

St Patricks Day - 17th of March

Get out your green and drink a pint of Guinness!
Watch out for the cheeky Leprechauns.



A-Z Recycling and Disposal Guide

Check what can and what can't be recycled in the updated and improved guide. See page 9 for details.



Clean Up Australia Day - Mar 2

Help clean up our beautiful village.
8am to 10am at Lions Park (near the pool)



HEADS NEWS

Shoalhaven Heads Community Newsletter produced by a local for the locals

March 2025

Established 2004

Volume 21 - Issue 3

Q&A WITH THE 'HEADS KINDY



On a warm and sunny Wednesday morning, the newest kindy students at Shoalhaven Heads Public School sat down with The Heads News for their big moment—our annual Q and A. With plenty of smiles and excitement, they tackled the tough questions and shared their thoughts on school, life, and everything in between.

Do you have any new friends in your class?

All hands shot up with lots of "I do" and "I do".

What is the best thing about school?

Making new friends, play time, the play equipment, playing with cousins and hanging out with my teacher.

How did you get to school today?

2 walked, 3 rode their bikes, 0 scooter and everyone else by car.

What book are you reading in class?

Starting School by Jane Godwin and Illustrator Anna Walker. It's a book about five different children as they begin school for the first time.

What makes a good student?

Helping the teacher to clean up, crossing legs and listening, helping people, being nice to the teacher and listening when people are talking. Lots of gold stars!!

What makes a good teacher?

Teaching us new things, to make us good adults and giving kids pizza.

What do you have for lunch?

A vegemite sandwich, a lunch order, an apple, a sandwich but not sure what's inside, a salami sandwich and one wasn't sure so it's a surprise lunch today.

Who can ride a bike?

All hands went up.

Who uses the pump track?

Most hands went up.

What do you think your teacher does on the weekend?

She makes pasta, helps people, cooks, knits, goes to the beach, she makes bunnies and she eats bunnies.

What do you want to be when you grow up?

Princess, fireman, vet, a worker who cleans, gardener, astronaut, stage performer, dragon trainer, ballerina, Supergirl, Elsa and a doctor

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

Fire power, water power, the power to freeze, electric power, the power to turn into different things and teleportation,

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

Skiing, skatepark, beach, New Zealand, Sydney, Queensland, Cook Islands, Elsa Town and Oreo coloured Cat Island.

Do you have any pets?

8 dogs, 3 cats, 2 guinea pigs and 3 chickens.

With 29 lively kindy children, two brave teachers, and a class full of future princesses, dragon trainers, and pizza-loving students, Mrs S and Mrs Bradshaw certainly have their hands full. Good luck!

Heads News



Thinking of Selling



Raine & Horne

Danielle Harris 0407 233 030



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

DATES FOR YOUR DIARY		
Community Forum	Red Cross	
Bowling Club	7pm Wed Mar 5	Bowling Club 1:30pm Tue Apr 1
Fire Brigade	RSL Sub Branch	
Fire Shed	7pm Mon Mar 17	Bowling Club 4pm Mon Mar 3
Lions	Social Hub	
Bowling Club	7pm Tue Mar 11	Community Ctr 10am Mondays
Probus	VIEW Club	
Bowling Club	10:30am Fri Mar 14	Bowling Club 5:30pm Mon Mar 11

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

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

COMMUNITY FORUM

Clr Norris
The Lower Shoalhaven River CMP is on exhibition until 10th February.
Clr Norris is arranging support for the grant to re-build the Wharf Road Boar ramp.
The budget for 2025/2026 has a focus on road repairs which Clr Norris is pleased to see.

Mayor Patricia White
Bolong road near Manildra – Mayor has written to the owner of Manildra Mr Honan asking for a time-frame for repairs. Understanding is that they will be ready to start within 2 weeks. Mr Honan is calling to see Mayor White on Thursday 6th February @ 3pm. There is further works to be done near the railway crossing which will mean the road will be fully closed for 2 weeks while the works are done. An alternative access via Hannigans Lane will be provided.
Wells Place modified Development Subdivision - noted that a report on the DA modification has been prepared by staff and will be presented to the March council meeting.
The Finance Committee is reviewing all business operations of Council and minutes have been reviewed and will go to the 18th February meeting of Council due to visitors to Council. A further Council meeting will be on 28th February. Mayor White encouraged all to watch for the reports.

The Community Strategic Plan and Delivery Program and Operational Plan will be on public exhibition shortly after being sent to the office of Local Government.

A Community Plan for Consultation will be on public exhibition shortly – this details what notifications are given when Development Applications are lodged.
The Budget process is starting shortly for 25/26 again a document to review.

Council has lodged the Special Rate Variation request with IPART for a 12% rate rise, outcome will be known in May.

Clr Selena Clancy
Clr Clancy thanked the Lions Club and Community Centre Management on behalf of Disaster Relief Australia with the flood debris clean up. DRA may be able to return to assist with the removal of the debris and this is being considered by DRA. It seems Council has not accepted this responsibility which is disappointing
Clr Clancy is working closely with Claude Domio on the Lower Shoalhaven River Coastal Management Program to provide feedback on the actions to Council
Maintenance around the village, or lack of complaints, continue to fill up Clr Clancy’s email. Please keep sending them in so that we can lift the standard of our villages.

The beach sand has covered the amenities at the beach – this will need to be removed and Clr Clancy will follow up with Council.

Clr Clancy has just done a meet and greet with the Shoalhaven Heads Fishing Club.

Phil Guy has requested a letter of support for a grant application for the Bowling Club to upgrade amenities.

Clr Peter Wilkins - Deputy Mayor
Clr Wilkins endorsed the information from the previous Councillors and Mayor.

Commented on an excellent Australia Day at Sussex Inlet and the large number in attendance with a great vibe on the day.

He hoped to see a positive response for the Wharf Road boat ramp.

Mowing maintenance around the village notice of motion. Background: Regular mowing maintenance of public spaces around the village is not being carried out. This has been an issue for several years with promises from council contact staff saying it will improve. One of the most common reasons from Council staff is that there is not enough staff, and Council is unable to employ staff to do the work. This being the case it is assumed that there are unfilled positions in Council and funds could be used to contract out the work.

Mowing Maintenance Request
The Forum is writing to Council to request that the mowing maintenance around the village of Shoalhaven Heads be contracted out if the cost of the works is assessed by Council as cost neutral.
Shoalhaven Heads Estuary Task Force - Phil Guy
Phil noted there is a meeting on 12th March
CMP feedback will be given by Claude

Meals on Wheels - Kim McGuire:
MoW currently has 28 clients, a sharp increase in the last 2 weeks. With Christmas holidays over, clients who were away, or had families cooking whilst visiting, are back receiving meals.

All clients received a fun hamper and a free meal at the 23rd December delivery. This was for the most part due to a generous donation in 2024 from the (formerly Heads Hotel) Fishing Club. We have this week been informed that the Carter’s Corner Fishing Club has donated to us again. This will all go to our clients enabling us to offer something special *watch this space. AND A HUGE THANKS. Meal delivery carries on regardless and our fantastic volunteers have worked on through the holiday period. A big change to be put into place shortly (March or April) will be that we offer clients a menu to choose their weekly meals from, on a monthly rotation. This will change seasonally. We are currently working through all aspects of how this will work at the kitchen end, as it will necessitate many changes esp. with stock control.

Meals on Wheels at the Heads have pride in serving our older community with delicious meals in a flexible way. Meals are delivered every Monday.

We are always looking for more volunteers; for delivering, kitchen duties, or committee. Come and join this awesome team. Phone numbers are in The Heads News Community Directory.

Lions Club - Rob Russell
Our club assisted the Gerringong Lions with the gate at the Berry Show; Lions work together to make sure each club can provide services. The Lions provided catering for Disaster Relief Australia for the clean up of the flood debris. Thank you to the friends of Lions who also assisted.

Golf Club - Rob Russell
The club had huge numbers over the holiday break with a total of over 30000 players on the course in 2024.

Red Cross
The combined Mother’s Day morning tea planned for Tuesday the 29/4 has been postponed to Saturday the 10th May in the Banksia Room at the community centre, more details to follow later. A Mother’s Day raffle will be held outside of IGA- dates to be confirmed at a later date.

Another successful morning tea was organised at the calendar crew market day on Saturday the 25/1/25.

Community Centre
The oven is to be replaced with a brand new domestic large oven over the next couple of months.

Bookings are going well for this year already with many groups old and new wanting to use the centre.

Wells Place Subdivision Development Modification
The plan was circulated with the Agenda. A resident of Wells Place provided the background to the modification and made the following points:

The original subdivision was approved in 1985, 5 lots and one reserve. The reserve is at the end of Wells Place and is valued by the residents of that area. The reserve under the proposed modification would move to front Shoalhaven Heads Road and prevent access for the residents of Wells Place.

