



# Welcome to my *SANCTUARY POINT A CONCERNED CITIZENS NEWSLETTER*

April 2016 Vol. *063* and website at

<http://sanctuarypointaconcernedcitizensnewsletter.com>

## Our Wish List for 2016

- A decision is made where the Baird Government, promised new Police Station, is to be built in the Bay & Basin! And when it will commence?
- A decision is made where the Baird Government, promised Ambulance Station, is to be built in the Bay & Basin! And when it will commence?
- A decision is made on what actual improvements will be allocated to Palm Beach, Ray Brooks Reserve and the Basin Walk Track at Sanctuary Point! And when they will commence?
- A decision is made on what actual improvements will be allocated to the Roads in Sanctuary Point! And when will it commence?
- A decision is made on what actual improvements will be allocated to the Pathways in Sanctuary Point! And when will it commence?
- A decision is made on when the Roundabout at Clifton Street and Leumeah Street Sanctuary Point will be built!
- A decision is made on when the Roundabout at Kerry Street and Paradise Beach Road Sanctuary Point will be built!
- A decision is made when the proposed upgrade to the John Williams Boat Ramp in Sanctuary Point will commence!
- A decision to build a state of the art Marina at Huskisson, to give first class facilities to encourage the tourist and local boating community to the area!

"And that is just for starters!"

## Third Wish this Time!

**Palm Beach Clean-up, Ray Brooks Reserve facilities and the Basin Walk Track to link up, and compromise with what has been established from the Paradise Beach section of the walking track.**

**What is the problem with our Council and Department of Fisheries (Department of Primary Industries)? Surely! These three issues are not too complicated to resolve in Sanctuary Point, as they have in other locations of our beautiful coastal towns and villages ... We are not asking for ex-orbitant changes to the present infrastructure, I believe a pathway along the lines of that shown in the photo below, would appease the locals and visitors and make for a safe walkway through the Sanctuary Point section.**

**I know and do appreciate the meetings we have had with Council on site and yes! there has been some attention directed in tidying up the reserve and removing some of the dead seaweed (Wrack) from the shore line.**

**Attention is still needed to make the walking track safe for Prams, Bikes and People of all ages.**

**To cater for those who visit and use Council and the Department of Primary Industries assets; along the seaside waterways, cleaner beaches and better facilities to prepare a barbeque and enjoy a meal on tables and seating under cover, would leave a much better impression of their visit, than that, of what they experience today!**



**Yes! It takes time and funding...But! CHRISTMAS 2016 won't be long off!**

# We Will Remember Them

On the 25th April 2016; all across Australia and in other locations around the World, Australian Defence Force Personnel and Australian Citizens will be united once again, as we, who are left grow old... Will remember the cost of freedom, so gallantly won on the battlefields!



These photos I have selected for you, are reminiscent of the turnouts that can be expected in any location on **ANZAC Day...** These were taken at Huskisson NSW on ANZAC Day 2006, 2008 and 2011.

If I could express what ANZAC Day means to me, I suppose I could say... Gratitude, Thanks, Admiration, Bravery, Courage... But to me I just see it as the best we can be...

## AUSTRALIAN





## *The Hon Shelley Hancock MP*

Member for South Coast  
Speaker Legislative Assembly

### Media Release

March 21, 2016

#### LOCAL STUDENT'S WIN TO WESTERN FRONT

"Congratulations to Noah McMillan of Nowra Christian School who will travel to the battlefields and memorial sites of the Western Front to represent our area as a winner of the 2016 Premier's Anzac memorial Scholarship," announced Member for South Coast Shelley Hancock today.

Noah is one of 24 outstanding Year 10 and 11 students who will travel to the Western Front later this year, the 24 scholarship winners announced by NSW Premier Mike Baird and will travel to France in July.

"The students will visit the official commemorations of the Battle of Pozieres and the Battle of Fromelles, which were the setting for displays of great sacrifice by the ANZACS."

