

# Callala Bay NEWS

February 2026

Issue 148-2026

*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.cbcnews@gmail.com*



- Lawn Mowing
- Irrigation
- Fertilising
- Aerating
- Tree Work
- Landscaping
- Hedging
- Mulching
- Rubbish Removal
- Domestic & Holiday Rental Cleaning
- High Pressure Water Cleaning
- Garden & Yard Make Overs



• Commercial • Domestic • Rural Properties

**0415 732 801**

ABN: 16 821 580 073

[andrew@atbcontractors.com.au](mailto:andrew@atbcontractors.com.au) | [www.atbcontractors.com.au](http://www.atbcontractors.com.au)

**We're for  
families looking for  
more than care.**



**A place where children feel comfortable,  
confident and genuinely excited each day.**

- ★ Small group sizes and steady routines
- ★ Familiar faces your child knows and trusts
- ★ Play-based child-led learning
- ★ A calm, welcoming environment

**Big little FUTURES**  
Early Learning Callala Bay

**Join the waitlist** [biglittlefutures.com.au](http://biglittlefutures.com.au) | (02) 4446 6089



**first  
national**  
REAL ESTATE

| Callala

**4446 4313**



Callala First National has been servicing the local area for more than 19 years and continues to strive to provide a service above and beyond our clients expectations. If you are considering selling or renting your property contact our friendly team on 4446 4313 or drop into our office at 58 Boorawine Terrace, Callala Bay. [www.callalafirstnational.com.au](http://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

### President

Scott Horsburgh

### Vice President

S. Chapman

### Treasurer

Julie Morris

### Secretary

Fiona Ellis

### Minutes Secretary

Kim Proctor & Tanya Coli

## COMMITTEE MEMBERS

Jacinta Flattery-O'Brien

Gary Chapman OAM

Rob Barrel

Fiona Ellis

Merry Dickins

## Public Officer/CB News Editor

James Morris

## INDEX

Culburra Beach & Districts Men's Shed .....	Page 4-5
Emergency Contacts .....	Page 12
Callala Community Garden .....	Page 14
Callala Markets .....	Page 18
Culburra Beach & District Garden Club.....	Page 24
From the Doctor .....	Page 32
Community Contacts .....	Page 38

## 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.

What do you call a boomerang that doesn't come back – a stick

# Crookhaven Mechanical Repairs



**4447 5845**

**FREE Pick - Up Callala - Bay - Beach - Myola**

We Can Service Your NEW Car AND Protect YOUR Warranty

Major Trip Prep - Suspension Upgrades - Bullbars - Accessories



ARC-AU21881



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



MVRLic35947

When Quality Counts

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

The Shed had a very successful (and hot!) day at the Callala Markets in January. Our thanks to all customers and supporters who ventured out in extreme conditions.

The Victorian bushfires in January brought back sad memories of the “Black Summer” fires of 2019/20 which devastated much of NSW, including the South Coast, resulting in much loss of life and habitat for our native birds and other wildlife.

Bushfires and land clearing for residential, urban and agricultural purposes have had an adverse impact on breeding sites for many native birds and arboreal mammals. New tree plantings take many years to reach the mature stage when cavities and hollows will naturally occur. One strategy to compensate for this habitat loss is the use of artificial nest boxes.

Our Shed produces a range of nest boxes to accommodate all local target species e.g.

- Kookaburras
- Brushtail possums
- Barn owls and Wood Ducks
- Crimson (and Eastern) Rosellas
- Rainbow lorikeets
- Ringtail possums
- Sugar gliders
- Microbats

All boxes are made from recycled or FSC certified plywood or pine, with a thickness of 17-20mm for thermal insulation, finished with exterior UV resistant paint. They are designed to prevent draughts and water entry and keep eggs/chicks/occupants safe from (most) predators.

The Shed also supplies native bee/insect hotels and butterfly boxes to improve pollination in your garden and provide food for insectivorous birds.

In areas where feral birds like common mynas and starlings are an issue, the Shed can provide baffles to exclude these pests. Rosellas are quite adaptive and receptive to this modification.

**USE,  
LEARN  
& SHARE  
SKILLS**

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

**FIND US BEHIND THE POLICE STATION.**



Installation height should be about 4 metres for most birds, well within the range of most extension ladders. Safety first rules; never climb higher than you feel safe and always seek assistance when installing nest boxes. Nest boxes should face south-east to avoid exposure to the western sun as summer heat can be a killer for young chicks.

