FREE Spring Garden Workshops
Composting and soil nutrient enrichment processes. See page 13 for details.

COUNCIL ELECTION - SEPTEMBER 14
Polling booths at the Community Centre. See below for more information about the candidates.

Fire - Get Ready Weekend
Prepare for bushfires. Bush Fire Danger Period starts 1 Sep. See page 16 for details.

HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

September 2024 | Established 2004 | Volume 20 - Issue 9

CANDIDATES PRESENT VISIONS FOR SHOALHAVEN

Shoalhaven Heads residents recently gathered at the Shoalhaven Heads Bowling Club on 22 August for a community meeting where council and mayoral candidates shared their visions for the future of the area. Hosted by the Community Forum, the event was praised for its excellent structure and management, offering locals a chance to hear directly from those seeking leadership roles in the upcoming Council elections. The event was led by Rob Russell, President of the Community Forum, with Phil Guy, the Vice President, acting as timekeeper.

Council Candidates' Presentations

The evening kicked off with the presentations by the Ward 1 council candidates, each outlining their perspectives and plans for Shoalhaven.

Matthew Norris (Labor Party) discussed his ongoing commitment to the Shoalhaven, emphasising his previous achievements on the council and his desire to continue addressing local issues. He focused on fairness, equality, and being a strong voice for the community.

Selena Clancy (Team Tribe Independents) shared her background in the military and leadership, focusing on improving safety, maintaining the estuary, and reducing the community's need for resilience. She stressed the importance of local infrastructure and ensuring it meets the needs of residents.

Peter Wilkins (Shoalhaven Independents) highlighted his long connection to the Shoalhaven area, speaking about the need to preserve and enhance the village's unique qualities. He suggested that Shoalhaven Heads needed only a few finishing touches to thrive further.

Tonia Gray (Greens) offered an environmental perspective, stressing the importance of living in harmony with nature while supporting local tourism and community initiatives. Her vision included empowering local community bodies and focusing on sustainable development.

Mayoral Candidates' Presentations

The mayoral candidates also presented their platforms, offering insights into their plans for the broader Shoalhaven region.

Kaye Gartner emphasised environmental stewardship and innovative revenue strategies, such as introducing visitor-paid parking to increase council funds without burdening residents. She underscored the importance of working together to foster a safe, attractive community that balances growth with environmental protection.

Gemma Tribe highlighted her experience in business and governance, advocating for a back-to-basics approach focused on roads, rates, and rubbish. She stressed the need for financial responsibility and ensuring that council services meet the needs of the community.

Patricia White drew on her extensive council experience, focusing on the need for transparency and accountability. Her priorities included stabilising the council's finances, fixing the roads properly, and ensuring that residents' voices are heard and acted upon.

Candidates' Views on Key Issues

Throughout the evening, candidates addressed several key issues that are central to the Shoalhaven community.

Road Maintenance:

Matthew Norris highlighted the introduction of AI technology to identify and repair potholes more efficiently, emphasising community involvement in prioritising road repairs.

Selena Clancy called for a safety audit and proactive state and federal government engagement to improve road conditions.

Peter Wilkins proposed a dedicated road maintenance fund that would be protected from being diverted to other uses.

Tonia Gray stressed the importance of using high-quality materials and regular maintenance to ensure road safety.

Rates and Financial Sustainability:

Tonia Gray was candid about the inevitability of a rate rise, estimating a possible increase of 10-12% in the first year.

Matthew Norris suggested a community-guided approach to determining an acceptable rate increase, focused on financial sustainability.

Peter Wilkins committed to keeping any rate increase below 8%, aiming for greater financial efficiency within the council.

Selena Clancy emphasised the need for council to manage its finances better before asking residents for more money, advocating for professional advice on any rate increase.

Maintenance of Community Amenities:

Selena Clancy asserted that no one should tell the community their expectations for local amenities are too high and called for continued community engagement in planning processes.

Matthew Norris acknowledged the challenges in maintaining parks and beaches, emphasising the need for better oversight and planning.

Tonia Gray advocated for consolidating and maintaining existing infrastructure rather than building new projects, suggesting cost-saving measures such as reallocating funds from other areas.

Peter Wilkins proposed increasing on-the-ground staff to support the work of local volunteers, ensuring that Shoalhaven Heads remains well-maintained.

Audience Engagement and Meeting Structure

The event allowed residents to engage directly with the candidates, with questions submitted both in advance and during the event. This ensured a broad range of issues were covered, reflecting the community's diverse concerns. Notably, questions about the maintenance of local infrastructure and financial management were addressed by all candidates, who provided their perspectives on these key topics.

The meeting itself was a model of efficiency and order. Candidates were given time to introduce themselves, present their visions, and respond to pre-submitted questions within strict time limits. This structure, managed by Rob Russell and Phil Guy, ensured that all voices were heard, and the event proceeded smoothly, much to the appreciation of those in attendance.

As the Shoalhaven Heads community prepares for the upcoming Council elections, this event provided a valuable opportunity to hear directly from the candidates. The well-organised gathering not only facilitated meaningful dialogue but also helped clarify the different perspectives and plans of those running for office. Residents left with a clearer understanding of where each candidate stands, aiding them in making informed decisions at the polls.

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Website: www.headsnews.com.au **Printed By**: Spotpress
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DEFIBRILLATORS IN SHOALHAVEN HEADS

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

DATES FOR YOUR DIARY

Community Forum		**Red Cross**	
Bowling Club	7pm Wed Sep 4	Bowling Club	1:30pm Tue Sep 3
Fire Brigade		**RSL Sub Branch**	
Fire Shed	7pm Mon Sep 16	Bowling Club	4pm Mon Sep 2
Lions		**Social Hub**	
Bowling Club	7pm Tue Sep 10	Community Ctr	10am Mondays
Probus		**VIEW Club**	
Bowling Club	10:30am Fri Sep 13	Bowling Club	5:30pm Mon Sep 9

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

DA for Wells Place

No update from Councillors, apparently due to staff shortage processing times are longer than expected.

Mangroves

The Forum is advising Gareth Ward that Council's response to wait for an extension or reapply for the permit to remove mangroves until the CMP is exhibited is unacceptable. The permit should be renewed now under the same conditions and included in the CMP. Request a meeting with the responsible Minister.

Clr (Deputy Mayor) Mathew Norris

Financial Sustainability – Clr Norris outlined the meetings/workshops which have been held to date – 10 workshops where savings were discussed.

Council Notice of Motion – spoke on the success of the Notice which will see the triggers to open the entrance during times of flooding reviewed, with timelines for updating of the Entrance Management Plan EMP.

Noted the announcement that **David Berry Hospital will not be sol**d.

Q. What is the attendance at the financial meetings?

A. Some have not attended – the attendance data will be sent to the Heads News. Not yet as of time of print.

Clr Serena Copley

Thanked the community for the 892 signatures asking for action on the EMP and ensuring the Notice of Motion was passed by Council with unanimous support. The suggested trigger levels will be made known by Council staff by the end of 2024 and the aim is to have the revised EMP close to acceptance by Government Agencies by mid-2025.

Community consultation of the triggers will go through the Shoalhaven Heads Estuary Task Force. (Susan Carter MLC is following up on the process)

The financial meetings have cut down services – eg reduced local swimming pool hours and libraries.

A detailed fleet review could make substantial savings and there is potentially excess plant which should have gone to sale. These are savings not to be ignored.

There will be an additional ordinary meeting of Council on 12th August.

A staff restructure was presented by the CEO which addresses the perception that the structure is top heavy. As there is little time before the new councillors are elected Clr Copley has lodged a Notice of Motion to have this restructuring paused until after 14th Sep when the new council will be elected.

Q. Is there support for the NOM about the restructure

A. Some support.

Q. What is the urgency – discussion took place with varying views on why this is needed with such haste? Apparently, there is a change to the Local Government Act which will give the CEO wider authority over the structure of the Council. Clr Norris advised that he believes the newly elected Councillors will have the opportunity to comment and potentially make changes.

Q. Was there a piece of plant that went missing?

A. Unknown.

Q. What are the changes to staff awards?

A. The new awards detail pay rise percentages and a bonus of $1k per annum on satisfactory performance.

Q. Were the Council rates received earlier than usual?

A. No, the timing was as per normal.

Q. Will redundancy payments be shown in the financial statements?

A. Yes.

Q. Are all Councillors Managers?

A. No – the Councillors act like a board. Councillor Handbook 2021 (nsw.gov.au)

Q. Regarding the removal of the landscaping at Cnr Woolstencraft and Shoalhaven Heads Road – apparently the fungus is native and edible.

A. Not clear so have taken a cautious approach.

Q. Could we get the dates the Shoalhaven River entrance was open and closed.

A. Forum is writing to Council to obtain this info.

Shoalhaven Heads Native Botanic Garden

Tom Korevaar commented on the structure of the group; Park care group – Council control, and Botanic Garden incorporated body – in time this difference may become important. Recent AGM with no change in office bearers. All members are automatically committee members.

The Blueberry Ash trees – six of the nine near the entrance to the Heads have died, with the six opposite the pool doing ok. Disappointed that the contractor who planted the trees, which are in heavy clay, should have observed that the trees would struggle. It is now planned to replant the trees in a mound of good soil, which may ensure they survive.

The shared pathway along River Road is progressing with more garden beds to be installed. The Native Botanic Garden group still have a vision for a walk going along the top of the river bank and back along the river edge. The eroded section along the river near the water is closer to the stable vegetated edge.

Shoalhaven Heads Estuary Taskforce

Phil Guy welcomed the outcome of the Notice of Motion to review the EMP and will work to ensure the timelines are kept.

Meals on Wheels – Kim McGuire

All clients received a "Christmas in July" 2 course meal to their door at no cost late July. Our AGM and client appreciation dinner is on Tuesday 13th August. North Shoalhaven Meals on Wheels (our head office) is in the process of building a brand-new kitchen in Norfolk Ave South Nowra.

The grand opening is on Sept. 20th for all interested in viewing. The new chef (already started) is Danny Gleave and he is very busy developing new, exciting and nutritionally sound meals for our clients. This kitchen will mostly service the Nowra/Bomaderry area.

We at The Heads will still be cooking for our local area, as we have been for more than 40 years.

Community Centre – Jenny Edwards

* Replaced hot water jiffy heater in kitchen.
* The oscillating switch in the oven was replaced.
* Power point in Banksia Room was replaced.
* A new hot water urn replaced the broken one.
* Ceiling in main corridor was fixed.
* Toilet was fixed in ladies' amenities.

Red Cross

* A Father's Day raffle will be held outside of IGA on Saturday the 24th and 31st August.

Lions Club – Rob Russell

A recent BBQ at Bunnings where $1800 profit was made from selling 44 kilos of sausages. These profits are all donated either locally or to worthy Australians or at times international causes.

Golf Club – Rob Russell

Recent events at the club – Annual Corporate day was last month with a particularly good lunch enjoyed by all. The local Primary school event was a success. Local young 7 year old Vincent Muller was tied for 9th in the US kids competition in the USA - well done.

Council CEO Visit

The CEO of the Council, Robyn Stevens has been invited to attend a future meeting of the forum.

A post on the local Facebook page is up to determine the most frequently asked questions for the CEO.

