



Shoalhaven
Defence
Families
Association



KOOKABURRA
RETREAT

TIME OUT

Summer—Autumn 2018

Issue 105



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A magazine especially for Shoalhaven Defence Families

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

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From the President and Coordinator

Hi Everyone and a big warm welcome goes out to all the new families to the area and the new visitors to Kooka, we hope you are all settling in to your new surroundings.

So much has happened at Kooka since the last Time Out edition came out last year. We said a 'farewell' of sorts to Sam, who resigned as our coordinator but is still around Kooka a lot as our treasurer and we welcomed Maxine to the coordinator role. Many of you already know Max as a long time visitor and President for 2 years. At our AGM in October Katrina was voted in president and is taking on the role with gusto; we would love to see you all at Kooka.

Thank you so much to everyone that visited Kooka last year and also to those that helped out at our various fundraising events and just helped out around Kooka with tidying, cleaning and maintenance. Your efforts are always appreciated immensely as without members like you Kooka couldn't stay open and available for all.

We have got some great activities lined up this year, including our all new 'First Friday Club', to be held the first Friday evening of every month, with a different theme each time. Our first 'Hawaiian' night held in February was a great success with everyone having a fabulous night that went on until midnight. We are looking forward to more fun girls nights in the future. Our new Monday creche days are already a success with several families attending each week and allowing mums some much needed break time while the kiddies are having an awesome time with our nannies. Thursday and Friday creche days are still going; although we did lose some of our regulars to big school this year :-(. Playgroup has also kicked off for the year with familiar and new faces coming out to Kooka and enjoying the activities.



We have a very exciting training opportunity coming up in March. Community Management Committee Training is open to defence/families and the public. Running over two consecutive Thursdays, 22nd and 29th, this TAFE course will provide you the knowledge and skills to help make the most of your participation within a not-for-profit organization, from being a member to holding a position in any committee.

See you at Kooka
Katrina and Maxine

President: Katrina Gee Coordinator: Maxine Starkey
Kookaburra Retreat Flat 2 Canberra Drive NOWRA HILL
Ph: 4421 5766 Monday, Tuesday, Thursday, Friday. 9am—2.30pm
Email: shoalhavendfa@gmail.com

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 centre, 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.

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

Monday, Tuesday, Thursday, Friday

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

Cuppa & Chat
Mondays, Thursdays &
Fridays
9.30am to 12.20pm
(crèche available)



Kookaburra Retreat

Kooka Kids Club (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 the Kooka Kids Club on Mondays, Thursdays and Fridays from 9.30am to 12.20pm.

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

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

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

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

School Holiday Sessions

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

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

Craft Classes, Training 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 run the classes Monday, Thursday and Friday at least one week each month.

Should you choose not to participate, you are still very welcome at Kooka while the classes are on. Feel free to share any ideas you may have. We are always open to suggestion. Should you like to run a workshop, please speak with the coordinator.

For more information visit our website

www.sdfa.com.au

FREE

Australian
Kookaburra Kids
Foundation

FREE

Kookaburra Kids Camps are mental health specific and age appropriate for children who have a family member with a mental illness.



KOOKABURRA KIDS PRIMARY DEFENCE CAMP

We will be doing lots of different activities over the weekend, meeting some new friends, learning some new skills and most of all having a whole lot of fun!

Transport available from
Wattle Grove (call us to
discuss other transport options)

16-18
JUNE
2017

For students in school
grades 3 - 6

Would you like to come along?

To find out more information please contact Nick - 0499 444 273
or nicka@kookaburrakids.org.au



The Kookaburra Kids Program for Serving and Ex-Serving ADF families has been funded by the Australian Government

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 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.

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

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

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

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.



Get Involved with SDFA

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

Our current **Executive Committee** is:

President – Katrina Gee

Vice President – Georgie Paulin

Treasurer – Samantha McConnell

Secretary – Natalie Hayes



casual coordinator is employed to manage the administration of the SDFA.

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

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

Committee Meetings

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

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



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

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. The cost is \$20 with a bond of \$50.

