

Photo of Palm Beach Sanctuary Point NSW on a clear day... Photo taken by the Editor Dennis Williams.

SANCTUARY POINT A CONCERNED CITIZENS NEWSLETTER August 2020 Vol. 115 and website at

https://sanctuarypointaconcernedcitizensnewsletter.com

Shoalhaven, South Coast NSW Events Calendar can be located on the following Link...

 $\underline{https://www.shoalhaven.com./events/?A=1+August+2020\&A=31+August+2020\&C=\&L=\&Y=\#read=2020\&A=31+August+2020\&C=\&L=\&Y=\#read=2020\&A=31+August+2020\&C=\&L=\&Y=\#read=2020\&A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+August+2020A=31+Au$

This was Palm Beach Sanctuary Point, when I took these photos in 2014. It has changed quite a bit since then and there is no reason why it can not be the same again. It is an ICONIC Location for Tourists and the Locals.







Where have I been?

What have I seen?

If you ask me now, where I have been, I will tell you now, what I have seen!

I remember when I was two years old, my mother wrapped me in warmer clothes.

From a hospital bed in Birkenhead, she placed me upon a wooden bench, where she dressed me kindly in a loving clench.

I was born in February and my family survived, when war was over in forty five.

My Dad the Electrician worked on the ships, that went to war with crews of sealed lips.

He drank and he swore, but one thing's for sure, he would come home to his family, who he would always adore!

Dennis. O. Williams

TheSenior



Novel WA treatment trial may benefit 20,000 Australian women diagnosed each year with breast cancer

1

Australian Eileen Wood 4 Aug 2020, 8 a.m.

A new treatment being

trialled in WA could offer hope to the many women who suffer pain after

breast cancer surgery.



New pain treatment could make a difference after breast cancer surgery

A researcher from The University of Western Australia will trial anaesthetic infusions in breast surgery patients to reduce persistent pain after surgery.

The results of the trial could make an enormous difference to the lives of patients undergoing treatment for breast cancer, by assisting their post-operative recovery and making follow-up treatment more comfortable.

READ MORE

Australian Rowan Cowley 4 Aug 2020, 8 a.m.

Institute of Health and Welfare study: stroke deaths in decline



BRAINS TRUST: New procedures, treatments and approaches to care have reduced stroke fatalities, according to new figures.

AUSTRALIANS are much more likely to survive stroke than they were 40 years ago, according to new research.

According to a report by the <u>Australian Institute of Health and</u> <u>Welfare (AIHW)</u> death rates from stroke have declined by 30 per cent since 1981.

Annual fatalities have reduced from around 12,000 to 8,400 over the period, despite the fact that the population has almost doubled.

Stroke Foundation Clinical Council chair Bruce Campbell said the new

data reflected advances in diagnosis, treatment and care.

READ MORE



Media Release

4 August 2020 Dan Murphy Community Grant Recipients Announced

An educational support program for children, operated by The Smith Family, and a work experience program for young people with disabilities, run by Flagstaff Group, will receive funding through the Dan Murphy Grants Program announced today.

Funded by the Australian Leisure and Hospitality Group, the Dan Murphy Grants Program provide up to \$10,000 every second year to fund non-government, community organisations or service providers to deliver employment and training opportunities to residents of the East Nowra community.

The Learning Club fosters a positive environment for students to complete school related tasks with afternoon tea and assistance provided by trained volunteers and the Learning Club Coordinator. The program aims to increase primary school students' school engagement by improving self-confidence, confidence in learning and improved literacy and numeracy levels. The program fosters a closer family relationship with education and possible educational pathways to achieving success at secondary school and later employment. Flagstaff Group's Project LEAP, which stands for Learning Empowerment Achievement and Purpose, provides Year 10 students with Autism and Intellectual disability with work

Purpose, provides Year 10 students with Autism and Intellectual disability with work experience and skills in a group situation. The program aims to develop independence, communication skills and confidence and create employment prospects in a goal-focused environment.

