



### What is Expedition Cruising?

Learn about what an expedition cruise is. See page 5 for details.



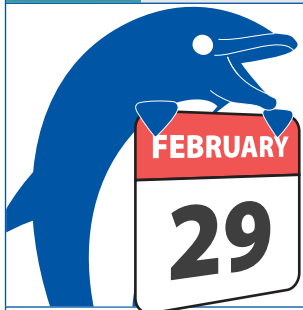
### Win a Car - MG3 up for grabs!

The bowling club has an MG3 to win. See page 3 for details.



### FREE Compost Bin

Council is giving away free compost bins. See page 9 for details.



# HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

February 2024

Established 2004

Volume 20 - Issue 2

## MONEY MATTERS: RATE RISE ROW RAGES IN COUNCIL

The ongoing Rate Rise debate has continued to absorb the public discourse in recent weeks ahead of a key vote on the matter in late January. Whilst the council must account for fiscal difficulties, councillors have stressed “all options are on the table” with most having reached a consensus that some kind of reduction in expenditure is required to avert having to impose rate increases of a larger proportion.

### How did it get to this?

Council cites several reasons for its financial strain, which include vast funds committed to disaster recovery, inflation, and higher interest on its loans. The impact of Natural Disasters, (the effects of which have only been exacerbated by Climate Change), has been particularly acute, with the LGA experiencing severe flooding and storms over the past year and beyond. It led to the need for greater resources to become available for both the recovery effort, and prevention measures designed to minimise the impacts which such events have.

Some have also criticised the approach of previous council administrations which they believe are accountable for the fiscal environment from which this situation is derived. Greens Councillor Tonia Gray believes the recent saga displays “The Historical systematic errors in leadership of past councillors” pointing to the pandemic era \$300 rate rebate scheme in which up to 25% of those who benefited were from other LGAs (in other words, held an investment in the area). This she says, burnt a \$14.5 million hole in the budget which has hurt the council in the long term. Independent Councillor John Wells however defended the scheme, saying that despite the cost, with shops & businesses closing and people being stood down, it ensured that businesses survive, and “encourage developers to keep investing in our city”.

### Rate debate

The debate has progressed to a point whereby most council members concur alternate measures are needed to account for the cash shortfall, which are necessary to avoid having to raise rates. John Wells, who is convinced that the rate hike won't eventuate, says he “doesn't believe a potential 32%-40% rate rise is justified” and questioned whether “we really need big shiny new things because we're not able to maintain the stuff we've got”. Tonia Gray likewise cited the need to consolidate the budget and “go back to basics”.

Furthermore, Councillor Gray raised concerns that the rate rises, should they come to fruition, would price many ratepayers out of the district and lead to a wider chasm of inequality. She also conceded that “It couldn't be a worse time to put this [rate hikes] on the table, with mortgage rates going through the roof, and the cost of living... It is a really tough fiscal environment”



February 2024

### COUNCIL VOTES FOR NO RATE RISE

On Tuesday January 30, 2024 the Councillors voted to not apply for a Special Rate Variation (SRV).

Late last year Council were advised via a financial sustainability report to implement 27 actions including an SRV to avoid potential insolvency.

The recommended SRV was a rate rise of up to 44% spread over 3 years and this was not acceptable to most Shoalhaven LGA residents.

The gallery was packed at the Council meeting and there were whoops of delight when the decision was made to not apply for the SRV.

However, as one Councillor noted, will this be kicking Council's financial problems down the road to be a potentially bigger problem in the future or as other Councillors said, will Council learn to live within it's means? Only time will tell.

Despite recent financial troubles at the council, both Councillors the Heads News spoke to, affirmed their confidence in it's staff, with Gray asserting that “in the last two years since I have been on Council we have employed some have some of the most exemplary and professional staff I have ever seen”. The council has also expressed support for its new CEO Robyn Stevens, insisting her 20 years of experience in local government “brings a diversity of skills in project delivery, positive leadership and community focused outcomes”.

Meanwhile, as Local elections loom in just over six months, the debate is unlikely to absolve itself completely from local politics, and could become a key feature of the campaign. It remains to be seen whether

the issue will descend into a political dogfight as candidates vie for election in the September ballot.

For the time being the council will continue consultation with the community on what services could be cut, and the proposal to apply for a special rate variation as per the November 23 vote in the council chamber. Before any special rate variation can be implemented it must seek approval from the independent pricing and regulatory tribunal (IPART), which is scheduled for February 5th.



New CEO Robyn Stevens

James Ryan

## Raine & Horne

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# HEADS NEWS

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### DEFIBRILLATORS IN SHOALHAVEN HEADS

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

### DATES FOR YOUR DIARY

<b>Community Forum</b>	<b>Red Cross</b>
Bowling Club 7pm Wed Feb 7	Bowling Club 1:30pm Tue Feb 6
<b>Fire Brigade</b>	<b>RSL Sub Branch</b>
Fire Shed 7pm Mon Feb 19	Bowling Club 4pm Mon Feb 5
<b>Lions</b>	<b>Social Hub</b>
Bowling Club 7pm Tue Feb 13	Community Ctr 10am Mondays
<b>Probus</b>	<b>VIEW Club</b>
Bowling Club 10:30am Fri Feb 9	Bowling Club 5:30pm Mon Feb 12

### 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			

## 2024 MONSTER CHARITY DAY - \$45,800 RAISED



The 2024 Monster Charity day was held Saturday, 6th January, 2024 at the Heads Hotel overlooking the Shoalhaven River on what turned out to be a perfect Summers Day with a cool gentle breeze.

All charities were represented on the day including the Shoalhaven Head's Rural Fire Brigade, the Shoalhaven Heads Surf Life-Saving Club (SLSC), the Shoalhaven Marine Rescue and Shoalhaven Apex's 'The Shack' - all helping out by selling tickets for all our raffles, and informing the public on how important it is to have these volunteers to keep our beaches safe, our homes safe from fires and our fisherman safe at sea.

The Apex volunteers were kept busy all day in the BBQ area cooking from lunch into the late afternoon. Our HOT DOG stand turned out to be a huge success, a big thank you goes to the Heads Bowlo for lending it to us for the day.

Local identity John Nellestein (Nello) kept us amused, and on the ball, with his auctioneering and MC skills for the day, with the assistance of Troy Thomson and Aaron Secheny keeping the auction items rolling along at a brisk pace.

Local musicians Ricky Lynch, Holly and the rest of Square Pegs entertained the crowd between auctions.

We had the 'Chocolate Wheel' running hot, with Prawn Trays on offer. Thank you to everyone who pitched in with the ticket sales.

The small people weren't left out, with Kids Korner manned by the P & C with face painting and various decorative stickers and gems, hair colour, tattoos etc and activities.

Lollies, sweet treats, guessing competition and the jumping castle all amounted to a fun day.

Kids Korner raised a significant amount for the Shoalhaven Heads Primary School. A big Thank You to the ladies and older children who kept the littler ones happy and occupied during the afternoon AND counting all those jelly beans !!

The Raffle Prizes included a 3.7m Qunitrex Outback Explorer Boat with trailer, motor and safety equipment, a Hobie Mirage Passport pedal-powered fishing kayak were purchased by the fishing club.

A Gas Barbeque donated by The Heads Hotel, suitable for an outdoor kitchen and an 'Instant Party' being meat donated by Mountain Side Meats and beer donated by The Heads Hotel.

### The Winners of the raffle were:-

- 1st prize - Boat - ticket 5700 Peter Bowtell
  - 2nd prize - Kayak - ticket 4042 J Handley
  - 3rd prize - Gas Barbeque - ticket 7637 Ken Tyne
  - 4th prize - Instant Party - ticket 6810 Mathew Talbot
- All winners have been contacted and their prizes claimed- congratulations to you all.

A big thank you goes to:

Companies and Individuals that donated items for our auction and equipment for the day.

Shoalhaven Marine Rescue who had their rescue vessels out at the Heads and took children and their parents on familiarisation excursions/demonstration and also their promotional trailer for any questions for the boys and girls in blue.

APEX for their quality BBQ skills as usual

The Shoalhaven Heads Surf Club for their assistance writing raffle tickets and helping out wherever they were needed.

The Shoalhaven Heads Rural Fire Service who brought their trucks and staff along to help out on the day, fortunately all vehicles were available for the whole day and enrolled quite a few junior fire crew members.

And last but not least The Heads Hotel for again providing the venue for our event.

