

Callala Bay NEWS

March 2025

Issue 137-2025

Monthly Magazine from the Callala Bay Community Association Incorporated



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Contact: editor.cbcanews@gmail.com



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CALLALA BAY NEWS

*A monthly newsletter of the
Callala Bay Community Association Inc.*
ABN: 68 031 980 561
www.callalabaycommunityassociation.com
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PO Box 14 Callala Bay 2540

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Note from the Editor:

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

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

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Culburra Beach & Districts Men's Shed

We're often asked at the Markets and elsewhere "just what do you do at the Men's Shed". So, for the record, and particularly for those out there hesitating about making a commitment, here are a few key points about the underlying philosophy and activities available at our Men's Shed.

The overarching philosophy of Men's Sheds is to improve the mental health of (particularly, but not exclusively) older men in our local community. Typically, men spend about 50 years working at a particular trade or vocation. When that activity ceases, for whatever reason, there is sometimes an activity void and subsequent loss of identity. This can lead to anxiety, depression and loss of self-esteem.

Men are often reluctant to discuss these feelings and its impact on their mental health. Men's Sheds provide a comfortable space to

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deal with these issues by providing a non-judgmental environment and by engaging in various activities "shoulder to shoulder".

Our Shed activities can be described in four broad groupings, i.e.-

1. Social activities.
2. Projects for the home.
3. Production of merchandise for sale (for fund raising).
4. Community service projects.

Irrespective of your current skill level, past work experience or natural aptitude, we'll ensure that you get the best out of your time at the Shed. To find out more, please contact us as mentioned at the end of this article or speak to us at the next Callala Markets.

The February Callala Markets were well attended by both locals and visitors, and we were blessed with fine weather. Our product range is now replenished, and we had some sales success. We're looking forward to similar results in March.

Further to the mention last month of 'off cuts' of quality timber, here are a few examples of recent craft work using such materials.



Chopping boards and coat rack made from recycled timber

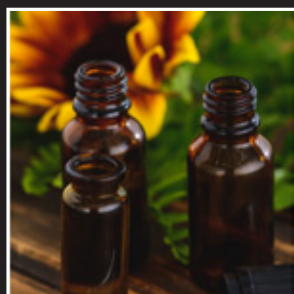
Our "Fix it Mondays", where we undertake minor repairs and refurbishments for local residents, continue to be well patronised. Bring in that broken chair, garden ornament or family heirloom and we'll endeavour to bring it back to life. Our welding bay is also always ready to assist with repairs to metal and steel items.

Of course, we don't just do repairs. We're always open for 'special orders', either using our existing timber stock or new material at cost. Just bring in a dimensioned sketch and we'll see what we can do for you.

We'll be at the Callala Markets on Saturday 8 March, from 8am 'til 1pm. So, please come along and check out our range of timber craft, nestboxes and native bee hotels. Or just call in for a chat and see what Shed membership can offer you.

The Shed is open for door sales on Mondays and Wednesdays from 8.30am to 1.00pm. Feel free to call in and peruse our full product range.

Follow us on Facebook or join our Facebook group to stay up to date with news and events. You can contact us through Facebook, via email to [CBDMS1@outlook.com](mailto: CBDMS1@outlook.com) or by phone on 0494 055329.



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Notes from the CBCA General Meeting held 12 Feb 25

A very different meeting was held in February, with eight new members accepted. The Wowly Creek Petition of 2300 signatures, collected in a month, was presented to Council On 21 Jan 25 by Jemma Tribe. Any action is now a waiting game. A special mention must be made about the tenacity and determination of Christine Byron to get as many petitioners as possible.

The Shoalhaven Character Assessment has also been front of mind of the CBCA. After the SCC councillors unanimously accepted the Character Assessment proposal before Christmas, they then rescinded their support a few days later. The CBCA wrote to SCC voicing its concern about this and supported Jemma Tribe's new rescind motion. This letter prompted a request from Jemma Tribe to do a deposition to Council which we agreed to do. Meanwhile 9 other CCBs together with the CBCA met and produced another letter regarding the rescission motions which went to Council and Sue Chapman spoke about these actions in her deposition.

There have been several letters to and from Council without our original question being answered and the Mayor was to talk about this at Feb meeting; unfortunately she was unable to attend. If anyone is interested in all the correspondence, please contact the CBCA at admin@callalabaycommunityassociation.com.au.

The Australia day breakfast was greeted with damp, windy conditions welcomed us but cleared without dampening the morning to any great extent. Egg and Bacon rolls by the RFS, coffee by Bumpy Road, music by the Ukellalas and Nick Block made for an enjoyable morning. Thanks go to all the volunteers that helped on the day but a special thanks goes to Jim Townsend who quietly goes about keeping us all in line.

