

COMMUNITY ACTIVITY

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

The Club is growing due to the large range of excursions and events organised. For upcoming events please contact:

Secretary, Gayna McIntosh, 0435 593 595

Bouddi Seniors Citizens Group

The Bouddi Seniors have been busy since the last newsletter and getting busier. Lunch at Davistown, outing to the Hunter Valley for March, another lunch in April at Yi An Chinese in Woy Woy and Watsons Bay and Vaucluse House in May and Christmas in July at Buttai Barn. All interested are welcomed.

Phone: Bess on 43632024 or Jan on 43693195 for details.

Won Buddhism

Great Enlightenment Celebration Day

104 years ago, early in the morning, on 28 April 1916, Master Sotaesan was enlightened to the Truth of the Universe. The history of Won Buddhism began on this day and we celebrate this day as our spiritual birthday.

Master Sotaesan said, "A practitioner of the way seeks to know the mind in order to achieve freedom of mind, to understand the principle of birth and death in order to transcend birth and death, and to understand the principle of transgression and blessings in order to control them as one pleases."

The program includes chanting, meditation, dharma talk (Luke Mulders), receiving of dharma name (Ryan), and music (Woodie). Lunch will be served with Korean food.

Gosford Meditation Temple, 20 Bundaleer Crescent, Bensville

Date : 26th April 2020 (Sunday)

Time: 10:00 am

RSVP : 23rd April 2020

Donations are welcome.

Contact : 4368 2393 info@wonbuddhism.org.au

www.wonbuddhism.org.au

NEXT MEETING AND COUNCIL PRESENTATION ON WATER QUALITY

EMPIRE BAY PROGRESS ASSOCIATION

Tuesday, 21 April at 7.30pm

The Hall, 1-3 Gordon Rd, Empire Bay
Everyone welcome.

BOOKMOBILE— April 7 and 21; May 5 and 19
Empire Bay Opp old Post Office, Kendall Rd at 9.30-10am
Bensville near Kallaroo Road park at 11.40am-12.30pm

JUSTICE OF THE PEACE

Allan Ferguson — 0407 398 453; Ray Rumble— 4363 1129

BUSH CARE: Ring Nicola Booth— 0436 685 155

Back of Tennis Courts – 3RD Sunday of month from 9.00am

BOOK OUR AIR CONDITIONED HALL?

Please contact Hall Booking Officer (M-F: 9am-5pm):

Shannon Kelly on 0457 650 955

EBHallbookings@gmail.com

HALL TIMETABLE

MONDAY

Yoga: Julie on 0438 228 372 (note: absent May 3-25 inc)

8.15am to 9.15am, Gentle Yoga

9.30am To 10.30am, Morning Yoga

6pm to 7pm, Yoga

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

2.00pm-2:30pm

Tony PT Fitness Class: Anthony on 0466 303 700

7:30pm to 8:30pm

TUESDAY

Scrabble: All levels Shirley on 4369 2034

9.00am to 12.00pm

Bouddi Seniors: Bess on 4363 2024

12.30pm to 2.30pm, 2nd Tuesday of the Month

Australian Independent Tae Kwon Do Academy

5.30pm to 7pm Jo Brannighan 0422 278 081

Positive Change Fitness

7-7:45pm boxing classes Amanda 0478 686 634

Empire Bay Progress Association meeting:

Contact Carolen - empirebayprogress@gmail.com

7.30pm to 9.00pm, 3rd Tuesday of February, April, June,

August, October and December

WEDNESDAY

Tony PT Group and Personal Training:

9.30—10.30am Anthony O'Brien 0466 303 700

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

3:30 - 4:30pm

Nurture Works Namaste Yoga: Nicole 0404 842 601

5:30pm to 6:45pm

Tony PT Group and Personal Training:

7pm to 8pm Anthony O'Brien 0466 303 700

THURSDAY

Tai Chi: Alain on 0422 795 365

9.15am to 10.15am Beginners

Empire Bay Probus Club

Secretary, Faye Carswell on 43425403 or 0416 260 941

1.00pm to 3.30pm first Thursday of each month

Positive Change Fitness: Amanda 0478 686 634

6.15-7.15pm for all levels of fitness

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

7:30-9pm

FRIDAY

Mikayla Holt MH Dance Academy: Mikayla 0404 824 775

9.30am-10.00am

Scrabble caters for all levels. Everyone is welcome.