The fishing club also would like to thank:

Sharon Shedden - for her amazing effort to co-ordi-



nate all the donations, pick them up from the businesses and selling tickets on weekends.

Marty Secheny - for the fantastic job pulling together some of the major sponsors of the day.

Jan Dolden and Col Mulholland - for their tireless work behind the scene's, conducting the Friday night Charity Day raffles and selling tickets on the weekends.

Nello, Thomo and Arron - for the fantastic work they did with the auction.

Greg Gay - for putting up with the amount of emails we bombarded him with.

Ken Harris - for the work put in to make sense of our banking system.

Dasha ( Rooster Traffic Control ) - for the donation of labour for traffic control on the day.

The crowd was slightly less than previous years but everyone acknowledged the community spirit of the day, and a big thank you to all who attended and put their hands in their pockets to donate.

A great day was had by all and I must thank all the members of the Heads Hotel Fishing Club for volunteering their services on the day and in the months leading up to the event.

We raised \$45,800.00 for our local charities which is a new '\*\*non Messi' record, a fabulous effort given the cost of living pressures we, and our sponsors, are all currently experiencing.

With the withdrawal of permission for the Friday night 'Charity Day Meat Raffles' by the pub, we will futureproof next years' Charity Day Raffle by withholding a portion of our takings to ensure we have enough funds to purchase 1st and 2nd prize for next year. Our fishing club is not in a financial position to fully fund these prizes, and they need to be paid for up front. These funds will be put aside and not form any part of the Fishing Club financial assets.

To ensure transparency, each charity, Shoalhaven Heads Rural Fire Brigade, SHSLSC, Marine Rescue Shoalhaven, APEX Shack will each get \$8,000 and \$13,800 will be put aside for 2025 prizes.

A great job by all, highlighting a generous community coming together and contributing together at Shoalhaven Heads.

### Heads Hotel Fishing Club

\*\* For those who don't know, we had a Lionel Messi signed, framed playing jersey auctioned for \$26,000 last year, which took our total raised to \$65,000, which created a record which may not be broken for quite a while.



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# HEADS NYE FIREWORKS



The New Year's Eve fireworks display along the river was a resounding success, captivating thousands of locals and visitors alike. At 9pm, attendees were treated to a spectacular show that lit up the night sky, creating a memorable end to the year.

The river was once again the ideal location for the event, offering everyone a clear and unobstructed view of the dazzling pyrotechnics. The display was so impressive that even people at Drawing Room Rocks, commented on its brilliance.

This fantastic event was made possible thanks to the generous support of several sponsors. Shoalhaven City Council, Mountain View Resort, Shoalhaven Heads Golf Club, Raine & Horne, Bangalay Luxury Villas, Heads Hotel, and Holiday Haven - Shoalhaven Heads all played a vital role in bringing this event together.

Public response to the fireworks was overwhelmingly positive. Attendees expressed their gratitude to the sponsors and everyone involved in organizing the event. Comments ranged from "Wow! What a fantastic fireworks display" to "It was sensational" and "Best I've seen." People appreciated the convenience and accessibility of the location, with many noting the ease of finding a spot to enjoy the show.

Even those who were farther away, like in North Nowra, could hear and feel the excitement of the display. The community's gratitude was evident, with many thanking Mr. Boom Boom and acknowledging the rare opportunity to experience such a high-quality event close to home.

Overall, the New Year's Eve fireworks along the river was not only a stunning visual spectacle but also a testament to the strong sense of community and joy that these celebrations bring. It was a night to remember, setting a high bar for future events and ushering in the new year with a literal bang.

Heads News

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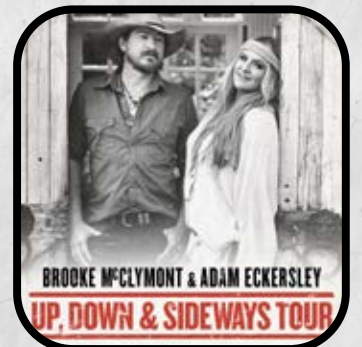
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### HEADS COMPUTER CLUB

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

### Shoalhaven Heads Public Swimming Pool

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## PROBUS - EXCITING YEAR AHEAD WITH FUN, FRIENDSHIP, AND ACTIVITIES

Probud members look forward to another year of Fun and Friendship when we have our first meeting for the year on 9th February. We look forward to hearing interesting guest speakers, club speakers and socialising.

Unfortunately, our first get together (bbq/picnic in Celia Place) had to be called off due to inclement weather. However, Paul Bounds has a variety of other interesting activities planned for the future. He is taking a group to the Premiers Concert in March (an event we always look forward to) and is already planning our annual week's holiday to Jindabyne in October.

We also have several popular Interest Groups which keep us in enjoyable contact with our friends. The Walking Group (also known as the Gourmet Wanderers) are planning a walk (and eat) on 16th February. They always have fun.

The Wine Appreciation Group will be meeting at Coastal Palms on 23rd Feb to enjoy some wines together and Gloria Emmett will advise the Garden Group as to their venue on 23rd Feb where they will share their knowledge and love of plants.

Heather Mead will be taking the Entertainment Group to see Nowra Players' performance of "Exit Laughing" on 17th March. Always enjoyable.

So much to look forward to.



Kay and Paul Bounds enjoyed our last trip to Jindabyne in 2018. We look forward to our next one

Probud meets on 2nd Friday each month at the S.H. Bowling Club at 10:30am.

Membership is open to all – retired or semi-retired (men and women) seeking Fun

Fellowship and Friendship. If you are interested in finding out more why not come along as a visitor to our meeting? You will always be welcome.

Our next meeting is on 9th February.

For further information contact President Maggie Pye (ph44485913).

**Llois Shorten (Publicity Officer)**



## SHOALHAVEN HEADS RSL SUB-BRANCH

With 2024 now on the way, February is a month of reflection. For many February is an extremely sombre month. Please keep an eye on the Shoalhaven Heads Bowling Club website for up coming events and other information under the club's subheading.

### February Anniversaries

#### 10 February – HMAS Melbourne/HMAS Voyager Collision (1964)

On the evening of 10 February 1964, HMAS Melbourne struck Voyager at 20:56 (8:56PM), with the carrier's bow striking just behind the bridge and cutting the destroyer in two. Of the 314 aboard Voyager, 82 were killed, most of whom died immediately or were trapped in the heavy bow section, which sank after 10 minutes. The rest of the ship sank after midnight. Melbourne, although damaged, suffered no fatalities, and was able to sail to Sydney the next morning with most of the Voyager survivors aboard – the rest had been taken to the naval base HMAS Creswell.

#### 14 February – National Service Day

National Service was in the Australian tradition since Federation in 1901 of volunteer forces for overseas service backed up by a pool of basically trained men in the Naval Reserve, the Citizens Military Forces, and the Citizens Air Force. In the scheme from 1951 to 1959, National Servicemen could nominate a Service preference but in practice most were allocated to units near their homes. The Navy and Air Force gave preference to family of former personnel or members of Cadet units. Overseas service was automatic in the Navy and Air Force. Some 287,000 young Australian men were called up in 2 separate schemes for compulsory training in the Navy, Army, and Air Force between 1951 and 1972. Of them, 212 died on active service in Borneo and Vietnam. National Service was part of Australia's defence-readiness policy for over 20 years.

#### 15 February – Fall of Singapore (1942)

The fall of Singapore, also known as the Battle of Singapore, took place in the South-East Asian theatre of the Pacific War. The Japanese Empire captured the British stronghold of Singapore, with fighting lasting from 8 to 15 February 1942. Singapore was the foremost British military base and economic port in South-East Asia and had been of great importance to British inter-war defence strategy. The capture of Singapore resulted in the largest British surrender in its history. About

80,000 British, Indian, Australian and local troops became prisoners of war, joining the 50,000 taken in Malaya; many died of neglect, abuse or forced labour.

#### 16 February – Radji Beach Massacre, Dutch East Indies (1942)

At Radji Beach, a little way to the northwest of Muntok, an appalling event took place, which shook Australia and the world when it was known late in 1945, after the War. A group of 22 Australian nurses from the HMS Vyner Brooke had reached the shore some distance from Muntok, together with wounded patients and a number of men – soldiers, sailors and civilians. All but 2 of the men were killed by bayonets or machine gun fire. The Japanese next forced the Australian nurses and a civilian woman to walk together into the sea. The women were struck from behind with machine gun fire and fell, one by one. Of this group, only Nurse Vivian Bullwinkel survived.

