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!
Friends of Camp Gallipoli Discount Price

Camp Gallipoli is a once in a lifetime opportunity for everyone in New South Wales to come together on the 100th anniversary of the landings at Gallipoli to sleep out under the stars as the original Anzacs did 100 years ago.

At Centennial Park families, schools and community groups are invited to join in a special night of remembrance, entertainment, mateship and the birth of that special ANZAC spirit. The venue will have spaces set aside for camping using swags, just like the Diggers did. There will be entertainment, special guests, movies, documentaries, great food options and a very special Dawn Service on Anzac day itself.

Special Ticket Price: $99

How to Buy

To purchase tickets to Camp Gallipoli in Centennial Park – Sydney simply head to ticketek.com.au and follow the prompts to Camp Gallipoli & enter the below code to get access to the Friends of Camp Gallipoli discounted ticket price.

FRIENDSCG

Camp Gallipoli 24th – 25th April 2015

www.campgallipoli.com.au
Nowra High School invites parents and students interested in Year 7 enrolment for 2016 to attend our information evening on Tuesday 3 March 2015 in the Multipurpose Hall from 4.00pm - 6.00pm.

- An information session at 4.00pm will provide details about the school and an opportunity to hear from our students about the exciting range of programs at Nowra High School.
- A guided tour of school facilities will be conducted at 4.30pm and executive staff will provide information about educational and social programs offered by the school.
- Information will be available on the process for out of zone enrolments.

We look forward to you joining us at Nowra High School
‘Shoalhaven Connection’

Youth Photography Competition

Entry Form
Win a Stockland Gift Card

Each winner will receive a $50 Stockland Gift Card. If a winner is a student, the winner’s school will also receive a $50 Stockland Gift Card.

Stockland Nowra is running a competition to find the most exciting youth photographers in the Shoalhaven area. Ten (10) winning photographs will be selected, printed and displayed as part of Youth Week Celebrations at Stockland Nowra.

The competition is open to all young people aged between 5 and 24 years old who live, work or attend school in the Shoalhaven Local Government Area.

The photograph must depict the photographic theme, ‘Shoalhaven Connection’, be submitted in JPG format and must be cropped for printing in a square format. The file containing the photograph must be big enough to be printed in a large format [minimum photo specifications are 100cm x 100cm at 100 DPI (Dots per Inch) or 3780 pixels X 3780 pixels at 100 DPI.] Only one (1) photo per entrant.

**Competition closes 5:00pm 24 March 2015.**

See Terms and Conditions for full details.

Submit a sealed envelope (addressed to Youth Photography Competition. C/- Coralie Bell, Stockland Nowra, Centre Management Office, 32-60 East Street, Nowra 2541,) containing this completed Entry Form together with a CD or USB flash drive containing one photograph. Entries need to be received by 5:00pm 24 March 2015.
# Entry Form

## Contact Details

| Name: |  |
| Email Address: |  |
| Address: |  |
| Phone: | Mobile: |
| Age: | School/Workplace: |
| Parent/Guardian Name (if applicant is under 18 years): |  |

## Details of Photograph:

| Name of Photograph: |  |

## Age Group:

- [ ] 5-13
- [ ] 14-24

## Description/Interpretation:

|  |

## How is the ‘Shoalhaven connection theme’ represented in this photograph?:

|  |

## Entrant Sign Off:

I confirm that the entrant either lives, works or attends school in the Shoalhaven Local Government Area (please tick the appropriate box below):

The entrant: [ ] Lives in Shoalhaven [ ] Works in Shoalhaven [ ] Attends School in Shoalhaven

I, the undersigned, confirm that I have read and agree to the competition Terms and Conditions.

| Name of Applicant: | Signature of Applicant: |
|  |  |

## If the Entrant is Under 18:

I, the undersigned Parent or Guardian, confirm that I have read and agree to the competition Terms and Conditions.

| Parent/Guardian Name: | Parent/Guardian Signature: |
|  |  |
TERMS AND CONDITIONS

Schedule

1. Introduction - 1.1 Stockland Nowra is running a competition to find the most exciting youth photographers in the Shoalhaven. The ten (10) winning photographs selected will be printed and displayed at Stockland Nowra during Youth Week 2015. 1.2 Participation in this Promotion and information regarding redemption of any prizes forms part of these terms and conditions. 1.3 By submitting an entry into this promotion, entrants warrant that they have read, understand and agree to be bound by these terms and conditions. If the entrant is under the age of 18 years, each entrant’s consenting parent or guardian is responsible for ensuring their familiarity with these terms and conditions at the time of participation. Entry into this Promotion is deemed acceptance of these terms and conditions. 1.4 A copy of these terms and conditions can be obtained from the Centre Management Office at Stockland Nowra or on the Stockland Nowra’s website at www.stockland.com.au/nowra.

