

# Callala Bay

## NEWS

June 2020

Monthly Magazine from the Callala Bay Community Association Incorporated



**Photo by Janine Taylor**  
**See Page 31 for full image**



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# CALLALA BAY NEWS

A monthly newsletter of the  
Callala Bay Community Association Inc:   
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## Note from the Editor:

The CBnews proudly supports our community, consider subscribing for a small yearly fee.

*Please contact me with any local issues or concerns with the intention of having it published.*

*Editor - Jake Khourey*

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## Medical Report

As the restrictions on COVID 19 are being relaxed, it is important for us to not forget about important preventative health. June is Bowel Cancer Awareness Month, which is the second deadliest cancer in Australia. Screening for it is easy through a bowel cancer kit from your chemist or GP. You can help raising awareness by talking about it and normalise doing the bowel cancer kit.

Hopefully as the restrictions around COVID 19 eases further, Callala Medical Centre is hoping to run a short Tai Chi course with a local instructor to assist those with chronic pain and osteoarthritis get back into being active and moving.

We have also been very busy immunising the community again influenza. Although there is a national shortage of flu vaccines for those under 65 yo, there is still plenty for those 65 yo or older. If you are in that age group, and would like a government funded flu vaccine needle, please contact your friendly team at Callala Medical Centre for more information.

## Anglican Church



Trinity Sunday 7 June 2020

What is Trinity Sunday?

Trinity Sunday is the first Sunday after Pentecost.

(Pentecost, is celebrated fifty days after Easter Sunday and commemorates the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks, as described in the Acts of the Apostles (Acts 2:1–31) ).

Trinity Sunday celebrates the Christian doctrine

of the three Persons of God: the Father, the Son, and the Holy Spirit. Although the word Trinity is not found in the Bible, Christians refer to God as three in One. A bit like how you describe a three leaf clover. It has three sections but it is only one leaf.

Thomas Beckett(1118-70) was consecrated Archbishop of Canterbury the Sunday after Pentecost (Whitsun), and his first act was to ordain that the day of his consecration should be held as a new festival in honour of the Holy Trinity. This observance spread from Canterbury throughout the whole of western Christendom. We have spent half the year learning about God`s dealing with His people. Year by year we read in the Bible how God created men and women in His own image, to live by His laws.

We have heard again how human beings chose to go their own way with the consequent loss of their closeness to God and each other. But God never gives up on them. Over and over again God calls His people with yearning love. God speaks in a living word, Jesus, the embodiment of God`s love. We have heard his word, seen his way of life which goes right to the heart of what it means to live in close relationship with God. We watched the struggle with the powers of evil focused on the cross. We saw the apparent defeat turned around again by the mighty act of God in the resurrection. We kept company with Christ during the great 40 days as he opened scripture to the people who had missed the point.

We acknowledge the end of Jesus` earthly ministry at ascension and we waited with eager anticipation for the coming of the Spirit at Pentecost. So our experience has been of God as Father, Son and Holy Spirit. Creator Redeemer and Sanctifier.

Continues on Page 7

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## Anglican Church

Now comes Trinity Sunday and we realize that we don't understand and that perhaps in this life we never will, because there is always more.

We must look for ways of expressing our understanding of God so we can share our Good News. However, we must never think that we can define God. The Bible teaches us that the appropriate response to coming closer to God is worship. Worship takes us beyond our definitions and brings us closer to poetry than to prose.

Trinity Sunday reminds us that God is a God who continually surprises us into fresh understandings. And yet there is more.

Rev Sue Fisher

Assistant Minister (Honorary)

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Anglican Church

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## Callala Community Centre

We have been advised by Shoalhaven City Council that we have to close the hall for all bookings- with the exception of before and after school care which is deemed an essential service. Please see the advice as follows:

Council's Community Halls from 23 March will temporarily be unavailable for hire, as Council adheres to the Federal Health Department's regulations.

This includes buildings at showgrounds, community sporting facilities building, public halls, community centres and School of Arts. Council has decided to close all Community Halls, due to uncertainty about private events adhering to current health regulations regarding social distancing. The health and well-being of our customers is always

at the forefront of our mind, and we want to ensure their safety.

