



# SCOTT'S HEAD WAVE

Community Newsletter for Scotts Head & Surrounds



Email: [scottshheadwave@gmail.com](mailto:scottshheadwave@gmail.com)  
Scotts Head Community Group is on FB



JULY 2024

Produced by Scotts Head Community Group

Scotts Head Community Group Inc is where we come together to discuss local issues affecting community members as well as sharing a common goal of bringing the community together. Meetings are held on the second Tuesday of each month at the Reserve Hall, Scotts Head. Are you passionate about our community? Do you want to raise issues occurring within our local community and become part of the solution? If so please come and join us, we welcome everyone!

Membership is only \$10.00 per year

Enquiries please email: [scottshheadcommunitygroup@gmail.com](mailto:scottshheadcommunitygroup@gmail.com)

## SHARING OUR BEACHES AND OPEN SPACE – FOLLOW THE RULES TO MAKE IT ENJOYABLE FOR ALL

With the July 2024 school holidays fast approaching, it is useful to refresh our collective understanding of the rules that apply to beach access, car parking and dogs, so that we can all enjoy these special places safely and with minimal impact to others and the environment:

- **Beach driving** – on Forster Beach (Big Beach) 4WD access is allowed at any time north of the 4WD track. South of the 4WD track, vehicle access is only allowed between 8 pm and 5 am (except for boat launching and landing). A beach access permit is required. For more information, go to: <https://www.nambucca.nsw.gov.au/Community/Nambucca-Facilities-Local-Maps/Beaches/4WD-Beach-Permits>
- **Beach camping** – beach camping is not permitted on any beach in Scotts Head. There are two camping areas in Gaagal Wanggaan National Park (near the beach) that can be reached by boat. Bookings are required. For more information, go to: <https://www.nationalparks.nsw.gov.au/camping-and-accommodation/campgrounds/1st-bay-campground>
- **Dogs** – dogs are permitted off-leash at all times from the area to the north of the beach access track at the corner of Banksia Crescent and West Street (i.e. north of Clubs Scotts and Reflections Holidays). Otherwise, dogs can only access other beach locations or Scotts Reserve on-lead after 5.30 pm and before 8.30 am. Dog poo must always be picked up and dogs must always be under control.
- **Overnight parking and camping at Scotts Reserve** – no parking or overnight camping is permitted in Scotts Reserve, including at the Point, between 9.00 pm and 5.00 am. If you are concerned that someone is doing the wrong thing you can make a report. Remember to provide clear information about the incident including date, time, activity occurring and (if safe to do so) any photos or images you may have and report to:  
**Nambucca Valley Council** – via the Antenna app, by email to [council@nambucca.nsw.gov.au](mailto:council@nambucca.nsw.gov.au), or by calling 6568 2555 during business hours  
**Reflections Holidays** – via the local Reflections Holidays office during business hours, by email via the website form at <https://reflectionsolidays.com.au/parks/scotts-head/accommodation/> or by calling 6569 8122.

### GIINAGAY – HELLO!!

In the spirit of reconciliation Scotts Head Community Group acknowledges the Traditional Custodians of country throughout Australia & their connections to land, sea & community. We pay our respects to their Elders past & present & extend that respect to all Aboriginal & Torres Strait Islander peoples today.



Gumbaynggirr word for the month: **Mullet**- buluunggal



# Share the shore

## Mid North Coast

We are privileged to have access to amazing beaches throughout the Mid North Coast region. Our beaches are important habitat for threatened species and places of cultural significance to local Aboriginal people. They are also shared with other beach visitors, including children and pets.

**Beach access permit holders must comply with the beach driving rules at all times**

### Beach driving rules

- Stay between the low and high tide marks (where the sand is firmer) except when entering or exiting the beach.
- Enter or exit via designated, signposted access points only. Access to beaches is subject to change due to the dynamic nature of the area. Access is prohibited outside of the areas displayed in this brochure.
- A valid beach access permit or receipt must be displayed on your windscreen at bottom left of the passenger side.
- Maximum speed limit 50km/h. Limit is 25km/h when within 100m of other vehicles or people.
- People have right of way at all times. Vehicles must remain 15m away from people at all times.
- Vehicles are not permitted to drive through surf patrol areas. Activities involving towing of people are prohibited.
- NSW road rules apply. Vehicles must be registered, drivers licensed and seatbelts must be secured.
- Keep our beaches clean. Glass is prohibited at all times and rubbish must be taken with you when you leave.



### Shorebird sites and vegetation are protected.

Driving or parking on dunes and vegetation is prohibited. Our 4WD accessible beaches are important nesting habitat for many threatened species, who nest from September to March on the beach above the high tide mark. Help save these species from extinction by acting responsibly, being alert to sign-posted nesting sites, staying away from the dunes and controlling your pets.

