

EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION
www.empirebayprogress.org.au

AUGUST/SEPTEMBER 2023
empirebayprogress@gmail.com

EMPIRE BAY PROGRESS
ASSOCIATION

CELEBRATING
100 YEARS

21 OCTOBER

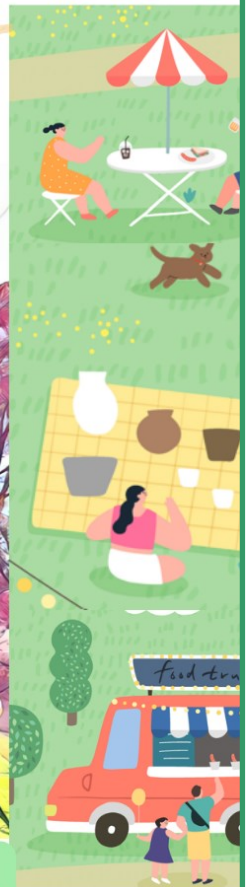
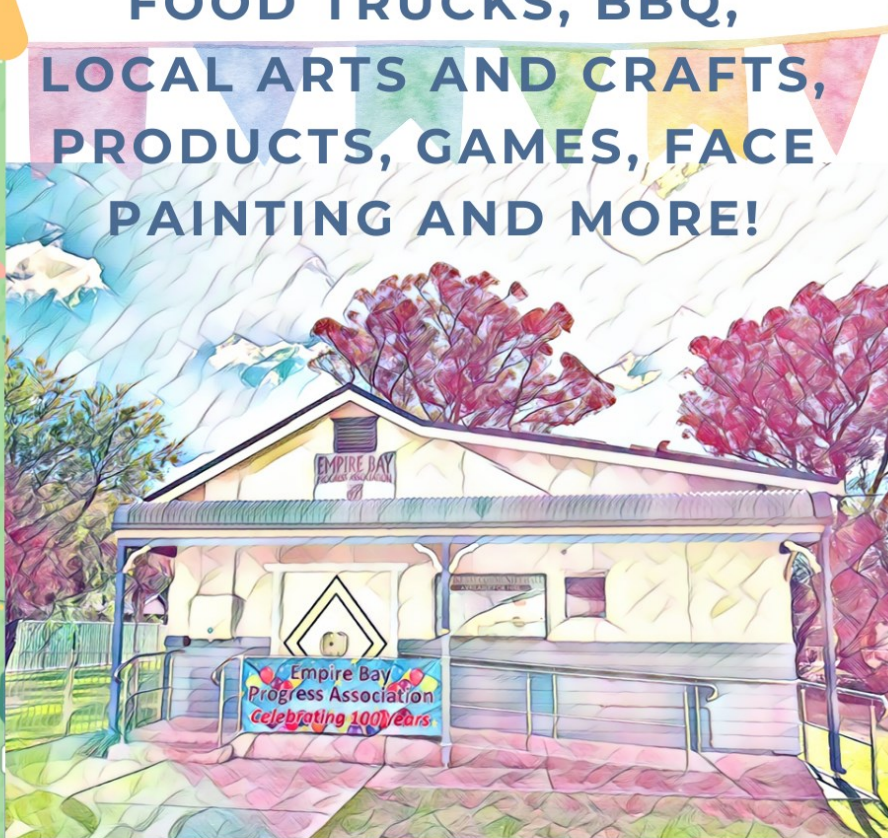
11AM - 5PM EMPIRE BAY HALL

FREE ENTRY

ACTIVITIES

LIVE ENTERTAINMENT,
FOOD TRUCKS, BBQ,

LOCAL ARTS AND CRAFTS,
PRODUCTS, GAMES, FACE
PAINTING AND MORE!



1 - 3 GORDON ROAD EMPIRE BAY

FROM THE PRESIDENT

Hi everyone

We are now halfway through 2023 – seems like only yesterday we were celebrating Christmas in 2022.

Your Progress Association has been kept busy over the last few months, working on several initiatives for the benefit of Empire Bay residents.

