

CALLALA BAY NEWS

July 2017

Monthly newsletter of the Callala Bay Community Association Incorporated



**Now you *know* that you're
living in paradise!**

Photo: Lyn Byrne

WHAT'S ON? @ THE PROGRESS HALL

BOOKINGS JOANNE MULLER 4446 4313

TUESDAY	10am - 12pm	CRAFT	Yvonne Fowler	446 6280
TUESDAY	2:30pm - 4:30pm	FOLK DANCE	Maureen Petherick	4446 6550
THURSDAY	6pm - 7:30pm	YOGA Beginners welcome Mats supplied www.roamingyogis.com.au	Ann Smallwood	0405 102 234
FRIDAY	3:30pm - 5pm	TENNIS LESSONS	Garry O'Connor	4464 1418 or 0412 068 116

Tennis court bookings can be made at Callala First National Real Estate - 58 Boorawine Terrace, Callala Bay or call on 4446 4313. Please make your bookings 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 showers etc.

CALLALA COMMUNITY CENTRE

Emmett Street, Callala Bay (Opposite Bay Village Shops)

It's the place for your next function.

Facilities include:

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:

Callala Christian Community Church	Sunday: 9 - 11 am
Kids Korner - before and after school care	Mon-Fri: Call Jane on 4446 4218
Tai Chi	Sat: Call John on 0428 564 738
Friends of Callala - over 50's social group	Mon: 12 pm - 3 pm - 4446 6535
Callala Bay Community Assn. monthly meeting	2nd Wed of month: 7:30 pm

For all bookings and enquiries call Jane: 4446 4218 -

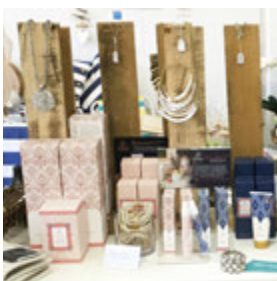
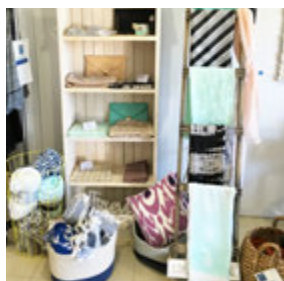
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(next to The Sixth Sense café). Ph. 0414 525 453



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CALLALA BAY NEWS

A monthly newsletter of the
Callala Bay Community Association Inc:
ABN



(www.callalabaycommunityassociation.com)

PO Box 14 Callala Bay 2540

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Vacant

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4446 6535

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Joan Lewis - lewisjr@bigpond.com

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1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE
1800 737 732

*Thanks to my assistant editor, Jon
for all his help in producing this
newsletter*

Ed.

Note from the Editor:

If you have an issue or concern that needs to be raised, why not send it to the Editor. This should be brief, to the point and with the intention of having it published.

Ed.



Vinnies

CALLALA BAY SHOP – NOW OPEN

- BRAND NEW ITEMS NOW AVAILABLE
- High Quality second-hand items
- Clothing, Bric-a-Brac, Books, Linen, Beach Towels, Toys, Games, DVD's, Jewellery and much more.

VOLUNTEERS NEEDED URGENTLY – call 0447867988

Please donate non-bulky items to the centre during opening hours only. We appreciate your cooperation.

For Pickups, please call 4421-7244.

Mon-Fri 8.30am to 4pm

Saturdays (during Summer/Peak times) 9am-2pm



St Vincent de Paul Society
NSW
good works

CBCA REPORT for July

Community Notes *(with James Morris)*

As you are reading this missive, the days are getting longer and we can at last see Summer around the corner.

The Winter Solstice was from 1:00 am 20 June 2017 to midnight 22 June 2017 and I can hear the grass growing and the need to weed becoming more evident as the days warm us.

The shelter over the fishing table at the boat-ramp is gathering apace and I can safely say that by the time this Newsletter goes to print, it will be complete, allowing anglers protection from the sun and the rain.

It is important to recognise that this has been a Callala Bay Association Project, from the identification of a problem - to raising the application for a grant and then building the shelter (*see SCC's comment on the right*)

Now, I would like to remind all our readers that the Community Association relies on people with new ideas and expertise and it was a little disappointing that only a very few people attended the Community Meeting on 14 June 2017.

It is only through the ideas and observations being raised by the Callala Bay Community that we can enhance our surroundings and make it a better place to live.

Community Meetings are held in the Community Hall, Emmett Street on the **second Wednesday of each month** and start at 7:30 pm, preceded by coffee and cake. So please, come along and give us your ideas and suggestions/comments.

The next Community Meeting is to be held on Wednesday 12 July 2017, at 7:00 pm for a 7:30 pm start.

We look forward to seeing you there.



