



Shoalhaven
Defence
Families
Association

TIME OUT

Autumn—Winter 2016

Issue 103



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A magazine especially for Shoalhaven Defence Families

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

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Update from the SDFA Coordinator

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

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

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

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

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

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

Regards, Sam McConnell

COMING SOON OUR VERY OWN WEBSITE - www.sdfa.com.au

SDFA Mission Statement

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

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

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

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

Kookaburra Retreat



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

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

Playgroup

Tuesdays

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

Coffee, Craft & Chat

Thursdays

*9.30am to 12.30pm
(crèche available)*

Fridays

*9.30am to 12.30pm
(crèche available)*

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

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

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

Office number: 44215766

Hours: 9am—2pm

Tuesday, Thursday, Friday



Kookaburra Retreat

Crèche

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

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

The crèche is open on Thursdays and Fridays from 9.30am to 12.30pm.

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

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

We are aware of allergies and we aim to work with parents to provide a safe environment for children in our care. With this in mind, we ask that **no nut products** be brought to the crèche.

School Holiday Sessions

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

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

Craft Classes and Workshops

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

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

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





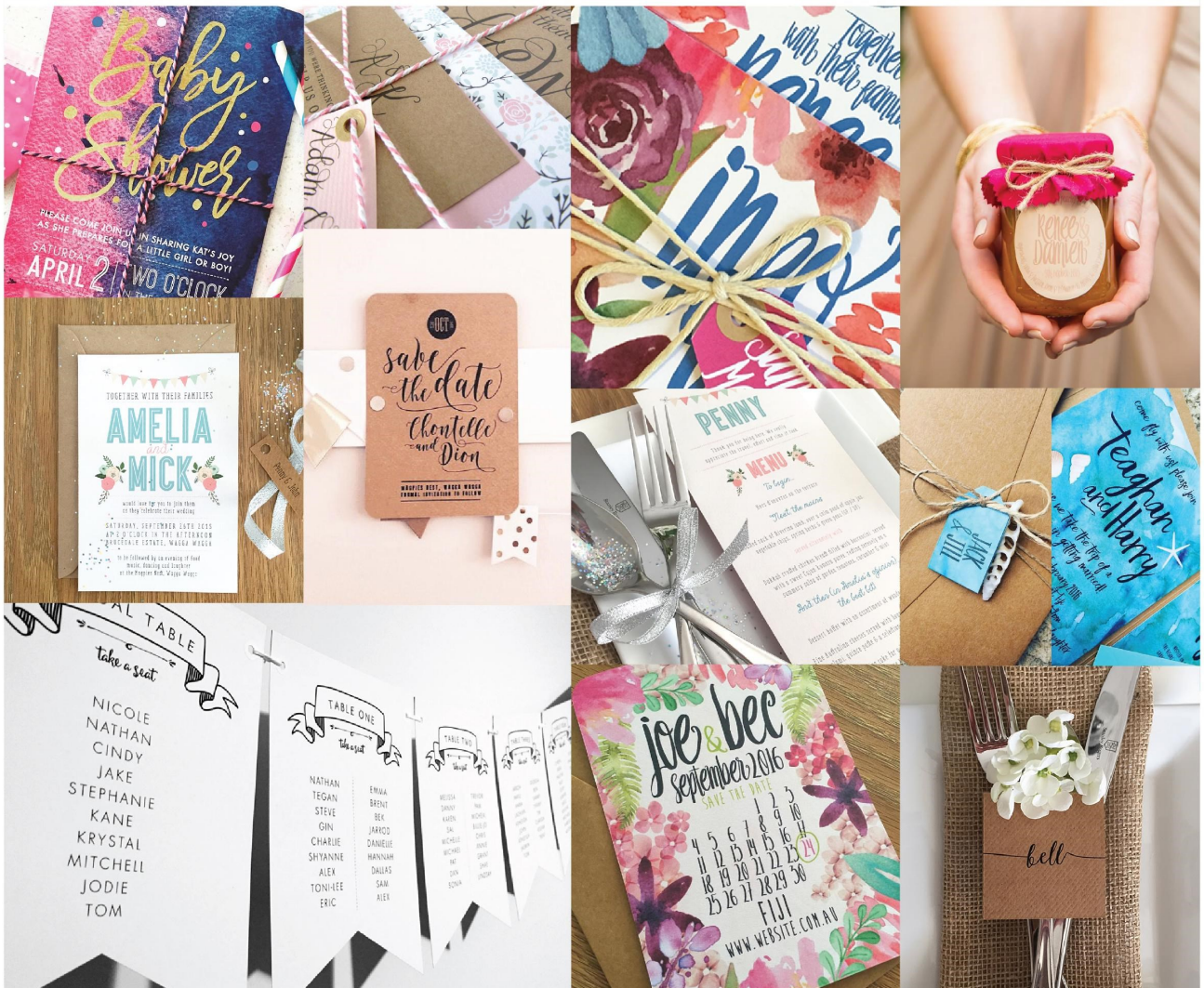
INKLING DESIGN & PRINT

wedding & special occasion stationery

INFO@INKLINGDESIGNANDPRINT.COM.AU

0413 649 148

WWW.INKLINGDESIGNANDPRINT.COM.AU



Kookaburra Retreat



Playgroup

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

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

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

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

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

