Callala Bay NEWS

September 2020 Issue 109-2020

Monthly Magazine from the Callala Bay Community Association Incorporated

CBnews

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CALLALA BAY NEWS

A monthly newsletter of the Callala Bay Community Association Inc: ABN 68031980561 www.callalabaycommunityassociation.com Email: admin@callalabaycommunityassociation.com

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Note from the Editor:

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

Please contact me with any local issues or concerns with the intention of having it published. Editor - Jake Khourey

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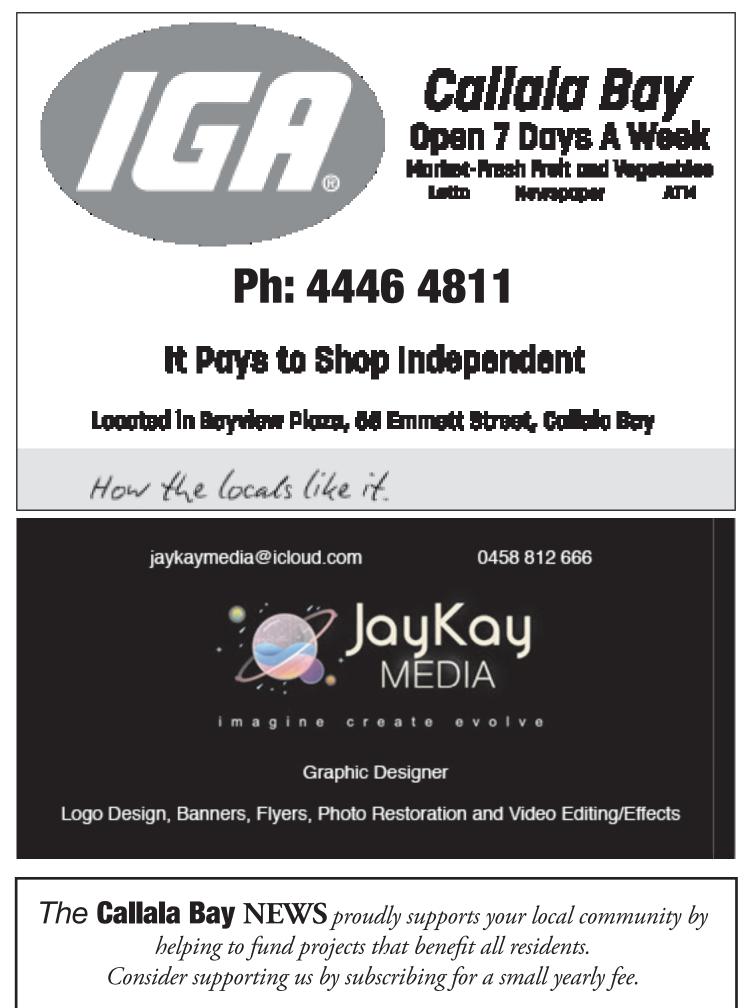


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CBCA Report

The August general meeting was held 12/08/20. The lack of community attendance may be a Symptom of Covid-19; however, we do remind our community that the CBCA is a community consultative body for the Council and raises concerns, issues and requests for improvements to our community directly with Council. Your input is invaluable if we are to have the sort of community which meets your expectations.

The August meeting considered the following matters:

• The Halloran Trust Development- see this issue for information received from Allen Price and Skarratts (APH) as the developers for the Halloran Trust.

• The Callala Triathlon has been moved from 19 Dec to 5 Dec 2020 due to issues with planning around Covid -19 issues. The CBCA raised some issues with the 2019 Triathlon and will be arranging a meeting with Council, Elite Energy (the event organisers) and members of the CBCA committee to address the issues raised, particularly traffic management control and road closures. Any community concerns or suggestions should be forwarded to the CBCA Secretary at admin@callalabaycommunityassociation.com. We propose to share the projected road closures and event times in the October issue of the CBCA News.

• We were advised by Council that the grant for the remediation of the Callala Bay Boat Ramp has been approved. It is understood the grant will be used to prepare a design. The CBCA will seek details of the proposed design for presentation and discussion with all users of the boat ramp before construction. One of the proposals is to include a boat rigging space near the wash down area to improve egress to the ramp and reduce incidences of "ramp rage".

• In response to a CBCA request for Portaloos at Wowly Creek, the Council Building Services team has undertaken an investigation of the issue, consulting with cleaning crews and park maintainers. Council has advised they agree that utilisation of amenities and parks in the area has been higher than expected for this time of year. As a result, a Portaloo will be situated at Wowly Creek which will remain in place until utilisation levels return to normal. We will continue to monitor usage of this amenity and, if necessary, provide an additional unit over the summer peak period.

• The CBCA Project team has received a reply for Council regarding the provision of the Outdoor Gym and are working through the matters raised by Council., including an outline of the proposed equipment and its location and the area's required for concrete, softfall and footings. Consultation with landowners will commence in due course when plans are more advanced.

