

Uncertain future for Mantra Resort

The Mantra Resort, Ettalong Beach, is facing an uncertain future with a possible sale of its management company, the Stella Hospitality Group.

This follows a failed demerger proposal and the resignation of the CEO of its parent company MFS Ltd.

A proposal to demerge Stella from its parent group MFS Ltd saw the MFS share price drop from \$3.18 to 99 cents on January 18, and MFS variously described in the financial media as "embattled" and "failing".

The board of MFS asked that its securities be voluntarily suspended from trading on the Australian Stock Exchange last Wednesday, January 23.

The negative market reaction appeared to be due to the perception that the proposal to recapitalize the companies via a \$550 million renounceable entitlement offer of shares in Stella implied MFS needed the money to finance a funding shortfall.

However, the company has claimed it would have no trouble refinancing \$150 million in short-term debt due in March

The week saw the resignation of MFS chief executive officer Mr Michael King "following the market's reaction to the demerger proposal".

"It was considered to be in the company's best interest that Mr King resign as chief executive

officer, effective immediately," according to a statement issued by MFS.

Deputy CEO Mr Craig White was appointed as the new CEO.

The company stated that it had recently received unsolicited proposals from a number of parties about its Stella group.

A press release from MFS stated that the proposals varied in nature and "could involve the sale of a majority stake in Stella".

It stated: "MFS is presently in detailed discussions with a preferred party interested in acquiring a substantial interest in Stella.

"MFS is aiming to reach an agreement with either that party or an alternate party within the next two weeks."

MFS stated that the proceeds of any transaction would not only result in full repayment of all short term maturing debt facilities, but strengthen the financial position of MFS.

The Stella section of MFS is currently in a total debt of \$905 million which does not need to be repaid for more than five years.

It has been reported that MFS, which is chaired by former Liberal Opposition leader Andrew Peacock, is currently trying to sell Stella to private equity firm CVC Asia Pacific to help it pay \$220 million in debt that is due immediately.

MFS also operates HarveyWorld Travel.

Lyle Stone, 25 Jan 2008



The Ettalong Beach War Memorial Club and the Mantra Resort

New chairman for Ettalong Club

Don Young has been voted in as chairman of the board for the Ettalong Memorial Club.

The club held its annual meeting on Sunday, January 20.

Mr Young said he had repeatedly aired his views on what he thought could be done to improve the club, and was asked by the board to "put his money where his mouth is".

Mr Young said he did, and the board members voted him in as chairman.

"My personal aims are to get the club working as a club, and to retain the old values we had four members which has been frittered

away over the last few years," Mr Young said.

"I aim to make this club the number one club on the Peninsula, if not the Central Coast, and to get it back to how it was."

Mr Young said there were some "very good plans" for the club, which at this stage depended a lot on refinancing.

Mr Young said he had been a member of the club for about 20 years, and was an ex-servicemen, serving in both Korea and Malaya.

Mr Young said he was also currently the national welfare officer for the Extremely Disabled Returned Servicemen Group.

Mr Young said he belonged to the Ettalong Hardys Bay RSL Sub Branch, was a member of the Malaya Borneo Veterans Association, a member of the Vietnams Veterans Association, the Ettalong Memorial Fishing Club, and was chairman on two citizen boards of private hospitals.

He said he was also a board member of the Men's Health Board of the DVA and on the board of the National Ex-Servicemen Round Table Conference on Aged Care (NERTAC) which advised the Government on the needs and care of ex-servicemen.

Lyle Stone, 25 Jan 2008

THIS ISSUE contains 42 articles. Read more at www.PeninsulaNews.asn.au

EVERGLADES
COUNTRY CLUB WOY WOY

22nd February
Matt Scullin
and the **Lost Moments band**
plus **Jonah's Road**

Great steak night
every Thursday
from 5 pm

Cabaret Shows
2nd February
Super Latino
16th February
Abba Girls & Friends

Gala Day
7th February
Jace Pearson
21st February
Wayne Rogers
From 11.30am

Dunban Road, Woy Woy Phone 4341 1866 Conditions of entry and dress rules apply. COURTESY BUS Thursday to Sunday from 5pm

OCEAN BEACH RD

PHYSIOTHERAPY,

SPORTS INJURIES, SPINAL & REHABILITATION CENTRE

- Back, Neck & Knee Pain • Sports & Work Injuries • Joint & Muscle Pain •
- Exercise Programs • Wheelchair Access • Personalised Pilates • Rehabilitation •
- Massage • Home Visits • Weight Loss • Veterans Affairs • On-site Parking •

ALISTAIR CHOIE B.App.Sc. (Phy) MAPA - STEVE ROW B.App.Sc. (Phy) MAPA

433 Ocean Beach Rd, Umina 4342 0999 - 0417 231 066
BEFORE & AFTER HOURS AND WEEKEND APPOINTMENTS AVAILABLE

Parking instead of loading?

Gosford Council's traffic committee will investigate a request for a one-hour parking restriction to replace the loading zone in Chambers Place, north of Arcade Ave, Woy Woy.

A local business asked for the change through Cr Chris Holstein, who declared a non-pecuniary interest in relation to the matter.

The business stated that the purpose of the changed parking

conditions would be "to maximize the retail potential of the nearby businesses".

Council's traffic committee noted that, as recently as February 2006, it had recommended the provision of the loading zone, at which time it considered that there was adequate one-hour parking located nearby in the council car park.

Council agenda TR.07.122, 22 Jan 2008

Fluoridation has started

The Gosford City reticulated water supplies will be fluoridated at a rate of 1 part per million, as of January 7.

Gosford mayor Cr Jim Macfadyen said he was pleased that council could now "ensure dental health benefits for the entire Gosford City community, regardless of a person's age, income, level of education, or ability to get dental care".

"Council has taken the advice of NSW Department of Health, who have strongly recommended that this action be taken in the interest of the community's dental health," Cr Macfadyen said.

"By fluoridating the water supply, we are joining more than 90 percent of the NSW population already receiving fluoridated water."

The decision to allow fluoridation was made by the Secretary of the NSW Department of Health in December 2006 in line with its policy, after council resolved to write seeking the department's approval, council staff said last

week.

"Council has increased the natural concentration of fluoride to the optimum level of 1.0 parts per million," Cr Macfadyen said.

"At this concentration, fluoride is not harmful or toxic and will not alter the taste or smell of our drinking water."

The NSW Department of Health said that the adjustment in fluoride levels would provide the Gosford City community with "proven dental health benefits".

Council stated that residents should continue brushing with fluoride toothpaste.

It stated that the NSW Department of Health recommended that fluoride supplements not be given to any child who lived or went to school in a community with fluoridated water.

It stated that residents should consult their dentist, medical practitioner or pharmacist before making any decision.

Press release, 7 Jan 2008 Meagan Wilkinson, Gosford Council

Parking removed

Gosford Council will erect No Stopping signs on part of Trafalgar Ave, Umina Beach.

The signs will cover two parking spaces, and are expected to help improve line of sight for vehicles exiting the bottle shop car park, according to council.

The No Stopping signs would remove one of the two parking spaces located between the car park driveway accesses.

The remaining car space would be located centrally between the driveways.

Council agenda TR.07.127, 22 Jan 2008

Speeding

Veron Rd in Umina has been reported by a local resident to Gosford Council as an area of excessive traffic speed.

Veron Rd was one of six roads in the Gosford Local Government Area reported to council.

Council has resolved to bring the problem areas to the attention of the police for consideration of "enhanced enforcement where practicable".

Council agenda TR.07.129, 22 Jan 2008

Improvements for Wards Hill Rd

Gosford Council is proposing a number of changes to improve the safety of Wards Hill Rd between Empire Bay and Killcare Heights.

The changes include a turning bay in Empire Bay Dr, reduced speed limits and traffic delineators on The Scenic Rd.

Council has resolved to place line marking and signposting on Empire Bay Dr, north of the Wards Hill Rd intersection, in line with a development application for a veterinary practice in the area.

Council's senior development engineer had asked council to review a proposed right turn bay north of the intersection on Empire Bay Dr, Empire Bay.

Council asked its development section to comment on the traffic committee's concern about the short length of the right turn bay in Empire Bay Dr.

It also asked the Roads and

Traffic Authority to consider extending the 60km/h zone in Empire Bay Dr to include the location of the proposed veterinary practice and to reduce the speed limit from 60km/h to 50km/h on the southern section of Wards Hill Rd, Killcare Heights.

A resident had asked council to reduce the speed limit due to the number of children who waited for buses on Wards Hill Rd near Stewart St, Killcare Heights.

Cr Terri Latella asked council to provide a convex safety mirror or other safety device on the Scenic Rd at the first hair-pin bend west of the Wards Hill Rd intersection, Killcare Heights.

Council resolved that additional raised pavement markers or similar traffic delineators be provided in place of damaged lane dividers in The Scenic Rd.

Council agenda TR.07.120, 121,132, 22 Jan 2008

Emergency Numbers

Police, Fire, Ambulance	000
Gosford Hospital	4320 2111
Woy Woy Hospital	4344 8444
Police Assistance Line	131 444
Woy Woy Police Station	4379 7399
Crime Stoppers	1800 333 000
RFS Fire Control Centre	4340 2911
SES	132 500
Gosford City Council	4325 8222
City Rail	131 500
Energy Australia	13 13 88
Poisons Information	131 126
Lifeline	13 11 14

Peninsula News

Community Access

Peninsula News is owned by Peninsula Community Access Newspaper Inc., an incorporated, non-profit association. Its aims include providing a viable, non-partisan news medium and forum exclusively for the Peninsula and developing a sense of community on the Peninsula.

Association President and Editor: Mark Snell

Commercial operator: Cec Bucello for Ducks Crossing Publications

Journalists: Lyle Stone, Clare Graham

Graphic design: Justin Stanley

Contributors: Ben Deegan

Declaration of interests

Honorary editor: Mark Snell

Owner and managing director, Open Windows Consulting Pty Ltd

Convenor, Burrawang Bushland Reserve Committee

President, Australian Conservation Foundation Central Coast branch

Chairman, Equilibrium Community Ecology Inc

President, Central Coast Bush Dance & Music Association

Vice-president, Brisbane Water Secondary College Umina Campus P&C

Next Edition: Peninsula News 184

Deadline: February 6 Publication date: February 11

Contributions

Letters to the editor and other contributions are welcomed and should be addressed to: Peninsula News PO Box 532, Woy Woy 2256. Contributions should be in Word format sent via email to: mail@peninsulanews.asn.au, on disks or by handwritten letter if these facilities are not available to you. Contributions must include the date, your name, address and phone numbers. Name and Suburb will be published. Anonymous contributions will not be included. Submissions may be published in edited form. All accepted contributions also appear on our website.

CONTACT US AT:

Office: 2a Kateena Ave Tascott

Phone: 4325 7369 **Fax:** 4325 7362

Mail: PO Box 532, Woy Woy 2256

E-mail: mail@peninsulanews.asn.au

Website: www.duckscrossing.org

Website: www.peninsulanews.asn.au



Legal responsibility for editing, printing and publishing in Peninsula News is taken by Mark Snell of Woy Woy, for Peninsula Community Access Newspaper Inc.

Ducks Crossing Publications is the commercial operator of Peninsula News

Ducks Crossing Publications also publishes

• **Coast Bowls News** - www.ccdba.org.au - email: bowlsnews@duckscrossing.org

• **Trad&Now** - www.tradandnow.com - email: info@tradandnow.com

Printed by MPD, Maddox St, Alexandria

Subscribe!

and enjoy the convenience of having Peninsula News mailed to your home

YES ! Please send:

- 12 fortnightly issues for \$20 **OR**
- 26 fortnightly issues for \$40

A subscription to Peninsula News now entitles subscribers to membership of Peninsula Community Access Newspaper Inc., an incorporated, not for profit, association. Please tick if you would like to accept membership **OR**

- Please find enclosed \$5 for membership to the Peninsula Community Access Newspaper Inc

Name _____

Address _____

Please send a cheque, money order or credit card details with your order to:

Ducks Crossing Publications

PO Box 532, Woy Woy 2256

No water!

Parts of the Peninsula were without water for up to two hours on Friday, January 18.

Gosford Council responded promptly to the interruption, according to the council's director of water and sewer Mr Rod Williams, but refilling the mains took over one hour.

Mr Williams said the interruption to supply was caused by a manual valve failure at Blackwall reservoir at 4.40pm and the first Peninsula residents reported that they were without water shortly after 5pm.

"Council crews were at the manual valve immediately after we received the report of the loss of water," Mr Williams said

"Within 15 minutes another valve was opened.

"However, due to the high usage at this time of day the water pipes were drained.

"Council refilled the system

at a slow rate to reduce the risk of mains breaks which may have resulted from air in the system.

"No breaks occurred as a result of this proactive initiative.

"This refilling took over one hour and consequently some residents were without water until after 6.30pm.

"Although the valve failure coincided with works on the Koolewong trunk main, it was not related."

Peninsula Chamber of Commerce president Mr Matthew Wales said: "I am no expert but if the maintenance of a key piece of infrastructure was done properly then a valve failure shouldn't have happened.

Press release, 23 Jan 2008

Interviews: Meagan Wilkinson, Gosford Council; Matthew Wales, Chamber of Commerce

Groundwater tests will last 18 months

The Woy Woy borefield will remain under a "test production" licence for at least a further 18 months, according to Gosford Council's director of water and sewer, Mr Rod Williams.

This was required because of the complexity of all the monitoring and reporting required by the Department of Water and Energy, he said.

"The test production licence is an interim licence to assist in evaluation and determination of what the department considers to be a sustainable production rate of the whole groundwater resource on the Peninsula," Mr Williams said.

"During this period, council will undertake specific monitoring and testing as required in the agreed groundwater monitoring plan schedule and environmental

monitoring plan schedule."

Mr Williams said interim updates would be provided to the department.

"A number of baseline studies have been completed, including fauna/flora, groundwater levels, groundwater quality, reserve tree surveys, precise leveling survey grid and building condition reports on residences and buildings within a 50m radius of all production bores.

"This data will be compared with that data collected in next 18 months of production of the Woy Woy borefield scheme.

