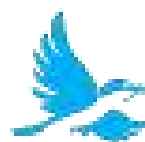




Shoalhaven
Defence
Families
Association



KOOKABURRA
RETREAT

TIME OUT

Winter—Spring 2018

Issue 106



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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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From the President and Coordinator

Hi Everyone,

Well it has been a very busy year so far and we have achieved loads. Some of the activities and events we have held and been involved in are:

On the 18th March we had a group of our lovely members hold an information table at the Women's Wellness Festival at the Nowra Showgrounds and spread the word about the how great 'Kooka' is and what we have to offer.

We have had a great team of members come together and bake a heap of yummy goodies for 3 very successful bake sales held at the DCO Welcome Day in February, the SDFA Family Day in April and on the base in June. Bake sales are a great way for the SDFA to raise funds to allow Kookaburra Retreat to support the local Defence community.

After having to postpone our Family Day due to extreme heat, we went ahead in April with what turned out to be a very windy day. Everyone who attended the day had a great time despite this; enjoying the wonderful food stalls that we had, Drama fun with Creative Starz, and the great petting zoo from the Shoalhaven Zoo. It was great to see so many new and returning faces who came out to share what 'Kooka' is all about...Community.

We continue to have a great turnout for craft and fitness classes. Where else can you get a personal training session for just \$10? The FREE WIFI even gets a workout when everyone enjoys relaxing afterwards.

We have a lot planned for the rest of the year including a Fathers Day Raffle, Laura Jean Family Photography Fundraiser (1st September), Nutrition Cooking class, Christmas Family Fun Day and much more, so keep an eye out for emails, Facebook events and details on the website.

At the SDFA we are always looking for ways to support the local Defence community. We would love to know HOW WE CAN HELP YOU?

Come on out for a cuppa and chat . We look forward to seeing you soon.

From Katrina and Maxine

President: Katrina Gee Coordinator: Maxine Starkey

Kookaburra Retreat Flat 2 Canberra Drive NOWRA HILL

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

Email: shoalhavendfa@gmail.com

www.sdfa.com.au

SDFA Mission Statement

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

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

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

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

Kookaburra Retreat



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

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

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

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

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

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

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

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

Office number: 4421 5766
Hours: 9.30am–2.30pm
Monday, Tuesday, Thursday, Friday
*During School Terms
*Time vary during School Holidays



Kookaburra Retreat

Training, Craft Classes and Workshops

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

***Fitness session on the 2nd and 4th Thursdays of each month.**

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

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

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



Kooka Kids Club Crèche



The crèche facility is a wonderful space for children to play and learn.

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

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

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

Awareness of allergies provide a safe environment for children in our care. With this in mind, we ask that **no nut products** be brought to the crèche.

School Holiday Sessions

The SDFA conduct activities during school holidays, each session goes from 10am—2pm. Dates and details for School Holiday Sessions’ are announced prior to the school holidays commencing on our Facebook group and via email.

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



Kookaburra Retreat Playgroup

The Shoalhaven Defence Families Association is a not for profit organisation which aims to bring fun, friendship and connection to new and existing defence and civilian families in the Shoalhaven and surrounding areas.

Located at Nowra Hill, parents and carers can enjoy a cuppa whilst supervising their little ones in the great playground with lots of outdoor toys and an indoor playroom for quieter moments or on wet days.

Playgroup is open to the public and the cost per visit is \$3 per family.

For more information visit
www.sdfa.com.au

Tuesday

- 9.30am Free play - inside and outside
- 10am Craft activity such as painting, gluing, threading, etc
- 10.30am Morning tea
- 10.50am Free play - inside and outside
- 11.20am Circle Time - Story and or Music
- 12pm Pack up time.



Shoalhaven
Defence
Families
Association



Flat 1 & 2 Canberra Dr Nowra Hill NSW 2540

What's Been Happening at 'Kooka'

School Holiday Sessions

During the April school holidays we had the lovely Mrs C from Creative Stars Youth Theatre come and host a drama workshop for the kids booked in for our school holiday session. Fun was had by all as they explored role playing, improvisation and other theatre sports; including making themselves into a motorbike...



Craft Sessions

Many craft sessions have been conducted so far this year including Easter baskets, no-sew cushions and a pottery class. Classes are run at a very low cost and you get to take your creations home. Craft plans for the rest of the year include crocheting, scrapbooking for Father's Day, and another pottery class.



DCO Welcome Day

Volunteers ran an information stand at the DCO Welcome Day earlier this year. It was a great way to meet and greet newcomers to the area and share with them the many benefits of coming out to Kooka.

The SDFA cake stall sold lots of yummy baked goods that everyone enjoyed on the day. Big thanks so everyone involved.



DIFFERENT THEME EACH MONTH

FIRST FRIDAY CLUB



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

See Facebook event and emails for theme.

KOOKABURRA RETREAT
FLAT 2, CANBERRA DRIVE, NOWRA HILL
shoalhavendfa@gmail.com - 4421 5766
www.sdfa.com.au



Shoalhaven
Defence
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First Friday Club

There has been a great response and attendance at all of the First Friday Club events at Kooka since introducing it at the start of the year. So far this year we have had Hawaiian Night, P Party, Sex & The City Naughty Party, Granny Bingo and Christmas in July.