If you wish to know more go to the shoalhaven.nsw.gov.au/my-news"

## Winter Gardening Tips

### WINTER PLANT PRUNING

Sharpen the secateurs! The first chore, in all but frosty areas, is rose pruning. Be bold, leaving only an open framework of three or four main stems. Spray these and the surrounding soil with lime sulfur to clean up pests and diseases.

Other plants to prune when bare include hydrangeas, wisteria and grapes.

Early August is the best time to give gardenias their main pruning.

Cuttings of frangipanis will make instant new trees; leave them to dry for a few weeks, then pot or plant into a sandy mix, adding stakes for support.

Cut ornamental grasses almost to ground level to rejuvenate and spray lawns for bindii as soon as their ferny leaves appear.

Feed citrus in late July, using an all-purpose citrus fertiliser.

Keep sowing carrots, spring onions, leeks, broad beans, radishes, English spinach and peas.

If you haven't planted asparagus and rhubarb crowns yet, don't delay. Strawberries can also go in now.

Start seeds of tomatoes, eggplant and capsicum on a warm windowsill, ready for planting when the soil warms.

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## Garden Club Roundup

\*Meetings have been cancelled due to COVID-19.\*

I am thrilled that restrictions have started to ease and hopefully we can get back to a normal routine in the coming months.

While in isolation, I have been catching up with MasterChef and other cooking shows like Nigella where they showcase recipes using unusual ingredients which in their words add “colour and texture”. One ingredient which seems to be extremely popular is the pomegranate and this week they were available at my supermarket. Pomegranate (*Punica granatum*) is one of the toughest, deciduous shrubs you can grow. These plants originated in Afghanistan and Persia (now Iran) where it has been grown since ancient times. This shrub produces a red fruit, with seeds (arils) being the edible parts of the fruit. They can be eaten raw or processed into juice and the peel discarded.

Pomegranates grow in most climates throughout the country, but do not like extreme cold. They can be propagated from seed sown in spring or from cuttings taken between spring and autumn. Pomegranates can grow up to 5 metres; they have glossy, green leaves and produce fruit which grow to the size of a tennis ball. They should be planted in full sun in a well-drained soil. They are drought resistant but grow better with a good supply of water.

A friend, from Callala Beach, has a dwarf variety, *Punica granatum nana* which grows to 1m or less. It has single scarlet flowers, smaller leaves and does not produce fruit. In December it is full of these flowers and looks quite festive. Last time my dad gave me two pomegranates, grown by a friend, I juiced the seeds.

Pomegranate juice contains higher levels of antioxidants than most other fruit juices. In

her book *Nigella Bites*, Nigella Lawson makes a salad with warm shredded lamb, mint, and pomegranate. It looks delicious - maybe next time I might try using pomegranate this way.



*Pomegranate fruit, Punica granatum, Punica granatum Nana*

Take care everyone and stay safe. Go and enjoy your garden!

Doris Carpenter (secretary) 44465631

Footnote- With Covid-19 all ANZAC services were cancelled. My lovely neighbours Nicole and Lee stepped in and planned an Anzac Dawn service for our street. While in isolation, Nicole made poppies and decorated her front fence and flag pole. At 6am everyone walked out to the end of their driveway where Nicole had placed a candle in a recycled milk bottle beautifully illustrated with ANZAC motifs. As we listened to the ABC Dawn service, we were moved by this simple gathering to honour our war heroes. A big thank you to Nicole, Lee, and everyone in our street.

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Authorised by Shelley Hancock MP, 1/57 Plunkett Street, Nowra, NSW, 2541

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## Community Church

Last week I observed an annual event, around this time each year the black cockatoos come down to our place, they never stay long, yet I know on their arrival that winter is here. It is interesting that nature understands seasons by the change in the environment; never by the calendar. Indigenous Australians break the year into six seasons, and at least in some areas they see the changes in nature as heralding in the new season. A point of interest we have now entered Burrugin (cold and frosty).

