

DCO'S GUIDE TO THE JERVIS BAY/ SHOALHAVEN AREA

The DCO Nowra team welcomes you to the Jervis Bay/Shoalhaven area and hopes you enjoy your posting. We have put this guide together to help you settle in and make the most of exploring this area of Australia during your posting.

LIVING ONBOARD

HMAS CRESWELL

The **Post Office**, HMAS CRESWELL is an agent for the Commonwealth Bank. Due to the closure of the HMAS CRESWELL canteen in late 2003 the Post Office stocks - stationery, Naval souvenirs, laundry products including irons/ironing boards, cleaning products, shoe laces, biscuits, lollies. The Post Office is also an agent for Interflora, film Processing and dry cleaning.

Operating Hours: 0800 - 1400 Weekdays. Extended Hours Thursday till 1600.

AUSTRALIAN DEFENCE FORCE CREDIT UNION operates a branch near the canteen phone 4429 7863. **DEFCREDIT** have a branch at HMAS ALBATROSS phone 4422 7381

JERVIS BAY Supermarket & Liquor Store - 95 Village Road operates 0700 - 1800
7 days a week.

TRANSPORT - Nowra Coaches operate a limited bus service from Jervis Bay Village on Tuesday and Thursday into Nowra return (0905 returning 1400) Phone: 4423 5244. A school bus service into Nowra operates during the school term.

HMAS ALBATROSS

The **Dry Canteen** offers hot and cold snacks, toiletries, some grocery lines and most general purpose commodities. An EFTPOS terminal also operates which accepts most bank transaction cards.

Operating Hours: Monday - Thursday (0700 - 1700) Friday (0700 -1300). Closed Weekends and public Holidays.

AUSTRALIAN DEFENCE FORCE CREDIT UNION AND DEFCREDIT are located in the Victualling Complex.

The **Post Office** located on Gladiator Road in the Canteen building has a large range of postal services and products, with a daily outward mail service at 1600hrs. The Post Office is an agent for the Commonwealth Bank and Lyrebird Dry cleaners.

The **LIBRARY** is located in the Canteen building operating during working hours. It holds a good range of DVD's for borrowing. A **hairstylist/barber** service is located in the Canteen building.

TRANSPORT: There is no bus service operating into Nowra. However, there is a dedicated bicycle lane running from the base into Nowra.

SHOPPING

SHOPPING AREAS

Vincentia - Burton Street (Cnr Wool Road) - BI-LO, Westpac, ANZ Bank, St George Bank

Sanctuary Point - Paradise Beach Road - Commonwealth Bank, Cafes

Huskisson - Owen Street - Commonwealth Bank, NAB, Cafes, Surf Shop, Cinema

Nowra has 2 distinct shopping areas.

Stockland Nowra which is located on East Street, Nowra (Princes Highway) and houses:

Woolworths, Kmart, NRMA, building societies and specialty shops.

Trading Hours:	Monday, Wednesday and Friday	0900 - 1730
	Thursday	0900 - 2100
	Saturday and Sunday	0900 - 1600

Woolworths has extended trading hours

The older shopping zone is in Berry, Junction and Kinghorn streets where you will find, major Banks, Building Societies, speciality shops, cafes, chemists (with extended hours), video stores, Woolworths and Nowra Mall which houses Coles and specialty shops.

Trading Hours:	Weekdays	0900 - 1730
	Thursday	0900 - 2100
	Weekend: Many small businesses trade until 1200 on Saturday. Supermarkets have extended hours. Businesses in Nowra Mall trade Saturday and Sunday.	

South Nowra - Princes Highway. Harvey Norman, The Good Guys, Bedding Specialists, Camping suppliers.

SPORT

HMAS CRESWELL

You will find the gymnasium located under the Clock Tower. There are also tennis courts, BBQ facilities, boat slipway, golf course and access to Hyams beach and Greenpatch Beach. There is good snorkelling along the breakwater. There are sailboats, mountain-bikes, canoes, wetsuits and ten kayaks available for use. Contact the PTI's on 4429 7903 or 4429 7905.

HMAS ALBATROSS

NAS Fitness Centre was officially opened in September 2002. For class timetables and list of amenities visit the HMAS ALBATROSS intranet site.

LOCAL SPORT SCENE

You can participate in a wide variety of sporting activities within the Shoalhaven community.

The Nowra sailing club and Shoalhaven Rowing Club both use the Shoalhaven River for their events, while fishermen, jet skiers and water-skiers are all regular river users. You will find social and competition squash at the Nowra-Bomaderry Fitness Centre.

Visit www.tennisnsw.com.au/sdta to find out about the local tennis competition. There is an indoor cricket/netball centre at Quinns Lane, South Nowra. In winter all types of football codes are played, many with over 35's teams. Nowra Athletics Club hold their Cross Country running events on Saturday afternoon in Autumn and Winter. Track and Field is held in spring/summer at Shoalhaven High Athletic track.

Visit: www.shoalhaven.nsw.gov.au for contact details of sporting groups

The Wednesday and Friday edition of the local paper, The South Coast Register has a large sport section.

