



Shoalhaven  
Defence  
Families  
Association



KOOKABURRA  
RETREAT

# TIME OUT

Autumn—Winter 2017

Issue 104



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A magazine especially for Shoalhaven Defence Families

Welcome to the winter addition of Time Out, a publication by the Shoalhaven Defence Families Association. This publication is designed especially for defence families and is a great way to get to know what's happening in the Shoalhaven area...

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# From the President and Coordinator

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Hello to all our readers and a special welcome to any newcomers who have recently posted into the Shoalhaven area. We hope you enjoy your time in this wonderful part the South Coast.

It has been six months since the last issue of Time Out and lots has happened, both at Kookaburra Retreat and around the area. We would like to express our gratitude to members who have given their time and energy to keep SDFA and Kookaburra Retreat able to continue supporting local families.

As families living in the Shoalhaven, regardless of posting time we need to be involved with the community. This involvement can be through schools, sporting and service clubs, community groups and by financially giving to worthwhile community projects.



Ongoing activities and events that our committee and members organise include, a twice weekly social catch up with the option of using the creche services. Members can use this time to relax, catch up on their emails, online banking or craft projects etc. Another popular weekly activity is playgroup, allowing Mums (and Dads) to meet other parents with young children in a relaxed and social environment. Monthly, we conduct craft workshops and fitness sessions (both with the option of using the creche service).

**We invite all local families to visit our website regularly to see what's on, what interests you and maybe what you can offer SDFA.** The coordinator and committee are always open to new ideas and meeting members interests.

**See you soon at 'Kooka'.**

Max and Sam

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President: Maxine Starkey      Coordinator: Samantha McConnell  
Kookaburra Retreat Flat 2 Canberra Drive NOWRA HILL  
Ph: 4421 5766   Tuesday, Thursday, Friday. 9am—2pm  
Email: shoalhavendfa@gmail.com

[www.sdfa.com.au](http://www.sdfa.com.au)

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## SDFA Mission Statement

To promote companionship and mutual assistance amongst local and visiting Defence Force spouses, friends and the community.

To promote the interest of members of the Association in all matters affecting their welfare.

At all times act in a manner that encourages a welcoming and friendly atmosphere to members.

It is important to note that although priority is given to Defence families, the SDFA welcome and encourage the wider community to use the facilities.



# Kookaburra Retreat



Kookaburra Retreat is a community house, managed by the Shoalhaven Defence Families Association (SDFA). The association is a not-for-profit organisation set up to support defence families in the Shoalhaven and surrounding areas.

**One of the primary focus' of the SDFA is for Kookaburra Retreat** to be a safe, welcoming place for people to relax, form friendships, have fun and feel connected within the community. There is a strong emphasis on providing support to those facing the particular challenges associated with the defence way-of-life.

**Playgroup**  
Mondays and Tuesdays  
9.30am to 12.00pm  
(\$3 per family)

**Coffee, Craft & Chat**  
Thursdays  
9.30am to 12.30pm  
(crèche available)  
Fridays  
9.30am to 12.30pm  
(crèche available)

Kookaburra Retreat offers a wide range of programs, including weekly get togethers (with crèche facilities), a weekly playgroup as well as craft and scrap booking sessions. We also organise regular social dinners, ladies nights out, excursions and participation in community fundraising events.

Kookaburra Retreat is located on Canberra Drive, just outside the main entrance of HMAS Albatross. For a small annual membership fee of \$30, members have access to the activities, training and events held at Kookaburra Retreat, along with use of the facilities for private hire. You are welcome to visit Kookaburra Retreat anytime we are open.

*Kookaburra Retreat offers a fantastic opportunity to make some new friends and we love to see new faces, so why not come along and see the wonderful range of activities we provide, or give us a call to find out more information.*

*Office number: 44215766*

*Hours: 9am—2pm*

*Tuesday, Thursday, Friday*



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# Kookaburra Retreat

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## Crèche

We have wonderful crèche facilities that enable those with young children to participate in activities, knowing their child is safe and well cared for.

The SDFA employs the South Coast Nannies agency to operate our crèche.

The crèche is open on Thursdays and Fridays from 9.30am to 12.20pm.

We keep the cost to members as low as possible. \$15 for one child and \$20 for two or more children.

This facility gives parents the opportunity to catch up with each other, work on a project, or go to the gym at HMAS Albatross (for those who have a pass to access the base).

We are aware of allergies and we aim to work with parents to provide a safe environment for children in our care.

With this in mind, we ask that no nut products be brought to the crèche.

## School Holiday Sessions

The SDFA conduct activities during school holidays, each session goes for four hours. **Dates and details for School Holiday Sessions' are announced prior to the** school holidays commencing on our Facebook group and via email.

Cost: One child, \$25. Two children, \$35. Three or more children, \$40.

## Craft Classes and Workshops

Kookaburra Retreat aims to provide a friendly atmosphere for individuals to come and relax, meet new people, share ideas and create handmade crafts. You can learn a new craft by participating in one of the many organised activities and workshops that run throughout the year, or you can bring your own craft project, have a cuppa and a chat with our friendly members.

Keep an eye on the events for upcoming activities and classes.

We will run the classes on both the Thursday and Friday at least one week each month. Should you choose not to participate, you are still very welcome at Kooka while the classes are on. Feel free to share any ideas you may have. We are always open to suggestion. Should you like to run a workshop, please speak with the coordinator.

For more information visit our website  
[www.sdffa.com.au](http://www.sdffa.com.au)



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# Kookaburra Retreat



## Playgroup

Kookaburra playgroup meets on Tuesday mornings from 9.30am – 12pm at Kookaburra Retreat. It is a great place to meet new people and let the little ones burn off some energy.

Parents are invited to enjoy a cuppa whilst supervising their children as they explore the indoor and outdoor play spaces.

The children particularly enjoy free play in the new outdoor playground, where they can climb, swing or rock to their hearts content. The sandpit, ride-in-cars, bikes and scooters are also particular favourites.

Children are encouraged to participate in craft activities and often enjoy playing with the play-dough made by the fantastic crèche staff.

The indoor play area is designed to keep little ones entertained during the quieter moments, or in wet weather and offers a reading corner, car and train sets and numerous dress up and role-play toys.

*Mondays and Tuesdays  
9.30am to 12.00pm  
(\$3 per family)*

*We invite all new families  
to come along and join us  
for fun, craft and good  
company.*

*Playgroup is open  
to all SDFA members  
(or those looking to join)  
at a cost of \$3 per family  
per visit.*



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# Get Involved with SDFA

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## Committee

The SDFA is managed by a voluntary committee who are voted in at each Annual General Meeting. They are responsible to members, to do their best at managing the association and all its activities. The four executive committee members are to act in accordance with the constitution and the fair trading agreement. A casual coordinator is employed to manage the administration of the SDFA.

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Our current **Executive Committee** is:

President – Maxine Starkey

Vice President – Pam Parker

Treasurer – Elle Griffin

Secretary – Georgie Paulin



A General Committee Member is any SDFA member who nominates themselves to commit time and energy to a specific role. For example; planners and organisers for playgroup, craft, social media, fundraising and events.

*Pam who has been coming to Kooka for 16 years says  
**“I wouldn’t do anything else on a Friday”***

## Committee Meetings

Committee meetings are held every four to six weeks at Kookaburra Retreat. All current SDFA members are welcome to attend committee meetings and participate with sharing ideas, learn how to volunteer, help out with fundraising or with simple admin tasks.

**Please don’t hesitate to have a chat with any of the committee members or the coordinator should you wish to contribute.**





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## Extra information about SDFA

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### Advertising in Time Out

If you would like more information about Time Out or would like to submit an article or advertisement for future additions, please contact the SDFA Coordinator on 4421 566 or email [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com)

### Hire Kookaburra Retreat

Kooka can be hired by members for private functions. The building offers a great **environment for children's birthday parties with outdoor play equipment**. It can also be used for meetings, gatherings etc.

Kookaburra Retreat has a Strictly No Smoking policy



<https://www.facebook.com/groups/119830094703808/>

Our Facebook group is called Shoalhaven Defence Families Association. **Please be aware that it is a private group which will require you to 'ask' to join.** Become a member to keep up with events and activities as well as gaining support.

The Facebook group is for posts relevant to SDFA and defence families.

**"Kooka has been great for my family and I. I began coming when we returned to the area, this time with kids. My 4 year old and my 2 year old love coming to crèche, they have made some new friends and the nannies are wonderful. I have made some lovely friends at Kooka and have also learned some new craft skills that I never thought I would be interested in not to mention be good at. Great bunch of women!"**

Say's Georgie

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# Defence Community Organisation

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## What we do

Defence Community Organisation offers a broad range of programs and services to help Defence families make the most of the challenges and opportunities provided by the military way of life.

The best way to access any of these services is to contact the all-hours Defence Family Helpline on [DefenceFamilyHelpline@defence.gov.au](mailto:DefenceFamilyHelpline@defence.gov.au) or 1800 624 608.

Strong Families, Strong Communities, Strong Defence.

We recognise that the strength of the Defence force is in the family and the strength of the family is in the community. We work with Defence families and community organisations to develop ideas and initiatives which help build a strong, connected and resilient Defence community.



## DCO Coffee mornings

The monthly DCO coffee morning is a relaxed and friendly way to meet up with other Defence spouses for a casual morning tea. There is an area for the kids to play at both locations (below). No need to book, you can just show up!

Attend each month or whenever you can make it.

Simply order and pay for your own coffee and/or food.

The Family Liaison Officer (FLO) Melissa Hedger will be there to chat, if you wish to talk about anything specific.

Contact DCO Nowra for details on a Coffee morning near you.

# DCO Area Manager



**Amelia Scanlan**  
**Acting Area Manager**  
**DCO Canberra/Nowra**

## The Defence Family Helpline

1800 624 608  
[defencefamilyhelpline@defence.gov.au](mailto:defencefamilyhelpline@defence.gov.au)

55-57 Berry Street

PO Box 1163

Nowra NSW 2541

P: (02) 4421 3855

F: (02) 4423 0622

Hello to you all in the Shoalhaven, my name is Amelia Scanlan and I am the Acting Area Manager for the newly formed DCO area of Canberra, Nowra and Wagga.

I am pleased to be acting in this position whilst Sharon Scouller has been promoted to the Acting Regional Manager for Queensland and is enjoying the warmth and sunshine (when it shines).

I have been in this position since October 2016, prior to this I was the Defence Social Worker in Sydney and Liverpool. During this time there have been a number of changes including the amalgamation of the Wagga DCO Team into the Canberra/ Nowra area and there have been many staff movements across the whole of DCO.

In the local DCO office, we unfortunately farewelled Andrew Walton, who was the Administration Officer for DCO Nowra for 3 years, and prior to that had a long history with Defence in the APS and providing military service. He is now enjoying his retirement.

Helene Kendall – a DCO Social Worker, came back to do some contract work for a short time, but has also left to pursue her own business and other interests.

I was pleased to be part of the DCO Welcome event in **February and I'd like to thank everyone who braved the heat and contributed to this great event.**

**I'd like to give my appreciation to all the volunteers at the Shoalhaven Defence Families Association, every little bit helps. So I'd like to encourage all of you to get involved, (if you aren't already), keep your eye out for our upcoming events and let all your ADF friends and families know that DCO is here to support you in various ways.**

Amelia





Australian Government  
Department of Defence

Need advice, support or connection  
with your local community?

**Call the Defence Family Helpline on  
1800 624 608**

The new Defence Family Helpline  
operates 24–7 and is staffed by  
qualified human services  
professionals including social  
workers and psychologists.

The Defence Family Helpline is the first point of contact for ADF members, their partners, children and relatives (for whom the member has primary responsibility) who seek assistance with:

- » referral to a Defence Community Organisation area office,
- » managing during deployment, posting and relocation,
- » support for partners' employment and education,
- » support services in the local community,
- » help during crisis and emergency,
- » transitioning to civilian life,
- » support available to Defence community groups,
- » assistance with children's education, childcare options, and support for children with special needs.

