


Callala Bay NEWS


Monthly Magazine of the Callala Bay Community Association Incorporated

November 2018


Paralysis Tick Awareness. Be Informed To Protect Your Pets




PARALYSIS TICKS




Vomiting and/or gagging



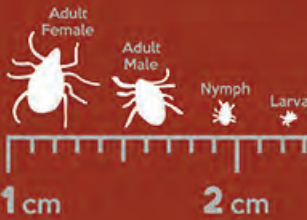

A slight wobbliness of the hindquarters which worsens to paralysis and inability to stand



Difficulty breathing (slow and laboured, often with a grunting noise on expiration)



Refusing food



Sunday, 11 November 2018 marks the 100th anniversary of the Armistice which ended the First World War

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Note from the Editor:

Contributors please note, that articles should be no more than 500 words.

However 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.

Editor - Jake Khourey

Lest We Forget - 11-11-1918 - 11-11-2018



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CBCA Update

The CBCA Drought Relief Fund Raiser was a fantastic success. For a small coastal community, we managed to raise \$2700.00 which will be donated to local dairy farmers through the South Coast and Southern Highlands Dairy Industry Group, give yourselves a pat on the back, another feather in our collective Callala Hats. Our thanks must go to our major sponsors, IGA Callala, Bay Village Meats, Remos Bakery and AEG Metals. Our Events Committee ran a Krispy Kreme drive which resulted in a substantial profit in excess of \$534.

We cannot thank enough those in our community who donated toys and pre-loved books and to the Callala Community Garden group who donated plants. A huge well done to everybody concerned particularly the hardworking members of the CBCA who manned the BBQ on the day.

Councillors Levett, White and Gash attended our October general meeting. The meeting heard from all councillors regarding the recent decision to disband several committees. It was an interesting and informative and well-balanced debate. We thank all councillors for their frank contributions. Councillor White advised there will be a public meeting at St Georges Basin Country Club at 7.00 pm on the 7th of November with RMS to discuss the issues concerning the JB turn off. We have all been affected by delays, congestion and safety at the intersection, especially at weekends and tourist times. All members of the community are invited to attend.

Other matters raised at the meeting:

- Members of the CBCA committee met with Rose O'Sullivan, the archaeologist for the Office of Environment and Heritage, Mr Alfred Wellington, CEO of the Jerrinja Land Council and Uncle Noel Wellington, to discuss the placement two more Indigenous carved poles and a carved bench. (At the time of writing we are waiting on a report from Ms O'Sullivan which

will determine our next steps)

- The installation of the picnic tables on the foreshore adjacent to the boat ramp has been cancelled after we were made aware by residents, of anti-social behaviour. There was a genuine concern that the tables will increase the prospect of such activity. The CBCA will explore alternate proposals including seating closer to the beach side of the foreshore, additional seats and picnic tables between Sheaffe and Watts St and along the Headland.

- The meeting time for general meetings has been changed to 7.00pm, commencing with the November general meeting. The day for general meetings remains unchanged.

- In an effort to resolve the parking, congestion and safety issues in Boorawine Terrace especially during holiday period, the CBCA will canvas residents to explore the possibility of making Boorawine a one-way street. All community members are welcome to contribute email us at admin@callalabaycommunityassociation.com with your thoughts.

- We are planning another clean up of Callala Bay Road. Time and date to be advised and we will put a shout out on our face book for volunteers. If you would like to be involved please email us.

Next meeting November 14th at the Callala Community Centre commencing 7.00 pm (Note the new time)



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South Coast Vet Report

Paralysis tick season is here!!

Paralysis ticks are only found along the Eastern coast of Australia.

The natural host is the bandicoot, other wildlife act as hosts and develop immunity to the tick's toxins by constantly having ticks on them, they include, wombats, kangaroos and possums.

The toxin released by the paralysis tick when it attaches to a mammal causes paralysis, it saturates the nerve endings with toxins so they cannot get their message through to the muscles of movement. The paralysis usually starts in the hind legs and the throat.

What we see if a dog or cat has a tick is the signs of this paralysis. A weakness or wobbliness in the back legs and a cough or change of voice associated with the paralysis in the throat. As the toxin spreads further, the front legs are affected, the animals loses its ability to swallow and the muscles of breathing start to become paralysed. Eventually the effort to breathe is too much and respiratory failure occurs, followed by death.

The toxins produced by the paralysis tick can affect all mammals. All pets in this area are at risk of tick paralysis.

To prevent your pets getting ticks you should, keep your pet out of the bush, check your pet daily for ticks, especially around the head, lips, ears, and neck, but they will attach to any part of the body. Consider having long haired dogs and cats shaved to make finding ticks easier, and use a tick preventative.

The earliest signs of tick paralysis will vary from pet to pet, but if your pet is vomiting, off its food, wobbly in its legs, coughing, gagging or has a changed or lost bark or meow, please think tick and start searching.

The treatment for tick paralysis is tick serum. Tick serum is made from the blood of dogs that have been bred to live in a colony and get immune to ticks by having them on them all the time. When the tick serum is given to a dog with tick paralysis, it helps to stop more toxin blocking the nerves but it does not reverse the paralysis already present. Most affected pets need supportive care in a veterinary hospital until this paralysis naturally resolves, including a drip because they cannot drink or eat with a paralysed swallow reflex and oxygen to help the weak breathing muscles.

Tick paralysis is a very serious condition and many pets, even with the very best treatment do not survive.

Never delay, early treatment is so much more successful than leaving it for a day.

Just because the tick has been removed, the pet may not recover and may become worse.

