

## Medium density plan for Woy Woy

**A radius of one kilometre around Woy Woy would be designated "medium density residential" under a plan being considered by Central Coast Council.**

Woy Woy is one of five strategic centres identified in a draft urban plan that may eventually lead to a new local environment plan, the guidelines used for the assessment of development applications.

The town centres, with a radius of one kilometre, will "offer high amenity settings for medium density residential and maintain their distinctive characters" according to the draft plan which goes to council tonight (June 24).

If passed by the councillors, the draft urban spatial plan will go on public exhibition for 60 days and council will undertake community workshops in each of eight planning precincts identified in the local strategic planning statement that is part of the plan.

Woy Woy town centre is within one of those eight planning precincts. The entire peninsula is part of the one West Brisbane Water and Peninsula planning area.

Priorities for Woy Woy town centre include adopting a strategic plan to support population growth that will not generate unsustainable traffic impacts, while protecting the scenic quality and character of the area.

But it will also promote housing densities that will encourage socially diverse population and short stay accommodation "in a manner that does not impact connections and movement as well as limiting growth in environmental hazard areas".

Also, it wants to encourage revitalisation of Woy Woy through the development of a "cohesive domain approach strategy that supports a pleasant and safe town centre with housing, jobs, services, community facilities and entertainment for residents and visitors".

Umina will be a town centre, providing low to mid-rise living with some medium density housing

as part of mixed-use areas in the commercial centre.

Specifically, Umina's priorities will be the creation of a civic area through enhancement of the useability of public space in the centre and providing safe public realm ensuring functionality for wide cross section of the community.

"Key attractors" will be connected by maximizing opportunities for ecological and environmental sustainability including rainwater recycling, energy efficiency, and cycling.

It will capitalize on amenity benefits by improving relationship between public and private spaces to the benefit of the public while fostering community ownership and approval as part of the renewal process and business community.

Another priority will be creating opportunity for innovative development and design.

Ettalong Beach has been designated a village with a range of 600 metres from the centre.

Priorities identified in the draft are to support local business and retain the existing amenity.

The built form is meant to be low to medium rise development with a focus on town houses and villa development.

The vision in the draft is the first stage in developing council's local strategic planning statement which it must deliver by July 2020 under State Government rules and which leads to a comprehensive local environment plan - and that's the plan that sets development guidelines.

As part of a separate process, character statements about places will be developed under a comprehensive review of the Central Coast Development Control Plan - another planning instrument.

Council will identify actions required for achieving the planning priorities, as well as the basis on which it will monitor and report on the implementation of those actions.

The State Government required all merged councils to develop an integrated vision which included

prioritised land use planning.

Council's draft plan aims to provide the framework for the coast's growth and development over the next 20 years but it sits inside the directions of the NSW State Government's Central Coast Regional Plan 2036 and council's own Community Strategic Plan 2018.

Its role is to provide a clear direction for strategic planning instruments "to deliver housing diversity, transport improvements, a protected natural environment, infrastructure upgrades, economic and social vitality desired by the community, without compromising the identity, quality and nature of Central Coast living", according to the report to council.

These directions include revitalising town centres, upgrading public spaces and creating new housing types and improving "movement" networks and to "transform neighbourhoods into inclusive, adaptable, resilient and smart hubs of growth".

The report to the councillors says: "The draft Plan will ensure that the Central Coast of tomorrow will grow into a World Class Region that is smart, green and liveable with a shared sense of belonging and responsibility.

"Gosford Regional Centre will become a Living City Centre that acts as the Capital of the Central Coast, providing regional facilities and a positive local identity.

"Our other Centres will thrive with more living and working opportunities, providing key services to surrounding communities. Importantly, our communities will be physically connected through appropriate infrastructure and socially connected through strong relationships and sense of unity."

The report states that Woy Woy peninsula has had a population growth of between 0.5 per cent to one per cent in the years 2011 to 2016 and the same percentage growth is forecast for the next 10 years.

**SOURCE:**  
Central Coast Council  
agenda 2.1, 24 Jun 2019



## Rotary club plans youth charity ball

**The Rotary Club of Umina Beach will hold its Central Coast Youth Charity Gala Ball at Gosford RSL on November 9.**

Proceeds of the evening will go to the Top Blokes Foundation, a men and boys social, educational and mental health organisation.

Outgoing Rotary club president Mr Paul Quinn said: "The Top Blokes Foundation supports over 400 young males on the Central Coast each year, through mentoring and social education programs across primary schools, high schools and in the wider community.

"Young males who engage in

the program are improving their mental health and reducing their risk-taking behaviours.

"On the Coast, the Top Blokes team are aiming to reach an additional 200 young males through their programs in 2020 and your attendance at the Ball will help us raise the funds they need to achieve this," Mr Quinn said.

Mr Quinn said he anticipated "a fun evening with fantastic food and wine and a band that is sure to keep you dancing all night long".

The club is currently seeking sponsors for the event.

**SOURCE:**  
Newsletter, 19 Jun 2019  
Simon Darwin, Rotary  
Club of Umina Beach

THIS ISSUE contains 49 articles - Read more news items for this issue at [www.peninsulanews.info](http://www.peninsulanews.info)

# NEWSPAPERS

Central Coast

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## News

# Peninsula News

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

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

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

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### Contributions

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

All accepted contributions also appear on our website.

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

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### Source lines: Where do our articles come from?

Peninsula News includes "source lines" at the end of each article which aim to provide readers with information about where and how we came across the information, so that they might judge for themselves the veracity of what they are reading.

It should not be assumed that the article is a verbatim reproduction of the source. Similarly, it should not be assumed that any reporter listed is necessarily responsible for writing the whole news item. Source lines are not by-lines.

Often articles come from a number of sources. They are edited for readability and reader interest and given different headings, and consequently can be expressed quite differently from the source material.

Peninsula News usually receives its

information in three ways: It is sent to us by someone wanting to promote their activities; it is sent to us in response to our inquiries; or it comes from a newsletter or other document to which we have access.

Sometimes we may interview a person or report what they said at a meeting.

The following descriptions are used:

**Media Release** - unsolicited contributions. **Media Statement** - sent in response to our questions. **Website or Social Media** - information published online. **Newsletter or Report** - published in print or online. **Interview or Meeting** - statements recorded by a reporter.

Forum contributions may be: **Email** if sent electronically and **Letter** if written on paper.

## June rainfall fizzles

Initial hopes for a wet June are dwindling as the Peninsula enters the nine days of the month with extremely below average rainfall so far recorded.

After one of the driest May's ever seen on the Peninsula (according to rainfall data compiled by Umina's Mr Jim Morrison) there was tentative hope that the Peninsula would see some much needed precipitation over June.

Traditionally the region's wettest month, June rainfall totals for this year started out strong, delivering 26.1mm of rain in the first week of the month alone, which was five times more than what was recorded across the entirety of May.

However, the Peninsula appears to have dried up, seeing only one significant rainfall event on June 18 (12.8mm) since that initial wet spell from June 1 to 7.

The region did see other



sporadic falls both before and after the rainfall event on the 18th, but none of them registered above 1.5mm.

So as of June 21, the monthly total rainfall for June 2019 sits at 43.2mm.

On average the monthly total for June usually registers around the 170mm mark, more than four times what the Peninsula has recorded so far this year.

The result brings the Peninsula's yearly total rainfall for 2019 up to

452mm.

If the trend from Mr Morrison's 2018 rainfall data is to be believed, it appears the Peninsula will be again banking on freak spring-summer storms from October-December if it is to crack the 1000mm mark, let alone come close to its traditional yearly average rainfall of 1289mm.

**SOURCE:**  
Spreadsheet, 7 Jun 2019  
Jim Morrison, Umina

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## Helicopters used for bushfire safety patrol

Low-flying helicopters seen flying around Ettalong and Woy Woy recently may have been an electricity provider's bushfire safety patrol.

Ausgrid chief operating officer Mr Trevor Armstrong said the patrols started on July 18 and were focusing on areas of the Ausgrid network for any potential bushfire hazards and flying lower than helicopters normally would.

He said the helicopter's presence would have been most noticeable around Ettalong and Woy Woy but were also in surrounding areas.

"Safety is our highest priority and these patrols are a key part of our annual bushfire safety program to help identify and rectify any potential defects that might pose a bushfire risk.

"This year we have contracted two specialist helicopters to allow the patrols to be finished by the end of June, well before the start of the next bushfire season in September," Mr Armstrong said.

He said the helicopter flights were the safest and most efficient way to inspect high-voltage powerlines and Ausgrid would remove or repair any hazards identified on the network during



and soon after the patrols.

"The patrols reduce safety risks for our own people, because by using a helicopter, we can identify potentially dangerous hazards from above without putting our workers at risk.

The specialist crews are using laser scanning equipment and taking high-resolution photographs to identify any hazards on our poles and wires and trees growing too close to powerlines.

"Using the photographs means our own workers don't need to be placed in a position of having to examine damaged equipment up close," Mr Armstrong said.

"The helicopters fly between 15 and 35km per hour and have been modified to allow for the quietest possible operation".

**SOURCE:**

Media release, 18 Jun 2019  
Trevor Armstrong, Ausgrid NSW

## Amendments to Berith St approval

**A multi-dwelling development at 50 Berith St, Umina, approved in April 2017 has gone back to Central Coast Council for modifications to its approval.**

Council has approved amendments to raise the front fence height from 1.5m to 1.8m, to use new materials for the exterior of the development and to reduce the size of some windows.

It also will convert ground floor store rooms to open study nooks.

Development consultants Clarke Dowdle and Associates said that unlike single dwelling-houses that were erected upon residential sized allotments, that typically had their principal private open space positioned to the rear of the dwelling-house, multi-unit dwelling and residential flat buildings had court yards positioned to the front of the front dwelling with courtyard fencing to allow an appropriate level of screening to the principal

private open space.

This was the case with unit one in this development and 1.8m fence would allow a front private courtyard.

The application, for PM Jacques, noted that seven properties directly to the north had been redeveloped for medium density development, with each development consisting of three or four strata-titled units.

The pattern of redevelopment to the east and west also demonstrated a prolific number of medium density developments to the point where single detached dwellings were the exception, the application stated.

A further pattern to development was the permissible use of unnamed laneways for the principle access and egress for units.

The original approval allowed for three townhouses.

**SOURCE:**

DA Tracker, 18 Jun 2019  
DA 51134/2016.3, Central Coast Council

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## Abigail wins regional training award

Abigail O'Grady of Umina has been named the School-based Apprentice-Trainee of the Year at the Central Coast Regional Training Awards.

Ms O'Grady is completing a Certificate III in Individual Support at TAFE NSW Gosford while completing high school and working at Peninsula Villages in Umina.

"It gives me great honour and privilege to make it this far, overcoming many obstacles and really believing in myself," O'Grady said.

"Winning this award is an excellent achievement and shows that hard work and effort pays off."

TAFE NSW regional general manager Ms Susie George said: "It's incredibly rewarding for TAFE NSW staff to watch students like Abigail grow, in the knowledge that the skills and talents they learn with us have the potential to transform



their lives."

The awards were held at Mingara Recreation Club, Tumbi Umbi, on June 19.

Ms O'Grady is now eligible for nomination in the NSW Training

Awards to be held in Sydney in September.

SOURCE:

Media release, 20 Jun 2019  
Kristy Sheppard, TAFE NSW

## New construction method used

**A new road construction method using recycled plastics, glass and toner cartridges has been used at Wards Hill Rd in Empire Bay.**

The newly-laid section of Wards Hill Rd between the intersection with Empire Bay Dve right and the intersection with Pomona Rd is one of the first on the Central Coast to be made using a new product known as Reconophalt.

Council's Director Roads Transport and Drainage Mr Boris Bolgoff said the product would save thousands of tonnes of waste from ending up in landfill.

"To give you an idea of the quantity of waste that can be saved, a 600m section of road can be made using 631,000 plastic bags, 117,000 glass bottles, toner from

14,400 used printer cartridges, and 160 tonnes of reclaimed road asphalt.

"The product is added to bitumen and the end result is equal or superior to traditional asphalt with data showing improved strength and resistance to deformation, which makes roads last longer and better handle heavy vehicle traffic," Mr Bolgoff said.

Mr Bolgoff said Council has partnered with the Plastic Police Program to establish the local collection of soft plastics for recycling into Reconophalt and opportunities for the public to drop off their soft plastics for reuse into local roads will be announced soon.

SOURCE:

Media release, 19 Jun 2019  
Boris Bolgoff, Central Coast Council



Before



After

## Trees removed from the dog track

**Established and newly-planted trees have been removed from the dog track on the Araluen Dr extension at Pretty Beach**

Central Coast Council provided the new plants to the bushcare group to rehabilitate the council land where the trees were killed.

The shrubs and trees were planted on the site where a group of casuarina trees and mangroves were poisoned last year and had died.

The council has previously put up a sign saying the area was targeted by vandals.

Some time between Friday June 14 and Saturday June 15 this

latest act of vandalism occurred with all the established and newly planted trees and shrubs removed.

Fifty native tube stock plants were removed at the start of the dog track track, infuriating the volunteers from the Pretty Beach Bushcare group who planted them in April.

"The tube stock was planted by the Pretty Beach Bushcare, with the aim of improving the environment for everybody to enjoy and improve habitat for the native wildlife," said convenor Ms Toni Trent.

