

Callala Bay NEWS

July 2026

Issue 153-2026

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.*

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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
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.

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Culburra Beach & Districts Men's Shed

It's been another great month at the Shed. Sales at the Culburra Beach Markets (first Sunday of the month) were outstanding. This much needed money helps us to provide funds for equipment maintenance, purchasing of materials and to fund our day-to-day expenses such as electricity and insurance. So a big thank you to all of you who bought something that Mother's Day!

Members here do all sorts of jobs. One member is repairing a cheese grater that unfortunately has fallen apart. He'll be making pizza in no time. Another member is making a 'crumb saver' bread board. He has put strips of wood over the board, so when the bread is cut, the crumbs fall into the space between the strips. He might save the crumbs to make parmigiana. A third member has been building outdoor tables. He's put drop sides on the table, so it can be extended if necessary. The last member who'll

be mentioned is building a wooden model ship called the 'Marie Jeanne' (pictured) from a kit. This boat was a French tuna fishing boat of the early 20th century.

We also build cutting boards, chopping blocks, cheeseboards, coat racks, drinks coasters, nest boxes, bee hotels and novelties like 'Whirlybirds'. If you don't know what a Whirlybird is, come to our stall at the Culburra Beach Markets on Sunday July 11th to find out.

If something needs repairing, we can help you there, too. We do repairs of anything wooden or metal that you need.

Other dates to put on your calendar are our 10th Anniversary Open Day on Sunday September 6th. There will be a stall at the markets that day and you can come to the shed to see what it's all about. Also, if you're in Nowra on Saturday November 21st, we're having a fundraising BBQ at Bunnings.

**USE,
LEARN
& SHARE
SKILLS**

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

FIND US BEHIND THE POLICE STATION.



**CALL US ON
0494 055 329**

If you're thinking of a new hobby or want to come back to an old one, why not join our shed? Meet some new friends and have lunch with us.

Follow us or contact us on Facebook. You can contact us via email to CBDMS1@outlook.com or phone 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

**Easter is the
only time when
it is safe to put
all your eggs in
one basket**

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Contact the Editor for more info
editor@callalabaycommunityassociation.com

Veolia Mulwaree Trust and Hospital Auxiliary Fund Vital Heart Care Equipment

The Veolia Mulwaree Trust and the Greenwell Point Hospital Auxiliary have teamed together to present a stress-test walking machine to the Shoalhaven Hospital. This is not a walking machine you can find locally; this is a full-blown computer-assisted device.

This machine evaluates how well your heart functions during physical activity. Its prime goal is to identify any issues with blood flow to the heart, which may indicate coronary heart disease or heart related conditions. The machine can be calibrated to differing conditions and gradients and is a great addition to our local hospital.

The region's thanks are directed to both the Veolia Mulwaree Trust and the Hospital Auxiliary at Greenwell Point to help us all live healthier and happy lives.

A plaque will be permanently displayed in recognition of the funding.



Sale of Vacant Blocks Unsuccessful

The two blocks on the corner of Emmett and Chisholm Streets were passed in at action on 13 Jun 26. It is understood the reserve was \$600,000 for each block.

There was some opposition to auction, and there was applause as each block failed to reach the reserve. However, this is not the end. I guess we need to wait and see what the Council does next.

**HealthySelf
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Tuesdays 11:30am
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Joanne
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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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- Email setup
- Virus/malware removal
- Network configuration
- 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: 10:00PM - 9:00PM
We: 10:00PM - 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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 Monday (Pizzas Only)
5:00PM - 7:00PM

FROM \$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

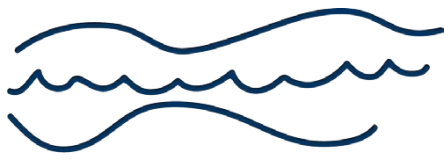
Fisho's Weigh-In on the fourth Sunday of the
 month from 2:00PM

