



Photo: Naomi Bridges

The real estate, restaurant and former doctors surgery to be demolished for the new development in Hardys Bay

Council approves Hardys Bay development

Gosford Council has finally approved a proposal to redevelop the corner of Araluen Dr and Killcare Rd, Hardys Bay.

The proposal was for a new three-storey building comprising two commercial premises on the ground level with two residential dwellings above.

A previous development application for four commercial retail units and nine residential units on the site was rejected by the Council in May 2009.

A subsequent appeal against the refusal of the application was dismissed by the Land and Environment Court of NSW in March last year.

Council planning staff told the council meeting that the second development application "is significantly different to that which was previously refused by Council and dismissed by the Court on appeal".

"The design has been significantly altered to address the reasons for refusal for the previous development application and issues raised in the subsequent court judgment."

Changes made included a concentration of the building mass to the front of the site, reduced excavation and the maintenance

of the natural slope of the site, retention of trees, reduction of the size of the development and site coverage and the choice of materials.

The council has now agreed to the provision of 14 car parking spaces, a loading dock and private recreational facilities at the rear of the site including a barbecue area, gymnasium and swimming pool as well as associated landscaping.

The buildings to be demolished comprise a takeaway food shop located at number 58 Araluen Dr, Ray White Real Estate and the Yum Yum Eatery restaurant located at number 60 Araluen Dr and a two-storey dwelling and carport which was previously a doctors surgery on number 62.

A number of public submissions were received expressing concerns about the impact on trees, the visual impact of the gym, pool and barbecue area, insufficient front and side setbacks, the character and visual impact of the building, traffic impacts and loss of views.

Objectors were also concerned, among other things, about the height, bulk and scale of the building, overshadowing and the choice of materials.

According to the council planners' report, a number of the issues were addressed through the

conditions of the consent but the remaining issues did not warrant refusal of the application.

"The proposed development is sympathetic to the surrounding developments and will not have unreasonable impacts on the neighbouring residents.

"The proposal is considered a suitable design for the site, zone, and its context."

According to the report, the development was designed to minimise the extent of tree removal, preserving the existing tree canopy and maintaining the scenic bushland backdrop qualities of the hillside and ridgeline.

The applicant also submitted a landscape plan showing plantings of native trees including spotted gum, cheese tree and tuckeroo which would exceed the number of existing trees to be removed.

The report stated that the new plantings would provide vertical and horizontal bands of vegetation that would complement the established tree canopy on the site and the surrounding area.

The design of the building was expected to improve the appearance of the site and enhance the streetscape and foreshore, it said.

Gosford Council ENV.69, 1 Nov 2011

Hardware store given go ahead

Gosford Council has approved a development application for a hardware and building supply outlet in the old Flemmings supermarket building at 282 West St, Umina, despite having a shortfall of 12 parking spaces.

The Bunnings Warehouse development will include a timber trade area to the rear of the existing building, an outdoor plant nursery with shade sails to the south-east of the existing building, and 30 car parking spaces at the rear of the site.

It will have seven corporate branding signs, a loading dock and alterations to the site access from South St.

Bunnings Warehouse would operate from 7am to 9pm on weekdays and 8am to 6pm on weekends.

Council planning staff told the council that the proposal would improve the appearance of the vacant building and would assist in providing for the shopping and service needs of the community.

Council received three public submissions and one petition with 259 signatures in opposition to the proposal.

One public submission was received in support of the proposal.

Objectors were concerned that the development would result in significant increases in early morning and late night noise, traffic congestion and heavy vehicle movements.

They said the development would have a negative impact on small businesses in town, there would be insufficient car parking and the proposal was out of character for Umina.

The council staff report stated that the proposed business was not expected to generate an unreasonable level of noise nor would it impact on the amenity of neighbouring residents beyond that expected within the Umina business centre.

The applicant stated that deliveries would not occur in peak trading times and the store was not expected to generate a significantly higher number of vehicle movements than those that occurred when Flemmings was in operation.

The staff report claimed that the potential commercial impact of Bunnings on small businesses was not a matter for consideration under Section 79C of the Environmental Planning and Assessment Act 1979.

Gosford Council Agenda ENV.70, 1 Nov 2011



Photo: Naomi Bridges

The old Flemmings building to be converted into a Bunnings Warehouse

Your chance to win!

Peninsula News and GreenPan are giving two readers the chance to win a 20 cm GreenPan Kyoto frypan or a 28 cm GreenPan Kyoto frypan.

The 20cm Kyoto frypan is valued at \$69.95 and the 28cm Kyoto frypan is valued at \$110.

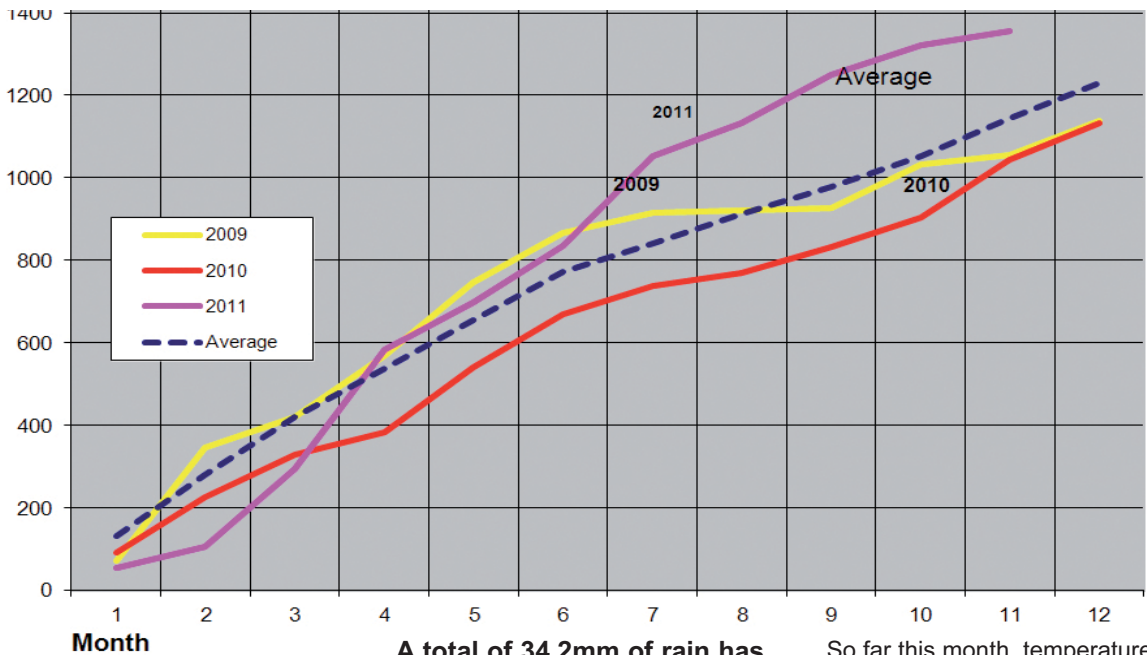
The pans uses Thermolon non-stick technology, which is heat resistant up to high temperatures.

To enter, write your name, address and phone number on the back of an envelope and send to Peninsula News GreenPan Kyoto competition PO Box 1056, Gosford, NSW 2250, by the close of business Thursday, November 24.

The winner of last edition's My Boutique \$100 clothing voucher is Pat Kelly of Woy Woy.
Kaitlin Watts, 10 Nov 2011



Month's rain is on track



A total of 34.2mm of rain has fallen in the first 11 days of November, according to figures supplied by Mr Jim Morrison of Woy Woy.

With just over a third of the month gone, the rainfall represents about one third of the monthly average of 92.4mm for November.

With the cumulative total for the year standing at 1355mm, rainfall to date is already more than 10 per cent above the average yearly fall of 1231.2mm.

So far this month, temperatures have ranged from a minimum of 13.5 on November 3 to 34.6 on November 8, according to figures from www.peninsulaweather.info.

Highest minimum was 23.6 on November 9 and lowest maximum was 18.8 on November 3.

The highest wind gust was 24.1km/h recorded on November 5.

Spreadsheet, 11 Nov 2011
Jim Morrison, Woy Woy
www.peninsulaweather.info

Peninsula directory of services, contacts and support groups

Ambulance, Police, Fire 000

Emergency

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

Aboriginal & Torres Strait Islander Organisations

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

Accommodation

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

Animal Rescue

Wildlife Arc 4325 0666
Wires 8977 3333

Community Centres

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

Counselling

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

Family and Relationships

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

Health

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

Legal & Financial Help

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

Libraries

Gosford district:
Umina Beach 4304 7333
Woy Woy 4304 7555

Problems,

Habits & Addiction

Alcoholics Anonymous 4323 3890
Narcotics Anonymous 4325 0524

Transport

Taxi 131 008
Busways 4368 2277
City Rail 131 500

Welfare Services

Gosford Family Support 4340 1585
Meals on Wheels

Woy Woy 4341 6699

Department of Community Services

Gosford 4336 2400
The Salvation Army 4325 5733
Samaritans Emergency Relief 4393 2450
St Vincent De Paul Society HELPLINE 4323 6081

Peninsula News

Peninsula News is a fortnightly community newspaper owned by Woy Woy Community Media Association Inc., an incorporated, non-profit association. Its aims include providing a viable, non-partisan news medium and forum exclusively for the Peninsula and developing a sense of community on the Peninsula. See www.peninsulanews.info for all editions published

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

Doyle justifies hardware decision

Cr Craig Doyle has justified Gosford Council's decision to permit the redevelopment of the old Flemmings building as a hardware store, despite a deficiency of car parking spaces.

"If we stopped every development simply because they couldn't provide enough parking, nothing would ever happen," he said.

Council planners stated that a financial contribution would be required in lieu of the shortfall so Council could provide parking facilities in the vicinity in future.

Cr Terri Latella opposed the development, saying she could not support a development that would be as successful as Bunnings when it lacked sufficient parking.

Cr Chris Burke supported the proposal, saying "Umina needs an injection of infrastructure and Bunnings is going to bring that infrastructure to the area."

"It's going to create work which is a huge win for Umina."

"The builders are going to be a local company which is another win for Umina," he said.

Cr Doyle said that the store would be doing good things for the town.

"Umina has leaped ahead particularly in the last four or five years."

"It's not your typical Bunnings site that you would expect."

"It's more of a mini major."

"It's returning to the centre of Umina a hardware chain which was there a few years ago."

"It is going to provide jobs, probably another 44 equivalent full-time jobs in construction."

"That can't be understated."

"That's potentially 40 less people on the freeway."

"These sorts of developments need to be supported and we need to find creative ways to move the development forward," said Cr Doyle.

Gosford Council Agenda

ENV.70, 1 Nov 2011

Kaitlin Watts, 8 Nov 2011



Photo: Naomi Bridges

The playground currently at Pelican Park

Playground may be moved

The playground in Pelican Park, Woy Woy, may be relocated to Anderson Park

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to allow for future upgrades.

A recommendation to move the playground has come after a fence was erected around the playground, at a cost of \$30,000.

During the installation, council staff found that many services ran under the playground and roots of significant heritage trees ran under the soft fall area.

Gosford Council's playground strategy committee has reported that this would "present a major challenge for any future playground upgrade at this site".

Staff recommended that an

alternative should be secured and this will be discussed at the next review of the council's playground strategy.

Fencing of the playground fulfilled of an election promise by the new Member for Robertson Ms Deborah O'Neill.

The \$30,000 for the work was secured under the Federal Government's Safer Suburbs Program and the fence was installed in September.

Gosford Council Agenda, GC/11/23, GC/11/23, 1 Nov 2011

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Fast food proposal draws internet opposition

A social networking page has been set up to object to a proposal for a new fast food outlet in Umina.

The Facebook page, No Umina Beach Maccas, has provided a forum for people wanting to prevent the opening of McDonalds in Umina.

Umina local Ms Amanda Formosa said the page enabled a number of community members to meet up and discuss the proposal.

"It started with the guy on Facebook and then it's just been people who happen to find it.

"We decided to get something done and come up with a bit of a plan.