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

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



Get Involved

Committee

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

Our current **Executive Committee** is:

President – Maxine Starkey

Vice President – Pam Parker

Treasurer – Daila Mohr and Adrienne Varga

Secretary – Rebecca Howard



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

Committee Meetings

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

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



Extra information about SDFA

Advertising in Time Out

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

Hire Kookaburra Retreat

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

Kookaburra Retreat has a Strictly No Smoking policy



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

Our Facebook group is called Shoalhaven Defence Families Association.

Please be aware that it is a private group which will require you to 'ask' to join.

Become a member to keep up with events and activities as well as gaining support.

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



KISSMYFLASH PHOTOGRAPHY

- WEDDINGS - NEWBORNS -
- FAMILY PORTRAITS -

WWW.KISSMYFLASH.COM.AU - INFO@KISSMYFLASH.COM.AU



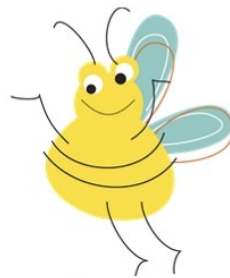
Shoalhaven
Defence
Families
Association



KOOKABURRA
RETREAT

FAMILY & OPEN DAY

Sunday
26th June 2016

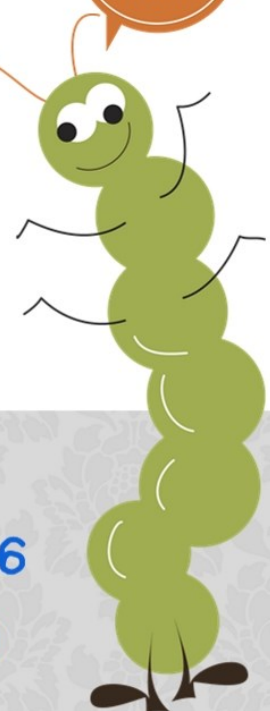


11am - 3pm

Jumping castle

Animals visiting from
Shoalhaven Zoo

mumbo the clown



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

Defence Community Organisation

What we do

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

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

Strong Families, Strong Communities, Strong Defence.

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



DCO Coffee mornings

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

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

The Family Liaison Officer (FLO) Melissa Hedger and Military Support Officer (MSO) LEUT Belinda Finlay will be there to chat, if you wish to talk about anything specific.

Nowra

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

Bay & Basin

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

Letter from DCO Area Manager



Sharon Scouller
Area Manager
DCO Canberra/Nowra

The Defence Family Helpline

1800 624 608
defencefamilyhelpline@defence.gov.au

55-57 Berry Street

PO Box 1163

Nowra NSW 2541

P: (02) 4421 3855

F: (02) 4423 0622

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

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

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

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

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

Sharon



Australian Government

Department of Defence

Need advice, support or connection
with your local community?

