

# Callala Bay NEWS

February 2025

Issue 136-2025

*Monthly Magazine from the Callala Bay Community Association Incorporated*



*The Callala Bay NEWS proudly supports your local community  
by helping to fund projects that benefit all residents.*

*Consider supporting us by subscribing for a small yearly fee.*

*Contact: [editor.cbcanews@gmail.com](mailto:editor.cbcanews@gmail.com)*



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www.callalafirstnational.com.au

# CALLALA BAY NEWS

*A monthly newsletter of the  
Callala Bay Community Association Inc.*  
ABN: 68 031 980 561  
[www.callalabaycommunityassociation.com](http://www.callalabaycommunityassociation.com)  
Email: [admin@callalabaycommunityassociation.com](mailto:admin@callalabaycommunityassociation.com)  
PO Box 14 Callala Bay 2540

## CBCA Inc COMMITTEE

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Morris Dickins

### Vice President

Scott Horsburgh

### Treasurer

Julie Morris

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*Vacant*

### Minutes Secretary

Merry Dickins

## COMMITTEE MEMBERS

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Gary Chapman OAM

Sue Chapman

Sharron Horsburgh

### Public Officer/CB News Editor

James Morris

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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.

## MR MIKE SPARKLE BRIGHT

ABN: 50 534 685 256

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DISTRICTS MEN'S SHED**



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**FIND US BEHIND THE POLICE STATION.**

## **Culburra Beach & Districts Men's Shed**

The Shed re-opened after our Christmas break in early January and is already hard at work with the production of nestboxes and other timber craft.

The January Callala Markets were challenging due to the intermittent rain, but lots of locals and visitors checked out the various stalls. Our product range was less than we'd like as we've not yet caught up with Christmas sales in December. We're working hard to remedy that situation in February.

Last month, many customers and visitors asked about the sources of our timber. We are avid recyclers for both environmental and economic reasons. Anything we can do to reduce wastage, re-use second-hand materials, or recycle the component parts of old furniture and equipment is worthwhile.

The use of 'sustainable' timber is critical at our Men's Shed because most of the products we produce are timber based. We rely on donations as much as possible for our raw material, but whenever we need to purchase timber, we insist on certified Forestry Sustainable (FSC) products.

Second hand hardwood fence palings are a valuable resource. This timber is extremely durable and ideal for outside use. It can be very striking once sanded back to reveal the hidden grain and colour. Of course, the raw 'shabby chic' look can also be very attractive in the right location.

Please contact us if you have any suitable timber that we can re-use. As most of our projects are for outdoor use, solid hardwood or pine is best. We cannot use particle board, MDF, chipboard, Masonite or anything that will not cope with moisture.

'Off cuts' of quality timber are always welcome. We are fortunate to enjoy an

ongoing relationship with a local staircase builder, who provides us with offcuts of local and overseas hardwood.



*Coffee table made from recycled timber*

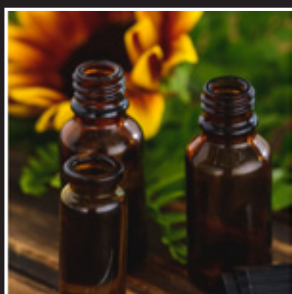
Our “Fix it Mondays”, where we undertake minor repairs and refurbishments for local residents, are operating again. . Bring in that broken chair, garden ornament or family heirloom and we’ll endeavour to bring it back to life. Our welding bay is also always ready to assist with repairs to metal and steel 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 February, from 8am ‘til 1pm. So, make the most of summer and 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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**Phone: 0407 489 063**

**Email: [johntylor@multicitymedical.org](mailto:johntylor@multicitymedical.org)**

## CBCA Annual General Meeting



The CBCA AGM will be held on Wed 2 Mar 25, commencing at 7:00pm. At the meeting all positions will be declared vacant, and nominations can be made beforehand or taken from the floor. A nomination form is included in this Newsletter. It is vital we get more representation from Callala Bay residents and property holders. The work is not onerous, and it is important we have your views for our community.

Don't leave it to a few but join the association, come to the meetings and share your views and experiences with others. The fee, I hear you ask? A family and individual membership is \$5 for the year.



## Callala Gallery

15 Callala Beach Road Callala Beach

Open 10am to 3pm

Week Days & Weekends

Weekly classes in H2O Oils, Acrylics, Watercolours, Pyrography, Mixed Media, Mosaics & Clay Sculpting.

