

# SCOTTS HEAD WAVE

Community Newsletter for Scotts Head & Surrounds



**SHCG**

Scotts Head  
Community  
Group



## NV COUNCIL SCOTTS HEAD PROJECTS UPDATE

**By Tony Crimmins**

### Conversation Circle/Meeting Place

The contract to construct the conversation circle (or meeting place) on the Adin Street village green has been awarded to Scotts Head tradesman Julian Cavanagh. Julian has advised that he is keen to get the project underway and is confident of having it completed before the end of June.

I am sure everyone would agree that the project will be a welcome addition to the village green and is sure to be a very popular gathering place for a morning coffee or during the Sunday Farmers Markets.

Thank you to Nambucca Valley Council for their support of this initiative.

### Beach Access Ramp

The contract to construct and install the beach access ramp in the southern corner of Forster Beach has been issued to – Beyond Expectations Building. The ramp will provide safe graduated access to the beach for pedestrians of all ages and levels of mobility and has also been engineered to provide beach access for the Surf Club ATV when conditions require. It is hoped that the project will be completed prior to the July school holidays.

This is a council initiative and has been made possible through funding from the State Government Coastal Management Program, Nambucca Valley Council and Reflections Holidays.

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 every second 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:  
[scottsheadcommunitygroup@gmail.com](mailto:scottsheadcommunitygroup@gmail.com)

### 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.**



# Scotts Head Community Group - Reserve Hall Survey

By Richard Collins

The Reserve Hall - is it the oldest building in town? Is it the most iconic? Maybe, but the real question is 'what should or could we do with it?'

To find some answers the Scotts Head Community Group created an on-line survey. We asked just three simple questions:

- what activities would you like to see happen at the Hall;
- how could the surrounding reserve be improved; and
- what improvements could be made to the building?

The response was so exciting with over ninety imaginative and positive ideas. Even though we have Club Scotts and the Surf Club it seems there is a very real hunger for a community space - a place for arts and crafts, photography group, children's activities, film nights and so much more. Some of the suggestions to improve the building were equally smart. From improved lighting and new furniture in the meeting room to being able to close the open side of the hall, sound systems and staging but, of course, it all takes money.

The Reserve Hall is on Crown land and is managed and cared for by Reflections Holiday Parks. What work can be carried out on the hall is also restricted, we understand, by a form of heritage listing. So how do we begin to bring the great ideas expressed in the survey response to fruition?

Our aim is to develop, in partnership with Reflections, a stepwise plan of improvements that can be undertaken as funds allow while ensuring that they don't compromise opportunities for grander future plans.

In the meantime, can we encourage you bring some of your great ideas to life? To see the hall or the meeting room as a great venue for your 'paint and sip' art classes, open mic and music nights, philosophy cafe and table tennis tournaments? It may be old and less than ideal, but the Reserve Hall is ours to use, so let's use it!



*Welcoming new clients*

**LADIES & MEN CUTTING &  
SELECTED COLOUR WORK**

For appointments contact  
0402 621 203

## WORKING BEE - GARDEN REVIVAL 21 JUNE

Hi Scott's Gardeners team and others,

The garden is in need of a visit from gardening lovers. The big wet has been unkind, so hoping more sun is on its way.

8am -10.30am  
followed by a chat & a cuppa and cake!

Note: 3 empty following beds will be ready to plant out, trees surrounds edged, mulching compost pile, and general weeding and tidy up.



All welcome,  
Cheers Gardening team.



# GETTING TO KNOW RICK DERUITER – AKA HAWAII RICK!



**By Deena Gilroy**

## **1. Where did you grow up, and how did you get into surfing?**

I was born and raised at Bondi Beach - and was terrified of the surf as a little kid! At around 8yrs that changed, when my older sister who was ten, took me down to the 'bogey hole' - a small rock pool at North Bondi. Mum's instruction was "don't go in the ocean" - so naturally, I did! And I ended up having the best time! When my wonderful Mum found out, she didn't scold me - she just asked if I'd felt safe? - and when I told her I did, she gave me the green light. That Christmas, I got a blue rubber Surf-o-Plane mat, and I spent hours paddling out the back with the older guys, learning to read the waves and the ocean. They used to call me "Snowy" because I had a head of white hair back then! By the time I was 16, I got my first real board – a 9ft blue balsa beauty – and surfing on that, up on my feet, was easy for me after surfing the rubber mat on my knees for so long! I was hooked from then on! - and ended up negotiating later working hours during my printing apprenticeship - which meant I qualified by the time I was 21, and also got to surf every day!

