

LAKE CATHIE PROGRESS ASSOCIATION INC.

President: Rob Tate Vice President: Gary Dowling Treasurer: Elaine Jones
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First Outdoor Gym Equipment in the LGA installed at Lake Cathie

Council Administrator, Neil Porter, declared the Outdoor Gym Equipment at Jonathon Dickson Reserve, Lake Cathie, open to the public on Tuesday November 29. Use of the equipment is free of charge to residents and visitors. Mr Porter stated Council has plans to follow the Lake Cathie example in other parts of the Hastings.

Similar Gym Equipment is commonplace on coastal reserves in Queensland however it is rare in NSW and non-existent in the Hastings area.

The equipment was installed by the Lake Cathie Progress Association and funded by NSW Community Partnership Program and the Association.

Please read instructions before use. Children under fourteen years must be supervised by an adult.



From right: Neil Porter, Council Administrator, Bob Jolly LCPA,, Gary Dowling LCPA, Jack Jones LCPA and Liam Bully, Council Parks & Recreation Manager.

Thanks to our volunteers for installing
Gym Equipment



Front Bob Jolly (Project leader) From left Geoff Astill, Trevor Parker, Derek McNeil, John Hunt, Gary Dowling. (Not in photo Bronwyn Jolly)

We need your support to have our Mobile Phone Tower approved

Optus has lodged a Development Application with Council for approval to install its new Tower in Lake Cathie. It goes before a Council Meeting on Wednesday December 7.

LCPA has prepared a document which you can sign to support approval of the DA by Council and we need as many signatures as possible to ensure it is passed.

You can sign at PC Pitstop or Lake Cathie Post Office. Please call in and sign as soon as possible.



Lic. No. 42579C

Bay 21, Bayside Cct. Laurieton NSW 2443

Phone: 6559-7446

Heart Health Walking Group are Regular Users

Heart Support Australia members who often walk in the Jonathon Dickson Reserve have added use of the Gym Equipment to their routine.

Their President, Robert Edwards, congratulated the Progress Association for its work in making the health and fitness equipment available to the public.

The Association plans to install more units in the coming year.

\$75,000 Grant to Repair Erosion Causing Storm Water Outlets



One of the outlets causing serious erosion along the Lake Cathie beach south of the entrance

Council has received a grant of \$75,000 from the NSW Government's Coastal Management Program to repair the storm water outlets at Lake Cathie. The grant is to be matched with \$75,000 from Council making the total available for repairs \$150,000.

The Lake Cathie Southern Foreshore Management Plan, adopted by Council in 2004, called for the outlets to be repaired as a matter of high priority – unfortunately the then Council did not undertake the work.

LCPA has for a number of years called for the repairs to be done and the work was rated a high priority in the Lake Cathie Village Master Plan of 2010. One outlet along Jonathon Dickson Reserve was repaired in 2009 following pressure from the Progress Association but the others were left to add to local erosion problems.

Join your Progress Association

Cost is only \$10.00 per family per year. Application forms can be found on our Website www.lakecathiepa.com or by calling the Secretary on the phone number at the top of this newsletter.

Lake Cathie Medical Complex Provides X-Ray Service

Mid Coast Diagnostic Imaging has started seeing patients at the Lake Cathie Medical Complex on Wednesday and Thursday mornings from 8.00 to 10.00AM.

The service includes X-Rays and Ultrasounds.

The times will expand as demand grows. To book an appointment please call 1800 620 881.

PC Pitstop offers Computer Lessons



A class underway at PC Pitstop

PC Pitstop doesn't just sell and repair computers. They will also teach you how to get the most out of them.

Lessons are available with experienced and patient tutors and consist of a maximum of five people. Cost per lesson is as low as \$20.00 and classes are held at Lake Cathie and Port Macquarie stores.

Topics include Word, Excel, Facebook, Skype and working with Emails.

