



Shoalhaven
Defence
Families
Association



KOOKABURRA
RETREAT

TIME OUT

Summer 20/21

Issue 108



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A magazine especially for Shoalhaven Defence Families

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

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Covid19 Disclosure: Images and events listed in this edition are from the period of April 2019 to November 2020. Social distancing may not have been required at time of photo.

From the Coordinator

It's been an interesting year for the S DFA, defence families and the world. Fires, floods, Covid19, more floods and more Covid19 have kept us on our toes. We had intended to have this issue out earlier in the year but understandably, that did not happen.

The period from July to Dec 2019 saw our regular programs of craft, fitness, tai chi, playgroup, cuppa & chat and creche being enjoyed by everyone. First Friday Club continued to be the most popular with those attending getting a chance to let their hair down and have some fun. There is never a dull moment at Kooka.

The Open day held on 23rd November 2019 was our most successful yet with over 200 attending. We had 3 Christmas events where we played games, enjoyed yummy food and shared gifts in the Christmas present swap game. Playgroup got to enjoy the Jumping Castle water slide donated by Sue Kennedy. Each Kooka Kids Club child received a gift from the S DFA. Christmas 2020 at Kooka is tracking to be just as fabulous.

During Covid19 Lockdown we were required to close Kooka with no idea when we could reopen. As a centre operating to support defence families that are particularly vulnerable to isolation, it was initially heart breaking to close our doors. Despite the challenges the S DFA continued supporting members by amending the strategic plan to ensure we were compliant with the Pandemic policy and government restrictions. With the support of Defence Community Organisation and the collaboration with other regional Defence Community Centre's, we developed unique and effective ways to reach out to defence families in our area whilst restricted by Covid-19. We delivered care packages to every S DFA member in our area, having the opportunity to personally provide support and encouragement through gifts such as the book 'The Invisible String'. We used old school methods of contact such as posting handmade 'Thinking of You' and Mother's Day cards, as well as providing opportunities for connection through online classes for fitness and hobbies, and virtual social nights. We worked tirelessly to prepare the centre for the launch of amended programs within Covid-19 guidelines. It was wonderful to reopen in July and once again be blessed with everyone's company. I am grateful to know so many amazing people and to be a part of something so important.

We have received Grant funding for another 2 years from the DCOs Family Support Funding Program. This means the continuation of programs and activities held at Kooka. The Grants program received considerably more bids for funding than they had available to hand out and we were told that receiving 2 years of funding was a credit to our application and centre. We will however need to amend how we originally planned to spend the money due to Covid19 and I look forward to brainstorming ideas and options with the committee and members.

I love my role as the Coordinator for the S DFA and would like to take this opportunity to thank everyone for their involvement in making Kookaburra Retreat the welcoming, safe and fun environment it is.

Kookaburra Retreat - where Fun and Support meet.

Coordinator: Maxine Starkey
Kookaburra Retreat Flat 2 Canberra Drive NOWRA HILL
Ph: 4421 5766 Monday, Tuesday, Thursday, Friday. 9.30am—2.30pm
Ph: 02 4421 5766 Email: shoalhavendfa@gmail.com

www.sdfa.com.au

S DFA 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 S DFA 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 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. Playgroup Membership is just \$10 and can be upgraded at any time.

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.

A lot has changed since this photo was taken in 1987 but one thing has remained the same, Kookaburra Retreat is here for you!



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

Kookaburra Retreat

There's always something to do at Kooka

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

***Fitness sessions are run on Thursdays.** Sessions are facilitated by a personal trainer and can be varied to suit all ability levels.

***Craft classes/workshops - Monthly.** Learn a new skill or craft by participating in one of the many organised activities and workshops that run throughout the year or bring your own craft project.

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

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

- Subject to change



Kooka Kids Club Crèche



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

The crèche operates on Monday, Thursday and Friday from 9.30am to 12.30pm (during school terms). The subsidised cost is; one child \$15, two children \$20 and three or more children \$25.

To book your child into a creche session, see the weekly creche posts on the Facebook group or contact the Coordinator.



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 SDFCA 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.

Get Involved with SDFa

Committee

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



Executive Committee:

President – Cassilea Townsend

Vice President – Amy Parmley

Treasurer – Amy Graham

Secretary – Belinda Crockett



Meetings

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

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

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

More information

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



Group - Shoalhaven Defence Families Association
Page - Shoalhaven Defence Families - Kookaburra Retreat

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

Advertising in Time Out Magazine

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

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



What's Been Happening at 'Kooka'



We had a team volunteer at the Huskisson Triathlon Festival in Feb which had members involved in the local community, feeling a sense of purpose and achievement and raising some funds for the SDFa. Members love the opportunity to 'give back' to Kooka.
29.2.2020

Enjoy the physical and mental benefits fitness and wellbeing activities.



Tour the T Bake Sale 6.9.2019



Bigfoot Adventure Bus 1.11.2019



Pam was presented with SDFa Life Membership for her outstanding contribution to Kookaburra Retreat over the years.

"I love the friendship of people that are involved with Kookaburra Retreat. I have become a lifetime member which I really appreciate. I love to be involved with activities that are arranged by the committee." - Pam P

What's Been Happening at 'Kooka'

SDFA Open Day 23rd November 2019
Our most successful open/family day yet.

Thanks to our Sponsors
Defence Community Organisation
Defence Health
Navy Health
Stella Studioz





Kookaburra Retreat Playgroup

For more information visit
www.sdfa.com.au

Tuesday

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



Flat 1 & 2 Canberra Dr Nowra Hill NSW 2540



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Christmas at Kooka

2019 Christmas festivities

From top left - Kooka Kids Creche books from the SDF, Christmas parties with Naughty Santa game, Playgroup Christmas Party Day.



“Kooka has been incredible for my children and I to connect with our new community very quickly and in a meaningful way. No lip service here, just genuine people from all walks of life who have a genuine interest in bringing people together and because of that, the sense of community becomes infectious and I feel compelled to do the same.”

- Rebecca J

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



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First Friday Club

A very popular program as it allows members to have a night off to enjoy great company and fun. We pick a different theme each month to encourage everyone to get involved.



“In January 2019, I moved to Nowra and was new to the area. Kookaburra Retreat helped me to meet new people, and in particular defence spouses, within the region and provided my children and I with the support we needed. At Kookaburra Retreat, I feel welcomed, valued and supported. The atmosphere at the retreat is always welcoming, light-hearted and friendly.” - Amy S



“Kooka is a place to be yourself in a friendly, relaxed space. A place to learn new skills in scheduled activities, chat with different people, laugh, cry (when needed) and support and be supported by a community. There is a dedicated space for children to play at Playgroup or creche with qualified nannies. The adult space can also be an area for study or work or enjoy the company of other who understand the unique way of life of defence families.” - Georgie P



During closure due to Covid19 we continued FFC via Zoom to enjoy time together and to support each other.



Craft at Kooka

Craft activities and workshops are always popular at Kooka. We endeavour to host a wide range of classes around member interest. Got an idea or skill you would like to share? We would love to collaborate with you.



“I have been coming to Kooka for the last 3 years and have found the support invaluable. I have developed strong friendships that have helped me while I have gone through multiple unaccompanied postings.” - Katrina G

Military life is having a plan. Then a new plan. Then another plan. Then the first plan. Then a brand new plan only to go back to the 2nd plan.



