

COMMUNITY

Won Buddhism—Let's cultivate our minds

Countless number of people are living in significant mental pain and suffering. Unfortunately, Coronavirus is causing additional anguish and stress.

Under these dire circumstances, it is of paramount importance to cultivate our minds. A strong and healthy mind builds up resistance to negative thinking, fosters a positive outlook and long-term perspective, and focuses on the task at hand. This better equips us to withstand and endure the trials and tribulations of life.

A few weeks ago, we planted in the vegetable garden some seeds of coriander, lettuce, and other vegetables. From the next day for a week, the weather was rough with strong winds and pouring rain. We were worried whether the seeds would germinate. However, a week later, the seeds overcame the heavy rain and wind, and began to germinate.

Life is not all bed of roses. There are times when we experience joy and happiness, but there are also occasions of pain and suffering, when we can struggle to cope. In these difficult times, we can forget to trust and rely on our strong minds, and we can get trapped and overcome by our emotions.

However, just as we train our bodies to strengthen our bodies and improve our physical health, we can train our minds to strengthen our minds and improve our mental health. We can cultivate the huge potential strength of our minds to become more resilient, grateful, forgiving, and loving. We will improve our self-esteem, reduce stress, develop a positive attitude, and better control our emotions to achieve a calm and peaceful state of mind. If we pause our thoughts and we listen to our inner voices through meditation and training, then we will discover our hidden abilities and strengths and apply them with purpose and confidence to realise our goals in life and hope for a better future.

* Let's cultivate the power of our minds with positive and good thoughts.

* Let's discover our inner self with constant meditation and training of the mind.

* Let's replace the burden that is in our hearts with the power of our minds.

NOTE: Due to COVID there are no activities for fun in retirement. Hopefully restrictions will be lifted soon.

NEXT MEETING

EMPIRE BAY PROGRESS ASSOCIATION

Tuesday, 16 June at 7.30pm

The Hall, 1-3 Gordon Rd, Empire Bay
Everyone welcome.

BOOKMOBILE— During COVID -19 please contact library
Empire Bay Opp old Post Office, Kendall Rd at 9.30-10am
Bensville near Kallaroo Road park at 11.40am-12.30pm

JUSTICE OF THE PEACE

Allan Ferguson — 0407 398 453; Ray Rumble— 4363 1129

BUSH CARE: Ring Nicola Booth— 0436 685 155

Back of Tennis Courts – 3rd Sunday of month from 9.00am

BOOK OUR AIR CONDITIONED HALL?

Please contact Hall Booking Officer (M-F: 9am-5pm):

Shannon Kelly on 0457 650 955

EBHallbookings@gmail.com

HALL TIMETABLE

When restrictions are lifted

MONDAY

Yoga: Julie on 0438 228 372 (note: absent May 3-25 inc)

8.15am to 9.15am, Gentle Yoga

9.30am To 10.30am, Morning Yoga

6pm to 7pm, Yoga

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

2.00pm-2:30pm

Tony PT Fitness Class: Anthony on 0466 303 700

7:30pm to 8:30pm

TUESDAY

Scrabble: All levels Shirley on 4369 2034

9.00am to 12.00pm

Bouddi Seniors: Bess on 4363 2024

12.30pm to 2.30pm, 2nd Tuesday of the Month

Australian Independent Tae Kwon Do Academy

5.30pm to 7pm Jo Brannighan 0422 278 081

Positive Change Fitness

7-7:45pm boxing classes Amanda 0478 686 634

Empire Bay Progress Association meeting:

Contact Carolen - empirebayprogress@gmail.com

7.30pm to 9.00pm, 3rd Tuesday of February, April, June,

August, October and December

WEDNESDAY

Tony PT Group and Personal Training:

9.30—10.30am Anthony O'Brien 0466 303 700

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

3:30 - 4:30pm

Nurture Works Namaste Yoga: Nicole 0404 842 601

5:30pm to 6:45pm

Tony PT Group and Personal Training:

7pm to 8pm Anthony O'Brien 0466 303 700

THURSDAY

Tai Chi: Alain on 0422 795 365

9.15am to 10.15am Beginners

Empire Bay Probus Club

Secretary, Gayna McIntosh, 4369 7746 or 0435 593 595

1.00pm to 3.30pm first Thursday of each month

Positive Change Fitness: Amanda 0478 686 634

6.15-7.15pm for all levels of fitness

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

7:30-9pm

FRIDAY

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

9.30am-10.00am

Scrabble caters for all levels. Everyone is welcome.

