World Space Week
Oct 4-10. The theme for World Space Week this year is "Space & Climate Change."

Native Botanic Garden Plant Sale
A variety of native plants for sale on 27th October from 8am to 2pm

Daylight Savings Starts
Daylight savings time begins at 2am Sun 6 October. Move the clock forward one hour.

HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

October 2024 | Established 2004 | Volume 20 - Issue 10

HEADS NEWS TURNS 20

A JOURNEY THROUGH TWO DECADES OF COMMUNITY NEWS

Opening the Arboretum 2012

Opening the pump track June 2019

Black summer bushfires Dec 2019 - Jan 2020

Bum tree Nov 2015

Winter Wine Festival 2016

Paddling down Jerry Bailey Rd Feb 2020

Gerroa Rd pothole July 22

"Heads Sees Red" April 2012

Body boarding on Vic Zealand oval Feb 2008

October 2024 marks the 20th anniversary of Heads News, Shoalhaven Heads' community newsletter, which has chronicled the village's stories, events, and moments for two decades. The Heads News was founded by Anne-Louise O'Connor in 2004, who ran it for the first ten years, laying the foundation for a paper that became a part of local life. During her time, the newsletter covered countless community milestones—from the opening of the Curtis Park Arboretum in 2009 to the golf course expansion to the much-loved Monster Charity Days at the Heads Hotel. Anne-Louise's dedication to keeping residents informed ensured that Heads News became a staple in Shoalhaven Heads.

Since taking over in 2014, we've had the privilege of continuing this legacy. Running the Heads News has been both challenging and rewarding, but it's the connection with the community that makes it all worthwhile. Through the paper, we've gotten to know so many of the wonderful people who make Shoalhaven Heads what it is.

Capturing Memorable Moments

Over the past near 10 years, Heads News has covered events that have shaped the village, from natural disasters to community achievements. One of the biggest moments was the Pump Track opening in June 2019, a much-anticipated project that brought excitement and joy to the local youth. The annual kindergarten Q&A, where children share their dreams of becoming fairies, firefighters, and more, is always a highlight that reminds us of the bright future ahead.

The story of the "Bum Tree" is another standout—an iconic tree that, despite being chopped down by the council, lives on in local legend. Its rescue and relocation brought laughter and a sense of nostalgia to the village, immortalised in the tongue-in-cheek poem, "Ode to the Bum Tree".

From Fires to Floods to Festivals

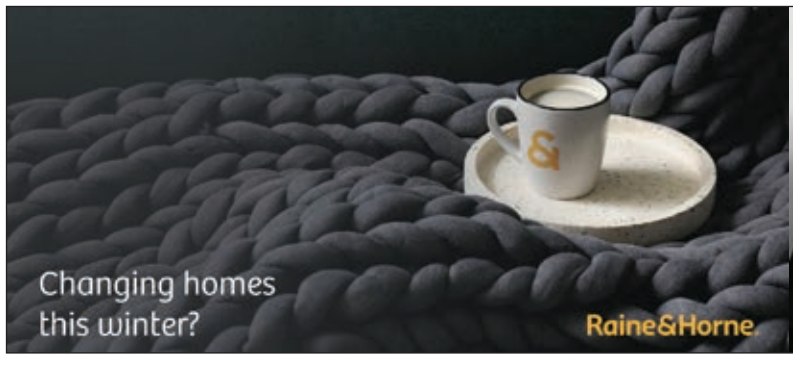
Shoalhaven Heads has faced its share of challenges. The Black Summer bushfires then followed flooding. Since 2015, the village has endured 11 floods, testing the resilience and patience (Council opening the river mouth) of residents time and again.

Throughout the tough times, the village spirit has remained strong. Whether it's the resilience shown during the floods or community-driven projects like the Pump Track, Shoalhaven Heads continues to thrive. And there are the stories of the people who make Shoalhaven Heads special, like Paul Flack's remarkable tale of survival, Garry Marshall's series on the 100th anniversary of the ANZAC landing, and the success of locals tenacity with projects like the artificial grass on the tennis courts. There are many, many more stories.

Looking Ahead

As we celebrate 20 years of Heads News, we reflect not only on the stories we've told but on the connections we've made. It has been a privilege to carry on what Anne-Louise started, and we look forward to continuing to share the stories that matter most to our community.

Heads News



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HEADS NEWS

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DEFIBRILLATORS IN SHOALHAVEN HEADS

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

DATES FOR YOUR DIARY

Community Forum		**Red Cross**	
Bowling Club	No meeting	Bowling Club	1:30pm Tue Oct 1
Fire Brigade		**RSL Sub Branch**	
Fire Shed	7pm Mon Oct 21	Bowling Club	4pm Mon Oct 7
Lions		**Social Hub**	
Bowling Club	7pm Tue Oct 8	Community Ctr	10am Mondays
Probus		**VIEW Club**	
Bowling Club	10:30am Fri Oct 11	Bowling Club	5:30pm Mon Oct 14

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

Dentist	4464 1055	Dr M. Salauddin	4448 7398
58 Queen St Berry		Dr H. Muttaqi	4448 7398
Dr Zameer Panju	4448 7105	130 Shoalhaven Heads Rd	
112 Shoalhaven Heads Rd			

COMMUNITY FORUM

Subdivision Application for Wells Place

Clrs advised they are still awaiting info from staff.

Councillor Reports:

Clr John Wells:

The Council are in caretaker mode and no significant decisions can be made until after the elections.

NSW Better Boating Program – The Wharf Road boat ramp was Council's #1 priority for funding with the application being prepared in 2022. In March 2023 a decision was to be made by the State Government regarding available funding for the project, but this was put on hold due to the State Govt elections. The program has now been suspended by the State Treasurer Daniel Mookhey MLC. The incoming council will need to endorse #1 priority for it to be sustained.

Update on progress of the new suburb – Badagarang - The area of land south of Moss Vale Road will have between 1350 and 1400 lots of land available whilst the area of land north of Moss Vale Rd will have between 2000 and 2500 lots. The cost of servicing each block of land will be approx. $60K. This is funded by the 6 different developers at these sites. The section north of Moss Vale Rd is now on exhibition and will close for comment on the 23rd September. The Far North Collector Road which links Illaroo Rd and Moss Vale Rd and costing $35 million opened on the 6th August.

Q: Has a new school been planned for the new suburb

A: No, not at this stage.

CMP – The Shoalhaven Open Coast and Jervis Bay CMP has now been certified by the NSW Minister for Climate Change, Energy, the Environment and Heritage. $22 million has been allocated by State Govt to enhance this coastal area. The final CMP is available for viewing in the document library. The Lower Shoalhaven River CMP is still being developed. Apparently, Dr Michael Roberts who is the manager for Environmental Services with the Shoalhaven City Council has indicated he has 'take on board' all public comments when developing the draft.

Final Council meeting – The final Council meeting for Council will be held next Thursday. They will be focusing on the auditing of Council finances.

Clr Patricia White:

Council has reopened community donations - applications are now available.

PAMP program – Is currently available on the Council's website to review. Clr White recommended we look at which footpaths Council has prioritised to construct. Phil Guy commented that the Heads is relatively low on Council's priority list. It is open for feedback until 29th September.

CEO Visit

CEO will attend the December Forum meeting (issues. Questions to be sent to the CEO a month prior)

Bushcare

A group of Year 7 students from Kiama High School planted trees around the Rex Worrell Shorebird Park in early August. Due to minimal rain since the planting regular watering of the trees has been needed. Quite a few trees around the village and on the golf course have fallen due to the strong gale force winds.

Lions Club

The club recently purchased a defibrillator for the surf club. It has been installed on an external wall. Thanks to Paul Flack for undertaking the work.

Golf Club

Planning for the annual Shoalhaven Cancer Care Centre golf fundraising day to be held on Friday 4th October is well under way. The field for the day is almost booked out. The golf club has raised over $120K for the centre over the last decade.

Bravehearts

Kim McGuire gave a brief insight into the role of the organisation Bravehearts. They raise funds to help teach children personal safety. Kim indicated that 1 in 4 children have suffered personal abuse in their childhood years. They are holding a fundraiser day at the Nowra Racecourse on 22nd September. They will have a fashions on the field event and food stalls.

Manildra

Colin Bell commented on the poor condition of the road outside Manildra and in particular the steel plates where damage to cars tyres has occurred. Apparently, Manildra are awaiting the go ahead from Council so they can complete the work. It was suggested the Forum write a letter to Council regarding the necessary Section 168 document for the work to be completed.

Scott Street drainage and sinkholes

Guido asked for an update on the repairs to the sinkhole at the northern end of Scott Street. The work was completed about three weeks ago. Tony Matthew indicated he is still awaiting repairs to his house. It is currently in the hands of insurers.

Councillors No Apology

Phil Guy commented on the noticeable absence of our current Ward 1 Councillors and those who have nominated as candidates in the forthcoming Council elections at the meeting. With the exception of Clr Copley none sent an apology.

There will be no meeting in October

The next meeting will be held on Wednesday 6th November (AGM).

Heads News

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Please let me know how I can help you.

Authorised by Fiona Phillips MP, Nowra.

DAVID BERRY HOSPITAL - NSW GOVERNMENT SURVEY ON THE HOSPITAL'S FUTURE CLOSES SOON

The future of David Berry Hospital is at a critical juncture, and your input is essential. The NSW Government has launched an online survey seeking community feedback on how the facility should be used moving forward. Residents are urged to participate before the survey closes on October 21, 2024.