SPEND A LAZY WEEKEND

The **Berry Winery Tour**- visits 4 local wineries. The bus departs Berry Hotel on Saturdays at 11am. For further details about the wineries in the Shoalhaven call the Tourist Information centre on 4421 0778

Visit the many monthly markets. Visit www.shoalhaven.nsw.gov.au for full details

Join the **BUG GROUP** (Bicycle Users Group) for a cycle trip. Phone: Paul Coombes 4421 0069
All levels of experience are catered for.

Horse Riding - Many schools cater for beginners to experienced trail riders visit:
www.yellowpages.com.au

Canoe/Kayak Hire at Kangaroo Valley/Jervis Bay/Burrier

Visit www.yellowpages.com.au

Explore the beautiful Jervis Bay area - pick up a bushwalking guide from the tourist information centre

Get a group of friends together and Camp at the Shoalhaven council operated camp sites.

Jazz and Blues on Sunday at Coolangatta Estate visit: www.coolangattaestate.com.au

WEEKEND ESCAPES

A routine Courtesy Bus Service operates to/from Bomaderry Railway Station:

Friday Departure	HMAS Creswell - Junior Sailors Mess at 1400 HMAS Albatross pick up point the corner of BTU & Albatross Road at 1430 Arrive Bomaderry Railway Station at 1500 for Sydney bound train which departs at 1518
Sunday Return	Bomaderry Railway Station at 1830 (Bus meets train that arrives at 1828) Drop off at HMAS Creswell then HMAS Albatross.

For long weekends with the Public Holiday being on a Monday the Sunday return trip will occur on Monday. Enquiries contact the Motor Transport office on 4424 1315

The train trip to Wollongong takes about 1hr & 20 mins and close to 3 hours into Central station Sydney.

Visit: www.tourismwollongong.com
www.seesydney.com
www.citysearch.com.au
www.cityofsydney.nsw.gov.au

Taronga Zoo/Maritime Museum Pass

Contact the Commcen Staff at HMAS ALBATROSS on 4424 1141

Theatre Concessions for Defence Members

Contact Carleen Angel, Defence Plaza Sydney on 9377 3276

NOWRA BY NIGHT

Roxy Cinema in Berry Street, Nowra screens all the latest releases. Visit www.roxy.com.au
Often triple features are screened on Saturday nights.

The Tea Club - enjoy the grunge atmosphere of this café opposite the Roxy. Local artists perform from vocalists to African drummers.

Nowra Golf Club - Jazz nights monthly

Bomaderry RSL Club - 4421 4888 have live entertainment every Saturday night. Learn to Ballroom dance Tuesday nights.

Shoalhaven Ex-Servicemen's Club - 4421 6855 Junction Street, Nowra
DJ's Disco - Friday Night Live Bands every Saturday night

The Ex-Servicemen's Sports Club - Greenwell Point Road, Worrigeer
Live entertainment Saturday night & Sunday afternoon.

POSTMANS TAVERN - Thursday nights live bands, Weekly alcohol promotion, Dance competitions

Check out the Entertainment Guide in the South Coast Register on Wednesday www.yourguide.com.au

BAY AND BASIN BY NIGHT

Huskisson Pictures - Cnr Sydney & Owen Streets, Huskisson www.huskipics.com.au for information
phone: 4441 6343

St Georges Basin Country Club - 11 Paradise Beach Road, Sanctuary Point Phone: 4443 0666
www.basincountryclub.com.au A courtesy bus operates to HMAS CRESWELL 7 days call 0413 014 125
Squash and tennis facilities, 18 hole golf course, Dining 7 days
Top entertainment Friday - Sunday

Huskisson RSL Club - Cnr Owen & Currumbene Streets, Huskisson phone 4441 5282

WOLLONGONG

It is approximately a 60 minute drive to the Roadhouse, Yallah (www.yallahroadhouse.com.au) and the WIN Entertainment Centre (international productions staged eg. Disney on Ice) and WIN Stadium home to NRL games and the Snake Pit - NBL games. (www.wec.org.au). For more information on What's on in the Gong, visit: www.tourismwollongong.com

HOBBIES AND COMMUNITY ACTIVITIES

There are a wide variety of activities available in the Shoalhaven. For information, see the Shoalhaven City Council website www.shoalhaven.nsw.gov.au, look in the yellow pages under headings like "Clubs - Social & General", or contact the Nowra Neighbourhood Centre, Nowra on 44215077 or the East Nowra Neighbourhood Centre on 4422 1299. If you would like to talk with staff at DCO Nowra, feel free - between us all there is a wealth of interests, experience and information about what is available in the community.

CONTINUING EDUCATION

South East Community College visit www.saec.nsw.edu.au
(Short courses in craft/arts, languages, computers)

TAFE NSW www.tafe.nsw.edu.au

University of Wollongong - Shoalhaven Campus www.uow.edu.au

CAFES/RESTAURANTS/CLUBS & PUBS/NIGHTCLUBS

Visit: www.go.to/nowra

www.southcoast.com.au/shoalhaven

Defence Community Organisation Nowra
Level 2, Bridgeton House
55-57 Berry Street, Nowra
Phone: 4421 3855

Office Hours: 0830 - 1700
Monday - Friday
After Hours: Contact the
Duty Officer of the Day
HMAS ALBATROSS - 4424 1211