

THE ILLAWARRA flame

Summer 2025



Southern edition no. 8



Summer in the surf club

Shellharbour welcomes everyone
from beach pups to lifesavers

Meet Our Contributors



Tamara Hynd is the curator of Shellharbour City Museum which moved to a new contemporary facility at the Shellharbour Civic Centre in 2018. She loves history, heritage buildings and places, and is on the board of Museums and Galleries NSW.



Lesley Roulston is a writer who enjoys hearing the inspiring stories of the people of the Illawarra. She can be found walking her King Charles Spaniel most evenings around the Shellharbour Marina. Her interests include reading and listening to podcasts on health and ageing well.



Ken Magnus was born in Dubbo and moved to Sydney to complete a compositor apprenticeship. He worked in the printing industry for 54 years and joined the Lions in the 70s after watching a fundraiser for St Vincent's heart clinic. On retiring, he moved to Shellharbour where, after over 35 years as a Lion, he is still serving – currently as the Oak Flats media liaison.



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flame THE ILLAWARRA

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deadline is
13 Feb for
Autumn

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DEADLINE 13 Feb. Contributions welcome.

COVER Cameron Stephen & Piper Robertson of Shellharbour Surf Club. Pic: Tyneesha Williams

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CORRECTION Apologies: Spring's cover story had an error. Karen Harris, from Jamberoo, currently only attends two bootscooting classes a week.

ACKNOWLEDGEMENT: The publishers acknowledge Aboriginal and Torres Strait Islander Peoples and their cultural and spiritual connection to this land. Their stories are written in the land and hold great significance to Aboriginal and Torres Strait Islander peoples, from the mountains to the sea.

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Curated inside the iconic old Dairy Co-op in Jamberoo is a beautiful store featuring stunning florals, Australian made ceramics, prints, batik and homewares. Open 7 days. Jamberoo Florist is at 19 Allowrie St, Jamberoo. Contact: 0422 687 854, www.jamberooflorist.com or [@jamberooflorist](https://www.instagram.com/jamberooflorist)

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Authorised by C. Berry, ALP, Shellharbour

Join the heartbeat of emergency response

Volunteer with a Communication Brigade, writes Captain Ben Gibson of Sutherland Communications Rural Fire Brigade

When bushfires strike, every second counts. Behind every successful operation is a team of skilled communicators keeping crews connected, informed, and safe. That's the vital role of Communication Brigades in the NSW Rural Fire Service (NSW RFS).

If you're passionate about helping others, enjoy technology, or want to make a meaningful impact behind the scenes, this could be your perfect fit.

What Do Communication Brigades Do?

Volunteers are the voice behind the fireground, ensuring smooth, accurate radio traffic between crews, control centres, and support teams.

You'll help:

- Set up and manage radio networks during incidents
- Relay critical updates to keep crews safe and coordinated
- Support incident control teams with real-time information and mapping
- Assist with community education and local events
- Help other brigades with training and practice scenarios

Who Can Join?

No firefighting experience is needed – just a clear communication style and a willingness to learn. This role suits:

- Tech-savvy volunteers who enjoy radios and systems
- Strategic thinkers who thrive under pressure
- Community-minded people who want to support from behind the scenes

Training is provided, and you'll join a welcoming team that values your unique skills. Janice, from Sutherland Communications, says, "I've learned a whole lot of new skills – challenging but fun – with great support from other RFS members."

Why It Matters

In an emergency, communication saves lives. You'll gain confidence, leadership skills, and experience in emergency operations – all while making a real



difference. Glenn puts it best: "Satisfaction in the knowledge that you have done something worthwhile for the community."

Whether relaying a SitRep or supporting a Strike Team, your voice keeps the system running. Jacob shares, "I joined [Sutherland Communications] because I knew what I did was rewarding... This role helped me pursue a career in the RFS."

Ready to Get Involved?