## **2. What are some of your fondest memories of surfing in Australia?**

Early mornings at Bondi – paddling out with the sun coming up ahead of us! - and a mate cutting through on a great wave, illuminated in that special way. There's a specific kind of light that hits a wave just right...it's magic, and etched in my memory. And on weekends we'd go up and down the coast - from Catherine Hill Bay down to Ulladulla. It was the early 60's - there was no-one around, mostly dirt roads still, and we were discovering all the undiscovered places! We'd surf all day and sleep on the beaches around camp fires with our mates - dreaming of finding desert islands around the world just for surfing! However - sense prevailed, and we eventually travelled to the places where we could also work while we surfed! - starting in South Africa which was fantastic!! - but there's a whole book for some of those escapades! - another time!

## **3. You spent 30 years in Hawaii – how did that come about?**

In 1968 I was surfing in California, and I just woke up one morning and decided to go - didn't need a reason aside from the obvious - more surfing! When I got there I stayed on the North Shore with Aussie mates during winter, then moved into town for work during the summer. At one point, I ended up house-sitting with a local family at Sunset Point. I was living literally metres from the beach - any surfer's dream - where I had Sunset Beach almost to myself for a whole year! I felt like a kid in a candy store! After a brief trip back to Australia, I couldn't resist heading back to Hawaii. I did all sorts of work - sales rep, tennis coach, construction, bell hop, bar tending, McDonald's - and surfed my heart out.

## **4. How did you end up joining the Vice Squad in Hawaii?**

By 1980, I was 35 and figured it was time to get a 'real' job. I applied for a few stable positions, and the Police Department got back to me first. I was accepted into recruit school, which was really tough - they pushed us hard to weed out anyone who wasn't serious, and to make sure only those who could cut it made it through. Fortunately, I handled the physical challenges easily - all that surfing had kept me fit and coordinated! The academic side, though, was new for me - but my Aussie pride prevailed - I pushed through and earned my spot as a Rookie in Waikiki! How I ended up working with the Vice Squad was because as Rookies, we were still unknown on the street - which was perfect for their undercover work. Plus, with my Aussie accent, I passed incognito for a tourist, without even trying, so I turned out to be a great fit for the team! I continued with Vice for ten years - and they even changed local laws so I could carry a firearm!

## **5. Can you share one memorable experience from your time in Vice?**

One sting I'll never forget was targeting a Japanese Yakuza-run prostitution ring. We had three teams in place, one at the pick-up point, one at the drop-off zone, and one at their HQ, which was up on the 18<sup>th</sup> floor of some fancy high-rise where the 'bad guys' were holed up. I was part of the team at HQ, crouched in the stairwell in disguise, and waiting for the go signal over the radio so all teams could move in at once. Finally, we get the call - GO! GO! GO - and we come flying out of the stairwell, pounding on the door yelling OPEN UP! POLICE!... and they just wouldn't open the blasted door! Not quite the dramatic bust we had in mind! (Note - its nothing like in the movies - you can't just kick down doors, because someone actually has to pay for them!). So, we were stuck there, figuring out how to get in - when a little old lady opened her door to see what all the commotion was about. We flashed our badges - and that's when we realised: her balcony was right next to the suspects! She let me through and the next thing I knew I was edging across her balcony rail onto theirs (at 18 stories up!) - and in all the surprise and confusion I managed to barge through and get that door open - from the inside! After that, any time something a bit crazy needed doing, they'd say "Get that mad recruit – he'll do it!"

**CONTINUED OVER PAGE**



**6. What brought you back to Australia and to Scotts Head? 8. What's your life philosophy or best piece of advice?**

I'd gone through a divorce and just felt the pull to come home. I stayed with my folks for a bit - they were in Laurieton by then and I checked out Byron Bay, but it was already getting too crowded. So I revisited all the old beaches I used to love surfing at. And then I came into Scotts Head one day - and I like to describe it to people as a Jurassic Park moment! - like stumbling into a place time forgot. The surf was great - it just felt right - and I was lucky enough to score a little two-bedroom brick house (they were cheap back then!).

It's not so affordable these days, of course. I'm happy here - there's real community, even a few familiar faces from my Bondi days, and still some mates who come to visit. I haven't looked back or wanted to leave.

**7. Do you still surf?**

Absolutely - though I'll admit, at 80, the body throws up a few more aches and pains than it used to! These days, I've got to be a bit choosy with the conditions to make the most of it. But I still paddle out when I can, and I make a point of keeping myself as fit as possible by riding my bike and playing tennis a few times a week. I've been lucky with my general 'health' too, and I reckon a lot of that comes down to my amazing mum she was always big on good food and healthy living while we were growing up long before it was trendy!

Talk things through. Don't bottle up the bad stuff, learn to let it go and consciously focus on the good stuff.

Stay active. Look after your health as much as you can and keep moving. Its easier to stay positive and happy when you can get around and do things you want to do.

Do right by others and keep things simple. Just be kind and friendly and people will mostly reflect that right back at you.

