



Residents Group

# Bay

# news

APRIL 2012

“WORKING FOR A POSITIVE LIFESTYLE AND HEALTHY ENVIRONMENT IN OUR COMMUNITY”

## SURF CLUB’S PROFESSIONALISM DURING DAY OF HIGH DRAMA

A recently-released report on a mass rescue at Killcare beach earlier this year reveals the gravity of its anxious moments and dramatically illustrates how the prompt action taken could well have prevented a tragic outcome.

In compiling the documentation, club captain Bryce Cameron praised the efforts of the surf club team on the afternoon of Monday, January 2nd, which “responded magnificently in ensuring the public’s safety was of paramount importance.”

The report also provides an insight to the precision-like operations employed by our surf club people when called upon to act in times of such high drama.

When the day which was to produce so much trauma dawned, it was a welcome relief to the many who, following a prolonged spell of indifferent holiday weather, flocked to the Central Coast surfing haven early, relishing the opportunity to avail themselves of the ideal summery intrusion. And the benign surfing



Dual Club Captains Leah Fotofili & Bryce Cameron  
... key figures in the dramatic events.

conditions were to offer no indication of the events which would eventually unfold.

By 9am, the surfing playground had abruptly altered its character and within half an hour, the heavy waves which had progressively built up claimed their first casualty with a swimmer’s spinal injury necessitating an urgent ambulance call. Several others were promptly assisted to the sanctuary of the beach within a short space of time and further rescues were regularly effected

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## President's Message

Welcome to the April edition of Bay News. This issue marks the 6th anniversary of our publication which made its debut shortly after the Hardys Bay Residents Group was formed in February, 2006, and duly incorporated the following month.

In signalling our Group's stated commitment in that groundbreaking edition of Bay News, namely, to "work for a positive lifestyle and healthy environment in our community", we sincerely believe we have honoured that pledge by basing it on the positive approach of finding solutions rather than necessarily seeking objections. Our blueprint has continued to embrace a broad range of issues, of short and long-term consequence, which contain matters of vital relevance to the community's welfare.

In this issue, among a number of features, we salute our surf club's devotion to duty by ensuring the public's safety was paramount during a dramatic day of rescue operations on the beach, we investigate concerns on our bay, there is a touching profile on a local resident who, with his wife, has quietly established programs of care for the underprivileged in remote regions, we admire the culinary delights provided by two of our renowned chefs, and acknowledge the special recognition accorded Killcare and the Bouddi Peninsula.

We always look forward to receiving the community's comments and commend our website as an ideal communication source for any general matters. And we particularly wish to thank the many people who are supporting us and working so hard to achieve these successful outcomes.

Sincere good wishes,  
Adrian Williams  
*President*

throughout the morning by surf club personnel in subsequent actions as conditions continued to deteriorate.

At 2.30pm, the stage was set for the Big Event where dumping giant rollers and powerful rips would dictate the surfing terms.

The patrol lineup that day comprised Leah Fotofili (patrol captain), Laura Washington, Michaela Hofer, Julian Hofer, Lisa Sanasi, Emily

Cameron, Jonathon Burke, Nick Urie and Bryce Cameron. The equipment employed was Tube (Julian), Board (Bryce), IRB – or rubber ducky (Jonathan), PWC – or jet ski (Nic) and First Aid (Laura, Emily and Lisa).

"The patrol was set up around two hundred and fifty metres from the south end of Killcare beach," the report stated. "There was a crowd of around 1500 on the beach and a couple of hundred swimming between the flags. The surf was quite strong, 1.5 metres, and dumping onto a shallow sand bar. Due to this, there was a large crowd of people in the rock pool at the southern end of the beach. The rips around the flags that day were flash rips and a number of rescues had been consequently performed throughout the morning," it added.

"Due to the dropping tide and the number of people favouring the rock pool, others started to use that area adjacent to the rocks to swim. At around 2.40pm, a large set hit the area around the rocks and caused all the people in the area to be swept into the rip beside the rocks and out to sea in the threatening permanent rip adjacent to the rocks.

"We had two people on either side of the flags observing and promptly engaging in rescue operations as required. On seeing eight persons – five children and three adults – in difficulties, Julian ran towards the rocks with a tube, Jonathon alerted the rest of the patrol and immediately launched the IRB, and assisted Nic with the PWC. Bryce had grabbed a board and ran towards the rocks.

