

# EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION

[www.empirebayprogress.org.au](http://www.empirebayprogress.org.au)

OCTOBER/NOVEMBER 2021

[empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com)



*To all our families,  
thank you for keeping  
our community COVID safe  
while still enjoying  
our beautiful Bay.*





## FROM THE PRESIDENT

A short message this month as I thought it was relevant to donate the front page to our community during COVID. The recent COVID lockdown, which unfortunately is still continuing as we go to press, has certainly been trying. We did manage to enjoy our local area. Masks, families, coffee and dogs!

Unfortunately, the Coast is experiencing over 300 cases of COVID, so remember the COVID rules as you are out and about. As NSW Health has stated, please get vaccinated because when we do, we aren't just protecting ourselves, but also our families and members of our community.

The EBPA organised \$1,000 worth of food vouchers for struggling school families, kindly donated by Woolworths and the Association donated \$1,000 to the EBPS to help families in need with school uniforms or other school equipment once school returns.

The Empire Bay Food and Fun Fair has been cancelled for this year and unfortunately so has the plant stall in October. It was a difficult decision considering all the work the Robert Thompson and I had put into making the Fair a wonderful community event. We could not risk a change in the COVID rules. The Progress Association will be organising a party to celebrate the end of lockdown, as soon as we are allowed hundred's of people to attend.

We still have not come any closer to knowing the correct date of the opening of the Hall. A true mystery. Any ideas will be truly appreciated?

A big shout-out to Gen and Duncan and Elio for taking COVID Safe requirements serious. We have been well fed, served with great coffee and able to buy delicious pizza and gelato without moving away from Empire Bay.

The beaches open again soon and Killcare Surf Life Saving Club is seeking new recruits. Please see inside this newsletter for information.

COVID has put stress on all members of our community, so I thought after lockdown it would be fantastic if we could organise more community events. A parents and bubs hub at the Hall possibly? After work or lunchtime gathering for people still working from home? An intergenerational walking exercise at the Hall? Please get in touch.

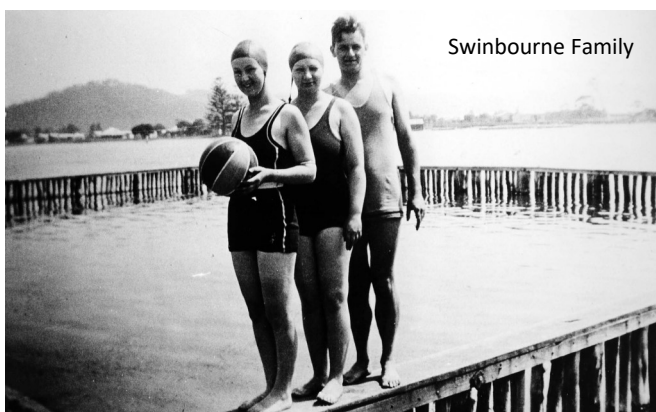
Stay safe. Cheers Carolen [empirebayprogress@gmail.com](mailto:empirebayprogress@gmail.com)

## LOCAL HISTORY

### History of the Empire Bay Public Baths

In the early days, Empire Bay was the place to come for a summer holiday. *The Gosford Times* in the 1920's regularly reported the busy summer intake of holiday makers. The school enrolment lifted and the holiday cottages filled. It is not surprising that one of the first items on the agenda of the recently formed Progress Assn (1923), was the building of public baths.

May 1924, Erina Council approved the application by the Progress Assn to build a 66'x66' public baths along the waterfront. The files record the Palmer family making the "kind offer to place at the disposal of the Association the site for the proposed baths, which will front their properties and is doubtless a perfect site for such". The site being the waterfront area adjacent to today's children's playground.



Swinbourne Family

Fundraising commenced and working bees were organised. "The ladies supplied the necessary refreshments for the workers during the day". The baths were built from timber piles, and timber stakes providing the shark proofing barrier. A timber plank along the top provided a narrow walking platform around the baths perimeter.