For bookings or further information contact Sandra Small at 6584 8555 or email ssmall@bigpond.net

LCPA Website

Have you checked out our Website yet?

www.lakecathiepa.com

Lake Cathie Health Complex

1459 Ocean Drive Lake Cathie NSW
65 84 88 99

Lake Cathie Medical Centre
Lake Cathie Dentistry
Lake Cathie Sports & Spinal Physiotherapy
Lavery Pathology
Dietician
Psychologist
Hearing Care

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6581 5555

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SHOWROOM

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Website: www.pavysglass.com.au

Email: pavysglassptyltd@bigpond.com

Crack down on Rubbish Dumping at the Perch Hole

The popular fishing spot at the Perch Hole in Lake Innes Nature Reserve near Lake Cathie is being treated as a rubbish dump. A few thoughtless people are dumping rubbish in the middle of the Nature Reserve and the National Parks and Wildlife Service (NPWS) has had enough.

The NPWS is constantly removing large volumes of rubbish that includes household waste, garden refuse, building materials and old furniture from this area. The dumped rubbish is an eye-sore, creates a fire risk, promotes weeds and is very costly to remove.

Blocking vehicle access an option

One option would be to block the track at Ocean Drive preventing vehicles from entering the Perch Hole & limiting access to pedestrians. However this disadvantages the local community and all those people doing the right thing.

The NPWS urges people to report any dumping activities to help ensure this practice stops so we don't have to resort to closing the area to vehicles. We are also keeping the area under surveillance to detect any illegal dumping.

With the new littering laws, anyone can pass on the vehicle details to the Police or NPWS if they see an offence and these people can be charged.

Names and address have been recently retrieved from dumped rubbish and they are currently being investigated.

NPWS treat this as a serious matter, penalties starting from \$200 apply, and no leniency will be shown. Contact the Hastings Area office on 6588 5555 for more information or to report dumping.

Reappearing Pot Holes & Pedestrian Safety referred to Council

Pot holes that have been filled by Council are reappearing as soon as even light rainfall occurs. Some of the worst have been referred to Council with a call for more permanent re-surfacing. These are:

- Lower section of Tallong Dr. split road
- Curved section of Tallong Dr.
- Corner of Kenwood Dr. and Lakeside Way

Both of the Tallong sites also present high risks to pedestrians due to the narrow road width adding to the danger from cars manoeuvring to avoid pot holes.

In the Lake Cathie Village Master Plan 2010 Tallong Drive is described as "highly dangerous road for pedestrians, cyclists and motorists". The Plan calls for the road issues to be addressed as a matter of urgency.



2011 Carols by the Lake



This year's Carols will be held on Saturday December 17 starting at 6.00PM.

The event is being arranged by the newly formed Lake Cathie/Bonny Hills Lions Club and a great night of Carols and fun activities is planned.

Tacking Point Lions food van will be onsite from 5.00PM selling steak & sausage sandwiches, bacon & egg rolls and cold drinks. Glowstix, Rainbow Candles, Bracelets and Necklaces will also be on sale.

Tickets for a monster Wheel Barrow raffle will be on sale.

The night will be officially opened by the Member for Port Macquarie Leslie Williams MP. Entertainment will be provided by The Young Guns Band and Sing Australia Laurieton.

Santa will arrive at 7.00PM with lollies for the children. He will be escorted by members of the Lake Cathie Rural Fire Brigade who will also provide crowd and traffic control.

Just bring your chairs, ground sheets and your voice to sing the night away.

Lake Cathie Community Hall Events

Monday	La Vive Classic Dancing
Tuesday	Arts & Crafts & Physical Culture
Wednesday	Kathi Kids Playgroup, Toy Library & Classic Dancing
Thursday	Heart Moves at 9.15am \$5/session
Friday	Friday Friendlies Ladies Group
Saturday	Physical Culture

For more details or bookings call Albert Johnston 6585 5134

Kiki's Studio Gym is open Monday to Friday

(A fully operational Gym)

Phone Kirsten 6585 5203 or 0422 584 078

Hastings Macleay Community Transport

Pick up from your door to:

- | | |
|----------------------|--------------|
| Medical Appointments | Hospital |
| Exercise classes | Shopping |
| Social outings | Hairdressers |
| Bus trips | Library |
| Airport | Clubs |

Veterans' medical appointments

Phone 6583 8644

for more information

NSW Coastal Erosion Legislation Workshop re Amendments

The September 2011 edition of Cathie News we reported that NSW Coastal Legislation was a "Bureaucratic Nightmare".