"At end of the 18-month period, council is to present all test monitoring data and make a case for an annual allocation for town water supply," said Mr Williams.

Press release, 25 Jan 2008
Meagan Wilkinson, Gosford Council

Mains cleaning to be extended

Gosford Council has announced an extension to its mains cleaning works on the Peninsula.

The mains cleaning work on the Peninsula were due to be completed by Friday, January 25.

Council media representative Ms Meagan Wilkinson said an exact completion date for the works had not yet been scheduled.

"The extension in time will ensure the council performs an extensive and thorough job," Ms Wilkinson said.

"No work was completed over the Australia Day long weekend to prevent any disruptions to the water supply.

"Work will continue in the Peninsula area, particularly the hills area of Umina, until council has performed a comprehensive cleaning of the water mains."

Council's operations manager Mr Michael Redrup said he was pleased with the results of the mains cleaning works so far.

"We have removed a large amount of iron and manganese from the system and anticipate the works will improve the quality of drinking water on the Peninsula

incrementally," Mr Redrup said.

"However, once again I'd like to remind residents that the works will cause short-term discoloured water.

"Council apologises for any inconvenience and thanks the community for their patience while these important works continue."

Council advised residents to check water colour prior to washing clothing during this period.

Where laundering cannot be avoided and discolouration occurs, residents have been advised to call council on 4325 8222 during business hours.

Details of the mains cleaning works and daily progress were posted on the council's website at www.gosford.nsw.gov.au

The cleaning program is continuing to move through the suburbs of Woy Woy South, Orange Grove, Booker Bay, Ettalong and Umina.

In its early stages of the program, which began on January 20, crews cleaned mains in the area east of Barrenjoey Rd, bounded by Maitland Bay Dr and the foreshore from The Esplanade at Ettalong to

the Rip Bridge at Booker Bay.

Cleaning also took place in Orange Grove and the area between Ocean Beach Rd and Barrenjoey Rd, south of West St, Umina.

Mains between Ocean Beach Rd and Barrenjoey Rd in Ettalong, moving south from Macmasters Rd to West St in Umina, were cleaned on Tuesday, January 22.

Crews resumed work in the area west of Ocean Beach Rd from Lone Pine Ave down to Mt Ettalong Rd in Umina, including mains in the North Pearl Estate.

The program will be extended to cover other priority areas over the coming weeks, including the Koolewong, Point Clare and West Gosford areas.

Water Quality 2010 is designed to protect, manage and maintain the quality of the region's drinking water supply.

It incorporates a suite of activities under a 5-point plan including capital works, maintenance activities, monitoring and analysis programs, and changes to system management and operation.

Press release, 24 Jan 2008
Meagan Wilkinson, Gosford Council

Cabin Fever? Discover Mt Penang Gardens!

www.mpp.nsw.gov.au



If you've got holidaying family or friends and need an inspiring place to visit, come see us!

Mt Penang Gardens is one of Australia's most stunning garden attractions, with 12 unique garden rooms to explore. With over 10,000 rare and unusual plants to see, there's a distraction

for every family member including the kids.

Bring a picnic and make a day of it or enjoy a light meal in our Waterfall Café – you'll have a great day either way.



Email: fdc@lands.nsw.gov.au

4340 1002

GRAWILL A1 USED CARS

Call Ray, your local man from the Peninsula for the best car deal.



- Best trade-in prices
- No deposit on finance T.A.P.
- We will come to you
- All Peninsula residents receive a full tank of fuel on delivery



Car of the Month!
Kia Carnival
Seven Seater, Auto, Power Steer,
Air Con, 70k kms only
\$16,990

WTN-649



2004 BA Falcon
Auto, Air Con, Power Steer
\$13,990

AB - 04 - MU

VT Commodore
Auto, Air Con, Power Steer
Alloys
\$9,990



XTT - 576



2001 Barina
Manual, Air Con, Power Steer
Was ~~\$8,990~~ Now **\$6,990**

XCF - 718

ELOGAS Refills Available

296 Manns Road, WEST GOSFORD Ph: 4321 1300

Spraying ineffective against fever, says CEN

Central Coast Environment Network chairman Mr John Asquith has said that a proposed spraying of wetlands near Hardys Bay with the mosquito control agent Bti would have "little or no impact on the occurrence of Ross River fever".

He cautioned that there had been no long-term studies of the chemical.

"CEN believes more testing has to be done before we can decide that Bti is a safe chemical to put into wetland environments," Mr Asquith said.

Mr Asquith suggested that improving the ecological health of wetland areas was likely to be a more successful mosquito reduction strategy.

Mr Asquith referred to a report released last year called "Living with Mosquitoes on the Central Coast Region of NSW", which was designed to assist local groups including Gosford and Wyong Councils manage the mosquito problem.

"Media articles have referred to possible increases in mosquito-borne diseases such as Ross River virus and dengue as a result of higher temperatures and water levels due to climate change," Mr

Asquith said.

"Ross River virus occurs on the Central Coast and is a notifiable disease to health authorities.

"However, the number of notifications on the Central Coast have been much lower than in the Lower Hunter area or the Mid North Coast Region.

"Also, the NSW Arbovirus Surveillance and Mosquito Monitoring Program found that, from January 2002 to January 2007, the 109 cases of Ross River virus that were reported were from residents from all over the Coast and not one particular area.

"This means that spraying Bti onto wetlands will have little or no impact on the occurrence of Ross River fever.

"The monitoring program conducted by NSW Health has not detected any mosquitoes that were carrying Ross River or Barmah Forest viruses.

"Dengue is not a problem on the Central Coast and has so far only appeared in Queensland, where Bti is being used."

Mr Asquith said Bti was a bacterium known as "Bacillus thuringiensis israelensis".

"This bacterium produces a poison which destroys the gut wall of mosquito larvae and kills them," Mr Asquith said.

"Bti is generally sprayed over mosquito breeding sites such as wetland habitats so that the larvae will ingest it and die within 12 hours.

"It is regarded as a 'safe' chemical pesticide and environmentally acceptable because it affects mosquitoes and very few other insects.

"However, long-term studies of the impacts of Bti on our wetland environments, which are quite degraded in some places and under a lot of pressure from development, have not been done to confirm this.

"In terms of the safe use of Bti, its Safety Data Sheet states that people should avoid all direct contact with the product as it may cause irritation to the eyes and skin.

"Protective clothing, an air purifying respirator, impervious gloves and safety goggles should be worn by anyone using Bti."

Mr Asquith said the data sheet also stated that ecological information regarding the effects of Bti had not yet been determined and neither has its chemical stability.

"Of the two most problematic mosquito species on the Central Coast, one is an estuarine mosquito, which breeds in endangered saltmarsh and mangrove habitats.

"The other is an urban mosquito which breeds in small pools of water around houses and other buildings.

"The NSW Health Arbovirus Surveillance and Mosquito Monitoring Program found that the estuarine mosquitoes are most prevalent in the Empire Bay area of Gosford whilst in the Wyong area the urban mosquito is of most concern.

"Spraying of Bti around all residential areas is obviously not an option."

Mr Asquith stated that besides being an environmentally undesirable chemical Bti had "some other drawbacks".

"It is not effective in all wetland areas, and it has to be ingested by mosquito larvae at a certain stage of their development, which means there is only a small window of opportunity to use it effectively," Mr Asquith said.

"Also, Bti needs to be reapplied after each high tide and after rainfall.

"According to the Emerald Shire Council's website, Bti is not very effective when mosquito populations are very high and populations of mosquitoes have been found to rebound from a dose of Bti after only one-two weeks (Dept. of Medical Entomology).

"Aerial applications of Bti, as mentioned in the Living with Mosquitoes report, would presumably inadvertently also cover residential areas in the vicinity of wetlands and would not be acceptable to many residents.

"It should be remembered that mosquitoes are a natural and important part of wetland ecosystems.

"They provide food for many native animal species and play a role in the breakdown of detritus.

"CEN supports a cautious approach in regards to the use of Bti as a form of mosquito control on the Central Coast.

"There may be some isolated cases where Bti could be used effectively.

"However, a range of other protective measures could be more effective, including personal sprays and clothing for protection against bites, keeping containers around the home free of water, having good flyscreens, maintaining healthy wetland habitats so that mosquito breeding does not explode and not building houses close to wetlands."

Press release, 14 Jan 2008
John Asquith,
Community Environment Network

Service seeks volunteers

The Gosford-based Multicultural Social Support Service is currently looking to offer its services to clients of a migrant background.

"We have volunteers on the Peninsula who help people from a migrant background who are frail aged, younger people with a disability, and carers," said office manager Ms Sharlene Huber.

"Our volunteers help with shopping, medical appointments, reading and writing, and friendly home visits.

"We also organise group social activities.

"Our volunteers speak a variety of languages as well as English.

"Our Service always welcomes enquiries from people living on the Peninsula who are thinking about volunteering.

"If you would like to know more about our Service, please contact us on 4322 1211 or email mss-nss@bigpond.net.au."

Press release, 15 Jan 2008
Sharlene Huber,
Multicultural Social Support Service

max
106% Mortgages
DEFAULTS CONSIDERED

- Residential
- Rural
- Commercial
- Construction
- Seniors Loans

1300 799 063
www.maxfinancial.com.au
Call us we are local and have the experience to help you

AWESOME
Driving School

L **4369 2230** L

1st Lesson
\$40

www.awesomedrivingschool.com.au

Gold Lic: 22994C
David

24hr
Emergency & Aged Pensioner Discounts

Pride Plumbing

PRIDE PLUMBING

- All Plumbing & Drainage
- Hot Water Repairs & Replacements
- Gas Fitting & LPG
- Bathroom & Kitchen Renovations
- Blocked Drains/Electric Eel Service
- Guttering & Downpipes
- Water Tank Specialist
- Backflow & TMV Specialist

0409 180 596

***Physie**
***Fun**
***Fitness**
***Dance**

Looking for new members
Elite or brand new
Most successful club on the coast
Experienced teachers
Producing National Champions



COME AND JOIN US AT THE WOY WOY RECREATIONAL PHYSICAL CULTURE CLUB

LESSONS ONLY \$4.00

For more information and class times please contact teachers Robyn and Kristy Stephen on 43444924

Need Help with a State Government matter?



On Monday February 4, 2008 Marie Andrews MP will be at Ettalong Senior Citizens Centre from 1pm & Umina Library from 2pm

Call Marie's office to book an appointment
20 Blackwall Road or PO Box 223 Woy Woy
PH: 4342 4122 FAX: 4341 2368
Email: gosfordeo@parliament.nsw.gov.au

Sea level rise would affect us, says study

The draft Brisbane Water Foreshore Flood Study has found that "almost all the low-lying areas in foreshore towns like ... Ettalong, Umina and Woy Woy are affected by potential water level rises ... as a result of greenhouse-related climate change".

However, consultants Cardno-Lawson Treloar who produced the study say that estimates of sea-level rise vary considerably and the study has allowed only 300mm over the next 100 years, based on Intergovernmental Panel figures.

"There is some uncertainty associated with this parameter ... and it should be re-assessed every decade.

"Should a rise greater than 300mm occur in the longer

term, there will be ample time to undertake design modifications," the draft report states.

The study found that 100-year peak water levels would be 1.59m above mean sea level at Ettalong and Woy Woy, with five-year peaks of around 1.3m.

The "probable maximum flood" level was found to be 1.85m at Ettalong and 1.94m at Woy Woy, equivalent to a 10,000-year peak.

The 100-year peak would only increase to about 1.9m with a 300mm sea level rise.

The consultants stated that, to date, planners have assumed a 1.95m 100-year flood level based on data from the May 1974 flood.

It was a purpose of the study to provide more reliability to the flood level data.

The study said that the combination of factors that caused this flood was rare.

These included a high astronomical tide, an inverse barometric effect, wind setup, wave setup, and possible propagation of coastal trapped waves and ocean basin effects.

"The average recurrence interval of an event like the May 1974 storm is considered to be greater than 100 years."

The study found that severe ocean storms caused the highest foreshore water levels, rather than catchment flooding.

The draft report on the Brisbane Water Flood Study has been released for comment and is available at Peninsula libraries and from the council's website.

The closing date for comments is February 15.

Peninsula Residents' Association secretary Ms Sheelagh Noonan said she was a member of the council's floodplain risk management committee and was available to ask questions on behalf of residents.

Draft report, 21 Jan 2008
Sheelagh Noonan, Peninsula Residents' Association

Rain is back above average

After a dry start to the month, the rainfall over the last fortnight has put the Peninsula above the January average by 10mm.

Rainfall figures provided by Mr Jim Morrison of Hillview St, Woy Woy, show a total of 113.6mm for the month to Friday, January 25.

This compared to the January average of 102.8mm.

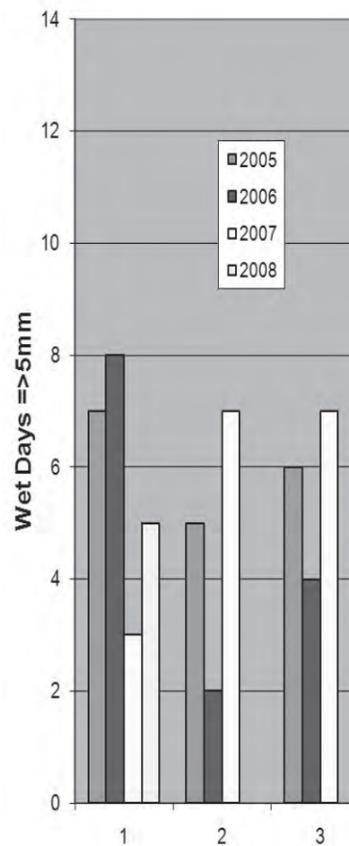
With less than 10mm falling in the first two weeks of the month, the Peninsula received more than its January average in just six days: from January 17 to 22.

However, there have been fewer days with rainfall greater than 5mm this year than in recent years.

There have been five days so far this month, compared to seven days in 2005 and eight days in 2006.

Last year, more than 5mm of rain only fell on three days during January.

