

IS IT ME? OR IS IT HOT OUT THERE?

FEBRUARY MARCH 2026

THE SPARK

SHASA Newsletter



SHASA
Southcoast Health and Sustainability Alliance

Extreme heat is a leading cause of disaster-related mortality in Australia, causing significant illness, hospitalisations and death, by triggering heatstroke, cardiovascular strain, and exacerbating chronic conditions like kidney disease. Vulnerable groups include people over 65, young children, and outdoor workers. Heatwaves are linked to increased emergency department visits for dehydration and heat-related illness.



Australian climate progress 2016 vs 2026

Source : Climate Council January 2026



CLIMATE GAINS	2016	2026
Share of renewables in our main grid	18%	43%
Homes with rooftop solar	1.6 MILLION	4.3 MILLION
Electric vehicles sales	0.1% OF NEW CARS	13% OF NEW CARS
Big batteries connected to our main grid	0	53
Net zero target	NO TARGET	NET ZERO BY 2050
Coal in Australia's main grid	74%	52%

Here's to 10 years of progress towards a cleaner, safer future 🙌



BUT IT'S JUST SUMMER, ISN'T IT?

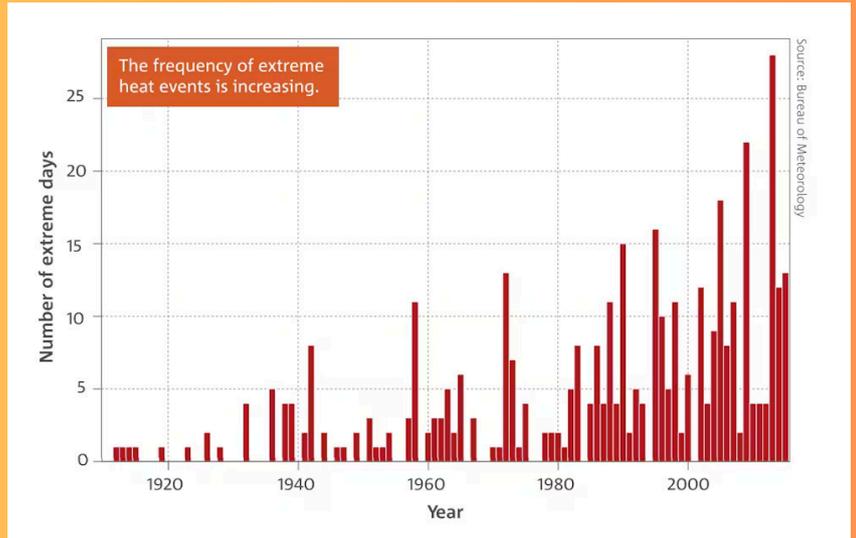


Yes, Australia is a hot place, and it's getting hotter.

We pride ourselves on being tough and able to cope.

But that means we know how to take heat seriously.

We can prepare ourselves, our homes, our communities and our towns and cities to minimise the negative effects of a warming world on humans and on the earth's other inhabitants.



Towns, cities, built-up areas

Our built-up areas can be made cooler and more liveable:

We can green cities with vegetation and trees to reduce local temperatures and reduce greenhouse gas pollution.

We can install better insulation, ventilation and increase seasonal shading of buildings.

We can build better, using heat-resistant construction materials, to reduce heat buildup and make cooling options more effective.

We can have white roofs to reflect heat from urban surfaces that can't be shaded.

We can improve internal building layouts and urban blocks to circulate clean, cooler air.

We can further improve public transport, including shading for waiting passengers.

We can improve shading of paths for walkers and cyclists. (from Doctors for the Environment)



WHAT HAPPENS if you GET TOO HOT?

- Heat-related Illness: Ranging from heat rashes and cramps to severe, life-threatening heatstroke and exhaustion.
- Cardiovascular and Renal Strain: The body's cooling efforts (sweating, increased heart rate) put immense strain on the heart and kidneys, causing a 7.3% increase in heart-disease burden, with potential to triple by 2050.
- Exacerbation of Chronic Illness: Pre-existing conditions, particularly cardiovascular, respiratory, and renal illnesses, often worsen in high temperatures.
- Mortality and Hospitalisations: Over 36,000 Australians died from heat-related illnesses between 2006 and 2017.
- Mental Health: Extreme heat can impact mental health, with studies suggesting higher vulnerability in areas with lower socioeconomic status and higher health professional density.

