

Federal Election - Vote for Your Values

A table of values and where the parties stand is on pages 4 and 5. Check to see where your values lie.



Native Botanic Gardens BGANZ

Plant Sale, BBQ, Live Music and the Gardens
Read all about it on page 9



Mother's Day

What are you doing for your Mum on Sunday May 11?



HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

May 2025

Established 2004

Volume 21 - Issue 5



Ray, Peter, Barney, Wayne and Bill



Joy, Robyn and Kathy



Alan, Lindsay and Gloria



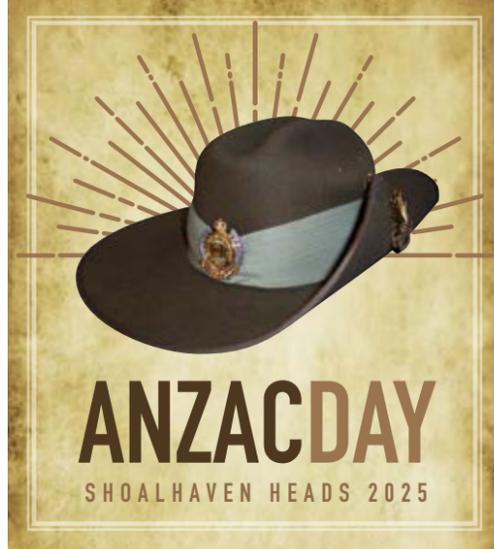
Nicola Little, Oscar Ruru, Henry Fisher, Casey Buurveld and James Buckland



Mountain and James



Peter and Chris



Tracey, Mick, Padre Mark, Tony, Ray and Gloria



Ed, Bill, Wendy, Debbie, Lynne, Ray, Peter and Cecily



Deb, Beryl, Doug, David (president), Wayne, Nathan, Helen, Gary and Rebecca



Helen, Pat, Maureen, Noel, Barney, Linda, Ray, Joan and Dennis



John, Faye and Glad



Trevor, Jenny, Sara, Yvonne, Benny and Greg



Robin Paul and Kay



Robert and Barbara



Bernice, Julie Ron and Chris



Maggie, Neil, Margaret, Kathy, Kate, Maria, Kelly and Steve



Daniel Ashbolt and Leigh George



The crowd spilled out on to Shoalhaven Heads Road. It might not look like it here but numbers of well over 1000 were estimated.



Raine & Horne

Danielle Harris 0407 233 030

Thinking of Selling



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 May 7	Bowling Club 1:30pm Tue June 3
Fire Brigade	RSL Sub Branch
Fire Shed 7pm Mon May 19	Bowling Club 4pm Mon May 5
Lions	Social Hub
Bowling Club 7pm Tue May 13	Community Ctr 10am Mondays
Probus	VIEW Club
Bowling Club 10:30am Fri May 9	Bowling Club 5:30pm Mon May 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	106 Shoalhaven Heads Rd	
112 Shoalhaven Heads Rd			

COMMUNITY FORUM

Councillor Reports

Clr Matthew Norris:

Advised all the Electrical Vehicle charging stations being installed at no cost to Council.

Will advise when the EMP feedback extension is confirmed.

Q. What is happening with the Wharf Road Boat Ramp rebuild grant application?

A. Has been mentioned to the acting CEO of Council awaiting response from State Government (noted that the community has been advised this should have been received by the end of March – transport NSW)

Clr Norris will take this on notice and advise

Clr Selena Clancy:

Clr Clancy confirmed that a Dune Care Group will be formed, and that Peter Swanson of Council will be the co-ordinator.

Removal of the sand at the beach – disappointing but awaiting grant variation approval.

Flood debris clean up – again disappointing for the community.

Discussion took place regarding whether a permit to burn would be approved – some agreed with this approach while others did not want to see burning.

Swimming Pool hours extension – this will be considered for next season.

CMP – feedback received.

Mayor Patricia White:

Pool hours are considered in Council's operating plans, and the Forum should give feedback to Council now regarding the community wish to have the pool available for the swimming season during school holidays – Secretary to provide feedback to Council.

Council have been advised by Department of Local Government that all of Council's Strategic Plans from 1/7/2025 must link to Council budgets to show that items can be funded.

Community Infrastructure Strategic Plan lists \$5.1bn in assets and will list those to be sold and improved.

The Coastal Management Programs – Lower Shoalhaven River and others will now go to the May meeting of Council for endorsement.

There was lengthy discussion at the meeting regarding the CMP and Mayor White advised that the Entrance Management Plan and other flooding elements put forward to the CMP would not be included in the CMP but should be included in the Floodplain Risk Management Plans which are being developed from the various flood studies. The Mayor has met with South Coast MP Liza Butler to clarify the requirements and how actions from the CMP and other feedback on flood mitigation drains and other infrastructure which relates to flooding should be documented and actioned. A clarification letter from Liza Butler is expected and will be passed on to the community and Shoalhaven Heads Estuary Task Force. Dredging will be covered by the Flood Plans and Mayor White noted that there are two sources of funding for this action. The community members noted the need for community involvement in the Northern Floodplain Risk Management Committee and that the Shoalhaven Heads Estuary Task Force should be represented.

Discussion on the permit to remove the mangrove

seedlings – agreed by consensus that Council to be requested to apply for an extension of the permit for 5 years.

A mowing schedule for reserves mowed by Council is being activated on the Council website.

Native Botanic Garden - Tom Korevaar

Working Bees continue apace, with our 20 park care volunteers participating in 2 to 3 per week. Attention to safe work and good OH&S practices are receiving more detailed attention.

We recently invested \$3,000 to fabricate additional metal benches for our plant nursery, which is at the heart of our plant propagation work.

Shoalhaven Heads Estuary Task Force - Phil Guy

Phil noted there was meeting on 12th March with a packed agenda and very little information was provided by Council representatives.

Phil commented on the work done by the members to give constructive feedback to the various issues for the CMP and it is now apparent that the flood committee will be the forum for entrance and flooding issues.

Golf Club

The club are improving the entrance to the car park and the drainage, and the car park will be closed for two weeks from 7th April.

At the recent AGM it was revealed that the club made a profit for the year of \$69k which is an excellent result for the club.

The greens are looking fantastic and while the recycled water is not great for the greens due to a high pH and sodium levels the recent rains have been excellent.

Jerry Bailey Oval toilet

The toilet has been reported by Guido for leakage through the water facility.

Sand at Beach

Discussion on the excess sand at the beach. Guido suggested that the RFS water hoses may assist the return of the sand to the beach once the Council has removed the excess.

Potholes

There are several large potholes around the village on the edges of the parking areas, one opposite Bangalay has been there for over 6 months and is very deep.

Shopping Centre Traffic

Traffic around the shopping centres is causing some concern and a follow up with Council will be made to see if any solutions can be implemented.

Proactive Ranger

Compliment to Council ranger Jonno Wright who was noted as a very proactive person when issues are noticed.

Stormwater Drains

Phil Guy noted that the storm water drains around the village required maintenance to ensure effective drainage of water – Council will be advised.

Safer Roads

It was reported that the road between Shoalhaven Heads and Gerroa requires line marking to ensure safety – Council will be informed.

Community Forum



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AUSTRALIAN FEDERAL ELECTION - MAY 3 VOTE FOR YOUR VALUES

Your vote can help shape the future — but only if you know what you're voting for.

The table below compares where the major parties and your local candidates stand on key issues that affect our daily lives, our rights, and our environment. It's based on what they've said, what they've promised, and what experts and watchdogs have said about their policies.

It doesn't cover every topic. But it focuses on issues where the differences matter — like climate action, integrity in politics, healthcare, housing, and respect for science. We've added notes to explain each of the issues.

Use it as a starting point. If something here surprises you, look it up (using a reliable resource). Ask your candidate where they stand. And most of all — vote for your values.

