

*Welcome to my **SANCTUARY POINT**
CONCERNED CITIZEN NEWSLETTER
November 2013 ... Vol. **034***

Printed as a community service by the Editor, Dennis Williams, 3 Ridgelands Drive, SANCTUARY POINT 2540



MODERN HEALTHCARE

professionals

**SANCTUARY POINT OPENING
4th November 2013**

PHONE TO MAKE AN APPOINTMENT... 4443 7773





MODERN HEALTHCARE
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DENTAL CENTRE

<p>Affordable Dentistry</p> <p>Dentistry Services</p> <ul style="list-style-type: none"> Implants Cosmetic Dentistry Specialist Dentistry Paediatric Dentistry General Dentistry Restorative Dentistry Crown & Bridge Teeth Whitening Emergency After Hours Service <small>(conditions apply enquire within)</small> 		<p>Denture Clinic Services</p> <ul style="list-style-type: none"> Implant Retained Dentures Full Dentures Partial Dentures Denture Relines Dentures Repairs Mouthguards Local Retirement Home Visits <small>(conditions apply, enquire within)</small>
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Affordable Dentistry

For All Your Dental Needs ☎ **4443 7773**
www.modernhealthcareprofessionals.com.au

I am pleased to announce that Modern Healthcare Professionals will have opened their Sanctuary Point Dental Centre on the 4th November 2013 and for a limited time only, they are offering the following opening offers; **Offer 1** FREE first initial consultation, 2 x X-rays included with first consultation — **Offer 2** Scale, Clean & Polish - Only \$99.

Their contact details are; **Address: 6 Paradise Beach Road, Sanctuary Point NSW 2540**
Phone: (02) 4443 7773
Email: info@mhpro.com.au
Web page: www.modernhealthcareprofessionals.com.au

Inserted by the Editor as a community Service For **Sanctuary Point Modern Healthcare Professionals.**

Face of a Shoalhaven WORLD CHAMPION

Dianne Chellew

I recently participated in the World Masters Games in Italy. The World Masters Games are only held every 4 years, and bring athletes from all around the world to compete at the highest level available to Veteran competitors. Canoeing and kayaking are extremely popular sports in Europe and competition is usually fierce. Over 3000 canoeists took part in Turin with big teams from Russia, the Ukraine, Germany and Italy taking part.

The sprints were held on Lake Canavese, a beautiful blue glacial lake, surrounded by snow capped peaks in the north of Italy. The kayak sprint events were on Tuesday, Wednesday and Thursday and Marathon singles (K1) on Saturday and Marathon double (K2) on Sunday. I am a Marathon paddler but always enter the sprint events as a final preparation for the Marathon events. Sprint events are conducted over two distances, 200 metres and 1000 metres and in three different craft, K1 (single) K2 (double) and K4 (4 person).

After the World Masters Games in Sydney in 2009 I was approached by the Russians who asked me to paddle with them in their team boats; I competed in 10 sprint events coming away with 8 medals. Two gold, two silver and four bronze. I won medals in every distance from 200 metres to Marathon and in every craft from singles to fours. I have already been approached by the Ukraine team to partner them in their mixed crews in Auckland in 2017!

The Marathon races are usually around 20 kilometres in length and involve 4 or 5 portages, these were held on the River Po in the centre of the city of Turin. I won Bronze in the singles and silver in the K2.

After competing in Italy I remained in Europe to take part in the World Marathon Canoe Championships in Denmark in September. I had the opportunity to train with the Spanish team in Seville before joining the Australian team in Copenhagen. I was lucky enough to hang on for a bronze medal in the singles after a collision with another boat in the second last lap left a gaping hole in my kayak. Had I not had a pump in the boat I would have not been able to keep the boat afloat as water was coming in as fast as my foot operated pump could pump it out.



Conditions for the doubles race deteriorated considerably with cold weather and strong winds making racing quite difficult. My Finnish partner and I were lucky enough to break the Danish stronghold on this race and finished 3rd for another bronze medal. Kayaking is such a strong sport in Europe that medals of any colour are highly valued and much appreciated.

Having done so well I now face the very difficult decision as to whether or not I want to face cold, wet and windy winter months training to compete in The World Marathon Canoe Championships to be held in Oklahoma in September, 2014. Whilst I am still passionate about competing, long cold days of training quickly lose their appeal. It also becomes quite an expensive undertaking as there is no funding from either State or Federal government or sports associations for Masters paddlers.

Dianne Chellew.

World Champions are not born to be Champions, they work very hard at becoming the very best they can be and then, they try harder to beat the best in the world! Well at least that is how I perceive a world champion to be!