Everyone who has come along has had a lot of laughs and a great time. Ladies have embraced the theme of the month and come dressed up in some awesome outfits.



Everyone is welcome to attend.

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



Creative STARZ Youth Theatre

CREATIVE STARZ
YOUTH THEATRE



Do you have a creative Kid? Does your child thrive in the spotlight?

Do they have an active imagination or hidden talent? Then enrol them in *Creative STARZ Youth Theatre!*

Theatre Director, Mrs C, provides a Drama programme for the budding performer who has never set foot on the stage to the one who shines in the spotlight.

With over 10 years of experience as a Performance Art Teacher, Mrs C's passion in youth arts inspired her to create a space where children grow through creativity while building their social & interpersonal skills.

"I thrive off creativity and use Drama to inspire and motivate children to be themselves while stepping out of their comfort zone. Creative STARZ Youth Theatre motto is Inspire, Create, Fun!"

Creative STARZ Youth Theatre supports a creative and safe environment for ideas and imagination to be explored where children discover their own hidden confidence and character. Through participation in a range of drama activities children investigate and develop an understanding of the world around them while discovering their own creative talents.

Creative STARZ Youth Theatre offers Term workshops that are now running in The Shoalhaven. Programs are tailored for before school through to Secondary with 3 workshop groups on offer. Term 3 will see workshops being offered in two locations in and around Nowra.

A welcome discount is given for the first workshop and in support of her fellow Defence Community an ADF discount is granted to serving families.

To find out more, visit the Facebook page

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

Come and see what all the Drama is about and remember.....

All children can be



Creative STARZ!

Get Involved with SDFA

Committee

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

2018 Executive Committee:

President – Katrina Gee

Vice President – Georgie Paulin

Treasurer – Samantha McConnell

Secretary – Suzanne Burnett



manage the administration of the SDFA.

A General Committee Member is someone who can commit time and energy to a specific role. For example; planners and organisers for playgroup, craft, social media marketing, PR, fundraising and events.

Katrina started visiting Kooka while her husband was deployed and says “The lovely ladies at Kooka were my lifeline while my hubby was away, they gave me such great support”

SDFA Meetings

Meetings are held roughly every six weeks at Kookaburra Retreat.

All current SDFA members are welcome to attend meetings and participate with sharing ideas, learn how to volunteer, help out with fundraising or with simple admin tasks. Every little bit helps.

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



“Kookaburra Retreat feels like a home away from home. I’ve made some lovely friends and learnt some new crafts. Just going to a safe, welcoming place where I’m off mum duties for a while makes all the difference to my mental health. “

Say's Suzanne



For more information visit our website
www.sdfa.com.au

Extra information about SDFA

Advertising in Time Out

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

Hire Kookaburra Retreat

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

Kookaburra Retreat has a Strictly No Smoking policy



<https://>



www.facebook.com/groups/119830094703808/

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



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www.pacificfurniture.com.au

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Shellharbour Super Centre
Lake Enternace Road, Shellharbour
(02) 4295 5531



www.facebook.com/pacificfurnitureandbedding/

Defence Community Organisation

DCO are there for YOU!

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

The best way to access any of these services is to contact the all-hours Defence Family Helpline on DefenceFamilyHelpline@defence.gov.au 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. Locations are kids friendly.

No need to book, you can just show up!

Attend each month or whenever you can make it.

Simply order and pay for your own coffee and/or food.

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

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



Australian Government

Department of Defence

Need advice, support or connection
with your local community?

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

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

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

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

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



DCO Family Liaison Officer



Melissa Hedger
Family Liaison Officer
DCO Canberra/Nowra
55-57 Berry Street
PO Box 1163
Nowra NSW 2541
P: (02) 4421 3855

ADF members can experience time apart from families due to deployments, training or other Service requirements. This feature of Defence life can be a challenging time for all members of the family.

DCO services provide support to ADF members and their families to help make these experiences more manageable. The services offered by DCO are an “opt in” service, which means you will need to request the services on offer. This can be done by contacting Defence Family Helpline on 1800 624 608 or calling the Nowra office on 4421 3855 to talk to a staff member.

Support available to families during the ADF member’s absence can include regular deployment support calls, 24-hour advice and referrals via the Defence Family Helpline, access to social work services and assistance with emergency and crisis situations.

There is special assistance available for children dealing with parental absence.

As the FLO in Nowra I will be presenting the KidSMART resilience program to some of the schools in our area this year. These schools include St. Michaels’ Catholic Primary School, St. Georges Basin Primary School and Nowra Hill Primary School in term three. These will be run with the help of the Defence School Transition Aides. These programs aim to assist children to develop coping skills, self-awareness, self-care and stress management.

KidSMART focusses on healthy connections and communication with parents and other important people in a child’s life. The program assists to ‘normalise’ their experience and provide a sense of belonging to the ADF family/community.

