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 2021 Vol. 127 and website at https://sanctuarypointaconcernedcitizensnewsletter.com

Shoalhaven, South Coast NSW Events Calendar can be located on the following Link... https://www.shoalhaven.com./events/?A=1+ August+2021&A=31+August+2021&C=&L=&Y=#read



JOIN THE COVERUP THEORY... WEAR A MASK, WHERE YOU SHOULD BE WEARING ONE! ALL OF THESE LOOK GREAT AND YOU TOO CAN LOOK GREAT IN ONE ALSO.

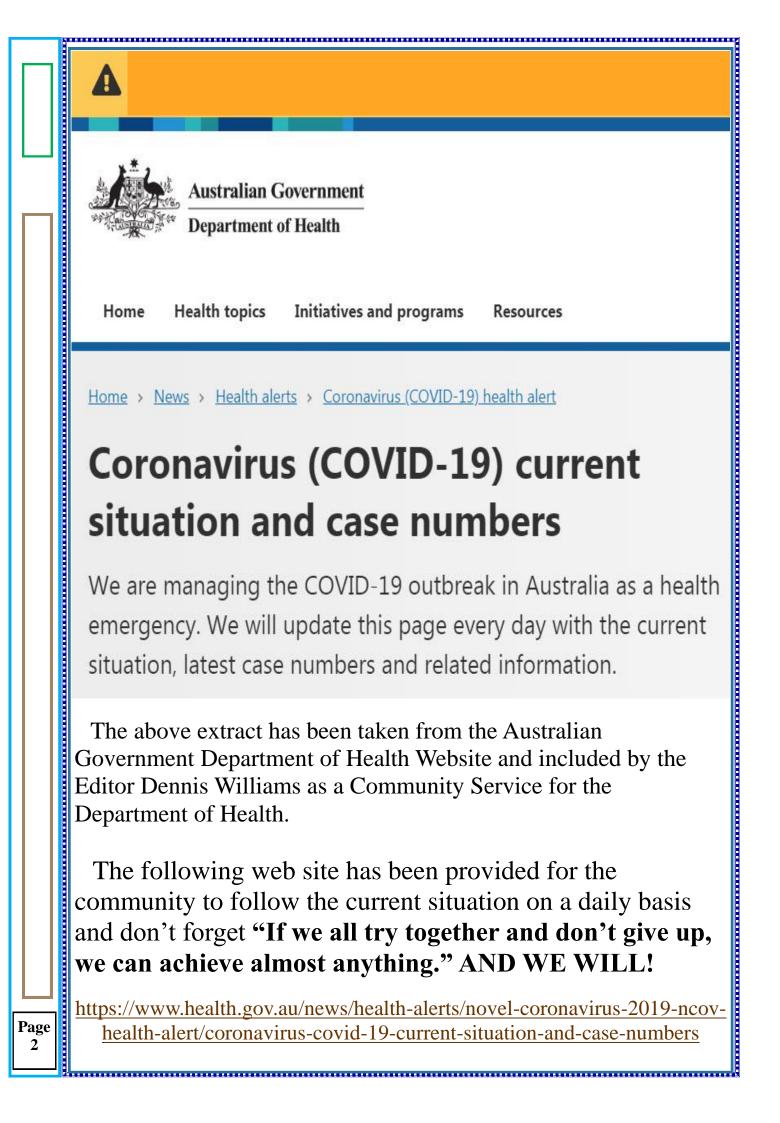








Written and Printed as a community service, by the Editor... Dennis Williams 3 Ridgelands Drive, Sanctuary Point 2540 Telephone: (02) 4443 3394





29th July 2021

Reliable. Trusted. Scientific.



### the United States Centers for Disease Control and Prevention

is the national public health agency of the United States. It is a United States federal agency, under the Department of Health and Human Services, and is headquartered in Atlanta, Georgia. <u>Wikipedia</u>

### CDC Update on the COVID-19 Pandemic and Delta Variant

Yesterday CDC announced an <u>update on the status of the COVID-19 pandemic</u>. COVID-19 cases are increasing across the country driven largely by a surging Delta variant. Because of this new science, CDC recommends that people wear a mask in public indoor settings in areas of high transmission, even for those who are fully vaccinated. The guidance for <u>healthcare settings</u> includes the same precautions to help keep patients safe.

