

EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION

www.empirebayprogress.org.au

APRIL/MAY 2023

empirebayprogress@gmail.com



AGM on 15/2/23, photos provided by Andrew Murray

FROM THE PRESIDENT

Hi everyone

It is a great honour to be appointed to the role of president of Empire Bay Progress Association following the very sad decision of Carolen Barrripp to step down from the position.

Carolen has given many years' service to our community and achieved a great deal throughout her tenure. I thank her for her energy and commitment to the role and wish her every success and best wishes going forward.

We also say goodbye to Peter Sinclair who has held the position of Public Officer at the Progress Association for several years. Peter and his wife Carolyn are moving to Queensland. We thank Peter for his support and wish him and Carolyn all the very best on their new adventure.

I purchased in the Bay in December 2019 moving permanently in January 2022 with my wife Ann Marie following a longer than expected house renovation, impacted by Covid. I became involved with the Progress Association as a volunteer, assisting at events and fund-raising activities.

We have a number of funding opportunities that we are actively engaged with at present including shed replacement at the Empire Bay Hall and most importantly, restoration of our War memorial following a recommendation from our local stonemason that significant work is required due to salt and general wear to ensure the memorial is around for another 100 years.

I understand that there may be other areas that you would wish the Progress Association to be involved in. I encourage you to attend the Progress Association meetings to have your say and to help the Progress Association committee determine where their priorities should be focused. The committee for 2023 consists of:

Ken Shaw – President

Robert Thompson – Vice President

Sharon Murray – Secretary and Hall administrator

Genevieve Page – Treasurer

Cath Argæet – Public Officer

Our primary focus at present is organising and preparing for this year's Anzac Day commemorations. Robert has taken the lead with this important event for a number of years, and I am pleased he has agreed to continue to do so for this year. In early March, Robert and I met with council, various RSL representatives and police at Gosford police station to ensure all stakeholders were aligned. A very informative meeting for myself given this was my first exposure to this planning event. It is surprising to note the number of different organisations that are involved including council, police, RSL, St Johns Ambulance to name just a few. My thanks to the many Empire Bay residents who contribute and assist the Progress Association in ensuring this event is a success.

This year is the centennial of the Empire Bay Progress Association – 100 years of supporting the Empire Bay community. A working group has been established and planning underway to ensure the community can celebrate this key milestone. Many thanks to Chris and Cath Argæet for agreeing to co-ordinate. We will keep you informed of developments in this respect.

Many thanks for your continued support. I look forward to meeting with you over the coming months. Please try and attend the Progress Association meetings.

Ken Empirebayprogress@gmail.com

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LOCAL HISTORY

Paddle steamer wreck gives Maitland Bay its name

The **SS Maitland** set off from Sydney 125 years ago, bound for Newcastle, with at least 70 passengers and crew on board. The weather was worsening, but the captain, RJ Skinner, anticipated no problems. He knew the vessel well and was a veteran of many hundreds of similar voyages.

The paddle steamer never made it. As it passed Sydney Heads it was hit by the worst gale in 20 years and the crew and passengers began to fear for their lives.

The **SS Maitland**, an iron paddle steamer, was a regular trader along the NSW coast, and on the night of Thursday, 5th of May 1898, excited passengers queued at Sydney to board before the 11:00 PM departure, with the view of arriving in Newcastle by 9:00 AM the following morning.

Labouring into a frightening gale, the **SS Maitland** immediately began shipping water. Deck cargo was dumped overboard to keep the ship upright. However, by the time they passed Barrenjoey headland, huge seas flooded the engine fires, and they were now adrift at the mercy of the driving seas.

Captain Skinner got everybody together and instructed them to "put on life belts and prepare themselves" for what was to come. Lifeboats were launched, but were quickly smashed to pieces.

Just before 6:00 AM on Friday, 6th of May 1898, the **SS Maitland** was driven onto the rocks of Bouddi Point, at the eastern end of Boat Harbour (now known as Maitland Bay) with a mighty crash, and driven high up in the air. The hull immediately split midships, the bow quickly disappearing beneath the waves, carrying most of the crew and steerage passengers to their deaths. Those swept ashore were severely injured by the jagged rocks and pounding surf. The remaining survivors, clinging to the shattered stern resting on the rock ledge, waited for rescue.

