

Callala Bay NEWS

June 2026

Issue 152-2026

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



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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
Email: admin@callalabaycommunityassociation.com
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.

Crookhaven Mechanical Repairs



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Culburra Beach & Districts Men's Shed

The Shed enjoyed above average sales at the Callala Markets in May. Lots of last-minute Mother's Day bargains! This support is much appreciated as it assists in providing the funds we need to maintain our equipment, purchase materials and fund our day to day operations .

Shed members continue to produce timber craft like cutting boards, chopping blocks, cheeseboards, coat racks, drink coasters, etc.; all from recycled native and exotic hardwoods. We also offer garden novelties like "Whirlybirds" and, of course, a full range of nest boxes and native bee hotels.

We are always ready to discuss any 'special order' or project that you need assistance or expertise with, like custom-made street libraries. Please call in and we're happy to provide assistance and a quote.



Native solitary bee and insect hotels from last month's stall at Callala Markets

**USE,
LEARN
& SHARE
SKILLS**



**CULBURRA BEACH &
DISTRICTS MEN'S SHED**

FIND US BEHIND THE POLICE STATION.



**CALL US ON
0494 055 329**

Our “Fix it Mondays”, where we undertake minor repairs and refurbishments continue to be well supported. Bring in that broken timber chair, side table, garden ornament or family heirloom and we will endeavor to “Fix It”. And this is not just limited to timber items - we have a welding bay ready to assist with repairs to metal and steel.

We'll be at the Callala Markets again on Saturday 13 June, with our full range of timber craft, nest boxes and native bee hotels on sale. Come out and enjoy the winter weather and see what the Shed has to offer you.

Follow us on Facebook, or join our Facebook group, to stay up to date on products, events and other items of interest. You can contact us through Facebook, via email to CBDMS1@outlook.com or by phone on 0494 055 329.



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.

Workshops by appointment.

Artworks for sale by local Artists.

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

Ph: 4446 5770 Mob: 0407 465 770

www.artclassesnowra.com

Callala Gallery on Facebook

Do you have an interesting story?

Why don't you send it to:

admin@callalabaycommunityassociation.com

with a picture and we can include it
in the next newsletter

**Imagine being
scared half to
death – twice!!**

YOUR AD HERE

Advertise Your Business With
The **CBnews** Today!

Contact the Editor for more info
editor@callalabaycommunityassociation.com

Contact details for Police and Emergencies

At the CBCA April General Meeting, A/Inspector Nathan Atfield, CPU and Operations Inspector, South Coast Police District undertook to provide contact details for residents. Here are the different ways to report matters to the NSW Police Force:

Emergencies:

Call 000 if there is immediate danger, a crime in progress, or a lifethreatening situation.

Nonurgent police assistance:

Call 131 444 (Police Assistance Line) for matters that require police but are not emergencies.

Online reporting:

Use the NSW Police Community Portal to report nonurgent incidents such as lost property, theft, property damage, or minor traffic crashes -NSW Police Force Community Portal - <https://portal.police.nsw.gov.au/s/login/?ec=302&startURL=%2Fs%2F>

Anonymous information:

Contact Crime Stoppers on 1800 333 000 OR submit an online report if you wish to

provide information about criminal activity without identifying yourself. <https://nsw.crimestoppers.com.au/>

Inperson:

You can also visit your local police station for assistance or to make a report directly.

The Callala Bay Development – Community Insight Survey

The Callala Bay development community insight survey was open from Friday 28 November to Tuesday 23 December 2025.

The purpose of the survey was to identify key issues and opportunities to be considered in the development of the masterplan for the project. 343 responses were received, read the insights summary now. <https://www.sealark.com.au/wp-content/uploads/2026/05/Callala-Bay-insight-summary.pdf>

**Of all the things I
have lost, I miss
my mind the most.**



Tai Chi & Qigong for Health

Callala Beach Community Centre
Tuesdays 11:30am
To Book contact:
Joanne
0416 271 408
- Feel the flow of vitality -



Scott Horsburgh

Ph: 4446 6544

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*The Callala Bay News Publication is proudly funded by the Callala Bay
Community Association with the help of our local business sponsors*



VEOLIA

Mulwaree Trust

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

FIONA PHILLIPS MP

FEDERAL MEMBER FOR GILMORE

ON YOUR SIDE

As a Callala Beach local, I'm proud to be your local voice and delivering for our community.

If you need any assistance, would like a Seniors Kit, or would like a special birthday or anniversary message, contact my office today.

I'm on your side.



