Experienced Cambewarra guitar tutor offers

**Guitar Lessons**

Just right for kids wanting to learn the guitar!

The course will cover:

- Notes, positioning and tuning;
- Chords and Strumming Patterns;
- Learning your choice of favourite songs
- How to read Guitar Tablature.

Lessons cost $25 for Half an Hour.

**Beginner Guitars Available for Hire**

If you are interested, please contact me, Jesse Bourne, on:

**Mob: 0423 965 209**

Be Quick -
Spots for 2015 are filling fast!
South Coast Region

Autumn Holiday Program
April 2015

National Parks & Wildlife Service

What is Discovery?
National Parks and Wildlife Service’s environmental education program is called Discovery. Through our walks, talks and tours we aim to foster enjoyment of our national parks and provide visitors with an opportunity to see how we manage reserves for natural and cultural heritage conservation and recreation.

Note to participants:
Bookings are required to ensure places in the activities. Printed finishing times are approximate and activities may be cancelled or altered due to unforeseen circumstances.
Children must be accompanied by a supervising adult (the child rate is for children aged 5–16 years: children under 5 years attend free). Family rates are for 2 adults and up to 3 children.
When attending activities, please bring drinking water, appropriate clothing (particularly footwear), sun protection and a snack.
Vehicle entry fees apply in some parks.

To book phone 02 4887 7270

For further details or more Discovery activities across NSW visit:
www.nationalparks.nsw.gov.au

Discovery Autumn Holiday Program
4th to 18th April 2015

Saturday 4th
Minnamurra Rainforest Centre, Budderoo NP & Wanda the Caravan, Dent St Huskisson

Wednesday 8th
Minnamurra Rainforest Centre, Budderoo NP

Friday 10th
Victoria Rd, Dharawal National Park & Depot Beach, Murramarang National Park

Saturday 11th
Lysaght Rd, Dharawal National Park & Minnamurra Rainforest Centre, Budderoo NP

Sunday 12th
Lysaght Rd, Dharawal National Park

Tuesday 14th
Fitzroy Falls Visitor Centre, Morton National Park

Wednesday 15th
Minnamurra Rainforest Centre, Budderoo NP & Glow Worm Glen, Morton National Park

Thursday 16th
Beach Rd, Seven Mile Beach NP

Friday 17th
Depot Beach, Murramarang National Park

Saturday 18th
Minnamurra Rainforest Centre, Budderoo NP
To book please phone 02 4887 7270

Saturday 4 April
Wanda the Caravan | Dent St, Huskisson

MEET THE RANGER
Wander through Wanda the Caravan, discover the wonders of nature and explore her new home near the mangroves.
Time: 10:30 am to 1:00 pm
Grade: Easy
Cost: Free

BOOMERANGS AND BUSHTUCKER
For hands-on fun with Koori tools and weapons, visit Wanda the Caravan at the Lady Denman, tour of the nearby mangroves and enjoy a cup of bush tea.
Time: 11:30 am to 1:30 pm
Grade: Easy
Cost: Child $5, Adults $10, Family $25

Friday 10 to Sunday 12 April
Wedderburn | Dharawal NP

Friday 10 April
LOOK OUR WAY – A KOORI WOMEN’S WALK
Take a fresh look at the landscape from a Koori woman’s perspective, as you explore the natural pools of Dharawal National Park near Campbelltown.
Time: 1:30 pm to 3:30 pm
Meet: Victoria Rd, Dharawal National Park
Cost: Child $5, Adults $10, Family $25

Saturday 11 and Sunday 12 April
COMMUNITY TREE PLANTING WEEKEND
Enjoy family fun with National Parks staff and help grow Dharawal National Park and enjoy cultural activities.
Equipment supplied.
Time: From 9:00 am
Meet: Old Field Archers Site, Lysaght Rd, Wedderburn (1.8km south of Victoria Rd intersection)
Bring: Gloves, hat, sunblock, sturdy footwear, drinking water & lunch. (Snack provided).
Cost: Free

