

TALKING TURKEY

MONTHLY NEWSLETTER OF THE WAGSTAFFE TO KILLCARE COMMUNITY ASSOCIATION INC

No 161 July 2016

**NEXT
WTKCA MEETING
will be held on
Monday
July 11 at 7.30 pm
Wagstaffe Hall
Meeting followed by
supper
All Welcome!**

VALE - TOM JACKSON

It is with great sadness that we bring you news of the passing of Tom Jackson.

Tom lived at Wagstaffe for many years and was a stalwart member of the Association for all of that time. With his love of the environment and community, Tom greatly contributed to the well-being of the peninsular (and beyond!). He was called on often to help with maintenance at Wagstaffe Hall but was also an important part of all other Association events—Bushcare, delivering Talking Turkey, Australia Day, Trash & Treasure and the Carving project. Tom was bestowed Life membership of Wagstaffe to Killcare Community Association in 2009—his friendliness, humour and gruff charm will be truly missed!

WTKCA

JULY AT THE HALL

For bookings call 0490 403 822

*Monday

9.30-11.00 Yoga with Gai 4360 1854

4.00-5.00pm Pilates with Jo Frize -

Booking and by term 4360 2707

6.00-7.00pm Pilates Michelle 4384

5005 / Simon 0425 224 532

7.15-8.45pm Melissa - Wonder

Women (3rd Monday in July) 0490 503

488

11 July WTKCA Meeting 7.30pm

*Tuesday

9.15-10.15 Clinical Pilates with Jo

Frize—booking & by term from 26th

July 4360 2707

1.30-4pm Knit 2 Chat 2 - 2nd &

4th Tuesdays Helen 4360 2926 /

Robyn 4360 1709

*Wednesday

10.00-11.00 Meditation (Adults)

Colette 0408 612 065

6.00-7.00 pm Clinical Pilates with Jo

Frize —Booking & by term 4360 2707

7.00- 8.00 pm First Wednesday - 6

July - Labor Party - Jim MacFadyen

*Thursday

9.15-10.15 Clinical Pilates—with Jo

Frize—Booking & by term 4360 2707

11.00-1.00pm Tai-Chi with

Alain Bianchini 0422 795 365

2.00-5.00 pm Mahjong 4360 2178

*Friday

9.30-11.30am Yoga with Laurie Jones

0423 589 877

1.30-4.30pm Old Wags Bridge Group

Ann 4360 1612



Farewell to TOM

One of the many joys of living in a village is that there is space for eccentrics. They are not shied away from, or just tolerated, they are accepted as a valuable part of the richness of life. Eccentrics are welcomed in Wagstaffe. And one of Wagstaffe's most loved eccentric was farewelled on Saturday June 4th, when Tom Jackson died in Gosford Hospital.

In the days when nothing was known - or anyway, admitted by those who did know -about the dangers of asbestos, Tom was a builder, breathing asbestos fibres into his lungs year after year. Inevitably, this eventually

killed him. Those of us who loved and delighted in Tom will miss him so much, but he'd be pleased to know we'll share a laugh as we remember him.

Tom was ever chivalrous when he came across you. He would tip his Greek fisherman's cap and, if you were lucky, let you plant a kiss on his soft grey beard. But then you were never quite sure what would come next. Talk "rubbish" (as defined by Tom) and you'd be put in your place (as defined by Tom). Your best bet was to have Anne on your side. "Tommy!" she would say sternly to her husband, and he would grin into his beard.

Anne and Tom married in 1954, and moved to their waterfront home at Wagstaffe in 1983. Since then they've been as much a part of the fabric of the village as the jetties, the ferry, and the Waggy Store. Whenever you visited their treasure-trove house, you'd be welcomed with stories from their rich lives, a chat about books (Anne) or sport (Tom) and a startlingly generous glass (or three) of Tom's red wine. Peek over their gate at holiday time and you'd see their magical garden seething with some combination of their six children, 14 grandchildren and 5 great-grandchildren, and a variety of dogs. ("Damn dogs," Tom always said in the Ducks Crossing novels, where he appears in the guise of the General).

