



## Association's Back Bone

The Shoalhaven Defence Families Association (SDFA) committee have been working on areas of the association and Kookaburra Retreat and we feel it needs an upgrade. Communication to our members is one such area, this is why Maxine (President) has been concentrating on putting the content that needs sharing into a format for our upcoming interactive website. Stayed tuned for further up dates and launch day. SDFA has recently purchased (special deal) the latest Microsoft Office package. It is glorious to have publications, emails, photos and the like opening/downloading and working 'every time'. We also hope to teach a few members the easy-to-learn skills needed to create flyers and mini posters for our upcoming events, the second computer in the 'lounge room' at Kookaburra Retreat will come in handy for this purpose.

Regular craft workshops is something we are promoting this year. Thanks to Alison, Diane, Chloe and Max who have volunteered their precious time and skills to guide and show us how to create something fun and useful. Turn to last page for details.

Our beautiful playgroup coordinator Adrienne and her lovely assistant Jacqui have welcomed new families to playgroup on a Tuesday, with it's popularity growing we have considered a second day of playgroup during the week!

Enjoy reading our news!

- Sam McConnell, SDFA coordinator

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*"Trade your expectations for appreciation and your whole world changes in an instant"*

- Tony Robbins  
Celebrity Life Coach

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Lyndal, Neala and Jacinta volunteering their time to cook up a storm at the Bunning BBQ

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Miranda, Sue, Bev, Aleera, Alison and Max

# S DFA's Wonderful Volunteers

Even with a funded grant from the Family Support Program we are required to fundraise regularly, who doesn't like helping others? The grant money keeps the association in existence and the fundraising money is for services, support, fun and upgrades.

We offer our members subsidised childcare on a weekly basis which offers mums (mainly) a break encompassing adult interaction with those in a similar circumstance.

Family Days are a chance for defence families to enjoy a day together that someone else has organised.

## Fundraising Activities

The photo on the front cover is from last month's Bunnings BBQ, which is one of our biggest fundraisers of the year, after costs we raised over \$600. Maxine's 'all day-er' from 7am—5:30pm was a great effort and in true form our president was still smiling, enthusiastic and kept a positive attitude to the end. Lyndal, Neala, Jacinta were fantastic workers, keeping the factory line of sausage sandwiches moving during the morning. We then had William come and help. Fiona, bless her, was visiting Bunnings and saw our stall was needing another pair of hands so she organised her family and stayed to volunteer and helped pack up.

DCO's Welcome Day on 20th February was a fun day and an opportunity to fundraise each year. It was our second year serving gourmet hotdogs, as they were such a hit last year. Mike was a great help getting all the 'dogs' and supplies to the FAA museum with me. Alison's previous years experience was greatly appreciated along with Max's mum Sue and her friend Bev, all were there to do what was required for the duration. Max's friend Chantelle also gave her time as well as Miranda, who notified us of her volunteering her time via our Facebook event, thanks.



Chantelle and Michael serving hot dogs

## Playgroup Cleans Up

On the 29th March Adrienne Varga (playgroup coordinator) and Jacqui England removed everything from the outdoor toy shed. They cleared the shed and cleaned everything and the inside of the shed before putting it all back neat and tidy. Kerry McCallum was there to help out for a period as well. Thanks ladies, we appreciate your initiative and hard work!



S DFA and DFA - Sharing the Support

## Morning Tea - Invitation to Kooka's Kitchen

We have a lovely little (old) kitchen at Kookaburra Retreat and we always have a supply of coffee, instant and pods and tea bags of various flavours with biscuits to accompany. It's a pay as you sip routine. However, for anyone who has heard of us and wondered what, where, who, why I'd like invite you out for a free cuppa and a little show and tell of our community house. **Pop in anytime on a Tuesday, Thursday or Friday between 9am and 2pm. Regards, Sam.**



Jacqui and Adrienne in a tidy toy shed

## Defence Community Organisation Notice

As you can see by the invite right, DCO have an event this month. Kookaburra Retreat is pleased to be the venue.

In the middle of the year they have another. As part of the Family Smart Programs a REINTEGRATION Workshop will be run by Roger (social worker) in late June 2016. Designed for couples to attend the workshop together to understand the difficulties associated with the return of a spouse after being absent.

## DCO 'COFFEE CLUB' MONTHLY MEETINGS

NOWRA  
2nd Tues of the month  
Tea Club @ 10:30am  
Berry Street, Nowra

HUSKINSON  
2nd Friday of the month  
Husky Bakery @ 10:30am  
11 Currambene St, Husky

### DCO NOWRA

Phone: (02) 44213855

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

## DCO Nowra invites Defence partners to attend their annual Education and Employment Seminar.

The Employment and Education Seminar is for the Defence community living in the Shoalhaven region.