Member's Badge Draw 6:00PM

Callala RSL Country Fishing Club



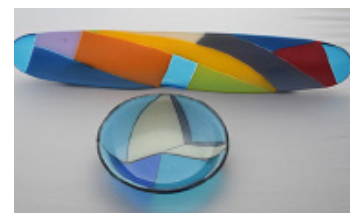
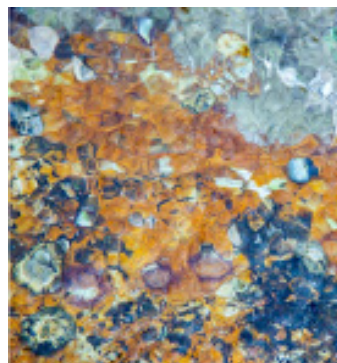
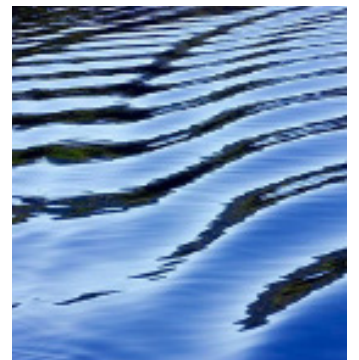
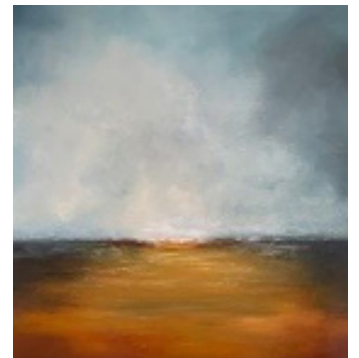
Callala Beach Road, Callala Beach 2540



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



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DISASTER DASHBOARDS



shoalhaven.disasterdashboards.com/get-ready/overview



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3/62 Owen St, Huskisson



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COMMERCIAL

PROJECTS

52 Emmett Street Callala Bay (opposite the shops).

• Madeleine Read 0418267880 • Gail Fitzgerald 041293008 • Megan Hodges 0433668453

Email: callalacommunitygarden@gmail.com Facebook: Callala Community Garden

Web: callalacommunitygarden.com.au For details of membership, sponsorship and more!

WHAT'S GROWING



Out in the boats, there is healthy and delicious spinach and silverbeet, carrots, leeks and many herbs. Inside, our first Snow pea flowers, then pods for the season began appearing about 23rd May. This is by far the most popular crop we grow in the cooler months. We are monitoring the growth of the stems, which can get out of hand, and encourage them to cling onto their frames for the best chance of a bumper crop. It's amazing how compatible these fresh peas are with a cup of coffee at morning tea time.

After learning that strawberries and onions don't mind co-habiting, we interplanted leeks in between the STRAWBERRIES in bed 11. Leeks take up very little room really, but need time to mature, while strawberries will be in place for about 3

years. They are then rejuvenated from runners and both will enjoy an occasional feed with something like POTASH (to encourage fruit and flowers), compost or chook pellets. The strawberries are doing so well. It's remarkable how much of a new lease on life the plants get by being transferred to a new, fresh location. They are also putting out many runners, producing new healthy new plants.

Asian Greens such as Bok Choi and all relatives have been progressing well. Fairly quick to mature, they are a lovely fresh addition to stir-fries.

Harvesting Silverbeet: It is a cut-and-come-again plant. Gently pull or cut the largest, outer leaves near the plant's base, leaving at least 4 to 5 small central leaves intact so the plant can continue to photosynthesize and regrow.

GUEST SPEAKER COMING TO CALLALA – OPEN TO THE COMMUNITY



We are excited to announce our Guest Speaker Angie Thomas, Horticultural Communications Manager at Yates. With excellent credentials, she speaks on radio, writes gardening articles, conducts workshops and is passionate about all things Growing!

When: Saturday 18 July from 11 am – 1 pm, followed by light refreshments and then for those interested, a tour of the Callala Community Garden.

Venue: Callala Community Centre, 42 Emmett Street Callala Bay.

A gold coin donation would be appreciated and RSVP to callalacommunitygarden@gmail.com to assist us with arrangements.

Open to Community Garden members, we also invite anyone in the wider community who is interested in gardening. So come and join us for a relaxed and informative get together.

WHAT'S ON - JULY/AUGUST

Regular Mornings Tuesdays and Thursdays from 9.00a.m.

General Meetings Saturdays 4th July and 1st August from 2.00p.m.

Working Bees Sundays 5th and 19th July, 2nd and 16th August from 9.00a.m.