Spreadsheet, 25 Jan 2008
Jim Morrison, Woy Woy



Witnesses wanted

Brisbane Water area police are looking for witnesses to an accident which occurred in Perth Ave, Umina Beach, on December 28.

Senior constable Dave O'Shea reported that at around 9pm on Friday, December 28, a 42-year-old man from Umina Beach was walking along the edge of the road in Perth Ave, Umina Beach, on his way home from the Umina Beach Bowling Club.

Constable O'Shea said the man was struck by a green hatchback about 100 metres north of Hobart Ave and was knocked to the ground and received some cuts and bruising.

The vehicle concerned did not stop and police are asking for any witnesses to the collision or anybody who may have any information about the crash to contact Crimestoppers on 1800 333 000 or Brisbane Water Traffic Services on (02) 4323 5658.

Press release, 12 Jan 2007
Dave O'Shea, NSW Police

School crossing created in Umina

Gosford Council will change a pedestrian crossing in Hobart Ave, Umina, to a school crossing.

It has endorsed a plan to provide concrete kerbside blister islands at the pedestrian crossing on Hobart Ave, Umina Beach.

The Roads and Traffic Authority (RTA) had asked council to provide a children's crossing at the existing pedestrian crossing near Umina Public School.

Council's traffic committee stated that the RTA's school crossings coordinator had asked that flags and posts be provided to identify the pedestrian crossing on Hobart Ave as a children's crossing.

The committee stated that a

preferred treatment at the existing pedestrian crossing would be to provide concrete kerbside blister islands so as to make the crossing more conspicuous as well as reducing the crossing distance for pedestrians.

Meanwhile, the council will provide a linemarked pedestrian crossing for the school at the existing children's crossing in Melbourne Ave.

Council's traffic committee found in a recent survey of pedestrian movements at the school crossing that 284 pedestrians crossed Melbourne Ave between 7.30am and 9.30am.

Council agenda TR.07.077, TR.07.126, 22 Jan 2008

Reconditioned Washing Machines, Fridges and Dryers from \$149 - all with warranty



See our range of quality new and factory seconds vacuum cleaners



JAYARS APPLIANCE SERVICE

13-15 Mutu St - Woy Woy
4342 3538 or 4344 3384



Peninsula Music - BACK TO SCHOOL SALE Ends 9th February - Save up to \$100



Sanchez SFC-18P
steel string acoustic electric guitars
Normally \$199 RRP
BUY IT NOW FOR \$99 - SAVE \$100



Crown CK10 keyboard
Normally \$299 RRP
BUY IT NOW FOR \$199 - SAVE \$100



25% off Sanchez Classic guitars
1/2 & 3/4 sizes
Many colours



38 George Street Woy Woy
(Behind Deepwater Plaza)
Phone 4342 9099

We can be too careful

Of course fluoride is a poison.

And so is chlorine, which we have been drinking by the gob-full for years.

How else can one combat and neutralise the doings of the many animals which live and roam in the catchment areas all over Australia, including in our own backyard?

A good rain will flush all that into our dams and we drink it.

Or are you from now on buying plastic bottles filled with doubtful water, which has been seeping through limestone and sandstone

Forum

Letters to the editor should be sent to:
Peninsula News
PO Box 532,
Woy Woy 2256
or
mail@PeninsulaNews.asn.au
See Page 2 for
contribution conditions

strata from above?

Incidentally, what is one to do with all these plastic bottles?

Fill them up from the tap? Over the years on my travels, I have drunk from taps all over the world, including Asia, without any problems to my well being whatsoever and ignorant to whatever was contained or mixed with the water.

One can be too careful. Give the immune system something to do. I even drink and brush teeth with water supplied here in Umina.

Peter Frylink
Umina Beach

Considerable response to history request

History researcher Dr Annona Pearse has had a "considerable" response to her request (last issue) for information about the Ocean Beach Aquarium which once operated in Umina.

"The response to the article has been considerable - you obviously have a large readership, and they actually read it!" said Dr Pearse.

"I have been given some useful information and had some very interesting conversations about the history of the Peninsula.

"I know there are some official histories but the personal stories create a great picture of the area."

Dr Pearse has suggested that Peninsula News run features from time to time from Peninsula

residents who have memories of the past.

Anyone interested in contributing their recollections for publication in Peninsula News should contact us by phone on 4325 7369 or email editor@peninsulanews.asn.au.

Meanwhile Dr Pearse continues to assist Associate Professor Kevin Markwell and Dr Nancy Cushing in researching a new book about the cultural history of the Australian Reptile Park and its founder Eric Worrell.

Anyone who has information, photographs or memorabilia from the Ocean Beach Aquarium is encouraged to contact Dr Pearse on 4382 6514.

Email, 21 Jan 2008

Annona Pearse,
University of Newcastle

Archive picture blended well

Whilst I hate to rain on Ed's parade ("Spot the difference", Peninsula News 182), and I know it's never as much fun - albeit vindictive fun at others' expense - to let facts get in the way of a good

Forum

story, nevertheless ...

The picture shown on the left is actually the before picture - it was an archive picture (taken before it was decided to brand the Club from the verandah so that

it was identifiable from the hotel section) and was used to blend in with the other picture to make (what we thought anyway) was a very attractive collage for the front cover.

Peter J Hale
Ettalong Beach War Memorial Club

Living in a toxic soup

"Mad hatters" are said to have been poisoned by the mercury they worked with.

Soldiers and citizens exposed to the radiation fallout at Nagasaki, Hiroshima and in Australia now know their DNA was damaged.

More than 40 years later, we now accept that the defoliant Agent Orange (245T) poisoned everything.

Interested peoples can now access the research governments were privy to, which indicates our trusted leaders were aware of the very real potential for generational collateral damage: That a toxic chemical mix is also hurting everything which lives on our earth.

Right now depleted uranium is being dumped by using its heavy metal status for tipping armour piecing shells and bullets almost anywhere there is a war.

This radioactive waste-poison

Forum

most recently was "scattered about/dumped" with Australian government cooperation north of Shell Harbour in Queensland in rain forest and national marine parks during "war games".

Our DNA is able to produce a functioning person even though it may have 10 or perhaps many more identifiable errors in the biological code.

It says a lot about the strength of a natural genetic "program" which can achieve that.

Every day most of us function in close proximity to many others in the same pressure cooker of toxic social and chemical soup.

This social engineering is driven by an over-arching end result of cutting the cost to governments of our important infrastructure parks, hospitals, palliative care, police, once thought to be essential

to healthy growth in well balanced communities.

Working in an environment of our own making pressures individuals to keep up, break or bugger off!

While we are essentially social, many of us are no longer able to retreat into what is identified as personal space to unwind, something which is being denied us by those we have elected to govern.

What is not working is the short-sighted and insistent economical pursuit of happiness by first world countries which is proving to be unsustainable on a whole of world scale.

Many of us who are "stressing" are well aware that the peoples of third world countries are considering the disparity in lifestyles between two extremes.

Am I being unreasonable when I acknowledge the have-nots have reason to be very unhappy about the obvious disparity?

Once it was said ignorance is bliss?

And perhaps it was. Now in 2008 I would write. Ignorance is an evil tool of tyrants.

Edward James,
Umina

Left turn enforced

Police are likely to clamp down on right turns from the Austin Butler Oval Access Rd onto Blackwall Rd, Woy Woy.

Gosford Council will ask police to enforce the No Right Turn sign on exit of the Austin Butler Access Rd onto Blackwall Rd.

A local resident suggested that to the council that improved signage or a concrete island be provided to encourage motorists to

obey the No Right Turn restriction.

The committee reported that the No Right Turn sign was "clearly signposted" and a left-turn pavement arrow was painted on the road surface in the laneway.

It stated that the width of the laneway was not sufficient enough to provide a concrete median island.

Council agenda TR.07.125,
22 Jan 2008

www.kipmcgrath.com

Kip McGrath

EDUCATION CENTRES

Give your child a brighter future

Professional Tuition, Kinder - Year 10

- Specialists in basic skills
- Improve school results
- Raise self-esteem
- Individual education programs
- Qualified teachers
- MATHS
- ENGLISH
- READING
- SPELLING

Term 1
Now Enrolling
Limited Spaces Available

David Hosford UMINA 4344 5042

LOSE WEIGHT!
STOP SMOKING!
FEEL GOOD!
NOW!

We have a range of solutions for your problem at an affordable price.

Ring Jocey Pittman, qualified and experienced in the Sharmah Way Woy Woy 0412 629 639

YOUTH PERFORMING ARTS

Laycock Street Theatre, proudly owned by Gosford City Council presents

2008 AUDITIONS

3rd February - Auditorium - All Genres
17th February - Don Craig Room - Soloists/Comedy Acts, etc
23rd February - Auditorium - All Genres

All auditions by APPOINTMENT ONLY
Phone the Box Office for more info or to book your audition on **43 233 233**.

YIPA is now in its 17th year. Over \$12,000 in scholarships will be awarded in 2008. YIPA features performances in all arts genres, including comedy, drama, vocal, instrumental, soloists and ensembles, bands and orchestras, and all forms of dance.
Performers must be between 12 and 21 years old on the concert dates.

CONCERT DATES: 3 to 7 JUNE 2008

Booking Form/Info Sheet can be downloaded from www.laycockstreet.com/YIPA.html

Sponsored by
Peninsula News
Community Access

The Web gets \$1000

The Web Youth Service at the Peninsula Community Centre has received \$1000 from Central Coast Community Chest.

charities across the Central Coast region.

Press release, 16 Jan 2008
Central Coast Community Chest

The funding was part of \$33,010 which was allocated to several community groups across the Central Coast during January.

The Web Youth Service is a centre-based service for young people with a target of 12 to 18 year olds.

The service attempts to address youth needs by providing activities, support and mainstream services to local youth in the Peninsula area.

Central Coast Community Chest stated that the funding was to provide "extra resources and develop a team building venture".

Central Coast Community Chest is a volunteer-based organisation with no political or religious affiliations assisting over 80

Del's for Dinner

*Casual al-fresco Sparkling
South Sea Island Cuisine*

Affordable Prices
BYO (no corkage)

The Rocks Arcade - 4341 1434
7A/216 Memorial Ave, Ettalong Beach



SKIPPER'S

Take-away Seafood

Variety of fish & burgers,
chips & scallops cut fresh daily

Seafood Packs
Available from \$5!

Phone orders welcome
4341 0177

Trading Hours
Sun-Thurs 9am - 8pm
Fri - Sat 9am - 9pm

244 West Street Umina

Xmas
Catering
Available!



Member for Gosford Ms Marie Andrews with Police Minister Mr David Campbell

Minivan grant for Umina PCYC

Police Minister David Campbell has presented a cheque for \$5000 to assist the Umina PCYC purchase a new minivan.

"The core function of PCYCs is to provide support services to youth at risk and to reduce juvenile crime and anti-social behaviour," Mr Campbell said.

"The 59 PCYCs across the state do a terrific job and this money will help towards a minivan that will take these youths to various events across the Central Coast.

"The Central Coast is an important part of the NSW community and

the Government is committed to supporting the residents of the Coast by providing the necessary infrastructure and resources.

"This request came via a meeting I had with the Member for Gosford, Ms Marie Andrews, along with Umina PCYC staff."

Ms Andrews said she was "delighted" with the grant.

"The Umina PCYC plays an important role in the lives of Peninsula residents and it was a cause worth fighting for," Ms Andrews said.

Press release, 25 Jan 2008
Marie Andrews,
Member for Gosford



4341 8727



Corner Lounge \$1399



Spring Mattresses from \$119



Chinese Cabinets

Cnr. Blackwall Road and Terry Ave, Woy Woy

Peninsula Dance



**Classes in Jazz, Hip Hop,
Modern, Contemporary & Tap,
RAD Ballet, Acting and Singing
Examinations, Performances &
Showgroup - 3 years to Adults,
Beginners to professional level**

**Fully equipped air conditioned studio at
Peninsula Community Centre, Woy Woy**

*Performing in
Disneyland in
September 2008*

**CLASSES RESUME
29TH JANUARY 2008**

For enquiries phone
4368 3554 or 0414 682 507

Director: Wendy Ellis

BROPHY

circus academy





Looking for something different and exciting?

Why not try aerial and tumbling classes run by specialist trainers?

Ideal for children and adults
A great way to keep fit
7 Years to Adults
Niagara Pk & Woy Woy

0438 627 325

www.brophyproductions.com.au

Awards



Mr Timothy Peken received the Order of Australia medal.



Michelle Biddulph of Pretty Beach receives the community volunteer award for her volunteer work with the Killcare-Wagstaffe Rural Fire Brigade.



Bill and Wendy Cook of St Huberts Island (Left), and Barrie and Nola McKeowen of Umina Beach (Right) were among 99 nominees who were acknowledged for their commitment to the community.



Stunning near new 4 bedroom home located in the heart of Woy Woy CBD. Impeccably appointed with quality inclusions throughout and superb indoor/ outdoor entertaining areas. Currently tenanted for \$380p/w and with the potential to operate a business from the premises(STCA) this home is perfect for families, investors or business people. Seize the opportunity as 2B zoned parcels of land in this position do not become available very often.

- Located opposite Deepwater Plaza Shopping Complex • Minutes from Woy Woy train station
- Two separate spacious living areas both with kitchens and bathrooms • Outdoor Spa
- Internal Laundry • Remote controlled carport door
- Close to Schools, Hospitals, Clubs and Restaurants • Potential for dual incomes
- 5000 litre concealed water tank



for sale **\$650,000**
 view **By appointment**
 agent **Michael Reilly 0419 166 514 - michael@prdettalong.com**

PRD nationwide **4344 5580**
www.prdettalong.com

Couples recognised in Gosford awards

Three local couples have been recognised for their achievements at the Australia Day Community Awards on January 18.

St Hubert's Island couple, Bill and Wendy Cook, together with Umina couples Les and Jan Baker and Barrie and Nola McKeowen were among 99 nominees who were acknowledged for their commitment to the community.

The event was held at Central Coast Leagues Club, where more than 380 people gathered to honour all the Australia Day community award nominees.

