

# EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION  
[www.empirebayprogress.org.au](http://www.empirebayprogress.org.au)

AUGUST/SEPT 2021

[empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com)



Adam Henderson

## FROM THE PRESIDENT

What trying times we currently live in, but aren't we lucky to live in our locality, as the drone photos above by Adam Henderson show. Cockle Bay (L) and Brisbane Water providing a wonderful exercise escape. Our waterfront also provides a reprieve from sitting in front of our screens. The local dogs are certainly enjoying their time too walking the streets with their family. Please remember the COVID rules as you are out and about.

During lock down, I managed to complete two grant applications to replace the dying rosemary at the War Memorial and to purchase new sound equipment and a TV for the Hall. Fingers crossed.

**Greenfield Rd**—Due to concerns by residents living on Greenfield Rd, the Progress Association is now in talks with Council about how to stop the speeding. I understand they will be reviewing a few options after lock down.

**Empire Bay Food and Fun Fair**—Lets hope we are not in lock down as this year's Fair on Saturday October 16 is currently being organised. There is a fantastic line up of local talent, many activities to keep the kids occupied, delicious selection of food trucks, local produce and artisan products for sale. It will be a day for all the community, family and friends to enjoy. There are still a couple of stalls inside the Hall available for any baker or food maker so please email me.

**Empire Bay Plant Stall**—After the success of last year's plant stall, the gardeners of Empire Bay are holding a follow up event at the Hall on Saturday 23 October. Please contact [jancconsoli@optusnet.com.au](mailto:jancconsoli@optusnet.com.au)

**100 year celebration of the Hall**—As you will read inside this newsletter, there is a mystery surrounding the date of the completion of the Hall. It is interesting reading. Until we discover the exact date, the celebrations are currently on hold. If you can unlock the mystery or have any photos or further information please get in touch.

## EMPIRE'S D'LITES

### HAPPY 4TH BIRTHDAY

A massive thanks to all our customers for their support over the last four years!

We will continue to stay open during lock down and have all the necessities! If you are looking for anything in particular then don't hesitate to ask.

Ph 4363 1341 or pop into the shop or order online [empiresdlite.company.site](http://empiresdlite.company.site)

Duncan, Genevieve and the team

Please remember that while we are in lock down please remember to wear masks both inside the shop and at the window and sign in using the QR code.



Congratulations to Gen and Duncan—4 years in Empire Bay. We can only thank them for creating such a wonderful place for our community, to mingle, drink great coffee and buy delicious deli food. Lets support them and all the businesses in Empire Bay and surrounding villages as I know as a small business owner it is a very trying time.

Congratulations to Dr Leon Wakefield Clarke who was recently appointed a Member of the Order of Australia (AM) in the 2021 Queen's Birthday Honours List for significant service to medical administration and healthcare delivery. Due to COVID I was unable to interview him for this edition, but hope to include an article all about his life journey in the Oct/Nov edition.

If the Empire Bay Progress Association can provide any advice, support or a walking buddy during these times please contact me. Please get vaccinated because when we do, we aren't just protecting ourselves, but also those around us.

I'll conclude with a few lyrical words from Carole King, the legendary singer/songwriter who provided a remix to her *It's Too Late* song: *It's not too late, baby/it's not too late/And you really are gonna make it/You're gonna be so strong and healthy/when it's your turn, just take it/Don't be too late, baby/Don't hesitate.*

Stay safe. Cheers Carolen [empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com)

## NEXT MEETING EMPIRE BAY PROGRESS ASSOCIATION

Wednesday 18 August at 7.30pm

The Hall, 1-3 Gordon Rd, Empire Bay

**Everyone welcome**

Meetings changed to quarterly on third Wednesday night  
(Last meeting for 2021 will be held on November 17)

## Sorrento Woodfire Pizzeria

Our priority is to ensure you are all safe during the COVID lock down and to let you know our doors are opened.

**A COVID safe venue:** We follow all NSW Government requirements. Masks must be worn and check in is required upon entry. Payment can also be made online, just ask us at time of contact. No contact pickup and delivery.

**Special meal deals:** Check our Facebook & Instagram pages for daily updates.

**Ordering is simple:** Text 0401861250 with your name, order, and time you wish to pick up. We will then confirm when it will be ready.

