



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

December 2015 ... Vol. **059**

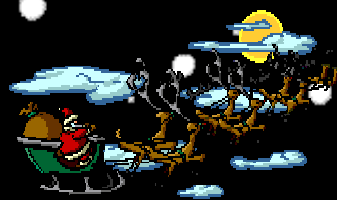
and web site at

<http://sanctuarypointaconcernedcitizensnewsletter.com>

MERRY CHRISTMAS 2015

and a **HAPPY NEW YEAR**





My 2015 Christmas Wish For everyone!



*Return kindness, with kindness, whenever it is given!
Appreciate that all things are not ours, unless they belong
to us!*

*Remember ... Most of our friends were once strangers, so
choose your stranger's well, before they become your friend!*

*But most of all... Open your heart
and let those you love, know you
love them too!*

MERRY CHRISTMAS... Dennis & Kate

CFN 11154



Inaugural Charity Golf Day & Auction

All proceeds from this event will go towards MND NSW

When:

Friday 18 December

Where:

St Georges Basin Country Club

Tee Off: 12.00 Midday, shotgun start (4 person Ambrose)

Cost: \$160 per team of 4 or \$40 per Individual (no need to enter a full team) – 100% of entry cost donated to MND

NSW. Cost includes green fees, 18 hole round, BBQ, beverages and lots of prizes including team and individual prizes, nearest the pin, longest drive etc.

To book phone Keith or Kerry on 02 4443 9825 or email keith.robinson@bendigoadelaide.com.au or kerry.welsh@bendigoadelaide.com.au

The Auction: Stay on and support MND at the super charity auction following the game, approximately 6pm inside the Club. All welcome. Raffles and merchandising (caps, pens etc.) also available on the day.

Proudly supported and organised by **Sanctuary Point branch** of



Motor Neurone Disease Association of NSW Inc

MND (motor neurone disease) is a neurological condition which robs people of the ability to walk, speak, move their limbs, swallow, eat & eventually breathe. In Australia, more than 2 people die each day from MND & another 2 are diagnosed. There is no effective treatment for stopping the progression of this disease so support & research is vital. Our mission is to provide & promote the best support for people living with MND disease, their families & carers, to raise awareness & advance research to ultimately find a cure. Leaving a gift to MND NSW in your Will helps provide essential equipment, information, support and advice for people living with MND, their families and carers.

Inserted by
the Editor
as a
Community
Service for

**MND NSW
&
Bendigo
Bank**



- Chemist
- Newsagency
- Bakery
- Patisserie
- Butcher
- Hair and beauty
- Coffee



Vincentia Market Place

Leasing Opportunities are running out

Click on the link for leasing



<http://www.woolworthsvincentia.com.au/>



Despite the worst weather we have experienced in the Bay & Basin, for the last thirty Years, that I can recall! Mr Ross Durey, who is pictured in the foreground of the first picture, is the Senior Site Manager for Hutchinson Builders, who under atrocious wet weather for the greater part of the project, has in my book, pulled off the greatest under water escape, that Houdini would have been proud of!



Ross Durey together with his construction team from Hutchinson Builders and other contractors brought in, are on time and ready for the Grand Public Opening on Friday 11th December 2015.



progress of the Woolworths Vincentia Market Place and from me it's a thumbs up



BMD Construction has always had my thumbs up for the Tenacity and Professional manner in which this outfit have persevered with the wild weather and at times, the somewhat wild comments from the public arena!



Here are the latest photos I took on the 27 Nov 2015, which clearly shows that Mr Ziggy Vilimec, Project Manager for BMD Construction, his well trained Staff and all of the allocated sub contractors on the project, not only know how to do their work, they also enjoy... What they are doing for us now and for our future safety!



This first photo shows Jockey, who was a former jockey, now a CAT Operator and enjoying what he does for Stefanutti who are a sub contractor for BMD.



Above photo shows another happy construction worker and below is some of the 40,000 tonne of blue rock used as road fill in the roads for our future!



