

Water supply cut after main bursts

Water supply was cut to properties in Woy Woy after a water main burst at the corner of Blackwall Rd and Railway St, Woy Woy, in the early hours of Thursday, March 29

"A team was immediately sent to the site to complete emergency restoration works, which required the water supply to be cut to surrounding properties," according to a statement issued by Central Coast Council general manager Mr Brian Glendenning.

"An interim water supply was made available and water was restored by approximately 7am on Friday, March 30.

"Water released by the break damaged part of Blackwall Rd and an adjacent footpath, and removed some fill material underneath a pavement.

"Council has temporarily restored the site, backfilled where possible and installed an extensive

barricade to ensure the safety of residents, businesses, road users and pedestrians.

"A detailed assessment of the site has revealed that final restoration works will include the removal of damaged paving and further backfilling.

"The issue was as a result of a burst water main, which has been rectified and the majority of the site restored.

"Final restoration work will be completed as soon as possible and every effort will be made to minimise the impact on residents, businesses, road users and pedestrians," he said.

"Council assures the community that a 'sink hole' has not been created at the site."

SOURCE:
Media statement, 19 Apr 2018
Brian Glendenning,
Central Coast Council

See page 8 for more



Council workers dealing with the aftermath of the burst water main near the corner of Blackwall Rd and Railway St on April 4



Member for Gosford Ms Liesl Tesch with Shadow Minister for the Central Coast Mr David Harris at the level crossing

Labor commits to replace level crossing

A State Labor Government would replace the Rawson Rd level crossing if elected in March next year.

Member for Gosford Ms Liesl Tesch said she did not need to be pressed to make the commitment.

"It is something we would like to deliver in this community," she said.

Ms Tesch said she believed Central Coast Council staff were in the process of writing to her seeking her commitment to deliver the Woy Woy level crossing replacement project if elected to the Government benches next year.

She said she did not feel the need to wait for the letter before informing Council and the public that she would make a commitment to deliver the project.

Ms Tesch said she expected some of the cost of the project could be borne by the Federal Government.

She referred to a recent joint State and Federal Government announcement to examine how to deliver a faster train service.

"I would think the Liberals will be investing at a Federal level as part of their business case for making the train trip between here and Sydney a faster one," Ms Tesch.

"They don't need to spend \$20 million on investigating options to know this level crossing should go," she said.

Cr Richard Mehrtens said he was hopeful that both major parties would commit to funding

the Rawson Rd level crossing replacement as part of their election campaigns.

"It is less than 12 months until the next state election and the Government and Opposition will be putting together their promise packages together, so I hope letters from council staff are being sent to both asking for their commitment," Cr Mehrtens said.

Council staff were also working on a reassessment of the costs of the project, he said.

He said the "whole back and forth" between Council and the State Government before the project was canned in 2016 had been about costs, scope of the project and outcomes.

"What we need to do is get back to basics on what the project will look like.

"Will it be further up Woy Woy Rd or close to where rail crossing is now?

"I think the current State Government has a better idea of what it is going to cost than the Opposition.

"They were the ones who originally came up with the program.

"Let's hope we can get it down to a more reasonable project and more reasonable costs."

Cr Mehrtens said: "The State Government and the Opposition are aware that people have died at this level crossing.

"If that had occurred on any other road or any other crossing it

would be fixed by now."

Deputy mayor Cr Chris Holstein said he believed Council needed to meet with the Government and the Opposition to make it happen.

"It is currently with Council officers to make those representations and it is up to the mayor and general manager to put together those representations but I would expect it to be in the form of a delegation for meetings with the Parliamentary Secretary for the Central Coast and the Member for Gosford," Cr Holstein said.

Cr Holstein said the future of the Rawson Rd crossing replacement project was the key to fixing the Peninsula's growing east-west traffic problems.

"I am still keen about addressing the problems with vehicular movements east-west," he said.

"I still think the Peninsula has major issues around east-west traffic movement but it is all dependent on making the alternate route through Woy Woy Rd to the freeway open up and safer and that was all going to be a flow on from underpass.

"It sits in the bailiwick of the level crossing and we have got to keep reminding the Government that we need infrastructure," he said.

SOURCE:
Interviews, 18 Apr 2018
Liesl Tesch, Member for Gosford
Chris Holstein, Central Coast Council
Richard Mehrtens, Central Coast Council
Reporter: Jackie Pearson

THIS ISSUE contains 62 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

Central Coast

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News

Peninsula News

Community Access

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

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

See www.peninsulanews.info for all editions published

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All accepted contributions also appear on our website.

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

April not going to plan

No rain had been recorded on the Peninsula between April 4 and 19 so the monthly average of 166mm was looking quite unlikely as we went to press.

It was shaping up to be the driest April for the past four years, according to Mr Jim Morrison of Umina's rainfall data.

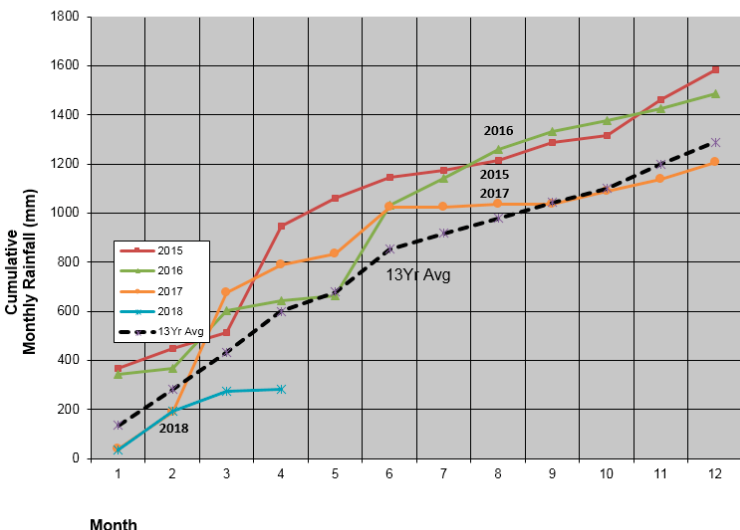
The most rain recorded on the Peninsula in April since 2015 was that first year when over 400mm was recorded.

The following three years have been below Mr Morrison's 13-year cumulative average with April 2018 appearing to scrape the bottom of the barrel.

As Central Coast Council prepares to make submissions to IPART about its water and sewer fees, residents must be asking if a drought is on the doorstep.

In fact, April 2018 was on track to being one of the three driest Aprils out of Mr Morrison's 13

Cumulative Monthly Rainfall by Year



years of data collection.

In 2010 only 56mm was recorded for the month and in 2016 the April total rainfall was 40.6mm.

If the last 10 days of April do not become a complete washout,

the Peninsula's progress towards average rainfall for the year had fallen 52.7 per cent behind.

SOURCE:
Spreadsheet, 19 Apr 2018
Jim Morrison, Umina

YOUR CHANCE TO WIN

The Peninsula News The Peninsula News and Woy Woy Little Theatre would like to offer three lucky readers the chance to win double passes to the group's newest production, *Sylvia*.

A midlife crisis and a love triangle, nothing unusual in that?

But there is if the third member of the triangle is a dog.

That's just what happens in AR Gurney's hilarious play *Sylvia*.

Woy Woy Little Theatre's second play of the 2018 season is fast paced and funny, featuring four of the coast's more experienced actors; Susannah Bonnor, Duncan Mitchell, Kellie Martin and Mark Austin.

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.



Competition entrants please note that these double passes will be for the 8pm performance at Peninsula Theatre on Saturday, May 5 only.

For your chance to win one of the double passes, write your full name, address and daytime phone number on the back of an

envelope and mail it to Peninsula News *Sylvia* Competition, PO Box 1056, Gosford, NSW, 2250, before 5pm on May 2.

The winners of the ARTBAR Competition were Ms Michelle Lander of Lake Munmorah and Ms Lynn Arjava of Woy Woy.

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Council 'not telling' about compliance numbers

It is possible that no recent residential flats and multi-housing approvals issued by Central Coast Council on the Peninsula have complied with planning guidelines

When asked, Central Coast Council would not confirm whether there were any that did comply.

However, it did state that, over the past two years, 33 approvals had been issued for residential flat buildings and multi-housing developments on the Peninsula.

"Council assesses all applications on their merit and may support an applicant's request to vary the development controls when it's appropriate to achieve a practical and better development outcome," the Council said in a statement to Peninsula News, but provided no further explanation of how non-compliance requests were assessed.

Cr Richard Mehrtens said councillors had recently been briefed by staff about legislative changes being introduced by the NSW Government that would require all variations to planning

codes greater than 10 per cent to be referred to the elected Council for review.

"That means big variations should start coming to councillors," he said.

"We don't get to see many development applications at all at the moment.

"I asked the Council's director of planning, Mr Scott Cox, two meetings ago now why is it we have not had a DA come to Council for months?

"Early on there was a big scare-mongering campaign about DAs coming to Council meetings and swamping the agenda if we voted for a lower level of objections to trigger referral of developments to Council meetings.

"Now a lot of approvals are being done on delegation so what is being done behind the scenes in terms of approvals?

"The first few Council meetings we had we had a number of DAs but they have completely dropped off.

"We are still hearing as councillors a lot of neighbour backlash but that is not translating

into agenda items on the business paper," he said.

"I do not know if there is an easy solution for us as councillors to look at variances in DAs..

"I would not be confident the Consolidated LEP, due in about a month, is going to solve that problem either," said Cr Mehrtens.

He said approval of non-complying DAs to redevelop waterfront homes on battle axe blocks was becoming another area of contention on the Peninsula.

"The house facing the street doesn't have water views but the back house is set back onto the water with long drive way.

"A lot of the water facing blocks are getting upgraded or rebuilt and the street-facing neighbour suddenly finds a much larger, multi-storey house or multiple dwellings where a small house used to be," he said.

SOURCE:

Media statement, 16 Apr 2018
Brian Glendenning,
Central Coast Council
Interview, 18 Apr 2018
Richard Mehrtens, Central
Coast Council
Reporter: Jackie Pearson



Do you recognise this carving or know of its origin?

Help wanted to identify rock carvings

The Wagstaffe-Killcare Community Association is seeking help to identify the origins of rock carvings found on sandstone in Bouddi National Park.

The carvings are thought not to be aboriginal.

"The patterns, together with around 20 others, differing only in the arrangements of the same three basic components, have

been found carved into sandstone in Bouddi National Park," said association president Ms Peta Colebatch.

"We have no idea of their origins, other than that they are likely not aboriginal," she added.

Anyone with knowledge of these carvings is urged to contact the association.

Source:

Newsletter, 15 Apr 2018
Peta Colebatch, WTKCA

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Flying-fox strategy to help residents and bats

Central Coast Council's draft Flying-fox Management Strategy includes more than 20 actions to help residents living near the Everglades flying-fox camp and the bats themselves.

The strategy will be placed on exhibition for public comment before adoption, but the dates for submissions have yet to be announced.

The first three actions outlined in the strategy involve direct resident assistance.

The first is the provision of care, clothes line and swimming pool covers based on selection criteria during times of high camp occupancy for residents within 500 metres of the camp that has more than 20,000 flying-foxes.

Residents within 500 metres of the camp, when inhabited by more than 50,000 flying-foxes would be given access to pressurised water cleaners to remove bat excrement.

Subsidy support could also be provided for residents to install double glazed windows or air conditioners for residents within 500 metres of the camp when it has more than 50,000 flying-foxes.

All three forms of assistance



Flying-fox strategy includes 20 actions

would be subject to the availability of grants or other funding in the Central Coast Council budget.

A community education and engagement commitment is also included in the strategy

including an online survey and the development of a kit to assist residents to understand flying-fox movement patterns and reduce conflicts with camps.

Council staff may also hold

face-to-face consultation sessions to answer questions and listen to community concerns.

Landcare groups would be given advice about the legislative requirements for working near flying-fox camps.

Another group of management actions in the strategy are called "restoration and rehabilitation" and may include the creation of buffers between residents and the flying-fox camp, triggered by a site assessment that identifies such a buffer is needed.

This could be achieved by improving the condition of vegetation in the core of the site, by planting casuarina glauca, for example, to make the boundary less attractive.

A site assessment would also be used to determine whether or not removal of high-priority noxious weeds should be carried out to improve roosting habitat.

Planting of suitable roosting habitat in cleared or highly disturbed areas was another action included in the strategy.

Interpretive signage could also be used and artificial roosts to encourage roosting in certain locations and away from residences.

Other actions involve routine maintenance of the camp via weed control, dealing with dangerous trees and using high pressure water cleaners to remove faecal matter from surrounding areas.

Quarterly census would be conducted to monitor Flying-fox population.

Governance measures included in the strategy were land use planning, a vegetation management plan for the site, fire and heat stress protocols.

The plan, once implemented, will be reviewed in four years.

The strategy's management options were taken from the NSW Flying-fox Camp Management Policy of 2015 and the Camp Management Plan Template of 2016.

The strategy gives an assessment of the options that would be appropriate for the local camp and derives at strategic management priorities.