Whether he was Tommy to Anne, Dad to the kids, Tom-Pa to the grandkids, the General to generations of dogs who doted on him, or Mr Jackson to people who saw his soldierly stance and not the twinkle in his eye, his death mightily diminishes us all.

Helen Menzies



Share the warmth this winter...

Christmas in July

Thursday 21st July 7pm

Hardys Bay Club & De Bortoli Wines
Raising funds for

Bubbly on arrival
Two-course Christmas buffet
Lucky ticket & table-top Christmas trivia
Prizes from De Bortoli Wines
Visit from Santa
Donations to Coast Shelter Accepted
PLUS more to be announced!

\$45

\$5 from each ticket goes to Coast Shelter

Tickets 4360 2014 or
bistro14@hardysbayclub.com.au

bistro 14
DE BORTOLI WINES
COAST SHELTER

Hardys Bay Club
www.hardysbayclub.com.au

Bring your blankets and jumpers to donate on the night and all through July for our 'Share the Warmth' Blanket & Jumper drive

**Cancer Council****Australia's
Biggest
Morning
Tea**

A fun-filled event, held at the Hardys Bay Church in May was enjoyed by approximately 80 guests dropping in during the morning. It was a special time to not only assist the work of the cancer Council but also to relax with a little pampering as tea and coffee was served to accompany a wide variety of hot and cold delicious eats baked by the church ladies. Excellent background music (from the baby grand) was provided by Lance Dover and Narelle Jones, as guests enjoyed their morning tea and much chatter with friends and other guests.

Thanks to the efforts of many generous people, \$1,019.35 was raised and forwarded to the Cancer Council. This money was raised through the sale of tickets in a monster raffle with seven fantastic prizes, also a guessing competition and the sale of rose plants and Cancer Council merchandise. The major raffle prize was won by local, Don Groom.

Sincere thanks also go to local businesses: Horizons Restaurant, Killcare Cellars, The Fat Goose, Mochin Side, Hardys Bay Bistro, Hardys Bay Club, Jan & Brent Walker, Sandtastic, The Firies and Wagstaffe Store for their very generous contributions.

Many thanks to all who contributed in some way - from the Hardys Bay Community Church Big Morning Tea committee.

TAI CHI at Wagstaffe Hall

Every Thursday morning from 11am to 1pm, Wagstaffe's tai chi group meets at the Hall. Australian Academy of Tai Chi instructor, Alain Bianchini leads the group through this gentle form of exercise, which has been described as "meditation in motion". There is growing evidence that tai chi, a mind-body practice which originated in China as a martial art, has value in the management, and even prevention of some significant health issues. It can be easily adapted for anyone, even to those confined to wheelchairs or recovering from surgery. Tai chi can improve upper and lower body strength, can boost flexibility & reduce the likelihood of falls. It can also provide some aerobic benefits. Beneficial for all ages, you can get started with tai chi, even if you aren't in top shape or the best of health.

We'd love to see you at tai chi at the Wagstaffe Hall, Tuesday mornings during school terms.

Ring 0422 795 365 for details.

Alain Bianchini

A SURPLUS LAPTOP OR NOTEBOOK ANYONE?

New Hope Cambodia is a 'not-for-profit' organisation based in Siem Riep, Cambodia that provides schooling, health and outreach programmes for over 300 impoverished families. Its aim is to help "restore hope, dignity and promise to a once proud and prosperous nation"; (<http://www.newhopecambodia.com>).

New Hope educates over 1100 students daily, teaching English, Math and Music. It also provides vocational guidance in their restaurant as well as computer classes and sewing lessons to assist young adults gain employment in local industries. Soroptimist International Brisbane Water, is currently supporting one of their projects which aims to break the cycle of poverty by providing funds to educate female students at tertiary level.