#### 19 February – Bombing of Darwin (1942)



The largest and most devastating modern attack by a foreign power on mainland Australia, Between 19 February 1942 and 12 November 1943, the Japanese mounted 97 air attacks on towns and military bases across northern Australia, more than 250 people, both allied service personnel and civilians, died in Darwin on 19 February 1942.

#### 24 February – War Animal Day

Each year, on 24 February, is National Day for War Animals in Australia, where we commemorate the deeds and sacrifices of animals in war. Animals have been put to many uses in war, serving as transport, beasts of burden, messengers, protectors, mascots, and pets.

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

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# RURAL FIRE BRIGADE - BUSY START TO 2024 WITH 18 CALLS FOR ASSISTANCE

Hi Everybody. This year has started in a rush with 18 calls for assistance since our last report.

We had three calls to "Trees Down" this month, impacting Coolangatta Road on two occasions and Gerroa Road once. Road traffic was affected each time but our Chainsaw operators cleared the scene without much delay.

There were two calls to Automated Fire Alarms, one of which was to Sikorsky Helitech at the Albatross Air Base. It was heart pumping trip to South Nowra for our two crews, not knowing what to expect until word came through it was a false alarm. It was just another call to keep us on our toes.

Unfortunately and more seriously there was a Motor Vehicle Accident involving a Car and a tree in January. A call went out at about 10am, declaring an MVA had occurred on Crooked River Rd just north of the Beach Rd intersection.

Because of work commitments and holiday timing, we were unable to assemble a crew but two of our members (travelling in separate cars) happened on the scene. One actually witnessing the accident! They, along with other people stopped to render assistance.

Greg was able to issue a "Situation Report" regarding the victim's condition to the Duty Medical Officer during his 000 call, giving valuable information for the incoming Ambulance crews. Stephanie assisted setting up fire protection with Gerringong RFB when they arrived. Police and SES Rescue also attended.

Despite the efforts of the first attending peoples and Emergency Service's personnel, the 60 year old male later passed away at Shoalhaven Hospital.

Another MVA just a few kilometres further north of this site occurred a few days later.

Two cars came together, on Crooked River Rd, sending one vehicle careening into an urban property,



First Crooked River Rd MVA



Geoff's grandsons Lani and Kanoa

clearing a small retaining wall and coming to rest against the front veranda of the house.

The driver of this vehicle suffered potential spinal injuries and had to be removed from the car with extreme caution. Whilst Ambulance personnel stabilised the female driver, SES Rescue crews set about converting the small SUV into a convertible.

Once the roof was peeled back and the rear seat removed, the patient could be slipped onto a Spinal Board before being carried to a waiting stretcher. I have no information on her current condition but can report she was in fine spirits as she was taken to the ambulance.

The driver of the second vehicle was checked over by the attending medicos and appeared unharmed but shaken. As one would expect.



Second Crooked River Rd MVA

Earlier, I was lucky to have two of my Grandsons visit in January and I gained some valuable kudos by introducing them to our Cat 7 Appliance. Just few more years boys.

If you're interested in the Brigade or you would like a photo with a Fire Truck, drop in for a chat. We're at station most Sunday mornings. **Stay safe, Geoff Parker**

## BEYOND THE ORDINARY: THE TRUE ESSENCE OF EXPEDITION CRUISING

Have you ever wondered what sets an expedition cruise apart from your typical holiday voyage? It's an experience that transcends the usual itinerary, offering a journey into the heart of adventure and spontaneity.

Unlike conventional cruises, where schedules are set in stone, expedition cruising thrives on the unexpected. Imagine altering your day's plan because there's a rare polar bear sighting ahead, or a hidden cove beckons for a closer look. This flexibility is the beauty of expedition cruising, where each day unfolds a new, unscripted adventure.

But expedition cruising isn't just about impromptu detours. It's an immersive educational experience, guided by a team of field experts. From National Geographic photographers capturing the surreal landscapes to astronomers unveiling the mysteries of the night sky, these experts enrich your journey with their knowledge and insights.

And let's debunk a common myth: expedition cruising isn't confined to the polar regions. The world of expedition cruises is vast, encompassing the fjords of Scandinavia, the cultural tapestry of Japan, and the

underwater wonders of Raja Ampat. Each destination offers a unique narrative, waiting to be explored and cherished.

So, if your idea of travel is more than just ticking off destinations, but about embracing the unexpected and learning from the experts, then an expedition cruise is your call to adventure. It's not just a journey; it's an exploration of the world and of oneself, creating memories that resonate long after you've returned home.

**Monica Godfrey - Travel Writer**



### LIONS CLUB

On the 23rd December we drew the prize winners of our Christmas raffle. The winner of the main prize was Leon Granger from Lilli Pilli in Sydney. On behalf of our club members, I want to thank all locals who purchased tickets in our raffle and to the local Newsagency and Post Office and Mitre 10 at Bomaderry who donated prizes for the raffle. It is very much appreciated.

In early January we said farewell to our past President Peter Andrews and his wife Helen who have moved to Cairns to be closer to family. I thanked Peter for his involvement in our club and we wished them well on their move to far north Queensland.

We are still awaiting Council's approval for the installation of the memorial seat for Dr Barry Gray. Apparently, it will be on the agenda at a February meeting of Council.

Our first meeting for the year will be held on Tuesday 13th February at the Bowling Club at 7pm. If you are interested in joining our Club, please feel free to come and join us.

**Rob Russell -President**

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## BUSHCARE - NATIVE PLANTING AND NEW COORDINATOR

With the holidays and wet weather, bushcare has been disrupted in January. River Rd Group and the Heads Group will be conducting a working bee above the rock wall and planting native Pigface as a groundcover.

Shoalhaven Heads Group have been weeding and clearing Shoalhaven Heads Rd near the bridge and around Jerry Bailey Oval.

Heads Golfers Group has been tending the nursery, weeding in the central wild-life corridor and planting in the hind dunes.

SCC has appointed David Rush as the Bushcare Coordinator and we wish him well in his new position and look forward to working with him.

Nowra TAFE (Bomaderry campus) is conducting a Certificate 3 course in Conservation and Ecosystem Management commencing on Tuesday 6th February 2024, 8:30am to 4:00pm for 24 months.



A diamond python sunbaking

Do not dump garden rubbish and lawn clippings in bushland as it is hard to remove once it regenerates.

Ticks, snakes and leeches are active and care should be taken if venturing into the bush. Golfers Group meet on Mondays at 7:00am in SHGC car park and Heads Group meet on Tuesdays at 7:30am at various sites. Contacts: Heads Group and Golfers Group; Noel 0428400790, River Rd Group; John 0405217509.

Noel Schneider

## WATER OVER BOLONG ROAD STILL NOT FIXED

The persistent issue of water accumulation on the road near the fig trees by Broughton Creek bridge remains unresolved. Engineers have examined the situation and noted the challenges posed by the location being a private driveway and the presence of fig tree roots. Various solutions have been proposed, including replacing the driveway and installing an under-road pipe to facilitate water drainage.



This matter was first brought to attention at a community forum several years ago, yet a definitive solution is still pending. In the meantime, the waterlogged area poses a safety hazard for motorists, who are often

forced to either sharply swerve around the water or drive through it, risking their safety. The ongoing nature of this problem highlights the need for a prompt and effective resolution to ensure the safety of all road users in the area.

Heads News



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## TREE DOWN ON STAPLE ST



A wild windy storm after Christmas caused havoc in the region - causing a tree to fall in the Heads on Staple Street. It fell on the road which could have caused problems.

Thank you to the person who stopped and cut up most of the tree on the morning of December 27 so that it no longer encroached on the road. The green keepers from the golf course then came along and cut up the remaining pieces and removed them.

Heads News

# MENS SHED

Hello all Sheddors,  
I begin this Newsletter with sad news: Our last Life Member & one of the last of the initial Members Allan Foster, has passed away.

He will be sorely missed as a friend & Mate.  
Allan has been a great servant of the Shed & it's members, he held a number of positions over the years, but his strongest job was of provisions manager, Allan was terrific at this job & he was always looking at ways to help us with more funds to run our Shed.

In recent years Allan had moved to the Picton area & would always call in for a cuppa & a catch-up when he was in town. Allan had a dry sense of humour but was never a shy to volunteer for a job, nobody else wanted, I'm sure he will be rearranging things at his next station.

On behalf of our Members, I would like to pass on our prayers & hopes for his family & friends.