Initially, the Progress Association decided to keep the "baths" in their own hands and appointed the following three members as offices in charge, Mr Setttee, Mr Davies and Mr Walker. A sign was erected at the baths, notifying the public that the Association accepts no responsibility for any accident that may occur at the baths."

### Official Opening

*The Gosford Times* reports "Monday 26th of January was a red letter day in the history of this Empire Bay, it being the opening day of the public baths owned and managed by the Local Progress Association and practically all built by voluntary labour to the value of £150 being free of debt. Mr Myler, President, introduced Counsellor Humphrey, who in a short speech declared the baths open. The day was spent with foot racing, pillow fights over the baths, cricket, underwater swimming, and ladies nail driving. The Orphanage Band played, the ladies served refreshments, tea, soft drinks, ice cream and fruit from under a large marquee. The baths were gaily decorated with bunting, and Empire Bay is justly proud of its first venture in the form of a sports gathering. The day concluded with the band playing "Advance Australia Fair" and "God Save the King".

For the next 30 years, *The Gosford Times* frequently reported the popularity of the baths. "The baths are a very popular resort during the hot weather, especially at the weekends. The Progress Association placed a rope across the local baths between shallow and deep water for the safety of bathers, especially non-swimmers...Eight-hour day was a busy day on the waterfront, every available cottage been taken out, the baths were well patronised, and fishing and boating were the orders of the day".

The baths were frequently used by the Empire Bay Public School for swimming lessons and sporting events.

Inevitably, the ongoing maintenance was too much for the Progress Association, and the Council took over the ownership and responsibility during the 1930's for the annual seabed cleaning and structure repairs.

Sadly, in the late 1980's, Council removed the Empire Bay baths, and the adjoining toilet block, as it was in poor condition, along with several others in the Council's area.

As you are sitting on the seats near the swings, visualise the early Empire Bay families laughing and splashing about in the Empire Bay baths built by our early pioneers who wanted their children to grow up and enjoy the hot summer days at Empire Bay.

By Robert Thompson

Source: *Gosford Times*, via Trove. Discussions with locals M Pacey, C Argat, B Simpson, J Thorrrington and A Ferguson. Photographs courtesy Gosford Library.



### NEXT MEETING

### EMPIRE BAY PROGRESS ASSOCIATION

Wednesday 17 November at 7.30pm

The Hall, 1-3 Gordon Rd, Empire Bay

### Everyone welcome

Stay for a glass wine, coffee and cake

Meetings changed to quarterly on third Wednesday night

## SUPPORT LOCAL BUSINESS

### A BASKETFUL OF LOCAL GOODIES

Home Ground Central Coast was conceived by local husband and wife team Deiniol and Dallas out of a shared passion for artisan products and supporting local producers. Inside Home Ground Central Coast beautiful boxes, you will discover the most delicious array of locally crafted delights to tantalise any tastebud.

On a short trip to regional NSW (those were the days!), it took two days, and many asks, to find local honey. They believed, that if finding local honey on holidays was so difficult, how many Coasties weren't aware of all the beautiful local products available on the Coast. Home Ground Central Coast was born.

### A passionate team

Deiniol and Dallas moved to Empire Bay four years ago. Their son Hendrix was born one month later. "When we moved to the Bay, we both quickly realised it is the perfect place to raise our son.

"Salt, nature and an amazing community spirit," Deiniol states with such conviction. "We have had a hard run on this Covid coaster that has seen us confined to our homes, so we gifted boxes to our neighbour's who have devoured everything," Dallas joys in stating.

### What's in that box?

From Munmorah to Mangrove Mountain, Mount White to Patonga, high quality, delicious goods and artisan products, crafted with hard work and heart make up the box collections.

Choose from a selection of 24 suppliers ranging from award winning honey from Terrigal to savoury nuts from Woongarah. Pamper yourself with luxe spa bath salts from Umina or premium soap made in Empire Bay. Tea from Ettalong sipped with delicious biscuits from Ourimbah Valley. Just to name a few. Add an assorted six pack of craft beer from Six String Brewery. Gin, lemon myrtle or raspberry liqueur from Distillery Botanica, is also on offer.

