



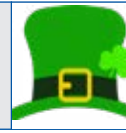
Seniors Festival 11 - 24 March

Celebrates the role and contributions of older adults to our local communities.



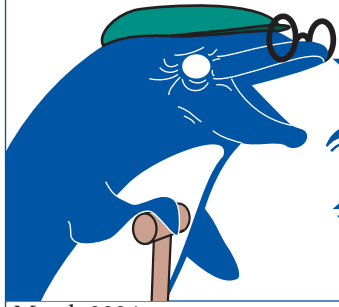
Clean Up Australia Day

Sunday March 3. Join in to help make the Heads cleaner. See page 9 for details.



St Patricks Day - March 17

Get out your greens and have some fun on St Patricks Day. Watch out for leprechauns!



HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

March 2024

Established 2004

Volume 20 - Issue 3

Q&A WITH THE 'HEADS KINDY



On a bright Wednesday morning in early February, the Heads News had an appointment with the most enthusiastic group in the whole of the Heads. Lots of smiles and eagerness to join in and answer the tough questions we had for them.

Do you have any new friends in your class?

All hands shot up.

What is the best thing about school?

The class room, playing with friends was a big hit. One said "everything" and another popular answer was having friends.

How did you get to school today?

6 walked, no-one rode their bike, 1 on a scooter, 1 lucky mum went via bus and the rest came by car.

What book are you reading in class?

It's a book about manners called "Please Mr Panda", authored and illustrated by Steve Antony.

What makes a good student?

Be a good listener, you have to like school, sharing and the gold star award goes to "doing what the teacher says!"

What makes a good teacher?

The answer that stood out was that a good teacher looks after and helps their students.

What do you have for lunch?

Jam sandwich and chips, vegemite sandwich in the shape of a unicorn, vegemite sandwich in a rectangle shape. Lots of vegemite sandwiches!! Ham sandwich, ham and cheese wrap, devon and cheese sandwich and avocado and cheese sandwich.

Who can ride a bike?

All hands went up

Who uses the pump track?

And all the hands stayed up

Did anyone see Santa over Christmas?

Yes. Quite a few saw Santa on the roof, one on his bed, he was seen in the chimney, in the playground and of course Santa was spotted in the Fire truck. And there was even a sighting of Santa in the kitchen (probably stocking up the fridge!!)

What does your teacher do on the weekends?

Organise the classes for the children (I think his par-

ents may be teachers), they work, stay home and lay in bed, and one said "run a marathon!"

What do you want to be when you grow up?

Racing Car driver, hard worker, construction worker, cowboy, salon worker, policewoman, hairdresser, hunter, fireman, Mario, a singing pizza maker and a robot.

If you could have any superpower, what would it be?

Really strong, really speedy, powers of a mermaid, flower power, super size power, water splash power.

If you could go anywhere in the world, where would you go?

Three students wanted to go to Queensland, 2 students wanted to go to America, 1 Jamaica, Canada and Hawaii and of course Mario World.

Do you have any pets?

Dogs x15, cats x6, 4 fish and 1 is about to get a fish, and 1 guinea pig.

Congratulations to the students, the kindy teachers Miss Brigham and Miss Flood and congratulations to the parents - we wish them all the best.

Heads News

Raine & Horne

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HEADS NEWS

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

Phone: 02 4448 7833 **Email:** tania@headsnews.com.au

Website: www.headsnews.com.au **Printed By:** Spotpress

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

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DEFIBRILLATORS IN SHOALHAVEN HEADS

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

DATES FOR YOUR DIARY

Community Forum	Red Cross	
Bowling Club 7pm Wed Mar 6	Bowling Club 1:30pm Tue Mar 5	
Fire Brigade	RSL Sub Branch	
Fire Shed 7pm Mon Mar 18	Bowling Club 4pm Mon Mar 4	
Lions	Social Hub	
Bowling Club 7pm Tue Mar 12	Community Ctr 10am Mondays	
Probus	VIEW Club	
Bowling Club 10:30am Fri Mar 8	Bowling Club 5:30pm Mon Mar 11	

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	

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MONDAY TO FRIDAY 8.00 am to 5.00 pm

COMMUNITY FORUM

PAMP - Scott Wells, Principal Traffic Engineer - Council

Scott gave an overview of the Pedestrian Access Mobility Plan (PAMP) of Council and the history of how footpaths have been built. Community consultation is being undertaken and 24 groups gave feedback. The current strategy was written in 2005 and requires updating, this will include the criteria for path widths. The consultant engaged by Council will review the strategy and rank the projects on Council's list. The final list will be on exhibition around May or June this year. The shared path going west to Carters Corner will commence shortly and a grant application has been lodged to do the east section to River Road reserve as a footpath.

Q. Are there funds available for community-built paths?

A. No funds are available, and Director Coralie McCarthy advised that no new capital works will be undertaken in the near future with a focus on asset renewal (repair).

Bolong Rd Deceleration Lane turning left into Coolangatta Rd

Construction of a deceleration or turning lane (going north) at the intersection of Bolong Road and Coolangatta Road. This is being followed up by Gareth Ward's nomination (Stuart Coghlan) with the SCC Traffic Committee.

Drainage issues in drain from Coomonderry Swamp

Outcome of the meeting between Council officer (Trevor Dando) and Claude Domio regarding the potential drainage issues coming from Coomonderry wetland behind Shoalhaven Heads where road closures and flooded land is not draining. Clr Wells will cover this in his report.

River Entrance Management

Follow up on the correspondence to Gareth Ward and Liza Butler on flood mitigation of Shoalhaven River. Community representatives are going to meet with Liza Butler member for South Coast on 19th February.

Skate Park drainage problem

Skate park on Jerry Bailey Oval is not draining the water away and becoming a pool. It's dangerous. Council staff have assured the Forum that this will be rectified.

Councillor John Wells

1. Council will continue to deliver on capital projects which are grant funded. Although some funds were handed back to state government as the works could not be completed – the issue is that the existing assets are not being adequately maintained or repaired. Council must focus on basics for the next three or so years until the budget deficit is repaired and existing assets are brought up to standard.

2. Council must commit to evidenced based planning and do those projects which meet criteria for need.

3. Rate proposals – Council voted to only apply the standard rate pegging of 4.5% for the 2024/5 year. Several proposals were put forward; however, as the Independent Pricing and Regulatory Tribunal is having a review of the way rate pegging and special rate variations are done any Special Rate Variation will be reassessed after 12 months.

4. CMPs – Open Coast is approaching finalisation. Lower Shoalhaven River has yet to have actions reported to the community. The Flood study of the Shoalhaven River has been done and the flood plan will be done in due course. The Flood Plan feeds into SES and Planning outcomes and the Entrance Management Plan should form part of the CMP.

5. Coomonderry drain – this is the flood mitigation drain which comes from Coomonderry wetland and drains just past the northern entrance to Shoalhaven Heads, goes under the bridge on Shoalhaven Heads Road and discharges into Berry's Bay. The drain is 1.4km in length 0.2m fall. The drain has not been cleared of vegetation for many years and its ca-

capacity to drain is to be reviewed. Council sought a Public Works Report in March on the condition of this drain and others and a drone was flown over the area. The drain was marked as urgently needing attention. The Department of Environment allocated \$41k to Council to assist with maintenance. Mark Stone from Council is to provide a copy of the Public Works Report.

6. John has requested Trevor Dando (Works and Services) to respond to Claude Domio's request for further information.

Q. At the recent rates meeting of Council it was noted that a Budget Committee, to include Councillors, was not set up – why was this?

