

EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION

JUNE/JULY 2023

www.empirebayprogress.org.au

empirebayprogress@gmail.com



Photos provided by Andrew Murray and Robert Thompson

FROM THE PRESIDENT

Hi everyone

Your association has been very busy since our last newsletter. As mentioned in my last note, we were deep in the organisation of our Anzac Day ceremony which took place on April 25th. We have received very positive feedback from many attendees including our veterans. I was particularly impressed by the number of children in attendance – thank you to all parents who made this happen. Overall, we consider the day a great success. This said, we look forward to what we can achieve next year to ensure everyone attending has an enjoyable experience.

The working group established to co-ordinate and plan for our centennial celebrations has met on several occasions and agreed on a selection of fun activities which hopefully many of you will be able to support. The association is only as successful as those who give their time either through assisting or supporting the initiatives that are organised for your enjoyment. Many thanks to all our local businesses for their support and donations.

I will be overseas for the first of these events - our Trivia evening, but I look forward to attending many of the future events. I hope everyone will enjoy the evening.

We have been unsuccessful with our funding request to upgrade the Progress Hall sheds. Although disappointing, your Association had planned for this possibility. We have received and reviewed proposals from three local providers and notified the successful organisation. We hope to have the sheds replaced over the next few months.

There has been some progress with council in respect of the foreshore play area with repairs carried out to the slide, and new sand being spread. We are in dialogue with council to determine what funding is available to upgrade the facilities further.

We have received communication from Central Coast Council that due to funding, the road and drainage upgrade for Shelly Beach Road, has been deferred until 2024/25, subject to further review. We will continue to liaise with

council to determine how best to ensure this upgrade is undertaken.

On a more positive note, we have received confirmation of funding for road renewal works within Rickard Road, from Kendall Road to House Number 124. Renewal works will include pavement renewal and resurfacing. Council is currently liaising with the grant funding body to complete necessary grant funding agreements before work can commence. Once these documents are finalised, Council will share with the Empire Bay Progress Association the timeframe for carrying out the works. At this time, we will provide a further update to you all.

As per my previous note, 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.

Many thanks for your continued support. I look forward to meeting with you over the coming months.

Ken Empirebayprogress@gmail.com

The Empire Bay Biggest Morning Tea is coming to the **Empire Bay Progress Hall on Saturday, 3rd June from 10am - 2.00pm.**

The cost will be \$10 per head with all proceeds going to NSW Cancer Council. Raffle tickets for prizes generously donated by our local businesses will be sold for \$1.

Come and enjoy home made cakes and slices as well as savoury dishes with tea or coffee, served up by local volunteers. Meet up with neighbours and make new friends for this worthy cause. Everyone is welcome.

Enquiries to Jan Consoli
mob **0402 246 427**, or
4369 3195.

Biggest Morning Tea



LOCAL HISTORY

Progress Association celebrating 100 years service to the community

The following clipping from The Gosford Times and Wyong District Advocate captures the announcement in 1923 of the founding of the Empire Bay Progress Association.

29th November 1923

Empire Bay.

At a meeting held in the local Parish Hall it was unanimously decided to form a Progress Association, and the following officers were appointed for the ensuing 12 months:—President, Mr J. Bell; Vice-President, Mr. J. Settree; Hon. Secretary and Treasurer, Mr. C. H. Walker. Meetings will be held regularly each month at 7.30 p.m. in the Parish Hall on Saturday before full moon. Seven members and the President to form a quorum. The annual subscription fee was fixed at 1/.

The Secretary was instructed to write to Woy Woy and Kincumber Associations for a copy of their rules, and another special meeting is convened for Wednesday, 5th December, in the Parish Hall at 7.30 p.m., to draft a code of rules, when it is hoped there will be a much larger gathering. The Association promises a membership of 50, and by the business done at the inaugural meeting, it will no doubt prove itself a very live organisation. Following are several of the most important items of business dealt with:—1. Repairs to Empire Bay Wharf and erection of shelter shed on same. 2. Calling the attention of Shire to the abuse of Permissive Occupancy leases, viz., use of boatsheds for dwelling purposes. 3. Asking the Shire Council to repair culvert, which is in dangerous state, on Rickard's Road. 4. To request Railway Commissioners to stop 11.30 a.m. train at Woy Woy for purpose of setting down passengers from north to overcome the 3 hours' wait at Gosford. The meeting concluded with a vote of thanks to the chairman.