2. Duration - 2.1 This Promotion runs from 9.00am 24 February 2015 to 5.00pm 24 March 2015 (“Promotion Period”).

3. Eligibility - 3.1 This Promotion is only open to all young people aged between 5 and 24 years old that live, work or attend school in the Shoalhaven Local Government Area. 3.2 Directors, officers, management, suppliers and their employees (and the Immediate Families of directors, officers, management, suppliers and employees) of the Promoter or of its related bodies corporate or agencies are ineligible to enter the Promotion. “Immediate families” means any of the following: spouse (including same sex spouse), ex-spouse, de-facto spouse, child or step-child (whether natural or by adoption), parent, step-parent, natural or adopted sibling, whether or not they live in the same household as the director, officer, manager, employee or contractor. 3.3 If the entrant is under the age of 18 years, the prize will be awarded to the winner’s nominated parent or guardian.

4. Method of entry - 4.1 To enter, entrants must, prior to the close of the Promotion Period: (a) obtain an entry form from the Centre Management Office at Stockland Nowra; and (b) submit a sealed envelope (addressed to “ Youth Photography Competition. C/- Coralie Bell, Stockland Nowra, Centre Management Office, 32-60 East Street, Nowra”) containing the completed entry form together with a CD or USB flash drive containing one photograph.

4.2 The photograph must: (a) depict the photographic theme “Shoalhaven Connection” (b) be submitted in JPG format; and (c) must be cropped for printing square.

4.3 Photographs deemed offensive or inappropriate by the Promoter will not be eligible for entry. 4.4 The file containing the photograph must be big enough to be printed in a large format. Minimum photo specifications are 100cm x 100cm at 100 DPI (Dots per Inch) or 3780 pixels x 3780 pixels at 100 DPI. 4.5 Only one (1) photo per entrant. 4.6 Entry forms and entries, including any CD or USB flash drive will not be returned to entrants. The entrant should keep their own copy of the entry and photograph for their own records.

5. Judging - 5.1 All entries will be judged by a combination of qualified and expert judging panel and community members, against set criteria. The qualified and expert judging panel will be made up of five (5) representatives from the arts community, local community and Stockland Nowra. 5.2 The judging process will take place between 25 March 2015 and the 1 April 2015.

6. Prizes - 6.1 The total Prize Pool for this Promotion equals $1,000.00. 6.2 Each winner will personally receive a $50 Stockland Gift Card. 6.3 If a winner is a student, the winner’s school will also receive a $50 Stockland Gift Card. 6.4 Each winner’s artwork will be printed and displayed at Stockland Nowra for a period of two weeks. Artwork may be relocated to another location after this time. 6.5 Each winner will receive a certificate from Stockland Nowra. 6.6 Each winner will be invited to attend the unveiling and award ceremony. 6.7 The prizes are not transferable, redeemable or exchangeable for cash. 6.8 The prizes are subject to the terms and conditions printed on the reverse of the Stockland Gift Cards. 6.9 The Promoter does not warrant the merchantability, suitability and/or fitness for purpose of any goods and/or services awarded as a prize. 6.10 If the prize (or part of any prize) is unavailable, the Promoter, in its discretion, reserves the right to substitute that prize (or that part of the prize) to the equal value.

7. Notification - 7.1 All prize winners will be notified by letter, phone and/or email. 7.2 The Promoter will publish the result of the Promotion on the Stockland Nowra website www.stockland.com.au/Nowra.

8. Prize collection - 8.1 Prize winners must collect their prizes from the Promoter at the unveiling ceremony unless otherwise informed by the Promoter at the time of winning. The Promoter reserves the right to require winners to provide proof of identity and/or proof of entry validity in order to claim a prize.

9. Publicity materials - 9.1 By entering into this competition, entrants accept that a picture of the winner and winning photograph, along with the winner’s name, may be requested for publication in local and regional newspapers as part of the competition.

10. Copyright - 10.1 All submitted photographs must not infringe any copyright or any other intellectual property rights of a third party. 10.2 All ownership and copyright in the photograph will remain with the entrant. 10.3 The entrant consents to the Promoter, free of charge, printing the photograph on canvas and displaying the photograph in Stockland Nowra and other locations.

