

## Committee calls for marketing for the Peninsula

**The Peninsula Tourism Committee has called on the Central Coast's new tourism marketing and industry services agency, Affinity, to organise packages and campaigns that will specifically support tourism on the Peninsula**

The committee is a sub-group of the Peninsula Chamber of Commerce and includes Mr Larry Altavilla from the Ettalong Beach Tourist Resort, Mr Bill Jackson from the Ettalong Diggers Memorial Club, Ms Sue Fowler from Woy Woy Deep Water Plaza and Mr Justin Sheppard from the Ocean Beach Tourist Resort.

Committee chair Mr Altavilla said he had not had any direct contact from Affinity since their appointment in June but he was looking forward to their first Tourism Industry Update due on October 24.

Affinity Partnership, a consortium of three organisations, was awarded a two-year contract by Central Coast Council with an annual budget of \$800,000 and an official start date of July 1.

The new group replaces Central Coast Tourism, which had been responsible for promoting the region, jointly funded by the former Gosford and Wyong Councils, for over 20 years.

"We want to see that money being spent on promotion and that, in turn, will deliver more people to stay in our resorts and visit our area," Mr Altavilla said.

Mr Altavilla said he used a mixture of online promotion, referrals and direct marketing to existing clients to ensure a low vacancy rate at his own venue.

"The Affinity promotions have to be along the same lines as what we do but with other mediums including television and radio advertising," he said.

He said he did not believe region-wide promotions of the Central Coast would help the businesses on the Peninsula who depended on strong spending from holiday makers and day trippers

throughout the year.

"I think the marketing will need to be segmented by micro locations to get the full effect," he said.

"They are engaged to represent the Central Coast but their efforts will be fragmented if not focused on geographical areas by doing packages and campaigns around those areas."

One segment of Affinity's first Tourism Industry Update will be the announcement of a new industry services program.

Mr Altavilla said, if Affinity wished to get support for the program from the Ettalong resort, it would need to "basically establish and identify the market and how they will deliver results and that would mean delivering an audience and get people coming to our business and our venue," he said.

"It was very hard to measure results when Central Coast Tourism was on board because it was all about justifying each of their positions.

"Our core business is mid-week over 50s packages and day trippers who mainly come from Sydney, Newcastle and the Hunter Valley.

"New promotions to Sydney's Northern Beaches would be a good idea so they can get on the ferry and come directly to our area but I don't think there is any need to do marketing further afield," he said.

Mr Altavilla said he would be prepared to give Affinity time to settle in to the role before expecting measurable results from any of its strategies or campaigns.

"Any new organisation coming in to a new role needs at least 12 months before it could produce results or even produce a strategy to have ready to put in place.

"The first thing it needs to do is consider who is going to want to come and stay," he said.

**SOURCE:**  
**Media release, 11 Oct 2017**  
**Russell Mills, Affinity Partnership**  
**Interview, 11 Oct 2017**  
**Larry Altavilla, Peninsula**  
**Tourism Committee**  
**Reporter: Jackie Pearson**



*New funding will ensure Clean4Shore's work on Brisbane Water continues*

## Grant to continue waterway cleaning

**The Clean4Shore program has received a \$250,000 grant to continue cleaning**

**local waterways.**

This program, which aims to protect, enhance, rehabilitate or restore ecosystems and natural habitats, control or eradicate weeds and invasive species and conserve biological diversity, has been successful in helping maintain the overall health of local waterways, including lagoons, Brisbane Water and the Lower Hawkesbury River, according to Central Coast mayor Cr Jane Smith.

Cr Smith said the Council was pleased with the announcement of the grant by Federal Member

for Robertson, Ms Lucy Wicks, and welcomed the opportunity to continue its working relationship with Clean4Shore for the next three years.

"Our environment is a unique and delicate biological infrastructure requiring ongoing care and maintenance to ensure it long term health and prosperity," Cr Smith said.

"This program, with its focus on involving the community, including school students and local volunteers, not only helps deliver cleaner waterways but also provides ongoing education and training for locals invested in preserving our wonderful natural environment."

In addition to the program's focus on preserving the coastal waterways habitats, Clean4Shore actively promoted and recognised the role of indigenous people in conserving biological diversity, promoted and encouraged ecologically sustainable practices and facilitated adaptation to climate change, she said.

"Central Coast Council is committed to delivering a vibrant and sustainable community for all its residents and this funding announcement for the Clean4Shore program supports this vision," Cr Smith said.

**SOURCE:**  
**Media release, 6 Oct 2017**  
**Jane Smith, Central Coast Council**

**THIS ISSUE contains 52 articles - Read more news items for this issue at [www.peninsulanews.info](http://www.peninsulanews.info)**

# NEWSPAPERS

Central Coast

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





## News

# Peninsula News

Peninsula News is a fortnightly community newspaper owned by Woy Woy Community Media Association Inc., an incorporated, non-profit association.

Its aims include providing a viable, non-partisan news medium and forum exclusively for the Peninsula and developing a sense of community on the Peninsula.

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

**Editor:** Mark Snell

**Commercial Operator:**

Cec Bucello for Central Coast Newspapers

**Journalists:** Jackie Pearson, Dillon Luke

**Assistant Journalists:**

Satria Dyer-Darmawan

**Graphic Design:** Justin Stanley

**Photo Journalist:** Noel Fisher

## NEXT EDITION: PENINSULA NEWS 431

**Deadline:** October 26 **Publication date:** October 30

**Email:** [editorial@centralcoastnews.net](mailto:editorial@centralcoastnews.net) **Ph:** 4325 7369

Peninsula News focusses on post codes 2256 and 2257

### 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: [editorial@centralcoastnews.net](mailto:editorial@centralcoastnews.net), 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.

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

Central Coast Newspapers is the commercial operator of Peninsula News

ISSN 1839-9029 - Print Post Approved - 100002922

Printed by Spotpress Pty Ltd Marrickville

### Woy Woy Community Media Assoc Inc

#### 2017/18 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

# Dry spell continues

The Peninsula's rainfall continued to be below average for another consecutive fortnight according to the latest data from Mr Jim Morrison of Umina.

Rain was recorded on three days out of the first 13 in October.

Half a millimetre fell over the Peninsula on October 9.

Two days later Mr Morrison recorded 0.6mm.

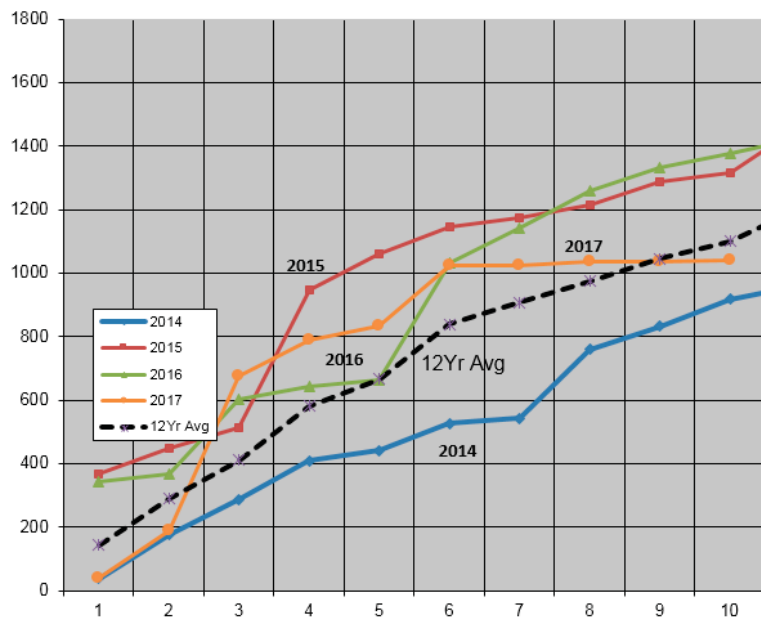
The biggest fall recorded since August 3 occurred on October 12 and that was a grand total of 2.4mm.

The Peninsula's usual monthly average rainfall for October is 56mm and, as of Friday, October 13, recorded rainfall was 52.5mm (94 per cent) short of that average.

As a result the Peninsula's cumulative rainfall so far for 2017 has fallen slightly below average.

The cumulative average by the end of October is usually 1100mm so another 70mm needs to fall by October 31 to be on target to

### Cumulative Monthly Rainfall by Year



achieve the annual average of 1296mm.

The last time more than 70mm of rain was recorded on the Peninsula in October was 2014.

**SOURCE:**  
Spreadsheet, 13 Oct 2017  
Jim Morrison, Umina

# YOUR CHANCE TO WIN

Peninsula News and the Wyong Drama Group would like to offer two double passes to two lucky readers to see the group's latest production, 'Allo 'Allo, at The Art House, Wyong.

There will be laughter and music, skulduggery and magic, and a cabaret for all to savour and enjoy when the Wyong Drama Group brings 'Allo 'Allo to The Art House stage in November.

The classic British comedy will be staged to coincide with the annual Fab Fakes Art Exhibition from November 17 to 25 and prize winners will be able to select



from available performances.

To be in the draw to win one of the two double passes, write your full name, address and a daytime phone number on the back of an envelope and mail it to Peninsula News 'Allo 'Allo Competition, PO

Box 1056, Gosford, NSW, 2250 by 5pm on Thursday, October 26.

The winners of the Peninsula Dollars competition were Jack Wildman of Umina, Louise Graham of Erina and Maureen Parker of Terrigal.

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.

Get the most out of your advertising dollar

# NEWSPAPERS

#thisisthelife

Advertise in a Central Coast Newspaper 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.



[www.centralcoastnews.net](http://www.centralcoastnews.net)

facebook



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



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



# Look at alternatives to rail crossing, says chamber

The Peninsula Chamber of Commerce has called for the NSW Government and Central Coast Council to restart discussions about the rail level crossing in Woy Woy.

"It is time to go back to basics and look at what the alternatives are to the proposal that was rejected by the NSW Government at the base of Bulls Hill," Chamber president Mr Matthew Wales said.

"It is time to look at alternatives to the level crossing replacement because it is pointless to resurrect the Bulls Hill proposal.

"I think we need to be realistic and consider the long-term strategy of duplicating Brisbane Water Dr," he said.

Mr Wales said he believed there

was a need to examine whether it would be more cost-effective to expand Brisbane Water Dr to four lanes all the way from Woy Woy to West Gosford.

"I think we need to consider that as part of our long term planning," he said.

"If the underpass option was costed at in excess of \$100 million then it is pointless for the former Member for Gosford, Cr Chris Holstein, to be throwing the blame back at the NSW Government when he failed to prosecute the project while in Government and it was ill-conceived from the very beginning."

**SOURCE:**  
Interview, 12 Oct 2017  
Matthew Wales, Peninsula  
Chamber of Commerce  
Reporter: Jackie Pearson



## Beaches given a good rating

**Ocean and Umina Beaches were given a clean bill of health in the annual NSW Office of Environment and Heritage Beachwater Report.**

Pearl Beach rockpool also received a good rating.

The report grades beaches (open and estuarine), lakes, lagoons and other swimming sites on a metric of very poor, poor, fair, good and very good.

Umina, Ocean, Killcare and

Pearl Beaches all returned a rating of good.

Patonga Creek, the Ettalong Channel, Pretty Beach Baths and Woy Woy Baths were all rated as poor.

"Recreational water quality has been monitored in NSW by the Office of Environment and Heritage's Beachwatch Program since 1989, and in partnership with coastal councils since 2002 under the Beachwatch Partnership Program," the report said.

According to the report, rainfall and water movements were the major factors that determined the results.

"Rainfall is the major driver of pollution to recreational waters, generating stormwater runoff and triggering discharges from the wastewater treatment and transport systems," it said.

**SOURCE:**  
Report, 2 Oct 2017  
State of the Beaches 2016-17, Office of Environment and Heritage

# MATTRESS PLUS

- LAYBY AVAILABLE
- HUGE MARKDOWNS ON DISCONTINUED FLOOR STOCK
- CUSTOMISED LOUNGES AVAILABLE
- WALK OUT THE DOOR PRICES
- MASSIVE DISCOUNTS ON OUTDOOR AND LEISURE!!

UP TO **50% OFF**  
EVERYTHING  
INSTORE



Was **\$2199**  
NOW ONLY **\$1499**

**Brodie  
Bedroom  
Package**

1x Queen Bed - 2x Bedside  
1x Tallboy



**Portland  
Range**

Available in Dining/  
Living/Bedroom

If it's not on the floor - we'll get it in the door

**4341 8727**

225 Blackwall Road Woy Woy

woywoy@mattressplus.com.au



## Community Plan organisation to incorporate

**The Community Plan Central Coast organisation is set to move forward to incorporation and continue its campaign to have the new Central Coast Council adopt its grass roots manifesto.**

A meeting of participants and supporters held at Pearl Beach on October 7 recommended a five-point strategy which includes a proposal to incorporate Community Plan Central Coast as a not-for-profit member-based organisation.

"Consistent with our processes which see all directional and policy issues determined by community-advertised public meetings, this recommendation will be presented, questioned, debated and amended, and determined at a meeting to be held at Ourimbah RSL from 10am to 12:30pm on Saturday, November 25," said Dr Davy.

"The recommendation comprised five strategies, the first being that the organisation's overriding purpose, its 'raison d'être', is to have a peoples' plan that sketches a preferred future for the Central Coast residents.

"The plan and its strong community support, gives political legitimacy and strength to the work

of representatives who pursue it.

"There is much work, both organisational and intellectual, which requires an organisational group of people with research and writing skills and a knowledge of management procedures.

"Its job will be to organise and maintain a thorough community-wide and community-engaging set of procedures which results in an over-arching 'vision' statement, a succinct statement of goals for each policy, an endlessly refreshed, up-to-date community plan.

"Central Coast residents will want their Council to be heavily engaged in planning, and integrating planning across all 18 policy categories in the community plan and immediately attending to the most pressing policy categories."

Dr Davy said another strategy in the recommendation would be for the new organisation to organise a series of events each year that are designed to assist the Council to better understand, and act, on pressing issues.

The policy areas requiring the most urgent audit, summit and/or triage were environment, caring, youth, housing, arts and culture, pensioners, economy, small

business and planning.

"There are many environmental matters requiring attention, some more urgent than others.

"We do not have a comprehensive log of old issues requiring repair, current issues to be addressed or future issues to be avoided with near-future actions.

"Nor do we have an ordering of priority environmental issues confronting residents.

The third strategy examines ways to market the new organisation so it has visibility and strong, ongoing community support.

Strategy four related to how the newly-formed group would approach the next Central Coast Council election in 2020.

The final strategy put forward from the meeting was to seek endorsement for the incorporation of the organisation, to be called Community Plan Central Coast Inc.

"CPCC will have a formal structure designed to facilitate its purposes, collect and expend monies, and provide clear guidelines in which its members and office bearers are expected to act."

**SOURCE:**

Media release, 11 Oct 2017  
Van Davy, Community Plan  
Central Coast

## Mayor's allowance set at \$113,280

**The Central Coast mayor will receive \$113,280, the deputy mayor \$37,383 and councillors \$28,950 this coming year.**

Justifying the allowances, mayor Cr Jane Smith said the decision was based on a determination of the NSW Local Government Remuneration Tribunal and was consistent with the resolutions of other Councils of a similar size including Blacktown, Canterbury-Bankstown and Northern Beaches Councils.

She said the fees were a matter of public interest and that further expenses suggested for the mayor and councillors would be deferred for further consideration and review by staff and Councillors.

"We are all pleased and honoured to have been elected to serve the people of the Central Coast," Cr Smith said.

"The fees have been set to reflect the high demands placed on

us in the execution of our civic duty and the fact that I will be a full-time mayor serving the needs of the community every day," she said.

"Additional expenses have been suggested to help fulfil mayoral duties as the head of what is now a major regional council, with a diverse and growing population.

"I want the public to have confidence their elected officials are claiming reasonable expenses directly related to their role in the service of the community."

Additional expenses being considered include a prestige vehicle for the mayor to undertake civic duties and business class travel when representing the council at state and national forums will be considered.

Councillor travel expenses will also be subject to further review.

**SOURCE:**

Media release, 10 Oct 2017  
Jane Smith, Central Coast  
Council

## GOSFORD CITY FARMERS MARKET



# SUNDAY - 8.00am till 1.00pm



### Feast your eyes over these producers:

Garden Fresh, Vegitali Pty Ltd, La Tartine, Over the Moon Milk, Egganig, Soda Bread

Bakery, Lincoln Red Beef, The Banana Bread Man, Hawkesbury Fresh Produce, Delightfully Fresh Organics, Tar 10, Bills

Organic Bakery, Pattie Moi Designs, Little Creek Cheeses, Pokolbin Olives, Maxima Coffee, Wotton Valley Beef, Wattle Creek

Preserves, Jacques Kitchen, Larry's Free Range Eggs, Peats Rigde Produce, The Apple Man, Meltic Beef plus many others.



**VENUE:** The Entertainment Grounds  
(Gosford Racecourse)

**WHEN:** Every Sunday

**TIME:** 8.00am till 1.00pm

**Rain, Hail or Shine**

**Enquiries:**

[finefoodmarket@bigpond.com](mailto:finefoodmarket@bigpond.com)

**Mob: 0427 630 144**



**FACEBOOK**  
[www.facebook.com/  
Gosfordcityfarmersmarket](http://www.facebook.com/Gosfordcityfarmersmarket)



Gosford City Farmers' Market will feature a wide range of fresh vegetables, fruits, primary produce including gourmet jams and preserves, olive oil products, pestos, macadamia nuts and fresh home made products. The market will include other food related items as well as high quality "food-to-eat" vendors. Flowers, plants and trees will also be available for sale. Additionally the market will also feature hand-made products other than food such as artists, designers and other quality artifacts.

**The market will operate each Sunday from 8.00am till 1.00pm Rain, Hail or Shine.**

**Gosford City Farmers' Market**  
Gosford Racecourse,  
4 Racecourse Rd, Gosford West





## Peninsula unrepresented on key council committees

The Peninsula is unrepresented on three key committees appointed by the new Central Coast Council.

No positions on the Joint Regional Planning Panel, the Grants and Sponsorship Review Panel or the Audit, Risk and Improvement Committee were filled by Gosford West councillors, who represent the Peninsula.

The committees were appointed on Monday, October 9, at the Wyong Chamber.

