



Photos by Ina Fine

Train collides with car

Police and rail authorities are investigating the circumstances surrounding a collision involving a car and commuter train at Woy Woy on Friday, September 2.

Shortly after 6pm, a Honda sedan was being driven by an elderly man who became disoriented at a level crossing and drove the vehicle onto railway tracks near Rawson St.

The driver was unable to remove the vehicle and the man

was assisted to safety by passers-by.

A short time later, a northbound commuter train collided with the vehicle, pushing it a short distance along the tracks.

No-one onboard the train at the time of the incident was injured.

An operation was conducted to move commuters from the carriages to buses which were utilised to provide replacement services between Hornsby and Gosford.

Woy Woy resident Ms Ina Fine was on the scene shortly after the incident and said the passengers "were all relatively good humoured about it and many of them stopped to take photos of the crushed car".

An investigation is underway into the circumstances surrounding the incident.

Anyone with information is asked to contact Gosford Police or Crime Stoppers on 1800 333 000.

**Media Release, 2 Sep 2011
NSW Police Media**

Approval recommended for refreshment rooms

Gosford Council staff have recommended approval of a proposal that would see three "refreshment rooms" with alfresco dining built at the Empire Bay service station.

The recommendation has been made despite eight submissions objecting to the development and the fact that it would not be allowed under the Draft Local Environment Plan 2009, which has yet to be finalised.

In making the recommendation, staff acknowledged that consent conditions applying to the service station had not been met.

"Council has commenced action to have the bushland regeneration completed in accordance the consent conditions applicable to the service station approval," according to a staff report about the application.

The report also stated that a final occupation certificate had not been issued for the service station.

"A private certifier for the service station development issued an interim occupation certificate prior to the service station commencing trading."

According to staff, the lack of a final certificate did not "preclude determination of the current application".

Staff responded similarly to an objection that the application should be rejected because court

orders placed on the site were not being upheld.

"There is no nexus between the consent issued by the Land and Environment Court for the existing service station and this development application.

"This application has been assessed on its merits."

The report stated that the application was consistent with planning provisions and council policies for the site.

The Roads and Traffic Authority and the Rural Fire Service had supported the application, subject to conditions, the report said.

The report stated that the development would not encroach on bushland buffers required with the service station approval.

The car parking provided would exceed requirements by seven spaces.

"The proposal will result in a development that will achieve a satisfactory level of transition between the conservation and urban areas."

It would "result in a development that is sympathetic to the aesthetic and scenic quality of the land and its environmental character" and "in keeping with the rural-residential amenity of the locality".

Council will consider the staff recommendation tomorrow night, Tuesday, September 6.

**Gosford Council Agenda,
ENV.58, 6 Sep 2011**

Patonga medical service closes

A medical service provided in Patonga for 40 years by a Umina GP is being withdrawn due to a shortage of doctors.

Dr John Caska has announced he will no longer be able to provide his monthly medical consultation service at Patonga due to taking on more responsibilities at the Peninsula Medical Centre in Umina.

Dr Caska said he had provided the service to the people of Patonga for over 40 years initially in association with his father Dr Joe Caska.

Dr Caska said the sudden departure of one of the doctors had required him to take on extra sessions that would not allow him to attend Patonga.

"We have not been able to find

a replacement and doctors now prefer to work with direct access to computers and the support and facilities of dedicated consulting rooms," said Dr Caska.

"I assure all patients that they can all be consulted and treated at our Bullion St rooms.

"I have enjoyed my time in Patonga and have had the good fortune to get to know many of you very well," Dr Caska said in a letter he sent out to the Patonga Progress Association.

"I am truly sorry I have to stop this service especially at such short notice," he said.

**Letter, 4 July 2011
John Caska, Peninsula
Medical Centre**



Your chance to win!

Peninsula News and SodaStream are giving two readers the chance to win a SodaStream prize pack valued at \$110 each.

Each pack includes a jet machine, CO2 canister, two BPA-free bottles and three syrups.

Write your name, address and phone number on the back of an envelope and send to Peninsula News SodaStream competition PO Box 1056, Gosford, NSW, 2250, by the close of business Thursday, September 15.

The winners of last edition's Peninsula News Wakudor Beyond Sudoku competition are Bernard Cumming of Bateau

Bay, Joy George from Ettalong, P. Kelly from Woy Woy and K. Wenzel of Wyoming.



Above average rain continues

August has finished with a total rainfall of 80.6mm, nine per cent above the average for the month of 73.9mm.

This is the third month in a row that rainfall has been above average, according to figures supplied by Mr Jim Morrison of Woy Woy.

The heaviest rain was recorded on August 8, when 31.0mm was recorded.

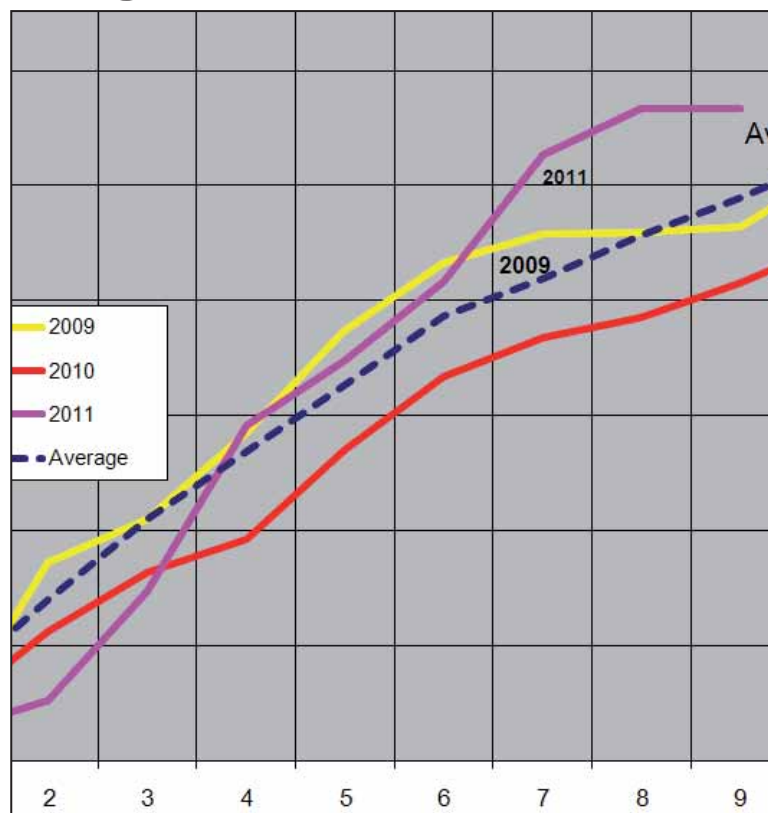
The next heaviest fall was 18.2mm on August 20.

Rain was recorded on 13 days during August.

The rainfall brings the total for the year to 1134mm, compared to an average of 913.5mm for this time of year, making this year the wettest in four years.

The rainfall total at the end of August 2007 was only slightly higher at 1175mm.

Spreadsheet, 2 Sep 2011
Jim Morrison, Woy Woy



Peninsula directory of services, contacts and support groups

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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

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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

Editor: Mark Snell

Commercial operator:

Cec Bucello for Ducks Crossing Publications

Journalist: Kaitlin Watts, Kristen Bourke

Graphic design: Justin Stanley

Photographer: Naomi Bridges

Sales: Val Bridge

Declaration of interests

Honorary editor: Mark Snell

Owner and managing director, Open Windows Consulting Pty Ltd
Convenor, Burrawang Bushland Reserve Committee
President, Australian Conservation Foundation Central Coast branch
Chairman, Equilibrium Community Ecology Inc
Vice-president, Brisbane Water Secondary College Umina Campus P&C

Next Edition: Peninsula News 274

Deadline: September 15 Publication date: September 19

Contributions

Letters to the editor and other contributions are welcomed and should be addressed to: Peninsula News PO Box 1056, Gosford 2250. Contributions should be in Word format sent via email to: mail@peninsulanews.asn.au, on disks or by handwritten letter if these facilities are not available to you. Contributions must include the date, your name, address and phone numbers. Name and Suburb will be published. Anonymous contributions will not be included. Submissions may be published in edited form. All accepted contributions also appear on our website.

