



Artists' impressions of the Ettalong foreshore

Foreshore work to start in May

Work to upgrade the Ettalong foreshore will start in May, the Peninsula Chamber of Commerce has been told.

Almost \$5 million is to be allocated from a variety of sources for the work.

Chamber president Mr Matthew Wales said: "Gosford Council attended the Chamber AGM and confirmed that the upgrade of the Ettalong foreshore would kick off in May this year.

"A total of \$5 million would be spent on the works which includes the \$2 million promised by the Federal Government prior to the last

Federal Election," said Mr Wales.

"While the delays to the project have been frustrating, the \$5 million funding is good news with a combination of Council, State and Federal funds being made available," said Mr Wales.

"The Chamber had been previously advised that work would commence in August 2012 and then again in March 2013.

"The project will include the upgrading and reclamation works along Ferry Reserve between Beach St and Bangalow St, upgrading of Lance Webb Reserve including the bicycle and pedestrian link from the

ferry wharf to Picnic Pde and major beach renourishment works which will restore Ettalong Beach to a 15 metre width.

"These works are a culmination of nearly 18 years of lobbying by the Peninsula Chamber to have the foreshore upgraded so that the area can once again attract visitors to Ettalong and boost the local economy.

"We are also delighted that Council may also allocate an additional \$2.4 million towards the much needed revetment wall along Lance Webb Reserve that will finally repair the severe erosion in this area.

"This is important and vital investment in the local community would demonstrate Council's commitment to boosting the fortunes of the Ettalong Beach town centre.

"Council is also proposing a new café-restaurant building on the proposed reclamation area at the end of Beach St which is due to go out for public comment on March 13.

"While this is inconsistent with what the Chamber envisaged as part of the plan of management, we recognise that it is an important piece of infrastructure that has the potential to raise revenue for the ongoing upkeep of the foreshore reserve,"

said Mr Wales.

"We will be keen to look at the proposal and how it fits within the management plan and gauge how it may further activate the foreshore area".

"Overall, the funding announcements are welcome news to the Chamber and the local business community and we look forward to the work commencing in May," said Mr Wales.

Media Release, 12 Mar 2013
Matthew Wales, Peninsula Chamber of Commerce

Patonga plan placed on exhibition

Gosford Council has placed the Draft Patonga Crown Reserves and Dark Corner Cottages Crown Lands Plan of Management on public exhibition on Saturday, March 16.

The document will remain on public exhibition for 28 days and Council will accept submissions for 42 days from the date it was placed on exhibition.

Council will adopt the tabled documents should no submissions be received that a comprise significant objection to the Draft Patonga Crown Reserves and Dark Corner Cottages Crown Lands Plan of Management.

Should significant objections be received, a further report will be prepared for the Council detailing submissions received.

Gosford Council's director city services Mr Stephen Glen said in his report to Council that Patonga Crown Reserves contained public lands that provided social, recreational, environmental and economic values that had the potential to provide a range of conservation and tourism based experiences.

"The draft Patonga Crown Reserves and Dark Corner Cottages Crown Lands Plan of Management will facilitate how these goals can be achieved, whilst simultaneously aiming to protect the unique character of the coastal village."

Mr Glen's report stated that the core principles of the Plan of Management were to ensure that the essential character of the area was maintained and strengthened in a sustainable manner, and to improve the condition of, and community

access to, public areas, particularly the foreshore.

They were also to address issues of public risk and safety, to manage heritage items, to manage increased demands on accommodation and commercial opportunities.

Other aims were to address the adequate provision of car parking, to promote the features of the area so that they may be fairly enjoyed by all members of the community and to prevent the degradation of Crown Land caused by inappropriate or over use.

In 2006, the Department of Lands provided funding for the preparation of a Plan of Management for Patonga Caravan and Camping Area which has been in progress since February 2007.

In December 2007, Council was approached by the then NSW

Department of Lands requesting that the Draft Plan of Management for the Caravan and Camping Area be incorporated into a Patonga Crown Reserves and Dark Corner Cottages Crown Lands Plan of Management.

Due to significant time constraints in the preparation of the overarching Patonga Crown Reserves and Dark Corner Cottages Crown Lands Plan of Management, it was decided that the Draft Patonga Caravan and Camping Area Plan of Management be placed on public exhibition in June 2008 given its prominent foreshore location, crown land assessment, and popularity amongst both visitors and local residents.

In May 2009, after review of the submissions received and further advancement of the Patonga Crown Reserves and Dark Corner Cottages Crown Lands Plan of Management,

it was decided that the amendments would need to go back out on public exhibition.

The outcomes of community consultation led to the development of management objectives which included the protection of the scenic value and ecologically sustainable limits of the Land, improvements to access and circulation, continuance and improvement of public and park amenities and recreational amenities, provision of security through improved vehicular access and increased security surveillance, promotion of the area as a family friendly caravan and camping area and recreational area and recognition of the significance and history of the land in any future management options.

Gosford Council Agenda
CIT.8, 5 Mar 2013

News

Peninsula News

Community Access

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

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Contributions

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

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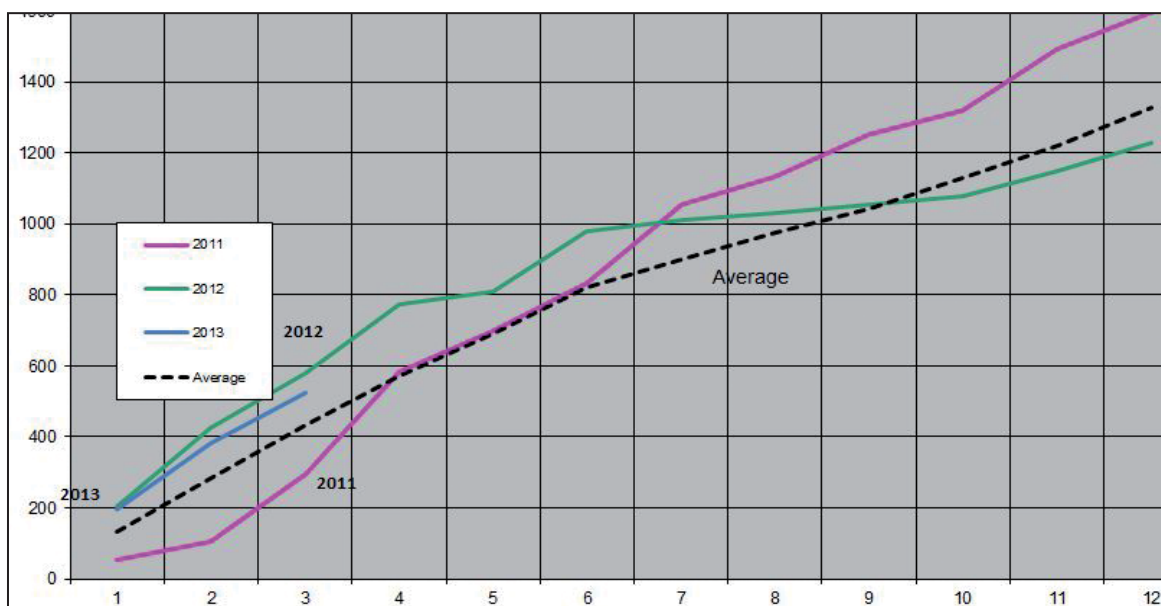
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Month's rain in a week

The Peninsula has had its monthly average rainfall in the first week of March, according to figures supplied by Mr Jim Morrison of Woy Woy.

A total of 142.5mm fell in the first six days of March, just shy of the monthly average of 149.4mm.

No rain fell in the following week

until 9am on Friday, March 15, although some rain fell during the day.

Temperatures this month have ranged from an overnight low of 17.2 degrees on March 2 to a maximum of 28.7 on March 7, according to local weather website www.peninsulaweather.info.

Highest minimum was 20.6 on March 15.

Lowest maximum was 19.7 on March 1.

Highest wind gust was 32.4 km/h on March 1.

Spreadsheet, 10 Mar 2013
Jim Morrison, Woy Woy
www.peninsulanews.info

Your Chance to Win

Peninsula News and Fabric Traders are giving three lucky readers the chance to win a \$50 gift voucher to Fabric Traders' online store.

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For more information visit www.fabrictraders.com.au.

Winners will need access to the internet to claim their prize.

To win one of the \$50 Fabric Traders vouchers, write your name, address and phone number on the back of an envelope and send to Peninsula News Fabric Traders competition PO Box 1056, Gosford, NSW, by the close of business Thursday, March 28.

The winner of last edition's Peninsula News Bubbleloos book and bubblemaker was Janie Bonham of Woy Woy.

The nine winners of the Super Bubbleloos book were Holly Jervis of Umina, Rhonda Wall of Woy Woy, J Newton of Lisarow, A Feillafe of Blackwall, Amanda Predo of Springfield, Rubbe Spencer of Bensville, Xavier Werder of West Gosford, Emily Gibson of Koolewong and Janet Cliff of Tumbi Umbi.

Kaitlin Watts, 15 Mar 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.

Peninsula News

Community Access



Foreshore work to start in May

Work is set to begin on the foreshore area of the Peninsula in May. The project involves the construction of a new foreshore area, including a new walkway and a new building. The project is being funded by the Peninsula News Community Access fund.

Patonga plan placed on exhibition

The Patonga plan has been placed on exhibition for public comment. The plan includes a new building and a new walkway. The plan is being funded by the Peninsula News Community Access fund.

COAST Community News

International Women's Day march held



International Women's Day march held

A group of women from the COAST Community News group participated in a march to celebrate International Women's Day. The march was held in the town of Woy Woy.

We ♥ The Central Coast

Wyong Regional CHRONICLE

Ninety artists at Country Music Festival



Ninety artists at Country Music Festival

A group of ninety artists performed at the Country Music Festival in Woy Woy. The festival was a success and raised funds for the Peninsula News Community Access fund.

We ♥ The Central Coast

Central Coast GRANDSTAND

Bad weather moves nippers events



Bad weather moves nippers events

Due to bad weather, the nippers events at the Central Coast were moved to a later date. The events were a success and raised funds for the Peninsula News Community Access fund.

We ♥ The Central Coast

Out & About

on the Coast



March for voiceless women

A group of women from the Out & About group participated in a march to support voiceless women. The march was held in the town of Woy Woy.

We ♥ The Central Coast

Trad and now

Vol. 12 No. 3



March 8th

A group of people danced at a social event in Woy Woy. The event was a success and raised funds for the Peninsula News Community Access fund.

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Women's conference held at Ettalong

The 60th annual NSW Australian Local Government Women's Association conference was held at Ettalong from March 14 to 16.

The conference attracted delegates from across the state including councillors, Council staff and community representatives and covered a broad range of topics relevant to women involved in local government.

Gosford Council was represented at the conference by Crs Deanna Bocking, Gabby Bowles, Hillary Morris, Vicki Scott and Bob Ward.

Australian Local Government Women's Association executive member Cr Vicki Scott said it was a privilege to host such a significant event in Gosford City.

"Gosford City is honoured to have been selected from a number of other councils to host the 60th annual ALGWA conference.

"The theme for 2013, Strong

Actions New Directions, allowed for reflection of the significant milestones already achieved by women working in local government while also focusing on the opportunities for growth moving forward.

"Delegates were treated to presentations from a range of inspirational women who have each made substantial contributions to their local community as well as being given the knowledge and tools to empower them to make a difference in their own local government roles.

"Conference delegates and their guests were also able to enjoy the local area during their stay and as the event coincided with the Ettalong Beach Festival, there was an opportunity for those interested to attend on Sunday following the conference," said Cr Scott.

Media Release, 6 Mar 2013
Gosford Council Media



Peninsula Chamber of Commerce president Matthew Wales with Liberal Candidate for Federal Seat of Robertson Lucy Wicks

Laneway to remain open

An unnamed laneway running between Waterloo Ave and Alma Ave in Woy Woy, will remain open.

Gosford Council had advertised a proposal to close the laneway in response to a request last August.

The council sought comment with a letter box drop to all affected residents.

Four submissions were received with one supporting the proposed closure and three objecting.

In a report from the council's Local Traffic Committee, the council was told there had been no recorded crashes in this laneway between 1995 and 2011.

One objection was based on other access lanes in the area being difficult to negotiate due to their width, poor road surface and large trees restricting access to cars with

trailers and large vehicles, including emergency services.

A second submission stated that the laneways were used extensively by the residents in the area and the proposed closure would increase traffic flow and noise to neighbouring properties, as the proposed closure of the laneway would limit the number of ways residents could enter or exit the laneway network.

