

CALLALA BAY NEWS

June 2017

Monthly newsletter of the Callala Bay Community Association Incorporated



WHAT'S ON? @ THE PROGRESS HALL

BOOKINGS JOANNE MULLER 4446 4313

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

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

The hall is also available for function bookings including weddings, birthdays, baby showers etc.

CALLALA COMMUNITY CENTRE

Emmett Street, Callala Bay (Opposite Bay Village Shops)

It's the place for your next function.

Facilities include:

A fully equipped kitchen • An elevated stage and sound system • Off street parking
Catering and seating for 120 people • Flexible hire times and reasonable rates

What's On Regularly at the Centre:

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

For all bookings and enquiries call Jane: 4446 4218 -

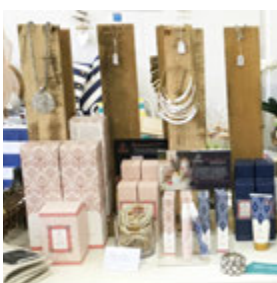
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CALLALA BAY NEWS

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



(www.callalabaycommunityassociation.com)

PO Box 14 Callala Bay 2540

PRESIDENT & VICE PRESIDENT

Vacant

TREASURER

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4446 6535

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Margaret Duncan

4446 6535

MINUTES SECRETARY

Thelma Marr

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4446 5902

Joan Lewis

4446 5368

Sandra McKenzie-Clark

4446 5280

James Morris

4446 6037

Ray Plevy

4446 4859

Jim & Pauline Townsend

4446 6733

NEWS EDITOR

Joan Lewis - *lewisjr@bigpond.com*

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Manchester

Note from the Editor:

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

Ed.



Vinnies

CALLALA BAY SHOP – NOW OPEN

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

VOLUNTEERS NEEDED URGENTLY – call 0447867988

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

For Pickups, please call 4421-7244.

Mon-Fri 8.30am to 4pm

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



St Vincent de Paul Society
NSW
good works

CBCA REPORT for June

It is interesting how the worm turns and you discover you are responsible for putting 'pen to paper' to advise you readers of the happenings in Callala Bay. In the absence of Howard and Margaret Duncan, who are by now sunning themselves on the banks of the River Seine in France, I will give it my best shot. (says James Morris)

The Community General Meeting held on Wednesday, 10 May 2017, provided the usual array of excitement and news for the Bay and I am happy to report:

- The inscribed totem poles should be installed into the three headland positions as this Newsletter goes to print. Have a look at them and I am sure you will be impressed with the work that displays some of the indigenous history of our town. These will also be a continuation of the walkways that have been used by peoples from all nations over the past millennia and beyond.
- The shelter for the fishing table at the Callala Bay boat ramp has finally arrived at Nowra after a gestation period of some 18 months or so and our thanks are directed to the Department of Primary Industry, specifically the Recreation Fishing Trusts for the Grant to allow this to occur. The trick is now to install the shelter; so, don't be surprised if there is a call for volunteers to assist.
- Many of you will be aware of the success of the first version of the Trades Directory developed and distributed by the Callala Bay Community Association. A second version has been compiled and printed and distributed to the Village shops. This means over 1,000 copies of the Directory has been distributed throughout the Bay and you are invited to advise the editor of its success.

Have you used any of the trades or businesses? Please let us know, as there will not be a reprint until early 2018, unless there is a strong desire from the contributors to do so.

Current Roadwork Activity: Various drainage projects will be undertaken around Bay St, Chapman St and Morton St area. For further information please contact the Northern District Office on **4429 3821**.

The proposed changes to the intersection of Sealark, Derwent and Sydney Streets, was discussed with the appropriate Council representative on 11 May 2017. Council has agreed to widen the shoulders on the sweeping right hand bend from Sealark to Sydney Streets, and will closely monitor driver behaviour to ensure the changes are consistent with the road safety requirements.

They have advised if these changes have not achieved the required result, additional work will be recommended.

Future Roadwork Activity

Callala Beach Rd and Forest Road Intersection
- Road widening and safety improvements.

Works include the removal of selected trees on the northern side of the intersection, the construction of a passing lane for East bound traffic and the placement of a 10 mm AC surface over the intersection.

Callala Beach Rd – Road pavement reconstruction and road widening will commence in mid to late June 2017. The works will be undertaken from Emmett St for 500 m to the north.

For further information on either project, please contact the Roads Unit on **4406 2000**.

Please join us at our next General Meeting, to be held at the Callala Community Hall, Emmett Street on 14 June 2017 at 7.30 pm.



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How the locals like it™

GARDEN CLUB

Are you enjoying this glorious autumn weather? As I walk around Callala, liquid ambers and tibouchinas are at their best.