"Today marks a Centenary since the first landing of Australian troops in France as they made their journey to fight in the harrowing three year stalemate on the Western Front," Mr Baird said.

"Like those young men who landed on the shores of France a hundred years ago, today also marks the start of our scholars' great adventure to the Western Front to learn more about the sacrifices and heroism of the Anzacs that continue to shape Australian identity today."

Mrs Hancock said the local community is extremely proud of Noah.

"The 2016 scholarship was very competitive, and 89 schools across NSW applied. All of the applicants should be commended for their strong leadership qualities, and interest in Australian history."

"This is a fantastic opportunity for Noah to represent his community the once-in-a-lifetime Centenary of ANZAC commemorations." she concluded.

The students will also be joined by three supervising teachers, a tour historian and NSW RSL representatives.

For more information about the scholarship please visit [veterans.nsw.gov.au/education/premiers-anzac-memorial-scholarship](http://veterans.nsw.gov.au/education/premiers-anzac-memorial-scholarship) or contact Veterans' Affairs on (02) 9228 4710.

*1/57 Plunkett Street, Nowra NSW 2541 PO Box 1436 Nowra NSW 2541*

*Tel: (02) 4421 0222 Fax: (02) 4422 1180 Email: <http://www.southcoast@parliament.nsw.gov.au>*

## Palm Beach

## Ray Brooks Reserve

## Basin Walking Track

Easter has come and gone and unfortunately the Locals and Tourists, who still come to Palm Beach, must have been disappointed again, as they encountered the same shame, which they are now used to at Palm Beach, Ray Brooks Reserve and the Basin Walking Track through Sanctuary Point!

The following photos have been categorised under their locations and these are but a few of the photos taken, all of which, I believe display the poor and sorry state of what could be a wonderful asset of the Shoalhaven Council and a place where we could all appreciate and be proud to invite our family and friends to!

If you also agree with how I feel about the area... Please contact Shoalhaven Council and register your complaint...

**IT ONLY TAKES ONE CALL!**



I was sent an email with this Link to the ABC Health & Wellbeing, which I thank the sender most graciously.

<http://abcmail.net.au/t/2824738/600590/1765/0/>

17 March 2016

Health is in the spotlight in the lead-up to ABC's 'Health in Focus' week, starting Monday 20 March. There'll be a wealth of extra health content right across TV, radio and online.

You can get a headstart this week with the first in our 'just one thing' series, where experts from a range of disciplines outline the one thing they wish more Australians knew to keep themselves and their loved ones healthier. Also this week, the pitfalls of the 'skinny tea' craze.

[Saving a life with CPR is 'really, really easy' and more of us should try, leading emergency physician says](#)

There's one thing emergency physician Paul Middleton wants everyone to know. You don't need to be a paramedic to save a life. If you've got two hands, you're half way there.



[Honest conversations one thing all of us can do to help tackle suicide, Dr Louise Byrnes says](#)

Recent figures show suicide rates are increasing and while we need governments to focus on suicide prevention, mental health academic Dr Louise Byrnes says we can all make a difference by having honest conversations about our own struggles and triumphs.



[One simple thing that will help keep you out of the health system: don't smoke](#)

When asked about the one thing he would like Australians to do to protect their health, Emeritus Professor of public health Stephen Leeder simply says "don't smoke".

Apart from reading the information sent to me, I have now included what was sent. on page 5 and 6 of my Newsletter, I also found the ABC Web Site most informative and worth a look at.

I have included the ABC Health & Wellbeing Web Site Link in the text box just under the ABC Logo at the top of the page.

I give total recognition to the ABC for the information I have included in my Newsletter, as a community service to the readers of my newsletters in hard copy or on my web site.

Inserted by the Editor as a Community Service for ABC Health & Wellbeing.



### [The skinny on skinny tea](#)

Fad diets have come and gone over the years, but the 'skinny tea' craze just won't die, despite health experts' claims it should. Exactly what about detox tea has so many young women hooked?



