

## Easter Kicks Off With a BBQ

Happy Easter Holidays Fri 18 to Mon 21  
See page 3 for more details about the BBQ.



## ANZAC Day

Friday April 25  
Meet at memorial park - See page 7



## Daylight Savings Ends

Wind your clock back an hour on Sunday  
April 6, 2024.



# HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

April 2025

Established 2004

Volume 21 - Issue 4

## SAND BUILD-UP NOW BLOCKING PICNIC TABLES, SHOWER AND SURF CLUB ACCESS



Sand build-up has completely covered one of the picnic tables in the park and has started to block access to the surf club



The grass was poisoned just after viewing platform was upgraded a few years ago



What it looked like when the viewing platform upgrade was completed before the seat and the shower were installed



Sand fences have not been maintained



Council signage



Public shower has been rendered virtually unusable

The build-up of sand at Shoalhaven Heads Beach has gone from inconvenient to unmanageable. What started over a year ago with steady sand accumulation near the viewing platform has now spread to cover one of the picnic tables in the park, block the public shower, and push right up against the surf club building.

Locals say it's not just the wind — it's the lack of maintenance.

Earlier this year, Council crews cleared the seating area beside the viewing platform after a media release explained the sand was a natural result of strong summer winds. But the sand returned within weeks, and no further work has been done. A nearby stump shows where a coastal tree was removed, and aerial images from before 2023 show how much vegetation used to hold the area in place.

"They poisoned the grass ready to put their plants in, and then we had a series of strong nor'easters," said

local resident Robyn Flack. "That's what started it. I've got the photographs of the dead grass in front of the viewing platform."

There's also growing frustration with Council's on-going inaction. "I'm giving pushback," said Ward 1 councillor Selena Clancy. "I'm working on ideas with the community and trying to provide staff with natural solutions — but I keep getting the same answer: it's money."

Council has continued to point to budget constraints as the reason for inaction — the same excuse given in relation to flood debris.

Now residents are asking the obvious question: does Council even care?

But while official action stalls, locals are stepping up.

### DUNE CARE GROUP

A new Dune Care Group has been formally approved and will now begin recruiting volunteers to stabilise

the sand dunes and reclaim the area. The group is being coordinated by Claude Domio, with support from local residents and community groups.

"We don't know exactly what they'll be doing yet," Clr Clancy said, "but we start with some numbers and a little committee — then we're at least starting."

One method already on the table is brushing — a low-cost approach using trimmed native branches to trap sand and create a microclimate for new growth. It's been used in other coastal communities across NSW.

"The shower is covered. They've got to do something about it," Robyn said. "We can't just leave it. Not when it's affecting infrastructure."

**Residents interested in joining the Dune Care Group** or helping with hands-on work can contact Claude Domio on 0459 644 643 or reach out through the Community Forum.

Heads News



## Thinking of Selling



**Raine & Horne**  
Danielle Harris 0407 233 030





# 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 Apr 2	Bowling Club 1:30pm Tue Apr 1
Fire Brigade	RSL Sub Branch
Fire Shed 7pm Mon Apr 21	Bowling Club 4pm Mon Apr 7
Lions	Social Hub
Bowling Club 7pm Tue Apr 8	Community Ctr 10am Mondays
Probus	VIEW Club
Bowling Club 10:30am Fri Apr 11	Bowling Club 5:30pm Mon Apr 8

### IMPORTANT PHONE NUMBERS

Police Assistance Line	131 444	Kids Help Line	1800 551 800
Police/Ambulance/Fire	000	Shoalhaven Hospital	4421 3111
Poisons Information	13 11 26	Marine Rescue	4447 4466
State Emergency Service	132 500	Nowra Police Station	4421 9699
Wildlife Rescue	0418 427 214	Lifeline	13 11 14

### ESSENTIAL SERVICES

Dentist	4464 1055	Dr M. Salauddin	4448 7398
58 Queen St Berry		Dr H. Muttaqi	4448 7398
Dr Zameer Panju	4448 7105	130 Shoalhaven Heads Rd	
112 Shoalhaven Heads Rd			

## COMMUNITY FORUM

### Entrance Management Plan - for flooding and Trigger Levels Memo (assessment)

The Forum requested additional time, to 25th May 2025, for the community to be informed and to provide feedback on the changes to the Shoalhaven River Entrance Management Plan for Flood Mitigation 2006 (EMP) on exhibition as the Lower Shoalhaven River Entrance Management Policy for the following reasons:

The (EMP) for Flood Mitigation is fifteen plus years overdue for review and the draft document on exhibition is a detailed document incorporating an "assessment" of the Trigger Levels memo.

The community (approx. 800) signed a petition in July 2024 requesting Council adopt a level of 1.5m AHD for the mechanical opening of the entrance for a trial period of five years. This request has been discounted following the "assessment" and those reasons must be sufficiently explained and understood by the community.

The Shoalhaven Heads Estuary Task Force has provided data to Council which demonstrates that an open river entrance at the start of a flood achieves a maximum flood height of 1.513m AHD in Shoalhaven Heads over the past thirty-four years and a reduction in peak levels upstream to Nowra. This information does not appear to have been considered in the "assessment".

Previous reports (Webb, McKeown & Associates Pty Ltd Shoalhaven River Entrance Management Policy Review page 19 June 2006) modelled that a 1.8m AHD Trigger Level while delivering a small reduction in flood height would deliver a breach of the entrance three and half hours earlier than 2m AHD trigger breach. This is an essential safety margin and more discussion with staff is needed.

The government of NSW Flood Risk Management (FRM) Manual, June 2023, requires a Flood Risk Management Plan to have broad community support and further making flood information available is a core activity under the NSW FRM framework.

As the draft EMP has been issued as a Policy and requires a plan to describe the solution for implementing the policy; a copy of the Plan to implement the Policy is required for the community to be adequately informed of Councils flood mitigation strategy for the river entrance when flooding occurs.

Without material evidence or data, the document is substantially altered from the 2006 EMP and the draft EMP and Assessment Memo contain assertions which are potentially inaccurate.

### Supporting Notes from Robyn Flack

The flood reports calibrate models from flood events - eg the 2022 flood study used the 2015 flood while a 2018 report used the 2016 floods. The documents note the limitations of models trying to emulate a river with two entrances, one of which may be blocked or closed at the start of the event and then has a variable discharge capacity depending on the flood size. The actual data from flood events supports an open and effective entrance as a flood mitigation strategy.

The 2015 flood was a particularly dangerous event for the machine operator trying to open the entrance after the Plan prevented action as the BOM had not issued the flood warnings to allow Council to initiate action until nightfall. The community is seeking action on a flood watch which is potentially issued some hours prior to a flood warning.

The EMP and trigger level memos must contain verifiable information.

The friction between ideology and science has potentially influenced the recommendations which leaves the community at greater risk in times of floods.

The silts in the river (note the large sandbars near Broughton Creek and around the estuary) were fore-shadowed by Public Works reports and the pushback on dredging has impacted the efficiency of the river to drain flood waters.

Council and government must engage with the community, to do otherwise may see legal action against the agencies and persons responsible for loss of life or injury, both personal and property when future floods occur.

Levy banks were built to protect Nowra township, but the floodplain inhabitants have been told to adapt (CMP). Adaptation includes workable plans and taking action where engineering solutions are available.

### Councillor Reports

#### Clr Matthew Norris

Confirmed that a Notice Of Motion requesting Council to post the mowing schedule on Councils website has been accepted.

