



Cathie News

Lake Cathie Progress Association Inc.

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APRIL 2018 EDITION

The Progress Association would like to introduce you to our new committee elected at our AGM in February:

Executive Committee

President: Vern Warner, Vice President: David Tooby, Secretary: Currently Vacant,

Treasurer: Stephen Hunt.

Committee

Lindy Bowley, Wendy Dunn, Malcolm McDonald, Pam Tye AM, Sue Warner.

The committee are here to work for the community of Lake Cathie and are more than happy to meet and speak with members and residents. Please feel you can contact anyone of us with ideas, suggestions or concerns. We encourage residents to become a member of the LCPA so we can build a bigger stronger community for the future. We are about to update the 2017/2018 Major Project Plan identifying projects that we believe are major concerns to our community.

FORESHORE MASTERPLAN

On Wednesday 21st February at the PMHC meeting the Councilor's voted unanimously to accept and adopt the proposed Lake Cathie Foreshore Masterplan that was presented to the community back in November 2017. What this now means is LCPA and other community groups will need to work closely with council to apply for funding and grants from the NSW Government and other organisations to have this work undertaken. This will not happen overnight or even in a few months, but we can assure the residents of Lake Cathie there will be improvements around the lake foreshore including the beach area, additional picnic tables, footpaths and a fenced playground suitable for children with a disability. Thank you to PMHC for listening to the people of Lake Cathie.

LAKE DREDGING

PMHC have previously advised they intend to undertake dredging works and re-plenishment of the Lake Foreshore in May. LCPA contacted council to confirm if tenders had been received to undertake this work, however no response from council was received prior to the newsletter going to print.

Lake Cathie Opening Strategy – This strategy was developed and managed by Lake Cathie-Bonny Hills Estuary Management Committee (now the Hastings LGA Coast and Estuaries Sub-Committee). The strategy is available to the general public on the PMHC webpage. (extract below.)

“Council opens the lake when conditions prescribed in the strategy prevail i.e. lake height reaches 1.6m AHD or greater, is of poor water quality or when high lake levels threaten breeding cycles of critical habitats.

Artificial opening have occurred on average once every 12 months.”

COMMUNITY NEWS

Australian Hearing

We have been advised by Hearing Australia, a government organisation, they will be visiting Lake Cathie on **Tuesday 8th May**, from 10am to 1pm at Lake Cathie Foreshore Park – Northern side carpark. All hearing checks are FREE and there is no need for an appointment. Don't miss opportunity to have your hearing checked.



Healthy Towns North Coast

Health Towns North Coast is launching in Lake Cathie and you are invited to join in for the morning and to find out more about how you can be involved. **Wednesday 18th April** commencing at 10am at the Lake Cathie Bowling and Recreation Club.

If you wish to attend please RSVP by 11th April to Romayne Page by Text or Phone on 0429 058 954 or email her at rpage@ncphn.org.au.

Middle Rock Pizza and Eatery

Have relocated to a new location. They are now operating in the shopping centre north of the Tavern next door to Midcoast Real-estate. Their new trading hours are 7am to 2pm for Brunch, Coffee, Drinks and Light Snacks, then Evenings from 5pm to 8.30pm Wednesday to Sunday inclusive.



Brunch Dine In Only

Tasting Plate:- A selection of Bircher, Beans, Bacon Crack, Bacon & Eggs on Sourdough + Bacon Crack & a Belgian Waffle.

Drop in for that special Brunch or have a delicious Pizza for dinner. Home delivery is available for a small fee. Phone Ian or Katie on 6586 5566 to make your booking or order Take-Out. LCPA would like to thank Middle Rock Pizza and Eatery for their support in distributing our Newsletter and wish them all the best in their new location.



PMHC

Thank you to PMHC for dredging and cleaning the open drain that runs along the back of the Community Hall. This drain was overgrown with weed and collected a lot of rubbish. It has now been cleaned and the water flows freely down under Able Tasman Drive and into the wetland.

You may have also noticed that PMHC have installed “Traffic counters” across some of the busier roads, these include Ocean Drive, Able Tasman Drive, Ernest Street and Aqua Crescent. LCPA has sent letters to PMHC expressing concerns from residents of increased traffic and speeding within our streets. We hope to be able to bring you an update from council on the outcome from this in our next newsletter.

Meeting with Mayor.

Our executive committee will be meeting with Mayor Pinson on Monday 9th April, an update of outcomes from this meeting will be included in the next newsletter.

School Holiday Activities

Why not book the kids in for a couple of days of fun and exercise with our sponsor Goodwin Tennis

EASTER HOLIDAY JUNIOR TENNIS CLINIC!

Bonny Hills Tennis Club

Tues 24th & Thurs 26th April

MINI TENNIS (4 - 6 YEARS)	JUNIOR TENNIS (7 - 12 YEARS)
8:30AM - 10AM	8:30AM - 11:30AM
\$20 PER DAY OR \$35 FOR BOTH DAYS	\$35 PER DAY OR \$65 FOR BOTH DAYS

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TERM TIME GROUP LESSONS AVAILABLE
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LCPA wish to thank all businesses and community groups in Lake Cathie for their continued support over the past years and look forward to working together in 2018.



Shalise Leesfield

The LCPA would like to congratulate Shalise on her great initiative and enthusiasm to have Seal the Loop bins installed in Lake Cathie. Shalise has been working with PMHC to get this program up and running and to apply for a grant to run a community education component. The Seal the Loop bins are located at the boat ramp and on the bridge, for fishermen to dispose of their unwanted line and hooks. Shalise empties the bins weekly then records the data and forwards it onto PMHC. If you would like to know more about this fantastic program you can contact Shalise on her Instagram page @shalisesoceansupport.

lake cathie medical centre

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- Dr Sam Nelapati
- Dr Andrew Oliver
- Dr Nadia Acland
- Dr Lorraine Evans
- Dr Kylie Lucas
- Dr Jean Jagger
- Dr Antony Sheringham
- Dr Grahame Deane
- Dr Madeleine Holloway

WELCOMING Dr Paul Belboer and Dr Casey Bye.
TO MAKE AN APPOINTMENT PHONE: 6584 8899

OPENING HOURS: Monday - Friday 8am - 5pm
Saturday 9am - 12noon **P: 6584 8899**

lake cathie health complex Dental | Physiotherapy | Pharmacy | General Practice | Optometry | Pathology | Allied Health www.lcmc.com.au

How to Remove a Tick

A nurse discovered a safe and easy way to remove ticks, making it less traumatic for the patient and easier for you.

Here's a way to safely remove them from you, your children and your pets.

Apply a small amount of liquid soap on a cotton ball

Cover the tick with the soap soaked cotton ball. Blot it for a few seconds (15-20)

The tick will spontaneously detach and stick to the cotton as you remove it.

Notify everyone! This may help so many, especially with those hard to reach areas.

Tip: Keep liquid soap & cotton balls in your summer first aid kit.

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