Search for volunteer opportunities at the NSW RFS website or contact Ben, Captain of Sutherland Communications Brigade, on 0477 362 224 or membership@sutherlandcommsrfs.org.au. He can also assist with Illawarra Communications Brigade enquiries. The Sutherland Comms Brigade is based at Heathcote and Illawarra Communications Brigade is located at Albion Park. 🌟

Powerful mural inspires sports shirt

By Malena Waibel, Relieving Principal at Shellharbour Public School

Earlier this year, Shellharbour Public School was proud to unveil their new school sports shirt – a vibrant celebration of culture, connection, and community. The design was created in collaboration with Elder Aunty Jodie Stewart and a group of our Indigenous students, whose creativity and deep respect for Country guided every step of the process.

Together, the group developed a stunning mural that draws inspiration from local Dharawal dreaming stories. Using traditional symbols and contemporary techniques, the artwork reflects the beauty of our coastline, our strong sense of belonging, and the shared journeys of all who are part of our school community. Under Aunty Jodie's guidance, students explored the meaning behind each symbol, weaving their ideas into a collective story that represents Shellharbour PS – a place where culture is celebrated, voices are valued, and learning is connected to Country.

From this powerful mural, our new school sports shirt was born. The design captures the flow of the ocean, the meeting of paths, and the unity of our students and staff. Each student received their



new shirt as a gift from the school – a gesture to promote reconciliation, pride, and inclusivity.

More than just a uniform, the new polo embodies who we are: a diverse and connected community that honours the past, celebrates the present, and walks together towards a bright and respectful future. ✨

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Expressive Art

By Lesley Roulston

Michelle Springett loved art at school but it wasn't until she started studying art therapy at age 50 that her creative career took off. Now she runs Expressive Art Experience, helping others unleash their creative sides via workshops, retreats and events. Most recently she teamed up with the Travel Focus Group in Gerringong to lead art adventures on their popular Roam* Women Tours.

As well as running events and curating shows, Michelle loves working on her own art, making prints, cards and a fantastic line of wearable art, using recycled denim jackets as her canvas. Michelle loves the challenge of working with the threads, seams and textures to create stand-out

designs. Her one-off works feature beautiful Australian birds, such as magpies, cockatoos and kookaburras, with a deliberate focus on their eyes.

In 2024, Michelle launched the Daisy Spring Festival at Kiama's Old Fire Station. With drop-in art classes and a painting competition, her second spring festival attracted hundreds of visitors.

This year artists were challenged to paint chickens and ducks; last year the theme was cows. Each year a highlight has been giving iconic 'Daisy the Cow' a fresh coat of paint.

Contact Michelle on 0411 417 36 or visit www.expressiveartexperience.com 🌟

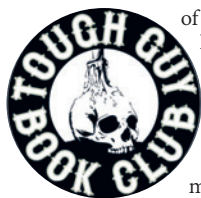
Tough Guys open Kiama chapter

By Neil Reilly

Riding the raft through the underground tunnel, the volcano hurled us through its mouth and out onto a sunlit hillside. All of us, rattled but alive, stared at the raft now shattered beside us. I was saved, just like the rest, by luck and by friends who never let go. I was seven and reading Jules Verne from my sick bed. More than reading, I was living the experience. I found that putting down a book, it's as if the story holds its breath and waits for me to return. No matter how wild the action, everything simply pauses, frozen, until the book is opened again and the adventure resumes from that spot.

The act of reading is transformative, especially for men, who often face silent struggles and cultural pressures to bottle up emotions. As the convenor of Kiama's chapter of the Tough Guy Book Club, I've seen how literature opens new worlds for blokes, giving both solace and strength.

My own journey began as a boy confined by illness. Books gave me not just escape, but a sense



of hope and resilience. Lost in the stories, I found each character was a reminder that obstacles could be overcome.

Today, in our club, there are no old stereotypes. We meet in Tory's Pub and talk about books that touch on survival, heroism, failure, and love. These are real men's issues. Reading stretches the mind beyond the routines of the workplace.

Through books, conversation and friends, we foster empathy and understanding. Luckily, not everyone agrees; funnily, this actually strengthens our ability to connect with others. The club isn't a retreat from masculinity, but an expansion of it. We speak about the things that matter most in our lives.

In every chapter meeting, I see guys finding fellowship, laughter, and wisdom; books spark deep discussion and quiet, vital change. I have found that the way forward begins with a simple step: opening a book, I opened a chapter.

