

Callala Bay NEWS

Monthly Magazine from the Callala Bay Community Association Incorporated

January 2020



26th January

Australia Day Celebrations

Breakfast By The Bay

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and The Shoalhaven City Council**



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CALLALA BAY NEWS

A monthly newsletter of the
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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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CBCA - What's Next?

As we wrap up this year the CBCA wishes all in our community a very happy Christmas. Our thoughts are with our Volunteers in the Rural Fire Brigades at this difficult time and we thank these brave men and women for their selfless service. We also acknowledge the Village Traders led by Ringo from IGA and Dan from Bay Village Butchers, ably supported by Remos Bakery and Café and Cake for their tremendous effort in raising \$2600.00 as a donation to our local RFS Brigades.

The December meeting was our last for the year, but the work of the CBCA continues. Carols will be held on the 22nd December at the Callala Sporting Complex. The events committee have put in an extraordinary amount of work to make this the best one yet. Our Australia Day Breakfast by the Bay is on again. Not only is it the time to celebrate our national day with family, friends and neighbours, but an opportunity again to support the Callala Bay Volunteer RFS who will be cooking up a storm. We look forward to saying “g'day mate” when we see you.

CBCA recently purchased another Doggie Bag dispenser and installed it on the shared path near Wearne St and Marine Parade. The dispensers are maintained by the CBCA and all we ask is that you only take what bags you need and of course dispose of them responsibly. One of the challenges for the Committee was the development of a local area map to enable visitors and others to see more of Callala Bay area, using the walking trails which have been developed over the past few years. The map (included in this newsletter) provides several walks, with distances, for all visitors and locals.

We have written to Council for an update on the boat ramp remediation, beach access, and erosion control. We received a reply advising the beach access and erosion issues will form part of the Coastal Management Plan and will involve

community consultation.

Our next meeting will be on Wed Feb 20, commencing at 7.00pm, in the Callala Community Centre in Emmett St. The format will be the Annual General Meeting (AGM), followed by the first general meeting for the year. As previously stated, the existing executive will be stepping down and will not seek re-election.

If you wish to nominate for a position, please complete the nomination form in the newsletter and mail it to the Secretary, CBCA, PO Box 14, Callala Bay 2540. Those being nominated are reminded you must be a financial member to nominate and vote at the AGM. Fees remain at \$5.00 per household and can be posted to us or paid by EFT, to Callala Bay Community Association, Bendigo Bank BSB 633000 A/C 141737692. Please include your name if paying by EFT or attach the renewal/application form in the newsletter if paying by post. The executive takes the opportunity to thank everybody for their support, but the time has come for new blood and new ideas. In the transition stage the outgoing committee will lend whatever help is needed to ensure a smooth handover. Please contact us at admin@callalabaycommunityassociation.com for more information.



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Art Studio Update

ART DAY AT THE CENTRE

All good things must come to an end and despite rumours racing around the village, it is time for the founding members of the Callala Arts Group Inc to move on to other projects. After many months of providing the ultimate experience by allowing our community of talented artists the opportunity to experiment and practice their craft, we felt it was time to have a bit of a rest and unfortunately no one was able to take up the challenge of running the group. The Studio was officially closed on Saturday 7 December 2019. But all is not lost because we feel it is necessary to provide a creative outlet for our community.

Sandra McKenzie-Clark is offering Art Days on Tuesdays at the Callala Community Centre from 10:00am to 1:00pm. Just bring your equipment, a couple of drop sheets and be prepared to have lots of fun in a friendly, air conditioned and safe environment at a cost of \$15 for the three hours with morning tea included. Phone Sandra on 0439 241 144 for more information.



Anglican Church

A New Year Perspective

As I was thinking and pondering what to write for January's magazine, I came across an article by Filoian Wiedenhoff.

I found it good and very thoughtful so "why fix what is not broken?"

"Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." NIV

As Christmas comes to an end we anxiously await the words "Happy New Year!" My best friend and I have this tradition we have done every year for the last five years usually around the end of December. We go to our favorite beach spot, where we talk and pray about the past year and look ahead to the New Year.

