



Home destroyed by fire

A home in McEvoy Ave, Umina, was destroyed by fire on Sunday, December 8.

About 1:20am, Daniel Bruns, the occupant of the house awoke to the sound of the fire alarm with the rear of the house engulfed in flames.

The house was evacuated and fire brigade called.

Upon police attendance, the entire house was alight.

Fire brigade extinguished the fire and identified the ignition point to be a lounge at the rear of the house.

Mr Bruns, who was in the house at the time, along with his girlfriend said it was all completely accidental.

"I woke up frantic and knew something was wrong.

"I grabbed my girlfriend out of bed; she was like a 1kg weight I had that much adrenalin.

"We got out and we are very lucky but we lost everything except the clothes we were wearing to bed."

Mr Bruns said he also lost his best mate, a \$3000 Solomon Island collector's parrot who was lost in the fire, along with his cat.

"We've got to start fresh and hopefully 2014's a better year," said Mr Bruns.

"There's been a lot of generosity from around the community, especially Umina and the Peninsula itself."

Website, 17 Dec 2013

Brisbane Water LAC, NSW Police

Kaitlin Watts, 20 Dec 2013

Interviewee: Daniel Bruns



Business group may have to repay \$35,000

The Ettalong Beach Business Group may have to repay almost \$35,000 grant money if it cannot convince Gosford Council that it has the ability and capacity to manage grants totalling \$75,000.

Council was told last Tuesday that the group had repeatedly been late in supplying audited accounts, despite several requests to supply them.

The council's director economic and community development Ms Colleen Worthy-Jennings said that the council had not received audited accounts for 2012-13 nor any reports on the performance measures which were required under the grant conditions.

Attempts to meet with the group had also failed.

Ms Worthy-Jennings said the delays in receiving information and the inability to meet with the organisation's executive raised some concern regarding viability and capacity to complete the

projects planned and expend Council grant funds for the benefit of the Ettalong Town Centre and the community.

The council has decided it will not provide any further funding to the Group and will require repayment of the current total equity in the account if the Group cannot provide satisfactory information.

The Group will have until February 1 to provide clear evidence of its ability and capacity to meet all requirements under Council's grant policy and its business plan, or repayment would be required.

The Ettalong Beach Business Group won the grant when Council endorsed the provision of seed funding in April 2010.

Council would pay \$25,000 a year for three years, subject to the provision of audited accounts and approved business plans which measure progress against agreed key performance indicators.

Council at its meeting on July

3, last year, received a progress report and noted the Ettalong plan review dated October 2011.

At that time Council had received unaudited accounts for 2011-12.

In May, Gosford Council's director economic and community development Ms Colleen Worthy-Jennings wrote to the Group requesting the submission of audited accounts for 2011-12 and a revised business plan.

After repeated requests, the audited accounts 2011-12 dated August 14, 2013, were received on September 5 along with a Reviewed Business Plan dated August 2013.

The revised business plan provided an update on all projects originally planned and indicated that many of the projects had been delayed, some due to the foreshore improvements and others subject to ongoing negotiation with agencies including RMS and Council.

The projects completed were

the purchase and placement of flags on council provided poles and the website, which has had some development but it is indicated further work is to be undertaken.

A review of all financial reports 2010-11, 2011-12 and 2012-13 (unaudited) showed the principal income was from grants (mainly Council \$50,000) and the Ettalong Beach Festival.

Correspondingly, expenditure has been principally on the Festival with approximately \$5000 in total spent on the specific projects flags and website in 2012-13.

Income from membership appeared to be declining, \$970 in 2010-2011 and \$200 in 2012-13.

According to the report to council by Ms Worthy-Jennings, while council recognised the value of the members and their contributions to Ettalong, the business group must meet the criteria to receive annual funding of \$25,000 per annum for three years.

To satisfy the requirements of council's policy, it must present

a business plan each year that sets out anticipated activities for the year ahead, with agreed short term targets and key performance indicators; the extent to which KPIs have been achieved will influence future support by Council and within three months of the end of the financial year, the group must produce an audited set of accounts.

The revised Ettalong plan indicated a total anticipated expenditure of \$74,820 with a current total equity of \$34,236.20 in the unaudited 2012-13 accounts.

Since the receipt of the revised plan and accounts, attempts had been made by council to meet with the business group executive.

A meeting was arranged for December 5 but then cancelled by the group on that day and at the time of writing, Ms Worthy-Jennings said no further contact had been received.

**Gosford Council Agenda
SF.30, 17 Dec 2013**

Peninsula News

Community Access

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

Editor: Mark Snell

Commercial Operator:

Cec Bucello for Ducks Crossing Publications

Journalists: Kaitlin Watts & Lindsey Chu

Graphic Design: Justin Stanley

Sales: Val Bridge

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 334

Deadline: **January 3** Publication date: **January 7**

Email: 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, 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 2014 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 than five per cent monthly average

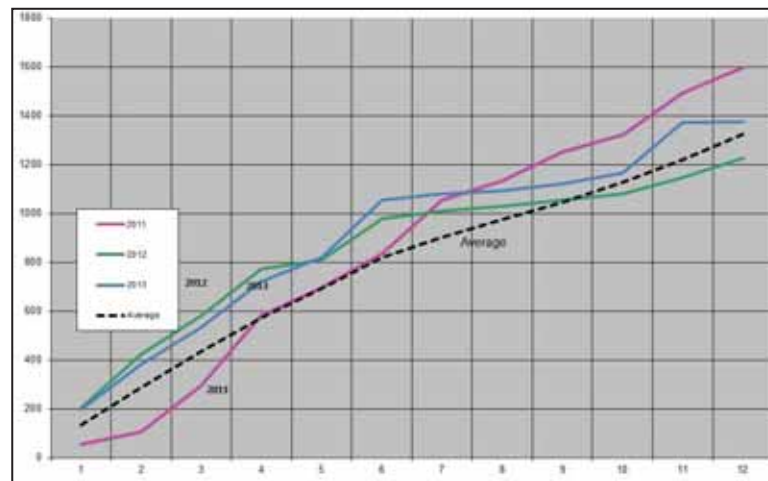
Only 4.3mm of rain have fallen on the Peninsula in the first three weeks of December, according to figures supplied by Mr Jim Morrison of Woy Woy.

The rainfall is less than five per cent of the monthly average for December of 104.3mm.

However, as of last Friday, December 20, the total for the year was slightly above average, with a cumulative total of 1375.1mm compared to the annual average of 1324.4mm.

If no further rain falls this month, this year's figure will be the lowest December rainfall in nine years.

In 2005, the monthly total for



December was 57.5mm.

All years since have had higher rainfalls.

Spreadsheet, 20 Dec 2013
Jim Morrison, Woy Woy

Your Chance to Win

Peninsula News and Taronga Western Plains Zoo in Dubbo are giving away one family pass valued at \$117.30.

The pass enables free entry for two adults and two children and is valid until December 2, 2014.

The winner of the family pass will get to see the newest arrivals at Taronga Western Plains Zoo in Dubbo including two giraffe calves, a quokka joey and a swamp wallaby joey.

To win the family pass to Taronga Western Plains Zoo in Dubbo, write your name, address and phone number on the back of an envelope and send to Peninsula News Taronga Zoo competition PO Box 1056, Gosford, NSW, 2250, by the close of business Friday, January 3.

The winners of last edition's Peninsula News Building Up competition were Bob Ball of Ettalong, L Forman of Kariong, E Waldmann of Gorokan, L Robertson of East Gosford and Anita Yates of Woy Woy.

Kaitlin Watts, 20 Dec 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.



www.duckscrossing.org



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 - **Website:** www.duckscrossing.org

Rates from
less than
\$2 a day!



www.peninsulanews.info



Prices set for Leisure Centre

Gosford Council has resolved to maintain the current fee structure for child, concession and adults at the Peninsula Leisure Centre.

Council also agreed to extend the charged child age classification from five to 16 years to five to 18 years of age inclusive.

Council, at its meeting of September 3, considered a Notice of Motion by Cr Hillary Morris regarding Student Admission at Peninsula Leisure Centre and Gosford Olympic Pool.

Council resolved that a report on the costs of creating an admission charge for any person holding a valid full time student card, with a view of including any new fee in the revenue policy for the 2014-15 financial year be prepared.

Council resumed management of Peninsula Leisure Centre in 2001 and, during this period the fees and charges available to patrons for entries, memberships or multi passes have been free for a child aged zero to four with an adult swimming, \$3.50 for a child aged five to 16, \$6.20 for an adult, \$4.30 for concession, \$18.60 for an adult gym visit and \$16.80 for a concession gym visit.

According to the report to council by director economic and community development Ms Colleen Worthy-Jennings, the issue regarding student access to the Peninsula leisure

Centre had been reviewed by management on numerous occasions historically.

"Due to the criteria in obtaining a student card for adults, example being student concession cards can be obtained whilst working full time, concession rates are only offered those under 17, pension concessions and holders of Australian Seniors cards," states the report.

"In addition, the criterion of what would be accepted as a suitable student concession card is extremely difficult to quantify.

"This then has the potential for conflict between patrons and reception staff where there may be disparity and misunderstanding in regards to validity of certain student cards.

"Changes within the NSW school system now require students to undertake Years 11 and 12 unless a fulltime trade apprenticeship or employment is gained.

"Therefore it is considered that the majority of students are leaving school at the age of 18.

"In consideration of this, council should increase its charged child fee classification from ages five to 18 years of age inclusive and in the fees and charges to be advertised in 2014, the ages should be changed to reflect this," states Ms Worthy-Jennings' report.

Gosford Council Agenda ECO.43, 17 Dec 2013

Tender let for cafe at Umina oval

A tender for the lease of the Peninsula Recreation Precinct restaurant-cafe has been awarded to Umina company Jasmine Greens Pty Ltd.

The Peninsula Recreation Precinct building was purpose built for a restaurant-cafe to operate at the facility under a deed of lease with the aim of the commercial lease being to provide

an ongoing source of funding to maintain the Peninsula Recreation Precinct including playgrounds, sportsgrounds and associated facilities; and increase patronage of the area and subsequent associated passive surveillance.

A Umina tender was also awarded for the management of the Ettalong Beach Reserve cafe-kiosk to Monique Keogh and Natasha Nicholson.

The Ettalong Foreshore Redevelopment involved the implementation of actions from the Ettalong Beach Foreshore Plan of Management (2007) including the development of a cafe-kiosk.

Construction works for the cafe-kiosk commenced in June and are expected to be completed early next year.

Gosford Council Agenda ECO.40 & ECO.41, 17 Dec 2013

Telstra expands 4G service on the Peninsula

Telstra will expand its 4G LTE wireless and mobile coverage throughout the Peninsula.

Speedy 4G services will be switched on in Blackwall, St Huberts Island, Bensville and Horsfield Bay.

Telstra country wide area general manager for Hunter and Central Coast Mr Chris Cusack said the expanded 4G coverage gives more locals across the

region mobile broadband speeds as fast as those in capital cities.

"Our 4G network coverage provides a reach that is now four times that of any competitor.

"The additional speeds and network capacity Telstra 4G offers supports both residents and local businesses in this area.

"The expansion of 4G also benefits our 3G only customers as 3G network capacity is freed up as customers migrate their data traffic onto our 4G service."

Telstra's 4G services made streaming movies, downloading music and internet browsing much quicker when on the go, with typical downloads speeds of between 2-50 megabits per second, he said.

Actual customer speeds may vary depending on a range of factors such as distance from the base station, local conditions, and the user's device.

**Media release, 26 Dec 2013
Chris Cusack, Telstra**

Empire Bay SUPER SPECIALS!

OPEN: 24HRS



Tip Top Sunblest Bread 650g or FoodWorks Best Buy Hot Dog or Hamburger Rolls 6 Pack

\$2.50 ea



Kraft Classic Dip 185g \$1.08 per 100g

\$2 ea



Smith's Chips 175g Selected Varieties \$1.14 per 100g

\$1.99 ea



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

\$2 ea



Coca-Cola Soft Drink Cans 18 Pack x 375ml \$1.63 per litre

\$11 ea



Peters Original Ice Cream 2l \$0.13 per 100ml

\$2.50 ea



Tru Blu or LA Ice Soft Drink 1.25l \$0.63 per litre

79¢ ea



Sorbent Toilet Tissue 6 Pack \$0.31 per 100 sheets

\$3.40 ea



Palmolive Dishwashing Liquid 500ml \$0.50 per 100ml

\$2.50 ea

Offers available from **Wednesday 25th December 2013 to Tuesday 31st December 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

The team at FoodWorks Empire Bay wish all of our customers a Very Merry Christmas and a Happy New Year!

FOODWORKS
Supermarket

News



Grace Wu and Anna Marcella

Women join volunteer exchange program

Two Woy Woy residents are among the newest members of a volunteer exchange program which has been trialled on the Central Coast since August of last year.

Ms Anna Marcella and Ms Grace Wu have recently become part of the 3,800 member strong program running across the Central Coast and Hunter regions.

Ms Wu came to the Central Coast area from China two years

ago and joined Timebanking as she was looking for volunteering opportunities and community involvement.

Ms Marcella is a keen traveller and has, over the years, learnt a number of languages.

After looking through the many offers on Timebanking, she came across Mandarin lessons and decided she would like to participate.

Ms Marcella contacted Ms Wu and both women agreed that a

casual, conversational approach would be suitable.

The women now meet each week for a couple of hours at Woy Woy Library.

The bonus for Ms Wu has been that she is brushing up on her English skills, while Ms Marcella learns Mandarin.

They have also become friends in the process.

**Email, 17 Dec 2013
Jane Tenney, Timebanking**

Rescuers answer call for help

Volunteers from Marine Rescue Central Coast received a call for help on Saturday, December 7, from a six-metre Haines Water runabout with four people on board.

The call was made at around 11am, with the boat stranded at Noonan's Point with water in its fuel.

Skipper Al Morris and his crew of Mark Sheehan, Paul Hanlon and Karl Liepa aboard rescue boat Central Coast 20 towed the vessel

to the ramp at Pretty Beach.

Early in the afternoon of Sunday, December 8, the rescue crew were further tasked to assist an 8.4 metre yacht in difficulty in Hardys Bay.

The two people on board had been out sailing but on their return, their motor failed at the entrance to Hardys Bay.

Central Coast 20 towed the yacht to its mooring.

**Media release, 8 Dec 2013
Ron Cole, Marine Rescue
Central Coast NSW**

Tender awarded for Cockle Bay sewerage

A tender for a sewerage project which would service Empire Bay and Bensville has been awarded to Mono Pumps (Australia) Pty Ltd by Gosford Council.

Council is investing more than \$2 million in the delivery of Pressure Sewerage Systems for unsewered households in the Empire Bay, Bensville and Kincumber South areas as part of the Cockle Bay Towns Sewerage

Project.

The contract will cover a five-year period, seeing 150 properties connected, with an option for a further five years as more properties elect to connect to the scheme.

Design of the 300-lot system has commenced and construction is anticipated to begin late next year.

**Gosford Council Agenda
WAT.31, 17 Dec 2013**



Timebanking and Volunteering Central Coast wish everyone a

*Merry Christmas and
Happy New Year*

Thank you to all the wonderful volunteers who offer their time and assistance to our community.

The Central Coast wouldn't be the same without you!

Give an hour and receive an hour back this Xmas with **Timebanking**.

Offer a guitar lesson and have your dog walked in exchange, teach someone a new computer skill and have your car washed. It's easy!