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

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

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

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

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



Family Liaison Officer

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

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

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

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

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

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

Melissa Hedger

Crème de la Crème

BEAUTY BAR

BROW SCULPTING

SHELLAC NAILS

SPRAY TANS

24 GREENDALE CLOSE
NOWRA HILL

PHONE
0411 570 934



Crème de la Crème

WE NEED YOUR BOOKS FOR OUR



second hand BOOK SALE

raising money for
Kookaburra Retreat

funds will go towards our creche service

FRIDAY 29th JULY
@ Kookaburra Retreat

DOORS OPEN AT 3PM

SHOP AND STAY FOR A CUPPA TILL 6PM

BOOKS OF ALL VARIETIES

Defence Families Of Australia



1800 100 509

Southern NSW Delegate

Amy Nerio

act.sthnsw@dfa.org.au

www.dfa.org.au

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

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

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

Defence Housing Australia



Head Office

26 Brisbane Ave Barton, ACT 2600

Customer Service and Maintenance

139 342

www.dha.gov.au

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

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

Defence School Transition Aides and Mentors

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

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



In-School Support

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

Aides and Mentors' activities include:

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

Primary Schools

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

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

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

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

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

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

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

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

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

Secondary Schools

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

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

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

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

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



Cambewarra Public School



Defence School Transition Aide

Lisa Hood

Phone – 02 4446 0038

lisahood2@det.nsw.edu.au



Kalinga St

Cambewarra NSW 2540

Phone—02 4446 0038

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

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



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

Cambewarra Public School



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

Lest We Forget



Catafalque Party



Illaroo Road Public School

103 Illaroo Rd

North Nowra NSW 2541

Phone—02 4421 0422

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



Defence School Transition Aide

Jenny Binns

Phone – 02 4421 0422

jennifer.binns1@det.nsw.edu.au



Easter Hat Parade

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

Easter Egg Hunt

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



Helicopter Visit

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

Illaroo Road Public School



ANZAC Day March and Assembly

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

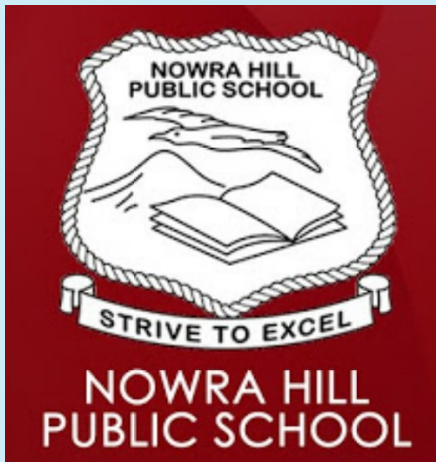
Our Anzac Day Assembly was held on Wednesday 6th April. The assembly is a wonderful learning opportunity for the children and to formally acknowledge the contribution made by our service men and women. Our school leaders gave merit awards to children who have presented school values, and displayed the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

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

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



Nowra Hill Public School



Defence School Transition Aide

Leanne Millaerd

Phone – 02 4421 5671

leanne.millard1@det.nsw.edu.au



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



382B BTU Rd

Nowra Hill NSW 2541

Phone—02 4421 5671

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

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



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



Nowra Hill Public School

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



Anzac Day Art

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



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



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

Nowra Hill Public School



ANZAC Day March – Nowra

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

This was an amazing representation from a small school.



ANZAC Service at Nowra Hill Public School

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

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

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



DEFENCE BANK IS YOUR BANK

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

- > **Home Loans for Defence Force members**
- > **Home Loan Consultants that will come to you**
- > **Investments and Superannuation**
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St Michaels Catholic Primary School



Defence School Transition Aide

Maryann Tweed

Phone – 02 4421 3630

tweedm02@dow.catholic.edu.au

28 North St

Nowra NSW 2541

Phone—02 4421 3630

www.smndow.catholic.edu.au

ANZAC DAY SERVICE

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



Recognition Certificate presented by CO Peter Wynter to Ashton Davis.

