



Shoalhaven  
Defence  
Families  
Association

# TIME OUT

Autumn—Winter 2016

Issue 103



## Inside this Issue

|                                 |    |
|---------------------------------|----|
| Kookaburra Retreat .....        | 4  |
| DSTA/DTM School Reports.....    | 18 |
| Whats on in the Shoalhaven..... | 54 |
| SDFA Upcoming Events.....       | 66 |

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...

|    |  |    |   |
|----|--|----|---|
| 3  | Update from the SDFA Coordinator   | 42 | Lyrebird Preschool, BBCR Out of School Hours Care                             |
| 4  | <b>Kookaburra Retreat - SDFA</b>   | 43 | Noahs, Sanctuary Point Connect  |
| 5  | <b>Kookaburra Retreat - Creche, School Holiday Sessions, Craft Classes and Workshops</b> | 44 | Shoalhaven Family Day Care  |
| 7  | <b>Kookaburra Retreat - Playgroup</b>  | 45 | Shoalhaven Libraries  |
| 8  | <b>Get Involved</b>  | 46 | Shoalhaven Neighbourhood Services Inc   |
| 9  | <b>Extra Information about SDFA</b>  | 47 | Shoalhaven Community College, Kangaroo Cottage                                |
| 11 | <b>SDFA Family Day Flyer</b>   | 50 | Veterans and Veteran Families Counselling Service, Shoalhaven Youth Orchestra |
| 12 | Defence Community Organisation   | 51 | Veterans Affairs, Kids First Aid  |
| 13 | Letter from DCO Area Manager   | 52 | Nowra Family Relationship Centre  |
| 14 | Defence Family Helpline  | 53 | Anglicare   |
| 15 | Family Liaison Officer   | 54 | What's on in the Shoalhaven   |
| 16 | <b>SDFA Second Hand Book Sale flyer</b>  | 55 | Markets   |
| 17 | Defence Families of Australia and Defence Housing Australia                              | 56 | Family Activities   |
| 18 | Defence School Transition Aides and Mentors  | 57 | Shoalhaven Map  |
| 20 | Cambewarra Public School DSTA report   | 58 | Second Hand and Op Shops  |
| 22 | Illaroo Road Public School DSTA report   | 60 | Spouse Register   |
| 24 | Nowra Hill Public School DSTA report   | 61 | Medical Centres and Hospitals   |
| 28 | St Michaels Catholic Primary School DSTA report  | 62 | Helpful Websites and Contacts   |
| 30 | Vincentia Public School DSTA report  | 63 | <b>SDFA Membership Form</b>   |
| 32 | St Johns Catholic High School DTM report   | 64 | <b>Entertainment Book order form/link</b>                                     |
| 34 | Vincentia High School DTM report   | 65 | Quick Reference Guide   |
| 36 | Australian Air Force Cadets  | 66 | <b>Upcoming Events</b>  |
| 38 | Australian Navy Cadets   |    |   |
| 41 | Supported Playgroups of Shoalhaven   |    |   |

---

# Update from the SDFA Coordinator

---

Welcome to Time Out. I have been sitting in the coordinators position for nearly six months and have found the job both rewarding and challenging. Kookaburra Retreat continues to thrive due to its tireless and selfless volunteers whom without, Kooka would not be the welcoming, community spirited and relaxing place that it is. A place that offers respite and support from likeminded defence spouses to meet, greet and chat about all **things 'life'**.

We have welcomed many new members since the start of the year, including sailors on maternity leave and a SDFA member returning after three years away on an overseas posting. I believe the committee and other passionate members of the SDFA are doing a fabulous job spreading the love of Kooka and what it offers defence families and their friends.

The recent DCO Employment and Education Seminar held at Kooka was a success with many defence spouses gaining knowledge and learning of the support in the local area. One of the great things we are able to do throughout the year is to offer discounted (sometimes free) courses/workshops for defence families. Our next one is on Friday 3<sup>rd</sup> June. We have a first aid facilitator coming to teach us the basics of FIRST AID to use with our family, a two-hour workshop to learn what to do in the case of an incident. Please call or email for further information.

Save The Date, our committee and members have begun the planning for our Family Day. Sunday 26<sup>th</sup> June 2016 is the day SDFA members and defence families are invited to have a day of fun at Kooka. We will have a jumping castle, a clown and our wonderful play equipment to enjoy. Plus, we have Shoalhaven Zoo bringing a Petting Zoo to us. We are really hoping to have a coffee van and maybe a wood fire pizza oven, look out for the flyer **when all is confirmed and booked.....**

Along with many other defence families, my family and I enjoyed a beautiful day at Mogo Zoo just recently, courtesy of the DCO's Family Week event. **My kids loved the bus ride** there and back just as much as seeing the animals! Appreciation goes to the staff at DCO **for organising the day out. So you don't miss out on next year's outing (wherever that may be)** email DCO to be put on their contact list. [dco.nowra@defence.gov.au](mailto:dco.nowra@defence.gov.au)

Feel free to visit me in the office or call any time we are open and I will give you a tour of our cosy community house, Kookaburra Retreat, and share with you all that we can offer. Look for our membership form on page 63 and come and enjoy a cuppa with us.

*Regards, Sam McConnell*

COMING SOON OUR VERY OWN WEBSITE - [www.sdfa.com.au](http://www.sdfa.com.au)

## 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

Tuesdays  
9.30am to 12.00pm  
(\$3 per week)

## 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*



---

# Kookaburra Retreat

---

## 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 12.30pm.

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.