• The Events Sub-committee has advised the Covid-19 situations has precluded any activity being planned this calendar year and planned events have either been cancelled or delayed to a later date. As soon as the SCC has determined events can commence, the Callala Community will be advised.

The next meeting of the CBCA will be 9th September at 7.00pm in the Callala Community Centre Emmett St Callala Bay.

For information about upcoming and future events in our local area please contact; Callala Events Committee

www.callalaevents.com.au eventscallala@gmail.com

Co-ordinator: Julie Wotton 0421 937 117 Secretary: Lynn McDonald 0421 510 826

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Medical Report

Dr J Zhou

September is Dementia awareness month, and in my practice, I see a lot of carers and their loved ones struggling with dementia and its effects. These can be slow and subtle, but at times dementia can change a loved one's behaviour suddenly and negatively. The Dementia Advisory Services is a government funded body aimed to provide family with advice about managing the behavioural issues in dementia and avoiding conflicts. They provide phone as well as face to face support and the local arm of the service is available through 02 4296 6747. If you are concerned your loved one is becoming more forgetful, struggling with activities they used to enjoy or have a sudden change in personality, please contact your friendly team at Callala Medical Centre for assessment and support around this insidious condition.

Community Church

Einstein makes the comment; "The measure of intelligence is the ability to change". As I reflect on life it amazes me that so often, we find change so difficult. Counsellors have a word for those who struggle to change what is within their control, despite the negative effect it is having on their lives; they call it "stuckness", and yes you won't find it in the dictionary! Why is this so? Especially in a world that is constantly changing. Just look at the advances in technology; rapid advances in medical science; and social norms are in a constant state of flux. Do we ever ask the question; "Is there more to life?"

Some years ago, on holidays in Victoria on an Easter Sunday, my wife & I decided to climb Feathertop Mountain, (Victoria's 2nd highest mountain). From the car park it is a 22-kilometre return walk, with the last climb a series of steep sections, part the way up this difficult part my wife was feeling the strain and suggested I go on and she would wait for me. Confession time; I told a lie, suggesting it was only one more section and we would be at the top. Well several sections later we both stood on the top – a marvellous view and a great achievement; the photo of us on top of the mountain adorns our loungeroom wall and it continues to inspire us years later. What if we had stopped before the summit? What would our memories be today?

The Apostle Paul writing to the church in Philippi; "I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back" (The Message). Interestingly Paul wrote this letter from prison late in his missionary journeys; perhaps near the end of his life. Why then does Paul claim he is still pressing on, not yet having reached his goal?

What is the goal he is reaching for?

It's not knowledge, power or wealth, he tells elsewhere that he was well educated, a Roman citizen, although he counted them nothing so he might obtain Christ. Paul came to realise that the goal wasn't religion, it was a relationship with God; God who desired a relationship with him. That is why Jesus in teaching us to pray begins with "Our Father". As we carefully look throughout the Bible, we find relational words describe God's desire for humanity – Jesus speaks of not being ashamed to call us brothers and sisters, The Apostle John uses the metaphor of the bride to describe the church. Are we deep down seeking better relationships? Why not begin with the heavenly Father who loves you? Perhaps then so much more might change in your life – perhaps! Pastor Kevin – My ear is always ready to listen -0437338739



Fiona Phillips MP for Gilmore

Proudly supporting local businesses

I grew up on the South Coast. I live at Callala Beach, my kids attended Callala Public School, and I know our area is the most beautiful place on Earth. It isn't just our bay, beaches and bush – what makes us beautiful is our people and community spirit.

This year has certainly tested our resolve. Drought, bushfires, COVID-19 and floods have once again wreaked havoc in our homes, businesses and community. But we are resilient and I know we will get back up again.

Our local RFS heroes at Callala Bay and Callala Beach, SES volunteers, and all emergency services volunteers and workers, health and essential workers – what better example of our wonderful community spirit. Where would we be without you.

Ever since the bushfires hit, people from near and far have wanted to find a way of helping those who have been hardest hit. I have spent so much time talking with people right across the South Coast about what they need and voicing local concerns with the Government at every opportunity.

Our local businesses and workers have had it tough, but they have done an amazing job in very difficult circumstances. So many business owners have told me how grateful they are for their staff – and so am I. Thank you to all our amazing workers for everything you have done to ensure we could get food, toilet paper and medicines when we needed them.

And to our early educators, teachers and school staff, this has been particularly tough too – but you have been right there supporting our kids, our families through it. Thank you.

Our local clubs, social groups and community associations are impacted too, run by passionate volunteers working hard to keep people socially connected but safe. Many of them were there in our time of need during the bushfires, and they still are. A safe, reliable local place.

The last few weeks have shown that we aren't out of the woods yet and need to make sure our communities continue to thrive and survive. I know that more than anything, our small businesses just want their customers back and to be safe too.

So what can you do to help get our community get back on its feet?

Shop in our local supermarket, butcher, bakery, pharmacy, cafe. Book your next trip with our local travel agent. Buy your next outfit from our local store. Be kind to the person behind the counter – they are doing it tough too and working hard to get through this like everyone else.

