



Shoalhaven  
Defence  
Families  
Association



KOOKABURRA  
RETREAT

# TIME OUT

Autumn—Winter 2019

Issue 107



## Inside this Issue

Kookaburra Retreat .....	4
Get involved with SDFFA.....	12
DSTA/DTM School Reports .....	26
Kids Stuff .....	58

**A magazine especially for Shoalhaven Defence Families**

Welcome to the 2019 Autumn/Winter edition of Timeout. This publication is created by the Shoalhaven Defence Families Association especially for defence families and is a great way to get to know what's happening in the Shoalhaven area...

3	From the President and Coordinator		
4	<b>Kookaburra Retreat - SDFA</b>	36	Australian Military Wives Choir
5	<b>Kookaburra Retreat - There's always something to do at Kooka</b>	37	Defence Special Needs Support Group
		38	Australian Navy Cadets
6	<b>Kookaburra Retreat - Playgroup</b>	40	BBCR OSHC, Sanctuary Point Connect
7	<b>What's been happening at 'Kooka'</b>	41	One Tree Community Services, Tingira, Kids Crew, Kangaroo Cottage
10	<b>First Friday Club</b>		
12	<b>Get Involved with SDFA</b>	43	Supported Playgroups of Shoalhaven, Lyrebird Preschool
13	<b>Extra Information about SDFA</b>	44	Noahs Inclusion Services, Mundamia Early Learning Centre
15	Defence Community Organisation		
16	Defence Family Helpline	45	Shoalhaven Family Day Care, Jumbunna Children's Centre
17	DCO Family Liaison Officer	47	Navy Canteens and Ticketing
19	Defence Families of Australia and Defence Housing Australia	48	Canberra Flats, Army Holidays,
20	RSL Defence Care, ForceNet	49	RAAF Holidays, Cerberus Cottage
21	Open Arms, Veterans & Families Counselling, Nowra Hub Community Gateway	50	What's on in the Shoalhaven, Shoalhaven Libraries
23	Veterans Motorcycle Club, Remount	51	Taronga Zoo Passes
24	Interchange Shoalhaven,	53	Shoalhaven Community Colleges, Shoalhaven Youth Orchestra
25	Women Veteran Network Australia, Bravery Trust	55	Family Activities
26	Defence School Mentors	56	Shoalhaven Map
28	Illaroo Road Public School	57	Markets, Second Hand Shops
29	Nowra Public School	58	Kids Stuff
30	Nowra Hill Public School	62	Just for Fun
31	St Georges Basin Public School	63	National ADF Family Health Program, Medical Centres and Hospitals
32	Vincentia Public School	65	Reference Guide
33	Bomaderry High School	66	Spouse Reference
34	Vincentia High School	<b>67</b>	<b>SDFA Membership Form</b>
35	Kookaburra Kids Foundation	<b>68</b>	<b>Entertainment Book order form/link</b>

# From the President and Coordinator

Hi Everyone,  
Have you been out to Kooka lately? There's been lots happening.

We were successful in obtaining funding from the Defence Community Organisations Family Support Funding Program for the 2018-19 and 2019-20 financial years. This is very exciting and means the continuation of programs and activities held at Kooka as well as some exciting additions including a large timber cubby house which has been purchased and will be installed over the coming months.

We have had a wall removed in the creche making the space in flat 1 much larger and more user friendly. The entire process has taken about 6 months due to the age of the building and all the extra requirements that go with such a big job. A HUGE thank you goes to HMAS Albatross for making this happen.

As always we have been continuing with fundraising to ensure we can keep Kookaburra Retreat meeting the needs of members. We have been working hard to raise money for a new lounge suite to replace the current very old and much-loved set. Come on out and give the new ones a sit test. Fundraising also allows us to subsidise the creche service and craft/training classes and workshops. Our current fundraiser is the Entertainment Book which contains over \$50000 worth of savings. The SDFA receives \$12 from the sale of each book or digital membership. See the back cover of this issue to see how you can get yours.



We have been involved in quite a few community events to help spread the word about the SDFA and Kookaburra Retreat. Some events we have attended were the St Georges Basin PS Community Expo, DCO Welcome Expo, Veterans Motorcycle Club South Coast Chapter Show N Shine and Women's Wellness Expo.

Coming up this year we will have a First Aid Course, Education and Employment workshops, Wellness seminars, Sewing and quilting classes, art classes and many other activities as well as weekly playgroup and Coffee and Chat.

Kookaburra Retreat is a place where Support and Fun meet.

We look forward to seeing you soon.

President: Katrina Gee      Coordinator: Maxine Starkey

Kookaburra Retreat Flat 2 Canberra Drive NOWRA HILL

Ph: 4421 5766   Monday, Tuesday, Thursday, Friday. 9.30am—2.30pm

Phone: 02 4421 5766   Email: shoalhavendfa@gmail.com

**[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 Community Centre is located just outside HMAS Albatross and is the home of The Shoalhaven Defence Families Association (SDFA).

The organisation supports defence families in the Shoalhaven and surrounding areas.

The association is a not for profit organisation majorly funded by the Defence Community Organisation (DCO) Family Support Funding Program.

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.

Annual membership is \$30 and allows you access to the activities, training, creche and events held at Kookaburra Retreat, along with use of the centre for private hire.

**Drop In,  
Coffee & Chat**  
Monday, Thursday  
and Friday  
From 9.30am  
(crèche available until  
12.20pm)

**Playgroup**  
Tuesday  
10am to 12.00pm  
(\$3 per family)

*Kookaburra Retreat offers a fantastic opportunity to make new friends so why not come along and experience the wonderful range of activities provided, or call to find out more information.*



**Centre Hours: 9.30am–2.30pm**  
**Monday, Tuesday, Thursday, Friday**  
*\*Times vary during School Holidays*

---

# Kookaburra Retreat

---

## There's always something to do at Kooka

Various training courses, workshops and activities are run throughout the year. Keep an eye on the website, Facebook page and group for upcoming events.

**\*Fitness session or wellness chat, 2nd and 4th Monday of each month.**

**\*Craft class 3rd Monday and Friday of each Month.** Learn a new craft by participating in one of the many organised activities and workshops that run throughout the year or bring your own craft project.

**Cuppa and Chat!!** You are welcome to pop in and visit anytime during centre open hours. Relax in the adult space, have a cuppa, catch up on emails etc using the communal office space and **Free Wifi**, or attend any of the programs running. You can also attend the gym on base if you have an access pass.

Feel free to share any ideas you may have. We are always open to suggestion. If you would like to run an activity, please speak with the coordinator.

\* Subject to change



## Kooka Kids Club Crèche



Those with young children can enjoy 'me time' in the adult space next door and participate in activities, knowing their child/ren are safe and well cared for by a fully qualified early childhood educator from the South Coast Nannies.

The crèche operates on Monday, Thursday and Friday from 9.30am to 12.20pm (during school terms).

The subsidised cost is; one child \$15, two children \$20 and three or more children \$25.

Awareness of allergies 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 from 10am—2pm. 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.





# Kookaburra Retreat Playgroup

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

## Tuesday

- 10am Free play - inside and outside
- 10.30am Morning tea
- 10.50am Craft activity such as painting, gluing, threading, etc
- 11.20am Circle Time - Story and or Music
- 12pm Pack up time.



Flat 1 & 2 Canberra Dr Nowra Hill NSW 2540



Shoalhaven  
 Defence  
 Families  
 Association





# What's Been Happening at 'Kooka'

## Craft Sessions

Everyone has been loving the craft classes and learning new skills. Activities have included Macramé, Paint Pouring, Tie Dyeing and more.



## High Tea

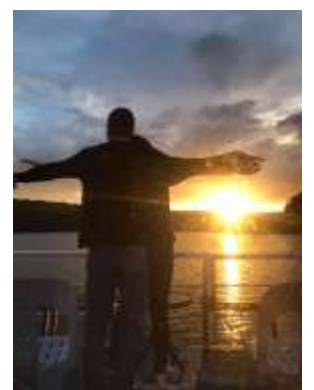
In November members were spoilt with a High Tea at Cambewarra Estate Winery.