Breakfast in bed, a chill night at home, a weekend of pampering or to say thank you to a loved one or friend, the



boxes are overflowing with all the accoutrements you want. Nothing says "I care" more than a box of goodies.

Deiniol and Dallas are constantly on the lookout for more local delicious delights. They are currently creating a Christmas Hamper like no other.

When asked what is your favourite product Deiniol replies, "I honestly don't have a favourite although Hendrix is a very keen fan of Adri's Gingerbread Cookies (Lisarow) and Dallas loves her Sheer Lily and White Rose diffuser from Instyled (Kincumber). I enjoy all of our products and use most of them every day. Grandma Bee's honey (Terrigal) goes perfectly in my coffee and a Moore's Gin (Erina) and soda is a treat for the weekend that I look forward to".

### Custom gifts

If you're after custom gifts for your clientele, or paying homage to your staff that are working from home, Deiniol and Dallas can create premium boxes including a customised gift tag with your logo, as well as personally branded items (pens, stickers, calendars etc.), if you wish. A proposal or presentation (outside of lockdown!) will be provided. Just send an email of your request.

### Buy online

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## OUR CHILDREN

### Empire Bay Public School

At EBPS we value critical and creative thinking in our students. We encourage them to demonstrate learner dispositions such as problem-solving, perseverance, resilience, reflection, determination, and engagement. These qualities were on display in our 'At Home K-6 STEM Design Challenge' this term! At EBPS we have future architects, engineers, town planners, builders, designers and inventors in our midst, the evidence of this was clear in what students designed and built in these challenges.

In the 'I Built a School Challenge' amazing, fun, and detailed school designs were created including elements that promoted learning, relaxation, and recreation. Models of these designs were built digitally, using Minecraft Education, or physically, using materials or objects found at home. Glass space rooms, 2 storey stage areas, huge libraries and classrooms, comfy office areas for Mrs Champion and her girls, vege gardens that Mrs Maddick would love, lots of animals, swimming pools, zip lines, and so much more.

In the 'Rube Goldberg Machine Challenge' students designed and built these machines using whatever materials they had available in an inside or outside space. Students and their families persevered, problem solved, never giving up until all the reactions in the machine worked!! Machines that dispensed Maltesers, sent Buzz Lightyear into space, blew out a candle, propelled a figurine into water, to name a few.

We have shared in the joy, excitement, and success of all the students who have worked hard, individually or as a family, on these challenges. Thank you to those in the school community who have embraced these design challenges, you have brought a smile to the faces of all the teachers at EBPS. Enjoy a well-deserved school holiday!

**Mrs Cooper**

### Coast Christian School

The 2021 lockdown finally appears to be drawing to an end, with students expected to start returning from October 25th. Normal schooling has certainly been interrupted since early last year and the two notable things we've learned are as follows:

- ◆ Our teachers have done an outstanding job of providing excellent online learning opportunities (our 2021 Naplan results were a long way above the national average)
- ◆ A sense of 'togetherness' is one of the most vital components of any learning environment and no matter how good the quality of online teaching, it will never be as good as when our kids, staff and parents come together as part of a face-to-face learning community.

Consequently, we very much look forward to our students returning to classrooms early next term.

Contact Melanie 4368 3377 for a personal tour  
[www.coastcs.nsw.edu.au](http://www.coastcs.nsw.edu.au)



## OUR COMMUNITY

### Empire Bay/Bensville Rural Fire Brigade

Spring is here and we are prepared for the coming Fire Season October 1-March 31, unless extended. Rural property owners carrying out approved pile burns and hazard reductions must obtain a fire permit during the Fire Season.

Our crews have participated in the recent hazard reductions approved within our district. As the weather permits more will be completed, you will be notified by social media or via the Fires Near Me app and the RFS website when they will be occurring.

Due to Covid, regretfully our get ready weekend organised in conjunction with the EBPA Village Fair has been cancelled. When the restrictions are eased we will notify you via our Facebook page and other forms of social media.