At-risk Populations

- people aged 65 and older
- babies and young children
- pregnant women
- people with chronic medical conditions (heart, lung, kidney, neurological disease and diabetes).
- outdoor workers
- socially isolated individuals

Once the weather cools down, continue to keep an eye on at-risk people. It can take a few days for problems to develop.

Symptoms of HEAT EXHAUSTION

- ≡ Heavy sweating
- ≡ Pale skin
- ≡ Fast and weak pulse rate
- ≡ Fast and shallow breathing
- ≡ Muscle weakness or cramps
- ≡ Tiredness
- ≡ Dizziness
- ≡ Headache
- ≡ Nausea or vomiting
- ≡ Fainting

WHAT TO DO

Rest in cool place

Drink water

Use a cool compress

Take a cool shower or bath

Source: SA Health

Symptoms of HEATSTROKE

- ≡ Sudden rise in body temperature
- ≡ Red, hot, dry skin (sweating stopped)
- ≡ Dry swollen tongue
- ≡ Rapid pulse
- ≡ Rapid shallow breath
- ≡ Intense thirst
- ≡ Headache
- ≡ Nausea or vomiting
- ≡ Dizziness
- ≡ Confusion, poor coordination, slurred speech
- ≡ Aggressive or bizarre behaviour
- ≡ Loss of consciousness
- ≡ Seizures or coma

WHAT TO DO

Call 000 immediately

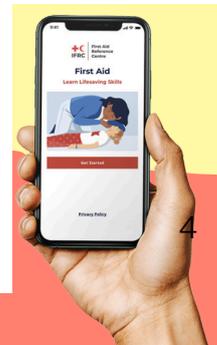
Cool them down until help arrives

Source: SA Health

Scan to download the IFRC First Aid app



Download for iOS and Android now



HEAT PLAN

A heatwave is like other emergencies - it's definitely better if you have a plan for what to do. In NSW, the **Ambulance service** issues warnings for heatwaves: bookmark <https://www.ambulance.nsw.gov.au/in-the-community/warnings> and check your local area - Eurobodalla is South Coast area.

The Red Cross website also has good advice: <https://www.redcross.org.au/extremeheat/> and download their leaflet for reference. If you have some First Aid training you can help others - download the **Red Cross First Aid app** so you have a handy reference when you need it.

Check the **Bureau of Meteorology** for warnings and listen to **ABC radio**.

Don't forget, there are heatwave Havens in the Eurobodalla - check SHASA's website and Facebook to see the opening hours of your closest Haven. Drop in - you'll be welcome!

Doctors for the Environment Australia

LOOKING AFTER YOUR MENTAL HEALTH DURING A HEATWAVE

SIGNS TO WATCH OUT FOR

- Increased distress, eco-anxiety, climate grief
- Trouble thinking, concentrating or remembering
- Trouble falling or staying asleep
- Mood changes, feeling more irritable, angry, depressed, anxious
- Behavioural changes (e.g. increased impulsivity), suicidal thoughts or behaviours

TIPS TO STAY SAFE & WELL

- Stay hydrated, water helps us regulate emotions
- Keep cool: use A/C, fans, cold showers or cold packs
- Stay connected with friends and loved ones
- Do some guided breathing and relaxation exercises
- Seek help, reach out to mental health support services



SOME COMMON MEDICATIONS MAY INCREASE THE RISKS OF OVER- HEATING. DON'T STOP YOUR MEDICATIONS, ASK YOUR PHARMACIST OR GP FOR ADVICE. CHECK THE INSTRUCTIONS THAT COME WITH YOUR PRESCRIPTION MEDICATION.

Keeping Mum and Baby safe in the Heat



During the first 12 weeks of pregnancy, developing babies can be seriously affected by the heat. Pregnant women are more vulnerable to overheating and dehydration, too. . If you think you might be pregnant, take extra care to stay cool in hot weather. Once you know you're pregnant, step it up.