*Work in progress on the Fishing table.
left to right: Jim Townsend, James Morris
and Rob Dewsbury (see page 25 for The CBCA story
and more photos)*

Council has welcomed the allocation of \$6,358 in funding for the construction of a sun shelter over the Callala Bay fish cleaning facility through the NSW Department of Primary Industries' Recreational Fishing Trusts Grant. This project was put forward to Council and the Recreational Fishing Trust, by the Callala Bay Community Association and with Council support was successful in obtaining the NSW Grant funding for the project.

Upcoming road works

Callala Bay - Callala Beach Rd

Road pavement reconstruction and road widening will commence early August. The works will be undertaken from Emmett St for 500m to the north.

Callala Bay - Callala Beach Rd and Forest Rd Intersection –

Road widening and safety improvements will commence early August. Works include the removal of selected trees on the northern side of the intersection, the construction of a passing lane for East bound traffic and the placement of a 10mm AC surface over the intersection.



Callala Bay

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CALLALA CREATIVES

PROGRAMME FOR JULY 2017

- **Introduction to Soapstone Carving with Jeannie Green.**

Tuesday 11 July from 10am – 2pm.

Bring your lunch and tools - designs provided.

Booking essential. (ph: 444 65902)

- **Boorawine Bookworms with Robyne and wine and cheese.**

Thursday 13 July @ 7.30 pm at 60

Boorawine Terrace (ph 0419 464 381)

- **Introduction to Crystals with Debbie.**

Thurs 27 July from 10 am to 12.30 pm

Cost \$20.00. (ph 0417 477 094)

Crystals will be available. (*What are crystals and how do they work? Come along and find out more.*)

Ph. 444 65902 for info on any session

GARDEN CLUB

Winter is upon us now and it's always a wonder watching the changes in the garden with each season. Some of my bulbs are in flower, jonquil erlicheer and the camellias are opening their buds. The roses are taking a rest and will need to be pruned soon and most of my perennials have had a trim.

Garden club member, Fran Volell gives these tips about pruning-“ Pruning helps the general health of a plant by removing dead or diseased wood. It also stimulates the plant into producing new growth, flowers and fruit and if you prune carefully it also helps train the plant into an attractive shape. The reason pruning stimulates new growth is because each terminal bud contains a chemical; once that is removed, the buds below become active and sprout.

To help keep your trees and shrubs free from disease, dip your tools in a solution of bleach or disinfectant and dry after each plant.”

Recently on the radio show, the Compost Heap one of the questions asked was who was the first to introduce the camellia to Australia. The answer was that Camellias were first brought in by Elizabeth and John Macarthur in 1831 for their home and garden at Camden Park in Southern Sydney. In more recent times, it has been discovered that they may have in fact arrived earlier. Superintendent Charles Fraser imported four camellias in 1823 and was growing them at Sydney's Botanic Gardens. Meanwhile, Alexander Macleay was also growing a number of camellia cultivars, imported from England in 1826, in his extensive garden at Elizabeth Bay House. Camellias are versatile and hardy and are bred from 3 species- Camellia japonica, C. sasanqua and C. reticulata. Japonicas and reticulatas are excellent for semi shade positions while sasanquas will take more sun and make wonderful hedging plants.



Camellias prefer a rich soil with good drainage and do best when protected from hot sun. Fertilize in spring with camellia and azalea food and mulch with compost or cow manure. Keep well watered particularly when it's hot and dry. As a general rule of thumb, camellias, like most flowering shrubs, should be pruned immediately after they are finished blooming (*in spring*). This allows the shrub time to form new growth and flower buds before the next cycle of bloom.

We meet every 3rd Saturday of the month at the Banksia Senior Citizens Hall, IRT entrance, Culburra Beach, at 1.30 pm starting time. Happy gardening!

Doris 4446 5631

Anglican Churches

of Culburra Beach | Callala | Currarong

Callala - Church Service - 5pm Sunday

All Welcome | 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



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MOBILE

Preschool



Central Shoalhaven Mobile Preschool is a community based not for profit organisation operating for 38 years in the Shoalhaven area. We provide educational programs designed for preschool children aged between 3 - 5 years by fully qualified staff in a caring environment. Allow your child to make new friends within the local area. Subsidy available. We operate from Callala Beach Community Centre, Quay Road Callala Beach on Tuesday and Wednesday.

PRESCHOOL HOURS: 9.00 - 3.00 ADDITIONAL HOURS: 8.00 - 9.00

All enquiries please phone our office on **4423 0571 / 0432 274 244** or call in at our venue.

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MEDICAL NEWS

Sleep awareness week runs this July, and Callala Medical Centre encourages you to come and discuss symptoms that may suggest Obstructive Sleep Apnoea such as snoring and and day time sleepiness.

In other exciting news, Callala Medical Centre would also like to welcome Dr. Jeanie Paton, who will be joining us part time in August. Jeanie is a Graduate of the University of Wollongong Medical School and has completed her Post Graduate training at Shoalhaven District Memorial Hospital.

