



The Rawson Rd railway crossing

## Council seeks comments on rail underpass plan

**Gosford Council is seeking comments and opinions from the community on the Rawson Rd Railway Level Crossing Replacement Project in the form of a questionnaire.**

The questionnaire asks questions such as what aspects of the project the person likes and dislikes and whether the person believed any modifications should be added to the project to improve it.

The questionnaire is part of the continuing investigations being undertaken by Gosford Council with funding from the State Government.

The project is aimed at addressing safety concerns at the existing level crossing at Rawson Rd.

The proposed works extend for approximately 3.1km from the

intersection of Rawson Rd and Railway St, along Railway St and Nagari Rd, pass under the railway line, realignment of the Bulls Hill section of Woy Woy Rd and finish at the intersection of Banyo Close.

The project is expected to benefit road and rail users with improved safety and efficiency.

The design would be developed to minimise environmental and local heritage impacts and would integrate input from the community and other stakeholders.

The majority of site investigations to develop the concept design have been completed.

Such investigations included geotechnical works, environmental investigations and mapping for the Environmental Impact Statement.

Subsequent to these investigations and following discussions with various stakeholders, the alignment of the proposed road upgrade near the

bottom of Bulls Hill was adjusted to minimise impact to vegetation and the wetland in Correa Bay.

Consultation with registered Aboriginal Interest Groups has also commenced with a report currently being prepared.

Recommendations of the report will be considered in the preparation of the Environmental Impact Statement.

Concept road design has commenced with the first milestone reached for the project's design development.

Comments received from the community will be collated and reviewed by Council and the project team.

Where possible, ideas and suggestions will be incorporated in to the design.

**Community Update,  
December 2012  
Gosford Council**



**THIS ISSUE contains 43 articles - Read more news items for this issue at [www.peninsulanews.info](http://www.peninsulanews.info)**

# We ♥ The Peninsula



# 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](http://www.peninsulanews.info) for all editions published

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

## Next Edition: Peninsula News 310

Deadline: **January 31** Publication date: **February 4**

### Contributions

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

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

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

**Ducks Crossing Publications is the commercial operator of Peninsula News**

ISSN 1839-9029 - Print Post Approved - PP255003/09959  
New Age Printing, Rydalmere

## Woy Woy Community Media Assoc Inc 2012 Membership Application

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

# The big dry continues

**The big dry on the Peninsula continues, with little rain recorded so far this month after six months where rainfall was well below average.**

Almost two thirds the way through January, the Peninsula has recorded only 8.8mm of rain for the month.

This is less than seven per cent of the January average of 132.8mm, according to figures supplied by Mr Jim Morrison of Woy Woy.

Temperatures have reached the high 30s three times so far this month, according to the local weather website [www.peninsulaweather.info](http://www.peninsulaweather.info).

The maximum temperature exceeded 40 degrees last Friday, January 18, and was above 35 degrees on January 8 and 12.

The temperature on January

8 fell just short of 40 degrees, reaching 39.6.

The lowest temperature so far this month was 17.2 degrees, recorded on January 6.

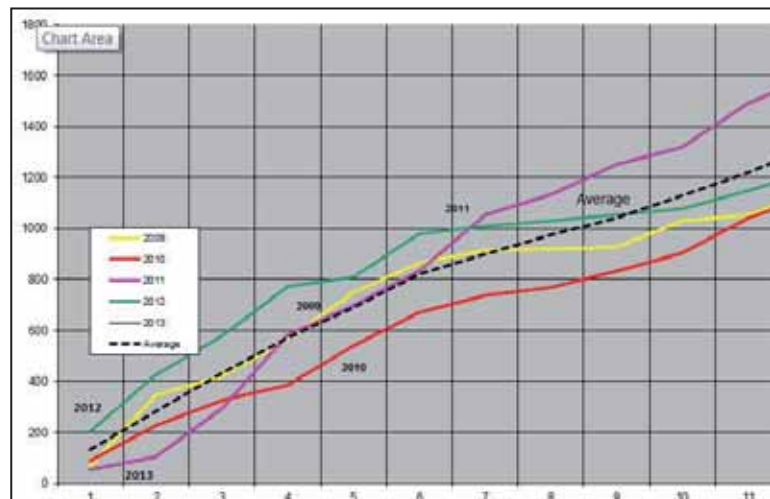
Maximum temperatures have averaged 28.0, while minimum temperatures have averaged 20.3.

Highest minimum was 22.4 on January 6.

Lowest maximum was 21.9 on January 14.

Highest wind gust was 25.6km/h, recorded on January 14.

**Spreadsheet, 18 Jan 2013**  
**Jim Morrison, Woy Woy**  
[www.peninsulaweather](http://www.peninsulaweather)



# Your Chance to Win

**Peninsula News and Tropical Gaze are giving two readers the chance to win a \$75 gift voucher to be used on any purchase from the Tropical Gaze website.**

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To view the Tropical Gaze collection, visit [www.tropicalgaze.com.au](http://www.tropicalgaze.com.au).

The vouchers are not redeemable for cash and no change will be given.

The winners of last edition's Peninsula Mzaza competition were Helena Lewerene of Bensville, Jane Becktel of Empire Bay and Annie Poruiskis of Ettalong.



Prize winners will be required to pick up their prize from our Gosford office. Entries may be passed on to prize providers for marketing purposes.

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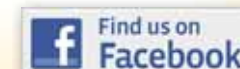
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# Lantern parade and fireworks at Woy Woy

**Australia Day celebrations at Woy Woy will follow a day of celebrations at Wagstaffe and Gosford.**

The evening celebrations at Woy Woy will include entertainment, a lantern parade and a fireworks display at 9:15pm.

Gosford City Australia Day Committee chairman Cr Jim Macfadyen said this year's festivities would combine the traditional with new exciting activities.

"The day will begin at 8am with a traditional opening ceremony and flag raising at Wagstaffe and will be followed by Breakfast by the Bay for all community members.

"From 4pm the Woy Woy Waterfront will come to life with activities for the whole family to enjoy including face painting and colouring-in for the kids, market and food stalls, live entertainment

and the always impressive Lantern Parade," said Cr Macfadyen.

The official ceremony at Woy Woy will commence at 6pm and will be followed by a packed program of live entertainment.

Local rock band Rat Race will reform especially for Australia Day after a five year hiatus, and Imposition, a young four piece band, will perform a mix of everything from pop and rock to old classics.

Cr Macfadyen said residents and visitors were also being encouraged to keep the environment in mind when attending this year's celebrations.

"Australia Day celebrations on the Peninsula are becoming more popular each year which means that the waste produced on the day is also increasing.

"We are asking that everyone attending the activities consider

one another and the environment by disposing of their rubbish thoughtfully and recycling where possible.

"As always, we are looking forward to safe and successful celebrations where the local community can come together and share in our National Day," said Cr Macfadyen.

The activities at Wagstaffe will take place from 8am until approximately 10:30am and the festivities along the Woy Woy Waterfront will take place from 4pm to 9:30pm.

Gosford Council has advised that alcohol is not permitted during the official Australia Day celebrations.

**Media Release, 16 Jan 2013**  
**Cr Jim Macfadyen, Gosford Council**  
**Email, 15 Jan 2013**  
**Warren Loades, Drumbala**



Rat Race



Lanterns made from a previous parade



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# Pre-emptive emergency declared

**Fire Brigades on the Peninsula were on standby during the recent heatwaves experienced on Tuesday, January 8, and over the weekend of January 12 and 13.**

In preparation for the conditions, a pre-emptive emergency, under section 44 of the Rural Fires Act, was declared for the Gosford Local Government area.

The emergency declaration provided the incident management team with the ability to coordinate interagency resources and have access to support agency resources and funding if it was required.

NSW Rural Fire Service community safety officer Mr Rolf Poole said the preparation and readiness of the fire fighters and support personnel ensured there was an immediate response capability to incident on the Peninsula.

In preparation for the heat wave, support crews, including communications personnel,



catering, bulk water and aviation specialists were placed on standby and assisted behind the scenes to

bolster the fire fighting capabilities. Fire spotting air craft was deployed across the region in

addition to the local trail bike squad doing their regular patrols. "Spot fires are likely to spread

fires kilometres in front of the main fire front.

"Accordingly, it is vital that fires are detected and reported as quickly as possible so that crews can respond immediately," said Mr Poole.

People should report any unattended fires to Triple Zero.

A Total Fire Ban remains in effect.

On a day of Total Fire Ban, there is a ban on any fires out in the open.

A gas or electric barbeque is allowed, but only if it is on a residential property within 20 metres of the house or dwelling, it is in a picnic area and approved by Council, National Parks or State Forest, it is under the direct control of a responsible adult, the ground around the barbecue is cleared for two metres of all material that can burn and an immediate and continuous supply of water is available.

**Email, 14 Jan 2013  
Rolf Poole, NSW Rural  
Fire Service**



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Coast Community Connections' new logo

# Community centre is renamed

**The Peninsula Community Centre has been renamed Coast Community Connections.**

The centre's chief executive officer Mr Andrew Tuck said: "We believe that this new name better reflects the diversity of our services and programs, the part we play in our community and the way we work with people across our community."

"Coast Community Connections celebrates the beginning of a new era as we mark almost 40 years of serving children, young people, families, people with a disability and frail older people across the Peninsula, the Gosford region and the wider Central Coast.

"We are committed to our vision of a community where we love to live – where every person is safe and supported, where everyone is connected and cared for.

"Our new logo celebrates that people are the centre of the community, the centre of everything we do, and we are committed to five star quality service.

"The colours of our logo (yellow, orange, green, dark blue and light blue) celebrate the diversity and variety of people of all ages who use our services and facilities," said Mr Tuck.