### [You might have missed](#)

[Reducing the risk of allergies](#)

[Smash away your stress](#)

[New research into breast cancer radiation paving way for personalised treatment](#)

[Fat under the collarbone may protect against diabetes](#)

[Gene flaw increases risk of schizophrenia by up to 35 times](#)

[New concerns about maternal injuries caused by forceps](#)

[Putting the obesity paradox to the test](#)

[New report calls for changes in how Australia treats self-harm in young people](#)

[Why women love to run](#)

[Don't ignore memory loss: Australia's new dementia diagnosis and treatment guidelines](#)

[Pharmacists selling low-evidence complementary medicines raises credibility questions](#)

**Are you a young person, 17 - 24 looking for a great outdoor experience... Check out this Media Release of Ann Sudmalis MP! She just might have the experience you are looking for!**

**Do some calculations for your self and check out the sites listed below, or contact Ann Sudmalis, by phoning... 44 231 782.**



## **MEDIA RELEASE**

### **We Need You! In the Green Army**

Federal Member for Gilmore, Ann Sudmalis MP, says the Shoalhaven's Green Army is looking for new recruits.

Local Green Army contractor, Conservation Volunteers Australia, is calling for applicants to work on the next approved project in the Shoalhaven.

"The project involves mangrove planting and erosion prevention work on the Shoalhaven River," said Mrs Sudmalis.

"Participants will do site assessments, works plan preparation, fencing and planting, weed control and more."

"This offers great, practical experience for young people who earn an allowance and get the opportunity to make a difference in their local community," added Mrs Sudmalis

The program is open to young people aged between 17 and 24, who are Australian citizens or permanent residents and would like to work as part of a team.

It runs for 30 hours per week for up to 23 weeks and pays up \$16.45 per hour, with all PPE provided.

Participants gain a first aid certificate and safety certificate, as well as accredited units in Conservation and Land Management.

"I encourage local young people to make the most of this opportunity, it will no doubt improve your career opportunities and be a very rewarding experience," said Mrs Sudmalis.

"There are a few local projects in the pipeline so now is the time to apply," added Mrs Sudmalis.

For more Information visit: [environment.gov.au/green-army](http://environment.gov.au/green-army) or complete the application form online at [conservationvolunteers.com.au/green-army](http://conservationvolunteers.com.au/green-army) (Phone: (02) 4228 9246) or call the office of Ann Sudmalis on 44 231 782

All young people looking at a great outdoor experience are encouraged to apply.



**MARINE RESCUE JERVIS BAY;  
WOULD WELCOME YOU ON BOARD AS A VOLUNTEER;  
SAVING LIVES ON THE WATER.**



**You can visit MARINE RESCUE JERVIS BAY at their Radio Base in Voyager Park, Huskisson;**

**You can also Contact them at Marine Rescue NSW Jervis Bay Unit**

} *PO Box 93, HUSKISSON NSW 2540*

*or:*



*Tel: 02 4441 5433*

*Fax: 02 4441 5428*

*Email: base: [jervisbay@marinerescuensw.com](mailto:jervisbay@marinerescuensw.com)*

*Web Site: <http://marinerescuejervisbay.org.au>*

Inserted by the Editor as a Community Service for Marine Rescue Jervis Bay Unit.