On behalf of The Shoalhaven Heads Men's Shed  
**Patrick Duggan - Secretary/Treasurer**

# NATIVE BOTANIC GARDEN

Hello gardeners & nature lovers, by the time you are reading this edition of the Heads News we will have had our January Plant Sale. Hopefully we've had good weather and lots of you came and grabbed a bargain plant (or plants!) and are watching them put on their last growth spurt before Autumn and Winter. Plant sales are essential to the Botanic Garden's survival as we don't receive regular funding from elsewhere. Our Parkcare supervisor employed by Council (owners of the land) does wonders for us but even her funds are limited. So THANKYOU to all who took an interest and were able to purchase plants that have been propagated or bought as seedlings and grown on by us, the volunteers.

As 'Heads residents we are all, in essence, owners of this Botanic Garden and it is wonderful to see so many enjoy it! Alas some people still think it's fine to "let the kids run wild" without supervision resulting in the damage or destruction of some plants, or even pick the flowers. Some people may say "but I only picked ONE flower" - multiply that by 100 visitors and there isn't many flowers left for all to enjoy. And I need to remind dog owners that dogs are welcome, but ON LEASH. There are THREE off leash areas in Shoalhaven Heads to be enjoyed by our furry friends, not the Botanic Garden. Sad I have to say any of this as I believe it is just respect. And don't start me on whatever crazy group vandalised the toilets (which also happened at the skate park & Vic Zealand Oval toilets), which is another (unnecessary) cost added to an already financially struggling Shoalhaven Council.

We've had a few plants turn up their toes and die, many are West Australian plants that don't like our east coast humidity (me either!) and all the rain we've unseasonably had. And Rob is cursing having to mow the grass so often! But on the other hand, many of our plants are flourishing with all the extra water. Don't forget, if your club or group would like a guided tour with Rob our President & horticulturist, it's free and lasts about 45 minutes. Just contact Tom, our secretary, at secretary@shnbotanicgarden.org to book a time to suit you. When was your last visit?

**Chris Lawrance - Assistant Secretary**

# POLICE REPORT

There has been an increase in anti-social behaviour over the holiday period with instances of malicious damage and graffiti occurring around the village. This usually involves alcohol and happening at night. If anyone has information about the person/people responsible to contact police or if anyone is hanging around public toilets drinking alcohol late at night to let police know.

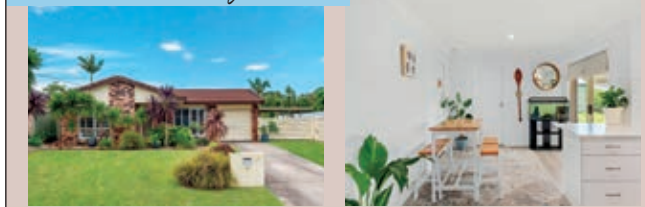
The New Years Eve fireworks brought out a lot of locals and tourists to spectate the fireworks at Shoalhaven Heads. The majority of people were well behaved and there were no major issues which was pleasing to see.

**Kyle LAVENDER - Senior Constable**

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## Current Listings

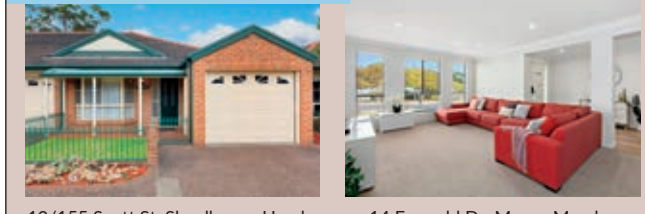


41 Amundsen Ave, Shoalhaven Heads New to Market - Claire Nunn & Aimee Longbottom  
7 Heard Ave, Shoalhaven Heads New to Market - Claire Nunn & Aimee Longbottom



1395E Bolong Road, Coolangatta New to Market - Nana Coburn  
19/30 Jerry Bailey Rd, Shoalhaven Heads \$579,000 - Claire Nunn & Aimee Longbottom

## Recent Sales



10/155 Scott St, Shoalhaven Heads \$720,000 - Claire Nunn & Aimee Longbottom  
14 Emerald Dr, Meroo Meadow \$870,000 - Aimee Longbottom & Claire Nunn

## Leased



23 Renown Ave, Shoalhaven Heads \$600.00 per week - Lorraine Shaw  
5 Cotton Palm Dr, North Nowra \$520.00 per week - Lorraine Shaw

## Market Update

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



On the back of what was a bumpy year for Real Estate, 2023 presented many hurdles especially when coming off the back of such large price increases in 2021 and 2022. Combined with the many interest rate increases throughout the year, this has certainly put pressure on prices generally, with increased days on market and more properties available for sale.

In the last quarter of 2023, we seemed to be gaining some direction and reassurance as to where the market is heading in 2024, with 43 new listings going live across our three offices, and 34 properties sold, continuing the trend of fantastic results by all of our team.

With her extensive local market knowledge, Claire Nunn is qualified to give you advice on how your home would be valued in the current market, and whether renting your property vs. selling is worthwhile based on your circumstances. If you are considering what to do with your property in 2024, contact **Claire on 0402 294 992!** We hope you enjoy our latest update, and hope it inspires you to make your next property decision with us.

**Terry Digger and Jason Stalgis**  
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**Thinking of selling? Think Claire Nunn**  
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# LOCAL COMMUNITY DIRECTORY

CLUB	CONTACT	PHONE	MEETINGS
Beer Appreciation	Mike Howard	4448 7833	TBA each month
Botanic Garden	Tom Korevaar	0429 012 796	Working Bee 8am every Monday at 9 Celia Parade
Bowlo Fishing Club	Scott Tyrrell	0447 782 800	Weigh-in last Sunday of each month
Bushido Judo Club	Darren	0409 920 711	Tue 5:30-7:30pm - Community Centre
Community Centre	Jenny Edwards	0418 100 151	Contact Jenny for hiring of the Community Centre
Community Forum	Robyn Flack		1st Wednesday of month at Bowlo at 7:00pm
Computer Club	Alan	0416 008 406	10:30am every Wed at the Bowling Club
Cricket	Ted Street	4464 1142	Season October to April
Fire Brigade	Stephen Thomson	0412 131 391	3rd Mon at 7pm Training - Sun 9am - 12 noon
Garden Lovers Group	Laurie Talbot	0428 441 667	2nd Thur of the month - 1:30pm at the Com Centre
Golf Club	Club House	4448 8683	Open 7 days a week
Handicraft Group	Marilyn McMahon	4448 7756	Wednesdays 8:30 to 11:30 at the Com Centre
Heads Hotel Fishing Club	Ion Lloyd	0424 705 520	2nd Sunday of the month BBQ & Weigh-In 1:00pm
Jerry Bailey Children's Centre	Staff	4448 7524	Open 8:00am till 6:00pm Mon - Fri
Lions Club	John Moore	0417 027 692	2nd Tue of the month 6-7pm at the Bowlo
Meals on Wheels	Deborah Getley Viv Jones	0402 855 332 0413 290 869	Meals cooked Wed & Fri and delivered Mondays
Men's Shed	Pat Duggan	0473 120 615	Mon, Tue, Wed 9:00am - 12 noon Celia Place
Playgroup	Shannon Opel	0484 098 388	Mon, 10:30-12 at the Bowlo (in school terms)
Probus Club	David Watson	0408 852 611	2nd Fri of the month 10:30am at the Bowlo
Public School	Office	4448 7174	Ravenscliffe Road, Shoalhaven Heads
Red Cross	Jenny Edwards	0418 100 151	1st Tue of month 1:30pm at the Community 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	Jim Kovacs	0408 413 378	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	Ray Silverstone	0405 197 101
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If any of the above information is out of date or incorrect, please contact tania@headsnews.com.au with the correct information.