Issue	Coalition	Labor	Greens	Independent
Leader	Peter Dutton	Anthony Albanese	Adam Bandt	-
Local Candidate	Andrew Constance	Fiona Phillips	Debbie Killian	Kate Dezarnaulds
1. Climate targets (2035 etc.)	Opposed	Supported	Supported	Supported
2. Renewable energy vs nuclear	Supports nuclear, Opposes renewables	Supports renewables	Supports renewables	Supports renewables, Opposes nuclear
3. Trust in experts (e.g. CSIRO, BOM, health and science bodies)	Opposed	Supported	Strongly supported	Supported
4. Political integrity	Opposed	Supported	Supported	Supported
5. Policy consistency	Mixed	Mostly consistent	Consistent	Consistent
6. Women in leadership (Includes MP percentages and stance on quotas)	Low (25%), No quotas	Moderate (47%), Uses quotas	High (60%+), Supports quotas	High proportion, Supports gender equity
7. Cost of living - causes & solutions	Blames migration, Denies price gouging	Mixed	Supports action on price gouging	Focus on affordability, Does not scapegoat
8. Housing affordability	Inadequate response	Supported	Supported	Supported
9. Public service delivery (e.g. aged care quality agency; regulator staffing levels)	At risk	Supported	Supported	Supports local access, Opposes cuts
10. Rural and regional support	Mixed	Supported	Supported	Supported
11. Affordable healthcare	At risk	Supported	Supported	Supported
12. Reproductive rights	Opposed	Supported	Supported	Supported
13. Refugee and asylum seeker treatment	Opposed to reform	Supports reform	Supports reform	Unknown
14. HECS indexation & student debt	Supported	Opposed	Opposed	Unknown
15. Support for arts and media	Opposed	Mixed	Supported	Unknown
16. LGBTQIA+ rights	Opposed	Supported	Supported	Supported




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1 - Climate targets (2035 etc)

Australia is experiencing escalating climate disasters—floods, fires, and rising costs. Achieving net zero by 2050 is insufficient; experts stress the need for significant emissions reductions by 2035.

The Greens and Independent Kate Dezarnaulds advocate for science-based 2035 targets. Labor plans to set one by September 2025. The Coalition opposes this and has considered withdrawing from the Paris Agreement. Andrew Constance, once a climate advocate, now aligns with the Coalition's stance.

Pacific leaders urge Australia to lead on climate. The Heads has faced eight floods this decade. Retreating from climate commitments signals a lack of seriousness.

The science and stakes are unequivocal.

2 - Renewable energy vs nuclear

The Coalition proposes seven nuclear reactors by 2040. However, CSIRO and AEMO indicate renewables with storage are more cost-effective and quicker to deploy.

Nuclear projects often face delays and budget overruns, exemplified by the Vogtle plant in the US exceed-

ing its budget by \$35 billion and the last two reactors ran over schedule by nearly 13 years.

Analysts predict the Coalition's plan could increase household energy bills by \$665 annually. Nuclear energy also demands substantial water resources, posing challenges in drought-prone areas and risking safety.

While solar and wind technologies are advancing in recyclability, nuclear waste remains hazardous for millennia.

Australia's abundant solar and wind resources make renewables a more prudent choice.

3 - Trust in experts

Australia's scientific institutions—CSIRO, BoM, AEMO—provide critical, evidence-based guidance. Disregarding their advice undermines informed policymaking.

Peter Dutton dismissed CSIRO's nuclear cost assessments. Coalition members have questioned BoM's climate data and disseminated vaccine misinformation.

In contrast, Labor, the Greens, and Kate Dezarnaulds uphold the importance of science-driven policies.

Ignoring expert advice leads to increased risks and inefficiencies.

4 - Political integrity

Australians expect leaders to prioritize public interest. This necessitates robust laws, transparency, and accountability.

The Coalition has historically resisted integrity reforms and delayed establishing a corruption commission. Labor instituted one in 2023. The Greens and independents like Kate Dezarnaulds advocate for stricter regulations.

The continuation of these reforms hinges on the forthcoming election outcomes.

5 - Policy consistency

Effective leadership balances adaptability with consistency. Frequent policy reversals erode public trust.

Peter Dutton has shifted positions on taxes, migration, emissions, and public service cuts without clear explanations. Andrew Constance has similarly reversed his stance on climate policies.

Conversely, Labor and the Greens maintain consistent policy directions. Kate Dezarnaulds offers transparent, value-driven positions.

Voters deserve clarity and reliability from leaders.

6 - Women in leadership

Inclusive leadership yields better outcomes. Yet, women remain under-represented, particularly in parties opposing structural reforms.

Parties with fewer women often lack comprehensive policies on reproductive rights, care work, and workplace protections.

Leaders like Kate Dezarnaulds exemplify electorates valuing equity and diverse representation.

7 - Cost of living - causes & solutions

Inflation peaked in 2022 but has since returned to target levels. The Coalition continues to claim it's escalating.

Key contributors include corporate price gouging, especially in essential sectors. The Coalition attributes rising costs to migration. When viewed over the decade, average net migration hasn't dramatically changed. It dropped during COVID and was offset by increases in the following years. Labor and the Greens focus on addressing profiteering and unfair pricing.

Data shows migration has minimal long-term impact on inflation. Effective solutions should target actual cost drivers.

8 - Housing affordability

Home ownership is increasingly unattainable. Rents are soaring, and vacancies are scarce.

Core issues include insufficient affordable housing, planning delays, investor tax incentives, and weak tenant protections. Migration is not a significant factor.

Labor's housing initiatives offer incremental progress. The Greens propose substantial public housing investments and rent controls. The Coalition's super-annuation-for-housing plan may exacerbate price inflation.

Kate Dezarnaulds supports equitable policies and evidence-based local solutions.

9 - Public service delivery

Public servants are essential for delivering critical services. Reductions in their numbers compromise service quality.

Peter Dutton proposed eliminating 41,000 public service positions, later suggesting attrition. Previous outsourcing weakened service delivery. Labor is reversing these trends. The Greens and Kate Dezarnaulds advocate for reinvestment in public services.

Undermining public services adversely affects all citizens, particularly the vulnerable.

10 - Rural and regional support

Regional communities face unique challenges requiring tailored solutions.

The Coalition pledges significant funding but has

a mixed track record, including opposing renewable projects and underfunding essential programs.

Labor, the Greens, and Kate Dezarnaulds focus on sustainable regional investment and climate resilience. Effective support necessitates consistent follow-through.

Rights, access, and equity

11 - Affordable healthcare

Bulk billing rates have declined below 70%. Labor has increased incentives and established Urgent Care Clinics. The Greens and Kate Dezarnaulds support enhanced public health funding. The Coalition favours increased private sector involvement.

In 2014, as Health Minister, Peter Dutton expressed concerns about the sustainability of Medicare, stating "Too many people are getting free services under Medicare."

12 - Reproductive rights

Labor, the Greens, and Kate Dezarnaulds support reproductive autonomy. The Coalition has opposed expanding access, including decriminalization efforts.

13 - Refugees and asylum seekers

The Coalition endorses offshore detention. Labor has ended temporary protection visas but maintains turn-backs. The Greens and Kate Dezarnaulds advocate for humane and efficient processing.

14 - HECS indexation & student debt

The Greens propose abolishing student debt. Labor has capped indexation. The Coalition maintains a market-oriented approach.

15 - Support for arts and media

Labor introduced the "Revive" arts plan and restored funding. The Greens support stable arts investment. The Coalition previously reduced funding and lacks a current policy as of writing.

16 - LGBTQIA+ rights

Labor, the Greens, and Kate Dezarnaulds support inclusivity and anti-discrimination measures. The Coalition has a mixed record, with instances of opposing inclusive policies.

Support for local issues

The future management of the Shoalhaven River entrance has become a key issue in this election, with both major party candidates making public statements in support of the Heads community.

Andrew Constance, Liberal candidate for Gilmore, said:

"I am aware that the Entrance Management Policy for Shoalhaven Heads is currently under review.

The Heads community should be listened to in relation to both the channel and the river mouth. All too often agencies have not responded to community needs as required.

If elected on May 3, I will work across all levels of government locally and with the relevant agencies on this important local issue. I am a strong supporter of the Heads Community and will always assist where I can."

Fiona Phillips, Labor incumbent for Gilmore, said:

"People in Shoalhaven Heads feel like they've been let down by Council and I don't blame them for feeling that way.

I think the community has legitimate concerns about the management of the river entrance, and I'll be writing to Council to ask them to take another look at this. I understand there are complex environmental factors here, but surely Council can come up with some solutions that aren't just more of the same."

Both candidates have acknowledged community frustration and expressed willingness to support a better outcome for Shoalhaven Heads.