Bouddi Seniors meet other seniors with regular outings.

Yoga Yoga teaches us how to build core strength, become more aware of our body and mind and how to be calm.

Nurture Works Namaste Yoga: gentle but powerful practice to maintain a healthy, joyful mind/body.

Tai Chi & Qigong: instructor Alain leads the group through this gentle form of exercise, which has been described as meditation in motion.

Tae Kwon Do everyone who want to increase their fitness, confidence, improve concentration and learn self defence.

Tony PT Group and Personal Training for all fitness levels, over 16. Great social atmosphere why you get fit, burn fat.

Positive Change Fitness is for any level of fitness at a \$10 per session come along and enjoy BoxFit/Strength/HIIT

Mikayla Holt MH Dance Academy is dance classes for RAD ballet, Jazz, Cheer, Acrobatics, Lyrical, hip hop, etc for 18 months- 25+.

EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION

www.empirebayprogress.org.au

JUNE/JULY 2020

empirebayprogress@gmail.com



Andrew Murray

FROM THE PRESIDENT

WELCOME!

Since the last newsletter, COVID has disrupted our lives, but as the restrictions are lifting lets support each other and our small businesses. It was fabulous to see the community walking, bike riding and waiving at each other, keeping the spirit of our community alive. Lets continue!

Jon Bye will commence the repairs to the Empire Bay Cenotaph soon. The work will include rake out and repoint all mortar joints, retool and clean base, mortar repairs to missing areas of base and shaft and re-paint inscriptions.

The Progress Association has provided a defibrillator to protect the hearts of our community. It will be available at Empire's D'Lite during store opening hours. This has been made possible due to a donation from the Empire Bay Fishing Club and a private donor. Big thank you to the fishies, Duncan and Gen and Robert Thompson for organising it.

As President, I have been successful in applying for grants. Our Hall has been upgraded, we have a new gateway to the Bay-Greenfield Rd, Shelly Rd is currently being reviewed and we have a new park about to open. I have been kept busy. And a new website :)

Special thank you to Adam Crouch for supporting our community and organising a donation from the NSW Government to cover the costs of the new drainage and flooding mitigation which has been installed at the Hall, under the supervision of Warwick Homer.

Greenfield Rd is near completion. PLEASE abide by the speed limit and don't use it as a speeding track. We will miss our 'lollypop' man.

NEXT MEETING OF THE PROGRESS ASSOCIATION

Tuesday, June 16 at 7.30pm

The Hall, 1-3 Gordon Rd, Empire Bay
Everyone welcome.

Note: If postponed due to COVID-19, refer to Chit Chat

Pump Park: The concrete has been poured for the furniture slabs and installation should be completed soon, pending wet weather. The fitness equipment is to be installed and the concreting of the pump track is completed. Rubber wear surfacing for both the pump track and fitness equipment areas will also commence soon. The bouldering wall installation and the tennis court fencing is due soon. The fencing and new line marking on the carpark will be at the completion of the project (end June/early July).

I have bumped into the very excited band of kids who visit the site daily to check out the progress. I'm sure they and the whole community will be excited with the end result! We hope that COVID restrictions are lifted in time for all of us to enjoy this new facility! Thank you to Emma from Council.

On behalf of the Progress Association, be safe and enjoy the lifting of restrictions, but keep to the social distancing laws. Great news too, school is back!

Cheers Carolen :) empirebayprogress@gmail.com

PS Our Food and Fun Fair in October is being planned. Hopefully restrictions will be lifted. If you would like a food stall or can help with volunteering or social media, please contact me.

Delicious delights from Empire's D'Lite

Thank you to all the community for your continued support. Due to the current restrictions of the 4m2 rule we are still unable to offer dine-in options, however, we will continue to offer takeaway, online ordering, and delivery.