**Cheers Rex Parker, Brigade Community Engagement Rep**  
**Central Coast District Office on 1300 060 807**  
**or visit [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)**

### Empire Bay Fishing Club

Another weigh-in has passed without being able to gather. I'm sure everyone is over the restrictions but hopefully they are almost behind us. Get your jabs, so we can all get together again. It hurts a lot less than a hook barb through the finger!

Everyone's boat, trailers and gear must be all clean, serviced and ready to go with all this downtime so there will be no excuses for losing that "keeper" when we are able to gather for a weigh-in again. Our club secretary Darbs will notify you all by text when the first weigh-in is back.

The Bream are starting to go on the chew with a vengeance, try popper lures around the calm waters near the leases for some great fun or drop gut bait in some of the deeper holes near the Rib Bridge to try and catch a 'monster'.

As usual the flatties will be around, try your favourite plastic retrieved slowly along a weed bed or drop off. You can't beat a pan sized flattie for a quick lunch!

The Lake Macquarie system is reporting some great fish and quite a few Jewfish being caught at the moment.

If you have the time to get out on the water, take the time to teach the young ones all the tricks you have learnt over the years. They will thank you for a lifetime of enjoyment and it's a great way to spend a few hours just sitting and talking even if you don't break the scales.

**By EBFC**

**[empirebayfishingclub@gmail.com](mailto:empirebayfishingclub@gmail.com)**

**<https://empirebayfishingclub.wixsite.com/nsw-central-coast>**

### KILLCARE SURF CLUB NEEDS MEMBERS - MORE THAN EVER

Killcare Surf Club needs new members to join and be trained to gain their bronze medallions, so that they can maintain their half day patrols.

If you are sixteen years of age or older, being a surf lifesaver is satisfying, fun and rewarding.

\* Aquatic rescue training \* Learn first aid and resuscitation  
\* Improve your swimming fitness and skills \* Make new friends \* Compete in surf sports events

This is a vital community volunteer service. Give back to your local community. You might save someone's life.

The challenging pandemic will gradually improve as our vaccinations reach higher levels. Surf Life Saving Australia and Killcare Surf Life Saving Club are committed to doing all that is possible to reduce any potential health risks to our volunteer members.

All members and new members please register online.  
**Simply google - 'Join Killcare Surf Club'**

**For further information contact:**  
**Phone Vic Wilmot, 4360 2836 - Killcare Surf Life Saving Club**



## PET CORNER

### Prepare Your Dog for Life Post Iso

As isolation restrictions ease you need to begin transitioning your dog back into a 'new normal' routine. Being creatures of habit, dogs thrive on routine, and new habits may become new behaviours after a few days of consistent repetition. So, if your dog's iso routine is spending 24/7 in your company he may become confused, restless, noisy and a little destructive when you return to spending more time away from your dog.

Now is the time to help ease your dog back into accepting what you envisage to be your households post-iso routine. Here's my Top 5 Tips:

1. Ensure your dog is spending time alone and away from you in his usual daytime space – ideally where he can't see or hear you. Begin for just a few minutes throughout the day and then gradually build up the time.
2. Provide him with some enrichment toys and problem-solving games that he can amuse himself with.
3. If your dog is sleeping during the day, don't wake him up to go for a walk or play. Dogs sleep and rest a lot – especially young, growing dogs. Let them have their sleeping, eating, exercising and toileting routine. Work with their energy level and plan interactions and outings accordingly.
4. Keep your walks to the same number that you'll be able to maintain long-term (be realistic). The more physical exercise you give your dog the more he'll need. Try to strike a happy balance, enough exercise to keep him fit and healthy without creating a canine fitness fanatic. Physical exercise should be balanced with mental exercise and rest.
5. Teach a 'quiet' command and practice impulse control through play and games to help minimise boredom barking.

If you'd like to learn how to teach quiet, impulse control or need training assistance with your dog, we are now booking private individual lessons. Strict Covid protocols are in place and lessons are held at our outdoor fully-fenced training paddock. **Zoom** lessons are also available.