The third objection stated that the current arrangement had been in place for more than 50 years and had worked well without causing any traffic incidents.

The committee recommended against the proposed closure "considering the lack of response from local residents together with the objections received".

Gosford Council Agenda
TR/12/75, 5 Mar 2013

Wales re-elected chamber president

Mr Matthew Wales has been re-elected as the president of the Peninsula Chamber of Commerce, at the Chamber's annual meeting on Monday, March 11.

"We have a very challenging year ahead but I am very grateful for the support of the local business community for enabling me to continue on in this position," said Mr Wales.

"Our annual general meeting also re-elected a full executive that keeps intact a very successful and diverse range of directors that

represent the business community in all three Peninsula town centres.

"I am particularly proud of the efforts of the executive in the revitalisation of the Umina Beach retail centre and the hard work that has gone into the Woy Woy Town Centre Sub-Committee.

"All our executive are volunteers and give their time freely to ensure that the business community is fully represented at all levels of government.

"Many thanks to the Liberal Candidate for Federal seat of Robertson Lucy Wicks who also

attended the meeting together with Gosford Council who gave a presentation of the upcoming Ettalong Beach foreshore works," said Mr Wales.

"This year will see our continued efforts in promoting our town centres, pushing for the completion of the Ettalong foreshore works, lobbying for funding for projects to kick start the Woy Woy Town Centre and once again staging the highly successful Brisbane Water Oyster festival," said Mr Wales.

Media Release, 12 Mar 2013
Matthew Wales, Peninsula Chamber of Commerce



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Visiting yacht from Avalon being towed to deeper water after stranding at Pretty Beach

Heritage awards nominations open

Gosford Council is calling for nominations for its inaugural Gosford City Heritage Awards.

The awards aim to acknowledge the efforts of those who actively conserve our heritage, and educate and promote heritage and history within the Gosford Local Government Area.

The awards will form part of celebrations for Australian Heritage Week and the National Trust Heritage Festival 2013.

Gosford Council's heritage program coordinator Ms Rebecca Cardy said the Heritage Awards were the first of its kind in Gosford City.

"Many of our significant heritage sites are managed and promoted

by volunteers and organisations and much of our knowledge of local history results from the many hours of research, analysis and writing conducted by local individuals and history groups.

"For this reason, Council is proud to now have a forum to publicly recognise the hard work and efforts of residents who invest their time and skills to conserve our local history.

"These awards are not only an opportunity to say thank you for the continued care and guardianship of the heritage sites within our city but are also a way to recognise the outstanding contribution these individuals and organisations make to the wider community.

"The winners will be announced at an awards ceremony to be

celebrated in Council Chambers on Thursday, May 2," Ms Cardy said.

The four awards categories are Heritage Conservation, Interpretation Projects, Historical Research and Publication and Outstanding Achievement Award.

Applications close on Monday, April 8, at 5pm.

Nominations will be judged by a panel of Council officers and external professionals.

For more information or a nomination form contact Rebecca on 4325 8869 or visit <http://www.gosford.nsw.gov.au/community/heritage>.

Media Release, 13 Mar 2013

**Rebecca Cardy,
Gosford Council**

Four marine rescues

Marine Rescue Central Coast undertook four rescues in the Peninsula area over the weekend beginning Friday, March 8.

The base was contacted at around 5pm on the Friday for help by two people on a 6.8 metre trailer-sailer with an outboard engine failure.

They requested a tow to the pontoon at the Pretty Beach ramp.

Marine Rescue skipper Ken Sharp and Rob White were sent to Lobster Beach aboard Central Coast 20 to assist.

Volunteer Skipper Al Howes and his crew aboard Central Coast 20 were sent to Paddys Channel at around 10am on Saturday, March 9, to assist a five metre runabout that had a battery failure.

The vessel, with five people on

board, was towed to the boat ramp at Lions Park, Woy Woy.

On Sunday, March 10, Central Coast 20 was sent around 10:15am to the Bar Estate Wharf at Fishermans Bay to assist a 4.5 metre runabout with a mechanical fault.

The boat, with three people on board, was towed to the jetty at Blackwall.

At 2:20pm, the Point Clare Base received a call from a lone sailor on a 7.5 metre yacht stranded inside the channel at Pretty Beach.

Skipper Al Morris and the crew on Central Coast 20 responded and the yacht from Avalon was towed to deeper water to enable it to resume its voyage.

**Media Release, 11 Mar 2013
Ron Cole, Marine Rescue
Central Coast**

The Peninsula Chamber of Commerce has called on both major party Federal candidates in the upcoming Federal election to pledge funds to a range of infrastructure projects aimed at improving both transport and community infrastructure.

"This is a golden opportunity for the Peninsula community to put forward major projects that have the potential to improve both transport and community facilities," said chamber president Mr Matthew Wales.

"The seat of Robertson is one of the most marginal in the country so the Chamber expects that both major parties will be looking closely at what the community wants and

needs.

"The Chamber has a number of key road projects including Federal assistance to fix our failing local roads, improve the roundabout at Rawson Rd - Ocean Beach Rd and at Maitland Bay Dr - Barrenjoey Rd, rebuild the intersections at Blackwall Rd - McMasters Rd and Dunbar Rd - Ocean Beach Rd.

"We also want to see funds allocated to improve the foreshore from Ettalong Beach to Ocean Beach and provide better public access to one of the best pieces of coastline in the city.

"The Chamber will also be seeking funding for a management plan to provide public access between Ocean Beach Surf Club and Umina Beach Surf Club which will provide a pedestrian link from the Federally funded precinct park

at Umina Oval all the way through to the ferry wharf at Ferry Rd at Ettalong Beach.

"Another key community project is the reconstruction of the Woy Woy Oval grandstand which is in desperate need of matching State and Federal dollars.

"Federal funds would ensure that the grandstand project is built to high standard which should include training facilities, meeting rooms, eating areas and a forecourt that interfaces with town centre.

"We are well aware that funds are tight leading up to the Federal election but the Chamber believes that these projects are good for business and good for the community," said Mr Wales.

**Media Release, 6 Mar 2013
Matthew Wales, Peninsula
Chamber of Commerce**

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"Cobbo" and Tristen moving a load out of the mangroves



The first truck that was loaded which weighed in at 780kg

Clean-up retrieves oyster trays

A clean-up of Paddys Channel and Mangrove Island has retrieved 200 decaying oyster trays on Friday, March 1.

The clean-up, which went ahead despite wet and windy conditions with the help of a number of Brisbane Waters Foreshore Program volunteers and school bushcraft teachers, saw the removal of a large amount of oyster litter.

However, a number of Brisbane Water Secondary College students were unable to attend due to the weather.

Over 200 decaying oyster trays were retrieved, which

coordinator Mr Graham Johnston said "were extremely difficult to remove due to their conditions and dense mangroves surrounding their position".

The group had the assistance of two oyster barges thanks to local oyster growers Simon Funnel and Warren Harvey.

Gosford Council trucks also completed three trips with 1.8 tonne weighed in at Woy Woy Waste Disposal.

Fifty trays and an old boat hull were left on Mangrove Island to be removed at a later date.

Media Release, 1 Mar 2013
Graham Johnston,
MacMasters Beach



The last load for the third truck

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The location of the Wagstaffe Wharf (left) and the location of the Killcare Wharf (right) which was used during the closure of the Wagstaffe Wharf

Wharf closed for maintenance

Wagstaffe Wharf was closed from 6am on Tuesday, March 12, until 4pm on Friday, March 15, due to maintenance work. A ferry service instead operated from Killcare Public Wharf during this time. The maintenance work consisted of the replacement of a raker pile set and plumb pile which

serve to protect the wharf from impact from vessels. According to Gosford Councils manager maintenance Mr Phil Mitchell, the piles were replaced due to normal wear and tear and are replaced every five to 10 years. Kaitlin Watts, 14 mar 2013 Email, 12 Mar 2013 Phil Mitchell, Gosford Council

Wednesday rescue call

The volunteers on radio duty at the Point Clare Marine Rescue Central Coast Base received a call late morning on Wednesday, March 13. The skipper of a 9.4 metre yacht with two persons on board

requested assistance. The yacht was stranded adjacent to the public wharf at Wagstaffe. The on-call boat crew, Norm Smith and Peter Ashworth, was contacted and soon had the rescue Vessel, Central Coast 20, heading

south to assist. The yacht was towed to deeper water enabling it to proceed on its course to Broken Bay. Media Release, 13 Mar 2013 Ron Cole, Marine Rescue Central Coast



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

Little Theatre reads Williamson play

Woy Woy Little Theatre will hold a play reading of David Williamson's 41st play "At Any Cost" on Monday, March 25, from 7:30pm at the Peninsula Theatre.

At Any Cost was written by Williamson in collaboration with a doctor, and staged at Sydney's Ensemble Theatre two years ago.

"The play opens as Sharif addresses the audience as though speaking to a lecture theatre of fidgety med students," said Little Theatre marketing manager Mr David Wicks.

"Is it right, he asks, that 75 per cent of the public health budget in First World countries such as Australia is spent on patients in the final six months of their lives?"

"Or that 40 per cent should be devoted to those in their final four weeks?"

"With the very high per-night cost of ICU beds, is this the optimal way to distribute funds from a shrinking tax base?"

"Cut to exemplary scene.

Eighty-year-old Des hovers outside the ward in which his wife,

incapacitated by a stroke, lies.

"Des insists everything be done to prolong her life.

"It's what she wants.

"Sharif explains this will involve a great deal of pain.

"She's simply too frail to anaesthetise.

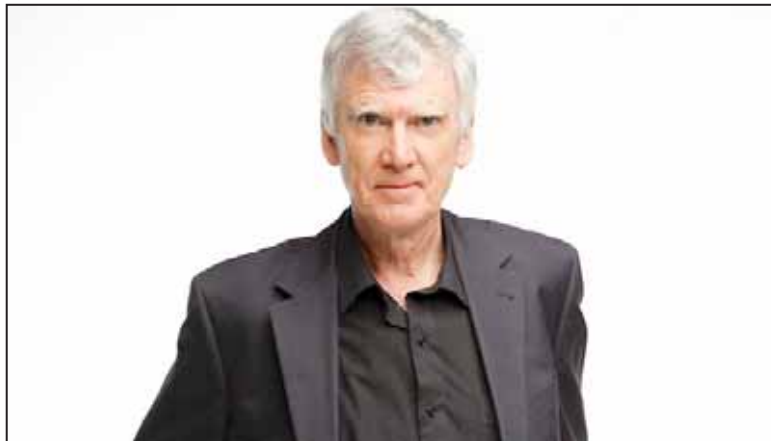
"The family gather around Des and the dynamic is classic Williamson; elder sister Katie is the snooty wife of a banker, middle sibling Megan is a heart-on-sleeve lawyer specialising in Aboriginal land rights.

"The only thing on which they do agree on is the fecklessness of little brother Max, a composer of challenging, as in unlistenable, contemporary music," said Mr Wicks.

The play features six characters, ranging from late 30s to early 80s.

April's reading will be the Neil Simon classic, The Odd Couple.

**Media Release, 11 Mar 2013
David Wicks, Woy Woy Little Theatre**



David Williamson



Children's holiday pottery workshops

Ettalong Beach Arts and Craft Centre will hold school holiday pottery workshops for children from April 15 to 22 and September 23 to 30.

"Term time can be very busy for school students with homework and sporting activities under way," said Centre publicity officer Ms Sue Sullivan.

"Now is their chance to have a break from the hectic schedule and experience the joy of doing something creative.

"Annette Poole is a long term tutor with our centre and is offering this great opportunity for children to try their hand at making pottery during the school holidays.

"They will learn the joys of working with clay to create their

own unique piece of artwork.

"These items will be bisque fired ready to have the final touch of glazing which will amaze them when they see how their work has magically come to life," said Ms Sullivan.

The short courses will run for three hours over four days.

Morning courses, from 9am until 12pm will provide high school students with the opportunity to learn hand building while afternoon sessions from 1pm to 4pm will provide primary school students with the same opportunity.

For enrolments and enquiries, phone 4341 8344.

