

WHAT'S ON

Empire Bay Probus—Friendship, Fellowship and fun in retirement with outings every two weeks

The Club is growing due to the large range of excursions and events organised.

Feb 1—Seniors Moment II at the Wyong Arts Theatre

Feb 14— NSW Premiers Concert, Sydney

Feb 27—lunch at the Gosford Sailing Club

March 12—Ettalong/Palm Beach ferry for lunch at Club Palm Beach

March 17—a special St Patrick's Day lunch at Daley's Kitchen where we meet monthly for morning coffee and snacks.

Meeting: 1st Thursday every month at the Progress Hall at 1pm with guest speaker. Visitors most welcome.

Contact: Alan Pope, President, 0419 252 708

Bouddi Seniors Citizens Group

Feb 11—Bouddi meeting

Feb 19—Lunch at Davistown RSL

March (date TBA)—Bus trip

Contact: Bess on 4363 2024 or Jessie 4363 1351

Won Buddhism

Reduce Stress and Overcome Anxiety Programs

Facilitated by Dr Suin Kim (Qi Ph. D.) and his disciple, including energy dancing healing meditation, moving meditation, qigong, and music therapy.

Feb 2: 9am–2pm; \$50 (one day course)

Feb 3-7: 6.30pm–8.30pm; \$200 (5 day workshop)

March 29: Bushfire Fundraising: Meditation workshop (9-10am) and Food Bazaar (10am-3pm)

Place: Gosford Meditation Temple,
20 Bundaleer Crescent, Bensville, 2251

Contact : 4368 2393

info@wonbuddhism.org.au www.wonbuddhism.org.au

BOOKMOBILE— Feb 4 and 18; March 3 and 17
Empire Bay Opposite 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):

Sharon Murray on 0457 650 955

EBHallbookings@gmail.com

NEXT MEETING AND AGM

EMPIRE BAY PROGRESS ASSOCIATION

Tuesday, Feb 18 at 7.30pm

The Hall, 1-3 Gordon Rd, Empire Bay

Everyone welcome.

HALL TIMETABLE

MONDAY

Yoga: Julie on 0438 228 372

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

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

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

7:30-9pm

Empire Bay Probus Club

Secretary, Faye Carswell on 43425403 or 0416 260 941

1.00pm to 3.30pm first Thursday of each month

Positive Change Fitness: Amanda 0478 686 634

6.30-7.30pm for all levels of fitness

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

FEBRUARY/MARCH 2020

empirebayprogress@gmail.com



FROM THE PRESIDENT

WELCOME!

Welcome to the first edition of 2020. 2019 was a busy year for the Empire Bay Progress Association including raising funds for our community.

\$1.8m was secured from the NSW Government to reconstruct Greenfield Rd, which is now near completion. The Council is delivering a multi-stage solution that will provide the necessary 35 year design life. Read about its surface inside this newsletter, as well as an update on Shelly Beach Rd, which received \$3m from the Federal Government.

The overall plan for the Playspace at the tennis courts area including the pump track is currently being finalised by Council. NSW Government provided a \$150,000 grant and Council has matched this funding. Thank you to the local kids who provided their input at a community and Empire Bay Public School design workshop. It will be a fantastic space for all the community and the details are also included in this newsletter.

Our Food and Fun Fair and Xmas Eve BBQ are important community events, organised by our amazing volunteers. If you are interested in a food stall at the October Fair or can help with volunteering including social media, please send me an email. Details about Anzac Day will be in the next newsletter.

The Hall is a central hub of our community and it is well-loved. The Association recently invested in a water management and flood mitigation system. Adam Crouch has organised a petition to seek the funding from Premier Gladys Berejiklian, but we need the community to sign this petition. The link is available on Empire Bay Progress Association Facebook page or copy the URL—bit.ly/2RMGuYG

I would like to take this opportunity and thank the volunteers who tirelessly look after our Hall. Nothing is too difficult for Warwick Homer, our 'go to man' when anything needs fixing. Brian Collis who beautifully maintains the lawns and garden. Sharon Murray, Secretary of the Association, who diligently manages the permanent and casual hirers. A big thank you also to Robert Thompson who is always available to help out and Gen and Duncan who are great supporters of our community. Gen is also Treasurer of the Association.

What a relentless fire season. Empire Bay/Bensville Rural Fire Brigade team have been all over NSW at the frontline of fighting fires. A big thank you.