Scan to go to the online survey

Margaret Walsh, Clr Peter Wilkins, Clr Selena Clancy, Irene Birks, Dr Chris Darragh and Dr John Thomson

Make Your Voice Count

The survey presents several options for the site's future use, including health and wellness facilities, affordable housing, and community spaces. However, some community members have noted that key options are missing.

Robyn Flack, Secretary of the Shoalhaven Heads Community Forum, expressed concern: "I still think there's a case for essential worker housing on that site." This option isn't listed in the survey, but Robyn emphasizes that residents can still make their voices heard.

While the survey provides predetermined choices, there is an "Other" option accompanied by a free text entry box. This allows you to suggest essential worker housing or any other ideas not listed.

Community Meeting Highlights Support for Health Services

On September 21, over 200 community members gathered at the Berry School of Arts to discuss the hospital's future. Speakers at the meeting strongly supported retaining the facility for health-related purposes:

Palliative Care Services: Dr. John Thomson from Berry Medical Centre highlighted the need for dedicated palliative care in a serene environment. "End-of-life care should be in a peaceful, quiet setting," he said. "David Berry Hospital offers a unique environment that can't be replicated elsewhere."

Rehabilitation for Veterans and First Responders: Councillor Selena Clancy, a 23-year Army veteran, shared her personal rehabilitation experience at the hospital. "The non-clinical atmosphere and supportive staff were crucial to my recovery," she noted. "This facility is ideal for helping veterans and first responders."

Mental Health Services: Dr. Chris Darragh from Heritage Medical emphasized the pressing need for mental health support in the region. "We have limited options locally," he said. "Repurposing the hospital for mental health care would fill a critical gap in our community."

How to Participate in the Survey

Your input can directly influence the future of David Berry Hospital. Here's how you can participate - visit www.haveyoursay.nsw.gov.au/david-berry-hospital

Submit your responses by October 21, 2024

Adding Unlisted Suggestions: If your preferred option isn't listed, select "Other" and use the free text box to share your ideas, such as essential worker housing.

Why Your Feedback Matters

Community participation will guide the government's decision-making process. Irene Birks, President of the David Berry Hospital Auxiliary and Chair of Voice of David Berry Hospital, stressed: "This survey is what the government will base their decision on. We must make our voices heard to ensure the hospital remains dedicated to services our community needs."

Stay Involved

Spread the Word: Encourage friends, family, and neighbours to complete the survey.

Stay Informed: Follow updates from local forums and the David Berry Hospital Auxiliary.

Contact for Assistance:

Irene Birks: 0408 096 109 or dbhvoice@gmail.com

A Unified Community Effort

This is a pivotal moment for David Berry Hospital. Whether you advocate for palliative care services, rehabilitation facilities, mental health support, or essential worker housing, your input is invaluable.

"Now is not the time for complacency," urged Councillor Peter Wilkins, who chaired the recent meeting. "Our community has a history of uniting to protect what matters. Let's ensure our voices are heard loud and clear."

Let's come together to shape the future of David Berry Hospital in a way that best serves our community.

Heads News

Vale

Bruce William Fagan OAM

31 October 1941 - 5 September 2024

Loving husband of wife Fay (dec), father of Darren, Danny, Shayne, Kylie and father in-law of Anne, Hiromi, Colleen and grandfather of Daniel, Taylor, Sophia, Sena, Kai, Olivia, Riley and Cooper.

We mourn the passing of Bruce Fagan, a giant in Australian judo.

In 1969, Bruce founded the non-profit Bushido Judo Club, leading it to unprecedented success and setting records that remain unmatched. His coaching era is considered the golden age of Australian judo. Under his guidance, the club produced 214 international representatives, 223 Australian gold medallists, and 637 NSW State Champions.

Bruce served as Australian National Coach, NSW State Coach, and coached at the 1992 Barcelona Olympic Games, where his athletes won gold and bronze medals. His students also secured silver and bronze at World Championships and achieved top global rankings.

In 1996, he relocated Bushido Judo Club to Shoalhaven Heads, where it continues to flourish with strong community engagement and support.

Awarded the Medal of the Order of Australia (OAM) for his dedication to judo, Bruce was respected by athletes and peers nationwide and internationally.

Sue Williams, one of his distinguished students, shared: "I will be forever grateful for the unwavering support he gave me. All my achievements are a direct result of his dedication from day one."

Rest in peace, Bruce.
Your legacy will continue to inspire future generations on the mat.

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RAMOX CAFÉ

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Executive Chef Douglas Innes-Will brings his local eye & longstanding knowledge of South Coast produce to Bundanon, working with local purveyors to source sustainable ingredients for signature dishes.

Wednesday to Sunday | 10am-4pm

Ramox Café. Photo: Anna Wiewiora.

BUNDANON

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20 MINUTES WEST OF NOWRA

NATIVE BOTANIC GARDEN - ANNUAL PLANT SALE & RAFFLE 27TH OCTOBER

Hello gardeners & nature lovers

Three of our members recently attended the annual BGANZ face to face meeting at Wollongong Botanic Garden and, even though we are only a small volunteer organisation as opposed to some of the "big boys" who not only have hectares of land but paid professionals and regular income, many were impressed by how much the community has achieved here at SHNBG. It certainly made us feel our efforts are worthwhile. Like most things at Shoalhaven Heads it is a community effort, from people like Rob (our Curator & current President) who seem to be in the Garden 24/7 and our volunteers who work when they can (I try and fit it in between holidays!), to community members who visit and come to our plant sales, it's a grand effort by all!

Thanks must also go to Shoalhaven Heads Bowling & Recreation Club who approved our grant request to buy 100 plaques and their stakes. Education is a big part of our mission statement and labelling plants is a huge part of this.

The only "income" we receive is what we can make at our annual plant sale, which is on the 27th October from 8am to 2pm. A variety of native plants are for sale. Or come down and enjoy an egg & bacon roll, sausage sanga, tea & coffee, all while listening to music by John from local band Shoal Vibes. There will also be a raffle with a variety of prizes:

1st prize: Over $1,000 of goodies donated by local businesses;

2nd prize: Tool Set donated by FIXAuto Bomaderry;

3rd prize: Large floor/camping mat donated by DLG recycled mats plus Heads Chinese Restaurant & IGA vouchers;

4th prize: Gorgeous painting by local artist Chas Stephens & bottle of Coolangatta wine.

Thankyou to the following local businesses who generously supported this raffle (not in any order):

Shoalhaven Heads Pharmacy, DLG Australia Recycled Mats, IGA Shoalhaven Heads, Shoalhaven Heads Chinese Restaurant, Silk & Stone Hairdresser, Shoalhaven Heads Golf Club, FIXAuto Shoalhaven (Bomaderry) (who donate every year), Shoalhaven Heads Automotive Service, Treat Factory Berry, Chas Stephens, local artist, Coolangatta Winery, and Heads Bottlo.

You can buy tickets on the day, or via our website https://shnbotanicgarden.org, or catch some volunteers manning a table at the local shops.

The Gardens will also be involved in the inaugural Yila Healing Trail 11 to 20 October with guided tours 11am every day. Check out their website for more info: https://yilhealingtrail.au/

SHOALHAVEN HEADS RSL SUB-BRANCH

October brings in the start of a busy period for the RSL, looking forward to the launch of the Shoalhaven Heads Sub- Branch web page, more information to follow soon, planning for Remembrance Day in November,

October Anniversaries

- 3 October – Vietnam Forces Welcome Home Parade, Sydney (1987)
- 31 October – Charge of Beersheba (1917)

Charge of Beersheba (1917)

The battle of Beersheba took place on 31 October 1917 as part of the wider British offensive collectively known as the third Battle of Gaza. The final phase of this all-day battle was the famous mounted charge of the 4th Light Horse Brigade. Commencing at dusk, members of the brigade stormed through the Turkish defences and seized the strategic town of Beersheba. The capture of Beersheba enabled British Empire forces to break the Ottoman line near Gaza on 7 November and advance into Palestine.

31 light horsemen were killed in the charge and 36 were wounded. Some originals from the Brigade who had enlisted in 1914 such as Edward Cleaver and Albert "Tibbie" Cotter, the famous Australian cricketer, were killed. The next morning Private Keddie rode over the ground to see if any of the horses could be found roaming but he recorded only seeing dead carcases. Keddie: "We were sent looking for the horses whose riders were killed so we made for the other side of the town where several other light horse regiments were . . . met some friends in the first light horse and yarned for a while they asked me what it was like in the charge gave them a full account". At least 70 horses died. The Turkish defenders suffered many casualties and between 700 and 1,000 troops were captured.

Albert "Tibbie" Cotter wearing his baggy green

"Lest we Forget" - Peter Young - President

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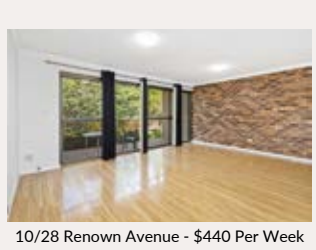
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3 Stafford Street- $595 Per Week

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At First National Coast and Country, our team has been delivering exceptional results, and with spring well underway, the property market is truly heating up. We're seeing an influx of exciting new listings that cater to a variety of tastes and needs, from charming family homes to promising investment properties. Our dedicated team is actively working to match these properties with qualified buyers who are eager to make their next move.