**Scan the
QR code to
keep in touch**

- 📞 4423 1782
- @ Fiona.Phillips.MP@aph.gov.au
- 📍 3/59 Junction St, Nowra NSW 2541
1/6-8 Orient St, Batemans Bay NSW 2536
- 🌐 FionaPhillips.com.au

AUTHORISED BY FIONA PHILLIPS MP, ALP, 3/59 JUNCTION ST, NOWRA NSW 2541



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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- Domain registration
- Server installation
- Server support
- Backup configuration

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.culburrabeachmensshed.org.au

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



CLUB HOURS

Mo: 12:00PM - 7:00PM
 Tu: 12:00PM - 9:00PM
 We: 12:00PM - 9:00PM
 Th: 10:00AM - 10:30PM
 Fr: 10:00AM - 10:30PM
 Sa: 10:00AM - 10:30PM
 Su: 10:00AM - 9:00PM

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



for information & bookings, call us on
 02 4446 5313 (option 2) or contact
 callalagolf@bigpond.com
 open every day pending weather

CLUB CALLALA SPORT ACTIVITIES

MONDAY:

Indoor Bowls - from 12:00PM

TUESDAY:

Veterans Golf - from 7:30AM to 1:00PM
 Social Darts from 5:00PM

WEDNESDAY:

Callala Mixed Social Bowls - from 12:30PM
 Ladies' Golf - from 8:30AM to 1:00PM

FRIDAY:

Fitness Class - from 10:30AM

SATURDAY

Mixed Golf Comp - from 7:30AM to 1:00PM

EVERY DAY

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

RAFFLE ROSTER

THURSDAY

Club Raffle - tickets sold from 6:00PM
 Bowls Schooner Draw - from 7:45PM

FRIDAY

Mega Meat Tray & vouchers Raffle -
 tickets sold from 6:00PM, drawn 7:00PM

SATURDAY

Fisho's Raffle -
 tickets sold from 12:00PM to 1:30PM

LAST SATURDAY OF EACH MONTH

Raffle -
 tickets sold from 6:30PM, drawn 7:00PM

SUNDAY

Sunday Raffle - tickets sold from 4:30PM

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 enquiries@professionalholidayhomes.com.au



Lunch Service:

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Dinner Service:

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 Monday (Pizzas Only)
5:00PM - 7:00PM

\$15 LUNCH SPECIALS - MONDAY-FRIDAY-

DINNER SPECIALS

TUESDAY \$25 Rump Steak Night

WEDNESDAY \$20 Chicken Schnitzel Night

THURSDAY \$22 Pizza Night

SATURDAY \$17 Club Beef Burger Lunch Special

SUNDAY Roast \$22 Lunch & Dinner

- ALL WEEKLY SPECIALS DINE-IN ONLY -

OTHER WEEKLY EVENTS

TUESDAY

Trivia starting 6:30PM

THURSDAY

Bingo from 11:00AM
 Happy Hour from 5:00PM - 7:00PM
 Pool Comp - rego from 6:30PM, starts 7:00PM
 Member's Badge Draw 7:30PM

SATURDAY

Live Entertainment Every Week

LAST SATURDAY OF MONTH

Second Chance Draw & Members Badge Draw

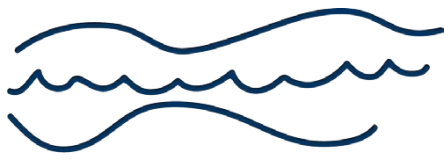
SUNDAY

Fisho's Weigh-In on the fourth Sunday of the
 month from 2:00PM
 Member's Badge Draw 6:00PM

Callala RSL Country Fishing Club



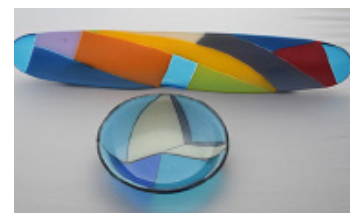
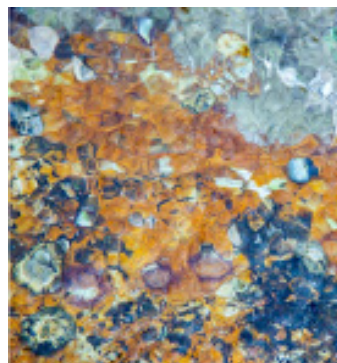
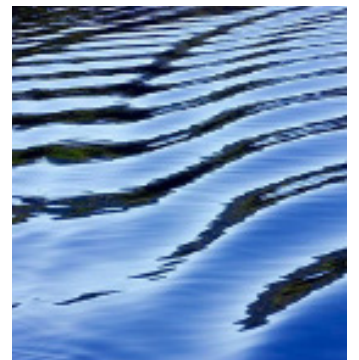
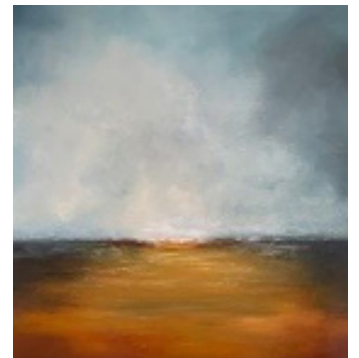
Callala Beach Road, Callala Beach 2540



