



TALKING TURKEY



WTKCA WEBSITE: www.wagstaffetokillcare.org.au

No 222 February 2022

WTKCA MEETING
Monday
14th February
All welcome!

November at WAGSTAFFE HALL

*MONDAYS

9.30 - 11.00 am **Hatha Yoga** -
Gai Davies (02 4360 1854)

6.00 - 7.00 pm **Pilates** -
Michelle (4384 5005) / Simon
(0425 224 532)

*TUESDAYS

10.30 - 12 noon **Movement &
Mindfulness** - Jacqui Dawson
(0408 602 669)

* WEDNESDAYS

5.00 - 6.30 pm **Gentle Hatha
Yoga** - Rose (0422 966 566)

* THURSDAYS

2.00 - 5.00 pm **Mah-jong** -
Pat Hamilton (0404 955 259)

* FRIDAYS

9.30 - 11.00 am **Yoga** - Laurie
Jones (0423 589 877)

1.30 - 4.30 pm **'Old Wags'
Bridge Club** (4360 1302)



Outstanding Community Contribution Awards



Wagstaffe to Killcare Community Organisation will this year give awards to local people who have demonstrated "Outstanding Community Service". Whilst we all know quite a few among us who tirelessly go above and beyond to make our community better for all who reside here, on this occasion two people have been selected.

One is Michelle Biddulph, Captain of our local Rural Fire Brigade and the other is Lisa Mount for her Bouddi Home Markets Covid lock down initiative.

Michelle Biddulph joined the Killcare/Wagstaffe Brigade in 1998 and became captain in 2012, having performed a number of other roles throughout that time. In 2020 Michelle received the Premier's Bushfire Citation and recognized as a Life member of the Brigade in 2016.

Warwick Teasdale (President of the Brigade) states:

Michelle has been an inspiration to the Brigade through her dedication, knowledge and leadership. Her commitment has undoubtedly been one of the main reasons for the current Brigade strength....As well she has been both a guide and a role model for what women can achieve within the RFS organization.

Today membership figures approximate 65/35 male to female, many of whom are fully operational. Michelle has forged a remarkable connection with the Killcare/Wagstaffe Community and has contributed significantly to its resilience and cohesion, and in turn she is valued and respected. A true local hero.

"Bouddi Home Markets" is the mental health initiative of Lisa Mount borne out of Lisa's recognition of the need during the Covid lockdown for families dealing with home schooling and isolation to connect in a safe, constructive way. "Home made, home grown, or pre-loved" - the idea of the home markets trail started in July, with children and parents making produce to sell on Saturdays outside their gates with honour box donations.



Muesli, home baked bread, biscuits, ice cream, sweets, tasting herbal teas, car washing - the list as long as those inspired to create and make, stalls were soon popping up outside homes of over fifty families. A mud map to direct people along the trail soon turned into a "google maps" style online directory, then a Bouddi Home Markets trail Facebook page. Children loved the involvement, even starting their own micro businesses.

By September, the word had spread to other communities. Lisa supported areas from Avoca, Woy Woy, McMasters- all the way to Gwandalan, - 13 groups in total to set up their own "Home Markets" assisting local volunteer coordinators to start the ball rolling. There is now a website directory www.homemarkets.com.au, for all home markets across the coast pointing customers to the different trails, dates, times and offerings. The spirit of communities certainly lifted during those challenging months and continues with trails now once a month.

Lisa's award is planned to be presented on Monday 14th February at the next WTKCA meeting commencing 7.30pm. Members and friends are all welcome.

Michelle's award will be presented at a date to be announced.

Gaye Follington



President's Notes

Well so much for a summer of opening up. We saw a great deal of concern with the Omicron Covid wave as it started to impact our community directly. Shops closing due to impacted staff, a ping-demic of alerts via Service NSW and many of us being directly acquainted with someone who had contracted the virus, even if mildly.

As a community body WTKCA took into account the health statistics, forecasts and the prevailing community mood in making the decision to cancel our usual end of January functions. The Jazz Picnic was cancelled as was our Australia Day Breakfast by the Bay. We know other groups have made similar decisions depending on their circumstances and we all are looking forward to re-establishing our community events once this nuisance phase of the virus settles. We'll just need to stay a bit cautious for a little longer by the look of it.

In the Australia Day program we had intended to reintroduce our long-standing practice of recognizing community contributions. We will still proceed with making the awards but through smaller local forums. As mentioned in our front page item, Lisa Mount and Michelle Biddulph are to be thanked for their untiring efforts and their support to our community.

While thanks this year go to Lisa and Michelle, there are many others in our community who contribute in various important ways and we will be pleased to recognize them formally through this mechanism in years ahead. You all deserve thanks.

On local matters, we have been advised by Council of their plans to rejuvenate the play space in Turo Park. Plans will be available on their website to illustrate new equipment and enhanced accessibility. By the sound of it there will be more green space for picnics while not impacting the free play area in front of the soccer net. We will post a link on the local Facebook page once Council upload the information.

There is a lot more we intend pursuing with Council this year as we believe our area is not getting the attention it deserves despite the financial position they are dealing with. Stay tuned.