Thanks also goes to all our sponsors whose generosity makes the day possible. Thank you, Callala Bay IGA, Callala Bay Family Butcher, Callala Physiotherapy and Pilates, B Elite Salon, Callala Bay Post Office, Remos Bakery, Dollar Valu Cellarbrations, Something Seafood, Callabrisella, Club Callala, BCF, Bunnings Tackleworld and CBCA members who all donated.



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Callala Gallery on Facebook

Meet the Candidates. The CBCA is organising a "Meet the Gilmore Federal Candidates" two Saturday before the Federal Election at the Callala Bay Community Centre at 3pm. We will keep you advised

Community Survey. A 'Google' survey was sent to all members, and we received 56 responses, a pretty good result. The bulk of the meeting was spent discussing the survey and working on a direction for CBCA for the immediate future. The Meeting was separated into 4 groups to discuss the results and report back to the meeting. Responses are currently being collated. (See picture below)



Annual General Meeting.

The CBCA Inc AGM is to be held on 12-03-2025.

All positions are declared vacant, and volunteers will be welcomed.

SPECIAL NOTICE

Council has put on public exhibition their draft 'Community Participation Plan for Planning and development Matters (CCP) until Friday 14 March.

Please read plan which is at the Council Chambers and determine if it is 'fit for purpose'. If not please write to Council and make a suitable comment



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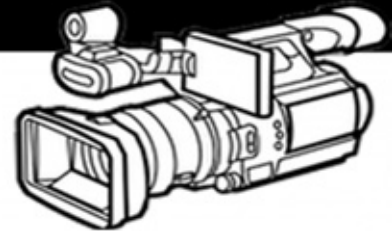


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Authorised by Fiona Phillips MP, Nowra.



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www.culburraanglican.asn.au

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All enquiries: 0498 023 781

www.culburra-beach-mens-shed.org.au

Facebook: Culburra Beach Orient point Men's Shed <https://www.facebook.com/cbopmshed>



CLUB HOURS

Mo: 10AM - 7PM
Tu: 10AM - 9PM
We: 10AM - 10:30
Th: 10AM - 10:30
Fr: 10AM - 10:30
Sa: 10AM - 10:30
Su: 10AM - 9PM

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Tuesday \$23 Rump Steak Night
Wednesday \$18 Chicken Schnitzel Night
Thursday \$20 Pizza Night
Saturday \$15 Club Beef Burger Lunch Special
Sunday Roast \$20 Lunch & Dinner

ALL WEEKLY SPECIALS DINE-IN ONLY

MONDAY:

Indoor Bowls - from 12PM

TUESDAY:

Veterans Golf - from 7:30 to 1PM

WEDNESDAY:

Callala Mixed Social Bowls - from 12PM

Ladies' Golf - from 8:30 to 1PM

FRIDAY:

Fitness Class - from 10:30AM

SATURDAY:

Mixed Golf Comp - from 7:30 to 1PM

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Barefoot Bowls \$15 per person,
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THURSDAY:

Bowls Raffle - tickets sold from 6PM

Bowls Schooner Draw - from 7:45PM

FRIDAY:

Mega 50 Meat Tray Raffle -
tickets sold from 6PM, drawn 7PM

SATURDAY:

Fisho's Raffle -
tickets sold from 12PM to 1:30PM

LAST SATURDAY OF MONTH:

Meat Tray Raffle -
tickets sold from 6:30, drawn 7PM

SUNDAY:

Meat & Seafood Raffle -
tickets sold from 4PM, drawn 5PM

TUESDAY:

Happy Hour from 4PM - 6PM

Social Darts from 5PM

Trivia starting 6:30PM

THURSDAY:

Bingo from 11AM

Happy Hour from 5PM - 7PM

Pool Competition - rego from 6:30PM, starts 7PM

Member's Badge Draw 6:30PM, 7:15PM, 7:45PM

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Second Chance Draw & Members Badge Draw

SUNDAY:

Fisho's Weigh-In on 4th Sunday at 2PM

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Callala Beach Road, Callala Beach 2540