**Register now at www.timebanking.com.au
and become a part of an exciting new community.**

Sponsored by
Peninsula News
Community Access



Happy Holidays

BOURKE ROAD STORE

DON'T FORGET YOUR TICKETS!
SAT 4TH JAN LOTTO MEGADRAW \$30M

CHRISTMAS TRADING HOURS	
XMAS EVE	6.30am – 6.00pm
XMAS DAY	8.00am – 11.30am
BOXING DAY	8.00am – 1.00pm
FRI 27 DEC	6.30am – 7.00pm
SAT 28 DEC	6.30am – 7.00pm
SUN 29 DEC	6.30am – 7.00pm
MON 30 DEC	6.30am – 7.00pm
NEW YEARS EVE	6.30am – 6.00pm
NEW YEARS DAY	8.00am – 5.00pm

LOTTO MEGADRAW \$30M SAT 4th JAN
Normal trading will resume Thursday 2nd January 2014

PARKING AT THE DOOR!

We would like to take this opportunity to wish you and your family a Merry Xmas and happy New year, thank you for your support throughout 2013.
Matt, Michelle, Taylor, India, and staff!

BUGG'S FRESH SEAFOOD

Selling direct from Bourke Road Store
XMAS DAY FROM 8.00AM

Phone 4341 7149
174 BOURKE ROAD UMINA
www.thebourkeroadstore.com.au

DOWNLOAD OUR APP
"THE BOURKE ROAD STORE"

Find us on Facebook

Foreshore reserve available for Christmas

The Peninsula Chamber of Commerce is expecting that public access to the upgraded reserve area on Ettalong Beach foreshore will be available in time for Christmas.

Chamber president Mr Matthew Wales said: "This is ahead of schedule although we understand that the cafe-restaurant won't be fully completed for some weeks.

"Council has now appointed a local firm to operate the cafe-restaurant which is expected to be open for business sometime in March 2014 when the reserve area will be officially opened.

"Importantly for the Ettalong Beach village, the reserve will be open for use over Christmas which

is good news for local businesses and the Ettalong Beach Club.

"This has been a major project that has transformed the waterfront area with over \$5 million invested by Gosford Council and Federal Government in a highly successful joint project.

"The Chamber had lobbied for nearly 15 years to achieve today's result and we will now see the community and visitors to the area reap the benefit of the new facilities which include walkways, children play areas, new cafe-restaurant, re-nourished beach and safer car parking."

**Media release, 17 Dec 2013
Matthew Wales, Peninsula
Chamber of Commerce**



Just doing a few finishing touches



Seaspray



AUSTRALIAN ARGYLE DIAMONDS

PRECISION CUT

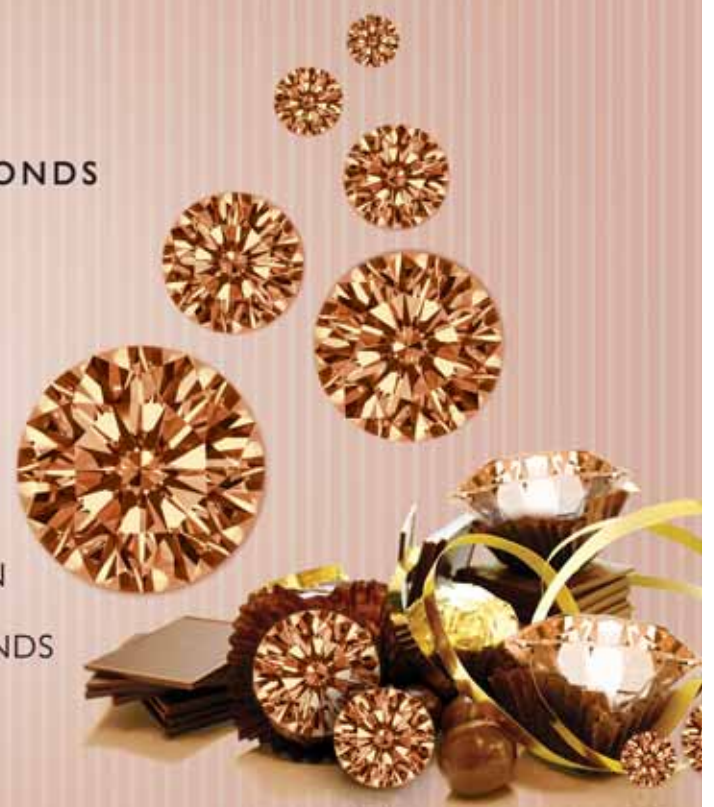
MY DIAMOND STORY

INDEPENDENTLY GRADED

BEYOND CONFLICT FREE

LASER INSCRIBED
FOR SECURITY PROTECTION

ETHICAL SUSTAINABLE DIAMONDS



SEASPRAY VALUATIONS & FINE JEWELLERY

314 West Street, UMINA BEACH, NSW 2257 | P.: 02 4341 2223 | 0422 974 021

E.: david@seasprayjewellery.com.au | www.seasprayjewellery.com.au



Wendy Whiteman accepting the award from Rob Stirling

Appreciated

The Cove Retirement Village in Daleys Point received a visit from Captain Rob Stirling of the Kariong branch of the NSW Rural Fire Service (RFS) on Saturday, December 7, to present a Certificate of Appreciation

for monies donated to the branch recently.

Mr Stirling spoke for some length about the work done and precautions to be taken in case of fire.

The Cove Retirement Village social committee convenor Ms

Wendy Whiteman accepted the award and gave praise to the committee for the hard work that they had put in over the year.

Email, 12 Dec 2013
Wendy Whiteman, The Cove Retirement Village Social Committee

Road surface ‘degraded’

A petition with 13 signatures has been received by Gosford Council from residents of Oak St, Blackwall, regarding the sealing of the road.

Residents stated that the surface has degraded badly over the years due to the fact that there is not enough clearance to negotiate a U-turn which then requires a three point turn for

vehicles.
The traffic consists of residents, people who do not realise it is a no through road, delivery drivers, garbage collection vehicles and service vehicles.
The residents further stated that after rain, large puddles further degraded the surface.
Gosford Council Agenda
P.35, 17 Dec 2013

Yacht requests assistance

The volunteers on radio duty at the Point Clare Marine Rescue Central Coast base received a call on Wednesday, December 12, from the skipper of a 9.4 metre yacht.

The yacht had two persons on board and requested assistance. It was stranded adjacent to the public wharf at Wagstaffe.

The on call boat crew of Norm Smith and Peter Ashworth was contacted and soon had the rescue vessel Central Coast 20 heading south to assist.
The yacht was towed to deeper water enabling it to proceed on its course to Broken Bay.
Media release, 13 Dec 2013
Ron Cole, Marine Rescue NSW Central Coast

Council offices closed

Gosford Council offices will be closed from Tuesday, December 24, to Wednesday, January 1.


Council will be open and will provide limited services on January 2 and 3 with council returning to normal operations on Monday, January 6.

Essential services will be maintained during the closure and

arrangements have been made to accommodate these requirements.
Council's Woy Woy service centre will be open from 9:30am to 5pm on weekdays when open during this period.
Customers are able to contact council on 4325 8222 for service emergencies.
Media release, 13 Dec 2013
Paul Anderson, Gosford Council

For the latest news on what's happening on the Peninsula see....

www.PeninsulaNews.info



- News • Education • Sport • Arts • Health
- Forum • Peninsula Diary • Web directory •

The Peninsula newspaper's website, a comprehensive collection of editions published to date

Sponsored by
Peninsula News
Community Access



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
- LCD TV, dishwasher, wall oven, hot plates & clothes dryer
- Catering to over 55's





peninsulavillage.com.au

UMINA BEACH • PENINSULA VILLAGE POZIERES AVENUE • COOINDA VILLAGE NEPTUNE STREET
Inquiries to our Independent Living Specialist • Freecall 1800 650 070 or visit the website.



SPRUCE UP YOUR HOME THIS SUMMER

at Peninsula Plaza



Win a \$1,000
Bunnings Gift Card
5 TO BE WON!

For your chance to win, simply spend \$20 or more in any store at Peninsula Plaza between 1 December 2013 and 31 January 2014, write your contact details on the back of your receipt and place it in the entry barrel. Winner drawn 3pm 31/1/14. Terms and conditions apply. See instore for details. Authorised under NSW Permit No. LTPS/13/09436

Live local, shop local

Woolworths & the best local specialty
stores with convenient parking

peninsula
PLAZA



48 - 64 Blackwall Rd, Woy Woy

Help for small business?

Members of the Federal Government are often heard to say that they want to help small business and I suspect that this is one area that politicians on both sides of the political divide would agree.

However, the opposite appears to be true when dealing with the government's revenue collection arm, the Australian Taxation Office.

Their role appears to be to collect any tax that's due at any cost, even if it means putting people out of work and businesses closing down to do so.

Having dealt with hundreds of different small businesses over the years as clients advertising in Peninsula News, it is pretty clear that most, if not all, proprietors have not skipped away to a foreign country to spend their earnings and thereby defrauding the ATO.

They are usually hard working people, working longer hours than any paid employees, if they have any, struggling to make ends meet, to pay bills as they fall due and to keep the business going.

This often means that GST received in their unwanted role as the Government's tax collector, for example, is used for rent, wages or to pay for stock, leaving the GST unpaid until other income covers it.

The ATO of course is not interested in any excuses if you fall

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

behind.

They fine you for a late BAS return and they'll gladly fine you more when you can't pay all the BAS due on your return.

If you fall behind, they'll insist on a promised payment plan to cover arrears and future BAS payments, even if income varies from week to week and a set amount cannot be promised.

If difficulties cause a payment to be missed, then they'll want the full amount within seven days, knowing full well that such a payment will be impossible.

This will then provide the trigger to be used as an excuse to commence legal action, adding court costs and interest.

I can understand this from a bank perhaps, and even they go to great lengths to avoid such proceedings.

But when the ATO does it, they have a reputation for being ruthless in the extreme and the final outcome is extremely damaging for the small business, its employees, suppliers, land lord etc.

In short, it's also a disaster for the economy and flies in the face of the government's supposed aim of helping small business.

To make matters worse, the ATO charges interest on any amount not paid by a due date of course.

While the current cash rate is 2.5 per cent, you would expect that, or something close to it, to be the rate charged by the ATO.

Of course not, what are you thinking?

They charge nearly four times that amount at 9.6 per cent making an outrageous 300 per cent profit, and not just monthly, but on a compounded daily basis to make sure that they get every last cent for the days within a month as well.

I don't think that even the banks are that greedy and that's saying something.

In fact the ATO is better off if everyone is late with their payments because they'll make more money on the ridiculous interest rate they charge than they would if they had received the money on time and used it for its intended purpose.

Email, 19 Dec 2013
Cec Bucello, Tascott

Would council be capable of analysing climate advice?

Forum

Gosford Council has used a standard template to assess Development Applications regarding climate change and sea level rise (Gosford Council agenda November 19, page 120).

The statement favours Gosford Council and expects climate change research to provide answers to specific minor single nominated development in the Gosford LGA.

To quote the statement, "Internationally, there is a lack of knowledge on the specifics of climate change and the likely impact it will have on the subject development".

To obtain a direct comment from a scientific organization, I asked the CSIRO for a response to the statement.

It is not difficult to believe that

the CSIRO responded advising that it is not in the business of supplying research for a single minor nominated development in the Gosford LGA.

The big questions are if the CSIRO or any scientific organisation could provide guaranteed climate change advice on this scale who would be capable of analysing the information at Gosford Council and would it change the Development Application assessment process?

The current process would inhibit scientific comment, not encourage.

Letter, 3 Dec 2013
Norman Harris, Umina

Future of live theatre is promising

The future of live theatre on the Central Coast looks promising.

After seeing a story in the Peninsula News about Umina Public School's production of The First Fleet, I decided to go along and see what was on offer.

Forum

Not being a parent, it was a good opportunity to see what is going on with the youth in our schools.

I was pleasantly surprised to see a very well-produced show with all the colour of the costumes and sets and rather good acting for Year 5 students.

The choir sang a good selection of original songs and the entire cast looked like they were thoroughly enjoying themselves.

It was obvious that a lot of

hard work went into the entire production with lighting, sound and organisation.

Congratulations to all involved, especially Mr Jeff Bonnor and the teachers who assisted.

Also a big thank you to Lyn Davis for allowing the public to see the concert.

I look forward to many more productions.

Well done, kids.

Email, 6 Dec 2013
Viv Donovan, Umina

**Stop smoking!
Control weight!
Release anxiety!
Lose your pain!**

Liz Macnamara
Clinical Hypnotherapist
loseyourpain.net
lizmacnamara.com
4341 0464



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
Web: www.lindaemery.com.au



Sponsored by
Peninsula News
Community Access

CCTAAS was established in 1998, and since that time has provided free, expert advice to tenants, and park residents of residential parks across the Central Coast.

Whilst there are a number of changes to the provision of advice due to the incorporation of Fair Trading with Services NSW, CCTAAS will be working closely with Fair Trading to ensure that tenants receive timely, current and relevant advice.

CCTAAS is available to advise tenants in complex matters.

In the first instance all tenants should contact Fair Trading on **133 220**. Should you require further advice CCTAAS can be contacted on **4353 5515** during advice times of 11.00 – 3.00 Monday to Thursday.

Live local, shop local



peninsula PLAZA



CIGARETTES TOBACCO CIGARS



**For a wide
range of
unusual
giftware**

Michel's patisserie



**Receive a FREE Coffee
when you purchase a
Xmas Pudding**
until sold out

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 Cut Just **\$15** - Womens' Cut Just **\$20**
Blow Dry from **\$25** - Regrowth Colour **\$60**
Colour from **\$60** - Half Foil from **\$60**
Full Foil from **\$110** - Japanese Straightening from **\$100**

Come and talk to us about your hairstyle

Monday to Friday - 9am to 6pm
Sat - 9am to 4pm - Sun 9am to 2pm

4341 5009

ANZ

**Thinking you'd like
to knock down your
credit card debt?**



**For all your banking Needs
Shop 2 Peninsula Plaza Shopping Centre**

Amcal

Expert advice for every Australian.

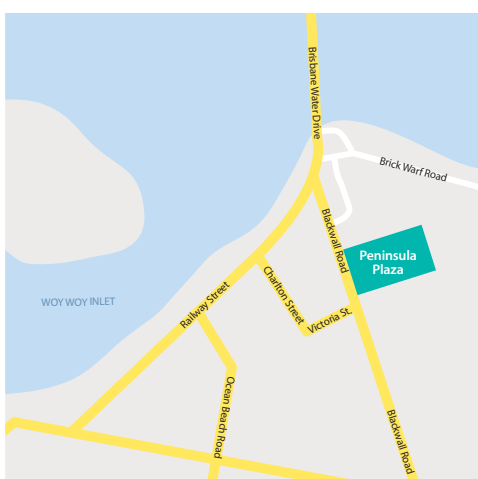


You rewards
enjoy the benefits

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



Your Health Shop



peninsula PLAZA

Blackwall Road, Woy Woy

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

Smoking at plaza entrance contravenes law

I would like to bring your attention to the problem with smokers gathering around the two most-used access points of the Deepwater Plaza.

When entering or leaving, patrons are forced to walk through other people's smoke.

The No Smoking signs seem to be a magnet for a place for smokers to congregate.

The management should ensure the laws are policed.

The worst is at the Gloria Jeans smoking area, right at the main entry - the door most people use.

No smoking signs are on the pillars with smoking allowed at tables nearby.

NSW Government Laws that came into effect on January 7 state that the smoke-free areas were chosen as they are public outdoor places popular with children and families, or which can be crowded, or at which there is limited opportunity to avoid second-hand

Forum

smoke.