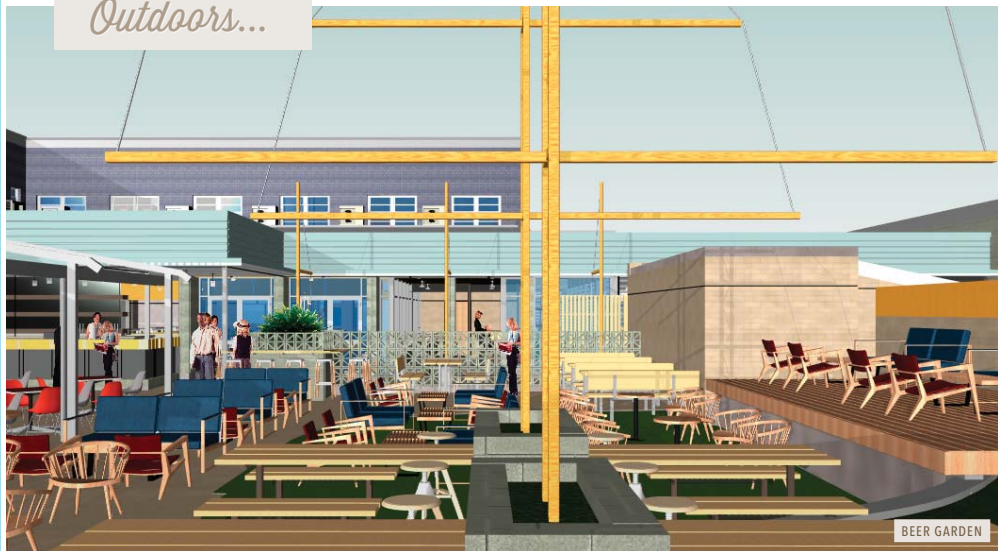
The public exhibition of the strategy will be via the Your Voice Our Coast website.

SOURCE:
Agenda item 4.1, 26 Mar 2018
Central Coast Council
ordinary meeting



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No news on wharf upgrade 'perturbs' councillor

A Peninsula councillor has said he is "perturbed" that councillors have not been informed about progress on an upgrade to Woy Woy Wharf.

"The last time councillors were informed, they were told the application was with State Government and that an announcement was only days away," he said.

"Councillors have not been informed of what that result was and I am somewhat perturbed by that."

Cr Mehrtens repeated his earlier calls for the upgrade to be a floating pontoon.

He said floating pontoons had been chosen recently for Koolewong and Ettalong, and had the advantage of rising and falling with the tide.

"Woy Woy is a major commuter wharf and it has been experiencing increasing problems at high tides and king tides.

"Vessels cannot get passengers easily on and off.

"It does not seem reasonable that a small community like Spencer would get a floating wharf but not Woy Woy, one of the major commuter wharfs.

"While the expense may be higher, it needs to be a floating pontoon at Woy Woy," Cr Mehrtens said.

"The main issue for upgrading the wharf has been meeting requirements for disability access," said deputy mayor Cr Chris Holstein.

"You cannot have a single ramp for that without moving the wharf further into the channel which would be an impediment.

"Council needs to look at

different designs, to be a bit more innovative.

"Works also need to be done on the foreshore, which is in need of an upgrade and we will continue to push to get that in the budget.

"There has been no confirmation on a floating pontoon but that would be the best way to go because currently the fixed wharf goes under water.

"It is about being able to make it more accessible for the vessels that come to load and unload passengers."

Cr Holstein said he believed the works would be funded via a co-contribution from Council, dollar for dollar with the NSW Government.

SOURCE:

Interviews, 18 Apr 2018

Chris Holstein, Central

Coast Council

Richard Mehrtens, Central

Coast Council

Reporter: Jackie Pearson



Above: Woy Woy Ferry Wharf under water during a king tide.
Below: in a state of disrepair.





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News



Peninsula Villages onsite memorial on Anzac Day 2017



Residents laying wreaths at the 2017 Anzac Day service

Anzac Day service at retirement village

A local retirement village will commemorate Anzac Day with a special service, open to the public, on Wednesday 25 April 2018.

Residents and friends at Peninsula Village will be commemorating the day from 10am with a morning tea, followed by a traditional service in the main hall.

Led by resident Reverend Peter Swain, the service allows residents to wear any medals awarded to them, their spouse, relatives or family members during the special service that is usually attended by more than 100 people.

The service will end with a performance by the Peninsula

Village choir who will sing two songs: O God, Our Help in Ages Past, and God Bless Australia.

Peninsula Villages chief Mr Shane Neaves said Anzac Day was a great day for the Village and local community to come together and pay tribute to our fallen soldiers and those who continue to protect our country.

"With so much war history experienced by our residents, Peninsula Villages' traditional Anzac Day service is always a special morning to commemorate fallen diggers, many of whom are relatives and friends of residents and staff at the Village," said Mr Neaves.

"We are privileged to have Reverend Peter Swain, a resident

of Peninsula Villages, conduct our service which he has done so in the past with the utmost professionalism.

"He has become part of our Anzac legacy at Peninsula Village," he said.

"So many of our residents have stories about the First World War and the Centenary of Anzac 2014 to 2018 is Australia's most important period of national commemoration," said Mr Neaves.

"We look forward to welcoming locals to join us so our residents can share these stories and remember those who have fought for our freedom."

SOURCE:

Media release, 11 Apr 2018
Katey Small, Brilliant Logic

A 'complying' certificate granted for non-complying units

A complying development certificate has been granted for the subdivision of an approved three-unit residential flat building at 223 Booker Bay Rd, Booker Bay.

This will enable the three units to be sold under Stata Title.

The application to construct the residential flat building, consisting of three two-storey units, was lodged with Council in December 2016 and consent was granted in April 2017.

An assessment report prepared by Central Coast Council staff prior to it giving consent for the building included a table summarising the development's non-compliance with the Environmental Planning and Assessment Act, Council policies and management plans.

The approved development did not comply with required setbacks under the Gosford DCP 2013.

The non-compliance of side setbacks was 50 per cent and rear setbacks did not comply with the Gosford DCP 2013 by 80 per cent.

The maximum unarticulated length of an exterior wall did not comply with the Gosford DCP 2013 and failed to do so by 43 per cent.

The height of the front fence failed to comply with the Gosford DCP 2013 by 25 per cent.

Building services were also listed as having a "variation to the numeric provision" within the DCP but the exact variation was not specified in the report.

The justification given in the assessment report for non-compliance with setbacks was: "The proposal presents with good outcomes in terms of open space and the provision of landscaping."

"The proposed variations do not result in undue negative impacts on adjacent development in terms of solar access or overshadowing."

"The building is well articulated and the setback non compliances are minor and considered acceptable in this instance."

The 1.5 metre high front fence was deemed acceptable because it featured "decorative slat infill and rendered brickwork."

"It is considered that the proposed adequate material differentiation to not present a solid wall face and is an acceptable solution to the site," the report said.

As for building services, the report said: "Notwithstanding noncompliance with the numeric controls, each unit has adequate space within the development to locate storage facilities."

SOURCE:

Gosford DA Tracker, 17 Apr 2018
DA51185/2016, Central Coast Council



Liesl Tesch MP

Member for Gosford

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LUCY WICKS MP

LOCAL ROAD PETITION

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Federal Member for **Robertson**



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If you agree that it's time for Central Coast Council to take a closer look at your street, please sign this petition and ask all your neighbours to do the same. **Send it back, and I'll fight for you!** Alternatively, fill in the survey online at **lbr.al/lwrs** or take a picture of the survey and email it to **lucy.wicks.mp@aph.gov.au**

Why does your street need to be fixed?

Title

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Email

Water main burst site 'a gigantic mess'

Three weeks after a water main burst in Blackwall Rd near the corner of Railway St, a Central Coast Council employee has described the site as a "gigantic mess that is a disaster waiting to happen".

The employee, who did not wish to be named, said the situation was reminiscent of "Piles Creek".

Five members of the same family died when the Pacific Highway collapsed 40 metres at Piles Creek in 2007.

A subsequent coronial inquiry pointed to poor practices on behalf of the RTA and former Gosford Council who knew years before the tragedy that galvanised pipes beneath the road were corroding but did not act.

"There is still at least one Central Coast councillor who remembers Piles Creek and the issues that resulted from poor maintenance and a lack of urgency," the person said.

"There is a giant hole under it all with light poles being held up by nothing, agri-pros holding up building awnings and ten centimetres of concrete over a giant void with a tangle of electricity and water services," the employee said.

"Think about how many people walk and drive by this area on a daily basis and reflect back on



Various views of the 'hole' or 'void' on, and under, Blackwall Rd, Woy Woy

previous incidents throughout the years and ask where Council's duty of care lies".

"People's lives could be at risk here from building collapses, sink holes, falling light poles and numerous trip hazards on a major thoroughfare to the transport interchange.

"Council has a duty of care to protect the public and when main areas of infrastructure are damaged they need to be repaired as soon as possible and not just ignored in the hope they will go

away.

"If this happened in Terrigal, it would be fixed immediately."

However, deputy mayor Cr Chris Holstein, who represents the Peninsula, denied there was any danger.

"There is no sink hole," said.

"When the pipe burst, it gouged a fair portion of soil from under the surface," Cr Holstein said.

"The final work is not being done yet because Council staff are making sure the substructure to maintain the pipe is adequate,"

he said.

"They are working on it.

"It is a priority but describing it as a sink hole brings connotations of, heaven-forbid, everything falling into the hole.

"We will have to rip up part of the pavement but it is all a matter of safety until we can get in and fix it right," Cr Holstein said.

Cr Richard Mehrtens said he believed staff had worked very hard to make the area safe following the water main bursting.

"A lot of the land under the

pavement has been undermined," Cr Mehrtens said.

"Pretty well everything beneath the paving was sand, so when the water main burst, it blew up all the sand onto Blackwall Rd, and as a result there was no sand left under the pavement," he said.

However, Cr Mehrtens said staff had "no timeline for when that will be fully made good".

"My concern is we have had this particular break shortly after another burst late last year further along Brisbane Water Dr so what is the condition of the rest of the mains and what is being done to make sure they are up to standard?"

"Councillors have asked for a review of all water assets with particular attention given to the Peninsula because of several recent ground water incidents.

"Council staff have assured me the Blackwall Rd site is safe and that we have a better understanding of what the infrastructure under the road looks like but two mains breaks in a couple of months is not a good look," he said.

SOURCE:

Interview, 17 Apr 2018

Anonymous Council employee

Interview, 18 Apr 2018

Chris Holstein, Central

Coast Council

Interview, 18 Apr 2018

Richard Mehrtens, Central

Coast Council

Reporter: Jackie Pearson

SCHOLTEN Jewellers ...reborn and now in Galleria Ettalong, the former Ettalong Markets at Ettalong Beach



After retiring in June 2014, Henry Scholten has now opened a small shop in the former Ettalong Markets, only trading on Saturdays, Sundays and Public Holidays.

The Ettalong market has been beautifully revamped to a luxury European Galleria style tourist attraction.

Established in 1988, Scholten Jewellers has been manufacturing fine jewellery on the Central Coast for 30 years, having had shops in Bateau Bay, Gosford, Erina and Tuggerah.

Scholten Jewellers is now in Ettalong, providing an excellent repair, design remodelling and manufacturing service.

The location is also an impressive showroom of unique, handmade rings, pendants, earrings, bangles, brooches, chains set with precious and semi-precious gems, and a huge selection of Australian Opal. All repairs and manufacturing is done on the premises in a fully equipped workshop.

Come and say hello to Nicola and Henry at their new Ettalong Beach store, or call them on 0431 670 033 or 0412 655 316.



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Authorised by Senator Deborah O'Neill, 4 Ilya Avenue, Erina 2250

Council gathers information for water price review

Staff from Central Coast Council will be available in Woy Woy on Friday, April 27, to gather information for a review of water, sewer and storm water prices.

The Council is currently preparing a submission for the Independent Pricing and Regulatory Tribunal on the topic.

According to a council statement, the "pop-up consultation" from 10am to 12pm at Deepwater Plaza "will ensure your values are

considered as we build Council's submission to the pricing review".

The Tribunal last set prices from July 1, 2013 and the next review is due to commence in mid-2018 for prices to take effect from July 1, 2019.

The 2013 review resulted in the annual water and sewerage bill of a typical residential household rising by an average of 6.4 per cent per year for a typical household usage of 200kL.

At the time IPART said the

increases were significantly lower than those requested by the former Gosford Council and reflected the Tribunal's analysis of the costs to be met in providing water, sewerage and stormwater services in the most efficient way.

SOURCE:

Media statement, 17 Apr 2018
Brian Glendenning,
Central Coast Council
Website, 17 Apr 2018
Gosford Council review
July 2013, IPART

Warning issued about surf condition

The Bureau of Meteorology and Surf Life Saving NSW issued a warning for hazardous surf conditions on Tuesday, April 17, and urged beachgoers to remain vigilant both in and around the water.

The warning was issued for the coastline from Batemans Bay and

Coffs Harbour, and coincided with a king tide on Wednesday, April 18. Peaks of over two metres were expected in some areas.

"There's going to be a huge amount of moving water which can potentially cause even the most experienced swimmers to get into difficulty," said NSW Lifesaving manager Mr Matt du Plessis.

"With it being the school holidays and still reasonably warm weather, it is very important that people are aware of the conditions," he said.

Ocean Beach and Umina Beach continue to be patrolled by Central Coast Council's lifeguard service during weekdays and by Surf Life Saving Club volunteers on weekends, until the end of the school holiday.

SOURCE:

Media release, 17 Apr 2018
Mr Matt du Plessis, NSW Lifesaving

National Day of Thanks LOCAL HERO AWARDS 2018

We all have heroes living amongst us. We invite you to recognise the unsung people who keep our community growing and nominate someone you know who has impacted community in the last twelve months for a Local Hero Award.

In 2018 we are looking for heroes in the education sector, police and emergency services and people who contribute in a positive way to the vibrant cultural tapestry of Australia.

This includes teachers, principals, teacher's aids, administration staff, volunteers, cleaners, maintenance workers, police officers, and support workers, SES, Paramedics and other emergency services. People in organisations that work with Aboriginal and Torres Strait Islanders. People who help newcomers to Australia connect into their local communities. People from different cultural backgrounds who make a meaningful contribution to cohesion in their communities.

Nominations can also include general members of the community who have gone above and beyond to make a difference in the lives of others.

Our 2018 Local Heroes will be awarded and celebrated at the Thank you Festival in Kibble Park Gosford on **26th May commencing 10am**

How to nominate:

Visit www.myliberty.info/localheroes and download a nomination form or submit online.

Nominations are open from 1/4/18 to 5.30pm on 18/5/18.