Before becoming a Doctor, Jeanie worked in the specialist Pathology field of genetics whilst pursuing an interest in Athletics. She was also an elite gymnast in her younger days and therefore is a strong promoter of an active healthy. She is looking forward to committing to the on-going healthcare of local residents and joining the team at:-

Callala Medical Centre.



VISION - OUR MOST PRECIOUS GIFT

Of all our senses vision is the most important. In reality, even though sadly we can survive with impaired hearing and even reduced mobility, but we need good vision to allow us to live safely independently. When we are born we need, to learn how to see and the most critical stage of our vision development occurs in the first seven years of life.

For children *“if they can’t see well they can’t learn well”*.

In this new technological era, we have seen the advent of devices such as computers, tablets and mobile phones which is leading to a significant increase in myopia (*short sight*) particularly amongst the 10 to 25 year age bracket. New techniques such as orthokeratology can slow and even stop myopia progression.

For most of us, we will experience our first vision problems after 40 years of age. This occurs because we lose the ability to focus for near vision activities. These optical changes are a normal part of ageing, however there is another side to proper eye examinations... proper eye health assessment. There are many eye diseases that can cause loss of vision.

The main four are Cataract, Glaucoma, Macular Degeneration and Diabetic Retinopathy.

We have invested in the latest technology to check for these diseases. Particularly in the over 40-year age bracket the incidence of these diseases increases for every decade of life that we are blessed with.

Early diagnosis of these diseases is the key to minimising vision loss from these conditions, hence regular eye testing is essential. We recommend children be tested at age 1 and 3 years and before commencing school. Testing is recommended every 3 years up to age 40, then from 40 to 60 every 2 years and after age 60 every year.

This is only a guide as some patients will have optical or other medical problems which can effect quality of vision and this may require more frequent eye testing.

Bulk billed eye examinations are available at EyeQ Optometrists.

If you have any queries about your vision you are more than welcome to call and speak to one of our fully trained optometrists on **44214511** or call and make an appointment for a comprehensive eye examination.



Dan Mangan

Ph: 4446 6544

18/55 Emmett Street
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15 Callala Beach Road, Callala Beach

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

Contact Culburra Pharmacy on

4447 2382 to book

(travel is by donation)

Saleable furniture can be collected

by phoning Jim on:

4446 6733 or 0419 538 963

Drivers phone Neil on:

4447 4713

Torrens Embroidery

T: 4446 5368 - Joan

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and we can create
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lewisjr@bigpond.com



POLICE REPORT

On the Beat.

Here we are. Week 24 of the year, 2017, how time flies, It won't be long before we are getting organized for Christmas. The Queen's birthday long weekend went quite well but not great in relation to the steal from motor vehicles. However there were still some people that didn't get the message. If you have forgotten the message it goes like this "Lock it or lose it".

If you sing it to yourself as soon as you wake up you will be humming it all day, It will drive you mad but you will remember it.

Hands up if you have a Motorised Mobility Scooter, now keep your hand up if you travel over 10kph in it. If you do, give yourself an uppercut. "Slow down Jack Brabham". I have recently seen a few scooters attempting warp speed, however 10kph is your limit.

The NSW Centre for Road Safety says;

A motorised wheelchair in NSW must:

- Not have the capacity to travel faster than 10 km/h

As a user, you must:

- Never exceed 10 km/h
- Have a reasonable need to use a wheelchair because of physical disability or limited mobility
- Obey all pedestrian road rules
- Not cause a traffic hazard by moving into the path of a driver
- Not unreasonably obstruct the path of another driver or pedestrian
- Not be affected by alcohol or drugs when travelling on a road or road-related area such as a footpath

Be careful when you are crossing the road and it might be a good idea to get one of those flags on the poles so people can see you. Apart from that have fun and get out and about and enjoy the Shoalhaven.

Also remember that you can "Dob in a Druggie" any time you like by contacting Nowra Police or ringing Crime Stoppers.

Do not Drink and Drive.

As always, in case of emergency, call **000**

Non Emergencies contact Police Assistance Line on **131444** or your local Police to provide anonymous information call crime stoppers on **1800 333 000**

For Domestic and Family Violence information visit www.police.nsw.gov.au or contact

Shoalhaven Domestic Violence Officers. **44219666** or **44219665**

Email shoaladvlo@police.nsw.gov.au

Don't forget.

Cops are tops.



CULBURRA BEACH



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BOOKINGS:

0416 301 575



Nowra Albatross Vikings Football Club

Are you new to the area and love AFL? Come and watch your local football club in action on Saturdays and enjoy the sport that always offers excitement at every moment in the South Coast AFL League.

Our club is made up of two sides as a result of a merger in 2016. Nowra Blues and HMAS Albatross football clubs who were both based in Nowra, made the brave decision to merge and keep local football alive and strong. Now we are proudly Nowra Albatross Vikings Football Club. We have two teams in which players can participate in. Reserves and first grade. If you are over the age of 18 years old, and have always wanted to have a go, or start playing again as the love for AFL never fades, come and watch us and reignite that AFL spirit.