Smoking is now banned in the following outdoor places: Within 10 metres of children's play equipment in outdoor public spaces; spectator areas at sports grounds or other recreational areas; swimming pool complexes; railway platforms, light rail stops, light rail stations, bus stops, taxi ranks and ferry wharves; and within four metres of a pedestrian access point to a public building.

There is no safe level of exposure to second-hand tobacco smoke which is the smoke which smokers exhale after inhaling from a lit cigarette.

In adults, breathing second-hand tobacco smoke can heighten the risk of cardiovascular disease and lung cancer and worsen the effects of other illnesses such as bronchitis and asthma (extract from NSW Government website <http://www.nsw.gov.au/news/new->

laws-come-effect-smoke-free-outdoor-areas).

The smoking tables are less than four metres from the entry passage and sit right on a pedestrian path that is not four metres wide, making it impossible to comply with the law.

As a considerable number of the patrons of Deepwater Plaza are elderly, a fair proportion have lung problems and could be affected greatly by the current arrangement.

Gloria Jeans should consider the public health and consider moving or eliminating smoking tables.

As for the best way to access the great retailers of Deepwater Plaza, I go through Priceline (now thankfully they have re-opened the side door) or the liquor store entrances.

I would be interested to hear what others think on this matter.

Email, 12 Dec 2013
Jim Brooks, Woy Woy

Use school crossing money for Lone Pine Ave

Forum

Out of school crossing hours, I have never seen anyone at all use this pedestrian crossing.

By installing these traffic signals, you have another set of signals 70 meters further on at the intersection of McMasters Rd and Ocean Beach Rd.

Two sets of lights within a small space would cause gridlock, especially when every single child would have to stop the traffic flow to cross safely.

Leave the lady in charge of the crossing to carefully control the safe passage of the children to and from school.

One also has to consider the cost of these lights.

Surely this waste of taxpayers' money could be better managed by improving the disgraceful condition of the Peninsula roads.

If the RMS wishes to ensure the safety of pedestrians, then have a good look at the pedestrian crossing located at Lone Pine Ave and Ocean Beach Rd.

Now this is a dangerous crossing.

I have witnessed pedestrians actually being struck by cars failing to take the necessary precautions when approaching this crossing.

People are continually running the gauntlet attempting to cross there.

Vehicles do not slow down when approaching this crossing, and pedestrians are very cautious when doing so.

Email, 8 Dec 2013
Ventry Bowden, Woy Woy

Beach wheelchairs good start

The provision of beach wheelchairs at Umina is a good, if belated, step in the right direction.

On Spanish beaches many

Forum

years ago, I saw beach crutches and other aids for disabled swimmers as well as the

wheelchairs, so we still have some distance to go here to respond to the needs of handicapped citizens.

As our population ages, it will become increasingly important to make recreational facilities available to users with diminished mobility, and, given that our beaches are an iconic feature of our outdoor life, this would be an ideal place to start with a full-scale effort to extend access to users of all ages and abilities.

Email, 13 Dec 2013
Bruce Hyland, Daleys Point



**Got a Business! Got MYOB!
Got Questions!
Bring Your Books &
Bring Your Laptop!**

**\$25 per hour – 7.00 – 9.00pm
Every Monday Evening**

20 Years' Experience with
Small Business Management
Friendly Environment – Coffee Included!

**The Entrance Business Centre
217 The Entrance Road
The Entrance NSW 2261
TF: 1300 881 435**

Computers available if required -
Enquire as to how to bring your file on USB...

Email your expression of interest to
joy@booksinamess.com.au



**Animal Welfare
League - Central
Coast Branch**

**AWL is an animal
welfare charity,
caring for animals on
the Central Coast**

We sell quality second-hand
furniture, clothing, books,
toys and Bric-a-Brac at
reasonable prices.
Donations gratefully
accepted and we
can pick-up locally.

Enquiries: 4344 6650
or 4344 4435.

Shop 2, The Boulevarde,
Woy Woy

Margin's Mushrooms

Farm: 4341 3003 Home: 4344 2468



ATTENTION GARDENERS SPECIAL PROMO OFFER!

Prepare your garden for Summer!

\$50 deal gives you:

- 10 blocks of mushroom compost
- Free delivery Peninsula - Gosford
- + a freshly picked bag of mushrooms.

Constituents have been short-changed

I am following up on my paid announcement on page 9 of Peninsula News (December 9) where I exposed the plight of the Lemon family on behalf of Mr and Mrs Lemon whose son James was surprisingly refused admittance to our brand new 30 bed rehabilitation wing at Woy Woy Public Hospital.

I set aside my work to attend an alliance meeting and then made some urgent phone calls to several politicians who were only too keen to be in the media and accept ownership of the return of our stolen community medical amenity in the run up to both State and Federal elections.

I was attempting to find out why there is an age restriction (over 60) to be admitted.

Being told by employees of our elected representatives, there are protocols in place is nowhere near an honest answer ministers.

The Woy Woy Public Hospital Alliance, with the help of several thousand community members, fought for and won the return of an important medical amenity.

The facility was in place to serve our community's children, parents and grandparents who, from time to time, need the care such amenity was providing to Woy Woy Peninsula locals, and importantly, the easy access and support from family friends and life partners.

Do not dare waste my people's time by referring their request for your answers, ministers, back to NSW Health.

We did not vote for NSW Health management, this is your own very political issue.

Forum

Those NSW Health people are on the record as having a credibility problem, being involved as they were in proactively supporting the politically motivated removal of our rehab, causing the unconscionable loss of valuable jobs.

So many local nurses and medical practitioners, many of whom had moved into the area to be close to work, were cut down by job losses which forced many to move elsewhere.

My readers should make it clear to our politicians Lucy Wicks, Deborah O'Neill, Chris Holstein, Jillian Skinner and our new member for the Central Coast, another local, by forwarding the published newspaper information with an accompanying letter.

We the peoples expect what we fought for to be in place at Woy Woy.

What is obvious to me is, as constituents, we have been short changed.

Please don't wait for the issue of restricting an important rehabilitation service to only people considered geriatrics to find its way to the streets.

James Lemon's best recovery needed the access he has been denied since August.

This could have been sorted with a phone call from Health Minister Jillian Skinner way back in September.

The Woy Woy Public Hospital Alliance and their supporters were not expecting to be ambushed by such an offensive political sin against the peoples.

Email, 18 Dec 2013
Edward James, Umina

The widely promoted replacement of our Woy Woy Public Hospital Rehabilitation Wing with a brand new 30-bed wing for the Woy Woy Peninsula was opened with much chest-beating by Liberal and Labor politicians alike.

It happened because several thousand locals stepped up and supported the Woy Woy Public Hospital Alliance; citizens who simply refused to accept the

Very special postman is missed

Forum

We had a very special postman for many years.

Sadly, our much loved postie Bob Horne, of Kincumber, died very suddenly a few weeks ago.

Until then, the mail was always on time for Patonga and Pearl Beach.

Items too big for letter boxes were hand delivered, out of the rain and wind, to a safe location.

He knew everyone and he was a very kind and generous person and now greatly missed.

Since then, so much mail has gone missing.

Australia Post has received many complaints and given apologies.

This does not help to find lost medical reports, bank cards, cheques, parcels, motor registrations, tax refunds, lost or not delivered to the residents of Pearl Beach and Patonga.

If anyone finds mail, I hope they will take it to their nearest Post Office.

Letter, 11 Dec 2013
Jocelyn Maughan and
Robin Norling, Patonga

Computer Guy

WE FIX
COMPUTERS!

4320 6148

Forum

insistence of so many politicians local, state and federal: "Your rehab is gone. It is no longer viable. It will never be returned to Woy Woy. There is bus access to Kanwal where Wyong Hospital is located."

My son James, who is 41 years old, has problems such as osteoporosis which were outlined in last fortnights Peninsula News on (page 9, December 9).

His disabilities, including the need for a special diet and assistance when communicating with doctors means he depends heavily on Judy and I to remain as a functioning member of the community.

Since he fell back in August, breaking his femur, he is becoming increasingly tied to the bed, because we can't provide the physiotherapy needed to aid in his full recovery.

Why is it an important local medical service which we were led to believe was returned to the Woy Woy Peninsula community, is not available to our children, parents and grandparents unless they are over 60 years of age?

All of these people, irrespective of age, may from time to time need the special service of inward rehabilitative care, supported in recovery by the easy access for friends and family.

We were given assurances as part of several political campaigns during both the State and Federal elections that the rehab would be returned to us.

Our son is not recovering as well as he should because he is being denied the best Australia and Woy Woy Hospital has to offer, because of some arbitrary age restriction being in place; a restriction which was hidden by the agreed removal of the word "geriatric" from the title of the new 30 bed wing.

The Alliance were flat out angered by the government's attempt to downgrade an important medical service which was stolen from us six years ago.

Our son James needs the physiotherapy which Woy Woy rehab is equipped to provide, and our involvement and assistance to help him recover well.

He needs us to be on hand to liaise with hospital staff and importantly provide his special diet.

We were not able to drive to Kanwal with his meals.

It is apparent there has been a downgrading of our very important medical amenity by stealth.

Email, 16 Dec 2013
Allen Lemon, Umina

Merry Christmas and a happy New Year from all the staff



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

Advertisement

Chris Holstein MP

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

Dedicated band had superior standards

I was one of the dedicated band committed to being present at the Remembrance Day Service at Memorial Park, Woy Woy, on November 11 at 11am.

Well done to those who

Forum

contacted the Peninsula News to express their disappointment with the local RSL Club for cancelling the service and to the Peninsula News for its worthwhile front page

story. I have made it known to Anzac House that there are local veteran and community members whose standards are superior to the local RSL branch.

Letter, 3 Dec 2013
Norman Harris, Umina

Council should show it cares

Forum

I do applaud the council and the system they have devised for the collection of unwanted household goods-building materials etc.

The downside of this is those that choose to haphazardly pile all sorts of rubbish over the footpaths without the required notification to council for pickup.

With the Peninsula not getting its duty of care from the council, the footpaths are already not very well maintained.

Outside the council depot is a

prime example. Roundabouts and median strips are sprouting all sorts of weeds and green spaces need a spruce up. The Peninsula has always been, and I hope will remain, a great tourist attraction for holidaymakers and day trippers. Let the residents see that the council cares about the Peninsula. Email, 15 Dec 2013
Genny Murphy, Woy Woy

Umina Chiropractic Centre

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

Peace and goodwill to all

I was standing and leaning forward over a 4 year old child who was laid out on my clinic assessment table. Mum was observed in my lateral vision. The child's head was cradled in my hands with clear and bright eyes gazing intently upward and peering directly at my face. Without provocation and with absolute earnestness she simply stated: 'My what big nostrils you have.' This brought her mum and I unstuck and for some time we both laughed, and then for the whole day, smiled, as the thought of that moment recurred. What I am stating is that so much joy can come from such a simple and delightful moment. The current understanding of the human brain allows us to know that certain transmitter chemicals are released under the influence of joy, peace, goodwill etc. These neurotransmitters are predominantly released into the frontal lobe on the right side of the brain. The effect of this allows our higher cortical functions to dampen the effects of our reactive and protective mid-lower brain that is responding to the

'stressors' in our environment. In a practical sense, the effect of positive feelings drives a normalisation of all systems, most notably the muscle system of the spine. This would normally 'fire up' into protection and thus, like a series of hydraulic rams, alter normal spinal alignment and cause yet further noxious information to drive yet more spasm and likely, pain. Sounds kind of familiar...doesn't it? Chiropractors adjust spines and share positive lifestyle advice on a regular basis because stress is the common denominator and is present on a regular basis. The effect of this heightened 'tone' of the great muscles of the spine is that they require large amounts of fuel, especially iron, magnesium, glucose, oxygen etc, all carried by your blood, so... this means a significant increase in heart rate, blood pressure and respiration, usually short and shallow. Yet there is more - our gut function and reproductive systems become suppressed and less functional. Maybe the effects of a decrease in a true sense of joy and the ripple effect of this could be responsible for many diseases

and needed technologies that are a direct result of a changed state of body function. To list a few in broad terms - cardiovascular disease, respiratory pathologies, GORD (reflux), osteoarthritis, infertility, diabetes and likely, some forms of cancer. The message - As the year 2014 approach's please be aware that it will likely be 'same, same'. However, the greatest advice that I can share with you is this: *'Pain is inevitable (physical & emotional) - misery, an option'* Approximately 2,000 yrs ago, a baby called Jesus came and set the example of how to live a quality life. Whether you are religious or not, please take time to ponder the characteristics of this man, after all - is not this what Christmas is all about? Peace and goodwill to all the wonderful folk of the Peninsula from all of us at The Umina Chiropractic Centre.



Chiropractic; safe, gentle and effective for all the family

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

Labor sour grapes

The Forum (Peninsula News, December 9) is full of Labor sour grapes.

John Hale is wrong. John Singleton endorsed Laurie McKinna and directed preferences to the Liberals. McKinna got 7763 votes of which 3361 actually preferred Labor (43 per cent) which is higher

Forum

than Labor's primary vote of 34.8 per cent - source, AEC web site. Labor struggles to accept the democratic rights of the people. Email, 13 Dec 2013
Godfrey Franz, Killcare

Snakes in Prattley St

My wife and I live in Prattley St, Woy Woy.

Last year, we had a metre long green snake in our yard. Now this year, we have had a baby brown snake in our yard. The brown snake was about 40cm long but unfortunately, I didn't have the equipment to catch

Forum

it. Although a brick fell on the snake's head, I was not going to take a chance with all the other units around. Email, 21 Nov 2013
Pete Crisp, Woy Woy

EARLY SKIN CANCER DETECTION SAVES LIVES

BULK BILLING
CALL FOR AN APPOINTMENT

4341 9911

Dr JP Caska & Associates

VIDLER AVE
SKIN CANCER
CENTRE

for information visit our new website @
www.theskincancercentre.com.au

7 Vidler Ave, Woy Woy
We are conveniently located next to Brisbane Waters Private Hospital

Fresh turf for child care centre

Umina Child Care Centre is one of 15 schools and community groups across Australia identified as needing a green makeover and will now receive fresh turf in the New Year for free.

This is the second year of the

Perfect Patch of Green initiative between peak body Turf Australia and Junior Landcare.

Mardi Park Turf is donating the turf to Umina Child Care and will also lay the turf, ensuring the success and longevity of the area.

Umina Child Care will receive turf over an area of 44 square metres

in the two to six-year-olds outdoor playground.

This is a space where children and educators can simply enjoy 'being' and watch the grass grow, the ants walking up a blade of grass, roll around and relax while providing a sensory release or a place to lay down and watch the clouds and observe nature.

Early childhood educator and director Ms Sandra Luxford said: "As educators we have strong philosophical beliefs and understandings about the natural world and the sensory benefits it provides the children."

"We see the outdoor world then as an extension of the early childhood classroom (the natural classroom,

a place where worthwhile and meaningful lessons can be taught and discovered by mother nature).

"Preparing, planting and marinating the turf within our outdoor environment will provide an abundance of hands on learning experiences and opportunities for the children and educators.

Media release, 18 Dec 2013
Vivienne Reiner, Landcare Australia

College hosts mock interviews

Brisbane Water Secondary College Umina campus has recently hosted mock interviews for its Year 9 students.

The mock interviews were a three-day process where over 300 Year 9 students were interviewed by a panel of community members.

The panel consisted of business owners, retired teachers and volunteers from community groups and employment agencies.

Students spent several weeks during English classes preparing for the interviews by devising resumes and writing cover letters geared towards specific job advertisements.

On the day, the students attended the interview and had a "real life version" of what the interview process was all about.