Councillors inspected the Material Recycling Facility recently and Clr Norris noted it is a "fantastic facility" which will be fully operational in 2026.

Financial sustainability aims are ongoing in Council

The Entrance Management documents are on exhibition until 23rd March but noted the motion to request additional time to 25th May for this to occur by the Motion above.

On exhibition is the Councillor expenses policy - generally in line with Local Government guidelines.

Councillor Norris noted that he is to join the "dancing with the stars" to raise funds for cancer research. All at the meeting wished him well.

#### Clr Selena Clancy

Clr Clancy applauded Clr Norris for stepping forward with the dancing with the stars.

Noted the request to have the exhibition time for feedback on the EMP and supported the request.

Reported that Council has no available funds to clear the sand at Shoalhaven Heads beach at this time.

Clr Clancy will be putting forward a Notice of Motion to have a Dune Care group formed at Shoalhaven Heads in conjunction with the surf club members and other residents to focus on the area in front of the surf club but extending either side to the golf club track and towards the entrance as needed.

The Shoalhaven Heads Estuary Task Force will meet next week 12th March where the Lower Shoalhaven River, Entrance Management and other related issue will be discussed.

#### Mayor Patricia White

The extension to the Shoalhaven District Hospital is meeting a major milestone this Friday which the Mayor will attend when the building reaches its 7th storey and government Ministers will attend. The building then begins the "fill in".

Riverfront Planning - Mayor White explained that the area from the Nowra bridge around Mandalay Avenue is being rezoned by the NSW government - this would have taken Council much longer but due to the urgency of housing is being fast tracked. The area will support over 700 units, 5 stories high, and housing owned by the NSW Land and Housing Corporation with the remainder of the area being developed by private landowners. Existing tenants will be moved out while construction goes ahead and given a choice of units as they return. Approximately 260 of the dwellings will be for affordable housing occupancy. \$5m has been granted by government to assist.

Q. How will the \$5m be spent?

A. This is planning funds.

Q. Where will there be parking for the Entertainment Centre?

A. Some land will be sold off to developers by Council, but sufficient land will be retained for parking.

Q. When will the outcome of the DA for Wells Place be known?

A. A report is coming to the Council meeting in April.

#### SH Community Centre - Jenny Edwards

\* All three toilets are having a makeover during the next month.

\* The centre is being sprayed by M and J Pest Control on Saturday the 15/3/25.



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Community Forum continued...

\* Bookings both casual and permanent are keeping the centre very busy.

Red Cross: - Jenny Edwards

\* A Mother's Day raffle will be held in the area between the bottlo and the chemist (change of venue) between 9.30 and 11.30 on Saturday the 26/4/25 and the 3/5/25.

\* A Mother's Day morning tea will be held in the banksia room at the community centre on Saturday the 10th May between 10.30 and 12 noon with the Mother's Day raffle being drawn at 12 noon.

Meals on Wheels - Kim McGuire

All our clients were recently given our new and improved Autumn/Winter menu comprising of 25 mains and 8 desserts to choose from. This will roll over across a 4 weekly duration until the end of winter when we will do a new menu for the Spring/Summer to choose from. This will start 24th March.

A few examples of mains dishes (with trimmings)- Lamb, beef, Pork & Chicken roasts, Braised steak and onions, Pea & ham soup, Pork red wine ragu.

Desserts examples - Lemon & vanilla panna cotta, Peach & blueberry crumble, Sticky date pudding.

This is an exciting change for our clients, which is giving them more choice. It has resulted in a huge shift within our kitchen regarding all processes around stock control, packing and delivery. Over the next 3 weeks we are cooking 3 days a week in order to stock up.

Apart from the above, we have been continuing to cook and supply meals to our wonderful Heads clients each Monday, as we have since the early 80s.

This month our blast chiller (used to chill meals quickly before freezing) has broken down. As this is a Food Authority necessity we have had to quickly source the part and as luck has it, have it up and running again. Thanks to kind donations, eg the Heads Fishing Club, we had the money (\$1500) at the ready.

This month's outing organised by our Nowra office is a discussion by a dietician in The CWA rooms "Nutrition at Your Age" followed by a lunch. These outings are varied (lunches, shows, movies, games) and are subsidised at \$15 with transport provided if needed.

We are always looking for volunteers for kitchen (helpers or cooks), committee members, or drivers to deliver. Please find contact numbers in the Heads News.

Note: May 20th is Picnic in the Park - volunteers, clients and children from the Pre School are invited as is the general community

Bush Care - Noel Schneider

Noel reported that everyone is back at work following the break, although some didn't get the break as the Golf Club group continued through.

David Rush has been assisting the group around the Treatment Works on Gerroa Road where lantana is being removed. Groups have been clearing weeds from around the wetlands and dead heading the Rhodes Grass which is invading the bushland. The River Road group haven been working west of the rock wall planting as the weather cools down. The Jerrinja group are continuing to work on the bush between the shops clearing out weeds and the Coolangatta group continues to around Coolangatta Mountain. - Members are always needed to assist.

Native Botanic Garden - Tom Korevaar

At SHNGB we now have over 500 species of Australian native plants.

This includes about 80 species that are threatened, vulnerable and critically endangered.

About 18 months ago we invested in a management tool called Hortis 360 - a very sophisticated digital platform that has enabled a comprehensive data base of our rich collection of Australian native plants.

After about 1,200 hours of detailed data input work, our Hortis Platform has reached a major milestone. In February it went online for anyone to access from anywhere in the world.

Whether its visitors to the Garden, nature enthusiasts online, researchers and educators in botany & horticulture, people interested in plant conservation - anyone can now access our detailed information, stunning visuals, and interactive map.

This can be easily accessed through links on our website and facebook page and QR codes displayed in the Garden for visitors.

It is a Management Plan that links us to the world. It is especially significant that Botanic Gardens, the world over can see what we have and what we are doing.

It is a Management Plan that will guarantee SHNGB's future. Our volunteers may come and go but properly maintained this will facilitate ongoing development and a permanent future.

This is a \$1,000 pa investment, initially enabled by Horizon Bank's grant of \$4,000.

The group wishes to acknowledge Rob Stewart's considerable efforts in driving this project

Shoalhaven Heads Estuary Task Force - Phil Guy

There's meeting on 12th March with a packed agenda. Phil will be putting forward a simplified plan to the Council at the SHET for management of the entrance

Lions Club - Rob Russell

Rob noted the Social Hub at the Community Centre on Monday mornings from 10am to 12noon is back in swing and all are welcome for morning tea and a chat.

Lions will be running a Bunnings BBQ on Sunday 9th March at Nowra, this is a major fund raiser and assist the club to make donations and run projects around the village.

Robyn thanked those that came to Clean Up Australia on 2nd March and related the message from the Council waste collector that Shoalhaven Heads is one of the cleanest villages in the Council area - so "well done" community.

Golf Club - Rob Russell

The golf club crew and Rob are delivering a much-

Continued next page...



