



SCOTT'S HEAD WAVE

Community Newsletter for Scotts Head & Surrounds



Email: scottshheadwave@gmail.com
Scotts Head Community Group is on FB



SEPTEMBER 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

SCOTT'S HEAD LEADERSHIP

Throughout this year thus far, leaders from all the organisations and clubs in Scotts Head, have met each quarter to get to know one another better, understand what priorities and focus areas each organisation is currently facing, and to start thinking together about solutions to our current challenges. These quarterly leadership meetings came about after the SHCG Strategic Planning Process, articulated the need for better local governance and communication.

SHCG commits to continuing these meetings to ensure we can be a supportive leadership network for one another, and care for the collective needs of the community more effectively.

Those in attendance at our quarterly meetings have included: Reflections Holidays, Club Scotts, Scotts Head Public School, Macksville Scotts Head Surf Life Saving Club, Scotts Head Tennis Club, Scotts Head Sporting Field, RFS, Sharks Football Club, Scotts Head Board Riders, SHCG, Scotts Head Arts Committee and the Scotts Head Events Committee.

NEW WEBSITE FOR SHCG

Keep an eye out for the launch of the SHCG new website www.Scottshhead.org.au

Work is currently underway to build a new website for the Scotts Head Community Group led by a team of local residents and IT professionals including Glen Shaefer of North Coast Internet, Elizabeth (Lizzy) Bond of Zenbird Words and Crina Belevi. A selection of beautiful images of Scotts Head have very kindly been provided by local resident and professional photographer Zahn Pithers.

The committee thanks the team for their support and huge commitment to this project and we all look forward to seeing the end result.

Tony Crimmins

Chairperson
Scotts Head Community Group

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: **Dolphin - yugirr**



LOCAL WILDLIFE WARNINGS

STAY SAFE DURING SNAKE SEASON - WHAT YOU NEED TO KNOW

Snake season typically spans from late spring to early autumn when temperatures are warmer. During this time, snakes are more active, and they are most likely to be on the move in search of food and mates, which increases the chances of unexpected encounters. Whether you're hiking, gardening, or simply enjoying your backyard, here's a few quick tips for staying safe and coexisting peacefully with our slithering neighbours.

- Stay on Designated Trails - avoid tall grass or dense brush where snakes may be hiding
- Be Mindful of Your Surroundings - watch for movement or unusual patterns on the ground
- Wear Protective Clothing - Thick materials are less likely to be penetrated by a snake bite
- Use Caution Around Water - Many snake species are drawn to water sources

If you encounter a snake, stay calm and back away slowly. Do not try and handle the snake, if bites occur seek medical help immediately. Snake bites can be serious and prompt treatment is crucial.

For local snake catchers, you can call one of Scotts Head's resident builders Dion 0402 554 011, who has experience handling snakes and is happy to assist. Otherwise, you can call the below contacts from the NSW Department of Climate Change, Energy, the Environment and Water.

- Adam Stickland 0459 632 710
- Stuart Johnson 0450 430 480

IT'S MAGPIE SWOOPING SEASON - SO LET'S USE REASON DURING THE SEASON

Magpie breeding season is from August -November and is usually when swooping behaviour is observed. Our magpies are much loved and admired - except when we hear the clack of their beak millimetres above our head!

Magpies have excellent facial recall and very long memories. So, if you've been swooped before, or even if you just look like someone they swooped last year (e.g. a cyclist) you're likely to get the same treatment again.

What the science tells us, is that male magpies swoop to defend their chicks, not as an aggressive, unprovoked attack. As well as swooping, the male magpie also uses body language such as beak clapping to ward off potential threats. Some quick tips to avoid being swooped include:

- Walk a different route if you know there is a magpie defending its chicks
- Slow down when you see a magpie, so it recognises you as unthreatening
- Be alert not alarmed
- Wear a helmet when riding a bike - it's a no brainer!



