



# TALKING TURKEY

MONTHLY NEWSLETTER OF THE WAGSTAFFE TO KILLCARE COMMUNITY ASSOCIATION INC

No 179 March 2018

**NEXT  
WTKCA MEETING**  
Monday  
March 12, at  
Wagstaffe Hall  
Meeting followed by  
supper  
All Welcome!  
Guest Speaker -  
Arlene Bridges - to  
talk about Jet Skis.

## MARCH AT WAGSTAFFE HALL

For bookings call  
0490 403 822

### \*MONDAY

9.30-11.00 Yoga with Gai 4360 1854

6.00 – 7.00pm Pilates Michelle

4384 5005 / Simon 0425 224 532

WTKCA Meeting March 12 7.30  
pm

### \*TUESDAY

9.15-10.15 Clinical Pilates with Jo

Frize – booking/term 4360 2707

11 – 12.15am Movement & Mind-  
fulness – Jacqui Dawson 0408 602  
669

1.30-4pm Knit 2 Chat 2 - 2nd & 4th  
Tuesdays Helen 4360 2926

6.00 – 7.15pm Iyengar Yoga –  
Robyn 0449164769

### \*WEDNESDAY

9.30-10.30am HathaYoga with Rose  
0422 966 566 Beginners welcome

6.00-7.00 pm Clinical Pilates with  
Jo Frize – Booking/term 4360 2707

### \*THURSDAY

9.15-10.15 Clinical Pilates – with Jo  
Frize – booking/term 4360 2707

2.00-5.00 pm Mahjong - Heather  
4360 2178

### \*FRIDAY

9.30-11.am Yoga with Laurie Jones  
0423 589 877

1.30-4.30pm Old Wags Bridge  
Group Ann 4368 2003

## TRASH 'N' TREASURE 2018

### A MESSAGE TO MEMBERS AND FRIENDS

*Trash 'n' Treasure, our annual major fundraiser, is fast approaching - Easter Saturday 31 March, doors opening from 9am sharp, and closing at 1pm. Get into de-cluttering mode NOW !*

*This event is totally dependent on community - YOUR GENEROSITY - Please help make this year's event another success - put aside anything that you might otherwise have thrown out or given away if you think it might be of interest to someone else.*

*We accept all manner of things but please NO clothes, NO large heavy furniture or beds & NO dog-eared or discoloured books (classics excepted!).*

*You can drop-off goods on Thursday 29th from 5pm to 9pm and on Good Friday, all day after 9am - the earlier the better. If you are unable to deliver & need goods to be picked up – phone Ian on 0419 833 945, email sec@wagstaffetokillcare.org.au or phone Fay on 0400 337 147. If anyone has some free garage space they could make available to assist with storage prior to the event, please let us know.*

*If you have any surplus shopping bags and newspapers for wrapping & packing, please put them aside and drop them off any time on the Thursday evening or Friday.*

*As always we will need volunteers to assist Fay in setting up on the preceding Thursday, Friday & to assist on the day. We will email details closer to the day.*

*This is always a fun event with all money raised going back into the local community. For the last hour, you are invited to fill a box for \$5!!*

### Trash 'n' Treasure 2017



**NEW RESTAURANT at HARDY'S BAY CLUB:**

Announcing **GOONG'S KITCHEN** —  
Opening party and the Memorial celebration of  
Bill Leak's life, 10 March, 11am to 3pm.

Goong's special Buffet Lunch, with  
Thai music and dance, \$25.

Bookings essential : 4360 1072

**CENTRAL COAST COUNCIL ENGAGEMENT**

Council is seeking the community's ideas about plans to develop a Pedestrian Access and Mobility Plan and a Bike Plan, providing an active network for footpaths, bike paths and shared paths, and improving pedestrian accessibility. The Council is seeking our thoughts on how we use pathways, and where we want them, so Council can prioritise and schedule works to meet community needs.

If you have ideas about this, visit the  
[Our Coast, Our Pathways](#) project page  
at [yourvoiceourcoast.com](http://yourvoiceourcoast.com)

**Please do not feed the Birds!**  
**Here is a good reason why —**  
**Malnutrition and Disease!!**

Feeding birds too much artificial food may not provide adequate nutrition which can lead to health problems.