**Delivery service available:** Search for Sorrento Pizzeria on DoorDash.com. Download the app and use code DOOR2DASH to get \$10 off your first order with them.

**Phone and SMS: 0401 861 250**

We thank you for your understanding.

Stay safe and ci vediamo! See you soon!

#eatpizza #eatgelato #eatlocal

## LOCAL HISTORY

### Four generations have called Empire Bay home

Our early pioneers blazed the way for the new settlers, who arrived on the Central Coast in the early 1900s, when land was sub-divided into small farm holdings. These settlers brought with them new names, skills and experiences. The Adams family name, one of the new settlers, live on through their descendants and adds to the rich history of Empire Bay.

Walking into Brenda (nee Adams) and Brett Simpson's beautifully kept acreage, you suddenly feel the pride Brenda has of her ancestors, and their contribution to the development of Empire Bay from those early settler days. Brenda is a third generation of the Adams family living in Empire Bay. Brenda is a descendent from a mutineer from the Bounty, John Adams, who, with the rest of the mutineers, eventually settled in Norfolk Island.

Brenda's grandfather, Alfred Henry Adams, born on Norfolk Island, immigrated to Sydney in the late 1890's to continue his horticulturist/botanist education. Alfred wanted to be a botanist just like his father. In 1906, he purchased 40 acres (now between Empire Bay Public School and Impact Nursery) to setup his fern cultivating business. Selling to Sydney and overseas customers.

Brenda evokes the stories of her grandfather, "He started to propagate Burrawong Palms on the property which he cultivated, processed and exported to Germany." The local history books also record how Mr Adams paid 4 shillings per thousand for the Burrawong fronds and the maiden hair, which were ironed with hot irons and laid on trestles to dry out before being packed into boxes. "He employed many staff and to conduct his business he would row his boat to Davistown Post Office." Brenda also recalls how her grandfather was instrumental in helping to establish the Post Office at Empire Bay.

The Adams had the only phone in the area so when there was a fire in the district Brenda's grandmother would receive the call and Brenda's cousin would hop on his bike and ride down to the Empire Bay's fire station and ring the fire bell to alert everyone.

Brenda's father, Ernie Adams, was born at Gosford and lived all his life at Empire Bay. He was a dredge operator at Ettalong. "Like my grandfather, Dad would row his boat to work across to Ettalong. Firstly, he would walk over the hill to Killcare Extension, to Jack Riley's house in Mosquito Bay. Returning the same way at the end of the day." Ernie also worked his three oyster leases at Bensville, Killcare Extension and Rileys Island.

Brenda continues, "In 1953, Dad built his home with the help of Harry Beattie and Ray Thomas, whose families were also early settlers of the area. They cut the timber from his land and used draught horses to drag the logs home. He was often called upon to cut and snig timber for the locals." Since she was 3 months old, Brenda has lived on the same land as her father, but the original house was demolished and has now been replaced with a new modern home.

The Adams name is proudly inscribed on the Empire Bay War Memorial. "Five members of my family including Dad, and Uncle George, who was a POW at Changi, are listed on the Empire Bay War Memorial," Brenda sadly remembers.

"My grandchildren attend Empire Bay Primary School, representing the 4th generation of the Adams family attending the school", Brenda smiles.

Today's residents of Empire Bay are incredibly grateful to the forefathers and early settlers who worked hard, shouldered many burdens, survived in isolation and built the community that we all share and enjoy today. Brenda's grandparents, parents, uncles, and aunts are these such folk. Hopefully, their continued descendants will continue to build on our rich heritage, generation after generation.

*Photo:* Brenda Simpson (nee Adams), the 4th generation from the Adams family living in Empire Bay.

*Sources:* *The Brisbane Water Story—Part 3* by C. Swancott; interview with Brenda Simpson; and *Gosford Times* via Trove.

*By Robert Thompson*



### The mystery of the Hall

History is full of unexplained mysteries and the Empire Bay Hall is no exception. So if you love historical riddles, you are in for a treat.

Proudly displayed above the front door of the Hall is a sign dating the building 1922, but historical records from the *Gosford Times and Trove* states otherwise.