**DANGER**  
Check for danger/ensure area is safe  
• to yourself • to others • to the casualty

**RESPONSE**  
Squeeze the person's shoulders.  
Shout "are you okay?" and check for consciousness.

## A Guide to Resuscitation

<b>A</b> AIRWAY	<b>CHECK, OPEN AND CLEAR AIRWAY</b>  IF BLOCKED, Roll onto side, support head, clear mouth and airway.	<b>REMEMBER, PHONE 000</b>  Ask for assistance, phone '000' or mobile '112' for an Ambulance.	
	<b>B</b> BREATHING	<table border="1"> <tr> <td><b>IS CASUALTY BREATHING NORMALLY? 'YES'</b> Position person on their side, and ensure the airway remains clear. Continue to monitor breathing.</td> <td><b>IS CASUALTY BREATHING NORMALLY? 'NO'</b> Turn person onto back. Support head and jaw. (A slight head tilt may be necessary to open airway) Give two breaths.</td> </tr> </table>	<b>IS CASUALTY BREATHING NORMALLY? 'YES'</b> Position person on their side, and ensure the airway remains clear. Continue to monitor breathing.
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<b>C</b> COMPRESSION	<b>CHECK FOR SIGNS OF LIFE</b>  If no response and not breathing, give 30 compressions in centre of chest.	<b>CONTINUE TO GIVE 2 BREATHS AND 30 COMPRESSIONS</b>  Only stop to check casualty if they start breathing normally. Continue until emergency services take over.	

	ADULT	CHILDREN	INFANT
HAND POSITION	2 hands (one on top of the other), in centre of chest	1 or 2 hands in centre of chest	2 fingers in centre of chest
COMPRESS	1/3 the depth of chest		
RATIO	Give 30 compressions at a rate of 100 per minute and then give 2 breaths		
CPR	Repeat 30 compressions and 2 breaths sequence		

**I was down at the sea side and took notice of Shoalhaven Council Guide to Resuscitation.**

**I congratulate Shoalhaven Council for erecting these signs at the aquatic areas of our recreation and as this guide is part of the First Aid Training Courses I undertake, it is also applicable to any instances where First Aid is required.**

**I have include this in my newsletter and perhaps it might one day save a life, or inspire other concerned citizens to undertake a first aid course!**





## The Sanctuary Point Men's Shed inc.

President : Ray Marcusson 4447 8634  
 Secretary: Michael Flannery 0422 701 929

To obtain further information about the Mens Shed, you can find them on their website [www.sanctuarypointmenshed.org](http://www.sanctuarypointmenshed.org) Just click and enjoy!

To view their wonderful Carpentry and Wrought Ironwork, you can call into the SANCTUARY POINT MEN'S SHED at 20A WOOLAMAI ROAD, FALLS CREEK NSW (Short distant in from Jervis Bay Road)... Hours of Business: Monday, Wednesday & Thursday 0900-1600 (9-4) The Men's Shed is all about men, doing what men do best together... Helping each other, to talk and work together, as they live life to the fullest! You too can be a member of the Men's Shed... Give them a call today!

Ray: 4447 8634 or Michael: 0422 701 929

The Sanctuary Point Mens Shed will soon be re-locating to Clifton Park, Sanctuary Point, alongside of the Clifton Community Food Garden. If you join now, you can help them move and become an inaugural member, who helped bring the Mens Shed home to Sanctuary Point.

The Sanctuary Point Men's Shed inc. is a Fully Incorporated Registered Charity and you too, can support them by becoming a Volunteer Member, or making a Donation... All donations over \$2.00 made to SPMS are Tax Deductible.

The above advertisement is proudly inserted by the Editor as a Community Service

For all Enquiries or to REPORT A LEAK  
 Phone 4429 3214



<http://www.shoalwater.nsw.gov.au>

Inserted by the Editor as a community Service for Shoalhaven Water

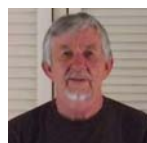
**City Maintenance**  
 Help us to Help you!  
 Maintenance & Graffiti Reporting Line  
 Phone: (02) 4429 3506  
 24 hours/day, 7 days/week, and an automated system will record your concern.

Know this number... And when you see a maintenance or graffiti problem in the Shoalhaven... Get on the telephone and make the call...  
**(02) 4429 3506**

Inserted by The Editor as a Community Service for the concerned citizens of the SHOALHAVEN.

### Sanctuary Point A Concerned Citizens Newsletter

If we try together and don't give up, we can achieve almost anything!  
 Web Site  
[sanctuarypointaconcernedcitizensnewsletter.com](http://sanctuarypointaconcernedcitizensnewsletter.com)  
 EDITOR: Dennis Williams



If you are reading a hard copy of his current issue and if you would like a copy of previous issues, I can not send you a hard copy, however, If you have access to the internet... Log into my Web Site at

<http://sanctuarypointaconcernedcitizensnewsletter.com>  
 for past and current issues - Dennis.



