

## Future of Hardys Bay RSL Club to be discussed

The future of the Hardys Bay RSL and Citizens Club will be discussed at an extraordinary general meeting from 10am on Sunday, June 16.

The meeting will provide an update on the current negotiations to sell the property of the club and enter into an agreement which would allow it to continue to trade at its present location.

Should these negotiations be unsuccessful, it is highly likely that the club would be forced to close, according to Hardys Bay Residents Group spokesman Mr Allan Wilson.

Whatever the outcome of the meeting, the club will require funds to meet its own current liabilities, including entitlements to the staff who are presently working, he said.

The club was built in 1983 and houses an 80-plus seated restaurant, lounge bar, gaming room with 15 poker machines, a covered barbecue area, verandas and car parking for over 40 vehicles.

"Over the years, a number of fine chefs have graced the club's restaurant and added



Hardys Bay RSL Club

their individual imprimatur to their respective menus," said Mr Wilson.

"These have included, for instance, highly respected names such as Alex Herbert, Brian Lizotte and Michael Stride.

"In more recent times, the Bay Leaf Bistro, as it is now known, has benefited from a cosmetic makeover, giving it a fresh new appearance," he said.

A fundraising function is also being planned for the club for Saturday, June 29, which will feature a performance from a well-known band.

"It will provide the guests with an opportunity to enjoy the excellent food provided by the restaurateur, Dorothee Meyer, who has injected new flavours acquired from her French background," said Mr Wilson.

"It will also enable the patrons to dance the night away and drink a toast to the health and future well-being of this local symbol which has provided so much relaxation for the public for so long," he said.

Email, 6 Jun 2013  
Allan Wilson, Hardys Bay Residents Group

## Sports camp parking to be monitored

The NSW Government has announced it will monitor visitor parking locations for the Broken Bay Sport and Recreation Centre at Little Patonga and implement changes if necessary.

The Brooklyn Community Association had asked the Member for Hornsby Mr Matt Kean "to take steps to relieve parking congestion at Brooklyn" by moving the centre's adult pick-up point from Brooklyn to Patonga.

Announcing the monitoring plan, Mr Kean said the centre had been hosting school and community groups for 75 years.

"These visitors are important for the local Brooklyn community as they bring much-needed business to local shops and cafes.

"The Centre is an asset to the village's tourism industry and we're happy to work together with the community so everyone can enjoy this beautiful part of the Hawkesbury region.

"We don't believe our clients are causing any problems with parking in Brooklyn – the majority are school children who arrive by bus."

However, Brooklyn Community Association president Mr Robert Arnold said there was a "major parking problem in Brooklyn".

"We have a range of people

who utilise parking for a holiday or multi-day holidays.

"We want to look at how the longer term parking can be better handled," he said.

Mr Arnold said conversations had taken place with Mr Kean about a study into Brooklyn's parking issues and a plan was in place to perform the study.

"The Broken Bay Sport and Recreation Centre in Patonga is just one of the parking issues of about half a dozen different parking requirements that we have.

"We want to provide parking for people who are catching the train as well.

"Our goal is that if we have medium-term, long-term parking then we move that off what is now our best short-term visitor parking place.

"The parking for people travelling to Patonga is right in the centre of Brooklyn so I understand why it is a big issue for the people involved.

"These issues have been in Brooklyn for many years and parking has been an issue for many years and there are quite a few people who are passionate about these issues."

Media Statement, 5 Jun 2013  
Matt Kean, Member for Hornsby  
Kaitlin Watts, 23 May 2013  
Interviewee: Robert Arnold

## Community garden celebrates first year

The Woy Woy Peninsula Community Garden will celebrate its first birthday with a Winter Solstice Workshop on Saturday, June 22, from 1.30pm to 3.00pm.

"The group started work on clearing the site just over a year ago, and our first official plantings in the raised garden beds took place on the winter solstice last year," said garden coordinator Ms Jill Meredith.

Thanks to a community builders grant from Gosford Council, the group has been able to build more raised garden beds, build

a sensory herb circle, provide seating and a colourful mural for the shed.

"Our workshop will be on organic and permaculture principles and how to improve the soil," said Ms Meredith.

"It will be led by local horticulturist Adam McCall, who helped design the garden layout," she said.

The workshop is available by gold coin donation, but enquiries and bookings should be made to Jill Meredith on 4344 2704.

Email, 3 Jun 2013  
Jill Meredith, Woy Woy Peninsula Community Garden





# Peninsula News

Community Access

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

**Editor:** Mark Snell

**Commercial Operator:**

**Cec Bucello for Ducks Crossing Publications**

**Journalist:** Kaitlin Watts

**Assistant Journalist:** Sam Brodie

**Graphic Design:** Justin Stanley

**Sales:** Val Bridge, Peter Smith

**Declaration of interests**

**Honorary editor:** Mark Snell

Owner and managing director, Open Windows Consulting Pty Ltd  
Convenor, Burrawang Bushland Reserve Committee  
President, Australian Conservation Foundation Central Coast branch  
Chairman, Equilibrium Community Ecology Inc  
Vice-president, Brisbane Water Secondary College Umina Campus P&C

## Next Edition: Peninsula News 320

Deadline: **June 20** Publication date: **June 24**

Email: [editorial@duckscrossing.org](mailto:editorial@duckscrossing.org) Ph: 4325 7369

### Contributions

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

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

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

**Ducks Crossing Publications is the commercial operator of Peninsula News**  
ISSN 1839-9029 - Print Post Approved - 100002922  
New Age Printing, Rydalmere

## Woy Woy Community Media Assoc Inc 2013 Membership Application

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

# Less rain in May

**May finished with rainfall almost 20 per cent below the average for the month, according to figures provided by Mr Jim Morrison of Woy Woy.**

A total of 97.6mm was recorded for the month, 22.7mm less than the May average of 118.3mm.

The year-to-date total at the end of May was 820.1mm, 18.5 per cent above May's average cumulative figure of 692.3mm.

A further 34.4mm rain fell in the first week of June, which has a monthly average is 130.5mm.

The falls bring the total for the year to 854.5mm, already above the June cumulative average of 822.8mm.

Temperatures for May ranged from a high of 24.2 degrees on May 1 to an overnight minimum

of 8.3 degrees on May 18, according to the local weather website [www.peninsulaweather.info](http://www.peninsulaweather.info).

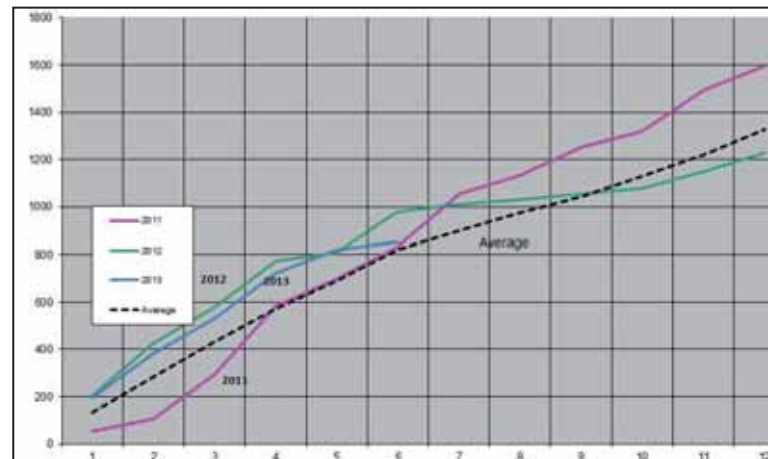
Average overnight minimum temperature was 12.0 and average daily maximum was 20.5.

Highest minimum was 15.2 degrees on May 1 and lowest maximum was 16.5 on May 23.

The highest wind gust was 24.8 km/h recorded on May 4.

**Spreadsheet, 7 Jun 2013**

**Jim Morrison, Woy Woy**  
[www.peninsulaweather.info](http://www.peninsulaweather.info)



## Your Chance to Win

**Peninsula News and Ambi Pur are giving three readers the chance to win a Procter and Gamble Ambi Pur gift pack valued at \$59.92 each.**

The winner of each pack will contain four different scents from Ambi Pur's Electrical Plug In range and Car Mini range.

To win a Procter and Gamble Ambi Pur gift pack write your name, address and phone number on the back of an envelope and send to Peninsula News Ambi Pur competition PO Box 1056, Gosford, NSW, 2550, by the close of business Friday, June 21.

The winner of last edition's Peninsula News Be Pool Safe competition was Mrs R Woodward of Umina.

**Kaitlin Watts, 6 Jun 2013**



Prize winners may 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

**Future of Hardys Bay RSL Club to be discussed**

**Sports camp parking to be monitored**

**Community garden celebrates first year**

**COAST Community News**

**Prime Minister in Kariong to reaffirm F3 upgrade**

**\$13 million upgrade officially opened**

**We ♥ The Central Coast**

**Wyong Regional CHRONICLE**

**Wyee rezoning to deliver 1,250 new dwellings**

**We ♥ The Central Coast**

**Central Coast GRANDSTAND**

**Matt Graham qualifies for Winter Olympics**

**Spinks plays in AFL curtain raiser in Melbourne**

**We ♥ The Central Coast**

**Out & About on the Coast**

**Local heroes awarded at National Day of Thanksgiving**

**Century Challenge raises over \$15,000**

**We ♥ The Central Coast**

**Trad and now**

**\$4.90 Issue 84 Vol. 12 No. 5**

**We ♥ MUSIC**



[www.duckscrossing.org](http://www.duckscrossing.org)



**Ducks Crossing**

**Phone 4325 7369**

**Publications**

Publishers of newspapers, magazines and catalogues

**Rates from less than \$2 a day!**

Get the most out of your advertising dollar.

Advertise in a Ducks Crossing publication for maximum exposure at a realistic price. Multiple booking and multiple publication discounts apply to all display advertisements. Enjoy the benefits of being in a well-read publication with relevant news content. Contact us now for more information or visit our website.

**Office:** 120c Erina Street, Gosford - **Phone:** 4325 7369 Fax: 4321 0940 - **Mail:** PO Box 1056, Gosford 2250 - **E-mail:** [editorial@duckscrossing.org](mailto:editorial@duckscrossing.org) - **Website:** [www.duckscrossing.org](http://www.duckscrossing.org)



[www.peninsulanews.info](http://www.peninsulanews.info)





# Council seeks funds for Cockle Bay sewerage

**The provision of improved sewerage services to residents of Empire Bay is one step closer, with Gosford Council lobbying the NSW State Government to reduce costs for property owners within the designated service area.**

Cockle Bay Towns has been identified under the State Government's Priority Sewerage Program to improve sewerage services where on-site systems pose environmental and public health risks.

Finalisation of the Cockle Bay Towns servicing strategy had been held over since December 2011 awaiting a further investigation of larger properties within the service area and an investigation into

increased Government funding towards the project.

A broad-scale investigation of properties in the Cockle Bay Towns service area was carried out as described in the report to Council of June 5 last year.

The investigation aimed to identify properties expected to be capable of sustaining on-site sewage management considering recent developments in the industry since the release of the 1998 Environment and Health Protection Guidelines, On-site Sewage Management for Single Households.

Initially, a risk profile was determined for each lot in the study area to guide system selection and constraint decisions.

One third of the study area was classified as either highly or very

highly constrained.

These properties were located in Empire Bay Dr, Humphreys Rd, Nyeena Ave, Calool St, Bundaleer Cres, Allawa Close, Palmers Lane, Pomona Rd and Awinya Close.

More than half of the study area was classified as moderately constrained.

A land capability assessment was then undertaken to identify the proportion of open space available for effluent management given allowances for typical site improvements, vegetation and setbacks for the selected on-site system.

The results of the analysis were used to determine the serviceability of properties by on-site sewage management.

One-third of properties were

found to be marginal or unable to manage sewage on-site.

Consequently, there was potential for two-thirds of properties in the study area to adequately manage their sewage on-site if appropriate systems were selected, installed and maintained.

Due to the age of systems in the area, many of the existing systems would need to be upgraded to achieve this, at considerable cost to individual property owners.

The cost of these upgrades may be in the order of \$20,000 for some properties, with an ongoing need to renew or replace systems at approximately 15 year intervals.

Therefore, according to the report by Council's director water and sewer Mr Rod Williams, the allocation of state government

funding to the project is a key consideration in determining the most efficient servicing strategy for the area.

The level of funding for the project will determine, for the properties that are classified as serviceable by on-site sewage management, whether it is more cost-effective to provide a network sewerage service to these properties or whether they should be excluded from the proposed sewerage scheme and continue to operate on-site systems, upgraded as necessary.

Property owners will have the opportunity to discuss the project with council staff at an upcoming open day.

**Gosford Council Agenda  
WAT.17, 29 May 2013**

## Guided tour of rare bushland

**A guided tour of rare bushland at the Umina campus of Brisbane Water Secondary College will be held at an open day, which will run between 10:30am and 1:30pm on Saturday, June 15.**

The open day will provide information about rare bushland and an endangered bird nesting at the school.

Experts will describe the features and threats to the survival of the bushland, known as Umina Coastal Sandplain Woodland, and to the nesting pair of Bush Stone-curlew birds.

Staff from the National Parks and Wildlife Service, which is responsible for the management

of threatened species, and from the Rumbalara Environmental Education Centre in Gosford, which has conducted educational activities in the bushland, will also attend.

Brisbane Water Secondary College Umina campus P and C president Mr Bruce Graf said talks would be given by ecologist Mr Robert Payne who would speak about his research into Umina Coastal Sandplain Woodland and by Dr Catherine Price who would speak about the Bush Stone-curlew, the subject of her PhD thesis.

The open day is part of a project conducted by the college parents' and citizens' association, which is supported by the Hunter-Central Rivers Catchment Management Authority.

The project has also included protective fencing for a Bush Stone-curlew nesting site and signs describing the birds and the bushland at the campus.

Less than 15 hectares remain of the bushland, listed officially as an Endangered Ecological Community, which once covered the Woy Woy sandplain.

A population of fewer than 20 Bush Stone-curlews remains on the Central Coast, with just one breeding pair nesting at Umina campus and others nesting at Davistown and St Hubert's Island.

**Media Release, 29 May 2013  
Bruce Graf, Brisbane Water  
Secondary College Umina  
campus P and C**





## VALUATIONS & FINE JEWELLERY

# NOW AT... 314 WEST STREET UMINA!

4341 2223 - [www.seasprayjewellery.com.au](http://www.seasprayjewellery.com.au) - Follow David on Twitter...@davejeweller

The Number 1 Independent Jewellery Manufacturer on the Peninsula  
New stock arriving every day...Talking Watches...  
Citizen Watches...Hamilton Hall...Ellani - **Make David Your Jeweller! - Open 7 days**

## June...is Diamond Month at Seaspray!

With every diamond purchased over \$5,000, you receive \$800 towards your hand made ring!  
Come and see our great range of diamonds, handpicked by David especially for you!



We buy GOLD! CASH PAID!



Proud Sponsors of  
**WOY WOI R.L.F.C.**

Registered National Council Jewellery Valuer



Honours

Four receive OAM Medal for work at Forbes

Four residents from the Peninsula area have this year been awarded an Order of Australia Medal in the general division on the 2013 Queens Birthday Honours List.

Ms Cecily Prentice of Umina received the award for her service to the Central Coast community.

Woy Woy's Dr Chris Lennings was awarded his OAM for

service to psychology and to the community.

Mr Clive Thomas of Wagstaffe received his OAM for service to the community of Forbes and to conservation while Umina's Mr William Raper received his award for service to the Woy Woy community.

Email, 3 Jun 2013  
Susan Fischer, Honours Secretariat

Service to the Woy Woy community

Umina resident Mr William Raper has been awarded an Order of Australia Medal in the general division on the 2013 Queens Birthday Honours List.

Mr Raper was awarded the OAM for his service to the Woy Woy community.

Mr Raper is president of the Woy Woy Conference St Vincent de Paul Society and has been a member since 1990.

He was president of the Normanhurst Conference from 1975 to 1990 and was a member from 1971 to 1990.

He was also a member of the Waitara Conference from 1955 to 1971.

He has been a volunteer member of Woy Woy Meals

on Wheels since 1980 and a welfare officer at Umina Beach Men's Bowling Club since 1995, a director from 2003 to 2004, a voluntary coach since 1995 and a member since 1990.

Mr Raper has been a parishioner at St John the Baptist Catholic Parish of Woy Woy Peninsula since 1990 and was a Commanding Officer for TS Hawkesbury at the Royal Australian Naval Reserve Cadets during the 1970s.

He also received a Volunteer Reserve Decoration, long service award presented to officers in the Naval Volunteer Reserve prior to the establishment of the Reserve Force Decoration.

Email, 3 Jun 2013  
Susan Fischer, Honours Secretariat

Wagstaffe resident Mr Clive Thomas has been awarded an Order of Australia Medal in the general division in the 2013 Queens Birthday Honours List.

Mr Thomas was awarded the OAM for service to the community of Forbes and to conservation.

"I retired from all my many public duties in 1999, so this Order of Australia medal has been awarded for the years of community service I gave while living in Forbes for the first 67 years of my life," said Mr Thomas.

"The various roles I filled ranged from community welfare in the early 70s to Local Government in the 80s," he said.

Mr Thomas was also an elected councillor of Forbes Shire Council for 10 years including four terms as shire president (now called mayor)

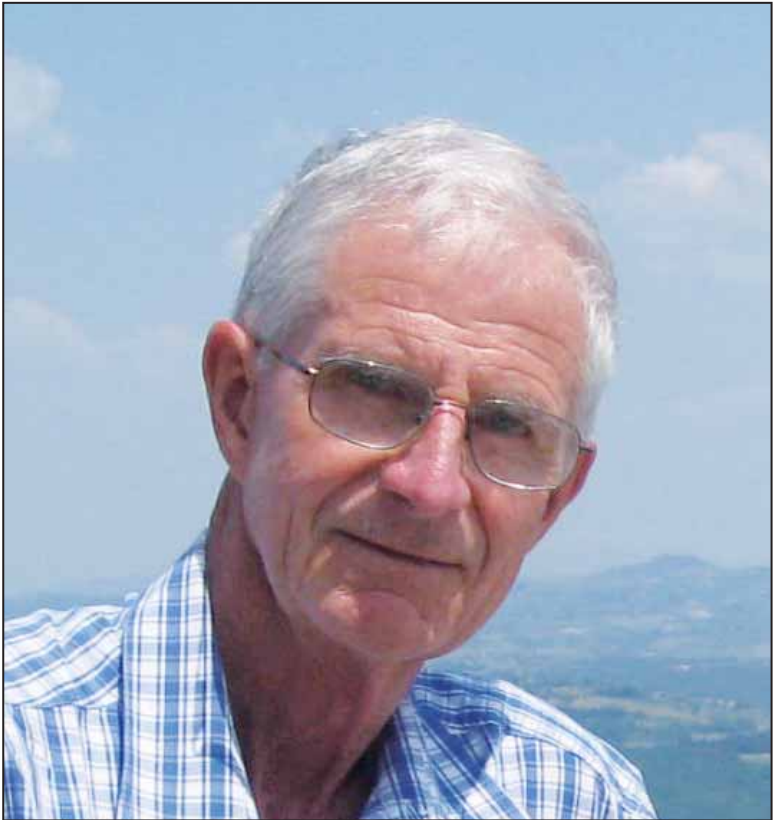
"I also spent a decade as a pioneer in the then new field of Natural Resources Management, Total Catchment Management, Murray-Darling Basin affairs, Landcare, Greening Australia, a CSIRO Consultative Council and a term on the Council of what was then Orange Agricultural College.