Nest boxes in backyards should be augmented by clean water for bathing, etc and by planting endemic native shrubs and plants in the garden to provide flowers, insects and nectar for the birds, possums and native bees.



*Nest boxes for local birds, possums and microbats*

Shed members also produce a range of cutting boards, chopping blocks, cheese boards, coat racks, drink coasters, etc.; all from recycled native and exotic hardwoods. We also offer garden novelties like "Whirlybirds" which are providing quite popular.



*Sulphur Crested Cockatoo Whirlybird*

Our "Fix it Mondays", where we undertake minor repairs and refurbishments continue to be well supported by local residents. 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 on Saturday 14 February 2026, with our full range of nest boxes, native bee hotels and timber and metal craft on sale. We'll also be able to answer any questions you may have about what our 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 [CBDM1@outlook.com](mailto:CBDM1@outlook.com) or by phone on 0494 055 329.



## Cloudberry Herbalism

*The power of plant medicine combined with ancient practices to heal your mind, body, soul & spirit.*

**Herbal Medicine • Iridology • Nutrition**

**Herbalist John Taylor**

In person & online consults available

**Phone: 0407 489 063 - Callala Bay & Nowra**

**Email: [herbalhealingcentre@bigpond.com](mailto:herbalhealingcentre@bigpond.com)**

## Interview: Peta James

### How did you find out about Jervis Bay Outrigger Canoe Club (JBOCC)?

I saw a poster in the window of the Remos Bakery for a "Come and Try" Day. I went along, a little nervous.

### Why did you join?

Everyone was very welcoming. We were taught not to step over the canoe as it's disrespectful, a glimpse into canoe culture. It showed our connection to the history of Pacific paddling and the indigenous people. I love the water, particularly Jervis Bay. I never imagined doing anything but social paddling, but after visiting Bateman's Bay regatta with our paddlers, I saw that all clubs are very supportive, regardless of experience.

I put my name down for regatta training. I love the training; the refinement of the paddling movement. Even the most experienced paddlers are always learning. I learn from all the paddlers; they've been SO supportive and patient with me. At 76 I've just competed in my first regatta at Five Islands Club. Our lovely team came home with a bronze medal! And our other JBOCC crew came home with silver!



## 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**

### What are the benefits?

Physically, I'm much stronger, particularly my core muscles. Gym work is improved now and I can lift more easily. Socially, my confidence has improved. If you build one foundation area, like self-esteem, it flows on. My social network has been vastly broadened.

### Anything else to share:

I'd encourage anyone to give it a go.

[www.jervisbayoutrigger.com.au](http://www.jervisbayoutrigger.com.au)

Facebook: Jervis Bay Outrigger Canoe Club



**HealthySelf  
Wellbeing**  
Love is all there is

## 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**

18/55 Emmett Street  
Callala Bay 2540

**Your Local Butcher**  
**The Meat Specialist**

# YOUR AD HERE

Advertise Your Business With The CBnews Today!

**Very Affordable Rates For All Businesses!**

Contact the Editor for more info

[editor@callalabaycommunityassociation.com](mailto:editor@callalabaycommunityassociation.com)

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

## Truck & Forklift Driving School

*Desire Bhugon*

RMS Approved: LR, MR, HR, HC (Auto and Manual)

**OLDER DRIVER ASSESSOR**



Tel: 02 444 66861 Mobile: 0418 654 572 Email: [desdschool@bigpond.com](mailto:desdschool@bigpond.com)

**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 | Currawong

### 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](http://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

Having problems with your computer?

**Hayton.Biz IT**

Local computer support & service.

Onsite IT & computer support for business and home users.

Experienced technicians, same day service, No call out charge for the local area\* & competitive rates.

Laptop repairs/servicing also undertaken.