We continue to stock all our new products including fresh meat and prepared meals, along with our expanded cheese and antipasto offering. No need to cook, just come in to the store, order online or phone us and we can organise a delicious grazing plate or a meal for all your family. Don't forget to visit us and enjoy our 'Best on the Central Coast' coffee.

Keep up to date with all our services and products and access our online ordering and delivery at -
<https://empiredlite.company.site/>

From Duncan, Genevieve and the team— Ph 4363 1341

LOCAL HISTORY

Early Days of the Empire Bay Bush Fire Brigade

Have you ever wondered about the early days of our Bushfire Brigade on Shelly Beach Road?

Bushfires were as common in the early days as they are now.



The Empire Bay brigade was formed in December 1951 with 17 members. Within 2 years the brigade members built the fire station which was officially opened in November 1953. It was the only dedicated Bush Fire Station in the Gosford Shire at the time.

By 1954, the brigade had collected enough funds to purchase a truck which they converted with a water tank, knapsack pumps and leather beaters (sheets of leather on the end of long poles) to stamp out the flames. During these early days there were always minor outbreaks, but it was the fire of December 1954 which threatened homes and property in the Bay that tested the Empire Bay brigade, burning 10 acres. Interestingly, the *Gosford Times* reported the fire was suspected of being started by a fallen power cable which "no doubt had been cut by a bullet from a rifle". The threat forced several families to camp near the boat ramp for a few days. No homes were lost.

In the 1950's, the brigade adopted the plan of placing knapsack sprays in the care of responsible persons at danger points and this policy paid dividends as several small fires were quickly extinguished without calling the brigade. This 'decentralising' of equipment, adopted by Empire Bay brigade, was instrumental in restricting damage to the district during the fire season.

Today, 70 years later, the Empire Bay/Bensville RFS Brigade remains a strong and proud feature of the community with 22 members. The Fire Station is on the original site, although a few upgrades have occurred. The brigade now has 2 fire trucks (each approx. \$500k) fully equipped (financed by Gosford Council) and is involved with bush fires (near and far), motor vehicle accidents, house fires and storm damage.

By **Robert Thompson**

Sources: *Gosford Times* Dec 1953, Sept, Dec 1954

Caption: Possibly Empire Bay's first fire truck, the 1943 Chev Blitz, a converted ex war truck.

The names behind the inscriptions

Our WW1 servicemen's names are inscribed on our war memorial.

We are featuring Emil Henri Dumas, whose name has a distinct French flavour. His father on his nominal roll is recorded as Alexander, but in Births, Deaths and Marriages he has the first name Armand. A quick search brings up the Dumas family's relationship by marriage to the Picketts of Pickett Valley.

There is a record of the marriage of Janet Clara Dumas to Walter Pickett of Pickett Valley.

Our serviceman, Emil H Dumas is also inscribed on the Kincumber War Memorial which is in the grounds of Kincumber Public School but can be viewed from Avoca Drive.

For King and Country, a publication detailing the service of the residents and those born on the N.S.W. Central Coast in the A. I. F. during World War 1 by Dr Richard G. Van Wirdum, gives a little background on Emil Dumas.

Sapper Dumas

Sapper No.1837 1st Pioneer Battalion, 2nd Reinforcements Sapper Dumas was a 26 year old single, carpenter when he enlisted on January 10, 1916. His father was Alexander Dumas of Kincumber. He embarked from Sydney on HMAT A40 "Ceramic" on April 14, 1916.

The Gosford Times reported that Sapper Dumas was from Empire Bay and had returned from the war. A social was to be held at Kincumber School of Arts on Wednesday, November 28, 1917, to welcome him home.

For those of us who don't know the terms, a Sapper is a military engineer. The name is derived from the French word sappe ("spadework," or "trench") and became connected with military engineering during the 17th century, when attackers dug covered trenches to approach the walls of a besieged fort.