"As community members living in a beautiful and special environment, we must fight to stop the destruction of native plants."

Ms Trent said group members suspected the damage was done by someone who did not want their views interrupted.

"It just shows a complete lack of respect for the bush," Ms Trent said.

"If you have any information about any of the damage that has occurred, please contact Council's Ranger Services on 1300 463 954."

She said anyone interested in joining the Bushcare group could contact her on 0401 587 988 and that new members were "very welcome".

SOURCE:

Media release, 18 June 2019  
Toni Trent, Pretty Beach Bushcare

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## Local bee features in native bee stamp and coin set

A Woy Woy Bay wildlife photographer has had one of his images featured in one of Australia Post's latest commemorative stamp and coin sets.

Mr Michael Doe's image of a native cuckoo bee has been featured prominently in Australia Post's new native bees stamp and coin set.

He said he captured the image of the bee in bushland around Woy Woy on a photography expedition.

The cuckoo bee is named for

its use of the nests of other native bees, such as the blue-banded bee.

For the use of his photograph, Mr Doe received \$250 from Australia Post.

Mr Doe is a part of Project Maratus, a not-for-profit research group established in 2015 to study the peacock spider.

He said it would be used to aid Project Maratus in its ongoing research.

**SOURCE:**  
Website, 20 Jun 2019  
Michael Doe, Project Maratus



## Clean-up collects bottles, cans, straws and butts

**More than 400 bottles and cans, 250 plastic straws and 1000 cigarette butts have been collected in a clean-up of Umina Beach on Sunday, June 16.**

The Sea Shepherd Marine Debris Campaign Beach clean-up saw 47 volunteers brave bleak conditions to pick up and remove 198 kg of rubbish.

The rubbish included: 1000 cigarette butts, 255 plastic straws, 139 plastic drink bottles, 133 aluminium cans, 131 beer bottles, 8kg of broken glass, two chairs, two tents, two tyres and one bean bag.

One volunteer said on social media that she could not believe the amount of little bits of plastic she picked up.

Sea Shepherd Marine Debris Campaign has conducted over 520 beach cleans nationally with more than 20,000 people volunteering their time.

The Central Coast's next clean up is at Terrigal Beach on the July 21 at 10am.

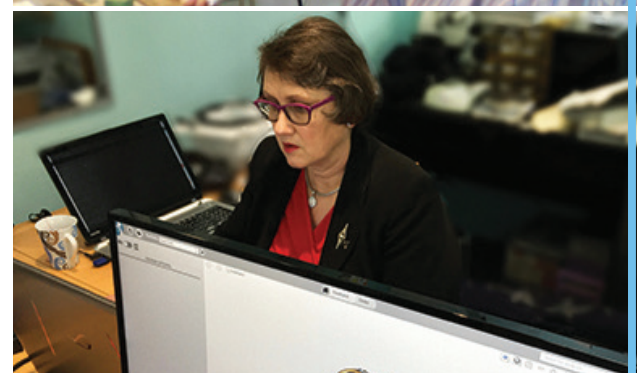
**SOURCE**  
Media statement, 20 Jun 2019  
Justin Estreich, Sea Shepherd

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# Development issues not addressed, councillors told

**Issues raised by council staff in a "pre-development meeting" about a proposed Ettalong five-storey development have not been adequately addressed, objectors have told Central Coast councillors.**

Community action group Residents for Responsible Ettalong Development has followed the closing of objections to a proposed development at 227-231 Ocean View Rd with letters to all councillors urging them to reject the application.

The action group, which represents more than 100 residents, formed earlier this year in reaction to the proposed five storey building.

It has outlined its members' concerns, using council's own comments made to the developer at a pre-development advisory meeting.

Site owner Jedaclew Pty Ltd proposed a commercial development with basement car parking and shop top housing of 26 units.

The record of the meeting

shows council's advice was the height of the building was to be reduced to five storeys overall and to two storeys at the residential zone interface.

Council staff quoted the development control plan which said the maximum 8.75m high and two-storey facade applied to all frontages to properties that had an interface with a street or laneway or common boundary with a residential zone.

Council requested full compliance with the control plan at the residential zone interface.

Later the council report said: "It is understood this is a narrow site however this is a site constraint and does not justify non-compliance with controls".

It encouraged the applicant to continue with perusing the acquisition of 235 Ocean View Rd, Ettalong Beach, to provide more opportunity for redeveloping the subject sites.

It wanted evidence that offers were made to acquire the land.

If it didn't buy the land, its application would have to address lot isolation and its potential to

be developed given that the site beyond it, at 237-245 Ocean View Rd had approval for a five storey mixed use development.

Council also addressed issues with setbacks, quoting Australian Design Guide recommendations.

"Non-compliance results in detrimental impacts on the private outdoor spaces on the east and also the development potential of the site to the west," the report said.

The 12 page report finished with the statement: "It is unclear if the proposal complies with density controls. However, the non-complying setbacks, height, and building envelope encroachments indicate it is an overdevelopment of the site."

Applicant Mr Alex Bishop had an architect, two designers and an engineer at the meeting with him while council staff were town planner Amanda Hill, an engineer, and experts in waste, water and sewerage, and planning instrument SEPP 65.

In the letter to councillors, the Ettalong Beach group pointed out how the development proposal that

was later submitted to council did not realistically address the issues outlined at the pre-development meeting.

Residents' group spokesman Mr Peter Gillis said the proposed building was still six storeys and about 21 metres high when a realistic lift overrun was included.

He said the street frontage facade was four storeys and 12.5 metre high when it should be two storeys or 8.5m and the interface with the residential zone was three storeys at 9.5m in height when it should be two storeys and only 8.5m in height.

The setbacks on the east and west were inadequate and the setbacks to the adjacent residential site to the north was also still less than required.

"The proposed building is more than 20 per cent over-height, with grossly inadequate setbacks, non-compliant frontage, and does not comply with the ADG 'built form and scale' requirements," he said.

"The developer has consistently defied Council's request for compliance in their submission in February, and in their revised

submission in May 2019."

He urged the councillors to reject the proposal.

Prior to submissions closing on June 6, a member of the group submitted 58 signatures on a petition which noted the monolithic design, its overshadowing of pedestrian areas and lack of traffic analysis which did not take into account other newly constructed buildings and approved development applications or applications under consideration.

A change.org petition had 230 signatures last week with signatories mentioning the loss of the village feel.

Council's draft urban spatial plan which is due to be tabled tonight (June 24) proposes that Ettalong development should mainly be low to medium rise development with a focus on townhouses and villa development.

Priorities were identified as supporting local business and retaining the existing amenity.

**SOURCE**

Media release, 20 June 2019

Peter Gillis, RRED

DA Tracker, 20 Jun 2019

DA 55896, Central Coast Council

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Thank you Robertson

It is an **honour to be re-elected and I am so grateful for the support.** Being the Member for Robertson is a great privilege and I want to thank our community for backing our plan for an even better Central Coast and a stronger Australia.

It was wonderful to be able to meet and speak with so many of you over the campaign and to hear some great feedback about the projects we have already been able to deliver.

Together, we have achieved a great deal for the Central Coast, including projects like the Central Coast Medical School and Medical Research Institute, local road upgrades and support for small and family businesses.

Now, I'm excited to get to work on delivering our commitments like our plan to upgrade sporting facilities across the Peninsula including **\$8.25 million to upgrade the Peninsula Recreation Precinct.**

Our **\$70 million local roads package** means that funding will be available for the Council to fix some of the worst roads on the Coast like Lushington Street, East Gosford and Steyne Road, Saratoga.

I'm really looking forward to the next three years, continuing to hear your concerns and ideas and working hard to see our plan for the Central Coast become a reality.

Thank you again,

**Lucy Wicks MP**  
**Federal Member For Robertson**

Level 3, 69 Central Coast Highway, West Gosford NSW 2250 | 4322 2400  
lucy.wicks.mp@aph.gov.au | lucywicks.com.au | @LucyWicksMP





Ms Dorothy Callister (second from left) with family and friends at her 100th birthday celebration

## Seven village residents now aged over 100 years

Seven residents of a Umina retirement village are now over 100 years of age, with the latest having her 100th birthday on June 11.

Peninsula Village resident Ms Dorothy Callister Umina celebrated her birthday at the Village Hall with family, friends and well-wishers, according to chief executive Mr

Shane Neaves.

"Seven family members attended.

"Ms Melinda Dempsey presented flowers and cake on behalf of the board, management and staff," he said.

"Dorothy was born in Sydney and was the youngest of two girls.

"Her school days were spent in

Ballarat and upon leaving school studied Visual Art.

"Dorothy is a mother of four children, two girls and two boys.

"She lived in Sydney for many years before moving to the Central Coast."

SOURCE:

Social media, 11 Jun 2019  
Shane Neaves, Peninsula Villages

## Outdoor play space upgraded

The Peninsula Leisure Centre creche's outdoor play space has been upgraded at a cost of \$16,000 by Central Coast Council.

The works saw a new soft fall area with a racing track design, chalkboards and a basketball ring installed.

According to Council section manager Mr Anthony Burling, the works were the latest in a series being rolled out at the centre.

"Over the last two years, the Peninsula Leisure Centre has undergone more than \$576,000 of upgrades including indoor court ventilation, solar pool heating, pool hall and plant room upgrades, new

fitness equipment, change room refurbishments, new lockers and fencing.

"The latest improvements to the creche will allow better outdoor play experiences for the children who attend, while our members and guests utilise our pool, gym and fitness classes," Mr Burling said.

Mr Burling also said Council was planning to upgrade the centre's pool heating and ventilation systems as well as to install an outdoor water park.

SOURCE:

Media statement, 11 Jun 2019  
Anthony Burling, Central Coast Council



## Application for manufactured home

Central Coast Council has received a development application for a manufactured home to be installed at Empire Bay.

An existing home is to be demolished at 116 and 118 Rickard Rd, Empire Bay, and the home manufactured at Somersby will be installed on one of the blocks.

The application has been

submitted by The Manor Group of Somersby and Parker Scanlon Pty Ltd on behalf of John and Helen Jarman.

Parker Scanlon town planner Ms Tayla Hill said manufacturing homes off site was becoming more common.

In her opinion, they were a sustainable model of building with less waste involved and often using recycled materials.

She said it was often cheaper too, as all the labour was on site, including plumbing and electrical foundation work.

The homes are built in modules and transported in two or three bits.

Ms Hill said the designs were simple and open plan and overengineered so they cope with being transported, resulting in very sturdy buildings.

The site is zoned R2 low density residential and the proposal "generally complies with applicable guidelines and controls that are specified in the Gosford Development Control Plan", the applicant said.

The building has been designed to reflect the established building line and characteristics within surrounding lots and will include suspended floors and decks with a

stepped design following the site's natural slope, a gently pitched roof and an overall building height positioned lower than the existing canopy.

The development application was lodged on June 14.

SOURCE:

DA Tracker, 18 Jun 2019  
DA56676, Central Coast Council  
Interview (Merilyn Vale), 18 Jun 2019  
Tayla Hill, Parker Scanlon

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## Tesch disappointed with State Budget

**Labor Member for Gosford Ms Liesl Tesch has said she was disappointed with the State Government Budget which was announced last Tuesday, June 18.**

Among the disappointments was the continued inaction on the Woy Woy rail underpass, she said.

Liberal Member for Terrigal Mr Adam Crouch said it was a budget that only a Liberal and National Government could

continue delivering on schools, hospitals, roads and rail projects while employing record numbers of nurses, teachers, and police.

In a media release, Mr Crouch listed "highlights" from the NSW Budget for the Central Coast.

However, none were specifically for the Peninsula.

**SOURCE:**  
Budget papers, 18 June 2019  
Media release, 18 June 2019  
Adam Crouch, Member for Terrigal  
Media release, 18 June 2019  
Liesl Tesch, Member for Gosford

## Rotary club changes presidents

**The Rotary Club of Umina Beach has held its 43rd Changeover.**

The Changeover saw the club farewell its 2018-19 president Mr Paul Quinn and welcome its 2019-20 president Mr Rouel Vergara at a dinner held at Ocean Beach Surf Life Saving Club on June 19.

Mr Quinn reflected on his time as president, saying it was amazing what Umina Rotarians had achieved in the space of 12 months.

Notable highlights included the successful delivery of over \$39,000 in fundraising to over 20 beneficiaries, the coordination of inbound and outbound Rotary Youth Exchange students Thyra Jorgensen and Beau Seale, the success of the 2019 Vocational Program and the club's international service to the Papuata Girls College in Samoa.

"It has been a real privilege serving as president over the last 12 months," he said.

**SOURCE:**  
Newsletter, 19 Jun 2019  
Simon Darwin, Rotary Club of Umina Beach



Rouel Vergara

**Members of Ocean Beach Surf Life Saving Club came together on June 16 to scatter the ashes of Ms Margaret Callingham.**

Ms Callingham was a long time member of the club, involved in the women's surf life saving movement on the Central Coast in the 50s and 60s.

She was also a member of the then Surf Life Saving Ladies Auxiliary and even received a Medal of the Order of Australia in 2009 for services to surf life saving.

Ms Callingham died aged 88, in 2018, after a long illness.