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*We do take Commissions & have a lay-by agreements.*

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**[www.artclassesnowra.com](http://www.artclassesnowra.com)**

**Callala Gallery on Facebook**

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4421 4511



Peter Rose



Robert Rose

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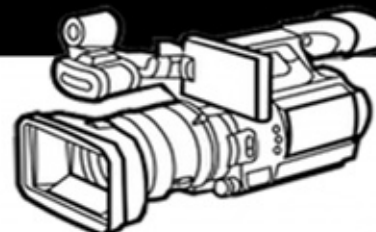
## JERVIS BAY FILM TRANSFERS



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[jervisbayfilmtransfers.com.au](http://jervisbayfilmtransfers.com.au)

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## Planting Your Spring Garden

### For The Garden of Your Daily Living

#### Plant Three Rows of peas

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

#### Plant Four Rows of Squash

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness

#### Plant Four Rows of Lettuce

1. Lettuce Be Faithful
2. Lettuce Be Kind
3. Lettuce Be Patient
4. Lettuce Really Love One Another

#### No Garden is Complete Without Turnips

1. Turnip For Meetings
2. Turnip For Service
3. Turnip To Help One Another

#### To Conclude Our Garden We Must Have Thyme

1. Thyme For Each Other
2. Thyme For Family
3. Thyme For Friends

Water Freely With Patience And Cultivate With Love.  
There Is Much Fruit In Your Garden Because You Reap  
What You Sow. Pass It On!!!

# **FIONA PHILLIPS MP**

**Federal Member for Gilmore**


I'm here to help with issues like Medicare, Centrelink, aged care and pensions, the NDIS, Veterans' Affairs and community grants. I can also arrange flags, and special birthday and anniversary messages.

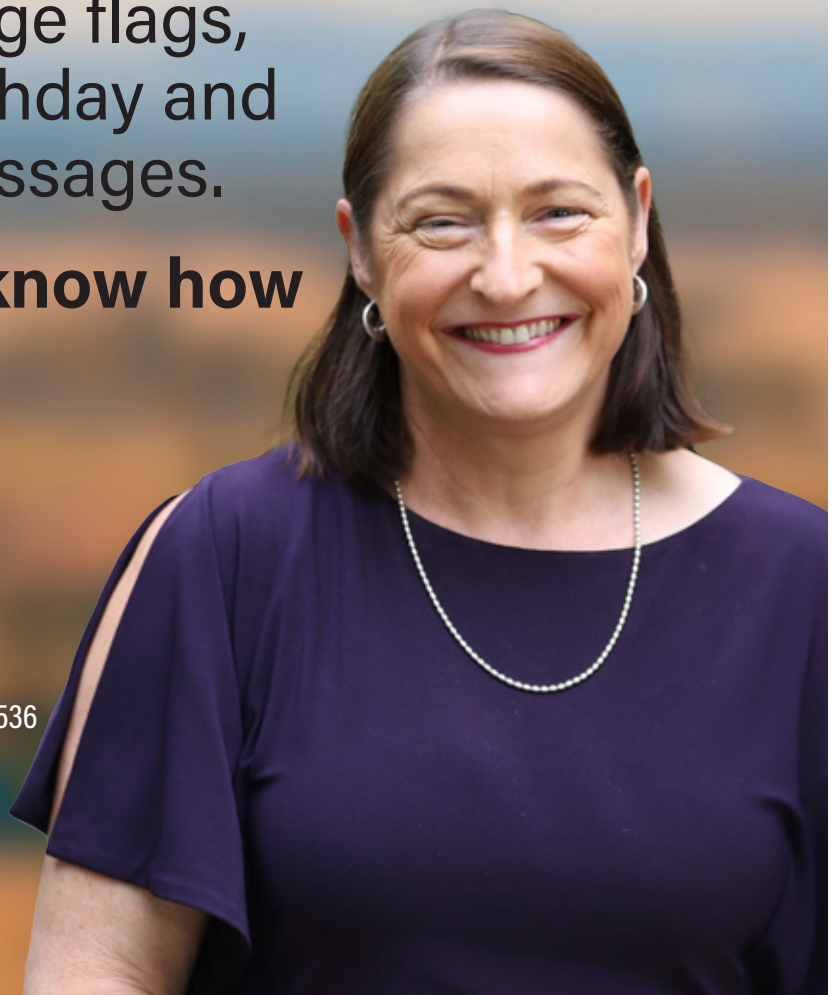
**Please let me know how I can help you.**

 (02) 4423 1782

 [Fiona.Phillips.MP@aph.gov.au](mailto:Fiona.Phillips.MP@aph.gov.au)

 [fionaphillips.com.au](http://fionaphillips.com.au)

 3/59 Junction St Nowra NSW 2541 &  
1/6-8 Orient St, Batemans Bay NSW 2536



Authorised by Fiona Phillips MP, Nowra.





