

Sewage spill at Killcare

Sewage spilled into a creek at Killcare in October after cracks in a concrete surrounding a rusted steel sewerage pipe developed into a hole.

The spill was revealed in the Hardys Bay Residents' Group newsletter.

Newsletter editor Mr Allan Wilson said water quality testing in the bay remained a key priority for the group following the overflow in the vicinity of Noble Rd, Killcare, on Sunday, October 14.

"Hardys Bay Residents Group member Brent Walker is spearheading a committed campaign to rid the waters of bacterial contamination to ensure the precious environment of the tranquil haven and, essentially, the health of its community," said Mr Wilson

Following the sewage overflow, which Mr Wilson said was noticed by a resident who was walking across the wooden bridge in Noble Rd, tankers were used to take the sewage from the Owanda Crescent sewage pumping station's holding tanks across to another facility in Kincumber.

"Meanwhile, Gosford Council sewage maintenance staff used a front end loader to uncover the concrete steel pipe under the creek bed," said Mr Wilson.

"Part of the concrete had split, leaving a hole approximately 150mm in diameter.

"The section of the leaking pipe was then replaced and re-concreted.

"Asked what had happened to the pipe, a workman advised that it had rusted through and had probably been leaking through cracks in the concrete for some time.

"This could explain the very high readings of e-coli and other coliforms that occurred at this water testing site over the last two years.

"The pipe, which was laid 23 years ago, was supposedly



The bridge at Noble Rd under which the sewage spill was first noticed

manufactured to last for 100 years.

"Brent re-tested the site on October 28 and noticed that there was a dead duck floating in the water which smelled as if it still contained sewage.

"The subsequent test results showed very high readings of e-coli and other coliforms.

"This water has remained contaminated because the creek is so silted up that high tides can no longer reach the bridge.

"There also hadn't been any worthwhile rain to flush out the creek," said Mr Wilson.

Gosford Council water and sewer project communication officer Mr Nathan Slade said the sewer system had been operating as normal since it was repaired.

"As a precaution, temporary warning signs were put up in the area to advise the community that the waters of Hardys Bay, in the vicinity of the overflow, might

be polluted," said Mr Slade.

"Council monitored water quality at six locations in the area for around two days following the overflow.

"During these monitoring

activities, laboratory sample results showed water quality in the affected area of Hardys Bay had returned to normal and the temporary warning signs were taken down.

"The community can be assured that all relevant authorities were notified about the overflow immediately, including the NSW Environment Protection Authority, in line with Council's pollution response procedures," said Mr Slade.

Mr Wilson said Brent's monitoring tests for RSL Creek also showed very high e-coli and coliform contamination and he consequently contacted Gosford Council.

"They advised that the pipe used under RSL creek could not have rusted through as it is heavy duty plastic encased in concrete.

"Sewage at that end of the bay is fed by gravity to the pump station on the esplanade so if there was a crack it would cause water to leak into the pipe rather than sewage to flow out of it.

"Council have undertaken to reinvestigate the cause of the continuing pollution at this creek," said Mr Wilson.

Media Statement, 19 Dec 2012
Nathan Slade,
Gosford Council
Newsletter, 12 Dec 2012
Allan Wilson, Hardys
Bay Residents Group

Woy Woy Bay returns to normal

Gosford Council has announced that water quality in Woy Woy Bay has returned to normal following a wastewater overflow in the area last month.

Gosford Council's project communication officer Mr Nathan Slade said that on Friday, November 16, Council

responded to an overflow from its wastewater network in Horsfield Bay.

Mr Slade said crews then repaired the system and it had been operating as normal since.

Temporary warning signs advising the community that the waters of Woy Woy Bay might be polluted following the wastewater overflow were taken down on Wednesday, November

21. "Laboratory sample results showed water quality in the affected area of Woy Woy Bay had returned to normal and the community were advised that the waterway was safe for use," said Mr Slade.

Media Statement, 18 Dec 2012
Nathan Slade,
Gosford Council

THIS ISSUE contains 46 articles - Read more news items for this issue at www.peninsulanews.info

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Peninsula News

Community Access

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

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Contributions

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Material for publication may be left at LJ Hooker in Woy Woy or Ettalong IGA.

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Hampers filled

Umina Public School has filled 50 hampers which will be distributed to the Salvation Army in time for

Christmas.

"It was wonderful to see the enthusiasm and pride the children had when the job was finalised," said principal Ms Lyn Davis.

"Mrs Hauraki coordinated this community initiative."

Newsletter, 11 Dec 2012
 Lyn Davis, Umina Public School

Your Chance to Win

Peninsula News and Campbell Building Materials are giving three readers the chance to win a \$50 gift voucher to spend at the store.

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January 3.

Winners will need to come into our Gosford office to pick up their prizes.

The winner of last edition's Peninsula News Royal Life Saving Competition was A NcNamara of Kincumber.

Kaitlin Watts, 20 Dec 2012



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Chamber concerned at sewer backlog



The Peninsula Chamber of Commerce has commented on “an ever-increasing backlog” of infrastructure projects at Gosford Council, following a recent decision to seek State funding.

However, council staff have denied the backlog was the result of losses suffered as a result of overseas investments.

“The business community is increasingly conscious of the number of infrastructure projects that require urgent attention including the water and sewer projects, roadworks and community facilities all of which are core activities of the Council,” said Peninsula Chamber president Mr Matthew Wales.

“We note that as at 30 June 2012, the Council’s Annual Financial Statements indicate that Council has a backlog of some \$40.5 million capital works to bring sewerage infrastructure to a satisfactory standard notwithstanding all the other demands on the budget.

“Whilst we endorse Council’s application to the NSW Division of Local Government for sewerage funding under the Local Infrastructure Renewal Scheme Round Two, we remain concerned that Council’s limited budget and tight cash reserves makes it continually dependent on

government grants and subsidies to provide basic services,” said Mr Wales.

“We all know times are difficult, but the Council’s budget is no different to any household budget.

“You have to continually look at your expenditure and decide what is discretionary and what is essential.

“The Chamber would encourage Council to ensure that a greater proportion of the budget is directed to Council’s core services including roads, drainage, footpaths and community facilities and that non-core activities be deferred until the infrastructure backlog is reduced.”

A statement to the December 4 meeting of Gosford Council disclosed the “backlog”.

Council staff have since denied that the backlog in sewerage projects was the result of financial losses suffered as a result of investment in Lehman CDOs.

Water and Sewer directorate communication officer Mr Nathan Slade said: “What this statement means is that Council currently estimates it would cost \$40.5 million to complete all current identified works required to upgrade ageing sewer infrastructure – pump stations, treatment plants, sewer mains etc.”

**Media Release, 19 Dec 2012
Matthew Wales, Peninsula Chamber of Commerce**

Oval masterplan work continues

Gosford Council officers are continuing to work with the user groups and local businesses to develop a masterplan for the development of Woy Woy oval.

The failed request reported in the previous issue of Peninsula News for Regional Development

Australia funding was part of a joint initiative between Council and the user groups to seek additional funding to Council’s contribution of \$1.75 million towards the redevelopment of the grandstand, according to council open space co-ordinator Ms Karen Tucker.

Woy Woy Oval remains operational including the amenities building despite the seating area of

the grandstand remains closed off due to decay of the roof structure, she said.

Funding allocated by Council would be used to redevelop the grandstand but also to leverage further grant funding “to allow a development reflective of the regional status of the oval”.

**Media Statement, 13 Dec 2012
Karen Tucker, Gosford Council**







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History visits village

The Peninsula Village Retirement Home was visited by the Historic NSW Corp of Marines on Sunday, December 9, who demonstrated their skill with muskets.

The NSW Corps of Marines is a group of history enthusiasts who re-create the military traditions of

the early days of old Sydney Town. The event, organised by Men's Shed Central Coast, was part of a wider program known as Toolbox Talks sponsored by the Shed and a similar event is being planned at Ettalong.

Media Release, 7 Dec 2012
Kim Hopkins, Men's Shed Central Coast

Students debate

Twelve students from Umina Public School participated in the Peninsula Debating Competition on Monday, November 26.

The two Umina teams prepared a debate on the topic that all Australians must have a computer.

Although the teams did not progress through to the final they were able to participate in a workshop to enhance their public speaking and debating skills.

Newsletter, 27 Nov 2012
Lyn Davis, Umina Public School

Shopping centre makes annual awards

A Peninsula shopping centre has made awards to its leading traders.

The Annual Deepwater Plaza Retail Awards were held on Friday, November 30, at Ocean Beach Surf Club.

The Retailer of the Year award went to the Woy Woy Telstra Store.

"As the owner-licensee of Woy Woy Telstra, I was very pleased to receive the award on behalf of our eight member team," said Mr Darren Smith.

"The team has worked hard to deliver excellent customer service for all customers that visit our store.

"We believe customers enjoy our friendly manner and professional approach," said Mr Smith.

The winner of the Apparel - Jewellery category went to Goldmark while the winner of the Leisure - General Retail - Homewares category went to



Darren Smith, Gavin Hannelly, Narelle Hithco, Dianne Smith, Jodie Baldacchino and Kim Keen

Priceline Pharmacy.

Coles was the winner of the Major-Mini Majors Retailer category and Liquorland won the Food Retailer category.

The Food Catering award went

to Cafe DMR and the Professional Services award was won by the Commonwealth Bank.

Email, 13 Dec 2012
Darren Smith, Woy Woy Telstra Store



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Call for more State education spending

Federal Education Minister Mr Peter Garrett and Federal Labor Member for Robertson Ms Deborah O'Neill have called on the State Liberal Government to increase education spending at a forum with principals, teachers and parents held at Umina Public School on Tuesday, December 11.

"Under our plan, funding for every school will rise every year, and the extra money will be spent on things we know will help improve results, like investing in great teachers, focusing on school improvement, and giving more power to local principals," Mr Garrett said.

"We want Australia to be in the top five countries in the world in school performance by 2025.

"The Gillard Government is prepared to invest substantial amounts of money over time to make this a reality, and we're

also asking State Governments to pay their fair share.

"Today's event was a great opportunity to discuss the details of our plan with local primary and high school principals, teachers and parents and answer their questions about the National Plan for School Improvement," said Mr Garrett.

Ms O'Neill said local schools were already benefitting from the record Federal investment in school education.

"Here at Umina Public School, we see brand new classrooms and refurbished facilities thanks to more than \$2.5 million in funding under the Building the Education Revolution," she said.

"But for our plan to be implemented in NSW we need the O'Farrell Government to get on board and play their part, including investing their fair share of extra funding," Ms O'Neill said.

**Media Release, 11 Dec 2012
Peter McCabe, Office of
Deborah O'Neill MP**



Education Minister Peter Garrett addressing the school funding forum at Umina Beach Public School.



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Rotary holds food drive

Members from Woy Woy and Umina Rotary Clubs joined 14 other Central Coast Rotary clubs at nine food stores on Saturday, December 8, in one of the biggest food drives the Central Coast has seen.

Shoppers donated one can at a time and it soon built to a truckload of food.

Shoppers at Aldi stores were

asked to buy one extra can with their groceries and put it in the trolley to help fellow community members.

The cans were collected by Rotarians and delivered to Coast Shelter, which will distribute the donated items to people in need.

Several stores also had Rotary barbeques to raise extra funds with all the supplies donated by Aldi.

"It was really great to see all

of the 14 Rotary Clubs on the Central Coast support a project so worthwhile," said Coast Shelter executive officer Mr Laurie Maher.

"It makes such a difference in the lives of so many Central Coast people who are doing it tough."

Media Release, 3 Dec 2012
Vicki de Carle, Coast Shelter

Murder charge

A 41-year-old Umina man has been arrested and charged over the alleged murder of Michelle Reynolds.

A woman's body was discovered in bushland at Butlers Rd, Bonville, about 6pm on Sunday, December 16, following a search of the area by police.