## SHOALHAVEN HEADS

# FISHERMANS FEAST BBQ

• PRESENTED BY HEADS FISHING CLUB •



FISHING ROD CASTING COMPETITION FOR THE KIDS

100 CLUB DRAW - \$20 A NUMBER - \$500 1ST PRIZE - \$300 2ND PRIZE - \$200 3RD PRIZE

RAFFLES THROUGHOUT THE AFTERNOON - ALL WELCOME

FROM THE BBQ

- FISH BURGERS
- ASSORTED FRESH BBQ SEAFOOD

KIDS U'16 FISH BURGER	FREE
KIDS U'16 SOFT DRINKS	FREE
KIDS U'16 EASTER EGGS	FREE

VICTORIA BITTER	\$5
TOOHEYS NEW & OLD	\$5
CARLTON DRY	\$5
NORTHERN SUPER CRISP	\$5
NORTHERN ORIGINAL	\$5
COOPERS SPARKLING ALE	\$5
HAHN SUPER DRY	\$5
HAHN PREMIUM LIGHT	\$4

PICCOLO SPARKLING WINE	\$6
PICCOLO WINE	\$6
JIM BEAM & COLA	\$10
JACK DANIELS	\$10
CANADIAN CLUB & DRY	\$10
BUNDY RUM & COLA	\$10
HARD SOLO	\$10
BOTTLED WATER	FREE

## GOOD FRIDAY - 18TH APRIL 2025 - FROM 12PM AT CARTERS CORNER RESERVE

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Community Forum continued...

needed toilet facility to the back of the 9th green. The golfers have inspected the work and made some minor change request which Rob and others are happy to deliver. This modification will ensure safe use of the facility which was purchased as a flat pack.

Insufficient Toilet Facilities for Oz Tag

Q. Why was the Oz Tag event left without access to sufficient, mainly ladies, toilets.

A. A couple of replies from residents replied pointing out that Oz Tag is a commercial undertaking, and that organisation should have made provision for porta-loo or similar facilities. The use of the Community Centre without prior arrangement or supervision and cleaning was not arranged and is not supported.

Community Movie Night

Bravehearts is running a community movie night on 5th April at Nowra Raceway – raffle tickets to support are available

River Road Playground Replacement

Q. Why is the River Road Playground being replaced?

A. Council requested an onsite inspection with the Secretary and Treasurer of the Forum and both agreed that as pointed out by Council staff the facility is rusted and degraded. Councils schedule of replacements is grant funded and the park is a high use facility. The works will be done in mid 2025.

Wharf Road Boat Ramp

Phil Guy has been following up with Council and the NSW Government on funding for the facility which has been overlooked for the past five or so years. This cost has escalated, and the grant is now \$1 for \$1 and this will be difficult for Council to fund.

Registrations of interest were done in December and full applications, if approval to proceed with the application is received is due in March 2025. Phil is following up.

Forum Committee Congratulated

The meeting noted the considerable work involved in supporting the Forum and thanked the secretary for undertaking this work.

Community Forum

DAVID BERRY HOSPITAL: WHAT'S NEXT FOR THE SITE?

David Berry Hospital has long been the palliative care centre of choice for Shoalhaven Heads residents. With rehabilitation services set to move in 2026 and palliative care in 2027, the site's future is now being shaped through community input.

Nearly 1,200 people responded to the NSW Government's "Have Your Say" survey last year, with 87 per cent calling for the site to remain a health or wellness facility. Options such as aged care, end-of-life palliative care, and rehabilitation for PTSD were strongly supported.

Voice for David Berry Hospital chair Irene Birks said Health Minister Ryan Park assured them during a recent visit that the site "will not be sold or privatised."

She described the meeting as a turning point: "After three and a half years of work, it feels like someone is finally listening."

An independent group will now be appointed to lead the next round of community consultation, expected to begin in April. Ms Birks said Shoalhaven Heads must be part of that process.

The government has confirmed any changes to the David Berry Hospital Act will follow, based on the outcomes of this consultation.

Residents can read the full engagement summary by searching "David Berry Hospital engagement summary" on the NSW Government's Have Your Say website.

Heads News



Thinking of  
selling?



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New Listing



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New Listing



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New Listing



1 & 1A Explorer Blu  5  2  1

New Listing



36B Scott Street  5  3  3

SOLD



34 Aspinall Street  3  1 

New Listing



13/30 Staples Street  1  1 

SOLD



13 Renown Avenue  4  2  2



# MANGROVE PERMIT RAISES QUESTIONS ABOUT CMP PROCESS

Community responses to the Coastal Management Program (CMP) have now closed, but confusion and frustration remain — especially around the issue of mangrove removal and whether community voices have been taken seriously.

A permit issued by NSW Fisheries allows the removal of mangroves at Shoalhaven Heads until 31 January 2026 or until the CMP is gazetted, whichever comes first. But the CMP itself explicitly excludes support for mangrove removal, creating a direct contradiction between two levels of government.

For Claude Domio, the Northern Community Representative on the CMP committee, the situation reflects a deeper problem.

“I feel like I’ve thrown three years of my life away,” he said. “I came in with validated concerns from the community — I had photos, site visits, proper documentation. And yet nearly every one of my suggestions was dismissed.”

Claude said some items were rejected for being out of scope, too expensive, or contrary to state policy — even when supported by a valid permit.

“They say we were heard, but that’s not the same as being listened to,” he said. “We were thanked for our submissions, but almost nothing changed.”

The mangrove issue centres on a small sandy flat that provides the only safe, accessible riverfront area in Shoalhaven Heads. Community groups have long advocated for controlled removal in this area, which is bordered by grass, toilets and a playground. The current permit allows that work to continue, but if the CMP is gazetted in its current form, the permit may become unusable.

“I asked them to put mangrove removal in the CMP as a permanent provision,” Claude said. “They refused. And yet the permit expires if the CMP is finalised. It just doesn’t add up.”

For residents, it’s a familiar feeling. Council has said a lot — but done little to resolve the contradictions.

Councillor Selena Clancy also raised concerns, asking why the permit’s expiry is tied to a plan that doesn’t support it in the first place.

As the CMP moves closer to gazettal, many residents are left wondering what was the point of participating at all. The document is long, technical, and was released during a busy time of year. Even Claude, who represents the area, admitted that many in the community didn’t have time to properly respond — and that key



Artists impression of what the waterfront could look like if the mangroves were not removed

issues like safe recreational access were downplayed.

“Council basically got what they wanted,” Claude said. “It’s not what the community wanted — and not just in Shoalhaven Heads, but right across the northern section.”

The CMP might be finalised soon. But the debate around mangroves — and whether this process ever genuinely included the community — is far from settled.

Heads News

# HOW DO WE KEEP OUR POOL OPEN LONGER?

The Shoalhaven Heads swimming pool closed on Saturday March 29 for the season — but many in the community are asking whether it really has to.

Robyn Flack and Clr Clancy have both floated ideas to keep the pool open longer, especially over Easter and school holidays. One suggestion was to share responsibilities between local groups: Council handling the water dosing, the Surf Club providing supervision, and a group like the Lions Club maintaining the grounds.

But the challenge isn’t just about staffing — it’s about liability.

“Council can’t just hand over responsibility,” Clr Clancy said. “It’s not as simple as having a Bronze Medallion and volunteering. Council has strict rules around who can supervise, and transferring risk to community members isn’t allowed under their policy.”

That said, she confirmed the issue is under active discussion with Council staff, including Director Kevin

Norley, but for now, “unless I can pull a miracle, it’s closing on Saturday.”

Robyn believes it’s still worth collecting community input. “We should at least try to find a workable solution,” she said. “Maybe volunteers could go through training, or maybe there’s a grant we could apply for.”

Have a suggestion? Share your ideas with the Community Forum.

Heads News

## Happy Easter from the team at Heads Bowlo

In your birthday month

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# BRAND NEW BIRTHDAY DRAW

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6:15PM	\$150
6:30PM	\$50

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More info soon!

