Callala Bay NEWS

Monthly newsletter of the Callala Bay Community Association



Photos of the Callala Beach Anzac Day service



In this issue

Lest We
Forget
Local
Anzac Day
Services
Pages 19/25

Callala Junior Sailing School

Page 23

Garden Club

Pages 9

Police Report

Page 15

Fun and Fitness Locations

Page 13





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Page 2 - Callala Bay News

CALLALA BAY NEWS

A monthly newsletter of the Callala Bay Community Association Inc: ABN 68031980561



www.callalabaycommunityassociation.com email: admin@callalabaycommunityassociation.com

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INDEX

CBCA update	Page 5
Medical Report	Page 7
Splatters From The Studio	Page 7
Garden Club	Page 9
Anglican Church	Page 11
Fun & Fitness	Page 13
Police Report	Pages15
Community Church	Page 17
Anzac Day 2018	Page 19/25
Junior Sailing Club	Page 23
Community Garden	Pages 25
Healing Power of Onions	Page 27
What's on at the Club	Page 28
Bowls Report	_
Fishing Club	Page 33
Community Contacts	Page 34

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





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How the locals like it.

CBCA Update

The CBCA meeting held on Wed 11 Apr 18 was a lively affair which covered several topics and created spirited and constructive discussions.

These matters were discussed:

- a. The storage shed constructed at the northern end of the change rooms adjacent to the sport field, has been completed and the roller doors have been installed as at 21 Apr 18. A handover date to the Community Hall is yet to be advised.
- b. The Kids Korner before and afternoon child care organisation has closed its Callala doors and will now concentrate its business in Nowra. A replacement organisation is being planned, the details of which will be advised as soon as they are confirmed.
- c. Ms Lilliana Hutchison from the Shoalhaven City Council will be attending the next Community Meeting on 9 May 18. Lillian will be discussing some proposed projects earmarked for Callala Bay utilizing Grant money remaining available from the Path project around the Callala Headland. Suggestions provided to the Council have included additional picnic tables near the Boat Ramp, a covered picnic table located near the skate park and additional seating at strategic points around the Headland.
- d. Beach Access for the Disabled this is an ongoing issue for the Community and the Council has again been asked to provide some advice. The Meeting was advised by Council that there are insufficient funds available for this project. The Association will continue to represent the Callala Community to achieve a successful outcome.
- e. Guidelines for Community Consultative Bodies (CCBs). The Callala Community has been represented in the rewrite of these Guidelines and the document is being tabled at the Council for staff and Councilor comments.

- f. Stairs at the end of the Path. Council has advised the stairs were compliant with local regulations when they initially constructed and there is no funding available for these to be changed to increase accessibility. The Association will continue to pursue a better outcome to this issue.
- g. Pathway. Completion of the path around the headland is anticipated to be end May 18.
- h. Halloran Trust. The Association has been approached to suggest what type of Community facilities it would recommend for the new housing estate. It is very early days and there is a deal of consultation and information required before any firm recommendations re made.

The next meeting of the Community Association is Wed, 9 May 18 commencing at 7:30pm. Pre meeting refreshments will be provided from 7:00pm.

Splatters From The Studio

The Callala Arts Group is progressing well with preparations for the upcoming Callala Winter Arts Festival which will be held on 8, 9 and 10 June. Anyone interested in helping, please contact The Studio and let us know. We would really appreciate all the help we can get.

Application forms for entering your work in either the amateur photography competition or the art prize are available at The Studio or via our face book page. Remember, members of The Callala Arts Group have free entry. Great prizes on offer. We are also organising a Fete to be held at the Callala Community Centre showcasing handmade items as well as local produce. If you'd like a table for one or both days, please contact Sandra on 0439 241 144 or drop into The Studio to book your place. \$20 for one day or \$30 for both days. *Continues on Page 7*



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Please phone: 4447 3851 for appointments, enquiries or after hour calls







Callala Medical Report

Callala medical centre is pleased to announce the new Geriatrician In the Practice program. During the Geriatrician in the Practice program, a local specialist geriatrician from Shoalhave district memorial hospital, Dr Tabitha Hartwell, will come out to Callala medical centre and consult jointly with your family doctor to address any memory related issues.

The goal of the program is to identify those over the age of 65 who are at risk of memory troubles early in the disease, and modify or prevent any decline in cognition. With early treatment of diseases that result in memory decline, we hope that people can remain safe and independent in their own homes for longer periods of time.

If you are interested in participating in this program, please book an initial consultation with your GP or a home visit by one of the Callala medical centre nurses for a Health Assessment for a screening memory test.

In other news, Callala medical centre will be running our flu vaccination clinic in the months April and May. Please ring our friendly receptionists to discuss if you are eligible to receive a government funded flu vaccination.

Splatters From The Studio

We are also planning the family sand sculpture competition once again on Callala Beach.

There will be an opportunity for young artists to take part in workshops at The Studio to prepare for entry in a special Young Artists Award. Please book early as spaces are limited, and more information can be obtained from The Studio, along with entry forms.

Listening to the requests from members and visitors to The Studio, a unique workshop will be offered on 12 May. Dannie will take participants through the process of making a Walking/Hiking Stick. Interested? Book in at The Studio for your place.