Pathway Rocks

The sandstone blocks on the side of the shared path are creating concern. The Secretary will request an onsite meeting of the supervisor of the project and forum executive. Guido expressed an interest to attend.

Derelict Boats

There's a number of derelict boats on the foreshore. Council has been asked to attend and review the area.

Broken Glass

It was noted that broken glass was found at the Rex Worrell park (Bird park) Council will be asked to pay attention when mowing.

Speed Limit Reminder

Possibly red strips noting 50km/h would be good additions to the two entrances to the village. This is a Transport NSW controlled matter so while it will be requested it may take some time to secure.

Heads News

COUNCIL MOTION ON RIVER ENTRANCE REVIEW ACKNOWLEDGES COMMUNITY CONCERNS

The Shoalhaven City Council has carried the notice of motion to review the Shoalhaven River Entrance Management Plan, responding to the community's call for more effective flood management. While this is a step forward, it's clear that the resolution alone will not prevent future inundation—it aims to reduce the severity of flooding in larger events.

Robyn Flack's deputation in support of the notice of motion at the 29 July Council meeting was well presented, and the community's petition played a significant role in achieving this outcome. The petition, which highlighted the need for a more robust flood management strategy, successfully brought attention to the community's concerns.

The Council resolution reads as follows:

Resolved That Council:

- Acknowledge the Shoalhaven Heads community have expressed their urgency regarding review of the Entrance Management Plan, trigger levels and regulatory requirements.
- Acknowledge the current work program completed or underway on: Flood Modelling; Floor Level Surveys; Floodplain Risk Management Study/Plan; and, Coastal Management Program, that will appropriately inform a review of the Entrance Management Plan.
- Direct the CEO (Director, City Development) to continue the drafting of the Lower Shoalhaven River Coastal Management Program, and give priority to the review of the Entrance Management Plan as an action and outcome.
- That the CMP incorporates extensive community consultation, with the results of public exhibition including and accounting for local resident views as part of assessment of the entrance management plan (EMP).
- Ensure the Shoalhaven Heads Estuary Taskforce is briefed and consulted on the EMP review by December 2024, giving an intended approach to: proposed revised licence conditions; community consultation; and, progression to relevant State Government Departments and NSW Crown Lands for intended determination by mid 2025.

Historical data shows that opening the river mouth before a flood event can significantly reduce flooding impacts at Shoalhaven Heads. Also, more comprehensive action is needed to address ongoing issues such as riverbank erosion, which is currently destabilising trees along the river. The current approach, which involves cutting and pushing aside fallen trees, is insufficient.

Additionally, dredging is necessary to reduce the silt buildup in the river, which limits its capacity to handle floodwaters. Berry's Canal, which is constantly eroding and expanding on its own, presents another concern. If it grows too large, it could reduce the flow at Shoalhaven Heads, potentially turning this part of the river into a backwater.

The community needs to stay vigilant in advocating for more substantial measures to ensure effective flood management and protect the local environment. The Council's resolution is a starting point, but there is a clear need for continued action to achieve lasting solutions.

Correction to article on last month's front page

The flood level for the second August 1998 flood was incorrect. The sentence went as following:

For instance, during the 1998 flood, the peak water level reached 1.44 meters (not 1.18m) with an open entrance, compared to much higher levels when the entrance was closed.

Heads News

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Ease cost of living pressures and pursue efficiency in Council
Protect our coast and bushland
Expand family daycare and childcare
Drive renewables to bring energy costs down
Maintain roads and build back better after natural disasters
Insist developments meet community needs, not developer greed

KAYE GARTNER FOR MAYOR
TONIA GRAY FOR WARD 1
THE GREENS
Authorised by A. Croft, for the Greens NSW, 19a/1 Horden Place Camperdown NSW 2050

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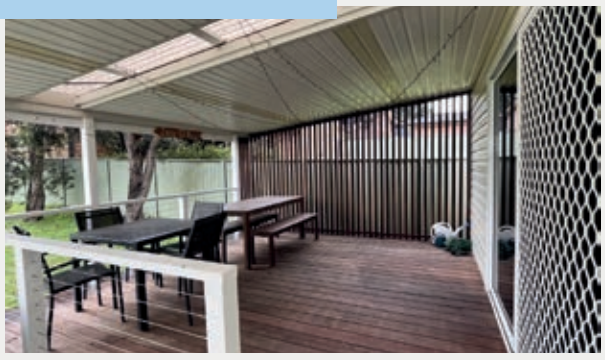

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$540 Per Week - Lorraine Shaw

23 River Road, Shoalhaven Heads
$590 Per Week - Lorraine Shaw

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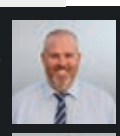
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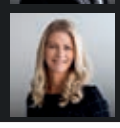
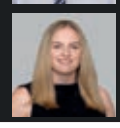

Claire Nunn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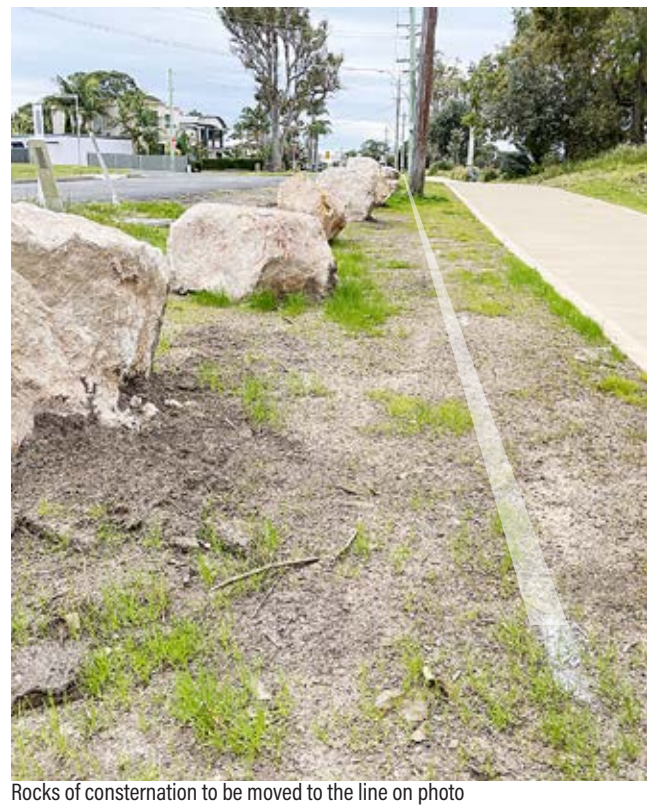
RIVERBANK PATH - ROCKS OF CONSTERNATION



Rocks of consternation to be moved to the line on photo

The last part of the path to be built

Shoalhaven Heads is on the cusp of completing its new riverbank pathway, a welcome addition that offers locals and visitors a safe and scenic route along the riverbank. The 2.5-metre wide path, which meanders through the trees from Carter's Corner to the existing rock wall, invites leisurely walks, brisk jogs, cycling, and pram-friendly outings under the shade of trees.

As of writing, only about 50 metres of the path remain unfinished at the western end, near the new kerb and guttering. While the project has been well-received, it hasn't been without its share of concerns.

At the eastern end of this new section, near Renown Avenue, rocks were placed as a barrier between the path and the road. The council believed these rocks would enhance safety and complement the natural landscape. However, some residents voiced objections before the rocks were installed, citing potential parking hazards and questioning the necessity of the rocks.

During a robust meeting on 13 August, a compromise was reached. The rocks will be repositioned to a minimum distance of 600 millimetres from the path's edge where it runs close to the road. Additionally, the rocks will be removed altogether where the path is farther from the road. These changes have not yet been made but are expected to be implemented soon.

The path's completion and the adjustments to the rocks are ongoing as of writing. Residents are hopeful that these updates will result in a pathway that not only meets the community's needs but also enhances the village's charm and accessibility.

Heads News

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

The Shoalhaven Independents

Community Honesty Experience Integrity

Patricia WHITE MAYOR

1 **WHITE, Patricia**

Shoalhaven Independents Group

Peter Wilkins

Jason Cox

Brett Steele

Amanda Smith

Vote 1 above the line for the Shoalhaven Independents

Group B

1

Shoalhaven Independents Group

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Shoalhaven Independents Group

☐ **COX, Jason**
Shoalhaven Independents Group

☐ **STEELE, Brett**
Shoalhaven Independents Group

☐ **SMITH, Amanda**
Shoalhaven Independents Group

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You will receive 2 Ballot Papers, please follow the how to vote exactly.
If you make a mistake please ask for another Ballot Paper.

Shoalhaven City Council Election
14th Sept 2024

Authorised by Patricia White 149 Camden Street Ulladulla 2539

MEN'S SHED - BIG NOVEMBER SALE

Hello all Shed lovers, the apparent rumour going around is that the Shed has closed, I can assure all of you it's not only open, but better than ever.

Having said that the reason for my slackness in sending monthly reports is because I have been in & out of hospital for the past 6 months, all is better & we are moving on.

Better news is we are having a sale in November 9th or 16th so I will firm up the date in the near future, there is even a rumour that the Men's Shed famous Bacon & Egg rolls or Sausage sandwiches' will be on sale along with Cappuccino coffee, along with several other coffee styles, also tea (from tea bags) I am sorry.

Whilst reported demise was happening Ha Ha Ha, we have continued doing what we like best helping our community, we have had many interesting projects. There was a chair in there and a table as well, sorry I am going back to my grandchildren's early years, to continue we have also had an opportunity to build a table to do diamond art projects & underneath was storage for the different sizes of completed works.

We have applied for a grant to update our old & aging power tools, for new battery-operated tools, which has added benefits of removing trip hazards in the workshop.

We will have hand made projects such as Wheelbarrows for pot plants, and many others you will have come to see what we have for you, or if there was a project you have in mind please contact and if possible even a rough drawing of what you have in mind.

Pat Duggan

LIONS CLUB REPORT

Our Lions Club have been busy over the last month or so. In late June we ran a BBQ at the Heads-Up event run by Rick and Hollie Lynch. It proved to be a successful event with some younger musicians taking to the stage and performing publicly for the first time. The Lions Club decided to donate the majority of the proceeds of the BBQ to the organisers.

On Sunday 21st July we ran a BBQ at Bunnings at South Nowra. This was a very successful and profitable day for us with over $1800 in profits raised.

On Saturday 21st September we will have some of our members helping at the School's Spring Fair at the clothes stall. We are more than happy to help our community when such events are short staffed.

On Saturday 5th October we will be running a BBQ with sausage sandwiches and drinks available at the Kismet event at the Community Centre from 10am to 2pm.

At our August meeting we agreed to buy a defibrillator for the surf club. This will be located on an external wall of the clubhouse and be readily available should it be needed.

Finally, the HUB which is run by the Lions Club continues to attract more and more community members. Some come to have a chat or involve themselves in activities including listening to guest speaker presentations or live music performances or taking part in trivia quizzes. There is also the added attraction of a superb morning tea provided by the hard-working organisers and helpers for a gold coin donation. The HUB is run every Monday from 10 am to 12pm at the Community Centre with the exception of school holidays. If you get the opportunity, please come along and enjoy the fun.