Brought to you by the  
**DEFENCE COMMUNITY**  
ORGANISATION  
Connecting with your community



# DCO Family Liaison Officer



**Melissa Hedger**  
**Family Liaison Officer**  
**DCO Canberra/Nowra**

55-57 Berry Street

PO Box 1163

Nowra NSW 2541

P: (02) 4421 3855

Defence Family Helpline on  
1800 624 608.

For those who have not heard of me or met me, I am Melissa Hedger, the Family Liaison Officer at DCO Nowra.

My role is to assist Defence families to transition and connect with the local community and this can include providing information on local playgroups, schools, childcare, community services for specific needs, education and employment opportunities or local sporting group or craft groups.

I have been in this position for a year now, and what a year it has been. Over the last 12 months we have held a number of successful events, such as the Welcome Expo at the Fleet Air Arm Museum, an Education and Employment seminar at Kookaburra Retreat, a visit to Mogo zoo for National Families week, and a school holiday coffee morning at the gym at Albatross.

I also ran a couple of KidSMART programs with the wonderful DSTAs at Cambewarra and Vincentia Public Schools, and supported the Albatross Unit Family days and the SDFA when I could.

Please keep your eye out for our upcoming events such as our National Families Week event on the 21<sup>st</sup> May, and a Family SMART program in early June.

If you would like any information about tips for parenting and dealing with the challenges of being an ADF family member, or local activities, events and services, or have an idea for a new activity or group please contact me, and if you would like to be sent information about upcoming events please send your email details to:

[dco.nowra@defence.gov.au](mailto:dco.nowra@defence.gov.au).

I work Mondays, Tuesdays and Fridays.

Melissa





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# Defence Families Of Australia

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1800 100 509

Southern NSW Delegate

Emma Steil

[act.sthns@dfa.org.au](mailto:act.sthns@dfa.org.au)

[www.dfa.org.au](http://www.dfa.org.au)

Defence Families of Australia (DFA) is the official body appointed by government to represent the views of Defence Families. Its aim is to inform government and Defence on the needs of the family. Its goal is to ensure quality of life for all Defence families by providing a recognised forum for their views and by reporting, making recommendations and influencing policy that directly affects families. In turn, this enhances the capability of the Australian Defence Force.

**DFA consults with Defence's own support agencies, like the Defence Community Organisation (DCO) and the National Welfare Coordination Centre (NWCC), but acts only as an advocate, not as a support provider.**

Defence families can contact DFA to represent them regarding an individual situation or to advocate an issue concerning many families.

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# Defence Housing Australia

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Head Office

26 Brisbane Ave Barton, ACT 2600

Customer Service and Maintenance  
139 342

[www.dha.gov.au](http://www.dha.gov.au)

At Defence Housing Australia (DHA), we provide quality housing and related services to Defence members and families. In doing this, we support the operational, recruitment and retention goals of the Department of Defence.

To meet our Defence housing obligations, we are active in Australian residential housing markets, acquiring and developing land, and constructing and purchasing houses. Learn more about our residential developments.

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# Defence School Transition Aides and Mentors

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**To minimise the impact of the mobile lifestyle on children's education, the Defence Community Organisation (DCO) provides funding for embedded support staff in schools that wish to build capability to support children from military families.**

Under the Defence School Transition Aide (DSTA) Program in-school Defence Aides and Mentors support Defence students when transitioning from school to school and during times of parental absence. Aides and Mentors help schools, families and children to develop strategies to help families successfully integrate into the school community.



## In-School Support

Defence Aides and Mentors are based within primary and secondary schools across Australia for the purpose of providing support to the children of mobile Defence families.

### **Aides and Mentors' activities include:**

- assisting children and families to integrate into the new school and local community,
- coordinating appropriate welcome and farewell activities,
- smoothing the transition from school to school and between different education systems (including minimising the impact of relocation on learning outcomes),
- monitoring the social, emotional and academic wellbeing of Defence students,
- helping students develop self-confidence, self-reliance and resilience,
- referring students to services, or school and community programs that meet their needs,
- enhancing awareness and appreciation of the unique Defence lifestyle in schools and communities, and providing support to children during times of parental absence.

## Primary Schools

Cambewarra Public School  
Kalinga Street, Cambewarra  
Lisa Hood Tel: (02) 4446 0038  
lisa.hood2@det.nsw.edu.au

Illaroo Road Public School  
Illaroo Road, North Nowra  
Jenny Binns Tel: (02) 4421 0422  
jennifer.binns1@det.nsw.edu.au

North Nowra Public School  
Judith Drive, North Nowra  
Carli Green Tel: (02) 4422 7045  
carli.green@det.nsw.edu.au

Nowra Anglican College  
Princes Highway, Bomaderry  
Tania Markham Tel: (02) 4421 7711  
tmarkham@nac.nsw.edu.au

Nowra Christian School  
Old Southern Road, South Nowra  
Adrienne Varga Tel: (02) 4422 1199  
dtm@ncs.nsw.edu.au

Nowra Hill Public School  
Naval Air Station, Nowra  
Leanne Millard Tel: (02) 4421 5671  
leanne.millard1@det.nsw.edu.au

Nowra Public School  
Plunkett Street, Nowra  
Sharon Matheson Tel: (02) 4422 0401  
sharon.l.matheson@det.nsw.edu.au

St George's Basin Public School  
Tallyan Point Road, Basin View  
Jenny Moffat Tel: (02) 4443 4251  
jennifer.moffat@det.nsw.edu.au

St Michael's Catholic Primary School  
28 North Street, Nowra  
Maryann Tweed Tel: (02) 4421 3630  
maryann.tweed@dow.catholic.edu.au

Vincentia Public School  
George Caley Place, Vincentia  
Rachel Birkmyre Tel: (02) 4441 7180  
rachel.birkmyre2@det.nsw.edu.au

## Secondary Schools

Bomaderry High School  
Cambewarra Road, Bomaderry  
Ann-Maree McMullen  
Tel: (02) 4421 0699  
ann-maree.mcmullen1@det.nsw.edu.au

Nowra High School  
Moss Street, Nowra  
Kathryn Hamilton  
Tel: (02) 4421 4977  
kathryn.hamilton5@det.nsw.edu.au

Nowra Anglican College  
Princes Highway, Bomaderry  
Dennis Smith  
Tel: (02) 4421 7711  
dsmith@nac.nsw.edu.au

Nowra Christian School  
Old Southern Road, South Nowra  
Adrienne Varga  
Tel: (02) 4422 1199  
dtm@ncs.nsw.edu.au

St John The Evangelist High School  
John Purcell Way, Nowra  
Wendy Gaudie  
Tel: (02) 4423 1666  
wendy.gaudie@dow.catholic.edu.au

Vincentia High School  
142 The Wool Rd, Vincentia  
Jacqueline Copeland  
Tel: (02) 4441 6766  
Jacqueline.copeland3@det.nsw.edu.au





# Cambewarra Public School



## Defence School Transition Aide

Lisa Hood

Phone – 02 4446 0038  
lisahood2@det.nsw.edu.au

Kalinga St

Cambewarra NSW 2540

Phone—02 4446 0038

[www.cambewarra-p.school.nsw.edu.au](http://www.cambewarra-p.school.nsw.edu.au)

## Defence Kids Club

To help us ease back into the school year we have kicked off with one of our favourite past times at Cambewarra, Defence Kids Club.

In a relaxed, friendly environment the students have lots of free play along with time to get to know each other and share experiences.

Having a place where the Defence students can drop in and have a chat about how they are going is of great emotional and social benefit to them.

**For many of the students it's a way to feel supported** when they have a parent away and a place that they can spend time with others who can relate to them.

**It's also a place to have lots of fun! The most** popular games at the moment are Bingo and Magic Sand.

**Here's what Charlie (8) has to say about time spent** in Kids Club. *"I like colouring and I also like listening to music and dancing with my friends"*

**Kade (6) also share's what he likes most about Kids Club.** *"I like going to Kids Club because there are lots of toys. I like playing with the trucks and the Magic Sand".*



# Cambewarra Public School



Defence Kids club is held every Wednesday throughout the term.



## Funky Hair Day

We recently held a Funky Hair Day to raise funds for blood cancer as part of the **Leukaemia Foundation's 'World's Greatest Shave'**. Students came to school with some very funky hairstyles and had a lot of fun while helping out with such a worthwhile cause. Well done to those brave students who shaved their heads and of course Mr Irwin!



# Illaroo Road Public School



## Defence School Transition Aide

Jenny Binns

Phone – 02 4421 0422

[jennifer.binns1@det.nsw.edu.au](mailto:jennifer.binns1@det.nsw.edu.au)

103 Illaroo Rd

North Nowra NSW 2541

Phone—02 4421 0422

[www.illaroo-p.schools.nsw.edu.au](http://www.illaroo-p.schools.nsw.edu.au)

Since the last edition of the 'Time Out' magazine it has been very busy for all the defence students at Illaroo Road. Here is what they have been up too.

## Book Character Parade

The children loved the opportunity to dress up as their favourite book parade character. It was great to see so many creative costumes and the smiles on their faces. A big thanks to Mrs Irving for organizing such a great parade!



## Father's Day Breakfast

The Father's Day breakfast was a huge success with the P & C inundated with hundreds of orders. It was inspiring to see several defence families attending the breakfast without their dads, due to deployment or work commitments, eating on their behalf!



# Illaroo Road Public School

## **I also read them the beautiful picture book 'Lest We Forget'.**

The book is about a young boy who visits his granddad and thinks about the important days in his life: his first day of school, playing soccer with his team, the day his baby sister was born. Through the illustrations it shows a parallel story of the grandfather's experiences at war: wearing his brand new soldier's uniform, with his fellow diggers in the field, looking at a photo of the baby he's never met.



It is a very powerful story that shows the significance of why we remember. It was lovely to see the student responses to the book and it inspired some great questions and discussion.

## New Students

This year we had four new kinder Defence students start at Illaroo. Welcome Tyson, Mae, Annabelle and Jaimen. Last week I was able to share a special morning tea with these kinders to see how they were enjoying the start of their school life. They have all settled in beautifully and are very excited to be at school.



## Swimming Carnival

**What great weather we had for the school's annual swimming carnival.** This year the carnival was held at the Nowra pool. The cheer squads were in fine form **and it was lovely to see the Year 3's all have a go and** try their very best. The children enjoyed being able to have a quick recreational swim and cool down from the extremely hot day. It was a great day had by all. Well done everyone.



## Remembrance Day

Last term I had the opportunity to work with all the classes from K-2 to make poppies and produce these Remembrance Day reflection posters.



# North Nowra Public School



## Defence School Transition Aide

Carli Green

Phone – 02 4422 7045

carli.green@det.nsw.edu.au

75 Judith Drive

North Nowra NSW 2541

Phone—02 4422 7045

[www.northnowra-p.schools.nsw.edu.au](http://www.northnowra-p.schools.nsw.edu.au)

## Remembrance Day

During the week leading up to our Remembrance Day Commemorative Assembly, we had the pleasure of Leading Seaman Jan Gilmour from HMAS Albatross spend a whole day running Navy drills games in 30 minute sessions with every class. The students were full of energy and were able to explore, through play and fitness, some of the aspects of military life.



Activities such as these help teach students about the importance of self-discipline, teamwork and **fun. It helps to strengthen the school's ties with the** local defence community and raises the profile of defence students and their families within the school and all they contribute to our Australian way of life. Thank you Leading Seaman Gilmour!





# North Nowra Public School



## Farewell and Welcome Morning Teas

At the end of last year and the beginning of this year we had a series of morning teas for students leaving to go to high school and those posting out, and also to welcome our newest students. Our new kindergarten students have settled in well and are enjoying learning and spending time with their friends.



## Lest We Forget

I also had the opportunity to read a **very special story** called “**Lest we Forget**” to our K-2 classes. The book

tells the story of the relationship between a boy and his grandfather as they share special memories – those they want to remember and those they want to forget, with a focus on the importance of remembering the sacrifices made by our servicemen and women. The discussions that followed the readings were intelligent and heartfelt as students shared their own memories and what it means to stop and pause on Remembrance Day.