INKLING DESIGN & PRINT

wedding & special occasion stationery

INFO@INKLINGDESIGNANDPRINT.COM.AU

0413 649 148

WWW.INKLINGDESIGNANDPRINT.COM.AU





# 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.

*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.*



---

# Get Involved

---

## 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.

Our current **Executive Committee** is:

President – Maxine Starkey

Vice President – Pam Parker

Treasurer – Daila Mohr and Adrienne Varga

Secretary – Rebecca Howard



**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.

## 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.**





---

## Extra information about SDFA

---

### 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.



# KISSMYFLASH PHOTOGRAPHY

- WEDDINGS - NEWBORNS -  
- FAMILY PORTRAITS -

[WWW.KISSMYFLASH.COM.AU](http://WWW.KISSMYFLASH.COM.AU) - [INFO@KISSMYFLASH.COM.AU](mailto:INFO@KISSMYFLASH.COM.AU)





Shoalhaven  
Defence  
Families  
Association



KOOKABURRA  
RETREAT

# FAMILY & OPEN DAY

Sunday  
26th June 2016



11am - 3pm

## jumping castle

Animals visiting from  
**Shoalhaven Zoo**

**mumbo the clown**



For more info or to lend a hand  
Contact: Sam in the office 44217566  
or email [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com)  
FB: Kookaburra Retreat Coordinator



---

# Defence Community Organisation

---

## 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 and Military Support Officer (MSO) LEUT Belinda Finlay will be there to chat, if you wish to talk about anything specific.

### Nowra

Tea Club, Berry St Nowra @ 10:30am. Second Tuesday of the month.

### Bay & Basin

Husky Bakery, Currambene St @ 10:30am. Second Friday of the month.

# Letter from DCO Area Manager



**Sharon Scouller**  
**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

As many of you have known me for a number of years I know that some of you are aware of the recent death of my youngest son, Harry, who was 21 years old. Harry died of an epileptic seizure and had just completed his third year of his four year Advanced Environmental Science degree at University of Wollongong. He was an outstanding young man who was a sporting champion and also very bright but the most special thing to me was his positive attitude, passion for life, self confidence and cheeky sense of humour. We had a celebration of life service for Harry at the Nowra/Culburra Surf- lifesaving club on 22 Dec 15 and many people who attended said they were inspired by his life and what he was able to achieve in just 21 years. My message to everyone is that we all have the ability to be inspirational to those around us **so don't sweat the small stuff and embrace life as we** are all very lucky to be alive.

I would like to thank the SDFA committee and the Co-ordinator for their involvement in a number of events over recent months which included running a gourmet hot dog stand at our Welcome to Nowra Expo in February 2016. We had a fantastic day with 450 people in attendance and a range of wonderful activities and a brilliant parachute jump by our friends at the Army Parachute Training School. I would also like to thank the great work of the DCO Nowra team in organising this event which seems to be getting better each year.

DCO Nowra Defence Social Worker, Helene Kendall, retired from her work at DCO Nowra in February 2016. She was a wonderful asset for our team and worked hard at making sure the Expos and KidSMART programs were provided for our Defence families.

I would like to welcome our new Family Liaison Officer, Melissa Hedger, who commenced with DCO Nowra in January 2016. Melissa comes with some great experience having previously worked as a Community Development Officer for Shoalhaven City Council. Melissa organised an Education/ Employment seminar for Defence partners which was conducted on the 29th April 2016.

We had the National Families Week event at Mogo Zoo on 15th May 16. I hope you enjoyed it.

*Sharon*



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





---

# Family Liaison Officer

---

Hi, let me introduce myself; my name is Melissa Hedger and I am the new Family Liaison Officer at Defence Community Organisation (DCO) Nowra.

I joined DCO at the end of January this year and am excited to have joined such a diverse and interesting 'world' that is the Defence community. I come with a wealth of knowledge and experience. I moved to the Shoalhaven 13 years ago with my family and have worked as a Community Worker for over 20 years. My motto is "Ask me anything, what I don't know, I'll find out".

My role as Family Liaison Officer is to help organise events, such as the Welcome Expo, National Families Week - this year we organised a visit to Mogo zoo, regular coffee mornings to help defence spouses connect to each other and their local community, Education and Employment information sessions, KidSmart programs and much more.

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

If you have a specific interest in starting up a group or have other ideas for activities, please let me know as I can assist with that too.

I can be contacted by either calling 4421 3855  
or the Defence Family Helpline on 1800 624 608.

Melissa Hedger

*Crème de la Crème*

BEAUTY BAR

BROW SCULPTING

SHELLAC NAILS

SPRAY TANS

24 GREENDALE CLOSE  
NOWRA HILL

PHONE  
0411 570 934



Crème de la Crème

WE NEED YOUR BOOKS FOR OUR



# second hand BOOK SALE

raising money for  
Kookaburra Retreat

funds will go towards our creche service

FRIDAY 29th JULY  
@ Kookaburra Retreat

DOORS OPEN AT 3PM

SHOP AND STAY FOR A CUPPA TILL 6PM

BOOKS OF ALL VARIETIES

---

# Defence Families Of Australia

---



1800 100 509

Southern NSW Delegate

Amy Nerio

[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.

---

# Defence Housing Australia

---



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.



---

# Defence School Transition Aides and Mentors

---

**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 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

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](mailto: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)

Cambewarra Public School held their ANZAC assembly on Thursday 28 April and it was great to see so many of our families attend to show their support on the day. It was a wonderful ceremony and our school leaders did an excellent job along with all of the students who helped out on the day with speaking roles, wreath laying, trumpet playing and organisation behind the scenes.