We meet on the first Wednesday of the month, 7-10pm. Visit www.toughguybookclub.com 🌟

NEW! Your Pace Membership

New membership option offers tailored exercise programme for older adults

In a major step toward inclusive fitness, Elossa Fitness, a local circuit-based gym for over 60's, has launched Your Pace, a new membership option designed specifically for older adults who require individualised exercise programs.

This initiative supports those who may struggle to keep pace in group circuits or have unique health needs—such as post-surgery recovery, Parkinsons disease, low bone density, cognitive impairment, frailty and risk of falls, poor mobility, severe arthritis, chronic pain, and other complex and chronic conditions. Participants benefit from expert guidance provided by qualified exercise physiologists.

Recognising that traditional group circuit training can sometimes be too demanding or unsuitable for certain individuals, Elossa Fitness developed Your Pace to deliver safe, effective, and personalised exercise programmes. Each program is carefully designed and supervised by Elossa's team of exercise physiologists, ensuring every member progresses at their own comfort level while achieving meaningful results.

"Many older adults want to stay active and healthy but face barriers in conventional gym settings," said Dean Towers (Managing Exercise Physiologist). "Your Pace removes those barriers, offering expert support for people who need a slower pace or more focused attention on rehabilitation and higher needs."

While the gym's facilities remain circuit-based—encouraging cardiovascular fitness and strength through varied exercise stations—members in the Your Pace program can opt out of group sessions and instead complete tailored routines at their own pace under professional supervision. This approach prioritises safety, confidence, and gradual improvement.

Early feedback from members has been overwhelmingly positive.

Denise, a Your Pace member since its inception, shared: "With the support and attentiveness of the staff, I feel comfortable and not pressured or pushed to go beyond my needs or capabilities. I have become more confident -

PATRICK, Your Pace Member:

"Whilst quite challenging at first, I have progressed extremely well. My gait, balance and general strength and overall wellbeing have all improved significantly along with my regular blood tests which have also showed marked improvement."



I don't use my walker, just my stick when I'm out. Overall, a great improvement which I never thought possible".

Patrick referred by his cardiologist has also experienced remarkable results since joining in February: "Whilst quite challenging at first, I have progressed extremely well. My gait, balance and general strength and overall wellbeing have all improved significantly along with my regular blood tests which have also showed marked improvement."

The Your Pace membership aligns with broader efforts to promote healthy ageing and physical independence among older adults, reinforcing that fitness is never one-size-fits-all.

Those interested in learning more about this individualised exercise program for older adults can call 0468 357 720 to have a chat to one of the expert team, arrange a tour or book in for an Initial Assessment. ✨



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The Allens of 'Karamia'

By Tamara Hynd, curator of Shellharbour City Museum



Allen Bros c.1870, the family c.1920.
Below: Kathleen & fiancée c.1916 and Tangs c.2003. Photos: Shellharbour Museum



John Walter (known as Walter) was the first of the Allens to arrive in Australia. He came in 1855 aboard the *Gilmore* with wife Priscilla and two sons, Richard Aldridge and Walter John. Three years after their arrival, in 1858, Walter lost his wife, and moved the family to Shellharbour.

In 1861, he married Charlotte, born to another now famous local family, the Dunsters. The couple established a general store in Addison Street in 1868, and the family lived in the attached residence they named, 'Karamia' ('my beloved', or 'my dear').

Later this family home was locally renowned, not because of the Allens, but as the home of Shellharbour's famous Chinese restaurant, Tang's.

Walter and Charlotte had five children, and Charlotte's son, James Lambert Tritton, born 1851, was also part of the family. James was tragically killed at age 42 when knocked down by a train.

Allen's Post Office and Store sold ironmongery and haberdashery. A postal service was conducted from the front room of 'Karamia'. Clothing and other goods were ordered by catalogue through Allen's Store, arriving by ship, and later rail. Once a week, the post was delivered to Albion Park.

Walter conducted the store until his death from typhoid fever in 1876. Charlotte carried on as storekeeper and postmistress until her own death in 1882. Their son, Joseph Dunster Allen, with the help of his brother Edward, continued the business.

