition is really hotting up with Rob Macartney, Jason McDonald and Ronnie Spears all in the running at the pointy end of the year. Rob who recently returned from a short tour of Southeast Asia, has come back with the gloves on. The Deep-Sea category was a little quieter this month with the conditions not ideal, with only a few old salt-ies heading out to take on a rough seas.

Our juniors had a good weekend and presented some nice fish for the day. The ladies' categories were very quiet this month with Robin Fern the only lady fishing.

Rudi was the only men's fisho to take on the beach this month, once again the beach was quieter than ex-pected for this time of year. Marlin Beaven weighed in for the Junior Beach category and won the category.

It was good to see Sam Sheppard, Angus McVie, Marlin Beaven and Mack Beaven weighing in for the junior categories. Mack brought in a 1KG flatty out of the river, there wasn't much in first and second in the Junior Estuary with only 2.2 KG separating the top two of Mack and Sam.

A big thank you to the Committee and staff at the

SHRBC, these days would not happen without their support and hard work.

Weigh in Prize winners:  
Men's Deep Sea - Ian Cummings  
Men's estuary - Rob Macartney  
Junior Beach - Marlin Beavan  
Junior Estuary- Sam Sheppard  
Men's Beach - Rudi Bo-chdal

Our Facebook page has all the updates on raffles and weigh in's as well as what is coming up for the Fishing Club. The page name is "Shoalhaven Heads Bowlo Fishing Club", feel free to like and follow the page to get all the latest news and information.

Weekly Fishing Club raffles are held every Satur-day with ticket sales starting at 2:30pm and drawn at 3:30pm.

The next weigh in will be on Sunday, May 25th , 2025. New members are always welcome.

Scott Tyrrell



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# BOWLS AND GOALS

## JUNIOR BOWLS ROLLS OUT



Shoalhaven Heads Public School year 5 and 6 students

### Open Pennant 2024/25

Shoalhaven Heads Bowling and Recreation Club's Pennant grade 6 side came first in Area A of the South East Region. They played in the South East Regional Pennant finals at St Georges Basin on 10th and 11th May. The final was a round robin event between the four area winning clubs, Shoalhaven Heads, Milton/Ulladulla, Tuross and Mallacoota.

Mallacoota came first and will represent South East Region in the NSW Pennant finals.

### Club Championships

The Mixed Pairs Championship final was played on Sunday 4th May 2025. Rose Denholm and Ted Steyne defeated Lea Huber and Garry Collins to become the 2024/25 Mixed Pairs Champions.

### Junior Bowls

Shoalhaven Heads Bowling and Recreation Club in conjunction with Shoalhaven Heads Public School is training 42 year 5 and 6 students in the game of lawn bowls. The training sessions are being held each Friday morning throughout term 2. Trial games will be held

in August where the best teams will be selected to play in the inter school Let's Play Bowls finals in October at Worrige Sports Club.

Let's Play Bowls is an initiative of retired school teachers who have presented the game in northern regions of NSW since 2015. This is the inaugural year of the game being played in the South East Bowls Region of NSW. The region comprises 33 clubs stretching from Shoalhaven Heads to Mallacoota in Victoria, and west to Braidwood and Adaminaby.

Stephen Franklin

## GOLF CLUB - NSW'S TOP REGIONAL CANCER FUNDRAISER

### Longest Day

At the commencement of our May Board meeting Vanessa Ng who is the Community Fundraising Co-ordinator for the NSW Cancer Council attended to present us with a plaque acknowledging the fact we were the Champion Regional Fundraising Club in NSW at last year's Longest Day event raising \$67052. We were the second highest fundraising club in Australia last year.

Vanessa indicated the funds we raised stayed local and helped in providing support services such as free transport to treatment, reduced-rate accommodation at the Shoalhaven Cancer Care Centre and assistance to those cancer patients experiencing financial hardship.

I acknowledged the great work of member Colin



NSW Cancer Council's Vanessa Ng presenting plaque to Colin Brown

Brown who co-ordinated last year's event and indicated to Vanessa that we hope to raise a similar amount this

year. This year's event will be held in late November.

### Club Championships

During May we held our Club Championships over four rounds of stroke play. For the fourth consecutive year Mark Johnston is our Club Champion winning by a total of 15 shots with Cooper Maddinson runner-up. In third place a further two shots back was Jack Brand.

### In other grades the results are as follows:

#### A Reserve

1st Scott Abbott (320), 2nd Peter Connor (325), 3rd Matt Shirlaw (328)

#### B Grade

1st Ian Fox (360), 2nd Michael Winkler (369), 3rd Steve Mauger (371)

#### C Grade

1st Paul Davies (399), 2nd Col Parrish (404), 3rd Charlie Swyer (408)

Rob Russell - President



Coast & Country

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