

EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION

www.empirebayprogress.org.au

FEBRUARY/MARCH 2023

empirebayprogress@gmail.com



Bocce Club, photos provided by Rickie Olsen



FROM THE PRESIDENT

Happy New Year to all our community.

After ten years on the Committee of the Empire Bay Progress Association and the past five years as its President, I will be retiring from this position at the AGM on 15 February. I have been privileged to oversee the many changes to Empire Bay including the reconstruction of Greenfield Rd (thank you to Gregory Olsen) and the pump park (thank you to Errol Baker for his initiation). Shelly Beach Rd and the resurfacing of Rickard Rd (thank you to Peter Sinclair) will commence once Council completes the tendering process. Additional grant successes enabled the Community Hall to be updated with a new TV and sound system. The Cenotaph has also been restored. I also joined other volunteers who organised ANZAC Day, the Village Fair and the community BBQ.

We finished 2022 with a final resolution on the boatshed. After many building and structural reports and a 300+ page toxicity report, the outcome proved the lack of care over the past 30 years by the previous licence holder, and unfortunately, the boatshed will be demolished. For correct updated information about the next step and a 'replica' being built, please follow the Crown Land's website (google: crown land empire bay).

I would like to thank the committee members who tirelessly spent many hours volunteering for our community. Peter Sinclair, Vice President; Sharon Murray, Secretary and Hall Manager; and Genevieve Page, Treasurer. We couldn't do our work without the dedicated volunteers including Robert

Thompson, Brian Collis, Jan and Santo Consoli, Warwick Homer, Andrew Murray and Jan Steele. Thank you also to Carolyn Sinclair, Duncan Dalgleish, Ken Shaw, Chris and Catherine Argeat, Gary Tilley and Brodie and Dwight Bilson. Thank you to Christie Chen who has kindly agreed to be the editor of the newsletter. It is now time for a member of our Association to take over the helm as President. It has been a wonderful tenure.

All the best.

Carolyn Empirebayprogress@gmail.com

NEXT MEETING OF EMPIRE BAY PROGRESS ASSOCIATION AND THE AGM

Wednesday 15 February at 7:30pm

The Hall, 1-3 Gordon Rd, Empire Bay

Everyone welcome. Stay for supper. Membership \$5

Empire's D'Lite



Thanks to everyone for their support over the Christmas period and we wish you all a very happy and successful new year!

We have lots of new products in the pipeline and of course if you are looking for anything in particular please ask and we will try our best to source it for you.

Remember that catering is always available which includes antipasto, sandwiches, fruit and sweet platters.



LOCAL HISTORY

Oops! We Mixed Up the Voting

In 1928 there was an attempt to prohibit the sale of alcohol in New South Wales. A NSW referendum was held "Are you in favour of prohibition". When the results were announced, Empire Bay was one of a "few isolated areas" that supported the proposal.

Empire Bay: 34 YES for prohibition, 16 NO. Hard to believe these days. But then a few weeks later the Empire Bay numbers were reversed. Phew !!

Empire Bay: 16 YES for prohibition, 34 NO.

There is no reason given for this reversal, except to assume the local polling staff mixed up the papers. The polling staff being the local postmaster and store owner Mr C.C. Swinbourne, and Mr H Talks.

This strange outcome of the Empire Bay Referendum result is recorded in the September, 1928, Gosford Times;

Gosford Times, 6th September, 1928

Majority Over Half a Million

AGAINST PROHIBITION.

Hawkesbury Polling Details.

At the close of yesterday's count of the liquor referendum poll the totals were as follow:—

Yes	345,054
No	854,313

Majority for No .. 509,259

The total number of invalid votes was 11,275.

The total number of absent votes concerning which advice had been received up to 5 p.m. yesterday was 77,096.

Every electorate in N.S.W. declared against Prohibition; only in a few isolated places was a majority recorded for it. Holgate was one of them; others were Empire Bay and Somersby. reform of the liquor trade should take.

But then two weeks later, the Empire Bay results were reversed.