A. Apparently, the motion was not actioned by staff. Clr White has reintroduced this request.

Q. Will the budget situation be used as an excuse by staff not to act on items?

A. John believes that this will not be the case.

Councillor Serena Copley

Clr Copley believes that while the work of Clr Wells and White provided valuable suggestions for Council cost reductions and efficiencies, there are no definite timelines and consequently the actions will not be completed. Clr Copley noted that staff costs had increased by 83% over a relatively short period of time.

Q. Can timelines be introduced?

A. Yes this is possible, and Councillors will take note of this requirement.

Councillor Patricia White

Clr White endorsed the work of fellow Councillors. Clr White has lodged a GIPA (freedom of information) to seek a copy of the initial consultant AEC report to Council (2021/22) and a copy of the scope of that report.

The members present commented that it seemed that some staff and possibly some Councillors were aware of the trending parlous financial situation, but others had been excluded from the detail. The Forum urges Councillors to impress on staff the need for more attention to the financial viability of Council.

Councillor Matthew Norris

Clr Norris and Clr Kotlash had formulated a notice of motion to introduce specific timelines; however, they had been asked to put this on hold until the new CEO of Council – Robyn Stevens has had time to consider the issues.

Q. There are a number of high cost capital projects on Councils future works eg Sanctuary Point Library \$30m, the rebuild of the Bomaderry Basketball courts \$10m, further works at Boongaree Berry \$? Do Councillors have the courage to direct Council to place these projects, which will add to the maintenance and running budget of Council, on hold until the financial situation improves?

A. All Councillors acknowledge that restraint is required.

Councillor Tonia Gray

Clr Gray concurred that the process of understanding and explaining the financial state of Council to the ratepayers had been difficult. Clr Gray endorsed the need for getting back to basics and spoke of the structure of Council and her support for place-based activity – eg mowing of the grass around the village is spasmodic and appeared unplanned. Clr Gray also noted successive State governments have shifted costs onto Council and this is borne by the ratepayers.

The Forum members had observed the lack of timely grass mowing in the village and the need to call on known Council staff to urge more action. One issue is the lack of availability of the mowing schedule. Clr Norris agreed to take this up with Council staff.

Request to Support Basketball Stadium Development

The Forum voted to not support the Bomaderry basketball stadium development. The new facility at Bomaderry has four courts and the development of

Continued next page...

Community Forum continued...

an additional two at a cost of \$10m may attract some high level games and bring in tourists but it would place further strain on running costs of Council.

Concrete Blocks in Woolstencraft St

The Forum is contributing \$500 to the cost of removal of the concrete blocks from Jerry Bailey Oval.

Shoalhaven Heads Estuary Taskforce (SHET) Update

Phil Guy has been following up grant applications to the State Government for facility upgrades – the funding source has disappeared, and Phil has enlisted the assistance of local MPs to seek answers. The SHET is still very concerned that progress on the Entrance Management Plan for Flooding update is taking so long. At this time the community is not confident that a flood would be well managed under the existing plan and permits. A meeting with Liza Butler MP for South Coast is to take place on 19th February to update Liza on our concerns.

Community Centre

It had a deep clean at the beginning of February. The year has started off with two new hirers and two existing hirers increasing their hours. Overhead heaters in main hall were fixed.

Freezer timer switch fitted last year found to be faulty, so a new one has been ordered under warranty.

Lions Club

Rob Russell thanked all who supported the Lions Christmas raffle which raised approximately \$2K. The memorial seat for Dr Gray will be discussed by Council this month, and hopefully installed soon.

Closure of Karinya

The David Berry Hospital palliative care section is set to be closed in 2025. It is understood the section will move to Nowra. Rob noted that many people in Shoalhaven Heads value the DBH facility and its quiet environment for those in palliative care.

A Forum committee will be formed to seek information on the proposed closure and report back to the Forum on an action to lobby Gareth Ward MP to seek the possibility to have the palliative care section remain open for at least the next 10 years.

Traffic Incidents at the Heads Shops

Following reports of traffic incidents, the Forum will write to Council to request the traffic committee of Council review the traffic movements around the three village shopping centres to confirm that traffic movements are configured safely – eg should the centre on the corner of Shoalhaven Heads Road and Woolstencraft Street have enter and exit only traffic?

Heads News

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DR ZAMEER PANJU'S FIRST YEAR WITH DR TEMI ADEWUMI

As we celebrate Dr Zameer Panju's first year of dedicated service, I wanted to take a moment to express my heartfelt gratitude to everyone who has made Zameer's introduction to Shoalhaven Heads so pleasurable!

You have made him feel comfortable and appreciated and have been very accepting of the major changes that have occurred in the last twelve months.

I think everyone will agree that Zameer has been a major asset to the community!

From the very beginning his compassion, expertise and unwavering commitment to our patients have left an indelible mark. He can listen, understand, and empathise with each patient, while turning a sterile medical visit into a warm conversation. His knowledge and skill, whether diagnosing a complex ailment or explaining treatment options, has remained thorough, while offering words of encouragement to ease fears and anxieties. He has been available late nights and weekends, often phoning our patients after hours to check on their progress.

He has also been fortunate to have our new General Practitioner, Dr Temi Adewumi, to assist him in all areas of patient care. Temi is a caring and experienced

female doctor who has been working in the Illawarra since 2019. She brings a wealth of experience and a compassionate approach to patient care. She is dedicated to promoting health and well-being in our community. Whether you need a routine check-up, vaccinations, or have specific health concerns, Dr. Temi is here to provide expert guidance and support.

She works here Mondays and Wednesdays offering the same range of care as Zameer, with interests in metabolic health and chronic disease management, as well as women's health, cervical screening tests and contraception.

Dr Temi and Dr Zameer work as a team, please feel free to see one or the other as appointment times may vary. This does not mean you are permanently changing your doctor as Dr Zameer has asked Dr Temi to offer some preventative assessments to assist with your total well-being.

Once again thank to you everyone who has been part of this transition! As a small rural service, we pride ourselves on personal service and hope that with your help we will continue to grow and evolve in the following years.

Dianne King, Renee Southwell




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Is the sun good or bad for my eyes?

Both! Being outdoors is important for normal vision development, particularly for children and adolescents, where outdoor time has been shown to reduce likelihood of myopia. Importantly, this does not mean being in the sun, just being outside is protective against myopia.

But, we all know the effect of ultraviolet light (UV) on our skin, and it can have ageing effects on our eyes too. Excessive UV light can cause eye surface problems like eyelid skin cancers, as well as growths on the surface of the eye called pinguecula and pterygia.

Deeper in the eye, cloudiness of the lens called cataract is probably influenced by UV light exposure. UV is a major contributor to macular degeneration, and is second only to smoking as a causative factor.

The good news is that all these problems can be prevented by wearing appropriate eyewear. Wrap sunglasses are important to protect the eye's surface. For people with macular degeneration I recommend sunglasses are worn even when the sun is low in the sky, as more UV light makes it through to the back of the eye than when the sun is overhead.

Robert Rose

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THE FUTURE OF DAVID BERRY HOSPITAL



A Storied Legacy

David Berry Hospital, a cornerstone of the Berry/Shoalhaven Heads community, celebrates over a century of medical service, tracing back to its opening on September 18, 1909. Lauded for its architectural beauty and the vision of its benefactor, the hospital has stood as a testament to the generosity and foresight of David Berry. Touted as “a thing of beauty and a memorial of generosity,” when it first opened, the hospital was praised for its modern conveniences and the essential facilities it offered to the local community.

Facing Change

Today, the hospital stands at a crossroads, with its Rehabilitation and Palliative Care units slated for relocation to Shoalhaven Hospital in 2026. This move has ignited concerns within the community about the future of the beloved institution and the impact on local healthcare services. Irene Birks (president of David Berry Hospital Auxiliary), a leading voice in the campaign to preserve and adapt the hospital's services, underscores the community's quest for answers and commitment to maintaining the hospital's legacy of care.