The working group established to co-ordinate and plan for our centennial celebrations continues to meet and multiple items have now been finalised. Several stall holders have expressed interest in participating in our events with stall bookings already received. Celebrating this key milestone will take place 21 October 2023. The event will be a Food and Fun Fare commencing at 11.00 am and ending at 5.00pm. Activities will include multiple food stalls, BBQ, wine and beer tables, face painting, Kiddies corner, entertainers, and other events still in the planning.

Our funding application to restore the Empire Bay Cenotaph has been successful. The stonemason has been appointed and sandstone has been ordered. We are hopeful that the restoration will be completed over the next 3 months.

Your Progress Association remains in contact with council in respect of several areas we would like council to support. These include further upgrades to the foreshore play area, foreshore erosion prevention and improving awareness of speeding limits on Greenfield Road.

A new printer has recently been purchased which is available for our local community groups to utilise for bulk printing. Unfortunately, the printer is quite complicated in its set-up and will require one of our trained association members to print the material on your behalf. There is a small nominal charge for utilising the printer which applies to all community organisations to cover toner etc as under our service agreement, the association is billed directly for usage.

As many of you would know, and some will be experiencing, these are tough times for many people, families and small businesses. There has been recent media coverage on the difficulties facing small business on the Central Coast – highlighting cafés, restaurants, and similar businesses. It is hard when we are all struggling, to find ways to also support these small businesses. Where possible, can I ask that we do what we can to support the ongoing viability of our own community businesses to ensure we can continue to enjoy them when the tough times pass.

To finish, according to the most recent census report, there are over 2,500 residents in Empire Bay. I encourage you to become a member of your Progress Association as it's the members that drive priorities. With limited numbers, we can only undertake a small number of initiatives which means some items do not get on the priority list. To ensure you have a say on what's important to you, come along to our quarterly meetings where you can hear what's being proposed / worked on for community benefit and in many cases, vote on key priority items.

Many thanks for your continued support.

Ken Empirebayprogress@gmail.com

LOCAL HISTORY

Cyclone Hits Empire Bay – Friday 10th August 1984

August is known for its annoying winds, but there are few of the long-time Empire Bay residents who could tell you the story of the cyclone that hit the Bay in August, 39 years ago.

Around lunchtime, Friday 10 August 1984, disaster struck Empire Bay. No one saw it coming and the residents had no idea of the destruction it would bring.

A small whirlwind quickly grew in intensity. A resident noticed leaves and dust swelling around in the air, on what was otherwise a calm sunny day. As suddenly as it started, it stopped, but the damage was done. "30 seconds of terror", the Advocate's headlines stated. It's full fury uprooting trees and destroying property.

Some residents described it as a roar like the XPT train, others thought it was an earthquake.

The whirlwind began in the vicinity of the Empire Bay Progress Hall, and continued its destructive path along the waterfront of Sorrento Road and Shelly Beach Road.

Some houses suffered extreme damage, while others were sheltered from the wrath of the wind. It was extremely fortunate that no one was killed, as objects were flying, finishing their journey dumped on other houses and trees. Caravans flipped onto their roofs, boats lifted from their



Roof damage along Sorrento Road

trailers and garage doors blown out. Debris was everywhere. Strangely, boats moored along the waterfront missed the tornado's fury.

The Gosford Times reported "Luckily, a hailstorm had driven people inside otherwise they would have been cut down by shards of glass and corrugated iron sheets, as if struck by shrapnel....."

The pictures from this day show the extent of the destruction, roofing material removed, awnings destroyed, a caravan upturned, while aluminium boats were tossed around like paper in the wind. One was impaled upon a fence.

The wind seized roofs, windows disintegrated, walls buckled, and trees split in two.

The Gosford Times reported "The air was filled with corrugated iron, flying tiles and cart-wheeling fencing.

Luckily, a hailstorm had driven people inside otherwise they would have been cut down by the shards of glass and iron as if struck by shrapnel. Corrugated iron hung from powerlines, tested me to the force of the wind."