# North Nowra Public School

## Crazy Hair Day

In March we raised money for the Leukaemia Foundation with our Crazy Hair Day. We raised much-needed funds for cancer research, and watched acting principal Peter Wright-Smith brave the clippers and shave his head for the cause. This was a fun event for a great cause.



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# Nowra Christian School



## Defence Transition Mentor

Adrienne Varga  
Phone – 02 4422 1199  
dtm@ncs.nsw.edu.au



194 Old Southern Road

South Nowra NSW 2541

Phone—02 4422 1199

[www.ncs.nsw.edu.au](http://www.ncs.nsw.edu.au)

## DTM program launched

In August last year, Nowra Christian School received funding from the Department of Defence to employ a Defence Transition Mentor whose role is to support the many Defence families at the school. It has been wonderful to see the program come together and provide an additional layer of support to families facing the particular challenges associated with the Defence way of life.



In the past six months, Defence families have been involved in a number of events that have fostered a sense of community and friendship. This has included a family picnic, parent morning teas and an end-of-year celebration. Defence students have also been involved in weekly Defence Club meetings within their year groups, providing a safe space for students to form connections, support one another, touch base with the Defence mentor and have a little fun.





# Nowra Christian School



## DCO Open Day

In February, Nowra Christian School participated in the annual Welcome to Shoalhaven expo, hosted by the Defence Community Organisation, Nowra. A number of students volunteered to do face-painting and give out watermelon on the day. It was a great opportunity to show our support to local Defence families, particularly those new to the area.



## Kindergarten students settling in

Our 2017 Kindergarten classes have had a great start to the year. NCS was very pleased to offer a second kindergarten class this year and, as a result, we were able to welcome thirty-two eager kindergarten children, including six Defence students, to our school community.



They have had a great time getting to know their teachers and peers and have been involved in lots of interesting activities.



# Nowra Christian School

## More than just the classroom

Throughout the term, students have been involved in a wide range of creative, sporting and enrichment activities, including a robust primary and secondary music program, school camps, drama club and a number of exciting sporting programs. Some of the highlights this term have been the annual swimming carnival, football trials, state and interschool volleyball championships, training by the Regional Fire Service, rugby union **coaching, the Premier's Reading Challenge**, a student led Relay For Life team and Pi Day celebrations.



## NCS Welcomes Principal, Mr Bray

Staff and students have had a busy, wonderful start to 2017. We have had the opportunity to welcome our new principal, Mr Bray, into the school community. He has shared his vision for fostering **the concept of the school as being like a 'village'. As members of this 'village' community, we encourage students to maximize their diverse gifts and abilities. Mr Bray's supportive approach and** emphasis on catering to the specific needs of our Defence families, has been greatly appreciated.



As a school community, we are looking forward to a busy and rewarding year, where students are encouraged and supported. For our Defence families this is particularly important. We recognise that there are many challenges that our Defence families may face and we endeavour to partner with them through these challenges, all the while celebrating the contributions, strengths and experiences they bring to our school community.

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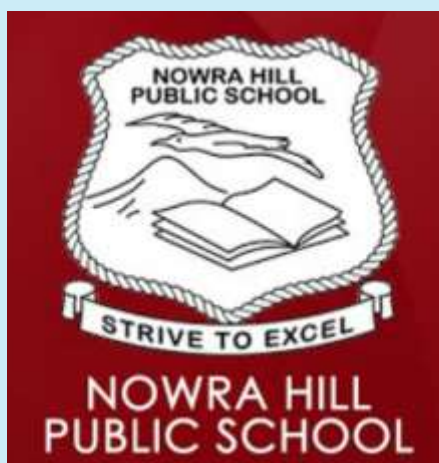
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# Nowra Hill Public School



## Defence School Transition Aide

Leanne Millard

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Evie and her  
Anzac Art

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As always, Term 1, 2017 has been extremely busy at Nowra Hill Public School! There are currently 54 Defence students from 37 families attending the school. Seven students were farewelled from the school at the end of 2016 and this year, we have welcomed 17 new students. Welcome: Hunter, Makensie, Elijah, McKenna, Riley, Savannah, Stephanie, Josie L, Noah, Will, Josie S, Aryanna, Michael, Tristan, Declan, Chantelle and Ryan.



## Kids Club

Kids Club is held in the school library at lunchtime on Fridays. It provides an opportunity for students to have some quiet time playing games, drawing, colouring-in or making craft.



# Nowra Hill Public School

Congratulations to Defence kids:

Charlize, who was elected School Vice-Captain for 2017  
Harri, who was elected Captain of Buru House  
Holly, who was elected Vice-Captain of Wirri House



## Captain Sailor Bear

Our Defence teddy has already enjoyed a number of adventures during Term 1. The teddy is looked after by one Defence child each week. If the child wishes to, they can document their adventures by drawing, writing or including photos in the accompanying scrapbook.



## Scienza Viva

**Students enjoyed the recent “Let’s Find Out” performance by Scienza Viva.**

Throughout the year, all students will be participating in a number of hands on, enquiry based, science workshops.

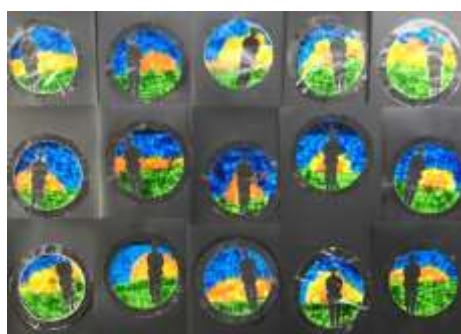




# Nowra Hill Public School

## ANZAC Day Art

Leading up to this year's ANZAC Day, each class has prepared artworks based on this important occasion, all of which will be displayed during the school's ANZAC Service.





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/nɪʃ, nɪtʃ/

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# St Georges Basin Public School



## Defence School Transition Aide

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Jennifer.moffat@det.nsw.edu.au



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Basin View NSW 2540

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[www.stgeorgesbasin-ps.com.au](http://www.stgeorgesbasin-ps.com.au)

St Georges Basin Public School hosted their 3<sup>rd</sup> Annual KidsMatter Community Expo.

There were over 25 community stalls on show with students, parents and community members able to find out information and sign up for activities.



Thank you to Mrs Jenny Moffat our DSTA for her organisation, the parents and the stall holders for supporting this event.



The children really enjoyed themselves and the parents went home with lots of information regarding community services to assist their child in their interests.

# St Johns Catholic High School



## Defence Transition Mentor

Wendy Gaudie

Phone – 02 4423 1666

[gaudiew01@dow.catholic.edu.au](mailto:gaudiew01@dow.catholic.edu.au)



Here are Kyle, Brock and Travis getting ready to paddle their raft across the Shoalhaven river

31 John Purcell Way

Nowra NSW 2540

Phone - 02 4423 1666

[www.sjedow.catholic.edu.au](http://www.sjedow.catholic.edu.au)

There has been a busy start to 2017 at St John's.

Our brand new Year 7 students went off to camp at the Bengalee Scout Camp in Tapitallee in Week 5. Activities included canoeing, water sliding, swimming, milk crate-stacking and bush-walking. Our 11 Defence students all had a great time with canoeing being the favourite activity.

In Week 7 it was Year 9's turn for a camping experience. This time it was at Coolendel. There are 23 Defence students in Year 9 at St John's; our biggest cohort. Once again, the students were kept busy all day with abseiling, raft-building, swimming and canoeing.

In the evenings we had a dance, talent show and liturgy.

Here are Liam and Declan about to take on the crate-stacking challenge.





# Vincentia High School



## Defence Transition Mentor

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Vincentia NSW 2540

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[www.vincentia-h.schools.nsw.edu.au](http://www.vincentia-h.schools.nsw.edu.au)

## Settling Into High School

Starting high school can be an exciting yet daunting experience for some Year 7 students. At Vincentia High School Year 7 Defence students are invited **to frequent morning teas at our school's Bushscape Café**. These morning teas help Defence students to make new friends, develop support networks and ask any questions they may have about high school.

The first morning tea takes place when the Defence students are in Year 6 - they come over to Vincentia High School and are given a tour of the school and attend a morning tea with Year 6 Defence students from other local primary schools.

Throughout the year the Defence students are also encouraged to bring their friends to the café which is always an offer that is keenly accepted.

## Honour Society

Vincentia High School held its inaugural Honour Society Assembly. This assembly recognised the academic and extra-curricular milestones of our amazing students throughout their schooling career.

Students are rewarded as they reach incremental milestones starting at a Bronze Medal through to a Commemorative Engraved Plaque and Personalised Embroidered Pennant.

# Vincentia High School

At the end of Year 12 one student is selected to have **their portrait displayed on the school's Wall of Honour**. Many parents attended this special assembly and joined the students for morning tea afterwards



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# Vincentia Public School



## Defence School Transition Aide

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George Caley PI

Vincentia NSW 2540

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[www.vincentia-p.school.nsw.edu.au](http://www.vincentia-p.school.nsw.edu.au)

## KidSMART

In November 2016, Melissa Hedger from DCO conducted a KidSMART program at our school. The skills taught to the students will help them cope with the feelings that come with absences due to deployments and separations. All the students enjoyed the course, and the craft, and have asked when we will be having another one!



## WWI Memorial Box

This year we borrowed a Memorial Box from The Australian War Memorial. It contained information, artefacts and old uniforms from World War I. The students learnt a great deal, got to handle the items, and try on the uniforms.





# Vincentia Public School

## Kids Club

Each week the Defence students can come to Defence Kids Club where we do different craft activities, play games and check on how everyone is going. It is great fun and the students make some wonderful creations



## ANZAC Day Ceremony

Our school held its ANZAC Day ceremony on 6<sup>th</sup> April. I was very proud of all the students who were very respectful and participated in the ceremony in a mature, responsible manner. After the ceremony we held a morning tea and then had a visit from a Squirrel helicopter courtesy of 723 Squadron at HMAS Albatross. The whole school got to sit in the helicopter and ask questions. It was a beautiful day and we all got to see the helicopter land and take off. A great day was had by everyone.



# Australian Air Force Cadets



Phone Tuesday nights 02 4424 2720

[admino.330sqn@aafc.org.au](mailto:admino.330sqn@aafc.org.au)

## 330 SQN Recruiting for July 2017

From the Commanding Officer

330SQN (AAFC) has been operating out of HMAS Albatross for the past 18 years. During this time, we have had **many young people experience the organisation's suite of programs allowing them to develop and grow in the local community.**

We currently have a strength in excess of 35 cadets. We are proud to have an outstanding team of dedicated and professional staff and senior cadets who deliver the highest quality training to our cadets.

The Australian Air Force Cadets is the premier youth organisation in Australia. With an aviation and military focus, cadets have the opportunity to develop confidence, self-discipline, initiative, leadership, teamwork and communication skills that will be invaluable throughout their lives. Our Squadron has a comprehensive training program offering a variety of activities such as bivouacs, air experience days, ceremonial parades, firearms safety training and social events each year. Cadets can also participate in various camps and courses during school holidays such as powered flying, gliding, aeromodelling, general service training, promotion courses and abseiling.

### Eligibility Requirements

To be eligible to join the Australian Air Force Cadets, you must meet the following criteria:

- Have attained the age of 13 years, but not the age of 18 years;
- **Have your parent's or guardian's permission to enrol;**
- Be a person ordinarily resident in Australia;
- Be sufficiently fit and capable of carrying out the normal duties and activities of a cadet in the AAFC;
- Not be a member of either the Australian Navy Cadets (ANC), Australian Army Cadets (AAC) or the Australian Defence Force (permanent or reserve); and
- Must make a commitment to abide by the Cadet Code of Conduct



You must also be willing to make a commitment to regularly attend Squadron parades on Tuesday nights and extra activities as required.