Because supporting local businesses means supporting local jobs, local kids, local organisations and local families.

Go Local First and when this is all over, we can make sure that our local stores are still there to give us that friendly smile we have come to rely on.

Together, we can get through this.



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Garden Club Roundup

Hi everyone, spring is here, and it would have been the perfect time of year for garden members to showcase their flowers and potted plants if we were able to meet. Unfortunately, due to the ongoing hall restrictions meetings are still cancelled until further notice. But we gardeners can still find joy as we watch our gardens start to bloom again. The heavy rain (in August) and warmer weather will promote growth and all plants will start to thrive and blossom. The spring issue of Our Gardens magazine has arrived and once again I am including tips by horticulturist Hazel King from Berry Garden club.

* She writes that during spring you can prune camellias following flower fall and other summer flowering shrubs like gardenia, salvia, and hibiscus. Take cuttings to grow new plants for gifts or club sale items.

* Your cymbidium orchids may require repotting or if the bulbs have filled the pot, dividing.

* Check your potted plants and see if they require new potting mix. Add slow release fertiliser at the time or a liquid fertiliser a fortnight later.

* As the weather warms up, increase the amount of water given to pot plants.

* Apply rose fertiliser.

* Prepare beds before planting summer vegies by digging organic matter (compost or well-aged manure) and some long-lasting fertiliser.

* Sow seeds of summer vegetables- capsicum, cucumber, eggplant, lettuce, pumpkin, tomatoes and zucchini.

* Herbs- basil, chives, coriander, parsley, oregano and sage.

* Flowering annuals- coleus, cosmos, dahlia, dianthus, marigold, petunia, sunflowers and zinnias.

For my birthday I received an interesting book called Stuff we had in the 50's and 60's by Pam Van Der Kooy. Being a baby boomer, I really enjoyed reading this book as it brought back many memories. A section in her book titled "stuff we had outside" included the popular flowers of the time- blue hydrangea, mother- inlaw's tongue, plumbago, orange crucifix orchids, dahlias and azaleas.

One of these plants has become very trendy in recent times as an indoor and outdoor plant. It's the mother-in-law's tongue or snake plant (scientific name Sansevieria trifasciata). This plant will tolerate low light indoors and can be grown outdoors in warm locations either sun or shade. They require well drained soil or potting mix and can be grown all year round and the best thing is they don't need much water.

As an indoor plant, mother in law's tongue is a fantastic air purifier, able to absorb toxins.



Take care everyone and stay safe. Go and enjoy your garden! Doris Carpenter (secretary) 44465631 Get tested for COVID-19 if you have cough, sore/ scratchy throat, shortness of breath or fever. Self-isolate until you get your test result.



For more information Call 1800 020 080 National Coronavirus Helpline

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AGM Notice

Important date for your diary. The 2020 AGM for the Callala Community Centre Management Committee will be held on 23rd of September 2020 at .6.00pm in the Callala Community Centre. The committee reports to SCC and is responsible for the maintenance of the Centre. Invitations to join the committee are extended any interested community members, however we also urge you to come along to the AGM and find out what we have been doing and our plans for 2021.

If you are interested in nominating to become part of the team please email our Secretary Raymond Plevey at rplevey@gmail.com.

Jervis Bay Dodged a Nuclear Bullet

How Jervis Bay escaped a fate far worse than Port Kembla - story by Glenn Ellard -Shoalhaven Unlimited 2007

A nuclear power plant, steel works, an armaments depot, power stations and a petrochemical industry - they are all a far cry from the unspoilt environment that attracts visitors to Jervis Bay. But they are among a raft of proposals that could easily have dramatically altered the Shoalhaven region.

In fact it, would surprise many of the region's visitors and newer residents that the entire area of Callala Bay and Callala Beach was once proposed for a mix of heavy industries. In addition, plans to build Australia's first full scale reactor beside Murray's Beach, part of Jervis Bay's Commonwealth Territory, were announced in 1969 after close to 20 years of discussion and consideration about Australia entering the nuclear age. Newspapers of the time revealed barely a whisper of opposition to the proposal, even when it was reported that water was to be pumped from Jervis Bay to cool the reactor core, then released back into the bay. International experience of the time suggested the water temperature within Jervis Bay could be expected to rise by between five and 10 degrees.

While there was little public opposition to the plant, roads were built to Murray's Beach ready to take the heavy equipment that would be needed to build the reactor, and drilling for the foundations began.

But then the project was stopped by Sir William McMahon on the day he became Prime Minister in March, 1971, and he scrapped suggestions of Australia becoming part of the nuclear age.

The following year the newly-formed Jervis Bay Planning and Protection Committee blew the lid on a secret State Government report proposing a wide range of heavy industrial development for Jervis Bay.

That development was centred on a proposal made public in August, 1968, by the Armco Corporation, which planned to build a steelworks at Jervis Bay. This proposal then led to the Jervis Bay Port Strategy, envisaging a number of industrial developments along Jervis Bay including a petrochemical industry, a chemical industry, aluminium smelting, copper refining and a woodchip industry.