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Website: www.peninsulanews.info

Website: www.duckscrossing.org

Legal responsibility for editing, printing and publishing of editorial content in Peninsula News is taken by Mark Snell of Woy Woy, for Woy Woy Community Media Association Inc

Ducks Crossing Publications is the commercial operator of Peninsula News

Print Post Approved - PP255003/09959

Ducks Crossing Publications also publishes

• Gosford Central News - www.gosfordnews.org - mail@gosfordnews.org

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

• Central Coast Grandstand - www.ccgrandstand.org - mail@ccgrandstand.org

Printed by MPD, Maddox St, Alexandria

Jetty owners put case to Minister

Long jetty owners on the Peninsula could be paying for only 20 square metres of jetty area rather than the entire jetty if a proposal was put forward to Minister Mr Duncan Gay by the Waterfront Action Group is successful.

The Minister has indicated that he is in discussion with IPART about possible changes to the terms of reference on the issue, according to the Waterfront Action Group chairman Mr George Citer. "Jetty owners on the Peninsula have been massively over-charged, and stand to benefit substantially from what the action group is doing," said Mr Citer.

Daleys Point member Mr Graham Forster said rental rates for jetty owners were based on 12-year-old data.

"The rental rates are still based on data that was not fit for purpose and led to an approximate 67 per cent overcharge even if everything else was correct (which it wasn't).

"The failure to update the rates of return has led to further overcharging - the rates of return are still based on an average of 1994 to 2003," said Mr Forster.

He said jetty owners on the Peninsula are particularly affected as many of the jetties are longer due to shallow water.

"The system is based on the number of square metres occupied and therefore in areas of shallow water and long

distances to navigable water, the rent is increased, but a short jetty in deep water only achieves the same utility as a long jetty in shallow water - they both provide access to navigable water," he said.

"In recognition of this, the action group has proposed that only 20 square metres of jetty area be included in the rent calculation.

"Therefore, if an occupancy holder had a one metre wide jetty which was 80 metres long he would be charged for 20 square metres and not 80 square metres," said Mr Forster.

The Waterfront Action Group urged the Minister to seek an urgent rent reduction from IPART.

He instructed NSW Maritime that there were to be no further rent increases until after the Government had considered the IPART recommendations, he said.

"There is no doubt that the tide has turned and about 8500 wetland rent payers in NSW can look forward to being treated more fairly by Minister Duncan Gay and by the current government," said Mr Citer.

"The Minister has indicated that he is prepared to take the group's views into account, when making future decisions.

"This is a very different situation to the attitude displayed under the previous government," he said.

**Media Release, 15 Aug 2011
George Citer, WAG
Email, 19 Aug 2011
Graham Forster, Daleys Point**



The house to be demolished on Neera Rd, Umina

Photo: Naomi Bridges

Council building to be demolished

A Council-owned building in Neera Rd, Umina, will be demolished and maintained as "green space", following a resolution at Gosford Council's meeting on Tuesday, August 23.

A report on the suitability of the land for resale will also be prepared for the Council to consider.

The property, which was once occupied by the Child Abuse Prevention Service, has been under-utilised for a number of years and in January this year, was relinquished to Council.

Council resolved to demolish the property due to ongoing maintenance, flooding and draining issues and the poor condition of the building.

The property was initially purchased by Council in 1990 following representations from the owners that the property had experienced major flooding, according to a report prepared by council staff.

At the time, the property was affected by multiple floods including flooding caused by the drainage channel at the rear of the property over-topping its banks, according to

the report.

The flooding was expected to be alleviated by the construction of a new bridge in Mt Ettalong Rd and associated improvements to channels.

However, this did not eliminate the flooding, the report stated.

A number of alternative options were investigated by Council including

selling the property, restoring the property and renting it as residential accommodation.

Council staff prepared a building report which supported the demolition of the cottage as the most viable option, recommending the property to be maintained as green space.

**Gosford Council Agenda
COM.14, 23 Aug 2011**

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The home destroyed by the fire

Photo: Naomi Bridges

Fire destroys home

A fire has destroyed a home in Umina with damage estimated to amount to more than \$250,000.

The fire began at around 10:30am on Friday, August 26, in Neera Rd, Umina. It is believed the fire started in

the garage.

No persons were injured in the fire.

Police are continuing with their inquiries.

Kaitlin Watts, 29 Aug 2011
Interviewee: Detective Sergeant Gavin Ashby, NSW Police

Roadworks at Pearl Beach

Road stabilisation works have begun over a 1.1km stretch of Pearl Beach Dr between Patonga Dr and Jade Pl.

The works started in late August and the final sealing of the road is expected to be in place by late November, weather permitting.

Gosford Council's acting coordinator project implementation Mr Graham Collyer said the works would improve driving conditions and safety for the residents and visitors to Pearl Beach.

Temporary traffic control measures, including warning signs, traffic controllers, temporary

traffic lights and a reduced speed limit will be in place while the work proceeds.

Work would be organised to ensure minimal disruptions during peak hours of 7am to 9am, and 2.30pm to 5pm, he said.

Mr Collyer said consideration had also been given to the bus timetable and emergency vehicles would be granted access at all times.

Delays can be expected between 9am and 2.30pm and residents may wish to avoid travelling during these hours, he said.

Media Release, 24 Aug 2011
Mr Graham Collyer, Gosford Council

Church fete

The Ettalong Uniting Church will hold its fete on Saturday, September 17, in Picnic Parade, Ettalong, from 8am until 2:30pm.

The fete will feature spring floral arrangement displays and a new display called Something We've Made.

Stalls selling cakes, books, plants, trash and treasure, jams, handwork, Devonshire teas and a sausage sizzle will also be available until 12pm.

Email, 24 Aug 2011
Wilma Towner, Ettalong Uniting Church

Area may be fenced for dogs

Gosford Council will investigate providing a fenced dog exercise area after it received a petition with 36 signatures from dog owners on the Peninsula.

Petitioners requested a fenced area so their dogs can play within a safe environment and socialise with other dogs.

Gosford Council noted the petition at its meeting of Tuesday, August 23, and referred it to its Open Space and Leisure Services section.

Gosford Council Agenda
P.27, 23 Aug 2011

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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.

Community Discussions

The Australian Government has asked a Panel of community leaders to explore options for recognising Aboriginal and Torres Strait Islander peoples in the Australian Constitution.

All Australians are invited to have their say on this important issue." (newspaper advertisement) Submissions close on 30th September 2011 either at www.youmeunity.org.au or at PO Box 7576, Canberra Business Centre, ACT, 2610

On the Central Coast, we can talk to each other about these matters at meetings organised by a local, Noel Olive, and other citizens at:

- Woy Woy Library, 10am to 12 noon, Friday 16th September 2011
- Erina Library, Room 3, 1pm to 3pm, Tuesday 20th September 2011

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Solicitor acts on Wills Day

Peninsula solicitor Mr John Turnell will participate in the Salvation Army's Wills Day on Wednesday, September 28, at the Salvation Army Oasis Youth Centre, Wyong.

Mr Turnell, from Peninsula Law, will join over 20 solicitors on the day to give Central Coast residents the opportunity to have their wills professionally prepared.

"A will gives you peace of mind, ensuring that your assets are protected and your wishes are fulfilled and allowing you to provide

for the welfare of your family," said Mr Turnell.

"Many people neglect to update their will during important stages in their lives, such as when they marry, divorce, buy a house or have a child, but it is important to ensure that your will is amended to reflect any significant changes.

"The Salvation Army Wills Day provides Central Coast residents with the perfect opportunity to create a will or update their existing one," he said.

Media Release, 31 Aug 2011
Katey Small, Brilliant Logic



Photo: Naomi Bridges

Gift store opens

A new store has opened in Woy Woy and is selling a wide selection of gifts including figurines, jewellery, jigsaw puzzles, prints and stationery.

Gnostic Enchantments held its opening day on Sunday, August 14, and is the newest addition to the Gnostic Corner.

Owners Ms Julita Wardley and Ms Rhonda Markovina-Huntsman said they had been associated with the Gnostic family for many years.

When Ms Mary Holstein mentioned that another shop was available the women said they took "a leap of faith together" and pursued the opportunity.

The official opening ceremony was conducted by Member for Gosford Cr Chris Holstein.

Email, 23 Aug 2011
Rhonda Markovina-Huntsman,
Gnostic Enchantments

Friends share lotto win

A group of four friends from Umina have shared a division one prize in Saturday Lotto of more than \$430,000.