Keeping cool

- Rest when you can in a cool, darkened room, take regular breaks to sit with your feet up in front of a fan or in an air-conditioned room.
- Use cold water and ice - Place a bowl of ice cubes in front of an electric fan for a cooling breeze., Have a spray bottle filled with water to cool your face and body., Place a wet face-washer or towel on your head or neck, or fill a bowl with cold water to put your feet in. Sitting with your feet in the water of a shaded paddling pool is a good way to cool down, as well as keep watch if you have other children enjoying the cool water.
- Avoid going out in the hottest part of the day, usually mid-to-late afternoon.

Drinking and eating

- Drink frequently – you need more water. Don't wait until you are thirsty – you may be dehydrated by then.
- Always carry cold, bottled water with you when you go out.
- Limit salt and caffeine, as they contribute to dehydration.
- Completely avoid alcohol, which contributes to dehydration and isn't safe for your baby.

Ice cream and icy poles

- Avoid soft-whipped ice creams (e.g. from soft serve machines) as they are higher risk for Listeria bacteria.
- Avoid ice cream that may be made with raw eggs.
- Homemade icy poles or ice blocks and shop-bought ice cream or icy poles are fine to eat.

Clothing and sun protection

- Wear comfortable, lightweight, loose-fitting and breathable clothing made from natural fabrics (cotton or linen) that can absorb perspiration.
- Don't spend too much time out in the direct sun and try to stay in shady areas. Wear sunglasses and a wide-brimmed hat that covers your face, neck and ears.
- Always wear broad-spectrum sunscreen (minimum SPF30+) when outdoors, and reapply every two hours, especially if you are spending time in the water.

Exercise

- Reduce your level of exercise and opt for low-intensity activities during hot weather,
- Consider activities like swimming, or walking in the early morning or evening when it's cooler,
- Try gentle stretching exercises somewhere cool.
- Stay hydrated and drink plenty of water before, during and after exercise.

Avoid overexertion, take regular breaks, pay attention to how you feel and STOP exercising if you feel unwell.

if you feel like you have overdone it during the heat:

Stop what you are doing and rest in a cool or air-conditioned room.

DO lie/sleep on your side (left, preferably) as this will increase the amount of blood and nutrients that reach the placenta and your baby.

DON'T sleep on your back (this can make you feel dizzy or faint).

If you feel **dizzy, light-headed, short of breath, or your symptoms get worse** then call your GP, obstetrician, midwife, or the maternity unit where you are to give birth.



EUROBODALLA



CLEAN UP AUSTRALIA

SUNDAY 1 MARCH 2026

25TH ANNIVERSARY

CONTACT US :

REGISTER AT
[CLEANUP.ORG.AU/CLEAN-UP-AUSTRALIA-DAY](https://cleanup.org.au/clean-up-australia-day)



Charlie's Birthday Adventure
A children's book on feeling safe in emergencies,
by Michelle Hamrosi