Bouddi Seniors meet other seniors with regular outings.

Yoga Yoga teaches us how to build core strength, become more aware of our body and mind and how to be calm.

Nurture Works Namaste Yoga: gentle but powerful practice to maintain a healthy, joyful mind/body.

Tai Chi & Qigong: instructor Alain leads the group through this gentle form of exercise, which has been described as meditation in motion.

Tae Kwon Do everyone who want to increase their fitness, confidence, improve concentration and learn self defence.

Tony PT Group and Personal Training for all fitness levels, over 16. Great social atmosphere why you get fit, burn fat.

Positive Change Fitness is for any level of fitness at a \$10 per session come along and enjoy Boxfit/Strength/HIIT

Mikayla Holt MH Dance Academy is dance classes for RAD ballet, Jazz, Cheer, Acrobatics, Lyrical, hip hop, etc for 18 months- 25+.

EMPIRE BAY & DISTRICTS NEWS

EMPIRE BAY PROGRESS ASSOCIATION

www.empirebayprogress.org.au

APRIL/MAY 2020

empirebayprogress@gmail.com



FROM THE PRESIDENT

WELCOME!

The COVID-19 will disrupt our lives like never before and cause financial hardship for our small businesses. It will also negatively impact on our wellbeing. It is time, as a community we protect and support people during these unparalleled times.

Unfortunately Anzac Day has also been cancelled. Please read below the activities planned, so we can still commemorate the Fallen.

On a more positive note, our Food and Fun Fair in October is being planned. Hopefully life will be back to normal. If you would like a food stall or can help with volunteering including social media, please send me an email.

ANZAC DAY

The Federal Government has announced that all Australian-led international Anzac Day events will be cancelled. RSL NSW has supported this decision as the risk to vulnerable people during the current health situation is simply too high for these events to continue in their traditional format.

Anzac Day is one of Australia's most important national commemorative occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War, therefore to commemorate this day the following activity is planned:

Video—Noel Sadler and Errol Baker are organising a video of ANZAC Day that you will be able to watch on Anzac Day. Further information will be posted on social media.

Wreath laying—the Empire Bay Progress Association will provide a wreath to anyone who would like to commemorate those who have served and to pay respects to those who made the ultimate sacrifice for the freedom that we enjoy today. The wreaths will be available to collect from the Empire Bay Hall between 10-12pm on Anzac Day and you can lay a wreath anytime during the day.

If anyone would like to lay a wreath please email me - empirebayprogress@gmail.com

The AGM was held in February and it was great to see members from across the community attend. I was re-elected as President for my third term and I would like to welcome Errol Baker who is now Vice-President. Thank you also to Genevieve Page and Sharon Murray who were re-elected Treasurer and Secretary. A big thanks to Shannon Kelly for volunteering as Hall Booking Officer.

With all the discussion on Facebook about the water quality in our local area, I have organised a presentation by Central Coast Council (details below) so we can get the facts and ask the questions.

I have built a new website. Thanks to everyone who provided images and information, which is now uploaded to the site. Any additions, changes or typos please advise—www.empirebayprogress.org.au

On behalf of the Progress Association, we send our best wishes during these times of uncertainty.

Best Carolen :) empirebayprogress@gmail.com

Photo: Celebrating Maya's 5th birthday party with brother Archie and the Crocodile Encounters at the Empire Bay Hall. Everyone had the best day and the kids are still talking about it!