Our local business

Thank you to the 25 businesses who advertise in this newsletter. Please support them too. As a small business owner myself, I was wondering if anyone would be interested in a once a month 'entrepreneurial' gathering at the Hall? If so, please email me.

See you at the AGM

The AGM will be held on Tues Feb 18 where the new executive team will be appointed. Please come along, join the Association and elect yourself for a position on the executive or just volunteer. I would like to sum up my two years as the current President—*if each of us puts in what we can, we will find that we can get back what we need – but also so much more on top of that.*

Cheers Carolen :) empirebayprogress@gmail.com

Empire's D'Lite!

It's a new year and new products have arrived into

Thank you to our customers for all your support over Christmas and to all those who came in on Christmas Day!

We were humbled & proud to be voted the "Best Coffee on the Coast" and that is all thanks to our customers voting for us. A big THANKYOU from all the team.

Come and try our decadent Nougat & Peanut Brittle, gluten free Mexican tortillas and Tacos made in the traditional way from Mexico City Foods, hand-crafted maple syrup from Quebec, Canada, or our individually packed smoked chicken range.

We have several new initiatives in the pipeline which we hope to announce very soon so stay tuned to our Facebook and Instagram pages.

See you in store soon! Gen and Duncan

NEXT MEETING OF THE PROGRESS ASSOCIATION AND THE AGM

Tuesday, February 18 at 7.30pm

The Hall, 1-3 Gordon Rd, Empire Bay

Everyone welcome.

COUNCIL UPDATES

Greenfield Road upgrade

Replying to comments on Facebook in December about the surface of the road -

Due to acid-sulphate soil at this location, Council is delivering a multi-stage solution that will provide the necessary 35 year design life. The initial process was to install a foam bitumen stabilised pavement, which is then covered with a seal. The next step is installation of a crumbed rubber seal for increased longevity, which will be installed in the lead-up to the Christmas period. The final step is installation of the asphalt surface, which will be delivered at this location after the Christmas period.

Shelly Beach Rd

The investigation and design works for Shelly Beach Road upgrade covering the full length of the road will commence in July 2020, and this design work is planned for completion by mid 2021. Council officers will consult with impacted residents about the project work scope during the design stage. On completion of the design stage, construction works will be scheduled.

The construction works will be undertaken in stages over three financial years, tentatively commencing in early 2022. Construction notification will be sent to residents prior to commencement of works providing further details of scope of work.

Playspace, Shelly Beach Rd

The playspace upgrade project is moving along behind the scenes and quotes are currently due for the pumptrack component and the multipurpose court component. Once they are received Council will have a date for commencement of works and completion that will be shared with the community.

The plan will be sent out for public information in February and will be released with the commencement of works date. Council will also email out this information to all those residents who have provided their email address for project updates.