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## TIDES

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

<b>Thu 1 Feb</b> H 07:42 1.81m L 07:06 0.65m H 13:06 1.36m L 19:32 0.49m	<b>Fri 2 Feb</b> H 08:32 1.92m L 15:23 0.13m H 21:17 1.34m	<b>Sat 3 Feb</b> H 09:21 1.99m L 16:07 0.07m H 22:03 1.41m	<b>Sun 4 Feb</b> H 10:10 2.00m L 16:51 0.06m H 22:50 1.47m	<b>Mon 5 Feb</b> H 10:58 1.94m L 17:33 0.10m H 23:38 1.51m	<b>Tue 6 Feb</b> H 11:47 1.81m L 18:17 0.19m H 23:26 1.42m	<b>Wed 7 Feb</b> H 12:37 1.63m L 18:59 0.30m H 23:15 1.32m	<b>Thu 8 Feb</b> H 13:30 1.43m L 19:42 0.42m	<b>Fri 9 Feb</b> H 01:56 0.44m L 08:38 0.52m H 14:31 1.24m L 20:29 0.54m	<b>Sat 10 Feb</b> H 02:48 0.36m L 09:21 1.99m H 16:07 0.07m L 21:25 0.63m	<b>Sun 11 Feb</b> H 03:41 0.31m L 10:10 2.00m H 16:51 0.06m L 22:50 1.47m	<b>Mon 12 Feb</b> H 04:34 0.29m L 10:58 1.94m H 17:33 0.10m L 23:38 1.51m	<b>Tue 13 Feb</b> H 05:29 0.31m L 11:47 1.81m H 18:17 0.19m L 23:26 1.42m	<b>Wed 14 Feb</b> H 06:26 0.37m L 12:37 1.63m H 18:59 0.30m L 23:15 1.32m	<b>Thu 15 Feb</b> H 07:28 0.45m L 13:30 1.43m	<b>Fri 16 Feb</b> H 08:38 0.52m L 14:31 1.24m H 20:29 0.54m L 21:25 0.63m	<b>Sat 17 Feb</b> H 09:45 1.10m L 21:25 0.63m	<b>Sun 18 Feb</b> H 10:55 1.15m L 11:26 0.56m H 17:14 1.04m L 22:32 0.68m	<b>Mon 19 Feb</b> H 11:26 0.56m L 12:39 0.52m H 18:32 1.06m L 23:39 0.68m	<b>Tue 20 Feb</b> H 12:39 0.52m L 13:33 0.46m H 19:27 1.11m	<b>Wed 21 Feb</b> H 13:33 0.46m L 14:15 0.42m H 20:09 1.17m	<b>Thu 22 Feb</b> H 14:15 0.42m L 14:50 0.38m	<b>Fri 23 Feb</b> H 15:22 0.35m L 15:51 0.34m H 21:47 1.32m	<b>Sat 24 Feb</b> H 16:19 0.34m L 16:47 0.36m H 22:49 1.39m	<b>Sun 25 Feb</b> H 17:13 0.38m L 17:39 0.42m H 23:55 1.44m	<b>Mon 26 Feb</b> H 18:02 1.65m L 18:07 0.48m	<b>Tue 27 Feb</b> H 18:58 1.58m L 19:27 1.11m	<b>Wed 28 Feb</b> H 19:17 1.11m L 20:09 1.17m	<b>Thu 29 Feb</b> H 20:09 1.17m L 20:58 0.54m
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## WOK YOUR WORLD

Several years after accidentally destroying my old one, this Christmas I was gifted a brand new carbon steel wok. And what a sensational gift it has proved to be already.

Woks really are one of the most useful pieces of cooking equipment.

They cook almost instantaneously and once you've got the hang of preparing everything before you begin cooking, they make great food so simple.

The other thing to remember is follow the temperature guides. Warm your flavouring agents - garlic, ginger, lemon grass et al on lower heat. Cook main ingredients on high. Don't cook too much at once when stir frying and add ingredients one at a time, depending on how much wok time they need.

Woks are also great for dishes like laksas, because you can simmer in them easily because they respond so quickly to temperature changes.

It's been hard to choose which recipe I've made, so I'll pick the last, a Malaysian chicken laksa.

We use fresh ingredients when possible, but we've used bottled ginger and lemongrass with no discernible loss of flavour.

### Malaysian Chicken Laksa

#### Ingredients

##### CHICKEN STOCK

- 2 cups (500 ml) chicken stock or broth
- 1 cup (250 ml) water
- 3 chicken drumsticks

##### LAKSA BROTH

- 1 1/2 tbsp oil
- 2 garlic cloves, minced
- 2cm piece of ginger finely grated
- 1 lemongrass, white part, grated
- 2 birds eye chillies, finely chopped
- 175g laksa paste
- 400g can coconut milk
- 2 tsp fish sauce - you can substitute soy sauce

##### NOODLES + TOPPINGS

- 50g vermicelli noodles

- 100g hokkien noodles
- 80g bean sprout
- 80g tofu puffs, cut in half\*

##### LAKSA CHILLI SAUCE

- 1/2 tsp white sugar
- 1 1/2 tsp light soy sauce
- 1/2 garlic clove, minced
- 1 1/2 tsp Laksa paste
- 1 tbsp Sriracha sauce, or other chilli sauce
- 1 tbsp chilli paste from jar, or more Sriracha
- 1 tbsp vegetable oil (any plain oil)

##### GARNISHES

- Fresh coriander
- Lime wedges
- Crispy fried shallots
- Finely sliced red chilli

#### Method

##### CHICKEN STOCK

Place chicken stock ingredients in a medium saucepan over high heat. Bring to simmer, then reduce to



medium high. Cook for 25 minutes or until chicken flesh is falling off the bone and liquid reduces by about a third. Discard skin, pull flesh off the bone and place in bowl, discard bone. Set stock aside.

##### LAKSA CHILLI SAUCE

Mix ingredients together in a small bowl. Set aside for 20 minutes.

##### LAKSA BROTH

Heat oil in a wok or other pot over medium low heat. Add garlic and ginger, sauté for 20 seconds, then add lemongrass and chillies. Cook for 1 minute.

Add laksa paste. Turn heat up to medium and cook for two minutes, stirring constantly, or until fragrant.

Add chicken stock, coconut milk, fish sauce and 2 tsp of Laksa Chilli Sauce. Cover with lid and simmer for 10 minutes. Adjust to taste using lime juice (for sour) and fish sauce (for saltiness). Add tofu puffs. Leave on turned off stove with lid on for five minutes.

##### ASSEMBLE LAKSA

Prepare noodles per packet directions. Divide noodles between two bowls. Top with shredded chicken. Pour broth over chicken. Top with beansprouts. Sprinkle with garnishes of your choice.

Serve with Laksa chilli sauce on the side.

Serves 2.

\*Tofu puffs can be difficult to find, but they're not a meal breaker. This tastes great without them. You can also make them yourself apparently, although we haven't tried.

Uncle Tim

## WILDLIFE MATTERS - WHIP IT, WHIP IT GOOD

One of the delights of living in Australia is to wake up to the sounds of our birdlife. One of my favourites is the Eastern Whipbird.

The whipbird has mostly green plumage, a white belly, black head and breast. They live in the undergrowth of our forests. They are about 28 cms in length and weigh approximately 60 grams.

The insectivorous whipbird is more heard than seen due to its camouflage amongst the leaf litter on the forest floor.

Its distinct 'whip-crack' call is usually performed by 2 birds as a duet. A male usually performs the first part and a female calls back with the second half. This takes coordination between the birds.

The bird is a shy creature found in forests close to water from the Victorian coast to Queensland.

Whipbirds are monogamous and breed from late winter into spring. Their nest is constructed of twigs and sticks lined with grasses. The nest can be found in trees situated about 3-4 metres above ground. Usually, 2 eggs are laid which are pale blue with blackish spots.



Eastern Whipbird

Females incubate the eggs and the male helps with feeding and training the fledglings.

When you are observing bird wildlife, remember that not all birds on the ground are injured. Many are fledglings who are being watched by their parents above who are training them to survive.

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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## BEER APPRECIATION GROUP - HOP HAPPY

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

The most expensive ingredient in brewing would have to be hops, so this month we're focussing on 'hop handling' and making sure you get the most out of the hops you use.

There are three main factors that will compromise the effectiveness of your hops:

1. OXYGEN – hop oils degrade quickly when oxygen interferes.
2. SCRUBBING – this occurs in the fermenter when the hop oils bind with cells that then drop out of suspension.
3. HEAT – hop oils are very volatile and are easily driven off in a warmer solution

To combat these issues, here are a few things to consider:

1. Always store hops in an air tight container or zip lock bag with the air pushed out. Keep them in the freezer for a longer life. If they look brown in colour or smell like onions and garlic, they're toast, throw them away.

2. Add hops to the boil for bittering at 50-60 minutes, flavour at 15 minutes and aroma at 0 minutes or whirlpool. When dry hopping, rack the beer off the yeast lees into a secondary fermenter first, then add the hops. The most optimal temperature is between 18-21 degrees. Any lower than 18 and you get no flavour, any higher is even worse.