An example is the feeding of steak to Kookaburras. This might seem like a treat but it lacks nutrients that they would normally obtain from their natural diet of insects and the fur and bone of small mammals. Steak is also very high in protein, so a little will go a long way for a Kookaburra, and malnutrition could result. Huge problems can arise if the adult birds raise their young on this diet as the juvenile birds can suffer from brittle bones.

Feeding bread to birds (even ducks!) can cause problems with their digestive systems as the bread ferments in their stomachs and honey/water mixes do not provide the complex sugars that a bird would get from the nectar of a flower.

***Iyengar Yoga with Robyn Pearson***

Iyengar yoga is focused on helping achieve and maintain health and wellbeing. In Iyengar yoga the range of poses and specific sequences is built with the teacher monitoring students and also making adjustments. The sequences will help you strengthen and lengthen muscles as well as improve your flexibility. Iyengar makes use of props to ensure all bodies at all stages of life and fitness can access yoga.

Iyengar yoga is based on the Hatha tradition. Developed by B.K.S. Iyengar, the Iyengar approach to yoga is part art, part philosophy, part science and aims to keep people healthy, inhibit the development of disease, and help people to recover from sickness. Iyengar yoga is essentially interested in the true nature of health – in attaining mental, physical and emotional freedom. After class you will feel physically refreshed, your mind quiet and senses calmed.

Robyn is a certified Iyengar Teacher with over 15 years experience. Come and find out the benefits yoga can bring and join Robyn in a class on Tuesday nights, from 7.30 to 8.30.

**PRETTY BEACH BUSHCARE**

The new year in Bushcare began in February. Please consider joining the volunteers who work along the Dog Track at Pretty Beach. The track along the water's edge is looking pretty good thanks to the people who have been caring for it, for all of this century.

**If you would like to join the group, meet at the Boat Ramp end of the track on Mondays at 2.00 pm.**

You will need to wear a hat, long pants and sleeves and bring insect repellent and sun protection. Tools are available but it would be helpful if you could bring a small digging tool and secateurs.

The Bushcare site is overseen and supported by Council.





## TREE CLEARING ON BOUDDI PENINSULA

We love our trees, they play a major part in creating the Bouddi ambience we all enjoy. There are, of course, perfectly legitimate reasons to remove trees. However the sound of the chainsaw and tree muncher can set us on edge. Legal or not? Approved or not? What are the rules? ..... **Know** the rules!

There are just two avenues to legitimise tree removal.

The first being under the RFS 10/50 Vegetation Clearing Code. All (or most) Bouddi properties, come under this rule, which permits removal of a tree where any part of the trunk, at 1.3m above the ground, is within 10m of the wall of a building.

There are three significant exceptions which exclude some Bouddi properties from application of the 10/50 Code:

1. Where any part of the property is within 100m of Brisbane Water;
2. Where subject trees are part of the Pittwater and Wagstaffe Spotted Gum Forest (a declared Endangered Ecological Community) on the ridgelines and slopes of Wagstaffe and Pretty Beach;
3. Where ground slope is greater than 18°.

The 10/50 Code Clause 5.3 requires "... *It is the responsibility of the landowner to confirm that the 10/50 Vegetation Clearing Entitlement Area applies to the land on the day that the clearing is undertaken.*" – this **MUST** be done online at [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) (Choose: 'Plan and Prepare' tab; then Click '10/50 vegetation clearing') **ON THE DAY OF CLEARING.**

The second and only other avenue is by making application, either online or through a Council Customer Service Centre, to Council's Gosford Tree Assessment Officer who, if the application is approved, will issue a **Consent**, which **MUST** be displayed at the front of the property while the work is being done.

Ian Bull

## The Ongoing Saga of Jet Skis

*Concerns have been raised in the past about the use of jet skis on our beaches, and the anti social behaviour by some.*

*Prior to the Australia Day long weekend, we wrote to the Minister to seek additional attention to this on the long weekend, and this was followed by discussions with Maritime Services, who increased patrols over that weekend.*

*Fortunately no incidents were reported in our area, though Lobster Beach was packed with craft of all descriptions and there was virtually no room at all for swimmers.*

*We will continue to keep this issue under review, and at our next community meeting on 12 March, Arlene Bridges will be attending to let us know what action she and others in the Council area are taking. So come along to have your say!*

