

CALLALA BAY NEWS

September 2017

Monthly newsletter of the Callala Bay Community Association Incorporated



Wowly Creek in Winter

Photo: Jon Glasson

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 -

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 BAY NEWS

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

www.callalabaycommunityassociation.com

email: admin@callalabay.com

PO Box 14 Callala Bay 2540



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Vacant

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NEWS EDITOR

Joan Lewis - lewisjr@bigpond.com

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

Don't forget:



On September 3rd 2017

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.
and
Assistant Ed.
Jon Glasson*



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



I would like to say what a wonderful idea the Callala Community Business Directory is.

Over the last few weeks I have needed an Electrician, someone to install Solar Panels and a person to do some embroidery on some towels. I found all 3 in our local directory.

Local tradesmen and women need our support and I have no hesitation in recommending all 3 that we have used.

- Ian from **Chilco Electrical** was prompt with his estimated time to give us a quote(early actually). What a bonus to have someone turn up as expected!
- **Graydon's Company P/L** was the solar guy and once again prompt service and great pricing.
- Last but not least was Joan from **Torrens Embroidery** - great job and done quickly.

Thanks to all responsible for the collating and printing of this invaluable booklet. Remember shop **local**, and keep our **local** business's going.

*Jill Lower
(a local!)*

CBCA REPORT

Membership for Bert and Kym Haak was ratified at the July CBCA General Meeting.

Membership continues to grow and the meeting was advised Committee Members had met with Michael Strachan from Shoalhaven City Council(SCC) to discuss proposed improvements to the Callala Bay Boat Ramp and Jetty extension. This involves widening the boat ramp and putting in a dividing walk way between the two ramps. Extending the toe of the

boat ramp was discussed, but was considered to be infeasible. We also discussed pontoon type installations but these were ruled out due to wind and tidal issues. In the most recent advice from the SCC, the ramp is listed as a priority one in round two of the Better Boating Fund for 2017. We will advise further when we know the result of the submission.

After many submissions by the CBCA, we have received advice from Shoalhaven Water that a water station will be installed in the sporting complex to service the skate board park, basketball courts and soccer fields as well as the community generally. This location is used extensively by many members of the community.

Members of the Committee met with a SCC representative to discuss remediation of the Sealark Road, Sydney Avenue, Derwent Street and Monarch Place, intersections. The CBCA expressed concern over SCC's proposed solution in that it did not address or resolve safety issue. Several alternative proposals were presented and taken under advisement by Council. We hope to reach a compromise – as we did in Chisholm St- which resolves our issues and is capable of being funded by Council.

The official handover of the Indigenous Poles will be held **September 22nd 2017** on the Callala Bay headland at **10.45 am for commencement of the ceremony at 11.00 am**. Light refreshments will be provided. While invitations will be issued to respective guests we do take this opportunity to invite ALL of Callala to the function. We would love to see you there.

We will be holding a fund-raiser on the October Long Weekend (1st) outside IGA and will be offering sausage sandwiches and steak sandwiches. All funds will go towards community projects.

The next General Meeting will be Wednesday 13th September at 7.00 pm for a 7.30 pm start. Come along and join us for tea and coffee. You don't have to be member to make your opinions heard.



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ON

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at

Callala RSL

Callala Beach

in

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at 10 am start

A

at 1:00 pm

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All proceeds go to RSL Defence Care
designated charities



Have you been to one of our newest 'business' lately? Remos Bakery is open 6 day - Monday to Friday 6.30 am to 5 pm and Saturdays 6.30am - 1 pm. They sell award-winning pies, cake and bread.Plus make excellent coffee. Go and visit them.

Ed.

CONGRATULATIONS SAM!

Pelican Rocks Café, at Greenwell Point - has been voted #1 for best in NSW for **Fish & Chips**, recently - at the Sydney Fish Market Seafood Excellence Awards. Sam & Rebecca Cardow run the café and will now represent NSW, in the National finals for the best in Australia – to be held on September 28 2017.

WATCH THIS SPACE!

GOOD LUCK SAM



Sam with his latest Award



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- ◆ Open 50 weeks of the year - visits welcome.



The first week of September is Asthma Awareness Week, and to assist people with asthma, I want to write a piece about smoking cessation, and ideas that can help you stop smoking.