Pick and Prep Fridays 10th July and 7th August from 3pm

Produce Markets Saturdays 11th July and 8th August



FAMILY FUN FRIDAYS

26th June, 31st July, 28th August

9.30 to 11.00a.m. Morning Tea will be provided.

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

CCG VOLUNTEER PROFILE: Here is the first of our volunteer/member profiles



Name: Di

Where do you live? Callala Bay

How did you find out about Callala Community Garden?

By observing the garden on my way to the shops and reading the signage displayed when it is open.

Why did you join?

I had just left a big garden and moved into accommodation with no garden. I found this difficult as I love the outdoors.

What are the benefits of being an active member of CCG?

I am widening my knowledge of plants, especially vegetables, as I had never grown them before. It is also a great atmosphere: - friendly, supportive, relaxed.

What is something you bring to the garden or something you've learned since joining?

I've learnt to be more observant of plants and identifying pests.

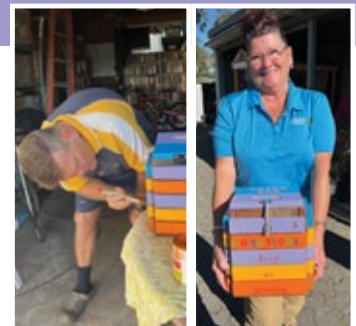
Thanks Di for sharing your profile

THANK-YOVS:

Kaylee Stein, Branch Manager of Huskisson Commonwealth Bank for implementing the Donation of \$500 which we put toward material expenses of our new enclosure.

A few individuals and front yards provided us with deciduous leaves for our year-round compost additions. One neighbour brought us about 30 bags of maple and ornamental pear leaves and our mulching heroes Diana and Noelene processed them for storage. Thanks all!

Meet our funky LOVELY DONATION box. Thanks Pete and Wanda for creating such a useful and fun container in which visitors can donate something and assist our fundraising. THANKYOU





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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



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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.**

Callala Markets

The Callala Markets endured cold, but fine, weather last month with reduced numbers of locals and weekend holiday makers. It was truly a beautiful South Coast winter'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 latest \$500 donation was to Greenwell Point Hospital Auxiliary (GPHA), whose current project is to purchase another OOK Bed for the Shoalhaven Hospital, complete with falls alarms and scales at a cost of \$9,898.

The GPHA has made purchases to support and assist Shoalhaven Hospital this financial year totalling \$40,799. This is only possible because of the generous support of our local community.

The July Markets will be held on Saturday 11 July from 8am to 1pm at the Callala Community Centre, Emmett Street, Callala



Proposed OOK bed to be funded for Shoalhaven Hospital by GPHA

Bay. The weather will be cooler, but the winter school holidays will be underway, and we may see some hardy visitors. Please make the effort to come out and support your local artisans and craft makers.

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 581 419 for stallholder enquiries.



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





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.