## Social River Cruise

In March we went on the Social Night River Cruise on the Shoalhaven River.

It was a beautiful night and included a buffet dinner.





# What's Been Happening at 'Kooka'



## 2018 Christmas Monster Raffle Winner

Cassi T was the lucky winner of the 2 night stay at Big 4 Burrill Lake. Thank you to CAPT Fiona Sneath and Command Warrant Officer Gary Fuss for drawing the raffle.

## Fitness Sessions and Seminars

Fitness sessions and seminars are tailored to all needs and abilities.



# CREATIVE STARZ YOUTH THEATRE

CREATE INSPIRE FUN



**Creative Kids Provider**  
In The Shoalhaven



Mrs Belinda Crockett

<http://facebook.com/CreativeStarzY.T/>



0401460342





## SDFA Family Day 1.12.18





**DIFFERENT THEME EACH MONTH**

# FIRST FRIDAY CLUB



FIRST FRIDAY OF THE MONTH.  
COME AND HAVE SOME FUN.  
6:00PM TILL CLOSE! \$5 EACH ADULTS ONLY!

See Facebook event and emails for theme.

KOOKABURRA RETREAT  
FLAT 2, CANBERRA DRIVE, NOWRA HILL  
shoalhavendfa@gmail.com - 4421 5766  
[www.sdfa.com.au](http://www.sdfa.com.au)



Shoalhaven  
Defence  
Families  
Association





---

# First Friday Club

---

First Friday Club is continuing to be lots of fun for all involved. Themes have included PJ Party, Spring Fling, Pamper Night, Hens Night, Movies and Games, Gold and Glitz and St Patricks/Green.

If you are looking for an excuse to let your hair down and have a great night out/in, come and join in on the First Friday of each month. Upcoming themes are Weddings, 80s, Op Shop Ball and Halloween.



Everyone is welcome.

Bring your sense of humour and get ready to play some games, have fun and enjoy good company.



---

# Get Involved with SDFA

---

## Committee

The SDFA is managed by a voluntary committee who are voted in at each Annual General Meeting. The committee members act in accordance with the constitution and the fair trading agreement. A casual coordinator is employed to manage the administration of the SDFA.

### 2019 Executive Committee:

President – Katrina Gee

Vice President – Pam Parker

Treasurer – Samantha McConnell

Secretary – Suzanne Burnett and Olivia Feige



## SDFA Meetings

Meetings are held roughly every six weeks at Kookaburra Retreat. All current SDFA members are welcome to attend meetings and participate with sharing ideas, learn how to volunteer, help out with fundraising or with simple admin tasks. Every little bit helps.

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

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



---

# Extra information about SDFA

---

## Hire Kookaburra Retreat

Kookaburra Retreat can be hired by members for private functions. The centre offers a great environment for children's birthday parties with outdoor play equipment. It can also be used for meetings, gatherings etc. The fee is just \$20 with a \$50 bond which is refundable after the event. Visit [www.sdfa.com.au](http://www.sdfa.com.au) for further information and forms required for booking.



**Kookaburra Retreat has a Strictly No Smoking policy**



**Group - [www.facebook.com/groups/119830094703808](https://www.facebook.com/groups/119830094703808)**

**Page - [www.facebook.com/ShoalhavenDefenceFamilies](https://www.facebook.com/ShoalhavenDefenceFamilies)**

Our Facebook group is managed by the SDFA Kookaburra Retreat Coordinator profile. Please be aware that it is a private group which will require you to 'ask' to join. By joining you can keep up with events and activities as well as gaining support. The Facebook group and page are for posts relevant to SDFA and defence families.

## Advertising in Time Out Magazine

Advertising your business or service is easy. To submit an article or advertisement for future issues of the magazine, please contact the SDFA Coordinator on 4421 566 or email [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com). Fee is \$50 for an A4 page and \$25 for A5.

Your Ad will always be displayed on our website and Facebook page.



# SOUTH COAST NANNIES



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.

## Our Nannies and Babysitters

- Qualified Professionals
- Working with Children Check
- Current First Aid Certificate
- A minimum of 2 years experience
- Personally interviewed & Reference checked

## Our Services

- Babysitting
- In Home Care
- Share A Nanny
- Holiday Help
- Before / After School
- Overnight Care
- Wedding Services
  - Floaters
  - Activity Table
  - Activity Room

They are passionate, trustworthy, and fun!

## BABYSITTING CLUB



Wanting a child free  
night out ?

Are you missing out on  
'ME TIME' or 'US TIME' ?

Need to be somewhere  
without the children ?

For our local families in the community, we offer the Babysitting Club. By joining you can pre-purchase Babysitting Vouchers in packs of 5 or 10 and use our Express Booking Form for simple and easy bookings. The benefits are:- receiving discounted Booking Fees, having a regular Babysitter known to your family 5-10 times a year and providing continuity of care for your children.

Defence Personnel receive 50% off the \$75 Registration Fee and Babysitting Club Vouchers have no expiry date and can be used anytime.

CONTACT US FOR ALL YOUR CHILD CARE NEEDS

**02 4422 8808**

E: [office@southcoastnannies.com.au](mailto:office@southcoastnannies.com.au)

W: [www.southcoastnannies.com.au](http://www.southcoastnannies.com.au)

F: [www.facebook.com/SouthCoastNannies](https://www.facebook.com/SouthCoastNannies)

I: [www.instagram.com/southcoastnannies](https://www.instagram.com/southcoastnannies)



---

# Defence Community Organisation

---

## DCO are there for YOU!

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.**

Recognising that the strength of the Defence force is in the family and the strength of the family is in the community. Working 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. Locations are kids friendly.

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.**



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**

Hello to all regular readers of Time Out and welcome to any Defence families new to the Shoalhaven. My name is Melissa Hedger and I am the Family Liaison Officer at Defence Community Organisation's Nowra Office. In this role I support families in the Shoalhaven make the most of what the beautiful South Coast has to offer.

Defence Community Organisation provides support to ADF members and their families to help make the most of the challenges and opportunities military life has to offer. We offer a wide range of information, programs and support to ADF families, like regular absence support calls when your ADF member is away from home, 24-hour advice and referrals, social work, and assistance with emergency and crisis, as well as special assistance for children dealing with parental absence. We also hold regular social events and information sessions about our programs like absence from home support and the Partner Employment Assistance Program.

We've had a busy start to the year with this year's Welcome Expo at the Bay and Basin Leisure Centre which was a huge success. It was great to see so many of you at the expo.

Around 200 people enjoyed the beautiful summer weather and came to see what community information was available. It was a good opportunity for families to meet the DCO Nowra team and other Defence families while having a swim and enjoying the family-friendly atmosphere of the centre.

We recently held a Community Consultation Morning tea, and a range of great ideas for upcoming events were discussed including; a walking group, a Women's wellbeing seminar, a parenting seminar or group and some family excursions like ten pin bowling, horse riding, another day at the pool, a night at the Museum, movie nights and more. It's not too late to let me know your thoughts, so if you have some good ideas that you think Defence families would enjoy, please let me know.

If you would be interested in coming to a Partner Employment seminar please contact me for more information. We are also planning on running a FamilySMART deployment program in May or June, so please call our office if you would be interested in knowing more about it or coming to that. To keep up-to-date with the social events and information sessions programmed, you can follow us on Facebook, Twitter (DCO\_AusDefence) and Instagram (dco\_ausdefence)

If you would like any information about local groups, services, events or have an idea for a new activity or group, please contact me. If you would like receive our e-newsletter send your email details to: [dco.canberra-nowra@defence.gov.au](mailto:dco.canberra-nowra@defence.gov.au).