- Computer repairs
- General PC report
- Computer servicing
- General PC advice
- Internet problems
- 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.culburraorientmensshed.org.au](http://www.culburraorientmensshed.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](http://clubcallala.com.au)  
[venuesupport@clubcallala.com.au](mailto:venuesupport@clubcallala.com.au)



for information & bookings, call us on  
02 4446 5313 (option 2) or contact  
[callalagolf@bigpond.com](mailto: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

**COURTESY BUS AVAILABLE FOR A GOLD COIN DONATION  
SERVICING CALLALA BAY, CALLALA BEACH, AND MYOLA  
MONDAY TO SATURDAY FROM 4:00PM, SUNDAYS FROM 3:30PM**

accommodation now available at:



### 31 Callala Beach Road, Callala Beach

for all enquiries, contact our motel management  
Professional Holiday Homes on (02) 9194 4411  
[enquiries@professionalholidayhomes.com.au](mailto:enquiries@professionalholidayhomes.com.au)



### Lunch Service:

Every Day From  
**12:00PM - 2:30PM**

### Dinner Service:

Tuesday to Sunday  
**5:00PM ONWARD**  
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



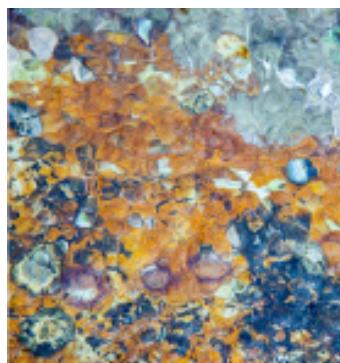
Callala Beach Road, Callala Beach 2540



# CURRARONG ART TRAIL

[currarongarttrail.com.au](http://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
<hr/>		
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](http://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](http://shoalhaven.disasterdashboards.com/get-ready/overview)



# Want to know the value of your home?



Scan to Discover

As One Agency grows, we remain committed to delivering exceptional service across the South Coast, backed by our position as the region's largest and **#1 selling real estate agency**



**Nowra & Jervis Bay**  
112 Kinghorne St, Nowra  
3/62 Owen St, Huskisson



**(02) 4423 6000**

BUY

SELL

LEASE

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.

### WHAT'S GROWING

We have had reasonable success with our cucumbers, tomatoes, eggplants, capsicum, chilli, lettuce, zucchini, squash, spring onions, silver beet, leeks and basil. The strawberries have been consistent but not abundant, unlike the green beans which have provided a bumper crop so far. The rhubarb has been struggling, so yet again we are trying the trim, feed and water more to see if we can get the fatter stems we were expecting with our new variety. Our red grapes have been abundant and delicious so far. Over 3Kg enjoyed at the time of writing this. The peach has finally rewarded us with starting to develop some fruit. The figs look promising and have consequentially just been netted while they ripen. The larger tomatoes this year have given a good harvest - the best since starting the garden.



### BOAT AREA

We are really pleased with how the boats are producing good harvests of zucchini and cherry tomatoes. Madeleine has been keeping the soil topped up with some good stuff. We just must get to them before the wildlife! Please, feel free to take some ripe veg home for dinner. There are also lots of fresh herbs for picking there and around the post box. Please take some home to liven up your own kitchen creations - that's why they are there.

The sweetcorn this year looked great but sadly it is not juicy enough for us humans. Maybe it needs more water. Can you find us more volunteers to keep in top of all these jobs please?

The honeybees and native bees love our beautiful blue borage flowers. So do we.



### MARKET DAY

In January, we braved the excessive heat and everyone came out early to enjoy the bargains. Our plant stall did exceptionally well and The Ukellalas braved the heat to give us some tunes. Well done all involved!



### RECYCLING NESPRESSO PODS

Please bring these to the garden for recycling.

### WHAT'S ON - FEBRUARY

**Regular mornings** Tuesdays and Thursdays from 9am

**General Meeting** 7th February from 2pm Please join us

**Pick and Prep Fridays** Friday 13th February from 3pm

**Produce Market** will take place on Saturday 14th

February from 8am to coincide with Callala Markets

### FUN FRIDAY IS BACK

February 27th from 9.30 To 11.00



Yes, it could get messy... especially if it is a day for waterplay! It would be lovely to see new faces this new year to join our already strong band of regulars. All parents and carers are welcome with their little ones. Such a lovely community thing to do!

# YOUR AD HERE

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

Contact the Editor for more info

[admin@callalabaycommunityassociation.com](mailto:admin@callalabaycommunityassociation.com)



*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)

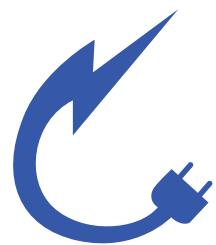
## Are you a current or former serving ADF member?



