### March at Wagstaffe Hall

**For bookings call 0490 403 822**

**Monday, March 12, at Wagstaffe Hall**

#### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Name</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>9.30-11.00</td>
<td>Yoga with Gai</td>
<td>4360 1854</td>
<td>0436 5005 / Simon 0425 224 532</td>
</tr>
<tr>
<td>6.00-7.00 pm</td>
<td>Pilates with Michelle</td>
<td>4384 5005 / Simon 0425 224 532</td>
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<tr>
<td>7.30 pm</td>
<td>WTKCA Meeting</td>
<td>March 12</td>
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#### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Name</th>
<th>Contact</th>
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<tbody>
<tr>
<td>9.15-10.15</td>
<td>Clinical Pilates</td>
<td>Jo Frize</td>
<td>4360 2707</td>
</tr>
<tr>
<td>11-12.15 pm</td>
<td>Movement &amp; Mindfulness</td>
<td>Jacqui Dawson</td>
<td>0408 602 669</td>
</tr>
<tr>
<td>1.30-4 pm</td>
<td>Knit 2 Chat 2</td>
<td>Helen</td>
<td>4360 2926</td>
</tr>
<tr>
<td>6.00-7.15 pm</td>
<td>Iyengar Yoga</td>
<td>Robyn</td>
<td>0449 164 769</td>
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#### Wednesday

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Name</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>9.30-10.30 am</td>
<td>Hatha Yoga</td>
<td>Rose</td>
<td>0422 966 566</td>
</tr>
<tr>
<td>6.00-7.00 pm</td>
<td>Clinical Pilates</td>
<td>Jo Frize</td>
<td>4360 2707</td>
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</table>

#### Thursday

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Name</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.15-10.15</td>
<td>Clinical Pilates</td>
<td>Jo Frize</td>
<td>4360 2707</td>
</tr>
<tr>
<td>2.00-5.00 pm</td>
<td>Mahjong</td>
<td>Heather</td>
<td>4360 2178</td>
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#### Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Name</th>
<th>Contact</th>
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<tbody>
<tr>
<td>9.30-11 am</td>
<td>Yoga</td>
<td>Laurie Jones</td>
<td>0423 589 877</td>
</tr>
<tr>
<td>1.30-4.30 pm</td>
<td>Old Wags Bridge</td>
<td>Group Ann</td>
<td>4368 2003</td>
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**Trash ‘n’ Treasure**

**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

**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.

**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.

**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.
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
It follows the YELLOW bin collection
This month: March 14th, 28th
d fortnightly on Wednesdays!
Library Van visits Wagstaffe
The Gosford City Library
Or check the website:
loren@hardysbayclub.com.au
Loren McHenry, Marketing at
opportunities, please contact

PreSale $28, Door Sales $35.
Audreys
Tickets are now on sale for The
Sunday 1 April, 2nd ticketed show SOLD OUT
Friday 30th, 7pm: You am I with Neilson Gough
Sun 25th, 3pm: Null and Void
Sun 18th, 2pm: Jam with Top Cat with Driftwood
Sun 11th, 3pm: Blues Jam
Sat 10th, 7.30pm: Null and Void
Sun 24th, 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
Or check the website:
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!

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 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

FULL NAME of new member/s [use BLOCK letters]
Mailing address..........................................................................................................................
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Email address..........................................................................................................................
Phone/s.....................................................................................................................................
Signed.................................................................................................................................