Our guest speaker for the assembly was serving Defence member Warrant Officer William McConnell. It was a particularly special occasion as **WO McConnell's own children** listened to their father address the assembly with pride.



# Cambewarra Public School



Of special note, three of our gorgeous kindergarten students addressed the school alongside their Defence member fathers. I doubt there would have been a dry eye in the house as these super cuties gave a heart-felt speech to the entire assembly explaining how it feels to have a parent in the Navy and how immensely proud they are of them. Connor & Tim, Kye & Michael, Hunter & Christian did an outstanding job and should be very proud.

## Lest We Forget



## Catafalque Party



# 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)

### Easter Hat Parade

On Wednesday 23<sup>rd</sup> March the children from K-2 put on a beautiful display of colour and creativity during their Easter Hat Parade. The children had a wonderful time designing and creating their hats with their buddies. A fantastic time was had by all!

### Easter Egg Hunt

The children had so much fun last year with an Easter Egg hunt that I decided to run another one. The Easter egg hunt was held during defence club at lunchtime. Plastic eggs were hidden around the library and the children worked cooperatively to find them to exchange them for an Easter goodie bag. It was great to see the big kids having just as much fun as the littlies!



### Helicopter Visit

On Wednesday the 6<sup>th</sup> April we had a very special visit from one of the squirrel helicopters from 723 Squadron. The playground landing and take-off was spectacular, and the crew spent two hours talking to student groups about its role and operational capabilities. The children asked some very interesting questions and were very excited to speak with the crew and have the opportunity to walk through the helicopter. I would like to thank the crew for their valuable contribution to our ANZAC Day program this year.



# Illaroo Road Public School



## ANZAC Day March and Assembly

It was great to see the large number of Illaroo Road students that took part in the Bomaderry RSL Commemoration Service this year. I would like to congratulate all the students who participated and showed respect to those who have served our country.

Our Anzac Day Assembly was held on Wednesday 6th April. The assembly is a wonderful learning opportunity for the children and to formally acknowledge the contribution made by our service men and women. Our school leaders gave merit awards to children who have presented school values, and displayed the ANZAC trait of **'Mateship'** to fellow students.

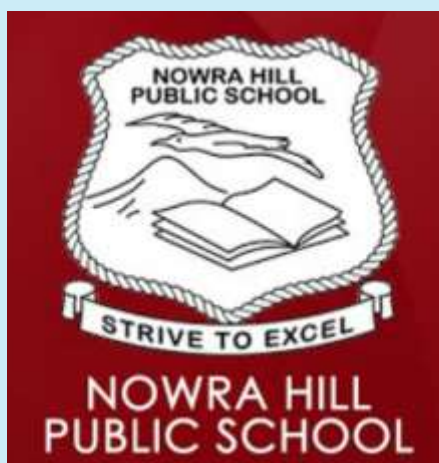
I would like to thank Warrant Officer Ben Pearn from the Australian Army for his key note address to the assembly about the importance of ANZAC Day, and Mr Peter Williams who played the Last Post and Reveille.

A big thank you to all the Defence students that laid wreaths on behalf of the school.





# Nowra Hill Public School



## Defence School Transition Aide

Leanne Millaerd

Phone – 02 4421 5671

leanne.millard1@det.nsw.edu.au



**This year's** Kindergarten students have made a great start at Nowra Hill.



382B BTU Rd

Nowra Hill NSW 2541

Phone—02 4421 5671

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

There are currently 41 Defence students from 29 families attending the school. Six students were farewelled from Nowra Hill at the end of 2015 and this year, we have welcomed 13 new students. Welcome Rhys, Caitlyn, Taj, Allira, Hudson, Madeline, Cameron, Evie, Riley, Tyson, Paige, Oliver and Darci.



In March, Geoffrey W Graham from Dinkum Oz Entertainment performed the **“Voices of War, An ANZAC Story”** for all Nowra Hill students. **Mr Graham’s interactive performance included** stories, songs and verse about this defining time in our history.



# Nowra Hill Public School

*Congratulations to Allyx, who was elected School Captain for 2016; and Darci and Oliver, who were elected as the girl and boy Vice-Captains of Buru House for 2016.*



## Anzac Day Art

Leading up to this ANZAC Day, each class at Nowra Hill is in the process of preparing artworks based on this important occasion, all of which will be displayed during the school's ANZAC Service



Easter Service and the Easter Hat Parade. On the last day of term, Nowra Hill students walked down to HMAS Albatross to attend an Easter Service at the Chapel. Following this, the students showed off their creative talents in an Easter Hat Parade and then enjoyed lunch with their parents and carers.



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



# Nowra Hill Public School



## ANZAC Day March – Nowra

Over 50 Nowra Hill students (more than half of the school population) proudly marched in the ANZAC Day march along Junction Street, Nowra on ANZAC Day.

This was an amazing representation from a small school.



## ANZAC Service at Nowra Hill Public School

**The school's ANZAC Service was held in perfect weather.** Our special guests and speakers were Commander Nyree Cornelius from HMAS Albatross, Sergeant Jason Barrett from the Australian Army and Mr Fred Dawson of the Nowra-Greenwell Point RSL. Commander Natasha Burney was also in attendance.

Congratulations to the Defence students in years 5 and 6 who did a wonderful job of leading the service.

Thank you to the Catafalque Party from HMAS Albatross and to the parents and friends who joined us during this special service.