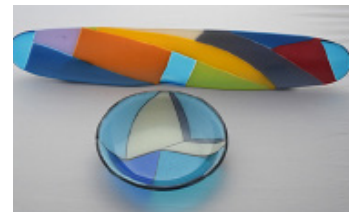
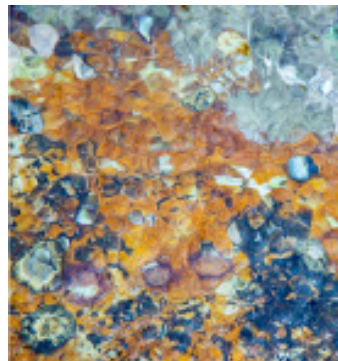
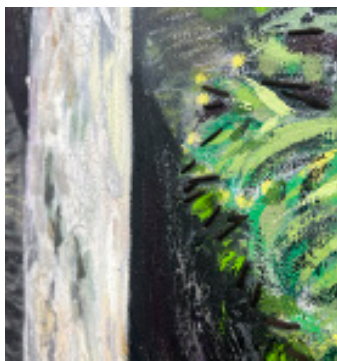
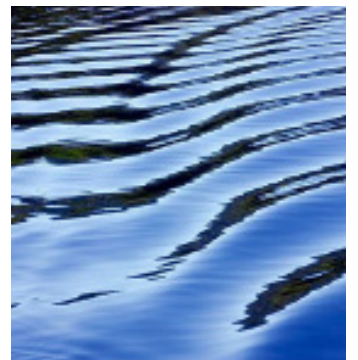
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Motor Vehicle Accident	000	police.nsw.gov.au
Police	000	police.nsw.gov.au
Police – Non Emergencies	131 444	police.nsw.gov.au
Police Crime Stoppers	1800 333 000	police.nsw.gov.au
Household Fire / Hazmat	000	fire.nsw.gov.au
Bushfire	000	rfs.nsw.gov.au
Shoalhaven RFS District Office	4424 4424	rfs.nsw.gov.au
Bushfire Survival Plan	-	rfs.nsw.gov.au
Bush Fire Information Line	1800 679 737	-
Flood, Storm and weather warnings	-	bom.nsw.gov.au
Storm / Flood	132 500	ses.nsw.gov.au
Power Outages	131 003	endeavourenergy.com.au
Main Road Closures	132 701	livetraffic.com
Local Road Closures	1300 293 111*	shoalhaven.nsw.gov.au
Shoalhaven City Council	1300 293 111	shoalhaven.nsw.gov.au
Shoalhaven City Council After Hours	4421 3100	shoalhaven.nsw.gov.au
Shoalhaven Hospital	4421 3111	-
Milton Hospital	4455 1333	-

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Useful Apps & Websites

Visitors to the area can download the following free mobile apps to stay informed of the latest advice and information in the event of an emergency.

Emergency+ App

The Emergency+ app is a free app developed by Australia's emergency services, Government and industry partners.

The app uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services.



emergencyapp.triplezero.gov.au

Other Helpful Apps & Websites



Fires Near Me NSW



Floods Near Me



Weather Zone



COVID Safe



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Marine Rescue



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shoalhaven.disasterdashboards.com/get-ready/overview



ANZAC DAY FRIDAY 25 APRIL 2025

Anzac Day (25th April) is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War – a day of national remembrance.

ANZAC stands for Australian and New Zealand Army Corps.

When Britain declared war in August 1914, Australia was automatically placed on the side of the Commonwealth. On the 25th April 1915, Australian and New Zealand soldiers formed part of an expedition to capture the Gallipoli peninsula in order to open the Dardanelles to the allied navies. The objective – to capture Constantinople (now Istanbul in Turkey), the capital of the Ottoman Empire, and an ally of Germany. Despite the courage of the allied forces, the campaign failed and after eight months the forces were evacuated. These soldiers became known as ANZAC's.

Anzac Day is a day to honour, commemorate and remember all the courageous Anzac's who served and sacrificed their lives and will be commemorated at the Memorial adjacent to Club Callala, Callala Beach Road, commencing at 09:45am.



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WHAT IS CURRENTLY GROWING



Tomatoes including Rouge de Marmande, Oxheart, Tommy Toe and Grape Cherry. The Basil, most often found growing among our tomatoes, is thriving this year also.

A mini squash, that is self-sown in last year's bed, has produced a small but welcome crop. Meanwhile the Black Prince Chilli and the Ghost Chillies have made a resurgence after being nearly wiped-out last year. Just be cautious with this one!

Eggplants and 3 types of cucumbers (Lebanese, Continental and Long Green) have provided us with ongoing crops. We picked up a good tip about growing these...Thanks Wade. Our colourful capsicums made a wonderful display on market day. We have

grown green, yellow, orange, red ones as well as green /white striped varieties. They were popular with our customers.

Also on Market Day, Kaye produced a Curry Pack containing curry leaves, garlic, okra, Malabar spinach and chilli, all grown at the garden. A popular seller.

Our own Seaweed Brew is helping boost the strength of our plants. It is now being used more and more often by our volunteers instead of buying more Seasol.

Rockmelons are going well in the boats but please wait until they are ripe before you help yourself as they won't ripen after they are picked



VISITORS TO THE GARDEN

SCOTS COLLEGE VISIT

On Tuesday 4th February, nearly 40 enthusiastic year 8 students came to Callala Community Garden, 10 at a time, to lend a hand with our many and varied jobs. Eleven volunteers were in attendance to guide and work with the students.

Each session began with an explanation of our volunteering, then took a tour of the garden, past the compost bays, up to the upper gardens, then down to work. Wade Everingham (an organic growing expert) who was present, was able to open the students' minds to the billions of microorganisms living in OUR compost and he considered it some of the best he has seen! A great accolade to our hard-working compost team.