The syndicate leader said that the friends had been taking a shared Saturday Lotto entry for the past three years.

"We each contribute \$10 a week, which buys us a System 8 entry for Saturday's draw and a couple of other entries during the week," he said.

"We chose the eight numbers

for our system entry back at the beginning - two numbers each - and have stuck with them."

He said he would use his share of the prize to help family and friends.

"I don't really want for much myself so I'll be using my share to lend a helping hand to those closest to me," he said.

Media Release, 30 Aug 2011
Louise Azzopardi, Tatts Lotteries



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Workshop on super and insurance

A free superannuation and personal insurance workshop will be held at The Sporties Woy Woy Bowling Club on Wednesday, September 21, from 6:15pm.

The seminar will be run by local AXA financial advisor Mr Tony Chapman and is aimed at Generation Y and the younger end of Generation X.

With retirement 20, 30 or even 40 years away, Mr Chapman said he knew that investing, superannuation and personal insurances are the last things on young people's minds.

"Such a long time frame gives Generation Y a great opportunity to get their finances in order," he said.

"They can use the

superannuation system to their advantage and start a savings and investment plan that can ultimately make them richer than their parents.

"Insurances such as life, income protection and trauma are ones that need definite consideration.

"The best and easiest time to get these insurances is when you are young and healthy, and premiums are low," said Mr Chapman.

Many examples will be discussed to demonstrate the benefits of starting early and the impact it can have through the course of a life.

Media Release, 30 Aug 2011
Troy Chapman, AXA
Financial Planning



Fabulous on Ferry

Photo: Naomi Bridges

Community expo is held

Ettalong Public School held a Community Expo between

5 and 7 pm on Thursday, August 25, in the school hall.

Visitors were given an opportunity to view the businesses and services available in the local area, as well as buy from a sausage sizzle and win a lucky door prize.

Community liaison officer Ms Corinne Adams said there were "a wide variety of stalls to interest everybody".

Newsletter, 23 Aug 2011
Colin Wallis, Ettalong Public School

A new fashion and gifts homewares shop on Ferry Rd, Ettalong, held its official opening last month.

Proprietor Ms Shery Stinton said that Fabulous on Ferry was offering "an eclectic mix of fashion, rustic and beach-inspired homewares, jewellery and local artist ceramics".

"The building has had a makeover and there is a busy vibe from Ferry Rd Cafe," she said.

Email, 31 Aug 2011
Shery Stinton, Fabulous on Ferry

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Forum & Education

Simply, don't speed

I find it astounding that speed cameras are branded as revenue raisers when there is a simple solution to stop revenue raising and that is don't speed!

Forum

Motorists who get caught on one camera may be encouraged to slow down on other roads so crash statistics for any one road could be

misleading. Why should law breakers be given a greater chance to break the law when they feel they won't get caught?
Online submission, 20 Aug 2011
 David McDougall, Woy Woy

Wanna sell?

Is real estate going through a boom or a slump?

Never have I received so many overtures, when gardening, shopping, watching television, on the telephone, voicemail or through junk mail.

Forum

"Want to sell?" they say. "The buyers are lining up." I check the beds every night, because anytime now a young

gentleman wearing a suit, collar and tie will spring from under the bed with the query "Wanna sell?"
Letter, 22 Aug 2011
 Keith Whitfield, Woy Woy

Fundraiser in memory of local girl

A Move 'n' Groove Fundraiser will be held at St John the Baptist School, Woy Woy, on Saturday, October 8, from 12pm, to raise money for cancer research.

All profits from the day will go to the Cancer Council in memory of Umina girl Amie White. The day will consist of a

performance gala featuring celebrity and local musicians, singers, dancers and actors as well as a fete.

Move 'n' Groove is seeking sponsors and donations.

Sponsors can assist with venue and production hire and prizes for raffles and guessing competitions.

Move 'n' Groove is an Australian non-profit organisation that raises

funds for local charities in need through performance galas and festivals.

Email, 22 Aug 2011
 Karina Russell, Move 'n' Groove

Above State average

Students at Ettalong Public School received high results in the UNSW Global Computer Skills and UNSW Global Spelling Assessments.

Sophie Alister in Year 3-4 achieved a distinction in the UNSW Global Computer Skills Assessment.

The school also recorded a high distinction and two credits in the UNSW Global Spelling Assessment.

"Our students performed very well with results well above state averages in all stages," said principal Mr Colin Wallis.

Newsletter, 23 Aug 2011
 Colin Wallis, Ettalong Public School

Pokies system is worth the cost

It is curious that Clubs NSW always talks about how much it will cost the clubs to implement the mandatory pre-commitment system.

They never talk about the cost of poker machines to the families of problem gamblers.

Thanks to the analysis by Peninsula News, we now have a good estimate that there could be 300 families on the Peninsula that are currently being thrown into debt and/or made bankrupt by poker machines.

These victims are pouring \$10

Forum

million a year into the pokies on the Peninsula.

Even if it costs the clubs \$10 million to install a mandatory pre-commitment system, the benefit to the Peninsula families of \$10 million per year from next year onwards is well worth the cost.

These families will then spend the money they save in businesses on the Central Coast.

Online submission, 31 Aug 2011
 Michael Conroy, Ettalong

Just the plain facts

Bruce Hyland (Howard Republic was Defeated, Peninsula News, 22 August) is quite wrong to suggest that John Howard somehow tricked the electorate into voting out the republic model presented at the Referendum of 1999.

The push for a republic arose in the mid 1990s at the insistence of Paul Keating among others.

In 1998, John Howard agreed for the republicans to present their case at a convention to be held in Old Parliament House.

For two weeks, up to 10 republican groups debated their various platforms in an attempt to reach a common consensus.

At the end it was agreed to accept the Australian Republican Movement model led by Malcolm Turnbull.

Although this model failed to achieve the required majority of 76 votes, John Howard generously allowed the Referendum to go ahead.

Prior to the Referendum, the republicans attempted to alter our constitution with up to 70 amendments.

So that all could see what the republicans wished upon us, the

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

Prime Minister mailed a copy of this substitute constitution to every household in Australia.

In a televised address to the nation, John Howard stated that he personally did not accept the republican model as he saw no need to change a successful system of governance that had served us so well.

No crafty manipulation, no trickery, no hysterical nonsense.

Just the plain facts so people could decide.

The outcome was a landslide 72 per cent of electorates and all six states voted no.

Letter, 30 Aug 2011
 Don Parkes, Woy Woy

act for peace
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The international aid agency of the National Council of Churches in Australia is responding with emergency assistance for people affected by the severe drought in the Horn of Africa, where more than 10 million people are at risk of starvation.

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Photo: Henrik Stubbjorn/ACT Alliance

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Working together towards a positive future for Ettalong Beach

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Ettalong Beach Business Group - Invitation
Join us for an exciting and informative breakfast meeting

Date: Friday, 9th September 2011
Time: 7.30am
Venue: Ettalong Beach Tourist Resort
Guest speaker: Cec Bucello Publisher
 Peninsula Community Access News

There will be a talk on the past, present & future of The Peninsula Community & how our local paper can help with news of what's happening at Ettalong Beach & the community in our Local area

Members \$20 - Non Members \$25
 Pay by cash or credit card on or before Wednesday 7th September at That Swimwear Place, 261 Ocean View Rd Ettalong Beach
Please RSVP: ebbgi@hotmail.com
 COME ALONG - NETWORK, BE INFORMED, ASK QUESTIONS

Sponsored by **Peninsula News**
 Community Access

MPs should take a train trip

Last March, the constituents of five Central Coast electorates helped get rid of a Labor government which was no longer delivering services, particularly in the area of public transport.

Labor had introduced a new timetable in 2009, adding stops at Eastwood and West Ryde in an attempt to win back the seat of Ryde which was lost to the Liberal Party in the by-election of October 2008.

The timetable change also saw our trains stuck every morning at Hornsby for at least five minutes, resulting in commuters missing connecting services at Strathfield and Central.

Five minute stops at Hornsby of an afternoon have seen commuters missing connecting buses on their way home

Labor's timetable has added between 30 to 45 minutes extra travel for commuters, time that could be spent recreationally.

Newcastle and Central Coast

Forum

commuters are now the most disadvantaged of inter-urban travelers.

Blue Mountains commuters enjoy at least five morning peak hour services where trains only stop at major centres (Penrith, Parramatta and Strathfield).

