



Star Wars Day - May the 4th

Star Wars fans will be celebrating on May the fourth. See page 4.



Free E-Waste Recycling

E-Waste must be disposed of responsibly. See page 5 for details.



Native Botanic Garden Open Day

Our local beautiful Native Botanic Gardens' big day out 26 May. See page 3 for details.



HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

May 2024

Established 2004

Volume 20 - Issue 5



Deb, Peter, Wendy, Ray, Lynne, Debbie, Wayne, Eddie



Paul Kay and Kathy



Linda, Margaret and Brian aka Barney



Debbie and Dennis, Shirley and Bill



Beryl and David



Sadie and Kay



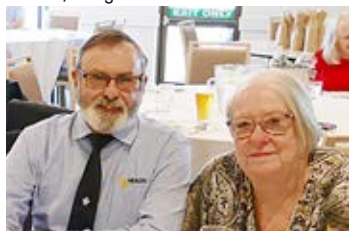
Ron, Bernice, Yvonne, Greg, Ray and Allan aka Benny



David, Kate and Kelly



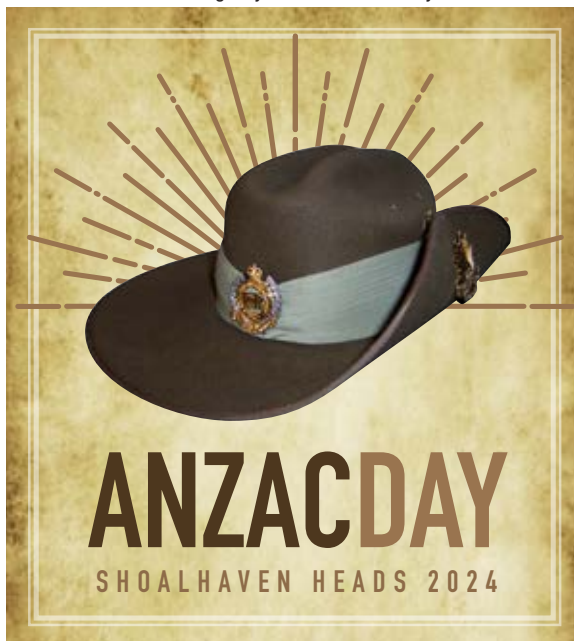
Dennis, Doug and Nathan



Graham and Chris



Robin and Faye



Kathy



Padre Mark



Maureen, Noel and Maggie



Mick, Mountain and James



Major Tim Colebatch and son Hugo



Shoalhaven Heads Public School Ministers



Jordan Bradshaw with his daughter Mahala and his son Taj



Anzac Day 2024 saw an impressive turnout, as a vast crowd gathered, extending onto the road, to honour the legacy of Australian and New Zealand troops. This year's service featured the unique sound of the didg-

eridoo, masterfully played by Jordan Bradshaw, adding a profound cultural dimension to the ceremony. The local RSL Sub-branch followed up with a social event at the bowling club, where the attendees enjoyed an

afternoon of camaraderie and shared stories. As we reflect on past sacrifices, the spirit of Anzac continues to inspire a deep sense of national pride and gratitude.

Heads News

Raine & Horne

Buying or selling? We're here to help you.
Call our Shoalhaven Heads office today!

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1a Jerry Bailey Rd, Shoalhaven Heads



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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Reports / Ads must be emailed by the 15th of the month. All photos in the HEADS NEWS are subject to copyright. All articles printed herein are as submitted to the HEADS NEWS.

ADVERTISER INDEX

Air Conditioning - Ambience	12	Hair Design - Rebels	10
Air Conditioning		Jet Locksmiths & Security	13
- Climate Control Co	13	Legal - Beau Solicitors	6
Ampol Service Station	6	Legal Pelican Solicitors	5
Antennas - Shoalhaven Antennas	9	Markets - Surf Club	5
Auto Service	2	Meroo Property Maintenance	12
Bangalay Dining	15	Optometrist EyeQ	12
Bombo Blinds	10	Pharmacy	3
Botanic Garden	3	Plumber - Craig Marland	13
Bowlo	9	Real Estate First National	7
Computer Troubleshooters	13	Real Estate Raine & Horne	4
Concreter	10	Recycling	5
Dentist - Berry Dentist	14	Scooters Wholesale	14
Fiona Phillips	2	Security Screens - Clear Shield	7
Funerals H Parsons	7	Travel Focus	11
Gareth Ward	10	Yoga	12
Golf Club	15		

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 May 1	Bowling Club 1:30pm Tue May 7	
Fire Brigade	RSL Sub Branch	
Fire Shed 7pm Mon May 21	Bowling Club 4pm Mon May 6	
Lions	Social Hub	
Bowling Club 7pm Tue May 14	Community Ctr 10am Mondays	
Probus	VIEW Club	
Bowling Club 10:30am Fri May 10	Bowling Club 5:30pm Mon May 13	

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			

SHOALHAVEN HEADS AUTO SERVICE

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All Mechanical Repairs

Authorised Inspection Station
(Including Lpg)

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Tyre Service

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All Makes & Models

MONDAY TO FRIDAY 8.00 am to 5.00 pm

COMMUNITY FORUM

Guest speaker - Ms Irene Birks -President, David Berry Hospital Auxiliary, Chair, Voice of David Berry Hospital

Irene commenced with a brief history of the hospital and explained that in 2022 the auxiliary first heard of the plans to withdraw the services offered at David Berry Hospital, rehabilitation, and palliative care, and move those services to Shoalhaven District Hospital. It was then that a small committee was formed to seek more information and form an opinion on options for use of the hospital. Irene said that they have been contacted by many members of the community who have expressed dismay at the plans and while the "Voice" has a good rapport with the Illawarra Area Health Service (IAHS) getting definite information on the future of the site and its services has been drawn out with the feedback from State Government and the IAHS "no decision will be made until the services move" seeming like a tactic.

While it is understood that rehabilitation may be best served at the main hospitals the future for those waiting for aged care placement or palliative care will see the loss of the serene environment of the David Berry Hospital and its easy accessibility to visitors. The public servants are currently examining the David Berry Hospital Act View - NSW legislation and the contents of various documents to determine what provisions allow. The feedback from the community so far is that the services of palliative care, patients awaiting nursing home placement and potential PTSD patients would be best served in the David Berry Hospital facility. Irene will have an update following a meeting the IAHS on Monday 8th April and will advise the Forum.

The Forum offered support for pressure on government to keep the David Berry Hospital as a facility which Shoalhaven Heads residents can access.

Councillor reports:

Clr Matthew Norris advised that Councillors have attended several workshops focussing on the financial viability of Council and a number of large projects are now on pause. The exception is the Sanctuary Point Library which they're trying to reduce the build cost. Donations from Council have been reduced - no fireworks.

Q. Why do we need so many physical spaces for (costing \$30m at Sanctuary Point) libraries when many people used their own computers and other devices.

A. Libraries provide spaces for other activities and there are limited spaces at Sanctuary Point.

The Forum discussed cost of this facility and the need to reduce large capital works. Councillors are to look at a facility in an adjoining LGA which was built for \$6.5m. Councillors were asked to closely examine the usage numbers and the ongoing costs of any new facility.

Council is also looking at asset sales. One such property is 42 Matthews Street Shoalhaven Heads - previously used as a water storage and pumping station.

Q. Why did the garbage truck have two persons on recently when normally only one.

A. No known reason possibly training a new person.

Q. What is the hold up with the release of lands on Moss Vale Road and Taylors Lane.

A. Potentially the construction of the new roundabout.

Q. When will Cambewarra Mountain Road be rehabilitated.

A. Believe that was commenced on 2nd April

Clr Norris advised the grass mowing schedule for public lands in Shoalhaven Heads is "coming".

Clr Patricia White advised that the Northern Coastal Management Program (CMP) Advisory Committee has been rescheduled from 3rd April to 15th April.

Q. When will the Lower Shoalhaven CMP plan be exhibited with actions? (these are the actions the community has been raising now for two years - e.g. Entrance Management Plan for flooding)

A. No advice but within weeks.

Clr Tonia Gray said that Council is getting its house in order to meet the financial challenges. Council has no direct authority regarding the David Berry Hospital and accepts that members of the community have expressed concern at the loss of services. Clr Gray said that the use of the old Nowra bridge could provide an opportunity for events as it links Bomaderry and Nowra. The State Govt has accepted maintenance costs for the time being.