Some of the themes of the program include: staying connected to the ADF family member, finding ways to ease the transition before and after deployment and coping strategies to use during the deployment or absence. Children and adults can use the challenge of deployment as an opportunity to face new responsibilities, connect with other ADF families and develop their self-reliance and self-confidence.

Please contact me if you would like to talk about ways to manage the challenges of being an ADF family member or have an idea for a new activity or group. I can also advise you about local activities, events and services. If you would like to be sent information about upcoming events please send your email details to:
dco.canberra-nowra@defence.gov.au.





Australian Government
Department of Defence



DCO Nowra Coffee Clubs

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

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

Venue: The Tea Club - 46 Berry St Nowra

Time: 10am - 11.30am

Date: The 2nd Tuesday of the month (We do not meet if the day falls in the school holidays)

Venue: The Husky Bakery Cafe - 11 Currambene St Huskisson (unless alternate arranged - please check before turning up)

Time: 10.30am - 12pm

Date: The 3rd Friday of the month (We do not meet if the day falls in the school holidays)

CONTACT dco.canberra-nowra@defence.gov.au or phone 02 4421 3855

MORE INFO www.defence.gov.au/dco



LIKE Defence Community Organisation to receive updates.



Defence Families Of Australia



1800 100 509

Southern NSW Delegate

Emma Steil

act.sthnsw@dfa.org.au

www.dfa.org.au

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

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

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

Defence Housing Australia



Head Office

26 Brisbane Ave Barton, ACT 2600

Customer Service and Maintenance

139 342

www.dha.gov.au

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

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

Defence School Transition Aides and Mentors

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

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



In-School Support

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

Aides and Mentors' activities include:

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

Primary Schools

Cambewarra Public School
Kalinga Street, Cambewarra
Cristine Watson Tel: (02) 4446 0038
michelle.haigh@det.nsw.edu.au

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

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

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

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

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

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

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

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

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

Secondary Schools

Bomaderry High School
Cambewarra Road, Bomaderry
Tahlia Swain
Tel: (02) 4421 0699
tahlia.swain2@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
Kirsty-Ann Lawson
Tel: (02) 4421 7711
klawson@sras.nsw.edu.au

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

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

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



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- » Working with Children Check
- » Current First Aid Certificate
- » A minimum of 2 years experience
- » Covered in your home by WorkCover
- » Personally interviewed and all references are thoroughly checked.

Contact us for all your Child Care Needs !

www.southcoastnannies.com.au 02 4422 8808

Cambewarra Public School



Defence School Transition Aide

Cristine Watson

Phone – 02 4446 0038
michelle.haigh@det.nsw.edu.au



Kalinga St

Cambewarra NSW 2540

Phone—02 4446 0038

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

Defence students at Cambewarra Public School have had a busy term. When asked what they love most about school, reading with Maya (The Border Collie) was mentioned time and time again.

“It’s good to read with Maya because it’s something special for the Defence kids... I’m the only one in my class that gets to go.”

“I don’t like to read but I like it when Marion reads to me and I can pat Maya.”

“When I read to Maya she always falls asleep and we need to wake her up.”

“I like it when Maya listens to me read and then she gives me a high five.”

Our Defence students LOVE participating in the Paws ‘n’ Tales program every Thursday.

Students have found that reading to Maya has helped to reduce their stress levels, boost confidence and most importantly it is FUN!

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 Egg Hunt

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 for an Easter goodie bag. It was enjoyable watching the big kids having just as much fun as the littlies!

Anzac Day Assembly and March

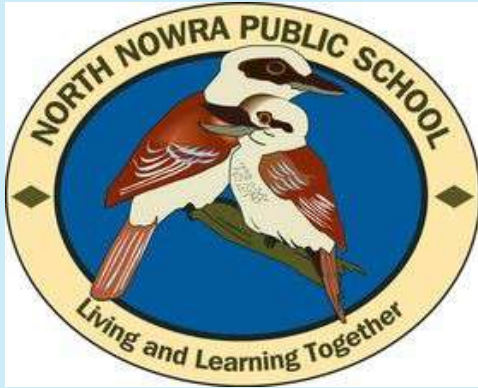
It was great to see the large number of Illaroo Road students who took part in the Bomaderry RSL Commemoration Service this year. I would like to congratulate all the students who participated and showed respect to those who have served our country. A big thank you to the Defence parents who were available and marched with us on the day. Our Anzac Day Assembly was held on Friday 13 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 Petty Officer Daniel Struber from the Royal Australian Navy for his keynote address to the assembly about the importance of ANZAC Day; and Mr and Mrs Gilligan from the Bomaderry RSL Sub branch.

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

We are all looking forward to the second half of the year and the fun that it will bring!

North Nowra Public School



Defence School Transition Aide

Carli Green

Phone – 02 4422 7045

carli.green@det.nsw.edu.au



75 Judith Drive

North Nowra NSW 2541

Phone—02 4422 7045w

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

Our ANZAC assembly, lead by our Year 6 leaders, was held at the site of our new memorial garden within the school grounds. The assembly was a solemn occasion and some of our Stage 3 students presented touching accounts of local individuals and their contributions to Australia's war effort. Many special guests helped make it a memorable occasion for our students and their families.

