

Callala Bay NEWS

October 2020

Issue 110-2020

Monthly Magazine from the Callala Bay Community Association Incorporated

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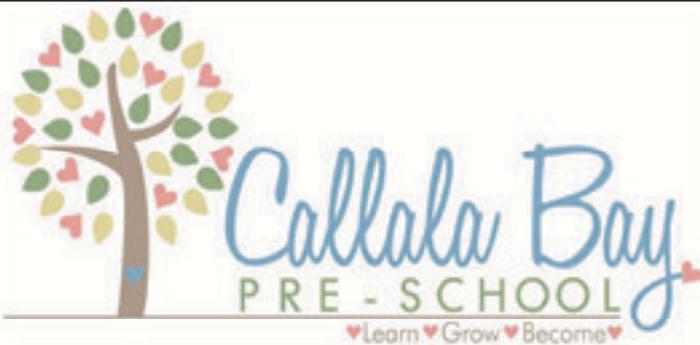


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CALLALA BAY NEWS

A monthly newsletter of the
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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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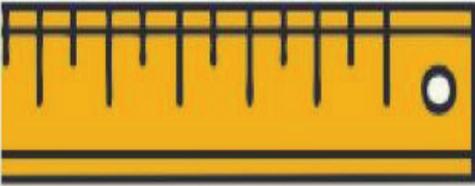


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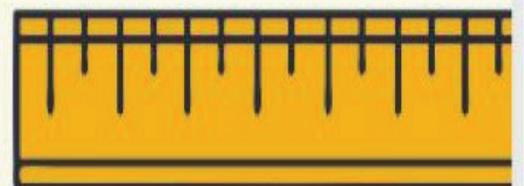
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CBCA Report

President's Report and News:

This is my first president's report, I trust this finds everyone as well as can be expected considering current restrictions. I would like to start off thanking the Executive, Narelle Monaghan, and Duncan Marshall together the rest of the Committee for their work and with the CBCA Executive Mission Statement. We are committed to building and maintaining harmony in all our relationships, together with developing a culture that generates both positive new relationships and ideas.

Our focus is to undertake appropriate consultative practices to determine meaningful key projects, with achievable outcomes, that are representative of a shared community goal and vision. Setting aside our personal biases, we will strive to provide service in our community as transparently, efficiently, and enthusiastically as possible. Our role is to work collaboratively and create a safe environment for members and guests that is inclusive, supportive, and transparent. As part of the new era for the CBCA, we are going to upgrade/change our website and redo our logo along with streamlining some processes and housekeeping. We trust these changes will be seen in a favourable light and hopefully will result in an increased up-take and diversification of membership.

Website Suggestions and Contributions:

If you have any suggestions or local interesting photos, history etc, please send these to Jake at editor@callalabaycommunityassociation.com and we will review and implement suggestions/additions the committee approves. CBCA logo competition entries are strongly encouraged and entries can be submitted digitally or on paper and close 30 Nov 2020. Entries can be submitted by post to PO Box 14 Callala Bay, or suggestcbca@gmail.com. The winning design from the

competition will be judged against the or logo commissioned by the CBCA. The winning concept is a proof which will be professionally digitised and may be altered. The 5 semi-finalists will be judged by the committee and receive a \$10 reward each. The final selection of the logo between the competition finalist (who receives a \$50 reward) and the CBCA commissioned logo will be decided by a vote of members at the December General meeting.

CBCA General Meeting News and Points:

We are initiating a more collaborative relationship with Elite energy and the surrounding communities with respect to the planning of future events. More details will follow! It is great seeing the momentum and progress on the Community Garden; see the report from the Garden for further info or to perhaps join! Stuart coaches have brought out a new timetable so look further in the newsletter for the updated Timetable.

Bushfire Planning Talks.

Thanks to Fire Captain Sue Borrowdale and her team, there will be some bushfire preparation talks on the 26th and 27th of September, see the association Facebook page for more info. The table in Bicentennial Park has been repaired, ready for painting and I believe some works have been requested at the toilets near the boat ramp. Reminder the best way to report this is 'snap send solve' a free app, available for both Apple and android devices.



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CBCA Report

Potential projects & grants

The Community Pathway Program is inviting submissions for projects to put forward in the vicinity of a \$10,000 grant, so if anyone has any suggestions then please forward them to suggestcbca@gmail.com for consideration.

Another potential grant source is for Memorial RSL type projects such as a Community Pathway/an ANZAC Walk of some type. Again if anyone has any suggestions then please forward them to suggestcbca@gmail.com for consideration.

The Royal Australian Mint has created a “Donate a Dollar” coin and the executive wondered whether or not this could be used to raise funds for CBCA projects.

Pathway linking Callala Bay & Beach communities. The CBCA has sent our support along with the CBPA to the SCC so hopefully we can get funding for the design & construction approved.

Better boating grants for the works to the boat ramp at Callala Bay (\$270250) & Myola (\$296250) have been approved for design & construction. More details will follow when they come to hand for these much needed upgrades.

The CBCA is also working on getting some exercise equipment along Marine Parade, this is still at a very early stage at the moment but stay tuned for more info & a round of community consultation in the coming months.