# DEFENCE BANK IS **YOUR** BANK

We are a member-owned bank that has supported the Defence Community for over 40 years. We specialise in:

- > **Home Loans for Defence Force members**
- > **Home Loan Consultants that will come to you**
- > **Investments and Superannuation**
- > **Award-winning Car Loans**
- > **Home, Contents and Car Insurance.**

We exist only to serve our members, we do not pay dividends to shareholders and we re-invest our profits back into providing you competitive rates and products.

Visit us at our HMAS Albatross Branch today.  
We would love to meet you!



albatross@defencebank.com.au



**1800 033 139**



defencebank.com.au



**Defence Bank**

Defence Bank Limited ABN 57 087 651 385 AFSL/Australian Credit Licence 234582

# St Michaels Catholic Primary School



## Defence School Transition Aide

Maryann Tweed

Phone – 02 4421 3630

[tweedm02@dow.catholic.edu.au](mailto:tweedm02@dow.catholic.edu.au)

28 North St

Nowra NSW 2541

Phone—02 4421 3630

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

## ANZAC DAY SERVICE

**On the 5th May 16 during St Michael's School** Anzac Day Ceremony, Mr Christopher Paton welcomed over 50 ADF personnel, including guest Speaker, Squadron Leader Flight Commander Teresa Wynter of 453QN, Commanding Officer Peter Wynter of 723 Squadron, the Catafalque Party and Aircrewman from 723, ex service men and women from Nowra RSL and past students, Federal Parliament representatives, our indigenous and school community, parents, friends, relatives, neighbours and parish community.



Recognition Certificate presented by CO Peter Wynter to Ashton Davis.



# St Michaels Catholic Primary School



After the ceremony a Bell 429 helicopter landed on school grounds followed by a morning tea. At mid day, students and staff farewelled the helicopter, pilot and aircrew.

It was a day of remembrance, prayerfulness, stillness followed by squeals of excitement heard over the helicopter.

The Wynter Family, school principal Mr Christopher Paton and Mrs Maryann Tweed, Defence School Transition Aide.





# Vincentia Public School



## Defence School Transition Aide

Rachel Birkmyre

Phone – 02 4441 7188

[rachel.birkmyre2@det.nsw.edu.au](mailto:rachel.birkmyre2@det.nsw.edu.au)



George Caley PI

Vincentia NSW 2540

Phone—02 4441 7188

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

### ANZAC Day commemorations

Vincentia Public School held its ANZAC Day Ceremony on 7<sup>th</sup> April 2016. Many of our Defence students participated by reading poems and other verses, and set a wonderful example for the school. Commander Paul Johnson, Lieutenant Commander Belinda Finlay and Warrant Officer Sharon Campbell were guest speakers and delivered relevant, and entertaining, talks to the students. We all found out how ANZAC biscuits came about! All of our students engaged in ANZAC activities and produced some wonderful artwork for display around the school.



After recess a MRH90 helicopter from 808 Squadron landed on our oval, much to the delight of the students and staff. It was a wonderful way to end our ANZAC Day commemorations. Thank you to the staff from 808 squadron who took the time to take groups of students in and around the aircraft explaining how it worked, and answering lots, and lots, of questions.

# Vincentia Public School



## ANZAC Day march at Huskisson

The Huskisson march on 25<sup>th</sup> April 2016 was very well represented by students of our school. It is heartening to see so many families coming out to show their respect for what our Defence Force has done and continues to do.





# St Johns Catholic High School



## Defence Transition Mentor

Wendy Gaudie

Phone – 02 44231666

gaudiew01@dow.catholic.edu.au

31 John Purcell Way

Nowra NSW 2540

Phone - 02 4423 1666

<http://www.sjedow.catholic.edu.au/>

## ANZAC Day Marches

On Monday 25<sup>th</sup> April, St John's High School was represented by over 140 students at ANZAC marches and services at Berry, Bomaderry, Culburra Beach, Greenwell Point, Huskisson, Kangaroo Valley, Milton, Nowra, Shoalhaven Heads and Sussex Inlet.

Our students come from a wide geographical area, **so it is fantastic that they can represent St John's** in their own local community at such a significant event.



The guest speaker was Able Seaman Renee Kennedy from HMAS Albatross who has a son, Myron in Year 12 and a daughter Kyla in Year 7.





# St Johns Catholic High School

Our Year 10 Elective History class did a **fantastic presentation on “Our ANZAC”**; not only researching and writing the script, but also decorating the stage to look like a World War I trench and painting fabulous silhouettes of soldiers for the backdrop.



## ANZAC Assembly

The St John's ANZAC Assembly took place on Friday 29<sup>th</sup> April. As usual we were delighted to host many veterans, RSL members, our Shoalhaven City Mayor, Joanna Gash and representatives of our local State and Federal Members of Parliament.



We were also very pleased to welcome many parents who are serving members of the Australian Defence Force.

Our Navy and Air Force cadets marched beautifully and formed up on stage while bugler Mr Peter Williams played the Last Post and Reveille.



# Vincentia High School



## Defence Transition Mentor

Jacqueline Copeland

Phone – 02 4441 6766

[jacqueline.copeland@det.nsw.edu.au](mailto:jacqueline.copeland@det.nsw.edu.au)



142 The Wool Road

Vincentia NSW 2540

Phone - 02 4441 6766

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

## Dare to Lead

Recently, Breanne Nelson-Davis, Jordana McLaren and I attended a Woman in Defence High Tea at the Novotel, Wollongong. The theme of the high tea was Dare to Lead: Respect and Empowerment in **Today's Australian Defence Force'. This forum was** aimed at inspiring young female high school students to become leaders in their career and community.