Cr Kyle MacGregor and Cr Chris Burke, both representing the Wyong ward, were chosen to be the Council's representatives on the Joint Regional Planning Panel.

Mayor Cr Jane Smith and Cr Jeff Sundstrom both from the Gosford East ward were chosen as alternate delegates for the panel.

The appointments were effective immediately and for the three-year period.

"This panel will be responsible for helping to shape how our region grows and develops now and in the future and we need to have a seat at that table," Cr Smith said.

"The appointments were a unanimous decision of Council so our representatives can be confident they have the full



Cr Chris Holstein the only Gosford West Councillor to be given a committee post, with CEO Mr Brian Bell

support of Council to carry out their duties," she said.

The panel provides independent, merit-based decision-making and advice to the NSW Minister for Planning on regionally significant development proposals, with a value over \$20 million.

The panel is made up of five members, three independent

experts appointed by the Minister and two recommended by Council.

Councillors also voted on the appointment of Council representatives to the key positions in the Grants and Sponsorship Review Panel and the Audit, Risk and Improvement Committee.

The Grants and Sponsorship

Review Panel is responsible for reviewing all staff recommendations for eligible applications, over \$5000, received within the Grants and Sponsorship Program.

The Program funds more than \$1.4 million in community events and programs across five areas including community partnership, community development, place

activation, community support, heritage and sponsorship.

Cr Smith will chair the panel with Cr Lisa Matthews (The Entrance ward) and Cr Jilly Pilon (The Entrance ward) as council delegates.

Cr Chris Holstein's appointment as an alternate delegate on the review panel made him the only Gosford West Councillor chosen for any of the representative roles determined at the first meeting.

Cr Louise Greenaway (Wyong ward) was chosen as the second alternate delegate.

Council group leader Ms Julie Vaughan was also appointed to the panel.

The Audit, Risk and Improvement Committee has oversight of all Council's operations, including compliance, risk management, fraud control, financial management and governance.

The committee has three independent members on it, being Mr Colin Gellatly, Mr John Gordon and Mr Carl Millington.

Cr Doug Vincent (Budgewoi) and Cr Louise Greenaway (Wyong) were appointed as the representatives on the committee with Cr Lisa Matthews and Cr Sundstrom as alternates.

**SOURCE:**

Media release, 9 Oct 2017  
Jane Smith, Central Coast Council

**INSTALLED IN A DAY!\***

**PRODUCT SATISFACTION 94.8%**

**CUSTOMER SERVICE SATISFACTION 93.3%**

# Stairlifts never looked this good

Designed to make your life easier when stairs start to become too much, a **Compact Lift** will easily fit into any home.

Often chosen as an alternative to cumbersome and unattractive stair lifts, a **Compact Lift** will transport 2 people comfortably so you can transform your life without moving home.

A **Compact Lift** is packed with sensors to keep everyone safe, it also plugs straight into a normal power point, runs very quietly and uses less energy than a toaster!

**CALL NOW AND QUOTE PN17 TO RECEIVE \$500 OFF YOUR PURCHASE!**

- Quick and easy to install
- Advanced safety features
- Small footprint
- Battery back up
- Flexible positioning options
- Wheelchair model available
- Two year guarantee
- Cost-effective and affordable
- Installed in a day\*

**Please Call 1800 842 055**

or

**Visit [www.compactlifts.com.au](http://www.compactlifts.com.au)**

**for a FREE no obligation survey or for a FREE Brochure**

Compact Home **Lifts**

\* Wheelchair lifts can take up to 3 days to install in some locations.



## Call for MP and council to work on coastal management

The Central Coast branch on the Australian Conservation Foundation has called on both the Member for Gosford Ms Liesl Tesch and Central Coast Council to ensure an integrated plan for the management of the entrance to Brisbane Water is followed.

The branch claimed the current emergency dredging near Lobster Beach was another example of the ongoing poor management of the entrance to the estuary.

Branch president Mr Mark Ellis said: "We understand the importance of having a safe channel to navigate for the boating community and the commercial ferry operators but there is more at stake here."

"The Coastal Zone Management Plan that was approved by the NSW Environment Minister in 2016 does not mention dredging of the channel at Ettalong, Half-tide Rocks or adjacent to Lobster Beach," he said.

"The troublesome section of the channel is, in fact, the North Broken Bay Channel off Lobster Beach which was ignored in the Coastal Zone Management Plan and is not within Brisbane Water which is defined as extending upstream from Half Tide Rocks.

"It is not Little Box Head which is deep enough and it is not the Ettalong-Half Tide Rocks section one kilometre upstream.

"Therefore it could be argued that the new Council is legally



Mr Mark Ellis, President of the Central Coast branch of the Australian Conservation Foundation looking across the channel to the temporary dredge

obliged to manage the Coastal Zone in accordance with the plan approved by the Minister and not abandon that plan to meet the interests of the boating community or a private ferry operator."

According to Mr Ellis, the contentious issue of commercial operations benefiting from the public purse predates the proposed fast ferry proposal in 1998.

"The environmental impact statement provided for the fast ships proposal stated the outer channel was 1.3 metres in places during low tide conditions and the proposed ferry then was to have a hull draft of no more than 1.25 metres.

"So with this previous knowledge

and the 2007 experience of a vessel grounding, why would a company increase the size of its vessels at a time when the estuary was becoming more difficult to navigate?" Mr Ellis said.

"Neither the previous Gosford Council, nor NSW Government, adequately addressed the environmental and financial concerns related to the ongoing management of the channel and estuary.

"This situation seems to be ongoing with the Central Coast Council's operational plan for 2017-18 approved at Council's meeting on June 28, providing only \$2.8 million for waterways and coastal protection.

"The Central Coast Council has two major estuaries to manage since amalgamation, and both require detailed assessment of commercial operations as the catchments are increasingly developed and utilised for the range of aquatic activities.

"The \$2.8 million will not go far under the region's two Coastal Zone Management Plans and the environmental management of the dredging at Lobster Beach will be neglected.

"As was highlight by previous Gosford councillors, the funding for the remedial and ongoing management of this area is a huge concern as no part of this estuary is a designated port, so the funding

streams and statutory controls do not apply as they do to ports such as Newcastle or Port Kembla.

"And no money has been allocated for dredging (other than at Patonga) under the plan which has other spending priorities and tasks," Mr Ellis said.

"We now have a well-known environmental educator as mayor and the ACF branch would expect Cr Smith to guide her fellow councillors to make decisions based on a triple bottom line of good governance which includes environmental management of the estuary and surrounding beaches," he said.

"Many local residents who have a long-term understanding of the estuary have made it clear to us that, along with increased storm surges, they consider previous dredging to have significantly contributed to the now serious erosion at Lobster Beach to the north-east of the channel and to the beachfront from Ettalong to the southern end of Ocean Beach.

"They are concerned ongoing dredging may cause further erosion if it is not part of an integrated Coastal Zone Management strategy.

"We call on the Member for Gosford, Ms Liesl Tesch and Central Coast Council to stand up and fix this problem together in the greater interest of the community," Mr Ellis said.

**SOURCE:**  
Media release, 12 Oct 2017  
Mark Ellis, ACFCC

## Your new retirement community is now open

### First villa release almost sold out!

Settled within the leafy parkland of Shortland Waters Golf Club, Aveo Newcastle has welcomed its first residents to this landmark community.

Aveo Newcastle features stylish 2 bedroom Villas fitted with a 24/7 emergency call system, exclusive access to the Resident's Function Centre including a health and wellness centre, media and lounge areas, resident's bar and hair salon to name a few. Residents will also enjoy access to a brand new Golf Clubhouse. (Resident's Function Centre and Golf Clubhouse due for completion in November). Enjoy the retirement lifestyle that you deserve.

Call 13 28 36, 7 days a week to arrange an appointment or visit [aveo.com.au/newcastle](http://aveo.com.au/newcastle)



Our residents love living at Aveo, you will too!  
Ask us about our 6 month money back guarantee\*!

**Aveo Newcastle** | 33 Shearwater Drive, Shortland

#The Money Back Guarantee is subject to particular timeframes regarding sale and repayment, as well as other terms and conditions. These terms and conditions are outlined in full in our retirement village contracts, which are available upon request. Refund will be paid within 45 days of vacant possession. AVN644



**aveo**



# **It's been four years** since the **Liberals have been elected**



## **JOBS & WAGES**

- Apprenticeships down by 37%.
- Central Coast unemployment rate is at a high of 6%.
- Youth unemployment is at a high of 17.3%.
- The Liberals cut penalty rates while giving millionaires a \$16,400 tax cut.



## **ENERGY PRICES**

- Wholesale energy prices have doubled.
- The Liberals promised you'd save \$550 but your bill has increased.



## **HEALTH**

- Over \$50 billion cut from public hospitals.
- Cut Medicare rebate forcing GP's to hike up fees and abandon bulk billing.



## **PENSIONS**

- Cut the pensioner energy supplement (\$365 a year for singles & \$550 for couples).
- The Liberals want to raise the retirement age to 70.



## **EDUCATION**

- \$31 million cut from public schools across the Central Coast.

**Malcolm Turnbull and Lucy Wicks  
have failed the Central Coast.**





Volunteers on Brisbane Water

Photo: Deb Holloman

## Landcare volunteers visit Rileys Island

**Volunteers helped maintain the natural beauty of Rileys Island as part of the unique Landcare activity held on Sunday, October 15.**

The award-winning Floating Landcare program saw volunteers travel on an oyster barge to the island to help weed and regenerate the environment.

Land services officer Ms Rebecca Mooy said the program had seen more than 400 volunteers take part since it began in 2012.

"The many places we have visited during that time are

showing excellent restoration progress thanks to the efforts of our volunteers," she said.

"It is a unique opportunity to experience some of our more remote local assets while giving something back."

National Parks and Wildlife Services coordinator Ms Deb Holloman said Rileys Island had plenty to offer.

"Most of the Island's 45 hectares are identified as significant coastal wetlands including coastal saltmarsh, one of three endangered ecological communities found on the Island,"

Ms Holloman said.

"Our focus on managing the weeds helps protect these wetlands that are so important to the estuarine food web," she said.

The island is habitat for the white bellied sea eagle nesting and a number of wader birds.

"The support of local volunteers is absolutely critical to our work in National Parks plus it's an amazing social event, where new friendships are formed," she said.

**SOURCE:**

**Media release, 12 Oct 2017  
Nikki McGrath, Greater Sydney  
Local Land Services**

## Shopping centre plans fall foul of amalgamation

**The \$3.25 million redevelopment of a shopping centre in Ocean Beach Rd, which was approved seven years ago, appears to have fallen foul of the planning processes during the council amalgamation.**

The Umina Mall redevelopment was hindered by delays in reaching an agreement with the council on the value of a closed laneway to be incorporated in the development.

According to conditions of consent, the development could not proceed until the laneway had been purchased and consolidated with the land currently owned by Umina Mall.

Owner Mr Arthur Laundy was ultimately advised by the former Administrator to take the matter up with the new council.

It is now unclear whether the original approval has expired in the meantime and a new development application will be required.

The original redevelopment plans were approved in 2010.

In December 2015, the former Gosford Council approved changes to Mr Laundy's plans to redevelop the shopping mall which is bounded by Ocean beach Rd, Pozieres Ave and Lone Pine Ave, Umina.

Even though more than five years had passed since the 2010 approval, Gosford Council chief Mr Paul Anderson allowed Mr Laundy to amend his plans, stating: "Council is of the opinion that the amended proposal is a minor modification and is substantially the same development consented to by the Council."

Consent was given on the proviso that 11 lots were consolidated, including all closed roads, into a single allotment.

On September 20, former Council Administrator Mr Ian Reynolds wrote to Mr Laundy

to explain Council's position regarding the potential purchase of a closed road adjacent to the house at 537 Ocean Beach Rd, Umina.

"I have received a briefing from staff on the history of the matter which, it appears, goes back to at least March 2011," Mr Reynolds' letter said.

"I am advised that agreement was not reached on a potential purchase price by March 2015 with the result that a third party valuer was engaged to determine a valuation in late 2015," the letter said.

"It does not appear that there was any agreement that this determination would be binding on the parties.

"It further appears from Council records that the matter did not proceed to finalisation at that time (it being noted that the third party valuation was not in accordance with Council's resolution in 2011)."

The final paragraphs of Mr Reynolds' letter informed Mr Laundy that he would have to wait for the newly-elected Central Coast Council to revisit the issue.

"The Central Coast Council was subject to caretaker provisions in the lead up to local government elections on September 9.

"This means that I, as Administrator, am not able to revisit the valuations issue.

"Any reconsideration would be the responsibility of the elected Council."

The 2015 approval of Laundy's amended proposal did not extend the five-year deadline for commencement of the redevelopment that was originally approved in 2010.

**SOURCES:**

**Letter, 20 Sep 2017  
Ian Reynolds, Central Coast Council  
Gosford DA Tracker  
Website, 11 Oct 2017  
DA37199/2009, Central  
Coast Council**

## Need new blinds before Christmas?

**Come Visit The Coast's Biggest  
Showroom For Blinds, Plantation Shutters  
and Awnings, including motorization.**

**Or call for a Free in-home  
Measure and Quote.**

**\$100 off when you mention this paper.**

**CHOOSE THE LOCAL EXPERTS AT**

**18/482 Pacific Highway, Wyoming. Ph : 02 4324 8800**

**www.premiershades.com.au**

**PREMIER**  
shades-awnings-blinds



ADVERTISEMENT

# LUCY WICKS MP

Federal Member for **Robertson**

## 600 NEW JOBS FOR GOSFORD



Job ads now being placed  
for work to start from  
December 2017



Flow-on impact within the  
community creating even  
more jobs



Construction has injected  
over \$7.5 million dollars  
into the local economy



Building work completed  
by contractors from the  
Central Coast and surrounds

For more details visit [lucywicks.com.au](http://lucywicks.com.au) or [ato.gov.au/gosford](http://ato.gov.au/gosford)



Level 3, 69 Central Coast Highway, West Gosford NSW 2250



4322 2400



[lucy.wicks.mp@aph.gov.au](mailto:lucy.wicks.mp@aph.gov.au)



[lucywicks.com.au](http://lucywicks.com.au)



[lucywicksmp](https://www.facebook.com/lucywicksmp)



## News



Fairhaven's Sarah Williams (back right) with some of the Bingo volunteers

### Fairhaven looks for bingo volunteers

**A small group of dedicated Peninsula women have been running bingo in local clubs to raise money for Fairhaven Services for decades.**

They are now looking for more volunteers to join them.

Fairhaven's fundraising manager Ms Sarah Williams said the many volunteer hours that the women had contributed over the years was immeasurable.

The volunteers believe they too benefited from their involvement in the popular fund raising activity, according to Ms Williams.

"The bingo ladies have said that some of the value for them is improved mindfulness and concentration, improved eye-hand coordination and an opportunity to

make new friends," Ms Williams said.

"One volunteer's doctor even recommended she take it up for improved health and wellbeing," she said.

Several long-term "bingo ladies", most of whom were already at least semi-retired from paid work, were now looking to retire from their fund raising duties, and Fairhaven is looking for some fresh recruits.

Ms Williams said male or female volunteers would find social inclusion, sense of community and being valued as well as making a real contribution to a good cause.

"We'd love to talk to them.

"The women say that the qualities that might make someone a great fit for their volunteer team

are having an eye for detail, a head for figures and being a people person."

The volunteers will join 10 retired and semi-retired women, many of whom have been on the team up to 30 years.

"They can join the team directly, or get the training and be on standby," said Ms Williams.

"They'll make lovely friendships and get lots of support.

"They typically do a three to four hour shift, some in the day, some in the evening, so there's a variety of options."

For more information, contact Ms Williams at Fairhaven Services on 4349 5500/

**SOURCE:**

Media release, 10 Oct 2017  
Sarah Williams, Fairhaven Services

### Rotary club plans youth charity ball

**The Rotary Club of Umina will hold a Central Coast Youth Charity Ball to raise money for a youth development program.**

The black tie gala event will include a three-course meal with live performances and an auction, to be held at the Gosford RSL on Sunday, November 18 from 6pm.

Organiser Mr Paul Quinn said the Umina Rotary Club had a strong connection with the YC Group, formerly Youth Connections, as one of its members was on the board.

"We have been to Kariong to visit the YC Group several times and they have a very interesting facility up there," Mr Quinn said.

"We decided this year to partner with YC Group because of its

commitment to the development of youth who have found it difficult to go through the usual education channels," he said.

"YC Group has identified that it needs funds for a new demountable classroom."

According to Mr Quinn, the cost of a demountable would be around \$30,000 and the fund raising target for the Central Coast Youth Charity Ball was \$20,000.

"This will be a flagship event and is being held to raise much needed funds to offer development for our young people including those with disabilities," said Mr Quinn.

**SOURCE:**

Media release, 11 Oct 2017  
Bianca Hennessy, YC Group  
Interview, 12 Oct 2017  
Paul Quinn, Rotary Club of Umina Beach  
Reporter: Jackie Pearson

### Libraries close for upgrades

**The Umina and Woy Woy Libraries will be closed on Monday and Tuesday,**

**October 16 and 17.**

The closures will enable system upgrades by the Central Coast Library Service.

The upgrades will enable library members to have access to a bigger catalogue and one library card for all libraries across the whole Central Coast.

There has been no access available to the library catalogue either online or in the library since Monday October 9 and that access will not be available until October 18 but customers can still borrow when branches are open.

No library items will be due for return on October 16 and 17, but after hours return chutes will remain open.

Online resources and e-books will still be available after October 18.

**SOURCE:**

Media release, 6 Oct 2017  
Brian Bell, Central Coast Council



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...



LAWYERS & CONVEYANCERS

Ground Floor, Suite 6, 22 Watt St Gosford

##### CONVEYANCING

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

##### COURT APPEARANCES

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

# 4323 4766

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

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



# Adam Crouch MP

## Member for Terrigal

"Working for our Community"





(02) 4365 1906 @ [terrigan@parliament.nsw.gov.au](mailto:terrigan@parliament.nsw.gov.au) f [AdamCrouchMP](https://www.facebook.com/AdamCrouchMP)

Shop 3 Fountain Plaza, 148-158 The Entrance Road, Erina NSW 2250

Authorised by Adam Crouch MP, Shop 3 Fountain Plaza, 148-158 The Entrance Road, Erina NSW 2250.