The club was contacted by Ms Callingham's children earlier in the year after learning from her will that she wanted her ashes to be scattered at sea.

The club's administrative support officer, Ms Belinda Thompson, said around 40 people attended the ceremony.

"Members took two rafts out, one containing Margaret's family



The late Margaret Callingham

and the other guests, to conduct the scattering ceremony," she said.

"When they returned to shore those gathered also released roses into the surf in Margaret's

honour."

**SOURCE:**  
Interview (Dillon Luke), 19 Jun 2019  
Belinda Thompson, Ocean Beach SLSC

## Service recognised with life membership

**Mr Geoff Melville's 16 years of service as a director of an aged care facility has been recognised with life membership.**

Among Mr Melville's contribution to Peninsula Villages has been his role as chair of its building committee responsible for the development of another 114 beds at the facility.

Earlier this year, the committee awarded a \$30M contract to build the extension.

Peninsula Villages chief executive Mr Shane Neaves said: "Geoff has provided Peninsula Villages and the local community with tremendous service and commitment for many years, something he does unconditionally



and without seeking any personal gratification."

He said Mr Melville had extensive knowledge of the

property market and had been a key facilitator as Peninsula Villages strategically advanced its landholdings.

Mr Melville had also been an active member of the Rotary Club of Umina, Empire Bay Progress Association, Empire Bay Public School Parents and Carers Association and a variety of local Probus Clubs.

The life membership is the second time this year that Mr Melville's work in the community has been recognised.

In March, he was presented with the NSW Government's Local Achievement Award for a lifetime of services to the community.

**SOURCE:**  
Media release, 20 Jun 2019  
Kately Small, Brilliant Logic

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## Noel Olive receives Order of Australia medal

**Former Umina resident Mr Noel Olive has been awarded an Order of Australia medal in the recent Queen's Birthday Honours.**

Mr Olive, who now lives at Sydney's Little Bay, provided the opportunity for local artists to show their work at his Olive Branch Gallery at Umina in a series of events over eight years until the gallery closed in September.

Through this, he contributed to the process of reconciliation between indigenous and other Australians, according to long-time friends Sue Young and Chris Moe.

Mr Moe said Mr Olive's passion for reconciliation was born when he worked with aborigines as a drover at the age of 16, and later on the docks and in the metal industry.

"Under Gough Whitlam's education reforms, he trained as a lawyer at Macquarie University and in the 1980s joined in a campaign to establish a Royal Commission into Aboriginal Deaths in Custody, later becoming a legal representative concerned with the underlying social issues causing those deaths," they said.

"He travelled to Western Australia to meet aboriginal people in the wheat belt, the Kalgoorlie gold mining region and the Pilbara.

"He was then employed by the Karijini Aboriginal Corporation as co-ordinator, during which time his knowledge of and respect for indigenous people and for their culture matured."

Mr Olive wrote three books: Karajini Mirlimiri, which sets out the lives of the peoples of the Pilbara in their own words; Enough is Enough, a history of the colonisation of the Pilbara; and Out with the Pilbara Mob, recording his involvement with the Royal Commission into Aboriginal Deaths in Custody and his time

working with the Karijini Aboriginal Corporation.

Mr Olive said he had been involved all his life in the process of reconciliation between whitefellas and blackfellas.

To show respect and seek social justice for our first Australians had been his hallmark, he said.

Mr Moe said Mr Olive had been a big part of the Peninsula community from the time he moved there in the mid-1990s to his retirement last year.

"His natural curiosity about people and his interest in their lives meant that he became involved in many areas of community life," Mr Moe said.

He made a "huge contribution" to the University of the Third Age on the Coast.

As its president, he led courses promoting better understanding between the two cultures and educating residents on the Constitution in the context of the Recognize Campaign.

"His home at Umina was his castle, and his art gallery a venue for many functions including memorable Melbourne Cup events, multiple art exhibitions, social gatherings, birthdays, and poetry readings," Mr Moe said.

"Noel's commitment to and passion for Aboriginal rights to recognition and legal and social justice have defined him as an outstanding advocate and friend."

Just prior to leaving the Peninsula, Mr Olive held a final exhibition at his gallery at Umina, showing his own artwork under the title The Pilbara and Other Places.

He was recognized in the Honours List for service to the indigenous community, to history, and to the arts.

**SOURCE:**

**Media release, 11 Jun 2019  
Sue Young and Chris Moe, Bensville**



Noel Olive

## Council to spend \$5 million on Peninsula projects

**More than \$5 million will be spent on the Peninsula by Central Coast Council in major projects approved in the council's budget for the 2019-20 financial year, according Cr Chris Holstein.**

In addition to this, the council will continue to work on the \$5.32m Woy Woy wharf project, contributing \$1.33m over two years, Cr Holstein said.

Cr Holstein is one of three councillors representing the West Ward which includes the Peninsula.

"We have had an especially good outcome for the Peninsula in regard to major works," Cr Holstein said.

He said \$400,000 would be spent to upgrade the car park at Rogers Park, Woy Woy, and \$25,000 for the Burge Rd carpark.

"Work will also be done on the carpark near Woy Woy sportsground to the value of \$125,000 and \$50,000 on stage 2

of the Koolewong carpark."

A carpark and roadwork at Lone Pine Ave, Umina, would be allocated \$91,000.

Roadworks on the Peninsula attracted well over \$2 million of funding, with \$319,000 to be spent on maintenance and upgrade works on Blackwall Rd, Woy Woy, and a \$590,000 outlay on the next stage of footpath work along Brisbane Water Dr.

Drainage and roadworks along Glenrock Pde will attract \$1.17 million, reconstruction work on Ryans Rd \$173,000 and road upgrades at Correa Bay \$415,000.

Council has committed to a two-year program to design and construct new amenities at Rogers Park, with \$50,000 to be spent during the next financial year and \$850,000 the following year.

The plan will see \$180,000 spent on irrigation at James Brown oval at Woy Woy and a drainage upgrade in the Everglades catchment will be undertaken at a

cost of \$600,000.

More than \$500,000 will be spent over three years on the Mt Ettalong lookout and Patonga wharf will be renewed at a cost of \$150,000.

Playgrounds will be upgraded at Fagans Park (\$100,000), Lentara playground at Umina (\$100,000) and Brisbane Ave playground at Umina (\$100,000).

The roof of Umina Surf club will be replaced at a cost of \$250,000.

The council budget was adopted on June 11 with the Council's Operating Plan, which forms the second year of Council's Delivery Program 2018-21.

It will see Council operate at a deficit of \$18.6m to deliver expenditure of \$556.4m in essential services and \$235.6m in capital works all over the region.

**SOURCE:**

**Central Coast Council agenda, 12 June 2019**

**Interview (Terry Collins), June 19  
Cr Chris Holstein, Central Coast Council**

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# New principal at Pretty Beach

## Ms Karen Wardlaw is the new principal of Pretty Beach Public School.

Relieving principal Mr Dave Rattray congratulated Ms Wardlaw and wished her welcome to the Pretty Beach Public School community.

"Ms Wardlaw is assistant principal at Kincumber Public School but is currently relieving deputy principal at The Entrance Public School.

"She was offered the position following her successful application and interview with our staffing

selection panel.

"Mrs Wardlaw will begin as principal in Term 3 and I will return to Year 6 for the remainder of the year," Mr Rattray said.

He said Ms Eliza Hansen had shown enthusiasm and hard work on Year 6 this semester.

"She will be sorely missed, and we look forward to seeing her back at Pretty Beach Public School for casual days when possible," Mr Rattray said.

**SOURCE:**  
Newsletter, 6 Jun 2019  
Dave Rattray, Pretty Beach Public School



## School unveils new playground

### Umina Beach Public School has officially unveiled its new playground.

Principal Ms Lyn Davis said student feedback on the

new playground had been overwhelmingly positive and the new space had become extremely popular during break times.

"The new playground equipment

has proved to be popular and the children love it," Ms Davis said.

**SOURCE:**  
Newsletter, 18 Jun 2019  
Lyn Davis, Umina Beach Public School

## Stage band performs

### Brisbane Water Secondary College Umina campus stage band have performed to campus students on June 14.

The stage band performed in the school quadrangle playing some of the pieces the group had been learning at rehearsals and to practice performing in front of an audience together.

Acting campus principal Mr Adam Montgomery said it was a fantastic way to end the school week.

**SOURCE:**  
Social media, 19 Jun 2019  
Adam Montgomery, BWSC Umina



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Lake Eyre is not to be missed

And for travellers wanting to see this amazing place you can – in all its glory as it's been reported as the lake being at its fullest in over 45 years. Due to this amazing phenomenon Road Runner Tours has organised a trip that will include the great lake. The **Coober Pedy & Flinders Ranges** Tour leaves in August this year, so you would need to book soon. On tour you would also get to wander into the Pink Roadhouse from the Oodnadatta Track, have a beer at The Great Aussie Beer Shed which are places not normally visited by other coach tours that take you comfortably up close into our Australian Outback. This tour will

open any Australian's eyes to what we have at our doorstep that other world travellers only dream of visiting. It's a 15 day tour that includes many great attractions with an optional flight over Lake Eyre that should definitely be on your must-see list of places to visit with this years seasonal water and wildlife on display. This will definitely be a story to share with friends and your grandchildren.

To find out all the details of this trip and what other activities are included call Road Runner Tours today on **02 4353 9050** and ask for a full itinerary, or go to their site: **www.roadrunnertours.com.au**

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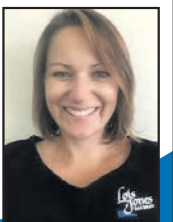
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# NEWSPAPERS

## Central Coast

### Other Regional News - In brief

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

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

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

# COAST COMMUNITY NEWS

13 JUNE 2019 YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369 ISSUE 209

#### A \$100m five tower major residential development proposed for Gosford

A \$100m development on John Whiteway Dr, Gosford, comprising five residential towers and extensive landscaping, has progressed to the next stage of consideration with the NSW Planning Department.

#### Four locals awarded Medals of the Order of Australia

Central Coast Deputy Mayor, Chris Holstein, and three others from the Coast Community News area have been awarded Medals of the Order of Australia (OAM) in the Queen's Birthday Honours List, announced on June 10.

#### Heavily sediment contaminated waste and stormwater observed discharging on to beach

Central Coast Council has called for six weekly updates on the ongoing audit of the Terrigal catchment in the wake of renewed community concerns regarding possible water contamination at Terrigal Beach.

#### MPs combine to call for a review of the State Hospital Parking policy

The State Labor MPs of the Central Coast are calling for a review of the State Hospital Parking policy, saying the increased cost of parking at Gosford and Wyong Hospitals is a "major burden" to the Coast community.

#### Council's Operational Plan to see \$792m investment in 2019-2020

Central Coast Council will operate under an \$18.6m deficit as it delivers a \$792m investment in essential services and capital works during the 2019-2020 financial year.

#### Eastern Osprey nest moved to a penthouse location

An Eastern Osprey nest has been upgraded to VIP status at Central Coast Stadium, just in time for this year's breeding season.

#### John Asquith steps down as Chair of the Community Environment Network

After 20 years in the hotseat, environment activist, John Asquith, has stepped down as Chair of the Community Environment Network (CEN), but will stay on as Deputy Chair in a largely advisory capacity.

#### Councillor defends poor briefings attendance record

Central Coast Council West Ward Councillor, Troy Marquart, has attended fewer council briefings than any other East or West Ward councillor since attendance records began in October, 2018.

#### Gosford Hospital Emergency Department attendances up 11.8%

The number of people attending Gosford Hospital Emergency Department (ED) is up 11.8% since the same time last year, according to the latest Bureau of Health Information (BHI) Healthcare Quarterly report.

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

# WYONG REGIONAL CHRONICLE

Issue 167  
19 June 2019

Your independent community newspaper - Ph: 4325 7369

#### Toxic working environment, mass resignations and multi bed closures at aged care facility

A staff member from Casuarina Grove Aged Care Facility, Hamlyn Terrace, claims that the facility has become a "hidden hell hole" and believes that it is destined for closure, which could see some of the region's highest care elderly displaced.

#### Power station sale contracts sought to explain \$1b loss mystery

The NSW Legislative Council has supported The Greens' call for the government to release the sale contracts for Vales Point and Eraring power stations.

#### Coal Ash Community Alliance formed

The risks of coal ash stored on the shores of Lake Macquarie, at the Vales Point and Eraring power stations, has come under the scrutiny of local residents and prompted the formation of the Hunter Central Coast Coal Ash Community Alliance (CCA).

#### Protected tree on controversial boarding house land chopped down

The long-running battle over the controversial boarding house in Glen Rd, Ourimbah, looks set to resume with one of the heritage tallowwood trees having been chopped down.

#### Severe lack of transparency over drug and rehabilitation centre approval

The neighbourhood in Glen Rd, Ourimbah, is "absolutely gutted" that the Land and Environment Court has approved a drug and rehabilitation centre at number 74.

#### Four holiday parks to be managed by the NRMA

Four Central Coast holiday parks have joined the ever growing, Australia wide stable of vacation destinations managed by NRMA Parks and Resorts.

#### Air quality monitoring stations have recorded high levels of sulphur-dioxide

The Wyong air monitoring station has twice recorded levels of sulphur-dioxide (SO2) in excess of World Health Organisation (WHO) standards.