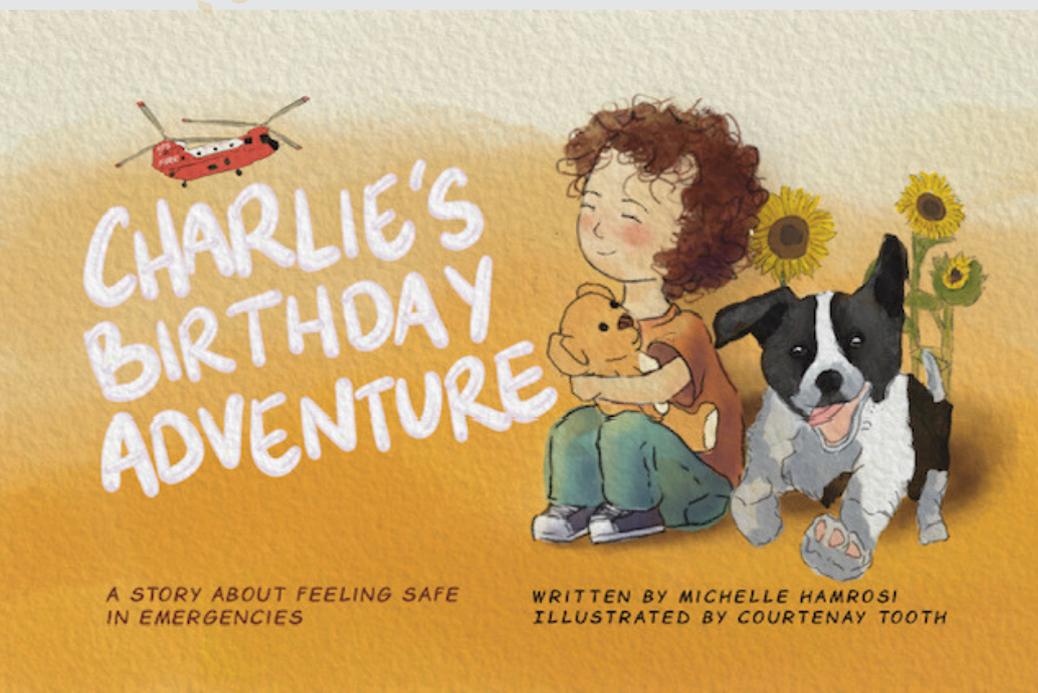
Michelle Hamrosi is a Eurobodalla local, a GP and a mum. After two years working with families affected by the Black Summer bushfires, she realised that something was missing – a resource to help children and their parents to prepare, plan, evacuate and recover from disasters and emergencies.

“What kept returning to me was the idea of writing a book designed to help young children understand emergencies in an age-appropriate, non-frightening way, and to support the calm, honest conversations families often need, but don't always know how to start.”

Created with the guidance of parents, educators, psychologists, librarians and community members, and brought to life through the illustrations of Courtenay Tooth, a Moruya-based artist and mother of two, this book exists because of community support. Thanks to the generous backing of Rotary Batemans Bay, SHASA, and CWA Moruya and Narooma, 1,000 copies have been printed for free distribution to families across the Eurobodalla.

“My daughter loved the illustrations, and the story naturally opened up conversations on almost every page, especially around why families need to evacuate. I appreciated how gently this was handled, giving space for discussion rather than spelling it out. The questions at the end were a real highlight, and the links to emergency resources were valuable from both a parent and professional perspective. Most importantly, it's been a wonderful conversation starter.”

SAVE THE DATE
Friday 27 February 10.30am
CHARLIE'S BIRTHDAY ADVENTURE
MORNING TEA BOOK LAUNCH EVENT
MORUYA LIBRARY



Free copies will be available through Eurobodalla Libraries and local preschools, or you can email michelle.hamrosi@gmail.com for more information.

Dr Michelle Hamrosi, local GP, ABA Eurobodalla Group leader and SHASA member



HAVENS HELP



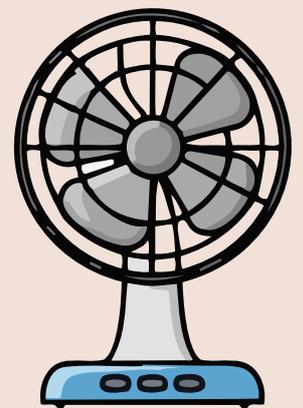
Eurobodalla's extreme heatwave 8-10 January 2026 - how the Heatwave and Bushfire Havens helped

What's a Haven?

Over the last four years, SHASA has worked with community organisations to strengthen their shared buildings so that they can operate as Havens - in hot weather as cooling centres, in smoky conditions as a clean air space. They have independent power systems, satellite communications and air conditioning. These volunteer-operated Havens work as a complement to the evacuation centres, and in cooperation with emergency management leaders. There are now eight Havens in the Eurobodalla, and four more are in development. Their opening hours vary, and will be advised at each event. Contact your nearest Haven to check their availability - their numbers are on the SHASA website. Emergency information is always available through the ABC. SHASA's Facebook page and website carry Haven information, also the Moruya Mail, local radio stations, About Regional and the ABC News website.