Maybe like me you have a favourite season; for me it is Autumn; and, maybe a season you don't like; for me it is a toss-up between the July-August winds or the heat of January-February. I notice that these are not complete seasons but months – perhaps there's something in that. As I have pondered over this subject of seasons (maybe COVID 19 isolation syndrome), it has brought to mind that our life comes down to seasons. These seasons may be temporary; say an illness or even this season we now find ourselves in with COVID 19; or they might refer to the seasons of life, such as childhood or old age; or single or married; children or empty nest, and so on.

The writer of Ecclesiastes (The Message) says; "There's an opportune time to do things, a right time for everything on the earth".

Whatever season we find ourselves in, it is the right season, putting it another way; it's all we have, let's not waste it but make the most of it. Rather than dwelling on the season we least like, how would it look if we viewed those things that this season brings that are good. The heat of January and February for me might be the best time to get the kayak out and enjoy some of those beautiful waterways we have in the Shoalhaven. Perhaps if winter is your difficult season, perhaps a good time to enjoy a good book, or sit round a camp-fire with family and friends. In those seasons of change, rather than dreading the

change we look forward to the new challenges and opportunities they will bring. Perhaps this is a simplistic view on life, or do we miss out on the benefits this season brings whilst longing for a return for what has past, or dreaming of what might come. Jesus was practical, he says; "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes".

As we enter winter, we enter a new season; the current difficulties Australia is now facing is just another season; let us make the best of it, look out for each other, learn the lessons it has to teach; then we will come out the other side as better people ready to enjoy life every day.

May God grant to each of you rest for your souls and peace in your hearts.

Kevin Kettlewell –  
Pastor Callala Community Church -  
0437338739

## Subud Callala

### SUBUD IN CALLALA BAY

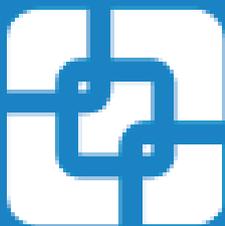
Members of Subud Australia have begun meeting regularly at Progress Hall, Callala Bay for their spiritual practice called the latihan. The latihan is a way for people to discover and develop their inner self, with the aim being to worship Almighty God, regardless of religion or background. Subud is worldwide, and there are many groups across Australia.

Further information about Subud can be found at [www.subud.com](http://www.subud.com), or get in touch by sending an email to [subud.callalabay@gmail.com](mailto:subud.callalabay@gmail.com)

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# South Coast Vets

## Caring for Senior Dogs

Dogs are being cared for in their senior years more and more. As a vet, I regularly see healthy dogs aged 17 and 18 years of age (that's 126 in human years!). To be able to maintain quality of life for senior dogs a regular vet check provides information and treatment for medical and behaviour conditions that affect senior dogs. All of these conditions have a better treatment outcome if they are detected and treatment started early in the course of the disease.

Arthritis causes pain, difficulty getting up from sitting, inability to climb stairs or get on the bed or the lounge, unwillingness to go for a walk or finish a walk or even aggression when handled due to pain. Arthritis can be managed with medication to provide pain relief, joint and diet supplements, weight loss and building ramps to replace stairs and keeping your dog warm.

Organ failure, like kidney or liver disease can be managed with diets and medication and avoiding harmful medication. The symptoms liver and kidney disease can be subtle. They include, drinking and urinating more than normal, weight loss, or just 'not them self'. Heart disease can be managed with medication. Dogs with early heart disease may just be running out of energy on a walk or they may also have a cough, weight loss, or heavy breathing. Some senior dog's that have a cough may have lung disease, which can also be managed with medication.

Loss of vision can sometimes be treated with cataract surgery. Loss of hearing can be managed by teaching the dog hand signals.

Senior dogs can also develop Canine Cognitive Dysfunction Syndrome (CSD) or 'Doggy Dementia', which is similar to Alzheimer's disease in humans. Changes happen in the dog's brain that affect memory and thinking

and result in changed behaviour. The behaviour changes can be very subtle and can include;

- Wandering aimlessly, seems to get stuck in the corner or do not recognise the owner.
- Sleeping in the day and restless at night, may pace or bark at night.
- Toileting inappropriately.
- Not greeting you like before.
- Increased or decreased appetite.
- Aggression.