THIS MONTH'S BOOK REVIEW

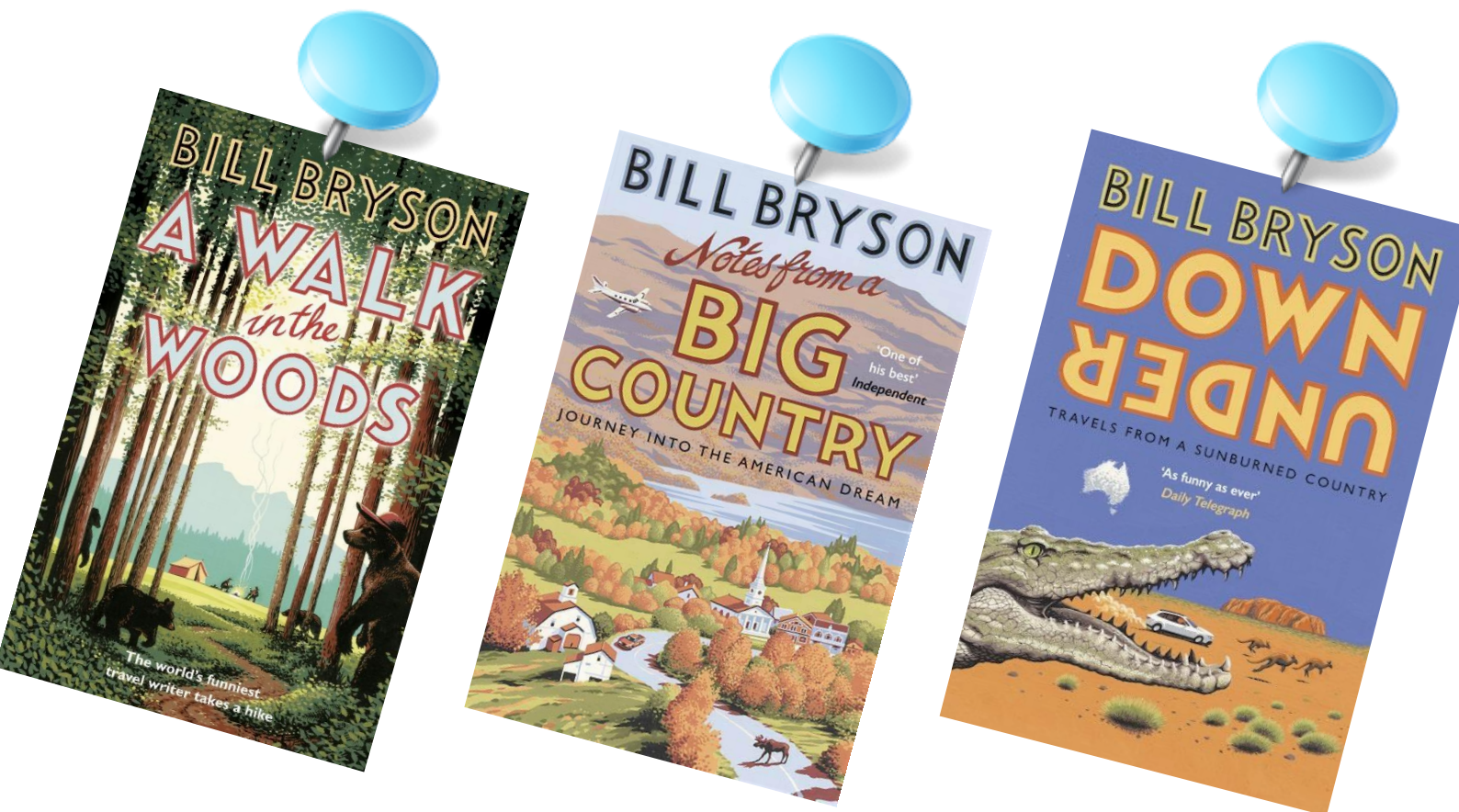
I have not forgotten about all those non-fiction readers and arm-chair travellers out there. Two of my favourite travel writers are Bill Bryson and Paul Theroux. Bill Bryson's "A Walk in the Woods" is laugh out loud funny. It's about his hike along the Appalachian Trail with his friend Stephen Katz. Katz's profoundest wish was to go to a motel and watch X-Files. It was also made into an excellent movie starring Robert Redford & Nick Nolte.