They were then provided with feedback from the panel of two to three members.

The students and panel members had an opportunity to evaluate the process after the event.

Brisbane Water Secondary College Umina campus careers

advisor Ms Nerrida Vallack-Lewis said many of the panel members were so impressed with the students that they wanted to employ them themselves.

"The students found the experience so useful and beneficial that they left feeling comfortable and well informed," Ms Vallack-Lewis said.

"This was a great experience for our students and an opportunity for our community to see how dedicated and focused our students are.

"The English staff did a wonderful job preparing the students and the day exposed the students to a mock but real event.

"We hope the day gave students an opportunity to see what the interview process can be like and what they can do further to improve their chances of future employment.

"This is the first time I have been involved in something like this and the students left the interviews beaming, proud of themselves and their efforts.

"They valued themselves personally and took tools with them that will help them in the future."

Email, 6 Dec 2013

Nerrida Vallack-Lewis, BWSC Umina



"You can't help getting older, but you don't have to get old"

- George Burns.

At Juel Occupational Therapy our clients are our jewels and our warm, unique and client-centred approach to providing Occupational Therapy (OT) services keeps us at the forefront of professional health care on the central coast.

What is Occupational Therapy?

OT is aimed at promoting health and wellbeing through occupations of everyday life. The primary goals are to provide the necessary tools, therapy and assistance for clients to improve their wellbeing and increase the longevity of independence and safe living in their own home.

Occupational therapists (OTs) are health professionals trained in the medical and behavioural sciences including neurology, anatomy, psychiatry and psychology. OTs help people across the lifespan, participate in the things they want and need to do through the therapeutic use of daily activities.

The Recon program

As part of our zest for improving the lives of others, we have created a specialised program focused on senior members of the community.

Recon is a reconditioning program addressing functional deterioration in the elderly. The community based program, which runs in 10 week blocks, utilises everyday occupations and tasks of daily living as the foundation to set and achieve individualised goals in relation to physical, mental & social aspects of health. The program also aims to equip participants with the skills, ability and confidence to advance their independence in everyday living and improve their state of health and wellbeing.

Each session is uniquely designed for the needs of each participant and runs for two hours under the support and guidance of an Occupational Therapist and their aid. Groups currently are conducted in East Gosford, Kincumber, Umina and Bateau Bay.

The Recon program strengthens our participants' confidence in daily activities, improves mental health and provides practical education on health and nutrition. In order to achieve maximum independence in everyday living, Recon helps to improve our clients' physical skills leading to a reduction in falls in the home and in the community. Recon challenges and maintains optimal cognitive functioning, aiding in the prevention of dementia and fosters close relationships, lessening the effects of social isolation.

Why choose Juel OT?

Much more than your average day centre, our specialised OT Recon program is changing the lives of senior citizens living on the coast. We're empowering our clients to live the best life they can by providing the skills to gain back confidence and connecting them with other people in similar situations. All our staff at Juel OT, from the OTs and assistants, to our friendly support staff, are passionate about their work and genuinely care about their clients. Juel OT is a place where clients can feel safe, supported and important — and we believe that such an environment provides the best results for our wonderful clients.

Speak to your GP today about referring you to Juel Occupational Therapy or contact Janelle or Kim, in our office on 4333 6100 for more information



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

Fundraising starts for bowling green

Hammond Care Woy Woy assistant manager Ms Amber Miller participated in the recent City to Surf event in a bid to kick start fundraising for a new bowling green for the centre.

The new bowling green is estimated to cost \$6000 and Ms Miller's participation in the City to Surf saw her raise \$1270 towards the project with the help of Club Umina.

The idea of the new bowling green was inspired by the purpose-built artificial grass bowling green at Hammond Care's Hammondville location.

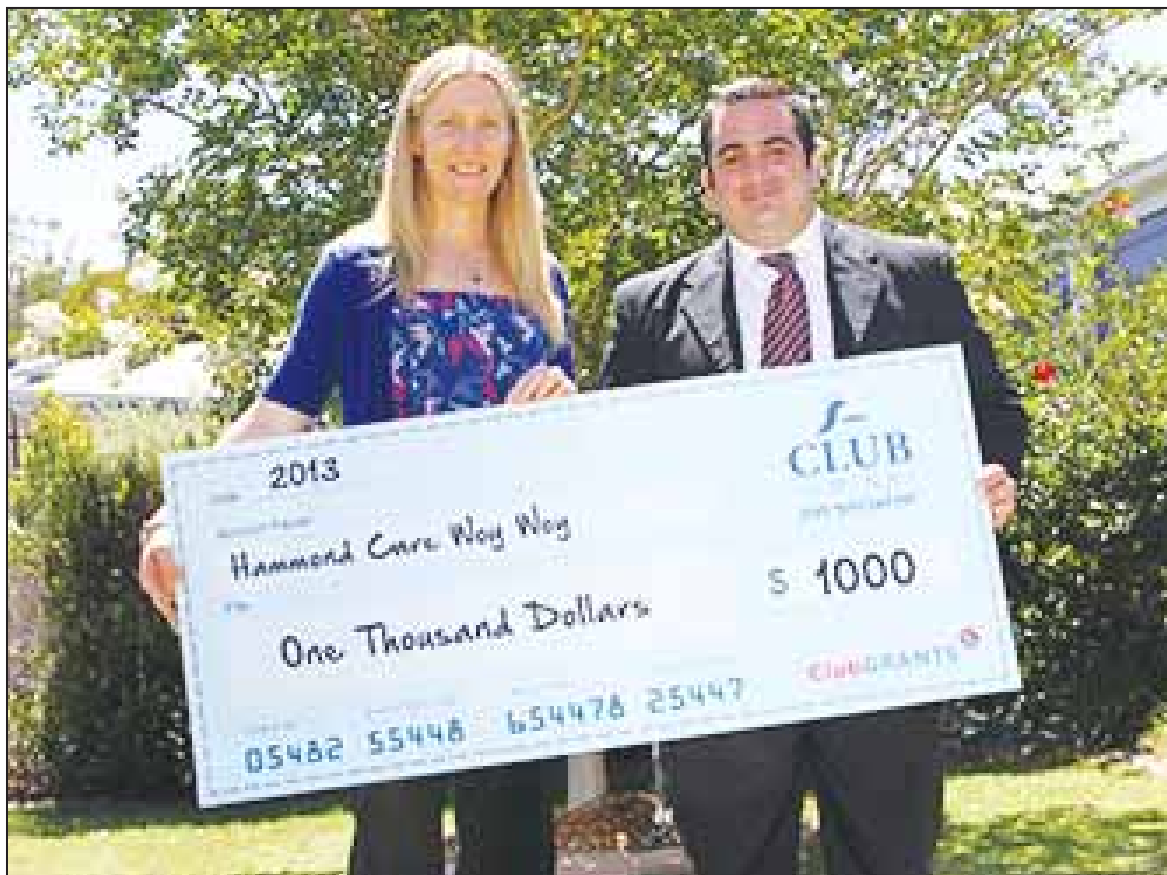
Many of the Woy Woy residents, who suffer from dementia, currently enjoy playing bowls in an area of lawn between some of the dementia cottages.

Ms Miller said she hoped other sponsors might see the opportunity to help make the bowling green a reality.

"Many of our residents with dementia enjoyed bowls in their past lives and to be able to play again, in a safe and supported environment, brings back fond memories and offers a great way for them to interact with family and friends," Ms Miller said.

Email, 5 Dec 2013

Peter Hallett, HammondCare



Hammond Care Woy Woy assistant manager Ms Amber Miller with Evan Spiros of Club Umina

WEIGHT LOSS



Safe Easy Effective
Including free
MP3 files

Call NOW

1300 440 163

www.thejuliemacpractice.com.au

HYPNOSIS

WHAT'S IMPORTANT ABOUT YOUR FULL DENTURES?

good form and appearance?.....comfort?.....stability?.....security?

...or do you just want to be able to EAT COMFORTABLY?

IF YOUR FULL DENTURES DON'T MEET YOUR EXPECTATIONS.....

.....Then modern implant techniques carried out by a suitably trained and experienced dentist can be your solution.

**2 Implants and new lower denture
\$ 4990**

(Subject to initial examination and assessment)

**NOTE: WE DO NOT USE
TEMPORARY "MINI IMPLANTS"**



SOUTH STREET DENTAL Umina Beach

Dr Mario Reznik Dental Surgeon BDS 1st Class Honours (Syd)

Diploma Clinical Dentistry-Oral Implants (Syd)

52 South Street UMINA BEACH 2257

Ph: 02 4344 6699

www.southsreetdental.com.au

Bowling team raises \$10,000 for Movember

A team from Ettalong Bowling Club has raised over \$10,000 for this year's Movember charity.

The team, which was led by captain Paul Wyborn, originally aimed to reach a total of \$4000 by holding events such as raffles and bowling days.

Throughout the month of November, the team attempted the Wine and Dine Challenge against 55 teams from all over Australia comprising hospitality staff.

The challenge itself raised over \$105,000 and the team from Ettalong finished fourth with a total of \$10,350.

Team member Mr Ken Dixon said: "The team acknowledges that their feat would not have been possible without the support of the community."

Mr Dixon, fresh from being named Man of Movember by the club's patrons, also earned the Wine and Dine Challenge's prized title of Best Mo.

Mr Dixon's moustache was chosen from 414 competing moustaches.

He earned himself a trophy

and bragging rights until next November.


"The guys have vowed to be back next year, with high hopes of smashing this year's total," Mr Dixon said.


Movember raises funds towards the fight against prostate cancer, testicular cancer and men's mental health issues.

Email, 17 Dec 2013
Ken Dixon, Ettalong Bowling Club



Paul Wyborn





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



Wishing you a very Merry Christmas and a Happy New Year

It's Christmas



Can you hear the reindeer on the roof?

Don't worry if you can't
we offer free hearing tests!*

* Terms and conditions apply

"We will beat any written quote"

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

penninsulahearing@gmail.com

www.penninsulahearing.com.au

Shop 6, Berith Street
Umina Beach

Ph: 4342 9736

Penninsula Hearing
"We are hear for you"



Education



Students receive leadership and teamwork awards

Two students from Brisbane Water Secondary College were awarded an Australian Defence Force (ADF) Long Tan Leadership and Teamwork Award for 2013 at the school's award ceremony on Monday, December 16.

Year 10 student Indigo Verhoeven and Year 12 student Aleisha Ford were two of 1199

NSW students to receive the award.

Head of Cadet, Reserve and Employer Support Division Major General Paul Brereton congratulated the students and said to have so many young Australians recognised by their schools for contributing to their local community and demonstrating leadership qualities is outstanding.

Students in Years 10 and 12 were recognised with awards of \$250 and \$550 respectively, along with a certificate of merit designed to highlight the achievements of these young leaders.

The awards also seek to raise the awareness of the ADF throughout the Australian community, and the value that we place on positive leadership and effective teamwork within the ADF.

The 2013 Long Tan Leadership and Teamwork Awards have seen 3506 students from technical colleges, high schools and education centres, around Australia, receive this annual commendation.

"This year, as with previous years, we have seen an enthusiastic response from secondary colleges across the country," said Major General Brereton.

"To be able to commend the efforts of exceptional young Australians through this award is fantastic," he said.

Media release, 12 Dec 2013
Annie Field, Progressive PR

Formal farewell to Year 6

Pretty Beach Public School held a formal farewell for its Year 6 students on the evening of Tuesday, December 10.

"It was a beautiful evening full of fun and excitement as we celebrated with our Year 6 students their primary school achievements as well as the exciting new phase of their lives entering high school," said Pretty Beach Public School relieving principal Ms Jane Rees.

"As I have stated many times before, I am constantly impressed with the maturity and respect that is shown by our Year 6 students – their capable and confident ways are so rewarding for us as teachers and it is very reassuring to know that our future is in such great hands."

Newsletter, 12 Dec 2013
Jane Rees, Pretty Beach Public School (relieving principal)

Canteen volunteers wanted

Pretty Beach Public School is currently seeking expressions of interest from potential volunteers to help out in its canteen next year.

Relieving principal Ms Jane Rees said it was not possible for the canteen to operate without volunteer assistance.

"To ensure our canteen can operate in 2014, it is essential we have parent and carer volunteers," said Ms Rees.

"Thanks go to Vera Simpson and Betty Thomas who have volunteered each week to work on canteen day.

"Our thanks also go to Michaela Hofer for her assistance as well.

"We are currently seeking expressions of interest from potential volunteers who would be able to donate some time to help our children and our school," said Ms Rees.

For more information, phone the school on 4360 1012.

Newsletter, 12 Dec 2013
Jane Rees, Pretty Beach Public School

Ettalong Podiatry

Family and Sports Podiatry

10% OFF NEW CLIENTS ONLY
VALID UNTIL 28/02/14 - MUST PRESENT VOUCHER

- Kids Assessments
- General Footcare
- Diabetic Footcare
- EPC Care Plans
- Orthotics
- Sports Injuries
- Veterans' Affairs

4344 4340
After hours appointments available on request.

Mark Muler
Principal Podiatrist

2/19-21 Broken Bay Road
Ettalong Beach NSW 2257

www.ettalongpodiatry.com.au

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 WON'T 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

Let your smile shine through

- General Dentistry
- FREE Implants Consultation
- FREE Invisalign Consultation
- Braces (Fixed Orthodontics)
- Cosmetic Dentistry
- Teeth Whitening
- Wisdom Teeth Removal
- Full teeth on 4 or 6 implants
- OPEN TILL LATE AND SOME SATURDAYS

PRESENT THIS VOUCHER TO RECEIVE ONE OF THE FOLLOWING:

- ✓ Free Laser Oral cancer screening with your check up and clean (new patients only)
- ✓ Free Full mouth Xray with your check up and clean (new patients only)
- ✓ \$160 for check up, clean and Fluoride application (children under 18)
- ✓ \$1000 off Dental implants and invisalign

Ph: 4341 1751 www.advanceddentalservices.com.au 109 Blackwall Road, Woy Woy - email: woywoy@advanceddentalservices.com.au

Woy Woy PS grows its own produce

Woy Woy Public school has applied to be part of the Stephanie Alexander Kitchen Garden program next year which would allow the

school to have its students more involved in producing produce and learning how to make healthy meals out of what they have grown.

"Our school vegetable garden is starting to produce lots of fresh, healthy vegetables and these are now being sold to our school community for a small price," said

Woy Woy Public School principal Ms Ona Buckley.

"The money raised is put back into our garden by purchasing seeds and other supplies for our

garden to continue the growth cycle," she said.

Newsletter, 26 Nov 2013
Ona Buckley, Woy Woy Public School

New disabled car parking spaces

A number of new disabled car parking spaces have been installed around Woy Woy Public School.

"We are a school with 70 special needs students and quite a few of these students travel with special transport supplied by the Department of Education and Communities," said principal Ms Ona Buckley.

"Small mini buses and special taxis drop off and pick up these

students, hence the disabled car parking was requested by the school from Gosford Council for this reason.

"A number of parents with special needs children at our school also need to park in these designated parks for easy drop off and pick up," she said.

Newsletter, 15 Oct 2013
Ona Buckley, Woy Woy Public School

Staff learning day

Umina Public School staff participated in a Staff Professional Learning Day on Thursday, December 19, in preparation of the new English syllabus for next year.

Staff planned and discussed units of work and assessment

tasks and learnt how to use the new management system for roll marking.

They were also given an overview of reporting on student incidents.