Peta Colebatch



**HARDYS BAY CLUB**

MARCH EVENTS at Hardys Bay Club

**Sun 4th, 2–6pm : Blues Jam****Sat 10th, 7.30pm: Bryce Sainty****Sun 11th, 3–6pm: Deck Sessions with Driftwood****Sun 18th, 2pm: Jam with Top Cat****Sat 24th, 7.30pm: Null and Void****Sun 25th, 3–6pm: Deck Sessions with Neilson Gough****Friday 30th, 7pm: You am I – ticketed show SOLD OUT****Sunday 1 April, 2–6pm: Blues Jam**

**Tickets are now on sale for The Audreys – Fri 13th April at 8pm.**  
**PreSale \$28, Door Sales \$35.**

For more information or Media opportunities, please contact

Loren McHenry, Marketing at  
[loren@hardysbayclub.com.au](mailto:loren@hardysbayclub.com.au)

Or check the website:

[www.hardysbayclub.com.au](http://www.hardysbayclub.com.au)

**MOBILE LIBRARY**

**The Gosford City Library's Mobile Library Van visits Wagstaffe fortnightly on Wednesdays!**

**This month: March 14th, 28th**

**How to remember which day?**  
**It follows the YELLOW bin collection!**

**WTKCA CONTACTS****President:**

Peta Colebatch

**Vice President:**

Alex Sharp

**Secretary:**

Ian Bull - 0419 833 945

[sec@wagstaffetokillcare.org.au](mailto:sec@wagstaffetokillcare.org.au)

**Treasurer:**

Brent Walker

**Membership Secretary:**

Bruce Fraser

**Hall Bookings: 0490 403 822**

[hall@wagstaffetokillcare.org.au](mailto:hall@wagstaffetokillcare.org.au)

**Public Officer: Fay Gunther****Newsletter:**

[tt@wagstaffetokillcare.org.au](mailto:tt@wagstaffetokillcare.org.au)

(Please note: **PDFs not reliable for TT**)

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

**Knit 2 Chat Too**

**Knitting for WRAP WITH LOVE begins again at Wagstaffe Hall**

**Tuesday 13th March 1.30–4**, then on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday until November.

We use 8ply yarn, 4mm needles or crochet hook to make the 28 x25cm squares in each blanket.

**Google Wrap with Love for patterns and/or information.**

**Where in the world did our 32 "Wagstaffe" blankets end up last year?**

Still more people are needed so we look forward again to your company and your busy hands.

Contact Helen 43602926



**Clean-up OZ – Sat 3 March** – (Araluen Dr) from 8am + lunch at Putty Reserve from 12.30pm.

**Our Easter Series** every Sunday, 9.30 am – "Easter Foretold 700 years earlier".

**Good Friday Service** 30th March, 9.30 am.

**Easter Sunday Service**, 1st April, 9.30am.

**Easter Holiday Festival:** 30 March – 8 April, **Art Exhibition** – 9am – 3pm every day at the church. Curated by Karen Adler, it features work by Teresa McLaren (Canada), Donella Waters (Indigenous Australia) and Karen Adler (Australia), , on the theme: **Illumination and the Power of the Arts to Shed Light into Darkness.** Gold coin donation.

**High Tea – 3–5pm at HBCC, Sat 31**

**March:** Elegant afternoon tea (champagne too) with Baroque Ensemble – \$15 donation.

**THE BIG PICNIC – Mon 2 April, from 11am** at Hardys Bay waterfront. BYO picnic lunch or take-away available, plus music artists and children's activities.

**Panel and Discussion – 7 April, 2pm**

**"The Arts and Mental Health"** at HBCC: a chance to consider important social and personal issues related to mental health, including depression and youth suicide, with a diverse selection of panellists with experience in different fields. Free event

**For enquiries, pastoral care & hall hire, phone Pastor Hinks, 0439 744 657.**

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](http://www.wagstaffetokillcare.org.au) or contact WTKCA for a copy or further information].  
**(1) Complete** this form **(2) Enclose** payment of \$5p.p. [includes joining fee] **(3) List** details in spaces provided **(4) Sign** this form and return to **WTKCA Membership Secretary, PO Box 4069 WAGSTAFFE NSW 2257.**

**FULL NAME of new member /s** [use BLOCK letters].....

Mailing address.....

Email address.....

Phone/s.....

Signed.....