The area has underground electricity and hard-edge kerb and guttering, and a restriction of a single driveway. The area is an overflow parking area for the sporting complex on Vic Zealand Oval when traffic congestion occurs.

The modification lists 400ml of fill will be placed on the lower land and runoff will go into the caravan park.
The Forum is writing to Council to raise concerns

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MONDAY TO FRIDAY 8.00 am to 5.00 pm

Community Forum continued...

regarding the relocation of the reserve and the traffic impost if no access is available from Shoalhaven Heads road to take some of the traffic.

A resident of the adjacent Caravan Park spoke about mowing maintenance being done by Tall Timbers staff on the reserve which he felt was an impost. The resident was in favour of the development and is hoping that when developed the water issue he is getting will be solved. The water is coming from a property in Scott Street with no connection to the development. Mark Wells advised at this point the reserve is private property; however, once gazetted as a public reserve a park care group could be formed to maintain the space.

Another resident expressed a concern that if the community is anti-development this will stop the village growing.

Lower Shoalhaven River Coastal Management Program

The Forum sincerely thanked Claude Domio for his dedication in representing the community on the CMP committee. The Forum supports the adoption of the Lower Shoalhaven River CMP, noting that this does not include support for the Shoalhaven River Entrance Management Plan for Flood Mitigation which has not yet been released to the community, subject to the following items which have been spoken about for the past 4-5 years as important to the village:

- The inclusion of an item for Sand Scraping as recommended by MHL as a mechanism for repairing erosion caused by the storm water drains along the River Road bank and that appropriate permits be obtained to allow this action.
- The inclusion of dredging as an option to address the build-up of the sand flats west of the entrance area to facilitate a workable entrance opening strategy to mitigate against flooding.
- The inclusion of the appropriate permit to allow the continuation of the removal of mangroves from the unique small area in front of the Council caravan park on River Road Reserve. This area allows children, the elderly, people with a disability as well as others to access the shallow water and flats in a safe manner and removal is supported by local community groups and Riverwatch.
- The deletion of the Living Shoreline concept which was inserted into the CMP by the contractor Rhelm as an alternative to the removal of the mangroves,

costed by Rhelm at \$1.96m and which removes access to the shallow water and sand flats from recreational use of the community.

- The inclusion of an action to have a Management Plan drawn up to cover the Coastal Swamp near the Council Caravan Park. This is a very special coastal swamp which houses birds and wildlife and requires rehabilitation and protection.
- All other items which Claude has documented regarding water quality, drainage and other matters being reviewed and revised to Claude's satisfaction.

Member for Kiama Gareth Ward

Gareth has been advised that at this stage the David Berry Hospital services will close in 2026 with the government indicating a use as possible social housing. The strong view of the community is that the facility should still be used for palliative care and rehabilitation. This would take the strain off the Nowra Hospital and ensure patients have choice. The government has indicated this is a two-stage process and another round of consultation will occur. Gareth will follow this closely.

Gareth congratulated the Mayor and new Councilors and added that the Council is a different place to deal with under the new leadership.

Trains – Gareth is continuing to push hard for a passing loop to allow better scheduling. 81% of people who responded to the petition on satisfaction of the train service were unsatisfied with the service.

Thank you to those who signed the petition on removing the speed camera on Bolong Road – speed cameras should be in high traffic areas only – not as revenue raising opportunities.

Jervis Bay Road intersection is on time and on budget – this intersection has been the site of a number of accidents and is high priority for Gareth.

Gidg raised the issue of luggage compartments or sufficient space on the trains as the trip to the airport sees many people with luggage with nowhere to store it – Gareth took this on notice.

Robyn raised the issue of flooding and entrance management at Shoalhaven Heads. The existing strategy of opening the river entrance when the village is already in flood is flawed and the State Government need to be briefed on the safety issues. Gareth will follow up (Gareth has requested a meeting with the Minister and residents to present the case).

Community Forum

SHOALHAVEN RIVER ENTRANCE MANAGEMENT REVIEW LEAVES RESIDENTS FRUSTRATED

The draft Shoalhaven River Entrance Management Plan (EMP) Trigger Level Review has confirmed that trigger levels will not be changed, maintaining the 2.0m AHD level at the Heads and 3.0m AHD at Nowra Bridge. The review concludes that lowering the trigger to 1.5m AHD would provide minimal flood relief, estimating only a 6cm reduction in peak flood levels.

Models Inconsistent with Historical Data

The decision to keep the current trigger levels is based on modelling assumptions that Berry's Canal remains the dominant flood outlet, and that entrance scouring follows a fixed-rate deepening process, regardless of when the entrance is opened. However, this conclusion is at odds with historical records, which show that when the entrance was already open before past floods, peak levels at Shoalhaven Heads remained at or below 1.5m AHD. While not directly comparable, this suggests that the model may underestimate the flood reduction benefits of opening the entrance earlier, especially if scouring occurs more rapidly than assumed.

Discrepancies in Draft Plan

A key discrepancy in the review is its claim that water levels at 1.7m AHD will always continue to 2.0m AHD, which did not occur in June 2024, when it reached only 1.714m AHD. This contradicts the assumption that 1.7m is always a precursor to 2.0m, raising questions about whether opening the entrance at a lower level could have prevented further flooding in cases like this.

Additionally, there is a clear difference in reported scour depths across various studies:

- Older reports (1984, 1986) suggested that scouring could deepen significantly beyond -4.0m AHD, with the 1984 report estimating potential deepening to -8.0m AHD in certain conditions.
- The newer models (2022, 2024) cap scour depth at -3.5m AHD, assuming a slower deepening process.
- Some local accounts suggest that scouring has reached depths of up to 7m, though this is not reflected in the modelling or official records.

Plan doesn't address major issues

Residents remain frustrated that the EMP does not address the visible impacts of flooding at 1.7m AHD, such as debris, silt, and property damage, which occur well before the 2.0m trigger is reached. The decision to maintain current trigger levels does not align with community concerns, nor does it fully explain why historical open-entrance floods have resulted in much lower peak levels than the model predicts.

Call for community to check documents

Once the full EMP review documents become available, residents are encouraged to read them carefully to identify any further discrepancies or overlooked issues. These reports will guide future entrance management decisions, and any inconsistencies or concerns need to be raised before the plan is finalised.

Heads News



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NATIVE BOTANIC GARDENS

Hello gardeners and nature lovers, we are pleased to announce that, through the hard work of our president & curator Rob, and funding for 5 years from Horizon Bank, we now have Hortis up and running. Scan the QR code to see a map of all our plant locations as well as information and photos. There is also a link on our website (shnbotanicgarden.org) and on the information posts in the Gardens. For a bunch of technologically challenged older people we are quite happy with it (even Rob, who spent months setting this up!)

IMB Bank Community Foundation have supported us with a grant of \$1779 for our wonderful new marquee to protect volunteers from the sun. It can also be made available for use at your next Gardens function. IMB have been supporting community based projects in the Illawarra & Shoalhaven for 25 years and we are very grateful for the funding.



BUSHCARE

Clean Up Australia Day is being coordinated by the Lions Club opposite the newsagency on Sunday 2nd March, 8:00 – 10:00am.

During February, 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. More native trees have been planted north of the Surf Club.

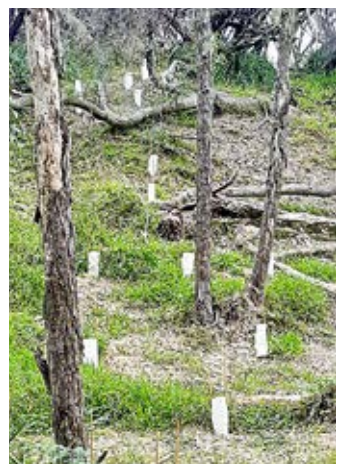
River Rd Group are planning more plantings above and west of the wall during autumn. Plants are being propagated for them by the Botanic Gardens.

Golfers group has been busy restocking the nursery, removing lantana regrowth and planting crinum lilies and burrawangs adjacent to Seven Mile Beach National Park and near the 11th tee. Jerringa Group are continuing to clear Lantana between the Community Centre and the shops.

Also just completed is the new garden bed funded by a donation from the Veolia-Mulwarree trust, located behind the Men's shed. There is a path through the mulch so the shades on the shed can be opened.

We rely heavily on our volunteers to apply for grants as the money earned from our plant sales only covers so much. Thankyou to Ed our treasurer who does this whilst still having a daytime job (he's not old enough to be a retiree like the rest of us!)

Chris Lawrance



Plantings in the hind dunes

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, care should be taken if venturing 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



Thinking of Selling? Think Claire Nunn!