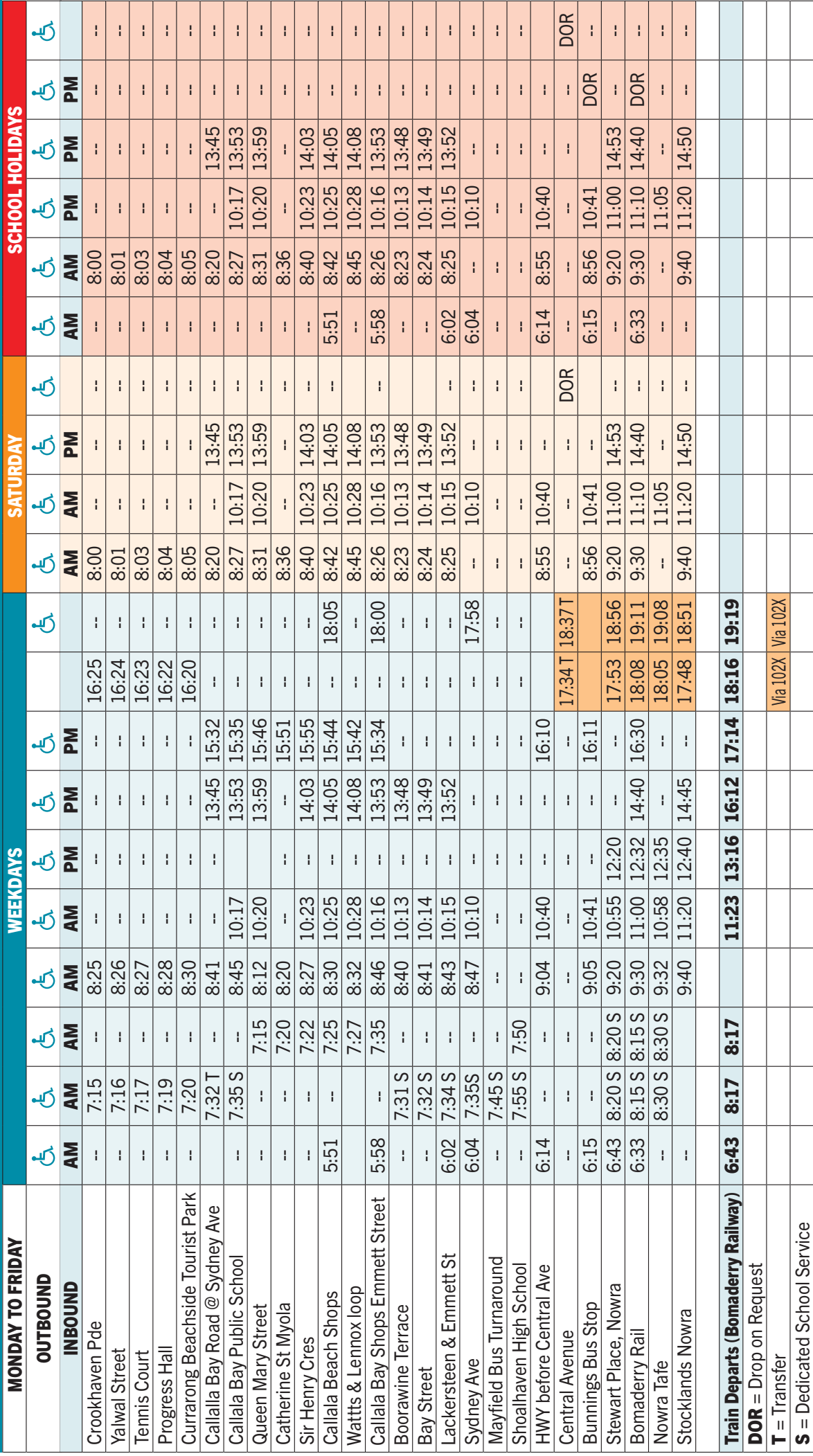
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ROUTE 120 Bomaderry-Nowra to Callala Bay, Callala Beach, Currarong & Myola																						
MONDAY TO FRIDAY		WEEKDAYS										SATURDAY					SCHOOL HOLIDAYS					
OUTBOUND																						
LOOK FOR ROUTE NUMBER 120																						
Train Arrives (Bomaderry Rail)																						
BUS DEPARTS																						
Bomaderry Railway	--	6:33	--	--	9:30	--	12:32	14:40	--	17:17	--	9:30	12:32	14:40	--	--	9:30	12:32	14:40	17:17		
Nowra Tafe	--	--	--	--	9:32	--	12:35	--	15:30 S	--	--	--	--	--	--	--	--	--	--	--	--	
Stewart Place, Nowra	--	6:43	--	--	9:20	--	12:20	14:55	--	17:24	--	9:20	12:20	14:55	--	--	9:20	12:20	14:55	17:24		
Stocklands Nowra	--	--	--	--	9:40	--	12:40	14:45	--	17:34	--	9:40	12:40	14:50	--	--	9:40	12:40	14:50	17:34		
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	12:45	15:00	17:40		
HWY Pearl Service Station	--	--	--	--	9:46	--	12:46	15:11	--	--	--	9:46	12:46	15:01	--	--	9:46	12:46	15:01	17:41		
Mayfield	--	--	--	--	--	--	--	--	15:45 S	--	--	--	--	--	--	--	--	--	--	--	--	
Sydney Avenue	--	--	--	--	10:10	--	DOR	15:32	16:05 S	17:58	--	10:10	DOR	DOR	DOR	--	10:10	DOR	DOR	17:58		
Boorawine Terrace	--	--	--	--	10:13	--	DOR	--	--	--	--	10:13	DOR	DOR	DOR	--	10:13	DOR	DOR	--		
Callala Bay Shops	--	--	--	--	10:16	--	DOR	15:33	--	18:00	--	10:16	DOR	15:15	--	--	10:16	DOR	15:15	18:00		
Callala Bay Public School	--	--	--	--	10:17	--	DOR	15:34T	16:17 T	--	--	10:17	DOR	DOR	DOR	--	10:17	DOR	DOR	--		
Queen Mary Street	--	--	8:12	--	10:20	--	DOR	15:46	16:31 S	--	--	10:20	DOR	DOR	DOR	--	10:20	DOR	DOR	--		
Catherine Street Myola	--	--	8:20	--	--	--	DOR	15:51	16:35 S	--	--	--	DOR	DOR	DOR	--	--	DOR	DOR	--		
Sir Henry Crescent	--	--	8:27	--	10:23	--	DOR	15:56	--	--	--	10:23	DOR	DOR	DOR	--	10:23	DOR	DOR	--		
Callala Beach Shops	--	--	8:29	--	10:25	--	DOR	15:44	--	18:05	--	10:25	DOR	DOR	DOR	--	10:25	DOR	DOR	--		
Watts & Lennox loop			8:32		10:28		DOR	15:42	--	--	--	10:28	DOR	DOR	DOR		10:28	DOR	DOR			
Callala Bay Shops	--		8:45		--	--	DOR	--	--	--	--	--	DOR	DOR	DOR	--	--	DOR	DOR	--		
Fishery Rd @ Merimbula St Currarong	--	7:12	--	8:23	--	--	DOR	15:56	16:26	--	--	--	DOR	DOR	DOR	--	--	DOR	DOR	--		
Crookhaven Pde @ Piscator Ave	--	7:15	--	8:25	--	--	DOR	16:00	16:25	--	--	--	DOR	DOR	DOR	--	--	DOR	DOR	--		