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



10% discount for Serving Families, Active Reservists, DVA Gold and White Card Holders

# JUMP SHIP



[jumpship.com.au](http://jumpship.com.au)

(MEMBERS OWN)  
HEALTH FUND

\*DVA Gold and White Card holder or Active Reservist must be covered under policy. Not applicable with any other discount. Proof of status required. Further terms and conditions at [navyhealth.com.au](http://navyhealth.com.au)



---

# Defence Families Of Australia

---



**1800 100 509**

**Southern NSW Delegate**

**Emma Steil**

**[act.sthnsw@dfa.org.au](mailto:act.sthnsw@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. The aim is to inform government and Defence on the needs of the family. The 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

---



**Suite 3, Level 2 Bridgeton House  
55-57 Berry Street Nowra, NSW, 2541**

**Customer Service and Maintenance 139 342**

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

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

To meet Defence housing obligations, they are active in Australian residential housing markets, acquiring and developing land, and constructing and purchasing houses. Learn more about our residential developments by visiting [dha.gov.au](http://dha.gov.au).

---

# RSL Defence Care

---



Ph: 02 8088 0388

[www.rsldefencecare.org.au](http://www.rsldefencecare.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.

Understanding that each service man or woman's situation is unique and they aim to help without judgement.

They also promote the support of our veterans amongst the wider Australian community.

---

## ForceNet

---



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

ForceNet is a Defence e-communications platform used to connect family with the Services related to their Defence member.

ForceNet registration is available to current Defence members, sponsored Defence family members and other approved users.

**ForceNet can now be accessed through the ForceNet mobile app, available for free from Google Play and the App Store.**

ForceNet is also available through a web browser via desktop and mobile devices. For further information on ForceNet and/or to apply to register to use ForceNet please go to [www.forcenet.gov.au](http://www.forcenet.gov.au)

ForceNet provides a secure means for Defence families to access authoritative information on Defence matters relevant to them as well as a channel for discussions.



# Open Arms - Veterans & Families Counselling



call 1800 011 046      [www.openarms.gov.au](http://www.openarms.gov.au)  
Support 24/7 with free and confidential counselling and group programs.

Open Arms (formerly 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.

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

Open Arms 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.

## Nowra Hub



# Community Gateway

Independence  
Inclusiveness  
Innovation

69 Berry St, Nowra  
**Nowra Hub**  
1300 657 473

We have been providing local support for over 20 years, to people who are aged and wanting to remain independent at home and in their communities.

Bus Trips such as:  
Bowral Tulip Festival  
Whale Watching cruises  
Winery tours  
National Parks  
BBQ Lunches

In Hub Activities such as:  
Tai Chi  
Art from the Heart  
Gentle Exercise



At home care such as:  
Domestic Assistance  
Personal Care  
Respite Care  
Meal Preparation  
Transport



Discover the possibilities and  
call us today!

OPSM ❤️ 👁️



WHY CHOOSE ONE?

**50% OFF**  
2<sup>nd</sup> PAIR\*

**Visit OPSM Nowra today**

Nowra Mall  
Ph: 4421 3420

\*When you purchase two complete pairs of prescription glasses or prescription sunglasses.  
Excludes Chanel. Terms and conditions apply. See staff for details.



---

# Veterans Motorcycle Club

---



[www.facebook.com/SYLV-South-Coast-260503434610837](https://www.facebook.com/SYLV-South-Coast-260503434610837)

A club based on the military brotherhood and bonds of military service.

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

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

Please make inquiries via the Facebook Page.

**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

---

## Remount

---



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

[www.facebook.com/remount.org.au](https://www.facebook.com/remount.org.au)

**Assisting those who have served to get 'back in the saddle' and reconnect through horsemanship.**

Remount is a not-for-profit organisation delivering horsemanship programs for current and former service men and women and their families, who may be experiencing stress related to their service, Post Traumatic Stress Disorder and/or physical injury. Remount is delivered at no cost to all current or former serving members of the military. Two, three and four days programs include onsite accommodation, catering, tuition and workshirts.

The experienced team will take you through all aspects of horsemanship and mustering. After-hours activities include leatherwork and enjoying some quiet time around the camp fire.

This unique environment is a great place to spend time with your colleagues, or if travelling alone, getting to know new people. Of course you may just like to have some quite time alone on retreat.



Interchange Shoalhaven is a community-based not-for-profit organisation founded in 1988. For more than thirty years we've been putting people first by providing flexible and personalised support services in communities across the Shoalhaven.

Every day, our network of skilled carers and volunteers provide carefully created pathways for local people with disabilities, giving them greater choices and supporting them to lead their lives their way.

## **Our Services**

### **NDIS Funded Services**

Interchange Shoalhaven is registered to provide a wide range of NDIS support services including:

#### **Daily Tasks and Shared Living**

This involves assistance with personal activities, life stage transition, travel and transport. The support we provide can also assist people with daily living activities such as cleaning, cooking, shopping and help with organising everyday household activities.

#### **Increased Social and Community Participation**

Goal-based support like Social and Community Participation helps people be involved in everyday community and social activities. The focus is on building independence and creating strong community connections.

#### **Co-ordination of Supports**

Interchange Shoalhaven is able to identify and help refer people with disabilities to compatible organisations or service providers under the NDIS.



**Our Vision is a  
community where all people have  
choices and lead good lives**

For inquiries, please email us at [info@is.org.au](mailto:info@is.org.au)

Phone: 02 4423 0255

Web: [www.is.org.au](http://www.is.org.au)



---

# Women Veteran Network Association

---



PO Box 2400 Idalia QLD 4811

National Coordinator Ph: 0408 020 394

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

Women Veterans Network Australia Inc (WVNA) is a not-for-profit organisation. 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.

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.

---

## Bravery Trust

**Their battle isn't over.**

**Fighting for your country takes courage, but the battle afterwards takes even more.**

Bravery Trust provides urgently needed financial support to our veterans and their families who are suffering as a result of their service. The physical and mental impact can be overwhelming for our brave families. Help give them the support they deserve. They gave everything for Australia. Australia, it's time to give back to them. **Donate at [braverytrust.org.au](http://braverytrust.org.au)**

**BRavery TRUST** | Supporting those who serve

Bravery Trust is the trading name of the Australian Defence Force Assistance Trust.

---

# Defence School 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.

The Defence School Mentors support Defence students when transitioning from school to school and during times of parental absence. Mentors help schools, families and children to develop strategies to help families successfully integrate into the school community.



## In-School Support

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

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  
Michelle Haigh  
Tel: (02) 4446 0038  
michelle.haigh@det.nsw.edu.au

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

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

Nowra Christian School  
Old Southern Road, South Nowra  
Adrienne Varga  
Tel: (02) 4422 1992  
dsm@ncs.nsw.edu.au

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

Nowra Public School  
Plunkett Street, Nowra  
Katrina Gee  
Tel: (02) 4422 0401  
Katrina.gee2@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  
Renee Wenban  
Tel: (02) 4421 3630  
renee.wenban@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  
Tahlia Swain Tel: (02) 4421 0699  
tahlia.swain2@det.nsw.edu.au

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

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

St John The Evangelist High School  
John Purcell Way, Nowra  
Wendy Gaudie  
Tel: (02) 4423 1666  
gaudie01@dow.catholic.edu.au

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



# Illaroo Road Public School



## Defence School Mentor

Jenny Binns

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)

It has been a great start to the year here at Illaroo Road Public School.

Over the past few weeks I have hosted morning teas for new defence students including our kindergartens.

It was a great opportunity for me to get to know them better and for the students to meet other defence kids.



Defence club is held on a Monday lunch time in our school library.

It is always wonderful to see the Defence students from across the school play cohesively and enjoy their time together.

The children invite a friend to come with them and it is always a hive of activity.

I look forward to all the upcoming events we will have throughout the year.