NOMINATE

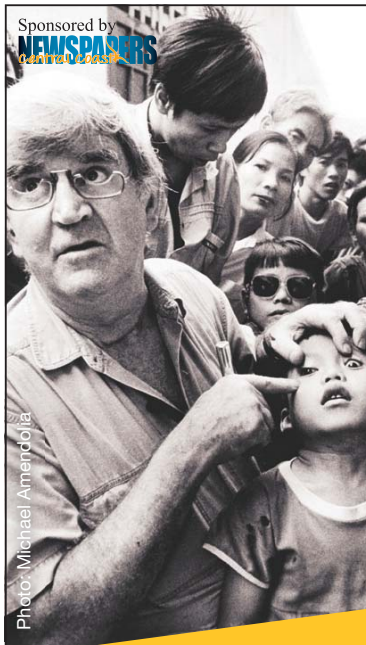
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A proposed extension would be built at the eastern end of the existing surf club building



This view of the site shows extensive access to the beach at the southern end

Extension proposed for Umina surf club

An application has been lodged for \$120,000 of alterations and additions to the Umina Surf Life Saving Club building.

The proposal would involve the erection of a two-storey addition to the eastern end of the existing building.

The lower ground floor would include an open storage area with roller doors located at each end for vehicular access.

The upper floor would include an office, training room with an adjoining balcony.

"The additions would be constructed from pre-cast concrete tilt slabs with sheet iron roofing to match the materials and finishes of the existing building," according to a statement issued with the application by development consultants Clarke Dowdle and Associates,

The extension has been considered necessary because it

has come to the attention of the members of the club that a shipping container located to the east of the existing building that is used to store club equipment is located on Ocean Beach Rd reserve which is Council-owned land.

"The club is now wishing to remove the shipping container and to offset the loss of storage room, provide additional storage room for the safe storage of club equipment which includes kyaks, boards and ancillary life-saving equipment," the statement said.

"The storage area within the existing building has become inadequate to cater for the ongoing increasing patronage of both the senior and junior members joining the club," it said.

"To cater for this additional patronage and subsequent demand for equipment requirements additional storage area is required to safely accommodate valuable equipment within a secure location. "The upper floor training room

and office will allow purpose-built training and education room that will enhance the operational facilitation of the club with the incorporation of an appropriate area for board meetings, club meetings, seminars and training courses (such as bronze medallion, in-service courses and board meetings).

"The addition of an office located within the north-east corner of the first floor will provide and appropriate private room away from members and guests for business purposes allowing enhanced operational facilitation for the club.

"The proposal entails a minor addition to the surf club building to allow enhanced operational facilitation of the community building.

"The additions would not entail environmental or ecological impacts as the additions would be located on already developed land. "The alterations and additions

would allow sufficient setbacks to allow curtilage around the perimeter of the building.

"The proposed exertions to the club would be commensurate with the height and scale of the existing building and the schedule of finishes to be commensurate with the existing finishes.

"The proposal incorporates sufficient open space and landscaping to allow the softening of the built form when presented to the public domain as well as curtilage for pedestrian and vehicular access.

"The extension would occur for 3.2 metres outwards to the eastern side of the existing building.

"The additions would not encroach upon Council land and would continue to allow vehicular access upon the existing pavement along the eastern side of the club building.

"Access to the beach would continue to be wide enough for emergency vehicles to travel

through the front of the dune and down to the beach," the report said.

"It is noted that the main access that runs along the western side would continue to be the main point of access for emergency vehicles, given the access point is clearly marked for no parking for such purpose.

"The proposed development is consistent with the objectives, planning strategies and controls applicable to the site.

"The appropriate assessment has been undertaken to ensure that the development would not be detrimental to the environmental or amenity aspects of the site."

The proposal will not be advertised but adjoining property owners will be notified by Council between April 16 and May 1.

SOURCE:
Gosford DA Tracker, 17 Apr 2018
DA54147/2018, Central Coast Council

NorthConnex

T 1800 997 057 (free call) PO Box 343 Pennant Hills NSW 1715
E enquiries@northconnex.com.au northconnex.com.au

NorthConnex Construction Update – April 2018

NorthConnex is a nine kilometre underground motorway that will link the M1 Pacific Motorway at Wahroonga to the Hills M2 Motorway at West Pennant Hills, removing around 5,000 trucks off Pennant Hills Road daily.

Tunnelling Progress

Tunnelling is on track to be completed this year. The transition to tunnel fit out has started and will include installing the tunnel's final lining, building the road pavement and installing the mechanical and electrical equipment needed to operate the tunnel.

Surface Work

The bus lane on the Hills M2 Motorway recently reopened to traffic and Hills M2 Integration finishing work will be completed by mid-year. Construction is progressing on a ventilation facility and noise walls at the M1 Pacific Motorway, Wahroonga. Work is underway on the permanent Motorway Control Centre, ventilation facility and Emergency Response Centre at West Pennant Hills.



Most NorthConnex spoil is being delivered to the former Hornsby Quarry. The quarry is more than 50% full and will be returned to Hornsby Shire Council in 2019.

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Council plans to spend money on beach work

Central Coast Council is planning to spend money for work on Ocean and Umina Beaches in the next financial year.

Works included in the Coastal Zone Management Plan are expected to be included in the Council's operational plan for 2018-19 which is due to go on public exhibition shortly.

"We are about to release the operational plan for the year and I would hope a lot of Coastal Zone Management Plan projects are in that operational plan," said Cr Richard Mehrstens.

"There has been a great deal of consternation around the state of Ocean Beach and Ettalong where some of the serious foreshore issues are that we are facing," he said.

"I have asked questions about whether the works needed in those areas will be in the operational plan or itemised somewhere else.

"We are getting to the point of needing some very serious consideration about the future of our beaches because, as we deal with increasing storm events we cannot foresee, those beaches are getting eaten away and they should be taking pride of place in our region."

Cr Mehrstens said he understood that the Coastal Zone Management Plan that had been signed off by the NSW Government in 2017 had been based on a Coastal Zone Management Study and years of research.

"I think the problem is staff are still looking for more research and more plans at Ocean Beach and Umina Beach for specific works there.

"We are waiting on funding from the State Government to do those additional studies to deliver a mid-year report for councillors specifically for that erosion.

"I am not sure of whether or not approval has been given by the State for that funding but the situation was we had decided if we did not get the State Government funding Council would fund the work out of its own budget," Cr Mehrstens said.

He said he was unsure about reporting requirements relating to the Coastal Zone Management Plan but believed they were the responsibility of Council's director of assets, infrastructure and business, Mr Mike Dowling.

SOURCE:
Interview, 18 Apr 2018
Richard Mehrstens, Central Coast Council
Reporter: Jackie Pearson



Woolworths and Coles both charging \$1.49 per litre for ULP in Umina

Photo: David Abrahams

Tesch 'thrown out' of parliament over fuel pricing

Member for Gosford Ms Liesl Tesch said she had been "thrown out" of State Parliament recently for her strong feelings about high petrol prices on the Peninsula.

"I was thrown out of the chamber recently for expressing concerns about the Government's fuel prices app and that it could enable price fixing by fuel suppliers," Ms Tesch said.

"I was trying to make the point that there have been times when

fuel prices on the Peninsula have been the fourth highest on the app throughout the whole state and I will keep encouraging residents to exercise their consumer rights and, when possible, buy their petrol off the Peninsula," she said.

In addition to being ejected from Parliament, Ms Tesch said she had also recently "stormed" the office of the Minister responsible for Crown Lands, Mr Niall Blair.

"I encouraged the Minister to take responsibility for the dredging because it is a safety issue but he referred me to the head of the

RMS.

"The RMS called me and said that based on my recent comments about safety maybe we should change the draft of vessels using the channel but that is not the solution, the solution is to just make the channel safe.

"I have since written to RMS calling for then to put pressure on the Office of Crown Land who I believe are buck passing," she said.

SOURCE:
Interview, 18 Apr 2018
Liesl Tesch, Member for Gosford
Reporter: Jackie Pearson



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Umina Skate Park

Umina could have regional skate park

The Umina skate park could be rebuilt as the Central Coast's second regional skate park, according to deputy mayor Cr Chris Holstein.

A regional skate park was built by the former Wyong Council at Bateau Bay, called Bato Yard.

It was opened while Central Coast Council was under administration.

Cr Holstein said he believed a second venue was called for.

"Having originally being involved

in the bringing of skate parks to the Gosford Local Government area and seeing the success of those positive recreational activities, I would like to see a new facility on the Peninsula.

"Council achieved an outstanding development with Bato Yard and now it needs to be replicated more to the south.

"I have identified the right area as Umina at the existing skate park near the Umina Oval.

"I will be pushing to commence the process of investigation and community consultation for what

I would see as a replica of Bato Yard.

"The existing skate park at Umina is antiquated and not meeting the needs of the community but it is well used and could be a benefit to the community.

"I think it should be a similar regional-style facility to Bato Yard that complements some of the smaller ones we have around," Cr Holstein said.

SOURCE:
Interview, 18 Apr 2018
Chris Holstein, Central Coast Council
Reporter: Jackie Pearson

What does the United Nations do?



These 10 actions of the United Nations show in quantifiable terms how the daily work of the UN and its agencies affect the lives of people around the globe.

1. Provides food and assistance to 80 million people in 80 countries.
2. Assists and protects 65.3 million people fleeing war, famine and persecution.
3. Keeps peace with 117,000 peacekeepers in 16 operations on four continents.
4. Protects and promotes human rights globally and through 80 treaties/declarations.
5. Uses diplomacy to prevent conflict: assists some 67 countries a year with their elections.
6. Supplies vaccines to 45% of the world's children, helping save 3 million lives a year.
7. Works with 195 nations to hold the rise in global temperature below 2 degrees Celsius.
8. Fights extreme poverty, helping improve the lives of more than 1.1 billion people.
9. Coordinates US\$22.5 billion appeal for the humanitarian needs of 93.5 million people; and,
10. Supports maternal health, helping over 1 million women a month overcome pregnancy risks.

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Work starts on exhibition space at library

Work to provide an exhibition space and media room celebrating Spike Milligan and family has started at Woy Woy Library.

"Crews will be setting up barricades, similar to what you would see in shopping centres while stores are being refurbished,

so the biggest disruption will be noise, said acting libraries unit manager Ms Beth Burgess.

"There will be some noise disruptions and reduced collections over the next five to six weeks while construction crews are on site," Mrs Burgess said.

"Unfortunately customers will

not be able to reserve items located at Woy Woy Library during this time, however, books can still be returned and internet computers will still be available for use.

"All other services will still be available and scheduled programming will continue to run."

Ms Burgess said: "Spike Milligan and his family had a special connection to Woy Woy and we are pleased to be able to honour their memory with this special new exhibition space."

She said a new staircase would be installed to improve safety, and visibility and security of a staff counter at the back of the library would be improved.

"Mobile shelving has been incorporated into the changes, providing an opportunity for us to deliver a greater variety of events and higher quality learning programs.

"The breezeway and the back half of the Library will also get a bit of a facelift, including the current Spike Milligan meeting room which will still host regular events and allow for quiet study.

"Even though sections of the library will be out of action for a short while, this refurbishment will allow us to better serve our customers and community's needs as well as create a space unlike any other in the world, celebrating the legend Spike Milligan."

The work is scheduled for completion mid-May.

The refurbishment has been financed with an infrastructure grant of \$188,492 from a State Library of NSW Public Library.

SOURCE:
Media release, 6 Apr 2018
Beth Burgess, Central Coast Council

PLAN A:
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RBT MEANS
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IF YOU'RE DRINKING, DON'T DRIVE.



On Anzac Day 2018, Club Umina will be promoting, an anti-drink driving campaign known as 'Plan B' throughout the Club with the aid of resources provided by the RMS.

Plan B promotes a clear message to patrons of Club Umina and the local and broader communities of the Gosford Local Government Area [LGA] for the need to actively consider an alternative way home when out drinking with family and friends.

All bar staff of Club Umina will exchange their traditional Club uniform for black t-shirts with the message 'RBT means you need a Plan B' and actively promote the message to patrons face to face and with the aid of electronic and social media.

The Club intends to stage and promote such events throughout 2018 and beyond as a clear message that Club Umina does not promote or condone drink driving. The Club is totally committed to the principles of the responsible service of alcohol [RSA] and the need to manage and reduce the harm associated with misuse and abuse of alcohol in the local area it services.

Melbourne Avenue - Umina Beach, New South Wales
4343 9999 - www.clubumina.com.au





Artist's impression of new beer garden

Renovation costing \$3.5 million completed by June

A licensed venue in Umina will complete a six-month \$3.5 million renovation in June and is hoping to fill 20 positions via a recruitment day at the end of the month.

Ocean Beach Hotel manager Mr Richard Neal said the two-stage renovation had been underway since November.

Stage one involved completion of a new beer garden, a new sports bar and a new gaming room.

"We are about four weeks off stage one and stage two will only take another six to eight weeks which should see us finish about mid-June," Mr Neal said.

Mr Neal described the hotel, which is part of the Woolworths-owned ALH Group, as having been "tired for quite a while".

He said he believed the facelift would "reposition the hotel into a welcoming family environment."

"We want to do family days on the weekends and appeal to the tourists and everyone in general," he said.

"It had an old bloke stigma about it because it was tired."

"We are installing a kids' play area at the front as you walk in to the bistro but we are also looking at having jumping castles and petting zoos on the weekends."

"We are looking at having food specials and discount cards and

we want to get on board with some community sponsorship," he said.

Through the renovation process, the Ocean Beach Hotel has lost staff and now wants to replenish its employee numbers before relaunching.

"As we have gone through this renovation, we haven't really had the hours for anybody but, for the relaunch, rather than put out numerous ads, we will start with a recruitment day on Monday, April 30 at 10am."

"By doing that, people have the opportunity come down, bring their resumes, say hello and see if there is something available."

"I have positions everywhere: I still need two assistant managers, another head chef, a gaming supervisor and numerous bar and gaming attendants so we are probably looking at a minimum of 20 people."