CURRARONG ART TRAIL

currarongarttrail.com.au

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 Hospital	4423 9500	-
Milton Hospital	4454 9100	-

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

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



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3/62 Owen St, Huskisson



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COMMERCIAL

PROJECTS

CALLALA COMMUNITY GARDEN NEEDS YOU!

We're always keen to have new members and gardening volunteers. Come and join us!

Where can you find us? Opposite the Callala Bay shops, beside the skate park.

Shoalhaven City Council's Home Organic Vegetable Gardening Workshop

Several of you have met the highly knowledgeable and experienced Wade Everingham (Affinity Solutions P/L) who conducts a series of gardening workshops for SCC's Waste Management Services. Wade has actively contributed his knowledge to CCG over the years and is particularly impressed with our composting efforts.

On Saturday 21 March, Wade presented his Home Organic Vegetable Gardening workshop – what a delight! From 9-12, Wade shared an extraordinary amount of information which, I'm happy to say, is pretty well reflected in our own workshop materials.

There were, however, some useful insights I'd like to share with you here.

1. Soil is everything!
While position is very influential, without good soil, it's a bit of an uphill battle (especially in terms of pests and diseases).
2. Vegetables need 4-5 hours of sunlight a day! They grow best in the early hours of the morning – the hour just before and just after sunrise.
3. Watering is best done at these hours too!
Drip/irrigation systems are perfect to help this happen (don't water the leaves!)
4. Be aware of what kind of root system each plant has ... and know that this changes over time. Roots are bunched beneath the surface at first, getting more deeply rooted as the plant grows.
5. Multispecies cover crops like green manure

are excellent for improving soil, as is compost.

6. Best soil for veggies is 6.4 pH, and soil should have more than 4% organic matter – COMPOST adjusts soil pH both ways, i.e. up or down.
7. Use best quality seeds and seedlings! Grow 'heritage' or 'heirloom' plants (avoid hybrids) and save seeds from your happiest plants.
8. Crop rotation is really all about managing the **N** Nitrogen cycle... Legumes put **N** in; Leafy plants use **N**; Fruit plants won't fruit if there's too much **N**; Root plants need the least **N**....



Of course there's much more, but these were standouts for me, a novice gardener. Great tips! Here are some other recommendations to research.

The Seed Savers' Network was established in Australia in 1985 with these charitable and educational purposes in its deeds.

Eden Seeds suppliers of Australia's finest range of heirloom seeds since 1986.

Patio Plants a family company specialising in growing seedlings and potted herbs and vegetables.

Gardenate is a fabulous app/website that makes it easier to keep your kitchen garden growing and

producing. Each month it lists what you can plant now in your climate zone, and what to prepare for next month.

We highly recommend attending any Shoalhaven Council Gardening Workshops!

APPLE/FRUIT CAKE - A WINTER WARMER! (The Family Secrets of Braidwood)



Credit Maya Black, Braidwood.

INGREDIENTS

2 medium cooking apples
1 cup sultanas or mixed fruit
1 tsp cinnamon or mixed spice
60 g butter – melted and cooled
1 cup sugar (or less)
1 ½ cups self-raising flour
2 eggs, beaten

METHOD

Preheat oven to moderate
180°C (160°C fan).

Brush 20cm round cake tin with melted butter. Line with paper.

Peel and core apples and slice thinly.

Place apples in large mixing bowl with sugar, sultanas, cinnamon, flour, beaten eggs and butter.

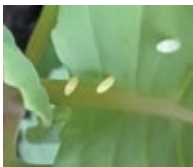
Mix well with a wooden spoon.

Spoon mixture into prepared tin.

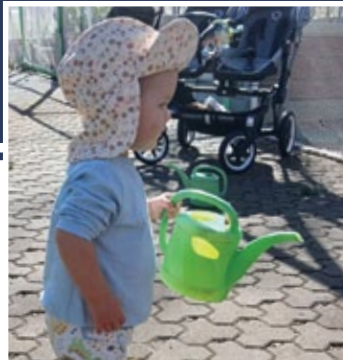
Bake for 1 hour or until a skewer comes out clean when inserted into centre of cake.

Turn out to cook on wire rack.