The memorial garden is just the beginning of what will be a significant project for the school this year but it was great to see it start to take shape and have the initial stage ready for this important occasion. Later in the year we aim to officially open the garden, complete with walkways and commemorative information contributed by our students. The project has been supported by our dedicated P&C and other community members and we are very thankful for each person's input.

The Easter Hat parade is a fun annual tradition where every student creates their own unique masterpiece to parade for their families and friends. Our beautiful Kindergarten students were accompanied by their Year 5 and 6 buddies, and many younger family members joined in the fun too. A highlight of the morning was the Easter Bunny's arrival, followed by his impressive display of dance skills.

Our Mothers' Day High Tea was a wonderful celebration of the mums and special family members in our school community. Mothers, grandmothers and special guests were treated to some delicious food prepared by our P&C and were serviced by a group of senior students.

Nowra Christian School



Defence Transition Mentor

Adrienne Varga
Phone – 02 4422 1199
dtm@ncs.nsw.edu.au



194 Old Southern Road

South Nowra NSW 2541

Phone—02 4422 1199

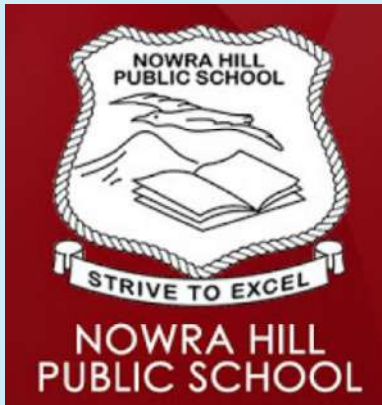
www.ncs.nsw.edu.au

Over the past semester, students at Nowra Christian School have been involved in a wide range of creative, sporting and enrichment activities. Without doubt, one of the greatest highlights was the presentation of the Secondary School production of 'Bye Bye Birdie'. In this hilarious musical comedy, audiences were transported to 1950s America, a time of rock'n'roll, swishing skirts and slicked back hair. Students were also involved in school camps, the Eisteddfod, sporting carnivals and competitions. It has been wonderful to see so many of our Defence students involved in these activities and achieving some outstanding results.

ANZAC Day was commemorated with a special assembly, in which Students presented bible readings, laid flowers, formed a catafalque party and performed the National Anthem. LCDR Belinda Finlay provided an inspiring address and we were honoured to be joined by Mr Peter Williams, who played the bugle, and Mr Fred Campbell, who represented the RSL. In the weeks leading up to ANZAC Day, students were inspired to create a commemorative mural which was displayed at the assembly. It was a lot of hard work and involved students from many year levels.

In recent weeks, the focus for many students has been on the future. Kindergarten enrolments have been flowing in, year 6 students have been preparing for secondary school, and next year's seniors have been pondering subject choices and career paths. A group of year 10 students visited HMAS Albatross, where they were treated to a 'Quicklook' at the field of Navy aviation.

Nowra Hill Public School



Defence School Transition Aide

Leanne Millard

Phone – 02 4421 5671

leanne.millard1@det.nsw.edu.au



Easter Hat Parade

Nowra Hill students showed off their creative talents in the Easter Hat Parade and then enjoyed lunch with their parents and carers.



382B BTU Rd

Nowra Hill NSW 2541

Phone—02 4421 5671

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

2018 ANZAC Service

This year, the school ANZAC Service was held in beautiful weather. Special guests were Chief Petty Officer Charmaine Edwards, representing HMAS Albatross and the Royal Australian Navy, Sergeant Jason Barrett, representing the Australian Army, Sergeant Adam Motbey, representing the Royal Australian Air Force and Mr Fred Dawson from the Nowra RSL Sub Branch.

Year 6 did a wonderful job leading the service and students from each class laid flowers at the school's memorial.

2018 ANZAC March

Forty students and their families proudly represented Nowra Hill at the ANZAC Day March in Nowra on ANZAC Day. It was wonderful to see such a great representation from a small school.

Roll Of Honour soundscape

Stage 3 students participated in the Roll of Honour Soundscape initiative of the Australian War Memorial to commemorate the Centenary of ANZAC. School children from across Australia were invited to assist in recording the name and age of one of the 62,000 Australians who died during the First World War. These voice recordings are then played in the WW1 section of the Cloisters in the Commemorative Area of the Australian War Memorial in Canberra.

School Cross Country

The School's cross country was a highly successful event. Congratulations to Elijah, Madeline, Lily, Tristan, Austyn and Natalie, all of whom won their race to become age champions.

Vincentia Public School



Defence School Transition Aide

Rachel Birkmyre

Phone – 02 4441 7180

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

On 12th April 2018 we had our school's ANZAC Day ceremony. It was well attended by local community groups and families. The Defence students involved, and our school captains, did a wonderful job in running the ceremony and our school's students received praise from the guests on their respectful attitudes and behaviour. Thank you to LEUT Patrick McGuire and CPO Garry Danaher for speaking at the assembly and telling us what ANZAC Day means to you.

