



Stage one of the Rawson Road Level Crossing replacement

Extend underpass comment period, says Chamber

The Peninsula Chamber of Commerce has called on Gosford Council to extend the advertising period for the Rawson Rd Level Crossing Replacement Plan, claiming that many in the community were unaware of the extent and implications of the proposal.

"The Chamber is concerned that the new underpass proposal has been advertised over the Christmas holiday period when many local residents are away and taking time off with their families," said Chamber president Mr Matthew Wales.

"Whilst we welcome the news that the NSW State Government is going to construct the new rail underpass at the base of Bulls Hill, we still have serious concerns over the environmental impact that the reconstruction of the Bulls Hill section to Horsfield Bay Rd.

"It is for this reason that we believe Council should extend the advertising period and undertake extensive consultation with residents and the wider community due to the sizeable impact the road works will have on the Bulls Hill escarpment.

"The rail underpass will eliminate the Rawson Rd rail crossing which is a welcome development.

"However, replacing the historic Bulls Hill Rd with three lanes and a major culvert over the Horsfield Bay Rd gully will have a significant environmental and visual impact on the landscape.

"We all acknowledge that it is important to improve road connections in and out of the Peninsula but the Bulls Hill works will require significant excavation of the escarpment, removal of hundreds of trees, demolition of several homes and the disposal of thousands of cubic meters of overburden.

"We understand that the State Government is keen to press on with the first stage being the rail

underpass with the Bulls Hill work to follow.

"The project has been allocated \$30 million in the first term of the O'Farrell Government.

"The Chamber is concerned that the Bulls Hill section of the works will forever change the historic nature of the escarpment and the village atmosphere that exists leading into The Bays precinct.

"To date we have not seen any visual impact assessment for the proposal and call on Gosford Council to ensure that photomontages are prepared to accurately show how the works will impact from key vantage points.

"Whilst we support that

allocation of funds for the first stage of the works for the rail underpass and elimination of the Rawson Rd rail crossing, we question to cost of the Bulls Hill reconstruction works at a time when Peninsula streets are unkerbed, lack adequate storm water drainage and have inadequate pedestrian access.

"We have written to the mayor requesting a one month extension to the advertising period and will be encouraging the community to make submissions to the Council," said Mr Wales.

Media Release, 5 Feb 2013
Matthew Wales, Peninsula Chamber of Commerce

Peninsula News

Community Access

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

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Vice-president, Brisbane Water Secondary College Umina Campus P&C

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Contributions

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

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

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New Age Printing, Rydalmere

Woy Woy Community Media Assoc Inc 2013 Membership Application

Peninsula News is unique in being owned by a voluntary community group. Being a member is a great way to show support for the newspaper and to help ensure its continued independence

Name: _____

Address: _____

Suburb: _____

Phone: _____

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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

On target for average rainfall

For the first time in several months, rainfall this month is on target to reach average monthly figures.

A total of 72.9mm has fallen in the first 14 days of the month, according to figures supplied by Mr Jim Morrison of Woy Woy.

This is just under half the average rainfall for February of 153.2mm, with the other half of the month still to come.

This month's average rainfall comes after January recorded rainfall about 50 per cent above average and rainfall in the previous six months was under half the average.

Most of the rain so far this month was recorded on two days, January 1 and January 12, both having falls of more than 25mm.

Temperatures so far this month have ranged from 15.1 degrees on

February 1 to 30.6 on February 9, according to local weather website www.peninsulaweather.info.

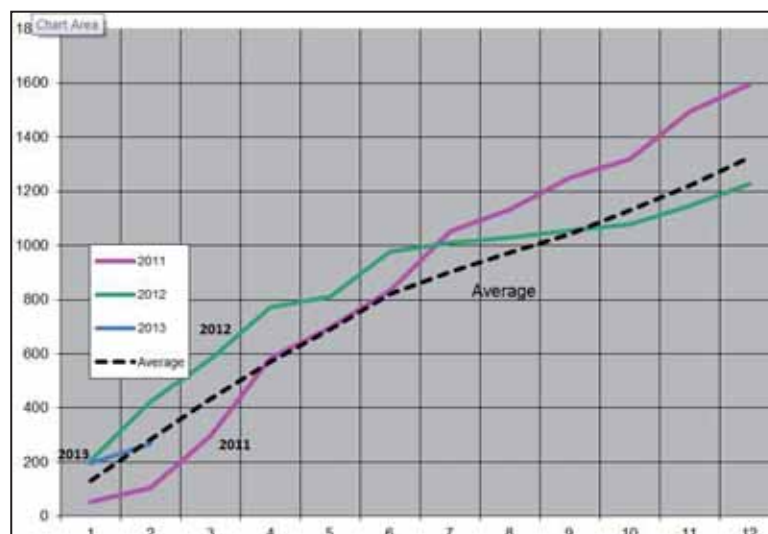
Lowest maximum was 18.7 on February 2 and highest minimum

was 22.0 on February 10.

Highest wind gust recorded was 38.9 km/h on February 1.

Spreadsheet, 15 Feb 2013

Jim Morrison, Woy Woy
www.peninsulaweather.info



Your Chance to Win

Peninsula News and Spotner are giving three readers the chance to win a Spotner pack valued at \$59.90 each.

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To win the Peninsula News Spotner competition, write your name, address and phone number on the back of an envelope and send to Coast Community News Spotner competition PO Box 1056, Gosford, NSW, 2250, by the close of business Friday, February 28.

The winners of last edition's Peninsula News Milky Foot competition were I Kelly of Umina, Valerie Moses of Mangrove Mountain and F Easton of Pretty Beach.

Kaitlin Watts, 15 Feb 2013



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.

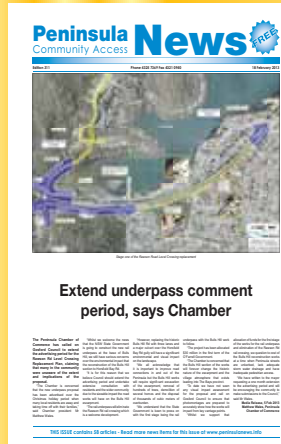
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Extend underpass comment period, says Chamber



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Heather McKenzie dies

Community stalwart Heather McKenzie, died on Friday, February 1, aged 93, following a long illness.

"Her passions were her house and garden, the health of Correa Bay and other local waterways, her family and friends and her community," said former Gosford councillor Ms Lynne Rainford (nee Bockholt).

"Heather was a passionate advocate for her local community.

"In the 70s, Heather used to hold functions at her home for the frail aged – on days like Melbourne Cup, Australia Day and Christmas Day.

"She made sure up to 20 people had a great time together eating and laughing and generally having a good time.

"She was well known for this work and acknowledged by local politicians such as Tony Doyle and Frank Walker with whom she formed close friendships," said Ms Rainford.

Heather was instrumental in the establishment of the St Vincent De Paul shop and complex in Woy Woy and was an office holder for many years in the South Woy Woy Progress Association and was involved in local issues for over 50 years.

She was instrumental in attracting State Government funding for aged care facilities including Boronia Court at Woy Woy and the Woy Woy Aged Care nursing home in Kathleen St, through the Progress Association.

She was an active Gosford Council participant and attended every council meeting for many years.

Heather's contribution to local affairs was recognised by Council in 2004 when she was named Citizen of the Year.



She was a long-time member of the Labor Party and attended every meeting.

Heather sat on many Council committees over the years including the Catchment Management Committee, Sister City Committee, Woy Woy Town Centre Committee, Correa Bay Improvement Committee, Light Up Woy Woy Committee and the Australia Day Committee, of which she was a member for over 20 years.

She was a director of Coastlink, a local aged and disability service for over 10 years and an inaugural and long term member of the Umina PCYC.

"Heather was always popping into local schools undertaking environment education with pupils and teachers and loved

to go to Woy Woy Hospital if she needed a wound managed," said Ms Rainford.

"She was a frequent visitor to Woy Woy Community Nursing Home where she was always made very welcome.

"Heather was always there when a person was ill or a family member had passed away, always the first to visit to help the family to see how she could support them.

"Heather was always being requested to attend this meeting and that meeting and she did so with relish as a way of assisting her community.

"In the 1980s Heather wrote many letters to local and Sydney papers seeking more funding for aged care hostels and nursing homes, especially in the dementia area, as there was a

severe local shortage of aged care beds.

"She was instrumental in getting a boat ramp installed at Correa Bay, in getting countless roads fixed up and getting the Council to assist any older person who needed help.

"Her community work is endless and she is very well known and well regarded locally.

"Everyone called her the mayor of Woy Woy, a title she revelled in as she loved Woy Woy for over 50 years.

"Heather featured strongly in the lives of so many people.

"She had strong relationships with Tony Doyle, Marie Andrews and Chris Holstein, the past and current members for Gosford.

"Politics was her life and she was delighted when she received a 90th birthday card from Julie

Gillard and was thrilled when Ms Gillard became Australia's first female prime minister," said Ms Rainford.

Heather was born in November, 1919, in Sydney to father Alexander and mother Elizabeth and had three siblings, Jean, Alec and Betty.

Heather left home at 17 and trained to become a registered nurse in Balmain Hospital.

She worked in Sydney before, during and after the Second World War as a nurse in several hospitals including RPA.

In 1952 she left Australia on an extended trip overseas where she worked in England and Scotland as a nurse.

She visited a number of countries in two separate trips throughout the 50s and early 60s.

In the early 60s she was appointed as administrator (CEO) of the NSW Nurses Association and held the position for a number of years.

In 1962 Heather travelled to the USA to investigate ways forward for the nursing profession and produced a book on the subject.

She was an early and ardent advocate for university training for nurses.

In 1964 Heather purchased a block of land in Woy Woy and built a house on the water where she lived until she moved to Point Clare three years ago.

Heather's life was celebrated by a requiem mass at St John the Baptist Catholic Church, Woy Woy.

She was buried at Point Clare cemetery.

Email, 12 Feb 2013
Lynne Rainford (nee Bockholt), Woy Woy



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Residents rally to save Hardys Bay RSL club

Residents of Hardys Bay have rallied to "save Hardys Bay RSL".

A Facebook page has been set up amid fears that the club will close due to financial pressures.

"The community of Hardys Bay, Wagstaffe, Pretty Beach and Killcare are about to lose the RSL Club that has tied together the community for decades," according to the Facebook page administrator Mr Robert Haynes.

"Unfortunately, due to financial woes the Club has been sailing close to the wind for the last year or two and now it has come to the point that the club faces imminent

closure.

"I believe Hardys Bay is an amazing community and since coming to the area in the last few years we have been warmly accepted.

"The club has been a massive factor in this, as it is for thousands of holiday makers each year.

"Without the club, the community will be at a significant loss.

"Sadly over the last few years, many homes in Hardys Bay are no longer permanently occupied and are used by many as weekenders or holiday lets.

"This has added to the club's demise as it causes financial

issues in staying open during the winter months.

"Although many members are absolutely committed to keeping the club open for the current and future generations in the area, we need your help to raise awareness of the plight of the club.

"We have created a Facebook page and will soon start to accept donations from the public (no matter how small), and hope you can help us to give something back to our community, a future," said Mr Haynes.