"At this point, Julian had already reached the patients and Bryce was about 20metres from them. On arrival, Julian reassured all patients, some in extreme discomfort, and encouraged as many as possible to rest on the tube, mostly children. Bryce went to those furthest out and placed one exhausted person on the board with a child and paddled back in to the group so that

they could all support each other. We grouped all patients together with the rescuers and awaited the IRB and PWC.

“When this equipment arrived, we loaded the IRB with three patients and another four on the PWC and sled. The patient on board was completely exhausted and could not be moved. Bryce paddled her to the beach, at the same time following the two people who did not require support.

“On the beach, most of the children did not need assistance but were extremely distressed and being comforted by their parents. One adult patient was offered oxygen which she declined. She was then handed over to the first aid team to assess her condition for a number of minutes. She subsequently thanked all involved and left the beach a short time later.

“Julian spoke to all involved and explained that they should always swim between the flags, strongly emphasising the dangers of swimming in the notorious southern area flanking the rocks“.

According to some club officials, about 30 persons encountered difficulties throughout the day.

It was certainly never one which would be allowed to dip over memory’s horizon.

Meanwhile, the Killcare club’s women’s Masters teams enjoyed a highly successful NSW Championships campaign at Kingscliff on March 8th gaining 3 gold medals, 3 silver and 3 bronze.

Winners were Micky Hofer (over-35 yrs beach sprint), Tegan Spackman, Leah Fotofili, Laura Washington and Mickey Hofer, (o/140 yrs – combined ages – beach relay), and Kellie Robinson (over-40 yrs beach flags). Silver medallists were Leah Fotofili (over-35 yrs beach sprint), and Wendy Sheehan (women’s surf board) while Tegan Spackman (over-35 yrs beach sprint), Leah Fotofili (over-35 yrs beach flags) and the o/160 yrs (combined ages) surf boat crew gathered the bronzes.



The surf boat crew (pictured) of Mel Smith (coach and sweep), Judy Smith, Angie Goodwin, Monique Keogh and Sarah Doak-Stride is certainly one combination to “create waves” this past season, firstly along the Central Coast network’s Peters Series with a gold medal at the Ocean Beach carnival followed by the excellent bronze at Kingscliff against highly-rated and vastly more experienced opposition. ■

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## CONCERNS ON OUR BAY

Recently, there have been a number of vessels on the Bay which have broken their moorings and Maritime Services are reminding owners that it is their responsibility to maintain their moorings in a serviceable manner. Owners should also be aware that without regular servicing, generally considered annually, a broken mooring may affect their boat insurance.

A recent Gosford City Council initiative to clear out a number of abandoned dinghies around the Bay has raised concerns of dinghy racks. The HBRG has made submissions to Council advocating dinghy storage facilities, with the dinghies lying flat on bitumen sections with hitching rails and appropriate surrounding low-growth plants, an example of which can be seen in the area adjacent to the Araluen Drive wharf. Residents' concerns against any upright storage facilities have been lodged with Council.

Hardys Bay was recently marked as an '8 knot, No Wash' zone on maritime charts, replacing a previous '4 knot' sign which for many years was attached to the starboard marker when entering the Bay. Unfortunately, the switch has led to a number of smaller vessels and PWC speeding through the Hardys Bay moorings and the bay in general. Those who use dinghies, kayaks, paddle boards or other small craft are urged to travel with caution. ■

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## KINGSLEY BARKER

### ... A CARING MAN

As a person who has been widely praised as 'one who sincerely cares for the plight of others', he has lifted the description to a new level. But seeking recognition for numerous acts of humane kindness is far from his mind. Anonymity has always sat kindly with him.

The story of Kingsley Barker's career could have well been fashioned from the pages of an adventure novel with the opening chapters explaining how it all began when, after completing his university studies, he joined the Australian Trade Commissioner Service – later known as Austrade – in London before moving into the Department of Foreign Affairs and Trade and serving under Doug Anthony, at that time the Minister for Trade and Deputy Prime Minister.



Various postings in his diplomatic career embraced terms in New Zealand, Jamaica and Geneva, where his expertise in handling multi-lateral trade negotiations was recognized.