**Letter, 7 Jan 2013  
Andrew Tuck, Coast Community Connections**

# Chamber welcomes flag response

**The Peninsula Chamber of Commerce has welcomed the positive feedback from locals and retailers in Umina following the placement of the Chambers' Australia Day flags on the street light banner stands in West St.**

"We have been overwhelmed with the positive comments and reactions from locals and retail operators since the Australia Day flags were installed earlier this week," said Peninsula Chamber of Commerce president Mr Matthew Wales.

"It has been a real boost to the main street over the holiday period and a patriotic reminder leading up to Australia Day.

"This is the second year we have used the flags and our thanks go to Gosford Council for supplying the men and equipment to have them installed.

"The success of the Australia Day flags and the Christmas banners that were installed over the Christmas period were only made possible by the Chamber's efforts with Council's backing to have the power placed underground over 10 years ago so as to allow light poles that could accommodate banner stands.

"If the old overhead power lines had remained, this would not have been possible and the attractive streetscape we see today would not have eventuated," said Mr Wales

**Media Release, 16 Jan 2013  
Matthew Wales, Peninsula Chamber of Commerce**





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# Asbestos concerns

A petition with eight signatures was received by Gosford Council from neighbouring property owners in relation to their concerns over building works at Calypta Rd, Umina. Petitioners stated that the fibro house was very old and they were concerned with the risk of asbestos being contained in the structure.

They said they believed that building work may not have been conducted in a safe and regulated manner and were concerned with its potentially hazardous fibres being released into the air. Petitioners have requested that Council to investigate the matter further. Gosford Council Agenda, P.3, 8 Jan 2013



Member for Robertson Ms Deborah O'Neill with volunteer Steve Petras and Santa Claus

# Petition against off-leash proposal

A petition with 1032 signatures has been received by Gosford Council from residents objecting to the proposed reduction of the off leash dog exercise area at Umina. The petitioners asked Council to retain the current size of the off leash area at Umina with off leash dog exercise facilities from the first beach access track off Berrima

Dr (heading south from Sydney Avenue car park) through to the southern end of the beach. The petitioners said they supported Council's new plan to allow dogs on leash from the Sydney Ave car park southernmost beach entry point through to the off leash area. Gosford Council Agenda, P.2, 8 Jan 2013

# Mary Mac's hosts 150 for Christmas

Over 150 people attended the Mary Mac's Place midday Christmas celebration held on Friday, December 21. "Many residents from the Peninsula and further afield enjoyed a wonderful Christmas lunch due to the generous donations of local businesses and many individuals in our community," said Mary Mac's Place project coordinator Ms Christine Burge. "We are fortunate to live in such a generous local community."

"Mr and Mrs Claus attended the lunch and all children and their parents left with a gift, all due to further generous donations of toys and toiletries from members of our community. "Our local Member of Parliament Ms Deborah O'Neill also attended to wish our guests a Merry Christmas. "Even though Christmas is over, our community is still thinking of those less fortunate with hams and lots of excess goodies being donated."

"Without this type of assistance Mary Mac's Place would not be able to do the good work they do," said Ms Burge. Mary Mac's Place is an initiative of the St John the Baptist Parish at Woy Woy and is supported by Centacare and local businesses, clubs and individuals. If you can donate or assist by volunteering please ring Christine at Mary Mac's Place on 4341 0584. Media Release, 11 Jan 2013 Christine Burge, Mary Mac's Place

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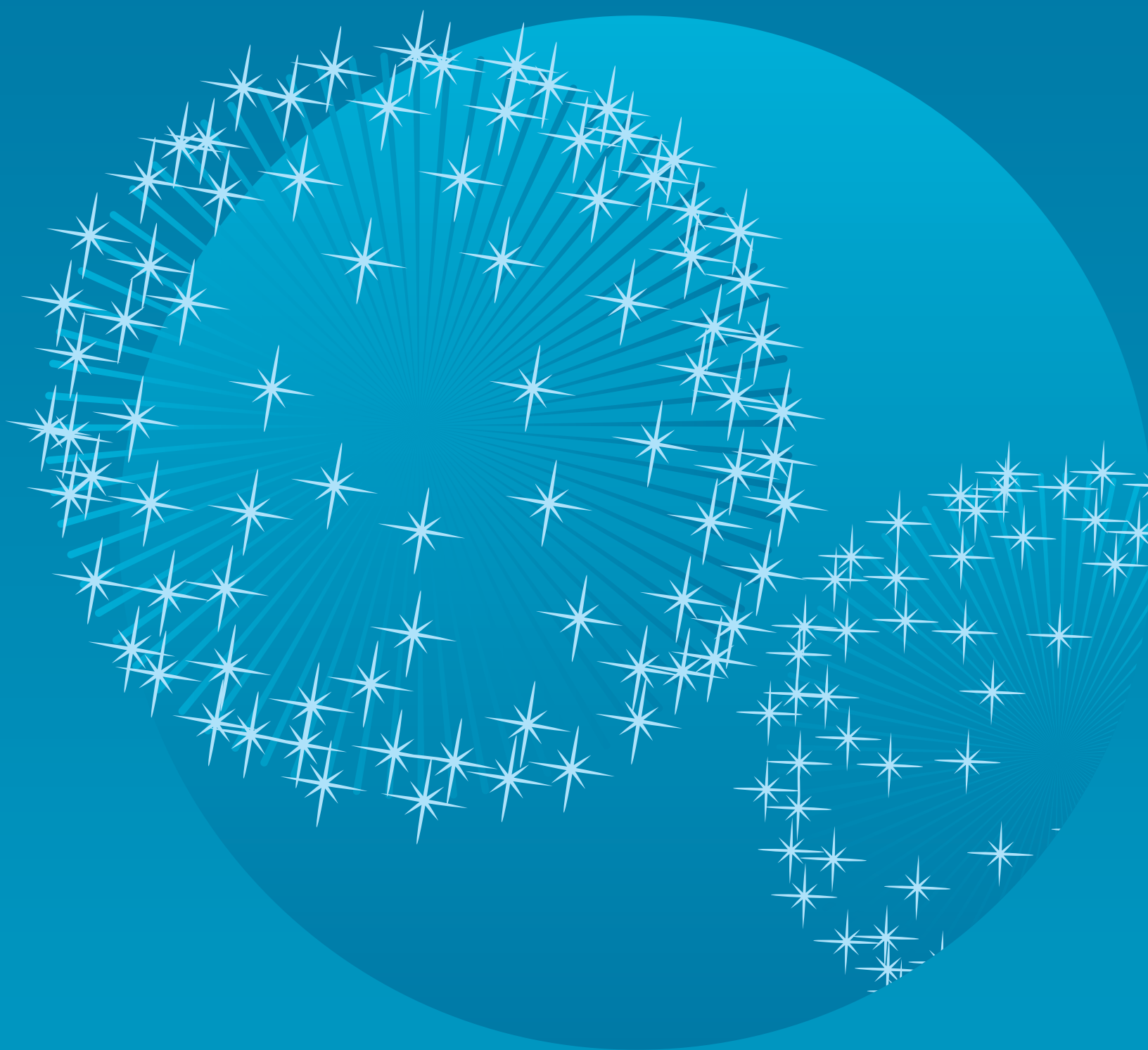
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# Yacht towed to mooring

**A 6.3 metre yacht with four people on board was towed from Woy Woy Channel to its mooring at Veterans Hall on Thursday, January 10.**

The duty radio operator at the Point Clare Base of Marine Rescue Central Coast received a call for help at around 10am.

The vessel had a mechanical problem and required assistance

to return to its mooring.

The call out crew, Ted Leeson and Richard Manning, were contacted and soon had the Unit's principal rescue vessel, Central Coast 20, under way.

The yacht was towed safely to its mooring without incident.

**Media Release, 10 Jan 2013**

**Ron Cole, Central Coast Marine Rescue**



*Helicopter assisting at Lobster Beach*

## Strong winds bring busy day

**Central Coast Marine Rescue had a busy day on the water on Friday, December 28, with a number of people in the Peninsula area needing assistance.**

Conditions changed around midday and by 3pm, with wind exceeding 40 knots, calls for assistance were being received in the radio room of Marine Rescue Central Coast.

Skipper Brendon Weston and Richard Manning were soon on the water aboard rescue vessel Central Coast 20.

Central Coast 20 was sent to the Rip Bridge where they arrived at 4:40pm after attending to a number of rescues in the Gosford area.

Their task was to assist a nine metre motor cruiser with seven people on board.

The motor on the vessel had

failed and the rescue crew towed the vessel to its mooring at Ettalong.

Two May Day calls were received by the radio room, one around 2:30pm and the next at 4:30pm, both around the bar at Little Box Head, and both involving capsized vessels.

Lifeguards in a RIB assisted the people in the water from the first vessel, a sailing boat.

The Westpac helicopter assisted the nine people (three adults and six children) from the second capsized motor vessel.

Central Coast 20 attended a 12 metre sailing catamaran with five people on board at 5pm, which was aground at Orange Grove in the Blackwall Channel.

The vessel was safe despite being aground and it was determined that it could not be assisted until the conditions

improved and the tide was higher.

The vessel was able to motor off on the high tide on Saturday morning.

The radio room directed Central Coast 20 to Hardys Bay at 6pm to assist a nine-metre cruiser aground near the south cardinal mark.

The owner used his dinghy to put his children ashore, and then he and his wife used their anchor windlass together with the tow from the rescue boat to move the stranded vessel into deeper water where they were able to restart its engine.

Central Coast 20 escorted the cruiser back to its mooring in Caroline Bay.

The volunteers from boat crew and radio room finished the day at around 8pm.