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Splendid Wren Ceramics. Photo: Jacquie Manning



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## RED CROSS

This month, we are seeking people interested in volunteering at the Red Cross retail shop in Nowra. If you think you'd be interested, please contact Jenny Edwards on 0418100151.



Red Cross retail shop, Schofields Lane, Nowra

Mothers' Day is nearly here, second Sunday in April! Get ready to spoil those mums, grandmums and great grandmums. If you can't manage to catch up with all the family on Mothers' Day, consider coming down to the Community Centre Banksia Room, SATURDAY 10th MAY, the day before for morning tea. 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!

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 two meetings are Tuesday 1st April and 4th June in the Banksia Room at 1.30pm. Visitors and new members are always welcome to our meetings.

Pat Loveridge



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## HEADS MEN'S SHED

The Men's Shed offers a valuable community facility here in Shoalhaven Heads. Located in Celia Parade (just off River Road) where the Botanic Garden is also to be found, we have a well-established tradition of friendly fellowship and rewarding service.

However new members are urgently required, and anyone signing up with us will be contributing to a win - win situation! Some of the wins being: you will have access to a well-equipped workshop where you can work on projects, with tuition if required; you can enjoy the company of others and contribute to projects that assist others; and you will help to ensure that our Shed continues as a valuable community facility in Shoalhaven Heads.

Membership is open to everyone - men and women. Although we developed in the Australian Men's Shed movement, we are evolving as an organization that now also embraces women. This is already happening, and our Shed will all be the better for it.

As part of promoting the Shed, we will have a Special Open Day on Sunday 25 May, when our Neighbours will be celebrating Australian Botanic Gardens Day. However, that is some time off, and in reality, we are open to visitors every Monday Tuesday & Wednesday from 9 am to 12 noon. So please feel free to call in any-time then to check us out and look at the possibilities.

We also you a great coffee, tea or bonox, so just pop in around 10.00am daily & sit down have a good old chinwag

So please drop in and find a friendly face and a kind ear.

Pat Duggan, Secretary



# PROBUS

A big thank you to Maggie Pye for filling in on my behalf last month and writing this column due to my broken wrist – slowly on the mend. Our AGM was held last month with some new office bearers taking up positions, together with a wonderful luncheon to celebrate 30 years since Probus started in Shoalhaven Heads. A fond farewell and thankyou to our previous treasurer Yvonne Tyler for her dedication and tireless efforts over the past years.

2025 Committee – President: Linda Steyne - Vice President: Kay Bounds - Secretary: Graeme Baseden - Treasurer: Kathy McMahon - Membership: Lea Huber - Activities: Paul Bounds – Guest Speakers: David Watson - Publicity: Kerry Kells - Welfare: Maria Unicomb - Functions: Kathy McMahon - Historian: David Mathie - Bulletin: Maggie Pye

We had a few new members join us last month taking up the opportunity to enjoy some of the fun outings that were planned, and we look forward to this trend continuing in 2025. Quite a few of our Gourmet Wanderers were spotted soaking up the sun at Boat Harbour last month and taking advantage of the last of our beautiful summer weather, picnicking by the peaceful ocean harbour. Some Members also attended Nowra Players to see ‘Pass the Butler’ by Eric Idle which I believe was thoroughly enjoyed by all who attended.

Our annual trip to the star-studded Premier’s Gala Concert ‘Time to Shine’ for NSW Seniors, held at the ICC Sydney Theatre in Darling Harbour last month, was well attended by our members who as always had a fabulous day out. We were entertained by some great



Gourmet Wanderers - Boat Harbour

Australian artists including Todd McKenney, Rob Mills, Tarryn Stokes and Prinnie Stevens to name a few.

Our members also ventured to the famous Wilde’s Oyster Farm at Greenwell Point last month for a sumptuous treat of freshly shucked oysters and prawns. Why not continue to Greenwell Point Bowling Club whilst we’re here they thought, enjoying a wonderful buffet luncheon of the best Chinese around.

Well, our members were certainly on the move last month with no shortage of outings to attend. We would love to see more retirees coming along to our informal Probus gatherings. Whether you’re interested in social outings, educational talks or simply making new friends, there is something for everyone. Come along and join in the fun, we hope to see you at our next 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

## ANZAC DAY

FRIDAY APRIL 25  
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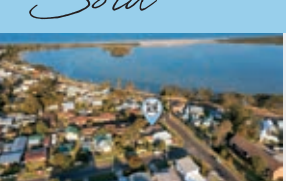
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LOCAL COMMUNITY DIRECTORY

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 8:30 to 11:30 at the Com 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
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Social Golf - Bowlo	Bowling Club	02 4448 7154	Golf Club
Social Hub	Robyn Flack	4448 7208	Mon 10-12 at Com Centre (during school terms)
Surf Club	Karl Poulton	0401 824 335	Patrol Sep to Apr Nippers Oct to Apr
Tennis & Pickleball	Christine Talbot	0419 465 995	Mon & Wed 9am, Tues & Wed 7pm
VIEW Club	Colleen Gablonski	0422 302 616	2nd Monday of month at Bowling Club at 11:30am
Yoga	Tania	4448 7833	Mon & Wed 5:30-6:30pm Community Centre

JUSTICES OF THE PEACE

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

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

Eat Me!



Recycle Me!



When I'm this size



Great news for chocoholics!  
Aluminium foil can be recycled. Just make sure you collect enough the size of a tennis ball before placing it into your yellow bin. (Smaller amounts can slip through the recycling process).

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

## NATIVE BOTANIC GARDENS

Hello gardeners and nature lovers,

Ever wondered what our volunteers actually DO at a working bee Monday? Well the answer is anything to do with gardening but also some "office work", although the latter is usually at a volunteer's home. Quite often it is the boring but necessary weeding & sweeping/raking of paths. A couple of weeks ago the ladies tidied up the nursery pots – a spring clean in autumn! Depending on the season, there are cuttings to be taken and seeds to be germinated in our tiny hothouse. Any plant gone to seed has the seed dried and stored for next seasons use. General maintenance can include trimming plants/trees, painting seats, chipping branches, rubbish tip runs, as well as checking for anything dangerous.

Outside of the Monday working bee & following morning tea there are grants to be applied for, plaques to be ordered, plants sales to be planned, and updating HORTIS our plant database. And any group wishing a tour can prebook one for free. And this is not a complete list!

Autumn seems to be the best time to see Banksias flowering, including the Banksia occidentalis from

Western Australia, with a common name of Red Swamp Banksia (see picture). The birds & insects love them! How many types can you find strolling through the Garden?

Welcome to our new volunteers Jenny and Mark! Anyone is welcome to join us, rock up Monday morning 8am to 9:30am and see what is involved. If you decide it's for you, you will be required to fill out an online induction through the Shoalhaven City Council (SCC) website and then an onsite induction from our Parkcare supervisor. These are a requirement from SCC.

Chris Lawrance



## TRAVEL IS NOT JUST MY PASSION, IT'S MY PROFESSION



Have you ever wondered what inspires someone to make travel not just a passion, but a profession?

Peta Godfrey, owner of Travel Focus Group in Gerringong, shares her journey and insights into the ever-evolving travel industry.

### My Life As A Travel Agent - Peta Godfrey

**Q:** What was the main reason you became a travel agent?

**A:** It all started in 1997 when my best friend asked me to go snowboarding in Austria. I had just started Year 11, but a trip to Europe seemed far more important. My parents were incredibly supportive, and I took six weeks off school. Being in Europe at 16 was incredible—especially discovering there was no legal drinking age in Austria!