"These were not local activities in Forbes. They ranged from the regional, through NSW State Government organisations, multi-state for the Murray-Darling Basin and the National arena," he said.

Mr Thomas said he was "most surprised" when he was notified of his award.

"These services were quite some time ago, but I was delighted too, for my services to still be remembered by somebody.

"I was awarded the National McKell Medal for Land and Water



Conservation back in 1994 and I felt at the time that was recognition enough."

Mr Thomas was modest about his award and said he shared the honour with hundreds of committed men and women he worked with over many years, whose dedication would never be acknowledged publicly.

"Not just the community volunteers like myself but the career administrators who worked above and beyond the call of duty, the scientists and the elected members in the State and the Commonwealth Parliaments," he said.

Mr Thomas was the announcer for Forbes Pastoral, Agricultural

and Horticultural Association Show for 20 years, secretary of the Australian Birthright Movement, Forbes Branch from 1973 to 1977 and a polocrosse commentator for the Sydney Royal Agricultural Show from 1965 to 1970.

He was also chairman of the Community Advisory Committee for the Murray-Darling Basin Authority from 1996 to 1998 and a member from 1992 to 1998.

He was the inaugural chairman of the Lachlan Total Catchment Management Group from 1988 to 1989, project manager for the Community Development of Perennial Grasses Program in 1996, a member of the Lachlan River Advisory Committee from 1981-1987, a member of the CSIRO Land and Water Division for the National Consultative Council, a NSW community representative for National Landcare Council and the NSW chairman for Greening Australia.

Kaitlin Watts, 4 Jun 2013  
Interviewee: Clive Thomas  
Email, 3 Jun 2013  
Susan Fischer, Honours Secretariat

Bangalow Sweet Pork      BBQ Sausages \$7.99kg or 2kg for \$14      Aged T-Bone and New York Steak

Scottish fare is back Again!

• Haggis • Black Pudding • Tattie Scones • Square Sausages • Scottish Pies • White Pudding

**Peter Hutton & Son Family Butchers**

3/46 Picnic Parade | Ettalong Beach

**4341 2293**

**ROY LAMB**  
"THE SAND MAN"

• For all your landscaping supplies  
• Soils • Mulches • Decorative Pebbles and Lots More •

Open 5 ½ Days from 6am  
25-27 Alma Avenue, Woy Woy

"Bring Your Trailer, Bring Your Ute"

**4344 1110**

**INTERESTED IN SOCIAL CHESS?**

Ettalong Chess Club meets 1:00pm each Tuesday and Saturday afternoon in the Riley Bar at the Ettalong Memorial Club

Don't worry about how skilled you are - we don't

**ALL WELCOME**

Sponsored by Peninsula News Community Access





## OAM for Cecily

**Umina resident Ms Cecily Prentice has been awarded an Order of Australia Medal in the general division on the 2013 Queens Birthday Honours List.**

Ms Prentice was awarded the OAM for her service to the Central Coast community.

Ms Prentice said receiving the letter from Government House was "a shock".

"I was very, very surprised because I've never done anything to get any reward from it," said Ms Prentice.

"I've only ever done it because I wanted to do it."

Ms Prentice was the events coordinator for the Central Coast Historic Car Club and organised events such as the October Rally, Gosford Swap Meet, transport for returned service people on Anzac Day and the Memorial Run.

She has been a member of the NSW Justices Association since 1979 and performed the roles of secretary, treasure and welfare officer of the Central Coast Branch in 2010 and 2011.

She was awarded a Certificate of Appreciation for 30 years' service in 2009.

She was a volunteer driver and committee member of Woy Woy

Meals on Wheels from 1984 to 2010 and awarded a 25 Years' Service Badge in 2009.

She was also president of Friends of Meals on Wheels and was an active member of the Woy Woy Chapter of the Order of the Eastern Star from 1957 to 2013 and served as worthy matron, secretary and treasurer.

She was a volunteer at the Lymphodema Clinic in Gosford Hospital, a member of the Lady Lion's Club from 1979 to 2011 where she also served as president, secretary and treasurer.

She was the president of the Brownies for the Umina Local Association from 1972 to 1978 and president of the Umina Girl Guides Australia Branch from 1979 to 1984.

She volunteered at Gosford Senior Citizens Centre during the 1980s and 1990s, was a member of the fundraising committee for the original Woy Woy Olympic Pool and was a member of the Umina Chamber of Commerce.

Ms Prentice was also awarded a Centenary Medal in 2001.

**Kaitlin Watts, 4 Jun 2013**  
**Interviewee: Cecily Prentice**  
**Email, 3 Jun 2013**

**Susan Fischer, Honours Secretariat**

**Dr Christopher Lennings of Woy Woy has been awarded an Order of Australia Medal in the general division on the 2013 Queens Birthday Honours List.**

Dr Lennings was awarded the OAM for service to psychology and to the community.

"I have tried to make a difference in a lot of people's lives, by both direct work, and working with people as a volunteer in agencies, mostly with reference to young people," said Dr Lennings.

"I have had a strong social justice orientation throughout all my work, paid and unpaid, and I suspect that this sense of commitment and finding the value in others has something to do with my nomination," he said.

Dr Lennings said it was "a huge honour and so left field" to receive the award.

"It is not something I ever thought about," he said.

Dr Lennings said he loved the "intangibles to success" the most about his work.

"That is not money or the passage of time, but status among my peers, increased knowledge and skill, respect, friendship, and feeling I am making a difference."

Dr Lennings has been the founding director and clinical and forensic psychologist of Lennings Seidler Collins Psychology since 2008 and provides pro-bono forensic and clinical psychological services and preparation of court reports.

He has been the director of LennMac Consulting since 1998 and a panel member of the Barnardos Adoption Panel since 2007.

He received ministerial appointment on the Accreditation

Panel for Counsellors working with Sexual Abusers, NSW Commission for Children and Young People in 2002 and was a member of various review committees from 2005 to 2009.

He was also an occasional member of the NSW Psychology Board Tribunal from 2004 to 2010 and a member of the Collaborative Research Committee for Juvenile Justice NSW from 1997 to 2004.

He was a member of South Western Sydney Youth Drug Rehabilitation Unit, NSW Department of Health from 1997 to 2004, a member of the Legislative Evaluation Committee for Tobacco Advertising, Department of Health and Aged Care from 2002 to 2003 and an occasional member of the Professional Standards Committee, NSW Psychologists Registration Board since 2002.

He is the current honorary associate of the Department of Psychology, Macquarie University and was a part-time lecturer from 1996 to 2002.

He is also the current honorary associate in the Faculty of Health Science at the University of Sydney and was a senior lecturer in psychology, School of Behavioural Sciences from 1996 to 2009.

He is the current honorary associate for the Police Academy at Charles Sturt University and was a lecturer in the School of Social Science at Queensland University of Technology from 1994 to 1996.

He has also been a part-time clinical psychologist for the Department of Veterans Affairs since 2000, a part-time clinical psychologist for the Juvenile Justice NSW since 1997 and a part-time clinical psychologist for Legal Aid since 1996.

He was the senior research associate for Brisbane North Alcohol and Drug Service in 1995, a senior clinical psychologist at Yasmar Juvenile Detention Centre for the NSW Department of Family and Community Services from 1987 to 1990 and has been a member of the Australian Psychological Society since 1987.

He has also been a member of the NSW Executive Committee for the Australian Psychological Society since 1988, a member of the College of Forensic Psychologists since 1993, a member of the College of Clinical Psychologists since 1996, a member of the NSW Executive Committee for the Australian and New Zealand Association of Psychiatry, Psychology and Law since 1998 and a clinical member of the Australian and New Zealand Association for the Treatment of Sex Abusers since 1999.

He was a member of the College of Counselling Psychologists from 1995 to 2003 and a member of the College of Community Psychologists from 1986-1996.

He is also the co-author, publisher and reviewer of over 90 scientific papers, journal articles, reports and books including Breaking the Juvenile Crime Cycle, Opportunistic intervention to reduce suicide risk among alcohol and substance misusing clients and Co-morbidity in young offenders: Implications for management.

**Kaitlin Watts, 4 Jun 2013**

**Interviewee: Christopher Lennings**  
**Email, 3 Jun 2013**

**Susan Fischer, Honours Secretariat**

## Empire Bay SUPER SPECIALS!

**OPEN: 24HRS**



Coca-Cola  
Soft Drink 1.25l  
\$1.60 per litre

**\$2<sup>ea</sup>**



Mighty Soft  
Bread 650g  
\$0.31 per 100g

**\$2<sup>ea</sup>**



FoodWorks  
Best Buy Full  
Cream Milk 2l  
\$1.00 per litre

**\$2<sup>ea</sup>**



Bulla Ice Cream 4l  
\$0.20 per 100ml

**\$8<sup>ea</sup>**



Arnott's Chocolate  
Biscuits 160-250g  
Selected Varieties

**\$1<sup>80</sup><sup>ea</sup>**



La Famiglia  
Garlic Bread 400g  
\$0.88 per 100g

**\$3<sup>50</sup><sup>ea</sup>**



Kraft Cheese  
Singles 205/250g

**\$1<sup>49</sup><sup>ea</sup>**



Campbell's  
Real Stock  
500ml  
\$0.20  
per 100ml

**\$99<sup>ea</sup>**



Continental  
Cup-a-Soup 2  
Serve 45-75g  
Selected Varieties

**99<sup>ea</sup>**



Quilton Toilet  
Tissue 9 Pack  
\$0.29 per 100 sheets

**\$5<sup>ea</sup>**

Offers available from **Monday 10th to Sunday 16th June 2013**, unless sold out prior. Limit rights reserved. Offers exclusive to FoodWorks Empire Bay.



Proudly Australian owned and truly independent

**FoodWorks at BP Empire Bay**  
308 Empire Bay Drive, Empire Bay Ph: 4369 8760

**FOODWORKS**



ADVERTISEMENT

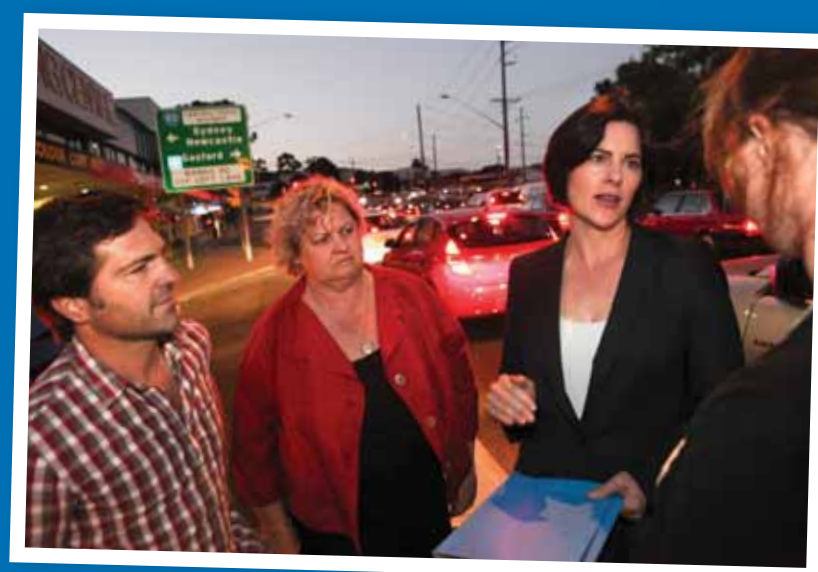


# Our Plan

## Building the F3 to M2 link

**A Liberal Government will end the frustration of Central Coast motorists and get the missing F3 to M2 link underway.**

The link will mean shorter travel times, reduced congestion and safer roads for the residents of the Central Coast and reduced freight costs for all trucks that use this important national road corridor.

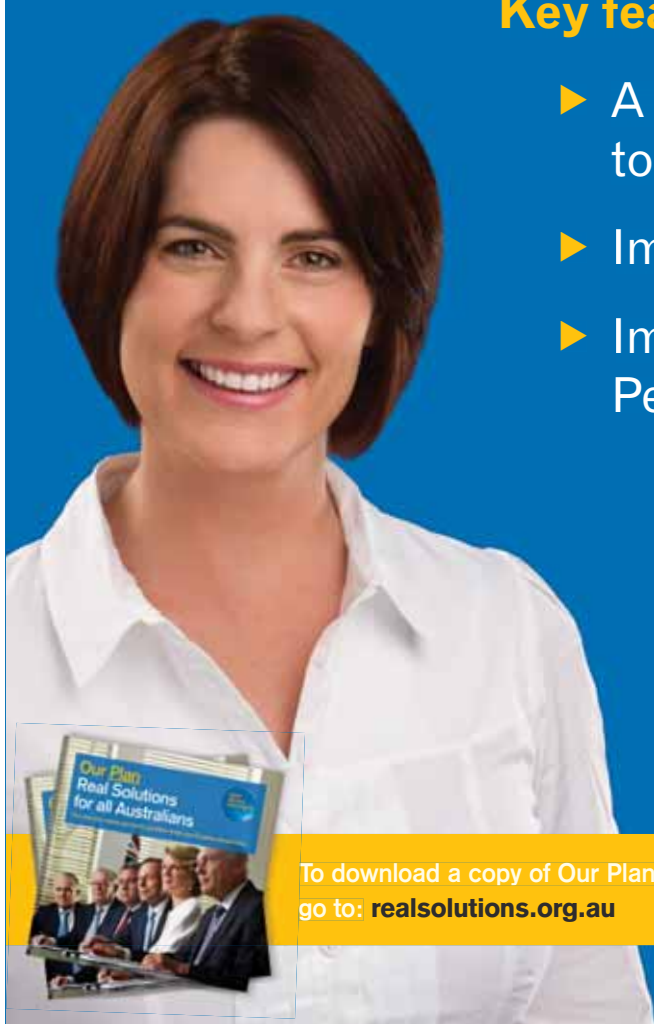


**The Liberals' commitment means less time in traffic and more time with families.**



### **Key features of the F3 to M2 link include:**

- ▶ A tunnel from the southern end of the F3 at Wahroonga to the M2 Motorway at Pennant Hills Road
- ▶ Improvements to the F3 at Wahroonga
- ▶ Improvements to the M2 Motorway between Pennant Hills Road and the North Rocks Road intersection



# Lucy Wicks

**DELIVERING FOR THE CENTRAL COAST**

To download a copy of Our Plan go to: [realsolutions.org.au](http://realsolutions.org.au)

**Get in touch with Lucy:** Phone 0437 003 607

**Mail** PO Box 60, Gosford NSW 2250 | **Email** [lucy.wicks@nsw.liberal.org.au](mailto:lucy.wicks@nsw.liberal.org.au)

**Web** [www.lucywicks.com.au](http://www.lucywicks.com.au) | **Facebook** [Lucywicks4robertson](https://www.facebook.com/Lucywicks4robertson)

Authorised by Mark Neeham, Level 12, 100 William Street, East Sydney NSW 2011.



## Council raises rates without objection

**Rates and charges for the 2013-14 financial year have been set by Gosford Council following the public exhibition of its Draft Operational Plan.**

The exhibition period from April 15 to May 12 for public submissions passed with no objections received by Council.

The Independent Pricing and Regulatory Tribunal determined

that NSW Councils' general income may be increased by 3.4 per cent, under the Local Government Act 1993 for the rating year commencing July 1.

Council has lifted its rates and charges in line with the determined rate pegging increase to ensure that levels of service and the provision of capital works can be maintained.

Gosford Council has set the

Woy Woy Town Improvement Rate at 0.00028327 in the dollar calculated on the land value of all rateable land within that area categorised as Business.

The Ettalong Town Improvement Rate has been set at 0.00020493 and the Umina Town Improvement Rate was set at 0.00021798.

**Gosford Council Agenda  
COR.39, 28 May 2013**



## Featured on the phone book

**Umina resident James Harrison has been selected for the cover of this year's Central Coast phone book under the theme Keeping Our Communities Healthy.**

After undergoing countless blood transfusions as child, in 1957 at the age of 18, James started donating blood as a way to say thanks for the lifesaving blood he had received as a boy.

In 1966, his blood was found to have a rare and life-saving antibody that could treat rhesus disease – a deadly form of anaemia affecting newborns.

In the years since, James' blood has been used to develop the

Anti-D vaccine, which has saved the lives of more than two million babies.

It even saved his own grandson's life after James' daughter was given the vaccine during her pregnancy.

Known as "the man with the golden arm", James has made more than 1000 donations in his lifetime and holds the world-record for the most blood and plasma donations.

An avid Red Cross fundraiser, Mr Harrison said he hoped his world record would soon be broken.

**Media Release, 30 May 2013  
Jenna Handreck, PR Edge**

## Councillors pay themselves the maximum

**Gosford Council will pay its mayor and councillors the maximum allowed for the 2013-14 financial year.**

Councillors will now receive \$22,240 per year while the mayor will receive \$59,100 per year.

The minimum and maximum fees to be paid to councillors, members of county councils, chairpersons of county councils and mayors are determined under the Local Government Remuneration Tribunal.

The Tribunal undertook a

Review of the minimum and maximum fee levels this year.

The Tribunal did not call for general submissions from individual councils as part of the 2013 Annual Review, however, councils were advised that they were still able to raise any issues of concern relevant to the review.

The Tribunal received three submissions from individual councils, including one from Gosford Council.

The submissions sought consideration of matters

including a determination of the maximum statutory increase of 2.5 per cent as permitted by the legislation, a benchmark of mayoral and councillor fees with that of a State Member of Parliament and the introduction of a professional remuneration structure for councillors to improve accountability and performance.

The Tribunal reviewed the key economic indicators and found that a full increase of the 2.5 per cent available to it was warranted.

**Gosford Council Agenda  
COR.43, 4 Jun 2013**

## One rescue for the weekend

**The Central Coast Marine Rescue volunteers on duty over the weekend of May 25 and 26 enjoyed a quiet weekend with only one request for help early on Saturday morning.**

At 7:10am, the skipper of a 10.5m catamaran phoned the Point Clare base.

He told the duty operator that his yacht had a mechanical failure and sought help to get to Hardys

Bay from near the Rip Bridge.

The boat crew, Jim Robertson, Al Howes, Al Morris and Norm Hill soon had the rescue boat, *Centaco 020*, on the water.

They quickly located the yacht that was then towed to safety.

**Media Release, 27 May 2013  
Central Coast Marine Rescue**



**DONATE TODAY TO MAKE  
LIFE-CHANGING  
WISHES COME TRUE.**

1800 032 260  
www.makeawish.org.au

**MAKE-A-WISH**  
Australia



# Chris Holstein MP

Advertisement

**We can assist you with queries about the following  
STATE GOVERNMENT SERVICES:**

- Anniversary/Birthday messages
- Health ■ Education ■ Transport ■ Fair Trading
- Ageing and Disability ■ Community Services
- Police and Emergency Services
- Public Housing ■ Main Roads

For help with these or any other State Government issue, please contact me on **4342 4122**

Or e-mail me at **Gosford@parliament.nsw.gov.au**

**Chris Holstein MP MEMBER FOR GOSFORD**

## ON YOUR SIDE

# INSTEP FOOTWEAR

WAS \$249

Ziera Prague Slate Boot

NOW \$180

While Stocks Last

Good old fashioned service with a smile



ZIERA

Beautiful inside, beautiful outside.