**Media Release, 29 Dec 2012**

**Ron Cole, Marine Rescue Central Coast**



*Richard Manning passing the tow line from Central Coast 20 to the yacht in Woy Woy*



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7. **Within the first year we'll take real action to protect the environment** in local communities across Australia.
8. **We'll immediately deliver strong, stable and accountable government** focused on our plans to build a stronger future for all Australians.

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





## Coal emissions far exceed bushfires

### Bushfires do not emit more CO2 than burning coal for electricity.

The acting Opposition Leader and Leader of the National Party Warren Truss is a man expecting to be a Minister, if not Deputy Prime Minister, by the end of the year.

Australian citizens are entitled to expect someone in that job to make decisions based on science and good advice, not ideology.

Mr Truss is reported as stating: "Indeed I guess there'll be more CO2 emissions from these fires than there will be from coal-fired power stations for decades", (January 9 2013).

Philip Gibbons, senior research fellow at ANU, and a specialist in biodiversity and forest science, decided to check that claim.

He stated, in The Conversation, January 10, that coal fired power stations in Australia collectively emit 200 million tonnes of CO2 per year.

When bush burns, it emits about 30 tonnes of CO2 per hectare in an intense fire in forested areas.

That means all the bushfires in Australia up until January 10 had released four million tonnes of CO2 – equal to two per cent of one year's output of coal fired power plants.

Furthermore, Dr Gibbons is right to point out that as the forest regenerates (sadly some may be so damaged it will take years to do so) the growing eucalypts and other plants reabsorb some of the carbon which was emitted when they burnt.

Power plants never reabsorb carbon.

It seems extraordinary to me, and many others concerned for the current environment and health of the future planet, for our grandchildren's sakes, that politicians like Warren Truss continue to talk about climate change and carbon emissions using incorrect information and as if there is no problem.

Even if we only talk about money, it costs money, and a lot of

### Forum

Letters to the editor should be sent to:

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See Page 2 for  
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it, to dig up every tonne of coal to feed to a conventional power plant.

Once a solar-thermal plant is built (same capital costs more or less as a mine), then the fuel is free.

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We can protect our agricultural land, stop polluting the lower atmosphere with coal particulates and the upper atmosphere with carbon, and still power our country, on 100 per cent renewables.

Beyond Zero Emissions' resource economists have done the sums.

For \$8 per house hold per week for 10 years to fund the capital costs of construction (think of all those jobs in depressed rural areas), we could be 100 per cent renewable and our power bills would be going down, not up.

Email, 14 Jan 2013  
Kate da Costa, Umina

Well done to the students at the Year 9 graduation assembly at Brisbane Water Secondary College (Peninsula News, January 7).

Obviously the school's core values are working.

I have read many good reports

### Forum

in the Peninsula News over the year about students performing well.

After having met some of the teachers who are passionate, dedicated and love working with

their students at this school (what more could you ask for), I am bewildered as to why many parents on the Peninsula say "I am never sending my kids to that school".

Perhaps someone could enlighten me on why this is so?

Email, 11 Jan 2013  
Pat Brophy, Umina

## Just an election ploy?

Margaret Lund (Peninsula News, January 7) should neither laugh nor cry about the proposed sea barrier to save Gosford from flooding.

The key speaker knew his material and was impressive.

The insurance company representative told listeners what they should have done already.

### Forum

After that it was downhill all the way.

What concerned voters should do is learn the names of those behind the event, and when elections come along, take all they say with a very large grain of salt.

Make a list of all the important

problems potential candidate groups sprout between elections and check whether they remain important after elections.

Finally, when you're asked to sign a petition, consider whether it's really needed, or is a ploy to learn how to appeal to you when election letters are sent out.

Email, 7 Jan 2013  
Norman Hanscombe, Ourimbah

## Trial a mall in West St

### Forum

creating a very dangerous situation, especially for elderly or less nimble residents.

Uncourteous drivers see pedestrians approaching a zebra crossing and instead of stopping they initiate a game of chicken by speeding up.

This safety issue requires urgent attention.

It is time to trial a pedestrian only mall in West St.

The trial period should include the upcoming Surf Life Saving State Championships in March.

A life will be saved.

Email, 15 Jan 2013  
Tim Haylor, Umina

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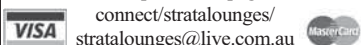
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# Duck killing was witnessed

I write in response to an email from Patrick Croke published in the January 7 edition regarding the illegal trapping of ducks at Ettalong (Peninsula News, November 12).

I would like to inform him that I and another person witnessed Asian men trying to kill ducks in a privately owned car park and

## Forum

spoke to the men.

The following day, fishermen also witnessed Asian men hiding in the bushes, trapping and killing the ducks on the beach.

Just because you, Mr Croke, did not see it doesn't mean it did not occur.

Hopefully it was a one off

incident by tourists or visitors to the area.

It is not racist to describe someone's appearance and it is not hearsay.

I personally reported it to Gosford Council and the RSPCA.

Mr Croke's accusations and assumptions are unfounded.

Email, 8 Jan 2013  
Alexandra Quinn, Ettalong

# Slim pickings for small retailers

## Forum

It is the opinion of the Peninsula Chamber of Commerce that over one million dollars will be injected into the local economy when an American fast food store is operational (Peninsula News, January 7).

Before the development was approved by Council it was a restaurant, but now it is a fast food store.

Council should review the classification.

Where does the cool one million dollars come from and where does it go?

If a retailer is paying one million dollars in wages, it is safe to estimate that they will be turning over around five million dollars per year.

This means that before the benefits of the cool million flow to the local economy five million will pass through the fast food retailers cash registers.

Every man, woman and child in Umina must spend \$311 per year on American style fast food to ensure the five million dollar turnover that will trigger a proposed one million dollar injection into the local economy.

The figure of \$311 is based of the estimated annual turnover of five million dollars divided by the population of Umina which was reported as 16,031 by the 2011 census.

That is an additional \$1244 of discretionary spending per year for a family of four.

After we find - spend - waste the additional \$311 per year on food of questionable nutritional value, where will the cool million go?

The Peninsula Chamber of Commerce suggests that small retailers will benefit.

I disagree.

I believe the biggest share of the \$1 million injection will fall into the coffers of Wesfarmers (Coles, Coles Petrol, Liquorland and Bunnings) and Woolworths

(Woolworths, Woolworths Petrol, BWS and the Ocean Beach Hotel).

After payments to telcos, energy providers, council rates and spending at alternate retail centres such as Erina Fair, Tuggerah and Hornsby, there will be slim pickings for small retailers.

Much closer to \$7.77 than one million dollars.

Based on what I have seen on current affair programs, it is safe to predict that many small retailers will be forced out of business by the ruthless approach to competition as executed by the national chain stores that are now anchored in Umina.

Tru-Value hardware is the first casualty.

All these new jobs that the Peninsula Chamber of Commerce is taking credit for are well hidden by the supermarkets.

The new employees are certainly not manning the check-outs.

The choice is serve yourself or face a prolonged wait.

There will be no boost for the local economy.

Any cash injection will be a mere drop in the bucket as millions will be trucked away from the Peninsula by the avaricious national and multinational chains that have recently dropped anchor in Umina.

The next step will be that the big business community will lobby Council for an increase in the population density of the Peninsula so their profits can increase.

If you oppose Gold Coast style high rise apartments on the Peninsula act now.

Send a letter or email to the mayor or the councillors to advise them that the Peninsula Chamber of Commerce does not represent you.

The mayor's email address is lawrie.mckinna@gosford.nsw.gov.au.

Other councillors email addresses are shown on Gosford Council's website.

Be heard, be loud, don't be shy. Move out of your comfort zone and have your say.

Email, 15 Jan 2013  
Tim Haylor, Umina

# Ducks are missed

Regardless of whether or not mallard ducks were cruelly trapped and killed along the Ettalong Beach Foreshore (Peninsula News, January 7) there has definitely been a huge reduction in their numbers in recent weeks.

As residents of Ettalong Beach, my husband and I have always enjoyed watching flocks of ducks and their babies swimming and feeding in the waters, huddling

## Forum

en masse at the waterfront and waddling around the area.

It used to be a heart-warming sight to see a line of cars waiting for a mother duck and her ducklings to cross the street.

It saddens me greatly that this charming feature of my suburb has now been taken away.

I heard a rumour that they had been relocated to another area as

their numbers were increasing and causing so-called inconvenience to shop owners.

Whatever the reason, I fervently hope that they were not destroyed and are happily quacking away in their new home.

The ducks were an intrinsic part of the natural environment here and I for one, miss them on my daily walks and long for their return.

Email, 11 Jan 2013  
Nitasha Thomson, Ettalong

# Council should check trees

A neighbour's large tree came down over a garage and part of a house on the evening of Wednesday January 17.

Other trees hang over the boundary and the foot path.

## Forum

They are dangerous and Council should take up the task of seeing that trees like this get trimmed to keep them safe.

This one could have killed someone.

The whole tree should come down as its growing from a stump.

Email, 17 Jan 2013  
Rod Munson, Ettalong

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**Deborah O'Neill**  
Federal MP for Robertson

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# They had found an egg

In the last week of school as I arrived home, I got a phone call from two colleagues who work with me at Brisbane Water Secondary College Umina, Lenora Lawler and her daughter Megan Lawler.

They had found an abandoned egg near the school gates.

As they know I care for injured wildlife and run a Kids Who Are Animal Carers elective class, they decided to ring me and ask for help.

Keeping in mind we also have the Bush Stone-curlews living at the school and I am also a bit involved with them.

The egg was on its own near the school gate.

There were no birds around it and they decided to pick it up, ring me and see if I could help.

My first thought was "what can I do?"