Shellharbour was a popular tourist spot in the early 20th century, and the Allens catered to the trade, selling fishing tackle, bathing and boating outfits. The family also leased cottages they owned to holiday makers, including 'Windradene', next

door to 'Karamia' in Addison Street, and now known as the 'White House'.

The Allen men wore several hats for generations, not only working as storekeepers but serving as aldermen, undertakers, auditors and band members. The Allen women devoted much time to the war effort and were heavily involved with St Paul's Church of England activities.

Joseph Dunster Allen married Annie 'Rachel' Wickham in 1892, and they had four children: Keith Wickham, Kathleen Lottie, Bruce Dunster, and Gwendoline Morris. All helped in the store.

Keith joined the AIF in 1915. He served in France and was hospitalised with shellshock three times. Once, a blast left him unconscious for days.

In 1910, when she was 13, Keith's sister Kathleen (Ka) wrote a letter to Dame Durden's Post Office, a weekly newspaper column for young readers, in the *Australian Town and Country Journal*. She wrote about sea bathing at Shellharbour, learning music, and watching the fisherman netting great hauls of fish which they sent to Sydney.

Ka was engaged to a young man prior to his enlisting in World War One. He served overseas, and never returned home. Ka never married. The family said she never really got over her grief.

After Joseph and Rachel's deaths in the 1940s, Ka carried on with postal duties.

In 2016, two lanes at the rear of the old post office, Allen and Wickham lanes, were named in the family's honour. Karamia, built circa 1865, was demolished last year. The old store remains for now.

Visit discovershellharbour.recollect.net.au 🍷

Cow-a-bout that

Lesley Roulston reports on a Moooving Tribute to Shellharbour's Dairy History

Shellharbour City Council has upped its roundabout game, having created a stunning sculptural centrepiece – the 'Cow-a-bout' on the Croome Rd roundabout island near the Shellharbour City Stadium.

The design is two-fold. The hand-forged steel cow sculptures by artist Jane Cavanough appear to be grazing in a paddock – a salute to our dairying history – while the special turf allows council to reduce the maintenance usually required.

Geoff Arthur, Shellharbour City Council's Open



Spaces Manager, designed the layout and said the cows represent Illawarra Shorthorns – which were bred here when dairying began in the 1850s. It was the first dairy breed to be developed in Australia.

Geoff says the project was dear to him as he has historical family ties to Shellharbour's dairy industry through the McDonald family.

Roundabouts require a lot of maintenance for councils, Geoff says, with some needing upkeep as often as every six weeks. The roundabout was designed to help reduce the maintenance levels through the laying of specialised turf and the sculptures were relocated from the Albion Park Community Centre to Croome Rd so they could be fully displayed in a prime position. Adding to the rural atmosphere are timber fences, an open grassy paddock and sandstone rock depicting waterways, a nod to nearby Yellow Rock's sandstone cliffs and the escarpment.

It was a joint effort by Council crews and the team at Turfco, Geoff says. One of the most important elements was the choice of turf – 1100m² of premium Sir Grange Zoysia has been laid for its lush appearance, low maintenance and no mow benefits. It is a favourite among councils for sustainable urban landscaping. ✨

Feeling crafty?

Join a craft session at your local library, writes Lesley Roulston

Did you know Shellharbour has a thriving craft scene? Our libraries offer free craft sessions so you can learn a new skill, work on your own project and make new friends in the process.

Luke Morris, Team Leader Library Programs, says there's lots to choose from, including evening sessions too. Here's a snippet of what's on offer:

Papercraft: Held at Warilla monthly, daytime sessions include origami, using the library's circuit machines to create wreaths and bookmarks.

Art After Hours: A monthly program held at City library from 6-7pm. An artist teaches practical skills, as well as about the art movement. The current facilitator has worked with charcoal, acrylic paint, oil pastels, pencil and watercolour.

Handmade at the Library: This is a new Program coming in 2026! The monthly Albion Park program features a range of facilitators who offer unique and specialised art/crafting techniques to offer attendees a higher-level program. Linked to Art and Photography as well as Craft and Hobbies collections, in 2026 the program will include

sessions on brooch making, slow stitching, make your own junk journal and watercolour painting.