Rob Russell - President

NATIVE BOTANIC GARDEN

Acacia cultriformis Knife Leaf Wattle

Hello gardeners & nature lovers

You may be aware that September 1 (Father's Day) is Wattle Day. Did you know that the Golden Wattle, Acacia pycnantha, is Australia's national flower? There is even a website dedicated to it: www.wattleday.asn.au which also has the history of wattle day, and that Australia's Coat of Arms has wattle in the background.

There are over 1300 Acacias worldwide with 960 of them Australian natives. That's a huge variety of just one plant family! The Australian Botanic Garden Mount Annan specialises in growing Australian native flora and has its own specific Wattle Garden with August & September being peak acacia flowering time.

Over one hundred wattle species were used by different Aboriginal groups for food, medicine, tools and weapons.

While we don't have Golden Wattle, we do have a variety of others such as Fringed wattle, Sticky wattle, & the Flat wattle from WA, among others. There is even a Reindeer or Leafless Rock Wattle which doesn't have 'normal' leaves, they look like antlers! The attached photo is Knife Leaf Wattle (Acacia cultriformis) in a pot in our nursery so you could prune them to keep in a pot (or bonsai) or small garden. Following our AGM in August it was decided to hold our Annual Plant Sale in the cooler months instead of January, so mark Sunday October 27 (8am to 2pm) in your diary. Follow us on Facebook to keep up to date and see Rob's gorgeous flower photos

Chris Lawrance - assistant secretary

VOTE 1 Labor FOR SHOALHAVEN

Meet Matthew Norris: Your Local Advocate

Meet Deputy Mayor Matthew Norris
Matthew is committed to continuing to make a difference in Ward 1 and the wider Shoalhaven. His strong ties to the area and practical experience on the Council, Matt truly grasps the needs of our community.

Why Matthew?

- **Local Insight: Born and raised in Shoalhaven, with education and work experience right here.**
- **Community Focus: Matt is an active volunteer and committed to local issues.**
- **Proven Leadership: Experience on Council and in small business.**

Matthew's Key Priorities:

- **Upgrade Infrastructure: Maintain and improve roads and council assets.**
- **Sound Financial Management: Delivering projects with responsible financial management that benefits the community.**
- **Enhance Services: Improve customer service and address community needs.**
- **Create Jobs: Promote local, sustainable job opportunities.**

On 14th September Vote 1 for Matthew Norris and his Labor team.

ShoalhavenLabor.com

Authorised by Michelle Miran (NSW Labor), 51 Seagrass Ave Vincentia.

VIETNAM VETERANS' COMMEMORATION DAY

Faye, Kathy, Robyn and Robert

Graeme, Sadie and Kaye

Tony and Gloria

Captain Scott Palmer

John, David, Beryl and Robin with Maggie and Maria in front

Ray, Benny, Warren and Ray with Greg, Yvonne, Joan and Alan in front

Padre Mark, Brian aka Barney, Linda and Joylyn

Barbie girls Deb, Deb and Linda; Barbie boys Wayne & Ray

Ed, Ray, Wayne and Wendy with Deb, Deb and Pete in front

Ray and Phil

Cindy and David

Michael & Kim Gerringong RSL (aka North Shoalhaven Heads)

Ted and Chris

Despite the threat of rain and a chill in the air, a good number of locals gathered in Shoalhaven Heads to commemorate Vietnam Vets Day. The event, marking the 58th anniversary of the Battle of Long Tan, featured a poignant speech from Captain Scott Palmer, son of a Vietnam veteran.

Captain Palmer highlighted the significance of the day, noting that 18 Australian soldiers lost their lives in the Battle of Long Tan, with their names inscribed on the Wall of Remembrance at the Australian War Memorial. He spoke of the broader sacrifice made by over 500 Australians who did not return from the war.

"War is a dirty, frightening, and totally unpleasant business never to be glorified," Palmer said, acknowledging the complexities of the conflict. Yet, he also emphasised the pride veterans should feel, stating, "You did your duty with courage, compassion, and professional skill."

Palmer also reflected on the long-overdue recognition of veterans, recalling the 1987 Welcome Home parade that finally acknowledged their service. He expressed gratitude not only to the veterans but also to their families, who endured their own struggles during and after the war.

"None should ever be forgotten, none will be forgotten," Palmer concluded, encouraging veterans to hold their heads high, knowing they made a difference.

Heads News

RSL SUB BRANCH - BIDS "BON VOYAGE" TO ALLAN "BENNY" DAVIES

Allan "Benny" Davies

Shoalhaven Heads is bidding farewell to a well-known resident, Allan "Benny" Davies, who, along with his wife Sara, is relocating to Adelaide. After making the Heads their home in December 2013, the couple has decided to move closer to their son's family in the South Australian capital.

Benny and Sara purchased their house in Shoalhaven Heads in 2000, initially as an investment property. They later moved in and spent several years renovating it with the help of local tradespeople. Benny fondly recalls the work of local builder Murray Jones, plumber Graeme Coleman, and electrician Mick Cain, who all played a role in making the house their home.

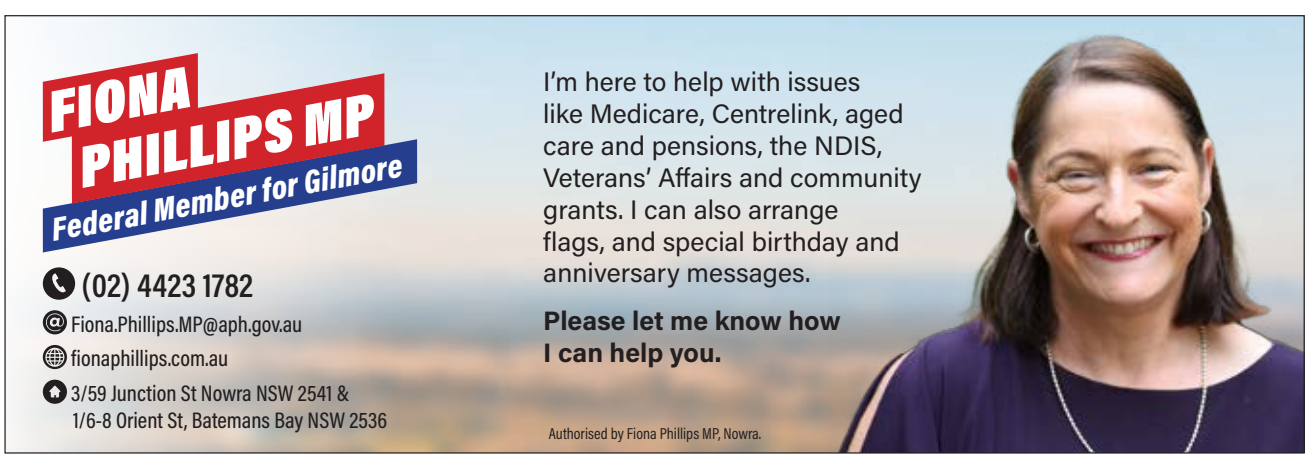
During his time in the Heads, Benny became a familiar face, particularly through his involvement with the RSL sub-branch. He took on various roles, including Secretary and MC for ceremonies, dedicating six years to the organisation. Benny credits his late father, a World War II veteran, for inspiring his commitment to the RSL, where he forged many close friendships.

As Benny prepares to leave in mid-September, he admits he'll miss the ocean, the river, and most of all, the people of the Heads. However, he's optimistic about the move, noting the appeal of Adelaide's renowned wine regions—a bonus for a red wine enthusiast like himself.

Benny looks forward to returning to Shoalhaven Heads for visits, keeping in touch with friends and enjoying the camaraderie he's come to cherish. Locals will have the chance to say their goodbyes over a drink at the club before he departs.

Safe travels, Benny, and best of luck in your new chapter in Adelaide!

Heads News



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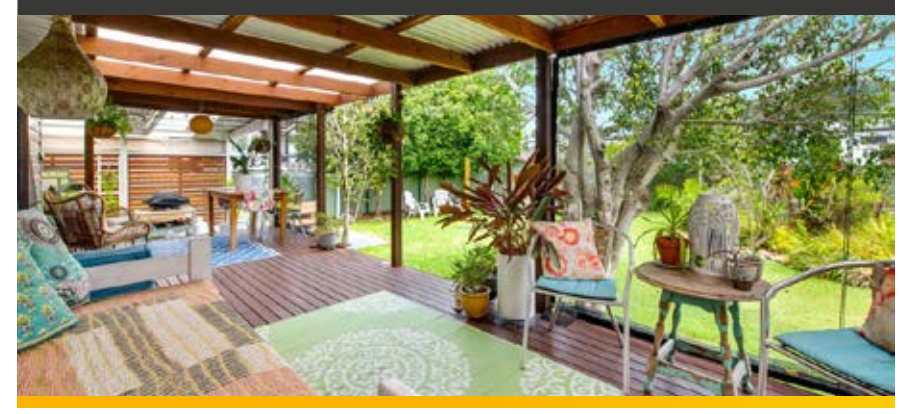

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NUCLEAR VS RENEWABLES: THE FACTS

Key Points:

- Nuclear energy projects are associated with high costs and delays, often leading to increased electricity prices for consumers.
- The Levelised Cost of Electricity (LCOE) for nuclear power is significantly higher than that of renewable energy sources like solar and wind.
- Nuclear power poses substantial safety risks, including potential catastrophic failures and long-term waste management challenges.
- Renewable energy is more cost-effective, environmentally sustainable, and supports economic growth and job creation.
- Australia's legal framework imposes strict barriers against nuclear energy, making its adoption a complex and contentious issue.
- Public opinion in Australia strongly favours renewable energy, despite ongoing misinformation campaigns promoting nuclear power.

As Australia navigates its energy future, the debate between nuclear power and renewable energy continues to intensify. While nuclear energy is often touted as a reliable and efficient solution to the country's growing energy needs, evidence reveals significant challenges, particularly concerning cost, safety, and long-term environmental impact. This article explores these challenges and contrasts them with the benefits of renewable energy.

Nuclear Projects: High Costs Passed on to Consumers

Nuclear power projects worldwide have consistently faced financial challenges. The Vogtle nuclear plant in the United States is a prime example. Initially projected to cost USD 14 billion (AUD 21.7 billion) and be operational by 2016, the project's costs have ballooned to over USD 30 billion (AUD 46.6 billion), with completion now expected in 2024. These escalating costs are not isolated to Vogtle but are common in nuclear projects, leading to higher electricity prices for consumers.

In the Czech Republic, the cost estimates for new reactors have risen to €30-40 billion (AUD 50.8-67.8 billion), far exceeding initial projections. These financial burdens, ultimately passed on to taxpayers and consumers, raise questions about the economic viability of nuclear energy, especially when compared to the declining costs of renewable energy.

Nuclear Power: Highest Levelised Cost of Electricity (LCOE)

The Levelised Cost of Electricity (LCOE) is a key metric when comparing energy sources. LCOE measures the average cost per unit of electricity generated over a power plant's lifetime, accounting for construction, operation, and maintenance. Recent studies, including the CSIRO GenCost report, show that nuclear energy has one of the highest LCOEs compared to renewable sources.

For instance, the LCOE for large-scale nuclear power is estimated between USD 198 and 349 per MWh (AUD 308-543 per MWh). In contrast, firmed mixed renewables—combinations of solar, wind, and storage—range from AUD 94 to 134 per MWh, and Solar PV is even lower at AUD 47 to 79 per MWh. These figures demonstrate that nuclear power is not only more expensive but also less competitive in the current energy market.