The next meeting is on the 14th of October 2020 at 7 pm so pencil it in & come down, it would be great to see some new faces & get new ideas!

Lastly I would also like to extend an invitation

for all members of the community, not just the association to reach out to me with any ideas, concerns or thoughts to cbcapresident@gmail.com

For information about upcoming and future events in our local area please contact; Callala Events Committee

www.callalaevents.com.au
eventscallala@gmail.com

Co-ordinator: Julie Wotton 0421 937 117
Secretary: Lynn McDonald 0421 510 826

Medical Report

October is mental health awareness month, and lately in my practice, I have seen more and more people who have been impacted psychologically by the isolation of the lock-down of the pandemic. Or for those who are working from home, boundaries between work and home life becomes intertwined and people lose their down time.

Stress and mood disturbances as a result of the isolation can sometimes manifest itself in the form of physical symptoms, common symptoms that presents can include palpitations, headaches, fatigue, insomnia, appetite changes and high blood pressure. I always welcome a visit to discuss these symptoms, but often investigations turn up very little. It is important to maintain self care during this very unique period, suggestions include engaging in hobbies, having clear boundaries between work and home life, exercise, spending time in the outdoors and maintaining social contact in a covid safe manner. If you need more help on this topic, please contact your friendly team at Callala Medical Centre.

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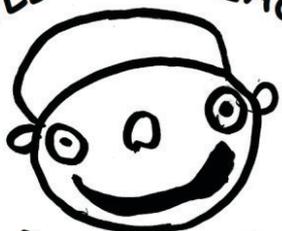
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Fiona Phillips



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Supporting the local tourism industry

Living in such a beautiful part of the world, it is no surprise that tourists from near and far flock to the South Coast at every chance they get. We have always welcomed them with open arms, and over the years, we have come to rely on them as the backbone of our regional economy.

This year, our community has faced so many challenges and our reliance on tourism has been tested greatly.

Our tourism and event operators, and their workers, have been hit hard, time and time again. It was clear early on that urgent support to keep the local economy going was needed.

I have continually called for more funding to support our tourism and event operators after the bushfires. Over many many months, I have been vocal in asking where the tourism funding for bushfire recovery is – and why it has not hit the ground on the South Coast.

Tourism and event operators said they needed help months ago to aid in their recovery and keep our economy going.

So I was very pleased to see the Shoalhaven receive \$195,000 under the Australian Government's Regional Tourism Bushfire Recovery Grants program for local tourism events including the South Coast Food and Wine Festival and the Huskisson Triathlon.

This is great news for local operators and for local businesses generally. We need to be encouraging people back to our coast now more than ever. But it has taken a long time to get this support, and there are still so many fantastic local projects the government could be helping.

Sadly, we are now in the situation where some

of these local events have been cancelled due to COVID-19, so I hope the government will continue to support these local operators when their event is rescheduled.

There is still much more to be done, and many more projects to be supported.

I will continue to advocate on behalf of tourism and event operators to ensure they get the help they need, when they need it. I won't let our community be left behind.

Garden Club Roundup

Hi everyone, I am happy to write that we had our first meeting, also our AGM, on Saturday September 19th,. We had to follow strict Covid 19 regulations, but we managed to have an enjoyable afternoon- something we have missed since March.

It was so lovely to catch up with 27 members as this is all we were allowed at this stage. If restrictions ease in the future, visitors will be most welcomed but until that happens members only are permitted to attend.

Thank you to the elected committee; hopefully, they will be able to fulfill their responsibilities next year without any interruptions. Unfortunately, we were not able to have the Display table or afternoon tea. Instead, we asked members to wear a spring flower with their badge and the flowers were diverse- Sweet peas, Rock Orchid with parsley, Red Silky Oak/Grevillea, Lilac, Native orchid, Crucifix orchid, Lavender, May Bush, Kalanchoe, Verbena and an "Avon" Rose

Continues on Page 11

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Garden Club Roundup

I visited my dear friend Jan who lives in a unit at Culburra IRT. As we walked around looking at her neat garden, a very striking pink flowering bush stood out. When I went home, I googled it and it was a Loropetalum, the Chinese Fringe flower. As the name suggests that is exactly what the flowers look like- a fringe.

This shrub grows in full sun or part shade but will produce more flowers in full sun. It can be used in hedges, in borders and can be grown in pots. It likes a sandy, well- drained soil. Unless grown as a hedge, a yearly trim will keep it tidy. Jan keeps her Loropetalum pruned and as it likes moisture, well mulched. It really looked stunning.



Take care everyone and stay safe. Go and enjoy your garden!
Doris Carpenter (secretary) 44465631

Community Church

According to Einstein the true measure of intelligence is the ability to change. It doesn't mean what we've been doing in the past is wrong, it is no longer bringing the benefits it once did. Having stated this I believe there are some things that have remained constant throughout history and are worth holding onto.