St Michaels Catholic Primary School



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

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

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



Vincentia Public School



Defence School Transition Aide

Rachel Birkmyre

Phone – 02 4441 7188

rachel.birkmyre2@det.nsw.edu.au



George Caley Pl

Vincentia NSW 2540

Phone—02 4441 7188

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

ANZAC Day commemorations

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



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

Vincentia Public School



ANZAC Day march at Huskisson

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



St Johns Catholic High School



Defence Transition Mentor

Wendy Gaudie

Phone – 02 44231666

gaudiew01@dow.catholic.edu.au

31 John Purcell Way

Nowra NSW 2540

Phone - 02 4423 1666

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

ANZAC Day Marches

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

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



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



St Johns Catholic High School

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



ANZAC Assembly

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



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

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



Vincentia High School



Defence Transition Mentor

Jacqueline Copeland

Phone – 02 4441 6766

jacqueline.copeland@det.nsw.edu.au



142 The Wool Road

Vincentia NSW 2540

Phone - 02 4441 6766

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

Dare to Lead

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

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

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

Vincentia High School

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



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Australian Air Force Cadets



Phone Tuesday nights 02 4424 2720

admino.330sqn@aafc.org.au

330 SQN Recruiting for July 2016

From the Commanding Officer

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

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

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

Eligibility Requirements

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

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



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



Aim

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

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

Australian Air Force Cadets

GOOD NEWS STORIES 2016

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

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

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

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

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

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

Gallipoli 2016

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

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

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

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



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

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

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

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

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



Australian Navy Cadets



HMAS ALBATROSS

Albatross Road NOWRA, NSW 2541

Phone: 0418 422 870 Fax: 02 4424 2725

john.huisman@cadetnet.gov.au

Phone: 02 4424 1067

Saturdays between 9.00 am & 4.00 pm

Or 0418 422 870



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

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

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

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

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

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

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

Australian Navy Cadets

What's in it for me?

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

Recruit

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

Seaman

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

Able Seaman



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

Leading Seaman



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

Petty Officer



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

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



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

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

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



AUSTRALIAN NAVY CADETS

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

www.cadetnet.gov.au/anc



TRAINING SHIP SHOALHAVEN
Australian Navy Cadets

JOHN HUISMAN
Commanding Officer

H M A S ALBATROSS
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PO Box 7068
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Supported Playgroups of Shoalhaven



Supported Playgroups of Shoalhaven

SPLASH operates during school terms

Renee Phone: (02) 4424 7100

Mobile 0423 606 559

splash@anglicare.org.au

Splash is a free, mobile supported playgroup for families in the Shoalhaven area. It's a place where:

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

Is SPLASH for me?

SPLASH welcomes all families with pre-school children, especially

- * if being a parent or carer is more than you bargained for
- * if being a parent or carer is getting you down
- * if you're missing the support and practical help of relatives.

What does SPLASH offer?

SPLASH supports families by providing:

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

Monday

9.30am – 11.00am

Paradise Beach Reserve

Walmer Avenue, Sanctuary Point

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

Tuesday

9.30am – 11.00am

Bomaderry Anglican Church

Cnr Princes Highway & Birriley Street, Bomaderry

Wednesday

9.30am – 11.00am

Sussex Inlet Community Centre

Thomson Street, Sussex Inlet

Lyrebird Preschool



101 Jervis Street

Nowra East, NSW 2540

(next to Lyrebird Park)

Phone - 02 4421 4604

www.lyrebirdpreschool.com.au

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

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

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

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

BBCR Out of School Hours Care



George Caley Pl Vincentia, NSW 2540

Phone—02 4441 7557 www.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.

Enquires can be made by contacting the OOSH Project Officer after 2pm Monday to Friday on 4441 7557 or email esm@bbcri.com.au

Noah's



Building 303 Shoalhaven Campus of UOW

Georges Evens Rd West Nowra, NSW 2541

Phone - 02 4423 5022

www.noahs.org.au

contact@noahs.org.au

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

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

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



Connecting families since 2006

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connect

A Schools as community centres project

4443 0520 | www.sanctuarypointconnect.org

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

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

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

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

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



Shoalhaven Family Day Care

Recruiting Educators

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If you are over 21 years of age, and have

- ★ Experience with children
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We have

- ★ A fantastic career opportunity for you...

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

We look forward to discussing the opportunity further.