Shop 136 - Imperial Shopping Centre - Gosford - 4324 2264



Live local, shop local



**CIGARETTES TOBACCO CIGARS**



**For a wide range of unusual giftware**

**Peninsula Newsagency**

**For all your stationery and reading needs. Ask us for the latest magazines and newspapers**



**Try our fresh cut sandwiches and coffee**

**EDWARDS**  
SINCE 1925  
**FAMILY BUTCHERY**

Come in and try our award winning Honey Chicken and Sweet Corn Sausage, judged best in NSW by the Australian Meat Industry Council

Shop 9, Peninsula Plaza - Blackwall Road Woy Woy  
Ph: 4342 2372 - Fax: 4342 2750

**PEARL'S HAIR SALON**

**Men's Hair Cut \$15 - Women's Hair Cut \$20**  
**Blow Dry from \$25 - Colour from \$60**

*Come and talk to us about your hairstyle*  
Monday to Friday - 9am to 6pm  
Sat - 9am to 4pm - Sun 9am to 2pm **4341 5009**

 **Amcal**   
Expert advice for every Australian.

**You**   
enjoy the benefits

- ▶ FREE to join
- ▶ VIP events
- ▶ Exclusive offers
- ▶ Competitions









**Blackwall Road, Woy Woy**

Woolworths & the best local specialty stores with convenient parking for all your shopping needs



## Grant to protect bird and bush

**The Parents and Citizens Association of Brisbane Water Secondary College has been granted \$17,000 to protect an endangered bird nesting at the school and to help restore rare bushland at the campus.**

The grant from the Hunter-Central Rivers Catchment Management Authority will be used to fence off a nesting site of the endangered Bush Stone-curlew and to erect signs warning users of the school grounds about the nesting site.

An "interpretive" sign will describe the habits of the bird, the school's nesting pair and the local Bush Stone-curlew population.

Other signs will be erected alerting people to the existence of Umina Coastal Sandplain Woodland at the school, an Endangered Ecological Community which is unique to the Woy Woy Peninsula and surrounds.

"There is less than 15 hectares remaining of this bushland which originally covered most of the Peninsula," said Umina campus P and C president Mr Bruce Graf.

"We're hoping that by erecting signs, we will educate parents and the public generally about the value of the school's environmental assets.

"Many do not realise how rare

this bushland is," he said.

"Often workers are unaware that a licence is required to do any work in the area that is likely to affect the vegetation, or that stiff penalties apply if there is damage to any plant or the habitat generally."

Further information about Umina Coastal Sandplain Woodland will be published on a website set up for the purpose:

The project will also include an open day, with a guided tour of the bush and talks given about the Bush Stone-curlew and Umina coastal sandplain woodland given by researchers and specialists in their fields.

There will be opportunities for parents and community members to join the P and C and its bushcare group and to be part of the on-going efforts to protect the endangered birds and bushland.

Mr Graf said the bushland also represented a substantial educational asset for the college.

"We're wanting to encourage the college to continue to make use of this educational opportunity as a regular part of the curriculum, in conjunction with support available through the Rumbalara Environmental Education Centre in Gosford."

**Media Release, 29 May 2013  
Bruce Graf, Brisbane Water  
Secondary College Umina  
campus P and C**



*Gosford mayor Cr Lawrie McKinna, Member for Robertson Ms Deborah O'Neill and Peninsula Chamber of Commerce president Mr Matthew Wales*

## Fewer council meetings

**Gosford Council has reduced its number of meetings from three a month to two.**

The meetings will be held on the first and third Tuesday of each month.

There will no longer be a "reconvened" meeting.

The second Tuesday of each

month will be reserved for Strategy - Policy Workshops and discussion of items for inspection.

These changes will come into effect at the Ordinary Council Meeting to be held on Tuesday, July 2, and will be reviewed by council in six months.

**Email, 28 May 2013  
Gosford Council**

## Chamber says foreshore upgrade is important

**Peninsula Chamber of Commerce president Mr Matthew Wales has described the Ettalong foreshore upgrade as "an important piece of public infrastructure that will help activate the foreshore and draw visitors to the area".**

Speaking following the official sod turning ceremony on Friday, May 24, he said: "These works are a culmination of nearly 18 years of lobbying by the Peninsula Chamber in order to have the foreshore upgraded so that the area can recover its iconic status as a tourist destination.

"This is important, and vital investment in the local community will demonstrate Council's

commitment to boosting the fortunes of the Ettalong Beach town centre.

"For too many years the foreshore has been left to degrade with efforts by the Peninsula Chamber to turn the fortunes of the area around starting in 1995.

"It is important to note the ongoing commitments made by former Federal Member for Robertson Belinda Neal and current Federal Member Deborah O'Neill who both delivered millions of dollars to various stages of the project including the \$2 million committed by the Federal Government for the current works.

"Gosford Council should also be congratulated for recognising the importance of the project and allocating nearly \$3 million

to ensure that the works are fully completed.

"The local business community took great comfort from the words of the new general manager Mr Paul Anderson when he reaffirmed Council's 'open for business' policy.

"This bodes well for our local retail precincts and especially the fortunes of the Ettalong Beach town centre," said Mr Wales.

**Media Release, 25 May 2013  
Matthew Wales, Peninsula  
Chamber of Commerce**

**Computer Guy**

**WE FIX COMPUTERS!**

**4320 6148**

**JOHN'S LITTLE GADGET STORE**

**1300 885 820**

ABN 13 025 997 788

[www.johnslittlegadgetstore.com.au](http://www.johnslittlegadgetstore.com.au)

**Mobile Phone Repairs**  
**Mobile Phone Accessories**  
**Mobile Phone Batteries**  
**iPad Accessories**  
**Gaming Accessories**  
**Mobile Phone Patch Leads**  
**Mobile Phone Antennas**



**Linda Emery  
Lawyer  
Since 1983**

**Hospital &  
Home Visits  
By Appointment**

**Specialising in:**

### **FAMILY LAW**

- Divorces
- Children's Issues
- Binding Financial Agreements
- De facto
- Property

### **WILLS & ESTATES**

- Probate, Wills & Disputes
- Power of Attorney
- Enduring Guardianship

**So much more than just law...**

**Linda Emery & ASSOCIATES**

Ground Floor, Suite 6, 22 Watt St Gosford

### **CONVEYANCING**

- Purchase & Sale of Property
- Refinancing Mortgages
- Purchase & Sale of Business
- Leasing
- Retirement Villages

### **COURT APPEARANCES**

- Criminal Law
- Traffic Matters
- AVO Matters
- Drink Driving

**4323 4766**

Email: [lemery@lindaemery.com.au](mailto:lemery@lindaemery.com.au)

Web: [www.lindaemery.com.au](http://www.lindaemery.com.au)

## **Strata Lounges Re-Upholstery**

**Specialising in**

- Lounge, Cane & Dining Suites.
- Full Furniture restoration service
- Cushion repairs – zippers etc.
- Recliner cables supplied & fitted
- Car Roof Linings

Fully Qualified Tradesmen  
A huge range of quality fabrics available.

### **Mobile service**

**We come to you**  
**Free pickup and delivery.**

You can now book your free no obligation quote by email/phone and we also have our free advice service by email

**4342 8188 or  
0408 120 124**

[www.homeimprovementpages.com.au/  
connect/stratalounges/  
stratalounges@live.com.au](http://www.homeimprovementpages.com.au/connect/stratalounges/stratalounges@live.com.au)





# BRUCE KERR P/L

REAL ESTATE SINCE 1938

• Woy Woy 4343 1000

• Ettalong 4344 2000

## Celebrating...

# 75

years

local family business

To mark this momentous occasion we are offering some amazing deals to put something back in your pocket!

## 2% Commission + GST ✓ Free Marketing Package ✓

\*Offer valid until the 1st July 2013. Conditions apply.



Janet D. Matthews  
Company Manager  
4343 1000

Joshua Kerr  
Sales Manager  
0405 474 103

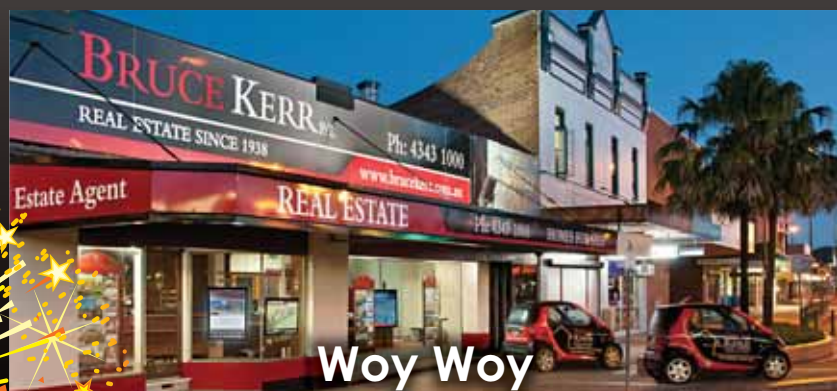
Lois Jones  
Sales Executive  
0414 628 343

Vic Newton  
Sales Executive  
0404 706 944

Kylee Begg  
Sales Executive  
0420 944 130

Georgia Paoletti  
Office Administrator  
4343 1000

Vanessa Short  
Sales Support  
4343 1000



Woy Woy



Ettalong relaunching NOW!

[www.brucekerr.com.au](http://www.brucekerr.com.au)





## Repeating mistakes of the past

**My husband and I recently revisited Kingscliff on the North Coast of NSW.**

It has been many years since we were there last and we were very interested to see the changes which had taken place.

Kingscliff bears some resemblance to Ettalong, being a coastal strip beside the sea.

It is now quite a metropolis.

The former wide extent of vegetated dunes has been replaced with mown parkland, at least 50m wide.

There are two caravan parks, children's playgrounds, wooden seats and many cafes on the street.

Unfortunately the whole length of the beachside is under attack.

A very large rock wall has had to be built to protect the bowling club from the sea.

As with all sea walls, the erosion is worse at the end of the wall, where some of the mown lawn and poinciana trees are now lying on the beach.

If something is not done, the club will find itself on an island.

As far as the eye can see, the dunes are now held up by sand bags and - or rock walls, but still the sea is relentlessly, wearing it all away.

Caravans have had to be moved to the rear of the parks and campers at the front sometimes wake up to find the sea at their door.

Earth movers have tried to reconstruct the dunes, all to no avail.

As is usual, local residents and traders rant at the Council's failure to prevent the ongoing erosion, despite millions having been spent

### Forum

Letters to the editor should be sent to:

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

on the project.

I was therefore saddened to see in the last Peninsula News, that Ettalong is following the same path.

We never learn.

Money from all levels of government is to be spent to turn Ettalong into what appears to be an English seaside.

The amount of money which can be found at a time of fiscal restraint is truly amazing.

I wonder how many roads could have been mended with Council's contribution of \$2.79 million.

Something did need to be done at Ettalong, especially at the Lance Webb Reserve where the groynes and fallen rock wall demonstrate so clearly the previous mistakes made by man, to control the sea.

As Joseph Conrad once said: "The sea has never been friendly to man."

One can only wonder at this scheme, when such plans have been seen to fail so often before.

Email, 6 Jun 2013

Margaret Lund, Woy Woy Bay

## Exchange self-seeking bumlbers for supporters of privilege?

**Mr Klaas Woldring is a Peninsula treasure and often makes a positive contribution to local debate.**

He has done so again in his discussion about our broken constitution with its fracturing of responsibility and accountability between the Commonwealth and the States.

Unfortunately, I think Mr Woldring is a little too optimistic in his hopes for progress through a Labor - Green alliance.

The Greens have demonstrated their unfitness for Government responsibility in recent years by undermining moderate Labor positions on climate change and asylum seekers.

In this way, the Greens have paved the way for a likely conservative victory.

Rather than conservative, I would call it a likely victory for privilege, divisiveness, and

### Forum

stagnation.

The idea of having a so-called conservative Government that would unwind the NBN, stop Gonski, and replace the current very fair and financially responsible parental leave scheme with one that gives the greatest rewards to high income earners should ensure the Liberals hardly get a vote on the Coast.

As for Labor, despite the policy plusses of the NBN, Gonski, Disability Care, realistic parental leave and the Murray-Darling agreements they've achieved, I'll believe there's substantial and lasting hope when they introduce US style primaries across the country to clean out head office and factional corruption and local branch inertia, when the party-union nexus is radically modified to reduce the influence of union

conservatism and corruption, and when all senior Labor people discipline themselves into singing from the same song sheet in public.

Of course it would be impressive if Labor could also produce a 21st century industry, education and employment strategy that makes sense, and if they could put forward a realistic, progressive taxation policy that allowed this country to achieve its full potential and security.

But I won't hold my breath.

In September we have to make a choice among a bad lot, perhaps without enthusiasm.

Hopefully we can see clearly enough not to exchange a bunch of self-seeking but occasionally well-intentioned bumlbers for equally incompetent supporters of privilege and division.

Email, 29 May 2013

Tom Mangan, Woy Woy Bay

## What kind of republic?

**New statements towards a Republic are lacking in credibility.**

They are still premised on the concept of the Minimalist Republic: Replace the Queen by an Australian Head of State.

But Australians are asking increasingly "What kind of a Republic?" before they will commit themselves to that change.

A Referendum on a Republic without major additional changes, conceivably a complete rewrite of the Constitution, would produce the same result as in 1999.

Also why should Australians have to wait until the Queen abdicates, simply because the

### Forum

frozen Constitution blocks change?

Could the Government start a debate on why and how the Constitution could be renewed?

Apart from the very obvious shortcoming that it can hardly be amended, and then only on the initiative of the politicians, the federal structure of the state adds another major barrier.

Federation is a costly hindrance to effective Government altogether.

Right now the Government is even struggling to get consensus on the overdue Gonski reforms.

Australia's Afghanistan involvement was possible because

the Prime Minister decided, without a mandate, without parliamentary majority of even debate, without a referendum or plebiscite, to join the US in yet another dubious venture.

The Prime Minister is not even mentioned in that Constitution.

What has happened to the reformism of the ALP so obvious in the Whitlam days?

An Abbott Government cannot be expected to initiate any system change at all.

Email, 4 Jun 2013

Klaas Woldring, Pearl Beach

**BOURKE ROAD GENERAL STORE**

**Free phone APP!**  
Download it for exclusive offers & savings!

OPEN 7 DAYS  
6.30am-7pm

NSW Lotteries

Available on the App Store

Available on Google play

174 Bourke Road Umina Call 4341 7149

www.thebourkeroadstore.com.au

**MOBILITY HIRE AND SALES**

Specialising in SALES & SERVICE for all types of Mobility Aids

Portable Electric Scooters and Wheelchairs

Largest Range of Scooters on Display on the Central Coast

Scooters for Golf!

**BUY WITH CONFIDENCE**  
Authorised Pride Dealer  
Sunrise Medical Dealer  
Heartway Dealer  
Days Medical Dealer  
Elite Scooters  
We will not be beat any written quote\*

**STOP**  
Is your scooter sick?  
We also do servicing and battery replacement

Electric Lift & Recline Chairs

**Scooter Accessories**  
Rear Bags, Canopies, Flags, Walking Stick Holders, Oxygen Bottle Holders, Rollator Holders, plus more!!!

Quality demonstration stock, trade in stock ex hire stock- for sale at huge discounts

Wheelchairs from \$299.00

Rollators from \$98.00

Over Toilet Aids from \$69.90

Shower Chairs from \$69.90

Hi-Back Chairs from \$399.00

Lift Chairs from \$799

**215 WEST STREET UMINA BEACH - PH 43425308 - www.mobilityhireandsales.com.au**

## I Am Anxiety

One in four Australians suffer from anxiety and most don't recognise it.

**What can you do?**

**Visit**

**beyondblue.org.au**

**Watch the video.**

**Find help.**

Sponsored by:

Liz Macnamara MH, HT  
Clinical Hypnotherapist  
lizmacnamara.com  
4341 0464



**The astounding speed with which the Labor Party “NSW”  
has expelled Eddie Obied and Ian McDonald (NOT!)  
helps my readers understand why systemic  
corruption continues to be accommodated  
for so long by our politicians in NSW**

**IS THIS**

**THE**

**COAST'S**

**MOST**

**ANNOYING MAN**



THURSDAY, MAY 1, 2003  
CENTRAL COAST ONLY

Printed and published by Nationwide News at Muir Rd, Chullora, 2190

**Take note Minister for Local Government Don Page, Labor Leader John Robertson, Premier O'Farrell, Brad Hazzard. Attorney General Greg Smith, retired Labor Attorney General John Hatzistergos etc. (the list of political allsorts who fail to act is too long to name everyone in just one paid announcement)!**

If you are, as elected representatives

and political parties, intent on ignoring even doing “business” with Gosford Council, which has abused its power as a consent authority with perceived impunity and went on to mislead the NSW State Coroner during his inquiry into the deaths of five people at Piles Creek, Somersby, then my political activity in the people's court of public opinion would be much more than

annoying to political allsorts and their supporters out there on the hustings looking for voter support while refusing to do anything about the identified political sins against the people.

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

Edward James - 02 4341 9140



## Major replaced Thatcher

**Mr Woldring needs to get his facts straight before going into print (Peninsula News, 14 May 2013).**

The truth of the matter is that John Major actually replaced Margaret Thatcher in 1990 as prime minister, not the other way around as he has stated.

Furthermore, it was not the News Corporation that engineered the change, Margaret had run her course and her popularity was waning.

I lived in the UK during the entire Thatcher - Major era.

I, as well as the majority of your readers, will be having a chuckle at Mr Woldring blaming Rupert Murdoch for the Gillard Government's poor showing in the

### Forum

polls.

Obviously it has nothing to do with carbon tax, mining tax, pink batts, School halls or budget deficit, and the list goes on.

Those are the facts.

Having said that, the pen is mightier than the sword, and Rupert Murdoch's media empire is huge and far reaching.

Had Mr Woldring attacked News Corporation over the Millie Dowler phone hacking affair I would have agreed with him.

Come September Mr Woldring, you can bet that voters will reflect.

Email, 28 May 2013

Robert Mumford, Daleys Point

## Most illegal immigrants arrive with valid visas

**Linda Moverely said in edition 318 of Peninsula News: "There is no deliberate falsehood about illegal immigrants."**

The fact is that virtually all illegal immigrants arrive here by air with valid visas issued by Australia's overseas representatives.

If we are going to concern ourselves with this issue, therefore, the first question must be how so many manage to pass through screening by our issuing authorities.

It argues either gross incompetence in our procedures or corruption in our reviewing personnel (or, most probably, both).

If Ms Moverely is concerned about tightening Australia's

### Forum

borders, this is where she should be concentrating her attention.

Ms Moverely is also concerned that illegal immigration should not go undetected.

The fact is that detection of illegal immigrants is reasonably efficient, and most of them (after they have exhausted all their legal avenues of appeal) are eventually deported.

The illegal immigrants who escape detection are largely British and American and, the suspicion is, that the authorities do not pursue them very actively because few are considered a threat to Australia's sovereignty.

Boat people, of course, are not illegal immigrants (a fact that

Mr Abbott doesn't yet seem to have grasped), but legal asylum-seekers under Australian law.

Furthermore, they are insignificant in number, compared to illegal immigrants, and the fact that over 90 per cent are eventually issued protection visas demonstrates that their claims are mostly just.

In virtually all cases, their citizenship is established at a first interview, but the assessment of refugee criteria is time-consuming and, often, controversial.

This is why there is a vast backlog of refugee applications, a backlog that will only be worsened by political stunts such as detaining applicants on Manus Island.

Email, 29 May 2013  
Bruce Hyland, Daleys Point

## Paying politicians for your vote

**The latest proposal by Julia Gillard and the Labor Party (apparently supported by the Liberals) that the major parties receive a dollar for every vote they receive in the next Federal election means we, the voters, will be charged a dollar to vote for the politician of our choice.**

Not content with bleeding the country dry and squandering our money, the politicians now want us to pay a dollar each for the privilege of voting for them.