NEXT MEETING OF THE PROGRESS ASSOCIATION

Tuesday, April 21 at 7.30pm

**Presentation and Q&A by
Central Coast Council—water quality team -
Jamie Loader, Director, Water and Sewer
Kim Holding, Civil Works Engineer
Stephen Legge, Manager, Field Services**

The Hall, 1-3 Gordon Rd, Empire Bay
Everyone welcome.

**Note: If this meeting is postponed due to COVID-19 ,
notification will be posted on social media.**

LOCAL HISTORY

Empire Bay Cenotaph History

June 1921, Gosford Times: "At last, our war trophy, a machine gun captured by the 54th Battalion in front of Peronne, in 1918, has arrived, and is to be housed, temporarily at least, in the Empire Bay Church Hall. Suggestions have been made for the erection of a small War Memorial building on the waterfront, but so far nothing has been done in that direction."

September 1946, Erina Shire Council: approves proposal by the Empire Bay Honour Roll Committee to erect a War Memorial. "Council approved the construction of kerb and guttering of approximately 30 feet diameter – octagonal shape – site which the Honour Roll is to be erected. Council to pay half of the £20 cost."

March 1947, Gosford Council (replacing Erina Shire late 1946): The Council approved "...owing to the straying stock in the vicinity, the question was raised of erecting a suitable fence on the kerb line...as it is the intention of the Committee to plant lawn within the enclosure.....the further expenditure of £8 was approved, making the Council's contribution of £14 in all".

18th November, 1947: The Empire Bay War Memorial was unveiled by Esther Davis, with dedication by the Reverend Cyril Francis from Christ Church, Gosford in front of dignitaries and the community.

This is how the dedication of our cenotaph was reported in a Gosford paper: "At 3pm one Saturday afternoon in November 1947, a large group of local people gathered beside a new stone honour roll, a "Lest We Forget" plaque and a memorial flagstaff at Empire Bay. As a bugler sounded the Last Post and Reveille, Gosford Sub-branch President G.H.Dixon raised and broke out a brand spanking new flag. The Empire Bay memorial has been acquired by painstaking effort on the part of the tiny Empire Bay Honour Roll Committee. On the southern side of the columns are the names of the seven World War I veterans. On the northern side are the names of 17 World War II ex-servicemen and one ex-service woman."

Robert Thompson

Restoration of the Cenotaph

The Progress Association is currently completing grant applications for the restoration of the Cenotaph including sandstone "Lest We Forget" sign at Empire Bay War Memorial plus the development of a design plan to redevelop the immediate areas surrounding the Cenotaph.

The Cenotaph is in need of restoration, with cracks, cleaning and capping required. The landscape surrounding the Cenotaph requires replacing because the rosemary has root rot. With the grant funds, experience providers will be contracted to provide a design plan and implementation. We will be seeking approval from Council, RSL, EBPS, the community and other important stakeholders.

For further information please email
empirebayprogress@gmail.com

The names behind the inscriptions

The Empire Bay Cenotaph bears the names of those local men and women who lost their lives during the World Wars. Centrally located within a roundabout near the Empire Bay shops, ferry wharf and boat ramp, it takes pride of place in the Bay.

Have you ever wondered what lies behind the names inscribed on the Empire Bay Cenotaph?



Oswald Bernard DAVIS

In our last newsletter Robert Thompson told us about ship building in Empire Bay and the construction of the Erina II. Our featured WW1 veteran, Oswald Davis, helped his father build the Erina II, which saw service in WW2. Oswald served in France in WW1. His service record shows his marriage in Willesden, London to Nellie Louise Dollamore in 1919.