Safety and Risks: Nuclear Energy's Critical Challenges

Safety remains a significant concern with nuclear energy. The potential for catastrophic failures, as seen in Chernobyl and Fukushima, highlights the inherent risks associated with nuclear reactors. While technological advancements have improved safety, the possibility of a severe accident cannot be entirely dismissed.

Nuclear waste management also presents a long-term environmental challenge. High-level radioactive waste remains hazardous for thousands of years, with no permanent disposal solutions currently available. The financial and environmental costs of managing this waste are substantial, posing significant risks for future generations.

Renewable energy technologies do not carry the same level of risk. Solar and wind power, for example, do not produce hazardous waste, and their environmental footprint is considerably smaller. The safety and sustainability of renewables offer compelling advantages over nuclear power as Australia considers its energy future.

Strongest Case for Nuclear: Baseload Power and Reliability

One of the most compelling arguments for nuclear energy is its ability to provide consistent, reliable baseload power, operating 24/7 regardless of weather conditions. This reliability is often cited as a key advantage over renewable energy, which is intermittent by nature—solar power is only generated during daylight hours, and wind power depends on weather conditions.

However, advancements in renewable energy technology are addressing these concerns. Large-scale battery storage and pumped hydro storage allow excess energy generated during peak production times to be stored and used during periods of low generation. A diversified energy grid incorporating multiple renewable sources, such as wind, solar, and hydropower, can balance out the intermittency of individual sources, ensuring a stable and reliable power supply. Countries like Germany and Denmark, which manage high percentages of renewable energy on their grids, demonstrate that renewables can provide reliable baseload power with the right infrastructure.

Legal and Legislative Barriers to Nuclear in Australia

Australia's legal framework presents significant barriers to the adoption of nuclear energy. The Environment Protection and Biodiversity Conservation (EPBC) Act 1999 and the Australian Radiation Protection and Nuclear Safety Act 1998 impose strict prohibitions on nuclear activities, including the construction and operation of nuclear power plants. Overcoming these barriers would require substantial legislative changes, likely facing considerable public and political resistance.

The complexity of legalizing nuclear power in Australia cannot be understated. The current legal prohibitions reflect long-standing public concerns about the risks and costs associated with nuclear energy. Any move towards nuclear power would involve navigating a complex and contentious legislative landscape.

Public Sentiment and the Role of Misinformation

Public opinion in Australia continues to favour renewable energy, with strong support for solar and wind as the primary sources of the country's energy future. However, misinformation, particularly regarding the costs and benefits of nuclear power, complicates the debate. Repeated false claims can make misinformation seem more credible, emphasizing the need for evidence-based discussions.

Despite efforts to promote nuclear energy, the evidence supports continued investment in renewable energy as the most viable path forward for Australia. The financial, environmental, and safety challenges associated with nuclear power make it a less attractive option compared to the proven benefits of renewables.

Sources:

- CSIRO GenCost Report: Comparative analysis of LCOE for different energy sources.
- Case studies on Vogtle nuclear plant costs and delays, U.S.
- Czech Republic nuclear expansion cost estimates.
- International Renewable Energy Agency (IRENA) reports on renewable energy cost trends.
- Australian legislation: Environment Protection and Biodiversity Conservation (EPBC) Act 1999, Australian Radiation Protection and Nuclear Safety Act 1998.

Heads News

SHOALHAVEN HEADS RSL SUB-BRANCH

September brings in the start of a busy period for the RSL, having completed at great ceremony for Vietnam Veterans Day on the 18 Aug 2024, thank you to everyone who attended.

September Anniversaries

- 2 September– Battle for Australia Day
- 3 September – Merchant Navy Day
- 14 September – Australian Peacekeepers Day
- 20 September – Arrival of INTERFET in East Timor (1999)

Battle for Australia

Following the Fall of Singapore, Royal Australian Navy and merchant navy vessels were attacked and sunk in the waters of the Pacific as the Japanese set their sights on the Australian mainland.

On 19 February 1942, war reached Australia's shores when Japanese aircraft attacked Darwin. More than 250 Australians, Allied service personnel and civilians were killed during the bombing of Darwin.

The Japanese continued to attack the northern coast of Australia for almost two years. On 12 November 1943, the 64th and final air raid on Darwin occurred. A total of 97 air raids took place, including an attack on Broome on 3 March 1943, which killed around 70 people.

On 4-8 May 1942, Allied forces handed the Japanese a decisive naval defeat during the Battle of the Coral Sea. No Australians were killed during the 'battle that saved Australia', but the United States aircraft carrier USS Lexington was sunk.

The victory in the Coral Sea prevented a Japanese seaborne invasion of Port Moresby, however, the Japanese Imperial Army continued their advance towards Australia along the Kokoda Track.

Australian soldiers inspecting Japanese light tanks, which were found abandoned after the fighting around Milne Bay in 1942

Australia was attacked again on the night of 31 May 1942. Three Japanese Imperial Navy Ko-hyoteki-class midget submarines infiltrated Sydney Harbour and sunk HMAS Kuttabul, killing 19 Australian and two British sailors.

As the war in the Pacific raged on, Japanese Marines landed at Milne Bay on 25 August 1942 and attempted to secure the airfields. Australian soldiers and Royal Australian Air Force Kitty Hawk squadrons repelled the assault and handed the Japanese their first land defeat of the Second World War.

Although the victory at the Battle of Milne Bay was minor, it was a major morale booster for the Allies. It proved that the relentless Japanese soldier, which had swept across the Pacific, was not invincible.

By the end of the Second World War, over 39,000 Australians lost their lives, mostly in Asia and the Pacific campaigns. Some 22,000 Australians became Japanese prisoners of war, of whom about 8,000 lost their lives.

Today on the Battle for Australia Day, we remember those who answered the call to defend our shores during the Second World War.

"Lest we Forget" - Peter Young - Vice President

VIEW CLUB

We were pleased to welcome Guest speaker, Samantha Stewart, a Household Readiness Officer with Carers NSW Australia. Samantha gave a very informative presentation on the Care2Prepare program which is a project funded by the Federal Government to assist carers, older people and those living with disability in the Shoalhaven to prepare for floods and bushfires.

Samantha and Lorraine

We also had the pleasure of welcoming our newest member, Wendy, to the Club.

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, which will see us return to dinner meetings, on Monday 9th September 5.30 for 6pm at Shoalhaven Heads Bowling Club.

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

Lorraine Montgomery – Publicity Officer

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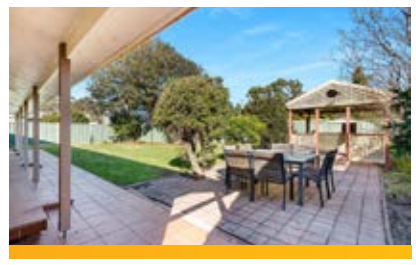

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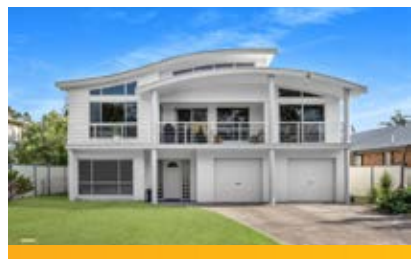

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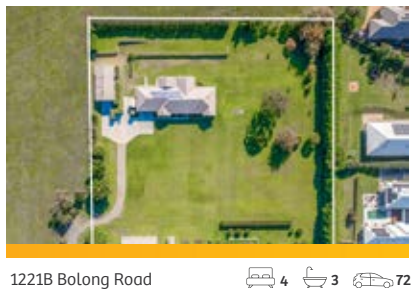

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Beer Appreciation	Mike Howard	4448 7833	TBA each month
Botanic Garden	Tom Korevaar	0429 012 796	Working Bee 8am every Monday at 9 Celia Parade
Bowlo Fishing Club	Scott Tyrrell	0447 782 800	Weigh-in last Sunday of each month
Bushido Judo Club	Darren	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.

The tide data is sourced from The Bureau of Meteorology © Copyright Commonwealth of Australia 2021 and is distributed in the hope that it will be useful, but without any warranty; without even the implied warranty of merchantability or fitness for a particular purpose. See bom.gov.au for a full disclaimer.

YOGA

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TIDES

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

Sun 1 Sep	L 17:30 0.55m	L 12:17 0.40m	L 06:24 0.60m
L 01:28 0.34m	H 23:24 1.25m	H 18:44 1.83m	H 13:05 1.60m
H 07:22 1.24m	**Mon 9 Sep**	**Tue 17 Sep**	L 20:18 0.45m
L 12:53 0.51m	L 05:17 0.54m	L 01:24 0.13m	**Wed 25 Sep** ◑
H 19:20 1.68m	H 11:52 1.44m	H 07:25 1.44m	H 02:17 1.05m
Mon 2 Sep	L 18:23 0.60m	L 13:09 0.29m	L 07:29 0.69m
L 02:00 0.32m	**Tue 10 Sep**	H 19:32 1.88m	H 14:15 1.53m
H 07:56 1.29m	H 00:11 1.15m	**Wed 18 Sep** ○	L 21:38 0.47m
L 13:33 0.47m	L 05:55 0.61m	L 02:05 0.08m	**Thu 26 Sep**
H 19:56 1.68m	H 12:39 1.42m	H 08:08 1.55m	H 03:45 1.04m
Tue 3 Sep ●	L 19:28 0.63m	L 14:02 0.22m	L 08:47 0.72m
L 02:30 0.32m	**Wed 11 Sep** ◐	H 20:19 1.86m	H 15:30 1.50m
H 08:29 1.33m	H 01:11 1.06m	**Thu 19 Sep**	L 22:46 0.45m
L 14:10 0.45m	L 06:44 0.67m	L 02:46 0.09m	**Fri 27 Sep**
H 20:30 1.65m	H 13:37 1.41m	H 08:52 1.64m	H 04:53 1.09m
Wed 4 Sep	L 20:47 0.62m	L 14:55 0.18m	L 10:02 0.69m
L 02:58 0.32m	**Thu 12 Sep**	H 21:09 1.77m	H 16:37 1.50m
H 09:00 1.37m	H 02:31 1.02m	**Fri 20 Sep**	L 23:36 0.43m
L 14:47 0.44m	L 07:52 0.70m	L 03:26 0.14m	**Sat 28 Sep**
H 21:02 1.60m	H 14:47 1.43m	H 09:37 1.71m	H 05:41 1.16m
Thu 5 Sep	L 22:05 0.56m	L 15:50 0.19m	L 11:05 0.63m
L 03:25 0.34m	**Fri 13 Sep**	H 21:59 1.63m	H 17:32 1.52m
H 09:32 1.40m	H 03:58 1.04m	**Sat 21 Sep**	**Sun 29 Sep**
L 15:24 0.45m	L 09:12 0.69m	L 04:06 0.24m	L 00:17 0.40m
H 21:34 1.54m	H 16:00 1.50m	H 10:25 1.74m	H 06:19 1.24m
Fri 6 Sep	L 23:08 0.45m	L 16:47 0.23m	L 11:56 0.56m
L 03:51 0.37m	**Sat 14 Sep**	H 22:52 1.46m	H 18:15 1.54m
H 10:03 1.43m	H 05:05 1.11m	**Sun 22 Sep**	**Mon 30 Sep**
L 16:03 0.47m	L 10:22 0.62m	L 04:48 0.36m	L 00:50 0.37m
H 22:08 1.45m	H 17:02 1.61m	H 11:14 1.72m	H 06:54 1.31m
Sat 7 Sep	L 23:58 0.33m	L 17:50 0.31m	L 12:38 0.50m
L 04:18 0.42m	**Sun 15 Sep**	H 23:50 1.28m	H 18:53 1.55m
H 10:36 1.45m	H 05:56 1.21m	**Mon 23 Sep**	
L 16:45 0.51m	L 11:23 0.51m	L 05:32 0.49m	
H 22:45 1.35m	H 17:55 1.73m	H 12:06 1.67m	
Sun 8 Sep	**Mon 16 Sep**	L 19:00 0.39m	
L 04:47 0.47m	L 00:42 0.22m	**Tue 24 Sep**	
H 11:13 1.45m	H 06:42 1.32m	H 00:56 1.13m	

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*A fee is required at booking which is refundable after participating in the workshop.