ANGLICAN CHURCHES of  
Culburra Beach | Callala | Currarong

**Callala Church Service - 5pm Sunday**  
All Welcome | 4:30 pm for afternoon tea  
St Marks, 2 Hunter Street, Callala Bay



Please contact us for more  
information or visit our web site.

p: 02 4447 3277

e: office@culburraanglican.asn.au

www.culburraanglican.asn.au

**Growth Group Bible Studies**  
Contact us for times and locations

**Caterpillar's Playgroup**  
9:30am Friday @ Culburra Beach Anglican

**289youth**  
Friday Nights @ Culburra Beach Anglican



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- Network configuration
- Domain registration
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- Server support
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**0422 599 305**

**Call  
Today**

## **Culburra Beach Orient Point Men's Shed Inc.**

*The Shed by the Lake*

Location: Old Scout Hall Cnr West Crest & Wollumboola Lane

### **NEW MEMBERS WELCOME**

You are invited to join the Longest Established Men's Shed in Culburra, learn new skills and bring your own, come and enjoy the company of our friendly members and participate in a variety of activities

We are open 8:30am - 12:30pm Tuesday, Wednesday & Thursday

**All enquiries: 0498 023 781**

[www.culburra-beach-mens-shed.org.au](http://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

**43 Callala Beach Road, Callala Beach**  
**02 4446 5313 clubcallala.com.au**  
**generalmanager@clubcallala.com.au**

accommodation now available at:



**31 Callala Beach Road, Callala Beach**  
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**beachandbaystay.com.au**



for information & bookings, call us on  
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callalagolf@bigpond.com  
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**Lunch Service:**  
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**Dinner Service:**  
Tuesday to Sunday  
**5:00PM ONWARD**  
Monday (Pizzas Only)  
**5:00PM - 7:00PM**

**\$15 Lunch Specials**  
**EVERY DAY**

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

**EVERY DAY:**

Barefoot Bowls \$15 per person,  
includes equipment hire  
kids aged 12 & under play for free

**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

**SATURDAY:**

Live Entertainment Every Week

**LAST SATURDAY OF MONTH:**

Second Chance Draw & Members Badge Draw

**SUNDAY:**

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

**Callala RSL Country Fishing Club**



Callala Beach Road, Callala Beach 2540

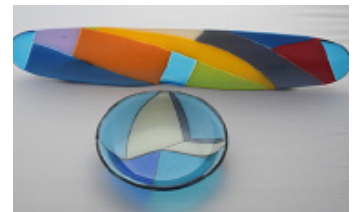
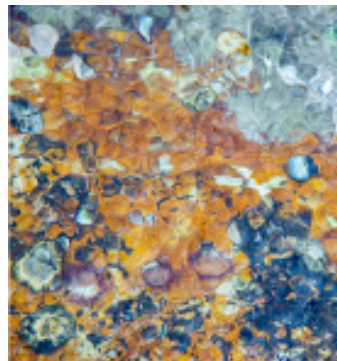
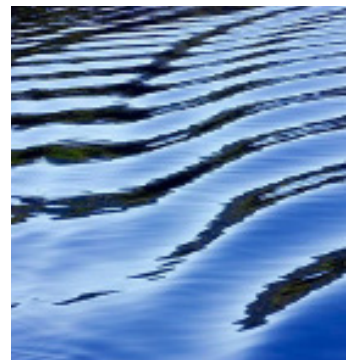
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first Saturday of every month  
10am - 2pm



# Emergency Phone Contacts

Situation/Service	Phone Number	Website
Injury or Health Crisis	000	ambulance.nsw.gov.au
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	-

If you are **deaf** or have a **speech** or **hearing impairment** dial **106** for the Text Emergency Relay Service

## 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](https://emergencyapp.triplezero.gov.au)

### Other Helpful Apps & Websites



Fires Near Me NSW



Floods Near Me



Weather Zone



COVID Safe



BOM



Marine Rescue



Live Traffic



Facebook



Twitter



**DISASTER DASHBOARDS**

[shoalhaven.disasterdashboards.com/get-ready/overview](https://shoalhaven.disasterdashboards.com/get-ready/overview)



## Children's Art Exhibition & Santa Visit

In the December issue of the Callala Bay News article about the visit of Santa on Sat 7 December 24, a children's art exhibition was also conducted, as reported. Prizes were awarded to a number of children, and these were all sponsored and presented by the Callala Bay Community Association.

