

Speed cameras will go

Both speed cameras on the Peninsula will be removed by the NSW Government, having been found to be ineffective.

They were identified as among 38 locations where cameras had not reduced crash numbers.

The cameras in Blackwall Rd and in Ocean Beach Rd, Woy Woy, have raised more than \$2 million in fines in the last seven years.

In the last financial year, they raised more than \$200,000.

The Blackwall Rd camera raised \$113,702 and the Ocean Beach Rd camera raised \$98,572, a total of \$212,274 from July 2010 to June 2011.

Member for Gosford Mr Chris Holstein said: "As promised, where cameras provide no road safety benefit, we will remove them.

"We want to make sure cameras are there for road safety, not as revenue raisers.

"For some camera locations, the number of crashes did not drop, so we need to be looking at other measures for these sites.

"This could include alternative treatments such as road safety upgrades at these locations."

Mr Holstein said a report by the Auditor-General released on Friday, July 29, found the majority of fixed speed cameras had a proven road safety benefit and contributed to a fall in fatality and injury rates.

"While this is encouraging, the audit also found that 38 of the existing 141 fixed speed camera locations had not reduced crashes.



Speed camera on Ocean Beach Road

Photo: Naomi Bridges

"There has been community concern that some cameras are purely revenue raisers and this audit has allowed us to identify them and ensure they are

removed," he said.

Media Release, 29 Jul 2011

Richard Keogh, Office of Chris Holstein MP

Holstein re-affirms hospital commitment

Member for Gosford Mr Chris Holstein attended the Woy Woy Hospital Alliance meeting on Saturday, July 16, at St Luke's Church, Woy Woy.

"It was a very constructive and positive meeting at which Mr Holstein re-confirmed his commitment, and that of the new NSW Government, to re-opening the rehabilitation unit at Woy Woy Hospital," said Mr Holstein's electorate officer Mr Richard Keogh.

"Following due process, and including the Budget, the money

will become available in due course."

Mr Holstein also indicated that he was exploring other opportunities with the Health Board and the Minister's office and investigating further areas for improvement at the hospital, said Mr Keogh.

"We were pleased to have the Member for Gosford turn up and spend almost an hour answering questions from the floor," said Alliance member Mr Ed James.

"It was made quite clear to Chris Holstein we were tired of being kept in an information vacuum with regard to the progress of the return

of our rehabilitation ward to Woy Woy Public Hospital."

We expected to be advised in writing ahead of our regular meetings, which was a point forcefully made.

After the Member for Gosford left, an election was held for chairman of the group.

Ivan Kinny was the successful candidate.

Media Release, 29 Jul 2011

Richard Keogh, Office of Chris Holstein MP

Online Submission, 17 Jul 2011

Edward James, Umina

Precinct building available for hire

Gosford Council has resolved to open the Peninsula Recreation Precinct Building for public hire.

The building at Umina oval will be available for use seven days a week, for hourly, daily or evening hire, with different rates charged for businesses, general public, and community groups.

Cr Vicki Scott said the recreation precinct was "money-hungry in its maintenance".

"We have, in fact, had pieces of equipment wear out from overuse," she said.

"We have to be mindful of how much this is costing us on a week

to week basis, and the fees and charges of this building will go toward maintaining this precinct."

Cr Peter Freewater praised the precinct's success.

"I wanted to bring this up to praise the success of the park.

"It's always packed full of people, and they love it.

"The staff have done a fantastic job on this park.

"It's just a wonderful park and we're so lucky on the Peninsula to have it."

Council Agenda

CIT.16 2 Aug 2011

Kaitlin Watts

Works planned for Parks Bay

Gosford Council has listed a number of maintenance works at Marloo Rd, Parks Bay, Woy Woy, following a petition received on Tuesday, May 3.

The petition, with three signatures, was received from residents of Park Bay, Woy Woy, regarding the condition of the access road from the road and rail bridges.

As a result of the petition, Council advised the residents that the replacement of No Parking signage and installation

of restricted parking at the end of Lara St was listed in the April 2011 works program.

An inspection by the local road maintenance overseer was requested and drains in Lara St and Marloo Rd would be cleaned.

Ways to seal the pavement near the underpass area to improve its durability and resistance to tidal wash would be investigated.

Options would also be considered to address the loss of the seawall and the narrowing of Lara St as a result of erosion.

Council Agenda

COR.82, 26 Jul 2011



No parking signs in Marloo Rd

Photo Naomi Bridges

Your chance to win!

Peninsula News and Australian String Academy are giving a reader the chance to win a double pass to Concert One, valued at \$98.

The concert features works by Mozart, Tchaikovsky, Mendelssohn, and Chopin, among others, as well as an original work by Glen Donnelly, who will be playing on the night.

The concert will be held on August 25, with a 6:30pm reception, and includes drinks and hors d'oeuvres.

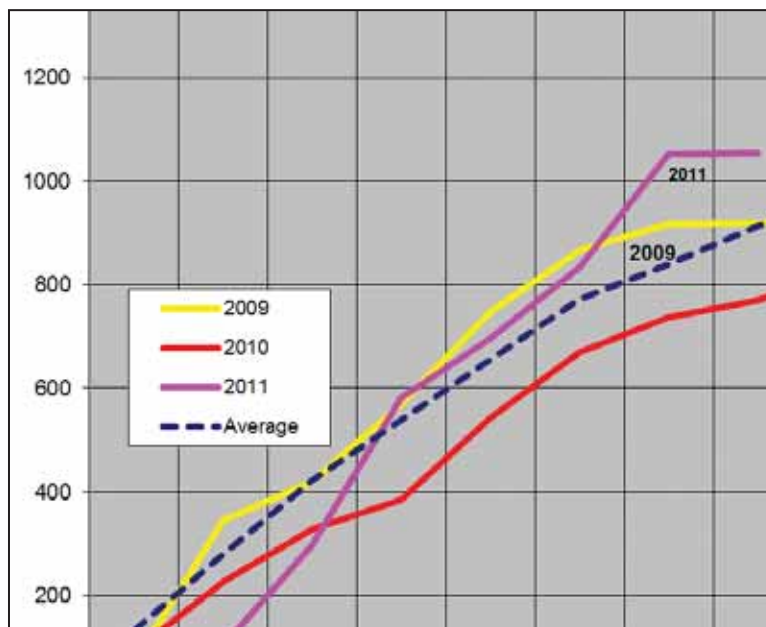
Performers include Karina Moss-Hollands, Glen Donnelly, Sunny Xia, Hazel Hu, Ying Ho, and the Porcellian Quartet.

To win the double pass, write your name, address and phone number on the back of an envelope and send to Peninsula News Australian String Academy competition PO Box 1056, Gosford, NSW, 2250, by the close of business, Thursday, August 18.

The winner of last edition's Peninsula News Menhir restaurant competition was Mr Allan Moses from Mangrove Mountain.

Mr Moses has won a \$100 gift voucher to Menhir Spanish tapas restaurant in Ettalong.

Dry follows wet



Only 0.8mm of rain has fallen on the Peninsula in the last two weeks, following falls of 208.3mm over the previous nine days.

July finished with a total of 218.6mm, the highest July rainfall in seven years, according to figures supplied by Mr Jim Morrison of Woy Woy.

This was more than three times the month's average of 66.8mm.

Temperatures for the month ranged from a minimum of 4.8mm on July 8 to a maximum of 23.2mm on July 31, according to figures from www.peninsulaweather.info.

Highest minimum was 11.8 on July 6. Lowest maximum was 13.0 on July 23.

Atmospheric pressure ranged from 1006hPa on July 5 to 1034hPa on July 15.

Highest wind gust was 36.7km/h on July 19.

Spreadsheet, 6 Aug 2011
Jim Morrison, Woy Woy
www.peninsulaweather.info

Peninsula directory of services, contacts and support groups

Ambulance, Police, Fire 000

Emergency

Ambulance, Police, Fire 000
Police Assistance Line 131 444
Crime Stoppers 1800 333 000
Woy Woy Police Station 4379 7399
Energy Australia 13 13 88
Gas Emergency 131 909
Gosford City Council 4325 8222
Marine Rescue NSW - Central Coast 4325 7929
SES - Storm and Flood Emergency 132 500

Aboriginal & Torres Strait Islander Organisations

Mingaletta 4342 7515
Aboriginal Home Care 4352 1153
Drug & Alcohol rehab 4388 6360

Accommodation

Dept. of Housing Gosford 4323 5211
Cassie4Youth 4322 3197
Coast Shelter 4324 7239
Pacific Link Com Housing 4324 7617
Rumbalara Youth Refuge 4325 7555
Samaritans Youth Services 4351 1922
Youth Angle • Woy Woy 4341 8830
Woy Woy Youth Cottage 4341 9027

Animal Rescue

Wildlife Arc 4325 0666
Wires 8977 3333

Community Centres

Peninsula Community Centre 4341 9333
Men's Shed Cluster Inc 0413 244 484

Counselling

Centacare: 4324 6403
Relationship Australia: 1300 364 277
Interrelate: 1800 449 118