**Online Submission, 3 Feb 2013
Robert Haynes, Hardys Bay**

Gosford Council has accepted a tender for the refurbishment of a sewer pump station at Hardys Bay.

The tender is part of sewage pump station upgrade program which is aimed at "improving the reliability, capacity and performance of the region's sewer network".

The upgrade of SPS HB1 pump, located at the corner of Araluen Dr and Owanda Cres, Hardys Bay, was considered "critical", according to a staff report to Gosford Council on Tuesday, February 4.

"Pumps have been failing frequently in recent times.

"Complete failure of the station would increase the risk of dry weather sewage overflows.

"Under the operating licence for the Council, no dry weather overflow is allowed and substantial penalties apply."

The main components of works

include the replacement of all four existing pumps in the station (two in the wet well and two in the dry well), the replacement of all pipework in the wet well, dry well and between both wells.

It includes the replacement of the existing switch and control gear assembly, the provision of a protective coating to the internal surfaces of the wet well, and the provision of new computer flooring in the switchboard room.

The tender covers ancillary work, such as traffic control, workplace health and safety, station bypass, removal and disposal of site spoil, and site restoration and the testing and commissioning of the new pumps and placing the station into service.

The tender was awarded to local company Carey Constructions Pty Ltd.

**Gosford Council Agenda
WAT.4, 5 Feb 2013**

Community centre rebrands itself

Peninsula Community Centre has "rebranded" itself as Coast Community Connections at an official ceremony at Koolewong on Friday, February 15.

The community centre has been a part of the Central Coast for nearly 40 years.

From its beginnings in 1975 as the Woy Woy Recreational Centre,

the organisation's aim has been to provide a hub of community programs, activities and support services.

Coast Community Connections CEO Mr Andrew Tuck said that a brand change was necessary to reflect the growing services of the organisation.

"While our roots are firmly focused on the Peninsula and

indeed the Peninsula Community Centre at Woy Woy, we have recently expanded our services to provide support to the wider Central Coast community," said Mr Tuck.

"Due to our growing range of services and activities outside of the Peninsula, we identified a need to update our branding to create a name and corporate identity that better reflects the organisation we

are today," he said.

He said Coast Community Connections worked with the community in its entirety from children, young people and families to people living with disabilities and elderly citizens.

The organisation offered support services in a wide range of areas, including gambling addiction, drug and alcohol counselling and

Community Aged Care Packages.

"We are excited to launch a new brand which better reflects our mission to offer a broad range of services, activities and programs that strengthen our community, connect people with one another and enable them to lead fulfilling lives," said Mr Tuck.

**Media Release, 11 Feb 2013
Katey Small, Brilliant Logic**

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Activities for Seniors Week

Gosford Council is running a number of activities on the Peninsula during Seniors Week from Sunday, March 17, to Sunday, March 24.

A Umina Beach Knitters activity will be held at Umina Library from 10am on Monday, March 18.

A St John CPR course will be held at Woy Woy Library from 12:30pm to 2:30pm on Monday, March 18.

An Aqua Fitness Class will be held on Wednesday, March 20, from 12:30pm at the Peninsula Leisure Centre.

A Seniors Gentle Exercise Fitness Class will be held from 8:40am on Friday March 22, at the

Peninsula Leisure Centre and a Surf Club Tour will be held at Umina Beach Surf Club from 10am.

A Brisbane Water Morning Tea Cruise will depart from Woy Woy Wharf at 10:35am on Friday March 22.

A full list of activities are detailed in the Seniors Week 2013 brochures now available from Gosford Council or online at <http://www.gosford.nsw.gov.au/community/50-leisure-learning>.

To book activities or for further information, visit a senior citizens' centre or contact Rhondra Gibson on 4324 4749.

**Media Release, 11 Feb 2013
Rhondra Gibson, Gosford Council**



Interested in giving advice?

Gosford Council is seeking expressions of interest from local residents to serve on various advisory committees.

Applicants will be required to apply in writing and address relevant essential criteria, interviews will then be conducted and successful applicants recommended to Council.

The Council Advisory Committees seeking expressions of Interest are the Audit Committee, Catchments and Coast Committee, Environment Committee, Employment and Economic Development Committee, Gosford Affordable Housing Trust management committee, Gosford

City Council Protection of the Environment Trust Management Committee, Gosford Foundations Trust, Gosford Regional Gallery and Arts Centre Advisory Group, Heritage Advisory Committee, Status of Women Committee, Theatre Advisory Committee and Graham Park Stadium Committee.

The Register of Council Committees is available for viewing at http://www.gosford.nsw.gov.au/council/committee_register.

The Register outlines the role of each committee, when they meet and the requirements of representatives.

**Media Release, 11 Feb 2013
Gosford Council Media**

Toastmasters organise soapbox in Gosford

Ettalong Toastmasters will organise a soapbox in Kibble Park, Gosford, from 10:30am to 1pm on Saturday, March 9.

"The event is held within the tradition of open air speaking entertainment that is soapbox style similar to the famous tradition of Hyde Park, London and the Sydney Domain where artists, activists and philosophers speak their mind," said organiser Ms Virginia Westerson.

"The event aims to engage and entertain residents of Gosford City in the spirit of open air debate and free speech."

Ms Westerson said people did not need to be experienced public speakers to take part on the day.

"The event is a great opportunity for anyone to build their public speaking skills and confidence while joining in a morning of fun," Ms Westerson said.

"The event will allow locals to 'get on their soapbox' and speak for a timed period about community issues.

"People just need to bring with them a passion for their subject and ensure they keep it quick, simple and entertaining, or they can just come and watch some clever local debate," she said.

Gosford Cr Gabby Bowles will open the free community event.

Ms Westerson said: "The event is the first of its kind to be held on the Central Coast and is the

result of funding received under Council's Community and Cultural Development Grants Program."

Speakers will be registered and must be aged 15 years or older and feel confident to talk for two minutes on any issue that falls within a social, environmental or economic topic.

The best talk will receive a prize. A non-competitive junior speaker's corner for children under 15 will also be at the event.

To register before the event call 0421 274 497 or email gintim@optusnet.com.au

**Media Release, 8 Feb 2013
Virginia Westerson,
Soapbox in the Park**

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Rubbish removed from Pelican Island

Students from Brisbane Water Secondary College have helped to remove rubbish from Pelican Island Nature Reserve in Woy Woy in the week of Monday, February 4.

Students worked alongside the Hunter-Central Rivers Catchment Management Authority, the Community Environment Network, National Parks and Wildlife Service and local waste warrior Graham Johnston.

"With the help of the local students and after three trips to Pelican Island, we have managed to remove close to six tonnes of rubbish," said Mr Johnston.

"This is part of a marine debris project where we will remove litter from 25km of coastline in Brisbane Water over nine months.

"The students from Brisbane Water Secondary College who are involved in the challenging and sometimes back-breaking clean ups also complete data sheets that show they are collecting items such as plastic, glass and aluminium drink containers and also an alarming amount of items



such as trays, plastic mesh and other debris," he said.

Pelican Island Nature Reserve is managed by the NSW National Parks and Wildlife Service and

provides a haven for endangered vegetation communities such as saltmarsh and habitat for the endangered Bush Stone-curlew.

National Parks and Wildlife

Service has also joined forces with the Hunter-Central Rivers Catchment Management Authority to ensure native vegetation, such as a swamp oak forest, is protected by removing weeds like lantana and asparagus fern.

National Parks and Wildlife Service bush regeneration coordinator Ms Deb Holloman said the weed removal work would not only safeguard habitat for local wildlife, it would also help to protect the local vegetation, including one

of the largest mangrove stands in Brisbane Water for the long term survival of native wildlife.

The Hunter-Central Rivers Catchment Management Authority catchment officer for coast and marine Ms Hayley Leczkowski said the on-ground works taking place on Pelican Island Nature Reserve were a great example of various groups working together with the Hunter-Central Rivers Catchment Management Authority.

"We have community volunteers such as Graham working with the Community Environment Network, Brisbane Water Secondary College.

"NSW Oceanwatch to collect and monitor the litter.

"National Parks and Wildlife Service, Gosford Council and local oyster growers supply the barges to transport and remove the litter.

"And the National Parks and Wildlife Service coordinates the weed removal activities," said Ms Leczkowski.

The National Parks and Wildlife Service will also be conducting a Clean Up Australia activity on the island on Sunday, March 3.

Community members interested should meet at the public wharf at the northern end of North Burge Road at 9am to register.

Media Release, 8 Feb 2013
Liane Corocher, Hunter-Central Rivers Catchment Management Authority

Chiropractic Plus

Your chiropractors Pete Grieve, Ursula Renfrew and Michael Grieve
Umina Chiropractic Centre, 428 Ocean Beach Rd, Umina 2257 - Ph: 4341 6247

Welcome Michael

It is our pleasure to introduce Dr Michael Grieve as an additional Chiropractor to the team at the Umina Chiropractic Centre.

After 5 years of intensive study at Macquarie University, Dr Michael brings an enthusiasm for neuroanatomy and chiropractic wellness care that he is eager to share with the residents of the Peninsula.

He is interested in helping people, from newborn babies through to our valued senior citizens, as everyone, no matter what their age, has a right to reach their optimum health.

Michael is a second generation chiropractor, has been raised in a home entrenched in chiropractic wellness philosophy and has a lot to offer. He has worked in other areas from being a snowboarding instructor to the laboratories of the water testing department in Canberra, but has realised that chiropractic was his true calling.

So we again welcome Michael and his expertise to our team.

Michael is now taking patients.

Please call for an appointment.