Kookaburra Retreat has a Strictly No Smoking policy



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

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

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

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

Say's Georgie

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 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. Coffee mornings are held in Nowra and Huskisson. There is an area for the kids to play at both locations. No need to book, you can just show up!

Attend each month or whenever you can make it.
Simply order and pay for your own coffee and/or food.

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

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

DCO Area Manager



Madeline Makeham—Area Manager

DCO Canberra/Nowra

55-57 Berry Street

PO Box 1163

Nowra NSW 2541

P: (02) 6265 8777

Email: madeline.makeham@defence.gov.au

My name is Madeline Makeham and I am the new Area Manager for DCO Canberra, Nowra and Wagga Wagga Offices. I commenced the role in November 2017 and am settling in with the help of my immediate and broader team at DCO. I am very enthusiastic about taking on this role and look forward to being able to lead the team in the delivery of services to the men, women and families of the ADF

I am a Registered Nurse with over 30 years experience in healthcare and related fields. I have worked in senior Nursing Management roles in both the Public and Private healthcare sectors. Prior to taking on this current role, I spent seven years employed in Garrison Health Operations, Joint Health Command as an Executive Level 1, Clinical Risk Manager. I was a pivotal member of a team of healthcare personnel responsible for the development, implementation and ongoing management of Clinical Governance programs and initiatives to assure the standard of safe, quality healthcare to members of the Australian Defence Force.

In this job I took on a lead role in the design and development of the Australian Defence Force (ADF) Clinical Governance Strategy and Garrison Health Operations (GHO) Clinical Governance Strategic Plan. These were developed in line with the overarching Joint Health Command (JHC) and broader Defence organisational mission and philosophy. One of the key achievements in this role was as a member of the team that led the design, development and implementation of an enhanced healthcare Complaints and Clinical Incident management system for garrison health facilities which included the development of Healthcare Complaints and Clinical Incident Management Policies for Garrison health the ADF.

Overall I am an enthusiastic and self-motivated in my work and personal life. I aim to be flexible in response to changing priorities and foster a positive approach to work. I am married with two children which keeps me busy along with enjoying regular exercise to maintain my personal fitness.



Australian Government

Department of Defence

Need advice, support or connection
with your local community?

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

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

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

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

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



DCO Family Liaison Officer



Melissa Hedger—Family Liaison Officer

DCO Canberra/Nowra

55-57 Berry Street

PO Box 1163

Nowra NSW 2541

P: (02) 4421 3855

Defence Family Helpline on 1800 624 608.

Welcome to all new families posted to the Illawarra /Shoalhaven region and families who have been here a while. My name is Melissa Hedger; I am the Family Liaison Officer at DCO Nowra. Defence Community Organisation (DCO) offers a range of programs and services to Defence members and their families to assist in coping with the unique lifestyle of the ADF. One of these activities is our annual Welcome event – our local event is being organised for Saturday the 24th February, with lots of information and family friendly entertainment in store. I also organise an Education and Employment seminar in March/ April, we have monthly coffee mornings – on the 2nd Tuesday of the month at the Tea Club in Nowra, or at the Husky Bakery (on occasional Fridays - dates still to be confirmed.)

I also run KidSMART, resilience programs for Defence children with the DSTAs in local schools, and the Defence Social Worker runs FamilySMART programs for Defence spouses to manage the unique challenges experienced by ADF families.

If you would like any information about tips for parenting and managing the challenges of being an ADF family member, or local activities, events and services, or have an idea for a new activity or group, please contact me, and if you would like to be sent information about upcoming events please send you email details to: dco.canberra-nowra@defence.gov.au.

I work Tuesdays and Fridays and can be contacted by calling 4421 3855 or calling the Defence Family Helpline on 1800 624 608.

Kind Regards

Melissa Hedger





Australian Government
Department of Defence



DCO Nowra Coffee Clubs

Defence partners, families and friends are invited to our monthly coffee clubs

We meet monthly during school terms for a coffee and chat. This is a great opportunity to connect with DCO staff and Defence partners in a relaxed and informal setting. Kids are welcome. On occasion guest speakers will also join us.