What matters most is up to you

This election is about more than politics — it's about the kind of future we want. From climate action to healthcare, housing, and honesty in government, your vote helps shape what happens next. Make it count. On May 3, vote for the values you want to see reflected.

Heads News



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**Choose any one of these dates: 6 May (10.45-12.15)
20 May, 24 June, 22 July (11.00-12.30)**

Call Darren on 0409 920 711

LETTER TO THE EDITOR FROM REPOWER SHOALHAVEN

Most locals will know Repower Shoalhaven — the not-for-profit behind the solar panels on the Golf Club, the Bowling Club, and even the large-scale solar farm in Nowra. Since 2013, they've helped install over 5MW of clean energy in the region.

They've always kept out of politics, but with the election coming up, they've decided to speak up. Here's the letter they sent us:

Dear Readers,

Given the stark choices in the upcoming Federal election, Repower Shoalhaven cannot remain politically neutral.

2025 Election Response We can no longer remain silent.

Repower Shoalhaven Incorporated has, since its inception in 2013, worked to facilitate the development of renewable energy generation for the benefit of the community. These efforts have resulted in close to 5MW of generation being

installed. Generation which will provide 20 to 30 years of cheaper, emissions free, energy supply to local enterprise and institutions.

To date Repower Shoalhaven has approached the provision of renewable energy - and the more recent associated activity to promote Electrify Everything - from a politically neutral position.

The Repower Shoalhaven Inc. committee have determined that our neutrality can no longer be sustained. As evidenced by the Climate Change Authority reports, the next parliament must act to greatly enhance emissions reduction and the transition to renewable energy.

Statements by the Liberal candidate for Gilmore, Andrew Constance, which are completely contrary to his statements post the 2019/20 fires, have given rise to grave concerns as to our future emissions trajectory and the roll of renewable generation, should the Coalition secure government.

Cost of living pressures are a major feature of the election

rhetoric. Climate Change is having a permanent and increasing impact on costs - insurance, food, taxes to pay for major event recovery etc.

The Repower Shoalhaven Inc. committee urges our members, supporters and the community at large to respond to this reality.

Vote as if your family's future depends on the outcome - because it does.

When casting your votes, critically consider your preferences, prioritise consideration of how the energy policies on offer impact the economy, our security, existing/future renewable energy investments and employment. The Coalition's energy policies negatively impact all of these factors.

Please engage with your families, friends and wider networks to advocate for the next parliament to enact substantially enhanced actions to reduce emissions and accelerate the transition from fossil fuels.

Repower Shoalhaven Inc

BOTANIC GARDENS - 10TH ANNIVERSARY AND BGANZ DAY

Hello gardeners and nature lovers,

Botanic Gardens Australia & New Zealand (BGANZ), of which we are a member, have their Botanic Gardens Week on 19-25 May, 2025. It is the 10th Anniversary of the Botanic Gardens Day, although this will only be our 3rd. Theme: "Guardians of the Green. Protecting Our Future". Inspired by the success of zoos raising awareness for wildlife conservation, this campaign positions botanic gardens as the "zoos for plants" - places where rare and threatened species are safeguarded for future generations and where society can learn and connect with nature. Guardians of the Green will deepen public understanding of the essential role botanic gardens play in combating biodiversity loss and enhancing support for nature. Together, we will inspire visitors

to become active participants in plant conservation - because protecting plants means protecting our future.' (Quoted from BGANZ)

Our Open Day will be Sunday 25th May, and even though we are "open" every day, there will a small plant sale to encourage you to visit. There will also be an information table for Hortis 360 and volunteers to show you how to use it so you can find plants that interest at SHNBG. Sit and listen to the live music as our BBQ will be fired up for sausage sandwiches and Bacon & egg rolls with cold drinks or tea & coffee to wash it down. There will also be community information tables such as bushcare and garden group. Our neighbours The Men's Shed will also be having an open day so check them out and maybe join up!



Just out of interest, we have had visitors who signed our book from Switzerland, Germany, USA, Scotland, UK, Nepal, The Netherlands, Canada and all Australian states, and even a few dogs! Please get your visitors to sign the book (at the arbour), we love reading comments too!

Chris Lawrance



PROBUS - FROM BBQS TO THEATRE

As we transition from the warmth of summer to the cooler days ahead, our newly elected committee is dedicated to making this a memorable and rewarding year and have already begun planning an exciting array of activities and events for the upcoming year. Our goal is to offer a diverse range of experiences that cater to the interests and needs of all our members.

A casual and spontaneous BBQ has been organised for 19th of this month for members to get together at the surf club picnic area, with BYO options or easy fish and chips from the local takeaway. This would be a wonderful opportunity for anyone considering joining

Probus to come along and enjoy the afternoon.

Our Gourmet Wanderers have a special day planned for this month with members car-pooling to beautiful Berrima where there is plenty of sight seeing, restaurants & cafes to enjoy. Oh! Did I mention walking is optional (you can walk as much or as little as you please).

Our bus trip to the Races, is in the process of being organised by Paul and is likely to be next month in June. Paul is making the final arrangements and will get back to us with a date at our next meeting.

Our Entertainment Group's next outing is to the Nowra Players who will be performing a new play

called 'Bloom' by Andrew Moreton on Saturday 21st June at 2pm. The Tickets were sought after for this live play with interested members now securing their tickets from Heather. It is anticipated to be a great afternoon. The visit to live theatre is so enjoyable and our members always love to welcome new faces.

We hope to see you at our next Probus meeting. We meet every second Friday of each month at Heads Bowling Club at 10:30am. For further information or to come along to one of our informal gatherings, please contact our President Linda Steyne on 0413 018 440.

Kerry Kells - Publicity Officer

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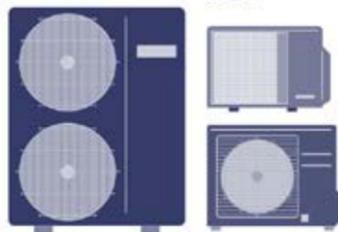
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HEADS MEN'S SHED

G'day all Heads Shredders, we are experiencing a good membership drive, with the new female members leading the way. I now need all our Shredders out there to bring any items you have that need a little or a lot of work — just come and see Pat or Keith and we will do our very best to help you out.

A very important date for your calendar is 25 May from 8:00am to 2:00pm. We will be having an open day where people can see the Shed, find out how the Shed could help you, and even how you could help the Shed. We will have items to sell and some electric tools and appliances (that will be checked and tagged).

Last month was National Volunteers Week.

- I was informed of some very sobering statistics:
- Suicide is the leading cause of death for Australian men under 45.
- Men account for 3 in every 4 suicides.
- Men in rural areas experience significantly worse health outcomes and lower life expectancy.
- Mental health support remains critically underfunded, despite growing needs.

So if this information doesn't get you moving off your sofas, join in volunteering — it's the best thing you can do for yourself and your community.

Pat Duggan, Secretary



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Authorised by Fiona Phillips, Australian Labor Party, 3/59 Junction Street Nowra NSW 2541



HEADS FISHING CLUB - FISHERMAN'S FEAST A GOOD FRIDAY HIT



Ann and Merridy having a great time



Paul and Jenny serving the feast with a smile



Jenny, Terry, Debby and Suzanne making the most of the day



Casting comp runner up Jordy with winner Taj



Demi with her little bunny Oka and Rebecca



Marty with \$500 prize winner Rudi



Al and Karen enjoying the atmosphere



Paul behind the bar



President Ion, Lynne, Jenny and Geoff still smiling at the end of the day



John, Gary and Beau sharing a laugh and a meal



Who's bums are they?

The Heads Fishing Club's Good Friday "Fisherman's Feast" was a big success, with hundreds of locals turning out to enjoy fresh seafood, cold drinks, and a relaxed afternoon by the river.

President Ion Lloyd said it was great to see so many local families making the most of the day. "It had a real community feel," he said. "Everyone was just sitting

back, enjoying a meal and a chat in the sunshine."

The menu featured freshly caught fish including yellow fin tuna, mahi mahi, and New Zealand blue whiting, served with rolls, salads, and condiments. Local businesses supplied the drinks and produce, and the homemade desserts, including Rudy Bochdal's daughter's apple strudel, were quickly snapped up.

More than 300 meals were served, with the children's casting competition another highlight. Taj took out first place, with Jordy finishing second.