"A few of us met last night (Tuesday, November 8) and we are just trying to get as many people to object as we can.

"The only thing we are gathering that we can do is email and write into council with our objections and we're also trying to get a petition going for people to sign," said Ms Formosa.

Ms Formosa said the community was concerned about a number of issues including the intention to rezone the land from residential to business, the environment and the traffic problems the development could create.

"No one has a major issue with



Photo: Naomi Bridges

Amanda Formosa is against the proposal for a McDonalds in Umina

the McDonalds company itself but there's already one in Woy Woy.

"What people are most concerned about is the traffic.

"Umina is already notorious for traffic problems as it is.

"The other thing we're concerned about is the environment, Umina already gets a lot of rubbish from the Maccas at Woy Woy.

"Everyone is also quite

concerned for local businesses.

"How can they be expected to compete with McDonalds?

"How many of those businesses are going to have to close down and, if they close down, it will affect us because it limits the choices that we have," said Ms Formosa.

Kaitlin Watts, 9 Nov 2011

Interviewee: Amanda Formosa, Umina

Bowling club records record profit

Ettalong Memorial Bowling Club has recorded a record profit of \$850,630 after tax for the year ending June 30.

This was a 20.6 per cent increase on last year's record profit of \$705,623.

Chief executive officer Mr Boris Belevski has heralded the result as "very satisfying ... when you consider the precarious financial position of this club back in 2003-2004".

"Ettalong Bowling Club continues to be the most financially stable club on the Peninsula and is one of a few success stories on the Central Coast," said Mr Belevski.

The profit came on a gross revenue of \$10,263,964 to June 30, which was an increase of \$1,112,689 over the previous year.

The club increased its bar trading on last year's figures by \$388,147 to \$3,858,810 and its poker machine net clearances by \$577,677 to \$5,446,710.

Direct expenses for the year were \$2,579,978 which increased by \$182,955 from last year's \$2,396,983.

Income from the club's bowls

operations increased by \$25,407 to \$98,936 with an increase in total expenses of \$54,461 to \$309,179.

The net loss from bowls operations was \$210,243 compared to \$181,189 in 2010, an increase of \$29,054.

Club chairman Mr Robert Henderson said it was the third year in a row that the club had made a "great profit".

This was "due to the strategic planning and those plans put into action by the management and staff", he said.

But Mr Henderson said if the pre-commitment legislation is passed "our club will struggle to exist at best".

"What the club needs is all our club members to join in the fight by writing letters or emails to the local member, sign petitions and join rallies.

"It is only by informing the government with a loud combined voice, that we may prevent this progression into a nanny state," he said.

Media Release, 2 Nov 2011

Annual Report, 2 Nov 2011

Boris Belevski, Ettalong Memorial Bowling Club

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No new drains until plan completed

No major work will be done to improve drainage in Shephard and Glenn Sts, Umina, until the Woy Woy Peninsula Floodplain Management Plan is completed.

However, Gosford Council's city services manager Mr Stephen Glen told council that the maintenance section would continue to maintain the drains as part of its area maintenance program.

He was responding to a petition from local residents who had asked for extra drainage after Shephard St was closed for several hours due to flooding.

Mr Glen said that contractors had been engaged to clear blockages in the pits between Shephard and Glenn Sts.

They removed accumulated silt and detritus.

The street was monitored during subsequent storm events and a street sweeper was deployed to remove debris and sediment deposited in the street.

Mr Glen said City Services officers had reviewed the reported flooding history, existing drainage layout and topography of the area surrounding Shephard St to ascertain the reasons behind the flooding.

He said existing storm water drainage pipes served a reasonably large catchment.

They were installed at shallow grades due to the topography of the area.

This has resulted in low storm water flow velocities which, during heavy rainfall, fail to effectively convey the storm water downstream.

This in turn caused flooding of the road.

He said residents should contact Council's Customer Service Centre if they feel that maintenance is needed on the drainage in their streets.

**Gosford Council Agenda
COR.120, 1 Nov 2011**



Photo: Naomi Bridges

The amenities at Ferry Rd being completed

Ferry Rd amenities finished

The Ferry Rd amenities building that has been under construction since Wednesday, October 5, was completed on Wednesday, November 12.

The new amenities building, located on the Ettalong Beach Foreshore Reserve, includes two unisex accessible toilets and a

covered waiting area for the ferry terminal.

The toilets provide the Ettalong community and ferry passengers with a much needed and convenient community asset with the demolition of the Schnapper Rd toilets, said Gosford Council's open space manager Mr Phil Moore.

"The additional covered

waiting area is positioned to allow surveillance of approaching ferries and provide reprieve from the sun and rain.

"Robust materials were used to ensure the building could withstand the harsh foreshore conditions," he said.

**Media Statement, 9 Nov 2011
Phil Moore, Gosford Council**



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e a r t h f r i e n d l y b e d & b a t h

Help sought with house fire

Police have appealed for information from the community after a suspicious fire at a home in Hood St, Booker Bay on Wednesday, November 2.

Investigators said they believed the blaze was suspicious and have been told there were people in the area acting suspiciously before the fire started.

Officers would like to speak to anyone with information about two people seen near the Rip Bridge around midnight.

It is believed that a vehicle, which was possibly a blue Ford

Telstar, was also seen in the area, prior to the fire.

Anyone with information about suspicious activity in the area on the night is urged to contact Gosford Police on 4323 5425 or Crime Stoppers on 1 800 333 000.

All information provided will be treated in confidence.

Brisbane Water Local Area Command officers continue with their inquiries into the incident and will prepare a report for the Coroner.

**Media Release, 4 Nov 2011
NSW Police Media**



Photo: Naomi Bridges

The home that was destroyed by fire

One-way traffic at Pearl Beach

One-way traffic may be introduced in front of the shops at Pearl Beach, after the local progress association approached Gosford Council with the proposal.

Gosford Council has resolved to advertise the proposal.

It will also prepare a plan with traffic calming devices in Tourmaline Ave and Pearl Pde, near the shops, and implement rear-to-kerb angle parking in Pearl Parade.

The other side of the Pearl

Parade would be designated either No Stopping zone or bus zones between Tourmaline and Amethyst Aves.

The plan would also provide disabled parking near the toilet block.

The council decided on the measures, on the recommendation of the Local Traffic Committee after council officers met with members of the Pearl Beach Progress Association.

**Gosford Council Agenda
TR.11.61, 1 Nov 2011**

Great buying conditions drive market confidence

This spring is set to provide good buying conditions with strong listings reported here in **Woy Woy** and with extra benefits from the LJ Hooker 'Make The Most Of It' campaign.

Deciding on the right property to buy whether it is to be your home or as an investment can be the most important decision Australians make.

"It is a buyer's market, with more choice available than we have seen for a couple of years said local real estate agent **Linda Donovan** from LJ Hooker **Woy Woy**.

"Spring is here with plenty of properties to choose from so 'Make The Most Of It' with the LJ Hooker campaign that will help get you sold," said **Linda**.

As an added bonus this spring, between 15 September -15 November 2011, we are asking Australians to share their tips on how to increase your property

value and be in the running for a share of \$10,000 for home improvements from LJ Hooker. Go to www.ljhooker.com.au* to register your tip at Make The Most of It – the winner will be announced in late November 2011.

Linda said sellers are able to show off properties in their best light during spring with home improvements generally made over the cooler months.

"Spring is one of the best selling periods of the year as most properties look their best – lush trees and gardens and plenty of sunshine.

"My job is to assist customers make the best decision for their individual needs and here are a couple of tips to set you on your way this spring whether buying or selling your property.

"Firstly, research is the most important element when buying or selling a property.

"By regularly searching property websites such as www.ljhooker.com.au, buyers and sellers are just a click away to finding out what is on the market, types of properties, the various price ranges and they get an understanding of asking prices," **Linda** continued.

"Research gives you the insight into the current market price for properties selling in your local area.

"Secondly, local real estate agents are a great source of information on the local market, prices and types of property available and someone for you to be in contact with about your specific needs. A good agent will contact you when they have a listing that fits your criteria or prospect buyers for your property," concluded **Linda**.

Visit ljhooker.com.au or contact **Linda Donovan** at LJ Hooker **Woy Woy** for information and assistance.

Linda Donovan, Sales Consultant, LJ Hooker Woy Woy - 4341 2001

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Buy Australian, while we can

I am becoming increasingly upset by the disappearance of Australian owned and made products from the shelves of our large supermarkets.

You find a product you like which is not only made in Australia, but (hooray! hooray!) is also manufactured by an Australian company.

You return to the store to purchase this same item when needed and you cannot find it,

Forum

despite searching the shelves.

Alas it has disappeared, never to return.

I find this not only disappointing and frustrating, but very disturbing watching the demise of our Aussie manufacturers.

When will those responsible for ordering the products to stock the shelves of our supermarkets get it?

Many people want to support

our Australian industries and buy not only Australian made, but from Australian owned manufacturers.

I applaud Dick Smith in his fight to save Australian farmers and manufacturers against the take-over by foreign imports.

So, let's support our Aussie battlers and buy Australian where we can.

Every little bit helps.

Email, 5 Nov 2011
Denise Kemp, Umina

Gathering signatures

Forum

I encourage all Peninsula residents and visitors who object to the McDonalds' proposal for Umina to make their views known.

I will be on West St between South and Berith on Tuesday, November 15, with a petition, gathering signatures which I will take to Council.

Many Peninsula residents like the many local businesses that support our community and we would hate to see local cafes,

restaurants, and food providers go out of business. McDonalds will bring little benefit to our community, with claims of jobs being offset by job losses from small businesses closing down.

Not forgetting the health impacts, rubbish and visual pollution of McDonalds.

Online submission, 11 Nov 2011
Sheelagh Noonan, Umina

Nothing to discuss?

Val Tanner (Peninsula News, 31 Oct) reported that McDonalds "will employ at least three fulltime and up to 60 casual employees".

In August, the integrated planning unit of Gosford Council reported that there would be "130 full time and part time jobs".

At this rate of loss, McDonalds Umina will be the first fully automated fast food outlet on the planet.

Skye Oxenham of McDonalds Australia supplied the standard media release (Peninsula News, 31 Oct).

The response from McDonalds was predictable and didn't require

Forum

a special board meeting.

When the Integrated Planning Unit reported to councillors on August 2, staff commented favourably on every possible issue that has any connection to the proposal without identifying any issue of concern.

This is the local government assessment process.

With overwhelming support from the planners, why would McDonalds need to defend the development?

The Integrated Planning Unit has provided 26 pages of support

for the development.

It is not complicated and I am sure McDonalds' management has noted the support.

Is the Integrated Planning Unit of Council capable of assessing the DA, considering it has established overwhelming support for the project?

Skye Oxenham said "McDonalds will work closely with Council to take a consultative approach with the local community".

Why?

According to the planners, there is nothing to discuss.

Letter, 2 Nov 2011
Norman Harris, Umina

Litter problem

I would like to comment on the Maccas at Umina.

I am against it for many reasons, but most of all, it will be the rubbish that it will create.

You wait. There will be Maccas litter all over.

It will make jobs for sure: people to pick up the mess.

This I guarantee you. I used to live near one.

Forum

Look around any of their stores. They are disgraceful.

Don't take my word for it. Just drive around and you will find that about 90 per cent of litter is from their stores.

Online submission, 4 Nov 2011
Tony Clegg, Empire Bay

How many will become unemployed?

What a shame Val Tanner (Peninsula News Oct 31) can't see the big picture and understand what everyone has been writing for the last

Forum

few weeks.

Maccas might employ three people and 50-60 casuals, but what about all the other small businesses in Umina?

How many of those will be affected and then unemployed?

I am only 18 and I do like Maccas, but there is one in Woy Woy just five minutes up the road.

So to Skye Oxenham, is there

really a need for a second store on the Peninsula?

As Peter Whiteway said, there has been a very negative response from a lot of people.

So who actually wants another store and where does the demand you talk about come from?

Do we really need to contribute further to the obesity problem in Australia?

Email, 8 Nov 2011
Lauren Smith, Umina

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Deborah O'Neill MP

On our side



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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.