As far as allocating jobs, we operated on a working bee model, with trimming, turning compost, potting and replenishing potted trees, rejuvenating summer beds for autumn crops, moving and stacking pavers to be repurposed, potting chives, trimming tomato plants, laying and spreading mulch, collecting and sifting seed, some serious weeding and propagating our perpetual basil. Filling a newly rebuilt bed was heavy work but the boys were keen to push heavy soil-laden wheelbarrows back and forth to the location. Benefits went both ways. The students learned something while using their social and practical skills. We enjoyed their company and valued them lending a hand to tick off so many jobs on our garden bucket list.



Fiona Phillips, our local Federal MP and long-time friend of the Community Garden called in on market day, 8th February, to check out what's growing. Among other things, she found some fancy capsicums.



FRIEND OR FOE?

Living on a Kumquat leaf, this is the larvae of a large, predominately black butterfly with wingspan of 12cm or more. It is called the Orchard Swallowtail (*Apilio Aegeus*) or the Large Citrus Butterfly. It is a native butterfly found in Eastern Australia. The larvae feed on young leaves of citrus trees. The adult butterfly feeds on nectar from their flowers.

On a healthy plant, a couple of larvae will have little impact, however in large numbers they are considered a pest in citrus plantations. Many Swallowtail populations are in decline because of the use of systemic pesticides.

WHATS ON

Working Bees as per 1st & 3rd Sundays.

28th February – Family Fun Friday

1st March Saturday 2025 – General Meeting 2 p.m.

7th March Friday – Pick & Prep (for market, from 3pm)

8th March Saturday – Market Day

28th March – Family Fun Friday Let's get ready for Easter!

WE NEED MORE VOLUNTEERS

Do you have ANY free time that you would like to spend being useful in our Community Garden? No previous experience required!
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Callala Markets

The February Callala Markets were well attended, with great weather and all vendors reported lots of interest. Both locals and tourists were out and about enjoying the atmosphere of the Markets. We had a new stall holder this month (Bee My Passion) with her range of honey products. Well worth a look at in March if you missed her last month.

Our stall holders offer a range of locally made products, ranging from handmade candles and soaps, wooden plaques and bowls, beautiful handmade pottery, jams and spreads, and jewellery through to crystals, baby booties and hats, designer cards, and soft knitted children's toys. So come along and check out the variety available at your local market.

Your support of local craft makers and stall holders assists our Markets in supporting the local community. All profits from stall holder fees contribute to future donations.

The March Markets will be on Saturday 8 March from 8am to 1pm at the Callala Community Centre, Emmett Street, Callala Bay. Autumn will be upon us but the weather should still be warm so get out there, enjoy the vibe and grab a bargain.

The Callala Community Garden will also be open for visitors on that day.



Bee My Passion products

Fresh seasonal produce is always popular, so come on down and check the entire range. We always hope for fine weather, but we'll be there - rain, hail or shine.

Want to join us? Contact Sandra on 0413 581419 for stallholder enquiries.

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Tennis @ Callala Bay



Fancy a hit?

Located here in Callala Bay, the courts are attached to, and managed by the Callala Bay Progress Hall. They are located at the corner of Wearne and Morton St.

Bring your own rackets and balls!

Ring 444 64 313 to book

Available for casual and regular bookings.

Lessons—call Daisy on 049 053 7551

Culburra Beach & District Garden Club Inc.

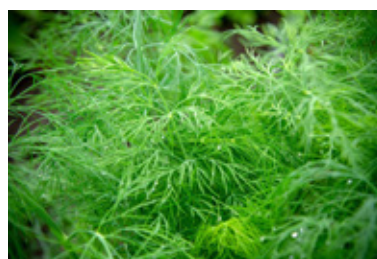
Hi everyone, Our first meeting for 2025 was on Saturday 15th February and theme chosen was Valentine's Day. Members wore red and they brought chocolate goodies for all of us to share. President Bev welcomed members, two visitors and guest speakers Shirley and Horst Read -Jahn from Shoalhaven Heads. Sadly, three of our golden girls(90+) have decided that it's been too hard for them to attend meetings. We will miss their friendship and general knowledge of plants. Our club numbers need to increase so if anyone is interested in joining a social group and who love plants and gardening please come along to our meetings.