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THE WONDER OF THE COSMOS: A GLIMPSE THROUGH THE JAMES WEBB SPACE TELESCOPE

In a world where a video of a cat knocking over a glass can garner millions of views, it's surprising—and a little disheartening—to see the breathtaking images from the James Webb Space Telescope (JWST) barely reaching a fraction of that audience. Among these images, the "Pillars of Creation," a hauntingly beautiful glimpse into a star-forming region in the Eagle Nebula, has captured the imagination of scientists and space enthusiasts alike. Yet, with only about 650,000 views, it begs the question: why aren't more people captivated by such awe-inspiring wonders?

The James Webb Space Telescope, launched on December 25, 2021, represents humanity's most advanced leap into the cosmos. It's stationed at the second Lagrange point (L2), a stable spot in space about 1.5 million kilometres from Earth, directly opposite the Sun. This vantage point allows the JWST to peer into the deepest reaches of the universe without the interference of Earth's atmosphere, offering us a clearer view than ever before.

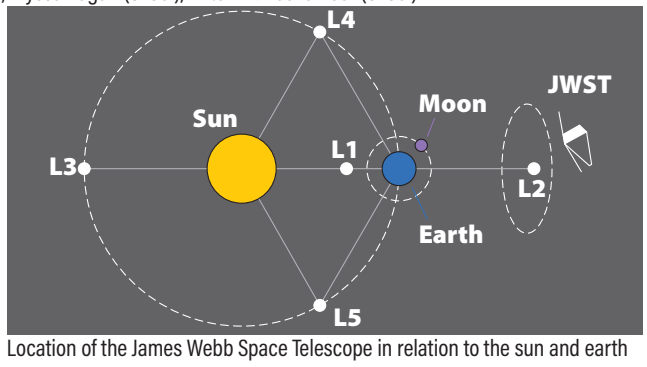
What makes the JWST so extraordinary is its ability to look back in time. This may sound like something out of science fiction, but it's a reality grounded in the principles of physics. Light from distant objects takes time to reach us. When the JWST captures images of galaxies billions of light-years away, it's actually seeing them as they were billions of years ago. The telescope isn't just a window to the stars; it's a time machine, offering us glimpses of the universe's past, potentially showing us what the cosmos looked like shortly after the Big Bang.

Pillars of Creation - Photo Credit: NASA, ESA, CSA, STScI Image Processing: Joseph DePasquale (STScI), Alyssa Pagan (STScI), Anton M. Koekemoer (STScI)

To comprehend just how vast these distances are, it helps to understand the speed of light. Light travels at a constant, finite speed of 299,792.458 kilometres per second. If you were to travel at the speed of light, you could circumnavigate the Earth's equator approximately 7.5 times in just one second. By comparison, a traveller in a jet aircraft moving at 800 kilometres per hour would only cover 222 metres in that same second. The sheer speed at which light moves gives us a sense of the enormous distances that light from distant stars and galaxies has to traverse to reach us.

The images captured by the JWST not only inspire wonder but also serve as a reminder of the importance of scientific exploration and understanding. At a time when public trust in science is being challenged by some, it's crucial to recognise the legitimacy of scientific inquiry. The achievements of the JWST highlight what is possible when scientists commit to exploring the unknown and expanding our knowledge of the universe.

Heads News



Location of the James Webb Space Telescope in relation to the sun and earth

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15a Discovery Place, Shoalhaven Heads
New to Market - Jason Stalgis & Lilli Williams

1 Celia Parade, Shoalhaven Heads
New to Market - Jason Stalgis & Lilli Williams

84 River Road, Shoalhaven Heads
Timed Auction - Jason Stalgis & Lilli Williams

1395E Bolong Road, Coolangatta
PRICE GUIDE $2,500,000 - Nana Coburn

22 Oval Drive, Shoalhaven Heads
New to Market - Jason Stalgis & Lilli Williams

6 Amundsen Avenue, Shoalhaven Heads
$925,000 - $975,000 - Jason Stalgis & Lilli Williams

56 Jerry Bailey Road, Shoalhaven Heads
$975,000 - $1,050,000 - Jason Stalgis & Lilli Williams

3/110 Jerry Bailey Road, Shoalhaven Heads
Contact Agent - Jason Stalgis & Lilli Williams

16/24 Jerry Bailey Road, Shoalhaven Heads
Contact Agent - Jason Stalgis & Lilli Williams

26 Shackleton Street, Shoalhaven Heads
$845,000 - Jason Stalgis & Lilli Williams

Sold

40 Davenport Road, Shoalhaven Heads
$1,750,000 - Jason Stalgis & Nana Coburn

34 Davenport Road, Shoalhaven Heads
$1,100,000 - Jason Stalgis & Lilli Williams

5/41-45 Renown Avenue, Shoalhaven Heads
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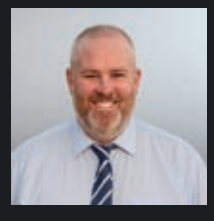
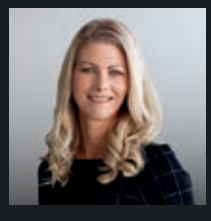


Jason Stalgis



Claire Nunn

Lilli Williams

Nana Coburn

BUSHCARE - NATIONAL TREE DAY AT REX WORRELL SHOREBIRD PARK

NTD [National Tree Day] in Shoalhaven Heads was celebrated at Rex Worrell Shorebird Park on 5th August. The signage to commemorate Rex Worrell's invaluable work with the shorebirds was installed on the Friday prior to Tree Day. Volunteers from River Rd, Heads and Golfers Groups, SCC, Rex Worrell's family and the community, in conjunction with Kiama High Year 7 students planted over 300 native trees, shrubs, groundcover and grasses. Thanks to SCC, SHNBG, SHGC and Jennifer and Rob for contributing the plants.

National Tree Day - Bushcarers with Kiama High Year 7 students

Shoalhaven Heads Group have been preparing the site in the Shorebird park and the heavily impacted area around the dunes access gates during July and watering the plants.

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

River Rd Group have been weeding and planting on the riverbank. 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

Noel Schneider

RURAL FIRE BRIGADE - GET READY WEEKEND - 22ND SEPTEMBER

Hi Everybody! The Bush Fire Danger Period in the Shoalhaven started on the 1st September. This means if you wish to light a fire for anything other than Heating or Cooking, "in a permanently constructed fireplace", you'll need a Fire Permit. There are other requirements such as the surrounding land has to be clear of vegetation for 2 metres and the fire is to be extinguished before leaving the site.

To be sure, check out the NSW RFS web site. In fact, this is where you need to go if you require a Fire Permit anyway. Yes, it's all online now.

Select the "Permits. Burn Notifications. Fire Trails" tile which will open the "Guardian Portal" and from there you can apply for a Permit. Easy!

As part of the RFS Get Ready Weekend, we are hosting an Open Day from 10:00am on Sunday the 22nd of this month. Everyone is invited to inspect our Fire Station, the trucks and our equipment. We will be on hand to answer any questions you may have about the NSW Rural Fire Service or the role our Brigade plays in the scheme of things.

The Shoalhaven Outside Communication and Operation Support Vehicles will be there along with the Shoalhaven Trail Bikes. We've invited Shoalhaven Heads Surf Life Saving Club and the State Emergency Service along as well.

Do you have queries regarding the fire service? Are you interested in volunteering? We, like our fellow Emergency Services are always looking for new members.

MVA on Princes Hwy Photo: Gerringong RFB

Ann Thomson with Cr Gillian Boyd, Fiona Phillips MP & Matt Reeves (District Manager)

Get Ready Weekend 22nd September

Congratulations to Ann Thomson who was recently presented with the National Medal, recognising her long and diligent service to our community, highlighting her dedication and bravery.

Ann has been a valued member of the Shoalhaven Heads Rural Fire Brigade for 17 years. Throughout this time, she has taken on numerous roles. Permit Officer, Equipment Officer, Callout Officer, Treasurer (always a keenly sort after position in any group. LOL) and Deputy Captain. Her commitment and leadership have been vital to our brigade's success and operations.

Ann's dedication extends beyond our local community. She has participated in several deployments, including the challenging Victorian fires in 2009, demonstrating her unwavering commitment to protecting and assisting those in need.

The award follows the RFS Long Service Medal (2018), the Premier's Bush Fire Emergency Citation (2020) and her Life Membership of the Brigade (2022). Well done Ann, you inspire us all.

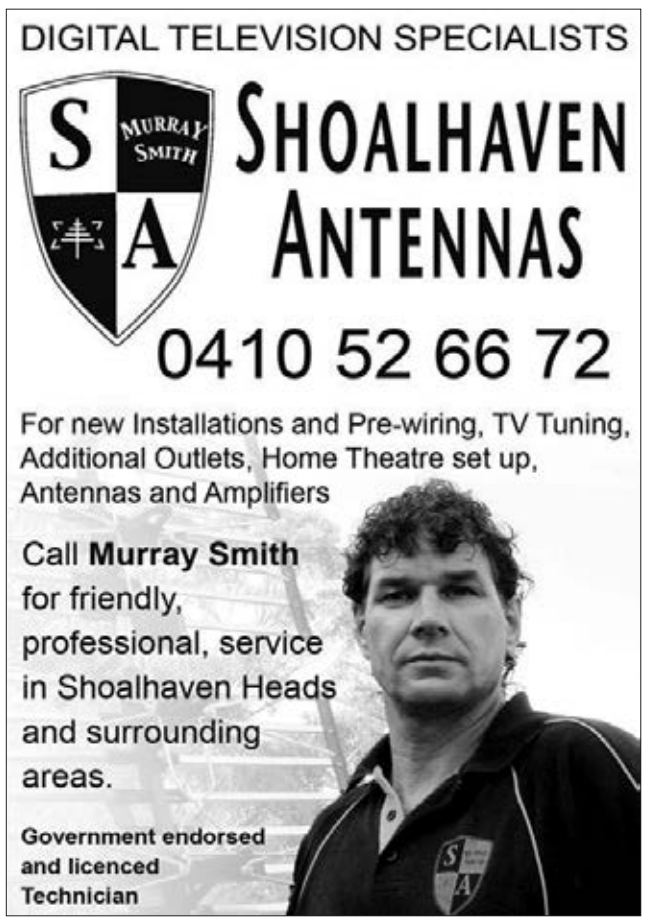
We had seven call-outs last month. Most notable was to a Motor Vehicle Accident on the Princes Highway near Tindalls Lane.