While I have always had a sneaking suspicion that the people in Canberra think we, the Australian public, are not too bright, I never thought they would treat us with such contempt as to consider that we would willingly pay a dollar to vote for them.

If this awful proposition is agreed to in Canberra I predict the informal vote will increase significantly.

### Forum

Upon reflection, perhaps that is Julia's ploy: better no one receive a vote than your opposition gain one.

Email, 27 May 2013

Vic Jefferies, St Huberts Island

## NEED NEW BLINDS?

PREMIER  
shades-awnings-blinds



## Call the local experts FIRST!

Proud local manufacturer of quality timber look venetians and verticals.  
Distributor of a huge range of blinds, awnings and shutters.

**Visit our showroom to view our huge range**  
**1/305 Manns Road, West Gosford, NSW, 2250**

**Phone NOW for a free measure & quote on 4324 8800**

\*For every order over \$1000, you can take \$100 off



**A. Wegner**  
**DENTURE CLINIC**

**Mention this ad and get a free consultation!**

■ New Dentures

■ Same Day Relines and Repairs

■ Off Street Parking & Wheelchair Access

■ DVA Patients & Health Fund Accredited

■ No Referral Needed

■ After Hours & Weekend Appointments Available

66 Ocean Beach Road, Woy Woy

**4341 8888**

Sponsored by  
**Peninsula News**  
Community Access

**Peninsula**  
VILLAGE  
TOGETHER WE CARE

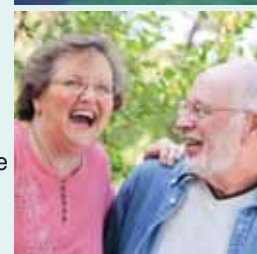


**COOINDA VILLAGE NEPTUNE STREET**  
**UMINA BEACH**

## Independent Living | Quality Apartments

### Priced from \$225,000

- Air conditioned 1 and 2 bedroom apartments
- Beautifully maintained grounds and gardens
- Convenient location - handy to bus and shops
- Built-In wardrobe, quality window and floor coverings
- Distress alarm system
- Indoor recreational hall and sunroom
- Social Club with plenty of activities available
- In-house meal, cleaning and hairdressing services available
- LCD TV, dishwasher, wall oven, hot plates & clothes dryer
- Catering to over 55's



**Inquiries to our Independent Living Specialist**

**Freecall 1800 650 070 or visit [www.peninsulavillage.com.au](http://www.peninsulavillage.com.au)**





# Women’s health centre announces program

**The Peninsula Women’s Health Centre has announced its program for the coming months.**  
As part of the program, the Centre will hold a Menopause and Lifestyle group which will assist

women who have menopause symptoms and provide them with treatment options.  
A self-esteem group called It’s OK to Be Me will also be held and will focus on self-esteem, personal awareness and acceptance.

Olivia Cavanagh from Fieldforce will present a workshop on home power saving and will look at ways to save power and suggest free programs and items to assist in power saving.  
The Centre’s regular groups will remain available including Wrap

with Love, a group that knits wraps for refugees and the homeless, Coffee Morning, Book Club and the Walking Group.  
“There is a whole lot more in the complete program and childcare is available for some of these groups,” said Peninsula Women’s

Health Centre coordinator Ms Kate Bradfield.  
For more information on these groups or to book a spot, call the centre on 4342 5905.  
Email, 6 Jun 2013  
Peninsula Women’s Health Centre, Kate Bradfield

A LITTLE HARD OF HEARING? AT ALLIED HEARING WE PROVIDE TO YOU....



ALLIED HEARING  
Improve hearing improve lifestyle



- FREE HEARING TESTS FOR SENIORS
- FREE DIGITAL HEARING AIDS FOR APPROVED PENSIONERS
- FREE HEARING AID TRIALS
- SHOP AROUND OUR PRICES WONT BE BEATEN

**ACCREDITED PROVIDER OF GOVERNMENT SERVICES**  
\* CONDITIONS APPLY

CONTACT YOUR CLOSEST OFFICE NOW

WOY WOY - SHOP 10 CNR VICTORIA & GEORGE ST  
**PHONE 43442566**

THE ENTRANCE - SHOP 12 LAKESIDE SHOPPING CENTRE THE ENTRANCE RD  
**PHONE 43346233**



The Wrap With Love group

EARLY SKIN CANCER DETECTION  
COULD SAVE YOUR LIFE

VIDLER AVE  
SKIN CANCER  
CENTRE

Dr JP Caska  
& Associates  
located in  
WOY WOY

**BULK BILLING 4341 9911**  
**APPOINTMENTS AVAILABLE**

## Smokers urged to be considerate

Woy Woy South Public School principal Mr Terry Greedy has reminded parents to be considerate when smoking outside the school gates.  
“Having been away last week attending the NSW state boys’ football titles, you can imagine how disappointed I was on my return to immediately be greeted by parents with further complaints regarding people smoking in close proximity to the school entry points,” said Mr

Greedy.  
“This issue has been raised previously and once again I appeal to those people who enjoy meeting with other parents to ‘catch up’ while they are smoking outside the school to be considerate of other families and move further away from the gates so that parents and children are not inconvenienced by the cigarette smoke,” he said.  
Newsletter, 28 May 2013  
Terry Greedy, Woy Woy South Public School



**Penninsula Hearing**  
“We are hear for you”

**Free screening test**  
**No obligation trials**  
**Children’s testing available**  
**Workcover**  
**Independently owned and operated**  
**Government accredited**

Being independently owned means you will have a true choice of manufacturers!  
Sennheiser assistive listening devices also available  
Don’t delay, speak with our friendly staff today.  
Call us on;

**(02) 4342 9736**  
**www.penninsulahearing.com.au**

Now in two convenient locations;


Shop 6  
322-326 West Street  
Umina Beach  
NSW 2257  
Open: Mon, Thu & Fri



Shop 4  
263 Ocean View Rd  
Ettalong Beach  
NSW 2257  
Open: Tue & Wed








**Ettalong Podiatry**  
Family and Sports Podiatry

- Kids’ Assessments
- General Footcare
- Orthotics
- Sports Injuries

- Diabetic Footcare
- EPC Care Plans
- Veterans’ Affairs



**4344 4340**  
After hours appointments available on request.  
2/19-21 Broken Bay Road  
Ettalong Beach NSW 2257  
**www.ettalongpodiatry.com.au**



## Red Shield donations much higher

**Almost \$47,000 has been raised from the Peninsula for the Salvation Army Red Shield Appeal held over May 25 and 26.**

The initial doorknock results saw the Peninsula donations already 71 per cent higher than the initial figure from the same time last year.

"With such fantastic weather, families were out and about enjoying the weekend, making it difficult to catch people at home," said Central Coast Red Shield Appeal chair Ms Louise Duff.

"However, with our collection points at roadsides and the local McDonald's store, the Peninsula community were happy to reach for their pockets to support the

cause.

"While we are currently exceeding the initial 2012 result, we are still \$6500 short of our 2013 goal for the Peninsula doorknock appeal which is \$53,500.

"It is not too late to donate and we remain confident that we can reach our goal."

The Salvation Army spends over \$3 million annually on

providing services to the Central Coast, including the Dooralong Transformation Centre, Oasis Youth Centre at Wyong, Family Tracing Service, local emergency services and housing relief, local counselling services, and the Salvos' Care Line.

Donations can be made to the Red Shield Appeal through to June 30 by visiting [www.salvos.org.au](http://www.salvos.org.au),

telephoning 13 SALVOS or visiting any Greater Building Society or Westpac branch.

They may also be posted to PO Box 1765 Gosford NSW 2250.

All donations over \$2 are tax deductible.

**Media release, 29 May 2013**

**Katey Small, The Salvation Army**

## Cove raises record sum

**A Biggest Morning tea event at The Cove Village in Daleys Point on Tuesday, May 28, raised \$1430.**

"This is the third such event held

at The Cove and raised a record sum this year," said social convenor Ms Wendy Whiteman.

"The first in 2011 raised \$860, in 2012 \$930 but this year thanks to the

support in the village and the many kind donors from local businesses, \$1430 was raised.

"This year as well as the usual white elephant stall, cake stall and raffles, an arts and craft section was featured which proved very popular.

"We hope to beat this record next year," said Ms Whiteman.

**Email, 29 May 2013  
Wendy Whiteman,  
The Cove Village**



The Cove Village residents at the Biggest Morning Tea event

## VOLUNTEER FOR AGED CARE

**Are you looking for a way to spend your time and contribute to your community?**

**Coastlink Respite Care has various volunteer positions for friendly and active volunteers interested in supporting older persons.**

**Contact Coastlink on 4321 1022  
or [info@coastlink.org.au](mailto:info@coastlink.org.au)  
for information**

Sponsored by **Peninsula News**  
Community Access

## Umina Chiropractic Centre

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

### THE GROWTH AND DEVELOPMENT OF YOUR CHILD

**Here is some great information from DR's GENEVIEVE AND ROSEMARY KEATING.**

They are fantastic chiropractors and educators from Qld and Vic with practices full of babies and children.

"Early brain development is one of the most important pathways to lifelong learning, behavioural competence, positive social relationships and health.

How well the brain develops influences our ability to be fully human.

How we come into the world makes a HUGE difference to our growth and development.

During the development of the foetus, a group of reflexes emerge which are called the primitive reflexes.

These primitive reflexes should be present at birth and they provide an indication of the status of the central nervous system.

These primitive reflexes should slowly be inhibited at various stages during the first year of life.

As these primitive reflexes are inhibited, another group of reflexes called postural reflexes should emerge to help the infant cope with the demands of a gravity-based environment, and provide the basis for the control of balance, posture and voluntary movement.

If primitive reflexes remain uninhibited by higher cortical centres, the health and development of the child will be affected.

Many parents are not aware of these reflexes, if their child still retains any, or the importance of their integration.

Having your child assessed gives valuable information about the integrity of the brain stem and the spinal cord.

As our nervous system fires, it wires together those pathways.

Therefore, if we improve the information to the brain, it will improve brain development.

As Chiropractors, we work to enhance life potential and the ideal time to begin doing this is at preconception, during pregnancy and within the first hours or days of life.

Birth can be traumatic for the baby with a lot of pressure being created at the upper neck and cranial areas.

The use of instruments or drugs during the birth process increases the chance of nervous system dysfunction."

Inspiral Resources (Kids Dynamic Development Module 1)



*Chiropractic; safe, gentle and effective for all the family*

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

# UMINA

## South Street Dental

Umina Beach

Teeth for Life

Cosmetic Smiles

Teeth Whitening

Children and Adults

Complex Reconstruction

Implants

Dentures

**Mario Reznik**

BDS - 1st Class Honours (Syd)  
Dip, Clinical Dentistry-Oral Implants (Syd)

**Dental Surgeon**

52 South Street Umina Beach

# 4344 6699

Medicare Vouchers / Teen Vouchers welcome  
Veterans' Affairs welcome  
HICAPS, EFTPOS and major  
Credit Cards Accepted  
Accessible ground floor access  
with plenty of parking



Education



Umina Public School's debating team

Umina in a close debate

Umina Public School's debating team travelled to Point Clare Public School on Thursday, May 23, for round one of the NSW Premier's debating challenge.

The students had one hour to prepare a debate on the topic that schools should teach self-defence classes.

"Umina Public School put

forward some convincing arguments to build their case as the team for the negative," said Umina Public School debating coordinator Ms Rebecca Rodwell.

"The adjudicator explained it was a close debate but Umina Public School was not awarded the victory.

"Our debating team was provided valuable recommendations to

assist in preparations for their round two debate.

"This year we have several students that are debating for the first time.

"They give up lunch times to practice and build up their knowledge on specific topic areas," said Ms Rodwell.

Newsletter, 28 May 2013  
Lyn Davis, Umina Public School

Community project is officially launched

The official launch of the Peninsula Community Project, currently being run at Woy Woy South Public School on Fridays and Saturdays, was held on Friday, May 31.

Representatives from local primary and secondary schools were in attendance as were several coordinators of local agencies involved in assisting families new to the area.

DEC Priority Schools Program partnership officer Ms Liz McMinn and Multicultural Programs Hunter Central Coast community information officer Mr Herbert Gatamah outlined the need for people in the community to have a network they can call on for support when times get hard.

Cafe program coordinator Ms Christine Burge explained that the cafe was for parents from culturally

diverse backgrounds to share a coffee and their experiences.

Woy Woy South Public School principal Mr Terry Greedy said the cafe was a "relaxed social place for multicultural parents living on the Central Coast to come along and make new friends and gain access to useful information".

The cafe operates from 9am on a Friday morning at Woy Woy South Public School.

Family Activities coordinator Mr Jack Nguyen spoke about the free family activities that are held every Saturday at the school.

The morning session runs from 10am until 12pm with storytelling and games and is available to all families who live on the Peninsula.

The afternoon session runs from 1pm to 3pm with ball games and bush dancing.

Newsletter, 4 Jun 2013  
Terry Greedy, Woy Woy South Public School

Preschool to be assessed against standard

A free two-hour workshop to support local people teaching learner drivers was held on Wednesday, June 5, at the Peninsula Community Centre.

The workshop, which was organised by Coast Community Connections and attracted 30 participants, focussed on how to tutor a learner driver to become a safe driver.

Coast Community Connections

CEO Mr Andrew Tuck said the course was all about making the experience of learning to drive a happy one, for both the driver and the experienced driving teacher.

"The process of learning to drive is complex," said Mr Tuck.

"For many parents, carers or friends, the responsibility of imparting all the skills, knowledge, experience and confidence required to become a safe driver can be overwhelming.

"This workshop intended to equip anyone teaching someone to drive with the crucial skills and knowledge required to instruct and educate a beginner driver," he said.

Email, 6 Jun 2013  
Katey Small, Brilliant Logic

Woy Woy Public School's preschool will undergo its assessment and rating process in line with all childcare centres nationwide on June 12 and 13.

The National Quality Standard Rating will extensively look at the seven quality areas, under the National Quality Framework and Early Years Learning Framework.

These standards will be checked against the inclusive elements that define each quality area.

Elements are rated in each standard.

If all the elements are met, the standard will be rated as Meeting National Quality Standard or Exceeding National Quality

Standard.

"This will be the first time we have undergone the assessment and rating process," said principal Ms Ona Buckley.

"We are looking forward to the process as it will give a clear view as to how effective our preschool is and it will help us reflect on how we can improve our service for our children in the future.

"A look through fresh eyes is always a welcome process and it is designed to ensure that our children receive the best possible care and are well supported in their learning," she said.

Newsletter 4 Jun 2013  
Ona Buckley, Woy Woy Public School

**BRIAN HILTON**  
MOTOR GROUP  
THE BIG LOCAL

**Woy Woy Service Department**  
Servicing the Coast for over 40 years

**USED CAR SUPERMARKET**

**Specialised Servicing & Repairs**  
Most makes and models

Genuine Toyota, Kia & Ssangyong Spare Parts

**Opening hours**  
Mon-Fri 7:30am – 5:30pm  
Sat 8:00am – 12:00pm

**1 Charlton Street**  
Woy Woy  
Phone: 4344 1455

GOSFORD  
BELCONN  
RAYMOND  
1 CHARLTON ST, WOY WOY

**Sarah & Paddy**  
5-9am weekdays

EVERYTHING CENTRAL COAST  
FM 107.7 2GO



## Emergency evacuation practised

**Woy Woy Public School carried out an emergency evacuation practice recently and has refined the process in order to be more streamlined.**

"Our aim is to have everyone in the school in the event of an emergency evacuation at the designated assembly point (school oval) within a three to five minute time frame," said Woy Woy Public School principal Ms Ona Buckley.

"We achieved this result but on reflection came up with some areas of the plan that need adjusting.

"In the preschool during terms one and two, our little ones have a scheduled nap time and, yes, lots of them do fall asleep.

"This time we had two little ones who were asleep and were difficult to wake easily and therefore needed to be carried to the assembly point.

"We have ensured that extra personnel arrive at the preschool when an emergency evacuation bell is sounded to assist with sleeping children if necessary.

"If you as a parent are in the school at the time of such an evacuation practice or a real event, please ensure you proceed to the assembly point.

"The Emergency Evacuation information is in the school notice board and on the inside exit doorway of every building in our school and will be placed on the school's website so you know what is expected of everyone.

"The school also practices emergency lock down procedures and has total school off site evacuation plans in place.

"Everyone's safety is important," said Ms Buckley.

**Newsletter 4 Jun 2013  
Ona Buckley, Woy Woy Public School**



*The Umina Public School netball team*

## Umina in netball knock-out

**Umina Public School's netball team participated in the NSW PSSA netball knock-out competition on Monday, June 3.**

Avoca Beach Public School were the team's first opponents.

"In cool and windy conditions

both teams started strong and at half time Umina Public School was leading 12-6," said Umina Public School netball coach Ms Rebecca Rodwell.

"The determination of our girls was marvellous as they drove down the court with speed, threw precision passes and contested every ball.

"The final score was 24-11 and meant that the team progressed to the next round.

"Our next challengers were Kincumber Public School.

"The game began at a hectic pace and in a very physical quarter saw us behind by five goals.

"The girls gave it everything they had but unfortunately just couldn't catch Kincumber, with the final score 18-9.

"The fourth quarter was the girls' best and the scores for that period were even.

"I would like to congratulate the girls on an amazing morning.

"They executed everything I asked of them.

"It is very rare to have a team with such depth across all positions so I was very lucky.

"It didn't matter which combinations took the court the girls encouraged one another.

"The sportsmanship demonstrated by Umina Public School was again exemplary.

"A player from another school would fall over and our girls were the first to stop and offer an 'Are you ok?' before continuing with the play.

"The netball team and squad will begin preparing for the gala day run by Netball NSW next term."

**Newsletter, 4 Jun 2013  
Lyn Davis, Umina Public School**

## Graffiti art project

**Umina Public School is currently participating in the Gosford Council Graffiti Art Project.**

Project representative Mr Charlie Tivers visited the school in the week of Monday, May 20, to work on designs for the school's new Beachside Centre.


He worked with Stage 3

students who sketched images for a beachside theme.

In coming weeks, Mr Tivers will work with some Year 6 students to paint the centre.

They will use the creative ideas from the stage 3 students to transform the building into a mural.

**Newsletter, 28 May 2013  
Lyn Davis, Umina Public School**



**ADULT BEGINNERS - 8 Week Course**  
Starts: Tuesday 30<sup>th</sup> April 2013  
CWA Hall, 30 The Boulevard, Woy Woy  
6.00pm to 7.00pm - Drums Supplied

**Ladies Daytime 8 Week Course**  
Gnostic Forest, Woy Woy  
Starts Tuesday 30 April 2013  
Beginners - 10am to 11am  
Intermediate - 11.15am to 12.15pm  
Drums Supplied

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

## Choir and dancers perform

**Ettalong Public School's choir and senior dance troupe performed at the Brisbane Water Secondary College Variety Night held late last month.**

"In both performance and behaviour they were a credit to our school," said Ettalong Public School principal Mr Colin Wallis.

"This was a fantastic opportunity for our talented students to perform onstage as part of our wider learning community," he said.

**Newsletter, 28 May 2013  
Colin Wallis, Ettalong Public School**



**Central Coast Vocal Academy**  
SEEKING SINGING ENTHUSIASTS TO JOIN OUR TEAM!

- ☑ Learn new vocal techniques
- ☑ Be part of a musical group
- ☑ Have fun & make new friends
- ☑ Have the opportunity to perform
- ☑ Improve Confidence
- ☑ Sing Modern & Classic songs

**REGISTER ON: 4344 5809 Juniors 7-11yrs  
ccvocalacademy.com Seniors 12-14yrs**

We need to be shy, we all sing together as a group! Backing tracks & worksheets emailed weekly!

