# Callala Bay NEWS

August 2025

Issue 142-2025

Monthly Magazine from the Callala Bay Community Association Incorporated



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

Consider supporting us by subscribing for a small yearly fee.

Contact: editor.cbcanews@gmail.com





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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

#### **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

#### **CBCA Inc COMMITTEE**

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Public Officer/CB News Editor

James Morris

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#### **Note from the Editor:**

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

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

#### MR MIKE SPARKLE BRIGHT

ABN: 50 534 685 256

Professional Window Cleaner



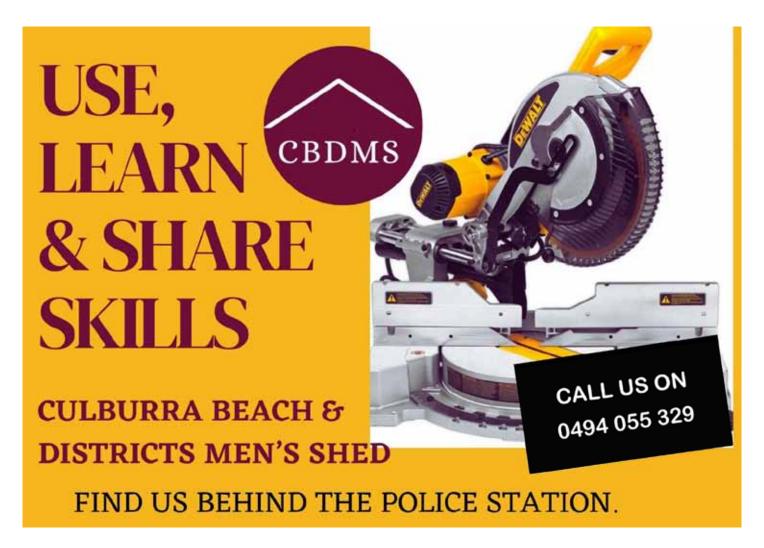
All Types of windows cleaned including Fly Screens, Window & Door Frames Tracks and Runners

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

Most of us still vividly remember the 2019/20 summer bushfires. The NSW South Coast, including areas nearby to us, was devastated. The impact on local properties, agriculture and grazing, small and large businesses, hospitality and tourism, and our environment was profound and continues to this day in places. Our local flora and fauna suffered massive damage. Estimates vary but all agree that literally millions of native mammals, birds and reptiles were killed by the fires. Those that survived were faced with greatly reduced habitat and a loss of food resources. The bush will regenerate in time but many animals suffered in the vacuum left behind by the fires. This is particularly true regarding the loss of older, hollow bearing trees which are usually more than 100 years old before fungus, borers or trauma create natural hollows for birds. possums, reptiles and bees.

The fires exacerbated the ongoing loss of natural habitat from urbanisation, forestry and agricultural land clearing. We are fortunate to live in an area where wildlife like possums and native birds in our backyards is commonplace. Now, more than ever, our local wildlife need help.

If you have trees in your backyard, you could also consider putting up a nest box for local birds and/or possums.

Our Men's Shed makes a range of nest boxes, suitable for birds ranging from rosellas and galahs to kookaburras and owls, to musk lorikeets and pardalotes. We also make nest boxes for brush-tail and ringtail possums, sugar and feather-tail gliders and antechinus. In many cases, the same box may be used by either a possum or a bird, dependent on location and orientation e.g. ringtail possums will use the same box as crimson rosellas.

We were recently pleased to fill an order from a local tree removal contractor/arborist for 18 nestboxes of various sizes for habitat replacement in the Sanctuary Point area. Most of their order was able to be supplied ex stock and the remainder is being manufactured now. These installations, in conjunction with Council, will mitigate habitat loss occasioned by recent developments in the area.



One of our sugar glider boxes

Installation height will be typically about 3-4 metres for target birds and possums. If you plan something similar in your backyard, remember Safety first rules; never climb higher than you feel safe and always seek assistance when installing nest boxes.

Our nest box prices start from just \$30. Call us on 0494 055329, email us on CBDMS1@ outlook.com, check us out on Facebook, or call into the Shed on Monday or Wednesday mornings for more information.

Please think about installing a bird or possum box in your backyard this summer. As well as providing habitat for our local wildlife, the antics of the nesting birds (or possums in the early evening) can be both entertaining and educational.

A bad attitude is like a flat tyre – you won't go anywhere until you change it



# FirstLine Holistic Therapies

Gastro-Intestinal Health • CardioMetabolic disease
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#### Serving the Shoalhaven area.