While this pandemic continues to be a top health concern, <u>getting people back to screening</u> and staying healthy is an important task before us. Prolonged delays in cancer screening may lead to an increase in existing health disparities, especially among adults already experiencing health inequities. A recent study looking at data for women screened by CDC's National Breast and Cervical Cancer Early Detection Program shows <u>declines</u> in breast cancer screening varied from 84% percent among Hispanic women to 98% among American Indian/Alaskan Native women at the beginning of the pandemic in 2020

### TOP 5 THINGS TO KNOW ABOUT COVID-19 AND DELTA VARIANT

**1 Getting vaccinated** prevents severe illness, hospitalization, and death; it also helps reduce the spread of the virus in communities.

o Unvaccinated individuals should get vaccinated and continue masking until they are fully vaccinated. With the Delta variant, this is more urgent than ever. The highest spread of cases and severe outcomes is happening in places with low vaccination rates.

**2 Data show Delta is different than past versions of the virus**: it is much more contagious.

o Some vaccinated people can get Delta in a breakthrough infection and may be contagious.

 Even so, vaccinated individuals represent a very small amount of transmission occurring around the country. Virtually all hospitalizations and deaths continue to be among the unvaccinated.

3 In areas with substantial and high transmission, **CDC recommends that everyone** (including fully vaccinated individuals) wear a mask in public indoor settings to help prevent spread of Delta and protect others.

**4 CDC recommends that community leaders encourage vaccination and masking** to prevent further outbreaks in areas of substantial and high transmission.

**5 CDC recommends universal indoor masking for all teachers, staff, students, and visitors to K-12 schools, regardless of vaccination status.** Children should return to full-time in-person learning in the fall with layered prevention strategies in place.

Learn more about guidance for fully vaccinated people.

### The Senior 29th July 2021

Dear Readers,

To say the past 18 months has been difficult would be an understatement. Australia – and the world has changed. Our lives may never be the same again.

News

But we are resilient. And in the good old Aussie tradition, we'll make the best of a bad situation and do our best to get on with life.

The Senior would like to thank you all for your support over this trying time.

Under difficult economic circumstances, we at The Senior have continued to produce our monthly newspapers around Australia. They might be a

little smaller, but we have done our best to ensure every edition is packed full of the information you need to make informed choices, and of

inspirational stories to lift the spirits.

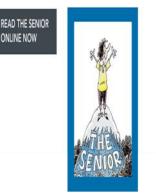
All this would not have been possible without the support of our advertisers, many of whom have struggled to stay afloat.

The Senior remains a free newspaper, so it is only with their valued support that we have been able to continue to provide you with the news that matters.

So, in turn, we ask you to support them ... the retirement villages, aged care providers, insurers, health and wellbeing businesses, those who offer assisted living products and countless other services specifically for seniors.

And, of course, the travel operators who have seen their businesses literally stopped in their tracks. Happily, many of these advertisers remain optimistic that we will soon be able to travel – across Australia and, in time, the world. Now is the time to start planning for future adventures. Let them help you get the dream started.

Rest assured The Senior will continue to keep you up to date with all the news you need to know, as well as the very latest in health, retirement living, entertainment, finance, travel and more. We are here for you and urge you to support those who have supported us to maintain our position as Australia's leading publication for over-55s.



Cheryl Field, Editor... P.S. Having trouble getting out to collect your copy of The Senior? Why not subscribe to have it delivered to your mailbox. It's just \$28 a year for Seniors Card holders (\$36 others). You can also keep up to date with the news as it happens and read the digital editions of The Senior free online at <u>thesenior.com.au</u>. Don't miss a thing!



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

Member for South Coast - Minister for

Local Government.

GET IN TOUCH NOW

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

Tuesday, 20 July 2021

### BIGGER AND BETTER BAY GAMES ATTRACTING MORE TOURISTS TO THE REGION

Thousands of athletes from across Australia will bring their best and test their skills at The Bay Games in beautiful Jervis Bay this November, thanks to the NSW Government's Regional Events Acceleration Fund.

Deputy Premier and Minister for Regional NSW John Barilaro said The Bay Games has received NSW Government support to help attract even more elite and everyday athletes to the bayside town of Huskisson from 7 - 14 November 2021.

"The Bay Games is one of Australia's largest fitness festivals and the new, bigger format is expected to attract more than 5,000 competitors and spectators, who will stay longer and spend more tourism dollars in the Shoalhaven," Mr Barilaro said.

"The funding will enable the festival to expand to seven days and will include a five-day emersion event *Harnessing Human Potential* focusing on mental health and physical fitness, and featuring TV personalities, Olympians and World Champions.