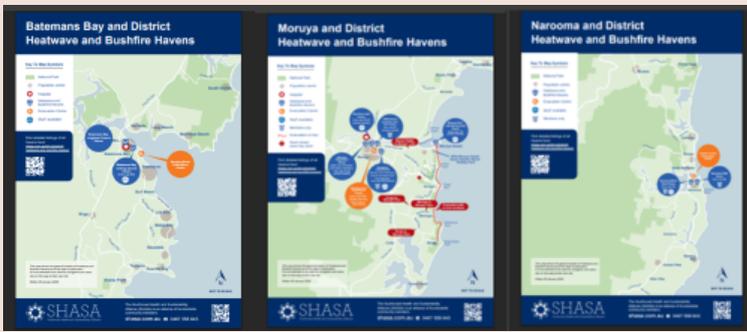
The following Havens agreed to have opening hours between 8-10 January

- ▣ Southern Life Church Moruya - opened Thursday, Friday and Saturday
- ▣ Uniting Church Batemans Bay - opened Thursday, Friday and Saturday
- ▣ Anglican Parish Red Door Hall, Moruya - opened Thursday and Friday
- ▣ Narooma Men's Shed - opened Wednesday and Friday
- ▣ CWA Moruya - opened Thursday and Saturday
- ▣ Moruya Pre-School Kindergarten - opened Saturday
- ▣ CWA Narooma - opened Friday

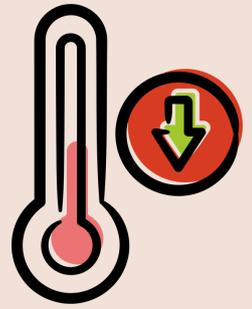


Volunteers and visitors at the Havens in the heatwave - southern Life Church Moruya above, Uniting Church Hanging Rock at right





HAVENS HELP



While the number of people who used the Havens was limited, those who did attend significantly benefited from escaping the heat, having a cuppa, a chat and for some, a cold drink. A major challenge with the health impacts of heat is that the symptoms are often delayed. We need people to come to the Havens for a few hours of respite before they get heat stressed or even worse, suffer heatstroke.

SHASA will be working with the Eurobodalla Shire Council, Southern Health and the Eurobodalla Community Support Network to promote the Havens through their networks during heatwaves in the future. This was a test run for the Havens. SHASA is organising face-to-face meetings with key personnel at the Havens that were open to find out what worked and what we can do better. If you have comments, suggestions, or an interest in volunteering at a Haven during emergencies, please contact us. We'd love to hear from you!



Above: Southern Life kitchen set up for snacks
At right: Melinda Cross & Greg Thexton welcome visitors to the Uniting Church at Catalina

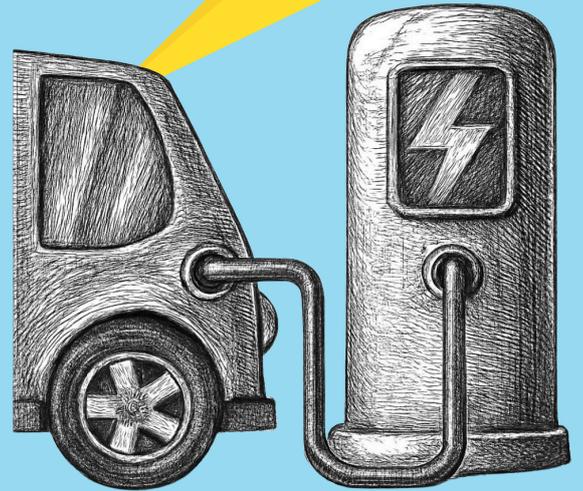
SHASA acknowledges the huge efforts made by these community organisations - that rely on volunteers - to open their doors to the public. SHASA believes it's an excellent way to increase community awareness of these organisations and their facilities. A number who attended the CWA Moruya Haven gave donations and bought items from their craft shop. Ms Maxwell really enjoyed their homemade scones, cream and jam.

Thank you!



EUROBEV!