When I returned, I walked straight into an English exam. Knowing I had no chance of passing, I made a



bold decision: I left school, enrolled in a travel course, and never looked back.

**Q:** What are the main changes you've noticed in the industry?

**A:** I caught the tail end of paper tickets, with my trusty red pen in hand. The shift to e-tickets was exciting, but the biggest changes have come in the last three years thanks to COVID—TRAVEL 2.0!

**Q:** Do you think travel agents are more important now than ever?

**A:** Absolutely! Clients find the internet overwhelming—too much information, too many scams. Travel agents are the solution, and we're busier than ever.

**Q:** What's left on the bucket list?

**A:** As many African countries as possible... plus, a sneaky trip to Antarctica!

Peta Godfrey

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Peta at Uhuru Peak (5,895m) on Mt Kilimanjaro

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TRAVEL FOCUS





## FIRE BRIGADE

Hi Everybody. Firefighter Dave and myself recently joined an 18 strong Shoalhaven RFS Strike Team to attend the Sandstone Caves Walking Track fire, north of Coonabarabran. I teamed up with three guys from St Georges Basin on their Cat7 appliance whilst Dave paired up with a firefighter on Huskisson9. It was a long drive to the Pilliga. Some 600+ kilometres in a five fire truck convoy.

The fireground covered approximately 5,500ha and the fires were mostly contained when we arrived. Our instructions were to hit any remaining fires with water. If you think the fire is out, hit it again. And then hit it again for good measure.

Fires in the Pilliga are notorious for being difficult to extinguish, with re-ignitions a major concern. And sure enough, areas that were fire dead one day had small pockets of smoke and even flame the next.

We did several hundred kilometres in those trucks in the three days we were there, repeatedly lapping the fireground.

Driving the 7 tonne trucks through the freshly made fire trails had its moments as the soil was very sandy and almost "bulldust" in consistency. We didn't bog but some other teams reportedly had issues.

Some hot spots were too far from the trails for our trucks to reach by fire hose, so Helicopters with buckets were in great demand. Those Helitac pilots are very talented. Controlling their machines with such accuracy, to drop sometimes up to three tonnes of water, on a target we'd identified. It was very special to see them work.

And each night we returned to our lodgings at Camp



Coonabarabran Strike Team



Boyd St Fire



Sandstone Caves fire Photo RFS



Aerial water bombing Coonabarabran

Cypress Baradine where the locals looked after us. It was a comfortable place to be after 12 hours on the fireground.

### Boyd St Fire

Earlier in our reporting month there was a structure fire in the village.

One Saturday afternoon at 2:40pm we received a call to attend a fire in Boyd Street. On arrival crew found a house fully involved. Smoke and flames issuing from the roof.

Wearing Breathing Apparatus firefighters set to work, initially attacking the fire at the rear of the property, which was the most active area. A second pairing of firefighters forced entry through the front door for an internal attack. All the while water was played on to

nearby residences to protect them from fire and radiant heat.

We were joined by RFS Brigades from Broughton Vale, Gerringong, West Nowra and FRNSW Berry. These fresh crews joined in, giving our people a breather before they suited up again.

Fortunately no one was home at the time but alas, two valued family pets succumbed to the smoke.

A special mention regarding the neighbours in Boyd Street. After reporting the fire, many joined in to remove items they could access from the property.

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

Stay safe, Geoff Parker



## LIONS CLUB - SUPPORTING LOCAL YOUNG ATHLETE AND JERRY BAILEY PRESCHOOL

At the beginning of our March meeting guest speakers Wendy Woodward and Kim McGuire from Bravehearts gave us an informative and interesting presentation. Bravehearts is an organisation that provides a coordinated and holistic approach to the prevention and treatment of child sexual abuse. They primarily focus on providing programs to educate primary aged children.

During March we ran a very successful Bunnings BBQ at South Nowra raising over \$2000. This money along with all other money we raise through our raffles, the selling of Christmas cakes and other activities will be used to provide grants for local clubs and organisa-

tions and community members.

At the meeting we agreed to give the Jerry Bailey Preschool \$1000 which they will put towards the purchase of specific items they need to help extend the children's learning and encourage language and communication skills.

We also agreed to support local 14-year-old athlete Evie Binney who will be competing at the National Championships in Perth in April. The Club gave Evie \$500 to



Evie Binney who will be competing at the National Championships in Perth

help cover the costs of her travel and accommodation expenses. Evie's event is the 2000m steeplechase and we wish her all the best in Perth.

Our next meeting will be held at the Bowling Club on Tuesday 8th April commencing at 7pm. Visitors are always welcome to come along and join us.

Rob Russell - President



## VIEW

Vice President Carole chaired our March meeting as Lorraine was away on holiday.

We enjoyed hearing from one of our valued members, Sue, who gave us an interesting presentation on her life's journey. Thanks Sue this was much appreciated.

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 14th April 2025, 5.30pm for 6pm at Shoalhaven Heads Bowling Club.

At this meeting we will be joined by Graeme Baseden, a member of Shoalhaven Heads RSL who will give an Anzac themed presentation.

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

Lorraine (President)



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## BUSHCARE

Clean Up Australia Day was coordinated by Shoalhaven Heads Lions Club. Thank you to all the participants and organisers.

During March, Shoalhaven Heads Group have been clearing Lantana, Senna and Asparagus Fern near the Water Treatment Plant in Gerroa Rd and Rhodes Grass is being removed from around the wetland, north of Holiday Haven. River Rd Group 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 removing Rhodes Grass from the bridle track and around the 13th tee. Rainforest ID workshops were held at Jamberoo and Milton and a Native Pollinators workshop is 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 below.

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



Kim, Virginia & Pat, clearing Rhodes grass north of Holiday Haven.

## EMP WON'T STOP THE FLOODS — LOCALS PUSH FOR BETTER SOLUTIONS

Public consultation on the Entrance Management Plan (EMP) may be over, but the risk remains unchanged: Shoalhaven Heads will continue to flood if the river entrance stays closed.

The triggers in the plan are meant to prompt intervention — but locals know that when those levels are met, it's often too late. The water is already up, roads are cut, and the village is isolated. It's a familiar cycle. The real problem isn't rainfall alone — it's the fact that the entrance is closed when it happens.

The community has long observed that when the entrance is open, the floodwaters drain more effectively. It's not just anecdotal. Council data shows that open conditions at the river mouth reduce water levels at Shoalhaven Heads and lower the peak at Manildra in Bomaderry.

But the EMP doesn't provide a permanent fix. Instead, it maintains a reactive approach based on trigger levels and environmental criteria, hoping conditions align when needed. In practice, they often don't.

A recent motion to trial a lower trigger level was rejected by Council — despite widespread support within the community. While it's true that a lower threshold wouldn't reduce flood levels, it would have allowed more time for preparation, including moving

vehicles, safeguarding homes, and maintaining access. As residents have pointed out, even a few extra hours can make a big difference.

That's why some locals are now calling for a bold but practical solution — a lock system in Berrys Canal.

A lock would allow the river to flow naturally to the ocean via Shoalhaven Heads, instead of flowing down the canal. It would reduce the flood threat here and keep the entrance open year-round. If designed to also function as a bridge, it could replace the Greenwell Point ferry — an ageing service that's costly to maintain.

How long it would take to pay for itself is unclear, but it's the kind of infrastructure solution the village needs if it's to avoid being repeatedly flooded.

As Robyn Flack put it: "If they wait for the trigger level, we'll already be flooded."