Looking for care?
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Shoalhaven Libraries



10 Berry St

Nowra, NSW 2541

Phone - 02 4429 3712

www.shoalhavenlibraries.com.au

Carla De Casti

decasti@shoalhaven.nsw.gov.au

Rhymetime

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



Bookworms Book Club

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

One Wednesday afternoon a month at 4 - 4.45pm

Paws'n'Tales

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

Inklings

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

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

Storytime

It's never too early to introduce your children to the wonder and magic of Reading. Our Story Time sessions are designed to teach young children about the joy and beauty of books through stories, songs and craft. For ages 2-5. 10am every second Tuesday during school term at Nowra Library, 11am every second Tuesday during school term at Ulladulla Library.

Shoalhaven Neighbourhood Services Inc.



East Nowra Neighbourhood Centre

2/80 Park Rd Nowra, NSW 2541

Phone - 02 4422 1299 parkroad@sns.org.au

Nowra Neighbourhood Centre

134 Kinghorne St Nowra, NSW 2541

Phone - 02 4421 5205 kinghornestreet@sns.org.au

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

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

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

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

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

For more information please call us at either centre.

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

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

www.sns.org.au

Shoalhaven Community College



1 Mattes Way Bomaderry, NSW 2541

Phone - 02 4423 0351

www.kcc.nsw.edu.au

sccreception@kcc.nsw.edu.au

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

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

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

Kangaroo Cottage

19 Benson Road Jervis Bay ACT 2540

Phone - 02 4442 1030

els_enquiries@missionaustralia.com.au

Welcome to Mission Australia Early Learning

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

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

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



Now taking enrolments for children 3-6 years.

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

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Am I eligible?

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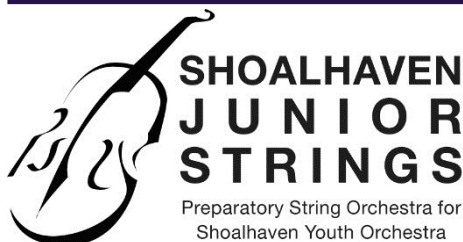
VVCS provides free and confidential, nation-wide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger. Support is also available for relationship and family matters that can arise due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

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

VVCS provides the following services:

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

Shoalhaven Youth Orchestra



Nowra School of Arts

PO Box 820 Nowra, NSW 2541

Phone - 0466 800 656 or 0435 584 220

www.syo.shoalhaven.net.au

syorchestra.pmp@gmail.com

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

Veteran's Affairs

Did you Know?

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

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

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

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

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

SUZANNE BAKER
JUSTICE OF THE PEACE

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

KEVIN CURTIS CSM
LCDR RAN (Rtd)

PENSION OFFICER
0438 114 502
kpcurtis@bigpond.com



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

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

Courses available now throughout the South Coast

Book Online Today: www.kidsfirstaid.com.au or call 1300 138 133

Private Sessions also available

Nowra Family Relationship Centre



47 West St Nowra, NSW 2540

Phone - 02 4421 7150

www.familyrelationships.gov.au

Assistance to sort out parenting arrangements after a family separation

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

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

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

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

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

Jacqui Leonard | Manager Nowra Family Relationship Centre
Senior Program Manager Shoalhaven
M:0401 698 175E:jleonard@anglicare.org.au

Our Children Workshops 2016

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

Individual sessions can be completed in one session.



Post Separation Cooperative Parenting Service

Help for separated parents in conflict

Effective communication and parenting

Building a bridge for the sake of the children

Tools to assist around parenting arrangements

'Our Children' Courses are FREE

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

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

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

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

FOR MORE

INFORMATION AND BOOKINGS CALL 1300 651 728

Anglicare

Funded by the Australian Government



An Australian Government Initiative

What's on in the Shoalhaven

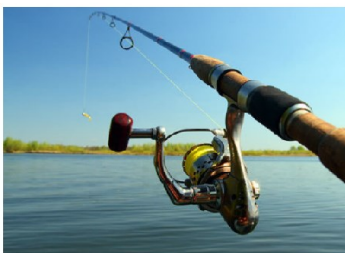
JUNE

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



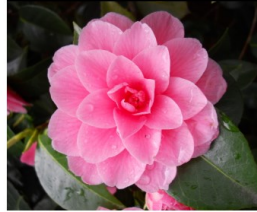
JULY

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



AUGUST

Berry Camellia & Flower Show



SEPTEMBER

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



OCTOBER

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



NOVEMBER

Huskisson Triathlon
Okuma Whitesands Game Fishing
Tournament
Southern Shoalhaven Timber Festival