"I believe it will become a new, modern facility that will create interest in the area."

"I want it to be a destination hotel."

"We've got 19 rooms and I want it to be a place where people come

to enjoy themselves and enjoy the beach."

I am anticipating that with the recruitment day, we will attract a number of people who are currently having to commute to Sydney at the moment," he said.

"This will be a local hotel where you can bring the grandparents to have a nice meal with their grandkids," Mr Neal said.

SOURCE:

Interview, 18 Apr 2018

Richard Neal, Ocean Beach Hotel Reporter: Jackie Pearson

Transport NSW counts train passengers

Transport for NSW has confirmed it has been counting passengers on trains departing from Woy Woy for Central.

But according to the Member for Gosford, Ms Liesl Tesch, they've been wasting their time and money.

"It beggars belief that they need to pay people to go and count passengers," Ms Tesch said.

"Opal data, more than a few news articles, and what must be near daily complaints, I would have hoped the Minister and the Department of Transport would have a pretty decent idea of the reality of our trains," she said.

A Peninsula News reader reported observing young people counting passengers on the 7:13am train from Woy Woy to Central on Wednesday, March 21.

The Parliamentary Secretary for the Central Coast, Mr Scot MacDonald, took the question to Transport for NSW.

The Department responded via Mr MacDonald's office: "Transport for NSW was conducting manual passenger counts on-board trains departing Gosford to Central during the morning peak on March 21 and 22 as part of our analysis of the customer load on train

services."

No further information was provided.

Ms Tesch commented: "The Minister ignored our requests during the timetable review for additional carriages on the 5:08am from Woy Woy which is at capacity when it leaves the Coast, with the new timetable leaving the Coast with no additional services."

"I have previously asked the Minister for passenger information for our line, but was told that it was all available online and I should just look there, but it seems that even the Minister doesn't know how many people are on those trains."

"I am happy to again reliably inform the Minister and the Department of Transport that the trains are full and we need more services to and from the Coast during peak times."

"We aren't raising these concerns for fun, we are doing it because we need a better service for our commuters," Ms Tesch said.

SOURCE:

Media statement, 13 Apr 2018

Kit Hale, Office of Scot

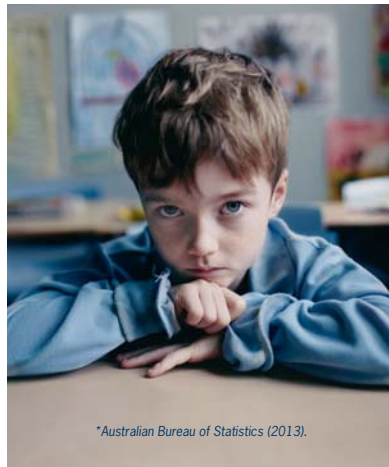
MacDonald MLC

Media statement, 17 Apr 2018

Richard Mehrrens, Office

of Liesl Tesch MP

Reporter: Jackie Pearson



*Australian Bureau of Statistics (2013).

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News



Rotarians John Steinbeck and John Greenway removing graffiti from the walls of the Rawson Rd pedestrian underpass

Graffiti removed from underpass

The Rotary Club of Woy Woy has continued its graffiti removal project by removing graffiti on the walls of the pedestrian underpass on Rawson Rd.

This is an area they have worked on a number of times

over the years and will continue to keep the walls free of vandal spray paint, according to Rotary's graffiti campaign coordinator, Mr John Greenway.

"The penalty for marking a place with spray paint or a marking pen can range from \$440 to \$2200 and

12 months jail," Mr Greenway said.

"The court can order the person to do community clean-up work and participate in a graffiti prevention program," he said.

SOURCE:
Media release, 12 Apr 2018
John Greenway, Rotary Club of Woy Woy

Fence maintenance

Maintenance of fencing on the northbound shoulder of Empire Bay Dr is expected to take until the end of April, weather permitting.

To minimise disruption to motorists work will be carried out at night from 7pm to 5am, all days except Fridays and Saturdays.

Traffic control and a reduced

speed limit of 40km/h will be in place for the safety of workers and motorists.

Motorists are advised to drive to the conditions, follow the direction of signs and traffic control.

SOURCE:
Media release, 11 Apr 2018
Michael Gunawan, RMS

Money announced to co-fund dredging

The NSW Government has announced it will make \$1.5 million available to co-fund maintenance dredging work across the State in the coming financial year, according to Member for Terrigal Mr Adam Crouch.

He urged Central Coast Council to apply for funding under the

Rescue Our Waterways program.

"It is vital to ensure that the Ettalong Channel is maintained so that ferries and recreational boats can use this waterway, given the important tourism and economic flow-on effects," he said.

SOURCE:
Media release, 13 Apr 2018
Ben Sheath, Office of Adam Crouch MP

Strata subdivision approved

A strata subdivision has been approved by Central Coast Council staff for a development at 4 Augusta St, Umina.

The subdivision of the residential (R1) zoned 847 square metre residential lot was not

advertised or notified.

The site had already been approved for a multi-dwelling housing development and a construction certificate granted in 2017.

The site, on the eastern side of Augusta St, between West St and The Esplanade, currently consists

of the three-unit residential flat building under construction.

The strata subdivision will allow each unit to be sold under strata title.

SOURCE:
DA54101/2018, 19 Apr 2018
Gosford DA Tracker, Central Coast Council

Vinyl records on sale

Vinyl records will be on sale at a "record fair" to be held at a local bowling club.

The Peninsula Record Fair is to be held at Sporties Woy Woy from 10am on April 29.

Local vendors will be selling their old vinyl records, CDs and DVDs.

A wide range of genres will be available at the fair including folk, blues, rock, jazz and alternative.

Food and beverages will also be available to purchase from Sporties on the day.

Source:
Media release, 10 Apr 2018
Chris Newell, Peninsula Record Fair

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News



Mr Peter Smith of Wallarah 2, Ms Natalie Brolly from CCGT and Mr Ben Perkins

Former student gains apprenticeship at coal mine

Former Brisbane Water Secondary College indigenous student Ben Perkins, 18, has been taken on as an electrical apprentice by a company working on the Wallarah Two coal mine north of Wyong.

Mr Grant Binns, the owner of Elektron, said: "Even though Ben only started last month he is doing really well and has a great attitude which will go toward ensuring a successful apprenticeship".

At school, Ben initially had interest in furniture making until his careers advisor suggested he complete a Certificate II in Construction Pathways.

It was on completion of this certificate that he then decided to embark on a career as an electrician.

The indigenous apprenticeship was offered under a "mutual

advancement covenant" agreement between Wallarah 2 Coal and Guringai Tribal Link Aboriginal Corporation established in 2015.

It will be administered by Central Coast Group Training.

Walarah Two environment and community manager Mr Peter Smith welcomed Ben recently at the office of Central Coast Group Training.

He said the project was proud to support the growth of youth employment on the Central Coast.

"We welcome both Ben and his host employer Elektron to the benefits of the scheme and wish them every continued success" Mr Smith said.

Ben said he was excited for his future and will commence his TAFE course in semester two at Wyong.

SOURCE:

Media release, 10 Apr 2018
Peter Smith, Wallarah Two

It's time to talk

Central Coast it's time to talk water, sewer and stormwater prices.

Council is currently preparing a submission for the Independent Pricing and Regulatory Tribunal's (IPART) review of our prices. As a result of this review, IPART will set the prices you pay for these services.

Come along to one of our upcoming pop ups, talk to our friendly staff and share what you value about your water, sewerage and stormwater services.

This will help us ensure your values are considered as we build Council's submission to the pricing review.

Date & Time 27 April (Fri) 10am-12pm

Location Deep Water Plaza, Woy Woy

Address 92 Railway St Woy Woy



yourvoiceourcoast.com/WaterPricing

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 and

on 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

APRIL 12, 2018

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 180

Planning Minister welcomes major recommendation for Gosford City centre

The NSW Government Architect has released the first of three Place Reports for the revitalisation that will make up the Urban Design and Implementation Framework (UDIF) for Gosford City. Planning has announced a repurposed Gosford City. Central Coast Regional Development

Government Architect releases first Gosford redevelopment report

The NSW Government Architect has released the first of three Place Reports for the revitalisation that will make up the Urban Design and Implementation Framework (UDIF) for Gosford City. Planning has announced a repurposed Gosford City. Central Coast Regional Development

Former Broadwater Hotel recommended as preferred site for RPACC

Central Coast Councillors were due to vote, on the evening of Wednesday, April 11, on whether or not to accept a staff recommendation to locate the Regional Performing Arts and Conference Centre at 51 to 71 Mann St.

Councillor decision on preferred regional library concept imminent

Central Coast Councillors were due to vote on which of two options for the regional library to progress to a development at Central Coast Council for recommending the Broadwater Hotel on Mann St as the preferred site for the Regional Performing Arts Centre.

Multi Arts Confederation supports recommended RPACC site

The Multi Arts Confederation of the Central Coast (MAC) commended the staff recommendation to locate the Regional Performing Arts and Conference Centre at 51 to 71 Mann St.

Twenty major developments underway at West Gosford

In the third of our series on the revitalisation of Gosford City, we look at the area west of the train line, around the base of Presidents Hill, to Racecourse Rd and the hospital.

CCRDC to deliver the "built form outcomes" for Gosford revitalisation

The newly appointed CEO of the Central Coast Regional Development Corporation, second round of engagement to develop the Coast's first combined Community Strategic Plan (CSP), with 91 per cent and to deliver the "built form outcomes" of survey respondents saying they had from the Gosford City Urban Design and 'good', 'very good' or 'excellent' quality of

Community Strategic Plan is Council's most important plan

The newly appointed CEO of the Central Coast Regional Development Corporation, second round of engagement to develop the Coast's first combined Community Strategic Plan (CSP), with 91 per cent and to deliver the "built form outcomes" of survey respondents saying they had from the Gosford City Urban Design and 'good', 'very good' or 'excellent' quality of

Central Coast has one of the highest rates of youth unemployment

The ACTU has identified the Central Coast as one of 20 areas in Australia with an unacceptably high rate of youth unemployment.

The full articles and more can be seen on line on our website 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.

WYONG REGIONAL CHRONICLE

Issue 138
17 April, 2018

Your independent community newspaper - Ph: 4325 7369

Three gold, five silver and one bronze medal to Coast athletes

The 2018 Commonwealth Games on the Gold Coast have concluded, and young athletes from across the region have left their mark on Australian sporting history.

Coal Alliance to take Planning Minister to court

A summons has been issued against the NSW Minister for Planning, Mr Anthony Roberts, and Wyong Coal Pty Ltd, trading as Wyong Areas Joint Coal Venture, by the Australian Coal Alliance (ACA).

PM2.5 emissions have increased by almost 500 per cent in just one year

Emissions of PM2.5, the fine particle pollution that causes the greatest damage to lungs, from Vales Point Power Station, have increased from 12,000kg to 70,000kg in the past 12 months, according to the latest National Pollution

Mayor and CEO meet commission chair

Central Coast Mayor, Jane Smith, and Acting CEO, Mr Brian Glendenning, were welcomed to NSW Parliament on Thursday, April 12, by the Parliamentary Secretary for the Central Coast, Mr Scot MacDonald.

ANZAC Day service arrangements

Across the Central Coast the community is preparing to honour the fallen as 2018 ANZAC Day approaches.

Park used as a subdivision selling point is not being provided

Residents of Gwandalan's newest residential subdivision want to know what happened to their promised playground-park, and they are not going to let Central Coast Council off the hook until they find out.

Coast to benefit from Snowy sale

Liberal-National MPs on the Central Coast have welcomed the news that NSW Government's initiative to increase safety for rock fishing through the opt-in to mandatory wearing of lifejackets, transaction between the Federal and State but Member for Swansea, Ms Yasmin Catley, has condemned the government's

Councillors to decide whether life jackets should be mandatory for rock fishers

Central Coast Council has welcomed the NSW Government's initiative to increase safety for rock fishing through the opt-in to mandatory wearing of lifejackets, transaction between the Federal and State but Member for Swansea, Ms Yasmin Catley, has condemned the government's

Dredging is underway at The Entrance Channel

The dredging of The Entrance Channel is underway, according to Central Coast Council's Director of Assets and Infrastructure, Mr Mike Dowling.

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

Forum

Traffic lights not requested by community

The recent Peninsula News (edition 442) article concerning the long-anticipated works at Melbourne Ave made welcome reading in the recent issue of Peninsula Community News.

However, as part of the school community that has, for many years now, been petitioning for the upgrade of section of Melbourne Ave north of Hobart Ave, I felt compelled to clarify to your readers that traffic lights have never been on the community's request list for the area in mention.

Traffic lights (as a future vision) are, as the body of the article states, purely the recommendation of the Council's commissioned (and much needed) independent study of "current and future traffic volumes".

Anyone familiar with the areas directly preceding the area subject to this study would quickly recognise the issues traffic lights at that point would cause.

Lights at the intersection of Melbourne and Hobart would create gridlock and an increase in unsafe behaviour at the next

Forum

LETTERS TO THE EDITOR

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Peninsul a News

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

See Page 2 for contribution conditions

intersection of Perth Ave (later Rabaul) and Hobart (just before the latter becomes Mt Ettalong Rd).

With no designated turning lane into Perth from the eastern approach on Hobart, the intersection of Hobart and Perth is already a significant problem, particularly during peak commuter hours and school zone operating times.

At both times traffic queues well back along Perth Ave toward Adelaide, and drivers take huge risks trying to "sneak through" the gridlock.

Moreover, installation of

traffic lights at the intersection of Melbourne Ave and Hobart Ave would firmly establish Perth-Rabaul Ave as the main "rat run" of Umina.

This long, straight road is already used by commuters, visitors and locals to avoid traffic calming measures (lights, roundabouts) on Ocean Beach Rd.

Lights at Melbourne Ave would encourage a huge number of drivers to simply detour down Rabaul Ave instead, creating new issues on that road to be remedied later.