Venue: The Tea Club – 46 Berry St Nowra
TIME: 10:30am – 12pm
DATES: The 2nd Tuesday of the month (We do not meet if the day falls in the school holidays)
CONTACT dco.nowra@defence.gov.au or phone 02 4421 3855
MORE INFO www.defence.gov.au/dco



LIKE Defence Community Organisation to receive updates.



Defence Families Of Australia



1800 100 509

Southern NSW Delegate

Emma Steil

act.sthnsw@dfa.org.au

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

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

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

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

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

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

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

Secondary Schools

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

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

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

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

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

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





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TAN**

ECO/SONYA

S
sunscope

34a Berry Street, Nowra
44232960

www.lusciousbodybeautiful.com.au

Illaroo Road Public School



103 Illaroo Rd

North Nowra NSW 2541

Phone—02 4421 0422

www.illaroo-p.schools.nsw.edu.au

DSTA: Jenny Binns

Email: Jennifer.binns1@det.nsw.edu.au



Term 4 of 2017 was a busy term for our Defence students at Illaroo Road Public School.



On Friday 27th October the children participated in the inaugural Defence kids pizza lunch. It is always such a great opportunity for the children to get together and share what has been happening with each other. It is great to see the camaraderie between the children and the sense of belonging that they share. The delicious pizza was also an important part!

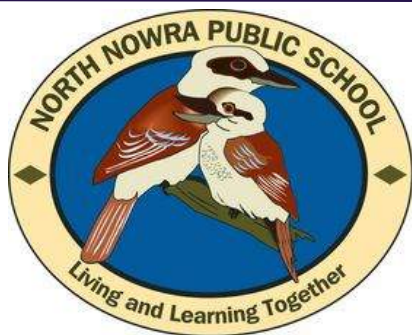
Our Defence students were also busy working with our SRC to make 350 felt poppy badges to sell on Remembrance Day. The funds were collected for 'Soldier On' and the students successfully raised over \$140.



On Monday 13th November we had a visit from a squirrel helicopter from 723 Squadron. The children enjoyed watching the helicopter land on the oval. It was very exciting for some of the defence kids to have their dad's at school. The pilots gave a talk to each stage group and the children had the opportunity to walk through the aircraft.

We are now looking forward to a busy year in 2018 and we welcome our new kinder students to our defence community, Jason, Jarred, Heidi, Tahlia and Heath.

North Nowra Public School



75 Judith Drive

North Nowra NSW 2541

Phone—02 4422 7045

www.northnowra-p.schools.nsw.edu.au

DSTA: Carli Green

Email: carli.green@det.nsw.edu.au



Remembrance Day

Last year, while ANZAC Commemorations were still fresh in our minds, our Defence students planted some poppy seeds in the hope they would flower for Remembrance Day. The very dry winter meant they had a rough start, but the students loved caring for our seedlings and were delighted that we had a number of flowering plants to feature as part of our Remembrance Day assembly. Each of our Defence students were able to take a plant home to continue nurturing.

Australian National Maritime Museum Display

In Term 4 we had a multimodal exhibition from the Australian National Maritime Museum visit our school and every class had the opportunity to learn about the Navy's role in WWII. The students learned about Dazzle Camouflage, rations available to the sailors and conditions on board. We passed around some hard tack, a food commonly given to sailors because of its long shelf life, and marvelled at a photo of a piece of hard tack that some sailors had signed their names on and posted home from France! Stage 1 and 2 students created their own dazzle designs and stage 3 composed some heartfelt poetry reflecting the sacrifice of those who served and died.

There is fire in their eyes

In the distance you can hear their cries

They are fit and very strong

But the trauma is very long.

-Sara, year 6



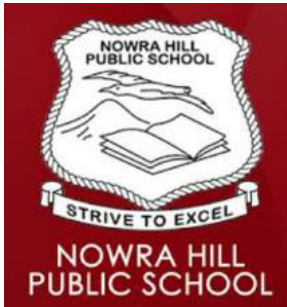
Around the World in 80 Minutes

Our biennial school production, Around the World in 80 Minutes, was a great success. Students delighted audiences with traditional dance and costumes from many different countries, as well as traditional Aboriginal dances resulting from a collaboration with the Bomaderry High School Indigenous Dance Troupe.