A car left the road, hitting a tree. Gerringong RFB were first on scene with Broughton Vale-Berry and SHRFB also responding.

One of the two occupants were taken to hospital with reported minor injuries.

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

Stay safe, Geoff Parker



RED CROSS - BIRTHDAY CELEBRATION

Shoalhaven Heads Red Cross turned 44 in August. Along with lots chatting and laughter, we celebrated with a birthday lunch at Berry Hotel bistro followed by the obligatory Birthday Cake.

Shoalhaven Heads Red Cross celebrating our birthday

Please keep a watch out for our members selling Fathers Day raffle tickets outside the IGA on two Saturdays – 24th and 31st August from 9-11am. The raffle will be drawn on 31st at 11am in readiness for Fathers Day the following day. Money raised assists the vital programs run by the Red Cross.

For anyone interested in meeting some of our Red Cross ladies socially, they enjoy lunch together on the 3rd Friday of every month at the Golf Club at 12noon.

Our September meeting will be held at the Community Centre on Tuesday 3rd September at 1.30pm. This month, after General Business, there will be a 'Question and Answer' session followed by afternoon tea and a cuppa. Visitors are most welcome to come along to find out what your local Red Cross here in The Heads does, and why!

If you've ever come across a Red Cross Trauma Teddy in an Ambulance or hospital, we have local ladies who knit these. More about them next month.

Pat Loveridge

PROBUS

Another interesting monthly meeting was enjoyed by all in attendance on 9th August.

Our Guest/ Club Speaker was our Membership Officer, Linda Steyne who told us about a trip to the Australian Red Centre she and her husband, Ted, did in 1986. Ted built a motor home almost from scratch and on its completion, they took off for 3 weeks touring the outback – south to Melbourne, then to South Aust. and up the centre. It was a very informative talk.

The Special Interest Groups (Walking, Wine Appreciation, Garden, Entertainment) are still very busy and enjoying their Fun & Friendship. The Entertainment Group are looking forward to the Nowra Players' production of "Steel Magnolias" in September.

Once again, we all enjoyed Maggie's hilarious jokes

Then followed our Historian, David Mathie's reminder of a visit in October, 2000 by another Probus Club (88 members), from Grafton. Entertainment for their visit had been well organised including a Trivia Quiz (run by Alan Webb), a lovely barbeque lunch, and a visit to Coolangatta Winery for a Wine Tasting. On the Saturday they were taken to Hyams Beach & Huskisson followed by Dinner at Bomaderry Bowling Club. – and on the Sunday, they went to Kangaroo Valley and Berry shopping with dinner at Gerroa Fisherman's Club. What a wonderful time was had by all!

Our Activities Officer, Paul Bounds has organised a variety of outings as well – Lunch at Chef Tony's, a day trip by train & ferry to Doyles on 16th September, and of course our annual holiday of 5 nights & 6 days to Jindabyne in November.

Always lots to do in Probus and lots of opportunities to make friends and have lots of fun. We meet on the 2nd Friday each month at Heads Bowling Club at 10.30am.

Linda Steyne, our guest speaker.

Membership is open to all retirees seeking Fun, Fellowship & Friendship. Why not come along as a visitor to our meeting? You will be very welcome. Our next meeting is on 13th September. For further information contact President Maggie Pye (phone 44485913)

Llois Shorten (Publicity Officer)

SCAM ALERT: FAKE ACCOMMODATION LISTINGS

With school holidays approaching, many Heads residents may be planning trips and making accommodation bookings online. This is also a busy time for local accommodation owners who expect an influx of visitors. However, it's important to be aware of a growing scam where fake accommodation listings on platforms like Booking.com are targeting travellers.

These scams involve criminals creating fraudulent profiles that look like legitimate properties, using copied photos and descriptions from other sites. Travellers often book these fake listings, only to discover upon arrival that the property does not exist or is already occupied, leaving them stranded and out of pocket.

The Australian Competition and Consumer Commission's (ACCC) Scamwatch program has reported a significant increase in such scams, with many victims suffering financial losses. Global booking platforms face challenges in quickly identifying and removing these fraudulent listings due to the sheer number of posts and the sophisticated tactics used by scammers.

To stay safe when booking accommodation, especially during the busy school holiday period, here are some tips:

- **Use trusted agents:** Consider booking your accommodation through a trusted travel agent who can verify the legitimacy of the listings.
- **Verify emails & links:** If you get an email asking you to sign in or enter personal information, verify its authenticity independently before clicking any links.
- **Use trusted contact information:** Always contact accommodation providers using a phone number you have found yourself, not one provided in an email or text.
- **Use official apps:** Book through the official app of the accommodation platform, and enable two-factor authentication for added security.
- **Know what to expect from customer service:** Legitimate representatives will never ask for your password or credit card information over the phone.

If you suspect a scam, report it immediately. You can reach the ACCC through the Scamwatch website at www.scamwatch.gov.au or by calling 1300 795 995.

Heads News

A TEEN'S DREAM CRUISE: CHARLIE'S UNFORGETTABLE WINDSTAR ADVENTURE

Windstar Cruises offers a unique and intimate adventure, and for 15-year-old Charlie Shaw, the Windsurf sailing yacht journey from Athens to Venice was unforgettable.

Charlie was immediately struck by the warm and friendly crew. "The crew was amazing, always friendly and fun," Charlie recalls, with a special mention of the memorable crew show. "Dancing in a conga line with the performers was a highlight!"

Dubrovnik, Croatia, was a standout destination. "Dubrovnik's perfect blue waters were a dream," Charlie says, describing their day exploring the City Wall, cliff jumping from rocks, and enjoying a 5-course dinner with breathtaking views. "I will definitely be going there again."

In Korcula, the festive atmosphere was a treat. "We danced on the beach with music blasting like an outdoor nightclub," Charlie shares, grateful for the extra time the captain allowed to soak up the local culture.

The watersports platform on the ship was a hit. "The watersports platform was a blast, with great music and clear waters," Charlie remembers. Snorkelling in Monemvasia's crystal-clear waters was a highlight.

Meeting new friends was another joy. "I made lifelong friends, both my age and older," Charlie notes. The food on board was equally impressive, with daily themed meals and a standout outdoor BBQ in Dubrovnik. "How could life get any better than this?"

If you would like to learn more about Windstar Cruises, please call Travel Focus Group on 4209 2044.

Monica Godfrey

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THERE'S NOTHING TOUGH ABOUT A TAGINE

UNCLE TIM'S CUISINE

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 medium onions diced
- 3 garlic cloves peeled and thinly sliced
- 1 bay leaf
- Saffron threads (optional)
- 1x400g 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

Pastry

Fit stand mixer with dough hook. Combine flour, oil, salt and water in the stand mixer bowl. Mix for 2.5 minutes on medium high speed 7 until smooth. Dough should be a pliable, smooth ball, not sticky.

Cover and rest for 20 minutes. Sprinkle work surface with flour. Cut dough into 4 pieces.

Roll out into 35cmx 20cm rectangle.

Filling

Make either the lamb/beef filling, or spinach and feta (or make a half batch of both). 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

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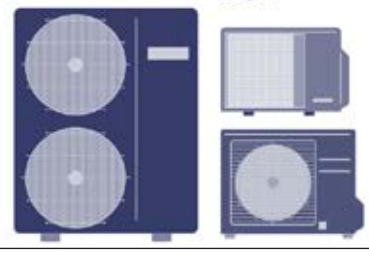

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BEER APPRECIATION GROUP – S'HEADS

Greeting's beer enthusiasts, beer connoisseurs and home-brewers.

It's time for OKTOBERFEST! I bet you're thinking I got the month wrong, but I'm afraid I did my research on this one.

Back in the old days when German brewers created the purity law (Reinheitsgebot 1516), beer was only allowed to have in it, malted barley, hops and water. At the time they didn't know what yeast was, so when they found out in 1859, it too was included. Shortly after that, wheat malt was included aswell. The purpose of the Reinheitsgebot was to ensure a high standard of beer for the country and as far as German beer drinkers were concerned, this is why their beer was better then anywhere else.

During this time there was no refrigeration either, so breweries were often situated near hillsides or mountainsides so that caves could be dug out to look after the lagering beer. Lager yeast typically produce off flavours, so the lagering helps fix this up, as well as blend malt flavour and so on. Towards the end of summer, it is time for German brewers to brew again and store the beer for maturing and this is where Oktoberfest comes in. September and October are the brewing months, so whatever is left needs to be drunk to make room for new beer.

Check out this once almost extinct style of German beer called Schwarzbier. Kostrikzer brewery is well known for keeping it alive

Oktoberfest Schwarzbeir (batch size 19L)
OG: 1.057 FG: 1.010 IBU: 29.6 ABV: 6%

Ingredients

- 4 kg German Pilsner Malt
- 450g Munich Malt
- 310g Carafa Special II
- 46.8g (25 IBUs) German Hallertau 60 mins
- 14.2g (4.6 IBUs) German Hallertau 20 mins
- 14.2g German Hallertau 0 min
- Fermentis Saflager Yeast

Method:

Mash at 66°C for 60 minutes. Sparge with 74°C. Boil for 60 minutes, adding hops as directed as well as yeast nutrient with 10 minutes to go. Cool to 10°C and pitch yeast. Ferment at 10°C for 10 days, raise to 18°C for 4 days, then rack to secondary and lager at 4°C for 14 days.

In beer we trust, happy and safe brewing, cheers!

Heads Brewing Co.

WILDLIFE MATTERS - WHALE SONG

How privileged we are to live on the Australian Coast.

Between May and November, we have front row seats to the annual whale migration where 40,000 whales move up and down the Pacific Ocean.

In May each year, the whales (cetaceans) take the longest migration from their feeding grounds to their breeding grounds and then home again to the Southern Ocean.

Why do they do this? Well, the ocean around Antarctica is cold and whilst mumma whale has many fat layers on her body, her calves would not survive in the freezing waters. Giving birth in warmer waters allows calves to feed on breast milk which helps them gain 2-10% of their body weight each day.

Meanwhile, male whales, the singers of the species, produce long, complex and unique songs along the journey, yet mainly in the birthing grounds. Their songs change each season.

Researchers are befuddled as to why the "whale choir" sings.

The return home is more leisurely as mum continues to feed, bond and teach her calf how to be a whale.

It is on the southbound journey that whales will be closest to the shore and can be found frolicking and suckling in small bays.

Enjoy this unique and magical experience. Boaters, as you are enjoying the whale song, be careful one of these majestic creatures does not launch under your vessel and send you skywards!

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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BOWLO FISHING CLUB

Club Champion - Scott Tyrrell

Runner Up Junior Champion - Angus McVie

Junior Champion - Willow Bell

This weigh-in was our first for the 24-25 season for the Fishing club. Friday's fishing conditions were a little ordinary early in the day but improved as the day went on and Saturday was a great day locally but got a little wet around Gerroa.

Deep Sea and Estuary were where the action was, the beach fisho's struggled a bit this month, let's hope the beach starts to fire up as work our way out of winter.