The spring season traditionally brings renewed energy to the real estate market, and this year is no exception. We are witnessing increased interest and activity, which is driving up demand and creating excellent opportunities for both sellers and buyers. Our in-depth market knowledge and personalised approach ensure that we can navigate these dynamic conditions effectively, helping our clients achieve their real estate goals.

Whether you're considering selling, buying, or just exploring your options, our team at First National Coast and Country is here to provide expert guidance and support every step of the way, contact Jason Stalgis 0403 648 375 or Lilli Williams 0498 473 247 today!

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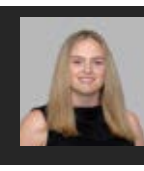
Lilli Williams
Sales
0498 473 247

MEN'S SHED

Good morning, we have great news to share the Men's Shed will now welcome women as members.

This is a great step for our Shed & our Community, I would invite any interested women or men, to contact Patrick Duggan on 0473 120 615, or call into our office 9am to 12pm Monday's, Tuesday's or Wednesday's.

I believe that this will allow us to better serve our community & further strengthen a greater capacity to look after everyone.

We have our annual Garage Sale days in November & after our 1st day last year we are going to commit to opening (two) 2 days & also have Open days in conjunction with our (two) 2 sale days, to allow more people to see what is on offer at the Shed.

If you feel like you want to come down & see how you would fit in & how we would fit in for you, come day any day around 10.00 am & have coffee with us & then you can have a tour of the Shed & see how you feel.

If you are feeling lonely at home, just come on down & have a coffee with us, you don't have to do anything if you don't want too.

I think it will get easier to come out of home & join in.

Pat Duggan

LIONS CLUB REPORT

Surf Club Defib

The Lions Club recently purchased a defibrillator for the surf club. It has been installed on an external wall of the clubhouse and its location is clearly labelled. Thanks to Paul Flack for doing the installation work.

The motto of the Lions Club is "We Serve" and wherever possible we help community members undertaking various tasks. At the recent School Spring Fair we helped in the running of one of the stalls.

On Saturday 5th October we will be running a BBQ at the Community Centre for the Kismet extravaganza. Please drop in and support the event and at the same time buy a steak or sausage sandwich. Remember that all proceeds raised from functions such as this go back into providing funds for local organisations and community members.

The HUB continues to be a very successful event we run with an attendance of 15 – 30 locals every Monday with the exception of school holidays. It is held at the Community Centre between 10 am and midday.

If you are interested in finding out more about the Lions Club, please come to our next meeting which will be held at the Bowling Club on Tuesday 15th October commencing at 7pm.

Rob Russell - President

VIEW CLUB

At the September meeting our members were entertained by taking part in a trivia quiz hosted by Kathy. It was a lot of fun and enjoyed by all.

VIEW (Voice, Interests and Education of Women) is a network of close to 300 clubs and over 14,000 women nationally, providing a place for women to connect in the community, enjoy social activities and develop lasting friendships, while supporting the work of children's charity The Smith Family.

We, at The Heads, are very proud to support 3 students on the Learning for Life program through our fundraising activities. The sponsorship provides financial assistance to pay for essentials such as school uniforms, textbooks, digital tools and excursions. Support is also provided to students and families to problem-solve any barriers to education.

New friends to VIEW are always welcomed and we hope you can join us at our next meeting on Monday 14th October 5.30 for 6pm at Shoalhaven Heads Bowling Club. At this meeting our guest speaker will be local identity Rob Bell.

Please contact Colleen on 0422 302 616 if you would like to come along.

Lorraine Montgomery – Publicity Officer

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HEADS HOTEL AND FISHING CLUB AT ODDS OVER RAFFLE FORMAT AND CHARITY DAY PARTICIPATION

The greater than 50 year partnership between the Heads Hotel and the local fishing club has encountered challenges due to disagreements over raffle formats and event arrangements, raising concerns about their future collaboration on community events.

Raffle Format Dispute

A primary point of contention is the method of conducting raffles at the hotel.

Fishing Club's Perspective

Ion Lloyd, president of the fishing club, expressed dissatisfaction with the hotel's shift to silent raffles.

"We have to show these people the transparency of how it was drawn, and how it was done, not just say that it will be drawn and here's a list of numbers," Mr. Lloyd said. "We don't know how people are going to collect their prizes. It just doesn't work."

He emphasized that the traditional raffles, announced over the PA system, have been a cherished part of the community for decades.

"Part of the enjoyment of being at the pub is hearing the raffles and announcing the prizes," he added. "People getting all excited. It's part of being at the pub."

Mr. Lloyd also noted that the change has affected fundraising efforts.

"Between September and charity day, we reckon that charity day lost $9,000 because of it. That's $9,000 less for our local charities," he said.

He expressed concern about the diminished support from the hotel in recent years.

"In the last couple of years, we've had no support from the hotel other than being able to use their venue," Mr. Lloyd stated. "We pay for the road closures, the rides, everything to do with charity day."

Hotel's Position

Cameron Howes, the hotel's marketing manager, defended the decision to adopt silent raffles.

"You would be hard-pressed to find a pub on the East Coast that runs the raffles in the way that we were running them with an open PA system, where they could potentially be announcing winners for 30 minutes, 40 minutes, especially on a Saturday and Sunday during peak period," Mr. Howes said.

He emphasized that the hotel had agreed to most of the fishing club's requests.

"We've been more than accommodating to the fishing club. We've met five of their six clauses," Mr. Howes stated. "The only clause we couldn't agree on was the use of the PA system for raffles, as it disrupts other patrons."

He added, "We keep our patrons' opinions at the top of our list as a privately run business that needs to keep people happy."

Agreements and Differences

Despite the disagreement over raffle formats, the hotel and the fishing club reached consensus on several key points:

Barbecue Operations: The hotel approved the fishing club's request to start their barbecue at 1 pm and to sell food to members.

Charity Day Support: Both parties confirmed their interest in the annual charity day (with their respective differences). The Hotel is pushing ahead with it in 2025. "Yes, we do want to have the charity day," Mr. Howes affirmed. "It's the community's event, and we value the fishing club's participation."

Ion Lloyd committed to the Fishing Club running the Charity Day in 2026.

Reinstating Friday Night Raffles: The hotel agreed to reinstate Friday night raffles to help the fishing club fund event expenses.

However, the raffle format remains unresolved.

Loyalty Card for Members: The hotel is developing a locals' discount program via an app, which will benefit fishing club members among others.

Impact on Community Collaboration

Mr. Lloyd expressed concern about the changes affecting the club's ability to support local charities.

"The sad thing is we don't have charity day; it's the young people that lose—the local community services that look after us," he said.

He also mentioned the club's inability to host the charity day due to time constraints and lack of a venue.

"It cannot be held by the fishing club because we don't have time to put it together as we normally would," Mr. Lloyd explained. "We don't have the venue to hold it."

Looking Ahead

The hotel maintains that the charity day will proceed as planned.

"We would love to see the fishing club here on charity day," Mr. Howes said. "We'd love to see their members, their kids, taking part."

Both parties express a desire to support the community but remain at an impasse over the raffle format. The resolution of this key issue is crucial for their continued collaboration on events that benefit the wider community.

Heads News

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PROBUS

Our meeting on 13th September was very interesting as our Guest Speakers were President of Palliative Care Volunteers Les Tasker and Vice President Tony Hooper. They spoke of their experiences as volunteers both privately and at Karinya. Les explained what was happening at Nowra Hospital for the Palliative Care recipients. We had 3 visitors at our meeting on Friday and hope to see them return and become members.

The Special Interest Groups are all busy enjoying their various interests. Our members attended Nowra Players presentation of "Steel Magnolias" on 8th September. Our Historian, David, spoke on a 2001 Christmas Newsletter. We enjoyed our lunch at Chef Tony's on 19th August, which was organised by Paul. Our next outing was to Watsons Bay on 16th September and on a very cold morning 14 members caught the 6:50am. train to Sydney. Morning tea was at Circular Quay then ferry to Watsons Bay, where we enjoyed drinks at the pub then a delicious lunch at Doyles on the Wharf. A long day but a very happy one. We are all looking forward to our annual holiday to Jindabyne in November.

Membership is open to all retirees so why not come along and join us for Fun, Friendship and Fellowship. We meet on the 2nd Friday each month at Heads Bowling Club at 10.30 a.m. our next meeting is on 10th October. For further information contact President Maggie Pye (phone: 4448 5913)

Maggie Pye

BUSHCARE

During a dry and windy September, Shoalhaven Heads Group have been watering the NTD [National Tree Day] plants at Rex Worrell Shorebird Park, clearing lantana and asparagus fern near Gerroa Rd and clearing fallen branches caused by the wind storms.

Heads & River Rd groups weeding above the rockwall

Volunteers from River Rd and Shoalhaven Heads Group have been weeding above the rockwall and SCC contractors have been treating weeds west of the rockwall and relocating some of the timber off the river beach.

River Rd Group are planning a planting day when the weather is suitable.

Heads Golfers Group has been tending the nursery, planting in the central wildlife corridor and clearing Lantana adjacent to Seven Mile Beach National Park.

The Jerringa Bushcare Group are working on the land adjacent to the Community Centre, clearing lantana and invasive weeds.