We ponder and discuss all the interesting occurrences that happened the past year; the good times, the bad times, the frustrating times and the fun times. We share what valuable lessons we learned from our experiences, what God showed us and how He was faithful through all of it. We do this as a closure to one year and then an opening to the next. After we have laughed a while and then cried, we begin to look forward with great excitement, wondering what God has for us this coming new year. What new experiences will we go through and what new lessons will we learn. It's all fresh and new and that is exciting.

In doing this I believe it helps us to view each year as a season, understanding that God is Sovereign and has new seasons of experiences and growth to make us more like Christ. I can testify there were times we went through seasons of grief and there were also times we experienced seasons of joy.

Continues on Page 9

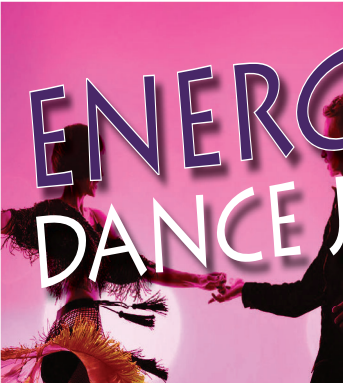
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Shoalhaven City Council

OUR COUNCILLORS

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

WARD ONE	WARD TWO	WARD THREE
<p>Clr Annette Alldrick M: 0428 657 026 annette.alldrick@shoalhaven.nsw.gov.au</p> <p>Clr Nina Cheyne M: 0428 629 147 nina.cheyne@shoalhaven.nsw.gov.au</p> <p>Clr Andrew Guile M: 0412 287 706 andrew.guile@shoalhaven.nsw.gov.au</p> <p>Clr John Wells M: 0412 676 159 john.wells@shoalhaven.nsw.gov.au</p>	<p>Clr Joanna Gash M: 0427 160 170 jo.gash@shoalhaven.nsw.gov.au</p> <p>Clr John Levett M: 0418 469 094 john.levett@shoalhaven.nsw.gov.au</p> <p>Clr Mitchell Pakes M: 0432 557 516 mitchell.pakes@shoalhaven.nsw.gov.au</p> <p>Clr Greg Watson M: 0412 210 979 watsong@shoalhaven.nsw.gov.au</p>	<p>MAYOR Clr Amanda Findley M: 0434 151 730 amanda.findley@shoalhaven.nsw.gov.au</p> <p>Clr Kaye Gartner M: 0428 861 092 kaye.gartner@shoalhaven.nsw.gov.au</p> <p>Clr Mark Kitchener - Deputy Mayor M: 0478 882 649 mark.kitchener@shoalhaven.nsw.gov.au</p> <p>Clr Bob Proudfoot M: 0428 970 086 bob.proudfoot@shoalhaven.nsw.gov.au</p> <p>Clr Patricia White - Assistant Deputy Mayor M: 0447 416 329 patricia.white@shoalhaven.nsw.gov.au</p>

Love to learn & have fun?



The Studio

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COMMUNITY HALL



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Anglican Church

It helps me to remember that God is in total control and that we are constantly growing as His children and that He knows the plans He has for us. Plans of new wisdom, insight and understanding that He wants to impart to us, if we will allow Him to.

It also gives us a fresh new outlook of the coming year and enables us to leave the past where it belongs, not that we forget the past but learn from it and move forward into our present future with opened hearts and minds to receive whatever God has for us.

May God grant you a happy peaceful and healthy 2020

Rev Sue Fisher

Assistant Minister

Culburra Beach Callala and Currarong
Anglican Church.

South Coast Vets

HOT WEATHER SAFETY FOR PETS.

Here are some tips for keeping you pet safe and comfortable on hot days and at the beach.

Hot sand and footpaths can burn dogs' paws. It is a good idea to take your shoes off and test the temperature, if it is too hot for your feet; it is probably too hot for your pet too.

Make sure you pet has access to indoors or some shade in the yard. This is especially important for caged pets like guinea pigs and rabbits, as the sun moves around and they lose their shade they may be trapped in a hot cage in the sun.

