

SCOTTS HEAD WAVE

Community Newsletter for Scotts Head & Surrounds



SHCG

Scotts Head
Community
Group



GOVERNMENT FUNDING FOR SCOTTS HEAD PROJECTS

By Tony Crimmins

It was great to see Scotts Head featured in the list of Nambucca Valley projects that secured \$109,325 through the NSW Government's 2025 Community Building Partnership Program (CBP).

Receiving funds were:

Scotts Head Tennis Club - \$33,042 for a new kitchen

Scotts Head RFS - \$25,731 for bathroom renovation and lockers

Member for Oxley Michael Kemp last week announced that a total of 20 grassroots projects across the electorate will share in \$450,000 of funding to create more welcoming public spaces, and strengthen social inclusion.

"It's fantastic to see community groups and organisations across our four valleys receiving the support they need to deliver projects that will bring people together and strengthen the community," Mr Kemp said.

"These are the initiatives that make a real and lasting difference in our communities. I congratulate all the successful applicants and look forward to seeing these projects come to life."

Scotts Head RFS members Grant Ferguson and Adam Cooper pictured above with Member for Oxley Michael Kemp.

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

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.



Credit: Image and article reprinted from News of the Area, 14 August 2025.

FINDING FLOW: A CONVERSATION WITH CHRISTINE PROVE, LOCAL YOGA TEACHER & SOUND HEALER

By Deena Gilroy



Can you tell us a little about yourself - where you're from and what path brought you to our village?

Our family (Jamie & I, kids Will and Luka, and fur babies Jess & Reggie) was living in Chinderah, up near the Queensland border, when we were suddenly forced to move because of the 2022 floods. We landed in Crescent Head and planned to stay for about six months while we looked to buy again in Chinderah - but fate had other ideas!

One day while we were exploring the region and decided to visit Scotts Head and from that very first visit we just loved it. The lifestyle, the people, the beauty of the place... and we just kept coming back. At the same time, we were facing roadblocks trying to buy back into Chinderah, and began to wonder - 'do we actually want to go back?' That question was answered on our very next trip to Scotts. We inspected a house for sale that sadly, wasn't the right one. But as we drove away from that house, we spotted another house with a 'For Sale' sign out the front! - and serendipitously, the real estate was available to show it to us that same day! I'm a big believer in going with the flow - and honestly, it just felt like it was meant to be. Its rare to find a house for sale here - let alone two! - especially when you're just looking'. Anyway it was perfect - we've been in it ever since, and feel incredibly lucky. The kids have adjusted so well, and we're really enjoying making this space our own!

What inspired your journey into yoga, sound healing, and the lifestyle you now live?

I discovered yoga at school as a sport elective when I was 17 and remember thinking "What is this sorcery / magical movement?". I just loved it from the start. But my deeper journey with it began when my best friend became terminally ill. Yoga became my therapy, a coping mechanism, a necessity - something I did just for me. Eventually, my teacher encouraged me to consider teaching. At the time, my husband Jamie was home with a knee injury so was able to help out. I've always been driven by curiosity and a need to challenge myself - and the timing felt right, so with Jaimie's support I decided to go for it. The same week I completed my teacher training, I was offered a job filling in for another instructor at a local gym. I was terrified - I'd only ever practiced for myself - but it was exactly what I needed. It solidified everything I'd learned and helped me step into a sense of confidence and purpose. Jamie built me the most beautiful yoga studio in what was originally going to be his garage, and I started my own little business with some simple letterbox drops. Classes grew from there - I've taught in surf clubs, scout halls, parks, gyms and lately, even a double garage with candles! - and some of my students have stayed with me for over 10 years! My journey into sound healing started during a yoga retreat at Fingal. I was introduced to Kundalini yoga and sound therapy, and it completely lit me up. I knew immediately that I needed to bring that into my own space and practice. I incorporate elements of sound healing into most of my sessions - it adds a whole new dimension to the way I hold space. We had a bit of a pause while living in Crescent Head, but as soon as we settled in Scotts, everything flowed naturally back into place. My style of yoga is an extension of that - slow, intentional, feel-good and connected - just like the lifestyle here!

Your yoga classes have such a calm, intuitive feel. How do you tune in so well to what your students need?