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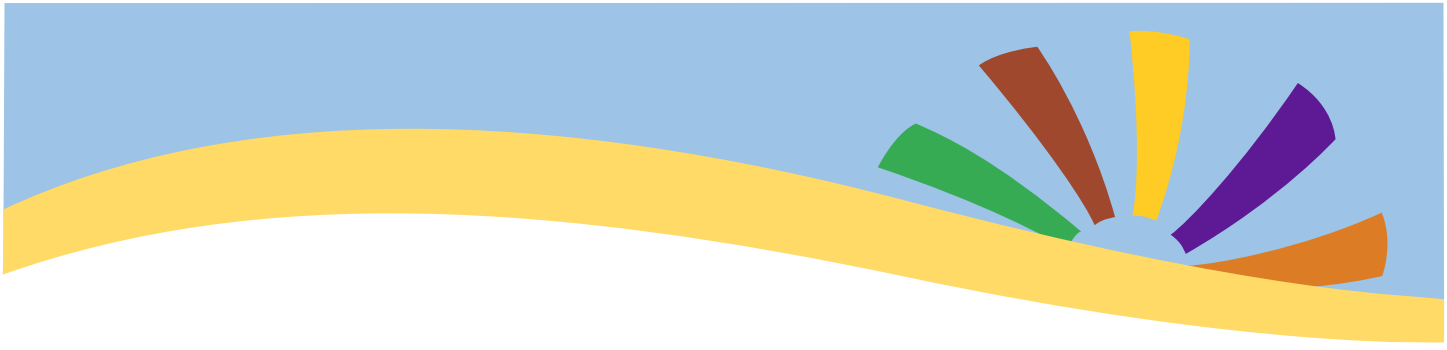
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Bring your own rackets and balls!

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Culburra Beach and District Garden Club Inc.



Hello everyone,
President Sharran welcomed everyone to our Going British theme in honour

of the King Charles III 's birthday celebrated on the 8th of June. Like his predecessors, starting with King George II, this date was chosen to coincide with Trooping the Colour and for the summer weather. King Charles is a lifelong champion of horticulture and plant conservation. His major contributions include pioneering organic farming at his Highgrove estate, launching the Coronation Meadows Project in 2013 to restore over 100 wildflower meadows in the UK, and directly planting endangered species like the Wollemi Pine which is endemic to Australia. To honour the late Queen Elizabeth who would have turned 100 this year and the present Queen Camilla, we wore a brooch.