- Find a reason to stop smoking – smoking is bad for your own health, and can worsen asthma and eczema in young children.
- Tell those around you, especially those who are smoking, that you want to stop smoking - find a buddy!
- Use a nicotine replacement patch to lessen the desire to smoke
- Use a fast acting nicotine replacement option such as gum, lozenges, spray or nicotine inhaler to assist with those weak moments.
- Keep yourself busy – busy people find it hard to find time to smoke .
- Keep away from triggers such as smoking with the morning coffee – swap the coffee for a juice in the morning.
- Put away the money you would otherwise spend on tobacco, you will save up a treat for yourself before you know it.

If you wish to find out more about smoking cessation options including prescription medications, you can ring **Quitline at 13QUIT (13 78 48)**, or discuss this topic with your friendly team at:

Callala Medical Centre
4446 5350

Callala Medical Centre is also proud to announce that

Dr Wei Yen Tan and
Dr Jeanie Paton

are accepting new patients to their care.

FRIENDS OF CALLALA

'Friends' have been on the move of late. First a delightful lunch in Huskisson gazing at that fantastic view, being low tide it almost felt as if we could paddle through the water and walk home.



A couple of weeks later we headed for Bomaderry for a game of croquet, whilst we are definitely not up to competition standard it was a lot of fun and we thank Ann & Wayne for arranging it and to the Croquet Club for their hospitality. Recently we headed to the newly refurbished Australian Hotel in Nowra for our regular 'lunch out'. Where to next? Still working on that.

Have you tried the new local businesses, the **Bakery** and **Café & Cake** yet?

I have tried both and can thoroughly recommend them. The shops look great and owners and staff are so friendly and eager to help. Let's welcome and support them, so they stay.

Members were saddened by the recent deaths of two former members **Jock Cooper** and **John Yates**. They will be missed and we extend our sympathies to their families.

Come and have a cup of tea/coffee with us one Monday at 12 noon at the Community Centre, meet some new people and/or make a new friend.

Margaret Duncan



Dan Mangan

Ph: 4446 6544

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POLICE REPORT

On the Beat.

Back in the olden days it seemed a lot easier to get a drivers licence. All you needed was a horse a cart and a couple of shillings. Nowadays it is a bit harder because vehicles are faster, stronger and can easily kill people if the driver, amongst other reasons does not concentrate or is inexperienced. To get driving experience most people have to drive on the road, a bit of a catch 22 situation.

This is why we have the “L” Plates and “P” Plates.

From **November, 2017** there will be changes in the system for “L” and “P” Plate licence holders so if this is you, get onto the internet and have a look on the appropriate web site.

If you are a “P” Plate Licence holder, an easy way to lose your licence is to continually fail to display your “P” Plates. It’s not hard to get a suitable holder to display your “P” Plates. Once installed in a correct position you don’t have to worry about the 2 points off your licence and the \$257 fine ever again. The **ROAD TRANSPORT (DRIVER LICENSING) REGULATION 2008** states;

“**P1**” the holder must not drive any motor vehicle unless a sign, issued or authorised by the Authority and displaying the letter “P” in red on a white background, is displayed:

“**P2**”, the holder must not drive any motor vehicle unless a sign, issued or authorised by the Authority and displaying the letter “P” in green on a white background is displayed

- in the case of a vehicle not towing a trailer-on the exterior of the vehicle in a conspicuous position at the front and the rear of the vehicle, or a conspicuous position on the roof of the vehicle,

- and in the case of a vehicle towing a trailer-on the exterior of the vehicle and trailer in a conspicuous position at the front of the vehicle and the rear of the trailer, or a conspicuous position on the roof of the vehicle, and in such a manner as to be clearly visible and not to in any way obscure the letter “P” on the sign when viewed from ahead of or behind the vehicle.

Failing to comply with these regulations may well end up a very costly exercise for you.

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**

For non emergencies contact Police Assistance Line on **131444** or

your local Police to provide anonymous information call crime stoppers on **1800 333 000**

Domestic and Family Violence Info visit

www.police.nsw.gov.au

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

Email shoaldvlo@police.nsw.gov.au

Don't forget. Cops are tops.





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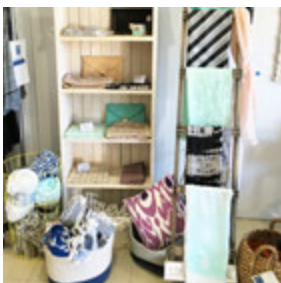
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GARDEN CLUB

One of our most popular guest speakers is Peter Phelps from Flamingo Florist in Nowra.