Additionally, the hot rods were excellently organised by Trevor Beck with Santa as the passenger.



## Tai Chi & Qigong for Health

Callala Beach Community Centre  
 Tuesdays 11:30am  
 To Book contact:  
 Joanne  
 0416 271 408  
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**If you are having second thoughts, you are two ahead of most people**

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**Contacts:**

- Madeleine Read 0418 267 880 • Gail Fitzgerald 0412 930 080 • Megan Hodges 0433 668 453

## WHAT IS CURRENTLY GROWING



Green beans have produced very well this summer, in fact we may need to stake the dwarf plants next year. Over a kilogram of green beans was harvested on one occasion recently. There are also a few snake beans among the others.

Recently planted, a Black Prince chilli is growing in our top enclosure. It has a few small fruit already and delightful purple flowers, while one of the boats in the open area has lemongrass thriving.



Cherry and larger varieties of tomatoes are doing well this season. Some plants are yet to ripen in great numbers, but this is good as we will have a successive supply in the coming months we hope.



Some of our cucumbers are being grown vertically. A technique used by some growers is to train and tie the cucumber vines vertically up rope, chain or steel mesh supports. The advantage of this is to enable more air flow, thus minimizing the risk of humidity-induced diseases. Also, they can be pruned to minimize tangling of side shoots also making the flowers more accessible to pollinators, which are critical to the successful fruiting of this crop.



Eggplants – after the seedlings encountered a rocky start to life in the soil, our eggplants are now thriving, with their first flowers. The foliage had attracted flea beetles when small and this was a major concern as our crops last year lost the battle to those pests. This year we regularly checked and managed to control the numbers by physically locating and squashing each bug. This has proven effective, but we need to be vigilant. Based on the health of these plants we anticipate plenty of fruit in the future.



We are hoping to harvest some fruit from our fig trees this year. After battling problems with scale, the fig trees were cut back very hard on -9th May last year. It now has lush new growth and fruit.



Grapes – this is our Black Carolina Rose Grape variety. Planted on 7th February 2021, we protected 6 bunches of grapes with bags in January 2024. This year, we had about 12 bunches in varying stages. On first tasting, they were sweet and delicious. Sadly, the Rainbow Lorikeets thought the same and helped themselves in an erratic manner, making a mockery of our attempts to protect the fruit. Another challenge for next year!

## IMPROVEMENTS AT THE GARDEN



Barry installed a very handy water-bottle float into our water tank, as a water gauge. It seemed to malfunction recently, indicating we were out of water. On investigation it turned out that our float had filled with water (not good), and he promptly put in a new one. All fixed!

## FRIEND OR FOE?

After some concern about lack of bees visiting the garden, some native stingless bees, along with the honeybees, were sighted visiting our flowering rocket. It is very worthwhile leaving them in the ground for a bit longer. We have had a very dry period, prior to 5th January, so the advice is to put out suitable clean, shallow water dishes for the insects and of course other wildlife. Rocks or pebbles can be placed in the dishes as landing pads.

## A MYSTERIOUS PLANT



We have had this Leopard palm for some time now. –Grown originally from a rounded tuber, this intriguing plant started unfurling in late December last year and is now putting out its umbrella-like fronds. Native to warm Asian climates the trunk of the palm has an unusual mottled pattern.

## CHRISTMAS MORNING TEA

One of the regular members suggested we have a Christmassy morning tea on our working bee on 19th December. Of course this was embraced wholeheartedly. Here are a few of our members celebrating our achievements.



## WHAT'S ON - JANUARY AND FEBRUARY

**1st February 2025** – General Meeting

**4th February**, Tuesday. Scots College students work experience morning (8.30am – 12.30pm). All garden members are welcome.

**7th February Friday**

– Pick & Prep (for market, from 3pm)

**8th February Saturday** – Market Day

**28th February** – Family Fun Friday

**Working Bees as per 1st & 3rd Sundays** and usual **Tuesday** and **Thursday** mornings for those available in January and then February.