The Progress Association will be running various events during the year to recognise the 100 years of serving the Empire Bay community and to pay respect and gratitude to our founding pioneers.
By Robert Thompson

LOCAL HEROS

Many in Empire Bay remember our former resident Dudley Pye. Sadly, Dudley passed away a few weeks ago and we would like to dedicate a few lines in this Newsletter to celebrate his time with us.

Dudley grew up in Queensland. He joined the 3rd Battalion Royal Australian Regiment as a cook in 1953, served in the Korean War and stayed in the military until 1979.

Dudley and his wife Beryl moved to Empire Bay in late 1997. He nursed his wife until her passing in 2007. Lynne and Keith Williams spoke fondly of their close neighbour Dudley, "He bought people together who may never had met, made newcomers to the Bay welcome, and held the most

wonderful and unforgettable Soirees in his home. His contribution to the community was amazing and he made people happy with his wit and humour."

Lynne continued, "He will be forever remembered for the imprint he has left in our hearts". He was a poet, an active member of the Central Coast Poet Society, and a regular contributor in the Empire Bay Newsletters. Dudley participated often in the Empire Bay Anzac Day service, reading poems from his war experiences.

In 2012, after 15 years in Empire Bay, Dudley moved to the RSL Lifecare Retirement Village at Narrabeen.

With 26 years military service, Anzac Day was a very special day for Dudley. His grandfather was involved as a horse breaker in World War One, his older brother is buried in Burma as a POW. Dudley would say Anzac Day "It's for those people who served their country, who died, who perished and those who came home. Very sad memories."

In 1976 Dudley was awarded the Member of the Order of Australia for "exceptional service of duty".

On the 2nd April, 2023, Dudley passed away at the RSL LifeCare Retirement Village, Narrabeen.

Rest in Peace Dudley

Dudley Pye's Last Poem (extracts)

If I should die before I wake,
I've been dreaming of you know!

Any special things I need,
Or things I need to know?

Is it first class or economy?
Up through the ozone layer,
What about an upgrade?
Am I a freebie or a payer?

Will there be a fluffy carpet?
One dyed a crimson red,
Suppose it's special treatment,
Just because I'm dead!

Is someone there to greet me?
I think that's only fair,
Do I have to fill out forms?
Perhaps a cosmic questionnaire?

Do you need a stubbie holder,
Can you get the footy score?
Can you wear your trusty thongs?
If they let you through the door!

They say an old bloke's standing there,
Who calls your name out loud!
Does he issue you with special shoes?
So you don't fall through the cloud.

When I awoke next morning,
I packed some sangers and some cake,
I keep them there beside my bed,
In case I die before I wake!

Dudley Pye AM, MSM, JP

Sources: Daily Telegraph April 2017, Barry Warwick, Phil Matchett, Lynne and Keith Williams
By Robert Thompson



**Dudley Pye, Empire Bay
Resident 1997 - 2012**

Almost forty years ago, a tornado went through the waterfront homes of Empire Bay. These headlines brought Empire Bay to the eyes of a young family from Orange who were looking for a healthier lifestyle on the Central Coast. Allan and Margaret Thomas had never heard of Empire Bay, but these headlines, and the opportunity to buy the local Newsagency / General Store soon had them moving their family into the little community. A blessing for Empire Bay.

Over the next 40 years Allan & Margaret established strong connections with the Empire Bay community. Initially as owners of the Empire Bay newsagent & general store, then

OUR COMMUNITY

Empire Bay/Bensville Rural Fire Brigade

The fire season has come to a close on March 31st. Property owners who have hazard reduction certificates will still need to notify Fire Control as well as neighbouring properties before any burning can be carried out.