The search was being

conducted after Ms Reynolds was reported missing earlier this month.

Police established a crime scene at the location and also at a motel on the Pacific Highway at Coffs Harbour.

Media Release, 17 Dec 2012
NSW Police Media
Media statement, 18 Dec 2012
Acting Inspector Col Woolsey,
Brisbane Water LAC

Man wanted

Police from Brisbane Water Local Area Command are appealing for public assistance to identify a man who approached three boys at Ocean Beach on Sunday, December 16.

The three nine-year-old boys told police they were playing on Ocean Beach when a man approached them between 5pm and 6.30pm and asked if he could photograph them.

The children said the man returned a short time later and took a number of pictures using a mobile phone.

The man was later seen leaving the area in a vehicle described as an emerald-green, newer-model

Holden Commodore.

Police have commenced an investigation into the incident and wish to speak with a man described as being over 183cm tall, with a thin build, tanned complexion and short, black hair.

It's believed the man speaks with an accent, possibly Italian, and is missing three front teeth.

Anyone with information about this incident should call Crime Stoppers on 1800 333 000.

Meanwhile, the incident has again prompted police to encourage parents to discuss the Safe People, Safe Places messages with their children.

Media Release, 17 Dec 2012
NSW Police Media

Crystal meth

A man has been charged after police uncovered a clandestine crystal meth laboratory in Ettalong.

Brisbane Water detectives and the Chemical Operations squad executed a search warrant at an address in Ocean View Rd, Ettalong, late on Friday evening, December 7.

Inside, they located an amphetamine manufacturing laboratory as well as chemicals

used in the manufacture of prohibited drugs.

A short time later a 38-year-old man was arrested, and found to be in possession of an amount of crystal methamphetamine.

He was taken to Gosford Police Station and charged with manufacture a prohibited drug, supply prohibited drug, possess prohibited drug, and breach bail.

Media Release, 10 Dec 2012
NSW Police Media

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Authorised by Mark Neeham, Unit 8, 482 Pacific Highway, Wyoming NSW 2250.



Named the best country pub in NSW

A local hotel has been judged the Best Country Pub in NSW by the Sydney Morning Herald's Good Food Pub Guide 2013.

In a presentation made by the Minister of Liquor and Gaming Mr George Souris at an awards night in Sydney on Tuesday, December 11, the judges described the Patonga Beach Hotel as ticking all the boxes.

Judging criteria included the quality of food and presentation, service and atmosphere.

The review citation read: "Eating seafood flavoured

with fine sauce on the patio at Patonga Beach Hotel, with an excellent view of boats and fishing tackle on a sandy beach and yachts anchored beyond in Brisk Bay, is a totally memorable experience."

Last year it was judged the best view in NSW which followed similar recognition by the Daily Telegraph in its 10 of the Best Hotel Views in NSW reviews.

It was also given the highest food rating of "three schooners", ranking it as one of the top 11 hotels in NSW and the best on the Central Coast.

"Good food is not the only

treat in this hotel's beer garden," said the citation.

"Dining here comes with a view of Brisk Bay, with million-dollar yachts and fishing boats lying in calm water.

"Patonga Beach is the fisherman and yachtsman's paradise, and food lovers like being here.

"They arrive for dinner by car, ferry, water taxi, and two people even flew in on hang-gliders from Pearl Beach.

"Patonga oysters, a two-tiered seafood platter for two, or Atlantic salmon on a bed of creamy spring onion and

egg potatoes, snowpeas, baby capers and lemon beurre blanc, are most popular, as is garlic crumbed pork cutlets on leek mash."

Publican Mr Robert Osborne said he was surprised and delighted about winning such a prestigious Award and the recognition of many years of hard work.

"We set out to achieve building an iconic hotel at Patonga and since its creation just five years ago I believe we

have established something that we can be very proud of and clearly the number of tourists and judges agree.

"It's amazing to consider we are up there with the best hotels in Sydney in one sense but we are gifted by the natural beauty of Patonga.

"The views and ambience at Patonga are arguably the best anywhere," said Mr Osborne.

**Media Release, 12 Dec 2012
Robert Osborne, Patonga Beach Hotel**



Christmas tree entry

Umina Public School Year 3 and 4 students have entered the Best Decorated Tree Competition at Erina Fair.

They hope to win \$300 worth of books and resources.

The school is encouraging community members to vote by way of a gold coin donation which will go to the Cancer Council.

Newsletter, 4 Dec 2012

Lyn Davis, Umina Public School



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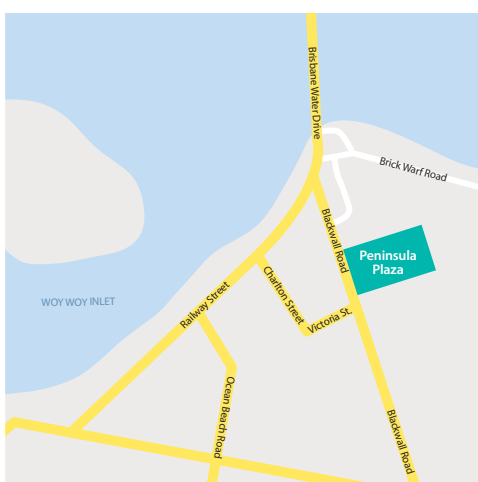
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Retain Umina's village atmosphere

I wish to thank Mr Wales for the lecture on the subject of how to build a successful town centre (Peninsula News, December 10), even though it was unnecessary.

The target audience for this lecture would prefer to retain a village atmosphere in Umina.

We have no interest in converting West St into Westfields Umina.

Residents in the immediate area have become victims of a sordid, uncontrolled, game that is a fusion of Monopoly and SIM City.

The Peninsula Chamber of Commerce is planning a metropolis, Gosford Council is working on a "village plan" and the residents are left with what is quickly evolving into a US style ghetto.

Every victory claimed by the

Forum

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See Page 2 for
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Peninsula Chamber of Commerce results in a decline in the quality of life for local residents at inverse proportions to the benefits alleged by Mr Wales.

More traffic, more noise, parking issues, more litter and more anti-social behaviour are unacceptable trade-offs.

Quality of life in Umina is not an item on the balance sheets of national chain stores or international corporations.

It would be appreciated if Mr Wales' next lecture could address the subject of how residents can prevent greedy developers from introducing high rise residential home units to Umina.

In the meantime I will continue to enjoy "vibrant" Umina.

Maximum vibrancy is usually achieved after dark when the Beirut style shutters are lowered and when elderly residents refrain from walking on West St without a bodyguard.

God help us, Gosford Council won't.

Email, 16 Dec 2012
Tim Haylor, Umina

Rename and modernise

Forum

Congratulations to our newly-elected Gosford Council for its resolve to modernise the name of Brisbane Water.

A breath of fresh air is blowing through our local government.

Let Queenslanders keep their Brisbane, I say.

Perhaps Mariners Marina would be more appropriate for us?

But why stop there?

Bourke Rd in Ettalong and Umina must be renamed also.

What relevance has a remote outback town to thriving seaside suburbs?

In fact, Gosford itself must be reshaped.

War Memorials have had their day.

Some of them must be over 100 years old.

They should be demolished or regrouped in a suitably less obtrusive place.

Schools should be removed to the fringes of the city area, where they would cease to occupy valuable real estate.

Bold innovations of this sort would enable Council to erect high-rise residential apartments on the waterfront, bringing in affluent residents and admiring tourists and creating high returns to our investors and developers.

Gosford has the chance to be a national and even international leader in such progressive enterprise.

The city of Orange in the central west might well follow and rename its' Cook Park, the present title of which has little relation to the surrounding vineyards and cherry orchards.

Scotland might well review the vast tracts of waste land surrounding its Wallace Memorial.

But Council must move fast or we shall be left behind by the present great cultural surge from the Gold Coast through The Entrance and Warnervale.

Email, 15 Dec 2012
Ivan Kinny, Pearl Beach

More forum on Page 20

Very little has changed

Rie Lester (Peninsula News, December 10) congratulates Gosford for new regulations governing dogs at Umina Beach.

Apart from some readjustment of the off-leash areas, very little has changed in fact.

There will be better signage at last though, among other small changes.

If people encounter dogs on the beach in areas where dogs are not allowed, they have every right to be annoyed, and every right to ring Council rangers.

But this has always been the

Forum

case.

However, if people encounter dogs in areas where dogs can be off-leash, they have to expect dogs to be running and swimming.

If people without dogs do not want dogs around them, there is the rest of the beach available, including the safe patrolled areas in front of both surf clubs.

People like us who have dogs, get fed up with other people complaining about our dogs in areas they are allowed off-leash anyway.

Simple remedy, move down the beach.

Rie correctly notes most dog owners are responsible, but in any group you'll get the odd offender who gives the whole group a bad name.

A few of these offenders do not pick up after their dogs.

Some of them purely make mistakes and don't see it happen, especially those with more than one.

We do, however, pick up after each other.

The patronising and sarcastic tone at end of the letter, "their beloved pets dominating and befouling" is uncalled for.

We are sick of people scowling at us when they have other parts of the beach they can go to which are patrolled, have toilets and cafes.

We don't.

Email, 17 Dec 2012
John Blackhawk, Umina

For the past seven years I have walked along the foreshores of Ettalong Beach near Ferry Rd.

I have never observed or seen evidence of any illegal trapping and killing of ducks by any person, Asian or otherwise (Peninsula

News, 12 Nov 2012)

However, if the allegations are true, witnesses and evidence of these practices should be submitted to the RSPCA or local council rangers, and not rely on racist hearsay.

Email, 27 Nov 2012
Patrick Croke, Ettalong

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Health



Previous Encore participants



YWCA NSW Encore coordinator, Kate Guthrey (left) with Donna – a past Encore participant and program facilitator

Gentle exercise after breast cancer surgery

A free gentle exercise program for women who have had breast cancer surgery will be held in Woy Woy from

February 7 to March 28 from 10am until 12pm.

The YWCA Encore Program is available to women who have had

surgery at any time in their lives.

The program meets the physical needs and supports the well-being of women after the trauma of breast cancer surgery in a nurturing and supportive environment, whether that surgery was a few months ago or 20 years ago.

Encore coordinator Ms Kate Guthrey said: "The Encore Program was created to improve movement, flexibility and strength after breast cancer surgery."

"It helps to reduce the potential risk of lymphoedema and can assist in its management.

"It runs for eight weeks and incorporates gentle floor and

hydrotherapy exercises.

"It's a perfect opportunity for relaxation and information-sharing amongst women with similar experiences," said Ms Guthrey.

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

At this year's Breast Cancer Network Australia conference, Associate Professor Sandi Hayes who is an exercise physiologist and senior research fellow, spoke about the benefits of physical exercise.

She told how regular exercise could preserve or improve strength, muscle mass, physical and immune function as well as chemotherapy completion rates.

She also showed how levels of fatigue were significantly reduced for those who were sufficiently active.

Doctors at the Macmillan Cancer Support in the UK said: "Cancer patients would be shocked if they knew just how much of a benefit

physical activity could be for the recovery and long term health".

Register by calling 02 9285 6264 or emailing encore@ywcansw.com.au.

Media Release, 18 Dec 2012
Melanie Stevens, Fifty Acres

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Umina to replace Beachside building

Umina Public School has purchased a building to replace the Beachside Centre which will be relocated to Woy Woy Public school in the New Year.

School House will continue to operate next year after the new building is installed.

However, the school is looking for volunteers to assist with the program.

School House operates on Tuesday mornings from 9:15am to 11:15am and allows parents with younger children to assist in classrooms, help in the canteen and attend morning P and C meetings.

For more information on how to get involved, phone Vanessa on 0414 907 302.

Newsletter, 18 Dec 2012
Lyn Davis, Umina Public school



Funding for volunteering program

Brisbane Water Secondary College has received a Schools First Education Award worth \$15,000 for its involvement in the NSW Premier's Volunteering program.