This year we are off to a strong start, with increased buyer activity and excellent attendance at open homes. Many buyers are eager to secure their ideal property, making it a great time to consider selling.

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6 Davenport Road
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17 Wells Place
New to Market



4 Davenport Road
New to Market



16/24 Jerry Bailey Road
\$865,000 - \$895,000



3 Jerry Bailey Road
New to Market



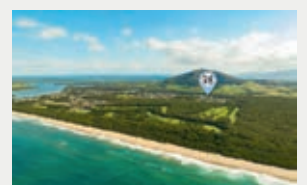
3/5 Elwin Court, North Nowra
New to Market



56 Jerry Bailey Road
\$940,000 - \$980,000



23 Noakes Street
New to Market



15a Discovery Place
\$760,000 - \$800,000

Sold



10 Bass Road - \$922,000



84 River Road - \$2,475,000

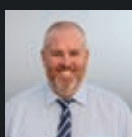


5/145 Scott Street - \$883,000

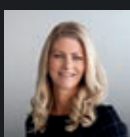


1395E Bolong Road - \$2,100,000

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



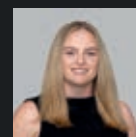
Jason Stalgis
Principal/Sales
0403 648 375



Claire Nunn
Sales
0402 294 992



Lorraine Shaw
Property Manager
02 4448 8344



Lilli Williams
Sales
0498 473 247

WELLS PLACE SUBDIVISION

A long-dormant subdivision project in Shoalhaven Heads has resurfaced, igniting community debate over its relevance and potential impacts. The Wells Place subdivision, originally approved in 1983, remained largely undeveloped for decades. Now, developers are seeking to modify the original plans, prompting discussions about “zombie” development applications and environmental concerns.

Background of the Development

In 1983, a 27-lot subdivision was approved for Wells Place. The first stage concluded in 1985, but the second stage—comprising six lots (Lots 22–27)—was never developed. Despite the prolonged inactivity, the original development consent remains valid, allowing construction under the initial terms.

Understanding “Zombie” Development Applications

The term “zombie” development applications (DAs) refers to projects approved under outdated planning controls that remain unbuilt yet retain valid consent. These dormant approvals can resurface, permitting developments that may not align with current environmental standards or community expectations. In New South Wales, such “zombie” DAs have become a topic of concern, as they can bypass contemporary planning assessments.

Proposed Modifications

The current modification application (MA2024/1134) proposes several key changes:

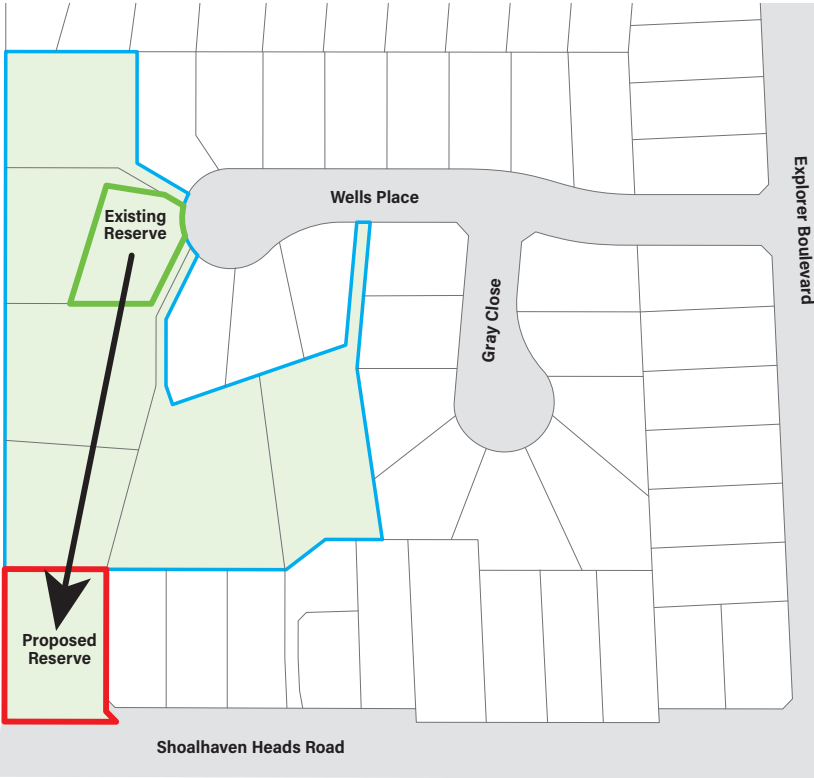
- Lot Layout Adjustments: Reconfiguring the six lots for improved development feasibility.
- Relocation of the Public Reserve: Moving the designated public reserve from the end of Wells Place to Shoalhaven Heads Road.
- Road and Driveway Changes: Eliminating the need for a right-of-carriageway easement by consolidating access via Wells Place.
- Flood and Stormwater Management: Introducing over 1,500 cubic meters of fill to elevate the land

to meet the 1% Annual Exceedance Probability (AEP) flood level. This significant addition of fill raises concerns about the displacement of floodwaters, potentially affecting adjacent properties.

Community Concerns

Residents and the Shoalhaven Heads Community Forum have expressed several concerns:

- Validity of the Original Approval: Given the 40-year gap, many question whether the original consent should still be applicable, especially since it predates current planning and environmental standards.
 - Flooding and Environmental Impact: The introduction of substantial fill could displace floodwaters, increasing the risk to nearby properties. Developing in flood-prone areas can exacerbate flooding, as natural water-absorbing lowlands are replaced with impermeable surfaces, leaving excess water with nowhere to go.
 - Increased Traffic on Wells Place: Directing all new traffic onto this narrow cul-de-sac may lead to congestion and safety issues.
 - Loss of Accessible Green Space: The community has utilised the original reserve location for decades. Relocating it to a busier road with limited parking is seen as detrimental to community access and safety.
- ## Council and Agency Feedback
- Shoalhaven City Council is currently reviewing the proposal, with input from various departments:
- Flood Management: Supports elevating the lots to meet flood standards but notes concerns about potential water displacement affecting neighbouring areas.
 - Development Engineering: Highlights issues re-



Proposed location for the reserve. Blue line outlines the 2nd stage of the subdivision (lots 22-27).

lated to stormwater management and increased traffic flow.

- Strategic Planning: Acknowledges community concerns, particularly regarding the relocation of the public reserve.

Next Steps

The Council is expected to make a decision in the coming months. Given the significant community feedback and the complexities surrounding “zombie” DAs and environmental impacts, further modifications or conditions may be imposed before approval.

Residents are encouraged to stay informed and participate in the consultation process to ensure that any development aligns with community interests and current standards.

Heads News

What's On at Heads Bowlo

In your birthday month

SWIPE AT THE KIOSK

to receive your vouchers

Plus entry to a

BRAND NEW BIRTHDAY DRAW

share in \$500 cash

LAST SATURDAY OF THE MONTH FROM 6PM

6PM \$300
6:15PM \$150
6:30PM \$50

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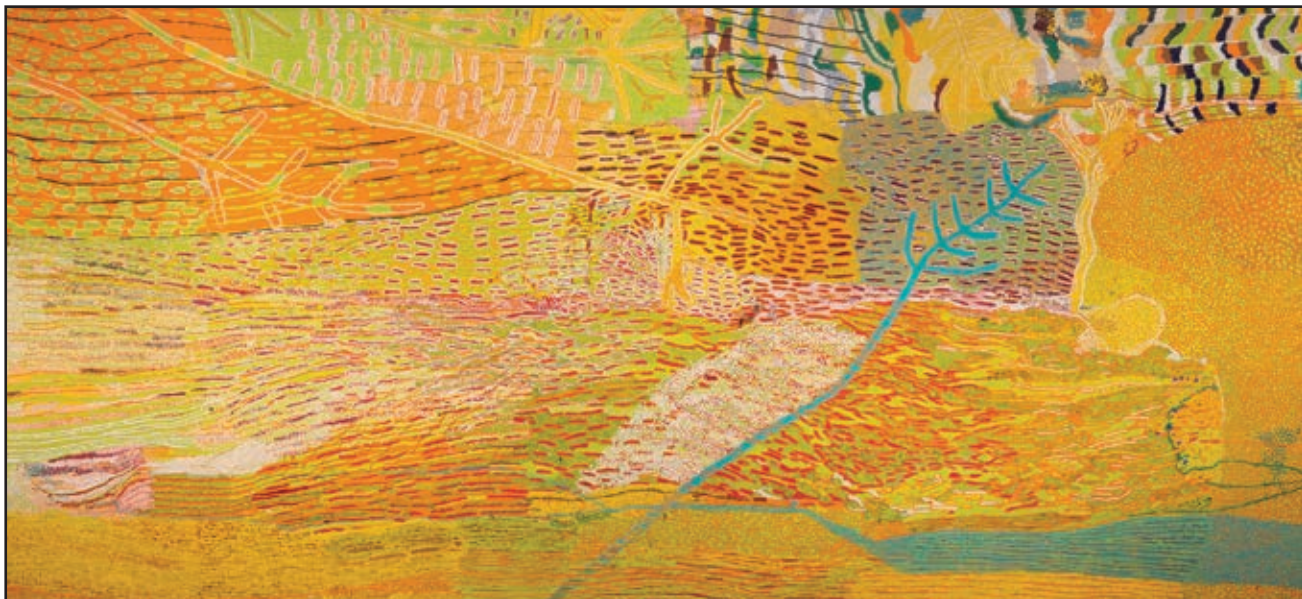
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THINKING TOGETHER: Exchanges with the natural world

1 March – 8 June 2025

Introducing major new commissions by contemporary artists **Robert Andrew, Alfredo and Isabel Aquilizan** and **Keg de Souza**, presented alongside video works by **Sorawit Songsataya** and **Tina Stefanou**, and paintings by the **Martu communities** of central Western Australia.