Newsletter, 17 Dec 2013
Lyn Davis, Umina Public School

J&B MEATS

Order NOW for Christmas
1st Prize Easter Show
Leg Ham \$9.99/kg
Cut to your size

All your leg pork and rolled pork joints cut to size



CHECK OUT OUR DAILY SPECIALS

SEASONS GREETINGS TO ALL



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

WHATEVER TEAM YOU'RE BATTING FOR



Sponsored by
Peninsula News
Community Access

USE PROTECTION!
EVERY HOUR OF EVERY DAY
SOMEONE IN NSW CATCHES A
SEXUALLY TRANSMITTED INFECTION!

GET TESTED, PLAY SAFE & STAY WELL.
SEE YOUR GP OR LOCAL SEXUAL HEALTH CLINIC.

HOLDEN ST. SEXUAL HEALTH CLINIC 4320 2114
Free & Confidential.

Out and About!



Frantastics raise \$360

The Frantastics Choir performed for family and friends at the Easts Club in Woy Woy on Monday, December 9, to raise money

for the Kariong Rural Fire Service.

"Although admission was free, Christmas hampers were raffled at the event and the choir would like to thank the many audience

members who, by purchasing tickets, enabled the choir to send a donation on \$360 to Kariong Rural Fire Service," said Frantastics Choir director Ms Fran Kendall.

"Thanks are also due to the club for its excellent venue and assistance and to the Peninsula News for publicising the event."

Email, 13 Dec 2013

Fran Kendall, The Frantastics Choir

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/robynsimmonds
facebook.com/TravelManagerRobynSimmonds

"Let me bring the world to you"

Wishing you a happy and safe Christmas & New Year's travelling

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

TRAVELMANAGERS
personally yours

SUN GODS TRAVEL CENTRE

SHINE in 2014

Adventure GODS

Fall in Love Travel More

Start a NEW relationship Get Organise Have a Plan Set Goals

Get Fit NYE RESOLUTIONS See My Own Country

Spend more time with friends & family

Level 1, The Clocktower Building - Woy Woy Train Station
E: 02 43 411 211 info@sungodstravel.com.au

Lion King show

Ettalong Beach Club will host the Circle of Life Lion King show on Wednesday, January 22.

The show will feature the biggest hits from the film including Can You Feel the Love Tonight, Hakuna Matata and Circle of Life.

There will be performances of the show at 10:30am, 1:30pm and

4:30pm.

Tickets for each performance cost \$10 for club members' children and \$12 for non-club members' children.

There will be free entry for parents and guardians accompanying children under 12 to the show.

Email, 17 Dec 2013

Joy Allan, Ettalong Beach Club

Cafe nursery holds opening

A cafe and nursery in Woy Woy held its opening on Saturday, December 21.

The event featured live music with Starr Witness, face painting, balloons and food.

The Hidden Courtyard Cafe and Mini Plant Nursery is part of Flowers by Marianne which was established in June last year upstairs at the clock tower.

"In June this year, we shifted to Railway St which we believe is a better location, also an area of Woy Woy that has been screaming out to have colour and vitality to lift the face of our beautiful Peninsula," said owner Ms Marianne Shirley.

"We hope that we have created a little oasis away from the bustle of daily life, which people will support and enjoy for years to come.

"We also hope to provide a haven for ongoing events such as book or poetry readings, social clubs, musicians, craft or other demonstrations, small markets, stalls and floristry lessons.

"The mini plant nursery is also growing and you can expect to see some fabulous ideas for the keen gardener plus gift ideas in abundance," said Ms Shirley.

Media release, 10 Dec 2013

Marianne Shirley, Flowers by Marianne

MARS food AUSTRALIA

new years eve festival Gosford 2013

a day at the races **GOSFORD RACES - GATES OPEN 11AM**
First race 1pm. ENTRY FREE with kids activities all day.

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

an evening on the waterfront **NEW YEARS EVE - FIREWORKS 9PM**
Entertainment, stalls & amusements from 5pm.
Live band 7.30pm - 9.30pm.

Proudly Presented by **MARS**

"An evening on the waterfront" is an alcohol prohibited area.

Visit **www.nyegosford.com.au**

COAST Community News **NBN** **GOLDEN WAY AMUSEMENTS**

This advertisement is proudly sponsored by Peninsula News - A Ducks Crossing Publication.

"LEGACY IS KEEPING THEIR PROMISE TO MY DAD"
CHARLOTTE

TO DONATE, CALL 1800 534 229 OR VISIT LEGACY.COM.AU

LEGACY

Exhibiting at Gosford gallery

Killcare artist Jean Scott and Daleys Point artist John Woulfe have joined forces to open an exhibition in Gosford Regional Gallery based on their interpretations of the waterways of the Central Coast.

The Maritime Musings exhibition includes Ms Scott's semi-abstract

paintings and Mr Woulfe's sculptures in stainless steel, native timbers and local stone.

Highlights are several inventive and highly original collaborative works that make use of the skills of each artist and test their creative boundaries.

Ms Scott said she and Mr Woulfe had enjoyed the process and the resulting works were unique and

highly creative.

The exhibition features a variety of works, including Ms Scott's unique half round canvases and Mr Woulfe's classic boat sculptures.

"Maritime Musings" is currently being exhibited in the Foyer Gallery of Gosford Regional Gallery until Wednesday, January 8.

Email, 10 Dec 2013
Jean Scott, Killcare



Just gets better

Christmas Day trading hours 10am till Midnight

New Year's Eve open till 2am



NYE ROCK N ROLL SHOW

TUESDAY 31ST DECEMBER

DWAYNE ELIX AND THE ENGINEERS

Doors open at 7.30

\$20 Members
\$25 Non Members

Just gets better

Melbourne Avenue, Umina Beach
Telephone: 4341 2618



Travel Australia at "SEE" level

Pick up at Woy Woy Station
Live Shows all **Matinees**

Grease	Wed	11 Dec	Con	\$109pp
Lion King	Wed	26 Mar	Con	\$110pp
Strictly Ballroom	Wed	16 Apr	Con	\$135 pp
The King & I	Tue	16 Sept	Con	\$115pp

Day Trips

25 Jan Tamworth Country Music	Arr 8.30 - 9.00 am	25 Feb Sydney Harbour Lunch Cruise	
Dep 5.00pm	\$72pp	17 Mar Mystery St Patricks Day	\$75pp
		5 Apr Brigadoon Incl Entry	\$83pp

MOTEL ACCOMMODATED TOURS

5 Day Batemans Bay **5 Day Victorian Get About** **Dep 4 Mar**

Take a walk on the wild side, when we visit Mogo Zoo & Gold Rush Colony, cruise down Clyde River to Nelligen. Home via Kangaroo Valley stopping at Fitzroy falls

June Licorice and Chocolate Factory. Pack your camera for the Begonia Festival, at Ballarat Botanical Gardens. Visit both Healesville Sanctuary and Werribee Open Range Zoo. **1,739 ppts**

Dep 24 Feb **\$983 ppts**

OR go to our web site for more Trips

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

For all Holiday, Charter & Excursions

Email: 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

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

Peninsula singers to compete in Tamworth finals

Two singers from the Peninsula will compete in the 2014 Star Maker competition at the 2014 Tamworth Country Music festival in January.

Bryce Sainty of Woy Woy and Melody Feder of Phegans Bay were announced as two of the 10 finalists for competition.

The finalists will compete at the 35th Star Maker final, which has been the main event on the first Sunday of the Tamworth Country Music Festival since 1979.

The final is set to take place on Sunday, January 19, where four grand finalists will be selected to compete on Friday, January 24, as a part of the Concert for Rural Australia before the winner is announced.

More than 50 entries were whittled down by a panel of six judges who selected the 10 finalists.

Star Maker coordinator and editor of Country Music Capital News Ms Cheryl Byrnes said the judges found it very difficult to reduce the entries down to a final 10.

"The competition offers such life-changing opportunities, it's no surprise we received so many top entries," said Ms Byrnes.

"It's getting harder to whittle it down every year but we eventually decided on a line up which represents one of the most competitive in Star Maker history,"

she said.

Rural Press Events general manager Mr Barry Harley said: "Star Maker is associated with so many country music icons, including the likes of Keith Urban, James Blundell, Lee Kernaghan, Gina Jeffreys, Beccy Cole, Lyn Bowtell and more recently with the likes of Travis Collins, Samantha McClymont, Kirsty Akers, Luke Austen, Luke Dickens and Bob Corbett."

"With the level of talent this year, and the inclusion of audience voting, we've no doubt we'll be adding yet another great name to this already legendary list.

"The 2014 winner will take a huge step up the ladder as this is an opportunity to mix with the emerging elite and springboard their careers off the back of the experience."

Bryce, a 20-year-old singer songwriter has been forging his way to a full time career in country music since 2011.

He won the 2011 Today's Country 94.1 Brand New Star title and the 107.7 2GOFM Voice of Carols competition.

Bryce graduated from the CMAA Academy of Country Music last year and released his first single Message in a Bottle which peaked at number six on the Australian iTunes country music chart.

Earlier this year he released his follow-up single Love Without A Doubt, co-written and produced

by Rod McCormack, and also his debut EP.

He recently embarked on his first major Australian tour and will be an opening act for both Daryl Braithwaite and O'Shea.

Melody Feder arrived on the music scene in 2009 and, with a string of performance and song writing awards, earned respect in the country music scene.

In 2010 she released her debut EP Dirt Roads and Diamonds and the lead track RSVP received good airplay.

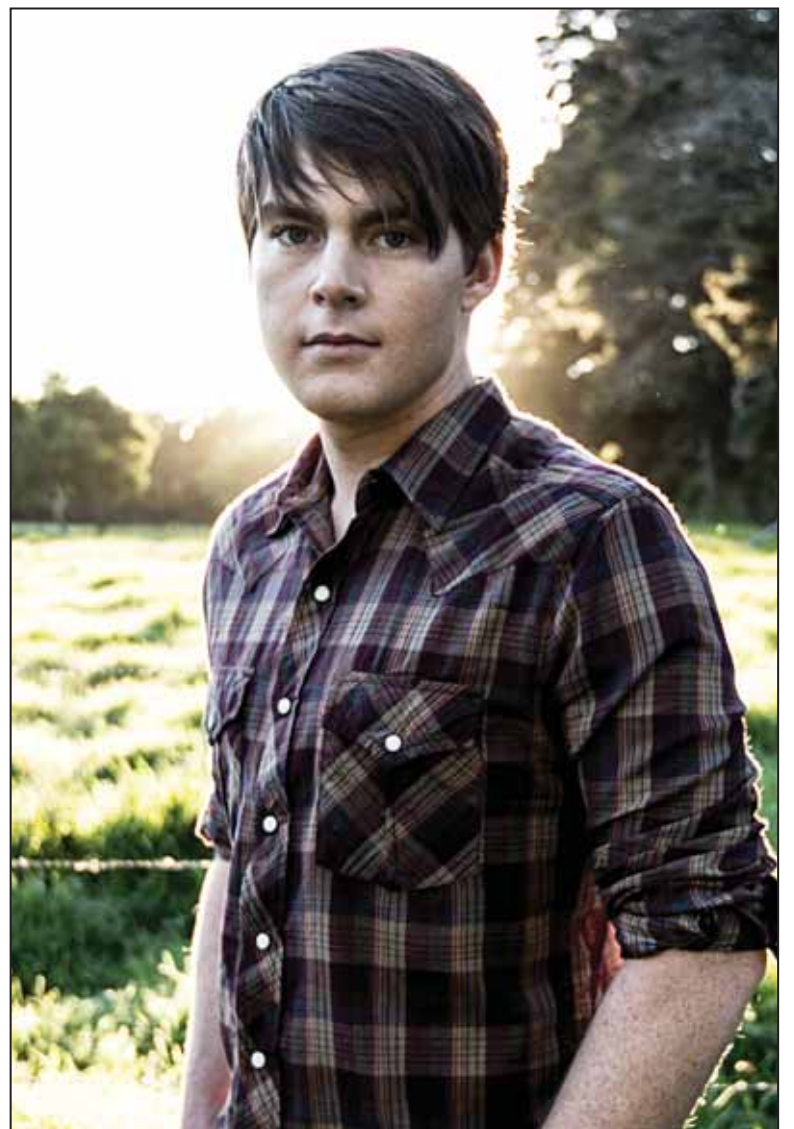
In 2011, Melody won both the SA and Vic Champion of Champions, 2011 Trans-Tasman Entertainer of the Year and the Aristocrat Entertainer of the Year and the CCMA Songwriters award.

In 2012, she graduated from the CMAA Academy of Country Music and was a grand finalist in the Road to Discovery.

In the same year, she had a six-week trip to the US where she spent one month in Austin, Texas, performing at Gruene Hall before spending a week in Nashville where she performed at the famous Tootsies.

Melody released her EP Walk the Wire in January and recently returned to the US to perform as part of an Australian contingency at the Americana Festival in Nashville.

Media release, 11 Dec 013
Helen Goufas, Haystack



Bryce Sainty

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!!

Are you looking for a new hairstylist to break you out of that boring cycle of going to the salon and coming out with the exact same style over and over again?

NEW YOU PACKAGE....

- Your choice of ½ head of foils or semi / permanent colour or Balayage colour
- Toner if needed
- Intensive hair treatment
- Relaxing head massage
- Expert cut with a creative senior stylist
- Beautiful styled blowdry
- Rebook your next appointment before leaving the salon and receive the same offer on your 2nd visit

ONLY \$140 (valued at over \$180)

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

ETTALONG BEACH CLUB ...your Destination

JD's WORLD OF MAGIC
An amazing magic show that will make you laugh and smile! It will leave you gob-smacked!

WED 8th JANUARY '14
Show times at 10.30am & 4.30pm
Club Members' Children \$3
Non Members' Children \$5
(Children aged between 1 & 12)
Free Entry to Parents/ Guardians
Bookings Essential

CIRCLE OF LIFE LION KING SHOW
Gave Mum and Dad a Day Out and bring them to the Show too!

Hakuna Matata!
Featuring the biggest hits from the movie including:
CAN YOU FEEL THE LOVE TONIGHT,
HAKUNA MATATA &
CIRCLE OF LIFE!
SHOWTIME
WEDNESDAY 22nd JANUARY
Show times at
10.30am, 1.30pm & 4.30pm
Club Members' Children \$10 / Non Members' Children \$12
(Children aged between 1 & 12) Free Entry to Parents/Guardians accompanying children

New Years Eve
Celebrate the New Year with us!
Great Brasserie specials, awesome entertainment and fun for the whole family!
from 8.30pm or Dance the night away with.....
Tezza & the Twistops from 9pm
♦ Kids' face painting & balloon sculptures—5pm
♦ Sydney Fire works live on our big screens.
Playing all the hits of the 50's & 60's Rock n' Roll era!

Starfish PLAY ZONE
KIDS AREA AND KIDS ARCADE!
THE KIDS WILL LOVE IT!
Located in Riley's
Now a place for the whole family!
Bring the kids to play while you relax & unwind!

ETTALONG BEACH CLUB
ATM & COURTESY BUS SERVICE
51 - 52 The Esplanade, ETTALONG BEACH
Ph (02) 4343 0111 ~ www.ettalongbeachclub.com.au

ETTALONG BEACH CLUB
2013 AWARDS FOR EXCELLENCE FINALIST
51 - 52 The Esplanade, ETTALONG BEACH
Ph (02) 4343 0111 ~ www.ettalongbeachclub.com.au



Marijke Greenway

Exhibition at Botanic Gardens

Pearl Beach resident Marijke Greenway has just returned from a successful two-week exhibition at the Palm House in Sydney's Royal Botanic Garden.

The theme of the exhibition was the Australian Outback which featured paintings completed on a three-month journey around Australia.