Hydration is really important, add a few extra bowls of water in shady spots, take water with you for you and for your pet on a walk or a day at the beach.

Providing ice cubes in the water bowl or making some frozen treats provides some relief and fun for your pet.

Sunscreen can be used on cats and dogs with light skin or thin hair coats that are prone to sunburn and skin cancers. The most susceptible places for sunburn are on the bridge of the nose in dogs, the ear tips in cats and dogs and any other areas where this is limited pigment in the skin. The best sunscreen to use is fragrance free, non-staining and with a 15-30 SPF. UV protective clothing or sunsuits are also available for pets.

If your pet does become sunburnt, the advised treatment is liberal application of aloe vera cream.

Some dogs can be affected by heat stress, this a very serious, life threatening condition where the body is overheating and dog is unable to cool as it usually can by panting. Dogs with heat stress will be panting continually; they become weak and may even have a seizure. The treatment is to cool the patient immediately by hosing them down or putting them into water in a pool or bathtub, they will also need immediate veterinary care.



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Authorised by Shelley Hancock MP, 1/57 Plunkett Street, Nowra, NSW, 2541

The Point Gallery & Craft

OPEN: Fri-Mon

10am-4pm

All Arts & Craft Locally Made



76b Greenwell Point Road

Garden Club Roundup

Hope you had a wonderful Christmas with your family. The garden club is in recess until February. Members met again for our annual Christmas Luncheon which was held at Greendales. We relaxed and enjoyed a delicious meal before we raffled the hamper which was won by Fran Volell.

As I write this, the weather is hot with gusty winds and many plants are suffering in these conditions. But there are others which are more tolerant. When you walk around Callala you can see plants which are flourishing without too much effort.

Agapanthus - These are much maligned when they invade the bush (mostly due to dumping of bulbs) but they look so striking in blue and white. They are a reminder that Christmas is around the corner.

Kangaroo Paw- One of the most rewarding natives in Australia. There are some vigorous species and they look spectacular in red, yellow and pink.

Nandina -a super-tough, low maintenance shrub surviving the heat .

Gardenias - Are lovely and their perfume is so fragrant. They are thriving and even though they require moisture, my dwarf ones are producing many blooms. They love humidity as well.

Salvias are low maintenance plants, tough and hardy – perfect for hot climates

Christmas bush –One plant that's always perfectly dressed to celebrate an Aussie Christmas. There are many growing in our area and their bright, red bracts are perfect for the festive season.



Kangaroo paw (as pictured)

*Our first meeting for 2020 will be February 15th**

If you would like to join us and learn more about plants/gardening, we meet every 3rd Saturday of the month at the Banksia Senior Citizens Hall, IRT entrance, Culburra Beach at 1.30 pm.

Happy gardening! Doris (secretary)

Callala Events Committee

The Callala Events Committee would like to thank our wonderful sponsors and generous local and Nowra businesses, as well as our talented performers, for supporting the 2019 Callala Carols.

Santa had a wonderful time and we hope you did too!

Thank you to all of our helpers, and of course thank you to all the people who came along and made it a great event for everyone.

See you next year – same time, same place!

We wish you all a healthy and happy 2020.

Contact us:

If you are interested in meeting with us, or joining the committee, we are available at the CBCA monthly meetings on the 2nd Weds of the month, 7pm, in the Community Centre (Emmett St.), but please don't hesitate to contact us via phone or email at any other time.

Email: eventscallala@gmail.com

Web: www.callalaevents.com.au

Coordinator: Julie Wotton 0421 937 117

Secretary: Lynn McDonald 0421 510 826



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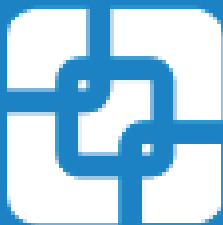
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CWA@MyBayandBeach

(A project of Wollondilly Group, CWA of NSW)

42 Emmett St, Callala Bay NSW 2540

Mon 20th January – Tues 21st January

As a 'pilot program' we are looking forward to welcoming all members of the public to our new initiative taking place in and around the Callala Community Centre, opposite the shops in Callala Bay.