#### Three residents named in the Queen's Birthday Honours List

Three residents of the former Wyong Shire have been named in the 2019 Queen's Birthday Honours List.

#### 56 residential lot subdivision approved

A new 9ha housing subdivision at Wadalba is an example of successful eco development with a mix of housing and wildlife protection, according to a Statement of Environmental Effects in the development application.

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

## Forum

### Ticks for emergency services

**Extra big ticks to the ambo's and helicopter crew from Gosford who conveyed my 81-year-old wife to Royal North Shore Hospital with life threatening injuries on May 10 after she was hit by a car.**

My wife was hit and rendered unconscious and suffered loss of memory as to how she could be hit while walking across Alfred St, Umina, at around 9:30am.

Further ticks must go to the Peninsula police for finding her car and returning it to our garage.

My wife and I are now both home and as well as can be under the circumstances.

We would both really appreciate any witnesses to make contact and

## Forum

### LETTERS TO THE EDITOR

should be sent to:

**Peninsula News**

PO Box 1056, Gosford 2250  
or [editorial@centralcoastnews.net](mailto:editorial@centralcoastnews.net)

See Page 2 for contribution conditions

come forward as we try to piece together exactly what happened that morning.

Email, 20 Jun 2019  
Rod Fountain, Booker Bay

### Alpaca visit fantastic stimulus

**In response to the front page story of Peninsula News edition 470 "Nursing home receives visit from alpaca":**

What a wonderful story. What an effort. What fantastic stimulus.

As a local who had a brother in dementia care in Coonabarabran for 14 months, I can relate to how important visits are for all the aged.

## Forum

The visitors' books are pretty slim pickings and then for an alpaca named Strudel to turn up, wow.

Well done, Shandelle.

Email, 11 Jun 2019  
Stephen Parsons, Woy Woy

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# Are councillors against destruction of our community?

**For many months now, I have been reading about our Council recommending and our elected representatives approving, non-complying development applications on our Peninsula.**

While I have expressed sympathy with those who have objected most strongly and read that their protestations have fallen on deaf ears, I have not become a card-carrying, banner-waving protestor.

That was until I read the article "Submissions to close" on page 10 of Peninsula News edition 471.

Unfortunately, it was last Saturday when I read it, so I am too late to lodge my vehement objections.

My fault.

As the land was cleared before Christmas, I mistakenly thought that as I only live three doors away, when a development application was finally lodged, I might have received a notice from the Council.

Apparently this is no longer a requirement.

But while there is life there is hope.

Perhaps, just this once, our councillors will band together and vote against the further destruction of our community and the way of life we wish to continue enjoying.

Of course, it is unfortunate that they don't reside here and make themselves available for discussion and consultation with those they supposedly represent.

But as I said, now it is personal.

I reside in a two-storey villa and have lived here over 20 years.

I have a view over the church to the hills on the other side of the bays and like to see the smoke from the warming fires rising over the treetops and the fog as it lifts from the water.

I'm very easily pleased.

Now I read that a further totally non-complying monstrosity is proposed just next to the church.

When the pre-existing residence

## Forum

was purchased we all knew what would happen.

Sure enough, the demolishers quickly moved in and down she came.

Now the applicant wants approval for a floor space ratio to grossly exceed the existing requirements because he considers them unreasonable and unnecessary.

Perhaps he should have measured the block before he purchased it, not after.

This is only one of a multitude of non-compliance problems.

Or did he think that he would be able to get approval because others were profiteering by doing the same?

I am also not happy that once completed, I will have four or five nosey neighbours eyeballing my lounge room.

I have my privacy now and would like to keep it.

It is time for us all to man the battlements and tell our councillors what we want and expect from them.

Not a continuation of these approvals, but a true representation of our wishes.

Come down from your ivory tower ladies and gentlemen and talk to the people you are selling up the river.

We have to tell them that enough is enough.

This has to stop and now is the time.

Don't think that just because it hasn't happened to you yet that it won't.

When it does, you, like me, will realise how some bloke's money grab can adversely affect you and your family.

Email, 18 Jun 2019  
Laurie Powell, Woy Woy

# Is an attractive denser urban environment possible?

**The best of both worlds: an innovative, smart, small scale, high density, lifestyle.**

Is it possible to densify the Central Coast, create a more cohesive urban environment, and more attractive and active townships, while keeping the coastal lifestyle that is currently in place?

I believe the answer is yes.

Single family houses provide a great lifestyle. They offer privacy and seclusion, outdoor living areas, generous backyards, quiet interiors, and direct contact with nature.

However, they also create isolation, build reliance on cars, and produce disjointed empty streetscapes, resulting in weak communities, the death of public space and a generally poor urban environment.

Is it possible to combine the good private elements of a single family house with the public and social advantages of denser environments?

How can we provide a nice laid back Australian coastal lifestyle and at the same time offer compact, pedestrian friendly, active urban environments?

With the increased popularity of the Central Coast and the demand for more housing, the area is rapidly transforming.

New job opportunities within the Coast and the rise of flexible work agreements have seen a significant number of Sydneysiders move to the Coast.

With the population of the area increasing, we need to figure out how we can provide more housing opportunities without compromising the coast's unique lifestyle.

We need a new residential environment that while denser still preserves the characteristics and the feeling of the traditional stand-alone homes currently in the area.

If we do not do this, or we choose to resist change, we will end up with more and more generic developments that do not relate to the context, nor align with the desired lifestyle.

Don't believe me? Look at Brighton le Sands.

## Forum

Our recent multi-residential projects in the Central Coast have given us the opportunity to explore these questions and work on providing an answer to them.

What we have come to realise is that with smart design and careful consideration it is possible to take all the features of an individual house and incorporate them into new, denser, and exciting building types that will provide a better urban outcome without compromising the traditional "Coastie" lifestyle.

New development and housing types that create a more compact urban environment while still giving each family the space and the features of a single family home.

What we propose is a mix between a house-townhouse and a standard apartment block; a three or four storey hybrid that takes the best of both worlds.

A high street urban environment with continuous, active facades and vibrant public areas on the outside coupled with the spaces of a coastal home behind and generous outdoor spaces within.

It is a new type of dwelling that preserves and improves on privacy, that still gives you a generous backyard or a rooftop terrace, that offers you a fireplace, that has a place for your car and for your workshop, and that keeps the leafy outlook.

It is an environment where driveways are reduced, communal courtyards and play areas are bigger and safer, and where internal spaces are more generous.

This can be done through a series of simple steps.

Substituting the front garden with an internal courtyard moves the houses to the street creating a better defined streetscape with a clearer frame, more legible entries and less wasted space and dark pockets, while providing each house with a more usable and controllable outdoor space in the middle of the house.

Reducing or eliminating side setbacks allows for bigger and more

private inner block open spaces and at the same time creates a continuous street façade reminiscent of traditional towns.

Changing the roof levels allows natural light into the deeper areas of the house, opening new layout opportunities.

Shared underground communal car parking and communal urban courtyards create nicer and safer urban blocks that are pedestrian friendly, while still allowing each individual to own their own house.

Stacking two full size homes one of top of each other, allowing people to choose between gardens and rooftop terraces while not compromising on the size of their dwelling, and still accessing each dwelling directly from the street.

All these elements will create nicer neighbourhoods with less driveways and more active public spaces. The overall urban feel will be improved by well-defined streets, active facades and better lighting.

So, let's stop making generic shoeboxes. Instead, let's create with intent.

Let's reinvent the villas and the low rise bungalows. Let's provide courtyards and communal block gardens.

Let's deal with garages and cars in a more innovative way. Let's build more rooftop terraces. Let's improve our interface with the street.

Let's make our streets more walkable, let's generate more active pockets and plazas. Let's increase the density so there is a critical mass of users for plazas and parks to work, and for retail shops to stay in the area.

Let's develop an environment where courtyards, gardens and rooftop terraces are a big part of the new dwellings. Yet, an environment dense enough to create vibrant town centres and active streets. A walkable environment where cars are less dominant and plazas start to work.

Let's develop a true Australian 21st century typology.

Email, 17 June 2019

Pedro Garcia (architect), Woy Woy

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## Hospital staff nominated for awards

Several staff members at a Woy Woy hospital have been nominated for health care awards.

Brisbane Waters Private Hospital's Ms Kerry Howie, Ms Sue Taylor, Ms Petrina Waddell, Ms Paula Denning, Ms Janelle Hall, Ms Julie Bowen, Ms Michelle Mead, Ms Leanne Tsambos and Ms Kathy Beverley have all received nominations across

various categories in the Healthe Care company awards.

Ms Howie, Ms Taylor, Ms Hall, Ms Waddell and Ms Beverley were nominated for innovation awards for their work with the hospital's Caring for Kids Project.

Ms Hall, Ms Bowen and Ms Tsambos, who are a part of the hospital's reception and admissions team, were nominated for a patient service award.

Ms Mead was nominated for a

culture award and Ms Denning was also nominated for an innovation award.

Ms Waddell and Ms Beverley, who are the hospital's community relationship manager and chief executive respectively, were also nominated for individual awards, with Ms Waddell nominated for a Bravo Award and Ms Beverley the outstanding manager award.

The awards are coordinated by Healthe Care's parent company,

Luye Life Sciences.

Ms Beverley said the awards were held annually to recognise Luye Life Sciences employees across the globe who display excellence in patient-centred customer service; culture and innovation; management and contributions to developing people.

**SOURCE:**  
Social media, 3 Jun 2019  
Kathy Beverley, Brisbane Waters Private Hospital

## Rotary may start dementia-friendly cafe

The Rotary Club of Woy Woy is investigating starting a "dementia-friendly" cafe in Umina.

It would be based the D-Cafe program offered at the Waitara PCYC with assistance from the Rotary Club of Turramurra.

Woy Woy club publicity officer Mr Vic Deeble said the club had learnt about the program from guest speaker Ms Fiona Jenkins from the Turramurra club.

"Fiona has a background of psychology and sociology," Mr Deeble said.

"She advised us that dementia is the second major cause of death in Australia, secondary only to heart problems."

He said Ms Jenkins described how the D-Cafe program was providing a social option for dementia patients in a safe and stigma free environment.

Through the program patients and their families were also able to undertake social outings headed by carers and a PCYC staff member, as well as enjoy a cafe environment and entertainment.

"Fiona's talk was well received by our members and, as luck would have it, Susan Murphy from our local PCYC was in attendance.

"Our incoming community service director Ms Jo Weston is working with Susan and Matt from the PCYC to see if Woy Woy Rotary could also start a D-Cafe in our area," Mr Deeble said.