Take home messages

- Use a tick preventative
- Be aware of the signs of tick paralysis
- Be proactive, if you think or know your pet has a tick, call the vet
- Keep your pet out of the bush in tick season





The Central Shoalhaven Mobile Preschool is a community owned, not for profit organisation. University and TAFE trained staff provide an educational program for children aged between 3 and 5 years, in a motivating setting to enhance each child's preparation for school. Proudly servicing the Shoalhaven area for over 40 years. **We visit Callala Beach, Cambewarra, Falls Creek and Huskisson weekly.** We offer before school care commencing at 8.00am and finishing at 9.00am. Preschool hours are from 9am - 3pm. Come along and give your child the opportunity to make new friends within the local area. Subsidies are available. Phone 44230571 / 0412928095 / 0432274244 Email: cs.mobilepreschool@bigpond.com or www.shoalhavenmobilepreschool.com.au
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Callala Medical Report

12-18 November is Cervical Cancer awareness week, and the team at Callala Medical Centre likes to remind women that cervical cancer is a easily detectable condition, and with the changes in how cervical cancer detection is performed, a negative smear result may mean that the next smear is 5 years rather than 2 years with the old technology. So if you have been putting off your pap smears, please book an appointment with your friendly team at Callala Medical centre and have a chat about how the changes in cervical screening affects you.

In other news, Callala Medical Centre is working towards using SMS to contact you for appointments, so please make you your contact details and your next of kin contact details are up to date.

Dr J Zhou

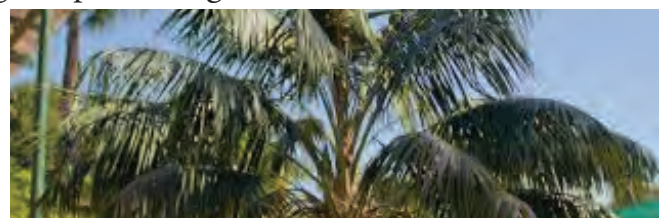
Garden Club

On September 20th, members attended Friendship Day at the Shoalhaven City Turf Club hosted by Shoalhaven Garden Club. Friendship Day is celebrated every two years and it's a day about friendship between members and guests, special guest speakers, plants, enjoyment of morning tea and lunch and a raffle at the end. This year, guest speakers were Mr George Hoad, President of Garden Clubs of Australia and Mr Paul Kirkpatrick, horticulturist, manager, lecturer and writer from Gardenacious Estate Gardens. Have you ever wondered the origin of plants in your garden? Paul's topic centred around the Weird and Wonderful World of Plant Collectors and explained how these collectors travelled the world in search of new plants. Two famous plant collectors were John Tradescant the Elder and his son John the younger. Thanks to British expeditions around the world, many species of plants were collected and taken back to Britain using new inventions such as the Wardian Case (like a modern

terrarium) which helped in the transportation of plants. Royalty of the time, like Queen Victoria, wanted to add to their exotic collection. Her favourite palm was the Kentia palm from Lord Howe Island. When she died, she requested that Kentia palms be placed around her coffin while she lay in state.

As an English colony, most of our plants and trees came from England. On all his trips, John the Elder, collected seeds and bulbs everywhere and assembled a collection which he housed in a large house, "The Ark", in Lambeth, London. Like his father, who collected specimens and rarities on his many trips abroad, John the younger undertook collecting plants from America. Among the seeds he brought back to introduce to English gardens were great American trees, like Magnolias, Cypress and Tulip trees and garden plants such as Phlox and Asters.

Second speaker was George Hoad and he was very entertaining as he told us of his travels to some of the most beautiful English and European gardens in the world including Prince Charles' Highgrove. His favourite gardens were at Lake Como-The Bellagio and Villa Carlotta. He showed us a montage of all the gardens and concluded with his recent visit to the Chelsea Flower show. Each garden was unique and colourful and surrounded by amazing scenery. The Kentia Palm This palm is endemic to Lord Howe Island. I have one growing in my back garden, a gift from my husband's grandmother. She gave it to me in a pot and it flourished when planted in the ground. Kentia palms are grown mainly for indoors and maybe that's why Queen Victoria liked them so much. In England, in the 1880's, it was referred to as the Parlor palm. As an indoor plant, they like indirect light to encourage growth and moist soil with good drainage. For outdoors they are good palms to grow here in the south coast.





Dan Mangan

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Police Report

On the Beat

The use of mobile telephones, tablets and personal computers is common in most people's lives. Children are encouraged to use these devices to assist with their studies and stay connected, but this technology can also be used by online predators to target children.

A lot of children use mobile devices to keep in contact with friends via social media. Whilst using these sites, there is a chance they could come into contact with online predators.

Here are some simple steps we all can take to help protect our children when they are online.

Children - protect yourself online

NEVER post personal information, including your name, home address, photograph, phone number or school, anywhere on the internet.

ALWAYS tell your parents or another adult you know of any contact online that makes you feel uncomfortable.

NEVER arrange a face-to-face meeting with someone you have chatted to online without your parents' or carers' full knowledge. Have a parent/carer accompany you.

ALWAYS think before sending. Pressing 'send' is definite and final – you can't get it back.

DO NOT send a picture of yourself to anyone you don't know.

Parents - protect your children online

ALWAYS educate your children about the dangers associated with online conversations.

ENSURE that you discuss age-appropriate sites with your children.

TALK to your child about what they do online and their favourite sites to visit.

CHECK with your child's school, public library, and other places they frequent to find out what internet sites they're accessing.

ALWAYS monitor the status of safety settings on devices used by your child.

Protect your home devices

DEACTIVATE settings like GPS from social media sites used by your child.

ENSURE you and your family use strong passwords to secure your devices.

ALWAYS use secure web browsers and active parental control restrictions on your home computer and devices.

PROTECT your passwords so your child cannot automatically purchase apps without your approval.

DO NOT GIVE YOUR PASSWORD TO ANYONE – NO ONE!

For more information on this topic visit www.esafety.gov.au

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

If it looks suspicious or you feel suspicious about something or someone, give us a ring.

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

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If you can't come to us, we can come to you!