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He consequently worked for the Labor government until 1993 before establishing a consulting business in Asset Management Investments and has variously spent periods in Roebourne, the Pilbara, on APY land in Central Australia, near Uluru, and, for the last three years, at Broken Hill.

Behind every good man, it has been wisely observed, is a good woman and it was Kingsley's fortune to have as a kindred spirit and inspiration, Penny, whom he met in 1970 when they were students at Melbourne University. He had just completed a B. Commerce (Hons) degree and they were married 2 years later when Penny was commencing her fifth year at medical school. Kingsley was subsequently posted to Wellington, NZ, as Assistant Trade Commissioner and Penny then joined him and completed her residency year at the Victoria Hospital in the New Zealand capital.

During Kingsley's later posting to Kingston, Jamaica, Penny worked in the hospital of the University of West Indies and it was there that the genuine satisfaction she derived from assisting the very sick - not dissimilar to circumstances still found in many Aboriginal communities today - became apparent.

In 2001, Penny set up a shared medical practice in Ainslie, ACT, with three other women doctors in which she was a Principal, before leaving to carry out Aboriginal health work in remote regions in various capacities which focused on the accompanying social

issues, creating jobs, mentoring, fundraising, conducting activities and finding programs for the communities.

In the meantime, and in tandem with his wife, Kingsley's experiences with many of the underprivileged people in remote aboriginal settlements have brought him immense satisfaction. A special destination for him has been the Tiwi Islands which are part of Australia's Northern Territory and north of Darwin, where the Arafura Sea joins the Timor Sea, and consist of Melville and Bathurst Islands.

Kingsley spent four years in the Islands where he played a major role in advancing the participation in Australian Rules football by raising funds for its promotion, introducing junior competitions for boys and girls, women's football, and an "Island of Origin" series, a competition based on a player's country (traditional land) rather than the usual team for which he played.

"We used football as a vehicle for promoting a number of health measures, including reducing substance abuse", explained Kingsley.

In 2005, Kingsley's contributions to the island's cultural development were acknowledged when he was named "Tiwi Citizen of the Year" in the Australia Day celebrations. It is an honour he cherishes.

Previously, his versatility was underlined in 2000 as a recipient of the Australian Sports Medal for services to Australian tennis. A member of the Council of Tennis Australia for

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Killcare Peninsula

nearly 10 years until 2001, he helped lay the groundwork in the Australian Open becoming known now, and promoted as, "The Grand Slam of Asia and the Pacific."

Seven years ago, Kingsley and Penny chanced upon Hardy's Bay. It was the culmination of a Sydney to Newcastle search for a coastal home which would provide close access at the time to their children, Jacqueline and Anthony, who were then living in Sydney.

According to Kingsley, the haven represented a showcase of everything they were seeking. "We were enthralled by its peaceful enchantment, an understated ambience, the vista across the bay and the village atmosphere which existed", he enthused.

The couple recently celebrated their 40th wedding anniversary and derive great satisfaction in supporting, and engaging in, local activities where they are valued members of our community.

It has been a busy and hugely satisfying journey down the years for them. ■

## OUR MASTER CHEFS

In part 2 of our series saluting the Smorgasbord of culinary richness we enjoy in our community, designed to cater for all tastes, our featured chefs are Stephen Lee of The Point Café, Killcare Beach, and Michael Stride of The Fat Goose Café, Killcare. Each provides us, for our indulgence, with a special recipe and shares with us the benefits of broad international experiences in which the offerings have effortlessly straddled cultural divides and tastes. Enjoy!

STEPHEN LEE began his cooking career in a Japanese restaurant in Singapore in 1987 and has since travelled to New Zealand and extensively throughout Asia, training in deluxe 5 star hotels. A highlight of his blossoming career was working on the Eastern Orient Express which travelled between Singapore and Bangkok. In 1996, he moved to Australia and his appointments have included the Oriental Restaurant on Hayman Island, Sydney's Renaissance Hotel, the Olympic Stadium and the Opera House.

He has been associated with The Point Café owners since 2004 and is thoroughly enjoying the new experience in alfresco dining at the Point's relaxed environment at Killcare Surf Club overlooking the beautiful beach where the emphasis is on fine food and a quality presentation.