# Nowra Public School



## Defence School Mentor

Katrina Gee  
Katrina.Gee2@det.nsw.edu.au

74 Plunkett St

Nowra NSW 2541

Phone—02 4422 0401

[www.nowra-p.schools.nsw.gov.au](http://www.nowra-p.schools.nsw.gov.au)

I can't believe that term 1 has come and gone, and we are now heading into school holidays and ANZAC Day.

Our school is planning a special ANZAC Day assembly for the last day of term which will be followed by a family picnic afternoon including a grown-ups vs student touch football game. Everyone at the school is looking forward to this day.



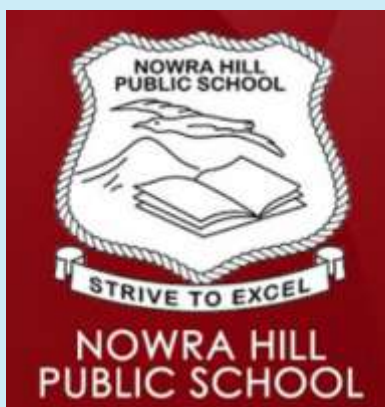
Following the deployment of a large number of navy personnel and ships in late February, a number of families in the school community have someone away at the moment. The students have been sending emails to loved ones and have been busy working on drawings and notes to include in some special care packages that are being sent off in the coming weeks.

The Defence students at Nowra Public School have been busy this term with the start of the Defence Kids Club. The students have enjoyed making pancakes, decorating cupcakes, playing boardgames, playing with Lego and colouring in as well as watching movies and playing a trivia game.

The children are welcome to come along every week where we have a different activity planned for each week.



# Nowra Hill Public School



## Defence School Mentor

Leanne Millard

leanne.millard1@det.nsw.edu.au



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)

As always, Term 1 has been extremely busy at Nowra Hill Public School. There are currently 58 Defence students from 39 families attending the school. At the end of 2018, we farewelled Noah, Will, Lillie, Patrick, Oliver, Caderyn, Ethan, Austyn, Ryan and Chantelle. This year, we have welcomed 13 new students to Kindergarten and one to Year 1. Welcome Harvey, Peyton, Hayden, Cayden, Campbell, Charlotte, Kage, Braxton, Summer, Josh, Sophia, Benny, Havana and Brodie.

Many of our Defence students have been awarded leadership roles for 2019. Congratulations to:

- \* Aimee, who was elected School Vice-Captain;
- \* Oscar and Rhiannon, who were elected Vice-Captains of Wirri and Buru Houses respectively; and
- \* Anna, Jerramy, Brodie, Josie, Heidi and Tristan, all of whom were elected as Class SRC Representatives.

Our 2018 Remembrance Day Service, held in beautiful weather, was led by our senior Defence



students. One class showed some beautiful artworks and a number of Defence students read poems they had written about the day. Students also participated in our annual Remembrance Day colouring competition. Leading up to Remembrance Day, all Nowra Hill students decorated a small wooden cross from the Australian War Memorial and wrote a message of appreciation on the back. The crosses were then placed in the Nowra Hill Remembrance Day Field of Crosses.





# St Georges Basin Public School



## Defence School Mentor

Jenny Moffat

jennifer.moffat@det.nsw.edu.au

Tallyan Point Road

Basin View NSW 2540

Phone—02 4443 4251

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

Our 5th Annual KidsMatter Community Expo. There were many community stalls on show with students and parents able to find out information and sign up for activities. Thank you to Mrs Jodi Franchi and Mrs Jenny Moffat for their organisation, the parents and the stall holders for supporting this event. The children really enjoyed themselves and the parents went home with lots of information regarding community services to assist their child in their interests.



Thank you to our stall holders – St Georges Basin Soccer, St Georges Basin Rugby League, St Georges Basin Touch Football, Shoalhaven Mariners Baseball and T Ball, Shoalhaven Libraries, Huskisson Sports Club, Camp Australia, Cameron Optometry, Bay & Basin Leisure Centre, Bendigo Bank Sanctuary Pt, Huskisson Ice cream Parlour, Basin View Fire Brigade, Oral Health Services, Nowra/Woolamia Gymnastics, Kookaburra Retreat.

# Vincentia Public School



## Defence School Mentor

Rachel Birkmyre

Rachel.birkmyre2@det.nsw.edu.au

George Caley Pl

Vincentia NSW 2540

Phone—02 4441 7188

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

### Wakakirri

In 2018, Vincentia Public School entered a performance in the nationwide Wakakirri Performing Arts Event for Schools. In the NSW Shoalhaven region our school won the Best Environmental Story Award and was nominated for the Story of the Year award (our story was about plastics in the ocean). Lorelei was one of the fish in this wonderful performance.

### Cooking

In December, Darcy, Archie, Haylah and Lorelei participated in a cooking class in our school canteen. We made sausage rolls and jam slice so that Mum can have a night off cooking while Dad is away. They both tasted very yummy!



### 2019 Kindergarten Students

This year saw four new kindergarten students start their learning journey at our school. Kai, Jesse, Jack and Lucas have been getting used to the way school works and having fun in the classroom and playground.





# Bomaderry High School



## Defence School Mentor

Tahlia Swain

Tahlia.swain2@det.nsw.edu.au



127 Cambewarra Road

Bomaderry NSW 2541

Phone—02 4421 0699

[www.bomaderry-h.schools.nsw.gov.au](http://www.bomaderry-h.schools.nsw.gov.au)

Term 1 always brings with it, an excitable and busy buzz throughout Bomaderry High School. Positive events, valuable excursions and activity options begin running from the get-go.

Some things from term 1 so far: students have participated in the Nowra, Kangaroo Valley and Berry Show events and competitions, the PCYC Fit-For-Life and breakfast program have taken off, students have proudly competed in the school and Zone swimming carnivals, and some year 12 students and their teachers have been the top class in Australia; climbing to the summit of Kosciuszko.

Year 7s of 2019 have hit the ground running and have had some time to find their feet. There is much excitement circulating about the fast approaching Year 7 camp. Mrs Hilaire has been working around the clock to organise, what is going to be a fun filled adventure camp. The camp will be at Tathra this year.

The approaching ANZAC assembly at Bomaderry High School will take place on Friday, 12th April at 11am. We received some great feedback from within our school and community about our ANZAC assembly last year.

We are hoping to develop that again this year with some new community connections and involvement, a community morning tea beforehand, and some educational and cultural ANZAC activities for students.



## Naval Aviation Prospect Scheme

Bomaderry High School was very proud to congratulate Mitchell West, Peter Dalura and Angus Lowbridge on successfully completing the Long Look Program with HMAS Albatross in December of 2018. The students express that it was a worthwhile and very positive experience.



# Vincentia High School



## Defence School Mentor

Jacqueline Copeland

[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)**

Welcoming new Defence students to Vincentia High School is an important part of my role as a Defence School Mentor (DSM).

Coming into high school can be a daunting experience, especially if a student has relocated from another school, so it is important to create support networks and friendships that make that transition easier.

At our school, we are very fortunate to have our Bushscape Café where students can enjoy a milkshake in quiet and beautiful setting. At the beginning of the year, the Year 7 Defence students have regular get-togethers so they can develop connections with myself and other students. It is also a great opportunity to find out how they are settling into high school and if any of their parents are away due to service requirements.



All Defence students are invited to these informal morning teas, as are their friends.

Sometimes we meet in small groups, which allows students to share their experiences and ask for specific help whether it be managing their assessment deadlines or seeking out other support networks within the school.

Parents are also welcome to come in for a coffee and a chat. They just need to organise it in advance to ensure that the café is open.