Callala Anglican Church

November 11 is Remembrance Day around the world.

Remembrance Day has a special significance in 2018.

Sunday, 11 November 2018 marks the 100th anniversary of the Armistice which ended the First World War (1914–18).

One hundred years ago, on 11 November 1918, the guns of the Western Front fell silent after four years of continuous warfare. With their armies retreating and close to collapse, German leaders signed an Armistice, bringing to an end the First World War. From the summer of 1918, the five divisions of the Australian Corps had been at the forefront of the allied advance to victory. Beginning with their stunning success at the battle of Hamel in July, they helped to turn the tide of the war at Amiens in August, followed by the capture of Mont St Quentin and Pèronne, and the breaching of German defences at the Hindenburg Line in September. By early October the exhausted Australians were withdrawn from battle. They had achieved a fighting reputation out of proportion to their numbers, but victory had come at a heavy cost. They suffered almost 48,000 casualties during 1918, including more than 12,000 dead.

In the four years of the war more than 330,000 Australians had served overseas, and more than 60,000 of them had died. The social effects of these losses cast a long shadow over the postwar decades.

(Taken from: The Australian War Memorial)

Many of us can remember those horrific pictures the prisons camps during World War 2. Those who were still alive at the end of the war were no more than living skeletons and it can still cause us great sadness to think another human being can course so much suffering onto another person.

A Romanian Christian was also imprisoned

and prayed that he might respond to God's commandment to love his neighbour. He spent his time in the camp with the sick, the starving, the diseased, the dying and those who'd betrayed their neighbours – people whom nobody else would speak to. Someone who did not believe in God, came up to him and asked, "I have seen how you live here, loving the outcasts. Tell me about this Jesus you worship. What's he like?" The Romanian Christian simply replied, "He's like me".

Now I am sure none of us can say that, "Jesus is like me", or I am like Jesus. As hard as we may try to be "Christ like", doing good to others, help the poor and needy. We haven't lived the life of full devotion or self-sacrifice that the Romanian Christian showed or those who gave their life in pursuit of freedom our freedom. All we can claim is that we are trying to become more and more Christ-like in our every day life by trying to live in peace with all.

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

Armistice Day - Sydney 1918



AUSTRALIAN WAR MEMORIAL

H11563

Callala Community Church

... following Jesus

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Community Church

Getting away for a few days in our caravan my wife and I took our two little dogs with us. I noticed something interesting; we had taken a dog crate with us, a very open one, and with them in the crate and my wife and I relaxing and sitting right next to the dogs in the cage; they were winging, whining and not happy. Deciding to let them out of the crate they sat in the same proximity as before and went to sleep. What was the difference?

What I figured was out was that the only thing that had changed was now they enjoyed our company and were able to relax in freedom, rather than the confines of the crate.

Perhaps, this is the sort of relationship God desires from us; rather than the constraints of religion he desires a relationship with us of our choosing. The writer of this Psalm puts it this way:

“His pleasure is not in the strength of the horse,
nor his delight in the legs of the warrior;
the Lord delights in those who fear him,
who put their hope in his unfailing love.”

Of course, this is a mystery, not one to be solved like how quantum mechanics work, but something to be lived into, part of the reality of our day to day lives.

To understand a relationship with God will require a different type of study than understanding how an internal combustion engine works. I have been married for a long time, understanding my wife is more than a study on human behaviour, it is learning to relate. Getting to know God is far more than a study in theology, it requires a spiritual relationship. Jesus, God's Son has made it possible to enter that relationship, in doing so we can experience God in a personal way. Paul the Apostle puts it this way:

“This resurrection life you received from God is not a timid, grave-tending life. It's adventurously expectant, greeting God with a childlike “What's

next, Papa?” God's Spirit touches our spirits and confirms who we really are. We know who he is, and we know who we are: Father and children. And we know we are going to get what's coming to us—an unbelievable inheritance! We go through exactly what Christ goes through. If we go through the hard times with him, then we're certainly going to go through the good times with him!” (The Message)

Back to our two little dogs, I find that they really do delight in our company, and it works both ways, they, with all their quirky habits and sometimes mischievous ways also give unconditional love, which brings me delight and comfort that is hard to put into words.

Jesus said; “I am leaving you with a gift—peace of mind and heart! And the peace I give isn't fragile like the peace the world gives. So, don't be troubled or afraid”.

God Bless

Kevin Kettlewell Pastor 0437338739

Local Remembrance Day Event

The Remembrance Day commemoration starts at 11:00 on 11 Nov. All spectators are asked to be at the Callala Beach RSL Garden of Remembrance by 10:45.



Yoga Classes for Everyone

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Splatters From The Studio



By the time you read this, the new exhibition at The Studio will be in full swing. This is the 6th Exhibition at The Studio, and sponsored by our fantastic friends at Fiducian Financial Services. One hundred and two pieces of art work were submitted by 25 of our community artists. This time we decided to offer a Pre-Christmas Sale where the artists have chosen to reduce the price of their work, some of which have been dropped by up to 50% off the regular price. Do drop by when you have a chance and have a look at what's on display, it really is quite wonderful to know that we have such talented artists in our community.

The Lighthouse did a fantastic job of catering the event, much appreciated by everyone. The raffles were a huge success with Brett Beverly winning the Art Pack and Denise Reeves winning the Pamper Pack.

Based on requests from visitors to The Studio, we are offering a Friday morning class called Exploring Art where drawing, composition and oil painting, as well as some other mediums, will be explored. The aim of this class is to encourage those who perhaps have an interest in art but were not sure how to proceed. It will be a relaxed, friendly group with lots of help on hand if you need it. The cost is \$20 for members, or \$25 for non-members. If you have materials, please bring them along, otherwise there will be a \$5 materials charge. The class will run from 10am to 12noon each Friday, and if you'd like to take part, please book in at The Studio or call Sandra on 0439 241 144.