## Margin's Mushrooms

Come visit us!

**Freshly picked mushrooms \$10 a bag**

Open: Monday - Saturday 9am -11 am

**Farm: 4341 3003**

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

## Gardeners!

Premium Mushroom Compost

Pick up 167 Blackwall Road

Free delivery on 20 blocks!

**(Home) 4344 2468**

[www.marginsmushrooms.com.au](http://www.marginsmushrooms.com.au)

ADVERTISEMENT

## Deborah O'Neill MP

### On our side

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

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

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

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

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





## Students have tea with principal

A selection of Empire Bay Public School Year 6 students had afternoon tea with principal Mr Brad Lewis recently as a thank you for being "peace keepers".

"The afternoon tea was held to thank the team for their efforts and to acknowledge their dedication in carrying out the responsibilities associated with being a peace keeper," said Mr Lewis.

"The students involved described the satisfaction they get from being able to help their peers but also expressed the new found appreciation they have for the job teachers face every day," he said.

Newsletter, 29 May 2013

Brad Lewis, Empire Bay Public School



## School promotes mental health program

Ettalong Public School is promoting the KidsMatter program, a mental health and wellbeing framework for primary schools and early childhood education and care services.

"The Body and Soul section of the Sunday newspaper recently had an article about friendship skills for students," said deputy principal Ms Lynn Balfour.

"I was absolutely thrilled to read that the whole feature was based on the KidsMatter initiative that our school is currently promoting.

"Friendship skills learnt and practised at school continue to

serve children as they enter their teens and adulthood.

"The KidsMatter website is a fabulous resource for parents and I encourage all parents to view it.

"Making time to play with your child is encouraged and fits in perfectly with our Numeracy Activities At Home initiative.

"Children in Years 3 and 4 will soon be bringing home games to play that are great fun and encourage numeracy skills as well as social skills such as turn taking."

Newsletter, 28 May 2013

Colin Wallis, Ettalong Public School

## Sorry Day assembly held

Ettalong Public School held a National Sorry Day assembly on Monday, May 27.

"National Sorry Day is an annual day of commemoration and remembrance of all those who have been impacted by the government policies of forcible removal that resulted in the Stolen Generations," said principal Mr Colin Wallis.

"It has been held annually on May 26 since 1998, and was born out of a key recommendation made by the National Inquiry into the Separation of Aboriginal and Torres Strait Islander children from

their families in the Bringing them home Report.

"Our guest speaker was Scott Campbell, the Brisbane Water PACE worker.

"We were also treated to an outstanding performance from the Brisbane Water Secondary College Didge Group, Spirit of the Land.

"We also welcomed our new Aboriginal Community Support Worker, Tania Whiting, to our school," said Mr Wallis.

Newsletter, 28 May 2013

Colin Wallis, Ettalong Public School

## Paralympian visits Ettalong

Paralympian gold medallist Leisl Tesch visited Ettalong Public School on Friday, May 24, and spoke to students about her journey from being an able-bodied teenager to a gold medal winning Olympian.

"Every child in our school library last Friday was enthralled with her life story, friendliness and honesty as she recounted her journey," said Ettalong Public School principal Mr Colin Wallis.

"At 19 years of age, Leisl was riding her pushbike home with

a plastic bag hanging on the handlebars.

"She was wearing a bike helmet and doing nothing wrong but the plastic bag caught in her front wheel and sent her tumbling over the handlebars.

"With a broken back, Leisl became a paraplegic.

"After winning bronze and silver Olympic medals playing wheelchair basketball, Leisl represented Australia in Paralympic sailing, winning a gold medal.

"Incredibly, Leisl was happy to pass her medals around for our students to hold and she even

brought her sports wheelchair with her and allowed many of our children to wheel around the library in it.

"This wonderful afternoon concluded with the children singing a belated Happy Birthday to Leisl as it was her birthday in the previous week.

"She is one truly inspirational lady and we were so lucky to have her visit our school," said Mr Wallis.

Newsletter, 28 May 2013

Colin Wallis, Ettalong Public School

## More training for quality teaching

Empire Bay Public School has moved into the second phase of the implementation of its Quality Teaching Rounds project.

Four staff undertook further training on Monday, May 27, as part of the implementation.

Newcastle University School of Education lecturer Ms Julie Bowe led the project team through the Quality Teaching Rounds

facilitation program.

"This involved a session examining the protocols of the program, one staff member teaching in front of their colleagues and a follow-up session to discuss the observed lesson in terms of the Quality Teaching framework," said principal Mr Brad Lewis.

Newsletter, 29 May 2013

Brad Lewis, Empire Bay Public School

**The most modern & popular elements of Chinese charcoal grille food experience!**

Choose from more than 50 types of delicacies made from the freshest & highest quality of meats & vegetables with our very own special sauces

Automated charcoal BBQ on your very own table

Ask us about our Special Birthday party offer

**WOY WOY BBQ Buffet Restaurant**

**OPENING HOURS**

**BUFFET DINNER**  
Tue, Wed, Thur & Sun 5pm - 9pm  
Fri & Sat 5pm - 9.30pm

**LUNCH**  
Tue to Sun 11.30am - 2.30pm  
Closed Monday

**DINE-IN OR TAKE-AWAY**

**Booking Hotline 02 4344 6788**  
1-5, 39 George St Woy Woy, NSW (5min walk from Woy Woy Station, near Deepwater Plaza)

Entry Via Victoria St

**HERBALIFE** Since 1980

- Weight Loss • Weight Gain
- Health & Fitness • Personal Care • Doctor Formulated
- Full Money Back Guarantee

Call Stuart on 0438 162 074 or 4344 2826  
email: stuartlibetts@gmail.com



## Volunteers sought for sounds program

Volunteers are currently being sought to assist with the Fun with Sounds program held at the Schools as Community Centre in Woy Woy.

"Fun with Sounds is led by the amazing Rosemary and she needs some support from people in the community that can commit to one Friday a month to help out with literacy skills for little readers," said facilitator Ms Philippa Skipper.

The program is designed to develop phonological and phonemic awareness, child-friendly phonics instruction such as

games and activities for anchoring sound-symbol connections into memory, activities for sight-word recognition and correct letter-formation and pencil grip.

The program also teaches parents and carers how to get the most out of story time.

To register for a voluntary role or to attend Fun with Sounds with your children, contact Philippa at the Schools as Community Centres 0477 317 862.

Email, 3 Jun 2013  
Philippa Skipper, Schools as Community Centres

## Managing sustainable change

Umina Public School principal Ms Lyn Davis attended a workshop for principals in the week of Monday, May 27, on managing sustainable change.

"In times of rapid change I believe it is important that we understand the value behind the many changes we face in primary schools in NSW," said Ms Davis.

"A national curriculum makes a lot of sense with people more mobile than ever as they move around our wonderful country.

"As you are aware teachers from this school have spent considerable time preparing for the implementation of the new English syllabus.

"Later in the year we will work with our colleagues on the Peninsula to develop programs for

teachers on the implementation of the new Maths and Science syllabus documents in 2015.

"Sharing and working together we will see all of the schools in the Brisbane Water Learning Community well equipped to implement these changes.

"Staff have already been trained in anaphylaxis this term and have completed their annual training in CPR.

"Emergency Care training is undertaken by the staff at this school on line every two years.

"This training is essential if teachers are to take children out of the school for their many and varied learning experiences," said Ms Davis.

Newsletter, 4 Jun 2013  
Lyn Davis, Umina Public School

Ettalong Public School and Empire Bay Public School went head-to-head in the first round of the Premiers' Debating Challenge at Ettalong Public School on Friday, May 24.

"This was an impromptu debate where the team was only given the topic an hour and a half before and is required to prepare in that time," said Ettalong Public School principal Mr Colin Wallis.

"Our team gave intelligent arguments and thoughtful rebuttal to perform admirably against the Empire Bay team, narrowly going down in a close competition.

Empire Bay Public School principal Mr Brad Lewis said the Empire Bay team argued the negative position and did so "with great skill".

Newsletter, 28 May 2013  
Colin Wallis, Ettalong Public School  
Newsletter, 29 May 2013  
Brad Lewis, Empire Bay Public School



## Group will perform

Umina Public School's Year 6 dance group will perform in Show C of the Central Coast Dance Festival on Wednesday, June 19.

The Central Coast Dance Festival is an annual concert that showcases the best dance routines from primary schools and high schools in the Central Coast region.

There will be a 6:30pm and an 8:15pm show.

Tickets can be purchased at [www.laycockstreettheatre.com](http://www.laycockstreettheatre.com) or at Laycock St Theatre in person.

Newsletter, 28 May 2013  
Lyn Davis, Umina Public School

## Professor speaks to teachers

Schools in the Brisbane Water Learning Community will take part in a full day workshop led by Professor Barry Carpenter as part of their Term Three school development days.

Prof Carpenter is a presenter in foetal alcohol syndrome and other inherent brain disorders.

"Professional learning is a priority for our school," said Empire

Bay Public School principal Mr Brad Lewis.

"Vital to our professional learning program are the school development days held each term and twice in term four.

"We aim at all times to make these days valuable and meaningful professional learning time," said Mr Lewis.

Newsletter, 5 Jun 2013  
Brad Lewis, Empire Bay Public School

**J&B MEATS**

 <b>Lamb Shanks</b> <b>\$8.99 kg</b>	 <b>Slow Cooking Steak</b> <b>\$9.99 kg</b>
 <b>Flavoured Chicken &amp; Spinach Rissoles</b> <b>\$10.99 kg</b>	 <b>Chicken Wings</b> <b>2kg for \$4</b>



All meat cut to your requirements

**4341 1861**

Right in the middle of Umina  
294 West St, Umina Beach  
Sunday & Saturday open till 1pm  
Monday to Friday open till 5.30pm



**KB Thai**  
now has it's own App

*Nursing Mothers Welcome!*





**Open 7 Days, BYO**

Lunch - 11.30am to 3.00pm  
Dinner - 5.00pm to 10.00pm

[www.kbthai.com.au](http://www.kbthai.com.au) - 4341 0441 - 4343 1392



## Market Day & Car Boot Sale

**Green Point Baptist Church invites you to a Market Day and Car Boot Sale**

to be held in the Green Point Baptist Church carpark, along Avoca Drive in Green Point

**Saturday 15 June  
9am to 2pm**

Come and enjoy a morning out and you may even find yourself a bargain

There will be fresh produce, tea, coffee and cold drinks available as well as a BBQ sausage sizzle

If you would like more information please contact

Sponsored by

**Peninsula News**  
Community Access

Here every 3rd Saturday  
**Tel: 4322 0284**

# Carmel Charlton at folk club

**Singer-songwriter Carmel Charlton will perform at the Troubadour Folk Club concert from 7pm on Saturday, June 22, at the Woy Woy CWA Hall.**

"Wherever she performs, Carmel Charlton is praised for her clear voice, her fine guitar and piano and for her warm and interactive performances," said Troubadour president Mr Michael Fine.

"She is known too for her songwriting, such as My Nullarbor Home which has lyrics by Jill Campbell from Kybo station on the Nullarbor and was included on the ABC's Australia All Over album Macca's Sunday Best.

"Many remember the video clip of her song Horses Coming Home which was shown on ABC TV on Anzac Day."

Carmel grew up on a farm at Yorkrakine in the central wheatbelt

of Western Australia.

She now runs Jackadder's Music Club in Woodlands, near Scarborough Beach in Perth.

"Her songs are mainly about people that fascinate and inspire her and about the unique heritage that we share in Australia," said Mr Fine.

"She also writes material for children and entertains extensively, everything from community events, school shows, folk clubs to playing at major festivals including Folkworld Fairbridge Festival, the Illawarra Folk Festival, Tamar Valley Folk Festival in Tasmania and Tamworth Country Music Festival."

Together with her husband Eric, she also organises an annual Gospel Concert.

**Media Release, 5 Jun 2013  
Michael Fine, Troubadour**



**BOOKING YOUR MEMORABLE HOLIDAY AT YOUR CONVENIENCE**  
- YOUR MOBILE TRAVEL CONSULTANT -

**Robyn SIMMONDS**

Personal Travel Manager

M: 0419 436 803 T: 1300 461 359

robyns@travelmanagers.com.au

robyns@cruisemanagers.com.au

my.travelmanager.com.au/robysimmonds

facebook.com/TravelManagerRobynSimmonds

"Let me bring the world to you"



**Charter Cruise - Cruise n' Groove**  
**DEP 05 OCT 13, 7 Nights FROM \$1817pp**

Licence No: NSW: 27A5758 ABN: 35 113 085 626  
Member: IATA, AFTA, TCF  
PART OF THE HOUSE OF TRAVEL GROUP



**TRAVELMANAGERS**  
personally yours



## SAMARITANS OLDER PARENT CARER PROGRAM

**Are you over 60 and caring for your adult child with a disability?**

There is a support program available for you, based in Newcastle and the Central Coast, NSW.

- Future planning
- Wellness programs
- Skill development
- Referral
- Advice & support
- Peace of mind

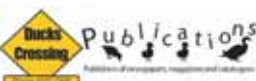
*Growing your support network for the future*

**Call us today on 4384 8402 and take a look at**

**www.samaritans.org.au/olderparentcarers for more information.**

  
**Samaritans**  
*Compassion Integrity Justice*

This advertising space proudly supported by







## New silver craft teacher

Ettalong Beach Arts and Craft Centre has said farewell to its silver craft teacher Ms Robyn Fisher who is moving away from the Central Coast.

"We are very lucky though to have now secured the services of Marie Griffith who took over this class at the start of term," said Centre publicity officer Ms Sue Sullivan.

"The classes are intentionally kept small to enable plenty of one-on-one instruction between tutor and student.

"Marie came from the United Kingdom seven years ago and is now happily settled at Erina.

"At a very young age, she started learning to sew under the tuition of her dad who was a tailor and had continued over the years pursuing this interest, until

she came here and noticed the community college advertisement for silver craft classes.

"She developed a deep interest in this craft during this time and it was at these classes six years ago that Marie met our previous tutor Robyn.

"The adventure continues as Marie progressed to becoming a tutor for the community college as well as being a member of the lapidary club and running classes there on her allocated days.

"The lapidary club has an annual display at the Mingara Centre and, as a member of the committee, she has taken the helm with organising all those fine details that tutors know only too well go into setting up an exhibition."

Email, 6 Jun 2013  
Sue Sullivan, Ettalong Beach Arts and Craft Centre

## Sculptor creates sailing trophy

Multi award-winning Australian sculptor Mr John Woulfe, of Daleys Point, has created the new Rolly Tasker Memorial Perpetual Trophy for the line honours winner in last month's Fremantle to Bali yacht race.

Commissioned and donated by the Government of Western Australia and presented by the Deputy Premier Dr Kim Haines, the trophy was a true replica of Tasker's famous red sloop, Siska, with the winner receiving a half-size replica.

Mr Woulfe uses iconic and rare Australian timbers such as red cedar, huon pine, blue gum and jarrah as well as stainless steel and Sydney sandstone.

He is renowned for his polished finish which attracts light and conveys the illusion of movement.

On the eve of the event, a farewell dinner was held at the host club, Fremantle Sailing Club.

The night was sponsored by the Indonesian Government's Tourism Department and featured traditional music, dancers and Indonesian food.

The race day saw a pre-event parade of Sail in Fremantle's Inner Harbour which offered an up-close view of the 33 yachts heading for Bali, with crowds gathering to watch the race start.



The race, during which competitors encountered huge swells, featured a cavalcade of dramatic events as the Fremantle to Bali ocean classic unfolded.

The eventual line honours winner, in a new race record time of five days, 23 hours, 30 minutes and 24 seconds, was Super Sled, previously known as Nicorette, of Sydney to Hobart fame.

General Lee, an 11.3 metre Blakewell-White design, which had been forced to anchor kedge for a few hours within sight of the finish after being caught in the Lombok current while waiting for a wind, recovered to gain the overall

honours.

In the general rally component, Yandanooka was victorious, taking out both the multi-hill and the overall rally sections.

The vessel's sailing master was Hardys Bay resident Mr Adrian Williams, himself a veteran of 10 Sydney to Hobart campaigns.

Established in 1981 and covering 1440 nautical miles, the Fremantle to Bali race rally is one of the longest ocean races emanating from an Australian port.

Email, 3 Jun 2013  
Allan Wilson, Hardys Bay Residents Group

You'll love it here



Having fun with friends!

**Comfort for Cancer**

Fundraiser night to raise money for cancer patients at M2 Oncology / Haematology Ward at Gosford Hospital.

**Saturday 22nd June 2013**

Ettalong Beach Club from 7.30pm  
Entertainment includes: Kotadama & The Dirty Frenchmen DJ.

Auction, raffles, games & door prizes on the night.

Special guest appearance by Adam Kwasnik from Central Coast Mariners.

Tickets: \$35—finger food provided.

Tickets are on sale NOW on the website [www.comfortforcancer.info](http://www.comfortforcancer.info)

**BINGO**  
Voucher  
Bingo  
Thursday  
fr 10am

**Fishing Club**  
Raffles  
Friday  
from  
4.30pm

**Chess Club**  
Saturday  
fr 1pm

**Meat Raffles**  
Sunday  
from  
3.45pm

**Card Club**  
Mon & Thurs  
fr 1pm

**Euchre Club**  
Tuesday  
from  
7pm

**Indoor Bowls** Tuesday's fr 9am

**FREE Live Entertainment in Riley's**

Fri 14 June - 7pm

Sat 15 June - 8pm



**Mick Fetch**

Fri 21 June - 7pm



**Neon Duo**

Sat 22 June - 8pm



**Kerrie Garside**



**Gerard Masters Duo**



It's your choice! - Choose one from eleven of our favourite meals from our special.....

**\$9 Menu**

Monday-Thursday  
Lunch & Dinner

Plus 50% off your first beverage purchase in conjunction with this offer!



**& Every Sunday is our \$10 Roast Night**

The Peninsula's Finest & Best Hair & Beauty Salon  
Pledge of Quality & Service - "If you are not delighted with your hair & beauty treatment, tell us within 7 days and we'll gladly re-do it FREE! No questions asked"  
Yes, you CAN look and feel amazing without it costing the earth!!

**AMAZING WINTER DEALS @ Flicks Hair Design**

**PACKAGE 1 - Full Colour + Cut + Treatment + Blowdry**  
\$99 any length

**PACKAGE 2 - Half Head Foils + Colour + Cut + Toner + Treatment + Blowdry**  
\$125 any length

**PACKAGE 3 - Quarter Head Foils + Colour + Toner + Cut + Blowdry**  
\$115 any length

**PACKAGE 4 - Half Head Foils + Cut + Toner + Treatment + Blowdry**  
\$99 any length

**PACKAGE 5 - Full Head Foils + Cut + Toner + Treatment + Blowdry**  
\$130 any length



(left to right) Julie, Jess, Brenda, Ashley, Kylie

**Hurry book now**

Expires 30th June 2013

Here's what Peninsula people are saying about Flicks:

"The team at Flicks are always friendly and flexible, always able to fit me in during my lunch break and make me look and feel fantastic, the best hairdressers on the Coast by far!" Miranda (Consultant)



us on Facebook

Log in for weekly specials

**Flicks Hair Design Ph: 4341 2818**  
201a Memorial Ave - Ettalong Beach



ATM & COURTESY BUS SERVICE

51 - 52 The Esplanade, ETTALONG BEACH  
Ph (02) 4343 0111 ~ [www.ettalongbeachclub.com.au](http://www.ettalongbeachclub.com.au)



# Junior students perform at Pearl Beach

**Twelve junior students from the Central Coast Conservatorium performed at the Pearl Beach Memorial Hall on the weekend of June 1 and 2.**

The Junior Showcase Concert, sponsored by the Pearl Beach Progress Association and the Irvine family, was introduced to celebrate solo instrument and vocal performances by the Central Coast Conservatorium's junior students.