"I have no incubator and I am heading away for two weeks."

My other thought was "there is no way there could be anything in this egg, it's been on its own for goodness knows how long".

"What are the chances?"

Anyway the women were on their way to my place.

At that point I had an idea.

The only thing I could think of doing was popping it under my two broody chickens.

When the girls arrived I had a look at the egg.

It was about the size of a chicken egg but a slightly different shape.

It was white but a different colour than chook eggs.

I had no idea what it could be, but knew by experience that it was not a plover or a curlew egg.

So I figured I would pop it under the chickens and see how we go.

I really didn't think anything would come of this but hey we'd give it a go.

Over the next few days I noticed that the broody chooks were stealing it from one another.

Using their beaks, they would roll it under their plumage and keep it well warm.

*Nerrida Lewis is a teacher at Umina campus of Brisbane Water Secondary College. She spent her holidays hatching a duckling after an egg was found at the school gates in the last week of school last year. Here is her account.*

They were both caring for it well.

In the meantime, I showed it to a friend who is an experienced animal carer and she suggested that it could be a duck egg.

I marked it with a black dot and instructed all those who were in charge of collecting eggs in my absence not to take the white egg with the black dot on it.

In between my travels I checked on the egg; it wasn't smelly and was still being haggled over by the chickens.

I did not think much of it until I returned home to stay.

The egg still did not smell. It did not seem lighter in weight and I assumed it would soon turn off.

However, a few days later I noticed it had changed colour slightly, or at least I thought it had.

On our hottest day, Tuesday January 8, I went up to feed my animals.

I collected the eggs and again checked the egg with the black dot.

It had a crack in it.

Finally I thought, it's got old or the chickens have fought over it and damaged it.

When I picked it up I noticed the crack was only slight and looked like it was pushed outwards.

As I placed it on a shelf nearby and collected the remaining eggs I noticed some movement.

On closer look, I saw a little beak inside.

What a thrill.

Who would have thought that this could have happened?

I was sceptical from the beginning.

What were the odds of an unattended egg, abandoned for who knows how long to have a chance of hatching?

A big decision then had to be made.

What do I do?

Do I leave it with my chooks, who steal it from each other could harm it or do I intervene and pop it on some heat in my house to monitor?

My chickens lay in a shed and it was hot.

They had not been mums before. Would they care for it as if it was their own?

I had just soft released several baby kookaburras in my yard so I knew it wouldn't have been safe.

I decided to separate the chook and the egg from the others in the hope that the chicken would still look after the egg.

But as these two particular chickens are not too friendly, they were not happy being moved.

I tried both chickens.

I then returned the egg and placed a good sized cage over the top of my still broody chook.

When I checked on her again, moments later, she was not happy being in a cage.

The decision was made.

It was hot and I didn't trust the chickens so I took the egg down to the house.

At this point I knew that this critter, whatever it may be, would be imprinted with the first thing it saw when it came out of the shell - me.

But I thought I could work on that down the track.

The priority here was to keep the egg safe and hope things worked out the way they should.

This turned out to be a better idea as the weather temperatures increased throughout the day.

I made several phone calls and tried calling many others.

Nobody knew anyone who had done this before.

I have since learnt it has been done but nobody around could help me on the day.

I googled and I googled, and wondered whether I should help the



little critter out.

Some websites said not to help as the membrane inside the egg was still vascular and damage could be done.

Other websites said it could be a 40 hour process.

Some suggested minimal help, but all said that humidity and temperature were the key elements to success.

I have no humidity crib or the like so I just winged it with a heat pad and monitored the egg all day.

As things progressed, I could see that our new arrival was going to be a duckling.

The little guy shifted and yawned a little, calling out from time to time. Its demeanour did not change.

The breathing was consistent and it did not seem distressed.

I checked on it continuously and I could see the membrane separating from the shell.

I was worried that it may dry out as this can happen and the baby can get stuck.

Wow, the things I learnt that day were amazing.

I had never hatched an egg.

Anyway just after 2pm, the movement increased.

I picked up the little egg and could

see a foot hanging over a beak.

How on earth could he fit in there?

I was claustrophobic at the thought.

The egg shell eventually loosened from my newest edition to our family and out he or she fell.

So out it was, covered in a bit of goo and looking wet and exhausted.

I talked to it the whole time and then we met.

I knew in the back of my mind that imprinting is a no-no (and something I am not a fan of) but what choice did I have?

This situation was not ideal but was also unique in itself.

I didn't even think the egg was viable in the first place.

So now I have this gorgeous duckling who thinks I'm its mother.

A plea for any abandoned ducklings from the local organisation I am involved in has been done and I wait for a response.

If I can get some similar sized babies to go with mine, then I can attempt to dehumanise him before it gets much older.

It would then mean a successful release into the wild down the track.

In the meantime, as I type this, I have a little ball of cuteness sleeping on my chest.

He cries when I leave the room but he sleeps in his little basket all through the night without a peep.

I haven't named him yet but I can tell you this - what a shaky start to the world he has had.

He is one lucky duck.

It just goes to show that it pays to look - what would have happened to him without those lovely women finding him?

Email, 10 Jan 2013  
Nerrida Lewis, Kincumber

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# Children explore marine landscape

A Sea Kids Day was held at Ocean Beach Surf Club on Thursday, January 17, allowing children aged between three and 12 to engage in and discover the wonders of the local marine environment.

Volunteer groups such as Ocean and Coastal Care Initiatives, Take 3, Waterwatch and the Australian Seabird Rescue provided opportunities for both children and adults to explore and learn about our local marine landscape.

Gosford Council's environmental education officer Ms Anni Griffiths said that Sea Kids was an event to help young people explore and investigate what lies in and around our sea shores with fun, interactive

and hands on activities.

"This free summertime holiday event provided an excellent opportunity for young people to investigate and discover our local marine environment.

"The event included marine story time, water quality testing activities, beach safety talks, bug watch activities, marine based games, a catchment model, arts and crafts, and displays.

"A highlight of the day was the Australian Museum's Museum in a Box activities which included an interactive catchment model, a touch table and detailed dioramas of various marine and seashore environments," Ms Griffiths said.

**Media Release, 10 Jan 2013**  
**Anni Griffiths, Gosford Council**



George Mann and Rik Palieri

## Rugby coaches appointed

**Woy Woy Rugby Club has appointed its first grade coaching staff for the upcoming season.**

Club stalwarts Paul Gooley and Jerry Summerhayes, who have played almost 500 club games between them, have been given the task of steering the club's top grade.

Their first official duty will be to host the club's Sportsman's Lunch on Friday, February 15, at the Old Pub with guest speaker Wallaby Nick Farr-Jones who was the captain of Australia's first World Cup winners in 1991.

"With Peter 'Fab' Fenton as the MC, Paul and Jerry probably won't get a word in," said Woy Woy Rugby Union media officer Mr Bill MacLean.

"With the club finishing with

a flurry of wins in all grades at the end of the 2012 season the new bosses hope to build on that success," said Mr MacLean.

Previous coach Ross Hopkins has returned to the coaching staff at the Gordon Highlanders.

"It is envisaged that the Highlanders and Lions will forge a bond through Ross which will benefit both clubs," said Mr MacLean.

The club also has a new senior president in Stew McDonald who has played over 300 games for the club.

Ms Sarah Doak-Stride retained her position as junior president as did Mr Stu McGoldrick as club president.

**Email, 9 Jan 2013**  
**Bill MacLean, Woy Woy Rugby Union**

**Troubadour Central Coast Folk Club will hold a summer concert, featuring two internationally successful musicians, in a waterfront garden at Woy Woy from 2pm on Sunday, February 3.**

George Mann, from the US, will perform along with banjo player, guitarist Rik Palieri.

George, who is a former union organiser and activist based in New York, sings songs about past century social activism, as well as his own compositions, which are about the current state of the US.

"His concerts are participative

and informative as well as being great fun," said Troubadour publicity officer Ms Sue Robinson.

An acoustic music session will follow the concert and audience members are invited to bring their own instruments along.

Tickets are \$15 which includes

an after-concert buffet.

Book by emailing inafine@hotmail.com or phoning Michael and Ina on 4342 6716.

**Email, 14 Jan 2013**  
**Sue Robinson, Troubadour Central Coast**



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# Health centre runs a range of services

The Peninsula Women's Health Centre will run a range of services this year including a regular women's health clinic, alternate therapies, counselling services, group and community education, support, advocacy and access to information and

resources on a wide range of women's health issues.

"Our aim is to work alongside and support women of all ages, backgrounds and cultures in a safe, supportive environment," said centre coordinator Ms Katherine Bradfield.

"While we do provide free to low cost services, the centre operates

on limited funding and appreciates all donations that assist us to provide a range of women-specific services that improve women and children's lives," said Ms Bradfield.

The women's health clinic is open at the centre on a Wednesday three times a month and is a project in partnership with Central Coast Local Health Service - Women's Health.

The clinic provides free and confidential services including pap smears, pregnancy testing and information, counselling on menopause, hormone replacement therapy, contraception, sexual difficulties, and domestic violence.

Coast Care Counselling is made up of a group of counsellors who provide affordable and readily accessible counselling services to women in need.

A Coast Care counsellor is available by appointment at the centre on Thursdays.

"The centre is also committed to providing local women with access to low cost quality holistic care services including acupuncture and massage," said Ms Bradfield.

A monthly coffee morning for women of all ages and cultural backgrounds will be held on the first Wednesday of the month from 10am.

"This group is ideal for women

who are new to the area or for women who would like to get to know other local women.

"We have no childcare for this group. However, women are welcome to bring their children under their own supervision.

"We also have our knitting group Wrap with Love who make wraps for refugees on at the same time as coffee morning.