To assist with this program, two of our members have already provided computers and we are seeking more laptops and/or tablets aimed at assisting as many students as possible to succeed in secondary and tertiary education. Do you have a suitable computer sitting at home that is still perfectly good but now surplus to your needs?

We would love to know about it! If you can help please contact Bob Eddington 0414 789 267



**BOUDDI
FOUNDATION
FOR THE
ARTS**

DEADLINE FOR 2016 ARTS GRANT APPLICATIONS EXTENDED

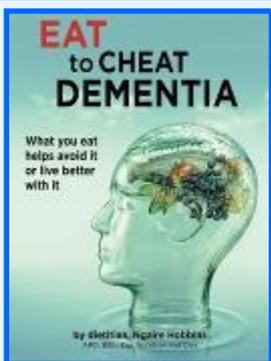
The Bouddi Foundation for the Arts has extended the closing date for Grants up to \$5000 for young artists on the Central Coast to 30 July. Details are on the Foundation's website www.bouddiarts.org.au/grants.html.

The Chairman of the Foundation, noted actor and director John Bell AO OBE said: "There are many fine young artists in our community with wonderful talents who deserve our support. We are looking for artists from 15 to 25 years old who are engaged in music, the performing arts, literature or the visual arts. I know how important it is for artists to get encouragement and support at a young age. This is the fifth year we are offering these grants and we are delighted at the wealth of talent that exists among our young people. So far we have given over 30 grants totalling \$70,000 and we look forward to adding to that (number) this year."

Further information and contact: - Joy Park 4360 2845 joymedleypark@gmail.com
- Phil Donnelly 4360 1057 phildonnelly1@bigpond.com

CONCERT HELD TO SHOWCASE PAST ARTS FOUNDATION WINNERS

The Bouddi Foundation for the Arts was set up 5 years ago aimed at creating grants for young people in our community to further their artistic pursuits. A concert was held at Wagstaffe Hall on 19 June to demonstrate how these winners have used the grants and their achievements since receiving them. It was an afternoon of Art displays, Films and Music! Music! Music! Recipients of past awards included film makers, visual artists, singer songwriters, musicians, an opera singer and a poet. The talent on offer was of the highest order and provided a wonderful afternoons entertainment enjoyed by approximately 70 patrons.



AGEING AND DEMENTIA

The fitness of the aged is an area WTKCA is already interested in, as evidenced by their current proposal for a seniors fitness park, so I have sought their agreement to circularise the following information in their newsletter about a new book that has grabbed my attention.

The magic age used to be 70. Under that age you kept it quiet, over it you boasted. Nowadays it is more like 80. And our Bouddi peninsula is also no longer young throughout. As I personally approached the 'new' magic age the key word became exercise, but the second word is the scary one, "dementia". The numbers show that approximately one in three will be affected to varying degrees. Again exercise can help, but another factor has caught my attention and that is "diet" and "nutrition", and that care and approach taken here can slow down or even diminish the onset. I

have known Ngairé Hobbins for many years and she has recently written a specific nutrition book EAT TO CHEAT DEMENTIA, and it has just been released.

The author is a qualified nutritionist and dietitian with a wealth of top level experience, and has recently presented her book on Channel 9, and even in the USA. I have arranged for copies to be available at the Wagstaffe Store for \$25 a copy; usual RR is \$30. It is a skimming book, very well documented with references, and is NOT the usual diet story promoting some company product. Some chapters have altered my own approach. To me it is very well written. It even lists some medicines that have attracted some attention which could be a subject for discussion with your GP.

Graeme Anderson

TENNIS CLUB AT PRETTY BEACH



WTKCA is sponsoring a Tennis Club to play at the Pretty Beach Tennis Court on Saturday afternoons. We think that there are some local tennis players who would like a game, but do not have sufficient playing friends to make up the required numbers. So here is a chance to join a group for a game. We already have some players from last month's TT ad, but would like to hear from some more. Up to 12 players would be ideal which would allow for non starters, and the usual setup is to play eight game-sets so everyone gets two serves. Players provide their own racquets while we supply the balls to get going & there are no court fees to start with. Even with court fees and ball costs, the running costs in the future when a structure evolves, would be minimal. We suggest starting at 1.30pm, and playing for the afternoons as numbers require.