Captain Salty

The Navy Community Engagement Team from HMAS Albatross came to Vincentia Public School at the end of May and ran the 'Captain Salty' Program. Every class in the school got to attend a session over the two days where they came aboard HMAS Vinnie and participated in PT, mock fire drills, man overboard exercises, as well as other games and discussions, before meeting and having inspections by Captain Salty. The students all enjoyed the sessions, as did our Captain Salty!

Easter Hat Parade

There was a lot of excitement surrounding our Easter Hat parade this year and some wonderful creations were displayed on the day!

Year 6 Camp

I was lucky enough to attend our Year 6 Camp at Kincumber this term. It was a wonderful few days where the challenges included abseiling, archery, fencing, high ropes, mud run, and jumping off the power fan. Everyone had a fantastic time.

St Johns Catholic High School



Defence Transition Mentor

Wendy Gaudie

Phone – 02 4423 1666

gaudiew01@dow.catholic.edu.au



31 John Purcell Way

Nowra NSW 2540

Phone - 02 4423 1666

www.sjedow.catholic.edu.au

Term 1 is always a busy time at St John's. The new Year 7 cohort arrives and almost immediately heads off to Bangalee Scout Camp. There is lots of fun to be had: kayaking, swimming, bush-walking, ropes courses and crate stacking. The crate-stacking record is 18. Here's a photo at 17 - pretty high. Not sure I'd be too happy up there!

ANZAC Day sees St John's students marching and laying wreaths at eleven different marches from Kangaroo Valley in the north to Milton in the south. The students chosen to lay the wreaths are usually our School or House Captains or Defence dependents. Because St John's students come from such a large geographical area, it is a fantastic opportunity for them to proudly wear their uniform and represent our school in their own local community. Over 130 students did so this year.

Early in Term 2 we had our ANZAC Assembly. It is always a very moving event with our Air Force and Navy cadets forming a guard of honour as the Last Post is played. Two Year 7 Defence dependents laid the wreath on behalf of St John's community.

One of the greatest pleasures is to see our Defence Force parents in their uniforms at our assembly. This year we had 14 of our Defence families represented, including our guest speaker. It is wonderful to be building these connections between the school and the Defence community. Afterwards at the morning tea, local dignitaries, RSL members, parents and students got the chance to mingle.

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

Paying homage to our veterans

As the Defence Transition Mentor at Vincentia High School, one of my roles is to embrace opportunities that honour our veterans.

Recently, I was very lucky to be able to support students from Vincentia High School in applying for the Kokoda Youth Leadership Challenge. This amazing opportunity, sponsored by Sussex Inlet RSL Club, is aimed at preparing young people for future leadership roles whilst educating them about the sacrifices made by Australian soldiers during the Kokoda Campaign.

We were very excited to learn that Jeremy Head, a Year 11 student at our school, won the scholarship and will undertake the 96 km trek over the hostile Owen Stanley Ranges. The Kokoda Track was the scene of some of the most desperate and vicious fighting encountered by Australian troops in WW2. Approximately 625 Australians were killed and casualties due to sickness exceeded 4,000.

Jeremy has already started training for this gruelling trek where he is expecting to walk up and down steep, uneven and slippery sections of the track for up to 5-8 hours a day. No doubt, as he pushes his mental and physical strength the limit, Jeremy will reflect on the experiences of his great-grandfathers who served in the Kokoda Campaign.

We look forward to Jeremy completing this iconic trek and sharing his experiences at a school assembly upon his return.

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



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Australian Navy Cadets



HMAS ALBATROSS

Albatross Road NOWRA, NSW 2541

Phone: 0418 422 870 Fax: 02 4424 2725

john.huisman@cadetnet.gov.au

Phone: 02 4424 1067

Saturdays between 9.00 am & 4.00 pm

Or 0418 422 870



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

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

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

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

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

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

Weekend Camps
Annual 7 Day Continuous Training Camps
Specialist Training Camps
Sailing Days | Naval Ship Visits

Australian Navy Cadets

What's in it for me?

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

Recruit

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

Seaman



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

Able Seaman



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

Leading Seaman



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

Petty Officer



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

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



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

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

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



AUSTRALIAN NAVY CADETS

Go on...
get your feet wet!

www.cadetnet.gov.au/anc



JOHN HUISMAN
Commanding Officer

H M A S ALBATROSS
Albatross Rd Nowra
PO Box 7068
Nowra Naval NSW 2540
02 4424 1067
0418 422 870

john.huisman@cadetnet.gov.au

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Defence Special Needs Support Group



Mobile 1800 037 674

juanita.visser@dsnsg.org.au

www.dsnsg.org.au

Juanita Visser is the local Defence Special Needs Coordinator.

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

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

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

RSL Defence Care



Ph: 02 8088 0388

www.rsldefencecare.org.au

Mission:

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

Women Veteran Network Association



PO Box 2400 Idalia QLD 4811

National Coordinator Ph: 0408 020 394

www.wvna.org.au

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

Our Mission:

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

We aim to:

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

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

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

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

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

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

AMW Choir

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

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

**No experience required, no audition necessary, just
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Rehearsals are in the evenings on the 1st, 3rd and 5th
Thursday of each month.