DECEMBER

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



For further information on events in Shoalhaven, visit www.shoalhavenholidays.com.au/events

Markets



MILTON

1ST SATURDAY

Milton Village Markets

Princes Highway, Milton
0419 405 129

HUSKISSON

1st Saturday

LADY DENMAN PRODUCE & CRAFT MARKETS

Lady Denman Heritage Complex
Grounds, Woollamia Road
0459 050 935

CULBURRA

1st Sunday

BEACH MARKETS

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

BERRY

1st Sunday except February

COUNTRY FAIR

Berry Showground, Alexandra Street
4464 1476

SUSSEX INLET

2nd Saturday

FLEA MARKETS

Uniting Church Hall, Jacobs Drive
4441 1546

KANGAROO VALLEY

2nd Saturday

VILLAGE MARKETS

Kangaroo Valley Showground
Moss Vale Road
0402 635 785

NOWRA

1st Friday except January

UNITING CHURCH MONTHLY BAZAAR

Wesley Centre, Berry Street
4421 3841

NORTH NOWRA

2nd Saturday

GUIDES & CRAFT MARKETS

North Nowra Guide Hall
Rockhill Road
4422 3727

NOWRA

2nd Saturday

SHOALHAVEN CITY ARTS CENTRE ARTISANS MARKET

Berry Street
4429 5444

HUSKISSON

2nd Sunday

HUSKISSON MARKET

Sporting Ground (next to Bowling Club)
0409 740 704

ULLADULLA

2nd Sunday

MARINE RESCUE HARBOUR MARKETS

Ulladulla Harbour and wharf
Wason Street
4455 3403

TOMERONG

3rd Saturday

VILLAGE MARKETS

School of Arts
Hawken Road
4443 9480

BERRY

3rd Sunday

FLEA MARKETS

Great Southern Hotel
Queen Street
9520 0537

GREENWELL POINT

3rd Sunday

RIVERSIDE MARKETS

Titania Park
Adelaide Street
0407 844 759

CALLALA BAY

3rd Sunday except January

FINS'N' SAILS

Shopping Centre
55-57 Emmett street
0431 344 340

SANCTUARY POINT

4th Saturday

PUBLIC SCHOOL MARKETS

Idlewild Avenue
4443 0665

PYREE

4th Sunday

PYREE VILLAGE ARTS & CRAFT MARKETS

Shoalhaven Potters Workshop
Greenwell Road
4443 7312



NOWRA

4th Sunday

NOWRA GREYHOUND TRACK

Albatross Road
4421 2332 or 0417 220 742

MOLLYMOOK

5th Sunday

MOLLYMOOK MARKETS

Mollymook Beach Reserve
Mitchell Parade
0405 623 969

SHOALHAVEN HEADS

Every Saturday

SEAFOOD & FRESH PRODUCE FAIR

The Heads Hotel
51 River Road
4448 7125, 4448 5666

SHOALHAVEN HEADS

3-5 times per year

RED CROSS MARKET

Community Centre
Shoalhaven Heads Road
4448 5965, 0418 100 151



@VisitShoalhaven



facebook.com/VisitShoalhaven



pinterest.com/visitshoalhaven

Family Activities

CINEMAS

Huskisson Pictures
19 Sydney St, Huskisson
02 4441 5076

Roxy Cinema Complex
41 Berry St, Nowra
02 4423 5222

Inlet Cinema
173 Jacobs Dr, Sussex Inlet
02 4441 2884

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

FARM

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

WATERSPORTS

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

Jervis Bay SUP
Various locations
0403 354 716

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

MINI GOLF

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

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

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

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

ZOO

Shoalhaven Zoo
23 Rock Hill Rd, Nowra
02 4421 3949

PAINT BALL

Shoalhaven Skirmish
Falls Rd, Falls Creek
02 4447 8064

Skirmish Ulladulla
456B Woodstock Rd, Woodstock
02 4456 4560

SKATE PARKS

Berry Sporting Complex
North St/Woodhill Mountain Rd
Berry

Thomson Street Sports Complex
Thomson St, Sussex Inlet

West Ulladulla Sports Complex
Blackburn Rd, Ulladulla

BMX PARKS

Basin View BMX Track
Collingwood St, Basin View

Kangaroo Valley BMX
Moss Vale Rd, Kangaroo Valley

Lighthouse Oval
Deering St, Ulladulla

SURFING

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

Pam Burrridge Surf Schools
Mollymook Beach
0409 767 176

AQUATIC CENTRES

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

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

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

Ulladulla Leisure Centre
139 Warden St Ulladulla
4444 8811
Open Daily

MINIATURE RAIL

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

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

BOWLING

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

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

HORSE RIDING

Kangaroo Valley Horses
251 Abernathys Rd, Budgong
0402 902 072

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

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

Timbertops
Lot 27 Princes Hwy, Termeil
02 4457 1008

DOLPHIN & WHALE CRUISES

Dolphin Watch Cruise
50 Owen St, Huskisson
02 4441 6311

Jervis Bay Wild
58 Owen St, Huskisson