Australian  
**Kookaburra Kids**  
Foundation

PROGRAM FOR SERVING AND  
EX-SERVING ADF FAMILIES

SUPPORTING  
KIDS TO BE  
KIDS

MENTAL  
HEALTH  
EDUCATION

CAMPS

ACTIVITY  
DAYS

Supporting  
children who have a  
parent with a mental  
illness as a result  
of military service

For more info on available programs or to refer a  
child contact Kookaburra Kids

Head Office (02) 0525 7474 | ACT Office 0499 444 273

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



Australian Government  
Department of Veterans' Affairs



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





AUSTRALIAN MILITARY  
WIVES CHOIR

**hearts | voices | others**

Singing each  
**1st, 3rd & 5th Thursday**

Defence connected  
female voices

**we welcome**

wives, partners, girlfriends, mothers,  
daughters, sisters, serving ADF  
members, reservists & women whose  
connection may have recently changed

**no audition**

Email :  
[coordinator.shoalhaven@amwchoir.com](mailto:coordinator.shoalhaven@amwchoir.com)

**[amwchoir.com](http://amwchoir.com)**



# Defence Special Needs Support Group



Mobile 1800 037 674

[nicole.gourley@dsnsg.org.au](mailto:nicole.gourley@dsnsg.org.au)

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

Nicole Gourley 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

## Kardia<sup>HR</sup>

### Looking to Build a Career in the Shoalhaven?

Kardia HR is passionate about connecting people.

Our Purpose is to advance the success of others, so that together we build more conscious, sustainable business now and in the future.

If you are wanting to build a career in the Shoalhaven or connect with the local business community, Kardia can help!

#### Connect with us to find out more about our following services:

- Specialist Employment Workshops
- Networking Opportunities
- Current Career Opportunities
- Job Seeker Career Hub
- Human Resource Coaching for Business

[www.kardiahr.com.au](http://www.kardiahr.com.au) [www.facebook.com/kardiahr](https://www.facebook.com/kardiahr) [hello@kardiahr.com.au](mailto:hello@kardiahr.com.au) Ph: 0405 453 667

---

# 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 | Naval Ship Visits**



AUSTRALIAN NAVY CADETS

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

**[www.cadetnet.gov.au/anc](http://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](mailto:john.huisman@cadetnet.gov.au)



---

## BBCR Out of School Hours Care

---



George Caley Pl Vincentia, NSW 2540

Phone—02 4441 7557

[esm@bbcri.com.au](mailto:esm@bbcri.com.au)

[www.bbcri.com.au](http://www.bbcri.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.

---

## Sanctuary Point Connect

---



**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.



---

# One Tree Community Services

---



Phone - 1800 270 640

[www.dcu.onetree.org.au](http://www.dcu.onetree.org.au)

The Defence Childcare Program is designed to provide childcare to Defence personnel families and local communities.

## **TINGIRA CHILD CARE CENTRE**

**Bedford St, Nowra Hill,  
NSW 2540**

**Phone - 0473 440 483**

**[tingira.dcu@onetree.org.au](mailto:tingira.dcu@onetree.org.au)**

Tingira Child Care Centre is a long day care centre situated near HMAS Albatross and cares for children ages 0-6 years.

ADF Members and Defence APS employees are granted priority of access.

Care is provided in a warm and caring environment to extend and enrich children's learning.

A full preschool program is implemented to prepare children for the transition to school.

The Centre maintains a comprehensive educational program that meets the requirements under the National Early Years Learning Framework and we utilise Storypark, an online app, to document and share information about children's learning with families.

All meals, including breakfast, morning tea, afternoon tea and a cooked lunch are provided by a qualified cook.

**Bedford St, Nowra Hill, NSW 2540**

**Phone - 0467 767 821**

**[Kidscrew.dco@onetree.org.au](mailto:Kidscrew.dco@onetree.org.au)**

## **KIDS CREW OSHC**

Kids Crew is a Before School Care, After School Care and Vacation Care facility situated next to Tingira and Nowra Hill Public School.

Quality education program including; sport, craft, cooking, experiences and quiet time for reading and homework.

Meals are provided while children are in the service.

**19 Benson Rd, Jervis Bay, ACT 2540**

**Phone - 02 4442 1173**

**[Kangaroocottage.dcu@onetree.org.au](mailto:Kangaroocottage.dcu@onetree.org.au)**

## **KANGAROO COTTAGE EARLY LEARNING CENTRE**

Kangaroo Cottage is an early learning centre situated at HMAS Creswell.

They provide a warm, safe and nurturing environment and their educators are able to create an atmosphere where children flourish.



**Defence  
Bank**

defencebank.com.au  
02 4424 8100



Albatross

# We're here, where and when it counts.

At Defence Bank, you're not a number, you're a member. We're here on-base at Albatross to make everyday banking easier and more convenient for you.

And we're here for when you want to talk to us about a home loan, our low-rate credit card or our award-winning car loans.

No matter where you go, we'll be there. In fact, we have the largest network of on-base branches across Australia.

Better banking? You can count on it.



---

# 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)**

The venues SPLASH is operating are:

**Monday** 9.30am – 11.30am  
Paradise Beach Reserve  
Walmer Avenue, Sanctuary Point

**Tuesday** 9.30am – 11.30am  
Bomaderry Anglican Church  
Cnr Princes Highway & Birriley St,  
Bomaderry

**Wednesday** 9.30am – 11.30am  
Sussex Inlet Community Centre  
Thomson St, Sussex Inlet

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

---

## 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.

---

# Noah's Inclusion Services

---



**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.

They support families and listen to their community. They 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



Mundamia Early Learning Centre, Noah's Building  
Shoalhaven Campus, University of Wollongong  
George Evans Road, Mundamia, **West Nowra**  
(02) 4423 5022 [mundamia@noahsark.nsw.edu.au](mailto:mundamia@noahsark.nsw.edu.au)  
[www.noahs.org.au](http://www.noahs.org.au)



Managed by Noah's - open to all

**[www.mundamia.com.au](http://www.mundamia.com.au)**

---

# Shoalhaven Family Day Care

---



4/80 Park Road, Nowra NSW 2541

Phone: 4429 5610

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

## **Our Educators feel right at home.**

Are you passionate about working with Children? Want to play a part in shaping their futures while running your own business?

Welcome to Family Day Care.

For a more flexible and rewarding career in early education, family day care isn't just the right choice — it's the natural one.

## **Where Nature and Nurture are at home.**

Providing early childhood education and care for children aged 6 weeks to 12 years across the Shoalhaven, choosing care for your child, family day care isn't just the right choice — it's the natural one.

---

# Jumbunna Children's Centre

---



81 Osborne St Nowra, NSW 2541

Phone: 4422 1622

[jumbunna@jumbunna.org.au](mailto:jumbunna@jumbunna.org.au)

8am — 6pm

Jumbunna is a non-profit, community based long day care centre with occasional care available. Jumbunna is the Aboriginal word meaning - "A place to talk together", an Early Learning Centre - "Where relationships matter".

### **Mission:**

To provide the highest quality community based education and care for young children and to accommodate the needs of their families in our community.

Their educational environment reflects a holistic approach to learning and provides endless opportunities and possibilities that support children's wellbeing and education.



# Looking for a great DHOAS rate?

**Great flexibility. No ongoing fees.**

Ask about our range in branch,  
online or call 1300 13 23 28.



[australianmilitarybank.com.au/dhoas](http://australianmilitarybank.com.au/dhoas)

Terms, conditions, fees, charges and lending criteria apply and are available at the time of application. Australian Military Bank Ltd ABN 48 087 649 741 AFSL and Australian credit licence number 237 988.

---

# Navy Canteens and Ticketing

---

**NAVY  
CANTEENS**



**HMAS Albatross Phone (02) 4424 1592**

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

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

Navy Canteens operates the following core businesses:

**SALT** Navy branded clothing, accessories and memorabilia

**Win with Navy** A fortnightly raffle for Navy members

**Canteens** Located on Navy bases across Australia offering food and beverage services as well as general supplies to Navy and visitors

**Holiday Centres** Including BIG4 Bungalow Park on Burrill Lake, Amblin Holiday Park, Foster Holiday Village and Pandanus Pocket with discounts for Navy members

**Ticketing** A service providing discounted pricing and preferential seating to major performances and events for Navy (as well as Defence and APS members) through major ticketing agencies and venues.