Guest speaker

Shirley Read-Jahn was a complete surprise. Those of you who frequent Callala markets will have seen her and husband Horst at the back of the hall selling books. Shirley is the author and illustrator of 16 books - mainly children's books but has published memoirs too. She asked me if she could talk briefly about her life before her books. Shirley is a wonderful raconteur- from her past experiences she excels at telling anecdotes in a charming and humorous way. She has lived a full life and met many people. She named dropped and we lapped it up. Shirley grew up in England, lived in USA , Spain, and travelled to many countries before settling in Australia. In England she created English gardens and worked as a paralegal. In the swinging 60's she met the Beatles- yes John, Paul, George, and Ringo while they were jamming at a house she was invited to. Andy Williams was there as well. As a student she was visiting Westminster Abbey on an excursion once when a gentleman started to talk to her about a painting, they were both admiring. She found out later from her teacher that the man was President Dwight (Ike) Eisenhower. She also met Dame Anna Neagle(British actress) Princess Margaret and Vidal Sassoon (famous hairdresser from the 60's) and he gave her the

best haircut for free. We then moved on to her books which are based on true stories and have a moral. I bought one of the children's books for my great nephew Bronic titled Horrible Horrie and the magic hat. When she isn't writing Shirley teaches belly dancing. What made us laugh was when she told us that at school the only prize, she ever won was for basket weaving! After her talk, President Bev said that Shirley was the most interesting guest speaker we have ever had, and we all agreed.

One of our members brought in a specimen that she wanted identified. Some said it was dill and others said it was wild fennel because of the similarity in leaves. Dill and Fennel are in the same family- the carrot family and both have wispy leaves. One of the best substitutes for fresh dill is the similar feathery fronds of a fennel stem. Fennel seed makes a perfect substitute for dill seed. Wild fennel is also known as bitter fennel and only forms a small bulb. The plants, which grow up to 150 cm in height, are perennial and sprout again every spring. Wild fennel is grown for its seeds, which are more aromatic than cultivated fennel and have a strong taste, like liquorice. Dill is an herb with a strong, aromatic flavour that's commonly paired with fish, white meats, cream cheese, eggs, and vegetables.



Dill Plant



Fennel Plant



Next Garden Club meeting is Saturday March 15th 1.30pm at Culburra Anglican Church, Penguin Head Rd, Culburra Beach. Theme is St Patrick's day and wear something green.

Cheers to all and happy gardening, Doris Carpenter: 4446 5631

Thinking of having a function or meeting . . .



Why not have a look at the Callala Community Centre?

There is table seating for 110 with crockery and cutlery and a modern kitchen.

The centre is airconditioned and has state-of-the art audio visual capability for presentations, training and other entertainment included as part of the hire fee.

Car-parking is adjacent to the Centre and the Callala shops are opposite the Centre.

The Centre has grass surrounds, giving you the option of outdoor training as well as indoor.

If you have an exercise or social group or are looking for a place to hold your next celebration, call Cynthia on **0412 121 737** for enquiries. You can also look for us on **Facebook**

FREE

Pre-Loved Clothing & Book Stall

First Saturday of the Month
at the

Callala Community Centre

9.30am to 12.00 NOON

Clothes in good condition can be dropped off at the stall (on the day only). If clothing can be delivered by 10am; this will allow them to be displayed.

Sponsored by the Anglican Church, Callala

OVER 50? RETIRED?

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a hands-on business-
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*The Time Warp River Cruise Company***

The Anglican Parish of Culburra Beach

Anglicare Op Shop

Shop 3/4 Weston Street, Culburra Beach

Opening Hours:

Mon-Fri 9am - 4pm

Sat. 9am-12pm

** Closed Public Holidays*

Clothing, bric-a-brac, books, toys, linen, games, DVD'S, jewellery and more.

EFTPOS available

Saleable Goods are most welcome, but we can't accept furniture, white goods, mattresses, encyclopedias, computer ware and videos.



You can drop goods at shop or in charity bin situated at Culburra Anglican Church, Penguin Head Rd, Culburra.

If you would like to volunteer, please contact
Manager Neroli McCusker:
4447 4084 (Shop) or 0401 466 590

Defibrillators in Callala Bay



There is a number of defibrillators in Callala Bay.

They are located at:

- Club Callala
- IGA Supermarket
- Jervis Bay Sailing Club
- Callala Community School
- Callala Medical Centre
- Callala Community Centre
- Callala Rural Fire Brigade
- Myola Tourist Park

If you know the location of others, could you please contact Merry on 0439 809 088.



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

**My boss told me to
have a good day ...
so I went home**



Callala Bay
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Market-Fresh Fruit and Vegetables
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Located in Bayview Plaza, 55 Emmett Street, Callala Bay

How the locals like it.

Callala Bay Progress Hall and Tennis Court



**Looking for a venue with history and charm?
Available for both casual and regular hire**
*Recently renovated ... and now with new audio visual
equipment available! Reasonable rates.*

Bookings Ph: 444 64 313

or via Facebook

75 Boorawine St, Callala Bay

Regular Community Users

Craft Group: Tuesday (10am)
Friends of Dance: Tuesday (2:30 pm)
Yoga: Thursday (9am)
Advanced Tai Chi: Saturday (8am)
Pickleball (Wed and Thursday afternoons)

Maree ph 0408 250 443
Ann ph 0418 477828
Anna ph 0405 102 234
Jenny ph 04477 43179
Blair ph 0433 926 659

Tennis Lessons: Thursday After School Daisy 0490 537 551

<https://callalabayprogresshall.weebly.com/>





WELCOME to the Callala Community Centre, conveniently located opposite the shops in Emmett St, Callala Bay.