Over the next 24 hours, after several attempts to secure ropes to the stern, the survivors inched their way to shore. Captain Skinner was the last to leave the wreck 2:00 PM on Saturday.

The newspapers later reported "by Saturday afternoon the north end of the beach was piled high with wreckage, under which were bodies. There were casks of beer, tins of kerosene, jumbled up with broken planking, bits of rope and all the usual debris of a wreck. The body of one young woman, found at Putty Beach, had been "buried under sand and wreckage, near naked, and with the teeth smashed away."

Two of the early survivors left the wreck site early Saturday morning to reach Brisbane Water (possibly Hardys Bay) and told their plight to three settlers. Word quickly spread to Rock Davis, the ship builder of Blackwall, who formed a rescue party and made their way to Hardys Bay, then walked across to Putty Beach and began to search along the rugged coast north for the survivors. By late Saturday afternoon most of the survivors had been taken from the wreck to Woy Woy station, arriving at Redfern by late Saturday night.

There were many tales of gallantry: one involved the remarkable survival of a baby Daisy Hammond, trapped on the wreck with her mother. Many years later, Daisy Stevens visited the wreck, and when she died in 1988 at the age of 90, had her ashes flown from Canada and scattered over the wreck site.

Confusion over the identities of many of the victims was the result of the shipping company keeping only the names of steerage passengers. Some people were never identified, while some feared lost had, in fact, never been on board. So, the exact number on board will never be known, but from the approximately 71 passengers and crew on board, only 44 survived, and the wreck of the **SS Maitland** is recorded as one of worst maritime disasters along the NSW coast.

A Marine Board of Enquiry exonerated Captain Skinner from any blame and concluded "The Board highly commended the discipline which was maintained on board the ship under the most trying circumstances, and we all appreciate the gallantry and efforts displayed to save lives".

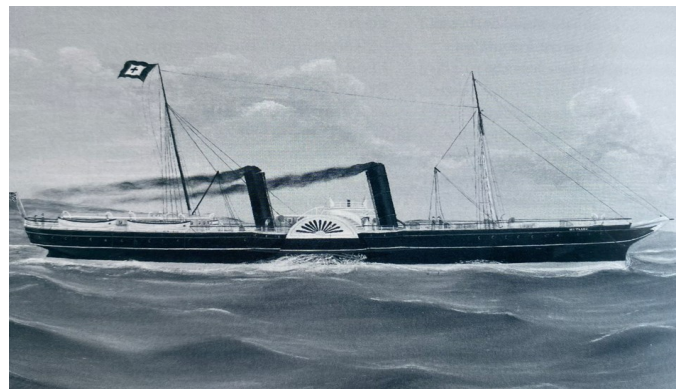
In 1930, the Sydney Bush Wakers Club proposed that Boat Harbour should be renamed "Maitland Bay", in memory of the **SS Maitland** disaster. The name **Maitland Bay** was adopted. Today, little is left of the **SS Maitland** wreck, other than a few fragments scattered about.

By Robert Thompson

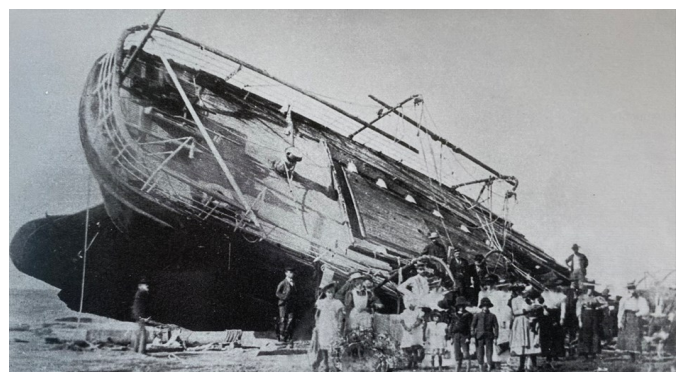
Source: "Wreck of the Maitland" author Geoffrey Potter, SMH & NMH May 1898, Central Coast Express 2020.



