

## Welcome to 2018

We have had a great start to the year with regards to memberships. Regulars returning, new people to the area and those who have been in Nowra for a while but are just discovering the SDFA/Kooka and it's activities! The new year has introduced our **First Friday Club**, an excuse for ladies (member or not) to get together on the first Friday of each month for a night of fun and entertainment. There's a new theme each month so look for posts on the SDFA FB group. March's theme is P party - dress as something starting with P.

Exciting news! Crèche is now known as **Kooka Kids Crèche** (KKC) and is available three days a week instead of two. Our regular **Thursdays** and **Fridays** continue and **Monday** Coffee-Chat-Crèche has been added to our weekly calendar. Bookings for children in KKC sessions are made via the FB group by commenting with your child's name and age. For details and policies please visit [www.sdfa.com.au](http://www.sdfa.com.au) and click on the Kookaburra Retreat tab at the top.

"Don't wait until everything is just right. It will never be perfect. There will always be challenges, obstacles and less than perfect conditions. So what. Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident and more and more successful."

- Mark Victor Hansen

- Sam McConnell, SDFA Treasurer



Diane, Katrina, Jodie, Max and Sam cook up a storm at the DCO Welcome Day 2017

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Max, Sam, Pam, Katrina, Georgie, Diane and Sue in front enjoyed a morning of craft.

## Activities are what we do!

SDFA conduct a variety of activities each week as well as some once a month or year events (please refer to the calendar on the website). Kookaburra Retreat is a place to relax, gain support and friendship. It's also gives you a chance to participate in community capacity building which helps others and makes you feel good. Each week during the school term we have Kooka Kids Club coinciding with craft, chat, coffee for parents/carers. Once a month an organised craft workshop is conducted during the third week. The second and fourth Thursday of each month the ladies from BUF Shoalhaven visit Kooka and take us through an hour of fitness training, each session is different and it's only \$5.

## KOOKA Family Day 18th March

The SDFA invite all defence members, families and their civilian friends to join us for a no-fuss family FUN-DAY at 'Kookaburra Retreat'.

ENTRY: gold coin donation

KIDS Petting Zoo, Jumping Castle, Playground, Face painting, 'drama and dress up' courtesy of Creative STARZ Youth Theatre.

Baked goods and cold drinks for sale – fundraising for SDFA, please bring cash.

VENDORS:

NOMAD Kitchen & BBQ – EFTPOS available

TERESA'S TRATTORIA Italian cuisine – EFTPOS available

THE BEARDED BREWER will be serving coffee and tea – cash

Enjoy a relaxing fun day in a peaceful setting.

A great chance to meet other defence members and/or families. You'll be able to talk with SDFA members and learn what the Shoalhaven Defence Families Association can offer you in the way of weekly activities, events, training, craft workshops and good old-fashioned support and companionship.

## Training

### Community Management - Committee Training

In March we have TAFE NSW visiting Kooka to deliver training that would look good on anyone's resume. Running over two consecutive Thursdays 22nd and 29th, this training will provide you with the knowledge and skills to help make the most of your participation in a non-profit organisation, from being a member to holding a position on the committee. A certificate is given at the end of the two-day course. Cost is \$10, childcare is available (fee applies).

## HIRE OF KOOKA

Did you know as a member of the SDFA you can hire Kookaburra Retreat as a venue for your next event. For example; child's birthday party, party plan party, meeting place or craft with friends.

Kooka has a great outdoor area with a waterproof cover over a large deck area. With great play equipment for the children, including a slide and swings, as well as a sandpit. The kids will be amused for hours.

Inside, the kitchen has the basics for food prep. A BBQ if you need, toilets and lounge area.. Cost is only \$20 (plus bond). The Request to Hire forms are on the website.

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



Kookaburra Retreat's backyard



Family Fun Day - June 2016



General Meeting December 2017



## Defence Community Organisation Notice

DCO recently had a change in personnel at the Nowra office.

As part of the Family Smart Programs a REINTERGRATION Workshop are run by Roger (social worker) during the year. Designed for couples to attend the workshop together to understand the difficulties associated with the return of a spouse after being absent.