I'm not sure that many people during their last days of life would want to be surrounded by all the stuff they have accumulated; how much more satisfying would it be to be surrounded by people who love you. Surely relationships are more precious than anything else. Marcus Aurelius (a Roman Emperor and philosopher, 2nd century) gives sound advice when he says; "When you arise in the morning, think of what a privilege it is to be alive – to breathe, to think, to enjoy, to love." Although a man of power and wealth he also acknowledges the truth that real happiness lies within ourselves, not our circumstances or what others think; he says; "Very little is needed to make a happy life; it is all within yourself, in your way of thinking".

As a Christian Pastor my inspiration comes from the life of Jesus, prior to either Einstein or Aurelius, Jesus gives a similar message; "If you decide for God, living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds... 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" (MSG).

One thing that stands out as I study the life of Jesus and all that is written within scripture is that it is less about religion and much more about relationships. Things like: Jesus declaring that he sees those who follow him as brothers and sisters; the church being described as a bride, God's delight in his children, these and many more give an understanding that this is God's desire – to have a relationship with us.

Continues on Page 13

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Community Church

Callala Community Church has made the decision to now meet in homes during the week; we see this as a new start – strangely this is how the church met for around 300 years. Our desire is to create a safe place to be ourselves without judgement, a place where difficult questions can be voiced without fear and a place where we can honour God and encourage one another. Maybe as you read this it might be encouraged to think; is this something I might be a part of?

Kevin Kettlewell (Pastor, Callala Community Church – 0437338739}

Bushcare

My name is Diana Lindsay, I'm a member of the Callala Bush Care group and I'll be providing some information to this newsletter about our work in the local area. By way of introduction, readers may have seen me going about my Bush Regeneration work in the Boorawine Creek Reserve which is adjacent to my home. I know for most people, weeding is a chore, but not for me! I think this dates back to my childhood. The photo below shows a young Diana digging out Bindis under the supervision of my father Doug, who was a botanist.



The botanical name for the weed we call Bindi-eye is *Soliva sessilis* and its home turf is in South America. Presumably this unwelcome immigrant originally made its way here as a stow-away as it has to many parts of the world. I still prefer dad's method of digging out Bindis as my experience has been that herbicides may kill the Bindis for one season, but they will return in similar numbers or more the following late winter/springtime. Digging them out – and best to do this before the sharp burrs develop – doesn't mean some won't come back the following year. However, what a lifetime of tackling Bindis has taught me is that they will come back in fewer numbers the following year if they're dug out. At my home here in Callala it took me a few years, but now my lawn area is basically Bindi-free.

While on the topic of tiny plants, this Australian orchid is known as a Dancing Lady, it's only about 3cm across and sits on a fine stalk about 15cm high. There is a small number of them in flower in Boorawine Creek Reserve at the moment.



Continues on Page 15

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Bushcare

When I came across a few of these recently after an hour or so of tackling Bindis and Dandelions, I felt like Nature was rewarding me with this beauty!

Our group has been working in the Bushland Reserve just across Callala Creek. Long-time residents may recall prior to the actions of our Bush Care team starting in 2005, that area was dominated by masses of Lantana. I only moved to the area in 2012 when the major regeneration work had been done. Looking back at photos from the period when the Lantana dominated, I am really in awe not just of the Bush Care workers but the community who supported them. The area is such a vista of native biodiversity now. We have also been working in the bushland area on Lackersteen St near Callala Creek, tackling weeds that have had the audacity to sprout up and try and smother the small understory plants our group has planted over the past couple of years. I will provide some photos of this area next month.

For anyone wanting to join our Bush Care Group, our team Co Ordinator is Bryan Lenne, who can be contacted scribblybark@gmail.com.

Bus TimeTable Changes

Stuart's Coaches would like to inform you of some minor changes to our timetabled services which will take effect on Monday 21st September 2020.

These changes have been made to accommodate ever increasing traffic conditions and the Shoalhaven River Bridge duplication project. These small timing changes will be implemented on our normal weekday and holiday timetables. In order to facilitate the timing changes for the weekday service, the removal of Encounter Street Loop, Hollingsworth Crescent Loop,

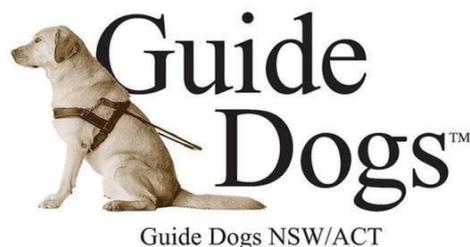
Stott Crescent and Barden Close loops Callala Bay on the morning service into town have been removed. All other services remain. The time changes are listed on the attached timetable. We suggest you arrive at your bus stop five minutes prior to the departure time.

We have included a copy of our new timetable and would appreciate your efforts in spreading this news amongst your members and the community as a whole.

Key Dates for these changes are as follows.

Changes to weekday and holiday services commence Monday 21st September 2020.

See Page 20 for the new timetable



Puppy Raisers Needed.

Please contact **Tanya on 0437 936 207**
Tanya is the local Puppy Development Advisor. Alternatively, apply online at www.guidedogs.com.au/guide-dogs/puppy-raising or call the **Guide Dogs Centre on (02) 4579 7555.**



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Callala Community Church

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Looking for something different?