Likewise, South Coast commuters also get to travel express on five services that only stop at Sutherland and Hurstville.

During the afternoon peak, Blue Mountains commuters have two express services that first set down at Emu Plains or Penrith, plus three additional services that also set down at Strathfield and Parramatta.

South coast commuters enjoy four afternoon peak express services that first set down at Helensburgh, and one that sets down at Hurstville and Sutherland.

On the other hand, Newcastle and Central Coast trains pick up thousands of Sydney commuters

at Eastwood and West Ryde of a morning, resulting in further delays and missed connections, while Epping Line suburban trains have empty seats.

It gets worse of an afternoon, when hundreds of students overcrowd Central Coast-Newcastle trains in order to enjoy the convenience of an express ride to Eastwood and West Ryde, completely filling trains.

I have increasingly seen Central Coast-Newcastle families stuck at Central or Strathfield unable to even get onto a train home because of overcrowding.

It has been nearly six months now since the State election.

Why aren't our five new Liberal MPs lobbying Transport Minister Berejiklian to get our express services back?

I challenge them to take a trip on a peak hour train to find out for themselves.

Email, 29 Aug 2011
Jim Bendfeldt, Woy Woy

Where next?

Forum

drive between Umina Surf Club and Kourung St on The Esplanade. Boy, have we got some weeds there for you!

Email, 23 Aug 2011
Peter Whiteman, Daleys Point

Thank you Jen Dwarte and members of the Community Environment Network for organising the eradication of noxious weeds in the Patonga area as reported in the last edition of the Peninsula News.

Obviously your next port of call will be the beautiful waterfront

Battlers rejected republican idea

Bruce Hyland blames John Howard for the Republican defeat, but I always thought that Mr Turnbull, the Republican president, approved the model.

At the convention Clem Jones, amongst others, moved for an elected president.

They had little support from the elites.

So, in the finish, the battlers rejected the idea.

The Monarchists cleverly coined the slogan, "The Political Republic".

As the polities are on the nose with most Australians, the result was not surprising.

You can bet they'll think twice about any other referendum in the future.

Letter, 22 Aug 2011
Keith Whitfield, Woy Woy

Forum

Central Coast Case Management Services

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

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

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Yaringaa Building
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Woy Woy (opposite Rogers Park)

Only for the elderly

My family and I reside in Woy Woy, which we love.

My husband and I are both over 50 with the usual aches and pains.

Though still working, we thought we would join an over-50s group that has gentle exercise with the side benefit of making some friends to share our up and coming retirement with.

Forum

I grabbed a brochure for Active Over 50s that has Tai Chi and swim classes available.

Evidently they are only for the elderly during the week and during school hours.

We were very disappointed to be

advised by the staff at the Central Coast Health that there is only one class on the Central Coast on the weekend, which is not close to us.

Where can you go to get gentle exercise and make friends of your own age when your relatively new to the Coast?

Online Submission, 15 Aug 2011
Suzanne Dunn, Woy Woy

Roads need to be fixed

I am sick and tired of all the roads that need to be fixed.

It is always Umina, Gosford and Woy Woy.

Forum

Please get the council off their backside to look at Ettalong roads.

There are big potholes in Fassifern St and others in the

Ettalong area.

I think Council just doesn't touch them.

Fix them.

It's a disgrace.

Letter, 1 Sep 2011
John Scott, Ettalong

Animal Welfare League - Central Coast Branch

AWL is an animal welfare charity, caring for animals on the Central Coast

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Seniors have their say

Local senior citizens and aged care groups have participated in "a national conversation on healthy and positive ageing" at Woy Woy Community Aged Care recently.

They met with Minister for Mental Health and Ageing Mr Mark Butler and Member for Robertson Ms Deborah O'Neill on Tuesday, August 30.

"I'm pleased the views of our local seniors, our local aged care industry and workforce will help inform the Gillard Labor Government, as we work through our response to this month's Productivity Commission final report on Caring for Older Australians," said Ms O'Neill.

Mr Butler will be meeting with

older Australians, their families and carers at forums in all capital cities and major regional centres, giving the community the opportunity to contribute their views about care and support for Australians as they age, she said.

Ms O'Neill said the Peninsula was an important inclusion in Minister Butler's national tour.

"Our Central Coast senior citizens play such an important role in our local community," said Ms O'Neill.

"It's important that we work out sustainable ways to support them to continue their contribution to our community - whether in work, in retirement or in caring roles."

Media Release, 29 Aug 2011
 Matt Pulford, Office of Deborah O'Neill MP



Member for Robertson Ms Deborah O'Neill and Minister Mark Butler presenting an award to 10-year-old Alicia Karton for volunteer work.

Photo: Naomi Bridges

Reform is needed, says aged care CEO

Aged care service providers and care recipients agree that reform in aged care is needed, according to Woy Woy Community Aged Care CEO Ms Jennifer Eddy.

She was speaking after a recent visit by Minister for Mental Health and Ageing Mr Mark Butler.

Ms Eddy said that expectations of services now focussed on models of care that allowed for greater flexibility and input from the recipients themselves.

"Expectations are changing, that is why we are upgrading our building, and we were able to show the Minister the extensions that will improve the quality of accommodation available to residents," she said.

"We were pleased to have the opportunity to discuss with the Minister the Productivity Commission's recent recommendations for reform of the aged care sector, and the broad timeframes for implementation of some of the reforms," she said.

On his visit, Mr Butler presented

10-year-old Alicia Karton with a certificate of appreciation.

Alicia visits Woy Woy Community Aged Care each week to spend time with residents.

She said she enjoys spending time there as she missed her great grandfather who died when she was seven years old.

The Minister also presented certificates of attainment to staff who had completed education to support new staff to the facility.

One resident said after the visit: "It was great he came to see us and to hear what he had to say."

Media Release, 31 Aug 2011
 Jennifer Eddy, Woy Woy Community Aged Care

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Organisations receive \$172,000

Two community service organisations based at the Peninsula Community Centre will receive a total of \$172,000 under a Federal Government program.

Interrelate Family Centres will receive \$61,020 and the Benevolent Society will receive \$111,000 in funding over three years.

"Many local services have received much need funding, as part of the Gillard Government's \$1.041 billion Family Support Program," said member for Robertson Ms Deborah O'Neill.

"This investment will allow our local support providers to continue

doing their vital work helping Central Coast families."

"We know that their work is having a positive impact on the lives of local people," said Ms O'Neill.

"Triennial funding gives our local providers greater certainty and allows them to focus on the essential support services they are providing, rather than spending time applying for grants.

"The new Family Support Program provides more intensive support for vulnerable and at-risk children and families.

Media Release, 22 Aug 2011

Matt Pulford, Office of Deborah O'Neill MP



Meetings about centre's mural

The Peninsula Women's Health Centre in Woy Woy will hold a number of meetings for women interested in participating in the painting of a mural at the centre.

The first meeting will be held on Thursday, October 20, from 10am to 12pm, and participants will do a site walk, take photos, brainstorm ideas for themes and concepts and look at colour choices and other general ideas.

The Centre will hold a second

meeting on Thursday, October 27, from 10am to 12:30pm where women will comeback with their sketches, images and ideas.

The third meeting will be held on Thursday, November 3, from 10am to 12:30pm, where the design for the mural will be presented to the group for comment and a final agreement on the design will be made.

Email, 31 Aug 2011
Katherine Bradfield, Peninsula Women's Health Centre

Your Local
Skin Cancer Centre

Vidler Ave Skin
Cancer Centre

7 Vidler Avenue, Woy Woy
Ph: 4341 9911

Auction raises \$4400 for Nepal

A charity auction has raised more than \$4400 for Prisoners Assistance Nepal at the Walter Baker Parish Hall, Woy Woy, on Saturday, August 13.

A number of Central Coast artists donated their art for the charity auction with all proceeds going to PA Nepal, a charity that houses, feeds and educates hundreds of children of prisoners and works to improve women's rights in Nepal.

"Three events, one in Brisbane, one in Phillip Island and the one in Woy Woy, raised almost \$14,000

and that money will take care of 20 children for an entire year," said participating artist Mr Riyaz Pocketwala.

"I spoke with Indira Ranamagar, the founder of PA Nepal before she left for Nepal yesterday and she was overwhelmed with the aid we were able to organise.