Emil Henri DUMAS

Rank: Private
1837

Service: Australian Imperial Force

1st Pioneer Battalion

Age at enlistment: 26 years old

Place of birth: Sydney

Enlisted: 10/01/1916

Locality of enlistment: Casula NSW

Next of kin: Alexander Dumas of Kincumber via Woy Woy, county of Northumberland

Date of discharge: 26/12/1917

Discharge: medical unfit

Arthur Houston HAGAN

Arthur Hagan, Private No.1857 1st Pioneer Battalion, 2nd Reinforcements

Private Hagan was from Empire Bay. He was a 21 year old single, carpenter when he enlisted on January 10, 1916. His mother was Mrs Susannah Hagan of Empire Bay. He previously served for 3 years in the Australian Rifle Regiment (A.R.R.) militia. He embarked from Sydney on board HMAT A40 "Ceramic" on April 14, 1916.

Private Hagan served in France and spent some time in a London hospital suffering from pleurisy and pneumonia.

Rank: Private

Service: Australian Imperial Force

1st Pioneer Battalion

Age at enlistment: 21

Place of birth: Balmain NSW

Enlisted: 10/1/16

Locality of enlistment: Casula

Next of kin: Susannah Hagan, mother, Empire Bay, county of Northumberland

Date of discharge: 14/4/1919

<https://recordsearch.naa.gov.au>

Emil Dumas and Arthur Hagan sailed on the SS Ceramic. Ceramic had a long history, she had been built and delivered by Harland and Wolff Ltd of Belfast in 1913 for her then owners White Star Line Ltd. Her length: 655.1 feet, beam: 69.4 feet and draught: 43.8 feet, giving her a gross tonnage of 18,481 tons. Her speed, 15knots, powered by three triple expansion and low powered turbines all geared to a central shaft.

By **Mary Gray**

<https://www.empirebayprogress.org.au/cenotaph>



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HIRE THE EMPIRE BAY HALL

Weddings Anniversaries Birthdays Farewells -Recently installed ducted air-conditioning, kitchen facilities including fridge, oven, microwave, tea & coffee making facilities, accessible bathroom inside and outside, enclosed secure garden area, plenty of furniture for both inside and outside, BBQ, TV & DVD player with overhead monitor.

Hall hire information available on our website - empirebayprogress.org.au - Check the hall booking calendar to select an available date and then contact Shannon Kelly, Hall Booking Officer) on EBHallbookings@gmail.com or 0457 650 955 9am to 5pm weekdays only.

This newsletter is printed as a community service by

EMPIRE BAY PROGRESS ASSOCIATION Inc.

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SCRABBLE

Empire Bay Community Hall.
You can come for 1 game or play for 3 hours, it's up to you.
Tuesday at 9.00am to 12.00pm
Everyone is welcome from beginners to experts!

EMPIRE BAY TENNIS COURTS

BOOKINGS : Empire's D'Lite 4363 1341

COACHING : Jono Cooper 0447 640 356

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Coast CHRISTIAN SCHOOL

Every Day is Open Day!

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37-39 Bundaleer Crescent, Bensville

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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

VALE

Ronald Reginald Fitzgerald
(8/11/1922-19/4/2020)
Served in the 2/7th battalion. Ron called Empire Bay home for 47yrs. A wonderful man loved by all and sorely missed.

Pamela Langsford
of Echuca Rd lived in the bay for nearly

OUR SCHOOLS

Empire Bay Primary School

I am Morgan Lea and I am 11 years old. I go to Empire Bay Public School. I am in year 6 and I am currently Vice Captain of the school. I play piano, perform in the afterschool drama club and enjoy all areas of school. I am honoured to be asked to write this text.

What does Empire Bay Public School feel like usually? Empire Bay is usually buzzing with people, welcoming to new students and is a happy place to be. Everyone has friends, no one is left out of games and everyone is positive when learning. This mostly changed when the Corona Virus came to Australia and more importantly the Central Coast.

What was Empire Bay Public School like ?

During the days that I have been at school there haven't been that many people. My parents are both essential workers so I've continued to come to school each day. Since Term 2 started more students have been coming. The school was still quiet but not as quiet as term 1. Since not everyone was at school the learning has changed and classes aren't the same.

What am I looking forward to?

When the school had minimal students I was not seeing any of my friends or classmates so I'm looking forward to seeing them again. I never thought I'd say this, but I miss learning and going to a full school.