**RSL**  
NSW

If so, your local RSL Sub Branch at Callala Beach will welcome you to the RSL family.

It is easy to join by applying via the RSL NSW webpage <https://rslnsw.org.au> or contacting the Sub Branch on: 4446 0963 or email: [Callala-beachSB@rsl.nsw.org.au](mailto:Callala-beachSB@rsl.nsw.org.au)



**Chilkko**  
ELECTRICAL

**INSTALLATION, MAINTENANCE & REPAIR**

Mobile: 0419 405 797

Email: [chilkoelectrical@gmail.com](mailto:chilkoelectrical@gmail.com)

Domestic - Commercial - Rural - Industrial

LIC No. 76151C

[www.chilkoelectrical.com.au](http://www.chilkoelectrical.com.au)



# 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

**Phone: 4446 4251**

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**

- Interior & Exterior Painting
- Friendly Local Service
- Excellent Rates
- Quality Assured

**M: 0422 560 696 H: 4446 5056**

**Graham Worts**



**Vinnies**

# **CALLALA BAY**

## **SHOP**

- **High quality second-hand items**
- **Clothing, bric-a-brac, books, linen, beach towels, toys, games, DVDs, jewellery and much more!**

### **VOLUNTEERS NEEDED**

**YOUR TIME IS THE MOST VALUABLE  
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 helps Marine Rescue Shoalhaven

The January Callala Markets endured some very hot weather, but all stall holders reported good sales. Once again, we thank all our customers and visitors for their tenacity.

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, 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.

Come along and check out the variety available at your local market. Supporting local artisans and their products is part of our community spirit.

The next Markets will be held on Saturday 14 February from 8am to 1pm at the Callala Community Centre, Emmett Street, Callala Bay. Summer season will still be in full flow, and a little more relaxed after the school holidays, so call in and grab a bargain.



*Hand knitted craft from local artisans*

The Callala Community garden will also be operating 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.

