



The BAYS
Bulletin

Issue 142 – November 2020

PRESIDENT'S LETTER

What strange times we are living through. During the past month we had days that fooled us into thinking that summer had arrived a little early... and then enough rain to fill every empty water tank. If your garden is similar to ours then you too might have had your own water feature for no cost at all. Meanwhile, COVID restrictions roll on. And with the rain, the predictable potholes reappear. We will be continuing to press the council to make repairs that are able to withstand the volume of rain is a regular feature of life on the Central Coast.

The Committee continues to look into events that bring the community together and help to keep The Bays Community Group financially solvent.

The takeaway bacon and egg rolls have been a great success and we will continue to run these for the foreseeable future.

The yoga classes are proving to be popular with regular classes early on Friday evenings and Saturday mornings, with additional one-off special events. Hopefully we will be able to offer more events in the hall in the coming months.

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

Gwynneth Weir

President





The BAYS

Community News

The Bays takeaway bacon and egg rolls continue, rain, hail or shine

With some trepidation we saw the weather forecast said rain, more rain... and more heavy rain on Sunday 25 October. But we were not deterred! Bacon and egg rolls would be on sale regardless.

A 'Plan B' was put in place and we cooked and served from inside the hall. Our trusty COVID Marshalls did a great job ensuring everyone sanitised and signed in on entry as well as maintaining social distancing. And we did not exceed the number we were allowed in the hall at any one time.

So, despite the best efforts of the weather to spoil our event, it was a great success! We had even more customers than last month. And, yet again, the social aspect of the event was great to witness. The hall was filled with lively chatter, laughter, lots of familiar faces and many new faces. We met people who have only just moved into The Bays... and some who have lived in The Bays for years but not been along to an event before.

The ever-popular Sam, ably assisted by his nonstop-smiling daughter, Ena, brought along Coastal Break Café's mobile coffee van. To be able to enjoy a really good cup of coffee or tea was appreciated by many, not to mention the hot chocolate which was popular with both young and no-so-young.

We will be returning on the last Sunday of November – so put **Sunday 29 November** in your diary now. We will start serving at 8am and cook until 10am, with last orders at 9:45am. Hope to see you then.





The BAYS

Community News

Do you have old paper copies of the Bays Bulletin?

To create an historical record, we are looking to compile a complete set of The Bulletins since it was first issued. We have copies of all the issues since The Bulletin went electronic in 2012. Prior to that, paper copies of The Bulletin were delivered to letter boxes. We have most of the paper copies but are missing the following paper issues:

- Issues 1–8
- Issue 11
- Issue 25

If you have copies of any of these issues, we would love to hear from you at thebaysemail@gmail.com



ATTENTION: Casual Walkers, Amateur Twitchers, Aqua Gazers, Part-time Flâneurs

Join Bays Committee Vice President Ally for walks around our scenic Bays to discover the area and make new friends.

WHEN: Second Thursday of the month, starting November 12

TIME: 4pm

DURATION: One hour

WHERE TO MEET: November at the Phegans Bay Bus Shelter. Future months as advised.

New and old residents all welcome. Mums and bubs especially welcome. We plan for this to be a regular monthly event. Text Ally on 0424 036 927 for more information or to confirm in the event of inclement weather.





The BAYS Community News

Lost some money?

After the bacon and egg takeaway event (Sunday 25 October) we found some money on the road close to the hall. If you think it might be yours, please contact Gwynneth at gwynneth.weir@gmail.com indicating how much money you lost.



Need a Justice of the Peace?

Several live in the Bays. Details as follows:

- 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
- Nikki Buchanan. Preferred contact via mobile 0416 128 895. Alternative contact via email Nikki.buchanan@gmail.com

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





The BAYS

Community News

The Bays Community Group is becoming more eco-friendly

The Committee has made a commitment to move to more environmentally friendly options. To this end, we have already taken several steps including:

- Setting up a centralised electronic filing system to reduce the amount of paper we use. Some original documents will be kept, for example those of historic interest will be kept and those where an original signature is required. Otherwise, we will be storing documents electronically. This will not only reduce the amount of paper we use but make future handovers to new committee members much more efficient.
- A commitment to stop, wherever possible, using plastic items. This includes cutlery and bin liners. You will see plastic items being used while we use up our current stock, but we will replace them with more environmentally friendly options.
- A commitment to use cleaning products that are kinder to the environment.