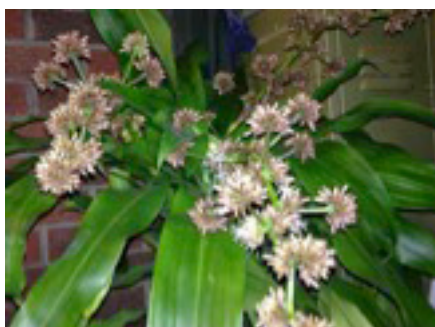
The weather has cooled down considerably and it's more comfortable to work in the garden.

One of the perks of being secretary is that I receive newsletters from other garden clubs.

Horticulturist Hazel King from the Berry & District garden club shared the following tips for your garden during the month of May-

1. Fertilise lawns to promote root growth
2. Late winter/spring flowering bulbs should be planted - especially cold climate bulbs, such as tulips, hyacinths and true crocus
3. Plant vegetable and flower seeds and seedlings
4. Grevilleas, banksias, salvias, plectranthus are now in flower and are attractive to birds.
5. There's new small hybrid tibouchinas, purple flowered Groovy Baby, pink and white flowered Cool Baby and white with pink stamens Peace Baby.

Something magical is happening to my Chinese happy plant (*Dracaena fragrans Massangeana*), which is growing in a small garden under my pergola. Sprays of small numerous white flowers have come out of the crown and they have a highly fragrant sweet scent.



The flowers seem to open at night and a sticky substance is coming out of the flowers. I wasn't aware of this happening until a few weeks ago. The same has happened to my friend at Worrigee - her happy plant which is growing in her front garden, is flowering as well. We think it's due to the extreme warm weather that we have been experiencing this summer/autumn.

Dracaena fragrans Massangeana are good indoor or shaded plants that are extremely hardy and require little care.

This particular variety is native throughout tropical Africa and is the most popular due to its dramatic yellow variegation running down the centre of its leaves. They like good drainage that allows them to dry out between watering.

However keeping *Dracaena fragrans* too dry will result in brown leaf tips.

During growing, fertilize with slow release fertilizer or use a liquid fertilizer in half strength every month. A flowering happy plant is said to be a lucky omen - I'll let you know if anything happens!

We meet every **3rd Saturday of the month** at the **Banksia Senior Citizens Hall, IRT entrance, Culburra Beach at 1.30 pm**

Happy Gardening

Doris Carpenter (Secretary)

4446 5631



Anglican Churches

of Culburra Beach | Callala | Currarong

Callala - Church Service - 5pm Sunday

All Welcome | Kids Church

St Marks, 2 Hunter Street, CALLALA BAY

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

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

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

For more information: Rev. Paul McPhail

m. 0414 616 860 e. culburra.anglican@gmail.com

www.culburraanglican.org.au



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

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FRIENDS OF CALLALA

Another enjoyable lunch was had recently by members of 'Friends of Callala'. This time at the Sportsmen's Club at Worrigee.

Our Annual General Meeting (AGM) was held on 15 May 2017, and the Executive Committee of Elaine Coid, President, Annette Wilkinson, Treasurer and Margaret Duncan, Secretary were re-elected. Ray Plevey joined the Committee as Vice President, and Eileen Webber as Welfare Officer.

Plans are underway for our "Christmas in July" luncheon as well as other activities. Now that the weather is a little cooler, games of croquet and putt-putt golf are more appealing.

Two of our long time members Elaine and Ray Coid were recently presented with ***Certificates of Appreciation*** from the Shoalhaven City Council on their retirement from the Management Committee of the Callala Community Centre.

Well done both of you, and thank you for your many years of hard work.

Do you want to make new friends or renew old friendships, then come and join us for a cup of tea or coffee on a Monday - 12 noon at the Community Centre on Emmett St.

We look forward to meeting you.

Margaret Duncan

ANGLICAN CHURCH

Friendships

Spurgeon, a theologian was once criticized for putting too much laughter into his sermons. Frivolous. Lacking gravity. His reply to the woman who had button-holed him was classic:

"My good lady, if you only knew how much I restrain myself."

Psalms 126:2 shows us not only that "laughter" and God go together but also God and joy. This psalm is written to help us discover the secret of joy.

Psalms 126:1-3 "When the Lord brought back the captivity of Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with singing. Then they said among the nations, 'The Lord has done great things for them.' The Lord has done great things for us, and we are glad."

As people we are made to have friendships. We all have friendships of one kind or another some have been long term friendships, others are casual but all friendships are important. So here is a poem about friendship:

There is recipe for friendship
We'd like to share with you
The ingredients are always available
The directions straight and true.

It takes one cup of thoughtfulness
With one loyalty
And one cup of faith and hope
And one of charity.