Central Coast Conservatorium artistic director Mr Patrick Brennan said: "Although competition is a common aspect of the musical education process, too often the focus is on competing rather than performing."

"Twelve young students were selected offering them the opportunity to perform in front of an audience, and play from their hearts and be concerned with expressing themselves musically, which is what music is all about," said Mr Brennan.

The junior students, who are aged between 10 and 12, said that they loved to play and have fun with music.

The afternoon program included a variety of classical pieces played on a number of instruments including, flute, piano, voice, percussion, strings and brass.

At the conclusion of the concert special guest, and recipient of the 2012 Pearl Beach Music Scholarship, flautist Alyse Faith performed pieces by Wilhelm Moliere and Reinecke.

The following day, six students from the Central Coast Conservatorium competed for the annual Pearl Beach Music Scholarship of \$500 and Highly Commended of \$250.

The students, who are all from local colleges and schools with ages ranging from 15 to 17 years, played a varied program including

instrumental, vocal and classical items.

Pianist Allyne Brislan provided an interpretive accompaniment to the students.

The annual piano scholarship of \$500, sponsored by the Irvine Family, was presented by Heather Irvine, to piano student Daniel Kim who performed Sonata in D, Op. 13 - Mateo Albeniz; La Cage de Cristal - Jacques Ibert, concluding with Rhapsodie Mignonne.

Daniel played on the Kawai piano, which was a gift to Pearl Beach by the Irvine brothers in memory of their parents Alex and Helen Irvine who were among the earliest Pearl Beach settlers.

Adjudicator for the afternoon Mr Warwick Ross provided an overview and critique to the students, giving each one a personal overview of their technical interpretation and presentation skills.

"It is extremely difficult to judge due to the diversity of performance ranging from voice to instruments," said Mr Ross.

"However, the Highly Commended oboe performance by Jasper Wand who played pieces by Telemann and Kalliwoda were musical and technically correct."

When announcing the winner of this year's Music Scholarship to violinist Eva Li who played pieces by Mozart and Fritz Kreisler Mr Ross said: "Your interpretation was way beyond your age, congratulations."

Pearl Beach Progress Association president Mr Roger Murray said: "on behalf of the local community, the Progress Association is delighted to sponsor two scholarships that will assist aspiring young musicians to continue their musical education at the Central Coast Conservatorium."

**Email, 4 Jun 2013**

**Lynne Lillico, Pearl Beach Progress Association**



Scholarship 2013 participants with Patrick



Showcase students with Alyse Faith 2013

## Ettalong Beach Arts and Crafts Centre

### JEWELLERY WORKSHOP SATURDAY 29TH June 2013

Have you ever wanted to try your hand at making your own unique necklace or bracelet?

We can offer you the chance to participate in a workshop to learn those skills

Shelly Ross is renowned for producing distinctive pieces of work and will be your tutor for this 3 hour workshop

**TUITION COST: \$30 (INCLUDING LUNCH)**

**THE TIME: 11am to 2pm**

At this workshop you will make a Grapevine design sterling silver bracelet with pearls and crystals.

A charge of \$20 is for the kit providing materials to make your own stunning and unique piece of jewellery.

**DON'T DELAY CALL TODAY TO RESERVE YOUR PLACE!**

**For more information phone: 4341 8344 or visit [www.ebacc.com.au](http://www.ebacc.com.au)**

KITCHENER PARK CORNER of PICNICE PDE & MAITLAND BAY DRIVE ETTALONG

Sponsored by **Peninsula News**  
Community Access



### Animal Welfare League - Central Coast Branch

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

Some of the benefits of desexing your pet are:

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

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



## Travel Australia at "SEE" level

Pick up at Woy Woy Station

### Live Shows Wed Matinees

Hot Shoe Shuffle	10 July	Con \$109pp
South Pacific	25 Sept	Con \$110pp
Grease	11 Dec	Con \$105pp
Lion King	5 Feb 14	Con \$110pp

### Day Trips

Wed 3rd Jul Drovers Camp - Christmas in July **\$75 pp**

### MOTEL ACCOMMODATED TOURS

<b>5 Day Christmas In July</b>	<b>50 Day around Australia via Alice</b>
Dep 1st July 13 \$920 ppts	Dep 17th Sept \$13,685
<b>15 Day Coober Pedy</b>	
Dep 15th July 13 \$3165 ppts	
<b>9 Day Hervey Bay</b>	
Dep 1st Aug 13 \$1805 ppts	

OR go to our web site for more Trips

**ROAD RUNNER** **4353 9050**  
PO Box 370 Wyong 2259

For all Holiday, Charter & Excursions  
Email: [roadrunner@sctelco.net.au](mailto:roadrunner@sctelco.net.au) Lic'd T.A. 2TA 4764

**FREE** Home pick ups Central Coast, Newcastle, Lake Macquarie, extended tours only  
[www.roadrunnertours.com.au](http://www.roadrunnertours.com.au)

**Log in for FREE membership and special deals**



## Scottish dancers perform at Aged Care

The Gosford Scottish Country Dancers' demo team performed at the Woy Woy Aged Care Centre on Wednesday, May 8.

The dancers were Fran Bucello, Simone Gerada, Eileen McCleery, Barry and Janice Toussard, Richard Graylin, Sandra Hanson and Eileen Patterson who made her demo debut.

"The ladies presented beautifully in their navy skirts and white tops or kilts for those dancing as men," said Ms Robyn Graylin whose husband Richard was dancing.

"Catherine Bonner, class teacher, was in charge of the music and kept up a lively patter.

"The dance program was varied and covered reels, jigs and a slower-paced strathspey.

"Dances performed were the Barmkin, Postcode, Rakes of Glasgow and Come to the Ceilidh and completed in style with a beautifully danced Maire's

Wedding.

"The audience clapped along to some of the livelier music and seemed to thoroughly enjoy the display.

"At the conclusion of the demonstration, the dancers were treated to a nicely presented morning tea in the sunroom.

"Scottish country dancing is a great way to keep fit, have fun and make new friends," said Ms Graylin.

Classes are held each Wednesday evening at the Church of Christ Hall in Wyoming, from 7pm.

Attendance at the first class is free, cost is \$5 thereafter.

Pictured: Catherine Bonner, Sandra Hanson, Richard Graylin, Eileen Patterson, Fran Bucello, Janice Toussard, Eileen McCleery, Simone Gerada and Barry Toussard

Email, 4 Jun 2013  
Robyn Graylin, Phegans Bay



# Just gets better

## Double Points BONUS

### MONDAY - THURSDAY

All Food and Beverage Purchases



### Sunday Night Only

\$16.90 Member | \$21.90 Non-Member  
Children (2-12yrs) \$1 per year old

*Smorgasbord  
All you-  
can-eat*

Garlic Prawns  
Sliced Beef Chilli  
Lemongrass

**Asian Dishes**  
Special Fried Rice  
Sweet Sour Pork  
Singapore Noodles

Mongolian Chicken  
BBQ Pork Plum Sauce  
Honey Chicken

**Cold Seafood**

Cooked King Prawns, NZ Mussels, Seafood Cocktail, Octopus Salad

**Roast of the Day**

Carved and served to you fresh from the oven:  
Roast Pork or Lamb or Beef with Seasonal Baked Vegetables

**Western & Italian**

Beef Burgundy, Pizza, Lasagna, Spaghetti Bolognese,  
Lemon Pepper Fish Fillet, Chicken Mignon

**Finger Food**

Seafood Toast, Garlic Bread, Crispy Chips, Dim Sim,  
Calamari, Prawn Cutlet, Spring Rolls, Chicken Nuggets

**Fresh Salads**

**Desserts**

Ice Cream, Jelly and Fresh Fruit Salad

**Tea and Coffee**



# CLUB UMINA

Melbourne Avenue, Umina Beach

Telephone: 4341 2618

**Wednesday Lunch & Dinner**

*Bistro Special*

**Back due to popular demand!!!**

## Grain Fed T-Bone Steak (300grams)

Chargrilled Your Way  
served with Crispy Chips and Salad or  
Baked Vegetables. Choice of sauce.

# \$10.90

Member  
Non Member: \$16.90

# Just gets better

You are invited to the event of the year, as  
**260 + Newcastle Permanent**

**PRESENT**  
The Give Me 5 for Kids  
**GALA BALL**

**VIVA VEGAS**

Don't miss the event of the year! As we dress to the nine's and raise funds for sick children of the Central Coast. There'll be live music, food and drinks plus the great Vegas Showcase!

**6pm Saturday June 22**  
**Mingara**

Press: **Black Tie Viva Las Vegas**  
\$110 pp or table of 10 \$1000  
For tix call Mingara: 4349 7888

Give Me 5 for Kids

Proudly brought to you by:

FM 107.7 2GO  
NEWCASTLE PERMANENT  
BRIAN HILTON  
MINGARA  
LIFE'S GREAT



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@optusnet.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

Community Centres

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

**Ettalong 50+ Leisure & Learning Centre**  
Mon - Fri - Cards, Computer Lessons, Dancing, Indoor Bowls, Fitness, Handicrafts, Leatherwork, Line Dancing, Painting, Scrabble, Table Tennis, Tai Chi, Yoga, Darts  
4341 3222

Directory - Not for profit Community Organisations

**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  
www.fabcnsw.org.au  
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

**Community Care Services - Central Coast**  
Memory lane - Doing things together Café  
For people with memory loss & their carers to enjoy a relaxing coffee morning with others experiencing similar circumstances  
Rocky Point Café - Ettalong Beach Memorial Club 3rd Wednesday  
4324 4244

**Hardys Bay Residents' Group**  
Working for a positive & Healthy Environment in our Community  
allanbw@bigpond.com

**Peninsula School for Seniors**  
The Community Centre, McMasters Road, Woy Woy  
Discussions, Rumikin, Craft, History, Walkers, Coach trips  
Tues, Wed, Thur  
4341 7785  
4341 2142

**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, Fellowship 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

**The Krait Club**  
Community Centre - Cooinda Village, Neptune St, Umina  
10.30am For senior members of Woy Woy/Umina Community  
Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and bus trips - 4344 2992

**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  
Ruby 2, Broken Bay Rd, opp Ettalong Beach Memorial Club

**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

**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.cowhc.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  
centralcoastgreens@gmail.com

**Service Groups  
Lions Club of Woy Woy Peninsula**  
1<sup>st</sup> and 3<sup>rd</sup> 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

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

We in turn host small groups from other Friendship Force clubs in our home.  
Contact: Rae 4399 3625  
Deidre 4388 9435

www.friendshipforcecentralcoast.asn.au

Veterans

**National Malaya Borneo Veterans Association Australia Inc**  
1st Sat (except Jan) 2pm  
Ettalong Beach War Memorial Club, 51-52 The Esplanade.  
4342 1107

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

**Woy Woy Ettalong Hardy's Bay RSL Sub Branch**  
Provide help with pensions and welfare etc.  
Shop 5/382 Oceanview Rd Ettalong. Tues & Thurs 9am to 1pm 4341 2594

**Women's Groups  
Country Women's Association Woy Woy**  
Opposite Fisherman's Wharf  
Friendship Mornings  
1st and 2nd Wed 10am  
Meetings 4th Wed 10.30am  
4324 2621

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

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

**Gosford RSL Sub-Branch Women's Auxiliary**  
For women over 18 years. Raise money for welfare of veterans and their families  
RSL Club West Gosford  
4th Mon 2pm 4323 7336

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



## Woy Woy Lions defeated

The Warnervale Wildcats rugby union team defeated the Woy Woy Lions by 53 points to 10 at Hakone Oval on Saturday, April 13.

Woy Woy struggled under the pressure and were never in the picture as the Wildcats raced across for nine tries.

Warnervale took control of proceedings right from the opening whistle.

Warnervale had several good players but the best on the day were Afele Tongia, Netane Tonga and Ketoni Toutai.

The Wildcats proved they would be a real top four chance this year while the Woy Woy Lions were sent home to lick their wounds.

Email, 17 Apr 2013  
Warren Butler, Warnervale Rugby Union

## Major singles

The Umina Beach Men's Bowling Club held its Major Singles competition on Sunday, May 26, which saw Lee Paterson defeat Phil Bowron 31-24.

"The score really didn't indicate the closeness of the game with Lee scoring a four on the last end," said club publicity officer Mr Ian Jarratt.

"Both bowlers showed excellent draw bowl skills in front of a crowd of over 50 and were congratulated on their performances.

"To reach the final, Phil beat five times winner of the major singles Alan Rhodes 31-28 and Lee beat Robert Anderson 31-25.

"Phil reached the final after less than two years as a bowler."

Email, 5 Jun 2013  
Ian Jarratt, Umina Beach Men's Bowling Club



Lee Patterson, Ross McIntyre (marker) and Phil Bowron

### Sunrise Counselling Services

Amber Peterson Dip. Couns. M.A.C.A.

Find clarity

Achieve your goals

Manage emotions

Become empowered

Understand situations

Learn effective communication

For all ages.

Call or sms to book on

0417297744

(02) 43412179

Find us on Facebook

www.sunrisecounselling.com.au



This Christmas give an inspired gift and give directly to children who need your support.

www.unicef.org.au/gifts unicef

## Peninsula directory of services, contacts and support groups

## Ambulance, Police, Fire 000

### Emergency

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

### Aboriginal & Torres Strait Islander Organisations

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

### Accommodation

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

### Animal Rescue

Wildlife Arc 4325 0666  
Wires 8977 3333

### Community Centres

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

### Counselling

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

### Family and Relationships

Centacare Gosford 4324 6403  
Gosford Family Support  
Service 4340 1099

Horizons (For men with children) 4333 5111

Uniting Care Burnside  
Gosford 1800 067 967

### Health

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

### Legal & Financial Help

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

### Libraries

Gosford district:  
Umina Beach 4304 7333  
Woy Woy 4304 7555

### Problems,

### Habits & Addiction

Alcoholics Anonymous 4323 3890  
Narcotics Anonymous 4325 0524

### Transport

Taxi 131 008  
Busways 4368 2277  
City Rail 131 500

### Welfare Services

Gosford Family Support 4340 1585  
Meals on Wheels 4341 6699  
Department of Community Services  
Gosford 4336 2400  
The Salvation Army 4325 5733  
Samaritans Emergency  
Relief 4393 2450  
St Vincent De Paul Society  
HELPLINE 4323 6081

# The Peninsula Diary of Events

For events in post code areas 2256 and 2257

### Thursday June 13

PowWOW networking event,  
Gospel Garden Cade, 7pm-9pm

### Saturday June 15

Our Beautiful Bays, A Collection  
from the Past book launch, Bays  
Community Hall, 3pm-5:30pm  
Blackwall Girl Guides  
fundraising stall, 9:30am-11:30am,  
outside Woolworths, Umina

### Monday June 17

Competitive Tenderness  
auditions, Peninsula Theatre,  
7:30pm

### Wednesday June 19

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

### Saturday June 22

Blackwall Girl Guides

fundraising stall, 9:30am-11:30am,  
outside IGA, Ettalong

### Saturday June 29

Official hanfover of Cat 12,  
Pearl Beach Volunteer Bushfire  
Brigade

### Sunday June 30

Breakfast in the Bays, Woy  
Woy Bay Community Hall

### Saturday July 6

Woy Woy Ettalong Hardys Bay  
RSL Women's Auxiliary garage  
sale, Unit 2, 97 Karinga St, Umina,  
8:30am-12:30pm

### Saturday July 13

Bays Community Group Wine,  
Cheese and Art Night, Woy Woy  
Bay Community Hall, 7:30pm-  
10:30pm

### Saturday July 20

Ocean Beach Malibu Club  
midyear function, Ocean Beach  
hotel, 7pm

### Sunday July 28

Breakfast in the Bays, Woy  
Woy Bay Community Hall

### Wednesday August 21

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

### Sunday August 25

Breakfast in the Bays, Woy  
Woy Bay Community Hall

### Saturday September 7

Bays Community Group Kids  
Disco, Woy Woy Bay Community  
Hall, 2pm-5pm

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

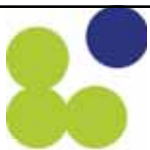
### Classified

ADVERTISEMENTS  
cost only \$30 plus GST  
for 5 cms, and will be  
working for you in your  
local community for  
**TWO WEEKS**  
Phone: 4325 7369  
Fax: 4321 0940

E-mail: manager@duckscrossing.org

Ad a logo or photo  
only \$6 +GST  
Ad full colour  
only \$6 + GST

### Accounting



**MYC  
PARTNERS**

- Accounting & Bookkeeping
- Registered BAS & Tax Agents
- SME Specialists
- Over 20 years experience
- MYOB Professional Partner

02 4344 3717

2/94 Blackwall Rd

Woy Woy

info@mycpartners.com.au

### Antennas

A Better Picture  
**Antenna & Digital  
Installations & Tuning**  
New home specialist  
Credit cards OK  
**HAYWARD VIDEO**  
All areas  
Gosford 4323 6367  
Woy Woy 4344 4414  
Warnervale 1800 244 456  
0412 685 555

### Appliance Repairs

Repairs and Service  
to vacuum cleaners,  
washing machines &  
fridges. Large range of  
vacuum cleaner bags.  
Spare parts available

**JR's  
APPLIANCE  
SERVICE**

4342 3538 Approved Service  
Centre for over 15 Companies

### Babysitting

**Babysitting  
Nannying**

Available June 3-28  
22-year-old female  
studying early childhood  
and primary teaching.  
Call Mel on

0488 044 441

Negotiable prices

### Bathrooms

**Absolute Style  
Supplies**

Bathroom showroom open to the  
public offering 'supply and/or install  
of tiles, bathroom products and  
flooring' at trade prices  
**Designer Homewares**

We help you turn your home into  
your oasis

5/14 Paton St, Woy Woy  
absolutealltrades.vpweb.com.au

0410 270 641

0498 056 819

### Blinds

**NEED BLINDS  
IN A HURRY?**

Express 1 week

Proud Local

Manufacturer

@ West Gosford

PH: 4324 8800

**PREMIER**  
Shades - Blinds - Shutters

www.premiershades.com.au

### ABACA BLINDS

**& SHUTTERS**

**Woy Woy**

**Free Quotes**

**4342 4144**

**0418 640 336**

### Bore Water

**Bores and Spears**

Install high quality pumps and  
maintenance free spears,

existing systems reconditioned,  
all work guaranteed.

Ph: Warren Greenway

Ph: 4341 7736 Mob: 0408 225 390

Lic No. DL1960

### Builder

**Carpentry  
- Building**

over 30 years  
experience  
Local know how -  
working with pride  
and honesty

Paul Skinner

Lic 62898c

0432 216 020

or 4339 2317

**ALAN KEMP  
BUILDER/CARPENTER**

L/N 106870C

Additions & Renovations

Decks, Stairs & Handrails

Metal Roofing & Guttering

Doors, Locks & Internal Fitouts

Property Maintenance & Repairs

Project Management

Owner Builders

For all your project needs call me  
**0412 080 625 or 4343 1596**

### Builder

**CORDA  
CONSTRUCTIONS**

Specialising in new and  
old home extensions.

All types of carpentry,  
concreting and  
landscaping services.