There are many other options we would like to pursue, such as installing solar panels, but we will have to wait until our cash reserves have built up to be able to consider larger projects.





The BAYS

Community News

Bays Yoga with Kim

Friday evenings 5:30-6:45pm

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

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

Hazard reduction in The Bays

Marie Davies shares an update on fire preparation in The Bays.

Living in The Bays means living with the potential threat of a bushfire. As we go into the new season, we invited Stephen O'Donoghue from the NSW Rural Fire Service to come along to a committee meeting to update us on hazard reduction plans for the Bays. His comments were heartening and we appreciated his time.

Here is what he had to say.

1. The Bays are a high priority and preparation work is almost complete. Hazard reduction is done as soon as the weather permits and the resources are organised.
2. At present, the hazard reduction that is planned for the Bays is in the bush surrounding Wattle Crescent, Olive Avenue, Woy Woy Road and Gabagong Road. This burn has been on the list for a while but weather and other considerations have prevented it from being done. It's definitely a priority.
3. The Bays are part of the area managed by the Central Coast Bush Fire Management Committee. This committee has representatives of all the emergency services and land managers over an area that stretches from Newcastle in the north and almost to Berowra in the south. So, they obviously have a large area to consider.



Residents will be informed when Hazard Reduction burn is planned. When this happens, please take the following steps:

- Keep doors and windows closed to prevent smoke entering homes
- Keep outdoor furniture under cover to prevent ember burns
- Retract pool covers to prevent ember damage
- Remove washing from clotheslines
- Ensure pets have a protected area
- Vehicles must slow down, keep windows up, turn headlights on
- Sightseers must keep away from burns for their own safety
- If you have asthma or a lung condition, reduce outdoor activities. If smoke levels are high and if shortness of breath or coughing develops, take your reliever medicine or seek medical advice

For more information on Hazard Reduction and dates/times in our area visit the RFS website [here](#).



The BAYS Profile

Meet Vivian Cumbo

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

Tell us a little bit about yourself.

I am a marine biologist who researches coral and oyster reefs. I have lived all around the world because of my career and have scuba dived on some extraordinary reefs.

I have many hobbies including pottery, playing netball, fishing and hiking. I love the outdoors which is why The Bays is such a wonderful area to live in.

How long have you lived in the Bays?

I've lived in Phegans Bay for 4.5 years.

Where did you grow up?

I grew up on the north shore of Sydney. As an adult I moved to Townsville in far north Queensland and then to LA before finally coming back closer to my roots and setting up house in The Bays.

What is the best part of living here?

There are so many things I love about The Bays. I don't even know where to begin. I love the community spirit and have made such good friends with a number of my neighbours. I love the tranquility of being so close to the bush. I love that feeling of entering another, more relaxing world when I drive into Phegans Bay from work in Sydney. And I especially love waking up every morning to views of the water.



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

Ah, this is a tricky question to answer because I appreciate each time of year for different reasons. Winter in The Bays means crisp nights and sitting by my fire, watching it dance while drinking wine. However, when the sun starts to hit my house again, and the smells of the bush get stronger and stronger, I can't help but get excited about spring and summer. Summer in The Bays means warm days, swimming, and fishing adventures.

What is your favourite local restaurant or cafe?

Restaurant – Miori Japanese Restaurant in Umina. Café – Link and Pin in Woy Woy.

Describe your perfect Sunday in the Bays.

Waking up on a lazy Sunday and meandering over to my neighbour's house for coffee and catch ups. Sitting on her deck and enjoying the views over The Bays. Heading home to do some work on the house or garden (which, of course, involves trips to Bunnings) before walking down to the jetty for a fish in the late afternoon. I especially love sitting down at the water with a drink in hand, watching the sky and water reflections change as the sun sets.