Woy Woy Little Theatre life members, Barrie and Nola McKeowen were nominated for being the "backbone" of countless

shows over their 40 years of dedication to the theatre.

The couple's keen interest in the theatre has not only rubbed off on each other, but has encouraged other members of their family to join in, according to Gosford Council media officer Ms Kate Carragher.

"Being a couple, who both share the common interest of the theatre, motivates both of us to do more. We're a team," Ms McKeowen said.

"We're very excited and honoured that we have been nominated for a community award," Mr McKeowen said.

As executive set designer, Ms McKeowen designs the set, while Mr McKeowen brings her designs to life as operations manager.

Umina Beach residents Bill and Wendy Cook were nominated individually for their work with Umina Surf Life Saving Club.

"We just do what we do because we enjoy doing it," Ms Cook said.

"We do not see it as something special because it is a part of our every day life."

Mr Cook received the most prestigious award of the evening, the 2008 Citizen of the Year award.

Chairman of the Gosford City Australia Day committee Cr Chris Holstein said that each year he finds the gala presentation evening to be an "awe-inspiring" event, where the community is given the opportunity to thank people like the Cooks, the Bakers and the McKeowens.

"As couples and as individuals, not only do they motivate one another, their actions and generous personalities also inspire other people in the community," Cr Holstein said.

All nominees received certificates on the night for their achievements in their chosen field.

Press release, Jan 17 2008

Kate Carragher, Gosford Council

Honour for Killcare resident

Killcare resident Mr Timothy Peken was awarded a medal for the Order of Australia in this year's Australia Day Honours List.

Mr Peken, 67, was one of 473 recipients nationally to be recognised for their commitment and contribution to the community.

According to Mr Peken, he said he believes it is "sheer luck" to have received a medal of the Order of Australia.

"I was extremely surprised upon hearing the news," Mr Peken said.

"I do not think I deserve such an honour, but I am more than happy to accept it."

Mr Peken was recognised for his service to the law and to the community through a range of executive and voluntary roles with alumni, business and sporting organisations.

He was president of the University and Schools Club for three years, council member of the Women's College at the University of Sydney for six years and honorary solicitor for more than 16 years.

Mr Peken was also board member of Killara Golf Club for 11 years.

After retiring almost five years

ago, Mr Peken and his wife moved to the Peninsula from Sydney.

"We bought a holiday home in Killcare, 20 years ago because we loved the idea of escaping the hustle and bustle of the city," Mr Peken said.

"After I retired, it was only natural for us to move up here permanently and continue our lives together on the Peninsula.

"We love the relaxed lifestyle ... there is nothing quite like it."

Mr Peken said he would like to thank the person who nominated him for the Australia Day Honours list.

"I have my suspicions of who nominated me, but until they confirm this, I might never know for sure," Mr Peken said.

"It is only through those people who appreciate your commitment and dedication that you become noticed for your life's work and achievements."

Awards in the Australian honours system represent the highest level of recognition that can be accorded by the nation for attainment of outstanding achievement and service.

Clare Graham, 24 Jan 2008

Press release, 26 Jan 2008

Australia Day Honours

Michelle receives community award

Pretty Beach resident Ms Michelle Biddulph has received an award at the Australia Day Community Awards for her volunteer work with the Killcare-Wagstaffe Rural Fire Brigade.

Ms Biddulph was presented with the community volunteer award at a special ceremony at Central Coast Leagues Club on Friday, January 18.

She was one of 99 Gosford City residents to be nominated for an Australia Day community award.

"I am extremely honoured to have received the award," Ms Biddulph said.

"Although it does get difficult to find the time to juggle work, family and volunteering, it is very much worth the time and effort.

"I became a volunteer to meet new people and do something for the community.

"I would find it very difficult to

give it up."

Ms Biddulph has been a volunteer with the Killcare-Wagstaffe Rural Fire Brigade for more than nine years.

"Her dedication through extremely difficult and dramatic times, as well as during the quiet times, has been an inspiration to many other members," according to a Council statement.

"In the last 12 months alone, Michelle has worked as deputy captain, training officer, mitigation and community education officer, call-out officer and front-line fire officer."

As well as her commitment to the brigade, Ms Biddulph is a mother of two pre-school girls, a university student, and is employed at a local school.

Press Release, 18 Jan 2008

Clare Graham, 24 Jan 2008

Interview: Kate Carragher, Gosford Council

Pick of the crop

Pick of the crop 2008

2008

Artist	Song Title	From the CD
1. Nick Charles	Path Of Least Resistance	3:30 New Kind Of Feeling
2. Fiddler's Feast	Tinker's Way Part 1	4:23 Frazee
3. Anne Ridgeway	Planet Blue	4:20 Turn Your World Around
4. Glenn Cardier	Close Encounter (With A UFO)	3:01 Rattle The Cage
5. Marni Sheehan	Mama Was A Good Time Girl	4:06 Inside Stones
6. Gary Shearston	Irish Girls	4:22 Here & There Now & Then CD1
7. Rebecca Wright	All I See	3:59 All I See
8. Tony Eardley	Before The City Wakes	4:53 Desire Lines
9. Mark Lucas	Seven Days	2:20 Sidestow Alley
10. Carmel Charlton	Spirit Of Mokare	4:21 Whippers On The Wind
11. Usual Suspects	How Long?	4:38 First Offence
12. Jigzag	Jericho	3:35 In The Middle
13. Sebilo	Don't Forget	4:00 When The World Was Young
14. Fiddle Chicks	Adana	3:13 Out The Window, Over The Gate...
15. Penny Davies & Roger Iott	Big Water	2:21 Big Water
16. Frencham Smith	Have You Got A Heart	3:52 Lovethings
17. Roy Charles Abbott	Love Me Just As Me	4:00 Pushing The Pedals
18. Pete Hawkes	The Warlock's Dream	5:33 Wiltcraft

Ducks Crossing Publications, as the publisher of Trad&Now, is launching its own series of CDs titled *Pick of the crop*.

The series features selected tracks from CDs recently added to the Trad&Now on-line catalogue at www.tradandnow.com/shopping.

The first of these, *Pick of the crop 2008*, is now available for sale at \$20 + \$3 P+H. It will also be issued free of charge to all new and renewing full subscribers to Trad&Now for 12 months or more.

Pick of the crop 2008 contains 18 tracks totalling over 70 minutes of excellent music as a taste of the wide variety of music genres now available through the on-line catalogue, heard at most festivals and covered in this magazine.

Phone orders: 4325 7369

or go to www.tradandnow.com/shopping to order online

Ettalong Beach Arts and Crafts Centre

Classes resume 4th February
 Patchwork & Quilting, Pottery, Folk Art, Silk Painting, Oils & Acrylics, Pastels & Drawing, Watercolour Painting, Silvercraft & Children's Pottery & Art
 Adult classes 9 week term \$90 plus \$10 pa membership
 Children's classes 8 week term \$50
 Book early for enrolments
 and for all enquiries phone 4341 8344

KITCHENER PARK, ETTALONG
 Corner Picnic Parade and
 Maitland Bay Drive

Sponsored by
 Peninsula Community Access **News**

Yoga classes for birthing process

Ante-natal and post-natal yoga classes will begin at the Peninsula Community Centre from Tuesday, February 5.

"Ante-natal classes are from 9.30am to 10.45am and are suitable from the 14th week of pregnancy.

"Post-natal classes are from 10.45am until 12pm, for new mothers and their baby from six weeks to crawling.

"Spaces are limited as we prefer to keep classes small ensuring lots of personal attention," said class leader Helen McNair, a mother of three.

Ms McNair said she had been practicing yoga for 18 years and teaching in London for the last 10 years.

She said she is a qualified doula, trained with Michel Odent, the French obstetrician who pioneered water birth.

She also noted that she is a senior level member of the Yoga Teacher's Association of Australia.

"Caesarean rates are at an all time high in Australia at about 30 per cent of deliveries," Ms McNair said.

"Although some caesareans are essential and save lives, many are performed unnecessarily through fear of litigation.

"Our ante-natal classes focus on a holistic approach to pregnancy, birth and babyhood using yoga and breathing methods to enhance you and your baby's well-being and helping you to have a natural, uncomplicated birth.

"We also offer informal workshops for you and your birth partner, to help you prepare for the birth with simple steps and useful tips.

"Empowered with knowledge and a deeper understanding of the birth process women can approach childbirth with confidence and clarity.

"Breathing techniques, visualization and meditation focus the mind, keep the body relaxed and are valuable in pain management.

"We are not trying to push drug

free natural birth on everyone, just giving women more choice and a positive attitude towards childbirth.

"This preparation helps women remain calm and in control of what is happening and to be clear about what intervention they want, when and if it is needed.

"Once you have your baby in your arms, post-natal classes are there to help you make the most of this experience.

"Focus is on beneficial practices to aid post-natal recovery - increased energy levels, hormonal balance and a sense of well being.

"Yoga promotes the release of endorphins, the bodies' natural opioid, encouraging a relaxed state of mind, and reducing onset or severity of symptoms of post-natal depression.

"We use a gentle progression of yoga poses that restore alignment, condition pelvic floor muscles and strength the body providing relief from carrying and nursing.

"The responsibility of a new baby can be very daunting and many new mums can feel isolated and alone.

"A strong, social network reduces the risk of post-natal depression that effects around one in seven women.

"Our classes provide a warmly supportive, patient environment.

"There is always time to chat and meet other mothers and their babies and to share experiences."

**Press release, 14 Jan 2008
Helen McNair**



Birgit Stech, new owner of Gnostic Organics Market, Woy Woy

New owner at organics store

An organics store in Woy Woy has changed hands.

Birgit Stech, massage therapist of Umina, has purchased the Gnostic Organics Market at Woy Woy.

"I have always had a passion for organic food and now selling it and being able to increase the community's awareness of the value of organic food is a highlight in my life," Ms Stech said.

"You are what you eat, so if you're eating healthy, chemical-free food, it's the best health insurance you can have.

"And you're supporting an improved environment."

Ms Stech said that Gnostic Organics not only stocked fresh produce, it also had a large range of dry goods, available in bulk or packaged, and bread and meat.

"And proving very successful

already is the new range of sustainable living, eco-friendly and environmental energy products such as safe drinking bottles," Ms Stech said.

"We all deal with a cocktail of geopathic and electro-stress, now rapidly growing around the world.

"Using energy devices based on proven scientific principles helps to reduce the increasing burden of environmental and internal toxins on the body, mind and soul and should result in less stress, better sleep and more energy.

"Gnostic Organics' mark-up is less than a conventional fruit and veg shop so that organic produce remains affordable," Ms Stech said.

**Press release, 15 Jan 2008
Birgit Stech,
Gnostic Organics Market**



Central Coast Case Management Services

You should contact Central Coast Case Management Services when you or a person you know is having difficulties coping at home & requiring assistance with day to day tasks.

We can help you by linking you to services you need.

- Coordinating a variety of services
- Assisting carers in their role

Contact us to discuss if you are eligible

Ph: 4343 1888
113 Blackwall Rd
Woy Woy

Living Life to the full




We aim to be the leading provider of quality, affordable and flexible residential and community care options in the areas in which we operate.

Cooinda Village
Neptune Street, Umina Beach

This is a tranquil haven for both residents and their visitors, nestled amongst majestic gum trees. Select from 62 spacious 1 and 2 bedroom self care units, surrounded by level landscaped gardens.

Don Leggett House

Our most recently opened hostel has 70 spacious units on offer, and incorporates a dementia specific unit, all in a home like environment.

Peninsula Village Retirement Centre
91 Pozieres Avenue, Umina Beach

Relax and enjoy a wonderful lifestyle amongst friends. Select from 1 and 2 bedroom self care units or single and double hostel units. Peninsula Village also offers a 96 bed nursing home.



2 x 1 Bedroom Units available NOW at Cooinda Village



Peninsula VILLAGE

A charitable non-profit community owned organisation

For further information free call 1800 650 070 or phone 4344 9199

during business hours, or for a free brochure, please send the coupon to:

Peninsula Village Ltd
PO Box 333, Woy Woy NSW 2256

I am/we are interested in:

Self care

Hostel

Dementia specific

at

Peninsula Village or

Cooinda Village self care

Name _____

Address _____

State _____ Post Code _____

Phone _____

Committee rejects mayor's request

A request by mayor Cr Jim Macfadyen for speed limit signs in Woy Woy has been knocked back by Gosford Council's traffic committee.

The council has decided not to provide additional 50km/h speed limit signs on Kingsley Ave, Woy Woy.

Cr Macfadyen had asked that the 50km/h speed limit signs be provided to define the speed limit in Kingsley Ave.

Council traffic committee stated that that higher speed limits had been retained on most arterial and rural roads and these were signposted accordingly.

All other roads were subject to a 50km/h speed limit.

The committee stated that signposting to advise of the 50km/h limit was introduced in a two-tiered system with major entry signs being placed on all of the main roads accessing the Central Coast.

The signs read, "You are entering the Central Coast - All streets are 50km/h unless shown otherwise".

Large reminder signs were strategically placed on arterial roads.

The committee stated that this was the "preferred method of signposting, rather than erecting 50km/h speed limit signs on all local roads".

Council agenda TR.07.124, 22 Jan 2008



Rileys Island

Wildlife management plan on display

The National Parks and Wildlife Service is inviting comments on a draft plan of management for Rileys Island, Pelican Island, Saratoga Island and Cockle Bay Nature Reserves.

NPWS regional manager Mr Tom Bagnat said that Rileys Island, Cockle Bay, Pelican Island and Saratoga Island Nature Reserves were "protected important areas of estuarine wetland and remnant vegetation".

"The reserves play a significant role in the preservation of endangered ecological communities, seagrass beds and intertidal mudflats," Mr Bagnat said.

"They contain extensive feeding and roosting habitat for a large number of wading birds, several of which are listed on international agreements for the protection of migratory birds."

Mr Bagnat said that all four of the reserves contained areas which were identified as significant coastal wetlands under State

Environmental Planning Policy 14.

The plan will be on public exhibition between January 18 and April 21.

Copies of the draft plan can be inspected during office hours at Woy Woy Library on the corner of Blackwall Rd and Oval Ave, Woy Woy.