Telehealth appointments also available. Located at 132 Junction St. Nowra. (Inside Nowra Medical & Skin Centre)

> Phone: (02) 8043 5333 Email: johntylor@multicitymedical.org

#### **Blown Away**

Many will recall the extraordinary wind and rain from the East Coast low which blew at the beginning of July. A diligent dog walker (who else?) noticed the Perspex skylight on the oval and after a couple of calls it was discovered it was the skylight from the Community Centre. Given the amount of rain, the Centre management committee dreaded the thought of all that rain in the Hall, but luckily it wasn't too bad. Needless-to-say the skylight had to be repositioned, and both the SES and the Council raced to the task. Below is the repair team, with the Council representative and Rural Fire Brigade members from Culburra Beach and SES members from Cootamundra.

Thanks guys!!







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

#### **Callala Football News**

Callala FC latest team of U/6's have hit the 2025 football season running made up of River, Georgia, Remi, Talakai, Phoenix, Skylar, Eden and coach Ben. Showing nerves before kick off with their first game against Bomaderry FC, Coach Ben sat them down for a chat and explained to his players the other team were just as nervous and they had been going so well at training with dribbling, tackling and shooting and not to worry and just give it your best shot.

With the blow of the whistle the game was on with players forgetting there nervousness almost immediately with players kicking and tackling the other team and themselves. With the ball getting closer to Bomaderry's goal Phoenix saw an opportunity and shot scoring the first goal of the season. His team mates jumped on him for joy with high fives all round.

With the nerves now settled, goals were being scored from both teams with lots of high fives and encouragement from parents saw all players having a great game and wanting to keep playing after the final whistle was blown.

Callala FC U/7s made up of super stars Nulla, Knight, Elara, Kippa, Lenny, Luke, Angus and coach Alyse have returned for their second year of football showing no fear going into their first game against Shoalhaven United from the kick off both teams were tackling, passing and scoring goals with player of match given to Kippa.

# There is a new Doctor coming to Callala Bay

Welcome Dr Noor – Our New Female GP Registrar (Starting August 2025)

We're thrilled to welcome Dr Noor Najeeb to Callala Medical Centre from August 2025. Dr Noor is a warm and compassionate GP registrar completing her final term of specialty training in Primary Care. She has a strong interest in women and children's health, preventive medicine, and lifestyle counselling. She's also fluent in Arabic and is passionate about long-term care, family wellbeing, and empowering patients to take charge of their health.

Originally trained in Ireland, Dr Noor has worked across hospitals and clinics in Queensland and NSW and is excited to settle into our beautiful coastal community.

Appointments with Dr Noor will be available from early August — online bookings and phone bookings are open now.



Domestic - Commercial - Rural - Industrial

Mobile: 0419 405 797 Email: chilkoelectrical@gmail.com

LIC No. 76151C www.chilkoelectrical.com.au

# FIONA PHILLIPS MP

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.





#### 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**

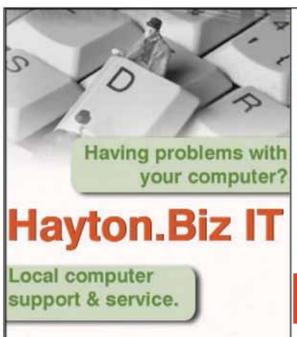
Contact us for times and locations

#### Caterpillar's Playgroup

9:30am Friday @ Culburra Beach Anglican

#### 289youth

Friday Nights @ Culburra Beach Anglican



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
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- Computer servicing
- General PC advice
- Internet problems
- Email setup
- Virus/malware removal
- Network configuration
- Domain registration
- Server installation
- Server support
- Backup configuration

Call Today

0422 599 305

#### **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 generalmanager@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

#### **WEDNESDAY:**

Callala Mixed Social Bowls - from 12:00PM 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**

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

#### **FRIDAY**

Mega 50 Meat Tray 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

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

#### **SUNDAY**

Sunday Raffle - tickets sold from 4:30PM

#### 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



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 - EVERY DAY! -

#### **DINNER SPECIALS**

TUESDAY \$25 Rump Steak Night
WEDNESDAY \$20 Chicken Schnitzel Night
THURSDAY \$20 Pizza Night
SATURDAY \$17 Club Beef Burger Lunch Special
SUNDAY Roast \$22 Lunch & Dinner - ALL WEEKLY SPECIALS DINE-IN ONLY -

#### **TUESDAY**

Social Darts from 5:00PM 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

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



#### currarongarttrail.com.au

first Saturday of every month 10am - 2pm











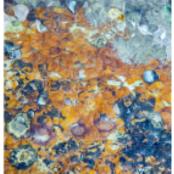






















#### **Emergency Phone Contacts**

Phone Number	Website
000	ambulance.nsw.gov.au
000	police.nsw.gov.au
000	police.nsw.gov.au
131 444	police.nsw.gov.au
1800 333 000	police.nsw.gov.au
000	fire.nsw.gov.au
000	rfs.nsw.gov.au
4424 4424	rfs.nsw.gov.au
	rfs.nsw.gov.au
1800 679 737	
	bom.nsw.gov.au
132 500	ses.nsw.gov.au
131 003	endeavourenergy.com.au
132 701	livetraffic.com
1300 293 111	shoalhaven.nsw.gov.au
1300 293 111	shoalhaven.nsw.gov.au
4423 9500	
4454 9100	
	000 000 131 444 1800 333 000 000 000 4424 4424 - 1800 679 737 - 132 500 131 003 132 701 1300 293 111 1300 293 111