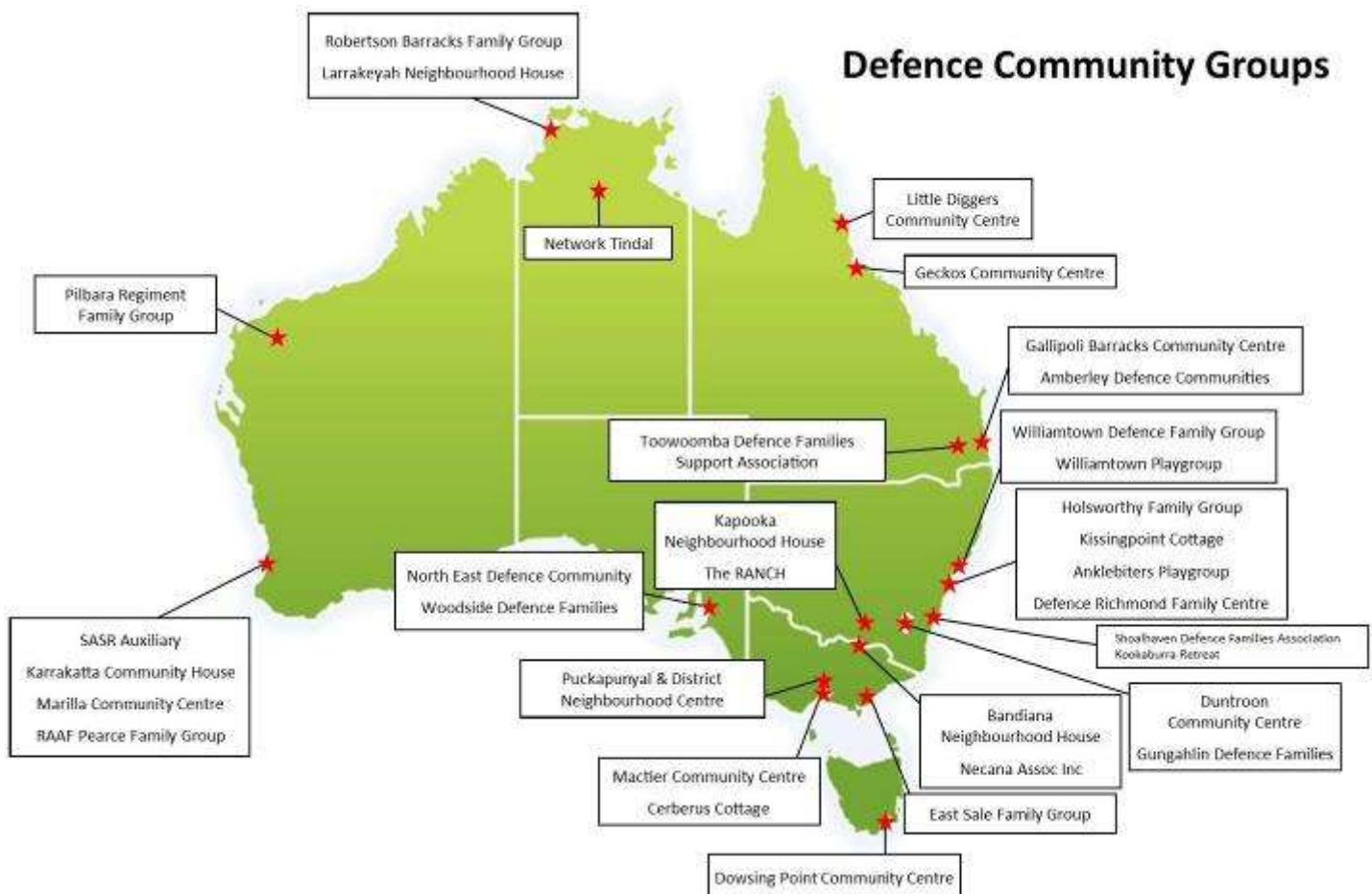
addisonwifecopylife.com

HEY YOU
 YOU CAN'T DO ALL OF THE THINGS ALL OF THE TIME; WHAT MATTERS IS THAT YOU DO WHATEVER YOU CAN AS AS BEST AS YOU CAN.

@LAMBDAINEILLUSTRATIONS

Are you posting?

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



SOUTH COAST NANNIES



For families visiting and living in the South Coast, we provide qualified, experienced, mature, professional Babysitters and Nannies who value the importance of your children's safety, happiness and well-being.

Our Nannies and Babysitters

- Qualified Professionals
- Working with Children Check
- Current First Aid Certificate
- A Minimum of 2 years' Experience
- Personally Interviewed & Reference Checked

Our Services

- Babysitting
- In Home Care
- Share A Nanny
- Holiday Help
- Before / After School
- Overnight Care
- Wedding Services
- Corporate Care
- Domestic Assistance

They are passionate, trustworthy, and fun!

BABYSITTING CLUB



Wanting a child free
night out ?

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

Need to be somewhere
without the children ?

For local families in our community, we offer the Babysitting Club!

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

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

CONTACT US FOR ALL YOUR CHILD CARE NEEDS

02 4422 8808

E: office@southcoastnannies.com.au

F: www.facebook.com/SouthCoastNannies

W: www.southcoastnannies.com.au

I: www.instagram.com/southcoastnannies

Defence Community Organisation

DCO are there for YOU!

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

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

Strong Families, Strong Communities, Strong Defence.

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



DCO Coffee mornings

The DCO coffee mornings are a relaxed and friendly way to meet up with other Defence spouses for a casual morning tea. Locations are kid friendly.

Organised around interest participation. Please contact DCO with your interest.

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

The Family Liaison Officer (FLO) Tamasin Wolf-Smith 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 Nowra



Family Liaison Officer
Tamasin Wolf-Smith



Military Support Officer
Andrew Sansom

DCO Canberra/Nowra

55-57 Berry Street

PO Box 1163

Nowra NSW 2541

P: (02) 4421 3855

Family Liaison Officer

My name is Tamasin and I am the Family Liaison Officer for DCO Nowra. I come from a mental health background and am also a Defence spouse. I have been through deployment, postings, MWDU and everything in between! My role as a Family Liaison Officer is to connect you with local services to help support you in your life as a Defence family. This is done through the running of capacity building programs such as FamilySMART and KidSMART, social events such as coffee mornings and outdoor activities and continued support through our Nowra office.

If you would like to get involved in our events, take a look at our [Eventbrite](#) page or follow us on [Facebook](#). If you would like regular updates on what is happening at DCO Nowra, send an email to dco-canberra-nowra@defence.gov.au and sign up to our mailing list. I work out of the Berry Street office Monday to Thursday.

Military Support Officer

My name is Andrew and I am the Military Support Officer for DCO Nowra. I have been in the Royal Australian Navy for 42 years, having joined when I was 15 years old. During my time in the Navy I have visited many countries in South East Asia as well as England, Japan, Egypt, Greece and Pakistan. Some of my career highlights are being part of Anzac Day Commemorative services in Turkey and France and two weeks in Afghanistan as part of Operation Slipper.

My role as a Military Support Officer covers support to Command at HMAS Creswell and HMAS Albatross as well as support to families in the areas of Defence Bereavement and Critical Incidents. Also, if families have any questions with regards to military/service issues I can generally assist. I work out of the Nowra Office in Berry Street from Monday to Friday.

If you are seeking support, or want to touch base, feel free to give the Defence Family Helpline a call on 1800 624 608 or email dco-canberra-nowra@defence.gov.au.



Anzac Day 2020



Sp Adobe Spark

Chaplain



Chaplain RAN
Jenny Schleusener

Professional Offices

Building 57

HMAS Albatross

Ph: 02 44241788

M: 0408 161 301

Hi everyone,
It is hard to believe that this year is nearly over and that Christmas is upon us. I'm sure it will look rather different this year for many of us as we may not be able to go home to family.

Speaking of family I understand that raising a family can be rather challenging so I offer the 5 ideas below from the Power of Positive Parenting courses I facilitate, to give you some tools to choose from. This course has 30 years of research behind it and has been implemented the world over.

5 point to assist you in parenting children and teenagers.

1. Create a safe and interesting environment

Bored kids are likely to misbehave bored teenagers May find trouble. So create an environment that keeps your children entertained. Remove potential dangers from the home and teach basic safety.

2. Have a positive learning environment

If a child or teenager comes to you for help or a hat, they're ready to learn. Give them positive attention, even if only for a minute or so. Encourage their ideas and opinions.

3. Use assertive discipline

Set clear rules and boundaries and follow through with fair consequences. You can negotiate some of these with older kids and decide on the rules and consequences together. Praise little and big kids to encourage the behaviour you require.

4. Have realistic expectations

Nobody's perfect – kids and teenagers or adults – so don't expect your child to do more than they're capable of. And remember all parents make mistakes some times.

5. Take care of yourself as a parent

It's all about balance. You have got to look after your own needs too, so make sure you're getting some support, time with friends, and maybe even a little time to yourself.

If you would like some more information or to attend a 3 night seminar. Please don't hesitate to contact me. These seminars can be run in a Covid safe manner or even done on Zoom.

If you would like support or to simple have a chat I can be contacted on 0408 161 301.

Blessings
Chaplain Jenny

Defence Families of Australia (DFA)

At DFA, we are all partners of current serving ADF members which gives us a unique insight into the needs of future policy affecting Defence families.

We advocate for Defence families at both a regional and national level. We have National Delegates located across Australia near most major bases who know their communities and who can advocate for you locally.

Our Canberra based staff champion national issues by researching, writing submissions, meeting with stakeholders and participating in national working groups.

Please contact **Victoria Dixon**, your DFA Delegate for the ACT and Southern NSW, if you would like to have your say on an issue or have been unsuccessful in resolving a concern through either your local relevant channels or national channels.

Follow us through our communication channels for the latest news and information relevant to Defence families.



Victoria Dixon
National Delegate
ACT and Southern NSW
0419 333 101
act.sthnsw@dfa.org.au



DFA is the official ADF families advisory body to the Minister for Defence Personnel and CDF.

Our organisation sits outside of Defence systems, allowing DFA independence and impartiality to act in the best interests of ADF families.

DFA operates under a Charter jointly signed by the Assistant Minister for Defence and the CDF.



Advocating for Defence Families

ForceNet



www.forcenet.gov.au

Ph: 1800 DEFENCE (1800 333 362)

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

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

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

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

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

Defence Housing Australia



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

Customer Service and Maintenance 139 342

www.dha.gov.au

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

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

DVA's official partner for veteran benefits



APOD (Australian Partners of Defence) is an Australian owned and operated organisation created by veteran families, for veteran families.

Since 2012, APOD has been working to connect the defence community with businesses of all sizes who recognise their service and want to say 'thank you' by offering a discount.

We understand the sacrifices made in the name of service and our team of veteran and defence spouses are committed to creating a secure platform which supports the recognition of veterans and defence families across Australia.