## Family Fun Friday

**Resume in February from 9.30 to 11.00**

*One boat has been designated as the Kids Boat, where they can plant seeds, water the plants, and watch the succulents thrive.*

*We look forward to inviting families back to these mornings on the last Friday of the month, from February 28th, 2025.*

## 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!  
You don't need to bring gardening know how, just enthusiasm.



# Callala Bay Pharmacy

2/55 Emmett Street, Callala Bay 2540 Ph: 4446 4251

Hours: Mon-Fri 9am-5.30pm; Sat 9am -12.30pm

**Friendly, professional service**

- Diabetes Australia supplies • Vaccinations • Gift lines
- Blood pressure monitoring • Medication packing

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Dr John C Wright B.V.Sc.

## **CULBURRA VETERINARY CLINIC**

7 Weston Street, Culburra Beach

9am-11am weekdays

4-6pm Mon, Tue, Thurs

4-5pm Wed, Fri

10am-12pm Sat

## **CALLALA VETERINARY Consulting Room**

22 Emmett Street Callala Bay

1-3pm weekdays by appointment

Please phone: **4447 3851** for appointments, enquiries or after hour calls



## **E & S Painting Services**

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**Vinnies**

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## **VOLUNTEERS NEEDED**

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GIFT YOU CAN GIVE.**

For details of how you can help,  
visit [www.vinnies.org.au](http://www.vinnies.org.au) or pop into the shop  
for an application pack.

Find us at: **59 Emmett St, Callala Bay**

Opening hours: **Monday to Friday - 8.30am to 4pm,**  
**Saturdays - 8.30am to 2pm** (during summer/peak times only)

**We welcome donations of non-bulky items during opening  
hours. For pickups, please call 4421 7244.**

## Callala Markets

The January Callala Markets were well attended, despite the intermittent rain, with all vendors reporting lots of interest. Both locals and tourists were out and about, with only the occasional need to seek shelter, or use the ubiquitous umbrella. Tracey, with her toy range, and other stall holders were kept busy by the large number of school children on the day.

Our stall holders offer a range of locally made products, ranging from handmade candles and soaps, wooden plaques and bowls, beautiful handmade pottery 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 February Markets will be on Saturday 8 February from 8am to 1pm at the Callala Community Centre, Emmett Street, Callala Bay. Summer still has some time to go and the weather will be warm so get there early to avoid the heat and crowds and grab a bargain.

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



*Hand-made jewellery  
by local artisans*



**2nd Saturday**  
EACH MONTH  
42 EMMETT ST,  
CALLALA BAY  
8:00AM - 1:00PM



# ANDREW CONSTANCE

LIBERAL FOR GILMORE




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information



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ON TRACK

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 PO Box 1002, Nowra NSW 2541

Authorised by Chris Stone, Liberal, Level 2, 131 Macquarie Street, Sydney NSW 2000.

# BUS TIMETABLE - ROUTE 120

*Bomaderry-Nowra to Callala Bay, Callala Beach, Currarong & Myola*

	MONDAY TO FRIDAY										SATURDAY				SCHOOL HOLIDAYS						
	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	♿	
<b>OUTBOUND</b>																					
<b>LOOK FOR ROUTE NUMBER 120</b>																					
<b>Train Arrives (Bomaderry Rail)</b>																					
<b>BUS DEPARTS</b>																					
Bomaderry Railway																					
Nowra Tafe																					
Stewart Place, Nowra																					
Stocklands Nowra																					
Shoalhaven High School																					
St Michaels School																					
Hwy opposite Bunnings																					
Hwy Pearl Service Station																					
Mayfield																					
Sydney Avenue																					
Boorawine Terrace																					
Callala Bay Shops																					
Callala Bay Public School																					
Queen Mary Street																					
Catherine Street Myola																					
Sir Henry Crescent																					
Callala Beach Shops																					
Wattys & Lennox loop																					
Callala Bay Shops																					
Fishery Rd @ Merimbula St Currarong																					
Crookhaven Pde @ Piscator Ave																					





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YOGA  
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**WEEKLY CLASSES AT CALLALA BEACHFRONT HALL**

**MONDAY 5:30PM PILATES STRETCH**

**TUESDAY 9:30AM YOGA FLOW**

**WEDNESDAY 5:30PM YIN RELAX YOGA**

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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 will be on Saturday 15th February. The theme chosen is Valentine's Day as it falls the day before we meet. Members have been asked to wear red, bring a rose for the display table and chocolate goodies for afternoon tea. Whether you believe in this day or not many Australians like to celebrate it. They choose to give a gift, go on a date or embark on a romantic adventure on Valentine's Day as a celebration of their love. It's become something of a cultural ritual alongside Christmas gift-giving and chocolate eggs at Easter. The flower that is synonymous with Valentine's Day is the red rose as it is a symbol of beauty and romance.