These would all utilise a port requiring dredging within Jervis Bay of a 20-metre deep channel about 4.6km long and 100 metres wide.

Continues on Page 15

Callala Community Church

... A Jesus centred Church ...

Meeting together at the Community centre Emmett Street Callala Bay.

Coming together to share God's Love each Sunday at 9.00 AM

All Welcome

As part of our regular weekly gathering, we will at times, include a meal together or a community activity; please contact us for details as times and dates might vary.

As part of your community let us know if we can help in any way.

Phone Pastor Kevin- 0437338739 or follow us on fb



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.

Jervis Bay Dodged a Nuclear Bullet

A few days before the community group sent the secret report to the media, the then Shoalhaven Shire President John Hatton revealed he had just been leaked a copy of the report.

'The report indicates that the future of the villages of Callala Bay and Callala Beach could be grave," he said.

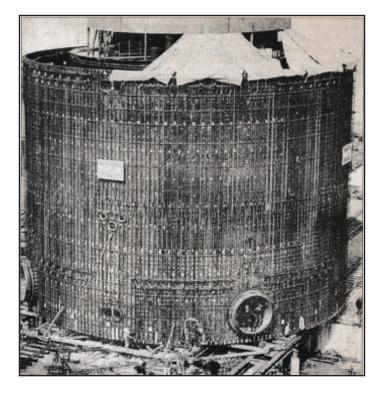
What is to happen?

"Can we ignore the property rights of these people by making a decision, in principle, in favour of the steelworks without the facts? "Admittedly it is only a consultant's report but if only a fraction of the recommendations made arc adopted by the State Government, then all hell could break loose for these unfortunate people."

The Armco Corporation planned to build a major steelworks on 6500 acres of land it owned fronting Jervis Bay and running both sides of Currumbene Creek, creating the potential for operations more than twice the size of those at Port Kembla.

While these proposals were eventually scrapped, Jervis Bay has continued to be the focus of proposed industrial developments, including being shortlisted for a Navy armaments depot.

In more recent times political lobby groups have also speculated about Jervis Bay's Commonwealth-controlled land being used for either a nuclear dump, or for a new nuclear reactor.



A Nuclear reactor of the type once planned for Jervis Bay.



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Eye Health from Peter Rose

If you can't see well you can't learn well! A guide for your child's vision

After we are born, we need to learn to see. Behavioural Optometrists would argue that our vision is our dominate sense, as most of the brain is devoted to the visual system.

There different stages to our vision development. The most important phase of vision development is from 0 to 7 years of age. This is when the brain develops our binocular vision, that is the ability to use the eyes in unison. This involves being able to line up the eyes to look at the same point of interest, or convergence, while make both eyes have the same degree of focus, or accommodation. This process has to be constantly and quickly readjusted when looking around our world. In fact, this is the most difficult muscle co-ordination or the pinnacle of our fine motor system in our body.

The next milestone in our vision development is at about 12 years of age when our eyes grow to full size. Up until 12 years of age it is normal for children to be hyperopic or longsighted. To cope with phenomenon nature gifts children with an enormous ability to focus or accommodate the eye so that they can see clearly. So, as children approach the age of 12 years the level of hypermetropia is expected to decrease. Spectacle correction for this is only required when the level of hypermetropia is outside the age normal or expected level.

Our vision keeps developing until 20 years of age and then for most of us it remains fairly stable until age 40 when our near focus ability starts to fade.

When testing children there are 4 levels of vision that can be assessed

- 1. Eye health
- 2. Refractive error (if you need spectacles)

- 3. Binocular vision
- 4. Visual processing

When performing these tests there are 2 categories of tests in each of the levels. These are subjective tests where the child is asked to give a response to a question and objective tests where the optometrists determine the result without relying on the child's response. When babies or young children the tests performed are mainly objective in nature. As the child gets and can understand instructions better the tests become more subjective.

It is important to have your child examined at 12 months of age, and again at 3 years of age and again before starting school. In primary and secondary school an examination every 2 years is recommended. These recommended reviews are only a guide and if there are concerns you should bring your child back earlier or at least call the optometrist and discuss your concerns.

There are many signs and symptoms that your child may have a vision problem. Children don't realise they have a problem. They accept their vision as is, as they have nothing to compare to. At EyeQ we have prepared a parent's guide for looking after your child's vision. Please call into our office at 59 Kinghorne Street Nowra and collect a complimentary copy.

A recent study of vision problems in Australian Schools found that in the kinder to year 6 classes 25% of children have a vision problem. Interestingly the bulk of these problems are Binocular Vision issues, followed by Refractive Errors and poor Visual Processing. Eye health problems only occur in about 0.05% of children.