Current and ex-service ADF personnel, spouses and widows, allied forces and

Why join:

- ✓ Save money
- ✓ Be uniquely recognised for your service
- ✓ Support veteran-owned businesses
- ✓ Belong to a growing discount community

immediate family members are all welcome to join the APOD community and access discounts from over **20,000** business outlets ranging from fuel to groceries, tech, auto, accommodation and lots more!

APOD's purpose is for benefits and recognition to be simple, accessible and rewarding. This is why we have map search functions and offer categories like *everyday*, *veteran owned* and *gift cards* to help our **72,000+** members find discounts that suit their lifestyle.

APOD is free for:

- ✓ All veterans, spouses and/or widows*
- ✓ All business partners including veteran-owned and spouse-owned businesses

*For all DVA Veteran Card holders and spouses (white, gold, orange)



Who can join?



Serving Defence Members

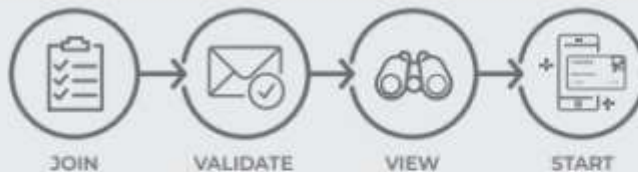


Veterans & Former Defence



Immediate Family Members

Becoming a member is easy!



Join today and start saving! www.apod.com.au



Phone 1300 00 APOD (2763)

RSL Defence Care



Ph: 02 8088 0388

www.defencecare.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.

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

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

Solider On



Ph: 1300 620 380

<https://soldieron.org.au/>

Soldier On's mission is to ***enable veterans and their families to thrive.***

Soldier On services are holistic and integrated and are able to be tailored to meet the needs of individuals and their families. Developed in line with world's best practice, our services are evidenced based and have been designed in consultation with Defence personnel, veterans, and their families.

Soldier On staff work side by side with individuals and families, to strengthen resilience and develop meaningful connections with family members, mates, and the local community through a diverse range of health and wellbeing services, employment opportunities, learning and education programs, and participation in community, social, and sporting activities.

Grounded in the principles of Trauma Informed Care, Soldier On's model of care ensures individuals and family members are at the centre of all our services.

Open Arms - Veterans & Families Counselling



Ph: 1800 011 046 www.openarms.gov.au
Support 24/7 with free and confidential counselling and group programs.

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

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

Open Arms provides the following services:

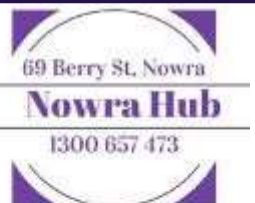
- * individual, couple and family counselling and support for those with more complex needs
- * services to enhance family functioning and parenting
- * after-hours crisis telephone counselling through Veterans Line
- * group programs to develop skills and enhance support
- * information, education and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

Nowra Hub



Community Gateway

Independence
Inclusiveness
Innovation



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!

Military Wife Life



militarywifelife.com.au

hello@militarywifelife.com.au

Military Wife Life is for anyone who has ever felt alone, overwhelmed or underwhelmed on this wild ride that is military life!

MWL promotes the celebration of strength, building connections and self care.

Let's cheer each other on through the everyday ups and downs, the wins and the sometimes funny fails.

Online Communities – including Facebook, Instagram and a website – where you can connect with other military spouses.”

The Military Wife Life Podcast – where YOUR stories are told!

Lots of Love boxes – Where you can send self-care love bombs (aka a box of cool FREE stuff) to other military spouses who may need a 'boost' and a reminder that the MWL community has their back.

Shoalhaven Womens Health Centre



**5 McGrath Ave, Nowra NSW 2541
(Opposite Harry Sawkins Park)**

**Ph - 4421 0730
swhc@swhc.org.au**

Shoalhaven Women's Health Centre is a community based, not for profit organisation that has existed for over 20 years providing a range of holistic health services to women from a feminist framework.

Their vision is for a peaceful and equitable society where all women are empowered, respected and enjoy optimum health and wellbeing.

Known for their supportive, friendly, professional, caring and confidential approach, they have a wonderful team of qualified and experienced staff.

Services offered at the Shoalhaven Women's Health Centre include:

counselling, massage, herbal medicine, a Women's Health Nurse, pregnancy and termination information and support, workshops on a range of issues, information and referral, groups and activities (e.g., yoga and meditation)

Veterans Motorcycle Club



Ph: DK 0401 219 400

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

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

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

Please make inquiries via the Facebook Page.

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

Remount



Ph: 0439 423 891

www.remount.org.au

ben@remount.org.au

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

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

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

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

Women Veteran Network Association



Ph: 0418 283 752

www.wvna.org.au

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

Our Mission:

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

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

Bravery Trust

Their battle isn't over.

1800 BRAVERY

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

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

BRavery TRUST Supporting those who serve

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

Defence School Mentors

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

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



In-School Support

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

Mentors' activities include:

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

Primary Schools

Cambewarra Public School
Kalinga Street, Cambewarra
Katrina Mills
Ph: (02) 4446 0038
michelle.haigh@det.nsw.edu.au

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

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

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

Nowra Hill Public School
Bedford St, Nowra Hill
Shannon Hirschhausen
Ph: (02) 4421 5671
shannon.hirschhausen1@det.nsw.edu.au

Nowra Public School
Plunkett Street, Nowra
Ph: (02) 4422 0401

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

St Michael's Catholic Primary School
28 North Street, Nowra
Renee Wenban
Ph: (02) 4421 3630
renee.wenban@dow.catholic.edu.au

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

Secondary Schools

Bomaderry High School
Cambewarra Road, Bomaderry
Tracey Clothier
Ph: (02) 4421 0699
tracey.clothier1@det.nsw.edu.au

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

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

St John The Evangelist High School
John Purcell Way, Nowra
Natalie Hayes
Ph: (02) 4423 1666
hayesn01@dow.catholic.edu.au

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



Nowra Hill Public School



Defence School Mentor

Shannon Hirschhausen

shannon.hirschhausen1@det.nsw.edu.au



382B BTU Rd

Nowra Hill NSW 2541

Ph: 02 4421 5671

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

From the DSM desk at Nowra Hill Public School. With such a disrupted year, it was lovely to have the opportunity to hold a Remembrance Day ceremony. Although we could not have visitors on site to join us, the school community and solidarity was felt during the service. It was a stunning morning and students helped me to create a beautiful assembly area with poppies and Defence posters of past eras.

Our Year 6 Defence students, Abbey, Taylah, Olivia, and Scarlett hosted the service and read some beautiful, respectful and thought-provoking passages as well as a wonderful reading of 'In Flanders Fields' and 'The Ode'. The girls did us proud and were perfect! We were also blessed to have our teacher Mrs Rossouw play 'The Last Post' and 'The Reveille'. To

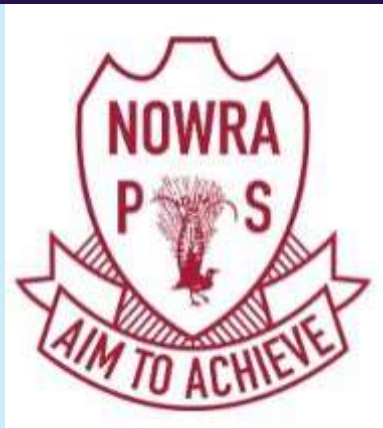
have the live sound of the bugle was haunting and very special. All the students were respectful and contemplative throughout the service and you could hear a pin drop during the minutes silence.

Although we could not have our ANZAC Day service, the staff and students enjoyed coming together to commemorate Remembrance Day and to be thankful for the past and present service and sacrifices of our Defence men and women. We are hoping that next year we can have visitors on site to come together to have an ANZAC Day service and to have parents join our school activities.

Have a safe and wonderful Christmas!



Nowra Public School



Defence School Mentor

Katrina Gee

Katrina.Gee2@det.nsw.edu.au

74 Plunkett St

Nowra NSW 2541

Phone—02 4422 0401

www.nowra-p.schools.nsw.gov.au

Wow, what a year 2020 has been. For Defence families in particular this year has been extremely tough with postings being changed and cancelled and reunion trips being cancelled. For some Defence families they have gone almost the whole year without seeing each other. Luckily things are starting to settle down and with border restrictions opening up, families are getting excited about reunions and Christmases together.



Here at Nowra Public School I have kept up regular visits to students in classes and run as many activities as possible with small groups of students. This year I organised for every Defence family at the school to receive a copy of a book called 'The Invisible String', which helps young children to understand the message that you are never alone. I know that all of the students have enjoyed reading this book at home with their parents and it has helped many of them who haven't been able to see family members this year.



ANZAC Day this year looked very different, with almost all public ceremonies cancelled. I know a few of the Defence families here at Nowra Public took part in the Driveway at Dawn ceremony. For Remembrance Day this year, I worked with some of the Defence students to put together a video that was played across all classrooms in the school explaining the importance of Remembrance Day and while we still commemorate it today. I was so proud of all of the students for how hard they worked to learn their parts.



Vincentia Public School



Defence School Mentor

Rachel Birkmyre

Rachel.birkmyre2@det.nsw.edu.au



George Caley Pl

Vincentia NSW 2540

Ph: 2 4441 7188

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

What a year 2020 has been so far! A lot of the usual activities we do at school have had to be done differently this year.