"Hosting major events like the week-long Bay Games puts more heads on beds and fills local restaurants, cafes and tourist attractions, all of which helps drive regional NSW's economic

recovery from floods, bushfire, drought and COVID-19."

Member for South Coast, Shelley Hancock MP said the NSW Government's support is a huge boost for these events that bring communities together to highlight the benefits of an active

lifestyle and better mental health.

"This event is also about supporting athletes of all abilities and seeing the top competitors will elevate everyday athletes and encourage everyone to embrace a more active lifestyle," Mrs Hancock said

Mrs Hancock said.

The \$20 million Regional Events Acceleration Fund is part of the \$2 billion Regional Growth Fund, designed to support growing regional centres, activate local economies and improve services and community infrastructure for regional communities.

Further information, including program guidelines and eligibility criteria, are available on the NSW Government website: <u>nsw.gov.au/REAFund.</u>

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

Shoalhaven City Council

### Media **Release**

29 July 2021

**Culburra Local Owen** 

#### Wright claims Bronze Medal at Olympic

#### **Games in Tokyo**

Shoalhaven City Council wishes to congratulate Culburra Beach surfer and Australian Olympian Owen Wright for his outstanding performance in the inaugural surfing competition claiming a Bronze Medal at the 2020 Tokyo Olympic Games.

Shoalhaven City Council Mayor Amanda Findley said his nail biting performance yesterday in the surfing heats was an outstanding performance and that he has done both the Shoalhaven and Australia proud.

"I would like to offer a massive congratulations to Owen Wright and his family, Tyler and Mikey, all local surfing legends born and bred on Shoalhaven waves, we couldn't be prouder" Clr Findley said.

"As a Shoalhaven local Owen Wright is an inspiration to many in the local surfing community. We are fortunate in the Shoalhaven to enjoy a number of world-class surfing breaks, which will hopefully continue to produce future Olympians," Clr Findley said.

Find out where you can find your next victory wave in the Shoalhaven at <u>shoalhaven.com/</u> <u>surf.</u> \*\* End \*\*



## Bay and Basin Skate Park

Shoalhaven City Council has resolved to design and construct a regional skate park facility at the Bay and Basin Leisure Centre, Vincentia.

#### About the Project

In 2014, Council consulted with the community and it was determined that the Bay and Basin Leisure Centre was the preferred location for a regional skate park in the Bay and Basin area.

Investigations have been completed and a suitable location for the skate park at the Bay and Basin Leisure Centre has been identified.

Council has engaged the award-winning skate park company Convic, to undertake consultation with the community which will inform the concept and detailed design of this new facility.

To view the video from CONVIC Click on the link below for the considered design work for the Skate Park.



#### Location 42 Bridge Rd, Nowra NSW 2541 **GET DIRECTIONS PARKING ACCESS**

## ENC®RE

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ENTERTAINMENT

CENTRE

Our impressive dining spaces are the ideal place to meet with friends and family.

Show Dining | \$45 | Member \$40 Enjoy a delicious two-course meal including a main and dessert. Choose from four mouth-watering mains (including a vegetarian option), and three desserts.

**Ught Meal** | \$24.50 | Member \$22.50 Enjoy a delicious two-course light meal including a main and dessert. Choose from three mouth-watering mains (including a vegetorian option), and two desserts.

Bar Specials

it show dining must be pre-booked and pre-ordered, our website for individual show options and cut-off do



sic Group presents

WE ARE BACK AGAIN! 
 Thursday 5 August | 8pm

 Image: State of the state

**BJORN AGAIN - MAMA MIA!** 

Darren Coggan pres

REMEMBER THE DAYS OF CAT STEVENS

the voice of a gener rid one of the most p

day 7 August | 8pm

ne mos ers of o : \$60 | ADULT: \$65

of hot drinks, sweets and cakes, assorted sandwiches and light meals, and there is a fully licensed bar. On show nights, you can also enjoy

Monday - Friday Bam - 3.30pm Saturday & Sunday 90 mins prior to shows

ROSS NOBLE 2021 COMEBACK SPECIAL

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Page

7

st | 8p master surrealist as he uses imagination and tomfoolery th not to be missed.