Q. What is happening with parking around the Nowra riverfront.

A. This is being considered and may result in a right hand turn from the new street Shearwater Way.

Native Botanic Gardens (NBG) - Tom Korevaar

Tom advised that Saturday 26th May will be a day to promote the gardens "Botanic Gardens Day". The NBG is a member of the Botanic Gardens Australia and New Zealand - BGANZ.

Tom congratulated the Heads News and the Lions Club for the new town map. 10,000 copies have been produced to provide a map for visitors on the attractions around the village.

Shoalhaven Heads Community Centre - Jenny Edwards

SHCC - arranging a defibrillator workshop at the centre - date to be arranged.

Red Cross - Jenny Edwards

Meetings are now every second month at the centre commencing at 1:30pm. The next one being in May.

Meals on Wheels - Kim McGuire

Kim advised that all is going well with the service.

Shoalhaven Heads Estuary Task Force - Phil Guy

Phil advised of the outcomes from the recent meeting on 20th March. The pre dredging study was very detailed and included several options from "Do Nothing" to "Move the Channel" along River Road. As it is a complex matter and of interest to a many who have boats and use the facilities it was decided:

That the Forum invite a Council officer to explain the details and outcomes of the findings of the report done by the contractor Advisian to the meeting on 1st May.

The other reports to the SHET were deferred to be considered in the CMP process.

Golf Club

NSW Veterans Matchplay Championships will be held in late May.

Footpath priorities

These will be finalised at the May meeting.

Scott Street Repairs

A resident raised issues regarding the Scott Street repairs and spoke of the disruption they had endured. Councillors listened to several instances where rehabilitation work had been done to some properties whilst others had been left in what the residents considered an unacceptable condition.

Clr Gray undertook to arrange a meeting with Council staff and residents to try and understand the issues and provide mutually acceptable solutions.

Community Forum

FIONA PHILLIPS MP
Federal Member for Gilmore

(02) 4423 1782

Fiona.Phillips.MP@aph.gov.au

fionaphillips.com.au

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

I'm here to help with issues like Medicare, Centrelink, aged care and pensions, the NDIS, Veterans' Affairs and community grants. I can also arrange flags, and special birthday and anniversary messages.

Please let me know how I can help you.

Authorised by Fiona Phillips MP, Nowra.



NATIVE BOTANIC GARDEN - BLOOMS & OPEN DAY

Hello gardeners & nature lovers. Hope you have not had your gardens washed away in the April storms! The Botanic garden is lucky in that we are located reasonably high up in the 'Heads and some of our granite paths are all that is affected.



Banksia Vincentia

In June 2020 we were lucky to acquire from Booderee Botanic Garden some Banksia vincentia.

You will notice the local name used in this taxonomy; this is because it is endemic (i.e. only occurs at that location in the wild) to Vincentia.

Fourteen plants were discovered in 2006 in Vincentia, but now only four remain, the rest having been wiped out by fire or wet conditions. It was formally described in 2014. Conservationists from Booderee, Wollongong, Australian (Mt Annan), and National (Canberra) Botanic Gardens plus NSW Department of Primary Industries Conservation Unit are collaborating to keep the species alive. Over 1200 plants have been propagated, from cuttings and seeds collected. We also have the privilege to be a part of this conservation effort, with ours doing very well. Stig Pedersen, acting curator of Booderee BG in 2020 said "In NSW the plant has been declared critically endangered, which in terms of conservation and declaration, is a rarity. This is the last stage before it's deemed extinct."

Having plants in different locations ensures the species will not be wiped out if fires or wet conditions wipe out those left in the wild. Even Kew Gardens in London has been sent plants! They are in flower now until June.

BGANZ (Botanic Gardens Australia & New Zealand) botanic gardens open day for 2024 is on Sunday May 26th, 10am to 2pm. Come along and enjoy a tour/guided walk at 11am, involve the kids in a garden art hunt, or enjoy a Devonshire tea (or coffee) while listening to music by John from Shoal Vibes. There will also be a small selection of plants for sale. Hope to see you there!

Chris Lawrance - assistant secretary



www.bganz.org.au

BOTANIC GARDENS DAY AUSTRALIA AND NEW ZEALAND

SUNDAY 26 MAY 2024

Protecting our plants and landscapes

What's on at our Garden 10am-2pm


- Guided Tours 11am -12:30pm
- Plant sales from our nursery stock
- Photographic History of the garden
- Scavenger hunt to keep the kids busy
- Devonshire tea and coffee
- Spot the BGANZ logo
- Live music by John, Shoal Vibes
- Bonsai display and sales

Education and Conservation

9 Celia Pd Shoalhaven Heads
Just follow the signs



#BotanicGardensDay
 #BotanicGardensDay2024
 #MoreThanAGarden2024




RIVERFRONT - STRATEGIC MANGROVE MANAGEMENT

Residents and visitors are experiencing enhanced recreational access and improved scenic beauty at River Road reserve, following the authorized removal of mangrove seedlings. This ongoing initiative, conducted annually for the past five years under specific permits, aims to maintain the area as a welcoming space for water activities.

The removal targets a small section of 150 meters in front of the caravan park, known locally as "kiddie's corner," where 1180 young mangroves, approximately 15cm in height, have been cleared to ensure unobstructed access to the water. This action has allowed the riverfront to remain a safe and enjoyable area for children to play and for families to engage in water-based activities without the interference of mangrove growth, which can limit accessibility and visibility.

The permit for this selective clearing comes after a comprehensive community consultation and support from local authorities, including Shoalhaven City Council and Shoalhaven Riverwatch. Despite an initial denial from Fisheries, community advocacy led by Mayor Amanda Findley and local leaders resulted in approval, acknowledging the area's significance for both residents and the thousands of tourists who visit each year.


This balance between ecological preservation and community use is critical, especially in Shoalhaven Heads, where the population swells from 3,000 to approximately 8,000 during peak tourist seasons. The permitted area, just east of the boat ramp, provides a unique recreational space that is crucial for the community, offering a shallow, safe water area that is well-separated from motorized watercraft and ideal for family-friendly activities.



Removing mangrove seedlings near pontoon

Furthermore, the mangrove management is intended to be incorporated into the Coastal Management Program (CMP), ensuring a structured and scientifically supported approach to both environmental conservation and community use of the riverfront. The CMP has reached stage 4 and the actions within it will be made available in May or June this year.

Heads News



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BERRY FLOODS WHILE THE 'HEADS REMAINED DRY

Recent severe flooding in Berry, which saw the greatest inundation in 40 years, starkly contrasted the situation in the Heads, where there was virtually no flooding.

In Berry, intense rainfall over a short period caused significant flooding, especially at the Bowling Club. It also affected homes and infrastructure, including the railway line where it washed out ballast, leading to disruptions. The community rallied remarkably, with over 60 people helping to clean up the Berry Bowling Club, which had undergone renovations just six months prior. The bowling greens suffered major damage; brick

walls were toppled, and the bowls shade cloths, still attached to their concrete bases, were strewn across the greens. Despite the devastation outside, the interior of the Club was largely preserved thanks to securely locked doors.

Contrastingly, Shoalhaven Heads experienced minimal impact from the same weather event. According to local discussions, the absence of flooding in Shoalhaven Heads can be attributed to the rainfall not falling in the river catchment area. If it had, it would have probably been a different story for Shoalhaven Heads.



Berry Bowling Club bowling green after the flood

Heads News

STAR WARS DAY - MAY THE FOURTH BE WITH YOU

Every year, fans around the world mark May 4th as Star Wars Day, a playful pun on the saga's famous phrase, "May the Force be with you." This unofficial holiday has grown from fan-based celebrations to become embraced by Lucasfilm and Disney, who now participate with new releases and promotions.

Interestingly, the phrase "May the Fourth be with you" was first used in a political advertisement. When Margaret Thatcher became Britain's first female Prime

Minister on May 4, 1979, her party congratulated her in the London Evening News with a message saying, "May the Fourth Be with You, Maggie. Congratulations." This clever play on words linked the date with Star Wars, although the broader celebration of Star Wars Day wouldn't take hold until much later, fuelled by the internet and social media.