Community Impact and Concerns

The prospect of losing the hospital's specialised services has been met with dismay by residents and healthcare advocates alike. The Karinya Palliative Care unit, in particular, is cherished for its serene outlook over local farmland, providing comfort and tranquility to patients and their families. The community's connection with the hospital, underscored by stories like those of Rob Russell, who praises the palliative care unit for its perfection, highlights the fear of losing a facility that has been a cornerstone of compassionate care in the region.

Losing an Icon

The threat of abandonment looms large, with fears that the hospital's vacated facilities might deteriorate, becoming prime targets for sale or repurposing far removed from their original intent. This fear is rooted in the potential interpretation of the David Berry Act of 1906, which ambiguously hints at the sale of the property should it cease to serve a health-related purpose. The community's fight, led by Birks, is a crusade to safeguard the legacy and spirit of the hospital, advocating for its adaptation as a sanctuary for end-stage palliative care, a haven for PTSD sufferers, or a respite for the aged awaiting long-term care.



Seeking Solutions

Amidst these challenges, the community, led by Birks and the David Berry Hospital Auxiliary, is exploring potential new roles for the hospital that align with its historic mission and the current healthcare needs of Berry and Shoalhaven Heads. Ideas include using the facility for end-stage palliative care, services for individuals with PTSD, and as a temporary home for the elderly awaiting placement in long-term care facilities.

A Historic Perspective

The hospital's history, marked by its official opening in 1909 and the philanthropy of David Berry, emphasises the importance of preserving its role in the community. The construction, funded by Berry's significant bequest, reflects a deep commitment to the health and well-being of the district.

The Road Ahead

As the community awaits further discussions with healthcare authorities and potential clarity on the hospital's future, the commitment to safeguarding its legacy remains strong. Irene Birks' upcoming meeting with Margot Mains, CEO of the Illawarra Shoalhaven Local Health District, is viewed as crucial opportunities to advocate for the hospital's continued relevance and impact.

April Forum Meeting

Irene Birks is scheduled to attend the next Forum meeting in April. Following the critical meeting with Margot Mains in March, Irene will be able to share updates and insights and answer questions from the community.

Heads News

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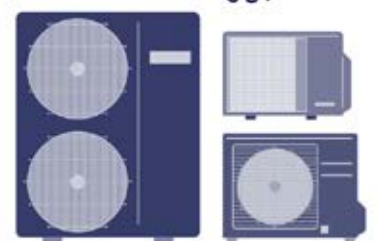
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SHOALHAVEN RIVER ENTRANCE MANAGEMENT PLAN



The Shoalhaven River, a linchpin of the village's tourism and a source of concern for residents facing the threat of flooding, operates under an Entrance Management Plan (EMP) that has not been revisited since 2006. Despite its pivotal role in flood mitigation, the plan urgently requires updating to meet the needs of the environment and the community.

The Need for an Update

Conversations between community leaders and Liza Butler (state member for South Coast) have highlighted the critical deficiencies of the current EMP. This dialogue underscores the need for a revised plan that aligns with today's environmental challenges and legislative frameworks.

Key Concerns Identified

The discussion pinpointed several areas where the current EMP is lacking:

- **Outdated Procedures:** With the last revision in 2006, the EMP misses essential updates needed to reflect new environmental data, legislative changes, and the changing needs of the community.
- **Proactive Flood Response:** A notable intervention in the plan before the last flood led to a pre-emptive opening of the river's entrance, significantly mitigating the flood impact. This timely action resulted in the flood level being 0.5 meters lower than anticipated, effectively preventing any inundation of properties—a clear testament to the benefits of early and decisive intervention.
- **Licensing Discrepancies:** The licensing details for Shoalhaven contrast sharply with those for Lake Conjola, highlighting a lack of specificity that impacts the efficiency of flood management.
- **Community Impact:**
 - The direct, immediate consequences faced by residents, including property damage and soaring insurance costs.
 - The emotional and financial strain exacerbated by the lack of effective flood mitigation measures and delayed response from authorities.
- **Infrastructure Challenges:**
 - The inadequacy of flood mitigation infrastructure, some over fifty years old, to address current flooding risks.
 - Bureaucratic barriers that prevent even minor remediation efforts, further increasing the flood risk.

A Unified Call to Action

The urgent need to integrate an updated EMP into the Lower Shoalhaven River Coastal Management Plan (CMP) is a clear consensus from the meetings with state MP Liza Butler. This revised plan must not only address the immediate needs for effective flood management but also offer the flexibility to adapt to future environmental challenges.

Conclusion: Towards a Sustainable Future

The proactive engagement of community leaders and state representatives in advocating for an updated EMP marks a pivotal step towards protecting the lower Shoalhaven River communities. A collaborative, informed approach is essential to develop a plan that not only meets the current challenges but is also prepared for the uncertainties of the future.

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BUSHCARE - CLEAN UP AUSTRALIA DAY

Sunday 3rd March is Clean Up Australia Day, coordinated by Shoalhaven Heads Lions Club from 8:00 - 10:00am at the Lions Park, opposite the Newsagent in Woolstencraft St. Please bring gloves, hat, bag, enclosed shoes and a drink.

River Rd Group and the Heads Group conducted a combined working bee above the rock wall removing weeds and planting native Pigface as a ground cover.

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

Heads Golfers Group has been tending the nursery, weeding in the central wildlife corridor, planting in the hind dunes, trimming hedges behind the SHACK and clearing fallen branches from Staples St.

The Jerringa Bushcare Group are working on the land between the Community Centre and the shops,



River Rd Group and Heads Group bush carers



Harry and Mark removing fallen trees from Staples St

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 7:30am at various sites. Contacts: Heads Group and Golfers Group; Noel 0428400790, River Rd Group; John 0405217509.

Noel Schneider

SHOALHAVEN SALUTES ROB STEWART ON AUSTRALIA DAY

Rob Stewart has been honoured at the 2024 Shoalhaven Australia Day Awards for his outstanding contributions to the environment.

A long term resident of Shoalhaven Heads, Rob is well known to many in our community for his considerable voluntary work with the Botanic Garden - a community project that started in 2006 in a bare council reserve and has developed into a serious botanic garden that now exhibits nearly 500 species of Australian native plants. Although assisted by a wider group of parkcare volunteers, it was Rob Stewart and Roger Tilley who pioneered this project, and during the last 18 years Rob has continued to be the driving force in its ongoing development.

Rob Stewart's award was presented by Mayor Amanda Findley at the Shoalhaven Australia Day Awards to celebrate local people contributing to our community. They were part of the Australia Day Celebrations for 2024, organised by Shoalhaven City Council in conjunction with the Australia Day Council NSW. So this is a great community acknowledgement of Rob for his



Rob receiving award from Mayor Amanda Findley



Rob with the awards

tireless efforts and horticultural / botanical / landscaping expertise that has enabled our Shoalhaven Heads Native Botanic Garden.

Heads News

THE END OF 3G: HOW OLD IS YOUR MOBILE PHONE?

As mobile operators advance with 5G deployment, they are gradually discontinuing 3G services. Though 3G remains for now, transitions to 4G and 5G are increasingly common.

Why Decommission 3G?

Wireless networks utilise spectrum bands, like 850MHz or 2100MHz, a finite resource governed by radio wave physics. Telcos purchase spectrum to build networks but face limitations; once a band is occupied, it cannot be expanded. Repurposing spectrum from 3G to more efficient 4G or 5G is essential for optimising these resources. Imagine spectrum as agricultural land: its use can be changed, but its extent cannot be increased.

Timeline for Australia's 3G Shutdown

Telstra and Optus are gradually phasing out 3G, with Vodafone already having ceased its 3G network in December last year. Telstra plans to shut down 3G in June, while Optus will do so in September.