WINTER PEST



White cabbage butterfly. The scourge of winter brassica (cabbage family) crops. Watch out for these tiny white, oval shaped eggs, but also if small holes start to appear, there's sure to be a highly camouflaged caterpillar on the underside of the leaf.



FAMILY FUN FRIDAY

29TH MAY and 26th June from 9.30 To 11.00

Morning tea will be provided. Bring the little ones. This is a great way for preschoolers to socialize and explore this food garden and flower wonderland. Parents and carers can also enjoy the morning in a relaxed environment.

WHAT'S ON - MAY/JUNE

Regular Mornings

Tuesdays and Thursdays from 9am

General Meetings

Saturday 6th June at 2pm

Working Bees Sundays 17th May,
7th and 21st June from 9am

Pick and Prep Friday 12th June from 3pm

Produce Markets Saturday 13th June

CONTACT US

Callala Community Garden 52 Emmett St
Callala Bay (opposite the shops).

Contacts:

Madeleine Read 0418 267 880

Gail Fitzgerald 0412 930 080

Megan Hodges 0433 668 453

Email: callalacommunitygarden@gmail.com

Facebook: Callala Community Garden

Web: callalacommunitygarden.com.au

Where you will find details of membership,
sponsorship and more!



Callala Bay Pharmacy

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

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Dr John C Wright B.V.Sc.

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9am-11am weekdays

4-6pm Mon, Tue, Thurs

4-5pm Wed, Fri

10am-12pm Sat

CALLALA VETERINARY Consulting Room

22 Emmett Street Callala Bay

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GIFT YOU CAN GIVE.**

For details of how you can help,
visit 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.**

Valentines Day Markets

The Callala Markets were very successful last month with lots of locals and holiday makers about to enjoy the great weather and purchase last minute gifts for Mother's Day.

Our stall holders offer a range of locally made products, ranging from handmade candles and soaps, jams and spreads, wooden plaques and bowls, handmade pottery and jewellery through to crystals, nest boxes and bee hotels, baby booties and hats, timber craft and novelties, designer cards, and soft knitted children's toys.

All profits from stall fees provide the base for our ongoing donations to local community organisations and charities. Our next donation will be made shortly.

The June Markets will be held on Saturday 13 June from 8am to 1pm at the Callala Community Centre, Emmett Street, Callala Bay. The weather will be cooler and tourist traffic will be down, so please make the effort to come out and support your local artisans and craft makers. We're looking forward to fine weather, so call in early and grab a bargain or special gift.



Locally made jewellery

The Callala Community garden will also be operating on the day so check out their range of seasonal produce.

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.



2nd Saturday

EACH MONTH

**42 EMMETT ST,
CALLALA BAY**

8:00AM - 1:00PM



The background of the flyer features a sandy surface with various seashells and small stones.



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.