This year we extend a warm welcome to our newly-appointed Principal, Mr Peter Wright-Smith.

To catch a glimpse of what's happening at North Nowra Public School, like us on facebook!

Nowra Hill Public School



382B BTU Rd

Nowra Hill NSW 2541

Phone—02 4421 5671

www.nowrahill-p.school.nsw.edu.au

DSTA: Leanne Millard

Email: leanne.millard1@det.nsw.edu.au

150th Anniversary Celebrations



Nowra Hill Public School is officially 150 years old after celebrating this significant milestone in October 2017. The school was a hive of activity with a traditional country fair games, activities and entertainment from current students, local organisations and community members. Memorabilia and students artworks in the hall showed the changes in the school and surrounding area over the last 150 years to the delight of past and present students, families and teachers. The day could not have been the success it was without a huge community effort and tireless work from members of our school community. Thanks you to all involved!

Vietnam Veterans 50th Anniversary



Year 6 took part in supporting the Vietnam Veterans RANHFV 50-year Reunion at the Fleet Air Arm Museum, where the contribution of our students was warmly and gratefully received by the veterans and members of the wider Defence Force.

Welcome & Farewell

As part of our transition strategy for defence students, our local Defence Transition Mentors from Nowra High School, Nowra Christian School and St Johns visited with our Year 6 Defence students to answer questions about high school. It's a wonderful opportunity for our students to get to know their DTM so they have a friendly, familiar face ready to support them as they transition.



Over the past term we have welcomed Tyson, Alyssa and Abbey to our school and have farewelled Caitlyn & Makensie, Declan & Hunter, Tyson & Allira, and Hayden, along with their families as they have moved away from Nowra Hill Public School, and Holly, Paige, Jack, Charlize, Harri and Tyson, all of whom have started high school this year. We wish you well as you settle in to your new schools. Our new kindergarten students have started the year beautifully and we extend a warm welcome to Lara, Isobel, Peyton, Mitsuki, Kenzie, Anna, Paige, Lillie, Aria, Emma, Isabella, Luca, Matilda and Jerramy to our school. We are so happy you're here!

Vincentia Public School



George Caley Pl

Vincentia NSW 2540

Phone—02 4441 7188

www.vincentia-p.school.nsw.edu.au

DSTA: Rachel Birkmyre

Phone – 02 4441 7180

Email: Rachel.birkmyre2@det.nsw.edu.au



Welcome to our new Defence students - Felicity, Charli, Jackson, Paige, Coen, Chelsea, Kylah, Haylah and Gareth. We farewelled ten students at the end of last year and we wish them all the best in their new schools.

Defence Kids Club

Defence Kids Club continues to be popular each Thursday lunchtime, and over the past few months we've done a range of activities including paper aeroplanes, making crowns, and letting our imaginations run wild with the Lego!



War at Sea Exhibition

In 2017 our Year 5 and 6 Defence students walked to Vincentia High School to view the War at Sea exhibition. It was an interesting and informative display. Thanks to Jacquie Copeland, DTM at Vincentia High School, for inviting us to see the display and for escorting us on a tour around the school.



Vincentia High School



142 The Wool Road

Vincentia NSW 2540

Phone - 02 4441 6766

www.vincentia-h.schools.nsw.edu.au

DSTA: Jacqueline Copeland

Email: jaqueline.copeland@det.nsw.edu.au

Welcome to Vincentia High School

As the Defence Transition Mentor at Vincentia High School I was excited to welcome new Defence students, and their families, to our school. Over the next few weeks I will help these students settle into high school and organise informal morning teas so they can create support networks with older Defence students at our school. Vincentia High School has been very fortunate to be able to offer The DSTA Program to our students, a program which supports Defence families especially during times of parental absence, deployments and transition into a new location.