Telstra 3G Phase-Out

Telstra ceased 3G on its 2100MHz spectrum in March 2019 but will continue with 850MHz spectrum services until June. Devices solely reliant on the 2100MHz spectrum for 3G will lose connectivity. For Telstra customers, upgrading to a 4G device soon is advisable, as most phones now support 4G.



Vodafone and Optus 3G Shutdown

Vodafone eliminated 3G on its 2100MHz spectrum throughout 2019 and halted services on its 900MHz spectrum at the end of the year. Optus discontinued 2100MHz 3G services but maintains 900MHz 3G until September.

What To Do With a 3G Phone?

If your 3G device still functions, it's not immediately affected. However, you will have to switch to a 4G or 5G phone some time in the near future. Modern smartphones universally support at least 4G, providing a smooth upgrade path.

Beyond Phones: Other 3G Devices

The shutdown impacts various devices, from security systems and medical alarms to EFTPOS machines and vehicles reliant on 3G. Affected users should expect guidance from manufacturers or network providers on transitioning to newer technologies.

Heads News

MENS SHED

Here we are in 2024 & already January is gone. Things are moving along here & we are completing jobs almost as quick as they are coming in!

I hope we find the majority of you well, for those of you who are not well, we wish you all a speedy recovery.

On a brighter note, we have just completed another major job, a customer of ours bought a Rocking Horse in for us to refurbish it, after stripping everything off it & a little bit of structural modification, it had to be resprayed & feature spotting was applied, we have now put the new leatherwork on it & the mane & tail, it has been hours of work put into it & we are waiting for our customer to come & pick it up, She has had it for her children & wants nothing more than have her grandchildren & great grandchildren playing on it, we hope they all enjoy it for years to come.

Again, we are wondering where summer has gone, with all the rain & the blackout on Sunday 18th, it has been a disaster.

We are still looking for mature gentlemen (just good all-round fellas), to join our shed and share in the comradeship of our shed. We are open Monday, Tuesday & Wednesday every week from 9:00am to 12:00pm, don't be concerned if you are not a handyman, we will help anyone to improve themselves, we have Bandsaws, Table saws, Mitre Saws & many other handheld power tools.

So please drop in & have a cuppa on us & see what opportunities are here for you to get involved in. Until next month, please stay healthy & happy.

Patrick Duggan - Secretary/Treasurer

NATIVE BOTANIC GARDEN - A BLOOM OF COLOURS



Hello gardeners & nature lovers. Our gorgeous flowering pink Corymbia ficifolia always draws people's attention when visiting.

It has masses of pink flowers in summer with huge "gumnuts" after. Corymbia ficifolia's common name is Red-flowering gum as plants in the wild have red flowers. And the birds & bees love it as much as we do!

The pinks and orange flowered ones we see are hybrids and often grafted. There are a few of the orange flowered ones on Shoalhaven Heads Rd outside Mountain View caravan park.

They originate in Western Australia, which is why they sometimes don't do well on the east coast, preferring less humidity and dryer soils. In 1995 Corymbias were transferred from the genus Eucalyptus along with about 80 others.

They are so popular there are even dwarf hybrids in crimson and orange. Our pink Corymbia ficifolia is dedicated to Roger Tilley, one of our founding fathers and relentless promoters, sadly passed away in 2018.

Congratulations to two of our parkcare volunteers who were given special recognition for Australia Day 2024. Rob Stewart, our President, received an Environment Commended Award in the Shoalhaven Australia Day Awards, and Marysia Nowak received an OAM for her services to the Polish community in Australia. Both awards are well deserved for two tireless volunteers!

Chris Lawrance - assistant secretary



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Current Listings



9/155 Scott St, Shoalhaven Heads
New to Market - Claire Nunn & Aimee Longbottom



26 Shackleton St, Shoalhaven Heads
\$915,000 - \$930,000 - Claire Nunn & Aimee Longbottom

Recent Sales



27 Ravenscliffe Rd, Shoalhaven Heads
\$1,100,000 - Claire Nunn & Aimee Longbottom



15 Bolt St, Shoalhaven Heads
\$1,200,000 - Claire Nunn & Aimee Longbottom



26 McIntosh St, Shoalhaven Heads
Contact Agent - Claire Nunn & Aimee Longbottom



G05/141 Belinda St, Gerringong
\$700,000 - Angie Ritchie

For Lease



9 Explorer Blvd, Shoalhaven Heads
\$585.00 per week - Lorraine Shaw



3/114 Belinda St, Gerringong
\$500.00 per week - Tricia Murdoch



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SHOALHAVEN HEADS 4448 8344
1/131 Shoalhaven Heads Road, Shoalhaven Heads
KIAMA 4234 2888
GERRINGONG 4234 1911

Thinking of selling?
Think Claire Nunn

If you are considering selling and would like to know the current value of your property, call **Claire Nunn on 0402 294 992** to arrange a FREE appraisal!



If you're looking for the right person to manage your investment property, give our Property Manager, **Lorraine Shaw** a call today on **02 4448 8344**



Market Update

2024 is well-underway, it's hard to believe we are already in March! We hope you've had some time to enjoy the summer and wind down from the whirlwind the Christmas and the New Year period brings.

As usual, the summer holidays brought plenty of people into our area. Some new to discovering our slice of paradise, and many returning for their annual family get-togethers.

General enquiries increased, as well as open home numbers, giving no doubt that buyer activity is increasing as the market appears to stabilise. We are only two months in, however 2024 is so far looking promising - the market is continuing to evolve and improve, and we have seen 14 amazing sales across our three offices so far in 2024!

If you are looking to sell your property in 2024, call **Claire Nunn today on 0402 294 992** to arrange a FREE appraisal.

Let Us Manage Your Holiday Property

Coast & Country Holidays is our premier holiday accommodation agency, providing boutique and luxury accommodation in Shoalhaven Heads, Kiama, Gerringong and surrounding localities.

With the Easter holidays fast approaching we have seen an increase in bookings for our Holiday homes. With an abundance of pristine beaches and rolling green hills, it is no wonder our stunning region is so popular with all holiday makers!

Property investment is one of the most reliable forms of wealth creation and having the right team managing your property can mean the difference between a successful investment and a regrettable one.

If you are looking for a team to manage your property, talk to us today on 4234 1754.



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TRADES AND SERVICES

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tania@headsnews.com.au

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LOCAL COMMUNITY DIRECTORY

CLUB	CONTACT	PHONE	MEETINGS
Beer Appreciation	Mike Howard	4448 7833	TBA each month
Botanic Garden	Tom Korevaar	0429 012 796	Working Bee 8am every Monday at 9 Celia Parade
Bowlo Fishing Club	Scott Tyrrell	0447 782 800	Weigh-in last Sunday of each month
Bushido Judo Club	Darren	0409 920 711	Tue 5:30-7:30pm - Community Centre
Community Centre	Jenny Edwards	0418 100 151	Contact Jenny for hiring of the Community Centre
Community Forum	Robyn Flack		1st Wednesday of month at Bowlo at 7:00pm
Computer Club	Alan	0416 008 406	10:30am every Wed at the Bowling Club
Cricket	Ted Street	4464 1142	Season October to April
Fire Brigade	Stephen Thomson	0412 131 391	3rd Mon at 7pm Training - Sun 9am - 12 noon
Garden Lovers Group	Laurie Talbot	0428 441 667	2nd Thur of the month - 1:30pm at the Com Centre
Golf Club	Club House	4448 8683	Open 7 days a week
Handicraft Group	Marilyn McMahon	4448 7756	Wednesdays 8:30 to 11:30 at the Com Centre
Heads Hotel Fishing Club	Ion Lloyd	0424 705 520	2nd Sunday of the month BBQ & Weigh-In 1:00pm
Jerry Bailey Children's Centre	Staff	4448 7524	Open 8:00am till 6:00pm Mon - Fri
Lions Club	John Moore	0417 027 692	2nd Tue of the month 6-7pm at the Bowlo
Meals on Wheels	Deborah Getley Viv Jones	0402 855 332 0413 290 869	Meals cooked Wed & Fri and delivered Mondays
Men's Shed	Pat Duggan	0473 120 615	Mon, Tue, Wed 9:00am - 12 noon Celia Place
Playgroup	Shannon Opel	0484 098 388	Mon, 10:30-12 at the Bowlo (in school terms)
Probus Club	David Watson	0408 852 611	2nd Fri of the month 10:30am at the Bowlo
Public School	Office	4448 7174	Ravenscliffe Road, Shoalhaven Heads
Red Cross	Jenny Edwards	0418 100 151	1st Tue of odd months 1:30pm at the Com. Centre
RSL	Paul Bounds	4448 8284	1st Monday of month (4:00pm) at Bowling Club
Rugby Union	Greg Murphy	0411 255 060	Season April - September