Both days – 9am to 10am join us for our famous CWA scones and tea/coffee/cordial. From 10am thru to lunch on the Monday will include these activities:

- painting
- poetry
- story writing
- handicrafts
- including children's table activities.

Please BYO projects or join in with one of our members/helpers who will guide you. All skills level welcome.

There will be lots of visitors coming from our many branches – Southern Highlands and Coastal (Kiama to Milton District) and some from further afield.

We are also taking this opportunity to use community examples from Callala Bay, the Beach and Myola to show how to make progress at a village level, by community driven projects. Every village has its 'gems' – and we should be proud to 'show off' the talents of all community members.

Lunch (both days)-bring your own picnic, or purchase from local shops. After lunch on Monday (1pm-3pm) we will have some

'learning sessions' (particularly around technology) for our CWA members on their chosen topics: **Agriculture & Environment, Cultural, Handicraft, International, Publicity, The Land Cookery, Social Issues.** The public are welcome as observers.

CWA of NSW works closely with the [RAMHP – Rural Adversity Mental Health Program](#) based in Orange. On Tuesday, after our 'sconversation' (9-10am), we will run two community training sessions:

- **Community Support Skills (morning)**
- **Wellbeing and You (afternoon)**

These sessions will be led by **Alison Tye**, RAMHP Coordinator who works across both the Illawarra Shoalhaven and South Western Sydney Local Health Districts. Located in Nowra, Alison holds a BA (Social Work) from Charles Sturt University, Grad. Certificate in Indigenous Health from University of Wollongong. Alison has a clinical background working with individuals and families in mental health, drugs and alcohol. There will be plenty of printed material to take away. Alison is very approachable and can do 'follow up' appointments for those who require them.

Chicks with Attitude

Cranky Women's Association

Cooks With Attitude

call us what you like – but community is what drives us and keeps us strong. ***Come along and say hello – want more information?***

Julie Morris 0439 518 365

Email: nowracwa@gmail.com

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.

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Fire Safety

HOME FIRE SAFETY CHECKLIST

Did you know that the areas of the house where most fires occur are the kitchen, sleeping areas, and lounge area?

Are you fire safe in the home?

The fire services recommend this simple safety checklist to assist in keeping your home fire safe.

- Installing an adequate number of suitable smoke alarms and testing them regularly is the first step in your home fire safety plan.
- Having a written escape plan in case of fire and practicing it regularly.
- Make sure keys to all locked doors are readily accessible in case you need to escape.
- Never leave cooking or any other open flame including candles or oil burners unattended.
- Clean the lint filter of your clothes dryer each and every time you use it.
- Never smoke in bed and take extra care if consuming alcohol whilst smoking.
- In Winter take extra care when using heaters, electric blankets or open fires.
- Don't overload power points and switch off appliances when not in use.
- Always keep lighters and matches away from children and educate them that they are "tools not toys" to only be used by responsible adults.
- If you have a garage or shed remember to take extra care with any stored chemicals and fuels and always refuel mowers, edgers etc when they are cold and in the open.
- If you have a gas, electric or wood BBQ always check that it is in safe working order before lighting and that it is always in the care of a responsible adult when in use.
- If you live in a bushfire prone area keep the ground around your home clear of leaves and other litter and remember to clean your gutters regularly.

Fire safety tips

Remember that smoke from a fire will make you confused and that you cannot see in smoke.

When asleep you will not smell smoke and it will in fact put you into a deeper sleep.

If you have escaped from a home fire, remember once you get out stay out and dial Triple Zero (000).

Oil, gas or wood heating units may require a yearly maintenance check.

Only ever use fuses of recommended rating and install an electrical safety switch.

SMOKE ALARM MAINTENANCE GUIDE

Once a month

Test your smoke alarm batteries every month by pressing and holding the test button for at least five seconds until you hear the beeps.

Every 6 months

Vacuum dust off your smoke alarms every six months.