Vincentia High School wins a Premier's Anzac memorial Scholarship to the Western Front

Vincentia High School is very proud to announce that Teneisha Ross won a Premier's Anzac Memorial Scholarship to the Western Front. Teneisha is one of twenty students from across the state who will travel to Flanders in Belgium to commemorate the Battle of Hamel on July 4. Other significant Australian battlefields included in the tour are Ypres Salient, Passchendaele and the Somme.



Teneisha's entry was based on the theme of *The Returned Soldier* and comprised of a piece of art and a short poem. She selected this theme because she wanted to highlight the mental scars of war, especially Post Traumatic Stress Disorder. Her winning entry combined numerous elements that reflect the experiences of the returned soldier, particularly the trauma of war. The main feature of her artwork is the large eye; the eye is the window to the soul and the gateway to memories.

Australian Air Force Cadets



Phone Tuesday nights 02 4424 2720

admino.330sqn@aafc.org.au

330 SQN Recruiting for 2018

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.

AMW Choir

**Are you a woman connected to a currently
serving member of the ADF?
Do you love to sing?**

**The Australian Military Wives Choir
welcomes new members, and would
like you to join us!**

**No experience required, no audition necessary, just
come to enjoy singing together.**

Rehearsals are in the evenings on the 1st, 3rd and 5th
Thursday of each month.



**AUSTRALIAN MILITARY
WIVES CHOIR**

*For more information
check out our
Facebook page or our website
www.amwchoir.com
or email us at
amwc.coordinator@gmail.com*

Australian Navy Cadets



HMAS ALBATROSS

Albatross Road NOWRA, NSW 2541

Phone: 0418 422 870 Fax: 02 4424 2725

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
Naval Ship Visits

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



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

Defence Special Needs Support Group



Mobile 1800 037 674

juanita.visser@dsnsg.org.au

www.dsnsg.org.au

Juanita Visser is the local Defence Special Needs Coordinator.

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

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

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

RSL Defence Care



Ph: 02 8088 0388

www.defencecare.org.au

Mission:

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

SOUTH COAST NANNIES

DELIVERING PEACE OF MIND

For families visiting and living in the South Coast, we provide qualified, experienced, mature, professional Babysitters and Nannies who value the importance of your children's safety, welfare, happiness and well-being.

They are passionate, trustworthy, and fun!

Our Services

Babysitters **In-Home Care** **Holiday Help** **Weddings**
Corporate & Social Events

We have Nannies and Babysitters who have many areas of child care expertise, all have more than two years experience working with families and children and are valued members of the local Child Care Community. Most work in local Child Care Centres, teach, nurse or are studying child care.



Babysitting Club for Locals



- » A regular and affordable babysitter for you and your family throughout the year.
- » Pre-purchased Babysitting Coupons in packs of 5 or 10.
- » An Express Form for simple, quick and easy bookings.
- » Babysitting Coupons have no expiry date and can be used anytime .

Nannies & Babysitters in our



- » Local Child Care / Nursing Professionals
- » Qualified and Experienced
- » Working with Children Check
- » Current First Aid Certificate
- » A minimum of 2 years experience
- » Covered in your home by WorkCover
- » Personally interviewed and all references are thoroughly checked.

Contact us for all your Child Care Needs !

www.southcoastnannies.com.au 02 4422 8808

Women Veteran Network Association



PO Box 2400 Idalia QLD 4811

National Coordinator Ph: 0408 020 394

www.wvna.org.au

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

Our Mission:

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

We aim to:

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

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

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

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

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

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



Shoalhaven
Defence
Families
Association



FIRST Friday Club

Door opens from 6:00pm, stay till close! Girls only :)

First Friday of the month * we are kicking off the year with an excuse to get out of the house and have some fun. A monthly get-together for some adult conversations and silliness! Nibbles, tea and coffee are provided as well as some other ridiculous treats! You can BYO other food and drinks if you like.

Warning: Different theme each month which may be dress up!

