

EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION
www.empirebayprogress.org.au

DECEMBER 2024/JANUARY 2025
empirebayprogress@gmail.com



A Great Day at the Village Fair

The community was blessed with wonderful weather and a great turnout for the annual Village Food & Fun Fair last month. The music was entertaining, the food was delicious, and the fun and laughter were contagious. It was a record crowd, with people walking around, catching up with friends and neighbours, stopping to chat with the local RFS brigade, watching the Round Dancers, proudly listening to their child or grandchild play the violin or sing in the choir, enjoying the BBQ from the Empire Bay Fishing Club, or savouring coffee and homemade cakes inside.

Salty Art by Mia attracted a good crowd of aspiring artists with a challenging art competition—thank you, Mia! Congratulations to the winners: Mila Bates, Sid Brown, and Pippa & Liam.

A special thank you to Ray White Real Estate for sponsoring the face painting. The lawns and gardens were on splendid display—thank you, Brian!

The raffle drew a keen lineup of ticket buyers, and a huge

thank you goes out to the many donors for their wonderful prizes. Donors included Umina Flowers & Gifts, Woolworths Umina, United Petroleum, Empire Bay Cellars, Hair Empire Salon, Salty Art, Empire Bay Tavern, Impact Plant Nursery, Mitre 10 Kincumber, Ettalong Pharmacy, Cinema Paradiso, Beauty Amour, Reptile Park, and Fox & Blade.

To our community entertainers—Warwick's pianola, Central Coast Strings, Empire Bay Public School Choir, Coast Christian School Choir, Round Dancers, Miao and Christie, and the Troubadours—a huge thank you. Your talent and energy were truly entertaining. The displays by the Bensville Scouts, Pretty Beach Pre-School, and Empire Bay and Coast Christian Schools were both educational and inspiring. Thank you.

The funds raised by the raffle and the coffee and cake stall will be shared with EBPS and the RFS.

Finally, a massive thank you to the many volunteers who made this day such a success, especially the Empire Bay RFS brigade, Andrew & Sharon Murray, Helen Jarman, Ken Shaw, Jan Steele, and Sue Laurie.

By Robert Thompson

FROM THE PRESIDENT

Hi everyone

Thank you to everyone who contributed to making our Food and Fun Fair such a wonderful success This includes our organising committee, stallholders, schools, entertainers, musicians, RFS, clean-up crew, Dr Gordon Reid for drawing our raffle and our community for attending. Over one thousand dollars each was raised from our raffle and Devonshire tea rooms. We are working through the overall financial position and figures will be available for our final Progress Association meeting for this year. Robert has prepared a more detailed update later in this newsletter.

How quickly the past twelve months have passed. As I read through last years report, we were working on two key initiatives - the cenotaph restoration and new shed installations both of which have been completed.

This year we received funding for several initiatives, the largest being for the recladding of the Progress Hall with work commencing in January 2025 with completion by end of February.

In September, your Progress Association hosted a "Meet the Candidate" forum allowing our community to meet and ask questions of many of the candidates standing for council. Your Progress Association believed the evening was a success in terms of attendance, high engagement and candidate commitment.

We have continued to follow up with council and other stakeholders in respect of several concerns raised by our community. These include foreshore erosion and restoration; waterfront play area upgrades and Greenfield Road speeding. Hopefully now that we have a new council, we will be able to progress these initiatives.

Information and consultation sessions are underway by the Hawkesbury Nepean River System – Coastal Management Program (CMP). These sessions are to allow those who live, work, or play along our valued river system to have input on how it is managed. Remaining sessions are taking place at the venues and dates below. I encourage you all to attend a session or log on to <https://hawkesburynepeancmp.org>

10th November	Woy Woy	10am - 4pm	Brisbane Water Oyster Festival Lions Park 2 N Burge Rd
12th November	Gosford	9am - 1pm	118 Donnison Street
16th November	Woy Woy	4pm - 10pm	Lakes Festival Gather & Groove Lions Park 2 N Burge Rd
24th November	Gosford	9am - 12 noon	10 Masons Parade

At our February Progress Association meeting, it was proposed that the Progress Association host a waterfront event. It was explained at this meeting that this would require significant funding and resources to achieve. We applied for funding to host this event and in the last few days have been informed our funding request was not successful. I understand a detailed reason will be provided and hopefully this will be available for our next meeting. Over the past two years, Crown Land have released grant funding for crown land reserves which in theory would allow all the Empire Bay waterfront concerns including erosion, play area and boat ramp issues to be addressed. As reported previously, your Progress Association can not apply for this grant funding but Council as manager of the waterfront reserve are eligible. I have written to our new council members requesting that they assist in the facilitation of this grant funding by appointing a council contact person to work with your Progress Association.