The funding from the National Australia Bank will allow the school to continue its volunteering work with Peninsula Village Aged Care next year.

This year the school formed a partnership with Peninsula Village which saw students visit the Village each week to provide computer tuition for the residents, play bowls, assist with mosaic projects, provide residents in the nursing home with hand massages and play board games.

Students also painted a mural on the Village's hydrotherapy pool

and the indigenous students are presently creating a mural in the grounds of the Village.

Other programs students have been involved in this year as part of the NSW Premier's Volunteering program included the Graffiti Art Project, a State Government initiative introduced to rid the community of unsightly graffiti.

Students designed murals in workshops at school run by the

Project artists and then reproduced these murals in graffiti hotspots in the community.

Member for Gosford Mr Chris Holstein introduced a Private Members Statement to State Parliament about this project and commended Brisbane Water Secondary College students for their efforts.

These students also gave up part of their school holidays to

complete a mural at the school.

Other volunteering initiatives include students who give up their weekends and school holidays to keep the school farm running, RSPCA Cup-cake Day, Forty Hour Famine, Mary Mac's, Red Shield Appeal and Legacy.

Newsletter, 17 Dec 2012
Frank Gasper, Brisbane Water Secondary College

Your Local
Skin Cancer Centre

Vidler Ave Skin
Cancer Centre

7 Vidler Avenue, Woy Woy
Ph: 4341 9911

Chiropractic Plus

by Peter Grieve of the Umina Chiropractic Centre

HOPE

Here we are again, at the threshold of yet another Christmas.

The year 2012 has been an incredible year at this practice with enormous emphasis going into the importance of improvements in lifestyle with regard to the prevention of most modern day illnesses.

You may ask: "What has chiropractic got to do with these conditions?"

The answer is simply that the spinal structures are the attachment sites for the very large spinal muscle groups.

These muscle groups 'fire up' under the influence of stress of any type, thus toxic or depleted information entering the brain, toxic or depleted foods and drinks and environmental pollutants registered by the brain and toxic or depleted posturing and movement patterns of the body being registered by the brain.

The reality is that your brain sends the body's systems into defence mode.

One of the first systems to do so is the large muscle system of the spine which is activated to stabilise the body in readiness for fleeing from danger or defending oneself.

If the environment that one is living in is depleted or toxic and this environment becomes

the norm, then our bodies are in constant defence known as 'adaptation'.

It's not long before we run out of fuel and symptomatic states become the norm.

It's not long before the spinal joints that the large muscles attach to become distressed and distorted (subluxated) and the entering and exiting nerves are affected.

As chiro's we have a duty of care to not only correct the dysfunctional spinal joints, but to also assist in the understanding of the environment that creates these disturbances and then assist those in our care to deal with the lifestyle modifications required to shut down the unnecessary 'adaptive' processes.

As this festive season rapidly approaches, I would urge you to consider the importance of the 'reason for the season'.

Please take the time to ponder the importance of the birth of an infant called Jesus.

Because of his life, we have hope and a reason to choose the better options for a healthy and fulfilling life, a life where we can give generously of our time, energy and talents because our energy is not being used to fuel 'adaptive' systems.

God bless the people of the Peninsula this Christmas.



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Education

School captains are chosen

Umina Public School has selected Lily Perry and Darcy Coleman as its Year 6 school captains for next year.

"I know that they will set a great example for all of our students and lead our school in an appropriate way," said principal Ms Lynd Davis.

"All school leaders are asked to take on additional responsibilities and I look forward to supporting them in their efforts in 2013.

"Also congratulations to our new school prefects as mentioned last week - Tyler Jeffrey, Braedon Stokeld, Kyle Dufficy, Olivia Walton and

Rhiannon Cox.

"I would also like to thank all those students who stood for the positions and for the excellent speeches they gave to the student body.

"Thank you to everyone who attended our presentation ceremonies.

"The entertainment, the awards and the special visitors all helped to make those two days a success.

"Thank you to the students who sang, performed in the Comedy Club, Miss Elliot's recorder group and the bands," said Ms Davis.

Newsletter, 18 Dec 2012
Lyn Davis, Umina Public school



First placed heavy middleweight steer led by Luke

Donation of tinned food

Students from Ettalong Public School donated

a can of tinned food on Wednesday, December 12, for the school's Christmas Can Drive.

The Student Representative Council, this year, decided to support the Hope Church in Umina with the drive.

The Hope Church runs a Pantry Club to assist struggling families in the local community.

Newsletter, 11 Dec 2012
Colin Wallis, Ettalong Public School

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College finished with cattle show placing

Brisbane Water Secondary College completed the 2012 show season with a second place overall score at the Upper Hunter Beef Bonanza held in Scone at the end of October.

More than 700 students from all regions of NSW and 372 head of cattle competed in the competition.

Sixteen students from Years 7 to 12 prepared and presented five head of cattle for competition.

Brisbane Water Secondary College won Champion Middle Heavy-weight Steer and Reserve Champion Light-weight Steer, first

and second Heavyweight and sixth Middleweight in a strong field.

The Reserve Champion steer continued on to win Champion Lightweight on the hoof.

These results placed Brisbane Water Secondary College in second place overall.

Students said another highlight of the show was the interactive team judging competition.

Mia Wilson, Laura Oliver, Kiara Leoni and Katherine Charles achieved equal first out of a field of 125 competing teams.

The tying team included a royal judge and nationally acclaimed breeder.

The show concluded a successful show season for Brisbane Water Secondary College who entered eight shows achieving three overall show champions, two class champions, two reserve champions, seven firsts, the Ken McDonald Shield at Brisbane Royal Show, one silver and one bronze medal at Sydney Royal Show and numerous placings.

Young cattle have now arrived from breeders at Forbes, Quirindi, Wingham, Bathurst and the Hunter Valley to commence preparations for next year.

Also next year's show pigs have begun their preparations for Sydney Royal Easter Show 2013.

Newsletter, 17 Dec 2012
Frank Gasper, Brisbane Water Secondary College

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Do all our elected representatives support Gosford City Council's refusal to act on formal complaints identifying illegal and non complying use of public property by perceived "friends of council", including councillors?

Team McKinna, Craig Doyle Independent, Labor and Liberal all enjoyed voter support from campaigns running outside the

law. These were exposed in paid announcements during the election period. Gosford City Council has simply

refused to respond to complaints about councillors conducting their re-election campaigns outside the law.

By converting council and public property to their own benefit, could it be

that the councillors are conflicted when they ignore their duty pursuant to Section 232 of the Local Government Act, in the face of allegations of corruption and abuse of due process?



Point Clare, Railway



Terrigal Drive, Terrigal - LJ Hooker for sale sign on road reserve



Pacific Highway, Narara



Central Coast Highway, Kariang



Brisbane Water Drive, Woy Woy

Mayor McKinna, why should you or any other politician expect ratepayers to forget about the political sins committed against us?

Gosford City Council, as a Consent Authority, accepted a development application 11923 / 2001 which was misleading in no small way.

In the plan overview, my residential house was ignored, in fact made to disappear.

This abuse of due process in fact conflicts with the regulation of planning legislation and was brought to the attention of the proponents, the councillors, council management (consent authority), ICAC and the State Ombudsman at the time and since.

The process was corrupt then

and the continuing cover up accommodated by our elected representatives since then keeps that corruption politically and legally relevant.

Mayor, while ignoring outstanding corruption allegations and both planning and council's involvement in misleading the State coroner in the matter of those five wrongful deaths, it is hard to understand that you would be more

interested in lobbying ratepayers to ignore their collective property rights and lie down while council gifts our public foreshore land to grasping developers.

You seem to be refusing to accept that building on that foreshore land will not open up the already congested Gosford CBD.

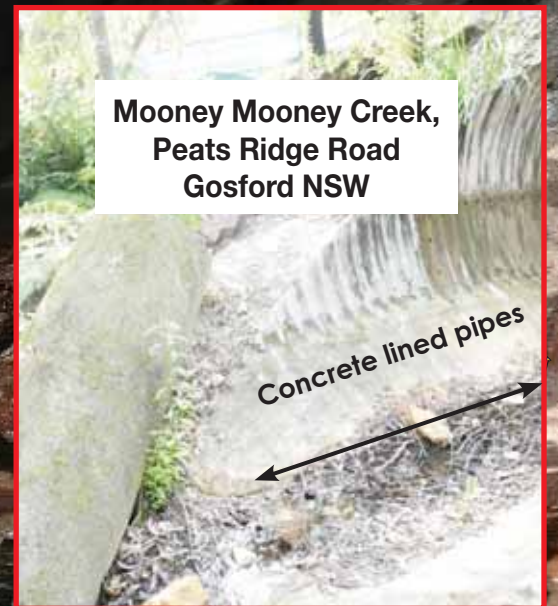
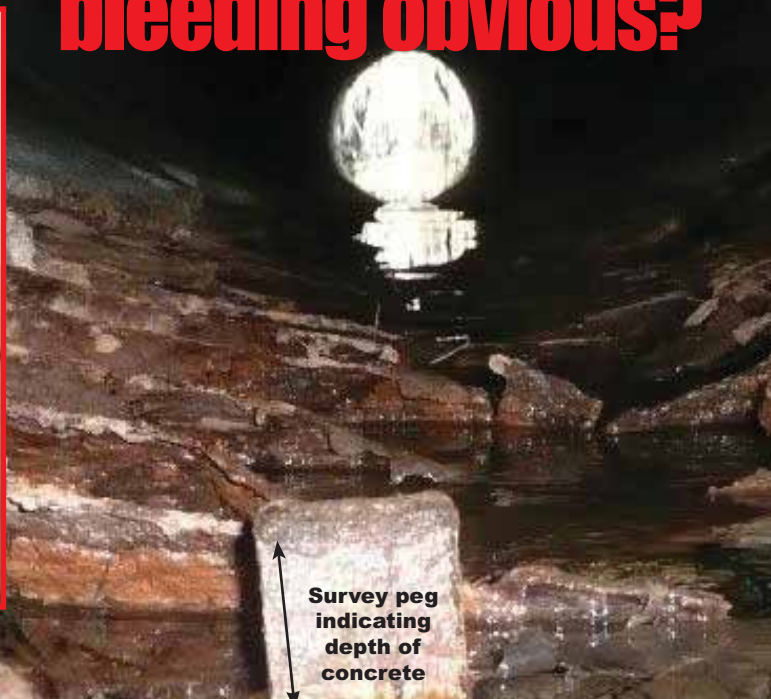
With poor access, not enough parking and other problems which were built into Mann Street CBD

by council planning short comings forty years ago, those same short comings you seem insistent on repeating, by supporting still more building on our open space and park land and historic sites.

Edward James

This is an intentional attempt to combat the spin my taxes pay for each time a politician goes into print

Do bad politics require a continuing succession of NSW Premiers to turn blind, when confronted with the bleeding obvious?



Mooney Mooney Creek, Peats Ridge Road Gosford NSW

Concrete lined pipes

Survey peg indicating depth of concrete

Mayor McKinna and now your and our Liberal Premier Barry O'Farrell's very public political problem is that Gosford City Council misled the State Coroner during his inquiry into the deaths of five people at Piles Creek, Somersby.

Gosford City Council allowed him to understand they (the council) had absolutely no knowledge or experience in the use or application of concrete to protect the structural integrity of the type of corrugated steel pipes used in Piles Creek and in particular, the two eight foot diameter culvert pipes beneath Peats Ridge Road in Mooney Mooney Creek (see insert above).

These were lined with concrete when placed in 1962 and repaired with concrete at least once since 1962 before the Piles Creek, Somersby deaths.