CLUB	CONTACT	PHONE	MEETINGS
Soccer - Registrar	Chris Firth	0411 524 747	rego@shbfc.com.au Season: April - September
Social Golf - Bowlo	Bowling Club	02 4448 7154	Golf Club
Social Hub	Robyn Flack	4448 7208	Mon 10-12 at Com Centre (during school terms)
Surf Club	Karl Poulton	0401 824 335	Patrol Sep to Apr Nippers Oct to Apr
Tennis & Pickleball	Christine Talbot	0419 465 995	Mon & Wed 9am, Tues & Wed 7pm
VIEW Club	Colleen Gablonski	0422 302 616	2nd Monday of month at Bowling Club at 11:30am
Yoga	Tania	4448 7833	Mon & Wed 5:30-6:30pm Community Centre

JUSTICES OF THE PEACE

Carol Orr	0418 276 808	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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Meet Lions Park Sunday 3 March 8:00am to 10:00am
 Wear shoes, hat, sunblock and bring refreshments.
 Remember to bring your own gloves and rubbish bags.

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

Opening Hours

Mon to Fri 7am - 11am & 2pm - 6pm
Weekends 10am - 5pm
NSW Public Holidays 1pm - 5pm



TIDES

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

Fri 1 Mar H 00:31 1.45m L 06:44 0.58m H 12:38 1.30m L 18:38 0.54m	Sat 2 Mar H 01:11 1.45m L 07:36 0.63m H 13:24 1.20m L 19:14 0.61m	Sun 3 Mar H 01:58 1.44m L 08:42 0.65m H 14:24 1.10m L 20:02 0.67m	Mon 4 Mar H 02:57 1.44m L 10:03 0.64m H 15:46 1.05m L 21:11 0.71m	Tue 5 Mar H 04:09 1.48m L 11:25 0.57m H 17:17 1.07m L 22:33 0.70m	Wed 6 Mar H 05:22 1.57m L 12:31 0.45m H 18:29 1.15m L 23:47 0.63m	Thu 7 Mar H 06:26 1.69m L 13:24 0.32m H 19:22 1.25m	Fri 8 Mar H 07:21 1.81m L 14:11 0.21m	Sat 9 Mar L 01:45 0.41m H 08:13 1.91m L 14:55 0.13m H 20:55 1.47m L 02:38 0.31m H 09:02 1.94m L 15:37 0.09m H 21:39 1.57m L 03:32 0.25m H 09:50 1.91m L 16:18 0.11m H 22:24 1.65m L 04:25 0.23m H 10:40 1.81m L 16:59 0.18m H 23:09 1.70m L 05:20 0.26m H 11:30 1.65m L 17:38 0.29m H 12:21 1.47m L 18:18 0.42m H 13:17 1.29m L 19:00 0.55m H 14:13 0.43m H 20:16 1.32m L 00:25 0.70m H 06:51 1.54m L 13:40 0.46m H 19:43 1.25m L 01:14 0.63m H 07:33 1.57m L 14:13 0.43m H 20:16 1.32m L 01:55 0.57m H 08:11 1.60m L 14:43 0.40m H 20:47 1.38m L 02:32 0.52m	Sun 17 Mar H 02:33 1.58m L 09:47 0.54m H 15:41 1.05m L 20:49 0.75m H 03:41 1.52m L 11:06 0.56m H 17:12 1.05m L 22:07 0.78m H 04:55 1.50m L 12:12 0.54m H 18:19 1.10m L 23:23 0.76m H 06:00 1.51m L 13:02 0.50m H 19:06 1.18m L 00:25 0.70m H 06:51 1.54m L 13:40 0.46m H 19:43 1.25m L 01:14 0.63m H 07:33 1.57m L 14:13 0.43m H 20:16 1.32m L 01:55 0.57m H 08:11 1.60m L 14:43 0.40m H 20:47 1.38m L 02:32 0.52m	Mon 25 Mar H 03:09 0.49m H 09:18 1.58m L 15:36 0.39m H 21:46 1.50m L 03:46 0.46m H 09:52 1.54m L 16:02 0.41m H 22:16 1.55m L 04:23 0.46m H 10:27 1.48m L 16:29 0.45m H 22:46 1.58m L 05:02 0.47m H 11:02 1.41m L 16:55 0.49m H 23:18 1.60m L 05:44 0.49m H 11:41 1.32m L 17:24 0.55m H 23:53 1.60m L 06:30 0.53m H 12:24 1.24m L 17:57 0.62m H 00:33 1.58m H 07:23 0.56m H 13:15 1.16m L 18:37 0.69m
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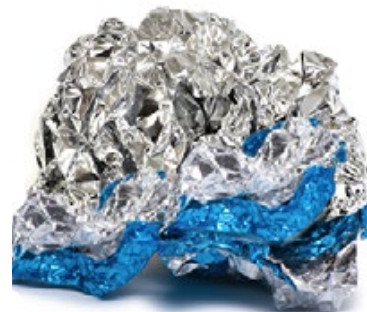


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 This is an all-weather market. The booking fees for each market stall goes towards Surf Club rescue & training equipment

Stall enquiries & bookings contact Megan 0407 407 328

PROBUS

Our first formal meeting for the year on 9th February was well-attended, interesting and enjoyed by all. We were pleased to welcome a new member – Ian McMurtrie who looks forward to joining in our Probus activities.

As usual we had a great laugh with Maggie's hilarious jokes.

The Special Interest Groups are popular and many friends are made as members participate. The Garden Group met on 26th Feb at the home of Glynis & Bruce Wall-Smith and the Wine Appreciation Group(WAGS) enjoyed the company (and wine) on 21st Feb at Coastal Palms. Heather Mead has organised tickets for the Entertainment Group to visit Nowra Players' presentation of "Exit Laughing" on 17th March. The Walking Group (Gourmet Wanderers) are off to Huskisson for a wander followed by lunch at Husky Sports Club. So much to look forward to!

Our Activities Officer, Paul Bounds, has also booked tickets to the Premiers Concert on 13th March. He is also taking a coach load of Probians to Jindabyne for a week's holiday in November.

We were privileged to have 2 very interesting speakers at this meeting. First we enjoyed listening to our Club Speaker, Kathy McMahon who told of her life growing up in Warwick Farm and Liverpool. Kathy worked for many years in Disability and also drove taxis. She has been married twice and now has 18 grandchildren and 9 great grandchildren. A very interesting lady!

The Guest Speaker was Rod Douglas who started up a textile recycling business (RRR – Reuse, Recycle,



Maggie Pye with new inductee, Ian McMurtrie

Repurpose). Having worked at Vinnies for some time he saw how 90% of donated clothing went into landfill. Rod's business found ways to reuse these goods making a lot of useful high quality household goods - examples of which he displayed (cushions, towels, rugs etc.). They now have four sites in Nowra. What a marvellous business and what an interesting speaker!