A favourite recipe of Stephen's is the  
**CANTONESE DUCK WITH CRISPY  
NOODLE SALAD AND SHALLOT  
CREPE.**

2 kg Duck Maryland. The marinade is one tablespoon Chinese 5-spice. 2 Star Anise. One tablespoon Szechuan peppercorn, toasted. One tablespoon chipped ginger. One tablespoon chopped garlic. 5 stalks of minced shallot root. 5 stalks of minced coriander root. 50 ml of soy sauce. 2 tablespoons brown sugar. Salad : 50g Asian slaw. 40g mesclun. 20g julienne cucumber. 20g crispy white vermicelli. 0ml hoi sin plum dressing. 80g shallot crepe X 4.

Combine all marinade ingredients and marinate the duck overnight. The following day, sear the duck until golden brown and arrange in baking tray. Add the remaining marinade to the baking tray, adding a little water just enough to cover up halfway to the side of the duck. Cook duck at 180 for 1 hour 15 minutes until cooked. When cooled, debone and julienne. To serve, toss duck with salad and dressing. Top the salad with crispy noodles and 4 warm crepes.

**M**ICHAEL STRIDE began his career as a chef 25 years ago after graduating with honours from agricultural college in the UK. He then moved to Australia for 2 years to broaden his experience in Sydney as a junior chef before returning to London. Within 4 years, Michael had become head chef of one of the top ten catering companies in London and subsequently moved out on his own to successfully establish a restaurant in Devon before transferring his talents back again to Australia where he and his wife Sarah, recognizing the potential involved with such a step, opened 'The Fat Goose' restaurant in the Southern Highlands town of Bungendore. In introducing an international flavor to their cooking, Michael and Sarah's bold move attracted many diners from far and wide who were eager to sample a 'new look' style of culinary presentation in this historic old town which has become a major tourist centre in recent years. From Bungendore, it was a move to Killcare where Michael and Sarah are now happily settled. Another "Fat Goose" has successfully emerged.

Michael has chosen the following recipe,  
**SOUFFLE OF GOAT'S CHEESE  
AND CHIVES**

"because it was the most popular dish in our first restaurant and has been on and off our menu ever since".

Ingredients : Butter softened for greasing  
- 50g butter - 50g plain flour - 150ml milk -

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100g goat's cheese, crumbled – 2 egg yolks - salt and pepper, 5 egg whites- a few drops of lemon juice – 1 bunch of chives, finely chopped – 60g fine bread crumbs

Butter 4 ramekins with soft butter and freeze. Repeat this 3 times to obtain a good coating. Melt the butter in a saucepan and slowly add the flour, stirring constantly until the mixture becomes a lightly coloured roux.

Gradually mix in the milk to make a thick béchamel. Add the goat's cheese and chives. Put the mixture into a metal bowl, fold in the egg yolks and season with salt and pepper. Meanwhile, whisk the egg whites to soft peaks and add the lemon juice.

Carefully fold the egg whites into the soufflé mixture. Coat each ramekin with the bread crumb mix. Add the soufflé mixture and tap on the work surface to expel any air bubbles.

Using a spatula, smooth over the top. Place the soufflés in an oven tray filled with boiling water and bake in the oven at 180C for 15-20 minutes.

When risen and firm, remove from the oven and take out of ramekin. You can put the soufflés in the oven twice, to rise a second time just before serving.

Serve with a salad of baby spinach with a walnut oil vinaigrette.

## SPECIAL RECOGNITION FOR KILLCARE AND THE BOUDDI PENINSULA

Late last year Central Coast Tourism asked Lits Killcare members if they would be interested in producing a short film to appear on the 'Local Secrets' channel of its new, online marketing initiative - 'Our Central Coast TV'. Its aim was to remind locals about the locations and businesses unique to the Central Coast and encourage residents to spend more time exploring their own area.