I try to begin with a quiet mind and just listen not just to what people say, but how they move, how they come into my space, what the collective energy is like. Over time, you develop a sensitivity to it, and the key thing I've learned is that it's less about 'planning' and more about 'responding'. Again, I return to my mantra in all things and 'go with the flow' which is different on any given day. I've learned it's not about delivering a set class, it's about adapting to who's in the room. So I read the energy and offer something that suits where people are at, always with space for them to go at their own pace. Even with the sound therapy elements, my plans often shift, based on who turns up and how they're feeling. Interestingly, here in Scotts Head, there's often a need for hip, shoulder, and lower back work - no surprise with all the surfing!

You're also a keen surfer! How does being in the ocean compare with yoga or meditation?

It's right up there - number one! The ocean is my other teacher. When I surf, I feel inspired, calm, and completely present. Riding a wave is incredibly freeing - nothing else matters in that moment. It's another form of surrender and "going with the flow" - literally! Like yoga, surfing keeps you humble and grounded. Both practices require presence, adaptability, and the willingness to learn again and again. When I'm not surfing, you'll often find me in or near water - the bath, the ocean, a sauna or shower - that's my happy place. I've heard it said that you live your best life by the Sunrise, Sunset and the tides!

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What's your favourite yoga pose at the moment, and what does it offer you physically or emotionally?

Right now, I'm loving the simplicity of 'Cat-Cow' - it's great for the spine, and I'll likely include it in my next class, especially if we have a few surfers in the room. But I always come back to the 'Pigeon Pose' - it's my go-to for hips and glutes. There aren't many days where I don't bust out a Pigeon!

If you could share a little gentle wisdom with someone just starting their yoga or healing journey, what would it be?

- Progress, not perfection
- Be kind to yourself
- Do what feels good
- Commit to yourself - not to anyone else
- Show up, even if it's just for one minute
- Go with the flow - even if that means just sitting on the mat and breathing
- Remember that healing isn't linear - small shifts often bring the biggest change

I feel so honoured every time someone chooses to come to a class. Sharing that space and time together is a gift - and there's nothing more fulfilling than helping someone feel good.



You'll find Christine weekly on Thursday evenings 6-7pm at Scotts Head Public School. Her classes are a calm sanctuary of movement, breath, and sound - whether you're a seasoned yogi or just starting out, her gentle guidance and grounded presence are sure to leave you feeling more connected, more centred... and more 'you'.

FUTURE LIFESAVERS SHINE AT INTENSIVE HOLIDAY TRAINING PROGRAM

By Heidi Fisher Vice Club Captain of MSH Surf Life Saving Club

The Trainers and Education Team from Tacking Point came to Macksville-Scotts Head Surf Life Saving Club for a four-day Intensive Surf Rescue Certificate (SRC) program camp. They brought with them last year's Surf Rescue Certificate participants as Team Leaders and boy-o-boy they did a fabulous job. They focused on teamwork, aquatic rescues, resuscitation and emergency care in a supportive, nurturing environment.

Throughout the course, participants learned to use hand signals and radios effectively, perform tube and board rescues, resuscitation and operating a defibrillator safely. The youths involved found it both challenging and rewarding.

The passion and dedication shown by these young lifesavers are a powerful reminder of the future strength of our surf lifesaving community. With the right training, support, and encouragement, they're ready to help protect our beaches. We were greatly appreciative to show another surf club community the hospitable nature of our Scotts Head Surf Club and Community. We heard from the people on the street in Scotts that we have built a connection. Many commented that it was so good to see our surf club open and active in the winter, that the SRC youths were friendly out in the surf and in and around our food hub.

The Tacking Point and Port Macquarie SLS participants have also asked to come back and help out in patrolling hours when the flags go up. In the future we would like participating youths in our local area to have these experiences too.



SKATE PARK UPDATE

An enormous thank you to community businesses, individuals and organisations who chipped in together a whopping \$56K at very short notice, to add to Council's 200K commitment for a 1:1 Grant Application. Here is an excerpt from NVC, explaining what will happen next:

"Nambucca Valley Council sincerely thanks you for your financial commitment to the Scotts Head Skate Park project.

Council advises that the application for funding was submitted on 21 July 2025 under the Office of Responsible Gambling – Clubgrants Category 3 - Infrastructure Grants: sport and recreation sub-program – Round 1 2025/2026.

The expectation is that Council will be advised by the end of October 2025. Should Council be successful with our application for funding for this community project in Scotts Head, we will be in touch again, and provide an invoice for payment of your confirmed contribution, so the project works can start as soon as practicable after the announcement.