With the growing Empire Bay community in the 1920's, there was an increasing need for the residents to improve the village life, and to have a united representation to Erina Council to improve the wharfs, roads, drainage and recreational facilities in the village.

In November 1923, a group of residents formed the Empire Bay Progress Association. They met in the local Parish Hall. Mr J. Bell was elected as President.

Over the subsequent months, the EBPA quickly established a Constitution, and a priority list of issues to be addressed for the benefit of the local residents. During the 1923 to 1926 period the meetings were held "on Saturday before full moon" in the local Parish Hall.

During December 1926, Mr Myler handed the EBPA a "Deed of Gift" for 2 blocks of land (1-3 Gordon Rd) on which the Progress Hall is to be built. The locals quickly formed "Building Fund" activities.

By Feb, 1929, plans were submitted to Erina Council for the erection of a Progress Hall on the Gordon Rd property. It seems like it wasn't until November 1937 that the building plans were approved and in 1938 it was reported that a 'club room' had been built.

So the quandary is that the exact date at which the Hall was completed is unknown. The *Gosford Times*, 1933, reports the Progress Hall being used for local meetings and events.

Another mystery, as the image below shows, why does the sign on the Hall show 1922-2002? Until we can solve this mystery, the Centenary celebrations are on hold :)

If anyone has any further information, photos or details please email [empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com) Editor



### Did you know

Brisbane Water was named in 1825 in honour of Sir Thomas Brisbane, a Governor of New South Wales between 1820 and 1825.

Brisbane Water is part of the traditional lands of the Darkinjung and Kuringgai Aboriginal peoples. Places of significance to Aboriginal people located in the area surrounding Brisbane Water that are listed on the Register of the National Estate include Daleys Point area and Staples Lookout, west of Woy Woy.

Initial colonial explorers of the area were assisted by Bungaree, a leader of the Kuringgai tribe who went on to assist Phillip Parker King and Matthew Flinders in the circumnavigation of Australia.

*Image:* Bungaree by Augustus Earle (1826)

*Source:* Wikipedia



*Editor*

## SUPPORT LOCAL BUSINESS

### JF Landscaping—No ordinary landscaper

If you are looking for a local landscaper who provides quality workmanship in all areas of landscaping with a focus on sustainability and permaculture, then you need to contact JF Landscaping.

Jake Fugar, owner, lives and breathes gardens. He is a qualified landscaper and has a passion for sustainable land management and bush regeneration.

He studied structural engineering, but after 3 years he realised that a life behind a desk and screen wasn't for him. He returned to landscaping, which he had been doing part-time since his young years growing up on a rural property.

Jake is no ordinary landscaper. Thoughtful design, including careful material selection (opting for natural/recycled materials) and plant selection (encouraging native plants and bird/bee-attracting plants) is his forte. He has a particular passion for stonework and greatly value its beauty.

Jake completed a permaculture design course at Brogo Permaculture, incorporating it into his landscape design. Permaculture is a framework for designing landscapes which mimic the patterns found in nature, while yielding an abundance of food, energy etc. His love of permaculture design and building veggie gardens and wicking beds, creates the perfect spaces for people to grow food.

He can also build all types of structural landscaping and gardening requirements including decking and paving.

Jake is a dedicated landscaper who can apply his technical engineering knowledge and designing properties with minimal environmental impact to any job.

**Jake.fugar@gmail.com 0408 468 792**

**Instagram: @jakefugar**



### TRIPZ TRANSFERS—Getting you to your destination on time, safely and smiling

TRIPZ Transfers is a local business located at Empire Bay. Started by Terri and Gary Benjamin 3yrs ago, their business is at the heart of keeping our community moving, providing transport services with 3 vehicles including a 7 and 14 seater to suit most travel requirements.

After retiring from their 25yr careers in the welfare sector and with a wide understanding of the needs of the community, they both took to the driver's seat to best use their personalities and experience. It was after moving to Empire Bay that they both realised that TRIPZ was what they wanted to be doing and they have never looked back.



As a husband and wife team that are both empathetic and understanding to the needs of all individuals. Working with youth and the elderly in residential care, foster care, disability home care and transit police, they understand the needs of individuals who may require personal assistance and provide an empathetic and supportive experience to get them to their destination.