Copies of the plan can also be obtained from the service's Gosford office or downloaded from its website at www.nationalparks.nsw.gov.au.

Press release, 21 Jan 2008
Susan Davis, National Parks and Wildlife Service

Dredging in February?

Dredging of the Ettalong Point Shoal is not expected to start before the end of February, according to Gosford Council's coastal and estuary management committee.

The committee stated that this would be subject to the availability of funds and a dredge.

It stated that council had received

a draft coastal lake assessment and management document for Brisbane Water dredging but was waiting on discussion and concluding chapters to complete the document.

Council was expected to have already conducted a final review of environmental factors as well as prepared a set of tender documents for the dredging.

Council agenda CE.008, 22 Jan 2008

Less stopping in laneway

Competing interests of residents in an unnamed laneway off Alexandra St, Umina, have been resolved with Gosford Council extending No Stopping limits in the laneway.

Gosford Council had previously installed No Stopping signs in part of the lane to make access available to a resident's driveway.

An extension of the No Stopping zone was since requested "to accommodate the turning path

of vehicles using a new garage built on the western side of the laneway".

However, Labor candidate for Robertson Ms Belinda Neal wrote on behalf of a resident requesting the removal of the No Stopping signs because the resident could no longer park in the laneway adjacent to the rear of his property.

The council deciding the limits were needed to allow vehicles to manoeuvre in the lane.

Council agenda TR.07.008

DO YOU HAVE high blood sugar? a relative with diabetes?

If your blood sugar levels are higher than normal you may have prediabetes.

Around 1 in 5 people have prediabetes. Prediabetes is when your blood sugar is abnormal but not high enough to be diabetic. If you have a relative with diabetes you are at higher risk of having prediabetes.

The University of Western Sydney is conducting a study in Gosford to trial a new Chinese herbal medicine to treat prediabetes.

Call 43228937 or 0434576400 for more information on the study.



This clinical trial has the approval of the UWS Human Research and Ethics Committee (06/194)

Let the Real You Step Out

Wanted
30 people to lose
5 - 30 kg fast

All Natural
Doctor formulated
Free personal weekly followup
Eat the foods you love

Call Trish
0403 574 884
4385 4682
trish.waistcontrol.com



New sample packs available

Weight gain, sports and kids nutrition programs also available
GOOD HEALTH THROUGH INTELLIGENT NUTRITION



Dr Mun Jong
Dr Nicola Burgess

Surgery Hours
Monday & Tuesday 9am - 7.30pm
Wednesday to Friday 9am - 5.30pm

109 Blackwall Rd
PO Box 42
Woy Woy 2256
(opposite the Woy Woy Leagues Club)
Ph: 4341 1751



Dance
Sing
Act
Grow

Looking for Dance, Drama or Music Lessons in '08?

Call 4344 5871* to find out how New Moves can help you - just like the thousands of local children, teens & adults New Moves has successfully taught since 1986.

*FREE Info pack including "4 Things Parents Should Know When Choosing A Studio"

www.newmoves.com.au

What's On in and around the Peninsula

Listings in this section are free to not-for-profit community groups although a subscription to help support Peninsula News would be appreciated.

Many events listed take place at the following locations:

BFC, Beachside Family Centre, Umina Public School

CWA, CWA Hall, Anderson Park, Brick Wharf Rd, Woy Woy

EBACC, Ettalong Beach Arts & Crafts Centre, Kitchener Park, Cnr Picnic Pde & Maitland Bay Drive, Ettalong 4341 8344

EBWMC, Ettalong Beach War Memorial Club, 211 Memorial Ave., Ettalong 4341 1166

ECC, Everglades Country Club, Dunban Rd, Woy Woy 4341 1866

EMBC, Ettalong Memorial Bowling Club, 103 Springwood St Ettalong 4341 0087

EPH, Ettalong Progress Hall, Memorial Ave, Ettalong

ESCC, Ettalong Senior Citizens Centre, Cnr. Karingi St & Broken Bay Rd Ettalong 4341 3222

MOW, Meals on Wheels Hall, Cnr Ocean Beach Rd and McMasters Rd.

PBPH, Pearl Beach-Patonga Chamber Of Commerce, (meets at) Pearl Beach Café, 1 Pearl Pde, Pearl Beach.

PBPH, Pearl Beach Progress Hall, Diamond Rd, Pearl Beach 4342 1459

PCC, Peninsula Community Centre, 93 McMasters Rd, Woy Woy 4341 9333

PCYC, Osborne Ave., Umina Beach 4344 7851

PWHC, Peninsula Women's Health Centre, 20a McMasters Rd Woy Woy 4342 5905

UCH, Umina Community Hall, 6 Sydney Ave., Umina Beach 4343 1664

WH, Wagstaffe Hall, Cnr Wagstaffe Hall & Mulhall St Wagstaffe

WWAC, Woy Woy Aged Care, Kathleen St 4353 4224

WWEC, Woy Woy Environment Centre, 267 Blackwall Road Woy Woy 4341 7974

WWLC, Woy Woy Leagues Club, 82 Blackwall Rd Woy Woy: 4342 3366

WWPH, Woy Woy Progress Hall, 76 Woy Woy Rd

DAILY EVENTS

Woy Woy **Pelican Feeding**, 3pm Pelican Park, Fishermans Wharf.

Playtime Mon-Fri 9am, Little Gym **PCYC**

TUESDAY

First Tuesday of every month

Buffalo Primo Lodge No 9, 7pm, **UCH**.

Second Tuesday of every month

Playgroup for Aboriginal & Torres Strait Island families, **BFC**

True Blue Meeting, 1.30pm; **Toastmasters**, 7pm, **EBWMC**

Get Together afternoon tea, **ESCC**,

Pearl Beach Craft group, **PBPH**, 1.30pm.

Stroke recovery group, 11.30am, **MOW**.

Diabetics Support Group, 10am, **ECC**

Third Tuesday of every month

Buffalo Lodge Knights Chp9, 7pm, **UCH**

Woy Woy Peninsula **Arthritis**

Branch, 10am, enq: 4342 1790, **MOW**

Fourth Tuesday of every month

Playgroup for Aboriginal & Torres Strait Island families. **BFC**

Toastmasters, 7.15pm, **EBWMC**

Combined Pensioners assoc afternoon tea, enq: 4341 3222, **ESCC**

Every Tuesday

Chess Club EBWMC 1pm enq: 4341 8748

Woy Woy Blood Bank welcomes donations Ocean Beach Road, Woy Woy 1pm to 7pm

Free Tax Help by Appt., School for Seniors (Cards, Craft & Games) 9am; **Playgroup** 9am;

Occasional Care, 9am; **U3A Courses, Pre-School Playgroup**, 12.30pm; **Over 55s Learn To Play**

Bridge, 1pm; **Stroke Recovery**, 2pm; **The Web**, from 2pm; **Dance & Theatre School**, 3.45pm;

Brophy Circus Academy, 4.30pm; **Belly Dancing**, 4.30pm, **PCC**.

Circuit Boxing (Women) 9am, **Boxing/fitness training**, 4pm (Junior) , 5pm (Senior), **Breakdancing**, 5pm; **Gym Sessions** 8am; **Gym Circuit** 9:15am & 6pm; **PCYC**

Rotary Club of Woy Woy, 6pm, **ECC**

Ladies Indoor Bowls-9am; **Handicraft**-9am; **Cards**-12.30pm; **Computers**, 9am, **ESCC** .

Alcoholics Anonymous 6pm John the Baptist Church Hall, enq: 4379 1132

Bowls; 10am, **Card Club**; 7.15pm, **Chess Club**, 1pm, **EBWMC**

Tai-Chi classes, 9.30am (ex sch hols), enq 4360 2705, **WH**

Folk Art 9.30am, **Silk Painting** 1pm, **EBACC**.

Children's story time, Umina library, 10.30 am (Except Jan).

Sahaja yoga meditation, 10:30am enq: 4328 1409, **CWA**

Playgroup 10am Kids 0-5yrs, **WWPH**, enq: Juhel 4342 4362

Woy Woy Blood Bank, 11.15am to 8.45pm, session time 1pm to 7pm, Ocean Beach Rd, Woy Woy

Tap Dancing, EPH, 6pm, enq: 0438 033 039

WEDNESDAY

First Wednesday of every month

Older women's network, 10.15am, enq:4343 1079, **WWLC**

CWA social day, 10am, handicrafts, 1pm, enq: 4344 5192, **CWA**

Ettalong Ratepayers & Citizens Progress Association, 7.30pm, **EPH**

Second Wednesday of every Month

Red Cross, Umina branch meeting, Umina Uniting Church Hall, 1:30pm.

Woy Woy **Auxiliary**, 10am enq: 4344 2599.

Umina Beach **Probus Club**, 9.30am, **ECC**

Third Wednesday of every month

Woy Woy VIEW Club - Luncheon, 10.30, enq: 4344 1440, **ECC**

Fourth Wednesday of every month

Everglades **Probus Club**, 10am, **ECC**, enq: 4341 0664

Every Wednesday

AI-anon/Alateen family support group "The Cottage" Vidler Ave Woy Woy, 12:30pm, 7pm.

St John's Ambulance; 7pm,

Meals on Wheels

St John's Ambulance; Brisbane Water Cadets, 6.30pm - 8pm, Enq: 0404 748 471.

Free Tax Help by Appt., Occasional Care, School for Seniors, 9am; **Playgroup**, 10am;

Bridge Club, 9.30am & 7.30pm; **The Web**, from 2pm, **Physical Culture Club**, 3.45pm, **Coast Care Counselling Judo**, 5pm;

Weight Watchers, 6pm; **Belly Dancing**, 7.30pm; **PCC**.

Peninsula **Choir** rehearsal 7.30pm St Andrews Hall Umina.

Brisbane Waters **Scrabble Club**, **MOW** 6pm, enq: 4341 9929.

Seniors fitness EPH 9am, enq: 4385 2080.

Indoor Bowls 9am; **Fitness** 1pm **Leatherwork** 9am; **Table Tennis** 9am. **Scrabble** 1pm; **Computers**, 1.30pm, **ESCC**

Gym Sessions 8am (Incl **Self Defence for Young Women** 1pm; **Gym Circuit** 6pm; **Circuit Boxing** (Women) 9am, **Boxing/fitness training**, 4pm (Junior) 5pm (Senior), **PCYC**

Oils & Acrylics 9am, **Pastels & Drawing** 11.30am, **EBACC**, **Children's story time**, Woy Woy library, 10.30 (Exc Jan).

Alcoholics Anonymous 12.15 & 6.30 , St John the Baptist Hall, Blackwall Rd, Woy Woy.

Handicraft CWA, 9am, enq: 4341 1073.

Country Women's Association (CWA) Umina Beach craft day, 9am - noon, CWA Hall, Sydney Ave, Umina, enq: 4341 5627.

Rotary Club of Umina, 6pm, **ECC**

Dance Club, 1pm, **EBWMC**

THURSDAY

First Thursday of every month

Brisbane Water Senior Citizens, 1pm; **EBWMC**

Second Thursday of every month

Women's Health Clinic Enq 4320 3741 **PWHC**

Australian Bus Trips **PCC**

Third Thursday of every month

Brisbane Water Senior Citizens, 1pm; **EBWMC**

Fourth Thursday of every month

9am **Free immunization** clinic for Aboriginal & Torres Strait Island children 0 - 5 years, **BFC**

Umina **Probus**, **ECC**, 10am. **Women's Health Clinic**; **PWHC** 4320 3741

Last Thursday of every month

Socrates Cafe Group Entréz 4 Booklovers Cafe, Umina 5:30 - 7pm Enq: 4367 4730

Every Thursday

Creative Writing, **CWA**, Enq 4369 1187

Childrens Art, 4.30pm, 15th Oct-**Occasional Care**, 9am; **Music Program**, 9am; **Yoga**, 10am;

School for Senior Australiana, 10.30am; **Tai Chi**, 11.30am & 7.30pm; **Bridge**, 12pm; **The Web**, from 2pm; **Brophy Circus Academy**, 4pm; **Kids' Yoga**, 4pm;

Belly Dancing, 6.30pm & 7.30pm; **Coast Care Counselling** **PCC**

Free entertainment 6.30 pm, **School for Learning/Seniors** 9am; **Senior Snooker** 8.30am

Ballroom Dancing, 10am, **Trivia**, 7pm, **Indoor Bowls**, **Fishing Club**

Raffle 5.15pm, **EMBC**.

Bouddi Women's Drumming, 2pm, 73 Highview Rd Pretty Beach, enq: 0425 229 651.

Scrabble, 12.30pm. **WWPH** , **Children's art classes** 4.30pm, **EBACC**

Card Club, 1pm; **Chess Club**, 7.30pm, **EBWMC**

Tai Chi 11.30am & 3.45pm; **Dancing** 9am; **Indoor Bowls**, 9am; **Table Tennis**, 1.45pm;

Cards noon, **ESCC**

Children's story time, 3 - 5 yrs Umina library, 10.30am (Exc Jan)

Gym Sessions 8am, **Gym Circuit** 9am & 6pm **Circuit Boxing** (Women) 9am, **Boxing/fitness training**, 4pm (Junior) , 5pm (Senior) **PCYC** .

Social Tennis 9am-12pm, Pearl Beach Courts, enq: 4369 3195.

Adult tap dancing, EPH 10am; enq: 4342 3925

Fairhaven Services **Cash Housie**, Ettalong Bowling Club 7.30pm

Dance, 9am - 11:30am, **ESCC**, enq: 4344 3131.

FRIDAY

First Friday of every month

Legacy Ladies, 9am; **EBWMC**

Second Friday of every month

2pm **Peninsula Twins Club** Free. **BFC**

RSL Sub Branch Meeting **EBWMC**, 2.30pm.

Third Friday of every month

Legacy Ladies, **EBWMC**, 10am, enq: 4343 3492.

Fourth Friday of every month

South Bouddi Peninsula Community Assoc, **WH**, 1.30pm, enq: 4360 1002.