## Shoalhaven Local Area Command Community Open Day

Was conducted on Saturday 19th March 2016, with the dignity and the obvious pride, which is always displayed by our Emergency Services and I was very pleased to have been on site in Voyager Park Huskisson NSW, to take a few snapshots, to show those who could not make it, what they missed out on!

The NSW Police Displays were well staffed and equipped with lots of information for the general public to discuss with our local Police Command and once again the Southern Region Police LEXUS Community Engagement Vehicle was on hand and open for inspection by the young and not so very young anymore!

The St Georges Basin SES Display was well presented, by Regional and Local Members and their display presented it's self, for the public to discuss the roll, that the SES contributes to our Emergency Services... And maybe join!



One Great Day was had by all in attendance... **CONGRATULATIONS SHOALHAVEN LOCAL AREA COMMAND** and all who contributed on the days event! It's a thumbs up from me!



**And Don't Forget... COPS ARE TOPS**

Log on to the NSW Police Web Site for the **“Tell us what you want SURVEY!”**.

SURVEY LOG ON →

<https://secure.peoplepulse.com.au/display.php?mid=2060116b2b887848336>

If you think something is Wrong... **Help them to help us!** Contact your Local Police Station... **Or Phone it in when you know it is wrong!**

Shoalhaven Local Area Command Police Telephone Contact List In the case of an Emergency Phone : 000		
Position	Location	Phone Number
Huskisson Police Station	Huskisson	02 44415779
Sussex Inlet Police Station	Sussex Inlet	02 44412665
Nowra Police Station	Nowra – Main switch	02 44219699
Nowra Duty Officer	Nowra Police Station	02 44219689
Detectives Office	Nowra Police Station	02 44219629
Prosecutor	Nowra Police Station	02 44219685
Forensic Services	Nowra Police Station	0244219635
Shoalhaven Traffic Command (Highway Patrol)	Nowra Police Station	02 44219616
Youth Liaison Officer (YLO)	Nowra Police Station	02 44219626
Licensing Officer	Nowra Police Station	02 44219615
Domestic Violence Liaison Officer (DVLO)	Nowra Police Station	02 44219666
Crime Prevention Officer (CPO)	Nowra Police Station	02 44219619
Police Assistance Line (PAL)	PAL	131444
Police Assistance Line (PAL) Hearing /speech impaired only	PAL TTY	02 92113776
Crime Stoppers	Crime Stoppers	1800333000
NSW Police Force website address - <a href="http://www.police.nsw.gov.au">www.police.nsw.gov.au</a>		
Shoalhaven LAC Facebook Page - <a href="https://www.facebook.com/ShoalhavenLac">https://www.facebook.com/ShoalhavenLac</a>		

for the **SAFETY OF LIFE AT SEA**

**When you are going on the waters, of the St. Georges Basin... Don't forget to log on and off with Marine Rescue Sussex Inlet, for the safety of your life on the water. (27 MHz Chn: 88 VHF Chn: 16) Or Telephone: 4441 3555.**



The above Notice is inserted by the Editor as a Community Service for



**SUSSEX INLET**

POLICE ASSISTANCE LINE... 131 444 For reporting of non urgent matters, It will be recorded as an Incident and passed on to the appropriate Police Station to follow up ... It will also become a Statistic and they can be used for the allocation of Police in your local area.

EMERGENCY ... 000 and ask for Police. For Life Threatening or Immediate Attention Required.

CRIME STOPPERS ... 1800 333 000 Anonymous Information.

When you have had enough!... Remember ... If you want to stop Crime... I mean...You really want to stop Crime... Commit yourself to a SIGNED STATEMENT and you will REALLY give your POLICE something to WORK WITH!

Inserted by the Editor as a Community Service for **Shoalhaven LAC**