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



4





Live Traffic

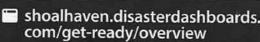


Facebook



Twitter









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www.artclassesnowra.com

Callala Gallery on Facebook



# Tai Chi & Qigong for Health

Callala Beach Community Centre Tuesdays 11:30am To Book contact:

Joanne

0416 271 408

- Feel the flow of vitality -



# 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 PENRITE FlashLube ARC-AU21881 crookhavenmechanical.com.au MVRLic35947



52 Emmett Street Callala Bay (opposite the shops).

Email: Callalacommunitygarden@Gmail.com

Facebook: Callala Community Garden Web: Callalacommunitygarden.com.au

#### Contacts:

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

#### WINTER PLANTINGS







Many things just continue, and some warmer weather crops have been hanging on: a couple of sweet basil, some mini capsicums and broad rocket. Silverbeet are becoming more robust. Sadly, the more advanced snow peas have encountered some problems due to recent rains.

Parsnips are still growing and look well from above the ground, but have a long maturation time. Shortly we will explore how they are going.

Potatoes are one of the fun crops we grow (as long as you're patient). Nicola, and Dutch Creams have now been planted into large beds. Some seed potatoes were able to be cut into pieces containing eyes. After 1 week waiting for the cut surfaces to

dry out, they were planted. The potato shoots were through in 11 days and as they are all indeterminate, we will commence hilling them to encourage more production. Royal Blue potatoes were planted into bags and boxes and kipflers have been sown into an IBC wicking bed to do their thing.

The cabbage family is well underway, but they also have a long maturation time. Our mini-ball Cabbages are hearting now. The red cabbages, while not hearting, are providing an attractive display with their purple veins on the green leaves. A few different Bok Choys are growing currently, hopefully providing for many stir fries.

#### **CITRUS SYRUP CAKE:**

#### **Ingredients:**

200g unsalted butter, softened 200g caster sugar 3 eggs, room temperature

Zest of 1 orange and 1 lemon 1 teaspoon vanilla

225g plain (Greek style) yoghurt 250g self-raising flour

#### **SYRUP:**

Juice of the orange and lemon 100g caster sugar

#### Method:

Preheat conventional oven to 180 degrees C. Grease and line 21 cm cake tin.

Mix together the softened butter and sugar until light and fluffy. Add eggs, one at a time, beating between additions, followed by the zest and vanilla.

Add half the yoghurt to the mixture, followed by half the flour, repeating with the remaining yoghurt and flour. Don't overbeat the batter - fold last two ingredients through gently.

Spoon into prepared tin and bake for 40 - 45 minutes.

**Syrup:** combine juices and sugar over a medium heat in a small saucepan. Gently heat until syrup is slightly thick - about 3 to 4 minutes. When cake is cooked, poke holes with a skewer in the cake while it is still hot and slowly pour over the hot syrup. Cool completely in the tin.

#### **WE NEED MORE VOLUNTEERS**

Do you have ANY free time that you would like to spend being useful in our Community Garden? No previous experience required! You don't need to bring gardening know how, just enthusiasm.

#### A Message from the Mayor

Friday 18 July 2025

It was so great getting back into my routine last week with my first Open Office session since I fractured my collarbone. Thank you to those who came along to the Ulladulla Civic Centre to talk about the issues that are important to you. My next Open Office session will be on Friday 25 July from 2pm til 4pm in the Nowra Administration Building.

For most of us, access to good health services is a priority so it's exciting to see the Shoalhaven Hospital redevelopment in Nowra progressing. With work underway to remove tonnes of scaffolding from the newly constructed acute services building, you might have noticed a name change on the facade. From 1 July 2025, the facility officially transitioned to the new name of Shoalhaven Memorial Hospital. This name honours the area's important history and ongoing links with the Australian Defence Force, while aligning with more contemporary hospital naming conventions.

A new statewide campaign to help communities better understand the Australian Warning System was launched by the NSW Reconstruction Authority this week. You might be familiar with the yellow (advice), orange (watch and act) and red (emergency warning) used for the different level of weather threat posed to the community. The Shoalhaven has certainly had its fair share

Using your indicator is not 'giving information to the enemy'

of natural disasters over the years, so to make sure you're prepared you'll find all the information you need online.

# 

It's back on – Shoalhaven Water's Open Day at the Nowra Wastewater Treatment Plant. Join a guided tour and discover how your wastewater is collected, treated and delivered back into the environment. Tickets are complimentary but bookings are essential so make sure to book your spot for Saturday 9 August here.