According to google, roses are thought to have first been cultivated in China, where they were grown in the imperial gardens of the Chou dynasty as described by Confucius (551-479 BC). Many of the cultivated roses we grow today are hybrids and selections from species native to China.

Greek mythology states that while running to her dying lover Aphrodite pricked herself on a white rose bush, and when her blood dropped upon the rose, the first red rose came to be. Roman mythology states a similar story about Aphrodite's Roman counterpart — Venus.

Roses bushes are a treat in any garden or in a pot and if successful they not only look beautiful but make the best cut flower. Garden books/ google info /rose experts all say to plant your roses in a sunny location with good drainage. Fertilize them regularly for impressive flowers and water them evenly to keep the soil moist. Sounds easy but roses are prone to problems. One of the main ones is the dreaded black spot which is a fungal disease. That's starting to change as many modern roses are bred to be disease-resistant and low-maintenance. Aphids are a particularly common rose pest and powdery mildew another fungal

disease which occurs when we get hot, dry days with cool, moist nights. You also need to prune them during the winter months.

Mr Lincoln , an All-America Rose Selection from 1965, hasn't been unseated for most popular red rose since. 'Mister Lincoln' is a vigorous, tall upright shrub, with large deep red blooms . The rose has a strong damask fragrance and is a repeat bloomer. I have a red rose; the Daniel Morecombe rose which I bought from Big W in Mudgee. I am happy with my red rose as it has exquisite, dark red velvety blooms too and it continues to flower throughout the growing season, performing well during our hot summers. The story behind this rose is sad. Daniel was wearing a red t-shirt on 7 December 2003 when he was abducted. This rose is a legacy to Daniel and his family.



*Mr Lincoln rose*



*Daniel M. rose*

Our Garden Club meetings will commence on Saturday February 15th 1.30pm at Culburra Anglican Church, Penguin Head Rd, Culburra Beach. 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?**

**Invest \$25,000  
in my not for profit  
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and buy a partnership in  
a hands-on business-  
hobby and interest.**

**for full details see website:  
[www.wooden-boat-charter-australia.com.au](http://www.wooden-boat-charter-australia.com.au)  
*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](mailto:callalaooshbykatie@gmail.com)

**Dogs can't operate MRIs, but Catscan**



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# Callala Bay Progress Hall and Tennis Court



**Looking for a venue with history and charm?  
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*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

Dru Yoga: Monday (2:45pm)  
Craft Group: Tuesday (10am)  
Friends of Dance: Tuesday (2:30 pm)  
Yoga: Thursday (9am)  
Tai Chi: Saturday (8am)

Lyn ph 0419427574  
Yvonne ph 444 66 280  
Ann ph 0418 477828  
Anna ph 0405 102 234  
Jenny ph 04477 43179

**Tennis Lessons: Saturday (midday)**

**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](mailto: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

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# 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](mailto:callalapanc@gmail.com)

We look forward to meeting you.

## FROM THE DOCTOR

Happy New Year! As we step into 2025, at the Callala Medical Centre we want to prioritise your health and well-being. Preventative care is the cornerstone of a long and healthy life, and now is the perfect time to ensure you're up to date with important screenings and checks.

Here are some key health checks and preventative measures we recommend:

**Vaccinations:** Protect yourself and your family with routine immunisations, including flu and COVID-19 boosters, if due.

**Skin Checks:** Australia has one of the highest rates of skin cancer. Regular skin checks are essential, especially if you've noticed any changes.

**Mammograms:** Women aged 50-74 are encouraged to have a mammogram every two years. Women outside of this age range can also get a free mammogram if they are between 40 and 49 years old, are 75 years and older or earlier if risk factors appear.

**Cervical Screening Test (CST):** Ensure you're up to date with this vital screening.

**Bowel Screening (FOBT):** If you're aged 45-74, a simple test can help detect early signs of bowel cancer. Earlier if risk factors are evident.

**Osteoporosis Screening:** Especially important for those over 70 or with risk factors.

**Dementia and Depression Screening:** Early detection can make a significant difference.

**Falls Risk Assessment:** Stay steady on your feet with proactive screening and advice.

Book your appointment today to discuss these and other ways we can support your health goals. Let's make 2025 your healthiest year yet!