**IPL (Imperial Pale Lager) (batch size 19L)**

OG: 1.071 – FG: 1.014 (ABV=8.3%) IBU: 66



### Ingredients

- 4.54kg Pilsner malt
- 2.27kg Rye malt
- 0.23kg Crystal malt
- 14g Amarillo hops (first wort) 18% AA
- 28g Amarillo hops (15 min) 18% AA
- 21g Columbus hops (0 min) 13% AA
- 21g Chinook hops (0 min) 12.2% AA
- 21g Cascade hops (0 min) 6.4% AA
- 43g Amarillo hops (dry hop for 4 days)
- 21g Chinook hops (dry hop for 4 days)
- 21g Cascade hops (dry hop for 4 days)
- Pilsner lager yeast or California common yeast

### Method:

Mash at 67C for 60 minutes. Sparge at 74C. Add first wort hops when running off the sparge into the kettle. Boil for 75 minutes. Add 2nd addition of hops with 15 minutes left in the boil and whirlpool the 3rd addition at knockout. Ferment at 11C for 10 days, perform diacetyl rest at 18C for 3 days then transfer to secondary and add dry hop additions. Keg – Charge – Enjoy!

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

Heads Brewing Co.

## HOROSCOPES FOR THE HEADS

Your horoscope for September is brought to you by The Prophecy Penperson, Terry Bull.

**Aquarius (Jan 21 - Feb 19)** You will embark on a new adventure that involves skydiving, bungee jumping, and rock climbing. Your horoscope advises you to invest in a good life insurance policy before taking the leap.

**Pisces (Feb 20 - Mar 20)** This month, you will have a chance encounter with a celebrity! Okay, it's just a wax figure at Madame Tussauds, but it still counts.

**Aries (Mar 21 - Apr 20)** This month, your impulsiveness will lead you on a wild goose chase. You'll be chasing after a goose who stole your wallet, but you'll end up with a pet chicken instead. At least it lays eggs!

**Taurus (Apr 21 - May 21)** Don't let anyone dull your sparkle this month, Taurus. Just remember, you're like a diamond in the rough, and everyone else is just a chunk of coal.

**Gemini (May 22 - Jun 21)** Your charisma and wit will be at an all-time high this month. Use your powers for good, and maybe you'll finally convince the cat to be a YouTube star.

**Cancer (Jun 22 - Jul 22)** You'll be feeling especially romantic this month. Unfortunately, your crush

will probably just think you have something in your eye. Keep winking, love is just around the corner.

**Leo (Jul 23 - Aug 23)** Your confidence will be sky-high this month, just like your hair. It's a good day to roar, but don't scare the neighbours.

**Virgo (Aug 24 - Sep 22)** Your attention to detail will come in handy when trying to spot the difference in a "Where's Wally?" book.

**Libra (Sep 23 - Oct 22)** Your charm and charisma are at an all-time high this month. So go ahead and use it to convince your boss to let you leave work early. Trust us, it'll work.

**Scorpio (Oct 23 - Nov 21)** Your intuition will be spot-on this month, but that doesn't mean you should trust your gut with everything. Especially if it tells you to eat a whole pizza by yourself.

**Sagittarius (Nov 22 - Dec 21)** You will have a run-in with a fortune teller who predicts great success in your future. Take this with a grain of salt, but it wouldn't hurt to start practicing your Oscar acceptance speech.

**Capricorn (Dec 22 - Jan 20)** You're a hard worker, but remember to take breaks and have some fun. If you don't, you might find yourself accidentally photocopying who knows what at the office.



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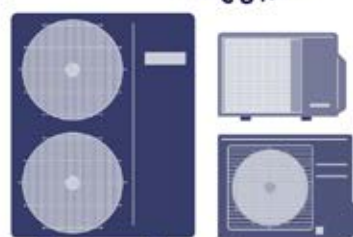
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### Vision problems in children with learning difficulties

A recent study published in the journal of optometry measured the incidence of eyestrain type problems in a group of 94 children with learning difficulties. They found anomalies in 62.8%, much higher than expected.

The eyestrain problem may not be the cause of the learning difficulties, but life would be easier for these children if they had one less problem to deal with. The study also looked at how useful treatment was and found that almost all the eyestrain problems were improved. I believe this is proof that all children with learning difficulty should be seen by an optometrist with specific training in children's vision.

Bulk billing is available so if you believe your child would benefit from a comprehensive eye examination please give us a call to make an appointment.

Robert Rose

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## THE 0.24219 PROBLEM: THE PERPETUAL PLIGHT OF LEAP YEARS

Our days are based on the time it takes for the earth to rotate once and our calendar is based on the time it takes for the earth to complete an orbit of the sun. But the earth takes 365.24219 days to do this (not quite an extra quarter of a day).

For millennia, humanity has wrestled with the calendar implications of this cosmic anomaly. In 46 BC, Julius Caesar introduced the novel solution of the leap year - adding an extra February day to our calendars every four years. Yet the excess minutes continued accumulating. By the 1500s, the calendar had drifted a full 10 days off.

With the date of Easter tied to the equinox, this growing mismatch was an increasing headache. In 1582, Pope Gregory XIII implemented the Gregorian calendar, omitting leap days from century years not divisible by 400. This kept human timekeeping aligned to Earth's celestial rhythms. For example the year 2000 had a February 29th but the year 1900 did not.

Leap years are a clever invention, bridging the gap between celestial movements and our methods of tracking time. A clever workaround for the perpetual 0.24219 day predicament.



Heads News

## IS SOMEONE ELSE USING YOUR PASSWORD?

A massive collection of compromised passwords and email addresses was released online early this year, potentially impacting millions of users. This breach, one of the largest ever seen, includes over 71 million email addresses and 100 million passwords, with significant implications for internet security.

The data, known as "Naz.API," has affected more than 400,000 subscribers of the breach notification service "Have I Been Pwned" (HIBP), which allows users to check if their information has been compromised. Interestingly, more than 65% of the email addresses in this breach have appeared in previous HIBP datasets, indicating that much of the data is not new. However, over a third of the email addresses are fresh, making this breach particularly concerning.

The breached data largely comes from "stealer logs," which are malware that captures login information from infected devices. These lists were likely sourced from illicit.services, a now-defunct website that enabled bad actors to search for data based on names or email addresses.

Among the compromised data, some information dates back to before 2011, highlighting the risks associated with reusing passwords over long periods. This breach underscores the dangers of password reuse, a practice that continues to jeopardize user security. In the wake of such significant data leaks, experts strongly recommend adopting password managers and replacing recycled credentials to enhance online security. This proactive approach is crucial in staying ahead of potential threats from such large-scale data breaches.



Heads News

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## VIEW CLUB

We trust that our members have enjoyed some quality time over the Christmas period with family and friends and are now ready for our 2024 year ahead.

Joining Shoalhaven Heads Evening VIEW Club is the perfect opportunity to meet regularly with other like-minded women, establish new friendships and help Australian children in need.

VIEW stands for the Voice, Interests and Education of Women. It is one of Australia's leading volunteer organisations and supports The Smith Family in the education of disadvantaged Australian children.

Shoalhaven Heads VIEW Club meets at the Bowling Club, 5:30pm for 6:00pm on the second Monday of the month, and new friends to VIEW are always most welcome. We enjoy a meal together and at most meetings

we are joined by an interesting guest speaker.

Our first meeting for the year will be on Monday 12th February 2024 - 5:30 pm for 6pm, which will be our combined Election/Annual General Meeting. Visitors are most welcome.

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

Lorraine Montgomery - Publicity Officer



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Authorised by Fiona Phillips MP, Nowra.

# WHAT HAPPENED TO A DRY SUMMER?



After three wet summers, firmly gripped by the influence of La Niña, the Bureau of Meteorology in September declared the latest instalment of El Niño, leading to anticipation of a summer characterised by Bushfires and Heatwaves. For much of Eastern Australia however, this has not been the case, with many areas experiencing average to above average rainfall in the past two months.

## So what happened to the dry Summer, and what influences our weather?

Australia is currently under the threshold of El Nino, a phase of ENSO (El Nino Southern Oscillation) where the pacific trade winds, which typically blow east to west, weaken leading to the cooling of ocean temperatures above Australia, and sustained warming of them in the tropical pacific. It increases the probability of above average temperatures, and below average rainfall for much of Australia.