**SOURCE:**  
Newsletter, 11 Jun 2019  
Vic Deeble, Rotary Club of Woy Woy



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	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Monday 24 June	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Antiques Roadshow [s] 11:00 Catalyst [s] 11:30 A Taste Of Landline (PG) [s] 12:00 ABC News At Noon [s] 1:00 Landline [s] 2:00 Shetland (M) [s] 3:00 The Cook And The Chef [s] 3:35 Hard Quiz (PG) [s] 4:00 Think Tank [s] 5:00 War On Waste [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Back Roads: Tolmie, VIC [s] 8:30 Four Corners [s] 9:15 Media Watch (PG) [s] 9:35 Q&A [s] 10:40 ABC Late News [s] 11:10 The Business [s] 11:30 Namatjira Project (M I) [s] 12:55 Death In Paradise (PG) [s] 1:55 rage (MA15+) [s] 3:00 Namatjira Project (M I) [s] 4:30 The Drum [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Movie: "Deadly Daughters" (M s.v) ('16) – When their mother announces her plans to remarry and sell the family estate, twin sisters Juliana and Deb have different reactions to the news. Stars: Yvonne Zima, Claire Rankin, Garrett Hnatluk 2:00 The Daily Edition [s] 3:00 The Chase UK [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 7Prime News [s] 7:00 Home And Away (PG) [s] 7:30 House Rules (PG) [s] 9:00 Program To Be Advised 11:30 The Latest Seven News [s] 12:00 Talking Footy (M) [s] – Luke Darcy, Tim Watson, Wayne Carey, Mick Warner dissect the week's AFL news and issues. 1:30 Home Shopping	5:30 Today [s] 9:00 Today Extra [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Extra (PG) [s] 1:30 The Voice: The Battles 2 (PG) [s] 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NBN News [s] 7:00 A Current Affair [s] 7:30 The Voice: Finals (PG) [s] – The Top 16 compete to stay in the race to be named The Voice of Australia. Special guest: Adam Lambert. 9:30 The Show Must Go On - The Queen + Adam Lambert Story 11:00 100% Footy (M) [s] 12:00 The Innocence Network: Lewis Jim Fogle (M I) [s] 1:00 Extra [s] 1:30 Home Shopping 4:00 Ellen (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Masterchef Australia (PG) [s] 2:40 Entertainment Tonight [s] 3:00 Judge Judy (PG) [s] 3:30 My Market Kitchen [s] 4:00 Everyday Gourmet With Justine Schofield [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) [s] 7:30 The Project (PG) [s] 7:30 Masterchef Australia (PG) [s] 8:40 Have You Been Paying Attention? (M) [s] 9:40 Kinne Tonight (PG) [s] 10:10 Mr Black (M s.n) [s] 11:10 WIN's All Australian News [s] 12:10 The Project [s] 1:10 The Late Show With Stephen Colbert (PG) [s] 2:00 Home Shopping 4:30 CBS - This Morning	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 2:00 Food Safari Fire Bitesize 2:05 Treasures Of Ancient India: Of Gods And Men (PG) 3:00 Andre Rieu: Falling In Love Maastricht 4:00 The Ascent Of Civilization: The Carthaginians (PG) (In German) 5:00 Supervet (PG) 6:00 Letters And Numbers 5:30 Football: FIFA Women's World Cup Highlights 6:30 SBS World News 7:30 63 Up 8:30 Medicine Or Myth? (PG) 9:35 24 Hours In Emergency (M) 10:30 SBS World News Late 11:05 Trapped (M I,v) (In Icelandic/ English) 12:55 Waco: Of Milk And Men/ Stalling For Time (M v) 2:50 Deutschland 83: Cold Fire (M s,v) (In German)
Tuesday 25 June	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 War On Waste [s] 11:00 Catalyst [s] 12:00 ABC News At Noon [s] 1:00 Four Corners [s] 1:45 Media Watch (PG) [s] 2:00 The Level (M I) [s] 3:00 The Cook And The Chef [s] 3:30 Hard Quiz (PG) [s] 4:00 Think Tank [s] 5:00 War On Waste (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Ask The Doctor (PG) [s] 8:30 Blue Water Empire (M) [s] 9:20 Stephen Fry In Central America (M) [s] 10:10 ABC Late News 10:40 The Business [s] 10:55 Q&A [s] 12:05 The Level (M I) [s] 12:50 rage (MA15+) [s] 2:40 David Attenborough's Great Barrier Reef: Survival [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Movie: "A Trick Of The Mind" (M v) ('06) – When a private investigator reveals shocking information about her husband, a woman must decide to stay silent to preserve the investigation or speak out to protect her own life. Stars: Alexandra Holden, Paul Johansson, Stacy Grant 2:00 The Daily Edition [s] 3:00 The Chase UK [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 7Prime News [s] 7:00 Home And Away (PG) [s] 7:30 House Rules (PG) [s] 9:00 Andrew Denton: Interview (M) 10:00 True Stories: Michael Jackson (MA15+) [s] 11:15 The Latest Seven News [s] 11:45 The Goldbergs (M) [s] 12:30 Home Shopping	5:30 Today [s] 9:00 Today Extra [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 The Voice: Finals (PG) [s] 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NBN News [s] 7:00 A Current Affair [s] 7:30 The Voice: Finals (PG) [s] 9:30 The Big Bang Theory: The Maternal Conclusion/ The Donation Oscillation (PG) [s] 10:30 Timeless: Last Ride Of Bonnie And Clyde (M) [s] 11:30 The Closer (M v) [s] 12:20 This Time Next Year UK [s] 1:20 Extra [s] 1:50 Explore Moments: Tae Kwon Do And Indoor Skiing/ Bangkok Night Markets [s] 2:00 Home Shopping 2:30 Skippy The Bush Kangaroo [s] 3:00 Home Shopping 4:00 Ellen (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Masterchef Australia (PG) [s] 2:10 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 My Market Kitchen [s] 4:00 Everyday Gourmet With Justine Schofield [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) [s] 7:30 The Project (PG) [s] 7:30 Masterchef Australia (PG) [s] 8:45 Body Hack (MA15+) [s] 9:45 NCIS: Home Of The Brave (M v) [s] 10:35 Program To Be Advised 11:30 WIN's All Australian News [s] 12:30 The Project [s] 1:30 The Late Show With Stephen Colbert (PG) [s] 2:30 Home Shopping 4:30 CBS - This Morning	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Why Trains Crash (M I) (In English/ Japanese) 3:00 Who Do You Think You Are?: Julia Morris 4:05 The Ascent Of Civilization: The Germanic Peoples (In German) 5:00 Supervet (PG) 6:00 Football: FIFA Women's World Cup Highlights 6:30 SBS World News 7:30 Every Family Has A Secret 8:30 Insight: Financial Scams 9:30 Dateline: How To Catch A Witch Doctor 10:10 SBS World News Late 10:40 An Ordinary Woman (M I) (In Russian) 1:25 Anno 1790 (MA15+) (In Swedish) 3:45 Class Of 92: Out Of Their League (M I)
Wednesday 26 June	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 War On Waste (PG) [s] 10:55 Catalyst (PG) [s] 12:00 ABC News At Noon [s] 12:30 National Press Club Address 1:30 Compass (PG) [s] 2:00 The Level (M I) [s] 3:00 Poh's Kitchen Lends A Hand 3:30 Hard Quiz (PG) [s] 4:00 Think Tank [s] 5:00 War On Waste (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Anh's Brush With Fame (PG) 8:30 Shaun Micallef's MAD AS HELL (M) [s] 9:00 The Letdown (M) [s] 9:35 Insert Name Here: Tom (M s) 10:00 Adam Hills: The Last Leg (M) 10:45 ABC Late News [s] 11:15 The Business [s] 11:30 Four Corners [s] 12:15 Media Watch (PG) [s] 12:35 The Level (M I) [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Mommy's Little Girl" (M v) ('16) – An 11-year-old girl that was raised in the countryside by her controlling grandparents is reunited with her mother, and she's determined not to let anyone stand in the way of her newfound happiness. Stars: Fiona Gubelmann 2:00 The Daily Edition [s] 3:00 The Chase UK [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 7Prime News [s] 7:00 Home And Away (PG) [s] 7:30 The Super Switch (M) [s] 8:30 World's Most Shocking Emergency Calls (MA15+) [s] 9:30 The Latest Seven News [s] 10:30 The Front Bar (M) [s] 11:30 Blindspot (M mp) [s] 12:30 Home Shopping	5:30 Today [s] 9:00 Today Extra [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 The Voice: Finals (PG) [s] 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NBN News [s] 7:00 A Current Affair [s] 7:30 Talkin Bout Your Generation (PG) [s] 8:40 20 To One: Superstar Families (M) [s] 9:40 Botched: I Like Big Butts And I Did Not Die! (M) [s] 10:40 My Violent Child (M) [s] 11:40 Mom: Lockjaw And A Liquid Diet (M) [s] 12:00 World's Funniest Videos Top 10 Countdown: The Heights Are Reached (PG) [s] 12:30 Harry (PG) [s] 1:30 Extra [s] 2:00 Home Shopping 4:00 Ellen (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Five Bedrooms (PG) [s] 1:00 Masterchef Australia (PG) [s] 2:15 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 My Market Kitchen [s] 4:00 Everyday Gourmet With Justine Schofield [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) [s] 7:30 The Project (PG) [s] 7:30 Masterchef Australia (PG) [s] 8:45 Five Bedrooms (PG) [s] 9:45 Bull: Split Hairs (M v) [s] 10:35 Sports Tonight [s] 11:10 WIN's All Australian News [s] 12:10 The Project (PG) [s] 1:10 The Late Show With Stephen Colbert (PG) [s] 2:00 Home Shopping 4:30 CBS - This Morning	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:15 Dateline: How To Catch A Witch Doctor 3:00 Insight: Financial Scams 4:00 The Ascent Of Civilization: The Arabs (In German) 5:00 Supervet (PG) 6:00 Football: FIFA Women's World Cup Highlights 6:30 SBS World News 7:30 Going Places With Ernie Dingo: Yirrkalaa 8:35 24 Hours In Emergency: Acts Of Love (M) 9:30 The Miniaturist 10:35 SBS World News Late 11:10 Safe Harbour (M I) (In English/ Arabic) 12:15 Movie: "Utoya: July 22" (MA15+) ('18) Stars: Andrea Berntzen (In Norwegian) 1:50 Transfer (MA15+) (In French)
	Also see: ABC COMEDY (Channel 22) ABC ME (Channel 23) ABC NEWS (Channel 24)	Also see: 7TWO (Channel 62) 7MATE (Channel 63) 7FLIX (Channel 66) 7FOOD (Channel 74)	Also see: GEM (Channel 82) GO! (Channel 83/88) LIFE (Channel 84)	Also see: 10 PEACH (Channel 11) 10 BOLD (Channel 12)	Also see: SBS VICELAND (Channel 31/ 32) SBS FOOD (Channel 33) SBS NITV (Channel 34)
Classifications: (G) General, (PG) Parental Guidance, (M) Mature Audiences, (MA15+) Mature Audience Over 15 Years, [s] Subtitles Consumer Advice: (d) drug references, (s) sexual references or sex scenes (h) horror, (l) language, (mp) medical procedures, (n) nudity, (v) violence					