The EMP submission period might be closed, but the conversation isn't over. In the meantime, residents will watch the river rise and wonder how many more times this will be allowed to happen.

Would a lock and bridge at Berrys Canal work? Would it pay for itself by protecting homes, infrastructure, and road access? It's time to put those questions on the table.

Heads News

DIGITAL TELEVISION SPECIALISTS



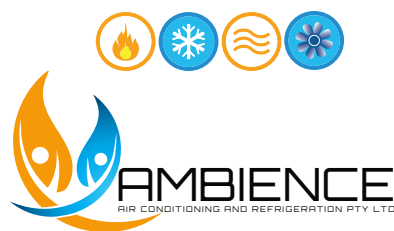
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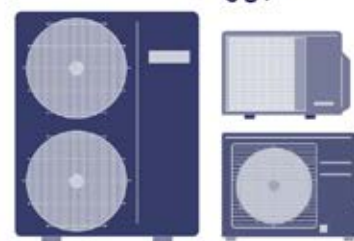
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# APRIL 1, HEADS TO TRIAL 'SILENT SURF' WEEKENDS

In an effort to reduce noise pollution and promote marine mindfulness, Shoalhaven Heads will become the first town in Australia to trial "silent surf" weekends, starting April.

Under the trial, surfers will be asked to paddle out without speaking or wahooing. Shouting "shark!" will be allowed only in emergencies. Lifeguards will carry

laminated cue cards for non-verbal instructions.

Council says the initiative is designed to "calm the coastline" and is part of a wider push to protect the emotional wellbeing of local fish.

A pilot program involving dolphins will begin next summer.

Heads News



## BEER APPRECIATION GROUP - S'HEADS

Greetings beer enthusiasts, beer connoisseurs and home-brewers. Beer is a very simple beverage with only 4 main ingredients: water, malt, hops and yeast. One of the by products in the fermentation process is alcohol and carbon dioxide. The more malt (sugar) there is, the more alcohol will be produced.

You have probably seen 0.5% or low alcohol brews come onto the market in recent years and its worth saying that some of these are surprisingly good.

Back in the day, the only way to get rid of the alcohol was to boil it off. This produced off flavours and didn't really work all that well. Today, breweries are investing in dealcoholising machinery to virtually remove the bulk of the alcohol but maintain quality in the beer. Unfortunately, this is very difficult for the homebrewer to replicate as the vacuum stills those large breweries use cost a big gold coin or two. Luckily, there are new varieties of yeast available that have active enzymes



Example of commercial low alcohol beer

combined with the yeast to convert some of the sugar into only carbon dioxide, rather than alcohol. If you're interested in trying this, check out the session IPA recipe below.

**Low alcohol - low carb session IPA (20L batch)**  
OG: 1.026 IBU: 24 ABV: 3.6% FG: 1.000

### Ingredients

- 1kg Pilsner malt
- 240g Carapils
- 100g Flaked barley
- 10g Citra (10 mins)
- 10g Mosaic (10 mins)
- 25g Citra Whirlpool 80C for 20 mins
- 25g Mosaic Citra Whirlpool 80C for 20 mins
- 65g Citra Dry hop (5 days)
- 65g Mosaic Dry hop (5 days)
- Irish moss or whirlfloc tablet (10 mins)
- 1pkt SafBrew DA-16 Yeast

### Method

Mash grain at 65C for 60 minutes. Mash-out at 75C. Bring to the boil and add hops as indicated over a 60-minute boil. Whirlpool at 80C for 20 mins. Complete primary fermentation at 21C for 7 days. Transfer to secondary, add dry hop and leave for 5 days. Rack into kegs, charge with CO2 – enjoy!

In beer we trust, happy and safe brewing, cheers!  
Heads Brewing Co



## WOW FACTOR

I may have mentioned it before, I have a little Lebanese cookbook I bought late last century for \$2.95. I rate it one of my great investments of the 20th Century.

It's tiny, but packed with some of the best recipes and responsible for some truly memorable meals.

We had a hankering for some Lebanese the other day and cracked it open at the page for falafel and took it as a good omen.

Our luck was in as I had a bag of dried chickpeas lurking in the cupboard and stuff like parsley and coriander in the garden. It was meant to be.

And I mentioned the dried chickpeas for a reason. For falafel to bind properly, you need to use dried chickpeas, soaked in water. Tinned ones get too mushy and don't bind well.

We also made our own pita bread for this, which also boosted the wow factor, but store bought is nearly as good.

Get soaking.

### Falafel with Tomato Relish

#### Ingredients

##### Falafel

- 2 cups chick peas
- 3 cups water
- 1 small onion, finely chopped
- 2 cloves garlic, crushed
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh coriander
- 2 teaspoons ground cumin
- 1 tablespoon water
- ½ teaspoon baking powder

#### Tomato relish

- Oil for deep-frying
- 2 medium tomatoes, peeled and finely chopped
- ¼ medium Lebanese cucumber, finely chopped
- ½ green capsicum, finely chopped
- 2 tablespoons chopped fresh parsley
- 1 teaspoon sugar
- 2 teaspoons chilli sauce
- ½ teaspoon ground black pepper
- Grated rind and juice of 1 lemon

#### Method

##### To make Falafel:

Soak chick peas in water for four hours or overnight. Drain and place chick peas into food processor bowl.



Using the pulse action, process for 30 seconds or until they are finely ground.

Add onion, garlic, parsley, coriander, cumin, water and baking powder and process 10 seconds or until mixture is a rough paste. Leave mixture to stand for 30 minutes.

##### To make tomato relish:

Place all ingredients in a bowl and mix to combine; set aside.

##### Cook the Falafels:

Shape heaped tablespoons of falafel mixture into balls. Squeeze out excess liquid using your hands.

Heat oil in a deep heavy-based pan. Gently lower prepared falafel balls on a spoon into moderately hot oil.

Cook the falafels in batches of five, for about 3-4 minutes per batch. Shake spoon to prevent sticking.

When brown carefully remove from oil with slotted spoon. Drain falafel well on absorbent paper.

Serve hot or cold falafel on a bed of tomato relish or in pita bread with relish and hummus.

Note: If mixture is too wet, and doesn't form easily into balls, add a small amount of plain flour.

Uncle Tim



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PUZZLES

SUDOKU


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Numbers 1 to 9 must be in each column, row and 3x3 box

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

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)

6x	120x		8x		5
			10+		36x
4	10+				
5		13+		10+	
60x			1-		4/
	1-				



## RSL SUB-BRANCH

Welcome everyone to another busy month, Anzac Day is almost upon us, 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.

**April Anniversaries**

- 2 April - RAN Sea King crash, Nias Island Indonesia (2005)
- 10 April - Siege of Tobruk commences, North Africa (1941)
- 22 April - Battle of Kapyong commences, Korea (1951)
- 25 April - Gallipoli Landing, Turkey (1915), Anzac Day

**A brief history of Anzac Day**

The Anzac legend was born on 25 April 1915, when some 16,000 soldiers of the Australian and New Zealand Army Corps (ANZAC) landed under fire on the shores of Gallipoli, Türkiye. The Anzacs on Gallipoli helped shape the Australian story. Once used to refer to those who fought in the First World War, as time has passed, the meaning of 'Anzac' has changed. The term 'Anzac' expresses the characteristics that are seen as important to Australians and those serving in the Australian Defence Forces, including courage, equality, endurance, and mateship. While the relevance of the Anzac legend in today's multicultural society may at times be debated, there is little doubt that these characteristics and the meaning of Anzac will endure.