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The Community church will be meeting in homes
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Eye Health from Peter Rose

Your Cataract Questions answered

When is my cataract 'ripe' enough for surgery?
This is a common myth. The decision to have your cataract removed is based on how much a cataract is interfering with vision, and not on waiting until a cataract gets worse.

Are cataracts removed with lasers?
Yes. You now have the choice to have your cataracts removed using the latest laser technology, known as Laser assisted Cataract Surgery.

Do cataracts grow back?
No. However, very rarely a different secondary cataract may develop following surgery. The good news is this can be fixed easily by your eye surgeon with a painless and quick procedure.

What are cataracts?
When the normally clear lens inside your eye becomes cloudy, this is known as a cataract. In other words a cataract is not a growth or a film it is similar to a piece of plastic deteriorating when left in the sun.
Having a cataract is like looking through a dirty window. They range from very small to large cataracts that can cause vision loss.

What causes cataracts?
Most cataracts are a normal change due to advancing age but they can be caused by eye injuries, toxic chemicals or diseases like diabetes. Smoking, sun damage and exposure to ultraviolet lights are also risk factors that contribute to the development of cataracts.

How will I know if I have cataracts?
In their early stages, cataracts may develop in one eye before the other, without pain and with little effect on your vision. Signs of advancing cataracts include blurred vision, sensitivity to light especially at night, and a feeling of looking

through a film.

How does an optometrist diagnose cataracts?
As part of your eye examination, your optometrist will check the health of your eyes. This includes using a special microscope to look at the lens inside your eye for any sign of cataract formation. Using these results and information from other tests, optometrists are able to tell if you have cataracts.

Can cataracts be treated?
Many people with small cataracts that are not advancing can be helped with new prescription glasses and a regular eye health examination. When cataracts begin to affect your vision, interfering with your ability to work or drive, your optometrist will talk to you about the benefits of referring you to an ophthalmologist, or eye surgeon, to consider surgery to remove the cataracts. This operation is generally uncomplicated and has a very high success rate although, like all surgery, complications can occur.

How will I know when I need to have cataracts removed? Who gets cataracts?
While most cataracts are found in people over the age of 50 years, cataracts can occur in those younger than 50.

Can you prevent or slow cataracts?
Yes proper sunglasses that block ultraviolet light can slow or prevent cataract development. This is particularly important if you work outdoors or if you have an outdoor lifestyle. LED computer screens also emit ultraviolet light. Computer users should have a ultraviolet light blocking coating on their spectacles.

Continues on Page 19



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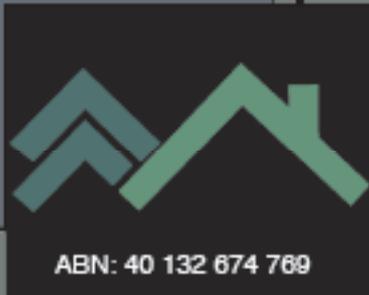
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If you have any further questions about cataracts please don't hesitate to contact your EyeQ Optometrist Peter Rose, Robert Rose, Jean Anderson or Anna Richter at EyeQ Nowra on 44214511

For convenient online bookings please go to www.eyeq.com.au

Callala Community Centre

The Callala Community Centre is open for business!

We are pleased to welcome back our regular hirers. There are some rules for hall users to follow

- If you feel unwell or have cold and flu-like symptoms you must stay home and may not enter this facility.
- Please bring soap and cleaning equipment with you, including detergent, cloth and bucket (consider if you will need a cup to gather water from small basins).
Clean all surfaces before and after your event with detergent.
- Pay particular attention to high-usage surfaces in the amenities, doorways and kitchens table and chairs
- Practice physical distancing and keep a minimum of 1.5m away from others as much as possible and observe the 4 square mtrs requirement

- Wash and/or sanitise your hands thoroughly for at least 20 seconds with soap and water, or use alcohol-based hand rub.
(The Hall Committee have provided hand sanitizer and cleaning solutions)
- Cover your nose and mouth when you cough or sneeze with a tissue or flexed elbow.
- Take all rubbish with you.
- Please ensure you also maintain physical distancing immediately outside the facility.
- Complete the attendance register and leave in the manila folder in the kitchen

CLEAN UP Callala Bay Road

Many of you will be aware the CBCA has 'adopted' Callala Bay Road to be kept free of rubbish. The Council has assisted by providing the CBCA with hi-viz clothing, hats and gloves to keep volunteers as safe as possible while achieving the task.

The next Clean up will be Sunday 18 Oct 2020 commencing at 8:00am.

Participants must have attended a formal briefing to assist.

This briefing will be held after the CBCA meeting on Wed 14 Oct 2020 at approx. 8:00pm.