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AUGUST 13

	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Thursday 27 June	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 War On Waste (PG) [s] 10:55 Catalyst (PG) [s] 12:00 ABC News At Noon [s] 1:00 The Repair Shop [s] 1:30 Insert Name Here: Tom (M s) 2:00 The Level (M I) [s] 3:05 The Cook And The Chef [s] 3:30 Hard Quiz (PG) [s] 4:00 Think Tank [s] 5:00 Streets Of Your Town [s] 6:00 The Drum [s] 6:55 Sammy J (PG) [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Escape From The City [s] 9:00 Press: Resonance (M I,s) [s] 10:00 Qi: Not Nearly (PG) [s] 10:30 ABC Late News [s] 11:00 The Business [s] 11:20 Wentworth (MA15+) [s] 12:10 Father Brown (M v) [s] 1:00 National Press Club Address 2:00 rage (MA15+) [s] 3:05 Qi: Not Nearly (PG) [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Sorority Surrogate" (M v) ('14) – A surrogate mother faces an uncertain future when the couple who hires her dies in an accident. Stars: Cassie Steele, Mimi Kuzyk, Chris Bruno, Daniel Kelly 2:00 The Daily Edition [s] 3:00 The Chase UK [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 7Prime News [s] 7:00 Home And Away (PG) [s] 8:30 Britain's Got Talent: Semi Final 2 (PG) [s] 10:30 The Latest Seven News [s] 11:00 Autopsy: Bobbi Kristina Brown (M d,v) [s] – Documentary on the death of Bobbi Kristina Brown, the daughter of Whitney Houston and Bobby Brown. 12:00 Hannibal: Dolce (M v) [s] 1:00 Home Shopping	5:30 Today [s] 9:00 Today Extra [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Extra [s] 1:30 Kevin Can Wait (PG) [s] 2:00 Talkin Bout Your Generation (PG) [s] 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NBN News [s] 7:00 A Current Affair [s] 7:30 Rugby League: Wests Tigers v South Sydney Rabbitohs "Live" From Sydney Stadium, Paramatta [s] 9:45 Golden Point [s] 10:45 Lethal Weapon: Fools Rush In (MA15+) [s] 11:45 Cold Case: Forever Blue (M) [s] 12:35 World's Funniest Videos Top 10 Countdown (PG) [s] 1:05 Extra [s] 1:30 Home Shopping 4:00 Ellen (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 The Living Room [s] 2:00 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 My Market Kitchen [s] 4:00 Everyday Gourmet With Justine Schofield [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) [s] 6:30 The Project (PG) [s] 7:30 Masterchef Australia (PG) [s] 8:45 Taboo (M) [s] 9:45 Law And Order: SVU: Devil's Dissections (M) [s] 10:35 Blue Bloods: Legacy (M v) [s] 11:30 WIN's All Australian News [s] 12:30 The Project (PG) [s] 1:30 The Late Show With Stephen Colbert (PG) [s] 2:30 Home Shopping 4:30 CBS - This Morning	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Why Trains Crash (M I) (In English/ Japanese) 3:00 Who Do You Think You Are?: Julia Morris 4:05 The Ascent Of Civilization: The Germanic Peoples (In German) 5:00 Supervet (PG) 6:00 Football: FIFA Women's World Cup Highlights 6:30 SBS World News 7:30 Every Family Has A Secret 8:30 Insight: Financial Scams 9:30 Dateline: How To Catch A Witch Doctor 10:10 SBS World News Late 10:40 An Ordinary Woman (M I) (In Russian) 1:25 Anno 1790 (MA15+) (In Swedish) 3:45 Class Of 92: Out Of Their League (M I)
Friday 28 June	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 War On Waste (PG) [s] 11:00 Catalyst (PG) [s] 12:00 ABC News At Noon [s] 1:00 One Plus One [s] 1:30 Ask The Doctor (PG) [s] 2:00 Press [s] 3:00 Poh's Kitchen Lends A Hand 3:30 Hard Quiz (PG) [s] 4:00 Think Tank (PG) [s] 5:00 Streets Of Your Town (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 Gardening Australia [s] 8:30 Endeavour: Deguello (M v) [s] 10:00 Silent Witness: Family (Part 1) (M s,v) [s] – It is Christmas and Nikki is awaiting a call from Matt who is back in the States. 11:05 ABC Late News [s] 11:35 The Business [s] 11:50 Shaun Micallef's MAD AS HELL (M) [s] 12:20 Planet America [s] 1:05 rage (MA15+) [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "The Client List" (M d,s) ('10) Stars: Cybill Shepherd, Jennifer Love Hewitt, Teddy Sears, Colin Egglesfield, Brian Hallisay, Loretta Devine 2:00 The Daily Edition [s] 3:00 The Chase UK [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 7Prime News [s] 7:00 Better Homes And Gardens [s] 8:30 Program To Be Advised 11:15 Movie: "2 Guns" (M n,I,v) ('13) – A DEA agent and an undercover Naval Intelligence officer are unwittingly investigating each other and end up stealing mob money for the good guys. Stars: Denzel Washington, Mark Wahlberg, Paula Patton, Edward James Olmos, Bill Paxton 12:30 Home Shopping	5:30 Today [s] 9:00 Today Extra (PG) [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Movie: "Now Add Honey" (M I,n) ('15) Stars: Robyn Butler, Lucy Fry, Portia de Rossi, Lucy Durack, Ashley Ricardo 3:00 NINE News Now [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NBN News [s] 7:00 A Current Affair [s] 7:30 Rugby League: Sydney Roosters v Melbourne Storm "Live" From Adelaide Oval [s] 9:45 Friday Night Knock Off [s] 10:45 Talkin Bout Your Generation (PG) [s] 12:00 Underbelly: Squizzy: Squizzy Tempts Fate (M) [s] 1:00 Extra [s] 1:30 Home Shopping 4:30 The Avengers: From Venus With Love (PG) [s] 5:30 A Current Affair [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 The Living Room [s] 2:00 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 My Market Kitchen [s] 4:00 Everyday Gourmet With Justine Schofield [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 Celebrity Name Game (PG) [s] 6:30 The Project (PG) [s] 7:30 The Living Room [s] 8:30 The Graham Norton Show (M) 9:30 Have You Been Paying Attention? (M) [s] 10:30 Program To Be Advised 11:00 WIN's All Australian News [s] 12:00 The Project (PG) [s] 1:00 The Late Show With Stephen Colbert (PG) [s] 2:00 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:15 Dateline: How To Catch A Witch Doctor 3:00 Insight: Financial Scams 4:00 The Ascent Of Civilization: The Arabs (In German) 5:00 Supervet (PG) 6:00 Football: FIFA Women's World Cup Highlights 6:30 SBS World News 7:30 Going Places With Ernie Dingo: Yirrkalaa 8:35 24 Hours In Emergency: Acts Of Love (M) 9:30 The Miniaturist 10:35 SBS World News Late 11:10 Safe Harbour (M I) (In English/ Arabic) 12:15 Movie: "Utoya: July 22" (MA15+) ('18) Stars: Andrea Berntzen (In Norwegian) 1:50 Transfer (MA15+) (In French)
Saturday 29 June	5:00 rage (PG) [s] 10:00 rage Guest Programmer [s] 11:00 Classic Countdown: 1978 [s] 12:00 ABC News At Noon [s] 12:30 Endeavour: Deguello (M d) [s] 2:00 Shakespeare And Hathaway: Beware The Ides Of March (PG) [s] 3:05 Silvia's Italian Table [s] 3:30 Restoration Australia: Keera Vale [s] 4:30 Landline [s] 5:00 Escape From The City: Margaret River WA: The Kimbles [s] 6:00 Antiques Roadshow [s] 7:00 ABC News [s] 7:30 Shakespeare And Hathaway: No More Cakes And Ale (PG) [s] 8:15 Father Brown: The Demise Of The Debutante (PG) [s] 9:05 Harrow: Parce Sepulto (M v) [s] 9:55 Happy Valley (MA15+) [s] 11:00 Poldark (M v) [s] 12:00 rage Guest Programmer (MA15+) [s]	6:00 Home Shopping 7:00 Weekend Sunrise [s] 10:00 The Morning Show - Weekend [s] 12:00 My Greek Odyssey (PG) [s] 1:00 Program To Be Advised 2:30 Program To Be Advised 4:00 Better Homes And Gardens [s] 4:30 Border Security - Australia's Front Line (PG) [s] 5:00 Seven News At 5 [s] 5:30 Border Security - Australia's Front Line (PG) [s] 6:00 7Prime News [s] 7:00 Program To Be Advised 9:00 Program To Be Advised 11:10 Movie: "The Gumball Rally" (M) ('76) – When the code word "gumball" is passed through an assorted cast of characters, they converge to participate in a hilarious nonstop car race from New York to California ... just for glory. Stars: Michael Sarrazin, Norman Burton, Gary Busey, John Durren, Susan Flannery 12:30 Home Shopping	6:00 Ellen (PG) [s] 7:00 Weekend Today [s] 10:00 Today Extra - Saturday (PG) 12:00 Program To Be Advised 1:00 Our State On A Plate (PG) [s] 1:30 Australia's Top Ten Of Everything: Intriguing Interviews (PG) [s] 2:30 Movie: "The Walk" (PG) ('15) Stars: Joseph Gordon-Levitt, Charlotte Le Bon 5:00 NINE News: First At Five [s] 5:30 Getaway (PG) [s] 6:00 NBN News Saturday [s] 7:00 Movie: "Toy Story 3" (G) ('10) Stars: Tom Hanks, Tim Allen, Joan Cusack, Ned Beatty 9:10 Movie: "Spider-Man: Homecoming" (M v) ('17) Stars: Tom Holland, Michael Keaton 10:50 Movie: "Species II" (MA15+) ('98) Stars: Michael Madsen, Natasha Henstridge 1:35 Surfing Australia TV [s] 2:00 Home Shopping 5:30 Wesley Impact [s]	6:00 Reel Action [s] 6:30 Escape Fishing With ET [s] 7:00 RPM [s] 7:30 Which Car? [s] 8:00 Fishing Australia [s] 9:00 What's Up Down Under [s] 9:30 Good Chef Bad Chef [s] 9:30 Studio 10: Saturday (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 The Renovation King [s] 1:30 The Home Team [s] 2:00 Healthy Homes Australia [s] 2:30 The Cook's Pantry [s] 3:00 Foodie Adventures [s] 3:30 What's Up Down Under [s] 4:00 The Living Room (PG) [s] 5:00 10 News First [s] 6:00 Jamie's Quick And Easy Food 7:00 Bondi Rescue (PG) [s] 7:30 Ambulance UK (PG) [s] 8:45 999: What's Your Emergency (M) [s] 9:45 Program To Be Advised 10:45 Hawaii Five-0 (M) [s] 11:35 Elementary (M) [s] 12:30 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 6:00 Football: Women's World Cup: Quarter Final 2 "Live" From Parc des Princes 7:30 Worldwatch 9:00 Football: Women's World: Teams TBC "Replay" 12:00 Worldwatch 1:00 PBS Newshour 2:00 Gymnastics: International Gymnastics: Rhythmic World Cup (Azerbaijan) 4:00 Cycling: Incycle 4:30 Hidden India: Land Of Rivers 5:30 Grand Tours Of Scotland's Lochs 6:00 Football: FIFA Women's World Cup Highlights 6:30 SBS World News 7:30 Mission Galapagos 10:30 Football: Women's World Cup: Quarter Final 3 "Live" From Stade du Hainaut. 4:00 Football: Women's World Cup: Quarter Final 4 "Live" From Stade de la Route de Lorient
Sunday 30 June	6:00 rage (PG) [s] 7:00 Weekend Breakfast [s] 9:00 Insiders [s] 10:00 Offsiders [s] 10:30 The World This Week [s] 11:00 Compass [s] 11:30 Songs Of Praise [s] 12:00 ABC News At Noon [s] 12:30 Landline [s] 1:30 Gardening Australia [s] 2:30 The Divorce (M I) [s] 2:55 Recognition: Yes Or No? [s] 4:00 The Mix [s] 4:30 Everyone's A Critic [s] 5:00 Back Roads: Tolmie, VIC [s] 5:30 Anh's Brush With Fame (PG) 6:00 The Repair Shop [s] 6:30 Compass [s] 7:00 ABC News Sunday [s] 7:40 Shetland (M) [s] 8:40 Harrow (M v) [s] 9:35 The Bikes Of Wrath (M I) [s] 11:00 David Stratton's Stories Of Australian Cinema (M I,s) [s] 12:00 Silent Witness (M v) [s] 1:00 rage (MA15+) [s]	6:00 Home Shopping 7:00 Weekend Sunrise [s] 10:00 Morning Show - Weekend [s] 12:00 House Of Wellness [s] 1:00 Kochie's Business Builders (PG) [s] 1:30 My Greek Odyssey (PG) [s] 2:30 Program To Be Advised 4:00 Better Homes And Gardens [s] 5:00 Seven News At 5 [s] 5:30 Sydney Weekender [s] 6:00 7Prime News [s] 7:00 House Rules (PG) [s] – It's a double whammy judgement day as our homeowners and judges return for the teams' first garden reveal. With a place in the grand final on the line, who will top the leaderboard? 8:30 Sunday Night (PG) [s] 9:30 Million Dollar Cold Case (M v) 10:40 Criminal Confessions: Belmont County, Oh (MA15+) 11:40 Program To Be Advised 12:30 Home Shopping	6:00 Living The Dream (PG) [s] 7:00 Weekend Today [s] 10:00 Sports Sunday (PG) [s] 11:00 Sunday Footy Show (PG) [s] 1:00 Rugby League: Western Suburbs Magpies v South Sydney Rabbitohs "Live" From Campbelltown Sports Stadium 3:00 Rugby League: Canterbury Bulldogs v Cronulla Sharks "Live" From ANZ Stadium [s] 6:00 NBN News - Sunday [s] 7:00 61st Annual TV Week Logie Awards: Red Carpet Arrivals (PG) [s] 7:30 61st Annual TV Week Logie Awards: Red Carpet Arrivals (PG) [s] 11:00 Australia's Top Ten Of Everything: Logie Speeches [s] 12:00 Filthy Rich (M v,I) [s] 1:00 Getaway (PG) [s] 1:30 Surfing Australia TV [s] 2:00 Home Shopping 2:30 Skippy The Bush Kangaroo [s] 3:00 Home Shopping	6:00 Religious Programs 7:30 A Dog's Tale [s] 8:00 The Living Room (PG) [s] 9:00 Australia By Design [s] 9:30 Studio 10: Sunday (PG) [s] 12:00 Luxury Escapes [s] 12:30 Everyday Gourmet With Justine Schofield [s] 12:45 The Cook's Pantry With Matt Sinclair [s] 1:15 Good Chef Bad Chef [s] 1:45 My Market Kitchen [s] 2:15 Everyday Gourmet With Justine Schofield [s] 2:45 Masterchef Australia (PG) [s] 4:00 RPM [s] 5:00 10 News First [s] 6:00 Bondi Rescue (PG) [s] 6:30 The Sunday Project (PG) [s] 7:30 Masterchef Australia (PG) [s] 9:10 FBI: Conflict Of Interest (M) [s] 10:10 FBI: Prey (M v) [s] 11:05 NCIS: Death From Above (M v) 12:00 The Sunday Project (PG) [s] 1:00 Home Shopping 4:30 CBS - This Morning	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 6:00 Football: Women's World Cup: Quarter Final 3 "Replay" 9:00 Football: Women's World Cup: Quarter Final 4 "Replay" 12:30 Worldwatch 1:00 Speedweek 3:00 The Bowls Show 4:00 Superbike World Championships 2019 Italy 4:55 Cycling: Voxwomen Series 5 5:25 Grand Tours Of Scotland's Lochs 6:00 Football: FIFA Women's World Cup Highlights 6:30 SBS World News 7:30 The Rise Of The Clans: A Queen Betrayed (M) 8:40 D-Day: 75 Years 10:10 Stop At Nothing - The Lance Armstrong Story 12:05 The Announcement (MA15+) 1:30 Raw Comedy Festival 2018 3:05 Spiral (MA15+) (In French)
	Also see: ABC COMEDY (Channel 22) ABCME (Channel 23) ABCNEWS (Channel 24)	Also see: 7TWO (Channel 62) 7MATE (Channel 63) 7FLIX (Channel 66) 7FOOD (Channel 74)	Also see: GEM (Channel 82) GO! (Channel 83/88) LIFE (Channel 84)	Also see: 10 PEACH (Channel 11) 10 BOLD (Channel 12)	Also see: SBS VICELAND (Channel 31/ 32) SBS FOOD (Channel 33) SBS NITV (Channel 34)
Programming information correct at time of going to press, changes are at the network's discretion Prepared by National Typesetting Services					



# Puppet show raises cancer issues

The Camp Quality Puppet Public School today (June Show will visit Umina Beach 24).