## DCO MONTHLY 'COFFEE CLUB' 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 Currumbene St, Husky

## DCO NOWRA

Level 2 Suite 2  
Bridgeton House  
55-57 Berry Street,  
Nowra

Phone: (02) 44213855

Email:  
dco.nowra@defence.gov.  
au

## Playgroup meet on a Tuesday

9:30am – 12pm

The playgroup provides parents/carers a welcoming and safe place to socialise with other parents/carers with their children in an organised environment. Young children interact with each other, learning social skills whilst the carers can interact and connect with other adults gaining a network of support with other defence families which is a benefit to most people. Each week on a Tuesday from 9:30am to midday (or when you need to go). Amber and Max will be there to introduce you to the families and show you 'the ropes'. It only costs \$3 per visit and you don't need to be a member of Kooka, non members are \$5. Bring with you snacks/lunch and a hat for the children, and what you need for yourself! Coffee and tea in the kitchen for a small fee. You're welcome to simply show up and start to play.



## Raffle - drawn at Kooka's Family Day.

Prizes are still be collected for our first major raffle of the year, there will be five prizes. The funds raised will be going towards new furniture and toys. Tickets are \$1 each, three for \$2 or ten for \$7 and can be purchased from members or pop into Kooka and see Max. You can also message/email us and deposit your payment into the SDFA bank account, using the description RAFFLE. You do not need to be at the Family Day to win a prize.

At the Family Day on the 18th March we will have a jumping castle, petting zoo, facepainting, coffee van, food van and other activities.

Email [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com) and ask for link to the event page.

Please share with family and friends.

# Kookaburra Retreat's Upcoming Events

## MARCH

**First Friday Club** at Kooka - Friday 2nd starting 6:30pm. \$5, fun and snacks provided  
**BUF FITNESS** - Thursdays 8th and 22nd 10am-11am Cost:\$5  
**CRAFT TBC** - week of the 12th 10am-12pm Cost: \$5  
**KOOKA FAMILY DAY** - Sunday 18th Join us for a day of fun with kids activities, food and coffee stalls, bake goods for sale and a raffle  
**TRAINING** - Committee Management Thursdays 22nd and 29th 9:30am - 2:30pm

## APRIL School holidays Sat14-Sun30

**First Friday Club** at Kooka - Friday 6th starting 6:30pm. \$5, fun and snacks provided  
**BUF FITNESS** - Thursday 12th 10am-11am Cost:\$5  
**CRAFT TBC** - week of the 12th 10am-12pm Cost: \$5  
**School Holiday Sessions** - childcare available with Kooka Kids Club.  
Thursday 19th and Thursday 26th 10am - 2pm Please visit website/FB for prices.

## MAY

**CRAFT** Mother's Day - week of the 2nd 10am-12pm Cost: \$5  
**First Friday Club** at Kooka - Friday 4th starting 6:30pm. \$5, fun and snacks provided  
**BUF FITNESS** - Thursday 10th and 24th 10am-11am Cost:\$5  
**TRAINING** - Self awareness course is being looked into - ideas? Please email SDFA

## JUNE

**First Friday Club** at Kooka - Friday 1st starting 6:30pm. \$5, fun and snacks provided  
**BUF FITNESS** - Thursdays 10th and 24th 10am-11am Cost:\$5  
**CRAFT TBC** - week of the 18th 10am-12pm Cost: \$5

## JULY School holidays Sat7-Sun22

**First Friday Club** at Kooka - Friday 6th starting 6:30pm. \$5, fun and snacks provided  
**BUF FITNESS** - Thursday 26th 10am-11am Cost:\$5  
**School Holiday Sessions** - childcare available with Kooka Kids Club.  
Dates TBC 10am - 2pm Please visit website/FB for prices.



Our first First Friday Club in February. Ebony, Cassi, Katrina, Max, Bec and Georgie enjoying a game



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

## Contact Us

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

### OFFICE:

P: (02) 4421 5766  
E: [shoalhavendfa@gmail.com](mailto:shoalhavendfa@gmail.com)  
Open: 9am - 2:30pm  
Mon, Tues, Wed, Thur

### LOCATION:

Flat 1 & 2 Canberra Flats  
Canberra Drive, Nowra Hill

### POSTAL ADDRESS:

PO BOX 7084  
Nowra Naval PO  
NSW 2540

### Facebook Group:

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

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

## FIRST FRIDAY CLUB!

Oddly enough the FFC meet on the first Friday of each month to enjoy a night of fun and entertainment. Starting at 6:30pm you can stay for as long as you like (until someone locks up). Cost is only \$5 with snacks, tea, coffee supplied. Look for the post on the SDF FB page. <https://www.facebook.com/ShoalhavenDefenceFamilies/>