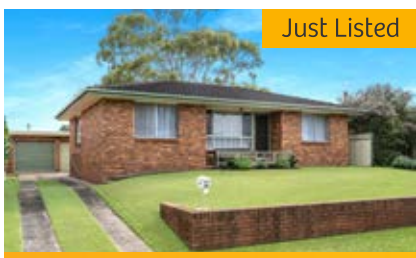
Today, Star Wars Day is a global event where fans engage in movie marathons, costume contests, and more,

celebrating the enduring impact of the Star Wars universe. As the franchise continues to expand, May the Fourth remains a testament to its cultural legacy and the enthusiastic community it has fostered worldwide.



Heads News

Raine & Horne

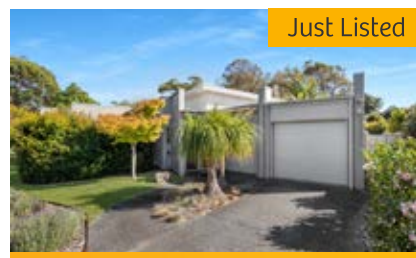


Just Listed

5 Mawson Road 3 1 2



3 Throsby Street 3 1 2



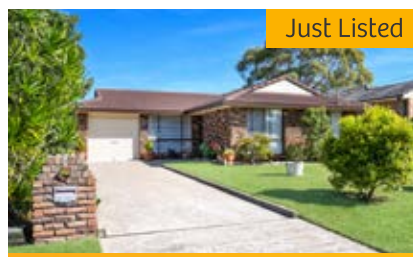
Just Listed

2 McIntosh Street 4 4 1



Sold & Congratulations

83 Scott Street 2 1 2



Just Listed

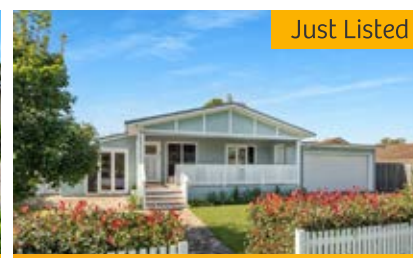
6 Davison Drive 3 1 1



5 Staples Street 5 2 2



3/110 Jerry Bailey Road 3 2 1



Just Listed

28 Jerry Bailey Road 4 2 6



Sold & Congratulations

1 Oual Drive 2 1 2

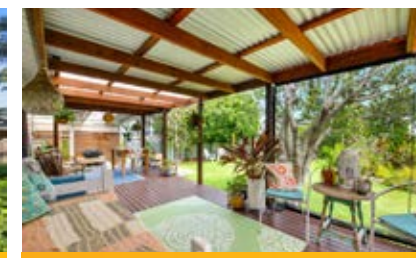


Sold & Congratulations

22 Golden Hill Avenue 3 2 2



6 Scott Street 4 2 2



17 Jerry Bailey Road 3 2

LIONS CLUB NEWS



Di Watt, Robyn Flack, Kerry Newton and Janet Mather preparing morning tea at the HUB

Social Hub

The Social Hub which operates each and every Monday from 10am to 11:30am (with the exception of school holidays) at the Community Centre continues to be very popular. It was an initiative of the Lions Club several years ago and is well patronised with around 25 community members attending each week. There is lots of camaraderie and laughter with varied activities and a delicious morning tea being provided.

The HUB is run by some of our Lions members as well as Friends of Lions who help in the kitchen making morning tea and cleaning up afterwards.

Everyone is welcome to attend so please drop by on a Monday and meet with other locals.

Memorial seat for Dr Gray

Hopefully the memorial seat for Dr Gray will be installed in the very near future. It will replace the current seat located at the front of the Shoalhaven Heads Surgery. I have been in contact with Council regarding this matter, but they are unable to give me a firm date.

New members

The Lions motto is "We Serve", which to Lions means selfless service to others in need in our local communities. Our small but actively involved club would love to see more locals come and join us in Lions.

We meet on the second Tuesday of each month at the Bowling Club commencing at 7pm with many of us dining in the club prior to the meeting at 6pm. If you are at all interested, please drop in and meet our members.

Rob Russell - President



Give Danielle Harris a call on 0407 226 032 for a chat or simply scan the QR Code



Danielle Harris
Principal & Licensee in Charge
0407 226 032



#1 AGENCY
Shoalhaven Heads
2023



#1 AGENT
Danielle Harris
2023



#1 AGENCY
Shoalhaven Heads
2024



#1 AGENT
Danielle Harris
2024

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

COASTAL MANAGEMENT PROGRAM IMPLEMENTATION



"Sand fans" causing channel narrowing. The CMP needs to address this and many other issues.

Heads residents and other interested parties are gearing up for the imminent release of the actions from the Coastal Management Program (CMP) for the lower Shoalhaven River. This pivotal moment offers residents a chance to see if their input has been incorporated into the plans that aim to enhance community amenity and environmental stewardship. The CMP's focus includes a wide range of ecological and infrastructural improvements, from water quality to flood mitigation, aimed at ensuring the long-term health and viability of the river and its surrounds.

The local representative, has meticulously prepared a set of points to be presented to the council. These concerns highlight critical areas such as improving water quality by proposing more frequent and extensive sampling, and finding alternatives to pollution-prone activities like the Hay Ave boat cleaning area. Other significant measures include enhancing essential tourism amenities and ensuring that permits for mangrove maintenance are streamlined to keep recreational areas open and safe.

The representative has also raised the urgent need for effective flood management strategies. This includes maintaining a permanent 'dry notch' at the river entrance and ensuring all flood mitigation drains are up to standard, with Shoalhaven Heads' own drainage system being a particular concern due to its recent poor survey results.

Dredging is another critical topic set to be addressed, with suggestions to realign the boating channel to protect seagrass beds and use dredged materials for beach nourishment, which would improve both water flow and quality.

Erosion control is also on the agenda, with a call for better management plans to protect riverbanks and vegetation, especially in areas like Comerong Island and Broughton Creek, which are experiencing significant erosion.

Furthermore, the community is advocating for a comprehensive review of sewage management to prevent overflows into the Shoalhaven River, which have adversely affected local water quality and industries like oyster farming.

As these actions are expected to be publicly revealed in late May or early June, it presents a vital opportunity for the community to engage and ensure their views and concerns have been effectively addressed.

Heads News



Surf Club Markets

1st Saturday of every month at the Surf Club
8:30am to 1:30pm

Hand-produced products, arts and crafts, collectables, books, plants, clothing, photography, children's activities, great coffee, donuts and much, much more.
This is an all-weather market. The booking fees for each market stall goes towards Surf Club rescue & training equipment

Stall enquiries & bookings contact Megan 0407 407 328



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Electronic Waste (E-Waste) is anything that runs off a power cord or a battery. Recycle it for FREE at any Council Recycling & Waste Depot.*

Please never place E-Waste into either kerbside bin. E-Waste is an environmental hazard, plus a fire risk for collection vehicles and receiving facilities.



Find out how to correctly recycle and dispose of common household items. Visit shoalhaven.nsw.gov.au for the **A-Z Recycling and Disposal Guide**. >>>

*Please note this is a free service to domestic customers only. E-waste that is not fully intact and or physically damaged will not be accepted for recycling and will be charged at the mixed waste rate. A refrigerant removal fee of \$17 applies to fridges, freezers and air conditioners.

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Appointments in your own home or at my home in Shoalhaven Heads

PROGRESS ON RIVER ROAD PATH - WEST



The path meanders past trees along the road side



The path meanders through the trees along the river's edge

Construction is well underway on the new 2.5-meter-wide pathway along River Road in Shoalhaven Heads, an exciting development for the local community. Funded in part by a grant from the "Get NSW Active Program" by Transport for NSW, this pathway is designed to offer both residents and visitors a picturesque and functional route along the river's edge.

The project, which stretches from Carter's Corner to the existing path at the rock wall, was shaped by valuable community input. A meeting led by Michael Berzins on September 5 last year drew about 30 residents, whose suggestions greatly influenced the path's design. "Starting at Carter's Corner, the community expressed a strong desire for the path to be set away from the road, enhancing safety and the overall walking experience," Berzins noted. This feedback led to a path that meanders through the local flora, offering scenic views and a shaded route away from the direct roadside.