Paintings included well-known locations such as Kata Tjuta and Uluru, to the lesser known more remote attractions such as the Bungle Bungle Range and the Kimberley's Gibb River Rd, Cape Leveque and the Ord River.

The Botanic Garden is a favourite walking spot for tourists to stretch their legs and many of the paintings sold went abroad to countries like America, Canada and Austria, as well as to local collectors.

Marijke will now be opening her Pearl Beach Gallery again on Sundays and during the festive season.

Media release, 6 Dec 2013
Marijke Greenway, Pearl Beach



FLOWERS
by Marianne
— 4339 7676

GRAB A BARGAIN!

Spend over \$25 and receive
a free coffee at
The Hidden Courtyard Cafe
Offer ends 18th January
18a Railway St Woy Woy

THEIN THAI

Authentic taste restaurant



Book early for the festive season

Open Tues to Sun & Public Holidays
Dinner 5.30pm - 10pm
Home Deliveries 5.30pm - 8.30pm
All Parties and Functions Welcome

4343 1851

19-21 Broken Bay Rd, Ettalong
(Behind Mantra Resort)



WOY WOY BBQ Buffet Restaurant

HUNGRY? FOR SOMETHING DIFFERENT?

WOY WOY ALL YOU CAN EAT BBQ & BUFFET RESTAURANT

Choose from a variety of foods on skewers on you own automated charcoal BBQ and a large range of chinese Buffet food.

More than 50 types of delicacies made from the very freshest vegetables & the highest quality meats, garnished with our own special sauces.

* BBQ Buffet available after 5pm * Normal Chinese food lunch times

* Dine in & takeaway available during opening hours

Opening Hours: Dine in & takeaway

All you can eat BBQ & Buffet dinner

Tues Wed Thurs & Sun 5pm to 9pm

Fri & Sat 5pm to 9.30pm

Chinese food lunch

Tues to Sun 11.30am to 2.30pm

CLOSED MONDAYS

BOOKING HOTLINE 4344 6788

Shop 1-5, 57 Victoria Road Woy Woy
(5min walk from Woy Woy Station, near Deepwater plaza)



GREEK CAFE & RESTAURANT

ELA MESA

Prices range from

BREAKFAST
\$6.50 - \$16.00

LUNCH
\$12.50 - \$19.00

DINNER
Entre's: \$6.00 - \$17.00
Main's: \$15.00 - \$24

MEZE PLATTER - \$28.00 for 2 people

OPEN FOR BREAKFAST LUNCH & DINNER

18 The Boulevard Woy Woy 2256

Phone: 02 4339 7344

Email: ela_mesacafe@hotmail.com

BRING IN THIS FLYER FOR 10% OFF YOUR BILL

Valid until 31st January 2014. Excludes public holidays





Youth concert held at Peninsula Theatre

Youth in Performing Arts held a summer concert at the Peninsula Theatre on Saturday, December 14.

Youth in Performing Arts Unleashed featured the very best handpicked talent and highlights from the Youth in Performing Arts popular series of variety concerts held annually each June.

Gosford Council's manager of Arts and Entertainment Mr Chris King said Youth in Performing Arts was designed to promote and foster the development of talented Central Coast youth.

"Some of the Youth in Performing Arts performers have a wealth of entertainment experience and past alumni include many top names from the entertainment industry," Mr King said.

This year's performance featured previous recipients of Youth in Performing Arts scholarships as well as Thomas Dilley, who has been accepted into the 2014 Australian Ballet Interstate Training Program; Belle Sinnott, who has been accepted to Queensland Ballet School of Excellence next year; Lilia Jackson, winner of Open Jazz and Open Duo at McDonald's Sydney Eisteddfod; and Anna Thompson, this year's winner of Central



Maddy Hay

Coast Eisteddfod Junior Vocal in Performing Arts has been growing ever since.

First started in 1991 by the Media release, 11 Dec 2013 Chris King, Gosford Council

Summer Pairs

Brisbane Water Bridge Club contested its Summer Pairs competition on Friday, November 29, with 19 pairs competing.

The winners were Sylvia Foster and Jaan Oitmaa with 61.90 per cent.

In second place were Barbara

Grant and Louis Koolen with 59.30 per cent and, in third position, were Carol Long and Faith Ross with 58.60 per cent.

Email, 1 Dec 2013 Jenny Buckley, Brisbane Water Bridge Club

Teams of three

Brisbane Water Bridge Club held its annual Teams of Three event on Thursday, November 14, which saw Susan McCall captain the winning team of Cynthia Deane, Heather Cox and Pam Lumby.

In a Teams of Three event three players are teamed up with a more experienced player.

Richard Douglas captained the second placed team of Kerrel Walker, Alick Anderson and Carolyn Sandell and Jack Lindsay captained the third placed team of Felicity Fane, Carol Anderson and Ruth Zachert.

Email, 26 Nov 2013 Jenny Buckley, Brisbane Water Bridge Club

Next opera is planned

The next Opera in the Arboretum will be held at Pearl Beach on Saturday, March 29.

After being unavailable for the last event, Opera Australia has released baritone Jose Carbo for the performance.

Jose, who is currently performing in La Traviata at the Opera House, will be topping the bill for the Pearl Beach event.

Soprano Jacqueline Mabardi, who this year had the title role in Tosca and will sing Amelia in Un ballo in maschera in Melbourne, will sing for the first time in the Arboretum, as will soprano Taryn Fiebig.

Taryn has performed in Los Angeles and in London and this year will sing Musetta (La Boheme), Oscar (Un ballo in maschera) and The Woodbird (Der Ring des Nibelungen) for Opera

Australia. Henry Choo, one of Australia's finest lyric tenors will complete the line-up of performers.

Henry has recently sung in The Pearlfishers and The Merry Widow for Opera Australia.

He has also appeared in Handel's Messiah in Queenstown.

The ever popular Jem Harding will provide entertainment on the piano and 2014's guest artist Giuseppe Zangardi will play classical guitar.

The Central Coast Chamber Orchestra will also perform under the baton of Patrick Brennan.

Tickets are now available for purchase.

The Opera in the Arboretum will be held from 3pm until 5:30pm.

Email, 16 Dec 2013 John Greenway, Pearl Beach Opera

NEED NEW BLINDS?

\$100 OFF*

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

Service Copying & Printing

Minimum Transaction \$2

A4 Black & White	1 - 10	pages	20c per side
A4 Black & White	11 - 100	pages	15c per side
A4 Black & White	101 - 1000	pages	10c per side
A4 Black & White	1001 - 5000	pages	8c per side
A4 Colour	1 - 50	pages	\$1 per side
A4 Colour	51 - 200	pages	80c per side
A4 Colour	201 - 500	pages	70c per side
A4 Colour	501+	pages	65c per side
A3 Mono	1 - 10	pages	35c per side
A3 Mono	11 - 100	pages	20c per side
A3 Colour			\$1.40 per side
Faxing			\$1 per page

Our Price

120c Erina St Gosford NSW - 4325 7369

Ducks Crossing

Phone 4325 7369

Publications

Publishers of newspapers, magazines and catalogues

Sunrise Counselling Services

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

"For all individuals, couples and families of all ages"

Pensioner discounts, medibank provider,
affordable, friendly & flexible hours

Relationship ~ conflict resolution ~ effective parenting
child development ~ family & group work
domestic violence support ~ separation & divorce issues
personal concerns

0417 297 744

Students told, See the evil, Hear the evil and Speak the evil

Pretty Beach Public School students in Years 3, 4 and 5 pledged to support non-violence against women in recognition of White Ribbon Day on Monday, November 25.

White Ribbon is the world's largest male-led movement to end men's violence against women.

White Ribbon Australia seeks to change the attitudes and behaviours that lead to and perpetuate men's violence against women, by engaging boys and men to lead social change.

The day signals the start of the 16 Days of Activism to Stop Violence against Women, which ends on Human Rights Day on December 10.

The students looked at some of the statistics of violence against women and boys in the class pledged to support non-violence against women by staying non-violent and non-silent about these issues in their own lives.

Students in the class created artworks entitled, See the evil, Hear the evil and Speak the evil.

"This represents the common saying and underlying attitude

of the past where such issues and acts of violence were largely ignored and seen as private 'issues'," said Year 3/4/5 class teacher Ms Michaela Bridgman.

"Students created faces with words they felt represented the issues and glued hands over the mouths, eyes and ears.

"On these hands mouths, eyes and ears were drawn to symbolise this silence is not to continue.

"We must promote non-violence, non-silence in our community.

"Every year a White Ribbon Art and Poetry Exhibition is held in Sydney's Parliament House. Artworks and poems are collected from students from around Sydney's primary and secondary schools.

"Unfortunately the Central Coast is not yet able to contribute to this inspiring exhibition, but teachers and students hope such a wonderful endeavour will soon be open to them in future years," said Ms Bridgman.

Newsletter, 28 Nov 2013
Jane Rees (relieving principal),
Pretty Beach Public School



coast fm96.3 Proudly Presents...

HAPPY DAY'S

AT ETTALONG BEACH

ROCK N ROLL FESTIVAL

ETTALONG BEACH TOURIST RESORT

SAT 8TH & SUN 9TH FEB 2014

FROM 10AM

LIVE ROCK N ROLL BANDS

Featuring **SATURDAY 8TH**
AT THE HOP
SUNDAY 9TH
ANDY & THE CRUISERS

Plus
ELVIS PERFORMER, LOOKING FOR ELVIS
TALENT QUEST, DANCERS, CLASSIC CARS
AND GREAT MARKETS.

SYDNEY'S LIVE
ENTERTAINMENT AGENCY

Don't pay too much for ink!
Refill your empty cartridges!

• **Save up to 60%**
by buying refills

Does not invalidate new printer warranty.
Fully guaranteed
Help prevent 18 million cartridges from going into Australia's landfill.



Full range of genuine and compatible inkjet and toner cartridges available



Free pickup & delivery.
No minimum order.
Shop 5 - 470 Pacific Highway - Wyoming

Phone: 4322 2857 - Fax: 4322 1649

E: info@centralcoastinkco.com.au - W: centralcoastinkco.com.au

Directory - Not for profit Community Organisations

Animal Care

Animal Welfare League

Aid to sick or injured animals & subsidises dog desexing.
Meet 2nd Tues, Spike Milligan Room, Woy Woy Library, 10am.
Debra 4344 4435
awlcentralcoast@optusnet.com.au

RSPCA

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
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 Art & Craft

Wed - Adult Art Class
Wed & Fri - Adult Crafts
Bunka Embroid, Cards, Crotchet, Cross Stitch \$3
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

Bushwalking

National Parks Association Central Coast

Twice weekly bush walks on the Central Coast and further afield, varying distances and grades of difficulty.
Explore, enjoy scenery, fauna, floral, history. Keep fit and make friends.
4389 4423 & 4332 7378

Community Centres

Peninsula Community Centre

Cnr Ocean Beach Rd & McMasters Rd Woy Woy
Activities, programs and support groups for children, teens, adults and seniors including occasional care, playgroups, dance classes, karate, fitness classes, youth services, gambling solutions, internet kiosk and social groups.
www.coastcommunityconnections.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

Community Groups

AACC Computer Club

www.aacc.asn.au
Computing problems
- Program demos + Q&A sessions - Monthly meetings Feb to Nov
• 2nd Wed Windows 7-10pm
Narara Valley H S
Fountains Road
• 4th Thur Social + Windows 12.15 – 3.15pm
East Gosford Progress Hall
Cnr Webb Rd &

Henry Parry Dve
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

Duplicate Bridge Mon Tue
Thur Fri Sat-12.15pm & Wed 9.15am
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.
wwcphousie@hotmail.com

Central Coast Handweavers, Spinners and Textile Arts Guild

Spinning, weaving, patchwork, quilting, felting & other fibre & fabric crafts
Workshops & community quilting bees - Day & night groups - 4325 4743
www.centralcoastshgUILD.org.au

Central Coast Family History Society Inc.

Resources, information & advice to study your family's history. 1st Sat 1pm Lions Community Hall, 8 Russell Drysdale St, E. Gosford.
www.centralcoastffhs.org.au
4324 5164

Central Coast Tenants' Advice and Advocacy Service

Do you have issues with your landlord or real estate agent? Free telephone advice and advocacy for all tenants and residents in residential parks.
4353 5515
cctaas@hotmail.com

Community Care Services - Central Coast

For people with memory loss & their carers. Enjoy a relaxing coffee morning
Rocky Point Café - Ettalong Beach Memorial Club
3rd Wed 4324 4244

Central Coast Over 30s Social Group Inc

We offer social contact, entertainment events & new friendships for people in their 30's, 40's, 50's & 60's etc.
Our events range from;
Live Music, House Parties, Restaurant Nights, BBQ's/Picnics, Trips Away & lots more.
For a FREE calendar call Sharon on 0432 760 272 or email cco30s@live.com.au

I AM LOST

Deep Conversations & systematic exercises for understanding my self & my place in life. - Gurdjieff Society - Ancient and modern knowledge. 6pm 2nd Thu
0425 296 783
www.gurdjieff.org.au

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
'Intergenerational Playgroup'
Every Tues 10-11.30am
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 Club
uminabeach@probusclubs.com.au

Seniors Computer Club Central Coast

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

The Krait Club

Community Centre - Cooinda Village, Neptune St, Umina
10.30am For senior members of community. Gentle exercises, quizzes, games, social activities, guest speakers, entertainment and bus trips - 4344 2992

Umina Beach Men's Shed Inc.

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

Volunteering Central Coast

Refers potential volunteers to community orgs. Support both volunteers and community orgs. Training for volunteers & their managers. 4329 7122
vrc@volunteeringcentralcoast.org.au

Wagstaffe to Killcare Community

Protect and preserve the environment & residential nature of the Bouddi Peninsula and to strengthen community bonds
2nd Mon, 7.30pm Wagstaffe Hall - 4360 2945
info@wagstaffetokillcare.org.au

Disabled Services

Riding for the Disabled

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

Environment

Peninsula Environment Group

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

Health Groups

Alcoholics Anonymous

If you want to drink, that's your business. If you want to stop, that's our business. Every Sat - 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

Gambling Solutions

Gambling help counsellors providing free confidential professional service to gamblers, family and friends
Available Woy Woy, Kincumber, Gosford and The Entrance
4344 7992

GROW - Free Weekly 12 Step Mental Health Self Help Group - Helping thousands to recover from mental health challenges for more than 55 years to find a GROW group near you
call 1800 558 268 or visit
www.grow.net.au
GROW Groups meet weekly all year round

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 with support, info & referrals
4341 0584
marymacs@woywoycatholic.org.au

Overeaters Anonymous (OA)

12-step fellowship for those with eating disorders. No dues, fees, or weigh-ins.
Peninsula Corn. Cntr, cnr. Mc Masters Rd & Ocean Beach Rd. Woy Woy, Fri 8pm
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 Wellness Centre

Offering holistic and complementary therapies including aromatherapy, massage and music therapy
4344 9199

Peninsula Village Meals

Delivered daily to your door
Nutritious, great for the elderly
4344 9199

Peninsula Village Carer's Support Group

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

Peninsula Women's Health Centre

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

Prostate Cancer Support Group (Gosford)

Meet last Friday Terrigal Uniting Church, 380 Terrigal Drive, Terrigal
9.30am to 12 noon 4367 9600
www.pcfa.org.au

Wellness Group

A small group of people with a serious illness to share and support unfolding journeys
Free at The Clearing, 2/31 Chambers Place Woy Woy
2nd Mon 9:30am 4341 0464
lizmacnamara@bigpond.com

Woy Woy Public Hospital Alliance

To restore medical services previously available & upgrade to a standard that meets with local needs.
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
4341 7177

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

Music

Gosford Musical Society Minstrels

Entertain at various venues on the Coast seeking new members
Thur Night Laycock St North Gosford 4341 4210

Soundwaves

Men's acapella 4 part harmony chorus - all ages 7pm Mon 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
4th Sat 7pm CWA Hall
Woy Woy 4341 4060
mail.info@troubadour.org.au

Political Group

Australian Labor Party

Umina Ettalong Branch
Political discussions, national, state and local government issues 2nd Mon Umina Beach Bowling Club 7.30 4342 3676

Central Coast Greens

Active regarding ecological sustainability, social & economic justice, peace & non-violence, grassroots democracy & getting Greens elected 3rd Thur,
centralcoast.nsw.greens.org.au
centralcoastgreens@gmail.com

Service Groups

Lions Club of Woy Woy

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

Northern Settlement Services

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

Rotary Club of Kariong/Somersby

International service club improve lives of communities in Aust. & o/seas. Fun-filled activities, fellowship and friendship. Phillip House, 21 Old Mount Penang Rd, Fri 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. 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. Tues 6pm
Everglades Country Club.
Don Tee 0428 438 535

Special Interest

Central Coast Potters Society

Dedicated to increasing the ceramics knowledge, experience and skills of members and the general public.