We are one part of the Shoalhaven Community Information Network (SCIN). Our technology has been upgraded to include solar panels, a storage battery, and satellite communications to provide an independent, continuous, communication solution with the Nowra Emergency Centre.

The information can be seen on the screens located at the Centre.

An audio-visual system has been installed in the Centre offering flexible and comprehensive facilities, including;

- **blue tooth; computer connectivity; the ability to operate DVDs and CDs and play personal audio-visual files from a USB drive or SD memory card.**

If you want to have a wedding; memorial service; business conference; group gathering or family reunions the Callala Community Centre is well worth considering.

Our facilities include

- **A well-equipped kitchen; air conditioning; raised stage and off-street parking, and**
- **Crockery, cutlery and glasses and seating for up to 120 people**

**For all hiring enquiries contact Cynthia on 0412 121 737
or email cynirwin974@gmail.com**

Follow us on Facebook at Callala Community Centre.



Callala Public School Parents & Citizens Association Inc.
Emmett Street, Callala Bay, NSW, 2540
callalapandc@gmail.com

Callala Public School P & C Canteen Volunteers Needed

Callala Public School's canteen is operated by the P&C with all profits invested back into the school.

It is a purely volunteer run canteen, with Dan Applebee being our manager who looks after the daily running of the canteen along with the help of other volunteers.

At the present time we only have one other volunteer. In order to keep the canteen operational we need more volunteers. If you have time to spare 9am - 12, be it once a week, fortnightly, monthly or even once a term we would love your help.

Duties include preparation, heating and serving of lunch orders, assisting with window sales at 1st break and some light cleaning.

To volunteer in the canteen you are legally required to complete the following:

Working With Children check, which is obtained through Services NSW. It's free as you are a volunteer.

<https://www.service.nsw.gov.au/transaction/apply-for-a-working-with-children-check>

Food Handler Basic Training online through NSW Food Authority

<https://www.foodauthority.nsw.gov.au/training/food-handler-basics-training>

Can you help us? It's only 3 hours and 15 minutes. For more information or assistance in completing the online forms please contact the school office on 44464352 and one of our P & C representatives will contact you, or email us at callalapanc@gmail.com

We look forward to meeting you.

FROM THE DOCTOR

Skin Cancer Awareness and Prevention

Protect Your Skin, Protect Your Health: The Importance of Skin Cancer Checks

Australia has one of the highest rates of skin cancer in the world, and with our beautiful coastal lifestyle, sun exposure is part of daily life. While enjoying the great outdoors is important, so is protecting your skin and catching any suspicious changes early.

At Callala Medical Centre, we are committed to helping our community stay healthy, which is why we offer comprehensive skin cancer checks with our accredited skin cancer doctor, Dr. Zhou.

Why Regular Skin Checks Matter

Skin cancer can develop anywhere on the body, even in areas not frequently exposed to the sun. The three most common types—basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma—can all be successfully treated if detected early.

Regular skin checks are especially important if you:

- Spend a lot of time outdoors
- Have a history of sunburns
- Have fair skin or a family or a personal history of skin cancer
- Notice any new or changing moles, spots, or lesions

What Happens During a Skin Check?

Dr. Zhou will perform a thorough skin examination using dermoscopy, a non-invasive technique that helps detect skin cancers at an early stage. If a concerning spot is found, we offer on-site biopsies and minor skin cancer procedures, ensuring you receive timely care without the need for further specialist referrals in most cases.

How to Reduce Your Skin Cancer Risk

- ✓ Slip on protective clothing
- ✓ Slop on SPF 50+ sunscreen daily
- ✓ Slap on a broad-brimmed hat
- ✓ Seek shade whenever possible
- ✓ Slide on UV-protective sunglasses

Book Your Skin Check

Skin cancer is preventable and treatable—early detection saves lives. If it's been a while since your last skin check, or you've noticed any changes in your skin, book an appointment with Dr. Zhou.

Call us at +61 2 4446 5350 or book online at hot doc.

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George - 0481 811 962 – Email: shelmara62@gmail.com

Sheaffe Street Shared Path and Stormwater Management Improvements

Shoalhaven City Council has been successful in securing funding for the detailed design and construction of Sheaffe Street in Callala Bay as part of the Liza Butler Grant.

- Project Status In Progress
- Last reviewed 08 October 2024

About the project

Sheaffe Street is one of the identified shared path infrastructure implementation projects as part of the Callala Shared Path Network.

The concept design of Sheaffe Street has been completed, and consultation was conducted through Council's Get Involved project page as well as a presentation and discussion at the local community group. Comments from the consultation have been considered as part of progressing the project to detailed design.

The alignment of the path

The shared path is proposed to be in the southern verge of Sheaffe Street, connecting to the existing shared path at the corner of Lackersteen Street and connecting to the existing shared path located at Callala Bay,

connecting the shared path network.