Bunnings Craft: A bi-monthly outreach program in conjunction with Bunnings.

Knitters: Knitting and crochet groups meet weekly or fortnightly at local libraries. Some materials are supplied or you can bring your own. Beginners are welcome and can learn from experienced crafters.

For further details, visit <https://libraries.shellharbour.nsw.gov.au> ✨



Summer in the surf club

By Tyneesha Williams

Cover
feature



L to R: Melanie Stephen, Cameron Stephen, Piper Robertson and Merryl Robertson. Photos: Tyneesha Williams

With about 800 members, Shellharbour Surf Lifesaving Club is one of the biggest on the South Coast – and its patrol captain is fully aware of how each one integrates with others to create the harmonious whole. Chris Girvan knows the club's greatest strength lies in its inclusivity – “from cradle to grave” – and it's a view chief training officer Merryl Robertson shares.

“Surf lifesaving isn't just about getting in the water and rescuing people,” Meryl says.

“There's something here for everyone. You can find your strengths here and run with them, and

you meet beautiful people along the way. That's one of the massive things that's come out of it – our closest friends are here.”

Founded in 1936, this family-oriented club has nearly 20 life members who've helped look after generations of local families for almost 90 years.

This year, the club has almost 500 children in its nippers program, and more than 70 beach pups (children under five). Along with surf safety skills, the club offers a sense of community.

“We've been involved in the club since my eldest daughter was in under 6s. She's 20 now and an age

manager herself. My husband, Drew, is the president this year, and with our three daughters, the five of us have all been a part of the club as a family for many years,” Merryl says.

“Having my kids be surf-safe and surf-aware was our priority initially. We went along to each surf club along the coast over a couple of Sundays, and what caught my eye at this club was that it is very, very family oriented.

“People were friendly, and it wasn’t solely based on competition – it was unreal. And now here we are, running training programs.”

Teamwork is the driving force. “Surf lifesaving is an absolute beast,” Merryl says. “There are so many cogs in the wheel ... Some might be really proficient in the IRB (inflatable rescue boat), some of us are better with dealing with the board, some are better at handling kids. It’s a massive thing.”

Merryl’s daughter, Piper Robertson, is a club cadet, and agrees that the strength of the club lies in its collective effort.

“The cadet program tries new things and it’s such a great community where you feel supported,” Piper says. “There’s no failure here. Everyone’s a piece in the puzzle of the surf club.”

Skills for life

The club instils skills for life. Cameron Stephen – who joined with his mother, Melanie, in 2019 after moving from rural Mildura – says the experience helps him “feel a lot more confident”.

“Knowing that you can react calmly or know what to do in dangerous situations just makes it a lot safer,” Cameron says.

As the club’s public officer, Melanie appreciates the opportunities for young people like her son.

“Our programs get our youth to practise interviews as well as their surf qualifications. That has helped them get a lot of jobs, particularly at Jamberoo Action Park, but knowing first aid and other things helps them at many other jobs, too.

“Surf Lifesaving means that people get to gain life skills continually,” says Melanie.

Patrolling members must achieve their bronze medallion, surf rescue certificate and advanced resuscitation techniques, and update their proficiencies each year.

“Growing up in the club was also a really good thing,” Piper says. “I know I can trust myself, and I’ve built so many skills on being safe around friends and in the water, and meeting new people.

“The support from the older people here, like having the knowledge and education for them to hand down to us as juniors – that’s a massive, massive part of it.”

Members play to their strengths to conduct rescues, utilising tubes, boards, IRBs or jet skis.

“We are massive on prevention,” Melanie says.

“Not watching someone walk into a rip before we have to go out and rescue them. It’s always done in a kind way, and it’s about educating them as beach-goers, as well.”

Overcoming challenges

The club faced pandemic restrictions such as social distancing, but now their biggest challenge is that membership is booming.

“It’s growing, so we need to grow with that,” Merryl says. “We’re providing a service, not just patrol, but what we’re doing with nippers is educating them in surf safety, which is the most important thing. There’s surf sports and competition ingrained in that too.