### Aim

The broad aim of the Australian Air Force Cadets is to better equip young people for community life by fostering initiative, leadership, discipline and loyalty through a training program designed to stimulate an interest in the Royal Australian Air Force. The training program is structured to reflect the following objectives:

- To give Cadets a foundation of Air Force knowledge and discipline
- To develop the qualities of leadership, initiative and self-reliance,
- To develop good character and good citizenship in the widest sense,
- To develop an interest in the Royal Australian Air Force and aviation generally,
- To instill a knowledge of the history of aviation, and
- To encourage Cadets to continue an active interest in aviation into their adult life.

# Australian Air Force Cadets

## Air Force Cadet, Completes Flying Training.

We last reported that Cadet Elyzia Quin a member of 330 Squadron, Australian Air Force Cadets at HMAS Albatross had won a Scholarship with the Australian Womens Pilots Association (AWPA) late last year and on top of that also won another award with the Aero Refuellers. The awards were to assist and encourage more females to become pilots both in the military and civilian aviation arenas. Leading Cadet Elyzia Quin has now completed all her training and passed her solo flying testing in February this year. Elyzia at 15 can now fly a plane but too young to drive.

## 75th Anniversary Freedom of entry March Sydney City

The Australian Air Force Cadets celebrated 75 years of Service to Youth of Australia during 2016. The culmination of a great year of celebration was the Freedom of Entry into the City of Sydney march in August last year. This activity included some 1200 cadets and staff from all over NSW marching from the domain to the Sydney Opera House. The parade was reviewed by the Chief of the Defence Force Mark Binskin an ex Air Force Cadet from Camden NSW. The parade was spectacular and culminated in a great photo opportunity on the steps of the Opera House.

## Avalon Air Show

44 Cadets and Staff attended the 2017 Avalon Air Show first week of March this year. The cadets were able to stay at Puckapunyal Army camp for 2 days to reduce the commute which allowed them plenty of time on the Saturday to see the air show and the new Australian Air Force hardware on display. It was great to also see the aircraft on display the cadets frequently see at **HMAS Albatross. A great experience had by all and many photo's taken** to add to the collection.

## Cadet wins Scholarship to go to 100th Anniversary of Villers-Bretonneux battle.

Cadet Corporal Veronica Burt from 330 SQN has won a half scholarship through the Australian Air Force Cadets, to attend the 100th anniversary of this world war 1 battle, in Villiers-Bretonneux. This event will occur in April 2018. Veronica will travel from Australia with other Australian Air Force Cadets in April so she and the others can participate in the Service at Villiers-Bretonneux on Anzac Day. Veronica is currently researching the names of those local Shoalhaven men that participated in this battle and did not come home. It is important to recognise the sacrifices of these Shoalhaven men and their families as part of this centenary event. Veronica is excited about leaving Australia for the first time and is humbled by this significant opportunity. We wish her the best as she represents the Greater Shoalhaven Area.



People between 13 and 17 who would like to join the Australian Air Force Cadets can email [admino.330sqn@airforcecadets.gov.au](mailto:admino.330sqn@airforcecadets.gov.au) or leave a message on 02 44242720.

Intakes for the unit occur twice a year in February and July.



Photo Taken By AC(AAPC) Fisher 330SQN



# Australian Navy Cadets



HMAS ALBATROSS

Albatross Road NOWRA, NSW 2541

Phone: 0418 422 870 Fax: 02 4424 2725

[john.huisman@cadetnet.gov.au](mailto:john.huisman@cadetnet.gov.au)

Phone: 02 4424 1067

Saturdays between 9.00 am & 4.00 pm

Or 0418 422 870



The Australian Navy Cadets is a voluntary youth organisation that is sponsored by the Royal Australian Navy. There are approximately 82 units across the country and with numbers ranging between 30 to 80 Cadets. Each unit has its own name and identity and is staffed by Australian Navy Cadet Officers and Instructors. As well as teaching you all about sailing and seamanship, they'll encourage you to explore your own potential. You'll learn leadership skills and effective communication, as well as develop confidence, pride and self-discipline. If you or your parents would like to know more about the Australian Navy Cadets, please contact us.

If you're into adventure, you'll get as much as you can handle as an Australian Navy Cadet. You'll get to go sailing, canoeing, hiking. Plus you'll learn everything about seamanship. From navigational training to Naval signals and communication. But it's not all fun and games. You'll have to study first aid and pass muster in parade training. But if you can take on the challenge the rewards are good. All you have to be is turning 13 the year you join and not have reached the age of 20. The Royal Australian Navy, will provide free all uniforms and some equipment to Cadets.

So if you're ready to get fully trained in adventure, get into TS SHOALHAVEN Australian Navy Cadets.

The role of TS SHOALHAVEN as an ANC Unit is to undertake activities to meet the ANC national aim to better equip young people for community life.

It provides a forum to develop skills and knowledge associated with citizenship, leadership and seamanship. The Unit is a venue to encourage young people to explore their full potential as valued members of the team, and to develop confidence, pride and self-discipline in a supportive environment. The Unit is also a forum to foster further interest in the Royal Australian Navy and the wider maritime industry.

The function of the Unit is to provide the operational, administrative and training support required to meet the Unit's role. This includes routines, training programmes; Operational tasking; projects; Power boats and sailing, facilities and equipment maintenance; logistics; administration; food services; communications; band activities; ceremonial; weapons safety and use; physical training and optional training activities.

Weekend Camps  
Annual 7 Day Continuous Training Camps  
Specialist Training Camps  
Sailing Days

# Australian Navy Cadets

## What's in it for me?

The answer to that question is to look at what is achieved in the promotional structure. Cadets will be promoted to Higher Ranks based on their performance. Promotion is not a right, it is a privilege.

### Recruit

Cadets can gain an introduction to Seamanship and Naval Customs. The emphasis is on learning the jargon and understanding the operation of the Unit.



### Seaman

Cadets will continue to gain knowledge and experience in all areas of the training program. As a Seaman, a Cadet will be able to march competently, crew in Sail Boats. And attend week long training courses.



### Able Seaman

This is the first of the leadership ranks. The emphasis is for the Cadet to be competent in all the tasks completed to date. A Cadet Able Seaman will be: - A qualified Sailing Coxswain, A competent squad leader, A proficient guardsman, Eligible for work experience on RAN ships, While at the rank of Able Seaman there is the opportunity to specialize in your chosen field of interest, week long training courses exist in cooking, communications and other areas.



### Leading Seaman

The training syllabus at this level is quite advanced. The emphasis is on the practical development of leadership skills. A Cadet Leading Seaman will be: - Eligible for a Powerboat license if over 16 years old, The Leader of a small group of Cadets, A competent Ceremonial Guard Commander at Public Functions, Actively involved in organising Unit activities, camps, etc and qualified to the level of assistant instructor for sailing.



### Petty Officer

A Cadet Petty Officer commands the respect of others because they have the knowledge and the experience to support their position and increased responsibilities they manage. A Cadet Petty Officer has the following responsibilities:

\* To assist with the instructions of fellow Cadets in all areas, to actively lead and motivate a large group of Cadets, to manage the various activities organised by the Unit and to represent the unit at Public Functions.



Relying on the skills of others to work as a team.

Q: When I join the ANC, am I a part of the Australian Defence Force? And do I have to go to war?

A: No Navy or ADFC Cadet is a member of the Australian Defence Force (ADF). Therefore, you will not be required to complete national service of any kind.



AUSTRALIAN NAVY CADETS

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**[www.cadetnet.gov.au/anc](http://www.cadetnet.gov.au/anc)**



JOHN HUISMAN  
Commanding Officer

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# Defence Special Needs Support Group

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Mobile 1800 037 674

[juanita.visser@dsnsg.org.au](mailto:juanita.visser@dsnsg.org.au)

[www.dsnsg.org.au](http://www.dsnsg.org.au)

Juanita Visser is the local Defence Special Needs Coordinator.

The Defence Special Needs Support Group Inc is a non-profit benevolent volunteer organisation established to assist Navy, Army and Air Force families with a family member with special needs

The group provides support, information, assistance and advocacy for all ADF families who have a dependant (child, spouse or other dependant) with special needs.

The term special needs basically covers the full range of medical, disability, therapy and education needs. It includes: chronic illness or medical conditions like asthma, diabetes or arthritis, intellectual disability, physical disability, sensory disability, Mental Illness, speech and language disorders, epilepsy, autism spectrum disorder, ADD/ADHD, developmental delay, Anxiety, gifted and talented, Depression, Post Traumatic Stress Disorder, learning disability/difficulty and many others

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## RSL Defence Care

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Ph: 02 8088 0388

[www.defencecare.org.au](http://www.defencecare.org.au)

### Mission:

RSL DefenceCare is dedicated to meeting the needs of serving and ex-serving Australian Defence Force members and their families seeking help with claims through the Department of Veterans' Affairs, advocacy at the Veterans' Review Board and well-being. RSL DefenceCare is a charity and not-for-profit organisation helping current and ex-serving members of the Australian Defence Force and their families in times of injury, illness or crisis. RSL Defence Care is a charity and not-for-profit organisation helping current and ex-serving members of the Australian Defence Force and their families in times of injury, illness or **crisis. We understand that each service man or woman's situation is unique and we** aim to help without judgement. We also promote the support of our veterans amongst the wider Australian community.

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# Women Veteran Network Association

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PO Box 2400 Idalia QLD 4811

National Coordinator Ph: 0408 020 394

[www.wvna.org.au](http://www.wvna.org.au)

Women Veterans Network Australia Inc (WVNA) is a not-for-profit organisation which incorporated in Queensland in 2016. WVNA is a network helping women veterans connect with each other to share information and access services via social media and in local groups. WVNA is inclusive of all ranks who are currently serving or have served in the Navy, Army or Air Force, either in a full time or Reserve capacity, whether they have deployed or not.

## Our Mission:

Connect past and present Women of Defence with resources, support & information.

## We aim to:

- \* Assist women veterans in Australia to connect to share information and access services.
- \* Provide an environment for women veterans to network effectively on social media and in local groups.
- \* Liaise with veteran organisations to focus on the specific health and wellbeing needs of women Veterans to ease transition, assist with readjustment and reduce the risk of social isolation.

Our core values clearly define how we interact with one another, our partners, and those we serve:

- \* Respect – We honour each individuals unique service experience and operate in a spirit of cooperation, compassion and understanding.
- \* Empowerment – We are committed to sharing information and resources with past and present

Women of Defence so that they can take initiative and make decisions to solve problems, deal with challenges and improve their lives.

- \* Support – We are building a strong community of women who have served where sharing information and ideas is encouraged and met with a safe and nurturing response.
- \* Connection – We provide a network of support for women veterans to socialise, share information and access services to help ease transition, reduce the risk of isolation and assist with readjustment challenges.
- \* Integrity – We are honest, transparent and ethical in our relationships and service to our community.
- \* Inclusion – Our community is inclusive of all women who have served and we support all organisations who assist veterans with equality and compassion.
- \* Encouragement – We give support, confidence and hope to women veterans in a cohesive and engaging environment on social media, and in local groups.

WVNA support all organisations who help veterans and work with them to establish peer support networks focused on the specific health and wellbeing needs of women veterans.

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**Visit OPSM Nowra today**  
Ph: 4421 3420



\*Terms and exclusions apply. Prescription glasses and prescription sunglasses only. See in store for details.

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# Navy Canteens and Ticketing

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**NAVY  
CANTEENS**



HMAS Albatross Phone (02) 4424 1592

[www.navycanteens.com.au](http://www.navycanteens.com.au)

Navy Canteens exists to benefit Navy members by providing a range of welfare and lifestyle benefits as well as products and services for serving Navy members.

Navy Canteens operates the following core businesses:

SALT	Navy branded clothing, accessories and memorabilia
Win with Navy	A fortnightly raffle for Navy members
Canteens	Located on Navy bases across Australia offering food and beverage services as well as general supplies to Navy and visitors
Holiday Centres	Including BIG4 Bungalow Park on Burrill Lake, Amblin Holiday Park, Foster Holiday Village and Pandanus Pocket with discounts for Navy members
Ticketing	A service providing discounted pricing and preferential seating to major performances and events for Navy (as well as Defence and APS members) through major ticketing agencies and venues.