Walking in with a large box of foliage and flowers, we knew we were in for another interesting afternoon. Jacinta Price, one of his assistants, also came along to show us how they construct laurel wreaths for Anzac ceremonies. Peter pointed out that most of the foliage and flowers that he was using were imported.

We were surprised to see *Monstera Deliciosa* leaves amongst them as they are common in gardens. Peter explained that every leaf must be perfect, no snail holes, cuts or burnt bits so at the end of the day there is no wastage with foliage or flowers and everything can be used.

Peter obviously enjoys working with foliage as he set to create a large arrangement, fit for a 5star hotel lobby. It featured leaves from *Asplenium* or Bird's Nest, palm trees, Gynea lily, Cycad, *Heleconia*, Devil's ivy, *Magnolia*, *Leatherleaf* fern, *Cordyline* and Happy plant. For colour, he added Singapore orchids, *Anthuriums* and *Oncidium* orchids which looked amazing.

While Peter was working on his arrangement, our eyes kept darting over to Jacinta. After sorting each laurel leaf, it took her over an hour to overlap and attach every leaf meticulously with large pins.

Most of us had no idea how much work goes into these wreaths. She completed the wreath by adding 3 poppies to represent the 3 services and purple ribbon. Being a very generous man, Peter gave us the arrangement for the raffle and member Dawn Neville was the lucky winner. (it took a few goes to get it in her car!)

*A tip from Peter when making an arrangements- make each stem neat and minimum for container as clean edges leave more room in the oasis. (Peter used a knife for trimming.)

If you are using foliage make sure the container is big enough to hold lots of water.

Some of the leaves that Peter used in his arrangement came from the Gynea Lily. The Gynea lily *Doryanthes excelsa* is an iconic plant of the Australian bush. The botanic name, 'Doryanthes', derives from two Greek words - 'dory', meaning spear, and 'anthos', meaning flower and this refers to the beacon like flower heads that stand out in the bush.

With their clumps of luxurious green leaves and big spectacular red flower heads, they make a fabulous feature in the garden. It's a tough native plant which can be grown in any position in the garden or in a large pot and is very tolerant of dry conditions.

They prefer a well- drained soil and fed regularly with a slow release fertiliser. Plants can be grown from seed but they are slow growing and take years to flower.

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 (secretary) 4446 56 31



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ANGLICAN CHURCH

Sixteen hundred years ago in a garden in Milan a young man from north Africa became a Christian believer.

He had been searching for something for many years and had tried quite a few of the spiritual disciplines and therapies on offer at that time. He had had a girlfriend but that came to nothing. He later found out she had been pregnant and he had a son.

He also had a ferocious mother who constantly argued with him for his lack of his initiative or strength of character. He managed to find a good job in a university, but his underlying depression weighted him down.

As he sat in the garden with tears running down his face he heard singing – a song, a voice of a child next door, repeating the Latin word *Tolle lege* - take and read.

In the end, he took hold of a copy of the Bible and read, “Arm yourself with the Lord Jesus Christ and spend no more thought on nature and nature’s appetites.” That conversation was a turning point in history, for the young man was **Augustine** a great philosopher of the western world.

I was thinking about this as I sat in garden in the warm winter sun, read my Bible – Marks Gospel.

I remembered all the books I had to read for my theology degree, some I understood straight away, some was like ploughing through treacle.

But **Augustine’s** words kept resonating in my mind, “take and read” I remember following the words with my finger, and saying the sentences out loud until I began to grasp something of what was being read.

Without books, without reading, our understanding is uninformed, our judgments narrow. We are open to manipulation by those who would steel our freedom.

I suspect that the neglect of reading has to do with the wider kind of spiritual thuggery that is tearing us apart and robbing us of belief, both in God and in ourselves.

Augustine found his true self through a child’s singing and a challenging text. He met the living God on the page of a book and it broke his heart and set him free.

I found my true self after hours and hours of studying and trusting in God to lead me through.

We must not deny our self’s or our children what God desires and what God gives so freely and that is spiritual freedom, if we take time to read scripture - read mark and inwardly digest.

To read, mark, learn, and inwardly digest is probably a very familiar phrase to many Anglicans.

With origins from Cranmer in the Book of Common Prayer.