As I comment in all my updates, it would be great to see many more of you at the Progress Association meetings. We are here to represent you at council, state, and federal level. It is critical that we hear from you to ensure our representation is fair, balanced and addresses the important issues to you. Without your ongoing support it is extremely difficult to continue organising and hosting our local events that our community gets great pleasure from. The last meeting for 2024 of the Progress Association will take place on December 4th. It would be great to see a strong

community presence.

Our final event for 2024, will be our annual Xmas Eve BBQ on 24 December. I look forward to seeing you all at this time. If anyone is available to assist, please let me know.

To our community, their families, and friends, please have a wonderful safe Christmas. I hope that 2025 brings everyone happiness and good health.

By Ken Shaw

LOCAL BUSINESS

Hair Empire Salon (Shop 2, 1 Sorrento Road) opened on 26 September 2024, with a grand opening on 3 October. The team—Brooke, Heidi, and Sandra—bring over 80 years of hairstyling experience.

The salon offers style cutting, kids cuts, blow-drying, balayage, keratin smoothing, formal styling, facial waxing, and more. Operating Monday to Saturday, with late hours on Thursdays and Tuesday evening appointments, they welcome bookings and walk-ins.

Using Jeval and Clever Curl products, and Kerasilk Keratin treatment, the salon also offers gift certificates and community event sponsorships.

Contact **Brooke** at **0466 696 603**, or visit the website at www.hairempiresalon.com.au



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help you! Call **02 4357 8444** or visit www.ccmow.com.au

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- ◆ Orders are now open for our award-winning ham and turkey along with fresh seafood
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- ◆ Wishing all our wonderful customers a very Merry Christmas and we thank everyone for their continued support throughout the year!

www.empiresdlite.company.site

LOCAL HERO

SUCCESS AT 2024 UCI MASTERS TRACK CYCLING WORLD CHAMPIONSHIP

You may have noticed a senior cyclist training in the streets of Empire Bay. That was local resident, Hugh Gray, preparing for the 2024 UCI Masters Track Cycling World Championship in Roubaix, France.

"I built up great form cycling in and around the Bay and decided to see how I went against the world's best."

Hugh, one of the oldest competitors in the event, won four silver medals, in the scratch race, individual pursuit, points race and sprints; as well as a bronze in the 500m time trial. Hugh races in the 80+ men.

Hugh set a new national record posting 13.74 in the flying 200m.

Hugh is a member of the Central Coast Cycling Club and is a keen competitor in cycling events. He particularly likes to ride the track. As well as cycling in the local area, Hugh also trains on the outdoor track at Adcock Park, West Gosford, and likes to ride on the boards at Dunc Gray velodrome in Bass Hill.

He was part of 22-strong contingent of Australian masters track cyclists at the world titles.

Hugh will return to Roubaix in October 2025. 'I'm going for gold!' says Hugh.



OUR COMMUNITY

Empire Bay/Bensville Rural Fire Brigade

Hi All, Empire bay RFS is holding its annual **Santa Runs**:

Bensville - 12th December

St Huberts Island - 13th December

Empire Bay - 14th December

If you have any special requests for streets to be visited please let us know through our Facebook page.

Fire permits - Fire permits will be required for the upcoming bushfire period from 1st October 2024 till 31 March 2025. You will require to contact the Central Coast Fire Control Centre on 1300 060 807. You are also able to locate more information in regards to fire permits, bushfire survival plans and lot more information on the NSW Rural Fire Service website - <https://www.rfs.nsw.gov.au/>

Recruiting - We are always looking for new members to join this family orientated brigade. Your time with us will be filled with unforgettable moments, make a number of new friends not only from our brigade but from throughout the central coast district and learn new skills. If you are interested in joining and want more information, please contact our membership officer **Sue Dengate - 0417 028 286** or contact us through our Facebook page or drop by our station on Tuesday nights after 700pm. **Andrew Webster, 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

Well, what a fantastic turnout for our first Bay vs. Beach Fishing Challenge!