"It brings great joy to know that there is such generosity here on the Central Coast at a time when money is tight and there are so many worthy causes out there," he said.

Email, 19 Aug 2011
Riyaz Pocketwala, Woy Woy

Chiropractic Plus

by Peter Grieve of the Umina Chiropractic Centre

Hello Peninsula!

At the Umina Chiropractic Centre we are flat out and enjoying the delivery of a high standard of Chiropractic Care to this amazing community.

Our new software is excellent and we are beginning to grasp the benefits. Thank you for your patience of recent times as we 'get the bugs' sorted out.

Drs. Ursula and Peter have had a great break and appreciated the opportunity to relax and have yet even more fun.

We certainly trust that you and yours likewise made the most of the season of peace and goodwill to all.

We hope you are well rested and fired up to have a great year where you can achieve better levels of health and share the benefits of positive wellbeing with a world that needs it.

Speaking of rest, it is probably a commonly misused term as it implies laying down and perhaps having a doze. The well-rested person is usually bubbling with energy and raring to go and does enjoy quality rest between 9.00pm and 5.00am...ish. I guess we all get caught up with looking at our dietary regime and exercise programmes to lose weight or find more energy. It may be worth considering avoiding over stimulating programmes on tele and doing some quiet recreational activity such as a cross word, a family game of cards, some art work and so on, prior to retiring of an evening. If your kids are 'hyper', then stay away from or strictly control the time spent with multi-media,go on, be brave and say the NO! word to your young ones and even your older ones

For those who do have trouble 'switching off', eat a 50% smaller meal of a night and increase your breakfast quality, join a meditation group, avoid using unnecessary pharmaceuticals.

I witness every day the array of 'pills' people are taking and I wonder how they are still alive.

Quiz your family doctor on ways and means of reducing pharmaceutical usage.

If your medico is aware that you are motivated and want to change your lifestyle and address the factor causative of your condition, then I am quite sure he/she will be right behind you.

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(N.B Answers to select question may be printed in the future articles)



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Education



Kindergarten orientation

Pretty Beach Public School began its 2012 Kindergarten Orientation Program with a picnic at Turo Park on Monday, August 23.

Students from kindergarten,

Year 5 and Year 6 were joined by prospective enrollees including those from Pretty Beach Community Preschool for a picnic lunch and sports activities.

The prospective students continued their orientation

on Tuesday, August 30, and participated in storytelling and singing with Year 5 students.

**Newsletter, 25 Aug 2011
Deborah Callender, Pretty Beach Public School**

Students progress

Four students from Ettalong Beach Public School will represent their school at the zone Premier's Spelling Challenge to be held on Tuesday, September 20.

Deborah Verevakabau and Kyesha Darnell-Charles both from Year 6 will join Year 3-4 students Nicolas Elliot and Sophie Allister

at the next stage after they were successful in the three spelling bees held in the week of Monday, August 22.

"It was truly astounding to see how accomplished many of our students are in spelling," said principal Mr Colin Wallis.

**Newsletter, 30 Aug 2011
Colin Wallis, Ettalong Public School**

Children's author visits school

Students from St John the Baptist Catholic Primary School will be visited by children's author Ms Sally Rippin on Thursday, September 22.

Ms Rippin is author of the Billie B. Brown series which is written for children aged five to nine and of

the book Angel Creek, a story for 10 to 12-year-olds.

She will be accompanied by the illustrator of the Billie B. Brown books, Ms Aki Fukuoka.

Students are able to purchase signed copies of both books.

**Newsletter, 31 Aug 2011
Frank Cohen, St John the Baptist Catholic Primary School**

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**

Speech workshop

A speech workshop for children will be held at Beachside Family Centre on Thursday, September 15, from 9:30am to 11am.

Beachside Family Centre relieving facilitator Ms Nicole Mottlee said many parents on the Peninsula had concerns about their child's speech and were unsure what help is available.

"There will be a very experienced speech pathologist who will run this one and a half hour workshop," she said.

The workshop will be free of charge.

With inquiries, phone Debbie on 4343 1929.

**Media Release, 30 Aug 2011
Nicole Mottlee, Beachside Family Centre**

Schools join for development day

Representatives of the local primary schools forming the Brisbane Water Learning Community came together for a development day on

Friday, August 19.

More than 160 people from the various schools gathered at Ettalong Public School to participate.

Key note speaker Mr Stephen Graham shared his practical knowledge and advice in the explicit teaching of persuasive writing with his audience.

"All primary teachers from across our collegiate group of schools heard the same inspiring message which will greatly enhance our teaching of writing," said principal Mr Colin Wallis.

**Newsletter, 23 Aug 2011
Colin Wallis, Ettalong Public School**

Brisbane Water Secondary College Woy Woy campus hosted the Central Coast District Education Awards Ceremony on Tuesday, July 26.

Umina campus students Tony Brown, Cana Bell, Emily Wardle and Rebekah Miller-Henderson shared the host duties and, according to principal Mr

Frank Gasper, were a credit to themselves and their families.

"The Dunbruloc Dance and Didge group and our Year 7 CAPA group were exceptional and a stunning finale from our senior singers Josh Keane, Tiana Melides and Eden Hook completed the performances," he said.

**Newsletter, 16 Aug 2011
Frank Gasper, BWSC Umina**

Host to awards



Umina Surf Life Saving Club

509 Ocean Beach Rd, Umina Beach

Registration Days for 2011/2012 Season

Sunday 11th September 9am till 1pm

Saturday 24th September 9am till 1pm

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School collects vouchers

Woy Woy South Public School has collected 12,000 supermarket vouchers to provide sports equipment for the school.

The school is encouraging friends and families of the students and people of the community to collect as many vouchers as they can.

"By donating and encouraging the collection of these vouchers, you are helping to provide a healthy and active education for our children," said principal Mr Terry Greedy.

Newsletter, 30 Aug 2011
Terry Greedy, Woy Woy South Public School

School joins in sing-a-long

Ettalong Public School students came together with other public schools across the country in a national sing-along at 11:30am on Thursday, September 1.

They joined more than 500,000 students from across Australia to sing *We've Got the Music*, written by two students from Woonoona High.

Parents were also invited to join in on the event.

"It was a wonderful opportunity for our students to enhance their vocal skills and to join in a national project," said principal Mr Colin Wallis.

Newsletter, 30 Aug 2011
Colin Wallis, Ettalong Public School

Woy Woy South asks for survey

Woy Woy South Public School principal Mr Terry Greedy has completed an expression of interest for the school to participate in next year's Priority Schools Program Survey process.

Mr Greedy said the survey was used to identify the schools which would be included in the Priority Schools Program for 2013 to 2016.

The PSP survey was a survey of families in government school communities in NSW that was used to determine the socio-economic status of individual

school communities, he said.

"Knowing which schools have high concentrations of low SES families enables the Department to target resources and support to schools more effectively and efficiently.

"If successful the financial benefit to the school is significant meaning extra resources will be available to further enhance the education we are able to offer our students," said Mr Greedy.

Newsletter, 30 Aug 2011
Terry Greedy, Woy Woy South Public School



Masons donate whiteboard

Empire Bay Public School has received a cheque and plaque from the Royal Arch Masons for the purchase of a new interactive whiteboard.

"Sixty very appreciative junior

pupils and teachers were on hand to witness the presentation," said Karagi Court director Mr Richard Black.

"Freemasons are now becoming well known for their help to schools

on the Central Coast and also the many other organisations they are assisting with the purchase of special equipment," he said.

Email, 30 Aug 2011
Richard Black, Umina

Aboriginal culture day

Woy Woy South Public School celebrated Aboriginal Culture Day on Wednesday, August 24.

Students wore red, yellow and black clothing and were organised into the formation of the Aboriginal

flag.

Workshops were held throughout the day with local aboriginal community members sharing their expertise and knowledge with students.

"Being able to draw on the local aboriginal community is a huge

bonus and ensures our students will gain a greater understanding and appreciation for aboriginal culture," said principal Mr Terry Greedy.

Newsletter, 23 Aug 2011
Terry Greedy, Woy Woy South Public School

Information about sexuality

Woy Woy South Public School has secured the services of Interrelate Family Centre to deliver two information sessions on sexuality to primary students on Thursday, October 27.

The sessions come in response to

a number of enquiries from parents and are aimed at students from Year 3 to Year 6.

