



Part of the guard rail along Woy Woy Rd is suspended above the collapsed section of road



The collapsed section of road on Woy Woy Rd at Bulls Hill Woy Woy.

Collapse closes Woy Woy Rd

Woy Woy Rd was closed between Kariong and Woy Woy last Thursday night after a section of the road collapsed.

A section of the roadway shortly downhill from Woy Woy Bay Rd at Horsfield Bay, was closed after a section became unstable and subsided following heavy rain in the area.

Detours were put in place, and police advised motorists to delay their travel or to use the Central Coast Highway as an alternative route.

Police stated that the affected section of Woy Woy Rd was expected to remain closed until at least Monday while repairs were undertaken.

Local activist Edward James

visited the collapsed section of road.

"There is a substantial section of concrete beneath the road surface, which is about 300mm thick, has broken and collapsed down the hill side, taking a section of the almost brand new road works surface about one metre by five metres along with it," Mr James said.

"Several steel post hang into the void above the collapse.

"It is very obvious that storm water has played a big part in the undermining of the road.

"But the obvious question still must be asked; Did the recent work and resurfacing, evident amongst the wreckage in the photographs, hasten the collapse of the road?"

"Certainly, it looks strange that the section of road where the railing has been replaced is the same

section which has collapsed.

"I also noticed a similar type of liner cracking to that on Pearl Beach Dr, which I and many others have complained to Gosford Council about often in recent years."

Road closure signs were still visible outside the old abbatoir on Woy Woy Rd on Friday morning.

Police were seen blocking the Kariong entrance to Woy Woy Rd on Thursday night.

Motorists reported traffic being backed up from the bottom of Woy Woy Rd, Woy Woy, to the bottom of Kariong Hill, West Gosford.

The collapse occurred before 5pm on Thursday.

Press release, 24 Apr 2008
NSW Police Force,
NSW Police Media
Press release, 25 Apr 2008
Edward James

Rainfall at four-year high

Rainfall to date this year remains the highest in four years, according to figures recording by Woy Woy resident Mr Jim Morrison.

Falls totalling 123.8mm between Sunday and Wednesday last week brought the monthly total to 217.7mm and the cumulative total for the year to 640mm.

This was almost twice the rain which had fallen by the end of April in 2006.

The cumulative total for April in each of the previous three years was 558.8mm last year, 343mm in 2006 and 385.7mm in 2005.

April last year was also a high rainfall month with 292.9mm, but in the previous two years April had low rainfall.

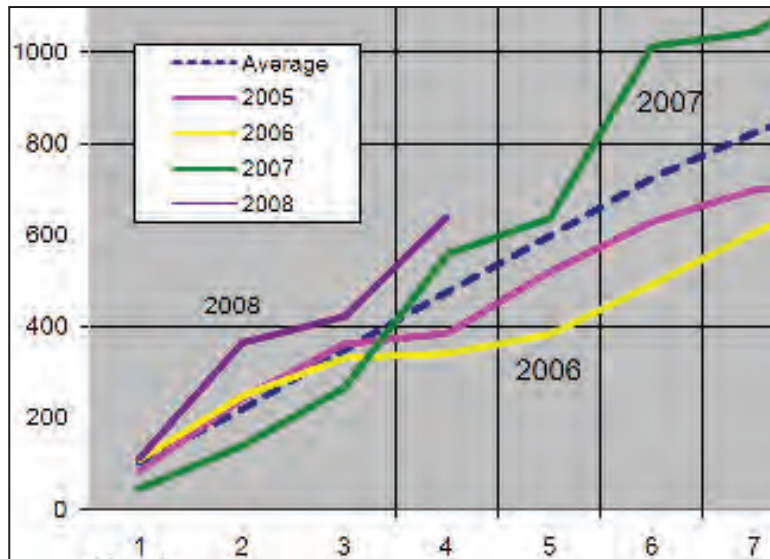
In 2006, just 12mm fell, and in the previous year the total for April

was just 22.5mm.

However, March this year was the driest March in the last four years with just 57.5mm falling,

compared to 126.2mm in 2007, 82.5mm in 2006 and 118.5mm in 2005.

Spreadsheet, 24 Apr 2008
Jim Morrison, Woy Woy



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Winners drawn

The winners of the promotional competition in the last edition of Peninsula News have been drawn.

Winners of tickets to the HIA Sydney Home Show were Doug Mason of St Huberts Island, Mr

Fotheringham of Woy Woy, Muriel Cadman of Bensville, Fran Kendal of Woy Woy, Robert Harvey of Umina, John Scealy of Tascott, Terry Drew of Woy Woy, Mrs Plant of Woy Woy, Mr Hanzikourti of Kariong and Mrs Meliska of Woy Woy.

They have each won a double pass to next month's show.

The 20th Anniversary show will run from May 1 to 4, at the Sydney Exhibition and Convention Centre in Darling Harbour.

Clare Graham, 24 April 2008

Rugby local to coach uni team

Former Woy Woy Rugby Union first grade coach and twice winning coach of the Central Coast Waves, Ross Hopkins, has been appointed head coach of New South Wales Uni Blues.

Mr Hopkins, who is the head coach of Gordon second grade and was that club's Coach of the Year in 2007, said he was delighted to be appointed.

"I was the coach the last time this game was played in 2005, and this game is treated as a State of Origin in the University Rugby program in Australia," Mr Hopkins said.

"We won that game easily and I am sure that the Reds will be eager to win back the trophy.

"This game is a selection process for the Australian University rugby team so it is played with plenty of

passion and intensity."

Mr Hopkins was flown to the US to coach in Wisconsin late last year to take the University based in Madison to the Midwest play-off's for the first time in a number of years.

Mr Hopkins said he has certainly had a successful run of appointments after leaving Woy Woy in 2005, after getting the Lions to successive first grade final series.

"I have been coaching senior rugby for close on 20 years so it is certainly nice to putting my experience into coaching into these representative games," Mr Hopkins said.

The NSW Uni Blues will play the Uni Reds at Ballymore Oval, Brisbane and also Queensland Country on the Gold Coast in April.

Press release, 23 Mar 2008
Ross Hopkins,
Woy Woy Rugby Union

Platform at intersection

A raised platform will be installed at the intersection of Flathead Rd and Schnapper Rd, Ettalong, following a resolution from Gosford Council.

Council had originally planned to construct a speed hump at the

intersection, but following a public consultation, has since resolved to install a raised platform.

The raised platform would be similar to the type at the intersections on The Esplanade at Kourong St and Barrenjoey Rd, Ettalong Beach.

A report from Council's traffic

committee stated that the raised platform would be acceptable as it performed a traffic calming effect for all legs of the intersection.

It said that such a device was not considered to have a detrimental effect on the surrounding streets.

Council agenda TR.02.107,
4 Mar 2008

Peninsula News

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

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Education program launched

A new youth education program "Connections" has been launched at Ettalong Beach.

The three-year program is aimed at helping young people re-connect with further education, training and employment.

The program is being run by Workwise at Ettalong Beach and will provide 40 young people a year with the life skills they need to continue their education and employment.

Ms Member for Robertson Ms Belinda Neal launched the program on March 26.

"Connections will ensure a flexible education for young people who have dropped out of school so they can participate in further education, training and employment," Ms Neal said.

"This program is great news for our region, and provides our young people with the opportunity to expand their skills base and improve their career options.

"For whatever reason youths do go off the tracks and this program allows them to hop back on and put their talents to good use."

The program is part of the

Australian Government's Career Advice Australia (CAA), directed at assisting youth aged 13 to 19 years to achieve a successful transition through school and then on to further education, training and employment.

The Government provided funding of over \$330 million between January 2006 and June 2009 for CAA.

Nationally Connections services aim to assist more than 3000 disconnected youth annually to re-engage with education.

"WorkWise Connections is partnering with other organisations to effectively deliver individually targeted services in education," Ms Neal said.

"They are delivering integrated courses comprising Certificates I and II in General Education for Adults, together with other key life skills and pastoral, mental health and youth crisis support services."

Ms Neal said the Ettalong program, currently has 12 participants and a waiting list of 40 to enter the program.

Clare Graham, 27 March 2008
Press release, March 26 2008
Belinda Neal, Member for Robertson

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Bob-a-Job continues

Broken Bay Scout Group will be participating in the annual Scout Job Week from May 11 to May 17.

"In the good old days, it was referred to as Bob-a-Job week," fundraising coordinator Ms Judy Battese said.

"For over five decades, Scouts across New South Wales have lent a hand and undertaken projects in their local area for a just reward.

"Broken Bay Scout Group is one such group participating and offering their services to do a variety of jobs such as gardening, shopping, dog exercising or general cleaning.

"We encourage homeowners and businesses to become a part

of this event."

Ms Battese said the aim was to give young Scouts a work ethic, provide the local community with inexpensive help and to raise some funds along the way.

"The funds raised will be used by the group to update equipment such as tents and canoes and to help fund scout activities such as camps," Ms Battese said.

"All money raised in the local community stays in the community, to benefit young people through the Scout youth program."

For further information, telephone Judy Battese on 4341 7713.

**Press release, 15 Apr 2008
Judy Battese,
Broken Bay Scout Group**



Wyong Mayor Cr Warren Welham, Gosford Mayor Cr Jim Macfadyen and Gosford Council Director of Water and Sewerage Mr Rod Williams officially opening the Woy Woy water treatment plant

Borefield project is completed

The regional water authority has announced the completion of its \$9.5 million Woy Woy groundwater project.

The authority said the project has involved the construction of the "largest drinking water borefield" on the Central Coast and a new water treatment plant at council's Woy Woy Depot.

Gosford Mayor Cr Jim Macfadyen said: "The Woy Woy borefield comprises of 13 bores, together with 7.3 kilometres of underground pipeline and is

capable of producing up to five million litres of fresh drinking water per day," Cr Macfadyen said.

"The new treatment plant has been producing high quality drinking water during a series of trials that have been carried out since June 2007.

"These trials have allowed the councils to finalise operational guidelines and test the full capabilities of the new equipment.

"With testing now complete the councils will introduce treated groundwater into the drinking water system within the Woy Woy

Peninsula area."

The amount of groundwater the councils can extract from a borefield is determined by the

Department of Water and Energy which is responsible for managing New South Wales's groundwater resources.

A statement issued by Gosford Council said the council was committed to ensuring the use of groundwater complied with State guidelines and did not adversely affect the environment.

**Press release, 17 Apr 2008
Meaghan Morrison, Gosford Council**

No stopping at Empire Bay

Gosford Council has resolved to erect No Stopping signs outside of units at 7 to 11 Rickard Rd, Empire Bay.

The Empire Bay Progress Association asked for the No Stopping signs in the location, adjacent to the intersection of Greenfield Rd.

The Association stated that

since the development of the units facing the T-junction, cars often parked in front of the units.

It stated that this necessitated vehicles turning right out of Greenfield Rd towards Kendall Rd to cross over the double lines into oncoming traffic.

**Council agenda TR.08.008,
4 Mar 2008**

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'Magic' at bushcare

Bill Gregor says he finds magic when he does volunteer bushcare work at several sites around Wagstaffe and Pretty Beach.

Bill spoke at a special presentation organised at the Woy Woy Environment Centre last month about the rewards of being a Peninsula bushcare volunteer.

He said: "Volunteers remove large clumps of weeds like lantana, and find native plants underneath just waiting for a chance.

"Then we get a great clump of acacias instead."

Bill was one of five volunteers who spoke about their bushcare work.

Pretty Beach Public students Mani Woods and Sarah Farnon talked about their school's environment programs.

Sarah said: "Looking after the environment is a job someone has to do and we chose to do it."

Their school's activities include an energy audit, no-waste Tuesdays, worm farms, water-testing, nature walks, water tanks, water meters, recycling, adopting a whale, and making nest boxes for bats.

Sarah's mother said: "My children teach me what to do.

"They learn these things at



Pretty Beach students Sarah Farnon and Mani Woods

school and come home and teach me how to look after the environment."

Kate Consterdine of Umina High P&C Bushcare said: "We're like explorers, discovering new plants and animals.

"At our school site, in patches of rare bush where they've stopped walking and mowing, all these little flowering herbs have grown.

"I think humans have an instinctive need to be in close contact with the earth, to look after it, and we do that through

bushcare."

Shirley Hotchkiss of Burrawang Bushcare said: "I've learnt many things about politics, plants, birds and people since we started this group over five years ago.

"There's free bushcare training and a great variety of free courses about topics such as bats, fungi, and birds.

"And I've made good friends. I recommend it to everyone."

With enquiries, phone 4341 9301 or Gosford council's bushcare officers on 4325 8195 or 4325 8169.

Press release, 21 Apr 2008
Shirley Hotchkiss,
Burrawang Bushcare

Burrawang Bushcare day changes

Burrawang Bushcare Group has changed its workday to the third Tuesday of every month.

The group co-ordinator Mr Jim Morrison said: "Our group has been working on this site once a month for over six years now, with four of its foundation members still the core volunteers."

He said the group decided to change to a Tuesday from a Sunday to attract new volunteers, and to fit in better with the needs of group members and the bushcare supervisor.

Several of the current volunteers also work on other Peninsula bushcare sites on weekends.

"Since we began caring for this bushland reserve, it has been recognised by the Department of Environment and Climate Change as an endangered ecological community," Mr Morrison said.

"And, because some of this rare type of bushland has been destroyed on other sites, that has made the work we do even more significant in stopping its extinction.

"We also have evidence of

several rare fauna species using this bush as habitat.

"These include the bush stone-curlew, glossy black cockatoo and grey-headed flying fox."

Mr Morrison said the group had conducted Clean-up Australia Day projects on the site for six years which meant the site was now reasonably clear of rubbish.

Mr Morrison said more people now appreciated the reserve having changed from a dumping ground to a reserve for rare bushland that is "in good condition".

"People still dump rubbish though, and the results of dumping garden waste are that we are still trying to remove many exotic garden plants from the reserve," Mr Morrison said.

"The Hillview St frontage has been particular problem area."

Mr Morrison said the group meets at 9am on the third Tuesday of the month at the Nambucca Dr Playground, and everyone is welcome.

For more information, telephone 4341 9301.

Press release, 21 Apr 2008
Jim Morrison,
Burrawang Bushcare Group

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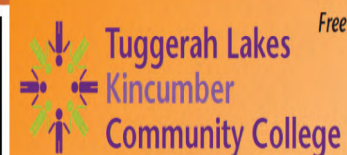
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News



The demolished toilet block with the removed vegetation in the background

Council 'reneges' on dune agreement

Gosford Council has reneged on an agreement not to level the dune at the northern end of Town Beach, according to Peninsula Dunecare convenor Mr Michael Gillian.

He said that Council's director of works Mr Stephen Glen had given the undertaking at a meeting on October 31 last year.

Mr Gillian said that removal of dune vegetation and dune reshaping at the northern end of the beach had been in contention, and the meeting with Mr Glen was held to clarify the council's plans with the dunecare group.

Mr Glen had undertaken not to remove vegetation from the northern end of the dune and that the dune would not be reshaped or "levelled", Mr Gillian said.

"Council's recent actions in bulldozing and levelling the northern dune area has basically destroyed the integrity of the dune system," Mr Gillian said.

"Gosford Council is the appointed trustee of the reserve and it has failed to undertake its responsibilities in this respect.

"It is not acceptable to inform the community there would be no dune levelling and extensive removal of vegetation in the northern dune area and then proceed to ignore this commitment."

Mr Gillian said the destruction of the dune area needed to be investigated to determine "why council had contravened the Plan of Management".

Media release, 24 Apr 2008
Michael Gillian, Peninsula Dunecare

Council will implement dune plan

Gosford Council is committed to implementing the Ettalong Beach Reserve Plan of Management and retaining a healthy vegetated dune system while providing public access to the beach area, according to a council manager.

The council's manager of engineering services Mr John Cragg was responding to comments from the Australian Conservation Foundation Central Coast Branch that the bulldozing of vegetation at Ettalong Beach was possibly more environmentally damaging than an arson attack that burnt part of the vegetation recently.

Mr Cragg said: "The Ettalong Beach Reserve Plan of Management specifically acknowledges that some vegetation will be removed and regular maintenance pruning will be undertaken to preserve sight lines and public amenity for

the area.

"The removal of vegetation near Picnic Parade is identified in the Ettalong Beach Dune Management Plan section 6.7 'Reshaping of dune at northern section'.

"The burning of dune vegetation as has occurred is an offence and council is taking appropriate action to place a banner on-site advising the public of the penalty for vandalising trees and requesting any information that may assist in finding the person responsible.

"The fire burnt most of the vegetation in a relatively small area just west of Picnic Parade and left a large amount of broken glass and dead shrubs.

"It was considered appropriate that the site be cleaned up as soon as possible to protect the general public.

"As this site was identified for dune reshaping and a suitable machine was available on site removing the old toilet block, it was

decided to undertake these works immediately.

"The site has now been mulched to stabilise the sand and planting of the area will be undertaken in the next few weeks.

"Clearing of the future viewing deck areas and removal of large sections of lantana has been undertaken in accordance with the Plan of Management.

"The viewing areas have been prepared for the installation of timber viewing decks.

"Both areas have been mulched to prevent sand movement and dune sand trapping mesh has been installed to control sand movement from the beach.

"Construction of viewing decks on the foreshore reserve is consistent with the intent of the Ettalong Beach Reserve Plan of Management and as such does not require development approval."

Lyle Stone, 24 Apr 2008
Interviewee: John Cragg,
Gosford Council

Missing boys located

Three young teenagers were located last week after they went missing near Middle Head, between Pearl Beach and Patonga.

Two boys, aged 14 and 13, were notified as missing about 7.50pm on Saturday, April 19, after last being seen at 2pm.

At the time, they were believed to have been riding pushbikes to either the Patonga or Blackwall Mountain areas.

An extensive search for the teenagers was conducted by police from Brisbane Water Local Area Command, with assistance from PoAir, the Dog Squad, and Water Police, along with SES, and National Parkes and Wildlife

Services personnel.

About 10.30am the next day, two bikes were located by PoAir, at the water's edge south of Middle Head.

The boys were later located by a nearby fisherman in bushland north of Middle Head.

He escorted them out of the scrub to a nearby cliff-top, where they were airlifted by PoAir to Patonga.

Police Media said all three males were relatively safe and well, with one suffering mild hyperthermia.

They were taken to Gosford Hospital for observation.

Press release, 20 Apr 2008
NSW Police Force,
NSW Police Media

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Don't let tragedy dissuade you

Last Sunday I was horrified to read about the toddler that drowned while on an outing with family day care.

My heart broke for the family and all those involved in this terrible tragedy.

As the mother of a four-year-old daughter, I couldn't begin to imagine the agony of losing my child.

My daughter is in family day care on the Woy Woy Peninsula and I am firmly committed to keeping her

Forum

there.

I am a parent representative on the sub-committee for the Family Day Care Scheme on the Peninsula and I know how seriously our carers take their responsibilities - particularly given the environment we live in, surrounded by water.

Our carers take their children to playgrounds that are well away from water and that are fenced and security gated.

You will sometimes see family day carers at the park in Ryans Rd, Umina and at the playground next to the Community Hall at Kariong.

Please, if you are thinking about using family day care for your child, don't let the tragic event from last week dissuade you.

I am overwhelmingly happy having my child cared for in a small, family-oriented environment.

**Joanne McGill
Umina**

Memories of the Masonic Hall

Having started school at Woy Woy Public 71 years ago, it is sad to see another old building go.

The Masonic Hall has been used for many occasions over the last 71 years I have lived here.

Wedding receptions were very popular.

My twin sister had hers there 53 years ago with 150 guests.

Dances were also held there.

I ran one on Friday nights for the Woy Woy Rugby League with over 120 attending.

Most of our league players would come down by train on Friday night to play for Woy Woy in the winter and to Ocean Beach Surf Club in the summer to patrol the beach.

Forum

We all received our bronze medallion at that time.

I started work at 15 at Nielson Shoe Factory where K Mart now stands.

The old Bay View Hotel stood there and that was converted into the shoe factory on both sides of Charlton St.

We held our Christmas party at the Masonic Hall every year for 10 years until the factory was moved to Melbourne.

I was assistant manager to Fred Royal, whose daughter is now a GP opposite Woy Woy station.

**Bruce Diehard
Woy Woy**

Remove rest of ugly scrub

We write with absolute disdain for those councillors who supported Cr Terry Latella's motion to put a banner on Ettalong beach because she opposes the clearing of the ugly scrub which blocked out our glorious views to Palm Beach and made our town beach unsafe and ugly.

Because of her notice of motion being supported, council will now put up signs and a banner on our beachfront plus advertising in the media that Gosford Council does not tolerate "vandalism" on our beach.

The clearing of the ugly scrub was not vandalism but bloody commonsense.

Remember, this high cost is at the expense of us ratepayers.

Forum

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See Page 2 for
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But she gives little consideration when our shopfronts are graffitied or our windows smashed.

Where is council's concern when we ratepayers have been "vandalised"?

The clearing of the scrub on our town beach was nothing more than a miracle.

Finally, it is safe to go back to the beach.

Finally, we have our magnificent views returned.

Finally, the weeds and lantana, all causing environmental damage to our beachfront, has been removed.

We implore that Gosford Council wake up to themselves and remove what is left of the ugly scrub and construct a timber boardwalk right along so that everyone can enjoy the waterfront.

Obviously, Cr Latella doesn't know the difference between a natural dune and a town beach.

There is no other coastal village in this country that has to put up with this disgraceful treatment.

Terrigal residents certainly wouldn't put up with it, so why should Peninsula residents?

**Janice and Mark Kissane
Umina Beach**

Feel West St energy

Thanks, but no thanks, Matthew Wales.

West St, Umina Beach, doesn't need a big shopping mall stretching from West St right through to Wellington St.

That's where we park our cars when we buy at the many small shops in and around West St.

West St has an energy you can feel, as you sit - in the open air, moreover - outside the many food and coffee shops scattered between the small specialty shops.

It's a country town feel and the traffic is slow and mostly courteous (those in a hurry can go around via Wellington St).

I'm constantly meeting people who live outside the Peninsula and who regularly come to West St to

Forum

enjoy food and friendliness.

Small West St shop owners know the problems lately faced by shopkeepers at Erina Fair, with sharply rising rents to keep up (swish) appearances.

Gosford CBD isn't working: there's no parking, except in the malls where parking is a nightmare.

Woy Woy is within a local bus ride if Umina Beach shoppers need the large supermarkets.

Nice of you to think of us - but your idea is my worst nightmare.

**Fran Adams
Umina Beach**

Council responsible for beach neglect

There would appear to be only a few people who remember the area as it was in the past; who remember the lovely wide beach, which used to be at what is now known as Ferry Beach, where our children had their first taste of the sea.

On a bad day, the wind used to blow the sand across the

Forum

Esplanade at Ettalong Beach but this was relieved by the planting of the vegetation.

Many locals have wondered for many years just why the vegetation was allowed to become so overgrown and untidy: a neglected beachfront.

This has all become clear in

latter years.

It was all part of the grand plan: People could be encouraged to complain about it.

It hasn't just now become a recreational area under the auspices of the Council.

It has been Council's responsibility for a long time.

They just chose to ignore it.

The Ettalong Beach Plan of Management was passed by the State Minister.

It was presumed that the requirements of that plan would be followed, but this does not appear to be the case.

**Margaret Lund
Woy Woy**

Include basics in vision

What is the "grand vision" for West St, Umina Beach?

It is good news that Mitre 10 West St will continue business until the end of the year.

All those currently using the local store must be seriously considering their current and future hardware needs and source options.

Presently, only two hardware stores supply the needs of a large and increasing population.

If one hardware store closes,

Forum

can the remaining store meet the demand or will it be necessary for residents to travel out of the area to source basic hardware and maintenance items?

Basic needs, including hardware, should be available locally.

The "vision" needs refocussing.

**Norman Harris
Umina**

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The Peninsula newspaper's website, a comprehensive collection of editions published to date

Aboriginal women graduate from uni

Two aboriginal women of the Woy Woy Peninsula have graduated from Macquarie University with a Bachelor of Community Management.

The pair graduated on Friday, April 18.

Aboriginal community development officer Ms Kylie Cassidy said both she and Denise

Markham had been studying hard while juggling family, work and university commitments for the last four years.

Ms Cassidy said the pair had endured stressful times and overcome milestones but had now achieved their goals.

She said the ceremony took place at Macquarie University and among the graduates were

30 Aboriginal and Torres Strait Islander students, each achieving degrees in their chosen field of study.

Ms Cassidy said the two of them were both now putting their degrees into practice by implementing positive activities in the Peninsula community.

"Recently two more local indigenous women, Anita Selwyn and Lana Mlotkowski, have

decided to take the university path and follow their dream of achieving higher education and the opportunities of employment and satisfaction of helping our community," Ms Cassidy said.

"Anita is currently in her final year of study whilst Lana has just begun her journey and is in her first year."

Press release, 21 Apr 2008
Kylie Cassidy, MINGALETTA



Kylie Cassidy and Denise Markham both recently graduated with a Bachelor of Community Management from Macquarie University

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Saturday - 8.30am to 4.00pm
Sunday 9am - 3.00pm

Money raised for plasma TV

Woy Woy Community Aged Care Auxiliary has raised \$2000 during its last fundraising effort to purchase a new plasma television for dementia residents at the nursing home.

The cheque was presented to Woy Woy Community Aged Care CEO Ms Jenny Eddy at the auxiliary's last meeting on April 9.

Auxiliary treasurer Ms Ruth Collins said it was great to see the community get behind the community aged care facility one more time.

"We raised the money through raffles and street stalls during the Christmas season and we were extremely pleased to see the Peninsula community give up some of their spare change," Ms

Collins said.

"The dementia residents only had a very small television to share among a large group.

"It is very pleasing to see them enjoy the luxury of watching a big

screen."

Ms Collins said the auxiliary had been fundraising for the nursing home for the last 30 years and would have raised "hundreds of thousands of dollars" in the process.

"As many of the members of the auxiliary become older I think it is important to get the younger generation involved to ensure the future of our work," Ms Collins said.

"We are always looking for new members with fresh ideas."

The auxiliary will be holding its next fundraising event at Rogers Park, Woy Woy, on Sunday, May 25.

The charity group will be running its regular market stall and raffle to help raise money for the community aged care facility's outdoor courtyard.

Ms Collins said the auxiliary is hoping to raise enough money to purchase safe and reliable seating for residents in order to replace the old plastic chairs that residents currently use.

"It is very rewarding seeing the residents of Woy Woy Aged Care enjoy some of the luxuries they might not be able to afford otherwise," Ms Collins said.

"It would be great if the Peninsula community could get behind us once again for the upcoming event in May."

Clare Graham, Apr 24 2008
Interviewee: Ruth Collins, Woy Woy Community Aged Care Auxiliary



Woy Woy Community Aged Care Auxiliary member Ms Elsie Solway with Woy Woy Community Aged Care CEO Ms Jenny Eddy

Course to help with chronic illness

Central Coast Area Health Service has arranged a free Better Health Self-Management course for Peninsula residents starting on Tuesday, April 29.

The course is aimed at people with any long-term chronic health condition including asthma, arthritis, respiratory disease, diabetes and heart problems.

The course will begin at 7pm and run for two and a half hours each week for six weeks at the Community Health Centre, Woy Woy.

During the six-week course participants will be taught several techniques to help them manage symptoms, make daily tasks easier, improve fitness and diet, set personal goals, and manage depression and fatigue.

The Woy Woy Community Health Centre is located on Ocean Beach Rd, near Woy Woy Hospital.

For further information and bookings please contact the Better Health Self-Management team on 4328 7340.

Bookings are essential.

Newsletter, 23 Apr 2008
Central Coast NSW Area Health Service

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.

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New women's support group

A new women's support group will meet at the Peninsula Women's Health Centre, to be known as "Women 4 Women".

The group will be held on Wednesday, May 21 and June 18, from 1.30pm to 4pm, and on Wednesday, July 23 and August 20, from 10.30am to 1pm.

The group is designed to support women in leading a more "active and healthy lifestyle" and builds on a recent course at the centre about Better Health Self Management.

Health education worker Ms Kate Bradfield said the course was designed to build resilience and to facilitate "complete health for you". "The focus is on healthy mind,

body and spirit," Ms Bradfield said. Ms Bradfield said the course was for people with chronic health conditions and was free, although a gold coin donation was appreciated.

The group included women with different long-term health problems including depression, asthma, arthritis, heart problems and anxiety.

It was run by trained health workers and community members across the Central Coast.

"The group is organised by the: Central Coast Community Women's Health Centre and is facilitated by Nicole Turner," Ms Bradfield said.

"Nicole recently met with a group

of women who wanted a follow-up group after completing a course in late 2007.

"The women discussed what they wanted from the group and in the process named it Women 4 Women."

Participants can drop it, or call ahead on 4337 2203 or 4342 5905.

The Peninsula Women's Health Centre is located at 20a McMasters Rd, Woy Woy.

For more information, telephone the Better Health Self Management coordinator at Northern Sydney Central Coast Health on 4328 7340 or 4328 7341.

**Press release, 22 Apr 2008
Kate Bradfield, Peninsula Women's Health Centre**

Uniting Care Burnside will run two parenting courses during term two at the Umina Uniting Church Community Centre, 346 Ocean Beach Rd, Umina.

The two courses are "Start em right make it easy" and "What makes toddlers tick".

The first course is a behaviour management course for 0 to 8 year olds.

It will begin on Monday, May 5, and run for four weeks, from 11am to 1.30pm each session.

The course starts with setting the foundations, knowing your child needs, understanding how different your children can be, recognising the reasons for their behaviours and recognising the purpose of misbehaviour.

It covers play and special time, praise, rewards and reinforcement, ignoring and distraction and developmental stages.

It will discuss a positive approach, obedience and responsibility,

rules, limits and boundaries, consequences and punishment and modelling communication skills to your children

It also will look at quiet time and time out, choices with different children and the out of control child.

The second course is for parents of 1 to 3 years olds, and covers all aspects of parenting toddlers.

The course will begin on Monday, June 16, and run for three weeks from 11am to 1.30pm.

It will discuss normal toddler behaviour, social and emotional development, tucker without tantrums, toilet training, dealing with sleeping problems, speech, tantrums and helping toddlers cope with change.

Childcare is available for both courses, with limited places.

For more information and registration, telephone Christina McMahon on 4325 9639 or Sue Tancred on 4341 0793.

**Press release, 15 Apr 2008
Sue Tancred, Broken Bay Parish**

Morning tea for cancer

Peninsula businesses and residents will be getting involved in Australia's Biggest Morning Tea to help raise money for cancer research and awareness during the month of May.

Several businesses including Barrenjoey Midway Store, LJ Hooker Woy Woy, Zita's restaurant in Woy Woy, and Peninsula News will be hosting a morning tea for the charity event.

Barrenjoey Midway Store owner Ms Melissa Michael said it was important for all Peninsula residents and businesses to get involved because cancer affects so many people.

"The reason my husband Trevor and I decided to host a morning tea was because so many of our customers are touched by cancer," Ms Michaels said.

"We felt hosting the event would let our customers know we are thinking of them and are here to help and support them in whatever way possible."

Ms Michael will be hosting her

morning tea on Tuesday, May 20, from 10am to 11am.

The event is being held in the store at 53 Barrenjoey Rd, Ettalong.

"Tea, coffee and juice will be available along with some finger food in return for a small donation.

"Free small goodie bags will be available for the first 20 people (one per couple/family) that arrive at Barrenjoey Midway Store for this wonderful event."

The morning tea is the Cancer Council's largest and most successful fundraiser of its kind in Australia.

According to Cancer Council NSW more than 1850 people are diagnosed with cancer each year in the Central Coast region and 756 die as a result.

LJ Hooker, Woy Woy, strata manager Ms Rebecca Hodges said she decided to get involved in the charity event after seeing a loved one battle the disease.

"My grandmother fought breast cancer and I felt it was important to support other cancer patients going through the same thing," Ms

Hodges said.

"My grandmother was lucky enough to fight the disease and come out alive at the other end.

"I think it important we raise enough money to give other cancer patients this chance."

Cancer Council NSW community relations coordinator Ms Lesley Chart said \$165,000 was raised on the Central Coast last year.

"Last year 507 residents from the Central Coast hosted a morning tea, which enabled the Cancer Council to fund research, prevention and support services, including the telephone peer support service Cancer Council Connect on the Central Coast," Ms Chart said.

For further information, visit www.biggestmorningtea.com.au or telephone 1300 656 565.

**Press release, 8 April 2008
Lesley Chart, Cancer Council NSW
Clare Graham, 23 April 2008
Interviewee: Rebecca Hodges,
LJ Hooker, Woy Woy
Interviewee: Melissa Michaels,
Barrenjoey Midway Store, Ettalong**

Legendary workshop

The Peninsula Women's Health Centre will be hosting a workshop on "Stories, Myths and Legends".

The workshop will involve a series of readings from books such as "Women who Run with the Wolves".

Health education worker Ms Kate Bradfield said the workshop would provide an opportunity to

"listen, enjoy, reflect and relax".

The workshop will be held on Thursday, May 29, and June 12, from 10am to 11.30am.

Bookings are essential and can be made by phoning the centre on 4342 5905 or by visiting the centre at 20A McMasters Rd, Woy Woy.

**Press release, 22 Apr 2008
Kate Bradfield, Peninsula Women's Health Centre**

The Wiggles CONCERT for unicef

All profits go to: **unicef** Sanitation & Water Project in East Timor

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The two new bike racks outside the Gnostic Cafe

Bike racks at cafe

Gosford Council has installed two new bike racks outside a Woy Woy café.

They have been installed outside the Gnostic Mana Café in Woy Woy.

Gnostic Forest representative Ms Mary Holstein said the café was a popular spot for early morning cyclists.

"The cafe is a favourite place for morning cyclists and on the weekends the corner is often covered in bikes," Ms Holstein said.

"The new bike racks are going

to make pedestrian access so much easier and will help to keep the footpath organised."

Ms Holstein said she believed the café was popular for cyclists because of the outdoor seating area and early morning opening.

"Customers can come in early, sit and enjoy a coffee and keep an eye on their bike at the same time," Ms Holstein said.

"People ride from as far as Gosford to come and enjoy the great coffee."

Press release, 18 Apr 2008
Mary Holstein, Gnostic Forest

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Need Help with a State Government matter?



On Monday May 5, 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: gosford@parliament.nsw.gov.au



New apprentice bakes top loaf

Local resident Leigh Sayer, who started his apprenticeship at Bakers Delight Umina Beach six months ago, has won the prize for the Champion Loaf (overall) in the Newcastle Baking Show.

"This is a very difficult prize to win and is much coveted in the baking trade," franchisee Mr

Joseph Mondal said.

Mr Mondal said the event was the first baking competition which Leigh has entered, after being encouraged by he and his wife Rosemarie.

"Leigh also won the Champion Wholemeal Loaf (overall), first prize in the four-strand plait, third prize in the White High Tin and the Arthur Dennison Memorial Trophy," Mr Mondal said.

"Leigh, who did not complete his HSC, looked around for a stable career," said Mr Mondal.

"After trying his hand at other things, he was given a chance by Bakers Delight Umina Beach.

"He has recently started the apprenticeship there and hopes to move forward by learning the trade and getting qualified."

Press release, 11 Apr 2008
Joseph Mondal, Bakers Delight Umina Beach

The Mantra resort at Ettalong Beach is being promoted by Central Coast Tourism in Singapore and Malaysia.

"The region is already being featured in a number of campaigns and packaged itineraries in both Singapore and Malaysia," according to Ms Ginnie Thompson of Central Coast Tourism.

"The Central Coast has been included in the Best of Sydney Campaign.

"The region is featured as an optional overnight package in both the Singapore and Malaysian packages, with slightly different activity options offered for each market.

"The activity options include the Australian Reptile Park, Glenworth Valley Horse Riding, Yarralong Macadamia Nut Farm, Firescreek Fruit Wines and Pelican Feeding."

The accommodation options include Mantra Ettalong Beach, as

well as Crowne Plaza Terrigal and the Oaks Waterfront Resort.

Press release, 21 Apr 2008
Ginnie Thompson,
Central Coast Tourism

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Water works on the Peninsula

Gosford Council crews were back on the Peninsula to maintain the water supply system on Saturday, 15 March.

Between 9am and 8pm, crews worked on Ocean Beach Rd, Hobart Ave and Mt Ettalong Rd from West St to Etta St in preparation of further mains cleaning works.

A standpipe was made available for public use during these works at 497 Ocean Beach Rd, Umina.

Council stated that the council's Water Quality 2010 project was designed to protect, manage and maintain the quality of the region's drinking water supply.

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

Press release, 14 Mar 2008
Meagan Morrison, Gosford Council



NARRABEEN SPORTS HIGH SCHOOL Targeted Sports Program Trials held 17th – 26th June 2008 for Primary and Secondary school students

Applications are invited from students in years 7-12 who wish to be considered for enrolment in the Targeted Sports Program in 2009. Entry to the Program is competitive. Students in years 7-12 must be enrolled in the school to participate and will commence the TSP in 2009.

Students in Yrs 5 and 6 are also offered a place in the program. If successful at the trials, they will be eligible to start the program in Term 3, 2008.

APPLICATIONS CLOSE 23rd May, 2008

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4. Visit our website: www.narrabeensports.nsw.edu.au

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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.

PBPCC, 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

WVEC, Woy Woy Environment Centre, 267 Blackwall Road Woy Woy 4342 6589

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
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
Burrawang Bushland reserve **bushcare**, Nambucca Dr playgrnd 9am 4341 9301.
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
Woy Woy Blood Bank - Ocean Beach Road, Woy Woy 1pm to 7pm

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

Carpet 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 Dyeing** 1pm, **EBACC**.

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

Sahaja yoga meditation, 10:30am only enq: 4368 2847, **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

Tai Chi WH 9:30 am Enq: 4360 2705

Supported Playgroup for first time and single parents **BFC** Enq: 4340 1111

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**

Fourth Wednesday of every month
Everglades **Probus Club**, 10am, **ECC**, enq: 4341 0664

Every Wednesday

Al-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: 43328550.

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**
Empire Bay Tennis 9-12am **Shelley Beach Road** Shelly Beach Road 4341 4125

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**

Australiana 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
Al-anon/Alateen family support group "The Cottage" Vidler Ave Woy Woy, 12:30pm

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

Pilates WH 9:30 am Enq: 4384 5005

Mah-jong WH 2pm Enq: 4360 2178

Yoga WH 5:30 pm Enq: 4323 1859

FRIDAY
First Friday of every month
Legacy Ladies, 9am; **EBWMC**

Second Friday of every month
Bookclub 10:30am enq: Mandy 4342 2482, 2pm RSL Sub Branch Meeting **EBWMC**, 2.30pm.

Third Friday of every month
Legacy Ladies, EBWMC, 9am, 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 - 10:30am, Kooinda Village - 4341-8151

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

Old Wags Bridge Club WH (except 4th Friday of month) 1:30 pm Enq: 4360 1820

Friendship for Seniors Hardys Bay Community Church 10am - 12pm Enq: 4360 1598

SATURDAY
First Saturday of every month
The National Malaya & Borneo **Veterans Assoc. Meet, EBWMC**, 2pm Enq: 4340 4160

Second Saturday of every month
Bookclub 10:30am enq: Mandy 4342 2482

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

What's On in and around the Peninsula

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 EBACC
Gym Sessions 9am, **Drama & Discovery** 9am PCYC.
Brisbane Water Bridge Club, 12.30pm, Enq: 4341 0721, **WWLC Al-anon/Alateen** family support group Community Health building, Woy Woy Hospital 2pm Enq: 4344 6939.
Woy Woy Environment Centre 10am. WWEC Enq 4342 6589.
Car Boot Sale, Ettalong Markets. Community Dance, 1pm to 4pm, \$2, ESCC, Enq: 4344 3131 / 4341 3222
Social Dance, New vogue, old time, \$3 (inc. afternoon tea), 1pm, ESCC, enq: 4344 3131.

SUNDAY
First Sunday of every month
 Blackwall Mountain **Bushcare**, 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
Ettymalong Creek Landcare, Ettalong Rd, Umina, 8am, enq: 4342 2251
EBWM Fishing Club competition at Club House in Beach St, Ettalong.
EBWM Vietnam Veterans Peacekeepers, Peacemakers 4344 4760.

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
RSL Womens' Aux 9:30am EBWMC
 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
Bookclub 7pm enq: Mandy 4342 2482
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 to Killcare Community Association WH 7:30pm, Enq: 4360 1546
Killcare Heights Garden Club, 10:30am, Enq: 43601595
Coastal Crones (over 50's), **PWHC**

Third Monday of every month
War Widows, 11am, **EBWMC** Enq: 4344 3486

Fourth Monday of every month
Toastmasters Speechcraft Classes 6pm EBWMC
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, **Card Club** 1pm, **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 EBACC
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
Yoga WH 9:30 am Enq: 4360 2705
Pilates WH (except 2nd Monday of month) 6-7pm & 7-8pm

Tai Chi Empire Bay Progress Hall 9:30am Enq: Clare 4369 1075

Upcoming Events

April 29 - Better Health Self Management Course, 7pm, **Woy Woy Community Health Centre**
May 9 - Cultural Laboratory, 7.30pm, Peninsula Theatre
May 10 - Genetically Modified Food talk, 10.30am, **WWEC**
May 18 - May Fair, Woy Woy Public School, 10am - 3pm
May 20 - Australia's Biggest Morning Tea, Barrenjoey Midway Store, 10am - 11am
May 21 - Women 4 Women, 1.30pm - 4pm, **PWHC**
May 23 to 24 - Shorter + Sweeter, Peninsula Theatre
May 24 - The Collectables, 7pm, Troubadour Acoustic Music Club, CWA Hall, Woy Woy
May 29 - "Stories, Myths and Legends", 10am - 11.30am, **PWHC**

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

Actor-authors share their memories

Killcare residents Judy Nunn and Bruce Venables will be making a presentation at the Wagstaffe Hall on Sunday, May 18, from 2.30pm.

The pair will share memories of their "rich life experiences" and will also do some readings as part of Sunday Afternoons by the Bay, according to Bouddi Society vice presidents Mr David Dufty.

"Home and Away fans will remember Ailsa, a character in the serial for 13 years," Mr Dufty said.

"That role was played by widely experienced actor Judy Nunn.

"She also played roles in The Box and Sons and Daughters and did a nine month tour of Australia playing in David Williamson's play Don's Party.

"Judy is now a top selling Australian novelist.

"Her husband Bruce Venables is also a highly successful actor and novelist and the two are now permanent residents of Killcare.

"Bruce is also a published poet and we will hear some poems from his book of poems: The Spirit of the Bush.

"Judy has had an international career as both actor and author.

"She has performed throughout the UK in theatre, radio and television.

"She began as a writer of children's books but now she is a major novelist.

"Her books have been published in English, German, French, Dutch and Czech.

"Her titles include: The Glitter Game, Centre Stage, Araluen, Beneath the Southern Cross, Territory, Pacific and Heritage.

"Her latest novel Floodtide was published last November.

"Much hard work and research has gone into these wide ranging novels.

"Judy has a great website at www.judynunn.com.

"Bruce has also had a wide experience in theatre, television and film and you will readily recognize his face.

"As Judy said after she met him on a blind date: 'He was not only attractive and interesting, he was a very funny man'.

"After working as a police officer in Hong Kong he has written three novels: A Necessary Evil and the first two of his Hong Kong trilogy, The Time of the Dragons and Two Tigers One Mountain.

"The third, Scattered Monkeys, is to be released next year.

"He has written television, film, radio and theatre scripts."

Sunday Afternoons by the Bay are organised by the Bouddi Society with all proceeds going towards local community work.

Entry is \$15, \$12 for Bouddi Society members and \$5 for students.

The entry price includes drinks and nibbles.

Press release, 22 Apr 2008
 David Dufty, Bouddi Society

North Burge Rd, Woy Woy 4341 7598



Tuesdays
Lingerie Waitress's
5pm-8pm
Pool Comp From 5.00pm
Great New Prizes

Thursdays
SURF N TURF RAFFLE
tickets on sale from 5.00pm drawn at 7.00pm - members badge draw between 6 & 7pm followed by Kazza's Karaoke

Wednesdays
BANQUET NIGHT (3 Courses)
\$12.50
POKER FROM 7PM

PASTA AND STEAK NIGHT (2 COURSES)
only \$12.50

• Courtesy Bus available from 5pm Thursday to Saturday
 • Child Flight Charity Bowls Day - 3rd Sunday each month
Great day with Entertainment and Raffles

Arts & Entertainment



Music store closes doors

A Woy Woy music store will be closing its doors after more than four years on the Peninsula.

Peninsula Music's last day of trading will be on Saturday, May 10, from 9am to 3pm.

Store owner Ms Marilyn Russell said she is closing the store due to a family illness.

"We regret that we have to close Peninsula Music," Ms Russell said.

"We have tried for some time to keep the store open with hired staff, but it has become too difficult to cope with the ongoing running of the shop and also to look after our mother."

Ms Russell said the support

of the community over the last four years had been greatly appreciated.

She said she believed it was important for the Peninsula community to get behind small local businesses.

"It is quite sad to see a lot more small businesses like ours closing down on the Peninsula," Ms Russell said.

"Small business can't compete with the big chain stores if the community doesn't support them.

"We offer everything the larger chain stores do and more.

"So many customers have commented on our friendly customer service and how important it is to them."

The store is currently holding a

"closing down sale during the last few weeks of trading.

"Strings and accessories will still be available from the Peninsula School of Music after we close down," Ms Russell said.

"Any unfinished lay-bys will be able to be paid at the school.

"We need three days notice to retrieve your lay-by from storage when you are ready to finalise your payments."

For more information please contact 4342 9099.

Peninsula Music is located at 38 George St, Woy Woy.

The Peninsula School of Music is located on the Cnr Ocean Beach Rd and Rawson Rd, Woy Woy.

**Press release, 11 Apr 2008
Marilyn Russell, Peninsula Music**

Collectables at folk club

A band known as The Collectables will be appearing at the Troubadour Folk Club on Saturday, May 24, from 7pm.

Music club publicity officer Ms Willie Timmerman described the group as "Flower Power performance of folk music covers from the 60's from Peter, Paul and Mary, Mamas and Pappas and others".

"A four piece group rich in harmonies, they also sing as a

single, duo and trio," she said.

"They are a great sing-along hipster group from the Hunter region."

Tickets to the event are \$10, \$8 for members and \$7 for children.

Floor spots are also available.

The performance will be held at the CWA Hall, Woy Woy.

For more information, telephone 4341 4060 or 0417 456 929.

**Press release, 22 Apr 2008
Willie Timmerman, Troubadour Central Coast**

Songwriters may book

The Australian Songwriters Conference will be held from June 6 to June 9 at the Ettalong Beach Club and Mantra Resort.

The deadline to register is Thursday, May 8.

"Songwriters can sign up at the website and pay a \$200 deposit to secure their place at the event," conference coordinator and founder Ms Lisa Butler said.

"The balance of the fee isn't due until May 22."

The conference agenda includes seminars and workshops, song pitching to attending publishers, mixing with the professional songwriters and A&R faculty members in a "relaxed and creative and intimate atmosphere", networking opportunities and nightly Open Mics and informal late-night jam sessions.

**Press release, 15 Apr 2008
Lisa Butler, The Australian Songwriters Conference**



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THURSDAY NIGHT CHICAS Lounge

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With the

"Professor" Graham Lewis

Karaoke from 9pm - 12am

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Every Sunday from 12noon

Jazz/Chill out music

on the ocean front terrace

Sunday 3rd May

"Andrew Godbold Quartet"

Crowd Pleaser

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

Details correct at time of printing

Showcase of local talent

The showcase of local artistic talent, known as the Cultural Laboratory, will be returning to the Peninsula Theatre on Friday, May 9.

As usual, the regular event will host a wide variety of presentations.

Cori Hopper from Eaglefoot Films will present their short film concept for "Three Dares".

The writer, director and producer will talk about the idea and how it grew into a film shot entirely on the Coast.

Directed and produced by Cori Hopper and Jason Van Genderen who recently won the award for Best Film and Best Cinematography at the Geelong 24 Hour Shoot Out Film Festival, "Three Dares" is the story of three guys who lose their jobs and get together to each perform a dare.

In another presentation, a local poet known simply as RJN takes poems and ballads from the 16th and 17th Centuries and recycles them in an often bizarre fashion.

RJN will recite these poems in his own inimitable style whilst Rowena Fitzgibbons (who has previously danced at the Lab) will accompany and interpret his poetry.

Umina Beach poet and songwriter Lisa Butler will talk at the Cultural Laboratory about her passion for songwriting and for the Central Coast, and the challenges of putting together a song-writers' conference at Ettalong.

"I'd like Ettalong to become known as songwriters' heaven," Ms Butler said.

"There is so much potential in this community, an annual Conference that gathers producers, poets, songwriters and industry people from around Australia, will give us the opportunity to shine."

The conference is scheduled to be held at Ettalong Beach Club and Mantra Resort from June 6 to 9.

Matt Gairdner is the owner of Kantara House and also runs a demolition business.

On seeing the huge amount of waste generated in the demolition business, Matt turned it into a salvaging business and so began his trajectory as the funny character "Supacycla" with the serious message of recycling.

Able to recycle tall buildings with a single blow, "Supacycla" will sing and dance about recycling and will appear with special guest stars Rosie the Red Hen, Benny Bopper the Pollution Stopper (Matt's four year old son) and a bucket of worms (heads up in the front row).

Local group U-Bouddi Swing Band will perform some of their laid back musical offerings.

An exciting group of retirees who

gather together as a clan, the band refuses to be told how to dress, how to think or what music they should listen to.

Like a breakaway youth group, the U-Bouddi Swing Band plays for the sheer joy of it.

Two young performers from Youth In Performing Arts will also perform at the Lab.

The Cultural Laboratory gives audience members the opportunity to "sample" local people's work, hear their stories and discuss their ideas in a relaxed atmosphere, according to Laycock Street

Theatre marketing officer Ms Lisa Kelly.

The event will be held at the Peninsula Theatre on the corner of Ocean Beach Rd and McMasters Rd, Woy Woy, from 7:30pm on May 9.

Tickets are \$10 for adults and \$7 for child/concession (includes open forum and supper).

For more information and bookings please contact 4323 3233.

**Press release, 16 Apr 2008
Lisa Kelly, Laycock Street Theatre**

★ WHAT'S ON ★ PENINSULA THEATRE

Cnr McMasters & Ocean Beach Rds WOY WOY

CULTURAL LABORATORY

Friday 9th May at 7:30pm
Tickets on sale now. Just \$10
The program includes Short Film "Three Dares", Poet RJN recycles 16th Century poetry, Youth In Performing Arts, The First Australian Songwriters' Conference, recycling super-hero SUPACYCLA and the U-Bouddi Swing Band.

SHORTER + SWEETER

23rd & 24th May
A tasting box of some of the best 10 minute plays from the Short + Sweet Festivals held in Sydney and Melbourne over the past five years. These shows feature the best of over 3,000 entries.

GOSFORD CITY COUNCIL presents

SHORT + SWEET

Bite-sized theatre with attitude returns in July 2008. Start working on your 10 minute plays - the deadline for submission of scripts is 30 April 2008. The best 10 will be performed at the Peninsula Theatre in July.

More information
www.laycockstreet.com/sns2008.html

EDUCATING RITA

30th May to 7th June

By Willy Russell

Directed by Brenda Logan

A classic Pygmalion story! Susan changes her name to Rita and enrolls in University. She then begins a mutual education with her tutor Dr Frank Bryant, who is also seeking something extra in his dull life. A presentation from Brisbane Water Secondary College.

BOX OFFICE 43 233 233

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

DRUMBALA
Djembe Drum Tuition
CWA Hall, Woy Woy
• **Beginners drumming course 7.30pm**
Commences June 2
• **PCYC Beginners**
Drumming Mondays 3.30pm
Katy 43421112 or 0423 548 540
Email: drumbala1@yahoo.com.au

Ettalong Beach Arts and Crafts Centre
Classes now underway
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Adult Classes 9 week term \$90 plus \$10 pa membership
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Book early for enrolments
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The Collectables
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May 24, 7pm
Tickets \$10
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Members \$7
Tickets available at the door. see www.troubadour.org.au
4341 4060

Public Notices

Woy Woy Peninsula Lions Club
Sunday, 25 May 8am to 1pm
Great variety of stalls ~ BBQ, Tea & Coffee. Vendors Welcome ~ \$10 per car
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Tender enquiries Marino Begue, Senior Valuer Assets, RTA Real Estate Branch phone (02) 9218 6446 fax (02) 9218 6479 email marino_begue@rta.nsw.gov.au. Information packages are available at <http://tenders.nsw.gov.au/rta>. Faxed or emailed submissions will not be accepted.

Tenders are to be sent to - The Tender Box, Roads and Traffic Authority NSW, Ground Floor, 260 Elizabeth Street, Surry Hills, NSW 2010.

Tenders close 2:30pm Monday 12 May 2008.

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Annual pairs comp

Ettalong Memorial Bowling Club staged its annual major-minor night pairs competition last month, with a local team coming out victorious.

Ettalong's Mick Martin and Ray Wise conceded three on the 21st end to be forced into an extra end in the semi-final and a one-shot

loss to Avoca's Walker Coull and Peter Coombes.

Coull and Coombes then lined up against Mick Ransome and Darren Morrison of Ettalong for the final.

The game ended with Ransome and Morrison winning 25-6.

Newsletter, 23 Apr 2008
Bob Penson, Coast Bowls News

Annual triples

Everglades Country Club is set to host its annual Frank Kemp Memorial Triples competition in July.

The competition will be played from Thursday, July 3, to Friday, July 4.

The annual event is Everglades' major tournament of the year, with \$6000 in prize money going to the winning team on the day.

Entry into the tournament is \$90 per team, including lunch both days.

The closing date for entry into the competition is July 1.

All games commence at 9am on the day of play.

For further information please contact Ray Benton on 4341 1866.

Newsletter, 24 Apr 2008
Coast Bowls News



Shane Warne plays poker

Shane Warne visited the Peninsula area last Friday, as part of a poker competition.

Woy Woy resident Nathan Perry beat two Perth residents and a Melbourne challenger on April 4 to win the 888 Poker Ultimate Home Game.

Shane Warne visited Nathan Perry at his Rickard Ave home in

Empire Bay last week and played poker against him and eight of his friends, equipped with a pro-quality table, chips, cards and waitress.

For the past two months Shane Warne fans have been jumping online at 888 Poker to play a free qualifier for the chance to win the 888 Poker Ultimate Home Game with Shane Warne.

Shane Warne will be playing poker this year as Captain of the 888 Poker Australian Poker Team.

He will compete at the World Series of Poker in Las Vegas, the 888 UK Poker Open, South African Championships and more.

Press release, 10 Apr 2008
Kate Keane, Kate Keane Publicity and Events

Yoga centre supports cancer research

A yoga centre in Woy Woy will donate part of its fees for a cancer survivor program to breast cancer research.

The Peninsula Yoga Centre has adopted Breast Cancer Research as its charity of choice, according to facilitator Mr John Wilson.

"We have developed a yoga practice which is specific to breast cancer survivors but would benefit sufferers of other types of cancer," Mr Wilson said.

"The classes are physically gentle and are aimed at reducing stress and managing the side effects of chemotherapy and other medical procedures.

"The yoga postures utilised in this program are restorative in

nature, and when combined with certain breathing techniques are energising and relaxing but require very little physical exertion.

"The slower, deeper, more regular breathing that yoga facilitates can help people feel calmer and more energetic during that stressful period of being diagnosed with cancer and enduring treatment for it."

The Cancer Survivor Program is held on Wednesdays at 11.30am.

Each class is one hour in duration and the cost is \$10 per person, of which \$5 is donated to Breast Cancer Research.

Press release, 16 Apr 2008
John Wilson, Peninsula Yoga Centre

Woy Woy Public School will be holding its May Fair on May 18, from 10am to 3pm.

The event will feature a range of stalls and activities including plant and craft stalls, second hands books, cake stalls, clothes stalls, plaster fun, white elephant stalls, Tombola and Slime Find.

The school stated that there would also be an entertainment extravaganza.

Participants can also experience four hours of unlimited rides for \$20, if they purchase tickets before the event.

Tickets for four hours of unlimited rides will be \$25 on the day.

Rides will include dodgem cars, a giant slide, jumping castle and The Roundup.

Those interested in holding a stall at the fete can telephone

the school P&C on 0413 933 244 or email wwps.pandc.admin@hotmail.com.

Press release, 18 Apr 2008
Annette Karton, Woy Woy Public School P&C

May Fair is planned

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David Hosford UMINA 4344 5042

Pictorial

Lest we forget

ANZAC Day March on the Peninsula 2008



Three teams win pennants



Ettalong's Grade 2 winners

Three Peninsula women's bowls teams received first place in the finals play-off series at Umina Beach Bowling Club from April 14 to 16.

Ettalong Memorial teams took the pennant in grades two and three, while Umina won the grade five pennant.

The Ettalong team won grade two on countback.

The men's teams finals will be held at the end of May.

Press release, 22 Apr 2008
Bob Penson, Coast Bowls News



Ettalong's Grade 3 winners

Malibu

The Ocean Beach Malibu Club held its April competition at Umina Beach on April 13.

The competition involved two rounds, with five heats in the first round and six heats in the second.

In round one, Dave Wakelin, Brett Wakelin, Calyn Wilkinson, Darrin Flemming and Nick Somogyi came first in each of their respective heats.

Gary Marshall, Garry Halliday, Mark Rylands, Bill Burke and Scott Palmer came out with second place in round one of competition.

Round two heat winners were Calyn Wilkinson, Garry Halliday, Craig Coulton, Brian Cook, Len Wilkinson and Scott Palmer.

Second place in each heat for round two went to Brett Wakelin, Mark Rylands, Darrell Young, Craig Palmer, Sean Cornwall and Andre Blunden.

At the end of round two, Calyn Wilkinson came out on top with another first place finish.

The next contest for the club will be held on May 18.

Press release, 13 April 2008
Craig Coulton,
Ocean Beach Malibu Club



Umina's Grade 5 winners

New yoga classes start

New yoga classes have started at the Umina Beach Surf Club on Sundays from 9am.

"Astanga yoga is a dynamic style of yoga combining rhythmic breathing and flowing movements with traditional therapeutic yoga postures," facilitator Ms Helen McNair said.

"The practise develops strength, stamina, stability, balance and flexibility through the purifying yoga sequences, revitalising the body and leaving the mind focused and vibrant.

"The classes are based on the primary series which helps to align the body and spine and are designed to suit absolute beginners as well as those already practising astanga yoga."

Ms McNair said her adaptable approach to Astanga Vinyasa Yoga made the practice easily accessible to everyone.

She said her style of teaching focused equally on developing strength, stamina, core stability and flexibility.

Press release, 31 Mar 2008
Helen McNair, Astanga Yoga



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News

As citizens around the world who believe in the Olympic spirit of humanity and excellence, we want to enjoy the 2008 Olympics in Beijing. We welcome a newly prosperous and dynamic China into the global community. But with power comes responsibility, and we are concerned that we cannot celebrate the Olympics in good conscience while ignoring the suffering of others.

We ask China to Save the Olympics for all of us through three reasonable steps. 1: Holding a meaningful dialogue with the Dalai Lama. 2: Securing the release of Burmese and Tibetan political prisoners. 3: Supporting a robust peace mission in Darfur.



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