Rank: Private

Service: Australian Imperial Force

1st Australian Division

Age at enlistment: 21 years and 4 months

Place of birth: Woy Woy near the town of Gosford, county of Northumberland

Enlisted: 7 January 1916

Locality of enlistment: Casula NSW

Next of kin: Ester (sic) Davis, Arthur Davis, Empire Bay NSW

Date of discharge: 24 January 1920

Posting at Discharge: Carpenter

Private No.1834 1st Australian Divisional Force Private Davis was born in Woy Woy. He was a 21 year old single, shipwright. He did his training with Rock Davis for 5 years. His father was Arthur Davis of Empire Bay. He embarked from Sydney on board HMAT A40 "Ceramic" on April 14, 1916.

Oswald B DAVIS, was a shipwright and builder and, although he lived in Sydney, he spent a lot of time at Empire Bay with his extended family. He and his brothers Harry, Arthur and Benjamin helped to build the MV Erina II, which was designed and supervised by their father, Arthur Davis (Ken Bergin's great grandfather), on the waterfront at Empire Bay near the fig trees where the playground equipment is located.

Our Norfolk Islanders

Thank you to Jan Raine for shining more light on our Norfolk Islanders, Gilbert Warren Adams and Harrison Gascoyne Quintal, both from Empire Bay.

Jan tells us that in the cemetery at Kingston, Norfolk Island, you will find headstones with "Bounty" names, Christian, Quintal, Adams, Young and McCoy and the Pitcairn names, Nobbs, Buffett and Evans.

"A weathered stone marks the resting place of 'Dinah, widow of Edward Quintal and eldest daughter of John Adams of the Bounty' who died in 1864. Dinah seems to be the (great?) grandmother of these two boys who were undoubtedly related.

For further information about our Cenotaph, please go to our new website—

<https://www.empirebayprogress.org.au/cenotaph>



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HIRE THE EMPIRE BAY HALL

Weddings Anniversaries Birthdays Farewells -Recently installed ducted air-conditioning, kitchen facilities including fridge, oven, microwave, tea & coffee making facilities, accessible bathroom inside and outside, enclosed secure garden area, plenty of furniture for both inside and outside, BBQ, TV & DVD player with overhead monitor.

Hall hire information available on our website - empirebayprogress.org.au - Check the hall booking calendar to select an available date and then contact Shannon Kelly, Hall Booking Officer) on EBHallbookings@gmail.com or 0457 650 955 9am to 5pm weekdays only.

This newsletter is printed as a community service by

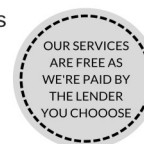
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SCRABBLE

Empire Bay Community Hall.
You can come for 1 game or play for 3 hours, it's up to you.
Tuesday at 9.00am to 12.00pm
Everyone is welcome from beginners to experts!

EMPIRE BAY TENNIS COURTS

BOOKINGS : Empire's D'Lite 4363 1341

COACHING : Jono Cooper 0447 640 356

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Contact Melanie on 4368 3377 to arrange a school tour.

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OUR CENOTAPH FLAG



If you have lost a family member, a friend or a neighbour please advise Robert Thompson so we can lower our Cenotaph Flag as a mark of respect.

Robert Thompson 0408 415 765

VALE
Rodney McMallum of Rickard Road
Sadly missed by Family and Friends

OUR SCHOOLS

Empire Bay Primary School

Congratulations to our School Captains Kai Tower and Ella McCredie and Vice-Captains Morgan Lea and Marlie Hill. As role models, our student leaders are given support to build responsibility, reliability and trustworthiness. They are friendly and act like a good friend should, work well with others and are positive and enthusiastic.

L-R: Marlie, Ella, Kai & Morgan

Follow the Empire Bay Public School page on Facebook.

Coast Christian School

Coast Christian School proudly celebrated its 20th year on Friday 20th March. Many ex-students, staff and families came together for a wonderful evening of reminiscing and giving thanks for all the wonderful things that have occurred in the life of the school. This year, there are 46 new students and four staff who have joined our thriving community and with the commencement of our Preparatory Class, we are looking forward to service our local community for the next twenty years and beyond.