**Media Release, 14 Mar 2013
Sue Sullivan, Ettalong Beach Arts and Craft Centre**

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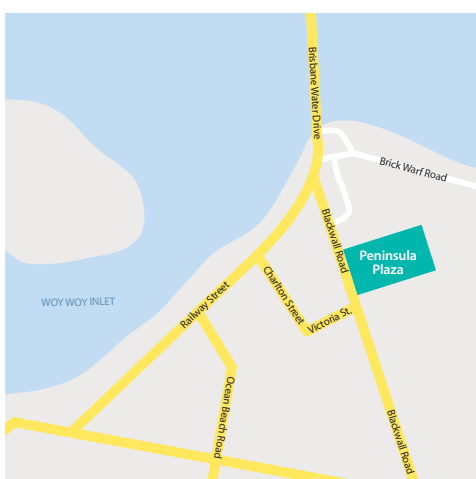
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An outbreak of myopia

I won't be voting for Liberal or Labor at the next election.

Both parties appear to suffer from an outbreak of myopia which seems to be reaching plague proportions in political circles on the Central Coast.

Both Liberal and Labor councillors on Gosford Council see ticks in boxes when people with normal vision see crosses.

At council level their hearing is also impaired.

Their idea of community consultation involves two stages.

Stage one is consultation.

Stage two is not hearing the response.

Did they invent a political process called Passive Consultation?

Supporters of both Deb O'Neill and Lucy Wicks are vision impaired.

They can't see signs on letterboxes stating "No Junk Mail".

Surely they don't believe that the rubbish they distribute is superior to junk mail?

Do I need another sign stating "No Political Literature"?

In February I received a letter from Lucy Wicks inviting me to a Seniors Forum.

The forum will take place on

Forum

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either November 12, 2012, or February 21, 2013, depending upon which part of the letter you are looking at.

I'm sure that Lucy would have picked up this typo if not for her myopic disability.

I don't believe her care and attention to detail is impaired, she is cursed by this local outbreak of myopia.

Deb O'Neil (Labor) did not represent me when she danced around the chamber, like a three year old on Christmas morning, to celebrate the introduction of a carbon tax.

I thought she campaigned under the No Carbon Tax banner.

Jim Lloyd (Liberal) did not

consult with or represent the working class families of Robertson when he blindly supported his party leader during the Work Choices debate.

In my opinion he was not re-elected because, like Deb O'Neill, he stopped representing the people of Robertson.

I won't be voting Liberal or Labor.

They will both cease representing their constituents about 30 seconds after they take their oath of office.

Does the House of Representatives need a new name or does it need new residents who will actually represent their constituents?

Email, 8 Mar 2013
Tim Haylor, Umina

Forum

Climate change figures fudged

We don't need to be prepared for more spin and fudging of climate change figures (Norman Harris, Peninsula News, March 4).

We have had that from the IPCC for years now.

When you have an incompetent principal, perhaps the kindergarten teacher is the most qualified to promote theories.

Online submission, 7 Mar 2013
Mark Smith, Woy Woy

Just wondering if anyone has seen our State Member Chris Holstein lately?

Since the State election he seems to have gone missing.

Since the O'Farrell Government has been elected, we have had some very important issues that affect residents of the Peninsula.

The Government has cut public education funding and allowed shooting in National Parks.

We have a coal mine proposal on our northern doorstep, that apparently was given a guarantee by O'Farrell that it would never go ahead.

Now we have an announcement that Bouddi Marine Park, which has been a fantastic breeding

Forum

site for marine life, is now to be opened to fishing again, obviously an agreement with the Shooters and Fishers Party in exchange for their agreement in selling off the electricity industry.

Now that Chris Holstein has been elected to represent the people of the Gosford electorate, and particularly the Peninsula, I would like to see him explaining why these actions are in our interest.

Email, 13 Mar 2013
Ross Cochrane, Woy Woy

Public transport should be priority

Ross Cochrane (Peninsula News, March 4) is right on the money about the waste of money to be spent on the Rawson Rd level crossing replacement.

Public transport should be the top priority.

One only has to view the thousands and thousands of cars jamming the roads just carrying one person.

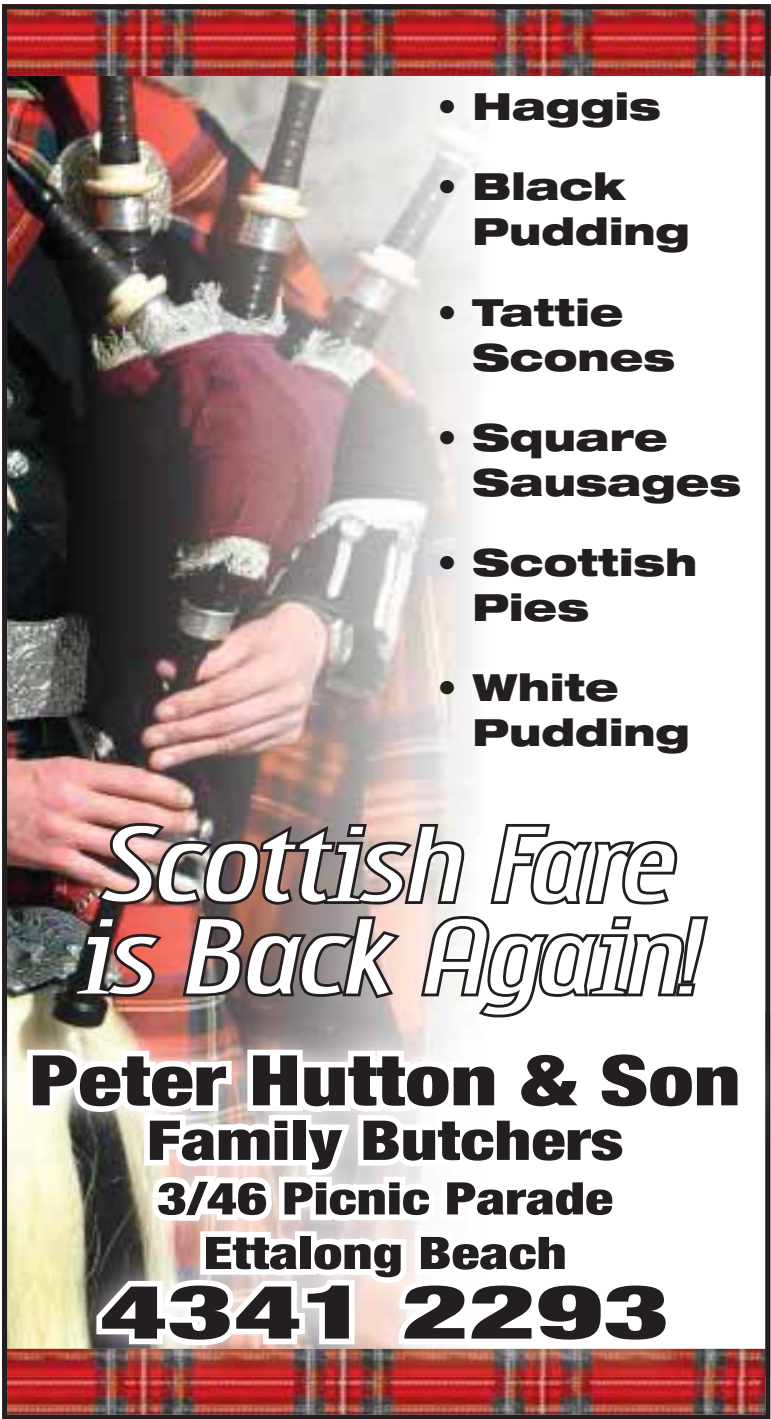
It is wasteful madness, as well

Forum

as being dangerous and polluting, yet a politician with guts and wisdom has to struggle against mighty odds to get a new rail built as happened recently in Western Australia.

When it was built, it was a success and the tune changed from insults to accolades.

Letter, 4 mar 2013
Keith Whitfield, Woy Woy



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Economic benefits for Neutral Bay

Correct me if I'm wrong but I seem to recall that one of the economic benefits arising from the construction of a McDonalds fast food emporium in Umina was that local firms would gain work during the construction phase.

Congratulations to A and A Building Services for gaining the contract to construct the ugly

Forum

edifice.

Congratulations to McDonalds and their urban and environmental design consultants for ensuring that the economic benefits flow through to the local business community of Neutral Bay, home of A and A Building Services.

Email, 8 Mar 2013
Tim Haylor, Umina

The domination by News Limited over the media, 70 per cent ownership of all media, looks like being tested somewhat by the Federal ALP.

That would be a great contribution to Freedom of Expression.

The so-called Freedom of Expression that News Limited wants to defend is the highly provocative Daily Telegraph

Forum

treatment of Minister Stephen Conroy.

It was portrayed by editorial director Campbell Reid on the ABC's 7.30 Report on March 13 as creative journalism.

In fact to compare Conroy with Joseph Stalin and other dictators is merely sordid abuse.

Presumably he believes that by now Australians are sufficiently conditioned to accept such nonsense as the norm.

The extreme right in Australia seems to admire this abuse greatly.

However, most Australians were not impressed by the abuse of press freedom by the tabloid press

of News Limited in Britain.

Clearly "self-regulation" was a disaster there.

They couldn't handle it.

The daily attacks by News Limited on the Gillard Government is actually the main reason why her Government is under stress.

The often vitriolic attacks generally lack substance.

A good Government could be destroyed this way.

The new legislation, apparently aiming to limit this trend, should be welcomed by all Australians.

It is also hard to believe that the proposed legislation is criticised by the Sydney Morning Herald in today's editorial.

Email, 14 Mar 2013
Klaas Woldring, Pearl Beach

Refusing to pursue good governance?

Political allsorts, Gosford councillors and State and Federal politicians have all demonstrated themselves willing to be biased while picking just who they will represent.

Their reasons for refusing to pursue the good government of the people will hopefully stem from their own thought processes, but accommodating political sins against the peoples is not good governance.

I would expect all of them to cite politics as justification of what they have accommodated.

Australians seem resigned to politics being used as an excuse by our elected representatives conducting themselves in a less than honourable fashion.

We should be suspicious of the skilled use of words by paid spin doctors to artfully take the harsh edge off the currency of lies and dishonesty, all too often involving opposite ends of the political spectrum.

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Labor politicians are like worms wriggling on a hook trying to avoid their fate.

I doubt many of them really understand the reason why they were given our mandate in the first place.

This latest Federal election is one of many Local, State and Federal elections since I started my odyssey in 2001 to seek the protection of my father's constitutional rights.

I have become familiar with a phrase "lack of political will".

What it means is open to interpretation depending on how it is applied, like a swear word.

To her credit I have had a lengthy phone call with Liberal candidate for Robertson Lucy Wicks.

I raised my concerns about Gosford Council with her.

It would be wrong for any political candidates to make assumptions without asking to see the evidence I hold supporting all the issues I raised in print.

They are, in my opinion, seeking the support of the people to join Federal Parliament where they may exercise their influence in the best interest of their constituents.

I look forward to meeting or at least hearing from new candidates, men and women who are setting off on a political journey by seeking support from voters to become members of Federal Government.

Email, 5 Mar 2013
Edward James, Umina

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Festival loss in dispute

I read the front page of your recent edition as to the Oyster Festival.

I should declare that my business has in the past provided sponsorship.

It was always my understanding this was a community event designed to raise the profile of the area and its businesses and to raise money for cancer.

It was never designed to make a profit as such.

It normally breaks even or has a small loss covered by the Peninsula Chamber of Commerce.

Council sponsorship does not require a profit and is not a requirement of or part of the sponsorship agreement.

The agenda item, as published, refers to reports which were submitted to Council in January and reveal that the so called

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loss was as a result of Council deducting, without notice, what they said were overdue fees from 2009 (\$2692.00 for parking, road closure, food inspection) from the 2012 sponsorship.

These fees are the subject of legal dispute which was at the time subject to a request for arbitration.

The festival generates turnover for local business not itself, something that Council and your paper is well aware of.

That is its purpose.

Ask the organisers.

Your article appears to be seeking to convey that something is amiss which is far from the truth.

Council is not out of pocket, the so called loss is less than \$1K and is covered as always, something they are well aware of.

I would also invite you and your readers to look at the further investment losses recorded recently in Councils financial report for January - \$20 million.

A bit rich for them to now be attacking a local event run by volunteers.

Is there a hidden agenda here?

Email, 7 Mar 2013
Katie Smith, Woy Woy

Train times cannot be reduced

Forum

have been calculated by Perway and structured bridge engineers.

All driving cabs have been fitted with data speed logging recording technology and are calibrated to the adjacent speed boards.

Having driven over the northern line prior to 1982, my issued working timetable would have been improved if reduced sectional running times were possible.

The current timetable has been calculated with the best speeds possible and should be read with thankfulness and not criticized.