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 and care should be taken if venturing into the bush. Golfers Group meet on Mondays at 7:00am in SHGC car park and Heads Group meet on Tuesdays at 8:00am at various sites. Contacts: Heads Group and Golfers Group; Noel 0428400790, River Rd Group; John 0405217509

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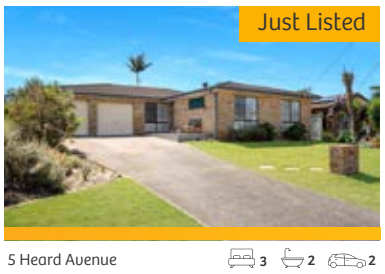
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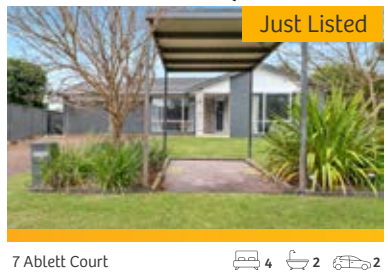
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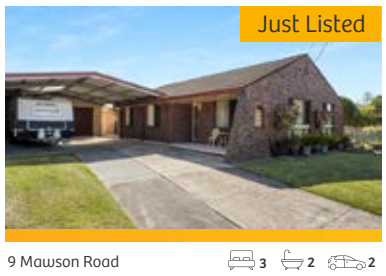
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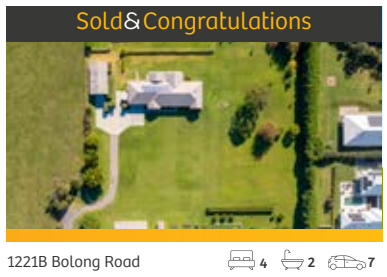
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LOCAL COMMUNITY DIRECTORY

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 8:30 to 11:30 at the Com Centre
Heads Hotel 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	Colleen Gablonski	0422 302 616	2nd Monday of month at Bowling Club at 11:30am
Yoga	Tania	4448 7833	Mon & Wed 5:30-6:30pm Community Centre

JUSTICES OF THE PEACE

Carol Orr	0418 276 808

If any of the above information is out of date or incorrect, please contact tania@headsnews.com.au with the correct information.

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Tue 1 Oct
L 01:19 0.35m
H 07:26 1.37m
L 13:17 0.45m
H 19:28 1.54m
Wed 2 Oct
L 01:47 0.34m
H 07:56 1.43m
L 13:55 0.42m
H 20:01 1.52m
Thu 3 Oct ●
L 02:14 0.35m
H 08:26 1.48m
L 14:32 0.40m
H 20:34 1.47m
Fri 4 Oct
L 02:40 0.37m
H 08:56 1.53m
L 15:09 0.39m
H 21:09 1.41m
Sat 5 Oct
L 03:06 0.41m
H 09:27 1.56m
L 15:47 0.40m
H 21:46 1.33m
Sun 6 Oct
L 04:34 0.46m
H 11:00 1.57m
L 17:29 0.43m
H 23:25 1.25m
Mon 7 Oct
L 05:03 0.52m
H 11:34 1.56m
L 18:13 0.46m
Tue 8 Oct
H 00:07 1.17m
L 05:37 0.59m
H 12:15 1.53m
L 19:04 0.51m
Wed 9 Oct
H 00:58 1.10m
L 06:18 0.65m
H 13:02 1.49m
L 20:06 0.54m
Thu 10 Oct
H 02:00 1.04m
L 07:12 0.70m
H 14:00 1.46m
L 21:19 0.53m
Fri 11 Oct ◐
H 03:17 1.03m
L 08:25 0.73m
H 15:11 1.46m
L 22:31 0.48m
Sat 12 Oct
H 04:36 1.08m
L 09:48 0.70m
H 16:26 1.51m
L 23:31 0.39m
Sun 13 Oct
H 05:38 1.18m
L 11:02 0.61m
H 17:31 1.59m
Mon 14 Oct
L 00:20 0.29m
H 06:28 1.30m
L 12:06 0.50m
H 18:27 1.67m
Tue 15 Oct
L 01:04 0.20m
H 07:13 1.44m
L 13:03 0.37m
H 19:18 1.73m
Wed 16 Oct
L 01:47 0.15m
H 07:57 1.58m
L 13:58 0.26m
H 20:09 1.72m
Thu 17 Oct ○
L 02:28 0.14m
H 08:41 1.71m
L 14:52 0.18m
H 21:01 1.67m
Fri 18 Oct
L 03:08 0.17m
H 09:25 1.80m
L 15:47 0.14m
H 21:52 1.57m
Sat 19 Oct
L 03:49 0.25m
H 10:11 1.86m
L 16:43 0.14m
H 22:47 1.44m
Sun 20 Oct
L 04:32 0.35m
H 10:59 1.86m
L 17:41 0.18m
H 23:43 1.30m
Mon 21 Oct
L 05:16 0.46m
H 11:47 1.81m
L 18:42 0.26m
Tue 22 Oct
H 00:42 1.18m
L 06:03 0.57m
H 12:39 1.72m
L 19:47 0.34m
Wed 23 Oct
H 01:48 1.10m
L 06:58 0.67m
H 13:36 1.61m
L 20:56 0.41m
Thu 24 Oct ◐
H 03:03 1.06m
L 08:04 0.73m
H 14:41 1.51m
L 22:03 0.45m
Fri 25 Oct
H 04:17 1.08m
L 09:20 0.75m
H 15:52 1.45m
L 23:02 0.47m
Sat 26 Oct
H 05:17 1.14m
L 10:35 0.72m
H 16:57 1.42m
L 23:48 0.46m
Sun 27 Oct
H 06:04 1.21m
L 11:39 0.67m
H 17:52 1.41m
Mon 28 Oct
L 00:28 0.44m
H 06:44 1.30m
L 12:32 0.60m
H 18:37 1.41m
Tue 29 Oct
L 01:01 0.42m
H 07:18 1.38m
L 13:18 0.54m
H 19:17 1.41m
Wed 30 Oct
L 01:32 0.40m
H 07:50 1.46m
L 14:00 0.48m
H 19:56 1.40m
Thu 31 Oct
L 02:01 0.40m
H 08:22 1.53m
L 14:39 0.42m
H 20:33 1.37m

Shoalhaven City Council

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Battery recycling

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PATRICIA WHITE: LEADING SHOALHAVEN INTO A NEW ERA OF TRANSPARENCY AND RENEWAL

Mayor Patricia White

Embarking on a Transformative Journey

Patricia White, the newly elected Mayor of Shoalhaven City Council, is poised to usher in a transformative era for the region. With a strong dedication to restoring financial stability, improving infrastructure, and fostering transparency, she brings a wealth of experience and a resolute vision to her leadership role.

"I'm very, very happy, and I'm excited about the challenges that the council is facing," Patricia said. "Working with the theme of new councillors being elected... and really getting the Shoalhaven back on track."

A Historic Council Transformation

The recent election has resulted in a significant shift within the council, with 10 new councillors set to join.

"I don't think I can recall in history... that we've had such a big change of councillors," Patricia noted. "They all come from a very diverse group of people from various different backgrounds, and they all have something to add to the council."

She emphasises the importance of unity and collaboration among the new councillors to address the pressing issues facing Shoalhaven.

"We have to be cohesive in working a lot of tough decisions... and get the best result for the Shoalhaven."

Acknowledging the Challenges Ahead

Fully aware of the demanding road ahead, Patricia understands that the workload will be substantial as the council tackles significant issues.

"It's going to be a tough job. It's going to be pretty hard going for the first 12 to 18 months, two years," she admitted. "I'm aware of the commitment and the commitment to the community."

She is prepared to dedicate the necessary time and effort to achieve the council's goals.

"I'm starting to get used to working seven days a week," Patricia remarked. "We've got to put the hard work in... to get Shoalhaven back to where it was in 2015-16."

Restoring Financial Stability

One of Patricia's primary concerns is the council's financial health. She highlights the need to address the growing debt and budgetary challenges.

"We need to make some big, hard, tough decisions about how we're going to rein in the spending," she stated.

Patricia is determined to bring transparency and accountability to the council's financial operations.

"If we want Shoalhaven back to where it was... we've got to make these decisions."

Moving Beyond Factionalism

Acknowledging past issues with factions and block voting within the council, Patricia is committed to fostering an environment of independence and open dialogue.

"The community and residents have spoken about the factions... they were over the block voting that went on in council," she remarked. "We're independents... you will vote how your conscience tells you to vote."

She believes that representing the community's interests should be the foremost priority of every councillor.

"It's about representing the community... and that's what councillors need to understand."

Enhancing Community Engagement

A cornerstone of Patricia's approach is active community engagement. By taking time to have a chat with us, she exemplifies her dedication to accessibility and openness. She plans to continue attending Community Consultative Bodies (CCBs) and making herself available to residents.

"I am [going to continue visiting CCBs]... it's really important to me," she affirmed. "It gives everybody the opportunity to listen and talk to councillors."

Additionally Patricia intends to open the Mayor's office every two weeks to provide residents with direct access to discuss their concerns and ideas.

"They've got a right to come and see me... to have their concerns heard or to tell me good things that Council's doing."

Prioritising Infrastructure and Basic Services

Improving Shoalhaven's infrastructure, particularly its roads, is high on Patricia's agenda.