You blend these all with gentle love
And cheerfulness to taste

A pinch of tenderness creams well
And never goes to waste.
Mixed in a bowl of loyalty
With laughter shared, full measure
This provision should supply you with
One of life's most priceless treasures.

Rev Sue Fisher

Assistant Minister Anglican Church.



Dan Mangan

Ph: 4446 6544

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POLICE REPORT

On the Beat.

T*ruancy - an act or instance of playing truant ; the state of being truant.*

Were your kids at school this week or were they in a state of being truant? Who gets in trouble when your son or daughter doesn't go to school?

Have a guess! It's not rocket science people. If your child or children do not attend school, it is you, the Parent who may have to go to Court and explain to the Magistrate why your child doesn't need to be educated.

I am not talking about missing the odd day or being out without a permission slip. It's in relation to prolonged absences by your child or children from the School.

The Education Act 1990, section 22 states;

It is the duty of the parent of a child of compulsory school-age to cause the child:

- to be enrolled at, and to attend a government school or a registered non-government school, or
- to be registered for home schooling under Part 7 and to receive instruction in accordance with the conditions to which the registration is subject.

This means the kids have to go to school and if they do not go to school they have to be registered for home schooling. If you fail to send your child to school you may be fined at Court;

- in the case of a first offence - 25 penalty units, or
- in the case of a second or subsequent offence—50 penalty units, or
- in the case of a parent subject to a compulsory schooling order—100 penalty units.

For your information, one penalty unit is \$110, you do the maths.

No honestly, you do the maths, I can't count that high I don't have enough fingers. Anyhow it's a lot of money.....

Please, if you are aware that your child or children are wagging school, do something about it. Have a talk with your child to see if there are any issues. You can contact the School.

If you are still having problems you could contact your local PCYC or organize an appointment with the Police School Liaison Officer.

Just don't do nothing. If your child is out and about during School hours without a permission slip the Police or the Department of Education may well become involved.

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

Non Emergencies contact Police Link on **131444** or your local Police.

To provide anonymous information call crime stoppers on **1800 333 000**

Don't forget. Cops are tops.



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BOOKINGS:

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What is the Fire and Emergency Services Levy?

From **1 July 2017**, the NSW Government is introducing a fairer system for funding our community's fire and emergency services. At present, these services are funded by a levy on insurance, which will be removed from 1 July 2017. From this time, all properties, not just insured properties, will directly contribute to the cost of these services through the Fire and Emergency Services Levy (FESL).

The FESL will be paid alongside your Council rates. You will be notified in July this year, of your FESL contribution as part of your Council rates notice, or a separate notice for non-rateable properties.



10 - 12 June -2017 Shoalhaven Coast Winter Wine Festival.

Wineries across the Shoalhaven Coast Wine Region will open their cellar doors on the 10-12 June 2017 for a three-day extravaganza of wine tasting, fine food and entertainment.

Entry is \$15 entry at the first winery they visit, which includes a Festival Glass and enables visitors to enjoy tastings at participating wineries from Gerringong in the North to Bawley Point in the South.

Drink responsibly.

ROADWORKS UPDATE

Greenwell Point Road, Greenwell Point - Works will involve rehabilitation of 600m of road pavement and construction of adjacent shoulders. The work zone will be either side of the Mayfield Road intersection. Works are expected to be completed by early July, subject to good weather and no other delays being encountered. Traffic control will be in place throughout the works and will change as the project progresses. The road is expected to remain open, however, only one lane will be operating and there will be limited access to Mayfield Road.



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COMMUNITY CHURCH

I trust we all have been enjoying the beautiful autumn weather after all the rain.

Now, as winter approaches we see smoke from chimneys and days becoming shorter; less time spent mowing the lawn and perhaps contemplating finding a comfortable chair and a good book.

Each season brings with it changes, lessening of daylight hours, moving from summer heat to the briskness of winter; the cold days of winter give way to the freshness and lifegiving spring; the one thing that remains constant is that as long as we can remember the season cycle has continued faithfully, bringing both seedtime and harvest.

Life itself is a little like that, from childhood to our senior years there is constant change.

What complicates things more is the pace of change; just take technology, as a telephone technician for 23 years I worked on manually operated exchanges in the sixties to fully electronic exchanges in the eighties.

Motor vehicles are another area that has seen massive changes, from the simple carburetor vehicles of the fifties to potentially driverless cars within the next fifteen years.

The list goes on and on in most areas of our lives; the question is; how much happier and contented are we?

Whilst technology is important with the many advantages it brings, I wonder if we have lost something in its pursuit! Are we working to pay off labour saving devices? Is the fast pace of life robbing us of time spent with family and friends?