This event has been months in the making, marking our first challenge against Umina Recreational Fishing Club. Congrats to Umina Fishing Club on the win!

The committees of both clubs worked together to make this event a success, with members meeting like-minded fishos and sharing tips (though maybe not exact spots!).

Huge thanks to everyone who donated to the raffle: Sutcliffe Meats, Don's Mobile Marine, BCF, and a special thanks to Andrew at Empire Bay Tavern for his support with the courtesy bus, raffle vouchers, and smooth weigh-ins. We couldn't have such a successful club without your help and support! Thanks also to Umina Recreational Fishing Club and to all our 2024 sponsors. We look forward to continuing in 2025.

November marks our last weigh-in, followed by our Fishing Club Presentation and Christmas Party on December 15th. Enjoy a break over Christmas, and we'll kick off again in January 2025.

We're always happy to welcome new members and look forward to an exciting 2025!

Empire Bay Fishing Club

empirebayfishingclub@gmail.com

Probus—Friendship and Fun in Retirement

A large contingent of Bay Probus members descended on Sydney Harbour in October for a marvelous day of cruising around this magnificent harbour. Just one of many activities we get up to each month within our club. In December we wrap up our year with a Christmas do at the Breakers Country Club, always a festive event. Our club also sent a large number of members to the Avoca Theatre for an unusual Melbourne Club luncheon in their spacious garden next door, a movie and of course watching the running of the Cup on the big screen. In January we visit the recently renovated Gosford RSL Club at West Gosford. Lots of activities right throughout the year with our meetings on the first Thursday of every month at Club Umina. Visitors to our club are always welcome with our meetings starting at 2PM. Just pop in and check out our activities. For more information contact President **Francis 0415 910 800.**

Ray Rumble

Gosford Rural Fire Service Catering Unit Seeks Volunteers

Have you thought about joining the RFS but aren't interested in holding a hose? The Catering Unit might be for you! We're looking for team players with good communication skills who are respectful, inclusive, honest, trustworthy, and in reasonable health.

Some of the responsibilities and activities include but are not limited to 1. Catering for training courses, Bushfires and other events. 2. Maintenance of our facilities and equipment. 3. Logistics support.

What do you get out of it besides helping your community?

Free training for you (Food Handling, 4x4 Vehicle driving, First Aid, Basic Fire Fighting) and all PPE is supplied.

As a new volunteer you will be in the hands of experienced members who will guide you through the use of our commercial kitchen based at Kariong. Once some training has been completed you will be able to learn more about our Support Vehicles that



are used to carry the food into the field.

If you'd like to learn more, please contact our Captain by Email **Captain-GosfordCateringUnit-vol@rfs.nsw.gov.au** or by phone on **0439 398 767** (No texts please) to arrange a no obligation visit to see what we are about.

OUR SCHOOL

Sustainability



At Empire Bay

Starting in Term 2, our passionate Year 6 Sustainability Leaders partnered with the Rumbalara Environment Education Center to tackle a persistent issue: plastic waste in the playground. Years of learning about sustainability inspired them to go beyond simply recycling. They wanted to actively reduce single-use plastics in our community.

Their solution? Educate peers, families, and the community on alternatives to plastic, focusing on replacing cling film with Beeswax Wraps. Through engaging activities, including a News Report Video, they spread awareness to students K-6. At community events like Election Day and the Empire Bay Food and Fun Fair, they connected with locals, sharing the ease and impact of small changes like switching to Beeswax Wraps.

In addition to these efforts, students presented their ideas to other schools across the Central Coast. They shared successes, learned from challenges, and encouraged other schools to take action. Whether discussing what worked (or didn't



work) in their sustainability initiatives, the students from these schools were eager to share ideas and inspire others to join the fight against plastic pollution.

Through this initiative, Year 6 Sustainability Leaders have not only raised awareness about the dangers of plastic waste, but they've also empowered their community to make sustainable changes. Their project has proven that when it comes to sustainability, small actions—like choosing Beeswax Wraps over cling film—can lead to big results.

Lisa Maddic

Tel: 4369 1796

Web: www.sustainabilityatebps.com

VALE

Brendan Walsh

Age 90

Late of Gordon Road,

a longtime resident of Empire Bay.

Brendan will be sadly missed by wife Susan, son Daniel, daughter Rebecca grandchildren Charlotte and Sienna.