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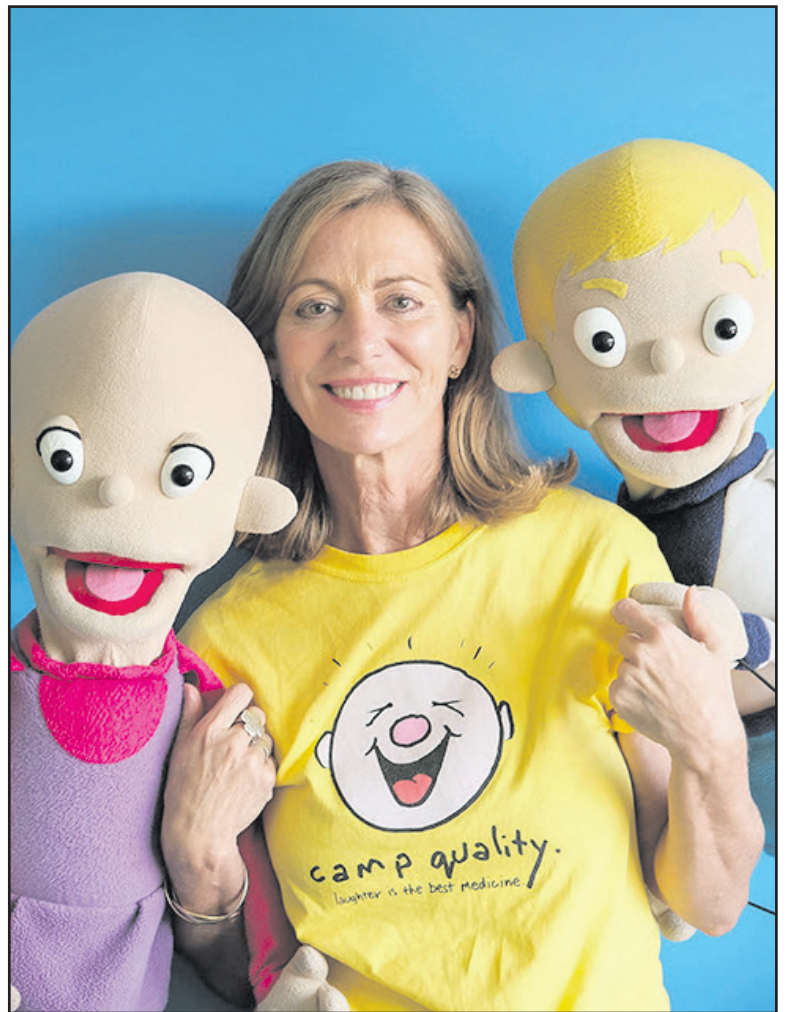
The free puppet show is coordinated by children's charity Camp Quality.

The puppet show has been active since 1988 and raises key issues that effect children living with and recovering from cancer when they return to school.

A major aspect of the program is also providing a setting for non-cancer affected children to ask questions about the disease with emphasis on how to support their cancer-affected peers and to foster empathy in the student body.

Following the performance, students are encouraged to ask questions and share their concerns with Camp Quality staff, who will provide teachers with resources to aid in classroom discussion.

**SOURCE:**  
Newsletter, 18 Jun 2019  
Lyn Davis, Umina Beach Public School



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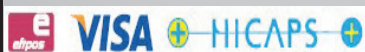
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Ms Mandy Calderon

## Dementia carer finds computer literacy liberating

**Dementia carer Ms Mandy Calderon of Umina has described becoming computer literate as liberating and instilling a new professional confidence in her.**

Ms Calderon is in the final stretch of a TAFE Certificate I in Information, Digital Media and Technology and is set to graduate by the end of July.

"I wanted to be able to further my career and knew I needed to gain a lot more knowledge about computers," Ms Calderon said.

"Before, I was fine with emails and Facebook.

"Now, I'm so much more confident with a computer in many ways.

"I'm using my skills already,"

she said.

"After class, I always try to come back home and practice on my computer and if I forget how to do something I refer back the handout we received each week.

"I've learned so much and am definitely pleased I'm doing this course.

Ms Calderon said older people should consider stepping back into the classroom and that they should not fear being left behind in an environment typically dominated by younger people.

"At the end of the day, we've got to get with the times whether we want to or not.

"Everything is changing, and we really need to understand computers," Ms Calderon said.

**SOURCE:**

Media release, 18 Jun 2019  
Kristy Sheppard, TAFE NSW

## Umina Chiropractic Centre

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

### HERE ARE A FEW FLU BUSTING SUGGESTIONS

**Well the flu season seems to be hitting hard this year with much talk on the news.**

Currently, numbers of influenza and influenza like cases are high, comparative to other years, so here are a few flu busting suggestions.

Keep your nervous system in top shape, we have known for a long time now that our nervous system is vitally important in the function of our immune system.

Chiropractic adjustments remove nervous system interference.

Rug Up, dress for the weather.

Wear a hat and scarf.

Throw on a few extra layers.

Keeping your body dressed in warm clothes means that you don't have to shunt energy away from running your immune system to heat yourself up on cold days.

Exercise Regularly as our bodies love to move.

Exercise has a whole range of

health benefits, including boosting immunity and a stronger immune system means less colds and flu.

Eat plenty of veggies and fruits as real food makes healthy bodies.

Enough with the chips, cheeseburgers and chocolate bars!

Snack on nuts, fruit and berries.

Load your plate with all sorts of colourful foods that nature made.

Get into ginger, garlic, carrots, pumpkin and spinach.

Think Healthy Thoughts.

Studies have shown that people with a positive outlook on life are better at fighting off colds and flus.

Consider a Vitamin D supplement as Vitamin D is an important immune system booster.

Twenty minutes of full-body exposure to summer sun generates about 20,000 units of vitamin D over a couple of days.

A good quality vitamin D supplement can help during the long

winter days.

Talk to your chiropractor about it.

If all of that isn't enough and you do come down with a cold, then rest up, drink lots of water and make sure to come in for an adjustment.

When your body is challenged, that's not the time to subtract adjustments, it's the time to add them.

As we have said before, your body's own inbuilt systems self regulate and heal you when allowed.

In order to do this, they need your positive input, both mentally and physically, so please eat well, have a healthy outlook on life, move your body and check in regularly with your chiropractor to remove any interference to allow your body's system to heal you.

We look forward to seeing you for your next care appointment.

Your friendly team at Umina Chiropractic Centre.



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If you have any questions, contact us at [office@uminachiropractic.com.au](mailto:office@uminachiropractic.com.au) or make an appointment for a preliminary consultation

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## Education



## Fairy bread in maths lesson

Fairy bread was part of a maths lesson for Kindergarten students in class K2 at Ettalong Public School on June 13.

Principal Ms Lynn Balfour said the lesson aimed to teach students about halves and saw K2 make their own fairy bread and then divide it as a practical lesson in halving.

"K2 enjoyed making fairy bread," she said.

**SOURCE:**  
Social media, 13 Jun 2019  
Lynn Balfour, Ettalong Public School



## Hall work

Work on Umina Beach Public School's hall were progressing well, according to principal Ms Lyn Davis.

"Keep an eye on our hall over the holidays so you can see the progress.

"Let's hope for more fine weather so the building is not

hampered.

"I am advised that it may look finished but the detailing inside the structure will still take some time," she said.

**SOURCE:**  
Newsletter, 18 Jun 2019  
Lyn Davis, Umina Beach Public School

## Students take part in transport workshop at museum

Stage 1 students from Pretty Beach Public School visited Newcastle Museum on May 29 to take part in a workshop entitled "Are We There Yet?"

The workshop was an interactive program that chronicled the history and evolution of transport in Australia.

Relieving principal Mr Dave Rattray said it was a fantastic day, thoroughly enjoyed by the students who attended.

"While our students were there, they were given a passport which allowed them to participate in a journey to investigate different modes of transport and how these have changed over time," Mr Rattray said.

Students learnt about steam train, trams, cars and ships and were also encouraged to enjoy some of the museum's other exhibits.

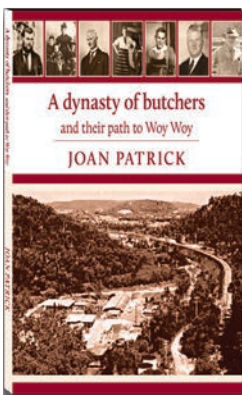
Mr Rattray said a highlight

was the interactive room where students were able to enjoy simulated hands on experiences.

"Students tested their strength lifting a car, measured their reaction times, built a bridge out of connecting blocks and many other activities.

"It was a busy day with plenty to see and enjoy," Mr Rattray said.

**SOURCE:**  
Newsletter, 6 Jun 2019  
Dave Rattray, Pretty Beach Public School



## A dynasty of butchers and their path to Woy Woy

Central Coast historian Joan Patrick traces the history of the Nichols family, from arrival in New South Wales in 1882, through work as slaughtermen and development of their family businesses

172 pages, RRP \$50.00

**ENQUIRIES AND ORDERS:** [www.joanpatrick.net](http://www.joanpatrick.net)

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- Selected Players Invited to West Ham Australia National Camp (Residential Camp on the Gold Coast, 21st - 24th September)
- West Ham Academy Assistant Academy Director will Oversee National Camp
- Selected Players invited to spend a week at the club in London
- Selected Players invited to take part in West Ham UK Development Tour

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## Success in goalball competition

**Two teams from Woy Woy South Public School participated in the 2019 NSW Goalball Knockout Shield on May 27.**

Students were blindfolded and played with an audible ball.

Each team aimed to get the ball past the opposition and into their goal without using their sight.

The teams from the school performed exceptionally well, according to principal Mr Matt Barr.

The school's Year 4 team were undefeated in their run through the competition and finished first in their division, he said.

The Year 5 team placed second in their division.

The results saw both teams qualify for the NSW Goalball Championships to be held in August.

Goalball is a Paralympic and a Pacific School Games Sport played in over 120 countries around the world.

**SOURCE:**  
Newsletter, 5 Jun 2019  
Matt Barr, Woy Woy South Public School



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# Scholarship awarded to pass on aboriginal arts

Ms Lynelle Elliott of Woy Woy has been awarded an Aboriginal and Torres Strait Islander Scholarship by the Hunter TAFE Foundation.

The \$500 scholarship will enable Ms Elliott to pass on her knowledge of the artistic techniques of and meaning behind aboriginal arts.

“This scholarship will enable me to travel across the Hunter, Central Coast and Sydney to engage arts institutions, communities and businesses in the cross-pollination of cultures, ideas, inspiration and collaboration,” she said.

“It will also help build a body of work for a market stall to sell my works, bringing a degree of self-sufficiency.”

Ms Elliott has previously presented art and painting workshops for school children.

More recently she was employed as cultural educator with Newcastle business Speaking In Colour.

As an educator, she said she used coiling and weaving techniques to build cultural competencies within school, groups and corporate settings.

“I find visual arts a great avenue for self-expression, culture and creative freedom,” said Ms Elliott.



“It allows me to express my connection to spirit, the land, community and my true self.

“It has allowed me to work with inspiring teachers, elders and other creatives.

“Visual arts allows for open engagement with others, young or old, building relationships through both the learning process and the exhibition of work.”


This year she is also a member of the Gosford Regional Gallery’s

Aboriginal Reference Group, tasked with bringing collaboration, inspiration and understanding to aboriginal cultural recognition and perspectives.

Donated by the City of Newcastle, the scholarship has been funded by the council for the last four years.

**SOURCE:**  
Media release, 14 Jun 2019  
Kristy Sheppard, TAFE NSW





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# Eight productions presented at Flash Festival

## Woy Woy Little Theatre's annual Flash Festival will return to Peninsula Theatre in July.

Eight original productions will be presented over four performances from July 5-7, with evening and afternoon shows performed.

Theatre company publicity officer Ms Terry Collins said audiences would experience everything from comedy to drama from the cream of the Peninsula's writing talent.

In the play *So Fire Me* by Mr Rowan Cowley, Ben is fed up with the continual round of company meetings disrupting his working

day.

Things reach crisis point for Ben during one of the endless meetings, with much hilarity ensuing.

Other plays include *Black Friday*, by Ms Penny Dilworth, a chilling account of a couple's first-hand experiences as a bushfire ravages their home.

Audience Participation was an amusing piece from Mr Andrew Thompson about two men making their first stage appearance, Ms Collins said.

Fantasy piece *The Firing* feature a teapot and a piece of clay comparing their life experiences in a play by Mr Greg Buist.

Ms Collins said this was possibly the best Flash Festival program to date.

"The standards of the plays this year is very high.

"We have eight new directors at the helm, mentored by some of the group's most experienced directors, and a large cast comprising some newcomers as well as some of the group's favourite performers," Ms Collins said.

Tickets are essential.

**SOURCE:**  
Media release, 19 Jun 2019  
Terry Collins, Woy Woy Little Theatre



## Cinema under the stars

## A registered club in Woy Woy will hold Cinema Under the Stars at no charge on July 12.

Everglades Country Club will

be screening Pixar's *How to Train Your Dragon 3* from 6:15pm.

The family friendly event will also have free face painting running from 6pm to 8pm.

Children must be supervised by a parent or guardian at all times.