Adjustments have been made to accommodate the new pathway, including the reconfiguration of the Carters Corner car park. Compliance with NSW standards led to the removal of three parking spaces adjacent to the car park entrance, a necessary compromise to prioritize pedestrian safety and access. The pathway will connect seamlessly to the existing path leading to a bus shelter, significantly improving pedestrian access in the area.

Safety measures have been carefully considered, especially where the path skirts close to the riverbank. In areas with poor visibility, black cyclist fencing will be installed to prevent accidents. However, in lower-risk areas, the community plans to use dense plantings instead of fencing, aiming to maintain the natural beauty of the riverside while ensuring the path is a safe and harmonious addition to the landscape.

Heads News

OFFICIAL HANDOVER OF FUNDS FROM CHARITY DAY



Tristan Tuckley - Shack, Jan Dolden - Heads Hotel Fishing Club, Col Mulholland - Heads Hotel Fishing Club



Ion Lloyd - President of Heads Hotel Fishing Club, Luke Edenden - Shoalhaven Heads Surf Life Saving, Geoff Parker - Rural Fire Service, Paul Polsen - Volunteer Marine Rescue, Mike Boadle - Volunteer Marine Rescue, Bo Wilkie - Heads Hotel (Rep)

On the 7th of January 2024 we had our Monster Charity Day. All money raised went to our four major charities. They are the Rural Fire Service (RFS), Volunteer Marine Rescue (VMR) Shoalhaven Heads Surf Life Saving (SHSLS) and the Shack (Apex)

On the 23rd of March 2024, we had the official handover from the funds raised on Charity Day. Each charity received \$8000.00. The representatives for each of the organisations were:

Luke Edendon: (SHSLS)

- Mike Boadle: (VMR)
- Paul Polsen: (VMR)
- Geoff Parker: (RFS)
- Tristan Tuckley: Shack (Apex)

Everyone of these organisations help our local community. So, it's a real pleasure to be able to give a little help to these amazing organisations. A huge thank you to everyone who attended on the day.

Heads Hotel Fishing Club



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PETROLEUM DISTRIBUTORS

52-54 Shoalhaven Heads Road, Shoalhaven Heads

OPEN 7 DAYS 5:30am till 8:00pm

VIEW CLUB

At our April meeting we were joined by Peter Young, President of Shoalhaven Heads RSL Sub-Branch who presented a snapshot of his service in the RAN and then gave an interesting talk on the history of ANZAC Day. Vote of thanks was given by our member Fay.

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 always welcome new friends to VIEW and hope you can join us at our next meeting on Monday 13th

May 2024, 12 noon for 12:30pm at Shoalhaven Heads Bowling Club, which will be our first lunch meeting for the year. At this meeting we will be joined by guest speaker Debbie Reynolds who will speak on her volunteering journey.

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



Peter Young and Fay

Lorraine Montgomery - Publicity Officer

PROBUS



Bruce Wall-Smith thanked our Guest Speakers - Bob Haywood (on left) and Frank Neri (on right)

On 12th April Probus members enjoyed another general meeting with interesting speakers and sharing plans for the future,

Our Club Speaker this month was Maria Unicombe who has lived in The Heads for 6 years. Maria was born in England and came out to Australia by ship in 1956, stopping firstly in Western Australia and then on to Sydney. Maria attended school at Beverly Hills Girls High and later worked at David Jones. She met her husband when she was 16 and was married at 18. An interesting speaker, Maria finished by telling 2 very funny jokes.

Our Historian, David Mathie read an interesting account of the final Probus meeting held in December, 1999 (the last meeting of the century!)

The Guest Speakers were Frank Neri and Bob Haywood representing Repower Shoalhaven in which they have been actively involved for 15 years, providing power to a number of establishments and encouraging a switch to renewable energy and clean electricity instead of gas and fossil fuel in homes and cars. They gave a very informative talk with lots of ideas about how we can make a difference and protect the environment.

We have so much to look forward to in Probus! Our Activities Officer, Paul Bounds announced that we will be having Lunch at Shoalhaven Heads Golf Club on 20th May, we will enjoy a day at Kembla Grange races on 18th June and, of course, we are all looking forward to our 6 day/5 night holiday in Jindabyne.

Our Interest Groups are thriving with lots of enjoyable Fun activities planned. The Garden Group are meeting at Heather Meades' home on 26th April, the Wine Appreciation Group will share their wines at Coastal Palms on 17th April, the Walking Group plan to have a walk in Avery Park Gerroa, followed by lunch at Gerroa Fisherman's Club on 18th April and the Entertainment Group look forward to attending Nowra Players' performance of "Steel Magnolias" in September.

Membership of Probus is open to anyone - retired, semi-retired, and of any age. We meet at 10.00 am on 2nd Friday of each month at the SH Bowling Club. Why not come along as a visitor sometime? You will be very welcome. Our next meeting is on 10th May

For further information contact President Maggie Pye (ph 4448 5913).

Llois Shorten (Publicity Officer)

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 New to Market - Jason Stalgis & Lilli Williams

1395E Bolong Rd, Coolangatta
 \$2,700,000 - \$2,800,000 - Nana Coburn

Recent Sales

73A River Rd, Shoalhaven Heads
 \$1,700,000 - Claire Nunn

41 Amundsen Ave, Shoalhaven Heads
 \$900,000 - Claire Nunn

5 Shackleton St, Shoalhaven Heads
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31 Scott St, Shoalhaven Heads
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Market Update

Read our latest market update, packed full of local Real Estate news. Online now!

SCAN HERE TO READ THE FULL REPORT

2024 is well-underway, it's hard to believe we are already in May!

General enquiries have increased, as well as open home numbers, giving no doubt that buyer activity is increasing as the market appears to stabilise.

We are almost half way into 2024 and so far it is looking promising - the market is continuing to evolve and improve, with 46 new listings going live across our three offices, and 36 properties sold, continuing the trend of fantastic results by all of our team.

With his extensive local market knowledge, Jason Stalgis is qualified to give you advice on how your home would be valued in the current market, and whether renting your property vs. selling is worth while based on your circumstances. If you are considering what to do with your property in 2024, contact **Jason on 0403 648 375!**

We hope you enjoy our latest update, and hope it inspires you to make your next property decision with us.

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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	Stephen Thomson	0412 131 391	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	David Watson	0408 852 611	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
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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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WHAT'S ON



Friday 10th May
 Sit down dinner
 ABBA & Bee Gees Show
 \$25 members
 \$30 non members
Members Night 6pm

TIDES

River tide is lower & approx 1 hr behind (when mouth is closed) the ocean tides shown. General info only - not for navigation.