UP 10+: \$49.90

Nowra Players

**DINKUM ASSORTED** 

GROUP 10+ : \$26.00 | ADULT: \$28.00 CONCESSION: \$26.00

Australian Global Entertainment presents

Sunday 22 August | 2pm MEMBER/GROUP 8+: \$69 | ADUE: \$75 CONCESSION: \$71 | CHILD [2-18]/STUDENT: \$69

Friday 20 August -Friday 3 September

AN AFTERNOON

AT THE PROMS

rday 14 A



### and of course an AUDIENCE. Which one are you? Connecting our musicians and community.



### CONNECT WITH US Be the first to know G @shoalhavenentertainment

y @sec\_nowra O @shoalhavenentertainment

😇 Sign up at marketing@shoalhavenentertainment.com.au

Please note: a Transaction Fee applies to bookings online (\$2.65) and by phone (\$6.10). No fee for counter bookings. Tickets can also be purchased at the counter of the Barry Music Centre, 1/11 Backeen Street, Berry, Doors open approximately 30 minutes prior to each show. Shoolhoven Entertainment Center reserves the right to vary, substitute or withdraw advertised programs, artist, venue and seating anrangements as necessary. Transactions fees will change from 1 July 2022. Check website for dealls.







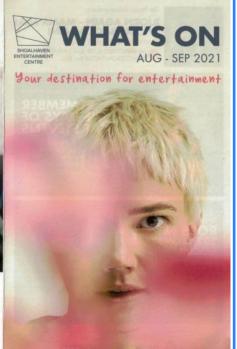




and delightful new theatrical experience by will enjoy, full of ridiculous clownin ar acrobatics and poetic visual imager \$ \$25 L FAA

Bell Sh A MIDSUMMER NIGHT'S DREAM

Tuesday 28 September | 8pm Shakespeare's classic reawakened in a breathless production brimming with ma mirth and mayhem. MEMBER/GROUP 8+/U30/MULTIBUY \$60 ADULT: \$65 | CONCESSION: \$62 50



# A MIDSUMMER NIGHT'S DREAM

BOOKINGS: shoalhavenentertainment.com.au 02 4429 5757 | ¶♥ @

### Melly Melody Entertain GOOD MORNING VIETNAM MUSIC FROM THE VIETNAM WAR ERA, LIVEI Sunday 29 August | 2pm

alhaven sh

The music of a pice of change The Rolling Sta isic of a generation who stood on the change: The Beatles, Aretha Franklin MEMBER: \$56.95 | ADULT: \$64.95 DUP 6+: \$59.95 | STUDENT/CHILD: \$49.95

WORLD OF MUSICALS Friday 3 September | 7:30pm CONCESSION/GROUP OF 10+: 74.90 ADULT: \$79.90 | CHILD (2-18): \$59.90 FAMILY (2 ADULTS, 2 CHILD): \$269.90



Sunday 5 September | 2pm One of Australia's most beloved tenors and the rich repertoire of the great tenor and actor, Mario Lanza. C MEMBER: \$57 | ADULT: \$59 | CONCESSION: \$57



al journey throughout the se lish prog rockers' history. MEMBER: \$68 | ADULT: \$75 CONCESSION: \$70 | CHILD (2-18): \$45



THE WHITLAMS · **GAFFAGE AND CLINK 2021** Friday 24 September | 7.30pm MEMBER: \$64.90

### **TheSenior**



## 27 Jul 2021, 5:30 a.m.Latest in Health **Diabetes risk on the rise**

NEW data shows the risk of developing Type 2 diabetes

has increased since the start of the pandemic.

Data using Australia's leading Type 2 Diabetes Risk Indicator suggests the risk of developing the disease has increased across all age groupings between 16 and 75 since the onset of the pandemic, and for cohorts in every state except South Australia.

The data, which shows a clear lift in AUSDRISK scores over the course of the pandemic, was collected from more than 300 health stations positioned in pharmacies around the nation.

Collected up to 9 June 2021, the data shows an average of 26.5% of those surveyed were at high risk of developing Type 2 diabetes in 2021, compared with 24.5% in 2019. A "High" AUSDRISK rating means an individual has a 1 in 14 chance of developing Type 2 Diabetes in the next five years.

SiSU Health managing director Noel Duncan said restrictions and lockdowns were having clear consequences on the health and wellbeing of Australians.

"The health data portrays a concerning trend in recent months that carries ramifications for thousands of Australians. but it is also important to recognise the proactive steps within our control," he said.

"We are trying to highlight that in more than half of cases, Type 2 Diabetes is a preventable disease. By monitoring your health and heeding early warnings, you can actually take measures to improve your health," Dr Duncan said.

While genetic disposition plays a strong role in development of type 2 diabetes, the risk is greatly increased through insufficient physical activity, poor diet, and obesity. Smoking and high cholesterol are also risk factors.