Environmental Matters

Spring and summer planting

The Bays Bushcare group shares native and other alternatives to popular but invasive garden plants.

Many plants we love in our gardens can easily spread by dumping of garden waste, or by wind, water, roots, birds, ants, shoes, tyres and into roadsides, pathways bushland and other gardens.

This month, we're sharing some ideas on alternatives to some of the more invasive popular garden plants.

Love wattles?

Believe it or not, some wattles can cross pollinate or can become invasive taking over from our local and beautiful but often endangered local wattle species. Generally, the rule with introducing wattles into your garden is to check that they are native to the central coast.

Cootamundra Wattle is native in central western NSW while Queensland Silver Wattle is a native of QLD and northern NSW.

Alternatives: Coastal Myall, White Sallee Wattle, Blue Bush

Agapanthus

Agapanthus is a very popular but invasive plant. National Parks discourage their use near bushland.

Alternatives: A beautiful alternative is the Swamp Lily or Blue Flax Lily (Dianella)



Coastal Myall wattle



Blue Flax Lily



Environmental Matters

Spring and summer planting continued...

European and African olives

Only the unharvested fruit of olive trees gets spread by birds so enjoy your olive harvest to the max.

Alternatives: Water Gum, Bush Tuckeroo

Butterfly bush

Seeds of the Butterfly Bush (*Buddleia davidii*) spread by wind, water and garden rubbish. It grows readily in damp areas crowding out natural species and destroying habitat.

Alternatives: Buddleia-Spring Promise or Buddleia-Wattle bird

Bamboo

Yellow bamboo and black bamboo have spreading rhizomes.

Alternative bamboo varieties: Slender Weavers, Gold Strip, Chungi

Asparagus Fern

Asparagus Fern is widespread on roadsides and in bushland around all our three bays. Spread by birds, small animals and dumping of garden waste, asparagus fern deprives other plants of light and nutrient and destroys habitat.

Alternatives: Grevilleas, Ferns (varieties: Prickly Rasp, Common ground) or Creeping Boobialla.



Bush Tuckeroo



Grevillea



Environmental Matters

Spring and summer planting continued...

Palms

The Cocos Palm produces a multitude of seeds attractive to possums, bats and birds and the seeds are quick to germinate.

Alternatives: Cabbage Palm, Alexander Palm, Bangalow Palm

Golden Bells

A substantial weed in coastal areas of NSW, the seeds of Golden Bells are scattered by birds and through movement of soil, water and garden refuse.

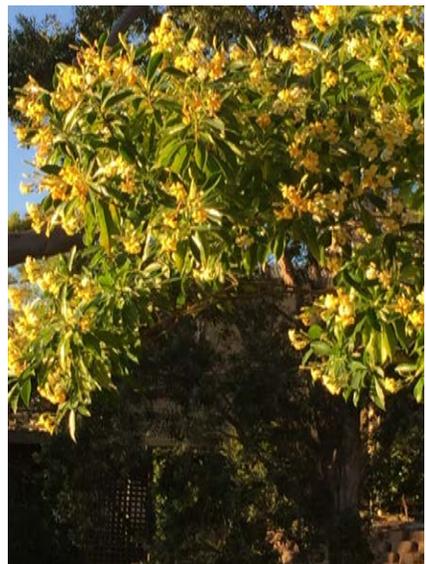
Alternatives: Native Frangipani, Fringed Wattle, Honey Gem or Sandra Gordon grevilleas

Where to buy plants

Specialist native nurseries are the best option or try the **Community Environment Network (CEN)**, a not-for-profit organisation selling central coast native species on the first Saturday of each month 9am to 12 noon, at 27 Brush Rd Ourimbah. Visit the [CEN website](#) for more details or phone 4349 4756.



Bangalow Palm



Native Frangipani



Environmental Matters

The Bays Bushcare Group – last meeting for 2020

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. **The last 2020 meeting is on November 8. Bushcare will resume in March 2021.**

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:

Ben Feltham, Landcare Officer, Natural Assets Management, Central Coast Council
T: 4350 5106 M: 0417 522 947E: Ben.Feltham@centralcoast.nsw.gov.au



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