We hope you have checked your smoke alarms and their batteries, and made sure they are in working order. With the colder weather approaching, it is time to clean the flue of wood heaters and large gas heaters before using them. When drying or warming clothes near any heater, keep them at least a metre away from them. Before using an electric blanket, spread it fully out, check the controls for any damage, turn it on and feel for any kinks and hot spots in the heating element and replace it if necessary.

As the weather permits, hazard reductions will continue throughout the district. Notification of these will be via social media and on the Fires Near Me app.

Fire calls have been medical assistance and cooking fires. We are continuing with training and recertification of skills to continue our services to you. Our brigade wishes to thank our generous community for their ongoing support.

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

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



Allan and Margaret Thomas, Kendall Road, local heroes in our community

owners of the Post Office and very active members of the Empire Bay Progress Association for many years. Their love of the community, the dedication to help wherever help was needed and their commitment to improve our little village is recognised and appreciated by many.

Allan, born in Orange then moved to Canowindra (1952) and Margaret, born in Canowindra, grew up going to Canowindra school. After a brief courtship, they married in 1963 in Canowindra. Allan working in the produce mill and later taking up carpentry with a local builder.

It was tough raising 2 children (Kathy & Les) in a country town and eventually after eight years the Thomas family moved down the road to Orange. Allan then worked with builders in Orange and as a maintenance & handyman in the local pub. Margaret working at Email Ltd (whitegoods) and Woolworths.

For better health, in 1984, Allan and Margaret move to the Central Coast, and following the headlines of the tornado through Empire Bay, they bought the Empire Bay Newsagency/general store and the Thomas family moved into Kendall Road.

Margaret ran the shop, while Allan, preferring to be outside, delivered the newspapers (Daleys point, St Huberts, Empire Bay & St Kincumber) and picking up the stock required for the shop. Being the owners of the local shop, they quickly became closely connected to the community.

Margaret and Allan sold the Newsagency general store, then purchased the Empire Bay Post Office (then in Kendall Road) in 1989. Young daughter Kathy became the local postman (later John Vallely and David Cornelius). Working in the Empire Bay Post Office for 25 years (1989 – 2014) Margaret became a very familiar face in the community. During this time Margaret was recognised by Australia Post with Excellent Service Achievement Award. While Margaret ran the post office, Allan worked as a handyman and cleaner at the Gosford Golf Club. Retiring in 2009 after 19 years' service.

Margaret and Allen became an important part of Empire Bay. Margaret being President of the Empire Bay Progress Association (1989-1995) illustrates the dedication and love they have of the local community and its residents.

In retirement, Margaret and Allan enjoyed travelling (twice around Australia) and settled back to the gentler lifestyle with their family and their three grandchildren.

Sadly, Allan had been in poor health and, with Margaret and family by his side, Allan passed away 3rd May. The prayers from a very grateful community are with the Thomas family.

Interviewed by Robert Thompson 26th April 2023.

Empire Bay Fishing Club

The 2023 AGM for the fishing club was held on Sunday the 30th of April. Committee positions will be posted via our Facebook page and website. The weigh-in for May will be put back a week due to Mother's Day. It will now be on Sunday the 21st of May. The April weigh-in was a cracker with plenty of flatties, bream and blue swimmers on the scales. Don't forget all family members are welcome to our weigh-in, its always a great afternoon for a catch up and the BBQ is always fired up and live music to top the arvo off. Good luck, stay safe and see you all at the next weigh-in.

empirebayfishingclub@gmail.com

The flags come down at the end of another season on Killcare Beach— KSLSC

Another season is over for the Killcare surf life savers and Council lifeguards. This season has been particularly busy with over 1,500 preventative actions and 32 rescues performed by the volunteer lifesavers from our Club. We have seen more



mass rescues this season than previously as groups of swimmers have got into difficulty.

The great service the Club performs is highlighted by the return visits of those saved and their gratitude for our efforts. The Club has also had a busy social season and hosts many community activities. Our Nippers group goes from strength

ANZAC DAY

On the morning of April 25, over 500 people gathered around the cenotaph in Empire Bay in readiness for the ANZAC Day ceremony.