Our families have shown great resilience throughout this time and ANZAC Day was no exception. A lot of families stood on their driveways to commemorate this special day. ANZAC craft activities were done at home and this was Hayden's ANZAC tealight holder.

NAIDOC Week was moved to November and our students enjoyed the many activities arranged during that week. There was boomerang throwing, fire making, dancing and lots of art and crafts.

Due to the ongoing restrictions on assemblies we conducted a very moving Remembrance Day service via



the loudspeakers into the classrooms. Each class made poppies that formed a lovely 'Poppy Walk' around the whole school.

Let's hope 2021 starts better than this year and everyone stays safe over the holiday period.



Vincentia High School



Defence School Mentor

Jacqueline Copeland
jacqueline.copeland@det.nsw.edu.au



142 The Wool Road

Vincentia NSW 2540

Ph: 02 4441 6766

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

Celebrating milestones

This year has certainly presented many challenges and now, more than ever, it was important to celebrate the achievement of special milestones.

Although our Year 12 students were not able to graduate from Vincentia High School in the traditional way, our staff made sure that the Year 12 cohort were able to celebrate this significant event with a breakfast in our beautiful school grounds followed by the “lock-in” and Zoom assembly.

The “lock-in” is a unique tradition that began in 2016 with the creation of the memory lane installation. The large, rustic installation allows students to lock engraved padlocks as a year group thereby connecting them to Vincentia alumni and each other.

We are very proud of our Year 12 students and wish them all the best for the future!



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illness as a result
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child contact Kookaburra Kids

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

www.kookaburrakids.org.au



Australian Government
Department of Veterans' Affairs



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

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Do you like to sing?
Want to meet new friends?
Join the Australian Military Wives Choir!

The AMW Choir holds rehearsals
Every 1st, 3rd and 5th Thursday of each month
and start singing at 7pm
Email for more rehearsal details.

**No audition or experience needed –
just a love of singing!**

Open to women of all ages with a significant connection to a serving Australian or foreign Defence Force member (wives, partners, girlfriends, mothers, daughters, sisters etc.) We also welcome female serving members, women connected to reservists, and women whose connection may recently have changed.

To ask more about how to sing with us
Message us via
Facebook: AustralianMilitaryWivesChoirCanberra
or email coordinator.shoalhaven@amwchoir.com
to connect with a singing group near you.

Defence Special Needs Support Group



Ph: 1800 037 674

nowra@dsnsg.org.au

www.dsnsg.org.au

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

The Younger Heroes



Ph: 0411 593 885

E: support@theyoungerheroes.org

www.theyoungerheroes.org/

The Younger Heroes (TYH) Program is a family relationship focused program, supporting participants (parents and their children) in connecting with their loved ones.

This Program is particularly relevant for individuals (parents) who may have experienced time away from their families as a result of their employment (Military, Police and other First Responders), or those individuals whose work experience/environments may have impacted their family connection or tempered their communication/relationship with their family (ie: traumatic exposure, direct communication styles, hierarchical command structure).

Designed by professionals to enhance and strengthen the critical bond between a returned servicemen and women and those that have served the nation and their children (optimal target age 8-15 years).



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

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

Our Services

NDIS Funded Services

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

Daily Tasks and Shared Living

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

Increased Social and Community Participation

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

Co-ordination of Supports

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



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

For inquiries, please email us at info@is.org.au

Phone: 02 4423 0255

Web: www.is.org.au



Powered Flying
Become a Pilot!

AUSTRALIAN AIR FORCE CADETS



Cadet Pilot Training

The Australian Air Force Cadets provides excellent Pilot Training in powered trainer aircraft.

Flying training received official approval in the AAFC in 1977. Air Force Office Canberra approved the operation of flying training on a RAAF Base during periods of low activity.

As sponsorship is provided by the Air Force, the cost of lessons to cadets is substantially cheaper than the external commercial flying schools and it is more "one on one" training with strict emphasis on safety.

Learn how to fly and become a Pilot

Flying training is conducted during school holidays and weekends strictly in accordance with the CASA syllabus. Cadets will progress through the syllabus to First Solo, then General Flying Proficiency Test (GFPT) and onto the Private Pilots License (PPL). All training is undertaken at Air Force approved service providers (Flying Schools).

Graduates qualify to wear AAFC cadet wings and are capable of flying family and friends in their local training area as the Pilot in Command.

AAFC Cadets wishing to learn to fly must meet the following criteria

- One year's basic training at a Squadron.

- A minimum of 15½ years of age at the date of commencement of training and a minimum of 16 years of age to fly solo.
- Be recommended by their Squadron Commanding Officer.
- Meet standard powered flying medical requirements.
- Attain parental consent.
- Undertake a selection interview for suitability.

The Air Force Flying Scholarships

Flying Scholarships for cadets were first sponsored by the Air Force in the 1960's.

The Chief of the Air Force has reintroduced the Air Force Scholarship programme in 2009 for both powered flying and gliding disciplines. It provides considerable financial assistance to successful applicants with their initial flying training.

Cadets applying for an Air Force scholarship must be recommended by their Squadron Commanding Officer, have parental consent, and be selected on their overall commitment to the AAFC through attendance at a home Squadron; and Wing based activities and undertake a selection interview to seek out personal suitability, enthusiasm and commitment to aviation.

For further information

www.aafo.org.au



AAFC Cadet Wings

No 330 (City of Shoalhaven) Squadron – Nowra Hill



Cadet Training Facility, Hmas Albatross, Nowra Hill NSW
Tuesday 1800 – 2130

Email: admino.330sqn@airforcecadets.gov.au

Ph: 02 4424 2720

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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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HMAS Albatross, Nowra Naval, NSW 2540 Australia



(02) 4446 7500



albatross@australianmilitarybank.com.au



australianmilitarybank.com.au/albatross

Terms and conditions apply for each scheme and are available on request. Fees, charges and lending criteria apply. DHOAS Home Loan applications are subject to Australian Military Bank's normal lending criteria. A Financial Services Guide (FSG) is available at all branches, on our website and upon request. Please visit www.DHOAS.gov.au to check your eligibility for a DHOAS Loan.

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HMAS Albatross

The decision to build an airfield on the land now occupied by the Naval Air Station was taken soon after WWII was declared in 1939. The Royal Australian Air Force (RAAF) occupied the new base on 7 May 1942 and was soon followed by the US Army Air Corps and the Royal Netherlands East Indies Air Force.



In 1944, the British Admiralty directed forces to the South-West Pacific necessitating shore base establishments in Australia to support the Royal Navy and its Fleet Air Arm.

RAAF Base Nowra was considered ideal because of its proximity to Jervis Bay, which was large enough to accommodate the entire British Pacific Fleet. The Royal Navy's Fleet Air Arm began operations at Nowra in late October 1944, and the base was renamed HMS Nabbington. In March 1946, the base reverted to RAAF control "to be retained but not maintained".

In July 1947, the Commonwealth Defence Council approved the formation of a Fleet Air Arm which would be controlled and operated by the RAN. The initial planning included purchase of two aircraft carriers, aircraft and establishment of shore facilities. The carriers were named HMA Ships Sydney and Melbourne, and the shore facilities were at Nowra.

HMAS *Albatross* was commissioned in August 1948 and the 20th Carrier Air Group, comprising Sea Fury and Firefly aircraft, was brought from England to Australia by HMAS Sydney. These aircraft, operated by 805 and 816 Squadrons, disembarked to Nowra in May 1949. In November 1950, they were joined by the Carrier Air Group of 808 and 817 Squadrons, also flying Sea Furies and Fireflies.

HMAS *Albatross* has been expanding ever since. As more capable aircraft have been acquired, so ground support facilities have had to be built. In 1955, Sea Venoms and Gannets arrived, requiring radar workshops and test facilities. More aircraft necessitated stricter standards of air traffic control and a new control tower was built in 1958. In 1964 the introduction of Wessex helicopters, with a dunking sonar capability, required a further expansion of services.

In 1965, it was decided to buy American aircraft to replace the ageing British Gannets and Sea Venoms. McDonnell Douglas Skyhawks and Grumman Trackers were chosen and additional avionics facilities were built to service the complex equipment they carried.

The helicopters now based at HMAS *Albatross* have restored to the RAN much of the anti-submarine capability lost when the Tracker squadron was disbanded in 1983.

In recent years significant redevelopment has taken place, continuing the operation of HMAS *Albatross* and recognising its strategic importance as the sole Royal Australian Navy Air Station.



Kreative Kidz OSHC at Vincentia

George Caley Pl

Vincentia NSW 2540

Ph: Debbie Hyam 0481 338 521



Vincentia Public School has an Out of School Hours Care service called Kreative Kidz.

Kreative Kidz pride themselves in delivering high quality Before, After and Vacation care to school aged children.

They provide care where children are treated as individuals with a strong focus on fostering their strengths in a fun-filled environment.

The Centre aims to:

- Provide a safe and healthy environment with a range of activities that promote play and involvement for all children.
- To develop a strong sense of belonging, self-worth and independence.
- To encourage the children to develop life skills focussing on respect and empathy.
- Build a safe, caring and fun environment for children and their families by consulting with them, encouraging their involvement and feedback.