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or email us at
amwc.coordinator@gmail.com*



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Navy Canteens and Ticketing

**NAVY
CANTEENS**



HMAS Albatross Phone (02) 4424 1592

www.navycanteens.com.au

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

Navy Canteens operates the following core businesses:

SALT Navy branded clothing, accessories and memorabilia

Win with Navy A fortnightly raffle for Navy members

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

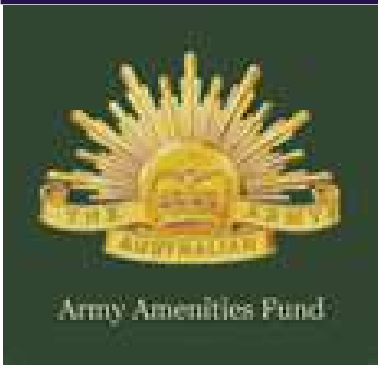
Holiday Centres Including BIG4 Bungalow Park on Burrill Lake, Amblin Holiday Park, Foster Holiday Village and Pandanus Pocket with discounts for Navy members

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

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

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

Army Holidays



Phone - (02) 6265 6429

www.armyholidays.com.au

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

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

Canberra Flats



Ph: 02 4424 3108

Email: Sonja.cross1@spotless.com.au

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

Bookings are arranged through base security.

PMKeyS number of the person booking required.

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

RAAF Holidays



www.raafholidays.com.au

peter.alomes1@defence.gov.au

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

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

PMKeyS number of the person booking required.

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www.noahs.org.au



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Supported Playgroups of Shoalhaven



SPLASH operates during school terms

Renee Phone: (02) 4424 7100

Mobile 0423 606 559

splash@anglicare.org.au

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

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

Is SPLASH for me?

SPLASH welcomes all families with pre-school children, especially

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

What does SPLASH offer?

SPLASH supports families by providing:

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

Monday

9.30am – 11.00am

Paradise Beach Reserve

Walmer Avenue, Sanctuary Point

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

Tuesday

9.30am – 11.00am

Bomaderry Anglican Church

Cnr Princes Highway & Birriley Street, Bomaderry

Wednesday

9.30am – 11.00am

Sussex Inlet Community Centre

Thomson Street, Sussex Inlet

Lyrebird Preschool



101 Jervis Street

Nowra East, NSW 2540

(next to Lyrebird Park)

Phone - 02 4421 4604

www.lyrebirdpreschool.com.au

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

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

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

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

BBCR Out of School Hours Care



George Caley Pl Vincentia, NSW 2540

Phone—02 4441 7557 www.bbcricom.au

BBCR offers out of school hours and vacation care programs for primary school aged children offering lots of great activities so come along and join in the fun!

The service provides:

- * Qualified staff who provide supervised care, educational, recreational activities
- * Quality care following the national regulations on child care services
- * An air-conditioned, safe and caring environment for your children
- * A flexible and spontaneous program that meets individual needs
- * Positive learning experiences to allow children to develop a sense of competence and self confidence.

The centre is located at Vincentia Public School.

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

Noah's



Building 303 Shoalhaven Campus of UOW

Georges Evens Rd West Nowra, NSW 2541

Phone - 02 4423 5022

www.noahs.org.au

contact@noahs.org.au

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

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

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



Connecting families since 2006

Sanctuary Point
connect

A Schools as community centres project

4443 0520 | www.sanctuarypointconnect.org

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

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

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

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

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



Shoalhaven Family Day Care

Recruiting Educators

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- ★ A warm, secure, family environment
- ★ A desire to build a successful home-based education and care service with an 'exceeding' rated local service


We have

- ★ A fantastic career opportunity for you...

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

We look forward to discussing the opportunity further.

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throughout the Shoalhaven.
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out more...

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Phone - 02 4429 3712

www.shoalhavenlibraries.com.au

Carla De Casti

decasti@shoalhaven.nsw.gov.au

Rhymetime

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

Bookworms Book Club



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

Paws'n'Tales

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

Storytime

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

Inklings

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

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



Shoalhaven Neighbourhood Services Inc.



East Nowra Neighbourhood Centre

2/80 Park Rd Nowra, NSW 2541

Phone - 02 4422 1299 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.

Enrolments available

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

Rated **EXCEEDING** in all National Quality Framework areas

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

Team of qualified and experienced educators

Enquire Today



02 4421 7784



1800 757 343

Visit www.maearlylearning.com.au for more information

Enrolments available

Mission Australia Early Learning Kids Crew OSHC

36 Bedford Street, Nowra Hill, NSW, 2540

Before school care, After school care and Vacation Care

Meals provided while children are in the service

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

Enquire Today



02 4422 6155



1800 757 343

Visit www.maearlylearning.com.au for more information

Veterans and Veterans Families Counselling Service



Am I eligible?