The Eurobodalla Battery Electric Vehicles Group



In December 2025, for the first time in Australia, electrified vehicles, including battery electrics, plug-in hybrids and hybrids have outsold petrol cars, showing a major shift towards cleaner transport.

This milestone helps reduce climate pollution from cars, and signals growing public demand for low-emission vehicles and a cleaner road transport future.

EUROBEV!

Next lunch:

1 March 12 noon

Grumpy & Sweethearts at Mogo

RSVP selinde2@gmail.com



LONGEST RANGE ELECTRIC VEHICLES IN 2026



ROAD
TRAVEL
REWARDS

10 ELECTRIC CARS ARRIVING IN AUSTRALIA IN 2026

- **BYD ATTO 1** (\$23,990) A SMALL HATCHBACK THAT COULD BECOME AUSTRALIA'S CHEAPEST ELECTRIC CAR, WITH A BASE RANGE OF 220KM AND FAST-CHARGING CAPABILITY.
- **POLESTAR 5** (\$171,000) A LUXURY PERFORMANCE SEDAN WITH DUAL MOTORS, CAPABLE OF REACHING 100KM/H IN 3.9 SECONDS.
- **HYUNDAI ELEXIO** A MID-SIZED SUV DUE EARLY IN THE YEAR, OFFERING A RANGE OF MORE THAN 500KM.
- **HONDA SUPER-ONE** A COMPACT, CITY-FOCUSED ELECTRIC CAR LAUNCHING IN THE SECOND HALF OF 2026.
- **MAZDA 6E** AN ELECTRIC SEDAN ARRIVING MID-2026, FEATURING REAR-WHEEL DRIVE AND A RANGE EXCEEDING 500KM.
- **TOYOTA HILUX EV** AN ELECTRIC VERSION OF AUSTRALIA'S BEST-SELLING UTE, EXPECTED IN THE FIRST HALF OF THE YEAR, PRICED BETWEEN \$90,000 AND \$100,000.
- **KIA PV5** AN ELECTRIC VAN DUE LATE IN 2026, OFFERING UP TO 412KM OF RANGE IN ITS BASE MODEL.
- **SUZUKI E-VITARA** SUZUKI'S FIRST MASS-PRODUCED ELECTRIC VEHICLE, AN SUV ARRIVING EARLY IN THE YEAR WITH AN EXPECTED RANGE OF ABOUT 400KM.
- **XPENG X9** A SEVEN-SEAT ELECTRIC PEOPLE-MOVER FROM THE CHINESE BRAND, ARRIVING IN THE SECOND HALF OF THE YEAR.
- **LEAPMOTOR B05** A COMPACT ELECTRIC HATCHBACK DUE MID-2026, WITH REAR-WHEEL DRIVE AND A BASE RANGE OF 361KM. (SOURCE NRMA ONLINE)



HOW HOT is too hot?

It is important to keep your environment below 37 Degrees.

As much as most of us love a sunny, warm day, this is not what we think about when we dream of the summer season. In fact, heat of over 37 degrees is simply too much for our bodies to handle safely. In serious cases, it may cause confusion, seizures, and even passing out.

What happens to the body under extreme heat?

"The body works a whole lot to defend its core temperature, it doesn't like it changing," Professor Lewis Halsey, one of the University of Roehampton's researchers behind [a recent study on our "upper critical temperature", the maximum temperature the human body can reach before starting to malfunction](#), said.

When it gets hotter, our body just works harder to return to its default temperature, opening the blood vessels near the skin wider to lose heat and sweat it out.

"Sweat is our key response, the one way we can cope with the heat," Julie Davies, a professor at UCL Global Business School for Health, told Euronews.

Cool House Check List

- Maintain your air conditioning and check ducts and insulation regularly.
- Clear your gutters and reduce damp and humidity inside the home.
- Don't set the temperature too cold - no more than 10 degrees cooler than outside is more comfortable for most people, and less expensive than bigger differences.
- Close doors, windows, blinds and curtains early in the day and don't open them until it's cooler outside than in. Block gaps around doors and windows.
- Pick one room to stay in and close off others.
- Use your fans before you switch on the A/C. Add a bowl of ice in front of the fan, or hang a wet tea towel between the fan and you.
- Open up as soon as it cools down. If you have secure screens leave doors and windows open while you sleep.