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

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

---

## Canberra Flats

---



**Ph: 02 4424 4108**

**[Cathy.Bowman@spotless.com.au](mailto:Cathy.Bowman@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.

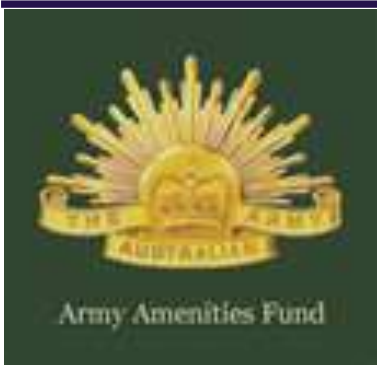
PMKeyS number of the person booking required.

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

---

## Army Holidays

---



**Phone - (02) 6265 6429**

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

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

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



---

# RAAF Holidays

---



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

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

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

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

PMKeyS number of the person booking required.

---

## Cerberus Cottage

---



**Ideal for:**  
- Graduation Parades  
- Spouse Reunions  
- Family Visits

Accommodation at HMAS Cerberus for Defence Personnel and their families.

18 & 20 Cook Road HMAS CERBERUS-

For more information Call 03 5983 0274 or email  
[accommodation@cerberuscottage.com.au](mailto:accommodation@cerberuscottage.com.au)

Each property is fully self contained and can be hired through Cerberus Cottage office. They represent exceptional value for money and sleep up to eight guests each.

### PRICING:

#### Low Season:

Cerberus Cottage Members:	\$90 per night
Non-Member:	\$100 per night

#### High Season:

Cerberus Cottage Members:	\$100 per night
Non-Member:	\$110 per night

\$100 refundable bond required for all bookings



---

# What's on in the Shoalhaven

---

## **Guide to Shoalhaven and Southern Highlands**

[www.guidetoshoalhavenandsouthernhighlands.com.au](http://www.guidetoshoalhavenandsouthernhighlands.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 South Coast What's on**

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

## **Trip Advisor**

[www.tripadvisor.com.au/Attractions-g529023-Activities-Shoalhaven\\_New\\_South\\_Wales.html](http://www.tripadvisor.com.au/Attractions-g529023-Activities-Shoalhaven_New_South_Wales.html)

[www.tripadvisor.com.au/Restaurants-g529023-Shoalhaven\\_New\\_South\\_Wales.html](http://www.tripadvisor.com.au/Restaurants-g529023-Shoalhaven_New_South_Wales.html)

---

## Shoalhaven Libraries

---



**10 Berry St Nowra, NSW 2541**

**Phone - 02 4429 3712**

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

---

---

# TARONGA ZOO PASSES

EMAIL: [hmasalbatross.persops@defence.gov.au](mailto:hmasalbatross.persops@defence.gov.au)

PHONE: 0244241904 OR 41564 OR 41681 OR 41029

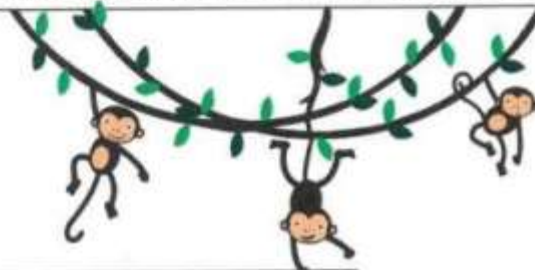


## WHAT:

Did you know HMAS Albatross maintains two zoo, passes which are available for anyone to borrow?

## HOW:

Phone the Personnel Office for availability. Payment for the passes is made when you collect them from the Personnel Office.



**\$30** for each pass. Normally **\$118.40!**

Zoo passes can be used to gain entry to Taronga and Dubbo zoo. Also the pass provides a 10% discount at the zoo merchandising stores!

**4 people** allowed per pass.





# Salary Packaging

Salary packaging is an Australian Taxation Office approved way of paying for a range of everyday items using your pre-tax income. This means you pay less tax and have more money to spend on the things that matter!

## > The Smartsalary advantage

Smartsalary is contracted by your employer to administer your salary packaging. We aim to be the easiest salary packaging company to deal with.

## > How does it work?



Example:

Your laptop	\$2,200
Gross salary	\$70,000
Your income tax rate	32.5%
Your possible savings	<b>\$890*</b>

\*All saving examples are for illustrative purposes only and are based on the income tax rates for the 2018/19 financial year. Your actual savings will depend on your income tax bracket, the GST processing method nominated by your employer, administration fees payable under your employer's salary packaging plan and your personal circumstances. Use our online calculator at [smartsalary.com.au](http://smartsalary.com.au) and enter your details to see how much you could be saving.

## > What can I package?

- > Novated car lease
- > Superannuation
- > Portable Electronic Devices\*\*

Other items include:

- > Airline lounge membership
- > Home office Items
- > Membership fees and subscriptions
- > Mobile phones
- > Income protection insurance
- > Self Education
- > Financial/Taxation Advice
- > Work related equipment

\*\*Portable electronic devices can only be salary packaged if it is used primarily (over 50%) for work purposes.

For more information contact Russell on [russell.derrick@smartsalary.com.au](mailto:russell.derrick@smartsalary.com.au) or call 0488 001 067 for a full list of items you can salary package and the fees involved.



October 2018

---

# Shoalhaven Community Colleges

---



1 Mattes Way Bomaderry, NSW 2541

7 Railway Pde Kiama, NSW 2533

Phone - 02 4423 0351

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

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

Kiama and Shoalhaven Community Colleges are a volunteer-managed, community based adult education provider. They operate as an independent, incorporated, non-for-profit association to provide high quality, adult education courses and activities to meet the expressed learning needs of the community. The College focuses on delivering education and learning projects that meet the social, economic and cultural needs of these communities.

They offer 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!

---

## 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. 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

Tuning In 4&5s - 4-5 year olds - 45 minute classes

Tuning In K-1 - Kindy & Year 1 students - 50 minute classes

JuMP Introduction to Instruments—50 minute classes

# Are you posting?

Please contact us and we can  
organise an information pack  
from your new location  
Defence Community Group!  
Help us Help you!