It is my belief that any long-term vision for Melbourne Ave (such as traffic lights) must necessarily include a plan for Perth-Rabaul Ave, a road that is already long overdue for pedestrian safety measures, improved cycle lanes, and traffic calming due to its substantial growth in usage in recent years.

This need not delay the delivery of the basic upgrade of Melbourne.

The project can be delivered in stages with the area of highest need, directly outside the school, completed first.

Email, 11 Apr 2018
Melissa Chandler, Umina

Brisbane Water Cruise still operating

Great article on the channel silting, however the headline attached to the front page photo (Peninsula News, issue 442, April 9, 2018) has confused a large number of our passengers in that they assume we have cancelled all our tours.

We still operate our 2.5-hour Brisbane Water Cruise.

Follow up calls to booked no-show groups told us they read in the paper that we had cancelled

Forum

all our services because of the sandbar.

I guess people read more into an article than what is there.

I hope you can squeeze in an article that will mention we are still operating our Brisbane Water cruise (it's the other half of our income).

Email, 13 Apr 2018
Louise DeMartin, Starship Cruises Pty Ltd

No justification to breach statutory standards

Ms Scarfe's letter on the Sporties proposal is quite extraordinary ("Residents could have made events viable", April 9).

She seems to feel that the community has an obligation to attend events in which there is clearly little interest, in order to support the maintenance of a club for a few members who benefit from a favourable use arrangement over community property.

Apparently, when the members can no longer manage their own club, the community is then supposed to waive its development standards to bail out this non-viable operation and allow a developer to make a substantial profit at everybody else's expense.

If the club cannot attract enough members to maintain its own operations, it is clearly not serving a useful purpose.

In such a case, the community land should revert to the control

Forum

of Council and be reallocated for activities for which there is a community demand.

Alternatively, if the land is to be developed, the development profit should accrue to the community at large.

In no case is there any justification for breaching the statutory standards that apply to the site or for permitting a building density that will adversely affect neighbours.

Email, 10 Apr 2018
Bruce Hyland, Woy Woy

Audit backflip 'a bit strange'

I find the backflip regarding the finances of the former Gosford Council a bit strange.

To say when the books were

Forum

first looked at over 12 months ago that the Council had a total of \$1.39 billion in over valuation of its

assets, and now to come and state that there were only "minor errors" within the financials and all is good with the world with the late Gosford Council books looks to the average person on the Coast a bit suss.

How can an auditing firm look at the books once and say that there were over-valued assets then look at them again and do "sampling" then come back and say everything is all good?

I still wonder, as this article doesn't state anything about it, where are the library funds?

No one has said anything about this. Why?

Email, 12 Apr 2018
Carl Veugen, Umina

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Trollittering

There should be a word for the Woy Woy scourge
Of trolleys left in the street.
They look so unsightly – does nobody care
About keeping our roads looking neat?

It seems every week I must call to report
Yet another is parked on the verge.
In the past year the problem's got worse
We certainly do need a purge.

There are bins for the litter and most of us try
To do the right thing with our waste,
We do not contaminate rivers and seas,
Viewing debris and trash with distaste.

We are so lucky to live in this place,
Surrounded by water and trees,
Trolley pollution needs a solution,
The dumping of trolleys should cease.

To report abandoned supermarket trolleys the numbers are:
Woolworths 1800 641 497, Coles and K-Mart 1800 876 553.

Email, 15 Apr 2018
Jill Nevile, Woy Woy

Revisit 1977 breakwater option

I refer to the many and recent contributions to the Peninsula News Forum about the ways and means to stabilise or rebuild the beach dunes from Ocean Beach to Ettalong Beach and restore the navigation channel from Half Tide Rocks to Box Head and find them all well-meaning and of value to the big picture needs.

But I also reflect on my observations of how this area "behaved" in the 12 months or so after the channel's extensive dredging in 2012.

For that short period, the dredged sands dumped to the west side of the channel on the core bank were of sufficient "height" to

force most of the tidal flows via the channel and hence maintain its draft.

Further, in that 12 months, both the Ocean and Ettalong Beach foreshores remained stable and well protected because of the extra bulk on the bank.

It was then in 2015 among other heavy weather events that the tidal flow was again able to disperse over the bank and subsequently further reshape and flatten it mostly east back into the channel.

That "lost" sand has thus not been returned by benign swell to the foreshore to protect it.

For mine, consideration must be given to the "hard" option of

a breakwater off Ettalong Point alongside the required navigation channel to permanently direct tidal flows to the channel and retain or prevent heavy weather damage to an extensive reshaped bank.

Yes, it may cost \$10 to \$20 million depending on its features and will over time require the occasional minor dredging to "reshape" the damaged bank.

Indeed, a study in 1977 listed this option as worthy of detailed review not only of the technical aspects but of cost benefits to other foreshore enhancements such as parking and boardwalks on a stabilised and expanded beach towards Umina Beach.

Email, 2 Mar 2018
John O'Leary, Booker Bay

So much for democracy

Local government is controlled by the State Government and, on the Central Coast, the Government chose to amalgamate the two councils without the ratepayers and citizens having any say in the matter.

So much for democracy, and it gets worse.

I wrote to all the ward councillors and the mayor regarding many local issues and did not receive one reply.

A perceptive commentator remarked: "We do not live in a democracy but in an elected party dictatorship."

And the people?
Well, who cares?

Letter, 16 Apr 2018
Keith Whitfield, Woy Woy

I refer to my letter that you published on April 9, headlined "Residents could have made events viable" and your comments.

You clearly did not read my letter properly before making your comments as I have clearly identified myself as a director of the club and yet you go ahead and make the claim that you have contacted the directors in the past

Forum

months and that some directors were not willing to be interviewed and others did not wish to speak on record.

I think I would know if I had been approached by your paper.

I have also checked with the chairman of the board, the president of the Ladies Club (also a director) and the president of the

men's club (also a director).

These people have advised me that they have never been contacted by your paper.

I don't know who you have been talking to.

I would like to see a retraction of your comments printed in the next addition as clearly they are not correct.

Email, 11 Apr 2018
Gaye Scarfe, Director,
Sporties @ Woy Woy

I have not been approached



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Forum

Won't the ACCC do what it is paid to do?

For years I have been under the delusion that we, the people of Australia, elected our local representatives to gather in Canberra and run the country.

And that the Prime Minister was the boss and he/she told the Public Service what to do.

Well apparently, I have been wrong all this time.

The Australian Competition and Consumer Commission is an independent Commonwealth statutory authority, whose role is to enforce the Competition and Consumer Act 2010 and a range of additional legislation, promoting competition, fair trading and regulating national infrastructure for the benefit of all Australians.

However, it seems Mr Rod Sims and the ACCC are above the wishes and requests of the people and can do whatever they choose, whenever they choose.

Forum

LETTERS TO THE EDITOR

should be sent to:

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

See Page 2 for contribution conditions

We, the good citizens of the Peninsula, have been requesting an investigation into the petrol price rip-off we have been forced to put up with for years.

Our federal parliamentary representatives, our state representatives, the media and particularly our Peninsula News have raised our concerns for years

but these requests have gone into Mr Sims' too-hard basket or just couldn't-care-less rubbish bin.

It is interesting to see that Lucy Wicks has organised a petition expressing our concerns.

Why do we have to have a petition requesting the ACCC to do what they are being paid to do?

How are we getting a fair deal when we are being robbed by the petrol companies, and have been for years?

We shouldn't have to go cap in hand to anyone when Blind Freddy can see this continued theft should have been fixed years ago.

If the ACCC doesn't want to conduct a searching investigation, could someone from that organisation tell us why they won't and maybe even suggest a body, with the power to get some answers, which will.

Email, 13 Apr 2018
Laurie Powell, Woy Woy

Sir Humphrey Appleby is alive and well

Forum

While perusing the articles in Peninsula News from April 9 regarding the dredging of the Ettalong Channel, it seems that no department wishes to take responsibility.

The Council is quoted in one of the articles: "These fees should be the funding that is put back into the Brisbane Water to make it navigable for all boat owners.

"That's the way it works in other areas of NSW so there is no reason why the Central Coast should be disadvantaged by a different process."

It brought to my imagination a possible scenario for an episode of "Yes, Prime Minister".

I imagined Sir Humphrey advising Jim Hacker of the old time-worn political trick of the sitting government giving no funding or

advantages to any electorate held by a member of an Opposition party.

Imagine Sir Humphrey saying: "It would never do to have the voters, at the next election, thinking an Opposition Member could have managed their electorate with any efficiency."

On opening the NSW government website I found, sure enough, the Ettalong Channel is indeed within the electorate of one Ms Liesl Tesch MP, a Labor member.

Sir Humphrey Appleby is alive and well somewhere within the ranks of advisors to the NSW Liberal Government.

Email, 16 Apr 2018
Peggy Balfour, Ettalong



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Forum

Beach needs more than tinkering at the edges

I refer to Kristine Martins letter (Peninsula News, February 12) regarding the Ocean Beach erosion and her criticism of my views as to what we should be implementing to recover our public spaces from coastal erosion.

With the greatest respect to those who give their time through Dune Care groups, those efforts between Ettalong Point and the Ocean Beach Surf Club have been largely wasted.

Mother nature cares little about revegetation and when she wants to move sand around, she'll take the vegetation with it.

Sadly this section of the beachfront has been overgrown with bitou bush, lantana and asparagus fern for years and has been a constant eyesore.

There is not a day that doesn't go

Forum

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by where ordinary people comment to me on how embarrassing the beachfront is and how they wish it could be improved to the wonderful standard of Ettalong Beach.

Sure, the Ettalong Beach foreshore and Ocean Beach are topographically different but clearly the dune restoration practices of

the past have utterly failed one of our best tourist assets.

It's time to stop tinkering around the edges and take a completely new approach to upgrading the Ocean Beach foreshore.

This inevitably means linking the dredging of the Ettalong Beach channel to the beach renourishment and ensuring that this operation happens annually.

It also means widening and upgrading the pedestrian footpath, constructing a storm hazard wall and providing viewing platforms so that everyone can enjoy our wonderful beachfront.

My views are shared by thousands of others.

The Ettalong Beach foreshore upgrade has created a huge economic benefit to the Ettalong Beach town centre.

As Chamber president, I want the same benefits to flow on to the Umina town centre through the upgrading of the Ocean Beach beachfront.

Enough with the studies. Enough with the research. Enough with the blame shifting.

Let's get on with the job and get our beach back.

Email, 20 Feb 2018
Matthew Wales, Umina

Beach will only get worse before it gets official help

Forum

where the erosion is occurring.

I think when the road starts to disappear the powers that be, who don't seem to want to do anything apart from develop designs and models, will have to do something.

We won't have to wait too long to get some hopefully concrete solutions to this problem as the next state election is in 2019 and Council election is 2020.

Email, 21 Feb 2018
Carl Veugen, Umina

The section of beach between Ocean Beach and Umina that is in dire need of help because it is disappearing will only get worse before it gets any help from either our Council or the State Government.

Once they have finished their studies, they will have to do them again because the problem will be worse.

The Council states that they have long and short term strategies for the Esplanade but this is not

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A look back at some of Brisbane Waters Private Hospital's Anzac Day commemorations



Anzac ceremony at hospital

A ceremony to mark the centenary of the end of World War I will be held at a local hospital on Anzac Day, Wednesday, April 25, at 8:30am.

The ceremony at Brisbane Waters Private Hospital will be open to the public and morning tea will be provided.

The hospital has been hosting Anzac Day ceremonies since it opened in 1978.

Community relationship manager Ms Petrina Waddell said: "For many years, the hospital was known as a veterans' hospital and, over the years, our care for veterans has not diminished."

"We continue to work with the Department of Veterans and provide approved programs such as addictive disorder and veterans and emergency services PTSD programs.

"Veterans gold card holders are covered for any admission and white card holders for all mental health admissions," Ms Waddell said.

"With the new rehabilitation ward recently opened, we have additional beds for veterans and with the new gym and hydrotherapy pool, we have customised day programs."

SOURCE:
Media release, 19 Apr 2018
Petrina Waddell, Brisbane Waters Private Hospital



April 2018 APRIL FALLS MONTH Nutrition and Hydration - Eating well to prevent falls

Are you, a friend, relative or neighbour losing weight? Good nutrition is important for health, independence and quality of life. For older people, good nutrition helps to preserve bone mass and muscle strength that reduces the risk of falls and fractures.

If you have lost weight or are at risk of losing weight phone the **Health Promotion Service** on **4320 9700** for a free copy of **'Eating Well. A Nutrition Resource for Older People and their Carers'**. Written by dietitians from the Nutrition Department at Gosford Hospital.

The following simple questions predict weight loss in older people. Circle the answer which applies to you.

1. How is your appetite?

1— Very poor
2— Poor
3— Average
4— Good
5— Very good
2. How do you feel when you eat? I feel full after eating . . .

1— only a few mouthfuls
2— about a third of a meal
3— over half a meal
4— most of the meal
5— or . . . I hardly ever feel full
3. What does food taste like?

1— Very bad
2— Bad
3— Average
4— Good
5— Very good
4. How many meals a day do you normally eat?

1— Less than one meal a day
2— One meal a day
3— Two meals a day
4— Three meals a day
5— More than three meals a day

Your score =

A score of 14 or less predicts significant weight loss of at least 5% within six months.

Health



Club campaigns against drink driving

A local bowling club will be promoting an anti-drink driving campaign, known as Plan B, on Anzac Day, April 25.

Club Umina manager Mr Paddy

Quigg said: "Plan B promotes a clear message to patrons of Club Umina and the local and broader communities of the Peninsula and Gosford areas for the need to actively consider an alternative way home when out drinking with

family and friends."

All bar staff of Club Umina would exchange their traditional Club uniform for black t-shirts with the message "RBT means you need a Plan B" and would actively promote the message to patrons face to face and with the aid of electronic and social media.

He said the club intended to stage and promote such events throughout the year.