Newcastle Morning Herald, 9 May 1898



The SS Maitland, painting by A Olsen, mid 1880s.



By Sunday 8th May large crowds of spectators began to gather at the wreck site.

OUR SCHOOLS

Empire Bay Public School



Sustainability conversation— inform, inspire, invite

Teachers from schools across the Central Coast came to Empire Bay PS for a Health Promotions Garden Interest Workshop last week. More and more schools are looking for ways to fit education and awareness about sustainability into school life. At

the workshop, teachers participated in a cooking experience in our Kidzshed Kitchen. After cooking, several schools presented to the group. This was an opportunity for teachers to see how schools are approaching sustainability in a variety of ways. Empire Bay played host, and Nina from Health Promotions organised attendees and some wonderful take-aways. Rumbalara Environment Education Center was there to support teachers in their efforts to bring sustainable practices into schools and improve learning about sustainability. It was an excellent afternoon of collaboration and inspiration, finishing with a tour of our grounds where our wonderful Bee Garden was the highlight!

Lisa Maddick

Web: www.sustainabilityatebps.com
Tel: 4369 1796



OUR COMMUNITY

Empire Bay/Bensville Rural Fire Brigade

The last 2 months weather has been changeable. Our brigade has been out of area assisting with flood work in the Namoi and Gwyder areas and then bush fires in Nyngan and Narrabri areas as well as East of Dubbo.

Within our own area we have attended a house fire, two illegal burns and motor vehicle accidents.

Ongoing training has been First Aid, Advanced Resuscitation and Breathing Apparatus. One of our new members has completed Basic Firefighter and can now join our crews responding to various incidents.

We have also had combined property protection training with Copacabana and Macmasters Beach Brigades in preparation for large incidents.

Fire danger ratings have been in the High range as well as Total Fire Ban days. We are still in fire season until March 31st unless extended. Property owners who have hazard reduction certificates still have to have a current Burn Permit notified Fire Control as well as neighbouring properties before any burning can be carried out.

The Fires Near Me and Hazards Near Me NSW Apps have updated information of all incidents to keep you informed. More information is available on the www.rfs.nsw.gov.au website or the Central Coast District Office on 1300060807

If you want to become part of our team of volunteers, visit our station in Shelly Beach Rd from 7:30 pm Tuesday nights or check the website.

Cheers Rex Parker, Brigade Community Engagement Rep

Empire Bay Fishing Club

Hi Fishos,

What a cracking Autumn weather wise! I hope you have all made the best of it and have taken some bait on a walk on a long leash.

The fish are still on the chew and it isn't hard to catch a feed or at least give one a lip piercing.

I have been trying to find a good app' for recording catches, bait, time of day, length, photos, tide position etc. Anglers log seems fairly good so far, available on Android & ios. I would be interested in hearing if anyone has a good one to share especially one that's created in Australia that they are using. Send a link to it to empirebayfishingclub@gmail.com so we can check it out.

As usual fishos, stay safe on and around our beautiful waters.

Top 3 Club points 2023 so far as below.

Seniors top 3

Peter Candy - 68.6pts; Matty Rutter - 60pts; Craig Rutter - 47.6pts

Juniors top 3

Ollie Jackett - 96.6pts; Ruby Powell - 15pts; Oakley Lang 2.9pts

By Scott Draper

empirebayfishingclub@gmail.com

Probus—Friendship and Fun in Retirement

The Probus community were saddened to learn of the passing of one of our Foundation members, JOY MORELL, a long time resident of the Bay. Our club again these last months have been busy with regular activities and an AGM in March and new members on our executive committee and new President. Our activities keep coming with an interesting Sunday afternoon History and Heritage Brisbane Water ferry cruise in late March. We visit the Drifter Wharf restaurant on the Gosford waterfront in late April and lunches at Hornsby RSL Club in May and later lunch at the recently restored Hotel Gosford in late May. Probus is all about Friendship and getting together in retirement. We meet on the first Thursday in each month and have interesting guest speakers and we welcome any interested residents to join us any month at the Club Umina in Melbourne Avenue, Umina Beach starting at 2pm each month. Come and join us and find out about Probus.