Letter, 11 Mar 2013

Raymond Wybrow, Booker Bay

Unfortunately politicians and others have periodically misinformed the commuting train public by promising reduced travelling times.

These announcements have been incorrect.

The constructed up and down mains between Meadowbank and Broadmeadow, discounting Gosford to Morisset, was an engineering feat owing to the steep long grades and frequent sharp curves.

These grades and curves eliminated any possibility of improvements in running times.

The maximum safe speed allowable is identified by speed boards for the track ahead.

These identification speeds

Crown Rd – second quarterly report

I am writing to provide the second quarterly progress report on matters raised with the usual great fanfare from Gosford Council.

Media releases, newspaper articles "Gosford City Roads and Buildings Revamp", and of course the specific mention of Crown Rd being one of Council's priorities.

Yes, we have had unusually wet weather, but the only signs of work are the mounds of hot-mix dumped in the craters twice since my November update.

I have been told that the announcement made in July 2012 may in fact have related to Crown Rd being made the rehabilitation course for workers returning from workplace injuries as part of their

Forum

return to work program under the relevant Workplace Health and Safety legislation.

If this is the case then I don't believe they will ever have enough workers to cope with the craters.

Perhaps Gosford Council could get NASA to build them a copy of the Curiosity robot on Mars that is apparently capable of drilling, analysing and coping with unusual terrain.

They could use the money given to them for doing the Crown Rd rehabilitation as a deposit.

Then again with the frequent visits by the return to work crew, perhaps all of the monies allocated for that work have been spent on rehabilitating the workers.

As mentioned, my concern

was that the rising sea levels would overtake the possibility of completing these works by 2055, just a quick report the tide has risen by 1000th of a millimetre, so please hurry Gosford Council, I am not a young man at 82.

Thank you at least to the "return to work crew" who at least try to make the track negotiable, but I wish the spin doctors who made the announcements back in July 2012 were made to do the work for you.

Then perhaps they would think twice about making mudguard promises, all shiny on top but rubbish underneath.

Get on with the job, the money has been allocated according to your proclamation.

Next update in June.

Email, 5 Mar 2013
Dennis Tonnet, Umina



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Bowls clubs donate vascular clamp

A laparoscopic vascular clamp and ancillary equipment has been donated to Gosford Hospital by three Peninsula bowling clubs

The Umina, Ettalong and Everglades combined the proceeds of their 2012 Peninsula Charity Days to make the donation on Tuesday, March 5.

Gosford Hospital's clinical nurse educator Mr Tim Wharton explained state-of-the-art instrument can perform more intricate tasks in prostate and kidney operations than other similar devices, and in fact it was away on loan to Wyong Hospital at the time, being used in an emergency operation there.

Mr Wharton said to the

bowling club representatives: "What you have given us is invaluable equipment that we have immediately put into use."

Gosford Hospital's divisional manager Ms Louise Waymouth said: "Usual charity donations that go to worthy causes are for non-specific use whereas this is a donation for a specific piece of equipment, and we thank the bowling clubs for their generosity."

Pictured is Mr Wharton after receiving the donation from Mr Ian Jarratt from Umina Bowling Club, Everglades' David Lilley and Ettalong Memorial's Ray Cocking.

Email, 5 Mar 2013

Bob Bourke, Bowls Central Coast



Ian Jarratt (Umina), David Lilley (Everglades), Tim Wharton (Gosford Hospital) and Ray Cocking (Ettalong)

Weight loss talk

A free health and weight loss talk will be given at the Gospel Gardens in Umina on Wednesday, March 20, from 10:30am.

Health professional Sandy Brocking, who used to be heavily overweight, said she was dedicated to helping people change their lives for the better after seeing her patients battling weight issues.

Sandy said her story and passion to use her experiences to help others resulted in her health plan for those who want to lose weight on a daily basis without being forced into a rigorous, radical or expensive diet regime.

Email, 4 Mar 2013

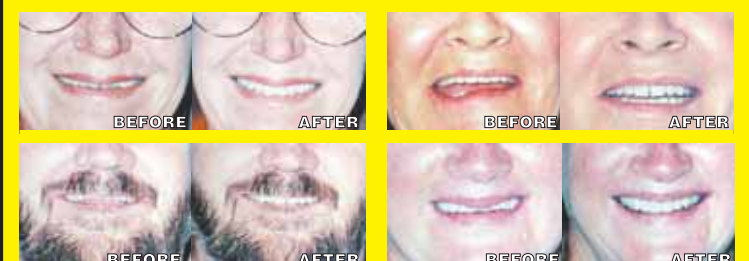
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Rehabilitation clinic nears lock-up

Woy Woy Hospital's new Rehabilitation Clinic is nearing lock-up, according to the Woy Woy Hospital Alliance.

"The wooden deck which was designed for outdoor exercise and therapy has been finished with windows being glazed, internal walls painted, and vinyl flooring laid," said Alliance chairman Mr Ivan Kinny.

"Basins and toilet bowls are also being installed.

"The three buildings are near the lock-up stage.

Onlookers will have noticed that the concrete kerbing and bitumen surface of the 44-bay car park are in place.

"Another 24-bay car park was established earlier.

"Internally, fittings have been ordered and staff are being recruited," said Mr Kinny.

The Woy Woy Hospital Alliance, at its monthly meeting, celebrated the situation with refreshments, including a cake with seven candles, each one symbolising a stage in the development of the project.

"Members recalled our first (mud) cake with one candle, the mud (although delicious) reflecting community dismay at the sudden closure in 2008 of the former purpose-built unit of 1970, and the sole candle representing, not a forlorn hope, but our single-minded resolve to put matters right," said Mr Kinny.

Media Release, 13 Mar 2013
Ivan Kinny, Woy Woy
Hospital Alliance
Photo: Edward James



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Workshop about depression

The Peninsula Women's Health Centre, in conjunction with the Council of the Ageing NSW and Beyond Blue, will host a workshop called Beyond Maturity Blues on Wednesday, March 20, from 10am.

The session is about older women and depression.

Discussion topics will include symptoms and treatments, methods of prevention, how to support people living with depression, and how to improve your health if suffering with

depression.

To book phone the centre on 4342 5905.

Email, 12 Mar 2013
Kate Bradfield, Peninsula Women's Health Centre

Counselling service opens

A counselling service is now operating at the Schools as Community Centre which is located in the grounds of Woy Woy Public School.

The Coast Care Counselling Inc service, which began this month and runs every Thursday, is low cost and available to the whole community, according to Woy Woy school principal Ms Ona Buckley.

The Schools as Community Centre, also known as the Beachside Family Centre, moved to Woy Woy from the grounds of Umina Public School earlier this year and is open to all families with children up to the age of eight.

Newsletter, 5 Mar 2013
Ona Buckley, Woy Woy Public School



Head shave at Old Pub

Umina resident Ms Cassa Hinton shaved her head on Saturday, March 16, at Woy Woy Old Pub as part of the World's Greatest Shave to raise money for the Leukaemia Foundation.

"This has been something I've always wanted to do and I couldn't think of a better cause to do it for," said Cassa.

"I lost my father from cancer and feel very passionate about moving forward in finding a cure and supporting those who have this

terrible disease.

"I will also be donating my hair to the children's hospital for them to make wigs for the children," she said.

Anyone wishing to donate to the leukaemia Foundation on behalf of Cassa can visit <http://my.leukaemiafoundation.org.au/cassahinton>.

"Your donation will go to research into blood cancer and, not to mention, the support of families in providing care for their love ones and, maybe one day, a cure."

Email, 11 Mar 2013
Cassa Hinton, Umina

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THERE IS A PLACE FOR ALL OF US

by Dr Ursula Renfrew

In light of the recent press about Chiropractic which does not highlight the profound benefits of Chiropractic care on the health and lives of millions of people around the world, it is important to remember the following.

Good patient care is enhanced when there is mutual respect and clear communication between all health care professionals involved in the care of the patient.

The Medical Board of Australia's codes and guidelines of good medical practice state:

4.2 Respect for medical colleagues and other health care professionals

4.2.1 Communicating clearly, effectively, respectfully and promptly with other doctors and health care professionals caring for the patient.

4.2.2 Acknowledging and respecting the contribution of all health care professionals involved in the care of the patient.

Let's make sure we always promote a healthy lifestyle and the body's natural ability to heal itself when free of chemical, emotional and physical stressors.

We aim to help people reach their optimum health and improve overall function.

When discussing safety, Chiropractic safety records are the envy of most medical professions.

There are many studies to support this, one concluding a chiropractic adjustment to be 250 times SAFER than taking anti-inflammatories, but somehow we don't think twice about taking them.

There is a very importance place for crisis, disease and injury care in the medical profession, but so is there a place for overall health and nervous system care.

Australians are waking up to the fact that their health is their greatest asset, so look after it BEFORE your body gives you warning signals!!

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Education



Year 7 group



Year 8 Finalists – Tuggerah Lakes Secondary College Tumby Umbi Campus, St Edward's College, Lisarow High and Brisbane Water Secondary College Umina Campus students

Sevens schoolboy comp help

The Jesse Parahi Cup, a Sevens Rugby Schoolboy competition, was held on March 7 and 8 at Brisbane Water Secondary College, Umina campus.

Approximately 300 13 and 14-year-old Central Coast boys from 14 secondary schools each played at least five games of sevens rugby on each day.

The Jesse Parahi Cup was named after an Avoca Beach Junior and Kincumber High student, who is the current captain of the Australia Sevens team.

Jesse, who was in camp on the Gold Coast preparing for the Hong Kong Sevens event of the IRB circuit said: "It's so good to see so many students playing sevens rugby on the Coast."

"Fulfilling my dream of representing my country in rugby will hopefully inspire the next batch of Central Coast rugby players to maybe strive to be future Olympians in our rugby sevens program.

"I am disappointed I couldn't get back for the event but I know it's getting bigger each year and that's great for the game," said Jesse.

In the Year 8 event, the Cup competition was won 10-5 by Tuggerah Lakes Secondary College, Tumby Umbi Campus, over St Edward's College.

The Plate was won by Lisarow High School over Brisbane Water Secondary College.

In the Year 7 event, the Cup was won by Green Point Christian College who defeated St Edward's College 25-10, and the Year 7 Plate event was won by Terrigal High over St Peter's Catholic College.

"This event was a lot of fun and an introduction for many players," said Sevens Rugby Schoolboy competition development manager Mr Michael Magriplis.

"The feedback from the boys was very positive and it was a true testament to rugby with free running play resulting lots of tries being scored.

"The games were played in the right spirit, ending up with excellent camaraderie," said Mr Magriplis.

Media Release, 10 Mar 2013
Michael Magriplis, Sevens Rugby Schoolboy competition

Poor do not value education, claims principal

Parents who are poor are to blame for their children's low educational achievement because they do not "value education" or "help children with their education", a local school principal has claimed in a school newsletter.

St John the Baptist Catholic Primary School principal Mr Frank Cohen wrote: "It is no surprise that in Australia our education system is fast becoming a system of the haves and have nots.

"Australia at the top end of the educational measuring scale is basically close to the top among world rankings.

"But the flip side to this is that at the other end we are also well down the bottom on educational measure.

"There are many reasons for this but there is a direct relationship between socio-economic status and educational attainment.

"In other words, parents who value education and help children with their education do better than those who don't.

"Put simply a school can't do it all.

"The message for all parents is that for optimum success for a child will depend on you as the parent in relationship with the school to get the best results," said Mr Cohen.

Mr Cohen said the school had grown "considerably" over the last five years.

"With that, there are growing pains in how we deliver education that continues to provide the best of opportunities for all.

"We are seen in the general community in a positive light for the progress we are making on so many levels.

"One challenge with growing in size is catering for more needs and doing so without compromising the good work that has been established.

"The common and agreed aims for a successful school are the ability to cater and provide for all.

"Schools can't do this in a vacuum.

"By this I mean that schools, and in particular teachers, rely on parents to work in partnership for the whole education of each child."

Newsletters, 13 Mar 2013

Frank Cohen, St John the Baptist Catholic Primary School

Anthem sung at carnival

Twenty-six Year 5 students from Umina Public School sang the National Anthem at the 2013 State Surf Lifesaving Carnival at Umina

on Sunday, March 10.

"Singing in front of the podium on the beach, watched by hundreds of contestants and spectators, the students performed acapella style and received congratulatory cheers from the crowd at the completion of the anthem," said assistant principal Ms Fiona Foley.

"Surf Club officials and State organisers expressed their thanks and support for students and their parents.

"The State president commented that 'the students did a fabulous version of the anthem and that they made it a memorable occasion for the organisers and competitors'."

