

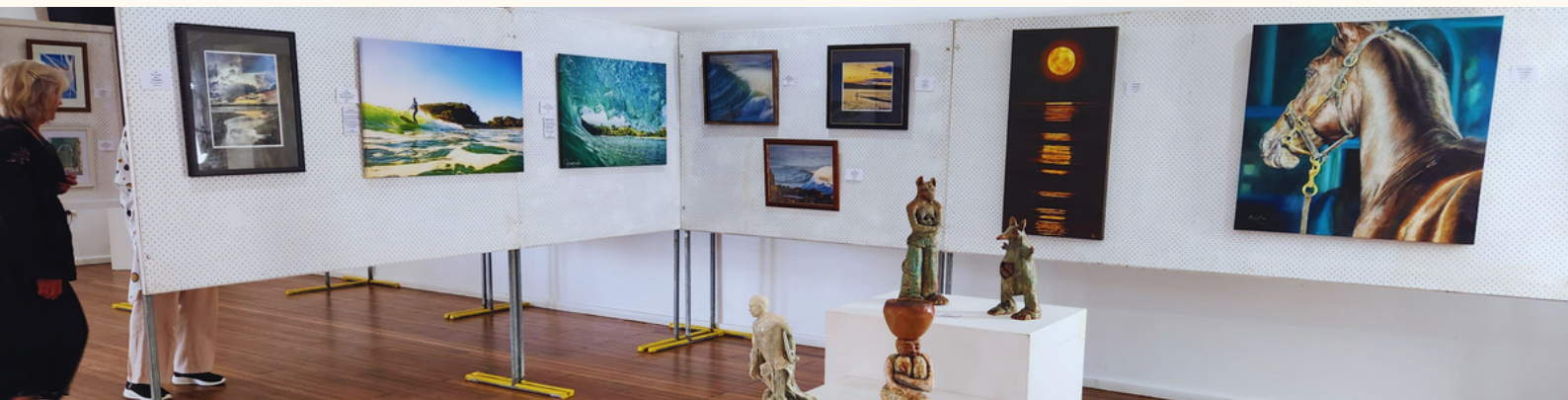
SCOTTS HEAD WAVE

Community Newsletter for Scotts Head & Surrounds



SHCG

Scotts Head
Community
Group



SCOTTS HEAD ART PRIZE - A HUGE COMMUNITY SUCCESS!

By Kerrie Swan

For the second year running, the Scotts Head community spirit rallied to support our local artists showcasing their amazing works with a celebration of creativity. The Opening Night on Friday 3 October, was packed to the rafters and alive with excitement and positivity. We were entertained with the amazing Georgia Cortez Raynor and her musical partner Warren Cox. The atmosphere was electric, buzzing with joy.

Kristin, Tracey, Briony and I are enormously grateful to the Macksville Scotts Head Surf Lifesaving Club for the use of their awesome venue, for all those who have supported us through donations for raffles and grazing table, setting up the show, working the bar and in the kitchen, the many musicians entertaining our visitors each day and most importantly to our generous donor who covered our prize money.

This years entries were exceptional attracting many of the mid north coasts most renowned artists.

A huge thank you to judges Eddie Frankel and Olivia Parker for the difficult task of judging the competition once again. We love your feedback and dedication to the arts. To the many artists who entered from Taree to Coffs Harbour we especially thank for without you there would not be an Art Prize.

WINNERS WERE :

Best in Show - John Dowzart

Section 1 - Painting - Joy Le Cerf

Section 2 - Photography - Kat Crawley

Section 3 - Drawing - Colleen Palmer

Section 4 - 3D - Glen Wilkinson

Section 5 - Mixed Media - Kay Thurston

Peoples Choice - Joy Le Cerf

Congratulations to all the winners and Highly Commended many from our own village! We look forward to 2026! (continued over page)

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:

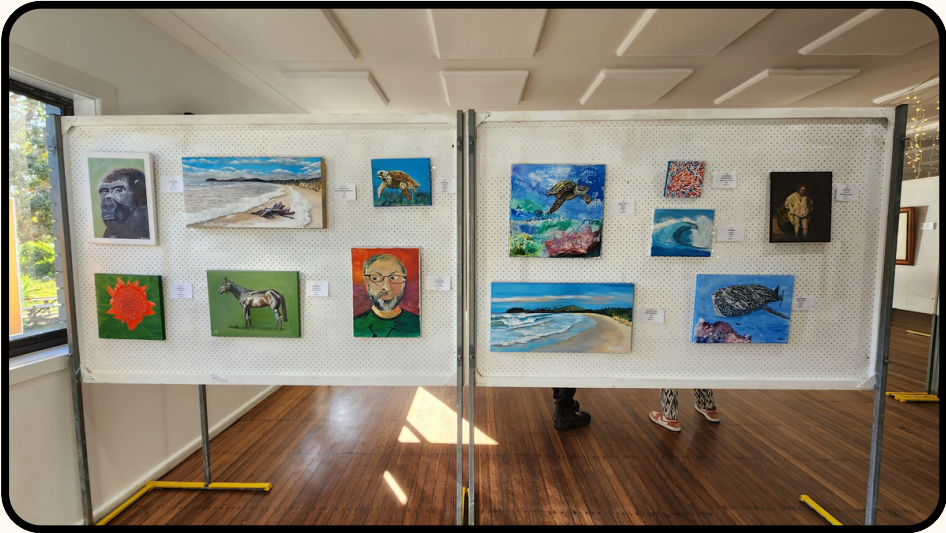
scottsheadcommunitygroup@gmail.com

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.



SCOTTS HEAD ART PRIZE cont



LOCALS PROTECTING LOCALS – INSIDE THE SCOTTS HEAD RFS

By Deena Gilroy

When the westerlies whip up or smoke starts curling over the ridge, it's comforting to know our Rural Fire Service is ready. The Scotts Head RFS isn't just a fire brigade - they're neighbours, friends, and skilled volunteers who train hard, trust each other deeply, and turn up when it matters most.

We sat down with Adam Cooper, President of the Scotts Head RFS, to learn what it takes to be part of the team, the importance of leadership, and how our local geography and weather shape fire risks in Scotts Head.

It's about protecting life, property and the environment - together

For those who don't know much about it - what is the Rural Fire Service?

Adam smiles before launching into his explanation: "The RFS is the world's largest volunteer fire service, with over 70,000 members across NSW," he says. "While most people think of us as a bushfire service, we also respond to storm damage, road incidents, floods, and run community safety education. It's all about doing what we can to protect life, property, and the environment - by assisting in times of need - as a united, well-trained team of locals."

As he explains, the RFS operates as one big network of volunteer brigades across the state. The Scotts Head team sits within both the Nambucca and Kempsey LGAs, under the Lower North Coast District - and works hand-in-hand with neighbouring brigades in Macksville, Eungai, Stuarts Point and Warrell Creek.

"When there's a major incident in the Valley," Adam adds, "we're all in it together. Everyone supports each other."

He also points out that Scotts Head is quite isolated, and Emergency Services can take a while to reach the area - which in turn means that the local brigade often acts as the first responders. "Sometimes we can resolve an incident; other times we assist until other units - like Ambulance or SES - arrive. Every '000' call is treated equally," he explains, "and every incident stays active until it's resolved."

It's clear from the way he says it that this isn't just procedure - it's pride. The Scotts Head team knows their readiness can make all the difference when minutes matter!

Tell us a bit about the Scotts Head team. Who are the people behind the yellow uniforms?

Adam tells me the Scotts Head RFS currently has around 21 active members, men and women of all ages and backgrounds. Each person brings something different - from professional experience to practical skills.

"Some are trained for frontline firefighting," he says, "while others handle logistics, communications, or community engagement - like with our recent 'Get Ready' information day in the park opposite Driftwood Café."

Adam goes on to speak warmly about their Captain, Scott Balfour. "We're very fortunate to have Scott leading us," Adam says. "His experience, leadership and calm under pressure are deeply respected - not just by the team, but by the community too. He's led our brigade through numerous situations over the last dozen years. His operational knowledge keeps us sharp, focused, and safe and he's the kind of leader who brings out the best in everyone. You can't do this work without trust - as we rely completely in the person beside us".

So what does it take to be an RFS volunteer?

Becoming part of the RFS isn't something people fall into casually - there's proper training and a strong sense of accountability. Adam explains that all new members need to complete a basic training course before they're cleared to attend live incidents. This covers fire behaviour, safety, radio communications and pump operation. From there, volunteers can move into more advanced areas like crew leadership, first aid, or chainsaw operations or help in a wide range of support functions: administration, events, catering, or logistics. "You need to be reliable and able to stay calm in difficult situations," Adam says. "But it's not onerous. Everyone contributes when they can, to the extent they're able."