Council completed a vehicle, pedestrian and cyclist count on a typical Saturday to document the current pedestrian desire lines walking along Sheaffe Street. As a result of this investigation, Council can confirm that the southern verge is justified in relation to current road usage.

Trees

As part of the construction of the shared path, a number of trees are proposed to be removed due to the path alignment. Council has reviewed options to retain the trees, however these options have significant impact on the traffic operation of Sheaffe Street and does not provide value for money for the community. Council will consider planting street trees if budget allows during the construction phase in order to offset the removal of the existing trees.

Stormwater management

Erosion from stormwater runoff at the cul-de-sac of Sheaffe Street is proposed to be mitigated with the implementation of kerb and gutter and formalisation of the on-street and end of street parking.



CULBURRA & DISTRICTS COMMUNITY HEALTH SERVICES Inc.



Hello EVERYONE,

We would like to tell you a little about our Culburra & Districts Community Health Services Inc.

We are a Not-for-Profit organisation and was incorporated (CDCHS) on 8th March 1988.

We have a great Medical Bus service for you to avail yourselves of if needed, runs Monday-Friday (no Public Holidays). If you have a Medical appointment (only) either locally or into Nowra and you would like transport, please phone:

CULBURRA PHARMACY
187 PRINCE EDWARD AVE
CULBURRA BEACH
02 4447 2382

All you need to do is supply your details –

NAME, ADDRESS, PHONE NUMBER, DATE & TIME, WHERE YOUR MEDICAL APPOINTMENT IS THAT YOU NEED TO GO TO AND RETURNING FROM.

The Chemist shall put your details onto the Medical Bus run sheet for that day.

We cover the areas of: Currarong, Callala Bay, Callala Beach, Myola, Orient Point, Culburra Beach, Pyree, and Greenwell Point.

A small donation is always welcome as this along with our Op Shop helps to keep this fabulous community service running.

If you would like to be a volunteer Bus Driver (no special licence is required) or Op Shop Gem, please contact:

Contact: Neil Watson (Bus Drivers) 02 4447 4713
or
Pat Porter (op Shop) 0408 019 930.

Bushcare

The regular Tuesday morning working bees Callala Bushcare continue at various sites in Natural Areas either in Callala Bay or Callala Beach. Please call me, Diana on 0419 531 902 for information on the next week's working bee if you are interested in participating.

The rainfall through February has made digging out weeds as part of our regeneration work a somewhat easier. However, it's still surprising how quickly the topsoil dries out in summer time. But the season is changing, even if the days and the water in the bay, are still warm.

It wasn't looking at the calendar or listening to a weather report, that heralded the seasonal change to me. It was my arthritic joints that helpfully gave me notice that cooler weather was coming. That physical discomfort was a reminder to me of how despite our rocket ships and smart phones,

people are just fancy mammals, and our systems are linked to the rhythms of the planet whether we are conscious of this or not.

A friend in Broome sent me a photo of a flowering South American Storm Lily in her garden. She assures me that the flowering of the Storm Lilies is a better predictor of rain than the BOM!