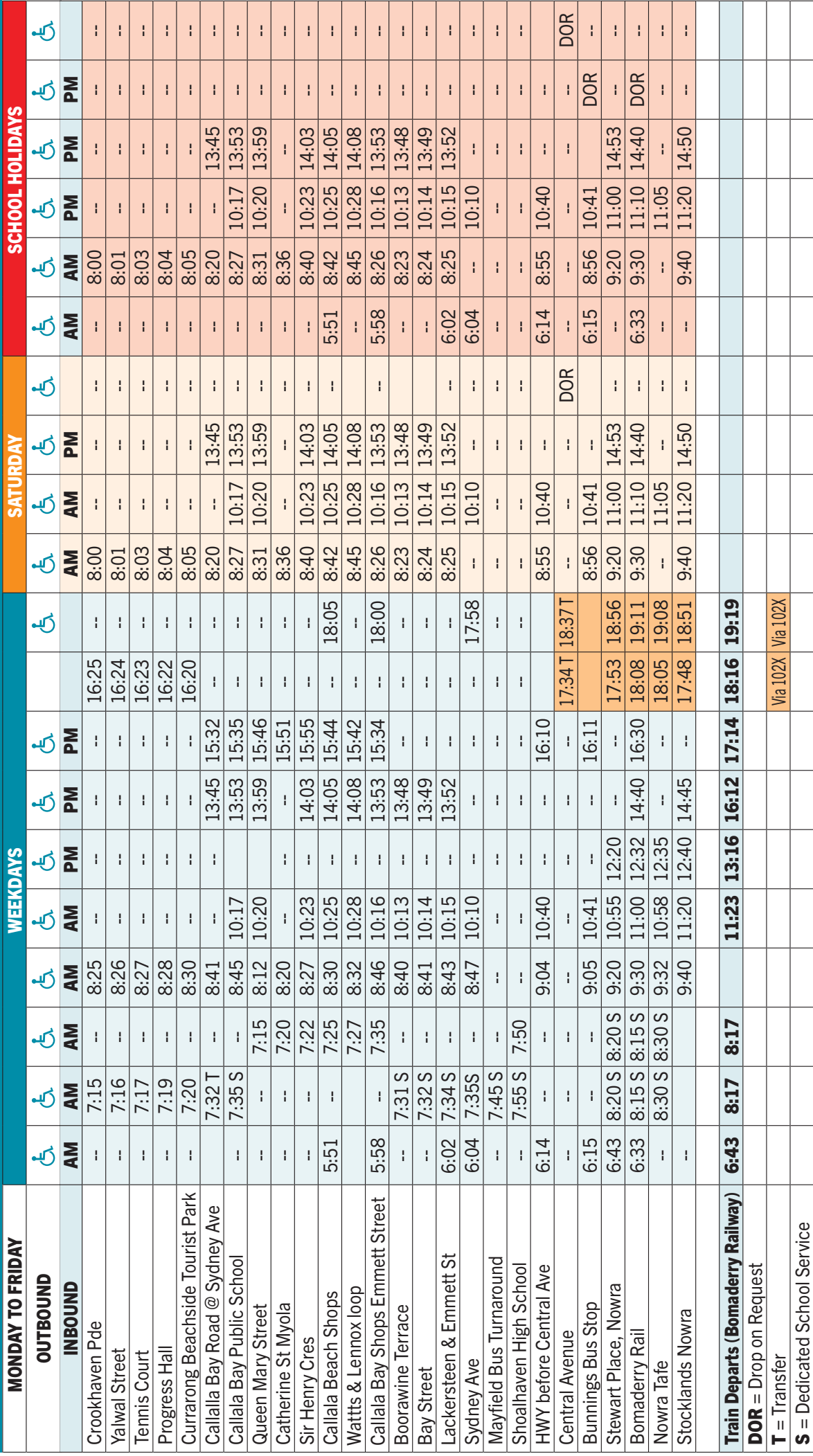
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Bomaderry-Nowra to Callala Bay, Callala Beach, Currarong & Myola

ROUTE 120 Bomaderry-Nowra to Callala Bay, Callala Beach, Currarong & Myola																				🦽					
MONDAY TO FRIDAY				WEEKDAYS										SATURDAY						SCHOOL HOLIDAYS					
OUTBOUND		🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽	🦽					
LOOK FOR ROUTE NUMBER 120			AM	🦽	AM	🦽	AM	🦽	AM	🦽	PM	🦽	PM	🦽	PM	🦽	PM	🦽		🦽					
Train Arrives (Bomaderry Rail)		6:17	🦽								12:27	14:17			17:10	8:19	12:21	14:19							
BUS DEPARTS																									
Bomaderry Railway	--	6:33	🦽	--	--	9:30	--	12:32	14:40	--	17:17	--	15:30 S	--	17:17	9:30	12:32	14:40	--	9:30					
Nowra Tafe	--	--	🦽	--	--	9:32	--	12:35	--	--	--	--	--	--	--	--	--	--	--	--					
Stewart Place, Nowra	--	6:43	🦽	--	--	9:20	--	12:20	14:55	--	17:24	--	--	--	17:24	9:20	12:20	14:55	--	9:20					
Stocklands Nowra	--	--	🦽	--	--	9:40	--	12:40	14:45	--	17:34	--	--	--	17:34	9:40	12:40	14:50	--	9:40					
Shoalhaven High School	--	--	🦽	7:55	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--					
St Michaels School	--	--	🦽	--	--	--	--	--	15:00	--	--	--	--	--	--	--	--	--	--	--					
HWY opposite Bunnings	--	--	🦽	--	--	9:45	--	12:45	15:10	--	--	--	--	--	--	9:45	12:45	15:00	--	9:45					
HWY Pearl Service Station	--	--	🦽	--	--	9:46	--	12:46	15:11	--	--	--	--	--	--	9:46	12:46	15:01	--	9:46					
Mayfield	--	--	🦽	--	--	--	--	--	--	--	15:45 S	--	--	--	--	--	--	--	--	--					
Sydney Avenue	--	--	🦽	--	--	10:10	--	DOR	15:32	--	17:58	--	16:05 S	--	17:58	10:10	DOR	DOR	--	10:10					
Boorawine Terrace	--	--	🦽	--	--	10:13	--	DOR	--	--	--	--	--	--	--	10:13	DOR	DOR	--	10:13					
Callala Bay Shops	--	--	🦽	--	--	10:16	--	DOR	15:33	--	18:00	--	--	--	18:00	10:16	DOR	15:15	--	10:16					
Callala Bay Public School	--	--	🦽	--	--	10:17	--	DOR	15:34T	16:17 T	--	--	--	--	--	10:17	DOR	DOR	--	10:17					
Queen Mary Street	--	--	🦽	--	--	10:20	--	DOR	15:46	16:31 S	--	--	--	--	--	10:20	DOR	DOR	--	10:20					
Catherine Street Myola	--	--	🦽	--	--	--	--	DOR	15:51	16:35 S	--	--	--	--	--	--	DOR	DOR	--	--					
Sir Henry Crescent	--	--	🦽	--	--	10:23	--	DOR	15:56	--	--	--	--	--	--	10:23	DOR	DOR	--	10:23					
Callala Beach Shops	--	--	🦽	--	--	10:25	--	DOR	15:44	--	18:05	--	--	--	18:05	10:25	DOR	DOR	--	10:25					
Watts & Lennox loop						10:28		DOR	15:42	--	--	--	--	--	--	10:28	DOR	DOR		10:28					
Callala Bay Shops	--					--	--	DOR	--	--	--	--	--	--	--	--	DOR	DOR	--	--					
Fishery Rd @ Merimbula St Currarong	--	7:12	🦽	--	8:23	--	--	DOR	15:56	16:26	--	--	--	--	--	--	DOR	DOR	--	--					
Crookhaven Pde @ Piscator Ave	--	7:15	🦽	--	8:25	--	--	DOR	16:00	16:25	--	--	--	--	--	--	DOR	DOR	--	--					