Ray Rumble

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Empire Bay Progress Hall

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COMMUNITY WELLNESS

Our mind is fascinating. The brain is only about 2% of our body weight, but consumes about 20% of our energy. Our five senses collect about 11 million bits of information per second, but we are only aware of 40-50 bits of information per second. Our brain uses three methods – deletion, generalisation and distortion – to chunk down this overwhelming amount of information to something which our brain can handle and process. This is why, for example, if you're thinking of buying a particular model of a car, you suddenly notice that model of the car is on the road everywhere!

Our behaviours are determined by our conscious mind only about 5% of the time, and by our subconscious mind about 95% of the time. Many of the life events experienced when under 7 years old cause us to form some beliefs or triggers in our subconscious mind, be they positive or negative. That is why we sometimes act in a way that doesn't make sense in our conscious mind: because those actions were activated today, by the beliefs or triggers buried in our subconscious mind many years ago.

A common self-limiting belief stored in our subconscious mind is I AM NOT GOOD ENOUGH. Some parenting behaviours can increase the risk of this forming in a young child's subconscious mind (along with other beliefs or triggers): 1. Well-meaning parents being overly critical of their children, and pushing them to constantly try harder. Children growing up in this environment often lack self-love: they think that they are loved only when they achieve what their parents want. They become people-pleasers, lacking conscious boundaries (unable to say no) and can be self-critical. This in turn could invite other people to take advantage of them, force them to do things that are not contributing to the growth and wellbeing of themselves, and many may become resentful and bitter as they mature. 2. Parents being too busy to give their children enough time and attention. Children growing up in this scenario often lack love, therefore they crave love. Even when they become successful, popular or wealthy, they can still feel empty and unhappy. When they find love they often self-sabotage, using controlling or avoiding behaviours (among others) because subconsciously, they don't believe they deserve to be loved.

Some parents give their children praises very often and for no obvious reasons, rarely saying no to their children or setting boundaries. This can lead to the child growing up with very fragile self-image and/or a feeling of entitlement. Whenever criticised, they become angry and see the world as hostile, because as they mature, they will not get the same abundance of unchallenged obedience and unqualified praises which they got from their parents. This can lead to behaviours which are self-centred and often difficult to get along with.

Some experts suggest that a good way to bring up children is to recognise and praise children's efforts, not just the results. Encourage their ability to solve problems for themselves, and model a loving relationship for them with your partner.

Since 95% of our actions are decided by our subconscious mind, how do we make it work for us, not against us? Some common practices are affirmation, meditation, and journaling. Affirmations such as "I am enough". "I am lovable." "I can solve my problems" can work wonders. Over time, these new beliefs will be stored in our subconscious mind and replace the old ones, so we can act in a more self-loving way.

Christie Chen

**HOW YOU LOVE
YOURSELF IS HOW
YOU TEACH OTHERS
TO LOVE YOU.**

- RUPI KAUR

PET CORNER

The best cat is a happy cat

Like people, cats are individuals, and have different preferences and personalities. Some cats love being the centre of attention and enjoy plenty of interaction, and many others prefer a more peaceful home-life. That's one of the great advantages of adopting a cat, especially from foster care, as you'll know what kind of environment will help your furry friend flourish.

Introducing a new cat or kitten to existing animal family members is a sensitive moment. Using screen doors or even baby gates to allow sniffing without contact, ensuring dogs are on a lead and that cats have somewhere to retreat – preferably up high – and taking things slowly and gently will give the best chance of a harmonious household.

Keeping your cat healthy

Your cat needs access to plenty of fresh water, adequate nutritious food and a clean litter tray.

Cats also require an annual vet check, flea and worm prevention and an appropriate vaccination schedule.

It's crucial to desex your cat to prevent any unwanted litters of kittens. Hundreds of thousands of cats are euthanised every year in Australia because of accidental (or not-so-accidental) over-breeding. Talk to your vet, but usually kittens can be safely desexed from 8 weeks of age.