Ion said the club had invested in new seating and marquees to make events even more comfortable, and they are looking at ways to keep improving facilities for future community events.

Heads News



LIONS CLUB

At the beginning of our April meeting guest speaker Jenny Barclay from the Tahmoor Lions Club gave us a very interactive presentation on the Lions Eye Health Program (LEHP). The program involves testing young children for various vision problems including Myopia (near sightedness), Hyperopia (far sightedness), Astigmatism (blurred vision) and colour blindness.

Results from LEHP screenings have confirmed the National statistics of 1 in 5 children have an undetected vision problem. 80% of a child's learning is achieved

through their eyes. Vision problems can affect a child's development including their confidence, their academic & sporting results. Early detection is the key!

After Jenny's presentation we unanimously agreed to get involved in LEHP which will initially involve some of our members being trained. We look forward to being involved in this worthwhile program.

At our April meeting we agreed to donate \$500 to Bravehearts which as I mentioned in the April edition of the Heads News is an organisation that provides a co-ordinated and holistic approach to the prevention and

treatment of child sexual abuse primarily focusing on providing programs to educate primary aged children.

We also agreed to donate sets of books suitable for children aged 4 to 12 to the Pre-school and the Primary School.

Our Club has applied for a Clubs NSW grant for \$7500 to supply the evolving Dune Care group with some necessary equipment.

Our next meeting will be held at the Bowling Club on Tuesday 13th May commencing at 7pm. Visitors are always welcome to join us.

Rob Russell - President

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LOCAL COMMUNITY DIRECTORY

CLUB	CONTACT	PHONE	MEETINGS
Beer Appreciation	Mike Howard	4448 7833	TBA each month
Botanic Garden	Tom Korevaar	0429 012 796	Working Bee 8am every Monday at 9 Celia Parade
Bowlo Fishing Club	Scott Tyrrell	0447 782 800	Weigh-in last Sunday of each month
Bushido Judo Club	Darren	0409 920 711	Tue 5:30-7:30pm - Community Centre
Community Centre	Jenny Edwards	0418 100 151	Contact Jenny for hiring of the Community Centre
Community Forum	Robyn Flack		1st Wednesday of month at Bowlo at 7:00pm
Computer Club	Alan	0416 008 406	10:30am every Wed at the Bowling Club
Cricket	Ted Street	4464 1142	Season October to April
Fire Brigade	Stephanie Judge	0412 425 567	3rd Mon at 7pm Training - Sun 9am - 12 noon
Garden Lovers Group	Laurie Talbot	0428 441 667	2nd Thur of the month - 1:30pm at the Com Centre
Golf Club	Club House	4448 8683	Open 7 days a week
Handicraft Group	Marilyn McMahon	4448 7756	Wednesdays 9am to 11am at the Community Centre
Heads Fishing Club	Ion Lloyd	0424 705 520	2nd Sunday of the month BBQ & Weigh-In 1:00pm
Jerry Bailey Children's Centre	Staff	4448 7524	Open 8:00am till 6:00pm Mon - Fri
Lions Club	John Moore	0417 027 692	2nd Tue of the month 6-7pm at the Bowlo
Meals on Wheels	Deborah Getley Viv Jones	0402 855 332 0413 290 869	Meals cooked Wed & Fri and delivered Mondays
Men's Shed	Pat Duggan	0473 120 615	Mon, Tue, Wed 9:00am - 12 noon Celia Place
Playgroup	Shannon Opel	0484 098 388	Mon, 10:30-12 at the Bowlo (in school terms)
Probus Club	Maggie Pye	4448 5913	2nd Fri of the month 10:30am at the Bowlo
Public School	Office	4448 7174	Ravenscliffe Road, Shoalhaven Heads
Red Cross	Jenny Edwards	0418 100 151	1st Tue of odd months 1:30pm at the Com. Centre
RSL	Paul Bounds	4448 8284	1st Monday of month (4:00pm) at Bowling Club
Rugby Union	Greg Murphy	0411 255 060	Season April - September

CLUB	CONTACT	PHONE	MEETINGS
Soccer - Registrar	Chris Firth	0411 524 747	rego@shbfc.com.au Season: April - September
Social Golf - Bowlo	Bowling Club	02 4448 7154	Golf Club
Social Hub	Robyn Flack	4448 7208	Mon 10-12 at Com Centre (during school terms)
Surf Club	Karl Poulton	0401 824 335	Patrol Sep to Apr Nippers Oct to Apr
Tennis & Pickleball	Christine Talbot	0419 465 995	Mon & Wed 9am, Tues & Wed 7pm
VIEW Club	Sue	0408 620 527	2nd Monday of month at Bowling Club at 11:30am
Yoga	Tania	4448 7833	Mon & Wed 5:30-6:30pm Community Centre

JUSTICES OF THE PEACE

Carol Orr	0418 276 808
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If any of the above information is out of date or incorrect, please contact tania@headsnews.com.au with the correct information.
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River tide is lower & approx 1 hr behind (when mouth is closed) the ocean tides shown. General info only - not for navigation.

Tue 1 Apr H 18:03 1.31m L 05:22 0.25m H 11:27 1.52m L 17:18 0.40m H 23:44 1.86m	Wed 2 Apr L 06:23 0.30m H 12:24 1.37m L 18:02 0.52m	Thu 3 Apr H 00:34 1.81m L 07:29 0.37m H 13:27 1.23m L 18:51 0.64m	Fri 4 Apr H 01:31 1.74m L 08:42 0.44m H 14:42 1.14m L 19:52 0.74m	Sat 5 Apr H 02:36 1.65m L 09:59 0.48m H 16:07 1.12m L 21:09 0.79m	Sun 6 Apr H 02:51 1.59m L 10:09 0.49m H 16:23 1.16m L 21:31 0.78m	Mon 7 Apr H 04:03 1.57m L 11:07 0.48m H 17:19 1.23m L 22:42 0.73m	Tue 8 Apr H 05:04 1.56m L 11:52 0.47m	Wed 9 Apr H 05:54 1.57m L 12:30 0.45m H 18:40 1.39m	Thu 10 Apr L 00:28 0.60m H 06:35 1.56m L 13:02 0.44m H 19:14 1.46m	Fri 11 Apr L 01:10 0.55m H 07:14 1.54m L 13:30 0.44m H 19:45 1.53m	Sat 12 Apr L 01:49 0.51m H 07:48 1.51m L 13:57 0.46m H 20:15 1.59m	Sun 13 Apr L 02:27 0.49m H 08:24 1.47m L 14:23 0.48m H 20:44 1.64m	Mon 14 Apr L 03:04 0.47m H 09:01 1.41m L 14:49 0.52m H 21:14 1.67m	Tue 15 Apr L 03:42 0.47m H 09:38 1.35m L 15:17 0.57m	Wed 16 Apr H 21:46 1.68m L 04:22 0.49m H 10:17 1.29m L 15:47 0.62m H 22:19 1.67m	Thu 17 Apr L 05:04 0.52m H 10:59 1.23m L 16:19 0.68m H 22:56 1.64m	Fri 18 Apr L 05:51 0.56m H 11:46 1.17m L 16:57 0.74m H 23:39 1.59m	Sat 19 Apr L 06:47 0.59m H 12:41 1.12m L 17:45 0.79m	Sun 20 Apr H 00:31 1.55m L 07:50 0.60m H 13:47 1.11m L 18:48 0.82m	Mon 21 Apr H 01:33 1.52m L 08:56 0.57m H 15:02 1.14m L 20:07 0.82m	Tue 22 Apr H 02:45 1.54m L 09:55 0.51m H 16:07 1.22m L 21:26 0.77m	Wed 23 Apr H 03:52 1.59m L 10:46 0.43m H 17:00 1.34m L 22:34 0.67m	Thu 24 Apr H 04:52 1.65m L 11:32 0.35m H 17:46 1.48m L 23:35 0.55m	Fri 25 Apr H 05:46 1.69m L 12:14 0.30m H 18:30 1.63m	Sat 26 Apr L 00:32 0.43m H 06:38 1.70m L 12:55 0.28m H 19:13 1.77m	Sun 27 Apr L 01:28 0.33m H 07:32 1.66m L 13:37 0.30m H 19:58 1.89m	Mon 28 Apr L 02:23 0.25m H 08:25 1.59m L 14:19 0.36m H 20:44 1.97m	Tue 29 Apr L 03:19 0.22m H 09:21 1.50m L 15:03 0.44m H 21:32 2.00m	Wed 30 Apr L 04:17 0.23m H 10:19 1.39m L 15:50 0.53m H 22:22 1.98m
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FIRE BRIGADE

Hi Everybody. Eleven jobs this month. A grass fire. Power lines down. Trees down. MVAs, and an activated Smoke Alarm. Add to that two "bonfires". Talk about variety.