On 1 November, Jennifer Corkish, our talented Textile Artist is offering a class entitled Introduction to Slow Stitching at The Studio and will which will run from 10am to 1pm at The Studio. This "taster" lesson will be at no charge (this is NOT a typo – Jennifer asked it be included so everyone can attend). If you need more information, please have a chat with Jennifer on 0408 201 907 to find out more, or call in at The Studio to book into her class.

The popular Polymer Clay Class is offered again by Deb Dally and will be held on Saturday 17 November from 2:00 to 5:00pm. Cost is \$40 with all materials supplied, and you get to take your creations home with you. From first hand experience, it's a great session!

We are still continuing to offer Sketch/Drawing classes on Wednesday mornings and evenings, as well as Oil classes on Saturday morning.

Hate to say it but Christmas is fast approaching and if you'd like to update your diaries, the Opening Night of our next Exhibition on 21 December, will be Members Christmas Party. Come along and enjoy a few bubbles, some delicious canapes and meet with like minded people. For catering purpose, please book at The Studio.



*Brett Beverly
winner of the
Art Pack*



*Wendy Hunt
and Denise
Reeves, winner
of the Pamper
Pack.*



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ANN SUDMALIS MP Federal Member for **Gilmore**

The Federal Government increased drought support of \$1.8 billion will help my local farmers who have been asking for a well organised approach to the assistance and fundraising by all Australians.

The drought response includes the appointment of a National Drought Coordinator, new tax breaks for farmers, low-interest loans and the application form for the Farm Household Allowance is being made easier.

However more awareness needs to be raised about the tough conditions facing our dairy farmers and I'll continue to fight for this on their behalf.



For help with the Farm Household Allowance, contact the Rural Financial Counselling Service on 1800 686 175 or the Farmer Assistance Hotline on 13 23 16. **NB:** Increased call volumes may cause delays.

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Authorised by A.Sudmalis MP, Liberal Party Australia, 59 Junction Street, Nowra NSW 2541.

Callala Community Garden

CCG word of the month should be "COMMUNITY", earlier in the year we were awarded a grant from Stocklands Community Grant project to help CCG with the implementation of our garden. This month we were asked by Stocklands to evaluate our progress to date. Part of our vision statement is to "unite all peoples from the greater communities, including all backgrounds and cultures, children, all age groups and abilities" on reflection this vision is already being realised with some wonderful relationships being made.

One obvious measurement is our growing membership, other measurements are the growing support from local Callala and greater community businesses and groups:

- We recently received this lovely message "The Studio/ Lighthouse Restaurant/ Vinnies would like to extend a massive thank you to the Callala Community Garden Group for their wonderful efforts (today) in making the gardens at the front of our shops beautiful" CCG are also very grateful to The Studio for the fabulous CCG signs (some showcased in photos below).

- St Marks Church continue to support us with the use of their church for our meetings, we in turn are planning to establish a garden area for them.

- This leads us to another wonderful "happening" this month, Bunnings (Nowra) attended a working bee, armed with paint for use on our raised garden beds, not only did they bring the paint they also wanted to help with the painting! The Bunnings team are very enthusiastic about working with us on future projects and the advice given by Sue the Bunnings - horticulturist is invaluable - thank you Bunnings!

- We are also extremely grateful to Shoalhaven Brick and Tile who have donated road base and sand for our temporary shed structure.

- Following enquiries by our skateboarding neighbours we now have 3 junior members joining the CCG Family

- CCG were also thrilled to be able to

donate some plants to the CBCA Drought Appeal BBQ Fundraiser.

So although this is not the Christmas newsletter, it certainly feels like Christmas has come early to CCG, with many of our visions being realised

At our October general meeting it was agreed that we will hold a Working Bee on the 3rd Saturday morning at the CCG site. All "workers" on site must be members of CCG, a requirement of our insurance policy. Safety is paramount, please remember sun screen, hats, closed in shoes as well as staying hydrated.

At the meeting Alan (CCG Site Co ordinator) showed the group some informative photos of community gardens in England from his recent trip with his wife Carolyn. We also enjoyed a presentation by Gail of the ongoing progress of the Clifton Garden Group who continue to assist us with their advice and expertise - thank you to Clifton Gardens.

Our next community meeting is Saturday 3rd November at St Marks, cnr Emmett & Hunter Sts Callala Bay, we look forward to welcoming you.

If you have any enquiries, please contact Robyn Hannan (Chairperson) 0417 259 3920 OR Alan Marshal (Site Co ordinator) 0418 410 388



Nikki from the BUNNINGS Nowra Team & Robyn Hannan – Chairperson CCG on site at the recent working bee, with the paint supplied by BUNNINGS



Sue & Nikki from the BUNNINGS team and the busy CCG working bees with the fabulous signage supplied from The Studio

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Water Restrictions

Despite recent rainfall in the Shoalhaven area, Level 1 water restrictions remain in place.

Level 1 water restrictions are the first step to ensure we keep our water levels as steady as possible as well as prepare us for the summer months ahead. Level 1 restrictions ban the washing down of hard surfaces such as paths and driveways and allow the use of a hand-held hose at any time for gardening and lawn watering and washing of vehicles and boats



What is a Yellow edge line?

October 17, 2018

Shoalhaven City Council has progressively rolled out the use of unbroken yellow edge lines on the side of roads in the Shoalhaven that represent "No Stopping" zones.

Continuous Yellow edge line marking on roads show a NO STOPPING zone. All road rules relating to NO STOPPING zones apply to this area regardless of if NO STOPPING signs are in place.

Yellow no stopping lines were included in the 1999 Australian Road Rules and written into the NSW Road Rules legislation in 2008, while this method of delineating no stopping zones has

been around for some time it has recently been implemented in the Shoalhaven.