Rotarians John Greenway and Joan Redmond removing Graffiti in the Rawson Road underpass

# Rotary holds graffiti removal day

**Woy Woy Rotary Club is planning to hold a Graffiti Removal Day on Sunday, October 29.**

Volunteers will meet outside the NAB branch on Blackwall Rd, Woy Woy at 8am.

"Graffiti Removal Day draws attention to the fight against graffiti vandalism and encourages people to get involved in the removal and prevention of graffiti," said club

organiser Mr John Greenway.

"Central Coast Council and Rotary are committed to combating graffiti, which is why we are proud to be working with the NSW Government, Graffiti Removal Australia and great sponsors such as Dulux, Selleys and Smart Graffiti on this event," Mr Greenway said.

"By taking action in your street, your suburb, or your city we can all Love Where We Live by making

sure our place one to be proud of," he said.

"Those who volunteer on the day will be supplied with free cleaning material, paint, safety equipment and training on how to safely remove graffiti."

"People can register or suggest a clean-up site by completing a form at [graffiti removal day.org.au](http://graffiti removal day.org.au)."

**SOURCE:**

**Media release, 10 Oct 2017  
John Greenway, Woy Woy Rotary**



2017 Citizen of the Year – Lester Pearson

## Central Coast Australia Day Awards 2018

The Australia Day Awards is your chance to acknowledge the achievements and actions of community members on the Central Coast.

### Who makes a real difference in your Community?

For further information or to nominate go to:

[centralcoast.nsw.gov.au](http://centralcoast.nsw.gov.au)

Refer to the website for nomination eligibility criteria

**Nominations close Friday 10 November 2017**

Central Coast Council

## Telstra Platinum

Local experts Chris and Shane are here to help you with all your technology needs.



### Do you need help with your new laptop?



Our Telstra Platinum Specialists Chris, Shane, Dianne and David are here to help you with your laptop, computer and other devices with virus protection and software updates.

**\$15/mth**

For 24 months.  
Minimum cost is \$360.

#### More than just tech support

- Unlimited in-store support
- We're experts in Laptop support
- Tech support with any device
- Help fixing issues like computer viruses
- Australian phone support
- Coaching to better use your gadgets
- Software updates including Microsoft

#### Telstra Store Woy Woy

Shop 24 Deep Water Plaza, Railway Street, Woy Woy NSW 2256

4341 0061

**THINGS YOU NEED TO KNOW:** Telstra Platinum services for personal computers are only available for Windows and Mac OS. You are responsible for all data charges associated with this service. Unless otherwise stated, the cost of any software/hardware is not included in the price of the Telstra Platinum service. Fair use policy applies. For further details on our inclusions and exclusions for each service offering, please see our terms and conditions: [telstra.com.au/customer-terms](http://telstra.com.au/customer-terms). If you change or cancel an in-home service, you need to give us 24 hours notice or pay a cancellation fee of \$99. If you change or cancel a remote service, you need to give us 24 hours notice or pay a cancellation fee of \$49. \* In Home Visit must be ordered at the time of subscription and must be booked within 30 days. Not available in all areas. The spectrum device and " are trade marks and ® are registered trade marks of Telstra Corporation Limited, ABN 33 051 775 556.



## Equality supporters meet at Ettalong

**Supporters of marriage equality met on Ettalong Beach on October 11 with Mr Tiernan Brady, executive director of the Equality Campaign.**

Mr Brady was joined by Fr Rod Bower from Gosford Anglican Church and local residents Ms Carmel Underwood and Mr Joshua Maxwell.

"We're here to thank the amazing supporters of marriage

equality in the Central Coast," Mr Brady said.

"It is because of their work that people can see marriage equality is about someone in their community.

"This is a simple issue about whether every Australian should be treated equally before the law," he concluded.

Fr Rod Bower affirmed his support of the campaign.

"I'm voting yes because I believe in marriage.

"Marriage is one of the

cornerstones of our society.

"Especially if that couple are bringing up children together, to have that relationship recognised by law and culture, it is very important for their children.

"Many of the clergy, many of my colleagues, are very supportive of marriage equality because they too see marriage is important," he said.

**SOURCE:**

**Media release, 11 Oct 2017  
Jacqui Munro, Yes Campaign**

## Oyster Festival to include art exhibition

**This year's Brisbane Water Oyster Festival will include an art exhibition, as well as 130 stalls and a number of food and wine venues.**

The festival will be held on November 12 and is organised by the Peninsula Chamber of Commerce.

The exhibition was "a new component ... led by local artist Alice Haigh Jones," Chamber president Mr Matthew Wales said.

"The exhibition will be on the enclosed verandah of the Ettalong Diggers Memorial Club and will be free entry to the public with many paintings for sale," he said.

"Gday Hollywood's Wayne Cornell will be hosting the entertainment from the main stage with dance band Akinga and the well-known Fabba throughout the day.

"The festival brings thousands of visitors to our area, many for the weekend to enjoy our beautiful beaches and waterways, superb

restaurants and a variety of activities while visiting the oyster festival on the Sunday.

"The Ettalong Diggers Club is providing its carpark for the stallholders and food stalls with Memorial Ave converting to Eat Street with plenty of tables and chairs undercover to make the day more comfortable.

"There is still time to book a stall or become a sponsor for the Brisbane Water Oyster Festival 2017 by contacting Impact Exhibitions and Events on mobile 0423 480 389 or email rachele@impactexhibitions.com.au.

Road closures will be enforced along The Esplanade from Picnic Parade to Beach St and Memorial Ave will be closed from Ocean View Rd to the Esplanade.

The festival commences at 9:30am at the waterfront.

**SOURCE:**

**Media release, 12 Oct 2017  
Debra Wales, Peninsula Chamber of Commerce**

## Uniting Church Spring Fair

**The Umina Uniting Church will hold a Spring Fair on Saturday, October 21, from 8am to 1pm.**

Devonshire Teas will be available, as well as a display of Pacific Island dancing at 11am.

Visitors will be able to browse the Trash and Treasure section and books in the garage, purchase healthy plants, and buy from a variety of other stalls, and purchase a barbecue lunch.

Proceeds will go to Parish Funds

to help with ongoing maintenance.

Umina Uniting Church is located on Neptune St.

**SOURCE:**

**Media release, 9 Oct 2017  
Annette Strong, Umina Uniting Church**

## Alleged murderer dies in custody

**The man who was gaoled for the alleged attack and murder of an Ettalong woman on September 27 has allegedly committed suicide in custody.**

The man was a former partner

of the deceased woman and the pair had a child together.

A report will be prepared for the coroner.

**SOURCE:**

**Media release, 1 Oct 2017  
Danny Sullivan, NSW Police Media**

## Community day

**The Society of St Vincent de Paul will present a Community Day on October**

**20, to coincide with national Anti-Poverty Week.**

It will provide advice and information on the community services available locally.

The event will be held from 10:30am in Memorial Park, Woy Woy.

**SOURCE:**

**Website, 11 Oct 2017  
Peter Deane, Help Fight Poverty Facebook page**



**RESTORE SIGHT FOR JUST \$25**  
4 OUT OF 5 PEOPLE WHO ARE BLIND DON'T NEED TO BE

**DONATE NOW**  
1800 352 352  
HOLLOWS.ORG.AU

The Fred Hollows Foundation



**BlueWave**  
**LIVING**

**EXCELLENCE IN RESIDENTIAL AGED CARE**

Formerly known as  
Woy Woy Community Aged Care

**Not For Profit**

**Community Owned**

- Permanent Accommodation - High and Low Level Care
- Respite Services
- Secure Units
- Dementia Specific Care

Sponsored by  
**Central Coast Council**

6 Kathleen Street,  
Woy Woy NSW 2256

**Phone: 02 4344 2599**  
**www.bluewaveliving.org.au**



**Peninsula News**  
Community Access

*is printed on 100% recycled paper products, even the ink is made from vegetable matter. So when you're done reading this paper please recycle it or give it to someone else to read*



# Open day at community garden

**Woy Woy Peninsula Community Garden is having an open day on Sunday, October 29.**

Despite the poor rainfall in the last three months, the garden utilises water wise principles and is standing up to the drought conditions and looking good, according to coordinator Ms Jill Meredith.

She said a local hardware store had helped refurbish the children's boat garden, complete with pirate scarecrows.

The garden will be open to the public from 9:30am to 3pm and

there will be the opportunity to talk to garden members and volunteers and learn about sustainable practices, wicking beds, recycling, composting and worm farming.

There will be plants, seedlings, seeds, fresh and dried herbs for sale as well as other garden goodies.

Funds raised will go towards the continued growth and development of the garden.

The garden is situated at 85-87 Moana St, Woy Woy.

**SOURCE:**

Media release, 9 Oct 2017

Jill Meredith, Woy Woy

Peninsula Community Garden



The Boat Garden and pirate scarecrows are sure to be a big hit with garden-goers this spring



Projects Director, Ms Sue O'Neill, Ms Di Swartzl and Mr Russell Grove

## Rotary club awards Paul Harris Fellowship

The Rotary Club of Woy Woy has awarded one of its members, Ms Di Swartzl, a Paul Harris Fellowship.

The award is the highest made by Rotary for achievement in the ideals of Rotary.

In making the award, club president Mr Russell Grove said that Ms Swartzl had consistently shown her commitment to helping others by her contributions to the

welfare of the people of Uganda in visiting remote communities for the past two years and assisting in the club's initiative to reduce the incidence of HIV.

At the same time, she has been highly active in club affairs, being treasurer for the past two years and serving on the club's board of directors.

**SOURCE:**

Media release, 19 Aug 2017

Vic Deeble, Woy Woy Rotary

Peninsula Chamber of Commerce presents

## The Brisbane Water Oyster Festival



**Sunday 12 November 2017  
9.30am to 4pm**

**Ettalong Foreshore  
Ettalong Beach**

### Events Including:

- How Many Oysters Can You Eat in 30 Seconds Hosted by 2GO/Sea FM and The Entertainment Grounds — email to register: [rachele@impactexhibitions.com.au](mailto:rachele@impactexhibitions.com.au)
- Sensational Seafood, Hunter Valley wine tasting
- Ettalong Diggers Beer Bar
- Unique Arts & Craft Stalls
- Entertainment Including: FABBA and Akinga Dance Band
- Art Exhibition @ Ettalong Diggers — artwork for sale
- Kidz Zone with horse rides, face painting, ...and much more!

*Plenty to see and do for the whole family!*

The Brisbane Water Oyster Festival is now a part of the Lakes Festival Central Coast



### Major Sponsor



### Sponsors



Check out [oysterfestival.com.au](http://oysterfestival.com.au) or for more info phone 0423 480 389 [facebook.com/brisbanewateroysterfestival](https://facebook.com/brisbanewateroysterfestival)

## THINKING OF SELLING?

List and Sell your property through us, mention this ad and we will rebate \$500 upon settlement !!

**FREE MARKET APPRAISAL - OBLIGATION FREE**  
Quick response, Quick turn around, Service and Civility!

Licensed Real Estate Agent,  
Stock Station Agent, Auctioneer



**Lois Jones** Real Estate 4339 7644 - [lois@loisjonesrealestate.com](mailto:lois@loisjonesrealestate.com)



# Lifesaver publishes children's book about beach safety

An Ocean Beach Surf Lifesaver is publishing a children's book to raise awareness and funding for beach safety through Surf Life Saving Australia.

Woy Woy resident Ms Louise Lambeth said her book, *Annie and the Waves*, was inspired by her work with Surf Life Saving NSW's Beach to Bush Program, which sends life savers to rural areas to educate families, communities and children about beach safety.

"At least 50 per cent of people rescued by surf lifesavers live more than 50km away from the coast and sadly more than 50 per cent of people who drown live more than 50km from the coast," Ms Lambeth said.

"Beach to Bush aims to educate young people and their families in rural areas about safety at the beach and other aquatic environments.

"The program is a one hour interactive surf safety presentation delivered to school children by experienced and enthusiastic surf lifesavers.

"My family and I have completed four tours with



Ms Louise Lambeth (centre) with her family teaching rural school children during a SLSNSW Beach to Bush Program tour

the SLSNSW Beach to Bush Program from 2012-2015.

"We have toured many areas including Parkes, Forbes, Armidale, Inverell and Merriwa.

"The smallest school had four pupils and the largest around 700," she said.

Ms Lambeth's book follows the plucky Annie as she and her family go on a seaside holiday for a week.

During the visit Annie discovers just how unpredictable the ocean can be.

Annie is initially wary of the waves, but after meeting the lifesavers, and with the help of her dad, she soon discovers the joys of swimming in the sea.

Annie's confidence grows until she experiences a surging wave, a wave that drags her into deep water.

Annie must remember everything she has learned about the sea and surf lifesaving to get help.

Creating a surf education resource from a child's perspective was something Ms Lambeth has wanted to do for a long time.

"While there is child focused surf education resources there are no children's story books

from the perspective of a child," Ms Lambeth said.

"This book is aimed at four to eight year olds and has a guide for parents while reading the book.

"The book content has been assessed by librarians and primary school teachers with an interest in children's literature for readability and age appropriateness and as children read *Annie and the Waves* they will learn important beach safety tips like, lifesavers wear red and yellow, always swim between the flags, about different kinds of waves and beaches and how they can affect your safety and to remain calm if you do get into trouble in the water."

Despite some of these seeming like common knowledge to locals, Ms Lambeth said children who have not grown up with beach access often have little to no beach safety knowledge.

*Annie and the Waves* has been a story five years in the making for Ms Lambeth, who has the backing of Surf Life Saving Australia, Surf Life Saving NSW and her own Ocean Beach Club.

**SOURCE:**  
Interview, 9 Oct 2017  
Louise Lambeth, Woy Woy Reporter: Dilon Luke

Computer Guy

WE FIX COMPUTERS!

4320 6148

Meals on Wheels  
Central Coast

More than just a meal

Proudly catering to the Central Coast community for almost 50 years.

Delicious Meals • Free Delivery  
Social Support

(02) 4357 8444  
www.ccmow.com.au

Sponsored by  
Central Coast

## Umina minor pairs final

The final of the Umina Beach Men's Bowls Club's minor pairs final was played on Saturday, September 30, by Roger Twells and Col Mew against Ian Jarratt and John Hall.

Jarratt and Hall got away to an early lead but Twells and Mew fought back strongly with a couple of strong ends, resulting in the former having to play catch-up bowls.

Twells and Mew, who have had a successful season in 2017 Club Championships, continued to apply pressure and only some superb skipper bowls from Hall kept his team in contention.

Unfortunately, the team were prevented from catching up as

Twells and Mew stayed cool under pressure and finally won out 25 to 16 getting four shots on the last end.

**SOURCE:**  
Media release, 1 Oct 2017  
Ian Jarratt, Umina Beach Bowling Club

1 IN 4 AUSTRALIAN WOMEN HAVE EXPERIENCED PHYSICAL OR SEXUAL VIOLENCE\*. WE ARE HERE TO HELP.

If you or someone you know is experiencing domestic violence call Coast Shelter for support.

Kara Women and Children's Program Gosford - 4323 1709	Elandra Women and Children's Program Toukley - 4396 4263
Neleh Women and Children's Program Woy Woy - 4340 1052	Rondeley Domestic Violence Response Program Wyong - 4340 7088

**Marie Lowndes Charitable Foundation**

Sponsored by  
Central Coast

Domestic Violence Hotline 1800 656 463 (24/7)  
If anyone is in immediate danger call 000

Coast Shelter's Domestic Violence Prevention Programs are supported by the Marie Lowndes Charitable Foundation \*ANROS Horizons 1 (2015)

**The Fletcher Gallery**  
ART CLASSES + WORKSHOPS  
AT SPRINGFIELD  
PRIVATE TUITION  
FOR DETAILS CONTACT  
ZOE FLETCHER  
www.zoefletcher.com  
4324 2801 or 0497 766 522  
zoefletcher\_1@hotmail.com



## News



The Peninsula Villages' Choir

## Retirement village choir to raise funds for album

A retirement village residents' choir will hold a Choir and Friends Choral Matinee in Umina on Saturday, October 21, to raise funds for the choir's album project.

The event will include special compositions by the choir and performances by local professional singers including Michael James, Anita de Lisen of Copanello, Ian Hakker of the Rhythm Hut and Peninsula Villages' own choir director, Ms Sandy Bigara.

The choir has represented the village at various public locations including shopping centres and engaging local children through song with visits to Somersby Public School and the Explore and Develop childcare centre in Umina.

Ms Bigara has also been introduced as a new vocal coach in 2017.

"The Peninsula Villages Choir has grown from strength to strength this year and we wanted to really focus on the health benefits of singing under the motto that age

is only a number," Ms Bigara said.

"I focused the group's weekly rehearsals on core strength, posture, breath control, diction and confidence.

"We have more than 20 residents in our regular choir group and more than half have indicated their improved sense of wellbeing with an increased feeling of optimism, focus and purpose, which makes our weekly choir sessions even more worthwhile," Ms Bigara said.

"This special Choral Matinee will not only allow our choir to show-off their talents to a wider audience, but provide an avenue for the group to raise funds and test material for our album project."

The choir and soloist guests will be performing a number of traditional favourites including Ave Maria, Eidelweiss, Nessun Dorma, Every Time We Say Goodbye, That's Amore and Waltzing Matilda.

SOURCE:

Media release, 3 Oct 2017  
Katey Small, Brilliant Logic PR

# NEWSPAPERS

## Central Coast

### Other Regional News - In brief

Peninsula News focuses on news specifically relating to post code areas 2256 and 2257. Given the advent of the new Central Coast Council, following is a summary of the first 9 news articles published

in the most recent edition of each of our sister Central Coast publications. The full articles and more, as well as all previously published editions, can be seen on line on our website [www.peninsulanews.info](http://www.peninsulanews.info) and

on [www.centralcoastnews.net](http://www.centralcoastnews.net). Copies of these other publications may be obtained from our offices in Gosford, by subscription, or from a myriad of locations in the areas covered by each publication.

# COAST COMMUNITY NEWS

OCTOBER 5, 2017

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 168

#### Government Architect to develop a framework for Gosford revitalisation

The revitalisation of Gosford's CBD and waterfront will be guided by the NSW Government Architect to deliver improved infrastructure and fast-track housing supply as part of the Central Coast Regional Plan.