"For book lovers a book club is held on the second Wednesday of the month at 10am.

"Come along and discuss with other women about your great reads.

"A gentle yoga and relaxation group will be held in February.

"This group is suitable for women who are older or who don't have much movement.

"Also in February a goal setting group called Vision Boards which

will encourage your creative spirit and look at what you want to achieve and become.

"A group on living well on a budget incorporating some sustainable living tips will be held in March.

"Woy Woy Women's and Children's Service will be running a domestic violence group for women who are experiencing or have experienced domestic violence in May.

"We will also have some inspirational workshops on emotional spring cleaning and information on the chakras," said Ms Bradfield.

For a copy of the program, contact the centre on 4342 5905 or visit [www.cccwhc.com.au](http://www.cccwhc.com.au).

Email, 15 Jan 2013

Katherine Bradfield, Peninsula Women's Health Centre

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# Sandy will give weight loss talks

**Peninsula author Ms Sandy Brocking is giving free motivational talks on weight loss as part of her initiative to get the Central Coast fit.**

"I'm a local nurse, author and motivational speaker focused on health, health prevention and healthy weight loss," said Ms Brocking who is the author of *Think Smart and Lose Weight*.

"I've got this great idea to get people motivated to lose weight as part of a 2013 weight loss challenge.

"This is not about individuals but about how many kilos the Central Coast can lose.

"Too many people and even kids on the Central Coast are overweight.

"I don't think this is what people want, especially when it comes to young parents.

"I don't think they'd like the idea of being disabled or dead before they see their children and grandchildren grow up.

"Most people don't seem to see the importance of a healthy

lifestyle, often until it's too late.

"Simple changes can make all the difference.

"I don't believe in diets at all but in success through motivation and knowledge.

"I offer free highly motivating presentations to groups at the Central Coast," said Mr Brocking.

Ms Brocking will hold an author talk at Lake Haven Library on February 22 at 11am.

**Email, 14 Jan 2013  
Sandy Brocking, Think  
Smart and Lose Weight**



## Diet changes to raise money

**Umina resident Ms Jacqui Knight is planning to raise money for Febfast by being the designated driver for her friends and charging them a fare.**

Febfast encourages people to give up alcohol for the month of February to raise money for young people affected by drug and alcohol.

Ms Knight gave up alcohol in February a few years ago and said she was met with some odd reactions by work colleagues.

"It was as though not drinking, meant not being social," said Ms Knight.

Last year Ms Knight added cola to the Febfast challenge and this year said she planned to add chocolate, cake, biscuits and

lollies.

Ms Knight said she planned to use the mornings she would claim back by signing up for a 10 week boot camp which starts at 5:30am on Saturday mornings.

She said she hoped it would have some impact on her waistline and the scales.

**Email, 16 Jan 2013  
Cassie Dewar, Ogilvy  
Public Relations**



Jacqui (fifth from left) with the friends she hopes to get involved in Febfast

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## Chiropractic Plus

by Peter Grieve of the Umina Chiropractic Centre

### "BACK" to School

So the kids are getting ready for the new school year, however with heavy bags and long lessons spent seated, it can make school a real struggle. A recent study published in the Australian Spine journal, investigated the link between backpacks and back pain in school children.

Selected statistics include:

- The weight of the average backpack is heavier, proportionally, than the legal load-bearing limit for adults;
- 79.1 per cent of children say their backpacks feel heavy;
- 65.7 per cent report feeling fatigued by the weight of their backpack; and,
- 46.1 per cent report back pain caused by their backpack.

Not just looking at pain and poor concentration at school but structurally, when adding an extra uneven load to a growing spine, it can have a great impact on your child's health and wellbeing in the future.

Therefore, for an item that is worn 5 days a week for the majority of the year, it's important to make sure it is properly suited to your child.

To avoid the back to school backache, the Chiropractors' Association of Australia

recommends:

1. Backpacks should be no heavier than 10 per cent of a student's weight when packed;
2. Make sure the backpack is sturdy and appropriately sized – no wider than the student's chest;
3. Put comfort and fit at the top of the priority list, rather than good looks;
4. Choose a backpack with broad, padded shoulder straps
5. Use both shoulder straps – never sling the pack over one shoulder;
6. Use waist straps attached – they are there for a good reason
7. Don't wear the backpack any lower than the hollow of the lower back;
8. Don't overload the backpack – use school lockers and plan homework well in advance; and,
9. Place all heavy items at the base of the pack, close to the spine, for a better distribution of the weight.

On top of these recommendations and to really help your child get back into the school year and enhance their potential to reach and maintain their optimum health, have your child checked by a Chiropractor, like many other parents have.



Chiropractic; safe, gentle and effective for all the family

If you have any questions  
contact us at  
office@uminachiropractic.com.au  
or make an appointment for a  
preliminary consultation  
(N.B Answers to select question may be  
printed in the future articles)

Your chiropractors Pete Grieve and Ursula Renfrew

Umina Chiropractic Centre,

428 Ocean Beach Rd, Umina 2257

# Ph: 4341 6247





Health

# Coroner to investigate Patonga death

A report will be prepared for the Coroner following the death of a man in Patonga on Saturday, January 12.

Police and other emergency services were called after five people got into difficulty in waters off Patonga Beach just before 2:30pm.

Early inquiries indicated four children were swimming in Patonga Creek when they were taken out by a tide into seas off Patonga Beach.

A man, aged in his 60s, tried to

rescue the children before he also got into trouble.

Onlookers came to their aid using a boat, pulling all five from the water and taking them to shore.

Members of the public commenced CPR on the man until police and other emergency services arrived.

Attempts to resuscitate him proved unsuccessful.

None of the children were injured.

However, one was taken by

ambulance to Gosford Hospital for observation.

A full investigation is underway into the circumstances surrounding the incident.

Anyone with information about the incident who hasn't already provided a statement should call Gosford Police on 4323 5599 or Crime Stoppers on 1800 333 000.

Media Release, 12 Jan 2013

NSW Police

Photo: George May



## Beach to be 'nourished' this year

Gosford Council has advised petitioners who were concerned about the state of the foreshores of Ettalong that Council would be nourishing the beach between Beach St and Ferry Rd this year.

A petition with 1037 signatures was received by Council on October 23 asking that the foreshore between Schnapper Rd and Ferry Rd, Ettalong, be restored.

Petitioners asked that fallen trees be removed from the beachfront and the foreshore be restored with a stone retaining wall with access pathways to the beach.

Petitioners stated this would encourage the regeneration of the natural bush habitat.

Petitioners also asked that Council preserve any heritage sites and restore the foreshores of Ettalong Beach.

Council responded stating that coastal engineers had advised that the nourishing of the beach would restore beach amenity between Schnapper Rd and Ferry Rd for a period of between 10 to 15 years.

The coastal engineers had

advised that constructing a seawall along this section of the reserve would not be required once sand had been placed back on the beach through nourishment.

Council is currently assessing the best method of retaining sand on Ettalong Beach in the long term.

Gosford Council Agenda, COR.7, 22 Jan 2013



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Inquiries to Paula on 1800 650 070.

**Central Coast Case Management Services**

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

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

- Coordinating a variety of services
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PHONE 43346233



# Book written about progress association

**A book on the history of the progress association at Wagstaffe and Pretty Beach by association member Ms Robyn Warburton is due for release soon.**

Ms Warburton has been an active member of the Association for 15 years, having served as president for some of them and currently serving as vice-president.

"I wrote quite a few stories for the Bouddi Stories, Bouddi Bios, Bouddi Artists CD and some were used in the book, Bouddi Peninsula, A Very Special Place.

"One did not make the deadline.

"That was The Story of Progress, the story of the local Progress Association, but I decided to keep going."

Some years ago, Ms Warburton rescued a number of boxes from

being thrown out that were filled with archival material about the association.

"I set to work and painstakingly extracted all the relevant information from the minutes and correspondence files to tell the chronological story of the area from the perspective of the association.

"Three years later it is finished.

"The story begins in November 1947, with the nomination of the trustees and the committee, important local men, who began to plan the building of Wagstaffe Hall.

"Information has been sorted and sifted, to tell the Bouddi Peninsula's story, the story of its progress towards having modern amenity.

"It amounts to the bricks and mortar of the place.

"There have always been people interested in the betterment of the place for its people and this is the story of those volunteers and the effort they put in to see

progress made.

"Wagstaffe Hall is an integral part of the story.

"The detailed story ends in 2010 with some mention of

developments attributed to 2011," said Ms Warburton.

Email, 6 Jan 2013

**Robyn Warburton, Wagstaffe to Killcare Community Association**

## Tutor wanted

**Ettalong Beach Arts and Crafts Centre is looking for a new tutor for its patchwork class.**

### Safety Glasses Stock Clearance Sale!

Stylish Wraparound Safety Glasses from \$2.50ea!

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sales@megasafe.com.au

The position opened after Ms Kerry Butler decided it was time to move on from the Centre and pursue other interests.

The Centre is looking for a tutor to teach students the traditional methods of patchwork and quilting.

Expressions of interest can be forwarded to Thel Brown on 4341 8344.

**Newsletter, 15 Jan 2013  
Ettalong Beach Arts and Crafts Centre**



## Just gets better

# Creedence Show

## \$10 members \$15 for non members - February 2nd



### MUNDINE VS GEALE II

IBF MIDDLEWEIGHT TITLE

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- \* Golden Sand Members receive 1 bonus ticket daily
- \* Purchase any Toonkeys product in the bar or bottleshop
- \* Spend \$10 in one transaction on Keno
- \* Spend \$10 in one transaction in Kingfisher Brasserie

MUST BE HERE TO WIN



## \$2,500 Members draw must be won this Thursday 24th from 6pm

NSW permit number LTPS/12/05405



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Just gets better

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## Band on the Barge attracts 1000 people

Nearly 1000 people visited Hardys Bay on the evening of Saturday, January 12, for the Band on the Barge event which saw a musical presentation performed by leading artists on a barge

moored 50 metres from the shoreline.