*Rev Sue Fisher Assistant Minister
Culburra Beach, Callala
and Currarong Anglican Church.*





Golf Course Open Every Day. For Information and Bookings Phone

4446 5313 (option 2)

FRIDAY

Fitness Exercise from 10am

RAFFLES

TUESDAY

Free meat Raffle – drawn half hourly from 4pm till 6pm

THURSDAY

Bowls raffle from 6.30pm
Members Badge Draw

FRIDAY

Meat Mart \$1000 worth of meat trays. Ticket sales 6.00pm Draw commences 7pm

SATURDAY

FISHO'S Raffle 12 noon – 1.30pm

SUNDAY

Meat & Seafood Raffle tickets on sale from 4.00pm Badge draw 6.00pm

Members Badge Draw

Every Thursday and Sunday



MONDAY

Free Trivia 6.30pm start

TUESDAY

Members Happy Hour 4pm - 5pm
Social Darts from 7.00pm

WEDNESDAY

NPL POKER 7.00PM start

THURSDAY

Bingo-Eyes down from 11.00 AM

BOWLS

MONDAY

INDOOR BOWLS starting at 12.00pm

TUESDAY

WOMEN'S BOWLS from 9.30am

WEDNESDAY

Men's Social Bowls names in by 12.00 noon

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What's on at the Club in September



Friday 1 **Hunter Valley Weekend Away** – drawn at 8 pm

Sunday 24 **Kids FREE Karaoke**, Competition 6 pm

Monday 25 **Kids FREE Movie**, 10 am – 12 noon, *each child will get a FREE bag of popcorn and a drink*

Tuesday 26 **Kids Kitchen**, 11 am – 1 pm \$20 *Bookings essential, please phone 4446 5313 Option 4– limited to 20 children, please bring an apron.*

Thursday 28 **Kids FREE Disco**, 5 pm – 9 pm

Friday 29 **Kids Bingo**, 11.30am – 1.30pm \$10 with everything supplied (*minimum of 12 children, bookings required, Dianne 0407 342 663 infiniteentertainmentinfo@gmail.com*)

Kids Craft, 2.30pm – 4.30 pm \$10 with everything supplied (*minimum of 12 children, bookings required, Dianne 0407 342 663 infiniteentertainmentinfo@gmail.com*)

Fri 29 **Second Chance Draw**, 8 pm, prizes are 5 x 10,000 points onto your Membership Card

Sat 30 Entertainment **'Annie And The Guns'** 7 pm

CALLALA BAY, CALLALA BEACH AND MYOLA BOOMERANG BAGS GROUP UPDATE.....a little group trying to make a big change



The Boomerang Bag pockets have now been cut and screen -printed; and so the project progresses with the group's message well and truly on the way.

Their aim is to make 1,000 bags.



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
amanda.findley@shoalhaven.nsw.gov.au



WARD ONE

WARD TWO

WARD THREE

Clr Annette Alldrick

M: 0428 657 026
annette.alldrick@shoalhaven.nsw.gov.au



Clr Joanna Gash

M: 0427 160 170
jo.gash@shoalhaven.nsw.gov.au



Clr Kaye Gartner

M: 0428 861 092
kaye.gartner@shoalhaven.nsw.gov.au



Clr Nina Cheyne

M: 0428 629 147
nina.cheyne@shoalhaven.nsw.gov.au



Clr John Levett

M: 0418 469 094
john.levett@shoalhaven.nsw.gov.au



Clr Mark Kitchener

- Deputy Mayor
M: 0478 882 649
mark.kitchener@shoalhaven.nsw.gov.au



Clr Andrew Guile

M: 0412 287 706
andrew.guile@shoalhaven.nsw.gov.au



Clr Mitchell Pakes

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Authorised by Ann Sudmalis, 59 Junction Street, Nowra NSW 2541.

Callala Beach Rd – Road pavement reconstruction and road widening will commence early August. The works will be undertaken from Emmett Street for 500m to the north. Callala Beach Road will be closed from **7 August 2017** until the works are complete. A detour will be in place via Emmett St and Callala Bay Road. For further information please contact the Roads Unit on **4406 2000**.



The arrival of September marks the end of the regular football season with the last games to be played on Saturday the 5th September, followed by the semi-finals and the finals wrapping up the season on the 23rd September. It was another good year for the Callala Brumbies.

Our Junior teams learnt some valuable skills translating to success on the field. Good sportsmanship was shown by both the players and spectators throughout the season.

The Brumbies Senior Men's teams have had mixed success. The young squads have started to show the maturity needed to go on and be competitive against the stronger teams, they just need to remember that the hard yards need to be done on the training park to translate to success on the field.