02 4441 7002

INDOOR

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

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

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

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

WILDLIFE

Mangrove Boardwalk
Jervis Bay Maritime Museum
Huskisson

Ulladulla Wildflower Reserve
Warden St, Ulladulla

The Botanic Gardens
Booderee National Park

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

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

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



Second Hand and Op Shops

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

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

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

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

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

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

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

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

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

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

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

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

Second Hand and Op Shops

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

Monday to Friday 9am to 4pm

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

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

Saturday - 9 am to 12 noon

Ulladulla Second hand Shop, 3 Boree Street, Ulladulla

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

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

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

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

Vinnies, 117b Queen Street, Berry

Open 7 days 10am to 4.00pm

Vinnies, Canal Road, Culburra

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

Vinnies, 5 Berry Street, Nowra

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

Vinnies, 199 Kerry Street, Sanctuary Point

Monday to Friday 9am to 3.30pm

Saturday 9am to 12 noon

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

Monday to Friday 9am to 3.30pm

Saturday 9am to 12.30pm

Vinnies - 251 Green Street, Ulladulla

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

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

Monday to Friday 9.30am to 3.30pm

Spouse Register

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



The Office Connection

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Email: officeconnect@shoalhaven.net.au

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photography

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www.OnTheBallPhotography.com

Family Portraits, Playgroups, Mothers Groups & Sporting Clubs




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



Jindyandy HAIR SHACK
Emma Shackleton
Hair Stylist
0422951423
719 Greenwell point road
Pyree

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



Specsavers
Optometrists

ECONOMY SPECS

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

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

**DAYS TO REMEMBER
CIVIL MARRIAGE CELEBRANT**

Wedding Ceremonies
Funerals
Child naming Ceremonies
Pet naming Ceremonies

Mr Gary Bromley
Tel.02 4443 5952
Email: Wengarbrom@aol.com

EQUINE AND ANIMAL ART
Pencil, Colour pencil and Acrylic Artworks

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

JACINTA KINGDOM
Mobile: 0418 573 689
kingdomwife1@hotmail.com



ABN: 22640951121

Family Daycare

Neala Barrett
nalaboydy@hotmail.com

Like to earn extra money?

Earn up to 35% profit
Freedom and Flexibility
Training Provided

Buy or sell

AVON Call Now! Jakki 4423 1859/0416 271 303

jaksavon@bigpond.com



niche
/ni:ʃ, nɪʃ/

Massage & Aromatherapy

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





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FREE Samples available

Di Rowan
0410492254

dirowan.jamberrynails.com.au
dirowan@icloud.com
facebook.com/jamberrynailswithdi

Medical Centres and Hospitals

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

Helpful Websites and Contacts

Archer Race Course & Shoalhaven City Turf Club

www.nowraraceclub.com.au

Ph: 02 4421 4550

Big 4 Bungalow Park Burrill Lake (Defence Discount)

www.bungalow-park.com.au

Ph: 02 4455 1621

Guide to Shoalhaven and Southern Highlands

www.guidetoshoalhavenandsouthernhighlands.com.au

Mensline (Helpline)