Meeting to discuss coastal planning

Coastal Residents Inc will hold a public meeting from 10am to noon at Woy Woy Leagues Club on Saturday, November 26, to discuss the coastal planning being developed by Gosford Council.

Secretary Mr Pat Aiken said: "The planning for failure of Gosford Council identifies homes planned to become the future intertidal zones of Brisbane Waters then followed by controls on renovation and new home construction."

"Suburbs affected include Woy Woy, Patonga, Ettalong, Booker Bay, Koolewong, Tascott and Point Clare together with open coastal beaches and suburbs on the

northern side of Brisbane Waters," he said.

The last public meeting held at Davistown on Saturday, October 8, was attended by over 300 people, he said.

Mr Aiken said the focus of this meeting would be to explain to residents how, with their support, Coastal Residents Inc could encourage the state and local government to adopt plans that would remove the uncertainty of sea level rise and coastal erosion forecasts.

**Media Release, 10 Nov 2011
Pat Aiken, Coastal Residents Inc**

Water restrictions relaxed from today

Gosford mayor Cr Laurie Maher has announced the relaxation of water restrictions on the Peninsula.

The new Level 2 restrictions starting today, November 14, mean Peninsula residents will be able to water their garden with a trigger nozzle hose for an hour a day three times a week, compared to two days on the current Level 3 restrictions.

External building surfaces and outdoor furniture can be washed, however, hosing of paths and driveways is still not permitted.

Cars can be washed with a bucket or trigger nozzle hose at any time.

However, Cr Maher reminded residents to remain vigilant with their water use.

"It is still important everyone uses common sense and doesn't waste our water," Cr Maher said.

"Ideally, we want residents to maintain the voluntary daily water use target of 150 litres per person."

Level 3 water restrictions have been in place on the Peninsula since June, 2009.

At the time, a survey conducted by both Councils showed 67 per cent of residents supported tougher restrictions as a water savings measure.

The decision to ease water restrictions was made following the recent recovery of dam levels to a point where Level 2 restrictions can be introduced.

Both Gosford and Wyong Councils have endorsed the Gosford-Wyong Councils' Water Authority Board meeting recommendation to ease restrictions to Level 2 from November 14.

**Media Release, 2 Nov 2011
Megan Low, Gosford Council**

Pioneer dies, aged 99

Peninsula Village Nursing Home resident Ms Eris Riley, formerly of Booker Bay, died on Wednesday, October 26, aged 99.

Ms Riley was the wife of Rupert Riley and mother of Valda, Nonie and Winston.

Ms Riley worked with her husband for many years in the 50s and 60s managing the Ettalong Cinema, owned by the Riley brothers, with her two daughters working as usherettes and her son as the projectionist.

The old Ettalong Cinema was located where the Ettalong Senior Citizen Centre now stands.

Eris was born at Brewarrina near Bourke on May 15, 1912.

Her father, Hedley Davey, was the local pharmacist and mayor while her mother, Kathleen, passed away from

tuberculosis when she was 13.

In the 1930s, Eris's father opened a pharmacy in Woy Woy where Bruce Kerr Real Estate now stands.

She married Rupert Riley in 1938 and was a foundation member of Everglades Golf Club.

In 1957, she was the first ladies' captain of the club.

Eris is survived by her three children, nine grandchildren and 19 great grandchildren.

**Letter, 8 Nov 2011
Valda Riley-Smith, Woy Woy**



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3 November 2011

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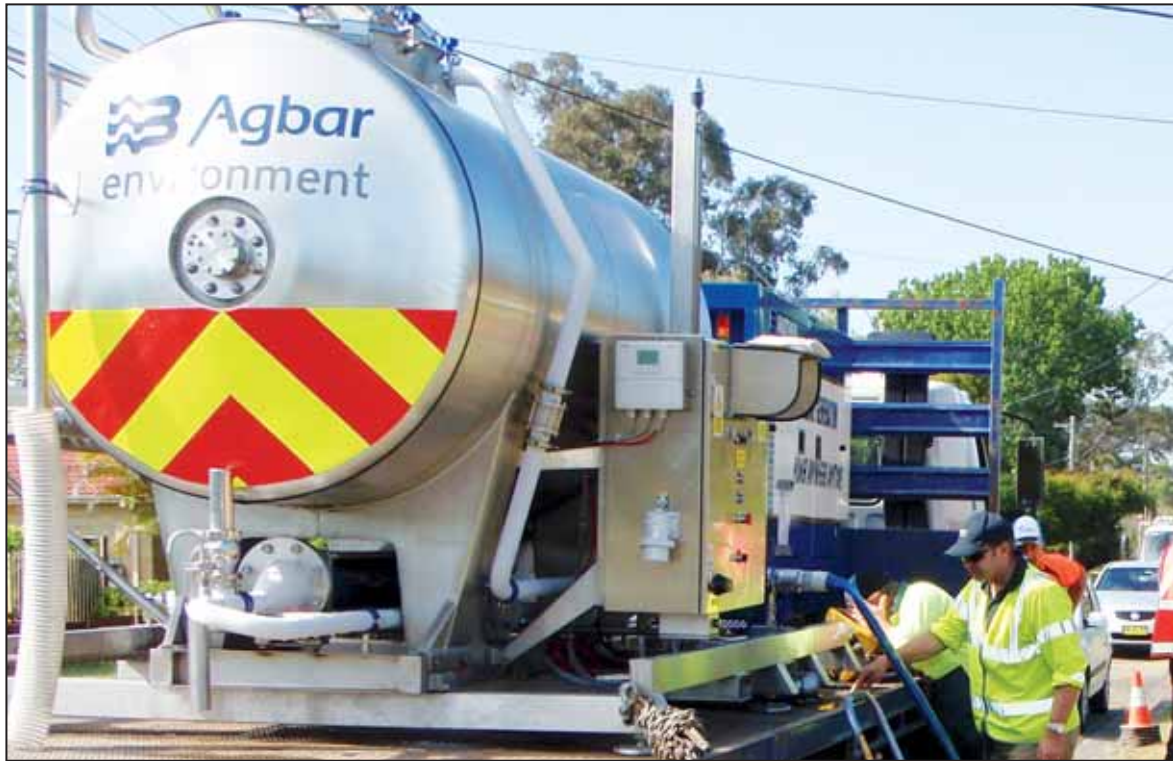
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Thank you for your past patronage and Leisa and I wish you all the best for the future.

Sincerely,

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News



Ice pigging at Ettalong

Pipes cleaned with 'ice pigs'

Umina and Ettalong are among the first towns in Australia to test new water pipe cleaning technology from Britain.

The technique involves pumping a thick slurry of ice, known as an

ice pig, through the water main to clean off any sediment and other particles.

Council's manager water and sewer operations Mr Michael Redrup said it was exciting to be the first water authority in the country to send an ice pig through its water mains.

"Discoloured water is an on-going battle for Council and ice pigging was one of the new technologies identified by our Water Operations team," Mr Redrup said.

Three "ice-pigging" pioneers from British company Agbar Environment Ltd were working with the council to try out the innovative technology.

"We've been waiting with great anticipation for these trials to start

following successful meetings last year between Council staff, Agbar, Bristol Water and the Bristol University professor who invented ice pigging," said Mr Redrup.

"If the trials are a success, it's very likely we'll look at using ice pigging as the backbone of our on-going mains cleaning program."

The benefits of ice pigging over traditional cleaning techniques, like conventional pigging and flushing include less water used, no excavation required an easy flow through changes in pipe diameter, bends and fittings and a reduction in the length of interruption to local household water supply.

"Ice pigging has been used by water authorities throughout the United Kingdom for a number of years now to protect and maintain their local drinking water quality," Mr Redrup said.

"Providing good quality water to our customers is important.

"To do this, we need to keep our eye on emerging technologies even if it means taking the search overseas."

Agbar Environment Ltd is the global license holder for ice pigging in the water industry and winner of the 2009 Water Industry Achievement Award for Most Innovative Technology of the Year.

Media Release, 8 Nov 2011
Nathan Slade, Gosford Council

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.

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Woy Woy (opposite Rogers Park)

Turning area kept clear

A No Stopping zone will be introduced in Phegans Bay to ensure a bus turning area is kept clear.

The bus service to Phegans Bay stops at the intersection of Phegans Bay Rd and Alkira Rd, before the bus performs a U-turn and proceeds back up Phegans Bay Rd to continue on its route.

NSW Police had requested that Gosford Council introduce the restriction at the intersection after they attended the location to find parked vehicles obstructing a bus

driver from performing a necessary U-turn manoeuvre.

The western side of Phegans Bay Rd had an existing No Stopping restriction while the eastern side was unrestricted.

The council resolved that a No Stopping restriction would be introduced on the eastern side of Phegans Bay Rd, and would extend south of the hairpin bend on Phegans Bay Rd to the intersection of Alkira Rd.

Gosford Council Agenda
TR.11.62, 1 Nov 2011

Council knocks back deck proposal

Gosford Council has refused consent for the construction of a timber deck at a home in Orange Grove Rd, Blackwall, after it was told that it had already been built without consent.

The structure also included a handrail, privacy screen and timber access stairs.

The development application was refused on the grounds that the alterations would detract from the character of the immediate locality, that the proposal was inappropriate for its location and that the design would cause loss of views and visual impacts.

The proposal also failed to comply with the Brisbane Water Plan of Management as it was built on the roof area of a boatshed.

Council planning staff stated that

approval would set an undesirable precedent for the area and would have unreasonable impacts on the existing levels of privacy and amenity for neighbouring residents.

According to the staff report, the applicant had already constructed the timber deck, handrail and associated supports above the boatshed.

Council had ordered the demolition of the unauthorised construction on June 20.

The applicant then lodged the development application on August 9 which sought consent for the structure.

Mr David Rowe spoke on behalf of the applicant at Council's ordinary meeting of Tuesday, October 1, requesting Council's approval of the application.

Gosford Council Agenda
ENV.68, 1 Nov 2011

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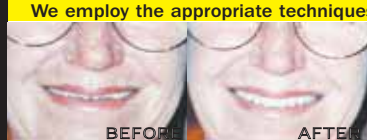
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Workshop on Auslan signing

Parents and carers who are interested in learning about key word signing can attend a workshop at the Beachside Family Centre on Friday, December 9, from 9:30am until 12:30pm.

The workshop would teach parents how to use Auslan signs for the development of early communication skills and would be taught by speech pathologist Ms Jane Beale.

Approximately 50 signs would be taught for everyday objects, actions and concepts and parents

would learn how to sign names using the alphabet and finger spelling skills.

The three stages of using key word signing would be explained comprising increased attention and concentration, improved understanding and the development of expressive language skills.

The workshop would also discuss different strategies and ways to introduce and use signing.

Media Release, 4 Nov 2011
Debbie Notara, Beachside Family Centre

Story time for young parents

A free Young Parent Storytime workshop is scheduled to be held at the Beachside Family Centre in Umina on Thursday, December 8, from 10am-11:30am.

The workshop is designed for mums and dads under the age of 25 and will include a morning of stories, songs, rhymes and craft activities.

Beachside facilitator Ms Debbie Notara said the group offered young parents the chance to get some helpful hints about how to

assist their child to develop the skills that sets them up for success when they get to school.

"Babies from birth can be introduced to reading, songs and rhymes which they all really enjoy and they are learning at the same time," she said.

The group would also be an opportunity for young parents to meet other young parents on the Peninsula.

Media Release, 4 Nov 2011
Debbie Notara, Beachside Family Centre

Award for a life saved

An Ettalong resident has been awarded a Surf Lifesaving Rescue of the Month award after she assisted a woman in trouble.

Ms Sharon Bryant, a volunteer surf life saver at Ocean Beach, was on her postal route on Monday, September 12, when she heard cries for help coming from the house to which she was delivering mail.

Ms Bryant immediately made her way to the front of the house to find a young woman bent over and clutching at her left wrist which was covered in blood.

She grabbed her leather gloves and mobile phone from her motorbike.

Ms Bryant then quickly gathered a full explanation of what had occurred from the patient.

The patient had, from Sharon's observation, lost a lot of blood already and action needed to be immediately taken to stem the blood flow.