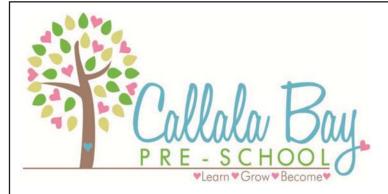
The next exhibition in The Studio will open on 15 June. If you would like to enter your work, please complete a submission form and return it to The Studio. Your work will have to be delivered to The Studio by 13 June to allow sufficient time for hanging.



Col Darley and an attendee at one of our workshops.



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 We are a registered Preschool not a Long Day Care facility



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Garden Club

I hope you all had a wonderful Easter break as my family and friends did while holidaying on the South Coast.

We met many visitors and locals at our plant stall at the Easter Bazaar in Culburra Beach. We shared the hall with the Patch N Chat quilting group and their magnificent display of quilts. A big thankyou to the committee and members who organised the bazaar this year.

At our next meeting in April, the Culburra Beach Orient Point Men's shed will be our guest speakers. We always like catching up with this group as they fill us in on their diverse activities such as making toys and restoring furniture. I hope to tell you more in the next issue.

I am still waiting for an Autumn cool change, so I can start work in the garden again. I need to trim and pull out some of my annuals but as I write this, the weather is still very hot.

Every day my husband and I check our pumpkin vines which have escaped over the lawn in the backyard.

I planted the Kent/Jap variety in October, and the vine is still producing fruit. This pumpkin is smaller than most varieties. It has green and yellow skin with a golden yellow flesh great for quiches, salads or soup and pumpkin scones. I like this variety of pumpkin because it's delicious, easy to cut and when whole, can be stored for months if part of the stalk is left attached. So far, we have picked 10- some we have given away and the rest I use in various recipes.

Pumpkins are easy to grow- I sowed 2 seeds (which I kept from last year) in three clumps in my garden bed. I watered after planting and kept up the watering as the vine grew bigger. If you don't have bees in your garden you can hand -pollinate the female flowers. Pick when the stalk becomes dry and the skin is hard. You will enjoy your harvest as much as we are.

Google Lady Flo Bjelke Petersen's famous pumpkin scone recipe -they really are delicious and easy to make!



If you would like to join us, we meet every 3rd Saturday of the month at the Banksia Senior Citizens Hall, IRT entrance, Culburra Beach at 1.30 pm starting time. Happy gardening!

Doris (secretary) 4446 5631

What to Plant in Autumn

Pansies are an old-fashioned favourite and a close relative of the popular viola. They are a small annual that can be planted now to flower in late autumn to spring. Their flowers come in a variety of styles, most with black in the centre, and can be bicoloured, frilly and even striped. The flowers add a cheery appearance to any garden bed, pot or hanging basket, and love the full sun. They will still grow in partial shade, but may not flower as well. They are great for a garden that needs colour.

Prepare for Bulbs

Autumn is the perfect time to prepare for the planting of bulbs by improving the soil structure of your pots and garden beds. This can be done by mixing through old manure, broken-down composts and dynamic lifter. By doing this in early autumn, your soil will be full of easily absorbed nutrients by the time you sow your spring-flowering bulbs in April.

Top Tips

One rule of pruning is to take off one third of a plant's growth. With hedges, you can often distinguish between darker, older foliage and bright new growth, making for an easy guide to where to trim back to.





CALLALA GALLERY 15 Callala Beach Road, Callala Beach All Artworks on display at the Gallery are For Sale.

Paintings done on commission. Callala Gallery on facebook www.artclassesnowra.com

roslyn.chatham@bigpond.com

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Callala Anglican Church

Anzac Day was remembered on a Wednesday 25 April . For some they used this time to have off work, have a lay in instead of early morning start or maybe they went down to the beach and hung around with family and friends. But for others it was a time when we gave thanks to the many men and women, past and present who give their services to protect their Country. Each year, as the Anzac remembrance comes around, very mixed emotions surface. For some the pain and suffering experienced is so great that all commemoration is tinged with bitterness. Talk of reconciliation and forgiveness provokes anger, and a feeling that no one understands the horror and brutality witnessed or experienced. other the commemoration is the opportunity to acknowledge the horror of war and pay tribute to those who sacrificed themselves or were sacrificed.

One of the tasks of the gospel calls is that of a peacemaker. To be a peacemaker, is to be at the cutting edge of relationships where as we draw closer together in our common humanity we take forgiveness seriously. All participants in war do terrible things to each other. We have to stop looking for someone else to blame and look where our responsibility lies. We have to recognize that within each of us there is potential for evil as well as good – and if we haven't behaved all that badly as individuals, let us give thanks that the grace of God has been at work in us.

What then is forgiveness? We sometimes talk about it as though it is easy. Forgive and forget or let bygones be bygones. Bur we can't forget something that has devastated us, either in war or in personnel circumstances. Forgiveness does not mean letting people off as though what they have done doesn't matter, and it doesn't exclude due punishment.

Forgiveness means setting people free. Forgiveness is not forgetting, its learning to remember differently.

Saying "what happened was wrong and evil and it hurt but I am not going to let it poison my life any more." Forgiveness starts with us being changed, being changed into peacemakers. Being a peacemaker means taking life seriously facing up to its pain and helping people set each other free from memories that lock them into hatred.