Tuesday 14 April
Fitzroy Falls | Morton National Park

WILDERQUEST – FINDING FOOD IN THE FOREST
There’s a feast hidden in the forest. If you know what you’re looking for and where to find it, join our Aboriginal Discovery Rangers at Fitzroy Falls on this exciting search for bushtucker and bush medicine.
Time: 2:00 pm to 3:30 pm
Meet: Fitzroy Falls Visitor Centre
Grade: Easy
Cost: Child $10. Accompanying adults free

Wednesday 15 April
Glown Worm Glen | Morton National Park

GLOW WORM GLEN ADVENTURE
Take a guided adventure, descending into the darkness of Glow Worm Glen through the nocturnal world while bats live. Watch the glow worms light up, find out why they live here and how they glow.
Time: 6:30 pm to 8:00 pm
Meet: William St, Bundanoon
Bring: Enclosed footwear, small torch
Grade: Medium
Cost: $10 per participant

Thursday 16 April
Seven Mile Beach National Park

BOOMERANGS AT THE BEACH
Enjoy hands-on demonstrations of Koori tools and weapons from Aboriginal Discovery Rangers while hearing about its important cultural connections to the saltwater people.
Time: 11:30 am to 1:00 pm
Meet: Beach Rd Picnic Area
Bring: Sun protection, water, snack
Grade: Easy
Cost: Child $5, Adult $10, Family $25

Friday 10 | 17 April
MEET THE RANGER
Whether you’re camping or on a day-trip, meet the Ranger at Depot Beach to discover the wonders of this special place; its fantastic wildlife trails and spectacular rock pools.
Time: Every half hour from 10:30 am to 1:00 pm
Grade: Easy
Cost: By donation

Friday 10 April
DIY ROCKPOOL ADVENTURE
Experience the magic of the Discovery Trail as you travel through lush rainforest, over moss covered logs and up to the majestic spotted gum forest. Hear stories about this historic woodland and its animals and plants.
Time: 2:00 pm to 4:00 pm
Bring: Sun protection, snack, water.
Cost: Children $5, Adults $10, Families $25

Friday 17 April
FORESTS ALIVE AT NIGHT
Join the Discovery Rangers for this unique opportunity to explore forest life at night and experience nocturnal creatures in the wild.
Time: 6:30 pm to 8:30 pm
Bring: Small torch, water, sturdy footwear
Cost: $10 per participant

Friday 10 | 17 April
MEET THE RANGER
Come exploring on a 20-minute ranger-guided tour and discover the hidden wonders of Minnamurra Rainforest and its creatures that live there.
Time: Every half hour from 10:30 am to 1:00 pm
Grade: Easy
Cost: $2 per participant

Saturday 4 | 11 | 18 April
Wednesday 8 | 15 April
MEET THE RANGER
Come exploring on a 20-minute ranger-guided tour and discover the hidden wonders of Minnamurra Rainforest and its creatures that live there.
Time: Every half hour from 10:30 am to 1:00 pm
Grade: Easy
Cost: $2 per participant

Saturday 11 April
WILDERQUEST – WILD AT ART
Experience the magic of Minnamurra Rainforest on this art-making adventure with local artist Vanessa Harrington. Kids will take a journey into their senses, exploring the forest and discovering its art.
Time: 2:00 pm to 4:00 pm
Grade: Easy
Cost: $10 per child. Accompanying adults free

Saturday 14 April
MEET THE RANGER
Come exploring on a 20-minute ranger-guided tour and discover the hidden wonders of Minnamurra Rainforest and its creatures that live there.
Time: Every half hour from 10:30 am to 1:00 pm
Grade: Easy
Cost: $2 per participant

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Grade: Easy
Cost: $2 per participant

WEDNESDAYS & SATURDAYS
Minnamurra Rainforest Centre

Why not get a group together and book your own Discovery?