Ms Bryant dialed 000 and requested an ambulance then took an old curtain from inside the house and applied direct pressure to the open wound.

The patient at this stage had become uncooperative and Ms Bryant calmed the patient to stop her from causing any further harm to herself.

She remained with the patient and kept pressure on the wound until the ambulance arrived.

The ambulance officers were full of praise for Sharon and said that without her intervention the patient would not have survived.



Photo: Naomi Bridges

Sharon Bryant

Ms Donna Wishart of Surf Life Saving NSW said that Ms Bryant was chosen for the award because her quick thinking, her first aid skills and calmness in the face of a difficult situation saved the patient's life.

Email, 9 Nov 2011
Donna Wishart, SLS NSW

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Education



Students interviewed for TV program

Eight students from Woy Woy South Public School were interviewed on Wednesday, November 2, for a book review program hosted by Jennifer Byrne.

A film crew from the ABC attended the school to talk to the students for the show, The First Tuesday Book Club, which airs on

the first Tuesday of each month on ABC television.

The children were asked to respond to a series of questions related to their favourite book.

Four schools were selected to participate in the program, an inner city school, an outer city school, a regional school and a rural school.

"We are very fortunate to have

been selected from such a large pool of schools to participate in this program and we look forward to watching our students on national television," said principal Mr Terry Greedy.

**Newsletter, 1 Nov 2011
Terry Greedy, Woy Woy South Public School**

Musical finishes on high note

Pretty Beach Public School finished its performances of the Uncle Crumble's Mad Machine musical with glowing reports from principal Ms Deborah Callender.

Ms Callender said the musical provided a great opportunity

to showcase the talents of the students.

She three mothers took the roles of musical director, costume design and props manager.

"Their commitment, dedication, enthusiasm and love of music and creative arts has certainly been evident during our musical

performances," said Ms Callender.

She said staff and other parents helped with photography, sound, lighting, designing, painting and assembling props, setting up the stage for each scene, designing and sewing costumes, helping with makeup and hair, transporting equipment, developing dance routines, teaching drama skills, and working as stage managers, canteen helpers and behind-the-scenes helpers.

"The teachers have been so supportive and flexible during the last two terms and they were very proud of their students' performance.

"It is wonderful to have such great parent and community support," she said.

**Newsletter, 3 Nov 2011
Deborah Callender, Pretty Beach Public School**



Central Coast Meals on Wheels Inc. employs 18 staff, has 500 volunteers and provides a service for almost 1000 people. We are a non-profit organisation providing home delivered meals, community restaurants and other food based programs to the Central Coast. The multicultural nature of society is echoed in the food, faces and friendships that typify Meals on Wheels.

In addition, enabling people to stay independent in their own homes is a priority of our organization, therefore we offer programs to enable people to maintain their own nutrition.

Clients can self-refer to Meals on Wheels if they believe they may benefit from the service or they can be referred, for example by a health practitioner or family member.

While services receive some government funding, they could not operate without volunteers to keep costs down and make meals affordable for clients.

Our organization is always looking for new volunteers to contribute just a few hours as often as they can be available and across a range of programs.

If you wish to volunteer or know someone who might need our service, please phone Lisa Sexton, 4382 9401 at Central Coast Meals on Wheels.

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Money raised for Catholic mission

St John the Baptist Catholic Primary School has raised \$1895 for the Candela Mission.

The money was raised from the sale of the work of the Sisters of Mercy in Peru.

"It will make such a difference as they continue their struggle to provide for their families," said religious education coordinator Ms MaryAnne Diorio.

"The women are so grateful for the opportunity to earn a wage that is both fair and dignified.

"Over the past few years much

has been done by Sister Patricia and Sister Joan – a nutrition program has been expanded for the pre-school children in Candela and a medical centre has continued to provide much needed assistance for the families of the town.

"Children are staying at school longer and receiving an education that will hopefully break the cycle of poverty that the families endure," said Ms Diorio.

**Newsletter, 3 Nov 2011
Frank Cohen, St John the Baptist Catholic Primary School**

Mock interviews

Students from Brisbane Water Secondary College Umina Campus will participate in mock interviews on November 25, 28 and 29.

The mock interviews are an annual event for all Year 9 students at the school.

Students have spent weeks preparing resumes and letters of introduction for the mock position, according to co-ordinating teacher Ms Yvette Beemster.

"Appropriate interview attire

for the interview is a must as students sit before a panel of two local business or community representative.

"Constructive feedback is given by the panelists and surveys of the students conducted indicate that they find the process invaluable.

"This event is a culmination for the students of three productive years at Umina Campus and a wonderfully positive way to end the year."

**Online Submission, 2 Nov 2011
Yvette Beemster, BWSC Umina**

Assistant principals move on

Ettalong Public School will welcome a new Stage Two assistant principal to its team at the beginning of the 2012 school year.

Ms Anne Smith, who is the current assistant principal at Singleton Heights Public School, will fill the position of Ms Julia Thompson who has been on leave since early last year.

"Anne has had many years experience both as a teacher and assistant principal in a variety of schools and regions," said principal Mr Colin Wallis.

"She comes very highly recommended and regarded.

"We also thank Julia for her

hard work, dedication and expert teaching at Ettalong and wish her well in her new life direction," said Mr Wallis.

Early Stage One assistant principal Ms Sue Grahame has also announced that she intends to retire at the end of January next year.

"Sue has been at Ettalong for over 30 years and has been a highly valued and much loved member of our school team who has made an incredible positive impact upon the school in a myriad of ways over the years," said Mr Wallis.

**Newsletter, 8 Nov 2011
Colin Wallis, Ettalong Public School**

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School's future planned

Woy Woy Public School principal Ms Ona Buckley has met with the school executive committee to plan the future of the school.

The group had an "in-school, off-class" day for the purpose on Tuesday, November 2.

Ms Buckley said the meeting considered the recommendations put forward by the Program Review carried out earlier this year.

The meeting also provided the executive committee with the opportunity to set targets for school consultation with the school

community, work on the three year cyclic School Strategic Plan for 2012-2014 and look at possible school structures for next year.

"This plan will drive the educational needs of our students," said Ms Buckley.

"It will focus on improving outcomes for our students over the next three years which will be determined by NAPLAN and school results and the Program Review Recommendations."

**Newsletter, 31 Oct 2011
Ona Buckley, Woy Woy Public School**



KG with Mrs Grahame

Creativity day

Students from St John the Baptist Catholic Primary School will participate in a Creativity Day on Wednesday, November 30.

Children will contribute to at least one large project on the day and will be involved in around six activities.

Students will also be able to

bring some crafts home with them.

"We are sure that all the children will be intrigued and stimulated with the different mediums and variety of projects," said coordinator Ms Virginia Fernlund.

**Newsletter, 3 Nov 2011
Frank Cohen, St John the Baptist Catholic Primary School**

Mufti day at Ettalong Beach

Ettalong Beach Public School has raised \$603 toward the Juvenile Diabetes Foundation from its Crazy Hair Mufti Day on Friday, November 4.

Principal Mr Colin Wallis said: "Most of the students and some of our teachers and staff got into the spirit of the day and arrived at school in some rather unusual hair styles, head coverings and outfits."

"A number of teachers reversed

the trend and arrived in full school uniform blending in well as Year 6 students."

**Newsletter, 8 Nov 2011
Colin Wallis, Ettalong Public School**

School collects 112,000 dockets

Woy Woy South Public School has collected 112,000 supermarket dockets.

These will allow the school to select from a range of sporting equipment to enhance the physical education and sports programs it runs, according to principal Mr Terry Greedy.

"This is the second year we have participated in this program and this has had a major impact on

the quality and variety of the sports equipment our students can now access," said Mr Greedy.

He said another supermarket's docket program had also closed.

Through it, "we have been able to order a number of excellent resources to support our literacy programs," he said.

**Newsletter, 1 Nov 2011
Terry Greedy, Woy Woy South Public School**

Teachers get morning tea

The Ettalong Public School Student Representative Council and their parents treated teachers to a special morning tea on Friday, October 28, in recognition of World Teachers Day.

Principal Mr Colin Wallis said gestures such as these show appreciation, thoughtfulness and kindness for the outstanding commitment and dedication teachers show every day.

"So often our teachers' efforts go unnoticed or rewarded," said Mr Wallis.

"Criticism and negativity seems so much easier for many but rarely assists.

"A smile is easier than a frown but makes such a difference.

"It is great to see how mature and thoughtful our SRC members

have become.

"The United Nations' World Teachers' Day celebrates the significant role every teacher plays in providing quality education and learning opportunities, particularly for our most valued resource – our young people," said Mr Wallis.

**Newsletter, 1 Nov 2011
Colin Wallis, Ettalong Public School**

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RYSS

Regional Youth Support Services Inc.

25 Years of Youth Support

Regional Youth Support Services in Gosford has recently celebrated its 25 Year anniversary of assisting youth on the Central Coast.

RYSS provides opportunities for young people to be better equipped to meet life challenges and has impacted substantially on many members of the community.

The following is a brief history of RYSS from 1986 to 2011.

1986-1994

Gosford Youth Services (GYS) was formed in 1986 and became an incorporated association in 1991. From 1986 to 1989 the service consisted of one part-time youth worker providing support to the new housing estate in Kariong, south of Gosford.

In 1989 GYS initiated New South Wales' first mobile youth centre, with the aim of meeting the needs of young people in geographically isolated areas, conducting a youth group at various makeshift locations (including a residential garage). The success of this work led to the development of more permanent GYS facilities, beginning with a small clubhouse at Kariong in 1990 (now home to the Art Barn), a new venture begun with GYS support as Wyong-Gosford Youth Radio which served as a base for the youth group meetings.

By 1993 GYS was operating new, permanent youth centres in Wyoming and Kincumber, and in June of that year began a youth coffee shop at the Kincumber centre. During the early 1990s GYS was very active in juvenile crime prevention, operating a valuable discussion group for truants, as well as providing several arts orientated workshops and programs in Kariong, Wyoming and Kincumber, including a youth newspaper, young actors' workshop and radio production training.

1995

Until 1995 GYS shared office space in

Gosford's CBD with Community Housing and the Volunteers Treasurers Association. In 1995 GYS underwent an organisational restructure to become an umbrella auspice agency for a range of youth projects and moved into independent office space in a fibro house on Mann Street. At this time several new Youth Worker positions were created, funded by the Area Assistance Scheme, and the new youth centre was developed in Kariong.

1996

In 1996 GYS established a youth café, The Labyrinth, in the Gosford CBD, as well as setting up a new 'shop front' youth services access point in the same building. Thanks to the support of the St George Foundation and several other new partners - including numerous local Rotary clubs and the Inspire Foundation - The Labyrinth provided a free, readily accessible and independent space for young people in Gosford for over three years, not only creating a social space but also a venue for art events, including poetry readings, live music performances and visual art exhibitions. With the development of the youth café, GYS was able to source funding from the Area Assistance Scheme to employ a part-time youth arts/recreation worker to source, organise and coordinate events such as the exhibitions and performances as creative workshops and 'jam' sessions.

1998

In 1998 Gosford Youth Services Inc. became Regional Youth Support Services Inc. in order to reflect the increasingly broad range of services offered and the widening geographical distribution of the communities benefiting from those services. By this time the success of The Labyrinth as a youth café and the parallel success of the arts programs being offered contributed to RYSS developing the concepts of a youth-run business enterprise (in the form of a restaurant) and a standalone multi-purpose youth facility.

1999-2002

The further development of a potential youth



The Parkside building RYSS moved to in 2001

business was facilitated in 1999 by RYSS and Employment Transactions Australia forming a partnership to bid for the 'breakthrough' funds offered by the Foundation for Young Australians. This secured \$250,000 over 4 years to set up the restaurant. Through consultation with the Gosford Chamber of Commerce a likely venue was identified in the vintage Kibble Park Tea Rooms in the Gosford CBD, a building owned by Gosford City Council. With Council's support, Donnison's on the Park opened in 2002, employing 3 casual and 3 permanent full-time staff, all aged 25 or under.