# Port Macquarie-Hastings, Kempsey Shire and Nambucca Valley Councils are united in our aim to preserve our beaches and provide safe enjoyment for all



## Enjoy our beaches responsibly

To ensure ongoing protection of threatened species, the natural environment, cultural heritage and to maintain the safety of others it is important to:

Read and understand the beach driving rules.

- Check signage at the beach.
- Check weather conditions and tides before heading out.
- Be aware that access to beaches is at your own risk.
- Camp only in designated camping areas.

## Beach access permits

For more information and details on how to purchase a beach access permit for your vehicle, visit the Council and the National Parks and Wildlife Service (NPWS) websites:

**PORT MACQUARIE HASTINGS COUNCIL**  
[pmhc.nsw.gov.au](http://pmhc.nsw.gov.au)  
 Tel 6581 8111

**KEMPSEY SHIRE COUNCIL**  
[kempsey.nsw.gov.au](http://kempsey.nsw.gov.au)  
 Tel 6566 3200

**NAMBUCCA VALLEY COUNCIL**  
[nambucca.nsw.gov.au](http://nambucca.nsw.gov.au)  
 Tel 6568 2555



NPWS vehicle entry fees apply for National Parks at Hat Head, Limeburners Creek and Crowdy Bay. Council beach access permits do not apply for Limeburners Creek. For more information see the NPWS website at [nationalparks.nsw.gov.au](http://nationalparks.nsw.gov.au)

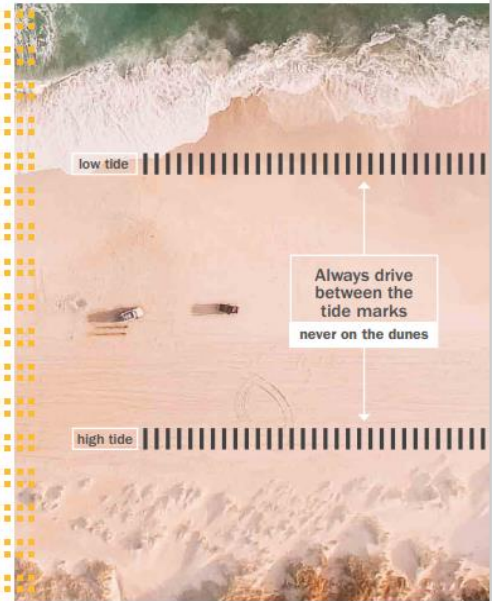


**The rules ensure safe beaches for everyone**  
 Council Rangers and NSW Police are authorised to enforce the beach driving rules and Council policies. NPWS Rangers are authorised to enforce rules in National Parks. Failure to comply will result in eviction from the beach and cancellation of your beach access permit. You may also be fined.

December 2020

# Vehicles on Beaches

## Guide to sharing our shores NSW Mid North Coast



# Mid North Coast beach access

Beaches are changing environments. Access may be restricted at times due to safety, conservation, severe weather or environmental changes. Beach access permit holders must comply with the beach driving rules at all times.



**Reciprocal permits** Your beach access permit is valid at nominated 4WD beaches within the Port Macquarie-Hastings, Kempsey and Nambucca Council areas.

## **RECENT DEVELOPMENTS - REFLECTIONS HOLIDAYS SCOTTS HEAD**

Ray Palmer, manager of the Reflections Holidays Park Scotts Head since February 2023 has recently accepted a position as manager at the Reflection Holidays Urunga. We wish to thank Ray for his dedication and commitment to the Scotts Head Park and wish him every success in his new role at Urunga.

Ray's partner Jacki Middleton has been appointed as Manager of the Reflections Holidays Scotts Head. Jacki brings approximately 15 years' experience running holiday parks across New South Wales and Victoria and was most recently park manager of the immensely popular Lorne Foreshore Holiday Park, one of the most popular locations on the Victorian surf coast.

Ray and Jacki will continue to reside at Scotts Head and look forward to maintaining their continued relationship with the Scotts Head community.

Another new development is that Scotts Head resident Caroline Winter, has been appointed the Assistant Manager at Reflections Holidays Nambucca Heads. Many of you will know Caroline from around the village and I am sure will wish to join with us in extended our best wishes to Caroline in her new role with Reflections.

Tony Crimmins  
SHCG

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## **GET TO KNOW YOUR LOCAL LIBRARY**

With the winter months in full swing, now is a great time to get to know your local library. You do not even have to step outside. With a vast array of e-Books, e-Magazines and eAudiobooks on offer, it is as easy as borrowing online through Nambucca Valley Libraries, and the best part is, that it is completely free to join for Nambucca Shire residents. You can even join online!