At 11.00am the sound of a lone piper could be heard in the distance. As the music grew louder, piper Todd Ridgway could be seen, leading the Malay Borneo Veterans Group, their banner held high by the Bensville Kincumber Sea Scouts, and closely followed by students and teachers from the Empire Bay and Coast Christian schools, the Empire Bay Rural Fire Service, and others.

ANZAC day holds a special place in the heart of all Australians. It never ceases to amaze the cross section of people who attend and the reverence and respect that this ceremony holds, and it is especially encouraging to see the younger generation of school age children who will carry on this memorial in years to come.

Many thanks go out to our dignitaries who attended, including the Honourable Adam Crouch, State Member for Terrigal; Mr Bill Young, representing Dr Gordon Reid, Member for Robertson; Chief Inspector, Gavin Ashby, Gosford Police; Commodore, the Right Honourable Terence Cole AO RFD KC (Retd); Mr Tony Farina, State President of the Malaya & Borneo Veterans Association NSW, and his associates.

Our speakers Mr Adam Crouch and Mr Tony Thorrington gave inspirational heartfelt speeches. It was especially moving to hear Mr Thorrington quote the former Governor-General of Australia, Major General Michael Jeffery's ANZAC address. "We are again reminded that the freedom to be here in the first place, with our families and friends, and our comrades in arms, is such a precious thing." Over 20 wreaths were laid by both dignitaries and members of the public to the sound of the piper playing the "Flowers of the Forest".

Many thanks to the Empire Bay Progress Association and its members for organising this event, in particular Mr Ken Shaw (President) and Mr Robert Thompson (Vice-President)



LOCAL BUSINESS

We would like to introduce the new owners of **Empire Bay Cellars**, brothers Sean & Nick Montague.

They moved into the bottleshop a month ago.

Sean has recently moved down from Brisbane, residing in Ettalong, a move he wishes he made years ago. Sean often saying "what a lifestyle here in Empire Bay!" Prior to Empire Bay and Brisbane, Sean was involved in the hotel industry which had him living across Asia for 10 years.

Nick has been involved in the liquor industry for 30 years working in hotels, restaurants in Portugal, then as Sales Manager for Tyrrells wines and for the past 15 years, owning two bottle shops, Blueys Cellars and Smiths Lake Cellars just south of Forster.

Sean & Nick aim for Empire Bay Cellars to be built around great customer service, an exciting range of products and excellent value for money. Their wine range has increased to over 250 wines with a lot of rare and aged wines added with more to come.

With six bottle discounts on every wine in the shop they are very confident you won't find a lot of their wines cheaper anywhere else.

Sean continues "Our craft beers are on the increase, and our first delivery of Jerky and Biltong has already sold out!"

Liquor Stax specials will continue each week plus they'll advertise their own specials on Facebook www.facebook.com/Empirebaycellars

Anyone following (or who has followed) their Facebook page by the end of May will go into the



**Sean Montague,
Empire Bay Cellars**

CENTENARY CELEBRATION — Trivia Night



The trivia night was a huge success with a full house and a night full of laughs and brain strain thanks to our famous local 'trivia king' Brad Story.

Even though the fancy dress 1920's theme was not mandatory, many people arrived dressed to the nines in stunning roaring twenties regalia.

Competition for the best dressed lady was so tight the prize had to be shared with four beautiful "flappers" (look it up).

There was some very intense rivalry between the teams and overall there was not a huge difference in the scores between the winners and the unlucky wooden spooners. As in last years trivia night the final count resulted in a draw and an intense head to head playoff ensued. Even then a clear winner could not be found and the toss of a coin determined Fred Kelly's team 'The Train Wreckers', won by a nose (actually by a head..the Queens).

Overall a great night was had by everyone and thanks to our wonderful sponsors 50 prizes were able to be shared amongst the players. The sponsors are all local family



The winning table — 'The Train Wreckers'

businesses, employ locals and have been servicing our community for decades. They are an important part of our community. Please remember to support your local businesses and shop locally.