Our club grounds are located at two locations, one is the West Street Oval, Nowra, and the other is at Tom Smith ground, located at the HMAS Albatross base, in Nowra Hill.

If you would like a fixture to see where we are playing, just head to the South Coast AFL website.

If you would still like to be a part of the club, but are restricted by work/family commitments, we are always looking for more people to sponsor the club, or help out in the background.

If you would like some more information regarding sponsorships packages, or how you can be part of a community who are passionate about AFL and sports in general, contact Sharen Balazic on **0410 634 472**.

We will be holding a Annual General Meeting (AGM), and all are welcome.

We are always eager to welcome new people to the club who can offer skills and become part of the Nowra Albatross family.

We would like to say a special thank you to Joan Lewis from Torrens Embroidery in Callala Bay for putting our name on the club dressing gowns, to help keep they boys nice and warm during the ALF season. Thank you, Joan.





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COMMUNITY CHURCH

Living as a Christian in a post Christian Australia presents many challenges. Then again, living as a Christian in the first century was no walk in the park either!

By and large The Christian community accepts the position that the Bible is the authoritative text by which God is revealed. The Bible may reveal God in some ways but its task is to draw us into a relationship with Him and become a participant in His plan to bring hope to a troubled world.

What is important to call attention to is that the Bible, all of it, is livable; it is the text for living our lives. It reveals a God-created, God-ordered, God blessed world in which we find ourselves at home and whole.

The problem arises when we reduce its content to a list of rules and some propositional truths; these maybe true but when separated from God's story they focus on what we have to do rather than what God has done.

I believe that within each of us there is a spiritual sense that is searching for the meaning to life and a desire for purpose and hope; maybe we are losing the importance of this inner sense in believing this might be satisfied in the world of knowledge and the accumulation of material things. This sense of something more is expressed by the following statements:

The theme of Bruce Springsteen's song; "Everybody's Got a Hungry Heart" echoes what scientist's identify as a human trait but they struggle to find a satisfactory explanation for the phenomenon. Ecclesiastes state; "God has placed eternity in our hearts.

C.S. Lewis explains it as reflecting our "pilgrim state"; whilst Augustine reflects it in his prayer, "You have made us for yourself, and our hearts are restless till they find their rest in you."

According to Credit Suisse more than 50% of the world's wealth is held by 1% of the world's population. And according to the 2017 millennial survey by Deloitte less than 10% of those born after 1982 who are over 18 have a positive view on their future and the future of Australia.

Perhaps, the forgetting about God isn't working for many Australians.

Therefore where do we look to find an answer for this hunger for life?

John 3:16-18 The Message (MSG)

¹⁶⁻¹⁸ "This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again".

Pastor Kevin Kettlewell

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RAFFLES

TUESDAY

Free Meat Raffle - drawn every half hour between
3:30pm-6:30pm - swipe your Member's card to
receive a free ticket with ANY bar purchase.

THURSDAY

Bowlers Extensive Raffle from 6pm with great
prizes Lucky Member's 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 on sale 4pm,
draw commences @ 5pm



Members Badge Draw

**EVERY
THURSDAY
& SUNDAY**

MONDAY

Free Trivia 6.30pm Start

TUESDAY

Members Good Time Happy Hour
4pm to 5pm - All Drinks Discounted.
darts - Comp & Social from 7pm

WEDNESDAY

NPL POKER - Only \$2 to Play
7pm Start - Ca\$h prizes and regional
tournament tickets to be won every week

THURSDAY

Bingo - Eyes down at 11am

BOWLS

Monday - Indoor starting @ 12pm

Tuesday - Women's bowls from
9:30am

Wednesday - Men's social bowls
12:30pm from 1pm

Thursday - Mixed Social Bowls - Ring
for details

Friday - Twilight Bowls from 4:30pm
\$5pp

Sunday - Social bowls from 1pm \$6.
Jackpot prizes



**Bookings On
4446 5509**

Ph 4446 5313

43 Callala Beach Rd, Callala
www.clubcallala.com.au



What's on in July

- June 26 – September 1 Swipe your Membership Card at the Kiosk, Bar, Restaurant & Pokies to receive a ticket for a chance to win a Hunter Valley Getaway

Free WiFi available



SPECIAL EVENTS

- July 3 Mon Kids Kitchen 11am – 1pm Kids Burgers & Cake Decorating **Bookings Essential** \$15 each
- July 5 Wed Kids Bingo 11am – 1pm **Bookings essential** (minimum 15) \$10 everything supplied,
- Kids Craft 2pm – 4pm **Bookings essential** (minimum 15) \$10 everything supplied
- July 6 Thurs **Free** Kids Disco 5pm – 9pm
- July 7 Fri Raffle Prizes 25 x \$20 meat trays, 25 Hams, 1 x \$50 IGA voucher, 1 Fruit & Veg: tray.