Cost: \$5

**Conducted at Kookaburra Retreat (SDFA)
Flat 2, Canberra Drive, Nowra Hill**

Email: shoalhavendfa@gmail.com or call 44215766

Website: www.sdfa.com.au

Facebook group - <https://www.facebook.com/groups/119830094703808/>

Navy Canteens and Ticketing

**NAVY
CANTEENS**



HMAS Albatross Phone (02) 4424 1592

www.navycanteens.com.au

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

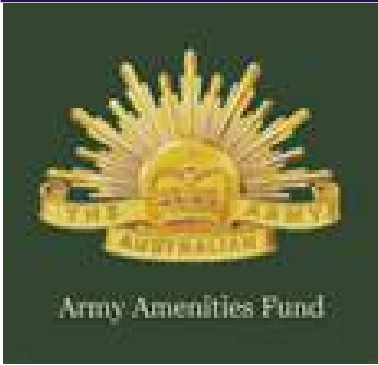
Navy Canteens operates the following core businesses:

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

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

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

Army Holidays



Phone - (02) 6265 6429

www.armyholidays.com.au

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

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

Canberra Flats



Ph: 02 4424 3108

Email: Sonja.cross1@spotless.com.au

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

Bookings are arranged through base security.

PMKeyS number of the person booking required.

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

RAAF Holidays



www.raafholidays.com.au

peter.alomes1@defence.gov.au

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

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

PMKeyS number of the person booking required.

Tell your friends about our fundraiser!

BE THE FIRST TO GET SPECIAL OFFERS AT [FACEBOOK.COM/BRIGHTSTARKIDS](https://www.facebook.com/brightstarkids)

FREE DELIVERY AVAILABLE WITH MINIMUM SPEND. SEE ONLINE FOR DETAILS

SHOP FOR LABELS & SUPPORT OUR GROUP

Help us raise funds when you buy Name Labels, Bags, Wall Art or anything else from Bright Star Kids cute range of products!

NOMINATE OUR GROUP IN THE PAYMENT AREA WHEN YOU CHECKOUT:

Kookaburra Retreat

FIND US IN THE 'NOMINATE A FUNDRAISER' SECTION UNDER 'REVIEW & PAY' IN THE CHECKOUT

GET FREE* DELIVERY WHEN YOU SHOP ONLINE:

WWW.BRIGHTSTARKIDS.COM.AU

Support Our Group!

Help us raise funds when you buy anything from Bright Star Kids super cute range. Turn over for more information on how to nominate us.

KIDS WALL ART

PERSONALISED TSHIRTS

WALL DECALS

KIDS BAGS

BAG TAGS

GET HEAPS OF REWARD POINTS WHEN YOU SHOP, REVIEW OR REFER

FREE* DELIVERY WHEN YOU SHOP ONLINE

BRIGHTSTARKIDS.COM.AU

FREE DELIVERY AVAILABLE WITH MINIMUM SPEND. SEE ONLINE FOR DETAILS

Supported Playgroups of Shoalhaven



Supported Playgroups of Shoalhaven

SPLASH operates during school terms

Renee Phone: (02) 4424 7100

Mobile 0423 606 559

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

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 Pl Vincentia, NSW 2540

Phone—02 4441 7557 www.bbcricom.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 csm@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

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

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

Carla De Casti

decasti@shoalhaven.nsw.gov.au

Rhymetime

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

Bookworms Book Club



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

Paws'n'Tales

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

Storytime

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

Inklings

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

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



Shoalhaven Neighbourhood Services Inc.



East Nowra Neighbourhood Centre

2/80 Park Rd Nowra, NSW 2541

Phone - 02 4422 1299

Nowra Neighbourhood Centre

41 Worrigee St Nowra, NSW 2541

Phone - 02 4421 5205

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 or email: info@sns.org.au

Shoalhaven Community College

1 Mattes Way Bomaderry, NSW 2541

Phone - 02 4423 0351

www.kcc.nsw.edu.au

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

Welcome to Mission Australia Early Learning

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

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

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



Now taking enrolments for children 3-6 years.