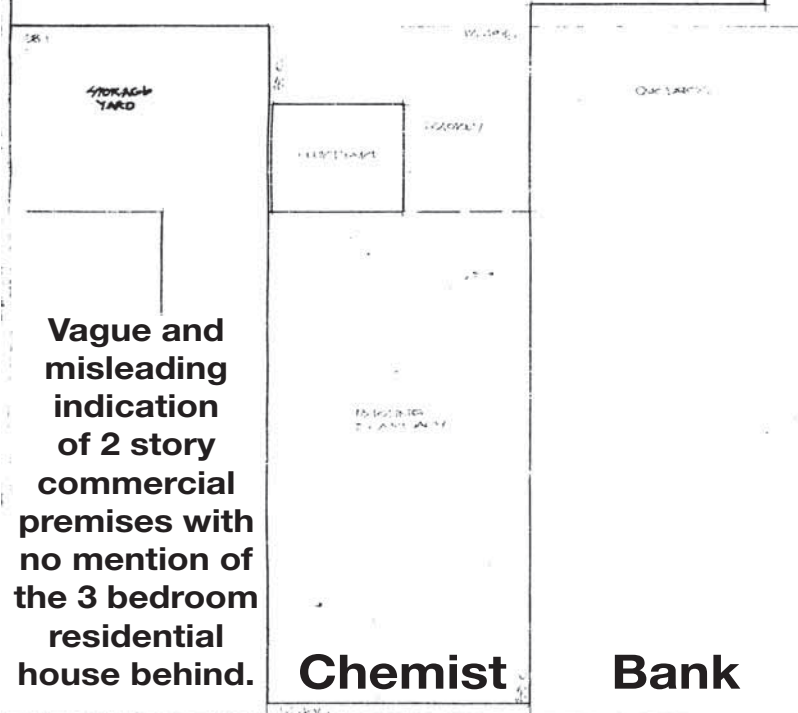
My often published photo surveys are evidence of something more than political sins against the peoples.

Information with photos has been provided free of charge to the Coroners' Court, politicians, police, council and media.

Liberal candidate for Robertson, Lucy Wicks, what about you? Do you agree to forget about corruption and abuse of due process and move on? That is what our dead wood political allsorts want me to do!

Lack of rear lane access, to main street commercial property

This plan overview was misleading in no small way and hence in direct conflict with the regulation of the Environmental Planning and Assessment Act 1993



Alfred St Umina



The same council which started out trying to stand over my father ended up with the deaths of five people on their hands.

How can we vote when the corrupt council is still there?

Who among the candidates will call for an inquiry into the

evidence that Council gave the State coroner?

This is a public request for you to tell voters what part of your personal values you will take with you into Local Council, should you be elected.

Will those personal values

permit you to leave me and many others at the mercy of a corrupt Gosford City Council?

Many candidates are simply the seeds of unwanted political weeds.

John Hatzistergos failed to act while Attorney General.

The bad politics are still

there.

The council is still there I have spoken with only three candidates whom I feel I could trust with my vote, they are, Ren Wagner, Kate da Costa and Jason Tomich,

Out of 41 Candidates that is woefully

Some people ask me whom they should vote for.

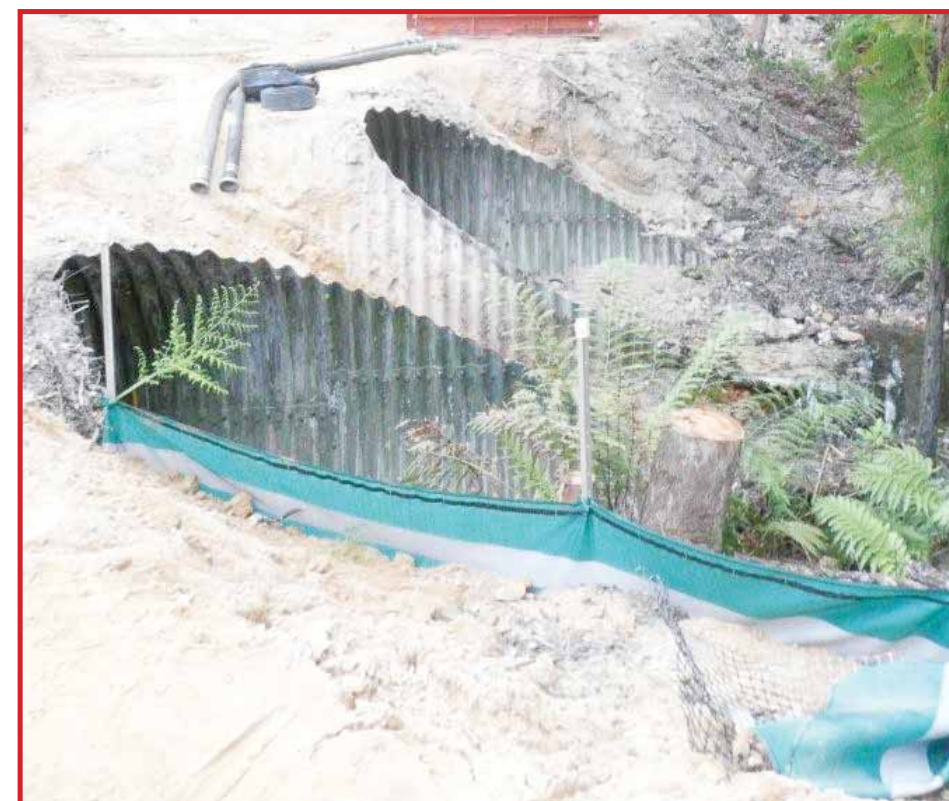
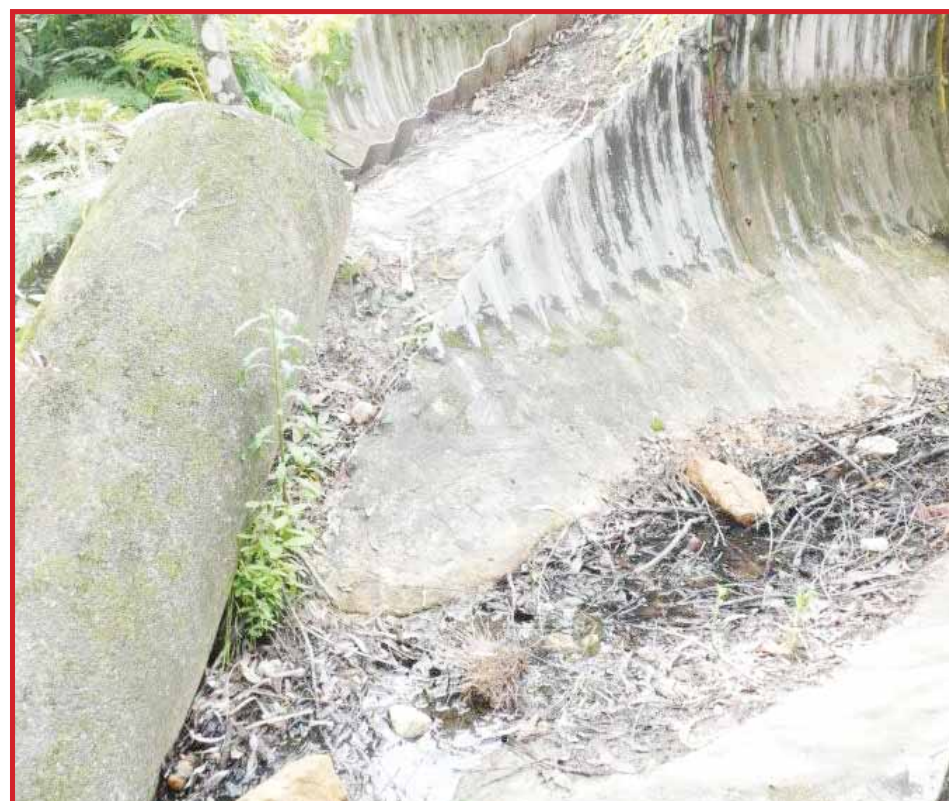
I can't tell them that.

I do however tell them that I won't vote for Labor or anyone who preferences Labor because they have still not learned their lesson.

I point out that for Gosford,

with forty one candidates, it is both easy and strong to vote below the line, directing your own preferences and place numbers 1, 2, 3, 4, and 5 in the squares opposite the names of five candidates in the order of your preference for them.

If you wish to vote for in the squares opposite the additional candidates, names of those additional place consecutive numbers candidates, in order of your beginning with the number 6 preferences for them.



The two pipes shown in these three photos ran under Peats Ridge Road and were lined with concrete when put in place almost thirty five years ago. Both eight foot diameter culvert pipes had their concrete linings repaired at least once during their years of good service. The NSW Coroner was, during the inquiry into the deaths of five people in Piles Creek Somersby, misled when Gosford City Council allowed the court to understand that Council had no knowledge or experience in the use or application of concrete to protect the structural integrity of corrugated steel culvert pipes which it was expected to maintain. Council is on public record in the Express Advocate advising readers that they, Council inspect all roads and structures twice each year. The pipes have been removed during recent months and all traces of the existence of concrete lined steel culvert pipes has been completely buried



Past Minister for the Central Coast and leader of Labor in Opposition for NSW John Robertson reading about the alleged corruption

Education



Students attend mock interviews

Around 90 per cent of Brisbane Water Secondary College's Year 9 students participated in mock interviews on November 28, 29 and 30.

The exercise gave students the opportunity to attend a realistic interview with employers and community representatives from the Central Coast.

"Often this is the first interview our students have attended and

it should help to equip them with good interview strategies that they can build on as they gain more education and experience," said College careers and transition advisor Ms Yvette Beemster.

"Students were able to indicate negative comments on a feedback slip, however, none did," said Ms Beemster.

In their feedback, students said that they felt the interviews were useful and they were able to gain a lot from the process, that they felt confident in the interview and that they gained positive feedback which they could use in a real situation.

"On a scale from one to 10 (one being not very effective and 10 being very effective), 56 per cent of our students rated their interview as either a nine or 10.

"Twenty-seven per cent of students rated their interview an eight and 16 per cent rated the interview as a seven.

"Students also had the opportunity to write a comment.

"All the comments were positive," said Ms Beemster.

Media Release, 14 Dec 2012
Yvette Beemster, Brisbane Water Secondary College





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Students achieve much

Ettalong Public School held its end of year Presentation Day on Thursday, December 13, which recognised the achievements of students and the school as a whole.

"Sadly there just isn't enough time to recognise every single achievement or student," said principal Mr Colin Wallis.

"Every student at Ettalong Public School has reached personal goals and achieved greatly in some way and I would

dearly love to recognise each and every one in some manner.

"Over the year their accomplishments have been recognised in a myriad of ways from classroom awards to Principal's Awards.

"I salute and congratulate every single child in our school.

"They are all valuable and special and have achieved so much," said Mr Wallis.

**Newsletter, 11 Dec 2012
Colin Wallis, Ettalong Public School**



Busy days at Ettalong

Ettalong Public School teachers finished the year with two school development days on December 20 and 21.

The first school development day was a full day presentation by Sue Larkey on autism which parents were welcome to attend.

The second development day was on CPR and final stage and school planning.

"Both very busy but valuable days," said principal Mr Colin Wallis.

**Newsletter, 11 Dec 2012
Colin Wallis, Ettalong Public School**

Students go snorkelling

Brisbane Water Secondary College Umina Campus students from this year's and next year's marine studies class visited the Sydney Institute of Marine Science earlier this term.

They also went snorkelling in Sydney Harbour to explore old defensive tunnels at Middle Head.

A National Parks Ranger gave the group a tour of the tunnel and

gun system that was supposed to defend Australia from Russian and later Japanese invasion.

The classes also visited the underground room where SAS soldiers in the 60s were put through days of sleep deprivation and torture to prepare them for fighting and possibly being captured in Vietnam.

Students said the highlight of the day was snorkelling with a marine biologist and environmental

biologist in Sydney Harbour.

Students were supplied with a wetsuit and snorkelling equipment and then given an instructional and safety talk before hitting the water.

Amongst the creatures spotted were cuttlefish, pipe fish, crabs and sea horses.