Continues on Page 19

DEPARTS	MOND	AY TO FR	DAY	Scho	ol Holida	ys	School Days
	am	am	pm	am	am	pm	am
Callala Bay							
Sydney Avenue	8.57	10.07	5 1.45 5	8.45	5 10.07	5 1.45 5	7.30
Boorawine Terrace	8.40	10.10	1.48	8.47	10.10	1.48	7.25
Emmett Street Shops	8.56	10.15	1.53	8.51	10.15	1.53	7.30
Callala Bay School	8.55						7.25
Mayfield	0.00						7.40
Stewart Place	9.35	11.10	2.55	9.35	11.10	2.55	8.10
Stockland Nowra	9.45	#		9.45	#		2.45
Nowra TAFE	9.42	#					8.20
Railway	9.40	11.00	2.40 💙	9.40	11.00	♥ 2.40 ♥	8.15
Train Departs	11.23	11.23	2.35	11.23	11.23	4.11	9.20

DEPARTS	MONDAY TO FRIDAY		Sch	School Holidays		
	am	рт	am	рт	рт	pm pm
Train arrives	9.15	12.27	9.15	12.27	2.17	2.17
Railway	9.40 🔥	12.32 🔥	9.40 🤞	12.32 🔥	2.40 🔥	2.40 🔥
Stewart Place	9.35	12.20	9.35	12.20	2.55	2.55
Nowra TAFE	9.42	12.35				3.3
Stockland Nowra	9.45	12.40	9.45	12.40	2.45	2.45
Mayfield						3.5
-		TR		Τæ	Τæ	
Callala Bay		Required		Required	Required	
Callala Bay School				Rec		3.35
Corner Sydney Street & Callala Road	10.07	as	10.07	as	as	3.45 4.0
Boorawine Terrace	10.10	Drops	10.10	Drops	Drops	3.42 4.0
Emmett Street Shops	10.15 🔻	↓ = ↓	10.15	/ V ⁻ V	↓ ¯ ↓	3.40 🕇 4.1

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9

Eye Health from Peter Rose

Binocular Vision problems are fixed with vision therapy or eye exercises. Sadly, many children are given spectacles to try and resolve Binocular Vision problems and, in many cases, this is only addressing the symptoms and not the cause. The proper way to fix Binocular Vision is with Vision Therapy.

Behavioural optometrists are seeing an increase in Binocular Vision problems and myopia (shortsght), which interestingly appears to be associated with increase in device usage amongst our children. It is most important that for near vison tasks children do have the book, whether reading or writing, or the device no closer than 40cm, that is back further than 40 cm. This is approximately is the distance from your elbow to the second knuckle. This is also known as the Harmon reading distance. Another important tip is that children should have regular breaks from near vision tasks. As a guide every 20 to 30 minutes your child should look away into the distance, 6 metres or beyond. For near vison tasks our eye needs to focus and beyond 6 meters our focus is relaxed.

It is also very important to have a suitable desk for your children to work at. Ideally the chair and table heights should allow for the feet to both be on the floor and also allows a near working distance of at least 40 cm. correct furniture also assists in developing good posture.

A detailed brochure about this is available at your local EyeQ Optometrist office.

If you have question regarding your child's vision please feel free to call EyeQ Nowra on 44214511 and speak to one of our fully qualified optometrists.

For convenient online bookings please go to www.eyeq.com.au

Callala Community Centre

The Callala Community Centre is open for business!

We are pleased to welcome back our regular hirers. There are some rules for hall users to follow

- If you feel unwell or have cold and flu-like symptoms you must stay home and may not enter this facility.
- Please bring soap and cleaning equipment with you, including detergent, cloth and bucket (consider if you will need a cup to gather water from small basins).

Clean all surfaces before and after your event with detergent.

• Pay particular attention to high-usage surfaces in the amenities, doorways and kitchens table and chairs

• Practice physical distancing and keep a minimum of 1.5m away from others as much as possible and observe the 4 square mtrs requirement

• Wash and/or sanitise your hands thoroughly for at least 20 seconds with soap and water, or use alcohol-based hand rub. (The Hall Committee have provided hand sani-

(The Hall Committee have provided hand sanitizer and cleaning solutions)

- Cover your nose and mouth when you cough or sneeze with a tissue or flexed elbow.
- Take all rubbish with you.
- Please ensure you also maintain physical distancing immediately outside the facility.
- Complete the attendance register and leave in the manila folder in the kitchen



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South Coast Vets

How to Keep Older Dogs with Joint Pain Comfortable.

A lot of dogs, as they age develop arthritis or degenerative joint disease. This is due to wear and tear on the joints and in some cases due to developmental abnormalities where the joints are slightly out of alignment, or due to arthritis secondary to trauma at a younger age, like a fracture.

The most common joints affected by arthritis are the hips, stifles (or knees) and the shoulders. The lower spine is also commonly affected by arthritis or a compression on by the padding between the spinal bones on the spinal chord.

Cold weather tends to make the arthritic joints more painful.

The signs of arthritis depend on which joint is affected but include lameness or limping, becoming very slow to get up and down, inability to jump up onto furniture or into the car, reluctance to want to exercise or not being able to finish a walk. Arthritis can be so painful and debilitating that a dog may not even get out of bed or become stuck somewhere.