Civilian widows, **ESCC**, 1pm. **School for Seniors** Bushwalking, **PCC**

Every Friday

Kids entertainment Yrs 7 -12, 7.30pm, **Playgroup**, 10am Umina Uniting Church.

Bingo 11.30am, **UCH** Enq:4343 1664

Lollipop Music Playgroup **BFC** 9.15am. Enq: 43 431929.

Old Wags **Bridge Club**, **WH** (except 4th Fri) 1:30pm, enq: 4360 1820.

Aqua-fitness, Woy Woy Hospital Hydro Pool, 1:30 & 2.30pm, enq: 4325 1869

Active Over 50's **Exercise Class** **EPH** 9.15am, enq: 4342 9252

Watercolour Painting 10am, **EBACC**

Painting 9am, **Computers** 1pm, **Scrabble** 1pm **ESCC**

Gym Sessions 8am, **Gym Circuit** 9am **Circuit Boxing** (Women) 9am, **Boxing/fitness training** 4pm (Junior) 5pm (Senior) **PCYC**

Peninsula Pastimes Ettalong Baptist Church, Barrenjoey Rd. 9.30am, (Ex sch hols), **Primary Kids Club** 4.30pm, enq:4343 1237

Alcoholics Anonymous 6pm, St John the Baptist Hall, Blackwall Rd, Woy Woy, enq: 4342 7303.

Hardys Bay Community Church, **indoor bowls, canasta, scrabble, morning tea** 10am, enq 4363 1968.

Occasional Care, 9am; **Kindy Gym 0-3s** 9.15am, **3-5s** 10.20am;

Weight Watchers, 9.30am; **Smart Recovery**, 10am; **Samaritans Support Group**, 10.30am; **Bridge Club**, 12pm; **The Web**, from 2pm;

Brophy Circus Academy, 5pm;

Kempo Karate, 5.30pm; **Judo**, 7pm; **U3A Courses**, **PCC**

Women's walking group, 9am - 11am **PWHC**

Fishing Club. **EBWM**

Krait RSL Day Club - 10am, **WWAC** - 4341 8564

Fairhaven Services **Cash Housie**, East Gosford Progress Hall 7.30pm

SATURDAY

First Saturday of every month

The National Malaya & Borneo **Veterans Assoc. Meet**, **EBWMC**, 2pm Enq: 4340 4160

Second Saturday of every month

Alliance Française french conversation, **Impact Cafe** Empire Bay 11am - 1pm Enq: 0412252709

Melaleuca Wetland **Regeneration** Group, Boronia Ave, Woy Woy, 8am.

Pretty Beach **Bushcare** group, Pretty Beach end Araluen Track, 8am.

Save our Suburbs, 1pm, enq 4342 2251 **WWPH**

Ex-Navalmen's Assoc, Central Coast Sub-Section, **WWLC** 10am.

Scrapbooking 12pm, **PCC**. enq 4342 3712

Third Saturday of every month

Umina P&C **Bushcare** 9am, Umina Campus of **BWSC**, Veron Rd Umina. enq: 4341 9301

Market Day, 9am Sydney 2000 Park, **UCH**.

Peninsula Residents Association, 2pm, **Peninsula Community Centre**, Cnr Ocean Beach Road and MacMasters Road.

Fourth Saturday of every month

Troubadour **Acoustic Music Club**, 7pm **CWA** Enq: 4341 406

Last Saturday every month

Wagstaffe **Bushcare** group, Half Tide Rocks sign, 8am.

Melaleuca Wetland **Regeneration** Group, Boronia Ave, Woy Woy, 8am

Every Saturday

Vision Impaired Woy Walkers Fisherman's Wharf Woy Woy 7.15am Enq: 4325 3686

Chess Club EBWMC 1pm enq: 4341 8748

Weight Watchers, 8.30am; **Dance & Theatre School**, **Bridge Club**, 12pm; **Gambling Anon**, 2pm; **The Web Drop In Centre**, 4.30-9.30pm, **PCC**

Cash Housie St Mary's Hall, Ocean View Rd Ettalong 7.30pm.

Chess Club, 1pm; **EBWMC**

Childrens Pottery 9.30am **Silvercraft** 1pm

Gym Sessions 9am, **Drama & Discovery** 9am **PCYC**.</

Brigade recruits strong and mobile

The Pearl Beach Volunteer Fire Brigade is recruiting "strong and mobile men and women" to become firefighters.

"We really need some new members, who are available to train most Tuesday nights and who will fight fires when needed," captain Tony Marsh said.

New recruits would commence training on Tuesday, March 4, at 7:30pm.

Mr Marsh said training would include theory and practical work.

"You'll surprise yourself at how quickly you learn about fires and the equipment and strategies we use," he said.

Training continues through the autumn and winter months in preparation for the fire season the following year.

Anyone interested must first attend the Bush Firefighter Intake Night on Tuesday, February 5, at 7:30pm.

At that time, an overview of the brigade's work will be presented, and applications completed.

"You cannot front up for training on March 4 without having first completed all the necessary paper work, which takes about three weeks to process," Mr Marsh said.

Those unable to get to this initial meeting can contact Van Davy on 4306 0105 to make alternative arrangements.

The Pearl Beach Fire Station is located at the end of Emerald Ave, Pearl Beach.

Press release, 23 Jan 2008
Rosemary Ruthven, Pearl Beach
- Patonga Chamber of Commerce

What's On in and around the Peninsula

9am cnr Blackwall Rd & Memorial Ave Enq: 4342 6995

Second Sunday of every month

Ladies Auxiliary of Vietnam Vets, 10 am, Vietnam Vets, 11am; **EBWMC**
Umina P&C **Bushcare** 9am BWSC, Enq: 4341 9301

Third Sunday of every month

Bushcare Group, Tennis Courts, Empire Bay, 9am Enq: 43692486
Ettalong Creek Landcare, Ettalong Rd, Umina, 8am, enq: 4342 2251.

EBWM Fishing Club competition at Club House in Beach St, Ettalong.

Fourth Sunday of every month

Burrawang Bushland reserve **bushcare**, Nambucca Dr playgrnd 9am 4341 9301.

Last Sunday of every month

Alliance Française "La Petanque" (the game of boules) 11am - 5pm Enq: 0415309074

Lions Club Boot Sale & Mini Market, Rogers Park Woy Woy Enq: 4341 4151

Every Sunday

Fijian Cultural Group, 11am-4pm, **PCC**
Coast Community **Church Services** 9am & 5pm Enq 4360 1448

Al-anon/Alateen family support group "The Cottage" Vidler Ave Woy Woy 7pm.

Patonga Bakehouse Gallery 11am Enq: 4379 1102

MONDAY

First Monday of every month

Endeavour View Club Luncheon **ECC** Contact 4342 1722

Pretty Beach P S **P&C**, Resource Centre 7:30pm, ph 4360 1587.

Grandparents Parenting Support Group, Web Riley Room Catholic Church Woy Woy 4342 9995

Country Women's Association meeting, 10am, CWA Hall, Sydney Ave, Umina, enq: 4341 5627.

Second Monday of every month

Save the Children St Andrews Church Hall, Ocean Beach Rd Umina 1-30pm Enq 4324 4389

Women 50+ Group Chat, **PWHC RSL Women's Auxiliary**, 9am; **RSL Sub Branch**, 2.30pm; **Card Club**, 1pm, **EBWMC**

Pretty Beach/Wagstaffe **Progress Assoc WH** 7:30pm, Enq: 4360 1546

Killcare Heights **Garden Club**, 10:30am, Enq: 4344 4520
Coastal Crones (over 50's), **PWHC**

Third Monday of every month

War Widows, 11am, **EBWMC** Enq: 4344 3486

Fourth Monday of every month

Labor Party Peninsula Day Branch, **CWA**, 1pm.

Carers support group, Group room, Health Service Building, Woy Woy Hospital, Enq: 4344 8427.

Last Monday of every Month

WWLT Playreading, Woy Woy P.S. 7.30pm , Enq: 4341 2931

Every Monday

Cash Housie EMBC 7:30pm Enq: 4323 3566

Walking with other Mums Enq: Liz Poole 4320 3741

3Cs-Craft, Coffee & Conversation, 12.30pm **BFC**. Enq: 43 431929

Yoga WH 9.30am Enq: 4360 1854.

Computers, 1pm, **Dancing** 9am; **Indoor Bowls**-9am; **Mahjong** 1pm; **Fitness** 1pm; **Yoga** for beginners 2.30pm; **ESCC**.

Gym Sessions 8am, **Tiny Tots** 9:15am, **Circuit Boxing** (Women) 9.00am, **Boxing/fitness training**, 4.00pm (Junior) , 5pm (Senior)

PCYC

Carpet Bowls, 9am, **EBWMC**
Fairhaven Cash Housie 7.30pm & **Bingo** 11am EMBC enq: 4323 3566

Arts and Crafts for people with a disability 11am, Enq. 4341 9333

Patchwork & Quilting, 10am, **Pottery** 10am & 1pm

Children's Story Time, Woy Woy Library. 10.30 am

Occasional Childcare, 9am; **Volunteering**, 9am; **Gentle Fitness**, 9am; **Supported Playgroup**, 9.30am & 12.30pm;

Yoga, 10am; **Second Chance Craft**, 11am; **Bridge Club**, 12pm;

Physical Culture Club, 3.45pm; **Coast Care Counselling**, 4pm;

Dance & Theatre School, 3.45pm; **Judo**, 5pm; **U3A Courses**, **PCC**

Craft group, 1pm **BFC**
Fairhaven Services **Cash Housie**, Ettalong Bowling Club 7.30pm

Upcoming Events

January 31 - Peninsula Socrates Cafe Group recomences

February 22 - Deathtrap at Woy Woy Little Theatre

If you would like your community not-for-profit event listed here, send the details to Peninsula News

Mail zone moved again

Gosford Council's traffic committee has stated that a "mail zone" which was previously next to the Ettalong Beach Post Office in the Rocks Arcade was removed due to a change of direction by Australia Post.

The council adopted a traffic committee recommendation on July 3, that a mail zone be provided on the southern side of Ocean View Rd, Ettalong Beach, 40 metres east of Memorial Ave.

Australia Post had asked for the provision of the Mail Zone to coincide with the relocation of the Ettalong Beach Post Office to The Rocks Arcade.

The Peninsula Chamber of Commerce raised concerns regarding the resultant loss of one on-street parking space.

The traffic committee stated that, with this in mind, Australia Post had asked that the mail zone be relocated to the northern end of The Rocks Arcade in place of an existing No Stopping zone.

The mail zone on the southern side of Ocean View Rd, Ettalong Beach has now been relocated to the northern end of The Rocks Arcade and one hour parking has been restored on Ocean View Rd in place of the relocated mail zone.

Council agenda TR.07.064,
22 Jan 2008

Lines to be painted

Gosford Council will paint lines on the road at the intersection of Billabong St and Colo Rd, Woy Woy.

Give way signs may also be installed, "if required".

A local resident had asked the council for traffic calming devices and stop signs at the intersection, as an unnamed laneway also intersected at the junction.

The resident said traffic calming devices and a stop sign would "reduce the accident potential at this location".

Council agenda TR.07.123,
22 Jan 2008



North Burge Rd, Woy Woy
4341 7598

Introducing - Joanne and Ping

Garden Court Restaurant

Open Lunch and Dinner - Tuesday to Sunday
Large menu range of Asian and Western Meals

Offering- 10% discount on member's meals
\$6.00 lunches (Asian and western options) Tuesday - Friday

Trading hours:
Open: Lunch 12pm - 2pm Tuesday- Sunday ~ Dinner 5:30-8:30 Tuesday - Thursday
Fri & Sat Night 5.30-9.00 pm ~ Sunday Night 5.30-8.30pm

What's happening?

<p>HAPPY HOUR.. Everyday 9am-12pm \$2.90 schooners \$2.50 middies!!</p> <p>Tuesdays Lingerie Waitress and Pool comp starts 5pm</p> <p>Thursdays Surf and turf Raffle Tickets on sale: 5pm Plus Members' Badge Draw...followed by karaoke!! & Darts</p>	<p>Fridays Madness- Happy hour 5pm to 7pm.. Schooners \$2.50, Middies \$2.00</p> <p>Saturdays Saturday Morning Raffle tickets on sale Fishe's raffle from 7pm</p> <p>Sundays Childflight (every third Sunday of the month) Free poker from 1pm</p>
---	---

Membership - now only \$2.50

Last screening

Hardys Bay Yacht Charters will host its last screening of "floating flicks" with the movie "Strictly Ballroom" on Thursday, January 31.

"Luhrmann's flamboyant style gives this film a vibrant energy," said owner Ms Anna McCall said. "The cruise departs on Banjo

Patterson, a historic timber ferry, at 7.30pm from the Killcare Public Wharf opposite the shops in Hardys Bay and returns to the wharf at approximately 10.30pm.

"Local film critic Mike Rubbo presents the films on board."

Press release, 24 Jan 2008
Anna McCall,
Hardys Bay Yacht Charters

Land for cycle path

Gosford Council has resolved to compulsorily acquire part of the Crown land on the The Boulevard, Woy Woy.

The land will be used to link the Brisbane Water Dr shared footpath and cycleway to the existing path

in Brick Wharf Rd, Woy Woy.

Council stated that action was taken to acquire the land from the Crown, though the Department of Lands required council to use the compulsory acquisition process.

Council agenda COR.8, 22 Jan 2007

Thriller for Little Theatre



Clifford Anderson played by Tyrone McMaster and Sidney Bruhl played by Graham Vale taunt each other in Woy Woy Little Theatre Inc. latest production, Ira Levin's Thriller DEATHTRAP

Woy Woy Little Theatre will present Ira Levin's thriller "Deathtrap" during late February and early March.

The play will be the first of Woy Woy Little Theatre's season for 2008.

"Directed by Brendon Flynn, Deathtrap is a thriller where everyone has hidden motives, is full of murder, treachery, twists and shocks until the very last minute," publicity officer Ms Patrice Horne said.

"Deathtrap was one of the biggest hits in the history of Broadway.

"It's the story of once successful Broadway playwright, Sidney Bruhl, who hasn't had a hit in 17 years.