11. Release and indemnity - 11.1 The Promoter accepts no responsibility for the prize once they have been collected by the winner. 11.2 The Promoter and its associated agencies and companies will not be liable for any loss or damage whatsoever which is suffered (including but not limited to direct or consequential loss), or for personal injury or death suffered or sustained in connection with this competition or as a result of taking or using any prize, except for any liability which cannot be excluded by law.

12. Termination of Promotion - 12.1 The Promoter reserves the right to vary the terms of, or cancel, this Promotion at any time without liability to any entrant or other person, subject to applicable laws.

13. Decisions final - 13.1 The Promoter, at its sole discretion, may accept entries with errors and omissions. 13.2 If there is a dispute as to the identity of an Entrant, the Promoter reserves the right, in its sole discretion, to determine the identity of the Entrant. 13.3 The Promoter’s decision relating to the Promotion and/or redemption of the prizes is final and no discussions or correspondence with entrants or any other person will be entered into.

14. Personal information and privacy - 14.1 The personal information supplied by entrants when entering this Promotion may be used for the purposes of sending information on any of the Promoter’s products or services. From time to time this information may be used by the Promoter. The use and disclosure of this information is subject to the restrictions imposed on the Promoter by the Privacy Act 1988. Subject to the provisions of the Privacy Act 1988, entrants may have access to any personal information held by the Promoter by contacting [privacy@stockland.com.au]. An access fee may be charged to cover any costs of providing the information to the entrant. A copy of the Promoter’s privacy statement can be found at our website www.stockland.com.au. 14.2 The Entrant acknowledges that any personal information provided by the Entrant is not sensitive information.

14.3 By entering the Promotion, each Entrant gives its consent to the Promoter, for an indefinite period, unless otherwise advised, to use his or her personal information for promotional, marketing, publicity, research and profiling purposes, including sending electronic messages or telephoning the Entrant.

14.4 If the Entrant does not want the Promoter to use or disclose the Entrant’s personal information in accordance with clause 14.1, the Entrant may opt out by ticking the box on the front of the entry form. 14.5 The Entrant acknowledges that if it fails to opt out in accordance with clause 14.4, the Promoter may use and disclose the Entrant’s personal information in accordance with clause 14.1. 14.6 If the Entrant wishes to access, update or correct the Entrant’s personal information, the Entrant may do so by providing the Promoter with written notice.
THE BEST HOLIDAYS HAPPEN AT CAMP

Kids' Club (day only)

A fun-filled daytime only camp. Where each day is full of action and activity. It's a great way to get out in the open and release all that energy! Price includes lunch, morning and afternoon activities. Parents must organise transport to and from the Centre each day.

Activities vary each day; see website for further details.

We also offer accommodation, programs and facilities to suit every budget:

- Family camps
- Group getaways
- School camps

Berry Sport and Recreation Centre

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fb.com/nswsportandrecreation
dsr.nsw.gov.au/kidscamps  13 13 02
North Nowra Bomaderry Netball Club will be holding its registration days on SATURDAY 31st January and SATURDAY 7th February from 9am-12pm at the SNA courts on John Purcell Way, Nowra. Please direct all enquiries to northnowranc@shoalhavennetball.net.au or contact Helen on 0404876383.
Get moving after Christmas and join a Walking Group!

Monday Walking Group from 9:15 am to 10:30 am (except Public Holidays) each week at the East Nowra Neighbourhood Centre with challenge walks once a month at various locations within the local area. Call Cheryl on 0429 477 755.

Greenwell Point Walkers from 9.00 am (8.00 am in Summer) Mondays each week at the Wharf Car Park. Call Tanya on 0429 477 755.

Kangaroo Valley Walkie Talkies from 9.00 am Thursdays each week at the Town Centre. Call Lyn on 4465 1037.

Bomaderry Walkers from 7.30 am Tuesdays and Thursdays each week at the Bomaderry Pool. Call May on 4423 0131.

Nowra Walkie Talkies from 8.00 am Thursdays from the Tourist Information Centre on Pleasant Way. Call Mollie on 4464 1391.

OR Register on www.heartfoundation.org.au/walking

We hope to see you there!

Volunteer for your Community

At Shoalhaven Neighbourhood Services you can learn new skills, meet new people and give back to the community.

Some of the positions we have available are:
- Administration/Reception
- Maintenance/Gardening
- Social Support positions within our Neighbour Aid project.

We also have openings throughout the year for various events in the local area.

Contact Margaret on 4421 5205 or on nna@sns.org.au for more information.
Learn to use your DSLR Camera with professional photographer David Chan. Now with a FREE introduction to Photography.