When Jesus tried living in a spirit of forgiveness, he was crucified, and he carries the scars for eternity. But its better to have scars than running sores. We remember those killed in wars and those scarred by war, with deep gratitude for their sacrifices they and their families made. We remember because its one of the great Bible Words, calling us back again and again to God's faithfulness and his will that his people should live in love. Each time we meet to share the Lords Supper (Eucharist), we remember Jesus who suffered and was raised to new life so that we might have life in all its fullness. Let us open ourselves up to the possibility that life can be different if we remember.

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

Fun Facts

Australia has over 10,000 beaches. You could visit a new beach everyday for over 27 years.

Catnip is 10 times more effective at repelling mosquitoes than DEET, the main substance used in inspect repellents.





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

Fun and Fitness at Jervis Bay

DAY	ACTIVITY	TIME	VENUE	COST	TEACHER
Monday	Aquarobics Strong Seniors Stretch (& strength) class Yoga (vinyasa flow) Karate (all ages) Social Tennis	10 - 11.30am 10.30 - 11.30am 9 - 10am 6 - 7.30pm 5.30 - 7pm 8 - 11am	Callala Bay Establish Health and Performance (gym), Culburra Culburra Bowling club Callala Community Hall Callala Beach Hall Callala Beach court	Nil \$10 \$2 \$16/\$14 concession \$10 \$5	Karen Gym instructor Margaret Katie Hyde Darren
Tuesday	Strong Seniors Yoga (level 1) International Folk Dancing Yoga (vinyasa flow) Yoga (level 2 vinyasa) Belly Dancing	9.30 - 10.30am 9 - 10.30am 2.30 - 4.30pm 6 - 7.30pm 6 - 7pm 6 - 8pm	Culburra Gym Husky Yoga Studio Callala Bay Progress Hall Culburra Surf Club Husky Yoga Studio Callala Beach Hall	\$10 \$18/\$15 seniors \$5 \$15/\$12 concession \$18/\$15	Instructor Mary Maureen Anna Smallwood Katie Hyde
Wednesday	Aquarobics Yoga (seniors) Tai Chi (beginners/advanced) Yoga (vinyasa flow)	10 - 11.30am 10 - 11.30am 6.30 - 8pm	Callala Bay Husky Yoga Studio Callala Beach Hall Wesley Centre Nowra	Nil \$18/\$15 \$15 \$15/\$12	Lorraine Mary John Graham
Thursday	Strong Seniors Yoga (vinyasa flow) Karate (all ages) Social Tennis	9.30 – 10.30am 6 – 7.30pm 5.30 – 7pm 7 – 9pm	Culburra Gym Callala Bay Progress Hall Callala Beach Hall Callala Beach court	\$10 \$15/\$12 \$10 \$5	Instructor Anna Smallwood Darren
Friday	Aquarobics Yoga (level 2) Strong Seniors Fitness class Stretch (& strength) class	10 - 11.30am 9 - 10.30am 10.30 - 11.30am 10 - 11am 9 - 10am	Callala Bay Husky Yoga Studio Culburra Gym Callala Club Culburra Bowling club	Nil \$18/\$15 \$10 \$4 \$2	Lorraine Mary Instructor Lyn Sue
Saturday	Yoga (level 1) Tai Chi	9 – 10am 8 – 10am	Husky Yoga Studio Callala Community Hall	\$18/\$15 \$15	Brodie John Graham
Sunday	Yoga (Ying Yang flow)	4.30 – 6pm	Husky Yoga Studio	\$18/\$15	Katie Hyde

Venues:

Establish Health and Performance Gym: 6/2 Weston St, Culburra

Husky Yoga Studio: 1/64 Owen St, Huskisson

Callala Community Hall: Emmett St, Callala Bay (opposite the shopping centre/IGA) Callala Beach Community Hall:

Quay Rd, Callala Beach (and tennis court available for hire) Culburra Surf Club: 4 Farrant Ave, Culburra

Callala Bay Progress Hall: 73 Boorawine Terrace, Callala Bay (and tennis court available for hire)

Callala Club (formerly RSL): Callala Beach Rd, Callala Beach Culburra Bowling Club: Prince Edward Ave, Culburra

Wesley Centre: 29 Berry St, Nowra



HOST

LINETTE HARDCASTLE

DATE

TUESDAY 8TH MAY

TIME

9.30AM - 12.30PM

WHERE

CALLALA COMMUNTY
CENTRE EMMETT ST

DETAILS

ENTRY \$5 raffles

www.biggestmorningtea.com.au





Police Report

On The Beat - Stealing from the Beaches

Daylight savings has gone and the days seem shorter, however there have been some hottish days which have been good for going to the beach and having a dip. Most of you will know what I am going to say next, but I know there are some that either ignore the message or don't think about it.

I'll even say it with bold capitols so you know I'm not joking. DO NOT LEAVE YOUR MOBILE PHONE UNATTENDED DOWN THE BEACH. HIDDEN IN A TOWEL OR NOT. YOU RUNTHE RISK OF IT BEING STOLEN. REMEMBER YOUR PHONE CANNOT SWIM SO DOES IT REALLY NEED TO GO TO THE BEACH? This message was in the last on the beat however the practice continues.