South Coast Soul

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JERVIS BAY



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TUES 9:30am Gentle Yoga
Callala Beach Community Hall

WEDS 5:30pm Restorative Yin Yoga
Callala Beach Community Hall

THURS 8:30 am Pilates
Callala Beach Community Hall

FRI 8:15am Radiance Vinyasa Yoga
Huskisson Community Centre

Pay with cash or card. Props available. No booking required

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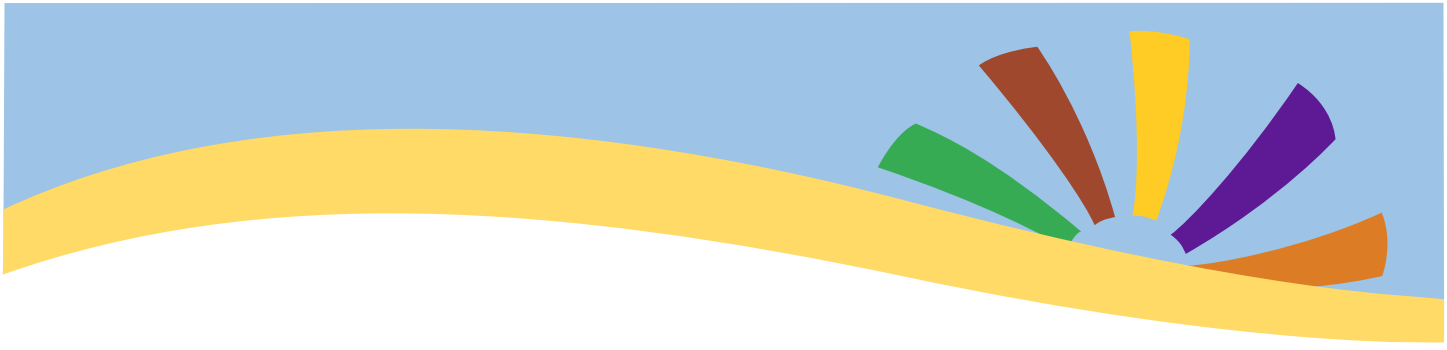
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Tennis @ Callala Bay



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 and District Garden Club Inc.

Hello everyone, Our May 16th meeting coincided with National Love a Tree Day which recognizes how important trees are to our environment and a day to encourage appreciation for them. Members were asked to bring flowers with foliage from their favourite tree and to wear clothes with leaf patterns and floral prints. The tree foliage brought in for the display table were Hibiscus, Protea, Leucadendron, Banksia, Paperbark, Southeast Queensland Wattle, Pot belly Fig with Autumn leaves and a branch from a Navel orange tree with ripened oranges.