Profits generated from these activities are combined to provide benefits to serving Navy members through distributions of funds to the Royal Australian Navy Relief Trust Fund (RANRTF), Navy Sports Council (NSC) and Ships Company Amenity Funds (SCAFs). Navy Canteens also facilitates a grants program to extend monetary grants to ships, sport and welfare activities that benefit the Navy community.

The National Support Office for Navy Canteens is located in Canberra with staff and business operations located right across Australia.

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# Army Holidays

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Phone - (02) 6265 6429

[www.armyholidays.com.au](http://www.armyholidays.com.au)

The objectives of the Company are to provide amenities to enhance the well being of the soldiers in the Australian Army. This is achieved through a variety of means; however, the focal point is the provision of AAF Company owned holiday facilities and loans and grants for worthwhile projects.

All members booking will be required to provide their PMKeyS Number; rank; full name and Unit or workplace details. Retired ADF members are required to provide proof of service (service number) and or a current retired ADF superannuants identity number.

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## Canberra Flats

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Ph: 02 4424 3108

Email: [Sonja.cross1@spotless.com.au](mailto:Sonja.cross1@spotless.com.au)

The units above and beside Kookaburra Retreat, known as Canberra Flats are temporary accommodation available for defence members.

Bookings are arranged through base security.

PMKeyS number of the person booking required.

Cost is \$55 per night with a minimum two night stay.



# RAAF Holidays



[www.raafholidays.com.au](http://www.raafholidays.com.au)

[peter.alomes1@defence.gov.au](mailto:peter.alomes1@defence.gov.au)

The RAAF Welfare Recreational Company (RWRC) was established to provide benefits to members of the Royal Australian Air Force and partners and families of such members, ex-members and their dependants, members of the RAN and Australian Army (serving or retired) and their partners and families and civilian staff employed by the Department.

These benefits have been provided primarily by the provision of discounted holiday accommodation, loans and grants to bases / sporting clubs for worthwhile purposes and, in some cases, support to RAAF Recreational Theatres.

PMKeyS number of the person booking required.

# Hello.

**First Aid is for everyone**

We come to you, 7 days a week.  
Delivering accredited courses.

**We are specialists in baby and child related First Aid**

Delivering practical, relevant and engaging information and demonstration sessions on the most important child related first aid.

Our 2 hour essential First Aid course is perfect for parents, grandparents, friends, carers and relatives. We come to you, 7 days a week.

**Sessions for a group of 6 or more:**

- First Aid for families
- Baby shower presentations: the practical gift for parents to be!
- Certificate courses for business
- And we can teach the kids too!

This training is provided by First Aid For You, partnering with and under the auspices of Safety Corp Pty Ltd RTO 91694

**As seen in:**

- STUDIO 10
- PARENTING COSMOPOLITAN
- Daily Telegraph

**10% DISCOUNT**  
if you mention this advertisement when booking your course!

**1300 853 050**  
[www.firstaidforyou.com.au](http://www.firstaidforyou.com.au)

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# Supported Playgroups of Shoalhaven

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SPLASH operates during school terms

Renee Phone: (02) 4424 7100

Mobile 0423 606 559

[splash@anglicare.org.au](mailto:splash@anglicare.org.au)

Splash is a free, mobile supported playgroup for families in the Shoalhaven area.

## **It's a place where:**

- \* parents, carers and community members can support each other and learn together
- \* children can play, explore and learn in a safe and nurturing environment
- \* we seek to help each child according to their individual needs
- \* individuals can work together to develop a strong and supportive community
- \* everyone is respected, included and valued

Is SPLASH for me?

SPLASH welcomes all families with pre-school children, especially

- \* if being a parent or carer is more than you bargained for
- \* if being a parent or carer is getting you down

**\* if you're missing the support and practical help of relatives.**

What does SPLASH offer?

SPLASH supports families by providing:

- \* an opportunity for children to play with other children
- \* a chance for parents and carers with small children to meet each other
- \* friendly coordinators who offer practical help, understanding and encouragement
- \* information on a range of topics including parenting, child development and other areas of interest
- \* access to other services

Monday

9.30am – 11.00am

Paradise Beach Reserve

Walmer Avenue, Sanctuary Point

Wet weather – St Georges Basin Scout Hall (Tasman Road)

Tuesday

9.30am – 11.00am

Bomaderry Anglican Church

Cnr Princes Highway & Birriley Street, Bomaderry

Wednesday

9.30am – 11.00am

Sussex Inlet Community Centre

Thomson Street, Sussex Inlet

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# Lyrebird Preschool

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101 Jervis Street

Nowra East, NSW 2540

(next to Lyrebird Park)

Phone - 02 4421 4604

[www.lyrebirdpreschool.com.au](http://www.lyrebirdpreschool.com.au)

We are a community based and not-for-profit preschool providing quality education for 3-5 year olds. The Preschool is managed by our Parent Committee.

Lyrebird Preschool has qualified and experienced staff who are focused on providing a safe, caring and stimulating environment that offers a variety of interest based play experiences both indoors and outdoors.

We have a large natural playground providing plenty of opportunities for children to explore and investigate the natural world. Affordable fees ranging from \$6-\$31.

Our Preschool hours are 8:45—2:45 during school terms. We do offer extended care from 8-8:45 and 2:45—4pm at an additional cost. Visitors and enquiries welcome.

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## BBCR Out of School Hours Care

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George Caley PI Vincentia, NSW 2540

Phone—02 4441 7557    [www.bbcricri.com.au](http://www.bbcricri.com.au)

BBCR offers out of school hours and vacation care programs for primary school aged children offering lots of great activities so come along and join in the fun!

The service provides:

- \* Qualified staff who provide supervised care, educational, recreational activities
- \* Quality care following the national regulations on child care services
- \* An air-conditioned, safe and caring environment for your children
- \* A flexible and spontaneous program that meets individual needs
- \* Positive learning experiences to allow children to develop a sense of competence and self confidence.

The centre is located at Vincentia Public School.

Enquires can be made by contacting the OOSH Project Officer after 2pm Monday to Friday on 4441 7557 or email [csn@bbcri.com.au](mailto:csn@bbcri.com.au)



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# Noah's

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Building 303 Shoalhaven Campus of UOW

Georges Evens Rd West Nowra, NSW 2541

Phone - 02 4423 5022

[www.noahs.org.au](http://www.noahs.org.au)

[contact@noahs.org.au](mailto:contact@noahs.org.au)

Noah's Shoalhaven offers flexible, high quality services to children with special needs and caring support to their families.

Over more than 33 years, Noah's has grown from a toy library operating from the verandah of a small cottage to a vital centre for the Nowra community, providing services for around 900 children per year.

We support families and we listen to our community. We strive to provide family-centred, evidence-based intervention for young children and their families, and to celebrate the diversity and dignity of children of all apparent levels of ability



**Connecting families since 2006**

Sanctuary Point  
**connect**

A Schools as community centres project

**4443 0520 | [www.sanctuarypointconnect.org](http://www.sanctuarypointconnect.org)**

Sanctuary Point Connect provides a range of groups and projects that support families and their children 0-8 years living in Sanctuary Point and the wider Bay and Basin area.

Our program is funded on research that highlights the importance of:

- the early years of a child's development
- the important role that parents have as their child's first teach
- the role of community in raising a child

We run fun playgroups, an active transition to school program, MyTime disability support group, parent education and more.

We are located in the grounds of Sanctuary Point Public School.



# Shoalhaven Family Day Care

## Recruiting Educators

***Are you interested in a career in early education and childcare?***

**If you are over 21 years of age, and have .....**

- ★ Experience with children
- ★ A warm, secure, family environment
- ★ A desire to build a successful home-based education and care service with an 'exceeding' rated local service


**We have .....**

- ★ A fantastic career opportunity for you...

Shoalhaven Family Day Care is a quality home-based education and care service which has been actively supporting local families for over 35 years.

We look forward to discussing the opportunity further.

***Looking for care?***  
*We have Educators throughout the Shoalhaven. Please contact us to find out more...*

Proudly sponsored by 

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# Shoalhaven Libraries

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10 Berry St

Nowra, NSW 2541

Phone - 02 4429 3712

[www.shoalhavenlibraries.com.au](http://www.shoalhavenlibraries.com.au)

Carla De Casti

[decasti@shoalhaven.nsw.gov.au](mailto:decasti@shoalhaven.nsw.gov.au)

## Rhymetime

Music, rhyme and repetition for 0- 18 months. Every second Thursday at 10am during school term.



## Bookworms Book Club

A monthly book club for children aged 5-12 which includes sharing stories and interacting with books. Each session is themed and involves a craft or activity and lots of fun! One Wednesday afternoon a month at 4 - 4.45pm

## Paws'n'Tales

**Paws'n'Tales is an exciting new reading program for children aged 4 to 8 years.** Reading to a friendly trained dog increases confidence, self-esteem and literacy skills in children, and helps them to discover the joy of reading. Based on the **successful Reading Education Assistance Dogs (R.E.A.D.) program**, Paws'n'Tales is the first affiliated R.E.A.D. group in Australia! Bookings are essential.

## Storytime

**It's never too early to introduce your children to the wonder and magic of Reading.** Our Story Time sessions are designed to teach young children about the joy and beauty of books through stories, songs and craft. For ages 2-5. 10am every second Tuesday during school term at Nowra Library.

## Inklings

Inklings is a creative writing group for young adults aged 11-18 yrs. Inklings meet on the last Wednesday of the month at Nowra Library.

Our meetings are relaxed and fun, so if you have a story to tell, love to write, or just want to know more about writing, come along! We would love to see you there!





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# Shoalhaven Neighbourhood Services Inc.

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East Nowra Neighbourhood Centre

2/80 Park Rd Nowra, NSW 2541

Phone - 02 4422 1299      [parkroad@sns.org.au](mailto:parkroad@sns.org.au)

Nowra Neighbourhood Centre

134 Kinghorne St Nowra, NSW 2541

Phone - 02 4421 5205 [kinghornestreet@sns.org.au](mailto:kinghornestreet@sns.org.au)

Shoalhaven Neighbourhood Services Incorporated is a place of community activity and involvement that has been operating in the Shoalhaven area since 1977.

We have a great range of information of local services and government departments available at our Neighbourhood Centres. Our staff can assist you by referring you to the right service that will best meet your needs. We have also helped create handy booklets which you can pick up at our centres like Volunteering in the Shoalhaven, Op Shop and Second Hand Shopping Guide and the Path2Home Shoalhaven Homelessness Directory.

Both centres are open Monday to Friday from 9am to 3pm.

We also have a range of classes and social groups that meet at our centre including Verdant Voices Choir, Haven Harmonicas, Beginners Sewing, Card Making, Knitting, Patchwork & Quilting, Meditation, Embroidery, GA, NA and AA.

We have visiting services throughout the year which include the Early Childhood Immunisation Clinic, Tax Help (July-October), Immigration Advice.

For more information please call us at either centre.

This is to ensure consistent information throughout the community as both neighbourhood centres are provided by the same service and are not their own organisations.

You can find out some more information about our service on our website

[www.sns.org.au](http://www.sns.org.au)

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# Shoalhaven Community College

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1 Mattes Way Bomaderry, NSW 2541

Phone - 02 4423 0351

[www.kcc.nsw.edu.au](http://www.kcc.nsw.edu.au)

[sccreception@kcc.nsw.edu.au](mailto:sccreception@kcc.nsw.edu.au)



Shoalhaven Community College, located in Bomaderry, is a campus of Kiama Community College Inc. and is a Registered Training Organisation. Offering a range of nationally accredited courses, as well as leisure and interest courses, there is something for everyone, whether for employment or just for fun!

We offer a great range of accredited courses, with subsidised fees, such as; Cert III in Business or Accounts Administration, Cert IV in Business Administration or Accounting, Diploma of Leadership and Management, Cert IV in Training and Assessment, Cert I in Information, Digital Media and Technology, Cert II in Outdoor Recreation or Fitness, Diploma of Salon Management, Diploma or Cert IV in Beauty Therapy, Cert III in Nail Technology. Distance courses are also available.

