



SCOTT'S HEAD WAVE

Community Newsletter for Scotts Head & Surrounds



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



OCTOBER 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

LAUNCH OF NEW SHCG WEBSITE

We are very excited to announce that our new website www.Scottshhead.org.au is almost completed and will go live in mid-October. The website will provide, in addition to 'Scotts Head Wave', a platform for the SHCG to keep the community up to date on the status of local initiatives and projects, upcoming events and happenings and to seek feedback and support on ideas, proposals and campaigns.

What had been a seemingly unachievable dream for the SHCG for some years, came to life following a chance discussion on a Friday evening outside the local bottle shop and then a follow up chat whilst checking the surf the next morning.

The SHCG would like to thank local IT and communications professionals Glen Schaefer, Elizabeth Bond and Crina Belevi for creating the site, as well as local professional photographer Zahn Pithers for the beautiful images that adorn the site. It was especially wonderful to work with talented local people who live, understand and are invested in the Scotts Head community.

We recognise that not everyone wants to read their news online and hence will continue to produce our regular monthly newsletter 'Scotts Head Wave', which we will email to members. Hard copies are readily available for collection at the Scotts Head Bottle Shop and Driftwood Café. For those community members who find it hard to collect a copy from these locations, home delivery is available upon request.

To check out our new website, please visit www.Scottshhead.org.au

Tony Crimmins

Chairperson
Scotts Head Community Group



SHCG

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: **Magpie - ngaambul**



THIS MONTH'S BOOK REVIEWS

The inbox is full of book reviews from our well-read community members since requesting your recommendations! I appreciate you all and your time in sending these through and I will try my very best to publish all of them over the next few WAVE issues..... just in time for summer reading! Keep them rolling in and happy reading everyone!

This month's book review however, we couldn't possibly go past 'Surf Like a Woman' by Pauline Menczer, who earlier this month thanks to Driftwood Cafe, the Scotts Head community had the pleasure of meeting for a chat and a book signing. The turn out was fantastic, with everyone enjoying Pauline's stories of her surfing adventures.

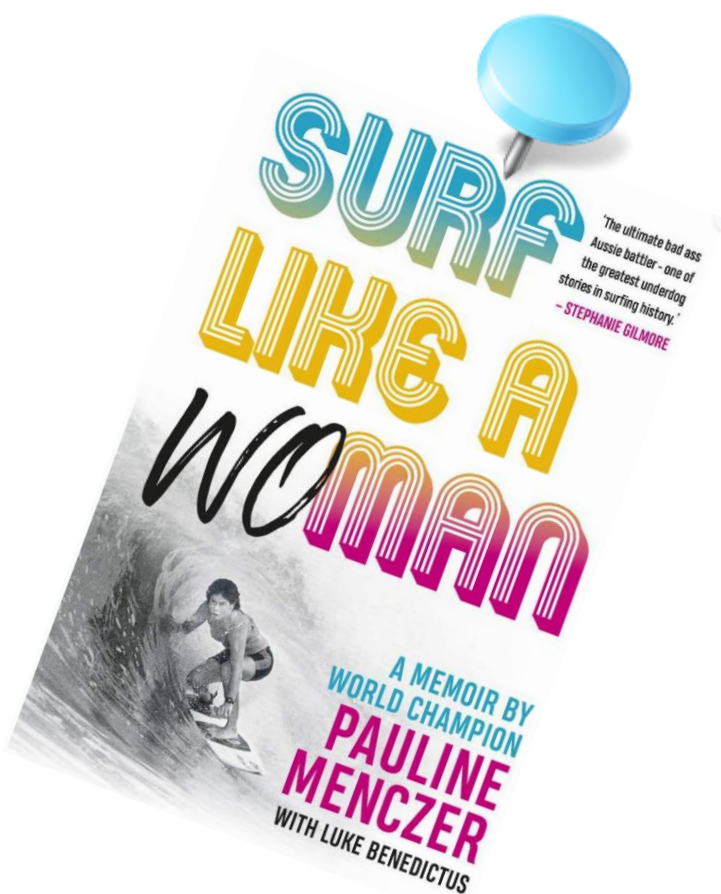
The book 'Surf Like a Woman', takes the reader through many fascinating stories in Menczer's life, and there's a lot of them. It also goes through her legendary World Title win, her struggles with illness and her identity as a gay woman during the 80s and 90s surf culture.