Mike Allsop
President

MAH JONG is BACK
Resuming on the 3rd February, new
players are welcome from
2pm—5pm - an enjoyable way to
spend Thursday afternoons
For more information contact
Pat on 4360 1302

Bouddi Home Markets Trails
are held once a month. February's is on
February 12th with lots of goodies on offer
ready for Valentine's Day.
For further information see the
Bouddi Home Markets Facebook page or
www.homemarkets.com.au
Bouddi & Surrounds Trail
to follow the trail and see what's on offer.

WTKCA CONTACTS

President:

Mike Allsop

Vice President:

Richard Urquhart

Secretary:

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secretary.wtkca@gmail.com

Membership Secretary:

Bruce Fraser -

memsec.wtkca@gmail.com

Hall Convenor: *Martin Sieper*

Hall Bookings: **0476 033 650**
hall@wagstaffetokillcare.org.au

Newsletter:

Alex Sharp & Robyn Warburton
tt@wagstaffetokillcare.org.au



CLEAN UP AUSTRALIA DAY

WHEN? Sunday 6 March from 8am to 12noon

WHERE? Along our roads, beaches and bushland tracks

HOW? BYO gloves. Bags and vests will be handed out at muster locations.
Various collection points will be established.

BUT.... We need a CONVENOR to drive the initiative, plus volunteers.

The previous convenor, Mike Chitty, and key assistant, Dave Reid, have retired from the role. They have run the program for many years and leave a strong legacy to follow. In the meantime, WTKCA is co-ordinating based on a wealth of hand-over material.

We are calling on the Bouddi Peninsula community to help continue the program.

Please email Ian Bull at secretary.wtkca@gmail.com
if you would like to help either in organising or active participation.

You are needed. Please help.

Covid Information Initiative from KILLY CARES (not Omicron-specific)

More information at healthdirect.gov.au

How do you know you have Covid-19?

Itchy throat. Dry throat, Dry hair, High temperature, Difficulty in breathing, Loss of smell and taste
Symptoms appear from the third day (average 5-6 days up to 14) after infection: the symptoms of the virus are described in three phases. It is very important to count the days of the symptoms in the stages.

1st phase: Body pain, Sore eyes, Headache, Vomiting, Diarrhoea, Nasal discharge or Nasal Congestion, Burning eyes, Burning in urine, Feeling feverish in the throat (sore throat).

Important: We need to act before the fever appears; it is very important to drink plenty of liquid.

2nd phase: (From 4th to 8th day) Loss of taste or smell, Fatigue at minimum efforts, Chest pain, Oppression on the chest, Pain in the lower back (in the kidney region).

The virus attacks nerve terminals. There is a difference between tiredness and difficulty breathing: Lack of air is when the person is sitting - without making any effort - and is short of air.

Tiredness is when the person moves to do something simple and feels tired.

3rd phase: Healing.

The healing phase starts at the 9th day and may take until the 14th.

Recommendations

- Rest and sleep for at least 7-8 hours.
- Follow the sun for 15 to 20 minutes.
- Drink 1 and a half litres of water a day
- Eat a mix of wholegrains, plenty of fruit and vegetables and a selection of meat, fish, eggs and milk.

Please rely solely on Government Advice.

**HARDYS BAY CLUB****Free Live Music**

Fri 4/2	Trivia 7.30pm
Sat 5/2	Brackets & Jam – Tickets \$10 1.00pm
Sat 5/2	Aubrey & Purton - Originals 6.00pm
Sun 6/2	Bohemian Bees 2.00pm
Fri 11/2	Sports Lunch 12.00pm
Fri 11/2	Originals Evening – Kerf, Ruby Shay, Duncan Toombs 6.00pm
Sat 12/2	True Sports – Tickets \$50 6.00pm
Sun 13/2	Blue & The Doctor - Originals 2.00pm
Fri 18/2	Musical Bingo 7.30pm
Sun 20/2	Two Tone Pony 2.00pm
Fri 25/2	TBA 6.00pm
Sat 26/2	The Loungephonics 6.00pm
Sun 27/2	Short n Curly 2.00pm

YOUR COMMUNITY CLUB**14 Heath Rd, Hardys Bay NSW 2257 4360 1072****CENTRAL COAST COUNCIL MOBILE LIBRARY
the VAN will visit WAGSTAFFE on****FRIDAY 11th and FRIDAY 25th FEBRUARY
at 12.00 noon****HBCC in February**

Our summer series continues each Sunday at 9.30am – given Covid & other challenges, our theme is *Resilient Faith*.

Feb 6th is our Vision Sunday this year, as part of our series on Resilient Faith.

Our beliefs & teaching are on our website.

Our \$upport for Asia continues this year.

We ask all Hall users to continue to be Covid cautious, as groups start the year's programs.

Sat 5th March is the morning we assist with Clean-up Oz, followed by our first Man2man for this year, at 9.30am.

Ladies retreat with Anne is on 8-11 March.

For enquiries, hall hire & pastoral care, phone

Stephen: 0439 744 657.

www.hbcc.com.au

PLEASE JOIN US

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 **(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.....