



The BAYS
Bulletin

Issue 141 – October 2020

PRESIDENT'S LETTER

On Sunday 27 September, we held our first Bays event since the start of COVID. We were offering bacon and egg rolls from outside the Community Hall – and what a success it was! Far in excess of anything we hoped for. We normally have 30 to 40 people attend the monthly breakfast so, not knowing if it would be popular or not, we catered for 48. We started serving at 8am and the last roll was sold at 9:08am. We apologise if you arrived hoping to buy a bacon and egg roll only to find that we had already sold out. But just as rewarding was seeing the community coming together again, exchanging stories and enjoying each other's company. Many made their way through to the back garden to enjoy the sunshine.

The committee has already decided we will be running this again on Sunday 25 October so put the date in your diary. And we will be buying in at least double the supplies.

On that Sunday, we will have an added bonus. Who doesn't like a really good cup of coffee? We have managed to arrange for Coast Break Café to bring along their mobile coffee van.

You will be able to enjoy a cup of excellent coffee with your bacon and egg roll AND Coast Break Café will be donating 10% of their sales back to The Bays Community Group.

We are also starting to hire out the hall again on a regular basis. Not so easy with the current COVID restrictions but we believe we have put plans and actions in place to do our best to ensure the safety and well-being of everyone attending the hall.

We have two yoga teachers who will be offering classes starting in October – more information about that later in the bulletin. The committee invited the Rural Fire Service to attend the last committee meeting. We were grateful to Bays captain, Stephen O'Donoghue, for giving up his time and providing information and answers to all our questions. More information later in the bulletin on preparing for fire season.

Wishing you happy, healthy and tranquil days in The Bays.

Gwynneth Weir

President



The BAYS Community News

The Bays Community Group hosts its first 'event' since COVID

On September 27, we fired up the BBQ to cook bacon & egg rolls at the Hall. A huge thanks to all who helped out and everyone who stopped by to buy a roll. We will be back on Sunday 25 October with the added bonus of freshly made coffee from Coast Break Café's mobile van.





The BAYS

Community News

Bacon & egg rolls AND coffee at the Hall – October 25

On Sunday 25 October, we will be serving bacon & egg rolls at the Hall. Pop in from 8am to get your roll and pick up a coffee from Coast Break Café van.



Need a Justice of the Peace?

We have at least two Justices of the Peace who live in The Bays and can assist you if required:

- Bob Puffett – phone 4342 9171 – please leave a message and Bob will return your call
- Zaga Turner – phone 0401 605 840 or email zagat@xitec.com.au

If you are a JP living in The Bays and are happy to join this list, then please send your details to thebaysemail@gmail.com



Support the Bays Furies

By Gwynneth Weir

Did you know that our local Rural Fire Service in Wattle Crescent is collecting 10c 'Return and Earn' bottles and cans to raise much needed funds? The collection bins are located on the right-hand side of the fire station in Wattle Crescent. Simply drop off your 10c returnable bottles, cans etc. into the bins to help support our local furies.



The Bays Buy, Swap and Sell

By Zoe Anderson

The Bays Community Buy, Swap, Sell & Services is a local Facebook page for The Bays where residents can sell or giveaway household items including clothes, bric-a-brac, gardening tools etc, or promote their services. A great way to reuse and re-home unwanted items and help the bays community. Click [here](#) to join the group.





The BAYS

Community News

Bays Yoga with Kim

Friday evenings 5:30-6:45pm starting Friday 16 October

Unwind in The Bays with Kim every Friday evening and be guided through a gentle class taking you on a journey into complete relaxation; a 75-minute restorative sequence, designed to nourish and calm both body and mind, soothing the nervous system, allowing the energy of the day to melt away. This yin yoga class is suitable for all levels of experience; it is all about slow, simple movements aiding in the reduction of stress and quieting the mind, promoting a blissful night of soothing sleep that will leave you recharged, calm and rested. Open to all levels, new to experienced

\$20 per class - bookings essential each week by contacting 0468 373 901



Bays Yoga with Madeline

Saturdays 9-10:15am starting Saturday 10 October

Start your weekend in The Bays with a Restorative Hatha Yoga class. Invigorate and rejuvenate from head to toe, skin to bone, body, mind, heart and spirit. Madeline is a highly experienced teacher in yoga meditation, movement, mantra and Tao Healing Arts. Open to all levels, new to experienced.