Also Second Chance Draw, 5 x 10,000 points onto your Membership Card.

- July 9 Sun Raffle Prizes 15 Hams, 9 x \$20 meat trays plus 7 Prawn Trays. **Free** Family Karaoke 6pm
- July 10 Mon Kids Kitchen 11am – 1pm Pizza and Chocolate Crackles **Bookings Essential** \$15 each
- July 12 Wed State of Origin on the big screen in the Auditorium
- July 13 Thur **FREE** Kids Disco 5pm – 9pm
- July 15 Sat Free 'Pyjama Party' themed Karaoke 7pm Adults only

7 Day Courtesy Bus Available Commencing at 4 pm, please ring the Club to be picked up. (on the hour from Callala Bay and on the half hour from Callala Beach and Myola). Courtesy Bus will commence at 3.30 pm on Sunday's. Please telephone 4446 5313.

Month of July Loyalty Promotion with Bonus Points being awarded...

CALLALA WINTER ARTS FESTIVAL 2017

After many months of hard work, the Callala Winter Arts Festival opened on Friday evening, 9 June 2017 at the Callala Beach Progress Hall, with over 140 people in attendance.

Over the long weekend, many visitors enjoyed viewing the wonderful pieces of art on display, including colourful works by the children of Callala Public School and the Callala Pre-School.

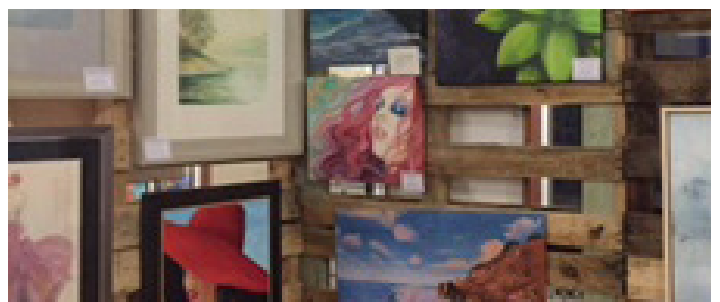
Also offered were incredible wood working items, original designed tee-shirts, as well as food and coffee trucks. Many people took advantage of purchasing a piece of outstanding art work. The sand sculpture and found beach object sculpture competitions were astounding in presentation and there was a crystal art work demonstration on Sunday which was enjoyed by all.



All this could not have taken place without the drive, enthusiasm and dedication of Lauren Sams, who, along with her family and a group of volunteers, produced the entire Festival. Not only did this event pull the Callala communities together, it raised funds for the Callala Public School.

It also indicated what a talented group of people live in our area and it is hoped that others will join in and make the next Festival bigger!

Again, many congratulations to Lauren and her team. Well done!



Shoalhaven City Councillors welcome comments and information from the general public. They can be contacted on the numbers and email addresses below.
For general enquiries phone **4429 3111**
shoalhaven.nsw.gov.au

MAYOR
Clr Amanda Findley

M: 0434 151 730

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Meals on Wheels is More Than Just a Meal



Dedicated volunteers from Culburra Beach **Meals on Wheels** deliver meals to local people every Monday, Wednesday and Friday.

The benefit of a good quality meal helps meet daily nutritional needs and assists people to live independently in their own home as they age. Good nutrition is vital for all, but as we age, there is a tendency to eat less as activity levels reduce. However our mineral and vitamin requirements often increase. Research estimates that between 5-30% of older people living in our community are malnourished and alarmingly, around 80% goes undetected.”

Meals on Wheels can help prevent malnourishment and enable older people to live an active life. Our meals are sourced from a supplier that specialises in meals that meet the new National Nutritional Guidelines for home delivered meals for older people.

Meals on Wheels also provides important community connection by providing precious social interaction for its clients. For people unable to get out, the comfort of knowing someone will drop by regularly to say ‘hello’ – to see how they are – is vital. **Hence our national theme ... ‘more than just a meal’.**

Meals cost \$6.00 for a main meal and \$2.00 for a dessert. To qualify for a **Meals on Wheels** service a person must be aged 65 years or older or 50 years and older for Aboriginal and Torres Strait Islander people.

Registration with **My Aged Care** is also required - phone 1800 200 422.