Menczer says that many of the younger female athletes and commentators out there don't have many ways to learn the history of women in surfing. And while there's still much work that still needs to be done to support female surfers, Menczer wants them to be able to hear the stories of the women before them, who fought for the opportunities available in sport today.

Pauline Menczer put in a lifetime of groundwork to pave opportunities for women in surfing, and now she's inspiring the next generation of woman surfers with the release of her memoir. This is a very inspirational read!

Alisha Cruickshanks

(Information and quotes sourced from womansagenda.com.au)



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



VEGGIE PATCH NEWS!

It's Spring so there has been lots of activity in the garden! Father's Day which was also Scotts Garden Trail Day, saw thirty Scotts Head Gardeners share a picnic in the garden. Pigeon pea patties, lemon and polenta cake and lots of appetising goodies were shared to complement the happy atmosphere.

On Sep 13, several of Scotts Head Community Gardeners supported the first '*PLAN YOUR HOME GARDEN VEGGIE PATCH*' organised by Jennifer David, who is the Library Seed Bank promoter. We saw twenty-five keen Nambucca Valley gardeners attend to gain very helpful advice!

Scotts Head Community Garden has now an overview timeline on the newly published website. Check it out!

Happy times in your Veggie Patch everyone!

Cheers from Scotts Head Community Gardeners



All the Gardeners enjoying a picnic on Sep 1!



WORKING BEE

Friday 4 October from 8am

All welcome!!

Have lots of digging and tidying to do.

Have supply of cucumber, zucchini, tomato, and seedlings to plant.

It will be nice to get out into the sunshine, have a friendly chat & a cuppa with some

RECIPE OF THE MONTH

LEMON & POLENTA CAKE

Ingredients

For the Cake:

- 1 cup butter (softened)
- 1 cup superfine sugar
- 1 ¾ cups ground almonds
- ¾ cup fine cornmeal polenta
- 1 ½ teaspoons baking powder
- 3 eggs
- 1 ½ tablespoons lemon zest

For the Syrup:

- ½ cup lemon juice
- ¾ cup icing sugar

Method

1. Preheat oven to 180° c.
2. Line base of a 9-inch springform pan with baking paper and grease sides with butter.
3. Combine almonds, cornmeal and baking powder in a bowl and set aside.
4. In another bowl beat butter and superfine sugar until pale (use a hand mixer).
5. To the butter/sugar mixture add some of the almond/cornmeal mixture, followed by 1 egg, and continue to beat.
6. Alternately add the almond/cornmeal mixture followed by an egg until it is all incorporated, beating the whole time.
7. Beat in the lemon zest.
8. Scrape batter into prepared pan and bake for 40 minutes.
9. Test using a cake tester, the cake will be done, but might seem a bit "wobbly", the cake should be shrinking away from the side of the pan.
10. Remove and set on a wire rack (leave the cake in the pan).
11. Make your simple syrup by combining the lemon juice and icing sugar in a small saucepan.
12. Bring to a boil and cook until all the sugar is dissolved.
13. Prick the top of the cake all over with a cake tester.
14. Pour the warm syrup over the cake.
15. Let cool completely before removing from tin.
16. Slice, and if desired garnish with powdered icing sugar and berries.

ENJOY!

WHAT'S ON THIS MONTH & BEYOND IN YOUR TOWN

Club Nippers Kick Off
 Sunday 06th October
 9am
 Macksville-Scotts Head
 Surf Club




club scotts
The Club by the Sea...