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Yours sincerely,

Lucy Wicks
Liberal for Robertson



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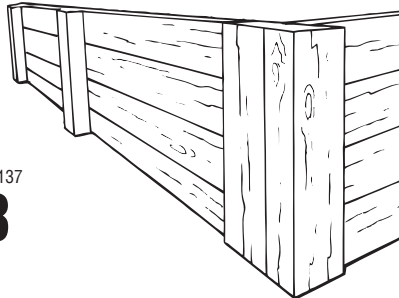


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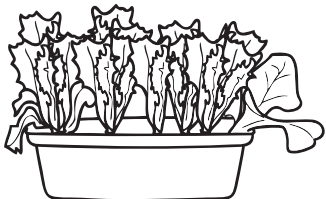


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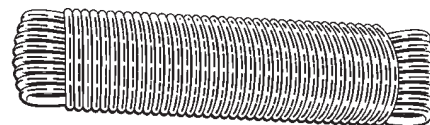
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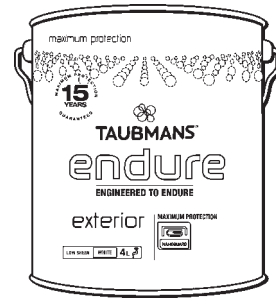
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3653715
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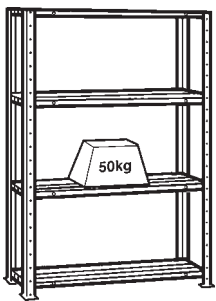
Monda
Rococo Back To Wall Toilet Suite
WELS 4 star, 4.5L/full, 3L/half, 3.3L/average flush. 4821261
\$289



syneco
Multi Purpose Poly Rope
9mm x 30m. Various colours. 4310091
\$4



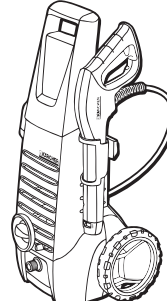
4L Endure Exterior
Low sheen white.
1540211
\$66⁹⁰



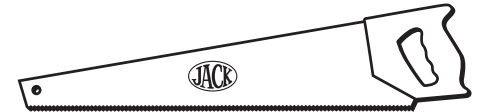
Handy storage
4 Shelf Galvanised Unit
1370 x 710 x 305mm. Holds 50kg per shelf. 2582522
\$15⁹⁸



POPE
Handy Garden Hose
15m x 12mm. Perma Fit™ fittings. 3110360
\$14⁷⁷



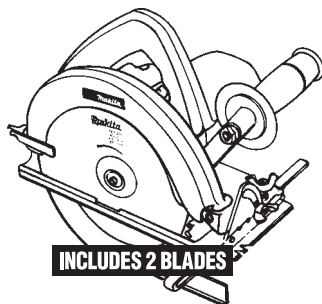
KÄRCHER
1400W High Pressure Washer
1595psi. 4m hose. Draws water from a bucket. 6270220
\$139



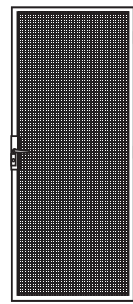
IRWIN
500mm Jack Hand Saw
8 point hardpoint. 5710947
\$8⁹⁴



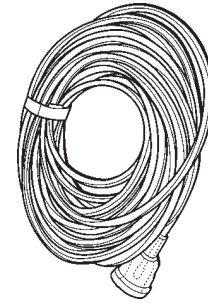
GORILLA
Folding Aluminium Work Platform
120kg load rating. 0861589
\$59



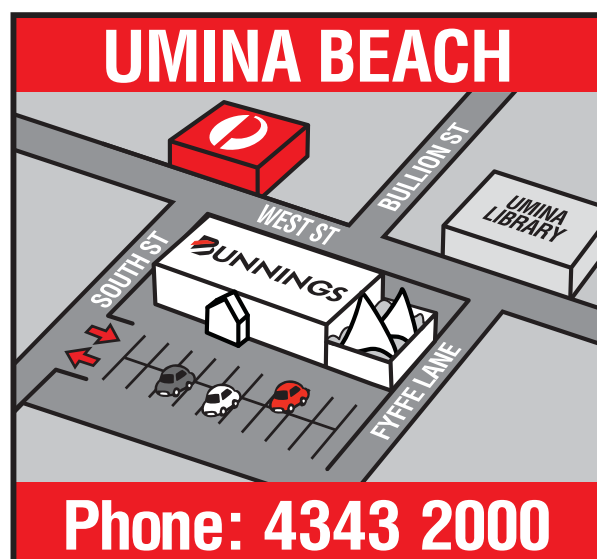
Makita
185mm Circular Saw
1050W. 6240109
\$99



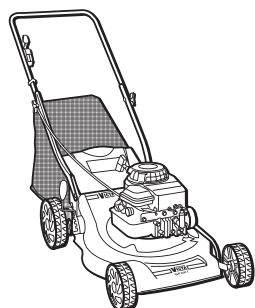
BASTION
Steel Screen Contemporary Door
2024 x 806mm or 2032 x 813mm. Charcoal. 2000240/241
\$129



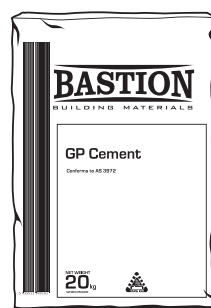
Click
25m Heavy Duty Extension Lead
10 amp. 4420129
\$19⁷⁵



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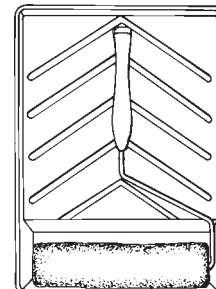
BASTION
20kg GP Cement
0760330
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Forum

Council fails in duty of stewardship

There was no compelling argument for the rezoning of five residential blocks for McDonalds at Umina.

With projected population growth on the Coast, more suitable cleared blocks were available at the other end of Umina shopping strip.

Council minutes of a year ago stated: "The applicant(s) be required to flag the trees on site that are to be removed."

Well now there is not a shrub left standing.

Did McDonalds make an 80s-style pre-emptive strike during the Christmas holidays or do Council environmental laws not apply to General Business?

The trees fronting these blocks were the tallest on Ocean Beach Rd.

Forum

Letters to the editor should be sent to:

Peninsula News
PO Box 1056,
Gosford 2250 or
mail@peninsulanews.asn.au
See Page 2 for
contribution conditions

As residential blocks, an Arboriculture Impact Assessment would have been required to establish danger or disease before a finger could be laid on a single tree. Having now established a

precedent for Ocean Beach Rd to become another Parramatta Rd, Council statements considering a median strip screen and acoustic fence are somewhat lame and ironic.

McDonalds exploited the Council Election and the new Council has failed in its duty of stewardship, meekly indicating their hands were tied by the decision of the previous Council.

As spokesperson for the Peninsula Chamber of Commerce, Matthew Wales has been the main propagandist for this project.

The bomb site displays the sign: "Another planning project by Wales and Associates."

Isn't this a conflict of interest?

Email, 31 Jan 2013
Anthony Shannon, Umina

Pensioners hit by water extraction

Forum

I note that, in the February 4 edition of Peninsula News, Gosford Council claimed that no groundwater was pumped out of the Peninsula during the later part of last year.

That is good, but, what has been happening in the New Year?

It would appear to me that Council is now making up for that miss, have the Council got it in for the Peninsula pensioners, who for years, have been maintaining

home gardens with the assistance of bore water?

We now find that to maintain these gardens we must use the Council water supply and by coincidence have to pay for this privilege.

The people that voted this Council in are now paying for what we thought was the best option.

Email, 8 Feb 2013
Ivor Scott, Umina

When the written letter was king

The service for long-time resident of Wondabyne, Lorna Bennett, brought back memories of the 1950s and 1960s where the letter was the principal means of communication.

Forum

In those times there were ferries that carried the mail to Phegans Bay, Woy Woy Bay, Empire Bay, Veterans Hall, Bensville, Wagstaffe Point, Hardys Bay, Kincumber

South, Davistown and Saratoga.

And, in earlier times, ferries also carried the mail to Gosford and Sydney.

The people who lived in isolated areas had private boxes at Woy Woy Post Office or called in to pick up mail from the Post Restante.

Those areas included Wondabyne, Parks Bay, Bar Estate and Fishermans Point, to recall a few.

Working at Woy Woy Post Office for over 30 years, I grew familiar with those down to earth, friendly people from Wondabyne, Parks Bay etc.

It was a privilege to know and serve these people.

Today, communications are all electronic, but in the heyday of the letter, there were small post offices at Phegans Bay, Woy Woy Bay, Koolewong, Point Clare, Empire Bay (still there), Blackwall, Woy Woy South, Bensville, Hardys Bay, Davistown, Saratoga and Wagstaffe Point.

Ah, those were the days when the written letter was king.

Letter, 6 Feb 2013
Keith Whitfield, Woy Woy

A character

Lorna Bennett (Peninsula News, February 4) was a remarkable woman.

I knew her as my family had a hut opposite her place at Wondabyne, which like Lorna's, has sadly been demolished.

There is so much history, both observable and oral which both

Forum

National Parks and the Railways seem to ignore.

Lorna was a giver, a supporter, a friend and a character.

Online Submission, 6 Feb 2013
Sharyn McLaughlin, Concord West

Spend money before surf carnival

I am glad to see the surf living saving festival planned for Umina.

It sounds like great news.

We need the tourism more than ever and Umina and the Peninsula as a whole has a real chance to show itself off as being the beautiful area that it is.

Putting it bluntly though, this is expected to give the Peninsula

a massive boost to the local economy.

Hopefully the Council doesn't bugger it up and actually spends money on the Peninsula in the lead-up to this event.

Typically all the money Gosford Council gets seems to go to Terrigal and the Peninsula is treated as a second class citizen.

Online Submission, 6 Feb 2013
Paul Malin, Woy Woy

More forum on Page 13



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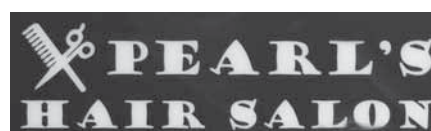



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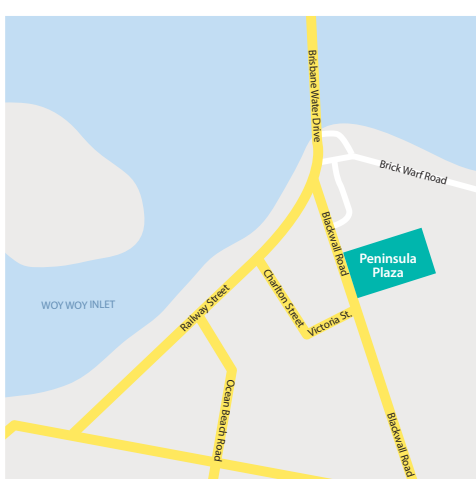
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Burnt out car at Rogers Park, Woy Woy

Vandals target council property, says mayor

Gosford Council property on the Peninsula has been targeted in a series of vandalism incidents, according to mayor Cr Lawrie McKinna.

Cr McKinna said McEvoy Oval, James Browne Oval and Umina Tennis Courts had all been targeted.

"Since the beginning of the year we have had five break and enters reported, a car was found burnt out on Paddy Clifton Oval and

there have been regular instances of new graffiti on Council-owned buildings.

"These malicious acts of vandalism are creating significant repair costs, meaning funds have to be redirected from other important works.

"There are far more worthwhile ways that this money could be spent and it is unfortunate that the acts of a small few are disadvantaging the wider community," he said.

Cr McKinna also said that Council would be working

cooperatively with the Brisbane Water Local Area Command.

"We will be doing all we can to assist local police in putting a stop to these brazen acts of damage and vandalism.

"I would encourage anyone who notices any strange activity around any Council sportsgrounds or facilities to immediately contact Crime Stoppers on 1800 333 000," said mayor Cr McKinna.

Media Release, 1 Feb 2013
Lawrie McKinna, Gosford Council

Appeal renewed

Police have again renewed the appeal for information in their search for a missing 55-year-old man who disappeared from Umina on December 19.

The last known sighting of Neil Hinkley was at Point Clare shops about 11:30am on the day of his disappearance.

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.

Media Release, 31 Jan 2013
NSW Police Media





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Engineers know best

The destruction of mature trees in Uligandi St, Ettalong, is a travesty.

The trees were vandalised to make way for a bicycle way, but it should have been the roadway taken up for the bike way.

After all, cars are the polluters not trees or bikes.

But, as the Council engineer pointed out, you can't argue with

Forum

engineers or bureaucrats.

They always know best.

All you have to do is study the modern politician.

Without minders, bureaucrats and the media, they wouldn't have a single clue.