For help, to learn more, or to check eligibility for VVCS services, call 1800 011 046 or visit www.vvcs.gov.au

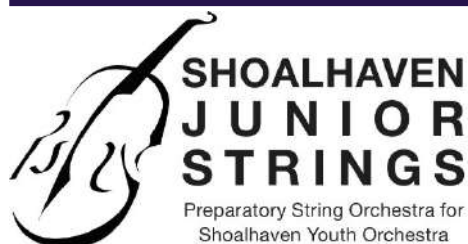
VVCS provides free and confidential, nation-wide counselling and support for war and service-related mental health conditions, such as posttraumatic stress disorder (PTSD), anxiety, depression, sleep disturbance and anger. Support is also available for relationship and family matters that can arise due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

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

VVCS provides the following services:

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

Shoalhaven Youth Orchestra



Nowra School of Arts

PO Box 820 Nowra, NSW 2541

Phone - 0466 800 656 or 0435 584 220

www.syo.shoalhaven.net.au

syorchestra.pmp@gmail.com

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

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

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

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

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

National ADF Family Health Program



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

Visit www.adffamilyhealth.com for more information
or email adf.dependanthealth@defence.gov.au

Enrol now!

Nowra Hub



Community Gateway

Independence
Inclusiveness
Innovation



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

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

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



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



Discover the possibilities and call us today!

Veterans Motorcycle Club



www.vmcsc.com

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

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

We are Military Veterans, currently serving, ex-serving and supporters alike with a strong brotherhood that exists to support veterans, veterans families and the biker lifestyle. We share a love of the military and motorcycles, with a proud history of service to our country.

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

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

Remount



<http://remount.org.au/>

<https://www.facebook.com/remount.org.au>

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

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

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

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

Nowra Family Relationship Centre



47 West St Nowra, NSW 2540

Phone - 02 4424 7150

www.familyrelationships.gov.au

nowrafrc@anglicare.org.au

Assistance to sort out parenting arrangements after a family separation

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

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

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

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



Helpful Websites and Contacts

Archer Race Course & Shoalhaven City Turf Club

www.nowraraceclub.com.au

Ph: 02 4421 4550

Big 4 Bungalow Park Burrill Lake (Defence Discount)

www.bungalow-park.com.au

Ph: 02 4455 1621

Fleet Air Arm Meseum

www.navy.gov.au/history/museums/fleet-air-arm-museum

Guide to Shoalhaven and Southern Highlands

www.guidetoshoalhavenandsouthernhighlands.com.au

Mensline (Helpline)

www.mensline.org.au

Shoalhaven City Council

www.shoalhaven.nsw.gov.au

Shoalhaven Entertainment Centre

www.shoalhavenentertainment.com.au

Ph: 1300 788 503

Shoalhaven South Coast What's on

www.shoalhavenholidays.com.au

Shoalhaven Womens Health Centre

www.shoalhavenwomenshealthcentre.org.au

Tourism Jervis Bay

www.jervisbaytourism.com.au

Tourism Shoalhaven

www.shoalhaven.com.au

Tourism Wollongong

www.tourismwollongong.com.au



Find A Word

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

COLD
CUDDLES
FIREPLACE
FROST
HOTCHOCOLATE
JACKETS
SNOW
SOUP



3 Ingredient Mac and Cheese

Ingredients

- 4 cups (1L) full cream milk
- 2 cups elbow macaroni
- 2 cups grated cheddar cheese



Method

1. Gather your three ingredients.
2. Place milk into a small saucepan and bring to the boil over a medium heat, taking care not to boil over.
3. Add the pasta and return to the boil, reduce heat to simmer for 8 minutes.
4. Stir through grated cheese and leave to sit for 2 minutes. Serve.

Notes

- This mac and cheese is easy - but don't turn the heat up too high and burn it.
- The milk gives this a creamy starchy sauce and you can use your favourite cheese for this recipe.
- For an extra boost of flavour, add two teaspoons of chicken-style stock powder to this recipe. It gives it a lovely depth of flavour.
- You can add any number of things to this recipe for the last 5 minutes of cooking - cooked bacon pieces, frozen peas or even blanched broccoli.

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



Are you posting?

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

Medical Centres and Hospitals

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

Second Hand and Op Shops

Anglicare Bomaderry Opportunity Shop, Meroo Street, Bomaderry

Anglicare Op Shop, Shop 4 Canal Street, Culburra Beach

Community Church Op Shop, Jacobs Drive, Sussex Inlet

Husky Uniting Church Op Shop, 53 Hawke St, Huskisson

Inasmuch Op Shop, 195 Jacobs Drive, Sussex Inlet

Lions Pre-loved Book Shop, Bellbrook Arcade Princes Hwy, Ulladulla

Mission Australia – Big Heart Enterprise Op Shop, Cnr Worrigee St and Princes Hwy, Nowra

Mission Australia – Big Heart Op Shop, 136 Island Point Road, St Georges Basin

Presbyterian Church Op Shop, 3 Kinghorne Street (entrance at rear), Nowra

Red Cross, 21 Schofields Lane, Nowra

The Hip Op Shop, Upstairs 1/ 82 Junction St, Nowra

The Salvation Army Red Shield Family Store Bay & Basin Mission– Shop 4, 197 Kerry St, Sanctuary Point

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

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

Ulladulla Second hand Shop, 3 Boree Street, Ulladulla

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

Vinnies, 117b Queen Street, Berry

Vinnies, Canal Road, Culburra

Vinnies, 5 Berry Street, Nowra

Vinnies, 199 Kerry Street, Sanctuary Point

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

Vinnies - 251 Green Street, Ulladulla

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

Shoalhaven Defence Families Assoc.
\$20.00 Portrait Fundraiser
10"x13" Family Portrait + Keyring
Saturday 1st September

 **Laura Jean**
fundraising

Dear Families,

We are holding a portrait fundraising day and would be delighted to receive a donation from you in return for a 10"x13" family portrait and keyring (of your family – valued at \$90!) by Laura Jean.