Also during 1999, a working party was created in consultation with over ten non-government organisations to further develop the conceptual aspects of the proposed multi-purpose youth facility. In 2001 Gosford City Council purchased the Parkside Centre, a defunct shopping centre in the heart of the Gosford CBD, to provide a base for the multi-purpose youth services facility. Parkside now houses six youth service providers including RYSS and ET Australia, with an upper level warehouse space converted by RYSS' in 2007 into the Youth Arts Warehouse. YAW hosts art exhibitions, music concerts, theatre performances, training workshops in photography, multimedia sound recording/production. The hire of the facilities the community is also provided. This project has been developed with contributions from many local businesses and Federal, State, Local governments and private sponsors.

RYSS today

Since the purchase and development of Parkside, RYSS has continued to provide innovative and effective programs to the youth of the Central Coast across a broad range of fields.

The Interlynk lounge (situated in Parkside itself) has been operating weekdays providing ongoing computer and internet support, services information and referral to young people as well as hosting several programs.

RYSS' Outreach Youth Workers have been conducting school based programs to great success. RYSS operates online resources and support groups for same sex attracted and gender variant youth - Generation Q - continues to grow.

RYSS also conducts youth support and indigenous youth activities run from Wyoming Youth Centre.

Meanwhile, the RYSS Arts Coordinator became a full-time position in 2005 (thanks to increased NSW Arts funding). Since then the Coordinator has undertaken a great number of diverse programs in music and visual art, coordinated the Central Coast region's Artstart Youth Arts and Skills Festival and pushed ahead with the Youth Arts Warehouse.

Further information on these and other more recent projects can be found at www.ryss.com.au and www.youthartswarehouse.com.au.



The current RYSS team



Children participating in the RYSS anti-bullying youth week project

Holstein recalls 20yrs of RYSS

Member for Gosford and former Mayor Cr Chris Holstein has seen a lot in his 20 years as a Gosford councillor including the opening of RYSS's Labyrinth Youth Cafe, RYSS's move from Donnison St to the Parkside building and the opening of the radical Interlynk Lounge.

When Chris first got involved with RYSS he was one of the youngest councillors and thought youth was a big issue.

The Labyrinth Youth Cafe was one of the projects he first looked at when he sat on the board in 1995.

"The labyrinth youth cafe was just great, it was kids only-young people only.

"You know the young people used to look at us when we walked in for the board meeting because we were the older guys," laughed



Chris.

"We set it up from a donation from a Queensland company, it was a benevolent society and they gave a donation to build the youth cafe," he said.

As a father of five, Chris said he was always mindful about how his kids were growing up and whether they were getting good direction.

"There are a lot of pressures that young people put themselves under nowadays that were never there when I was younger.

"What kids wanted 20 years ago is very different to what kids want now," he said.

But Chris said he thinks RYSS is succeeding at tackling those issues.

"It's been a good entity to allow kids to express themselves, you know the Art Start program is brilliant, they've got Outreach, and they've been involved in Wyoming Youth Centre and there's been a lot of involvement with arts and projects in the community involving young people.

Chris has been involved with RYSS as a councillor for the last 20 years but said his support has now changed.

"I think they've grown to that stage that they don't need my assistance.

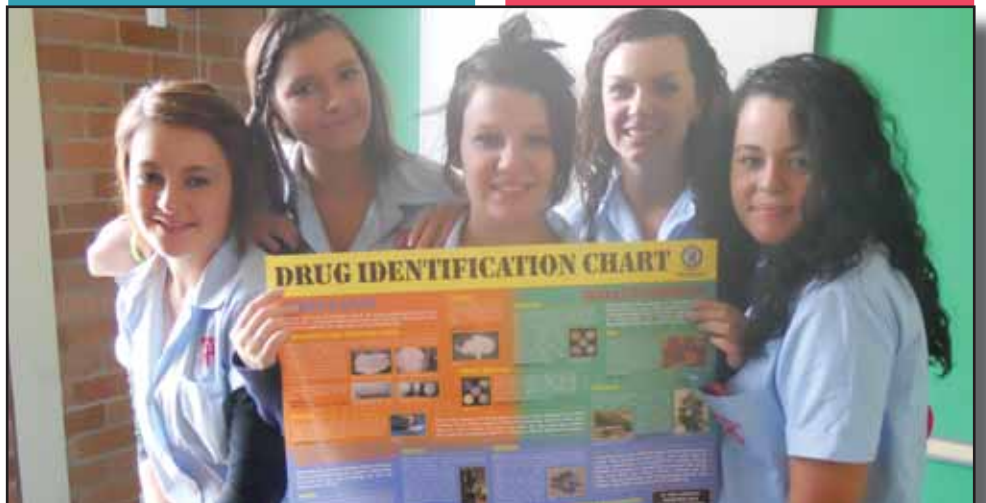
"My assistance to them now will be directing them in the form of, as it's been previously with council grants, it'll be with government grants and giving support for what initiatives they've got in.

"I think that's my role now.

"But it's been a good organisation and it's changed over the years and there are some very, very good, dedicated staff members over the years," finished Chris.



Current Member for Gosford Chris Holstein, RYSS service manager Kim McLoughry, former Federal Member for Robertson Jim Lloyd, former Cr Peter Hale and interested parties inspecting the partially renovated the Parkside building



Invaluable work for the community

Former member for Gosford Marie Andrews has labelled the work RYSS has done over the last 25 years for the Central Coast community as "invaluable".

Ms Andrews said that during her time as member for Gosford and member for Peats from 1995 until March 2011, she "enjoyed a good relationship with RYSS".

"I thank Kim McLoughry for engaging me in discussions with RYSS and for keeping me informed about the organisation's various programs, aims and objectives," said Marie.

She said the work that RYSS did during her time in parliament equipped her with the information she required when seeking funding assistance from various state ministers.

"It is difficult to pinpoint any one particular project as I considered all the projects to be

important and, hopefully, my lobbying on behalf of RYSS to the ministers representing a variety of portfolios assisted in allowing those projects to continue or, alternatively, commence," she said.

Ms Andrews praised the work of Kim and her staff and said the professionalism and dedication shown by them was commendable.

"Thanks to the leadership provided by Kim, who is supported by a very dedicated and sincere team, these projects have been of great benefit to hundreds of Central Coast youths.

"RYSS is renowned for obtaining good outcomes for youth and I attribute this to Kim and her team's genuine desire to make a difference in the lives of numerous youths on the Central Coast.

"I found them to be very professional in their work ethics yet very understanding of youth, including disadvantaged youth, and their needs."

Marie said she cannot speak highly enough

of the work RYSS has done and continues to do.

"It has helped many a young person improve their self esteem, discover and develop untapped skills and procure gainful employment.

She said when youth is provided with the correct structure and support, the whole community benefits, including the school and

business communities.

"As this year marks the 25th Anniversary of RYSS, I congratulate Kim and her team for their outstanding efforts in the past and I wish RYSS all the very best for a successful future," said Ms Andrews.



Cr Jeff Strickson and David Harris with former member for Gosford Ms Marie Andrews at the RYSS 25 year anniversary celebration

From client to co-ordinator



Jamie McKenzie

When Jamie McKenzie first visited the Interlynk Lounge at aged 13 he never thought he would end up working as a youth consultant's coordinator 11 years later.

Jamie's involvement with RYSS first began after youth worker Troy visited his school to promote the new youth centre in Gosford.

"My friends and I thought we should check it out as back then not everyone had computers and this place had a ton of them," said a reminiscent Jamie.

"We all ventured then into mentoring and talking to other young kids and I went further and became a youth worker," he said.

Even after pursuing a career in TV and Film production and visiting the USA to teach young people his craft at summer camp, Jamie remained involved with RYSS.

Jamie volunteered his time for around 11 years toward projects including Indent, Celebrate Safely and the Metrodome project.

When he returned from overseas, aged 21, Kim McLoughry sought him out for the Gen Q project.

Although Jamie is also involved in other projects such as the Youth Consultants Project, a group of six young people who consult with other young people, Jamie said he has a soft spot for the Gen Q project.

"My favourite would probably be Gen Q just because that's kind of where I grew up and sort of have now taken over," said Jamie.

"Gen Q is my baby, it's been running for 15 years now so it obviously predeceases me."

Gen Q is a Gay, Lesbian, Bi, Transgender, Queer Intersex group (GLBTQI) for young same sex attracted or gender questioning young people that meets twice a month.

"It's a social group but there's education in there as well so it's about safe sex, self esteem, consent, drugs and alcohol - all those kinds of things that are taught in school," he said.

Although the Gen Q project has changed somewhat since Jamie first got involved, with a focus more on education now rather than

social contact, it's still doing great things for the community.

"When I was doing Gen Q it was more about the social stuff, there was still the education but it was more of a social thing, nowadays with Facebook, bullying has become so rampant that it's kind of gone back 20 years in that they don't come out, they're afraid to come out they're socially isolated and all those kind of things where as I was really loud and proud," said Jamie.

"I think the issues have changed so much from then that it's not even really comparable to when I was there."

But Jamie said that RYSS is always changing and ready to tackle any new issues that may emerge for those in the youth community.

"We're not really affiliated with anything that can tie us back so we are very ground breaking.

"I think it's because we are so constant, we just keep going forward and forward and it gives us a good reputation because we're sort of there when stuff happens.

"We're always ready to go on to the next big thing.

"When there was a heap of Facebook stuff that was coming out we'd already put in place social networking policies and procedures when

it all started to go badly we were kind of like well here's our stuff we've already done it!

"So we had a reputation of being on the ball I think," said Jamie.

Jamie said the "close knit group" of workers helps RYSS to keep its reputation and makes it a fun, productive environment to work in.

"It's a core group of about 20 of us and we just gel as a team.

"I don't know why it is but when we have new people come in they just slip in and it's all completely fine, we're just all very loud people, very colourful people, it just works.

"There's also a broad age range too so we've got people in their 60s that are working there that are still as they would like to say "hip" and we have Bec and I who are in our early twenties, so it's a big age range, big diversity and it just works," commented Jamie.

Jamie said that the work RYSS does is often considered "glorified babysitting, but this is definitely not the case".

"Without RYSS and organisations like it, we on the Central Coast would have a population of young people with no access to help and support and that would be atrocious," concluded Jamie.



Mayor praises RYSS's efforts

Coast Shelter's executive director Laurie Maher thinks RYSS is doing a remarkable job at helping to combat Gosford's poor reputation by offering kids a place to go and engage with the community.

Laurie says RYSS is playing an important part in helping to revitalise Gosford and keep kids off the streets.

"RYSS provides a facility where kids can go, where young people can go, where they can be engaged in various activities, where they can get support, they can get counselling, they can get referrals to wherever they need to go and so forth

and I think that that's so important," said Laurie.

"The efforts of people such as RYSS in trying to make sure that people are doing it tough are looked after are invaluable," he said.

Coast Shelter has worked closely with RYSS for many years and communicates with them on an ongoing basis.

"At a staff level there's a lot of contact in terms of young people who go to RYSS and RYSS will refer to us for accommodation and assistance and so forth and so we have a real partnership at that level from the various refuges," said Laurie.

The two organisations work closely together along with Gosford Council to bring Gosford's reputation back to where it should be.

"I think the work RYSS does is just so

important and as I say we've introduced in council over a period of years a social inclusion policy and that's the engagement of all members of our community and for the community life.

"There is an unjustified and certainly unwanted reputation that Gosford has of people who cause problems in our CBD.

"One of the things that RYSS has to manage is that not all those kids are well behaved.

"The bigger factor is that some of our adults unfortunately don't always like to have kids in the CBD.

"I don't know where they think they should go but you know you see a group of kids about, some of our oldies they get their knickers in a twist as though they are not entitled to be there."

But Laurie said RYSS's location in the Parkside Building is prime real estate and a big help for troubled kids.

"Constantly we're challenged by people's comments about the behaviour of youth in Kibble Park, a lot that's quite unjustified by the way, and to have RYSS located where it is in the CBD where they can see the kids and the kids can see them and then they can access it is great," he said.

"As far as I'm concerned, RYSS has a very good reputation," said Laurie.