#### JRPP refuses Somersby quarry application

The Joint Regional Planning Panel (JRPP) has refused a Section 96 application to import 330,000 tonnes of fill to a quarry site off Wisemans Ferry Road, Somersby, almost 12 months after it was lodged with Central Coast Council.

#### Application lodged for 75 assisted care apartments at Forrester's Beach

An application has been lodged with Central Coast Council to build 75 assisted care apartments at 1001 The Entrance Rd, Forrester's Beach.

#### Six hundred residents create rainbow of support

Labor's candidate for Robertson, Ms Anne Charlton, has brought over 600 Central Coast residents together to send a clear message of support for the Campaign for Marriage Equality.

#### Lucy Wicks speaks at Liberal and Nationals for Marriage national campaign launch

Member for Robertson, Ms Lucy Wicks, was a speaker at the Liberal and Nationals for Marriage national campaign launch on September 16.

#### New Council all set to go

After almost 17 months without elected representatives, the newly-elected Central Coast Council has been sworn in, and the first Mayor and Deputy Mayor elected.

#### Harris welcomes new Council and calls for improved transparency

Shadow Minister for the Central Coast, Mr David Harris, congratulated the new Mayor of the Central Coast and called for immediate action to improve transparency for ratepayers.

#### Federal NBN report makes major recommendations

A report released by the Parliament's Joint Standing Committee on the National Broadband Network has delivered a damning verdict on the Turnbull Government's NBN network, with the Central Coast front-and-centre according

#### Expressions of Interest called to upgrade mobile phone infrastructure

Expressions of Interest have been called to upgrade the mobile telecommunications infrastructure between Gosford and Hornsby to the south and Gosford

The full articles and more can be seen on line on our website [www.centralcoastnews.net](http://www.centralcoastnews.net) Coast Community News focusses on news specifically related to post code areas 2250, 2251, 2260 and articles can also be read and shared on your mobile phone by going to [www.coastcommunitynews.com.au](http://www.coastcommunitynews.com.au).

# WYONG REGIONAL CHRONICLE

Issue 127  
October 10, 2017

Your independent community newspaper - Ph: 4325 7369

#### \$40 million Lakeside Gardens approved by Land and Environment Court

Barker Ryan Stewart, the project management company behind the \$40 million Lakeside Gardens development on flood prone and environmentally sensitive land at Toukley, announced that an appeal has been upheld in the NSW Land and Environment Court for the 11-storey mixed

#### Rail maintenance facility could have wider significant flooding impact

The proposed NSW Government inter-city rail maintenance facility to be built on flood prone and environmentally sensitive land at Kangy Angy could also have a significant impact on Ourimbah's Bangalow Creek, and on flooding all the

#### Councillor Expenses and Facilities Policy under review

Proposed amendments to the Councillor Expenses and Facilities Policy will be exhibited for 28 days.

#### It's all moving too slowly for Greg Best

Independent Councillor Greg Best has called for an urgent independent review of the status of the amalgamation between Gosford and Wyong Councils at the first ordinary meeting of the new Central Coast Council, following its election on

#### \$37 million Canton Beach development refused

The Joint Regional Planning Panel (JRPP) has refused a Development Application (DA1275/2016) designed to reactivate the suburb of Canton Beach and bring it in line with higher density developments slated in neighbouring

#### Additional adoption proposals sought for Station Master's cottage

Parliamentary Secretary for the Central Coast, Mr Scot MacDonald, said he wished to remind the Central Coast community that plans to 'adopt' the Ourimbah Railway Station Master's cottage need to be submitted by October 26.

#### 38 block Warnervale subdivision to proceed

Consent has been given to an amended application for a 38 block residential subdivision at 33-39 and 41-47 Railway Road, Warnervale.

#### 14 dwelling housing development at Warnervale approved

Consent has been given for a \$2.8 million multidwelling housing development at 12 Aldenham Rd, Warnervale.

#### New water play area and facilities approved for tourist park

Sun Valley Tourist Park, Bateau Bay, has had its Development Application for a new water play area and barbecue/outdoor eating shelters approved by Central Coast Council.

Wyong Regional Chronicle focuses on news specifically relating to post code areas 2258, 2259, 2261, 2262, & 2263. The full articles and more can be seen on our website [www.centralcoastnews.net](http://www.centralcoastnews.net)



**L J Hooker Woy Woy**  
has changed the  
name to



**Elite Real Estate Woy Woy**  
It's a new name but the same  
efficient, friendly people

**For Sales & Auctions, Strata Management,  
or Property & Commercial Management  
call our office today**

**31 Blackwall Road, Woy Woy 4341 2001**  
Betty Donovan - 0400 818 716 ~ Linda Donovan 0402 163 508





Forum

# Law says waterways responsibility is with Minister

I'm becoming a little tired of misleading public statements about the maintenance of the navigation channel for Brisbane Water.

Responsibility for waterways safety is clearly a responsibility of the Minister under the Ports and Maritime Administration Act 1955.

Section 24 of the Act states "The Minister has general responsibility for marine safety, including: (a) the safe operation of recreational and commercial vessels, and (b) the safety of navigation in ports and other navigable waters ..."

Section 25 (1): "The minister has the following particular marine safety functions: (a) .... (2) Examples of the infrastructure and services that may be provided under this section are as follows: (d) the dredging and maintenance of navigation channels ..."

The Ettalong Channel clearly fits this description.

Navigable waters means all waters (whether or not in the State) that are from time to time capable of navigation and are open to or used by the public for navigation, whether on payment of a fee or otherwise, but does not include

Forum

## LETTERS TO THE EDITOR

should be sent to:

**Peninsula News**

PO Box 1056, Gosford 2250 or editorial@centralcoastnews.net

See Page 2 for contribution conditions

flood waters that have temporarily flowed over the established bank

of a watercourse.

Neither the Member for Terrigal nor the Parliamentary Secretary are acting responsibly towards local ratepayers by attempting to shift responsibility for dredging from where it clearly belongs: with the State Government.

It is clearly not in the interests of Central Coast ratepayers to allow Adam Crouch and Scot MacDonald to create a precedent where Council, rather than the NSW Government, has prime responsibility for dredging of Ettalong Channel.

Email, 30 Sep 2017

Kevin Armstrong, Tumby Umbi

## Many have moved here to escape congestion

Forum

The Peninsula Chamber of Commerce called for the introduction of high density zoning on the Peninsula and a comprehensive review of planning guidelines to assist with the 70,000 expected more people over the next 20 years on the Central Coast (Peninsula News, October 3).

One intent of the NSW Government's forced Council mergers was to facilitate higher density living by pushing this agenda via fewer Councils.

The elephant in the room is our Federal Government's 190,000 immigration intake levels per year with no questioning of how Australia can sustain this rate of migration and ensure a quality standard of living and environmental protection.

Many people have moved to the Peninsula to escape the congestion

and high-rise nightmare living of Sydney, but now the Chamber of Commerce thinks it is incumbent on the new Council to inflict this on Peninsula residents.

Blackwall Rd is busy about 16 hours a day.

Adding new R3 (medium level) and R4 (high density housing) will only increase the congestion on our major Peninsula roads and diminish our standard of living as diluted state and local planning and development controls have seen the diminution of private and public green spaces.

Perhaps the issue the Chamber needs to focus on is the creation of new jobs on the Peninsula to diminish the daily exodus of workers to Sydney each day.

Email, 4 Oct 2017

Suraya Coorey, Woy Woy

# Getting the word out

Forum

This short note is to record our appreciation and thanks for your inclusion of the Rotary Club of Woy Woy Bonanza Book Fair held at the PCYC premises over the recent long weekend in your Diary of Events.

It was, as advised, a tough location being at the furthest point of Osborne Ave, Umina, a dead

end street, and we really needed to get the word out.

Your inclusion certainly helped and PCYC will certainly benefit from the funds raised.

Many thanks for your assistance.

Email, 6 Oct 2017

Vic Brown, Rotary Club of Woy Woy

## Infrastructure must come before change

Forum

What a breath of fresh air!

We have a mayor that understands infrastructure improvements must come before any changes to planning rules happen.

As Central Coast mayor, Cr Smith said transport in and out of the Peninsula needs addressing as well as long-standing storm water and flooding issues that plague the Peninsula.

This completely contrasts with the article in the same issue from

Peninsula Chamber of Commerce who want to go full steam ahead with new R3 and R4 high-density zones.

I hope the mayor is not swayed by the Peninsula Chamber of Commerce and she stands by her convictions that the Council be transparent and have genuine community involvement.

Email, 3 Oct 2017

Bruce Ilfeld, Umina

## We like it the way it is

About more high rise in Ettalong:

No thanks, Mr Matthew Wales.

We like Ettalong just the way it is.

Forum

Letter, 11 Oct 2017

Kay Briggs, Ettalong

## NEWSPAPERS central coast ATTENTION ALL BUSINESSES

Have your brochures, flyers or catalogues home delivered with Coast Community News.

Don't let your expensively produced promotional item get lost amongst piles of catalogues and brochures. Have it placed in a much loved newspaper that will not be regarded as junk mail.

No long lead times and you will know exactly when they will be delivered. Choose your suburbs or go into the entire 41,000 distribution on Thursdays once a fortnight.

Call now to book your spot – 4325 7369



**ALAN WIGNEY**  
**PODIATRY**

336 Trafalgar Ave, Umina

**Why pay for treatment?**  
**We offer**  
**100% BULK BILLING**

**For all EPC Plans**  
Remember to ask specifically for Alan Wigney when having your care plan done.  
We also do DVA and Pensioner Discounts!  
**For all aspects of podiatry, call us on**  
**4341 4704**

**MOBILE PHYSIOTHERAPIST COMES TO YOU**



**DVA PRIVATE MEDICARE**

**JPJL HOME PHYSIO**

**PH: 0400 322 591**

**JASON LITTLE**

**www.jpjlhomephysio.com.au**



# The most advanced, affordable and gentle dentist on the Coast



General Dentistry



Cosmetic Dentistry



Implant Dentistry



Laser Dentistry



Children's Dentistry

## NO GAP NEW PATIENT OFFER

Exam and Clean with private health Insurance

Not with a Health Fund? Just pay \$179

Includes FREE Xrays worth \$160

Full Comprehensive Exam, Clean and Polish, OPG

X-rays, Treatment Planning and Fluoride

## DENTAL IMPLANTS FREE ASSESSMENT

- Single tooth replacement
- Full mouth rehabilitation over 4-6 implants
- Implant supported dentures

## SMILE MAKEOVER WITH PORCELAIN VENEERS

**\$1,000 Free Dental Care  
for children age 2 to 17  
- Ask us for the Details**

**Bulk Billing**

**medicare**



**PHILIPS Zoom White speed in-chair teeth whitening special - only \$595**  
(normally \$950)

# 0% INTEREST ON PAYMENT PLANS



Gosford  
Bondi

**Gosford Dental Lifeline**  
*We provide reasons to smile*

**Ph: 4323 7007**

**FREE CONSULTATION**

Saturday Appointments Available - We accept Veteran's Affairs patients

Shop 1, 201 Mann Street, Opposite Gosford Train Station, Gosford 2250

gosford@dentallifeline.com.au | www.dentallifeline.com.au



Dr. Meena Gambhir



Dr. Namita Mehta



Dr. Aditi Khamar



Dr. Jash Dhillon



**medicare**



## Forum

# Letter is excellent example of good citizenry

Mr Bruce Hyland, (Authors congratulated for thought-provoking plan, Peninsula News, September 18) apart from commending us on our initiative and energy, is very positive about the contents of the recently published Community Plan Central Coast.

Bruce then finds many points over which he then appropriately quibbles.

The initiators of the Plan were Ms Marcelle Hoff, an independent ex-deputy mayor of Sydney, and me, an independent candidate for the Federal seat of Robertson.

However, the Plan is now barely recognisable from the original draft issued in mid-2017 for community consultation, critique, workshopping, amendment and later distribution.

It immediately attracted former Regional Development Australia chair and infrastructure advisor, Mr David Abrahams, because it represented an ambitious and serious process to define the region's future direction.

Numerous other substantial locals and experienced community and business thought leaders were also attracted to the process.

Substantial debate proceeded.

## Forum

The document expanded to 18 categories of policy as it reflected the extensive interests and concerns of the Central Coast community.

Bruce's thoughtful suggestions are welcome and we'd further welcome his participation.

Each of the 18 categories contains a concise statement of the purpose that Council has for being interested in, and at least partially responsible for, that particular category of policies.

This stated purpose will be a defence of the Council's interest even if it is a different level of government that has constitutional authority for that category.

Thirdly, beneath each purpose is a series of actions all beginning with, "Council will ...".

This is an attempt to produce a plan not full of dubiously ambivalent, or vague, phrases and woolly ideas, but clearly understood and crisply defined actions that Council is expected to take.

This is a plan, not a loose list of confusing political double-speak.

These are well-thought-through actions.

Only clearly-defined actions appear under the Purpose for each

category of policy.

Finally, the Plan only contains actions to be taken by Council, but some/many actions of Council will need to be aimed at changing policies of NSW and Federal Governments if the Central Coast community's preferred future big picture is to be advanced.

To influence other levels of government, all the Council actions are organised under four headings, each heading representing a level of existing or proposed government that needs to be influenced: Precinct Committees; Local Government; NSW Government; and Federal Government.

Bruce Hyland provides our community with an excellent example of good citizenry.

His critique is welcome as is yours.

The Plan can only become an increasingly legitimate "preferred future" and therefore capable of influencing our representatives no matter what, or despite, their political party or variously independent allegiances, if contributions are made, and debates conducted, across the political spectrum.

Email, 3 Oct 2017

Dr Van Davy, Pearl Beach  
Marcelle Hoff, Ettalong

# Club acknowledges public-spirited residents

## Forum

**What do you do for a couple of Patonga residents who have spent the last nine years removing garbage from the roadside along Patonga Rd?**

Members of the St Huberts Island Triathlon Club have seen Ms Bev Hurley and Mr Bob Walker every Tuesday and Thursday morning walking along the road, tongs in one hand a re-useable bag in the other picking up rubbish that some people think they have the right to throw out the car windows.

Could you imagine how bad the

roadside would be if this couple had done nothing?

This is all coming to an end though.

Bev and Bob are leaving Patonga to take up residence in Perth.

The triathlon club has acknowledged their contribution to the environment by presenting them with a card of appreciation signed by all the members.

Email, 8 Oct 2017

John Greenway, St Hubert's Island

# Let's plan an educated future

## Forum

**The Central Coast region was established, the Central Coast Council was established, new councillors elected and now where to?**

It seems that with a population of some 360,000 people consisting of thousands of young people and children and only 10.9 per cent of them going on to University while the national average is 16.1 per cent, as a community and region, we should be doing some generational planning for the future.

Not for the next three to five years but for the next 15 to 30 years.

The Central Coast Region has the sixth largest council area in Australia, so what do we need?

We need to be recognised and funded accordingly.

I believe that we need to ensure that the next generations of Central Coast school students and young people are given every opportunity to grow, develop and learn so that their contribution to the future is positive and rewarding.

Now is the time for some futuristic vision for this beautiful part of the country.

We could start with our own university or community college.

We need the Central Coast to break away from the apron strings of Newcastle and Sydney and make its own proud future.

We can encourage business growth and investment but we need to provide the opportunity for our own people to stay on the Coast and continue their post-secondary education and training right here.

While the development of the Medical Research Centre at Gosford Hospital is wonderful, we have an obligation and inherent responsibility to provide opportunity and choice for all the next generation of Coasties that want to expand their knowledge and skills and continue their post-secondary education and training.

Let's not be remembered for "dumbing down" our prodigy.

Let's plan for and build a sustainable education and training future for our next generations here on the Coast.

Email, 29 Sep 2017

Bob Puffett, Woy Woy Bay

# HAVING DIFFICULTIES WITH YOUR DENTURES?

**All Dentures, Repairs & Relines**

**After Hours & Weekend Appointments Available**

**DVA Patients & Health Fund Accredited**

**Off Street Parking & Wheelchair Access**

**No Referral Needed**

Mention this Ad for your FREE consultation!

LOCALLY OWNED AND LOCALLY MANUFACTURED



**A. Wegner**

**DENTURE CLINIC**

**30 YEARS IN BUSINESS**

66 Ocean Beach Road, Woy Woy

**4341 8888**



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

## PENINSULA PODIATRY @ 7 VIDLER AVENUE, WOY WOY

FOR GENERAL PODIATRY TREATMENTS - DIABETIC FOOT MANAGEMENT - NEUROLOGICAL / VASCULAR TESTING - ASSESSMENT DIAGNOSIS & TREATMENT OF TOENAILS, CORNS, CALLUS, AND WARTS - LOWER LIMB ASSESSMENTS - BIOMECHANICAL & GAIT ANALYSIS - PAEDIATRICS (CHILDREN) FOOTWEAR ASSESSMENT ORTHOTIC CONSULTATION and FALLS PREVENTION

**WE ARE MEDICARE & DVA APPROVED - PRIVATE FUNDS WELCOME - PENSIONER DISCOUNT - HOME VISITS ON REQUEST**

PLEASE PHONE THE CLINIC 4339 5501 / 0419 144 840  
CAROLYN LENTHALL B.POD 0419 144 840



# Full review needed

Mr Matthew Wales might well be right that higher-density residential development at Umina would be a desirable change (Chamber calls for high density residential zone, Peninsula News, October 3).

I am inclined to think that he is right, but this kind of decision should only be made in the context of a full review of residential policies for the Peninsula, and, in this respect, Mayor Smith is absolutely correct (Peninsula's future needs 'thought', says mayor, Peninsula News, October 3).

We need to look at the population target for the Peninsula and the household-distribution pattern that we can expect, and to relate our population goals to the infrastructure network that we can achieve over the next 20 years.

Only then, shall we be able to say what rational set of standards will serve our purpose.

Of course, standards are only as good as their enforcement.

Let us hope that the new mayor is prepared to protect us from monstrosities such as the Atlantis development at Ettalong and from such ill-judged proposals as the West St mixed-use project and the Woy Woy Bowling Club scheme.

Much is being made of the need to meld the old Gosford and Wyong development plans into a coherent

## Forum

whole but if the Council then goes on to approve developments that flout every principal of the scheme, as happened at Ettalong, the plan becomes an exercise in futility.

A development plan is a blunt instrument at the best of times, designed only to protect us from the worst kinds of development, and, if we can't even rely on it to do that, we are better off without.