Once arthritis is diagnosed as the dog's source of discomfort, the treatment is usually some pain relief in the form of a non-steroidal anti inflammatory medication, or maybe a combination of pain relief medications. The choice of medication will depend on the individual, some medications are not suitable if the dog has other health problems.

Additional medical treatment commonly given is a joint protective medication like cartrophen, given as a series of injections to stimulate healing in the joint and nutraceuticals like glucosamine, essential fatty acids, and Cannabis oil. The other treatments to help dogs that are really important are having the dog in a ideal body condition, being overweight exacerbates the joints. Keeping the sore joints warm with heat packs in the cold weather. Regular short exercise sessions (4-5 short walks a day are better than one long walk). Physiotherapy to help maintain good muscle tone to support the joints. Swimming is a good form of exercise because it strengthens the muscles without putting any pressure on the joints.

If you have an older dog and it is showing signs of joint pain, please consider a veterinary consultation and pain management plan.





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The Halloran Trust

In February 2019, Sealark Pty Limited (a company owned by The Halloran Trust) entered into a biobank agreement with the NSW Minister for the Environment to protect large tracts of land in its ownership for its ecological and biodiversity value.

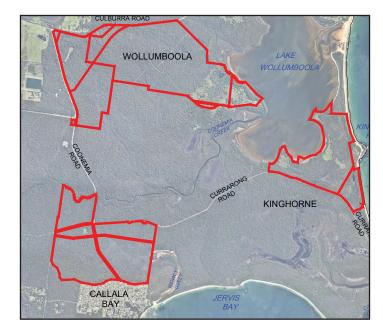
The agreement, which covers over 1,000Ha of privately owned land around Lake Wollumboola, ensures the land will be maintained in perpetuity for the protection of native flora and fauna. The site is known as the Lake Wollumboola Biobank Site and comprises three separate pieces of land at Wollumboola, Callala Bay and Kinghorne as per the figure below.

The management of the biobank site is overseen by the Biodiversity Conservation Trust of NSW, who oversee all biobank sites across the state. The establishment of the biobank site has enabled 'biodiversity credits' to be generated by Sealark which can used to "offset" future development works completed around the Shoalhaven and beyond.

Sealark has an obligation to manage the biobank site in accordance with the agreement and to take various measures to ensure biodiversity values are protected and enhanced. Sealark is requesting the community's assistance in this endeavour.

Access into the biobank site by the general public is not permitted. In coming years, works will be completed to formally define the boundaries of the biobank site and restrict access including installation of signage, additional fencing and new gates.

If you see unauthorized vehicles or persons entering the biobank site, you are requested to let Sealark's local representatives at Allen Price and Scarratts in Nowra know via telephone on 4421 6544 or via email on consultants@allenprice.com.au.



Emmett Street Subdivision

There is still limited and preliminary information available in relation to the proposed subdivision between Stott Cres and Callala Beach Rd.

However, the submission in relation to endangered species to federal environment authority, included some numbers and drawings. Attention is drawn to encourage residents and ratepayers to be alert to further information as it arrives. As we will only get one chance to shape this development favourably, attention is drawn to the following:

Broadly, the majority of land development is aiming for 500m2 minimum size, with land fronting Callala Beach Rd and Emmett St west of Illustrious having 4000m2 minimum lot size.

Road reserve widths (drafted) "gateway road", being the principal access (approx. 30-40m east of Illustrious Court) is shown as 20m. All other road reserves are shown as 16m wide.

This suggests an intended pavement width for most roads, serving hundreds of house sites, which would be approximately 10-12m between kerbs.

Emmett Street Subdivision

Once parking is subtracted on both sides, only one lane may remain for traffic movement. This would pose significant risk in an emergency situation, or even at weekends and holiday seasons.

Further information received so far indicates (draft) proposed development stages"



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Development Footprint Road 16m Wide Road 16m Wide mmett St Emmett St 100 Referral Area Metre Land to be Certified Datum/Projection: GDA 1994 MGA Zone 56 4000m² Minimum Lot Size 500m² Minimum Lot Size Road Public Reserve Asset Protection Zone A TETRA TECH COMPANY VH/NR Date: 25/11/2019

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club callala

Where the Beach & Bay come to play!

GOLF COURSE

Open Everyday (02) 4446 5313 opt 2 Information & bookings callalagolf@outlook.com Extensive TAB facilities

FRIDAY





TUESDAY \$17 T-BONE Night. HAPPY HOUR from 4 – 6pm.

WEDNESDAY \$15 Chicken Schnitty Night.

RAFFLES

THURSDAY

Bowlers Extensive Raffle from 6pm with great prizes. Members Badge Draw!

FRIDAY

Meat Mart Best value Friday night in town Meat Tray prizes with value over \$1,000 – Tickets on sale 6pm Draw commences approx 7pm

SATURDAY

Fisho's Raffle from 12 noon to 1:30pm

SUNDAY

Meat & Seafood Raffle - Tickets 4pm - Drawn 5pm Members Badge Draw! Fisho's Weigh In – 2pm 4th Sunday each month.