Shoalhaven Council has released the following Media Release, on their “Council developing women in sport campaign” and I believe my coverage on page 3 could stand out, as what can be achieved by a women who wants to inspire to the level of a “Women in Sport,” and then to the perfection of a **World Champion! You also... Can be best of the best!**

If you want to raise the profile of your club, you can contact Community Development Officer, Jody Quinnell on 44239456.



Media Release

29 October 2013

Council developing women in sport campaign

Shoalhaven City Council is developing a new campaign designed at inspiring local women and girls to be more active through the creation of a greater focus on women in sport.

Council is working in partnership with NSW Sport Recreation, Womensport NSW, The Disability Trust, local media and the Shoalhaven sporting community to develop the program which will be launched as part of International Women’s Day celebrations on 8 March, 2014.

The month long program will include a series of free ‘come and try’ sporting sessions and open days at local sporting organisations, profiling of the area’s many high performing sportswoman and free training opportunities.

As part of the campaign, the area will also host a ‘Girls Get Active Schools Gala Day’ in March. The event will see 200 high school girls from across the Shoalhaven coming together to hear prominent Australian athletes talk about their sporting experiences and achievements followed by participation in sporting activity stations offering skills and modified games from a selection of sports.

Mayor, Joanna Gash said that the month long program of activities had been designed to both encourage and inspire local woman and girls to get active.

“Organised sport and day to day fitness activities play a huge role in the lifestyle of many Shoalhaven residents,” said Mayor, Gash. “While the area is home to many prominent and highly successful female athletes, women are still underrepresented in many sporting competitions and organisations.

“The upcoming month long campaign will provide local women and girls with a number of opportunities to participate in a host of different sports and activities.”

“The campaign has been designed to provide interested women with the confidence and inspiration to partake in regular sporting competitions or activities.”

Mayor, Joanna Gash said Council was currently developing the free ‘come and try sessions’. Any local organisations interested in supporting the program and raising the profile of their club can contact Community Development Officer, Jody Quinnell on 44239456.



Please Help to Cleanup our Beach!

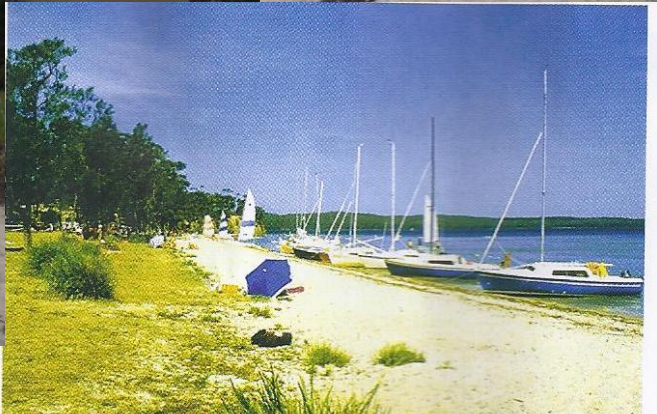
Hello! My name is Dennis Williams and together with my wife Kate, we have been producing this newsletter for almost three years as a community service, for all of the concerned citizens of Sanctuary Point in particular and for all other concerned citizens, who read the newsletter, who can relate to some of our articles, which may also occur in their own Towns and Villages, where they call Home!

Last month I included an article on the state of the only proper swimming beach in sanctuary point, which caters for the 6,800 citizens who live here and who knows! How many tourists who come to enjoy our Coastal Village life style. I am pleased to announce that Andy and Dawn van den Oever, Proprietors of the Palm Beach Caravan Park at Sanctuary Point, have been granted a permit to remove Wrack (Dead Seaweed,) from the beach. This will take place on Tuesday 26th and Wednesday 27th November 2013 and both Kate and myself, personally make this first time appeal, for anyone who reads this article, to allow us to impose upon their community spirit of giving and find the time to roll up at Palm Beach, with a Steel Rake or/ and Pitch fork around 9.00 am on the 26th or/and 27th November 2013 and **TOGETHER WE CAN RETURN OUR BEACH TO THE PRISTINE STATE IT ONCE WAS!**

A sausage sizzle will be provided at the conclusion of the cleanup on the Wednesday!



This is what it looks like Now... Together we can make a difference!



And return it as it once was!

Palm Beach Sanctuary Point as it should be!