And just in case you still have not noticed the great work being carried out by these Contractors on this wonderful project taking place, who will also, be providing us a safe access to the Woolworths Vincentia Market Place on the Grand Public Opening on Friday 11th December 2015... I have added a further few photos, that may convince all of us, that what they have achieved... Is



nothing short of a flaming miracle and from me they have my thumbs up!



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
 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.

East 80 Chains Christmas Day Lunch

St Georges Basin Country Club... 11 Paradise Beach Road
Sanctuary Point NSW 2540

If you want to make a booking, now is the time to book your seat.
Contact 4443 0666 & ask to be connected to the restaurant.

Christmas Buffet Lunch Menu - Cost \$49 **PP BOOKING ESSENTIAL**
Mains:

Fresh King Prawns
Cold Smoked Salmon
Rare Roast Beef
Shaved Turkey Breast
Baked Christmas Ham
Roast Pork Leg
Baby Octopus Salad
Pumpkin, Pinenut, semi dried tomato, feta & couscous salad
Caesar Salad

Dessert:

Traditional Plum Pudding w/ warm brandy custard
Pavlova w/Chantilly cream & berries

Buffets include tea & Coffee, Bread Rolls & Appropriate Accompaniments



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 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

A meeting was held at Palm Beach—Ray Brooks Reserve on 23rd November 2015, with Shoalhaven City Council and a number of concerned citizens, to resolve the untidiness of our only swimming beach on the western shore of St Georges Basin, which



has been a much loved attraction for locals and tourist who remembered the soft clean white sand and maintained beach and park called Palm Beach.



The reserve has been renamed Ray Brooks Reserve and unfortunately over the years has been left to deteriorate into a sad state, where many of the tourists and locals have stopped using the facilities in place of

other much safer and cleaner facilities in other areas. The shore line has been caked with dead seaweed, called Wrack and the Ray Brooks Reserve and the Basin Walkway unrecognised in places.

I am pleased to report that the meeting, although short on community numbers,



was conducted with dignity and the comments made were appreciated by both Council and Community members and council agreed to remove the Wrack from the beach and to look into a number of improvements to the present facilities on the Basin Walkway and other facilities within the Ray Brooks Reserve.



Here are some of those improvements, that council has now implemented, with more to come.



Kate and I thank Council for their quick attention to detail prior to Christmas and you have my thumbs up!



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

A


AIRWAY

CHECK, OPEN AND CLEAR AIRWAY

IF BLOCKED,
Roll onto side, support head, clear mouth and airway.

REMEMBER, PHONE 000

Ask for assistance, phone '000' or mobile '112' for an Ambulance.




B

BREATHING


IS CASUALTY BREATHING NORMALLY? 'YES'

Position person on their side, and ensure the airway remains clear. Continue to monitor breathing.



IS CASUALTY BREATHING NORMALLY? 'NO'

Turn person onto back. Support head and jaw. (A slight head tilt may be necessary to open airway) Give two breaths.




C

COMPRESSION

CHECK FOR SIGNS OF LIFE

If no response and not breathing, give 30 compressions in centre of chest.



CONTINUE TO GIVE 2 BREATHS AND 30 COMPRESSIONS

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		

Optimized by www.ImageOptimizer.net

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!



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

You can visit JERVIS BAY MARINE RESCUE at their Radio Base in Voyager Park, Huskisson, or contact them at Marine Rescue NSW Jervis Bay Unit,



PO Box 93, HUSKISSON NSW 2540

Tel: 02 4441 5433

Fax: 02 4441 5428

Email: base: jervisbay@marinerescuensw.com

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

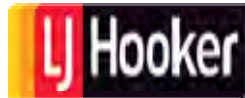
Inserted by the Editor as a Community Service for Marine Rescue Jervis Bay Unit.

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



Sanctuary Point

Kind regards
Brooke Byram
Sales Administrator

Per Marty Stanfield
Principal/Sales Consultant

1/10 Paradise Beach Road
Sanctuary Point, NSW 2540, Australia.