The highlight of our meeting was guest speaker Glen Manning, who celebrated a special birthday by visiting a place on her bucket list, Antarctica, with her sister for 10 days. Glen had a power point presentation with stunning photos showing the start of her trip via South America to Antarctica in summer. She said that words could not describe the feeling of seeing this continent- it was quiet, almost eerie, being surrounded by bird life such as penguins, and humpback whales, leopard seals, and remnants of shipwrecks. We saw these in her presentation amidst blue icebergs and of course snow. But we saw more than we expected. Because it was summer when Glen travelled to Antarctica, we saw gritty sand and pebbles, and she said that they also spotted the only greenery which was “mossy” green grass. In winter Antarctica is covered in snow, there is no daylight, the winds come up making temperatures below -30 degrees. Glen and her sister did some kayaking and saw many of the beautiful creatures of the sea. Glen did the Polar dip (or polar plunge) is a rite-of-passage activity where visitors and researchers strip down to their swimwear and briefly leap or run into icy Antarctic waters and yes, she said it was very cold. On the ship there were 172 passengers and 120 staff all from different

nationalities. At night they participated in lectures and one fact that Glen learnt was that most of the mountains are old volcanoes. Glen finished her presentation by reading this from one of the books which she displayed for members.



Antarctica is a land of great extremes. Covered in a vast ice sheet almost twice the size of Australia with winter temperatures that regularly fall below -60 degrees, Antarctica is the highest, coldest and windiest continent and the largest desert on Earth.

It was a very enjoyable presentation, and we thanked Glen for sharing a memorable experience.

Next meeting is June 20th. We meet at the Culburra Anglican Church, Penguin Head Rd, Culburra Beach. Meeting starts at 1.30pm. Our theme is ‘Going British’ for King Charles who celebrates his birthday on the long weekend like his mother the late Queen Elizabeth.

Cheers to all and happy gardening, Doris Carpenter 4446 5631 / mob. 0428 255 616



Ladies and Gentlemen,

From May to July 2026 any new member of the Bowling Club will be offered **FREE** membership of the Bowling Club for **12 months!**

This offer includes:

- **FREE** tuition by **NSW Pennant bowlers**
- Eligibility to play in over 24 in-house and local club competitions during the year.
- Social bowls every Wednesday afternoon with registration by 12pm @ \$10 green fees which includes light snacks, rink prizes and entry to a **\$300 margin jackpot.**
- A warm and friendly environment with fresh air and exercise.
- Access to loan bowls for beginners.

Please do not miss out on this offer and get involved in one of Callala's most social groups.

Should you require any further information please contact:

Joy Gabrielsen: 0413 227 945

Bob Fowler: 0427 963 118

Pole Repair

Many of you will be aware of the five 'story telling' poles located along Marine Parade. They were installed before covid, by the Community Association to tell the story of how the mullet used to run and the local indigenous group would 'net' them, using the small bays and inlets along the rocky shore. These poles were 'carved' by Uncle Noel Wellington using various tools, but mostly by using an angle-grinder as the timbers are all hardwood. The original installers comprising Howard Duncan, Jim Townshend and James Morris together with Gary Riggs provided the elbow grease and marine varnish to maintain these important symbols of Indigenous stories.



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

A Bush Kindy Preschool is Coming to Callala Bay

 Callala Bay Progress Hall
 Opening Term 1, 2026
 3-6 years
 8:45AM - 3:15PM

Waitlist OPEN!

spots will be offered in the order families join the waitlist.
Pop your name down early to stay in the loop about enrolments, orientation days + village events.

 hello@cooeee.au  www.coeeee.au

CoOeee



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our Waitlist



Instagram



COOEEEPRESCHOOL

-  Daily bush kindy walks
-  Small, nurturing group environment
-  Play-based learning with real-world connections
-  A warm village where children grow with nature and families find their people

At CoOeee, we believe childhood should feel slow, connected, and full of wonder.

Defibrillators in Callala Bay

There is a number of defibrillators in Callala Bay.



They are located at:

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



Callala Bay
Open 7 Days A Week
Market-Fresh Fruit and Vegetables
Lotto Newspaper ATM

Ph: 4446 4811

It Pays to Shop Independent

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/>



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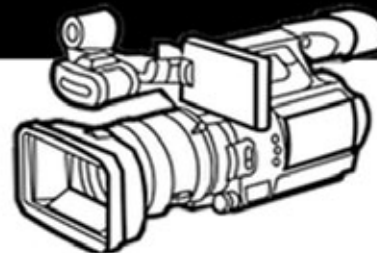


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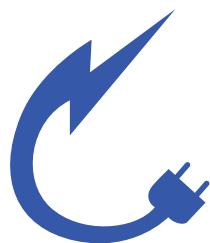
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From the Doctor

The New Lung Cancer Screening Program in Australia

Australia has introduced the National Lung Cancer Screening Program, a major step forward in detecting lung cancer earlier and improving survival rates.

From July 2025, eligible Australians at high risk of lung cancer can access regular low-dose CT scans to detect lung cancer before symptoms develop. Early detection can significantly improve treatment outcomes and save lives.