**Newsletter, 17 Dec 2012
Frank Gasper, Brisbane Water Secondary College**

MARS food australia

new years eve festival

Gosford 2012

a day at the races

GOSFORD RACES - GATES OPEN 11AM
First race 1pm. Entry free with football or ratepayers ticket

a night at the football

MARINERS V PERTH GLORY 6PM
Football's biggest night of the year. Gates open 4.30pm

an evening on the waterfront

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Live music from 7pm with local band "open Fire"

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Did sign have permission?

I have submitted another formal complaint to Gosford Council general manager Mr Paul Anderson regarding the non-complying use of our public land by a franchisee of LJ Hooker and some Gosford Council councillors who were campaigning for re-election.

There is much confusion in Council about what I have formerly complained about to Council management and supported with some photographic evidence since early September.

Three complaints have identified to Council the illegal and non-complying use of several councillors and also new candidates; the most egregious conflict with the Parliamentary Electorates and Elections Act 1912.

The Council Code of Conduct and the Gosford Planning Scheme Ordinance was the LJ Hooker For Sale sign outside a property on Terrigal Dr, Terrigal, for some months which was festooned with Craig Doyle campaign flutes.

As LJ Hooker seems to want to get it on with me, I am asking Gosford Council again, whether LJ Hooker had approval for the

Forum

For Sale sign to be placed on the road reserve in the place identified to them in the several photos I supplied to Gosford Council and published in several pages of the Peninsula News and other local papers.

I note that Council's public officer Mr Nic Pasternatsky insists on replying to all my emails to Council, Council officers and councillors by snail mail, which needs to stop because it is wasting rate payers' money and inconveniencing me and others involved in pursuing honest open government.

I have asked, and I ask again, did LJ Hooker have approval to put the enormous sign on the road reserve outside the development site at Terrigal Dr, Terrigal, as identified in several photos supplied to Council and other complaints sent to the attention of Council?

In a so-slow-to-arrive-snail-mail-letter on November 30, I was advised that Council's rangers do not give permission to any persons that wish to display advertising on Council land that is offensive.

Either the real estate sign was approved by Council, and Council will copy me the proof of insurance and rental paid to Council in

accordance with Council policy, or it was not permitted, and it was as perceived "friends of Council" just doing their thing.

Either way, I doubt Gosford Council have any record of giving written permission to Craig Doyle to have added his campaign material to the sign, because that may have been illegal.

I understand LJ Hooker do not own the sign which makes what Cr Doyle told me about having approval from the owner of the property hard to reconcile with the facts.

I feel I am being discriminated when I compare my dismissive treatment by my Council to that of other ratepayers.

By the way, there were several councillors and other campaigners identified in several full page ads in our local papers.

Just how does Council expect us to believe the illegal and non-complying use of public property was not able to be diligently policed?

The mayor's head shot was on railway fences in two prominent places easily removed by any ranger doing their jobs diligently.

**Email, 10 Dec 2012
Edward James, Umina**

Vandals are fortunate they don't live in Waverley

Forum

Letters to the editor should be sent to:
Peninsula News
PO Box 1056,
Gosford 2250 or
mail@peninsulanews.asn.au
See Page 2 for contribution conditions

they do and damned if they don't. It is fortunate for these vandals that they do not live in other jurisdictions such as Waverley.

There, enormous signs at least 5m by 2m are erected up high, in place of the vandalised trees and thus obstructing the view entirely.

The sign states that they will remain there until the newly planted trees reach the height of the felled ones.

It is understandable that people with vested interests or who were misled when they purchased their homes, should plead with Council to do something such as build a sea wall or give them a flat lawn all along the waterside.

These things have been done in many places around the world; along the East Coast of America for instance.

A sea wall in one place simply moved the problem further along and houses there, built too close to the water, were lost to the ocean.

Even more were lost to Hurricane Sandy.

At Kingscliff in northern NSW, a caravan park and a surf club are in danger of being lost completely, despite enormous rocks and sandbags being strategically placed, as well as a large earthmover pushing the sand in, to form an artificial dune.

It is sad that those "concerned" citizens do not acquaint themselves with the facts by looking at the science of coastal morphology and the evidence for climate change, provided by such bodies as the CSIRO, before crying to the Council.

There is much information available on the internet, radio programs such as The Science Show on ABC's Radio National, Catalyst on ABC television, DVDs with David Attenborough as well as specialists at the CSIRO and the Australian Museum.

There are wonderful Discovery Walks and Talks with the National Parks and also workshops provided by Council.

Why not ask Council to inform you of these events?

It is always wise surely to consult a specialist and - or check the evidence, before complaining.

**Email, 7 Dec 2012
Margaret Lund, Woy Woy Bay**

Small sign not appropriate

I don't believe that a small sign is an appropriate method to deal with environmental vandalism at Ettalong.

Instead of a small sign, a billboard to the height and width of the vandalised vegetation should be erected.

Forum

The manufacturers of Preparation H will benefit from the free advertising while the vandals will know what the law abiding citizens think of them.

Alternatively, the Peninsula Chamber of Commerce could encourage an "anchor business" to develop the site.

**Email, 16 Dec 2012
Tim Haylor, Umina**

"You may drive out Nature with a pitchfork, yet she will always hurry back," Horace, Epistles.

It is unfortunate to see that some people on the Peninsula think that they have a right to continue to vandalise vegetation on the dunes.

Perhaps they were given to believe that a magnificent view to Lion Island came with the deeds of their dwelling.

Despite the State Government dispensing with information concerning sea level rise and, whether you believe it or not, climate change is happening, unfortunately at a much faster rate than scientists had anticipated, action has to be taken.

Even Mr Hunt, of the Federal Opposition, believes that the melting of the perma-frost in Siberia is of grave concern.

House insurance premiums demonstrate that some business people do also acknowledge this fact.

They are aware of the likely damage to be incurred by the increasing storm activity, particularly when combined with a high tide.

Unfortunately the vandalism will not just impact on the people beside the water but on all residents on the flat sandplain called the Peninsula.

King tides, may this month, affect the CBD of Woy Woy as they did in 2009.

Vegetation is around the coast to trap the sand and thereby build up the dune, instead of it blowing across our roads.

Dunes help to protect our assets.

Council is to be congratulated on taking some action at last, so it is disappointing to see that some people consider that we have a Council "gone mad".

Council seems to be damned if

ADVERTISEMENT

Deborah O'Neill MP

On our side

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

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

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

Deborah O'Neill
Federal MP for Robertson

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

Margin's Mushrooms

Come visit us!

Freshly picked mushrooms \$10 a bag

Open: Monday - Saturday 9am -11 am

Farm: 4341 3003

Lot 151 - 171, Woy Woy Rd, Woy Woy
(The bottom of Bulls' Hill)

Gardeners!

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Pick up 167 Blackwall Road

Free delivery on 20 blocks!

(Home) 4344 2468

www.marginmushrooms.com.au

Woy Woy musician sings carols

Woy Woy musician Bryce Sainty has been voted the number one singer on the Central Coast.

This won him a spot to perform at the Christmas Carols which were held on Wednesday,

December 19, at Bluetongue Stadium.

Bryce won the Over-18s category in the Voice of the Carols competition which was judged by Rod McCormack, Brian Lizotte and 2GO's Sarah

and Dwayne.

Bryce made it to the top three and the Central Coast then voted him as number one.

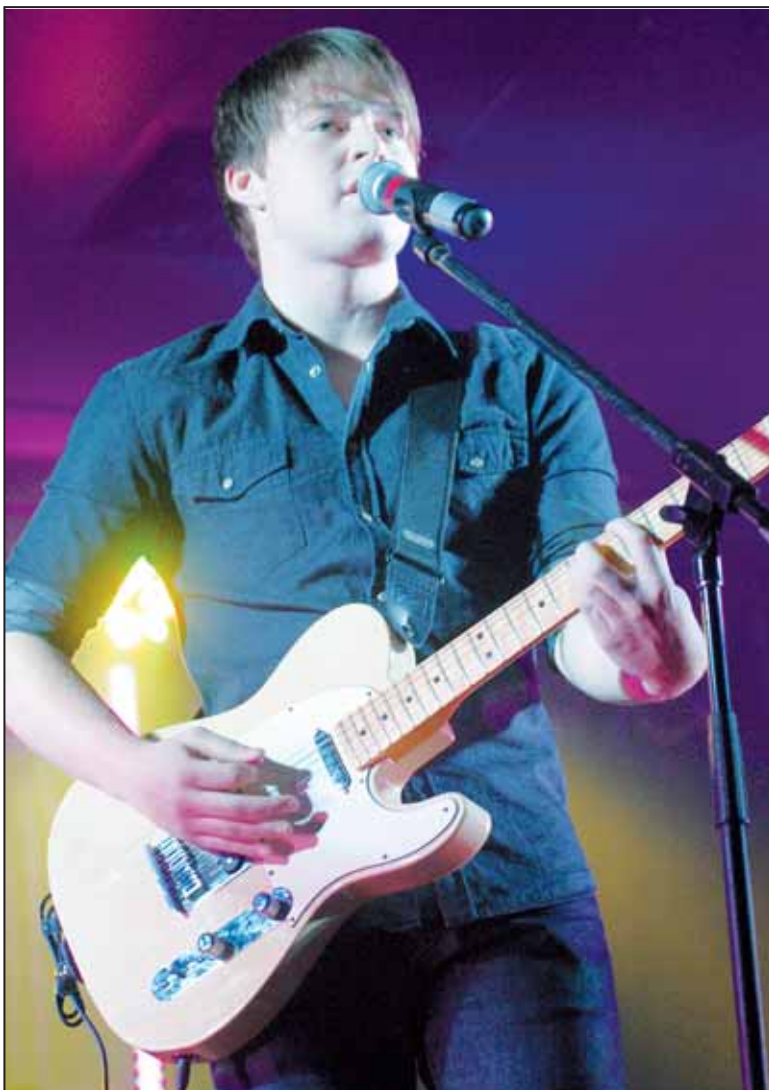
As well as a spot to perform at the 2GO Christmas Carols, Bryce won a headline gig at

Lizottes restaurant next year, a support gig for an Australian headliner and a song recording prize.

His debut single Message in a Bottle also made it to number six in the iTunes Country Charts.

Throughout the Christmas holidays, Bryce will conduct songwriting, performance and guitar workshops and lessons at the Woy Woy School of Music.

Email, 13 Dec 2012
Madeline VanDerMast



Just gets better

Christmas day Open 10am till Midnight'

NEW YEARS EVE!

Members \$25
Non Members \$30

The Blues Brothers

REVIVAL

Soul Covers

Kids Disco on Wednesday the 2nd, 9th, 16th and the 23rd starts at 6.30pm, free entry loads of fun

Trading hours for the holiday period below

<p>Mon 24th December Tues 25th December Wed 26th December Thurs 27th December Fri 28th December Sat 29th December Sun 30th December Mon 31st December Tues 1st January</p>	<p>10am-Midnight 10am-Midnight Normal Trade Normal Trade Normal Trade Normal Trade 10am-Midnight 10am-1am 10am-Midnight</p>
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Melbourne Avenue, Umina Beach
Telephone: 4341 2618

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An Obsession for Hair & Beauty Lounge

<p>Deal 1 Beautiful Blowdry Short to Medium \$40.00 <small>Limit 1 deal per client, per visit, not to be used in conjunction with any other offer.</small></p>	<p>Deal 2 Global Colour \$75.00 <small>Regrowth for any length of hair, in & out in 1.5 hours</small></p>	<p>Deal 3 Express Trim \$25.00 <small>Restyles not included No appointment necessary</small></p>
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PREPAMPER	\$35
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ON THE DAY!	\$70
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ACRYLIC NAILS	\$45
• Full Set	

BOOK IN TODAY! Positions are filling fast!
COMPLETE PACKAGE FOR JUST \$150

Shop 293B West Street Umina Beach **43 44 3013**

Exhibition staged for fourth year

An Art By The Sea exhibition will be staged at the Killcare Surf Club from Saturday, December 29, to Monday, January 7, for its fourth year.