Find out things like:
- What camera to buy
- How to select the best camera
- How to take a good photograph
- How to use a camera properly

This **FREE Introduction class** will take place on Tuesday 17 February from 6.30 pm to 7.30 pm at the Centre.

Regular DSLR Camera classes will run every Tuesday night starting 24 February from 7.00 pm to 8.00 pm with a limit of 8 people per class. Cost is $20 and $10 for high school students.

The **Compact Digital Camera Class** makes a return this term, it will run on Mondays starting February 16 from 6:30 pm to 7:30 pm.

There is a limit of 8 people per class. Cost is $15 and $10 for high school students.

David Chan has been teaching photography for over 30 years, receiving a number of nominations for tutor of the year. His patience and commitment to teaching the art of photography has transformed many students into masterful photographers.

**Come and join David’s skilfully crafted classes. Bookings essential on 4422 1299.**

You will not be disappointed.

---

**Learn to play the Harmonica**

Here at the East Nowra Neighbourhood Centre we have a great group of people who enjoy playing and teaching the art of the Harmonica.

Come on down to the centre on Fridays from 7 pm to 9 pm and give it a shot, we’re sure you’ll enjoy yourself!

---

**Realise your own creative potential today!**

**Dust off your old sewing machine and discover or rediscover sewing for pleasure.**

Create your own fashion designs in clothing, bags, cushions, toys and endless accessories.

Why not make a present for family and friends with your own unique brand.

The East Nowra Sewing Group runs on Wednesdays from 9.30 am to 1:30 pm and can help you save money, learn to create beautiful gifts or do simple repairs with our talented volunteer, Toni. Toni will conduct a short skills test when you join the group to identify what support you might need.

There are limited places available so you must complete an application form. Enquiries to the Centre on 4422 1299.

---

**Ever thought about running your own group?**

Here at the East Nowra Neighbourhood Centre we have great facilities that could enable your group to prosper. You could hold regular social meetings, dance classes, yoga, craft, music, mentoring, the list of possibilities are endless. Contact us by phone or email for more information.

---

**Our Vision is for a strong, caring community, valuing diversity, actively involved in growth and development and proud of its local achievements**

All people have an equal right to access opportunities, resources and power within their community to enable them to reach their full potential as individuals and as community members.
AST SURF SCHOOL PRESENTS

SURF GROMS

5-12 YRS

SURFING AUSTRALIA ACCREDITED WATER SAFETY AND SURFING PROGRAM

Surf groms school program
Starting from 24th February
Available now online

North Wollongong, Bulli Beach & The Farm

Come down and join the fun
Learn to surf with us

WWW.SURFGROMS.COM.AU

To find out more:
1800 711 189
INFO@AUSTRALIANSURFTOURS.COM.AU
International Women's Day

Women's Wellness Festival

20th March 2015
Lady Denman Museum Complex Huskisson
Festival Starts 1pm.
Performances from 4.30pm.
Music Celebration Night from 5.30pm.

Workshops & Performances
Information & Market Stalls
Food, Giveaways and more!!!!

For more information please contact
shoalhavenwwf@gmail.com
4421 0730
facebook
MacKillop foster carers have varied backgrounds, lifestyles, cultures and family situations.

But they all share a passion for improving the lives of children and young people.

Sound like you?
Find out more about helping change a life today.

Call us on 1300 791 677
Or visit mackillop.org.au/fostercare
1-2-3 MAGIC® & EMOTION COACHING
PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old

A three-session program for parents and carers
at CAMBEWARRA PUBLIC SCHOOL
The Space: 9am to 3pm
on Monday 16th March
Cost $10, please bring a plate to share for lunch

Learn:

✓ To engage your children’s cooperation by positively noticing and encouraging them
✓ To set clear expectations and help develop frustration tolerance
✓ To help children’s brains to develop filters for behaving well
✓ To resolve family conflict quietly
✓ Some simple strategies to practise being a calm parent

Registration Fee:
The total course cost to Cambewarra Parents is cost $10 please bring a plate to share for lunch

Register your interest for this course by contacting School office at Cambewarra PS on 4446 0038
Places are limited so please register and pay ASAP but before Monday 9th March.

What people are saying...

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realised quickly that 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child who later down the line, needs excessive discipline or grows out of control

Who is running it?
The presenter for this course is Yvonne Ferguson who completed Parentshop’s 1-2-3 Magic® & Emotion Coaching practitioner training on April 2012. Yvonne is the school counsellor.

For more information contact Yvonne Ferguson on 4446 0038
Available Mondays and even week Tuesdays

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au