Again, Council sincerely thanks you for your commitment and without the community support this application would have been a significantly reduced scale project."

What if the grant application is unsuccessful: NVC will reapply in 6 months time, and the community funds committed will be secure and earmarked for this purpose only.

Where is the Skatepark being built: Across the road from the Supermarket, outside of the caravan park entrance. Council engaged in Community Consultation in 2023, and this location was finalised then.

How do we know what amount is needed? Council paid for a design concept and feasibility study in 2023. 500-600K was the recommended amount by Convic (<https://convic.com>)

Do the youth of our community get a say in the design process? YES. When a successful grant is gained, 3-6 months later the consultation process will take place. Youth and community will be engaged to best understand what needs they have, and how they envisage using the facility.

SEPTEMBER BOOK REVIEW

By Lynne Foley

This month's book review is "The Women" by Kirsten Hannah. It's 1966 in Coronado Island, California and the Vietnam war is turning very nasty. Twenty year old Frances McGrath - "Frankie" to her family and friends is at a send-off party for her elder brother who has just enlisted for Vietnam. As a freshly graduated nurse, Frankie is inspired to follow her brother into the US Army when she hears someone at the party say "Women can be heroes too."

Our young and very naïve Frankie is immediately sent to Vietnam and this is where it starts getting interesting. Frankie is now exposed to all the gruesome reality of war, and credit to the author for not glossing over the American atrocities and the lies spun by American politicians.

Frankie and her fellow nurses must endure appalling weather, assisting in life and death surgery whilst under enemy attack and the inferior, second class treatment they are given compared to doctors. The book then vividly portrays the sad aftermath of war when Frankie not only comes home suffering from PTSD but is also subjected to the hostility received by many returning Vietnam veterans. But now for the bad bit. Multiple romances...yuk! And an ending so cheesy it had me reaching for the crackers and cocktails.

To me this spoilt what was otherwise a genuinely good read, although at 470+ pages I found it a tad long.



SCAN TO DONATE

ON 03, OCTOBER CLUB SCOTTS IS SHAVING THEIR HAIR TO RAISE FUNDS FOR BLOOD CANCER

Why I'm fundraising

As my time at Club Scotts comes to an end & before I ship off to join the Army, my haircut must be squared away. No more sun-kissed sandy curls and rather than just cut it I thought it would be a great opportunity to raise some funds for a worth cause.

Right now, over 150,000 Australians are facing the devastating impact of blood cancer, and 17 lose their life every single day. That's why I'm taking on the Leukaemia Foundation's World's Greatest Shave. By donating to my page, you'll help me raise funds and awareness for blood cancer, and fuel life-changing research projects and support services for patients and their families.

Any amount – big or small – will make a real, tangible difference.

Leukaemia Foundation

**World's
Greatest
Shave**

VEGE PATCH NEWS SCOTTS HEAD COMMUNITY GARDEN

Good day again Gardeners,

Veggie gardening is not without its challenges, then when the rain just doesn't stop it becomes almost impossible! The soil worms even escape for their lives from the wet only to be eyed by the birds, however challenging, we do very much enjoy it and the raised garden beds are a plus during periods of big wet.

The SUN is out again with expectations that our veggies will quickly recover and there will be produce to share.

Heaps of Kale (red, Tuscan, and frilly) is ready to harvest, cabbages have struggled, more seedlings have been planted and they are doing well. Lettuce are also ready, but are wet affected.

With Spring now arrived, replenishing garden beds with fresh manure, soil, PH testing more veggie crops will be in.

As always, new gardening helpers are welcome.

Gardening is always rewarding and fun.
Ph 0428662803.

Enjoy the sunshine, and the vitamin D!!

Cheers from Scotts Head Gardening team.



RECIPE OF THE MONTH

Kale Caesar Salad

Prep Time: 25 minutes

Servings: 8

INGREDIENTS

- 4 cups chopped fresh kale
- 4 cups torn lettuce
- 1 cup Caesar salad croutons
- 1/2 cup shredded Parmesan cheese
- 1/2 cup mayonnaise
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Dijon mustard
- 2 teaspoons anchovy paste
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

INSTRUCTIONS

In a large salad bowl, toss kale, lettuce, croutons and cheese. For dressing, combine remaining ingredients in a small bowl. Pour over salad; toss to coat. Serve immediately.