These students may not necessarily identify with having a disability but may find it hard to get work experience by themselves. LEAP provides transport to and from workplaces and runs over 5 weeks, with up to 15 students attending for 2 hours a week to work on their project. Project LEAP hopes to extend the program to all schools in the Shoalhaven, four programs are planned for this financial year. Current partners are Bomaderry High School, Nowra High School and Haven Lee School. The program has significant flow-on impact for raising awareness and inclusion of people with a disability by the general public and schools. The program also involves people from cultural and indigenous groups teaching through art skills, storytelling and real-life experiences.

Grant programs are regularly advertised on Shoalhaven City Council's website. Photo captions:

Photo 1: Charles, a student involved in Project LEAP, with his woodworking project.

Photo 2: Marshall, a student involved in Project LEAP, with seedlings and a cicada.





** End **

Issued by Communications Team (02) 4429 3339

media@shoalhaven.nsw.gov.au

For all media releases visit

www.shoalhaven.nsw.gov.au/My-Council/Media-releases

From the Office of the Hon Shelley Hancock MP Ph: (02)4421 0222



Member for South Coast - Minister for Local Government.

Mail To: southcoast@parliament.nsw.gov.au



29 July 2020

HEROIC EFFORTS OF EMERGENCY SERVICES PERSONNEL PRAISED

Member for South Coast Shelley Hancock has praised the efforts of local emergency services personnel who have been working around the clock to protect homes and businesses from flooding across the Shoalhaven.

"The efforts of our emergency services personnel and volunteers has been truly astonishing," Mrs Hancock said.

"Over the past 24 hours, they have spent hours upon hours helping residents, often putting their own lives at risk to save property, livestock and local businesses.

"This year has been like no other. From bushfires to floods, our emergency services personnel have been there in our time of need - they really are an asset to our community.

"Anyone affected by these spate of disasters needs to know that we will continue to stand by them to deliver relief in any way we can and remind anyone who has been affected to not be afraid to ask for assistance."

Although conditions are expected to stabilise over the next few days, residents and visitors to the South Coast are asked to remain vigilant and listen to the advice of the relevant authorities.

Residents are advised to stay up to date with the latest conditions by visiting the <u>SES website</u>. For emergency help in floods and storms, call the NSW SES on 132 500. For life-threatening emergencies call Triple Zero (000).

For more information contact the Office of Shelley Hancock MP 4421 0222



Seniors Festival 2021 Share on Facebook Share on Twitter Share on Linkedin Email this link

Help Council plan Seniors Festival 2021 in the Shoalhaven.

Council is thinking about what Seniors Festival might look like in the future so we're asking seniors to take our short survey and let us know what you would like to see across the Shoalhaven for Seniors Festival 2021.

We can't wait to cook up some great ideas so you have something to look forward to!

Have your say by Monday 17 August 2020.

To stay up to date on this project, subscribe through the 'Stay Informed' tab on this web page.

SURVEY - SENIORS FESTIVAL 2021

Engagement Officer

Shoalhaven City Council

02 4429 5482

Bridge Rd (PO Box 42) Nowra NSW 2541

communityengagement@shoalhaven.nsw.gov.au

We're still here for you! BOX OFFICE HOURS Monday to Saturday 9am - 5pm Sunday 10am - 2pm Counter, Online & Phone Bookings shoalhavenentertainment.com.au 02 4429 5757 ENCORE CAFÉ & BAR Monday to Friday - Dine in!

It is full steam ahead at the Shoalhaven Entertainment Centre this month with the announcement that more postponed 2020 shows are going back on sale for a jam-packed 2021 program.

Further details are attached.

Maintain social distancing

Enjoy delicious snacks and drinks

Regards,

Melinda Maillard

Marketing and Media Shoalhaven Entertainment Centre Bridge Road, Nowra NSW 2541 t 02 4429 5765 Box Office 02 4429 5757

Media Release Monday 3 August 2020 FOR IMMEDIATE RELEASE

The Whitlams join a jam-packed 2021 program!