**9. What's something about you that people might not know?**

I played First Grade in my youth, and Green Shield for Waverley. I've travelled all over the world and also had the opportunity to visit 33 countries in 72 days by boat with a good mate (sadly passed now) - it was the trip of a lifetime!

I have two daughters: one's a physiotherapist in Seattle who incorporates hula dancing into her therapy, and the other is a captain in the US Army, stationed in Georgia.

My favourite meal is lamb chops with chips and veg, and I can never go past a good pavlova. And musically I'm into country and western - but anything from the '60s and '70s will do!

**Rick now 80 yrs  
Driftwood Cafe 2025**



**Rick mid 30's - Waikiki Vice  
HAWAII - Mid 1980'S**



## VEGE PATCH NEWS

### SCOTTS HEAD COMMUNITY GARDEN

Gooday Gardeners,

Scotts Head Community Garden is almost floating. Please spare thoughts to all the flood affected farmers along our coastal rivers.

We must appreciate our farmers a great deal more. Farming can be an enviable lifestyle, but then all can be so devastating when the weather becomes so contrary.

Our community garden is in need of a working bee, tidy up, but at this stage all is just too boggy. Luckily we have raised garden beds and therefore most veggies have survived. Lettuce are destroyed with the big wet but more will be planted soon.

On a more positive note, the year has been great for veggie growing and all has grown reasonably well. It will take time and care to get all flourishing again. The fifth and last bunch off bananas was picked last week - see pic. The most important criteria for a good veggie garden is PATIENCE.

A BIG THANKYOU to all donations, and gardening helpers.

Scotts Head Gardening Team.

## RECIPE OF THE MONTH

### 3-Ingredient Pancakes

#### Serves 2

#### Ingredients

- 1 large ripe banana
- 2 eggs
- ½ teaspoon baking powder
- 1 pinch ground cinnamon (Optional)
- 2 teaspoons butter, or as needed



#### Directions

1. Mash banana in a bowl using a fork; add eggs, baking powder, and cinnamon and mix batter well.
2. Heat butter in a skillet over medium heat. Spoon batter into the hot butter and cook until bubbles form and the edges are dry, 2 to 3 minutes. Flip and cook until browned on the other side, 2 to 3 minutes. Repeat with remaining batter.

Recipe can be found at: <https://www.allrecipes.com>



**A yummy banana cake made by George & Elizabeth with the last pick of bananas from the garden**



## FLOOD RECOVERY AND CLEAN UP EFFORTS **By Janet Granek**

Thanks to the amazing community efforts in supporting one another whilst our roads were closed and flooding occurred. It's inspiring to see the hours of volunteering that community members have since put into cleaning up the beaches and waterways. Thanks for leading by example! The quantity of large plastics and microplastics is alarming. A reminder to us to reduce and reuse!

Going forwards there are extensive resources and information available from the NSW Reconstruction Authority.

<https://www.nsw.gov.au/emergency/floods/recover/flood-recovery-updates>

Information can be found on areas such as:

- Financial assistance
- Cleaning and preventing mould
- Emergency accommodation
- Disposing of flood waste

A Flood Recovery Centre has been established at 39 Princess St, Macksville (see above website for updated hours of operation)

Our Nambucca Valley Council Website has up to date info and links too. In addition to this The Community Transport Company has announced it will be providing specialised transport services for residents affected by the recent floods across the Nambucca, Bellingen, and Coffs Harbour Local Government Areas.

The organisation is offering dedicated transport support to help flood-affected residents access essential services such as:

- Medical appointments
- Hospital visits
- Supermarket trips
- Other critical errands

Bookings & Enquiries:

Residents can call 1300 812 504 to book their transport.

## MICRO PLASTICS CLEAN UP **By Tony Crimmins**

Whilst heading down for a surf early last week, I was impressed to see a group of students combing the beach collecting micro plastics that were left along the high tide mark. Karl Watson, Deputy Director Eungai Campus Newington College provided the following insight into what I observed.

"The students are Yr9 aged 14-15 from Newington College. Each Yr9 student (64 each term) spends 8 weeks completing a social immersion program at our Eungai Creek campus. The program is shaped by indigenous and local culture, community, service and the natural world. Activities range from assisting in aged care, primary and pre schools in Kempsey, farm work, bush regeneration, land care and outdoor education. We surf at Scotts Head every Tuesday, so when the opportunity presents, we get down there and help keep the beach clean. Yesterday, we were concentrating specifically on removing micro plastics from the beach. We finished with about a bucket full of plastic."

What a great initiative and a big thank you to the students and teachers of Newington College (Eungai) for the time and care they were investing to keep our beach clean.



**Disaster support now available.**

Check your eligibility on our website.