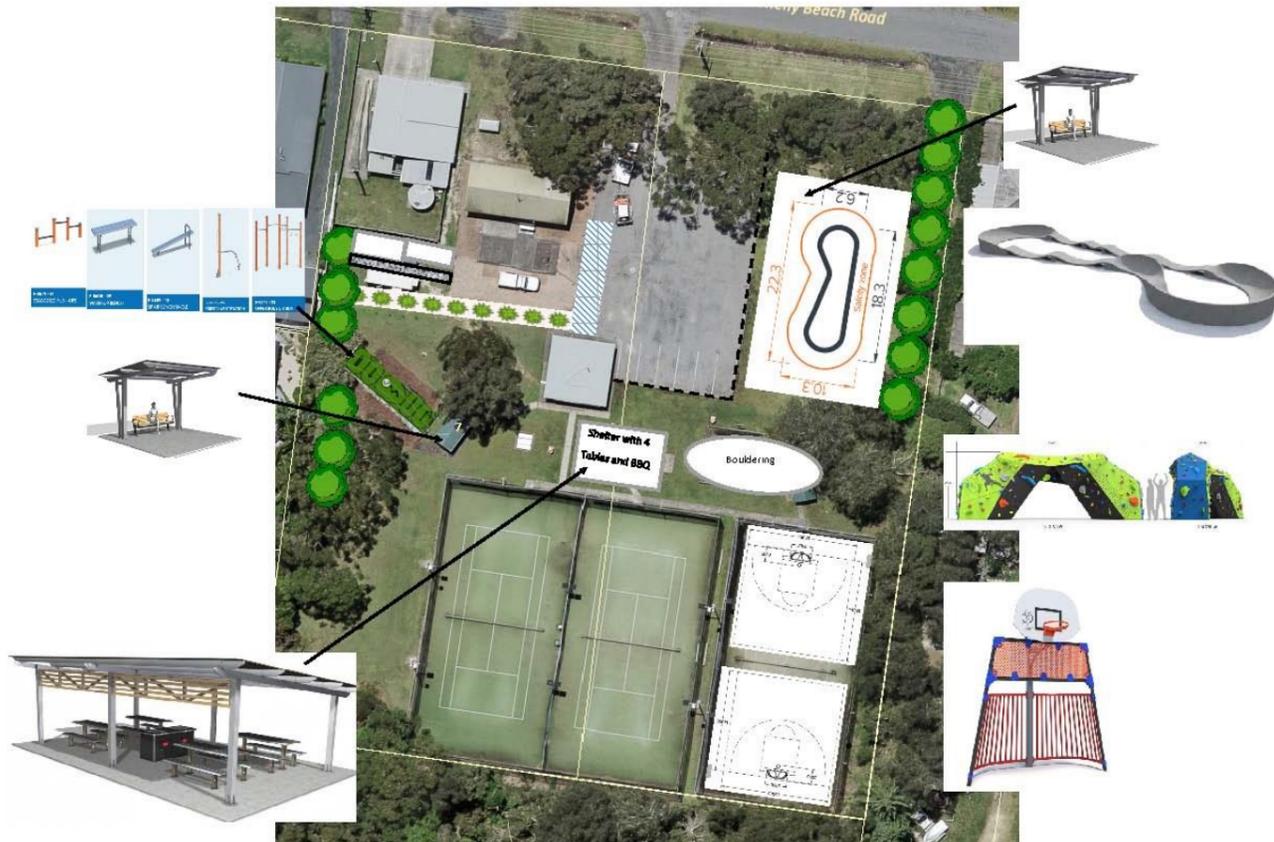
The proposed plan addresses the combined requests from the workshops and online survey.

The Council and Progress Association looks forward to seeing the community of Empire Bay enjoying this recreational space.

Any questions or concerns contact :

Emma Wallace—Parks and Playgrounds Officer, Open Space Projects & Planning, Central Coast Council on 4325 8458 or email: emma.wallace@centralcoast.nsw.gov.au

Please note that the pump track element is being designed by a professional pump track company and the image below is only a representation of where it will be located.



Above (clockwise): Seating with cover, pump track, multipurpose court component, bbq area, covered seating, exercise stations.

Items to be removed—old swings and spring rocker associated softfall mulch and edging, brick BBQ under the shelter adjacent to old swings (the shelter will be retained and painted along with the picnic table), shelter and table directly in front of the tennis courts, old sandpit, digger and fence, shelter and BBQ which is located in front of the proposed multipurpose court.

Items to be added include – fitness equipment, drink bottle refill station, large shelter with four tables and a BBQ, bike rack, bouldering unit, pumptrack, fence, seating, multipurpose court.



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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 Sharon Murray (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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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

Ken Moule of Greenfield Road

Sadly missed by Family and Friends

OUR SCHOOLS

Empire Bay Primary School

Starting school is a big moment in a child's life. We can't wait for you to join us for a great year – the first step towards a lifelong love of learning.

Visit the NSW Department of Education for primary school resources including hints, tips and checklists to make a great start to the new school year, whether your child is starting Kindergarten or Year 6. You'll find:

- Getting ready for primary school booklet – everything you need to be #Ready2020
- Daisy's First Day – the story of Daisy the koala's first adventure at Kindergarten
- Advice from teachers – they've been through this before.

Follow the Empire Bay Public School page on Facebook to keep up with what is happening at the school.

Coast Christian School

At Coast Christian we are excited in 2020 to be celebrating our 29th anniversary! To commemorate, we are offering considerable discounts on our fees for this year.

As well, we are thrilled to announce the commencement on staff of Mrs Rachel Barclay and Mrs Kristy Sammut. Rachel will be our new Preparatory Teacher while Kristy will become our Teaching and Learning Leader. Both ladies are outstanding educators and will be excellent acquisitions to our school community.