Probus meets on 2nd Friday each month at the S.H. Bowling Club at 10:30a.m.

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 will be on Friday, 8th March a 10.30a.m.

For further information contact President Maggie (ph 44485913)

Llois Shorten (Publicity Officer)

HEADS' FOOTPATH PRIORITY UPDATE NEEDED

The Community Forum in February brought to light the pressing issue of footpath priorities in the 'Heads. The improvements along River Road's east and west stretches are well and truly on the list.

With Scott Wells from the council in attendance, residents voiced their concerns and weighed in on the future of their walkways.

Central to the discussion was Jerry Bailey Road. It received a lot of attention in the Forum meeting due to safety concerns. A lot of people like to walk along there and where it narrows from Renown Ave to River Rd, it is quite dangerous with very little room.

The priority list needs updating so the Council can be sure to meet the community's needs.

Heads News

SHOALHAVEN HEADS RSL SUB-BRANCH

Welcome everyone to another what should be a busy month, please keep an eye on the Shoalhaven Heads Bowling Club website for up coming events and other information under the club's subheading. I am looking forward to future articles which I hope is informative to everyone.

March Anniversaries

1 March – Formation of Australian Army (1901)

Before Federation each of the Australian colonies had their own armies composed of a mixture of regular (paid full-time soldiers), militia (paid part-time soldiers), and volunteer (unpaid part-time soldiers) units. In March 1901 the Commonwealth Government assumed responsibility for defence matters and the colonial armies were merged to form the Commonwealth Military Forces (CMF). Throughout the next 47 years the Australian Military Forces, as they soon became known, remained a part-time force of citizen soldiers with only a small regular component. These forces were restricted to service on Australian territory, and two special volunteer forces, both known as the Australian Imperial Force, were formed for service overseas during the two world wars. Citizens' force units did, however, serve in Australian and Australian-mandated territory in the Pacific during the Second World War.

1 March – Formation of Australian Navy (1901)

This might seem a simple question, but over the years the Australian Navy's birthday has remained a source of some confusion. The date now accepted is 1 March 1901. The previously accepted date of 10 July 1911 is not the birth date of naval forces in Australia, rather it was the date that the Sovereign granted the title 'Royal

Australian Navy'. As with other forces institutions the name has changed over the last 101 years, but for the Navy the date of 1 March 1901 marks the creation of Australia's Navy. This is made inviolable by the fact that by 1911 Australia had already possessed a unified naval force for more than a decade, as proclaimed in the Australian Constitution.

19 March – Iraq War commenced (2003)

On 20 March 2003, a combined force of American, British and Australian troops under US leadership invaded Iraq in what was termed "the Second Gulf War". Their object was to locate and destroy suspected weapons of mass destruction.

Small but highly effective Australian army, air force, and navy elements assisted the operation. Within three weeks coalition forces had seized Baghdad and the corrupt and brutal dictatorship of Saddam Hussein was overthrown

31 March – Formation of Royal Australian Air Force (1921)

Formed in March 1921, as the Australian Air Force, through the separation of the Australian Air Corps from the Army in January



1920, which in turn amalgamated the separate aerial services of both the Army and Navy. It directly continues the traditions of the Australian Flying Corps (AFC), the aviation corps of the Army that fought in the First World War and that was formed on 22 October 1912.

"Lest we Forget" - Peter Young - Vice President



RURAL FIRE BRIGADE - HYDRANT AWARENESS - IS ONE NEAR YOU?

Hi Everybody. We had eight jobs this month. From Bangalee to Gerringong.

Our services were not required on five of those occasions.

The fact that we were stood down is in fact a relief, because obviously those incidents were managed by the people or crews already on scene. Just because the calls came in the wrong side of midnight... well, sometimes that can be part of the job.

The remaining three incidents were relatively minor in the scheme of things.

Oil spill at Bangalee

One was an oil spill that occurred when a large piece of earth moving equipment tore a Hydraulic Hose as it was being parked onto its Low Loader. We assisted West Nowra Brigade with the clean up and ensured the oil didn't make its way to the surrounding bushland.

Another job was to a B&B in Gerringong at about 3:00am one morning. A domestic Smoke Detector activated and the occupants were concerned that the Detector had sensed high Carbon Monoxide levels. We were able to use our Gas Analyser to verify the atmosphere in the residence was safe before everyone, including our crew could return to bed.

BBQ Fire

The last incident of the month was local to the Heads.

At 7:20 one evening a call was received to attend a BBQ fire. On arrival, our crew found a BBQ located adjacent to the house. Its 9kg Gas Cylinder was well alight and the flames were impacting the exterior of the property and overhead awning. Two of our members donned Breathing Apparatus and were able to provide protection to the structure and enable the isolation of the gas cylinder.

The area was ventilated and once again we used our Gas Detector to ensure the atmosphere was clear of contaminants before handing back to the residents.



Oil spill at Bangalee.



Getting to work at the BBQ Fire



Hydrant lid, pole mounted HP sign & Cats Eye.

Fortunately the surrounding structure appeared undamaged.

Finally we have a request

Many of you may have noticed a Fire Hydrant near your home. The main supplying water to the Hydrants generally follows the layout of our roads. The hydrants are located every 60 meters or so and their location is posted in two possible ways.

A blue Road Marker or "Cats Eye" may be in the middle of your street and a "HP" sign on the telegraph pole nearest the hydrant indicating its location.

HP stands for Hydrant Path. HR stands for Hydrant Roadway.

The hydrant lids should be painted yellow so they stand out. They should not be planted over or grassed over so that we have free access to them when required.

If you have one of these in front of your place. Please keep any obstacles clear. It could be a neighbours place or even your own home that will need us one day. Time spent searching for a hydrant could be better spent fighting a fire.

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

Stay safe, Geoff Parker

A TALE OF CULTURE, CONNECTION, AND TEA ON THE MEKONG PRINCESS

On the tranquil waters of the Mekong, aboard the luxurious Mekong Princess, I began my voyage expecting adventure, but I received something more precious—a connection that will stay with me forever. It was in the quaint village of Hoa An where this unforgettable encounter occurred. After a lovely exploration of vibrant flower gardens and the intricate art of conical hat making, our group was warmly welcomed into the home of a local family. Amongst the simple beauty of their daily life, it was the grandmother, Mrs. Thuy, who left an unforgettable impression on me.

With a smile as warm as the Vietnamese sun, Mrs. Thuy shared stories of her ancestors, the village's history, and the joys and challenges of life on the Mekong Delta. Her hands, though worn from years of labour, made us the most exquisite tea, which she served with pride and humility. It was in that moment, sipping tea and listening to her tales, that I truly understood the spirit of Vietnam.

As the Mekong Princess sailed away, I carried with me not just memories of breathtaking landscapes and cultural treasures, but a warmth from the genuine

connections made. Mrs. Thuy, with her stories and tea, became a symbol of the beauty and resilience of the Vietnamese people. This journey was a chance to learn about the real Vietnam, leaving me forever changed.

If you're inspired to experience a journey through Vietnam yourself, come and hear about a dedicated tour that Travel Focus Group is running. Details of the information evening are in the advertisement below on this page.

Monica Godfrey

RED CROSS

It is with regret that the Red Cross markets will cease from now on due to a large number of markets held elsewhere and declining support. The branch will trial a morning tea at the community centre, its first one being on Easter Saturday the 30/3/2024 commencing at 10am through till approximately 11:30am.

There will be a selection of cakes, slices and Devonshire teas available at a cost of \$7.50 which will include tea and coffee.

All proceeds to go to Red Cross.