Family and friends and developing community networks and friendships are also important to Terri and Gary. They reside in multiple dwellings on the same property with their daughter and her husband and 3 grandchildren, keeping busy as youthful grandparents.

Whether you are going on holidays, visiting a winery in the Hunter Valley with friends or nervous to be visiting a medical specialist, they will get you there on time, safely and smiling.

If you want to enjoy a ride of a lifetime then please contact:

**Terri and Gary 0422 066 401**

**Tripz.transfers@hotmail.com**

**Or on Facebook and the Empire Bay Chit Chat page**

**NDIS approved**

## OUR CHILDREN

### Empire Bay Public School

In 2015, a group of parents came together with the Community Liaison Officer at the school and proposed a plan to refurbish the vegetable gardens and the chicken coop area behind the Year 6 classrooms.

For three years this wonderful group of parents spent hours revamping the existing foundations, provided many years ago by Rotary Umina. The Garden Group planned and ran two major fundraisers to pay for upgrades and supplies and selected students to attend garden lessons.

In 2019, the group could no longer commit to the time and energy involved and the garden area was handed back to the school, in beautiful condition.

In 2020, the gardens became overgrown and there were no chickens in residence. Teachers at the school spent what time they could up-keeping the area. During lock-down the frog pond was cleaned-up, the beds cleared and 9 new chickens were enrolled at the school. But it wasn't until a donation of a substantial amount of money came from Jan Consoli and the Empire Bay Progress Association, that a plan began to form. A plan that brought the classroom out into the garden and then into the kitchen.

This donation enabled teachers to purchase tools, soil and seeds and even a few fruit trees. But most importantly, the donation paid for 20 garden beds. 'A garden bed for every classroom' was the vision and this donation made it a reality.

With support from Empire Bay's Principal, Ms Champion, and further funds, the existing 'Kidzshed' was converted into a kitchen. The school was able to establish a program for 2021, and beyond, that allows all students from Kindergarten to Year 6 to plan, plant, maintain and harvest their own garden bed. And then cook with their

produce! In their primary years all students will experience planting and then cooking in every season.

This is a very important part of Empire Bay Public's four year sustainability initiative. This initiative will look into areas of energy and water conservation, waste management and improved biodiversity.

Empire Bay Public School recognises the importance of community involvement and is constantly finding expertise and support from members and businesses in the community. The Empire Bay Progress Association is a relationship that the school has valued for many years.

Thank you Empire Bay Progress Association!

**Lisa Maddick**

### Coast Christian School

This term has commenced in the middle of a lockdown and the uncertainty such a situation brings. Nevertheless, we are looking forward to lots of learning opportunities (whether in classrooms or online)

We celebrated and participated in NAIDOC week. Book week, Fathers' Day, Mini Fair, Healthy Harold, tending our garden, cooking, carnivals, excursions and lots of other exciting events too. We are blessed with fantastic staff, awesome kids and a wonderful parent body. If you are considering joining us at Coast, or just would like to organise a visit to find out more, please give our office a ring on 43683377 or connect with us via our website.

We have very limited places remaining for Prep and Kinder in 2022, so act now to avoid missing out if positions in these classes are of interest. Ring the office or drop in one day for a tour.

**Contact Melanie 4368 3377 for a personal tour  
www.coastcs.nsw.edu.au**

## OUR COMMUNITY

### Empire Bay/Bensville Rural Fire Brigade

Covid is making an impact yet again. Training and meetings are online and crews are reduced to 4 from 6 for fire calls. Calls have consisted of ambulance assistance and a number of fire pit calls giving off a lot of smoke. Please only burn well seasoned wood when using outdoor heating and cooking.

The RFS is holding Get Ready Weekend 11 and 12 September in preparation for the Fire Season starting 1st October. information will be in the media soon. We have decided to hold ours on the 16 October in conjunction with the Empire Bay Progress Association Spring Fair. We are hoping to see all the community there.

Rural property owners hazard reducing or pile burning preparing for the fire season, before lighting that fire you must have approval and contact fire control prior to lighting it. Central Coast Council Open Pile Burning Policy - 2019 must be adhered to.

Further information is available at the NSW Rural Fire Service website or contacting our Central Coast District Office .