The Brumbies Ladies teams have had another good season, building on last year's success with strong and cohesive squads for this season under the guidance of Jarrod, who has the 2nd grade ladies team bound for the finals series this September. Keep an eye on the Facebook page for details of their finals matches.

Because of the school holiday period beginning on the grand final weekend, the Callala Brumbies have proposed to have the Junior presentation day on the 7th October with the Callala Club generously providing the BBQ area and Auditorium for the Junior Brumbies to use from 12.30 – 4.30pm for a BBQ, Jumping Castle and Presentations.

The AGM will also be held on this date starting at 12.30 and everyone from all areas of the club are invited to attend. The AGM will be a short meeting with the BBQ and jumping castle open for the youngsters to snack and play on while the AGM is conducted in the auditorium. The presentations will commence soon after its conclusion so please come along and attend the AGM as well as the presentations as the Brumbies are looking for people to step up and take on committee positions for the upcoming season.

The club will only continue to grow if people are willing to assist with the running and guiding of the club for the future years, so if you are interested in assisting the club to develop but can't make the AGM please contact either Andy Coppin, Natalie Holbrow or Mick Mason to get your name on the committee, making sure that all age groups are represented across the committee, otherwise we will see you at the club to help celebrate the season past and the future ones to come.

The Senior Ladies, Men and U17's presentation night is also booked for the 7th October 6.30pm – 11.30pm and will be held at the Emmett Street Community Hall, table snacks and Pizza's will be on the menu with team presentations and good music available to round out the night.

The construction of the dugouts on the eastern side of the oval are nearly completed with a big thank you to EZIWAY Concrete who supplied the concrete for the pads free of charge and ACE Gutters for supplying the Colourbond to cover the dugouts also free of charge. Thanks also to Tony and Luke for sourcing the material and constructing the frame to enable the club to be able to supply these shelters. The club has also put in an application with Shoalhaven Council for a grant to assist with a proposed extension to the western side of the amenities block. This will provide extra storage space for training gear. A decision is expected early September on the grant application with construction hopefully able to start early in the new year.

Andy Coppin

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Bush Fire Neighbourhood Safer Place

Continuing on from above a **Bush Fire Neighbourhood Safer Place** has been set up at Parkes Crescent Park (*playground near the shops*) at Callala Beach. Neighbourhood Safer Places are a place of **LAST RESORT** during a bush fire emergency.

Leaving early is still your best and safest option when a bush fire is near. The **Safer Place** is to be used only when all other options in your bush fire survival plan can't be put into action safely.

You should also know how to get there, as well as alternate routes in case the road is blocked or too dangerous to drive on.

Remember now is the time to prepare your home and family, not when there is an active bush fire in your local area. Being prepared and having a plan will help to keep you and your family safe.

Also if you are interested or wanting to know more about volunteering, get in contact with us through our Facebook page: Callala Bay Volunteer Rural Fire Brigade

Kyrie Rodgers

It has been a quiet month for us at Callala Bay Station. Some members attended a farewell to a long standing member of the local RFS; we attended a car alight on Currarong Road and some members also attended an HR at Falls Creek. It was a great learning opportunity for our new members.

Upcoming Fire Season

You may have seen or heard on the news that the forecast for this fire season is shaping up to be a big one. There is a potential for an early start to the season and the south coast is included as a key areas of concern. As a result, NOW is the time to prepare your home and property.

- Create, Review and Update your Bush Fire Survival Plan with the members in your household. These plans can be accessed at our station, via www.rfs.nsw.gov.au or by downloading the app from Google Play or the AppStore.
- Additionally, on the RFS website you can find important information and tips for how to prepare your home and family and determining your risk if you live close to bush land.

How to stay informed and updated

- Before this fire season starts, it is important to know how to access updates and information regarding bush fires in your local area. There are a number of resources.





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Graham Worts

VET'S ADVICE

with Sam Singleton

ALLERGIC DERMATITIS

One of the common problems we see in veterinary medicine is itchy pets. Many of those itches are caused by allergy, and the arrival of spring also means the start of allergy season for many pets.

Broadly, allergies can be divided into 4 groups:

- environmental (*called atopy*)
- contact
- insect or parasitic
- food

Atopic dermatitis is a major cause of chronic itching in dogs. It is caused by an allergic reaction to substance (allergen) in the environment. Many allergens are airborne, so pets can have almost constant exposure. Some allergens, like dust mites, are found year round, but others, such as pollen, are more prevalent in spring and summer.