Next Morning PCA:

Another timely reminder, due to the number of Police Traffic Operations lately is the next morning PCA. Just say you go to a party, have a great time and unfortunately stop counting your drinks and overdo it. You arrive home in the early hours of the morning and go to bed. 4 or 5 hours later you get up and head off for work. At this time, you may feel pretty good, however the alcohol in your system has not been fully purged and you may well be over the limit. Imagine how you would feel when you get pulled over by Police, blow, fail and get arrested.

What happens to your job? How will you support your family. You do not have to answer these questions if you drink responsibly, don't overdo it and allow plenty of time between your last drink and driving.

As always, in 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**

Domestic and Family Violence Info visit www. police.nsw.gov.au

Shoalhaven Domestic Violence Officers. 44219666 or 44219665

Email shoaldvlo@police.nsw.gov.au

Don't forget. Cops are tops.



Anzac Day Poem The Call

Tell me, oh winds on your far travelled courses Blown from the desert waste, swept from the sea, Tell me, o whispering winds of the wildwood, The ice-floe, the palm frond, the fern frond, the tree, When will the sons that I cherished in childhood, Win back to me?

The men who went forth from the far Riverina, From the sky-line, the coast-line, the green hills, the brown,

The red Queensland rivers, Cape Otway, Coolgardie, And where the Blue Mountains in beauty look down, Or where the young springtime comes, tip-toe and tardy, by old Hobart Town?

Never, Brown Mother, the east wind is answering, Not from the fields where the red poppies dance, Not, says the west, from the ocean roads splendid, Not, says the north where the desert stars glance, Not, says the south, till the last spring is ended in Egypt and France.

Yours were the sons on the last-coming people Eager for combat and hardly to hold, Yours was the flower of the newly born Nation, Now in Valhalla their names are enrolled, Steadfast and splendid ones, taking their nation with the heroes of old.

Call, call no more to them, Mother Australia Deeply they slumber now, free from unrest, Free of the smallness and strife that is ours, The doubts and the broken dreams, surely 'tis best Leave them to fame and the little field flowers The Diggers gone west.

By K.D.

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

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.

Community Church

Here we are in May, where has the year gone? We have experienced a very hot Autumn so far and winter is just around the corner. I wonder what winter will be like? Cold, wet, windy or perhaps mild and pretty ordinary. Despite the technology and science, we still are pretty much in the dark about the future, autonomous cars — unheard of a few decades ago, yet they are already a reality in some places. What about communication, this has changed so rapidly during the last decade; and at the same time, we read how a foreign country can manipulate and control such things as electricity, banking and even defence systems. So, with all these advances are we that much better off than say, 40 years ago?

One of former prime minister Bob Hawke's famous promises was that no child will live in poverty after 1990, this was a promise made from the heart and one that most would like to have become a reality; but, what are the facts?

According to the most recent report by the Australian Council of Social Services, 17.4 per cent of children are living in poverty - that is, 731,000 children.

That is not a good statistic, also housing affordability as placed many families even with two incomes into mortgage stress. Perhaps science and technology doesn't have all the answers! Where then might we find the answer? Yes, I am a Pastor of a Christian church, and there are many examples of the Christian church who have

am a Pastor of a Christian church, and there are many examples of the Christian church who have provided help to the communities in which they are placed, I am also able to freely admit there are also many examples where the church has failed to provide and even worse has been guilty of not protecting the innocent. This is tragic, although it is not the teaching of Jesus, nor is it the message God wants a hurting world to hear. Let me give a couple of examples: As Jesus quoted from the prophet Isaiah he says that he is the fulfillment of this prophecy:

Luke 4:18-19 Living Bible (TLB)

"The Spirit of the Lord is upon me; he has appointed me to preach Good News to the poor; he has sent me to heal the broken hearted and to announce that captives shall be released and the blind shall see, that the downtrodden shall be freed from their oppressors, and that God is ready to give blessings to all who come to him."

Micah 6:8 The Message (MSG)

8 But he's already made it plain how to live, what to do,

what God is looking for in men and women. It's quite simple: Do what is fair and just to your neighbour,

be compassionate and loyal in your love, And don't take yourself too seriously take God seriously.

As Pastor I take seriously the task of being available to our community; anyone who has questions or past hurt about the church, please feel free ring me.

Kevin Kettlewell Pastor 0437338739

Traditional Anzac Biscuit Recipe

The army biscuit, also known as an Anzac wafer or Anzac tile, is essentially a long shelf-life, hard tack biscuit, eaten as a substitute for bread. Unlike bread, though, the biscuits are very, very hard. Some soldiers preferred to grind them up and eat as porridge.

The following recipe has been supplied courtesy of Arnott's Biscuits Limited, through Frank Townsend, Chief Chemist. Originally, the biscuits were baked in large industrial ovens but the recipe has been altered so that one can bake them in a domestic oven.