Bolong Rd grass fire

The month started with the grass fire. A call came in at 11:30pm on a Thursday evening. SHRFB responded to find small area of bush and grass alight on Bolong Rd Back Forest, adjacent to the Shoalhaven River. It was quickly extinguished and we headed back to bed.

Windy Damage

You may recall we had several and windy days last month and as a result we received several calls relating to storm damage.

The first came in one Wednesday at morning tea time.

Suspected Power Lines on Noakes St had come down in the wind. We and Police blocked through traffic until we were able to confirm the lines were for telecommunications, not Power. The attending Police departed, as did we, to the next job.

Chainsaw Fleur

A tree had fallen across the driveway of a Coolangatta Rd residence. Fortunately, we have several chainsaw qualified members. And one of our more recently "badged" chainsaw operators got to work.

There was a lot of advice being offered by the male crew members watching on. Despite the freely offered advice, Fleur got the job done.

Poor BMW

On to the next "tree down", where a sizeable branch had fallen on a parked BMW. Luckily no one was harmed in either incident. This time, Chris was on the chainsaw which required some delicate operation so as to not damage the vehicle any further.



Chainsaw Fleur



Bolong Rd grass fire

Jack-Knife on the Highway

Early afternoon one Wednesday, we were called to a Motor Vehicle Accident on the Princess Hwy at Broughton Village. On arrival, we found a car and car trailer, had mounted the Cable Barrier, becoming stuck.



Poor BMW



Jack knifed trailer

No one was injured but I'm sure there was some dented pride. Passing traffic had to be controlled and the Transport Management Crew called to release the cables, the car and trailer whilst we provided fire protection and cleared up some spillage.

Work Trailer Didn't want to work

Not to be done for the day, as crew headed home we came across another car/trailer incident. Witnesses reported the car and workman's trailer had separated, with the now untethered trailer flipping on Gerroa Rd.

Several passers by had stopped to lend some assistance, so we joined in and were able to move the trailer further off the road. We had to use our entry tools to

open the damaged tool lockers and help the driver recover his equipment.

Easter Fires

Over The Easter weekend locals and visitors to the area like to sit by a camp fire, taking advantage of good weather. On two occasions we were called to attend. The first was to a well prepared burn that the owners had pre-reported to the RFS. Nothing to do here.

The second was to a burn on the river front, which reportedly due to wind had escaped into nearby trees. A small job but still needed our attention.

Please be fire safe. All year round!

Stay safe, Geoff Parker



What's On at Heads Bowlo

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From the desk of Jason Stalgis, Principal of First National Coast & Country.

“We’ve seen a healthy lift in buyer engagement over the past few months, and we expect that to increase further once the federal election is out of the way. The appetite for quality properties remains strong, particularly from Sydney-based buyers and locals looking to get into the property market or upsize into a larger home.” Jason commented that “Once the election is behind us and there is more certainty in the market, I expect buyer confidence to lift even further.” Historically, elections tend to create a short-term pause, but activity often rebounds quickly once results are in—especially when interest rates remain stable, and demand stays high. Recent sales include Claire Nunn achieving a fantastic sale at 23 Bolt Street, Shoalhaven Heads after just one open house, securing \$1,415,000 for the vendors. Jason Stalgis and Lilli Williams also sold 3/5 Elwin Court, North Nowra in just 3 weeks for \$440,000.

For Sale



1 Hanlon Avenue, Shoalhaven Heads
\$920,000 - \$960,000 - Claire Nunn



10 Cheltenham Drive, Shoalhaven Heads
New to Market - Claire Nunn



8 Woolstencraft Street, Shoalhaven Heads
New to Market - Claire Nunn



40 Golden Hill Avenue, Shoalhaven Heads
\$1,185,000 - Claire Nunn



95 Scott Street, Shoalhaven Heads
New to Market - Claire Nunn



4/15a Davenport Road, Shoalhaven Heads
\$695,000 - Lilli Williams & Jason Stalgis



96 Scott Street, Shoalhaven Heads
Contact Agent - Jason Stalgis & Nana Coburn



23 Noakes Street, Shoalhaven Heads
\$1,200,000 - \$1,300,000 - Claire Nunn

Sold



3/5 Elwin Court, North Nowra
\$440,000 - Jason Stalgis & Lilli Williams



4 Davenport Road, Shoalhaven Heads
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23 Bolt Street, Shoalhaven Heads
\$1,415,000 - Claire Nunn



5 Byron Avenue, North Nowra
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Travel Diaries

GLACIERS, PENGUINS AND THE END OF THE WORLD

At Travel Focus Group, we love to share the inspiring travel stories our clients bring back. Their journeys are full of life and colour, and we're dedicating this space to showcasing them. In this edition, we feature Somprom's incredible adventure to Patagonia.



Torres del Paine Chile

Patagonia - Part One By Somprom Svinos

A bucket-list destination for many, Patagonia—the southernmost region of Chile and Argentina—is a breathtaking landscape of snow-capped mountains, tumbling rivers, and immense ice fields.

I began in El Calafate, a town in an ancient glacial valley on the shores of Lago Argentino. Crossing the lake to Estancia Cristina, I enjoyed stunning views of the Upsala Glacier and a traditional Patagonian meal.

The next day, I visited the awe-inspiring Perito Moreno Glacier. After a boat ride across the lake, we trekked over the glacier—an unforgettable experience.

We then transferred to El Chaltén, Argentina's hiking capital, where we explored the stunning landscapes

of Mount Fitz Roy, Laguna de Los Tres, and the Piedras Blancas Glacier. A rugged ride took us to Lago del Desierto, a remote lake on the Chilean border, where we cruised past hanging glaciers.

A short flight brought us to Ushuaia, the "End of the World" and gateway to Antarctica. From here, we boarded the Ventas Australis, the only cruise accessing Chilean Patagonia's fjords and glaciers.

Over four days, we navigated untouched wilderness, stopping at Cape Horn, where we saw the Albatross Monument, a tribute to sailors lost in these waters. We explored massive glaciers by zodiac and visited Magdalena Island, home to a colony of Magellanic penguins.

Disembarking in Punta Arenas, we bid farewell to Patagonia's breathtaking landscapes—a truly unforgettable journey.

Thanks for sharing Somprom! Send your stories to office@travelfocusgroup.com

Peta Godfrey

VIEW

As is our usual custom to acknowledge ANZAC Day, we were joined at our April meeting



Graeme Baseden with Sue

by Graeme Baseden (a member of Shoalhaven Heads RSL). Graeme spoke of his memories of spending ANZAC Day in many different places throughout his life. These memories began in Cooma and included Mexico, Solomon Islands, and cruising in Alaska. Spending 3 years in Belgium city of Ypres created very special memories as he told of the Last Post being played every single day of the year in acknowledgement of the profound historical significance as a key site on the Western Front during WWI.

Graeme's presentation was very much enjoyed by our members and a Vote of thanks was given by valued member Sue.

VIEW (Voice, Interests and Education of Women) is proud to be the largest community sponsor of The Smith Family's Learning for Life program, which provides students with financial, educational and personal support, which is crucial, particularly in the current economic climate.

Our club is proud to sponsor 3 students on The Smith Family's Learning for Life program.

We always welcome new friends to VIEW and hope you can join us at our next meeting on Monday 12th May 2025, 12 noon for 12.30 pm at Shoalhaven Heads Bowling Club. We meet for lunch during the months of May to August inclusive.

Please contact Sue on 0408 620 527 if you would like to come along.

Lorraine (President)

AUSTRALIAN RED CROSS

Another Red Cross Morning tea is upon us, SATURDAY 10th MAY, 10.30-12noon in the Community Centre Banksia Room. As it's the day before Mothers' Day, why not catch up with family - mums, grandmums and great grandmums! Or just use the opportunity to meet up with friends for a chit chat. All welcome. You're sure to find something delicious to eat!