**Cheers Rex Parker, Brigade Community Engagement Rep  
Central Coast District Office on 1300 060 807**

or visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

### Empire Bay Fishing Club

Well it's been a mixed bag (restriction wise) and we hope you have all weathered it well. The good news is that fishing is still allowed during a lockdown for recreational exercise, but stay on top of the rules and do your bit to get us all back to a normal life as quickly as possible.

Unfortunately, July weigh-in was cancelled, but it should have given everyone a chance to check and prepare their gear for the rest of the season.

Check your life jackets, ensure they are all up to date if you use the auto inflatable kind. Make sure all your safety gear is in order and readily available in case of emergency. A complete safety check list is available here: <https://rms.nsw.gov.au/documents/maritime/safety-rules/publications/boating-safety-checklist-brochure.pdf>

It's also a good time to check your trailer bearings, tyres, chains etc. It could be the difference between a great day's fishing and a rubbish day on the side of the road.

As usual the competition scores, photos etc are available on the website and at last count (July) it was a Summerhayes whitewash, seniors and juniors.

**by EBFC**

[empirebayfishingclub@gmail.com](mailto:empirebayfishingclub@gmail.com)

<https://empirebayfishingclub.wixsite.com/nsw-central-coast>

### PROBUS—Fun, Friendship & Fellowship in Retirement

Empire Bay Probus Club had to cancel all our July activities, but hopefully we'll be able to meet at the Umina Club on Thursday 5th August for our regular club monthly meeting. Visitors are always welcome if you are inquisitive about the Probus movement offering friendship, new adventures and fun in retirement. Until then STAY AT HOME AND RENOVATE.

<https://www.probussouthpacific.org/microsites/empirebay>  
**Gaynor, Secretary, 0435 593 595**

### Community Plant Stall—23 October

After the success of last year's plant stall, the gardeners of Empire Bay are holding a follow up event at the Hall.

Featuring the Blue Wave Auxiliary selling their delicious range of home made jams, chutneys, slices and cakes; Dudley Garden Creations; Indigenous art display by Claudia Kent and demonstration of bonsai techniques.

So get potty and start propagating, all plant donations welcome. Money raised will be donated to Empire Bay Public School and Empire Bay Rural Fire Brigade.

If you have any plants or clippings you would like to donate please contact Jan Consoli—[janconsoli@optusnet.com.au](mailto:janconsoli@optusnet.com.au) or 0402 246 427

## PET CORNER

### A True Blue Aussie Classic

Let's talk about a true blue classic breed - the Australian Cattle Dog. Originating in Australia in the 19th Century, bred to work untamed cattle, across rugged country and vast distances. Living to around 15 years of age, they're strong, robust and have great stamina. Tenacious and feisty they are a breed requiring decisive leadership.

The cattle industry takes only a few of the dogs bred each year, the majority going to a variety of homes outside of the rural industry. As a suburban owner or prospective owner of a Cattle Dog, what should you be aware of?

They have a physical style of play with other dogs, so if you already have another dog ensure it will cope with the physicality of a cattle dog. It is important that you supervise your cattle dog at the dog park or other off-leash areas.

They love space to run and regular mental and physical exercise. If you're a lounge lizard this isn't the dog for you. This breed thrives on having a job, teach them a task and keep them busy and stimulated. Use their loyalty and work ethic to teach them a variety of behaviours, and they'll be a great addition to your family.

A friend of mine, a highly respected breeder says, "The more training you put into your cattle dog as a young dog the better they turn out. A well behaved one is the best dog you'll ever own, and an untrained one is the worst dog you'll ever own." If you're thinking about owning a Cattle Dog or would like assistance training your dog, contact our Animal Talent call Louise:

**0437 148 402 or info@animaltalent.com.au**



Facebook, YouTube

[www.animaltalent.com.au](http://www.animaltalent.com.au)

Louise Harding - Author & Canine Behaviour

## COMMUNITY ANNOUNCEMENT

### Watch our for Scammers

During the pandemic, a number of scams are having a huge impact on our community. Please be aware of these scammers. Scammers are very clever and very convincing.

Typically, they will pretend to represent a well-known company and offer a service, for example, pretending to be a bank, public utility or a computer company, including Telstra and the NBN. Their goal is to gain access to your computer, copy personal information and use that information for themselves. Foremost, these individuals will try to have you agree to use their shareware programs, so they can see your computer in the same fashion as you see yourself. Shareware allows scammers to copy your files or hold your files for ransom. Please do not share your computer with them.