Whilst students and teachers dined on delicious plates of cakes, pastries and sandwiches they listened to the diverse experiences of three women from the Australian Defence Force. Warrant Officer Class 2 Brienne Wilkinson began the forum with a brief outline of her time in the Australian Army including deployments to the Middle East. She spoke about the challenges that she faced whilst being deployed and also the many highlights of her career in the army.

Next, Corporal Jessica Johnson from the RAAF addressed the audience. Jessica joined the ADF as a 17 year old and undertook training to become an avionics technician on the C130J Hercules aircraft. Whilst serving in the ADF Jessica also became an ambassador for White Ribbon Day and was instrumental in the RAAF gaining White Ribbon Workplace Accreditation.

# Vincentia High School

The final inspirational speaker was Captain Jenny Daetz who joined the RAN 30 years ago when it was a male-dominated workplace. Throughout her career Captain Daetz completed a hydrographic survey of Antarctica and went on to become the first woman to command a Royal Australian Navy Ship in 1997.



## SOUTH COAST NANNIES

DELIVERING PEACE OF MIND



IN-HOME CARE

BABYSITTERS

HOLIDAY HELP

CORPORATE & SOCIAL EVENTS

WEDDINGS

*Nanny and Babysitting Services, Permanent and Casual In-Home Childcare*

Do you need a night out with friends or partner? Do you need time to get things done? Do you need some help? Do you want an alternative to Formal Child Care?

We understand the importance of finding someone you feel secure in leaving your children with. South Coast Nannies will provide you with the most suitably qualified, experienced, mature, professional South Coast Nannies and Babysitters who share the importance of your children's safety, welfare, happiness and wellbeing.

Whether for a few hours, days, months or even years.

Affordable Rates - Easy Bookings

Call 1300 662 072 [www.southcoastnannies.com.au](http://www.southcoastnannies.com.au)



# 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 2016

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

## GOOD NEWS STORIES 2016

### Australian Air Force Cadet Wins Prestigious Australian Women Pilot's Association (AWPA) Scholarship.

Leading Cadet Elyzia Quin, a member of 330 Squadron, Australian Air Force Cadets at HMAS Albatross was selected to participate in a Student Pilot Scholarship competition with the AWPA late last year. The competition is to assist and encourage more females to become pilots both in the military and civilian aviation arenas.

Elyzia initiated the application and made presentations to the AWPA all by herself. This 14 year old demonstrated the maturity and skills of a much older person in presenting herself for the scholarship. Anne McNaught of the Aero Refuellers, presented the Award to Elyzia at the National Conference of the AWPA in Adelaide last month.

Elyzia was excited about the award and the opportunity to accelerate her flying capability and possibly obtain her pilot's licence before she was allowed to drive a car. **This would be a significant achievement for a young person even by today's standards in the flying field.**

Flight Lieutenant (Australian Air Force Cadets) Doug De Cean was very proud of **Leading Cadet Elyzia Quin's achievement which for a person so young is an outstanding achievement.**

**STOP PRESS** Elyzia has won an additional flying scholarship through Recreation Aviation Australia since starting this article.

### Gallipoli 2016

Three cadets from 330 SQN (AAFC) left on the trip of a lifetime last month through Greece, Italy and then Turkey. While in Turkey the 3 cadets were able to be part of the ANZAC Day Dawn Service at Gallipoli. The cadets raised their own funds to be able to go including additional paid work and raising funds through raffles. The cadets left Sydney on 6<sup>th</sup> April bound for Athens to begin their trip.

Cadet Corporals Ryan Taylor, Tyler Golding, and Max Wheelan were part of a larger contingent of AAFC Cadets that participated in this amazing trip.

The cadets had an additional side trip to China and had the opportunity to walk the Great Wall. The highlights would have been the Gallipoli Service and the opportunity to also attend Lone Pine. The cadets have only just arrived home **9<sup>th</sup> May and will be resting well before attending Cadet's tomorrow night to tell their friends of this great experience.**

If you are interested in joining 330 Squadron, we can be contacted by email and the phone number listed below. Recruit Course and the procedure for enrollment into the Squadron can be obtained through these communication channels.



FLTLT (AAFC) Doug De Cean congratulating Cadet Elyzia Quin on her award at the squadron Tuesday Night Parade.

*Recruiting occurs twice a year with an introductory weekend in June and December. If the young people who attend are still interested their enrolment will occur in July and February each year. Parents are invited along to the Saturday morning sessions so they can get some first-hand information about cadets.*

*All applications should be requested through [admino.330sqn@aafc.org.au](mailto:admino.330sqn@aafc.org.au) and must be in by June and December weekend events. Additional information can be obtained from the following web site.*

<http://www.aafc.org.au>

Doug De Cean Flight Lieutenant (AAFC) Commanding Officer 330 Squadron Australian Air Force Cadets



# 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

**Go on...  
get your feet wet!**

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

**TRAINING SHIP SHOALHAVEN**  
Australian Navy Cadets



**JOHN HUISMAN**  
Commanding Officer

**H M A S ALBATROSS**  
Albatross Rd Nowra  
PO Box 7068  
Nowra Naval NSW 2540  
02 4424 1067  
0418 422 870

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



## Suzanne's Nappy Cakes and More

Unique and practical  
handmade baby gifts.



- *nappy cakes*
- *maternity sashes*
- *barefoot sandals*
- *hair accessories*
- *handmade greeting cards*



10% Defence Family  
Discount  
mention this ad



Nowra. NSW

Ph: 0407 793 417



[www.instagram.com/suznappycakes](https://www.instagram.com/suznappycakes)

[www.facebook.com/suzannesnappycakesandmore](https://www.facebook.com/suzannesnappycakesandmore)



---

# Supported Playgroups of Shoalhaven

---



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

---

# Lyrebird Preschool

---



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.