Treatment involves keeping the dog mentally active, increased antioxidants in the diet, which have been shown to improve alertness and medication to stimulate the brain and improve dullness and lethargy.

Older dogs can enjoy a great quality of life, emotionally and physically. For some dogs, you will need the support of your vet to give your senior dog this quality. A senior pet check is recommended for all older dogs every 6 to 12 months (that is the same as a human seeing the doctor every 3 to 6 years).



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# Callala Community Church

*... A Jesus centred Church ...*

Meeting together at the Community centre Emmett Street Callala Bay.

Coming together to share God's Love each Sunday at 9.00 AM

All Welcome

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# Eye Health

Home schooling Keep an eye on bad habits  
Life has changed with COVID-19 and one of the biggest changes has been to our education system and in particular how we deliver education to our children.

Excessive vision at close range (within our arms reach) is not good for our vision. Our eyes have to focus for near range tasks and they relax when looking beyond 20 feet or 6 meters

With children sitting at the television, computers and video games for hours on end, it's more important than ever to arm your child with essential skills necessary for healthy eye care. If possible have your child's learning area near a window. This makes it easier for your child to look beyond 20 feet (6meters).

One of the most important lessons begins in your own home- teaching your child the fundamentals of eye care will not only help maintain good vision; it will also enable them to achieve their maximum potential.

## Hints for reading

Make sure your child reads in a room with good even lighting with their book or tablet being at least 40 cm from their eyes. This is approximately the length from your middle finger touching your nose to your elbow. It is important to teach your children to look up from reading every 20 minutes at an object beyond 20 feet (6M) for 20 seconds. This relaxes and revitalizes our eye focusing ability. We call this the 20/20/20 rule.

## Hints for computer/device use

If your child uses a computer or device for more than two hours a day, they are likely to experience eye strain. The symptoms may include blurred or double vision, loss of focus, burning or tired eyes, headaches or neck and shoulder pain.

To reduce eye strain caused by computers, have even room lighting and minimize reflections from the monitor.

Follow the 20/20/20 rule for computer and device use

## Hints for video games

Every 20 minutes get your child to stand upright and rotate their neck and shoulders. They should sit as far back from the screen as the leads allow them.

When gaming also apply the 20/20/20 rule

## Hints on watching television

Have a small light on in the room when watching television and frequently look away from the set. Place the television so that there is no glare or reflection from lights or windows. Ideally, the television should be at or slightly below eye level. Ideally the television should be at least 3 meters or more away. Regular breaks from television watching are highly recommended.

## The 20/20/20 Rule

For all near vision activities, that is reading, writing, devising, computer use, gaming, mobile phone use etc., every 20 minutes have a break for 20 seconds while looking beyond 20 feet (6meters). Try and have the learning/study/work area near a window to allow easy distance viewing. This rule should also be used by adults working from home.

Continues on Page 17



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## Eye Health

An observant parent is often the first person to detect signs of a vision problem in a child. Any one of these signs could indicate that your child is not seeing well.

- One eye turns in or out while the other points straight ahead.
- Eyes blink frequently
- Eyes are often red
- Eyes water
- Eyes are very sensitive to light
- Eyes are screwed up while watching television
- Holds a book very close to read it
- Cannot concentrate for any length of time
- Loses place while reading
- Tilts head noticeably when looking at things
- Covers or closes one eye when reading
- Does not recognise familiar people in the distance
- Complains of headaches
- Complains of blurred or double vision
- Complains of eyes burning or itching
- Slow in learning to read

There are many eye conditions and diseases that have no immediately obvious symptoms. Vision is a precious sense. Children need to have regular eye examinations.

For more information please feel free to telephone one of the fully trained staff at Peter Rose EyeQ Optometrist, Nowra PH 4421 4511 Kiama PH 42322610 Vincentia PH 44439979

## Coronavirus Info

### Roadmap to Recovery

The NSW Government will start to ease restrictions from Friday 15th May. This is the first stage on the road map to COVID-19 recovery, however the community should not become complacent. Residents are being urged

to continue to practise physical distancing and good handwashing hygiene regimes. If you have even the mildest symptoms, you should get tested and stay at home.