A current scheme is to telephone you to make an appointment for a technician to come to your house to replace the copper cable with fibre to your home. They will even name the technician and suggest a date and time. This move is a scam. Next, they will ask you to run a few speed checks on your computer and tell you your computer is running slowly and say the upgrade will be beneficial.

Next comes the trap, as they will ask you to log onto an online site, which has a shareware program to access your computer as if you are using it yourself. Hang-up.

The scammer might say they need a technician to run tests on your modem. They are only after your information. If you sound hesitant, the scammer might try to direct you to a URL address. Look closely at the extension after the full stop. Often it will be unfamiliar. The scammer is using a VPN routing messages through other countries. Hopefully, beforehand, you will have hung the deceiver.

Please note, the NBN will not contact you directly. Anything to do with your Internet and broadband will come through your provider e.g., Telstra, Optus, Foxtel and others.

**Attend my talk on 'How to manage your cybersecurity'  
August 18 meeting of the EBPA, 7.30pm, Empire Bay Hall (COVID permitted)**

**Carolyn Sinclair**

## Garry McNamara

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Sun: Closed

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## Buddhist Meditation Class

Tues 10am - Meditation & Qi Gong

Wed 7pm - Taeguek Breathing Meditation & Dangong

Sat 6.30am - Meditation & Qi Gong

Sun 10.30am - Meditation, Qi Gong, Scripture & Dharma Talk

**Monthly retreat - last Sunday of month at 9am**

Gift Shop: 1-4pm daily

**20 Bundaleer Cr, Bensville**

**Ph: 4368 2393**

[info@wonbuddhism.org.au](mailto:info@wonbuddhism.org.au)

[www.wonbuddhism.org.au](http://www.wonbuddhism.org.au)

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**Tel: 4368 1667**

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## EMPIRE BAY LIQUOR STAX

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[admin@prettybeachpreschool.com.au](mailto:admin@prettybeachpreschool.com.au)

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## Coast CHRISTIAN SCHOOL

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**Contact Melanie on 4368 3377  
to arrange a school tour.**

Limited vacancies in all classes.

37-39 Bundaleer Crescent, Bensville

## OUR CENOTAPH FLAG



If you have lost a family member, a friend or a neighbour please advise Robert Thompson so we can lower our Cenotaph Flag as a mark of respect.

Robert Thompson 0408 415 765

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email: bjaspalting@bigpond.com

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**Contact: Ben Nash 0430 048 688**

## VALE

### **Robert (Bob) Peson**

Late of Greenfield Road, Empire Bay.

Sadly missed by Eve (Mum), Cheryl, Bart and family and the Empire Bay Community.

### **Roger Malpas**

Late of Union Street, Bensville.

Much loved by his wife Lesley and family and Bensville Community. He was known in the community as the man who made model boats and planes in his garage.

### **Kevin Kenyon**

Sadly missed by family and friends and the Empire Bay Community.

### **Tom Barton**

Late of Umina & a valued friend of Empire Bay. Sadly missed by Josie (wife), David, Angela, Sarah, John, family, friends and the Empire Bay Community.

## HALL TIMETABLE

### **MONDAY**

8.15am-9.15am, Gentle Yoga with Julie  
9.30am-10.30am, Morning Yoga with Julie  
2.00pm-2.30pm, MH Dance with Mikayla  
6.00pm-7.00pm, Yoga with Julie  
7.00pm-8.00pm, PT Group Fitness Training with Tony

### **TUESDAY**

9.00am-12.00pm, Scrabble, all levels  
5.30pm-7.00pm, Tae Kwon Do Academy with Jo  
7.15pm-8.15pm, Pilates with Angie

### **WEDNESDAY**

10am-11am, Zumba with Kim  
3:30pm-4:30pm, MH Dance Academy with Mikayla  
5:15pm-6:45pm, Nurture Works Namaste Yoga with Nicole  
7.30pm-9.00pm, Empire Bay Progress Association (EBPA)  
3rd Wednesday in February, May, August, November  
(meetings now held quarterly)  
7.00pm—8.00pm, PT Group Fitness Training with Tony  
(on the night of the Progress meeting please contact Tony for details)