He shows me the app the team uses to coordinate responses. When a callout comes through, members can indicate their availability. "Not everyone can always drop everything, for every call out" he explains, "but all assistance is always appreciated." It's also a very inclusive space. Adam stresses that there's a role for every age and ability. "It's mostly about what a person can do," he says. "The RFS provides you great training and support - and in return, it expects professionalism and teamwork. It's a serious role, and people respect that." The brigade also has junior members, under 16, who attend training and help out wherever possible. "They can't go to incidents yet," Adam says, "but they learn the ropes early. When they turn 16, they can earn their Bush Fire Fighter certification and start attending call-outs."

cont. over page

What motivates people to join?

Most volunteers, Adam tells me, join because they want to give something back to the community. “You get such a lot out of volunteering,” he says. “It’s incredibly rewarding and gives you a stronger sense of community. Scotts Head is a tight little place, so when you protect it, there’s real pride and a sense of accomplishment. You also gain lifelong skills and friendships. It’s not just about firefighting; it’s about teamwork, trust, and service.”

And for you personally - what’s the most rewarding part?

Adam pauses for a moment, thoughtful. “I work from home, so I’m often at my desk alone for long periods. Having the flexibility to respond if needed means a lot to me,” he says. “I like being able to help others - while I’m still young and capable enough to do it! But more than that, it’s about being part of something bigger than yourself. There’s mateship, trust, and belonging - all the things that make a community so special.”

As we talk, his pride in the team is unmistakable. He describes the satisfaction that comes from seeing how well the crew works together - during training, hazard reduction burns, or emergencies. “Everyone plays their part,” he says, smiling. “And hearing a simple ‘thank you’ from the community means so much.”

The RFS embodies courage, skill, and community - and that starts right here in Scotts Head

How can people get involved or support the RFS?

Adam tells me that the Scotts Head brigade is always looking for new volunteers - and not everyone needs to be on the front line! “We need people who can help with admin, logistics, catering, and community events,” he says.

“You don’t need prior experience - just reliability and a willingness to learn.” For anyone who might be curious, he suggests dropping into the station or visiting the RFS website to learn more: <https://www.rfs.nsw.gov.au/volunteer/join-the-nsw-rfs>

“Training’s usually on Tuesday afternoons at 4:30pm,” he says, “at the RFS station beside Buzz Brazel Oval (Vernon Street). People are welcome to come along, meet the team, and find out more.”

All training, personal protective clothing and equipment (PPC/PPE) are provided - so there are no costs to join.

When I visited, the brigade had invited Natalie Young, Practice Manager from our local medical centre, as a guest presenter. She led a lively first aid session, demonstrating key techniques and sharing invaluable tips.



L to R: Wendy Kasas, Grant Ferguson, Jonathan Granek, Scott Balfour (Captain), Dan Boland, Dave Sinclair, Adam Cooper (President), Jamie Skinner

Finally, what do you most want people to understand about the RFS?

Adam doesn’t hesitate: “That it’s 100% community-powered by volunteers,” he says. “We’re your neighbours - locals looking after locals. The training and professionalism are world-class, but at the heart of it all, it’s about service and teamwork.”

Every person in yellow is a volunteer - locals giving their time because they care about this amazing place.

The Scotts Head RFS truly captures the best of village spirit - skill, leadership, teamwork, and courage. Guided by experienced local leaders and powered by everyday volunteers, they stand ready to protect our patch of paradise. If you’ve ever thought about joining, now’s the time. Training is provided, friendships are forged, and your community will be stronger for it.

VEGE PATCH NEWS

SCOTTS HEAD COMMUNITY GARDEN

Our garden is almost transformed with Summer plantings. cucumber, lettuce, beetroot, zucchini, egg plant, capsicum , tomatoes, beans and more. Hot drying weather requires careful attention to watering needs. For each 1 square metre garden bed area , 1 litre of water will provide 1 mm of moisture (or watered surface).

Therefore to provide full depth, 200mm, of garden bed moisture, each square metre bed requires 200 litres of watering. Your garden hose will supply approximately 5 litres per minute of water. Even less with a shower nozzle. Therefore to give your garden bed a full depth watering per square metre will require 40 minutes of hand watering. Raised garden beds will need more frequent watering. Seedlings and seed beds a daily late evening watering for 10 minutes.