Jenny Edwards

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FORGET THE SHRINK, TRY THIS RECIPE INSTEAD

Have you ever had trouble getting young ones to eat their veggies?

Rather than consult a child psychiatrist, we decided to look in a cookbook, where we found some ideas that fixed the problem most ingeniously.

There was also a useful by-product: a reduction in the grocery bill as it halved the amount of the most expensive ingredient in this dish: the meat.

We call the dish Hide-the-Veggies Bolognese and even after the kids have left home, this is still our go-to spag-bol.

The bottle of Bolognese sauce is a secret ingredient.

Initially we added tomato paste to bulk up the tomato content and get more colour in the sauce, but once we tried the bottled sauce we never looked back.

Even when cooking for two, we keep the amount of ingredients the same as this keeps easily and tastes so good, we're more than happy to have round two later in the week, when a no-fuss meal seems like a good idea.

We've also added some mushrooms – found lurking in the bottom of a fridge drawer – in the final 30 minutes of cooking and produced excellent results.

A slow cooker is ideal for this dish. Put it on in the morning, ready for dinner that night. Give the cooker the time to break down those sinews and smooth out the sauce. Perfect.

If not, it can be done in the frypan, but try to give yourself some simmer time.

Slow cook for eight hours slow setting, three to four hours fast setting. On the stove top it's ready in 30 minutes, but the magic really happens after a couple of hours on a low temperature simmer.

Serves six, maybe more.

Hide the Veggies Bolognese

Ingredients

- 2-3 tbspn extra virgin olive oil
- 1 large onion, chopped into four
- 1-4 cloves garlic depending on your love of garlic
- ½ head of cauliflower, broken into florets
- 2 carrots chopped
- 2 zucchini chopped
- 2 sticks celery chopped
- 500g mince meat
- 800g tinned tomatoes
- 500g bottle Bolognese sauce
- 1 cup water
- 1 tbspn mixed herbs
- Salt and Pepper
- Parmesan cheese grated or shaved to serve



Method

Put all the fresh veggies, onion and garlic in a food processor and blitz until roughly chopped.

Heat oil in a heavy based fry pan (or use the browning facility of a slow cooker).

Put in all the chopped veggies with a good dash of salt. Fry stirring often until veggies soften and you've cooked off a lot of fluid.

Push the veggies to one side and put in mince in a flat slab. Get a good sear on it and turn over to repeat. Break up the slab and get a good sear on the smaller pieces also. Keep breaking up the meat pieces until they're coloured up. Stir thoroughly into the vegetables ensuring meat is crumbled.

Tip in the tinned tomatoes and bottle of Bolognese sauce. Swish with water to flush out the last little bits of sauce and tomatoes from tins and add to pan.

Grind in as much black pepper as you like and add the mixed herbs. If you have herbs you like in the garden, use those.

To serve we like to put enough sauce in a pan half a cup of the pasta water and the cooked spaghetti and give it a quick stir to combine. But putting sauce on top of pasta in a plate or bowl also works well and can eliminate a step if time is pressing.

Serve with a generous grating of Parmesan cheese.

Uncle Tim

WILDLIFE MATTERS - DO YOU WANT TO HELP SAVE A LIFE?

Unfortunately, our wildlife often becomes victim to accidents on our roads.

Our kangaroos and wombats graze on the grasses at the edge of the roads at dusk and dawn.

If we don't watch our speed limits and check the sides of the roads, we can kill or severely injure an animal.

Some of these victims are mums and have babies on board which can survive the accidents.

We often feel a little squeamish about checking deceased animal's pouches. However, imagine the joy you would have in finding a live joey and being able to save it from its deceased mum.

When you are checking a deceased animal, first see if there are testicles then there is no need to check for a pouch, just check to see if the animal is breathing.

If it is a female, you don't have to do the rescue yourself, that's what WRSC is for. However, you can see if there is wriggling in the pouch or if there is a leg sticking out, or even if there is a bulge present.

Kangaroo or wallaby mums have pouches which face

upwards and wombats have pouches which face backwards.

Please call the Wildlife Rescue Hotline on 0418 427 214 if you need help in rescuing wildlife in the Shoalhaven Area.

Taking care of wildlife is part of being Australian! Please help them survive in the homes they share with us.

Karen Devine



Wombats have rear facing pouches

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BEER APPRECIATION GROUP

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

In the month of January, we were fortunate enough to find a weekend that we could catch up and taste some brews. Here is a run down on the brews we tasted:

West Coast Pilsner: Brewed by one of our faithful members, this beer was brewed using Nova-lager yeast. A new strain that is capable of fermenting closer to the ale temperature of 19-20C and does not show any signs of diacetyl. The beer itself was absolutely delicious. A smooth fruity hop presents with a clean finish.

West Coast IPA: This one was on the upper side of alc.% and used an interesting combination of hops from New Zealand, Australia and the USA. The resulting brew had a "lingering summer berry flavour" which was a very nice surprise.

NEIPA sour: This style is not as popular as the NEIPA itself, but it really should be. The fruity sour tasted like we were drinking fruit tingles... and yes, we all giggled. The lingering fruit bomb was incredible.

Belgian Wit: Brewed by another one of our members. Can you believe this beer style was once considered experimental? Perfect balance of malt, hops and spice. The coriander spice came through just at the end then



A couple of the commercial beers that were appreciated - note Seven Mile Brewing is from Ballina

rounding out with sweet malt overtones.

West Coast IPA from Sanctus brewing co. was one of the best beers of the night. Straight up citrus hit with orange and grapefruit, unfortunately there was only one can.

Phantasm hazy from Garage Project in NZ. This brewery loves to push the boundaries. Filled with guava & mango goodness then finishing dry like a good Sav. Blanc.

Heads Brewing Co.

HOROSCOPES FOR THE HEADS

Your horoscope for March is brought to you by The Zodiac Scribbler, Phlat Whyte.

Pisces (Feb 20 - Mar 20) Your imagination will run wild this month. You'll start believing that you're a mermaid and spend all your time in the bathtub, refusing to come out until someone brings you a fish.

Aries (Mar 21 - Apr 20) This month, your impulsive nature may lead you to make some questionable decisions. But don't worry, just remember that if life gives you lemons, you can always add vodka and have a party.

Taurus (Apr 21 - May 21) Beware of the colour pink this month. It may look innocent, but it's secretly plotting to turn your wardrobe into a cotton candy disaster.

Gemini (May 22 - Jun 21) You are feeling a bit indecisive this month, but that's okay! After all, with great power comes great responsibility...to choose between two options.

Cancer (Jun 22 - Jul 22) Expect some crabby moments as you may find yourself feeling more clingy than usual. Don't worry, Cancer, it's just a phase. Or a lobster trap.

Leo (Jul 23 - Aug 23) Your charisma will be off the charts this month, but so will your caffeine intake.

Don't be surprised if you start speaking in rapid-fire Spanish, even if you've never taken a lesson.

Virgo (Aug 24 - Sep 22) You will experience a moment of clarity this month. When you realise that you've been pronouncing "Quinoa" wrong all these years.

Libra (Sep 23 - Oct 22) The stars predict that this month you will meet the love of your life... or at least the love of your lunch hour.

Scorpio (Oct 23 - Nov 21) You'll feel like you're on top of the world this month, until you realise you've been walking around all day with your shirt inside out.

Sagittarius (Nov 22 - Dec 21) Your adventurous spirit may lead you to try something new this month. Just make sure it's legal and won't result in a viral video of you falling off a skateboard.

Capricorn (Dec 22 - Jan 20) You may feel like you're living in a sitcom this month, with wacky hijinks and misunderstandings around every corner. Embrace the absurdity and don't forget to laugh at yourself.