"We are very excited about this particular event as everything points to a wonderful show," said organiser Ms Luisa Scutts.

Traditionally staged in the surf club's auditorium which adjoins The Point Cafe and overlooking Killcare beach, the exhibition includes works of both local and visiting artists.

This year's lineup includes Archibald Prize finalist Peter Smeeth, Dobell Prize artist Bronwyn Van de Graafe, finalists from the Gosford Regional Gallery and others prominent

in the art world including John Biggart, Lisa Haymes, Elena Parashko, Terry Baker, Helena Brunner, Gregory Coates and Jean Scott.

Proceeds from the exhibition assist in providing funds for the surf club including lifesaving devices, gymnasium equipment and, in last year's case, a lifeboat.

An opening night cocktail party will be held at the surf club on the evening of Friday, December 28, from 7pm to 10pm which will see Greig Pickhaver (aka HG Nelson, of Roy and HG fame) as the guest speaker.

**Media Release, 19 Dec 2012
Allan Wilson, Killcare Surf Club**



Art By the Sea organiser Luisa Scutts looks forward to another successful exhibition

WOY WOY ECO-WALK

History and nature of Woy Woy waterfront
6th, 19th & 24th Jan

ROCK POOL RAMBLE

Meet the residents of the rock pools!
Umina Beach, 21st Jan

Bookings required
0414 414 291

Cello at Gospel Garden

The Gospel Garden Ministry in Umina will host a performance by CelloJoe on Friday, December 21,

from 7pm along with a local burlesque dance troupe.

Cello Joe combines cello with beat boxing to create a classical hip hop genre.

"Looped and layered beat boxing beats and funky cello form a rich soundscape for intelligent lyrics," said CelloJoe.

CelloJoe said his sound also incorporated the style of old time, jug band, blues and kids' music.

CelloJoe is the world's first long distance musical bike touring cellist.

In 2007 and 2008, he rode with the Pleasant Revolution, a 5,000 mile bike tour from north San Juan, California to Palenque, Chiapas, Mexico.

In May 2009, he went on a 500 mile bike tour through Utah with Shake Your Peace.

In August 2009, he rode from Portland, Oregon, to Vancouver, British Columbia, Canada in the Pleasant Revolution Northwest Bicycle Music Festival Tour...



Also at the Gospel Garden on Christmas Day, doors will be open for people to share the Joy of Christmas, from 12pm.

Email, 19 Dec 2012
Gina Booth, Gospel Garden Ministry

Want2be Costumes & Lingerie

1/94 Blackwall Rd, Woy Woy

The largest selection of Costumes on the Peninsula.

At these prices you will NEVER hire again!

Adults Costumes starting from \$16!

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91 Blackwall Rd 4341 4939

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4342 2713 - 0419 413 548



Animal Welfare League - Central Coast Branch

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

Some of the benefits of desexing your pet are:

- Prevent unwanted litters.
- Reduced risk of cancer of the reproductive organs.
- Cheaper Council life-time registration.
- Less likely to wander or roam.

Call Helen 4342 2047 for details
Thrift Shop Enquiries: 4344 6650

PRESENTED BY [FALUN DAFA CITY ASSOCIATION]

SHEN YUN 2013

神韻晚會

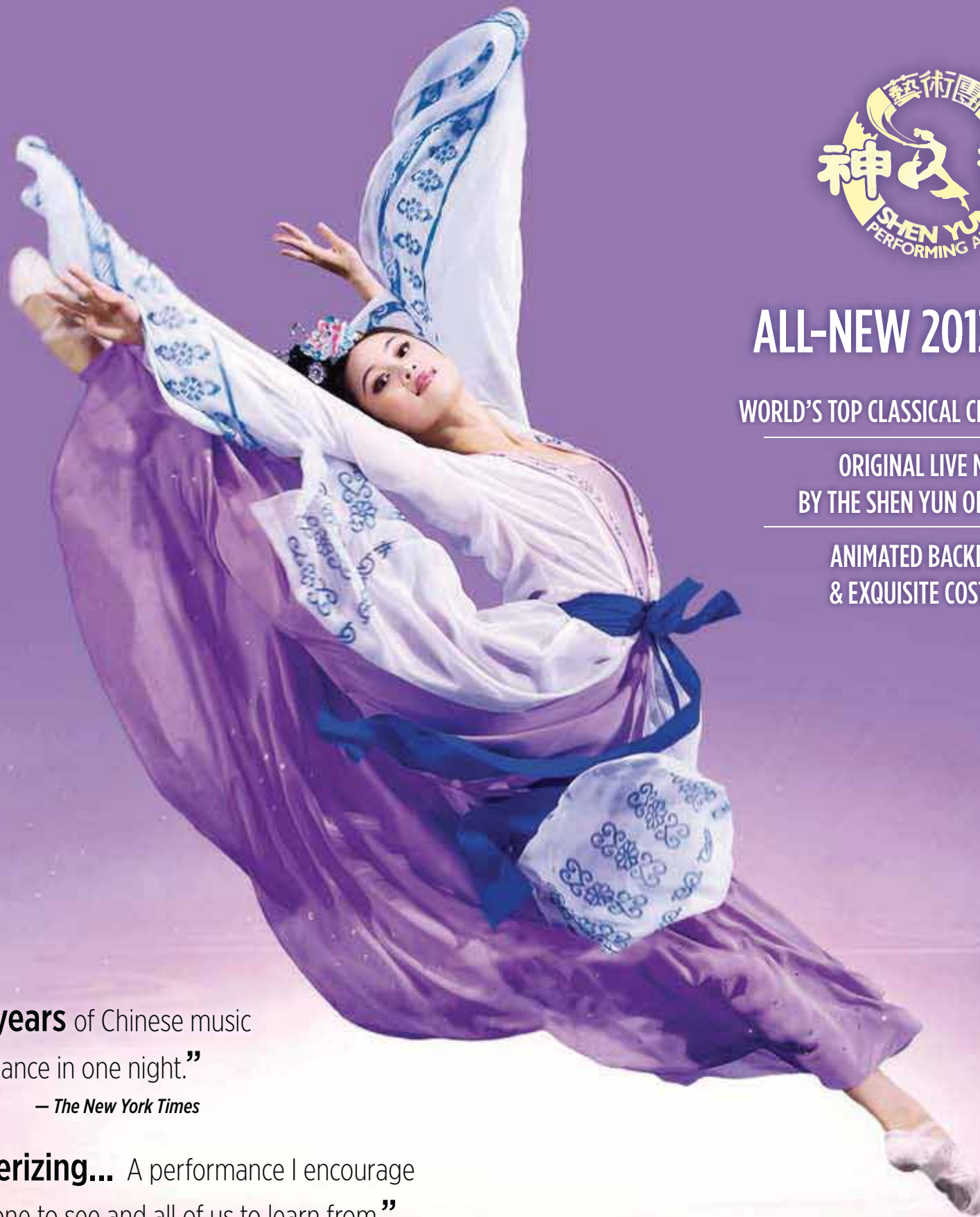


ALL-NEW 2013 SHOW

WORLD'S TOP CLASSICAL CHINESE DANCERS

ORIGINAL LIVE MUSIC
BY THE SHEN YUN ORCHESTRA

ANIMATED BACKDROPS
& EXQUISITE COSTUMES



“5,000 years of Chinese music
and dance in one night.”
— *The New York Times*

“Mesmerizing... A performance I encourage
everyone to see and all of us to learn from.”
— *Donna Karan*
Creator of the Donna Karan Collection and DKNY

Brisbane
1-3 February 2013

Canberra
16-17 February 2013

11-12 FEBRUARY

SYDNEY - CAPITOL THEATRE

Shen Yun Ticketing Office: (02) 9146 4929

Ticketmaster: 1300 723 038 | www.ticketmaster.com.au

ShenYun2013.org

*All individuals' quotes originally published by *The Epoch Times* and New Tang Dynasty Television.

Directory - Not for profit Community Organisations

Animal Care

Animal Welfare League

provides aid to sick or injured animals & subsidised assistance in the desexing of dogs.
Meet 2nd Tues, Spike Milligan Room Woy Woy Library, 10am.
Debra 4344 4435
awcentralcoast@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 ⁽³⁰⁹⁾

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 publicity@artcentralcoast.asn.au
4325 1420

Point Clare Arts & Crafts ⁽³⁰⁹⁾

Wed - Adult Art Class
Approaches to Visual Arts, supported by History of Art, to develop your own style
Wed & Fri - Adults
Bunka Embroid, Cards, Crotchet, Cross Stitch or bring your own - \$3/session
Point Clare Community Hall
10am - 12noon
4325 5007

Hospital Art Australia ⁽³⁰⁹⁾

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

Church

Good News Church

Meets every Sun - 10am
Woy Woy Public School
Park St Woy Woy
Modern Service
Children Catered for
Youth Fridays 7pm during School term
www.goodnewschurch.org.au
PO Box 1009 Woy Woy 2256
Pastor Sam Collins
4344 3000

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.

Over 55's - Social Outings, Oil Painting, Multi craft, 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⁾

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

Gosford 50+ Leisure and Learning Centre

(formerly Senior Citizens) ⁽²⁸⁷⁾
Handicraft, Painting, Knitting, Tai Chi, Scrabble, Darts, Table Tennis, Indoor Bowls, Patchwork, Yoga, Fitness, Gentle Swimming, Line Dancing, Cards, Variety Social, Womens Group, Zumba, Crochet, Computer Class
4324 4749

Community Groups

AACC Computer Club Inc. ⁽³³⁾

www.aacc.asn.au
Help with all Computing problems, Program demos + Q&A sessions
• 2nd Wed Windows 7 - 10pm Narara Valley HS
Fountains Rd, Narara
• 3rd Wed - Linux 9.30am-12.30pm East Gosford Progress Hall - Cnr Webb Rd & Henry Parry Drive
• 4th Thurs **Social + Windows 12.15 - 3.15pm** - East Gosford Progress Hall
secretary@aacc.asn.au
4362 1918 or 4324 2740

ABC ⁽³⁰⁹⁾

"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
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 - Umina Public School
Sydney Ave
4343 1929

Bridge ^(286c)

Tues 12.15pm 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.cashhousie@hotmail.com

Central Coast Amateur Radio Club (CCARC) ^(97/317)

Do you wish to join the world wide hobby of Amateur Radio?
Dandaloo St, Kariong open Saturday from 11am to 4pm
ccarc@ccarc.org.au
4340 2500

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.centralcoastshsguild.org.au

Central Coast Family History Society Inc. ⁽³⁰¹⁾

All the resources, information and advice needed to study your family's history are available.
Meet 1st Sat 1pm
Lions Community Hall, behind 8 Russell Drysdale St, E. Gosford. www.centralcoastfhs.org.au
Visits 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 For senior members of Woy Woy/Umina Community
Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and bus trips - 4341 0698

Lions Club of Woy Woy Peninsula

meet on the 1st and 3rd Mondays at the Everglades Country Club.
4326 1996
Make new friends and have fun while you serve your community.