“We’re thinking about how to keep members here, keep them wanting to come and keep learning as they go – from people who can hardly get their feet wet because they’re terrified to those who just go out there and train, train, train.

“That’s a positive challenge to have.”

The club wants to improve youth retention, specifically among cadets, such as Piper and Cameron, who are role models for the little ones.

“When they get to this teenage stage, they’re starting to find work for themselves, so it’s hard to get them out to patrol,” Merryl says. “Also, there’s a social stigma element, like is it still cool enough to go down to the surf club and hang out?”

Piper says: “When the youth see all the fun activities that we get up to and how we influence the club, it makes them want to stay.”

Upcoming events

The club thanks sponsors Leisure Coast Kitchens and Campbell Towing. More info @shellharbourslsc

• **Santa Photos:** A nippers fundraiser, known for Santa’s creative entrances, arriving by helicopter, boat and parachute. Santa will be at the Nippers Xmas Party on 21 December, 8:30-10:30am.

• **Club Championships:** Five sets in the season.

• **Social:** Sippers after the club championships.

• **Branch Carnival:** With 11 clubs in early 2026.

• **Ocean Swim:** A major fundraiser in April. 🌟



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Praised in parliament

By Lesley Roulston

Shellharbour's Tony Neale is a softly spoken man with a big heart. For years, he has been delivering freshly cooked, home-style meals to the area's most vulnerable, and our hard-working first responders. In 2025, Member for Shellharbour Anna Watson recognised his efforts in a speech to Parliament.

Each week, Tony delivers about 300 meals, from Thirroul in the north to Kiama in the south. Dishes include pasta, sausages and mash, chicken schnitzel, prawn salads, roasts and battered fish.

A team of four – including Tony's wife, Mel – help in the kitchen at Kettle's On, their cafe at Shellharbour TAFE.

Tony and Mel used to own the cafe at Shellharbour Hospital, and it was there that they realised how much people wanted affordable home-cooked meals. Tony started preparing fresh takeaways and then he started delivering them.

As word spread, demand increased from welfare organisations looking for help. At the other end of the spectrum, there was also demand from parents wanting affordable, home-style meals.

"I now deliver meals to a range of people including the elderly, working families, busy executives, people commuting daily to work in Sydney and also students who want to eat healthily but have no time to cook," Tony says.

Two years ago, Tony received a cancer diagnosis and running both cafes became too much, so now he and Mel focus on Kettle's On. Tony is still receiving treatment but continues to deliver meals.

"The way I look at it, everyone has to help each other out," he says.

Anyone can order the meals by phone or via the Kettle's On Facebook page. On Monday, Wednesday and Friday, meals are delivered south of Windang Bridge; on Tuesday and Thursday to the north. Meals can also be collected each weekday from the Shellharbour TAFE cafe.

Call or text Tony on 0447 539 444 🌟

Stand-up star shows youngsters how it's done

By Lesley Roulston

Competing against rivals half her age has proven no barrier for Shellharbour's latest sporting champion at national level.

Rebecca Dunning, owner of Stand-up Paddle Boarding Shellharbour, was crowned 2025 open women's Australian SUP surfing champion at the Australian titles at Phillip Island in October.

Rebecca is looking to clinch a world title, having earned a spot in the Australian team for the 2026 ISA World SUP & Paddleboard Championship.

At 49, Rebecca was up against rivals in their 20s, but she felt confident after the first day of competition in Victoria presented ideal conditions.

"The waves were epic, and I was able to take full advantage of a superb right-hand reef break," she said. "We had big, smooth, beautiful waves which made the whole thing so much more enjoyable. It didn't feel like a competition – just a really fun day in the surf."

The next day was the opposite, with surf "that was messy, had different swells coming in, plus the wind to contend with".

She needed a bigger board for these conditions. Not having a sponsor, Rebecca didn't have a full complement of competition SUP boards, so she borrowed an Infinity board to complete her finals. "In the second final, I had to go for balance over a shorter board which offers more manoeuvrability."