"He supports himself by teaching at university, but wife Myra's money provides most of the comforts he enjoys.

"When he receives a script from Clifford Anderson, a former student, the thriller reads like a surefire hit.

"Although it is perfect as written, Sidney hatches a plot to claim the work as his own by telling Clifford that his play needs work and offering to collaborate with him.

"Once Clifford accepts Sidney's

offer to share writing credits, the game of suspense begins.

"Will Sidney kill Clifford?"

"Will Myra tell?"

"Will Sidney get caught?"

"You'll have to come and see for yourselves."

Ms Horne said the play would be Brendon Flynn's first directing role with the Woy Woy Little Theatre.

"His extensive experience in the television industry as a director and vision switcher and his passion for theatre has given him a professional edge with this production of Deathtrap," Ms Horne said.

Brendon is the son of two Little Theatre founding members, Bill and Pat Flynn, related to actor Errol Flynn and is also a musician, singer and actor.

The cast includes Graham Vale, Christine Vale, Tyrone McMaster, Penny Dilworth and Mike Jeffries.

The play will be performed at 8pm on Friday, February 22 and 29 and March 7, 2pm on Saturday, March 8, 8pm on Saturday, February 23, March 1 and 8 and 2pm on Sunday, February 24 and March 2 and 9.

For more information, telephone 4344 4737.

The box office is open from 10am to 2pm, Monday to Friday, starting two weeks before each performance.

Press release, 16 Jan 2008
Patrice Horne, Woy Woy Little Theatre

PHOTOGRAPHY TUITION
starting soon!

Call John Herrett
Peninsula School
of Photography

4342 2062 - 0425 231 243
for further information & bookings

BRASSERIE / CAFÉ
OPEN 7 DAYS

FRESH NEW SUMMER MENU
All the favourites plus tasty specials in Seafood; Asian; Curries, Gourmet Pizzas; Hot Rocks;

Specialty Evenings From 20.01.2007
Sunday - Carvery \$12 **
Monday - Steak \$12 **
Wednesday - Schnitzel \$9.50 **
Friday - Reef'n'Beef \$24.50
** Special Family Price available
Saturday - evening BBQ
Sunday - lunch BBQ

Breakfast open from 7.30am.
a-la-carte or weekend buffet
Coffee Shop: Open
Daily : 7.30am to 9.30pm
Lunch open from 12.00 midday
Express Specials from just \$5.00*

Dinner from 5.30pm

TEXAS HOLD 'EM POKER

Saturdays 8pm till late
Fridays from 7pm
Mondays from 7pm
Tables available all week long for practice games

FREE SUPER RAFFLE
Every second Thursday
Tickets available from Club promotions
OVER \$2,000 IN PRIZES

THURSDAY NIGHT CHICAS Lounge
Trivia from 7-9pm
With the "Professor" Graham Lewis
Karaoke from 9-12mdnt
Cash prizes

The Summer of Entertainment
All Free
LIVE MUSIC IS BACK IN A BIG WAY

Every Sunday from 1pm
jazz/chillout music
on the ocean front terrace

Sunday 3rd February
"JENNY MARIE LANG BAND"
Sunday 10th February
PAUL ROBERT BURTON DUO

IN RILEYS LOUNGE
The largest bar on the Peninsula with the biggest entertainment venue

Friday 1st February
4.30pm At Last It's Friday
10.00pm "FLIPSIDE ROCK" @10pm
Saturday 2nd February
9.30pm "BACK TO THE 80s"

Friday 8th February
Friday in Rileys
Saturday 9th February
"COVERGIRL" Show 9.30pm

ETTALONG BEACH CLUB

Ettalong Beach War Memorial Club
51 - 52 The Esplanade
Ettalong Beach NSW 2257
Telephone (02) 4343 0111
Fax (02) 4342 3639
www.ettalongbeachclub.com.au

Details correct at time of printing

*Members' prices - Non-members add 10% so why not join now for only \$5

Party Petition

Gosford Council has received a petition from residents of Mercator Parade on St Huberts Island, complaining about parties held at the house.

The petition, with 35 signatures, stated that the majority of the neighbours on the street were retired or elderly and the "uproar" coming from the neighbouring house late at night was "very distressing for the surrounding residents".

It stated that police had been called on two occasions.

It also stated that the houses garbage bins were "always overflowing with refuse, due to the large number of people using the property during these weekend parties".

The petition asked that council stop the disruption to the "peace and quiet of the surrounding area, due to the constant noise from the weekend/holiday rental" of the certain property "by large groups of people in party mode".

Council has referred the issue to its education and compliance unit.

Council agenda P.2, 22 Jan 2008

Joint presentation for Women's Day

The Multi Arts Confederation and Brisbane Water Secondary College will celebrate International Women's Day in March with a presentation of "Ophelia Thinks Harder".

It will be held at the Woy Woy campus of Brisbane Water Secondary College.

Director Ms Brenda Logan said the event would star some of the Central Coast's finest actors including Caitlin Shaw, Sierra Phillips, Damian Fitzpatrick, Paul Russell, Terry Collins, Annie Bilton, Adam Young, Rob Parnaby, Melinda and Mary Middleton, and Rhys Malone

"Brisbane Water Secondary College's principal Ms Pam McAllister is supportive of the

project and has offered free use of the school hall for an art exhibition and as the studio for the play.

"Students will be providing technical support and two students are also in the cast."

The play will be held on Friday, March 7, at 11.30am and 8pm, Saturday, March 8, at 3pm and 8pm and Sunday, March 9, at 3pm.

The International Women's Day Art Show will be held in the hall on the Saturday and Sunday.

Entry to the event will be by gold coin donation, with funds raised going to the Woy Woy Women's Refuge.

The play is by Jean Betts and William Shakespeare, and directed by Brenda Logan.

Bookings are required and can be made by telephoning 4365 3106 or 4369 4534.

Press release, 17, 18 Jan 2008
Leila Desborough, Multi Arts Confederation
Brenda Logan



Philosophy discussed

The Peninsula Socrates Café Group, a philosophical discussion group, will recommence on Thursday, January 31.

Group facilitator Ms Barbara Hasslacher said that meeting would be held on the last Thursday of each month.

The meeting will be held at the Entréz 4 Booklovers Cafe, 320 West St, Umina, from 5.30pm to 7pm.

For more information, telephone 4367 4730.

Press release, 12 Jan 2008
Barbara Hasslacher, The Peninsula Socrates Café Group

Internet ticket plan for Peninsula Theatre

Gosford Council may introduce internet ticket sales for events at Peninsula Theatre, after deciding not to remain a Ticketmaster agency.

The council's theatre staff recently assessed the operation of the agency and found that the expected benefits had not eventuated.

It was originally anticipated that the agency would bring it commission, increased traffic through the box office and would see the promotion of Laycock Street Theatre events through Ticketmaster.

Theatre staff stated that the commission received did not cover the cost of staffing the agency, with Ticketmaster only offering a "very moderate" increase to the commission, which would be "well short" of an equitable remuneration.

The staff reported that with changes to technology and patron purchasing trends, more tickets were being purchased over the

internet and printed at home.

This meant that people wishing to attend events elsewhere were less likely to purchase their tickets at a local outlet such as Laycock Street Theatre.

Staff said that there had been no proof of increased traffic through the box office or increased ticket sales "either at the time of sale or at a later date".

Tickets to Laycock Street Theatre productions, including events at Peninsula Theatre, were sold through the theatre ticketing system, and had never been advertised on the Ticketmaster website.

"It is very unlikely that this nationwide website would be effective in generating local sales in any case.

"Over the past two years, the operations at the theatre have significantly increased with the introduction of a subscription series and The Supper Club, and strategically there is no benefit in continuing the Ticketmaster agency when resources could more effectively be utilised to introduce internet ticket sales

for the Laycock Street Theatre, Peninsula Theatre and events at the Gosford Regional Gallery and other outdoor events and festivals - which will be implemented this year."

Laycock Street Theatre entered into a Ticketmaster outlet agreement on August 9, 2003.

The system commenced operation on November 20, 2003, and the initial period of the agreement was for three years.

A staff report to Council stated that recent discussions with its legal officers and Ticketmaster representatives had confirmed that council was able to terminate the agreement at its instigation with formal notification.

Council has resolved to terminate the agreement with Ticketmaster.
Council agenda COM.3, 22 Jan 2008

★ WHAT'S ON ★

SEASON 2008

Phone the Box Office now to receive your Performance Season 2008 booklet.
14 new flavours in entertainment.



HEATH FRANKLIN'S "CHOPPER" in **MAKE DEADSHITS HISTORY**

12, 13 & 14 February 7:30pm

As seen on Network 10's *The Ronnie Johns Half Hour*, Chopper head-butts his way on stage, tackling an issue bigger than world poverty or global warming - eradicating the terminally stupid!

CULTURAL LABORATORY

15 February 7:30pm

The Lab returns with a great line-up of story telling, music, drama, film and our unique open forum & Supper. Stuart Smith will appear to talk about the return of Jon English's "Paris - the Rock Opera" in 2008.

WOY WOY LITTLE THEATRE present DEATH TRAP

From 22 February

Two-thirds thriller and one-third devilish comedy.
Tix on Sale 8 Feb. Ph: 4344 4737

GOSFORD CITY COUNCIL presents SHORT & SWEET

The bite-sized theatre with attitude will return in July 2008. Start working on your 10 minute plays as we will shortly be calling for scripts. More information www.laycockstreet.com/sns2008.html

Sponsored by

Peninsula News
Community Access

BOX OFFICE 43 233 233

Peninsula Theatre - Cnr McMasters & Ocean Beach Rds, Woy Woy is proudly owned & operated by Gosford City Council

Award winning artist
Judith Hoste of Umina Beach
holds classes at her
home studio/gallery
15 Glenhaven Close, Umina Beach

Monday - Thursday
in all mediums

There are a few vacancies open at this time
Call Judith on 4341 7302

Why not check out her Exhibition still
running at the Rogue Gallery - Long Jetty
until January 31st

Patonga
Bakehouse
Gallery

Scrub Series
Paintings by
Julian Meagher
26 January to 29 February
also paintings by
Jocelyn Maughan
& Robin Norling

Open Sundays 11am - 3pm
or by appointment
19 Bay St Patonga
4379 1102

Ettalong Beach Arts
and Crafts Centre

Informal Drop In Days
11th February to 23rd February

We invite all prospective students to call into our centre during class times in the above period to meet our tutors, inspect our facility and see first hand what our classes have to offer.

Come along & make new friends
while learning a new hobby or rekindling an old passion.

Mondays - 10am - 12noon Patchwork & Quilting 10am - 3pm Pottery
Tuesdays - 9.30am - 11.30am Folk Art 1pm - 3pm Silk Painting
Wednesdays - 9am-11am Oils & Acrylics 11.30am - 1.30pm Pastels & Drawing
Thursdays - 4.30 - 5.30pm Children's Art
Fridays - 10am - 12noon Watercolour Painting
Saturdays - 9.30am - 11am Children's Pottery 1pm - 3pm Silvercraft

All enquiries please phone 4341 8344

KITCHENER PARK, ETTALONG
Corner Picnic Parade and
Maitland Bay Drive

Sponsored by
Peninsula News
Community Access

Classifieds

Incorporating a **trades directory** and **public notice** advertisements
Peninsula News Classifieds aims to help community groups and businesses reach the Peninsula community at the lowest possible price.
ADVERTISEMENTS cost only \$25 plus GST for 5 cms, and will be working for you in your local community for **TWO WEEKS**
Phone: 4325 7369
Fax: 4325 7362
 E-mail: mail@peninsulanews.asn.au

Accommodation

Renovating this year?
Need short term accommodation?
 Woy Woy short stay, near water
 Large 3b/r apartment
 Well behaved pets, kids and adults welcome
4341 1744

Antennas

A Better Picture
Antenna & Digital Installations & Tuning
 New home specialist
 Credit cards OK
HAYWARD VIDEO
 All areas
 Gosford 4323 6367
 Woy Woy 4344 4414
 Warnervale 1800 244 456
 0412 685 555

Building Services

NELSON'S MAINTENANCE SERVICES
 • Pipe and Cable Location
 • Underground Boring
 • Pipe and Conduit Trenching
 • Jackhammer Excavation
 • Concrete Cutting
 Obligation free quote
Call Tony
0402 551 067

Computers

Throwing away old computers or computer hardware?
 Contact Lyle on 0431 068 801 for recycling.
FREE pickup!