[servicesaustralia.gov.au/disastersupport](https://servicesaustralia.gov.au/disastersupport)



**Need help getting around after the floods?**

**The Community Transport Co.**



**HOW YOU CAN HELP**

**Give what you know is needed**

Use official donation channels to ensure affected communities are receiving support without overwhelming on-the-ground providers.

[www.GIVIT.org.au](http://www.GIVIT.org.au)

**NSW GOVERNMENT**

# VICTOR'S STORY

By Jessie Cowan, Education Coordinator, ShoreTrack

**Can you tell us your name, age, and where you're from?**

Victor, 17, Nambucca

**What was life like before you started at ShoreTrack?**

I was probably in the wrong crowd and doing dumb stuff that I shouldn't have. It was hard for me.

**How did you first hear about ShoreTrack, and what made you want to give it a go?**

When I was in year 8, I was in a lot of trouble at school. They offered for me to go to ShoreTrack and I decided to take the opportunity.

**What do you do at ShoreTrack – can you walk us through a typical day?**

I normally get picked up about 8:10 then we pick up the other kids. We get to the shed, have a bit of breakfast and a talk. We do a thing called circlework where we rate how we're feeling from 1-10, then we get a riddle going before we go off to do our task. We come back, have lunch, work some more then clean up the shed and go home.

**What's a project or job you're really proud of?**

Concreting a driveway in Nambucca. I was really happy with how it turned out. It was good learning that and I always wanted to see how it felt to learn concreting.

**How have you changed since starting at ShoreTrack?**

I feel like I'm a better person. It makes me feel good to get up in the morning to come in to ShoreTrack and help others.

**What has ShoreTrack helped you realise about yourself?**

That it's good to be a positive person and help out others. I like to work in the community too, it feels good to know my community.

**What are your goals now – short-term or long-term?**

I want to try and get a secure a good job in a year. I also want to stay here help the younger kids.. teach them the ways I got taught.

**Do you have a dream job or something you'd love to pursue?**

When I was a kid motorbike riding. Now, probably building skyscrapers. Every time I go to QLD I like to go to the top of the buildings.

**What would you say to someone who's in the same place you were before you joined?**

I'd say don't go down the wrong path. From what I learned... it gets you in way more trouble than you think and it goes on for years. Keep a good small group of friends and encourage each other to make good choices.

**What do you wish more people knew about ShoreTrack?**

It's a good environment for people to come in and have a look around. We are all respectful when new kids come in. It's a good environment for others to be around and learn new things.

**Can you finish this sentence? "Because of ShoreTrack, I..."**

I've learnt to control myself in good ways and to be a positive influence on others."







# COMMUNITY NOTICEBOARD

## DUNE CARE Saturday 21st June

Meet in the corner  
All welcome from 8:30am, we  
work for two hours  
usually then have morning tea.  
Wear long sleeves, long pants,  
covered shoes, hat and  
sunscreen.  
see FB for more information or  
PH Moira 0421911294



## SCOTTS PROPERTY BOUTIQUE



"Lyn has been amazing with the sale of my property at Scotts Head. At all times she has demonstrated excellent communication skills with clarity and compassion."

Lyn was comprehensive in all areas from the outset. Her depth of experience and understanding of the current real estate market was accurate, this saw the sale through smoothly and has made this transition in my life uncomplicated. Thank you very much Lyn"

- Adele (vendor)



LYN SCOTT  
0402 277 658

lyn@scottsproperty.com.au  
www.scottsproperty.com.au

*Experience the difference*



## 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



HOT MYRTLE KITCHEN WILL CLOSE  
FOR OUR ANNUAL WINTER BREAK  
FROM 22<sup>ND</sup> JUNE - 4<sup>TH</sup> SEPT 2025.  
WE ARE SO GRATEFUL  
FOR YOUR CONTINUED SUPPORT X

## DLB LANDSCAPE AND BRICKLAYING SERVICES

0438 218 591

dansbricklaying.com



Dan moved to beautiful Scotts Head in 2018 from the stunning Blue Mountains and has been working in the Nambucca Valley between Coffs and Port Mac for the last 7 years. He has a truck full of expertise to bring to your project. By carefully blending hard scape and soft scape elements, you

can achieve an attractive and functional garden. Investing in quality materials and thoughtful design will give you an outdoor space that stands for its elegance and practicality. Call Dan to arrange an appointment to discuss your landscape vision on 0438218591 or alternatively send an enquiry on our website, dansbricklaying.com

- ✓ Retaining Wall Specialist
- ✓ Fences and Stairs
- ✓ Concreting
- ✓ Paving and Stone work
- ✓ All Brick and Block work
- ✓ Repairs and Renovations
- ✓ New Home and Extension

Lic No. 192861C

Please send any newsletter items for consideration to  
our editor Alisha at

scottshheadwave@gmail.com

Items must be sent in by 23rd of each month