Sanctuary Point Connect



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.



One Tree Community Services



Ph: 1800 270 640

www.dcu.onetree.org.au

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

TINGIRA CHILD CARE CENTRE

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

Ph: 4422 6189

tingira.dcu@onetree.org.au

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

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

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

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

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

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

Bedford St, Nowra Hill, NSW 2540

Ph: 4421 0799

Kidscrew.dco@onetree.org.au

KIDS CREW OSHC

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

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

Meals are provided while children are in the service.

19 Benson Rd, Jervis Bay, ACT 2540

Ph: 02 4442 1173

Kangarocottage.dcu@onetree.org.au

KANGAROO COTTAGE EARLY LEARNING CENTRE

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

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



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defencebank.com.au
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HMAS Albatross, Nowra Naval Area.
P. 4424 8100
E. albatross@defencebank.com.au

Supported Playgroups of Shoalhaven



SPLASH operates during school terms

Renee Ph: 02 4424 7100

Ph: 0423 606 559

splash@anglicare.org.au

The venues SPLASH is operating are:

Monday 9.30am – 11.00am
Paradise Beach Reserve
Walmer Avenue, Sanctuary Point

Tuesday 9.30am – 11.00am
Bomaderry Anglican Church
Cnr Princes Highway & Birriley St,
Bomaderry

Wednesday 9.30am – 11.00am
Sussex Inlet Community Centre
Thomson St, Sussex Inlet

Splash is a free, mobile supported playgroup for families in the Shoalhaven area.

It's a place where:

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

Lyrebird Preschool



101 Jervis Street

Nowra East, NSW 2540

Ph: 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 8:00am–3:30pm during school terms. We do offer extended care from 8-8:45 and 3:30–4pm at an additional cost. Visitors and enquiries welcome.

Noah's Inclusion Services



Building 303 Shoalhaven Campus of UOW

Georges Evens Rd West Nowra, NSW 2541

Ph - 02 4423 5022

www.noahs.org.au

nowra@noahsark.nsw.edu.au

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

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

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



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



Managed by Noah's - open to all

www.mundamia.com.au

Shoalhaven Libraries



10 Berry St Nowra, NSW 2541

Phone - 02 4429 3705

www.shoalhavenlibraries.com.au

STORYTIME

Join in our vibrant, fun Storytime sessions at 10am every second Tuesday during school terms. We have books, songs and crafts for 2-5 year olds.

RHYMETIME

Wiggle and jiggle to music, rhyme and repetition for infants ages 0-2 years. We meet every second Thursday at 10am during school terms.

TODDLER TIME

Join us for 30 minutes of songs, dance, and movement for children aged 18 months-3 years. Run every second Friday at 10am during school terms.

STEAM CLUB

Develop your STEAM (Science, Technology, Engineering, Art and Mathematics) skills and enhance your critical thinking with fun and creative challenges at 4pm on the first Wednesday of the month during school terms! Suitable for ages 8-12 years.

Jumbunna Children's Centre



81 Osborne St Nowra, NSW 2541

Ph: 4422 1622

jumbunna@jumbunna.org.au

8am – 6pm

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

Mission:

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

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

10% discount for serving families, Active Reservists (SERCAT 3-5) and White and Gold Veteran Cardholders*

JUMP SHIP

.com.au



*Active Reservists (SERCAT 3-5) and White and Gold Veteran Cardholders must be covered by the membership for the discount to apply.

Navy Canteens and Ticketing

**NAVY
CANTEENS**



HMAS Albatross and HMAS Creswell

Ph: 02 4442 1056

www.navycanteens.com.au

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

Navy Canteens operates the following core businesses:

SALT Navy branded clothing, accessories and memorabilia

Win with Navy A fortnightly raffle for Navy members

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

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

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

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

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

Canberra Flats



Ph: 02 4424 3108

Gwenda.leroy@spotless.com.au

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

Bookings are arranged through base security.

PMKeyS number of the person booking required.

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

Army Amenities Fund



Ph: 02 6144 7857

www.armyholidays.com.au

AHQ.ARTF@defence.gov.au

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

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

RAAF Holidays



www.raafholidays.com.au

Ph: 0417 780 961

aambassador@bigpond.com

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

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

PMKeyS number of the person booking required.

Cerberus Community Hub



Accommodation at HMAS Cerberus for Defence Personnel and their families.

16 Cook Road, HMAS Cerberus, VIC 3920

For more information Call 03 5983 0274 or email

coordinator@cerberuscottage.com.au

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

PRICING:

Low Season:

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

High Season:

Cerberus Cottage Member: \$100 per night
Non-Member: \$110 per night
\$100 refundable bond required for all bookings





We understand the importance of defence in our community so we offer
10% OFF FURNITURE 20% OFF MATTRESSES
for Defence Personnel and their families



**LOCALLY OWNED
AND OPERATED**

NOWRA
184 Princes Hwy,
South Nowra, 2541
(02) 4423 3891

ULLADULLA
1/159 Princes Hwy
Ulladulla, 2517
(02) 4401 7226

**SERVICING THE SOUTH
COAST FOR 20 YEARS**

ONLINE ENQUIRES
www.pacificfurniture.com.au
customerservice@pacificfurniture.com.au

TARONGA ZOO PASSES

EMAIL: hmasalbatross.persops@defence.gov.au

PHONE: 0244241904 OR 41564 OR 41681 OR 41029

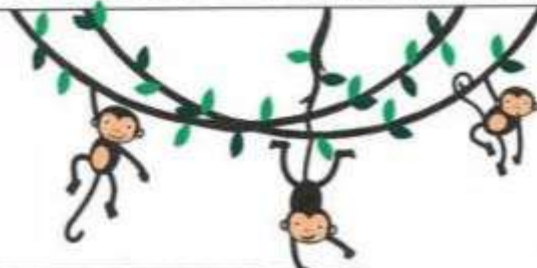


WHAT:

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

HOW:

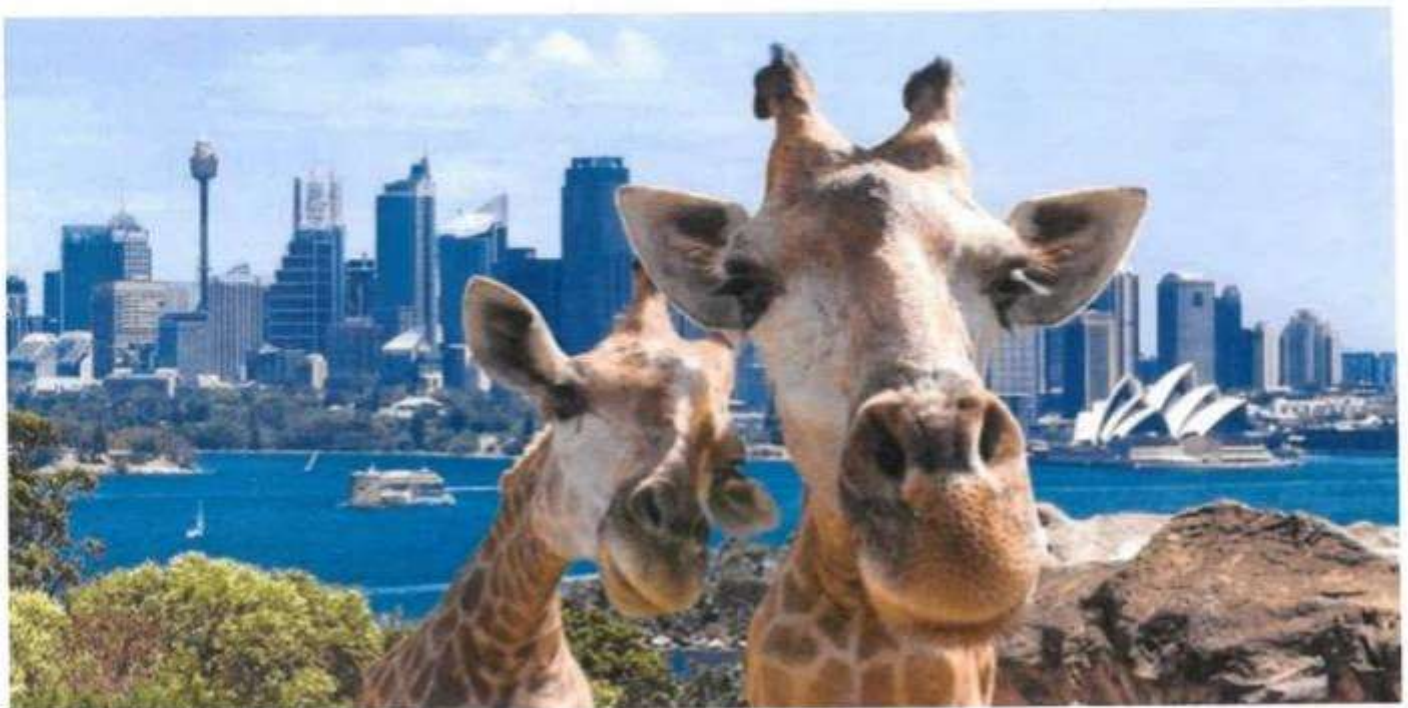
Phone the Personnel Office for availability. Payment for the passes is made when you collect them from the Personnel Office.