Recipe on Page 23

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			

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

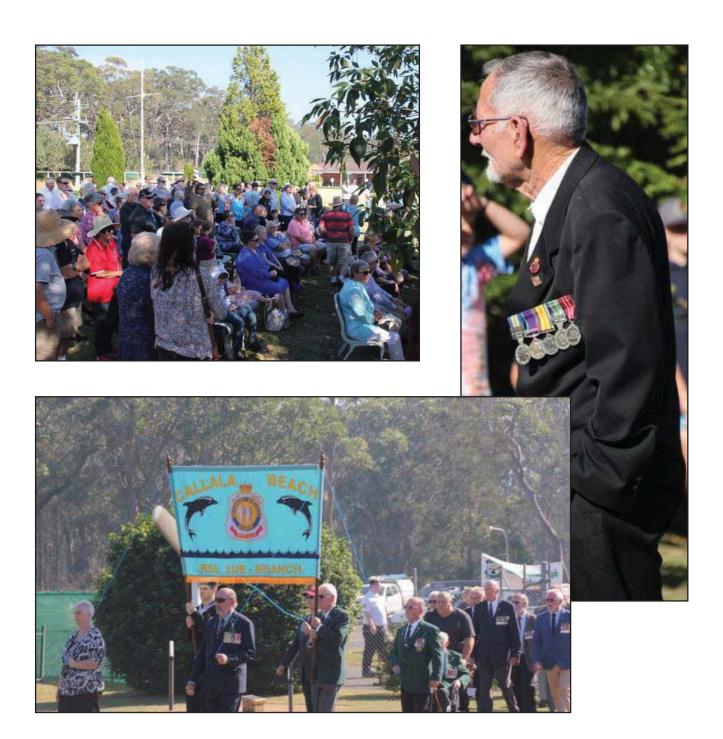
Sunday: 9 am - 11 am

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







Kevin Monsell



BillyWilliams & Garry Macfarlane



Allan Perry





Donovan Davies & Bryan Green

Kevin



The Flag Bearers





Stewert Smith



Gwen Imms, Andrew Dyer, Iris Selby & Robin Imms



Joan Castle, Lyn Byrne, Sue Harvey & Carmen Hall





The cenotaph

CULBURRA & DISTRICT COMMUNITY HEALTH SERVICE

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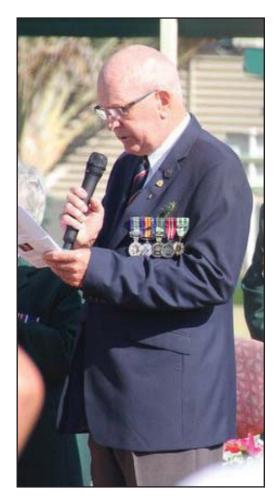
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What's on in May 2018 @

Sun 13th - Mothers Day - Treat Mum to a Special Lunch or Dinner

2 Courses – 2 Mains & 2 Desserts to choose from \$24 each.

Main 1 – Beef Brisket in Asian Masterstock with Asian Greens & Jasmine Rice.

Main 2 – Dory Lime Beurre Blanc, Chives Potatoes & Almond Beans.

Dessert 1 - Pavlova with Passionfruit Coulis

Dessert 2 - Chocolate Cake with White & Dark Chocolate Ganache.

(All Mums receive a free small bottle of Bubbles with their meal)

Bookings – contact the Bistro on 4446 5313 Option 4

Sat 19th - Mickey Bear Karaoke - 7pm in the Bar area (Sorry kids, adults only)

Sat 7th - Christmas in July 2018 + FREE WINE TASTING! (ticket holders only)

July Live Music - Dinner & Show

Wine tasting from 5pm – Dinner served 6:30pm – Show starts 8pm

Tickets on sale now - \$35 each (18+ years only)



Rory's Saltwater Grill

LUNCH - Tuesday - Sunday 12noon to 2.30pm

DINNER - Tuesday - Sunday from 5pm

OPEN 7 DAYS DURING SCHOOL HOLIDAYS

Bookings on 44465313 Option 4

Courtesy Bus available 7 Days call 4446 5313 Option 4 Monday to Saturday from 4pm -Sunday from 3.30pm

Every Friday - 8am to 1pm Callala Golf is offering players with current Australian Golf Link handicap the opportunity of playing 9 holes on our fabulous course for only \$7, & if the player elects to be part of the Chook Run, possibly win a frozen chook!



AUSTRALIAS BIGGEST MORNING TEA - CALLALA STYLE!

Linette of Barefoot Beach and her team of merry helpers have booked Callala Community Centre in Emmett St for this years **Biggest Morning Tea.**

Many of us have sadly been touched by cancer and this annual event is one of Australia's major events to raise funds to eradicate this disease. Initially we are looking for donations for raffles (please dig deep), and on the day -

May 8th we ask for donations of cakes, scones, slices and all things yummy.

Put the date in your diary, tell your friends.

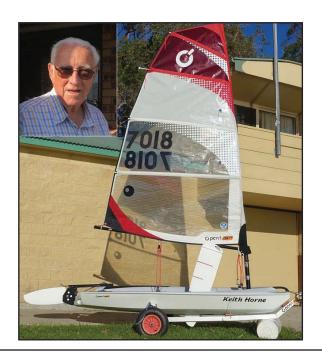
Callala Junior Sailing School

The Callala Junior Sailing School completed its 17th year of operation in the boatshed in Callala Bay which was completed in 2001. Twenty-five students attended the school in the two teaching sessions before and after the January School holidays. In addition, twenty students from the Callala Primary School attended special classes conducted on Fridays for 6 weeks during the same periods.