Local resident Garry Janes, who manages the Killcare Cellars and General Store, said he experienced a light bulb moment when he thought of the idea.

Mr Janes told his idea to

colleague Mr Bob Trigg who was experienced in staging performance and general group promotions.

"Bob picked up the ball and ran with it," said Mr Janes.

Electric guitarists Dan and Chris Brodie, James Rolfe and Rob Logic plus sound technicians and other behind-the-scenes helpers all donated their services as did Warren Harvey of Harvey's Oysters, who provided the barge.

First time visitor from Sydney, Mr John Canning said: "Our family is renting a house in this area for a fortnight and this has been a wonderful introduction to Hardys Bay and Killcare."

"Everybody here has been in high spirits and thoroughly enjoying themselves.

"It has been a first class presentation from the barge and there couldn't have been a more appreciative audience."

Money raised will go to Pretty Beach Preschool.

Media Release, 16 Jan 2013  
Allan Wilson, Hardys Bay Residents Group

## Coastal walk ends at Patonga

**Two Coastal Walk Series from Newcastle to Patonga will be run this year with the first held on Thursdays starting February 21 and the second held on Saturdays from February 23.**

The 180 kilometre, nine day walk traces the length of the coastline, commencing at Queens Wharf in Newcastle and concluding at the village of Patonga, near the point that the Hawkesbury River discharges into Broken Bay.

The route passes through Brisbane Water, Bouddi, Wallarah and Wyrabalong National Parks, Munmorah and Glenrock State

Conservation Areas, Awabakal and Wamberal Nature Reserves, numerous public foreshore reserves and, where unavoidable, suburban streets.

It is intended to complete the activity as nine separate day walks which will be undertaken in sequence.

This activity is not suitable for persons with heart, breathing or mobility problems.

Each day has been classified as hard.

Email, 15 Jan 2013  
Mark Shanks, National Parks and Wildlife Service

## Resort experiences upturn

**A holiday resort in Ettalong saw a 17 per cent increase in occupancy this summer season in comparison to previous years.**

Guests were booking rooms at the Mantra resort, Ettalong, further out from their dates of stay.

Lengths of stay also increased throughout the holiday period with three to four night stays more common than the usual two to three.

"It's a positive sign that people made their bookings further out from their dates of stay rather than last minute," said Mantra Ettalong general manager Mr Ken Edwards.

"It indicates the increasing popularity of the region and travellers know that if they want to get a certain room type on the dates they want they need to get in early," he said,

Email, 16 Jan 2013  
Yvette Peverell, Mantra Group



**ADULT BEGINNERS - 8 Week Course**  
Starts Monday 4 Feb 2013  
CWA Hall The Boulevard, Woy Woy  
7.30pm to 9.00pm - Drums Supplied

**Ladies Daytime 8 Week Course**  
Gnostic Forest, Woy Woy  
Starts Tuesday 5 Feb 2013  
Beginners - 10am to 11am  
Intermediate - 11.15am to 12.15pm  
Drums Supplied

**For info & Bookings call - KATY & WARREN**  
4342 1112 or 0423 548 540 - [www.drumbala.com](http://www.drumbala.com)



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## Photographs on show at Botanic Gardens

Umina photographer Ms Esther Beaton has a collection of her work on exhibition at the Palm House, Royal Botanic Gardens in Sydney.

Her exhibition, Natives, was opened on Wednesday, January 16, and will remain open until Wednesday, January 30.

Natives was opened by ABC's Gardening Australia presenter Mr Angus Stewart, who has been an avid proponent of gardening with natives since he first appeared on ABC Radio 702 in 1991.

Ms Beaton said her exhibition was a collection of dreamlike floral images which have the appearance of paintings but were in fact "captured in nature and enhanced in the studio".

She said viewers were often taken aback when they learned that the canvases they had been admiring were really photographs.

"The exhibition is a study of

Australia's botanical treasures and how they are completely different from anything else in the world," said Ms Beaton.

Ms Beaton said she has a strong commitment to raising the awareness of native flora.

"Australia's wildflowers are kind of rough and tough in personality," said Ms Beaton.

"They don't have soft petals and delicate colours like the English cottage flowers we grew up with.

"But they deserve a place on our living room walls as much as the traditional roses and daisies - or even more so," she said.

Ms Beaton said she believed international visitors to Sydney would respond to the artworks and she hoped the images would evoke memories of their own trips to outback destinations "and they'll want to take home a canvas or two".

Email, 10 Jan 2013  
Esther Beaton, Umina

## Tips for Healthy Summer Hair from Flicks Hair Design

**For frizz free beach days and glossy sunny highlights, try these summer hair tips.**

Moisturize, moisturize, moisturize.

Just like your skin your hair needs moisture too.

Always use a conditioner after shampooing and spritz a leave-in conditioner while out in the sun or before going swimming.

Regular trims every four to six weeks will help keep your hair healthy and split end free.

Invest in a professional shampoo and conditioner; this will help to keep your hair in optimum condition and can help to stop your colour fading too quickly.

Dry shampoos are always great for summer time.

Apply regular treatments to

help strengthen those locks.

Have a clear gloss colour done at your salon to add extra shine; this is especially good for highlighted hair.

Never brush your hair while wet as this will cause breakage; always use a comb and start from ends to roots.

Enjoy your summer hair!

### *A New Year .... A New You!*

### Flicks Hair Design

Ph: 4341 2818

201a Memorial Ave - Ettalong Beach

### News Flash ... News Flash ... News Flash

Each Tuesday is now going to be an extra special day for our lovely senior ladies 65 years and over.

*Appointments are necessary as our book will fill fast!!!*

Cuts.....	15.00
Shampoo + Set or Blow-dry .....	20.00
Shampoo + Cut + Blow-dry or Set .....	28.00
Regrowth .....	35.00
Regrowth + Blow-dry.....	40.00
Regrowth + Cut + Blow-dry or Set.....	49.00
Colour + Cut + Blow-dry – Short.....	55.00
Perm + Cut + Blow-dry or Set .....	55.00
6 foils with colour service.....	15.00

*"Tell your friends as these prices are fantastic"*

- These prices apply for 65 years and over and are only available Tuesdays
- Normal Senior's prices apply Wednesday - Saturday

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## INSTEP FOOTWEAR

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# Clothing sale raises money for community services

**The Wardrobe Winners**  
Weekend clothing sale held on November 24 and 25 at Pearl Beach Memorial Hall attracted capacity crowds and raised over \$8000.

Two Central Coast charities, Guide Dogs NSW and Central Coast Grandparents Support Services will each receive a donation of \$2000 from the proceeds of the sale.

"The chosen charities reflect the diversity of financial and in-kind support that is provided by a number of Central Coast charitable organisations," said Pearl Beach Progress Association president Mr Roger Murray.

"Guide Dogs NSW-ACT offer free services to enhance the quality of life of people who are blind or vision impaired by assisting in their achievement of independence through access and mobility.

"The Central Coast Grandparents Raising

Grandchildren program provides support to the growing number of grandparents who find themselves faced with taking on the parental responsibility of their grandchildren.

"The Pearl Beach Progress Association is delighted to make a financial donation to these charities.

"In addition, acknowledgement must be made to the Central Coast Salvation Army who generously loaned clothing racks and provided professional advice.

"A significant donation of unsold clothing has been given to them for distribution to those in need, and for sale in their outlets," said Mr Murray.

The remaining funds from the weekend will go toward the maintenance and upkeep of the Pearl Beach Memorial Hall.

**Media Release, 12 Jan 2013**  
**Lynne Lillico, Pearl Beach Progress Association**





**NEXT SUNDAY 27th JANUARY**  
**9:00am-2:00pm**  
**THE FOODIES' DESTINATION**  
SHOWCASING:  
CHAMPIONS MOUNTAIN ORGANICS  
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**TERM 1 CLASSES STARTING**  
**Tuesday 29th January 2013**

We are seeking the services of a quilting tutor who can teach our students the time honoured traditional method of patchwork and quilting.

A great time for all concerned, the first 2 weeks of term are virtual open days where Members of the community are warmly invited to visit, and see the students and tutors in action. 10am start each day. Don't miss out!

<b>Monday</b>	Patchwork, Quilting Pottery & children's afternoon pottery
<b>Tuesday</b>	Folk Art, Silk Dyeing
<b>Wednesday</b>	Oils & Acrylics, Pastels & Drawing
<b>Thursday</b>	Art Classes for adults & children and Silvercraft classes
<b>Friday</b>	Watercolour painting

**For more information phone: 4341 8344**  
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## Lanterns for Woy Woy parade

Two free lantern making workshops will be held in Gosford on Monday, January 21, from 10am to 1pm and 2pm to 5pm.

The workshops will give children

the opportunity to decorate a lantern for the Australia Day celebrations at Woy Woy.

Once the children have decorated their lanterns, they will then have the opportunity to carry

their own lantern in the Woy Woy Lantern Parade.

The workshops are being held as part of Gosford's Summer in the City program at the Imperial Shopping Centre.

Bookings are essential.

To book, email [summerinthecity@gosford.nsw.gov.au](mailto:summerinthecity@gosford.nsw.gov.au) or phone 4325 8351.