I might add that, if Mr Wales thinks that a review of the Woy Woy commercial centre is "the most pressing issue that this new Council has to come to grips with," I'd say he is far out of step with the priorities of nearly all Peninsula residents.

As a commercial centre, Woy Woy does not appear to have a bright future, but its proximity to the railway station makes it deserving of first consideration for high-density residential development in any Peninsula-wide review.

Perhaps a forward-looking Council could persuade some of those tower developers in Gosford to consider sites around the station and (dare I suggest it), perhaps, a forward-looking Council could actually take an active role in redeveloping Woy Woy, but let's not hold our breath for that.

Email, 3 Oct 2017  
Bruce Hyland, Woy Woy

As a long term resident of Umina, I have seen the many changes that have taken place on the Peninsula.

It bewilders me that West St, Umina, has so many coffee and food eat out shops but they do not clean around their businesses.

I walk down the main street and it is filthy compared to other beach towns that have the same set up as we do.

Surely all owners of a business along West St could chip in a little amount of their profits and

## Forum

hire a professional cleaner with a pressure cleaner and beautify the street.

I understand that water restrictions have obviously caused some problems with the use of water but a water blaster uses 70 to 80 per cent less water than just using a hose.

Even if the cleanup took place at night on a fortnightly or monthly basis so as not to disrupt any

trade to the shops, it would be an improvement.

Maybe Council can get involved somehow and help keep it clean because we need to attract visitors and holiday makers to the Peninsula not scare them away with filthy pathways that currently exist on both sides of West St.

It is not only the coffee and food eat-outs that are filthy, almost every shop front could do with a good blast.

Email, 28 Aug 2017  
Terry O'Sullivan, Umina

# 'Emergency dredging' is a joke

## Forum

this channel need to have this dangerous situation rectified now, not when another incident happens which may claim a life.

Both the new Central Coast Council and the State Government need to stop the buck passing, fix the problem with a real dredge not this haphazard solution they are attempting again which has cost over \$300K so far, this time will be just as unsuccessful as the first attempt.

For the Member for Terrigal, Mr Adam Crouch, to come out and say that this useless exercise is emergency dredging is a joke.

You can't have an excavator on a barge moving small amounts of sand, around 100m, and call it a dredging program.

This is what is called an exercise in futility; to move sand around 100m in a high current zone such as this doesn't work as they found out the first time they did it in June.

The people of the Central Coast and Peninsula who use

The people of the Peninsula would like to see some leadership from our new Council especially the elected members from the Gosford West Ward, let's have the problem fixed properly, have a real dredge move the sand from the channel to where it came from, the weather-beaten beach.

All people want is to have the channel fixed, so to the State Government and the Council stop playing the blame game and have this fixed before it is too late.

Email, 5 Oct 2017  
Carl Veugen, Umina



**Trash or Treasure?**  
Garage Sale Trail **Saturday 21 and Sunday 22 October**

There is still time to gather up hidden household treasures for our nation's biggest reuse, recycle and environmentally sustainable event this weekend.

Last year the average household pocketed \$379 – not bad for a day's work!

Register your sale and create your shopping treasure trail at [garagesaletrail.com.au](http://garagesaletrail.com.au)





Your local, independent hearing specialist



**Penninsula Hearing**  
"We are hear for you"



**Why choose Penninsula Hearing?**

- Proudly local & **INDEPENDENT** hearing clinic
- **FREE** hearing screenings
- **SAVE THOUSANDS** on the latest hearing aid technology
- **FREE** services to eligible Pensioners and Workcover claimants (Government accredited)
- **NO OBLIGATION TRIALS**

**Wanted: 15 people to trial the latest Signia hearing aid technology. Call (02) 4342 9736 to book your FREE trial!**

Shop 6, 2 Berith Street, Umina Beach  
[www.penninsulahearing.com.au](http://www.penninsulahearing.com.au)



## Health



Mr Ian Jarratt, Ms Jan Richens, Mr John Warton, Mr Robert Powell and Mr Len Haddock

## Bowling clubs present cheque to Health District

**Representatives from Ettalong, Everglades, and Umina Bowling Clubs presented Central Coast Local Health District with a cheque for \$15,000 for prostate cancer treatment.**

The funds were raised by the three clubs and will be used by Gosford and Wyong hospitals to purchase equipment to assist with urological operations.

Equipment purchased often enables surgeons and other clinicians to perform less invasive procedures, resulting in faster recovery for the patient and less time in hospital.

Health District fundraising manager Ms Jan Richens, in

addressing the bowlers at Umina Beach Bowling Club, said how much the hospital appreciated what the bowlers contributed through their prostate cancer fundraising initiatives.

She said in the five years that the clubs had been involved in the joint venture, and with the 2017 donation, the total amount raised was \$70,000.

It has also contributed to men being more aware of prostate cancer and to ensure regular checks are held, as early detection has increased the success rate of combating this disease.

**SOURCE:**

Media release, 5 Oct 2017

Ian Jarratt, Umina Beach Bowling Club

## Umina Chiropractic Centre

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

### The Moose to YOU!

**Hi Folks. It's been a while since I wrote an article.**

Alaska is definitely the 'last frontier', complete with the extreme climate, the bizarre array of wildlife that can survive alpine and sub alpine climates, and the unique human beings that inhabit these regions.

I was out there for a few weeks earlier this year, and was very much in awe at the ability for life to survive and in many cases thrive; bears, moose that stand 2 plus meters at the shoulder, porcupines that climb trees and so on.

I got to thinking of how this environment allows life to continue, pretty much free of disease.

I mean this environment is harsh; a moose will be sustained by chewing bark throughout the depths of winter where temperatures reach -minus 40 degrees, not uncommonly.

You may think of adaptation of the species and great, but so what?

Is there any relevance to us with our highly developed brain?

Yes, and that relevance is fairly simple.

With our 'highly developed intellect', I believe we have forfeited wisdom to a large extent.

We tend to 'crunch' numbers and rely on sophisticated methods of analysis to 'prove' a point.

You see, I believe wisdom is what allows us to use intelligence in a very proactive way, such that the outcome is likely to be favorable and of value to all.

I am very concerned about the current trend in health care, as it continues to emphasise disease management.

I am witnessing an ever increasing usage of medications for conditions that can be managed by simply adjusting one's lifestyle, eg reduction of caffeine and table salt, consuming more water, going for a walk daily to assist with hypertension, obesity, insulin resistance, osteoarthritis and so on.

Surely a half reasonable mind would consider that what we eat, what we do, and how we think, may have an effect upon the basic structure of our systems, the human cell.

The cell requires three things to function well (Biology 101); Oxygen, fuel and stimulation.

So often I see folk giving their children rubbish food and yet telling the kids not to feed the dog the same because he will become ill!

"Don't give the dog that donut".

Chiropractors are constantly witnessing the effects of poor cellular function at all levels, leading eventually to abnormal nerve and system function.

This is often in the form of significant pain syndromes of the spine and ultimately, damage to nerve pathways to and from the brain.

Please take the time to read through the above again and put into action a simple plan that will enhance your life, and importantly, allow you to be of greater value to a society and your own local community, that is subject to an ongoing barrage of information that leads to confusion and often 'half way' truths.

Know this - 'To see is to believe, to do is to know'

So start doing and do well. Catch you soon.

Regards  
Pete Grieve and all 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

## Free hearing tests offered in Woy Woy

**The Hearing Bus will offer free hearing tests in Woy Woy from October 17 to 19.**

The bus will be at Peninsula Plaza from 8:30am to 1:30pm each day.

Australian Hearing Woy Woy manager Ms Sharon Ida said that because age-related hearing loss developed gradually over time, it was common for people be unaware their hearing was diminishing.

"Hearing loss is a prevalent issue in the community, with about 60 per cent of Australians over 60 experiencing some form of hearing loss," Ms Ida said.

"A hearing check is a quick and easy way to measure the sounds you can and can't hear," she said.

"Our team will also be on hand to guide you through what next steps you may have to take in regards to your hearing," Ms Ida said.

As well as having a hearing check, visitors to the bus would find information on a range of common hearing issues and view a display of easy-to-use hearing devices for around the home.

This includes headsets for watching the TV and alert systems for doorbells.

"Not everyone who is experiencing problems hearing needs a hearing aid.

"Sometimes it's just hearing the TV at normal volumes, hearing your doorbell, or hearing your friends on the phone that's the problem," Ms Ida said.

Australian Hearing will provide hearing checks to any interested adults over 18 who visit the bus on the day.

**SOURCE:**

Media release, 6 Oct 2017

Mark Connors, The Hearing Bus Australia

## DENTURE CLINIC



Keith Boyd - Dental Prosthetist

No Referrals Required

For full and partial dentures, relines and repairs

**PH: 4360 2755 - MOB: 0405 388 602**

112 Blackwall Rd, Woy Woy (Woy Woy Osteopath Centre)



## Pretty Beach wins council environment award

**Pretty Beach Public School has been announced as a winner in the 2017 Council Environment Program.**

The winners of the 2017 Council Environment Program were announced on October 10 at a student leadership day at Australia Walkabout Wildlife Park.

Six schools were recognised for their participation and creativity around this year's theme Our Green Classroom, which aimed to encourage outdoor learning.

Pretty Beach Public School won Best Performance after taking on the ABC War on Waste Challenge, with a very informative and impassioned speech on our need to avoid plastic bags and single use plastics in order to reduce the amount of plastic rubbish ending up in our oceans, according to mayor Cr Jane Smith.

She said the council program ran parallel to school environmental educational programs.

"Council's School Environment Program aims at building an understanding, appreciation and concern for our natural environment," said Cr Smith.

"The program is designed to integrate with the programs offered by local schools and the Department of Education.

"It's imperative that we impart

this knowledge in our schools so kids are aware of their environment, how to look after it and the impact it has on their lives.

"Their involvement means they are learning how to recycle better, consume less, be water wise, reduce waste and energy, and enjoy nature.

"Most of all they learn that small changes can make a big difference and that they have the ability to protect the environment," Cr Smith said.

Council group leader Ms Julie Vaughan said: "In the age of technology, this year's program encourages schools to spend more time outdoors and less time in front of the screen," said Ms Vaughan.

"Outdoor classrooms are part of a worldwide education movement aimed at increasing learning outside.

"It offers many positive effects on behaviour and learning, such as increased academic performance, resilience, communication, general wellbeing and engagement.

"I hope that many schools continue with their efforts and pass on their knowledge to their family and friends."

**SOURCE:**

Media release, 10 Oct 2017  
Mel Sutton, Central Coast  
Council Media



*Umina Beach Public School Kindie learnt all about wildlife, native and otherwise, during their visit to The Australian Reptile Park*

## Students visit reptile park

**Kindergarten students from Umina Beach Public School boarded buses bound for the Australian Reptile Park and Bulgandry aboriginal site on Wednesday, September 20.**

The first stop was Bulgandry where students walked through the bush to visit the sandstone Aboriginal carvings.

A short bus trip later and the students were at the Reptile Park.

They ate some morning tea then went off to explore the park and its many exhibits.

"Kindergarten was very interested to learn that gum leaves were actually poisonous to baby koalas and that they have to eat their mother's poo to build up their tolerance of the poisons that are in

the leaves which will be their main food source for the rest of their lives," said principal Ms Lyn Davis.

Highlights included patting a koala, and viewing snakes, a lizard, a baby alligator and some slimy frogs.

**SOURCE:**

Newsletter, 10 Oct 2017  
Lyn Davis, Umina Beach  
Public School

**LITTLE BIG SHOTS**

Central Coast  
**KIDS FILM FESTIVAL**

**OUTDOOR  
CINEMA**

**SAT 14 OCT**  
Chapman Lawn,  
Hely Street, Wyong

**SAT 21 OCT**  
Kibble Park, Gosford

Proudly presented by Central Coast Council & curated by Little Big Shots showcasing child made Australian and International films, animations and documentaries suited to ages 2-12 years

**FREE EVENTS**

**LIVE ENTERTAINMENT  
ACTIVITIES  
FOOD STALLS**

**FROM 4PM  
SUNSET SCREENING**

[centralcoast.nsw.gov.au](http://centralcoast.nsw.gov.au)
[littlebigshots.com.au](http://littlebigshots.com.au)

PROUDLY PRESENTED BY CENTRAL COAST COUNCIL

**THE LAKES FESTIVAL 2017**

**10-19 NOVEMBER**

**TEN DAYS**

**SEVEN EVENT HUBS**

**OVER TWENTY FREE EVENTS**

LIGHT UP THE LAKE • LIGHTHOUSE FOLK FESTIVAL  
 LONG JETTY STREET FESTIVAL • THE COLOR RUN  
 MOV'N BED OUTDOOR CINEMA • TRIWYONG  
 OYSTER FESTIVAL • PARKFEAST  
 AND MUCH MORE

FOR MORE INFORMATION VISIT

[centralcoast.nsw.gov.au/thelakesfestival](http://centralcoast.nsw.gov.au/thelakesfestival)

SPONSORS

PRESENTED BY



## Out&About



Big Band Obsession



Artist Chris Clark with Anne Charlton

## Artists exhibit at Wagstaffe Hall

**Artists of the Five Lands Artists Collective exhibited in Art@Wagstaffe at the Wagstaffe Hall over the October long weekend.**

Visitors viewed works by Janet Hoyer Cobb, Gosford Art Prize winner Bronwyn van de Graaff, Willemina Villari, Andy Collis and other professional local artists.

The public were further treated to an opening reception on Saturday afternoon with guest speaker Jocelyn Maughan, owner

of the Patonga Bakehouse Gallery. Mary Ellen Wallace provided music on the hall's piano.

A raffle of artworks donated by the 16 artists involved was drawn on the Sunday afternoon while the crowd was entertained by the music of 17-piece jazz ensemble Big Band Obsession on the waterfront.

"The good news is you can see the work and meet many of these artists on the next Five Lands open studios art trail on November 4 and

5 from 11am to 5pm," said publicity officer Ms Cathryn McEwen.

"This group of Central Coast artists have been opening their home studios to the public three times a year since 2012 and exhibit regularly."

**SOURCE:**  
Media release, 12 Oct 2017  
Cathryn McEwen, Five  
Lands Artist Collective



Jocelyn Maughan speaking at the exhibition

## Children's author to visit Umina

**Children's author Mr Tim Harris will visit Umina Beach Public School as part of the school's Author Lunch Program on October 25.**

The author talk is informal and lively and allows the children the chance to hear an author speak about the process of writing and getting published.

The author will dedicate and sign books for all the participants after question and answer time.

"This is a fantastic opportunity to get to know the ins-and-outs of writing stories," said principal Ms Lyn Davis.

"Mr Harris is one of the most exciting new children's authors in Australia.

"With over 15 years' experience as a primary school teacher, he knows exactly what it takes to get children reading.

"Mr Harris' latest laugh-out-loud read is Mr Bambuckle's Remarkables, the fun of David Walliams meets the magic of Mary Poppins and the looming disaster of Lemony Snicket in this new series about Mr Bambuckle and his class of 15 remarkable students."

**SOURCE:**  
Newsletter, 10 Oct 2017  
Lyn Davis, Umina Beach  
Public School

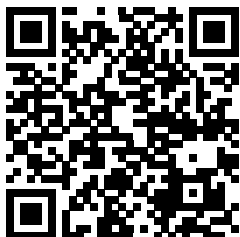
# CENTRAL COAST

coastcommunitynews.com.au



## FUEL CHECK

# FIND THE BEST FUEL PRICES



COAST COMMUNITY NEWS

If you're reading this, so could up to 150,000 other people



### Imagine if it was a message about your business.

What would it cost to get your message out to that many people using any other medium?

Don't be fooled by the hype, advertising in this newspaper is by far much better value for money than any other medium.

Not only does it have the reach and readership within the area it covers, but readers can keep the advertisement and refer to it as often as they wish.

### Call 4325 7369 to see how inexpensive it is.

# NEWSPAPERS

central coast



# Jimmy Barnes comes to Umina for second book signing

**Singer-songwriter Jimmy Barnes has been invited to Umina for a book-signing for a second time.**

When he visited a West St bookshop to sign his book *Working Class Boy* in October last year, fans queued around the block for hours for the chance to meet him and collect a signed copy of the book.

With the launch of the second part of his autobiography *Working Class Man*, the similar numbers are expected for the signing at 2pm on October 26.

Owner of Umina Beach Book Bazaar, Ms Mandy Beaton McIntosh, who has organised the signing, said it would be best to be early to avoid missing out.

She said Barnes' autobiography was a tale of a life too big and a story too extraordinary for just one book.

She said he had lived many lives: from Glaswegian migrant child to iconic front man, from solo superstar to proud father of his own musical clan.

"Barnes picks up the story of his life as he leaves Adelaide in the back of an old truck with a then unknown band called Cold Chisel."

The bookshop will also host another signing by an award-

winning children's author on Saturday, October 21.

Mr George Ivanoff, who has written more than 100 books for children and teenagers, will hold a book signing and author talk from 10:30am until 11:30am.

Mr Ivanoff has written school readers, library reference books, chapter books, novelettes, novels and a short story collection and has books on both the Victorian Premier's and the NSW Premier's Reading Challenge booklists.

His teen science fiction novel, *Gamers' Quest*, won a Chronos Award for speculative fiction.

The sequel, *Gamers' Challenge*, was shortlisted for the same award and the final book in the *Gamers* trilogy, *Gamers' Rebellion*, also won a Chronos Award.

Mr Ivanoff's current series of books is the interactive *You Choose* series.

*You Choose: The Treasure of Dead Man's Cove* won the 2015 YABBA in the "Fiction for Younger Readers" category; and *You Choose: Alien Invasion From Beyond the Stars* got an Honour Award in the KOALAs in 2016.

**SOURCE:**

Media release, 9 Oct 2017  
Mandi Beaton McIntosh,  
Umina Beach Book Bazaar



The Ettalong Beach Arts and Crafts Centre Inc's 2017 Art Exhibition is coming up this November

## Crafts centre holds annual art show

**Ettalong Beach Arts and Crafts Centre hopes to repeat the success of past exhibitions with its annual art show in November.**

"Visitors have come from far and wide to view the display of creativity and industry that shines through in the art works, crafted by our talented members," according to publicity officer Ms Sue Sullivan.

"As the saying goes, variety is the spice of life and you will get this in spades when you come to the 2017 Annual Exhibition to be held at the Peninsula Community

Centre at 93 McMaster Rd, Woy Woy," she said.