Painted yellow lines are more durable, easier to maintain and have less impact on the visual appearance of an area than road signs. Roads and Maritime Services - NSW Road Rules introduced the option of lines rather than signs in 2008. "Rule 169 of the Road Rules (No Stopping on a road with a yellow edge line".

A driver must not stop at the side of a road marked with a continuous yellow edge line.

These areas need to be kept clear so that drivers and pedestrians have an unimpeded view of each other and road safety is maintained.

Police and council parking officers can enforce this road rule, without any other road signs or indications required.

Shoalhaven City Council has already implemented the unbroken yellow edge lines in Mollymook and Huskisson.

For further information on the No Stopping Zone motorists are advised to visit the road rules at Roads and Maritime website at www.rms.nsw.gov.au

Lest We Forget

Sydney, NSW, 11 November 1919. The view from Castlereagh Street looking down towards George Stree



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.

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)

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

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

Tai Chi

Friends of Callala - over 50's social group

Yoga - contact Katie via: katiehyde108@gmail.com

Callala Bay Community Assn. monthly meeting

Sunday: 9 am - 11 am

Call: 0419917793 callalaooshbykatie@gmail.com

Sat: Call John on **0428 564 738**

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

Mon: 6 pm - 7.15 pm

2nd Wed of month: 7:30 pm

For all bookings and enquiries call Jane: 0408 521 520

Callala Junior Sailing Club

Callala Junior Sailing School Underway with Primary School Classes in November

The Summer Season classes began on 13 October 2018 with lots of new members. Classes continue each Saturday from 0830-1130 until the last class on 15 December before the Christmas Holidays Break. Classes then resume on 2 February 2019.

Please note that there is no class on 24 November due to a sailing regatta organised by the Jervis Bay Sailing Club over that weekend.

Special classes, organised for the Callala Primary School, will be held on every Friday in November. We need extra volunteers to help with these classes.

If you have missed the start of the season, don't worry about it, as you can start and join in whenever it suits you. You can also come on down anytime and try it out for only \$10, so what are you waiting for?

The school is run on a completely volunteer basis and we are always on the lookout for some additional helpers on either Saturday or Friday. To this end, we are having our annual general meeting on Saturday 17th November at 12 noon. Please come along and get involved, or give constructive suggestions for improvement as it will make the experience all the more enjoyable for your children and others.

Spring Gardening Tips

Prune spring bloomers immediately after their show is over. Then, after every pruning job, feed the plant. Dynamic Lifter pellets are good for most shrubs. Look for the specific DL Advanced variants to suit fruit, tomatoes, lawns, roses and, now, camellias and azaleas.

Roses are at their best in spring. Enjoy the

flowers, but don't forget to begin protecting new leaves with a systemic fungicide such as the one in Yates Rose Gun (Rose Shield is more suitable for larger rose gardens).

Once the soil is warm, sow summer vegies such as beans, sweet corn, pumpkins, zucchinis, cucumbers and melons. Plant potatoes and – in warm areas – sweet potatoes.

Feed the lawn to encourage new growth.

Dynamic Lifter for lawns will supply organic (chicken manure) pellets that have been boosted with added nutrients.

Remove weeds from the lawn with Yates Bindii & Clover Killer (always read the label carefully).

Then follow up with a feed. Or take the easy way and use Yates Weed 'n' Feed, available in either hose-on or dry formulations. After the weeds have died, thicken the lawn by oversowing

with Yates All Seasons lawn seed.

Spring's the ideal season for laying new turf.

Before you begin, blend some Dynamic Lifter Turf Starter into the soil. This clever product combines organic pellets and water crystals to gently feed the new grass and, at the same time, hold moisture.

Start a new herb patch. This is the season to plant basil and dill.

Geraniums (pelargoniums) give months of summer colour but watch for fungal leaf spots.

Yates Rose Gun will help keep leaves disease free. The insecticide in the Rose Gun will also take care of the grubs that chew holes in the buds.

Watch for weeds springing up in warm weather.

On paths and driveways, apply Once-A-Year Pathweeder to keep the surface weed free for up to twelve months. Use fast-acting Yates Zero Rapid to control weeds in garden beds (avoid contact with wanted plants).

Divide clump-forming plants and spread to new parts of the garden. Crowded orchids, too, can be split up (pictured), then fed with Dynamic Lifter pellets.

What's on in November 2018 @



Saturday 3rd

Terry Batu – Singer/Guitarist – from 6:30pm in the main bar area.

Tuesday 6th

**MELBOURNE CUP LUNCH – Tickets on Sale Now! \$30 per person.
*2 Course Lunch – Choice of 2 Mains & 2 Desserts.**

***Doors Open @ 11am – Lunch Served from 12 noon.**

***FREE Glass of Champagne on arrival.**

***Sweeps available for purchase.**

***PRIZES for Best Dressed Stallion & Filly and Best Ladies Hat.**

***TAB Runner.**

***Entertainment.**

***All Melbourne races shown on the Big Screen.**

Bookings essential on 4446 5313.

Saturday 17th

Mickey Bear Karaoke – from 7pm in the main bar area – adults only.

Saturday 24th

MAJOR PRIZE – Mini Getaway for Two – 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.

Beach & Bay Bistro – Come check us out!

Tuesday to Sunday

LUNCH – 12noon to 2:30pm

DINNER – from 5pm

Open 7 days during school holidays

Bookings on 4446 5313 Option 4

Courtesy Bus available 7 Days.

Please call 4446 5313 option 1 for bookings.

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

“ We did it! I took the fight to Canberra and we have been heard. Local support was crucial to secure funding from the Turnbull Government so we can finally see the new Nowra Bridge built, which will cut travel times and ease congestion. Thank you, funding wouldn't have been possible without your support. ”

ANN SUDMALIS MP
Federal Member for **Gilmore**

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Authorised by Ann Sudmalis MP, Liberal Party of Australia, 59 Junction St, Nowra NSW 2541.