**Media Release, 16 Jan 2013**  
**Gosford Council**



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Meet 2nd Tues, Spike Milligan Room Woy Woy Library, 10am.  
Debra 4344 4435  
awicentralcoast@virginbroadband.com.au

Art

**Ettalong Beach Art & Crafts Centre** <sup>(287)</sup>  
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** <sup>(309)</sup>  
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** <sup>(309)</sup>  
Wed - Adult Art Class  
Approaches to Visual Arts, supported by History of Art, to develop your own style  
Wed & Frid - Adults  
Bunka Embroid, Cards, Crotchet, Cross Stitch or bring your own - \$3/session  
Point Clare Community Hall  
10am - 12noon  
4325 5007

**Hospital Art Australia** <sup>(309)</sup>  
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  
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**Children, Teenagers & Adults** - Dance, Singing, Guitar, Drama, Music, Physie, Karate, Belly Dancing and multicultural support  
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**Teenagers** - "The Web" Youth Support Services.  
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Discussion Groups.  
www.pccinc.com.au  
4341 9333

**Ettalong 50+ Leisure & Learning Centre** <sup>(287)</sup>  
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**  
<sup>(formerly Senior Citizens)</sup> <sup>(287)</sup>  
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.** <sup>(33)</sup>  
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** <sup>(309)</sup>  
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Meetings through the year + social afternoons  
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4341 5170

**Beachside Family Centre** <sup>(287)</sup>  
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** <sup>(286c)</sup>  
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** <sup>(56/294)</sup>  
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.  
wwwcphousie@hotmail.com

**Central Coast Amateur Radio Club (CCARC)** <sup>(97/317)</sup>  
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** <sup>(286c)</sup>  
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.centralcoasthsguild.org.au

**Central Coast Family History Society Inc.** <sup>(301)</sup>  
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** <sup>(60/296)</sup>  
Working for a positive & Healthy Environment in our Community  
allanbw@bigpond.com

**The Krait Club** <sup>(58/295)</sup>  
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 1<sup>st</sup> and 3<sup>rd</sup> Mondays at the Everglades Country Club.  
4326 1996  
Make new friends and have fun while you serve your community.

**Northern Settlement Services** <sup>(282)</sup>  
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** <sup>(287-311)</sup>  
Invitation to carers of loved ones with dementia  
Meet 1st Wed - 10 to 11.30am  
Paula Newman 4344 9199

**Peninsula Village Playgroup** <sup>(287-311)</sup>  
Carers, Grandparents, parents & children - Come & join our 'Intergenerational Playgroup'  
Every Tues 10 to 11.30am  
Paula Newman - 4344 9199

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

**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** <sup>(309)</sup>  
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** <sup>(6/294)</sup>  
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.** <sup>(83/301)</sup>  
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.** <sup>(287-311)</sup>  
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** <sup>(65/302)</sup>  
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** <sup>(67/295)</sup>  
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** <sup>(285)</sup>  
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** <sup>(282c)</sup>  
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** <sup>(287)</sup>  
Talks, films, social events, workshops, renewable energy and recycling projects, organic food buying group  
www.peg.org.au  
**Health Group**  
**Arthritis NSW** <sup>(9/292)</sup>  
Meet 3rd Tues Peninsula Community Centre, Cnr McMasters Rd and Ocean Beach Rd,  
Woy Woy - 4341 5881

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

**Mary Mac's Place** <sup>(287)</sup>  
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)** <sup>(64/278)</sup>  
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** <sup>(285c)</sup>  
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** <sup>(308)</sup>  
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** <sup>(67/278)</sup>  
Peninsula Community Centre  
2nd Tues 11.30am  
Company, up-to-date info, hydrotherapy, bus trips  
4342 1316

**Marine Rescue**  
**Central Coast Unit** <sup>(287)</sup>  
Marine Education Courses. Radio Licences, Boat Safety & Boat Licence & PWC Licence Tests, Navigation, Seamanship and Meteorology.  
4325 7929 www.vmrcc.org.au  
pr.centralcoast@marinerescuensw.com.au

**Music**  
**Central Coast Concert Band** <sup>(288)</sup>  
Every Tues 7.15 - 9.30pm  
Community playouts with four concerts a year at Laycock St Theatre. 0407 894 560

**Soundwaves** <sup>(87/308)</sup>  
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 <sup>(293)</sup>  
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** <sup>(66/302)</sup>  
1st Sat (except Jan) 2pm  
Ettalong Beach War Memorial Club, 51-52 The Esplanade.  
4342 1107

**Vietnam Veterans', Peacekeepers' and Peacemakers'** <sup>(309)</sup>  
Assist all Veterans and their families with pension & welfare matters. Mon & Wed 9am-1pm  
4344 4760 Cnr Broken Bay Rd & Beach St Ettalong.  
vietvetsgosford@bigpond.com

**Woy Woy Ettalong Hardy's Bay RSL Sub Branch** <sup>(79/297)</sup>  
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** <sup>(309)</sup>  
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** <sup>(287)</sup>  
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**  
**Women's Auxiliary** <sup>(61/296)</sup>  
For women over 18 years. Raise money for welfare of veterans and their families  
RSL Club West Gosford  
4th Mon 2pm  
4323 7336

**Inner Wheel club of Gosford North** <sup>(92/309)</sup>  
Women making a difference with friendship, personal service and international understanding. Many social activities combined with fund raising for local, national and international projects  
2nd Wed 7pm  
Phillip House Kariong  
4324 7176  
gosfordnorthiw@live.com.au

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



## Chamber supports amalgamation

**The Peninsula Chamber of Commerce has supported moves by the State Government to amalgamate Wyong and Gosford Councils.**

Chamber president Mr Matthew Wales has welcomed the ongoing debate surrounding the sharing of services between Gosford Council and Wyong Council.

"Council amalgamations are back on the NSW Government's agenda, an agenda that the Chamber supports along with NSW Business," said Mr Wales.

"Amalgamation is not without its problems and the Chamber, like most in the community, would want to see clear long term savings and benefits to the Peninsula.

"One of the challenges is

ensuring that the Peninsula is adequately represented in any super Council structure which may require the introduction of wards.

"Clearly having two separate Council's has made pushing the Central Coast's agenda more difficult and the securing of vital infrastructure funding more challenging.

"Regardless, the Chamber will continue to lobby both Gosford Council and the NSW State Government for more funding to be spent on our local roads, the upgrading of our foreshores and the provision of improved services," said Mr Wales.

**Newsletter, 20 Dec 2012  
Matthew Wales, Peninsula  
Chamber of Commerce**

**Gosford Council will nominate mayor Cr Lawrie McKinna for a seat on the Regional Development Australia Central Coast board.**

Regional Development Australia Central Coast is advertising up to four Board positions this month.

Regional Development Australia is a partnership between the Australian, state, territory and local governments to support the growth and development of Australia's regions.

The national network of 55 committees aim to build partnerships between governments, regional

development organisations, local businesses, community groups and key regional stakeholders to provide strategic and targeted responses to economic, environmental and social issues affecting the regions of Australia.

Regional Development Australia Central Coast was created by merging the Central Coast of NSW Area Consultative Committee with Business Central Coast.

Funding for the organisation is shared between the Australian Government and the NSW State Government.

Regional Development Australia Central Coast has been established as a conduit between governments and the community.

**Gosford Council Agenda  
GEN.1, 8 Jan 2013**

## Man still missing

**Police are still looking for a 55-year-old man who was last seen in Umina on Wednesday, December 19.**

Police renewed their appeal for Mr Neil Hinkley on December 28 but have still not managed to locate him.

He was last seen at around 10:45am at a property on Oscar Rd, Umina.

Attempts to contact Mr Hinkley have been unsuccessful, and concerns are held for his welfare.

Police were told Mr Hinkley had family in the Hunter and South Coast regions and may have travelled to those locations.

Mr Hinkley is caucasian in appearance with a medium build, brown hair and blue-grey eyes.

He was last seen wearing beige shorts, a Hawaiian style shirt, white

shoes and socks.

Anyone with information about the circumstances leading up to Mr Hinkley's disappearance, or may have seen him, should contact Brisbane Water Detectives on 4323 5599 or Crime Stoppers on 1800 333 000.

**Kaitlin Watts, 17 Jan 2013  
Media Release, 28 Dec 2012  
NSW Police Media**



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## The Peninsula Diary of Events

**For events in post code areas 2256 and 2257**

### Monday January 21

Rock Pool Ramble, Umina Beach

### Tuesday January 22

Surf Specific Training Program, Peninsula Leisure Centre

### Thursday January 24

Woy Woy Eco Walk, Woy Woy Waterfront

### Saturday January 26

Australia Day Celebrations, Wagstaffe, 8am-10:30am

Australia Day celebrations, Woy Woy, 4pm-9:30pm

### Tuesday January 29

Ettalong Beach Arts and Crafts Centre Term One Classes begin

### Wednesday January 30

Mundine Vs Geale 11 IBF Middleweight Title live on the big screen, Club Umina

### Saturday February 2

Creedence Show, Club Umina

### Sunday February 3

Troubadour Summer Concert, Woy Woy, 2pm

### 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

### Friday March 1

NSW Surf Life Saving Championships, Umina Beach and Ocean Beach

### Thursday March 14

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

### Saturday March 23

Opera in the Arboretum, Pearl Beach

*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*

## Want2be Costumes & Lingerie

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## 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



# Radio yacht skippers take places in national titles

Umina residents Phil Page and Frank Russell placed second and third respectively at the Australian titles for 10rater radio yachts which was held over three days from January 10 to 12 at Emerald Lakes on Queensland's Gold Coast.

Mr Page led the series up until the last day when a few errors in judgement and boat problems gave Scott Condie from Kogarah Bay Club the lead which Page could not recover.

Russell maintained third place throughout the series until the last three races when Owen Jarvis claimed third.

However, Frank managed to win the final race which allowed him to reclaim third place.