Mother's Day morning tea Banksia room Community Centre 10.30am Saturday May10

As mentioned in the last Heads News, the new location for selling our Mothers' Day raffle tickets in the weeks prior to the Morning Tea:- same set of shops, but outside the Bottle Shop. Saturday 26th April and 3rd May, 9.30-11.30am. It will be drawn at the finish of our Mothers' Day morning Tea on 10th May. Cash only, thanks.

A big thank you to the IGA for your continuing support and the Bottle Shop for kindly allowing us to sell out front of your shop.

Our next meeting is Tuesday 4th June in the Banksia Room at 1.30pm. Visitors and new members are always welcome to our meetings.

Pat Loveridge

DUNE CARE GROUP - VOLUNTEERS NEEDED

The first Dune Care Group meeting will be held on Wednesday 14 May 2025, from 3:30pm to 5:30pm at the Surf Club. Peter Swanson, Council's Lead Land Manager, will be leading the session.

Come along to express your interest, share ideas for activities, and find out how you can get involved. Volunteer registrations can also be completed on the day.

Heads News

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Somprom in Patagonia - Part 1

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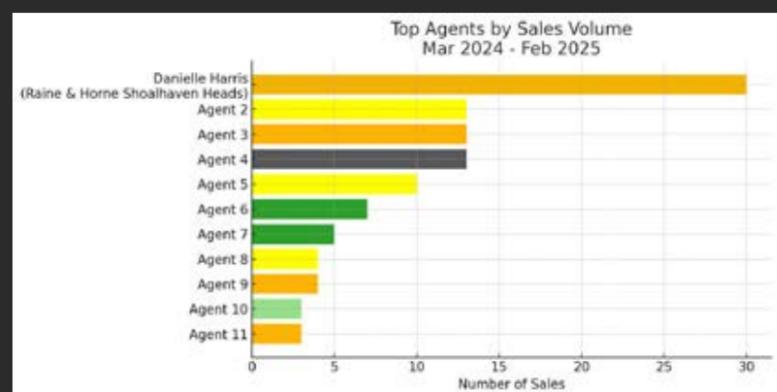
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BUSHCARE

During April, Shoalhaven Heads Group have been clearing Lantana, Senna and Asparagus Fern near the Water Treatment Plant in Gerroa Rd and Rex Worrell Shorebird Park was tidied up and trees planted to commemorate Rex's birthday. Weeds were removed around Jerry Bailey Oval and the Northern end of the Pump Track. River Rd Group have been weeding and mulching and are planning more plantings and mulching above the rock wall during autumn. Golfers group has been busy restocking the nursery, removing lantana regrowth adjacent to Seven Mile Beach National Park and planting near the 10th and 1st tees. A Native Pollinators workshop was held at Jamberoo on 3rd April and Intro to Fungi at Milton on 23rd April. We have lost volunteers this year due to health issues and moving from the area, if you are interested in helping with this rewarding experience please contact the coordinators listed



Noel, John, Kim, Virginia & Marysia mulching at the rockwall



Harry & Mark clearing regrowth in the hind dunes

below or see us at National Botanic Gardens Day on Sunday 25th May

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, take care going into the bush. Golfers Group meet on Mondays at 7.00am in SHGC car park and the Heads Group meets on Tuesdays at 7.30am at various sites. Contacts: Heads Group and Golfers Group; Noel 0428400790, River Rd Group; John 0405217509

Noel Schneider



RSL SUB-BRANCH

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

May Anniversaries

- Battle of the Coral Sea commences (1942)
- 8 May - Victory in Europe (1945)
- 14 May - Hospital Ship Centaur sunk (1943)
- 9 May - International Day of UN peacekeepers
- 31 May - Japanese submarines attack Sydney Harbour (1942)
- 1May - Boer War ends (1902)

Battle of the Coral Sea

In World War II Japanese military forces quickly took advantage of their success at Pearl Harbor to expand their holdings throughout the Pacific and westward toward India. This expansion continued relatively unchecked until mid-1942. Then, after losing the Battle of Midway, Japan was forced on the defensive. By the end of April 1942 the Japanese were ready to seize



Lindsay got a lift to and from the ANZAC service in Ray's 05 (Peter Brock) buggy control of the Coral Sea (between Australia and New Caledonia) by establishing air bases at Port Moresby in south-eastern New Guinea and at Tulagi in the southern Solomons. But Allied intelligence learned of the Japanese plan to seize Port Moresby and alerted all available sea and air power. When the Japanese landed at Tulagi on May 3, carrier-based U.S. planes from a task force commanded by Rear Adm. Frank J. Fletcher struck the landing group, sinking one destroyer and some minesweepers and landing barges. Most of the naval units covering the main Japanese invasion force that left Rabaul, New Britain, for Port Moresby on May 4 took a circuitous route to the east, which invited a clash with Fletcher's forces.

"Lest we Forget" - Peter Young - President

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FALL PREVENTION COURSE A SUCCESS

After receiving a note in the mailbox, we attended a course for Gentle Fall Prevention and Fall Protection what a pleasure it was to be shown and informed of these particular instances to learn particularly the prevention also protection and recovery strategies. It is wonderful to be treated with care as we delight being in the age bracket of what is commonly called the elderly. We thoroughly enjoyed the course and classes and are now doing exercises for our body each week in a gentle way and learning more on balance and fall prevention, protection and recovery strategies. We have all benefitted by attending the course and learning to understand all the practices



being taught at this class. We thank you Darren, Danny and the team for their initiative to work on this project for our community here at Shoalhaven Heads. If you are interested, we thoroughly recommend you call Darren 0409920711.

Look forward to seeing you there!

Shirley and Lyn



BEER APPRECIATION GROUP - S'HEADS

Greeting's beer enthusiasts, beer connoisseurs and home brewers. Over the last 24 months, around 47 breweries have either entered voluntary administration or entered liquidation. This is a sad situation when the people who start these breweries are usually regular people with young families who have a passion for craft beer. Many brewers start out home brewing and follow the progression, eventually moving into the craft beer scene by opening their own local brewery.

The killer in all of this is known as the 'dripping tax', worth \$6.2 billion to the federal government. With a tax that continues to rise twice a year, combined with inflation and cost of living increases, unfortunately the craft brewer doesn't stand a chance. The dripping tax needs to be turned off and our small craft breweries need to be given a proper chance to brew great beer at a reasonable price. Currently, Australia has the 3rd highest alcohol tax, accounting for 63% of what you pay per bottle of beer.

All that aside, here is a clone recipe of a golden oldie that got me excited about craft beer, many years ago:

Innes and Gunn - Scotch Ale (21L)

OG: 1.082 FG: 1.012 IBU: 23 ABV: 9.2%

All Grain Ingredients

- 6.7kg Pale Ale malt
- 110g Chocolate malt
- 55g Peated malt
- 61g Fuggles hops (60mins)
- Irish moss or whirlfloc tablet (10 mins)
- 30g Vanilla
- 50g American oak chips
- 1pkt SafBrew US-05
- Make a 2L starter for this

Method:

Mash grain in 21.3L of treated water at 68C for 60 minutes. Mash-out at 75C and sparge with 12.8L. Remove 3L of first wort runnings and boil down to 1L on a separate stove. Bring to the boil reaming wort for 90 minutes, adding hops +30 minutes, then whirlfloc tablet with 10 mins to go.



Pour back in the reduced wort at flame out. Complete primary fermentation at 21C for 7 days. Transfer to secondary, add 30g vanilla extract and 50g American oak chips. Leave at 19C for 1 month. Rack into kegs, charge with CO2 - enjoy!

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

Heads Brewing Co



WINTER WARMER WITH A SPICY TOUCH

As skies darken and we're looking for our slippers around meal time, finding something that is new, simple, delicious and warming is a great way to prepare for the season ahead.

This is a terrific meal-in-a-tray we found in the latest Recipe Tin Eats cookbook so you can be confident it will work a treat.

The Arabic inspiration of this dish ensures you get a great dash of spice and lemon flavours while enjoying a hearty dish of chicken, spuds and carrots. We don't mind a few green beans, peas or steamed broccoli as well for added colour. Just make sure to give them a good dash of the delicious sauce this dish creates.

And try to get hold of some sumac for this dish. We can generally find it in the spice section at the supermarket. If not swap for paprika and good dash of lemon juice.