[Featured eBooks | Nambucca Valley Libraries - BorrowBox](#)

Our libraries are not just a source for reading. With many free and interesting workshops on offer, you can learn new skills whilst meeting other likeminded community members. On July 2, Macksville library is offering a free workshop on Bees Wax Wraps where you will learn how to make your own bees wax wraps to keep your food fresh and plastic free. You will need to book though, so do not miss out!

[Bees wax wraps workshop @ The Library - Nambucca Valley Council \(nsw.gov.au\)](#)

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## **CORRECTION TO ARTICLE ON VANDALISM IN JUNE EDITION OF THE SCOTTS HEAD WAVE**

A concerned local resident pointed out an error in the article regarding the recent vandalism of the Rec Hut @ the Reserve featured in last month's edition of the Wave. The article stated that 'Community members are reminded that the Reserve area is not to be used after dark.'

Subsequent follow up has identified that the article should have instead read that; 'Camping and Parking is not permitted in the Reserve area between 9pm and 5am'.

Apologies for any confusion this may have caused however please be reminded that this publication is prepared by volunteers and that every article is prepared with the best of intentions and to the best knowledge of the author at the time.

SHCG

## WHAT'S ON THIS MONTH & BEYOND IN YOUR TOWN

### DUNE CARE

THURSDAY 18 JULY



- Meet in the corner of the beach from 8:30am.
- ALL welcome, wear long pants, long sleeves, covered shoes and hat and sunscreen for safety.
- Weeding and planting will be done. Tools and gloves supplied but bring your own if you prefer.
- We work for two hours followed by morning tea.

See FB for more information or call;  
Moira 0421 911 294

### BUILDING SUSTAINABILITY FOR THE FUTURE EXPO

Eungai Creek Memorial Hall

9:00am – 2:00pm Sunday the 14<sup>th</sup> of July 2024

- 9:00 – 2:00 Stalls highlighting sustainability initiatives and buy-local from the Nambucca Valley
- 11:00 – 11:30 **Special Presentation:** Maxine Rowley, Identifying pesticides in Hearnese Lake catchment waterways
- 11:30 – 12:00 **Panel conversation:** hosted by Caz Heise (2022 Independent candidate for Cowper) with sustainability practitioners – Marlon Blazejowski (Regenerative farming); Thomas Stanbrook (Cultural regenerator of Country), Julie Humphris (Blue Marble Farm); and Marc Percival (soil food web).

Presented by  
Your Independent VOICE in the Nambucca Valley team



LJUBOV SIMSON



MARC PERCIVAL

Join Us : Your INDEPENDENT VOICE for the NAMBUCCA VALLEY



DRIFTWOOD CAFÉ PRESENTS

# Farmers Market

Scotts Head | Ngambaa Country

meets

## MAKERS MARKET

SUNDAY  
28.07.2024  
8am - 11 am

LOCATION:

VILLAGE GREEN  
NEAR 5 ADIN STREET

Support your local farmers & makers.

✉ SCOTTSHHEADFARMERSMARKET@GMAIL.COM



### RESERVE HALL WORKING BEE

Sunday 28 July 10am- 11am.

Scotts Head community. Please come along and claim any equipment stored in the Reserve Hall storage sheds and room.

It is time to have a deep clean and see how we can use the freed-up space a little better.

There is a wonderful collection of historical stuff.... And it would be tragic to clear things away if they are of importance to anyone in the community.



## VEGIE PATCH NEWS

Garden is looking magical, and the weather has been great for veggie growth. Thanks to all who have assisted with gardening duties. Tuscan kale is popular, red Russian kale is catching appetites, red cabbage, small cabbage, broccoli, snow peas are sky high, broad beans starting to flower, bok choy, carrots, silverbeet is well picked, lettuce hearting nicely, and rocket is surviving the garden salad lovers!

Scotts Head Gardeners are impressed by the generous donations from our lovely community that certainly assist to keep all flourishing well. The photos tell the real story.

Thanks everyone!

Scotts Head Gardeners



## RECIPE OF THE MONTH

### BROCCOLI, SNOW PEA AND CARROT STIR-FRY

#### Ingredients

- 1 tbsp vegetable oil
- 1 tsp coriander seeds (crushed)
- 500g broccoli (cut into florets)
- 1 carrot (finely sliced)
- 1 clove garlic (crushed)
- 1 tsp ginger (grated)
- 100g snow peas (trimmed and halved)
- 2 tbsp hoisin sauce
- 1 tbsp lime juice
- 1 tbsp crisp fried onions (available at Asian food stores)

#### Method

Heat vegetable oil in a wok, add coriander seeds and stir for 1 minute.

Add broccoli, carrot, garlic, and ginger. Stir-fry over high heat until carrot is tender and crisp (adding 1 tbsp water if necessary).

Add snow peas and stir for 1 minute. Combine hoisin sauce and lime juice in a small bowl and pour over vegetables.