www.mensline.org.au

Navy Canteens

www.navycanteens.com.au

Shoalhaven City Council

www.shoalhaven.nsw.gov.au

Shoalhaven Entertainment Centre

www.shoalhavenentertainment.com.au

Ph: 1300 788 503

Shoalhaven Greyhound Racing Club

www.nowradogs.org.au

Ph: 02 4421 2332

Shoalhaven Model Flying Club

www.shoalhaven.net.au/~shoalhavenmfc/

Gary Matheson 4423 4050

Shoalhaven Womens Health Centre

www.shoalhavenwomenshealthcentre.org.au

Tourism Jervis Bay

www.jervisbaytourism.com.au

Tourism Shoalhaven

www.shoalhaven.com.au

Tourism Wollongong

www.tourismwollongong.com.au

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

MEMBER DETAILS

SURNAME _____ FIRST NAME _____

DOB _____

ADDRESS _____

PHONE Home: _____ Mobile: _____ Work: _____

EMAIL _____

How are you associated with Defence? _____

Or please circle NAVY ARMY Air Force

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

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

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

EMERGENCY CONTACT DETAILS

NAME _____

PHONE _____

RELATIONSHIP TO YOU _____

CHILD/REN's DETAILS

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

I/We,.....the parent(s)/guardian(s) of the above named children *hereby give/do not give Shoalhaven Defence Families Association permission to use* any still and/or moving image being video footage, photographs and/or frames and/or audio footage depicting my/our children named above, taken at Kookaburra Retreat or associated events, on behalf of the **Shoalhaven Defence Families Association**, for any of the following uses:

Advertisements, marketing, leaflets, or any other use such as for training, educational or publicity purposes.

SIGNATURE/S _____ DATE _____

OFFICE USE ONLY

NON-DEFENCE MEMBER

Nominated by:

Name _____

Signature _____

Seconded by:

Name _____

Signature _____

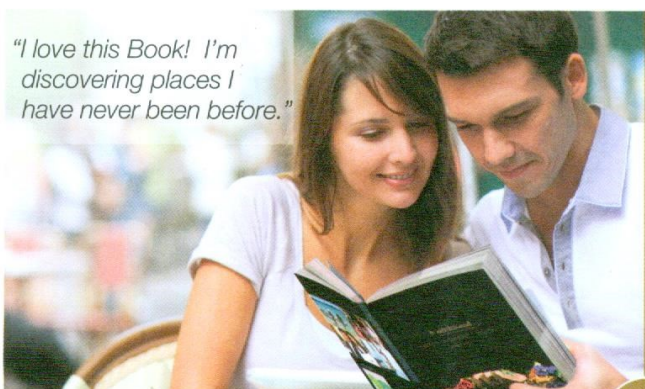
Position _____

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

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

We're fundraising with Entertainment™

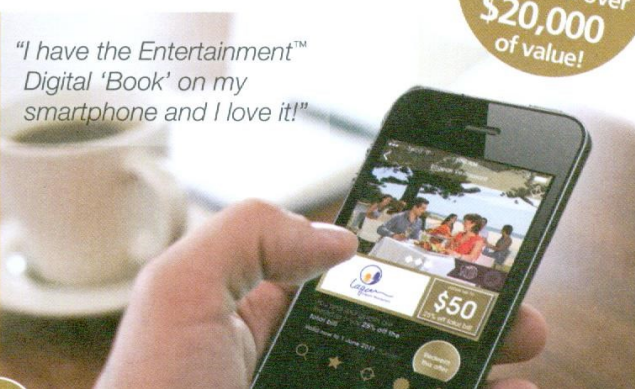
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giving you over
\$20,000
of value!



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The *entertainment* Book

OR



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The *entertainment* Digital Membership

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Kookaburra Retreat Community House Albatross

Contact: Samantha McConnell

Phone: 0467991799

Email: shoalhavendfa@gmail.com

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Quick Reference Guide



Shoalhaven Defence Families Association

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



Defence Community Organisation

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

Defence Relocations and Housing Manager

Co-located with DCO Nowra
Ph: 4421 3855



Defence Families of Australia

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



Defence Housing Australia

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



Toll Transitions

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

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

SDFA Upcoming Events (subject to change)

JUNE

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

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

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

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

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

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

JULY

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

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

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

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

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

AUGUST

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

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

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

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

Sewing/Craft Night Apologies, not this month!

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