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[editor.cbcanews@gmail.com](mailto:editor.cbcanews@gmail.com)

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**George - 0481 811 962 – Email: [shelmara62@gmail.com](mailto:shelmara62@gmail.com)**



## The Callala Bay Sausage Sizzle

The CBCA was out in force on Sat 4 and 11 Jan raising funds to put to Community Projects an also letting people know about the Brekky by the Bay event on Australia Day. There were a number of helpers, ranging from Gary and Greg our chefs de jour, Ben our trainee chef, Denise fronting the desk and being cashier and Gary Chapman, our tame spruiker. Kevin dropped in to assist with the cooking, so we made a grand effort. In hiding was our treasurer Julie and of course Christine was in the wings getting signatures for our Wowly Creek Petition. What a challenge she sets for us all.

We were going to have a third Saturday sizzling, but the winds and rain blew all thoughts of that away.

Our thanks of course must go to our wonderful sponsors Geff at Ramos the Bakers and Scott who makes the most excellent sausages – there were many “where do these come from?” questions raised.



## Sponsors Wanted for the Callala Community Garden



We have 4 new beds in the public area that need a sponsor to help with the purchasing and planting costs. It is only \$50 a year for a bed and would make a great gift for someone, as well as doing something positive for the community. Please contact Kaye Carter (sponsorship officer) at [KayeCarter2021@gmail.com](mailto:KayeCarter2021@gmail.com)



*Free Herbs in the Public Area*

Our herb garden bed sponsored by ‘helloworld Nowra’ is full of free herbs for the public to take. Please come and help yourself and tell your friends.

**Sign at the library**

**Please note – the post-apocalyptic fiction section has been moved to Current Affairs**

**I held the door open for the clown – it was a nice jester**

# 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 8<sup>th</sup> 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

Callala Bushcare sessions will recommence on Tuesday 4 February, from 9-11am. Please contact me, Diana, on 0419 531 902 if you would like to participate, or have an introduction to Bushcare at another time.

Having contributed this column now for a number of years, I've learnt that as a recruiting exercise for our team, it draws a blank. It occurs to me that beyond people's reluctance to venture into bushland, or do work involving getting on hands and knees, there is a widespread misunderstanding of the basis of 'Bushcare'. I am aware of us being referred to by the pejorative term 'Greenies'. Ah, no. Our team has no political affiliation or particular environmental agenda other than working within the parameters of various pieces of NSW government legislation designed to protect endangered ecological areas and encourage greater biodiversity in bushland. In theory Bushcare teams are supported by local Councils, but in recent years our experience has been poor in relation to SCC, so we try and just get on with our work following what is known as The Bradley Method of Bush Regeneration.

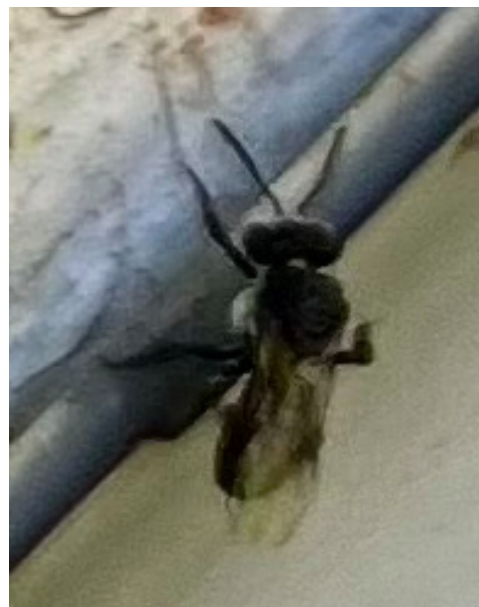
We take our inspiration as most Bushcare groups do, from Joan and Eileen Bradley of Mosman in Sydney, who in the 1960s and 70s pioneered what they called Bush Regeneration. Today the sisters would be referred to as 'Citizen Scientists' as neither had environmental qualifications. Bush Regeneration involves removing weeds from areas of natural bushland that have lost biodiversity due to activities such as soil disturbance, dumping of weeds and invasion of the area by garden plants and grasses. The Bradley sisters didn't use herbicides or do any planting. Our team dabble in a little of both as do Bushcare groups generally.