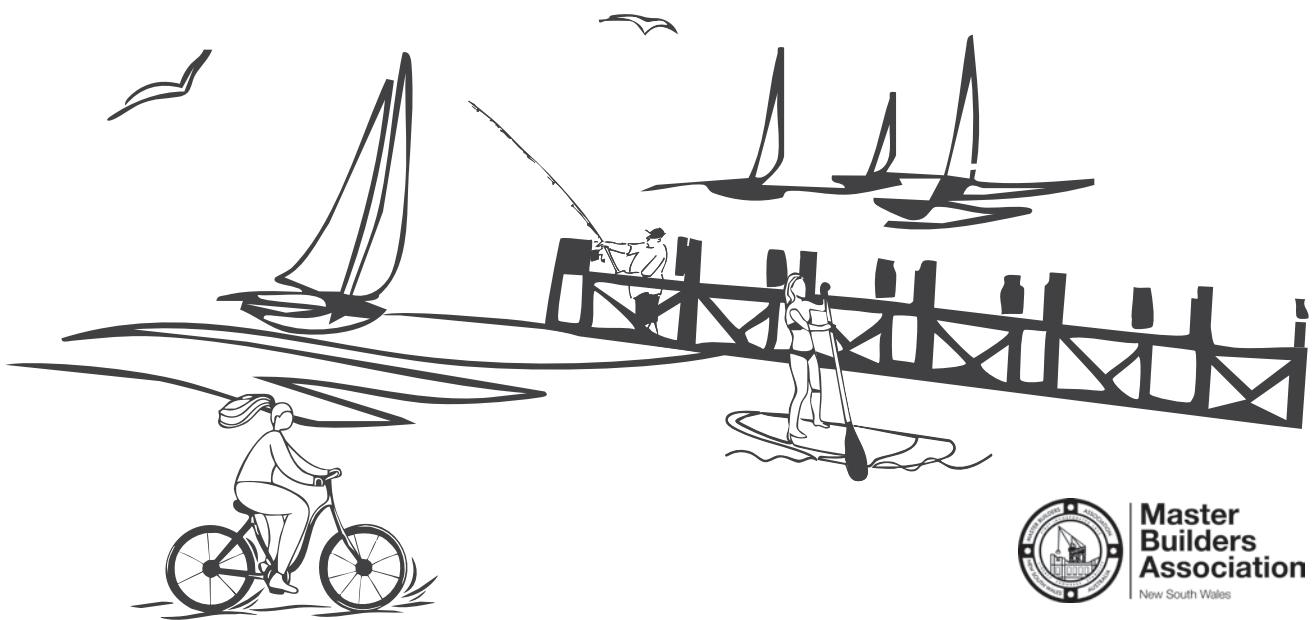


**2nd Saturday  
EACH MONTH  
42 EMMETT ST,  
CALLALA BAY  
8:00AM - 1:00PM**



# THE COVE

## AT CALLALA



**Master  
Builders  
Association**  
New South Wales

### *Retirement Lifestyle Living*

- 8 x 2 bed boutique villas
- 75% sold, 2 villas still available
- Independent living designed
- Elegantly finished
- Construction complete
- Low maintenance / low strata
- 200m to Bayview Plaza Shops
- 500m to Foreshore
- 700m to boat ramp/jetty
- **Call Ben on 0411 172 100 to view**

# Premier Motor Service

## BUS TIMETABLE - ROUTE 120

Phone 02 4423 5233 or 133 410

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

ROUTE 120 Bomaderry-Nowra to Callala Bay, Callala Beach, Curraong & Myola										SCHOOL HOLIDAYS	
MONDAY TO FRIDAY		WEEKDAYS								SATURDAY	
OUTBOUND											
LOOK FOR ROUTE NUMBER 120	AM	AM	AM	AM	PM	PM	PM	PM	PM	AM	PM
Train Arrives (Bomaderry Rail)	6:17			9:15	12:27	14:17	17:10	8:19	12:21	14:19	
<b>BUS DEPARTS</b>											
Bomaderry Railway	--	6:33	--	9:30	--	12:32	14:40	--	17:17	--	9:30
Nowra Tafe	--	--	--	9:32	--	12:35	--	15:30	S	--	--
Stewart Place, Nowra	--	6:43	--	9:20	--	12:20	14:55	--	17:24	--	9:20
Stocklands Nowra	--	--	--	9:40	--	12:40	14:45	--	17:34	--	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
HWY Pearl Service Station	--	--	--	9:46	--	12:46	15:11	--	--	9:46	12:46
Mayfield	--	--	--	--	--	--	15:45	S	--	--	--
Sydney Avenue	--	--	--	10:10	--	DOR	15:32	16:05	S	17:58	--
Boorawine Terrace	--	--	--	10:13	--	DOR	--	--	--	10:13	DOR
Callala Bay Shops	--	--	--	10:16	--	DOR	15:33	--	18:00	--	10:16
Callala Bay Public School	--	--	--	10:17	--	DOR	15:34	T	16:17	--	10:17
Queen Mary Street	--	8:12	--	10:20	--	DOR	15:46	16:31	S	--	10:20
Catherine Street Myola	--	8:20	--	--	--	DOR	15:51	16:35	S	--	DOR
Sir Henry Crescent	--	8:27	--	10:23	--	DOR	15:56	--	--	10:23	DOR
Callala Beach Shops	--	--	8:29	--	10:25	--	DOR	15:44	--	10:25	DOR
Watts & Lennox loop	--	8:32	--	10:28	--	DOR	15:42	--	--	10:28	DOR
Callala Bay Shops	--	8:45	--	--	--	DOR	--	--	--	DOR	DOR
Fishery Rd @ Merimbula St Curraong	--	7:12	--	8:23	--	--	DOR	15:56	16:26	--	--
Crookhaven Pde @ Piscator Ave	--	7:15	--	8:25	--	DOR	16:00	16:25	--	--	DOR



**ROUTE 120** Bomaderry-Nowra to Callala Bay, Callala Beach, Curraong & Myola

# South Coast Soul

YOGA & WELLNESS  
JERVIS BAY



## Weekly Classes with Carla Versitano

**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

[www.southcoastsoul.com.au](http://www.southcoastsoul.com.au) | @south.coast.soul | 0422 433 159