The easiest way to think of atopic dermatitis is hay fever in the skin. The higher the allergen load, the itchier the animal. Like hay fever, atopic dermatitis can be managed, but when the pet is exposed to the allergens again, the itching will return. This makes the disease very frustrating to treat (for owners and vets!). Unlike people, dogs do not tend to out grow their allergies, which means that treatment may be life long, albeit often seasonal.

Treatment is varied depending on the individual animal. It may involve some type of anti inflammatory and anti itch medication or immune modifying drugs. Antibiotics or anti fungal medication may be prescribed, as secondary infections are common. Many dogs will also have ear infections as a result of atopy and these will need treatment.

It is possible to desensitise animals that suffer from atopy. This involves a referral to a specialist veterinary dermatologist who can perform skin tests to determine what the allergy is, then manufacture specific injections to desensitise the immune system.

Contact allergies are less common. These occur when an animal comes into direct contact with the allergen, for example a specific plant or a common household chemical. Diagnosis of this will involve very good observation from the owner to determine the itch pattern (I recommend keeping a diary of itchy days). Once determined, it may be possible to eliminate the cause.

Insect and parasitic causes of allergy include fleas, sand flies and mosquitoes. All animals will feel an itch when bitten by these pests, but some animals are truly allergic to the bites and will develop extreme itching. These causes are easy to eliminate with good flea and insect control and limiting access to outside during mosquito season.

Food allergies are common and may occur at any time of the year. The way to test for a food allergy is an elimination diet. This means feeding your pet a previously unfed protein and carbohydrate source or a specifically designed commercial diet. The new diet needs to be fed exclusively for 6-8 weeks. Elimination diets are best done under veterinary advice so that we can determine the best option for your pet.

If you suspect your pet has allergies, please arrange a consultation with your vet. We can make their spring a far more comfortable time



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
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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.

COMMUNITY CHURCH

Spring has arrived – traditionally this has been a season of renewal, the drabness and cold of winter gives way to the colours of spring; new life bursts forth bringing with it new hope.

Spring has also been a time to freshen up not only our gardens but our homes and lives.

I don't know about you, but I find it very hard to get much positivity from our daily news; politicians too busy attacking one another to spend the time dealing with issues that face everyday Australians; reports of terrorism from across the globe; and even the enthusiasm of new technology seems to indicate the demise of many jobs.

It is not much wonder that many young people predict a bleak future. Perhaps this spring we might take the time to "Spring clean" our minds of many negative thoughts and see the positives and the beauty of the wonderful place we live.

The following thoughts of an unknown author may prove helpful in achieving this new perspective on life:

- *When things go wrong, as they sometimes will,*
- *When the road you're trudging seems all uphill,*
- *When the funds are low and the debts are high*
And you want to smile, but you have to sigh
- *When care is pressing you down a bit,*
Rest if you must – but never quit.
- *Life is queer, with its twists and turns,*
As everyone of us sometimes learns,
And many a failure turns about
- *When he might have won if he'd stuck it out;*
Stick to your task, though the pace is slow -
You may succeed with one more blow.
- *Success is failure turned inside out. The silver*
tint of the clouds of doubt and you never can tell
how near you are. It may be near when it seems
afar;
- *So stick to the fight when you're hardest hit*

- *It's when things seem worse that you must not quit.*

My message is simple; life will prove difficult at times; and Jesus never promised it would be easy, what he did promise is as we follow him he will give us whatever is necessary to live a positive life.

Despite our past and those difficulties we currently face, I believe we can move forward without fear and in doing so we bring fresh hope to the community in which we live.

May God bless you all

*Kevin Kettlewell - Pastor Callala Christian
Community Church
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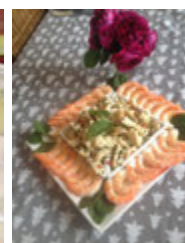
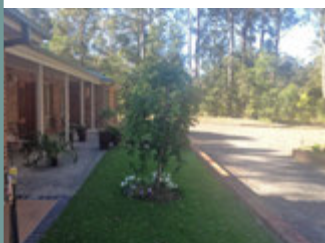
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Community Consultative Body to Shoalhaven Council for Callala Bay ABN 6803 198 0561

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

August 2017

The Golf Exchange sponsored Callala 11th hole still remains unconquered at the time of this issue going to print. Still no player good enough to come forward to claim the now \$220.