Rebecca also competed in the challenging Battle of the Paddle technical race, which involved three laps of a flatwater course at Cleeland Bight Beach in Cape Woolamai. In this, she won her category – 40 to 50 years – but came second overall.

As a mum, wife and small business owner, the hours of training needed to compete at world championship level are going to be a big challenge, Rebecca says, not to mention the cost of getting to the venue, expected to be in El Salvador.

With talk of SUP surfing becoming an Olympic event under the surfing umbrella at the Brisbane 2032 Olympic Games, Rebecca could also be a contender for the inaugural Australian Olympic SUP team. 🌟



Browse the Lions bookshop

By Ken Magnus of Oak Flats Lions Club

Lions Clubs have been busy again. In the Spring edition of *The Flame*, I wrote of a Community Fair conducted by a southern Sydney Lions Club. We travelled north to witness how well this event is going. After 44 years, the fair has grown so much that the venue has moved three times. Unfortunately, 2025 was the last such popular event. The local council intends to make extensive changes to the current park, and there is no other park in the area large enough to accommodate the ever-increasing fair.

In September, Shellharbour City Council staged their Eats and Beats street day in Central Avenue, Oak Flats. The weather was not ideal – although sunny, the wind was very blustery, so participants struggled to erect their marquees and signs. By early afternoon, the crowd started to head home.

Fortunately, Oak Flats Lions Club kept our Book Shop door open later than usual on a Saturday and



the store turned out to be a safe haven. Our staff received many compliments, with visitors saying the shop was well presented and authors easy to find.

The Book Shop is at 59a Central Avenue, Oak Flats. We stock an extensive range of novels written by well-known and popular authors, plus hundreds of top-quality childrens' books. If you are looking for a particular DVD or Blu-ray, chances are we have it on our shelf. You can also pick up extra copies of *The Flame*. We are open Monday through to Friday, 9am until 4pm and Saturday 9am-1pm.

This year the Book Shop will close for the Christmas-New Year break on Friday, December 19 at 4pm and re-open on Monday, January 5 at 9am. The president and members of Oak Flats Lions Club would like to wish all our customers and visitors a Happy Festive Season and we look forward to welcoming you in the New Year. 🌟

Our Biggest Offer of the Year

**GET DECEMBER
FREE!**

VISION
Personal Training

*See website for details.

VISION
Personal Training



5 TIPS TO STAY ON TRACK THIS XMAS



by Rachel @ Vision Personal Training

Vision Personal Training Shellharbour

6/6 Memorial Drive Shellharbour City Centre

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www.visionpersonaltraining.com

The festive season is all about fun, food, and family—but it's also the time many people lose their routine and feel like they have to "start over" in January. The truth? You can enjoy the holidays and stay on track with a few simple strategies. Here are Vision Personal Training's top 5 tips to help you feel good all summer long.

1. Move daily – even if it's not a full workout.

A walk on the beach, a game of backyard cricket, or a quick 20-minute session at home all count. The goal is to keep your body moving and your routine alive, not to aim for perfection.

2. Balance your meals, don't ban the treats.

You don't have to skip dessert to stay healthy—just plan around it. Enjoy the pavlova but balance it with a protein-rich breakfast or a lighter meal earlier in the day.

3. Hydrate like it's your job.

Warm weather, salty foods, and festive drinks can dehydrate you fast. Keep a water bottle handy and aim to drink at least 2 litres a day (more if you're outdoors).

4. Keep your appointments (and your accountability).

If you're part of a training studio or group, stay connected. Book your sessions in advance, and lean on your trainer for support—they'll help you adjust your routine around social events rather than skip it altogether.

5. Shift your focus from weight to wellbeing.

The scales might fluctuate with extra food, water, and celebration—but that doesn't mean you've "fallen off." Focus on how you feel—energised, strong, and confident—and trust that consistency wins in the long run.

This Christmas, give yourself permission to enjoy, stay active, and keep your goals in sight. You'll start the new year feeling proud, not guilty.

**Join us December 13th @ 9am at the Studio for
our Seminar – Navigating the Silly Season.**

Anyone is welcome to attend, we will help you get through this time without feeling guilty.