**WAYNE'S  
WELDING**

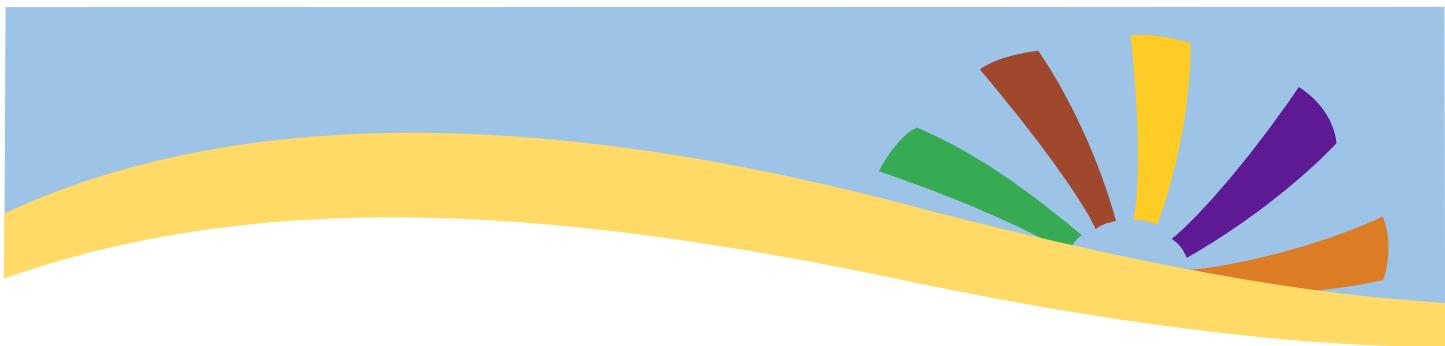
**ABN: 72 721 264 751**

**Wayne Birt**

**Aluminium or Steel Boat Repairs  
Trailer (box or boat) Repairs  
MIG and TIG**

**Custom work for cars, boats or caravans**

**Phone: 0407 203 041**



# 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.

Hi everyone, the much- awaited rain has arrived for the garden helping it to recover from that dreadful day we had when the temperature reached 40 C. Some plants did suffer with blackened or shrivelled up leaves. By the afternoon we had a cool change, and I was able to hose the plants and by next morning they were much improved.

When you go to Nowra you can't miss the white Crepe myrtles which are in bloom now. The heat did not affect them at all. Congratulations to our local Council for choosing such a fantastic tree to line Nowra's streets. These trees should be planted in other local areas too as they are low maintenance. Crepe myrtle (*Lagerstroemia Indica*) are native to eastern Asia; they thrive in full sun and well-drained soil, come in assorted sizes (dwarf to large), and are easy to grow in warm climates, making them versatile for pots, hedges, or feature trees.

Next month we resume our garden club meetings. For those who are new to this area, this garden club was established in 1991. We meet at the Culburra Anglican Church (see address below) every 3rd Saturday of the month from February to November and we start at 1.30pm. We have a trading table where we sell plants and cuttings brought in by members, a display table where we highlight plants usually working around a theme. In February members have been asked to bring their biggest flower and display it in a bottle and because the birthstone for February is Amethyst, they can wear their Amethyst jewellery, or anything in purple. We also try to have a guest speaker from the local area. Following the meeting we have afternoon tea at a cost of \$2. Our lovely ladies Debbie and Mary organise the raffle. We try hard to help identify plants or answer any garden queries. Annual membership is \$20. We would love to welcome new members to boost up our numbers. Our club is more of a social club- we are not garden experts, but we do learn

from each other. You are most welcome to join us on Saturday 21st February at 1.30pm.

If you are celebrating a birthday in February here are your flowers – Violet (signifies loyalty, wisdom, faithfulness); Iris (represents wisdom, hope, trust) and Primrose (symbolises protection, safety and communicate love; by gifting primrose, you are telling someone you cannot live without them).



**Violet**



**Iris**



**Primrose**

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

**\*\*\* Our first meeting will be Saturday 21st February 2026 at the Culburra Anglican Church Penguin Head Rd, Culburra Beach. Meeting starts at 1.30pm. \*\*\***

**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**



## Book an appointment at EyeQ Optometrists Nowra.

If you're experiencing eye discomfort, have vision concerns or it's simply time for your next eye test, book in your next appointment today.