Electrical Appliances

Repairs and Service to vacuum cleaners, washing machines & fridges - Large range of vacuum cleaner bags.
JAYARS APPLIANCE SERVICE

 13-15 Mutu St - Woy Woy
 4342 3538 or 4344 3384
 Approved Service Centre for over 15 Companies

For Sale

Spanline Patios, Glass and Screen Rooms, Carports & Wall Cladding as seen on TV
 Lic. 83737c
PICTON BROS SPAN LINE
 Gosford 4324 9300
 Charmhaven 4393 3397

Garage Sale

Lions Club Garage sale
9am Saturday February 9
13 Pomona Road Empire Bay
4341 4151

Mobile Mechanic

D.T. Central Coast Mobile Mechanic

 *All mechanical repairs & servicing
 *Rego inspections - All makes & models
 *Very reasonable rates
 *Pensioner discounts
 Tim Howell Lic.No. 44 033038
4341 2897 or 0418 603 667

Lawns & Gardens

Green Frog
 Lawns & Garden Care
 • Lawn mowing • Gardening
 • Gutter clearing •
 • Garden Minding •
 Anything else? Just ask!
 • Free quotes • Pensioner discounts • Friendly affordable service by a Peninsula local
 Ph: Ryan 0415 350 453
 grmfrog@optusnet.com.au

Jamie's Lawn Mowing
 Pensioner Discounts
 Match or Better any reasonable quote
 Professional Work
 Gutter Cleaning and other odd jobs
0488 268 166

Painters

A1 PENINSULA PAINTERS
 Improve your home by thousands \$\$\$
 No job too BIG or too small

Free quotes Pensioner Discounts
Phone Ryan 0410 404664

Pensioner Accommodation

Aubrey Downer Memorial Orange Homes
 Point Clare Retirement Village
 Self Care Unit available
 \$118.30/week
 Conditions Apply
Ph: 4324 2068
 Business Hours

Plumbers

Graf Bros P/L
 Bruce Graf Proprietor
 For your plumbing needs contact Bruce
Ph: 4341 7369
Mobile: 0412 438 868
 Lic No. 10166

PRIDE PLUMBING
 • All Plumbing & Drainage
 • Hot Water Repairs & Replacements
 • Gas Fitting & LPG
 • Bathroom & Kitchen Renovations
 • Blocked Drains/Electric Eel Service
 • Guttering & Downpipes
 • Water Tank Specialist
 • Backflow & TMV Specialist
0409 180 596

Public Notices

Woy Woy Peninsula Lions Club
 Sunday, 24 February 8am to 1pm
 Great variety of stalls ~ BBQ, Tea & Coffee. Vendors Welcome ~
 \$10 per car
 Cnr. Ocean Beach Road and Erina St. Woy Woy
 Always Last Sunday (Except December)
 More Details...
 Elmo 4341 4151 - Hope 4369 8707

SMART Recovery AUSTRALIA
 Are you worried about your drug or alcohol use? Do you want to regain control of your life?
 Try SMART - Self Management and Recovery Training
 A facilitated peer managed self help group that assists You to recover from alcohol and drug abuse
 Every Friday 10am - 11.30am
 Peninsula Community Centre, Mc Masters Rd Woy Woy
 Ph 1800 422 599
 Bookings are not required

Public Notices


Australian Red Cross
VOLUNTEERS NEEDED
 Join the Hands On Team and with only a couple hours a week or fortnight, you can provide companionship to frail aged people on the Coast, through personal touch and emotional support while making new friends.
 Call Vicki Langley on 4324 3411 for information.
 www.redcross.org.au

Central Coast Bush Dance & Music Association
 Experience Folk Music at its best
 Top Bands - loads of fun at our
Bush Dance
 at East Gosford Progress Hall @ 7.30pm Henry Parry Drive
February 23
 Enq: 4342 5333
 Admission \$15 incl. supper
 Folk Fed Affiliates & Pensioners \$12, Children 12 to 18 \$8
 www.ccbdma.org for more information

Pumps and Bores

Bore water pump & spear point installation, maintenance, repairs & modifications.
 PVC pipe & spear points installed that never need cleaning.
 Ph John Woolley Lic. No. DL1664
 Phone: 4342 2024

Bores and Spears
 Install high quality pumps and maintenance free spears, existing systems reconditioned, all work guaranteed.
Ph: Warren Greenway
Ph: 4341 7736 Mob: 0408 225 390
 Lic No. DL1960

Removals

A MAN WITH A VAN
From \$45 per hour
 New 6.5 tonne Pantec with tailgate lifter
\$65 per hour
 2nd or 3rd man available
 www.amanwithavan.com.au
0413 048 091

Services Offered

Book Keeping Services
 All services including BAS, Payroll, Super. Qualified & Experienced at \$30 per hour..
 Your office or mine.
 Tel. Keith Stockley
9456 1743 or 0403 676 653

Tiling

Tiling Plus
 To suit your taste, lifestyle and budget. Wall & floor tiling plus landscaping, painting, household repairs & property maintenance
 Competitive rates
 Pensioner discounts
0439 589 426

Tuition

Violin, Keyboard, Piano, Mandolin, Drum and Guitar lessons available
 All Ages welcome.
 Gain confidence and achieve results
 Frank Russell
4342 9099 or 0417 456 929

Wanted

Yard space to store a caravan and/or portable aluminium annexe panels 1m x 2m
Ph: 4341 7308 anytime

Mandarin Tutor Wanted
 2 hours per week in Woy Woy for private beginner level conversation tuition. Doing a formal course elsewhere just need practice.
 Will negotiate \$\$\$.
 Call Suzanne
0419 126 209



TODAY'S SCOUTS - NOW IS THE TIME TO JOIN

2008 THE YEAR OF THE SCOUT

www.scouts.com.au
 1800 SCOUTS

Proudly supported by the Australian Government



Australia Day 2008



Volunteers hard at work



Bill Cook - Citizen of the year award winner



Debbie Watson OAM



Signers



Crowd at Wagstaffe



Australian flags

Australia Day at Wagstaffe



Bill Cook and Kimberly Pratt

Lifesavers win Citizen awards

A Peninsula life saving coach and his student have received the title of Citizen of the Year and the Young Citizen of the Year at this year's Australia Day Community Awards.

Umina Surf Life Saving Club treasurer Mr Bill Cook received the 2008 Citizen of the Year award for his work with Umina Surf Club, Woy Woy Rotary Club and Ettalong Pelican Swimming Club.

Umina Surf Club member Ms Kimberly Pratt won the 2008 Young Citizen of the Year award.

Gosford Council's Australia Day Community Awards were presented at a special ceremony at Central Coast Leagues Club on Friday, January 18.

Ninety-nine people were nominated for the awards, with over 380 people attending the presentation night.

Gosford mayor Cr Jim Macfadyen and 2007 Citizen of the Year Ms Margaret Hardy presented Mr Cook and Ms Pratt with their awards.

Cr Macfadyen said the two awards were the highest civic

award that a Gosford City resident can receive at a local level.

Mr Cook, 62, is an active member of Umina Surf Club, serving on several of the club's committees and volunteering a significant amount of time to the planning, development and construction of the brand new clubhouse.

Mr Cook regularly competes for the club and has won branch titles over the past 15 years.

As well as his commitments to the club, Mr Cook is also president of the Ettalong Pelican Swimming Club and has been a member of Woy Woy Rotary Club since 1985.

Mr Cook raised more than \$100,000 for local youth charities through his role as key organiser for Rotary's fundraising car rallies.

He also trains the Master's competition swimming squad.

"Mr Cook is a thoroughly involved community member.

"He is an outstanding, positive role model for all our citizens," Gosford Council media officer Ms Kate Carragher said.

"The amount of time, energy and commitment he puts into everything

he undertakes is second to none".

Ms Pratt, 16, received the 2008 Young Citizen of the Year award for her involvement in Umina Surf Club and her commitment to helping others after being awarded the title of Miss Charity Queen at last year's Brisbane Water Oyster Festival.

She is co-manager of the surf club's under-6 nippers, helping organise and run activities for over 40 children every Sunday morning in summer.

In recent years, Ms Pratt has been awarded the junior club person of the year title and inducted into the rookie wall of fame at the club.

Through her charity efforts, Ms Pratt raised more than \$9,800 for NSW Cancer Council's Breast Cancer challenge at last year's oyster festival.

"She is a wonderful role model not only to her nippers' squad, but also to all her peers and those that come into contact with her," Ms Carragher said.

Press release, Jan 19 2008
Kate Carragher, Gosford Council

Elyssia helps State win

A member of Ocean Beach Surf Life Saving Club, Elyssia Gasparotto, has competed with the NSW State team at the Year of the Life Saver Interstate Titles at Bondi Beach.

As part of the Central Coast Interbranch team, Elyssia recently placed second in the swim, first in the surf teams, third in the board, first in the board teams and was a member of the board rescue team which also placed first.

Junior activities development officer Ms Robyn Carr said: "Elyssia competed with determination and sportsmanship as she does at all times and was an ambassador not only for the Central Coast but for her own club at Ocean Beach."

Ms Carr said that, with Elyssia's performance and that of other junior competitors, NSW won both the junior and open championships and the overall championships.

Press release, 14 Jan 2007
Kristene Murphy, Ocean Beach Surf Life Saving Club

Good results in lifesaver event

Ocean Beach Surf Life Saving Club received "excellent results" in the recent Champion Lifesaver competition which was held at Ocean Beach.

Club publicity officer Ms Kristene Murphy said that the event comprised an exam, resuscitation on a mannequin, resuscitation on a live person, a beach sprint, a surf swim race, a board race and a tube race.

"In the Open section, Richard Grimmond came first beating much younger opponents, Bryce Sainty placed third and Nigel a commendable fourth," Ms Murphy said.

"Shelley Smith came third in the women's section.

"In the Under-17s, Ocean

Beach took out all of the top spots - Lauren Swain came first, Ashleigh Swain second and Jess Moyes third, beating a host of Terrigal competitors.

"Bryce Sainty came second.

"Bryce had to do all physical events twice as he competed in both Opens and Under-17s."

In the Under-15 girls, Ocean Beach performed well, with Natasha Swain first and Brooke Carr second.

In the Under-15 boys, Matt Hurst came first, Keelan Bridge second and Greg Bennett fourth.

"This was a wonderful result as the boys all competed up an age, as did Brooke," said Ms Murphy.

Press release, 18 Jan 2007
Kristene Murphy, Ocean Beach Surf Life Saving Club

Umina Bait & Tackle PTY LTD

Large Range of BAIT
Excellent Range of TACKLE

Open 7 Days

LESLIE STREET, UMINA ☎ (02) **4341 1686**

CHEAP BAIT

FRESH GREEN WEED

Tiling Plus

To suit your taste, lifestyle and budget.

Wall & floor tiling
plus landscaping, painting,
household repairs & property
maintenance

SPRING SPECIAL!!!

Free Grout with
any tiling job*

Competitive rates - Pensioner discounts

0439 589 426

*Conditions Apply

Certificate for State gymnastics



Member for Gosford Ms Marie Andrews recently presented 12-year-old Woy Woy resident Alison Lyons with a State Representative Certificate.

Alison competed at the Gymnastics NSW State Championships at Homebush in September last year.

"Alison is an extremely talented young girl in acrobatics who is highly motivated," Ms Andrews said.

Two medal winning routines were performed by Alison in the Women's Paired Level 5 events; one in balance (bronze medal) and one in dynamic (silver medal).

"She has a very supportive family and has trained long hours to achieve these outstanding results," Ms Andrews said.

"Alison is a great role model for other young people on the Peninsula and I wish her well in her future sporting activities."

Press release, 25 Jan 2008
Marie Andrews, Member for Gosford

Local heads national team

Four-time Australian Paralympian and Woy Woy resident Ms Liesl Tesch has been named as captain of the Australian Women's Wheelchair Basketball team (Gliders), which will compete at the Osaka Cup in Japan from February 14 to 16.

"Canada, Japan and the USA will also be competing at the tournament, bringing together four of the top five women's wheelchair basketball teams in the world, on current rankings," according to Parramatta Basketball Association media officer Mr Noel Rowsell.

Ms Tesch, a teacher at Woy Woy campus of Brisbane Water Secondary College, was one of six NSW players in the team.

"This is an excellent tournament for Basketball Australia to be involved with," said Mr Rowsell.

"The Osaka Cup is being held to promote sports for people with disabilities and to contribute to international exchanges - but we're also preparing for the Beijing Paralympics so we will naturally benefit from the competition."

Press release, 22 Jan 2008
Noel Rowsell,
Parramatta Basketball Association

Selected

Gregory Bennett and Brooke Carr have been selected to represent Ocean Beach Surf Life Saving Club at the Central Coast Branch Junior Life Saver of the Year event.

The winner of the branch event will represent the Central Coast at the State Titles in February.

Press release, 14 Jan 2008
Kristene Murphy,
Ocean Beach Surf Club

CONVERT YOUR HOME MOVIES, VHS & 8mm TAPES TO DVD

From \$35.00

- ◆ Editing
 - ◆ DVD menus & titles
 - ◆ Special Effects
 - ◆ Music
- Can be added for an extra cost



CONVERT YOUR LP'S & CASSETTES TO CD

Prices start from \$15 per record. Cassette prices may vary.

Make your own compilation CD from \$25

Phone Lee on 4340 0530

Peninsula News

Community Access

is printed on 100% recycled paper products, even the ink is made from vegetable matter.

So when you're done reading this paper please recycle it or give it to someone else to read

A1 PENINSULA PAINTERS

Improve your home by thousands \$\$\$
No job too BIG or too small



Free quotes
Pensioner Discounts

Phone Ryan 0410 404664

PCYC 'PUMP' GYM

POLICE & COMMUNITY YOUTH CLUBS

No Frills/Hassles or Contracts

Take advantage of our low cost rates and save

Weights ◀ Boxing
Circuit Boxing
General Circuit

'PUMPing' ('Rocking') Gym on Monday Nights

Our Gym is for use by people of all ages

Monday to Thursday	9:00am-12noon	3:00pm-8:00pm
Friday	9:00am-12noon	3:00pm-6:00pm
Saturday	9:00am-12noon	

To join PCYC
\$5 for under 18s or \$10 for over 18s
Single Gym Session
\$5 for under 18s or \$7 for over 18s
Weekly Gym Session
\$10 for under 18s or \$15 for over 18s
Monthly Gym Session
\$30 for under 18s or \$50 for over 18s

PENSIONER CONCESSIONS AVAILABLE FOR OVER 65's
You can find out more by speaking to Gym staff, to staff at the front counter or by phoning us on
Ph: 4344 7851 – UMINA PCYC
Osborne Avenue, Umina Beach

Sponsored

by Peninsula Community Access **News**

BLACKWALL MOWERS & CHAINSAWS

Ph: 4343 1624 or 4341 1671 **NOT JUST A MOWER SHOP!!** 72 Memorial Ave, WOY WOY
Fax: 4344 4181 www.blackwallmowers.com NSW 2256

Take a break with Masport

Simply purchase a qualifying Masport lawn mower from Blackwall Mowers & Chainsaws to receive one free night's accommodation for two in your choice of many selected hotels around Australia!*

www.masport.com.au

*Important - Terms and Conditions apply. Customers must qualify for this offer



Campbells Home Hardware

Open
7 Days

HOME

The Proper Hardware store with real people

**Treated
Pine
Logs
Sleepers
Lattice
Cladding
Insulation**



**6 LITRES
DECKING OIL**
(natural)

NOW even less at
~~\$58.95~~ **\$52.50**
• Manufactured by watty! • FREE tinting also available

A huge range of paint and accessories

182 Blackwall Road, (at the lights) Woy Woy
Phone: 4341 1411 Fax: 4343 1355
100% Locally owned 100% Locally staffed