“At a certain temperature, you can’t sweat enough to keep your body cool,” Davies said. “If you’re getting an awful lot hotter than 35 or 37 degrees, you are at risk of a heart attack or heatstroke.”

With higher humidity, sweat isn’t as effective at cooling you down.

According to a recent report, an estimated 61,000 people died in Europe in 2022 summer because of extreme heat.

A recent study in New York also found that heat can exacerbate mental illness, with researchers finding that on hot days there were more emergency hospital visits from patients suffering from anxiety, schizophrenia, dementia, and substance abuse. (Source:Euronews)

What Makes Extreme Heat even more dangerous?

High Humidity - 31°C at 100% humidity gives an effective temperature of 49°C

High night-time temperatures give no time for people to recover, and reduce sleep quality

Early in the season sudden sharp rises in temperature in spring affect people worse than the same temperatures in mid-summer

Disruptions to essential services - power outages, public transport cancellations

Bushfires multiply the risks through smoke, disruption and demand for services



If you’re planning to build or renovate:

A light roof is about eleven degrees cooler on average than a dark one.

Resist fashion and save yourself heaps.

Do you have to work outside when it’s hot?

Worksafe NSW produces guidelines for workers. Download a copy at

<https://www.safework.nsw.gov.au/resource-library/heat-and-environment/working-in-extreme-heat-the-facts>

Good advice, and applicable for gardeners, do-it-yourselfers and active retirees.



EUROBODALLA REPAIR CAFE REOPENS

PROUDLY SUPPORTED BY SHASA

The Repair Cafe in Moruya will be open for business every Friday.
9.30am-12.30pm.

Red Door Hall St John's Commons Page St Moruya.
HOPE TO SEE YOU THERE !



Beach Please

"I'll just head to the beach for the day"



Stay safe in a heatwave

- ✓ **Increase fluids**, especially cool water, and avoid alcohol.
- ✓ **Wear light, loose clothing.**
- ✓ **Stay indoors** where there is air-conditioning or go to a cool environment like a shopping centre or local library.
- ✓ **Do not leave anyone in cars**, especially children and pets.
- ✓ Provide adequate **water and shade for pets.**
- ✓ **Tune in to emergency advice**, by phone app or radio.
- ✓ **Plan ahead for hot weather**, including power outages.

✓ Phone '000' in a life-threatening emergency.

Stay in the shade, or be somewhere else for the hottest part of the day, 10am to 4pm. Check the weather forecast and the UV index.

Drink loads of water and nothing else.

Always swim between the flags.

If you start to feel off-colour, let the lifeguard know.

Wear decent sunscreen. And re-apply frequently.

Wear a sun-safe rashie, too.

Wrap-around sunglasses help to protect your eye health.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE



2025 SHASA COMMUNITY RESILIENCE AWARDS

CONGRATULATIONS

Tricia Pye - Connect Eurobodalla Digital Literacy

Andrew Everard - New SHASA Vice President

Andrea Charlton - SHASA Secretary

Sandra Makdessi - Eurobodalla Preparedness Guide

Von Hutcheson - Eurobodalla Preparedness Guide

Phil Shorten - Progressing Work on the Tilba Solar Farm

Arno Schaaf - Securing SHASA Grants

Pete Phillips - SHASA Project Management

Frank Ross - ESC Housing & Planning Policy Reviews

Brett Stevenson - ESC Housing & Planning Policy Reviews

Linda Leung - Preparing Haven Case Studies

Alex King - 1st ESC/SHASA Partnership - Dr Mackay Centre

Southern Life Church - 9th Bushfire & Heatwave Haven

AMH - BYD EV Dealership & Repairer Moruya & BB

MESA - Far South Coast Solar and Battery Grant Projects

Batemans Bay Welcome Park Group - Campaigning





PLEASE SUPPORT OUR FARMERS

Please show your support .. read
and sign the open letter. 

<https://farmersforclimateaction.org.au/portfolio/this-is-climate-change/>



Follow Farmers for Climate Action on Facebook