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

Enrolments available

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

Rated EXCEEDING in all National Quality Framework areas

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

Team of qualified and experienced educators

Enquire Today



02 4421 7784



1800 757 343

Visit www.maearlylearning.com.au for more information

Enrolments available

Mission Australia Early Learning Kids Crew OSHC

36 Bedford Street, Nowra Hill, NSW, 2540

Before school care, After school care and Vacation Care

Meals provided while children are in the service

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

Enquire Today



02 4422 6155



1800 757 343

Visit www.maearlylearning.com.au for more information

Nowra Family Relationship Centre



47 West St Nowra, NSW 2540

Phone - 02 4424 7150

www.familyrelationships.gov.au

nowrafrc@anglicare.org.au

Assistance to sort out parenting arrangements after a family separation

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

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

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

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



Helpful Websites and Contacts

Archer Race Course & Shoalhaven City Turf Club

www.nowraraceclub.com.au

Ph: 02 4421 4550

Big 4 Bungalow Park Burrill Lake (Defence Discount)

www.bungalow-park.com.au

Ph: 02 4455 1621

Guide to Shoalhaven and Southern Highlands

www.guidetoshoalhavenandsouthernhighlands.com.au

Mensline (Helpline)

www.mensline.org.au

Shoalhaven City Council

www.shoalhaven.nsw.gov.au

Shoalhaven Entertainment Centre

www.shoalhavenentertainment.com.au

Ph: 1300 788 503

Shoalhaven Greyhound Racing Club

www.nowradogs.org.au

Ph: 02 4421 2332

Shoalhaven Model Flying Club

www.shoalhaven.net.au/~shoalhavenmfc

Gary Matheson 4423 4050

Shoalhaven South Coast What's on

www.shoalhavenholidays.com.au

Shoalhaven Womens Health Centre

www.shoalhavenwomenshealthcentre.org.au

Tourism Jervis Bay

www.jervisbaytourism.com.au

Tourism Shoalhaven

www.shoalhaven.com.au

Tourism Wollongong

www.tourismwollongong.com.au

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

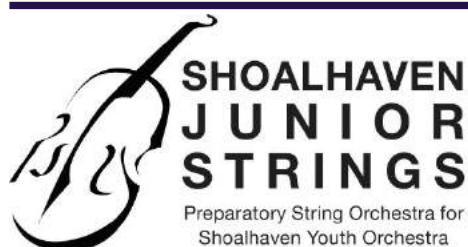
VVCS provides free and confidential, nation-wide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger. Support is also available for relationship and family matters that can arise due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

syorchestra.pmp@gmail.com

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

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

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

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

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

Veterans Motorcycle Club



www.vmcsc.com

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

Veterans Access Centre: Shoalhaven Greyhound Racing Club

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

We are Military Veterans, currently serving, ex-serving and supporters alike with a strong brotherhood that exists to support veterans, veterans families and the biker lifestyle.

We share a love of the military and motorcycles, with a proud history of service to our country.

Please visit our Facebook Page or email us admin@vmcsc.com

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

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 McMahons 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
HOSPITAL EMERGENCY			
MILTON	Milton Ulladulla Hospital	104 Princes Hwy	02 4455 1333
NOWRA	Shoalhaven District Memorial Hospital	2 Shoalhaven St	02 4421 3111

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

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

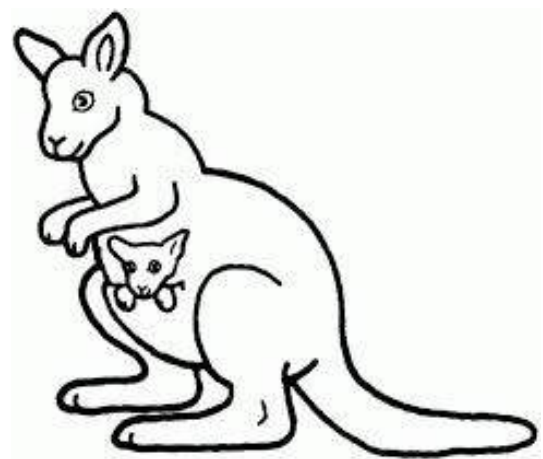
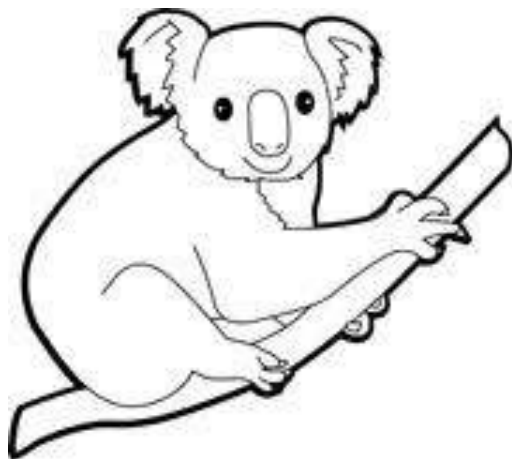