Dr Duncan said having access to immediate health feedback was a powerful tool not just for individuals, but also for the community in general.

"By painting a picture of population health and trends, real-time health data enables governments and organisations to invest in information campaigns and research that will make a real difference to community health outcomes," Dr Duncan said.

SiSU health checks assess a range of health indicators including blood pressure, stress levels, weight and diabetes risk. Data on smoking, diet and physical activity are also collected.

Six of the seven age groupings above 16 years of age showed a moderate increase in risk. Only the oldest group (over 75-year-olds) remained static. Similarly, nearly every state and territory showed an increase in the proportion at high risk.

Only South Australia experienced a decline. South Australia was also the only jurisdiction across Australia to record a decline in High BMI prevalence during the COVID period.



Shoalhaven Resource Recovery Facility (RRF)



### Advanced Recycling Technology for the Shoalhaven

The Shoalhaven is running out of land filling space. Within 10 years our West Nowra landfill facility will reach capacity.

As a result, Shoalhaven City Council has undergone an extensive process of consulting with industry experts to find an economically and environmentally sound solution to a waste problem that faces local governments across Australia.

Household mixed-waste (red lid bins) in the Shoalhaven will soon be processed at a new facility in West Nowra – The West Nowra Resource Recovery Facility (RRF). Everything that can be reused or recycled is extracted in one process.

This state of the art facility will be Australia's first Advanced Waste Treatment plant capable of diverting over 90% of Mixed Waste from landfill.

The new Resource Recovery Facility (RRF) will be constructed on Council owned land adjacent to the current West Nowra Landfill site. Works will commence in 2022 and the facility is expected to be fully operational by late 2023.

The following video explains the technology the new facility will use.

## Media Release

### Schedule of Meetings Amended following the postponement of the Local Government Elections

On 24 July 2021, the NSW Minister for Local Government revoked the previous order for Council elections to be held on 4 September 2021 and appointed 4 December 2021 as the new date for the NSW Local Government Elections. As a result of this amendment, Council endorsed an amended schedule of meetings at the Ordinary Meeting of Council on Tuesday 27 July.

The scheduled meeting dates for the period from August 2021 to November 2021 is as follows:

• Tuesday 3 August 2021 at 5pm – Ordinary Meeting

Council

- Tuesday 31 August 2021 at 5pm Ordinary Meeting
- Tuesday 7 September 2021 at 5pm Development & Environment Committee
- Tuesday 14 September 2021 at 5pm Strategy & Assets Committee
- Tuesday 28 September 2021 at 5pm Ordinary Meeting
- Tuesday 5 October 2021 at 5pm Development & Environment Committee
- Tuesday 12 October 2021 at 5pm Strategy & Assets Committee
- Tuesday 26 October 2021 at 5pm Ordinary Meeting
- Tuesday 2 November 2021 at 5pm Ordinary Meeting



For more information on upcoming meetings visit Council's website:

<u>https://</u> <u>www.shoalhaven.nsw.gov.au/</u> <u>Council/Meetings/Upcoming-</u> <u>Meetings</u>

Thursday July 29, 2021

FOUNDATIONS LAID FOR



### Senator Jim Molan AO DSC

Senator for New South Wales



**NEW NOWRA BRIDGE** The foundations are in and the bridge deck is launching on the Nowra Bridge

The foundations are in and the bridge deck is launching on the Nowra Bridge replacement project.

Senator for NSW Jim Molan said the \$342 million project to deliver a new four-lane bridge over the Shoalhaven River, upgraded intersections and additional lanes on the Princes Highway would improve traffic flow and ease congestion through the Nowra-Bomaderry area.

"We are powering ahead on this project, with all 39 pile casings now in place for the new bridge, providing the foundation for the next stage of work," Senator Molan said.

"These piles were built by vibrating and hammering steel casings through the river bed and into the rock layer deep below the river.

"Excavating and removing river sediment inside the top segment of the pile casings and replacing this with reinforced concrete is continuing.

"This project is proving a game changer for locals, supporting 200 jobs during its construction and

delivering valuable skills training and work experience with high levels of Aboriginal, female and youth participation."

State Member for South Coast Shelley Hancock said four pile caps, four piers, and two of 19 bridge deck segments were now in place over the Shoalhaven River as part of the replacement project.

"The new bridge is being built using a specialised technique known as incremental launching, and the double-T bridge deck segments are being built on site then launched out over the river," Mrs Hancock said.