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





---

# Family Activities

---

## INDOOR

Bay and Basic Leisure Centre  
The Wool Rd, Vincentia  
4406 2022

Roxy Cinema Complex  
41 Berry St , Nowra  
4423 5222

Huskisson Pictures  
19 Sydney St, Huskisson  
4441 5076

Flip Out  
5 Tom Thumb Ave, South Nowra  
4423 6324

The Gym, Indoor Rock Climbing  
McMahons Rd, North Nowra  
4421 0587

Funland Ulladulla  
93 Princes Hwy, Ulladulla  
4454 3220

Fleet Air Arm Museum  
489A Albatross Rd, Nowra Hill  
4421 1920

Shoalhaven City Lanes  
54 Narang Rd, Bomaderry  
4422 1200

Mattys Playtime  
4/10 Central Ave, South Nowra  
4423 5447

## OUTDOOR

Nowra Aquatic Park  
20 Scenic Dr, Nowra  
4429 5641

Bomaderry Aquatic Centre  
127 Cambewarra Rd, Bomaderry  
4429 5600

Shoalhaven Zoo  
23 Rock Hill Rd, North Nowra  
4421 3949

Penwood Miniature Railway  
215A Princes Hwy, Jaspers Brush  
4464 1201

Archer Miniature Railway  
Albatross Rd, Nowra  
0412 706 045

Nowra Mini Golf  
Greenwell Point Rd, Nowra  
4423 3003

Club Husky Mini Gold  
336 Huskisson Rd, Huskisson  
4441 5135

Trees Adventure  
23 Rock Hill Rd, North Nowra  
0429 807 411

Bigfoot Adventures  
1335 Bolong Road, Shoalhaven  
Heads  
0428 244 229





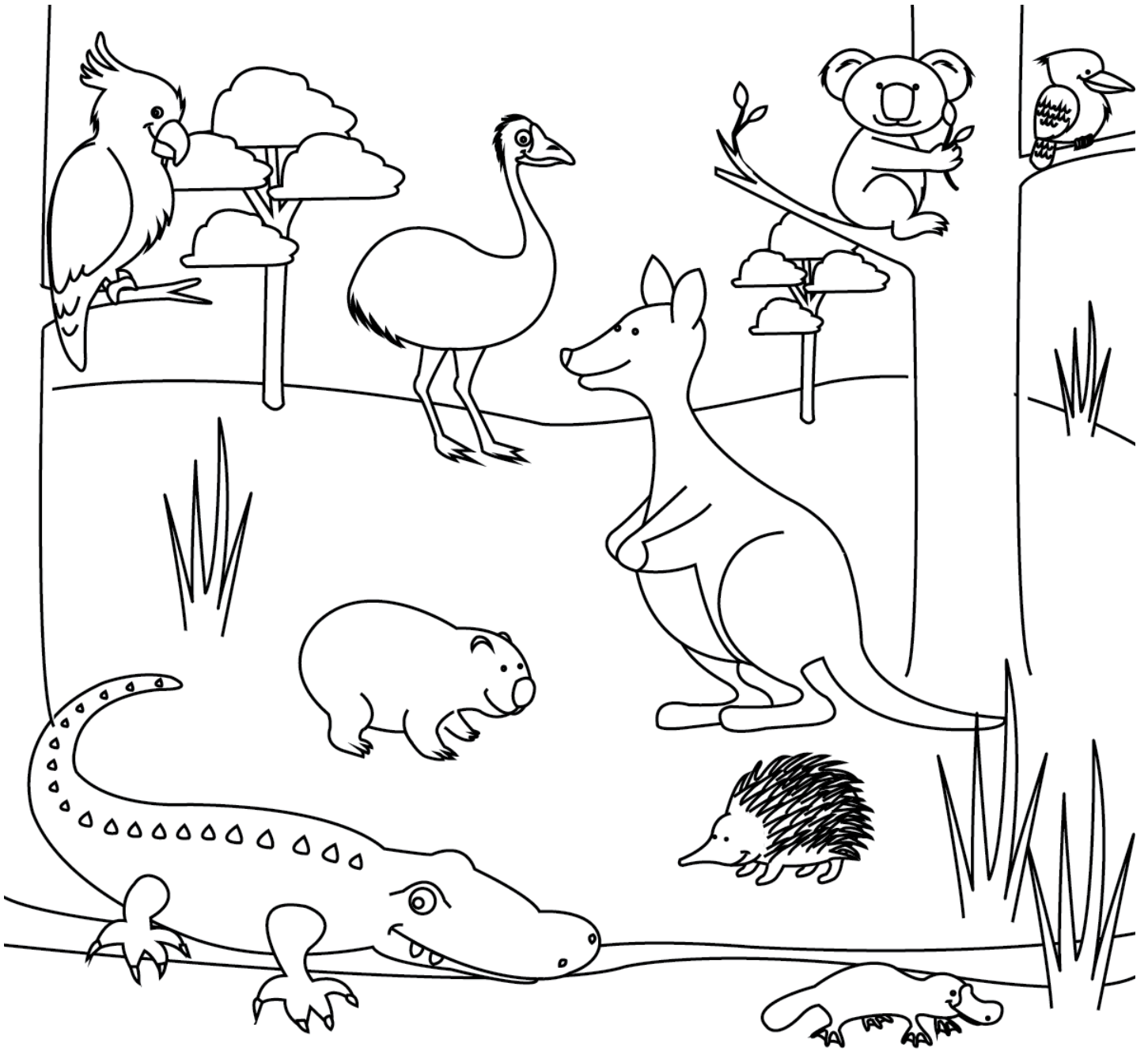
## Markets

BERRY	Berry Country Fair	1st Sun exc Feb	Berry Showground, Alexandra St	8.00am-2.30pm
	Berry Produce Market	2nd Sat	Andrew Place Park	8.00am-2.00pm
	Berry Produce Market	4th Sun	Andrew Place Park, 102 Queen St	8.00am-2.00pm
	Berry Farmers Market	Every Thurs	Berry Showground	3:00pm-6:00pm
CALLALA BAY	Callala Friendly Markets	2nd Sat	Callala Community Ctr, 42 Emmet St	10:00am-2:00pm
CULBURRA	Culburra Beach Markets	1st Sun	Cnr West Cres & Prince Edward Ave (Opp. Bowling Club)	8.30am-1.00pm
GREENWELL POINT	Riverside Markets	3rd Sun	Greenwell Point Bowling Club, Greens Rd	9.00am-2.00pm
HUSKISSON	Huskisson Market	2nd Sun	Sporting Ground (next to Club Husky)	7.00am-1.00pm
	Jervis Bay Maritime Museum Produce/Craft	1st Sat	Jervis Bay Maritime Museum, Woollamia Rd, 3-7pm in day light saving	8.00am-1.00pm
KANGAROO VALLEY	Kangaroo Valley Farmers Market	2nd Sun	165 Moss Vale Rd	8.30am-1.00pm
KIOLOA	Murramarang Community Markets	various	Kioloa Community Hall, Murramarang Rd	9.00am - 1.00pm
MILTON	Milton Village Showground Markets	1st Sat	Milton Showground, Croobyar Rd	9.00am-1.00pm
	Milton Produce Markets	Every Sat	Milton Showground	8.30am-11.30am
MOLLYMOOK	Mollymook Markets	5th Sun	Beach Reserve, Mitchell Pde	8.00am-2.00pm
NOWRA	Wesley Centre Market	4th Sat	Wesley Centre, Berry St	8.00am-1.00pm
	Nowra Uniting Church Monthly Bazaar	1st Fri except Jan & Good Fri	Wesley Centre, Berry St	8.30-11.30am
PYREE	Pyree Village Arts & Craft Markets	4th Sun	Shoalhaven Potters Workshop, Greenwell Point Rd	9.00am-2.30pm
SHOALHAVEN HEADS	Shoalhaven Heads Red Cross Market	Easter Sat, Jun & Oct Long W/E	Community Centre, Shoalhaven Heads Rd	9.00am-1.00pm
	Shoalhaven Heads Fresh Produce Market	Every Sat	Shoalhaven Heads Hotel, River Rd	8.00am-1.00pm
SUSSEX INLET	Sussex Inlet Flea Markets	2nd Saturday	Uniting Church Hall, Jacobs Dr	9.00am-1.00pm
TOMERONG	Tomerong Village Markets	3rd Sat	School of Arts, Hawken Rd	8.00am-1.00pm

## Second Hand Shops

Anglicare Bomaderry Opportunity Shop, Meroo Street, Bomaderry  
 Anglicare Op Shop, Shop 4 Canal Street, Culburra Beach  
 Mission Australia, Cnr Worrigee St and Princes Hwy, Nowra  
 Mission Australia, 136 Island Point Road, St Georges Basin  
 Mission Family Store– Shop 4, 197 Kerry St, Sanctuary Point  
 Red Cross, 21 Schofields Lane, Nowra  
 Salvos, 2/182 Princes Highway, South Nowra  
 Vinnies, 117b Queen Street, Berry  
 Vinnies, Canal Road, Culburra  
 Vinnies, 5 Berry Street, Nowra  
 Vinnies, 199 Kerry Street, Sanctuary Point  
 Vinnies, Shop 1, The Village Centre, Shoalhaven Heads Road, Shoalhaven Heads  
 Vinnies, 11/159 Princess Hwy, South Nowra  
 Wesley Uniting Church Op Shop Junction Street (opposite Post Office), Nowra





## Australian Animal Colouring Page

How many animals can you count?  
Can you name them all?