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BUNDANON

Ngamaru Bidu, J. Biljabu (dec.), Kumpaya Girgirba, Bowja Gaye Patricia Butt, Noelene Girgirba (Lanky) Oates, N. Taylor (dec.), Ngalangka Nola Taylor, Muuki Taylor, W. Taylor (dec.), *Kalyu*, 2014 (detail), synthetic polymer paint on linen. Museum of Contemporary Art Australia. © Martumili Artists/Copyright Agency, 2024



RED CROSS

Our Morning Tea in January at the Community Centre, was very well supported. Thank you.

Please note change of previously advertised date for the Mothers' Day morning tea. It will be one of our regular morning teas, on 10th May in the Banksia Room. All welcome, whether Mother, Grandmother, Great Grandmother, or none of those! As it is the Saturday before Mothers' Day, what a great opportunity to gather with family. Scones and other tasty morsels on offer! Please pencil it into your calendar.

In the weeks prior to the Morning Tea, we will be selling raffle tickets outside IGA on Saturday 26th April and 3rd May, from 9:30-11:30am, and will be drawn on 10th May at the Mothers' Day morning Tea.

Always a big thank you to IGA for your continuing support and for kindly allowing us to sell out front of your shop.

With sadness, but gratitude for 25years of service to Red Cross, we wish to farewell Patricia Cliff, who has decided that it is time to retire.

Our next meeting will be on Tuesday 1st April in the Banksia Room at 1:30pm. Visitors and new members are always welcome to our meetings.

Pat Loveridge



Telecross is a phone call service for anyone who might benefit from an extra layer of social interaction and safety

HEADS MEN'S SHED

Good day Shedders, I hope everyone is in good health. Everything is going OK here in the Shed, but we need more members as most organisations are suffering from a lack of people who volunteer these days. It is vital for us to continue to have an increase in new blood, as we have recently seen a steadfast member Dennis Wood has passed away, Dennis was a great Shredder & he will be sorely missed. (I would like to pass on our heart felt sadness in his passing). as I am told time & time again, we are all in God's waiting room & just waiting to pop our Clogs.

But on to more interesting subjects we are ready to take on more jobs, as we have seen a recent downturn, I don't know whether we are all off surfing, or other exciting things.

For those who are unaware of that we have an absolutely brilliant Office/ tearoom, with a great coffee maker just waiting for you to pop in for a brew, we will happily show you around our Shed & introduce you to the crew.

We are hoping that there are retired Men & Women's in the Heads who are looking for an interest outside the home, where they can find Men & Women who enjoy spending 1, 2, or 3 days a week helping out the community & doing good for themselves. So until next month please keep safe & lookout for each other, & now for a joke:

What do you call a snowman who works out?

The abdominal snowman

Why did the sun go to summer school?

To get a little brighter.

Pat Duggan

PLAYGROUND REPLACEMENT

As part of the Playground Replacement program, Council has pledged to replace the River Road Shoalhaven Heads playground this year.

To ensure that the new facility meets the current and future needs of the community, Council would like to know how you currently use the reserve and what kind of equipment you would like to see as part of the playground replacement.

Please provide feedback by completing the Online Survey (QR code above) by 5 pm Friday, 21 March, 2025.



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📍 3/59 Junction St, Nowra NSW 2541 & 1/6-8 Orient St, Batemans Bay NSW 2536

AUTHORISED BY FIONA PHILLIPS MP, ALP, 3/59 JUNCTION ST, NOWRA NSW 2541

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PROBUS

We thought January went quickly, how quickly is February going?? Probus recommenced this month and we are looking forward to our AGM and new office bearers next month. We had 4 visitors at our February meeting and hope they will continue to attend.

Maria advised us of those who were sick and that our long-serving Publicity Officer, Llois Shorten, and a Foundation Member of Probus, had sadly passed away.

Kathy advised the members of the Change-over Lunch in March.

Paul gave out the tickets to the Seniors Concert in March and has organised a trip to Wilde's Oyster Farm for entrée and lunch at Greenwell Point Bowling Club.

David gave a report from the 2001 Newsletter. Our Gourmet Wanderers will be at Boat Harbour followed by lunch at Cronin's Pub.

Our Probus Club will be celebrating our 30th Birthday in March. Heather has organised the outing to Nowra Players for their next show.

David was also our Guest Speaker and gave us a history of Banjo Paterson.

Come along and join in the fun. We hope to see you at our next meeting. We meet on the second Friday of each month, commencing at 10:30am at the Shoalhaven Heads Bowling Club. For further information, please contact our President Maggie Pye on 4448 5913.

Kerry Kells (Publicity officer)



VIEW

Shoalhaven Heads VIEW Club commenced its new year on February 10th with the AGM and election of the new committee, which was chaired by our own Past President Marilyn.

We said farewell to Colleen after some 43 years in our Club, as she moves away to be closer to family. Colleen has been a very valuable member and friend, and will be greatly missed by us all. We wish her all the very best.

2025 Committee

President: Lorraine, Secretary: Jean, Treasurer: Sue, Program Officer: Kathy, Vice President: Asst. Secretary: Asst. Treasurer: Program Officer: Carole Maggie Pam Maria.

Our outgoing President Kay thanked the Committee for their support and assistance during the past year, and thanked Marilyn for looking after the evening's formalities. Kay is taking a break from Committee due to other commitments and Maggie is having a well-deserved break from the Secretary's role having served



Lorraine, Carole, Jean, Maggie, Sue, Kathy, Maria (Pam absent)

there for a very long time.

VIEW (Voice, Interests and Education of Women) is one of Australia's leading volunteer organisations supporting the education of disadvantaged Australian children through the work of The Smith Family. 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 10th March 2025, 5.30pm for 6pm at Shoalhaven Heads Bowling Club. We look forward to hearing from our interesting guest speaker Sue.

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

Lorraine (President)

Vale



Llois Shorten

19/7/1936 – 19/1/2025

Loving wife to
Hugh, mother to
Brett &
mother-in-law to
Allison.

Loving
grandmother
"Nan" to Ben and
Matthew

Love from 16
to eternity,
Hugh

At the age of sixteen, Hugh said, "It was love at first sight," and that love became a lifetime of adventure. Llois embraced every moment—cruising, caravanning, dancing, and fishing on the Shoalhaven River. She was a passionate educator who touched many lives, but her greatest joy was the life she shared with family and friends. In her final days, the kindness of the David Berry Hospital staff brought comfort. Llois' warmth and spirit will be dearly missed.