"Each double-T bridge deck segment requires 360 cubic metres of reinforced concrete and up to 60

concrete trucks.

"These segments are then incrementally launched across the Shoalhaven River using hydraulic jacks.

"As work powers ahead on this project, we're seeking feedback via an online questionnaire about the community's experience with the project team during construction. It can be completed anonymously until Friday, 13 August."

Other work in coming months will include building the northern end of the new bridge, piling for Bomaderry Creek Bridge, asphalting a new local road named Shearwater Way and installing street

lighting, kerb and gutter across the project.

Motorists will soon be driving on a new section of Illaroo Road to allow widening work nearby to continue and the community will be notified of traffic changes in the coming weeks.

The Nowra Bridge is a \$342 million project (including planning costs). The Australian and NSW governments have each committed \$155 million to jointly fund construction of the new bridge.

Visit the project website for more information at <u>nswroads.work/NowraBridge</u>

Media Contact:

Page

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Senator Molan – Electorate Office (02) 6284 3115 Mrs Hancock – Electorate Office (02) 4421 0222 The Sanctuary Point Men's Shed Inc.



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

Hours of Business 9.000am. - 3.00pm. Monday, Wednesday & Thursday... 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!

### Web Site at:

https://www.sanctuarypointmenshed.org/

Caring Bay & Basin Cancer Support Bay & Basin Cancer Support CTHE COUNTRY CLUB SEGRONGE BASIN Meetings are on the 2nd Thursday of every month in the upstairs function room from 10am-12pm. Everyone is welcome to join us for morning tea & a chat. If you require more

information, please contact

Di on 4443 3275

Or contact us on our Web Site https://bayandbasincancersupportgroup.org.au/





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#### Michael King Bachelor of Mathematics With Computer Science

Senior System Analyst

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### Criminal Justice Aboriginal over-representation quarterly report: March 2021

Med

Release

### Release Date: 11am Thursday 29 July 2021

Link to report:-

Criminal Justice Aboriginal over-representation quarterly report: March 2021 Today BOCSAR launches a new statistical report designed to monitor progress towards reducing the over-representation of Aboriginal people in custody in NSW.

The report shows:

• Performance against two key indicators of Aboriginal over-representation

in the justice system:

- The number of Aboriginal people in custody
- The number of court appearances involving Aboriginal people
- Results for 14 secondary measures which contribute to changes in custody

and court volumes. These secondary measures include police actions, bail

decisions, bail breaches, court outcomes and reoffending

Separate reports are available for Aboriginal young people and Aboriginal adults.

The report will be updated quarterly. <u>Receive updates directly by subscribing</u> to the BOCSAR distribution list.

**Email:** <u>bcsr@justice.nsw.gov.au</u> **Copies of the report:** <u>www.bocsar.nsw.gov.au</u> Log on to the NSW Police Web Site for the "Tell us what you want SURVEY!".

SURVEY LOG ON If you think

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

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	for the SAFETY OF LIFE AT SEA
In the case of an Emergency Phone : 000 Position Location Phone Number	When you are going
Bay & Basin Police StationSanctuary PointPhone: 02 44421899Bay & Basin Police StationSanctuary PointFax: 02 44421811Crime Prevention OfficerNowra Police Station02 44219619Nowra Police StationNowra - Main switch02 44219699	on the waters, of the St. Georges Basin Don't forget to log <u>on</u>
Sussex Inlet Police Station         Sussex Inlet         02 44412665	and off with
Police Assistance LinePAL131444	Marine Rescue
Police Assistance LinePAL02 92113776	Sussex Inlet, for the
(PAL) TTY Hearing / speech impaired only	safety of your life on
Crime Stoppers Crime Stoppers 1800333000	the water. (27 MHz Chn: 88 VHF Chn: 16)
NSW POLICE FORCE website address www.police.nsw.gov.au	Or Telephone:
NSW POLICE FORCE website address <u>www.police.nsw.gov.au</u>	4441 3555.
SHOALHAVEN LAC FACEBOOK PAGE	
https://www.facebook.com/ShoalhavenLac	
<ul> <li>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.</li> <li>NSW Police Community PORTAL — Check it out for yourself</li> </ul>	The above Notice is inserted by the Editor as a Community Service for SUSSSEX INLET
http://www.police.nsw.gov.au/community_portal/about-the-portal	and a source of the
<b>POLICE ASSISTANCE LINE 131 444</b> 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.	
<b>EMERGENCY</b> 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