02 4443 9666

02 4443 9878

sanctuarypoint@ljh.com.au
sanctuarypoint.ljhooker.com.au



**It all starts with an appraisal...
and ends with a smile.**

Whether you are staying or moving, take control
of your future now and call your local LJ Hooker
office to organise a free sales or rental appraisal.



**L J Hooker Sanctuary Point
conducted a Best Garden
Competition 2015 and the Winner
Was... Garden Number 12 as
shown below.**

**The runner-up's were Garden Number 18 and third place was Garden Number 10
Congratulations to the winner and all other gardens who opened their wonderful
gardens to the public.**



Andrew Merritt

YOUR MOUTH MATTERS

Denture Clinic

- **Free Consultation**
- **Full & Partial Dentures**
- **Flexible Dentures**
- **Mouth Guards**
- **All Denture Repairs**
- **Private Patients / Health Funds**

Medicare, Illawarra Area Health
& Veterans Affairs



**Ph: 4443 7227
Sanctuary
Point
122 Macleans Pt. Rd**



Target Hardening.

Unless you live in a 2 foot thick concrete box with no doors or windows I would suggest that your home has the potential to be targeted by thieves at some point throughout your life. Hopefully it hasn't already happened but if it has you would know the feeling of anger / loss and fear that follows the realisation a criminal has entered your home and rummaged through your personal possessions, not to mention the fact you will now be suffering a financial loss after realising your computer, Ipad and the Holiday stash has been stolen.

What can you do about it you ask? Well, in my business we call it Target Hardening, which is done by improving the physical security of your home and yard. It does not have to be an expensive exercise and there are many things you can do without spending any cash. Target hardening aims to make it more difficult or less appealing for an offender to break into your Premises.

Most crooks try to find an easy way into your premises. They don't want to be seen breaking in; therefore if you have large hedges or bushes in the front of your house, give them a crew cut so they don't provide a good hiding place. Put away your tools such as shovels, rakes and anything that could be used to jimmy or smash a window. This goes for the sides and back of your property.

Check your doors and windows to make sure lock properly. If your doors and windows do not have locks or they are sub standard, get some new ones. Install dead locks on all of your outside doors and make sure the doors are solid. With sliding windows, I know people who have cut dowels between the sliding window and the window frame which stops the window from sliding.

Consider installing sensor lighting which switches on when movement is detected. But just remember, every time a sensor light comes on, it does not mean that a gang of Ninja's are about to burst through the front door and or come down the chimney. Wildlife such as dogs and cats will trip the sensor. The main thing to remember is that Crooks do not like the spotlight and are therefore deterred.

Within your home there are things that you could do in case the crooks do physically get into your home. You guessed it. Install an alarm. Once the bad guy gets into your home and the alarm goes off, he or she is not going to stick around. But he or she may grab at some of your valuables which are sitting close by prior to leaving.

This brings me to the suggestion that you put away items such as Mobile Phones, Hand Bags, iPads, Car Keys in places that provide more security than the kitchen table or the first flat surface that you see when you come through the front door after work.

Record descriptions, models and serial numbers of valuable property and keep these records in a safe place. Property should be marked (engraved) with a number such as licence number prefixed by your state initials (NSW). Property which cannot be marked should be photographed.

Lock your doors even when you are home. If you are in the back garden; at least lock the front door. Lock windows and doors before you go to bed, Including your car doors and windows. Please take some responsibility for your home's security and do what you can to Target Harden your little piece of Paradise. Remember; report any suspicious activity including persons and vehicles. Record descriptions and car registration numbers if safe to do so.

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

Non Emergencies contact Police Link on 131444 or your local Police.

To provide anonymous information call crime stoppers on 1800 333 000.

Domestic and Family Violence Info visit www.police.nsw.gov.au

Shoalhaven Domestic Violence Officers. 44219666 or 44219665

Email shoaladvlo@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>

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)	PAL TTY	02 92113776
<i>Hearing /speech impaired only</i>		
Crime Stoppers	Crime Stoppers	1800333000
NSW Police Force website address - www.police.nsw.gov.au		
Shoalhaven LAC Facebook Page - https://www.facebook.com/ShoalhavenLac		

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

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!**

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!