However, if Bush Regeneration work doesn't appeal to you, as I've done previously, I would urge readers who are now beyond their paid working years, to consider voluntary work of any description. Volunteering is not just contributing to strengthening our community,

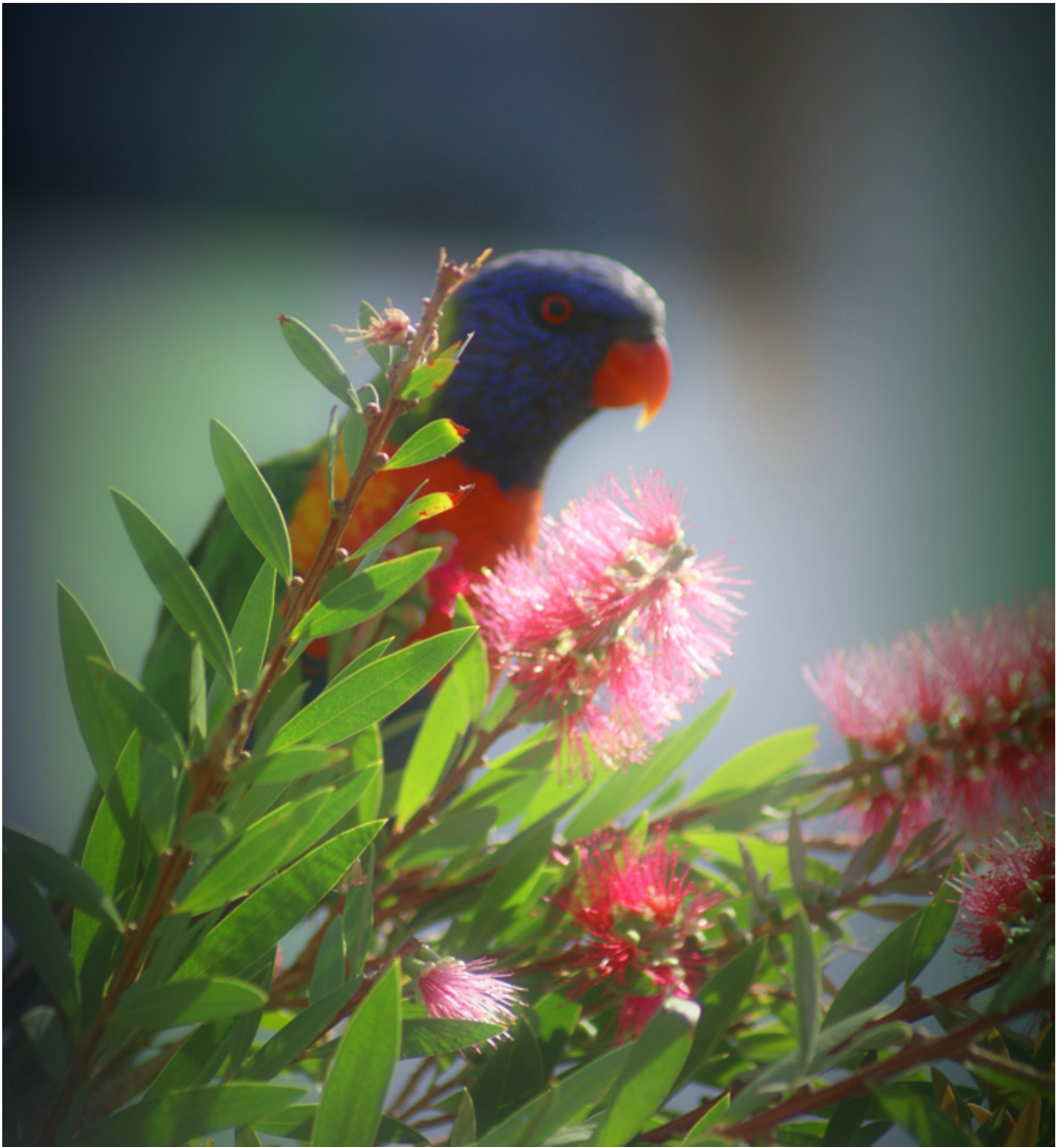
it is also great for volunteers' mental health and sense of well being.

Quick update. The Stingless Bee Hive at the Bushcare Nursery, Crookhaven Heads was relocated by the apiarist who provided it, in December. I've obtained a new Stingless Bee Hive which will be installed at the Nursery in the coming weeks.

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



**I refuse to work with  
compost – I find it  
degrading**



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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](http://www.culburrabeachmensshed.org.au)

FACEBOOK: Culburra Beach Orient Point Men's Shed

[www.facebook.com/cbopmshed](http://www.facebook.com/cbopmshed)

**Callala Community Garden**

52 Emmett Street Callala Bay

*Opposite The Shops*

Victoria Maudson: **0424 590 105**

email: [callalacommunitygarden@gmail.com](mailto:callalacommunitygarden@gmail.com)

 /groups/CallalaCommunityGarden

Drop In's welcome

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Licenced Real Estate Agent  
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**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.

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