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

Peninsula Village Carer's Support Group ⁽²⁸⁷⁻³¹¹⁾

Invitation to carers of loved ones with dementia
Meet 1st Wed - 10 to 11.30am
Paula Newman 4344 9199

Peninsula Village Playgroup ⁽²⁸⁷⁻³¹¹⁾

Carers, Grandparents, parents & children - Come & join our 'Intergenerational Playgroup'
Every Tues 10 to 11.30am
Paula Newman - 4344 9199

Probus Club of Umina Beach ^(81/298)

Friendship, Fellowship 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

Central Coast Prostate Cancer Support Group (Gosford)

Meet last Friday Month
Terrigal Uniting Church
9.30am to 12 noon
Affiliated with PCFA
4367 9600

Rotary Club of Kariong/Somersby ⁽³⁰⁹⁾

International service club exists to improve lives of communities in Australia and overseas.
Join us for fun-filled activities, fellowship and friendship.
Meet breakfast at Phillip House 21 Old Mount Penang Rd (opp Shell), Fridays 7.15am
4340 4529

kersuebay@philliphouse.com.au

Rotary Club of Umina ^(6/294)

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

Rotary Club of Woy Woy

Rotary is a great organisation in which to be involved in community, international and social activities. It is a fantastic way to discover and fulfill your true potential.
To become a part of this, we meet every Tues 6pm, at the Everglades Country Club.
Contact Don Tee
4369 7496
0428 438 535

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

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

Umina Beach Men's Shed Inc. ⁽²⁸⁷⁻³¹¹⁾

Men come and share, a variety of tools, pursue interests and hobbies, Spend time with other men and Learn new skills
Darrell 4341 2355

Umina Beach Scrabble Club ^(65/302)

For all levels and ages
Every Wed, 9.30-12.30pm, relax, enjoy a cuppa while you play
Scrabble
Mingaletta, 6 Sydney Ave, Umina
4344 2808

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.
vrc@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

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 - 4341 0584
marymacs@woywoycatholic.org.au

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,
Every Fri 8 - 9pm
www.oa.org - 0412 756 446

Pink Butterfly Breast Cancer Support Group -

First Sunday 10.00am - 12.00
Shop 71 Schnapper Road
Ettalong Markets
0428 712 251

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.ccwhc.com.au

Woy Woy Public Hospital Alliance ⁽³⁰⁸⁾

Formed to restore medical services previously available at this hospital - upgrade to a standard commensurate with the needs of the Peninsula and the Gosford City area
2pm 2nd Sat St Lukes Church Hall, Blackwall Rd Woy Woy
4344 4811

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 & PVC 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

Soundwaves ^(87/308)

Men's acapella 4 part harmony chorus - all ages welcome
7.00pm Monday Nights
Central Coast Leagues Club
Ray 0405 030 945
randtbale@bigpond.com

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

Central Coast Greens

Central Coast branch of Geens NSW, active regarding ecological sustainability, social and economic justice, peace

and non-violence, grassroots democracy and getting Greens elected
3rd Thur, centrally on the Coast
centralcoast.nsw.greens.org.au
centralcoastgreens@gmail.com

Sport

Woy Woy Judo Club

Classes for adults, juniors and seniors
Tuesday & Friday Evenings
Ettalong 50+ Leisure and Learning Centre
0434 000 170
www.wwic.org.au

Veterans

National Malaya Borneo Veterans Association

Australia Inc ^(68/302)
1st Sat (except Jan) 2pm
Ettalong Beach War Memorial Club, 51-52 The Esplanade.
4342 1107

Vietnam Veterans', Peacekeepers' and Peacemakers' ⁽³⁰⁹⁾

Assist all Veterans and their families with pension & welfare matters. Mon & Wed 9am-1pm
4344 4760 Cnr Broken Bay Rd & Beach St Ettalong.
vietvetgosford@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 ⁽³⁰⁹⁾

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

Country Women's Association Umina

Craft and Friendship:
• Monday: 6pm
• Wednesday: 9am
• Sunday: 1st Sun of month 12.30pm
• Branch meeting: 1st Wednesday of the month 10am
CWA Hall, Cnr West and Sydney St, Umina.
4341.5404 or 4369.5353

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.
4342 2283

Gosford RSL Sub-Branch

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gosfordnorthw@live.com.au

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British lifesaver holidays here

Great Britain's Surf Life Saving vice president Mr Tim Higham has spent the last two months holidaying in Umina.

Mr Higham was the Club president of Bude Surf Life Saving Club in North Cornwall in 1990.

Umina Surf Life Saving Club member Mr Gary Matthews joined this local club 22 years ago and competed with Bude, making lifetime friends.

Mr Matthews, a local carpenter, took Mr Higham to meet Campbell Home Hardware store manager Mr Noel Annand.

"Tim and Noel had something in common," said Mr Matthews.

"Both were national champions in their chosen event.

"Back in their day, the pillow

fight was a highly entertaining and well contested event.

"Two competitors sit high upon a horizontal pole and smack each other in the head with a heavy pillow sack until one hits the other to the sand.

"Due to many injuries the event was deleted in 1978," said Mr Matthews.

Mr Higham was Great Britain Champion in 1968 and Noel was the Australian champion in 1974 and 1976.

"Many good yarns were told that morning," said Mr Matthews.

Mr Higham has since returned to the United Kingdom and said his trip was a memorable one.

Email, 18 Dec 2012
Gary Matthews, Umina Surf Life Saving Club



Gymnastics squad at Umina PCYC

Umina Beach PCYC has put together its first gymnastics squad that will compete in state stream competitions after qualifying its routines at sanctioned events.

These participants will be the first to represent Umina Beach PCYC all over NSW.

The events will feature dynamic displays of agility, strength, courage and coordination.

"The squad is beneficial to the girls by keeping them fit and strong, as well as offering young people the chance to become a leader-trainee coach with the support of gymnastics NSW and PCYC Umina Beach," said coach Chrissy Vyas.

Squad member Leela Cross has also been selected to attend Gymnastics NSW's professional development conference in January.

"Leela is not just a great gymnast, she has shown great

leadership skills and as a leading youth development organization.

"We want to mentor and provide as many opportunities for our members to develop into tomorrow's leaders and citizens as we can, including through PCYC's Blue Star Leadership Program," said club manager Allison Carpenter.

Umina Beach PCYC Gymnastics launched a year

ago with afterschool recreation gymnastics and has grown to include school holiday workshops, squad, springnastics (trampoline and other spring apparatus), circuit training fun (Tuesday mornings for adults) and in 2013 will include rhythmic and WAG, tumbling, music and movement for babies and parents and school sport.

Media Release, 10 Dec 2012
Allison Carpenter, Umina Beach PCYC



Former Surf Life Saving National Pillow Fight Champ, Noel Annand meets Former Great Britain Champ Tim Higham.

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 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

The Peninsula Diary

For events in post code areas 2256 and 2257

Friday December 21

CelloJoe performance, Gospel Garden Ministry, Umina, 7pm

Saturday December 22

Santa parade, West St, Umina, 10am

Sunday December 23

Worship Service with Holy Communion, St Matthews Lutheran Church Woy Woy, 9:30am

Monday December 24

Christmas Eve Service, St Matthews Lutheran Church Woy Woy, 6pm
Imposition performance, Woy Woy Leagues Club, 7pm

Tuesday December 25

Christmas Day
Christmas Day Worship Service with Holy Communion, St Matthews Lutheran Church Woy Woy, 9:30am
Orphans Christmas, Gospel

Garden Ministry, Umina, 12pm

Christmas Day celebration, Gospel Garden Ministry, Umina, 12pm

Saturday December 29

Daryl Braithwaite performance, Woy Woy Leagues Club
Art by the Sea, Killcare Surf Club

Sunday December 30

Bays Community Group
Breakfast in the Bays, Woy Woy Bay Community Hall, 8:30-10:30am

Monday December 31

New Year's Eve

Tuesday January 1

New Year's Day

Monday January 7

Christmas Tennis Camp, Umina Tennis Courts

Tuesday, January 8

Central Coast Art Society Paint Out, Patonga Wharf

Saturday January 12

Protect Our Planet, Gospel Garden Ministry

Saturday January 22

Surf Specific Training Program, Peninsula Leisure Centre

Saturday January 26

Australia Day

Thursday February 7

YWCA Encore Program, Woy Woy, 10am-12pm

Friday February 15

Woy Woy Rugby Union sports luncheon, Pelicans Restaurant, Woy Woy, 12pm-4pm

Thursday March 14

Australian Local Government Women's Association 60th Annual Conference, the Mantra Ettalong

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. See the Coast Community News for events in post code areas 2250, 2251 & 2260 and the Wyong Regional Chronicle for events in post code areas 2258, 2259, 2261, 2262 & 2263

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23 December
Worship service with Holy Communion, 9:30am

24 December
Christmas Eve Service, 6pm

25 December
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Public Notices

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Everglades Country Club - Dunbar Road Woy Woy
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Penny Pinkess, Robyn Warburton and Bill Gregor at work on the Dogtrack.

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Dog track was bushcare site

The extension of Araluen Drive that winds around the waterfront from Hardys Bay to Pretty Beach has always been and still is treasured by many people in the community.

Known as the Dog Track, it is walked by numerous people every day, with or without dogs.

It is also found to be a practical by-pass to Heath Rd by bike riders including the children who ride their bikes to school.

However, the edge of the track used to be a tangle of weeds, mainly lantana and asparagus so people saw the need to improve it.

There were volunteers willing to work and Gosford Council ran a Bushcare Program and so, initiated by the then Pretty Beach Wagstaffe Progress Association (now the Community Association), they were called on to help. The first meeting of the group was held on Saturday, October 20, 2001, and was a great success with 18 people attending.

Council's Bushcare officer Robyn Urquart outlined the basic principles of bush regeneration and the method of removal, appropriate for each of the most common weeds found in the area.

The group walked the track identifying both native and weed species and put the knowledge into practice for the first time.

Council supplied the tools

and the group was away.

Originally, there were two sites, the Dog Track and Bulkara Ave, Wagstaffe Point.

The latter site was cleared of weeds within a relatively short while so the group turned their effort to the Dogtrack and, years later is still trying to eradicate the weeds found there.

Much of the Lantana has been removed and natural regeneration has taken place but bidens pilosa, black-eyed susan, moth vine and morning glory are just the more commonly known weeds that are still found there.

CD-ROM, 2010
David Dufty, The Bouddi Peninsula

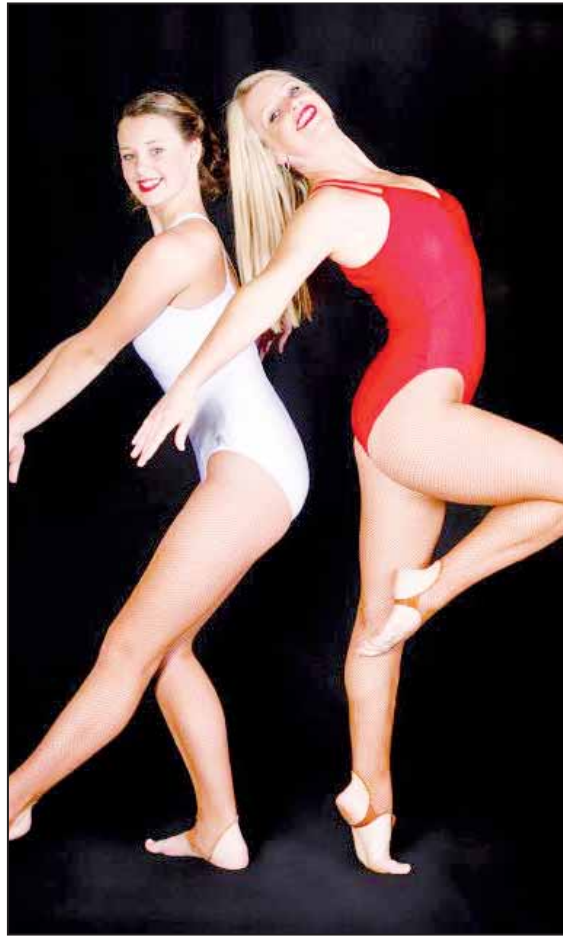
The Shame File

Ducks Crossing Publications has a very liberal credit policy for advertisers and realises that from time to time, people, businesses and organisations get into financial difficulty and may need assistance and time to get things back on track.

However, some people, businesses and organisations take advantage of this generosity they use advertising but simply don't pay their account after several months and need to be taken to court to do so.