Who do I want to thank?

First of all, I would like to thank the parents for home-schooling their kids. I'd like to thank the teachers for staying at work and teaching the kids with parents that have to work. All the essential workers deserve a lot of praise for still working hard. Finally, I would like to thank all the people that are working nonstop to create a cure.

From all of us at Empire Bay Public School we can't wait to be back at school with the rest of our incredible students, teachers and wider community.

Stay safe, stay positive and stay strong.
Thank you, Morgan Lea 6F

Coast Christian School

At Coast Christian, the hard-working staff had really stepped up during the COVID-19 crisis to provide excellent home learning programs for the children. Many of the boys and girls borrowed computers from school to facilitate their learning at home while a small number of boys and girls whose parents are essential workers have continued to attend school each day. However, as flexible as everyone has been during the whole crisis, online learning can't replicate the wonder of a classroom and the teachers (possibly along with many parents) are so looking forward to the return of students.

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

Positive Health Training and Fitness

If you are starting to emerge from COVID isolation and feeling the urge to join group exercise (while socially distancing), we are now running sessions of up to nine people in the outdoor area of the Hall.

We are much more than an exercise group, we are a diverse community of likeminded people, of all ages, backgrounds, gender, and fitness levels committed to becoming the healthiest versions of ourselves (while having a laugh along the way). Over the years I've had my own health and fitness hurdles, which is what has made me so passionate, motivated (and honest) about helping others overcome theirs.

"For the first time in decades, I've started to enjoy and even look forward to my exercise sessions with Amanda. I feel strong in body and mind. Coming to the hall and seeing the group after home isolating for a few months was like getting together with long lost friends, just over a few burpees rather than a few wines" - Mel

"There has never been a time where I have felt insecure or judgement in your bootcamp sessions" - Amanda

For further information please contact Amanda, Positive Change Fitness, 0478 686 634

LOCAL BUSINESS

Tips to improve your wellbeing in the midst of crisis

Life for all of us looks so different now than it did a few months ago and for many this has created or increased existing anxiety and stress. As a counsellor, with over a decade of experience I've seen many people find a mix of the following ideas useful to reduce distress during this current crisis -

1. Reassure yourself that stress and anxiety are a common, understandable response to this crisis. Many others are experiencing this too. Accept how you are feeling and be kind to yourself rather than beating yourself up.
2. Develop a regular mindfulness or meditation practice. Mindfulness helps us be more objective about our feelings, so that we are not as easily engulfed or overwhelmed by them. Even finding 5 minutes a day can be helpful to practice mindfulness. Some phone apps: Headspace; Insight Timer; YouTube – Tara Brach; or just Google 'mindfulness'; mandala and other colouring books for adults.
3. Think about what you can control, and the choices you do have. Focusing on those things can bring a sense of 'I can', helping to stay positive. Reach out for support and connection.
4. Keep moving daily. Walk, go to the beach, pop on a YouTube workout session. Keeping your body moving will increase the flow of feel good hormones and help reduce anxiety.
5. Do things you enjoy, that bring opportunities for positive feelings; connect with family and friends

Building some of these ideas into each day can help reduce the effects of stress and anxiety. If you experience these feelings get help, sooner than later. Call your doctor, make an appointment with a psychologist or counsellor, call the Mental Health Line (1800 001 511), or Lifeline (13 11 14). Checkout the excellent resources that Beyond Blue and Black Dog Institute have on their websites. **Barb Shearer-Jones**

About Barb Shearer-Jones

Barb has a lovely, warm, empathic approach that makes her clients feel welcomed, safe and confident in seeking counselling support with her. She is an accomplished counsellor with over 10 years experience in private practice, the National Disability Insurance Scheme, and the not-for-profit sector working with a range of individual clients and couples, including carers and those living with a disability.

If you would like to chat, give Barb a call on 0435 004 264
A member of the Australian Counselling Association



OUR COMMUNITY

Empire Bay/Bensville Rural Fire Brigade

Social distancing has effected all of us in many ways. It has seriously effected how our brigade trains as well as how we respond to incidents and assist with other agencies. What we miss most is being able to engage with you, our very supportive community.