Arabic chicken and potatoes

Ingredients

- 5 x 250 g bone-in, skin-on chicken thighs
- Extra-virgin olive oil spray, or 2 tsp extra-virgin olive oil
- 1 kg potatoes, scrubbed clean, cut into 7mm thick slices
- 1 bunch Dutch carrots scrubbed clean (10-12 carrots) or regular carrots, peeled and cut into 10cm batons about 1.5cm wide.
- 2 tbsp extra-virgin olive oil
- 1 tsp sumac powder
- 1 tsp cooking salt
- ½ tsp black pepper
- 1 tsp paprika
- 1 large garlic clove, crushed using a garlic crusher
- ½ tsp dried thyme
- ½ tsp ground cumin
- 1 tsp sumac powder
- ½ tsp white sesame seeds
- 1 tsp cooking salt*
- ½ tsp black pepper
- 3 tbsp plain yoghurt (substitute sour cream)
- 1 tbsp extra-virgin olive oil
- Handful of coriander leaves or parsley to serve

Method

Preheat the oven to 200°C (180°C fan-forced). Line a large baking tray with foil, then baking paper.



Place the potato and carrots in a large bowl. Drizzle with the olive oil, then sprinkle with the sumac, salt and pepper. Toss well, separating the potato slices to coat the surface of each piece. Pile onto the tray, overlapping the potato slices slightly, leaving space for the chicken.

In the same bowl add all the chicken spice paste ingredients. Mix to combine, then add the chicken and use your hands to rub the mixture into all the cracks and crevices. Nestle the chicken among the vegetables on the tray. Scrape out all the remaining paste in the bowl and dab it onto the chicken skin. Spray with the extra-virgin olive oil spray.

Bake for 45-50 minutes, rotating the tray at the half-way mark, until the chicken is deep golden.

Rest for 5 minutes on the tray, then divide the chicken, carrots and potato among plates.

Use the tray juices as the sauce. Sprinkle with coriander or parsley (if using).

Uncle Tim



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SUDOKU

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

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

KENKEN

Fill in the numbers from 1 to 6 in each row and column.

The dark outlined areas are called cages. At the top left of each cage is a target number and operator. The numbers in a cage must produce the target number using the operator (+ plus, - minus, x multiply or / divide). Eg 6x in a 3 cell cage could be 1,2,3 (1x2x3=6)

4-	3/			12x	30x		
	7+	6/			1-		
4				3-	2-		
3/	12x	20x			3/	2x	
				6x			
5	12x				12x		

9 LETTER CONUNDRUM

T	P	I
R	A	O
M	N	T

Make as many words 4 letters or more including the 9 letter word. No plurals ending in 's'. Each letter can only be used once and each word must use the centre letter. The dolphin on the front page is a clue.

23 words: Good,
38 words: Very Good,
48 words: Excellent

April's Sudoku

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

April's KenKen

6x	120x	6	8x	1	2	5
3	4			10+	3	36x
1	2	5			4	6
4	10+	6	1	2	5	3
5	3	13+	4	6	10+	1
2	5	3	1-	4	6	4/
6	1-	2	5	3	4	

April's Conundrum

BAMBOOZLE, abloom, amble, babel, blame, blaze, bloom, able, aloe, bale, balm, blab, blob, bole, bolo, lamb, lame, laze, loam, lobe, loom, male, meal, mole, oleo, zeal

BOWLO SOCIAL GOLF

Kembla Grange was the course played on 23/3 with 25 teeing up.

Winners: Wayne Boorer - 36 points Helen Todd - 28 points	Runners Up: Glen Evans - 34 points Suzie Collins - 28 points
Drive n Pitch: Adrian Lutton	Nearest the Pin: Mick Collins, Steve Ricketts, Noel Garden, Peter Young & Adrian Lutton

Well done and congratulations to you all.

On Monday 31/3, a group of our members head off on the annual trip away. This year staying in Merimbula and playing some of the far south coast courses including Merimbula, Tathra and Tura Beach. After settling in on Monday afternoon they enjoyed a game of barefoot lawn bowls on the covered carpet greens.

Fun Fact: Tathra game was a Girls v Boys match, well the girls were one short, so good sport Glenn became 'Glenda' for the day. Good on you Glenn. I wonder if you wore your skirt? I didn't get sent that photo to publish.



The next event was played at Calderwood on 6/4.

Winners: Vicki Askew Shane 'Tiger' Woods	Runners Up: Maureen Latimer Phil Green
Drive n Pitch: Shane 'Tiger' Woods & Ray Smith	Nearest the Pin: Peter Young, Wayne Boorer, Gary Hawkes & Mick Collins

Next games coming up:
4/5 - St George's Basin and 25/5 - Worrigeer
Joan Hanchard - Publicity Officer

BOWLING CLUB

Open Pennant 2024/25

Shoalhaven Heads Bowling and Recreation Club's Pennant grade 6 side won their round 8 game, defeating Callala 8.5 to 1.5 points (64 to 60 shots) on Saturday 5th April. Our Grade 6 Side in now in an unbeatable position on the leaderboard. This means they will play in the South East Regional Pennant finals at St Georges Basin on 10th and 11th May which is a round robin event.

Well done Grade 6, a bus load of spectators will be coming along to barrack for you.

Club Championships

The Major Minor Pairs Championship final was played on Sunday 6th April 2024. Paul Bounds and Michael Davies defeated Brian Curran and Garry Collins to become the 2024/25 Major Minor Champions.



From left top row - Dennis Potter, Bob Harvey, Dwayne Kingdom, Jim Kovacs, Peter Saare, Stephen Haberley, Greg Peek, Left bottom row - John Jacka, Gail Kovacs, Kathy McMahon, Kevin Franklin and Paul Camilleri.

Jack Attack

Jack Attack which is a more competitive fast-paced format of barefoot bowls completed on Wednesday night 9th April. We were thrilled to have 27 new bowlers registered in the event and to see them all having so much fun. The Captain Jacks team of Mary-Jane Wright, Matt Ryan, Col Dove and Lachlan Johnson finished first by a narrow margin over second place.

Stephen Franklin

HEADS FISHING CLUB WEIGH IN APRIL 2025

On the 12th of April we had our monthly Heads Fishing Club Weigh in at Carters Corner. What a wonderful day was had by all who attended, the weather was exceptional and there was fun, and camaraderie had by all who attended. I would like to thank the 80 odd members who turned up on the day which made for great afternoon with plenty of Happy faces. I wish to thank the following members who set up the area once again. They were Geoff Laing, Ion Lloyd, Paul Borg, Larissa Borg, Marty Secheny, Billy Beverage and Jack Hinkley.

There were mixed conditions out wide, with the seas, wind and current less than favourable, although the inner reefs, beach and estuary proved prosperous. A few of our members managed to snare some yellow fin tuna, Marlin and mixed bags of morwong, salmon, flathead, Bream, whiting and of course our fish of the month Snapper. Congratulations to the Smith boys Nash and Louie for their outstanding catches of marlin skippered by their dad Rod. Congratulations also go to all our winners who weighed in their wonderful catches.

Our weigh ins have proved to be a great family day to showcase your catch and mix with family and friends in a great environment. Our next weigh in is on May the 11th at 1:00pm with the BBQ and Licenced Bar open from 12pm. All kids eat free, and we also supply free drinks for all kids. All our community is welcome, and you don't have to be a fishing person, just come along and enjoy the afternoon.



Marlin Bevan is a winner with Ion Lloyd Nash Smith with his catch

Our Fishing winners this weigh in are as follows,
Sub Juniors: Marlin Bevan Deep Sea, Huey Maguire Estuary, Taj McGuire Beach.
Junior Girls: Bonnie Zetland Estuary
Junior Boys: Ari Mangold Deep Sea, Willow Bell Beach, Willow Bell Estuary.
Women's: Pam Billington Beach, Matilda Strode Deep Sea.
Men: Bluey Beach, Rod Smith Deep Sea
Fish of the month winners: Bill Martin and Marlin Bevan.

Heads Fishing Club

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

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GOLF REPORT - GREAT NEWS

On 15th to 17th April junior member Vincent Muller won the boys 7 – 8 Age Division of the Australian Junior Championships at Royal Pines in Queensland. Vincent played consistent golf over the three rounds shooting scores of -1, +1 and even par to win the event by one shot. This was a fantastic achievement, and we are very proud of how well he performed. Congratulations Vincent!