**To our Callala Customers
The Callala Local Post
Office opening hours are
changing for Daylight
Saving.**

**We will now open from
10:00am and close
at 6:00pm for your
convenience.**

Origins of Remembrance Day

Why is this day special to Australians?

At 11 am on 11 November 1918 the guns on the Western Front fell silent after more than four years of continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for an armistice (suspension of fighting) in order to secure a peace settlement. They accepted allied terms that amounted to unconditional surrender.

The 11th hour of the 11th day of the 11th month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilisation of over 70 million people and left between 9 and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their war dead.

On the first anniversary of the armistice in 1919 two minutes' silence was instituted as part of the main commemorative ceremony at the new Cenotaph in London. The silence was proposed by Australian journalist Edward Honey, who was working in Fleet Street. At about the same time, a South African statesman made a similar proposal to the British Cabinet, which endorsed it. King George V personally requested all the people of the British Empire to suspend normal activities for two minutes on the hour of the armistice "which stayed the worldwide carnage of the four preceding years and marked the victory of Right and Freedom". The two minutes' silence was popularly adopted and it became a central feature of commemorations on Armistice Day.

On the second anniversary of the armistice in 1920 the commemoration was given added

significance when it became a funeral, with the return of the remains of an unknown soldier from the battlefields of the Western Front. Unknown soldiers were interred with full military honours in Westminster Abbey in London and at the Arc de Triumph in Paris. The entombment in London attracted over one million people within a week to pay their respects at the unknown soldier's tomb. Most other allied nations adopted the tradition of entombing unknown soldiers over the following decade.

After the end of the Second World War, the Australian and British governments changed the name to Remembrance Day. Armistice Day was no longer an appropriate title for a day which would commemorate all war dead.

In Australia on the 75th anniversary of the armistice in 1993 Remembrance Day ceremonies again became the focus of national attention.

The remains of an unknown Australian soldier, exhumed from a First World War military cemetery in France, were ceremonially entombed in the Memorial's Hall of Memory. Remembrance Day ceremonies were conducted simultaneously in towns and cities all over the country, culminating at the moment of burial at 11 am and coinciding with the traditional two minutes' silence. This ceremony, which touched a chord across the Australian nation, re-established Remembrance Day as a significant day of commemoration.

Four years later, in 1997, Governor-General Sir William Deane issued a proclamation formally declaring 11 November to be Remembrance Day, urging all Australians to observe one minute's silence at 11 am on 11 November each year to remember those who died or suffered for Australia's cause in all wars and armed conflicts.



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FRIDAY

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town Meat Tray prizes with value over
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SATURDAY

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SUNDAY

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WEDNESDAY

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7pm 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
12pm for 12:30pm start

Every day – Barefoot Bowls
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# Spring Recipes

## Spring vegetable lasagne

### INGREDIENTS

30g butter  
1/4 cup plain flour  
1 1/2 cups milk  
1 bunch asparagus, trimmed, thickly sliced  
2 zucchini, cut into ribbons  
2 green onions, trimmed, cut into 8cm lengths  
1 bunch English spinach, trimmed  
10 dried instant lasagne sheets  
1 cup frozen peas  
250g fresh ricotta  
2 roma tomatoes, thinly sliced  
2/3 cup chopped fresh basil leaves  
1 cup grated pizza cheese

### METHOD

Step 1: Preheat oven to 200°C/180°C fan-forced.

Step 2: Melt butter in small saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in milk until combined. Return to heat. Cook, stirring constantly, 3 minutes or until sauce boils and thickens. Remove from heat. Season with salt and pepper.

Step 3: Bring a medium saucepan of salted water to the boil. Add asparagus, zucchini and onion. Boil for 2 minutes. Remove with slotted spoon. Drain on paper towel. Add spinach to pan. Cook for 1 minute or until wilted. Remove with slotted spoon. Squeeze out excess moisture when cool enough to handle. Roughly chop.

Step 4: Cover the base of a 20cm x 28cm (8 cup-capacity) ovenproof dish with 2/3 cup white sauce. Layer 1/4 lasagne sheets trimming to fit. Layer asparagus mixture, peas and 1/3 ricotta. Top with 1/3 of remaining lasagne sheets, 1/2 spinach, and 1/2 remaining ricotta. Repeat. Top with remaining lasagne sheets and remaining white sauce. Arrange tomato and basil leaves on top. Sprinkle with cheese.

Step 5: Bake for 45 minutes or until golden and pasta is tender

## Lemon and honey chicken salad

### INGREDIENTS

Zest and juice of 1 lemon, (plus 1 tablespoon lemon juice, extra)  
2 tablespoons honey  
1/4 cup (60ml) extra virgin olive oil  
1 cup mint leaves, half the leaves finely chopped  
4 x 200g chicken breast fillets, each sliced into thirds  
200g podded (from 1kg unpodded) fresh or frozen broad beans  
1/2 (200g) garlic ciabatta loaf (see notes), halved lengthways, torn into small pieces  
Large handful of mache (see notes) or baby spinach  
400g can chickpeas, rinsed, drained  
125g cherry tomatoes, halved  
1/2 cucumber, finely chopped  
1/4 cup flat-leaf parsley leaves, chopped  
2 teaspoons wholegrain mustard

### METHOD

Step 1: Preheat grill to medium-high.

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

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

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

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

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



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**4447 2382** to book  
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**4446 6733** or **0419 538 963**

Drivers phone Neil on:  
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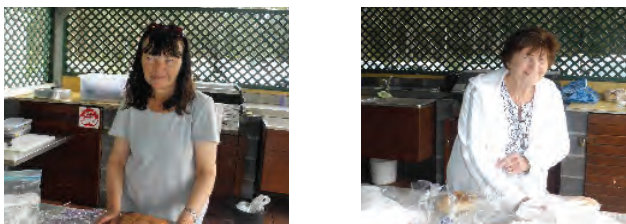
# Callala Golf Report

Saturday 22nd September Today's game at Callala was a 2-person Ambrose, with 22 teams teeing off on a nice warm sunny morning. First team home today was Rob Jerman & Craig Taylor, second home was the team of Barry Jarman & Bob Southerland, third were the team of Harold Reynolds and Glenn Hughes.



