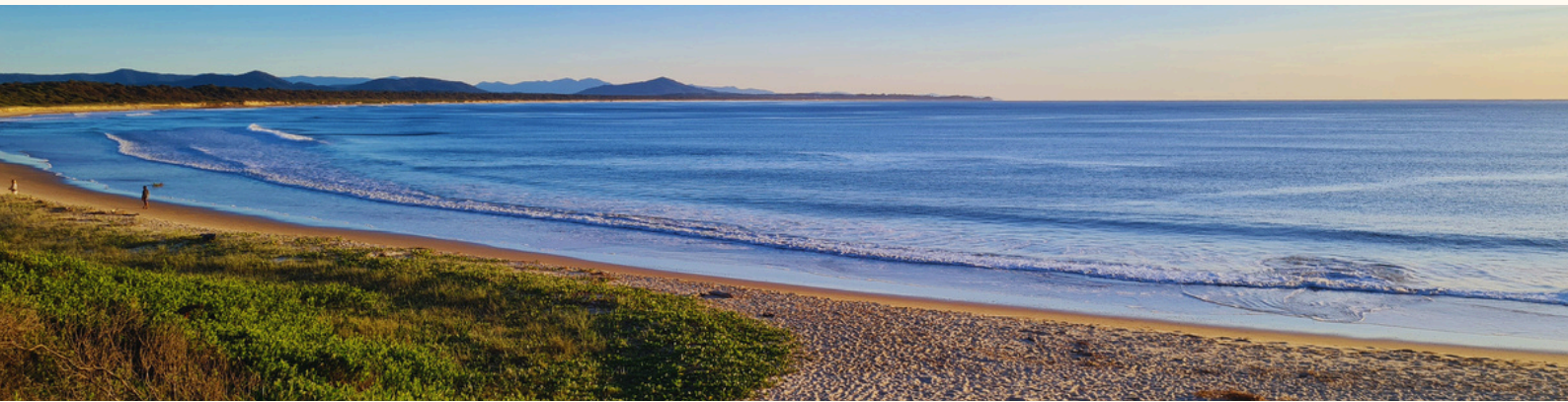


# SCOTTS HEAD WAVE

Community Newsletter for Scotts Head & Surrounds

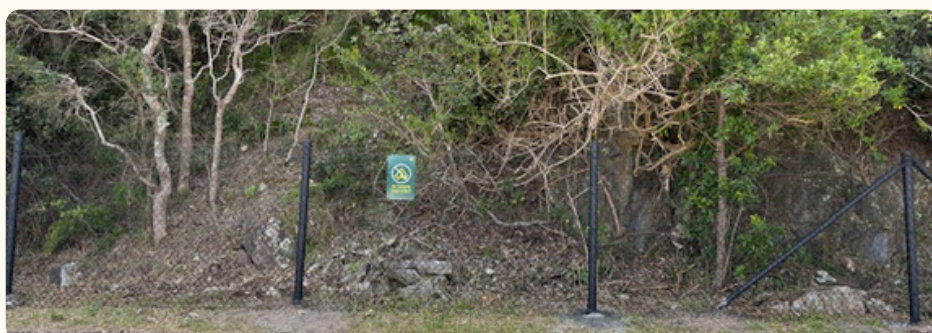


## REPAIRED ROCK FALL FENCE AT THE POINT

By Tony Crimmins

Reflections Scotts Head Park Manager Jacki Middleton is pleased to report that work on the rockfall fence is now complete.

Visitors to the point may have noticed that the fence was showing signs of wear and tear, however after a thorough rebuild it is back to looking its best. Thanks to Jacki and the team at Reflections Scotts Head for their support for our community.



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.





# WHAT DO THE MUNDA BIDDI TRAIL, HONEY BEES, AND FARMERS' MARKETS HAVE IN COMMON? CATH O'DONNELL, OF COURSE!

**By Deena Gilroy**

When we last caught up with Cath O'Donnell she was training hard for her Munda Biddi Trail bike packing adventure in Western Australia, juggling her passion for bees, and helping build the Scotts Head Farmers' Market. We thought it was time to check in again to see how the ride went, and what's been happening back home.

The Munda Biddi Adventure was unforgettable, challenging and exhilarating.

That's how I'd sum it up Cath laughs. The trail pushed us to our limits some days with big climbs, long distances, rough terrain but the camaraderie with my three riding friends made all the difference. Western Australia's landscapes are incredible. Some of the views literally stopped us in our tracks. There were also some hair-raising moments: narrow descents on the edge of steep drops that felt like we were riding on a cliff edge and some major storms too! During one storm there was so much water rushing down from the top that it was like riding through the middle of river.