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Congratulations to Danielle Harris and her team on recently winning for another year the following awards for Shoalhaven Heads

#Agent of the Year - Danielle Harris
#Agency of the Year - Raine & Horne Shoalhaven Heads



125 Jerry Bailey Road 3 2 1	7 Ablett Court 4 2 2	8 Davison Drive 4 2 2	38a Scott Street 4 2 2	1268 Bolong Road 4 3 7
14 Lloyd Street 4 3 4	18 Scott Street 4 2 2	38a Scott Street 4 2 2	14/43 Renown Avenue 2 1 1	6 Scott Street 4 2 2

TRADES AND SERVICES

Tania Skelton
Certified Yoga Teacher
4448 7833

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

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

Sat 1 Mar L 03:43 0.31m H 10:03 1.88m L 16:33 0.14m H 22:38 1.59m	Sun 2 Mar L 04:34 0.29m H 10:50 1.80m L 17:13 0.19m H 23:23 1.65m	Mon 3 Mar L 05:28 0.30m H 11:38 1.67m L 17:52 0.28m	Tue 4 Mar H 00:09 1.68m L 06:25 0.35m H 12:30 1.50m L 18:33 0.39m	Wed 5 Mar H 00:59 1.68m L 07:30 0.42m H 13:27 1.32m L 19:17 0.52m	Thu 6 Mar H 01:54 1.65m L 08:43 0.49m H 14:35 1.17m L 20:11 0.63m	Fri 7 Mar H 02:58 1.61m L 10:08 0.51m H 16:02 1.08m L 21:20 0.70m	Sat 8 Mar H 04:12 1.59m L 11:32 0.50m H 17:34 1.08m	Sun 9 Mar H 05:26 1.60m L 12:38 0.45m H 18:42 1.14m L 23:54 0.68m	Mon 10 Mar H 06:30 1.63m L 13:29 0.41m H 19:30 1.22m	Tue 11 Mar L 00:54 0.61m H 07:22 1.67m L 14:10 0.37m H 20:10 1.29m	Wed 12 Mar L 01:43 0.55m H 08:05 1.68m L 14:45 0.35m H 20:45 1.35m	Thu 13 Mar L 02:26 0.50m H 08:45 1.68m L 15:16 0.35m H 21:17 1.41m	Fri 14 Mar L 03:05 0.47m H 09:19 1.65m L 15:45 0.36m H 21:49 1.46m	Sat 15 Mar L 03:43 0.46m H 09:53 1.60m L 16:11 0.39m H 22:19 1.50m	Sun 16 Mar L 04:20 0.47m H 10:27 1.53m	Mon 17 Mar H 22:50 1.53m	Tue 18 Mar L 05:37 0.51m H 11:36 1.36m L 17:27 0.53m H 23:54 1.55m	Wed 19 Mar L 06:20 0.55m H 12:15 1.27m L 17:56 0.60m	Thu 20 Mar H 00:30 1.53m L 07:09 0.60m H 12:58 1.18m L 18:30 0.67m	Fri 21 Mar H 01:13 1.50m L 08:07 0.64m H 13:52 1.10m L 19:12 0.73m	Sat 22 Mar H 02:05 1.46m L 09:18 0.66m H 15:03 1.05m L 20:14 0.79m	Sun 23 Mar H 03:12 1.44m L 10:36 0.63m H 16:32 1.05m L 21:36 0.80m	Mon 24 Mar H 04:27 1.48m	Tue 25 Mar H 05:34 1.56m L 12:34 0.46m H 18:39 1.22m L 00:01 0.65m	Wed 26 Mar H 06:30 1.66m L 13:18 0.35m H 19:22 1.33m	Thu 27 Mar L 00:57 0.54m H 07:19 1.75m L 13:59 0.26m H 20:03 1.46m	Fri 28 Mar L 01:48 0.43m H 08:06 1.81m L 14:38 0.21m H 20:45 1.59m	Sat 29 Mar L 02:40 0.33m H 08:54 1.82m L 15:17 0.19m H 21:27 1.71m	Sun 30 Mar L 03:32 0.26m H 09:43 1.76m L 15:57 0.22m H 22:10 1.80m	Mon 31 Mar L 04:26 0.23m H 10:33 1.66m L 16:37 0.30m H 22:56 1.85m
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CLUB	CONTACT	PHONE	MEETINGS
Soccer - Registrar	Chris Firth	0411 524 747	rego@shbfc.com.au Season: April - September
Social Golf - Bowlo	Bowling Club	02 4448 7154	Golf Club
Social Hub	Robyn Flack	4448 7208	Mon 10-12 at Com Centre (during school terms)
Surf Club	Karl Poulton	0401 824 335	Patrol Sep to Apr Nippers Oct to Apr
Tennis & Pickleball	Christine Talbot	0419 465 995	Mon & Wed 9am, Tues & Wed 7pm
VIEW Club	Colleen Gablonski	0422 302 616	2nd Monday of month at Bowling Club at 11:30am
Yoga	Tania	4448 7833	Mon & Wed 5:30-6:30pm Community Centre

JUSTICES OF THE PEACE

Carol Orr	0418 276 808
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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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A-Z

Recycling & Disposal Guide

COMMUNITY RECOGNITION FOR MEALS ON WHEELS

Shoalhaven Heads Meals on Wheels had an Australia Day to remember this year with recognition coming at an LGA and local level.

Our umbrella organisation, North Shoalhaven Meals on Wheels, was the recipient of Shoalhaven City Council's Proudly Shoalhaven Award on Australia Day.

The Proudly Shoalhaven Award - open individuals, volunteers, service groups and community groups - was given to us in recognition of our 58 year history, and our current collective army of 250 volunteers who cook, pack and deliver meals from Shoalhaven Heads to Jervis Bay.

"It was an absolute honour to receive the award on behalf of the volunteers," says Angela Pendlebury, General Manager of North Shoalhaven Meals on Wheels.

"They are the 'locals', the ones invested in their communities, making a difference in the Shoalhaven.

"We've been proudly Shoalhaven for 50 years, so it was brilliant to be recognised with the Proudly Shoalhaven Award.

"It was very unexpected, given the exceptional field of nominees."

At the award ceremony, Mayor Patricia White congratulated all the award winners and nominees for

their tireless work and valuable contribution to their communities.

"Through selfless dedication, our exceptional winners and nominees have contributed to making the Shoalhaven the wonderful place it is today," she said.

Locally, we were honoured to receive grassroots support from the Shoalhaven Heads Fishermans Club which chose us as one of the recipients of its fundraiser at Carters Corner on Australia Day.

The fun community gathering resulted in a donation of \$2000 each to us and the Jerry Bailey Childcare Centre, with whom we share a building (see full report on page 15).

"It is a wonderful sign of the Club's appreciation of our work," says Shoalhaven Heads Meals on Wheels President Deb Getley,

"This generous donation is a sign of how much our community cares for the people who live right here in Shoalhaven Heads.

"We are hoping to upgrade equipment and facilities in our kitchen in the near future and \$2000 will give us a boost to get started.


"We are very grateful to the Fishermans Club for choosing to support our work."



Shoalhaven Heads Meals on Wheels President Deb Getley in the kitchen, with a donation of silverbeet from the adjacent Botanic Garden

If you want to help by joining our team of volunteers, don't hesitate to get in touch with Viv on 0413 290 869. There are roles to suit all sorts of skills and availability.

Cathy Law




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ANTARCTICA

My life took a change when I lost my husband last year. I still wanted to travel. Where to? Might as well do the big one—Antarctica.

I needed help organising something this big, so with help from Kai at Travel Focus Group, a trip was planned. I was going by myself, which I had never done before, and to a foreign country speaking Spanish, using American dollars, and with my Travel card and Visa card, I was prepared.

My choice of ship was Ocean Endeavour, with only 200 passengers, meaning two landings per day plus a single cabin. The crew were from intrepid and were marvellous. Passengers ages ranged from 18 to 85 (me). Zodiac boarding was very careful, but getting dressed for those excursions was planned—thermals, ski pants, parkas, life jackets, and big gumboots. Antarctica was amazing—so much ice, lots of penguins, blue icebergs, interesting people, even a yacht.

The other sections of my trip were Buenos Aires and Iguazu Falls. What a beautiful capital of Argentina—wide, tree-lined streets, old architecture, just so big! I had a city tour and used a “hop-on, hop-off” bus



Iguazu Falls



Janice in Antarctica

and an essential Tango “night out.” Iguazu Falls was spectacular—I saw it from both the Argentinian and Brazilian sides over two days. There was lots of walking, but always another view of the falls. I was with a group of eight, and the guide kept us loosely together but not rushed. On the Argentinian side, another option was the river trip—down 300 meters of stairs to a boat. What an exhilarating trip—but you get very wet.

Janice M



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TRAVEL FOCUS



FIRE BRIGADE

Hi everybody. Nine call-outs this month. On seven occasions we were stood down prior to or on arrival. That's OK. Being called off means our services are not required. Hopefully everyone is safe.

The two jobs we did attend couldn't be more different.

"Widow Maker" at Toolijooa

A tree down at Toolijooa. It was actually a branch that had come down. A very large branch that had closed Beach road. We had responded to the scene along with Broughton Vale RFB, to find the branch was still attached to the tree. Alas, the RFS doesn't have the equipment to remove high up hanging branches, especially ones of this size, so "who you gunner call", our local Council that's who.

We left the scene in the capable hands of Broughton Vale RFB who secured the site, waiting for the Council guys to arrive.

Gas Cylinder fire

The other call was to a repeat of last month's BBQ Cylinder alight. Different Caravan Park but a similar story.

The BBQ's 9kg Gas Cylinder caught alight with the flames impacting an awning and some furniture. Fast action by Park Staff prevented the fire from spreading. On arrival, one of our firefighters donned Breathing Apparatus to isolate and remove the cylinder. A cooling spray of water was directed onto the cylinder until its temperature became manageable.