Lic # 216060C

**0413 248 513**

**RW Eecen**

**Contructions**

Affordable building,  
carpentry and  
cabinetry, storage  
and maintenance  
40 yrs exp

friendly service  
call Ray

**0412 646 851**

fully insured lic 6001c

### Carpentry

**PENINSULA  
DECKS, PATIOS**

**& PERGOLAS**

All aspects of carpentry  
and concreting  
25 years experience

CALL LEN

0424 997 480

Lic 258282C

**A Better  
Carpenter**

**Desks, Pergolas &  
General Carpentry**

Commercial  
and Domestic  
Maintenance

**4341 1253**

**0414 842 731**

Lic 111141c

### Dance

**CENTRAL COAST  
BUSH DANCE &  
MUSIC ASSOCIATION**

Experience Folk  
Music at its best at

**East Gosford**

Progress Hall @ 7.30pm

Henry Parry Drive

**JULY 13**

**Colonial  
Ball with**

**Currawong**

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**

### Doors



Mobile Service

**Interior, Exterior  
and Security Doors**

Bi-Fold, French & Wardrobe  
Stainless Steel Security Door &  
Window Systems, Security Grilles,  
Fly Screen Doors and Fly Screens,  
Dog & Cat Doors

**ALL MAINTENANCE  
AND REPAIRS**

Unit 1/14 Alma Avenue Woy Woy  
9am to 5pm Monday to Friday

**4339 2424**

**0402 186 546**

**Free Quotes**

Police Masters Lic No. 409982903

Security Lic No. 2E409965334

Carpentry Joinery Lic No. 108056c

### Electricians

**BKW**

Electrical Services

Lic No:248126C

Lights - Fans -

Power - Reno's

Switchboards -

Security lights

No job too small

Call Ben on

**0404 093 299**

### Entertainment

**The  
Troubadour  
Acoustic  
Music Club**

meets at the  
CWA Hall, Woy Woy  
Floor Spots available

**June 22**

**Carmel**

**Charlton**

**7PM**

Tickets \$12

Concession \$10

Members \$8

Tickets available

at the door. See  
**www.troubadour.org.au**

**4341 4060**

### Fencing

**Craig Lack  
Fencing**

All colorbond, lattice, pool and garden  
fencing. All gates No job too small

We will beat any written quote

Operating on the Coast for 10 years

Fully licenced and insured

**"We work with the customer"**

Call Craig 24/7 for all your fencing

needs on  
**0405 620 888 or 4344 1363**

Lic 180056c

### Floor Covering

**SKR Carpet  
Laying**

**New Carpets  
and Repairs**

Peninsioner

Discounts

22 years Exp

Call Scott

**0414 778 860**

### Floorcovering

**by Gibbs**

**Carpet Laying,**

**Repairs and**

**alterations**

**Free Quotes**

**Phone Paul**

**4341 6902**

**0412 393 561**

### Gardening

**THE LANTANA MAN**

**LANTANA  
Management  
Solutions**

**Free your trees!**

Reclaim your garden  
& bushland

**Greg Burch**

'on time every time'

Specialist - Residential & Acreage

Fully insured

Call now 4328 5885

or 0402 830 770

**LAWN 'N**

**ORDER**

**Lawn, Garden &  
Property Maintenance.**

Insured.

Pensioner discount.

Free quote.

John

**0421 002 175**

**Coastline  
Treeworx**

• All tree & palm pruning  
and removal

• Stump grinding

• Storm & emergency  
work

Hedging - Firewood  
Qualified Arborist

**0431 202 007**

### Handyman

Residential/Commercial/Industrial

**FRIENDLY  
PROFESSIONAL SERVICE**

**Free Quotes**

Lawn & Garden

Painting

Paving

Pergolas

Rubbish Removal

Tree Trimming

General Carpentry

Tiling

Furniture/Shed

Assembly

Stump Removal

Fully insured - Discounts for seniors

Call Justin on:

**0414 382 212 - 0413 587 701**

ABN: 87179898230

### Handyman

**Contact  
the House Doctors**

For your professional

Handyman Service

Rendering Repairs

Plastering Repairs

Painting & Decorating

Roof Repairs

Partition Walls

Carpentry Repairs - Locks

The List goes on, you

name it, we will fix it!

**0401 880 406**

### Totally Building

**& Handyman**

All types of  
Brick/Block work  
Retaining walls, concreting  
& timber repairs, painting.  
All your maintenance needs.  
30 years experience.

**Mobile: John**

**0417 285 585**

### Home Improvement

**KEIRA HOME  
IMPROVEMENTS**

Specialising in  
modernising your home:

- Decks
- Privacy screens
- Pergolas
- Cladding
- Custom planter box

**Free quote**

Ph: Lewis: 0416 882 641

ABN: 13689728373

### Painting

**MASTERPAINTER**

**QUALITY**

**TRADESMAN**

15yrs experience in  
decorating  
Services coastwide  
Prompt - Free consulting  
and Quotes

**All Interior**

**& Exterior**

**Paint work**

Senior's rates start at

**\$25 Per hr**

Quality guaranteed

Dulux paints

**CALL JONATHAN**

**0466 966 547**



## Classifieds

## Pets



**Peninsula Pampered Pooches**  
Dog Grooming  
All Breeds  
Clipped and Styled  
Council Approved  
Located at Umina Beach  
For Info Phone Vickie  
on 0400996110

## Photography



**IMAGE is EVERYTHING**  
corporate/web site/  
sporting/retail/modelling  
the window to your world  
is your portrait  
Give me your face and I will  
Give you the image  
Use a photographer that  
cares how the end product  
looks  
But manages to keep your  
bank account looking good  
**Call ValsPix**  
0418 600 436

SPORTS PHOTOGRAPHY  
PROFESSIONALS  
NOW ON THE COAST

- Team, portrait and action shots
- Competitive prices
- Fast turnaround of prints
- Digital downloads options

Call Paul on 0402 082 082  
or visit [www.lookpro.com.au](http://www.lookpro.com.au)  
for more information

**LOOKPRO**

*Naomi Bridges*  
Photography

**Professional Freelance  
Photography**

Sessions on location of your choice

- Portraits
- Lifestyle
- Modelling Portfolios
- Commercial
- Newborns
- Corporate
- Sports
- Pets

**Call 0423 958 914**  
[naomi.bridges@hotmail.com](mailto:naomi.bridges@hotmail.com)

## Plumbing

Umina Beach  
Plumbing

All aspects of plumbing:  
Drainage and Gasfitting,  
Domestic and  
Maintenance Works  
**Installation of  
rainwater tanks**

**4344 3611**  
**0402 682 812**

## Plumbing

Lic 252187c



Plumbing & Gas fitting  
Reliable, Prompt & Quality  
service. LOCAL  
• Leaky Taps • Blocked Drains  
• No Hot water  
After hours service  
**Matt: 0420 590 893**  
**Ryan: 0401 858 832**

HOT WATER  
HELP?

Now is the time to  
service, repair or  
replace your hot  
water system.

**4341 8863**

Don't be left out in the cold!

## Public Notices

Woy Woy Peninsula  
Lions Club

June 30, 9am to 1pm  
Great variety of stalls ~  
BBQ, Tea & Coffee.  
Vendors Welcome ~  
Car Boot Sale - \$15 per car  
**Now at Dunban  
Road Car Park**  
NB stall sites not open until 6.30am  
Cnr. Ocean Beach Road Woy Woy  
Always Last Sunday  
(Except December)  
More Details...  
Enq: 0439 514 723

## Removals



Deliveries & Removals, Local  
Sydney, Newcastle & Country.  
Single items or a house full.  
Competitive rates.

**02 4342 1479**  
**0411 049 559**

## Roofing

FUTURE TEK  
ROOFING & CLADDING

All Types of Roof Repairs  
Re-Roofing  
New and Old  
Fully insured  
Free inspections  
and quotes

**Tony Fitzpatrick**  
**0401 354 283**

Lic. 115103c

## Tuition - Dance

Gosford Scottish  
Country Dancers

hold a regular class every  
Wednesday from 7 to 10  
pm at the Church of Christ  
Hall, Henry Parry Drive -  
Wyoming

It's an excellent for of  
excersice which brings  
men, women and young  
people together socially,  
learning new and old  
dances in a very friendly  
relaxed atmosphere

No experience or partner  
necessary All ages  
welcome

Cost \$5.00 per week -  
**Contact Janice on**  
**4388 2253**

## Tuition - Music

Private  
Guitar  
Lessons

- Affordable
  - Suit beginners
  - All ages
- Phone Lachlan**  
**0434 798 534**



Want to  
play  
UKULELE?

But don't know how?  
**BEGINNER UKULELE  
WORKSHOP**

by Marilyn Russell  
Wednesday Day Classes  
at Umina - 4341 4060  
[marilyn russell55@gmail.com](mailto:marilyn russell55@gmail.com)

Guitar  
Lessons  
Umina

Beginner to Intermediate  
Also  
Bass & Mandolin  
Ph: Frank

**4341 4060**  
**0417 456929**

## TV Repair

Hawkins  
T.V.  
Service

TV and Audio Repairs  
Antenna Sales & Install  
23 Wallaby Street, BLACKWALL

**4341 8860**  
**4341 7332**

## Walls

J.F. Plastering &  
Construction

All types of rendering  
plastering, scaffolding  
and construction

Call John

**0410 676 776**

Lic 171650C

New bowls  
format

The Umina Beach  
Men's Bowling Club  
committee has made  
changes to the format  
of the Kingfisher  
Carnival to encourage  
more teams to compete  
in the event.

This year's carnival is the  
42nd to be run on a graded

system with teams having  
to total a minimum of 12  
points based on their current  
Pennant grades.

The number of ends  
for each game has been  
reduced to 14.

The event is the longest  
continuing carnival held on  
the Central Coast.

The carnival, which is a  
two bowl triples event will be  
held over two days from July  
18 to 19 with a total prize  
pool of \$4000.

Bowlers interested in  
obtaining information should  
contact the Bowls Secretary,  
Steve Stead for further  
information on 43418862.

Email, 5 Jun 2013

Ian Jarratt, Umina Beach  
Men's Bowling Club

Social  
night

Umina Boardriders will  
host its mid-year social  
night on Saturday, July  
6, at the Patonga Beach  
Hotel from 5pm.

The theme is Wig It and  
all who attend are invited to  
show off their best wig.

Prizes for the best  
dressed will be awarded  
including dinner for two at the  
Patonga Beach Hotel, lucky  
door prizes and a midyear  
encouragement award.

A surfboard provided by  
Boxhead Surfboards will also  
be raffled on the night.

The board currently rests  
above the bar at the Patonga  
Beach Hotel and tickets can  
be bought from the bar for \$2  
each or three for \$5.

Email, 4 Jun 2013  
Verity Roser, Umina  
Boardriders

## Telecommunications

**HAVE A FREE Gloria Jeans  
COFFEE and CAKE  
COMPLIMENTS of Telstra  
Store WOY WOY**

Simply bring in your Phone Bill along with this coupon  
For a no obligation bill analysis.  
Our specialist staff will review your bill and offer a value  
solution.

To make an appointment

Email – [manager1@woywoytelstrastore.com.au](mailto:manager1@woywoytelstrastore.com.au)  
Phone – 0243410061

We are looking forward to seeing you!

IT'S HOW  
WE CONNECT



**Classified  
advertisements  
start from only  
\$30 + GST**

Phone 02 4325 7369





## Peninsula in touch football championships

**Peninsula Touch Association participated in the Country Championships of Touch Football in Dubbo on May 25 and 26.**

The Peninsula Piranhas fielded three teams for this year's event led by the Mixed Open team along with Senior Mixed and Men's Over 45s.

The Senior Mixed team entered the Country Championships as favourites and racked up an unbeaten run through their six round matches scoring 46 touchdowns and conceding seven.

"The Anthony McVicker coached team was led by husband and wife team Jeff and Alicia Smith with Karen Tucker a standout out amongst the females," said

Peninsula Touch Association secretary Ms Meryl Harris.

"The Piranhas produced a gritty performance defeating a resurgent Forster-Tuncurry team 5-2 in the final to take the title of Country Champions.

"Matt Sawyer enjoyed a good weekend for the Peninsula outfit and was named player of the final.

"The Mixed Open Peninsula team was loaded with talent including the likes of Matt Goodwin, the Nicholls brothers, Daniel and Ben, along with young female stars such as Danielle Harris and Teigan Miller and finished their round games on top of their pool after an undefeated run.

"However fatigue set in during their semi-final clash against Taree and the Mixed Open team was

eliminated one-game short of the final by a team that was too good on the day.

"The true spirit of the Peninsula Piranhas was demonstrated by the gallant effort of the Men's Over-45s team.

"Entering the tournament with only eight players due to injury and late withdrawals, the Men's 45s showed true grit defeating more fancied rivals in the round games and at times with only seven players due to further injury.

"The tenacity of this group of players earned them a spot in the final against Newcastle who boasted a full squad of 14 players and the Piranhas very nearly pulled off a miracle upset.

"With scores level at 1-all at full time the game went into drop-off and with one player from each team removed from the field every two minutes until the deciding touchdown is scored.

"Play was reduced to minimum numbers of three-on-three before Newcastle was able to breach the resilient Peninsula defence and claim the title.

"While a disappointing loss and another runners-up title was the result for the Men's Over-45s, they received a standing ovation upon their return to the presentation area; deserved recognition for their herculean effort in the final.

"It was a successful weekend for Peninsula Touch who represented both their club and community with great pride and sportsmanship," said Ms Harris.

Email, 28 May 2013  
Meryl Harris, Peninsula Touch Association

## Young volunteers complete sports program

**Three young sport volunteers from Peninsula sport clubs will complete the Youth Inspired sport volunteer program in July.**

Peninsula participants in the program are Andrew Peachey from Woy Woy Football Club and Darnell Wisham and Lachlan Player, both from Peninsula Junior Touch.

Participants have completed modules in volunteer management and club management.

They have also participated in a practical session on roles of committee members and conducting effective meetings.

The volunteers are also completing First Aid qualifications and online training through the Play By The Rules website, as well as supporting their local clubs

through completion of volunteer duties that focus on the running of the club.

The fourth and final monthly education module on June 24 will see the group tackle the finances of sporting clubs with a session on managing club finance, conducted by Adele Johns of Community Compass.

Youth Inspired will wrap up with a weekend camp held at Myuna Bay Sport and Recreation Centre from July 5 to 7.

Pictured: (front row) Emily-Kate Watts, Darnell Wisham, Lachlan Player, Jack Harkness and (back row) Sarah Dimech, Meg Pich, Caitlin Sims, Dylan Abbott, Andrew Peachey, and Dale Mealing-Holland

Media Release, 9 May 2013  
Matthew Sawyer, Youth Inspired

## Everglades women contest singles final

**The 2013 District Singles competition commenced on Monday, May 13, with semi-finals and finals being held at Umina Beach Bowling Club.**

Winners of the quarter finals were Margaret Smith of Everglades who defeated Pat Neal of Umina, Deirdre Windshuttel of Avoca who defeated Sue O'Connor of Everglades, Lyn Morton of Everglades who defeated Sue Ryan of Bateau Bay and Elizabeth Lochte of Terrigal who defeated Diane Rhedey of Halekulani.

In the semi-final Lyn Morton defeated Elizabeth Lochte 26 to 12, while Margaret Smith defeated

Deirdre Windshuttel 25-23.

The scene was now set for an all Everglades final.

On checking the records the last time both finalists in the Singles were from the same club was in 1980 when The Entrance had the two women in the final.

Margaret got off to a good start and shot ahead.

Lyn gradually found her range and started the chase.

On the day Margaret came out the winner 27 to nine.

Email, 27 May 2013  
Lesley Swales, Central Coast District Women's Bowling Association

## Everglades wins at Asquith

**Central Coast Zone 5 RSL Fours Champions Everglades defeated Zone 4 Champions Forestville 21 shots to 13 on Wednesday, May 29.**

The hard-fought match was played at Asquith Bowling Club.

Everglades were down five shots to one after four ends but clawed their way back to be 12-all on 15 ends before picking up three shots on the 16th end.

Email, 2 Jun 2013  
Kevin Owen, Zone 5 RSL Bowls

# OVER 60?

Show your  
Seniors Card  
at the counter  
to redeem  
these offers!

NEW RELEASE  
DVD HIRES

\$3<sub>EA</sub>

WEEKLY  
DVD HIRES

\$1<sub>EA</sub>

Normal membership conditions apply.

CIVIC VIDEO WOY WOY

103 Blackwall Road

4344 6969

# THAT SEA FM FEELING

Dani & Nath

5.30-9am weekdays



## Junior cricketers selected for rep teams

**Fifteen Peninsula cricket players have been selected to compete in Central Coast Cricket junior representative teams at the Sydney DCA and Presidents Cup competitions.**

Lachlan Bull and Alex Searle, both of Woy Woy, have been selected in the under-16 DCA team while Jack Wilson and Aaron Hocking, also both of Woy Woy, were selected in the under-16 President's Cup side.

Gupreet Grewal of Woy Woy was selected in the under-15 President's Cup squad while Umina's Mitchell Cooney, Ollie

Jones and Mitchell Wright were selected in the under-14 President's Cup squad.

Leon Dransfield and James Leary, both of Umina, were selected in the under-13 President's Cup team along with Woy Woy's Mitchell Wood.

Lachlan Cork of Umina and Ethan Jones of Woy Woy were selected in the under-12 DCA team and Daniel Hughes of Woy Woy and Darcy Larkins of Umina were picked for the under-12 President's Cup team.

**Email, 28 May 2013  
Aidan Cuddington, Central Coast Cricket Association**



*Bunnies centre Matt Jones struggles with Dylan Smith and Ryan Varley*

## Bunnies defeat Roosters

**The Umina Bunnies defeated Woy Woy 26-22 in round seven of the Central Coast Rugby League competition on Sunday, May 26.**

Trailing by 12 points moments before half time, a charge from former Woy Woy Lions' rugby union player Luke Serevi saw Umina head into the break at 12-

18.

In the second period, the Umina forwards rumbled over the advantage line laying a field position platform for last play kick options taken by five eight Reece Paget.

The Roosters responded to Umina's lift in intensity by losing all discipline as poor handling and a string of penalties derailed their

challenge.

The win was Umina's second of the season and gave the Bunnies full Peninsula bragging rights until the two sides are due to meet again in mid-July.

**Email, 27 May 2013  
Andrew Stark, Point Clare  
Photos: Andrew Stark**



*Classy young hooker Tjaden McLean played a big part in the Roosters Reserve Grade win*

## Council funding for four clubs

**Gosford Council will provide a total of \$18,776 in financial assistance to four groups on the Peninsula as part of its 2013 Recreation Assistance Program.**

The funding provides dollar-for-dollar contributions on approved projects.

The 2013-14 allocation included improvements to club houses and replacement of equipment.

Council received 21 applications for the 2013-2014 funding round for the RAP grant and approved a total of 17 totalling \$50,000.

The Peninsula Junior Touch Association was awarded \$626 for the purchase of a sun shade while the Peninsula Touch Association was approved for \$1750 to upgrade its canteen and \$300 to purchase a lawn mower.

Umina Tennis and Sporting Club was awarded \$7000 to resurface its multipurpose court and Woy Woy Peninsula Netball Association received \$9100 to resurface 14 of its netball courts.

**Gosford Council Agenda  
SF.12, 18 May 2013**

## Bridge results

**Brisbane Water Bridge Club held its annual Biggest Morning Tea on Thursday, May 23, raising over \$200, on its competition day.**

In the north - south positions, Maureen Cows and Marie Tucker were winners of the competition on the day, followed by Sylvia Foster and Judy Wulff in second and

Christine Hadaway and Jacqueline Wilson in third.

In the east - west positions, Heather Tarrant and Jurate Petrauskas placed first, followed by Faith Ross and John Duncan in second and Susan McCall and Adam Moffat in third.