**EyeQ Optometrists Nowra**  
59 Kinghorne St  
Ph: 4421 4511



Scan the QR  
code to book an  
eye test today

**EyeQ**  
OPTOMETRISTS

## JERVIS BAY FILM TRANSFERS

Records



Cassettes



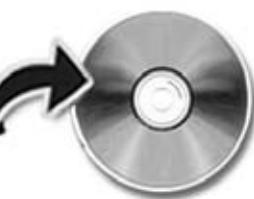
Onto  
CDs



VHS movies



onto DVDs

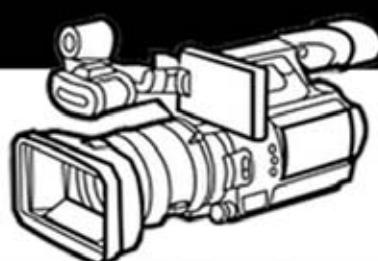


**8mm Films onto USBs  
Convert CDs to Mp3s  
Scan Slides onto USBs**

**Call: 0401076338**

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

*Wedding  
Videographer*



**We Build  
Corporate  
Websites**

# 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](mailto:hello@cooeee.au) [www.cooeee.au](http://www.cooeee.au)

# CoOeee

join  
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
- 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 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/>



# Joelene Paterson

CULBURRA BEACH'S #1 AGENT  
2 YEARS RUNNING

0456 905 171



Joelene Paterson is an acclaimed top-tier real estate professional at **Joelene Paterson Property**. With a celebrated corporate sales career and a genuine passion for real estate, Joelene has an award-winning track record of success. Her love for the area and its lifestyle, rooted in childhood holidays and now her own home, fuels her understanding of what attracts people to the region.

Joelene's trustworthy and empathetic approach fosters strong relationships, with her client's needs always at the forefront to ensure a seamless, stress-free experience.

*"Joelene takes the time to understand your goals and requirements and fights tirelessly to meet them".*

**Call Joelene Paterson to discuss your real estate needs - 0456 905 171**

Monday 12 January 2026

## **MEDIA RELEASE**

### **NORTH SHOALHAVEN MEALS ON WHEELS GEARS UP FOR RAPID GROWTH IN 2026**

North Shoalhaven Meals on Wheels (NSMoW) is preparing for a period of significant growth in 2026, as changes to the Federal Government's Aged Care Act and reforms to Home Care Packages reshape the way older Australians access care and support in their own homes.

The reforms, which place a stronger emphasis on ageing at home, increased consumer choice, and flexible service delivery, are expected to drive increased demand for trusted, community-based providers such as Meals on Wheels.

Luke Sikora, Chair of North Shoalhaven Meals on Wheels, said the organisation is well placed to meet this growing need.

“For 58 years, North Shoalhaven Meals on Wheels has proudly served our local community with a service that is reliable, trustworthy and deeply connected to the people we support,” Mr Sikora said.

“The changes to the Aged Care Act and Home Care Packages will see more older Australians supported to remain independent in their own homes for longer. That means services like Meals on Wheels will play an even more important role in delivering not just nutritious meals, but regular social connection and wellbeing checks.”

Under the new aged care framework, home care is being strengthened to provide greater flexibility, transparency and access to essential supports. As a long-standing local provider, NSMoW has been planning ahead to ensure it can respond to the expected increase in demand across the North Shoalhaven region.

“We are gearing up operationally and strategically for growth in 2026,” Mr Sikora said.

“Our organisation has a strong track record, dedicated volunteers, and deep community trust. We are ready to grow alongside the community we've served for nearly six decades.”

As demand increases, NSMoW is also calling on more community members to consider volunteering. “Our volunteers are the heart of Meals on Wheels,” Mr Sikora said.

“As we prepare to serve more people, we will need more locals to step forward and help us deliver meals, connection and care. Volunteering is a simple but powerful way to make a real difference in someone's life.”

North Shoalhaven Meals on Wheels encourages anyone interested in volunteering or learning more about its services to get in touch and be part of the next chapter of this long-standing community organisation.

# Callala Medical Centre Expands Services and Announces New Skin Check Days

At Callala Medical Centre, we are delighted to share some positive updates and service expansions as part of our ongoing commitment to providing accessible, high-quality healthcare to the Callala Bay community and surrounding areas.

## Additional Skin Check Days Announced

Following the overwhelming response to our recent skin check days, we are pleased to confirm two additional dedicated skin check clinics due to high demand. These will be held on:

- Wednesday, 5 February
- Wednesday, 12 March

Early detection of skin cancer saves lives, and we strongly encourage patients to take advantage of these clinics, particularly given Australia's high rates of skin cancer. Appointments are limited and bookings are essential.