Beyond Blue have some sobering statistics on Australian Mental Health – they say about 45% of Australians will experience a mental health condition in their life time, in any one year a million Australians will suffer depression and two million will have anxiety issues. Australia is the second highest user of antidepressants in the world.

So what has that got to do with seasons and technology? Or, are we missing out on that which brings real peace and contentment? If we find difficulty in finding peace in the hustle and bustle of life, and technology and modern living haven't provided the answer; what might be worth a try?

Jesus said:

- “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.” Matthew 11:28-30 (MSG).

Jesus said,

- “I came that you would have life and have it to the full”.

As a Christian Pastor this is also my desire; there are no guarantees of a trouble free life, but there are promises of a fulfilling life.

For further information or to speak with a counselor please call -

Kevin Kettlewell

0437338739

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THURSDAY

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FRIDAY

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SATURDAY

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

SUNDAY

Meat & Seafood Raffle. Tickets on sale 4pm,
draw commences @ 5pm

Members Badge Draw

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THURSDAY
& SUNDAY**



MONDAY

Free Trivia 6.30pm Start

TUESDAY

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

WEDNESDAY

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

THURSDAY

Bingo - Eyes down at 11am

BOWLS

Monday - Indoor starting @ 12pm

Tuesday - Women's bowls from
9:30am

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

Thursday - Mixed Social Bowls - Ring
for details

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

Sunday - Social bowls from 1pm \$6.
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Shoalhaven
City Council

OUR COUNCILLORS

Shoalhaven City Councillors welcome comments and information from the general public. They can be contacted on the numbers and email addresses below.

For general enquiries phone **4429 3111**

shoalhaven.nsw.gov.au

MAYOR

Clr Amanda Findley

M: 0434 151 730

amanda.findley@shoalhaven.nsw.gov.au



WARD ONE

Clr Annette Alldrick

M: 0428 657 026

annette.alldrick@shoalhaven.nsw.gov.au



Clr Nina Cheyne

M: 0428 629 147

nina.cheyne@shoalhaven.nsw.gov.au



Clr Andrew Guile

M: 0412 287 706

andrew.guile@shoalhaven.nsw.gov.au



Clr John Wells

M: 0412 676 159

john.wells@shoalhaven.nsw.gov.au



WARD TWO

Clr Joanna Gash

M: 0427 160 170

jo.gash@shoalhaven.nsw.gov.au



Clr John Levett

M: 0418 469 094

john.levett@shoalhaven.nsw.gov.au



Clr Mitchell Pakes

M: 0432 557 516

mitchell.pakes@shoalhaven.nsw.gov.au



Clr Greg Watson

M: 0412 210 979

watsong@shoalhaven.nsw.gov.au



WARD THREE

Clr Kaye Gartner

M: 0428 861 092

kaye.gartner@shoalhaven.nsw.gov.au



Clr Mark Kitchener

- Deputy Mayor

M: 0478 882 649

mark.kitchener@shoalhaven.nsw.gov.au



Clr Bob Proudfoot

M: 0428 970 086

bob.proudfoot@shoalhaven.nsw.gov.au



Clr Patricia White

- Assistant Deputy Mayor

M: 0447 416 329

patricia.white@shoalhaven.nsw.gov.au



ANN SUDMALIS MP

Federal Member for **Gilmore**



MEDIA RELEASE

Budget 2017 delivers Gilmore a healthy improvement

11 May, 2017

Budget 2017 has delivered on the Federal Government's commitment to guarantee Medicare and build the world's best health system.

The Federal Member for Gilmore, Ann Sudmalis said that having a great health system means having access to the best doctors, nurses, hospitals and medicines in our region.

"This Budget supports the Gilmore Long-Term Health Plan – based on the four pillars of guaranteeing Medicare and the Pharmaceutical Benefits Scheme; supporting hospitals; prioritising mental and preventive health; and investment in medical research," she said.

Budget 2017 includes a \$10 billion package to invest in Australia's health system and the health of Australians.

"We're increasing Medicare funding by \$2.4 billion over the next four years.

"This includes a \$1 billion commitment to our doctors and patients by restoring indexation of the Medicare rebate commencing with General Practitioners (GP) bulk billing arrangements from 1 July 2017.

"Bulk billing incentives for GPs will be indeed for July this year which is certainly good news and hopefully leads to more doctor's bulk billing.

"Simultaneous partnerships have been struck with the nation's GPs, specialists, pharmacists and the medicines sector.

Local patients and the 247 GPs of Gilmore will benefit from the Turnbull Government's rock solid commitment to Medicare.

"112 Pharmacists in Gilmore will benefit from the Federal Government's Agreement with the Pharmacy Guild which will deliver medicines reform and an \$825 million investment to strengthen patient outcomes and community pharmacy.