We even had a bike that literally 'fell apart' on day three (luckily it was a hire!).

Still, the trip's rewards far outweighed the challenges.

It was scary and exhilarating at the same time Cath admits. And winter was the perfect time to go, even if it meant braving wild weather.

## **Training in Scotts Head - did it help?**

To prepare, Cath and her crew put in some serious kilometres. Weekly rides to Bowraville and back again (60km return), and circuits up and around "the Mountain" helped to build their endurance. They worked hard at motivating each other too keeping each other on track - literally! But nothing can fully prepare you for 1050km over two weeks. The biggest lesson was pacing ourselves, listening to our bodies, and remembering that every kilometre was part of the journey, and not just the destination Cath reflects. When it came down to it, it was the ride itself that gave us the stamina to keep going - the preparation helped, and being with like-minded good friends was invaluable, together with the scenery, the wildlife, and the sense of achieving our goal.

When we got to the end and came out at Elephant Rocks on the ocean near Denmark, it was the most incredible feeling! aside from being totally awe-struck by the view! When we finally put the bikes away it was a mixture of relief, pride and elation combined! We did it!

## **Coming Home - back to the day-to-day rhythm of life in Scotts**

After such an adventure, Cath says the little things mean even more. I treasure the simple routines, my bees, the markets, a ride along our local roads. The trip reminded me that life is short, and that you need to grab opportunities when they come up - while you still can! And it's so good knowing you've always got Scotts Head to come back to. Future adventures are already on her mind, but planning takes care. With my bees they need my full attention right now, the markets, and coordinating with friends and work schedules, you can't just take off on a whim. While I'd be happy to go solo if necessary, I prefer to share things with good company and the right people is key! So the right timing - with the right people - make all the difference.

## **Bees in Bloom**

Back home, with the warmer weather and early blossoms Cath's bees are buzzing again. They were quiet over winter, but now they're humming, she explains. Cath chooses to avoid chemicals, preferring natural treatments. It's more intensive and requires more vigilance, but it just feels right. I was fortunate to meet a bee keeper from New Zealand at the Markets who shared his experience and techniques with me which I've found really helpful. Cath recalls a recent swarm.

They'd all gathered on a fallen tree, and I spotted the Queen straight away. Once I popped her into a hive box, I had no trouble getting all the bees heading back to where I wanted them. Being surrounded by thousands of bees when they're still in the air swarming - it's like confetti in the wind, lightly brushing your cheeks or forehead completely dreamlike. They're not aggressive, just totally focused on their Queen. After being away from my bees, I noticed how quickly and easily I slipped back into their rhythm and how natural it was to get immersed back into my daily 'keeping' duties! I'm so lucky to be doing something I actually love doing. Honey production is on the rise again too, now. Over winter I only had enough to scrape by from market to market. Soon I'll have more jars for everyone who's been asking. And I'm starting to experiment with new honey infusions now, and beeswax products - it's exciting!



## Farmers Market Momentum

The Scotts Head Farmers Market continues to grow. We've now got 10+ regular stalls, with new faces joining all the time, Cath says. The community stall gives smaller producers a chance to share what they've got, too, and we've trialled some workshops. Timing is everything though if it's a perfect beach day, people tend to want to pass through quickly. We're also lucky to enjoy the musical entertainment provided by some really great local talent which just adds to the great atmosphere! The market's new location in the Reserve Park near the Rec Hut has proven a winner. There's more shade, close access to the public amenities, and easier power supply and the feedback has been great!

Cath would still love to see more school and community garden involvement. It would add another layer to what's fast becoming a 2nd and 4th Sunday tradition.



## FUN FACT – ZEITGEIST & SOCIAL MEDIA

By Deena Glilroy

Ever stumbled across the word Zeitgeist? It's a German term: Zeit (time) + Geist (spirit), meaning the "spirit of the times" or "spirit of the age." In simple terms, it's the mood, trends, and values that define an era. Think of it as the invisible trendsetter that decides what's cool, what we talk about, and even how we see the world.

If anything sums up our current era, it's social media. Once just a way to swap holiday snaps or keep in touch with friends, it's now the digital heartbeat of our world. Love it or loathe it, social media is without doubt the zeitgeist of the 2020s: a mirror reflecting our hopes, fears, creativity, and contradictions right at our fingertips, in real time.

### Spirit of the Times – Scotts Head Style

Of course, while social media dominates the global' zeitgeist, small communities like ours have their own flavour too.