Phil was sailing a UK design boat called Diamond and Frank was sailing his own designed and built boat called Phoenix 5.

NSW had a team of 10 skippers compete amongst a total of 26 entrants.

Six skippers were from the Northern Mariners Club which sails from Mount Penang Dam on the second and fourth Saturdays of each month.

Although the weather was hot and humid, the skippers enjoyed good breezes and sailing conditions over the series.

Mr Page also competed in the Marblehead division from January 13 to 15.

Email, 14 Jan 2013  
Marilyn Russell, Umina  
Photo: Marilyn Russell



Phil Page, Scott Condie, Frank Russell

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## Junior Roosters expect increased numbers

**The Woy Woy Roosters Junior Rugby League Football Club is expecting an increase in player numbers for its 2013 season.**

The club's calendar includes player development programs, gala days, Rooster Round-ups and a number of junior days at the Woy Woy Seniors home games.

The club has five trial matches booked, including the annual Joey Johns - Wombat Eadie Shield Day against Cessnock.

The season will start at Rogers Park on Saturday, April 27, where the club will celebrate the Barry Howlett Memorial Day.

"The club is very impressed that a lot of the international

players have been putting in the hard yards over summer both individually and as part of various train-on representative squads and are looking very fit and keen for the season," said Club president Mr Tim McParlane.

"In one of the most exciting events in the Woy Woy Juniors' 51 year history, we welcome the involvement of the NRL Sydney Roosters, made possible through the amalgamation of our long-time sponsor Woy Woy Leagues Club and the East Group.

"After positive meetings with Woy Woy Juniors executive and the Sydney Roosters executive, we are proud to offer our players and club opportunities which

include an open training day with the Sydney Roosters NRL team in February, invitations for teams to play exhibition matches in Sydney, talent identification and a pathway for Woy Woy players into the Sydney Roosters, assistance with player development and coaching workshops.

"With the new relationship with the Easts Group and Sydney Roosters as well as continuing to work closely with our Woy Woy Seniors, the Woy Woy Junior Roosters future in 2013 and beyond is looking very bright," said Mr McParlane.

**Media Release, 7 Jan 2013**  
**Tim McParlane, Woy Woy Roosters JRLFC**



Woy Woy Roosters new 16-1s 2013 jersey

## Oliver competes in national win

**Oliver Hicken of Empire Bay was one of only two Central Coast boys to compete at the National Futsal Championships this month as part of the Under-12s NSW Futsal Representative team.**

Oliver and his team competed against state teams from across Australia and New Zealand.

After four days of fast action games in over 45 degree temperatures, the team beat NSW City North 5-2 in the grand final to become the Australian Futsal Association National Champions.

An offshoot of football, Futsal is a fast indoor game played with a heavier ball and is designed to improve technique and skill.

Email, 16 Jan 2013  
Louise Hicken, Empire Bay



## Bronze medallions

**Twenty-two people successfully completed their Bronze Medallion at Umina Surf Club in December.**

Each of the graduates had to attain competencies in first aid as well as knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations.

Umina Surf Club conducts two Bronze Medallion courses each

year with the next course beginning later this month.

For more information, contact Larissa Dixon on uminaslc.

larissa@aanet.com.au or call 4342 0320 Monday and Wednesday.

Email, 4 Jan 2013  
Peter Talty, Umina Surf Lifesaving Club

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Warnervale 1800 244 456  
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# Hardware store to open in February

**A new Umina hardware  
store is set to officially  
open on Friday, February  
1.**

Peninsula Chamber of  
Commerce president Mr  
Matthew Wales said the  
business would be a major  
boost for the Peninsula  
economy.

"Coming off the back  
of a bumper Christmas  
for Peninsula retailers,  
the opening of the Umina  
Bunnings store will further  
boost the local economy and  
add nearly 50 part time and

full time jobs to the Umina  
retail precinct," said Mr  
Wales.

"This is great news for the  
town and for employment  
opportunities for local  
people.

"There is no doubt that the  
Umina Beach retail centre  
has reached a critical mass  
that is now generating its  
own business opportunities  
and laying the foundation for  
smaller retailers to benefit  
from increased foot traffic  
and spendable income that  
has flooded into town.

"What we are finding for  
the first time in many years  
is that locals and people from  
out of the area are making  
a deliberate choice to shop  
in Umina rather than go to  
other major retail centres  
outside of the Peninsula.

"This is what it is all about,  
making sure that locals  
spend locally and support  
local businesses.

"This comes from  
providing choice and  
competition.

"The opening of the  
Bunnings Hardware outlet is  
further evidence that major  
retailers see a positive future  
for the Peninsula and adds  
to recent capital investment  
decisions by Woolworths,  
Coles, Aldi and McDonalds.

"The Peninsula Chamber  
of Commerce has worked  
very hard to encourage

business growth and retail  
development in Umina  
Beach and the town is now  
starting to reap the rewards  
of those efforts," said Mr  
Wales.

The new store will  
comprise of the main store,  
timber trade sales area and

outdoor nursery.

The development of  
Bunnings Umina will provide  
parking for over 30 cars

Media Release, 16 Jan 2013  
Matthew Wales, Peninsula  
Chamber of Commerce

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# Boardriders hold annual meeting

Umina Beach Boardriders held its annual meeting on Tuesday, January 15.

The meeting decided to change the club's competition days to the second Sunday of each month with the third Sunday as the backup date.

The club will hold its registration day on Sunday, February 3, with its first competition on Sunday,

February 10.

The club is seeking volunteers for its Mid-Year Social Night, as well as someone for the position of secretary and to look after registration.

Email, 16 Jan 2013  
Verity Roser, Umina Boardriders



# Killcare claims Masters honours

Killcare Surf Club has claimed the major honours in the Branch Masters Carnival at Killcare on Saturday, January 12.

Competing against 14 clubs in the Central Coast network, the Killcare team secured 13 first placings and finished with 205 points, comfortably ahead of minor placegetters Avoca on 159 and North Entrance on 149.

Phil Tubby, a gold medallist in the World Surf Life Saving Championships held last November in Adelaide, recorded a trio of victories in the 50 to 59 years section of the male beach sprint, the beach flags and as a member of the 170 years combined ages beach relay team with James Fraser, Moses Fotofili and Tony Hester.

Other carnival winners for Killcare were the 130 years male

surf team of Bryce Cameron, Angus McKay and John O'Malley, the 110 years female surf team of Leah Fotofili, Michaela Hofer and Laura Washington, the 130 years male taplin, the 130 years male ski relay, the 110 years female board relay, the 140 years female beach relay team of Leah Fotofili, Laura Washington and Tegan Spackman, the 170 years female beach relay team of Katrina Jungnickel, Jacqui Payne and Yvonne Hayter, the world silver medallist Michaela Hofer in the 30 to 39 years female beach flags and Steve McCoombe in the 30 to 39 years male beach flags.

Club coach John Bourne said he was proud of his team's second successive points score victory in this year's Masters carnival which has been a feature event on the Surf Life Saving Australia calendar for almost 20 years.

"We are delighted with the wonderful depth of talent which exists in our club and our increasing membership ranks justify the huge upsurge in interest where public safety on our beach is of paramount importance," said Bourne.

Media Release, 15 Jan 2013  
Allan Wilson, Killcare Surf Club

## Woy Woy Roosters

### JRLFC 2013 rego days

**Date:** Saturday 2nd February  
**Who:** 2012 Woy Woy players only  
**Time:** 2pm to 5pm  
**Venue:** Easts Woy Woy (Leagues Club)  
**Date:** Sunday 10th February  
**Who:** All players  
**Time:** 11am to 3pm  
**Venue:** Easts Woy Woy (Leagues Club)  
**Fees:** U6 to U9's - \$95-00 - U10 to U16's - \$115-00  
**Fees cover / include:** rego, all insurances, club polo, playing shorts and socks.

**For more info please contact:**  
**Rachael Harrington - treasurer - 0418 230 304**  
[rachael.harrington1@bigpond.com](mailto:rachael.harrington1@bigpond.com)  
**Melissa Moore - registrar - 0425 324 956**  
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Times and Heights(m) of high and low waters  
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Time - Height(m)	Time - Height(m)	Time - Height(m)
<b>MON - 21</b>	<b>TUE - 22</b>	<b>WED - 23</b>
0345 - 1.44	0443 1.48	0534 1.54
1030 - 0.68	1133 0.62	1224 0.54
1613 - 1.12	1718 1.14	1812 1.19
2200 - 0.63	2255 0.61	2345 0.58
<b>THU - 24</b>	<b>FRI - 25</b>	<b>SAT - 26</b>
0620 1.60	0030 0.53	0110 0.49
1305 0.47	0701 1.66	0740 1.71
1856 1.24	1342 0.41	1416 0.36
	1934 1.29	2011 1.34
<b>SUN - 27</b>	<b>MON - 28</b>	<b>TUE - 29</b>
0149 0.45	0228 0.43	0307 0.42
0815 1.75	0852 1.76	0929 1.75
1449 0.32	1522 0.29	1556 0.28
2046 1.38	2122 1.42	2200 1.45
<b>WED - 30</b>	<b>THU - 31</b>	<b>FRI - 1</b>
0349 0.42	0433 0.44	0522 0.47
1006 1.71	1046 1.64	1130 1.55
1630 0.29	1706 0.32	1746 0.36
2240 1.48	2322 1.50	
<b>SAT - 2</b>	<b>SUN - 3</b>	<b>MON - 4</b>
0009 1.51	0102 1.52	0202 1.54
0616 0.51	0719 0.55	0833 0.55
1218 1.44	1315 1.34	1427 1.25
1831 0.42	1924 0.48	2027 0.52

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