EMPIRE BAY TRIVIA NIGHT OF THE CENTURY SPONSORS

The Empire Bay Progress Association thanks the local businesses that sponsored the fantastic trivia night.

Kincumber Mitre 10 — for anything and everything in hardware including your new kitchen

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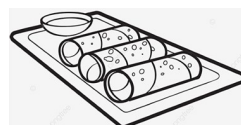


Empire's D'Lite

Wishing all the wonderful Mum's in our community a Happy Mother's Day. We hope you have a fantastic day.

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

- ◇ Smallgoods from the Barossa Valley
- ◇ Some great hot sauces from Old Bones
- ◇ Range of Pate from Offaly Foods including a vegan offering.
- ◇ The fantastic products from Burnt Honey Bakery at Copa delivered hot on Saturday mornings. Let us know if you have a



favourite
that you
would
like us to



to strength under Emily Buckley and her great band of helpers. The winter swimmers club, the Frigid Digits, will start their season on the 30th April. 'Sips' on the balcony with a cold drink on a Sunday afternoon is pretty much the best place to be as the sun sets.

The Club would like to express its appreciation for the support of the community, tireless work of the Club volunteers and for the patrollers who turn up and patrol. In particular the Patrol Captains and our retiring Directors of Lifesaving, Luke and Matt Hayter.

Please consider joining our Club as a patroller or community member. We really need more Patrollers. You don't need to be an olympic swimmer and you will receive support and training throughout. It is a great way to give back to the community, keep fit and meet people. The Club will launch the new 2023 season in September with a Community Day, so stay tuned. **Janey - admin@killcaresurfclub.com.au**

OUR SCHOOL

Empire Bay Public School

Sustainability conversation—inform, inspire, invite

In sustainability we are caring for our natural environment, and we learn much from Aboriginal traditional practises. We were successful in our application for the Sustainable Schools Grant and are looking forward to creating a Bush Tucker garden. This will be a major focus for students, teachers, carers and the community. During Green Week last term students learned about native plants and their uses. Aboriginal people have been using native plants for food, medicine and tools for thousands of years. In Green Week we studied Aboriginal rock art and traditional symbols. All students painted a stone and these stones will feature in the garden. We have a wonderful Aboriginal Education program at EBPS and the Bush Tucker garden will be a valuable resource for both Aboriginal Education and Sustainability at Empire Bay. With the help of experts in our community we will have a space that encourages outdoor learning as well as education about native plants and their uses. Produce from the garden will be used in our Kitchen Garden program. We are looking forward to opening the garden with a ceremony at the end of June! **Lisa Maddick**

Web: www.sustainabilityatebps.com

Tel: 4369 1796



PET CORNER

Winter

The temperatures are dropping, the chilly wind is picking up, the rain is setting in and the days are getting shorter.

All good reasons why we should stay indoors warm and cosy, right?

If you are a pet owner, then the change of season means a few changes to make things easier.

Remember that dogs have a furry coat to keep them warm in cooler temperatures, so if they spend a lot of time indoors then not a lot will change just ensure that their sleeping spot is away from draughts but not too close to the heating, overheating can cause dogs to move about a little which can be disruptive during the night.

Although the temptation when it is cold and dark outside is to stay indoors, it is important that your dog is conditioned to being out in all sorts of weather – just because its chilly the need for regular toilet breaks and exercise doesn't disappear. If you're at home, play some brain games with your dog outside in the evening perhaps a food track, get them scenting and thinking – it can be a lot easier to teach when its dark and the air is cool as the scent hangs around on the grass, I always begin to teach my young puppies scenting in the dark.

So, how do you know when it is too cold to be walking your dog outside? My rule of thumb if its below 0 just play some indoor games.

Being out in all weathers is important to ensure your dog is confident and resilient. Dogs adjust well to the dark and the climate and they enjoy the wonderful smells. If your dog is wearing a coat, make sure that it fits correctly and its comfortable and easy to walk and move around in, anything that restricts your dog's movement is not going to be suitable. Just like when you are adding layers, you need to be able to move your arms and legs freely.

Our training school continues with lessons and classes through the winter, including our evening program. We keep an eye on the temperatures, we add more clothing layers, and keep our owners and dogs moving. We just adapt and change with the climate.

Have fun with your dogs and embrace the change of season with a positive mindset and a new game or behaviour.

Louise Harding - Author & Canine Behaviour

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

0437 148 402 or info@animaltalent.com.au



VALE

Dudley Pye, AM

Age 89

Formerly from Shelly Beach Road
A resident in Empire Bay for 15 years.

Will be missed by family, friends
and the Empire Bay Community.

RIP Dudley

Allan Thomas

Age 80

Kendall Road

A resident in Empire Bay for 39 years.

Will be missed by wife Margaret,
children Kathy & Les, & partners,
grandchildren, family, friends
and the Empire Bay Community.

RIP Allan

Garry McNamara

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Dr Gordon Reid MP – How can I help?

Please contact my office if I can be of any assistance.



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OUR SERVICES:

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- SLEEP DENTISTRY

OPENING HOURS:

Monday: 9AM - 5PM
 Tuesday: 9AM - 5PM
 Wednesday: 9AM - 5PM
 Thursday: 9AM - 5PM
 Friday: 9AM - 5PM
 Saturday: 9AM - 1PM
 Sunday: Closed

(02) 4369 0165
 EMPIREBAYDENTAL.COM.AU
 7 SORRENTO RD, EMPIRE BAY NSW 2257

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Call Anthony
0413 277 368

MH Dance Academy

Empire Bay ~ Woy Woy ~ Kincumber
New dance studio in Woy Woy now open,
80 Rawson Rd, Woy Woy

Cheerleading, Acrobatics, Jazz, Hip Hop, RAD Ballet, Tap, Lyrical, Contemporary, Musical Theatre, Preschool program, Competition classes and Private lessons

Mention this ad for your **FREE** trial lesson with us!
 mhdanceacademy@hotmail.com
0404 824 775



Don't forget to claim up to \$300 off dance fees with your Active Kids and Creative Kids vouchers.

Buying, Selling, Renting?

Call your local agents for all your Real Estate needs.

Matthew Kidd | Selling Principal

4369 2268 | 0417 230 732

Carley Eder | Rental Principal

4369 6618 | 0432 945 578

raywhitebensvilleempirebay.com.au



Bensville | Empire Bay

B&J

ASPHALTING

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Adam CROUCH MP

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Parliamentary Secretary for the Central Coast

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How I Can Help You

- ✔ State Roads
- ✔ Health and Hospitals
- ✔ Education
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- ✔ Emergency Services
- ✔ Transport
- ✔ Social Housing
- ✔ National Parks
- ✔ Family and Community Services

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info@aboveandbelowasbestosremoval.com
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Working For Our Community

Authorised by Adam Crouch MP, Shop 3 Fountain Plaza, 148-158 The Entrance Road, Erina NSW 2250, funded with parliamentary entitlements.

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

May 4th, 18th, June 1st, 15th, 29th.

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

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

EMPIRE BAY TENNIS COURTS

BOOKINGS: play.tennis.com.au/empirebayTC/court-hire

ERacquet hire: from Empire's D'Lite 4363 1341

COACHING: Mark Rawlingson (Tennis Australia Level 2 Coach)

Mobile: 0412 834 336 Email: markrawl@inet.net.au

SCRABBLE: Everyone is welcome from beginners to experts

Come for 1 game or play for 3 hours, it's up to you.

Tuesday's 9:00am to 12:00pm at Empire Bay Progress Hall

BUSH CARE: Ring Nicola Booth— 0436 685 155

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

JUSTICE OF THE PEACE

Robert Madden 0417 291 641; **Hart Peters** 0417 674 687

WALKING EXERCISES IN THE HALL

An EBPA initiative—free

EVERYONE WELCOME

Every Thursday 7:45am—8:30am

empirebayprogress@gmail.com



Card games—All ages welcome

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 16 August, 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 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.