Here in Scotts Head, the "spirit of the times" looks like:

- Surfing before or after work
- Fishing off the headland
- Cycling the coastal roads

And discovering the many hidden musical talents in town. With two venues already keeping the village vibe alive, and another set to open next month, the beat here is only getting stronger! Add in our love of the farmers' market, fresh local produce, caring for our environment, and a strong voice for sustainable development, and you've got a village-sized snapshot of what really matters here. We're always glad to share it with visitors, especially those who respect the village spirit as much as we do.

COME & JOIN US FOR OUR

# SPRING FAIR

FRIDAY 7 NOVEMBER SCOTTS HEAD PUBLIC SCHOOL  
5:00PM - 7:30PM

GOLD COIN ENTRY

### Events

Bouncy Castle, Horizontal Bungee, Reptile World Live Show, Food Stalls, Market Stalls, Fire & Rescue NSW, Live Music, Art Show, Face Painting, Arts & Craft, Mega Raffle & lots more!!!!

For more information:

[scottshhead-p.school@det.nsw.edu.au](mailto:scottshhead-p.school@det.nsw.edu.au)



## OCTOBER BOOK REVIEW

### “The Peak” by Sam Guthrie

By Lynne Foley

Dear readers

Let's get serious. If you are going to read one book this year, read “The Peak” by Sam Guthrie. It's got everything. Great characters and a thrilling plot that draws you in from the very first chapter.

The story begins with two school friends Sebastian and Charlie. Sebastian is the successful good-looking one from a wealthy family while Charlie found his way to the posh school from a working-class background. He doesn't have Sebastian's charisma or confidence and soon becomes the target of the school bully. But Sebastian is there for Charlie and becomes his protector. Fast forward a few decades and the roles are reversed.

Sebastian is now a government assistant minister and Charlie is his protector. Then one morning Sebastian does something that is utterly devastating. And this is where the story grabs you and won't let you rest until you know what happened.

One minor quibble. At times I felt like I was on a tourist bus in Hong Kong being shown the “highlights” of the city. Obviously, the author is very familiar with the landscape of Hong Kong. But this is only a hiccup in what I found to be an immensely entertaining geo-political thriller.

Available at your local library.

## THE BOWRAVILLE THEATRE SINGERS

The Bowraville Theatre Singers will be presenting their next concert on Saturday 25 and Sunday 26 October. Both concerts will be held in the beautiful Bowraville Theatre and will commence at 2 pm.

The concert is called ‘WE ARE MANY’ and features songs of Australia which are composed by Australian artists. Some of the songs are composed by our very own local Paul Jarman and his wife Bonnie Nilsson. Paul is now the Choir Director of the Bowraville Theatre Singers and has arranged a very exciting concert with guest artists Lesa Scully on piano and Laura McNeil on cello.

A wide variety of music will be performed including music celebrating our history, our adventurers and dreamers and our Torres Strait neighbours.

There is something for everyone to enjoy! Tickets are available now from [Tickethost.com.au](http://Tickethost.com.au) and are \$25 each.

They are already selling fast so don't miss out!

## VALLEY PERFORMERS 2025

### Proudly Presents “SOMETHING SPOOKY”

#### SYNOPSIS:

Geraldine Smyth has inherited her Aunt Myra's guesthouse; her dilapidated old guesthouse. She and her brother, James, see it as a chance to renovate. But, there are others who want them gone. Greed and subterfuge throw Gerry and James into a haunting ghost story that turns into a farcical race, all with the help, or hindrance of the very odd and eccentric house guests, a duplicitous real estate agent and a Scotsman with a secret or two. Half-truths, secret identities, hidden agendas and a labyrinth of lies, deals and double crosses surround them.

Audiences are invited to come dressed in their spooky gear- with a prize for the most spookiest! Our cast of 15 strong look forward to seeing you in the audience to help tell the story and share an evening of frivolity and spooking.

A great show for family and friends. Grab a friend or two, or even a group booking for a table up to 8! Dinner and Lunch bookings essential. UHA is holding a raffle.

**VENUE:** Macksville Ex-Services Club

#### TICKET OPTIONS:

- Dinner, Show & Dessert \$50 • Show & Dessert \$30
- Under 12's Dinner, Show & Dessert \$35

**EVENINGS:** Oct 24(GALA NIGHT), 25, 31 and 1 Nov

**MATINEE:** Oct 26

**TICKETS FROM:** Macksville Ex-Services Club 65681344



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

## VEGE PATCH NEWS

### SCOTTS HEAD COMMUNITY GARDEN

Good day again Gardeners,

We are busy Spring garden bed replanting in our lovely community garden!!

#### WORKING BEE PLANNED

- Saturday 11 October 2025
- FROM 8.30am
- All welcome, bring family and friends.

Spring is the time to plant :- lettuce , carrots, silverbeet, beetroot, cucumber, zucchini, corn, potatoes, rocket, basil and tomatoes (netted).