\$20 per class - bookings essential each week by texting 0414 522 419





The BAYS

Community News

Fire up your neighbours this summer

*Phegans Bay resident **Kate Ayrton** shares her fire preparation learnings.*

When my husband and I moved to Phegans Bay four years ago, one of the first things we did was tag along to the local RFS “Get Fire Ready” seasonal open day up at the station. Having moved from the city, we really had no idea what to expect or how to make a bush fire survival plan.

Fortunately, the lovely volunteers at the Bays Rural Fire Brigade were happy to give us the low-down and share all their tips-n-tricks on what to do – and what not to do!

The first reality check for us was that in all likelihood, no one would be coming to save us or our home. Not because they don’t care or want to, but simply because there’s only one fire truck in our area – and in a catastrophic fire, most firefighters will be required on the frontlines, which leaves the rest of us to fend for ourselves. Hello! Big wake-up call. So, what *are* the options if we see a repeat of what happened last summer on the South Coast? Yes, we all know the words “leave” or “stay and defend”, but what does that *actually* mean?

LEAVE

Leave means getting out early and not waiting until the last minute when it’s too late. It means having your stuff ready to go on a high-risk fire day – packing up your kids, animals and precious possessions to spend the day/night with a friend or family member elsewhere knowing that if things



get bad, you may come back to an incinerated house. Or not...in which case, the whole operation will have turned out to just be a massive pain in the neck but with a happy ending. However, how many of these days are we going to encounter? As the realities of climate change set in, this could be a regular event each summer. So, is it worth considering storing all your valuables for the whole summer until we are out of the fire danger season? Maybe.

STAY AND DEFEND

For those who opt to stay and defend, this **MUST NOT** be a last-minute decision. This has to be carefully considered, planned and prepared for by everyone in your house. Ensure you have all the right gear, shoes, equipment, water resources, generators, etc., to give yourself the best chance of success and survival, otherwise you are wasting your time and not only putting your own life at risk, but other rescuers as well. In the case of my husband and I, this was not an option as he is asthmatic.



The BAYS

Community News

Fire up your neighbours this summer cont...

When we asked what steps we could take to [prepare our house](#), the RFS talked about clearing gutters, removing debris and flammable items, and even installing a sprinkler system – and that was what got us thinking. Good idea! We could do that. But then we realised, there was really no point unless all our neighbours did too. But what if we all got together and created a united waterfront?

REACH OUT

After enlisting the help of a local tradie friend and getting a quote, we invited our neighbours over for drinks – and put the idea to them. I don't know if it was the drinks, the price of the quote, or the rallying call to unite and do something useful – but by the end of the night everyone thought it was a brilliant idea...until two weeks later when the boys had to push two 5000L tanks up the driveway and a steep hill. After several hours, a lot of sweat and cursing – the tanks were eventually installed under our neighbours house, which of course called for more cold beers and celebration. Next step was to set the sprinklers, install the generator and pump – and test the system. (That's when we girls came in and did the heavy lifting!) And before we knew it, it was raining. Hurray! (Not a bad investment for \$2,500 per house.) Of course, our trusty fire-fighting sprinkler system has yet to be put to the ultimate test, which we hope will never happen –



but it does give us all some peace of mind knowing that we have done what we can for now. And when that dreaded day comes, which we sadly think is only a matter of when, not if – we'll fire that pump up, let the sprinklers have at it, and hope for the best as we watch from a distance and pray.

But of course, the real investment is not in the system, but in each other – in getting to know your neighbours, being there to support each other in desperate times – and knowing you've got each other's backs because it really will take a village! So this fire season, why not start in your own backyard by inviting your neighbours over and have a (COVID-safe) sprinkler corroboree to get to know them and share in the responsibility. One day, they might just save your home or your life!

- To find out more go to [NSW Rural Fire Service](#)
- Download the [NSW Fires Near Me](#) app
- Visit the [Bays Rural Fire Brigade on Facebook](#) @thebaysrfs
- Sign up to become a [RFS volunteer](#)



The BAYS Profile

Meet Kate Ayrton

It's time for our regular monthly resident profile. This month we get to know Kate Ayrton, new member of the Bays Community Group committee.

Tell us a little bit about yourself.

I'm an Aussie but have lived all over the world in big cities like London, New York and LA, but there is nowhere I'd rather be right now than here in the Bays. Best kept secret ever! I work in digital media and also teach at University. I love being close to nature and going on long bushwalks and am an avid photographer in my spare time. Moving to the Bays was one of the best decisions my husband and I made – we love the place just the way it is and think the people are wonderful! Salt of the earth.

How long have you lived in the Bays?

Four years.