There is nothing to match the sheer joy and delight on student's faces as they experience the joys of sailing for the first time. Three Open Bic dinghies were added to the training boat fleet using a grant from NSW Local Sports Grant Program. Sadly, Keith Horne, one of the school's founders passed away recently. School members joined with his family to celebrate a wonderful life of community service. One of the Open Bics was named the 'Keith Horne' during a ceremony on the last training day on 14 April 2018 at the boatshed.

The new season will start in October 2018. The Sailing School is run by an enthusiastic group of volunteers who meet each Thursday (0830-1130) for the 'Seafarers' Working Group for chats and maintenance during the winter layoff period. Local men and women who are interested in sailing and 'mucking about with boats' are most welcome to join these activities. Volunteers who teach require a 'working with children' certification. The Sailing School offers classes each Saturday (0830-1130) for 7-14 year old boys and girls during the season (Oct-Dec & Feb-April). The fleet includes Pittwater & Manly Junior Dinghies, Open Bics, Lasers and a number of other boats. So there is a natural progression of boats for juniors of various ages and capabilities, both solo and crewed.

See the website for more details: http://www.callalajuniorsailingschool.org



Anzac Biscuit Recipe

Ingredients sufficient for six biscuits: 200 gm/1.5cups/300 mls flour 400 gm/3 cups/600 mls wholemeal flour 40 gm/5 tbls sugar 20 gm/3 tbls milk powder 1.5 gm/good pinch salt 220 mls water Use self-raising flours.

Place flour, sugar, and milk powder in a large bowl and blend with finger tips. Form into pile and scoop out a hole (well) in the centre. Add all of the water in which the salt has been dissolved. Thoroughly work the flour from the inside of the well into the water until the whole is a mass of lumps of flour and water. Once the dough is formed, transfer it to a table top or pastry board. The dough should now be torn apart, rubbed into balls, and thrown together, and the process repeated until the mass is well mixed and in the form of a hard dough. The dough is then rested for about half an hour. Now roll the dough in 8 mm-thick sheets using a rolling pin and two 8-mm thick guides (wooden slats are ideal), the dough being rolled down between the two guides until the rolling pin rests on the guides during each traverse.

The rolled sheet of dough is then cut into 90 mm squares, preferably by pressing with the edge of a steel rule rather than slicing with a knife. The pressing action helps to join the top and bottom surfaces and will improve the lift on baking

Recipe continues on Page 25



CALLALA BAY SHOP - NOW OPEN

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Callala Community Garden

With an extremely busy month in the Callala Community Garden Admin department, it was great to see some new faces at the March monthly meeting. The membership is growing steadily which would indicate that the shovels are "ready to hit the ground running" – pun intended!

The best news from a month filled with good news and progress was the securing of the block of dirt in Emmett St - across from the shops. Shoalhaven City Council have offered the land on a 5 year lease. The members and guests at the meeting were invited to inspect the block after the meeting.

CCG is now an incorporated body and a bank account has been established at Bendigo Bank.

Presentations have been made to both the Culburra Garden Club and Callala Anglican Church, which has resulted in new memberships. A meeting was also held with our local school to keep them informed of our progress.

Our Facebook page is now active; it will be regularly updated with current happenings

Financially the team is seeking grants, fundraising is underway with a cake stall and Devonshire tea being held at the recent Callala Beach Progress Assn "Trash and Treasure" day, there is a raffle underway which will be drawn May 5 at the next meeting.

Letters have been sent to both the Bay and Beach Community/Progress Assns. seeking financial support during this costly set up period.

CCG have sold bulbs via

"Garden Express Fundraising. In June we will also work in conjunction with the growing Callala Arts Festival supplying

the growing Callala Arts Festival supplying Devonshire teas and soup at the Callala Community Centre.

CCG is currently seeking quotes for fencing. With no water currently connected to the land, CCG has spoken to the doctors at the Callala Medical Centre with a view to plumbing water tanks to their building, the doctors are amenable to this suggestion with further discussions and engineering required.

Discussions are also happening with Shoalhaven Water to have water connected.

Future monthly meetings will be held on the first Saturday of each month at the Callala Community Centre at 2pm, any changes to this will be noted on the Facebook page and this newsletter.

The next meeting is May 5th at 2pm, we look forward to meeting you.

Please direct all enquiries to Robyn Hannan 0417 259 392

Anzac Biscuit Recipe

A cardboard square, 90 mm on each side, can be used as a pattern to ensure uniformity in your tiles. Next, the biscuit squares should be docked by having a regular horizontal and vertical pattern of holes pushed into them at about 18 mm spaces with a flat-ended pin or rod. Push it in until it bottoms, twist slightly, and then withdraw. Repeat at the next position. Each biscuit should have five vertical and five horizontal rows of docker holes, 25 holes in all. There are those at the Memorial who argue for 49 holes (7 x 7) as the authentic number of docker holes.

Place on a lightly greased steel baking sheet, with the biscuits about 6 mm apart, and form a wall around the load with scrap dough to avoid burning the edges of the biscuits. Bake at about 200 degrees centigrade for 30 to 40 minutes on a low shelf in the oven. Take care not to burn them. To achieve a suitable hardness in your biscuits, store for a time in an air-tight container.