It is full steam ahead at the Shoalhaven Entertainment Centre this month with the announcement that more postponed 2020 shows are going back on sale for a jam-packed 2021 program. New dates are confirmed to add to an entertaining year of events for everyone - *The Whitlams*, a salute to the famous BBC Proms; the 'Angel of Australia'; and an award-winning Australian Country music artist.

The COVID-19 restrictions are still in place at the Shoalhaven Entertainment Centre however the venue is a COVID Safe business, so their expansive foyer is open for visitors. Their on-site Encore Café & Bar serves takeaway food and drink options and offers a socially distanced dine in service.

GIVE US A LEG UP! CAMPAIGN

The Shoalhaven Entertainment Centre has launched their GIVE US A LEG UP campaign. If you've been wondering how you can help keep live performance alive and ensure the Shoalhaven remains the destination for local, national and international artists (and you reap the rewards) you can support them by:

- rebooking (or booking) for a postponed event;
- buying a gift voucher redeemable for future events, food and drinks; or
- purchasing a Shoalhaven Entertainment Centre Membership.

In the meantime, check out the shows that are back on sale. SEE FOLLOWING PAGE...

Mirusia

A Salute to The Seekers and Classics

Saturday 26 June 2021 | 8pm PRIORITY BOOKING PERIOD for ticket holders for the original date ends

18 August 2020. GENERAL PUBLIC on sale starts 10am Tuesday 18 August.

She's known to millions around the world as the 'Angel of Australia' - the name given... Read More



ARREN COGGAN PRESENTS

Remember the Days of Cat Stevens RESCHEDULED

Saturday 7 August 2021 | 8pm PRIORITY BOOKING PERIOD available to existing ticket holders until Friday

7 August 2020. GENERAL PUBLIC ticket sales open 10am Friday 7 August 2020. Remember the days of Cat Stevens? The name brings back a thousand memories -... Read More



An Afternoon at the Proms

A Musical Spectacular

Sunday 22 August 2021 | 2pm

This stunning spectacular salutes the famous BBC Proms Concerts of London's Royal Albert Hall, includina

well-known favourites Rule Britannia, Jerusalem, Radetzky March and Elga's Land of Hope and Glory. Join Australia's most acclaimed international violinist Ian... Read More



The Whitlams | Gaffage and Clink 2021 With special guests Ben Lee & Emily Wurramara Friday 24 September 2021 | 7.30pm The Whitlams return for the first time since helping us launch the Entertainment Centre in 2008 with 'Gaffage and Clink 2021' featuring very special guest Ben Lee and songbird Emily

Wurramara. With their first new songs... Read More



Media Release

31 July 2020

Staying COVID-19 Safe in the Shoalhaven

Shoalhaven City Council is reminding Shoalhaven residents, visitors and business owners to follow NSW public health guidelines in order to reduce the risk of COVID-19 spread in the Shoalhaven. Business owners can provide an added level of reassurance to the community by registering their business as a COVID Safe business.

In addition to NSW public health advice around physical distancing, self-isolation and quarantine, 4 square metre rule, restrictions on gathering and movement and hygiene and safety practices; becoming a COVID safe business helps to promote the health and safety of business owners, their staff and customers against the spread of COVID-19.

Mayor Amanda Findley was happy to see many non-mandatory businesses registering as a COVID Safe business in the Shoalhaven.

"Whilst it is mandatory for hospitality businesses, all businesses can register as a COVID Safe business to protect their staff and customers. Registering your business as COVID Safe also allows customers to identify businesses which have a COVID-19 Safety Plan in place and have registered with the NSW Government as a COVID Safe business."

"Registering your business is quite simple and can be done in a three-step process. First step is to create a COVID-19 Safety plan, with industry-specific guidance available. Step two is to register as a COVID Safe business which can be done online. Step three is to show the community that you are COVID Safe, which includes following your COVID Safety plan, displaying signage and ensuring you have your COVID Safety plan available on the premises."