The atmosphere of the caravan was checked using our Air Analyser before handing back to the resident.

Fire Danger Period Ends Soon

The statutory Bush Fire Danger Period ends this month. This means you will no longer need to apply for a fire permit after the 31st March. You are still required to notify the RFS and your neighbours of your

intention to burn native material. The RFS, you can advise via their website and the "Notify us of your planned burn" link. Your neighbours, you can advise by a letter drop, email, phone call or over the fence. As long as they know.

It is important to remember "the material to be burnt must only be vegetation from the locality, not household or building material such as plastics, wooden pallets or cardboard boxes".

2025 ShowMow Racing

We were at the 2025 ShowMow Racing event at Bomaderry held in February. Thanks to the organisers for the invite to what turned out to be a great day. Also thanks to the general public that came up for a chat. It was a pleasure to show many a junior firefighter over our Cat1 Appliance. By the end of the day you could pick them out by the number Red Fireman's hats being worn in the spectator area.

Of course the Racing was the highlight. Can't those Lawn mowers move? They may no longer be good for cutting grass, but what they do, they do fast.



Gas Cylinder fire - damaged awning



Tomorrow's firefighter? Not sure about the hat.



Inspecting the "widow maker"

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

Stay safe, Geoff Parker



LIONS CLUB - EXPANDS EYE HEALTH PROGRAM AND BACKS LOCAL CAUSES

The social HUB which is held at the Community Centre on a Monday from 10 am to 12pm recommenced at the start of February. It is a great place to come along to and meet other locals, have a chat and a laugh and enjoy a cup of tea or coffee and light refreshments. Please consider dropping in one Monday.

We will be running a BBQ at Bunnings South Nowra on Sunday 9th March. If you are out that way on the day, drop in and say hello and buy a sausage sandwich.

Our Lions District run an eye health program for 3 -

14 year olds. Children are screened for short and long sightedness, colour blindness and other eye conditions. Some of our members are heading to Kiama Surf Club on March 2nd to observe the screening process in action with the intention to be trained in the program so that we can run occasional clinics in Shoalhaven Heads.

Our Lion's district is also purchasing a Theraplay TMX Trike for young six year old Caleb who is unable to walk unassisted. Our club has donated \$250 towards the cost of the Trike.

Local Grants

The Lions motto is 'We Serve' and that is primarily the ethos that the organisation operates under. In recent years the Heads Club has donated money to local organisations such as the RFS, Meals on Wheels, Surf Club and Football club, as well as individuals who need financial support. We are currently offering grants of up to \$1000 for equipment and other necessary items to our local community. If interested in applying for a grant you can email me at rsrussell53@gmail.com

Rob Russell - President

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

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NO TIME TO MISS OUT ON TASTE

Sometimes you can get caught short around dinner time, but it's no time to sacrifice on taste.

The other night we found ourselves looking around for something for the evening meal and there wasn't a lot in the larder.

A couple of chicken breasts with a looming use-by date, a tin of tomatoes and a half empty packet of pasta.

From the pantry regulars we had our recently replenished store of garlic and half a packet of bread crumbs and from the garden, a lush basil bush.

Some people might see famine, but we saw a feast.

The ingredients were there for a crunchy, crumbed chicken fillet on a bed of pasta, topped with a garlicky tomato sauce garnished with fresh basil.

This is how you do it.

Last-minute chicken and pasta with quick tomato sauce

Ingredients

Chicken

- 2 chicken breasts sliced horizontally
- 2-3 tblspns plain flour
- 1 tsp paprika
- 1 pinch salt
- 1 pinch pepper
- 1 egg, beaten
- ½ cup bread crumbs
- 2 tblspns oil (neutral flavour is best)

Quick sauce

- 1-2 garlic cloves minced
- 1 tblspn extra virgin olive oil
- 400g tin of crushed tomatoes
- Handful torn basil leaves. Have some more to use as garnish.
- Salt, pepper to taste


Pasta

- 1-2 cups pasta shells, spirals or whatever is in the pantry
- Water
- Salt

Method

To crumb the chicken, mix flour, paprika, salt and pepper on a plate. On another plate spread the bread crumbs. Place the bowl of egg mixture between the flour and breadcrumbs.

Using the tips of two fingers and your thumb pick up a chicken fillet and dredge it thoroughly in the flour. Dunk in the egg mixture and then press both side down into the breadcrumbs until completely coated. Place crumbed fillets onto a board and keep near the frypan.



Bring the pasta water to the boil. While this is happening mince the garlic, or use a crusher. Fry in a saucepan with the oil until garlic starts to change colour then dump in the tomatoes and add salt and pepper. You'll know how much. Stir occasionally while cooking over a medium heat.

When the water boils add salt and pasta. Cook for amount of time recommended on the packet.

The sauce and pasta will be ready at the same time. The chicken breasts will need 3-4 minutes a side.

Meanwhile heat a fry pan to moderate heat add the oil and fry the chicken breasts. Cook both sides until a good golden colour, usually about 3-4 minutes a side.

Everything should be ready about the same time.

To serve place chicken breasts on the pasta. Throw a handful of torn basil into the sauce, stir, then spoon some over the pasta.

Top with a chicken breast or two and drizzle a bit more sauce over the top. Tear up more basil leaves and scatter over the top for more flavour and colour.

Served: 2 hungry people, but could do 4.

NOTE: If you don't have chicken, some cooked sausage could go into the sauce. Or fry up pieces of halloumi or tofu. Maybe some left over cooked meat could be used.

Uncle Tim

BOWLO AMATEUR FISHING CLUB

The first weigh-in of the year was a great success. We had 93 fish weighed in with a great variety of fish in the mix. We had an Australia Day theme for the day that was well planned by the Committee members with sausage sangers, lamingtons and Smiths chips and we also had a couple of free drinks for each member on the day.

It was good see some new competitors in the deep-sea Category with Peter Durrington and Allan Osmond weighing-in fish in the category. Peter Stanton was the winner in the end, but competition was close. Peter Durrington brought a good size Morwong to take out heaviest fish.

Men's Estuary saw some old faces back in the winner's circle as well with Ron Spears taking out second in the category. Jason McDonald came in a close third and Peter Riscoe running away with the win with a nice Jewie with a photo on the mat for the Weighmaster.

Ladies Deep Sea was contested by Donna Durrington and Leslie Histon with Leslie taking honours on the day.

Ladies Estuary also saw some great fish brought in

with Robin Fern taking out the category.

Men's Beach saw some great fish weighed in with Rudi Bochdal and Will Bezaray each weighing-in a whiting at 0.390KG. Rudi took the prize home for the day with four species and 14 fish I total.

Our juniors contested the Estuary this month with Angus McVie and Harper Rhodes both weighing-in, Harper took out the category this month.

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 the page to get all the latest news and information.

Category First Place winners were.

Men's Deep Sea: Peter Stanton	Ladies Estuary: Robin Fern
Ladies deep Sea: Leslie Histon	Men's Beach: Rudi Bochdal
Men's Estuary: Peter Riscoe	Junior Estuary: Harper Rhodes

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, February 23rd, 2025. New members are always welcome.

Scott Tyrrell

BOWLO SOCIAL GOLF

Unfortunately, there was no report in the February issue as our first game was after the cut off date for printing. So we are back this month in catch up mode!

The new year of golf started at our local course on 19/1, where a keen crew of 28 players showed their talent and came in with some very impressive scores as can be seen below.

Winners:	Runners Up:
Vicki Askew - 38 points	Maureen Latimer - 37 points
Laurie Brown - 46 points	Glen Evans - 41 points
Drive n Pitch:	Nearest the Pin:
Phil Green & Ray Smith	Phil Green, Danny Ford, Rob Carnegie, Ray Smith & Glen Askew winner on 2 holes

The next game was played on 9/2 at Kiama, where another big group of 30 players hit off.

Winners:	Runners up:
Vicki Askew - 29 points	Liz Brown - 27 points
Phil Green - 37 points	Shane Woods - 35 points
Drive n Pitch:	Nearest the Pins:
Dennis Potter & Liz Brown	Loretta Green, Peter Young & Shane Woods winner on 2 holes

Well done to all the players and congratulations to the winners.

Upcoming games:

2/3 - Nowra, 23/3 - Kembla Grange, 30/3 - Merimbula Trip Away, 6/4 - Calderwood

Good golfing everyone

Joan Hanchard - Publicity Officer



BEER APPRECIATION GROUP - S'HEADS

The Beer Appreciation Group held its first gathering of the year on 21 February, with members bringing an impressive selection of homebrews and unique commercial beers to the table.