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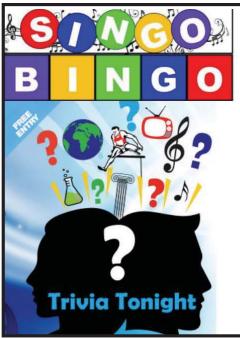


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Healing Power of Onions

The homble onion sitting in your fridge may be more than just the base of a good bolognese sauce, it's said that if you put an onion in the room of a person who is sick, the onion will 'absorb' the illness.

This is not a new idea. Onions were used by people in Europe to successfully fight off the plague. Ayurvedic medicine has been using an onion poultice for the chest or feet to cure coughs, fevers and flus for centuries. They also use the onion poultice to reduce pain and inflammation in the joints. Homeopathic doctors also use the healing power of onions to heal from viruses and illness. And the North American Hutterite community, a pacifist community similar to the Amish whose traditions date back to the 16th century, who say it is common practice to place onions in their homes during winter flu season and to use cut onions in the room of an ill person to relieve their symptoms quickly and naturally. It is said that white onions work better than red onions. Brown onions would be an acceptable alternative, but white onions seem to work best.

The onions need to be peeled if left around the home as a preventive measure against flu and viruses. Many people do this during flu season and find that no one gets sick, whereas in previous years with no onions, they had several members of the family fall ill. If placed around the home for prevention, the onions should be replaced every 3 months.

If someone falls ill with a cough, flu, cold or fever, immediately place a peeled white onion cut in half in a bowl in their room. The onion needs to be cut in half in order to expose the most amount of 'healing power' from its pungent odor.

Cut onions can also be used to eliminate mold smells in a closet, drawer or room.

It's best not to leave a cut onion open in the fridge (to eat later) because as soon as an onion is cut, it will start to absorb bacteria, etc. So, if you cut an onion for a salad, either use the whole thing or put the other half in your garage or basement to absorb bad smells! Once the onion is in a salad in a sealed container, it is safe and can be eaten at a later time.

Perhaps the most interesting onion remedy is the Sock Onion. This is a 'modern-day' version of the Ayurvedic poultice, and involves cutting the white onion in half and placing one half on the bottom of each foot so that the cut onion is against the skin. Place a sock on top of the onion so it stays secure in place and leave the 'Onion Sock' on overnight. This is especially good for flus and fevers.

Health Benefits of Onions

Onions are rich in sulfur-containing compounds that are responsible for their strong odor. Sulfur is a powerful detox element and helps the body to release toxins, especially for the liver. Foods naturally high in sulfur also help the body to detox from heavy metals like lead, arsenic and cadmium.

The onion is the richest dietary source of quercitin, a powerful antioxidant flavonoid that has been shown to thin the blood, lower cholesterol, ward off blood clots, and fight asthma, chronic bronchitis, hay fever, diabetes, atherosclerosis and infections and is even linked to inhibiting certain types of cancer.

Onions are also naturally anti-inflammatory, antibiotic and antiviral. That, of course, is when you eat them!



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THURSDAY

Bowlers Extensive Raffle from 6pm with great prizes Lucky Members Badge Draw!

FRIDAY

Meat Mart Best value Friday night in town Meat Tray prizes with value over \$1,000 – Tickets on sale 6pm Draw commences approx 7pm

SATURDAY

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

SUNDAY

Meat & Seafood Raffle.

Tickets on sale 4pm – Draw starts 5pm



MONDAY

Closing @ 7pm

TUESDAY

Members Good Time Happy Hour 4pm to 6pm – All Drinks Discounted Free Trivia – 6:30pm Start Social Darts from 6:30pm

WEDNESDAY

NPL Poker – Only \$2 to Play 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 12:30pm for 1pm start

> Every day – Barefoot Bowls \$10 per person Everything supplied.



Phone: 02 4446 5313

43 Callala Beach Road, Callala Beach

www.clubcallala.com.au



Callala Men's Bowls

It was a big weekend at Callala, with two home games played on Saturday, March 25, for round 5 of Pennants. The sevens played St Georges Basin defeating the home side. This gave the Callala boys a clean sweep winning the overall 77 - 35 earning us 10 points for the round.

The Fives were not so lucky as they hosted Greenwell Point. Callala only managed to win 1 point for the round.

Sunday, March 25, in hot conditions the semi final of the Major Singles was played. Greg McMillan and Col Neighbour battled it out over 37 ends with the lead changing several times. Greg was the eventual winner, 31 – 25. The other game saw Dennis Beazley and Anthony Fisher in another marathon game, with Anthony the winner, 31 – 27. The final will be a great game between Greg McMillan and Anthony Fisher. Anthony also celebrated his 21st birthday after the game.

It was another busy weekend for both grades of the Callala pennant teams. In gusty conditions, Saturday, April 7, Callala hosted Currarong in their round 6 game in Grade 5. Callala picked up 9 points for the round.

The Grade 7's travelled to Huskisson for their round 6 game but were not so lucky only managing to win one point for the round.