Letter, 12 Feb 2013

Keith Whitfield, Woy Woy

Fresh spectacles needed

After the battering received by the east coast of Australia in the last week of January, any government, Regional Development Authority or developer, who persists in their drive to build Gosford Landing on flat land

Forum

beside the water, is surely irresponsible.

All coastal development must be looked at through fresh spectacles.

Email, 1 Feb 2013

Margaret Lund, Woy Woy Bay

Naming Brisbane Water

The first white visitors to Brisbane Water consisted of a party led by Governor Phillip which left Sydney on March 2, 1788.

They came with a number of sailors in a long boat to examine the broken land northward of Port Jackson mentioned by Captain Cook.

Captain Phillip, in a letter to Lord Sydney in England dated May 15, 1788, gave particulars of this journey.

He wrote: "After passing a bar that had only water for small vessels, entered a very extensive branch from which the ebb tide came out so strong that the boats

Forum

could not row against it in the stream; and here was deep water."

"It appeared to end in several small branches and in a large lagoon that we could not examine for want of time to search for a channel for the boats among the sand and mud.

"Pelicans and a variety of birds were seen here in great numbers."

Until 1825 this stretch of water was known as the North East Arm of Broken Bay.

In that year it was renamed Brisbane Water in honour of Sir Thomas MacDougall Brisbane, Governor of NSW from 1821 to 1825.

The early Governors enjoyed naming places after themselves.

Email, 20 Jan 2013

David Benwell, Umina



Nathan Bracken with Bunnings Umina Beach Complex Manager Josh Starr and team members Mark Ivers, Adam Gray, Marlon Julius, Kathryn Wain and Andrew Byrnes.

Hardware store boosts Umina trade, says Chamber

Umina retailers are already seeing improved retail conditions following the opening of a new major hardware outlet in the town, according to the Peninsula Chamber of Commerce.

"A number of local traders are reporting stronger than expected post school holidays trading," said Chamber president Mr Matthew Wales.

"This bodes well for 2013 with evidence that a much stronger local expenditure base is appearing on the Peninsula," said Mr Wales.

The Chamber welcomed the opening of the new Bunnings store at Umina and the news that 40 local people have already been employed.

"This is great news for local employment and for the future of the Umina Beach retail centre," said Mr Wales.

"Bunnings is set to become a major draw to the retail strip and will provide more choice and competition for locals who will not have to leave the Peninsula to

carry out the day-to-day hardware shopping."

"Added to the bonus of local jobs is the \$1.4 million per annum injection of wages and trade investment that will further underpin the growing Umina Beach retail market.

"The official opening by cricket star Nathan Bracken was a huge success on Friday, February 1, with hundreds already shopping in the new store.

"Local building contractor, Plum Constructions undertook the refurbishment of the old building, converting it into a first class retail

Media Release, 5 Feb 2013
Matthew Wales, Peninsula

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Chamber of Commerce

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Shadow Minister hears from aged care providers

Liberal Candidate for and Shadow Minister for
Robertson Ms Lucy Wicks Ageing and Shadow Minister

for Mental Health Senator
Concetta Fierravanti-Wells
have held a meeting at Woy
Woy Community Aged Care
to hear from aged care
providers..

"These meetings are about
hearing the concerns of aged-care
providers first hand, to ensure
our policies are effective and
responsive to the needs of older
Australians," said Ms Wicks.

"We sincerely thank Jennifer
Eddy, CEO of Woy Woy Aged Care
for hosting this event and providing
Senator Fierravanti-Wells and I the
opportunity to listen to providers of
aged care services," she said.

Aged care providers from the
Peninsula said they also found the
meeting on Wednesday, January
30 with the Coalition's Aged Care
spokesperson valuable.

"It was a great opportunity for
service providers to outline issues
of concern and participate in the
Coalition's consultation process in
the lead-up to the election," said
Ms Eddy.

"Of particular interest was
the opportunity to free up the
legislative restraints that obstruct
our ability to deliver care services
where they are needed and to cut
the level of documentation and
reporting requirements that take
our most skilled nurses away from
direct resident care.

"The aged care industry on the



The meeting at Woy Woy Community Aged Care

Coast is closeknit. We help and
support each other.

"We welcomed the pledge
by Senator Fierravanti-Wells to
deliver certainty to the industry
so that we can deliver services to
those in our care without the threat
of funding cuts mid service," Ms
Eddy said.

Senator Fierravanti-Wells said
the Coalition's plan included a
"sustainable" four-year agreement
with the providers of aged care.

"This will meet the needs of an
ageing population while providing
choice, certainty, flexibility and
vision.

"It will set the framework for real
reform in the partnership with the
aged care sector," she said.

Ms Wicks said: "Our ageing
population is one of our biggest

social challenges."

"If we are to enable a continued
improvement in aged care, there
has to be a consistent and reliable
policy framework that provides
certainty for providers," she said.

The forum also discussed the
difficulties of service providers
attracting staff, the constraints of
excessive red tape and the lack of
incentives to invest in aged care.

Ms Wicks said the Coalition was
determined to deliver real solutions
and to improve the quality of life for
older Australians.

"She also pledged to continue
to engage with the community and
listen to their concerns, including
by holding similar events in the
future.

Media Release, 2 Feb 2013
Aileen Wiessner,
Office of Lucy Wicks

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The retreat at Pearl Beach

Success of retreat leads to appeal for more

The success of a Pearl Beach holiday home used as a retreat for women with breast cancer has led to an appeal for others to make their homes available.

The Otis Foundation is looking for holiday home owners on the Peninsula who are willing to share

their properties with people living with breast cancer.

The Foundation provides short-term retreats at no charge.

"With 4500 women diagnosed with breast cancer each year in NSW alone, there is increasing demand on our current Pearl Beach retreat,"

said the foundation's general manager Ms Kristen Simpson.

Ms Simpson said the organisation was inspired by Judy Burley, who lived with breast cancer until she passed away aged 36.

Judy had a vision to deliver the peace she found in nature to others faced with a similar challenge, she said.

Since The Otis Foundation opened its doors in 2003, it has continued to grow and now offers retreats across NSW, Victoria and South Australia.

Ms Simpson said the retreats offered time out to relax, reconnect and regroup for those dealing with the challenges that come alongside serious illness.

Each property had been hand chosen for its location, in an environment that allowed guests to draw on nature for strength and comfort, she said.

The Pearl Beach property is donated by the property owners for six months of the year (since 2010), when they are not using it as their holiday home.

"We currently have a very long waiting list for Pearl Beach, so we are in need of another retreat either in Pearl Beach or any one of the other beautiful locations on the Central Coast," said Ms Simpson.

"Holiday home owners say the guest book at each property is the greatest form of repayment.

"The messages each tell a story and convey a gratitude and appreciation of the generosity and the spirit with which these retreats have been provided."

With inquiries, contact the Otis Foundation on 03 5444 1185.

Media Release, 14 Feb 2013
Kristen Simpson, The
Otis Foundation

Yoga and stress management

The Peninsula Women's Health Centre will begin a yoga and stress management group on Wednesday, February 20.

The group will be held over six weeks each Wednesday from 1pm to 3pm.

The group is a gentle and easy, designed to bring balance and

harmony into the participants' daily lives.

The group is aimed at women who are new to yoga or have limited movement.

Please call the centre for bookings on 4342 5905.

Email, 12 Feb 2013

Kate Bradfield, Peninsula Women's Health Centre

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College collects more litter

Brisbane Water Secondary College's Enviro Unit assisted in the collection of 12 bags of litter from the northern end of Waterfall Bay and Saratoga Island on Wednesday, February 13.

Four full bags of litter were collected from Saratoga Island, while along the eastern foreshore of Paddys Channel, beside Saratoga Island, 30 old oyster trays were found along 300 metres of foreshore.

Eight bags of small litter were also collected at this site along with plastic bottles and beer bottles.

Three bags of small items were also collected from beneath the mangroves at the end of Waterfall Bay with 16 beer bottles found in the campsite area.

Four large pieces of oyster netting was also retrieved from the mangroves.


Email, 13 Feb 2013
Graham Johnston,
MacMasters Beach



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First development day

Ettalong Public School held its first school development day for the year on Tuesday, January 29.

Staff participated in workshops for the new English syllabus and conducted evaluations and planned for the school year.

"An excellent school

development day run by Sue Larkey was also held on December 20," said principal Mr Colin Wallis.

"Sue presented relevant useful material on the teaching of students with special needs, especially autism.

"Continued professional learning for staff such as the presentations made on these days

is imperative to enhance teaching and management skills and thus improve students' learning outcomes

"We are fortunate to have staff at Ettalong so committed to continued professional learning," said Mr Wallis.

Newsletter, 30 Jan 2013
Colin Wallis, Ettalong Public School

New staff at Ettalong

Ettalong Public School has had a number of new staff members this year.

The new staff members are Lindy Downham in learning support, Matt Boutland teaching Year 6, Renee Rodgers teaching Year 4, Sally Herbert teaching Year

3; Brooke Martin as a relief teacher, Kerrie Moon as an itinerant vision impaired teacher, Julie Broad and Marijke Ward as permanent student learning support officers and Kevin Wagg, the permanent grounds assistant.

"I know they will all make a

significant positive impact upon our school and our students' learning," said principal Mr Colin Wallis.

Newsletter, 30 Jan 2013
Colin Wallis, Ettalong Public School

Brief Therapy with Hypnosis

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New roof, insulation and half an oval

St John the Baptist Catholic School had new roofs and insulation installed in two blocks and half of its oval completed during the holiday period.

Principal Mr Frank Cohen said: "We now have a functioning irrigation system linked to our own bore."

"The children will be allowed to play on this in a few weeks' time."

"The focus of fundraising this year, particularly with our school fete in October, will be to raise the remaining funds to complete the second half of the oval."

**Newsletter, 6 Feb 2013
Frank Cohen, St John the Baptist Catholic School**

School leaders are elected

Woy Woy South Public School student leaders received their leadership badges in an induction assembly on Friday, February 8.

"This is a great honour for these students who have been elected to such important positions by their peers," said principal Mr Terry Greedy.

"The school leaders recited a pledge re-affirming their commitment to carrying out the duties associated with their positions to the best of their ability."

"The students have done an outstanding job in selecting our school leaders and I look forward

to working with our captains, Hallie Spencer and Joshua Wadeson and vice captions, Amy Stead and Andrew Witten, throughout the year ahead."

**Newsletter, 12 Feb 2013
Terry Greedy, Woy Woy South Public School**

Helpers wanted

Brisbane Water Secondary College is seeking volunteers to help out in its canteen.

Volunteers will be trained and supported in the work they do and can come at a time that suits them.

Volunteers can also assist in other areas of the school.

With inquiries, phone the Woy Woy Campus on 4341 3446 or the Umina Campus on 4341 4672.

**Email, 8 Feb 2013
Bruce Donaldson, Brisbane**

Ettalong Public School has farewelled its Stage Three assistant principal Ms Jodie Campbell who has been asked to relieve at Gosford East Public School.

"Jodie has been an invaluable leader and team member and an outstanding and compassionate teacher and has made an enormous contribution to our school and will be greatly missed,"

said principal Mr Colin Wallis.

"Gosford East will certainly be incredibly fortunate to have her services."