Wed 1 May H 01:05 1.63m L 08:25 0.48m H 14:33 1.18m L 19:41 0.79m	Thu 2 May H 02:17 1.62m L 09:28 0.44m H 15:41 1.26m L 21:02 0.74m	Fri 3 May H 03:28 1.64m L 10:22 0.38m H 16:38 1.37m L 22:16 0.65m	Sat 4 May H 04:32 1.67m L 11:12 0.33m H 17:29 1.51m L 23:21 0.54m	Sun 5 May H 05:31 1.68m L 11:57 0.30m H 18:15 1.65m	Mon 6 May L 00:22 0.44m H 06:26 1.66m L 12:40 0.31m H 19:01 1.78m	Tue 7 May L 01:19 0.35m H 07:19 1.60m L 13:21 0.34m H 19:46 1.88m	Wed 8 May L 02:15 0.29m H 08:14 1.52m L 14:03 0.41m	Thu 9 May L 03:09 0.26m H 09:08 1.42m L 14:45 0.49m H 21:16 1.95m	Fri 10 May L 04:02 0.28m H 10:02 1.33m L 15:27 0.58m H 22:01 1.92m	Sat 11 May L 04:57 0.33m H 10:57 1.25m L 16:10 0.66m H 22:47 1.84m	Sun 12 May L 05:52 0.40m H 11:53 1.19m L 16:57 0.74m H 23:33 1.74m	Mon 13 May L 06:47 0.47m H 12:50 1.16m L 17:47 0.80m	Tue 14 May L 07:42 0.53m H 13:51 1.15m L 18:47 0.85m	Wed 15 May L 08:35 0.57m H 14:52 1.18m L 19:57 0.87m	Thu 16 May L 09:24 0.58m	Fri 17 May L 10:08 0.57m H 16:34 1.31m L 22:17 0.81m	Sat 18 May H 04:16 1.41m L 10:47 0.55m H 17:17 1.40m L 23:15 0.74m	Sun 19 May H 05:06 1.40m L 11:23 0.54m H 17:53 1.49m	Mon 20 May L 00:05 0.67m H 05:52 1.39m L 11:57 0.53m H 18:28 1.58m	Tue 21 May L 00:50 0.59m H 06:35 1.37m L 12:29 0.53m H 19:02 1.67m	Wed 22 May L 01:32 0.52m H 07:17 1.35m L 13:01 0.55m H 19:35 1.74m	Thu 23 May L 02:13 0.47m H 08:01 1.33m L 13:34 0.57m H 20:10 1.80m	Fri 24 May L 02:54 0.42m	Sat 25 May H 03:19 1.43m L 10:08 0.57m H 16:34 1.31m L 22:17 0.81m	Sun 26 May L 04:23 0.39m H 10:20 1.25m L 15:34 0.66m H 22:12 1.84m	Mon 27 May L 05:13 0.39m H 11:12 1.23m L 16:23 0.69m H 23:00 1.81m	Tue 28 May L 06:06 0.40m H 12:09 1.23m L 17:18 0.72m H 23:53 1.76m	Wed 29 May L 07:02 0.40m H 13:09 1.24m L 18:22 0.74m	Thu 30 May H 00:51 1.71m L 07:59 0.40m H 14:12 1.29m L 19:32 0.74m	Fri 31 May H 01:55 1.65m L 08:53 0.39m H 15:12 1.38m L 20:47 0.71m
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SAT 6TH JULY



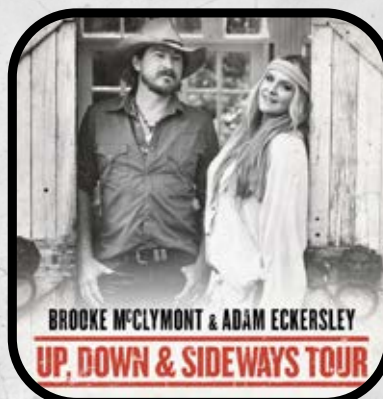
SAT 3RD AUG



FRI 23RD AUG



FRI 6TH SEP



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BUSHCARE - WAR ON WEEDS

River Rd Group have been weeding and planting during April and will assist the other groups with the Bushcare Information stall at the Shoalhaven Native Botanic Gardens on Sunday 26th May.

Shoalhaven Heads Group have also been doing more weeding and clearing on the Dunes Track, Gumley Reserve, removing Lantana and Rhodes Grass from the Surf Club car park and Gerroa Rd and clearing fallen branches from Gerroa Rd.

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

The Jerringa Bushcare Group are working on the land between the Community Centre and the shops, clearing lantana and invasive weeds. Fallen and leaning trees have been reported to SCC.



Mark & Noel clearing Lantana at SHGC



Jennifer, Kim, & Noel clearing Lantana near Gerroa Rd

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 7.30am at various sites. Contacts: Heads Group and Golfers Group; Noel 0428400790, River Rd Group; John 0405217509.

Noel Schneider



SHOALHAVEN HEADS RSL SUB-BRANCH

Thankyou to All who attended our ANZAC Day Dawn Service, an extremely successful and enjoyable day, please keep an eye on the Shoalhaven Heads Bowling Club website for upcoming events and other information under the club's subheading. I am looking forward to future articles which I hope is informative to everyone.

May Anniversaries

- 4 May - Battle of the Coral Sea commences (1942)
- 8 May - Victory in Europe (1945)
- 14 May - Hospital Ship Centaur sunk (1943)
- 29 May - International Day of UN peacekeepers
- 31 May - Japanese submarines attack Sydney Harbour (1942)
- 31 May - Boer War ends (1902)

Battle of the Coral Sea

In World War II Japanese military forces quickly took advantage of their success at Pearl Harbor to expand their holdings throughout the Pacific and westward toward India. This expansion continued relatively unchecked until mid-1942. Then, after losing the Battle of Midway, Japan was forced on the defensive. By the end of April 1942 the Japanese were ready to seize control of the Coral Sea (between Australia and New Caledonia) by establishing air bases at Port Moresby in southeastern New Guinea and at Tulagi in the southern Solomons. But Allied intelligence learned of the Japanese plan to seize Port Moresby and alerted all available sea and air power. When the Japanese landed at Tulagi on May 3, carrier-based U.S. planes from a task force commanded by Rear Adm. Frank J. Fletcher struck the landing group, sinking one destroyer and some minesweepers and landing barges. Most of the naval units covering the main Japanese invasion force that left Rabaul, New Britain, for Port Moresby on May

4 took a circuitous route to the east, which invited a clash with Fletcher's forces.

Victory in Europe

Victory in Europe Day is the day celebrating the formal acceptance by the Allies of World War II of Germany's unconditional surrender of its armed forces on Tuesday, 8 May 1945; it marked the official end of World War II in Europe in the Eastern Front, with the last known shots fired on 11 May. Russia and some former Soviet countries celebrate on 9 May, as Germany's unconditional surrender entered into force at 23:01 on 8 May Central European Summer Time; this corresponded with 00:01 on 9 May in Moscow Time.

Several countries observe public holidays on the day each year, also called Victory Over Fascism Day, Liberation Day, or Victory Day. In the UK it is often abbreviated to VE Day, a term which existed as early as September 1944, in anticipation of victory.

Japanese Submarines attack Sydney Harbour

On the night of 31 May 1942 three Japanese midget submarines entered Sydney harbour. One became entangled in the boom net across the harbour, and her occupants blew her up. A second entered the harbour and fired torpedoes at the cruiser USS Chicago. They missed the Chicago but one hit the barracks ship HMAS Kuttabul, killing 21 naval ratings. This midget submarine disappeared, its fate a complete mystery until it was discovered by a group of amateur divers off Sydney's northern beaches in November 2006. A third midget submarine also entered the harbour but was destroyed by depth-charges before it had fired any torpedoes. The submarine in the Memorial's collection is a composite of two that entered the harbour.

"Lest we Forget" - Peter Young - Vice President

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RURAL FIRE BRIGADE - FROM UNDER HOUSES TO OVER SWING SETS

Hi Everybody. We've been busy since our last Report. Members of our Brigade have attended eleven incidents and multiple training sessions (preparing for the seasons ahead).

Incidents ranged from Pet rescue, a child rescue, grass fires, car fires and an Fire Alarm at our beloved Shoalhaven Heads Bowling Club.

Pet Rescue

The pet rescue involved a dog hiding under the house and not responding to calls. The owners were concerned the animal may have suffered a snake bite. After some of our smaller crew members tried unsuccessfully to extract the dog from under the low slung floor, a little hydraulic persuasion was enough to convince the dog that life would be drier in their owner's arms.

With little Tim and owners reunited, crews left to get clean.

Swing Set Entanglement

The child rescue was an interesting job. We received conflicting information when called regarding the incident. We weren't sure if we were needed and were unsure what to expect. Apparently the child was somehow entangled in a swing set.

Before we arrived at River Rd, the enterprising mother had lubricated the distressed victim with liberal amounts of sun cream which then facilitated their release. Well done mum.

Picnic area Car Fire

A few days later we responded to a car fire at the Beach Rd Picnic area. Gerringong RFB also attended, lending support. No one was in or near the car and the circumstances surrounding the fire is suspicious. Our concern was twofold. Put the car fire out as soon as practicable, preserving as much of the scene as possible and prevent any fire spread into the National Park.

Lawn mower-grassland fire

Crews attended a Grass fire at Bundewallah, Berry.