Keeping your smoke alarm free of particles to help reduce false alarms and ensure smoke can easily reach the internal sensor.

Every year

Replace lead or alkaline batteries every 12 months.

Every 10 years

Replace all smoke alarms with new 10-year lithium powered smoke alarms every 10 years, or earlier if specified by the manufacturer.



Callala Bay to Nowra – Route 730



DEPARTS	MONDAY TO FRIDAY			School Holidays			School Days	
	am	am	pm	am	am	pm	am	
Callala Bay								
Sydney Avenue	8.57	10.07	1.45	8.45	10.07	1.45	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							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	

Drops as Required

SERVICES DO NOT OPERATE ON WEEKENDS OR PUBLIC HOLIDAYS

Wheelchair access to bus

Nowra to Callala Bay – Route 730



DEPARTS	MONDAY TO FRIDAY		School Holidays			School Days	
	am	pm	am	pm	pm	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					3.30
Stockland Nowra	9.45	12.40	9.45	12.40	2.45	2.45	
Mayfield							3.55
Callala Bay							
Callala Bay School						3.35	
Corner Sydney Street & Callala Road	10.07		10.07			3.45	4.05
Boorawine Terrace	10.10		10.10			3.42	4.08
Emmett Street Shops	10.15		10.15			3.40	4.10

Drops as Required

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January 2020

What's On @



Saturday 4th

US-TOO – Duo – from 7pm in the bar area.

Sunday 5th

RFS FUNDRAISER DAY – Kicks off @ 12 noon

Jumping Castle/Live Music from Southern Impact/Sausage Sizzle

Come along for a fun filled day and support our local heroes!

Thursday 9th

KIDS FREE DISCO – 5pm to 8:30pm in the auditorium.

Saturday 11th

SOUTHERN IMPACT - Band– from 7pm in the auditorium.

Saturday 18th

PURPLE ENVY – Band – from 7pm in the auditorium.

Thursday 23rd

KIDS FREE DISCO – 5pm to 8:30pm in the auditorium.

Saturday 25th

JAMIE PARKINSON – Singer/Guitarist - from 6pm in the bar area.

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.

Sunday 26th

FAMILY CRICKET DAY – Bay vs Beach & Myola – Team Selection @ 11am.

Register at the front desk in Club Callala or phone 4446 5313 before 24th January.



BREAKFAST – 8am to 11am (Saturdays & Sundays only)

LUNCH – 12noon to 2:30pm

DINNER – from 5pm

Open 7 days

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.



Dan Mangan

Ph: 4446 6544

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Email: **roslyn.chatham@bigpond.com**

All Artworks on display at the Gallery are For Sale.

Paintings done on commission.

Callala Gallery on Facebook

www.artclassesnowra.com

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TUESDAY

\$15 T-BONE Night.

WEDNESDAY

\$15 Parma or Pizza Night.

RAFFLES

THURSDAY

Bowlers Extensive Raffle from 6pm
with great prizes.
Lucky 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
Lucky Members Badge Draw!
Fisho's Weigh In – 2pm 4th Sunday each month.



**Members
Badge Draw
EVERY
THURSDAY
& SUNDAY**

+ BONUS DRAW LAST SATURDAY EACH MONTH

MONDAY

Close @ 7pm

TUESDAY

Members Happy Hours
4pm to 6pm – All Drinks Discounted.
Free Trivia – 6:30pm Start.
Social Darts from 6:30pm.