Other Bryson book titles are "Notes from a Big Country," "Neither Here nor There," and "Down Under," in which Macksville gets a mention. Paul Theroux is a more serious travel writer. While Bryson's writing is witty and funny, Theroux's writing is more acerbic. Titles include "The Pillars of Hercules," a grand tour of the Mediterranean. "The Old Patagonian Express"; travelling by luxury express and squalid local trucks from Boston to the Great Plateau of Patagonia and my favourite "Riding the Iron Rooster", where Theroux travels by train through every province of PRC, from the searing hot Gobi Desert to the ice-bound cities of the Siberian border; along the South China Sea to the edge of Tibet.

Moving along to a more recent History/Travel writer, is Richard Fidler. His book "The Ghost Empire" is a brilliant reconstruction of the saga of power, glory, invasion, and decay that is the 1,000-year story of Constantinople. Other titles are "The Golden Maze," a biography of Prague. "The book of Roads & Kingdoms"; the story of the medieval wanderers who travelled out to the edges of the known world during Islam's fabled Golden Age, and finally "Saga Land: The Island stories at the edge of the world"; true stories of the first Viking families who settled on Iceland in the Middle Ages.

Well, that's your lot for the month. So, until next month, happy reading to you all.

Lynne Foley



We are keen to hear from our avid readers, so if you enjoy reading one of our monthly recommendations, or, you have one you would like to share with us, we would love to hear from you!

Email your shared thoughts to scottshheadwave@gmail.com

SCOTTS HEAD GARDEN OPEN DAY FOR GARDEN TRAIL THIS SUNDAY!!!

Scotts Head Community Garden has been added to the Scott's Head, Way Way Garden Trail.

This means on September 1, our garden along with approximately 20 others will be open for the public to visit and we will be hosting an in-garden picnic and hopefully recruit more members.

We have also been invited to give a gardening talk at Macksville Library early in spring, and if possible give out some seedlings etc. Please come along.

Kind donations to our garden have an account of \$2000!! How amazing is that!!!!

Give us a call 0428 662 803 if you need more info, or if you can spare a bit of time to help us in the garden.

Cheers George and Team



Photo of Scotts Biggest Cabbage from our garden!!

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 SCOTTSHHEADCOMMUNITY GROUP@GMAIL.COM

JOIN OUR COMMUNITY NOW!



Recipe of the Month

Pork And Cabbage Rolls

Ingredients

8 large cabbage leaves, trimmed

300 grams minced (ground) pork

2 cup (300g) cold cooked white rice

700-gram bottled tomato pasta sauce

Method

Boil, steam or microwave cabbage leaves briefly until pliable, drain. Rinse under cold water, drain. Pat dry with absorbent paper.

Heat oiled large frying pan, cook pork, stirring, until browned all over. Remove from heat, gently stir in rice, season to taste.

Divide rice mixture between cabbage leaves, roll firmly to enclose filling, folding in edges. Cook rolls, in single layer, in large baking paper-lined bamboo steamer over large saucepan of simmering water about 10 minutes or until heated through.

Meanwhile, bring sauce to the boil in medium saucepan, reduce heat, simmer, uncovered, about 10 minutes or until thickened slightly, season to taste. Serve cabbage rolls with sauce.



WHAT'S ON THIS MONTH & BEYOND IN YOUR TOWN



GET READY WEEKEND

IS YOUR PROPERTY BUSH FIRE READY?
ASK A FIREFIGHTER THIS GET READY WEEKEND

Saturday 21st September
9am - 12pm
Adin St. Reserve
(opposite the shops)

LIVE BUSH FIRE READY

RFS **NSW**

FOR MORE HELP PREPARING YOUR PROPERTY AND FAMILY FOR BUSH FIRE GO TO RFS.NSW.GOV.AU

DUNE CARE

SATURDAY 21 SEPTEMBER



- Meet at West St walkway 8.30am
- we work for two hours but come for as long as you are able.
- All welcome, weeding and planting.
- Tools and gloves provided but bring your own if you prefer.
- Wear long sleeves and pants, covered shoes, hat and sunscreen for safety.