After a small winter break, Council meetings will return on Tuesday 22 July. You can find a full list of Council meetings, agendas and minutes and even live stream a meeting from our website. Or come into the chambers in Nowra and watch a meeting in person. It's a great way to hear about the issues Councillors are raising on behalf of the community.

Have a great weekend before the kids go back to school next week.

Mayor, Patricia White



## 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





- 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 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 July Callala Markets were disappointing with the cold weather keeping folks at home despite the school holidays. We look forward to a better result in August.

Our latest donation was to the Bearded Fishermen Blokes Group. They are an amazing group in Bomaderry trying to help men or young males who need help with reading and writing to help them obtain their "L" plates or "P" plates, which subsequently helps with being employed once they have a licence and car or to help with mental problems to get the best help. They send them in the right direction to become successful in their lives.

They have great support in this area from a donated car for practice driving. Beresford butchers donate meat trays for raffles at Bomaderry Hotel on Saturdays to help pay the weekly rent at their office and drop-in centre at Bomaderry.

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

The August Markets will be on Saturday 9 August

from 8am to 1pm at the Callala Community Centre, Emmett Street, Callala Bay. Rug up and come on down to grab a bargain.

The Callala Community Garden will also be open for visitors on that day. Fresh seasonal produce is always popular, so come on down and check the entire range.

We always hope for fine weather, but we'll be there rain, hail or shine.

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

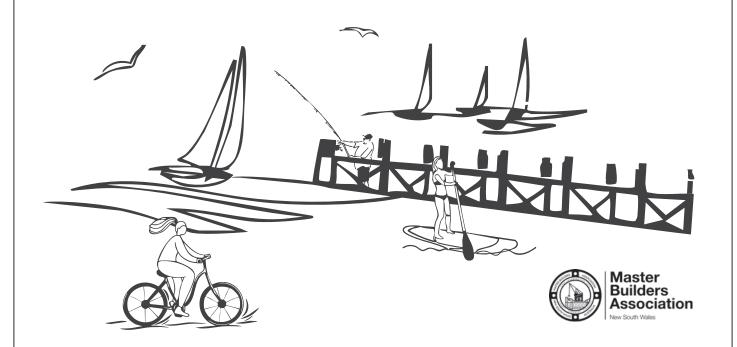




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# ATCALLALA



#### 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

# **BUS TIMETABLE - ROUTE 120 Premier Motor Service** Phone 02 4423 5233 or 133 410

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

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

MONDAY TO EDIDAY					WEEKDAVS	AVC						SATIIDDAY	<b>N</b>			2		SCHOOL HOLIDAYS		
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<b>LOOK FOR ROUTE NUMBER 120</b>		AM	AM	AM	AM		PM	PM	PM	PM		AM	PM	PM						
Train Arrives (Bomaderry Rail)		6:17			9:15		12:27	14:17		17:10		8:19 1	12:21	14:19						
BUS DEPARTS																				
Bomaderry Railway	ŀ	6:33	1	1	9:30	1	12:32	14:40	1	17:17	1	9:30	12:32 1	14:40	1	1	9:30	12:32	14:40	17:17
Nowra Tafe	-	1	-	-	9:32	;	12:35	:	15:30 S	-	-	-	-	-	1	1	:	:	1	1
Stewart Place, Nowra	:	6:43	-	1	9:20	;	12:20	14:55	1	17:24	-	9:20 1	12:20   1	14:55	1	1	9:20	12:20	14:55	17:24
Stocklands Nowra	-	-		-	9:40	-	12:40	14:45	-	17:34	-	9:40   1	12:40   1	14:50	-		9:40	12:40	14:50	17:34
Shoalhaven High School	1	:	7:55	-	-	-		:	-	-	-		-	-	-	-	-	-	-	:
St Michaels School	ŀ	!	!	1	1	:	1	15:00	1	;	1	:	1	1	1	1	1	:	1	!
HWY opposite Bunnings	1	!	!	1	9:45	1	12:45	15:10	1	1	1	9:45 1	12:45 1	15:00	1	1	9:45	12:45	15:00	17:40
HWY Pearl Service Station	1	1	1	1	9:46	1	12:46	15:11	:	1	:	9:46 1	12:46 1	15:01	:	1	9:46	12:46	15:01	17:41
Mayfield	1	1	:	1	:	-	-	1	15:45 S	-	:	-	-	-	-	-	:	:	-	1
Sydney Avenue	1	:	-	:	10:10	:	DOR	15:32	16:05 S	17:58	-	10:10	DOR	DOR	-	-	10:10	DOR	DOR	17:58
Boorawine Terrace	1	1	-	1	10:13	1	DOR	1	1	-	1	10:13	DOR	DOR	-	1	10:13	DOR	DOR	1
Calllala Bay Shops	1	:	-		10:16	:	DOR	15:33	1	18:00	1	10:16	DOR 1	15:15	-	1	10:16	DOR	15:15	18:00
Callala Bay Public School	!		-	-	10:17	:	DOR	15:34T   16:17 T	16:17T		-	10:17	DOR	DOR	-		10:17	DOR	DOR	-
Queen Mary Street	!		8:12	-	10:20	-	DOR	15:46	16:31 S		-	10:20	DOR	DOR	-		10:20	DOR	DOR	-
Catherine Street Myola	!		8:20	-	-	:	DOR	15:51	16:35 S		-	-	DOR	DOR	-			DOR	DOR	-
Sir Henry Cresent	-	-	8:27	-	10:23	-	DOR	15:56	-		-	10:23	DOR	DOR	-		10:23	DOR	DOR	-
Callala Beach Shops	1		8:29	-	10:25	:	DOR	15:44	-	18:05	-	10:25	DOR	DOR	-		10:25	DOR	DOR	18:05
Wattts & Lennox loop			8:32		10:28		DOR	15:42	:	:		10:28	DOR	DOR			10:28	DOR	DOR	
Callala Bay Shops	1		8:45		1	ŀ	DOR	1	1	1	1	!	DOR	DOR	:	1	1	DOR	DOR	:
Fishery Rd @ Merimbula St Currarong	1	7:12	1	8:23	;	ŀ	DOR	15:56	16:26	1	1	-	DOR	DOR	:	1	1	DOR	DOR	:
Crookhaven Pde @ Piscator Ave	ŀ	7:15	ŀ	8:25	1	ŀ	DOR	16:00	16:25	1	1	-	DOR	DOR	1	:	ı	DOR	DOR	1