"When a business registers as a COVID Safe business, it offers a reassurance to customers and the general community that the appropriate guidelines and procedures are in place to keep us all safe. This allows our local businesses to continue operating in a safe and appropriate manner and gives the community a sense of normality and security."

"Customers also have their role to play in ensuring the safety of themselves and others. Following public health guidelines is a joint responsibility and we should all take responsibility for our individual actions in this time of high personal health vigilance." Mayor Findley said.

Under the Public Health Order it is mandatory for some types of business to complete a COVID -19 Safety Plan and register as a COVID Safe business. For other types of business it is mandatory to have a COVID-19 Safety Plan, and optional to register.

Any business found in breach of the Public Health Orders could face a penalty of up to \$55,000 and a further \$27,500 penalty may apply for each day an offence continues. On-the-spot fines can also be issued.

To register as a COVID Safe business, visit www.nsw.gov.au/covid-19/covid-safe-businesses.

** End **Issued by Communications Team
(02) 4429 3339 | media@shoalhaven.nsw.gov.au
For all media releases visit www.shoalhaven.nsw.gov.au/My-Council/Media-release





Home Health topics Initiatives and programs Resources

Home > News > Health alerts > Coronavirus (COVID-19) health alert

Coronavirus (COVID-19) current situation and case numbers

We are managing the COVID-19 outbreak in Australia as a health emergency. We will update this page every day with the current situation, latest case numbers and related information.

The above extract has been taken from the Australian Government

Department of Health Website and included by the Editor Dennis Williams as a Community Service for the Department of Health.

The following web site has been provided for the community to follow the current situation on a daily basis and don't forget "If we all try together and don't give up, we can achieve almost anything." AND WE WILL!

https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-

From the Office of the Hon Shelley Hancock MP Ph: (02)4421 0222



Member for South Coast - Minister for Local Government.

Mail To: southcoast@parliament.nsw.gov.au



Wednesday, 15 July 2020

FRED HOLLOWS HUMANITY AWARDS OPEN

The Fred Hollows Foundation is calling for nominations for the annual Fred Hollows Humanity Award, which recognises **Year 6 students** who demonstrate compassion, integrity and kindness towards others.

Parents, teachers, principals and members of communities around the country can nominate a child who is making a difference at www.hollows.org/fredhollowshumanityaward before Friday 11 September.

Since 2012, the Fred Hollows Humanity Award has recognised more than 1,500 students nationwide who follow in Fred's footsteps by making a positive difference in the lives of others.

"Whether it is helping someone in need, volunteering or fundraising for a good cause, children in the South Coast electorate are making a tremendous contribution to our community and the Fred Hollows Humanity Award is a great opportunity for them to be recognised," said Mrs Hancock.

Previous year's nominees included a boy from the ACT who taught himself Auslan to communicate with a profoundly deaf classmate, a girl from Victoria who raised awareness and funds for refugees and a boy from Tasmania who provided ongoing support to a classmate with a serious medical condition.

All nominees will receive a certificate and be recognised at a virtual presentation ceremony, with a special guest, later in the year.

Each state and territory will also recognise a Junior Ambassador who will be able to extend their humanity by allocating \$5,000, donated by the award's charity partner Specsavers, to one of The Foundation's programs to end avoidable blindness.

"Fred used to say the basic attribute of mankind is to look after each other," said Gabi Hollows, Founding Director of The Fred Hollows Foundation.

"He would be so proud to know The Fred Hollows Humanity Award is recognising students who are demonstrating this belief in their own lives.

"I am constantly inspired by the actions of award recipients and I urge people to nominate a Year 6 student in their area who embodies the values of compassion, integrity and kindness."