### **THURSDAY**

9.15am-10.15am, beginners Tai Chi with Alain  
10.30am-11.30am, (advanced) Tai Chi with Alain  
6.15pm-7.15pm, Pilates with Angie

### **FRIDAY**

9.30am-10.30am, MH Dance Academy with Mikayla  
7.00pm-8.00pm, PT Group Fitness Training with Tony

**Yoga** with Julie on 0438 228 372: build core strength, become more aware of your body and mind and be calm.

**MH Dance Academy** with Mikayla Holt on 0404 824 775: RAD ballet, Jazz, Cheer, Acrobatics, Lyrical, hip hop, etc for 18 months- 25+.

**PT Group Fitness Training** with Tony on 0466 303 700: for all fitness levels, over 16. Great social atmosphere while you get fit, burn fat.

**Scrabble** contact Shirley on 4369 2034: caters for all levels. Everyone is welcome.

**Tae Kwon Do** with Jo Brannighan on 0422 278 081: increase your fitness, confidence, improve concentration and learn self defence.

**What's It All About Pilates** with Angie on 0438 171 134: start from the very beginning with breathing. Additional exercises will be added tailored to your ability.

**EBPA**, contact empirebayprogress@gmail.com

**Zumba** with Kim on 0428 465 551: for all ages and entry levels. Enjoy the music and laughter and hopefully walk away feeling lighter and happier.

**Nurture Works Namaste Yoga** with Nicole 0404 842 601: gentle but powerful practice to maintain a healthy, joyful mind/body.

**Tai Chi & Qigong** with Alain on 0422 795 365: gentle form of exercise, described as meditation in motion.



### **Lucy Wicks**

#### **What is important to the community**

If Lucy can be of assistance in any way or if you would like to arrange a coffee with her, please don't hesitate to contact Lucy's office: **(02) 4322 2400 or** [lucy.wicks.mp@aph.gov.au](mailto:lucy.wicks.mp@aph.gov.au)

4322 2400 lucy.wicks.mp@aph.gov.au

lucywicksmp.com LucyWicksMP

Authorised by Lucy Wicks MP, Liberal Party of Australia,  
69 Central Coast Hwy, West Gosford NSW 2250

## EMPIRE BAY TENNIS COURTS

BOOKINGS: Empire's D'Lite 4363 1341

COACHING: Maurice 0481 040 105, mauricemurphytennis@mail.com

## SCRABBLE—Everyone is welcome from beginners to experts

You can come for 1 game or play for 3 hours, it's up to you. Tuesday at 9.00am to 12.00pm at Empire Bay Progress Hall

## BUSH CARE: Ring Nicola Booth— 0436 685 155

Back of Tennis Courts – 2nd Sunday of month from 9.00am

## JUSTICE OF THE PEACE

Robert Madden 0417 291 641; Hart Peters 0417 764 687

## BOOKMOBILE: DAYS AND TIMES HAVE CHANGED

Thursday, July 29; Aug 12 & 26; Sept 9 & 23

Bensville near Kallaroo Road park —12.45pm - 1.30pm

Empire Bay Opposite Post Boxes—1.45pm - 2.30pm

## NEXT MEETING

### **EMPIRE BAY PROGRESS ASSOCIATION**

**Wednesday 18 August at 7.30pm**

The Hall, 1-3 Gordon Rd, Empire Bay

**Stay for coffee**

**Everyone welcome**

## BOOK OUR AIR CONDITIONED HALL?

**Weddings Anniversaries Birthdays Farewells Wakes—**  
Ducted air-conditioning, kitchen facilities including fridge, oven, microwave, tea & coffee making facilities, accessible bathroom inside and outside, enclosed secure garden area, plenty of chairs and tables for both inside and outside, BBQ, TV & DVD player with overhead monitor.

**Hall hire information available on our website -**  
[empirebayprogress.org.au/hall-hire](http://empirebayprogress.org.au/hall-hire)

Check the hall booking calendar on the website to check date is available and then contact Sharon, Hall Booking Officer on [EBHallbookings@gmail.com](mailto:EBHallbookings@gmail.com) or 0457 650 955 9am to 5pm weekdays only.

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