# ROUTE 120 Bomaderry-Nowra to Callala Bay, Callala Beach, Currarong & Myola

MONDAY TO FRIDAY					WEEKDAYS	AYS						SATURDAY	DAY			SCI	HOOL H	SCHOOL HOLIDAYS	"	
OUTBOUND	<b>₩</b>	<b>-4</b> €	<b>♣</b>	<b>-4</b> €	<b>♣</b>	<b>-4</b> €	<b>♣</b>	<b>-4</b> €		<b>-</b> €	<b>♣</b>	<b>♣</b>	<b>-4</b> €	<b>√</b>	<b>-4</b> €	<b>-4</b> 0	<b>-4</b> €	<b>-4</b> €	<b>-4</b> 0	<b>♣</b>
INBOUND	AM	AM	AM	AM	AM	P	PM	Z			AM	AM	PM		AM	AM	P	<b>₽</b>	Z	
Crookhaven Pde	-	7:15	1	8:25	-	-	-	-	16:25	:	8:00	:	-	:	-	8:00	-	-	-	:
Yalwal Street	-	7:16	-	8:26	-	-	-	-	16:24	:	8:01	:	-	-	-	8:01	-	-		-
Tennis Court	-	7:17	-	8:27	-	-	-	-	16:23	:	8:03	-	-	-	-	8:03	-	-	-	:
Progress Hall	-	7:19	-	8:28	-	-	-	-	16:22	:	8:04	:	-	-	-	8:04	-	:	-	:
Currarong Beachside Tourist Park	ŀ	7:20	ı	8:30	1	:	:	-	16:20	:	8:05	:	ı	1	:	8:05	ŀ	1	:	1
Callalla Bay Road @ Sydney Ave		7:32 T	1	8:41	1	1	13:45	15:32	1	:	8:20	1	13:45	:	1	8:20	1	13:45	1	:
Callala Bay Public School	-	7:35 S	:	8:45	10:17		13:53 1	15:35	-	:	8:27	10:17	13:53	-	-	8:27	10:17	13:53	-	:
Queen Mary Street	1	1	7:15	8:12	10:20		13:59 1	15:46	1	:	8:31	10:20	13:59	:	:	8:31	10:20	13:59	+	1
Catherine St Myola	-		7:20	8:20	-	-	-	15:51	-	:	8:36	-	1	-	-	8:36	1	!	-	ı
Sir Henry Cres	-	1	7:22	8:27	10:23	-	14:03 1	15:55	-	-	8:40	10:23	14:03	-	-	8:40	10:23	14:03	-	1
Callala Beach Shops	5:51		7:25	8:30	10:25		14:05   1	15:44	-	18:05	8:42	10:25	14:05	-	5:51	8:42	10:25	14:05		-
Wattts & Lennox loop			7:27	8:32	10:28	-	14:08	15:42	:	-	8:45	10:28	14:08		1	8:45	10:28	14:08	:	1
Callala Bay Shops Emmett Street	5:58		7:35	8:46	10:16		13:53 1	15:34	-	18:00	8:26	10:16	13:53	-	5:58	8:26	10:16	13:53		1
Boorawine Terrace	-	7:31 S	:	8:40	10:13	1	13:48	-	:	1	8:23	10:13	13:48		:	8:23	10:13	13:48	:	ŀ
Bay Street		7:32 S	:	8:41	10:14	-	13:49		-	-	8:24	10:14	13:49		:	8:24	10:14	13:49		1
Lackersteen & Emmett St	6:02	7:34 S	:	8:43	10:15	-	13:52	-	-	-	8:25	10:15	13:52	-	6:02	8:25	10:15	13:52	-	:
Sydney Ave	6:04	7:358	1	8:47	10:10	-	-	-	-	17:58	-	10:10	-	:	6:04	-	10:10	:	-	-
Mayfield Bus Turnaround	-	7:45 S	1	-	-	-	-	-	-	:	:	:	1	:	-	-	-	:	-	:
Shoalhaven High School	-	7:55 S	7:50	:	-	:	-	-	-	:	:	:	:	-	-	-	-	-	-	:
HWY before Central Ave	6:14	:	-	9:04	10:40	:	-	16:10			8:55	10:40	:		6:14	8:55	10:40	-	-	
Central Avenue	-	:	!	:	-	-	-	1	17:34T 1	18:37T		-	:	DOR	-	-	-	-		DOR
Bunnings Bus Stop	6:15	-	-	9:05	10:41	-	- 1	16:11			8:56	10:41	-		6:15	8:56	10:41		DOR	:
Stewart Place, Nowra	6:43	8:20 S	8:20 S	9:20	10:55	12:20	-	-	17:53	18:56	9:20	11:00	14:53	-	1	9:20	11:00	14:53	:	:
Bomaderry Rail	6:33	8:15 S	8:15 S	9:30	11:00	12:32	14:40	16:30	18:08	19:11	9:30	11:10	14:40		6:33	9:30	11:10	14:40	DOR	:
Nowra Tafe		S 0E:8	8:30 S	9:32	10:58	12:35	1	-	18:05	19:08	1	11:05	ı	1	1	-	11:05	1	:	1
Stocklands Nowra	-			9:40	11:20	12:40	14:45	-	17:48	18:51	9:40	11:20	14:50	-	1	9:40	11:20	14:50	:	:
Train Departs (Bomaderry Railway)	6:43	8:17	8:17		11:23	13:16	16:12	17:14	18:16	19:19										
<b>DOR</b> = Drop on Request																				
T = Transfer								_	Via 102X V	Via 102X										
<b>S</b> = Dedicated School Service																				