Newsletter, 12 Mar 2013

Lyn Davis, Umina Public School

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School reviews anti-bullying measures

Woy Woy South Public School participated in the National Day of Action Against Bullying and Violence on Friday, March 15.

Principal Mr Terry Greedy said schools were instructed to review their anti-bullying plan and convey this plan to the school community.

"In line with this directive our school plan has been reviewed and refined by the school executive to hopefully make the strategies and procedures we have in place more effective in fighting this growing problem that continues to affect all walks of life," said Mr Greedy.

"One of the most significant

findings to come out of the research gathered is the fact that the most successful programs are generally based on collaboration between parents and the school.

"When dealing with the victims or the bullies, throughout all stages of the process, parents will be kept informed of any actions being taken.

"In this way we hope to provide the necessary support for all parties and make it easier for parents to work from home to support the actions taken by the school," said Mr Greedy.

**Newsletter, 5 Mar 2013
Terry Greedy, Woy Woy South Public School**

Staff prepare for school review

St John the Baptist Catholic Primary School principal Mr Frank Cohen said this term had been "by far the busiest for staff" in preparation for the school review.

"To the outsider it may not seem so, but the staff on top of their normal teaching loads, are spending a huge amount of time after school and on the weekends completing all that is expected from us for the school review.

"In particular, the assessment collection for Kindergarten and Year 1 has been a mammoth effort.

"On average, it has taken 50 minutes per kindergarten child, 88 in all, to complete necessary assessments to comply with the new expectations.

"The school we will be audited on every measure to ensure that we meet compliance for the NSW Board of Studies and the Catholic Education Commission.

"The survey completed at the end of last year has been fed into an overall report and there will be an opportunity on these days for more parental input.

"During the visit, the panel will walk into classrooms to see

learning in action and all of the teachers' programs and school policies will be reviewed.

"It is my belief that the hard work from teachers will be rewarded with improved results across the board for each student as we now have a very comprehensive picture of what each learner can and needs to do earlier than we have been able to do in the past," said Mr Cohen.

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

Mounted police visit Woy Woy

Mounted police have visited Woy Woy Public School, with students having the opportunity to pat the horses.

Principal Ms Ona Buckley said the horses, visited on Thursday, February 28, were well trained and well groomed horses and well over 16 hands tall.

"Two police representatives from the Sydney Mounted Police came up to the Woy Woy area for

the day to promote the mounted police presence and inform residents about how to best prevent and deter burglary and break-ins.

"It is reassuring to know our friends, the police, are there to help protect us and enforce the law," said Ms Buckley.

**Newsletter, 5 Mar 2013
Ona Buckley, Woy Woy Public School**

Focus on bullying

Ettalong Public School participated in the National Day of Action Against Bullying and Violence on Friday, March 15.

"This annual day provides a focus for our school to say Bullying. No Way! and to strengthen our everyday messages that bullying and violence at school are not okay at any time," said principal Mr Colin Wallis.

"The theme this year was Take a Stand Together.

"In the lead up to the National Day of Action, teachers were able to explore the meaning of the Take a Stand Together slogan with their students, encouraging students to be 'upstanders' and not bystanders in the presence of bullying," said Mr Wallis.

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

Big Friday afternoon

St John the Baptist Catholic Primary School will hold its Big Friday Arvo event on Friday, March 22, from 5pm to 7:30pm on the school oval.

The Big Friday Arvo is being combined with the school's disco and will include a fish barbecue,

rides and refreshments.

Tickets cost \$10 per family and include unlimited rides, access to the disco and face painting.

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

New cables at Ettalong

Work has commenced on the installation of new cables at Ettalong Public School to upgrade the school's internet and communication capabilities.

"This will enhance reliability and speed as well as setting our school up for wireless connections across all classrooms," said principal Mr

Colin Wallis.

"At this stage wireless is only available in our new block.

This is being financed by a significant grant from the Department of Education and Communities topped up by a financial contribution from the school.

"The outcome will be exciting for our school and maintain our school at the forefront of technology," he said.

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

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Out and About!



Graffiti project tackles Peninsula

The Gosford Graffiti Art Project, which is part of the NSW Premier's Student Volunteering Awards, has gathered a team of people together for another project tackling graffiti on the Peninsula.

The NSW Premier's Student Volunteering Awards gives students an opportunity to serve their community, to acquire new skills and to meet new people.

Gosford Graffiti Art Project coordinator Mr Charlie Trivers and his assistants, along with students from Brisbane Water Secondary College Umina campus, have been designing and painting a mural on Coopers store wall that forms a laneway from West St to the car park behind the shops.

The team has also been involved in the beautification of a dry cleaner's shop in Ettalong and another mural on a shop in West St, Umina.

The mural for Coopers was

designed by the students from Brisbane Water Secondary College and depicts some of items for sale in the Coopers store itself.

The Coopers mural, which was started on Tuesday, March 6, is expected to take approximately one month to complete.

Mr Trivers enlisted the help of art students in Years 7, 8 and 9 from Brisbane Water Secondary College with teacher Ms Lea Lawler from the college coordinating the 11 art students.

"The idea behind community murals is to minimise graffiti tagging, so that graffiti vandals do

not seem to be attracted to leaving their tag on them," said Mr Trivers.

"The mural is a great example of collaborative community spirit.

"The people who are producing the mural are working with the community and with the shopkeepers.

"Repainting the wall every couple of months after it is trashed with graffiti is a time-consuming and expensive exercise for Gosford Council."

Media Release, 11 Mar 2013

Tullia Price, Department of Education

Photo: Edward James

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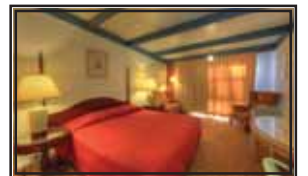
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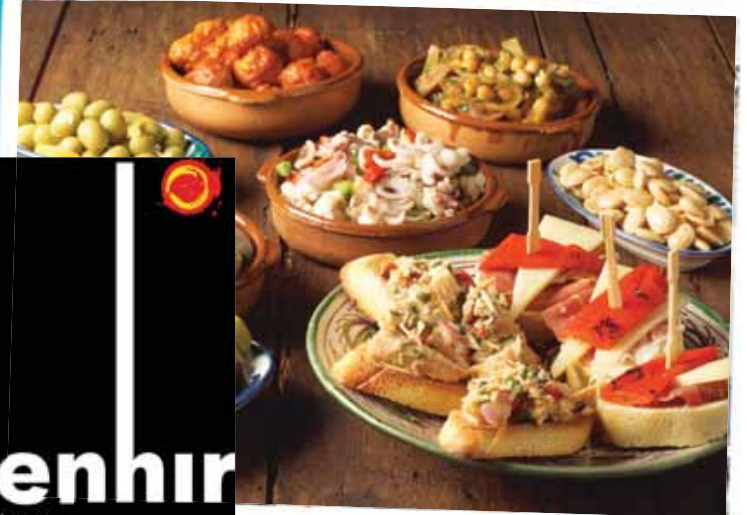
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spanish tapas

A Menhir is a large upright standing stone originate from many different periods across pre-history, and were erected as part of a larger Megalithic culture that flourished in the North of Spain, Europe and beyond. Their size can vary considerably; but their shape is generally uneven and squared, often tapering towards the top.

The function of Menhirs is not certain. Over the centuries there were thoughts that had been used by Druids for human sacrifice, used as territorial markers, elements of a complex ideological system, functioned as early calendars or as an gift to the Sun.

To me a Menhir and its beauty cannot be anything else than a gift to the Gods, to the Sun and to all of us. At Menhir in Ettalong Beach we still want to make sure I honor my celtic heritage thus Earth, Water & Fire are the three elements in nature from which we try to originate most of our products.

About us Some authors say that the tapa was born when, due to an illness, the Spanish King Alfonso X, the Wise, had to take small bites of food with some wine between meals. Once recovered from the disease, the wise king decreed that no wine was to be served in any of the inns in the land of Castille, unless accompanied by something to eat.

Since then tapas have been present in all homes, restaurants, bar & cafes around Spain.

The favorite drink to go with tapas is wine thus the popular spanish drink of Sangria which is cold, fruitier & more refreshing. In the northwest of Spain where apples are more abundant cider replaces wine.

Tapa means "lid" or "cover" in spanish. In the early days of tapas, a slice of bread with cheese or ham was given with your drink and placed over your drink to keep out the flies. Therefore to cover your drink or to "tapar" your drink.

In Spain family & friends seat around the table not just to eat & drink but to share, socialize & enjoy.

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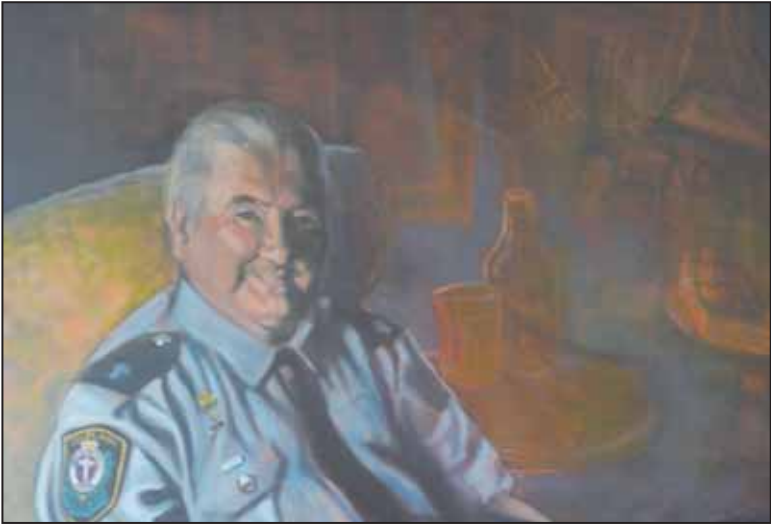
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Chaplain is Archibald subject

Bensville artist Ms Karen Bloomfield has painted St Huberts Island resident Father James Boland for this year's Archibald competition.

Fr Boland is the regional chaplain to the NSW Police Force, a position that he has held since 2008 preceded by 31 years as senior chaplain to the Force.

"This may not seem unusual until you understand that Jim was the NSW Police Force's first and only chaplain and that in the ensuing 35 years of service, Jim's vision has seen the chaplaincy grow to serve in the support of the entire NSW Police Force," said Ms Bloomfield.

"Chaplain's across NSW supporting the police now exceed 105.

"Chaplain's do not preach religion," said Ms Bloomfield.

"They listen to and support people in stressful situations and the NSW Police Force continues to have regular need of this support

for both its' officers and their families as well as retired police."

For his dedicated service, Fr Boland has been received numerous awards including the Medal of the Order of Australia and RSL Anzac of the Year NSW both in 1993 and more recently the Commissioner's Commendation for dedicated service and continued commitment.

When considering Fr Boland as her Archibald subject last year, Ms Bloomfield, who met him through a mutual friend, said she was "immediately drawn to Jim's kind face and ready smile even though

the years of carrying others' sorrow had to be weighing upon him".

"I loved the fact that Jim's constant companion, Jemima, a large black German shepherd, clearly doted on him which I think is fairly indicative of everyone who has the pleasure of meeting him.

"I took this portrait very seriously and felt honoured to be portraying someone so dedicated to the support of others," said Ms Bloomfield.

**Media Release, 6 Mar 2013
Karen Bloomfield, Bensville**

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Easter book fair at Pearl Beach

The Pearl Beach Easter Saturday Book Fair will be held from 9am until 5pm on Saturday, March 30, in the Pearl Beach Memorial Hall.

"Origins of the book fair were to raise much needed funds toward the upkeep of the native arboretum with a table of books outside the local shop," said Pearl Beach Progress Association communications officer Ms Lynne Lillico.

"Once the arboretum received a large bequest, organiser Bill Abbott, and his mother Dorothy Hart continued with the concept.

"Over the years book donations increased to such a degree that they moved into the Memorial Hall.

"Now in its 37th year, the event is the largest Pearl Beach fundraising activity with proceeds going toward the Memorial Hall

repairs and upkeep," said Ms Lillico.

Mr Abbott said: "Over the years we have been fortunate to receive large numbers of books from members of the community who are moving house or downsizing.

"This year is no exception with thousands of books waiting to be snapped up."

Titles will include reference, children's, educational, cooking, gardening, business, art, travel and hundreds of novels.

Also for sale at will be collectables and bric-a-brac.

"The traditional homemade cake stall is always a sell-out.