<https://www.tasteofhome.com/recipes/kale-caesar-salad/#RecipeCard>

Scotts Head Art and Craft Collective Presents the

2025 SCOTTS HEAD ART SHOW

The Scotts Head Art & Craft Collective are excited to announce the return of the Scotts Head Art Show 2025, taking place over the October long weekend.

Event Details

- Opening Night: Friday, October 3 | 6:00pm – 8:00pm
- Join us for nibbles and a first look at the exhibition.
- Drinks will be available for purchase at the SLSC bar.
- Exhibition Hours:
 - Saturday, October 4 | 10:00am – 4:00pm
 - Sunday, October 5 | 10:00am – 4:00pm
 - Monday, October 6 | 10:00am – 4:00pm

Venue: Scotts Head Macksville SLSC

Call for Entries

Artists are warmly invited to showcase their work.

To submit your entry, simply complete the form via the link

[https://docs.google.com/forms/d/e/1FAIpQLSfNqKByMd7sCSz9JyrY0cbe1cl2T5vdHZJBI7dCXmowY-nNmG/viewform?](https://docs.google.com/forms/d/e/1FAIpQLSfNqKByMd7sCSz9JyrY0cbe1cl2T5vdHZJBI7dCXmowY-nNmG/viewform?usp=header)

[usp=header](#) or QR code on the poster

More Information

For questions or further details, email us at:

scottsheadartandcraft@gmail.com



SCOTTS HEAD ART PRIZE

4-6 October 2025
10 am - 4 pm

entries close 19th September
entry form and details
scan QR code



Macksville and Scotts Head
Surf Club
1 Short St Scotts Head

any queries email scottsheadartandcraft@gmail.com

HAPPY
Father's
DAY

Sunday 7th September

BOOK YOUR TABLE
EARLY

club
scotts

CAR RAMROD

CLUB SCOTTS
SATURDAY 20th SEPTEMBER
7PM - LATE

**TRIVIA
NIGHT**

Bring your friends and your brain power
for an unforgettable night of trivia.

**THURSDAY
SEPT 24th**

REGISTRATION FROM 6.30PM

1ST PLACE \$100, 2ND PLACE \$60, 3RD PLACE \$40

Teams of 2 - 8 players

SAT 27th SEPTEMBER

**AFL GRAND
FINAL PARTY**

LIVE & LOUD!

**ON THE
BIG SCREEN**

Play Mahjong

Thursday
2.30pm - 4.30pm

**NOW OPEN
7 DAYS**

SWELL BISTRO
SCOTTS HEAD
SEP 2025

Mon: **Dinner ONLY** - with a
reduced menu & pizzas
Tue - Sun: Regular Menu
& Weekly Specials

LUNCH 12.00PM - 2.00PM
DINNER 5.30PM - 8.00PM

CLUB SCOTTS

**FATHER'S
DAY**

SUNDAY 7th SEPTEMBER

**300g T-BONE STEAK WITH SIDES
& CHOICE OF SAUCE
+ A SCHOONER OF BEER FOR \$19**

LIVE MUSIC FROM 1.30PM

**FATHERS DAY LUCKY DOOR
PRIZE HAMPER TO BE WON**

MAKE IT
SURF & TURF
FOR EXTRA
\$10

COMMUNITY NOTICEBOARD

DUNE CARE

Next working morning is Sat 20th September.

Meet at West St from 8:30am.

We work for two hours but come for as long as you can.

We desperately need some more hands to catch up after all the rain and damage to the dunes.

Training and tools provided. Wear long sleeves, covered shoes, long pants, hat and sunscreen.

see FB page for more information or call Moira 0421911294



Welcoming new clients

LADIES & MEN CUTTING & SELECTED COLOUR WORK

For appointments contact
0402 621 203



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

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

Lic No. 192861C

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
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www.scottsproperty.com.au

Experience the difference

Please send any newsletter items for consideration to
our editor Alisha at
scottsheadwave@gmail.com

Items must be sent in by 23rd of each month



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

OPEN 4TH SEPT

NEW SPRING MENU
SAME OLD CHEF HARDY + HOST MARGII
COASTAL DAVE PLAYS GUITAR
SUNDAY 7TH SEPT 12 - 2PM
(FATHER'S DAY)
FREE LIVE MUSIC
EVERY 2ND + 4TH SUNDAY 12 - 2PM
PAPER DAISY PRINTS
"FLOWERS" COLLECTION ON DISPLAY
IT'S EASY TO BOOK ONLINE ANYTIME
WE DON'T BELIEVE IN CARD SURCHARGES