Car park upgrade

On the week commencing Monday the 7th of April the front section of the club car park where the drainage has always been a significant problem in wet weather was realigned and concreted. Hopefully in the next couple of years we will see the remainder of the car park sealed as well.

I want to thank the local community in the area adjacent to the club entrance for your patience and understanding whilst the car park work was undertaken.

It did create congestion along Staples Street and the eastern end of Scott Street.

Macey's Open

On Sunday 18th May we will be holding our annual Open day sponsored by Macey Insurance Brokers. This is one of the major events on our golf calendar and attracts many of the top golfers from the local clubs, the Illawarra and some outstanding golfers from Sydney and Canberra. If you want to come and see some top-quality golf, please feel free to come along and watch.

Social events

On a recent Saturday evening a 40th birthday celebration was held at the Club. Our club is an excellent venue for such celebrations and is worth considering if you are intending to hold milestone events such as birthdays and anniversaries. It is simply a matter of dropping in to the clubhouse and asking to speak to our bar manager Lee Maddinson or myself.

Rob Russell

BUSHIDO JUDO CLUB - SUPPORTING OUR COMMUNITY

Bushido Judo Club has been part of Shoalhaven Heads for 29 years, helping build confidence, pride and resilience through the sport of judo. Founded by Bruce and Fay Fagan, the club welcomes families to learn and have fun together, with a focus on balance, coordination and respect — no kicking or hitting involved.

Classes are lively and welcoming, especially at special times like Easter when extra activities bring even more fun onto the mat. Beginners are always welcome, with friendships made at judo often lasting well beyond training.

Bushido also runs a Fall Prevention Course, helping locals build skills and confidence to stay safe, and a Women's Awareness Course offering practical strategies for personal safety — both receiving outstanding feedback.



Proudly non-profit and volunteer-run, Bushido continues to support the community through sport and real-life skills. To learn more, contact Darren on 0409 920 711.

Darren Fagan

BOWLO AMATEUR FISHING CLUB

The March Weigh-in was held on 30th March. Unfortunately, mother nature didn't read the memo, the weather was not the best so numbers were down dramatically for both Fishos and fish on the February weigh in.

There were however 6 die-hard fishos who braved the poor conditions and brought in a good variety of fish in reasonable numbers given the conditions. Ken Spears travelled down from Sydney for the weekend and didn't have any luck, we are hoping to see Ken again next month with lady luck on his side. Peter Stanton went well with the Deep-Sea category, gaining another 76 points towards his healthy tally for the year. Ronnie Spears is giving the Estuary category a good shake with 86 points for the day, Ronnie also topped the list with three biggest species in Estuary. Robin Fern won the Ladies Estuary with a nice bream and a good flathead.

Rudi was the only fisho to take on the beach this month, unfortunately the beach wasn't firing, but Rudi came away with a nice Trevally and also weighed in for the Estuary category.

We had no junior fishos weigh in this month and are looking forward to our juniors competing in better conditions for the April weigh-in.

A big thanks to the team for all their work on the day. Weigh in Prize winners:



- Men's Deep Sea – Peter Stanton
- Men's estuary – Ron Spears
- Ladies' estuary – Robin Fern
- Men's Beach – Rudi Bochdal

Our Facebook page has all the updates on raffles and weigh ins as well as what is coming up for the Fishing Club. The page name is "Shoalhaven Heads Bowlo Fishing Club", feel free to like and follow the page to get all the latest news and information.

Keep your eye out for details on the big Easter Saturday raffle at the SHBRC, we have something special coming up.

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

The next weigh in will be on Sunday, April 27th, 2025. New members are always welcome.

Scott Tyrrell

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VINCENT MULLER'S GOLDEN FORTNIGHT ON THE FAIRWAYS

The Easter holidays were full of competitive golf for local junior Vincent Muller. On 15th April, Vincent travelled to RACV Royal Pines Golf Course in Queensland to compete in the Australian Junior Age Division Golf Championship. The event was held over three days, with 35 other juniors from across Australia. Vincent played in the 7-8 year age group and started strongly, shooting a round of 35, one under par, to be tied for first after the opening day.

On the second day, Vincent slipped back to second place after shooting one over par. The final day saw the top group battle it out with some quality golf, staying tight right up to the final hole. Vincent needed to par the 9th hole to secure the win, calmly sinking two putts to take the title by one shot. He finished even par across the three days of competition, claiming the championship.

In the second week of the holidays, Vincent travelled to the Hunter Valley to compete in the U.S. Kids Golf Australian Masters. This two-day event was held at the Rydges Resort Hunter Valley Golf Course, a favourite of Vincent's. He won his age group, Boys 7, by an impressive 17 strokes, finishing one under par for the two days.



The victories over the holidays have earned Vincent invitations to several major international junior tournaments, including the World Stars Junior Golf Championship in Las Vegas, the FCG Callaway World

Championship in California, and the Champion of Champions World Championship in Ireland.

A busy but rewarding two weeks for this local, with very proud parents.

Heads News

BERRY SHOALHAVEN HEADS CRICKET CLUB: 2024-25 SENIOR SEASON WRAP-UP

The cricket club wrapped up a strong season with a lively presentation night at the bowling club, celebrating the efforts of players, families, and supporters.

First and fourth grade teams both made the semi-finals, but rain washed out the matches. With both teams finishing third on the ladder, their opponents advanced to the grand final. Fourth grade were especially disappointed, having built strong form late in the season, including a win over eventual premiers Ulladulla. First grade also finished well after a slow start, showing the strength that had taken them to last year's grand final.

On the night, Tom Fletcher — currently playing a season in England with Ormskirk Cricket Club — was named Cricketer of the Year and First Grade's top bat-



ter. Lachlan Duggan won Best Bowler, Danny Troy was named Best All-Rounder, and Callum Collings received the Coaches Award. Tobias Eyland was named Rookie of the Year for First Grade.

In Fourth Grade, Lucas Ball took out Best Bowler. Ali Shah and Ethan Cain were recognised for scoring centuries, and Ethan and Rob Ringland were awarded for their 190-run partnership. Rob also received a Coaches

Award. Saxon Crapp was named Young Cricketer of the Year, and Nick Ryan and Ted Street received Magpie Awards.

It was a relaxed and social night, with two full tables of fourth graders and partners joining in. With more players expected back next season, the club is hopeful of fielding second grade again — and possibly a third grade team as well.

Heads News

BERRY SHOALHAVEN HEADS CRICKET CLUB: 2024-25 JUNIOR SEASON WRAP-UP

The 2024-25 season has been one to remember for the Berry Shoalhaven Heads Cricket Club, with fantastic performances and standout moments across all three stages.

Stage 1 saw great efforts from the team, with Walter Brierty earning the All-Rounder Award, William Featherstone standing out with the Batting Award, Kurt Wood impressing with the Bowling Award, and Maggie Ball taking home the Coaches Award for her dedication.

Stage 2 was full of exciting cricket, with Lucia Federici claiming the All-Rounder Award, Emerson Boatswain excelling with the bat, Charlie Onus delivering with the ball, and Alexander Smart receiving the Coaches Award for his hard work.

Stage 3 showcased the talent and commitment of senior players. Will Fletcher won the All-Rounder Award, Leo Fletcher shone with the Batting Award,



Alec Redlich dominated with the Bowling Award, and Saxon Crapp was recognised with the Coaches Award for his leadership and determination.

The season was also marked by two standout moments:

Will Fletcher's incredible Centurion innings of 101 not out on October 19, 2024, against Ex Servos.

Alec Redlich's brilliant five-wicket haul of 5 for 16 on February 8, 2025, also against Ex Servos.

The Berry Shoalhaven Heads Cricket Club extends its gratitude to Coaches Tim Duggan, Nick Ryan, and

Sam Fletcher for their hard work and commitment in developing players across all stages. Their contributions have been instrumental in making this season such a success.

The Berry Shoalhaven Heads Cricket Club also sends a special thank you to parents for getting all the kids to the early 8am games between Berry and Batemans Bay. We are looking forward to season 2025-26! If you would like to get involved and join in on the fun, please contact us at berrysbcc@live.com.au.

Sam Fletcher

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