---

# Kids Stuff

---

In 2001 the SDFA created a Celebrity Cookbook. It contained recipes from many celebrities at the time including Bert Newtons Baked Italian Whiting, Don Burkes Leftover Lamb Curry, Jamie Durie's Frangipani Pie and Ian Hewitson's Bread and Butter Pudding.

**Here for your enjoyment is a recipe from the Cookbook.**



## Bananas in Pyjamas<sup>tm</sup> Munchy Honey Cakes

Makes approx. 15

### **Ingredients:**

60g Butter, melted  
1/2 cup Honey  
1/2 cup Cornflakes  
1/2 cup Coconut  
1/2 cup Rolled Oats  
1/2 Sultanas (optional)  
1 cup SR Flour, sifted



### **Method:**

1. Preheat oven to 180C and grease baking trays.
2. Combine melted butter and honey.
3. Add dry ingredients and mix thoroughly.
4. Place heaped tablespoons of mixture onto baking trays.
5. Bake at 180C for 10-12 minutes.

Enjoy.



**10% OFF  
FURNITURE**

**EXCLUSIVE OFFER FOR DEFENCE FAMILIES  
GET 10% OFF OUR ALREADY LOW PRICES**



**SIMPLY SHOW YOUR ID AT OUR NOWRA STORE OR CONTACT US  
FOR ONLINE PURCHASES**

**NOWRA**

184 Princess Hwy,  
South Nowra, 2541  
(02) 4423 3891

**ONLINE ENQUIRES**

[customerservice@pacificfurniture.com.au](mailto:customerservice@pacificfurniture.com.au)







**STRICTLY LIMITED OFFER FOR DEFENCE FAMILIES**

**20% OFF MATTRESSES**



**NEED ANYTHING FOR YOUR OFFICE, BREAK ROOM,  
COMMON ROOM OR ACCOMMODATION?**

**LARGE SCALE  
COMMERCIAL  
DISCOUNTS**



*you betcha.*

**YOU WILL SAVE  
GUARANTEED!**

**CONTACT OUR DEDICATED COMMERCIAL TEAM**

[gerard@pacificfurniture.com.au](mailto:gerard@pacificfurniture.com.au)

---

# Just for Fun

---

## How to Prepare for Military Life

- ☐ Meet the love of your life. Live apart half the time.
- ☐ Buy new furniture, put it in a moving truck, bang it around, then rent a house that doesn't fit it.
- ☐ Start a new job. Quit two years later. Repeat. Forever.
- ☐ Get pregnant. Give birth in a foreign country/state. Make sure your spouse isn't there.
- ☐ Cry. Laugh. Drink Wine. Meet awesome people. And enjoy the craziest adventures of your life.

## **'Just' a Defence Spouse**

I just hold our military family together during deployments and other separations.

I just adapt and stay flexible when the military dictates where I will live.

I just make the best of it when I am far away from my closest friends and family.

I just manage our household, keep the finances straight and handle big decisions.

I just reinvent my career time and time again.

I just support my service member 100% and understand their unrelenting desire to serve our country.

Are you Just a Defence Spouse?

# Breathe... You got this!!!

Thanks to [fb.com/TheMilitaryWifeandMom](https://fb.com/TheMilitaryWifeandMom)



# National ADF Family Health Program



Did you know dependants of ADF members are eligible to receive \$400 per person towards allied health services?

Visit [www.adffamilyhealth.com](http://www.adffamilyhealth.com) for more information  
or email [adf.dependanthealth@defence.gov.au](mailto:adf.dependanthealth@defence.gov.au)

## Enrol now!

## Medical Centres and Hospitals

### HOSPITAL EMERGENCY

NOWRA	Shoalhaven District Memorial Hospital	2 Shoalhaven St	02 4421 3111
MILTON	Milton Ulladulla Hospital	104 Princes Hwy	02 4455 1333
EMERGENCY	Police - Fire - Ambulance		000

### MEDICAL CENTRES

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
CALLALA BAY	Callala Surgery	6 Chisholm St	02 4446 5350
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	131 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 Shop 6 Princes Hwy	02 4455 1291
VINCENTIA	Vincentia Bay Medical Centre	Shop 22, Vincentia Marketplace	02 4443 9888
	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





Recommended accommodation providers

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

4421 5544

\*\* Mention this ad & receive \$10/reservation discount for Defense families

---

# Reference Guide

---



## ***Shoalhaven Defence Families Association***

Coordinator: Maxine Starkey  
Kookaburra Retreat  
Flat 2 Canberra Drive NOWRA HILL  
Ph: 4421 5766 Mon, Tue, Thurs, Fri. 9.30am—2.30pm  
Email: shoalhavendfa@gmail.com



## ***Defence Community Organisation***

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



## ***Defence Families of Australia***

National Delegate ACT/Sth NSW  
Email: act.sthnsw@dfa.org.au  
Ph: 1800 100 509 or 0419 333 101



## ***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***

# Spouse Register

On the following page 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.

**CREATE INSPIRE FUN**  
Drama for Pre-school through Secondary



**Nowra & The Shoalhaven Coast**

**Mrs Belinda Crockett**

<https://www.facebook.com/CreativeStarzY.T/>



Tell your friends about our fundraiser!

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

**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 FUNRAISER' SECTION UNDER 'GIVEN & 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.



**PERSONALISED TSHIRTS**

**KIDS WALL ART**

**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 SHOP FOR DETAILS



# Shoalhaven Defence Families Association

## 2019 MEMBERSHIP FORM - \$30

Relationship to defence (please circle)

**Navy – Army - Air Force - Civilian**

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

DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

EMAIL \_\_\_\_\_

Preferred Method of contact (please circle)

Email/Facebook

Would you like the Time Out Magazine emailed to you

Y/N

Are you a new member or renewing your membership

New / Renewing from 2018

### EMERGENCY CONTACT DETAILS

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

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

### Children's Details

Name _____	DOB _____
Name _____	DOB _____
Name _____	DOB _____
Name _____	DOB _____

I.....the parent(s)/guardian(s) of the above named children hereby **give/do not give** the SDFA 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 SDFA, 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** \_\_\_\_\_ **DATE** \_\_\_\_\_

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

EFT payments - NAME: SDFA BSB: 012787 ACC: 184071187 Description: MEMSurname

### NON-DEFENCE MEMBER

Nominated by:

Name \_\_\_\_\_

Signature \_\_\_\_\_

Seconded by:

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

Signature \_\_\_\_\_

### OFFICE USE ONLY

#### Actions

EFT/Cash (receipt no) \_\_\_\_\_

Members list \_\_\_\_\_

Facebook – Profile \_\_\_\_\_

QB \_\_\_\_\_

Email contacts \_\_\_\_\_

Group \_\_\_\_\_ Page \_\_\_\_\_

# Help our fundraising cause!

Support us and treat yourself!



Discover the best of your city with Entertainment.

Still only  
**\$60** Every sale contributes to our cause



Enjoy thousands of offers for everything you love to do

2-for-1 offers, special rates and up to 50% off on activities, dining, shopping, travel and leisure.

Order your Entertainment Membership today!

<b>50+</b> Contemporary Dining Offers!	\$40 value	\$30 value	\$40 value	\$30 value	\$35 value	\$45 value and many more...
<b>90+</b> Casual Dining Offers!	\$25 value	<b>5 Little Pigs</b> \$25 value	\$50 value	\$30 value	\$45 value	\$40 value and many more...
<b>150+</b> Takeaway and Attraction Offers!	25% off	2 for 1	2 for 1	2 for 1	2 for 1	2 for 1 and many more...
<b>2,000+</b> Travel and Retail Offers!						and many more...

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

Every sale contributes to our fundraiser, so purchase your Entertainment Membership today!

## Shoalhaven Defence Families Association - Kookaburra Retreat

Order your Memberships online today!!

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

Purchase your Membership before the 4<sup>th</sup> April 2019 and receive bonus offers valued at \$200! Subject to availability.

Use your camera or scan this code to purchase now!