Toss until well coated and serve sprinkled with crisp fried onions.

Scotts Head Community Group  
presents  
SCOTTS HEAD/WAY WAY  
**Open  
Garden Day**  
SEPTEMBER 1  
9-12PM

Are you an avid gardener or outdoor designer and want to share your garden with your community?

Are you a food producer and want to share seeds, knowledge and passion?

Are you a native garden officianado or have a garden with a view and want to share the love?

We invite you to register your outdoor space for inclusion in our open garden day.

All gardens big or small are invited to be part of this opportunity.

Connect  
explore  
Learn



Register here

PROTECT OUR MARINE LIFE  
**IT'S PLASTIC  
FREE JULY**  
OUR COMMUNITY IS PART OF THE SOLUTION



CHOOSE TO  
**REFUSE**  
SINGLE USE COFFEE  
CUPS, PLASTIC BAGS  
AND SINGLE USE  
PLASTIC

Did you know, a study by stanford scientists found Humpback whales ingest 200,000 pieces of microplastic a day and humans ingest a credit card a week.

# COMMUNITY NOTICEBOARD



**CLOSED** for our winter break.  
**OPEN 5<sup>th</sup> Sept...**  
Thanks for your support x

[www.hotmyrtle.com.au](http://www.hotmyrtle.com.au)

The WAVE is made possible thanks to Nambucca Valley Council who provide funding for printing costs.

## SCOTTS HEAD COMMUNITY GARDENERS LOVE YOUR SUPPORT

*don't forget to pay cash or electronically*

PAYMENTS FOR PRODUCE AT OUR GARDEN CAN NOW BE MADE USING THE PAYID SCOTTSHEADCOMMUNITYGROUP@GMAIL.COM

**JOIN OUR COMMUNITY NOW!**



## ONSHORE HANDYMAN SERVICES

Mark: 0415 525 484  
[www.onshorehandymanservices.com.au](http://www.onshorehandymanservices.com.au)

**Experienced & Reliable - Your Local Handyman**

**NEWSLETTER SUBMISSIONS**  
**AUGUST ISSUE - CLOSE 23 JULY**

All contributions and advertisements for the next issue are considered & can be submitted to;

[scottshheadwave@gmail.com](mailto:scottshheadwave@gmail.com)  
[alishacruickshanks@gmail.com](mailto:alishacruickshanks@gmail.com)

## Scotts Property Boutique



**Lyn Scott**  
0402 277 658

Thinking of selling? Or just curious about the value of your biggest asset?

Call Lyn Scott, the multi award winning agent who is dedicated to achieving the best possible price for her vendors every time.

**DISCLAIMER**

Scotts Head Wave reserves the right to alter, omit or change classifications and advertisements. Furthermore, the Scotts Head Community Group Inc does not endorse or promote products, services & information contained in the newsletter. While every care is exercised, the views, opinions & information expressed in this newsletter do not necessarily represent the views and or opinions of the Scotts Head Community Group Inc or any other organisation associated with the production of the Scotts Head Wave.

## LOCAL NEWS

### SCOTTS HEAD FARMERS MARKET

Once again we look back at a wonderful Market Sunday in Scotts Head. On all past market days, we had been blessed with blue skies and warming sunshine. This time we had a drizzly day, but from 7am until 11am the rain spared us. How cosmic! I would like to thank all dedicated stall holders and visitors for your continuous support in showing up and being a part of the growing slow food movement. It means a lot to me to bring this event fortnightly to life and add a little bit of spark to our beach town.

We have a change coming up for the next market on the July 14. The market is going to move to Eungai. Ljubov Simson from Congarinni Vale is organising a Sustainability Expo and asked us to join forces for this particular day. Please find the info to this event on the WHAT'S ON THIS MONTH & BEYOND IN YOUR TOWN page of this newsletter .If you would like a stall at the Expo, please reach out to her: [ljubov.simson@gmail.com](mailto:ljubov.simson@gmail.com)

The next market in Scotts Head is going to be the Farmers & Makers Market on Sunday, July 28. I cannot wait to see you all then! Have a wonderful week.

Alexandra Schmidt  
Scotts Head Farmers Market



### SCOTTS HEAD WAVE

How amazing are those whales! They are seriously giving us a show, and I am quite sure even with the extra people about for the winter school holidays this will not scare them away. As always, if you have any local community events and or news stories to be considered for publishing, please send them via email to [scottshheadwave@gmail.com](mailto:scottshheadwave@gmail.com)

Please note that newsletter submissions close by the 23rd of each month to be considered for the next monthly edition. To become a member and receive the newsletter straight to your email, be sure to send us an email or use the QR code! This month's newsletter is filled with local insight that I hope you find factual and useful. Keep counting those whale sightings, stay warm and as always happy reading everyone!

Alisha Cruickshanks - Editor