It is an opportunity for defence partners to increase their awareness and knowledge of services that are available in the area when looking to work or study.

Guest speakers will include local adult education providers, local recruitment services, local employers and local volunteers. DCO will also provide information about the Partner Employment and Education program (PEEP). Refreshments will be provided. RSVP is essential. Childcare will be available at a cost, though spaces are limited.

WHERE: Kookaburra Retreat – Flat 2, Canberra Drive, NOWRA HILL

WHEN: Friday 29th April 2016 from 10 am – 12:30 pm

RSVP: [dco.nowra@defence.gov.au](mailto:dco.nowra@defence.gov.au) or 4421 3855 by 24th April 2016.



CRECHE Josie enjoying craft, Sammy enjoying painting and Ruby enjoying the sun

## Entertainment Books are here.

An Entertainment Book is a local restaurant and activity guide which provides up to 50% off and 2-for-1 offers from the finest restaurants, cafes, attractions, activities, retailers and hotel accommodation. The Membership entitles buyers to exclusive offers that are virtually restriction-free and is valid through to 1st July 2017. Each book is \$55 and has over \$25,000 of savings. Did you know you can download a DIGITAL version? Get the App and have discounts at your fingertips everywhere you go, it can also locate businesses near you who accept the book's vouchers. SDFA/Kooka receive \$11 from every book sold. Purchase is easy, grab one from Kooka or go to the link below.

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

Alternatively email [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com) and ask for the direct link. Please share the website with family and friends. Do they live interstate? That's okay, the EB team will send a book for their area - awesome!



# KOOKABURRA RETREAT'S

## Upcoming Events



### APRIL

- GIRLS NIGHT** at Kooka - Saturday 16th starting 6:30pm. Prizes and games.
- School Holiday Session** - crèche open - Wednesday 20th April 10am - 2pm.
- CRAFT** scrapbooking - Thursday 28th April 10am-12pm Cost: \$5
- DCO Education and Employment Seminar** - Friday 29th 10am-12:30pm.
- Sewing Night** - Saturday 30th 7-10pm. Bring along any projects you are working on (small fee if/when you use Kooka supplies).

### MAY

- MOTHERS DAY** High Tea at Kooka - Saturday 7th. 11am - 2pm. Members and their guests. Please bring a nice/favourite cup/mug and a plate of food to share.
- Committee Meeting** - Friday 13th @ 10:30am. All SDFA members welcome.
- CRAFT** Marble Mug Decoration - Thursday 19th 10am-12pm Cost: \$5
- DCO FAMILY DAY** - Sunday 15th May. More details to come.
- Second Hand Book Sale** - Friday 20th May. Please drop your unwanted books out to Kooka or give to someone who visits. We will sell them to help pay for crèche fees.
- Sewing Night** - Saturday 28th 7-10pm. Bring along any projects you are working on (small fee if/when you use Kooka supplies).

### JUNE

- FIRST AID** for Parents workshop - Friday 3rd. FREE for SDFA Members, small charge for non-members. Childcare at your cost, limited spaces.
- Reintegration Workshop** - date TBC. Contact DCO for details or await the flyer.
- CRAFT** Jewellery Making - Thursday 16th June 10am-12pm Cost: \$5
- Granny's Bingo** - Saturday 18th. Come dressed in granny's clothes for a laugh and a prize or two.
- Sewing Night** - Saturday 25th 7-10pm. Bring along any projects you are working on (small fee if/when you use Kooka supplies).



Kelly, Hayley, Alison, Rebecca (great posture) and Cathy at Wharf Rd Bar and Restaurant

## Contact Us

Give us a call for more information about our services and events.

### SDFA

Phone: (02) 4421 5766

Open: 9am—2pm

Tues, Thur, Fri

Email: shoalhavendfa@gmail.com

### Location:

Flat 1 & 2 Canberra Flats  
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Hill NSW

### Postal Address:

### SDFA

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Nowra Hill, NSW 2540

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groups/11983009470380  
8/](https://www.facebook.com/groups/119830094703808/)

Visit us on the web soon  
[www.watchthisspace.com](http://www.watchthisspace.com)

Girls Company..... a defence spouse necessity!

In early January, during the school holidays six of us managed a get-together for lunch. Any excuse to get dressed nice and out of your house/holiday clothes. The Wharf Rd delivered with beautiful food we ended up finishing our beverages on the balcony while enjoying the bridge and river view.