"The club is totally committed to the principles of the responsible service of alcohol and the need to manage and reduce the harm associated with misuse and abuse of alcohol in the local area it services," Mr Quigg said.

SOURCE:
Media release, 18 Apr 2018
Paddy Quigg, Club Umina

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Patients pay \$32.45 to see a doctor, says candidate

Patients in Robertson now pay an average out-of-pocket fee of \$32.45 to see a doctor, according to Labor candidate for Robertson Ms Anne Charlton.

"This cost is unaffordable for many local people, with an estimated 6000 people delaying or avoiding seeing their GP each year," Ms Charlton said.

"Another 10,500 people in Robertson skip seeing specialists due to cost, with average out-of-pocket fees of \$75.05 and much higher for many patients."

Ms Charlton visited Woy Woy Hospital on March 8 with Federal

Shadow Minister for Health and Medicare, Ms Catherine King.

"The Liberals are cutting over \$10M from Central Coast public hospitals between now and 2020," Ms Charlton said.

"The cut to Central Coast hospitals is equivalent to: five beds; 14 doctors; 28 nurses; Over 15,000 emergency department visits; or over 24,000 outpatient appointments.

"Rebates for GPs, specialists and allied health services all remain frozen, and the freeze won't be fully lifted until 2020."

SOURCE:
Media release, 8 Mar 2018
Anne Charlton, Labor's candidate for Robertson

New members at Rotary

Woy Woy Rotary Club has welcomed three new members.

"We offer a warm welcome to Maria Ramos, Mark 'Herbie' Fuller and Mitch Gordon to our Rotary Club," said Club president Mr Russell Grove.

"Both Maria and Mitch bring with them previous Rotary experience having been president of their earlier clubs.

"It is good that they know how Rotary works.

"Mark has lengthy experience

in the water polo organisation on the Central Coast having served as president and in other positions.

"They all have skills and talents which will bring strength to our club to allow us to carry out our important community service," he wrote in the club's newsletter.

"Membership retention is a big issue for Rotary.

"The reality is that most new Rotarians leave within the first two years of membership," he said.

SOURCE:
Newsletter, 7 Mar 2018
Russell Grove, Woy Woy Rotary

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Woy Woy Public School had 75 students at the Royal Easter Show to take part in the Primary Preview Day on March 22.

The preview day had a round robin structure with student groups moving between different activities

learning about the Australian agricultural industry.

"The students got to watch and learn about cows and how they're milked," said relieving principal Ms Janine Szostak.

"They even got the opportunity to milk a cow by hand, which was fun,."

"We learnt about all different aspects of our country's agriculture industries including apples, cotton, sheep, different animals and water.

"We even learnt how drones are used in agriculture.

"Some of the students participated in the cooking and learnt about our egg industry.

"All these activities were educational and aimed at students to help them appreciate the work in the agricultural industry," Ms Szostak said.

SOURCE:
Newsletter, 14 Apr 2018
Janine Szostak, Woy Woy Public School



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Education



BWSC senior student Rheese Bull with Indigenous Year 1 students from Woy Woy PS

Cultural continuum excursion

Year 1 Indigenous students from Woy Woy Public School recently completed their Cultural Continuum Excursion to Brisbane Water Secondary College's Woy

Woy campus.

"Senior student Rheese Bull shared his knowledge of aboriginal culture and dance, showing the students traditional movements, story-telling and teaching the

boys to play the didgeridoo," said Relieving Principal, Ms Janine Szostak.

"Our students joined in, dancing with Rheese and listening to his stories.

"They are excited to pass on their learning to the cultural dance group."

SOURCE:
Newsletter, 14 Apr 2018
Janine Szostak, Woy
Woy Public School

Students take part in road safety program at Palmdale

All classes from the Special Education Unit at Woy Woy Public School visited the Cares Road Safety Program at Palmdale recently.

"Our students all underwent training in pedestrian and road safety using the very detailed road network that they have at Cares," said relieving principal Ms Janine Szostak.

"After finishing a safety talk and assessing each child's ability on the bicycles supplied at Cares, our students were able to spend the next hour riding around the road network practicing their riding and safety skills.

"They rode around roundabouts, stopped at stop signs and made sure they were able to steer and signal safely.

"I think the most fun was had going off road on the dirt, where the children could show off their riding ability.

"Our students not only performed safely on their bicycles but were well behaved and well-mannered with our wonderful hosts.

"Our police trainers have already let us know how welcome we are to come back again next year," Ms Szostak said.

SOURCE:
Newsletter, 14 Apr 2018
Janine Szostak, Woy
Woy Public School



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FOR MORE INFORMATION CONTACT

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Reception on **4341 1866** Golf Pro Shop **4341 3399**

everglades.net.au



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Ettalong PS students with their giant pumpkin entry



The Donald Trumpkin

Photo Will Berryman

Show ribbon for Donald Trumpkin pumpkin

Ettalong Public School has won a ribbon in The Royal Easter Show in the Great Backyard Pumpkin Challenge.

The school gained ribbons

in categories for Giant Pumpkin (Primary School) and Celebrity Lookalike, where gardeners were challenged to decorate their pumpkins to look like someone famous.

Ettalong received a second

place ribbon for their Donald Trumpkin pumpkin and a third place ribbon for their Giant Pumpkin.

SOURCE:
Newsletter, 3 Apr 2018
Lynn Balfour, Ettalong Public School



FROM YOUR CONSERVATORIUM

It's hard to imagine what the Ancient Greeks would think of education as it is today, with all of the devices, apps and electronics involved.

Plato believed that a system of education with two subjects, music and gymnastics, was the best way to produce a citizen balanced in mind, body and soul.

Music was recognised as being so powerful that Plato believed music used in the education of the young should be regulated by law! We don't adhere to such strict rules today, but the benefits of learning music are as profound now as they were back then, but for different reasons.

We know that studying music is good for the brain and brings great pleasure and enjoyment; it's an international language that crosses many barriers. What is little known is the fact that studying music can help develop long-term strategic thinking, due to the amount of time, patience and planning required to gain any level of mastery.

Short term gratification is rare when studying music; practising a difficult passage requires persistence and takes weeks to perfect, in the same way solving a mathematical problem requires concentration and problem solving skills.

In a world where young people are spending more and more time online, where short-term gratification is King and fame just a few clicks away, the disciplined process of learning music helps them to understand the process and subsequent joy and satisfaction of working towards long term goals.

Brisbane Waters Private Hospital will be holding an Anzac Day Service at 8.30am at the Hospital
An open invitation is extended and morning tea will be provided

25 April 2018

Anzac Day

1918—2018
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Brisbane Waters Private Hospital

21 Vidler Ave - Woy Woy
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healthcare

Education



Ettalong Public School choir performing for seniors at the Meals on Wheels Community Restaurant in Woy Woy



Ettalong Public School leaders served clients

Ettalong students visit Meals on Wheels

Ettalong Public School students visited Meals on Wheels clients at their Woy Woy Community Restaurant on Tuesday, April 10.

School leaders from Ettalong Public were in attendance as part of the NSW Seniors' Festival, serving up a variety of morning tea treats to clients.

Cakes and buns were distributed

to Community Restaurant guests, before being entertained by the school choir.

Performing two songs, John Williamson's Raining on the Rock and In the Silence by Glyn Lehmann, the young choir thrilled their audience with their melodies.

Meals on Wheels Central Coast chief Mr Dennis Taylor said: "We are grateful for Ettalong Public

School's participation in the NSW Seniors Festival this year.

"Our clients love to have the younger generation visit, and it also instils a good sense of community spirit in the primary school kids," Mr Taylor said.

SOURCE:
Media release, 12 Apr 2018
Pip Wilson, Meals on Wheels Central Coast



School leaders with Meals on Wheels volunteer, Fred

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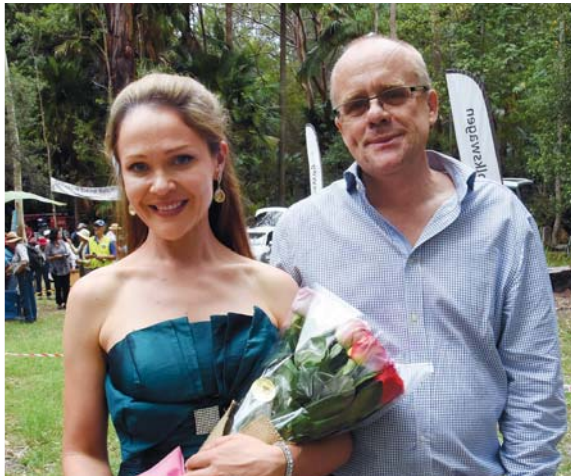
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More information: centralcoast.nsw.gov.au/anzacday



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PHOTOS: BILL J. FORSYTH

Out&About



Mark Austin, Susannah Bonnor, Kellie Martin and Duncan Mitchell will star in Woy Woy Little Theatre's production of Sylvia

Little Theatre announces next production

The Woy Woy Little Theatre's next production will be Sylvia.

It opens at Peninsula Theatre on Friday, April 27, with performances at 8pm on Fridays and Saturdays and 2pm on Sundays for three weeks as well as a bonus 2pm matinee on the final Saturday.

In the comedy written by AR Gurney, a middle aged couple relocates from the suburbs of New York, empty nest syndrome hits hard, but it is only when husband Greg brings home a stray dog that things really heat up.

"Woy Woy Little Theatre's second play of the 2018 season features four of the Coast's more experienced actors: Susannah Bonnor, Duncan Mitchell, Kellie Martin and Mark Austin," said

publicity officer Ms Terry Collins said.

"Working in the genre for which he is most famous, Gurney puts the spotlight on upper middle class America, pulling no punches and giving us a delightful script which examines multiple themes, including dedication to work versus life balance, the joys and pitfalls of dog ownership and the trials which hit a marriage when the kids have left home," she added.

Ms Jan Grounds directs her first full production for the company, following years of experience directing school plays and working with various amateur theatre companies in Sydney.

"I just love this play," she said.

"I think every member of the audience will thoroughly enjoy it.

"I am blessed to have a great crew supporting me in bringing it to life."

With husband, Mr Lloyd Grounds on light and sound, she promises some technical surprises and interesting lighting bound to enhance the production.

Running the show from backstage will be long-time company members Ms Christine Cherry and Ms Leanne Faulkner.

"Sylvia is a laugh a minute play with themes to make you think and should not be missed," Ms Collins said.

For session times, ticket information and bookings visit Woy Woy Little Theatre's website.

SOURCE:

Media release, 19 Apr 2018
Terry Collins, Woy Woy Little Theatre

Pop-up paella at The Bays

The Bays Community Group's first pop-up paella night will be held at The Bays Community Hall from 6pm on April 21.

"Have some fun and celebrate our great community by coming to our first Pop-up Paella Night," said Group president Ms Cathy Gleeson.

The evening includes canapes and a glass of sangria on arrival,

paella (chicken and chorizo; seafood and vegetarian) and a dessert bar complete with churros, sticky date pudding, creme caramel, mini pavlovas and Santiago tarts.

Contact the Bays Community Group for booking information.

SOURCE:

Media release, 5 Apr 2018
Cathy Gleeson, Bays Community Group

Anzac assembly in May

Woy Woy Public School will host its Anzac Day commemorations on May 2.

"Our school community will join our students and staff in the Anzac assembly on May 2 at 10am under the school Cola," said relieving principal Ms Janine Szostak.

"All students are also invited to march with the school on Anzac Day on April 25.

"Students will need to wear school uniform and meet Ms Ceaser in the undercover car park at Woy Woy at 9:30am.

"Students from Preschool to Year 6 are more than welcome to attend and join the Brisbane Water Learning Community for this special event and march behind our school banner.

"Parents are responsible for bringing their children to and from the event and assisting where possible with supervision," Ms Szostak said.

SOURCE:

Newsletter, 13 Apr 2018
Janine Szostak, Woy Woy Public School

Students visit retirement village

Kindergarten students

from Woy Woy Public School recently visited the residents of Deepwater Court Retirement Village.

"Our students proudly displayed their Easter hats and entertained the residents with songs and chocolate," said relieving principal Ms Janine Szostak.

She said the visit was at the invitation of Deepwater Court.

"We look forward to our next visit," she said.

SOURCE:

Newsletter, 14 Apr 2018
Janine Szostak, Woy Woy Public School

ANZAC DAY

Wednesday
25th April 2018

Two-up 10am-12pm
Entertainment from 12:30pm
with Baxters Revenge

Mother's Day RAFFLE

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Southern and Ettalong United FC Women's Premier League team



Ettalong Diggers CEO, Mr Bill Jackson, was presented with the 2018 Women's Premier League Jersey

Southern Ettalong United kicks off soccer season

Southern Ettalong United Football Club kicked off its soccer season with a launch breakfast held at Ettalong Diggers Memorial Club.

More than 200 members and guests enjoyed a full buffet breakfast.

Club president Mr Glen Balneaves said it was exciting times for the club.

"The club was the first registered football club on the Central Coast and now is about to embark on its 57th season," Mr Balneaves said.

"Our club has been built over

the past 57 years based on family and community values, which is now seeing many third generation players within our club," he said.

Mr Balneaves announced Ettalong Diggers and White Ribbon were the club's "Platinum Partners for the 2018 Season

"It was time for the club and Ettalong Diggers to make a stand.

"After numerous consultations with White Ribbon, we are so very honoured to join forces with Ettalong Diggers and be proactive in stopping domestic violence.

"Stand Up - Speak out is

our 2018 message to educate everyone," he said.

Ettalong Diggers chief Mr Bill Jackson welcomed all club members to the partnership and said the club was looking forward to working closely with White Ribbon and the club in making the community a happier and safer environment for all families.

Special guests at the launch breakfast included Member for Robertson Ms Luck Wicks, Member for Gosford Ms Liesl Tesch, White Ribbon advocate Ms Anne Charlton and White Ribbon supporter Ms Jess Bradbury.