Gosford Times, 20th September, 1928

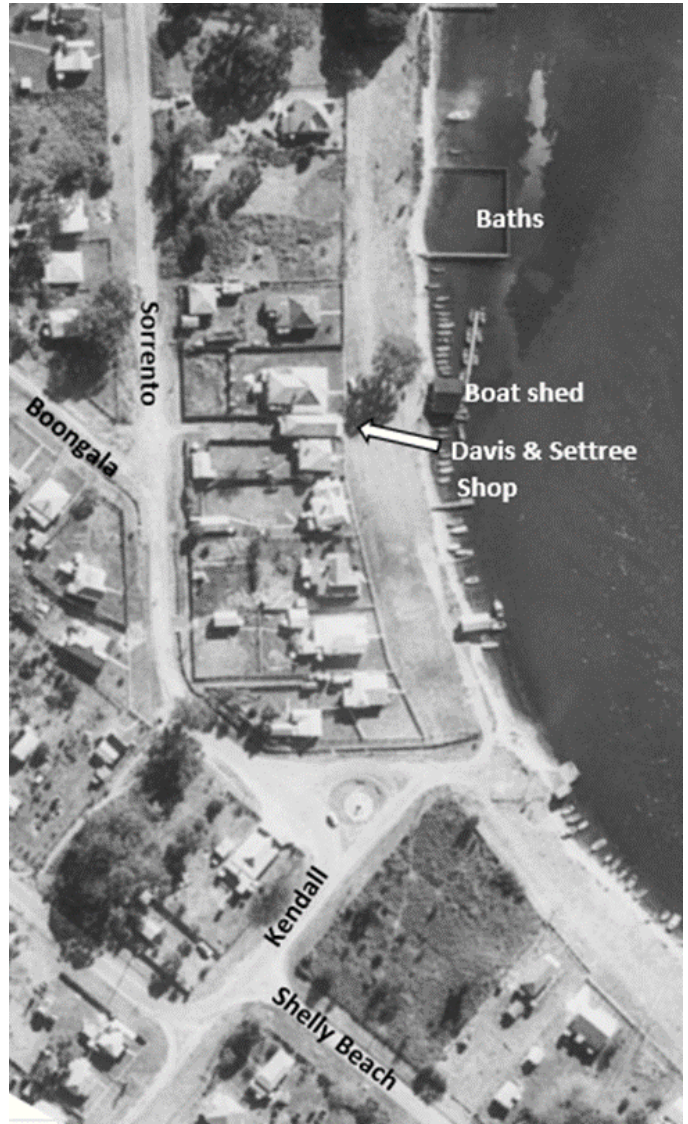
The final figures for the Hawkesbury in connection with the liquor referendum disclose that prohibition was defeated by a majority of 6001. Since we gave the detailed results 1104 absent votes have been counted and they were distributed as follows: Yes, 266; No, 675; disallowed, 163. This brings the total number of voters up to 13,334, whilst the number of the roll is 15,210. Those who failed to vote total 1876, and they will be asked to explain their reason for not doing so. Failing a valid excuse a prosecution will follow. Only one centre throughout the electorate gave a "Yes" majority—Holgate, with Yes 29 and No 24. Empire Bay was said to have voted for prohibition, but somehow the figures became transposed. The official figures from that centre are: Yes 16, No 34. Final figures: Yes 3523, No 9524, informal 287.

Following the rejection of the referendum, alcohol was allowed to continue to flow in NSW, but the 6pm pub closing remained in place until 1955.

Empire Bay Aerial Photograph 1961

This is part of an image of Empire Bay waterfront in 1961. The interesting thing to note is the open, unoccupied blocks of land, dirt roads, the baths, the shops, undeveloped wharf and the baron cenotaph. There were also no trees near where the waterfront swings and play area is now.

This is the earliest image of Empire Bay available from State Records.



This image, and many more are available online at:

www.spatial.nsw.gov.au/products_and_services/aerial_and_historical_imagery

By Robert Thompson



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OUR SCHOOLS

Empire Bay Public School

Sustainability



At Empire Bay

Sustainability conversation— inform, inspire, invite

Through the 'Sustainability at Empire Bay' program children are given the opportunity to explore and investigate how we, as a community, interact with our environment. Children begin to understand that they are making choices everyday that have sustainability impacts and people all over the world are making changes to consider what is best for the future of our natural environment. The program gives children an opportunity to think globally while they make decisions about what we can do as a small community. Learning about sustainability occurs in the classroom within key learning areas, but also when children do jobs around the school as part of 'The Green Team'.



The Green Team discusses our sustainable goals and works together with our Sustainability Leaders to raise awareness and to get all the jobs done to reach those goals. In Term 4 2022, our Sustainability Leaders joined several other schools at the Sustainable Futures Expo and witnessed how industries are making changes and how we can continue to take action in our own community. In 2023 we are looking forward to K-6 learning in areas of food sustainability, waste management, biodiversity as well as energy and water conservation.