Mayor Cr Laurie Maher

Staff are dedicated



Chairman Mark Cotter has been a member of the RYSS Board since September 2003 and said RYSS is “essential to the welfare of young people on the Central Coast”.

He currently practices as a solicitor and has over 30 years experience in general practice.

Mark was awarded a LLB by Sydney University in 1975, and an MBA by Macquarie University in 2000.

He has a particular interest in governance, and the effective functioning of the Board and has lived and worked on the Central Coast since 1981.

Mark has been a member of the Boards of a number of voluntary organisations on the Central Coast.

He is a past director of Adelene Retirement Village, a past Chairman and Director of Central Coast Community Chest and a founding member and Director of Central Coast Drug and Alcohol Assessment and Referral Centre.

Mr Cotter said the most significant project he has been involved in with RYSS was the Youth Arts Warehouse.

“It was a major project with funds donated by the Federal Government as well as some materials donated by Jeskah Steel and enormous support from Raybal Building Services,” said Mark.

He said RYSS is “staffed by incredibly dedicated staff who, for very little wages, are passionate about making a difference to the lives of young people on the Central Coast.

“RYSS runs a large number of programmes every year and each of these programmes has the capacity to change or enhance a young person’s life.

“More often than not, they do have that effect,” said Mark.

Easy access is important



Laura Richie joined the management committee at RYSS back in October last year and said she has always had a passion for young people on the Central Coast.

“I think RYSS does a really good job addressing the needs of young people so I really like the things they do and the services that they offer,” said Laura.

“It’s really accessible, they don’t put huge fees on anything and pretty much welcome anyone and they have a lot of good connections

to lots of other different services on the Central Coast so I think they are really well known and have a good name which is important.”

Laura said she hopes to remain on the management committee for as long as possible and would like to see more support for services such as the Fab Pads program.

“There are a few programs that I think are really good and cutting edge.

“The Fab Pads stuff they’re doing is really good so I’d like to see a bit more support for that.

“It’s all about housing young women who generally have babies and I think housing is a huge issue at the moment so any extra support for that would be great.”

But RYSS is not just about linking housing for young people, it offers a range of services that are beneficial to the youth of the Central Coast.

“I think on the Central Coast there’s a huge need for all types of services for young people, be it housing or just general support that they can receive from youth workers,” said Laura.

“Also in a more social, entertainment aspect there’s not much around, especially for that kind of under 18 age group and I think with the Youth Arts Warehouse, it really meets that need on the Coast of teenagers having absolutely nothing to do,” explained Laura.

RYSS helps create success



Phillip Medew has come a long way since he first became involved with RYSS as a homeless youth when he was 18.

Eight years later Phillip thanks RYSS for his success in the Australian Army.

His first encounter with RYSS was at the drop in centre and using the computer facilities, but when he became homeless RYSS assisted him with accommodation and helped him to enrol in courses to gain employment.

“They help youth with all areas in life, whether your needing help looking for work, looking for a social hang out or looking for help in family crisis they take the time to just listen to see what help you need,” said Phillip.

“They make everyone feel welcome no matter who you are.”

Phillip said RYSS is the “family that is there whenever you need help or a shoulder to cry on”.

“They helped me look for work and get off the streets, a few of the staff even attended my wedding,” said Phillip.

“I love the organisation, I believe Central Coast youths need these kinds of places to go.

“I’ve had so much help from the team at RYSS.

“I would like to thank one very special lady, Gail Cosentino, from the team at RYSS who took so much time to help me.

“She was there for my wedding and the birth of my daughter.

“I don’t know where I would be now if it had not been for all the help she gave me.

“I am proud to say that I am now a private in the Australian Army and don’t believe I would have gotten here without the support of the team at RYSS,” said Phillip.

Services are vital

Tony Mylan, chief executive officer at ET Australia, has been involved with RYSS for 17 years since he first got involved in 1994.

Tony is a member of the RYSS Inc Association, serves on the Parkside Board of Directors and assists RYSS with its Gosford location.

He became involved with RYSS after networking with service manager Kim McLoughry and discovered there were areas ET Australia and RYSS could work together to assist young people on the Central Coast.

“The partnership between RYSS and ET Australia has hopefully provided a good business model to work from in collaborative

projects,” said Tony.

“Hopefully my contribution to RYSS has provided assistance to their work.”

Through his collaboration and involvement with RYSS, Tony said he has found that RYSS “has always been professional in their assistance to young people”.

“RYSS is delivering a good variety of youth advocacy, support and accommodation services.

“The mix of services provides a good range of assistance.

“The work that they perform is vital and the partnership activities with ET Australia have created positive outcomes.

“As with all not for profit organisations, they perform vital services in our community,” he said.

Sally was one of the first

Sally Jope’s involvement with RYSS goes back to 1986 when she was employed by Gosford City Youth Services which later became RYSS.

She was employed, along with another youth worker, to set up and run two youth groups at Kincumber and Kariong and help them manage the period of their lives between dependence and independence.

“We used to get up to 30 young people come along so even with the two of us, we were outnumbered,” said Sally.

The youth groups offered food, entertainment, recreation, health education, information and referral services.

It was the only group of its kind on the Coast. Sally was promoted to coordinator a year later.

“I have always enjoyed the company of young people and appreciate their exuberance and passion for life as well as have compassion for the difficulties associated with this period between dependence and independence.

“I think the work RYSS does is valuable and exciting,” said Sally.

Out and About



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Fashion raises money for Kenya

A fashion parade and high tea held in Woy Woy on Saturday, October 29, has raised \$3500 to assist children and adults in Kisii, Kenya.

The money was raised from the entry fees of the 65 attendees and the sale of plants, homemade

handbags from Kenya, diaries and Christmas cards.

Skills for Life International president Mr Jon McIlveen said: "This was a huge effort by many people and it is incredible to see the hours dedicated to making this event the success that it was."

"The staff at Fudges Boutique

of Woy Woy supplied the clothes for the fashion parade," said Mr McIlveen.

Planning has already begun for the next fashion parade and high tea in April or May next year.

**Email, 11 Nov 2011
Jon McIlveen, Skills For Life International**

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Fagans at folk club

The Troubadour Folk Club will meet at the CWA Hall in Woy Woy on Saturday, November 26, from 7pm.

The main act will be Margaret and Bob Fagan, the original members of Australia's pre-eminent folk music family, The Fagans.

The have performed their strong blend of politically-edged traditional and contemporary songs across Australia and abroad for many years.

"Margaret's beautiful voice, Bob's superb guitar playing and their great harmony singing have earned them many accolades,"

said Troubadour publicity officer Ms Willy Timmerman.

"Their names are synonymous with excellence."

Floor spots will also be available on the night

**Email, 3 Nov 2011
Willy Timmerman,
Troubadour Folk Club**

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Photo: Naomi Bridges

A minute's silence

A minute's silence was observed at the Remembrance Day service held at Memorial Park, Ettalong, at 11am on Friday, November 11.

Member for Robertson Ms Deborah O'Neill attended the ceremony and paid tribute to all current and former servicemen and women on the Central Coast.

"As the years go by, many of

our veterans are no longer with us for these solemn occasions," said Ms O'Neill.

"Today I will particularly remember local veterans Horrie Young and Jack Kearney who passed away recently.

"These two men gave the finest service to both their country and their community."

Ms O'Neill also paid tribute to members of the Australian Defence Force serving in conflict zones.

"More than 102,000 Australians have lost their lives in the service of our nation," said Ms O'Neill.

"Sadly this year we have seen Australians in uniform lose their lives abroad and at home and it is important we recognise the service and sacrifice of these brave soldiers.

Media Release, 11 Nov 2011
Matt Pulford, Office

Award for renovation

A St Huberts Island woman has won a 2011 Australian Timber Design Award in the Residential Class One Best Renovation, Solid Timber Cladding category for her design of Empire House Circa 1908.

The project involved the refurbishment of the original heritage-listed 1908 cottage into a stylish family home.

Ms Louise Williams used old photographs to include additions that kept the historical significance

and unique nuances of the building intact while accommodating modern contemporary living.

The judges said they were particularly impressed with the effort that had been made to use timber in a manner that was faithful to the design of the original building.

All joinery was hand crafted on site to match the existing cedar windows.

The picket fence and gable end profile was replicated using primed treated timber and all timbers in the refurbishment were selected to

complement the original timbers.

Ms Williams is the immediate past president of the Central Coast Branch of the Building Designers Association NSW chapter and is an active member of the Gosford Councils' Building Liaison Committee which consists of a panel of independent professionals that comments on Councils' policies and procedures.

Email, 11 Nov 2011
Steven Mitchell, Timber Development Association
Website, 11 Nov 2011
LAW Building Design

Authors reflect on earlier times

A evening of personal reflections will be held at Everglades Country Club on Monday, December 12, with former Member for Robertson Mr Barry Cohen and author Mr Peter FitzSimons both talking of their new books from 6pm to 9:30pm.

Mr Cohen published his book *Bringing the House Down* on Tuesday, November 8.

It is a collection of humorous anecdotes about his time as Member for Robertson from 1969-1990.

Mr FitzSimons' book, *A Simpler Time*, recounts his reflections on growing up in Peats Ridge,

including how Mr Cohen was his family's political "Bogeyman" in 1972.

The evening is being organised by Member for Robertson Ms Deborah O'Neill to mark the launch of Mr Cohen's book.

Email, 7 Nov 2011
Matt Pulford, Office of Deborah O'Neill MP

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Out and About



Patonga artist wins prestigious award

Patonga artist Jocelyn Maughan has been selected for the prestigious Kedumba Drawing Award at Wentworth Falls for her portrait of Patonga fisherman Stewart Darnley, also known as Storm Boy.

The Kedumba Drawing Award is a national \$20,000 acquisitive award, established in 1990.

It is considered to be the most prestigious award in Australia for drawing.

It is by invitation only and judged each year by an eminent Australian artist.

It was judged this year by David Naseby.

Ms Maughan said she was pleased that her work was selected.

"I didn't think my work would have been suitable but they obviously did," said Ms Maughan.

Jocelyn is the owner of the Patonga Bakehouse Gallery and still gives free help to budding art students despite being 72 and a retired art teacher.

"Apparently people say I'm one of the best draftsmen in Australia."

"I don't know whether it's true, but it's rather nice that people say that."



"We don't seek fame and fortune money wise."

"We just like to be able to contribute to the art world."

"We've had a great life out of art, myself and my partner, and

we're very happy to help and put it back in," said Ms Maughan.

Media release, 10 Nov 2011
Marlene Plummer, Kedumba Drawing Award

Kaitlin Watts, 10 Nov 2011
Interviewee: Jocelyn Maughan



Christmas exhibition

A Christmas Exhibition and Sale is scheduled to be held on the weekend of November 26 and 27, at the Peninsula Community Centre, Woy Woy.

The event will be run by the Ettalong Beach Arts and Craft Centre and will be held from 9am

to 4pm on the Saturday and 10am to 3pm on the Sunday.

Paintings, pottery, folk art, jewellery, hand dyed silks, patchwork and quilts all made by the tutors and student will be for sale.

Email, 7 Nov 2011
Sue Sullivan, EBACC

Health and happiness book launches

The launch of the book, *Adventures in Manifesting - Health and Happiness*, will be held at Gnostic Forest in Woy Woy from 10am-11am on Wednesday, November 16.

According to local author Ms Suzie Palmer, the book contains 31 chapters to empower lives with increased bountiful health and happiness and features stories from well known authors including

Marilyn Joyce, Andreas Moritz and Joe Vitale.

Ms Palmer is one of the authors and, in her chapter, entitled "I Am That, I Am", Suzie explores themes of overcoming medical diagnosis, insight and co-creation.

"My health experiences have helped me discover my life's true purpose and now I love helping people find theirs," said Ms Palmer.

Media Release, 10 Nov 2011
Suzie Palmer, Woy Woy

handmade craft market

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Woytopia attracts 2000 people

Well over 2000 people were estimated to have strolled through the Woytopia Festival gates at Woy Woy South Public School on Sunday, October 30.