TRADITIONAL WEAVING WORKSHOP
An exciting new opportunity to learn an ancient art. Enjoy this exclusive traditional weaving workshop with a respected Aboriginal elder. Materials supplied.
Time: Two hours
Meet: Various locations
Cost: $40 per person (5 people minimum)

BUNADA JERRA-LALI – JOURNEY THROUGH TIME
Explore this hidden oasis in the heart of Bomaderry with a respected Aboriginal elder. Materials supplied.
Time: Two hours
Meet: Various locations
Cost: $195 (Maximum 15 people)

NATURE’S STORIES – PHOTOGRAPHY WALKS
Grab your camera for this exploration of our National Park. Discover some amazing sites as well as ways to capture these through your lens. People of all ages and abilities are welcome.
Meet: Various locations
Cost: $195 (Maximum 15 people)

WILDERQUEST – BUG DETECTIVES
Explore the world of bugs and find out what they look like, where they live & how they hide.
Equipment supplied.
Meet: Various locations
Cost: $40 per child (5 children minimum)

WILDERQUEST – ROCKPOOL TREASURES
Join the Discovery Rangers for this unique opportunity to explore forest life at night and experience nocturnal creatures in the wild.
Time: 6:30 pm to 8:30 pm
Bring: Small torch, water, sturdy footwear
Cost: $10 per participant

WILDERQUEST – FORKS ALIVE AT NIGHT
Join the Discovery Rangers for this unique opportunity to explore forest life at night and experience nocturnal creatures in the wild.
Time: 6:30 pm to 8:30 pm
Bring: Small torch, water, sturdy footwear
Cost: $10 per participant

WILDERQUEST – WILDE AT ART
Experience the magic of Minnamurra Rainforest on this art-making adventure with local artist Vanessa Harrington. Kids will take a journey into their senses, exploring the forest and discovering its art.
Time: 2:00 pm to 4:00 pm
Grade: Easy
Cost: $10 per child. Accompanying adults free

NATURE’S STORIES – AUSTRALIAN LANDSCAPES
Explore the fantastic lookoutos of Morton National Park and discover stories folded into the landscape.
Meet: Sussex Inlet Rd (Chr Princes Hwy)
Cost: $10 per participant

ORCHIDS ON SHOW
Join an orchid enthusiast for this tag-along tour of known orchid sites along the Jervis Bay coast.
Time: Two hours
Meet: Sussex Inlet Rd (Chr Princes Hwy)
Cost: $10 per participant

WILDERQUEST – ROOKPOOL TREASURES
Join the Discovery Rangers for this unique opportunity to explore forest life at night and experience nocturnal creatures in the wild.
Time: 6:30 pm to 8:30 pm
Bring: Small torch, water, sturdy footwear
Cost: $10 per participant

MEETING AT THE BEACH
Wander through Wanda the Caravan, discover the wonders of nature and explore her new home near the mangroves.
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Grade: Easy
Cost: Free

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Time: 6:30 pm to 8:30 pm
Bring: Small torch, water, sturdy footwear
Cost: $10 per participant

Friday 17 April
WILDERQUEST – ROCKPOOL TREASURES
Come on a coastal WilderQuest adventure exploring rockpools for their treasure. Will you be able to spot sea creatures who hide among the rockpools and sparkle like colourful jewels?
Time: 1:30 pm to 3:30 pm
Grade: Easy
Cost: $10 per child. Accompanying adults free

For general National Parks and Wildlife Service information phone: 1300 361 967

www.nationalparks.nsw.gov.au
AFL HOLIDAY PROGRAM
West St Oval, Nowra.
YOU MUST REGISTER!!
ONLY 20 SPOTS AVAILABLE!

Thursday 16th April
(9.30 - 1.30pm)

COME ALONG FOR HOURS OF SKILL & FUN
(BOYS & GIRLS 4 - 12 YEARS)

DROP THE KIDS & GO FOR A SHOP!
Includes a sausage and a drink
Conducted by qualified AFL Staff

Cost: $30
Each child receives AFL auskick pack, backpack, footy, cap, pump, shoelaces, footy cards, footypedia, insurance & lots more!

To register please call
STEVO 0478 225 352
If your call is re-directed to voicemail, please leave your child's details to complete the registration process
IT'S FOR THE COMMUNITY!

www.aflnswact.com.au
**JUNIOR AFL**

Last week the children from most local primary schools attended an AFL year 3 & 4 Gala Day.

In non scoring games, concentrating on fun and participation these children, both boys and girls had a great experience.

Bomaderry Tigers & Shoalhaven Auskick have started their intra 10’s (no travel).

**Bomaderry Tigers** at Artie Smith Oval every Thursday afternoon 4.30 – 5.30pm.

**Shoalhaven Auskick** at West St Oval every Saturday morning 9 – 10.30am.

All boys and girls between the ages of 8 & 10 are welcome to come & try or join, cheap registration!