Established vegie plants will require deep watering each 7 to 10 days, depending on soil type and drying conditions. Full depth watering encourages healthier root development. PH and moisture testing is often most critical. Check moisture, use a dry timber dowel, penetrate soil to 200mm , extract and check soil adhesion on dowel surface. Around seedlings, seeds, use pointer finger to penetrative soil and check soil adhesion to finger when extracted. Digital PH and moisture testers are helpful tool but may not be 100% accurate.

Anyhow , experience will be greatest help, and of course lots of patience and dedication. Happy gardening through the hotter months.

Your Scotts Head gardening team!



RECIPE OF THE MONTH

Mango, Avocado & Macadamia Salad

Prep Time: 20 minutes

Cooking Time: 45 minutes

Servings: 2

INGREDIENTS

- 1 ripe mango
- 1 ripe avocado
- Juice of 1 lime
- 2 tbsp of olive oil
- 1 garlic clove, crushed
- 1 tsp wholegrain mustard
- 1 long red chilli, deseeded and sliced
- 100g rocket leaves
- 1 cup macadamia nuts, crushed

INSTRUCTIONS

1. Chop the mango and avocado into small cubes of the same size and set aside. Make sure you don't bruise them and keep them in a good, even shape.
2. To make the dressing: Mix the lime juice, olive oil, garlic, mustard and sliced chilli together in a small bowl.
3. Put the rocket in a large bowl, add the mango and avocado and the dressing and gently toss to combine.
4. Sprinkle with the macadamia nuts to serve.

This zingy salad recipe is my families favourite over the warmer months of summer so I thought I'd share it with you all. We have this salad with everything from fresh fish, to a side dish with a BBQ. To add another element I sometimes throw crumbled feta cheese in the mix if I have it on hand. However you have it, it's delicious and I hope you enjoy it as much as we do. Alisha x



<https://www.taste.com.au/recipes/mango-avocado-macadamia-salad/3d7d7245-ba3d-4f7b-b2e6-9658123ffb5e>



FRIDAY 7 NOVEMBER IS SCOTTS HEAD PUBLIC SCHOOL SPRING FAIR!!

Get excited because we have jam-packed the evening with everything from Jumping Castles & Reptile Shows, to delicious food and market stalls.....there's something for everyone young and old.

Please come along to support our school - it's just a gold coin donation upon entry!

Bring your cash for all food vendors, eftpos is available **ONLY** for ride coupons and game tokens, cash is welcomed for these sales also.

Tokens and tickets will be available to pre-purchase from the school office on Monday 3 November.

We also have our amazing MEGA RAFFLE available at just \$2.00 per ticket. These tickets can also be purchased from the office at anytime and all prizes will be drawn at the Spring Fair and prize winners will be notified by phone.

We can't wait to see you all on Friday 7 November 5.00pm -7.30pm!!!!

NOVEMBER BOOK REVIEW

"The Leap" by Paul Daley

By Lynne Foley

There's a big difference between reviewing a book and recommending it. Such is the case with Paul Daley's book "The Leap". It is not a book I can recommend as it is quite confronting with depictions of animal cruelty. Those of you who have read Kenneth Cook's "Wake in Fright" would be familiar with the story line, as it is basically a retelling of that iconic 1961 debut novel, which is still being printed five decades later.

Benedict Fotheringham-Gaskill is a British diplomat who has been sent to an outback town called "The Leap" to persuade a local landowner to forgive the sins of two British nationals facing the death penalty in Riyadh. They have supposedly murdered his daughter. But the Old Testament quoting racist is having none of it.

Ben is totally out of his depth in this God forsaken town which is fuelled by fear, churning with corruption, prejudice and misogyny and blighted by its inescapable frontier violence.

Ben makes all the wrong decisions, and this nearly costs him his life. The author uses great storytelling and some masterful character studies to examine some very uncomfortable aspects of Australian rural life, including the stain of colonial violence that still haunts the present day. A good read IF you like your books to be a bit on the dark side. No feel good, frilly bits here. Available at your local library.



COMMUNITY NOTICEBOARD

Dune Care

Saturday 15 November working morning

- Meet at Corner of big beach near surf club
- All welcome
- tools and training provided.
- Wear long sleeves and long pants, HAT AND SUNSCREEN and covered shoes.
- bring own gloves if you prefer otherwise provided.
- see FB page for more information or call Moira 0421911294
- no Saturday in December but some other days may be on FB



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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)



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Experience the difference

Please send any newsletter items for consideration to
our editor Alisha at
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Items must be sent in by 23rd of each month