Aquarius (Jan 21 - Feb 19) Your unique perspective on the world is always appreciated, but this month you might find yourself sharing a conspiracy theory that even your weirdest friend thinks is crazy. Maybe it's time to take a break from the internet.



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Authorised by Fiona Phillips MP, Nowra.



GOLF NEWS - ON COURSE FOR CHARITY

As we roll more into 2024 the club once more settles down and concentrates on playing golf! The start of each year sees a step up in inter club competitions.

Many of our members travel around representing the club in these events. This year we have 5 teams in the 2024 Illawarra Pennants Season that kicked off at the end of January. We have representatives in Section 1; in B Pennants Section 2; in C Pennants Section 1; and in the White Horse Cup, in section 2 and in section 4. And we have three teams in the Women's Golf Illawarra (WGI) Pennants, that commences the end of February, one in each grade, Gold, Silver and Bronze, So a magnificent 8 teams will be out there battling for the honour of our club. Good luck to all.

Our Club Captain has reported that it has been tough going in both the opening rounds of the Pennants and White Horse. While there have been some outstanding individual results (Jo Webber winning 8 up with 7 to play in her match against a Kiama player springs to mind) with many players experiencing wins or hanging in to draw the match across both weeks, bar a few of our players, they haven't always been in the same matches! So we have had more team losses than wins, albeit some very close! But its early days. Go the Heads!

In our regular club golf.

Medal Winners February 2024:

- A Grade: T. Kalajzich (69 net)
 - B Grade: M. Winkler (71 net)
 - C Grade: R. Denton (63 net)
- Congratulations to all three.

Also a big congratulations to our Lloyd Herron. At the recent PGA of Australia, Massey Park Open not only did he win but he shot a magnificent 59! Some of us struggle to achieve that over 9 holes! As our club captain, Phil Lyons, wrote. "Well done Lloyd. That's up

BOWLO SOCIAL GOLF

The first game of the new year hit off on 21st January at Shoalhaven Heads course with a big group of 31 players. Welcome back to all and also to our 5 newest members Beth, Glenn, Peter, Wayne & Andy.

With good scores coming in, it shows there had been some practice happening over the break ...

Winners on the day:

Liz Brown 38 points & Dennis Robertson 36 points.

Runners Up:

Julie Romanovski 33 points & Gary Salway 36 points

Drive n Pitch:

Glenn Armer & Rob McCartney

Nearest the Pin:

John Steer, Helen Todd, Noel Garden, Liz Brown,

BOWLING CLUB

Club Champion 2023-24

Congratulations Michael English, you played magnificently throughout the Major Singles Championship to take the title Club Champion 2023-24.

Congratulations also goes to John Lewis on becoming runner up.

The final was a pleasure to watch with a very high level of play being executed by both players. The spectators were fully engaged, cheering, and applauding so many great shots, with the head being changed several times on each end. While Mick got off to a good start, John worked his way back to 19 all. Everyone was on the edge of their seats right up to the last bowl.

2023-24 Major Pairs Championship

The 2023-24 Major Pairs Championship has attracted a record number of entries this year. We are pleased to have 38 members taking on the challenge. Participation in championships is a good way of improving your skills and the high number of entries demonstrates the enthusiasm of our members.

Celebrating Australia Day

What a fabulous way to celebrate Australia Day! The 2024 Australia Day Bowling event, at the Shoalhaven Heads Bowling and Recreation Club, was enjoyed by



Leaning nonchalantly against the railings is the MC for the day 2GB's Mark Levy addressing the players before play commences

there with Wyndham Clark's 60 at Pebble Beach the same day."

As I write this, on Monday 19th February we will be hosting the annual Col Waller Memorial Charity Day, organised by the Heads Hotel. Although there is a bit of wet weather about its sure to be a great day with the proceeds of the event going directly to Noah's Inclusion Services in the Shoalhaven, which offer high quality services to children and young people with disabilities and caring support to their families. Well over 60 players are out there in the four ball Ambrose event will be out there followed by an Indigenous inspired dinner that evening at the hotel. If its anything like last year, it will be a fantastic event.

And finally, in the club's summer comp, the ProShop team report that things are heating up now as the competition enters the last 3 weeks of normal round with teams jockeying for positions on the leaderboard. The current leaderboard sees Bushwackers on 286 points retain top spot with a reduced lead of only two points from Mans No Camel on 284 points in 2nd. The Odd Couples in 3rd place have leapfrogged Wreckless Driver who are now in 4th place. No Mans Camel have rocketed up the leaderboard from 8th place into 5th in front of Shoalshank Redemption in 6th, Dude Where's My Par in 7th and Slammers rounding out the top eight.

Play well, stay well - John Clawley - President

Adrian Lutton & Steve Ricketts.

Next games:

- 18/2 Kiama
- 3/3 Tumut Trip Away
- 10/3 Kembla Grange
- 7/4 Calderwood
- 28/4 Worrigeer

Due to the publication cut off dates, the reports get a bit behind so keep looking out in following issues for the catch ups.

Good golfing, Joan Hanchard - Publicity Officer



2023-24 Club Champion, Michael English

over 50 bowlers from the three bowling intra-clubs and many on-lookers. The event epitomized the true-blue Australian spirit of frivolity, mateship, and dancing combined with good food, great traditional and contemporary Aussie music, and even bowling. Since the event was such a success, we will include it in our annual calendar.

Stephen Franklin

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58 Queen Street Berry NSW 2535

BOBS VS GONE



Back Row: Paul Brett, umpire Graeme Cord, Dom Frawley, Dave Berry, Trent Redlich, Ted Street, Simon Chaplin, Nick Ryan, Steve Woolley, Paul Brodie, Ted Stevenson, Alan Muggleton, Mark Bellamy, Les McMaster, Syd Weller, Tony Fitzpatrick, Tony Healey
Front Row: Daniel Fitzpatrick, Stewart Higgins, Simon Rudd, Aaron Coutts-Smith, Mal Windley, Lachlan Fitzpatrick, Mick Moodley



BOBS VICTORS IN ANNUAL GOLDEN OLDIES CLASH

In the scenic Nowra Showground, a cricket match filled with nostalgia, rivalry, and camaraderie took place on Sunday, January 28th, marking the 22nd annual face-off between the Gentlemen of Nowra (GONE) and the Berry Old Bastards (BOBs). This year, the local favourites, the BOBs, clinched victory in a closely contested game, proving that age is just a number when it comes to cricket. The match's outcome might be playfully grumbled about with the affectionate nickname "the old bastards won," but it's all in good spirit, reflecting the players' sense of humour and recognition of the familiar faces that have become an integral part of this yearly tradition.

The scoreboard revealed a winning chase by the BOBs, who successfully reached the target of 141 runs

with three wickets in hand. This victory was particularly sweet, considering the historical tally now stands at 11 wins for GONE, 10 for the BOBs, with one game washed out, showcasing the balance of skill and friendly rivalry that has developed over the years.

It's hard to ignore how committed the players are, with many of them hardly ever missing a game. Mark Bellamy really shows his dedication by not missing any games at all, while Ted Street has only missed one.

Steve Woolley, awarded man of the match, showcased exceptional skill both as a batsman and a bowler, taking 2 for 23 from 6 overs and scoring 29 runs. However, Ted Street humorously noted, "some people say he scored 29 walks, not 29 runs," highlighting the light-

hearted atmosphere that pervades the match.

The victory of the BOBs is more than just a win; it's a celebration of community, perseverance, and the love of cricket. The game, while competitive, maintains a "great friendly atmosphere," as Ted Street remarked.

Bob Ducie of GONE added that there were a couple records broken. The GONE team had three members of the Fitzpatrick family play and one of them had a 13 ball duck. Bob had a laugh and said "another GONE record."

As the community looks back on this year's match, they see more than a game; they see a tradition that brings people together, celebrating shared histories and creating new memories.

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