"We need to do a proper road analysis of all of our roads... and fix them properly," she emphasised.

She is critical of temporary fixes and advocates for long-term solutions. "I'm sick and tired of seeing them throw a shovel full of dirt in... only to see it washed out in two weeks after we have rain."

Patricia also values the importance of delivering basic services that enhance the community's well-being.

"They want the basics done. They want the roads fixed, the lawns mowed... they want the place to look attractive and inviting."

Collaborating with CEO Robyn Stevens on Restructuring

Working closely with the new CEO, Robyn Stevens, Patricia anticipates organisational changes within the council to improve efficiency.

"There is going to be a restructure of the council... there definitely has to be a restructure," she said.

The planned restructuring aims to address issues that have hindered council operations in the past.

"The last structure of council... has not worked as far as I'm concerned. There's been big issues with the mowing, how we build, and how we mow reserves."

Advocating for Transparency and Accountability

Transparency and accountability are central themes in Patricia's vision for the council. "It's transparency and accountability to the community and residents about exactly what we're doing," she asserted.

She is committed to open communication and ensuring that residents are informed and involved in council decisions.

"If I'm not listening to the residents, how do I know what the residents want?"

Addressing Resident Concerns Proactively

Patricia is determined to address residents' issues effectively and compassionately, avoiding unnecessary legal battles. "We have to make some hard decisions... but we need to work with our communities, our residents," she explained. "We need to have solutions."

She believes in resolving problems through dialogue rather than litigation.

"The last thing I want to do is drag Council through court... we need to work through the issues."

Charting a Path Forward for Shoalhaven

Looking ahead, Patricia is optimistic about the collective efforts required to bring positive change to Shoalhaven.

"We've got a wealth and breadth of industry and experience [in the new council]... and we've got a way forward," she stated. "I'm excited about the challenge."

She calls on both the council and the community to work together towards common goals.

"We need to be professionals in how we act and how we make decisions with residents... we have to address the issues."

Embracing a New Era of Leadership

With a clear vision and an unwavering commitment, Patricia is set to lead Shoalhaven into a future marked by transparency, accountability, and community collaboration.

"As the mayor, I'm there to represent the city, but I'm [also] there to represent the residents," Patricia concluded. "If we're not listening to the residents, how do we know what the residents want?"

Her dedication to tackling the challenges head-on promises a revitalised council that truly serves the needs and aspirations of the Shoalhaven community.

Heads News

RURAL FIRE BRIGADE

Hi Everybody. 24 jobs last month! 22 callouts and 2 Hazard Reductions.

There were several very windy days, which is expected at this time of year and on one such day our Brigade responded to nine calls for assistance. Some of the calls were to escaped pile burns, lit the day or days before and reignited under the effect of the strong winds. Most of the calls though were storm related.

The first call was to Bangalee where a tree had come down on Power Lines. Not a difficult job but crews had to wait for the electricity to be isolated prior to removing the tree.

The second and what proved to be the first of a series of calls was to an escaped pile burn off Terara Rd in Nowra. Several Brigades were involved trying to control the situation.

After some time, our Cat7 was redirected to reports of another resurrected pile burn.

We responded to Pyree where a burn, assumed to have been extinguished the day before, was re-energised with the wind. Culburra and Callala Beach Brigades joined in with the burning pile being settled quickly.

Not some distance away on Mayfield Rd, a passing car was hit when a tree came down. Fortunately for the two occupants, it was a branch of the tree that struck the car a glancing blow and not the main trunk.

We happened on scene moments after the incident, having left Pyree and called in a Situational Report asking for Ambulance, Rescue and Police support. The roof of the car had collapsed, pinning the driver who suffered what appeared to be relatively minor head wounds. Very lucky.

Terara Pile Burn

Pyree. Tree on Car

Ambulance Rescue had to remove the door to extricate the driver whilst Ambulance personnel tended to the driver and his passenger.

Our chainsaw crew set about cutting up the tree, enabling a tractor from a nearby farm to clear the road.

Our month finished off with a job in Kangaroo Valley. What was initially called in as a smoke sighting quickly became a fully involved structure fire.

An unoccupied residence on Cedar Springs Road was fully involved in fire when our Pumper arrived. Brigades from Kangaroo Valley and Robinson were also in attendance. Together we were able to protect other nearby assets but the main house was totally lost.

To add to our woes, the structure contained Asbestos, so once our team wearing Breathing Apparatus had completed "blacking out" the fire, they had to undergo decontamination before leaving the "hot zone". This means getting hosed down to wet any asbestos material that may be on the firefighter's clothing and equipment. Any hard apparel can be washed and brushed clean on site. Any external soft clothing is bagged and sent for industrial dry cleaning.

Kangaroo Valley structure fire

If you're interested in any aspect of Brigade business please contact our Captain, Stephanie Judge on 0412425567.

Stay safe, Geoff Parker

DISCOVER THE MAGIC OF BHUTAN: A UNIQUE KINGDOM (BEFORE IT CHANGES FOREVER)

In an era where overtourism plagues many destinations, Bhutan still stands out as a sanctuary of serenity and sustainability. This small kingdom manages visitor numbers with a Sustainable Development Fee (SDF) of USD 100 per person per day, soon to revert to USD 200. While this positions Bhutan as a luxury destination, the SDF serves a greater purpose, funding free healthcare and education, and contributing to Bhutan's Gross National Happiness (GNH) index—a key measure of the nation's well-being.

Recently, one of our team members spent a week in this unspoiled gem, gathering fascinating insights:

Carbon-Negative Leader: Bhutan is the only country that absorbs more carbon dioxide than it emits, making it an environmental leader.

Skilled Pilots: Only 24 pilots are certified to land at Bhutan's challenging Paro Airport, highlighting the precision required.

Gross National Happiness: Bhutan prioritises GNH over GDP, focusing on citizen well-being across nine domains, including health, education, and living standards.

Buddhist Philosophy: Reflecting its commitment to non-violence, all meat is imported as no animals are slaughtered in Bhutan.

Legend of the Takin: The takin, Bhutan's national animal, is linked to a local legend where a saint combined a cow and goat to create this revered species.

Tiger's Nest Monastery: A hike to this iconic cliffside monastery offers breathtaking views and spiritual peace.

If Bhutan isn't on your bucket list, it should be. This extraordinary destination offers not only luxury and culture but also a deep connection with nature and happiness.

Monica Godfrey

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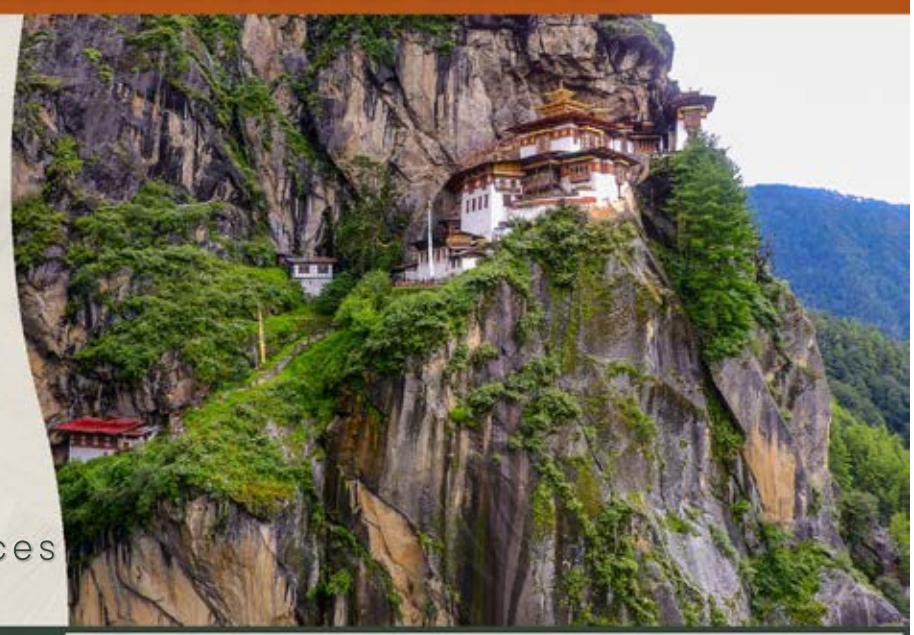

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MONDAY TO FRIDAY 8.00 am to 5.00 pm

UNCLE TIM'S CUISINE

THERE'S NOTHING TOUGH ABOUT A TAGINE EXCEPT WHEN YOU GET THE WRONG RECIPE

Sorry, last month we got this recipe wrong so it's here again but the correct one!

I might have mentioned it before, but we have a tagine. And I think it's one of the best pieces of cookware we have in the house.

If you need any convincing that a tagine is one of the best slow cooking devices, this recipe should do it for you.

I've cooked lamb shanks any number of ways, but none of have matched this one for fall-off-the-bone tenderness this one produces.

The secret is the tall lid, which traps the steam coming from the dish, maintaining maximum moisture retention in the food.

As with most recipes like this, the amounts of ingredients, such as the fruit are a guide. We use more apricots than the quarter cup suggested here. It's more of a minimum amount.

Also don't be put off if you don't have a tagine.

This will be delicious cooked in a Dutch oven or casserole with a lid.

It won't have quite the succulence the tagine generates, but it will be close enough not to matter on the day.