## Bulk Billing with Some Procedure Gaps

We are delighted to confirm that Callala Medical Centre is a bulk-billing practice for standard consultations. This ensures that essential healthcare remains affordable and accessible for our community.

Please note that a gap fee may apply to some procedures, depending on their complexity and time involved. Our reception team is always happy to provide clear information about any potential costs before your appointment.

## ADHD Medication Continuation Available

We are pleased to advise that several of our GPs are trained and authorised to continue prescribing ADHD medications in accordance with NSW regulations. This service supports continuity of care for patients who already have a diagnosis and an existing treatment plan from a specialist.

## Women's Health Services: Mirena and Implanon (Bulk Billed)

Our doctors are skilled in:

- Mirena removal and insertion
- Implanon insertion and removal

These services are bulk billed, helping improve access to long-acting reversible contraception and comprehensive women's health care within our local community.

## Welcoming a New GP: Dr Eliza Eldridge Bassett

We are very pleased to welcome Dr Eliza Eldridge Bassett, who will be joining our team in February. Dr Eliza is now accepting new patients and looks forward to caring for individuals and families in our community. We are confident she will be a wonderful addition to our growing team.

## Our Commitment to the Community

Under new management, Callala Medical Centre remains deeply committed to serving the health needs of Callala Bay and surrounding areas. Our focus is on providing compassionate, patient-centred care, improving access to essential services, and building long-term relationships with our patients.

We sincerely thank the community for your continued trust and support. We look forward to caring for you and your families for many years to come.

Warm regards,  
**Dr Elsayed Ahmed**

**Just bake a synonym  
cake just like grammar  
used to bake**



**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.

# **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.



# **CALLALA** **TREE SERVICES**

## **Your Local Arborist Experts!**

Looking for professional tree removal and pruning?  
Look no further! **Callala Tree Services** is a local family-owned business committed to providing top-quality Arborist Services in our community.

### **What We Offer:**

**Qualified and experienced arborists**  
**Specialization in tree removal, stump grinding and pruning**  
**Safe and efficient services tailored to your needs**

**Get a Free Quote Today!**

**Call us at: 0433 711 200**

**Email us at: [callalatreeservices@gmail.com](mailto:callalatreeservices@gmail.com)**

Let us help you maintain the beauty and safety of your trees and property! Contact us today!



# 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](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](https://www.facebook.com/groups/CallalaCommunityGarden)

Drop In's welcome

## DISCLAIMER

*The Publisher, known as Callala Bay Community Association Incorporated, does not accept any responsibility or liability in any way whatsoever with regard to any of the paying advertisers contained in this newsletter. Additionally the views and comments of all reports submitted are the responsibility of the person/organisations submitting same, including those from SCC (Shoalhaven City Council), which are usually copied verbatim from correspondence and are included for your information. The reports do not necessarily reflect the views of the Publisher.*



## Driving Your Community

Join the  
bank that's  
bigger for you.

Community Bank  
Nowra & District

**B** Bendigo Bank  
The better big bank



# Callala Physiotherapy and Pilates

Pre and Post-operative Rehabilitation | Reformer Pilates  
Sporting injuries | Arthritis management

**[www.callalaphysiopilates.com.au](http://www.callalaphysiopilates.com.au)**

Phone: (02) 4413 0349 Email: [info@callalaphysiopilates.com.au](mailto:info@callalaphysiopilates.com.au)



**Vanessa Middleton**  
Licenced Real Estate Agent  
0492 945 367  
[vanessa.middleton@ljhooker.com.au](mailto:vanessa.middleton@ljhooker.com.au)  
[nowra.ljhooker.com.au](http://nowra.ljhooker.com.au)

 **LJ Hooker**

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

**A consistent number of repeat referrals is a testament to her expertise.**  
**If you are looking for a local in real estate for buying or selling contact me today.**

# Happier, healthier pets

South Coast Veterinary Services  
is your local, independent and  
exclusive veterinary care provider.

Our complete range of in-home  
and mobile pet services take the  
stress out of trips to the vet  
... for happier, healthier pets.



**SCVS**

South Coast  
Veterinary  
Services

Book a visit, manage prescriptions and  
pay online. Get in touch for more details.

**Dr. Glynis Kuipers**  
0412 319 110  
[office@southcoastvet.com.au](mailto:office@southcoastvet.com.au)  
[www.southcoastvet.com.au](http://www.southcoastvet.com.au)