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

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

4 people allowed per pass.



Shoalhaven Family Day Care

Recruiting Educators

**Are you interested in a career in early childhood education and care?
Shoalhaven Family Day Care can help you!**

Being a Family Day Care educator is probably the most rewarding career you can have.

- You can combine your love of children, together with your love of leading, teaching and inspiring, in a business that you can call your own.
- You can choose which hours and days suit you.
- You have full control over the operations of your business.
- You can look after your own children while you look after others.
- You have the full support from our expert Child Development Co-ordinators and on-going administrative support.

Shoalhaven Family Day Care is a high quality home-based education and care service which has been actively supporting local families for 40 years.

Call our Co-ordination Unit on 44295610.

Email: familydaycare@shoalhaven.nsw.gov.au

Looking for childcare?
We have Educators
throughout the Shoalhaven.
Please contact us to find
out more...

Under the Defence Partner Employment Assistance Program, eligible partners who run a family day care business may be eligible for reimbursement for re-registration costs

Kiama & Shoalhaven Community Colleges



1 Mattes Way Bomaderry, NSW 2541

Ph: 02 4423 0351

sccreception@kcc.nsw.edu.au

7 Railway Pde Kiama, NSW 2533

Ph: 02 4232 1050

info@kcc.nsw.edu.au

www.kcc.nsw.edu.au

Kiama and Shoalhaven Community Colleges are a volunteer-managed, community based adult education provider. They operate as an independent, incorporated, non-for-profit association to provide high quality, adult education courses and activities to meet the expressed learning needs of the community.

The College focuses on delivering education and learning projects that meet the social, economic and cultural needs of these communities.

They offer a range of nationally accredited courses, as well as leisure and interest courses, there is something for everyone, whether for employment or just for fun!

Shoalhaven Youth Orchestra



Nowra School of Arts

Ph: 0466 379 866

www.shoalhavenyouthorchestra.com.au

manager@shoalhavenyouthorchestra.com.au

The Shoalhaven Youth Orchestra was founded in 2000, and has inspired and encouraged its players ever since. Some members of the orchestra have gone on to study music at tertiary level, and even to make careers out of performing and teaching music. Others have simply enjoyed their time playing music together and learned as much in social and other skills as in musicianship. Now a NSW creative kids provider.

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 .

Babies (6 months +) A nurturing environment to help babies enjoy and benefit from early musical experiences, movement, language and social interactions.

* Level 1 (2 – 3.5 years) A fun introduction to beat, rhythm and percussion instruments through movement, storytelling and music.

* Level 2 (3 – 5 years) Refining music knowledge, exploring beat, rhythm, tempo and pitch through hands-on and playful learning.

* Level 3 (5 – 7 years) Further developing knowledge and skills in rhythm notation, pitch and music patterns through fun and developmentally appropriate activities.

Things to do in the Shoalhaven

Guide to Shoalhaven and Southern Highlands

www.guidetoshoalhavenandsouthernhighlands.com.au

Shoalhaven City Council

www.shoalhaven.nsw.gov.au

www.100beachchallenge.com

Shoalhaven Entertainment Centre

www.shoalhavenentertainment.com.au

Ph: 4429 5757

Shoalhaven Tourism

www.shoalhaven.com



INDOOR

Roxy Cinema Complex

41 Berry St , Nowra

4423 5222

Huskisson Pictures

19 Sydney St, Huskisson

4441 5076

Indoor Climb South Coast

15 Duranbah Dr, Huskisson

4441 7310

The Northy Gym, Indoor Rock Climbing

McMahons Rd, North Nowra

4421 0587

Funland Ulladulla

93 Princes Hwy, Ulladulla

4454 3220

Fleet Air Arm Museum

489A Albatross Rd, Nowra Hill

4421 1920

Shoalhaven City Lanes Bowling

54 Narang Rd, Bomaderry

4422 1200

Shoalhaven Indoor Sports Centre

Cambewarra Road, Bomaderry

4429 5552

Shoalhaven Regional Gallery Nowra

12 Berry Street, Nowra

4429 5444

OUTDOOR

Shoalhaven Zoo

23 Rock Hill Rd, North Nowra

4421 3949

Penwood Miniature Railway

215A Princes Hwy, Jaspers Brush

4464 1201

Archer Miniature Railway

Albatross Rd, Nowra

0412 706 045

Nowra Mini Golf

Greenwell Point Rd, Nowra

4423 3003

Club Husky Mini Golf

336 Huskisson Rd, Huskisson

4441 5135

Trees Adventure

23 Rock Hill Rd, North Nowra

0429 807 411

Bigfoot Adventures

1335 Bolong Road, Shoalhaven Heads

0428 244 229

Valhalla Horse Riding

39 Falls Rd, Falls Creek

4447 8320

Jamberoo Action Park

1215 Jamberoo Road, Jamberoo

4236 0114



Shoalhaven

SOUTH COAST - NSW

PLAY ONLINE
100Beach
challenge.com

- Highway
- Secondary/Local Road
- Railway
- Railway Station
- Visitor Information Centre
- Lookout
- Waterfall
- Camp Site
- Council Boundary
- MR92/Old Wool Road
- Tourist Drive 8
- 100 Beach Challenge

- ### BEST BUSH TO BEACH
- 2 Curmerong Island Beach
 - 7 Abraham Bason Beach
 - 15 Hare Bay
 - 42 Sussex Inlet Entrance Beach
 - 44 Berrara Beach
 - 46 Monsum Beach
 - 51 Shell Grit Beach (Red Head)
 - 67 Burrill Lake Entrance Beach
 - 72 Tabourie Point Beach
 - 87 Avenue Beach
 - 99 Tranquility Bay

- ### CAMPING BY THE BEACH
- 33 Bristol Point Beach
 - 40 Cave Beach
 - 73 Stokes Island Beach
 - 76 Merco Beach
 - 88 Kuloa Beach
 - 90 Pretty Beach
 - 98 Depot Beach

- ### BEST PICNIC SPOTS
- 4 Tibury Cove
 - 6 Curmerong Beach
 - 23 Barfleur Beach
 - 47 Flat Rock Beach
 - 53 Maryana Beach
 - 61 Ulladulla Harbour Inner Beach
 - 64 Burrill Beach
 - 68 Cull and Kilsan Beach
 - 86 Shelly Beach

- ### SECRET
- 10 Target Beach
 - 12 Honeyman Bay
 - 13 Brindjine Beach
 - 22 Orion Beach
 - 27 Steamers Beach
 - 63 Lobster Jacks
 - 74 Sunburne Beach
 - 78 North Beach
 - 84 Bull Pup Beach
 - 84 Singing Stones Beach
 - 93 O'Hara Island Beach South
 - 94 Dawson Island Beach

- ### 24 HR PET FRIENDLY
- 1 Seven Mile Beach
 - 49 Wetherasmane Beach
 - 59 Collars Beach
 - 60 Ulladulla Harbour North Beach
 - 80 Cormorant Beach

Shoalhaven 100 BEACH CHALLENGE

- ### BEST FOR FAMILIES
- 17 Callala Beach
 - 19 Huskisson Beach
 - 20 Marina Manna Beach
 - 24 Nelson Beach
 - 26 Nelson Beach
 - 27 Orlowans Beach
 - 32 Green Patch Beach
 - 34 Scottish Rocks Beach
 - 43 Cudmirrah Nature Reserve Beach
 - 46 Deer Beach
 - 50 Boat Harbour Beach
 - 52 Bandalong Beach (Ingalba Beach)
 - 57 Narrawallee Beach
 - 62 Ulladulla Harbour Outer (Sea Pool)

- ### BEST INSTAGRAM SPOTS
- 9 Lobster Bay
 - 18 Shark Net Beach
 - 35 Hole in the Wall Beach
 - 36 Backleys Beach
 - 45 Ramrak Beach
 - 71 Crumpton Island Beach
 - 75 Tenney Point Beach
 - 85 Reconcourse Beach 2
 - 89 Merry Beach
 - 91 Island Beach
 - 97 Pebbly Beach

- ### BEST FOR WALKING
- 8 Wilsons Beach
 - 11 Silica Cove
 - 38 Kiny Beach
 - 39 Whiting Beach
 - 41 Bhanwarra Beach
 - 55 Conjola Lake Ocean Beach
 - 66 Racecourse Beach 1
 - 70 Waco Beach
 - 77 Nugger Point Beach
 - 82 Murramaring Beach
 - 95 Snake Bay
 - 96 Burns Bay

- ### SURFING
- 3 Culburra Beach
 - 5 Warrain Beach
 - 43 Cudmirrah Beach
 - 54 Curjuning Beach
 - 58 Mollmook Beach
 - 64 Ulladulla Bomme (Coomee Nulungai)
 - 69 Dolphin Point
 - 79 Bawley Beach
 - 81 Gemnet Beach
 - 100 North Durras Beach