"Jes Zammit will take over the supervision of stage three classes and Jodie Jamieson will relieve as assistant principal for stage one."

"Our school is certainly fortunate to have such a wealth of talented teachers and leaders," said Mr Harris.

The school has also welcomed

Ms Marika Selwood as a new permanent classroom teacher.

Ms Selwood, who transferred from Pretty Beach Public School, has taken over the teaching of a Year 5-6 class from Ms Campbell.

"She will bring with her much expertise and talent to further enhance our team," said Mr Harris.

**Newsletter, 12 Feb 2013
Colin Wallis, Ettalong Public School**

All welcome at association meeting

Brisbane Water Secondary College will hold its P and C Association meeting on Wednesday, February 20, at 7pm at its Umina Campus.

The P and C is open to everyone: parents, caregivers, grandparents, teachers, students and members of

the whole community, according to P and C Association vice-president Mr Bruce Donaldson.

"By working together, people who care about students and our school can make a difference," he said.

"We hope you will join our P and C and become a person who helps

us help our students."

The P and C Association will hold its annual meeting on Wednesday, March 13, from 7pm at its Woy Woy Campus.

**Email, 8 Feb 2013
Bruce Donaldson, Brisbane Water Secondary College**

New building provides extra facility

Umina Public School had a new building placed on its school site over the weekend of February 9 and 10 which will act as an extra facility for the school to use for playgroups and other activities.

"Playgroups will meet there and School House will commence as soon as the building is ready," said principal Ms Lyn Davis.

"Services have yet to be connected and there are minor modifications to be made."

"This building has been purchased by the school and will always belong to the school."

"Eventually our school counsellor will relocate to one of the offices in the building

and it will be put to good use throughout the school week," said Ms Davis.

**Newsletter, 12 Feb 2013
Lyn Davis, Umina Public School**

Woy Woy School of Music



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Brisbane Water Secondary College is seeking volunteers to help out in its canteen.

Volunteers will be trained and supported in the work they do and can come at a time that suits them.

Volunteers can also assist in other areas of the school.

With inquiries, phone the Woy Woy Campus on 4341 3446 or the Umina Campus on 4341 4672.

**Email, 8 Feb 2013
Bruce Donaldson, Brisbane**



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Deborah O'Neill
Federal MP for Robertson

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

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Busy performers fit in folk club

The Troubadour Folk Club will feature Jeannie Lewis and Maurie Mulheron at its March 23 concert from 7pm in the CWA Hall at Woy Woy.

"Veteran performer Jeannie Lewis is an accomplished, versatile and passionate vocal artist, one whose work crosses many musical boundaries, and the owner of one of the most distinctive and interesting voices in the business," said Troubadour publicity officer Ms Sue Robinson.

Her career spans over 30 years as a singer, recording artist, actor, writer and teacher, touring extensively in Australia and overseas.

"Aside from creating seven albums of her own, she has also developed her unique style of theatre – a concert show, blending

elements of dance, theatre, visual arts, spoken word and music.

"Music festival goers will recognise Maurie Mulheron.

"His busy schedule generally only allows him to perform at such venues, despite what must be heavy demand for his musical services.

"He's also the president of the NSW Teachers Federation and principal of Keira High School.

"A long term Pete Seeger fan, he is best known in the arts world as the creative and musical talent behind the successful Pete Seeger musical biography One Word... WE!"

A singer and songwriter, Mulheron also plays the mandolin, guitar, five-string banjo and blues harp (mouth organ).

Media Release, 12 Feb 2013

Sue Robinson,

Troubadour Folk Club



Professional performer Chris de Havilland at last year's Italian Festival

Italian festival to be held in April

The Central Coast Italian festival will be held at Ettalong Beach Tourist Resort on the weekend of April 20 and 21.

Event coordinator Ms Alex Quinn said the aim of the festival was to "inspire our next generation to adopt an understanding of the Italian culture".

To create an awareness of Italian culture, the festival offers opportunities to experience authentic Italian coffee (caffè),

good food (buon cibo), beer (birra), wine (vino), music (canzone), cars such as the Lamborghini and films screened in the Cinema Paradiso.

"If you are planning a trip to Italy, talk to Hidden Italy, the walking tour specialists, doing a presentation including Italian language tips for travellers," said Ms Quinn.

"A quick cruise in the Fantasea ferry from Palm Beach is also a great way to enjoy part of the day.

"Our own Michael Angelo will be on site with paintbrush in hand,

adding to the collection of Italian Renaissance art found throughout the resort.

"Fashionistas should make note of the fashion parade by Clara and budding chefs will be inspired with our cooking demonstrations.

"Kids Italian style amusement rides will be available or pat the donkeys and Maremma dogs," said Ms Quinn.

Media Release, 11 Feb 2013

Alex Quinn, Ettalong

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Patchwork tutor starts

Ettalong Beach Arts and Craft Centre has secured the services of a patchwork and quilting tutor who will teach the traditional methods of quilting to students.

Ms Penny Howard has been producing patchwork designs for over 15 years and said she

was looking forward to sharing her skills and knowledge with Ettalong Beach Arts and Craft Centre members.

Ms Howard secured the position of patchwork and quilting tutor after three previous tutors moved on to pursue other interests.

The Centre held its open day

on Monday, February 11, which gave members of the community the chance to meet with Penny.

"What a fantastic day it turned out to be with a steady stream of people wishing to find out about all the arts and craft classes held in our centre," said Centre publicity officer Ms Sue Sullivan.

"We were delighted to have

new members joining on the day in the quilting, folk art and silk painting classes.

"Our tutors pride themselves on catering to all skill levels and bringing unique experiences in all areas of artwork to our members.

"Penny enjoyed the opportunity to meet with current members of the classes and our committee as

well as welcoming those who will be her students later this month," said Ms Sullivan.

Ettalong Beach Arts and Craft Centre will hold its annual meeting on Monday, February 18.

Media Release, 31 Jan 2013
Sue Sullivan, Ettalong Beach Arts and Craft Centre



Join the School for Seniors

The Peninsula School for Seniors is inviting people to join its group and participate in a range of activities, which are held at the Peninsula Community Centre in Woy Woy.

The School holds a discussion group on Tuesdays from 10am where members can discuss local topics and listen to guest speakers.

Members can learn to play rumiken from 1pm on Tuesdays.

On Wednesdays, the art of wool

and lace knitting and card making is taught in a craft class from 10am.

Members can learn about Australia in an Australian and local history class on Thursdays from 10am.

Once a month on Fridays, the School holds a walkers' group outing.

For further information, phone Rona Nelson 4341 7785.

Email, 12 Feb 2013

Diana Johnston, Peninsula School for Seniors



Just gets better





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The cast of Woy Woy Little Theatre's latest comedy, *Breaking Legs*, discuss the finer points of business relationships

Breaking Legs starts new season

Breaking Legs, a play presented by Woy Woy Little Theatre, will be held from Friday, February 22, to Sunday, March 10, at the Peninsula Theatre in Woy Woy.

The play will be directed by Ms Barbara Hickey and co-directed by Ms Shea Wicks as the Little

Theatre's first show of the season.

The show will be performed by Richard Goodwin, John Hickey, Andy Kabanoff, Douglas Kent, Shea Wicks and David Hicks.

Breaking Legs takes place in an Italian restaurant with a mobster and his good looking, unmarried sister.

Her college professor arrives looking for funding for a play he

has written about a murder.

Two more mobsters arrive, ready to relieve a financial burden from a 'friend'.

The play is a mirthful mix of madcap mayhem, murder and the mafia, according to Ms Hickey.

Email, 30 Jan 2013
Jessica Alex, Woy Woy Little Theatre

Little Theatre holds annual meeting

Woy Woy Little Theatre held its annual meeting on Monday, February 11.

Ms Barbara Hickey was returned as president with John Hickey elected as vice president, Penny Dilworth as treasurer, Fran Armstrong as secretary and Graham Vale as operations

manager.

Christine Vale has entered another 12 months as the company's resident set designer, while Brendon Flynn was elected technical manager.

New face on the committee David Wicks took over the role of marketing, while Patrice Horne is in charge of the monthly newsletter.

Monthly play readings are held at the Peninsula Theatre in McMasters Rd on the last Monday of each month and are open to all interested.

The Little Theatre is now preparing for its performance season ahead which will commence on Friday, February 22.

The company, which last year celebrated 50 years on the Peninsula, is about to raise the curtain on the American comedy *Breaking Legs*, to be followed by a season of One Act Plays, *Dial M For Murder* and *Hannie Rayson's* take on local politics in *Competitive Tenderness* later in the year.

Media Release, 12 Feb 2013
David Wicks, Woy Woy Little Theatre

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Paint-in held at community garden

The Woy Woy Peninsula Community Garden hosted a "paint-in" on Thursday, January 17.

Artists of all ages worked together to complete a mural at the garden.

The mural was designed by local artist Ms Kim Ryder to reflect the aims and beauty of the garden.

It was sponsored by Gosford Council, through a Community and Cultural Development Grant.

The design of the mural was sketched on ply board sheets.

"Now erected on the side of our container garden shed, it screens it and beautifies the garden and serves to inform and educate about growing healthy food," said garden coordinator Ms Jill Meredith.

"The theme of the day was about community spirit, a family fun day, with local children invited to come and complete the painting.

"The enthusiasm was evident with nearly 50 children of all ages

participating.

"We were amazed by the artistic skill displayed, as under Kim's supervision the mural was quickly finished.

"Individual skills were encouraged in free hand paintings that were created on wooden plaque's that will be used as a border for the mural, and a range of exotic lizards, parrots, snails and kookaburras have made a colourful appearance to the doors of our shed.

"Scarecrows were created, decorative yet practical labels now mark our herb beds and a number of colourful banners flutter in the breeze.

"Even the telephone pole got a makeover, now a totem pole bearing the painted hand prints of many of those involved on the day.

"The Community Garden was founded as a project of the Peninsula Environmental Group and, after only six months, is producing organically-grown fruit

and veggies and colourful drifts of edible flowers.

"It is also a vehicle to bring the community together.

"We are always happy to have new members join us to learn new skills and make new friends," said Ms Meredith.

Working bees are held on Thursdays at 8:30am

For more information, contact Jill Meredith on 4344 2704.

Media Release, 10 Feb 2013

Jill Meredith, Woy Woy

Peninsula Community Garden

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Douglas Kent as the Cowardly Lion and Tom Lake as the Tin Man in a performance from *The Wizard of Oz*

Trivia afternoon for paraplegia equipment

A fundraising trivia afternoon will be held at the Empire Bay Progress Association hall on Sunday, February 24, from 1pm to 5:30pm.

The afternoon will raise money for paraplegia equipment for local resident Mr Brian Wright.

"Brian needs special physio and exercise equipment to help make things a little easier each day," said event coordinator Ms Jan Consoli.

"Consequently, this equipment combined with medical bills is very expensive.

"That's why we've banded together to organise this fundraising afternoon to help his family."

The trivia afternoon will be

hosted by Bob Smith who prior to retirement, was a presenter on Radio Five-O-Plus, and will include questions about music, general knowledge and pop culture.

"People are invited to form a team of six to eight people, but if you can't get together a full table, don't worry as small groups can join together," said Ms Consoli.