The second Woytopia festival was held with an expanded festival site and a second entertainment area.

The day included local and world music, sustainability stalls, organic fresh food, an eco-barbecue with green talks and a hall full of activities dedicated to children and live shows all day.

Local Aboriginal culture and the traditional connections to the land were celebrated with the Welcome to Country, the Ganang Spirit Dancers' performance,

Bushtucker talks by Jake Cassar and The Australia Walkabout Wild life Show.

Large crowds stayed right to the end to watch Dr Goodvibe's impromptu jam with Ricky Vargas and Dimitri Vouros plus the Drumbala children's drum circle rhythms.

**Media Release, 11 Nov 2011
Ylenna Zajec, Woytopia**



Photos: Naomi Bridges



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Directory - Not for profit Community Organisations

Animal Care

Animal Welfare League ^(ADS)

provides assistance to sick and injured animals and finds homes for surrendered dogs.

Meet 2nd Tues, Spike Milligan Room Woy Woy Library, 10am.

Debra 4344 4435

awjcentralcoast@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⁾

Weekly paint-outs 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 ^(39/290)

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.

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

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. 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 ⁽²⁸⁷⁾ (formerly Senior Citizens)

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 computing problems - Program demos + Q&A sessions 7 to 10pm 2nd & 4th Wed - Windows - 3rd Wed - Linux - Narara Valley High School - Day 'meet & greet' - 12.15 - 3.15pm 3rd Tues - East Gosford Progress Hall 10 Henry Parry Dve - 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. Group programs and community activities 4343 1929 Umina Public School Sydney Ave

Bridge ^(286c)

Tues 12.15pm is a friendly game without pressure. 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 ^(56/294) 50 Games every Sat night St Mary's Hall, Ocean View Rd Ettalong Beach, Free Tea and Coffee. 7.30 - 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

Central Coast Family History Society Inc. ⁽³⁰¹⁾

All the resources, information and advice needed to study your family's history are available through the Society. Meetings 1st Sat ea mth 1pm Lions Community Hall, behind the Society's Research Centre 8 Russell Drysdale St, East Gosford. www.centralcoastfhs.org.au Visitors welcome 4324 5164

Hardys Bay Residents Group ^(60/296) Working for a positive & Healthy Environment in our Community allanbw@bigpond.com

The Krait Club ^(58/295) Community Centre - Cooina Village, Neptune St, Umina 10.30am Open to senior members of Woy Woy/ Umina Community 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 Rd Woy Woy - 4334 3877

Probus Club of Umina Beach ^(81/298) Friendship, Followship and Fun - Advancing intellectual, cultural and social interests for active retirees 55yrs+ Non Political and Non Sectarian - 2nd Wed every mth, 10am, Everglades Country Club uminabeach@probusclubs.com.au P.O. Box 443 Woy Woy

Seniors Computer Club Central Coast Inc. ^(83/301)

Beginners' classes held Mon or Tues. Also classes Mon - Fri as published on the Club Website. 10am to 12md or 1- 3pm Kincumber & District Neighbourhood Centre. PC and Mac Meetings also held at Avoca Beach Bowling Club 1st Mon with a Guest Speaker 4369 2530

Umina Beach Scrabble Club ^(65/302) For all levels and ages Every Wed, 9am - 12pm, relax, enjoy a cuppa while you play Scrabble 322 West St (Rubys) Umina 4341 4859

Volunteering Central Coast ^(57/295) Refer potential volunteers to community orgs. Support both volunteers and community orgs. Offer training for volunteers and managers of volunteers. 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 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 ^(9/292) Meet 3rd Tues Peninsula Community Centre, Cnr McMasters Rd and Ocean Beach Rd, Woy Woy - 4341 5881

Meals on Wheels ^(81/298) Delivered meals and flexible food options for people with a functional disability **4382 9401**

Overeaters Anonymous (OA) ^(64/278) 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, Rm 5 Every Fri 7:30- 8:30pm www.oa.org 0412 756 446

Woy Woy Stroke Recovery Club ^(67/278) Peninsula Community Centre 2nd Tues 11.30am Company, up-to-date info, 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. 4325 7929 www.vmrcc.org.au pr.centralcoast@marinerescuensw.com.au

Music

Central Coast Concert Band ⁽²⁸⁸⁾ Every Tues 7:15 - 9:30pm Community playouts with four concerts a year at Laycock St Theatre. 0407 894 560

Service Clubs

Rotary Club of Umina ^(6/294) 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⁾ Kids Classes - \$5 Fri 5.30 - 6.30pm 6 14yrs Adult Classes Tue & Fri 6-8pm 15yrs+ - 1st 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 National, State and local government issues 2nd Mon Umina Beach Bowling Club 7.30pm 4341 7323

Veterans

N.M.B.V.A.A Inc National Malaya Borneo Veterans Association Australia ^(66/302)

1st Sat (except Jan) 2pm Ettalong Beach War Memorial Club 51-52 The Esplanade. 4342 1107

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

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

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

Provide help with pensions and welfare etc. Shop 5/382 Oceanview Rd Ettalong. Tues & Thurs 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 Everglades Country Club, 10.30am. Friendship Social days, 3rd Wed Uniting Church Hall, Picnic Pde Ettalong, 10.30am. Coach trips 4341 2559

Gosford RSL Sub-Branch Women's Auxiliary ^(61/296)

Invitation to women over 18 years to join. Raise money for welfare of veterans and their families RSL Club West Gosford 4th Mon 2pm 4323 7336

Peninsula Women's Health Centre ^(285c)

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

Umina Beach holds minor singles



Leanne Cheoweth and Carol Boyd

Umina Beach Women's Bowling Club held its final Minor Singles Bowls game on Friday, October 14.

Leading from the start, Leanne Cheoweth played Carol Boyd to win 31 to 19.

Leanne won five games to reach the final game.

Email, 8 Nov 2011
Eve Phillip, Umina Beach Women's Bowling Club

Life

Ettalong Memorial Bowling Club member Mr John Ham has been awarded life membership of the club at its annual meeting held on Sunday, October 2.

Mr Ham was nominated for life membership by Michael Pethebridge and Ian Murphy for completing 10 successive years.

His life membership was approved following verification from the board of directors.

Annual Report, 2 Nov 2011
Boris Belevski, Ettalong Memorial Bowling Club

Junior Lions presentations

Woy Woy Lions Junior Rugby Union Club held its presentation day at Ettalong Oval on Sunday, October 23.

The Club Players of the Year awards went to Lachlan Shelly in the under-11s, Jack Alipate the under-12s, Max Edwards the under-13s, Jive Johnston the under-14s, Joss Morrison the under-15s, Damien Fleming the under-16s and Jake Harding and Connor Stanton shared the under-17s award.

The Pride of the Lions awards, given to people who help the club in an unofficial capacity, were this year presented to Neil "Pa" David and Jurgen Hundt

"Jurgen was up very early every Saturday morning to help ground manager Mick Dean set up and he would then help pack up at the end of the day," said Woy Woy Rugby Union publicity officer Mr

Bill MacLean.

"Neil, or Pa as he's known to all at the club, has been chief barbecue man for many years due to his grandsons, Pat and Liam Hines playing.

"As the two boys will now be playing as a part of the seniors at Woy Woy Oval, Pa is expected to be moving on with them and will be very much missed not just for his work, but everyone loves having him around."

The club's major award, Club Person of the Year went to canteen and clothing manager Cathy MacLean for all her hard work during the year.

"You do these things for the kids not the awards but it's nice to be recognised by the club's committee," said Ms MacLean.

Media Release, 3 Nov 2011
Bill MacLean, Woy Woy Rugby Union Club



The Peninsula Diary

For events in post code areas 2256 and 2257

Monday November 14

Troubadour Ukulele group meeting, Everglades Country Club Level 2 water restrictions begin

Wednesday, November 16

Adventures in Manifesting-Health and Happiness book launch, Gnostic Forest Woy Woy, 10am-11am

Thursday November 17

Woy Woy Hospital Auxiliary Street Stall, outside the old Flemings in West St, Umina, 9:30am-2pm

Monday November 21

Troubadour Ukulele group visit to Hammond Car cottages

Thursday November 24

Business and Finance seminar, Pearl Beach, 7:30-8:45pm, Free

Friday November 25

Tales from a Dilly Bag launch, Mingaletta Aboriginal Corporation, 11am

Saturday November 26

Jazz in the Arboretum, Pearl Beach Arboretum, 3-5:30pm

Ettalong Beach Arts and Craft Christmas Exhibition and Sale, Peninsula Community Centre, Woy Woy, 9am-4pm

Troubadour Folk Club meeting with Margaret and Bob Fagan, Woy Woy CWA Hall, 7pm

Public information session on sea level rise, Woy Woy Leagues Club, 10am-12pm

Sunday November 27

Breakfast in the Bays, Woy Woy Bay Community Hall

Ettalong Beach Arts and Craft Christmas Exhibition and Sale, Peninsula Community Centre, Woy Woy, 10am-3pm

Monday November 28

Troubadour Ukulele group meeting, Everglades Country Club, 6pm for dinner, 7pm start

Wednesday December 7

Pearl Beach community dinner, Memorial hall

Thursday December 8

Young Parent Storytime workshop, Beachside Family Centre, 10am-11:30am, Free

Friday December 9

Auslan signs workshop, Beachside Family Centre, 9:30am-12:30pm

Monday December 12

Reflection evening/book launch with Barry Cohen, Everglades Country Club, 6-9:30pm

Sunday December 16
Arboretum Christmas Party

Wednesday December 21

Bays Community Group General Meeting

Friday December 23

Pearl Beach Twilight Carols, tennis courts, 6pm, free

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

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.

\$217,475

\$603

Ettalong Beach Public School raised \$603 for the Juvenile Diabetes Foundation

\$1895

St John the Baptist Catholic Primary School has raised \$1895 for the Candela Mission.

\$3500

Woy Woy high tea and fashion parade raised \$3500 for the people of Kisii, Kenya

\$26,000

National Breast Cancer Foundation at Hardys Bay RSL raised \$26,000

\$20,000

St John the Baptist raised \$20,000 from its school fete

\$1000

Rocktoberfest raised \$1000 for the Westpac Rescue Helicopter Service

\$107

Woy Woy Stroke Recovery Club raised \$107.50 for Stroke Awareness Week

\$20,000

Danielle's Difference Fun Day in Ettalong raised \$20,000 for the Children's Cancer Institute Australia

\$2000

Brisbane Water Secondary College donated \$2000 to Legacy Day

\$3000

Umina Beach Women's Bowling Cub raised \$3000 for the ICA Strong Women Safe Children organisation

\$500

Everglades Men's Bowling Club donated \$500 to Woy Woy Hospital

\$1262

IGA Ettalong \$1262 to charities on Central Coast

\$4000

Umian Beach Mens Bowling Club donated \$4000 for Prostate Cancer

\$4400

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

\$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

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

\$3000

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Baby Orangutans at the BCS Foundation (Orangutan Survival). ©Greenpeace/Nature Behaving.

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November 20
BARBS Kantara House 5pm
tomflood@hotmail.com
4324 2801



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Entertainment

The Troubadour Acoustic Music Club
meets at the
CWA Hall
Woy Woy
Floor Spots available
November 26
The Fagans 7pm
Tickets \$11
Concession \$9
Members \$8
Tickets available at the door. see www.troubadour.org.au
4341 4060

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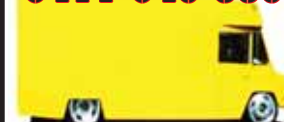
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Umina emerges with pool victory

Umina Surf Life Saving Club emerged victorious over all clubs in the Central Coast Branch at the Mingara Pool Challenge held on

Friday, October 7.

Umina Surf Life Saving Club publicity officer Mr Carl Krucler said all competitors in the Umina team were under the age of 17.

The team comprised Indigo Verhoeven, a recent selection and the youngest member in the State Senior High Performance squad, Teigan Miller and Helen Krucler who were selected in the Central Coast High Performance Squad, James Johnson, Claire Gaffney and Mick Magurran.