26 West Street, Scotts Head NSW 2447
 T (02) 6569 8163
 E info@clubscotts.com.au
 Social Media @clubscotts
 www.clubscotts.com.au

**SCHOOL HOLIDAY
 TRADING HOURS
 OPEN 7 DAYS**

• barefoot bowls • social darts • happy hour • social bowls • kids playground •

<p>KIDS DISCO PARTY 5.30 - 8.30PM 1ST OCTOBER 2024 HOSTED BY THE DJ BISHO</p>	<p>Live Music 06 OCTOBER 2024 2.00PM - 7.00PM KAILEY PALLAS DUO SundaySessions</p>	<p>KIDS DISCO PARTY 5.30 - 8.30PM 8TH OCTOBER 2024 HOSTED BY THE DJ BISHO</p>
<p>10TH OCTOBER 2024 Juvia NIGHT 6.30PM START</p>	<p>members draw FRIDAYS - 7.30PM - 8.30PM SUNDAYS - 4.30PM TP/00729</p>	<p>Ready to Play DARTS EVERY WEDNESDAY Sign up 6.45pm for a 7pm start \$5 Entry, Prizes to be won</p>
<p>Friday Night Raffle</p>	<p>\$6 Happy Hour! MONDAY - THURSDAY 5PM - 6PM SATURDAY - SUNDAY 5PM - 6PM</p>	<p>EVERY THURSDAY Presents CHAIR Yoga 12.30 - 1.30PM \$11 PER PERSON Gentle Seated Exercises for Seniors</p>
<p>SWELL BISTRO LUNCH 12.00PM - 2.00PM DINNER 5.30PM - 8.00PM Bookings recommended. @swellbistro</p>		

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;
 Moira 0421 911 294



MATTERS

FINE FOOD WITH LOVE
 THURS, FRI, SAT FROM 5PM
 SUN 9AM - 2PM (NO SURCHARGES)
 405 GRASSY HEAD RD, GRASSY HEAD
 WWW.HOTMYRTLE.COM.AU
 BOOKINGS RECOMMENDED
 65690000



ALL YOU CAN EAT MUSSEL NIGHT
 WEDNESDAY 2ND OCTOBER
 A FEAST OF SWEET SA BLACKLIP MUSSELS
 STEAMED IN 3 DIFFERENT SAUCES
 + CRUSTY BREAD \$30PP
 BOOKINGS ESSENTIAL
 WAGYU STEAK & CHATS AVAILABLE FOR NON MUSSEL LOVERS

ALL YOU CAN EAT CURRY NIGHT
 WEDNESDAY 9TH OCTOBER
 HELP YOURSELF TO A RANGE OF CURRIES
 (MEAT, FISH, VEGO)
 + RICE + CONDIMENTS \$35PP
 BOOKINGS ESSENTIAL
 WAGYU STEAK & CHATS OPTION
 FOR NON CURRY LOVERS



SAVE THE DATE!
JS BUMPS
 PLAYS OLD SCHOOL VINYL
 MOTOWN FUNK, SOUL &
 BOOGIE 6 - 9PM
 FRIDAY 29TH NOV
 FRIDAY 6TH DEC
 \$50PP TWO COURSE DINNER
 PERFECT FOR A STAFF XMAS PARTY!

FINN PLAYS JAZZ
 EVERY 2ND SUNDAY
 12 - 2PM
 SEPT 22
 OCT 6
 OCT 20
 FREE LIVE MUSIC

DRIFTWOOD CAFÉ PRESENTS

Farmers Market

Scotts Head | Ngambaa Country

meets

MAKERS MARKET

SUNDAY
06.10.2024
8am - 11 am

LOCATION:
 VILLAGE GREEN
 NEAR 5 ADIN STREET

Support your local farmers & makers.

✉ SCOTTSHHEADFARMERSMARKET@GMAIL.COM



RFS REPORT - OCTOBER 2024

The annual Get Ready Weekend activity held last month was a timely reminder that the Bush Fire Danger Period in the Nambucca Valley began at the start of September.