"There will be lots of lucky door prizes and great prizes for the winners of the trivia afternoon."

Numbers are strictly limited to 70 people.

To reserve a place, phone Shirley Crocker on 4369 2034 or Jan Consoli on 4369 3195.

**Media Release, 8 Feb 2013
Brooke Simmons, Pursuit Communications**

Ensemble free for extra bookings

The Frantastics, a choir that meets in Walter Baker Hall in Woy Woy on Mondays from 1pm to 3pm, has formed a small ensemble group of 20 members which is available

for bookings free of charge.

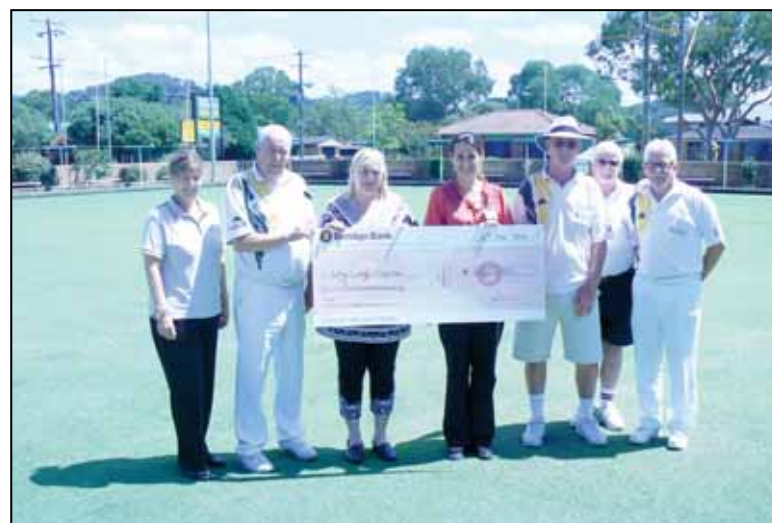
"We only perform twice per month and 2013 is fully booked up," said organiser Ms Fran Kendall.

"Rather than disappoint senior residents, we now have the option of booking this small ensemble

group who are extremely keen and don't mind the extra performances," said Ms Kendall.

For more information, phone 4343 1995.

**Email, 5 Feb 2013
Fran Kendall, The Frantastics**



Beth Quinlan, Ray Benton, Trish Hayes, Melissa Pickering, David Lilley, Howard Frankland and John Hall

Guide dogs at Deepwater

The Central Coast Guide Dogs NSW-ACT Volunteer Support Group will hold fundraising stalls at Deepwater Plaza on Wednesday, March 6, and Thursday, April 11, from 9am to 2:30pm.

Central Coast Support

Group president Ms Barbara Craig said she was dedicated to volunteering for Guide Dogs NSW-ACT and was always looking for new members to assist the enthusiastic efforts by the small group who regularly visit Central Coast shopping centres selling Guide Dogs merchandise, and holding

raffles.

Guide Dogs clients and their Guide Dogs also attend the stalls and answer questions from the local community about what it is like to live with impaired vision.

**Media Release, 11 Feb 2013
Lynne Lillico, Central Coast Guide Dogs NSW-ACT Volunteer Support Group**

Woy Woy Hospital has been presented with a cheque for \$600 from Everglades Country Club Men's Bowls Sector.

The money was raised from the club's Charity Tin where money from the purchase of pre-loved bowls, bowling equipment and clothing was donated, plus

donations for defaulting bowlers for wrong biases and the like.

Woy Woy Hospital's director of nursing Ms Melissa Pickering said she was pleased to receive the regular donation from the Everglades' bowlers, which on this occasion would be used to purchase four shower commode seats and a large clock for the patient lounge - dining room of the hospital.

**Media Release, 6 Feb 2013
Ray Benton, Everglades Men's Bowling Club**

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Dementia day care program expands

The dementia day care program run at Peninsula Village, which was once only for residents of the Village, has now expanded to include the wider community.

Peninsula Village executive assistant Ms Linda Grant said the program had been so successful that expanding it was the obvious thing to do.

"It truly is marvellous as it really helps carers, but it is working out

how to let these carers in homes know the program is available to them," said Ms Grant.

"It is a wonderful service to give carers a break when they are looking after an aged family member with special needs in their

home.

"At \$7 per day, the service offers personalised attention from qualified carers along with social stimulation, with plenty of activities within the Day Therapy Schedule," said Ms Grant.

The day care runs Monday to Friday from 9am until 3pm.

With inquiries, contact Paula on 4344 9199.

Email, 30 Jan 2013

Linda Grant, Peninsula Village

Aged care service opens in Ettalong

An aged care service has opened an office in Ettalong to serve the needs of people on the Peninsula and the Central Coast.

Home Instead Senior Care franchise owners Jasmine Hopcraft and Chris Dawson said they were delighted to finally be able to provide services on the Coast as they both knew what it was like to try and find the right kind of help for ageing parents.

Two years ago in the UK, Mr Dawson's father was terminally ill with cancer and needed assistance to remain in their family home.

A community nurse visited daily.

However, he also needed assistance with everyday living activities.

Mr Dawson said that as he and his siblings all worked full time, they looked at options for help and heard about Home Instead Senior Care.

When Jasmine's father, who had polio as a child, needed help they found Home Instead in Australia.

They said they were so relieved and impressed with the care and the professionalism of the Home Instead caregivers they

investigated opening an office in the region.

"So many of our friends have parents who have retired in the region, not a single one of them wish to leave their homes," said Ms Hopcraft.

"We know there is a real need here for quality services that are flexible and tailored for each

person.

"Our caregivers can help seniors maintain their quality of life, in their own home and give their families the peace of mind, knowing their loved ones are safe and independent."

Media Release, 5 Feb 2013

Jasmine Hopcraft, Home Instead Senior Care

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 Fridays & Saturdays @ 8pm: Sundays & Saturday March 9 @ 2pm
 AT PENINSULA THEATRE, WOY WOY
 Cnr. Ocean Beach & McMasters Roads

Book now through Laycock Street Theatre Box Office - 4323 3233
 or laycockstreettheatre.com (fees apply)
 Or Woy Woy Little Theatre Box Office - 4344 4737 from Monday 11 February
 (Open between 10am-12 noon Monday, Wednesdays & Fridays)
 www.woywoylt.com.au and Facebook

An Italian restaurant - a mobster & his good looking unmarried sister. Her college professor arrives looking for funding for a play he has written about a murder. Two more mobsters arrive, ready to relieve a financial burden from a "friend". As the play unfolds so too does the fun! A mirthful mix of madcap mayhem, murder & the mafia...

Tickets | Adult \$25 | Concession | \$22 | Child (school age) \$7

Mangrove Mountain Country Markets

NEXT SUNDAY 24th FEBRUARY
 9:00am-2:00pm

THE FOODIES' DESTINATION

SHOWCASING:

- CHAMPIONS MOUNTAIN ORGANICS
- GREENMILE BOERS GOAT MEAT AND BBQ
- LITTLE CREEK CHEESE
- HANDMADE JAMS AND CHUTNEYS
- GREAT COFFEE AND FOOD TO GO
- AND LOVINGLY MADE ARTS AND CRAFTS

WHERE:
Mangrove Mountain Community Hall & Reserve
 (Corner of Wisemans Ferry Rd & Waratah Rd)

A NOT FOR PROFIT ORGANISATION Sponsored by **Peninsula Community Access News**

Directory - Not for profit Community Organisations

Animal Care

Animal Welfare League
provides aid to sick or injured animals & subsidised assistance in the desexing of dogs.
Meet 2nd Tues, Spike Milligan Room, Woy Woy Library, 10am.
Debra 4344 4435
awlcentralcoast@virginbroadband.com.au

Art

Ettalong Beach Art & Crafts Centre
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
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
Wed - Adult Art Class
Wed & Frid - Adult Crafts
Bunka Embroid, Cards, Crochet, Cross Stitch or bring your own - \$3/session
Point Clare Community Hall
10am - 12noon
4325 5007

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

Church

Good News Church
Every Sun - 10am at Woy Woy Public School
Park St, Woy Woy
Modern Service, Children Catered for. Youth Fridays 7pm during School term
www.goodnewschurch.org.au
Pastor Sam Collins
4344 3000

Community Centres

Peninsula Community Centre
Cnr Ocean Beach Rd & McMasters Rd Woy Woy Child Care - Before & After School, Vacation, Family, Day & Occasional
Children, Teenagers & Adults - Dance, Singing, Guitar, Drama, Music, Physie, Karate, Belly Dancing and multicultural support
Children - Little Kickers, Indian Dance, Playgroups, KindyGym,
Teenagers - "The Web" Youth Support Services.
Adults - Bridge, Yoga, Cake Decorating, Zumba, Scrabble, Weight Watchers, Boot Scooting, Song Writing, Community College, free tax help, Post & Pre Natal Exercises.
Counselling - Drug, Alcohol, Relationship, Financial, Gambling, Weight Control.
Over 55's - Social Outings, Oil Painting, Multi craft, Needlework, Bushwalking, Stroke Club, History, Tai Chi, U3A, Scrabble, Arthritis Assoc, Gentle Exercise, Free Seniors Internet Kiosk, Discussion Groups.
www.pccinc.com.au
4341 9333

Ettalong 50+ Leisure & Learning Centre

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

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.
www.aacc.asn.au
Help with all Computing problems - Program demos + Q&A sessions - Monthly meetings held from Feb to Nov
• 2nd Wed Windows 7pm to 10pm
Narara Valley High School Fountains Road, Narara
• 4th Thur Social + Windows 12.15 - 3.15pm
East Gosford Progress Hall Cnr Webb Rd & Henry Parry Drive
4362 1918 - 4324 2740
secretary@aacc.asn.au

ABC "The Friends" Support group for Public Broadcaster. Aims: Safeguard ABC's independence, adequate funding, high standards. Meetings through the year + social afternoons
Well-known guest speakers
4341 5170

Beachside Family Centre
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

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

50 Games every Sat night
Peninsula Community Centre, McMasters Rd, Woy Woy, 7.30pm. Proceeds to Woy Woy Catholic Parish.
www.cphousie@hotmail.com

Central Coast Amateur Radio Club (CCARC)

World wide hobby of Amateur Radio? Dandaloo St, Kariong
Sat 11am to 4pm
ccarc@ccarc.org.au 4340 2500

Central Coast Handweavers, Spinners and Textile Arts Guild Inc

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.centralcoastshguild.org.au

Central Coast Family History Society Inc.

All the resources, information and advice needed to study your family's history available.
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

Working for a positive & Healthy Environment in our Community
allanbw@bigpond.com

The Krait Club

Community Centre - Cooinda 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

1st and 3rd Mon at Everglades Country Club 4326 1996
Make new friends and have fun while serving your community.