The meeting started with the sad news that co-founder of our garden club Pat King passed away on March 25th at the Glenmore Park Care Facilities, 40 days short of her 100th birthday. Her son told me that she had already received cards from King Charles and our Prime Minister. Sharran paid tribute to Pat for her contribution as welfare officer, organiser of guest speakers and publicity – her column appearing every month in the South Coast register. Pat along with her husband Roy opened their Culburra home and garden to members regularly for morning teas. Pat was a wonderful person sadly missed by all of us.

Guest speaker was Leonarda Tannous who came once again came to talk about repotting and root pruning of Bonsai trees. Leonarda did a demonstration on two established trees- a Camellia and an Elm. With the Camellia she used a serrated knife to carefully separate it from the edge of the pot. She then started

to scrape the soil away until she located the roots. Pruning shears came out next to trim the roots. She said to make sure you do not remove all the soil. The Camellia was placed in a new pot (in Bonsai you do not increase the pot size) with a layer of free draining potting mix. She backfilled the soil to remove any air pockets and filled the soil to below the rim of the pot. She said to make sure you leave enough space below the rim so that the water does not run over the edge of the pot. After Leonarda patted the soil right down, she placed moss to cover the soil. The result was fantastic. The next tree was the Elm, and she used the same procedure but this time the tree was placed in in a “mud wall” she built herself. A “mud wall” is a retaining wall or barrier made from muck—a sticky, mouldable paste created from clay, chopped sphagnum moss, and soil fines. It is primarily used to build raised hills, to hold soil onto flat rock slabs, and prevent erosion during watering. With this tree she removed the wiring. Both trees will need to be put in a tub of water with Seasol and given some TLC by placing them in a protected area.

Carolyn, one of our members brought in a Euphorbia milii, (Crown of Thorns) which needed to be pruned. Leonarda gave it a good “haircut” by removing unwanted growth and clearing the interior to improve light penetration and airflow. As usual Leonarda was organised and efficient with her demonstration. Sharran thanked Leonarda for visiting us again, for her display table of Bonsai pots and donation of a pruned Hibiscus for the raffle. During afternoon tea, members spoke about Leonarda and how much they enjoyed her demonstration.

Next meeting is July 18th and we are celebrating our 35th birthday. We meet at the Culburra Anglican Church, Penguin Head Rd, Culburra Beach. Meeting starts at 1.30pm.

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

A Good chuckle

“How often have you encountered a situation where the instructions you have given to someone have been followed wrongly or misinterpreted? I am sure that each of us has a story on that.

Well, here is one, fortunately with no tragic outcome, but a good lesson to learn and share:

A new fuel tanker arrives on location somewhere in the Middle East. The HSE manager asked the fleet supervisor to ensure that the tanker is clearly labelled ‘diesel fuel’ and ‘no smoking’ in Arabic.

So, what happened?”



**When bees move into a new house,
do they have a swarming party?**

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First Saturday of the Month
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Sponsored by the Anglican Church, Callala

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 Callala Bay Progress Hall
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spots will be offered in the order families join the waitlist.
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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
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Regular Community Users

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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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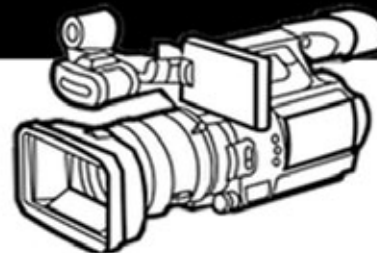


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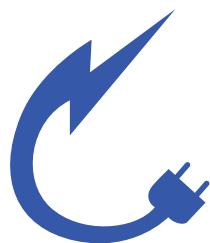
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From the Doctor

Management of Menopause

A Community Health Update from Callala Medical Centre

It is my honour to write this monthly health article on behalf of Callala Medical Centre as part of our commitment to keeping our community informed about common health conditions and providing updates about services available at our practice. Each month, we aim to share useful health information that helps support the wellbeing of our local community.

This month, I would like to discuss an important topic affecting many women — menopause.

Menopause is a natural stage of life that usually occurs between the ages of 45 and 55 years, marking the end of menstrual cycles as hormone levels, particularly oestrogen, begin to decline. While menopause is a normal life transition, symptoms can sometimes significantly affect quality of life.