Where did you grow up?

I grew up in Sydney and then moved to Europe with my family when I was seven and didn't come back again for 30 years after living in the US for 20 years.

What is the best part of living here?

Being so close to the bush and the beach – and yet only an hour or so to the city. Brilliant location!

What's your favourite time of the year in the Bays?

Springtime and late Autumn.



What is your favourite local restaurant or cafe?

We love Coast for breakfast and The Box at Ettalong for lunch. (One of the best views in the world!)

Describe your perfect Sunday in the Bays.

A fabulous bushwalk or swim at the beach followed by a long lazy lunch on our terrace – and a little afternoon snooze!



Environmental Matters

Weed of the Month – Privet

Broad-leaf and small leaf privet are evergreen shrubs. Used in gardens, Privet has extensive environmental, agricultural and human health impacts. Privet is a serious environmental weed, an invasive plant threatening the loss of endemic plants and animals by reducing habitat. Dense stands of privet prevent other vegetation surviving or establishing. It is thought that the perfume of privet flowers causes allergic reactions. Reactions occur commonly during spring and early summer when privet produces masses of highly perfumed white flowers and pollen.

Privet is widespread throughout the Bays and in some places grows to very large and tall shrubs in gardens and in bushland. Privet seeds are commonly spread by fruit-eating birds as well as through the sale of garden plants from nurseries and markets, the dumping of garden waste containing seeds and the sale of foliage in floral arrangements containing fruit and seeds.

Removing privet

Wide dispersal of seed by birds cannot be controlled; therefore controlling the spread of privet requires the removal of trees and seedlings before they produce seed. Many attempts to control or remove privet fail because of its ability to regenerate vigorously from any remaining roots and stems and dumping of cuttings. Follow-up control measures are critical for successful removal. The removal of large numbers of privet bushes from among other vegetation will often cause seed to spread. Planting out areas after removal may limit privet plants' opportunities to spread and the placing of plant cuttings and waste in bags and bins or taking to the rubbish tip is important.



Plant removal, use of pesticides and replanting areas is the best long-term control method.

Manual removal

Hand-weeding of small and medium-sized privet plants, where the gaps left by weeding must be similar to those that occur naturally after the death of a native plant. Soil disturbance should also be minimised. Broad-leaf privet is easy to pull up when the stem has diameter of less than 2–3 cm, particularly after rain. Similar sized small-leaf privet is more difficult to remove as the stems are more likely to break from the root system when pulled, leaving roots to regenerate.



Environmental Matters

Weed of the Month – Privet continued

Small-leaf privets should be dug out and the plants placed upside-down to dry out the roots.

Poisoning

Spraying water-dissolved chemicals directly on the leaves of young smaller flushes of seedlings and groups of plants up to 3m high. Plants must be actively growing and complete coverage of the leaves is necessary to ensure successful control. Spraying leaves is good where infestations contain dense areas of privet bushes/seedlings and little or no other valuable especially native plants nearby.

Basal bark (injecting stems) application is appropriate for treating larger individual plants in among other vegetation. Every trunk or stem arising from the ground must be treated.

Alternatively the tree can be cut back (ideally not when not the plant is likely to spill seeds).

Pesticides should be applied immediately after cutting.

For further information call the NSW DPI Biosecurity Helpline on 1800 680 244 or email weeds@dpi.nsw.gov.au





Environmental Matters

The Bays Bushcare Group

The Bays Bushcare group consists of local volunteers who catch up on the second Sunday of each month to tend to the local bushland. Bushcare provides the opportunity to meet neighbours and also learn about native plants and invasive weeds.

The Central Coast Council sponsors the group providing a bushcare specialist, equipment (gloves, tools etc), training, plants and insurance cover.

In September 2020, Council received a grant to remove Coral trees in Bushcare zones and the Bays was included in this program. To date the Bays Bushcare volunteers have concentrated on the strip of bush running down the slope from the intersection of Phegans Bay and Woy Woy Bay Roads and around the shoreline and we are currently working on the reserve/headland bush between Phegans Bay and Woy Woy Bay. This area is a vital corridor connecting plants and animals with the Brisbane Waters National Park. Over the coming year we hope to gradually tackle weeds along the pathways/ridge behind houses on Woy Woy Bay Road.

We meet 8am to 11am during daylight saving and 9am to 12 noon in colder months. We stop for coffee and cake at the end of each session.

Please feel free to join at any time. Contact Jill to find out more or to confirm the location of the next meeting on 0417 477 970.



For more information contact:

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