If you require more information please contact Beth on **4422 5111 at the North Shoalhaven Meals Cooperative.**

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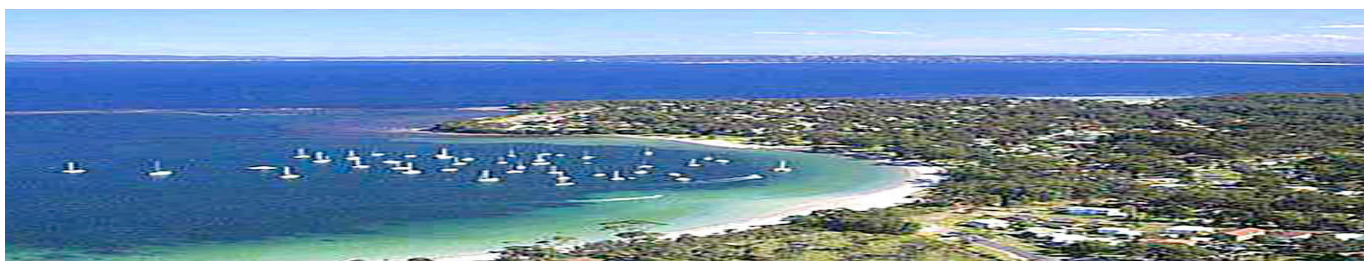
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CALLALA BAY COMMUNITY ASSOCIATION INC.

Community Consultative Body to Shoalhaven Council for Callala Bay ABN 6803 198 0561

www.callalabaycommunityassociation.com

PO Box 14, Callala Bay NSW 2540

APPLICATION FOR MEMBERSHIP OF CALLALA BAY COMMUNITY ASSOCIATION INCORPORATED

(Incorporated under the *Associations Incorporation Act 1984*)

I/we

Applicant 1 (Full Name)

Applicant 2 (Full Name)

Your Callala home address

Email Address 1

Email Address 2

Daytime Contact Phone No(s):

Hereby apply to become a member/s of the above named incorporated association. In the event of my admission as a member, I/we agree to be bound by the rules of the Association for the time being in force.

Signature of Applicant 1

Date

Signature of Applicant 2

Date

Date presented to membership for ratification at following monthly meeting

Annual Membership fee paid on date Receipt Number

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Graham Worts

DENTAL HOME CARE FOR PETS

Last month we discussed dental disease, this month I want to focus on prevention.

Dogs and cats should have their teeth brushed, preferably daily. Tooth brushing is highly effective and relatively inexpensive.

There are various toothbrushes available but small, fine bristled brushes are best. There are also brushes with 3 brush heads, so the outside, top and inside of the tooth can all be brushed simultaneously

I will often recommend a finger brush - this is a small rubber brush that fits over your finger and has bristles on 1 surface. I find animals will often accept this more readily than a toothbrush, however, the risk of getting your finger bitten does increase.

Even a piece of cloth wrapped over your finger can be used as a soft "brush", particularly when your pet is being trained to accept having its teeth cleaned.....

Pet tooth pastes are available. Please do not use regular human tooth paste. When brushing your pets teeth, you should apply the paste to the brush, then use a circular motion to clean the teeth, concentrating on moving from the top to the bottom of the tooth, to move any plaque away from the gums.

Chewing can also help to control plaque. There are various commercial dry foods and treats available specifically for dental control. No all are suitable for every animal, so speak to your vet about choosing the correct food.

Many people like to feed bones to help keep teeth clean. This is fine for many pets, but there are a few guidelines that should be followed:

- Bones must be raw
- Large bones are better for most dogs, the idea is that they are to be chewed, not eaten.
- Bones should be whole, not cut.
- Chicken wings are good for cats...

Bone chewing does have some risk. Tooth fractures can occur, and large pieces of bones can be swallowed and cause intestinal blockages.

Chew toys can be used as an aid to teeth cleaning. Kong toys and nylabones are two suitable toys. They come in a range of sizes and consistencies. Tennis balls, sticks, rocks and rope toys are not appropriate for teeth cleaning. I can always pick a tennis ball chewer by the damage done to their teeth. by the abrasive surface of the ball!.

Chemical plaque control is effective. The chemicals may be ingredients in food and treats, components of the tooth paste, powders, gels, dental wipes or sprays. Chlorhexidine pastes, gels and wipes help to control bacterial numbers on the teeth. Phosphates found in foods bind with calcium in saliva, so stopping the formation of calculus.

Like any prevention, the earlier it is started, the better. With patience and treats, most animals will accept teeth cleaning as part of their daily routine.

Even with good dental home care, your pet should have an annual dental check. This will be done as part of the annual health check, but if you have any concerns about your pets teeth, gums or breath, you should arrange a specific visit.

I promise we won't bite!!



Callala Community Church

... following Jesus

Sunday Worship 9am

at the Callala Community Centre
Emmett Street, Callala Bay

Wednesday Home Prayer Meeting 7.00pm

Enquiries phone Pastor Kevin Kettlewell 0437 338 739

FREE

Pre-Loved Clothing & Book Stall

First Saturday of the Month
at the

Callala Community Centre

9.30am to 12am

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.

Fishing Table Shelter completed!

This project's genesis started in November 2015, when the Community Association saw a need to protect the fisher folk from the elements and raised a request for a grant from the Recreational Fisheries Trust (*Department of Primary Industries*).

This was approved during the following year and the hard work of getting the appropriate shelter to Callala Bay from Landmark Industries in Queensland commenced.