Running classes, workshops, demonstrations, exhibitions and social events - Annual exhibitions in May and December - Open Day in Sept
info@ccpotters.org
4324 5343

Sport

Deepwater Dragon Boat Club Woy Woy

Paddling sessions available Sunday Mornings, Tuesday and Thursday afternoons at Woy Woy
Adults and Children over 12 years are welcome.

First 3 paddling sessions are free
0414 974 743
deewaterdragons@hotmail.com

Woy Woy Judo Club

Classes for adults, juniors & seniors. Tues & Fri Ettalong 50+ Leisure and Learning Centre 0434 000 170
www.wwjc.org.au

Travel

Friendship Force Central Coast

Travel in small groups and stay with friends in 370 clubs around the world & host small groups. 4399 3625
www.friendshipforcecentralcoast.

Veterans

National Malaya Borneo Veterans Association

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 Mon & Wed 9am-1pm 4344 4760
Cnr Broken Bay Rd & Beach St Ettalong.
centralcoastveterans@bigpond.com.

Woy Woy Ettalong Hardy's Bay RSL

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

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 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

Wowgirls Waves Of Wisdom Inc

Wowgirls Waves of Wisdom connects women and local businesses around a common theme of wellbeing. to share wisdom and explore lifes potential.
Regular Powwows, WOW Wisdom gatherings, WOW days and WOW courses check our website for activities.
www.wowgirls.com.au
info@wowgirls.com.au

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



Free Mariners' skill development session

Students from Pretty Beach Public School participated in a skill development session on Thursday, December 5, run by the Central Coast Mariners.

All students from Kindergarten

to Year 6 were able to participate in the free session which focused on skill development and healthy living choices.

Two students from Pretty Beach Public School have also been selected in the Central Coast

Mariners Under-9 Representative Squad.

"We are very proud of the achievements of two of our Year 2 students, Zane and Oscar, who have recently been selected in the squad," said Pretty Beach Public School relieving principal Ms Jane Rees.

"This is an enormous achievement for two students from the one school on the Central Coast and we wish the boys every success in their sporting endeavours," said Ms Rees.

Newsletter, 12 Dec 2013
Jane Rees, Pretty Beach Public School (relieving principal)



HOLIDAY FUN 2014
KIDZ DRUMMING PLAYSHOP!
 Wednesday 15TH JAN 2014 10.30am to 11.30am
CREATIVE DRUMMING WORKSHOP
 Adults & Teens Tuesday 21st Jan 2014
 7.30pm to 9.00pm
 CWA HALL 30 The Boulevard, Woy Woy
 Drums supplied

For info & bookings call - KATY & WARREN
 4342 1112 or 0423 548 540 - www.drumbala.com

The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Saturday December 21

Big Yellow Moon Band Gig, Hardys Bay RSL, 7pm-10pm

Sunday December 22

Christmas Carols, Hardys Bay RSL, 7:30pm-9:30pm

Lessons and Carols service, Hardys Bay Community Church, 9:30am

Barbecue and Christmas Carols, Hardys Bay Community Church, 6:30pm

Circle of Life Lion King show, Ettalong Beach Club, 10:30am, 1:30pm, 4:30pm

Wednesday December 25

Peninsula Evangelical Church Christmas Day Service, 9am

Christmas Day Family Service, Hardys Bay Community Church, 9am

Friday December 27

Annual Killcare Surf Life Saving Club Art Sow Fundraiser opening night, 6pm-8pm, Killcare Surf Club

Tuesday December 31

New Years' Eve Party, Hardys Bay RSL

New Year's Eve Rock N Roll Show, Club Umina, 7:30pm

Wednesday January 8

Joel Howlett Magic Show, Ettalong Beach Club, 10:30am-4:30pm

Saturday January 11

The Rebies, Patonga Beach Hotel, 7:30pm

Friday January 31

Woy Woy Rec Physie Club Fundraiser Hypnotist Night, Woy Woy Leagues Club

Sunday February 2

Weet-Bix Kids TRYathlon, Peninsula Leisure Centre and James Browne Oval

Saturday March 29

Opera in the Arboretum, Pearl Beach, 3pm-5:30pm

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

Peninsula schools play ball games

Woy Woy Public School hosted the annual Ball Games event on Friday, November 8, with Point Clare Public School placing first.

Empire Bay Public School placed second, followed by Ettalong Public School in third, Woy Woy Public School in fourth

and Woy Woy South Public School and Umina Public School in a tie for fifth place.

Games included captain ball, tunnel ball and for Year 3 and 4, over and under.

Newsletter, 11 Dec 2013
Brad Lewis, Empire Bay Public School

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

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@ducksrossing.org
or Download a form from
www.ducksrossing.org

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

Accounting



- 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

Adult Services

Secrets at Gosford

Now Open
International Ladies
New Management
Special Rates
Escorts Available
29 Wollong Street
Gosford

4322 2030
0405 823 066

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

Bathrooms



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



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

Building Design

NEED PLANS FOR COUNCIL?

3D concepts, drawings, BASIX
New homes,
additions and alterations
No job too small
Expert advice

Call today

1300 698 757

FREE QUOTES

www.treicis.com.au

Carpentry

Carpenter

(Semi Retired)
Lic 1355c - Fully Insured

For all your home
maintenance
repairs and small jobs
contact Max Hull
for a friendly reliable
service

4342 5893 - 0413 485 286
All quotes obligation free

Dance

CENTRAL COAST
BUSH DANCE &
MUSIC ASSOCIATION

Experience Folk
Music at its best at

East Gosford

Progress Hall @ 7.30pm

Henry Parry Drive

FEBRUARY 8

Bush Dance with Sydney Coves

Admission \$18
incl. supper
Folk Fed Affiliates &
Pensioners \$15,
Students 13 to 18 \$8
www.ccbdma.org
for more information

Enq: 4344 6484

Doors



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

February 16

Garden Concert

at Woy Woy with

George Mann

from USA

7PM

Tickets \$15

Bookings Essential
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

Gardening

THE LANTANA MAN

WEED
WARRIOR

ALL COAST
PROFESSIONAL WEED
SPRAY & REMOVAL
Commercial & Residential

- Carports • Driveways
- Pathways
- Acreage Maintenance

Greg Burch
0402 830 770
Trade Qualified & Insured

Gardening



All aspects of
Lawn & Garden
Maintenance

Johnno Watts
0466 267 311

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

**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

Hot Water

HOT WATER HELP?

Service, repair or
replace your hot
water system &
general plumbing

4341 8863

Don't be left out in the cold!

Painting

SHANE FOREST
PAINTING

Lic No R99246

- DOMESTIC
- COMMERCIAL
- STRATA

Fully Insured

0418 477 891

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

J.P. 217616



Fully Licensed and Insured

Pets

Peninsula Pampered Pooches



Dog Grooming
All Breeds
Clipped and Styled
Council Approved
Located at Umina Beach
For Info Phone Vickie
on 0400996110

Mobile Pet Minding

Daily pet care visits
Servicing the
Peninsula
Book now for the
holiday season

0423 136 137

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

classified
advertisements
start from only
\$30 + gst

Classifieds

Wanted to buy

Cash paid for good quality swords & knives.
War & movie memorabilia
also shop display units
For large collections home visit available



Smoking dragon shop 12 Ebbtide Mall
155 The Entrance Rd
The Entrance
4333 8555

Plumbing

Umina Beach Plumbing

All aspects of plumbing:
Drainage and Gasfitting,
Domestic and
Maintenance Works
**Installation of
rainwater tanks**
4344 3611
0402 682 812
Lic 164237c

PHEGANS BAY PLUMBING

A GOOD PLUMBER

AT A GOOD PRICE

0415 498 319
Licence No 62042c

Public Notices

Car Boot Sale
Woy Woy Peninsula
Lions Club

February 24, 9am to 1pm
Great variety of stalls ~
BBQ, Tea & Coffee.
Vendors Welcome ~
\$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

St Mathews
Lutheran Church

8 Jumbuck Crescent
Woy Woy

A cordial welcome is
extended to come and
celebrate with us the
birth of Jesus

*"The Reason for this
Christmas Season"*

24 December
Christmas Eve
Service, 6pm

25 December
Christmas Day Worship
Service with Holy
Communion, 9:30am
*From our worship Centre we wish
you all a happy, healthy and
blessed season.*

Positions Vacant

Adult Work
Opportunities
\$Call Today\$
Get Paid Today!

Ladies 1 or 2 shifts
can earn you a full
weeks wages
Training, Accommodation
& Transport Assistance
available
Gosford

0405 823 066

New preschool at
St John the Baptist

The Catholic Care
Diocese of Broken Bay
will receive \$1,079,750
as part of a \$5.7
million capital works
fund to provide more
preschool places in
regional NSW.

Member for Gosford
Mr Holstein said Catholic
Care would receive the
money to construct a new
three-room preschool at
St John the Baptist School

Removals

KEYS REMOVALS
& DELIVERIES

Deliveries & Removals, Local
Sydney, Newcastle & Country.
Single items or a house full.
Competitive rates.

02 4342 1479
0411 049 559



Roofing

Avoca Beach
Metal Roofing

- New Work
- Re-Roofing
- Industrial/Commercial/
Domestic
- Fully Insured

30 years Exp on the Coast

0402 012 946
Lic. 109593c

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
exercise 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

in Woy Woy

"The fund is part of the
Government's initiative
to secure a preschool
education for all children
in the twelve months prior
to formal schooling," Mr
Holstein said.

"The capital works
are targeted to areas of
regional and rural NSW
where building additional
preschool infrastructure
will help to ease an
undersupply of preschool
places.

"In addition to the
demonstrated need,
submissions were
assessed on the value for
money and quality of the

Tuition - Music

**PLAY
UKULELE**
Peninsula Area
4341 4060
www.ukecentral.info
ccukecentral@gmail.com

TOM FLOOD

Harmonica Tuition -
all popular styles

4324 2801

tomflood@hotmail.com

Springfield

One on One
\$25 half hr \$40hr

proposed construction, and
on the continuing financial
viability of the planned
addition to services.

"I am confident that the
projected 60 additional
places will help to alleviate
the demand for places on
the Peninsula.

"This project
demonstrates the progress
the NSW Government is
making towards our stated
goal of giving all children
a preschool education
delivered by a qualified
teacher in their year before
Kindergarten."

Catholic Care executive
director Ms Deirdre
Cheers said the money
being provided to co-
locate an Early Learning
Centre with St John the
Baptist Catholic Primary
School would enhance
educational outcomes for
local children.

"Co-location enables
the Early Learning Centre
and Primary School to

TV Repair

Hawkins
T.V.
Service

TV and Audio Repairs
Antenna Sales & Install

23 Wallaby Street, BLACKWALL

4341 8860
4341 7332

The Shame File

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

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

From time to time, as necessary, we will name these
people, businesses or organisations as a warning to our
readers so that they will be wary when dealing with them.

- | | |
|---|--|
| • Affordable Roof Solutions - Brad Sedgewick Ettalong | • First Premier Electrical Service of Umina Beach |
| • Sharon Martin - Devine Image | • High Thai-d Restaurant of Umina Beach |
| • Marilyn Clarke - Formerly of Skippers Take Away Seafoods | • Bob Murray of Vetob P/L trading as Browse About of Woy Woy |
| • Depp Studios - Formerly of Umina | • Mal's Seafood & Charcoal Chicken of Ettalong Beach |
| • Stan Prytz of ASCO Bre Concreting | • Simon Jones - All external cleaning and sealing services |
| • Andrew and Peter Compton | • Erroll Baker , former barber, Ettalong |
| • Bruce Gilliard Roofing of Empire Bay | • Marks Pump Service , Woy Woy |
| • Jamie's Lawn Mowing of Woy Woy | • Tony Fitzpatrick , Trading as Futuretek Roof Constructions |
| • William McCorriston Complete Bathroom Renovations | |

work together to facilitate a
positive transition to school
for pre-school leavers.

"It also assists
the earliest possible
intervention to help
children who require
extra support, as well as
facilitating a focus on the
wellbeing of the family as
a whole, which is known to
have the most important
impact on children's growth
and development and
educational achievement."

Media release, 19 Dec 2013
Chris Holstein, Member
for Gosford

Subscribe now and
don't miss an edition

Peninsula News
Community Access

☐ 1 Year (25 editions) to Peninsula News \$50

COAST Community News

☐ 1 Year (25 editions) to Gosford Central News \$50

Wyong Regional CHRONICLE

1 Year (25 editions) to Wyong Regional Chronicle \$50

GRANDSTAND Out&About

☐ 1 Year (25 editions) to Out&About/Central Coast Grandstand \$50

Phone: 4325 7369 - Fax: 4321 0940
120c Erina Street, Gosford
To order online

www.duckscrossing.org/shop

Name: _____

Ph: _____

Email: _____

Address: _____

Credit Card Number: _____/_____/_____

Exp: ____/____/____

Please complete credit card details or send a cheque
or money order payable to

**Ducks Crossing
Publications,
PO Box 1056, Gosford NSW
2250**

Four compete in national physie titles

Four students from Woy Woy South Public School competed in the National Titles for Physical Culture on Saturday, November 23, and Sunday, November 24.

Amber Sneddon, Alaiyah Saunders, Alexa Souness and Halle Robertson all participated

in the event, representing their school and the Central Coast.

Amber was lucky enough to reach the National Final 15, with all of the girls enjoying the experience at such an elite level.

Newsletter, 26 Nov 2013
Terry Greedy, Woy Woy South Public School

Principal names in team of decade

Woy Woy South Public School principal Mr Terry Greedy has been named in the Australian soccer 1981-1989 Football Federation Team of the Decade to commemorate the 50th anniversary of FIFA membership.

The team was named at a Hall of Fame function held in Melbourne on Tuesday, December 17.

Mr Greedy was named as the Team of the Decade's goal keeper, with Frank Arok given the role of coach.

The other players honoured in the side were Alan Davidson, Tony Henderson, Charlie Yanoks, Graham Jennings, Joe Watson, Murray Barnes, Oscar Crino, Zarko Odzakov, John Kosmina and Eddie Krncevic.

Football Federation Australian chief executive officer Mr David Gallop said soccer's influence on Australian society was undergoing significant growth in social, economic and political terms.