Common symptoms include:

- Hot flushes and night sweats
- Poor sleep
- Mood changes, anxiety, or irritability
- Vaginal dryness and discomfort
- Reduced libido
- Brain fog and difficulty concentrating
- Joint aches and irregular periods during the transition period

Fortunately, there are many effective ways to manage menopause.

Lifestyle changes are often the first step and include regular exercise, maintaining a healthy diet, reducing alcohol intake, quitting smoking, and managing stress.

For women with more troublesome symptoms, Menopausal Hormone Therapy (MHT) can be highly effective, particularly for hot flushes, sleep disturbance, and prevention of bone loss. This option should

always be discussed with your GP to ensure it is appropriate for your individual health circumstances.

For women who prefer not to use hormonal treatment, non-hormonal options such as certain medications, sleep strategies, and psychological support can also help.

The most important message is simple: women should not feel they have to simply tolerate symptoms. Support and effective treatment options are available.

At Callala Medical Centre, we remain committed to continuously improving healthcare services for our community. Over the last few months, we have welcomed two new doctors to our team and expanded our services to better meet community needs.

We are pleased to now offer:

- Dedicated skin check clinics
- ADHD assessment and management
- Minor surgical procedures performed locally
- A new onsite pathology provider for improved access to testing services

We hope these improvements continue to better serve our community, and we remain committed to expanding and improving the care we provide.

Thank you for your continued trust and support.

Warm regards,

Dr Elsayed Ahmed

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NSW Government Planning Panels

Planning Proposal Authority, Record of Decision Public Meeting, Post Exhibition and Finalisation

On Friday 29 May 26, a Public Teleconference was held to discuss the Planning Proposal PP-2022-4162, Shoalhaven LGA – Sealark Road, Callala Bay

A number of people from the Callala Bay area spoke against the proposal including representation from the Callala Bay Community Association, Liza Butler, (our State Member) and Callala Matters. Others on behalf of the Shoalhaven City Council and four people spoke on behalf of the proponent.

The Panel Members were Chris Wilson (Chair), Juliet Grant, Glennis James, Councilors Luciano Casmiri and Peter Wilkins. The Panel Briefing with the Dept of Planning, Housing & Infrastructure was conducted from 0930 and covered matters such as:

- Biodiversity and water quality impacts on Wowly Creek, neighbouring wetlands and Jervis Bay Marine Park,
- Affordable housing,
- Flooding, fill and sediment control,
- Inconsistencies with local strategies,
- Short-term accommodation,
- Bushfire, and
- Traffic, as well as on-street parking.

Planning Consideration and Decision

The Panel considered all the material listed in submissions and the material presented by those attending the Meeting and as the Planning Proposal Authority, the majority determined to recommend to the Minister the Proposed instrument be made without amendment. The Panel's decision was 4:1 in favour, the dissenting member being Peter Wilkins.

Reasons for the Decision

The majority Panel concurred the planning proposal demonstrated;

- site-specific merit
- The conditions of the Gateway had been met
- That agency and community consultation had occurred in accordance with the Gateway Determination requirements, and
- The issues raised in all the submissions have been adequately addressed.

The Majority Panel was satisfied the rezoning would not only result in additional housing but also facilitate the transfer of the ecologically sensitive lands into Jervis Bay National Park, which according to the National Park and Wildlife Service and DPIRD-Fisheries, would provide a high and enduring level of protection for Wowly Creek. The majority Panel was further satisfied there are sufficient checks and balances both through the development assessment process and under the National Parks and Wildlife Act to ensure the long-term integrity of the lands once transferred.

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WASTEBAGS**

**Dogs must keep
their owners
on a leash**

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(anonymous reporting)

Police Assistance Line: **131 444**

(non emergencies)

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Jervis Bay Marine Park: **4441 7752**

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Culburra Beach & District Garden Club

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Feb-Nov at 1.30pm

Venue: Culburra Anglican Church
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For more details contact

Doris Carpenter: **4446 5631**

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FACEBOOK: Culburra Beach Orient Point
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Callala Community Garden

52 Emmett Street Callala Bay
Opposite The Shops

Victoria Maudson: **0424 590 105**

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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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