The event will take place on Saturday, November 4, from 9am to 4pm and Sunday, November 5, 10am to 3pm at the Peninsula Community Centre in Woy Woy.

"This event demonstrates a combination of talents resulting in a multidisciplinary exhibition of artworks showcasing the outcome of artists pursuing their passion," Ms Sullivan said.

There will be acrylic, water colour and oil paintings, patchwork and quilting, silver craft, pottery, hand painted gift cards, jewellery

and much more.

"Making your own sun catchers is a traditional activity for the youngsters and the young at heart.

"The variety of cakes and savoury items will find you spoilt for choice," Ms Sullivan said.

"We are fortunate to have the honour of presenting live music with Topaz, the Acapella singing group entertaining us once again on the Sunday from around 11:30am," Ms Sullivan said.

**SOURCE:**

Media release, 2 Oct 2017  
Sue Sullivan, Ettalong Beach  
Arts and Crafts Centre Inc.

**FREE EVENT**

PROUDLY PRESENTED BY CENTRAL COAST COUNCIL

# CHROME FEST

A TRIBUTE TO CLASSIC AMERICAN AUTOS, HOT-RODS AND ROCK & ROLL

**27-29 OCTOBER 2017**

MEMORIAL PARK  
THE ENTRANCE • CENTRAL COAST

## CLASSIC CARS

3 STAGES OF ENTERTAINMENT

## STREET CRUISE

70+ RETRO MARKET STALLS • DANCE DEMONSTRATIONS  
PIN-UP DOLL AUSTRALIA FINALS

FOR MORE INFORMATION VISIT  
[chrome-fest.org](http://chrome-fest.org)

**SPONSORS**

FM 107.7 2GO, Central Coast Council, Central Coast Holiday Parks, NBN NEWS, Central Coast Council, MINGARA Life's Great!, GOSFORD CLASSIC CAR MUSEUM, THE GREENS, CALIFORNIAN CRUISE INC.

**SUN 19 NOV**

Tickets \$50 Members | \$55 Non Members  
Doors open 7pm for 7.30pm showtime  
No Reserved Seating

## The Seventies Hitmakers

RICHARD GOWER'S *Racey* | ORIGINAL 70S *Paper Lace* | *The Rubettes* FEATURING ALAN WILLIAMS

**SO MANY REASONS TO CHOOSE**

### ETTALONG DIGGERS

FOR YOUR FAMILY DINING EXPERIENCE

- ◆ \$12 FAVOURITES
- ◆ DAILY CHEF SPECIALS
- ◆ A LA CARTE MENU
- ◆ KIDS MENU

**& WE HAVE THE KIDS COVERED WITH AN IPAD ZONE, ARCADE & PLAY ZONE**

**Good Morning Ettalong Show 31 Oct**

**ELTON JOHN & ROD STEWART SHOW**—Magical tribute show, Rod & Elton together with the GME Band. Dave "Rodney" Patten and Shannon G Brown become Sir's Rod Stewart and Elton John with amazing vocal and visual performances of ALL THE BIG HITS.

Doors open: 10.30 for 11am Show  
Tickets: \$8 Members / \$13 Guests

**Ettalong BEACH DIGGERS ...your Destination**

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

ATM & COURTESY BUS SERVICE



## Out&About



Bukhu is returning to The Troubadour this November

## Mongolian music at folk club

Mongolian throat singer, horse head fiddle player and master of Mongolian music Bukhchuluun Ganburged

(Bukhu) is returning to The Troubadour for a performance from 7pm on November 28.

Bukhu is a master of the

Music and Dance Conservatory of Ulaanbaatar in Mongolia, according to Troubadour Folk Club president Mr Michael Fine.

Now living in Australia, Bukhu has toured extensively, playing for audiences across the country as well as in Europe and Asia.

Mr Fine said that, as well as being an ambassador for Mongolian and world music, Bukhu was also an accomplished performer of some of the classics of Australian folk music and an accomplished composer and performer of beautiful contemporary music.

"Bukhu's own compositions incorporate genres as diverse as Overtone Throat Singing, Harmonic Chant, Folk, Classical, Blues, Metal, Techno, Dub and Hip-Hop.

"Bukhu's recent live performances explore experimental and electro-acoustic sound palettes using loops and edits created on pedals, sequencers and other amazing means."

The performance will be a ticketed event.

SOURCE:

Media release, 28 Sep 2017  
Michael Fine, Troubadour Folk Club

## Scammers target Patonga artist

Patonga artist Ms Jocelyn Maughan has warned other elderly residents of a scam that recently targeted her.

Ms Maughan said that, on two separate occasions in October, she was contacted on her home phone number by scammers pretending to be from the Australian Taxation Office.

The scammers, which Ms Maughan described as having a foreign accent, claimed Ms Maughan had committed fraud and told her warrants were out for her arrest.

They also told Ms Maughan that people would arrive at her home to settle the debts and that she must disclose her bank and other personal details to sort out the matter.

"I was horrified," Ms Maughan said.

"I thought it was a scam from the moment they said there were warrants out for my arrest because

I'm just an ordinary tax payer and do not believe the ATO would ever contact someone, guilty or otherwise, in this manner," she said.

"It was very scary to be told that people are 'coming to get you'.

"I recently lost my husband, live alone and have been unwell as of late and I can tell you this kind of scare didn't help.

"A friend of mine, also from Patonga, who is 86 and recovery from surgery also received a call from the same mob that went much the same way.

"It's dreadful.

"I hope all the people of the Peninsula are aware of this and report it to the authorities if it happens to them," she said.

Ms Maughan said she contacted the police who directed her to a scam reporting hotline.

SOURCE:

Interview, 11 Oct 2017

Jocelyn Maughan, Patonga  
Reporter: Dillon Luke

## GOSFORD DISTRICT GARDEN COMPETITION 2017



## COACH TRIP

A FULL DAY COACH TRIP TO VISIT WINNING GARDENS

SUNDAY 29TH OCTOBER

8:30am to 4:30 pm Bring or buy lunch

Pick up & drop off: RSL Club, West Gosford

Cost \$25 pp

All welcome

Bookings and payment

by Thurs. 19.10.17

Ph. Joy 4384 6127

Email: joye003@gmail.com

# Smoking Dragon

**Swords, Knives**  
**Smoking Accessories**  
**WAR MEMORABILIA WANTED**

**Shop 12 Ebtide Mall**  
**150 The Entrance Rd**  
**The Entrance 2261**  
**Ph: 02-4333-8555**

COACH TOURS	
<b>9 Day   Dep 21 Dec 2017</b> <b>Christmas in Hervey Bay</b> <b>\$2,296</b> pp twin share ACCOMMODATED • Childers Pharmacy Museum • Bundaberg Rum Museum • Sea Life Sunshine Coast • Fraser Island Day Tour (optional extra)	<b>5 Day   Dep 23 Dec 2017</b> <b>Christmas in Canberra</b> <b>\$1,320</b> pp twin share ACCOMMODATED • Cruise on Lake Burley Griffin • Australian War Memorial • Parliament House • Cockington Green
<b>4 Day   Dep 23 Nov 2017</b> <b>Airing of the Quilts</b> <b>\$981</b> ppt share	<b>5 Day   Dep 30 Dec 2017</b> <b>New Year Mystery</b> <b>\$1,155</b> ppt share
Tours include motel accommodation, dinner, bed, hot brekky & entries.	
<b>Live Shows</b> 'A' Reserve Seats. All matinee shows.	<b>Day Trips</b> All pickups from Doyalson to Woy Woy
<b>Wizard of Oz</b> 10 Jan 2018 <b>\$120</b> pp	<b>Rose Spectacular</b> at the Hunter Valley Gardens Wednesday 25 Oct 2017 <b>\$90</b> pp
<b>Beautiful The Carol King Story</b> 31 Jan 2018 <b>\$125</b> pp	<b>Birkenhead Point Shopping Tour</b> Saturday 11 Nov 2017 <b>\$45</b> pp
<b>Mamma Mia</b> 28 Feb 2018 <b>\$115</b> pp	<b>Mystery Christmas Lunch</b> Thursday 23 Nov 2017 <b>\$91</b> pp
<b>Evita the Musical</b> 26 Sep 2018 <b>\$120</b> pp (standard seating)	<b>Hunter Valley Christmas Lights</b> Wednesday 6 Dec 2017 <b>\$82</b> pp

Free home pick-ups south of the Hunter River, east of M1 and all Central Coast – extended tours only. Conditions apply.

BOOK TODAY **4353 9050**  
[www.roadrunnertours.com.au](http://www.roadrunnertours.com.au)

**ROAD RUNNER Leisure Tours**

Travel Australia at 'see' level!





Woy Woy Rugby Union's Under 12 squad with best and fairest Atticus Fotofili seated right

## President reports at junior rugby presentations

**Woy Woy Junior Rugby Union president Mr Gary Morrison has submitted his President's Report at the club's awards presentation, held at Ettalong Diggers on Saturday, September 16.**

"As I wander around the grounds on a Saturday morning, I feel an enthusiastic sense of pride in the culture and values that we have developed as a Club," Mr Morrison said.

"We value and celebrate the talents, the efforts and difference of not only our players, but also the families associated with them.

"This year saw almost 180 junior players take the field across all age groups from five-year olds through to 17-year olds.

"This included two Under-7 team's, two Under-8 teams and teams in Under 9s, 10s, 11s, 12s, 14s, 15s and 17s.

"We are recognised as one of the top three strongest junior clubs on the Central Coast for registrations and teams participating.

"We may not win every game but we walk off the field with our heads held high knowing we have played our best and above all, we have played in the true spirit of rugby.

"The Under-11s and 14s were beaten in tight games in the semi-finals.

"The Under-17s progressed

to the preliminary final and our Under-12s and 15s won their way into the grand final.

"What an amazing effort for a small regional Rugby Club.

"In particular, 2017 saw a substantial number of Under 15s selected in the Central Coast team this year.

"It was with great sadness that 2017 saw the passing of John Wright.

"John had been involved in the club for many years as a committee member, team manager, all-round helper and above all a nice bloke.

"John was a club man through and through and this year has not been the same without my right-hand man assisting me with all things around the club.

"His son Jackson has continued to play a wonderful year of Rugby for the Club in the Under-11s and Leanne has also continued to help out in the canteen.

"In recognition of John's contribution to the club we have renamed the Junior Club Person of the Year

Award to the John Wright Spirit of Rugby Award, with a new perpetual trophy starting in 2017."

End of season awards were made to: Under 17's; Best and Fairest, Jaz Doak-Stride; Best

Forward, Casey Woodford; Best back, Matthew Lavelle; Players Player, Ethan Church; Most Improved, Isaac Atchison; and

Coaches Award, Brooklyn Smith.

Under 15's; Best and Fairest, Kieth Potter; Best Forward, Nat Collado; Best Back, Wabay Jennings; Player's player, Kaleb Jennings; Most Improved, Tiraho Pakai; and Coaches Award, Alexander Allsopp.

Under 14's; Best and Fairest, Matthew Kearney; Best Forward, Zac Halliday; Best Back, Logan Tyson-Sanson; Player's player, Tait Fagerstrom; Most Improved, Liam Colbran; and Coaches Award, Thomas Rodham.

Under 12's; Best and Fairest, Atticus Fotofili; Best Forward, Jed Penn; Best Back, Kieran Diamond; Player's player, Kieran Diamond; Most Improved, Austin Minett; and Coaches Award, Liam Orlowski.

Under 11's; Best and Fairest, Jack Morrison; Best Forward, Devon Oelofse; Best Back, Fred Rutherford; Player's player, Jack Morrison; Most Improved, Hunter Adams; and Coaches Award, Jacob Falconer.

Under 10's; Best and Fairest, Euan Murray; Best Forward, Bill Scott; Best Back, Alex McCoombe-Lopez; Player's player, Alex McCoombe-Lopez; Most Improved, Jette Gooley; and Coaches Award, Dushan Tucic.

The Under 15's were also named the Junior Team of the Year.

**SOURCE:**

Website, 27 Sep 2017  
Gary Morrison, Woy Woy Rugby Union Club



Jaz Doak-Stride Under 17 best and fairest for Woy Woy Rugby Union Club 2017



# MAC'S DAVO ARTS EXPO

## NOVEMBER 4 - 5

**The major fund raising & awareness raising event for the Multi Arts Confederation in 2017**

**WHERE?**

**Davistown Community Hall  
5 McCauley St, Davistown NSW 2251**

**TIMES?**

**3pm to 6:30pm Saturday, November 4  
10am to 4pm Sunday, November 5**

**WHAT?**

**Exhibition of visual art from members of the Central Coast Multi Arts Confederation  
Talks and presentations from MAC members and special guests throughout the Sunday  
Raffle Prizes, Gold coin donation for entry  
All proceeds to the Multi Arts Confederation**

**WHO?**

**We still have places available to exhibit and speak. To express interest email the committee at [maccentralcoast@gmail.com](mailto:maccentralcoast@gmail.com)**

# THE GRAND PAVILION

## Ettalong Beach

### Ph: 02 4341 7234

46 Picnic Parade, Ettalong Beach, NSW – 2257

**Lunch: 12:00 – 2:00pm (Mon – Friday)**

**12:00 – 2:30pm (Sat – Sunday)**

**Dinner starts at 5:00pm – till late**





# Directory - Not for profit Community Organisations

## Art & Culture

### Central Coast Art Society

Weekly paint-outs  
Tues 4369 5860.  
Workshops 9.30am 1st & 3rd  
Wed Gosford City Art Centre 4363  
1156.  
Social Meetings 1.30pm 4th Wed  
for demonstrations  
4325 1420  
publicity@artcentralcoast.asn.au

### Central Coast Handweavers, Spinners and Textile Arts Guild

Spinning and weaving, patchwork  
and quilting, felting and other  
fibre and fabric crafts, community  
quilting bees  
Day and Night Groups  
4325 4743  
www.cottagecrafts.net.au

### Ettalong Beach Art & Crafts Centre

Adult classes in Pottery  
Watercolours, Oils, Acrylics,  
Pastels, Silvercraft,  
Patchwork & Quilting  
0412 155 391  
www.ebacc.com.au  
ebacc.email@gmail.com

### Hospital Art Australia Inc.

Meet every Tue and Fri  
9am-2pm - 109 Birdwood Ave,  
Umina - Painting and Canvas  
drawing. Volunteers welcome  
hospitalartaustalia.com.au  
0431 363 347

## Bushwalking

### National Parks Association Central Coast

Twice weekly bush walks, 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

### Central Coast Community Legal Centre

Not for profit service providing free  
legal advice.  
Monday to Friday  
9am to 5pm  
4353 4988  
centralcoast@clc.net.au

## Community Groups

### 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.fabcns.org.au  
4341 5170

### Central Coast Social Group

Social contact, entertainment  
events, new friendships, for  
30's-60's  
Live music, house parties, dinners,  
BBQs, picnics, trips away etc.  
Monthly Meet & Chat  
0422 243 101  
email cco30s@live.com.au

### Central Coast 50+ Singles Social Group

Ladies & gents dinner, dancing -  
BBQs & socialising each w/end.  
Monthly programme for all areas  
0412 200 571

0437 699 366  
50pssg@gmail.com

### Mingaletta Aboriginal Torres Strait Islander

Provides members and other  
groups a meeting place and  
referral hub for education, health,  
well-being and cultural programs.  
Mon-Fri 9am - 4pm  
6 Sydney Ave Umina  
4342 7515  
admin@mingaletta.com.au

### Peninsula School for Seniors

Community Centre,  
McMasters Road, Woy Woy  
Discussions, rumikin, craft, history,  
walks, & coach trips  
Tues, Wed, Thur  
4341 5984 or 4341 0800

### Peninsula Village Playgroup

Carers, Grandparents, parents  
& children 'Intergenerational  
Playgroup'  
Tues 10-11.30am  
4344 9199

### Seniors Computer Club Central Coast

Classes held Monday to  
Friday for everyone over 50  
Basics: Mon, Tues and  
Thurs 10am to 12noon  
Different programs every day,  
10am to 12noon or 1pm to 3pm  
Apple-Mac: Mon, Tues, Wed  
All at our club rooms, Kincumber  
Neighbourhood Centre  
Bookings or inquiries  
02 4307 9421

### The Krait Club

Community Centre - Cooina  
Village, Neptune St, Umina  
10.30am For seniors. Gentle  
exercises, quizzes, games,  
social activities, guest speakers,  
entertainment and bus trips - 4344  
3277

### Umina Beach Men's Shed

Men share a variety of tools,  
pursue interests and hobbies,  
spend time with other men and  
learn new skills  
Darrell 4342 9606

### Volunteering Central Coast

Refers potential volunteers to  
community orgs. Supports both  
volunteers and community orgs.  
Training for volunteers & their  
managers. 4329 7122  
recruit@volcc.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

## Health Groups

### Al-Anon

If someone's drinking is  
causing you problems...  
Al-Anon can help  
4344 6939  
1300 252 666  
Meetings Sat 2pm  
Woy Woy Hospital  
Ocean Beach Road

### Arthritis NSW

Woy Woy support group  
Woy Woy Bowling Club  
North Burge Road Woy Woy  
3rd Tues 10.30am  
1800 011 041

### Better Hearing Australia - Central Coast

Hearing loss management  
support and education.  
7 groups across the Coast  
Providing practical experience  
and confidence  
4321 0275  
www.centralcoast.betterhearingaustralia.org.au

### BlueWave Living

Woy Woy Community Aged  
Care facility providing residential  
aged care to the frail aged.  
Permanent and respite care  
accommodation available.  
Information 2nd and  
4th Tues - 11am  
4344 2599  
reception@blueweliving.org.au

### Central Coast Parkinson's Support Group

We aim to help individuals and  
their families better manage  
living with Parkinson's Disease  
Guest speakers are a regular  
feature of our meetings.  
2nd Tue - 1.30pm  
1800 644 189

### Gambling Solutions

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

### GROW Support Groups

Small friendly groups formed to  
learn how to overcome anxiety,  
depression and loneliness and to  
improve mental health and well-  
being. Anonymous, free and open  
to all. Bring a support person if  
you like. Weekly meetings at Woy  
Woy, Bateau Bay and Wyong  
1800 558 268  
www.grow.org.au

### Meals on Wheels

Delicious meals delivered free  
Join us for a midday meal  
Help with shopping and  
cooking classes  
4341 6699

### 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 Com. Cntr, cnr. Mc  
Masters Rd & Ocean Beach  
Rd. Woy Woy, Fri 8pm  
www.oa.org  
0412 756 446

### 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

### Prostate Cancer Support Group (Gosford)

Last Fri, Terrigal Uniting Church,  
380 Terrigal Drive, Terrigal  
9.30am to 12 noon 4367 9600  
www.pcfa.org.au

### Riding for the Disabled

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

### Schizophrenia and Bipolar Fellowship

For Schizophrenia/Bipolar/  
Mental Health sufferers,  
family, carers and friends. .  
1st Thur - 1pm Room 3 Uniting  
Church Donnison St  
Gosford  
4344 7989 or 4368 2214

### 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

Everglades Country Club  
2nd Tues 11am  
Company, up-to-date info,  
hydrotherapy, bus trips  
4341 7177

## Music

### Brisbane Water Brass

Brass Band entertainment  
for the community playing all  
types of popular music.  
Rehearsal every Tues  
7.30pm-10pm  
0419 274 012

### Coastal a Cappella

Dynamic award winning  
women's a cappella chorus  
new members always welcome.  
Music education provided  
Lots of Performance opportunities,  
or hire us for your next event.  
0412 948 450  
coastalacappella@gmail.com

### 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 a-cappella 4 part harmony  
chorus - all ages 7pm Mon.  
Central Coast Leagues Club  
John 0413 276 698  
jbthomson51@gmail.com

### Troubadour Central Coast Folk, Traditional & Acoustic

Music and Spoken Word  
Concerts, Ukulele meets,  
and Sessions  
4th Sat 7pm CWA Hall  
Woy Woy 4342 6716  
mail.info@troubadour.org.au

## Political Groups

### Australian Labor Party

Political discussions, national,  
state and local government issues

### Umina Ettalong Branch

2nd Mon Umina Beach Bowling  
Club 7.30pm 4342 3676

### Ourimbah/ Narara Branch

Niagara Park Primary School  
7.30pm 1st Mon  
0410 309 494  
kyle.macgregor@hotmail.com

### Woy Woy Branch

Everglades Country Club  
7.30pm 2nd Mon  
0412 517 520  
belindaneal@bigpond.com

### Peninsula Day Branch

1pm 2nd Mon  
CWA Hall Woy Woy  
4341 9946

### 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. Woy Woy  
Leagues Club

0478 959 895

Make new friends and have fun  
while serving your community.