The sessions are expected to extend the student's understanding of conception, fertilisation and the birth process as well as prepare them for the physical, social and emotional changes associated with puberty.

"The sessions are interactive, family-focused and presented in the context of caring relationships," said principal Mr Terry Greedy.

Newsletter, 23 Aug 2011
Terry Greedy, Woy Woy South Public School



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Enjoy tea & coffee in the garden and a chance to view this historic cottage which is celebrating its centenary.

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 use pedestrian access through the park playground (follow the signs)
 For more Info
 4368 1867 or frenchm7@gmail.com
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Art exhibition

The Fresh Collections contemporary art exhibition will open on Saturday, October 1, at Wagstaffe Hall.

The exhibition includes works by Sheila White FRAS who has won over 60 awards.

Other artists on display include Margaret Fortey, Barbara Aubrey, Denny Hoffman, Felicity O'Connor and Jean Scott.

The exhibition will also include a range of wearable art by Cherry Steele made with felted fibre.

The exhibition will be open from 10am to 4pm on Saturday, October 1, and Sunday, October 2, with opportunities to meet the artists each day between 2pm and 4pm.

A voluntary gold coin donation at the door will go toward a local Bushcare project.

Email, 29 Aug 2011
 Jean Scott, Fresh Collections



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Toffee Macadamia Parfait w a warm chocolate sauce

"...one of the best restaurant experiences I have had since moving to the coast 10 years ago" - Karie



Tenors perform at Everglades for Coast Shelter

Donation to hospital

Umina Beach Men's Bowling Club has donated a cheque for \$4000 to Gosford Hospital for research and treatment of prostate cancer.

The cheque was presented on Thursday, August 18, after it raised money for prostate cancer through its bowls charity day held on Thursday, June 23.

The bowls charity day is held every year in memory of the club's life member Mr Ron Pursehouse who died in June 2007.

Local businesses were invited to donate raffle prizes for the event with 15 businesses helping

out including local artist Fred Hawkesworth who donated three of his paintings for auction.

For the first time, other bowling clubs on the Peninsula were invited to hold their own event to raise money for prostate cancer including Ettalong, Everglades, and Woy Woy Bowling Clubs.

The event is expected to be held again next year and consideration will be given to inviting other clubs on the Central Coast to participate.

**Email, 30 Aug 2011
Jim Phillips, Umina Beach Men's Bowling Club**

A concert featuring two of Australia's premier tenors will be held at Everglades Country Club, Woy Woy, on Saturday, September 10, from 7pm, to raise money for Coast Shelter.

David Kidd and Andrew Pryor have sung in some of the world's most iconic venues from London's Royal Albert Hall to the MCG, according to Coast Shelter fundraiser Ms Vicki de Carle.

She said that, in their latest show, they brought a mix of humour, sophistication and beautiful melodies to the stage, "with a camaraderie born from 15 years of performing together and a repertoire including everything from Elvis to Puccini."

As a regular performer for Opera Queensland, Mr Pryor had performed various roles in productions such as Lucia di Lammermoor, La Forza Del Destino, Oedepus Rex, Eugene Onegin, Otello, Carmen, Parsifal, Turandot and Falstaff and Faust, she said.

He had also performed with Opera Australia, at the Sydney Opera House, including performances of Madama Butterfly, the Barber of Seville and Billie Budd.

Ms de Carle said Mr Kidd was also a regular with Opera Queensland, having performed in The Merry Widow, Fidelio, Turandot, The Girl of the Golden West and as iconic tenor Donald Smith in Waltzing Our Matilda.



In 2010, he appeared as a soloist in Opera in the Arboretum at Pearl Beach. They were both founding members of The Ten Tenors. **Email, 27 Aug 2011
Vicki de Carle, Coast Shelter**

College students entertain

Woy Woy Public School students were entertained by students from Brisbane Water Secondary College Umina Campus on Monday, August 22.

A variety of performers entertained the students including singers, dancers, actors, musicians

and gymnastic artists.

"Our students were enthralled and impressed," said principal Ms Ona Buckley.

**Newsletter, 29 Aug 2011
Ona Buckley, Woy Woy Public School**

Saturday 10th September, come along to the all NEW.....

Gosford City Markets

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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 charge 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!

will commence Saturday the 3rd of September

Melbourne Avenue, Umina Beach Telephone : 4341 2618

Out and About



Peninsula 'shed' at Gosford event

A mobile "men's shed" will be run by the Peninsula Men's Shed group at this year's Dads Day Out to be held in Kibble Park, Gosford, on Sunday, September 11.

The Peninsula Men's Shed will offer children and their fathers the chance to participate in woodwork

activities, according to Peninsula Men's Shed project coordinator Mr Darren Maxwell.

Members of the group will help in making tissue box covers.

"We are very excited about being involved in the event," said Mr Maxwell.

"Kids as young as four enjoy hammering nails into wood.

"We have all materials pre-cut and ready for assembly.

"Having a finished project they can paint and take home as a keep-sake makes the tissue box project even more exciting."

Media Release, 31 Aug 2011
Darren Maxwell, Peninsula Men's Shed

Teenager releases CD in London

A teenager raised in Umina is about to release a CD after moving to London to pursue

a music career.

The 19-year-old soul singer Lucy Darnley, also known as Kya,

has just completed her second video clip for a song called Pricy that was written and produced by Boom Kala Lee and shot on location in London.

Ms Darnley attended Ettalong Primary School and Ku-ring-gai Creative Arts High School.

At the age of 16, she sent a demo tape to a producer in London and flew over to spend time in the recording studio before she returned to Australia to complete her Higher School Certificate.

Ms Darnley said her music was influenced by artists such as Aretha Franklin, Joss Stone, Stevie Wonder and Motown.

Email, 21 Aug 2011
Stuart Darnley, Patonga



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Poet performs at folk club

The Troubadour folk club will hold its next meeting on Saturday, September 24, at the Woy Woy CWA Hall from 7pm, and will feature poet Graham Johnson.

Mr Johnson writes and performs both traditional and original verse following in the footsteps of Australia's rich heritage of rhyme and meter.

Calling himself The Rhymer from Ryde, Mr Johnson comes originally from country NSW and has lived in inner city Sydney since 1991.

Mr Johnson said, after meeting some bush poets in 1994, he was inspired to combine his love of language with 25 years of theatrical experience to take his poetry "back to the people".

Often described as "painting pictures with words", he uses his skills to draw his audience into his stories about the Great Southern

Land and its people.

"Whether it is his recollections of travels in the countryside, his love of our colonial history, or reliving the experiences of the bohemian residents of Sydney's past, Graeme is drawn with fierce patriotism to embrace the virtues that makes us the Aussies that we are today," said Troubadour publicity officer Ms Willy Timmerman.

He has won the prestigious Banjo Paterson Writing Awards 2004 for Bush Poetry, the John Dunmore Lang Poetry Prize and been runner up in both the Henry Lawson Society of NSW Adult Literary Prize and Leonard Teal Memorial Spoken Word Award.

He is published in a number of magazines and books, has appeared in 17 anthologies of Australian poetry and appears regularly on radio.

Email, 29 Aug 2011
Willy Timmerman, Troubadour

Folk club holds concert

The Troubadour folk club will hold a concert at the Bays Community Hall on Saturday, September 10, from 5:30pm.

The evening will begin with a sausage sizzle at 5:30pm followed by a performance from invited members of Troubadour at 6:30pm.

"After a break for refreshments we will then get the audience to join in the Troubadours with a sing-along where they will get their

chance to perform with a live band or just sing along from their seats," said Troubadour secretary Ms Marilyn Russell.

"We would love to encourage all ages to come along and be part of the performance," she said.

The Troubadour will also hold an afternoon session for musicians the following day at the Woy Woy CWA Hall from 2pm to 6pm.

Email, 26 Aug 2011
Marilyn Russell, Troubadour



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Discussion on constitutional recognition

A community discussion on recognising aboriginal and Torres Strait Islander people in the Australian Constitution will be held at Woy Woy Library on Friday, September 16, from 10am to 12pm.

The discussion is part of moves to encourage people to have their say and make submissions through the You Me Unity website

by Friday, September 30.

By December, the government-appointed Expert Panel on Constitutional Recognition of Aboriginal and Torres Strait Islander peoples is expected to report the options for formally recognising Aboriginal and Torres Strait Islander peoples in the Australian Constitution.