Lamb shank tagine

Ingredients

- 3 tbsp olive oil
- 1 tsp cumin ground
- 1 tsp coriander ground
- 1 tsp smoked paprika
- 1 tsp cinnamon
- ½ tsp pepper freshly ground
- ½ tsp ginger ground
- ¼ tsp cayenne pepper
- 4 lamb shanks
- 2 onions med diced
- 3 garlic cloves peeled and thinly sliced
- 1 bay leaf
- Saffron threads (optional)
- 1 400g tin tomatoes crushed or chopped
- 2 cups chicken stock
- 1 tsp honey
- ¼ cup dried apricots
- ½ cup raisins
- Parsley or coriander for garnish – chopped

Method

Mix one tablespoon olive oil and 2 tsp salt, the cumin, coriander, paprika, cinnamon, pepper, ginger, turmeric and cayenne in a large bowl.

Add the shanks and massage the seasonings into the

shanks. Put them into a large bowl, cover and leave in the fridge from 8-24 hours.

Heat the remaining oil in the tagine over medium heat and add the lamb shanks in a single layer so they are well browned on all sides. 10-15 minutes.

If you're cooking in the oven, pre-heat to 325°C.

Remove shanks and reduce heat to medium and add the onions, garlic, and bay leaf; season with salt.

Cook stirring up the brown bits, until the onions are soft and translucent, 8-10 minutes. Stir in the saffron.

Add the tomatoes, and their liquid, stock, honey and shanks and bring to a boil.

Cover the pot and place it in the oven to cook for two hours, turning the shanks and adding half the apricots and raisins at hour one.

You can also achieve great results turning the temperature down to low and simmering on the stove top for a couple of hours, turning the shanks about half way through the process.

After two hours remove the lid and add the remaining apricots and raisins. Continue to cook, turning over the shanks midway, until the sauce has thickened, about 30 minutes.

Remove from the heat, leave to covered for 10 minutes and serve over rice, couscous or quinoa. Surround the shanks with the dried fruit and sprinkle with parsley.

Uncle Tim

HEADS FISHING CLUB

On Sunday the 8th of September 2024 we had our weigh-in at Carters Corner off River Road and what a fabulous afternoon was had by all. The fishing Gods were not very welcoming as the fishing conditions were less than pleasant. Even though the conditions were not favourable we had 8 Adults, and 3 children weigh in. Well done to the members that braved the conditions and caught a mixed bag across the board of some flathead, Bream, Salmon, Snapper, Blackfish and even a leather Jacket.

Jan holding up a flathead

Taj holding an Australian Salmon

I Would like to thank the 50+ members that attended the weigh-in along with the new and returning members. The Community support has been wonderful. The Heads Fishing Club as it is now branded is a community-based club supporting our locals and visitors in recreational fishing for over 50 years. The overwhelming support shown will only make our club within our village stronger in the future.

Thanks goes to the committee for their valuable time put into organising the day, also to Bill for the wonderful work on the BBQ, Ellen and Lisa for the lovely deserts provided.

Just a reminder that the weigh in next week will be at Greenwell Point Bowling Club on Sunday 15th September at 1:00pm. Fishing competition starts Friday the 13th of September at 4:30pm. We would like to see as may members and new members attend as possible as we will be competing against them. The fish of the month for October is Morwong.

The winners for the month of September were as follows:

Men's Deep Sea	Jack Hinkley
Women's Deep Sea	Jan Dolden
Sub Junior Boys River	Heuy McGuire
Sub Junior Girls Beach	Taj McGuire
Men's Beach	Rudi Bochdal

Heads Fishing Club

CHURCH SERVICES
ST PETER'S ANGLICAN CHURCH

Bishop Gary Nelson 0427 222 484 Cnr Scott St & Booner Dr, Shoalhaven Heads
Sunday Service Times 8:30am; 10:15am (with Kids Church) and Night Church 5pm
Online Church can be accessed at spsh.org.au

WILDLIFE MATTERS - SNAKES ON A PLAIN

Help! I am seeing lots of snakes out earlier this year. There must be a population boom!

As we are basking in the sun, so are Australian snakes.

It may appear there are more snakes around and people speculate that it may be due to Climate Change.

Eastern brown snake - close up

Eastern brown snake - curled up

It is possible yet, changing climates could also lead to declines in snake numbers as they adjust.

Snakes are ectotherms needing warmth to maintain body temperature.

In spring when temperatures rise, and there are longer days, their bodies sense that breeding season is close. Snakes may start and end their days earlier.

However, this doesn't mean their populations are increasing. Snakes do not like being seen and increased visibility may indicate stress. It may be an early warning sign that populations are declining.

Different species of snakes will handle climate change better than others. Habitat destruction from wildfires has also played a part in reducing numbers of snakes.

If humans become more aware that snakes could be "out and about" earlier in the day, there should not be any effect on the incidence of snake bites. Yet, we need to be vigilant, alert-but not alarmed, and leave it alone. Most snake bites occur when we attack the animals.

Educate others and watch your pets, keeping dogs on leads when walking them. Remember, although we may be a little scared, these animals help balance our ecosystems.

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

Karen Devine

RED CROSS

Sunday 18th August was Vietnam Veterans Day. Our member, Ray, represented our Branch by laying a wreath at the RSL Memorial.

Thank you to everyone who bought tickets or donated to our Fathers Day Raffle. All four prizes were won by locals. Our 1st prize winner of the $50 Bunnings voucher, Peter, was a very worthy recipient yet insisted that we take a further donation, being aware of the important work of the Red Cross. A special Thank You to Peter.

Our next Morning Tea is Saturday October 5th, 10.30-12noon, in the Burrawang Room at the Community Centre. Many of us exist as 2nd, 3rd or even 4th generation Australians today because of the vital work of the Red Cross assisting displaced persons due to war or invasion. At the morning tea we are acknowledging the 110year celebration of Red Cross in Australia.

Red Cross Trauma Teddies are knitted, sewn together, stuffed and finished off with love

Red Cross Trauma Teddies are knitted by volunteers. They are distributed to Emergency Services, doctors, dentists and hospitals for children and the elderly. They are knitted to a very specific pattern. If you would like to knit the Teddies, please contact Phyllis, our coordinator in the Heads, on 0419036525.

Next meeting: 29.10.24 at the Community Centre.

Pat Loveridge

BOWLO AMATEUR FISHING CLUB

Fishing conditions Friday were perfect both inside and outside with Saturday's weather not so good for either option as well as making the beach very hard to fish as well. This had an effect on fish numbers for the weigh in which were around 65 fish for the day.

Deep Sea and Estuary were where the action was, once again the beach fisho's struggled with conditions.

Flat Head were caught in good numbers, and once again it looked like they would be the star of the weigh-in. Then Anne Fish brought in a cracking 70Plus cm Kingfish, which helped Anne take out the ladies Deep Sea category and added a new dimension to the weigh-in. It's great to see new varieties come in.

The committee has completed the review of the weigh-in species list, the new list will be available at the raffle ticket window from next Saturday.

Willow Bell weighed in some very nice drummer, taking out the junior category.

Once again, we had a great meal after the weigh-in took place with the committee doing a wonderful job making sure everyone had plenty to eat.

Category First Place winners were.

Overall heaviest bag	Anne Fish	**Junior heaviest bag**	Willow Bell
Men's Deep Sea	Scott Tyrrell	**Ladies Deep Sea**	Anne Fish
Men's Estuary	Scott Tyrrell	**Junior Beach**	Willow Bell
Men's Beach	Jason McDonald	**Junior Estuary**	Marlin Beaven

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

The next weigh in will be Sunday 29th September 2024 at the Shoalhaven Heads Bowling Club, weigh in starts at 11:30am and the compound closes at 12:30pm. Followed by monthly presentation and meal.

The new look Committee.

President	Scott Tyrrell	**Committee**	Ron Spears, Jason McDonald, Donna Durrington, Billie McHutchison, Leone Macartney
Vice President	Robin Fern		
Secretary	Rob Macartney		
Treasurer	Kathy Tyrrell		
Sub Committee	Pauline McDonald		

Scott Tyrrell

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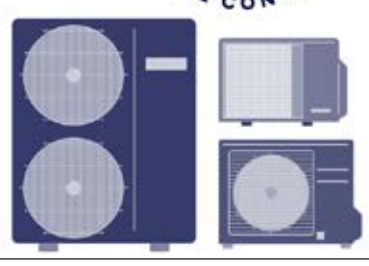

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Stall enquiries & bookings contact Megan 0407 407 328

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SURF CLUB

SLSA Flags go up at the heads on Sunday 29 Sep 2024

Join us at Heads Beach this summer as a Volunteer Life Saver or for Junior Nippers

TRAIN TO BE A SURF LIFE SAVER

Bring your skills to your community surf club at any age

Bronze Medallion Course All ages from 15yrs+

Surf Rescue Certificate Course (SRC) All ages from 13+.

More info at sls.com.au/pathways

On completion you'll join our volunteer patrol teams or if doing SRC will assist with Junior Nippers water safety activities as a cadet or as a parent helper

COURSE START DATE: Sunday 27 October 9.30-11.30 for 6 weeks + final assessment session

COST: $0 (Fee free club membership + insurance, training course and patrol uniform)

REGO ONLINE sls.com.au/join

If you are a past club member drop a line to Ron our new club captain

Any questions about the courses or about patrolling or about nippers? Drop an email to registrar@headssurf.com.au or SMS 0421799689

JOIN in the FUN @ HEADS JUNIOR NIPPERS :Surf Aware Programme & Surf & Beach Sports

Nippers is all about fun surf and beach activities for kids 5-u14 held on Sunday mornings 9.30-11am at Shoalhaven Heads Surf Club October- March.