Our new Prep class already has fifteen children who will be starting with us and we are looking forward to a great balance of structure learning and creative play. For any enrolment enquiries, questions about our fee discount or if you would be interested in a look around, please contact Melanie Cullender.

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

LOCAL HERO

Elaine Hardinge acknowledged as a Hidden Treasure

Elaine Hardinge, of Empire Bay, has been acknowledged by the Rural Women's Network of NSW as an outstanding volunteer on the 2019 Hidden Treasures Honour Roll for her work with Meals on Wheels.

Elaine has been an active Meals on Wheels volunteer for about 50 years. Adam Crouch, Member for Terrigal congratulated Elaine and acknowledged, "her service over the past 50 years has been greatly appreciated by hundreds upon hundreds of people and it is fitting to recognise Elaine as a Hidden Treasure".

This year's Hidden Treasures Honour Roll recognises and celebrates the unpaid work of 78 women. These women join 1000 volunteers who have been acknowledged since the first Honour Roll in 2010.

Congratulations Elaine.

OUR COMMUNITY

Empire Bay/Bensville Rural Fire Brigade

What a relentless fire season we have had so far. Our team have been to Grafton, Bulga, Martinsville, Gunderman, Kulnura, Bells Line of Rd from Colo Heights to Lithgow, Wollombi, Nowra, Gwandalan and Cooma. We have also helped protect both Mangrove Creek Dam and Warragamba Dam. Local incidents have included car fires, house fires, large tree branch on a car and another blocking a road. We also had crews out Christmas Eve, Christmas Day, Boxing Day, New Years Eve and New Years Day. A huge commitment by all involved.

With all this activity we still managed to escort Santa around Bensville, St Huberts Island and finally Empire Bay. It was fantastic seeing so many excited children and parents along our routes.

From all of us a huge thank you to our fantastic community for your generous support both financially as well as the donated welfare we have received from you.

The fire season is ongoing with more extreme heat and total fire ban days to follow. Please be vigilant and prepared.

Central Coast Fire Control on 1300 661 401 or visit www.rfs.nsw.gov.au; check out the updated FiresNearMe App

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

Cheers Rex Parker, Brigade Community Engagement Rep.

Hi Fisho's,

Well what a mixed bag the beginning of the year has brought us, Fire, heat, and storms, let's hope the fish are still hungry and the excess of bait in the water from all the visitors.

January's weigh-in was a great day with quite a few eskies being presented with some great fish. Remember if you wish to catch & release you just need to present a picture of your catch on a brag mat to our weigh gnome on weigh-in day. We work out the weight with a formula by length, but if you supply the girth (around the widest part of the fish) as well it will be more accurate. Catch & Release fish go towards your biggest of species, but not overall points.

We have quite a few new members this year and it would be great if everyone knew everyone. Next time you are out fishing, upload a selfie to our Facebook page, but try not to give away your secret spot though. :)

It's great to see so many juniors fishing already this year. I think they will be giving the adults a run for their money.

As always fishos, stay safe on and around our waters. Enjoy!
EBFC empirebayfishingclub@gmail.com

PLEASE SIGN OUR PETITION

Dear Resident,

"Following on from a request from Empire Bay Progress Association, please sign my petition for the installation of plumbing works and flood mitigation at Empire Bay Progress Hall. I will be presenting this petition to Premier Gladys Berejiklian in support of my request for funding."

bit.ly/2RMGuYG
Adam Crouch MP

LOCAL HISTORY

Ship Building in Empire Bay—Erina II, 1934

Built by Mr Arthur Davis, of Empire Bay, and his three sons, the *Erina II* (80 tons) was constructed solely of timbers hewn from the bush near Empire Bay. The building took a year, and was done entirely by hand using axes, adzes and hammers. The shipyard being near 32-34 Sorrento Road. The *Erina II* was fitted with diesel motors.

On Saturday 25 August 1934, the *Erina II*, decked with bunting was ready to launch.

The crowd was excited, with fine words from the owner, Captain Childs, the champagne was splashed across her bow and the *Erina II* was launched! Or was it?

With a fast ebbing tide the launching was in trouble. The *Erina II* slid 12 feet then rested firmly in the mud!! It was a few days later, with a rising tide and ropes attached to pines trees at Davistown, the *Erina II* was finally pulled free and floated safely into Cockle Creek. The twin pines are still there today.