*Rob, Craig, Barry, Bob, Glenn and Harold*

Monday 24th September Mid-South Coast Veterans Golf Championship at Callala which was a huge event for Callala Golf with a Hundred plus players from all over the Illawarra. An event of this magnitude is so great for our golf club and the area as it brings people to the area that may have never visited before. Big thanks to Captain Graham Lewington who set up the event to run smoothly. Big thanks to Jill Reardon, Kay Reynolds & Perry Cousins who prepared and served a great lunch to an appreciative group of Vet Players.



*Jill Reardon and Kay Reynolds*

Tuesday 25th September Today's Vets Game was a stroke round and the 4th and last round of the Vets Championship. First man home was Tony Pitt-Lancaster with a great round and a nett 61. Second was David Dowling 63 and Third was Kenneth Black 64.



*Tony, Ken Black and Dave Dowling*

Saturday 29th September Callala Golf format for today's competition was Par Stroke which, put simply, was everyone playing to record a plus on their score card for each hole in preference to a square or worse, a minus. John Dobson with a huge smile of contentment was today's winner. Paul Woodall played a great round to come in as runner up and Bob Plunkett and Alan Barnes also both played excellent golf coming home and after the count Bob was placed 3rd with Alan coming 4th



*Alan Barnes, John Dobson, Paul Woodall, Perry Cousins*

Tuesday Vet's Golf 2nd October Great weather for Callala Monthly Medal stroke event. Today was a day that Gary Jonas will remember for the rest of his life when to his surprise and his three golfing partners he teed off on the 11th hole only to see his ball land on the green and then roll into the cup for a hole in one. As if this fabulous feat was not enough he continued to play a great game to come home as winner with 63. Big congratulations Gary. 2nd today and Monthly Medal winner was Geoff Blackshaw with 67. 3rd was Bob Plunkett who is also playing good consistent golf as his score of 68 shows.

Continues on Page 31





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**We welcome donations of non-bulky items during opening  
hours. For pickups, please call 4421 7244.**

# Callala Golf Report



*George, Gary, Goff and Bob*

Saturday 6th October Monthly Medal Stroke event was the format for today. Competitors were also able to enjoy a great lunch prepared and served by Gordana Sesum. Big Thanks to Gordana! Today three players had to be ranked in placings by the count back with all three-coming home with a score of 69. Taking top spot on the podium today was Dave Dickeson. 2nd was to go to Billy Economos and 3rd was Taj Love. "A" Grade Monthly Medal winner was Greg Mytilinios. "B" Grade winner Taj Love. "C" Grade Dave Dickeson



*Taj, Graham Lewington, Dave, Bill and Greg*

Tuesday 9TH October 43 players turned up for today's vets single stableford game with club president Harold Reynolds coming home in first position with a good total 41 points. 2nd & 3rd also on 41 points were Doug Ingle and Graham Lewington.

Saturday 13th & Sunday 14th October, Being the Callala Golf Open

What a fabulous weekend of golf at Callala Golf Course.

Saturday was a Single Stableford event which was well supported considering the threat of heavy rain. John Dobson showed how much he improves with every game he plays by coming home in 1st spot with an impressive 39 points. 2nd home was Doug Ingle who demonstrated

the value of good steady golf with his 38 points. 3rd was Captain Graham Lewington who with his unorthodox long drives and good, steady golf secured his 37 points.



*1st John Dobson, 2nd Doug Ingle. 3rd Graham Lewington*



*2018 Callala Open Champion, Mark Johnston being congratulated by President Harold Reynolds.*

Sunday and The Callala Open is on with a great field of players supporting Callala's Major yearly event. An event of this size cannot happen without help from Sponsors. On behalf of all players and the Callala Golf Committee, I would like to thank all our Sponsors, especially the major ones; Shoalhaven Gutter Cleaning, Golf Exchange South Nowra, Pool Vision, Bayview Blinds & Awnings, Club Callala, Johnson Proctor Surveyors, Bendigo Community Bank Nowra, IGA Supermarket Callala, Turner Family Funerals & Nowra City Holden.

For the last 4 years one player has stood out above all others and this year although not completely happy with his game again took out the major prize of Callala Champion. Mark Johnston, again taking the esteemed honour of 2018 Callala Open Champion. Congratulations Mark and it is a pleasure to have you return to defend your title and show the rest of us how this game of golf should be played.

Continues on Page 33



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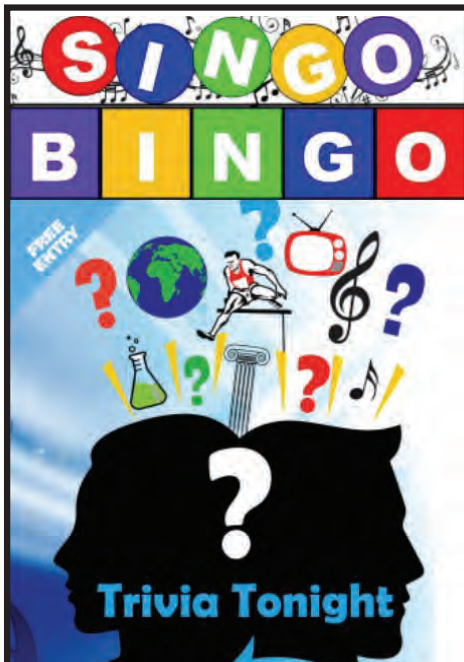
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# Callala Golf Report

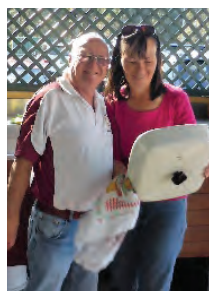


*Judy, Barry Whitlock , Doug Balkwill and Carmel Downton*



*Gail Bebber and Lee Bebber*

All players were very grateful for the lovely lunch that was prepared and served by Jamie & Jill Reardon & Kay Reynolds.