In January, a young Sydney filmmaker was engaged to shoot and edit a 2-minute film, using local people and accentuating the natural beauty of the Bouddi Peninsula and the low-environmental-impact activities that locals and visitors so enjoy. The film was designed to appeal to nature-enthusiasts seeking a low-key, yet sophisticated Central Coast experience. Consequently, any persons who would like to use the film to promote the area or their businesses can do so. The film can be viewed at: <http://www.ourcentralcoast.tv/>

<http://www.youtube.com/watch?v=94Mb1TP1BDE>

Fortuitously, the editors of a new, online, Central Coast lifestyle magazine 'Breeze' became aware of the project and suggested profiling the Bouddi Peninsula in the magazine's 2nd bi-monthly edition. Eventually the magazine dedicated 95 pages to Killcare and the Bouddi Peninsula which included a

## NEW MEMBERS APPLICATION

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range of human-interest stories about local people and businesses. The layout also featured beautiful, breathtaking pictorials, shot by local photographers. The magazine can be viewed at: <http://www.breezemag.com.au/>

In early February, a group of over 100 people gathered at the Killcare Surf Club's weekly 'Sunday Sips' to preview the short film and 'Breeze' magazine's February edition and, in turn, raised over \$300 for the team representing Killcare SLSC at the Australian Masters Championships held in March.

The film and the Killcare edition of 'Breeze' magazine have been recorded as news items on the 'Visit Killcare' website, which has been live for 6 months and is designed to function as a guide for residents and visitors to Killcare seeking information about the area, such as where to stay, what to do, where to eat and shop and its transport options. It is also a promotional tool that can be used by local community groups, businesses and individuals to publish items of community interest and to publicise functions or special events. The 'Visit Killcare' website can be viewed at: [www.visitkillcare.com.au](http://www.visitkillcare.com.au) ■

## OVER THE EDGE ... AN ONGOING BAYSIDE HAZARD

It has occurred again around the Bay – another vehicle has “slipped over the edge”; on this occasion along Hardys Bay Parade.

When, last year, a small car almost overturned on a shoulder of the road and was precariously balanced with two wheels on the Araluen Drive surface and the other two dangling on the sandbank a metre below road level, it was yet another statistic in a chapter of traffic incidents which were occurring in our community.

Not to be outdone, the Parade's “balancing act” in late February involved a 4WD which was forced to move over alarmingly close to the edge of the narrow thoroughfare to enable an oncoming service vehicle to pass. The long grass on the Bay side of this narrow stretch of road makes it extremely difficult to judge where the edge actually is, and unfortunately the 4WD nearly ended up in Hardys Bay!



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There are few passing bays in which to seek refuge; however, in this case, the area near the extension wharf is extremely tight and does not cater for two vehicles wishing to pass. With all the recent wet weather, the shoulder of the road had become quite unstable and this must serve as a warning to pull over in the narrow sections. Fortunately, the car was towed out without further concerns.

The Parade has an interesting history. During 'The Great Oyster Lease Cleanup', when official permission was granted by the Department of Fisheries and Gosford Council to Hardys Bay Residents Group members and others in the community to remove abandoned oyster leases in the Bay, many tonnes of roofing tiles, rocks and concrete slabs were transferred to shore where they were employed for council roadworks purposes.

This debris was consequently used by the authorities, then topsoil and turfing 'patchups' were added. In view of the number of incidents which have escalated in recent times, it could be considered an appropriate move by Council to promptly implement a more positive road management strategy by introducing a road widening policy to enable a safer passage along the Parade. ■

## BRIEFS

### DOGS IN OPEN SPACES STRATEGY ...

Gosford City Council is currently engaged in the process of developing a Dogs in Open Spaces Strategy which is aimed at enhancing the opportunities for exercising and enjoying dogs, whilst protecting the natural environment and managing the impact on users of open spaces such as beaches, parks and playground areas. The council has been involved in extensive consultation during February and March, conducting surveys and workshops. Consultants will now formulate a draft master plan for dog exercise areas which then goes to Council for a vote prior to the plan being displayed on public exhibition for one month, most likely in April or May. Please keep an eye out for this draft as public exhibition comments will be reviewed prior to the plan being fully developed and put before Council for a final vote.

In the meantime, much favourable comment has been made by community members and visitors in praising the cleanliness of the delightful Hardys Bay foreshore walk. This is attributable, in no small manner, to veterinary surgeon, Dr. Rainer Mettal, who regularly sponsors an "Operation Doggy Bag" program which oversees the collection of dog waste between Killcare and Pretty Beach foreshore locations by a committed group of ladies from the Hardys Bay Residents Group who regularly maintain the bio-degradable bag dispensers at

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### HARDYS BAY RSL CLUB ...