Nominations are now open and close 11.59pm, Friday 11 September. To see examples of past Junior Ambassadors and to nominate a Year 6 student, go to: www.hollows.org/fredhollowshumanityaward

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For more information contact the Office of Shelley Hancock MP 4421 0222

Sanctuary Point A Concerned Citizens Newsletter



If we try together and don't give up, we can achieve almost anything!

sanctuarypointaconcernedcitizensnewsletter.com



EDITOR: Dennis Williams

City Maintenance

Help us to Help you!

Maintenance & Graffiti Reporting Line

44293111 Phone: (02)

24 hours/day, 7 days/week, and an automated system will record your concern.



The Sanctuary Point Men's Shed Inc.

President: Ray Marcusson 4447 8634 Secretary: John Kelly 0413 837 538

Web Site at:

https://www.sanctuarypointmenshed.org/

Hours of Business

8.30am. - 4.30 pm. Monday to Friday... Phone the office on (02) 44438239 on these days, or call at the big green shed located at 17 Clifton Street. Sanctuary Point NSW 2540 and Say **Hello Mate!**





Michael King

Bachelor of Mathematics With Computer Science

Senior System Analyst

02 4443 7732

Computers Made Simple Pty Ltd

mking@computermadesimple.com.au

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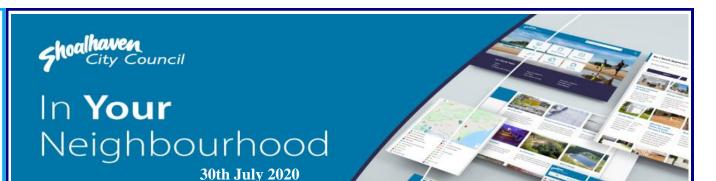
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Interact on the go and Connect Better on Council's new website

Interacting with Council on the go is now easier than ever on our new website. Pay a bill, make a request and find out what you need, when you need it at shooten.

VISIT WEBSITE





Free tipping of wind damaged tree waste

Waived disposal costs for tree waste that has resulted from the recent heavy and damaging winds will be in place from today, Thursday, 30 July 2020 and will cease at the close of business Monday, 10 August 2020. Green waste caused by flood damage is not included in this waiver and Council encourages property owners to contact their insurer.

Residents need to sign a declaration at the Waste Depot that the tree waste disposed is a result of the recent heavy winds.

LEARN MORE

Spend here this year

Shop the Shoalhaven from the comfort of home.

Our local businesses continue to

do it tough. By deciding to spend with Shoalhaven businesses, you make a positive and immediate impact on local businesses, their families, and in turn our local economy.

Now more than ever, spend here this year.

SPEND HERE



NSW Custody Statistics: Quarterly update June 2020

NSW Prison population declines by 11% in response to the threat of COVID-19

Full report - NSW Custody Statistics: Quarterly update June 2020

The impact of COVID-19 measures on the NSW adult prison population

Release Date: 10.30am Tuesday 4 August 2020

New figures released by the Bureau of Crime Statistics and Research show a remarkable decline in the NSW prison population over 8 weeks from mid-March 2020. From 15 March to 10 May the prison population decreased by 10.7% or 1,508 people.

The fall coincided with the ramp-up of COVID-19 mitigation strategies in the community and within the justice system.

The majority of the fall was due to a reduction in the number of people on remand waiting for their court cases. Remand entries fell and remand exits increased due to:

A dip in the number of charges laid by police, More favourable bail decisions by both police and courts, and An increase in people released from remand to wait for their court case in the community.

The sentenced prisoner population also declined after the courts reduced hearings and, accordingly, fewer people were sentenced to prison.

The youth detention population also showed a large decline, falling by 27% or 73 detainees from February to June 2020 (from 268 detainees at the end of February to 195 at the end of June).

The fall in people in custody has come about due to both justice and community strategies aimed at limiting the spread of COVID-19 according to Jackie Fitzgerald, Executive Director at BOCSAR. "The community lockdown saw falls in many crime categories which led to fewer charges. In addition, operational changes within the justice system have had an impact, including the postponement of court cases, changes in bail decisions and the release of people on remand."