Scotts Head brigade volunteers were on hand to provide information about the seasonal outlook and specific risks in our area. We also had conversations about what every member of the community can do to prepare for the possibility of bush fires in the vicinity.

Some of the younger participants enjoyed trying their hand on the fire hose and all attendees were interested to view the fire trucks up close and find out about our new equipment and capability. The most popular part of the day was without doubt the demonstration involving Compressed Air Breathing Apparatus.

In the coming months, the Scotts Head brigade will be conducting local area familiarisation activities for our members. This includes identifying access points, suitable water sources, potential hazards, possible staging areas, etc. All local knowledge could come in handy one day.

If you see us out and about, come and say g'day! And if you'd like to invite us to visit your property, get in touch by email at rfs.scottshead@gmail.com

Prepare yourself and your property now and review your plan www.myfireplan.com.au is an excellent resource for this.

It is your responsibility to conduct safe burning on your property - all burning during the Bush Fire Danger Period needs a permit. These are free and easy to get, with online notification now available. Go to <https://www.rfs.nsw.gov.au/fire-information/BFDP> for all the information and a link to the online form.

Jonathan Granek
RFS



A demonstration during the *Get Ready Weekend* activity

THE SURGING POWER OF PICKLEBALL

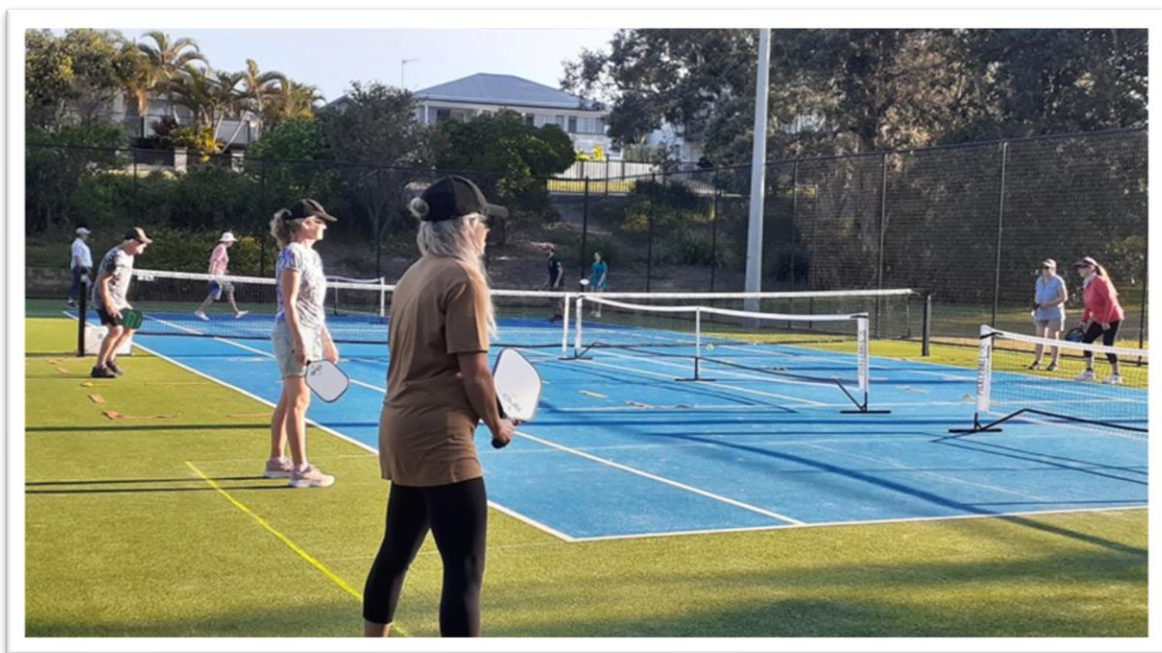
New Pickleball players are showing up every day to play the fastest growing sport in the world. Regular players keep coming back for the social, competitive fun and health benefits of the game. From the photo you can see that Pickleball attracts up to twenty players at a time on the Scotts Head tennis courts on Thursday afternoons, Sunday mornings and occasionally at other times. The skill level is from beginners to very experienced. All interested players are invited to join.