#### WEEKLY CLASSES AT CALLALA BEACHFRONT HALL

MONDAY 5:30PM PILATES STRETCH TUESDAY 9:30AM YOGA FLOW WEDNESDAY 5:30PM YIN RELAX YOGA

89 QUAY RD - ALL WELCOME - PROPS AND MATS AVAILABLE INQUIRIES: 0422 433 159



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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



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

Bring your own rackets and balls!

Ring 444 64 313 to book

Available for casual and regular bookings.

Lessons—call Daisy on 049 053 7551

### Culburra Beach & District Garden Club Inc.

Hi everyone, we celebrated our 34th Birthday by having a Christmas in July afternoon tea. Members wore their Christmas colours, and we had Christmas decorations on display plus lots of fairy lights courtesy of our church. Treasurer Annette Wilkinson gave us a present which was a Christmas cup beautifully decorated and full of chocolates and lollies. President Bev and one of the original members of our garden club, Marion Thompson cut the cake, which was decorated in bright flowers and made by Remos bakery. Our guest speaker was a fellow member of the Callala Community Garden Leonarda Tannous, and her topic was on Bonsai which is the Japanese art of cultivating miniature trees in containers, meticulously shaping them to mimic the appearance of mature trees in nature. The word Bonsai is a Japanese term which, translated, means "planted in a container." We learnt that Bonsai began in China, and it is called Penjing, but it is the Japanese who made it well known. According to google, a Bonsai tree represents peace, balance, harmony, and luck; and are typically given as presents to symbolize friendship, loyalty, love, and respect. Leonarda's talk centred on growing and caring for Bonsai trees. Leonarda started Bonsai in 2004 at Bankstown Community College which led to her running classes at Nepean Community College. At the meeting she did a demonstration using a Chinese Elm with roots over rocks buried since 2023. Leonarda unwrapped it and checked its progress. She removed all the string to reveal the rock covered in thick roots and then she trimmed the branches. Best plants for beginners are Port Jackson and Moreton Bay figs, Elms and Junipers. You can get your plants from tubestock, seeds, and cuttings. Trees are grown in black pots first starting from a small pot and moving on to a larger one. The tree will stay small if kept in a small pot. We thought that Bonsai trees are grown in those shallow ceramic pots from the start, but they are grown in pots for years. Leonarda showed the tools that she uses which

are expensive to buy. She stressed the importance of watering and fertilising Bonsai plants. She has two methods- soaking them in tubs for 20minutes with Charlie Carp or Powerfeed and the other way is to soak them in a bucket and water by hand. Leonarda also showed us the aluminium wire which she uses for branches. There are five main styles of Japanese Bonsaiformal, informal, slanting, (windswept style) semi cascade and full cascade (i.e. over the edge of the pot).