The contact is James Morris on 0414652560



*The Callala Bay News Publication
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Route 120



Currarong, Callala Bay, Callala Beach, Myola to Nowra and Bomaderry

Departs	School Days	Monday to Friday			School Holidays		
	AM	AM	AM	PM	AM	AM	PM
		♂	♂	♂	♂	♂	♂
Currarong							
Crookhaven Pde	7.15 T	8.25 T			8.00		
Yalwal St	7.16 T	8.26 T	Not Available	Not Available	8.01	Not Available	Not Available
Tennis Court	7.17 T	8.27 T			8.02		
Progress Hall	7.18 T	8.28 T			8.03		
Cambe & Nowra Rds	7.20 T	8.30 T			8.05		
Callala Bay							
Sydney Ave	7.35 T	8.47	10.10	1.45	8.20	10.10	1.45
Boorawine Terrace	7.30 T	8.40	10.13	1.48	8.23	10.13	1.48
Emmett Street Shops	7.30 T	8.46	10.16	1.53	8.26	10.16	1.53
Callala Public School	7.35 T	8.45	10.17	1.54	8.27	10.17	1.54
Callala Beach / Myola							
Queen Mary Street	7.15 T	8.15	10.20	1.58	8.31	10.20	1.58
Catherine St Myola	7.20 T	8.20	N/A	N/A	8.36	N/A	N/A
Sir Henry Crescent	7.22 T	8.23	10.23	2.02	8.40	10.23	2.02
Callala Beach Shops	7.25 T	8.25	10.25	2.04	8.42	10.25	2.04
Watts and Lennox St	7.27 T	8.28	10.28	2.07	8.45	10.28	2.07
Mayfield	7.40 T						
Stewart Place Nowra	8.20	9.20	11.00 #	2.55	9.20	11.00 #	2.55
Bomaderry Rail	8.15	9.30	11.10 #	2.40	9.30	11.10 #	2.40
Nowra Tafe	8.20	9.32					
Stocklands Nowra		9.40	#	2.50	9.40	#	2.50
Train Departs Weekdays	8.17 & 9.20	10.00*	11.23 & 12.00pm*	16.12	9.20 & 10.00*	11.23 & 12.00pm*	16.12
Train Departs Saturdays					10.31	12.29	16.33

* Bus Service 737 Bomaderry Station to Kiama Station # Drops only as Required. SERVICES DO NOT OPERATE SUNDAYS AND PUBLIC HOLIDAYS
T Transfer at Shoalhaven High School for Nowra and Bomaderry T Transfer at Callala School for Nowra and Bomaderry

Route 120



Nowra and Bomaderry to Callala Beach, Myola, Callala Bay and Currarong

Departs	Monday to Friday	Monday to Friday	School Days	School Holidays		
	AM	PM	PM	AM	AM	PM
Train Arrives Weekdays	8.40* & 9.15	11.40* am & 12.27	1.40* & 2.17		8.40* & 9.15	11.40* am & 12.27
Train Arrives Saturdays					8.19	12.21
						1.40* & 2.17
						2.19
Departs	♂	♂	♂		♂	♂
Stewart Place Nowra	9.20	12.20	2.55		9.20	12.20
Bomaderry Rail	9.30	12.32	2.40		9.30	12.32
Nowra Tafe	9.32	12.34		3.30 S473	9.32	
Stocklands Nowra	9.40	12.40	2.50		9.40	12.40
Mayfield				3.55		
Callala Bay				S473		
Callala School			3.35	4.11	10.17	
Sydney Ave	10.17		3.43	4.05	10.10	
Boorawine Terrace	10.10		3.40	4.08	10.13	
Emmett Street Shops	10.13		3.35	4.10	10.16	
Callala Beach				S473		
Queen Mary Street	10.20	Drop as Required	3.46 T	4.22	10.20	Drop as Required
Catherine Street Myola	N/A		3.51 T	4.27	N/A	Drop as Required
Sir Henry Crescent	10.23		3.55 T	4.30	10.23	
Callala Beach Shops	10.25		3.45 T	4.21	10.25	
Watts, Lennox Road Loop	10.28		3.42 T	4.18	10.28	
Currarong						
Cambe & Nowra Rds			3.50 T	4.20 T		
Progress Hall	Not Available		3.53 T	4.23 T		
Tennis Court			3.55 T	4.24 T		
Yalwal St			3.57 T	4.25 T		
Crookhaven Pde			4.00 T	4.26 T		

* Bus Service 737 Kiama Station to Bomaderry Station. # Drops as Required. SERVICES DO NOT OPERATE SUNDAYS AND PUBLIC HOLIDAYS.
T Transfer at Callala Bay for Callala Beach, Myola and Currarong. T Transfer at Callala Bay for Currarong. S473 Bus for Callala Bay, Callala Beach, Myola and Currarong.

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South Coast Vets

Pet Obesity.

Dogs and cats that are heavier than their ideal body weight will have a shortened life span and a poorer quality of life. Many pet owners mistakenly overfeed their pets as a show of love and affection, instead they are causing harm. There are better ways to show your pet that you love them. Reducing the amount of calories you feed your pet will result in weight loss and minimise the unwanted problems of weight gain and pet obesity.

To assess a dog or cats body condition, you should run your hand along the ribs, the ribs should be felt like you can feel the bones on the back of your hand. If you cannot feel the ribs, the pet is overweight. You should also be able to see a waist when the pet is viewed from above and from the side at the flank area.

Overweight animals are more likely to suffer from metabolic diseases like diabetes , heart disease and pancreatitis, they are more likely to show signs of arthritis and spinal pain, they may develop breathing problems or certain cancers. Generally, if your pet is overweight, its lifespan is impacted and it will have a worse quality of life.