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## COMMUNITY ANNOUNCEMENT

### MESSAGE FROM EMPIRE BAY PROBUS CLUB

#### Fun, Friendship & Fellowship in Retirement

- ◇ Get vaccinated in the hope of a better life.
- ◇ Stay positive by painting or spring cleaning your home, gardening, car restoration and maintenance, regular walks, hobbies, and writing memoirs.

**We all look forward to a brighter future and are thankful that we live in such a wonderful country.**

**<https://www.probussouthpacific.org/microsites/empirebay>**

**Gaynor, Secretary, 0435 593 595**

### Community Plant Stall 23 October—Cancelled

After trying to keep our options open for the planned plant stall, we have made the decision that with the current levels of the delta virus, there is no way we can proceed. A number of friends have been busy propagating plants so we are exploring different avenues to have these plants for sale on a smaller scale at a later date. We'll let you know if this will be possible. Thank you to everyone for your support.

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## OUR CENOTAPH FLAG



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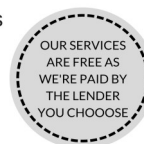
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## VALE

### John Valley

Late of Kendall Road, Empire Bay  
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Tanya, Ashley & Courtney, family, friends  
and the Empire Bay Community.

### Reg Arnott

Late of Hillcrest Road, Empire Bay  
Will be sadly missed by family,  
friends and the Empire Bay Community.



### Lucy Wicks -

#### What is important to our community

If Lucy can be of assistance in any way or if you would like to arrange a coffee with her, please don't hesitate to contact Lucy's office:

(02) 4322 2400 or  
lucy.wicks.mp@aph.gov.au

## THANK YOU TO OUR HALL HIRERS

We are truly grateful to our trustworthy instructors that keep us going strong during Covid. Whether you are showing us downward-facing dog or exercises to make our mind, body and soul feel good, we are so thankful for all your online classes.



## EMPIRE BAY TENNIS COURTS

BOOKINGS: Empire's D'Lite 4363 1341

COACHING: Mark Rawlingson (Tennis Australia Level 2 Coach)

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

Note: only one on one lessons during lockdown

## 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  
(after COVID)

## 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 764 687

**BOOKMOBILE:** Due to COVID, the Council Mobile Library service is cancelled, but you can ring the Council library to arrange collection and drop offs.

## NEXT MEETING

### EMPIRE BAY PROGRESS ASSOCIATION

(COVID rules pending)

**Wednesday 17 November at 7.30pm**

The Hall, 1-3 Gordon Rd, Empire Bay  
**Stay for coffee**

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## HALL TIMETABLE

(currently closed due to COVID)

### MONDAY

8.15am-9.15am, Gentle Yoga with Julie  
9.30am-10.30am, Morning Yoga with Julie  
2.00pm-2.30pm, MH Dance with Mikayla  
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  
5.30pm-7.00pm, Tae Kwon Do Academy with Jo  
7.15pm-8.15pm, Pilates with Angie

### WEDNESDAY

10am-11am, Zumba with Kim  
3:30pm-4:30pm, MH Dance Academy with Mikayla  
5:15pm-6:45pm, Nurture Works Namaste Yoga with Nicole  
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

9.15am-10.15am, beginners Tai Chi with Alain  
10.30am-11.30am, (advanced) Tai Chi with Alain  
6.15pm-7.15pm, Pilates with Angie

### FRIDAY

9.30am-10.30am, MH Dance Academy with Mikayla  
7.00pm-8.00pm, PT Group Fitness Training with Tony

**Yoga** with Julie on 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+.

**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.

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

**What's It All About Pilates** with Angie on 0438 171 134: start from the very beginning with breathing. Additional exercises will be added tailored to your ability.

**EBPA**, contact empirebayprogress@gmail.com

**Zumba** with Kim on 0428 465 551: for all ages and entry levels. Enjoy the music and laughter and hopefully walk away feeling lighter and happier.

**Nurture Works Namaste Yoga** with Nicole 0404 842 601: gentle but powerful practice to maintain a healthy, joyful mind/body.

**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](mailto:EBHallbookings@gmail.com) or 0457 650 955 9am to 5pm weekdays only.