Ship building was an important industry in Brisbane Water, especially at Davistown, Kincaid, Daley's Point and Bensville. However, of the 500 ships built in Brisbane Water, only 2 were built at Empire Bay. The *Betsey* (1831) and the *Erina II* (1934).

Erina II was regarded highly in the coastal cargo and passenger trade between Narooma, Sydney and Gosford. In 1942 the ship was at war in PNG, covered in war paint, 50mm calibre machine guns mounted on the bow and stern, transporting commandoes, food and ammunition to the northern beaches of PNG. After the war, *Erina II*, with many bullets holes, returned to civilian service. Her final years were served transporting cargo and passengers between Brisbane and PNG. Sadly, in 1954 she ran aground near Madang (northern PNG), and within a few days broke up and disappeared from sight.



Sources: SMH Mon 27 August 1934, and "The Shipbuilders

of Brisbane Water", Gwen Dundon

Robert Thompson

PET CORNER

I Hear Thunder

For many dogs, thunderstorms mean fear and trembling, for the unluckiest dogs they mean outright panic. The standard therapy for dealing with fear in dogs is counter-conditioning and desensitisation. You start desensitisation by exposing your dog to the frightening stimulus in its mildest possible form. You counter-condition by pairing the scary thing with a super-special treat. When your dog understands that he has survived the stressful event, he will begin to calm and be less afraid.

With thunderstorms, two factors are important.

- ◇ Counterconditioning and desensitisation largely depend on avoiding random exposures to the scary thing. This can be difficult when dealing with the environment.
- ◇ A thunderstorm isn't just one thing. It includes a darkening sky; the smell of ozone; changes in barometric pressure; wind and rain; lightning and thunder.

Play Therapy – Useful if your dog is only mildly anxious, maybe a little restless, before and during storms. The minute you're aware that a storm is coming, bring out the ball or tug toy. If you throw a play party whenever there's a storm, your dog may learn that storms predict good times.

Behaviour modification and medication – Unfortunately, you won't always be home when a storm comes, and every episode of anxiety makes it likelier the anxiety will worsen. If you don't see clear improvement after a couple of storms, or your dog is highly anxious, consult your vet and use the steps above in conjunction with an anti-anxiety medication.

The good news is almost all thunder phobic dogs will see significant improvement either with gradual exposure and use of counterconditioning and desensitisation alone or coupled with prescribed anti-anxiety medications.

For a complete step-by-step guide, see my book:

Nose to Tail: A Holistic Guide to Training your Dream Dog available for purchase from www.louiseharding.com.au

Coming soon: my Series of 6 –

Nose to Tail Companion Workbooks and Nose to Tail Online Training. Individual and class training available see www.animaltalent.com.au



HISTORY OF EMPIRE BAY PROGRESS HALL

In 1918, Bill Myler, a local oyster farmer donated the land on the cnr of Gordon and Sorrento Roads to the people of Empire Bay. Along with Skipper Merritt and local assistance, the Hall was completed in 1922. The materials were either donated or purchased and some were transported by ferry.

On 23 February 1999 an application was made to Council for a proposed extension and on 8 June 2001 a construction certificate was issued including details of the extension, access ramp and facilities for the disabled.

With incredible support from locals including materials and labour, the new Hall was officially opened in October 2002 at the inaugural art show.

Between 2002 and 2009, the Progress Association received over \$57,000 in grants from the Gosford City Council and the NSW Government, to help cover the costs of providing the access ramp, furniture, outdoor undercover area, a new

floor and renovated kitchen. In 2009-2010, roof ventilation and insulation was installed, along with solar pump hot water system and a water tank all organised by local residents Bruce Seivwright, Allan Burgmann & Santo Consoli who volunteered their energy and resources.

In 2018, a further NSW government Community Grant of \$35,000 was raised by the Association to replace the front door, replace the awning on the front of the Hall and fix one of the piers and the windows. The Association funded roof top solar.

Today, the Hall is managed by a team of volunteers including Warwick Homer who is our amazing go to man, Brian Collis, who beautifully manicures the grounds and Sharon Murray, the Hall Booking Officer.

The Community of Empire Bay owns the Hall and the Progress Association is its custodian. It is available to hire and our community events are centred around our Hall.

Garry McNamara

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Contact

Jessica Bonniface

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