Single Stableford was the format for today's Callala Saturday Competition.

Compilation of the scores for the presentation today was anything but normal, when Audrey Mansfield's presented her card for entering into the computer. The huge smile on Audrey's face gave it away. The card told the story of Audrey's fantastic day of golf with her scoring a very impressive 41 Stableford point ensuring her the top spot on the podium and the bragging rights that go with it.

Congratulations Audrey and I am sure that if you continue playing such great golf you and the handicapper will see a lot of each other.

Also playing a very impressive round of golf today was Kerry Levick who secured his runner up spot with 38 Stableford points.



Congratulation Kerry on your great round of golf today.

Just one point behind and taking out third spot was Col Chessell. Col plays good consistent golf to achieve his results and shows his abilities by being a regular in the winner's circle.

Congratulations Col on your golf and your game today.



Winner Audrey and 3rd place Col

Saturday 12th August

A day of combined skills and talent saw the team of Barry Jarman and Perry Cousins blitz the rest of the field in the Callala Two Person Multiplier competition with a score of 81 points.

Coming home in second spot with 68 points was the team of John Love and Steve Monsalve who, although they played great golf, could not match the Multiplier effect of the winners.

Only one point behind with a score of 67 was the team of Shane Haahesy and Clive Timmins who combined some fantastic long shots in their attempt to take home the winner's prize but like many others today, the short game was left a little wanting.

Congratulations to the three winning teams.

Big congratulations to Shane Haahesy who on the 15th, drove his ball to within 97 metres of the flag. Unfortunately, the ball came to rest in the hazard area on the left of the fairway.

ðwNo problem thought Shane as he extricated his ball and to his and his group's surprise, the ball hit the green just past the pin and promptly jumped back into the cup for an Eagle.

Shane was congratulated at Presentation and presented by Captain, Ilija Sesum with a dozen new balls for his great Eagle shot.



Winners and 3rd plus Shane Haahesy Eagle



(Photo of winners and 3rd plus Shane Haahesy Eagle)

Vet's 25th July

A beautiful day saw 36 Players tee off in a 2-person multiplier game. The outright winners were Noel Smith and Alan Purchase, well done guys.

Overall Winners Noel Smith & Alan Purchase with 68 points

2nd Neil Sparks & Geoff Blackshaw 66 points, 3rd Doug Ingle and Harold Reynolds 65 points

Vet's 1st August

A very chilly morning saw a small field of 30 players tee off on a very wet course for our August Monthly Mug. The conditions I'm sure had a big influence on the final scores. Although coming third outright Noel Smith was the Mug winner as the other two were previous winners this year, congratulations Noel.

Monthly Medal Winner Noel Smith

1st Tony Pitt-Lancaster 65,

2nd Barry Jarman 72, 3rd Noel Smith 74, 4th Bill Snelgrove 75

Vet's 8th August

A really cold breeze saw 35 players tee off in a single stableford game. The cold conditions didn't deter some players, with one of our senior players coming home with very credible 37 points edging out three other players on 37 points. Taking into account the very soft course these are great scores, congratulations guys.

1 st Place 37 points Harry Dowling, 2nd Place 37 points Bill Downton,

3rd Place 37 points Michael Innes, 4th Place 37 points Geoff Blackshaw

Well done to our winners and better luck next game to all other players. Hope to see you all next game and don't forget our Saturday money hole sponsored by THE GOLF EXCHANGE, it's in excess of \$200 for just getting it in the circle.

Vet's 8th August

A very small field of hardy Vet's teed off today in cool conditions that finally turned to rain. Most players backing up from yesterday's game at St. Georges Basin. Today it was a 4BBB Stableford event with the winners being Billy George and Ken Higgs on 46 points and James Reardon and Tony Pitt-Lancaster on 45 points coming into the runner up spot. Well done guys.

The winners circle was a fairly hotly contested with 16 players finishing on 41 points or better.



*All the best to our readers till next month.
BillyD*

VP (VICTORY IN THE PACIFIC) DAY CELEBRATIONS AT CALLALA RSL

Despite cold, rainy weather on Tuesday, 15th August 2017, around thirty people gathered to celebrate VP Day. The service was held in the Sub Branch rooms due to the rain. This is a special day on the calendar of returned service personal and their families.

After the service, morning tea was provided by the Callala RSL Sub Branch.