However, many Climate experts concur an over simplistic view of El Nino may have led misconceptions about how it would impact Australia's weather. Its impacts are most prominent in Spring, which certainly came to fruition, with the most recent September being the driest on record. The period of August-October was also particularly warm, with most of the country experiencing bushfires and heatwaves. In Nowra, daily temperatures reached up to 13C above average. Overall 2023 Registered as Australia's eighth warmest on record.

The link between El Nino and dry conditions is also less distinguished than that of La Nina and wet conditions.

ENSO however is one of a range of factors which influence the weather. For the most part the rain we have received has been as a result of vicious storm cells which have battered the east coast, dropping large quantities of rain in short periods of time. These in fact, have little to do with the ENSO cycle and are rather derived from warm sea surface temperatures in the Tasman sea, which lead to increased humidity across eastern Australia. This combined with the presence of a Positive Southern Annular Mode (SAM) , which refers to the southward shift of High Latitude westerly trade winds, create ideal storm conditions . BOM note the persistent of a positive SAM as "unusual" as is construed as an irregularity during EL Nino and is more commonly an attribute of La Nina

## What impact has Climate Change had on seasonal Weather?

Climate Change has a role to play in the recent intensity of the storm cells this summer, which have produced destructive winds, and heavy rain, leading to life threatening flash flooding. As the planet warms, the moisture content within the atmosphere increases, Therefore when combined with already favourable conditions, contributes to the formation of Intense storm cells. This is set to continue to do so according to the 2022 state of the climate report, which noted that Australia had already warmed by close to 1.5C since pre industrial levels.

Furthermore the extreme weather conditions, which have become a ubiquitous feature as a consequence of a warming planet, are not necessarily accounted for by seasonal outlooks. Intense Thunderstorms which account for most of the rain which has fallen in the past months, are seldom foreseen until a few days before, in some cases rendering somewhat invisible to long term Climate outlooks.

James Ryan

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 9/9 Mountain View Close  2  1  1	 19B River Road  3  2  1	 46 Shoalhaven Heads Road  3  2  1
 2 Woolstencraft Street  4  2  1	 3 Siluer Spur  3  2  2	 49 Dauport Road  3  2  2
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## PICKLEBALL PLAYERS

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Our first Saturday Pickleball social play was a resounding success with some enthusiastic beginners having a go. Play will continue on Saturday afternoons at the new time of 3pm until further notice, weather depending.

**COME ALONG AND TRY PICKLEBALL**

A great way to have some fun on a Saturday afternoon!  
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Check out the Shoalhaven Pickleball Facebook page

**Enquiries:**  
Kim text to 0413 498 310  
Christine 0419 465 995

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## DEFIBRILLATORS DONATED TO THE CRICKET CLUB

The Berry Shoalhaven Heads Cricket Club recently received a generous donation of defibrillators from the South Coast Super-heroes. Former Club President Ted Street said the Club plans to acquire additional units so that each team can have a defibrillator on hand for all games, including junior matches.

"Cardiac arrest can happen to anyone, at any time," Ted said. "Having these devices readily available at during the cricket games could save a life."

The lightweight, portable defibrillators are Australian-made and easy to operate. Though costly in the past, the modern versions are relatively inexpensive.



Back: Ethan Cain, Nick Ryan, John Fordham, Hal Johnson, Lachlan Price, Trent Redlich, Aaron Coutts-Smith.  
Front: Mat Griffith, Oscar Joseph, Caleb McConnell, Mal Windley, Howard Jackson

While hopefully never needed, the defibrillators will provide critical emergency assistance should a cardiac event occur. The Cricket Club is thankful for the potentially life-saving donation.

Head News



## Surf Club Markets

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

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

Stall enquiries & bookings contact Megan 0407 407 328

## HEADS HOTEL FISHING CLUB - NEXT WEIGH-IN IS FEB 11

Firstly and apology for the misunderstanding about our January weigh in, that wasn't. So, because of that there is nothing to report except that the -

NEXT weigh in is 11th February (confirmed twice). The January weigh in Fish of the month will be awarded on Feb 11th as well as the fish for February. February is Kingfish.


We are grateful for our friends, family and visitors over the holiday period but now, for a while we can put our boats in, take our fishing rods and enjoy our own



piece of paradise all to ourselves.

As always, keep safe on the water.

Heads Hotel Fishing Club



## PUZZLES

### SUDOKU

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

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

### ROB'S CROSSWORD

1		2	3	4		5		6		7
		8						9		10
11	12			13	14		15		16	
17				18		19		20		
21									22	
		23			24					
25	26			27				28		
29		30	31		32	33		34		
35				36		37				
				38				39	40	
41			42		43					
			44					45		

### CROSSWORD CLUES

**Across**

- The Sheik Of Scrubby Creek (4,6)
- \_\_\_ Much ('57 Elvis Presley song) (3)
- \_\_\_ Story (1995 film) (3)
- Mama Don't Let Your Babies Grow Up To Be \_\_\_ (Willie Nelson) (7)
- Jeff St John and The \_\_\_ (Oz Singer) (2)
- Dickey \_\_\_ (Hey Hey It's Saturday) (4)
- English rock band formed in Manchester in 1991 (5)
- Like A \_\_\_ (Bob Dylan) (7,5)
- \_\_\_ Cool J (singer) (2)
- Don't \_\_\_ Me (Crash Craddock) (7)
- \_\_\_ The Hop ('58 song by Danny and the Juniors) (2)
- Kiri \_\_\_ Kanawa (NZ Singer) (2)
- Death metal band "Jungle \_\_\_" (3)
- The Frightened \_\_\_ (The Shadows) (4)
- \_\_\_ Day Women #12 & 35 (Bob Dylan) (5)
- Mike \_\_\_ (Incredible String Band) (5)
- 2023 song by Puerto Ricans Lyanno & Amarion (3)
- \_\_\_ Girls (Bobby Rydell) (1,3)
- You Don't \_\_\_ Me (Lesley Gore) (3)
- In The \_\_\_ Of The Night (Song) (5)
- Noddy Holder was lead singer of this band (5)
- \_\_\_ Widerberg (Delltones) (4)
- \_\_\_ Kookie Byrnes (77 Sunset Strip) (3)

**Down**

- The \_\_\_ (went on to become The Wiggles) (11)
- Winifred \_\_\_ (UK Pianist) (6)
- William \_\_\_ (1943 Archibald winner) (6)
- Bovine bellow (3)
- Greg Inglis (nickname) (2)
- Darwin is the capital (2)
- \_\_\_ (Gary Shearston) (6,4)
- \_\_\_ Polloi (Skinhead) (2)
- Yoko \_\_\_ (Artist) (3)
- Down \_\_\_ (Johnny and the Hurricanes) (6)
- One of the herbs in Scarborough Fair (4)
- "Fight Club" star Brad \_\_\_ (4)
- \_\_\_ Bed (Fox 1977) (1,1,6)
- 1966 #1 for the Easybeats (5)
- Duo who sang "The First Night of Your Life" (2016) (3)
- \_\_\_ My Kangaroo Down Sport (Rolf Harris) (3)
- \_\_\_ Kept A Rollin (Johnny Burnette Trio) (5)
- Yo \_\_\_ Heart (Vic Simms) (2)
- \_\_\_ As Bold As Love (Jimi Hendrix LP) (4)
- \_\_\_ No Nanette (Broadway Stage Play) (2)
- Longest river in Africa (4)
- \_\_\_ to Billy Joe (Bobby Gentry) (3)
- Short for Wednesday (3)
- Loddy \_\_\_ (Chubby Checker) (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)

12+			18+		4
	72x			11+	
1-					
	14+	45x			72x
48x			5/		

### 13 LETTER CONUNDRUM

D	I	Y	R
N		U	E
A			L
A	Q	L	N

Make as many words 4 letters or more including the 13 letter word. No plurals ending in 's'. Each letter can only be used once and each word must use the centre letter. The dolphin on the front page is a clue.  
22 words: Good,  
40 words: Very Good,  
59 words: Excellent