---

## BBCR Out of School Hours Care

---



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)

---

# Noah's

---



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 

---

# Shoalhaven Libraries

---



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!**

## 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!

## 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, 11am every second Tuesday during school term at Ulladulla Library.

---

# Shoalhaven Neighbourhood Services Inc.

---



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)



---

# Shoalhaven Community College

---

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!

---

## Kangaroo Cottage

---

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.



niche

/nich.nitt/

# Massage & Aromatherapy

Stockist of Certified Pure Therapeutic Grade essential oils

## Essential Oil Workshops -

- Raw chocolate treats with essential oils  
Saturday 4th June 2016 at 2pm, Worrigea
- Cleaning with essential oils - not chemicals  
Saturday 11th June 2016 at 2pm, Worrigea

*Limited numbers, bookings essential*

---

Your therapeutic massage specialist for migraine treatments and headaches due to seasonal conditions

1 hour full body therapeutic massage - \$70

1/2 hour back, neck and shoulders - \$40

### **SERVING DEFENCE MEMBER SPECIAL**

1 hour full body therapeutic massage - \$50

Friday afternoons only, limited bookings available

Mobile service available, travel fee applies

Available Tuesday to Sunday 9am to 9pm

**0432 286 772**

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

[facebook.com/nichemassagenowra](https://www.facebook.com/nichemassagenowra)





---

## Veterans and Veterans Families Counselling Service

---



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.**

---

## Shoalhaven Youth Orchestra

---



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. Developing skills which provide a strong basis for future instrumental lessons.

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



---

# Veteran's Affairs

---

## Did you Know?

If you have Discharged or are still Serving in the ADF, and have sustained an injury or have an illness that is work related, then you may be entitled to Treatment and Compensation from the Department of Veteran's Affairs.

Don't go it alone on completing your own Claim, more often than not, we see them get rejected and YOU disadvantaged when the time comes to leave the ADF – this means no Treatment for your injury/illness and no Compensation for your Permanent Impairment.

**YOU DON'T NEED TO WAIT UNTIL YOU ARE LEAVING OR HAVE  
ALREADY DISCHARGED!  
GETTING MEDICALLY DISCHARGED? – CONTACT US NOW!**

Come and see a Pension Officer who can guide you through the System, provide advice and assistance in completing your Claims and give you the support and knowledge you need to get the best outcome for YOU.

Email or Phone Suzanne or Kevin at the Nowra RSL Sub-Branch for an Appointment:

**SUZANNE BAKER**  
JUSTICE OF THE PEACE

**PENSION & WELFARE  
OFFICER**  
0438 315 321  
suzanne.baker@ymail.com

**KEVIN CURTIS CSM**  
LCDR RAN (Rtd)

**PENSION OFFICER**  
0438 114 502  
kpcurtis@bigpond.com

---

---

 **KidsFirstAid**



**Knowing What To Do  
In An Emergency  
Situation Could  
Save Your Child's  
Precious Life**

*Kids First Aid offers the only first aid courses delivered exclusively by experienced paramedics, designed to teach parents, grandparents and caregivers how to respond calmly and confidently to 10 of the most common first aid emergency situations.*

**Courses available now throughout the South Coast**

Book Online Today: [www.kidsfirstaid.com.au](http://www.kidsfirstaid.com.au) or call 1300 138 133

Private Sessions also available

---

# Nowra Family Relationship Centre

---



47 West St Nowra, NSW 2540

Phone - 02 4421 7150

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

Please call the Centre on 4424 7150 for further information or to gain assistance.

**Jacqui Leonard** | Manager Nowra Family Relationship Centre  
Senior Program Manager Shoalhaven  
M:0401 698 175E:[jleonard@anglicare.org.au](mailto:jleonard@anglicare.org.au)

# Our Children Workshops 2016

Two x 2 hour sessions helping parents and grandparents recognise children's needs and assisting them in caring for the children in their new circumstances.

Individual sessions can be completed in one session.



## Post Separation Cooperative Parenting Service

Help for separated parents in conflict

Effective communication and parenting

Building a bridge for the sake of the children

Tools to assist around parenting arrangements

### 'Our Children' Courses are FREE

**Regular groups or individual workshops held in NOWRA, ULLADULLA, MORUYA & BEGA**

Outlying towns/villages within the Shoalhaven and Eurobodalla workshops may be available by negotiation

**Individual post separation counselling support is also available. Cost: Sliding Scale Fee**

| BEGA   | MORUYA   | NOWRA/ULLADULLA  |
|--|--|--|
| Our Children Groups or Individual sessions and Post Separation Counselling | Our Children Groups or individual sessions and Post Separation Counselling | Our Children Groups or individual sessions and Post Separation Counselling |
| WEEKLY by appointment  | WEEKLY by appointment  | WEEKLY by appointment  |

**FOR MORE**

**INFORMATION AND BOOKINGS CALL 1300 651 728**

**Anglicare**

Funded by the Australian Government



An Australian Government Initiative



# What's on in the Shoalhaven

## JUNE

Milton Scarecrow Festival  
Willandra Classic – State Cross  
Country Championship  
Shoalhaven Coast Wine Festival  
Shoalhaven Eisteddfod – Stars Concert  
Stevens Bikes Husky 100 Mountain  
Bike Marathon  
See Change Winter Arts Festival  
Whale Census Day  
Shoalhaven Coast Winter Wine Festival