"Gilmore will now have access to a wider range of services from their community pharmacy, including home visits to eligible patients to help them manage their medications.

"It is the first time that a Federal Government has simultaneously agreed partnerships with our doctors, specialists, pharmacists and the medicines sector," Mrs Sudmalis said.

Media Contact: James Perrin, 0411 179 325

59 Junction Street, Nowra NSW 2541
(02) 4423 1782 @ ann.sudmalis.mp@aph.gov.au
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What's on at Club Callala this month of JUNE:



REGULAR WEEKLY EVENTS

MONDAYS

Indoor Bowls from 12pm
FREE Trivia from 6:30pm

State of Origin Promo
Swipe your card for a chance
to win 2 tickets to Game 2

TUESDAYS

Women's Bowls from 9:30am
FREE Meat Raffle 4pm – 6pm
Darts from 6:30pm – Competition & Social

WEDNESDAYS

NPL Poker rego from 6:30pm for 7pm start
Men's Social Bowls rego by 12:30pm for 1pm start

THURSDAYS

BINGO starts 11am
Bowlers Raffle from 6pm
MEMBERS BADGE DRAW 6:50pm, 7:20pm & 7:50pm

FRIDAYS

Major Meat Raffle tickets from 6pm draw starts 7pm
Seniors Exercise Class from 10am

SATURDAYS

Mug Punter – Race 7
Fisho's Raffle 12pm – 1:30pm
Karaoke – 3rd Saturday of every month @ 7pm

SUNDAYS

Seafood & Meat Raffle tickets from 4pm draw starts 5pm
BADGE DRAW 6pm



*Hanging around, waiting for the next
good-news story.*



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Graham Worts

VET'S ADVICE

DENTAL DISEASE

Did you know that dental disease is one of the leading disease concerns in dogs and cats. Over 80% of dogs and 70% of cats that are older than 3 years will have some form of dental disease.

Take a look at your pets teeth and gums. Are the teeth white or do they have brown stains or deposits. Does your pet have loose teeth? Are the gums pink, or are they red and receding? What about your pet's breath. Is it tolerable, or does it make you want to leave the room?

Dental disease also causes pain. Owners will often tell us that their animal is not in pain it is still eating. Unfortunately this is not true. Imagine if you had a loose diseased tooth - would it cause you pain? Of course it would! If your gums were inflamed - would your mouth feel comfortable. Of course not, and your pet is no different. They continue to eat otherwise they would starve, it is a matter of survival, but that does not mean they are not painful.

From the moment teeth erupt through the gums they are exposed to saliva, food and bacteria. These components stick on the teeth to make plaque. If the plaque is not regularly cleaned away, it can mineralise (from the components in saliva) and become hard. It is then called calculus. This calculus is the thick brown deposit that can be seen on unhealthy teeth. Sometimes the calculus will also turn grey. Calculus is a fantastic breeding ground for bacteria.

Plaque and calculus can irritate the gum where it joins the tooth and cause gingivitis. The inflamed gums will often bleed, and gum tissue may be destroyed. The bacteria in the plaque can also start to destroy the ligament that holds the tooth in its socket, plus the bone surrounding the tooth.

The bacteria can also enter the blood stream and cause generalised illness in your pet.

If bacteria destroy the ligaments it is called periodontitis. The damage caused by periodontitis is irreversible and action needs to be taken before the condition worsens further.

Fortunately, dental disease can be treated and in many cases, prevented. If calculus is present, your pet needs a professional scale and polish under general anaesthetic. Antibiotics may be needed. Loose teeth will need to be removed. In older pets, blood tests prior to the anaesthetic and intravenous fluids before, during and after the anaesthetic may be recommended.

A dental check will be performed by your vet at the annual routine health check. Some animals require dental checks more frequently. Your vet will advise what is best for your pet.

If your pet does not have calculus, then home care measures may be all that is needed to improve dental health and prevent issues. The sooner home care is started the better. Starting when your pet is a pup or kitten is ideal.

Next month I will discuss preventative measures you can undertake at home to keep those pearly whites healthy.

Sam Singleton



Callala Community Church

... following Jesus

Sunday Worship 9am

at the Callala Community Centre
Emmett Street, Callala Bay

Wednesday Home Prayer Meeting 7.00pm

Enquiries phone Pastor Kevin Kettlewell 0437 338 739

FREE

Pre-Loved Clothing & Book Stall

First Saturday of the Month
at the

Callala Community Centre

9.30am to 12am

Clothes in good condition can be dropped off at the stall (on the day only). If clothing can be delivered by 10am; this will allow them to be displayed.