"Pim's cafe will be available for refreshments and lunch at reasonable prices," said Ms Lillico.

**Media Release, 9 Mar 2013
Lynne Lillico, Pearl Beach Progress Association**


TOGETHER WE CARE

Seniors Positive Living Gala Day

Peninsula Village is very pleased to be hosting the 2013 Senior Positive Living Gala Day. This exciting event is to inform the local community of the services available to them as Senior Citizens in both Aged Care Facilities and the Community.

The day will include:

- Exercise demonstrations and a variety of sporting events
- Live music
- Our Men's Shed will be open with demonstrations
- Information Stalls

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Umina actor cast as TV lead

Umina resident Remy Brand, 22, has been cast as lead Sam Fox in the live action series, **Sam Fox: Extreme Adventures**.

The series which commenced production this month will be seen on Network Ten and Cartoon Network and is a series of 26 programs each of 24 minutes for eight to 12-year-olds.

Sam Fox: Extreme Adventures is the first major acting role for Remy who has had a television commercial career spanning the last several years and a guest role on Seven Network's Home and Away.

Remy first began his acting career in 2005.

As well as appearing in Sony, Freddo Frog, Kellogg's Coco Pops, Hungry Jacks, The Greater, Capri Sun and Qantas television commercials, Remy was the hero in the Butter Menthol campaign in 2010.

In 2011, he landed the guest role of Dan in Home and Away.

Based on the action adventure books by children's author Justin D'Ath, Sam Fox: Extreme Adventures is an action-packed comedy adventure series about teenage "danger magnet" Sam Fox



as he braves the wilds from open ocean to deepest jungle, coming face to face with killer sharks, man eating leopards, raging tornadoes, erupting volcanoes, deadly scorpions, giant anacondas and more.

The series will be filmed at the South Australian Film Corporation's brand new Adelaide Studios as well as on location in South Australia.

The series from SLR

Productions was green-lit for production last year following investment from Network Ten, ZDF Enterprises, Screen Australia, South Australian Film Corporation and KOJO.

ZDF Enterprises will distribute the series internationally.

Media Release, 12 Mar 2013
Adele Feletto, Adele Feletto Publicity

Children's vocal academy to be launched

Children aged seven to 16 are invited to attend the launch of the Central Coast Vocal Academy for a free one hour session at the Peninsula Community Centre on Sunday, April 21, from 4pm.

"All vocal ranges are welcome to join and no previous singing experience is required, we're here to have fun, and grow you into your full singing potential," said Woy Woy School of Music owner Ms Madeline VanDerMast.

Members will have the opportunity to learn about aspects of singing including performance, songwriting, showmanship and technique.

The Central Coast Vocal Academy will be coached by Whitney Erickson, who has coached numerous Sydney choirs

and will be performing in the upcoming Metropolitan Players Musical Production - Phantom of the Opera.

"I have taught piano, singing and general performance for many years and it is something that I love doing," said Ms Erickson.

"I have been lucky enough to have had many performance opportunities however my true passion lies in teaching."

After the launch, the Central Coast Vocal Academy sessions will be taking place on a weekly basis at the Peninsula Community Centre.

To register, contact the Woy Woy School of Music on 4344 5809.

Media Release, 9 Mar 2013
Madeline VanDerMast, Woy Woy School of Music

Wine tasting for music festival

A wine tasting will be held on Friday, March 22, from 5pm to 7pm at the Pearl Beach Memorial Hall to celebrate the 20th Pearl Beach Music Festival which will be held over the June long weekend.

"This is a huge and consistent commitment by the Pearl Beach Community to the arts," said Pearl Beach Progress Association

communications officer Ms Lynne Lillico.

"The Festival also continues to be an occasion that brings our community together to enjoy great music.

"To celebrate the 20th Music Festival, we have secured a great deal on two premium wines from a family owned Coonawarra winery, and we would like to make these available for a community tasting

and to purchase."

Wine expert and judge John Parkinson will introduce the wine, said Ms Lillico.

Ticket sales for the Festival will be launched at the wine tasting, including the Early Bird four concert package.

"Entertainment will be provided by students from the Central Coast Conservatorium, and it promises to be a great evening," said Ms Lillico.

Cost is \$10 per person and proceeds from the evening and the wine sales will go to the Pearl Beach Progress Association toward landscaping of the Memorial Hall grounds.

Media Release, 12 Mar 2013
Lynne Lillico, Pearl Beach Progress Association

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Foam on Pearl Beach

Green Point professional photographer Mr Michael Hruby visited Pearl Beach on Saturday, March 2, in the hope of capturing some worthwhile images of the large swells.

"I thought Pearl Beach would be good because it's protected from the southerlies," said Mr Hruby.

"I couldn't believe what I saw, I

have never seen anything like it on the Central Coast."

Masses of sea foam had washed up along the northern end of the beach.

Although considered a mysterious phenomenon by some, Hruby explained it was entirely natural.

"It means it's a healthy ocean, and only happens when the wind

and swell mix up the organic matter and turns it to foam," he said.

"Kids were having the time of their lives in the foam."

Mr Hruby has taken landscape and surfing photographs across the coast for 20 years and said he has never seen anything like the scenes he captured at Pearl Beach.

Email, 12 Mr 2013
Michael Hruby, Green Point



Just gets better

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- Spend \$10 in one transaction in Kingfisher Brasserie

Complete Rules picture may not represent the actual prize



Just gets better

Melbourne Avenue, Umina Beach

Telephone: 4341 2618

Travel Australia at "SEE" level

Pick up at Woy Woy Station
Live Shows

All Incl:- Coach & Entry for Wed Matinees
Hot Shoe Shuffle 10th July 13 Conc \$109 pp

Day Trips

Wed 27th Mar Easter Show 10.00am - 4.00pm **\$35 pp**

Sat 06th Apr Brigadoon 13 (Bundanoon) **\$80 pp**

MOTEL ACCOMMODATED TOURS

5 Day Cotton Tour

Visit Trangie, Bourke, Brewarrina,
Wee Waa & Narrabri cotton areas
incl. a Gin

Dep 27th Apr 13 **\$951 ppts**

12 Day Red Centre 17/9

20 Day 17/9

Darwin Via Red Centre

50 day 17/9

Wyong-Darwin-Wyong

OR go to our web site for more Trips

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FREE Home pick ups Central Coast, Newcastle,
Lake Macquarie, extended tours only

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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

RSPCA

DESEXING PROGRAM
Assist with desexing for cats, dogs & small animals.
Veronica 0407 295 655

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 & Fri - Adult Crafts
Bunka Embroid, Cards, Crotchet, Cross Stitch or bring your own - \$3/session
Point Clare Community Hall
10am - 12noon
4325 5007

Hospital Art Australia
Meet every Tue and Fri 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

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

The Krait Club
Community Centre - Cooina Village, Neptune St, Umina
10.30am For senior members of Woy Woy/Umina Community
Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and bus trips - 4341 0698

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

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.centralcoasthsguild.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

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

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.peq.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

Central Coast Prostate Cancer Support Group (Gosford)
Last Friday Terrigal Uniting Church 9.30am to 12 noon
Affiliated with PCFA 4367 9600

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 Village Carer's Support Group
For carers of loved ones with dementia - 1st Wed - 10 to 11.30am Paula Newman
4344 9199

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

Gosford Musical Society Minstrels
GMS Minstrels is a group which entertains at various venues on the Central Coast
Seeking new members
Thur Night Laycock St Noth Gosford
4341 4210

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

Service Groups

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

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

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

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Travel in small groups and stay with friends in 370 clubs around the world.
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We in turn host small groups from other Friendship Force clubs in our home.
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
gosfordnorthwi@live.com.au

Junior events moved to Terrigal

The junior events of the NSW Age Surf Life Saving Championships were held over the weekend of Saturday March 2 and 3 with many of the events moved from Ocean Beach-Umina to Terrigal due to the weather conditions.

Despite the multiple program changes, thousands of nippers aged eight to 14 had the opportunity to compete.

In the Age Championships,

Umina placed 13th and Ocean Beach placed 36th.

Lailani Montgomery of Umina placed fifth in the Under-9 Female Beach Sprint event and Tom Rodham of Ocean Beach placed sixth in the Under-9 Male Beach Sprint event.

Umina's Kirsten Miller placed sixth in the Under-11 Female Surf Race and club mate Mimosa Henderson placed fourth in the Under-13 Female Iron Woman.

Umina's Lachlan Braddish won the Under-11 Male Surf Race,

placed second in the Under-11 Male Iron Man and first in the Under-13 Female Board Race while brother Harry placed second in the Under-13 Male Beach Sprint.

In the Under-14 Female Surf Race, Umina's Rachel Wood and Jemma Smith placed first and fourth respectively.

Killcare's Chloe Penn placed fourth in the Under-13 Female Beach Flags.

Umina placed third in the Under-14 Female Surf Team event with a team comprised of Mimosa Henderson, Mollie Murphy, Jemma Smith and Rachel Wood.

Rachel Wood also placed fifth in the Under-14 Female Iron Woman event and club mate Kieran Braddish placed sixth in the Under-14 Male Beach Sprint.

Officials who have been involved with surf lifesaving state championships for close to four decades said they couldn't recall worse conditions for a NSW junior state final.

"This weekend has been very trying for everyone," said Surf Life Saving NSW president Mr Tony Haven.

"I'd like to thank the competitors and their parents for their patience and understanding given the program changes and split venues."

Despite the driving rain and wind, Central Coast clubs fared well over the carnival, which was originally meant to be a three-day event, but finished up a condensed two-day program.

Media Release, 3 Mar 2013
Alix Vanny, SLSNSW

Patonga Beach Easter Fete



Saturday 30th March - 9am - 2pm

at the Patonga Progress Hall

Cnr. Brisk & Bay St, Patonga

We will be spinning the Chocolate Wheel with heaps of Easter eggs to be won. There will be a sausage sizzle and morning tea on sale.

Market stalls include homemade cakes, crafts, antiques & collectibles, jewellery & gifts, plants, books, bric a brac and much more.

Stallholder and general enquiries

Ph: Judy on 0418 993 417

Sponsored by **Peninsula News**
Community Access



Ettalong Beach Arts and Crafts Centre



SCHOOL HOLIDAY POTTERY WORKSHOP!

THERE IS NOW A WONDERFUL OPPORTUNITY FOR PRIMARY AND HIGH SCHOOL STUDENTS TO TRY THEIR HAND AT POTTERY AND EXPLORE THEIR OTHER CREATIVE SELF

Our centre is running a 4 day workshop on:

15th 16th 17th & 22nd April 2013

(The first 3 days making pottery & the last day to do glazing)

Morning course - High school students

9am to 12noon learning hand building.

(Wheel work instruction available to those over 14years)

Afternoon course - Primary school students

1pm to 4pm learning hand building

The fee for the workshop is \$100 payable on the first day

With a small charge to cover glazing costs

when the artworks are collected.