Email, 29 Aug 2011
Noel Olive, Umina



Apothecary added to healing centre

A healing centre in Woy Woy has undergone a change of ownership and a facelift.

Naturopaths Liliana Aitken-Jones and Tiffany Smith took over the Gnostic Healing and Natural Apothecary Centre in July.

Renovations were completed last month, including the addition of a new naturopathic apothecary for the dispensing of herbs, nutraceuticals and hand-blended skin care preparations.

Ms Aitken-Jones said there was much that existing customers would be familiar with, but alongside existing services and practitioners, additional services and more specialised products had been introduced.

The retail shop has been expanded to house the new naturopathic dispensary and an extensive range of herbs and healing tea blends.

Founded on an old-world style apothecary and based on traditional herbal knowledge from a bygone era, the Natural Apothecary specialises in accessible affordable natural remedies via a walk-in dispensary, she said.

Creams will be prescribed for a range of skin problems, and their own skin care products will be available.

"Where possible we'll use recyclable and sustainable packaging and will offer a refill service on our products if a

customer returns their cleaned jar to us," said Ms Aitken-Jones.

"While treating chronic and acute health care conditions is our prime focus, our practitioners also view themselves as having a role to play in health education.

"Promoting good health to prevent ill health is vital, with the benefits ultimately leading to greater self-responsibility for health, less reliance on drugs, reduced costs on the community, healthier people and a healthier planet," she said.

Email, 1 Sep 2011
Liliana Aitken-Jones,
Gnostic Healing and Natural
Apothecary Centre

Chakra workshop

A chakra workshop will be held at the Peninsula Women's Health Centre on Thursday, September 15, and Saturday, September 22, from 10am to 12pm.

Chakras facilitator Ms Julie Wall said: "There is so much more to our bodies than the human eye can see.

"We have key energetic centres, chakras, that underpin our personal development and our physical, mental and emotional health.

"Over two weeks, you will learn why and how emotions and experiences play a key part in our health and happiness.

"Each chakra is aligned with

specific body parts, various emotions and stages in our development.

"Understanding the chakras can have a profound effect on life because they are designed to create and support a happy and whole person.

"This workshop can make a great difference in how you view your life - past, present and future.

"Seeing the bigger picture equips you to better respond to life's circumstances and surprises, improving your experience with the world around you," she said.

Email, 31 Aug 2011
Kate Bradfield, Peninsula
Women's Health Centre



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Inc. Morn Tea Tour the painted town of Kurri Kurri, Enjoy some Wine, Cheese & Chocolate Tastings in the Beautiful Hunter Valley!

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Inc. Lunch, Morn Tea, Entry Tour this Fascinating Temple and learn a little about Buddhism. Enjoy a stroll over the Bridge.

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4th October Leura Gardens \$76.00

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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, Physio, 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

Woy Woy Ettalong Hardy's Bay RSL Sub Branch (79/297)

New members required, help with pensions and welfare etc. Shop 5/382 Oceanview Road Ettalong Open Tuesdays & Thursdays 9am to 1pm 4341 2594

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)

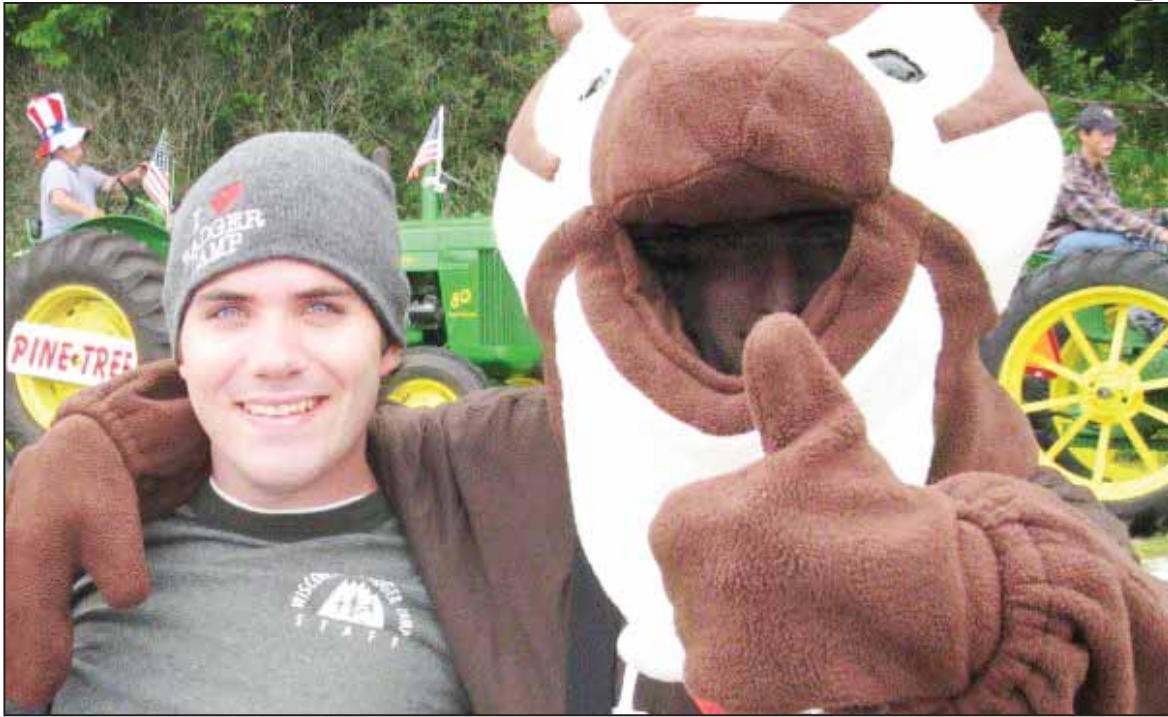
Invitation to women over 18 years to join our organisation We raise money for the welfare of veterans and their families in our district RSL Club West Gosford 4th Mon 2pm 4323 7336

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



Patrick returns, ready for uni

Umina resident Patrick McGrath, 22, has returned from a three-year break in the United States, where he acted as a program coordinator at Wisconsin Badger Camp, a non-profit organisation that serves children and adults with physical and developmental disabilities.

Mr McGrath has been involved with the Wisconsin Badger Camp for the three years where he has worked as a counsellor and male coordinator.

"This year was particularly cool for me because I really got to take a step back and see the whole of the camp and the impact that we have in south west Wisconsin," said Mr McGrath.

"I love seeing campers come

for the first time and seeing them settle in throughout the week and gradually start to really enjoy themselves as they realise that Badger Camp is a place where they are accepted and they won't be made fun of," he said.

This year, Mr McGrath oversaw off-camp programs, assisted the camp director in overseeing the main camp, helped train and supervise around 60 staff and assisted in overseeing the care of over 800 campers.

Mr McGrath is now working toward a degree in psychology at Macquarie University.

"I would definitely recommend summer camps to people on the Coast and travel in general," said Mr McGrath.

"It was great for me because I wasn't really sure what I wanted to

do. "I had lots of friends that went straight to uni and loved it and are graduating now but I'm glad I took the path I did because it helped me to discover what I wanted to do and I got a level of experience I would never get here in Australia.

"There's no way that a 22-year-old with very little qualifications would get to oversee 60 staff and a hundred campers a week for 10 weeks here.

"Now I'm ready for uni, I might not recommend taking three years off but definitely taking some time off after high school to find out what your passionate about and discover a lot about yourself especially if you end up travelling by yourself like I did," said Mr McGrath.