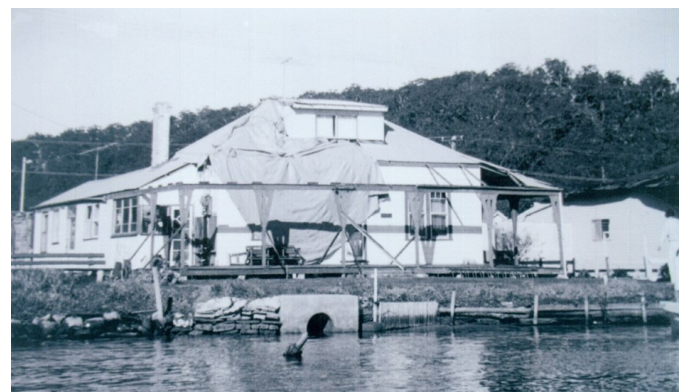
The final count was 15 houses lost their roofs, 3 houses with walls and roofing destroyed and 8 houses with partial damage. Two people were taken to hospital but could leave soon after.

So, let's hope the winds next month are only annoying and uncomfortable for a few days.

Sources:

1. Warwick Homer's notes
2. Gosford Times August 1984
3. Advocate, August 1984

By Robert Thompson



Damage at 16 Shelly Beach Road

OUR COMMUNITY

BIGGEST MORNING TEA 2023

We were thrilled with the success of our Biggest Morning Tea held on 3rd June. The weather was perfect and everyone enjoyed the array of homemade cakes, slices, sandwiches and savoury food served up by our band of volunteer helpers.



Photo provided by Robert Thompson

The Biggest Morning Tea raised \$13 Million dollars throughout NSW for the Cancer Council and we are proud of our effort to raise \$2125 on the day from entry fee and our wonderful raffle.

I'd like to acknowledge the generous support from our local businesses who contributed the prizes. Thank you to Empire's D'Lite, Empire Hair, Fox and Blade, Empire Bay Cellars, Impact Nursery, Empire Bay Tavern, Lance Clarke Pharmacy and Paws on the Coast, in addition to Sue and Julie who donated handmade quilt and wooden bowl. Also, thank you to Ray White Real Estate for printing our advertising posters and spreading the word in Bensville. Thanks also to our volunteers who gave their time and support leading up to the day, and helped to prepare the delicious spread of food, and serving everyone. Thank you Pam, Margaret, Leanne, Carol, Sharon, Annie, Wendy, Rickie, Caz, Janet, Danielle, Lily, Helen, Alex, Di, Sue and Julie.

Lastly, the winners of our raffle were:

- | | |
|----------------------|-----------------------|
| 1st prize – Janet G | Dog package – Doris H |
| 2nd prize – Diane W. | Cat package – Peter B |
| 3rd prize – Allan B | |
| 4th Prize – Connie E | |

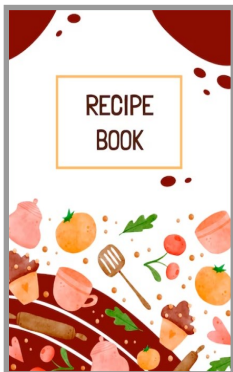
By Jan Consoli

Empire Bay Progress Association

Celebrating **100** years in October
What's your favourite recipe?

Be part of the **Empire Bay Centenary Cookbook!** Do you have a family favourite, a winter warmer, party pleaser, kids lunch or Grandma's classic?

Submit your favourite recipe for a chance to be featured at the Village Centenary Fair in October. Submit your recipe (with a photo) to: lisamaddick1@det.nsw.edu.au



Empire Bay/Bensville Rural Fire Brigade

ANNUAL GENERAL MEETING: Empire Bay Rural Fire Brigade has seen a steady load of incident callouts throughout the months leading into August. The brigade's Annual General Meeting (AGM) was held on Saturday, 17 June 2023, with new appointments being made to members — specifics regarding the new appointments can be found via our Facebook page — as well as notable guest speakers such as District Manager

Frank Overton, Director of Emergency Management (NSW DPI) Leigh Pilkington, and Deputy Group Captain Alan Lundie. **CANADIAN WILDFIRES:** Deputy Captain Kyle Dew as well as Remote Environment Firefighter Saskia Grootemaat, have been deployed to Canada along with other specialist firefighters across Australasia after Canadian Fire Authorities requested assistance due to the immense wildfires burning across the provinces of Alberta and British Columbia. Kyle, Saskia, and those working alongside them have their work cut out as the Canadian Fire Agencies remain at their "highest alert level" as of July 2023.