Picnic area Car Fire



Lawn mower grassland fire



Mooney Mooney Creek Flood Rescue training

On arrival, we discovered the cause of the grass fire was a ride-on lawn mower. The mower was not initially obvious because of the smoke plume. But once we got close enough to throw water onto the fire and realising the emitted smoke would be toxic, Breathing Apparatus was donned. This enabled crew to get close enough to ensure the fire did not spread into the surrounding grasses. Alas, the mower was lost.

Bowlo False Alarm

One Saturday night, the Fire Alarm activated at the Heads Bowlo. Brigades from Gerringong, Broughton Vale and FRNSW Berry joined us, responding to the scene. A quick check with our Thermal Imaging Camera confirmed there was no fire present and the Club could function as normal.

Mooney Mooney Creek Flood Rescue training

Some of the training mentioned earlier has an SES feel about it. Recent weather conditions have made it obvious that fire fighting skills alone is not sufficient for our first responders. Locally, the RFS are expanding the volunteer knowledge base so that, if required SHRFB can assist in wet weather incidents too.

We've been able to step-up in the past when called to assist the SES with storm damage recovery. We are now getting expertise to offer land-based flood rescues. Thanks to the Training officers from FRNSW and SES.

If you're interested in any aspect of Brigade business please contact our Captain, Steve Thomson on 0412131391.

Stay safe, Geoff Parker

VACATION AS EDUCATION: HOW TRAVEL TEACHES KIDS WHAT TECHNOLOGY CAN'T

Taking annual leave isn't just for adults; it's equally beneficial for kids in today's tech-centric world. Here's why you should whisk your youngsters away to explore the wonders of our planet:

Nature Nurtures the Mind: Studies reveal that outdoor adventures can calm us, boost our mood, enhance focus, and stimulate the brain. Plus, who can resist the joy of children playing outside or ditching their gadgets for a hike?

Cultural Connections: Travel exposes kids to diverse

people and cultures, fostering gratitude and empathy. Witnessing the happiness of children with fewer material possessions can instil appreciation and empathy in our own youngsters. It's a powerful lesson in gratitude and understanding.

Strengthening Family Bonds: In our hectic lives, quality family time often takes a backseat. Traveling removes distractions and brings families closer together. Ever noticed how siblings bond better after a few days of vacation?

The World as a Classroom: Travel offers invaluable lessons in geography, languages, cultures, and more, far surpassing what a textbook can teach. It's an immersive education that sparks curiosity and understanding.

If these reasons resonate with you, let's plan your next family adventure! Contact Travel Focus on 4209 2044 for personalised ideas that will educate, entertain, and connect your family in unforgettable ways.

Monica Godfrey

LIONS OP SHOP INITIATIVE

In an effort to fill a community void left by the closure of the Vinnies op shop in June 2022, the Heads Lions Club is taking significant steps towards establishing a local opportunity shop. The closing of Vinnies was a disappointment to many, particularly the volunteers who dedicated their time and effort. These volunteers, along with the broader community, are now hopeful about the potential launch of a new community-run op shop.

This initiative, led by the Lions Club, reflects the organisation's ongoing commitment to community service and development, with plans to use a demountable building on public land in Shoalhaven Heads. The aim is to create a space where residents can donate and purchase second-hand goods, with the proceeds directed towards supporting local projects and charitable causes. This plan is currently under review, with local council officials considering appropriate sites for the shop.

The concept of the op shop is inspired by the success of similar ventures in neighbouring areas such as Gerringong, where community-led recycling programs have generated substantial funds for local projects. By replicating this model, the Lions Club intends to fund improvements such as enhancing local infrastructure such as footpaths and other public facilities.

Heads News

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May is macula month

Macular disease is the leading cause of blindness and severe vision loss in Australia. It includes age-related macular degeneration and diabetic eye disease. The macula is responsible for detailed central vision as well as most colour vision. Alarmingly 1 in 7 Australians over the age of 50 has some evidence of macular degeneration and although there is no cure, early detection is key and can prevent further deterioration and vision loss from occurring. Also, no matter what your age, if you have sudden changes in your vision you need to have your eyes examined immediately.

Prevention is always better than cure so eating an eye friendly diet and modifying or managing lifestyle choices certainly helps. If you are due for an eye examination or you've noticed changes in your vision and are concerned, give us a call to make an appointment or book online. For more information and useful tips visit eyeq.com.au

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WINTER OF CONTENT

The first burst of cooler weather for the year prompted us to go looking for one of our favourite pieces of kitchen equipment, the tagine.

Basically a Moroccan casserole, it has a conical lid that traps the steam coming from the food, retaining more moisture and flavour.

It's also versatile as most versions of the tagine allow the bottom to be used for frying so it can function as a one-dish wonder.

However, today's dish partially breaks this rule, as it requires the chicken to be removed from the dish for a quick browning prior to serving.

As you will find, it's something well worth the effort.

If you're not familiar with Moroccan food it's never too late to learn.

Developed at the crossroads of the ancient spice routes it's a cuisine that's packed with influences from all around the world, but has had time to develop its own traditions of combining savoury and sweet ingredients with surprising blends of spices and herbs they have found delicious.

Chicken k'dra with chickpeas

Ingredients

- 60g butter
- 3 onions, thinly sliced
- 1/2 teaspoon ground ginger
- 1/2 teaspoon freshly ground black pepper
- 1.5kg chicken quartered.
- 1 cinnamon stick
- 1/4 teaspoon ground saffron threads
- 2 x 420g tins chickpeas
- 3 tablespoons finely chopped flat-leaf parsley, plus extra, to serve
- Lemon wedges, to serve

Method

Melt the butter in a large frying pan. Add a third of the onion and cook over medium heat for five minutes, or until softened. Add the ginger, black pepper and chicken pieces and cook without browning for 2-3 minutes, turning the, chicken occasionally.



Add the remaining onion, 310ml water, the saffron, cinnamon stick and 1 teaspoon salt. Bring to a slow boil, reduce the heat to low, then cover and simmer gently for 45 minutes.

Meanwhile, drain the chickpeas and place them in a large bowl with cold water to cover.

Lift up handfuls of chickpeas and rub them between your hands to loosen the skins, dropping them back into the bowl. Run more water into the bowl, stir well and let the skins float to the top, then skim them off.

Repeat until all the skins have been removed. Add the skinned chickpeas to the chicken, along with the parsley, stir gently, then cover and simmer for 15 minutes, or until the chicken is tender.

Tilt the saucepan and spoon off some of the fat from the surface and put it into a frying pan. Lift out the chicken pieces, allowing the sauce to drain back into the saucepan. Heat the fat in the frying pan and brown the chicken pieces quickly over high heat. Meanwhile, boil the sauce to reduce it a little.

Serve the chicken with the chickpeas and the sauce spooned over. Sprinkle with the extra parsley and serve with lemon wedges and crusty bread.

Serves 4

Uncle Tim

WILDLIFE MATTERS - UBIQUITOUS SEAGULLS

Seagulls are so familiar to us at our beaches, yet what do we know about them?

Seagulls are clever. They can learn, remember and pass on behaviours to their young. They devise many methods for making it easier to obtain food such as dropping hard-shelled sea creatures on rocks to break them open. Gulls will fly to ploughed fields to feast on the worms and small rodents.

Seagulls can drink fresh and salt water. Most animals are unable to do this.

Gulls mate for life and are great parents taking turns to incubate chicks and teaching them skills for life.

Seagulls are scavengers, adaptable hunters and have a diverse diet allowing them to eat whatever they want, including fish, insects, carrion and human leftovers.

Seagulls can eat almost any seafood needing to consume 20% of their body weight every day. The food must be high in fat and protein to feed their muscles.

Although humans often feed gulls bread, chips and scraps, this is NOT good for them. Even though they eat the food, it doesn't sustain the energy they need.



However, because they know humans have food, they know where they can feed. However, they will fill up on these foods and become very unhealthy. This is a bit like humans eating hot chips for 3 meals a day, every day. They need nutrient rich foods to feed themselves and their chicks.

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

Karen Devine

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BERRY HEADS SENIOR CRICKET PRESENTATION

Recently Berry Shoalhaven Heads Cricket Club came together to celebrate their 23/24 Season. Life Members, players, sponsors and supporters all enjoyed a fantastic night at the Heads Bowlo (the club's major sponsor).