How long has it been since you had your family together for a group photo? Update your family pics with their relaxed and fun photographers.

laurajeane.com.au 

facebook.com/laurajeanefundraising



**HUGE 10"x13"
FAMILY PORTRAIT
PLUS KEYRING**



Every family can receive this personalised photographic service, close to home.
Flexible options include posing choices and obligation free additional portraits to suit your needs.

We will receive 100% of funds raised from your donation, plus bonuses (including a portrait pack plus digital images, which you may win!) when 25 families participate.

So please help us by inviting an extra family to our fundraiser.

FREE 3-Pose Portrait Pack

When 25 families are photographed, one lucky family receives a complimentary portrait package + images.

How can you help us get there?

- Return your voucher ASAP
- OR**
- Invite a friend with additional voucher below
 - Encourage more families to book

INSTRUCTIONS

If you see a link provided to the right, click on this to make payment and choose your booking time.

OR

Complete voucher and return to office with your donation and an appointment time shall be confirmed soon.

ORGANISATION:

SHOALHAVEN DEFENCE FAMILIES ASSOCIATION

RAISING FUNDS FOR:

KOOKABURRA RETREAT COMMUNITY CENTRE

CONTACT:

MAXINE

0402 567 700

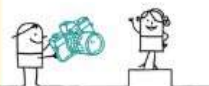
shoalhavendfa@gmail.com

DONATION:

\$20 and receive a 10x13" family portrait + keyring

PHOTO DATE:

SATURDAY 1ST SEPTEMBER



Spouse Register

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

CREATE INSPIRE FUN
Drama for Pre-school through Secondary



Nowra & The Shoalhaven Coast
Mrs Belinda Crockett
<https://www.facebook.com/CreativeStarzY.T/>

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

Tell your friends about our fundraiser!

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

*FREE DELIVERY AVAILABLE WITH MINIMUM SPEND. SEE ONLINE FOR DETAILS

SHOP FOR LABELS & SUPPORT OUR GROUP
Help us raise funds when you buy Name Labels, Bags, Wall Art or anything else from Bright Star Kids cute range of products!

NOMINATE OUR GROUP
 IN THE PAYMENT AREA
 WHEN YOU CHECKOUT:

Kookaburra Retreat
FIND US IN THE 'NOMINATE A FUNDRAISER' SECTION UNDER 'REVIEW & PRI' IN THE CHECKOUT

GET FREE* DELIVERY WHEN YOU SHOP ONLINE:
WWW.BRIGHTSTARKIDS.COM.AU

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

KIDS WALL ART

PERSONALISED TSHIRTS

WALL DECALS

KIDS BAGS

BAG TAGS

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

FREE* DELIVERY WHEN YOU SHOP ONLINE
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Quick Reference Guide



Shoalhaven Defence Families Association

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Kookaburra Retreat
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Defence Community Organisation

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



Defence Families of Australia

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



Defence Housing Australia

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

Customer Service 1800 819 167

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

For more information visit our website
www.sdffa.com.au

“Kooka is the place I can get it all done at a very low cost. The kids are happy next door at creche with the nannies. I can use the computer to keep all my stuff up to date and have a chat with the other mum's. And twice a month the girls from BUF Fitness come for an hour work out. A total win, cheers Kooka.”

Says Juliana

Making plans as a military spouse in 5 easy steps:

1. Discuss plans in great detail with spouse.
2. Tell all your friends the plan.
3. Get a phone call from spouse that the military schedule has changed.
4. Cancel old plan. Develop new plan. Contact everyone.
5. Get a phone call from spouse that the original schedule is back on!

(Repeat steps 3 and 4 indefinitely.)

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

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

FIRST NAME _____ SURNAME _____

DOB _____

ADDRESS _____

PHONE Home _____ Mobile _____ Work _____

EMAIL _____

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

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

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

EMERGENCY CONTACT DETAILS

NAME _____

PHONE _____

RELATIONSHIP TO YOU _____

CHILD/REN's DETAILS

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

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

By signing you agree to abide by the SDFA's Code of Ethics (read hard copy or emailed)

SIGNATURE/S _____ **DATE** _____

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

NON-DEFENCE MEMBER

Nominated by:

Name _____

Seconded by:

Name/Position _____

Signature _____

Signature _____

EFT payments - NAME: SDFA BSB: 012787 ACCT: 184071187 Description: MEMBERSurname

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Contact: Maxine Starkey Phone: 0244215766 Email: shoalhavendfa@gmail.com

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