**The first Anzac Day**

The landing on Gallipoli was already etched into the minds of many people while the Gallipoli Campaign was still being fought. It became a defining moment in Australia's history. At the first event to commemorate the war dead on 2 July 1915, the South Australian Governor, Sir Henry Galway, said: If any day is to be

chosen for Australia's day, I think it should be April 25... Those heroes will hand down the finest traditions to their sons and their sons' sons, and still further on... In 1916, the Acting Prime Minister, George Pearce, officially named 25 April as 'Anzac Day'. The first anniversary of the landing was observed in Australia, New Zealand, and England. In London, more than 2,000 Australians marched through central London to Westminster Abbey. King George V, Australian Prime Minister Billy Hughes and Allied military leaders attended the service. Australian troops in Britain, Egypt and France attended local services to commemorate the landing at Gallipoli.

**Commemorating 110 years since the landing at Gallipoli**

ANZAC Day was established to honour those who served and gave their lives in the Great War. However, in the years since WWI, Australian troops have answered the call to serve in conflicts around the world. As a result, ANZAC Day has evolved into a day of remembrance for all who have served and sacrificed their lives in conflicts that Australia has participated in.

RSL NSW is committed to leading the State in commemorative services. Our ANZAC Day message aims to connect all Australians to the ANZAC Spirit and encourages everyone to participate and pay their respects in their own unique way.

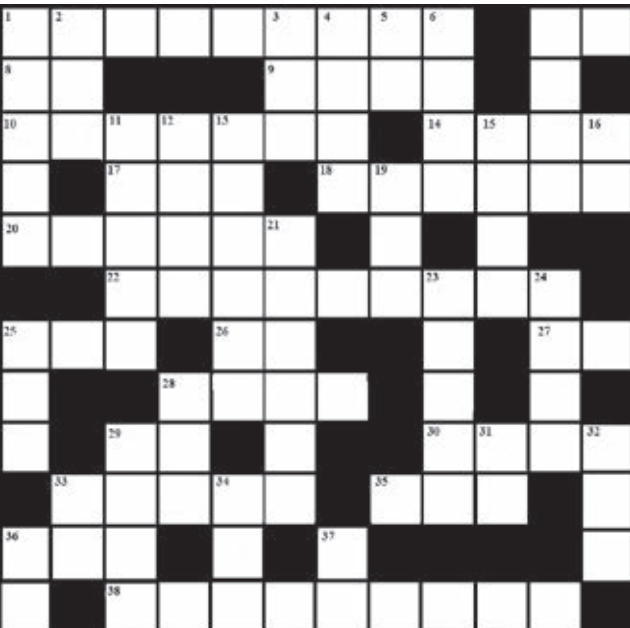
This ANZAC Day, more than 600 commemorative events are scheduled to take place in communities across New South Wales. Getting involved in ANZAC Day is an opportunity for all

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

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

ROB'S CROSSWORD



9 LETTER CONUNDRUM

Z	O	A
E	L	O
B	M	B

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

March's Sudoku

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

March's KenKen

6	5+	1	12+	3	12+
16+	5	6	4	1	2
3	1800x	5	6	4	1
2	3	5	2160x	6	4
6+	1	2	3	5	15+
8x	4	1	2	3	5

CROSSWORD CLUES

**ACROSS**

- 1 The \_\_\_\_ (Oz group of the 60's) (9)
- 7 \_\_\_\_ (Australian State) (2)
- 8 \_\_\_\_ Coastal (Peter Allen) (2)
- 9 The \_\_\_\_ Sleeps Tonight (The Tokens) (4)
- 10 Roy \_\_\_\_ (US Singer) (7)
- 14 \_\_\_\_ Park (Sydney Motor Raceway) (4)
- 17 \_\_\_\_ I Do (Abba) (1,2)
- 18 \_\_\_\_ The Sun (Rihanna) (6)
- 20 Mellow \_\_\_\_ (Donavon) (6)
- 22 Stormy Weather US Female performer (4,5)
- 25 \_\_\_\_ George (UK Singer) (3)
- 26 \_\_\_\_ (Andrew Ettinghausen) (2)
- 27 Love Me \_\_\_\_ (Beatles) (2)
- 28 John \_\_\_\_ and The Playboy Band (4)
- 29 \_\_\_\_ Ha Said The Clown (Manfred Mann) (2)
- 30 Those Were The \_\_\_\_ (4)
- 33 Norman \_\_\_\_ (Psycho) (5)
- 35 \_\_\_\_ Bowtell (OZ Singer/ Songwriter) (3)
- 36 \_\_\_\_ and Cement (Verdelle Smith) (3)
- 38 The Night Chicago Died (5,4)

**DOWN**

- 1 \_\_\_\_ Eyes (Everly Bros) (5)
- 2 \_\_\_\_ Supply (Oz Group) (3)
- 3 UK Group/Livin Thing (3)
- 4 \_\_\_\_ It So (Lonnie Lee) (4)
- 5 I've Got \_\_\_\_ Go Now (Toni Childs) (2)
- 6 Like \_\_\_\_ (Tin Pan Orange) (4)
- 7 The \_\_\_\_ (Ross D Wylie) (4)
- 11 \_\_\_\_ Thorpe (5)
- 12 Eric \_\_\_\_ (Monty Python) (4)
- 13 \_\_\_\_ or Later (Les Brown Orchestra) (6)
- 15 Dragon song (4)
- 16 Initials of "I'm a Believer" writer (2)
- 19 Yoko \_\_\_\_ (3)
- 22 Muddy \_\_\_\_ (6)
- 23 \_\_\_\_ River (Oz folk song) (5)
- 24 Duane \_\_\_\_ (Guitarist) (4)
- 25 King \_\_\_\_ (Slim Harpo) (3)
- 28 Big \_\_\_\_ Woman (Bobby Freeman) (3)
- 29 Another name for a Harmonica (4)
- 31 \_\_\_\_ Idiot Abroad (TV Series) (2)
- 32 To \_\_\_\_ With Love (Lulu) (3)
- 33 Qualification abbreviation (2)
- 34 Extra Sensory Perception (3)
- 36 Initials of Oz jazz guitarist (2)
- 37 Its Now \_\_\_\_ Never (Elvis) (2)

March's Crossword

1	G	A	2	N	G	3	A	4	J	5	A	6	N	7	C
8	E	O	9	R	10	A	11	N	12	O	I	13	L	14	
15	O	U	16	R	17	D	A	18	Y	19	W	20	I	21	L
22	R	23	M	24	A	25	I	26	S	27	M	28	I	29	L
30	G	31	R	32	I	33	L	34	L	35	A	36	N	37	Y
38	E	39	E	40	T	41	A	42	A	43	D	44	N	45	O
46	Y	47	A	48	N	49	D	50	I	51	E	52	Z	53	

March's Conundrum

SUPERSTITIOUS, spirituous, outstrip, spurious, tourist, surtout, piteous, posture, sputter, pursuit, serious, uterus, troupe, tissue, ouster, suture, output, outset, suitor, poseur, stupor, sprout, pursue, putout, spouse, putter, russet, route, utter, issue, usurp, rouse, sirup, upset, erupt, souse, tutor, trust, spout, purse, truss, trout, spurt, outer, stout, strut, outre, pious, suite, suit, suet, sure, pour, pout, oust, tour, ours, tout, opus, pure, true, spur, putt, roue, soup, rust, ruse, sour



# WILDLIFE MATTERS - PESKY PLOVERS

Ah Plovers. What a controversial bird!