Highlights of the night included celebrating 1st grade's achievements of Shoalhaven premiers and Minor Premiers of the South Coast Cricket Association. Local junior and now 1st grade captain Danny Troy was awarded Cricketer of the Year after a stellar season with both bat and ball. David Crapp was also presented with The Ted Street Clubman of the Year for his hard work off the field.

With the season officially over, club president



First grade premiers above and other award winners left and below

Lachlan Duggan and his committee are looking forward and already preparing for another successful year ahead.

Heads News

HEADS HOTEL FISHING CLUB

On Sunday the 14th of April 2024 we had our weigh-in at Carters Corner off River Road. Another beautiful day by the river with over 40 members turning up on the day. We had a lovely cool breeze which made it a very comfortable afternoon. The children and dogs had a great time playing the river. We had over 80 fish weighed in by our members. With the Billington family weighing in over 15 kilos of fish between them. Awesome effort. There is still a lot of debris in the river, so please be careful when taking your boats out. We have moved our next month's weigh-in to the third weekend of the month (19th May) because Mother's Day being the second



Col Mulholland with Audrey Billington and her Bream and Flathead

weekend of the month. Also weigh-in time is 1pm with daylight savings now ended. I would like to thank Ion, Geoff, and Ken with setting up the area on the day. Also, Bill for doing an amazing job with the barbeque and Ellen for making the beautiful deserts. Thank you to everyone for helping with the packing up. The winners on the day were as follows:
Girls Deep Sea: Matilda Strode
Junior Boys Deep Sea: Willow Bell
Sub Junior Boys Deep Sea: Ari Mangold
Men's Estuary: Brett Billington
Ladies Estuary: Pam Billington
Sub Junior Girls Estuary: Audrey Billington
Sub Junior Boys Estuary: Archie Billington
Men's Beach: Jarrad McGuire
Girls Junior Beach: Bonnie Zealand
Boys Junior Beach: Gus Zealand

Heads Hotel Fishing Club.

VINCENT MULLER'S JOURNEY TO THE WORLD GOLF CHAMPIONSHIP CONTINUES

Vincent Muller, an inspiring young Shoalhaven Heads golfer, has captured the hearts of many following his recent runner-up finish at the US Kids Golf Australian Masters tournament held at Hunter Valley. Despite not being fully recovered from pneumonia which he battled over the last three weeks, Vincent's exceptional talent shone through, marking another significant milestone in his golfing career.

After his remarkable win at the Australian Open, Vincent's ambitions are set higher as he prepares for the World Championship 2024 at Pinehurst in the USA, about 2 months away. As the costs of such a prestigious event are substantial, Vincent's family, along with the



Vincent with the Australian Masters runner's up trophy

local community, have initiated several fundraising activities to support his dream.

Heads News



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BOWLING CLUB

Jack Attack

Shoalhaven Heads Bowling and Recreation Club held its second Jack Attack event March/April. The event was another huge success with 43 players registered. We thank everyone who participated, you brought so much fun and enjoyment to the game.

Jack Attack was recently introduced by Bowls Australia as a social-competitive version of bowls that can be enjoyed by new and experienced players.

There were eight teams competing in the four-week event for the \$700 total prize money which was shared among the teams over the four weeks.

We congratulate Gardner Gnomes on winning first prize of \$300.



Final night of Jack Attack finished with a presentation and BBQ

Skips	Points	Margins	Ranking
Gardner Gnomes	15	33	1
Hughes	13	28	2
Bowles GR8 for Brains	13	23	3
Unicorns	13	17	4
The Chardys	9	13	5
MADORU	9	-7	6
Far Heads	6	-47	7
Happy Retirees	2	-60	8

We thank the Heads Bowlo management team for supporting the event and the volunteers who helped to organise and run the event. The next Jack Attack event will be held in November 2024.

Pennant

At the time of writing, Shoalhaven Heads Open Pennant grade 4 side completed all their qualifying rounds and failed to qualify for the finals. Grade 7 side has four qualifying rounds to go and must win all four rounds by 10 points to zero to qualify for the finals. Please wish Grade 7 side all the best of luck as they put in a huge effort to qualify for the finals.

Stephen Franklin

BOWLO SOCIAL GOLF

A short one from me this issue as there was no fun 'n' games to report. Unfortunately, the game that was scheduled for 7/4 at Calderwood Valley being cancelled as the course was impacted by the heavy rain over the weekend.

The next games we have on the calendar are:

- 28/4 Worrigeer Sports 8am
- 26/5 St George's Basin 8am
- 16/6 Nowra 8am

Stay tuned for those catch ups in following issues.

Joan Hanchard - Publicity Officer

PUZZLES



SUDOKU

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

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

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)

13+		8x			2/
	7+		10+		
9+		9+		13+	
			14+		10x
4	6+				
6		5	8x		

ROB'S CROSSWORD

1		2	3			4	5	6		7
		8					9			
10	11			12	13				14	15
16							17			
18						19				
			20				21	22		
		23	24			25	26			
27	28					29				
30			31	32	33				34	
35		36		37				38		39
40			41				42			
							43			
									44	

9 LETTER CONUNDRUM

E	R	I
L	E	N
O	L	B

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.

18 words: Good,
28 words: Very Good,
34 words: Excellent

April's Sudoku

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

April's KenKen

3+	1	5+	2	6+	4
5	8+	2	6	4	36x
12+	1	5	12+	2	6
24x	2	6	4	3	1
4	3	8+	1	5	2
6	4	3	5/1	5	2

CROSSWORD CLUES

Across

- Singer of "Slipping Away" (10)
- Up and coming singer Melbourne (Via Margaret River) (2)
- "Rock Around With Ollie ___" Buddy Holly (3)
- "Send Me an Angel" Oz group (8)
- "Lonnie ___" 50's Oz rock n roller (3)
- "Mick ___" former member of Rolling Stones (6)
- "___ Dunk" Basket ball term (4)
- ___ Teeny Weeny etc - Brian Hyland (9)
- Initials of a British Motor Cycle (3)
- "You've Got ___" Movie (4)
- "Ron ___" portrayed Tarzan in the 1966-1968 TV Series (3)
- 2011 Marvel American superhero film and viking god (4)
- "___ Kolker" Chloe in the 2018 movie Freaks (4)
- Jennifer Lopez song from 2014 (4)
- "He Will Never Be ___ Old Man River" TISM (2)
- Blue Monday 1983 UK Group (8)
- "The ___" Shakin' the Cage Mick Fleetwood / Billy Thorpe 1992 (3)
- "_ & Doug De Kroo" Oz 60's duo (3)
- "Like ___" Tin Pan Orange (4)
- "Over the Mountain; ___ The Sea" Johnny and Joe (6)
- "___ It Be" The Beatles (3)
- "___ Dog" Procul Harum (5)

Down

- Martin's Mental As Anything pseudonym (6,5)
- 70s English punk band named after some glasses (4,4)
- "Good Golly Miss ___" Little Richard (5)
- "___ Been Everywhere" Lucky Starr (3)
- "Kiri ___ Kanawa" NZ Singer (2)
- "You Never Can ___" Chuck Berry (4)
- "You Make Me ___" US singer Paul Kelly 1974 (7)
- "Dog ___ Dog" ACDC (3)
- "___ Loyde" Coloured Balls (5)
- 2001 film about Iris Murdoch (4)
- Short for each (2)
- "Andrew ___" Deceased Oz Cricketer (7)
- "Rose ___" Oz Band (6)
- UK football team - cannon logo (7)
- "Dawn ___" child star from "My Three Sons" (3)
- "You Can Have ___" Roy Hamilton (3)
- "___ Powell" UK Politician "Rivers of Blood" speech (5)
- "Something ___" Eddie Cochran (4)
- "___ Of The Wall" Miss Toni Fisher (4)
- "___ James" The Last Time 2019 (2)
- "It's Now ___ Never" Elvis (2)
- "___ Out West" Dingo (3)
- "___ 55" Oz Group (2)
- "Easy ___ Can Be" Easybeats (2)

April's Crossword

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

April's Conundrum

PACEMAKER, amerce, ampere, camera, raceme, packer, recap, caper, parka, cramp, crape, creek, cream, creek, creep, crepe, karma, pacer, mark, mere, acre, mare, cram, para, pare, park, carp, pear, peer, perk, pram, race, care, rack, rake, ramp, rape, ream, reap, area, reek, crap

GOLF NEWS - WINNERS ARE GRINNERS

We've had a number of successes over the last month, and taking nothing away from others in the winner's circle, after quite a few years, we have broken the Flag drought. In the 2024 Illawarra Pennant season, our "C" Grade Pennant team handsomely won their final against The Grange at Kiama GC and brought home the Pennant to be displayed in our Club House for all to admire. Well done to the team led by Captain Barney Kingdom.