RECRUITING: Empire Bay RFS is constantly looking for new members to join our family-orientated brigade. The RFS is not just a volunteer organisation; it's an adventure! From battling bushfires to working alongside other emergency services, your time with us will be filled with unforgettable moments and stories that won't be overlooked. Want more information? Contact our Membership Officer Sue Dengate via Sue.Dengate@ccrfs.org.au OR drop by our brigade Tuesdays at 7:30 PM.

FIRE PERMITS: The bushfire season is once again kicking off; fire permits will be required for the upcoming Bush Fire Danger Period from 1 October 2023 through to 31 March 2024. Apply for a fire permit through the Central Coast Fire Control Centre: 1300 060 807.

Brandon Duffy, Community Engagement officer, Empire Bay Rural Fire Brigade.

For more information contact Central Coast District Office on 1300 060 807 or visit www.rfs.nsw.gov.au



Empire Bay Fishing Club

Empire Bay Fishing Club has its fishing competition and weigh in the 2nd Sunday of each month at the Empire Bay Tavern. A BBQ for all members, live music and many fishing stories can be found around the trailer.

We welcome new members at any time.

Our top Point Scorers are:

Seniors:

Andrew Currie 228 pts; Lyn Currie 134 pts; Errol Baker 119 pts

Juniors:

Olli Jacket 152 pts; Ruby Powell 68 Pts; Brax Phillips 35 pts.

We look forward to seeing you at the Tavern for our next weigh in on Sunday 13th August 2023.

empirebayfishingclub@gmail.com

Probus—Friendship and Fun in Retirement

The Empire Bay Probus Club continues to attract a number of new members and is growing to the number the club believes is the size all members desire. Our activity schedule also keeps growing with regular outings. Just in August and September, members will have lunch at the Trojan Rugby Club's restaurant at The Haven in Terrigal. Then 21 members will be travelling for a Yulefest Sunday/Monday weekend at the famous Carrington Hotel at Katoomba, then later lunch at the Oceanview Restaurant at the Wamberal Royal Life Saving club. In September club members will be welcomed by local state member Adam Crouch MP for high tea at Parliament House in Sydney, followed by another trip to Sydney for the Tina Turner - the Musical show. So, lots of activities every month. Visitors are always welcomed to our monthly meeting at the Umina Club on the first Thursday of every month to see how the club operates. New members most welcome.

Contact Sue Nolan, President on 0400 022 330. Ray Rumble

OUR SCHOOL

Empire Bay Public School



Sustainability conversation—inform, inspire, invite

There are always many things happening in Sustainability at EBPS. We have programs that link sustainability with key learning areas, but also everyday routines, jobs, and conversations that look at our choices and habits and how

we can make changes that are better for our environment. We have been busy this term putting the finishing touches on our new Bush Tucker Garden. We find many reasons to look at Aboriginal traditional practices when we learn about modern day Sustainability. The Bush Tucker Garden will be a resource for all students that focuses on Aboriginal Education and sustainability. We are looking forward to an official opening ceremony on August 2nd, which will be one of the many activities organised in celebration of NAIDOC Week.

Children in Year 3 and 4 have completed a science investigation that took place alongside their planting and cooking program. Children investigated how heat and light energy impacts plant growth. They attended the Kidzshed Kitchen at the end of Term 2, making Pizza with spinach, sweet potatoes, carrots and capsicums. Children in Year 5 and 6 have planted their veggies, and are maintaining gardens to harvest and cook in Term 3.



Worm farms have been rotated into new classrooms and students in 5 classrooms across all years are caring for Worms for a term. We also have welcomed 4 new chickens into the chicken coop. Students in Year 5 feed, water and collect eggs for 9 chickens. The Chicken coop is a well-loved space and teachers and SLSOs in all years use the coop as a place where individual children can reset, take a break from the classroom, or do some helpful jobs.