#### TIPS:

- Be ready to shade garden during super hot days and keep regularly moist.
- Water late afternoons.
- Remember good gardening needs good soils and lots of patience.
- PH testing and adjusting do well in advance before planting.
- Veggies like slightly acid soils 5.5 to 6.5.PH.
- MOISTURE can dissolve nutrients for plant use more readily, thus promoting better growth outcomes.

SH Gardeners have a digital tester if needed.

Happy gardening everyone!

Scotts Head Gardeners Team.



## RECIPE OF THE MONTH

### Roast Beetroot Dip

**Prep Time:** 10 minutes

**Cooking Time:** 45 minutes

**Servings:** 4

#### INGREDIENTS

- 4 medium sized beetroots
- ½ a large (or 1 small) head of garlic
- 2 teaspoons olive oil
- 200g Californian walnuts
- 200g nice quality feta
- salt and pepper

#### INSTRUCTIONS

1. Preheat oven to 180°C. Remove the leaves and trim the roots from the beetroot. Trim the top off the head of garlic. Place onto a baking tray with the beetroot and sprinkle with oil.
2. Bake for 30 minutes, then remove the garlic. It should be soft. Bake the beetroot for a further 30 minutes, or until a skewer goes easily through them. In the last 10 minutes of cooking, add the walnuts to the tray.
3. Remove the tray from the oven and allow everything to cool down. Peel the beetroot – the skin should come off quite easily. I wear latex gloves for this procedure so I don't end up with bright pink hands.
4. Cut into a few pieces and put in the bowl of a food processor.
5. Squeeze the flesh from the garlic cloves and add to the food processor along with the feta and toasted walnuts. Blitz until everything is combined. It's up to you how smooth you like your dip to be.
6. Taste and season with salt and pepper.

Serve with flatbread, Turkish bread, crackers or vegetable crudités



<https://juliegoodwin.com.au/roast-beetroot-dip-recipe/>



Scotts Head Art and Craft Collective Presents the  
**2025 SCOTTS HEAD ART SHOW**

The Scotts Head Art & Craft Collective are excited to present the 2025 Art show with 97 entries!!

Please join our creative community to celebrate. Art will be available to purchase so open your wallets and support the arts. There will also be a People's choice award along with Section prizes and a raffle.

**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

**More Information**

For questions or further details, email us at:  
scottshheadartandcraft@gmail.com



# SCOTTS HEAD ART PRIZE

4-6 October 2025  
10 am -4 pm

entries close 19<sup>th</sup> September  
entry form and details  
scan QR code



Macksville and Scotts Head  
Surf Club  
1 Short St Scotts Head

any queries email [scottshheadartandcraft@gmail.com](mailto:scottshheadartandcraft@gmail.com)



## ANNUAL GENERAL MEETING

**2nd November 2025**  
doors close at 9:30am

Contact Info:  
[www.clubscotts.com.au](http://www.clubscotts.com.au)  
[@clubscotts](mailto:@clubscotts)  
6569 8163  
[info@clubscotts.com.au](mailto:info@clubscotts.com.au)



### Beach Access Ramp

Great news from council that contractors have advised that work on the beach access ramp will commence on 20 October 2025 following the last of the school holidays for all local schools.

Valley Performers  
present:

## SOMETHING SPOOKY!

Theatre Restaurant by Ruth Stuart

**Macksville Ex-Services**  
Evenings - 24, 25 & 31 October & 1 November  
Dinner show - seated by 6pm  
Curtain 7pm

Matinee - 26 October  
Lunch show - seated by 1pm  
Curtain 2pm

**Ticket Options:**

- Dinner, Show & Dessert \$50
- Kids\* Dinner, Show & Dessert \$35
- Show & Dessert \$30

\*Kids tickets - 12 years old & under

Tickets available at the Club - Dinner & Lunch bookings essential  
macksvilleexservices.com.au or 6568 1344

WVAC Affiliate 2025

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**COMING UP**

**NEW CRAFT BEER SELECTION**

**\$20 SUNDAY BREKKY + COFFEE SPECIAL**  
9 - 11AM

**REGULAR LIVE MUSIC EVERY 2<sup>ND</sup> & 4<sup>TH</sup>**  
**SUNDAY OF THE MONTH 12 - 2PM**  
**12<sup>TH</sup> OCT - SNEZ**  
**28<sup>TH</sup> OCT - ZAC & REO**

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**WE DON'T BELIEVE IN CARD SURCHARGES**

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PROPERTY BOUTIQUE

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*"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

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www.scottsproperty.com.au

*Experience the difference*

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