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

2024 NSW Local Government elections

Saturday, 14 September 2024, 8AM - 6PM



Terrarium Workshop

Sat, 21 Sept, 1:00 pm

Vitality Bloom

From \$91.31

The Bowraville Theatre Singers invite you to help them celebrate their **20th Anniversary** by attending their.....

Celebration Concert

- **Saturday October 12**
- **2 pm**
- **Bowraville Theatre**

Tickets are \$20 and are available from the following link

www.tickethost.com.au/?event=3082

DRIFTWOOD CAFÉ PRESENTS

Farmers Market

Scotts Head | Ngamba Country

FORTNIGHTLY EVERY
2ND AND 4TH SUNDAY
OF THE MONTH
8AM - 11AM

LOCATION:

VILLAGE GREEN
NEAR 5 ADIN STREET

Support your local farmers & makers.

📍 SCOTTSHHEADFARMERSMARKET

✉ SCOTTSHHEADFARMERSMARKET@GMAIL.COM



COMMUNITY
NOTICEBOARD

HOT MYRTLE IS OPEN AGAIN
from 5th SEPT
NEW SPRING MENU
LIVE MUSIC EVERY 2nd SUNDAY
FINE FOOD+LOVE
ALWAYS

TRADING TIMES
 from 5pm - late
 Thurs, Fri , Sat
 9am - 2pm Sun



www.hotmyrtle.com.au



**ONSHORE
HANDYMAN SERVICES**

Mark: 0415 525 484
www.onshorehandymanservices.com.au

Experienced & Reliable - Your Local Handyman

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

NEWSLETTER SUBMISSIONS
OCT ISSUE - CLOSE 23 SEP
 All contributions and advertisements for the next issue are considered & can be submitted to;

scottshheadwave@gmail.com
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

Our Farmer's Market is becoming a steady event in the valley. With 10 stalls on average every 2nd and 4th Sunday of the month, locals and visitors alike enjoy access to our fresh, locally grown seasonal fruits & vegetables, meats, breads, pastries, and other handmade products. Our kids' corner keeps the young generation busy whilst their parents can have a yarn on the village green and listen to relaxing tunes.

We are looking forward to seeing the event evolve and grow with time. Bring your basket, reusable bags and your keep cup to make a positive impact on our local food system and the environment.

Alexandra

SCOTTS HEAD PUBLIC SCHOOL - INDONESIAN EMBASSY VISIT

I had the privilege and honour of being invited by Indonesian Embassy Ambassador, Pak Siswo Pramono, to represent Scotts Head Public School during the Flag Raising Ceremony and Indonesian Independence Day celebrations on the 17th of August at the Indonesian Embassy in Canberra. During this event, I was presented with an award on behalf of our school, recognising our Bilingual Program. The weekend visit also provided a valuable opportunity to network with Embassy officials and language educators from across the country.

We are grateful for the ongoing partnership with the Indonesian Embassy, particularly with the Culture and Education Attaché, Pak Najib. His support of our Bilingual Program is evident through the provision of preservice teachers and the ongoing collaboration between the Faculty of Teacher Training and Education at Universitas Singaperbangsa Karawang (FKIP Unsika) and our school. Pak Najib has also generously supplied a beautiful range of Indonesian kebayas, sarongs, and batik shirts for our staff to wear on special occasions. I look forward to continuing our partnership with the Indonesian Embassy to further strengthen and enhance our program for the benefit of our students and staff.

Annette Balfour - Principal



SCOTTS HEAD WAVE

Welcome to Spring! Sunny days and cool nights, I don't know about you, but this is my favourite time of the year. Whether you take advantage of a "spring clean" or just simply stop and admire the many blooms popping up around town, I hope you enjoy it! 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

Newsletter submissions close on 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, scan the QR code.

Happy reading everyone!

Alisha Cruickshanks - Editor