- ### WHITEST SAND
- 14 Long Beach
 - 16 Callala Bay
 - 21 Collingwood Beach
 - 25 Blantwin Beach
 - 26 Greenfield Beach
 - 28 Little Hyams Beach
 - 29 Hyams (Seamans) Beach
 - 30 Captains Beach
 - 31 Iska Beach
 - 36 Murreys Beach

02 4421 0778
SHOALHAVEN.COM

Please pay respect to the Wreck Bay community and their private land by accessing beaches

via Steamers Beach car park

MANY EXPERIENCES - ONE DESTINATION

PARKS FOR FAMILIES			
	PARK & LOCATION	DESCRIPTION	
BASIN VIEW	Boat Ramp Reserve Basin View Pde	A magic location to walk, swim, fish and ENJOY!	
BAWLEY POINT	Bawley Point Reserve Johnson St	Magnificent scenic location. A great day for beach, BBQ and bike.	
BENDALONG	Boat Ramp Reserve Boronia St	Keep an eye out for large sting rays near the boat ramp area when the fishermen arrive.	
BURRILL LAKE	Burrill Lake Lions Park Dolphin Point Rd	Plenty of shade and shallow swimming areas. Accessible paths, fishing platforms and seating.	
CALLALA BEACH	Callala Beach Foreshore Park	Beach access to the white sands of Jervis Bay for the family. Accessible paths, picnic tables and toilets.	
CULBURRA BEACH	Tilbury Cove Penguin Head Rd	Pretty, sheltered and perfect for little ones. Great location for beginner surfers of all ages.	
GREENWELL POINT	Titania Park Adelaide St	A colourful marine themed playground. Lunch with the pelicans and try the famous fish and chips.	
HUSKISSON	White Sands Park Hawke St	BBQ or takeaway from local eateries while kids enjoy the playground. Shared pathway around the bay.	
LAKE CONJOLA	Lake Conjola Boat Ramp Lake Conjola Entrance Rd	Picturesque spot beside the lake for paddling or fishing. Accessible toilet and picnic tables.	
MILTON	Mick Ryan Reserve Princes Hwy	Let the kids burn some energy when visit Milton. Relax and enjoy the sweeping escarpment views.	
MOLLYMOOK	Liwi's Place - Cnr Mitchell Pde & Ocean St	Colourful new playground with wheelchair accessible picnic tables and Changing Place toilet facilities.	
NARRAWALLEE	Narawallee Inlet Matron Porter Dr	Shallow swimming, good for kids. Sheltered bush track along the creek.	
NOWRA	Marriott Park Plunkett St	Shady park with duck pond and adventure playground.	
SANCTUARY POINT	Ray Brooks Reserve, Palm Beach	Picnic spot with safe swimming in the Basin. Beach wheelchair available from Oscar's Corner Store.	
SHOALHAVEN HEADS	River Road Reserve River Rd	Keep the kids busy all day. Beach, walks, cycle and toddler friendly swimming by the river.	
SUSSEX INLET	Sussex Inlet Foreshore Jacobs Dr	A family friendly playground for all ages with the beautiful inlet backdrop.	
ULLADULLA	Ulladulla Rotary Park Princes Hwy/Crescent St	Enjoy a BBQ while watching the coming and goings in Ulladulla Harbour.	
VINCENTIA	Plantation Point Reserve Plantation Point Pde	Plenty of room for ball games. Set amongst an idyllic bush coastal setting.	

KEY
 Accessibility
 Gym equipment
 Cycle track
 BBQ
 Picnic facilities
 Playground
 Toilets

AQUATIC CENTRES & POOLS * Note: Open Nov - Mar inclusive			
BERRY	Berry Swimming Pool*	Albany St	02 4464 2952
BOMADERRY	Bomaderry Aquatic Centre	127 Cambewarra Rd	02 4429 5600
	Shoalhaven Indoor Sports Centre	84 Cambewarra Rd	02 4429 5552
CURRARONG	Currarong Rock Pool	Beecroft Pde	
GREENWELL POINT	Greenwell Point Village Pool*	114 Greenwell Point Rd	02 4447 0185
HUSKISSON	Huskisson Sea Pool*	(Voyager Park) Currumbene St	02 4406 2022
KANGAROO VALLEY	Kangaroo Valley Village Pool*	Kangaroo Valley Showground	02 4429 5493
		Moss Vale Rd	
NOWRA	Nowra Aquatic Park	20 Scenic Dr	02 4429 5641
SHOALHAVEN HEADS	Shoalhaven Heads Swimming Pool*	Cnr Shoalhaven Heads Rd & McIntosh St	02 4429 5490
SUSSEX INLET	Sussex Inlet Aquatic Centre	Thomson St Sporting Complex	02 4406 2055
ULLADULLA	Ulladulla Leisure Centre	Cnr Warden & Green Sts	02 4444 8811
		Ulladulla Sea Pool*	50 Wason St (Ulladulla Harbour)
VINCENTIA	Bay & Basin Leisure Centre	The Wool Rd	02 4406 2022

PATROLLED BEACHES			
CROOKHAVEN HEADS	Culburra Beach	Prince Edward Ave	
CULBURRA BEACH	Tilbury Cove	Ocean St	
	Warrain Beach	Farrant Ave	
MOLLYMOOK	North Mollymook Beach	Beach Rd	
MOLLYMOOK SOUTH	South Mollymook Beach	Ocean St	
NARRAWALLEE	Narrawallee Beach	Surfers Ave	
SHOALHAVEN HEADS	Seven Mile Beach	Shoalhaven Heads Rd	
SUSSEX INLET	Cudmirrah Beach	Area in front of Surf Club	

LEGEND
 Patrolled 9am-5pm daily Summer School Holidays
 Patrolled 9am-5pm daily Dec - Jan - Feb
 Patrolled 9am-5pm Weekends Oct Long Weekend to Anzac Weekend
 Wheelchair access
 Outdoor shower
 Kiosk/Cafe <500m
 Toilets
 Toilets with change
 Picnic facilities
 Playground

Markets

MARKETS				
BERRY	Berry Bowling Club Markets	2nd Sat	Berry Bowling Club, 140 Queen St	8.00am-2.30pm
	Berry Country Fair	1st Sun exc Feb	Berry Showground, Alexandra St	8.00am-2.30pm
	Berry Produce Market	2nd Sat, 4th Sun	Andrew Place Park, 102 Queen St	8.00am-2.00pm
	Berry Farmers Market	Every Thurs	Berry Showground	3:00pm-6:00pm
CALLALA BAY	Callala Friendly Markets	2nd Sat	Callala Community Ctr, 42 Emmet St	10:00am-2:00pm
CULBURRA	Culburra Beach Markets	1st Sun	Cnr West Cres & Prince Edward Ave (Opp. Bowling Club)	8.30am-1.00pm
GREENWELL POINT	Riverside Markets	3rd Sun	Greenwell Point Bowling Club, Greens Rd	9.00am-2.00pm
HUSKISSON	Huskisson Market	2nd Sun	Sporting Ground (next to Club Husky)	7.00am-1.00pm
	Jervis Bay Maritime Museum Produce/Craft	1st Sat	Jervis Bay Maritime Museum, Woollamia Rd, 3-7pm in day light saving	8.00am-1.00pm
KANGAROO VALLEY	Kangaroo Valley Farmers Market	2nd Sun	165 Moss Vale Rd	8.30am-1.00pm
KIOLOA	Murramarang Community Markets	various	Kioloa Community Hall, Murramarang Rd	9.00am - 1.00pm
MILTON	Milton Village Showground Markets	1st Sat	Milton Showground, Croobyar Rd	9.00am-1.00pm
	Milton Produce Markets	Every Sat	Milton Showground	8.30am-11.30am
MOLLYMOOK	Mollymook Markets	5th Sun	Beach Reserve, Mitchell Pde	8.00am-2.00pm
NOWRA	Wesley Centre Market	4th Sat	Wesley Centre, Berry St	8.00am-1.00pm
	Nowra Uniting Church Monthly Bazaar	1st Fri except Jan & Good Fri	Wesley Centre, Berry St	8.30-11.30am
PYREE	Pyree Village Arts & Craft Markets	4th Sun	Shoalhaven Potters Workshop, Greenwell Point Rd	9.00am-2.30pm
	Jindy Andy Mill Markets	3rd Sat	Jindy Andy Mill, Greenwell Point Rd	8.00am-12.00pm
SHOALHAVEN HEADS	Shoalhaven Heads Red Cross Market	Easter Sat, Jun & Oct Long W/E	Community Centre, Shoalhaven Heads Rd	9.00am-1.00pm
SUSSEX INLET	Sussex Inlet Flea Markets	2nd Saturday	Uniting Church Hall, Jacobs Dr	9.00am-1.00pm
TOMERONG	Tomerong Village Markets	3rd Sat	School of Arts, Hawken Rd	8.00am-1.00pm
ULLADULLA	Cupitt's Growers Market	Last Sat	Cupitt's Winery, 58 Washburton Rd	10.00am-12.00pm
	Ulladulla Marine Rescue Harbour Markets	2nd Sun	Harbour & Wharf, Wason St	8.00am-1.00pm

Second Hand Shops

Anglicare Bomaderry Opportunity Shop, Meroo Street, Bomaderry

Anglicare Op Shop, 3/4 Weston St, Culburra Beach

Minute by Minute Disaster Relief, 3/57 Albatross Rd Nowra

Mission Australia, 37 Plunkett St, Nowra

Mission Australia, 136 Island Point Road, St Georges Basin

Mission Family Store– Shop 4, 197 Kerry St, Sanctuary Point

Red Cross, 21 Schofields Lane, Nowra

Salvos, 2/182 Princes Highway, South Nowra

Vinnies, 117b Queen Street, Berry

Vinnies, 5 Berry Street, Nowra

Vinnies, 199 Kerry Street, Sanctuary Point

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

Vinnies, 11/159 Princess Hwy, South Nowra

Wesley Uniting Church Op Shop, 60 Junction St, Nowra

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

1300 561 454

Enrol
now!