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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Commendable results at national competition

Woy Woy Rec Physie Club has achieved "commendable results" at the National Competitions in November.

The club had 27 national competitors and 18 national repechage competitors and gained five national placings and 10 national finalists.

Georgia Riley placed second

in the 11 years while Bec Bennett placed second in the Novice Ladies.

Olivia Wylie placed fourth in the nine years, Melinda Tengstrom placed fourth in the Novice Ladies and Amy Jones placed fifth in the O17.

The club gained three repechage places which were

Simone Bradley who placed first in the 13 years, Isabelle Hyland who placed third in the six years and Cheyenna Gonzalez who placed fourth in the nine years.

In the Club's team competitions held at the State Sports Centre in Homebush, they won four National Championship Grade team first places, three National Team Overall Winners, one National Championship Grade team second place and two National Championship Grade team third places.

"We are all so proud of our club's results and it was a great way to finish off a wonderful year," said teacher Ms Kristy Stephen.

"A lot of hard work and dedication has gone in to making Woy Woy Rec, currently the most successful club on the Central Coast and one of the most successful in the country.

"Results aside, fun, friendship, fitness and club spirit is what our club and sport is all about," said Ms Stephen.

Media Release, 13 Dec 2012
Kristy Stephen, Woy Woy Rec Physie Club

Farr-Jones will speak at lunch

Woy Woy Rugby Union will host a sports luncheon on Friday, February 15, at Pelicans Restaurant in The Old Pub in Woy Woy from 12pm to 4pm.

The lunch will feature guest speaker Nick Farr-Jones who is the current chairman of NSW Rugby Union, was the captain of Australia's first World Cup winners in 1991 and was a halfback for the

Wallaby's in the 1984 Grand Slam tour.

Paul Martell, who is a 12 times winner of Australia's Finest Comic and winner of Australia's Entertainer of the Year, will also speak at the luncheon.

Peter 'Fab' Fenton will be the Master of Ceremonies on the day.

Email, 18 Dec 2012
Billy MacLean, Woy Woy Rugby Union



Coach of the Year

John Roberts of Ettalong has received the Coach of the Year award in Bowls NSW inaugural Volunteer Awards on Thursday, November 29.

Mr Roberts is currently the Bowls Central Coast Under-18 coach and, this year, players from

his club won almost every Bowls Central Coast championship.

The current Bowls Central Coast Singles Champion, 19-year-old Harley McDonald, has been coached by Mr Roberts since before his teens.

"John's Club has been increasing in numbers of bowlers which can be attributed to a number of things and the positive coaching program that John leads at Ettalong is certainly one of them," said Bowls Central Coast secretary Mr Doug Rose.

Media Release, 5 Dec 2012
Doug Rose, Bowls Central Coast



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Tennis camps

Two Christmas tennis camps will be held in the school holidays at the Umina Tennis Courts.

The first camp will run from Monday, January 7, to Friday, January 11 and the second will run from Monday, January 21, to

Friday, January 25.

The camp will be predominantly tennis but there will be other activities to keep the children occupied.

Newsletter, 11 Dec 2012
Colin Wallis, Ettalong Public School



Another gold medal for collection

Ettalong Memorial Bowling Club's Aron Sherriff added another gold medal to his collection on Friday, December 7, during the 2012 World Championships at Lockleys Bowling Club, South Australia.

Skipping his team of Mark Casey (third), Brett Wilkie (second) and Wayne Ruediger (lead) in the Men's Fours, the Australian Jackeroos snared their gold medals with a 22-13 victory over South Africa.

Lead Wayne Ruediger from Adelaide achieved his life-long dream of achieving a world gold medal on his home soil and

declared, "Words can't describe how I feel right now, I'm so happy".

"I never expected to be a World Champion.

"A year ago I didn't think it was possible," said Wayne.

In the semi-final thriller against the powerhouse Scottish team, Aron steered his team to an 18 shot margin before they squandered the advantage as the Scots rallied and staged a fight back to fall just short of the Australians, 23-22.

"What a game," said National

coach Steve Glasson.

"We got off to a really good start and began to run away with it, but we took our foot off and, full credit to Scotland, they fought back".

Aron also won silver in the Men's Pairs on Thursday, December 6, when he led for world number two Leif Selby in a final that saw the duo lose by five shots to arguably the world's best pairs team of Alex Marshall (skip) and Paul Foster (lead) representing Scotland.

Media Release, 9 Dec 2012
Bob Bourke, Bowls Central Coast



Rachel Wood

Training program for Nipper titles

The Peninsula Leisure Centre will run a six-week surf training program, designed to give competitors in the Surf Life Saving Nipper State Titles in March the skills that they need to succeed.

The group will train on a Tuesday and Thursday morning starting January 22 under the instruction of coach Graeme Carroll.

Mr Carroll has had success in surf lifesaving, having coached 15 athletes that have placed in the top 20 in the Ironman Series, including Guy Leech.

It is expected that swimmers in this program will be able to swim 200m under four minutes, as well as have a basic technique in freestyle and backstroke.

The program is designed for

swimmers aged eight to 12 years, as of January 1, 2013.

To secure your spot in this program, contact reception on 4325 8123.

Email, 18 Dec 2012
Andrew Stuart, Gosford Council
Photo: Andrew Stuart

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XMAS EVE	6.30am - 6.00pm
XMAS DAY	8.00am - 11.30am
BOXING DAY	8.00am - 4.00pm
THU 27 DEC	6.30am - 7.00pm
FRI 28 DEC	6.30am - 7.00pm
SAT 29 DEC	6.30am - 7.00pm
MEGADRAW \$30M SAT 29th	
SUN 30 DEC	6.30am - 7.00pm
MON 31 DEC	6.30am - 7.00pm
NEW YEARS DAY	8.00am - 6.00pm

Normal trading will resume on Wednesday 2nd January 2013

PARKING AT THE DOOR!

We would like to take this opportunity to wish you and your family a Merry Xmas and happy New year, thank you for your support throughout 2012.
Matt, Michelle, Taylor, India, and staff!

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The winning Central Coast team

Four athletes compete

Four athletes from Umina Surf Life Saving Club competed at the 2012 NSW Surf Life Saving Interbranch Championships at Black Head Beach on the weekend of December 8 and 9.

Harry Braddish placed third in the Under-13 Male Sprint while Rachel Wood placed second in the Under-14 Female Iron Person and

second in the Under-14 Female Surf Race.

Jemma Smith and Keisha Bovill also competed in the event.

The Central Coast placed third in the event with an overall point score of 1259 behind Sydney Northern Beaches on 1378 and Sydney on 1340.

Email, 10 Dec 2012
Donna Wishart, Surf Life Saving NSW

Endurance race for Steve

Booker Bay athlete Steve Croft participated in the Cannibal Royal Challenge-Race for Reason event on Saturday, December 15, in Cronulla, which consisted of a 25km paddle and a 21km run.

The race raised money for the Kids Foundation and saw former Australian Surf Ironman Champion Nathan Smith and two-time Hawaii Ironman Champion Chris McCormack also compete along with more than 110 competitors.

The 46km out and back course began at Gunnamatta Bay and competitors had to paddle 12.5km down river to the Audley Weir followed by a 21km run through the

Royal National Park and ending with a 12.5 km paddle back to the finish line.

Email, 7 Dec 2012
Stephanie Field, Kids Foundation



Harry Braddish and Finn Black

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TIDE CHART (Fort Denison)

LAT 33° 51' S - LONG 151° 14' E - TIME ZONE - 1000
Times and Heights(m) of high and low waters
Add one hour to the times below when Daylight Saving is in force

Time - Height(m)	Time - Height(m)	Time - Height(m)
MON - 24	TUE - 25	WED - 26
0509 - 1.50	0604 - 1.60	0009 - 0.53
1132 - 0.56	1247 - 0.51	0645 - 1.65
1725 - 1.30	1834 - 1.23	1328 - 0.44
2323 - 0.47		1916 - 1.26
THU - 27	FRI - 28	SAT - 29
0049 - 0.52	0128 - 0.50	0206 - 0.49
0723 - 1.70	0800 - 1.73	0836 - 1.75
1404 - 0.39	1439 - 0.36	1514 - 0.34
1956 - 1.28	2032 - 1.30	2109 - 1.32
SUN - 30	MON - 31	TUE - 1
0244 - 0.48	0323 - 0.49	0404 - 0.51
0913 - 1.75	0949 - 1.74	1027 - 1.70
1548 - 0.33	1623 - 0.33	1700 - 0.35
2146 - 1.33	2225 - 1.33	2307 - 1.35
WED - 2	THU - 3	FRI - 4
0404 - 0.51	0537 - 0.57	0041 - 1.39
1027 - 1.70	1149 - 1.56	0631 - 0.60
1700 - 0.35	1820 - 0.39	1238 - 1.47
2307 - 1.35		1905 - 0.42
SAT - 5	SUN - 6	MON - 7
0134 - 1.43	0233 - 1.48	0335 - 1.57
0735 - 0.61	0848 - 0.60	1006 - 0.53
1335 - 1.39	1444 - 1.32	1559 - 1.29
1958 - 0.44	2056 - 0.45	2158 - 0.45

APPROX. TIME LAG AFTER FORT DENISON
Ettalong 40 min, Rip Bridge 2hrs - Wisemans Ferry 2 hrs 30 min, Koolewong 2 hrs 10 min
In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation. Actual times of High and Low Water may occur before or after the times indicated.

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Lightning



Pythons

Peninsula Floorball holds spring grand final

The Peninsula Floorball Club held its Spring 2012 Grand Final on the evening of Tuesday, December 4, at the Peninsula Leisure Centre.

The senior game was won by the Pythons with a score of 5-3 against Fighting Ibis and the junior game was won by Lightning by 4-3 against Storm.

Fighting Ibis players were

determined to have their team name engraved on the trophy for the first time.

On the other hand, Pythons were also determined not to lose a final game twice in a row.

It started well for Fighting Ibis when Adam Turner opened the score early in the first period.

Mid-way through the first period, Josh Hope equalised for the Pythons and took the lead

straight after restart with a goal from Gareth Watson.

A goal from Mitchel Fiddock before the end of the first period kept Fighting Ibis in the game.

The end of the second period saw both teams again on equal terms following goals from Yannick Sottaz (Pythons) and Mitchel Fiddock.

The third period was going to be a thriller with both teams still

having equal chances to win the game.

At the end, Gareth Watson scored twice to complete his second hat-trick in this final round and win the game for Pythons.

In the junior game, Lightning had a great start and scored a couple of goals early in the game.

In the second period, Lightning continued to play well and were defending well against some

determined Storm players.

The third period kept everyone on edge with Storm reducing the score to 4-3.

The last few minutes saw both teams attacking and creating a scoring chance.

At the end, Lightning managed to keep their small advantage and won the game.

Media Release, 7 Dec 2012
Tanya Watson, Peninsula Floorball

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25.12.12	Christmas Day	CLOSED
26.12.12	Boxing Day	CLOSED
27.12.12	Thursday	7am - 5pm
28.12.12	Friday	7am - 5pm
29.12.12	Saturday	7am - 4pm
30.12.12	Sunday	7am - 2pm
31.12.12	New Years Eve	7am - 5pm
1.1.13	New Years Day	CLOSED
2.1.13	Wednesday	7am - 5pm

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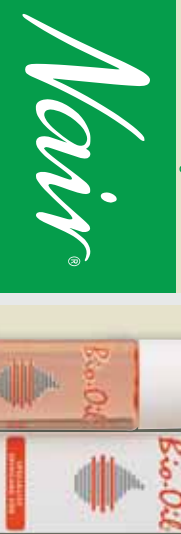
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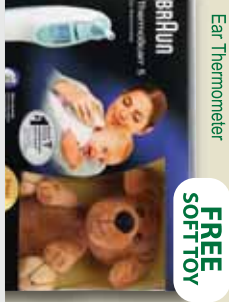
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