Our Investigation Station in the library is now focusing on the Beach. In their library time, students make Nature Journal entries analysing shells, shark eggs, seaweed, starfish, and a variety of things we find on the beach. Students look at sand under microscopes and see.

Sustainability leaders have produced a video and submitted it to the department of education to showcase our program in hopes of winning a session with a professional videographer who will re-film and produce a 3-minute video about what we do at EBPS.

The leaders are now busy planning for our Term 3 Green Week. The week will focus on frogs! Students K-6 will wear green on their library day and during their library lesson they will learn about the importance of biodiversity and the pond ecosystem. Leaders will be working on a project to rejuvenate the frog pond and surrounding area.

Next month we are looking forward to the delivery of 100 Native trees compliments of the Central Coast Council and their National Tree Day program. This wonderful program is bringing education about biodiversity and nurturing the connection students have with nature, their local environment and community.

Web: www.sustainabilityatebps.com

Lisa Maddick
Tel: 4369 1796

PET CORNER

Why is STAY such an important behaviour?

Stay is a handy behaviour to have, it can be used in a variety of circumstances, stay is the next phase of teaching a position like sit, down, stand or on your bed.

Before you can teach stay your dog needs to have a strong and reliable understanding of the position you'd like them to be in. I like my dogs to understand that the sit position is when his bottom is on the ground and his front feet are still.

Stand means that the dog is standing with his weight balanced evenly on all four feet and he remains still and stationary while the rest of the dogs body is relaxed.

Down means he is lying with his chest on the ground, he has usually lowered his front first to achieve this position but there is no daylight between the dog and the floor.

Once the position has been taught and the dog has a strong understanding of what's required then you can progress to the next level of difficulty which is:

Your dog to Stay in position while moving things are happening around, this is important, and can be a sanity saver.

Stay in position while someone is sweeping the floor nearby.

Stay on your bed while I vacuum.

Stay at the door until you wipe your dog's feet.

Keep the criteria really clear and make sure that you reward your dog for staying put. Stay means stay in the position you requested for the required time. Increase distance and duration gradually and in separate sessions.

Once your dog is comfortable in a familiar environment you can try changing the location. Ensure that your dog is always safe and that the environment is appropriate for your dog's level of training.

Happy Training.

Louise Harding - Author & Canine Behaviour

www.animaltalent.com.au/dog-training/

0437 148 402 or info@animaltalent.com.au



Empire's D'Lite

We have some great new products in store with a few more to hit this month:

- ◆ Smallgoods from the Barossa Valley
- ◆ Great hot sauces from Old Bones
- ◆ Offaly Foods pate range, including a vegan offering.
- ◆ The fantastic products from Burnt Honey Bakery at Copa delivered hot on Saturday mornings.



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Dr Gordon Reid MP – How can I help?

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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.

COMMUNITY CONNECT CALENDAR

Mondays - 10:30-11:30am Zumba with Fiona

Tuesdays - 7:45-8:45am Yoga with Robyn

9:15-10:15am Yoga with Abi

7-8pm Yoga with Abi

Thursdays - 9-10am Tai Chi with Lesley

Fridays - 7-8am Yoga with Robyn

9:30-10:30am Yoga with Robyn

For further details pls. contact the KSLSC on Ph (02) 4360 1150



Bookmobile

July: 13th, 27th. August: 10th, 24th.

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

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

EMPIRE BAY TENNIS COURTS

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BUSH CARE: Ring Nicola Booth— 0436 685 155

Back of Tennis Courts – 2nd Sunday of month from 9:00am

JUSTICE OF THE PEACE

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WALKING EXERCISES IN THE HALL

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Empire Bay Hall

Monday: 1:30—4:00pm

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 26 July, 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)
Wednesday 26 July, 15 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

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.

OUR CENOTAPH FLAG If you have lost a family member, a friend or a neighbour please advise Robert Thompson on 0408 415 765 so we can lower our Cenotaph Flag as a mark of respect.



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.