The club introduced the 2018 Men's Premier League coaches and squad.

It announced the introduction of the 2018 Women's Program which includes all Women's teams in the under-14's to under-16's, the women's all age team and Women's Premier League first and reserve grades.

SOURCE:

Media release, 10 Apr 2018
Glen Balneaves, SEUFC

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Sylvia

Love and Laughter Unleashed

**A PLAY BY
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**directed by
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Central Coast Art Society
Weekly paint-outs
Tues 0428 439 180.
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
hospitalartaaustralia.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
4304 7222

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

Point Clare Community Hall
Community Garden - Playgroup
Craft and Exercise Groups
Function or Meeting Hire
Managed by Gosford Regional Community Services
Enquiries regarding hire to 4323 7483
accounts@gosfordcommunity.org.au
www.gosfordcommunity.org.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
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www.fabcnsw.org.au

Central Coast Caravanners Inc
3rd Sun Monthly
Visitors - New Members welcome, Trips Away, Social Outings, friendship with like minded senior folk - Details from Geoff
0447 882 150

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
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Monthly programme for all areas
0412 200 571
0437 699 366
50psgg@gmail.com

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What do they do?
Find out about the world's oldest fraternal organisation and how we help our community.
Gosford Masonic Centre
86 Mann St Gosford
www.tcdl2001.org

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
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

The NSW Justices Association Inc
Seeking volunteers for added community desks
Wednesday Umina Library 10am-1pm
Thursday Woy Woy Library 10am-1pm
Free Insurance and training provided
0418 493 388
marketing@nswja.org

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
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2nd Mon, 7.30pm
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info@wagstaffetokillcare.org.au

Entertainment

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1pm Mondays during school terms
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4343 1995
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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 educational groups providing practical experience and confidence
Learn the benefits of hearing aids
4321 0275

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@bluewavelliving.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

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Delicious meals delivered free
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Help with shopping and cooking classes
4341 6699

Mary Mac's Place
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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
0412 756 446
www.oa.org

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

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Dynamic award winning women's a cappella chorus new members always welcome.
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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-capella 4 part harmony chorus - all ages
7pm Mon. Central Coast Leagues Club
John 0413 276 698
jthomson51@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

kersuebay@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 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

Ettalong Toastmasters
We provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth
2nd & 4th Tue, 7:30PM, Ettalong Diggers
0408 416 356

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
Wamberal - Mon 630pm
Kincumber - Thurs 715pm
0417 697 096
www.centralcoastgoju-kaikarate.com.au

Woy Woy Judo Club
Mon & Fri -Beginners From 4:30pm
Tue & Thur - graded classes 4:30pm - 8:30pm
27 Bowden Road Woy Woy
Min Age 3 years old
0434 000 170
www.woywoyjudoclub.com

Veterans

National Malaya Borneo Veterans Association
1st Sat (except Jan) 10am
Umina Club
Melbourne Avenue
Umina Beach
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
30 The Boulevard, Woy Woy
Craft & Friendship: 1st, 2nd and 3rd Wed 10AM.
Meetings: 4th Wed 10AM.
Ph: 0411 434 785
woywoycwa@gmail.com

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.cccwhc.com.au

If you would like your Community Organisation listed here, see www.duckscrossing.org or www.centralcoastnewspapers.com for the forms or contact Central Coast Newspapers on - 4325 7369

Entries in the Not For Profit Community Organisations Directory are free. However, we require each organisation to subscribe to each newspaper to ensure that someone from that organisation keeps their entry up to date. Subscription rates are \$75 for 25 editions.

Students learn beach safety

Year 1 students and teachers from Umina Beach Public School have been on a Beach Safety Excursion, principal

Ms Lyn Davis has reported.

"We noted all the ways we can be safe in our beautiful beachside community, by the roads and waterways," she said.

"We were met by the head of Surf Life Saving at the Umina Beach Club and also met two champion surf lifesavers.

"The students were shown all the safety equipment and learned how this is used in rescues and beach patrols.

"The lifesavers taught the students about the safe places to swim, sun safety and also how to complete a surf rescue," Ms Davis said.

"We played some lifesaving games and, when we got back to school, we produced posters with a safety message.

"These outdoor learning experiences tied in with our English unit on friendship," Ms Davis said.

SOURCE:
Newsletter, 10 Apr 2018
Lyn Davis, Umina Beach Public School



Umina Beach PS students learnt all about beach safety on their last excursion

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



Coast Shelter's Domestic Violence Prevention Programs are supported by the Marie Lowndes Charitable Foundation

*ANROS Horizons 1 (2015)



The Peninsula Diary of Events

For events in post code areas 2256 and 2257

Wednesday, Apr 25

Empire Bay Progress Association ANZAC Day commemorations, Empire Bay Cenotaph, 11:00am

Ettalong Bowling Club ANZAC Day commemorations, 8:00am to 5:30pm

Ettalong Beach Hotel ANZAC Day commemorations, 11:00am to 11:00pm

Ettalong Diggers ANZAC Day commemorations, 11:30am to 4:30pm

Hardys Bay Club ANZAC Day commemorations, 11:00am

Patonga ANZAC Day commemorations, Patonga War Memorial, 5:30am

Pearl Beach ANZAC Day commemorations, Pearl Beach Memorial Hall, 10:00am

The Vietnam Veterans Peacekeepers and Peacemakers Association of Australia Central Coast Sub Branch ANZAC Day commemorations, Vietnam Veterans Memorial Ettalong Foreshore, 8:00am

Thursday, Apr 26

Relaxation Meditation for Kids, Gnostic School of Higher Learning Woy Woy, 3:00pm to 4:00pm, \$15 entry fee

Friday, Apr 27

Fribay at the Bayview Hotel Woy Woy, 8:00pm to 2:00am

Saturday, Apr 28

Dirty Deeds AC/DC Show, Everglades Country Club, 8:00pm to 12:00am, tickets essential

Wednesday, May 2

Aquasplash Learn to Swim, 5 Mutu St Woy Woy, 9:30am, must RSVP to Aquasplash

Thursday, May 3

Central Coast Crypto and Bitcoin Meet-Up, Made Brus Level 1, 11 The Boulevard, Woy Woy, 7:30pm, continued on May 4 same location from 9:30pm, ticketed event

Friday, May 4

ENCOUNTER young adults fellowship workshop and BBQ, 100 Blackwall Rd Woy Woy, 6:00pm to 10:00pm

Vocal Academy Launch, Stratford Music Woy Woy, 6:00pm to 7:00pm, first class free suitable for 8-14 year olds

Sunday, May 6

Woy Woy Roosters VS Erina Eagles, Woy Woy Oval, 9:00am to 4:30pm

Monday, May 7

Embedding a Culture of Quality Improvement QIP and more presented by Engaging Curriculum Solutions, Everglades Country Club, 9:00am to 3:00pm, ticketed event

9:00am to 3:00pm, ticketed event

Wednesday, May 9

Toddler Yoga, Umina Beach Yoga, 234 West St Umina Beach, 9:30am to 10:15am, ticketed event

Sunday, May 20

Woy Woy Workshops DIY Monogram décor hosted by Close To My Heart Independent Consultant Debbie Krantz, Everglades Country Club, 10:00am to 4:00pm
Umina Beach Markets, Peninsula Recreational Precinct, 9:00am to 2:00pm

Coast Community Connections Australia's Biggest Morning Tea, 93 McMasters Rd Woy Woy, 10:00am to 12:30pm

Friday, May 25

24 Hour Treadmill Challenge, Anytime Fitness Woy Woy, 3:00pm to 3:00pm Saturday, May 26, ticketed event

Saturday, May 26

Ettalong Masters Swimming BPS Meet, Peninsula Leisure Centre, 9:00am to 4:00pm, ticketed event

The Three B's concert, Everglades Country Club, 8:00pm to 11:00pm, ticketed event

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 4321 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

Welfare Services

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

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

Classifieds

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

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

ELECTRICIANS

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

GARDENING

MARTIN O'BRIEN
Yard Care Services
Mowing, Edging, Maintenance, Yard & Gutter Cleaning, Rubbish Removal
Call Martin
0431 609 126
Fully Insured

PLUMBING

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

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

BUILDER

BUILDER - CARPENTER CABINET MAKER


Available for the local area
Central Coast, Peninsula, Surrounding areas
Get your house ready and jobs completed
Quality Guaranteed
Call Ben 0405 838 489
bencherote@yahoo.com.au
Lic 266808c

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

TSB ELECTRICAL & DATA



Electrical & Data
TIM BULLOCK
ALL ELECTRICAL AND DATA
RESIDENTIAL AND COMMERCIAL
0427707080
Lic: 236223C

KITCHENS

Quality Laminate Benchtops
supplied and seconds for sale
R&J Benchtops
Gosford
0456 884 545

ROSS

PLUMBING CO.
Servicing all areas of the Central Coast
• Hot & Cold Water
• Sewer & Storm Water Drainage
• Roofing & Guttering
• Complete Bathroom Renovations
0403 101 626
Lic 193366e

ADVERTISE YOUR BUSINESS HERE FOR ONLY \$20 A WEEK +GST

Brians Building Services

Call our experienced team for a free quote

NO JOB TOO SMALL

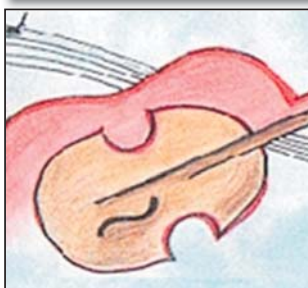
Brian Turton
Gold Lic 40809 - Contractor Lic 88814c

40yrs Experience
0411 269 733
4325 3383

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

ENTERTAINMENT



The Troubadour

Folk and Acoustic Music Club
May 26 at 7pm
MAD ADAM WITH MYSTERY GUESTS

CWA Hall - Woy Woy
Price \$10, \$13 and \$15

www.troubadour.org.au
4342 6716

MASSAGE

Calming Souls

Massage
Remedial Massage Therapist
Infant Massage Instructor
Paediatric Massage Consultant
Call Kate
0423 150 561
calmingsoulsmassage@gmail.com

PLUMBER

No call out fee
No job too small
40 year's experience
Fully insured
Lic. L11565
Ph: 0416 875 598

REMOVALS

KEVIN'S REMOVALS & DELIVERIES

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

02 4342 1479
0411 049 559



PAINTERS

BUGELLO'S

Painting Services
• Residential and Commercial
• Interior and Exterior
• New Work and Repaints
Free Quotes
All work guaranteed
0410 404 664
wattyl®

PLASTERING

PHIL BOURKE PLASTERING

Over 36 yrs exp
Gyprock, Renovations
Small Jobs, Free Quotes
Reliable Service
0418 452 474
Licence No 2107c

TILING



Tiling Wall & Floor Property Maintenance
0439 589 426
homes2nv@gmail.com

TREE SERVICES

Eyecare

Tree and Stump Grinding Services
Mulching Available
Fully Insured
Call Jamie
0413 088 128
www.eyecarelawnmowing.com.au

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 or 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

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

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

FENCING

BLUEPRINT FENCING

All types of fencing, gates and retaining walls
Call Luke
Free quotes
0401 347 247

PLUMBING

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

Classifieds

TUITION

Learn to play
harmonica via
Skype

www.harmonicatom.com.au

02 4787 5689

email tom@tomflood.com.au

\$40 hr or \$25 1/2 hr

Skyperharp: pay by PayPal
SPRINGFIELD, NSW

POSITIONS VACANT

Experienced
Tilers
wanted!
Start
Immediately
0439 589 426

PUBLIC NOTICE

Car Boot
Sale

Woy Woy Peninsula Lions Club

APR 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

Special fundraiser for
family of swimmer

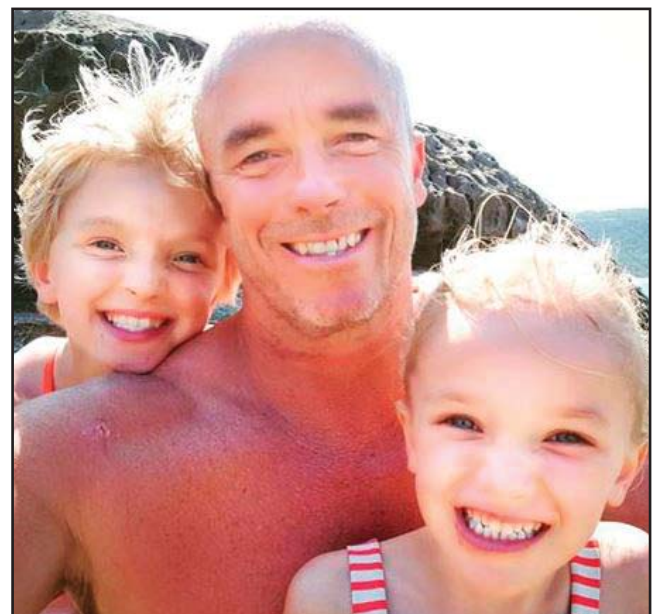
Members of Ocean Beach Surf Life Saving Club are conducting a special fundraising ocean swim for the family of late Woy Woy man, Mr David Isaacs.

Mr Isaacs suffered a medical emergency while on a weekly social swim at Ocean Beach last October.

Despite the best efforts of Ocean Beach lifesavers and NSW paramedics, Mr Isaacs could not be revived.

Mr Isaacs is survived by his wife Kate and their three children.