Email, 1 Sep 2011
Patrick McGrath, Umina

The Peninsula Diary

For events in post code areas 2256 and 2257

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, 2-4pm
Troubadour, Woy Woy Bay
Community Hall, 6pm
Tenor concert, Everglades,
7pm

Sunday September 11

Woy Woy Art Market, Anderson
Reserve

Monday September 12

Sexual health week
Lymphoma Awareness Week
National Stroke Week
Woy Woy Stroke Recovery
Club stall, Peninsula Plaza

Wednesday September 14

Country Women's Associations
Awareness Day

Thursday September 15

Speech workshop for children,
beachside Family Centre,
9:30am-11am, free

Chakra workshop, Peninsula
Women's Health Centre, 10am-
12pm

Friday September 16

Australian constitution
discussion, Woy Woy Library,
10am-12pm

Saturday September 17

Salvation Army Umina
Peninsula Fete, Peninsula
Community Centre

Wagstaffe War on Weeds
Ettalong Uniting Church fete,
Picnic Parade, 8am-2:30pm

Sunday September 18

Arboretum working bee,
Crommelin Native Arboretum,
9am-12pm
National Headache and
Migraine Awareness Week
Mitochondrial Disease
Awareness Week

Woy Woy Bowling Club
Childflight Bowls Day

Wednesday September 21

Superannuation and personal
insurance workshop, Woy Woy
Bowling Club, 6:15pm, free

Saturday September 24

Troubadour, CWA Hall, Woy
Woy, The Rhymer from Ryde,
7pm

Sunday September 25

Breakfast in the Bays
Global Stay in Bed Day

Wednesday September 28

Craft Workshop, Bobby Pinz
Hair studio, Woy Woy, 9:30am-
12:30am

Saturday October 1

Mental health week
Girls Night In - Nationwide
Lupus Awareness Month
Baby's Day Out
Pearl Beach Bi-annual Craft
Fair Exhibition & Sale, Memorial
Hall, 10am-4pm, free
Bouddi Art Group,
Contemporary/wearable art,
Wagstaffe Hall, 10am-4pm

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.

\$138,870

\$1262

\$4000

\$4400

\$2000

\$5000

\$1000

\$635

\$2500

\$43,305

\$270

\$810

\$500

\$3812

\$1407

\$162

\$3000

\$5000

\$12,888

\$739

\$777

\$571

\$3200

\$4000

\$3514

\$8700

\$3000

\$1160

\$1160

\$1160

\$1160

\$1160

\$920

\$750

\$3187

\$6000

\$2121

IGA Ettalong \$1262 to charities on Central Coast
Umin Beach Mens Bowling Club donated \$4000 for Prostate Cancer

Woy Woy community members raised \$4400 for Prisoners Assistance Nepal

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

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

The Bourke Rd Store raised \$1000 for breast cancer
IGA Ettalong \$635 to charities on Central Coast

Peninsula raised \$2500 for careflight
Salvation Army Red Shield Appeal raised \$43,305 on Peninsula

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

IGA Ettalong \$810 to charities on Central Coast
Full Life International Church donated \$500 to Mad Monday Cooking and Craft

IGA Ettalong \$3812 to charities on Central Coast
Woy Woy Public School raised \$1407 from Mothers Day stall

Woy Woy Public School raised \$162 from Easter raffle

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

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

IGA Ettalong \$12888 to charities on Central Coast
Woy Woy Public School raised \$739 for Queensland Floods

Umina Public School raised \$777 for Queensland floods

Empire Bay Public School raised \$571 for Flood appeal

Randalls on the Beach raised \$3200 for flood appeal
Empire Bay Tavern raised \$4000 for the flood appeal

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

Everglades Country Club \$8700 to Flood Relief
Brisbane Water Bridge Club donated \$3000 to the Web Youth Services

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

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

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

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

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

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

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

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

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

Funds donated earlier in the year have been removed to allow space for more recent donations

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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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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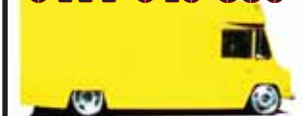
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Sport



(l/r) Aron Sherriff skip), John Roberts, Harley McDonald Ettalong Memorial

Sherriff wins triples to create record

Ettalong Bowling Club's Aron Sherriff has won the Bowls Central Coast Triples Championship along with teammates Harley McDonald and John Roberts.

Sherriff has become the first ever bowler to win all four Central Coast major championship titles of Singles, Pairs, Triples and Fours in the one year.

Central Coast District

Bowling Association senior vice president Mr Kevin Dring said: "It's fitting that Sherriff should etch his name into the Central Coast record books in such a way, after outstanding personal achievements over the past 18 months in winning the Australian Singles title, representing Australia at Commonwealth Games in Delhi and then winning the World Champion of Champion Singles crown."

Forty-four teams contested the Zone Triples Championship in Bateau Bay over six games of play spread over two weekends.

In the final between the "young gun" skips of Sherriff and Morrison, Morrison's team of Allan Joss and James Roberts started strongly and led 9-2 after six ends, but the champion players fought back and Sherriff's team won the next six ends to lead 11-9 after 13 ends.

The Sherriff combination proved too strong over the closing ends to record a convincing 24-13 victory.

Newspaper, 25 Aug 2011
Kevin Dring, Central Coast Grandstand

Stall for stroke awareness

Woy Woy Stroke Recovery Club will celebrate Stroke Awareness Week from September 12 to 18.

The club will hold a stall on Monday, September 12, in the Peninsula Plaza.

The stall will sell tartan ribbons with the many colours of the tartan representing the variety of causes and effects of stroke.

Free information will be distributed about avoiding strokes

as well as material on how to deal with the effects that a stroke can have on your life.

"We will also let people know how to contact the three Central Coast clubs that are linked to the Stroke Recovery Association NSW," said Woy Woy Stroke Recovery Club secretary Ms Jeanette Thiering.

Fax, 31 Aug 2011
Jeanette Thiering, Woy Woy Stroke Recovery Club

Triples finals

The 2011 Bowls Triples Championship finals were held at Woy Woy Women's Bowling Club on Thursday, July 28.

Winners of the Championship comprised Patricia Toohey, Dianne

Elsom and Gail Payne as skip.

Runners up were Linda Pointing, Jeanette Perry and Mary Henderson as skip.

Email, 9 Aug 2011
Miriam Cotton, Woy Woy Women's Bowling Club

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Woy Woy causes rugby union upset

Woy Woy First Grade Rugby Union team caused the upset of the season when they defeated Kariong by 22 points to 21 at Woy Woy Oval in round 17 on Saturday, August 20.

Central Coast Rugby Union president Mr Larry Thomson said: "It was a wonderful way to finish the season for the Woy Woy team."

Mr Thomson said Kariong, which was in third position in the competition and guaranteed a place in the finals, were expected to win, but met a determined Woy Woy team that would not say die.

Kariong got away to a great

start and led by 21 points to five at the halftime break.

But Woy Woy, in their best 40 minutes of the season, scored 17 points to nil to bring about a great win.

"Best players for Woy Woy were number eight Kevin Pike, lock Paul Gooley and halfback Stephen McNamara," said Mr Thomson.

"They were instrumental in the win but were also well supported by all the other players in the team."

Woy Woy finished up eighth on the points table with 26 points.

Email, 21 Aug 2011
Larry Thomson, Central Coast Rugby Union



Killcare surf team make hall of fame

Surf Life Saving Australia has inducted the Killcare Men's Beach Relay team into the Surf Life Saving Australia Hall of Fame.

From 2000 to 2006, the Killcare Men's Beach Relay team won five consecutive titles at the Australian Surf Life Saving Championships, five consecutive titles at the NSW Surf Life Saving Championships and four consecutive World Titles.

Club coach Mr John Bourne

said the team was thrilled to be recognised by Surf Life Saving Australia for their achievements.

"Our team was formed in 1999, mainly to boost patrol numbers for Killcare Surf Life Saving Club," he said.

"The club only had 20 patrolling members at that stage so the new relay team combined with the local winter swimming clubs added much needed numbers.

"Our first season together, we won the State, Aussies and World

titles which was an amazing feat.

"Over the years, we had a few relay members change due to injury, work commitments and geography but the team spirit and enthusiasm stayed the same."

The Surf Life Saving Australia Hall of Fame was founded in 2002 and recognises members or teams who have provided an outstanding contribution to surf lifesaving.

Media Release, 1 Sep 2011
Allison Brennan, SLSA

Champions

Umina Beach women's bowling club played its Triples Championship on Friday, August 12.

The competition saw Chris Cole, Cherie Johnson and Jeanette Gaul play against Dawn Burrows, Sue

Clark and Pat Neal.

The game started off, with Dawn's team taking the lead, but at the 15th end, Chris's team pushed ahead to 20 points to 13.

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

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Zone carnival

Students from Pretty Beach Public School attended the Zone Athletics Carnival held on Friday, August 6.

"Students from Pretty Beach Public School were absolutely terrific throughout the day, showcasing their excellent sportsmanship, positive and happy personalities and athletic talents," said principal Ms Deborah Callender.

"All students should be

commended on these traits, as they were continually commented on throughout the day, and not just

by Miss White and Miss Baldock."

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

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