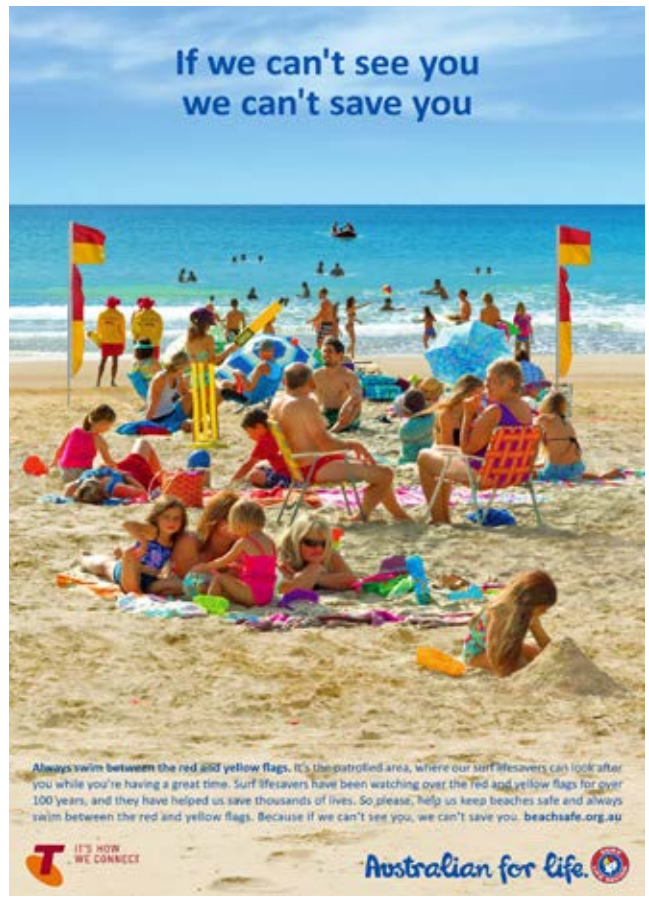
They'll make new friends, have fun building their skills and grow in confidence and resilience. There's lots of info at sls.com.au/get-involved/#nippers

Any Nipper Activity questions call our JAC , Kim 0422970570

NIPPERS START DATES

20 October 12-1.15 pm: Compulsory Pre-Nippers water skills proficiency swim session @ Bomaderry Aquatic Centre. All kids new and returning 5-14 must attend this session. Please pre rego

27 October 9.30-11am : First Nippers at Shoalhaven Heads Surf Club



Membership for a summer of fun is just $50 for each child. We have a "Parent joins too" policy so please add your own membership when you register your child.

REGO ONLINE sls.com.au/join

If using Active Kids to pay please contact club registrar 0421799689 before doing the online rego

We are a small family club doing fun things together and great things for our community find out more about us here. We are more than just a Surf Club come and join us!

Public Facebook Page: Shoalhaven Heads Surf Club

Members Closed Group Facebook: Shoalhaven Heads Surf Life Saving Club

Nicky Pryde

PUZZLES

SUDOKU

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

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

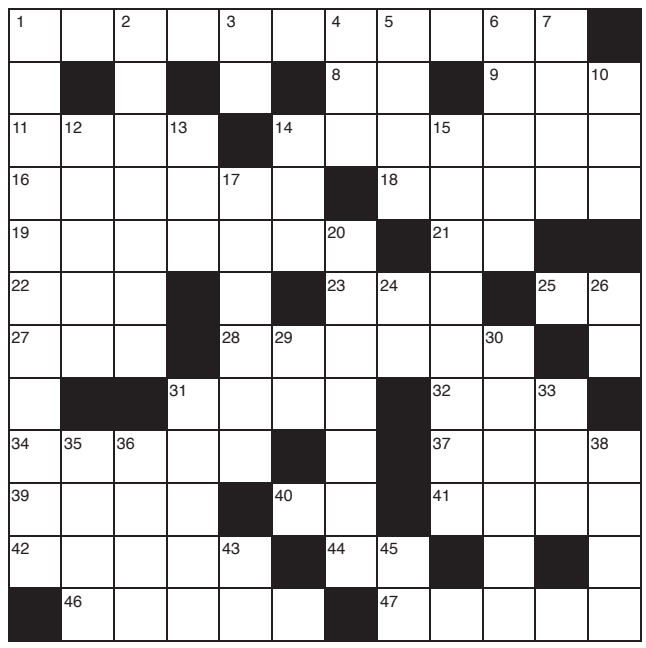
KENKEN

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)

16+		100x			13+
		2-			
12+	16+		108x		1
				4/	
				72x	
	9+				5

ROB'S CROSSWORD



9 LETTER CONUNDRUM

T	O	U
R	T	A
S	A	N

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.

22 words: Good,
39 words: Very Good,
54 words: Excellent

CROSSWORD CLUES

Across

1 Hank Ballard and the ___ (11)
8 00-___ Train (Bobby Darin) (2)
9 ___ Haw (US TV Show) (3)
11 ___ Mouskouri (Greek singer) (4)
14 You Are My ___ Angel (Bobby Helm) (7)
16 First name of the Nightmare on Elm Street antagonist (6)
18 Fran Fine's job (5)
19 Give My ___ To Broadway (Song) (7)
21 ___ My Baby (Ronettes) (2)
22 ___ I Kanena (Anna Vissi) (3)
23 ___ McGee (early vocalist for Python Lee Jackson) (3)
25 ___ Now (Bessie Banks / Moody Blues) (2)
27 Surfer ___ (The Turtles) (3)
28 ___ Town (1969 Feb 7 Rail Crash) (6)
31 Hard as ___ (timber) (4)
32 Hey ___ (Dig the Slowness) (Donavon) (3)
34 The ___ (Enda Kenny) (5)
37 Your ___ To Be (Brenda Lee) (4)
39 She's ___ (Dale Wright) (4)
40 ___ Affair To Remember (Film) (2)
41 Holistic experience for the body and mind (4)
42 Was A Province of Sth Africa (5)
44 ___ Jimmy Go (Jimmy Clanton) (2)
46 ___ Savalas (Actor) (5)
47 ___ Business (film) (5)

Down

1 UK band sang "Doo Wah Diddy Diddy" (7,4)
2 Lonnie ___ (UK Skiffle singer) (7)
3 ___ It True Or False (Crash Craddock) (2)
4 African American slang, a "___ cat" was a jazz aficionado in 1940s (3)
5 Oz record label in late 50s (4)
6 German river (5)
7 ___ Connery (UK actor) (4)
10 '60s TV Tarzan, Ron ___ (3)
12 Tina ___ (Oz singer) (5)
13 The ___ Song (Karl Williams) (3)
14 ___ Barrett (Pink Floyd) (3)
15 "The ___ ___" Jim Carrey comedy thriller (5,3)
17 Minnie ___ (British-American actress) (6)
20 ___ In The Boys Room (Mötley Crüe) (7)
24 ___ Capone (American gangster) (2)
26 ___ Ken (Chicken Shack LP) (2)
29 Initials of lead singer of Jethro Tull (2)
30 ___ Run (2022 US Drama film about an autistic runner) (6)
31 ___ Eclipse Of The Heart (Bonnie Tyler) (5)
33 "___ o' My Heart" 1913 song (3)
35 Drivers ___ (Sniff 'n' The Tears) (4)
36 Sharon ___ (Murdered actress) (4)
38 ___ Cherry-Evans (Manly half-back) (4)
43 Initials of OZ singer who sang (Ain't It So / Starlight Starbright) (2)
45 Its Now ___ Never (Elvis) (2)

September's Sudoku

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

September's KenKen

3/ 6	2	8x 1	12+ 3	4	60x 5
15x 1	3	4	5	6	2
5	6 6	2	8+ 1	3	15+ 4
6+ 2	1	3 3	4	5	6
3	9+ 4	5	9+ 6	2x 2	1
120x 4	5	6	2	1	3 3

September's Crossword

1 J	O	2 H	N	3 N	Y	4 D	5 E	V	6 L	7 I	8 N
I	■	A	■	O	■	9 I	D	■	10 A	R	U
11 M	U	P	12 P	E	13 T	S	■	■	14 N	O	R
M	■	15 P	O	L	I	C	E	M	A	N	S
Y	■	Y	■	16 C	R	O	■	■	■	■	E
17 D	18 A	■	■	19 O	O	H	L	20 A	21 L	22 A	■
23 E	L	24 B	25 O	W	■	O	■	26 N	A	M	27 E
28 A	R	O	M	A	■	29 U	N	I	T	E	D
30 N	I	■	31 A	R	M	S	■	32 M	E	N	D
■	33 G	34 O	R	D	■	E	■	A	■	■	Y
■	35 H	N	■	■	36 H	■	37 S	L	38 O	39 W	■
40 S	T	O	M	P	E	R	■	41 S	N	A	P

September's Conundrum

FORFEITED, forfeit, teredo, differ, effort, offer, drift, tried, eider, erode, fiord, tired, defer, forte, deter, fort, fore, free, fret, dirt, reed, reef, ride, rife, rift, riot, rite, rode, rote, ford, tier, tire, fire, tore, tree, dire, trio, trod, deer

GOLF NEWS

It has been a typical late winter quiet time at the club. The major issue has been the wind. Quite often we have had to refer to our 'Severe Weather Policy' and our wind gauge, to ensure neither our greens staff nor players are in potential danger from extreme winds. Indeed, recently, we had to close the course one day, when winds were continually gusting at well over 80 kph. It's not just the danger of errant golf balls striking any other users of the course, but from falling branches and even trees. Many trees fall during this windy time and our greens staff had a tough job on their hands cutting up and clearing these trees from all parts of the course. It's all in a day's work for these guys and the job was soon done and golfers wouldn't even know any of the falls had happened. Great job team.