MEDICAL NEWS

from the Callala Medical Centre

June is Bowel Cancer Awareness Month, and we encourage people to come forward and discuss your risk of bowel cancer and how to screen for it.

Bowel cancer in Australia is the third most common form of cancer, and the second biggest cancer killer. Often, bowel cancer does not have any symptoms - but common symptoms of bowel cancer may include:

- Bowel habit changes
- Changes in the appearance of bowel motions
- Blood in stool
- Bloating and cramping
- Feeling of incomplete emptying
- Unexplained fatigue
- Abdominal or rectal pain
-

It is advised to commence bowel cancer screening at the age of 50, or earlier if you have a family history of bowel cancer (*ten years before the age of their diagnosis*).

It is best to come and discuss with your friendly team at the **Callala Medical Centre** about your risk of bowel cancer and the best way to screen for this.

You can find out more information from
www.bowelcanceraustralia.org

DID YOU KNOW..about the Culburra & District Community Health Service (CDCHS)

Community Owned and Operated

We own: The Ambulance Station & Medical Centre; The Opportunity Shop; The Transport Medical Bus.

Our income is raised by rent from the Medical Centre, takings from the Op Shop and donations from the Medical Bus. Our bus covers the areas of Culburra Beach, Callala Bay and Beach, Greenwell Point, Currarong and Myola.

Many people may not know, but the CDHS has been operating for over 30 years for these communities. You may think that the CDHS receives assistance from the Government to keep these services up and running, but we don't.

In fact, to raise funds - in addition to running the Medical Bus - we run the Op Shop and maintain the Culburra Medical Centre, as well as the Ambulance Service. If you are interested in joining a wonderful group of volunteers you would be very welcome. To help in the Op Shop call Jeannette on **44475075**

If you have unwanted good furniture or large saleable items, please call Jim on **4446 6733** and he will arrange for the goods to be picked up at a mutually suitable time.

If you'd like to take advantage of the Medical Bus (*for genuine medical appointments only*), please call the **Culburra Pharmacy** on **4447 2382** to arrange a pick up time. Remember a small donation would be greatly appreciated so that this service can continue to assist people in the future.



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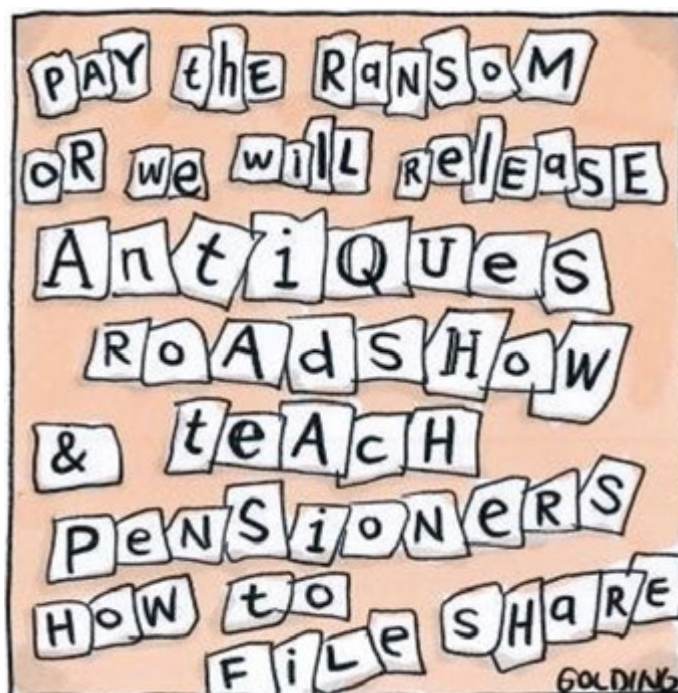
Harmony Meditation Group & Qigong has
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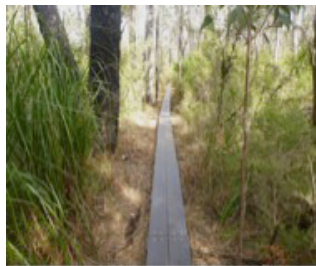
**59 BOORAWINE TERRACE
10am Friday**



BUSHCARE *Lesley Oliver*

Finally the rain stopped and Callala Wetland dried out sufficiently for us to start constructing the boardwalk.

Our first session on the 6th May, attracted a large number of volunteers from Callala Bay, Callala Beach, and even as far afield as Currarong. With an abundance of expertise and goodwill it didn't take us long to refine our methodology, and the first 50m had been laid before midday.



A slightly smaller group turned up the following Saturday and virtually doubled the length of boardwalk laid. While the weather continues to smile on us, we will press ahead with more Saturday morning working bees planned for the rest of May. We meet at 9am at the corner of Sheaffe and Chisholm Streets.