Northern Settlement Services

Provides socialisation for migrants. Volunteers assist with home visits, shopping and social days. Every Thur
Peninsula Community Centre
93 McMasters Rd
Woy Woy - 4334 3877

Peninsula Village Carer's Support Group

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

Peninsula Village Playgroup

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

Probus Club of Umina

Friendship, Followship and Fun - Advancing intellectual, cultural and social interests for active retirees 55yrs+ Non Political and Non Sectarian - 2nd Wed 10am, Everglades Country Club
uminabeach@probusclubs.com.au

Central Coast Prostate Cancer Support Group (Gosford)

Last Friday Terrigal Uniting Church 9.30am to 12 noon
Affiliated with PCFA 4367 9600

Rotary Club of Kariong/ Somersby

International service club improve lives of communities in Aust. & o/seas. Fun-filled activities, fellowship and friendship. Phillip House 21 Old Mount Penang Rd (opp Shell), Fridays 7.15am 4340 4529
kersuebay@philliphouse.com.au

Rotary Club of Umina

International service organisation of business leaders improving lives of youth & those in need in our community and abroad. Weds.
Everglades Country Club
curleys@ozemail.com.au
0409 245 861

Rotary Club of Woy Woy

International service club improve lives of communities in Aust. & o/seas. Fun-filled activities, fellowship and friendship. Every Tues 6pm
Everglades Country Club.
Don Tee 4369 7496
0428 438 535

Seniors Computer Club Central Coast Inc.

Beginners classes for PC or Mac Mon or Tues. Classes Mon to Fri for most programs - see website. 10am - 12md or 1pm - 3pm Kincumber & District Neighbourhood Centre. Monthly Meetings with Guest Speaker held at Kincumber Hotel 1st Mon
43692530

Umina Beach Men's Shed Inc. 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

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

Refers potential volunteers to community orgs. Support both volunteers and community orgs. Training for volunteers and managers of volunteers. Regular general info sessions at Woy Woy. 4329 7122
vrc@volunteeringcentralcoast.org.au

Wagstaffe to Killcare Community

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
Horse Riding as a therapy for those with intellectual or physical disabilities
Volunteers required. No Previous exp necessary - School hours only Mon to Sat - 4340 0388
stateoffice@rdansw.org.au

Environment

Peninsula Environment Group

Talks, films, social events, workshops, renewable energy and recycling projects, organic food buying group
www.peg.org.au

Health Group

Alcoholics Anonymous

If you want to drink, that's your business.
If you want to stop, that's our business.
Meets every Saturday - Progress Hall Ronald Ave, Wyoming 8pm
4323 3890

Arthritis NSW

3rd Tues Peninsula Community Centre, Cnr McMasters Rd and Ocean Beach Rd, Woy Woy - 4341 5881

Meals on Wheels

Delivered meals and flexible food options for people with a functional disability
4382 9401

Mary Mac's Place

Providing hot, freshly cooked meals - Mon to Fri 11am-1pm in welcoming, friendly environment with support, info & referrals to appropriate services - 4341 0584
marymacs@woywoycatholic.org.au

Overeaters Anonymous (OA)

12-step fellowship helping those

suffering from eating disorders 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

Clinic sister; counselling; alternate therapists; groups and community education; drop-in; support for women in crisis;
4342 5905 Wed & Thur 9.30am-3pm 20a McMasters Rd, Woy Woy www.ccwhc.com.au

Woy Woy Public Hospital Alliance

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

Peninsula Community Centre
2nd Tues 11.30am
Company, up-to-date info, hydrotherapy, bus trips
4342 1316

Marine

Central Coast Rescue Unit

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

Every Tues 7.15 - 9.30pm
Community playouts with four concerts a year at Laycock St Theatre. 0407 894 560

Soundwaves

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

Troubadour Central Coast Inc

Folk, Traditional & Acoustic Music and Spoken Word Inc Ukulele meets, Concerts and Sessions
Usually 4th Sat each Month 7pm CWA Hall Opposite Fishermans Wharf Woy WOy
mail.info@troubadour.org.au
4341 4060

Political Group

Australian Labor Party

Umina Ettalong Branch
Political discussions, national, state and local government issues 2nd Mon Umina Beach Bowling Club 7.30 4341 7323

Central Coast Greens

Branch of Geens NSW, active regarding ecological sustainability, social & economic justice, peace & non-violence, grassroots democracy & 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 & seniors. Tues & Fri Evenings
Ettalong 50+ Leisure and Learning Centre
0434 000 170
www.wwjc.org.au

Travel

A travel club with a difference! Travel in small groups and stay with friends in 370 clubs around the world.
See a country from the inside and change the way you see the world.

We in turn host small groups from other Friendship Force clubs in our home.
3rd Sun Kincumber Neighbourhood Centre
Contact: Rae 4399 3625
Deidre 4388 9435
www.friendshipforcecentralcoast.asn.au

Veterans

National Malaya Borneo Veterans Association Australia Inc

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

Vietnam Veterans', Peacekeepers' and Peacemakers'

Assist all Veterans & 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

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

Opposite Fisherman's Wharf
Friendship Mornings
1st and 2nd Wed 10am
Meetings 4th Wed 10.30am
4324 2621

Country Women's Association Umina

Craft and Friendship:
• Mon 6pm; Wed 9am; 1st Sun 12.30pm • Branch meeting: 1st Wed 10am
CWA Hall, Cnr West and Sydney St, Umina.
4341.5404 or 4369.5353

The Endeavour View Club, Woy Woy

Lunch 1st Mon Everglades Country Club 10.30am.
Friendship days, 3rd Wed
Uniting Church Hall, Picnic Pde Ettalong, 10.30am. 4342 2283

Gosford RSL Sub-Branch Women's Auxiliary

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

Women making a difference with friendship, personal service and international understanding. Social activities combined with fund raising
2nd Wed 7pm Phillip House
Kariong 4324 7176
gosfordnorthiw@live.com.au

Bridge cup event

Brisbane Water Bridge Club held its annual Sue Collas Cup event on Saturday, February 9, at the Peninsula Community Centre.

Janet Clarke and Frances Lyons were the winners with Sylvia Foster and Patricia Kull in second place.

Laurie Powell and John Brooks took the third position on the podium.

Email, 12 Feb 2013
Jenny Buckley, Brisbane
Water Bridge Club
Photo: Barry Foster



Cycle shop helps with elite squad training

An Ettalong bike shop has collaborated with the training of one of Australia's elite cycling teams.

Trainer Scott Sunderland said he looked no further than his old training partner Matt Gracie and his team at Ride Ettalong to help out with a training camp for the Cellarbrations Race Team Elite and Development Squads.

Held on the weekend of February 9 and 10, it was the Central Coast's first training camp for Australia's newest elite cycling team.

Gracie has over 20 years of experience in bike mechanics, including Shimano's head mechanic for the Sydney

Olympics, Tour Down Under and the Mountain Bike World Championships.

He directed the group on some of the Central Coast's most scenic roads from Ettalong to Patonga, Avoca and West Gosford, culminating in arguably the Central Coast's toughest hill, Kingsview Dr, Umina.

"To work with someone of Scott's calibre and world-class experience and to be able to show the Cellarbrations Race Team the best of what the Central Coast has to offer, was fantastic," said Gracie.

Media Release, 12 Feb 2013
Matt Gracie, Ettalong Ride
Photo: Ainsley Martlew



Frances Lyons and Janet Clarke

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Wednesday February 20

Bays Community Group annual meeting, Woy Woy Bay Community Hall, 7:30pm

Brisbane Water Secondary College P and C Association meeting

Yoga and Stress Management Group, Peninsula Women's Health Centre, 1pm-3pm

Friday February 22

Breaking legs, Peninsula Theatre

Saturday February 23

Troubadour's Staying on the Road, Woy Woy CWA Hall, 7pm

Sunday February 24

Ocean Beach Malibu surfing contest, Umina Beach

Trivia afternoon for Brian

Wright, Empire Bay Progress Association, 1pm-5:30pm

Monday February 25

Woy Woy Little Theatre auditions, Dial M for Murder

Tuesday February 26

Central Coast Art Society Paint Out, behind Bowling Club, North Burge Rd, Woy Woy

Woy Woy Little Theatre auditions, Dial M for Murder

Friday March 1

NSW Surf Life Saving Championships begin, Umina Beach and Ocean Beach
World Day of Prayer service, Umina Uniting Church, 10am

Wednesday March 6

Central Coast Guide Dogs

NSW-ACT Volunteer Support Group fundraising stall, Deepwater Plaza, 9am-2:30pm

Thursday March 14

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

Friday March 15

Mary Macs trivia night, Woy Woy Leagues Club, 7pm
Ettalong Beach Festival

Saturday March 23

Opera in the Arboretum, Pearl Beach
Troubadour Folk Club Concert, Woy Woy CWA Hall, 7pm

Saturday March 30

Pearl Beach Easter Saturday Monster Book Fair, Pearl Beach

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

If you've got something happening on the Peninsula over the next few weeks, let us know about it and we'll list it here for you, for free. Contact details are on page 2. See the Coast Community News for events in post code areas 2250, 2251 & 2260 and the Wyong Regional Chronicle for events in post code areas 2258, 2259, 2261, 2262 & 2263

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Classified

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Woy Woy

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Gosford 4323 6367
Woy Woy 4344 4414
Warnervale 1800 244 456
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tomflood@hotmail.com
4324 2801

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0402 682 812
Lic 164237c

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Folk Fed Affiliates &
Pensioners \$15,
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Public Notices

**AUDITIONS:
"DIAL M FOR MURDER"**

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"Dial M for Murder" between 19th July and 4th
August 2013 at the Peninsula Theatre.

CAST REQUIRED:

1 FEMALE (Aged between 30 & 40)
4 MALES (One aged 50-ish - Three aged 30s to 40s)
Auditions will be held on **25th and 26th February** at
7.30pm at the **Peninsula Theatre**, cnr Ocean Beach
& McMasters Rds, Woy Woy.

Director **Brendon Flynn**: 0412 290 334 or 4382 4402.

"THREE ONE-ACT COMEDIES"

Woy Woy Little Theatre presents a laugh-filled
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19th May 2013.

"THE OLDEST PROFESSION"**"THE CRAFT" - "WRITER'S BLOCK".****CAST REQUIRED:**

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Director: **Gavin Critchley** - 0419 022 666

"WRITER'S BLOCK" - Comedy

1 FEMALE - 2 MALES (Ages - open)

Director: **Penny Dilworth** - 4369 4215

Auditions for **THE CRAFT & WRITER'S BLOCK** on
5th March at 7.30pm - Auditions for **THE OLDEST
PROFESSION** on **7th March at 7.30pm** at the
Peninsula Theatre, Woy Woy.

Further information: **Nola McKeown** - 4341 6179

Public Notices

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**Swimmers
competed at
Sydney centre**

**Woy Woy Swim Club
competed in the
Stage Age Swimming
Championships held at
Sydney Aquatic Centre
last month.**

The first event was for 10
to 12 years held on January
5 and 6.

Woy Woy Swim Club
was represented by Lachlan
Braddish, Myles Bailey,
Corey Kerr, Charlie Polson,
Regan Champley, Olivia
McParlane, Jasmine Darwin
and Kaylah Holmes who
swam a total of 37 events
between them.

The majority of their
swims were personal bests
with some Top 10 finishes.

Stand out performer was
Myles who came first in
the 200 metre backstroke,
second in the 100 metre
freestyle, second in the 100
metre backstroke and third
in the 50 metre freestyle.