54% of pet owners will give their pet food if it is begs and 22% of pet owners overfeed their pet to keep it happy. This is a mistake, food does not equal love, instead there are many other ways to show your affection and support the bond with the animal, like exercising or playing ball with the pet and grooming the pet.

To maintain a healthy weight, the correct daily calorie allowance should be fed with no or minimal treats. To get your pet to lose weight, a reduced calorie diet should be fed, with no treats.

To give a reduced calorie diet without any nutrient deficiencies, commercial weight loss diets for dogs and cats have been developed.



Callala OOSH By Katie

Callala Before and Afternoon Care for school-aged children by qualified and caring staff.

For information please call Katie-

0419917793 or 0427976669

email: callalaooshbykatie@gmail.com



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All Artworks on display at the Gallery are For Sale.

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Callala Gallery on Facebook

www.artclassesnowra.com

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Callala Community Garden

Callala Community Garden Update as of 18th September 2020

What has been happening behind the scenes / blue mesh ?

Variations on the DA and the Federal Government Grant have been approved and works are well underway.

The heavy rain highlighted the need for better, deeper road base for paving on the driveway. Now underway.

No firm completion date as yet due to additional construction and heavy rain.

The footings for the accessible toilet added to the south wall of the new shed have begun.

The tank is in, the shed is up, the water is plumbed, fence is up and the paving is going well.

Accessible footpath from Emmett Street to the table and CCG has been agreed to by SCC at the General Council Meeting .

CCG AGM scheduled for 7th November at 2 p.m. with celebratory BBQ to follow.

We are looking forward to planting out seedlings being raised off site.
More info on working bees once we have access.





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GOLF COURSE

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FRIDAY

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TUESDAY

\$17 T-BONE Night.
HAPPY HOUR from 4 – 6pm.

WEDNESDAY

\$15 Chicken Schnitty Night.

RAFFLES

THURSDAY

Bowlers Extensive Raffle from 6pm
with great prizes.
Members Badge Draw!

FRIDAY

Meat Mart Best value Friday night in
town Meat Tray prizes with value
over \$1,000 – Tickets on sale 6pm
Draw commences approx 7pm

SATURDAY

Fisho's Raffle from 12 noon to 1:30pm

SUNDAY

Meat & Seafood Raffle - Tickets 4pm - Drawn 5pm
Members Badge Draw!
Fisho's Weigh In – 2pm 4th Sunday each month.



**Members
Badge Draw
EVERY
THURSDAY
& SUNDAY**
+ BONUS DRAW LAST SATURDAY EACH MONTH

MONDAY
Close @ 7pm
Free Trivia – 6:30pm Start.

WEDNESDAY
NPL Poker – Only \$2 to Play
6:30pm start – Cash prizes & regional
tournament tickets to be won every week

THURSDAY
Bingo – Eyes down at 11am

SUNDAY
Members Happy Hour
3pm to 4pm

BOWLS

Monday- Indoor 12 noon
Tuesday – Women's Bowls from 9:30am
Wednesday – Men's/Mixed Social Bowls
Names in by 12:30pm for 1pm start.

Every day – Barefoot Bowls
\$10 per person – Kids play for free.
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Culburra Beach & District Men's Shed

Spring has sprung so our thoughts turn to the garden. Whether it's a sunny cottage garden, the practical vegetable patch, your citrus trees or ornamental shrubs and flowers, we all know the importance of active pollination.

Bees are the best known plant and flower pollinators. Most of us will have European bees in the garden but have you ever considered the importance of our own Australian native bees? There are over 1500 species of Australian native bees, with many of them endemic to the local areas of Callala Bay, Callala Beach, Myola, Culburra Beach, Orient Point and Pyree.

Australian native bees co-exist quite happily with European bees, which can either be under the care of local bee keepers via their hives or feral colonies established in local trees. A major difference with native bees is that they are stingless, so they present little danger to children or gardeners with allergies.

European bees produce commercial quantities of honey. Australia native bees in our area are predominantly solitary bees that produce no honey for harvest.

In your garden you'll likely attract native reed bees, carpenter bees, resin bees, leaf cutter bees, blue banded bees, cuckoo bees, teddy bear bees, etc, as well as other pollinating insects. You can increase their numbers, and improve their habitat, by planting Australian native shrubs and flowers, as well as other bee friendly plants like lavender, salvia, rosemary, etc. You can further improve the attractiveness of your garden by providing one or more native bee hotels.

Our Men's Shed makes a range of native bee hotels in various sizes, suitable for any garden. They provide refuge and housing, as well as breeding spaces for native bees and other beneficial insects. They can be placed almost anywhere

in the garden, but preferably where the bees can enjoy the morning sun.

Prices start from just \$20. Call Ray on 0499 452095 for more information.



Please think about providing support for our local Australian native bees by installing a bee hotel in your garden. They make a fascinating and educational addition to your local environment, and will lead to significant improvements in your blossoms, fruits, vegetables and flowers.

Attention Dog Owners

Dogs are required to be on a leash at all times except when in an 'off leash area'. Dogs are only permitted to be 'off-leash' in designated Council managed areas and must be under the control of a competent person at all times.