Flat Head were caught in good numbers and were again the most common fish weighed in this weekend with Peter Risco weighing in a 79 cm Flatty off a photograph on the Brag matt.

Peter Stanton weighed in a great Snapper at 2.34 Kgs We also had Salmon, Tailor, Bream, and one of our Junior anglers, Marlin Beaven weighing in a Trevally, winning second prize in the Mystery fish. Peter Stanton won third prize in the Mystery fish which was for his snapper.

Even with the cold weather we had plenty of fish to share around with our members. We also welcomed our new committee members this weigh in with Jason and Pauline Macdonald and Billie McHutchinson getting into the thick of it.

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.

Donna with the junior awards: Jarrah Bell, Marlin Beaven, Mack Beaven and Riley McCready

Category First Place winners were.
Overall heaviest bag: Peter Risco
Men's Deep Sea; Scott Tyrrell
Men's Estuary: Peter Risco
Junior heaviest bag: Marlin Beaven
Junior Beach: Mack Beaven
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 25th August 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.

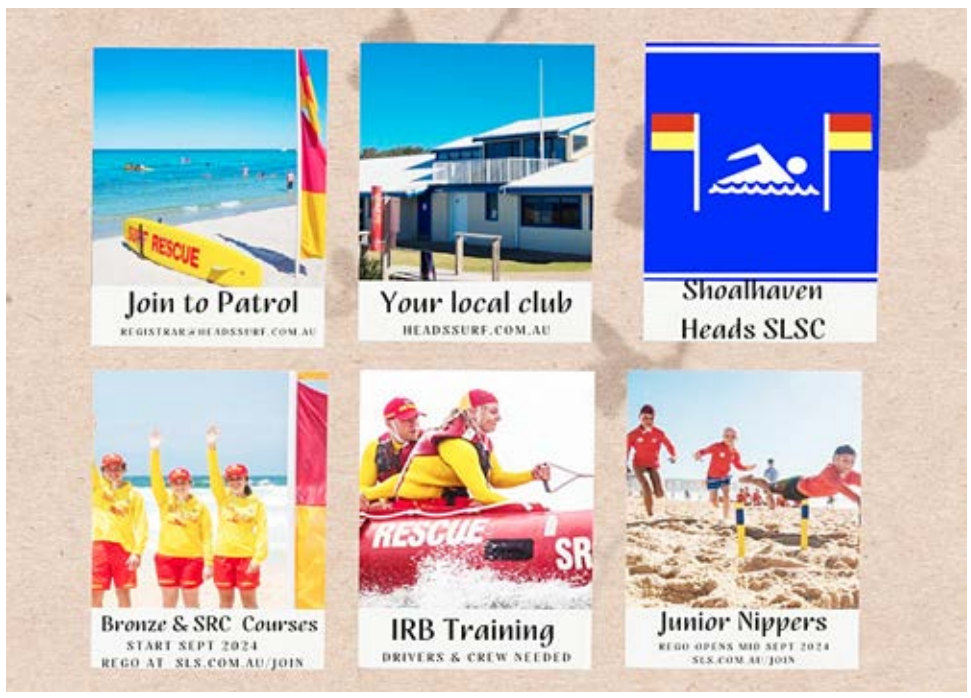
AGM and Presentation

We had our AGM and major presentation meeting on 4th of August. We had a fantastic turn-out for a feast of prawns and oysters. Thanks to all club members for coming along. Thanks to the committee for putting on such a great event and thanks to the Bowlo for a great venue.

Scott Tyrrell

GET INVOLVED: HEADS SURF CLUB READY FOR A NEW SEASON

July/August are quieter months while we're off-patrol. We don't rest!!…there are plenty of pre planning and equipment and service works to prepare for the 2024/25 season. We will hold AGM for 2023/24 on 15 September to elect new committee to contribute to the running of the club, manage patrol services & junior activities. It's an opportunity for current & new members to innovate and plan new directions for Heads Surf Club.



We have a high need to build patrolling member numbers so get in touch if you're interested in joining our team and doing something great for our village. We're especially looking to anyone 25+ with transferable skills from work or other interests. We also offer opportunities for youth members to build foundation skills as patrol cadets (14-19yrs)-becoming a surf club volunteer fills most criteria for Duke of Edinburgh award and skill building for future employment/education

Next Training courses for patrol members for the SLSA Bronze (16 yrs+) & Surf Rescue Certificate (14 yrs+) starts 27 October. Anyone who's keen to raise a hand to train & patrol Shoalhaven Heads Beach this summer please send expression of interest to registrar@headssurf.com.au .

PATROLS start 29 September. 9-2 pm

JUNIOR NIPPERS start mid-October 2024. Check Club website and social media for new season information from late August

Membership enquiries for Patrol and Life Saver, Juniors, and support volunteers: registrar@headssurf.com.au .

General club admin: secretary@headssurf.com.au

Enquire online to book the Surf Club Hall for social and business events at vennu.com.au

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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

BOWLING CLUB - CELEBRATING THE CLUB CHAMPIONSHIPS - LEGACY CHARITY DAY

Minor Singles Championship 2024/25

The Ted Starr Minor Singles Championship final was played on Sunday 4th August 2024. The event attracted many spectators who were thrilled by the high standard of play. The spectators assembled on both sides of the stairway leading into the club to congratulate the players as they walked off the green.

The players, Dennis Potter and Ted Steyne were honoured and delighted by the spectators congratulating them as they left the green. They were also chuffed to have the spectators cheering them on throughout the game.

Dennis Potter was presented with the championship trophy by last year's champion Craig Watt. Dennis defeated Ted Steyne 25 to 18 shots and will now enter the major players ranking. Congratulations to both players.

Major Singles Championship 2024/25

The Major Singles Championship is open to all affiliated Shoalhaven Heads Club members (both men and women). The championship attracted a record number of 34 players. Round one was held on Sunday 11th August and the final is scheduled for Saturday 31st August 2024.

Legacy Charity Day

The Shoalhaven Heads RSL Sub-branch is holding a Legacy Charity Day on Saturday 7th September 2024 at the Shoalhaven Heads Bowling and Recreation Club. The event comprises a Three Bowls Open Triples, two sets of 15 ends commencing with morning tea at 9:00am. Entry fee is $15 per player which includes lunch. Entries close on Monday 2nd September 2024.

Women's Singles Championship 2024/25

A women's singles championship was added to this year's calendar. At the time of writing this article, there are 18 players entered in the championship. Our club is pleased to have so many women taking on the challenge. The first round will be played on 22nd August with the final being played on 8th September 2024.

Mixed Triples Championship 2024/25

The Mixed Triples Championship is a two bowls competition played over 21 ends. The competition is open to all Shoalhaven Heads affiliated club members. The first round will be played on Saturday 8th September and the final will be held on Sunday 22nd September 2024.

Stephen Franklin

BOWLO SOCIAL GOLF - ANNUAL 3 WAY CHALLENGE

Hello once again to the interested readers of the column. You may have noticed that there was no report in last month's issue and that was due to wet weather causing both of our games in June being cancelled at Nowra and Russell Vale.

Finally, the good weather returned and on 28/7 the annual 3 Way Challenge was played at Shoalhaven Heads between the Golf Club, Heads Social and Bowlo Social clubs. Congratulations go to our Bowlo players who won some prizes on the day Steve Franks, Gary Hawkes and Wayne Boorer and we say well done to the Golf Club, who were victorious this year.

The next game was at Kiama on 11/8 where there was a good turn out of 26 players and we welcomed some new members Tracey McGrath, Alan Hollis and Ray Smith.

Winners:
Liz Brown and Steve Franks
Runners up:
Jeannie Salway and Glen Askew
Drive n Pitch winners:
Tracey McGrath and Rob Carnegie

Nearest the Pin winners:
Loretta Green, Tracey McGrath, Maureen Latimer and Rob Carnegie.
Well played to all.
Next calendar dates:
25/8 Shell Cove,
8/9 Callala
22/9 AGM at the Bowlo
29/9 Port Kembla

Joan Hanchard - Publicity Officer

PANTHERS VISIT

Miles with Nathan Cleary

On the 22nd of August kids from Shoalhaven Heads got to meet one of NRL beloved teams, three time champions, the Penrith Panthers. With big names like Nathan Cleary and Blues champ Jarome Luai. The team stopped at the Gerringong Lions Club for a training session before their match against the Canberra Raiders at GIO Stadium. Local Reid Dudgeon said "It was a one of a kind thing to experience." All out it was an exciting, fun little time for locals to meet their heroes.

Miles Ryan

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VINCENT MULLER - GOLF WORLD CHAMPIONSHIP

On the 1st of August, 2024 Vincent Muller competed in the US Kids Golf World Championship which was held at Pinehurst, North Carolina. The competition was held over three days in which Vincent competed against the world's best golfers in his age group, 7 years boys.

Vincent started with 4 over par for 9 holes at the difficult Mid Pines Golf Club on Day 1 in extreme heat and humidity. This had him tied for 20th after the first day. The second day Vincent's consistency had him shoot 39, 3 over par and hold onto his tied 20th position. On the final day Vincent went and shot 1 under par, 35, in which he jumped 11 spots up and finished in at 9th place, out of 103 kids, in the world.

The world championship was a fantastic experience for Vincent and his parents, Brendan and Kate, with memories that will last a lifetime. They would like to say a huge thank you to the Shoalhaven Heads Golf Club staff and members for their support, as well as thanking all of the local businesses who donated prizes to help get Vincent to his dream destination and event.

Kate Muller

PUZZLES

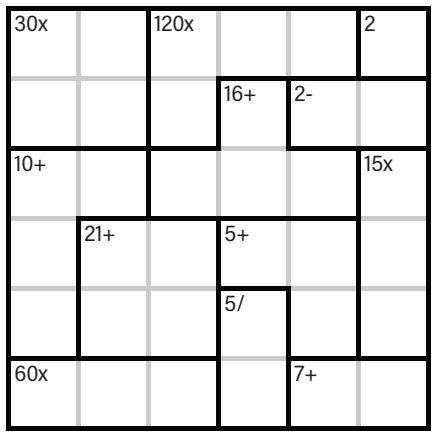
SUDOKU

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

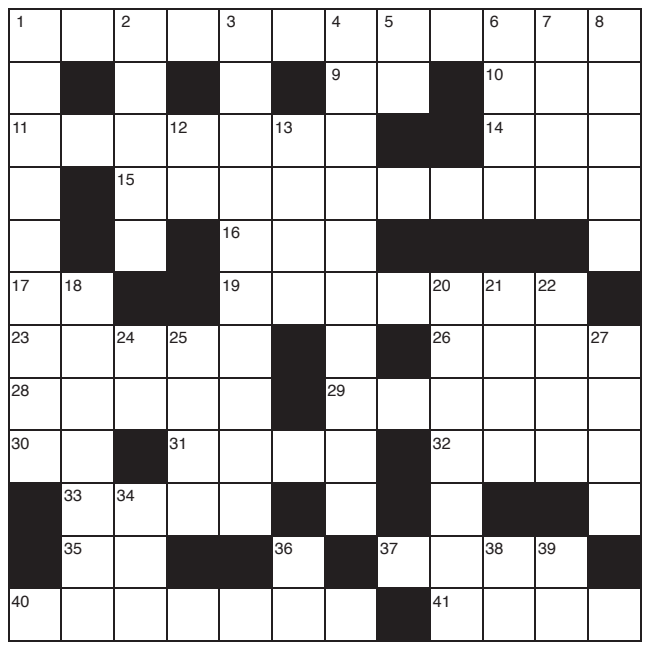
7			3					1
				5	8		9	4
8		2	9					
								7
		5	2		1	4		
9								
					2	1		5
3	2		1	6				
5					9			2