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

BOWLS

Monday- Indoor 12 noon

Tuesday – Women's Bowls from 9:30am

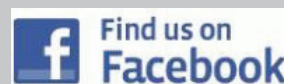
Wednesday – Men's/Mixed Social Bowls
- names in by 12:30pm for 1pm start

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



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

www.clubcallala.com.au



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	ANNA SMALLWOOD	0405 102 234
BEGINNERS WELCOME – MATS SUPPLIED WWW.ROAMINGYOGIS.COM.AU				
FRIDAY	3.30PM – 5PM	TENNIS LESSONS	GARRY O'CONNOR	4464 1418 OR 0412 068 116
SATURDAY	8.00AM	TAI CHI	JOHN GRAHAM	0428 564 738
ALL LEVELS				

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 | 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 Street, Callala Bay (Opposite Bay Village Shops)

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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 am - 11 am

Callala OOSH By Katie - 7-9am & 3-6pm (6am option start if required)

Call Katie: 0419917793 Email: callalaooshbykatie@gmail.com

Friends of Callala - over 50's social group

Mon: 12 pm - 3 pm **4446 6535**

Yoga

Mon: 9 am - 11:30am

Callala Bay Community Assn. monthly meeting

2nd Wed of month: 7:00 pm

Pilates Classes. Tuesday's at **6.00pm** Contact: Erin Turner erinmarie.turner1@gmail.com

For all bookings and enquiries call **Jane: 0408 521 520**

Community Church

As we sit reading the January edition of the Callala Bay News, we realise that we not only have begun a new year we also move into a new decade. The drought and bushfires have dominated the news, we have had a Federal election with a result that not many predicted, and climate change debate has seen protests and rallies across Australia, especially amongst the young. On the positive side, those same tragic events have seen many Australians open their hearts and wallets to support those whose lives have been devastated by these disasters. I take this opportunity to say a big thank-you for all our volunteers, many who have forgone wages to protect our properties and life itself. There are also many businesses who have had to contend with lack of staff during these tough times. A BIG Thank-you!

What about this new year ahead of us? Most of us have ideas of how we would like the year to turn out; what we might like to achieve and that in the midst of all that is going on we might experience real peace. How might this be our reality?

Firstly, understanding that many things that happen in our lives are outside of our control, in accepting this fact we acknowledge that what we can control is our reaction to these circumstances; there is no point in stressing about what we cannot change. Perhaps if the peace we seek comes from within rather than without, these events will not rob us of our peace! Jesus has promised us this peace, he says: "I have told you all this so that you will have peace of heart and mind. Here on earth you will have many trials and sorrows; but cheer up, for I have overcome the world." I believe this is true, have you considered these words?

Another feeling that may rob us of our peace is unforgiveness. Forgiving someone is not lessening our hurt, or sweeping the wrong under the table, it is calling it for what it is, but deciding to forgive them. Heather McAlpine (a couples and family therapist), from her experience and faith says: "It's sad that many people don't realise how

bitterness and resentment can kill the soul. Holding onto such feelings does far more damage to your own wellbeing than to the other person." Most of us (definitely me) understand that we don't always get it right, there are times that we hurt others just as when others hurt us. If God in his love and mercy is able to forgive us, why can't we forgive others? Most of us have heard the prayer Jesus taught his disciples and the part where we ask for forgiveness and to be able to forgive others. The Message puts it this way: "Keep us forgiven with you and forgiving others".

I wonder if just doing these two things would change our world just a little, maybe bring about a restoration of relationship and grant us an inner peace. Maybe?

Trusting for our readers a great year ahead.
Kevin Kettlewell Pastor Callala Community Church – Mob. 0437338739



Callala OOSH By Katie

2019 Enrolments!

Callala OOSH By Katie is a fully accredited before and after school care with Vacation care during the school holidays.

We strive to provide quality care and provide your children with fun filled morning and afternoon care. With the opportunity to make new friends and socialise among their peers from school.

Before school care- 7am- 9am
(6am by booking only)

After school care- 2:30pm- 6pm

All staff are fully qualified and have experience working with children.