Leonarda had a wonderful display for members to enjoy with Bonsai trees, books on Bonsai and Oriental figurines. We had a great afternoon learning about Bonsai and many questions were asked and answered. Leonarda did her homework prior to attending our meeting. It was professionally done, and we know that she is passionate about the art of Bonsai.



You are welcome to join us at the next meeting August 16th 1.30 pm at Culburra Anglican Church, Penguin Head Rd, Culburra Beach. Cheers to all and happy gardening, Doris Carpenter 4446 5631 / mob. 0428 255 616

#### 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** 

# 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

We are all mature, until somebody pokes our bubble wrap

#### **Social Tennis at Callala Beach**

A few of us meet regularly on Sunday mornings for tennis. While there is only one court at Callala Beach - we usually start with a warm up 30 mins of 'server off' doublesfollowed by partnering up for doubles rounds for the next hour. Then finish up with a final 'server off' 30 minutes.

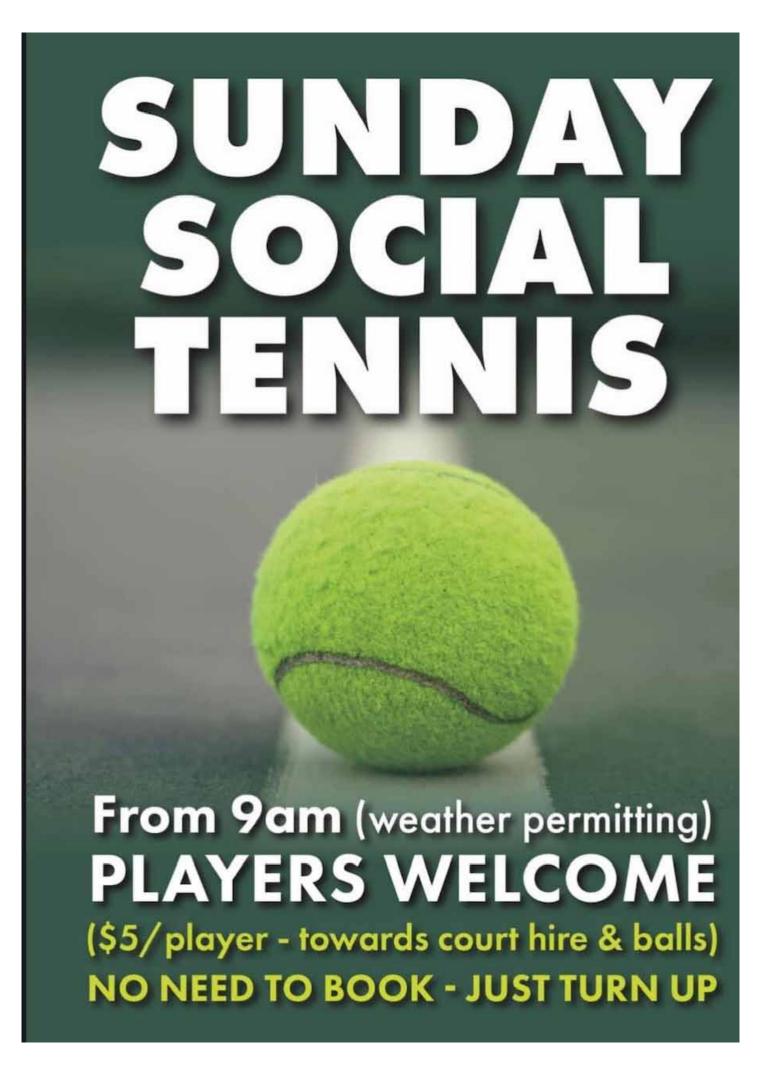
The group of players are mostly good competitive players but are friendly and welcoming of all comers.



59 Kinghorne Street, Nowra 4421 4511







#### **Defibrillators in Callala Bay**

There is a number of defibrillators in Callala Bay.



#### They are located at:

- Club Callala
- IGA Supermarket
- Jervis Bay Sailing Club
- Callala Community School
- Callala Medical Centre
- Callala Community Centre
- Callala Rural Fire Brigade
- Myola Tourist Park
- There is a defibrillator located at the Callala Beachfront Hall on Quay Road



# 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)

**Tennis Lessons: Thursday After School** 

Maree ph 0408 250 443 Ann ph 0418 477828 Anna ph 0405 102 234

Jenny ph 04477 43179 Blair ph 0433 926 659

Daisy 0490 537 551

https://callalabayprogresshall.weebly.com/







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

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

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

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

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

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

#### Our facilities include

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

For all hiring enquiries contact Cynthia on 0412 121 737 or email cynirwin974@gmail.com
Follow us on Facebook at Callala Community Centre.

rollow us off racebook at Callala Colliniumty Centre



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

# Callala Public School P & C Canteen Volunteers Needed

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

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

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

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

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

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

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

Food Handler Basic Training online through NSW Food Authority

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

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

We look forward to meeting you.