Cats generally love to groom themselves – however long-haired cats need a bit of extra help with regular brushing to remove excess fur.

One of the most common health issues seen by vets in cats is being overweight. It's very easy to overfeed a cat, especially because they love to convince you to do so! Ask your vet for advice and keep an eye on their waistline.

Keep your cat safe

Cats who are allowed to roam outside are at risk of getting hit by a car, fighting with other cats, contracting diseases or even becoming trapped in sheds or garages. Keeping them indoors, especially at night, will help protect your cat – as well as keep native wildlife safe.

Cats are naturally curious, so to protect them from potentially harmful chemicals and dangerous household appliances it's a good idea to make sure that washing machines, dishwashers, fridges and cupboards are kept closed so cats can't climb in and become trapped.

<https://animalsaustralia.org>
Animals Australia - for a kinder world



VALE

Bob Scott

Echuca Rd, Empire Bay

Will be sadly missed by

Wife Amy, sons Lachlan & Liam, In Laws Pam & Bill Clifton
family, friends and the Empire Bay Community.

RIP Bob.

Shirley McNee

Age 85

51 years Kincumber Sth resident

Will be sadly missed by Husband Stuart,

Children Darby, Craig & Kim (deceased),

Grandchildren, great g'children

Family, friends and the

Kincumber Sth & Empire Bay Community.

Garry McNamara

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Working For Our Community

Troubadour Folk Club

continues at Empire Bay

Every second Saturday each month Troubadour holds Club Night showcasing various local musicians in 15 minutes sessions, come and enjoy the music with a cuppa.

Empire Bay Hall 7pm, everyone is welcome.

HELP US CELEBRATE 100 YEARS OF THE EMPIRE BAY PROGRESS ASSOCIATION

The Empire Bay Progress Association celebrates 100 years in 2023 and we are seeking volunteers to help organise the celebrations. The volunteer spirit drives our community organisation so the contribution of all our volunteers, no matter what their role, is highly valued.

Email empirebayprogress@gmail.com



Bookmobile

Thursday Mar 23, May 4, 18, June 15, 29.

Bensville—near Kallaroo Road park, 12:45—1:30pm

Empire Bay—Kendall Rd near the wharf, 1:45—2:30pm

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Empire Bay Hall

Monday: 12:45—3:45pm

There will be a variety of card games available and lots of fun, friendships and laughs.

Please contact Shirley on 4369 2034 or Jan 0402 246 427



EMPIRE BAY PROGRESS ASSOCIATION

Next meeting

Wednesday 17 May, 7:30pm

The Hall, 1-3 Gordon Rd, Empire Bay

Membership \$5

Further information email:

empirebayprogress@gmail.com

This newsletter is a community service by **EMPIRE BAY PROGRESS ASSOCIATION Inc.** While the honorary editor and the Association accept, in good faith, advertisements in this Newsletter and editorial supplied or comment made, we cannot provide any form of guarantee for the information or the goods or services advertised.

HALL TIMETABLE

MONDAY

8:15am—9:15am, Gentle Yoga with Julie

9:30am—10:30am Morning Yoga with Julie

12:45pm—3:45pm, Social card games for everyone

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

3:30pm—4.30pm, MH Dance Academy with Mikayla

WEDNESDAY

9:15am—10:15am, Tai Chi with Alain

3:30pm—5pm, MH Dance Academy with Mikayla

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

7:45—8:30am, Walking exercise (free)

9am—10:30am, Gentle Yoga with Gail

10:30am—12noon, Over 55's Yoga with Gail

3:30pm—5pm, MH Dance Academy with Mikayla

FRIDAY

9:30am—10:30am, MH Dance Academy with Mikayla

6:30pm—7:30pm, PT Group Fitness Training with Tony

Yoga with Julie 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+.

Social card games for all members of the community. Contact Shirley on 4369 2034 or Jan 0402 246 427.

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.

Yoga classes with Gail on 0422052346. Never too late to start a yoga class.

EBPA, contact empirebayprogress@gmail.com

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

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

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