"The Pool Challenge comprised eight individual and team events with an emphasis on participation and enjoyment.

"That still could not dampen the competitive drive of many attendees," said Mr Krucler.

Most events involved either obstacles to swim

under, or manikins to rescue, tow with a rescue tube or relay along the pool between members.

The Umina team members placed in the top two in their heats in six out of the eight events.

In the end, they triumphed over other powerhouse clubs from the Central Coast Branch such as Avoca and Terrigal.

"The club is proud of the team's achievements.

"The local beach is clearly patrolled by lifesavers with a demonstrable capability specifically in rescue scenarios," said Mr Krucler.

The five youngsters were also medalists from the successful team that competed at the NSW State Pool Rescue Championships.

Email, 29 Oct 2011
Carl Krucler, Umina SLSC

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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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- Erroll Baker, former barber, Ettalong
- Marks Pump Service, Woy Woy
- Michelle Umback - 2 Funky, Terrigal

Ettalong defeats parliamentary bowls team

Ettalong Bowling Club has won a friendly match against the NSW Parliamentary Bowling Club played on Thursday, October 27, at Ettalong.

Parliamentary Bowling Club president Mr Richard Amery, the Member for Mt Drunit, said his hopes of a win one day were given a boost this time round as the gap between the two clubs narrowed.

Ettalong won 57-49 despite the Parliament winning two out of three rinks.

The two teams played for the perpetual trophy donated in 2006 by then Member for Gosford Ms Marie Andrews.

To date, the trophy has not left Ettalong but Mr Amery and his bowling colleagues said they lived in the hope of one day winning the right to have the trophy displayed in State Parliament.

Mr Amery and Ms Andrews were joined in the tournament by Member for Kogarah Mr Brian



Ms Marie Andrews, Mr Richard Amery and Ms Lauren Williams

Langton and Member for Rockdale Mr George Thompson.

Ettalong Women's Bowling Club vice-president Ms Lauren Williams captained the locals on the day

and accepted the trophy on behalf of her colleagues.

Media Release, 4 Nov 2011

Leisa Cabban, Office of Richard Amery MP

Officials re-elected unopposed

Ettalong Memorial Bowling Club's board of directors and men's bowling have been re-elected unopposed at the club's annual meeting.

The election was held at the club's general meeting on Sunday, October 2.

Robert Henderson was re-elected as president while Ray Cocking continued on as senior vice-president, Ian Chapman as junior vice-president and Reg Richardson as finance director.

Sean Burke, Eric Hamilton,

George Markham, Bob Powell and Gary Thomson were also re-elected as the five directors for the club.

In the Men's bowling section, Denis Culpan, John Falconer, Geoff Fenton and Danny McNeilly were re-elected as the four pennant selectors and Wal Unsworth and Keith Henry were re-elected the bowls coordinator assistants.

One vacancy remains for a third bowls coordinator assistant.

Annual Report, 2 Nov 2011
Boris Belevski, Ettalong Memorial Bowling Club

Lifesaver Katie is Australia's best

Ocean Beach Surf Life Saver Katie Dixon was recognised as the Australian Surf Life Saver of the Year at the Surf Life Saving National Awards as part of the National Life Saving Conference 2011 held in Darling Harbour on Saturday, October 8.

Ocean Beach Surf Life Saving Club education and training director Mr Richard Grimmond said: "As the Central Coast Branch, State and now the National Lifesaver of the Year, Katie Dixon demonstrates everything that is good about this iconic organisation."

"With her commitment to patrol duties, education, communication, competition and promotion of surf life saving, Katie stands high on the top step of the podium as the nation's finest lifesaver this year."

"Katie's contribution to surf lifesaving is outstanding and in 2010-2011 her accomplishments were a stand out even at the national level for the award," said Mr Grimmond.

Katie has actively patrolled

the beach for 15 years and often conducts informal beach safety education sessions on the beach to the general public.

She holds a number of key positions at all levels of the organisation including manager of rescue services at Ocean Beach Surf Life Saving Club, Surfcom for Central Coast Branch and was the SLSNSW Sir Adrian Curlew Scholar for 2010-11.

Ocean Beach's David Unger was also recognised as Surf Sports Official of the Year at the ceremony.

David has officiated at branch, state and national events in various roles including sectional referee and deputy referee.

He has facilitated level one coaching courses and was selected to participate in the SLISA Development Program.

David is also the surf sports director of Surf Life Saving Central Coast.

Email, 7 Nov 2011
Richard Grimmond,
Ocean Beach SLSC
Website, 8 Nov 2011
Surf Life Saving

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Mathew Ryan named U20 2011 Footballer of the Year

Central Coast's Mathew Ryan has been named the U20 2011 Footballer of the Year. Ryan, who plays for the Central Coast Mariners, was named the winner of the award after a poll of fans. Ryan is the youngest player to ever win the award, having been only 17 years old when he was named the winner. Ryan has been a key player for the Mariners, scoring 12 goals in 18 games. He has also been named the Mariners' Player of the Year for the 2010-11 season.

Netballers win NZ tournament

The Central Coast Netball team has won the New Zealand Netball tournament. The team, coached by [Name], defeated their opponents in the final. The team's captain, [Name], was named the tournament's Most Valuable Player. The team's success is a testament to their hard work and dedication throughout the tournament.

Sevens festival a major success

The Sevens festival was a major success, with a large crowd of spectators. The festival featured a variety of activities, including sports, entertainment, and food. The event was a great success, with all activities running smoothly. The festival was a great day for the community, and it was a pleasure to have everyone there.

Central Coast rider wins at nationals

Central Coast rider [Name] has won the national title. [Name] was the only rider from the Central Coast to compete in the national title. [Name] won the title by a narrow margin, but it was a well-deserved victory. [Name] has been a key player for the Central Coast team, and this victory is a testament to their hard work and dedication.

Singman selected for national touch football squad

Singman has been selected for the national touch football squad. Singman, who plays for the Central Coast team, was one of the top players in the country. Singman's selection is a testament to his skill and talent. Singman is a key player for the Central Coast team, and his selection for the national squad is a great achievement.

Dawson to attend national hockey camp

Dawson will be attending the national hockey camp. Dawson, who plays for the Central Coast team, is one of the top players in the country. Dawson's attendance at the camp is a testament to his skill and talent. Dawson is a key player for the Central Coast team, and his attendance at the camp is a great achievement.

New basketball academy sponsor announced

A new basketball academy sponsor has been announced. The sponsor is [Name], a local business. The sponsor's announcement is a great achievement for the academy, and it will help the academy to provide better facilities and equipment for the players. The sponsor's announcement is a testament to the community's support for the academy.

A-League kicks off with grand final replay

The A-League has kicked off with a grand final replay. The replay was a great success, with a large crowd of spectators. The replay featured a variety of activities, including sports, entertainment, and food. The event was a great success, with all activities running smoothly. The replay was a great day for the community, and it was a pleasure to have everyone there.

It's time for revenge

It's time for revenge. The Central Coast team has been defeated in the past, but they are determined to win this time. The team's captain, [Name], has said that the team is ready for revenge. The team's determination is a testament to their hard work and dedication. The team's captain, [Name], is a key player for the Central Coast team, and his determination is a great achievement.



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Bowls club has 53rd birthday

Umina Beach Women's Bowling Club celebrated its 52nd birthday at the presentation day held on Tuesday, November 8.

Awards were presented by president Ms Gwen Jarratt and committee members following a game of bowls and a barbecue lunch.

The Major Singles award was presented to D Burrows and the runner up to R Davis.

The Major Pairs went to G Jarrett and P Neal with Y Gordon and B Allen announced runners up.

In the Triples, C Johnston, J Gaul and C Cole were named the winners while P Neal, S Clark and D Burrows were runners up.

In the Fours, J Haigh, B Cusak,

G Jarratt and B Bartle were the winners and J Boardman, A McHale, L Kennedy and E Gould were runners up.

In the Minor Singles, L Chenoweth was the winner and C Boyd was the runner up.

C Johnston and C Cole were named the winners in the Minor Pairs while L Longman and P Clare were runners up.

The Encouragement Award went to Lorraine Field.

Finalising the day, 90 year-old Patron of the Club Ms Ruth Winsor, assisted by Shirley Cupitt, cut the birthday cake and wished that the 53rd year would be as successful as the 52nd.

Email, 10 Nov 2011
Eve Phillips, Umina Beach Women's Bowling Club



Outriggers compete at Cook Islands

Te Ika Nui, an Outrigger Canoe Club in Ettalong, will leave for the Cook Islands on Saturday, November 19, for five days to compete in the international outrigger event, Vaka Eiva, in Rarotonga.

Te Ika Nui president Ms Yvonne Walters said the club was fortunate to compete last year and is thrilled to be given the opportunity to participate again this year.

"With only 30 canoes on the island, paddling teams have to wait to be accepted," said Ms Walters.

"It's a privilege to paddle in such an amazing location with extremely challenging conditions and be able to participate in the many special cultural activities provided for the paddlers.

"Last year we discovered the islands use this event as a fund raiser, and this year the focus is on education.

"Paddling teams adopt a school and are asked to support their school by taking educational resources for the students and spend time at the school for an opportunity of cultural exchange.

"Once we saw a photo of our school's students we knew we had to do something very special for them," said Ms Walters.

Ms Walters also commented that the Te Ika Nui team had been training very hard in preparation for the races which include 500 metre sprints, a 12 km race and a 42km Round Raro Race.

"Last year we were totally overwhelmed by the generosity of our Cook Island hosts so this year we would like to repay by providing our adopted school (Takitumu) with some great educational resources."

Email, 11 Nov 2011
Annette Marsh, Ettalong Outrigger Canoe Club



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Record numbers at endurance championships

A record number of the state's best surf sports competitors battled it out for the title of NSW's number one endurance athlete at the 2011 NSW Endurance Championships held at Ocean Beach on Saturday, October 29.

The event was well supported by the masters' competitors and also attracted some of Australia's leading ironmen and women including Tom Atkinson, Trent Martin, Tara Coleman and Amy Nurthen.

"The event was a huge success with excellent entry numbers and some very close competition across the board," said Surf Life Saving NSW surf sports manager Mr Chris Parker.

"It was amazing to see how close some of the races were over the extended endurance courses."

In the first event of the day, the Open Male Surf Boat race, only one second separated the North Cronulla crew and Austinmer crew as they crossed the line in first and second place.

Amy Nurthen of Terrigal was victorious in the women's

Ironwoman event and beat Tara Coleman from Maroubra in a sprint to the finish.

In the men's Ironman event, Tom Atkinson of Queenscliff started his year well and won the event ahead of Trent Martin from Avoca who placed second.

Ocean Beach's own Mark Davis competed in the 30-39 age group and placed second in the Male Surf Race, second in the Ironman and second in the Male Ski while James White, also of Ocean Beach, placed third in the 30-39 Male Ski.

Umina's Michael Magurren placed third in the 30-39 Male Beach Run and Gary Mathews placed second in the 40-49 Male Beach Run and beat Jason Tucker of Ocean Beach who came in third.

Gary Wilson and Rick Boylan of Umina placed third and fourth respectively in the 40-49 Ironman event.

Umina competitors Hollie Spender and Christine Bishop both competed in the 30-39 age group events.

Hollie placed sixth in the Female Surf Race, third in the Ironwoman, third in the Female Beach Run and fifth in the Female Board while

Christine placed third in the Female Ski, fourth in the Ironwoman, fifth in the Female Beach Run and sixth in the Female Board.

Kerry Armstrong Smith of Umina competed in the 40-49 age group and placed second in the Female Ski, sixth in the Ironwoman and fourth in the Female Board while Wendy Cook, also of Umina, placed fifth in the 50 plus Female Ski.

Ocean Beach's Katie Dixon placed fifth in the Open Female Beach Run while Alannah White, also of Ocean Beach, placed second in the under-19 Female ski respectively.

Umina's Hayley Braddish placed third in the under-17 female Beach Run, Helen Krucler sixth in the under-17 Ironwoman and Deb Braddish second in the 50 plus Female Beach Run.

Media Release, 31 Oct 2011
Donna Wishart, SLSNSW

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