## Rotary Clubs

International service club improves  
lives of communities in Aust.  
& o/seas. Fun-filled activities,  
fellowship and friendship.

### Rotary Club of Kariong

Phillip House, 21 Old Mount  
Penang Rd, Fri 7.15am 4340 4529  
karsuebay@philliphouse.com.au

### Rotary Club of Umina Beach

Wednesdays 6.30pm  
Everglades Country Club  
0409 245 861  
curleys@ozemail.com.au  
0409 245 861

### Rotary Club of Woy Woy

Tues 6pm Everglades  
Country Club.  
Don Tee 0428 438 535

## Special Interest

### 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.  
www.cashousie@hotmail.com

### 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.centralcoastfhs.org.au  
4324 5164

### Central Coast Tenants' Advice and Advocacy Service

Help with issues with landlords  
& real estate agents? Free  
telephone advice and advocacy  
for all tenants and residents in  
residential parks.  
4353 5515  
cctaas@hotmail.com

### Central Coast Lapidary Club, Minerals & Gems

Learn silverwork, cabochons,  
faceting, enamelling, stone  
fieldtrips & fossicking.  
Weekly Workshops  
Tues and Thurs 8.30am-2.30pm  
Thurs evening 6-10pm  
10 Ourimbah Creek Rd Ourimbah  
4362 2246

### Central Coast Rescue Unit

Marine Education Courses. Radio  
Licenses, Boat Safety & Boat  
License & PWC License Tests,  
Navigation, Seamanship and  
Meteorology.  
4325 7929  
www.vmrcc.org.au

### Central Coast Soaring Club Inc

Gliding Club, Learn to fly,  
Instruction FREE to members  
Come and have an Air  
Experience Flight  
All Welcome  
14 and up for Training  
Flying at Bloodtree Road  
Mangrove Mountain Thur, Sat,  
Sun ( weather permitting)  
0412 164 082  
0414 635 047  
www.ccsoaring.com.au

### Peninsula Environment Group

Environmental projects,  
(incl. Woytopia),  
Woy Woy community garden,

social events, workshops, organic  
food buying group  
www.peg.org.au

### Central Coast Goju-Kai Karate

Traditional Karate & Self  
Defence for Teens & Adults  
No Contracts, Cheap Rates  
Wamboral - Mon 630pm  
Kincumber - Thurs 715pm  
0417 697 096  
www.centralcoastgoju-  
kaikarate.com.au

### Woy Woy Judo Club

3 Classes every  
Tue, Thur & Fri  
5.00pm to 8pm  
Ettalong Leisure &  
Learning Centre  
Min age 5 years old  
0434 000 170  
www.woywoyjudoclub.com

## Veterans

### National Malaya Borneo Veterans Association

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

### Vietnam Veterans', Peacekeepers' and Peacemakers'

Assist all veterans & families with  
pension & welfare issues.  
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

### BPW Central Coast

Empowering women of all ages  
in the areas of work, education,  
well-being and friendship.  
All women welcome to attend  
monthly dinner meetings.  
Be enlightened. \$40 covers two  
course meal and speaker.  
0438 989 199  
bpwcentralcoast@hotmail.com  
www.bpw.com.au/central-coast

### Country Women's Association Umina

2 Sydney Ave  
Branch Meetings  
2nd Wednesday 10am  
Craft & Friends  
Wednesdays 9.30am  
2nd and 4th Sundays 12.15pm  
0416 193 070 - 4340 1746

### Country Women's Association Woy Woy

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

### 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

### Peninsula Women's Health Centre

Counselling, therapeutic and social  
groups, workshops, domestic  
violence and abuse issues. All  
services by women for women  
4342 5905  
www.ccwhc.com.au



# Woy Woy Rugby Union club presents awards

**Woy Woy Rugby's successful performances from 2014 through 2016 were not matched in 2017, which was disappointing but in review there was much to take out of their efforts, according to club publicity officer Peter Fenton.**

The firsts, premiers in 2014, runners-up in 2015 and semi-finalists in 2016, missed the play-offs by just one game.

The minor grades also missed out on the play-offs but there were several newcomers who had very good seasons as shown in the awards presented at the season's end.

First grade's Best and Fairest Award went to young prop, Matt Graham, who was a member of Woy Woy's 2016 second grade premiers.

Rugged inside centre Fokolulu Taumolol was best first grade's back and outside centre, Blake Arahill, won the trophy for top try

scorer.

Like Matt Graham he was a member of last year's second grade premiers.

Only 21, Arahill has a promising career ahead.

"He has pace and the ability to beat tackles and with more experience and natural improvement is a potential representative player," said Mr Fenton.

Back-rower, Alifeleti Atiola, in his fourth season with Woy Woy was judged Players' Player.

Flanker Nick Rauschenback won Best and Fairest in a second grade side.

Eighteen-year-old Zac Doake-Stride was judged best back, having performed well in several appearances with the firsts.

Rookie of the year was Adam McVean.

Playing his first season with Woy Woy Rugby, McVean showed great aptitude and is a potential first grade player.

The top point scorer trophy

was won by Alex Moore who plays fullback or wing and whose general play and goal kicking was top class.

The Col Gooley award, given for outstanding service throughout the year, not restricted to players, was most deservedly won by club and first grade captain Kane Burns.

Burns, a natural back-rower, is playing his best football in the second row and works tirelessly off the field to promote the club.

A most pleasing aspect of the Awards function was that Woy Woy was presented with a shield, presented each year by the Central Coast Referees Association.

The shield is given to the club whose attitude and spirit most exemplified sportsmanship and an effort to improve the image of the game.

A full list of award winners is on the club website.

**SOURCE**

Media release, 9 Oct 2017  
Peter Fenton, Woy Woy Rugby Union



Alex Moore was top point scorer

## 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 4321 7215  
Drug & Alcohol rehab 4388 6360  
**Accommodation**  
Dept. of Housing Gosford 4323 5211  
Cassie4Youth 4322 3197  
Coast Shelter 4325 3540  
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 1300 094 737  
**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  
Central Coast Family Support Service 4340 1099  
Horizons (For men with children) 4351 5008  
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  
**Professional support phone services:**

Mental Health Line 1800 011 511  
Beyondblue 1300 224 636  
Domestic Violence Line 1800 656 463  
Lifeline 13 11 14  
Kids Help Line 1800 551 800  
Griefline 1300 845 745  
Suicide Call Back Service 1300 659 467

### Transport

Taxi 131 008  
Busways 4368 2277  
City Rail 131 500  
**Welfare Services**  
Gosford Family Support 4340 1585  
Meals on Wheels 4341 6699  
Department of Community Services Gosford 4336 2400  
The Salvation Army 4325 5733  
Samaritans Emergency Relief 4393 2450  
St Vincent De Paul Society HELPLINE 4323 6081

# The Peninsula Diary of Events

For events in post code areas 2256 and 2257

### Wednesday, Oct 18

Spring Cabaret and lunch, Woy Woy Leagues Club, doors open 11:30am, lunch 12pm, show 12:30pm

### Friday, Oct 20

Duane Marnell, Woy Woy Leagues Club, 7:30pm  
Ben Woodham, Ettalong Hotel, 9pm

### Saturday, Oct 21

George Ivanoff book signing, Umina Book Bazaar, West St, Umina from 10:30am

Umina Uniting Church Spring Fair, Neptune St, Umina, 8am to 1pm

Rick Price, Hardys Bay Club, 14 Heath Road, Hardys Bay, 8pm  
Bays Community Group Fashion Parade, featuring apparel from Jenny Jazz Fashions, Bays Community Hall, Woy Woy Bay Rd, Woy Woy Bay, from 7pm

The Hops, Woy Woy Leagues Club, 7pm

A Coupla Numbers, The Old Pub, Woy Woy, 8pm

### Sunday, Oct 22

Z-Star Delta, Hardys Bay Club, 14 Heath Road, Hardys

Bay, 7pm

Jubila Singers Annual Concert, St John The Baptist Catholic Church, Woy Woy, 2pm, free entry

Brent Murphy, Woy Woy Leagues Club, 5:30pm

### Thursday, Oct 26

Ben Woodham and \$5000 giveaway, Woy Woy Leagues Club

Jimmy Barnes Book Signing, Umina Book Bazaar, West St Umina, 2pm

### Friday, Oct 27

The Anniversary by Bill MacIlworth, by Woy Woy Little Theatre, Peninsula Theatre until Nov 12

Eric Camilleri, Woy Woy Leagues Club, 7pm

### Saturday, Oct 28

Karaoke, Woy Woy's Got Talent, Woy Woy Leagues Club, 7pm

Bukhu, return of a world music master, Troubadour Folk and Acoustic Music Club, CWA Hall, Woy Woy, from 7pm

### Sunday, Oct 29

Deck sessions featuring The Camry's, Hardys Bay Club, 3pm

Woy Woy Peninsula Community Garden open day, 85-87 Moana St, Woy Woy

### Monday, Oct 30

Good Morning Ettalong featuring the Elton John and Rod Stewart tribute show, Ettalong Diggers Memorial Club, doors open 10:30am for 11am show

Peninsula Villages annual general meeting, , 91 Pozieres Avenue, Umina, from 10:30am  
Ashleigh Chapman, Woy Woy Leagues Club, 5:30pm

### Monday, Oct 30

Melissa James author talk at Woy Woy Library, Blackwall Rd, Woy Woy, 2:30pm

### Saturday, Nov 4

Ettalong Beach Arts and Crafts Centre Exhibition, Peninsula Community Centre, 93 McMasters Rd, Woy Woy, 9am to 4pm and Sunday, Nov 5, 10am to 3pm

Central Coast Disabled Surfers Association Hands On Surf Day, Umina Beach, 9am

### Friday, Nov 10

Bays Community Happy Hour, Bays Community Hall, Woy Woy Bay Rd, Woy Woy Bay

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



# Classifieds

## 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

## ASBESTOS REMOVAL

**Asbestos Removal**  
Fully licensed and insured asbestos removals from houses, garages, sheds, bathrooms etc.  
Ph: Tom 0422 653 794 or 4393 9890  
Safe Work NSW Lic. AD212564

## BOREWATER

**Bore Water Pumps**  
Spear pump installations, repairs & maintenance for all types of pumps est 1978  
**John Woolley**  
4342 2024

## BOREWATER

**Bores and Spears**  
Install high quality pumps and maintenance free spears, existing systems reconditioned, all work guaranteed.  
Warren Greenway  
Ph: 4341 7736  
Mob: 0408 225 390  
Lic No. DL1960

## CABINETMAKER

**CABINETMAKER**  
• Cupboards  
• Shelving  
• Furniture  
• Kitchen Updates and Robes  
Call Jens  
**0418 993 994**

## CARPENTERS

**Carpentry - Building**  
over 30 years experience  
Local know how - working with pride and honesty  
Paul Skinner  
Lic 62898c  
0432 216 020 or 4339 2317

## CARPENTERS

**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

## MGL CARPENTRY

Carpenter & Joiner  
40yrs Experience  
Decks, Pergolas, Doors, Windows etc  
Fully Insured - Call Gary  
**0458 130 829**  
**4341 1346**  
no labour & materials over \$1000

## CLEANING

**Weston & Wilson Cleaning Services**  
Domestic, end of lease, holiday & vacate cleans.  
Regular or one off.  
Fully insured, WWC & Police check avail.  
From \$35 hour.  
**Maryanne**  
**0403 505 812**

## CONCRETE

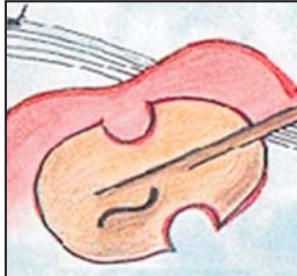
**MRD POLISHING**  
Specialising in  
• Polished Concrete  
• Concrete grinding  
• Architectural Topping  
• Epoxy floor coatings  
• Glue & tile removal  
• Concrete cleaning  
**0481 119 365**

## 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**

**YOUR LOCAL ELECTRICIAN**  
Same day service  
Guaranteed  
Lighting, Power Points, Phone & Data, Fault Finding,  
No job too small.  
Seniors Discount.  
Lic number 265652C  
**4308 6771**

## ENTERTAINMENT



*The Troubadour*

Folk and Acoustic Music Club  
**OCT 28 at 7pm**  
**BUKHU**  
CWA Hall - Woy Woy  
Price \$10, \$13 and \$15  
www.troubadour.org.au  
**4342 6716**

**BluesAngels**  
Your total acoustic blues/roots package, top to toe, and then some. Minnie the Moocher to Eagle Rock and on into indie roots, beatnik jazz, backhills bluegrass and prog folk. Available as duo, trio or band negotiable for your party, event or venue.  
tomflood@hotmail.com  
4324 2801

## FENCING

**BLUEPRINT FENCING**  
All types of fencing, gates and retaining walls  
Call Luke  
Free quotes  
**0401 347 247**

## GUTTERING

**GUTTER GUARD**  
Supply and Install or DIY  
Gutter Guard for Metal & Tile Roofs.  
Use what the trades use.  
Professional Installer  
Fully Insured  
Contact John for more info  
**0431 553 835**  
john@guttermesh.info  
www.guttermesh.info

**GUTTER CLEANING**  
Central Coast Roof Care  
Peter Vilder  
**0484 642 457**  
INSURED RELIABLE EFFICIENT  
www.centralcoastroofcare.com.au  
centralcoastroofcare@gmail.com

## HANDY MAN

**Handyman Gardening**  
Weeding & Yard Clean Ups  
Odd Jobs around the home  
Fully Insured  
Ph: William  
**0478 672 079**

## KITCHENS

Quality Laminate Benchtops  
supplied and seconds for sale  
**R&J Benchtops**  
Gosford  
0456 884 545

## IRRIGATION

**Design & Install**  
High quality components  
Custom-made garden sprays  
Installation of spear pumps  
Built 1st PVC spearpoints in 1985, still working today!  
call **Larry**  
Lic L13725  
LP52@hotmail.com  
**0475 413 436**

## MOBILE MECHANIC

**D.T. Central Coast Mobile Mechanic**  
\*All mechanical repairs & servicing  
\*Rego inspections -All makes & models \*Very reasonable rates  
\*Pensioner discounts  
Tim Howell Lic.No. 44 033038  
**4341 2897 or 0418 603 667**

## PAINTERS

**BUGELLO'S**  
Painting Services  
• Residential and Commercial  
• Interior and Exterior  
• New Work and Repaints  
**Free Quotes**  
All work guaranteed  
**0410 404 664**  
**wattyl®**

## PERSONAL TRAINING

**GET FIT FOR LIFE**  
Personal Training in the gym or at home  
**FULLY QUALIFIED ALL AGES**  
2017 NABBA/WFF National Champion  
Call Jessie Now!  
**0402 544 078**

## PLUMBING

**Umina Beach Plumbing**  
All aspects of plumbing: Drainage and Gasfitting, Domestic and Maintenance Works  
**Installation of Hot Water tanks**  
**4344 3611**  
**0402 682 812**  
Lic 164237c

**YOUR LOCAL PLUMBER**  
Same day service  
Guaranteed  
Blocked drains, Leaking taps and toilets, Hot water and all aspects Of plumbing drainage and gas fitting.  
Lic number 265652C

**4346 4057**

**DEEPWATER**  
Plumbing & Gas Solutions  
Gas installations  
Hot Water Systems  
Appliances  
Portable Heater  
Servicing  
Drainage and all aspects of plumbing  
Senior's discount  
Call Brent 0422 080 936  
Lic 286937c

## POSITIONS VACANT

**The Grand Pavilion Indian Restaurant**  
Looking for Restaurant Manager, Office Manager, Cook, Wait Staff and delivery drivers  
452 The Esplanade  
St, Warners Bay  
& 17 Church Street, Terrigal  
tgp.aarth@gmail.com

## Classifieds advertising rates - in print and on-line

Classified advertising is the cheapest form of newspaper advertising. This newspaper is published on line on the night before publication date, and is read that way by hundreds of people. All advertisements, including these classified advertising pages, appear in full on-line as an additional benefit for free.