The family is still coming to terms with the sudden loss and their friends and family have rallied around them



Friends of the late Mr David Isaacs (pictured) have organised a fundraising swim to help support his wife and children

RUN IT 'TIL YOU SELL IT



ANTIQUE colonial dining chairs set of 3 \$270
Ph: 0410 522 070



ANTIQUE colonial dining chairs 2 individual chairs
\$150 each Ph: 0410 522 070



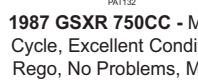
PAIR of column speakers
116cm tall X 33cms wide four speakers in each column
\$190 for the pair.
Ph: 0410 522 070



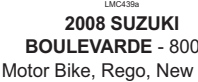
POOL CARTRIDGE filter holder
Titan CL 160 \$90
Ph: 0410 522 070



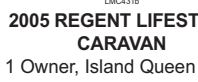
SAVAGE 4mtr Alum, fwd control, 25hp mercury, swivel seats, bimini cover, boat trailer with covers, excellent condition \$6000 ono
Ph: 4358 3288 - 0411302750



1987 GSXR 750CC - Motor Cycle, Excellent Condition, Rego, No Problems, Many Spares & New Parts \$5000
Ph: 0421 011 622



2008 SUZUKI BOULEVARDE - 800cc Motor Bike, Rego, New white wall tyres, Many extras, 18,000kms \$6,500
Ph: 0421 011 622



2005 REGENT LIFESTYLE CARAVAN
1 Owner, Island Queen Bed, Reg Sept 18, Well Presented - \$25000 Ph: 0403 520 278



APOLLO ALTURAI ROAD BIKE Female, Car Carrier,

Indoor Bike trainer, Helmet, Pump, Lock Chain, Key \$500 the lot
Ph: 0419 786 249

1100 LP RECORDS - Some never played, no orchestral - Want to sell the lot in on go for the best offer
Ph: 4384 3862

LOCKABLE ROOF RACKS
New \$380
Used once - \$200
Ph: 4341 0698

BILLABONG PUMP
No Motor \$80 or \$150 with Motor
Ph: 0417 227 616

2 MAN CANOE like new \$350 - Scott Bonner 17" reel mower excellent cond \$550 - Garden Mulcher \$50 Minnkota Riptide still in box 36" shaft \$350
Ph: 0459 259 398



QUINTREX ECLIPSE EXPLORER 385
DR617N Honda 30hp, Electric start, S/G prop, Trailer as new, 13" wheels, Scarey Host Extras \$5500
Ph: 0437 142 192

GREEN MASTER LAWN BOWLS - size one, mint condition, maroon, with bag covers and measure - \$350
Ph: 4342 4258
Ph: 0402 757 363



2013 COLORADO SUMMIT CARAVAN 18ft Double Bed, Leather cafe lounge, 2 Door, Gas/Elec Fridge, Microwave, Gas/Elec Cooktop, TV, DVD, Separate Shower, Toilet, Washing Machine, Vanity, Annexe, Outdoor Picnic Table, Gas outlet for BBQ. As New \$45,000
Ph: 0419 144 094



2004 HONDA CIVIC - GLI, Sedan, Auto, Maroon, New Tyres, 49,000km, as new \$8,000 Ph: 0419 144 094



2009 TOYOTA LANDCRUISER

200 series GXL Petrol, Silver, Auto, 19,500km as new, Clearview towing mirrors, Tow Bar, New Tyres, Reg til Oct 2018 \$55,000
Ph: 0419 144 094

KEYBOARD AMPLIFIER
Roland KC150, 4ch, Mixing, not being used, as new cond, still in box. reasonable offer
Ph: 4367 5432

MIZAR ASTRONOMICAL TELESCOPE - Model 80 D-80M, F-90M, as new, unwanted gift Best offer accepted
Ph: 4367 5432

FEATURE MIRROR 1m x 1.2m Frame made of Tasmanian black wood set in mirror 580cmx780cm \$400
Ph: 4367 5432

EXTENDABLE TABLE
8 Chairs, Timber, \$350, Hutch \$150, Leather Recliner Chairs \$250, Double Bed + Bedding \$100 ono Ph: 0427 995 614

BEALE PIANOLA STOOL AND ROLLS, has just been restored, very easy to play, can help with some cartage.
\$1,800
PH: 0438 244 803

MARLIN TWIN HULL BOAT, 5.5m 2 x 90hp yamaha motors, all safety gear, trailer, all in A1 condition. \$32,000 Ph: 0438 244 803

ELEGANT DINING SUITE, Tasmanian Oak Timber, Four Chairs, As New, Cost \$2340, Sacrifice \$950, Moving Interstate. Ph: 0431 482 133

NEW ABSOLUTE ELEGANT QUEEN BED, Plush, Cost \$2000, Sacrifice \$1100 Moving Interstate. Ph: 0431 482 133

THREE SEATER SOFA, As New. Dark Blue/Grey, High Back, Cost \$850, Sacrifice \$400, Moving Interstate. Ph: 0431 482 133

FISHER PAYKEL WASHING MACHINE, Washsmart, 7kg,

as new, cost \$850, bargain \$400 Moving Interstate.
Ph: 0431 482 133

WHEEL CHAIR - Near New, Cost \$650 Bargain \$300 Two Mobility Walkers, Unused, \$50 each Moving Interstate.
Ph: 0431 482 133

ONE DOUBLE IRON BEDSTEAD (Mattress as new) \$150 - Two single pine beds, can be converted to bunks, Excellent condition \$100 - Ph: 0403 336 792

2007 TOYOTA PRIUS I-TECH - 85,000km, silver, just serviced at Toyota dealer excellent original condition, leather seats. Rego till 2018. \$10,500
Ph: 4360 2468

LIGHT OAK MEDIA UNIT, 106cm wide, 62cm high, 50cm deep, holds videos, CDs, Value \$600, will sell for \$290 Ph: 0425 251 991



MOBILITY SCOOTER
4 wheel shopper Fold up, Will fit in car, Electric
\$1300 Ph: 4392 8893
Ph: 0429 928 893

2005 HYUNDAI SONATA, Auto, Nov 2018 Rego 302641km
\$3000 Ph: 4390 9692

14FT FIBREGLASS PRIDE BOAT with canopy, back to back seats, 4 life jackets, 40hp suzuki motor, trailer, great condition \$1000
Ph: 02 4328 4900

2002 HOLDEN JACKAROO 4X4 TURBO DIESEL
215k km, Good Condition Auto \$5900
0435 564 802

KING SINGLE BED
perfect condition, as new, on wheels, only used in guest room. \$500 or offer!
4385 2039

POSITIONS VACANT

Wine Business looking for a Sales / Business development manager in Somersby area. Wine knowledge essential.

Email resume to
denis@winesquare.com.au

Part time delivery
driver required.

Ideally Thursday to Saturday. - Van supplied. Must be over 25 and able to drive a manual vehicle.

Some manual lifting required.
Contact
denis@winesquare.com.au

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.

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Sport



Jen Webb received her Pride of Australia Award in February

Young Killcare lifesaver wins award

A young Killcare Surf Life Saving Club member has received an award for a solo rescue last year.

Jennifer Webb, 17, received a Pride of Australia award in February for the rescue performed under intense conditions over the Easter long weekend last year.

Webb was on patrol when she

noticed a man in trouble in what were already very risky conditions.

With no time to get help, Jennifer entered into seven foot swells during bleak weather to conduct a solo rescue that undoubtedly saved the life of 22-year-old non-swimmer Sayed Hashimi who had unknowingly entered a flash rip.

The flash rip had swept Mr Hashimi more than 80 metres out

to sea and he was on the verge of drowning when Jennifer reached him in the surf.

Jennifer had to secure a floatation device around Mr Hashimi and with the assistance of a nearby surfer bring him ashore and once ashore organise oxygen therapy for him.

"Killcare has few rescues but when we do, they're serious," said Killcare SLSC publicity officer Mr Craig Sheppard.

"Easter Monday was a day that then 16-year-old Jen displayed bravery and acted without hesitation.

"She demonstrated a degree of athleticism and decisiveness that truly saved a life.

"It is certain that without her actions, the patient would have drowned."

SOURCE:

Website, 28 Feb 2018
Craig Sheppard, Killcare SLSC

Rugby win at Warnervale

Woy Woy came from behind to defeat Warnervale by 22 points to 17 at Woongarra Oval, during Round 2 of the Central Coast Rugby Union Competition held on April 14.

Warnervale had the better of the first half and led by 10 points to seven at the halftime break.

However, the match was proving tight and both teams at that stage knew they had real chances of victory.

Woy Woy took the lead in the

second half and did outscore the home side by 15 points to seven in the second half.

Best players for Woy Woy were Alifeleti Atiola, five-eight Fokolulu Taumalolo and centre Wade Hannell.

Both teams knew they could achieve a win in this match but it was the visitors from Woy Woy who prevailed.

SOURCE:

Media release, 16 Apr 2018
Larry Thomson, Central Coast Rugby Union



Mr Mark Van Aalderen from Ocean Beach SLSC accepts the winner's trophy from Mr Jeff Doyle

Surf boat series win

Ocean Beach Surf Life Saving Club has taken out the 2017-18 surf boat series.

SLS.

"It was a huge turn of the tides this season with Ocean Beach SLSC taking out the Overall Champion Club title," said Surf Life

Saving Central Coast president Mr Stuart Harvey.

The club "snatched it" after a four-year long history of wins by Caves Beach and Avoca.

SOURCE:

Newsletter, 18 Apr 2018
Melissa Ives, SLS Central Coast

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Bowlers raise \$920 for charity

Woy Woy bowlers have raised \$920 for children's charity at their monthly charity event in April.

"We had 40 bowlers at our April event," said organiser Mr Ken Dixon.

"We raised another \$920 for Central Coast Kids in Need bringing our year-to-date total to around \$5600.

"The Woy Woy Leagues Social Club was there to support the event and we even had entertainment in the form of Tasha Lee.

"The Spider was won by Floss Irvine while Keith Brown beat Mick Stone by one in the Lucky Rink Draw.

"Raffle prizes were scattered around the room with the social club picking up plenty of prizes.

"Marilyn Mulder, Jan Beston and

Leslie Stone were big winners," he said.

Central Coast Kids in Need raises money to assist families who have seriously ill children with prolonged illness.

Most of these children are cancer patients, others with organ transplants and premature babies with life threatening issues.

The money is used to defray the costs of accommodation for the families while the kids are receiving their treatment, as well as travel costs, equipment requirements and pharmacy accounts.

A total of \$326,000 was distributed to 292 families across the Coast last financial year and \$228,000 has been provided to 215 families so far this year.

SOURCE:

Media release, 19 Apr 2018

Ken Dixon, Woy Woy Bowling Club

Seven-year-old beats Buhagiar record

A seven-year-old from Woy Woy Little Athletics has beaten a record set by Central Coast Mariners player Trent Buhagiar at the same age.

Archer Todd broke the discus record of 16.77 metres set by Buhagiar in 2005, with a throw of 17.02 metres in February.

He was six at the time.

He received a trophy for his achievement in a presentation event held by Woy Woy Little Athletics earlier this month.

"I am so proud of Archer," said his mother Ms Sue Lill.

"I know how much effort he puts into his training and he's never missed a meet.

"He is so focused and such a good sport, never getting discouraged when he doesn't win, always looking forward towards the next event.

"He has such a good attitude towards his sport for a seven-year-old and I just couldn't be prouder."

Archer is in Year 2 at Ettalong Public School and has been with Woy Woy Little Athletics for two years.

He trains every Tuesday afternoon with his coach, Mr Mark Wilson and attends meets every Friday.

With the summer season wrapping up Archer is turning his attention to tennis.

When he's not on the field or court, Archer enjoys hanging out with his mates and bike riding.

SOURCE:

Media release, 17 Apr 2018

Sue Lill, Ettalong



Local boy, Archer Todd is a discus dynamo

Peninsula lifesavers elected to regional committee

Four members from Peninsula surf lifesaving clubs have been elected to the regional committee at Surf Life Saving Central Coast on April 12.

Umina's Mr Bob Powell was elected to the Board of Education as education manager for a two-year term.

Two members from Ocean Beach were elected.

Mr David Unger was elected to

the Board of Surf Sports as director for a two-year term.

Mr Dave Thompson was elected to the Constitution Committee for a one-year term and was also elected to the Judiciary Committee for a one-year term.

Ms Shelley Smith, a member of both Ocean Beach and Umina clubs, was elected to the Selection Committee for a one-year term.

SOURCE:

Newsletter, 18 Apr 2018

Melissa Ives, SLS Central Coast



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Anja being declared the winner



Anja Stridsman with her Commonwealth Games gold medal



Anja Stridsman with Malcolm Turnbull

Anja wins Games gold

Umina PCYC boxer Anja Stridsman has won a gold medal at the Commonwealth Games, just five months after surgery to repair a ligament in her knee.

Anja won the final in the 60kg division against English boxer Paige Murney, with a 5-0 decision in Anja's favour.

She reached the final after wins against India's Sarita Devi in the quarter final on April 11 and against New Zealand's Troy Garton in the semi-final on April 13.

Anja had qualified for the Australian team after winning three fights with a ruptured anterior cruciate ligament, before paying \$13,500 to have the ligament replaced with a donated Achilles tendon.

In a "belated announcement"

on her Facebook page on April 18, Anja expressed her joy over the win.

"Through a torn ACL and an Achilles' tendon of a cadaver, I am still amazed that I actually did it."

"There are many people that I would like to thank, but one above all, to whom this gold belongs just as much as myself, is my friend and coach Joel Keegan."

"He is the one person that was there with me through everything."

"We were two equally crazy people to believe that we could pull this off: Firstly, to qualify without an ACL and then not just compete but win the Commonwealth Games only five months after surgery," she wrote.

"Joel saw what type of athlete I was, and he committed to getting me there."

"He sacrificed, adapted, drove

countless kilometres, made himself always available."

"I could not have won this gold without him and I would not be half the boxer that I am today without him."

"He may not be the coach for everyone and as much as we might fight, as stubborn people do, and as much as this journey has been tumultuous, he is the only coach for me."

"The moment I will forever treasure is the one where I could jump up in the stands and hug the man who made it possible for me to have gotten there in the first place."

"The man knew just what I had gone through to get here."

SOURCE:

Website, 18 Apr 2018

**Anja Stridsman Facebook page
Games Team Athlete Bio
Reporter: Dillon Luke**

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#N.B. Only a doctor can diagnose arrhythmia.

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