This fee is based on the weight of each item @ \$1.80 per kilo

For more information phone: 4341 8344 or visit www.ebacc.com.au

KITCHENER PARK CORNER OF PICNIC PDE & MAITLAND BAY DRIVE ETTALONG

Sponsored by **Peninsula News**
Community Access

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Wednesday March 20

Beyond Maturity Blues, Peninsula Women's Health Centre, 10am

Health and weight loss talk by Sandy Brocking, Gospel Gardens, Umina, 10:30am, free

Thursday March 21

Wills Day, Woy Woy Library

Friday March 22

Restore Op Shop Umina birthday celebrations, 10am

St John the Baptist Catholic Primary School's Big Arvo event, 5pm, school oval

Fun with Sounds workshop, Mingaletta Hall, Umina, 10:30am

Krait Club meeting, Cooinda Village, 10:15am

Wine tasting, Pearl Beach Memorial Hall, 5pm-7pm

Saturday March 23

Opera in the Arboretum, Pearl Beach

Troubadour Folk Club Concert, Woy Woy CWA Hall, 7pm

Positive Living Gala Day, Peninsula Village, Umina, 9am-4pm

NSW Outrigger Canoe State Titles, Central Coast Outrigger Canoe Club, Patonga Beach, 8:30am

Monday March 25

At Any Cost play reading, Peninsula Theatre, 7:30pm

Thursday March 28

Maundy Thursday service, Umina Uniting Church, 7:30pm

Friday March 29

Good Friday Service, Ettalong

Uniting Church, 9am

Good Friday Service, Umina Uniting Church, 9am

Saturday March 30

Pearl Beach Easter Saturday Monster Book Fair, Pearl Beach Memorial Hall, 9am-5pm

Patonga Progress Association's Annual Easter Fete, 9am-1pm, Patonga Progress Hall

Sunday March 31

Breakfast in the Bays, Woy Woy Bay Community Hall

Easter Sunday Parish Service, Umina Uniting Church, 9am

Tuesday April 9

Author event with economist Ross Gittins, Gospel Garden Sanctuary, 6:30pm

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

Classifieds

Classified

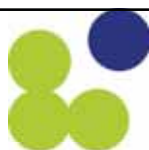
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Woy Woy

info@mycpartners.com.au

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All areas
Gosford 4323 6367
Woy Woy 4344 4414
Warnervale 1800 244 456
0412 685 555

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0410 270 641

0498 056 819

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Lic 246737C

Dance

CENTRAL COAST BUSH DANCE & MUSIC ASSOCIATION

Experience Folk
Music at its best at
East Gosford

Progress Hall @ 7.30pm
Henry Parry Drive

APRIL 13

Jane Austen

English Country
Dance with
Regency Ryebuck

Enq: 4344 6484

Admission \$18

incl. supper
Folk Fed Affiliates &
Pensioners \$15,
Students 13 to 18 \$8

www.ccbdma.org

for more information
02 4381 0457



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4325 7369

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4339 2424

0402 186 546

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Security Lic No. 2E409965334

Carpentry Joinery Lic No. 108056c

Electricians

BKW

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0404 093 299

Entertainment

The Troubadour Acoustic Music Club

meets at the
CWA Hall Woy Woy
Floor Spots available

March 23

Jeanie Lewis &
Maurie Mulheron
7PM

Tickets \$12

Concession \$10

Members \$8

Tickets available
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Notice of Public Exhibition

Draft Plan of Management – Patonga Crown Reserves & Dark Corner Cottages

Comments are invited from the community on a draft Plan of Management for the Crown Reserves in Patonga Village, including the Patonga Caravan and Camping Area and the Dark Corner Cottages.

The Plan has been prepared in partnership between NSW Trade & Investment – Crown Lands and Gosford City Council. It includes a heritage assessment and conservation management plan for the cottages situated at Dark Corner. It also revises a former draft plan for the Caravan and Camping Area together with a Landscape Masterplan for the Caravan and Camping Area.

The remainder of the Crown reserves also included in the Plan form a foreshore linkage from the cottage precinct along the foreshore fronting the village centre, past the Caravan and Camping Area and along Patonga Creek.

The Plan once adopted will provide a basis for the future planning and direction of Crown lands at Patonga for trust managers and decision makers and help to guide the conservation of the Dark Corner cottages.

The draft Plan of Management can be downloaded from the link below:

www.gosford.nsw.gov.au

Copies of the draft plan may also be viewed at the following Council Offices:

- Gosford City Council Administration Building - 49 Mann St, Gosford
- Patonga Caravan & Camping Area - Bay St, Patonga
- Erina Centre - Erina Library, Erina Fair
- Kincumber Library - 3 Bungoona Rd, Kincumber
- Woy Woy Library - Cnr Blackwall Rd & Oval Ave, Woy Woy

Community feedback is now invited on the draft plan and written submissions should be received via email or post between 16 March - 28 April 2013.

Please address submissions to:

Senior Manager, Hunter
NSW Trade and Investment – Crown Lands
PO Box 2215, DANGAR, 2309
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Zone tennis try-outs

The Central Coast Schools Zone Tennis team try-outs were hosted at a Umina tennis school on Wednesday, March 6.

"It was a fantastic day with participants taking part representing numerous

schools on the Central Coast," said Peninsula School of Tennis coach Mr John Gorman.

Tazmin Caldwell from Woy Woy South Public School, Leon Dransfield from Umina Public School and Tyler Gossip from Woy

Woy South Public School, all of whom are coached at the Peninsula School of Tennis in Umina, have made it through to state try-outs in Sydney."

Media Release,

11 Mar 2013

John Gorman, Peninsula School Of Tennis

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Masters life saving results

In the NSW Masters Surf Life Saving Championships held at Umina and Ocean Beach earlier this month, the host clubs placed 12th and 16th respectively.

In the women's events Umina Surf Life Saving Club fared well with Kerry Armstrong-Smith, Christine Bishop and Vanessa Henderson placing second in the 100 years minimum taplin event.

Kerry and Christine also placed third in the 30-44 years double ski event with Christine placing sixth in the 35-39 ironwoman and the 35-39 single ski event.

Kerry and Christine joined Wendy Cook to place fourth in the 130 years minimum single ski event and Kerry and Vanessa placed third in the 40-44 board rescue event.

Kerry, Wendy and Annette Marsh placed fourth in the 150 years minimum surf team and Wendy placed sixth in the 50-54 ironwoman event before teaming up with Annette to place third in the

50-54 board rescue.

Kerry, Christine, Sue Bradley and Ingrid Lehmann came third in the 140 years minimum beach race and Wendy, Lucy Williams-Caller and Michelle Whyte placed fifth in the 150 years minimum taplin race.

Michelle and Lucy joined Pamela Edmonds to place third in the 150 years minimum board relay and Christine, Lucy and Jenni Darwin placed third in the 130 years minimum surf team.

Jenni placed fifth in the 40-44 2km beach run while Christine and Hollie Spender placed fourth in the 30-34 board rescue, Pamela placed sixth in the 55-59 board race and Vicki-Lynn Swain placed third in the 50-54 2km beach run.

Vanessa placed sixth in the 45-49 surf race and third in the 45-49 rescue tube race while Michelle and Lucy placed sixth in the 45-49 board rescue.

In the men's events, two Umina teams placed fourth and fifth in the 100 years minimum surf team event with the first team made

up of Richard Braddish, Scott Henderson and Michael Magurren and the second team comprising David Bishop, Harold Marshall and Robert McLeod.

Magurren, Gary Matthews and Steven Murphy placed sixth in the 100 years minimum board relay and Peter Braddish, Simon Darwin, Matthews and McLeod placed fourth in the 170 years minimum beach relay.

William Cook, Gregory Glew and Gary Wilson placed sixth in the 170 years minimum mixed board relay and Magurren placed third in the 30-34 surf race and first in the rescue tube race.

Magurren joined Matthews to place fourth in the 30-34 board rescue and Harold Marshall placed sixth in the 30-34 beach flags while Henderson placed fourth in the 40-44 surf race.

Richard Braddish, Cook, Stephen Dixon and Murphy placed third in the 200 years minimum beach relay event, Henderson placed fifth in the 40-44 rescue

tube race, Darwin placed second in the 40-44 beach flags and Matthews second in the 45-49 2km beach run.

Cook also placed sixth in the 65-69 rescue tube race, second in the 65-69 iron man, fifth in the 65-69 board race and second in the 65-69 beach flags.

In Ocean Beach Surf Life Saving Club, Katie Dixon, Vicki Ross, Shelley Smith and Karen Sturla placed fourth in the 140 years minimum beach race while Debra Braddish, Donna Hennell, Richelle Ingram and Allison Tucker placed third in the 170 years minimum beach relay event.

In the 30-34 surf race and 30-34 rescue tube race, Smith, Sturla and Dixon placed third, fourth and sixth respectively.

Smith also placed third in the 30-34 beach run and fifth in the 30-34 board race while Dixon placed fourth in the 30-34 2km beach run and sixth in the 30-34 board race.

Tucker placed fourth in the 35-39 2km beach run, Hennell and

Pauline Priest placed fourth in the 50-54 board rescue and Debra Braddish placed fourth in the 50-54 beach sprint.

Priest also placed second in the 60-64 surf race, second in the rescue tube race and third in the beach flags.

In the men's, Shane Oakes, Darren Shaw, Jason Tucker and James White placed second in the 140 years minimum beach relay and Aaron Camp placed sixth in the 30-34 2km beach run.

White and Tucker placed third and fifth respectively in the 40-44 beach sprint while Shaw placed fifth in the 40-44 beach flags.

Jason placed third in the 40-44 2km beach run, Warren Peters placed third in the 50-54 beach sprint and Albert Falzon placed sixth in the 55-59 beach flags.

**Website, 14 Mar 2013
Surf Life Saving NSW**

Umina boxers qualify for world championships

Two Umina Beach PCYC boxers, Satali Tevi-Fuimaono and Mark Glew, have qualified for the World Championships in Kiev, Ukraine, in August after they both won gold medals at the National Titles in Adelaide.

They were joined on the medal dais by team mates Jason Fawcett who won also gold also in only his third fight, and by Kyle Schneider who missed out on gold after he was ruled out by the doctor for the finals bout.

"For Satali this was to be his third straight Australian Title," said Umina PCYC coach Joel Keegan.

"It was won with the style, flair and power the young man has become renowned for.

"He faced a tough and rugged Queensland opponent Lachie De Santis who could not contain the Brisbane Water High School captain, who raced away to win 17-1, the biggest margin of the entire week of the National Championships.

"His Queensland opponent tried everything he could to compete and upset the rhythm of the Umina boxer, but to no avail as young Satali was clinical, repeatedly landing powerful shots that forced at least one eight count against a very willing opponent.

"It was a near faultless performance from Satali, despite what was a pretty disrupted preparation.

"Qualifying for the World Championships has been a big

goal for a while, but we will need to improve another 10 to 20 per cent to be a medal chance.

"This looks like being the biggest World Championships on record, with both Cuban and American representation, as well as the entire European and Asian blocks, so we will be ready.

"Mark Glew, fighting at his first National Titles, had to find something special in two bouts to claim his gold medal and his plane ticket to the Ukraine.

"Coming from behind in both his semi and his final, Glew earned a reputation as the 'heart-break kid' as the coaching staff were distraught watching him claw back a deficit in the final seconds of both bouts.

"Glew had his hands full in the first semi against Victorian Kade Alexander, whose rangy build and awkward style posed real problems for Mark, and meant Mark had a two-point lead to pull back going in to the final round.

"Digging deep, Glew overwhelmed his opponent and the points that were denied him in the first two rounds started to flow for a very close win.

"The final was a very similar story, with the Tasmanian opponent slipping away to a two-point lead until Glew charged home in the last round.

"In an incredibly close decision, Mark won on count back after the scores had been locked 8-8, and his path to World Championships was secured.

"Young Jason Fawcett, a Woy Woy Rugby League Junior, was given little chance against the highly fancied and undefeated Queensland sharpshooter Theo Rayfield.

"However it was the Peninsula's power puncher who was to prove to be too sharp, landing clean shots with both hands, racking up a big score by the end of the second round.

"The final score was 12-4 and a clear indication of the success Fawcett had enjoyed with some telling punches.

"A silver medal at a national championship is never a bad thing, but it was not a great moment for Kyle Schneider or the team at Umina PCYC when Kyle had to settle for a silver medal, after being ruled out of his gold medal finals bout by the doctor.

"He had suffered what seemed pretty obviously to be sun blistered lips, but was ruled out on the advice of doctors it could possibly be cold sores, and had to cop a very tough decision on the chin.

"Kyle had prepared just as well and as hard as the other team members, and was ideally

positioned to win the final," said Keegan.

Jordan Bunder also competed but was bundled out in the first round of the Elite 81kg division, after what was a somewhat flat performance for the three time state champion.

Joel Keegan said: "There is no doubt these results are an indication of how strong the Umina PCYC Boxing program is.

"That strength is based in the quality of the coaches who dedicate their time to help develop these young, motivated boxers.

"People like Sape Fuimaono, Kristan Dowdle, Chris Nixon, Luke Phipps, Luke Johnson, Lance Davies have all worked hard to create a learning culture, a working culture.

"Our strength is based in our mentors," said Keegan.

**Email, 12 Mar 2013
Joel Keegan, Umina PCYC**



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Killcare masters pick up medals

Killcare Surf Club's Masters performed well at the NSW Surf Life Saving Championships held earlier this month.

Overall, Killcare Masters members picked up a tally of six medals, with two gold, a silver and three bronze.

Additionally, a number narrowly missed placings in Open Men's and Women's and Junior events.

Michaela Hofer, a prolific medallist at global, national and state levels, confirmed her world rating when she won gold in the 35 to 39 years women's sprint and the 140 years combined ages women's beach relay team with Laura Washington, Leah Fotofili and Tegan Spackman.

Additionally, Michaela secured a silver medal in the 35 to 39 years women's beach flags.

Other Killcare medallists were the bronze-winning 160 years women's boat crew of Sarah Doak-Stride, Monique Keogh, Deb Stenning and Megan Sheppard,

with Mel Smith as sweep, Kellie Robinson in the 40 to 45 years women's beach flags and current world and national titleholder Phil Tubby, who finished third in the men's 50 to 54 years beach flags.