Since the new club Board was elected, and the subsequent clubhouse renovations effected – providing a ‘ fresh new look ‘ - the club has reported a substantial increase in patronage. Contributing factors to the pleasing progress have been featured by the introduction of a broader range of initiatives designed to appeal to the public. A new strategy is radio advertising on Central Coast Star Radio 104.5 in which all club promotions to date have focused on the local scene. Consequently, the wider exposure will be directed at attracting weekend patrons from further afield on the Coast. The club is particularly indebted to the Garden Club whose volunteers have generously undertaken to maintain the Cenotaph and surrounding area and to continue the work onwards, whilst Federal MP Deborah O’Neill has kindly donated a new Australian flag to the club. As we went to print, plans were underway for the Anzac Day Service to be held at 10.30am on Wednesday, April 25th with Darryl Ford scheduled to officiate. The club was hopeful the weather would be kind enough to allow an outdoor remembrance this year. Good patronage is anticipated for the football season through the resources of the big TV screens in the clubhouse and the club’s popular Christmas in July will be held for the 6th successive year. The club welcomes party and function bookings and reservations may be made on 43601072.

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### AUSGRID UPGRADES ...

Ausgrid has expressed its thanks to the community for its patience and understanding throughout recent months when important

upgrade works to local electricity supplies were carried out. More than 20 poles and the connecting wires were replaced as overhead line crews performed essential operations to improve the reliability of power supply to homes in the Wagstaffe, Pretty Beach and Hardys Bay areas. In order to reduce the number of blackouts, special covered cables have been installed in areas of heavy vegetation, thus reducing the length of interruptions and the number of customers affected. Ausgrid designs its new infrastructure to meet relevant health guidelines for electric and magnetic fields ( EMF ) which is produced by all electrical equipment including household appliances, household wiring and the electricity network. The upgrade work involved a number of temporary road closures which were necessary to allow crews to safely install new power poles . Further information on EMF is available at [www.ausgrid.com.au](http://www.ausgrid.com.au)

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**OUR FIRE BRIGADE: TIMELY ADVICE ...**

Killcare Wagstaffe Rural Fire Brigade captain, Steve Farrell, has provided a simple safety check-list to keep homes fire-safe during the winter season. His message can be found on the HBRG website [www.hardysbay.com](http://www.hardysbay.com)

**WANTED: MALE VOICES ...**

The Half Tides Rock Community Choir has issued a unique invitation to male singers to help bolster the ranks at its weekly evenings at the Church Hall on Araluen Drive, Hardys Bay : “ If you live on the Peninsula and sing in the shower, car, at footy games or, even if you don’t but have wondered how it would be if you could, the Half Tides Rock Choir might be for you. No auditions required, just a desire to exercise the vocals in good company. On the job training provided. Women also welcome! Half Tides Rock Choir meets in the Church Hall on Tuesday evenings from 7.30pm to 9pm. Just turn up or phone Meg at 4360 2124 for more information.”

**NEW MEMBERS AND RENEWALS ...**

The Hardys Bay Residents Group offers a warm welcome to new members and wishes to advise that renewals are due. Please refer to the New Members Application form on page 8 of this issue for further details.

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**CLEAN UP AUSTRALIA DAY ...**

Community members again responded with enthusiasm when the annual Clean Up operations were conducted on Sunday, March 4th. Reviewing the day’s activities, which embraced a broad local area, co-ordinator Mike Chitty reported a “ highly satisfying “ result overall after inspecting the responses at the collection centres at Maitland Bay, Wagstaffe Hall and the Community Hall , Hardys Bay.



Pictured are volunteers Geoff Hudspeth, Judy Nunn and Bruce Venables manning the table at the Hardys Bay collection site. Geoff and the popular husband and wife team, Judy and Bruce, are passionate about the environment and, repeating their efforts of last year, were on hand to enthusiastically to provide gloves and bags to allcomers. ■

**H.B.R.G.**  
**President** ..... Adrian Williams  
**Vice President** ..... Alan Bennett  
**Secretary** ..... Marilyn Cartmill  
**Treasurer** ..... Brent Walker  
**Memberships** ..... Pauline Garde  


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**Bay News Editor** ..... Allan Wilson  


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 Executive .....Adrian Williams, Alan Bennett  
 Marilyn Cartmill, Pauline Garde,  
 Brent Walker, Allan Wilson  
 Robert Hill, Graeme Smith