Further enquiries: Jackie Fitzgerald, Executive Director, BOCSAR 0423 139 687

Email: bcsr@justice.nsw.gov.au

Copies of the report: www.bocsar.nsw.gov.au

From On The Beat - NSW Police Shoalhaven Crime Prevention



With Senior Constable Anthony Jory

Here I am again, sitting at my desk pondering what to write when suddenly I get a phone call on my secret phone hotline which makes up part of my vast intelligence gathering network. This network is set up to bring you the most up to date crime fighting information on the planet; however it was a wrong number. Please read the following:

Scams:

We have covered scams recently; however, there seems to be a new scam that needs to be nipped in the bud. This scam plays on people's fears of the current COVID-19 Pandemic which makes these scammers the lowest of the low. The scam that I am referring to starts off as a phone call with the following narrative.

"Good morning, according to our system, you are likely to have been in close proximity to someone who has tested positive for COVID-19. This means that you now need to self-isolate for 7 days and take a COVID-19 test.

You need to be tested within the next 72 hours. Can I just get the best mailing address so that we can send a kit to you?'

I just need to take a payment card so that we can finalise this and send the kit to you.' There is a one-off fee of \$50 for the kit and test results. Could you read off the long card number for me,

'I'm afraid it is. Can you give me the card number please - this is very important, and there are penalties for not complying"

Let's go through this one paragraph at a time. I do not know of a system that can detect anyone being close to a COVID-19 sufferer apart from the COVID- 19 app in which case you will be contacted by a state or territory health official. Not some random person giving you a call.

Self-isolation is generally for 14 days not 7.

Testing is done by health professionals.

Testing is free

Shall I go on. As I always advise. Never give any personal details over the phone unless you are 110% sure of the persons bonafides. Never give your credit card details over the phone. If something sounds suss it usually is. Hang up on these scammers. Don't let them get any of your money or information. For further information about COVID- 19 scams, get on the Google web and type in "Scamwatch"

Remember: Do not Drink and Drive and you can Dob in a Druggie any time you like, by contacting Nowra Police or ringing Crime Stoppers. on 1800 333 000

As always, in case of emergency, call (000)

Non Emergencies contact Police Assistance Line on 131444 or your local Police. To provide anonymous information call crime stoppers on 1800 333 000. Shoalhaven Domestic Violence Officers Email shoaldvlo@police.nsw.gov.au

Don't forget. Cops are Tops.

Information provided by On The Beat & Inserted by the Editor as a Community Service for **Shoalhaven LAC**

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

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

in the case of an Emergency Phone. Ooo		
Position	Location	Phone Number
Bay & Basin Police Station	Sanctuary Point	Phone: 02 44421899
Bay & Basin Police Station	Sanctuary Point	Fax: 02 44421811
Crime Prevention Officer	Nowra Police Station	02 44219619
Nowra Police Station	Nowra - Main switch	02 44219619
Sussex Inlet Police Station	Sussex Inlet	02 44219619
Police Assistance Line	PAL	131444
Police Assistance Line (PAL)	PAL TTY	02 92113776
Hearing / speech impaired o	nly	
Crime Stoppers	Crime Stoppers	1800333000

NSW POLICE FORCE website address

www.police.nsw.gov.au

SHOALHAVEN LAC FACEBOOK PAGE

https://www.facebook.com/ShoalhavenLac

Where no emergency exists and immediate investigation by a Police officer is not necessary, registered community members can now create online reports such as Lost Property, Intentional Damage or Graffiti and Theft, in their own time anywhere where an internet connection is present, using devices of today's technology.

 ${\bf NSW\ Police\ Community\ PORTAL--\ Check\ it\ out\ for\ yourself}$

http://www.police.nsw.gov.au/community_portal/about-the-portal

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 SUSSSEX 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 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