Reflecting on the Killcare team's performances, club coach John Bourne nominated those of Michaela Hofer, Kellie Robinson and the women's boat crew as "standouts".

"Michaela's (performances) speak for themselves," he said.

"She is a wonderful competitor and a great team person."

"Kellie Robinson is improving with every performance and the ladies boat crew, after qualifying for the final through the round robin series, came home strongly and were a strong chance to grab a silver medal in the dying seconds of this event."

"It all augurs well for the upcoming Australian titles in a couple of weeks' time in Queensland."

**Media Release, 14 Mar 2013
Allan Wilson, Killcare Surf Club**



More than 3000 compete at Ocean Beach

More than 3000 competitors battled it out over three days at the NSW Opens Surf Life Saving Championships held at Ocean Beach-Umina from March 8 to 10.

Umina placed 18th overall in the Open competition while Ocean Beach placed 21st.

Umina's Christine Bishop won the 30-39 years champion lifesaving event while Kerry Armstrong-Smith placed first in the 40 years and over champion lifesaving event.

Jemma Smith won the Under-15 champion lifesaving event and Rachel Wood won the Under-15 surf race.

Claire Gaffney, Mollie Murphy, Jemma Smith and Rachel Wood placed fifth in the Under-15 surf team event and Rachel placed fifth in the under-15 ironwoman.

Jemma and Rachel placed fourth in the Under-15 female board rescue and Jemma won the Under-15 female board race.

Stephen Dixon and Paul Sharpe placed fourth in the open five person rescue and resuscitation event and Jack Dixon and James Rooke placed fourth and fifth respectively in the Under-19 mixed first aid event.

Maddison McLeod and Danica Williams placed sixth in the Under-15 mixed first aid event and Teigan Miller and Helen Krucler placed second and fourth respectively in the Under-17 female champion lifesaving event.

William Bishop placed fourth in the Under-15 champion lifesaving event and combined with Hayden Boyd, Maddison McLeod, Mollie Murphy, Jemma Smith, Jessica

Thomas, Elise Thomson, Jack and Adam Waining, Emily Wardle, Danica Williams and Rachel Wood to place fourth in the Under-17 mixed march past.

Jack Dixon, Jessica Thomas, Jack Waining and Emily Wardle placed third in the Under-17 mixed patrol competition, Alannah Whyte placed fifth in the Under-19 2km beach run event and Richard Boylan placed fifth in the 40 years and over champion lifesaving event.

Ocean Beach's Katie Dixon and Shelley Smith placed second and third respectively in the 30-39 years champion lifesaving event and Jessica Moyes won the open female champion lifesaving event.

Jason Smith placed fifth in the Under-19 beach flags and Aaron Camp won the 30-39 years champion lifesaving event.

Aaron Camp, Mark Davis, Nigel Fitzgibbon, Jason Gauci and Zac Wilkins placed fourth in the open five person rescue and resuscitation event and Camp and Dixon placed third in the open mixed first aid event.

Davis and Richard Grimmond placed second and fourth respectively in the 40 years and over champion lifesaving event.

Camp, Davis, Dixon, Fitzgibbon, Grimmond and Smith won the open mixed patrol competition while Wade Hennell placed fourth in the Under-17 beach flags

event and Matthew Calbert and Maddison Scutts placed fourth in the Under-17 mixed first aid event.

Jordan Smith and Calbert placed third and sixth respectively in the Under-17 champion lifesaving event with both joining Maddison Scutts and Gabby Tinson to place second in the Under-17 mixed patrol competition.

Jordan and Jason Smith placed fourth in the Under-19 Mixed first aid event.

After seeking feedback from both competitors and officials, organisers have decided to split out some events and run the program over several consecutive weekends instead of a 10-day block.

This will mean less clashing of events so athletes won't miss out on the opportunity to participate and will reduce the need for people to take time off work or school to compete.

The 2014 NSW Surf Life Saving Championships will be held back at Ocean Beach-Umina from February 28 to March 2 for the Age Championships and March 7 to 9 for the Open event.

The Masters competitors will have their own dedicated event to be held on the March 15 and 16.

Lifesaving events will be held on February 22 and 23.

**Media Release, 8 Mar 2013
Donna Wishart, Surf Life Saving NSW**

Four zone seniors bowls trial

The inaugural Four Zone Seniors Trial was held at Ettalong Memorial Bowling Club on Monday, March 4.

Six teams of four played from each of the four zones: Zone Two Newcastle, Zone Six Manning - Hunter, Zone Nine Sydney North-East and hosts Zone 15 Central Coast

The format was two games of 18 ends with the winner decided on wins plus margins.

In the morning games, Zone Nine defeated Zone Six with a score of 111-95, and Zone 15 prevailed over Zone Two with a score of 88-86 in a cliff hanger that saw the result come down to the last end of the last rink on the green with Zone 15 trailing by one shot.

Zone Two tried desperately to hold on to their slim margin, but it

wasn't to be as Bill Constantine's Zone 15 team grabbed three shots to steal a victory in a game that was close-fought all the way.

Zone 15's Master Board win was helped greatly by Dave Limbrick's team winning their rink 21-10.

After lunch the teams returned to the greens for the second game which saw Zone Six score a comfortable 102-83 win over Zone Two while Zone 15 had another close call, just scraping home 96-92 over a tenacious Zone Nine.

Carl Perry from Zone Nine said: "The day was a good hit-out for those looking for selection in the Senior Sides to compete in the 2013 Senior Inter-Zone Sides Championship in May at Ballina."

**Email, 5 Mar 2013
Bob Bourke, Bowls Central Coast**

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Sport



Elliot Easson, Georgie Gordan, Daisy Duguid, Mikayla Sonter and Rowan Brown

Forty little athletes qualify

Woy Woy Peninsula Little Athletics Centre has had 40 athletes qualify for Regionals, 29 of whom competed at Zone on February 23 and 24 at Glendale.

"This year was the first time our athletes have competed in this

region under a completely different method of qualifying for state," said Peninsula publicity officer Ms Tammy Sonter.

"Despite the weather, the children did a fantastic job and put in 100 per cent effort.

"We achieved some fantastic results for our club with athletes qualifying for state championships to be held at Sydney Olympic park on March 23 and 24," said Ms Sonter,

Rowan Brown qualified in the 1500m, Daisy Duguid, Elliot Easson and Georgia Gordan in the 800m, Bailey Holt in the 70m and Mikayla Sonter in the 90m hurdles and long jump.

"It is a great improvement for the club as only one athlete qualified for state last year said president Bob Walkley.

"Daisy, Georgia and Mikayla are the first girls to represent the club at State level since 2007.

Media Release, 12 Mar 2012
Tammy Sonter, Woy Woy Peninsula Little Athletics

Selected for England tour

Umina cricket players Gordon Ives and John Fogerty have been selected in the Australian over-70s team to tour England in August.

Gordon was named captain of the side following an extensive selection process all over the country.

"Gordon and John have been active members of the Central Coast Over-60s Association for

many years now and thoroughly deserve their recognition," said Central Coast Cricket Association executive officer Mr Aidan Cuddington.

"Both players have made occasional appearances in the Central Coast Divisional competition in recent years demonstrating their commitment to cricket and their club."

Email, 12 Mar 2012
Aidan Cuddington, Central Coast Cricket Association

Surrendered to weather

Several rugby league competitions scheduled to be held at Woy Woy Oval as part of the Matthews and Ball Cup competitions were surrendered due to the inclement weather that swept across the Central Coast during late February.

The Centurions had their fixtures against South Sydney

and Parramatta postponed over consecutive weekends as a waterlogged Woy Woy Oval surrendered to the downpour, unable to cope with the incessant rain.

The round three games against the Rabbitohs were rescheduled to Wednesday, March 13, at Woy Woy.

Email, 2 Mar 2013
Andrew Stark, Point Clare

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0648 0.61	0746 0.66	0854 0.67
1240 1.20	1338 1.15	1452 1.13
1822 0.68	1919 0.73	2031 0.76
THU - 21	FRI - 22	SAT - 23
0308 1.42	0414 1.45	0509 1.51
1002 0.64	1100 0.58	1146 0.52
1608 1.16	1708 1.23	1754 1.32
2145 0.74	2248 0.68	2340 0.60
SUN - 24	MON - 25	TUE - 26
0556 1.57	0026 0.52	0108 0.43
1226 0.44	0638 1.63	0718 1.67
1833 1.42	1301 0.38	1336 0.33
	1910 1.52	1947 1.62
WED - 27	THU - 28	FRI - 29
0151 0.36	0236 0.31	0323 0.28
0800 1.68	0844 1.67	0930 1.63
1412 0.30	1449 0.29	1529 0.32
2026 1.72	2106 1.78	2149 1.82
SAT - 30	SUN - 31	MON - 1
0413 0.28	0507 0.32	0605 0.37
1017 1.55	1110 1.47	1206 1.37
1612 0.37	1659 0.45	1750 0.53
2236 1.82	2327 1.78	

APPROX. TIME LAG AFTER FORT DENISON

Ettalong 40 min, Rip Bridge 2hrs - Wisemans Ferry 2 hrs 30 min, Koolewong 2 hrs 10 min

In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation. Actual times of High and Low Water may occur before or after the times indicated

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State canoe titles at Patonga

The Central Coast Outrigger Canoe Club will host the NSW State Titles at Patonga Beach on the weekend of March 23 and 24.

Racing on both days should start between 8:30am and 9am, and continue until late afternoon on Saturday and just after lunch on Sunday.

The event will include OC6 canoe racing on the Saturday and OC2 racing on the Sunday.

"This is a big event for our club and will attract upwards of 550 competitors on the first day alone," said Central Coast Outrigger Canoe Club representative Ms Judy Hessey-Mott.

"The distance for racing in a regatta can start from four to six kilometres for juniors and novice crews, to short course for men and women of 10 kilometres, long distance race for women, and mixed crews of 14 to 16 kilometres, and long distance men's of 18 kilometres.

"Like all small not for profit local clubs, this event is very important for our club as it is our major fundraiser event, which allows funds raised to be used for advancement of our junior development program and to provide for a new lightweight canoe, maintenance of other club canoes and equipment.

"We expect paddlers and their families, friends, and the residents of this normally sleepy, beautiful part of the Coast to enjoy the activities and benefits from the influx of visitors over the regatta weekend.

The Central Coast Outrigger Canoe Club is based at Woy Woy for closed water paddling and Patonga for open water paddling.

The club, which was established in 1997, has six person canoes, two person canoes and 50 members

aged between 10 and 70.

"Here at Central Coast Outrigger Canoe Club, meeting friends to play sport spurs on our motivation and commitment to stay healthy and happy, while promoting this fantastic sport for fitness and social aspects," said Ms Hessey-Mott.

"The health benefits from paddling are obvious from the beginning.

"It is great for body and mind, as well as a great upper body workout, including the core, and cardiovascular endurance.

"Outrigger Canoe is very much a family sport, where both parents and children can be involved at racing level.

"Everybody helps each other, and takes care of each other, which creates great camaraderie within the club.

"Our racing teams train up to three times a week, and our club also caters for non-racing - social members.

"We encourage people from all walks of life to enjoy this healthy sport."

Judy Hessey-Mott, Central Coast Outrigger Canoe Club



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Across the country there is a need for Rugby League Referees to officiate weekend club games as well as High School and Primary School gala days. Refereeing is not for everyone, but it could be for you!

Do you have what it takes?

Central Coast Referees are actively recruiting people interested in training to become referees in 2013. If you'll be aged 14 years and older in or before April 2013, male or female, have played or have never played, well we'll provide you with all the training to get you on the field at the start of the season.

The NEW Level 1 Referees Course is now only available as an online course. On the path to becoming a Referee you are required to complete 10 individual modules. By completing these units along with the additional face-to-face training, you will gain the skills and knowledge needed to be a fair and effective Referee. Once the candidate has registered they will be given a username and password to do the online course. Each Candidate is to complete the 10 modules and print off their online Certificate of Achievement. The modules need to be completed in the correct order. The Candidate then takes their Certificates to the Face-to-Face component of the course to complete their assessment.

Cost of the course is \$50 which includes whistle and rule books, SO GO ON.

Be a ref. Make the call!

Contact Central Coast Rugby League Director of Referees
Shayne Hayne on 0438 422 155 or go to
ccrlreferees.com.au for further information.