The Heads Hotel Summer Teams competition is over for another year and the 2023-2024 competition was a huge success. There were 30 teams registered, playing over 3000 rounds during the 18 week competition. This event does not operate without sponsors and thanks again to long time supporters in Andy Waller from the Heads Hotel and also Titleist for their backing. We hope these arrangements remain for years to come. On to the overall results and on grand final day we had a number of novelty prizes. Mark Alison won the nearest to the pin on the 10th with Mark Henning on the 11th and Odis O'Dwyer on the 15th. The men's longest drive was won by Brendon Miller and Tracey Casinelli won the ladies'. The player of the final was taken out by John Faddy with an excellent score of 24 points. The team of the final was won by the Wreckless Drivers on a countback from Chicks With Sticks, with both teams amassing the large score of 103 points. After 15 weeks the teams are split into 3 divisions for a three week final series. In Division 3 it was Dickie Knee which again took the prize and by a large margin! Division 2 we had a closer result with 5 teams in the hunt going into the final rounds. The Village Girls were successful scoring 288 points over the three weeks to win convincingly. In Division 1, and playing for the Col Waller Memorial Shield, it was the Man's No Camel who started favourites. Their team, which consists of Paul Bacchus, Eric Boardman, Brett Gray, Stu Higgins, Gav Kershaw, Andy O'Keefe, Simon Shalala and Matt Shirlaw, were able to score consistently in the nineties during the three weeks and accumulated the grand total of 304 points to win convincingly by 13 points.

The final prize awarded was the Ian Wenborn Memorial Trophy, for the player of the year. This is the person who has the best average in the 15 rounds of regular play and having played in all 15 rounds. And winning with an average of 19 points per round was Penny Morris.

Well done to all the winners. And well done to Greg Collins and Brett Lawson for running it, and to all those staff and volunteers who helped on finals day to make it yet another rip roaring event.



Gav Kershaw, Matt Shirlaw, Andy O'Keefe, Greg Collins, Simon Shalala, Brett Gray, Stu Higgins, Eric Boardman and Paul Bacchus



Sharon McCarthy, Rob Walker, Brett Lawson, Gary Podmore, "Capt." Barney Kingdom, Jo Webber, Tracey Casinelli.

Meanwhile...

Medal Winners March 2024:	Ladies Medal Winners March 2024
A Grade: D. Chung	Div 1: J. Webber
B Grade: I. Fox	Div 2: M. Simmons
C Grade: H. Shaw	Div 3: S. Van Hoof

Congratulations to all medal winners.

Towards the end of March the club held its AGM. Well over sixty of eligible members attended the event. Our Treasurer, Sam Stalgis, and I presented to the meeting. Both reflecting on the year passed and its achievements, and that the club remains financially sound going forward.

Applying the triennial rule, that governs directors' tenure, John Ditton and Kevin "Rev" Watson retired from the board. I thank them for their respective hard work during their time as directors, that greatly contributed to the running of the club. Jackie Boaden is now the club secretary, taking over from Rev. Our two new directors are Jenny Miller and a returning director, Marilyn Schott. Welcome to all.

Play well, stay well!

Play well, stay well - John Clawley - President

BOWLO AMATEUR FISHING CLUB

Overall attendance numbers were down this month with Easter and family get togethers taking precedence. We had good numbers weighed in with 12 fishos competing for prizes, there were almost 100 fish weighed with our junior anglers producing some great Snapper weighed in by Marlin Beaven and Mack Beaven weighing in some nice Dusky Flathead out of the river.

Flat Head were there in large numbers with some excellent fish caught both in the river and outside, we also had Salmon, Taylor and Blackfish with Rudi Bochdal weighing in a terrific flounder from the beach at .210 Kg.

The beach produced the heaviest catch this month with Will Bizeray taking honours. We also had three fishos bagging the bonus points with four species weighed in, Rob Macartney, Leone Macartney and Will Bizeray, these guys will be hard to beat at the end of the year.

Category First Place winners were:



Marlin and his 4 kg snapper



Mack getting his award from Rob Macartney at the weigh-in for his 3 x Flathead.

Overall heaviest catch	Will Bizeray	Junior heaviest catch	Marlin Beaven
Ladies Estuary	Leone McCartney	Junior Estuary	Mack Beaven
Men's Estuary	Rob Macartney	Men's Deep Sea	Scott Tyrrell
Men's Beach	Will Bizeray	Ladies Deep Sea	Leslie Histon

Weekly Fishing Club raffles are held every Saturday with ticket sales starting at 2.30PM.

The next weigh in will be Sunday 28th April 2024 at the Shoalhaven Heads Bowling Club, weigh in starts at 11:30 AM and the compound closes at 12:30 PM. Followed by monthly presentation and meal.

Scott Tyrrell

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BUSHIDO JUDO CLUB HONOURING THE ART OF JUDO



Bushido Judo Club members at all ages posing for a photo with both Japanese Professors



Stan (Father) and Isabella (Daughter) enjoying the atmosphere



A glimpse into a learning exercise at Bushido



Locals Tom (father) & Harry (son) enjoying the activities



Local, Dusky enjoying a game with Professor Taka Nakajima

A Hub of Judo Excellence

The Bushido Judo Club, a staple of the Shoalhaven Heads community, recently continued its tradition of hosting high-caliber judo events with a visit from two esteemed Judo professors from Japan. This event underscored the club's commitment to bringing world-class judo expertise to its members, while fostering the deep-seated values of respect and discipline inherent to the sport.

Special Guests from Japan

The local club was privileged to welcome Professor Takeshi "Taka" Nakajima and Professor Yasuhiko Moriwaki, who brought a wealth of knowledge and expertise to the mats. Professor Nakajima, a 7th Dan black belt, is known for his engaging teaching style, blending deep technical knowledge with relatable stories and humour. Professor Moriwaki, an 8th Dan and a former World Champion, impresses with his detailed and fluid judo techniques, making him one of the most respected figures in the sport.

Innovative Training and Learning - Fall Prevention

During their visit, the professors conducted three distinct classes, each focusing on different aspects

of judo. The sessions included advanced technical training and practical applications of judo principles, particularly in falls prevention. This innovative approach not only enhances the skills of judoka but also addresses broader societal concerns, such as reducing injuries from falls.

Community and Family Focus

Established in 1969 and a part of the Shoalhaven Heads since 1996, Bushido Judo Club has always prioritized creating a family-friendly environment. The club caters to all ages, offering classes that involve both children and parents. This inclusive approach fosters a supportive community atmosphere, essential for learning and enjoying judo, while instilling a strong sense of respect among all members.

A Day of Legends and Learning

The recent events were further highlighted by the presence of one of Australia's judo legends, Sue Williams. A multiple World Championship medalist and Olympic gold winner, Williams' participation not only inspired the members but also demonstrated the depth of learning available at Bushido. Her insights and humility in learning new techniques from the visiting

professors enriched the experience for all attendees, embodying the judo spirit of respect and continuous improvement.

A Lasting Legacy

The ongoing success of these events can be traced back to the longstanding relationship between the club's founder, Bruce Fagan, and Professor Nakajima. Their friendship, which began in 1972, has allowed Bushido Judo Club to maintain strong international ties, enriching the judo experience for local members and ensuring the club's vibrant future.

Looking Forward

Bushido Judo Club continues to be a beacon of judo excellence in Shoalhaven Heads. With regular events featuring international experts and a strong focus on both technical prowess and community spirit, the club is set to inspire current and future generations of judoka. Members and the broader community can look forward to more enriching experiences and opportunities to engage with the rich world of judo, always guided by the principles of respect and excellence.

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