Just for fun we offer dance classes, cooking, art, languages, floral decoration, computer courses at all levels, writing, photography and digital workshops and much more!

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## Kangaroo Cottage

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19 Benson Road Jervis Bay ACT 2540

Phone - 02 4442 1030

[els\\_enquiries@missionaustralia.com.au](mailto:els_enquiries@missionaustralia.com.au)

### Welcome to Mission Australia Early Learning

**In the first five years, a child's brain will develop more rapidly than at any other time in their life. The early experiences your child has – the things they see, hear, touch, smell and taste stimulate their brain creating millions of connections. This is when foundations for learning, health and behaviour throughout life are laid down.**

Mission Australia wants every child to have the best start in life and that is why we strive to deliver the highest-quality educational, social and emotional development programs, tailored to suit the individual needs of each child in our care. Our qualified staff takes the greatest care, encouraging learning through exploration of the natural environment.

By providing a warm, safe and nurturing environment, our educators are able to create an atmosphere where children flourish.



**Now taking enrolments for children 3-6 years.**

Kangaroo Cottage Early Learning Centre, managed by Mission Australia and situated at HMAS Creswell is part of the Defence Childcare Program to meet the needs of families in the Australian Defence Forces.

# Enrolments available

## Mission Australia Early Learning Tingira Child Care Centre Bedford St Nowra Hill

Rated **EXCEEDING** in all National Quality Framework areas

All meals, including breakfast, morning tea, afternoon tea  
and a cooked lunch are provided

Team of qualified and experienced educators

**Enquire Today**

 **02 4421 7784**

 **1800 757 343**

Visit [www.maearlylearning.com.au](http://www.maearlylearning.com.au) for more information

# Enrolments available

## Mission Australia Early Learning Kids Crew OSHC

**36 Bedford Street, Nowra Hill, NSW, 2540**

Before school care, After school care and Vacation Care

Meals provided while children are in the service

Quality education program including: sport, craft, cooking  
experiences and quiet time for reading or homework

**Enquire Today**

 **02 4422 6155**

 **1800 757 343**

Visit [www.maearlylearning.com.au](http://www.maearlylearning.com.au) for more information



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## Veterans and Veterans Families Counselling Service

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Am I eligible?

For help, to learn more, or to check eligibility for VVCS services, call 1800 011 046 or visit [www.vvcs.gov.au](http://www.vvcs.gov.au)

VVCS provides free and confidential, nation-wide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger. Support is also available for relationship and family matters that can arise due to the unique nature of the military lifestyle.

VVCS counsellors have an understanding of military culture and can work with clients to find effective solutions for improved mental health and wellbeing.

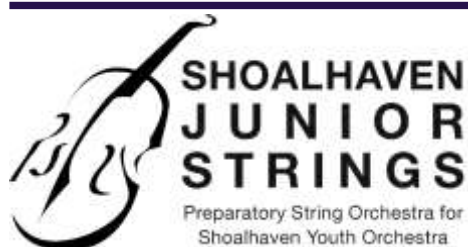
VVCS provides the following services:

- **individual, couple and family counselling and support for those with more complex needs**
- **services to enhance family functioning and parenting**
- **after-hours crisis telephone counselling through Veterans Line**
- **group programs to develop skills and enhance support**
- **information, education and self-help resources**
- **referrals to other services or specialist treatment programs.**

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## Shoalhaven Youth Orchestra

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Nowra School of Arts

PO Box 820 Nowra, NSW 2541

Phone - 0466 800 656 or 0435 584 220

[www.syo.shoalhaven.net.au](http://www.syo.shoalhaven.net.au)

[syorchestra.pmp@gmail.com](mailto:syorchestra.pmp@gmail.com)

Tuning In! will provide your child with a positive start into the world of music. The program will promote a love of and enjoyment of music and promote the cognitive and social benefits of learning music .

Tuning In Toddlers - 2-3 year olds - 30 minute classes - \$100 per term

Tuning In 4&5s - 4-5 year olds - 45 minute classes - \$120 per term

Tuning In K-1 - Kindy & Year 1 students - 50 minute classes - \$130 per term

JuMP Introduction to Instruments—50 minute classes—\$200 per term

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# Veterans Motorcycle Club

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[www.vmcsccl.com](http://www.vmcsccl.com)

<https://www.facebook.com/VeteransMCSCC/>

We are a club based on the military brotherhood and bonds of military service.

We are Military Veterans, currently serving, ex-serving and supporters alike with a strong brotherhood that exists to support veterans, veterans families and the biker lifestyle. We share a love of the military and motorcycles, with a proud history of service to our country.

Please visit our Facebook Page or email us [admin@vmcsccl.com](mailto:admin@vmcsccl.com)

The Ode — "They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them." Lest We Forget