Another highlight was
the Girls Under-10 four by
50 metre freestyle relay,
consisting of Kaylah Holmes,
Tasha Oberlander, Josie
Burraston and Jade Vadala.

The girls finished ninth
in the State in a strongly
contested event, three of
them at their first NSW
Championships.

The following week saw
events for 13 to 18 years
held from January 8 to 13.

The club was represented
by Rachel Wood, Laura
Ghali, Mimi Henderson,
Ethan Dodd and Sienna
Inglis.

Highlights were Rachel
who came third in the 200
metre freestyle, second in
the 400 metre freestyle and
second in the 800 metre
freestyle.

A string of personal best
times and Top 10 finishes
rounded off what proved to
be a successful month for
the club.

Email, 18 Jan 2013
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Resuscitation and rescue has ‘revival’

Ocean Beach Surf Lifesaving Club has had a “revival” in Resuscitation and Rescue in its Nipper movement, according to Ocean Beach Surf Life Saving Resuscitation and Rescue coordinator Ms Louise Lambeth.

The club will have teams compete in the event in the upcoming Surf Life Saving Championships.

The club currently has six two-person Resuscitation and Rescue teams and as well as two five-person teams who have been competing at local and Sydney carnivals.

The teams range in age from Under-11s to Under-14s.

The children learnt a number of disciplines to do with the

Resuscitation and Rescue of a patient, said Ms Lambeth.

In two-person Resuscitation and Rescue, one child is a patient and the other performs a rescue.

“The initial stage is to identify a person requiring attention symbolised by the raised arm to signal for help,” said Ms Lambeth.

“The rescuer then performs an initial assessment of vital signs.

“Then the rescuer performs a two-minute cycle of rescue breathing and compressions (CPR).

“The rescuer then rechecks the vital signs and places the patient into a recovery position.

“In five-person Resuscitation and Rescue, the rescue reel and belt are used.

“This is the oldest form of rescue

equipment developed by the Surf Life Saving movement dating back to around 1908.

“A team of five children learn to rescue a patient from the water’s edge.

“At Under-17 they will begin to perform a deep water rescue.

“The rescue is initially performed by the belt person and reel person assisted by the lines persons who feed out and haul in the line.

“Once the patient is secured on shore the team will then perform a lift and carry to above the high water mark.

“Assessment of the patient is performed and CPR is commenced for a two-minute cycle.

“Once the patient has been resuscitated the team reforms to march from the competition area.

“These skills are integral to surf lifesaving and equip the children with techniques they can use in real life situations,” said Ms Lambeth.

Ocean Beach Surf Life Saving Club is the oldest surf club on the Central Coast, having celebrated its 90th year of service last year.

“Resuscitation and Rescue ensures that this tradition will continue and our beaches under our future generation will be safer places for our community,” said Ms Lambeth.

Media Release, 13 Feb 2013
Louise Lambeth, Ocean Beach Surf Life Saving Club

Dog areas closed for surf championships

Flagged patrol locations for public swimming and dog off-leash areas on Umina and Ocean Beaches will change from March 1 to 10 due to the NSW Surf Life Saving Championships.

The current flagged patrol locations for public swimming will be designated in locations further north of Ocean Beach Surf Club and further south of Umina Beach Surf Club, impacting on dog off-leash areas at these sites.

As dogs are prohibited within patrol locations, the existing dog off-leash areas will be temporarily closed between the hours of 7am to 6pm for the duration of the Championships.

This temporary closure does not relate to the current review of the Dog Exercise Area Policy.

Signage has been placed at all access points to the existing dog off-leash areas at Umina Beach and Ocean Beaches.

Media Release, 11 Feb 2013
Gosford Council

Day was ‘most friendly’

Bowlers from Woy Woy Men’s and Ladies’ Bowling Clubs joined on Australia Day to play a mixed bowls competition.

The event presented alternatives to normal bowls such as playing with the opposite hand.

“There were many shirts worn

depicting Australia Day as well as Aussie hats and many schooners were enjoyed,” said Woy Woy Women’s Bowling Club publicity officer Ms Miriam Cotton.

“The weather was great and it was a most friendly day.”

Email, 3 Feb 2013
Miriam Cotton, Woy Woy Women’s Bowling Club





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Life saving championships were 'launched'

A ceremony to "launch" the 2013 NSW Surf Life Saving Championships was held at Ocean Beach and Umina on Wednesday, February 6.

The championships themselves will be held from March 1 to March 10.

More than 8000 competitors from all over the state will take part with around 600 officials needed to stage the Championships and up to 15,000 family and spectators expected to attend over the 10 days.

Gosford Council won the bid to stage the event for the next two years.

Gosford mayor Cr Lawrie McKinna described the event as a tremendous boost to sports tourism in the region and congratulated the Ocean Beach and Umina surf clubs, for staging the championships for the next two years.

"An event of this size takes an enormous commitment at all levels, but the more we can showcase and boost the competitive arm of surf lifesaving in our region, the better," mayor Cr McKinna said.

"We hope it will also highlight the other important aspects to surf lifesaving, the great work done by our volunteer lifesavers to help keep the public safe each summer."

Surf Life Saving NSW president Mr Tony Haven outlined the massive logistical undertaking the event involved, but said the clubs and their members were more than up to the challenge.

"It's a huge effort to coordinate an event of this size but these clubs have the experience and the expertise to pull off what could be one of the most successful state championships we've had in many years," said Mr Haven.

"Surf Life Saving competition is extremely strong here and the Central Coast boasts some of the country's best surf sports athletes.

"The locals will no doubt be looking forward to asserting their dominance on home turf," he said.

It's hoped that this year's championships will be successful from an environmental perspective too, with carnival organisers trialling new recycling efforts, along with initiatives such as using bio-fuels to run generators, light towers and some event vehicles.

The state's finest junior surf lifesavers will kick-start a bumper eight days of competition from March 1 to 3, while the Masters and Opens competitors will hit the stage from March 6 to 10.

Media Release, 6 Feb 2013
Donna Wishart, Surf Life Saving NSW Media



They played at the SCG

Woy Woy Cricket Club has had a group of its five-to-eight year old players selected by Cricket NSW participate in the lunch time break entertainment at the Test Match at the Sydney Cricket Ground on Thursday, January 3.

"The boys enjoyed watching the game between Australia and Sri Lanka and were fortunate enough

to play a game on the hallowed field in front of an appreciative crowd," said club coordinator Mr Ravi Sharma.

The In2Cricket program introduces the game of cricket to boys and girls between the ages of five and eight years and those interested can contact Woy Woy Cricket Club, said Mr Sharma.

Pictured are (back row) Riley Dugan, Logan Newbould-Kosztzyo, Alexander Brunton-Wallace,

Reece Lindsay, Jonty Gleeson, Ben Ralphs, Nicolas Kearney, William Brunton-Wallace, Zac Graham, Eden Wolfe and (front row) Sanjay Sharma, Declan Ransley, Dayne Jennings, Presley Luke, Eamon Wilde, Jacob Falconer and Thomas Callaghan.

Email, 9 Feb 2013
Ravi Sharma, Woy Woy Cricket Club

Recycling at surf championships

Surf Life Saving NSW will ask patrons of the Surf Life Saving Championships at Umina Beach to use recycling bins at the event.

The State Championships will be held at Ocean Beach and Umina from March 1 to 10.

Visitors, club members and the local community will be encouraged to think about what they can recycle, what they can reuse and how much general waste can be reduced at the event.

Surf Life Saving NSW will be using recycling bin lid toppers which clearly distinguish recycling bins from those used for general waste.

Flags clearly labelled with

"Recycle" will be located next to these bins.

Recycling bins will be located across the five busiest traffic areas on and off the beach.

A display stall set up at the event promoting the initiative will feature super-sized (1.4 metre) can and bottle recycling bins.

"These novelty size bins will hopefully be a fun way to encourage people to separate their waste from recyclable products," said Surf Life Saving NSW surf sports manager Mr Dan Pearce.

The Council Waste Management team have assisted the clubs in the development of their waste management program for the event.

All club teams will be supplied with different coloured garbage bags each day, one for recycling and the other for general waste.

These will be made available at the tent and will be given to club managers at the pre-event meetings.

Garbage bags will be collected by volunteers throughout the day.

Mr Pearce said these were just some of the initiatives being implemented to make the championships environmentally friendly.

"With an event of this size attracting so many visitors to the area, we need to have plans in place to reduce our effect on the environment.

"Together with Council, we're

working on a variety of ways to minimise the impact on the competition venue and surrounding areas.

"Surf Life Saving NSW aims to create a more sustainable surf sports event, reduce the carbon footprint and keep the beautiful Central Coast beaches clean," said Mr Pearce.

Media Release, 14 Feb 2013
Donna Wishart, Surf Life Saving NSW



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Killcare brings home Masters medals

All 12 representatives of Killcare Surf Club at the East Coast Classic Masters Carnival at Collaroy Beach on Saturday, February 3, have brought home a medal.

The carnival, which is acknowledged as the third biggest in Australia.

Gold medallists were Michaela Hofer, Joel Maybury, and Phil Tubby, each of whom claimed a treble, and Jo-Ann Edwards.

Michaela, the current Australian beach sprint champion and runner-up in the World titles, scored victories in the women's 35 to 40 years categories of the beach sprint and flags and as a member of the 140 years (combined ages) women's sprint relay with teammates Laura Washington, Tegan Spackman and Leah Fotofili.

Joel Maybury's golds were achieved in the 35 to 40 years men's beach sprint and flags and

the 170 years sprint relay with Phil and Colin Tubby, and Moses Fotofili.

Phil Tubby, who triumphed in the global event in Adelaide last November, notched up his victories in the men's 50 to 55 years categories of the sprint, flags and the sprint relay.

Jo-Ann Edwards won the Over-50 section of the surf race which was hailed by club officials as a "wonderful effort" in the heavy seas.

Killcare Masters newcomer Natalie Howden, who has recently overcome illness, gathered minor medals in the women's 35 to 40 years beach flags and 170 years sprint relay with Jacquie Payne, Jo-Ann Edwards and Kellie Robinson.

In reviewing the club's season to date, Killcare president Ms Leah Fotofili said she was delighted with the performances at all levels of the club from the Nippers program, to the Open and its Masters ranks.

"We are determined to maintain the momentum achieved at last November's World titles and are delighted with the wonderful depth of talent which currently exists in our club," she said.

"Our increasing membership ranks justify the huge upsurge in interest where public safety on our beach is of paramount importance," she said.

Media Release, 11 Feb 2013
Allan Wilson, Killcare Surf Club



Jo-Ann Edwards, Leah Fotofili, club coach John Bourne and Michaela Hofer.

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2008 0.68	2116 0.69	2223 0.67
THU - 21	FRI - 22	SAT - 23
0459 1.48	0549 1.55	0008 0.56
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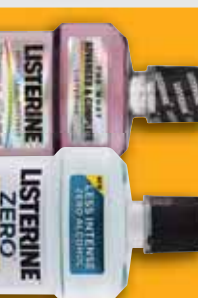
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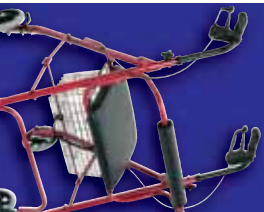
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