Sanctuary Point Men's Shed

The Sanctuary Point Men's Shed can be contacted by calling the President : Colin Loudon On 0412 347 322 or going on line at www.sanctuarypointmenshed.org To view their wonderful Carpentry and Wrought Ironwork, you can call into the SANCTUARY POINT MEN'S SHED at 20A WOOLLAMIA ROAD, FALLS CREEK NSW (Short distant in from Jervis Bay Road.)... Hours of Business: Monday, Wednesday & Thursday 0900—1600 (9-4)

Both the metal and wood working, are located on private property at Falls Creek, plans are now in place to bring them home to Clifton Park "SANCTUARY POINT," where it belongs. Clifton Park will make a wonderful home, together with COMMUNITY GARDENS and a great BICYCLE TRACK for the recreation of the whole community to enjoy.

The Sanctuary Point Men's Shed is a Registered Charity and they need your Support - All Donations over \$2.00 made to SPMS are Tax Deductible.

We build many and varied things in our shed and hope this gives you some insight into these items.

Wrought Ironwork
One off carpentry work
Welding
Childrens Playhouse
Minor Restoration
Outdoor Settings
Blanket Toy boxes
Rocking Cow
Turned Wooden Items: Bowls, Plates and etc.
Planter boxes
Rocking Horses
Rocking motorbike

**SANCTUARY POINT MENS SHED IS A TRUST INCORPORATED, REGISTERED CHARITY
ALL DONATIONS OVER \$2.00 MADE TO SPMS ARE TAX DEDUCTABLE**

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!



The above advertisement, is Inserted by the Editor as a Community Service.

You too can be a member of the Men's Shed... Give them a call today!

This advertisement has been inserted free of charge as a community service, upon permission granted by the Principle of Shoalcoast Community Legal Centre



Free and Confidential Legal Advice Clinic for Bay & Basin Residents

Shoalcoast Community Legal Centre Solicitors have commenced offering face to face appointments on the **second Friday of each month** at the **Bay & Basin Community Resource Centre** in Sanctuary Point from 12.30-2.30pm.

To make an appointment contact
Shoalcoast on 4422 9529.

We can give legal advice about:

- Family Law matters regarding separation, divorce and children
 - Children's Court Matters
 - Domestic or Family Violence
 - Tenancy Issues
 - Discrimination
 - Victims Compensation
 - Debt
 - Fines
 - Centrelink Benefits
- Wills, Power of Attorney and Guardianship
 - Workplace Issues and Employment
 - Consumer Complaints
 - Traffic Offences

*Shoalcoast also offers free telephone legal advice on Tuesday and Thursday mornings between 10.00am and 12noon
Phone: 4422 9529*

If you are calling on a mobile phone we can call you back.

CODE C 2013 Benefit Night

The Bay & Basin Cancer Support Group and the Coordinator of the Code C 2013 Benefit Night on the 12th October 2013 Mr Richard (Dick) Manwarring... Say, **Thank you, you stole our hearts away!**



Dick Manwarring has again, put on a spectacular benefit night in the beautiful auditorium of the St Georges Basin Country Club. From the generosity of the Supporters (136), the attention to detail from the Staff and the Board of Directors and Management of the Club, the patrons in attendance and all of the many helping hands, who contributed to the success of the night... You are all to be Congratulated, because your generosity raised a net \$31,500 at the conclusion of the night, which will go towards the purchase of a Toyota HiAce 14 seat Commuter Bus with a rear Wheelchair lift, which will convey Bay & Basin Cancer patients to and from their treatment at the Shoalhaven Cancer Care Centre. **THANK YOU one and ALL!**

When you read this current issue and if you would like a copy of previous issues, I can not send you a hard copy, however, If you have an e-mail address and telephone me with your details, I would be pleased to e-mail you a copy of past and future issues - telephone: (02) 4443 3394. Dennis.



Pssss't I don't want to tell the world, but! I just want to inform the Cul-de-sac crew, who commenced repair on the Cul-de-sac at the bottom of Ridgeland, Drive Sanctuary Point in May 2013, that it still only has the road base that was laid in May 2013. May I respectfully suggest that it would be appreciated, if you could lay some bitumen to compliment the rest of the Drive and show the residents of the Cul-de-sac, when you commence a job, you have the resources to complete the job!

I am including the following information, within my Newsletter, as a community service.

If you think something is Wrong, phone it in on the POLICE ASSISTANCE LINE ... call 131 444 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 Police Precincts.

Remember it will be recorded as an incident in our Town and when allocating resources to an area, priority is usually given to the Areas, where phoned in incidents are recorded... These indicate where hot spots are and need additional resources!

HELP THEM! ... HELP US! ...PHONE IT IN! 131 444

If it is an EMERGENCY ... call 000 and ask for Police.

or CRIME STOPPERS ... call 1800 333 000

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!

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.