True to form, the evening focused on full-flavoured beers with a preference for lower alcohol content—nothing too extreme but well-balanced and drinkable. A standout among the homebrews was a Czech-style Pilsner that delivered classic crisp, dry flavours. A hazy IPA brewed with mosaic hops offered vibrant tropical notes, while a West Coast IPA brought a more traditional, clear and hop-forward profile. The dark beer selection did not disappoint either, with a beautifully roasted malt ale that had been aged to perfection.

Among the commercial selections, a salted Gose sparked discussion, with its champagne-like character dividing opinions. Some found it reminiscent of a post-surf mouthful of seawater, while others appreciated its light, refreshing quality. Another talking point was a spiced hazy IPA that paired remarkably well with the roast lamb on offer.



One thing was clear—keeping the alcohol content in check meant everyone made it home without incident. Unlike those stronger commercial brews that can creep up on you, there were no reports of pushbike crashes, wrong door mix-ups, or waking up in an unfamiliar house. With that success in mind, plans are already underway for the next meeting.

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

WILDLIFE MATTERS - WHY IS THERE A SEAL ON THE BEACH?

It is not uncommon to see seals lazing on our beaches along the South Coast. Understandably, we may be concerned that they are injured or ill. However, often there is no need to worry.

These Pinniped (winged footed) seals are “hauling out”, looking for a relaxing stay on the beach for days or sometimes weeks.

They often appear to be lethargic, yet they are usually seeking rest or some thermo-regulation.

They may need to warm their bodies on the sand or cool themselves in the ocean or river by raising their flippers in the air. Flippers contain many blood vessels which circulate warmed or cooled blood through their bodies to maintain adequate body temperatures.

Whilst we may be worry about our wildlife, National Parks Vets advise that we do not approach the seals any closer than 30 metres, both on land and in the water. Specific restrictions apply to jet-skis, motorboats, kayaks and paddle boards. Steep fines will apply to breach-



ing these laws.

It is also best to keep your domestic animals away because seals can move very quickly and give you or your dog a nasty bite. They should also be allowed to re-enter the sea where they will quickly retreat if threatened. Remember, “A yawn is a warning”.

Enjoy our wildlife from a safe distance and call OR-RCA on 02 9415 3333 if you are concerned.

So next time you see a seal, enjoy them up close, but not too personal.

Karen Devine



RSL SUB-BRANCH

Welcome everyone to another what should be a busy month, During January, the Sub Branch together with the Bowling club hosted a Legacy Bowls Charity day, the day was a great success but couldn't have happened without many people, to the ladies, wives and friends of the RSL committee as well as others a very special thankyou for a fantastic morning, mid-morning, lunch and afternoon tea, a huge thankyou also needs to go to the many Sub Clubs and to the Bowls and Rec club for the continued and ongoing support. A cheque has been presented to Legacy during the February General Meeting.

March Anniversaries

- 1 March – Formation of Australian Army (1901)
- 1 March – Formation of Australian Navy (1901)



Peter Young presenting cheque to Alan Nolan President Legacy of Nowra

- 19 March – Iraq War commenced (2003)
- 31 March – Formation of Royal Australian Air Force (1921)

“Lest we Forget” - Peter Young - President



BLINDS



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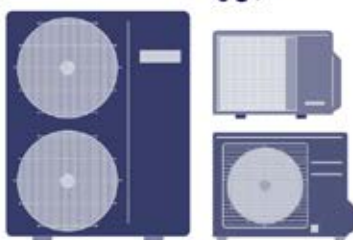
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1st Saturday of every month at the Surf Club
8:30am to 1:30pm

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

Stall enquiries & bookings contact Megan 0407 407 328



PUZZLES

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

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

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

6	5+		12+		12+
16+					
	1800x				
			2160x		
6+					15+
8x					

BOWLING CLUB

Open Pennant 2024/25

Shoalhaven Heads Bowling and Recreation Club has three (3) sides entered in the South East Region, Open Pennant bowling competition. Each side has twelve (12) players, that makes a squad of 36 players plus reserve players and a manager for each side. Home games require the addition of a controlling body, umpire and catering staff. With three sides in the competition, there is always one or two sides playing at home.

We are pleased to see our club grow in player numbers, performance levels, enthusiasm and team spirit. Our club is blessed to have volunteers stepping up to fulfil the various rolls mentioned above.

Each of the three sides is in separate Pennant grades. At the time of writing, we have completed the first two rounds of the competition with the following strong results.

Grade 5 won their first round 10 to 0 points, and second round 9 to 1 points.

Grade 6 won their first round 9 to 1 point and were defeated in their second round 1 to 9 points, but the defeat was very close with a small margin of shots for and against.

Grade 7 won their first round 8 to 2 points and second round 10 to 0 points.

Club Championships

We have a very full program this calendar year with a championship taking place each month. This would



Final evening of last years Jack Attack.

be the first month that we do not have a championship winner to announce. A wet weekend has pushed the Club Fours Championship final out to Sunday 24th February. The Senior Singles Championship is mid-way, and the Major Minor Pairs Championship draw has been issued and is about to start.

Jack Attack

Entries are being received for Jack Attack which will commence on Wednesday night 12th March and run for four consecutive weeks, ending on 2nd April 2025.

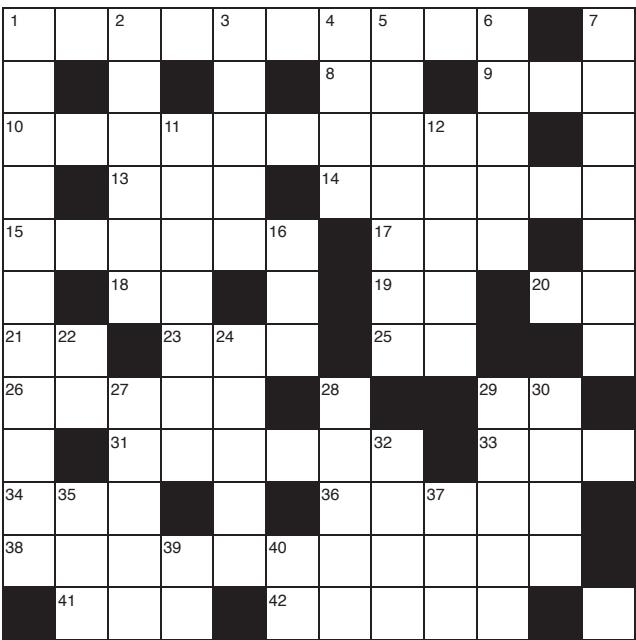
For more information contact the Bowls Organiser, Steve McMahon on 0409 449 686. Entry forms which contain additional information are available at Heads Bowlo reception.

Stephen Franklin

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



13 LETTER CONUNDRUM

U	S	S	S
E		U	T
T			I
R	I	P	O

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

CROSSWORD CLUES

Across

- 1 Singers of "Sounds of Then" (10)
- 8 ___ Affair To Remember (Movie) (2)
- 9 Midnight ___ (Oz Band) (3)
- 10 ___ Come (Ruby and the Romantics) (3,3,4)
- 13 ___ Lai (Vietnam conflict massacre) (3)
- 14 1956 British-American comedy film starring Colin Peterson (6)
- 15 Lucky ___ was an Australian actor and comedian (6)
- 17 ___ Colour You Like (Pink Floyd) (3)
- 18 1982 film tells the story of Elliott, a boy who befriends an extraterrestrial (2)
- 19 Initials of actor in "Catch me if you can" (2)
- 20 No No ___ (Archie Roach) (2)
- 21 Get You ___ Yas Out (Rolling Stones) (2)
- 23 Desolation ___ (Bob Dylan) (3)
- 25 Ku Lo ___ (by Oxlade) (2)
- 26 Some ___ Guy (Billy Thorpe) (5)
- 29 Initials of OZ singer of Starlight Starbright (2)
- 31 Blue ___ Cult (US Band) (6)
- 33 The Old ___ Tree (Easybeats) (3)
- 34 ___ Dimenticar (Nat King Cole) (3)
- 36 ___ and Roebuck (US department store) (5)
- 38 1960 song written by The Easy Riders, performed by Brothers Four (11)
- 41 ___ Of The Tiger (Survivor) (3)
- 42 ___ MacDowell (US Actress) (5)
- 1 Founding member The Easybeats
- 2 ___ Rowe (60s OZ Singer) (6)
- 3 Monty Python and the Holy ___ 1975 (5)
- 4 1975 American thriller Steven Spielberg film (4)
- 5 The ___ (House of The Rising Sun) (7)
- 6 Good ___ Miss Molly (Little Richard) (5)
- 7 ___ Moore (Played the Lone Ranger in TV series) (7)
- 11 Roger ___ (The Who) (7)
- 12 I Saw ___ Yesterday (Dickey Lee) (5)
- 16 I ___ Her Standing There (The Beatles) (3)
- 22 ___ The Hop (Danny & The Juniors) (2)
- 24 "War of the Worlds" narrator Welles (5)
- 27 1968 song by Bobby Goldsboro (5)
- 28 ___ Dogs (Hip Hop Group out of Brisbane 1996) (5)
- 29 Stage name for Ella Marija Lani Yelich-O'Connor, an NZ singer and songwriter (5)
- 30 Martin ___ American violinist, who started his performance career, in Australia (4)
- 32 A sax has one (4)
- 35 A metal-bearing mineral (3)
- 37 Cassius Clay's new surname (3)
- 39 San Francisco-based indie rock band (2)
- 40 ___ Fa Fa Fa (Otis Redding) (2)