Pet owners also need to be aware of the following:

Restricted breed dogs or dogs declared dangerous or menacing are not permitted in off-leash areas

Person in charge of the dog must immediately remove the dog's faeces and properly dispose of them

A dog must have a collar around its neck and there must be attached to the collar a name tag that shows the name of the dog and the address or telephone number of the owner of the dog
All off-leash areas are regularly patrolled and all regulations enforced

On the spot penalties apply for non-compliance.

SHOALHAVEN.NSW.GOV.AU

Off-leash & Prohibited Areas

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

Anglican Churches

of Culburra Beach | Callala | Currarong

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

m. 0414 616 860 e. culburra.anglican@gmail.com

www.culburraanglican.org.au

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What's On Regularly at the Centre:

Sunday Callala Christian Community Church: Call Pastor Kevin Kettlewell	9 am
Monday - Friday (school times) OOSH By Katie for OOSH times call Katie 0419 917 793	
Monday Friends of Callala - over 50's social group - new members always welcome	12-2.30pm
Tuesday Mat Pilates: Call Erin 0434 419 694	6:00pm
Second Wednesday of the month: Callala Bay Community Association	7:00 pm
First Saturday of each month: Callala Community Church Pre-Loved Clothing stall	9.30am-12pm
Second Saturday of each month: Callala Markets - Call Sandra 0413 581 419	8am-1pm

For all bookings and enquiries call Jane: 0408 521 520

October 2020

What's On @



Saturday 3rd

JEFF HILL – from 7pm.

Saturday 10th

WILLIAM WALLACE – from 7pm.

Saturday 17th

THAT ACOUSTIC GUY – from 7pm.

Saturday 24th

KATE YOUNG – from 7pm

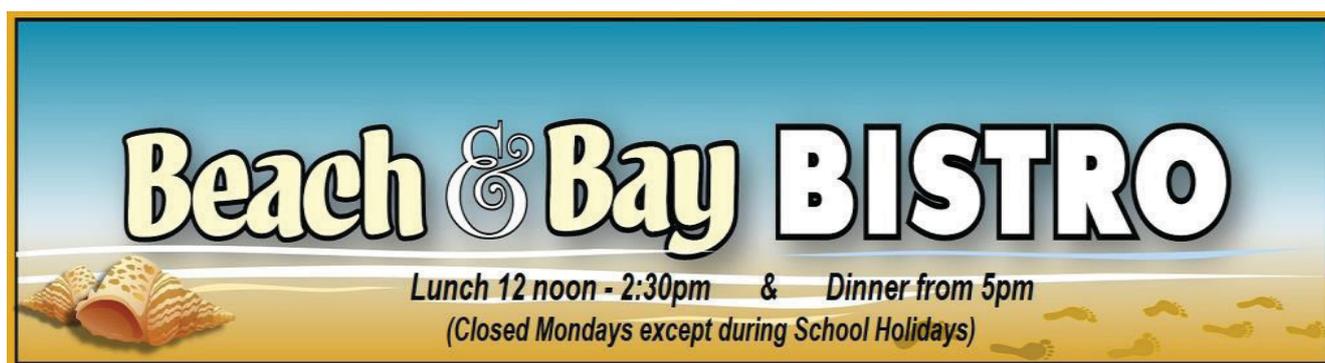
Saturday 31st

JAMIE PARKINSON – from 6pm

MAJOR PRIZE – MEGA MEAT RAFFLE – Tickets on sale 6:30pm to 7pm.

2ND CHANCE DRAW – 5 x 10,000 points to be Won! (Worth \$100 each).

BONUS BADGE DRAW – 1 Number – 1 Chance to Win! – Drawn 7:20pm.



LUNCH – 12noon to 2:30pm

DINNER – from 5pm

Bookings on 4446 5313 Option 4

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Callala Golf Club Report

Well, golf is back in full swing with the Vets competition held as usual on a Tuesday and the Mixed Competition on a Saturday morning. The ladies have opened their Wednesday competition to men and from now on will be a Mixed Competition. So competition days are now Tuesday, Wednesday and Saturday mornings and anyone with a GA handicap is welcome to join us.

The rain did have the course closed for a couple of weeks but all fairways are now open and looking the best they have looked in a long time.

Following are the results for the last 3 weeks.

Vets Tuesday Competition

01/09/20 – Game was a stroke play with Roger Burton coming in with a great 66 points won the day, followed by Barry Whitlock with 67 points and Lee Bebbler with 67. Nearest the pin on the 3rd was G Lewington, 10th B Snelgrove, 14th M Inness and 16th A Ferguson.

08/09/20 – was again a stroke play. Ilija Sesum won the day with a score of 69 on a countback with Roger Burton who also came in with 69. Third was Alan Schatzman with 71. Nearest the pin on the 3rd was I Sesum, 10th J Dobson, 14th R Jerman and with J Dobson also on the 16th.

15/9/20 – Another stroke play being won by Dave Dickeson with 67 followed by Colin Chessell taking out second on a count back from James Reardon who both had 69. Nearest the pin on the 3rd was C Chessell, 10th L Bebbler, 14 and 16th M Barnes.