Our regular Tuesday sessions have also benefitted from dry weather, and we have divided our time weeding the swathes of now 2m high Deadly Nightshade from the Sand Forest at Benton Sands; and removing the Asparagus Fern and Senna from Emmett Street Reserve, Callala Bay.



If you are interested in joining us for either Tuesday weeding, or Saturday boardwalk building, please contact Bryan Lenne on **44464157** or scribblybark@gmail.com



Even though we are out of fire Danger period and calls outs have slowed, everyone still needs to be fire smart.

Fire Permits

As we are out of Fire Danger Period, fire permits are no longer required. However, we would like to remind everyone that you are still required to notify fire control on **(02) 4424 4424**, along with your neighbours (*including across the road, and people that back onto them*) of your intentions to burn at least 24 hours before you intend to light up. Failure to do so results in us turning up and extinguishing the fire and can lead to fines. Please be mindful of any older residents, young children or neighbours with respiratory conditions.

Also remember to be smart, keep watch on your fire and have a hose close by.

Brigade activity

Over the past month the brigade has attended two structure fires. One at Currarong and another at Sanctuary Point, along with a few other small incidents. With the colder weather coming now is a good time to ensure that chimneys are clean and that heaters should not be covered with clothes, wet washing etc; as these are common causes of house fires.

Also, we have had some new members undertake and complete their Bush Firefighter Training and some existing members complete their Chainsaw Training.

Furthermore, we held our AGM with some members continuing on with their captain, deputy captain and officer roles, and some members becoming newly appointed.

Kyrie Rodgers

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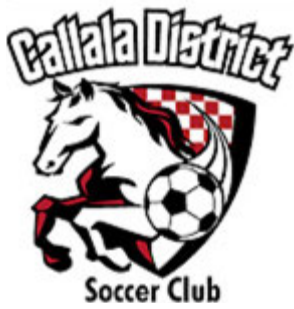
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Isn't Autumn a great season? The cool crisp mornings, the last of the summer warmth through the middle of the day, and then the chance to light the fire at night to ward off the chill of the evenings. It is almost the perfect football weather for training, playing or spectating, as long as Mother Nature keeps the showers to a minimum. So far we have been lucky this season.

After the wet start the skies have cleared and the fields have dried out to allow the teams to get out on the paddock for training and playing. If you have had the opportunity to get down to the oval on a Saturday you would have seen some great football being enjoyed by both the players and spectators.

Now that the council contractors have decided to start mowing the oval again we can stop worrying about losing our young U/6's and U/7's in the long grass as they run around. A big thanks to club stalwarts Darren and Tony for keeping the grass at a level that enabled the club to continue the games being playing on the weekends and midweek even when council mowing contractors seemed to skip us each week. The focus this year has revolved around making sure that all our club players from the juniors through to the seniors are enjoying their time while playing and are being encouraged by the spectators through positive support. It is important to remember that we all play sport for fun and this is especially true for our youngsters.

The Callala club is lucky that we have some very special people who are coaching all our teams and helping to install the good values that we all admire in quality sportspeople. As spectators, we can help reinforce these values by showing our support for a good tackle or smart piece of play from either team whilst on the playing field. Please remember to support both teams when

playing but maybe clap just a little louder for the Callala teams as there is nothing wrong with having that extra passion for the local team.

While talking about good sportsmanship we shouldn't forget the ladies and men that assist the teams each week by picking up the whistle and making sure that the games do go ahead. We might not always agree with the official who is in the middle of the park but then again it is not often that all the spectators from either side can agree on decisions that are made. Without these people giving up their valuable weekend time none of us would be able to run around enjoying our sport. When the opportunity arises please take the time to thank them because without them there is no game.

Okay it's sales pitch time. The Callala Brumbies have a few lines of merchandise available for either purchasing or to pre-order from the canteen on Saturdays, or by contacting Andy, Nat or Jackie through the Facebook website. We have Brumbies beanies that are specially designed to keep those ears warm during the chilly winter evenings in a striking maroon colour for the cheap as chips price of \$10.00. We also have a quality line of black all weather jackets in sizes from Kids size 8 through to Adult size 3XL proudly bearing the Brumbies logo. These will help keep the rain off whilst warding off the winter chill. They are available at the competitive price of \$45.00 for the Kids sizes and \$50.00 for Adult sizes. The club has also re-introduced the classic Brumbies hoody with the Brumbies logo on the front left side, these come in the maroon colour with sizes available from Kids size 6 through to Adult 2XL and are priced from \$30.00 for the smaller sizes through to \$35.00 for the Adult sizes. We will also shortly have a range of Polo shirts and Sports bags available again through the canteen or via the Facebook site, pricing of which is still to be finalised.