Contact Melanie 4368 3377 for a personal tour

COUNCIL UPDATES

Updates received -

Greenfield Rd—works completion date will be later than end of March due to contractor availability and the recent heavy rain. Once the Association has been informed of the completion date, it will be posted on chit chat.

Water quality—presentation and Q&A by Council

Our local area has experienced discolouring in our water for quite some time. We will hear from the Central Coast Council on the works Council is performing, risk assessments and the ongoing actions they are implementing to mitigate discoloured water - **April 21, Empire Bay Hall, 7.30pm, presentations by:** Jamie Loader, Director, Water and Sewer
Kim Holding, Civil Works Engineer
Stephen Legge, Manager, Field Services

PLEASE KEEP CONTACTING COUNCIL ABOUT OUR ROADS, DRAINS AND FLOODING—1300 463 954 or



LOCAL BUSINESS

Personal Training—the outstanding new you

Anthony O'Brien, owner, trainer and transformation specialist!

Tony takes your fitness goals seriously. Losing weight, gaining muscle or simply just getting fit can be challenging, and he is there to help you overcome hurdles and reach your goals. He is full of energy and passion for transforming people's lives.

Tony understands the challenges of changing a life. After 20 years in marketing and business with an MBA, he left the Czech Republic. In Australia, he worked in marketing with many health and pharmaceutical companies, but the sedentary life started to affect his fitness.

It sent him on a new course and decided to pursue his other passion. "I have always been a gym junkie", stated Tony. "It was time for a change". With his wife, they moved to the Central Coast a few years ago.

Tony's qualifications include a Certificate III-Fitness Instructor; Certificate IV-Personal Trainer; Bootcamp & Outdoor Instructor; MP Certified Metabolic Nutritionist and Fitness Australia Registered Exercise Professional.

Tony operates from the Empire Bay Hall. Whether you want to undergo a change from a sedentary office, or would like to loose weight or just keep fit, there are many choices -

Group Fitness Classes at the Empire Bay Hall, Mon and Wed - fun & friendly, suitable for all ages & fitness levels (see back page of newsletter for times)

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Contact Tony on 0466 303 700 or www.tonypt.com.au

Facebook @TheOutstandingNewYouPT

A big thank you from Empire's D'Lite

Firstly, a big thankyou to everyone for all your support!!

We are open and have all the essentials such as bread, milk, fruit and veg and of course our "Best on the Central Coast" coffee. We are also working closely with our suppliers to secure as much stock as we can!

Our first priority is the health and safety of our customers, staff and community and therefore we are performing extra sanitation measures on top of the ones that we already have in place, including regular sanitising of all benches, tables and chairs, door handles, EFTPOS machine, POS, service areas etc and have revisited all sanitising procedures with our staff to ensure we can deliver the highest standards.

Feel free to ring through and place your coffee order to minimise wait times and please if you are desperate for anything, let us know and we will try to help wherever we can.

We are currently putting in place plans for prepared meals and delivery options and will update you all once we have finalised them, so keep a watch on our Facebook Page.

Stay safe and healthy and look after one another.

From Duncan, Genevieve and the Empire's D'Lite team.

Ph 4363 1341



OUR COMMUNITY

Empire Bay/Bensville Rural Fire Brigade

We have gone from a severe fire season supplying crews to Narooma, Maruya and Cooma in January to storm season assisting SES clearing trees from houses, roads and driveways as well as power lines. What is the weather going to test us with next.

An additional 12 new members have joined our ranks and we are training them in Basic Firefighter before they can respond to incidents with our crew. We are also updating our own core training in First Aid, Breathing Apparatus & Chain Saws.

It is now time for you to replace your smoke alarm battery and test it. Those who have wood heaters and large gas heaters to have the flue cleaned. Portable heaters should be cleaned and the cables and plug checked before use. Electric blankets should also be checked for kinks in the element and damaged leads and controls. Clothes dryer lint filters should also be cleaned before using.