The vets are in the middle of their championship playoffs and we wish all the players the best of luck.

Saturday Competition

29/08/20 – 45 players fronted up for a single stableford which was won by Christoph Mecker with 39 points with Glenn Hughes coming in

2nd with 36 and 3rd Matthew Grant with 36. Nearest the pin on the 14 was C Mecker and A Ferguson on the 16th.

05/09/20 – A great field of 57 took to the course to play a stroke game and Monthly Medal. Neville Shearsby took out the day with a great 59 nett. Well done Neville. A grade was Ben Philpott on 68, B grade Brian Riley with 71 and C Grade Neville Shearsby. Nearest the pin on the 3rd was G Mytilinious, 6th P Cousins, 10th A Schatzman, 11th S England, 14th C Rynehart, 16th A Ferguson.

12/09/20 – 40 players took part in a single stableford. Kerry Levick came in 1st with a beautiful 40 points followed by Alan Ferguson and Graham Lewington with 36. Nearest the pin on the 3rd was C Wassell, 10th B Philpott, 14th M Grant and 16th B Philpott again.

They too are in the middle of their Championships and again we wish all the players the very best of luck.

Wednesday Competition

02/09/20 – was a single stableford with both Pat McAndrew and Alan Barnes coming in with 32 points and Pat taking out the day on a countback.

16/09/20 – was a stroke game, the NSW Medal, Vets and Putting competition. Alan Barnes came in first with a great score of 66 followed by Myrna Barnes with 73. Great scores. Myrna Barnes also took out the Medal and Alan won the putting competition with 27 putts. Definitely a Barnes day! Great going you two.

Shop volunteers are still operating under the Covid 19 Rules and would ask that members and visitors please abide with these rules when visiting the pro shop and course. We are one of the only golf courses in the area open to all at the moment and if we do the right thing, the course will remain open and safe for all.



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Callala Bowls Report

SEMI FINAL OF THE TRIPLES

Fine, sunny conditions greeted the players for the Triples Semi Finals on Saturday, September 5. Petra Ford, Lesley and Chris Harbrow played Eddie Semovente, Steve Irwin and Steve Foley. Chris's team dominated the game winning 27 - 15. The second game saw Gary Manning, Dennis Beazley and Bob Fowler take on Dion Gadd, Glenn Brindle and Grant Ridges. This was a close game until Grant's team added 14 shots over 7 ends. Bob's team came back adding 5 over the last 2 ends although, not good enough to win the game going down 19 - 22.

FINAL OF THE TRIPLES

Fine, sunny weather with a slight breeze were the conditions for the Final of the Triples, Saturday 12, September. Dion Gadd, Glenn Brindle and Grant Ridges started well leading Petra Ford, Lesley and Chris Harbrow 5 nil on the 2nd end. Chris's team picked up 5 on the next two ends to level the score, 5 all on the 4th end. The game seesawed over the next 6 ends with the score tied on 3 occasions. Grant's team led 17 - 11 on the 18th end. Chris's team added 3 shots to bring the score to 14 - 17 going into the last end. Chris's team was holding 6 shots on 21st end when Grant's last bowl cut the opposition to 1, thus winning the game 17 - 15. Congratulations to both teams for a fantastic game.



L to R Dion Gadd, Grant Ridges, Glenn Brindle with Dennis Beazley, Gary Manning & Bob Fowler



L to R Dion Gadd, Glenn Brindle and Grant Ridges Triples Champions 2020



L to R Eddie Semovente, Steve Irwin, Steve Foley with winners Chris & Lesley Harbrow and Petra Ford



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Graham Worts

Callala Bowls Report

MEMORIAL DAY TOURNAMENT

In fine, sunny conditions on Saturday, September 19, Callala Bowling Club held their annual Memorial Day Tournament, in memory of former prominent club bowlers. It was great to see 12 teams play for the prizes. The winner for 2020 was the team of Marinus Vanbroekhoven, Terry McMillan and Shane Durbidge. Runners up were Lyn Byrne, Des Ryan and Dennis Beazley, Third place went to Tracey Semovente, Pat Ford and Phill Bowerman. The AM prize was won by Bev Young, Steve Robertson and Greg McMillan. The PM prize went to Sam Bowerman, Graham Hulbert and Steve Foley.



L to R Phill Bowerman, Tracey Semovente & Pat Ford



L to R Shane Durbidge, Terry McMillan, Mariinus Vanbroekhoven Winners Memorial Day



L to R Greg McMillan, Bev Young, Stephen Robertson AM winners Memorial Day



L to R Dennis Beazley, Lyn Byrne, Des Ryan Second Memorial Day



L to R Steve Foley, Sam Bowerman, Graham Hulbert PM winners Memorial Day

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.

If you have good saleable furniture to
donate, contact Malcolm on **0429 092**
347

**Culburra Beach & District Men's
Shed**

Every Monday and Wednesday
from 9.00am to 1.00pm, beside the
Banksia Community Hall, Fred Evans
Lane, Culburra Beach (IRT entry).

More details – contact Ray Sutton –
0499 452095

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