**Email, 4 Jun 2013  
Jenny Buckley, Brisbane Water Bridge Club**

## Central Coast GRANDSTAND

**A free newspaper with in-depth sport news!**



## For FITNESS, FUN and FRIENDSHIP

### GOSFORD SCOTTISH COUNTRY DANCERS

*hold a regular class every Wednesday from 7 to 10pm at the Church of Christ Hall, Henry Parry Drive, Wyomina*

**\$5 per Night  
Come and join in  
on the fun!**

*No experience or partner necessary  
No special clothes - just soft shoes  
Lively music*

**Contact Janice on 4388 2253**



*Sponsored by*

**Peninsula News**  
Community Access



# Umina gymnasts win zone medals

The Umina Beach PCYC Gymnastics squad team competed for the first time on Sunday, April 28, against gymnasts representing gymnastics clubs from all over the Hunter Zone

The Umina squad competed against nine of the other clubs in their sessions and won three silver and nine bronze medals.

"The competition was a sanctioned event which means their scores determine if they

qualify for State championships at the end of the year," said coach Chrissy Vyas.

"To qualify for the State championships, the girls needed overall individual scores over 56 and, of the 12 member squad, nine scored in the 50s and three over 49 at this event so we have no doubt that they will qualify themselves at the next event on July 7 at Morisset," said Chrissy.

A second squad team is quickly forming with girls who have been working hard and developing their skills in the Women's Artistic Gymnastics and recreational classes, she said.

In term three, Umina Beach PCYC Gymnastics will also start a Men's Artistic Gymnastics class with current boys from the recreational gymnastics already showing potential and interest.

Email, 24 May 2013  
Allison, Carpenter,  
Umina Beach PCYC



XPL

XTREME POKER LEAGUE

Ahead of the game

Big Cash Prizes

Sporties @WoyWoy

The Old Pub Woy Woy

Phone Shane 0419 016 166

www.xplpoker.com

TIDE CHART

(Fort Denison)

LAT 33° 51' S - LONG 151° 14' E - TIME ZONE - 1000

Times and Heights(m) of high and low waters

Time - Height(m)	Time - Height(m)	Time - Height(m)
<b>MON - 10</b>	<b>TUE - 11</b>	<b>WED - 12</b>
0323 - 0.45	0400 - 0.46	0437 - 0.47
0919 - 1.34	0958 - 1.33	1038 - 1.33
1451 - 0.59	1530 - 0.61	1609 - 0.64
2121 - 1.78	2158 - 1.75	2235 - 1.71
<b>THU - 13</b>	<b>FRI - 14</b>	<b>SAT - 15</b>
0515 - 0.49	0557 - 0.51	0640 - 0.52
1120 - 1.32	1205 - 1.32	1255 - 1.34
1652 - 0.67	1740 - 0.71	1833 - 0.73
2315 - 1.65	2358 - 1.59	
<b>SUN - 16</b>	<b>MON - 17</b>	<b>TUE - 18</b>
0045 - 1.52	0142 - 1.46	0244 - 1.42
0726 - 0.53	0815 - 0.52	0906 - 0.51
1347 - 1.38	1443 - 1.44	1540 - 1.53
1935 - 0.75	2045 - 0.72	2156 - 0.66
<b>WED - 19</b>	<b>THU - 20</b>	<b>FRI - 21</b>
0350 - 1.40	0454 - 1.41	0003 - 0.43
0959 - 0.48	1052 - 0.45	0555 - 1.44
1635 - 1.65	1729 - 1.77	1145 - 0.41
2302 - 0.56		1822 - 1.90
<b>SAT - 22</b>	<b>SUN - 23</b>	<b>MON - 24</b>
0100 - 0.32	0155 - 0.22	0247 - 0.16
0654 - 1.47	0750 - 1.49	0846 - 1.51
1239 - 0.38	1332 - 0.36	1427 - 0.35
1915 - 2.00	2007 - 2.07	2100 - 2.09

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

## Daniel attends Miami judo grand prix

Woy Woy Judo Club competitor Daniel Simmons will compete in the 2013 IJF Miami Grand Prix on June 15 and 16.

Simmons, 27, is among the 10 selected Australian male and female athletes who will travel to the Doral Golf and Spa Resort in Miami, Florida, for the world selection competition of the 2016 Rio Olympic Games.

"This is by far a massive achievement and honour to be named in the team for the Grand Prix," Simmons said.

"When I went to Miami in 2011 and competed it was then a World Cup event, but a Grand Prix is a step under from the World Championships.

"This will be the biggest competition of all my endeavours.

"I have been training at Woy Woy and several other Sydney clubs before work as well as being involved in the Australian

Sports Commission - Education Department Active After School Program on the Central Coast.

"I work six nights a week as a DJ until early hours to fund my expenses.

"I was unfortunate to suffer a shoulder injury in January, but now I'm feeling 100 per cent and looking forward to the National Titles first and foremost, then the Grand Prix," Simmons said.

Daniel will attend a two-day training camp at the Miami venue at the completion of the competition and will train with World Elite Judokas.

He will then move onto Glenville, New York, where he will spend two months training under four-time Olympian and Olympic silver medallist Jason Morris at the US Olympic Training Centre - JMC.

While there, he will train three times a day at both judo and the gym.

Woy Woy Judo Club chief instructor Danny Simmons said he

was proud of his students making the National Competition and his son Daniel being selected as part of the Australian Team to Miami.

"These competitions are personal journeys to put into practice what you have learnt.

"You can only learn by experience, then improve on your weakness.

"The Grand Prix will be a huge experience for Daniel; not having a World Ranking could see him draw the World Number One in the first round.

"He has been training hard to make this competition and whether he lasts 30 seconds or makes it through to the play off, the experience of meeting and competing with the World's best is an achievement on its own.

"We will be behind him watching the competition via the internet," said Danny.

Email, 4 Jun 2013  
Lindy Simmons, Woy Woy Judo Club

UMINA

BAIT & TACKLE

CHEAP BAIT

Large Range of BAIT

Excellent Range of TACKLE

FRESH GREEN WEED

Open 7 Days

From 6am Weekends and 7.30am Weekdays

LESLIE STREET, UMINA

(02) 4341 1686





**UNBEATABLE  
OFFERS ON  
THE LATEST  
PHONES**

# The Phone Company



## Offer: New Latest iPhone 5 (Buy 5 get 1 Free) @\$400

### APPLE PRODUCTS

**Apple iPhone 5 64gb** \$600  
\$ 600/per unit --- sample  
\$ 575/per unit --- 2units  
\$ 550/per unit --- 5units  
\$ 525/per unit --- 10units  
**Apple iPhone 5 32gb** \$500  
\$ 500/per unit --- sample  
\$ 475/per unit --- 2units  
\$ 450/per unit --- 5units  
\$ 425/per unit --- 10units  
**Apple iPhone 5 16gb** \$400  
\$ 400/per unit --- sample  
\$ 375/per unit --- 2units  
\$ 350/per unit --- 5units  
\$ 325/per unit --- 10units

**Apple iPhone 4s 64gb** \$400  
\$ 400/per unit --- sample  
\$ 375/per unit --- 2units  
\$ 350/per unit --- 5units  
\$ 325/per unit --- 10units

**Apple iPhone 4s 32gb** \$350  
\$ 350/per unit --- sample  
\$ 325/per unit --- 2units  
\$ 300/per unit --- 5units  
\$ 275/per unit --- 10units

**Apple iPhone 4s 16gb** \$300  
\$ 300/per unit --- sample  
\$ 275/per unit --- 2units  
\$ 250/per unit --- 5units  
\$ 225/per unit --- 10units

**Apple iPad 4 Wi-Fi + 4G** 64GB-\$500  
**Apple iPad 4 Wi-Fi + 4G** 32GB-\$450  
**Apple iPad 4 Wi-Fi + 4G** 16GB-\$400

**Apple iPad 3 HD Wifi 64GB** - \$450  
**Apple iPad 3 HD Wifi 32GB** - \$400  
**Apple iPad 3 HD Wifi 16GB** - \$350

**Apple Ipad 2 3G Wifi 64GB** - \$350  
**Apple Ipad 2 3G Wifi 32GB** - \$300  
**Apple Ipad 2 3G Wifi 16GB** - \$280

### BLACKBERRY PRODUCTS

**New Release Blackberry Justice** \$400  
**New release Blackberry TK Victory** \$380  
**Blackberry Porsche Design P 9981** \$650  
**Blackberry Porsche Design P 9981 Gold** \$800  
**New BlackBerry 10 Dev Alpha** \$420  
**Blackberry Z10** \$600  
**Blackberry Q10** \$400  
**BlackBerry Porsche Design P'9981** \$400  
**Blackberry Bold Touch 9900** \$350  
**Blackberry bold 2 9700** \$280  
**BlackBerry Torch 9800 Slider** \$300  
**BlackBerry 4G PlayBook HSPA**

### SAMSUNG PRODUCTS

**Samsung galaxy S4** \$500  
**Samsung I9300 Galaxy S III** \$350  
**Samsung I9000 Galaxy S 3G 16GB GPS**

**Unlocked Phone** \$300  
**Samsung Galaxy Mini** \$270  
**Samsung GALAXY Ace** \$220  
**Samsung Galaxy Tab 4G LTE** \$300  
**Samsung Galaxy S2** \$300  
**Samsung Galaxy Tab P1000 3G GPS**  
**Unlocked Phone** \$320  
**Samsung Galaxy Note N7000** \$300

### SONY ERICSSON PRODUCTS

**Sony 9.4 Inch Tablet S 3G** \$300  
**Sony Ericsson Xperia S LT26i** \$320  
**Sony Ericsson Xperia Arc S** \$300  
**Sony Ericsson XPERIA Arc** \$350  
**Sony Ericsson C905** \$250  
**SonyEricsson Vivaz Pro** \$270

### MOTOROLA PRODUCTS

**Motorola MT917** \$380  
**Motorola XT928** \$380  
**Motorola RAZR XT912** \$390  
**Motorola RAZR XT910** \$350  
**Motorola XOOM 2 Media Edition** \$400  
**Motorola XOOM 2** \$380

### HTC PRODUCTS

**HTC One X** \$250  
**HTC Mytouch 3G** \$230  
**HTC DROID Incredible 2** \$320  
**HTC Sensation XL** \$350  
**HTC Sensation XE** \$380  
**HTC Jetstream 32GB, Wi-Fi 4G LTE** \$560

### NOKIA PRODUCTS

**Nokia 808 PureView** \$550  
**Nokia N8** \$320  
**Nokia N9 Red 16GB Unlocked** \$350  
**Nokia N9 Red 64GB** \$400  
**Nokia Lumia 900** \$370  
**Nokia Lumia 920** \$400  
**Nokia Lumia 800** \$350

### LAPTOPS

**MacBook Air 1. 4GHz 11**  
**MacBook Air 1. 86GHz 13**  
**Macbook PRO 13 " 250GB, 4GB RAM** \$700  
**Macbook PRO 15 " 320GB, 4GB RAM** \$800  
**Macbook Pro 17 " 7500GB, 4GB RAM** \$1,050  
**Apple iMac - 4 GB RAM - 2. 5 GHz** \$550  
**Apple iMac - 4 GB RAM - 2. 7 GHz** \$650  
**Apple iMac - 4 GB RAM - 3. 1 GHz** \$700  
**Dell XPS M1330** \$750.00  
**Dell XPS M1710 17-inch Pro-Gaming Laptop** \$1,600.00  
**HP Pavilion G70-250US 17.0** \$350

**Sony VAIO AW270Y/Q Notebook** \$510  
**Sony VAIO CS204J/W Notebook** \$309  
**Sony VAIO NS290J/L Notebook** \$290  
**Sony VAIO VGN P530H/W E** \$308

**Sony VAIO VGN P588E/Q Notebook** \$336  
**Sony VAIO VGN P588E/R Notebook** \$405  
**Sony VAIO VGN-C210E/H 13.3** \$382  
**Sony Vaio VGN-CR120E/R Notebook** \$335  
**Sony VAIO VGN-FE890N/H 15.4** \$390  
**Sony VAIO® P Series Lifestyle PC** \$329

**Toshiba Qosmio X305-Q706 17.0-Inch Laptop** \$404  
**Toshiba Qosmio X305-Q708 17** \$750.00

### DIGITAL VIDEO/CAMERA

**Nikon D3S 12.1 MP Digital SLR Camera Body with Nikon EN-EL4a** \$2000  
**Nikon D800 Digital SLR Camera (Body Only)** \$1500  
**Nikon D3100 14.2MP DSLR Camera & 18-55 DX VR Lens + 16GB Dlx Kit** \$300  
**Nikon D3200 Digital SLR Camera with AF-S VR DX 18-55mm lens (Black)** \$360  
**Nikon D5100 16MP Digital SLR Camera and Nikkor AF-S DX 18-55mm Ed VR** \$450  
**Nikon D7000 Digital SLR Camera with Nikon AF-S DX 18-200mm VR lens** \$800  
**Nikon D5000 Digital SLR Camera with Nikon AF-S DX 18-55mm lens** \$350  
**Nikon D700 12MP DSLR Camera** \$1000  
**Nikon D3s Digital SLR Camera (Body Only)** \$2000  
**Nikon D3X Digital SLR Camera (Body Only)** \$1800  
**Nikon D90 12MP DSLR Camera+18-135mm Lens** \$500  
**Nikon D80 10.2MP Digital SLR Camera** \$540  
**Nikon D60 10MP DSLR Digital Camera** \$350  
**Nikon D300 12MP DX Professional DSLR Camera** \$600

**Canon EOS 1DX** \$2000  
**Canon EOS 5D Mark II 21MP DSLR Camera** \$1000  
**Canon EOS 450D 12MP DSLR Camera** \$650  
**Canon PowerShot SD950 IS Digital Camera** \$250  
**Canon PowerShot G9 Digital Camera** \$280  
**Canon EOS 450D 12MP DSLR Camera** \$450  
**Canon EOS-1Ds Mark III Digital Camera** \$1,800  
**Canon EOS 400D / Rebel XTi Digital Camera with 18-55mm Lens** \$600  
**Canon EOS 40D (Body Only) Digital Camera** \$750  
**Canon Digital Rebel XT / EOS 350D Digital Camera with EF-S 18-55mm Lens** \$280

## WE OFFER

Buy 5 get 1 free  
Buy 10 get 2 free  
Buy 20 get 4 free

### DELIVERY TIME

Within AUSTRALIA 2-3 days

### WARRANTY

We give 1 year warranty for every product sold. Our products are company class 1 tested and approved by Global standard organization of wireless industries.

### RETURN POLICY

Your satisfaction is our goal. Please inspect your order upon delivery. If for any reason you are not satisfied with your purchase, please return your merchandise within 90 days for a prompt and courteous exchange or refund, whichever you prefer. Please note: the item returned must be in its original packaging in saleable condition



**The Phone Company** (GB) Limited

**THE PHONE COMPANY (G.B.) LIMITED** is one of the leading distributors of mobile accessories in the Middle East UAE /UK /USA EUROPE and is a specialised supplier of Mobile phones (GSM and CDMA), Video Games, Apple Ipods, Iphone, Laptops and Games.

With high quality products, best service and a good reputation, we have won great support from customers, and have become stronger and more powerful. As a result. Therefore, the scale has been expanded, and we now have our own Trading Branch Offices. Specifically, we can supply Mobile phones (GSM and CDMA), Video Games, Apple Ipods, Iphone, HTC, Nokia / Sony Ericsson.

Moreover, we also offer all kinds of international brand OEM/ODM service. At present we export many goods to America, Canada, Europe, Africa, Southeast Asia and United Arab Emirates. We have established longterm, stable and good business relationships with many manufacturers and wholesalers around the world.

Presently, we are looking forward to even greater cooperation with overseas customers based on mutual benefits. Please feel free to contact us for more details. We ship and deliver to you within 2 working days of purchase through FedEx / DHL / UPS courier services to deliver to your door.

## Contact for Purchase.

EMAIL: [buybrandnewproduct@gmail.com](mailto:buybrandnewproduct@gmail.com)

SKYPE: buybrandnewproduct

GTALK: buybrandnewproduct





VITAMINS

50% OFF ~~RRP~~ on all **BLACKMORES**



SCAN ME



on all

50% OFF ~~RRP~~ **SWISSE**

EXCLUDES SKIN CARE RANGE & BIO NATURE OIL



SCAN ME

50% OFF RRP

<del>RRP \$3095</del> <b>\$1548</b> Blackmores Lutein-Vision 60s <sup>†</sup> each	<del>RRP \$6395</del> <b>\$3198</b> Blackmores Preg & Breast-Feeding Gold 180s <sup>†</sup> each	<del>RRP \$9398</del> <b>\$498</b> Blackmores Bio C Chewable 500mg 50s <sup>†</sup> each	<del>RRP \$5295</del> <b>\$2648</b> Blackmores Omega Triple Fish Oil 150s <sup>†</sup> each	<del>RRP \$3095</del> <b>\$1689</b> Blackmores Bio + Magnesium 100s <sup>†</sup> each
---	---	---	--	--

50% OFF RRP

<del>RRP \$2075</del> <b>\$1338</b> Swisse Sleep 60s <sup>†</sup> each	<del>RRP \$6995</del> <b>\$3498</b> Swisse Men's & Women's Ultivite Tablets 120s <sup>†</sup> each	<del>RRP \$8895</del> <b>\$1948</b> Swisse Appetite Suppressant 30s <sup>†</sup> each	<del>RRP \$2295</del> <b>\$1348</b> Swisse Hair VLD 100s and Caltrate 600mg 500U Plus 100s <sup>†</sup> each	<del>RRP \$4395</del> <b>\$2298</b> Swisse Deep Sea Krill Oil 500mg 60s <sup>†</sup> each
---	---	--	---	--

<b>\$1099</b> each Bioglan Vitamin C 50s <sup>†</sup>	<b>\$1999</b> each Bioglan Garlic+C & Horseradish 200s <sup>†</sup>	<b>\$2499</b> each Bioglan Red Krill Oil + Glucosamine 60s <sup>†</sup>
--	--	--

<b>\$1689</b> each Gastro Health Daily Probiotic 30s (Inc. Dairy Free) <sup>†</sup>	<b>\$2299</b> each Nature's Way Super Krill Oil 60s <sup>†</sup>	<b>\$2499</b> each Nature's Way Red Super Krill Oil 1000mg 30s <sup>†</sup>
--	---	--

<b>\$799</b> each Caltrate 600mg 120s <sup>†</sup>	<b>\$1099</b> each Caltrate 600mg 500U VLD 100s and Caltrate 600mg 500U Plus 100s <sup>†</sup>
---	---

<b>\$1099</b> each Cenovis Sugarless C 500mg 300s <sup>†</sup>	<b>\$1999</b> each Cenovis Echin, Garlic, Zinc & C 125s <sup>†</sup>	<b>\$2499</b> each Nature's Own Glucosamine 1500 with Chondroitin 120s <sup>†</sup>	<b>\$2199</b> each Nature's Own Ultra Krill Oil 1000mg 30s <sup>†</sup>	<b>\$1999</b> each Nature's Own Fish Oil 2000mg 200s <sup>†</sup>	<b>\$5499</b> each Musashi Lean WPI Protein 900g <sup>†</sup>
---	---	--	--	--	--

315 West St  
Umina Beach  
Ph: 4341 1488

**YOU save**

CHEMIST

be rewarded!  
**JOIN TODAY**



Monday to Friday - 8.30am - 5.30pm  
Saturday - 8.30am - 12.30pm  
Sunday - 9.00am to 12.30pm

on sale until 30/6/13