Would those interested please ring Graeme ANDERSON on 0414 689 922



HARDY'S BAY CLUB July 2016

- Sat 2nd 7.30pm: Young Henrys
Presents Grizzlee Train
- Sun 3rd 2pm: Jam led by the Central
Coast Blues Society
- Sat 9th 7.30pm: Driftwood
- Sun 10th 2pm: Jam session
- Sat 16th 7.30pm: Elwood Myre
- Sun 17th 2pm: Jam led by Bouddi
Blondes
- Thurs 21st 7.30pm: Christmas in July
- Sat 23rd 7.30pm: Ben Woodham
- Sun 24th 2pm: Jam led by Stompbox
Shane
- Thurs 28th 7.30pm: Free trivia with
El Triviachi
- Sat 30th 7.30pm: The Rewbies
- Sun 31st 2pm: Jam led by Bob Jackson

WTKCA CONTACTS

- President:**
Peta Colebatch
- Vice President:**
Alex Sharp
- Secretary:**
Ian Bull - 4360 2945
sec@wagstaffetokillcare.org.au
- Treasurer:**
Brent Walker
- Membership Secretary:**
Bruce Fraser
- Hall Bookings: 0490 403 822**
Helen Ferguson
- Public Officer:** *Fay Gunther*
- Newsletter:** *Helen Ferguson*
tt@wagstaffetokillcare.org.au
- (Please note: **PDFs not accepted**)
- Webmaster:** *Vanessa Simpson*

'KILLY CARES' ANNUAL FUNDRAISING DINNER

Horizon's Art Gallery space has been chosen for this years' fundraising dinner on 12 August - 6.30pm for 7pm start. The Rio-themed evening will include a two course dinner, music and entertainment.

Cost is \$50.00 pp with BYO wine only - no corkage. All drinks can be purchased at the bar. Raffle tickets will be sold during the course of the evening with a host of prizes donated by local businesses.

If you would like to attend please call Carlene Lawler on 0416 104 066 or email killycares@gmail.com with details of the number of seats you wish to reserve.

Payment will be required in advance. For more information, see our website www.killycares.org

MOBILE LIBRARY

The Gosford City Library's
Mobile Library Van visits
Wagstaffe

fortnightly on Wednesdays!

How to remember which day?

**It follows 'green bin collection'
Monday!**

July 13 & 27

The van parks adjacent to
Wagstaffe Hall at the bus stop!
from 10.30am until 11.15am



- **Our series on Sundays:** Getting to know God's heart. Every Sunday at 9.30am.
- **Man2man:** Sat 23rd from 9.30-11am
- **Friday Friendship** is a warm place for winter
- **A cuppa & activities, outings, movies**

**For enquiries, hall hire and pastoral support, phone church office:
4360 1293**

Pastor: Dr Stephen Hinks

www.hbcc.com

NEW PHONE NUMBER FOR WAGSTAFFE HALL

**The new phone number is
0490 403 822.**

**The previous number (0459 152 642) will still be available for a few weeks until the community becomes fully aware of the change.
Thank you!**

The Association has a proud history of promoting everything good about the unique character of the Bouddi Peninsula - the environment, the village character and the sense of community. Please consider joining us by completing the form below. **(Note: Current Members will be advised when renewals are due).** **Form is for New Members only:** By signing this form you agree to uphold the Association's Aims and Objectives [find at www.wagstaffetokillcare.org.au or mail WTKCA for a copy or further information] **(1) Complete** this form **(2) Enclose** payment of \$5 [includes joining fee] **(3) List** your details in space provided **(4) Sign** this form and return to **WTKCA Membership Secretary, PO Box 4069 WAGSTAFFE NSW 2257.**

FULL NAME of new member [use BLOCK letters].....

Mailing address.....

Email address.....

Phone/s.....Signed.....