From Friday 15 May, the following will be allowed in NSW:

- Outdoor gatherings of up to 10 people
- Cafes and restaurants can seat 10 patrons
- Up to 5 visitors to a household at any one time
- Up to 10 wedding guests
- Up to 20 people at indoor funerals and 30 at outdoor funerals
- Religious gatherings/places of worship up to 10 worshippers



**Keep 1.5m between yourself and others**



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# Callala Bay to Nowra – Route 730



DEPARTS	MONDAY TO FRIDAY			School Holidays			School Days	
	am	am	pm	am	am	pm	am	
<b>Callala Bay</b>								
Sydney Avenue	8.57	10.07	1.45	8.45	10.07	1.45		7.30
Boorawine Terrace	8.40	10.10	1.48	8.47	10.10	1.48		7.25
Emmett Street Shops	8.56	10.15	1.53	8.51	10.15	1.53		7.30
<b>Callala Bay School</b>	8.55							7.25
<b>Mayfield</b>								7.40
<b>Stewart Place</b>	9.35	11.10	2.55	9.35	11.10	2.55		8.10
<b>Stockland Nowra</b>	9.45	#		9.45	#			2.45
<b>Nowra TAFE</b>	9.42	#						8.20
<b>Railway</b>	9.40	11.00	2.40	9.40	11.00	2.40		8.15
<b>Train Departs</b>	11.23	11.23	2.35	11.23	11.23	4.11		9.20

# Drops as Required    SERVICES DO NOT OPERATE ON WEEKENDS OR PUBLIC HOLIDAYS    Wheelchair access to bus

# Nowra to Callala Bay – Route 730



DEPARTS	MONDAY TO FRIDAY		School Holidays			School Days	
	am	pm	am	pm	pm	pm	pm
<b>Train arrives</b>	9.15	12.27	9.15	12.27	2.17		2.17
<b>Railway</b>	9.40	12.32	9.40	12.32	2.40		2.40
<b>Stewart Place</b>	9.35	12.20	9.35	12.20	2.55		2.55
<b>Nowra TAFE</b>	9.42	12.35					3.30
<b>Stockland Nowra</b>	9.45	12.40	9.45	12.40	2.45		2.45
<b>Mayfield</b>							3.55
<b>Callala Bay</b>							
<b>Callala Bay School</b>							3.35
Corner Sydney Street & Callala Road	10.07		10.07				3.45
Boorawine Terrace	10.10		10.10				4.05
Emmett Street Shops	10.15		10.15				3.42
							4.08
							4.10

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**If you can offer help or just want to say hi, please fill in this Connection Card and drop it into your neighbours mailbox.**

*COVID-19 is contagious - please ensure you wash your hands before delivering your connection card and dropping off items*



**Shoalhaven**  
City Council

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- |  |  |
|--|--|
| <input type="checkbox"/> A phone call / catch up | <input type="checkbox"/> Picking up shopping |
| <input type="checkbox"/> Urgent supplies         | <input type="checkbox"/> Posting mail        |
| <input type="checkbox"/> Something else _____    |  |

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## From the Archives...

The formation of the Callala Bay Progress Association, at the Inaugural Meeting on 31st December 1963, would have brought together the first group of volunteers in our village, nearly 56 years ago. Today, volunteers still play an integral part in managing the various community groups in Callala Bay.

The first Executive and Committee Members were; Syd Mullinger, K. Forster, Mr Williamson, A. Leach, B. Road, F. McGuire, J. Woods, R. Mitchell. The Trustees were; A.E Leach, C. Lecke and Mr Short.

Quote from 4th Committee Meeting held on 12th December 1964: item 5 - re the construction of a Community Hall and finance for same - "It was moved and seconded that finance be arranged by Debentures."

Quote from 1965 Annual Report: "As we are aware, many important things are needed, mainly roads and water. WE have no swimming enclosure, no wharf, no boat access."

"We secured land for the hall, Purchase Price 460.0.0 (\$920.00). Council has allowed us 10 years to pay, interest free balance owing after our first payment is 400.0.0 and at least 1,000.0.0 will be needed before we can hope to have a hall, so the support of the Progress Association will be very necessary."