Phone: 02 4446 5313 43 Callala Beach Road, Callala Beach



MONDAY Close @ 7pm Free Trivia – 6:30pm Start. WEDNESDAY NPL Poker – Only \$2 to Play 6:30pm start – Cash prizes & regional tournament tickets to be won every week THURSDAY

Bingo – Eyes down at 11am SUNDAY

Members Happy Hour 3pm to 4pm

BOWLS

Monday- Indoor 12 noon

Tuesday – Women's Bowls from 9:30am

Wednesday – Men's/Mixed Social Bowls Names in by 12:30pm for 1pm start.

Every day - Barefoot Bowls \$10 per person – Kids play for free. Everything supplied.



www.clubcallala.com.au

Find us on Facebook

WHAT'S ON @ THE PROGRESS HALL

MONDAY	4:00PM - 6:45PM	JENNY'S DANCE	PAMELA	0433 675 820
TUESDAY	10:00AM – 12:00PM	CRAFT	YVONNE FOWLER	4446 6380
TUESDAY	2.30PM – 4.30PM	FOLK DANCING	MAUREEN PETHERICK	4446 6550
THURSDAY	9:30AM	YOGA BEGINNERS WELCOME – MATS SU	ANNA SMALLWOOD	0405 102 234
FRIDAY	3.30PM – 5PM	TENNIS LESSONS	GARRY O'CONNOR	4464 1418 OR 0412 068 116
SATURDAY	8.00AM	TAI CHI ALL LEVELS	JOHN GRAHAM	0428 564 738

Tennis court bookings can be made at Callala & Culburra First National – 58 Boorawine Terrace, Callala Bay or call on 4446 4313. Please make your booking during office hours so that the keys can be made available (available in daylight hours only.

THE HALL IS ALSO AVAILABLE FOR FUNCTION BOOKINGS INCLUDING WEDDINGS, BIRTHDAYS, BABY

Anglican Churches

of Culburra Beach | Callala | Currarong

Callala - Church Service - 5pm Sunday

All Welcome I Kids Church

St Marks, 2 Hunter Street, CALLALA BAY

Caterpillar's Play Group - 9:30am Friday @ Culburra Beach Anglican

Kids Club - 3-4:30pm Friday @ Callala Anglican

289 (Youth) - 5-7pm Friday @ Callala Anglican

For more information: Rev. Paul McPhail

m. 0414 616 860 e. culburra.anglican@gmail.com www.culburraanglican.org.au

CALLALA COMMUNITY CENTRE

Emmett St Callala Bay. A fully equipped kitchen, An elevated stage and sound system, Off street parking

Catering and seating for 120 people, Flexible hire times and reasonable rates

What's On Regularly at the Centre:

Sunday Callala Christian Community Church: Call Pastor Kevin Kettlewell	9 am
Monday - Friday (school times) OOSH By Katie for OOSH times call Katie 0419 91	7 793
Monday Friends of Callala - over 50's social group - new members always welcome	12-2.30pm
Tuesday Mat Pilates: Call Erin 0434 419 694	6:00pm
Second Wedneday of the month: Callala Bay Community Association	7:00 pm
First Saturday of each month: Callala Community Church Pre-Loved Clothing stall	9.30am-12pm
Second Saturday of each month: Callala Markets - Call Sandra 0413 581 419	8am-1pm
For all bookings and enquiries call Jane: 0408 521 520	



Saturday 5th MICHAEL BOND – from 7pm. Saturday 12th LEAH HAAK – from 7pm. Saturday 19th JACII LEIGH – from 7pm. Saturday 26th JEANNIE HORNE – from 6pm MAJOR PRIZE – MEGA MEAT RAFFLE – Tickets on sale 6:30pm to 7pm. 2ND CHANCE DRAW – 5 x 10,000 points to be Won! (Worth \$100 each). BONUS BADGE DRAW – 1 Number – 1 Chance to Win! – Drawn 7:20pm.



LUNCH – 12noon to 2:30pm DINNER – from 5pm Bookings on 4446 5313 Option 4

Courtesy Bus available 7 Days. Call 4446 5313 option 1 for bookings.

Monday to Saturday from 4pm & Sundays from 3:30pm.

CULBURRA & DISTRICT COMMUNITY HEALTH SERVICE

We maintain the Op Shop, Ambulance Station, Medical Centre and the Medical Bus.

Culburra Pharmacy on **4447 2382** for medical bus (travel is by donation)

Saleable furniture can be collected by phoning Malcolm on **0429 092 347** Volunteer's Bus drivers phone neil on **4447 4713** Volunteer's op shop workers phone

Jeanette 4447 5075

YOUR AD HERE

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

Contact the Editor for more info

editor@callalabaycommunityassociation.com

CBnews



GP JAMES CLEANING SERVICES *The Royal Treatment*



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Callala Bowls Report

PAIRS FINAL

The final of the Pairs was played in fine, sunny conditions on Saturday, August 1. Graham Hulbert and Ray Hannett played Paul Mitchell and Craig Taylor. Paul and Craig started well scoring 15 shorts over the first 4 ends. Graham and Ray slowing got back into the game, winning the next 7 ends to bring the score to 12 - 16. Paul and Craig won 6 more shots giving them the lead 21 - 13 on the 17th end. Graham and Ray came back adding 11 shots over the last 4 ends to win the title 24 - 21. What a great game to watch.