That's it for this month, but the Brumbies players are looking forward to seeing the locals down the oval supporting our teams while proudly wearing the maroon and white colours of the Callala district.

Andy Coppin

CALLALA MENS BOWLS

Saturday April 29, 2017 was a big day of bowls at Callala in near perfect Autumn weather. Callala No 5 men's pennant team hosted Nowra in their round 9 game. Both teams started well, the lead changing many times. Anthony Fisher's team drew 20 all with Barry Brown's team. Steve Foley's team went down by 2 shots to D Draper's team and Dennis Beazley's team lost by 3 shots to Barry Hollands team. Nowra won the overall by 5 points, but were stopped in a clean sweep by the draw between Anthony Fisher's team and D Draper's team. Next Saturday will be the last pennant round with Callala travelling to Culburra.



L to R Phill Bowerman, Steve Foley, Garry Manning and Col Neighbour

The weather remained fine but cloudy, Saturday May 6 2017, for the final round of the Grade 5 Men's Pennants held at Culburra Bowling Club.

The lead see-sawed for the first hour or so until Callala took the lead and never looked back winning one game, drawing one and losing one. Callala won the overall score 61 – 47, finishing the season with 8.5 points. Congratulations to all the players.



L to R Steve Irwin and Bob Fowler

The first round of the Men's Triples Championship was played on Saturday, May 13 2017, in fine, cool conditions. Garry Manning, Col Neighbour and Barry Schey defeated Rod Boswell, Steve Blackley and Steve Robinson. Paul Mitchell, Craig Taylor and Greg McMillan defeated Dion Gadd, Pauli Kennedy and Anthony Fisher.

In a hard fought game, Terry Castle, Glenn Brindle and Chris Harbrow defeated Marty Gehrke, Pat Ford and Phill Bowerman by one shot, 18 – 17. An extra end was played to break the deadlock,



L to R Glenn Brindle, Phill Bowerman, Terry Castle and Chris Harbrow

17 all on the 21st end. Congratulations to all the players and thanks to the spectators who were present to support their teams. Next round should be interesting. This coming Saturday, May 20 2017, is the Ladies Tooheys Day. Please make sure you put your name up on the board for this great mixed triples tournament.

CALLALA WOMENS BOWLS



Tracey Semovente with Marker Jan Wright and Audrey Mansfield after the semi final of the Major Singles

Saturday April 29 2017, was a big day of bowls at Callala in near perfect Autumn weather. In the morning, Tracey Semovente played Audrey Mansfield in the semi final of the Major Singles. Tracey took the early lead with Audrey making a comeback in the last 7 ends. Tracey maintained her lead to win the game. Thank you to Jan Wright for marking the game.



Dianne Dawes, Terry McMillan and Lyn Byrne at the Husky Triples

Fine, sunny but cool conditions were the order of the day for the final of the 2017 Women's Major Singles Championship played Saturday, May 6 2017, between Terry McMillan and Tracey Semovente. Tracey opened the scoring by winning the first end. Terry replied by winning the next 3 ends. She continued to increase her lead, winning the game on the 21st end, 25 – 5, the score not indicative of the quality of the game. Congratulations to Terry and Tracey, both worthy opponents. Thank you to Lyn Byrne for marking the game and to the spectators who attended to support the players.



Runner up Tracey Semovente with Winner of the 2017 Major Singles Terry McMillan

On Monday, May 8 2017, two Callala teams travelled to Huskisson Bowling Club to compete in the Triples Tournament.

Although we didn't figure in the final place getters, all agreed it was a great day.

Lyn Byrne



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TAKE 3 FOR THE SEA

THE MESSAGE IS SIMPLE:

Take 3 pieces of rubbish with you when you leave the beach, waterway or...anywhere and you've made a difference.

Here in the Shoalhaven, **Take 3 For the Sea**, a non profit organisation formed to save our oceans from plastic, has partnered with our local Shoalhaven City Council, in an effort to keep our pristine beaches free from debris and plastic and to inspire our local community to help create a cleaner planet for visitors, wildlife and future generations.

HOW IT WORKS

Plastic gets into the ocean in all sorts of ways but most of it comes from land. By preventing the problem in the first place, we can start to make a real impact in reducing plastic pollution.

Picking up other people's rubbish may not be a natural instinct, but our supporters find that they pick up many more than 3 items once they get started!

Join together with friends to Take 3, or make it a mindful moment of your daily or weekly routine and you'll create a new habit that's good for both you and the planet!

If you want to share what you've collected, take a picture and upload it to Instagram or Facebook using the *hashtag* #Take3fortheSea and logging the location. We can then record the number of items that are being removed and measure the tangible difference we're making as a collective!

Pick it up. Bin it.

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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