See [www.CentralCoastNewspapers.com](http://www.CentralCoastNewspapers.com) or [www.CentralCoastNews.net](http://www.CentralCoastNews.net)

Central Coast Newspapers' advertising rates are relatively much lower than in other newspapers and at the same time much larger than in other newspapers, with the minimum size being 50mm X 42mm. Approximately 16,000 copies of each newspaper are printed and distributed every fortnight.

## Personal and Not For Profit Organisations

As Central Coast Newspapers are community newspapers, the cost of advertising not for profit organisations' events is subsidised. This makes them the same rate as non business advertisements.

A mono 5cm advertisement only costs \$33. Each additional cm costs \$6.60 as does colour, and/or a photograph or a logo. Private advertisements need to be paid for at the time of booking.

## Business rates

The minimum size of 5cm X a single column only costs \$40 + GST in mono and an extra \$8 + GST for colour, a logo or a photograph, every two weeks. Most businesses choose to advertise on an ongoing basis and discounts apply for multiple bookings, if they are paid for in full, in advance.

Having an advertisement run for 3 months only costs \$215 + GST, for 6 months it is \$385 + GST, and for 12 months advertising, the total cost is only \$700 + GST - Approximately \$14 per week.

Artwork is free and advertisers are encouraged to change their advertisements frequently

To advertise here call  
**NEWSPAPERS**  
central coast  
**4325 7369**



PSYCHOLOGISTS

**Psychologist**  
**Mark Baddeley**  
**Hypnotherapy,**  
**Counselling,**  
**Biofeedback.**  
For all stress issues  
**Ph: 0419 524 686**  
Ettalong Beach  
[www.markbaddeley.com](http://www.markbaddeley.com)

TILING

  
**Tiling Wall**  
**& Floor**  
**Property**  
**Maintenance**  
**0439 589 426**  
[homes2nv@gmail.com](mailto:homes2nv@gmail.com)

TUITION - MUSIC

**Learn to play**  
**harmonica at your**  
**own pace at my**  
**place or**  
**Skype at yours**  
[www.harmonicatom.com.au](http://www.harmonicatom.com.au)  
phone 02 4324 2801  
email tom@tomflood.com.au  
\$40 hr or \$25 1/2 hr  
Skypeharp: pay by PayPal  
SPRINGFIELD, NSW

PUBLIC NOTICES

**Lost & Found**  
**Lost in the Umina area.**  
**Wednesday, 27 Sept.**  
**Gold necklace that I**  
**gave my wife after 30**  
**yrs of marriage.**  
**It is of great**  
**sentimental value as**  
**she has not taken it off**  
**since I gave it to her.**  
**Reward offered.**  
**Ph: 9153 9757**

PUBLIC NOTICES

**Car Boot**  
**Sale**  
Woy Woy Peninsula Lions Club  
**Oct 29**  
**7am to 1pm**  
Great variety of stalls ~  
BBQ, Tea & Coffee.  
Vendors Welcome ~ \$15 per car  
Now at Dunbar Road Car Park  
NB stall sites not open until 6.30am  
Cnr. Ocean Beach Road Woy Woy  
Always Last Sunday  
(Except December)  
**Enq: 0478 959 895**

Twells takes out singles championship

The Umina Minor Singles bowls championship between Sid Stokie and Roger Twells proved to be an exciting event.

Both bowlers played in zone finals this year with Stokie runner-up in the rookies' final and Twells taking out the veterans final.

The early stages of the singles challenge favoured Twells with Stokie appearing a little nervous in his first club championship final, in front of a large group of spectators.

He fought back to level the scores at 17 all after 20 ends.

The players then battled out the next seven ends evenly matched, before Twell's experience and patience wore his opponent down, finishing after 31 ends 31-22.

**SOURCE:**  
Media release, 9 Oct 2017  
Ian Jarratt, Central Coast Bowls

REMOVALS

**KEYVINS REMOVALS & DELIVERIES**  
Deliveries & Removals, Local Sydney, Newcastle & Country. Single items or a house full. Competitive rates.  
**02 4342 1479**  
**0411 049 559**  


TREE SERVICES

**Eyecare**  
**Tree and Stump**  
**Grinding Services**  
**Mulching Available**  
**Fully Insured**  
**Call Jamie**  
**0413 088 128**  
[www.eyecarelawnmowing.com.au](http://www.eyecarelawnmowing.com.au)

TUITION - SCHOOL

**NEED TUTORING?**  
Offering private High School tutoring for English, Geography and Business Studies. PRIVATE TUTIONS OFFERED: •Private tuition for English students from years 7 - 12  
**PRICING**  
Private Tuition \$30/h  
**0478 980 724**  
[annikaberana@outlook.com](mailto:annikaberana@outlook.com)

MINGALETTA ABORIGINAL AND TORRES STRAIT ISLANDER CORPORATION

has not in the past, and will not, in future proceedings, condone or give permission for women to play the didgeridoo.

Mingaletta Aboriginal and Torres Strait Islander Corporation would also like to advise that all appearances and cultural learning on behalf of Mingaletta must be endorsed by the Chairperson and Board.

Said Mingaletta representatives must hold a signed document certifying Mingaletta's consent of representation.

WANTED



**CASH PAID**  
**for good quality**  
**Swords, Knives and**  
**War memorabilia.**  
**For large collections**  
**home visit available**  
Shop 12 - Ebbtide Mall  
155 The Entrance Rd  
The Entrance  
**4333 8555**

RUN IT 'TIL YOU SELL IT



**Poolrite PM60 pool pump** in good working order. \$150  
Ph: 0410 522 070  
BUC4301



**Antique colonial dining chairs set of 3** \$270  
Ph 0410 522 070  
BUC4302



**Antique colonial dining chairs 2** individual chairs \$150 each  
Ph: 0410 522 070  
BUC4303



**Pair of column speakers** 116cm tall X 33cms wide four speakers in each

column \$190 for the pair. Ph: 0410 522 070  
BUC4304



**Pool cartridge filter holder Titan CL**  
160 \$90 Ph 0410 522 070  
BUC4305



**McCulloch MT265 Petrol brush cutter.** Hasn't been used for two years. \$170  
Ph: 0410 522 070  
BUC4306

**Aquaone - tropical fishtank**  
200L tank and cupboard - 150Cm tall complete - In very good condition - Including all equipment!  
\$170 0410 511 694  
BAT1291

**White Oak - High back dining chairs**  
- Highest quality workmanship, Leather seats all in great condition  
\$250 The lot 0410 511 694  
BAT1291



**Hansa Chipper C7 - Honda GX200 engine,** retail \$2700 - Very little use  
\$1000 - 4367 6071  
GEG129



**Savage 4mtr Alum, fwd control, 125hp mercury, swivel seats, bimnj cover, boat trailer with covers, Excelent condition** \$7000 ono  
4358 3288 - 044302750  
PAT132

Dolls for sale

Celluloid, Porcelain, Accessories, Cots, Prams, Dolls, Dressed Authentically. 4342 1862  
[matkins274@optusnet.com.au](mailto:matkins274@optusnet.com.au)  
MAT133

To advertise here call  
**NEWSPAPERS**  
*central coast*  
**4325 7369**

THE SHAME FILE

**Central Coast Newspapers** 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 Solutions** - Brad Sedgewick Ettalong
- **Sharon Martin** - Devine Image
- **Depp Studios** - Formerly of Umina
- **Tony Fitzpatrick** trading as Futurtek Roofing
- **Stan Prytz** of ASCO Bre Concreting
- **Andrew and Peter Compton**
- **Bruce Gilliard Roofing** of Empire Bay
- **Jamie McNeilly** formerly of Jamie's Lawn Mowing, Woy Woy
- **William McCorriston** of Complete Bathroom Renovations
- **First Premier Electrical Service** of Umina Beach
- **High Thai-d** Restaurant of Umina Beach
- **Mal's Seafood & Charcoal Chicken** of Ettalong Beach
- **Simon Jones** - All external cleaning and sealing services
- **Erroll Baker**, former barber, Ettalong
- **Tye King** - Formerly The Fish Trap Ettalong Beach
- **Jessica Davis** of Erina - Trading as A1 cleaning services
- **Simon and Samantha Hague**, Trading as By the Bay Takeaway Empire Bay
- **Rick Supplice** of Ettalong Beach, Trading as Rick's Flyscreens
- **Mountain Mutts** - Monique Leon, Ettalong Beach
- **Skippers Take away Seafood Marilyn Clarke**, Umina
- **RJ's Diner** - Ryan Tindell of Woy Woy
- **Thomas James Clinton**, Trading as TMA Products & AthroBalm & Effective Business Solutions of Ettalong
- **Greenultimate Solar PTY LTD**
- **Menhir Tapas & Bar PTY LTD**
- **Singapore Zing Cafe**, Umina
- **Dean Lampard** - Trading as Lampard Painting
- **Sharon Upton** - Pretty Paws Pets and Skaterinas
- **Callum McDonald** - Trading as Sunset Decks
- **Linda Smith**, Bookkeeper Horsfield Bay
- **Robcass Furniture Removals**, Mannering Park
- **Jeff Eather** trading as **OZWAY Realty**, Woy Woy

Run it 'til you sell it\*

\*To run in all three papers and on line for a maximum of 3 months if not sold before

Client Name: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
20 words \$22 ☐ Photo \$5.50 yes ☐ no ☐  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Extra words at \$1.10 per word  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Card: \_\_\_\_\_  
Expiry: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Office use only:  
Commence with edition: \_\_\_\_\_ End with (if not sold) edition: \_\_\_\_\_  
Reference Number \_\_\_\_\_  
Renewing: yes ☐ no ☐ If yes, new ending edition if not sold \_\_\_\_\_





**The Central Coast Disabled Surfers Association is seeking volunteers to help people of all ages and abilities learn how to surf.**

"Our volunteers serve to provide a unique, safe and happy surfing experience to a wide range of people with various disabilities who would otherwise be unable to access the beach," said association publicity officer Ms Rae Fiechter.

"In order to ensure safety, the Association has a very high volunteer-to-participant ratio, with a minimum of six-to-one up to as high as 30-to-one for more challenging participants," Ms Fiechter said.

"Volunteers' help participants enjoy the experience that able-bodied people often take for granted.

“They just need to be willing to get wet and have some fun.

“Refreshments and a rash shirt will be provided, but volunteers are encouraged to bring their own wetsuits.

“Volunteering at a Hands-on Day consists of helping participants to and from the beach, assisting them in and out of the water and helping set up and clean up.

"Food is provided and smiles are always encouraged," Ms Fiechter said.

Interested volunteers can register with the association by contacting Ms Pauline Maniskas

Another Hands-on Day will be held at Umina Beach on February 2.

The Disabled Surfers Association was established in 1986 and currently has 16 branches across Australia and New Zealand.

The Association sets world's best practice for the sport of Disabled Surfing and creates opportunities for everyone, including disabled participants and able-bodied volunteers, to experience unique, safe and happy surfing events, while under complete supervision from trained Team Leaders and Beach Marshalls.

**SOURCE:**  
Media release, 1 Oct 2017  
Rae Fiechter, Disabled  
Surfers Association

# 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)

**Add one hour to the times below when Daylight Saving is in force**

<b>16</b> <b>MON</b>	0029 0.34 0640 1.43 1233 0.47 1848 1.64	<b>17</b> <b>TUE</b>	0115 0.31 0726 1.51 1327 0.41 1936 1.64	<b>18</b> <b>WED</b>	0156 0.30 0808 1.58 1415 0.36 2020 1.62
<b>19</b> <b>THU</b>	0232 0.31 0847 1.63 1458 0.34 2101 1.57	<b>20</b> <b>FRI</b>	0307 0.33 0924 1.66 1539 0.34 2141 1.51	<b>21</b> <b>SAT</b>	0339 0.38 1000 1.67 1618 0.35 2219 1.45
<b>22</b> <b>SUN</b>	0411 0.43 1033 1.66 1658 0.38 2258 1.38	<b>23</b> <b>MON</b>	0443 0.49 1108 1.64 1738 0.42 2337 1.32	<b>24</b> <b>TUE</b>	0516 0.55 1145 1.60 1820 0.47
<b>25</b> <b>WED</b>	0019 1.25 0554 0.61 1224 1.55 1907 0.52	<b>26</b> <b>THU</b>	0106 1.20 0639 0.67 1309 1.49 2001 0.56	<b>27</b> <b>FRI</b>	0202 1.17 0733 0.72 1402 1.44 2102 0.58
<b>28</b> <b>SAT</b>	0308 1.16 0839 0.75 1506 1.41 2206 0.57	<b>29</b> <b>SUN</b>	0416 1.19 0951 0.74 1615 1.41 2303 0.52	<b>30</b> <b>MON</b>	0516 1.27 1059 0.69 1715 1.45 2351 0.46

APPROX. TIME LAG AFTER FORT DENISON

Ettaglong 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



**Australian Government**  
**Bureau of Meteorology**

[illegible]



# Champion at body-building nationals

Personal trainer Jessie Lacey, 31, of Woy Woy, has just won the NABBA/WFF figure-fitness championship in the Australian body-building nationals in Melbourne.

"Health and fitness has always been part of my lifestyle," Ms Lacey said.

"As a child I did numerous sports and activities including athletics, we did every sport you could think of growing up, it was always a part of me.

"I wanted to pursue fitness as a career and in 2011 I started body building as a sport."

Ms Lacey was encouraged by another female competitor to get involved in body building in 2010.

"I ended up getting ready for my first competition in 2011 with the Australasian Natural Body Building Federation.

"I got one number one trophy that year and in 2012 I got two firsts and a third in nationals."

Her first win was at the 2011 Central Coast ANB competition.

Ms Lacey said the heavy demands of competition meant she did not compete in 2013 or 2014 but returned to complete four competitions in 2015.

"I am a figure competitor so I have to get very lean.

"To get to the condition needed to be successful at competition, it can take anywhere between 12 and 20 weeks of preparation."

Jessie usually weighs about 50kg when not competing.

She manages to drop 9kg during preparation for a competition.

"Usually I want to maintain most of my weight except for the final four to five weeks before



competition.

"It is a long, gradual process to get that lean, and it takes clean eating and a strict diet."

That's in addition to between two and four hours at the gym each day doing weights and cardio.

"There are other people who are very extreme but I like to maintain muscle so I don't like to do too much cardio.

The categories in which women can compete as body builders are usually bikini, fitness, figure and physique.

"Figure and physique have to go on crazy diets.

"Over the years each category has gotten leaner because

basically the expectation has changed for people to be a little leaner."

The winning qualities in Jessie's figure category are the display of muscle, definition and quality.

"You are judged on symmetry, on making sure everything is balanced, muscle balance, size, top to toe, left to right so you are nice and even through the development of your physique.

"You are also judged on the way you are presented on stage and the way you hold yourself so stage presence and posing is a very big thing."

Jessie had victories in the NSW State Title which qualified

her to compete in Melbourne for the National Championships in figure-fitness category.

Her preparation included guidance from her posing coach in preparation for the state titles and then using a variety of carb loading tactics to achieve a fuller look for the nationals competition in Melbourne.

She won her division in Melbourne but did not win overall champion, the status required to progress to international competitions, which is her ultimate goal.

"To go overseas I would have had to win overalls in which case I am up against the first in each category and the competition

goes up to 60kg and has categories such as fitness (u45), performance (u50), athletic (u55), super body (u60) and extreme body."

Jessie chooses natural body building, with no enhancements.

"I love the challenge and I really feel that competing naturally means that you are on your own.

"It is basically you against you.

"It makes me feel good to know that I am natural and that I can still do really well in my competitions without any enhancements."

**SOURCE:**

Interview, 12 Oct 2017  
Jessie Lacey, Woy Woy  
Reporter: Jackie Pearson

## PINK ROUND



vs



SUN 29 OCT | KO: 7.00PM | TICKETS ON SALE NOW!

MATCH DAY SPONSOR

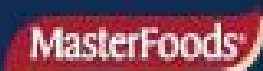


**BRIGHTFIELD**  
GROUP SERVICES

PROUDLY SUPPORTING



**Cancer Council**  
NSW





# Up to 50% Off Vitamins



Swisse Ultiboost  
Magnesium 120 Tablets\*

Swisse  
Ultiboost Glucosamine  
Sulfate 180 Tablets\*



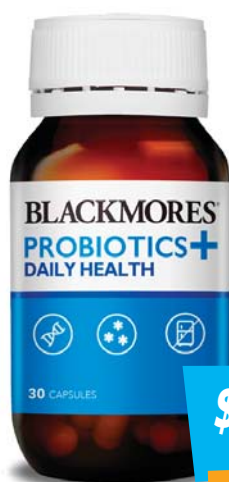
Nature's Own Glucosamine 1500  
with Chondroitin 180 Tablets\*

Nature's Own Glucosamine Sulfate 1500  
with Chondroitin 160 Tablets\*



Ostelin Vitamin D 1000 IU and  
Vitamin D & Calcium 60 Capsules\*

**SAVE 40% OFF RRP†**  
on Selected Blackmore's Products\*



Blackmores Probiotics+ Daily Health  
30 Capsules\*



Blackmores Pregnancy & Breast-Feeding Gold  
180 Capsules\*



Blackmores Super Strength CoQ10 300mg  
30 Capsules\*



Blackmores Executive B Stress Formula  
175 Tablets\*

**UMINA BEACH** 315 West St, Umina Beach, NSW 2257  
Ph: 4341 1488  
Mon - Fri: 8:30am - 5:30pm  
Saturday: 8:30am - 3pm  
Sunday & Public Holidays: 9am - 3pm

**you save**  
CHEMIST

On sale until 30/10/17 or until sold out. % off is on everyday store prices and may vary at each store and online. †RRP – the save prices listed are calculated from supplier RRP at time of preparation. YouSave Chemist may not have previously sold the product at the RRP due to our discount policy. \* We reserve the right to limit quantities, and correct pricing and print errors. Ask our Pharmacist or healthcare professional whether this preparation is suitable for your condition. Always read the label and use as directed, if symptoms persist see your health care professional. Incorrect use could be harmful. Vitamin supplements are not a substitute for good nutrition or balanced diet. Weight loss products are only beneficial when taken in conjunction with sensible lifestyle factors. ^ Breastfeeding is best for babies. Please consult your health care professional for advice before using this product.