We hope everyone is safe and well. Hopefully you have changed your smoke alarm batteries, cleaned your heater flue, lint filter in the clothes drier and checked the integrity of your electric blanket.

When removing the ashes from your wood heater thoroughly moisten them before disposal of them.

When the conditions are conducive the district hazard reduction program will be continued. You will be notified via the various media sources where and when they will occur.

Central Coast Fire Control on 1300 661 401 or visit www.rfs.nsw.gov.au

Come and meet the crew at the fire station in Shelly Beach Rd, every Tuesday from 7:30pm.

Hi Fisho's,

Well things have been a bit different lately, no weigh-in weekends, no Tavern and little or no interaction with other members. We are however still allowed to get out and have a fish and we are all looking forward to getting back together and having a good old yak about what we have been up to. In the meantime post those pic's etc on our Facebook page.

ANZAC day was a bit different this year but it was good to see one of our members, Stuart Eadie, remember his father, Errol's service in the Australian Army. Errol Eadie served 779 days in active service. Stuart laid a wreath at the Empire Bay memorial wearing the club's colours and his dad's medals. Lest we forget. We will remember them!

At the time of writing this email we still don't have a restart date for comp' weekends or an open date for the Tav so I'm hoping this has changed by the time you read this.

As soon as we know when we can resume club meetings we will announce it via Facebook and text to all members. Fingers crossed it's soon.

Until then, get out in the sun, on the water, throw a line off the wharf, whilst being at a safe distance from others of course and share your pic's and stories.

As always fishos, stay safe and enjoy our fantastic waterways. <https://empirebayfishingclub.wixsite.com/nsw-central-coast>
EBFC empirebayfishingclub@gmail.com

THANK YOU TO THE FISHING CLUB

The Empire Bay Progress Association would like to thank the Empire Bay Fishing Club for their donation towards the purchase of a defibrillator.

Thanks to Duncan and Gen from Empire's D'Lite for keeping the defibrillator in their shop and making it available when it is needed (hopefully never).

We now have a device that can restore a normal heartbeat.



PET CORNER

Preparing your dog for life post-iso

As isolation restrictions ease you need to begin transitioning your dog back into a 'new normal' routine. Being creatures of habit, dogs thrive on routine, and new habits may become new behaviours after a few days of consistent repetition. So, if your dog's iso routine is spending 24/7 in your company he may become confused, restless, noisy and a little destructive when you return to spending more time away from him.

Now is the time to help ease your dog back into accepting what you envisage to be your households post-iso routine.

Here's my top 5 tips:

1. Ensure your dog is spending time alone and away from you in his usual daytime space – ideally where he can't see or hear you. Begin for just a few minutes throughout the day and then gradually build up the time.
2. Provide him with some enrichment toys and problem-solving games that he can amuse himself with.
3. If your dog is sleeping during the day, don't wake him up to go for a walk or play. Dogs sleep and rest a lot – especially young, growing dogs. Let them have their sleeping, eating, exercising and toileting routine. Work with their energy level and plan interactions and outings accordingly.
4. Keep your walks to the same number that you'll be able to maintain long-term (be realistic). The more physical exercise you give your dog the more he'll need. Try to strike a happy balance, enough exercise to keep him fit and healthy without creating a canine fitness fanatic. Physical exercise should be balanced with mental exercise and rest.
5. Teach a 'quiet' command and practice impulse control through play and games to help minimise boredom barking.

Private and zoom lessons

If you'd like to learn how to teach quiet, impulse control or need training assistance with your dog, we are now booking private individual lessons. Strict Co-vid protocols are in place and lessons are held at our outdoor fully-fenced training paddock. Zoom lessons are also available. Book now at <https://www.animaltalent.com.au/dog-training/>

Happy Training

Louise Harding

Canine Behaviour Specialist

You will find more kind training techniques like these in my soon to be released **'NOSE to TAIL: Workbooks'**. The series of 6 workbooks are practical, interactive and fun. They are the complete package providing everything you need to get started training your dog. Subscribe now www.louiseharding.com.au to save \$\$ off the RRP and get a heap of FREE GIFTS with my exclusive pre-sale offer.

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