## JULY

Sussex Inlet Annual Family Fishing  
Carnival  
King of the Mountain Foot Race,  
Mt Scanzi  
Nowra Poultry Club Show  
Shoalhaven Orchid Society Winter  
Show



## AUGUST

Berry Camellia & Flower Show



## SEPTEMBER

Berry Quilting Exhibition  
Legacy Week  
NSW Bike Week  
Escape Artfest Milton/Ulladulla  
Garden Lovers Fair, Berry  
Milton Music Festival  
Shoalhaven Orchid Society Spring  
Show  
Spring Fun & Food Fair, Vincentia  
Berry Antique & Collectables Fair



## OCTOBER

Berry Gardens Festival  
Cornish Cultural Celebrations  
Kangaroo Valley Folk Festival  
Annual Bay & Basin Quilt & Craft Show  
Kayaktopia  
Cambewarra Public School Calf and  
Craft Fair  
Jervis Bay October Long Weekend  
Regatta  
Shoalhaven Marine Rescue Open Day



## NOVEMBER

Huskisson Triathlon  
Okuma Whitesands Game Fishing  
Tournament  
Southern Shoalhaven Timber Festival



## DECEMBER

Callala Triathlon  
Christmas Toy & Tin Run  
Carols by Candlelight, various  
locations throughout Shoalhaven  
Millhouse Art Society Annual Art  
Exhibition  
New Year's Eve Fireworks –  
Ulladulla Harbour  
New Year's Eve – Various celebrations  
throughout the Shoalhaven



For further information on events in Shoalhaven, visit [www.shoalhavenholidays.com.au/events](http://www.shoalhavenholidays.com.au/events)

# 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



@VisitShoalhaven



facebook.com/VisitShoalhaven



pinterest.com/visitshoalhaven



# Family Activities

## CINEMAS

Huskisson Pictures  
19 Sydney St, Huskisson  
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 Huskisson Rd, Huskisson  
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, Huskisson  
02 4441 6311

Jervis Bay Wild  
58 Owen St, Huskisson  
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  
Huskisson

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





---

## Second Hand and Op Shops

---

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

---

## Second Hand and Op Shops

---

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.



**The Office Connection**

Are you looking for work? We Can Help.

- ☒ Temporary & Permanent
- ☒ Secretaries
- ☒ Bookkeepers
- ☒ Typists

Call today to speak to our friendly staff

81 North Street, Nowra  
Web: [www.theofficeconnection.com.au](http://www.theofficeconnection.com.au)  
Email: [officeconnect@shoalhaven.net.au](mailto:officeconnect@shoalhaven.net.au)

 1300 394 505




**on the ball**  
photography

Natalie Winter 0432-680380  
[www.OnTheBallPhotography.com](http://www.OnTheBallPhotography.com)

Family Portraits, Playgroups, Mothers Groups & Sporting Clubs



**Kingdom Krav Maga Self Defence**  
David Kingdom  
0409 154 579  
[dave@kingdomkravmaga.com.au](mailto:dave@kingdomkravmaga.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



**Specsavers**  
Optometrists

**ECONOMY SPECS**

**Louise Winkler**  
B.Optomety (UNSW)  
Specsavers Optometrists Nowra Central  
Cnr Kinghorn & Worrige Streets  
Nowra NSW 2541

Tel (02) 4421 0500  
Fax (02) 4422 6736  
[www.specsavers.com.au/nowracentral](http://www.specsavers.com.au/nowracentral)

**DAYS TO REMEMBER  
CIVIL MARRIAGE CELEBRANT**

Wedding Ceremonies  
Funerals  
Child naming Ceremonies  
Pet naming Ceremonies

*Mr Gary Bromley*  
Tel.02 4443 5952  
Email: [Wengarbrom@aol.com](mailto:Wengarbrom@aol.com)

**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](mailto:kingdomwife1@hotmail.com)

ABN: 22640951125



Family Daycare

Neala Barrett  
[nalaboydy@hotmail.com](mailto:nalaboydy@hotmail.com)

Like to earn extra money?

Earn up to 35% profit  
Freedom and Flexibility  
Training Provided

Buy or sell

**AVON** Call Now! Jakki 4423 1859/0416 271 303

[jaksavon@bigpond.com](mailto:jaksavon@bigpond.com)



**jamberry**  
nails

INDEPENDENT CONSULTANT

**FREE Samples available**

**Di Rowan**  
0410492254

[dirowan.jamberrynails.com.au](http://dirowan.jamberrynails.com.au)  
[dirowan@icloud.com](mailto:dirowan@icloud.com)  
[facebook.com/jamberrynailswithdi](https://facebook.com/jamberrynailswithdi)



**niche**  
/ni:ʃ, nɪʃ/

Massage & Aromatherapy

0432 286 772  
[www.nichemassage.com.au](http://www.nichemassage.com.au)  
[facebook.com/nichemassagenowra](https://facebook.com/nichemassagenowra)



## 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 |

---

## Helpful Websites and Contacts

---

### *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)

### *Navy Canteens*

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



**SHOALHAVEN DEFENCE FAMILIES ASSOCIATION**  
**MEMBERSHIP APPLICATION FORM 2016 - \$30/year**

**MEMBER DETAILS**

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

DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

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

EMAIL \_\_\_\_\_

How are you associated with Defence? \_\_\_\_\_

Or please circle    NAVY       ARMY       Air Force

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

**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.

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

**OFFICE USE ONLY**

**NON-DEFENCE MEMBER**

Nominated by:

Name \_\_\_\_\_

Signature \_\_\_\_\_

Seconded by:

Name \_\_\_\_\_

Signature \_\_\_\_\_

Position \_\_\_\_\_

Actions      Amount and receipt no. \_\_\_\_\_      Entered in reckon \_\_\_\_\_  
(Sign/date)      Members list \_\_\_\_\_      Email contacts \_\_\_\_\_

Bank Account – NAME: SDFA    BSB: 012787    ACCT: 184071187    Description: surname/member

# We're fundraising with Entertainment™

Still just  
**\$55**  
giving you over  
**\$20,000**  
of value!

