

25 January 2011

## Mayor names Shoalhaven City Australia Day winners 2011

Ms Karen Anstiss, from Woollamia, is the 2011 **Shoalhaven City Australian Citizen of the Year**.

Ms Anstiss is the founder and manager of the not-for-profit organisation, Slice of Life Pty Ltd, in North Nowra. Slice of Life offers work opportunities for people with a disability. It began operations in the Reflections Café at the Shoalhaven Memorial Gardens and Lawn Cemetery at Worrigee, a business run by Shoalhaven City Council, with two hearing impaired volunteers and has grown since then by word of mouth.

Nowadays Slice of Life employs more than 20 people – 15 of which have a disability – with various part-time positions. Slice of Life has since opened a general store in North Nowra which operates as a training kitchen and retail outlet. Slice of Life also is developing a community garden in Terara which will provide horticultural training and further employment opportunities.

Karen also provides foster care each fortnight. She speaks to community associations on the abilities of all people in the community and the opportunities provided by Slice of Life.

Shoalhaven City Mayor Councillor Paul Green named Ms Anstiss Citizen of the Year at the Shoalhaven City Australia Day Award presentation on Monday 24 January 2011.

“Karen has been working for five years now on enhancing the job and life opportunities of people with a disability in our community,” Cllr Green said. “Karen has been able to grow Slice of Life into a well structured business offering training and retail outlet for its product. She is now raising money to build a community garden where the Slice of Life company will grow and process organic vegetables in Terara. I’m humbled by her ambition, generosity and vision for all people in our community.”

Wendy Woodward, of North Nowra, was named as **Highly Commended Australia Day 2011 Citizen of the Year**. Wendy was recognised for her work with a number of community organisations, most recently with the Bravehearts Incorporated where she is the NSW coordinator of the programs which helps children and families deal with child sexual assault. Wendy has been involved with children’s playgroups and Parents and Citizens Associations, the Scouting movement, Meals on Wheels, the Berry and Nowra Show Societies, and the Look Good, Feel Better program assisting people with cancer. She is also a long standing member of the SES Management Committee.

Winner of the **Australia Day 2011 Young Citizen of the Year** is Paul Ell, 20, of Nowra East. Paul has been a member of Shoalhaven High School representative committee as well as a youth representative on the Shoalhaven Youth Advisory Committee, Nowra Skate Park Committee, Student Workplace Learning Program Committee and the Nowra CBD Masterplan Review Taskforce. Paul is currently studying for a Law degree with the University of Wollongong. In 2009 and 2010 Paul became an Ambassador for the Smith Family’s Learning for Life program, which aims to provide assistance for local students who face significant financial disadvantages.

Winner of the **Australia Day 2011 Sports Award** is Nic Maddinson, 19, of Shoalhaven Heads. Nic has been selected in the Junior Cricketer of the Year in the under 17s, NSW Under 19s, and the Australian