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)



ROB'S CROSSWORD



CROSSWORD CLUES

Across

1 NZ's first true rock'n'roll superstar (7,5)
9 The Wizard of ___ (cartoon) (2)
10 Oz Rugby Union (3)
11 American ensemble cast of puppet characters absurdist, comedy (7)
14 "Neither a borrower ___ a lender be" (3)
15 "Secret ____ Ball" (10)
16 Carlo Waibel, German panda mask wearing rapper aka (3)
17 "Do Da ___" Green Day (2)
19 Last studio LP by The Faces (7)
23 The only thing you should put in your ear is your what? (5)
26 "The ___ Game" '64 Shirley Ellis song (4)
28 "The ___ of Tacoma" Jim Torrance (5)
29 Manchester ___ (famed UK Soccer team) (6)
30 "___ una Sola Palabra" by Mexican singer Paulina Rubio (2)
31 "Lay Down Your ___" UK War Song (4)
32 "How Can You ___ A Broken Heart" Bee Gees (4)
33 "___ Bamford" Oz / Canadian country singer (4)
35 Initials of singer who sang Everybody's Talkin' (from Midnight Cowboy) (2)
37 "___ Down" Larry Williams (4)
40 "Romper ___" Movie (7)
41 "___ Crackle Pop" Cereal (4)

Down

1 Singer of "Big Bad John" (9)
2 "___ Go Lucky Me" Paul Evans (5)
3 UK Playwright knighted in 1970 (4,6)
4 "___ Classics" Johannes Albert (10)
5 "Mr ___" The Talking Horse (2)
6 "Peyton Place" movie star Turner (4)
7 "Cast ___ Arm" Peanuts Wilson (4)
8 "Carry on ___" the second in the UK comedy series (5)
12 "Feet Up Pat Him On The Po ___" Guy Mitchell (2)
13 "Que ___" Jose Davila Lopez (4)
18 "The Kids Are ____" 1979 rockumentary (7)
20 Eric Burdon lead singer of "The ___" (7)
21 "Its ___" Ricky Nelson (4)
22 "___ Corner" UK Group (4)
24 "___ Diddley" singer/song writer (2)
25 "___ and The Howlers" US Group (4)
27 "Duane ___" (US Guitarist) (4)
34 Yoko (3)
36 Religious song by Al Hibbler (2)
38 "Gotta Travel ___" Billy Grammar (2)
39 "___ Wa Nee" 80s Oz funk group (2)

9 LETTER CONUNDRUM

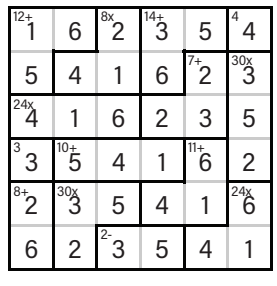
E	T	E
F	R	F
D	O	I

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.
24 words: Good,
33 words: Very Good,
39 words: Excellent

August's Sudoku

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

August's KenKen



August's Crossword

August's Conundrum

REINFORCEMENT, refinement, refection, interfere, reinforce, frontier, informer, confrere, frenetic, inferno, ferment, enforce, conifer, confirm, confine, reform, ferret, ferric, comfit, fierce, refine, confer, reefer, forint, former, inform, infect, foment, refer, fence, feint, force, often, motif, forte, front, infer, from, fret, free, coif, form, reef, fore, font, firm, fire, fine, fete, fern, feet, rife, rift, fort

GOLF NEWS

No weather report this month for a change, as we appear to have settled back into our more traditional weather for this time of year, which is a lot of wind!

Plenty of things going on in the club, and our big annual fundraiser not far away.

We held our annual corporate day in July, a day put on in recognition of our marvellous club sponsors, many of whom participate in the day. With a joint field made up of sponsors and members we had a great turn out of 24 teams of 3 for this year regular Ambrose event. Our Vice President, Rob Russell does a tremendous job running this day ably supported by others. I am plagiarising some of how he described a great day, on and off the course, from the club's Facebook page.

As ever our course was in an excellent condition and many favourable comments were received from the golfers participating. The greens staff were acknowledged for their efforts in preparing a quality course.

The players were treated to an egg and bacon roll prior to hit off, followed by a superb lunch prepared by three of our kitchen staff – René, Gail, and Mountain. Many positive comments were made about the quality of the dishes.

The Pro shop did a fantastic job as well, preparing the scorecards and calculating the winners on the day. Thanks to our golf professional Greg Collins and Lloyd Herron for their diligence.

Finally, as many people are aware our club is based primarily on volunteer help and a big thank you to Liz Brown, Bib Moss, Loretta Green, Club Captain Phil Lyons, and Chris Russell for helping out on the day. It was very much appreciated

As a lot of our readers are aware, we have a 7-year-old member at our club, Vincent

Muller, who recently represented Australia at the world final of US Kids golf at Pinehurst in North Carolina. It was a great occasion for young Vincent, made even more special as he was selected to be the flag bearer for Australia.

The event is played over three days. Playing in the 7 years and under division, on the final day Vincent carded a 1 under score, that saw him finish in a very creditable 9th overall. From everyone at the Club, well done, young man, on a great performance finishing in the top 10 in the world final.

Back to the mere mortal golf players:-

Medal Winners August 2024:

Men's

A Grade: J. Brand (68 net)
B Grade: W. Moodie (67 net)
C Grade: G. Murphy (65 net)
Ladies
Division 1: Connie Parrish
Division 2: Karen Hansen
Division 3: Ann Blyth
Congratulations to all.

The men's 2BBB Matchplay is down to the final two pairs, due to be completed by 1st September. And similarly, the Ladies' Foursomes Championship has its final round to be played on Tuesday 20th August and by all accounts it's going to be a close event with just 5 shots separating the top five pairs.

Good luck to all the finalists. More on both of these events next month.

As I mentioned, once more we are holding the fundraising golf day for the Shoalhaven Cancer Care Centre (SCCC), Shoalhaven Hospital, Nowra. This year it will be held on Friday 4th October 2024.

The SCCC Charity Golf Day is our major fundraiser of the year. As such, it is a very special day for our members. The day is an occasion not just to enjoy a fun round of golf, but to remember those in the community, in our golf club, and within our family and friends, that cancer has touched. Many of our members have lost friends, relatives, and fellow golfers to cancer, while some of our members are presently receiving treatment for it. Consequently, the day is always very special and very well supported.

This SCCC fundraiser has been generously supported by many businesses, organisations, and people in our community, by way of goods or vouchers for our raffle, and/or with financial donations. Once more we are seeking such support for this fundraising day for the SCCC. If you would like to such a donation and please let me know.

And finally, on a very happy note, our green staff member Adam Walker and his partner Erica welcomed a baby boy, Hudson. Congratulations to all.

Play well, stay well!

John Clawley - President

HEADS FISHING CLUB

On Sunday the 11th, August 2024 we had our weigh-in at Carters Corner off River Road. There were some beautiful snapper weighed in by a few members. Young Loui Smith caught five snapper himself. Well done. It is great to see our junior members doing so well. We still had a great turn out with about twenty members still turning up on the day, which made for an enjoyable afternoon.

We the committee do not agree or support with the comments made about the Heads Hotel and its owner on social media. We have had a great working relationship with the Heads Hotel for the last 50 years. We are still hoping to work through our differences with the Hotel in the near future and resolve this issue.

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.

The winners for the month of August were as follows:

Men's Deep Sea: Tim Mangold
Boys Junior Deep Sea: Loui Smith
Men's Estuary: Peter Risco
Ladies Estuary: Pam Billington
Boys Junior Estuary: Marlin Beaven

Loui Smith and his snapper

Boys Junior Rock/Beach: Willow Bell
Fish of the month was Rock Blackfish and Tuna.
Tuna: Ken Harris
Blackfish: Willow Bell.

Cheers - Greg Gay

The Heads
IS HOLDING ITS ANNUAL
SHOALHAVEN CANCER CARE CENTRE
CHARITY GOLF DAY
ON
FRIDAY
4th OCTOBER 2024
8.30 am SHOTGUN START
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COMMUNITY JUDO OLYMPIC SPARKLE!

The mats that were used in the 2000 Sydney Olympics were used for the Bushido Judo Olympic modified judo games

During the recent Olympic Games held in Paris your local judo club joined in with the celebrations. Bushido Judo Club hosted two nights of Olympic modified judo games for its students. On the first night of our Olympic themed class students walked into the judo club struck with a taste of what was to come. The community centre hall exhibited an Olympic flavour draped with international country flags around the walls and a huge Australian flag. Anticipation of the night for the students had turned into excitement.

As a show of respect, the class bowed in, and the session began. The hall soon erupted with excitement as new modified judo Olympic Games were played. A blended learning program was adopted melding fun games and technical knowledge into one. We had relays with various exercises and all sorts of different games. Each game played had a purpose towards improving or practising judo skills from balance through to coordination. The first night of our Olympic schedule was thoroughly enjoyed by all students and parents!

With the second week of the Olympics underway and expectations high additional games were introduced using a supersoft crash mat, judo mannequin and varies tailored games. Students were bouncing all over the mats having a fantastic time.

After another Olympic fun filled judo session the lights were dimmed as the Olympic Fanfare was played. The children created a line and marched onto the stage collecting their special gift bag and continued off the stage lining on the mat area. Once all students were assembled parents took photographs. As if choreographed, the Olympic Fanfare drew to its conclusion while parents applauded the children.

The students finished off the night with goodie bag in one hand and a cupcake in the other. A moment to stay in the minds of Bushido Judo Club members for quite some time! It really has been a special experience where the community comes together to enjoy the company of each other and the common interest we have in learning judo.

Black Belt Coaches

Our community based judo club is lucky to have many black belt coaches ready to assist all students as they practice. Recently we had three parent members achieve their black belt, Pavel Gonda, Mike Hall and Adrian Turley. Starting with their children at Bushido Judo Club as white belts they have now earnt their black belts. A black belt in Judo is quite difficult to achieve, our congratulations!

Thank You to Our Judo Club Families

We'd also like to extend our heartfelt thanks to the parents who bring their children along and support the Bushido Judo Club. Your involvement is crucial in creating the fun, family-friendly environment we're proud to offer the community. Your enthusiasm and dedication help make these special events possible, and we're grateful for the role you play in the club's success.

Darren Fagan

Miles Ryan - Judo player's perspective

The 2024 Judo Olympics was a happy environment with laughter & cheers and it was such an amazing time.

I think everyone loved the fun roll around, flip upside down aspect of it. We are all still on a big sugar rush - thank you to Anne for the beautiful Olympic cupcakes.

I personally loved the sumo wrestling. My cousin and I loved getting to push over each other (I won shhhhh).

I definitely know I speak for the whole judo community when I say thank you Darren, Danny, the coaches, the people who help set up the canteen and the community centre for the space.

Miles Ryan

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