Who Is Eligible?

You may qualify for screening if you:

- Are aged 50–70 years
- Currently smoke or quit within the past 10 years
- Have a smoking history of at least 30 pack-years
- Have no symptoms of lung cancer

A low-dose CT scan is quick, painless, and uses less radiation than a standard CT scan.

Why Is Early Detection Important?

Lung cancer is often diagnosed late because symptoms may not appear until the disease is advanced. Screening aims to detect cancer earlier, when treatment is more effective.

Symptoms that should always be assessed by a doctor include:

- Persistent cough
- Coughing blood
- Shortness of breath
- Chest pain
- Unexplained weight loss

Speak With Your GP

If you think you may be eligible for lung cancer screening, book an appointment with your GP to discuss whether the program is right for you.

Early detection can save lives.



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Proudly local

Welcome Dr Heba Abozeid

Callala Medical Centre is pleased to welcome Dr Heba Abozeid, who brings over nine years of experience in general medicine and clinical oncology.

Dr Heba previously worked at Gold Coast University Hospital across emergency, medical, and surgical departments. She is passionate about patient-centred care, cancer prevention, and early detection.

Dr Heba speaks both English and Arabic and enjoys the South Coast lifestyle, including beach walks and cycling.



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



Understanding Myopia

Why clear distance vision matters

What is Myopia?

Myopia (short-sightedness) is where near objects are clear but distant objects appear blurred. This occurs when the eye focuses light in front of the retina, usually because the eye is slightly too long.

Why is it increasing?

Modern lifestyles play a major role. Increased screen use, prolonged near work and less time outdoors are key contributors, particularly in children.

Why does it matter?

Higher myopia increases the risk of serious eye conditions including retinal detachment, glaucoma and earlier cataracts. Early management is essential.

Modern management options

Options include specialised lenses, atropine therapy and orthokeratology (overnight lenses). These approaches can significantly slow progression.

Good vision habit: “20-20-20 rule” — every 20 minutes look away beyond 6m (or 20 feet) for at least 20 seconds. This relaxes your eye focus.

Have questions about your or your child’s vision?

Call Robert Rose or Anna Richter at Rose Optometry Berry on (02) 4216 8628.

The Rescue Services came to Callala Bay

On wed 10 May 26, members of the various rescue organisations visited the Callala Public School to show the students and teach what they could do, how they did and instill some new lessons with the young school community. Those involved included:

- Nowra Police, including a patrol car, paddy wagon, and Police motorcycle
- Surf Life Saving South Coast Branch,
- NSW Ambulance
- Callala Fire Brigade
- The NSW SES, and
- Westpac Resue Helicopter (see front cover)

The last event of this kind was held four years ago so there were plenty of new lessons, equipment and various displays, operated, sounded and showed all attending what they could expect to see and hear, practice and demonstrate across many Safety Vehicles, including the Helicopter, Police vehicles, Ambulance and the SES. Surf Lifesaving

demonstrated a beach scene, explained to the students the importance of the flags, beach patrols and safety in the water.

Our local Fire brigade was opened so students could see the vehicles and equipment, understand reporting emergency procedures and the need for 'cool heads' in an emergency. The NSW Ambulance Service provided an ambulance and volunteer ad the children learnt about basic first aid, familiarity with the ambulance operations and the well-being of others. To start and finish the event, the NSW Westpac helicopter landed on the netball courts, and happily they took off at the end of the day. The crew explained their role in search and rescue, and the rescue of people in all weather, terrain and conditions and the students learned how all the emergency services work together to support the extended community in many safety situations.

The SES spoke of the students to be ready for storms, floods and other hazardous situations. Like the helicopter, the SES also has a coordinating role with the police, ambulance and the RFS. Not to be outdone,



the Nowra Police provided a patrol car with lights flashing, siren sounding and a general cacophony of noise, Police motorcycle and a paddy wagon. The students wore a stab vest (try running with one of those on), were speed tested using the radar and asked questions ad nauseum.

The day start at 0915 and finished at 1:30 with the Rescue Helicopter toing a 'flyover' of the students and a great day was had by all including teachers and the safety personnel. A sausage lunch was provided by the Community Association for all and there was not a crumb of fruit drink to be had by lunch end.

Twenty-eight emergency personnel attended the day, many taking the day from work, but the greatest recognition was from the students who didn't tire from being a part of the activity. Organised by Garry Chapman of the Community Association and willing volunteers, the day was a great success, and the CBCA congratulates all those involved.

To Michelle Watkins, the School Principal, Janet Snell the Office Manager and Simon Okley, the General Assistant thank you all for your help to ensure the day went according to the plan.



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.

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

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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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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