Family and Relationships

Centacare Gosford 4324 6403
Gosford Family Support Service 4340 1099
Horizons (For men with children) 4333 5111
Uniting Care Burnside Gosford 1800 067 967

Health

Poisons Information 131 126
Ambulance Text Mobile 106
Ambulance GSM 112
Gosford Hospital 4320 2111
Woy Woy Hospital 4344 8444
Sexual Health @ Gosford Hospital 4320 2114
After Hours GP Help Line 1800 022 222

Legal & Financial Help

Financial Counselling Service 4334 2304
Tenants' Advice and Advocacy Service 4353 5515
Woy Woy Court 4344 0111

Libraries

Gosford district:
Umina Beach 4304 7333
Woy Woy 4304 7555

Problems, Habits & Addiction

Alcoholics Anonymous 4323 3890
Narcotics Anonymous 4325 0524

Transport

Taxi 131 008
Busways 4368 2277
City Rail 131 500

Welfare Services

Gosford Family Support 4340 1585
Meals on Wheels Woy Woy 4341 6699
Department of Community Services Gosford 4336 2400
The Salvation Army 4325 5733
Samaritans Emergency Relief 4393 2450
St Vincent De Paul Society HELPLINE 4323 6081

Woy Woy Community Media Assoc Inc 2011 Membership Application

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Please send this form together with \$5 to Woy Woy Community Media Assoc Inc, PO Box 585, Woy Woy 2256. Membership fees can be deposited to the association's Greater Building Society account BSB 637 000 Account 717 371 542

Peninsula News

Peninsula News is a fortnightly community newspaper owned by Woy Woy Community Media Association 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. See www.peninsulanews.info for all editions published

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Convenor, Burrawang Bushland Reserve Committee
President, Australian Conservation Foundation Central Coast branch
Chairman, Equilibrium Community Ecology Inc
Vice-president, Brisbane Water Secondary College Umina Campus P&C

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Five charged after assault

Police have charged five young people following the serious assault of a man on Barrenjoey Rd, Ettalong, on the afternoon of Sunday, July 31.

Shortly after 2.30pm, emergency services were called to Barrenjoey Rd where they found a man suffering head injuries.

The 46-year-old man, who suffers from a mental impairment, was immediately taken to Gosford Hospital in a critical condition.

He was later transferred to Royal North Shore Hospital and police were told his injuries, including a fractured skull, were life-threatening.

Two boys, aged 16 and 17, were charged on Monday, August 1,

with robbery in company causing grievous bodily harm.

They were refused bail and appeared in Woy Woy Children's Court on Tuesday, August 2.

Two other boys, aged 16, were charged with knowingly deal with the proceeds of crime.

They were given conditional bail and will appear in Woy Woy Children's Court on August 19.

A 19-year-old man was arrested on August 2 in relation to the incident.

He was given conditional bail and will appear in Woy Woy Local Court on August 30.

Investigations are continuing.

Email, 3 Aug 2011

Email, 2 Aug 2011

Email, 1 Aug 2011

NSW Police Media

Drug arrest at Phegans Bay

A 73-year-old man has been arrested at Phegans Bay and charged with supplying a commercial quantity of a prohibited drug.

Detectives attached to the Middle Eastern Organised Crime Squad, investigating the manufacture and supply of crystal methamphetamine across the Sydney metropolitan area, stopped a vehicle near Phegans Bay, on the afternoon of August 2.

A search of the vehicle allegedly uncovered approximately 25 litres of "meth oil".

Investigators also executed a search warrant at a Phegans Bay property, and seized another 25 litres of meth oil, as well as two firearms and ammunition.

The driver was arrested and taken to Gosford Police Station, where he was questioned by investigators.

He was subsequently charged with two counts of "supply large commercial quantity of a prohibited drug" and two counts of "possession of unregistered firearm", before being refused bail to appear in Gosford Local Court



the following day.

Police claim the 50 litres of oil could have been converted into 50kg of crystal methamphetamine or ice, with an estimated potential street value of at least \$12.5 million.

A second search warrant was executed on the man's residence at Mosman, on Sydney's lower north shore.

Police allegedly seized documentation and other items relevant to their inquiries.

Investigations by the squad are continuing and further arrests have

not been ruled out.

Anyone with information on the manufacture or supply of prohibited drugs is urged to report it to their local police or Crime Stoppers on 1800 333 000.

Callers to Crime Stoppers can remain anonymous, and information provided will be treated in the strictest confidence.

Information that leads to an arrest could attract a \$1000 reward.

Media Release, 3 August 2011
NSW Police Media

Speaker for mission group

The Broken Bay Uniting Church Mission Support Group will host an afternoon tea from 2pm on Saturday, August 20, at Ettalong Uniting Church Hall.

The Reverend Paul Bartlett of Frontier Services will be the guest speaker and all members of the community are welcome to attend.

Mr Bartlett and his wife Janene

travel extensively on the east coast raising awareness about Frontier Services and its activities.

Some of these include patrol ministry, remote area nursing clinics, aged care, family and community services, outback links and the John Flynn Foundation.

Email, 28 Jul 2011

Sue Webster, Broken Bay Mission Support Group

No parking in Edward St?

Gosford Council's Road Safety and Traffic Unit will investigate installing No Parking signs in Edward St, Woy Woy, following a petition from seven local residents.

The petitioners requested the signs be installed between Melba and Piper Sts.

They said that cars parked on both sides of the road caused it to become so narrow that vehicles were forced to drive down the centre of the road.

Petitioners said they believed a serious accident could occur as the road had become very dangerous



Stop signs in Edward St, Woy Woy

Photo: Naomi Bridges

given the amount of traffic using the road to access the shopping

centre.

Council Agenda COR.82, 26 Jul 2011



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Girl guides at camp

Bollard request

Gosford Council’s Road Safety and Traffic Unit will investigate a request for bollards in the lane between Beach St and Ridge St, Ettalong, to the.

A petition from residents in the vicinity, with 18 signatures, stated that drivers were speeding along

the laneway, causing dust to cover their washing and to rise into their homes.

The concerns are to be investigated and the findings reported to the Local Traffic Committee.

Council Agenda
COR.82, 26 Jul 2011

Art night a success

The Bays Community Group president Mr Bob Puffett has hailed the Wine, Cheese and Art night, held on Saturday, July 16, a success.

“The night was a wonderful success, thanks to Rutherglen Estates Wines and feature artist Zoe Fletcher,” said Mr Puffett.

The proceeds from the event will go toward paying for rates, insurances and hall maintenance

including the completion of the new hall.

“We anticipate work for the enclosure of the verandah to start in September so that by the October general meeting you will be able to see the ‘new’ hall,” said Mr Puffett.

Newsletter, 1 Aug 2011
Greg McMullen, The Bays Community Group

A day to try out Guides

A Come and Try Guides day will be held from 4:30pm to 7pm on Monday, August 15, at Blackwall District Guide Hall, Ettalong.

Girls from the ages of six to 14 are encouraged to attend.

There are two units operating at Ettalong.

One group is for girls aged six to nine and the other for girls aged

10 to 14.

“New members are always welcome,” said Blackwall District Guides ambassador Leonie Newson.

“The girls gain considerably from involvement in the various activities held each year.

“Camping is a favourite.”

Email, 28 Jul 2011
Leonie Newson, Blackwall District Girl Guides

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Ferry accident

An investigation is underway following an incident involving a ferry and small boat near Ettalong on Monday, August 1.

A twin-hulled passenger ferry and a small boat collided about 500 metres from the beach at about 6.30pm.

No-one sustained serious injury

but five people, including a child, were rescued from the water and transferred on the ferry to a wharf area.

An investigation is underway into the circumstances surrounding the incident and anyone with information is asked to contact Crime Stoppers on 1800 333 000.

**Email, 2 Aug 2011
NSW Police Media**



Drainage in Rickard Rd, Empire Bay

Photo: Naomi Bridges

Speakers at business group

Gosford mayor Cr Laurie Maher and Ettalong Bendigo Bank branch manager Mr Peter McKeon recently spoke at the Ettalong Beach Business Group monthly meeting.

The meeting was well-attended by business members and residents, according to group president Ms Jeanette Polley.

"It was a thrill to announce to our members and guests that we are to receive a grant of \$15,000 towards the Ettalong Beach Festival 2012

from the Community and Cultural Grants Program," she said.

Mayor Cr Laurie Maher spoke of the possibilities for Ettalong Beach to prosper in light of the council funding which was granted to the group in 2010.

Bendigo Bank branch manager Mr Peter McKeon provided detail of the progress the bank was making and its services and sponsorships.

**Jeanette Polley, Ettalong Beach Business Group
Email, 3 Aug 2011**

A petition objecting to a development application in Rickard Rd, Empire Bay, will be considered by Gosford Council's assessment officer.

The petition was received, with five signatures, from residents of Empire Bay who said they were concerned with the storm water drainage from the property, asking that consideration be given when determining this application.

They stated that the storm water management plan indicated that storm water overflow was to an existing drainage easement.

The petitioners claimed that there was no existing system from the dwelling or the garage.

The petitions said that without

Petition objects to drainage plan

Council intervention to clean all storm water in this area could only assist water flow, any additional add to flooding problems.

Council Agenda COR.82, 26 Jul 2011

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Petition calls for drain

Gosford Council has received a petition with 29 signatures from residents of Shephard St, Umina.

The residents requested funding be provided for extra drainage between Shephard St and Glenn St.

The petition stated that the

current drain from Shephard St could not cope with heavy rain, causing the roads to flood and resulting in road closures.

The residents told the council that measures taken to date had been ineffective.

Council Agenda P.21, 26 Jul 2011

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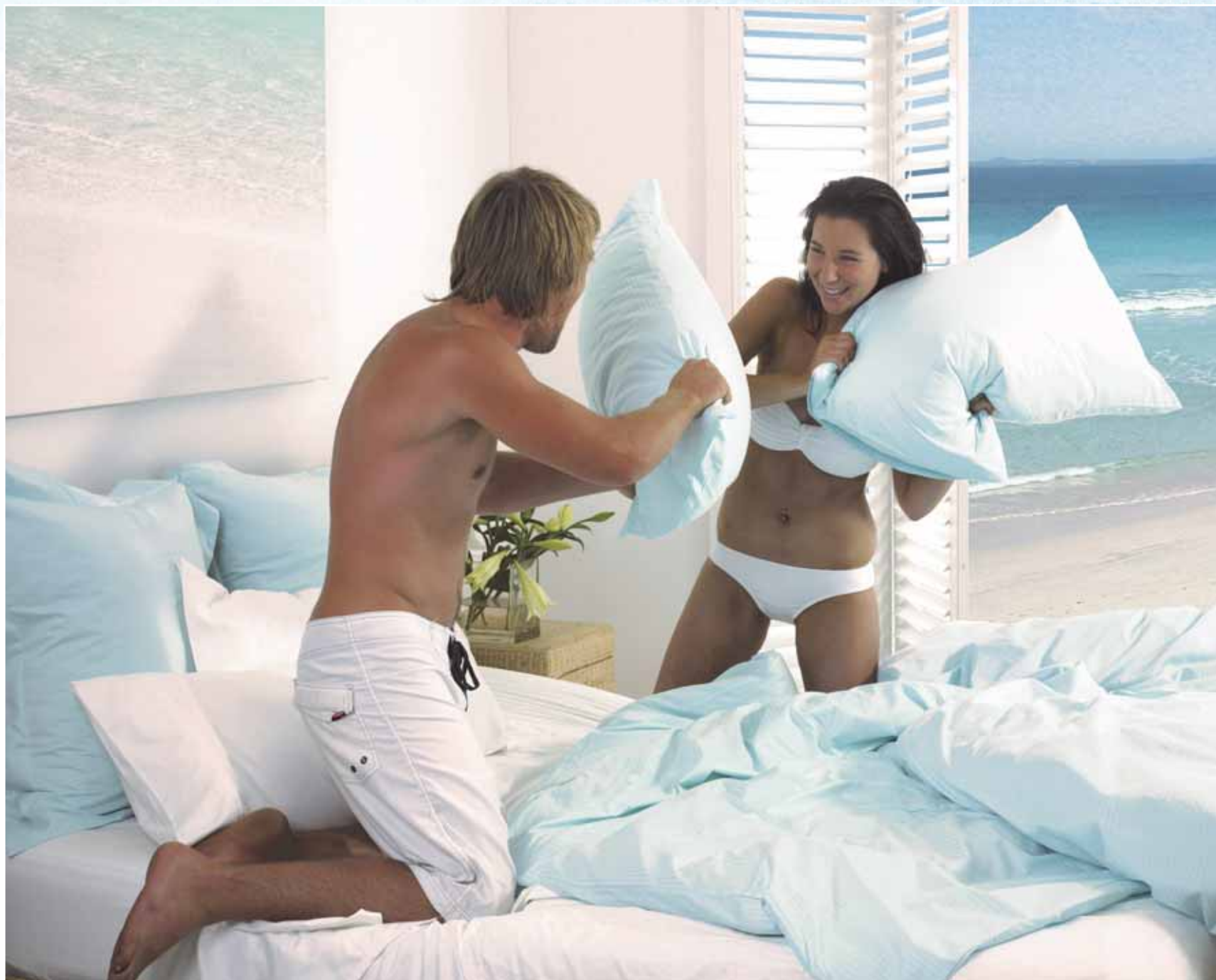
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Bank branch wants applications

Ettalong Beach Bendigo Bank is calling for not-for-profit groups to complete an application form to be eligible for sponsorship by the branch.

The branch supports the community by offering sponsorships to not-for-profit organisations including junior and senior sports clubs, surf life saving clubs and other community groups.

"Since 2009 we have sponsored more than 50 organisations with over \$103, 000," said Ettalong Beach Business Group president Mr Jeanette Polley.

In addition to the application

form, groups were asked to supply as much information as possible including a description of the program of events for next year, examples of previous events, how the program benefits the community, sponsorship amount sought and a breakdown of planned expenditure of sponsorship funds, banners, posters and other promotional material that may need to be provided by Bendigo Bank and marketing-advertising-promotional opportunities to be offered to the sponsor.

Email, 28 Jul 2011
Jeanette Polley, Ettalong Beach Business Group

Gosford Council has released its quarterly petitions report which details action taken on petitions submitted from April 1, to June 30.

The report stated that action was taken on a number of Peninsula petitions including a petition with 48 signatures submitted on Tuesday, May 3, regarding the poor condition of sections of the Esplanade and adjoining public areas at Ettalong Beach.

Council also took action on a petition with five signatures received on Tuesday, May 3, about the constant barking of three Golden Retriever dogs at The Bastion, Umina.

Council issued a Notice of Intent to the dog owner for nuisance barking.

The council was told that all matters raised in the report had been referred to the appropriate sections of Council for their investigation and comment.

The information was then included responses to the petitioners made by the mayor.

Council Agenda COR.82, 26 Jul 2011

Petitions report



Petitioners say this footpath on the esplanade needs fixing

Photo: Naomi Bridges

Council defers decision

Council has deferred a decision on an application for an extension to a dwelling at Patonga.

The deferral comes after the applicant requested more time to provide information about waste water management.

This information may take up to two months, according to a staff report.

"If this particular applicant wasn't able to supply the information in initial DA, and then a month later, why would he be deferring it?" Cr Terri Latella asked.

"[It's] such a simple issue as waste.

"We've given him a month and he hasn't been able to find someone to give some light on the management of the waste, I don't understand the leniency."

Cr Peter Freewater spoke in favour of the deferral.

"I believe we've received correspondence from the applicant," said Cr Freewater.

"He's waiting on information.

"I'd like to give this gentleman the grace to get this information he's been waiting for, and then assess it."

Council Agenda ENV. 53, 2 Aug 2011
Kaitlin Watts

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Revolution resulted in thousands slaughtered

The letter from Klaas Woldring (Peninsula News 270, July 25), "Celebrating a republican revolution", shows how desperate the republicans here have become.

The storming of the Bastille, and the revolution that followed it in 1789, resulted in thousands of innocent people being slaughtered, with the streets of Paris flowing with rivers of blood?

France was in turmoil for decades afterwards, with political instability continuing on to the 20th century.

Is this what the republicans would like to see happen in Australia?

Surely not.

No, this is not the way we do things in this country.

Forum

Letters to the editor should be sent to:

Peninsula News
PO Box 1056,
Gosford 2250 or
mail@peninsulanews.asn.au
See Page 2 for
contribution conditions

We have a proud record of progressive democracy here, which has made us the envy of the World.

There is no imperative for a revolt, but as Her Majesty commented to Paul Keating, "It is a matter for Australians to decide" if we wish to become a republic or

not.

The Queen has never interfered with the internal workings of this Nation, nor has Her Majesty any intention of abdicating as Monarch of the United Kingdom.

The citizens of Australia with republican leanings must face up to the fact that the concept of a directly-elected president was rejected by the republicans themselves at the Constitutional Convention of 1998, and the Australian Republican Movement model for a republic was soundly voted out by the people in a referendum the following year.

Let the republicans come up with an improvement of our parliamentary system if they can, by all means, but no more talk of a French-style revolution please.

Don Parkes, Woy Woy,
Letter, 2 Aug 2011

Super council is bad news

The push for a new super council, with the amalgamation of Gosford and Wyong Councils, will be good news for developers, big businesses and bureaucratic empires, but bad news for the citizen ratepayer.

Representation will be more remote and red tape will be more entangled.

History teaches us that.

Forum

Woy Woy Council was amalgamated with Gosford and Erina in the late 1940s.

Woy Woy then sat in the doldrums for many decades until people like Don Leggett came along.

Letter, 22 Jul 2011
Keith Whitfield, Woy Woy

Surprised if they do anything

It is now almost 40 years since the flood in Brisbane Waters that caused many suburbs to be designated as flood prone and yet Gosford Council has done little to mitigate flood besides forcing residents to build to increasingly higher floor levels.

Dredging has not been carried out in the local waterways to improve water flow and channel depths since the 1960s.

Forum

Even with the safety issues related to the depth of the channel at Half Tide Rocks they stalled and then bungled the minor dredging undertaken.

I will be surprised if they do anything even with the draft estuary management plan forecasting such measures.

Email, 25 Jul 2011
Pat Aiken, Saratoga

Small business rediscovered

It is understandable that the owner of a Umina hardware store shows angst that Bunnings will force small businesses to fold ("What protection is there for small businesses" Peninsula News, July 25).

But will it?

Forum

In America, Starbucks had a national plan to locate their business next to existing cafes.

Many sold up and ran.

Others stayed put and found Starbucks actually brought more customers to the area and many

flowed into the small cafes and rediscovered that small businesses do indeed offer that personal service that is their forte.

If anything, the main problem will be increasing traffic congestion as there is such an upbeat buzz about Umina these days.

It was only a few years ago that the common saying was "nothing ever happens in Umina".

Email, 26 Jul 2011
Pat Brophy, Umina

Stealing charges

An 18-year-old male will appear in Woy Woy Local Court on Tuesday, August 23, after he was charged with "steal from person".

The man was involved in an incident on the night of Saturday,

July 23, where he allegedly stole a woman's handbag at Woy Woy Station.

Police made the arrest as part of Operation Lockdown, a joint operation between Brisbane Water LAC and Tuggerah Lakes LAC.

The operation specifically targeted traffic, drugs and property offences.

Kaitlin Watts, 25 Jul 2011
Interviewee: Insp Col Woolsey

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We also offer individual and relationship counselling & specialised music therapy for adults and children with personal, interpersonal, psychological, emotional, developmental and family problems trauma and disabilities.

Rediscover will be led by Meg Toon (BA, M. Couns, RMT, RN, CMAPC, PACFA Reg). Meg is a Registered Professional Counsellor and Music Therapist, with extensive experience in group work, individual and relationship counselling and music therapy.

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Deborah O'Neill MP

On our side

My office can assist you with queries about the following
Federal Government services:

- Anniversary messages
- Medicare
- Centrelink
- Aged pension
- Family support payments
- Pharmaceutical Benefits Scheme
- Veterans Affairs
- Immigration

For help with these or any other Federal Government issue, please contact my Gosford Office on 4322 1922 or email me at Deborah.O'Neill.MP@aph.gov.au

Deborah O'Neill
Federal MP for Robertson

This material has been produced by Deborah O'Neill MP using her printing and communications entitlement.

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Eat for health and sustainability

The humble fork may be the most effective tool we have for being healthy, preventing and reversing disease, while also fighting global warming.

This is the view of Umina resident Ms Shirley Hotchkiss who is running a four-part course called Sustainable Eating at Woy Woy.

Ms Hotchkiss said: "People are keen to improve their health and prevent disease while eating delicious food and protecting the environment.

"This course provides a practical approach to eating raw plant food for personal and planetary health," she said.

"There is strong scientific

evidence that most Western 'lifestyle diseases' like heart disease, cancer, stroke, diabetes and obesity are caused by the typical Western diet.

"This is particularly relevant to the Peninsula as we have a high proportion of older residents.

"But it's important for everyone as eating habits that result in disease start when we're young.

"Research detailed in reports like *The China Study* also shows how and why a plant-based diet of whole foods prevents and can reverse these diseases.

"As Hippocrates said: 'Let food be thy medicine, and medicine be thy food.'

"Eating a plant-based diet reduces environmental damage because less land is used more effectively than for animal-based diets, fewer resources are needed, and less waste is produced.

"We can all grow some of our own plant food, even if we only have a tiny courtyard or a few pots on a windowsill."

Ms Hotchkiss said the Sunday afternoon course starts on August 21 at Woy Woy CWA Hall, and costs \$50 per class.

Contact her with enquiries and bookings on 4341 9301 or shirley@openwindows.com.

Shirley Hotchkiss, Umina
Email, 4 Aug 2011

Health seminar about ADHD

A public awareness health seminar is to be held at Peninsula Community Centre on August 27.

It will be run by the Better Living Resources organisation and will focus on ADHD and the synthetic drugs used to treat it.

Former New Zealand swimming coach Mr Rob McIntyre will be speaking.

"He doesn't charge for his services, so all the profits go to

two charities – Eagle House, which helps women and children in distress, and Youth InSearch, which helps empower troubled youth to improve their self esteem and reach their full potential," said Better Living Resources promoter Ms Janelle Tyson.

The seminar costs \$15, or \$10 prepaid, and starts at 2pm.

Janelle Tyson, Better Living Resources
Letter, 2 Aug 2011

Advice about wills

A Will Awareness Day will be held on Friday, August 19, at the Peninsula Village Retirement Centre, from 10am.

The day is being launched by the Law Society of NSW and will provide free legal information on making a will and other estate planning matters by solicitors from the Peninsula.

Guest speaker for the day will be Mr Darrell Pannowitz from Tonkin Drysdale Partners, Woy Woy.

Email, 2 Aug 2011
Taya Gilseman, Peninsula Village



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Vidler Ave Skin Cancer Centre

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Ph: 4341 9911

Speaker talks about strokes

Woy Woy Stroke Recovery Club held its ordinary monthly meeting on Tuesday, July 12, where guest speaker was Mr Peter Smits from Community Neurological Support Service.

"As well as giving us an excellent rundown on the causes of stroke, ways to prevent stroke and how to live with the after-

effects of stroke, he told us that several services such as CNSS were being relocated to premises in Woy Woy Hospital," said club secretary Ms Jeanette Thiering.

"The members were impressed and the mood after he spoke was most positive," she said.

Email, 23 Jul 2011
Jeanette Thiering, Woy Woy Stroke Club

Tree removal

Gosford Council's director Corporate Services Mr Nic Pasternatsky has responded to a question on notice by Cr Terri Latella regarding why a healthy mature native tree was removed from Baldwin Close, Woy Woy.

Mr Pasternatsky said the tree was located on the footpath

adjacent to the property at Baldwin Close and was interfering with property access and had been pruned heavily under the wires.

Council's public tree assessment officer undertook an inspection of the tree and recommended removal and stump grinding.

Council Agenda, COR.88,
26 July 2011

Are you entitled to \$4000 worth of Government funded dental treatment?

You may be eligible for dental treatment if you suffer from a chronic illness such as cancer, diabetes, arthritis, stroke etc.



Woy Woy Dental Centre

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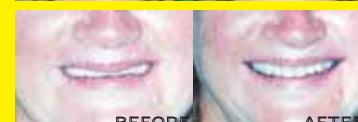
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This is a non means tested dental benefit

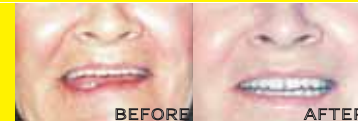
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The Peninsula Diary

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Monday August 8

National Eosinophilic
Gastrointestinal Disorders (EGID)
week

Woy Woy Rugby League Football
Club Golf Day, Everglades Country
Club,
Ettalong Beach Arts and Crafts
Center committee meeting, 3pm

Wednesday August 10

Retirement Planning workshop,
Sporties at Woy Woy Bowling Club,
6:15pm, free

Thursday August 11

Bays Community Group
Devonshire Teas
Young Parent Storytime,
Beachside Family Centre, 10am-
11:30am

Saturday August 13

LETS Trade Day, Woy Woy
Environment Centre, 11am
Pearl Beach Progress Association
Grand Concert, Pearl Beach
Memorial Hall

Tuesday August 16

Central Coast Art Society Paint
Out, Berrima Ave, Umina

Wednesday August 17

Bays Community Group General
Meeting
Triple P Parenting group. 10:15am-
12:45pm, Beachside Family Centre,
Umina, Free

Saturday August 20

Pendant/necklace workshop,
Ettalong Beach Arts and Craft Centre,
10am to 3pm

Sunday August 21

Arboretum working bee,
Crommelin Native Arboretum, 9am-
12pm
Speech Pathology week

Wednesday August 24

Triple P Parenting group. 10:15am-
12:45pm, Beachside Family Centre,
Umina, Free

Thursday August 25

Ettalong Public School community
expo, 5-7pm

Friday August 26

Daffodil Day
Daffodil Day stall, St George Bank
Umina, 8:30am to 4pm

Saturday August 27

National Cardiomyopathy Day
Troubadour Folk Club, Woy Woy
CWA Hall, 7pm

Sunday August 28

Breakfast in the Bays
National Parkinson's Awareness
Week

Wednesday August 31

National Meals on Wheels Day
Triple P Parenting group. 10:15am-
12:45pm, Beachside Family Centre,
Umina, Free

If you've got something happening on the Peninsula over the next few weeks, let us know about it and we'll list it here for you, for free. Contact details are on page 2.



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Goat Cheese & Mustard Tart with leeks, green olive puree
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Poached Pear with soft pavlova roulade

"We were there for a 40th birthday lunch and it was absolutely perfect." - Dianne

Chiropractic Plus

by Peter Grieve of the Umina Chiropractic Centre

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When it comes to your health, everyone can agree that health is your greatest asset.

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Rev. Martin Luther King, Jr. declared: "Our lives begin to end the day we become silent about things that matter."

This is so very true, as chronic illness is far too often the result of chronic poor lifestyle choices.

Health has to be about taking responsibility and empowering yourself.

If you don't take responsibility for this, how will you have a chance to get and stay well?

As Dr. James L. Chestnut states: "Many people misunderstand the relationship between ageing and sickness."

"Many think ageing and sickness are synonyms."

"Nothing could be further from the truth."

"There are hundreds of millions of people who are over the age of 60 and very healthy and there are hundreds of millions who are under 40 and are very sick."

More and more of our youth are becoming sicker due to our modern environment and attitude towards health.

We have completely changed the environment that we live in, we are eating worse, moving less and stressing more, with less social connection to help us cope with it all.

Many people want to fix the end result or measurement of poor choices with surgery, medications or the "quick fix solution", but when we look at the stresses we place on our bodies each and every day, whether physical, emotional or chemical (food, drink, environment etc), it is no wonder our bodies are giving us symptoms and/or signs to tell us that they cannot adapt any further and change is needed.

Changing your perception of healthcare to exactly that, "HEALTH" Care, will give you a whole new purpose and reason for maintaining the one body you have been given, rather than always opting for sickness or pain and symptom care when a crisis arises.



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Storytime in the park

Umina Oval will host the fifth “start reading” project, Storytime in the Park, from 10am to 12:30pm on Tuesday, August 23, with this year’s theme One World Many Stories.

Storytime in the Park will be run by local community members, community services and businesses, with funding from Gosford Council.

Families with babies and children under five years are invited to come along to the free event.

“Around 25 community members will be reading stories and setting up play activities,” said Ms Debbie Notara of the Start Reading Project.

“Peninsula Family Day Care and Coastwide Child and Family Services supported playgroups are also providing crafts on the day with a multicultural theme.

“Peninsula families always show great support of reading by joining in an opportunity to celebrate with their kids.

“Families can come down with a rug and move around the various reading stations where different stories will be performed.

“Some stories will be sung and some have movements for the children to do.



Last year’s Storytime in the Park

“There will be Indigenous, Spanish, French, Italian and Filipino, African and Aussie storytelling stations. “Families can then stay and have a picnic lunch,” said Ms Notara.

Media Release 2 Aug 2011
Debbie Notara, Storytime in the Park

Talent on show

Ettalong Public School students have displayed their talent at a Showcase performance on Thursday, July 21.

“All acts were outstanding, including our terrific senior Bollywood Dance Troupe who dazzled everyone with their colour, vitality and energy,” said school

principal Mr Colin Wallis. “Our choir and our KM children singing Humpty Dumpty also brought the house down with thunderous applause.”

Mr Wallis thanked Merran Hansford, Di Meadham, Alicia Kelly, Katie Walker and parent choreographer Jita Singh.

Newsletter, 26 Jul 2011
Colin Wallis, Ettalong Public School

Students debate

Ettalong Public School students participated in two debates on the week of Monday, July 18, but were narrowly defeated.

Principal Mr Colin Wallis said the team presented “excellent

coherent arguments and great rebuttals”.

“The team has debated well all through the competitions and is showing continuing improvement,” he said.

Newsletter, 26 Jul 2011
Colin Wallis, Ettalong Public School

Storytime group meets

A Young Parent Storytime group will be held on Thursday, August 11, to help parents under 25 help their children and enjoy stories and become good readers.

The group will be run by Beachside Family Centre from 10am to 11:30am, in the grounds of Umina Public School.

“Storytime is more than just reading books – it’s about craft and songs and even making your own

books about your own child using photos,” said centre facilitator Ms Debbie Notara.

“It’s never too early to start with babies and toddlers when it comes to reading.

“But it helps to know all different ways to tell stories and how to have fun at the same time as helping children learn,” said Ms Notara.

Media Release, 23 Jul 2011
Debbie Notara, Beachside Family Centre



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Success for Ethan

Woy Woy South Public School student Ethan Dodds has had success at the

NSW Country Swimming Championships held over the weekend of July 9 and 10 at Sydney Olympic Park Aquatic Centre.

Ethan won a bronze medal in the 100 metres backstroke and silver in the 50 metres, clocking personal bests in both events.

“Ethan has his sights set on the 2016 Olympics so we wish him good luck,” said school principal Mr Terry Greedy.

Newsletter, 26 July 2011
Terry Greedy, Woy Woy South Public School



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Photographer wins Five Lands award

Umina resident Ms Stacey Saul has been named the winner of the Five Lands Walk photography competition with her photograph, Home Time.

Ms Saul said when she was advised by Five Lands Walk president Mr Con Ryan that her photograph had been picked in the final eight she was surprised, having had minimal experience in photography previously.

"When my name was called for the first prize, I was very happy and also surprised as there were many wonderful entries," she said.

"A couple of years ago my husband decided he wanted to buy a digital SLR to take photos of our three boys playing soccer at the weekend.

"Around the same time my very good friend had also bought a new camera and she talked me into doing a TAFE course for the introduction to digital photography.

"Upon finishing the course, I had found a new hobby and have taken it from there," she said.

Ms Saul said it was the beauty

of MacMasters Beach that inspired her winning photo.

"My sister lives at Macs and it is such a pretty place down there.

"The competition stipulated that the photograph had to be taken within the five lands between May 1 and May 16.

"My sister was the one who encouraged me to enter the comp and the photo is actually of her and her son walking back to the house after a walk along the lake feeding the ducks," she said.

Ms Saul has just launched a photography business, M&S Photography, with friend Ms Margaret Channing.

"We have been getting work pretty much by word of mouth but we have a website in progress which will hopefully give us some further exposure," she said.

"With three school-aged children, photography is something I can fit into our family life without causing too much disruption," said Ms Saul.

Kaitlin Watts, 22 Jul 2011
Interviewee: Stacey Saul



Deborah O'Neill with the heads of Ettalong Public School

Local Member opens new buildings

Member for Robertson Ms Deborah O'Neill has opened the new buildings at Ettalong Public School, financed under the Federal Government Building the Education Revolution (BER) Program.

A former teacher herself, Ms O'Neill was back in assembly again, explaining to the children that GFC didn't stand for a "Green Friendly Caterpillar", according to school publicity officer Ms Rowena Newton.

Ms O'Neill told students that

the government had decided to undertake a building program in schools to help provide mums and dads with jobs to keep food on the table and to keep the economy afloat.

"Ms O'Neill complimented our school on our well behaved students and innovative programs and resources," said principal Mr Colin Wallis.

"She was most impressed by our students singing the National Anthem and We are Australian.

"All in all, it was a most moving ceremony.

"It was a mighty effort," said Mr Wallis.

Ms O'Neill and guests were treated to performances from the Senior Choir and kindergarten students.

Following the assembly and the official opening, Ms O'Neill and guests toured the new school buildings admiring the new state-of-the-art electronic white boards and the students' work.

The annual school Open Day followed the official opening and all the classrooms from Years K to 6 were open for parents and friends to visit.

Many visitors stayed on for lunch with the children and then enjoyed an impressive showcase of performing arts by students.

Media Release, 3 Aug 2011
Rowena Newton, Ettalong Public School P & C
Newsletter, 2 Aug 2011
Colin Wallis, Ettalong Public School



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Friday	Watercolour painting
Saturday	Childrens Pottery

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Out and About

Computer prints at gallery

Limited edition computer-generated giclee prints by the late Valerie Wright, who died in 2008, are currently on exhibition at Patonga Bakehouse Gallery and will remain available for viewing until Friday, September 9.

Ms Wright had a distinctive style

strongly influenced by her New Zealand training in the 1930s and early 1940s under such luminaries as AJC Fisher and John Weeks at the Elam School of Arts in Auckland.

She won many prizes over the years including the Best Work Overall award at the Mid North Coast Art exhibitions in 1985 and

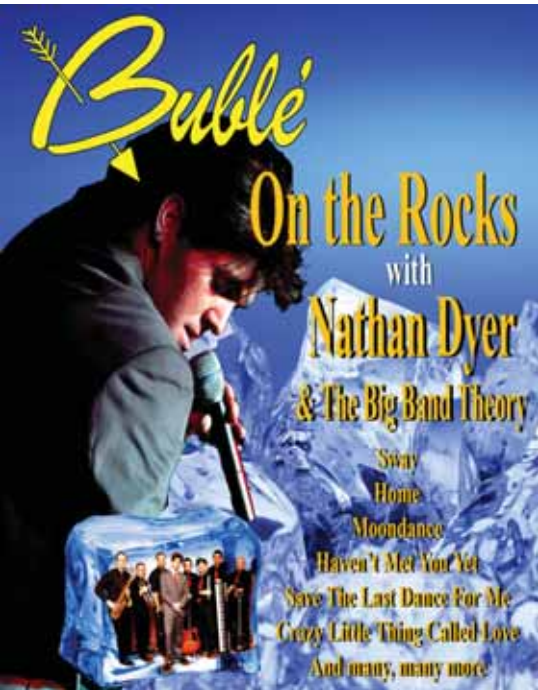
1988.

She exhibited at a number of galleries including the Oyster Festival Open Exhibitions in 1989 and 1997.

Newsletter, 28 Jul 2011
Margaret Hardy, Multi Arts Confederation



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\$29.95

or try our Piri Piri Zinger Burger!

26.08.2011. Offer valid at KFC Woy Woy & Erina Fair only



French tones at theatre

The Peninsula Theatre will host the French tones of renowned opera singer and director Milko Foucault-Larche when he performs for the Morning Melodies program at 2.30pm on Wednesday August 17.

His performance at The Peninsula Theatre will see an authentic French tribute to legendary singer Charles Aznavour, a show that won him a prestigious Mo Award in 2009 for Best International Theme Performer.

The Morning Melodies program is designed for seniors.

The daytime performances offer social interaction and access to outstanding professional entertainment for those unable to attend evening performances, according to Gosford Council's marketing coordinator Ms Jan Wells.

They featured a variety of old favourites and new acts from orchestras, tributes, big band numbers and unforgettable showstoppers, she said.

"We are delighted that hosting acts from our popular Morning Melodies program means that people living on the Peninsula can enjoy top quality acts on their doorstep," said Ms Wells.

"Morning or afternoon tea will be served prior to each performance."

Tickets to each show can be purchased online at www.laycockstreettheatre.com or by calling the Box Office on 4323 3233.

Media Release, 4 Aug 2011
Jan Wells, Gosford Council

Artist was commended

Woy Woy resident Ms Fiona White has been awarded a "highly commended" prize in the Sunshine Coast Art Prize held on Thursday, July 21, with her acrylic painting *In Your Arms*.

"After watching classic Hollywood movies I thought I would transfer those old films into a painting," said Ms White.

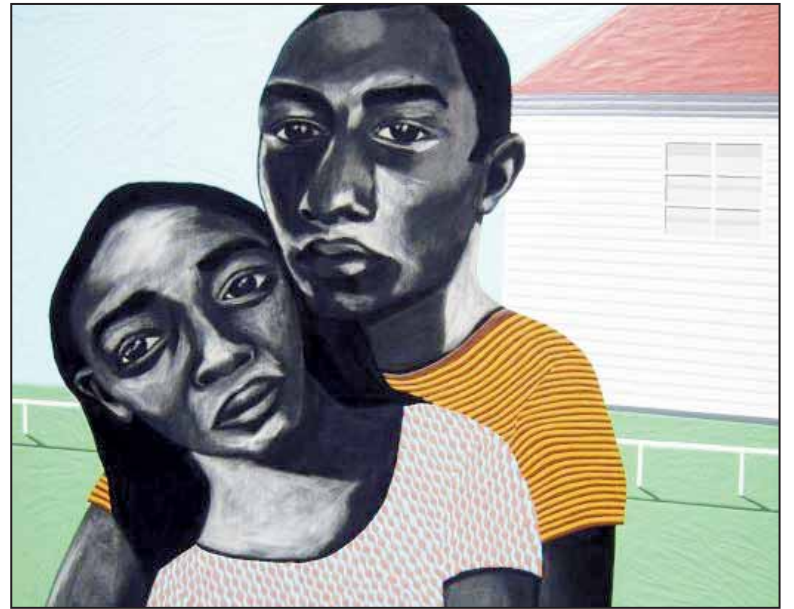
Judge Ms Maura Reilly said Ms White's "stylised portrait painting

was hard to resist".

"The large, bold work featured an amorous black couple, depicted in an almost cartoon-like fashion, set before a brightly coloured suburban-scape.

"A fabulous image," said Ms Reilly.

Website, 18 Jul 2011
The Sunshine Coast Art Prize



Ms White's painting *In Your Arms*



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Out and About



Three acts at Wagstaffe

Wagstaffe Hall will feature three popular musical acts for the Wharf at Wagstaffe Show, on Friday, August 12. The line up includes jazz

singer Liam Burrows, bass player singer Rebecca Johnson and a performance by the Youth in Performing Arts group. Doors open at 7pm with BYO drinks and nibbles, with the

evening concluding at 11pm. Email, 24 Jul 2011 Rob Payne, The Wharf at Wagstaffe

Silvercraft tutor wanted at craft centre

Ettalong Beach Arts and Craft Community Centre is looking for a tutor to resurrect its silvercraft classes following requests from the community. "Our craft centre has always endeavoured to fulfil the needs of the local community by running classes and occasionally providing a specific type of workshop on a weekend," said publicity officer Ms Sue Sullivan. "An example of this is a wonderful pendant-necklace

workshop being held on Saturday, August 20. Ettalong Beach Arts and Craft Centre will also commence new pottery classes aimed at children from Saturday, July 30. "We like to encourage children to use their imagination and teach them the techniques to create their own work of art. "Beginners and experienced students are all warmly welcomed." Email, 21 Jul 2011 Sue Sullivan, EBACC

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* Review from The Daily Telegraph

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Directory - Not for profit Community Organisations

Animal Care

Animal Welfare League (ADS)

is a nfp org giving aid and financial assistance to sick and injured animals and finding homes for surrendered dogs. Meet 2nd Tues, Spike Milligan Room Woy Woy Library, 10am. Debra 4344 4435 awlcentralcoast@virginbroadband.com.au

Art

Ettalong Beach Art & Crafts Centre (287)

Adult Classes in Patchwork & Quilting, Pottery, Folk Art, Silk Dyeing, Oils, Acrylics, Pastels, Drawing, Watercolour, Silvercraft and Children's Art & Pottery Classes Mon - Sat 10am - 3pm 4341 8344 info@ebacc.com.au

Central Coast Art Society (284)

Meet for lectures, demonstrations and discussion. Weekly paint-outs ea Tues 4369 5860. Workshops 9.30am 1st & 3rd Wed Gosford City Art Centre 4363 1820. Social Meetings 1.30pm 4th Wed for demonstrations 4325 1420 publicity@artcentralcoast.asn.au

Hospital Art Australia (284)

Meet every Friday 9am 2pm - 109 Birdwood Ave, Umina - Painting and Canvas drawing Volunteers welcome 4341 9920

Community Centres

Peninsula Community Centre (265c)

Cnr Ocean Beach Rd & McMasters Rd Woy Woy **Child Care** - Before & After School, Vacation, Family, Day & Occasional **Children, Teenagers & Adults** - Dance, Singing, Guitar, Drama, Music, Physie, Karate, Belly Dancing and multicultural support **Children** - Little Kickers, Indian Dance, Playgroups, KindyGym, **Teenagers** - "The Web" Youth Support Services. **Adults** - Bridge, Yoga, Cake Decorating, Zumba, Scrabble, Weight Watchers,

Boot Scooting, Song Writing, Community College, free tax help, Post & Pre Natal Exercises. **Counselling** - Drug, Alcohol, Relationship, Financial, Gambling, Weight Control. **Over 55's** - Social Outings, Oil Painting, Multicraft, Needlework, Bushwalking, Stroke Club, History, Tai Chi, U3A, Scrabble, Arthritis Assoc, Gentle Exercise, Free Seniors Internet Kiosk, Discussion Groups. **Function & Meeting Rooms** for 2 to 500, catering facilities avail. www.pccinc.com.au 4341 9333

Ettalong 50+ Leisure & Learning Centre (287) (formerly Ettalong Senior Citizens Centre)

Mon - Fri Cards, Computer Lessons, Dancing, Indoor Bowls, Fitness, Handicrafts, Leatherwork Line Dancing, Painting, Scrabble, Table Tennis, Tai Chi, Yoga, Darts 4341 3222

Gosford 50+ Leisure and Learning Centre (formerly Senior Citizens) (287)

Handicraft, Painting, Knitting, Tai Chi, Scrabble, Darts, Table Tennis, Indoor Bowls, Patchwork, Yoga, Fitness, Gentle Swimming, Line Dancing, Cards, Variety Social, Womens Group, Zumba, Crochet, Computer Class 4324 4749

Community Groups

AACC COMPUTER CLUB Inc. (291)

www.aacc.asn.au Help with all Computing problems - Program demos + Q&A sessions 7pm to 10pm 2nd & 4th Wed - Windows - 3rd Wed - Linux - Narara Valley High School - Supper provided Day 'meet & greet' - 12.15 - 3.15pm 3rd Tuesday of month - East Gosford Progress Hall 10 Henry Parry Drive - (cnr Wells St) - Afternoon tea provided secretary@aacc.asn.au 4362 1918

ABC (284c) "The Friends" Support group for

Public Broadcaster. Aims: safeguard ABC's independence, adequate funding, high standards. Meetings through the year + social afternoons Well-known guest speakers Ph. 4341 5170

Beachside Family Centre (287)

School-based community centre for families with children from birth to 8 years old. Offers a range of group programs and community activities 4343 1929 Umina Public School Sydney Ave

Bridge (286c)

Tuesday 12.15pm is a friendly game without pressure. We play Duplicate Bridge Mon Thur Fri Sat at 12.15pm and Wed 9.15am and 6.45pm Brisbane Water Bridge Club Peninsula Community Centre 93 McMasters Rd. Woy Woy www.brisbane-water.bridge-club.org

Cash Housie (269c)

50 Games Held every Sat night St Mary's Hall, Ocean View Rd Ettalong Beach, Free Tea and Coffee. 7.30 pm - 10.30pm. Proceeds to Woy Woy Catholic Parish. www.cashousie@hotmail.com

Central Coast Handweavers, Spinners and Textile Arts Guild Inc (286c)

Spinning and weaving, patchwork and quilting felting and other fibre and fabric crafts Workshops and Community quilting bees Day and Night Groups 4325 4743 www.thecottage.org.au

Hardys Bay Residents Group (271c)

Working for a positive & Healthy Environment in our Community allanbw@bigpond.com

The Krait Club (270c)

Community Centre - Cooina Village, Neptune St, Umina 10.30am Open to senior members of Woy Woy/ Umina Community Program includes: Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and occasional bus trips 4341 0698

Mary Mac's Place (287)

Providing hot, freshly cooked meals Mon to Fri 11am-1pm in a welcoming, friendly environment with support, information and referrals

to appropriate community services. marymacs@woywoycatholic.org.au 4341 0584

Northern Settlement Services (282)

Provides socialisation for migrants. Volunteers assist with home visits, shopping and social days. Clients from all over the world enjoy time together. Every Thur Peninsula Community Centre 93 McMasters Road Woy Woy - 4334 3877

Umina Beach Scrabble Club (277)

For all levels and ages Every Wed 9am - 12pm, relax and enjoy a cuppa while you play Scrabble 322 West St (Rubys) Umina Beach NSW 2257 4341 4859

Volunteering Central Coast (270c)

Refer potential volunteers to community orgs. Support both volunteers and community orgs. Offer training for volunteers and managers of volunteers. Offer regular general info sessions at Woy Woy. sharanpage@volunteeringcentralcoast.org.au 4329 7122

Wagstaffe to Killcare Community (285)

Work to protect and preserve the environment and low density residential nature of the Bouddi Peninsula and to strengthen community bonds 2nd Mon, 7.30pm at Wagstaffe Hall 4360 2945 info@wagstaffetokillcare.org.au

Disabled Services

Riding for the Disabled (282c)

Horse Riding as a therapy for those with intellectual or physical disabilities Volunteers always required No Previous experience Necessary - School hours only - Mon to Sat 4340 0388 stateoffice@rdansw.org.au

Environment

Peninsula Environment Group (287)

Talks, films, social events, workshops, renewable energy and recycling projects, organic food buying group www.peg.org.au

Health Group

Arthritis NSW (267c) Meeting 3rd Tues Community Centre, Corner McMasters Rd and Ocean

Beach Road, Woy Woy - 4341 5881

Overeaters

Anonymous (OA) (247c)

12-step fellowship helping those suffering from eating disorders i.e. compulsive overeating, bulimia, anorexia. No dues, fees, or weigh-ins. Peninsula Corn. Cntr, cnr. Mc Masters Rd & Ocean Beach Rd. Woy Woy, MTG Room 5 Fridays 7:30- 8:30pm www.oa.org 0412 756 446

Woy Woy Stroke Recovery Club (67/278)

Peninsula Community Centre 2nd Tuesday monthly 11.30am Light lunch avail Company, up-to-date information Hydrotherapy, bus trips 4342 1316

Marine Rescue

Central Coast Unit (287)

Marine Education Courses: Radio Licences, Boat Safety & Boat Licence & PWC Licence Tests, Navigation, Seamanship and Meteorology. Boat Licence Testing on one Sat ea month 4325 7929 www.coastalpatrol.org.au pr.centralcoast@marinerescuensw.com.au

Music

Central Coast

Concert Band (288)

Meets every Tuesday 7:15pm till 9:30pm new members welcome. Community playouts with four concerts a year at Laycock St Theatre. 0407 894 560

Service Clubs

Rotary Club of Umina (269c)

An international service organisation of business leaders seeking to improve the lives of young people and those in need in our community and abroad. Everglades Country Club Weds 0409 245 861. curleys@ozemail.com.au

Sport

Woy Woy Judo Club (287)

The most fun you can have indoors Kids Classes - \$5 Fri 5.30 6.30pm 6 14yrs Adult Classes Tue & Fri 6 8pm 15yrs+ - First Lesson Free 4 Week Trial Ettalong 50+ Leisure and Learning Centre 0434 000 170 www.wwjc.org.au

Political Group

Australian Labor Party

Umina Ettalong Branch (293) Political Discussions concerning National, State and local government issues 2nd Mon at Umina Beach Bowling Club 7.30pm 4341 7323

Veterans

N.M.B.V.A.A Inc National Malaya Borneo Veterans Association Australia (277)

Meet 1st Sat (except January). 2pm Ettalong Beach War Memorial Club 51-52 The Esplanade. Looking for more veterans, all welcome - 4342 1107

Vietnam Veterans', Peacekeepers' and Peacemakers' (284)

Assist all Veterans and their families with pension & welfare matters. Drop in. Cnr Broken Bay Road & Beach Street Ettalong. Mon & Wed 9am-1pm 4344 4760 vietvetsgosford@bigpond.com

Women's Groups

Country Women's Association Woy Woy (284)

Friendship Mornings 1st and 2nd Wed 10am Meetings 4th Wed 10.30am - 4324 2621

The Endeavour View Club, Woy Woy (287)

Luncheon, 1st Mon at Everglades Country Club, commencing 10.30am. New members welcome. Friendship Social days, 3rd Wed Uniting Church Hall, Picnic Pde Ettalong, 10.30am. Coach trips avail, (men welcome to travel). 4341 2559

Gosford RSL Sub-Branch

Women's Auxiliary (272)

Invitation to women over 18 years to join our organisation We raise money for the welfare of veterans and their families in our district RSL Club West Gosford 4th Mon 2pm 4323 7336

Peninsula Women's Health Centre (285c)

A centre for women's well being. Clinic sister; counselling; alternate therapists; groups and community education; drop-in; support for women in crisis; advocacy 4342 5905 Wed and Thur 9.30am 3pm - 20a McMasters Rd, Woy Woy www.cowhc.com.au

If you would like your Community Organisation listed here, call us on 4325 7369



Help wanted with solving robbery

Police from Brisbane Water Local Area Command are appealing for information following an armed robbery at Ettalong Bowling Club on Monday, July 4.

Just after 9.30am a Subaru Outback station wagon reversed through a front window and into the foyer of the club, according to police.

A man, who was allegedly armed with a firearm, exited the vehicle and threatened staff before demanding cash.

A second man remained in the car.

After being given cash, the armed man returned to the car and it was driven from the scene.

The Subaru, which was confirmed as being stolen, was located on fire in a nearby laneway a short time later.

The fire was extinguished by Fire and Rescue NSW and the vehicle was seized by police for forensic examination.

Police wish to speak to two men who they believe may be able to assist with their inquiries.

The first man is described as caucasian, of slim build and 170cm tall.

He was last seen wearing a dark hooded jumper and black tracksuit pants.

Police continue with their inquiries into the incident and are urging anyone with information to contact Crime Stoppers on 1800 333 000.

Media Release, 5 Jul 2011
NSW Police Media

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Malibu contest moved up beach

The Ocean Beach Malibu Club held its July contest on Sunday, July 10, further up the beach than usual.

A large swell forced the move to the "Chongies", a break just north of Ocean Beach Surf Club.

It had been a number of years since a contest was held at this location as the break, up until a few months ago, had not worked properly since 1997.

"With a 9.30am low tide, it was decided to delay the start until the turn of the tide, which was the correct decision, as the

surf improved dramatically on the incoming tide," said president Mr Craig Coulton.

"A gale force west north west wind made things a little uncomfortable and very cold, but made for some excellent waves," he said.

Round one winners were Kai Ellice-Flint, Hayden Emery, Bryce Williams, Marty Skewes, Scott Arena and Matt Sing.

Hayden Emery continued his winning form to take out the firsts, from Kai Ellice-Flint and Marty Skewes.

The seconds saw Richie

McClelland win from Mark Williams and Peter Wellington while Brent Thoroughgood was victorious in the thirds over Wayne Medcalf and Daniel Ambler.

Shane Muldowney won the fourths from Craig Coulton and John Payne and in the final heat of the day, the rapidly improving Tom Payne placed first, ahead of Mark Rylands and Ty Wilson.

The next Ocean Beach Malibu Club contest is scheduled for Sunday, August 14.

Email, 27 Jul 2011
Craig Coulton, OBMC



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Public Notices

Gosford City Council Public Exhibition Proposed Fees and Charges

Peninsula Recreation Precinct Building

Council has proposed to introduce fees and charges for the hire of the Peninsula Recreation Precinct building located at Sydney Avenue, Umina. The proposed fees and charges will be on exhibition from 5 August 2011 until 2 September 2011.

A copy of the report to Council of 2 August 2011 detailing the proposed fees and charges is available on Council's website www.gosford.nsw.gov.au and may be viewed at Council's customer service centres at Council's main building 49 Mann Street, Gosford (8.30am - 5pm) and Woy Woy Library (9.30am - 5pm). Please note that Woy Woy Library will be temporarily closed between 16-19 August 2011.

Any submissions regarding the proposed fees and charges should be addressed to the General Manager and received by 5pm on Friday, 2 September 2011. All submissions should include "Submission on the Peninsula Recreation Precinct Building Fees and Charges" as the letter subject.

For further information please contact Council's Open Space and Leisure Officer, Shari Massey, on (02) 4304 4388 or shari.massey@gosford.nsw.gov.au

Public Notices

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Vanessa will be running a workshop to raise money for the NSW Police Force for to train more Police Dogs for our Community. Cost: \$200 For 2 weeks

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Are you a not-for-profit organisation looking for sponsorship?

Bendigo Bank, Ettalong Beach supports the community by offering sponsorships to not-for-profit organizations including junior and senior sports clubs, surf life saving clubs and other community groups. Since 2009 we have sponsored more than 50 organisations with over \$103,000.

We are currently calling for groups interested in applying for sponsorship, to complete an application form available from our branch at Ettalong Beach or by downloading via the internet at www.bendigobank.com.au and follow the links via Community, Community Bank, Community Bank Branches, Ettalong Beach.

In addition to the application form please supply as much information as you can around the following key points:

- a description of your program of events for 2012 and whether the planned event is a one-off.
- Examples of previous events (you can include photos, media reports etc. If Bendigo Bank was a sponsor please supply photographs of advertising at the event.)
- How the program benefits the community or a part of the community
- Sponsorship amount sought and a breakdown of planned expenditure of sponsorship funds
- banners, posters and other promotional material that may need to be provided by Bendigo Bank
- marketing/advertising/promotional opportunities to be offered to the sponsor

Please forward your application to Bendigo Bank Ettalong Beach, 263 Ocean View Rd, Ettalong Beach 2257 marked to the attention of the Sponsorship Committee by **20 August, 2011.**

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Sport



Lifesaver of the Year - Katie Dixon

Katie Dixon is Life Saver of the Year

Ocean Beach Surf Life Saver Katie Dixon has taken out one of the top honours at this year's Surf Life Saving NSW Awards of Excellence held at Darling Harbour on Saturday, July 23.

Katie was named 2011 Surf Lifesaver of the Year for her commitment to Surf Life Saving.

She has been an active patrol member of Ocean Beach since 1995 and a patrol captain for 10 of those years and regularly conducts informal beach safety education sessions with the general public as part of her volunteer role.

Katie's patrol has won Patrol Team of the Year within the club many times, and she was awarded Club Person of the Year last year.

She was also named Lifesaver of the Year for the Central Coast Branch for the last two seasons.

The Branch of the Year award was jointly won by the Central Coast Branch and Far South Coast Branch.

Surf Life Saving NSW media manager Ms Donna Wishart said the Central Coast Branch has worked hard to implement new initiatives across all portfolios including lifesaving, surf sports,

member services, training, community education and business services.

"The branch has helped clubs provide an outstanding service to their local community," she said.

The Central Coast Branch 15-17 years Youth Leaders Program also won Initiative of the Year and David Unger from Ocean Beach Surf Life Saving Club was awarded Surf Sports Official of the Year.

Media Release, 24 Jul 2011
Donna Wishart, SLS NSW

Money raised for Childflight

Woy Woy Bowling Club has raised over \$1150 for Childflight, a helicopter service for sick children, through its monthly fundraising bowls day on Sunday, July 17.

The club's Childflight Day coordinator Mr Ken Dixon said he was happy with the result.

"This is on top of the \$12,000 we presented to Childflight for last financial year," he said.

"Thanks to Ken Poole who did a great job in the office and managed to get the bowlers on to the greens with a minimum of fuss.

"Our friends from Taree Railway Bowling Club were in attendance and managed to retain the KOB Finger trophy.

"Sid Vandine and the Taree boys had another strong win," he said.

"Paul Baylis from Childflight was in attendance to receive our cheque for \$12,000.

"Paul spoke of Childflight's appreciation of our fundraising activities and mentioned that it now costs in the order of \$10,000 to put a helicopter in the air for each rescue mission," said Mr Dixon.

The fundraising day is normally held on the third Sunday of the month, with all proceeds going to Childflight.

The next Childflight Bowls Day will be held on Sunday, September 18.

Email, 29 Jul 2011
Ken Dixon, Woy Woy Bowling Club



Life membership - Jill Greenwood

Woy Woy rugby loss to Warnervale

Woy Woy Rugby Union first grade team went down to Warnervale in round 15 on Saturday, July 30, at Woy Woy Oval by 39 points to 15.

Warnervale controlled much of the game and led by 22 points to 15 at halftime.

The game was quite even in the first 40 minutes but, in the second half, Warnervale scored 17 points to nil to cement the win.

"Woy Woy just could not cross the line in the final 40 minutes," said Central Coast Rugby Union president Mr Larry Thomson.

"Best for Warnervale were prop

Tony Paulo, lock Richie Houston and halfback Josh Holman.

"Woy Woy was best served by Nick Garnett who was able to cross for two tries," said Mr Thomson.

Email, 31 Jul 2011
Larry Thomson, Central Coast Rugby Union

Regatta dinner

The Central Coast Outrigger Canoe Club held a regatta season dinner for its members at the Bay View Hotel in Woy Woy on Saturday, June 18.

The event was the first held of its nature and was attended by more than 60 guests.

Awards were given out to Jill Greenwood who received a life

membership, Jenny Hartich who was named Club Person of the Year, Kerrie Miller who was Rookie of the Year.

Colin Long, Graham Orchard, Eric Henry and Donna Nicholls all received club supporter awards and Lana Hofman was awarded the Special award.

Email, 22 Jul 2011
Helen Orchard, Central Coast Outrigger Canoe Club

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Soccer club celebrates 50th

Southern and Ettalong United Football Club will celebrate its 50th season of soccer by holding a celebration-reunion dinner on Saturday, September 24, at the Ettalong Beach War Memorial Club.

President Mr Gary Fish said the club was looking forward to many past and present members exchanging tales of their experiences at one of the oldest and most successful football clubs on the Coast.

"A highlight of the anniversary night will be the release of a book covering the 50 year history of the club," he said.

The book will cover the founding of Ettalong Beach Soccer Club in 1961, the formation of Southern United in 1972 and the merging of the two clubs to form Southern and Ettalong United Football Club

in 1985.

"The book is a tribute to our founders, committees, players and supporters who have helped the club grow and achieve many successes over the years," said Mr Fish.

"Put together from 50 years of stories, newspaper clippings, photos, magazine articles and memories, the book is guaranteed to put a smile on the face of every reader and bring back some special moments," he said.

The club was the first junior club on the Central Coast and in their early years travelled to the Hornsby district for competition.

Members of the Ettalong Beach Soccer Club were also instrumental in establishing the Central Coast Soccer Association in 1963.

Email, 22 Jul 2011
Garry Fish, Southern and Ettalong United FC



(L to R) Ben Austine, Max Sorgese, Zac Szecko, Zac Stride, Daniel King, Daniel MacLean, Jack Henderson, Jack Alipate and Jamie Edward

Selected to play in country tournament

Woy Woy Lions Junior Rugby Union Club has had a successful representative season, according to under-12s representative coach Mr Billy MacLean.

A total of 24 boys were chosen for the Central Coast Junior Rugby teams.

The boys will play in both Country and State Championships with an unprecedented 10 players from the club chosen in the under-12s.

"The club is in a strong position for the future with so many

representative players coming through," said Mr MacLean.

The teams played at various locations throughout NSW including Tamworth, Orange, Camden and Lismore.

"All the boys had a great experience at both championship tournaments and enjoyed their time in camp and on tour," he said.

After the Country Championships, seven players were chosen across all eligible age groups to play for NSW Country.

They were Tyrone Fleming and Patrick Hines in the under-18s,

Damien Fleming in the under-16s, Lapana Vitale in the under-15s and William Jones, Colin McAlpine and Joshua Thorndyke in the under-14s.

Damien Fleming was also in the Rising Gold team which was run by the Australian Rugby Union for junior Wallabies.

"Lions are coming second on the Club Championship ladder and all teams are on target to make the semi finals starting at the end of the month," said Mr MacLean.

Email, 1 Aug 2011
Billy MacLean, WWJRU



A team from the 60s



Tournament winners Judy King, Penny McLeod, Sue O'Connor and skip Margaret Smith.

Bowls carnival

Umina Beach Women's Bowling Club held its 14th annual Kingfisher Carnival from July 25 to 27.

The event attracted 34 teams of four from all over Sydney and the Central Coast.

Everglades Ladies Club won the first prize of \$1000, followed by Umina with a prize of \$800, Terrigal with \$600 and a second Umina

team came in fourth winning \$400.

The Everglades winning team comprised Judy King, who substituted for Sandra Medhurst on two of the days, Penny McLeod, Sue O'Connor and skip Margaret Smith.

Email, 1 Aug 2011
Eve Phillips, Umina Beach Women's Bowling Club

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