February's Sudoku

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

February's KenKen

18x	6	1	3	4	2	5
60x	5	6	12+	3	4	2
	2	5	6	15x	3	11+
8+	3	4	2	5	60x	1
	1	3	4	2	5	6
6+	4	2	30x	6	1	3

February's Crossword



February's Conundrum

PLANETARY, paternal, prenatal, plenary, planter, penalty, antler, trepan, rental, entrap, plenty, platen, planet, napery, parent, pantry, penal, paeon, yearn, panel, arena, renal, entry, paten, learn, plant, natal, plane, plan, pent, nape, neat, ante, lean, lane, neap, elan, rant, near, rent, earn, tarn, tern, pant, yarn, yearn, pane, anal

GOLF NEWS - FAREWELLS, NEW STAFF & EVENTS AHEAD

Club News

Our playing numbers continued to be very strong in the month of January with 1150 golfers playing in our various competitions and 2265 golfers playing social rounds. The course is in excellent condition, and it is hoped the three greens out of play at the moment will be back in use by the Club Championships in May.

The Monthly Medal winners in February were:

Men	Women
A Grade - Ray Gonella	Division 1 - Connie Parrish
B Grade - Graham Hickie	Division 2 - Marie Miller
C Grade - Colin Parrish	Division 3 - Janelle Hefer

Sadly, in February we farewelled Mountain-Eagle Pitt from our kitchen staff. Mouny has been a fantastic asset for our club and the innovations he has introduced during his time with us have been very much appreciated. We also said goodbye to Olivia Mangold who proved to be an excellent barista and kitchen hand. We wish them both all the best. Later in the month we welcomed Linda Thompson and Zoe Kowald to our kitchen staff. We hope they enjoy their time with us.

For many years the Board have had many requests from members to build a toilet out on the course on the back 9. Pleasingly, I can report that after a significant amount of research a waterless composting toilet was installed out on the course adjacent to the men's 16th tee.

On Friday 28th March we will be holding our AGM commencing at 6pm. The agenda will include the President's report, Treasurer's report, the Annual Financial report for 2024 and the election of members to the Board pursuant to the Triennial Rule; they being the President, Vice President and a Director. I am hoping the AGM will be well attended.

Rob Russell - Vice President

From the Pro shop

With the busy January period behind us our focus can now turn to major club events. Hopefully the greens currently out of play will be back in time in time for the Club Championships. At the moment the Penant season is in full swing, and I would like to wish everyone representing the club the best of luck.

Until the 18th of March Lloyd and Lawso will be in charge of the shop. I am taking a few off to travel to the USA as a consequence of being offered corporate tickets to Bay Hill which is Arnold Palmer's tournament in Orlando Florida.



New toilet installed near the 16th tee

I have total faith in my staff and all enquiries should be directed to Lloyd and Lawso; however, if it is an urgent matter I can be contacted at email proshop@shoalhavenheadsgolfclub.com.au

The Summer teams Grand Final will be held on Sunday March 23rd. Once again food and entertainment will be provided. This year the final will be played on the front 9 this year. The timesheet is open online for members already. We ask that you do try and play with someone from another team and non-members will need to book at the Pro shop.

On the Friday 21st March I will host a fitting day at the Nowra driving range. Representatives from Titlist, Ping, Srixon and Cleveland will be there on the day. There are currently a few spots still available if anyone is looking for a fitting. Whilst most of the day is booked as I have mentioned, please feel free to come out and try the various products. Lloyd and I will be there all day to assist those just wanting to have a look at the various clubs available.

Cheers, Greg Collins - Club Professional

HEADS FISHING CLUB COMMUNITY SUPPORT THRIVING

The Heads Fishing Club has held an overwhelmingly successful Australia Day event at Carters Corner Reserve enabling them to make two generous local community donations. Thanks to having secured their own liquor license and approval to operate events at Carters Corner Reserve, the Club has worked tirelessly to ensure that it continues to be a positive community contributor whilst still driving their regular Fishing Club competitions and social activities.

Club President Ion Lloyd said "The success of our Australia Day event is testament to the high level of support and popularity that the Heads Fishing Club holds within the Shoalhaven Heads Community. The attendance, the positivity and the generosity of those in attendance was truly overwhelming. We had people turning up offering to volunteer and help out on the day that we had never even met before!"

It also makes us feel proud that we are able to support our local businesses who supply us with everything that we need to make these events successful, especially our local IGA, Mountain View Meats, Bailey Bottle Shop Shoalhaven Heads as well as Shoalhaven City Coun-



Deb Getley, Paul Borg, Clr Selena Clancy, Linda Curren, Vice President Geoff Lang, Pam Billington, Marty Secheny, President Ion Lloyd, Larrisa Lantouris and Amber Tierney

cil and their Rangers who attended on Australia Day, their ongoing assistance and unwavering support for our Club is greatly appreciated.

When asked what comes next for the Heads Fishing Club Ion Lloyd said, "we will continue to run our regular weigh in events on the second Sunday of every month and then we will also be hosting a Fisherman's Feast BBQ and fundraiser event for the Fishing Club on Good Friday, 18th April at Carters Corner - as always, everyone is welcome".

As a result of their Australia Day event, the Heads Fishing Club has donated \$2000 to Jerry Bailey Pre School-Shoalhaven Heads, as well as \$2000 to Shoalhaven Heads Meals on Wheels - congratulations to everyone who attended this event!

Heads News

Shoalhaven Heads Golf Club

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HEADS FISHING CLUB - COMMUNITY, COMPETITION & CHARITY



Troy Kirkby and Billy Beverage



The river beach cheer squad



Thong drag racing



AUSTRALIA DAY AT CARTERS CORNER

The Heads Fishing Club's Australia Day event at Carters Corner off River Road proved highly successful, attracting more than 300 attendees and far exceeding the club's initial projections of maybe 50 to 100 guests. The community spirit was just amazing.

It was a fantastic day with a lot of families enjoying the relaxing atmosphere. The occasion showcased

crab racers, thong drag racing and Face Painting, while children enjoyed complimentary drinks and sausage sandwiches, resulting in a highly successful family-friendly event.

I would like to thank all our members who helped on the day, especially Larissa, helping her dad with collecting the money for the barbeque.

With the total profits on the day being \$4000, both Meals on Wheels and the Jerry Bailey Preschool, were presented with cheques for \$2000 each.

The Heads Fishing Club wishes to thank the local community for their amazing support on the day.

Cheers, Heads Fishing Club Committee.

COMPETITION AGAINST GREENWELL POINT BOWLING CLUB

Our club's competition against Greenwell Point Bowling Club was held on the Sunday the 9th of February, with around 80 people in attendance. The weigh-in was conducted at Carter's Corner off River Road. Greenwell Point Fisho's took the top spot. We fell just short of winning, requiring a couple more members. Congratulations to Greenwell Point Fisho's on their victory. The day was a huge success, and we appreciate Greenwell Point Fisho's for making the trip. A huge thank you to all members who helped pack at the end of the day and to all or wonderful ladies who prepared the food for our lunch and, Billy who did the cooking. It was very much appreciated by all the members.

As for our own weigh-in, see the following winners.

Men's Deep Sea: Paul Borg

Jnr Ladies Deep Sea: Matilda Strode

Sub Jnr Boys Deep Sea: Marlin Beaven



Boys Deep Sea: Archie Strode
Men's Estuary: Neil Billington
Ladies Estuary: Pam Billington
Jnr Boys Estuary: Gus Zealand
Sub Jnr Boys Estuary: Otis Zealand
Men's Beach: Rudy Bochdal
Jnr Boys Beach: Willow Bell
Sub Jnr Boys: Taj McGuire

Fish of the month was Kingfish. Winner: Archie Strode.

We look forward to seeing everyone at our next weigh-in which will be held on the 9th of March at Carters Corner just off River Road.

Licensed Bar from 12:00pm

Fish of the month will be Whiting and Marlin.

Cheers, Greg Gay

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