Backing up on Sunday was difficult. The grade 5's travelled to St Georges Basin for their round 7 match. Not a good day for Callala going down 71 – 59.

The Grade 7's travelled to Sussex RSL for their round 7 match and were also unlucky not to pick up a point.

The 8th round of the Pennant season was played in very windy conditions on Saturday, April 14. Both grades had home games with Grade 5 hosting Huskisson and Grade 7 hosting Milton/ Ulladulla. Callala won 2 rinks and the board 71 - 57, giving us 9 points for the round.

The 7's also had success against Milton/Ulladulla in their 8th round. Callala won the overall 67 – 60 and 9 points for the round.

As I write this, both grades are on top of the leader board and have a good chance of winning a Pennant Flag.



Anthony Fisher with Dad Barry Schey, celebrating his 21st birthday



Patrick Ford, Shoalhaven Gutter Cleaning Man of the Match against Huskisson



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Callala Women's Bowls

The Ladies played a pairs social game after the monthly meeting. Jan Wright and Terry McMillan defeated Dianne Dawes and Bev Young 19 – 4. Terry McMillan, Tracey Semovente, Jan Wright, Lyn Byrne, Bev Young And Dianne Dawes participated in the Currarong 6 Aside on Sunday, March 26. To date, Callala won 3 out of our 4 games. Monday, March 26 was the second day of this tournament, although we gave it our best shot, we came against four very strong teams and were unable to win another game.

The first round of the Major Singles was played in fine conditions on Tuesday, April 10. In a hard fought game, Lesley Harbrow defeated Bev Young. On the next rink, Terry McMillan and Dianne Dawes played a great game, with the more experienced Terry winning the match. Petra Ford led Lyn Byrne 6 – 1 on the 5th end. Petra continued to lead until the 16th end. Lyn won the next 7 ends and the game on the 24th end, 23 – 16. Tracey Semovente and Jane Davis played their game in very windy conditions on a fast green, Sunday, April 15. Both girls played well considering the wind gusts were over 50 km at times. Tracey won the game on the 23rd end, 28 - 13. Thank you to all the markers. The second round is shaping up to be very exciting. Results next month.



(back row) Dianne Dawes, Bev Young, Ly Byrne. (front row) Jan Wright, Terry McMillan and Tracey Semovente competing in the 6 Aside Tournament at Currarong.

Pink Barefoot Bowls CHARITY DAY FOR BREAST CANCER RESEARCH

Superb Autumn weather on Easter Saturday, set the scene for a great family afternoon of fun for the annual Pink Barefoot Bowls charity afternoon raising funds for breast cancer research. It was great to see so many people dressed in pink support this afternoon. This event has been held over the past eight years and is the brainchild of Terry McMillan, President of the Callala Women's Bowling Club. What a fantastic afternoon, we raised over \$1700. A big thank you to all who attended and to Terry and her band of helpers



Happy raffle winner Dianne Dawes



Richard and Robyn Wright



Cheyanne Pons, Carmen Hall and Sue Harvey

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WARD ONE

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Clr Andrew Guile
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andrew.guile@shoalhaven.nsw.gov.au

Clr John Wells M: 0412 676 159 john.wells@shoalhaven.nsw.gov.au

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



Clr Greg Watson M: 0412 210 979 watsong@shoalhaven.nsw.gov.au

M: 0434 151 730

WARD THREE





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



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Callala RSL Country Fishing Club

Weigh in held on weekend 24 – 25th March

Well what a wonderful weigh-in we had.

It was an Epic turnout at our Club weigh-in today! It's always great to see more locals and Visitors getting involved in a Passionate sport like Fishing! The Fishing Club has been revamped and we encourage all local and non-local fishing Enthusiasts to come along to our monthly weigh-in's every third weekend of the month!

Lots of competitors, however our new members the Perry family scooped the pool. What a haul they bagged, congratulations to to Flyn (with a Y) and his brother Jayden(also with a Y) They cleaned up the junior prizes. Their dad bagged the prizes as well.

To everybody who came THANK YOU Winners were

- Mens Deep Sea Biggest Catch –
 Paul Gentles
- Mens Deep Sea Biggest fish Michael Perry
- Ladies Deep Sea Biggest Catch Narelle Gentles
- Ladies Deep Sea Biggest fish Melanie Perry
- Mens Bay, River Estuary Biggest
 Catch Denis Beazley
- Mens Bay, River Estuary Biggest fish Toppo
- Junior Boys deep Sea Biggest Catch – Jayden Perry
- Junior Boys Deep Sea Biggest Fish - Flynn Perry

Mystery Fish – Sand flathead – Myrna Barnes Dates for the next fishing weigh-in weekend is

- Midnight Thursday 19th April – until 2pm Sunday 22nd April

Weigh in is held at 2pm, Callala Club, out the back. Come along even if you haven't been fishing or didn't catch any for a fun social afternoon. There will be a raffle, badge draw and finger food. Drinks available for purchase, no BYO.





Anyone interested in joining the Callala Fishing RSL Fishing Club as a Social or Full member, please turn up at the weigh-in or contact via email Callalfishos@hotmail.com
Applications available at Club Callala.
New members, Juniors and Visitors always welcomed.

Facebook – Callala Fishos

Stephen Lawrence, Secretary

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

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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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