#### **Jervis Bay Outriggers**

JBOCC drew our Mother's Day Raffle down at the Jervis Bay Sailing Club on Saturday. Congratulations to all our winners.

A big thank you to all those who contributed to the raffle and a huge thank you to our community for supporting our Club. The money raised will go towards the purchase of new paddle equipment for the use of our members.

We have been lucky with the weather and have had some wonderful winter morning paddles over the last few weeks, including a visit from Five Islands Outrigger Club Paddlers. What a fabulous morning.

Come and experience Jervis Bay from our side. Sunday mornings @ 7.45 from the Jervis Bay Sailing Club at Callala Bay Jetty.

..."ComeNTry Sunday Social Paddle"....

For further information Visit our website: http://jervisbayoutrigger.com.au





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

#### **From the Doctor**

Let's Talk About Menopause – It's More Than Just Hot Flushes

Menopause is a natural transition — but it doesn't have to be a silent struggle. Many women experience symptoms like mood changes, sleep disturbances, weight gain, joint aches, brain fog, and fatigue, which can impact daily life.

Proper assessment and individualised management can make a big difference — whether that's hormone therapy, lifestyle support, or simply having someone who listens.

Our GPs/Primary Care Specialists at the Medical Centre are passionate about helping women through this stage with evidence-based care and a holistic approach. Book in to chat about your options — it's never too early or too late.

Call for an appointment on 4446 5350





## **Cloudberry Herbalism**

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

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Phone: 0407 489 063 - Callala Bay & Nowra Email: herbalhealingcentre@bigpond.com

# 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.







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

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 Holidavs

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

# Truck & Forklift Driving School

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and Manual)

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#### **COMMUNITY CONTACTS**

**Emergency Police Fire Ambulance: 000** 

Nowra Police Local Area Command: 4421 9699

Crime Stoppers: 1800 333 000

(anonymous reporting)

Police Assistance Line: 131 444

(non emergencies)

State Emergency Service: **132 500**Jervis Bay Marine Park: **4441 7752**Callala Medical Centre: **4446 5350**Shoalhaven Hospital: **4423 9500** 

Milton Hospital: 4454 9100

**Shoalhaven City Council** 

General enquiries, business hours: 4429 3111 Emergencies & after hours: 1300 293 111

**Justices of the Peace** 

Howard Duncan: **4446 6535**Dallas McMaugh: **0400 189 875** 

**Culburra Beach & District Garden Club** 

We meet every 3rd Saturday of month

Feb-Nov at 1.30pm

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

For more details contact Doris Carpenter: **4446 5631** 

**Culburra & Districts Community Health Service** 

Visit the Op Shop and pick up a bargain! Proceeds help maintain the Medical Bus that transfers people to Nowra for medical appointments from Greenwell Point, Culburra Beach, Callala Bay & Beach, Currarong and Myola.

Please contact Culburra Pharmacy on

4447 2382 to arrange transport.

Culburra Beach & Districts Men's Shed

Location: Beside the Banksia Community

Hall, off Fred Evans Lane, Culburra

Beach (IRT entry).

Open: 8.30am to 1.00pm, Monday and

Wednesday.

All enquiries: Phone 0494 055 329 or

email CBDMS1@outlook.com

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

Location: Old Scout Hall Cnr West Crest

& Wollumboola Lane

Open 8:30am - 12:30pm Tuesday,

Wednesday and Thursday

All enquiries:

Phone 0498023781 or email cbopmshed@gmail.com

www.culburrabeachmensshed.org.au

FACEBOOK: Culburra Beach Orient Point

Men's Shed

www.facebook.com/cbopmshed

Callala Community Garden

52 Emmett Street Callala Bay Opposite The Shops

Victoria Maudson: 0424 590 105

email: callalacommunitygarden@gmail.com

f/groups/CallalaCommunityGarden

Drop In's welcome

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# Tiffany knows banking

If you need help with yours, you need to meet Tiffany.

Tiffany shares her knowledge of banking so you can achieve what you want from life.

If you need help with your banking, call Tiffany Ellis, Customer Relationship Manager on 0499 269 257 or search Bendigo Bank Nowra.





Community Bank Nowra & District

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879. A1415949 OUT 44743998 30/04/2025



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



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



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

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





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

Dr. Glynis Kuipers 0412 319 110 office@southcoastvet.com.au www.southcoastvet.com.au