For further information-

Email- callalaooshbykatie@gmail.com

Facebook- Callala OOSH By Katie

Phone- 0419 917 793

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**



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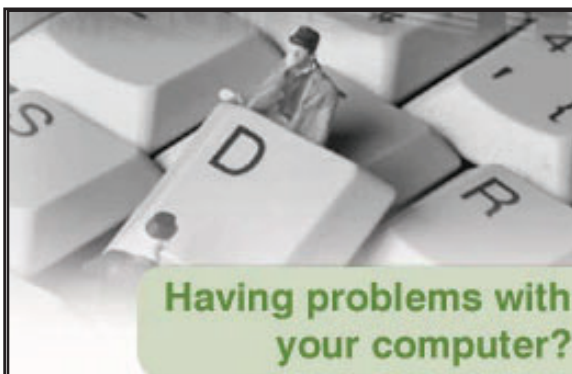
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Summer Recipes

Layered crunchy noodle salad



Ingredients

1/2 wombok (Chinese cabbage), finely shredded
2 carrots, peeled, cut into long thin strips
100g snow peas, thinly sliced lengthways
3 radishes, thinly sliced
2 Lebanese cucumbers, peeled into ribbons
100g pkt Chang's Crunchy or Fried Noodles
3 green shallots, trimmed, thinly sliced diagonally
Black sesame seeds, to serve (optional)

Method

Step 1

For the dressing, place all the ingredients in a jug and stir to combine. Cover and place in the fridge to develop the flavours.

Step 2

Layer the cabbage, carrot and snow peas in a 2L (8 cup) trifle dish. Drizzle with the dressing. Top with layers of radish and cucumber. Sprinkle with crunchy noodles, shallots and sesame seeds, if you like.

Mango meringue bites



Ingredients

2 small ripe mangoes, peeled, chopped
2 tablespoons caster sugar, plus 3/4 cup extra
2 tablespoons lime juice
2 egg yolks
75g butter, chopped
24 Coles mini tart shells
3 egg whites

Method

Step 1

Blend or process mango, sugar and lime juice until smooth. Transfer to a medium saucepan. Whisk in egg yolks. Place over medium-low heat. Stir constantly for 6 to 8 minutes or until mixture thickens and coats the back of a spoon. Remove from heat. Add butter, one piece at a time, whisking until combined. Cool for 5 minutes. Place tart shells on a large baking tray. Divide curd among tart shells. Refrigerate for 3 hours.

Step 2

Preheat grill to high. Using an electric mixer, whisk egg whites until soft peaks form. Gradually add extra sugar, 1 tablespoon at a time, until firm peaks form. Place meringue in a piping bag fitted with a 1cm fluted nozzle. Pipe meringue onto pies. Place under grill for 2 minutes or until tops are lightly browned. Serve.



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CBCA Nomination Form 2020



CALLALA BAY COMMUNITY ASSOCIATION INC.

Community Consultative Body to Shoalhaven Council for Callala Bay

www.callalabaycommunityassociation.com

PO Box 14, Callala Bay NSW 2540

ABN 6803 198 0561

NOMINATION FOR CBCA COMMITTEE

I would like to nominate for the position of

Name of Nominee _____

Nomination Acceptance
(Signed By Nominee)

Date _____

Members must be current financial members of the CBCA as at the date of the AGM

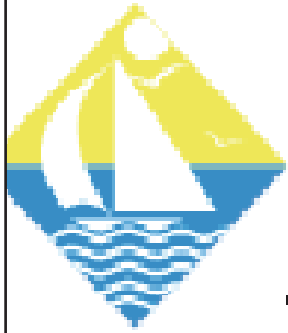
Nominations of candidates for election of office bearers or committee members as defined in the Rules of the Association:

1. Must be made in writing
2. Signed by two financial members of the CBCA
3. Accompanied by written consent of the candidate (which may be endorsed on the nomination form)
4. Must be delivered to the Secretary of the CBCA 7 days prior to the date of the AGM

Written applications can be mailed to :

The Secretary, CBCA PO Box 14 Callala Bay 2540

5. In the event of there being insufficient candidates to form a committee, nomination may be made from the floor by any financial member present at the AGM



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Membership Application & Renewal Form 2020



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

MEMBERSHIP APPLICATION/RENEWAL

CALLALA BAY COMMUNITY ASSOCIATION INCORPORATED

(Incorporated under the *Associations Incorporation Act 1984*)

Members Name(s)

Your Callala home address

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Email Address 2 _____

Daytime Contact Phone No(s): _____

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Email admin@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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