"I love this Book! I'm  
discovering places I  
have never been before."



The **entertainment** Book

OR

"I have the Entertainment™  
Digital 'Book' on my  
smartphone and I love it!"



The **entertainment** Digital Membership

With thousands of up to 50% off and 2-for-1 offers, here's a taste of what's in it for you:

|  |   |   |   |  |   |   |
|--|---|---|---|--|---|---|
| <b>50+</b><br>Contemporary<br>Dining Offers!         | <br>\$50 value   | <br>\$60 value   | <br>\$50 value   | <br>\$50 value   | <br>\$35 value   | <br>\$35 value   |
| <b>90+</b><br>Casual Dining<br>Offers!               | <br>\$25 value | <br>\$25 value | <br>\$35 value | <br>\$30 value | <br>\$50 value | <br>\$25 value |
| <b>150+</b><br>Takeaway and<br>Attraction<br>Offers! | <br>2 for 1    | <br>2 for 1    | <br>25% off    | <br>2 for 1    | <br>2 for 1    | <br>2 for 1    |
| <b>2,000+</b><br>Retail and<br>Travel Offers!        |                |                |                |                |                |                |

Up to 50% off Retail, Travel, Leisure and Accommodation

We receive 20% from every Entertainment™ Membership sold. Purchase yours today!

## Kookaburra Retreat Community House Albatross

Contact: Samantha McConnell

Phone: 0467991799

Email: shoalhavendfa@gmail.com

To order your Book or your Digital Membership securely online visit:

**[www.entbook.com.au/280g180](http://www.entbook.com.au/280g180)**

Alternatively, please complete your details below:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Postcode: \_\_\_\_\_

NSW South Coast Edition \$55 including GST: # \_\_\_\_\_ Book(s) OR # \_\_\_\_\_ Digital Membership(s) \$ \_\_\_\_\_ ☐ Post my order \$12.00

Payment type: ☐ CASH ☐ VISA ☐ MASTERCARD

Credit Card number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Expiry date: \_\_\_\_\_ / \_\_\_\_\_ CVV\*: \_\_\_\_\_

\*CVV is the 3 digits on the back of your credit card

Cardholder's name: \_\_\_\_\_ Signature: \_\_\_\_\_

Thanks for your support! 20% from each Book sold contributes to our fundraising

Copyright © 2016 Entertainment Publications of Australia Pty Ltd. All rights reserved. ACN 065 011 903.  and **entertainment** are registered Australian trade marks of Entertainment Publications of Australia Pty Ltd.

---

## Quick Reference Guide

---



### *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*



---

# SDFA Upcoming Events (subject to change)

---

## JUNE

**FIRST AID FOR PARENTS** Workshop. Friday 3rd 10:30am–12:30pm. FREE for SDFA Members, \$10 for non-members. Crèche available, limited spaces.

**CRAFT** Marble Mug Decoration - Thursday 16th & Friday 17th. 10am Cost: \$5.

**Granny's Bingo** Saturday 18th. 6pm till late. Social Fun Night, come dressed in Granny's clothes, have a laugh and win prizes!

**DCO Reintegration Workshop** Friday 24th 10am-1pm. Contact DCO [dco.nowra@defence.gov.au](mailto:dco.nowra@defence.gov.au) for details or check out the flyer on DCO's website.

**Sewing/Craft Night** Saturday 25th 7-10pm. Bring along any projects you are working on. (Small fee if/when you use Kooka supplies).

**FAMILY DAY @ KOOKA** - Sunday 26th June. 11am–3pm. FREE lunch for members. RSVP: Sam on 44215766 or [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com)

## JULY

**COMMITTEE MEETING** Friday 1st @ 10.30am. All Members welcome.

**SCHOOL HOLIDAY SESSIONS** Wednesday 6th and Thursday 14th. 10am–2pm. Creche costs: one child \$25, two children \$35, three or more \$40. Bookings via facebook event. Contact coordinator for further information.

**CRAFT** Photo frame jewellery stand. Thursday 28th & Friday 29th 10am Cost: \$5

**Second Hand Book Sale** Friday 29th 3-6pm. Visit Kooka, have a cuppa and grab a book bargain. Books of all descriptions have been donated to us to sell.

**Sewing/Craft Night** Saturday 30th 7-10pm. Bring along any projects you are working (Small fee if/when you use Kooka supplies).

## AUGUST

**COOKING CLASS** - Thursday 11th 10am - 12pm. Cost and details to come.

**SDFA AGM** Friday 19th @ 10:00am. All SDFA members welcome. Please send nominations for committee positions to [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com)

**CRAFT** Candle Making - Thursday 25th & Friday 26th 10am-12pm Cost: \$5

**GIRLS NIGHT OUT** Saturday 26th Venue/time to be confirmed. Details to come.

**Sewing/Craft Night** Apologies, not this month!

We are always looking for craft and training ideas. Please forward your suggestions to our coordinator Sam at [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com) or go to our facebook group. <https://www.facebook.com/groups/119830094703808/>