Nothing ever goes smoothly and after some further investigation, a different shelter had to be ordered because of the location of water pipes in the slab on which the fishing table stands.

Ultimately, this has been to the benefit of all concerned as the new shelter is better suited for the task; to protect the fishers and their catch from the vagaries of the weather.

It has really been a labour of the willing, as Jim Townsend, Rob Dewsbury, and John Stosic worked diligently to ensure the footings were strong enough to hold the shelter for the location, build the shelter and finally make sure that all the safety requirements were met to allow the fishers protection while they cleaned their fish.

The volunteers prowess with the spanner, trowel, climbing ability and down to earth sense of humour made the various tasks a little more enjoyable and the entire structure was completed in a little over a week.

As can be seen from the photographs it is a great addition to the infrastructure at the boat ramp.



I would like to thank all involved, from the Department to the Council and especially the volunteers who spent many hours of their own time and equipment to put the shelter together and make the lives of the fisher folk a little more pleasant, while on land.

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ANGLICAN CHURCH

The Colours of the Rainbow.

We are surrounded by a constant kaleidoscope of colour, and we are more effected by it than we may realize.

In Genesis 9, after the flood God put a rainbow in the sky to remind us of the promise he made to his people. If you were to be asked, would you be able to tell me the colours in order? Red Orange Yellow Green Blue Indigo and Violet.

As a young girl we had to learn the colours of the rainbow in order of by heart. How we learnt it was in rhyme. Richard of York Gave Battle In Vain.

Now that might not mean too much for you but coming from England especially Yorkshire, I understood what it meant.

Richard being King Richard of York who was fighting for the crown went into battle against Bosworth.

At the age of 32, in the Battle of Bosworth Field. He was the last king of the House of York and the last of the Plantagenet dynasty, the Royal dynasty in 1485, but the battle was in vain because he lost and the royal dynasty took a new course.

However, the colours mean so much more.

Green – the colour of creation. There is so much green and so much beauty in our world. Stop to look and listen to creation. The amazing world plants and the canopy of trees, the peace of green fields and the thunder of the seas. Yet daily we are destroying the world and abusing our privilege as stewards of creation. May we love, honour and conserve what God has so graciously given.

Yellow the colour of the sun, of warmth and light. The colour of smiles and love and friendships. Thank you God for the delights we have in families, friends and communities.

Thank you for those special people who take care of those in hospitals residential care and home care.

Thank you for the police fire and ambulance service men and women so we can feel protected and safe.

Red the colour of blood. Blood of martyrs who died for their faith and trust in Jesus. Red the colour of Jesus' blood as he gave his life for us all that we might have eternal life. We remember all that nurtures and encourage with boldness to proclaim the Gospel message.

Blue -the colour of Unity. Today all around the world there are people working for peace. Peace against war, violence, greed and child abuse. Blue, to have the desire for all people to live their lives in friendship, cooperation and mutual care against a backdrop of justice and peace.

Green for creations and yellow for warm relationships. Red for blood and blue for peace.

There is Orange for sweet fruits of the earth and indigo for the colour of shadows.

Violet for the colour of sorrow. The Lord God surrounds us with so much colour and the colours of the rainbow combined with dazzling

White the presence of his glory. So the rainbow colours remind us of the promises God has given to bring all creation to the fulfilment of his promises. Amen.

*Rev Sue Fisher
Assistant Minister
Anglican Church.*

Callala Men's and Vet's Golf News *with Bill Downton*

Saturday 3rd June

Callala Monthly Medal Day began well with a good field of enthusiastic players all with high expectations of their day ahead.

All players were treated to a wonderful lunch after the game which was prepared and served by two wonderful ladies, Gordana Sesum and Kay Reynolds. All players were very grateful and while enjoying their meal pondered on the day's play and their results.

As with all Comp days there are those who manage to play well no matter the adversaries and today coming home in the number one spot and "B" grade medal winner was Col Chessell. Congratulations Col and a great well-earned result.

Taking the second spot on the podium as well as the "A" Grade medal was Captain Ilija Sesum who played good consistent golf to achieve his result. Congratulations and well played Captain.

Not to be left out of the action was Graham Lewington who demonstrated his skills and tenacity in coming home in third spot with a respectable 70 net. Congratulation Graham.

"C" Grade medal was taken out by Alan White. Well done Alan and good luck in the end of year champion of champions' play off.



Tuesday Vet's 6th June

A not so warm day but the rain stayed away to allow a great field of Vet's Golfers enjoy their Monthly Medal stroke round.

Big thank you to Jamie and Jill Reardon for putting on a great lunch for all to enjoy at the end of their game.

Coming home as overall winner was John Latta who was all smiles at the presentation with his one stroke win over team mate Tony Pitt-Lancaster who recorded a very respectful 69 points.

Third home today was Roger Mearns who although having 69 points suffered at the dreaded count back.