TOOHEYS TRIPLES TOURNAMENT

Rainy, cold conditions were the order of the day for the Tooheys Triples Tournament played on Saturday, August 15. Ten teams played in the difficult conditions. Even after a count-back, the first and second places could not be separated. The winning teams were Glenn Brindle, Dennis Beazley and Lyn Byrne with Stephen Blackley, Steve Foley and Des Ryan. Third place was won by Stephen Robertson, John Young and Ron Wilkinson. The PM prize went to Robyn Wright, John Wright and Graham Hulbert. Bob Fowler, Lin Hulbert and Dianne Dawes won the AM prize.



3rd place Tooheys DayRobbo, John Young, Ron Wilkinson



AM Bob Fowler,, Lin Hulbert and Dianne Dawes



Equal winners Glenn Brindle, Dennis Beazley, Lyn Byrne plus Steve Blackley, Steve Foley and Des Ryan



L to R Graham Hulbert and Ray Hannett 2020 Pairs Champions

• High quality second-hand items

Vinnies

OF

 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 Bowls Report



PM Robyn Wright, John Wright and Graham Hulbert

Spring Recipe



INGREDIENTS

Zest and juice of 1 lemon, (plus 1 tablespoon lemon juice, extra)

2 tablespoons honey

1/4 cup (60ml) extra virgin olive oil

1 cup mint leaves, half the leaves finely chopped $4 \ge 200$ g chicken breast fillets, each sliced into thirds

200g podded (from 1kg unpodded) fresh or frozen broad beans

1/2 (200g) garlic ciabatta loaf, halved lengthways, torn into small pieces

Large handful of baby spinach

400g can chickpeas, rinsed, drained

125g cherry tomatoes, halved1/2 cucumber, finely chopped1/4 cup flat-leaf parsley leaves, chopped2 teaspoons wholegrain mustard

Method

Step 1 - Preheat grill to medium-high.

Step 2 - Combine lemon zest and juice, honey, 1 1/2 tablespoons oil and chopped mint in a large bowl. Season with sea salt and freshly ground black pepper. Add chicken, stir to coat, then place in the refrigerator for 10 minutes to marinate.

Step 3 - Meanwhile, blanch broad beans in boiling water for 1-2 minutes. Drain and refresh under cold running water. Remove tough outer skins. Set aside.

Step 4 - Place ciabatta on a baking tray and grill for 4-5 minutes until golden and crisp.

Step 5 - Preheat a chargrill pan to high. Cook chicken for 2-3 minutes each side until caramelised and cooked through.

Step 6 - Toss broad beans, ciabatta, mache, chickpeas, tomatoes, cucumber, parsley and whole mint leaves in a large bowl.



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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
Baby weighing
Gift lines

Blood pressure monitoring
Medication packing

FREE delivery every Thursday to Callala Bay, Callala Beach and Currarong

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



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	Membership Application Form 2020
4	
Comn	CALLALA BAY COMMUNITY ASSOCIATION INC. nunity Consultative Body to Shoalhaven Council for Callala Bay ABN 6803 198 0561 www.callalabaycommunityassociation.com PO Box 14, Callala Bay NSW 2540 MEMBERSHIP APPLICATION/RENEWAL CALLALA BAY COMMUNITY ASSOCIATION INCORPORATED (Incorporated under the Associations Incorporation Act 1984)
Member	rs Name(s)
Your Calla	ala home address
Email Ad	dress 1
Email Ad	dress 2
Daytime (Contact Phone No(s):
Fees \$5 p	er couple, per household where both members are pensioners.
Would y	ou prefer the Callala Bay News, either:-
Home del	ivered to your Callala address
Emailed	
Please Tid	ck Box
Signed /	Date
Payment	by EFT;BSB 633 000 Bendigo Community Bank Nowra Account number: 141737692 Account Name: Callala Bay Community Association Inc.
	nent to: Callala Bay Community Association PO 14 Callala Bay 2540 min@callalabaycommunityassociation.com

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 Doctor's Surgery - 4446 5350

Shoalhaven City Council

General enquiries, business hours – 4429 3111 Emergencies and after hours – 4421 3100

Justices of the Peace

Duncan, Howard – **4446 6535** Garry, Rexeen(Rikki) – **4446 6649** Hannan, Robyn – **4446 4428** Rev Sue Fisher – **0406 815 449** Lower, Jill & Graham – **4446 6281** McMaugh, Dallas – **0400 189 875** Taylor, Lorraine – **4446 5117** Ward, Noel – **4446 6800**

Culburra & District Garden Club

Every 3rd Saturday of the month at 1.30 pm at the Banksia Hall Community Hall, Fred Evans Lane, Culburra Beach (IRT entry) 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.

If you have good saleable furniture to donate, contact Malcolm on **0429 092 347**

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