Despite all this our usual events took place.

Medal Winners August 2024:

Men's

A Grade: D. Troy (67 net)
B Grade: S. Rapp (65 net)
C Grade: R. Edgerley (67 net)

Ladies'

Division 1: Loretta Green
Division 2: Sue Davies
Division 3: Margaret Martin

Congratulations to all our winners.

The Ladies' Foursomes Championships have been decided. Some of you may recall that it was expected to be a close event with five teams vying for the bragging rights. Well, all can be revealed.

Gross winners: Gail Pottenger & Tracy Casinelli
Runner's Up: Loretta Green & Adele Abbott
Nett Winners: Jackie Boaden & Janell Hefer
Runner's Up: Suzie Collins & Bib Moss

Again, well done to all.

Looking forward, our next big event is the Shoalhaven Cancer Care Centre Charity Golf Day on first Friday in October. Such is its popularity that it was fully booked by mid-September, and now a waiting list has started to fill. We will see what we can do to get as many playing and fed as practicable. However we still have raffle tickets to sell and anyone passing by or dropping in for refreshments can buy them over the counters in the clubhouse. It is pleasing to note that we are still receiving a variety of gifts and donations.

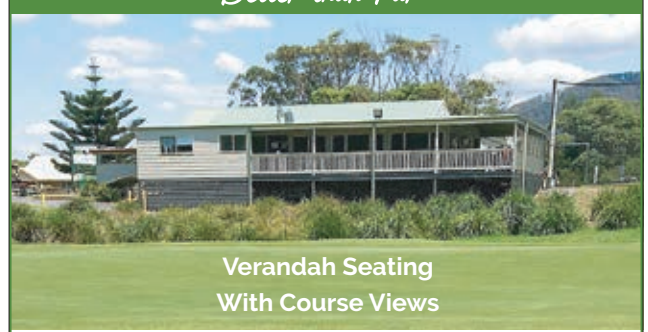
A few weeks later we will be holding a New Members afternoon. It's a meet and greet day, and providing information to new members on our history, as well as our policies and procedures. This time we intend to open it to all members who would like to come along.

And then in December it's the Longest Day again. Doesn't time fly. In case any reader isn't aware, its run by the Cancer Council to support vital cancer research. Participants can choose to play 36, 54 or 72 holes in the one day. There is already a keen base of club players willing to take part, many who have done so for quite a number of years, and will soon be seeking sponsorship. More next month.

Play well, stay well!

John Clawley - President

SHOALHAVEN HEADS
GOLF CLUB
Better than Par



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HEADS BOWLO SOCIAL GOLF

A fun day was had at The Links Shell Cove on 25/8 where 6 teams grouped for a 4 Person Ambrose event.

A very close battle finishing with 53.9 points was the team of Rob Carnegie, Dennis Potter, Irene Delfos & Nick Delfos.

Runner up team with 54 points was Gail Kovacs, Jim Kovacs, Steve Franks & Joy Hollway.

Nearest the Pin winners were Rob Carnegie who won on 2 holes, Loretta Green, Dennis Potter and Gail Kovacs.

The next game was played on 8/9 at one of the favourite courses on our calendar the Callala Country Golf Club. The pro shop staff are always so welcoming, offering a cup of coffee to get us started and generous extras to support our club.

We had a smaller group of 16 players and all seemed to enjoy the game as the scores indicated.

The winners: Helen Todd & Peter Young both with a score of 40 points.

Runners up: Liz Brown 38 & Steve Franks 33 points

Drive n Pitch:

Loretta Green & Steve Franks

Nearest the Pin:

Peter Young, Bill Todd, Loretta Green, Rob Carnegie & Liz Brown

Congratulations to all of the players.

Dennis Potter at The Links Shell Cove

Next scheduled events to be reported in coming issues:

22/9 AGM & luncheon at the Bowlo
29/9 Port Kembla
20/10 Jamberoo

Good Golfing, Joan Hanchard - Publicity Officer

BOWLING CLUB

Major Singles Championship 2024/25

A large crowd of supporters cheered throughout the final of the Open Major Singles Championship 2024/25 as Greg Collins challenged Michael English. Michael, who is last year's winner, was defending his Club Champion 2023/24 title. We were entertained by a very high standard of play. The game could have gone either way as the score drew level at several points throughout the match.

Congratulations to Michael English for winning the championship, defeating Greg who put in an outstanding effort to become runner up. Greg kept the pressure on Michael right up to the last bowl. The final score was 25 to 21 shots.

Women's Singles Championship 2024/25

The Women's Singles Championship 2024/25 was played in cold blustery gale force winds. Both Kathy McMahon and Colleen Winstanley played well in such difficult conditions. The score drew level at 13 points with neither player taking a commanding lead throughout the game.

Kathy commented on Facebook "A very big thanks to everyone who came to support us. It was an amazing game under the conditions. Thanks to my lovely friend Colleen for making this game so special."

Greg Collins with Club Champion 2024/25 Michael English

Colleen Winstanley runner up with Kathy McMahon Singles 24/25 champion

Congratulations to Kathy on winning the championship 21 to 18 shots. Well done Colleen on becoming runner up.

Region Fours Championship

Shoalhaven Heads entered four teams in the Region Fours Championship which were played on Sat 14 Sept '24. The team of Lea Huber, Joy Hollway, Gail Kovacs and Joan Hanchard were successful in winning their final game 18 to 17 shots. They will now go through to the South-East Region finals.

Jack Attack

Jack Attack is a fun and fast-paced format of bowls designed to introduce non-bowling members of our community to the game of bowls. It's all over in 60-75 minutes. Jack Attack appeals to barefoot bowlers who are looking for a more structured bowls competition.

A light meal and random draw prizes are included at the end of each game. The first placed team will receive $300 on the final night. Teams comprise 3 to 6 players and the entry fee is $45 per team per game.

The next session of Jack Attack will commence on Wed 23 Oct "24, at 5:30pm for 6:00pm start. It runs for four consecutive weeks, finishing on 13 November.

Please contact the Shoalhaven Heads Bowling and Recreation Club on 02 4448 7154 for a registration form or to seek more information.

Stephen Franklin

RESOUNDING SUCCESS OF THE PICKLEBALL EVENT FOR INVICTUS AUSTRALIA

The Shoalhaven Heads Tennis Club hosted a "Come and Try Pickleball" event at the Shoalhaven Heads Tennis Courts on Sunday 22 September for Invictus Australia.

You will have heard of the international Invictus Games for wounded, injured and ill military personnel that was founded by Prince Harry, well, continuing on the momentum of these games is Invictus Australia - an organisation for all members of the Defence Community (serving, former serving and family members) that promotes the physical, social and emotional benefits of sport.

The enthusiastic members of the Shoalhaven Heads Pickleball group (part of the Tennis Club) were keen to come together with Invictus Australia to introduce its members to the inclusive and exciting sport of Pickleball, the "racquet and ball" game that is the fastest growing sport in the world.

After a quick introduction to the few, easy rules of Pickleball, the group of 32 veterans and family members were keen to give Pickleball a go. They were told of some advantages of Pickleball - the serve is underarm and the court is about a third the size of a tennis court, making it a more social game with less running involved.

The new players found out how quick it was to be able to play your first game – and how much fun Pickleball is. The rules are simple and the game is easy to learn but can develop into a competitive game and have you hooked!

From 10am to 12noon, all four pickleball courts were full with eager and excited players, and there was laughter, lots of cheering of good shots and hearty acknowledgement of all players at the end of each game. This was clear evidence of the power of sport, as well as to increase activity, also to increase social engagement and enjoyment.

Players also enjoyed a complimentary sausage sizzle, drinks and cakes generously supplied by the Shoalhaven Heads Tennis Club.

The Shoalhaven Heads Pickleball Group looks forward to fostering strong connections with the local Defence Community through the sport of Pickleball.

Pickleball offers a fantastic way to stay active and connected and improve your health and wellbeing.

At Shoalhaven Heads Tennis Courts we have four pickleball courts and our enthusiastic Pickleball Group runs four sessions of Pickleball each week:

WEEKLY PICKLEBALL:

TUESDAY NIGHT 7-8 pm
WEDNESDAY NIGHT 7-9pm
THURSDAY MORNING 9-10PM
SATURDAY AFTERNOON 3-4pm

Everyone welcome – beginners or experienced players. We have paddles and balls and we will teach you how to play.

Christine Talbot, Shoalhaven Heads Tennis Club 0419465 995 or Kim, Pickleball Co-ordinator text to 0413 498 310, or keep up to date on Shoalhaven Heads Pickleball facebook

Christine Talbot

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