We thank everyone for your continued support of our brigade so we can assist you when in need.

Central Coast Fire Control on 1300 661 401 or visit www.rfs.nsw.gov.au; check out the updated FiresNearMe App. Come and meet the crew at the fire station in Shelly Beach Rd, every Tuesday from 7:30pm.

Cheers Rex Parker, Brigade Community Engagement Rep.

Hi Fisho's,

It's coming to the end of the warm season and that's just the way a lot of species like it. The Bream are going to get bigger and stronger and if you can get them on the hook they will give you plenty of fight for the money.

Some of our regular trophy hunters are getting some fantastic fish and presenting them for weigh-in, I think it's going to be an interesting year!

One of our up and coming juniors, Brodie Stevenson presented a fantastic Flattie that weighed in at 2.82kg, gilled and gutted to our March weigh-in. Well done mate, great fish.

George Foster and Errol Baker are quickly catching our top-weight fisho Timmy Jackett, but he's not going down without a fight and still holds top points so far.

The committee would like to thank all members who have pitched in and helped with the weigh-in, bbq, setting up and pack away. It gives us all a chance to have a beer and share the day.

We have a great club and want to keep it fun for our members, so if you have any ideas put them forward to one of our committee members to table at our next meeting.

As always fishos, stay safe and enjoy our fantastic waterways.

As usual you can view all the photos, points etc on -

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

EBFC empirebayfishingclub@gmail.com



PET CORNER

Bouncers, Jumpers, Launchers: Calming the over-excited greeters

There's nothing like coming home to a furry friend who's excited to see you. While it may not necessarily bother you that your dog launches at you with a huge amount of gusto the moment you enter the door, your visitors and guests may feel differently. And if it's happening at home there's a high probability that your dog is also exhibiting this behaviour when you're out in the community.


Alleviating this unwanted behaviour starts with prevention. When arriving home, calmly acknowledge your dog in the doorway. Don't make your arrival home a party, adding to your dog's heightened excitement will make your dog more inclined to lose self-control. If need be, have a lead handy at the door and use the park technique (see below) until your dog calms.

The key to calmness is rewarding your puppy or older dog, when they have four feet on the floor. Here are some methods to encourage calm, four on the floor greetings.

Four on the Floor - When your dog has all four feet on the floor, say 'Yes' and reward with a treat or gentle calming touch. He'll soon learn that by being calm and quiet with all four feet on the floor, he gets what he wants.

Park Technique - Place your foot on the lead on the ground and hold the lead handle in your hand. Your dog may try to jump, but your foot on the lead will mean it's difficult for him to get his feet off the ground. If you have an excitable dog, this method is very effective when you're out walking, and a well-meaning stranger approaches. When he is calm, say 'Yes' and reward with a calm, soothing stroke.

You will find more kind training techniques like these in my soon to be released **'NOSE to TAIL: Workbooks'**. The series of 6 workbooks are practical, interactive and fun. They are the complete package providing everything you need to get started training your dog. Subscribe now www.louiseharding.com.au to save \$\$ off the RRP and get a heap of FREE GIFTS with my exclusive pre-sale offer.

Puppy Success Class, Beginners and Agility Classes, and Private Lessons available book online  www.animaltalent.com.au

New Playgroup for Empire Bay

Playgroup NSW would like to start a playgroup at Empire Bay Progress Hall when we get the all clear to meet in groups. This will help us recover from our social isolation due to Coronavirus.

Playgroup is an informal gathering where parents, carers, babies and children up to school age come together in a relaxed and friendly environment to connect, play and learn. The Empire Bay Progress Hall is available on Wednesday mornings from 11am – 1pm. If you are a parent with small children, with babies, toddlers or pre-schoolers, give me a call to register your interest or for more information -

Jennifer Muir: 0439 937 130; jmuir@playgroupnsw.org.au



Garry McNamara

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