Medical Centres and Hospitals

HOSPITAL EMERGENCY

NOWRA	Shoalhaven District Memorial Hospital	2 Scenic Dr	02 4423 9500
MILTON	Milton Ulladulla Hospital	106 Princes Highway	02 4454 9100
EMERGENCY	Police - Fire - Ambulance		000

MEDICAL CENTRES

BASIN VIEW	Basin View Medical Centre	3 Tallyan Point Rd	02 4443 4959
BERRY	Berry Medical Centre	22 Prince Alfred St	02 4464 1577
BOMADERRY	Meroo Street Family Practice	1 Meroo St	02 4421 4655
CALLALA BAY	Callala Surgery	6 Chisholm St	02 4446 5350
CULBURRA BEACH	Culburra Beach General Practice	14 The Lake Cct	02 4447 2450
	Culburra Beach Medical Centre	Cnr Canal St & Prince Edward Ave	02 4447 5430
KANGAROO VALLEY	Dr Jeanette Keir	2 Broughton St	02 4465 2007
MILTON	Milton Lighthouse Family Medical Practice	122 Princes Hwy	02 4454 4257
	Milton Medical Centre	141 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	Phillip Centre Shop 6 Princes Hwy	02 4455 1291
VINCENTIA	Vincentia Bay Medical Centre	Shop 22, Vincentia Marketplace	02 4443 9888
	Vincentia Medical Centre	5 Halloran St	02 4443 2443
WORRIGEE	Worrigee Medical Centre	53 Isa Rd	02 4421 6199

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 Studios**

Mrs Belinda Crockett
<https://www.facebook.com/CreativeStarzY.T/>

Suzanne Burnett
Owner / Operator

☎ 0480 299 682
✉ info@slbcleaningservices.com.au
📱 SLBcleaningservicesAU
🌐 slbcleaningservices.com.au



**SLB CLEANING
SERVICES**



Kristie Lee

☎ 0411 957 002
📱 @kldweddings @kldportraits
Wedding and Portrait Photographer
WWW.KLDPHOTOGRAPHY.COM.AU



Tell your friends about our fundraiser!

BE THE FIRST TO GET SPECIAL OFFERS AT
FACEBOOK.COM/BRIGHTSTARKIDS

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

NOMINATE OUR GROUP IN THE PAYMENT AREA WHEN YOU CHECKOUT:

Kookaburra Retreat
HAG US IN THE 'NOMINATE A FUNDRAISER' SECTION UNDER 'SEARCH & BUY' IN THE CHECKOUT



GET FREE* DELIVERY WHEN YOU SHOP ONLINE.

WWW.BRIGHTSTARKIDS.COM.AU

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



PERSONALISED TSHIRTS



KIDS WALL ART



**ZOE'S PLAYROOM
WALL DECALS**



KIDS BAGS



BAG TAGS

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



FREE* DELIVERY WHEN YOU SHOP ONLINE
BRIGHTSTARKIDS.COM.AU

*FREE DELIVERY AVAILABLE WITH PURCHASE OVER \$50 (EXCL. GST & \$100)

Kids Stuff



SDFA Find-A-Word

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

- | | | |
|-------------|------------|------------|
| AIRFORCE | CRECHE | RETREAT |
| ALBATROSS | DEFENCE | SDFA |
| ANZAC | FAMILIES | SHOALHAVEN |
| ARMY | FUN | SUPPORT |
| ASSOCIATION | KOOKABURRA | TIMEOUT |
| COMMITTEE | NAVY | TRAINING |
| CRAFT | PLAYGROUP | WORKSHOPS |

Kids Stuff



MOTHERCOULD FIZZY BLOCKS

YOU'LL NEED:

- 1 cup baking soda
- 1tsp clear gelatin
- 1/4 cup water
- Food coloring
- Ice cube tray
- Vinegar

INSTRUCTIONS:

1. Mix together the baking soda and gelatin.
2. Add a few drops of food coloring to the water and pour into the baking soda mixture. Mix well.
3. Separate the mixture evenly into the ice cube tray.
4. Freeze overnight.
5. Remove the cubes from the tray and pour some vinegar on top. Watch it fizz.



MOTHERCOULD TASTE SAFE SLIME

YOU'LL NEED:

- 1/4 cup chia seeds
- 1 + 3/4 cup water
- Food coloring
- 3-4 cups corn starch

INSTRUCTIONS:

1. Mix the chia seeds, water and food coloring together.
2. Cover and refrigerate overnight.
3. Uncover and add the corn starch a little at a time. About a cup at a time. Mix and then continue until you achieve the desired consistency. Should be like regular slime. Slimy but can be easily taken off the hands.
4. Store covered in the refrigerator. You will need to add a little water each time you take it out to use it. It will reactive the slime.



MOTHERCOULD TASTE SAFE PAINT

YOU'LL NEED:

- 1/4 cup salt
- 1/2 cup flour
- 1/2 cup water
- Food coloring

INSTRUCTIONS:

1. Mix the flour and salt in a bowl.
 2. Add a few drops of food coloring to the water. Pour into the flour and salt mixture.
 3. Whip well until and the clumps dissolve.
- *You can add more or less water depending on the consistency you desire.
- **Store in the refrigerator. Can keep for 6 months or so.



MOTHERCOULD PUFFY PAINT

YOU'LL NEED:

- Glue
- Shaving cream
- Food coloring
- Ziploc bag
- Scissors

INSTRUCTIONS:

1. Add equal parts glue and shaving cream in a bowl.
 2. Add food coloring and mix well.
- If you want to use the paint in a DIY piping bag:
1. Add the paint to a ziplock bag.
 2. Close the bag and cut a small piece of corner off.
 3. Squeeze the paint through the opening

Reference Guide



Shoalhaven Defence Families Association

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



Defence Community Organisation

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



Defence Families of Australia

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



Defence Housing Australia

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



Toll Transitions

Customer Service 1800 819 167

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



Shoalhaven
Defence
Families
Association



2021 Membership Application (1st Jan to 31st Dec 2021)

Membership Type – (please circle) Full \$30 or Playgroup \$10 Payment Eft/Cash (please circle)

Are you a new member or renewing your membership New / Renewing from 2020

Relationship to defence (please circle) **Navy – Army – Air Force – Civilian**

First Name _____ Family Name _____

DOB _____

Address _____

Phone Home _____ Mobile _____

Email _____

Are you of Aboriginal or Torres Strait Islander Origin? **Y/N**

How did you find out about the SDFA and Kookaburra Retreat? _____

Preferred Method of contact? **Email/Facebook**

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

Do you give permission for your details to be shared with the local DCO contact list? **Yes/No (please circle)**

EMERGENCY CONTACT DETAILS

NAME _____

PHONE _____

RELATIONSHIP TO YOU _____

Children's Details

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

Name _____ DOB _____

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

SIGNATURE _____ **DATE** _____

**I have been advised to read and abide by the SDFA Constitution and the Code of Ethics*

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

NON-DEFENCE MEMBER

Nominated by:

Name _____

Signature _____

Seconded by:

Name/Position _____

Signature _____

OFFICE USE ONLY

EFT/Cash (receipt no) _____ QB _____
Members list _____ Email contacts _____ Facebook – Profile _____ Group _____ Page _____ DCO _____



Shoalhaven
Defence
Families
Association



Open 9am – 3pm Monday, Tuesday, Thursday & Friday

*during school terms

Members and guests are welcome to participate in an activity or come in when we are open to enjoy a cuppa and a chat.

Regular activities for members and guests include:

- Cuppa and Chat: Monday, Thursday, Friday 9am – 3pm
 - Playgroup: Tuesday 10am – 12pm \$3 per family
 - First Friday Club - 1st Fri of the month 6pm
 - Fitness and Wellness sessions - Thursdays
 - Craft Classes/Workshops - Monthly


Kooka Kids Creche

Mondays, Thursdays and Fridays 9:30am – 12:30pm

Cost: \$15 one child, \$20 two children, \$25 for three or more children

*Bookings Essential

On entry to Kookaburra Retreat you will be required to enter your details in the visitor's log and COVID-19 Declaration and sanitise your hands. During your visit you are to remain 1.5 metres from others and clean before you leave (instructions at Kooka).

Please find us on  for up to date info or visit our website

www.sdffa.com.au

Coordinator - Maxine Starkey P: 4421 5766 E: shoalhavendfa@gmail.com