**Aus-Tag**

Bomaderry swamp rats are looking for girls aged 10-14 to play Aus-Tag. Training is on Wednesdays and Fridays from 4-5:15 pm.
Nowra Family Support Service invites Parents, Grandparents & Caregivers with children under 5 years of age to come have fun with us!

**Children Learn Through Play**

A meeting place for parents. Come along, make new friends, share your ideas. We’d love to see you at our Playgroup.

**Supported Playgroup**

Nowra Family Support Service invites Parents, Grandparents & Caregivers with children under 5 years of age to come have fun with us!

**Mondays from 10am to 12noon in May, 2015**

4th May, 11th May, 18th May, 25th May

Bookings essential as numbers are limited

NOWRA FAMILY SUPPORT SERVICE INC.
Groups, Workshops and Courses
Term Two, April to June 2015

Cottage 1, 80 Park Road, East Nowra, NSW 2541
Phone (02) 4421 5499 Fax (02) 4422 0877 Email nowrafs@shoalhaven.net.au

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**"Family Day"**

**FUNDRAISING EVENT**

@ Penwood Railroad

Experience the nostalgia of travelling on a steam railway through a rural property at Penwood Miniature Railroad. All engines are working replicas of the original trains. A fun day out for big and little kids!

**SUNDAY 3rd MAY From 10.00am to 3.00pm**

All families are invited to join us for our Family Day

**Entry to Penwood is $5.00 per person**

Sausage sizzle with drinks and a cake stall will run throughout the day and all proceeds raised will go to assist families utilising Nowra Family Support Service.

**215A Princess Highway, Jaspers Brush**

Entry to the property is 250 metres north of Croziers Road, on the Eastern side. Look for the red letterbox and Penwood Miniature Railway sign.

Anyone riding the train (including children) must wear closed-in shoes

Please call Nowra Family Support Service on 4421 5499 to register

**More inside! →**
“SEASONS FOR GROWTH”
UNDERSTANDING CHANGE, LOSS & GRIEF
The program is based on the principle that change, loss and grief, are a normal and valuable part of life. The program will examine the impact of life changes such as death, separation and natural disasters on our lives.
The series of 4 workshops will explain how participants can learn to live with, and grow, from these experiences.

Four sessions on Wednesdays, commencing April 2015
29th April, 6th May, 13th May, 20th May
10.00am – 12.30pm
FREE WORKSHOP, includes childcare for 0-5 (preschool) aged children

“Triple P” Positive Parenting Program
Six sessions on Tuesdays, commencing April 2015
21st April, 28th April, 5th May, 12th May, 19th May, 26th May
“Triple P” is an intensive positive parenting program for families with children at risk of developing behavioral problems.

“Triple P” can assist parents in developing effective management strategies for a variety of childhood behavioral problems and common developmental issues.

“Triple P” Group Work aims to promote positive caring relationships between parents and their children.
FREE WORKSHOP, includes childcare for 0-5 (preschool) aged children

“Keeping Kids In Mind”
A Course for Parents Experiencing Conflict after Separation
FREE WORKSHOP, includes childcare for 0-5 aged children
Parents love their children and want the best for them. However, after separation, parenting often gets much tougher. Keeping Kids in Mind is a 5 week course for separated parents who are experiencing on-going conflict.
The course is designed to:
• Assist parents to see through their children’s eyes the experience of parental separation.
• Develop greater understanding about how to support children following family separation

Five Sessions on Wednesdays, 10.00am to 12.30pm
27th May, 3rd June, 10th June, 17th June, 24th June

“Justice of the Peace Service”
Nowra Family Support Service now has a JP available Tuesdays, Wednesdays and Thursdays
BY APPOINTMENT ONLY
Please call 4421 5499 to make an appointment
If you need JP assistance urgently that cannot wait for an appointment time, please direct your enquiry to Nowra Court House

TO BOOK FOR ANY OF OUR GROUPS, PLEASE CALL NOWRA FAMILY SUPPORT SERVICE ON 4421 5499 OR EMAIL nowrafs@shoalhaven.net.au
Free childcare for children 0 to 5 years (and not yet attending school) available for all groups and workshops