*Jamie, Jill Reardon, Pat McAndrew, Ilija & Gordana Sesum*

Lastly, the Callala Golf Committee wish to extend their thanks to all players who supported the Callala Open By playing.







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## Callala Men's Bowls

Three games in round one of the Mixed Pairs was played on Saturday, October 6. Julie Cotton and Garry Manning started well leading Jan and John Wright, all the way until the 20th end when both teams were drawn 16 all. Jan and John scored 3 shots on the last end to win 19 – 16. The next game saw Lesley and Chris Harbrow play Tori Brownhill and Pauli Kennedy. The more experienced Harbrows' dominated the game winning 34 – 4. The third game was between Petra and Patrick Ford and Tracey and Eddie Semovente. Both teams started well, with the Semoventes' winning the round 27 – 11.

Saturday, October 13, saw one first round game and three second round games of the Mixed Pairs played in variable weather conditions. Phill and Sam Bowerman played their first round game against Bev Young and Anthony Fisher. Phill and Sam took the early lead with Bev and Anthony drawing 7 all on the 6th end. The lead changed several more times, the score equal again on the 17th end. On the 19th end, Sam and Phill led 19 – 17 and looked to win the game when Bev and Anthony won 5 shots on the last two ends to win 22 – 19.

With rain threatening, Lyn Byrne and Dennis Beazley played Jan and John Wright. Lyn and Dennis started well leading 12 – 1 on the 6th end. The Wrights fought back to come within 3 shots behind on the 12th end. Lyn and Dennis won by 4 shots, 19 -15 on the 21st end.

In another close game, Tracy and Eddie Semovente played Jane Davis and Terry Castle. Tracy and Eddie started well with Jane and Terry picking up the pace to lead most of the game. The Semovente's fought back going into the 20th end 5 shots behind. Unfortunately they could only manage 4 on the last end to lose by 1 shot.

Bev Young and Anthony Fisher had to play their

second round game in the afternoon against Terry and Greg McMillan. Bev and Anthony led until the 18th end until Terry and Greg drew 16 all. They won 5 shots over the next two ends to win the round 21 – 17.



*Jan and John Wright after defeating Garry Manning and Julie Cotton*



*Chris and Lesley Harbrow after defeating Tori Brownhill and Pauli Kennedy*



*Anthony Fisher and Bev Young after defeating Sam and Phill Bowerman*



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### WARD TWO

### WARD THREE

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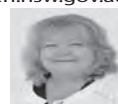
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# Shelley Hancock MP

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

## Callala Women's Bowls

A big week for the Callala Women with the Flannel Flower Triples played on Wednesday, September 26, and the semi- final of the Triples Championship. Grey skies, cold wind and rain greeted 28 teams for the annual Callala RSL WBC Flannel Flower Triples.

The weather stayed fine for the first game but after lunch, the rain set in. After several stoppage, the Controlling Body decided 8 ends constituted a game and the afternoon game was called off. Winner for 2018 was a team from Culburra, C Blackshaw, E Hunter and J Castellan. Second went to B Miller, J Gabrielson and P MacDonald from Shoalhaven Heads. C Colussa, L Rippon and J Cattley from Milton-Ulladulla came in Third. Fourth place was won by another Milton-Ulladulla team, D Rupt, J Thompson and R Jamison. The Bomaderry team, E Younge, J Croft and R Martin came in Fifth. The AM prize was won by R Joannou, J Jones and L Foster from Culburra. D McLachlan, L Pike and R Martin from Bomaderry won the PM prize. The Encouragement Award went to D Miranda, A Royal and C Bleazley from Shoalhaven Heads. Congratulations to all the winners and to the Callala ladies for all their hard work.

Thank you to our three umpires, Dennis, Ron and Howard for braving the inclement weather. A big thank you to the Callala girls who worked tirelessly to make the day a big success.

Despite the forecast predicting possible showers on Saturday, September 29, for the semi-final of the Triples Championship, the day was fine and sunny. Sam Bowerman, Bev Young and Lyn Byrne started slowly against Jan Wright, Dianne Dawes and Tracey Semovente leading by 1 shot on the 3rd end, 3 – 2. Lyn's team managed to stay in front and were boosted by a 6 shot win on the 12th end. They continued to forge ahead winning 30 – 5. Congratulations to both

teams for a great game of bowls, the score not reflecting the calibre of the game.



*Winners of the Flannel Flower Triples Carol Blackshaw, Eileen Hunter and Jenny Castellan (Culburra WBC) with Vice President Terry McMillan*



*Dianne Dawes, Jan Wright and Tracy Semovente with Lyn Byrne, Bev Young and Sam Bowerman winners of the triples semi-final*



*Audrey Mansfield hard at work updating the electronic score board during the Flannel Flower Triples*



# 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**

Daniels, Nancy – **4446 6817**

Duncan, Howard – **4446 6535**

Garry, Rexeen(Rikki) – **4446 6649**

Hannan, Robyn – **4446 4428**

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 Jim on **4446 6733**

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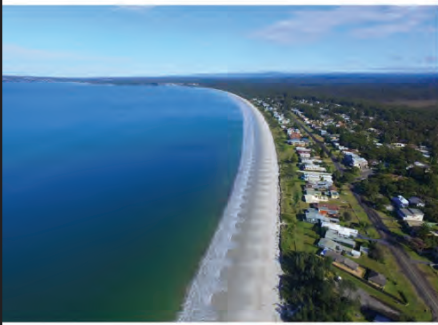






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