Never to be left out of the action was Harold Reynolds who came in 4th spot with 71 points and entertained the crowd at presentation with a little victory dance. Anyone would have thought he had won the lottery!



Saturday 10th June

Rain course closed.

Tuesday Vet's 13th June

A pleasant day for those golfers who turned up to play single stableford on a still very wet course.

The winner today had to be decided by the count back system after three players; Neil Sparks, Robert Ash & Lee Bebbler came home each with 34 stableford points.

After the count back system was applied Neil Sparks was declared the winner with Robert Ash

coming into 2nd spot with Lee Bebbler coming home in third spot.

The rest of the Field struggled with the wet conditions but as a sign of good will and appreciation to all players who finished the Vet's gave each a Ball.

Saturday 17th June

A not so nice day for a game of golf but still a good field of keen players turned up to challenge the days Stableford competition.

Also, today was a high expectation that the 11th hole \$175 dollars was going to go off with a visit of a couple of very low handicappers'. Those expectations disappeared with the 11th hole remaining undefeated at the end of the days competition round.

Seemingly immune to the conditions Jamie Reardon played a great game to come home a clear winner with 42 Stableford Points and a huge smile at his achievement. Well done Jamie!

Also playing a very good round of golf was Perry Cousins who came home into second spot with a very respectable 38 points.

Not to be left out of the action was Ken Black who just one point behind with 37 took out third spot.



Monday 19th Vet's Inter Club round at Mollymook.

A great day was had by all Callala players who make the journey to Mollymook Hill Top course to compete in the inter club competition.

Unfortunately, I am unable to report that Callala is playing fantastic and will be up there to challenge the other clubs for bragging rights. I am able to report that all members who are involved in the Vet's inter club competition are enjoying playing and competing.

Tuesday Vet's 20th June

Single Stableford was the format for today's competition and although the course is still quite wet all players enjoyed the warmer weather to compete in the comp.

Roy Nicholls played exceptional golf to come home the outright winner with an impressive 37 points. Congratulation to Roy and nice to see him in the winner's circle.

Second home with just one point being the difference was Graeme Weston with 36 points. Congratulations Graeme and I guess having a week off from golf ensured your return was celebrated by a visit to the winner's circle.

Rarely out of the winners circle these days was Men's President, Harold Reynolds who was only one point behind Graeme with a score of 35. Congratulations Harold and it must be getting boring being in the winner's circle all the time and also winning the raffles as well!



CALLALA WOMEN'S BOWLS NEWS *with Lyn Byrne*

It has been a quiet month for bowls due to inclement weather and the long weekend. Only one game was played in near perfect weather conditions on Saturday, May 27, for a second round game in the women's Pairs Championship. Jan Wright and Audrey Mansfield started well by winning the toss and the first end. Sam Bowerman and Lyn Byrne got their act together to take a commanding lead for the rest of the game. The final score, 28 – 5, did not reflect the game. Thank you to all the spectators who attended to support the players.



The final of the Pairs Championship was played in mild, sunny conditions on Saturday, June 17, between Petra Ford, Tracey Semevente and Sam Bowerman and Lyn Byrne. Petra and Tracey took the early lead, even though Sam and Lyn were holding shots, team Semevente managed to draw in to win the ends.



The final score did not reflect the quality of the game. Congratulations to Petra and Tracey for winning back to back Pairs Championships.



Please make sure you put your triples team names on the board before July 4.

CALLALA MEN'S BOWLS

NEWS *with Lyn Byrne*

Not a lot happening this month for the men either due to the long weekend and inclement weather. Saturday, June 17, in fine sunny conditions, the final of the Men's Triples was played. This was a hard fought game with Paul Mitchell, Craig Taylor and Greg Millan in front for most of the game against Garry Manning, Col Neighbour and Barry Schey. Although Barry's team kept trying, Greg's team won the championship 22 – 19.



Pat Brown and Phill Bowerman played their first round Pairs game against Terry Castle and Chris Harbrow. This was also a close game with Terry and Chris leading until the 11th end, 11 all. Pat and Phill scored 10 over the last 10 ends to win the game 22 – 19.



A MESSAGE FOR TEENAGERS

Here's a piece of advice from 1959, that is still relevant today:

When teenagers cry '*what can we do, where can we go?*'"

Go home, mow the lawn, wash the windows, learn to cook, get a job, visit the sick, finish your homework and after you've finished – read a book. Your town does not owe you recreational facilities and your parents do not owe you fun.

The world does not owe you a living, you owe the world something. You owe it your time, energy and talent so that no-one will be at war, in sickness and lonely again.

In other words, grow up stop being a crybaby, get out of your dream world and develop a backbone not a wishbone. Start behaving like a responsible person.

You are important and you are needed. It's too late to sit around and wait for **somebody** else to do something, **someday**.

Someday is now and that somebody is you

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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,
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More details - contact Doris Carpenter - **4446 5631**

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If you have good saleable furniture to donate, contact Jim on **4446 6733**

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