Tennis players - if you have not had a go, just turn up – we have plentiful paddles and balls ready for you to play.

Just five years ago there were less than ten Pickleball clubs, now there are about two hundred and thirty clubs nationally with over fourteen thousand players enjoying the game socially and competitively. In the next three months, Pickleball Australia are road testing a Masters Competition for age groups 50yrs+, 60yrs+ and 70yrs+. Scotts Head Pickleball is part of the Nambucca Valley Pickleball Club Inc with three venues now available.

Come along and join in the fun or message Allan on 0411 191 354

Allan Rudner



SCOTTS HEAD OPEN GARDEN DAY

September 1 welcomed in Spring as did the twelve open gardens for our inaugural Open Garden Day. Garden enthusiasts visited productive gardens, native gardens, emerging gardens and established gardens.

Open Garden Day proved to be more than just a visual delight; it was an opportunity to connect with fellow gardening enthusiasts, gain inspiration and meet community members we had never met. We look forward to seeing the evolution of the 2024 gardens and hope that more gardens will come on board in 2025. All gardens big and small have something to contribute to this valuable community day.

*There will be some weed identification brochures left at the community noticeboard at Driftwood.

FUN FACTS: Did you know that a study in Australia found that properties with 10% more tree canopy were worth an average of \$50,000 more than houses on less leafy streets in the same suburb, and streets with 8% more canopy coverage were 4 degrees cooler? (https://www.tec.org.au/trees_boost_property_prices)

SHCG

COMMUNITY
NOTICEBOARD


**Scotts Head
Holiday Markets**
WEDNESDAYS 3PM - 8PM
MUSIC MEALS & MARKETS

Austwood

For All of Your Timber Needs



Prefinished Solid Select Grade KD
T&G
End Matched WIDE BOARD
Australian Cypress Flooring
133mmx19mm



Recycled Mill Bridge Timber
300x300x6000mm
300x300x5000mm

Rustic Bridge timber
300x300x2700mm

Locally Stocked & Delivered

send your enquiries to
admin@austwood.com



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 and Club Scotts who provide funding for printing costs.

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.

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.

NEWSLETTER SUBMISSIONS
NOV ISSUE - CLOSE 23 OCT

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

scottsheadwave@gmail.com
alishacruickshanks@gmail.com

LOCAL NEWS

CONVERSATION (YARNING) CIRCLE

Nambucca Valley Council recently advised that funding has been secured to construct a Conversation (Yarning) Circle on the village green in Adin Street opposite Scotts Head Central.

The proposal was put to council by the SHCG in early 2021 with the aim to create an area where people could gather casually on the village green opposite the shops and cafes. The design that accompanied the proposal included 6 x 2.4m hardwood benches arranged around a gravel circle featuring a masonry centre piece/pit.

Council has advised that the project is likely to be completed in early 2025. The SHCG would like to thank council for their support for this initiative and their ongoing support of our community. We look forward to the project's completion and the additional amenity it will provide residents and visitors when using this area.

Tony Crimmins



SCOTTS HEAD WAVE

As the weather warms up and our little town becomes busier, it's easy to forget and lose focus on how exceptionally special our town is and what it means to you. I would love for you to share your Scotts Head stories with me. Are you a born & bred local, if not, how did you come to live here, or like me, are you a 'newbie' local? Email me a few short sentences about who you are and why you live here in beautiful Scotts Head, and I will run the story next month! A little 'Get to know our WAVE readers' segment!

As always, if you have any local community events and or news stories to be considered for publishing, please also 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, I look forward to getting to know you all and sharing your Scotts Head stories.

Alisha Cruickshanks - Editor