Kids Stuff

Australian Animals Word Search

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

BAT
FINCH
KOALA
PLATYPUS
SNAKE
DINGO
JELLYFISH
LIZARD
RABBIT
WALLABY
EMU
KANGAROO
OCTOPUS
SHARK
WOMBAT



Easter Egg Hunt Maze

Get to the end of the maze to fill your basket with Easter eggs.



Easy Peasy Rocky Road



Ingredients

- 4 cups milk chocolate melts
- 80g copha
- 3 cups Rice Bubbles
- 100g packet mini marshmallows
- ½ cup slivered almonds
- ½ cup finely chopped dried apricots
- Hundred and thousands to decorate

Method

1. Grease a 20cm square cake pan. Line base and sides with baking paper.
2. Stir chocolate melts and copha in a large bowl, over a pan of simmering water, until smooth. Remove from heat.
3. Stir in remaining ingredients; mix until well combined.
4. Spread mixture into prepared pan.
5. Sprinkle over hundreds and thousands.
6. Refrigerate until firm.

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

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
Lash & Brow
Effect

Specialising in
Brow Shaping,
Lash Extensions,
Lash Lifts &
Cosmetic Tattooing

0481 172 238


 

Bottoms Up!
SOCIAL FITNESS

Tracey Peacock
OWNER - BUF SHOALHAVEN

0450 742 775

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



Jindyandy
HAIR SHACK

Emma Shackleton
Hair Stylist

0422951423

719 Greenwell point road
Pyree

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



Kingdom Krav Maga Self Defence

David Kingdom
0409 154 579
dave@kingdomkravmaga.com.au
www.kingdomkravmaga.com.au

niche
/ni:ʃ, nɪʃ/

Massage & Nutrition

0432 286 772
www.nichemassage.com.au
facebook.com/nichemassagenowra



lily anne
JEWELLERY
INDEPENDENT JEWELLERY CONSULTANT

Nicole Gourley
Lily Anne Family Brands Independent Consultant

Phone: 0401 516 799
E-mail: gourleynicole@yahoo.com
Website: www.lilyannejewellery.com.au/nicolegourley
Facebook: www.facebook.com/nicolegourley1975

LILY ANNE BEAUTY®
INDEPENDENT BEAUTY CONSULTANT

Nicole Gourley
Lily Anne Family Brands Independent Consultant

Phone: 0401 516 799
E-mail: gourleynicole@yahoo.com
Website: www.lilyannebeauty.com.au/nicolegourley
Facebook: www.facebook.com/nicolegourley1975

Quick Reference Guide



Shoalhaven Defence Families Association

Coordinator: Maxine Starkey
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

Customer Service 1800 819 167

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

SHOALHAVEN DEFENCE FAMILIES ASSOCIATION
MEMBERSHIP APPLICATION FORM 2018 (Jan-Dec) - \$30

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

FIRST NAME _____ SURNAME _____

DOB _____

ADDRESS _____

PHONE Home _____ Mobile _____ Work _____

EMAIL _____

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

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

Are you a new member or renewing your membership New / Renewing from 2017

EMERGENCY CONTACT DETAILS

NAME _____

PHONE _____

RELATIONSHIP TO YOU _____

CHILD/REN's DETAILS

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

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

SIGNATURE/S _____ **DATE** _____

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

NON-DEFENCE MEMBER

Nominated by: