

Pokies system to cost \$9.6M, say clubs

ClubsNSW has estimated that the installation cost of a mandatory pre-commitment system would cost a total of \$9.6 million on the Peninsula.

Cost estimates for clubs around the Peninsula range from \$270,000 at Hardy's Bay RSL and Citizens Club to \$2.82 million at Ettalong Beach War Memorial Club.

Costs for the other clubs are: Club Umina \$1.17 million, Woy Woy and District Rugby League Football Club \$1.38 million, Ettalong Memorial Bowling Club \$1.65 million, Everglades Country Club \$1.83 million, and Sporties at Woy Woy \$480,000.

Clubs on the Peninsula are currently turning over \$25.6 million in poker machine revenue, according to ClubsNSW media relations manager Mr Jeremy Bath.

However, he said: "Poker machine revenue is not profit.

"The clubs still have to pay gaming tax of \$5 million, the salaries of 210 staff, utility costs such as electricity and water and support local community and sporting groups as well as pay for food, beverage and a host of other costs and taxes that all small businesses must pay."

Release of the estimates follows a meeting of 41 clubs held at Gosford RSL on Thursday, August 11, which discussed the future of clubs and the flow-on effects from the proposed legislation.

ClubsNSW CEO Mr Anthony Ball said the outlook for clubs on the Peninsula was dire if the Federal Government supported Andrew Wilkie's poker machine proposal.

"When clubs close or dramatically reduce their spending, that decision is felt by local small businesses such as trades people, those in the food supply industry

and many others they rely on," he said.

Mr Ball said, based on findings from the Australian Bureau of Statistics, "we know that for every one person employed in a club, another two jobs are created indirectly".

"This mandatory pre-commitment system the Federal Government is supporting will do nothing to help problem gamblers," said Mr Ball.

Independent Member for Denison Mr Andrew Wilkie said most poker machine players won't notice a difference.

"Many are used to carrying loyalty cards similar to pre-commitment cards," he said.

"And the 88 per cent of Australians who gamble \$1 or less a spin can play the low intensity machines without a card.

"Three quarters of Australians support these affordable reforms which are consistent with the recommendations of the Federal Productivity Commission.

"The claims that clubs, pubs and casinos will have to fork out huge sums to install pre-commitment on all their machines are simply not true.

"The pokies industry should stop scaring its members and staff about these reforms.

"Mandatory pre-commitment will help problem gamblers without unduly affecting any club that does not have a heavy reliance on problem gamblers," said Mr Wilkie.

If you think you have a gambling problem, call the Gambling Helpline on 1800 060 757.

**Kaitlin Watts, 19 Aug 2011
Interviewee: Jeremy Bath
Media Release, 16 Aug 2011
Andrew Wilkie MP
Media Release, 9 Aug 2011
Anita Balalovski, ClubsNSW**



Photo: Naomi Bridges

Club Umina

... and then \$10M a year

Poker machine revenue on the Peninsula could drop by \$10 million a year if problem gambling was eliminated, according to some estimates.

The annual poker machine revenue for the Peninsula of \$25.6 million, represents an expenditure of around \$750 a year for every adult in the Peninsula's postcode areas.

The Productivity Commission has estimated that around 40 per cent poker machine revenue

comes from problem gamblers, who represent between 0.5 and one per cent of the population.

If these national estimates applied here, registered clubs on the Peninsula would stand to lose \$10 million a year if problem gambling was eliminated.

According to these estimates, the Peninsula would have between 150 and 300 problem gamblers who lose between about \$30,000 and \$60,000 a year.

Clubs Australia estimates that

20 per cent of the population accounts for 90 per cent of poker machine revenue.

On the Peninsula, that represents an average expenditure of \$3615 a year from these people.

Around 55 per cent of the population does not use poker machines.

**Report, 23 Jun 2010
Productivity Commission
Submission, 28 Jan 2011
Clubs Australia**

Coast Shelter operates youth refuge

The Umina youth refuge operator Youth Angle has come under the auspice of emergency accommodation provider Coast Shelter, while its long-term future is decided.

Coast Shelter CEO Cr Laurie Maher said Coast Shelter would look after Youth Angle "for about six months until the Department (of Community Services) can call for an expression of interest for a permanent auspice".

"The management committee of Youth Angle handed the auspice to the Department so it can keep the cottage functioning," said Cr Maher.

"A lot of the smaller ones management committees are

finding it extremely difficult to get people to put their hand up to go on committees and because of the accountability requirements these days it can be fairly heavy on management committees," he said.

For many years, Youth Angle has provided refuge and cottage accommodation for young men and women on the Peninsula.

Cr Maher said Coast Shelter's Board of Directors agreed to accept the temporary auspice and provide the management and support of Youth Angle after a request came from the Department of Community Services.

Youth Angle provides support and accommodation for up to six young people in the refuge and

more recently, in partnership with Pacific Link Housing Association, provide six outreach cottages for young men and women.

Youth Angle will now temporarily form part of Coast Shelter's range of services.

Coast Shelter now operates three youth refuges, a women and children's refuge, a men's refuge, an accommodation support program, a family brokerage program and a Community Centre.

It accommodates individuals and families in 60 properties across the Central Coast.

**Kaitlin Watts, 16 Aug 2011
Interviewee: Laurie Maher
Newsletter, 1 Aug 2011
Heidi Blyth, Coast Shelter**



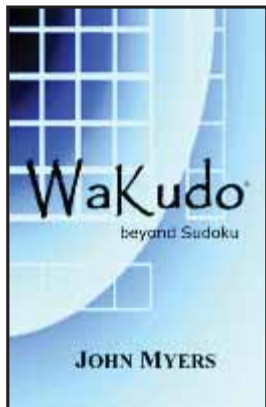
Your chance to win!

Peninsula News and author John Myers are giving four readers the chance to win a copy of **WaKudo beyond Sudoku** valued at \$24.95 each.

The book consists of 251 puzzles and would be the ideal Fathers' Day present.

To win a copy of WaKudo beyond Sudoku write your name, address and phone number on the back of an envelope and send to Peninsula News WaKudoR beyond Sudoku competition PO Box 1056, Gosford, NSW, 2250, before the close of business Thursday, September 1.

The winner of last edition's Peninsula News Australian String Academy competition was awarded to Liz and Tom Hill of Woy Woy.



Rainfall on the Peninsula is close to the monthly average of 73.9mm with one third of the month still to go.

A total of 72.4mm has fallen until 9am on Saturday, August 20, according to figures supplied by Mr Jim Morrison of Woy Woy.

The falls bring the cumulative total for the year to 1125mm, almost one quarter more than the year-to-date average for this time of year.

The total is 23.2 per cent above the average of 913.5mm at the end of August.

Temperatures this month have ranged from a high of 28.2 degrees on August 4 to a low of 8.1 degrees on August 8, according to figures from www.peninsulaweather.info.

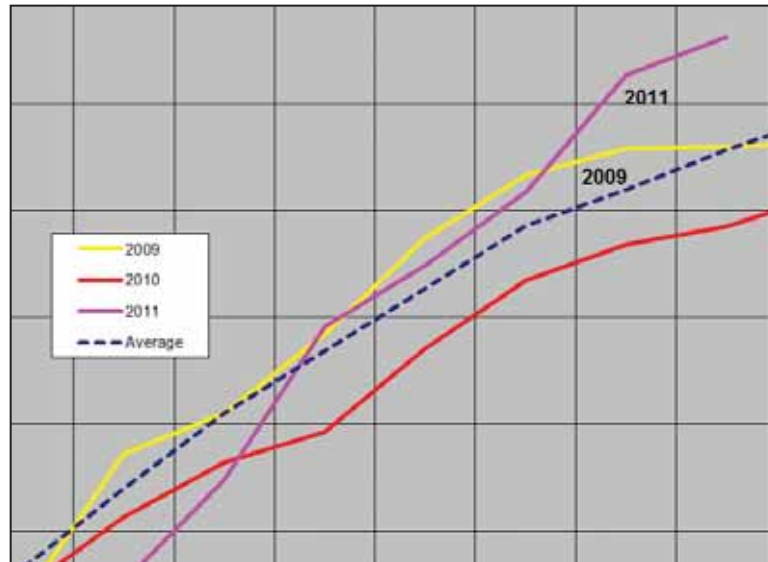
Average daily maximum

temperature was 20.5, while average overnight low was 10.1.

Highest minimum was 13.9 on August 6 and lowest maximum was 15.6 on August 14.

The highest wind gust recorded was 41.4 km/h on August 19.

Spreadsheet, 20 Aug 2011
Jim Morrison, Woy Woy
www.peninsulaweather.info



Peninsula directory of services, contacts and support groups

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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
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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

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Peninsula News

Community Access

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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Chairman, Equilibrium Community Ecology Inc
Vice-president, Brisbane Water Secondary College Umina Campus P&C

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Planning proposal for fast food store

Gosford Council has decided to submit a planning proposal to the Department of Planning and Infrastructure which could see the construction of a fast food outlet on Ocean Beach Rd, Umina.

McDonalds Australia asked the council to rezone five house sites it owns from residential to general business under the Gosford Planning Scheme Ordinance so it can be used as a "McDonalds operation".

The sites are between West St and Wellington St and about the

Woolworths service station and the Coles supermarket.

The application was made "due to the uncertainty associated with the timing of finalisation of the draft Gosford LEP 2009 and the need for the owners to proceed with the development of the site at the earliest opportunity".

Under the draft LEP, the house sites would be zoned for business use.

The proposal claimed a McDonalds adjacent to the existing commercial centre would employ 130 full time and part time

employees in the younger age bracket and contribute \$1 million to the local economy in wages.

The applicant has indicated that completion of the planning proposal would enable development on land to proceed providing important economic benefits for the local area.

The council decided that if no submissions on the proposal were received, it would be forwarded to the Department "in order to make the plan".

Gosford Council Agenda, ENV.51, 2 Aug 2011



Plan to eradicate weed in Patonga

The Community Environment Network has embarked on a campaign to eradicate a weed from Patonga during the month of August

The campaign to remove the asparagus fern weed is part of the Patonga Erosion Study supported by the Hawkesbury Nepean CMA to remove weeds and provide connectivity with native vegetation between the creek and residences.

"Asparagus fern flyers have been distributed to residences in Patonga which will help to identify

and eradicate the asparagus fern," said project officer Ms Jen Dwarte.

"If you missed out or need an extra copy, the flyer can be obtained from the fish and chip shop or by calling 4348 4327.

"Residents are encouraged to remove any asparagus fern on their property and those who send in before and after photos will be given two free local native plants suitable for gardens in Patonga to plant in its place," said Ms Dwarte.

Media Release, 12 Aug 2011
Jen Dwarte, Community Environment Network

Council supports black spot funding

Gosford mayor Cr Laurie Maher has told the Peninsula Chamber of Commerce that it supports "in principle" the Chamber's submission to the RTA for federal black spot funding for Lone Pine Ave, Umina.

In a letter to the Chamber, Cr Maher said: "Officers are currently preparing funding applications for identified priority black spot locations throughout the city.

"Once advice of the black spot determination is received from the RTA, the extent of the works at all successful locations will be reviewed in line with indicative program funding allocations and available capital works funding."

Chamber president Mr Matthew Wales said: "The Chamber is delighted that Council has agreed to support our application.

"There is bipartisan agreement that Lone Pine Ave is in a parlous state of repair and urgently needs capital funding for reconstruction and drainage works.



Photo: Naomi Bridges

"The Chamber lodged a submission with the Black Spot Consultative Panel in April this year requesting urgent federal funds and this has now been supported by Gosford Council.

"As a major collector road which services hundreds of residents and carries thousands of traffic movements each day, it is unacceptable that the road has virtually no storm water drainage and no kerb and gutter.

"Road users deserve better

than this and this has now been recognised by the Council," said Mr Wales.

"It is hoped that Council will also ensure that the project is included in a review of its recurrent Capital Works funding so that adequate funds are provided for reconstruction work," he said.

Letter, 18 Jul 2011
Laurie Maher, Gosford Council
Media Release, 14 Aug 2011
Matthew Wales, Peninsula Chamber of Commerce

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Pastor Greg with his son Oscar at Brisbane Water Secondary College

Public launch for evangelical church

An evangelical church will be started on the Peninsula at a public launch at Brisbane Water Secondary College,

Woy Woy campus, on Sunday, August 28, from 9:30am.

The Central Coast Evangelical Church, known as EV Church, was starting the new church after 15 years on the Central Coast.

Pastor Greg Masters said he saw the Peninsula as an amazing area to bring up his own young family, connect with the community and bring solid hope to people for this life and the one to come.

"Church is not about going to some building on a Sunday nor is it just a club or something people like to do.

"It is about living throughout the week as a community of gracious

and forgiving people who are convinced that the God of the Bible offers more than just an alternative way to live.

"He offers us real eternal life.

"We're not here to give people a nice set of principles to live by, but to help everyone on the Peninsula live in the freedom that comes from God's unconditional love as seen in Jesus.

"Many people have been working very hard for and are so excited about this launch," he said.

EVKids will be available on the day for children from six months to year six.

Media Release, 18 Aug 2011
Lachlan Grice, EVChurch

Rebel scientist speaks at Ettalong

A residents group opposed to having sea level rise information on property planning certificates has arranged for a scientist who disputes a human cause of climate change to address a seminar at Ettalong in September.

The seminar on climate change and sea level rise will be open to the public and will be organised by Coastal Residents Inc on Saturday, September 3, at Ettalong Beach War Memorial Club from 9am to 2:30pm.

The group has arranged for Professor Robert Carter, emeritus fellow of the Institute of Public Affairs, to address the seminar.

Professor Carter was a paleontologist, stratigrapher, marine geologist and environmental scientist with more than 40 years professional experience, according to Coastal Residents' chairman Mr Pat Aiken.

"He challenges many of the extreme claims made by the IPCC, the CSIRO and the Government and offers an alternative position that calls for better planning and an end to the alarmism that affects the livelihood and wellbeing of coastal communities," said Mr Aiken.

"He will make two short presentations on climate change and sea level rise followed by a question and answer session."

Media Release, 18 Aug 2011
Pat Aiken, Coastal Residents Inc

Council moves on asbestos dumping

Asbestos has been illegally dumped in the litter bins at Patonga Camping Ground on two separate occasions, according to a letter sent out to all Patonga residents from Gosford Council on Monday, August 8.

Council's Waste Management

officer Ms Trudy Hurley said Council will be increasing its ranger patrols in the area as a precautionary measure.

Council is also asking all resident to be vigilant and encouraging them to report any illegal dumping as soon as possible.

"As you may be aware, children regularly play in the vicinity of this camping ground, as well as the nearby playground, so it is imperative that no hazardous waste is disposed of in this manner," said Ms Hurley.

"Any assistance that residents can give us in this matter would be greatly appreciated," she said.

Letter, 8 Aug 2011
Trudy Hurley, Gosford Council



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Trip to Canberra

A delegation of representatives from the Central Coast made the trip by bus from Ettalong Beach Tourist Resort to Parliament House, Canberra, on Tuesday, August 16, to add their voices to the No Carbon Tax rally.

Invited to join them was Central Coast comedy duo Politically

Incorrect who attended dressed as Kevin Rudd and Julia Gillard

"Joining the scientists, rock stars and politicians who addressed the crowd, Politically Incorrect brought some light relief and another way of understanding the rhetoric," said Ettalong Beach Tourist Resort manager Mr Larry Altavilla.

Email, 19 Aug 2011

Larry Altavilla, Ettalong Beach Tourist Resort



Information wanted

Police are still appealing for information following an alleged armed robbery at Ettalong Bowling Club last month.

Police are searching for two men they believe may be able to assist with their inquiries into the smash and grab incident which took place at the club on Monday, July 4.

The first is described as being of Caucasian in appearance of slim build and 170cm tall and aged between 20 to 30-years-old.

At the time he was wearing

black tracksuit pants and a dark hooded jacket and a balaclava.

The second man is described as being of Caucasian in appearance of slim build and aged between 17 and 22-years-old with short brown hair.

At the time he was wearing a black hooded jumper and board shorts.

Anyone with information in relation to the incident or information in relation to the man should call Gosford Detectives or Crime Stoppers on 1800 333 000.

Media Release, 10 Aug 2011
NSW Police Media

Named as Young Male Person

Satali Tevi Fuimaono, a Umina Beach PCYC Club member, has been named the Young Male Person of the Year at the PCYC State Conference held in Goulburn in May.

In 2010, Satali was named the Australian Amateur Boxing champion in the under-14 schoolboy division, as well as the national Golden Gloves Champion and the Southern Queensland Champion.

He also represented PCYC at the 2010 State of Origin Boxing Tournament.

In other sports, Satali

represented NSW in Rugby League in 2009 for NSW Primary Schools, and qualified for State and regional level athletics representation.

Umina Beach PCYC club manager Ms Allison Carpenter said Satali had made a great impact on many young people around him.

"His huge work ethic and discipline has inspired many of his team mates," she said.

"Many people in the community are aware of how committed and driven he is, whether by seeing him doing his daily runs, or by noticing the way he never strays from what he has set himself to achieve - Olympic Gold."

Satali was also a dedicated

helper at the club for four days a week in the junior boxing program, where he was recognised as a role model by many young members, she said.

"Our staff, police, volunteers and club members are incredibly proud of Satali.

"He is a hard working, focused and pleasant young man who can achieve anything he puts his mind to," said Ms Carpenter.

"He is an inspiration to children, youth and adults and deserves the recognition," she said.

Email, 18 Aug 2011
Allison Carpenter, Umina Beach PCYC

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Blackwall Road, Woy Woy

Silk floral arrangements

A new shop specialising in silk floral arrangements and corporate and hospitality clothing has opened in Ocean View Rd, Ettalong.

Store director Mr John Shirley said the name of the store, MAZ avec JAS, meant Marianne with John, a shop for him and her.

"With the floral arrangements, we have corporate, hospitality and event wear, something for everyone.

"If it is not in the shop then we order it from our many suppliers through their catalogues," said Mr Shirley.

Email, 16 Aug 2011
John Shirley, MAZ avec JAS



Last year's Woytopia Festival

Not on board

The Woy Woy Leagues Club has issued a statement that no members of the club's board are members of the board of the Ettalong branch of the Bendigo Bank.

The statement was issued in response to a letter from Mr Jack Galway of Woy Woy, published in the July 25 edition of Peninsula News, which claimed that "directors

of the Ettalong Beach Bendigo Bank also sit on the board of the Woy Woy Rugby League Football Club".

"No one on my board has anything to do with Bendigo Bank," said Woy Woy Leagues Club CEO Mr Josh Collins.

Email, 4 Aug 2011
Josh Collins, Woy Woy Rugby League Football Club

Stalls wanted

Local green businesses and community groups are being invited to set up a stall at the Woytopia Festival to be held on Sunday, October 30, at Woy Woy South Public School.

Woytopia is the Peninsula's "green" festival, and will feature an eco-market of eco-friendly stalls including organic food and clothes, energy and water saving services, natural bodycare and cleaning products, local environment groups and more.

For more information, visit the festival's website www.woytopia.info.

Email, 11 Aug 2011
Mark Mann, Peninsula Environment Group

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Deborah O'Neill
Federal MP for Robertson

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

Discuss proposal now

The integrated planning unit of Gosford Council must be short-staffed and rushed.

The McDonalds' operation proposed to Gosford Council is to combine five residential lots into a "meeting place for local residents".

This would create 130 full time and part time jobs, a claim repeated six times in the report.

Did the integrated planning unit check the details?

The location is Ocean Beach Rd between Wellington and West Sts, Umina.

The unit is unfamiliar with this area as it has advised "that the development is appropriate for the

Forum

location and improves the natural scenic attributes of the surrounding area".

The statement that "the planning proposal will concentrate business development in the centre near public transport" conflicts with the need to assess "traffic impacts" at the DA stage.

Will this mean more congestion and re-configuration again of Ocean Beach Rd?

Didn't the PUDS study state that some roads were at saturation point on the Peninsula?

How will the development impact on existing retailers at Umina, including Coles, Woolworths and Aldi?

All issues relating to the planning proposal should be discussed at this stage and not the DA stage.

Letter, 11 Aug 2011
Norman Harris, Umina

Forum

Being petty minded

Denying David Hicks of his financial rewards for writing of his experiences as a prisoner at the Guantanamo Bay military camp is a stupid action.

Thirty thousand Australians have bought a copy and were prepared for Hicks to receive his financial due.

Hicks has a unique Australian experience rivalling that of the victims of the Spanish Inquisition.

The Federal Attorney-General is being petty-minded.

Email, 6 Aug 2011
Noel Olive, Umina

Forum

About time

It is about time the electronic waste recycling trial (Peninsula News, July 25) was publicised and encouraged.

I get a bit sick of seeing printers and old TVs outside people's homes.

I would propose a carbon waste fine for this type of environmental pollution.

Online Submission, 1 Aug 2011
Stephen Mcnamara, Woy Woy

Little learnt

Forum

sense of shame is found in all people, the sense of respect is found in all people and the sense of right and wrong is found in all people."

I wonder sometimes is Mencius right?

Letter, 8 Aug 2011
Keith Whitfield, Woy Woy

Teaching ethics in schools and "brain" psychology for footballers, so that they care for others, plus the violence and crime in the cities, seems to show we have learnt little from teachers such as Moses, Confucius, Christ, Buddha and Gandhi.

Mencius, the Chinese philosopher, said: "The sense of mercy is found in all people, the

Howard republic was defeated

Don Parkes' letter of August 2 ("Revolution resulted in thousands slaughtered") says that "the Australian Republican Movement model for a republic was soundly voted out by the people in a referendum".

This is, of course, not true.

It was the John Howard model for a republic (in which the president was to be chosen by Federal politicians) that was voted out at the referendum.

Howard's crafty manipulation of the referendum process resulted in ARM supporters voting against the proposal, because they were not given the choice they wanted, i.e., a voice in the selection of a republican president.

Any ethical approach to the question would have required a two-stage vote in which citizens were first given the choice between a monarchy and a republic and, then, asked (depending on which option was chosen) how

they wanted the monarch or the president selected.

However, rather than taking a rational approach to the question, Howard preferred to exploit hysterical nonsense.

Email, 10 Aug 2011
Bruce Hyland, Daleys Point



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43441132 coastal **SLEEP**

Homewares and gifts

A new store has opened in Ettalong selling homewares and gifts for all ages.

Love of a Lifestyle is located in the old Messengers Real Estate building on the corner of Barrenjoey and Broken Bay Rds, Ettalong, and is open from Thursdays through to Mondays.

New owners Ms Suzie Manuel and Ms Sharon Kissick have lived on the Peninsula for a combined total of more than 60 years.

Arts, jewellery and various crafts including cards, quilts, dolls

and bears are all designed by local residents of the Peninsula.

The store also has a courtyard used to serve brewed teas from the Blue Mountains, coffee, cold drinks and sweet treats from a local home based bakers.

"There is such a wealth of talent in our local area," said Ms Kissick.

"It is wonderful to be able to showcase their wares to the wider community."

Email, 10 Aug 2011
Sharon Kissick, Ettalong



Photo: Naomi Bridges

New phone store

A new telecommunications store opened in Woy Woy on Wednesday, August 17.

Telstra Woy Woy licensee Mr Darren Smith, who has over 20 years experience in telecommunications, said he was excited to return home to the Central Coast to establish the store in Deepwater Plaza.

"Telstra has revamped its Telstra Store network introducing more

interactive customer innovations and a new customer service program, personal shopping," said Mr Smith.

"Customers can come in store and pick up a mobile phone, send an SMS or make a phone call before they buy giving them a real sense of how it works and whether it's exactly what they're looking for."

Telstra Country Wide Area

Hunter Central Coast general manager Mr Chris Cusack said the Woy Woy store will be the fourth Telstra store located on the Central Coast.

"The Woy Woy Telstra store will provide a more convenient retail location for all Peninsula customers particularly being located so close to Woy Woy train station," he said.

Media Release, 16 Aug 2011
Greg Campbell, Javelin Australia

State rugby league champions

Brisbane Water Secondary College are rugby league state champions after the under-15 team took out the NSW All Schools Competition at the end of July.

After defeating other Central Coast schools last term, the boys travelled to Sydney for the state finals where they won all their pool games and semi final before overcoming South Coast school Warilla High in the final 8 nil.

The college was the most successful school in NSW with two teams that qualified for the grand final.

The under-14 team, however, was defeated in the last minute of

the game by the strong Holy Cross Ryde team, leaving Brisbane Waters second in NSW.

Newsletter, 16 Aug 2011
Frank Gasper, BWSC Umina

Hearing information session held

A hearing information session will be held at the Peninsula Community Centre, Woy Woy, from 2pm to 4:30pm on Friday, August 26,

The session will be free of charge and will be run by Better Hearing Australia Central Coast as part of Hearing Awareness Week from August 21 to 27.

It is expected to be of particular interest to people suffering from

tinnitus or Meniers disease.

Better Hearing Australia is a charitable volunteer organisation which aims to help those with a hearing loss and their families understand and manage their problems.

The Better Hearing Australia Central Coast branch provides services to the hearing-impaired including an advisory service, assistive listening devices for demonstration, talks to community groups, local schools and nursing

homes.

The branch also runs hearing loss management groups, teaching hearing-impaired people to better

manage their hearing loss.

Email, 15 Aug 2011
Renata Milanovic, Better Hearing Australia

Central Coast Case Management Services

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BETTER HEARING AUSTRALIA

Meditation class for commuters

A meditation class will begin in Woy Woy in September to teach commuters how to de-stress and improve their well-being.

The classes will begin on Tuesday, September 6, with three classes held a week on Tuesdays, Fridays and Saturdays.

Bright Life director Ms Alison Jose said she hoped people could put what they learn into practice by using guided meditation recordings on their train journey.

"By using their commuting time to their advantage and meditating for 10 or 20 minutes travelling to and from work, these commuters

will make profound positive life changes," said Ms Jose.

"Meditation is the greatest health insurance of all as it promotes happiness, well-being and improves your experience of life and physical health."

After meditating for over 10 years and commuting for even more years, Ms Jose said she knew that to be able to find the time to meditate was difficult.

Alison has a certificate in meditation teaching and holistic counselling, as well as a certificate as a yoga instructor.

During her weekly meditation classes, she will teach four different

styles of meditation, which are designed to remove stress from the mind and body and to motivate you into creating more positive opportunities for yourself.

On Tuesday evenings, students will meditate at the Boathouse Waterfront Restaurant in Koolewong overlooking Brisbane Waters.

On Fridays, commuters can meditate at a 6.30pm class at Woy Woy CWA Hall and, on Saturdays, at a 9.45am class at the Peninsula Community Centre.

**Media Release, 17 Aug 2011
Alison Jose, Bright Life**

Support after cancer surgery

A free gentle exercise program for those who have had breast cancer surgery will be held in Woy Woy from Thursday, October 13, to Thursday, December 8, from 10am to 12pm.

The YWCA Encore Program aims to meet the physical needs and supports the well-being of women after the trauma of surgery in a nurturing and supportive environment.

The eight week program incorporates gentle floor and hydrotherapy exercises and provides the opportunity for

relaxation and information sharing amongst women with similar experiences.

Studies have shown that exercise programs for most cancer survivors in general can reduce anxiety and depression, improve mood, boost self-esteem and reduce symptoms of fatigue.

The Encore Program was created to improve movement, flexibility and strength after breast cancer surgery.

To register or for further information, call 02 9285 6264 or 1800 305 150.

**Media Release, 11 Aug 2011
Melanie King, YWCA NSW**

Mural painters wanted

The Peninsula Women's Health Centre is calling for



Access for people with disabilities

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arqu.com.au

women to contribute to a mural on the Health Centre's water tank.

The mural will reflect women's lives on the Peninsula and has been made possible through a grant from Gosford Council's Community and Cultural Grants Program.

Interested women are invited to contribute ideas, paint and to learn news skills.

Local community artist Ms Suzanne Holman will steer the project and share her expertise with women.

Peninsula Health Centre community development worker Ms Katherine Bradfield said women who participated did not need to have any artistic skills.

"We hope to connect women in our community, encourage a sense of ownership of the project and create a wonderful visual centre point to a growing outdoor area," she said.

With inquiries, phone 4342 5905.

**Email, 18 Aug 2011
Katherine Bradfield, Peninsula Women's Health Centre**

Free coffee morning

A free coffee morning will be held on Wednesday, September 7, by the Peninsula Women's Health Centre, Woy Woy from 10am to 12pm.

Community development worker Ms Kate Bradfield said: "Coffee mornings are a social get-together for all women who may want to meet other women or who are isolated or at home with children and wanting some social contact."

"We recently have had an upgrade at the centre and we now have a child friendly playroom.

"Women can attend the coffee morning, bring their children who can play in this child-friendly playroom under mum's or their carers supervision.

"We offer a healthy morning tea with some treats for mum's and kids," said Ms Bradfield.

**Email, 10 Aug 2011
Kate Bradfield, Peninsula Women's Health Centre**

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Healthy cooking

A healthy cooking class will be held on Tuesday, August 30, at the Woy Woy Seven Day Adventist Church from 7pm.

The class is aimed at those

who are concerned about additives, artificial colouring and preservatives in foods.

For bookings, phone Dorothy on 4341 4400.

**Online Submission, 16 Aug 2011
Dorothy Pansare, Woy Woy**

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Community Access

Selected into Gosford High

Six students from Woy Woy South Public School have been successful in gaining acceptance into Gosford Selective High School.

Three of the students completed all their education at Woy Woy South Public School while the other three spent the last two years in the Gifted and Talented Program at Gosford Public School, according to principal Mr Terry Greedy.

"No doubt the knowledge and

skills developed during their years at Woy Woy South Public School laid the foundation for the success they are now experiencing," said Mr Greedy.

"Six students out of our Year 6 group is an excellent success rate and reflects extremely well on the programs and quality of teaching being offered at our school," he said.

Newsletter, 16 Aug 2011
Woy Woy South Public School



Speed career organisers

Speed 'careering' at Woy Woy

A "speed careering" day was held at the Woy Woy campus of Brisbane Water Secondary College on Tuesday, August 2.

A number of business people took a few hours out of their day to help expand student's knowledge of what is needed to be done for

creating their future, according to campus principal Ms Pam McAlister.

Career speakers included hair and beauty specialists, hospitality workers, accountants, lawyers, IT professionals and child care workers.

They were each set up in classrooms and gave visiting

classes a 10-minute overview of their job.

"The speakers were well received by the students who asked questions and gained the knowledge they needed for the future," said Ms McAlister.

Newsletter, 17 Aug 2011
Pamela McAlister, BWSC Woy Woy

Speakers chosen

Eight students from Pretty Beach Public School have been selected to present speeches at the Hunter Central Coast Regional Public Speaking Competition to be held on Wednesday, August 24.

The students were selected following a public speaking night held in the school library in the first

week of August.

Organiser Mr Chris McInerney said the students impressed with "the quality of the speeches' subject matter, their poise and the manner in which they engaged with the audience through their eye contact, voice projection and use of hand and facial gestures".

Newsletter, 11 Aug 2011
Deborah Callender, Pretty Beach Public School

Drama workshops

Nine students from Pretty Beach Public School have attended the Central Coast Drama Festival workshops at Niagara Park from August 3 to 5.

Over this time, the students developed and extended their skills and abilities in drama, through a range of workshops, games and activities.

The student's final performances demonstrated the students' dramatic ability and their ability to work collaboratively to

develop these performances.

Newsletter, 11 Aug 2011

Deborah Callender, Pretty Beach Public School

Day at college farm

A day of activities was provided at the Brisbane Water Secondary College Umina Campus farm on Wednesday, August 10, for 20 students from primary schools across the Peninsula.

The students learnt about handling chicks and ducklings, how to round up sheep and feed

goats and donkeys.

Students enjoyed a tractor ride around the farm to see all the animals, ate produce from the fruit trees and laughed at the antics and tricks of the performing horse.

Students also got to hold Frog, the resident python, as well as baby animals.

Newsletter, 16 Aug 2011
Woy Woy South Public School

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Education



India and Charlie with the items collected

Collecting food items

Wallaby St Preschool is collecting food items for its Christmas in July food drive for Mary Macs Place, Woy Woy.

Wallaby St Preschool centre manager Ms Danielle Leete said: "We felt it was important to model empathy at our service for the

children to realise that they are part of a community and that it is a great thing to help families in need.

"We have wonderful parents here at Wallaby street and they are very generous so we have collected over 100 food items but we still have a week to go so we are aiming for 200 food items.

"We are going to make a big

hamper and Mary Macs can use the items as they wish.

"We have also collected some lovely soap and towels so we might brighten up someone's day," she said.

Email, 14 Aug 2011
Danielle Leete, Wallaby St Preschool

Naidoc Week

Students from Pretty Beach Public School have participated in Naidoc Week.

Principal Ms Deborah Callender said: "During the week, classes

researched and completed various activities relating to Indigenous culture.

"Students were keen to listen to many Dreamtime stories," she said.

A number of students were also asked to exhibit samples of their work and class activities at the school's Naidoc Week assembly held on Friday, August 12.

Newsletter, 11 Aug 2011
Deborah Callender, Pretty Beach Public School

Healthy Cooking Class



Concerned about additives, artificial colouring and preservatives in your food?

Come along to an easy "how to prepare" delicious, healthy food Cooking Class on Tues, 30 Aug, at 7pm at the Woy Woy Seventh-Day Adventist Church Hall, 83 Blackwall Road (opposite Woolworth car park).

For bookings please call Dorothy on 4341 4400.

Donations for food tasting welcome.

Sponsored by Peninsula Community Access News

Cybersmart trial at Umina

Umina Public School year six students participated in Cybersmart Networking on Friday, August 12.

The new cybersafety activity was a trial organised by the Australian Communications and Media Authority.

Cybersmart Networking aimed to address the issues confronting young people on social networking sites, said cyber safety programs senior advisor Mr Graham Rodrick.

The program is the latest in a series of interactive shared learning programs provided by the authority that tackle online stranger danger,

protecting personal information and cyberbullying.

"Young people can spend up to 15 hours a week online, and social networking sites are particularly popular," he said.

"It's critical that students are taught from an early age that what they post online can have

implications for them now and into their future.

Cybersmart Networking launches nationally in November, free to all schools Australia-wide.

Media Release, 12 Aug 2011
Blake Murdoch, ACMA

Students attend boat show

Twenty-four Brisbane Water Secondary College Umina campus students attended a Boating Industry and Careers Day at the Sydney Boat Show on Friday, July 29.

Students spent the first two hours of the day looking at the 500 boats in the exhibition halls and the 200 boats on the marina.

Safety and education programs were available, as well as "performing fish" and fishing clinics.

There were also displays of workmanship by the Shipwrights and Boatbuilders Association.

Students involved themselves in an entire hall of stands covering all careers in the maritime world and saw Jessica Watson's around-the-world yacht.

The students also attended presentations and discussions about the careers available in the industry by representatives from TAFE, the Marine Teachers Association and the Australian Business Apprenticeships Centre.

They were told that the industry as a whole needed youth with a creative outlook to support experienced older people in the industry.

Newsletter, 16 Aug 2011
Frank Gasper, BWSC Umina

Students to go to Narrabeen carnival

Nine students from St John the Baptist Catholic Primary School will be attending the Diocesan Athletics Carnival at Narrabeen on Wednesday, August 31.

Mitchell Richardson, Bradman Best, Kale Livesley, Isaak Giunta, Lachlan Rousell, Riley Byrnes, Magdalena Murdoch, Zac Fulton and Lachlan Champley were selected for their success at the Central Christian College Athletics Carnival held on Friday, August 5.

In separate competition, Isaak Giunta and his Umina under-

10A's soccer team also placed third overall in the Kanga Cup competition held in Canberra during the second week of July.

"Overall it was a great experience for all players who participated in the opening ceremony at the Australian Institute of Sport where all teams were individually welcomed into the tournament, and the experience in playing in a week long tournament and represent the Central Coast," said principal Mr Frank Cohen.

Newsletter, 10 Aug 2011
Frank Cohen, St John the Baptist Catholic Primary School



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To give, please visit www.actforpeace.org.au or free call 1800 025 101



Selected for rep team

Brisbane Water Secondary College Umina Campus has had five players selected in the Sydney North Representative Rugby League team.

Nicho Hynes, Wade Hannell, Rhys Kearns, Kruz Corvett and Lapana Vitale travelled to Sydney and played against other regional representative teams from across NSW, playing against the best players in their age.

Nicho, Wade and Kruz were then selected for the Sydney Red team.

The three boys travelled to Myuna Bay to play over three days in their quest to play in the NSW team, but unfortunately did not progress through.

"These selections show that some of the best payers in NSW are found in our school," said coach Mr Pat Crouch.

Newsletter, 16 Aug 2011
Frank Gasper, BWSC Umina



Brisbane Water Secondary College senior campus' Open Girls Touch Team

Open night

Brisbane Water Secondary College Umina Campus held its Education Week Open Night on Wednesday, August 3.

Displays and performances were put on throughout the school grounds.

There was a Didge Group performance, gymnastics demonstrations, artwork displays and farm animals on show.

"The Town Crier also made sure that all our visitors managed to get to see the wonderful demonstrations that were around the school," said Year 9 student Johannah Kemp.

"Being an MC in the performance studio on the night, I know how frantic it was to organise the whole open night."

Newsletter, 16 Aug 2011
Frank Gasper, BWSC Umina

Sent to Wagga

Brisbane Water Secondary College senior campus sent its Open Girls Touch Team last month to Wagga Wagga to play in the semi final round of the Combined High

Schools touch competition.

The team performed strongly in the first half and led their opponents two-nil at half time.

A few lapses in concentration and a much improved effort

from the opposition saw the girls defeated 6-3 at full time.

Standout performer for the match was Brea Singman

Newsletter, 17 Aug 2011
Pamela McAlistar, BWSC Woy Woy

Rock Eisteddfod

St John the Baptist Primary School will participate in this year's Rock Eisteddfod Challenge held from Friday, September 2, to Friday, September 9, at the Sydney Entertainment Centre.

St John the Baptist will perform on night three of the Eisteddfod on Tuesday, September 6, to its theme Circus-Inside Out

Schools have chosen their own themes and created their own sets and costumes for their eight-minute performance, said event manager Ms Alice Larmer s.

The themes reflect issues concerning the students and aim to leave the audience thinking, she said.

Media Release, 12 Aug 2011
Danielle Anthony-Goodwin,
Rock Eisteddfod Challenge

Peninsula Primary Schools competed in a Touch Football Gala day held at McEvoy Oval on Friday, July 29.

Referees were provided by Brisbane Water Secondary College Umina Campus.

They included Bryce Antoine, Jonty Canterbury, Gemma Crowson, Sheridan Hulls, James Johnson, Cody Margetson, Jordan

Moane, Lachlan Player, Ahren Ross, Cameron Silis, Zac South, Maddison Spicer, Jack Steed, Garrison Steele, Dean Sullivan,

Byron Walter, Alex Wardle, Jasmine Wolfe, Sam Keenan.

Newsletter, 16 Aug 2011
Frank Gasper, BWSC Umina

Touch gala day

Celebration

St John the Baptist Catholic Primary School will celebrate Book Week and National Literacy and Numeracy Week on Monday, August 29, with the theme Fundamentals are Fun.

The day will consist of book parades, a community reading event and public speaking finals for all students.

Parents and grandparents will also be able to visit their children's classrooms and attend a Father's Day breakfast and a special literacy and numeracy academic and encouragement award ceremony.

Newsletter, 10 Aug 2011
Frank Cohen, St John the Baptist Catholic Primary School

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9am - 11.30am: Climate Change & Carbon Dioxide
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Peter Rix

Author talks at library

Woy Woy Library will host a free author talk with Peter Rix, author of *Water Under Water*, on Friday, August 26.

Water Under Water is the story of Jim and Tom Campion, a father and son who share a passion for the water.

Jim is a high achiever. Tom has Down Syndrome.

The novel is as much about their struggle to love and accept each other as it is a boy's coming of age tale.

The book is aimed at encouraging people to question their own assumptions, emotions and actions.

Media Release, 16 Aug 2011
 Mandi McIntosh, Book Bazaar

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PH: 8006 2321

Ukelele club forms

A ukulele club has formed on the Peninsula and will hold its first meeting on Tuesday, August 30.

The meetings will be held weekly at Woy Woy Leagues Club from 7pm to 9pm on Tuesdays and 10am to 12pm on Wednesdays.

The ukulele club is open to people of all ages and will provide the opportunity to learn new tunes, exchange tunes, enjoy jam sessions and perform at concerts.

Email, 19 Aug 2011
 Leila Desborough, Central Coast Ukulele Club

WHAT'S ON AT THE THEATRE

Box Office ☎ 43 233 233 or purchase online at www.laycockstreettheatre.com

Discover Dvořák's New World

Sydney Symphony and Sinfonia Orchestra
 30 August

Menopause The Musical
 by Jeanie Linders
 2/3 Sept

The Man the Sea Saw
 6/7 Sept

The World Premiere of The Wharf Revue 2011
 30 Sep/1 Oct

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EXP 01.10.2011. Available at KFC Woy Woy only. Set combinations apply. EXP 01.10.2011. Available at KFC Woy Woy only. Set combinations apply.

LAYCOCK STREET COMMUNITY THEATRE

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Out and About



Bryce Sainty 2011 Brand New Star and Makaylie Foodey 2010 Brand New Star

The New **ACQUAVISTA** Restaurant www.acquavista.com.au

4343 1044 on the beach at 345 Trafalgar Ave, Umina **4343 1044**
 Open Wed to Sun • Lunch & Dinner • Licensed & BYO bottled wine only
 Special menu \$35 for 2 courses (Wed - Friday) • Weddings, functions up to 120
HEAD CHEF: KEVIN KENDALL (Cottage Point Inn, Bilson's, Catalina)
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DEGUSTATION NIGHT
 Thursday 25th August
 6 courses \$65.00 • bookings only

Pamper Dad **FATHERS DAY LUNCH**
 Sunday 4th September • bookings only
 3 Course Menu with choices: \$65 adults
 \$20 children 12yrs and under)

Bryce wins country music prize

Bryce Sainty, 19, of Woy Woy, has won a country music competition at the Central Coast Leagues Club.

Bryce won the competition in front of a packed house with his performance of two original songs: Better Off Alone and Here With Me.

Currently studying at the Australian Institute of Music, Bryce will shortly complete his Bachelor of Music and cites his musical influences as Keith Urban, Taylor Swift and John Mayer.

Bryce's prizes include a senior scholarship to the Australian Academy of Country Music in Tamworth and a one-song recording at the Music Cellar Studio.

The recording will be produced by Rod McCormack and delivered as a production master ready for manufacturing.

The competition was run by the Central Coast's country music radio station Today's Country 94 One and the prizes also included an appearance at the station's Christmas Party Concert on Saturday, November 12; and 12 months' support and airplay on the station.

The competition is run annually to help budding young country music performers take the first step to becoming a star.

This year's competition was run during July with heats at Wyong RSL Club and Avoca Beach Bowling and Recreation Club.

Station co-ordinator Ms Carmel Pickup said the competition aimed to publicise the enormous array of country music talent here on the Central Coast and to help foster careers within the industry.

Media Release, 18 Aug 2011
 Carmel Pickup, Today's Country 94 One



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DINING

Open all week, restaurants and cafes surround the courtyard and main streets offering the best in Italian, Spanish, Chinese, Indian and contemporary cuisine. The Beef and Barramundi restaurant offers beautiful quality steaks and wild barramundi with the intimate bar serving a great range of exotic cocktails.



CINEMA PARADISO

Cinema Paradiso is the Peninsula's only state of the art cinema, with up to 15,000 people attending. on average per month
 We have new 3D screens and crying rooms for mums with bubs. More information www.cinemaparadiso.com.au



MARKETS & ENTERTAINMENT

9am - 4pm EVERY Saturday, Sunday & public holiday Monday. Meander along cobbled walkways and discover a shopper's delight with over 100 permanent and casual stallholders displaying their wares, plants and much more. Live entertainment and a lively atmosphere make the markets a great place to relax and unwind.



WEDDINGS AND CONFERENCES

6 Function Rooms and conference areas are available within the resort .Paradiso Room - seats 120 and is rich in fabric, colour and design. The stately Paradiso Room is a superb venue. La Piazza seats 200, a stunning Italian courtyard with roman statues, fountains and Italian renaissance artwork. Both are all weather venues popular for weddings and large functions where you will impress.

Out and About



Belinda Grace

Abundance in Woy Woy

Author Ms Belinda Grace will visit Woy Woy on Wednesday, September 7, to celebrate the launch of her book, You Are Abundant.

The book contains practical exercises to help reclaim a sense of abundance.

Ms Grace said that, by shifting our focus from what we don't have to what we do have, we can experience a greater sense of happiness and contentment, opening the way to healing and abundance.

Ms Grace is a clairvoyant healer

and presenter as well as being the author of the book *You Are Clairvoyant*.

She has appeared in magazines, radio and television around the world.

Ms Grace said she was committed to sharing her skills so that people could enjoy a happy, spiritual and abundant life.

The celebrate will be held at 10am at Gnostic Forest in Woy Woy.

**Email, 16 Aug 2011
Scott Earthorne, Quikmark Media**

Music sessions at Troubadour

The Troubadour Folk Club has begun holding afternoon music sessions, with its first held on Sunday, August 14, at the CWA Hall, Woy Woy.

The club is encouraging acoustic musicians to attend and "have a go, try out your new songs just to see how they work out" and "take part in the historical and traditional side of music".

"We want the beginners to have a chance to learn from the experienced muso's and the more experienced can always use the experience and friendship of like-minded people," said Troubadour secretary-treasurer Ms Marilyn Russell.

"If you would like to bring some copies of an easy song to pass around so we can all play along, that would be great as well.

"The session will evolve as we see how different ideas work out," said Ms Russell.

The Troubadour Club will also be starting a ukulele group which will run on the first Monday night of every month with the first meeting held on Monday, August 22.

**Email, 11 Aug 2011
Marilyn Russell, Troubadour**

Bouddi Society holds concert

The Bouddi Society Anniversary concert will be held from 2pm on Sunday, August 28, at Wagstaffe Hall.

It will feature performances from the Central Coast Conservatorium woodwind scholarship winners.

Performances will be given by Alyse Faith, winner of the senior scholarship, playing the flute; Stephanie Kelly, winner of the junior scholarship, playing the saxophone; and Ellora Srivastava, winner of the encouragement award, also playing the flute.

Their numbers will include classical and jazz pieces.

Les du Pont-Louis and Chris Dick will also present their rhythm and blues numbers.

Miriam and Naomi Jones will present a bracket of numbers while Meg Toon, conductor of the Half Tides Rock Choir, will perform a selection of songs by Flanders and Swann, a popular English comic duo in the 1950-60s.

A special anniversary presentation will also be made by

historian and long time producer of concerts and multimedia shows Mr David Dufty.

This will feature songs, poetry and visuals inspired by the local

area and performed by a variety of singers and readers.

**Newsletter, 18 Aug 2011
Bouddi News, Phil Donnelly**



Naomi Jones



Lic No. 2TA4246

David & Annetta Orchard invite you to join them celebrate their 20th year as owner operators of *It's Easy Tours & Travel*.

With many new holiday destinations planned for the next 20 years.

All holidays 3 days and over include courtesy home pick-up and return.

For the convenience of Peninsula residents visit our friendly agents Geoff & Sue at **Dial A Holiday Woy Woy 4344 3233**

Guiding Central Coast Residents around Australia and the world for over 20 years

4324 8801

Day Tours

30th August "The Essential Tour" \$75pp

31st August "Ticket to Ride" \$90pp

"Garden Tours"

September, Tuesday 27th Bowral Tulips

October, Tuesday 4th Leura Garden Festival

October, Friday 14th Glenorie Open Gardens

All day tours include morning tea, lunch entry fees and coach travel. Call us for a full day tour brochure.

Short Breaks

**7 Day Griffith & Riverina in Spring
4th October**

Overnight in Wagga Wagga before a 4 night stay in Griffith
Explore the Riverina area in depth before overnight in Forbes.

**5 Day Young Cherry Picking Time & Parade
1st December**

Spend 4 nights in the one motel, try your hand at cherry picking, visit Temora and a whole lot more.

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For further information on these or any It's Easy Tours holiday or coach charter contact us on 4324 8801 or visit our Gosford Office - Shop 5 Gosford Central Plaza



Mullet Creek is theme

An exhibition titled, **Train Frame: Mullet Creek**, by Pearl Beach artist Ms Marijke Greenway was officially launched on Saturday, August 20.

The exhibition features scenery from the train journey from Woy Woy to Hawkesbury River.

Ms Greenway has experimented with a number of new paint media

and said she felt that she has done justice to the beautiful stretch of Mullet Creek, adding a bit of romance to the commuter's daily journey.

The exhibition will be available for viewing at the Gosford Regional Gallery until Sunday, September 18.

**Media Release, 16 Aug 2011
Marijke Greenway, Pearl Beach**

Fred Smith at folk club

Contemporary folk singer-songwriter Fred Smith will perform at the Troubadour Folk Club on Saturday, August 27, from 7pm at the Woy Woy CWA Hall.

Mr Smith will perform songs from his Dust of Uruzgan album which draws on his recent experience

with peacekeepers in Afghanistan. While in Afghanistan, he wrote a collection of powerful songs about his experiences and the realities of life for soldiers.

He will also present a slideshow with photos from his time there.

**Email, 12 Aug 2011
Willy Timmerman, Troubadour**

Third exhibition

Local landscape artist John Biggart is holding his third annual solo exhibition at the Bouddi Gallery, Killcare, until Sunday, September 4.

Mr Biggart has been working in oils, watercolours and on paper for

over 30 years and has previously been selected for the Wynne Prize.

This year, he is showing work that was completed on his recent artist camp to the McDonald Ranges and Perisher Valley.

**Email, 5 Aug 2011
Jody Deamer, Bouddi Gallery**

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- Competition Training

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Animal Welfare League - Central Coast Branch

AWL is a registered animal welfare charity offering subsidised desexing to assist eligible members of our community needing help with the costs of desexing their pets.

- Some of the benefits of desexing your pet are:
- Prevent unwanted litters.
 - Reduced risk of cancer of the reproductive organs.
 - Cheaper Council life-time registration.
 - Less likely to wander or roam.

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ENQUIRIES PLEASE RING

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Art show praise

Empire Bay Public School held its Biennial Art Show from August 5 to 7, exhibiting student's work alongside a number of local artists.

Principal Ms Sharon McEvoy said the student artists and the display of artworks "received high praise from those who attended".

"The student works can now

hang with pride in the students' homes as a reminder of their creative talents during their primary school years," she said.

"The students' art works, in a word were spectacular thanks to the guiding efforts of all the teachers, such quality work.

"The standard was outstanding again this year," said Ms McEvoy.

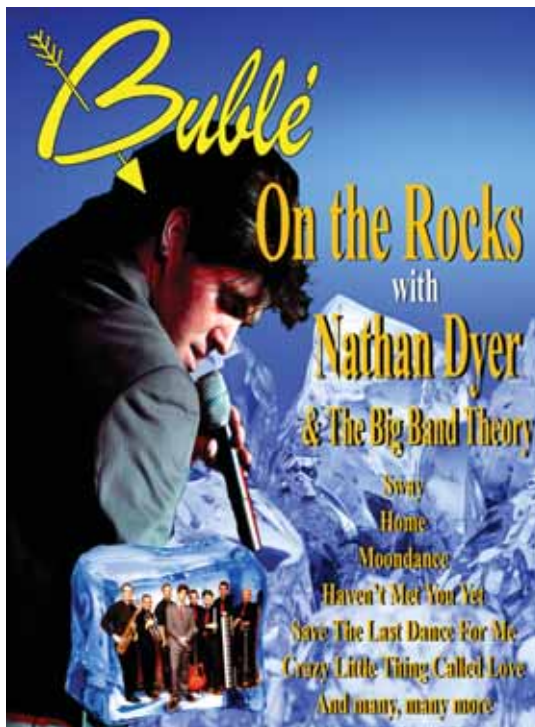
"Any time an event is held at Empire Bay Public School everyone rises to the occasion and pitches in.

"The classroom teachers were amazing as always assisting over the entire weekend."

**Newsletter, 10 Aug 2011
Sharon McEvoy, Empire Bay Public School**



Just gets better



**Saturday 3rd September
\$9 for members**



All dads receive free tickets for a special raffle on the day

FATHER'S DAY Bistro Special

(Lunch & Dinner)

SURF AND TURF

HALF LOBSTER mornay and

300 GRAM GRAIN FED ANGUS RUMP

cooked to your liking accompanied by crispy chips and salad.

\$22.90 Members | \$26.90 Non members

**Sunday
4th September**

**+ Plus...
a complimentary beer**

Bring this advert in and kids eat free

conditions apply

BOWLS For Cash

Every Saturday from 6pm!

Swipe your membership card at Reception from 4pm and place your ticket into the barrel!
There are 3 different levels which jackpot every week by \$100 if the jackpot isn't won!
To win you must HIT the jack and KEEP the bowl and jack ON the green!
If you would like to know how much you could win simply check the "Bowls for Cash" signage above the change counter! Also once a level reaches \$1000 it must be won, which means names are drawn from the barrel until someone can hit the jack and keep the bowl and jack on the green!

Home Entertainment GIVEAWAY

For your chance, simply swipe your members card daily at the entrance terminal and place your ticket in the barrel for your chance to win!

27th August - 50" LG Plasma TV



Draw at 8pm

Must be on premises to win

LTPM/10/01028

**Melbourne Avenue, Umina Beach
Telephone : 4341 2618**

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 - Cooinda 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



Multicultural evening

More than 160 people attended MINGALETTA'S multicultural evening held on Saturday, July 30, at the Peninsula Community Centre.

Guests were treated to

songs and entertainment by students from Avondale College and traditional dancing by an indigenous children's group.

"The children were from the Yorta Yorta and Wiradjuri tribes and they did well considering they only had three days to practise,"

said MINGALETTA women's group senior representative Ms Linda Lorimer.

"We were amazed with how many people turned up," she said.

Magazine, 2 Aug 2011
Drum Pasifika

Open session at Hardys Bay

An open mic session will be held at Hardys Bay RSL on Saturday, August 27, from 7pm till 11:30pm.

Hardys Bay RSL secretary manager Mr Chad Hartney said anyone with any talent was welcome.

"You can tell jokes, or whatever."

"Just get up and do your thing," said Mr Hartney.

The open mic session was inspired by a private party held at the club which included an open jam session.

"People got up and played and it went really well.

"At the end of the night they got

up and had a bit of a jam together and it was quite popular so we're going to continue it," said Mr Hartney.

The Jam on @ Hardys will be held on the last Saturday of every month.

Email, 2 Aug 2011
Chad Hartney, Hardys Bay RSL

The Peninsula Diary

For events in post code areas 2256 and 2257

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
Author talk with Peter Rix, Woy Woy Library
Hearing Information Session, Peninsula Community Centre, 2pm-4:30pm, free

Saturday August 27

National Cardiomyopathy Day
Troubadour Folk Club, Woy Woy CWA Hall, 7pm
Jam on @ Hardys, Hardys Bay RSL, 7pm

Sunday August 28

Breakfast in the Bays
National Parkinson's Awareness Week
Peninsula EV Church public launch, Brisbane Water Secondary College, Woy Woy, 9:30am
Bouddi Society Anniversary Concert, Wagstaffe Hall, 2pm

Tuesday August 30

Healthy cooking class, Woy Woy Seven Day Adventist church, 7pm
Ukulele Club meeting, Woy Woy Leagues Club, 7pm-9pm
Wheelchair Sports NSW lawn Bowls State Championships, Everglades Country Club, 9am-4pm

Wednesday August 31

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

Thursday September 1

Spina Bifida Awareness Week

Saturday September 3

Woy Woy South Public School P and C Trivia Night, Ettalong Bowling Club
Climate Change seminar, Ettalong Beach War memorial Club, 9am to 2:30pm

Sunday September 4

National Child Protection Week
National Gynaecological Awareness Week
John Biggart solo art exhibition, Bouddi gallery, Killcare

Monday September 5

Eczema Awareness Week

National Massage week

Tuesday September 6
Commuters meditation class, Boathouse Waterfront Restaurant, Koolewong

Wednesday September 7

Coffee Morning, Peninsula Women's Health Centre, 10am - 12pm, Free
Author talk with Belinda Grace, Gnostic Forest, Woy Woy, 10am

Saturday September 10

Bays Community Group, Kids Disco
Troubadour

Monday September 12

Sexual health week
Lymphoma Awareness Week
National Stroke Week

Wednesday September 14

Country Women's Associations Awareness Day

Saturday September 17

Salvation Army Umina Peninsula Fete, Peninsula Community Centre
Wagstaffe War on Weeds

Sunday September 18

Arboretum working bee, Crommelin Native Arboretum, 9am-12pm

Charity Barometer 2011

The Peninsula community is renowned for its generosity.

Time and time again, you'll read articles in this paper about funds raised for charity, but nobody knows how large a sum this is every year.

The Charity Barometer is an attempt by us to publicly record the extent of the Peninsula's generosity over the current calendar year and to see what the grand total will be, come this time next year.

If you're part of an organisation that has raised and donated funds to charity, please let us know. Contact details are on page 2.

\$129,208

\$2000

Woy Woy Junior Rugby Union raised \$2000 for the McGrath Foundation

\$5000

Freemasons Lodge Morning Star raised \$5000 for Peninsula Community Centre

\$1000

The Bourke Rd Store raised \$1000 for breast cancer

\$635

IGA Ettalong \$635 to charities on Central Coast

\$2500

Peninsula raised \$2500 for careflight

\$43,305

Salvation Army Red Shield Appeal raised \$43,305 on Peninsula

\$270

Kmart Woy Woy raised \$270 for Ocean Beach and Umina SLSC

\$810

IGA Ettalong \$810 to charities on Central Coast

\$500

Full Life International Church donated \$500 to Mad Monday Cooking and Craft

\$3812

IGA Ettalong \$3812 to charities on Central Coast

\$1407

Woy Woy Public School raised \$1407 from Mothers Day stall

\$162

Woy Woy Public School raised \$162 from Easter raffle

\$3000

IGA Ettalong donated \$3000 to Woy Woy Community Aged Care

\$5000

Everglades Country club raised \$5000, split by Glenvale School for Children with a Disability and Camp Breakaway

\$12,888

IGA Ettalong \$12888 to charities on Central Coast

\$739

Woy Woy Public School raised \$739 for Queensland Floods

\$777

Umina Public School raised \$777 for Queensland floods

\$571

Empire Bay Public School raised \$571 for Flood appeal

\$3200

Randalls on the Beach raised \$3200 for flood appeal

\$4000

Empire Bay Tavern raised \$4000 for the flood appeal

\$3514

Rotary Club of Woy Woy donated \$3514 to the Rotary District 9680 Flood Appeal.

\$8700

Everglades Country Club \$8700 to Flood Relief

\$3000

Brisbane Water Bridge Club donated \$3000 to the Web Youth Services

\$1160

Rotary Club of Woy Woy donated \$1160 to First Woy Woy Sea Scouts

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Rotary Club of Woy Woy donated \$1160 to Blackwall District Girl Guides

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Rotary Club of Woy Woy donated \$1160 to The Web Youth Support Group

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Rotary Club of Woy Woy donated \$1160 to Riding for the Disabled

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Rotary Club of Woy Woy donated \$920 to Brisbane Water Secondary College Woy Woy campus

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Deepwater Court retirement Village in Woy Woy raised \$750 for the Queensland Flood Appeal

\$3187

Randalls on the Beach donated \$3187 to the Queensland Flood Appeal

\$6000

Rotary Club of Umina raised \$6000 for Queensland Rotary Clubs

\$2121

Woy Woy Men and Women's Bowling Club raised \$2121 for the Queensland Premier's flood appeal

\$200

Woy Woy Women's Club also raised \$200 for the NSW Bowling Association Red Cross Flood Appeal

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Wallaby Street Preschool \$100 for the Queensland floods

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We would like to thank everyone who supported us in this raffle.

Wheelchair lawn bowls

The annual Wheelchair Sports NSW Lawn Bowls State Championships will be held on Tuesday, August 30, at Everglades Country Club, Woy Woy, from 9am to 4pm.
The event offers Wheelchair Sports NSW bowling members an opportunity to compete against each other to find the Open Pairs and Singles champions.
As a result of the championships, one female and one male bowler will be selected to represent

Wheelchair Sports NSW at next year's Bowls Australia, Australian Open Athletes with a Disability Tournament.
This event is also part of the selection criteria for those bowlers who wish to be considered for selection in the WS NSW State Team that will contest the 2012 Wheelchair Sports Australia National Championships.
Open Pairs will be nine end sets play while the men's and women's Singles will be played using nine end sets play.

Pairs' finals will be played on the morning of Thursday, September 1, and Singles' finals on the morning of Saturday, September 3.
Media Release, 9 Aug 2011
Mark Whiteman, Bowls NSW

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From time to time, as necessary, we will name these people, businesses or organisations as a warning to our readers so that they will be wary when dealing with them.

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Singles champions play



Runner up Denise Ellison and winner, Fay Larkin

The women's Champion of Club Champions singles bowls competition finals were held on Tuesday, August 2, at Ettalong Memorial Bowling Club.

Fay Larkin of Bateau Bay, Judy King of Everglades, Denise Ellison of The Entrance and Lyn Purcell of Canton Beach took to the green for the semi finals after they were successful in the quarter finals held at Diggers at the Entrance on Monday, August 1.

Larkin and Ellison emerged victorious from the semi finals and went on to contest the final round.

The final saw even scores with the lead changing a number of times.

"The many spectators enjoyed the high standard of play on show from these ladies," said Central Coast District Women's Bowling Association publicity officer Ms Robyn Davis.

In the end Fay Larkin was named the winner and Denise Ellison, runner up.

Email, 9 Aug 011
Robyn Davis, CCDWBA

Judo coach returns from tour

Woy Woy Judo Club coach Daniel Simmons has returned from a Pan American Tour, held in the end of July in Miami, Florida.

He represented Australia along with seven other selected competitors.

Simmons' team flew to Miami on Tuesday, June 28, and competed in the Miami Open and US Open competitions.

His weight division of men's under-73kg had 36 competitors in four pools of nine players.

Daniel's first bout came up against Kiyoshi Uematsu, a Spanish World Champion who had just competed in the IJF Grand Prix in Düsseldorf where he won silver.

Uematsu cleaned up his pool and went through to the final but the division was eventually won by Khashbaatar of Mongolia.

Daniel, however, won his first fight in the US Open against an American player but was defeated in the next preliminary round.

After the three-day competition, a training camp was held prior to the next leg of the tour where world elite athletes and coaches exchanged knowledge.

At this camp, Daniel befriended US coach Jimmy Pedro who took him through a two hour training session.

Pedro also extended an invitation to Daniel to visit his New York Club in October this year.

The team departed for Barcelona, Venezuela, for the Barcelona World Cup on Thursday, July 7.

Daniel's division was reduced to 19 this time as other teams had stayed in America to train before the third leg of the tour in San Salvador.

Daniel drew a bye before he came up against David Papaux of



Sweden.

He was two points up when his opponent initiated a throw.

Daniel spun out and landed on his stomach but the referee awarded a five-point score for the technique.

The Swedish competitor failed to win his next bout which stopped Daniel proceeding through.

The team flew to Caracas, Monte Cristo on Sunday, July 10, and then onto El Salvador for the San Salvador World Cup.

In his final competition, Daniel drew Sandor Taraba from Hungary in a field of 24 players.

A strong European contingency were the stand-out players but were hindered by referee decisions that caused quite a bit of controversy with team coaches.

Daniel said his experience at this level has given him confidence and extra knowledge of European Competition.

Email, 11 Aug 2011
Lindy Simmons, Woy Woy Judo Club

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Paintball rush

Empire Bay resident Chris Bell has finished sixth in round three of the Super 7's Professional Paintball series held on August 13 and 14 at Rouse Hill with his team Explicit.

Twenty seven teams travelled from across the country to compete in the event.

Chris said he loved the adrenalin rush he got from paintball and had been competing professionally for a number of years.

The Sydney Swat team finished first with a total of 88 points, while Explicit finished with 50 points.

Email, 16 Aug 2011
Jody Mckinnon, Elektra Photography

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Surfers make finals

Seven surfers from the Ocean Beach Malibu Club competed at the 21st annual Mal de Mer Longriders Mal Muster held at Rainbow Beach, Bonny Hills over August 5, 6, and 7.

Six members progressed through to the finals on Sunday, August 14.

Brent Olsson, the only member not to reach the finals, said he still came home a very happy man, winning one of three brand new Malibu surfboards being raffled.

Richie McClelland was the standout performer for the club,

winning the over-50s title with a display of tube riding in the four to six feet waves on offer.

Mark Williams placed sixth in the same final, but was unable to find the right waves to challenge Richie in the final.

Angela Smith placed fourth in the women's division while Bryce Williams also came fourth in the juniors.

In the mystery final, Craig Coulton managed third place with Chris Irwin placing fifth.

Email, 10 Aug 2011
Craig Coulton, Ocean Beach Malibu Club

Two defeats for Woy Woy

Woy Woy Rugby Union Club were defeated by 45 points to nil by Ourimbah at Ourimbah Rugby Park in round 17 on Saturday, August 13.

Ourimbah remained in control throughout the game and ran in six tries to nil.

Woy Woy were also defeated by Gosford in round 16 on Saturday, August 6, by 62 points to nil.

According to Woy Woy Rugby Union president Mr Larry Thomson, Woy Woy were never in the hunt and the Gosford side, after scoring a couple of tries early on, went on to record a good win.

"Gosford ran in 10 tries to nil and dominated the match," he said.

Emails, 6 & 13 Aug 2011
Larry Thomson, CCRU



Rain creates bowls chaos

This year's winter of rain has pushed the Umina Beach women's bowls club program into chaos, forcing several championship games to be played over two weeks in August.

The Fours Championship game

was played at Umina on Tuesday, August 16, with the first grade women playing a tense game.

Bev Bartle, Gwen Jarratt, Betty Cusack and Julia Haigh's team won at the 21st end 22 points to 16 points against the team of Elaine Gould, Lyn Kennedy, Anne McHale and Jean Boardman.

The players said they had Lyn Nesbitt in their thoughts, with Lyn in Gosford Hospital after having suffered a stroke.

Email, 19 Aug 2011
Eve Phillips, Umina Beach Ladies Bowling Club

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STANLEY 14.4V CORDLESS DRILL DRIVER KIT
Includes: 14.4V Lithium-Ion battery pack, 14.4V motor, 14.4V gear, 14.4V trigger, 14.4V switch, 14.4V handle, 14.4V base, 14.4V charger, 14.4V case.

\$79
STANLEY 14.4V CORDLESS DRILL DRIVER KIT
Includes: 14.4V Lithium-Ion battery pack, 14.4V motor, 14.4V gear, 14.4V trigger, 14.4V switch, 14.4V handle, 14.4V base, 14.4V charger, 14.4V case.

\$99
STANLEY 14.4V CORDLESS DRILL DRIVER KIT
Includes: 14.4V Lithium-Ion battery pack, 14.4V motor, 14.4V gear, 14.4V trigger, 14.4V switch, 14.4V handle, 14.4V base, 14.4V charger, 14.4V case.

\$129
STANLEY 14.4V CORDLESS DRILL DRIVER KIT
Includes: 14.4V Lithium-Ion battery pack, 14.4V motor, 14.4V gear, 14.4V trigger, 14.4V switch, 14.4V handle, 14.4V base, 14.4V charger, 14.4V case.

Proper Deal \$199
STANLEY 2 SHIP AIR COMPRESSOR WITH 20M HOSE
Includes: 20m hose, 20m reel, 20m case, 20m charger, 20m case.

Father's Day sale on now!

Ends September 4

Includes 2 x lithium batteries.

Proper Deal \$98

A. Xceed 18V Lithium Blower.
25130A2

B. Xceed 26cc Petrol Line Trimmer.
2481113

40mm cutting diameter.

Get Dad off his grass.

Proper Deal \$37.50

Finish Premium Ceiling White 6L.
294201

Roll on in for proper paint deals.

100% Locally owned and operated - Service and Advice at the Right Price - Prompt Deliveries - Open 7 Days - Drive in Convenience
Phone: 4341 1411 - Fax: 4343 1355 - 182 Blackwall Road, (at the lights) Woy Woy



Dads
Day
Deals

August 2011

new
\$9.99
each



Gillette Fusion ProGlide Manual Razor

\$17.99
each



Nivea for Men Everyday Essentials Kit

new
\$19.99
each



Braun MobileShave

\$12.99
each



Omron Blood Pressure Monitor Hem-7211

\$17.99
each



N/O Odourless Fish Oil 1000mg 400s†

Hot price

\$6.49
each



NIVEA Creme 200ml Bonus Pack (100ml Bonus, total 300ml)

\$15.99
each



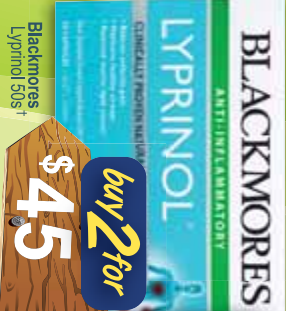
Ego QV+ Lite Range

FREE
QV lip balm
with purchase
while stocks
last!

WIN A 6 BURNER
BBO
For Dad

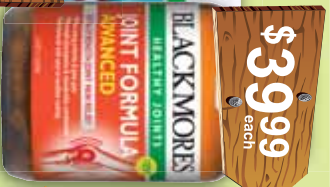
Just buy any item from the catalogue for your chance to WIN!
See in store for details - NSW Permit Number LTPM/10/01049

Valued at
\$465!



buy 2 for \$45

Blackmores Lyprinol 50s†



\$39.99
each



\$16.99
each



\$31.99
each



\$16.99
each



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each

BM Joint Form Adv 120s†

BM Super Strength Horse Radish Garlic + C 90s†

BM Macu-Vision 150s†

BM Omega Daily 90s†

BM Pregnancy & Breast-Feeding Gold 180s†



\$29.99
each

Bio Organics CoQ10 150mg 30s†



\$15.99
each

NO Joint Enhance 100s†



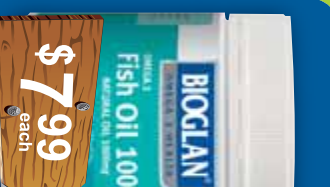
\$9.99
each

OsteVit-D 90 Tablets



\$44.99
each

Wagner Joint Formula 200s†



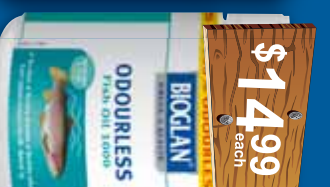
\$7.99
each

Bioglan Fish Oil 1000 2000s†



\$22.99
each

Bioglan Glucosamine 1500 200s & Odourless Fish Oil 1000 400s†



\$14.99
each

Bioglan Super Fish Oil 1500



\$12.99
each

Bioglan Stat-Guard 30s†



\$12.99
each

FREE
Bioglan Throat-Clear Honey & Lemon
with ANY Bioglan Catalogue purchase!
while stocks last!



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Swisse Men's & Women's UV 90tabs†



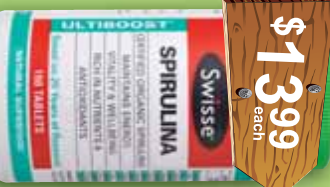
\$6.99
each

Swisse Vitamin D 60s†



\$16.99
each

Swisse Chlorophyll 1000tabs & Spirulina 100s†

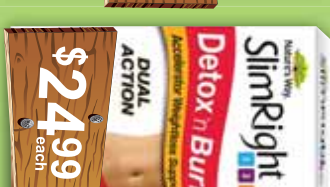


\$13.99
each



\$29.99
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Fatlaster Reducta 40s† Nature's Way Detox n Burn 60s†



\$24.99
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