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*Buf Girls*

PERSONAL TRAINING • BOOTCAMP • MUMS & BUBS

*Intro offer*

**\$10 FOR YOUR FIRST WEEK**

*Unlimited training for 7 days*

**TRAIN WITH THE NEW BIGGEST LOSER TRAINER**  
Libby's BUF Girls group in Nowra. Fun, social group fitness for women. Enjoy your workout, meet like minded women (and kids) Come have fun with us!

~~~~~

**VISIT [BUFGIRLS.COM/SHOALHAVEN](http://BUFGIRLS.COM/SHOALHAVEN) CALL 0450 742 775**

*Buf Girls*

*#bufgirls*

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# Nowra Family Relationship Centre

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47 West St Nowra, NSW 2540

Phone - 02 4424 7150

[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

[nowrafrc@anglicare.org.au](mailto:nowrafrc@anglicare.org.au)

## **Assistance to sort out parenting arrangements after a family separation**

Nowra Family Relationship Centre has now been in operation since July 2007 and has assisted many Shoalhaven families to negotiate their post separation parenting arrangements through a mediation process. We can also work with Family Relationship Centres in other parts of Australia if one parent has already relocated.

The mediation process starts with individual meetings with parents (or other significant caregivers) so that we can decide what the best way forward is for each unique family situation. Some families do need a court process and Centre staff can assist parents to engage with the Family Law system if that applies to them.

The Centre highly values the contribution of children and their right to have a voice in relation to issues that affect them. For those of school age and above there are trained workers who can work with the kids so they can be more than **just 'seen and not heard'!**

A typical mediation process takes about 3 months from start to finish **depending on people's ability to attend booked appointments and the length of** time it takes to get both parents involved. Parenting agreements are unique to each family and can be short or long term. The Centre also offers the opportunity for families to return and review how a new arrangement is working out.





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## Helpful Websites and Contacts

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### *Archer Race Course & Shoalhaven City Turf Club*

[www.nowraraceclub.com.au](http://www.nowraraceclub.com.au)

Ph: 02 4421 4550

### *Big 4 Bungalow Park Burrill Lake (Defence Discount)*

[www.bungalow-park.com.au](http://www.bungalow-park.com.au)

Ph: 02 4455 1621

### *Guide to Shoalhaven and Southern Highlands*

[www.guidetoshoalhavenandsouthernhighlands.com.au](http://www.guidetoshoalhavenandsouthernhighlands.com.au)

### *Mensline (Helpline)*

[www.mensline.org.au](http://www.mensline.org.au)

### *Shoalhaven City Council*

[www.shoalhaven.nsw.gov.au](http://www.shoalhaven.nsw.gov.au)

### *Shoalhaven Entertainment Centre*

[www.shoalhavenentertainment.com.au](http://www.shoalhavenentertainment.com.au)

Ph: 1300 788 503

### *Shoalhaven Greyhound Racing Club*

[www.nowradogs.org.au](http://www.nowradogs.org.au)

Ph: 02 4421 2332

### *Shoalhaven Model Flying Club*

[www.shoalhaven.net.au/~shoalhavenmfc](http://www.shoalhaven.net.au/~shoalhavenmfc)

Gary Matheson 4423 4050

### ***Shoalhaven South Coast What's on***

[www.shoalhavenholidays.com.au](http://www.shoalhavenholidays.com.au)

### *Shoalhaven Womens Health Centre*

[www.shoalhavenwomenshealthcentre.org.au](http://www.shoalhavenwomenshealthcentre.org.au)

### *Tourism Jervis Bay*

[www.jervisbaytourism.com.au](http://www.jervisbaytourism.com.au)

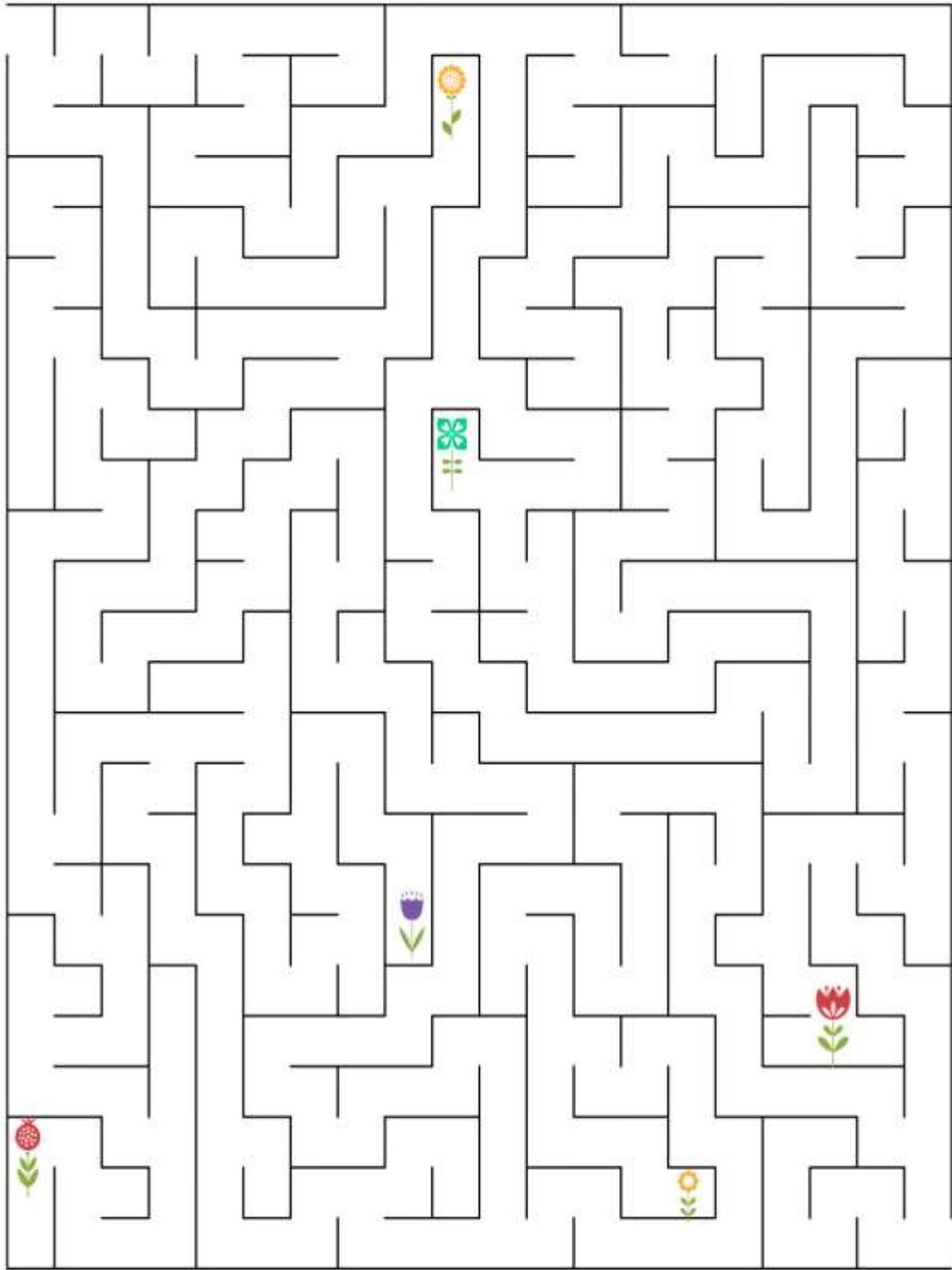
### *Tourism Shoalhaven*

[www.shoalhaven.com.au](http://www.shoalhaven.com.au)

### *Tourism Wollongong*

[www.tourismwollongong.com.au](http://www.tourismwollongong.com.au)

## Help Buzzy Reach His Friends!



# Kids Stuff



## SDFA Find-A-Word

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | U | D | U | U | H | L | I | F | A | M | I | L | I | E | S | E | S |
| O | B | M | J | P | U | L | Y | J | M | T | A | W | Q | L | J | C | A |
| X | V | L | X | U | H | C | F | Y | Q | I | L | A | Z | Z | O | N | C |
| N | A | C | Q | O | P | A | O | B | F | D | B | I | Z | P | M | E | S |
| U | A | D | T | R | F | R | Y | O | U | T | A | R | A | Q | N | F | N |
| K | K | V | E | G | L | R | K | L | S | T | T | F | S | X | G | E | N |
| H | S | S | Y | Y | E | U | E | F | P | J | R | O | S | W | G | D | F |
| H | C | W | Y | A | E | B | S | H | O | M | O | R | O | S | F | O | N |
| G | O | T | D | L | H | A | R | A | H | M | S | C | C | H | J | H | C |
| N | Z | A | A | P | C | K | T | N | S | E | S | E | I | O | E | D | X |
| I | N | E | F | G | E | O | O | Z | K | C | R | O | A | A | H | T | M |
| N | U | R | D | N | R | O | K | A | R | Y | S | E | T | L | N | U | Y |
| I | F | T | S | W | C | K | A | C | O | H | D | C | I | H | T | O | I |
| A | U | E | Q | R | R | L | O | Z | W | T | Y | L | O | A | E | E | B |
| R | Y | R | Y | H | N | I | R | O | B | P | A | I | N | V | D | M | M |
| T | C | O | M | M | I | T | T | E | E | Q | C | T | L | E | Z | I | V |
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| M | J | Y | A | H | H | L | J | U | P | P | T | R | O | P | P | U | S |

AIRFORCE  
ALBATROSS  
ANZAC  
ARMY  
ASSOCIATION  
COMMITTEE  
CRAFT

CRECHE  
DEFENCE  
FAMILIES  
FUN  
KOOKABURRA  
NAVY  
PLAYGROUP

RETREAT  
SDFA  
SHOALHAVEN  
SUPPORT  
TIMEOUT  
TRAINING  
WORKSHOPS



# ANZAC Biscuit Recipe



## Ingredients:

- 1 cup oats
- 1 cup plain flour
- 1/2 cup sugar
- 2/3 cup coconut
- 2 Tblspns golden syrup
- 60g butter
- 1.5 Tspns bicarb soda
- 2 Tblspns boiling water

## Method:

1. Preheat oven to 160C
2. In a large bowl combine oats, flour, sugar and coconut
3. Melt golden syrup and butter together
4. Mix bicarb soda with boiling water, add to butter mix and stir
5. Add wet ingredients to dry ingredients and combine well
6. Place spoonfuls on greased baking tray
7. Bake for 15-20 minutes until golden



Kingdom Krav Maga  
Reality Based Self Defence  
Classes for all ages  
Contact Dave on 0409154579  
or email  
[dave@kingdomkravmaga.com.au](mailto:dave@kingdomkravmaga.com.au)  
'Like' us on Facebook or visit  
[www.kingdomkravmaga.com.au](http://www.kingdomkravmaga.com.au)

# Markets



## MILTON

1ST SATURDAY

### Milton Village Markets

Princes Highway, Milton  
0419 405 129

## HUSKISSON

1st Saturday

### LADY DENMAN PRODUCE & CRAFT MARKETS

Lady Denman Heritage Complex  
Grounds, Woollamia Road  
0459 050 935

## CULBURRA

1st Sunday

### BEACH MARKETS

Cnr West Crescent & Prince Edward  
Ave (opp. Culburra Bowling Club)  
0435 730 992

## BERRY

1st Sunday except February

### COUNTRY FAIR

Berry Showground, Alexandra Street  
4464 1476

## SUSSEX INLET

2nd Saturday

### FLEA MARKETS

Uniting Church Hall, Jacobs Drive  
4441 1546

## KANGAROO VALLEY

2nd Saturday

### VILLAGE MARKETS

Kangaroo Valley Showground  
Moss Vale Road  
0402 635 785

## NOWRA

1st Friday except January

### UNITING CHURCH MONTHLY BAZAAR

Wesley Centre, Berry Street  
4421 3841

## NORTH NOWRA

2nd Saturday

### GUIDES & CRAFT MARKETS

North Nowra Guide Hall  
Rockhill Road  
4422 3727

## NOWRA

2nd Saturday

### SHOALHAVEN CITY ARTS CENTRE ARTISANS MARKET

Berry Street  
4429 5444

## HUSKISSON

2nd Sunday

### HUSKISSON MARKET

Sporting Ground (next to Bowling Club)  
0409 740 704

## ULLADULLA

2nd Sunday

### MARINE RESCUE HARBOUR MARKETS

Ulladulla Harbour and wharf  
Wason Street  
4455 3403

## TOMERONG

3rd Saturday

### VILLAGE MARKETS

School of Arts  
Hawken Road  
4443 9480

## BERRY

3rd Sunday

### FLEA MARKETS

Great Southern Hotel  
Queen Street  
9520 0537

## GREENWELL POINT

3rd Sunday

### RIVERSIDE MARKETS

Titania Park  
Adelaide Street  
0407 844 759

## CALLALA BAY

3rd Sunday except January

### FINS'N' SAILS

Shopping Centre  
55-57 Emmett street  
0431 344 340

## SANCTUARY POINT

4th Saturday

### PUBLIC SCHOOL MARKETS

Idlewild Avenue  
4443 0665

## PYREE

4th Sunday

### PYREE VILLAGE ARTS & CRAFT MARKETS

Shoalhaven Potters Workshop  
Greenwell Road  
4443 7312



## NOWRA

4th Sunday

### NOWRA GREYHOUND TRACK

Albatross Road  
4421 2332 or 0417 220 742

## MOLLYMOOK

5th Sunday

### MOLLYMOOK MARKETS

Mollymook Beach Reserve  
Mitchell Parade  
0405 623 969

## SHOALHAVEN HEADS

Every Saturday

### SEAFOOD & FRESH PRODUCE FAIR

The Heads Hotel  
51 River Road  
4448 7125, 4448 5666

## SHOALHAVEN HEADS

3-5 times per year

### RED CROSS MARKET

Community Centre  
Shoalhaven Heads Road  
4448 5965, 0418 100 151



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[facebook.com/VisitShoalhaven](https://facebook.com/VisitShoalhaven)

[pinterest.com/visitshoalhaven](https://pinterest.com/visitshoalhaven)



# Family Activities

## CINEMAS

Huskinson Pictures  
19 Sydney St, Huskinson  
02 4441 5076

Roxy Cinema Complex  
41 Berry St, Nowra  
02 4423 5222

Inlet Cinema  
173 Jacobs Dr, Sussex Inlet  
02 4441 2884

Arcadia Twin Cinemas  
Rowans Arcade Boree St, Ulladulla  
02 4454 1224

## FARM

Clyde River Berry Farm  
(Pick your own berries)  
Lot 22 River Road, Mogood  
Open Dec & Jan 7 Days 10am-5pm  
02 4478 1057

## WATERSPORTS

Walking on Water  
(surf, ski, kayak, SUP)  
23 Carramar Cres, Ulladulla  
0417 360 791

Jervis Bay SUP  
Various locations  
0403 354 716

Kangaroo Valley Safaris  
(kayak & bike hire)  
2031 Moss Vale Rd, Kangaroo Valley

## MINI GOLF

18 Hole Mini Golf - Club Husky  
336 Huskinson Rd, Huskinson  
02 4441 5135

Nowra Golf Range and Putt Putt  
Lot 1 Greenwell Point Rd, Nowra  
02 4423 3003

Big 4 Bungalow Park  
123 Princes Hwy, Burrill Lake  
1800 552 944

Pigeon House Tea Rooms "Pitch and Putt" Golf Course  
24 Clyde Ridge Rd, Morton  
02 4457 3097

## ZOO

Shoalhaven Zoo  
23 Rock Hill Rd, Nowra  
02 4421 3949

## PAINT BALL

Shoalhaven Skirmish  
Falls Rd, Falls Creek  
02 4447 8064

Skirmish Ulladulla  
456B Woodstock Rd, Woodstock  
02 4456 4560

## SKATE PARKS

Berry Sporting Complex  
North St/Woodhill Mountain Rd  
Berry

Thomson Street Sports Complex  
Thomson St, Sussex Inlet

West Ulladulla Sports Complex  
Blackburn Rd, Ulladulla

## BMX PARKS

Basin View BMX Track  
Collingwood St, Basin View

Kangaroo Valley BMX  
Moss Vale Rd, Kangaroo Valley

Lighthouse Oval  
Deering St, Ulladulla

## SURFING

Culburra Beach Surf School &  
Board Hire  
164 Penguins Head Rd, Culburra  
02 4447 3197

Pam Burrridge Surf Schools  
Mollymook Beach  
0409 767 176

## AQUATIC CENTRES

Nowra Aquatic Park  
20 Scenic Dr, Nowra  
02 4429 5641  
Open Daily

Bomaderry Aquatic Centre  
127 Cambewarra Rd, Nowra Hill  
02 4429 5600  
Open Daily

Bay & Basin Leisure Centre  
The Wool Rd, Vincentia  
02 4406 2022  
Open Daily

Ulladulla Leisure Centre  
139 Warden St Ulladulla  
4444 8811  
Open Daily

## MINIATURE RAIL

Penwood Miniature Railway  
215A Princes Hwy, Jaspers Brush  
02 4464 1201  
Open 1st Sun of the month

Archer Miniature Railway  
Albatross Rd, Nowra  
0412 706 045  
Open 2nd & 4th Sun

## BOWLING

Shoalhaven City Lanes  
54 Narang Road, Bomaderry  
02 4422 1200  
Open Daily

Dunn Lewis Centre  
141 St Vincent St, Ulladulla  
02 4454 1099  
Open Daily

## HORSE RIDING

Kangaroo Valley Horses  
251 Abernathys Rd, Budgong  
0402 902 072

Valhalla Horseriding & Farm Holidays  
39 Falls Rd, Falls Creek  
02 44478320

The Man From Kangaroo Valley Trail  
Rides  
24 Hillcrest View Ln (priv)  
02 4465 1912

Timbertops  
Lot 27 Princes Hwy, Termeil  
02 4457 1008

## DOLPHIN & WHALE CRUISES

Dolphin Watch Cruise  
50 Owen St, Huskinson  
02 4441 6311

Jervis Bay Wild  
58 Owen St, Huskinson  
02 4441 7002

## INDOOR

Flip Out  
5 Tom Thumb Ave, South Nowra  
02 4423 6324  
Open Daily

The Gym - Indoor Rock Climbing  
McMahons Rd, North Nowra  
02 4421 0587  
Open Daily

Funland Ulladulla  
93 Princes Hwy, Ulladulla  
02 4454 3220  
Open Daily

Fleet Air Arm Museum  
489A Albatross Rd, Nowra Hill  
02 4424 1920

## WILDLIFE

Mangrove Boardwalk  
Jervis Bay Maritime Museum  
Huskinson