Quote from 1967 Annual Report: "A year of steady progress.. Banking account is ready to proceed to tke the first steps towards building our hall, but prudence suggests that we stop and take stock before plunging into this in a hurry."

At the Extraordinary General Meeting held on 28th January 1967 - to discuss matters related to building of Hall - item 8 - moved and seconded that "we transfer lots 9/10 Section 20 to council if land be made available to erect Hall, submit plans and generally go ahead with loan, which is

to be repaid over 10 years." Vote taken, carried.

In a letter to the Shire Clerk, dated 20th October 1969, it was noted that \$1,400.00 of the Association funds have been granted to use a shelter shed for the Fire Tender and equipment... it has been deemed advisable to construct this building with a view to it's future extension as a progress hall in mind. To do this io the extent proposed will require borrowing at least \$800.00 from the bank, and several members are guaranteeing the security necessary to repay over a 4 year period."

On 11th November 1969, the Association accepted the tender from G. Hoffman for \$2,421.00 to build Bush fire Shed. No internal lining, painting or electrical work was included.

Progress Association Fire Shed: was completed in March 1970. The Hall was officially opened on the 28th March 1970, by the Shoalhaven Fire Officer, Mr Wiffen, who congratulated the Association on a job well done.

Letter from National Bank dated 24th June 1973: states that the debt owed has now been repaid.

Land and Hall Motion: at the meeting on 8th October 1975 "That the 2 blocks of land (next to the fire shed) be dedicated as a Reserve and Children's Playground, for use of the people of Callala Bay, to be looked after by a delegation responsible to the Residents and Council."

July 1976: Progress Association applied for assistance under Capital Assistance Programme for extensions to the Callala Bay Fire Shed and Progress Hall.

August 1983: Playground Equipment had been erected on the Reserve.

August 1984: A cheque for \$5,000 was paid to Council towards hall extensions.

## WHAT'S ON @ THE PROGRESS HALL

MONDAY	4:00PM - 6:45PM	JENNY'S DANCE	PAMELA	0433 675 820
TUESDAY	10:00AM – 12:00PM	CRAFT	YVONNE FOWLER	4446 6380
TUESDAY	2.30PM – 4.30PM	FOLK DANCING	MAUREEN PETHERICK	4446 6550
THURSDAY	9:30AM	YOGA	ANNA SMALLWOOD	0405 102 234
		BEGINNERS WELCOME – MATS SUPPLIED	WWW.ROAMINGYOGIS.COM.AU	
FRIDAY	3.30PM – 5PM	TENNIS LESSONS	GARRY O'CONNOR	4464 1418 OR 0412 068 116
SATURDAY	8.00AM	TAI CHI	JOHN GRAHAM	0428 564 738
		ALL LEVELS		

Tennis court bookings can be made at Callala & Culburra First National – 58 Boorawine Terrace, Callala Bay or call on 4446 4313. Please make your booking during office hours so that the keys can be made available (available in daylight hours only).

THE HALL IS ALSO AVAILABLE FOR FUNCTION BOOKINGS INCLUDING WEDDINGS, BIRTHDAYS, BABY

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## Callala - Church Service - 5pm Sunday

**All Welcome | Kids Church**

St Marks, 2 Hunter Street, CALLALA BAY

**Caterpillar's Play Group** - 9:30am Friday @ Culburra Beach Anglican

**Kids Club** - 3-4:30pm Friday @ Callala Anglican

**289 (Youth)** - 5-7pm Friday @ Callala Anglican

**For more information: Rev. Paul McPhail**

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www.culburraanglican.org.au

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### What's On Regularly at the Centre:

<b>Sunday</b> Callala Christian Community Church: Call Pastor Kevin Kettlewell	<b>9 am</b>
<b>Monday - Friday (school times)</b> OOSH By Katie for OOSH times call Katie	<b>0419 917 793</b>
<b>Monday</b> Friends of Callala - over 50's social group - new members always welcome	<b>12-2.30pm</b>
<b>Tuesday</b> Art Classes: Call Sandra McKenzie-Clark	<b>0439 241 144</b>
<b>Tuesday</b> Mat Pilates: Call Erin	<b>0434 419 694</b>
<b>Thursday</b> Yoga: Contact Carla	<b>carlavesitano@live.com.au</b>
<b>Second Wednesday of the month:</b> Callala Bay Community Association	<b>7:00 pm</b>
<b>First Saturday of each month:</b> Callala Community Church Pre-Loved Clothing stall	<b>9.30am-12pm</b>
<b>Second Saturday of each month:</b> Callala Markets - Call Sandra	<b>0413 581 419</b>

For all bookings and enquiries call Jane: 0408 521 520

## From the Archives...

Official opening of New Progress Hall and Tennis Courts: 24th February 1985.

March 1990, a new fire station is to be built on the western side of the drain on Emmett Street.

July 1990, Council approves DA for new Sports Ground: bounded by Emmett, Watt and Chisholm Streets. Association paid \$1000 towards the footbridge over Callala Creek at the Reserve, which was the Bi-Centennial project. (In October 1991 the bridge was under way.)

In May 1993: minutes state that "the Sports field should be ready for playing in 1995, first stage also Community Hall and Pre-School.

March 1995 - Emmett Street Child Care Centre - letter to SCC requesting advice re monies. Reply tabled in June re Community Hall and Child Care Centre on Emmett Street.

In August 1995 - New Community Centre to be built in Emmett Street.

"Volunteers are usually the unsung heroes of any Village or Community. Today's residents should feel very grateful to those who have "gone before" and have done so much towards making this village of Callala Bay the wonderful place it is, by lobbying for and providing the facilities we now enjoy. The job is not finished, it probably will never be finished. Thank you volunteers, for a job well done" Mrs Rae Watson

Compiled from Progress Association Records, by Mrs Rae Watson July 2001.

## From the Archives...

South Coast Register, February 28, 1930.

Police man shocked by women wearing trousers

The women's craze for wearing shorts such as are frequently seen on the beaches around Sydney has spread to Nowra.

The two young ladies, however, who introduced the fad to Nowra got the shock of their young lives one day this week when they were strolling down the street in the direction of the baths clad only in very abbreviated shorts and some flimsy kind of material as shirts.

A constable of police happened to be strolling along the same street and, coming face to face with the two women referred to, he was visibly shocked. For some moments he was rooted to the ground with surprise. Then a gleam crept into his eye, as with an obvious effort, he overcame his embarrassment and approached the women wearing trousers.

With befitting indignation he told them to go home and put some clothes on, which they did. And so ended the first effort to introduce the latest beach craze to Nowra.



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# Day from the Past in Nowra

Australia's most wanted in Nowra

The Shoalhaven has been at the centre of national and even international media attention for the wrong reasons on a few occasions.

One of those times was in September 14, 1977, when a large number of heavily armed police descended on Nowra in search of armed robber and Australia's most wanted criminal, Edward James "Jockey" Smith.

Police arrived at his hideout in bushland along McMahons Road, North Nowra, at 4pm, while two boatloads of officers went by boat up the Shoalhaven River to Humbug Reach before scaling cliffs. However despite the early hour Smith, was in his car fully clothed and armed, ready for the police.

Police were ready to rush the bungalow that had been Smith's hideout, but dogs started barking and alerted the fugitive to what was going on. He drove his car at high speed down a dirt track towards police, but stopped short and reversed, accelerating away in a cloud of dust.

He abandoned his Holden Kingswood and took to the bush on foot, evading police in the process. About 75 police officers were involved in the ensuing search for Smith, while helicopters from 723 Squadron at HMAS Albatross scanned the area.

Radio stations broadcast details of the search throughout the day, and women were advised to stay at home with their children behind locked doors. Smith was on the run for about 12 hours before he was spotted in Bomaderry, offering a woman money to give him a lift into town.

The 34 year old made his last bid for freedom on a stolen bicycle, before he was arrested after a violent struggle in a telephone box in Meroo Street, Bomaderry.

Police said Smith was armed with two loaded pistols and rammed one of them, a 38 calibre weapon, into a police officer's stomach. Police claimed Smith pulled the trigger, but the officer said he managed to jam his thumb behind the trigger to stop it discharging.