Maurie Pacey

Age 92

Late of Sorrento Road,

a longtime resident of Empire Bay,

Loving husband of Ruth,
father to Sharon, Jenny & Carolyn (dec)

Pop to his 4 grandchildren,

And Poppy to his 8 great grandchildren.

PET CORNER

As we all start to finalise the school and work year with end of school celebrations and other activities, as well as the weather warming up your dog may need to be spending a little more time at home or on their own, so what better time for me to share some of my favourite enrichment games you can enjoy with your dog. Mental enrichment is important. Here are some ideas that will help transition your dog from chew toys to problem solving games.

Muffin tin and tennis balls interactive game

Place a tennis ball into each of the cups of a muffin tin, and then place a treat under some or all of the tennis balls in the tin. Your dog will need to use his problem solving skills to find the treats. Does he:

- Use his paws to dig them out?
- Use his nose to nose them out?
- Use his mouth and pick them up?

Which pot is it?

You'll need 3 small pot plant pots

Turn the pots upside down on the ground. Place a treat under one pot. Move the pots around. Invite your dog to find the treat. How long does it take him to sniff it out?

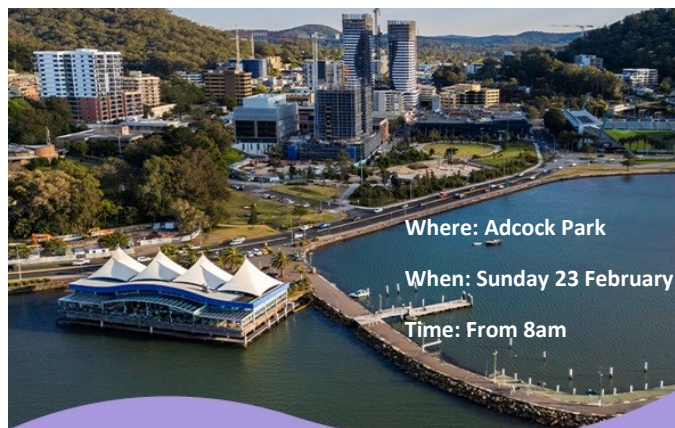
Undercover

Hide some treats under a towel, mat or blanket on the ground. Your dog will have to work out how to let up the towel to get the treats. For an advanced version, roll some treats up in a towel and let your dog work out how to unravel the towel to get the treats.

Get your dog thinking about how to get the treats, and utilise problem solving skills. They are also a great way of encouraging your dog to amuse themselves.

Happy Training!

Louise Harding - Author & Canine Behaviour
www.animaltalent.com.au/dog-training/
0437 148 402 or info@animaltalent.com.au



Where: Adcock Park

When: Sunday 23 February

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MHDA

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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

Thursdays - 6:30-7:30am Mindfulness in Motion Pilates with Melissa

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

9:45-10:45am Yoga with Robyn

SUNDAY SIPS Bar Open from 4-7pm

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Bookmobile

November: 14th, 28th; January 2025: 23rd

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

RACQUET HIRE: from Empire's D'Lite 4363 1341

COACHING: Wei Lai

CONTACT: Rod 0412 834 336 Email: ferryman23@hotmail.com or find us on Facebook.

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

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JUSTICE OF THE PEACE

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

Frank Van Der Korput 0438 287 000

WALKING EXERCISES IN THE HALL

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Card games—All ages welcome

Empire Bay Hall

Monday: 12:15—4:15pm

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

4 December, 2024, 7:30pm

The Hall, 1-3 Gordon Rd, Empire Bay

Membership \$5

Further information email:

empirebayprogress@gmail.com

HALL TIMETABLE

MONDAY

8:15am—9:15am, Gentle Yoga with Julie

12:15pm—4:15pm, 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

WEDNESDAY

9:15am—10:15am, Tai Chi with Alain

1:15pm—2:45pm, Singing Circle with Barb

3:30pm—5:00pm, MH Dance Academy with Mikayla

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

7:30pm—9:00pm, Empire Bay Progress Association (EBPA) (meetings now held quarterly)

THURSDAY

7:45—8:30am, EBPA Walking exercise (free)

8:45am—10:30am, Qigong with Jen

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.

Qigong with Jen gentle exercise for the mind, body & spirit.

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

Singing Circle with Barb on 0435 004 264: fun and uplifting, no experience needed.

EBPA, contact empirebayprogress@gmail.com

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.



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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.