Ulladulla Wildflower Reserve  
Warden St, Ulladulla

The Botanic Gardens  
Booderee National Park

Bishops Bigfoot Adventures  
(truck rides)  
1335 Bolong Rd, Coolangatta  
02 4446 1125

Booderee National Park Holiday  
Activities (Campfire Yarns, Bush  
Tucker, Bug Hunting, etc)  
check website for program  
or ring 02 4443 0977

Trees Adventure  
(adventure ropes)  
23 Rock Hill Rd, North Nowra  
0429 807 411





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## Second Hand and Op Shops

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Anglicare Bomaderry Opportunity Shop, Meroo Street, Bomaderry  
Monday to Friday 9am to 3pm

Anglicare Op Shop, Shop 4 Canal Street, Culburra Beach  
Monday to Friday 9am to 4pm; Sat 9am to 1pm

Community Church Op Shop, Jacobs Drive, Sussex Inlet  
Monday to Friday 9am to 4pm  
Saturday 9am to 12noon

Husky Uniting Church Op Shop, 53 Hawke St, Huskisson  
Monday, Wednesday, Thursday & Friday 9am to 4pm, Saturday 9am to 12 noon

Inasmuch Op Shop, 195 Jacobs Drive, Sussex Inlet  
Tuesday, Thursday, Friday & Saturday 8.30am to 12 noon

Lions Pre-loved Book Shop, Bellbrook Arcade Princes Hwy, Ulladulla  
Monday to Friday 9am to 4.30pm  
Saturday 9.00am to 12.30pm

Mission Australia – Big Heart Enterprise Op Shop, Cnr Worrigee St and Princes Hwy, Nowra  
Monday to Friday 8.30am to 4.30pm, Saturday 10am to 2pm

Mission Australia – Big Heart Op Shop, 136 Island Point Road, St Georges Basin  
Monday to Friday 9am to 4.30pm  
Saturday 10am to 2pm

Presbyterian Church Op Shop, 3 Kinghorne Street (entrance at rear), Nowra  
Tuesday to Friday 9.30am to 2.00pm

Red Cross, 21 Schofields Lane, Nowra  
Monday to Thursday and Friday 9am to 3pm  
Saturday 9am to 1pm

The Hip Op Shop, Upstairs 1/ 82 Junction St, Nowra  
Monday to Friday 11am to 5pm, Saturday 11am to 2pm

The Salvation Army Red Shield Family Store Bay & Basin Mission– Shop 4, 197 Kerry St, Sanctuary Point  
Monday to Friday 9am to 3pm

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## Second Hand and Op Shops

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The Salvation Army - Red Shield Family Store, 2/182 Princes Highway, South Nowra

Monday to Friday 9am to 4pm

The Salvation Army, Red Shield Family Store, 11/137 Princes Highway, Ulladulla

Monday to Thursday 9am to 3pm, Friday 9am to 2.30pm

Saturday - 9 am to 12 noon

Ulladulla Second hand Shop, 3 Boree Street, Ulladulla

Monday to Friday 8.45 to 3pm, Saturday 8.30am to 12 noon

Uniting Church Outreach Centre, Princes Highway (Cnr. North Street), Ulladulla

Monday, Tuesday, Thursday & Friday 10am to 4pm

Wednesday 10am to 12 noon, Saturday 9am to 12 noon

Vinnies, 117b Queen Street, Berry

Open 7 days 10am to 4.00pm

Vinnies, Canal Road, Culburra

Monday 9am to 3pm, Tuesday to Friday 9am to 4pm

Vinnies, 5 Berry Street, Nowra

Monday to Friday 8.30am to 4pm, Saturday 8.30am to 2pm

Vinnies, 199 Kerry Street, Sanctuary Point

Monday to Friday 9am to 3.30pm

Saturday 9am to 12 noon

Vinnies, Shop 1, The Village Centre, Shoalhaven Heads Road, Shoalhaven Heads

Monday to Friday 9am to 3.30pm

Saturday 9am to 12.30pm

Vinnies - 251 Green Street, Ulladulla

Monday to Friday 9am to 4 pm, Saturday 9am to 12 noon

Wesley Uniting Church Op Shop Junction Street (opposite Post Office), Nowra

Monday to Friday 9.30am to 3.30pm



# Spouse Register

On the following pages are some of the businesses run by Defence spouses in the local area. If you run a business and want to add your business card to these pages send a jpeg image to shoalhavendfa@gmail.com and it will be added to the page.

**EQUINE AND ANIMAL ART**  
Pencil, Colour pencil and Acrylic Artworks

I work from photos so call or email to discuss your needs.

**JACINTA KINGDOM**

Mobile: 0418 573 689  
kingdomwife1@hotmail.com

ABN: 22640051121



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Specsavers Optometrists Nowra Central  
Cnr Kinghorn & Worrigee Streets  
Nowra NSW 2541

Tel [02] 4421 0500  
Fax [02] 4422 6736  
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*Tracey Peacock*  
OWNER - BUF SHOALHAVEN

**0450 742 775**

tracey@bufshoalhaven.com.au www.bufshoalhaven.com.au

**Jindyandy HAIR SHACK**

Emma Shackleton  
Hair Stylist

0422951423

719 Greenwell point road  
Pyree

Opening hours  
Wednesday-Saturday: 10am till 5pm  
Sundays and after hours available by appointment only




**Kingdom Krav Maga Self Defence**  
David Kingdom  
0409 154 579  
dave@kingdomkravmaga.com.au  
www.kingdomkravmaga.com.au



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**Massage & Nutrition**

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Website: [www.lilyannejewellery.com.au/nicolegourley](http://www.lilyannejewellery.com.au/nicolegourley)  
Facebook: [www.facebook.com/nicolegourley1975](http://www.facebook.com/nicolegourley1975)

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Website: [www.lilyannebeauty.com.au/nicolegourley](http://www.lilyannebeauty.com.au/nicolegourley)  
Facebook: [www.facebook.com/nicolegourley1975](http://www.facebook.com/nicolegourley1975)



## Medical Centres and Hospitals

|                           |                                           |                                  |              |
|---------------------------|-------------------------------------------|----------------------------------|--------------|
| BASIN VIEW                | Basin View Medical Centre                 | 3 Tallyan Point Rd               | 02 4443 4959 |
| BERRY                     | Berry Medical Centre                      | 22 Prince Alfred St              | 02 4464 1577 |
| BOMADERRY                 | Meroo Street Family Practice              | 1 Meroo St                       | 02 4421 4655 |
| CULBURRA BEACH            | Culburra Beach General Practice           | 14 The Lake Cct                  | 02 4447 2450 |
|                           | Culburra Beach Medical Centre             | Cnr Canal St & Prince Edward Ave | 02 4447 5430 |
| KANGAROO VALLEY           | Dr Jeanette Keir                          | 2 Broughton St                   | 02 4465 2007 |
| MILTON                    | Milton Lighthouse Family Medical Practice | 122 Princes Hwy                  | 02 4454 4257 |
|                           | Milton Medical Centre                     | 135 Princes Hwy                  | 02 4455 5755 |
| MOLLYMOOK                 | Mollymook Medical Centre                  | 78 Tallwood Ave                  | 02 4455 3111 |
| NORTH NOWRA               | North Nowra Medical Practice              | 23 McMahon's Rd                  | 02 4423 5991 |
| NOWRA                     | Grand Pacific Health                      | 107 Scenic Dr                    | 02 4448 2255 |
|                           | Junction Street Family Practice           | 45 Junction St                   | 02 4423 5644 |
|                           | Moss Street Medical Practice              | 1 Moss St                        | 02 4422 1210 |
|                           | Worrigee Street Medical Centre            | 59 Worrigee St                   | 02 4421 4422 |
| SANCTUARY POINT           | Sanctuary Point Medical Centre            | 195 Kerry St                     | 02 4443 0955 |
| SHOALHAVEN HEADS          | Shoalhaven Heads Family Practice          | 130 Shoalhaven Heads Rd          | 02 4448 7398 |
| SUSSEX INLET              | Dr Lockhart Medical Centre                | 180 Jacobs Dr                    | 02 4441 2786 |
|                           | Sussex Inlet Medical Centre               | 164 Jacobs Dr                    | 02 4441 2675 |
| ULLADULLA                 | Ulladulla Medical Clinic                  | Philip Centre 6 Princes Hwy      | 02 4455 1291 |
| VINCENTIA                 | Vincentia Medical Centre                  | 5 Halloran St                    | 02 4443 2443 |
|                           | Vincentia Medical Practice                | 157 Elizabeth Dr                 | 02 4441 7805 |
| WORRIGEE                  | Worrigee Medical Centre                   | 53 Isa Rd                        | 02 4421 6199 |
| <b>HOSPITAL EMERGENCY</b> |                                           |                                  |              |
| MILTON                    | Milton Ulladulla Hospital                 | 104 Princes Hwy                  | 02 4455 1333 |
| NOWRA                     | Shoalhaven District Memorial Hospital     | 2 Shoalhaven St                  | 02 4421 3111 |



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## Quick Reference Guide

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### *Shoalhaven Defence Families Association*

Coordinator: Samantha McConnell  
Kookaburra Retreat  
Flat 2 Canberra Drive NOWRA HILL  
Ph: 4421 5766 Tuesday, Thursday, Friday. 9am—2pm  
Email: shoalhavendfa@gmail.com



### *Defence Community Organisation*

Suite 2, Level 2  
Bridgeton House  
55-57 Berry Street, NOWRA  
Ph: 1800 624 608

### *Defence Relocations and Housing Manager*

Co-located with DCO Nowra  
Ph: 4421 3855



### *Defence Families of Australia*

National Delegate ACT/Sth NSW  
Email: act.sthnsw@dfa.org.au  
Ph: 1800 100 509 or 0419 333 101  
*Amy Nerio is the current representative for ACT and Southern NSW.*



### *Defence Housing Australia*

Suite 3, Level 2  
Bridgeton House  
55-57 Berry Street, NOWRA  
Ph: 4421 1500  
Fax: 4421 1560



### *Toll Transitions*

Suite 12, Ground Level  
Bridgeton House  
55-57 Berry Street, NOWRA  
Ph: 4428 4400  
Customer Service 1800 819 167  
Fax: 4428 4444

*After hours support:  
National Welfare Coordination Centre  
Ph: 1800 801 026*



SHOALHAVEN DEFENCE FAMILIES ASSOCIATION  
**MEMBERSHIP APPLICATION FORM 2017 (Jan-Dec) - \$30**

**MEMBER DETAILS** Relationship to defence **Navy/Army/Air Force/civilian** (please circle)

SURNAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE Home \_\_\_\_\_ Mobile \_\_\_\_\_ Work \_\_\_\_\_

EMAIL \_\_\_\_\_

Would you like the Member's Newsletter emailed to you Y/N

Would you like the Time Out Magazine emailed to you Y/N

Are you a new member or renewing your membership New / Renewing from 2016

**EMERGENCY CONTACT DETAILS**

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

RELATIONSHIP TO YOU \_\_\_\_\_

**CHILD/REN's DETAILS**

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

Name \_\_\_\_\_ DOB \_\_\_\_\_

I/We.....the parent(s)/guardian(s) of the above named children hereby **give/do not give Shoalhaven Defence Families Association permission to use** any still and/or moving image being video footage, photographs and/or frames and/or audio footage depicting my/our children named above, taken at Kookaburra Retreat or associated events, on behalf of the **Shoalhaven Defence Families Association**, for any of the following uses: Advertisements, marketing, leaflets, or any other use such as for training, educational or publicity purposes.  
By signing you agree to abide by the SDFA's Code of Ethics (read hard copy or emailed)

**SIGNATURE/S** \_\_\_\_\_ **DATE** \_\_\_\_\_

*\*I have read and will abide by the SDFA Constitution and the Code of Ethics*

**NON-DEFENCE MEMBER**

Nominated by:

Name \_\_\_\_\_

Signature \_\_\_\_\_

Seconded by:

Name/Position \_\_\_\_\_

Signature \_\_\_\_\_

EFT payments - NAME: SDFA BSB: 012787 ACCT: 184071187 Description: MEMBERSurname

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(Sign/date) Members list \_\_\_\_\_ Email contacts \_\_\_\_\_

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| 90+<br>Casual Dining<br>Offers!               | <b>LOWER<br/>EAST CAFE</b><br>\$20 value                                                       | <br>\$35 value | <b>THE<br/>DELI</b><br>\$25 value                                                               | <b>BALLY<br/>HOTEL</b><br>\$30 value                                                             | <b>THREE CHIMNEYS</b><br>\$30 value                                                              | <b>LONE STAR</b><br>\$50 value<br>and many more...                                                                    |
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