In October the NSW Office of Environment & Heritage arranged workshops in areas where coastal erosion is an issue. The Port Macquarie Workshop was held on 14 November. The Progress Association and members of the Lake Cathie Coastal Residents Group attended as well as Council representatives and other interest groups.

The workshop addressed the strengths and weaknesses of the current Legislation with its weaknesses far outnumbering its strengths. Hopefully input from the workshop will guide the current Government in amending the Legislation to protect private property, public assets and sensible planning for future erosion events.

Other workshops were held at the Central Coast, Sydney, South Coast and Far North coast.

The Progress Association extends sincere thanks to Paul Flemming for his extensive work in planning for the workshop and presentation of input to the workshop.

Lake Cathie Tennis Club News

Our Tennis Club is seeking women players for their Wednesday night social competition. Anyone interested can call Julie Fulbrook on 6585 4513 or come to the courts at 7.00PM on any Wednesday.

Coaching is available for juniors on Monday afternoons from 4.30 to 6.00PM. Please call Mick Sanderson on 6586 3223 for more information

Proposal for Council Rate Increase

The Progress Association is currently considering Council's proposal to increase its receipts from Rates.

The three Council options would cost each ratepayer from \$50.00 to \$100.00 per year.

The Association has the following issues to consider:

- 1) Can all residents afford any of these increases?
 - 2) From what we have seen none of the increased funding is planned to be spent in Lake Cathie.
 - 3) Council's cuts to services (if no increase is approved) include a number of cuts but not one cent of cost reduction for the Glasshouse.
 - 4) In September 2010 over 1000 respondents to a Council Survey voted to set Priorities for Council Services as 77% for Roads, 59% for Parks and 18% for Cultural Programs (which respondents believed included the Glasshouse). HAS COUNCIL FACTORED THESE SURVEY RESULTS INTO ITS BUDGETING?
 - 5) Other options Council has to cut expenses?
- We are seeking to clarify these issues.

Second Place to Lake Cathie in 2011 NSW Tidy Towns Awards



Second place certificate presented to LC Landcare volunteer John Hunt in Lithgow.

Lake Cathie Landcare Group has been awarded a Highly Commended Second Place in NSW for the 2011 Tidy Towns Awards for Wildlife Corridors and Habitat Award.

The Group's work in Jonathon Dickson Reserve and Middle Rock Reserve began in 2006 when the entire area was almost totally degraded by Bitou Bush. The unwanted weed had grown up to eight metres in height and was strangling Banksias and other native vegetation.

The Award is due thanks to all the volunteers involved. Work is not finished with the area needing ongoing maintenance such as weeding, replacement of dead plants and watering in dry times. Without the continuing work the area would return to being dominated by Bitou and other weed species.

Raiders Life Membership for Vince Murphy

Lake Cathie Raiders Football Club bestowed Life Membership on Vince Murphy at its 2011 Annual Meeting.

Vince held the position of Secretary of the LC Sports Council in 1985 and was heavily engaged in obtaining the current field as its home ground.

He has held senior positions as Vice President and President over the past twenty five years and continues his involvement supporting the Lake Cathie Sports Council.

LAKE CATHIE BUTCHERY

ABN: 922 51 62 14 41

VILLAGE CENTRE, OCEAN DRIVE

LAKE CATHIE

Ph: 65 85 54 18

Jordan, Jolene & Jim

Monday to Friday: 7.00AM to 6.00PM

Saturday: 7.00 AM to 1.00 PM

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