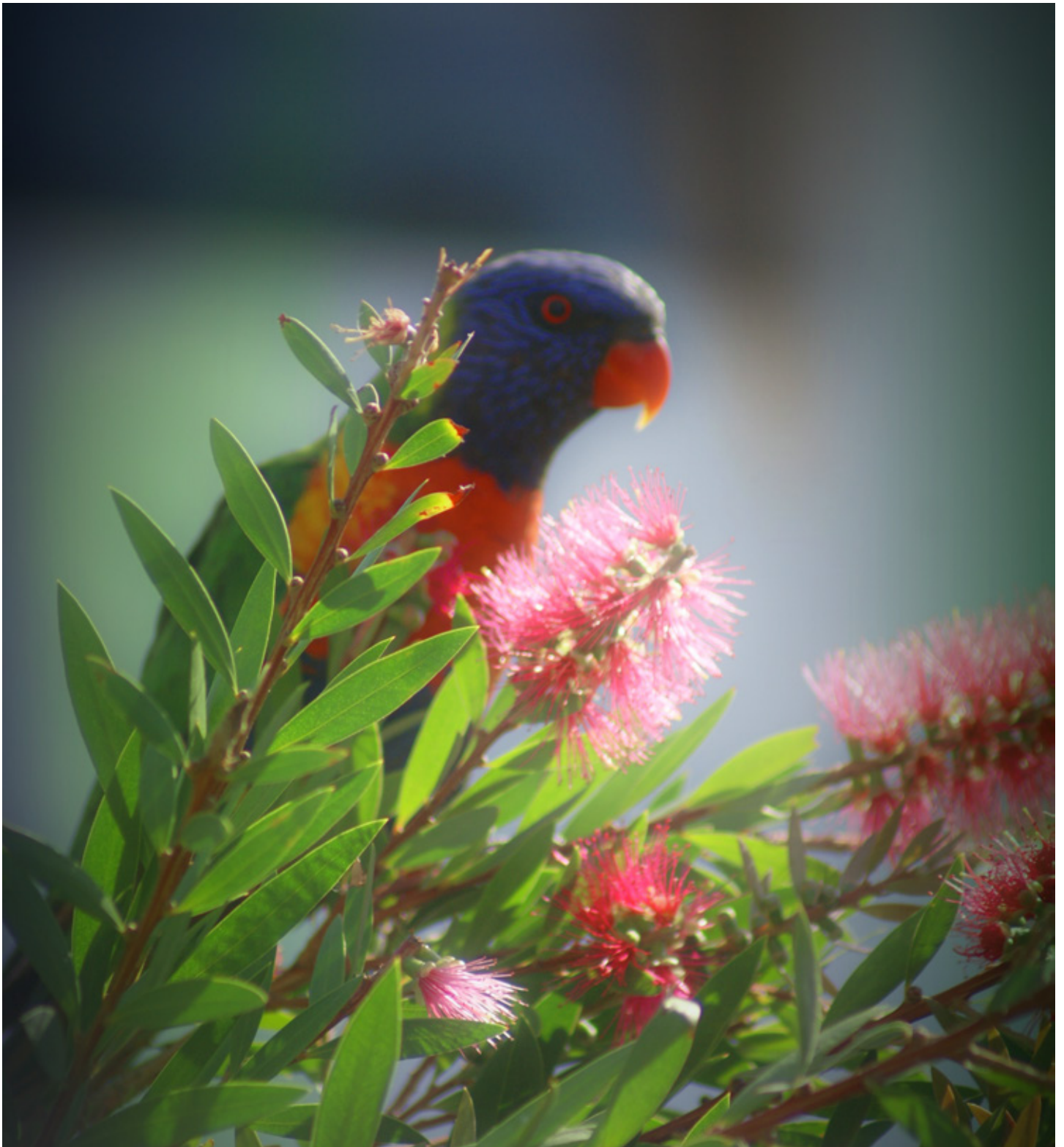
It has been heartening over the summer to have visitors to our area stop and comment positively to me on our Bushcare work. From comments made, first glance, some of our regeneration tasks look impossible to achieve. But as Bushcarers, we take the long view. Perhaps little will seem to be achieved in a year or two, but what a difference in a decade...or two!

Any further information or if you would like to try out Bushcare at another time, my name is Diana, phone 0419 531 902.

New Steps

Our thanks to the Council for the upgrade of the stairs at Bicentennial Park. This looks as though it is going to stay for many 'feet' to come. Well done to James the builder.





VEOLIA

Mulwaree Trust

The new Sharp printer has been purchased through the generosity of a grant from the Veolia Mulwaree Trust.

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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 Medical Centre: **4446 5350**

Shoalhaven Hospital: **4423 9500**

Milton Hospital: **4454 9100**

Shoalhaven City Council

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

Emergencies & after hours: **1300 293 111**

Justices of the Peace

Howard Duncan: **4446 6535**

Dallas McMaugh: **0400 189 875**

Culburra Beach & District Garden Club

We meet every 3rd Saturday of month

Feb-Nov at 1.30pm

Venue: Culburra Anglican Church
Penguin Head Rd, Culburra Beach.

For 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.

Culburra Beach & Districts Men's Shed

Location: Beside the Banksia Community Hall, off Fred Evans Lane, Culburra Beach (IRT entry).

Open: 8.30am to 1.00pm, Monday and Wednesday.

All enquiries: Phone **0494 055 329** or email **CBDMS1@outlook.com**

Culburra Beach Orient Point Men's Shed Inc.

Location: Old Scout Hall Cnr West Crest & Wollumboola Lane

Open 8:30am - 12:30pm Tuesday, Wednesday and Thursday

All enquiries:

Phone 0498023781 or email cbopmshed@gmail.com

www.culburrabeachmensshed.org.au

FACEBOOK: Culburra Beach Orient Point Men's Shed

www.facebook.com/cbopmshed

Callala Community Garden

52 Emmett Street Callala Bay
Opposite The Shops

Victoria Maudson: **0424 590 105**

email: callalacommunitygarden@gmail.com

 /groups/CallalaCommunityGarden

Drop In's welcome

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Licenced Real Estate Agent
0492 945 367
vanessa.middleton@ljhooker.com.au
nowra.ljhooker.com.au



Vanessa is a well known face in our community, a **local of Callala for 28 years** and working locally in real estate for the past **17 years** with extensive knowledge and insight into the local market. Her dedication to customer service, innovation, honesty and openness have been the cornerstones of Vanessa's record of success over many years. Known for her friendliness, understanding, enthusiasm & strong negotiation skills.

A consistent number of repeat referrals is a testament to her expertise.

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