"Today we embrace and celebrate our proud history and honour the pioneers who went before us," Mr Gallop said.

Media release, 17 Dec 2013
Football Federation Australia

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)
Add one hour to the times below when Daylight Saving is in force		
MON - 23	TUE - 24	WED - 25
0523 - 0.62	0031 - 1.30	0122 - 1.32
1139 - 1.54	0614 - 0.66	0711 - 0.69
1815 - 0.45	1223 - 1.46	1314 - 1.38
	1859 - 0.48	1946 - 0.49
THU - 26	FRI - 27	SAT - 28
0217 - 1.36	0315 - 1.43	0411 - 1.53
0816 - 0.69	0929 - 0.65	1039 - 0.57
1414 - 1.32	1521 - 1.29	1629 - 1.29
2038 - 0.50	2133 - 0.48	2229 - 0.45
SUN - 29	MON - 30	TUE - 31
0505 - 1.64	0559 - 1.77	0016 - 0.36
1142 - 0.45	1238 - 0.32	0651 - 1.89
1732 - 1.33	1831 - 1.38	1331 - 0.21
2323 - 0.41		1927 - 1.43
WED - 1	THU - 2	FRI - 3
0109 - 0.32	0202 - 0.29	0256 - 0.28
0743 - 1.99	0834 - 2.04	0926 - 2.04
1423 - 0.12	1514 - 0.08	1603 - 0.07
2020 - 1.48	2114 - 1.51	2206 - 1.53
SAT - 4	SUN - 5	MON - 6
0351 - 0.31	0446 - 0.36	0545 - 0.43
1016 - 1.98	1108 - 1.86	1200 - 1.71
1653 - 0.12	1742 - 0.19	1831 - 0.29
2259 - 1.53	2352 - 1.52	
TUE - 7	WED - 8	THU - 9
0046 - 1.50	0144 - 1.49	0244 - 1.49
0645 - 0.51	0751 - 0.58	0903 - 0.63
1254 - 1.54	1352 - 1.39	1457 - 1.27
1921 - 0.38	2013 - 0.47	2107 - 0.53
FRI - 10	SAT - 11	SUN - 12
0344 - 1.51	0441 - 1.54	0533 - 1.58
1017 - 0.63	1126 - 0.59	1220 - 0.54
1606 - 1.20	1712 - 1.19	1807 - 1.21
2201 - 0.56	2254 - 0.57	2344 - 0.56
MON - 13	TUE - 14	WED - 15
0620 - 1.63	0028 - 0.53	0108 - 0.51
1304 - 0.48	0701 - 1.67	0739 - 1.71
1854 - 1.25	1343 - 0.43	1417 - 0.39
	1934 - 1.29	2011 - 1.32
THU - 16	FRI - 17	SAT - 18
0146 - 0.49	0223 - 0.48	0300 - 0.48
0815 - 1.73	0850 - 1.73	0924 - 1.72
1450 - 0.36	1522 - 0.35	1554 - 0.35
2046 - 1.34	2121 - 1.36	2156 - 1.38
SUN - 19	MON - 20	TUE - 21
0338 - 0.49	0417 - 0.51	0500 - 0.55
0959 - 1.69	1034 - 1.63	1112 - 1.56
1627 - 0.36	1700 - 0.38	1735 - 0.41
2232 - 1.39	2311 - 1.39	2352 - 1.40

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

Champion show rider

Empire Bay Public School student Jaimie-Lee Burns competed at State Show Riders over the weekend of December 7 and 8 and was awarded 11 years and under

13 year old State Champion.

During the weekend, she not only competed within her age group but had to compete against young adults twice her age.

Jaimie-Lee has also managed

to qualify for the Australasian Grand Nationals to be held in April.

Newsletter, 11 Dec 2013
Brad Lewis, Empire Bay Public School

UMINA

BAIT & TACKLE

Large Range of BAIT
Excellent Range of TACKLE

Open 7 Days
From 6am Weekends and 7.30am Weekdays

LESLIE STREET, UMINA (02) 4341 1686

Sponsored by Peninsula News Community Access

A bequest to Greenpeace helps protect the future of our fragile planet.
To learn more please phone today 1800 815 151.

Baby Orangutans at the BOS Foundation (Borneo Orangutan Survival) ©Greenpeace/Natalie Behring

GREENPEACE

Former Woy Woy junior selected for rugby league camp

Former Woy Woy Rugby League Club junior Wade Hannell of Umina has been selected for the annual 16 to 18 years NSW Rugby League Emerging Blues camp to be held in Narrabeen on Thursday, January 9.

Hannell currently plays in the district representative side for the Manly Warringah Sea Eagles rugby league team.

The camp includes two skills sessions, presentations on State of Origin culture and lectures on sports science and team leadership.

NSW Blues coach Laurie Daley said the NSW side was really successful at an age level against Queensland this year and won every fixture.

"This age group is important to me because it is the beginning of the elite Origin pathway," Daley said.

"There are players from all over the state and the quality of the players selected is first class because of the development pathways the league has had in place for decades.

"Another positive is the fact we will have several players from our victorious 2013 indigenous under-16s side attending as part of the group.

"These days are about introducing the players to the processes involved with camps, seeing how they adapt to different conditions and viewing how easily they can assimilate what we need from them."

Members of the Australian



Secondary Schools Rugby League under-15 merit A side from NSW and the ACT have also been invited to attend the camp by Daley and his high performance group.

The 16 to 18 years Emerging Blues Camp is the second of three pre-season camps held by Daley and his coaching staff.

The 18 to 20 years Emerging

Blues Camp was recently held over two days at Narrabeen, with the final Blues in Waiting Camp for NRL players to be held at Coogee from Friday, January 17, through until Sunday, January 19.

Media release, 15 Dec 2013
Brad Preston, NSW Rugby League Limited



Pig and duck day

Woy Woy Bowling Club hosted 28 teams in its annual Pig and Duck Day held on Saturday, December 7.

Ninety bowlers took part on the day.

This day was the beginning of a number of events for the little bowling club in Woy Woy.

At its annual meeting it was confirmed that the club's cash

flow was looking positive, with exciting developments soon to be underway.

On Wednesday December 11, bowlers completed their Christmas drive efforts, gathering laundry baskets full of gifts for the less fortunate.

Email, 8 Dec 2013
John Hughes, Woy Woy Bowling Club

OVER 60?

Show your Seniors Card at the counter to redeem these offers!

NEW RELEASE DVD HIRES

\$3^{EA}

WEEKLY DVD HIRES

\$1^{EA}

Normal membership conditions apply.

CIVIC VIDEO WOY WOY

103 Blackwall Road

4344 6969

C it at CIVIC

Getting off drugs is torture. Three months in one of our beds gets kids clean.

Please donate to support our live-in programs, giving addicted children their lives back. We'll buy more beds in more residences to take in more kids. It's as simple as that.

Call 1800 151 045 or visit www.noffs.org.au

tednoffs
FOUNDATION

Smoking Dragon

CASH PAID FOR GOOD QUALITY SWORDS, KNIVES [not kitchen] WAR & MOVIE MEMORABILIA

Shop 12 Ebtide Mall - 150 The Entrance Road - The Entrance

4333 8555



Players from the match between the NSW Blind Cricket Side and the Woy Woy Invitational 11 side

Blind cricket side beats Woy Woy

The NSW Blind Cricket side visited Woy Woy on Sunday, December 8, for a game against the Woy Woy Invitational 11 side.

The game was organised to help provide some competitive match practice for the NSW Blind Cricket side that will travel to Adelaide on December 27 to compete in the National Championships over two weeks and play against other states.

The preparation for the NSW side had been interrupted by the weather over the last month and the game against Woy Woy was considered important for their preparation.

The game was also live streamed nationally via the internet on the day and had many listeners across Australia.

The NSW Blind Cricket side batted first and scored a competitive five for 91 from their 25 overs.

Mark Tattnel (B1 totally blind) top scored with 26, receiving two runs for each run scored which was backed up by Scott Jones who scored 18 not out retired.

Best bowlers for Woy Woy 11 were Wayne Hayward who scored two for 12 and Ron Moore who scored one for 11.

In reply, the Woy Woy 11 side scored six for 81 in their allocated 25 overs.

Some of the home side used a blindfold to face some of the bowling and said they found it quiet difficult using all their senses instead of just sight.

A good job was done using the blindfold by Josh Alce with Woy Woy 11 well represented by captain Russell Downey, Hayden Fuller and Wayne Hayward 26 not out.

Man of the match was Shaun Fitzpatrick from NSW Blind Cricket.

Shaun and Woy Woy's Ron Moore performed well in the field for their respective teams.

Email, 10 Dec 2013
Scott Jones, Blind Cricket NSW

Surf club to raise funds through art show

Killcare Surf Life Saving Club will hold its annual art show fundraiser titled **Help Us to Help You** from Friday, December 27, until Sunday, January 12.

The Friday opening night's special guest is media commentator HG Nelson, with tickets available for purchase from Killcare businesses.

Killcare Surf Life Saving Club aims to raise money for vital lifesaving and rescue equipment at its art show through the sale of paintings, prints, sculpture and photographs by over 25 renowned, award winning and emerging artists from across Australia.

Exhibiting artists include three painters who have just closed successful solo exhibitions in Sydney.

These artists are Alex Snellgrove, Susan Schmidt and Karen Bloomfield.

Also exhibiting works are prolific award winners Debbie MacKinnon, Margaret Fortey and Pam Sackville.

For the first time, famed Aboriginal painters Eubena Nampitjin and Judy Watson Napangardi have work in the show.

Renowned Australian printmaker exhibitors Monique Aurichhio, Mieke Cohen and Kath Giovanelli will also have work displayed in the art show.

Sculptors include Sculpture by the Harbour winner Sam Valenz and Sculpture by the Sea entrant Mandy Francis.

Merran Sierrakowski's bird sculptures and Juliet Cohen and Brandon Webb's metal construction works are also set to be highlights of the show.

Every summer school holidays, the community of Killcare attracts holidaymakers keen to enjoy Bouddi National Park, Killcare Village, Hardys Bay and Killcare Beach.

Killcare Beach is patrolled by one of the founding, oldest and smallest surf clubs on the Central Coast.

Last year during the summer season, the 90 members of Killcare Surf Life Saving Club patrols were responsible for the safety of over 32,000 people on Killcare Beach, administered 137 first aid cases and performed 400 preventative actions and 10 lifesaving rescues.

Media release, 18 Dec 2013
Mary Doherty, Killcare Surf Life Saving Club



As you *Connect* with your family and friends this Christmas **please remember ours**

Sponsored by Peninsula News Community Access

Grew up amongst crime & violence

House went under during the floods

Became homeless after her husband died



Please give generously



Contact 13 SALVOS (13 72 58)
salvos.org.au/Christmas

We're about people finding freedom.

Let your community know about:

- Weddings
- Engagements
- Special Birthdays
- Special Anniversaries
- New Born Babies
- Special Achievements

Send a photo and details to:
editorial@duckscrossing.org

Presentation day at bowling club

Over 100 bowlers and guests attended the Umina Beach Men's Bowling Club presentation day held on November 23.

Prior to a luncheon, a flag unfurling of Pennant Grade 5 was held and, after the luncheon, a number of presentations were made.

The Handicap Pairs went to Tom Burgmann and Robert Andersen, the Minor Pairs to Ron Fitzgerald and Allan Hancock, the Minor Singles to Robert Penson, the Triples to Dale Phillips, Robert Andersen and Lee Patterson, the Fours to Leigh Woodward, Max Wilkinson, Allan Rhodes and Brian Burrows, the Major Pairs to Michael

Jones and Gary Jones and the Major Singles to Lee Patterson.

New bowler Roger Twells was presented with the Encouragement Award for his improvement and dedication to improving his game.

President Bob King said this season had been the club's most successful pennant season for some time with three sides making the zone play offs and one side going on to represent the club at the State carnival.

He also stated that the club seemed to continue to attract new bowlers due to the camaraderie and good fellowship within the club.

Email, 9 Dec 2013
Ian Jarratt, Umina Beach Bowling Club



Jemma Smith (middle)

Peninsula places third in junior touch

The Peninsula has placed third overall in this year's Central Coast Junior Touch Championships held on Sunday, December 15, at Gosford's Adcock Park.

The Peninsula side, on 71 points, placed behind overall winners Manly, on 122 points, and second placed Berkeley Vale, on 90 points.

The club took out the 10 years girls' division, beating Northern Beaches 3-2.

In the 18 years boys' contest, the Peninsula was unfortunately

beat 6-3 by Ryde Eastwood.

Tournament director Mr Shayne Hayne said the event, which was attended by 137 teams and their affiliates, was very successful.

"The conditions were just right for touch," Mr Hayne said.

"The pleasing thing about the finals was that there were eight different affiliates that won titles out of the 10 finals contested.

"There were also 12 different affiliates that contested the finals."

Media release, 17 Dec 2013
Shayne Hayne, Central Coast Junior Touch Championships

Five athletes from Umina Surf Life Saving Club were part of the Central Coast team that placed third at the 2013 NSW Surf Life Saving Interbranch Championships held at Soldiers Beach on the weekend of December 14 and 15.

The team finished on 1244 points behind first placed Sydney on 1337.5 and second placed Sydney Northern Beaches on 1315.5.

Competitors from Umina comprised Lachlan and Harry

Braddish who competed in the under-12 and under-14 events respectively, Leilani Healey who competed in the under-12 events, Mimosa Henderson in the under-14 events and Jemma Smith in the under-15 events.

Lachlan placed first in the under-12 male board race and male surf race, Mimosa placed first in the under-14 female board rescue, first in the female iron woman, third in the female surf race and fifth in the female board race, Leilani placed sixth in the under-12 female beach sprint, Harry placed fourth in the under-14 male beach

flags and Jemma placed sixth in the under-15 female surf race.

Female team captain Rachelle King said she was proud of the whole team.

"Central Coast has really improved this year in all areas of competition.

"We are all about team spirit and that really puts us at an advantage.

"As captain, my goal this year was to create a loving and supportive environment because I think you need that in order to race well," said Rachelle.

Media release, 16 Dec 2013
Alix Vanny, NSW Surf Life Saving Australia

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, Wyoming

\$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

New Beginner Level Class
KARIONG PROGRESS HALL
CNR/WOY WOY ROAD & DANDALOO ST KARIONG
Tuesdays - 7.30 to 9pm

BRIAN HILTON MOTOR GROUP THE BIG LOCAL



TOYOTA



The Power to Surprise



SSANGYONG

Woy Woy Service Department

Servicing the Coast
for over 40 years



Specialised Servicing & Repairs. Most makes & models

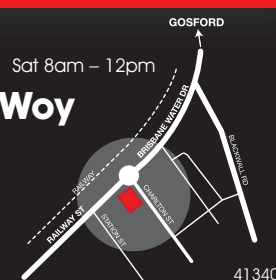
Opening Hours | Mon - Fri 7.30am - 5.30pm | Sat 8am - 12pm

1 Charlston Street, Woy Woy

P: 4344 1455

E: woywoy@brianhilton.com.au

www.brianhilton.com.au



41340



Umina Beach 283 West St - ph 4341 3066

NOW OPEN
weeknights
until 7pm

UMINA AUSTRALIA
BEACH POST

NOW OPEN
Monday-Saturday
from 8.30am

you save
CHEMIST
315 West St
Umina Beach
Ph: 4341 1488

Monday to Friday - 8.30am - 5.30pm Saturday - 8.30am - 3pm Sunday - 9.00am to 3pm

NOW OPEN
Saturday
and
Sundays
until 3pm

you save
CHEMIST

be rewarded!
JOIN TODAY