### January's Sudoku

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

### January's KenKen

4	5	1	2	6	3
3	4	5	1	2	6
6	3	4	5	1	2
2	6	3	4	5	1
1	2	6	3	4	5
5	1	2	6	3	4

### January's Crossword

T	H	E	A	T	L	A	N	T	I	C	S				
H		V	I	A		L			N	O	T				
11	E	V	E	R	Y	12	D	A	13	Y	14	D	O	O	
P	R			15	L	O	S	E		E		P			
16	L	A	Y		18	O	A	K	T	19	R	E	E		
21	E	N	T	E	R		A		23	E	D	A	N		
25	A	T	I	C		26	S		27	D	I	R	E		
Z		28	M	O	A	N	I	N		31	I	N			
32	E	V	E	L		33	E	N	I	34	D		35	N	A
R			36	O	R	A	N	G	E		G				
38	S	I		39	G	O	K		41	H	A	T		43	H
									45	S	T	R	I	K	E

### January's Conundrum

AMUSEMENT, unseat, unmeet, stamen, senate, sateen, tense, teens, tease, steam, saute, nest, nuts, sate, neat, mute, seat, must, ante, smut, mete, meet, stem, stun, suet, tame, team, meat, team, mate, mast, tuna, tune, east, aunt, sent

# GOLF NEWS - LONGEST DAY: 1ST IN NSW, 2ND IN AUS

It's summer, and we are all aware of the influx of holiday makers into our wonderful region, and many of them take advantage of playing golf or eating in our Links 19. So this time of year is always a busy time for the club. The course has never looked better these days. Many of our visitors playing here for the first time cannot believe the quality of our 'hidden gem'. Credit goes to our Green Team who have to work throughout this festive time to maintain the course. So to, to our Links 19 staff who are flat chat looking after our members and visitors.



Longest Day golfers - Back row Chris Purnell, Shane Hilaire, Geoff Fredericksen, Adam Federici, Sam Stalgis, Philip Leyshon, Rob Russell, Nick Jennings  
Front row: Aitor Banuelos, Ross Hobson, Colin Brown, Phil Lyons  
Absent from photo: Jordan Green and Chad Walker

As I alerted readers last month, in mid-December, 15 intrepid members took part in the Cancer Council's Longest Day (the ultimate golf challenge to complete four rounds of golf in one day!) As reported there was the expected mixture of aches and pains after the event, but they all got survived. The final results are in, and these guys raised the fantastic sum of \$38,803! (more came in after the picture was taken!). The most money of all the golf clubs in NSW who participated and second in Australia. And while each and every one of them achieved large sponsor donations I must highlight Aitor Banuelos who alone raised \$9,514. A fantastic effort from all and a great results. Well done to each and every one of you.

Other events are still being planned. In the next few months we will be supporting the Annual Colin Waller Memorial Charity Golf Day, where the proceeds from this event will be going directly to Noah's Inclusion Services in the Shoalhaven which offers high-quality services to children and young people with disabilities and caring support to their families.

And, as featured in last month's edition, we will also be hosting a fundraising day for young Vincent Muller. Something to look forward to.

### Catching up on the latest results for the club.

The Medal of Medal Champions 2023:

- A Grade: C. Parmenter
- B Grade: M. Devlin
- C Grade: J. Green
- And the Medal Winners January 2024:
- A Grade: M. Page (69 net)
- B Grade: P. Bolinowski (71 net)
- C Grade: G. Clarke (66 net)

The results of the elections for the 2024 Committee at the recent Veterans AGM once more had our hard working office bearers re-elected and it was pleasing to see two new committee members coming onto the team.

- President Greg Montgomery
- Secretary Brian Rowe
- Treasurer David Wilson
- Captain Brian Curran
- Committee Harry Delany, Peter Mitchell

A big thank you to this team for the hard work they do throughout the year organising numerous Vets events, and supporting the main club with regular donations for specific items.

And finally, our ever popular Summer comp will be starting back soon for its final few weeks and the made dash to be the 23/24 winning team. Current leaders are the Bushwackers closely followed by Man's No Camel.  
**Play well, stay well - John Clawley - President**

## BOWLING CLUB

### Club Championships 2023-24

The 2023-24 Major Singles Championship attracted 35 entries this year which is a record number of players. We are thrilled to have so many club members taking on the challenge, which also presented a programming challenge. With one of our two and half greens out of play for renovation, and the half green requiring some work, there were only seven playable rinks on which 16 second round games needed to be played.

The Bowls Organiser overcame the challenge with all round-two games being played on time. At the time of writing, round-three was washed out, which presented further programming challenges. While we have our fingers crossed for improved weather, we feel confident that the championship will be completed on time.

Our 2023-24 Club Champion will be featured in the March 2024 edition of Heads News.

### 2023-24 Zone 7 Representative Side

We are proud to have Steve McMahon, one of our senior players, invited to the Zone 7 Senior's Trial Squad for selection of the Zone representative side. Well deserved Steve, we wish you success in the trials.

### Open Pennant 2023-24

Open Pennant Side grade 4 last year

The Open Pennant 2023-24 competition commences



on 10th February which is played over ten weeks. Our club has one Grade 4, and one Grade 7 side entered in Area A of Zone 7.

Our Grade 4 side will play in a composite grades 3 and 4 competition against a combination of Areas A and B clubs, Culburra (3), Milton/Ulladulla (4), Huskisson (4), Mollmook (4), Berry (3), and St. Georges Basin (3).

Our grade 7 side will play in a composite grades 6 and 7 competition against Area A clubs, Greenwell Point (7), Berry (7), Nowra (6), Culburra (6), and Worrigee Sports (6).

We look forward to being very competitive again this year. Last years Grade 4 side made it to the Zone 7 finals, while Grade 7 came second in Area A.

**Stephen Franklin**

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# SHOALHAVEN HEADS LADIES' GOLF PRESENTATION AWARDS DAY 2023



Maureen Latimer, Bib Moss, Joy Hollway GNSW Medalists



Tara Mackie Matchplay Champion



Janell Hefer Jill Gumley Most Reduced Handicap



Peta Merchant Ladies' Club Champion

Our annual Presentation Day was held on December 5th, 2023. Maintaining tradition, the day was a combination of a 9-hole competition followed by the presentation of awards and lunch on the club's beautiful deck overlooking the 18th green. I would like to thank René, Jody, and Mountain for providing the delish lunch, Lee for his work behind the bar, Tracey for volunteering her time to help in the clubhouse, Rob for his usual support for the smooth running of events, the Pro shop team, and the Greens' staff. These individuals made our day of celebration very successful and enjoyable.

The AWARDS: There were 44 awards which were shared amongst 27 individual players. This was very pleasing to see as we had an average of between 30 to 36 ladies playing each week, so it was nicely shared by a good cross section of our regular players. There were a number of ladies who were the recipients of more than one award. Our Ladies' Club Champion, Peta Merchant also won Division 1 Eclectic, Cham-

pion Putter, Division 1 Gross Winner of the Vets' Country Championships, had the most Birdies and shared the most Gobblers' award. The runner up Ladies' Champion was Gail Pottenger who also teamed up with her niece, Tracy Casinelli to win the Foursomes' Championship.

The major Ladies' Club based awards were, and congratulations to the following recipients:

- LADIES' CLUB CHAMPIONSHIPS:**
- LADIES' CLUB CHAMPION:** Peta Merchant
- RUNNER UP:** Gail Pottenger
- Division 1 Nett Winner:** Maggie Simmons
- Division 1 Nett Runner up:** Gail Hughes
- Division 2 Gross Winner:** Suzie Collins & Janet Bowden
- Division 2 Nett Winner:** Maureen Latimer
- Division 2 Nett Runner up:** Marie Miller
- Division 3 Gross Winner:** Joy Hollway
- Division 3 Gross Runner up:** Sue Davies
- Division 3 Nett Winner:** Sonja Van Hoof
- Division 3 Nett Runner up:** Janell Hefer

**FOURSOMES CHAMPIONS:** Gail Pottenger & Tracy Casinelli

**Runners up:** Pat Mackie & Tara Mackie

**Nett Winners:** Jan Wood & Vicki Askew

**MATCHPLAY WINNER:** Tara Mackie

**JILL GUMLEY AWARD:** most reduced handicap: Janell Hefer

**MEDAL OF MEDALS WINNER:** Sonja Van Hoof

We had a fabulous year, and I would like to express my gratitude to all the players for their participation, enthusiasm, support, and friendship throughout 2023. Golf is a wonderful past time as it offers so much more than just a competitive sport. Not only does it provide physical health benefits; the well-being and social aspects are uplifting and keeps us connected. I look forward to seeing the regular players on the golf course, but also encourage anyone who would like to take up the sport to come along and join us on the fairways! All the best for 2024!

Chris Russell - (Lady Captain)

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Agency of the Year  
Shoalhaven Heads