Lisa Maddick

Web: www.sustainabilityatebps.com

Tel: 4369 1796



Coast Christian School

Welcome to 2023 Empire Bay!

Coast Christian is looking forward to welcoming our students back from Tuesday 31st January.

You will see a few new faces around on staff and we can't wait to meet all the new students.

Let's learn and grow together and have an exciting year ahead!

Please contact the school office if you would like to book a school tour or have any questions –

office@coastcs.nsw.edu.au

Tel: 4368 3377

www.coastcs.nsw.edu.au



OUR COMMUNITY

Empire Bay/Bensville Rural Fire Brigade

We hope everyone had a great Christmas and New Year.

What great weather we had parading Santa around. So many happy children and adults supporting this event. Thank you for your generous donations.

Our crew have assisted with the ongoing hazard reductions in our district. We continue to assist with storm and flood events within our state.

Recent incident calls are car accidents, bush fire near Woy Woy Tip, cooking fires and house fires.

Access to fire hydrants is becoming an issue. Cars, boats and trailers are parked over them. They are covered in grass and silt from gardens and household waste material.

We need at least 1 metre access clearance around them. Do you know where your nearest hydrant is and if it is damaged or obstructed, please report it to Council.

Our recent member recruitment was a success with 4 new members joining to train and assist our growing team of volunteers.

Larger property owners seeking to carry out hazard reduction or pile burns are reminded that they still require a fire permit during the fire season.

With the recent changes to the national fire danger ratings we hope you have updated your Bushfire Action Plan.

Please Live Bush Fire Ready.

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

Empire Bay Fishing Club

Hi Fishos,

Welcome to the new season.

We had a great day for our first weigh-in at the Empire Bay Tavern. The weather was perfect, there were great live tunes playing and we had a great turnout with some nice fish presented.

It was great to see some of our juniors getting points on the board early with Ruby weighing a nice Flattie, Oakley presented a nice Tailor and Ollie scored with a nice Muddie & a couple of Blue Swimmers.

The points so far (Jan 2023)

Seniors top 3

Errol Baker 30.6pts; Timmy Jackett 28.4pts; Andrew Curry 22.2pts

Juniors top 3.

Ollie Jackett 43.2pts; Ruby Powell 6pts; Oakley Lang 2.9pts

We look forward to seeing you all at the next weigh-ins, Feb 12th & March 12th 3pm at the Empire Bay Tavern.

As always Fishos, stay safe on and around our beautiful waters.

By Scott Draper

empirebayfishingclub@gmail.com

Probus—Friendship and Fun in Retirement

The Empire Bay Probus Club meets on the first Thursday of each month at the Club Umina for a 2pm start. Visitors and new members are welcome to check out the activities of this very active club each month.

We have a whole string of outings planned for the new year: 20 members attending the NSW Premiers seniors Concert at Darling Harbour on Thursday 2nd February, starring Kate Ceberano, next attending the monthly "Good Morning Everglades" show later in February. In March we're checking out the new Tropicana Social Club pizza restaurant and later in the month a three-and-a-half hour History & Heritage ferry tour. Lots more events are arranged through April to June. A good number of our Empire Bay members are joining with other Central Coast Probus members for a unique seven day Murray River Cruise on the paddle steamer "Proud Mary" along with Adelaide highlights and a Kangaroo Island tour in October. Busy, busy!

Contact Mary Gray, President on 0413 017 678

COMMUNITY WELLNESS

Nowadays, many people live in a time of unprecedented material abundance and convenience, with seemingly unlimited options of what we can eat, what we can watch, who we can date or be friends with. On the other hand, even though the life span has increased to 83.2 years from just under 80 years twenty years ago, about half of Australians now have a chronic disease, more than 20% of those are mental and behavioural conditions.

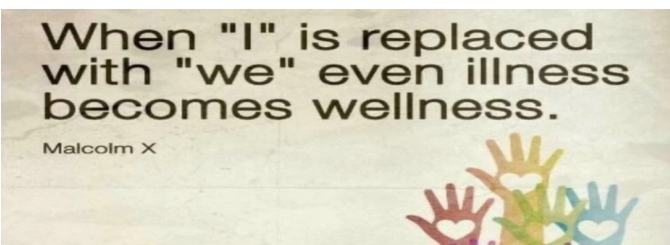
According to many researchers, the two main contributors to true happiness (wellness) are CONNECTION and CONTRIBUTION. We are built to connect with our loved ones and community in authentic ways. Social media sometimes give us the impression of connections, but without more tangible connections our lives can feel empty and unfulfilling. These simple things can really help to build more tangible connections in our daily lives:

- Lend a helping hand to your neighbours
- Say hello to people on your evening walks
- Strike up a small conversation with the cashiers
- Call your friends and loved ones

Obtaining material things can bring pleasure and happiness temporarily (think of the Boxing Day morning), however long-lasting joy and happiness comes from when we give lovingly, knowing we are contributing to the bigger world in a meaningful way. Remember to:

- Look after ourselves mentally and physically so we can give to others
- Teach children good values and show them with your examples
- Volunteer in a community/organisation for a cause you believe in

We are always open to explore different areas of wellness and what it means for us. Any ideas you would like to share please email: christiewellcentred@gmail.com **Christie Chen**



Occupational Therapy

Occupational therapy plays an important role, not only in children's lives but for everyone wishing to be able to do what they want or need to do every single day.

Occupational Therapists work on everyday skills to improve quality of life, mind and body function and increased independence. For children who have been diagnosed with **Cerebral Palsy, Autism Spectrum Disorder, Attention Deficit Disorders, Developmental Delays** and other diagnoses, it is important to receive early intervention as this will allow for skill development and improvements across a wide variety of domains within their life.

At **Coastwide Therapy Services**, we are a paediatric based practice. We offer a wide range of intervention which is inclusive of holiday groups that target functional skills such as: Cooking groups, fussy feeders groups, school readiness groups, surf based gross motor skill groups and more.



Matthew Fitzsimmons

Occupational Therapist

www.coastwidetherapy.com.au

02 4388 1110

matthew@coastwidetherapy.com.au

PET CORNER

With the weather bringing more people to our off leash beaches I'd like to share my thoughts on canine etiquette. As a full time, professional dog trainer working in our community for 10 years I strongly recommend to my clients that BEFORE they decide to let their dog off lead to enjoy an independent experience in our off leash areas, they need two basic behaviours:

1. Reliable recall 2. Stay

Please remember that even when off lead in an off leash area your dog needs to be under "effective control" so both a stay command and a recall are important.

A recall takes time and patience, in my opinion it is made up of around 5 steps.

1. Eye contact – Your dog acknowledges you and gives eye contact when his/her name is called.
2. Your dog comes towards you when his/her recall command is used.
3. Your dog remains within your personal space for at least 10 seconds before you release him/her to be free again.
4. Change direction – your dog will turn away from the direction he/she is heading (perhaps towards another dog) and come to you.
5. Sit or Down - you need to be able to get your dog to sit or down and remain in that position while you bend over and pick up a dog poo.

These steps all need to be broken down into separate behaviours. Once they are reliable in a non-distracting environment then add distractions, before head to the beach.

A reliable recall is something that needs to be worked on throughout your dog's life. Many dogs begin their puppyhood and early teens with a reliable recall, however, with confidence, and developed eyesight and hearing even the best trained dog may begin to make their own decisions. Once your dog decides that responding to his name is optional, while sniffing, chasing or barking is a much more exciting prospect, owners can quickly lose control. Add a few other dogs with similar behaviours, the result can be chaos.

If your dog can't do the above steps then it's not ready to be off lead. Take a long lead and keep practicing the steps until he/she understands that only if he/she gives you connection and attention that he/she can have some independent time.

This way we will all be able to enjoy our open spaces. Looking forward to seeing you there.

Happy Training.

Louise Harding - Author & Canine Behaviour

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

0437 148 402 or info@animaltalent.com.au



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Marie Anstee

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Age 66

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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

Starts back in February 2023, check with library for visit dates.

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

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

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Please contact **Shirley on 4369 2034 or Jan 0402 246 427**



EMPIRE BAY PROGRESS ASSOCIATION

Next meeting & AGM

Wednesday 15 February, 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

5:30pm—6:30pm, Tae Kwon Do Academy with Jo

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—midday, Inner Space Yoga and Life Coaching

3:30pm—6pm, MH Dance Academy with Mikayla

FRIDAY

9:30am—11:30am, MH Dance Academy with Mikayla

4:00pm—5:00pm, 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.

Inner Space Yoga and Life Coaching contact Gail James Mob: 0422 052 346 www.innerspacewisdom.com.au

Tae Kwon Do with Jo Brannighan on 0422 278 081: increase your fitness, confidence, improve concentration and learn self defence.

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.