Lorraine Taylor, Don Parkinson, Barbara King



Charlie Castle, David Hall, Kel Hales

NOTES

VP (*Victory in the Pacific*) Day, also referred to as VJ (*Victory over Japan*) Day - is celebrated on 15 August.

This date commemorates Japan's acceptance of the Allied demand for unconditional surrender 14 August 1945.

For Australians, it meant that the Second World War was finally over.

The following day, 15 August, is usually referred to as VP Day. In August 1945 Australian governments gazetted a public holiday as VP Day and most newspapers reported it as such.

However, the governments of Britain, the United States and New Zealand preferred VJ Day. It is not true, as some have claimed, that the day was originally called VJ and that the name was surreptitiously changed later.



Iris Selby, Joan Castle, Gwen Imms

CALLALA MEN'S BOWLS

Four rounds in the Men's Minor Singles were played in sunny conditions on Saturday, July 22. Pauli Kennedy and Eddie Semovente had a close game with Pauli leading until the 25th end. Eddie caught up to draw 27 all on the 26th end, winning 6 shots to 2 over Pauli, to take the game 33 – 29 on the 29th end. Great game.



Pauli Kennedy and Eddie Semovente

Steve Blackley and Pat Brown had a great game with Pat winning the round on the 27th end, 31 – 14. The next game saw Dion Gadd and Terry Renaud do battle. Neither player was giving in with the score equalled on 7 ends. Dion went on to win the game 32 – 25 on the 35th end.. The final game was between Phill Bowerman and Steve Foley. Another good game but Steve was on fire defeating Phill 31 – 16.

Congratulations to all the players and thank you to the spectators for supporting the players.

The semi-finals of the men's Minor Singles were played on Saturday, July 29, on a very fast green in windy conditions. Pat Brown defeated Steve Foley with the game going to 34 ends. Pat was the clear winner handling the conditions better than Steve even though Steve kept trying to close the gap. The final score was 31 – 18, to Pat. The other semi was a very close game between Dion Gadd and Eddie Semovente. Over the 32 ends, the score was within 1 or 2 shots and equal on 3 occasions. Dion won the game on the last end, defeating Eddie 31 -30.

The final of the Minor Singles was played in very windy conditions on Saturday, August 5, between Dion Gadd and Pat Brown. Dion started well leading Pat 10 – 1 on the 9th end. By the 21st end, Pat was leading Dion 20 – 12. Dion's concentration came back to level at 23 all on the 29th end. The score was level again on the 33rd end. The game went down to the wire with Pat on 29 and Dion on 30 at the second last end. Dion kept his cool to win the title by 2 shots, 31 – 29. Congratulations to both players for a great game and thank you to Ron Wilkinson for marking. The spectators agreed it was the best final they had seen in a long time.

Two games in the first round of the men's Major/ Minor Pairs were played on Saturday, August 12, in fine, windy conditions. Steve Robinson and Corey Carter had a close game against Chris Harbrow and Phill Bowerman until the 13th end with the score 1 shot the difference, 12 – 11. Steve and Corey went on to win 22 – 14. It was great to see Corey back playing bowls after recent health issues.

The second game was even closer, with Ron Wilkinson and Norm Delaney playing Col Neighbour and Howard Duncan. The lead changed several times during the game with the final score 26 – 21 to Ron and Norm. Great games all round.

CALLALA WOMEN'S BOWLS

Nothing to report this month as there has been no play due to illness, holidays and rain.

I would like to take this opportunity to ask any ladies out there who read the Callala Bay News or know of anyone who doesn't play bowls and would like to have a go. Please contact Club Callala on 4446 5313 or myself, 4446 6985. We play on Tuesday mornings from around 9.00 am. We can supply bowls and give you instructions on how to play. All you need to wear is comfortable clothing and flat soled shoes. It really is a fun game...

Lyn Byrne

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Police Assistance line – **131 444** (non-emergencies)

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Jervis Bay Marine Park – **4441 7752**

Callala Doctor's Surgery – **4446 5350**

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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 Jim on **4446 6733**

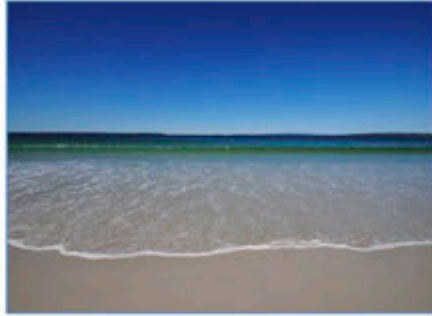
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