Plovers or Masked Lapwings lay their eggs in grassy, open areas such as parklands or pastures. They like to have a wide view of potential predators.

Their babies take about 28 days to hatch.

The hatchlings are able to leave the nest and feed themselves within a few hours of hatching, yet their parents still provide them with warmth and security.

Plovers can be extremely protective of their nests and babies demonstrated by swooping and screeching. The adult plovers can also distract potential predators by faking an injury or sitting on a “pretend” nest.

I have been swooped by plovers and it has been a sign to move in a different direction, to not agitate Mum or Dad or make eye contact and to question why I did not wear a hat or a helmet!

If the nest is on your property, perhaps consider es-

tablishing a protective item over the nest such as a little fence, table or chair so that the birds can come and go and feel more secure.

It is not advised to move nests to another location because Mum and Dad usually do not follow and hence, the babies are abandoned and die.

All Australia’s native birds are protected species, so let’s learn to appreciate and share the world with them.

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

**Karen Devine**



# BOWLO SOCIAL GOLF

The last game was played at Nowra Golf Course on 2/3 with 24 players hitting the fairways.

Winners:

Winners:	Runners Up:
Liz Brown 32 points	Julie Romanowski 28 points
Steve Franks 44 points	Laurie Brown 38 points
Drive n Pitch:	Nearest the Pin:
Wayne Boorer	Shane ‘Tiger’ Woods, Laurie Brown, Joy Hollway, Phil Green, Danny Ford & Steve Franks

Well done and congratulations to you all.

The next game will be played on 23/3 at Kembla Grange, the results will be included in next available issue.

Future games:

30/3 - Merimbula Trip Away, 6/4 - Calderwood, 4/5 - St George’s Basin, 25/5 - Worrigea

Good golfing everyone

**Joan Hanchard - Publicity Officer**

# BERRY-SHOALHAVEN HEADS CRICKET CLUB IN THE FINALS

Berry-Shoalhaven Heads Cricket Club will be well represented in the semi-finals, with both first and fourth grade teams set to play on Saturday 29 March.

First grade finished third on the ladder and will face second-placed LICC at Howard Fowles Oval in Lake Illawarra. The side has built momentum with three convincing wins leading into the finals.

Fourth grade finished the season in third place and will take on second-placed Sussex Inlet on their home turf. After a rocky mid-season, the team has turned things around, winning four of their last five matches.

Best of luck to both teams!

**Heads News**

# HEADS FISHING CLUB 9TH OF MARCH WEIGH-IN

Our weigh-in took place on 9th March 2025 at Carters Corner off River Road. Regrettably, the poor sea conditions prevented any deep-sea fishing from occurring this month. Despite the unfavourable Sunday forecast, the afternoon turned out to be enjoyable afternoon and filled with laughter. We maintained a strong attendance of over 40 people and were delighted to welcome new members. Our committed anglers still managed to land some notable catches. Congratulations to all who participated. Our next weigh-in will take place on the weekend of 12th and 13th April and remember our Fisherman’s Feast Barbecue will be held on Good Friday, 18th April from 12:00pm. Fish of the month will be Snapper. Also don’t forget because Daylight savings ending the weigh-in is 1:00pm not 2:00pm

See the following winners for this month.

Sub Junior Girls Estuary: Oka McGuire.

Sub Junior Boys Estuary: Huey McGuire.

Junior Girls Estuary: Bonnie Zealand.

Junior Boys Estuary: Jarrah Bell.

Men’s Estuary: Rod Smith.

Junior Girls Beach: Bonnie Zealand.

Men’s Beach: Rudi Bochdal.



Rod Smith our Weigh Master

Fish of the month of March was Whiting & Marlin.

Whiting: Rudi Bochdal

Marlin: Was shared by Louie Smith and Nash Smith as both of their Marlin were caught and released.

**Cheers, Heads Fishing Club**

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# BOWLING CLUB - BOWLS, BANTER AND A BLUSTERY FINAL



John Lewis, Michael Davies, Wayne Clay and Michael English



Ted Steyne, Senior Singles Champion 2024/25

## Open Pennant 2024/25

Shoalhaven Heads Bowling Club has three (3) sides entered in the South East Region, Open Pennant bowling competition. At the time of writing, six rounds are complete, just over half way through the competition.

Grade 5 is in second place just behind Lake Conjola.

Grade 6 is in first place ahead of Berry.

Grade 7 is in 3rd place behind Greenwell Point and Huskisson.

## Club Championships

The Club Fours Championship was played on Sunday 23rd February 2025. A quote taken from one of the players "...it was a great game with my mates and our opponents played very well, launching a comeback like no others could".

Congratulations to Michael Davies, John Lewis, Wayne Clay and Michael English who defeated Paul Bounds, Ted Steyne, Kathy McMahon and Steve

McMahon by 20 to 18 shots.

The Senior Singles Championship was played on Thursday 6th March 2025. While there was a small group of spectators looking on, on a windy and showery evening, the final was a good game to watch.

Congratulations to Ted Steyne who defeated Jim Kovacs by 21 to 5 shots.

Stephen Franklin

# BOWLO AMATEUR FISHING CLUB - WEIGH-IN DRAWS A CROWD WITH OVER 150 FISH CAUGHT



The February Weigh-in was held on 23rd Feb with a great turn out. We had 19 fishos weigh in over 150 fish with 3 Fishos competing in more than one category. There were 71 members on hand for the weigh-in who had a great choice of species to take home with the usual front runner being Flat head.



Rudi Bochdal is always full of surprises; he weighed in a good size Estuary Perch at 1.2 Kgs.

We also had some new Fishos in the winner's circle for the second month in row, Peter Durrington was runner up in Men's Deep Sea and Kathy Tyrrell took out the Ladies Estuary with heaviest catch and heaviest fish, weighing in a 63 cm Flathead on the mat. Peter Stanton took out the Deep-Sea heaviest fish with a Flatty at 0.89 and Jason McDonald took out Men's Estuary

The members were given a surprise treat for lunch with Prawns and Oysters on the menu. We finished lunch with not one prawn or oyster left over.

Our Juniors also had a big weekend with 5 juniors weighing fish in and 3 more competing that weren't so lucky. Its great to see the junior numbers increasing each weigh in so far this year.

We had the quarterly give away raffle for the fishos who weighed in and one lucky boat crew took out the 3 random raffle prizes. Shane Woods won the rod and reel combo, Peter Durrington won the net& prawn light combo and Neil Unicomb won the Life jacket and prawn light. Both Neil and Peter donated the prawn lights back to two lucky juniors

Rob Macartney took out third prize in the mystery fish, which was a Salmon, 1st and 2nd prize in the mystery fish didn't go off this month.

A big thank to the committee for all their work on the day and to Nowra Fresh for supplying the Prawns and Oysters

Weigh in Prize winners:

Men's Deep Sea	Scott Tyrrell	Junior Heaviest Fish	Sam Sheppard
Men's estuary	Jason McDonald	Junior Estuary	Willow Bell
Ladies' estuary	Kathy Tyrrell	Junior	Angus McVie
Men's Beach	Rudi Bochdal	encouragement awards	Riley McCready
Junior Heaviest Bag	Willow Bell		Harper Rhodes

We have started a Facebook page to provide updates on what the club has coming up and for weigh-in results and pictures. 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.

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, March 30th, 2025. New members are always welcome.

Scott Tyrrell - President

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