Smith was wanted over several armed robberies, including one just a week before his arrest in Sydney that netted \$180,000, making it the biggest bank hold-up ever in Australia at the time, along with escaping from Melbourne Pentridge Prison.

When searching his home police unearthed a cache of weapons, ammunition and explosives. Smith was jailed for life, although the maximum sentence was later reduced to 14 years.

Smith died in 1992 in country Victoria when he shoved a revolver in another police officer's stomach, before a local man intervened by driving his car at Smith. The officer, Ian Harris, was able to grab his revolver and fire three shots, killing Smith.





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## Winter Recipe



### Beef & Mushroom Casserole

#### Ingredients

1.5kg beef chuck steak  
2 tbs plain flour  
2 tbs olive oil  
1 onion, chopped  
8 French shallots, peeled, halved  
3/4 cup dry red wine  
400g can crushed tomatoes  
1 cup beef stock  
200g cup mushrooms, quartered  
200g Swiss brown mushrooms, quartered  
2 tbs chopped oregano  
2 bay leaves  
Potato minis or Potato mash to serve  
1/4 cup chopped flat leaf parsley, plus extra parsley, fried, to serve

#### Method

Trim fat from beef and cut into 3cm pieces. Toss in flour, seasoned with salt and pepper, to coat well.

2. Heat 1 tbs oil in a frying pan and cook beef in batches until browned. Transfer to a plate. Add remaining oil to same pan and cook onion and shallots for 5 minutes or until softened. Deglaze pan with red wine, scraping bits from base of pan. Add tomatoes, stock, mushrooms, oregano and bay leaves. Season to taste.

3. Transfer mixture to slow cooker and cook on

high for 4-6 hours or on low for 6-8 hours.

4. Cook potato minis as per packet instructions. Stir chopped parsley through the casserole. Serve with potatoes and garnish with fried parsley.

tip:

No slow cooker? Follow recipe to end of step 2, then simmer, covered on low heat for 2 hours until tender.



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# Membership Application Form 2020



I

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0561

[www.callalabaycommunityassociation.com](http://www.callalabaycommunityassociation.com)

PO Box 14, Callala Bay NSW 2540

### MEMBERSHIP APPLICATION/RENEWAL

### CALLALA BAY COMMUNITY ASSOCIATION INCORPORATED

(Incorporated under the *Associations Incorporation Act 1984*)

Members Name(s)

---

---

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---

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**Email [admin@callalabaycommunityassociation.com](mailto:admin@callalabaycommunityassociation.com)**

# COMMUNITY CONTACTS

Emergency Police Fire Ambulance – 000

**Nowra Police Local Area Command – 4421 9699**

**Crime Stoppers – 1800 333 000 (anonymous reporting)**

Police Assistance line – **131 444** (non-emergencies)

State Emergency Service – **132 500**

Jervis Bay Marine Park – **4441 7752**

Callala Doctor's Surgery – **4446 5350**

## **Shoalhaven City Council**

General enquiries, business hours – **4429 3111**

Emergencies and after hours – **4421 3100**

## **Justices of the Peace**

Duncan, Howard – **4446 6535**

Garry, Rexeen(Rikki) – **4446 6649**

Hannan, Robyn – **4446 4428**

Rev Sue Fisher – **0406 815 449**

Lower, Jill & Graham – **4446 6281**

McMaugh, Dallas – **0400 189 875**

Taylor, Lorraine – **4446 5117**

Ward, Noel – **4446 6800**

## **Culburra & District Garden Club**

Every 3rd Saturday of the month at 1.30 pm at the Banksia Hall Community Hall,  
Fred Evans Lane, Culburra Beach (IRT entry)

More details - contact Doris Carpenter - **4446 5631**

## **Culburra & Districts Community Health Service**

Visit the Op Shop and pick up a bargain! Proceeds help maintain the Medical Bus that transfers people to Nowra for medical appointments from Greenwell Point, Culburra Beach, Callala Bay & Beach, Currarong and Myola. Please contact Culburra Pharmacy on **4447 2382** to arrange transport.

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