**SOURCE:**  
Social media, 19 Jun 2019  
Sarah Kane, Everglades Country Club

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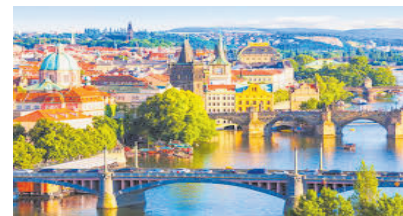
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# COASTAL DIARY

## A COMPREHENSIVE LISTING OF EVENTS OVER THE NEXT FEW WEEKS ON THE CENTRAL COAST

### MONDAY, JUN 24

Central Coast Dance Festival 2019 - 30th Anniversary, Laycock Street Theatre Auditorium, Ticketed, 6pm

### TUESDAY, JUN 25

Central Coast Council Workshop - The future of waste and resource recovery, Registrations required, Wyong Civic Centre, 12 - 2pm & 6 - 8pm

### WEDNESDAY, JUN 26

Gosford Baby Show, Imperial Centre Gosford, Registrations required

Heavy Water, Event Cinemas Tuggerah, Ticketed, 6:30pm

An Asbestos Awareness Morning Tea, Ourimbah RSL Club, Free - Booking's required, 10:30am

Gosford Bush Poets Meeting, Gosford Hotel - conference room, Free, 7pm

### THURSDAY, JUN 27

**Council Pop Up, Erina Fair, 5pm - 7pm**  
yourvoiceourcoast.com

Superwog, The Art House Wyong, Ticketed, 7:30pm

Dracula by Steven Dietz, The Art House Wyong, Ticketed, 28/06 - 30/06, Multiple Screening's

### FRIDAY, JUN 28

Beginning Your Family History, Gosford Library, Booking's required, 10:30am - 12pm



**Summer mixtape party, Ettalong diggers, Ticketed, 8:30pm 4343 0111**

Gregg Arthur with Quartet, Laycock Street Theatre Auditorium, Ticketed,

8pm

Winter Wonderland Wine Dinner by Tyrrell's, Crowne Plaza Terrigal, Ticketed, 6:30pm

A Taste of Sociocracy (aka Dynamic Governance) Narara Ecovillage, Booking's required, 6:30pm - 9pm

### SATURDAY, JUN 29

**Music Week - experience a week of dynamic learning, Central Coast Conservatorium, Bookings required, 29/06 - 5/07, 4324 7477**  
www.centralcoastconservatorium.com.au

**The Ettalong Food Fair, The Galleria, Free entry, 10am - 4pm**  
/Galleriaettalongbeach

Black, White & You - Full Day Charcoal & Ink Workshop, Hardys Bay Community Church Hall, Ticketed, 10am

Chaika With Support Twin Willows, The Rhythm Hut, Ticketed, 6:30pm



**We've Got Tonight Tribute Show, Laycock Street Community Theatre, Ticketed, 8pm 43 233 233**  
www.centralcoast.nsw.gov.au/theatres

Yoga Festival, Umina Beach Yoga, 29/06 - 30/06

Narara Ecovillage Open Day, Narara ecovillage, Ticketed, 1 - 4pm  
Earthship Wicking Bed Workshop, Booking's required - 9am - 3pm

Gosford Steam Weekend - Largest Operating Steam Locomotive, Gosford station - Hawkesbury river, Ticketed, 29/06 - 30/06

### SUNDAY, JUN 30

Symphony Central Coast- Concert 2 From Russia with Love, Performing Arts Centre - CCGS, 2:30pm

Jack McCoy Talk Story, Laycock Street Theatre, Ticketed, 5pm

Try VR For Free Day, Diggers at the Entrance, Booking's required, 10am

Mental Health Awareness Program,

Mental Health Awareness Program, Narara ecovillage, Ticketed - Booking's required, 10am - 12pm

### MONDAY, JUL 1

Central Coast Council Workshop - The future of waste and resource recovery, Registrations required, Umina Surf Club, 6 - 8pm

Christmas in July Luncheon, Linton Gardens, Ticketed, 01/07 - 31/07

### WEDNESDAY, JUL 3

Central Coast Council Workshop - The future of waste and resource recovery, Registrations required, Erina Centre, Erina Fair, 10am - 12pm

### THURSDAY, JUL 4

Gosford Nurses' Conference, The Willows Gosford, Ticketed, 4/07 & 5/07, 8:30am - 4pm

### FRIDAY, JUL 5



**Chocolate Starfish: One Last Kick Ettalong Diggers, Ticketed, 9:45pm 4343 0111**

Central Coast Art Society - Winter Exhibition, Gosford Regional Art Society, 05/07 Opening Night - 6-8pm, 05/07 - 10/07 - 10am - 4pm



**Flash Festival 2019 - Fire, Woy Woy Little Theatre, Ticketed, 5/07 - 7/07, 2pm & 8pm 4344 4737**  
www.woywoylt.com

### SATURDAY, JUL 6

**Wildplant Community Nursery, CEN Office Ourimbah, 9am - 12pm**  
www.cen.org.au

NAIDOC Nylon - presented by Naughty Noodle Fun Haus, Laycock Street Theatre, Ticketed, 8pm



**Winter in the Park! Kibble Park Gosford CBD, 6/07 - 20/07**  
www.centralcoast.nsw.gov.au/events

Cowra on the Coast Food and Wine Festival, Crowne Plaza Terrigal Pacific, Free entry, 11am - 5pm

Coastal Art Exhibition, Opposite the Bakehouse Gallery Patonga, 06/07 - 28/07, 10am - 4pm

### MONDAY, JUL 8

Calling all Learner Drivers - Learn how to Service your Car with Hyundai, Booth's Hyundai - Tuggerah, 6pm - 7:30pm

### TUESDAY, JUL 9

Elton John & Time Rice's Aida: A Timeless Love Story, Laycock Street Theatre, Ticketed, 2pm

### THURSDAY, JUL 11



**Robot Song, The Art House Wyong, Ticketed, 10am & 1pm, 4335 1485**  
www.theartousewyong.com.au

**Aged Care - A New Alternative, Mingara events centre, Booking's required, \$100 mingara food voucher for all attendees 0416 258 041**  
www.bit.ly/agedcareinfo

### FRIDAY, JUL 12

The Gosford Branch of Children's Medical Research Institute - Coffee Morning, The East Gosford Progress Hall, Ticketed, 10am

### SATURDAY, JUL 13



**The AC/DC Story, Ettalong diggers, Ticketed, 8:30pm 4343 0111**  
www.ettalongdiggers.com

Come Celebrate Bastille Day with the Alliance Française Conversation Group, Erina League Club, First attendance is free, 10am - 12pm

### SUNDAY, JUL 14

Handmade on the Coast, Woy Woy Wharf, 9am - 2pm

### MONDAY, JUL 15



**West Ham United Player ID Camp 2019, James Browne Oval, 15 & 16/07, 10am - 2pm, 0434 413 140**  
Register at  
www.georgecowiefootball.com

### WEDNESDAY, JUL 17

Frank Ifield - Encore, The Art House Wyong, Ticketed, 1pm

### FRIDAY, JUL 19

Shaun Kirk, The Rhythm Hut, Ticketed, 6:30pm

### SATURDAY, JUL 20

The Bays Art Show,

The Bays Community Hall Woy Woy, 20 & 21/07, 10am - 4pm

### THURSDAY, JUL 25

**Council Pop Up, Wyong Village Central, 10am - 12pm**  
yourvoiceourcoast.com

Roald Dahl's The Twits, The Art House Theatre, Ticketed, 25/07 - 27/07, Multiple Screening's

### FRIDAY, JUL 26

Strictly Ballroom The Musical, Laycock Street Community Theatre, Ticketed, 26/07 - 10/08

### SATURDAY, JUL 27

**Troubadour Folk Club - Witches Leap (Aust) Celtic Music, St. Lukes Hall, Ticketed, 7pm**

Central Coast Asthma & Respiratory Management, Erina Leagues Club, Free, 9am - 4:30pm

Christmas in July Race Day, The Entertainment Grounds, Ticketed, 11am - 5:30pm

Glenworth Valley's Horses Birthday Festival, Glenworth Valley, Ticketed, 27/07 & 28/07, 9:30am

### SUNDAY, JUL 28

Search For Land Seminar, Tuggerah Community Hall, Ticketed, 10am - 3:30pm

### FRIDAY, AUG 2

Gutsy Girls Adventure Film Tour 2019, Avoca Beach Picture Theatre, Ticketed, 7pm

Rugby League The Musical, The Art House Wyong, Ticketed, 8:30pm

### SATURDAY, AUG 3

Carnevale 2019 Exhibition, The Art House Wyong, 03 - 29/08

### SUNDAY, AUG 4

The Food and Wine Festival, Mt Penang Gardens and Event Park, Free entry, 11am - 5pm

### TUESDAY, AUG 6

Diplomacy, The Art House Wyong, Ticketed, 6/08 - 8pm, 7/08 - 2pm

### SATURDAY, AUG 10

2 Day Workshop - Charcoal & ink artwork on plywood, Yarramalong Store & Cafe, Ticketed, 9:30am

### SUNDAY, AUG 11

Handmade on the Coast, Woy Woy Wharf, 9am - 2pm

Country Music Festival 2019, The Waterfront Plaza and Memorial Park, 10am - 4pm

### TUESDAY, AUG 13

Grigoryan Brothers - Past, Present and Future, The Art House Wyong, Ticketed, 8pm

### WEDNESDAY, AUG 14

Stepping Out - Tap-Dancing Comedy With Two Left Feet, Laycock Street Theatre Auditorium Gosford, Ticketed, 14 - 16/08, 2pm & 8pm

### THURSDAY, AUG 15

Hitler's Daughter, The Art House Wyong, Ticketed, 16/08 - 16/08, Multiple Screening's

### FRIDAY, AUG 16

Top Dog Film Festival Avoca, Avoca Beach Picture Theatre, Ticketed, 7pm - 9:30pm

### WEDNESDAY, AUG 21



**Faulty Towers - The Dining Experience, Ocean Beach Hotel Umina, Ticketed, 7pm, 4341 2322**  
www.obhotel.com.au

### FRIDAY, AUG 23

Stepping Out - Tap-Dancing Comedy With Two Left Feet, The Art House Wyong, Ticketed, 23 - 24/08, 2pm & 8pm

### SATURDAY, AUG 24

**COSS Connections Guided Bird Walk, Rumbalara Reserve, Ticketed, 8am - 11am 4349 4756**

Blues on the Mountain featuring Karen Lee Andrews, Mangrove Mountain Hall, Ticketed, 6pm

### THURSDAY, AUG 29

**Council Pop Up, Lakehaven Shopping Centre, 10am - 12pm**  
yourvoiceourcoast.com

### SUNDAY, SEP 8

Handmade on the Coast, Woy Woy Wharf, 9am - 2pm

### SATURDAY, SEP 14

The Entrance Food & Wine Festival, The Entrance Lake House, Ticketed, 11am - 9pm

### THURSDAY, SEP 19

**Hair: The Original Tribal Rock Musical, The Art House Wyong, Ticketed, Multiple Screening's 4335 1485**  
theartousewyong.com.au/whats-on/hair

### THURSDAY, SEP 26

**Council Pop Up, Westfield Tuggerah, 5pm - 7pm**  
yourvoiceourcoast.com

### FRIDAY, OCT 4

Coastal Twist LGBTIQ + Arts & Culture Festival, Umina Beach Surrounds, 4 - 6/10, 10am - 6pm

### SUNDAY, OCT 13

Handmade on the Coast, Woy Woy Wharf, 9am - 2pm

### THURSDAY, OCT 24

**Council Pop Up, Deepwater Plaza Woy Woy, 10am - 12pm**  
yourvoiceourcoast.com

### SUNDAY, NOV 10

Handmade on the Coast, Woy Woy Wharf, 9am - 2pm

Basic entries in the Coastal Diary are **FREE**. Send information to [coastaldiary@centralcoastnews.net](mailto:coastaldiary@centralcoastnews.net)  
**ENHANCED** entries using bold typeface with an address, phone number and a live link are available for a small fee.  
Photographs can also be added for a small fee. All display advertisers are entitled to a free enhanced entry.



## Yoga festival to be held in Umina

A Umina yoga business will hold a "yoga festival" at the end of June.

The festival will be held over the weekend of June 29 and 30 and will include 18 activities, workshops and classes, many of them without cost.

The activities organised by Umina Beach Yoga will include dedicated classes and special events such as guest talks and "meet the teacher" lunches.

A number of "taster sessions" will be free of charge.

Classes will include: Yoga Nidra, Mandala meditation, Flow, Yin, Yoga Kirtan and dance-yoga fusion.

Civil celebrant Ms Sarah Tolmie and health coach Ms Kris Goetz will be guest speakers.

Vegan lunches will be available on both days of the festival.

Umina Beach Yoga was founded by local yoga teachers Ms Carolyn Glover and Ms Helen Macnair in 2012.

"When I moved to the Peninsula 12 years ago there were two yoga classes, one in Woy Woy and one in Umina and that was it," said Ms McNair.

"The practice has been booming since the 60s and now there are dedicated studios around the Peninsula."

Over the years Ms Macnair and Ms Glover have watched the trends in the yogi movement come and go.

Ms McNair said that, in their own practice, they had always stayed true to the principles of breath, meditation, clarity and wellbeing in contrast to more modern yogic approaches which liken the practice to exercise.

"As life gets busier and busier, we've noticed the trend is turning back towards more meditative yoga.

"This has always been at the core of our approach and will be on display throughout the festival," Ms Macnair said.

According to Ms Macnair, the festival will be the largest offering of traditional meditative based yoga on the Central Coast.

"I have a background in event planning and Carolyn one in hospitality, so we've always joked that something like this was inevitable and now here we are," Ms Macnair said.

Class places are limited and bookings are essential.

Ms McNair said 1000 people had already registered their interest in attending.

**SOURCE:**

Interview (Dillon Luke), 17 Jun 2019  
Helen Macnair, Umina Beach Yoga

## Packed hall gives standing ovations

The Pearl Beach Music Festival held over the June long weekend saw the Memorial Hall packed, according to concert manager Ms Lynne Lillico.

She said this year three programs delighted audiences and received standing ovations.

During the Saturday program, flautist Jane Rutter and guitarist Giuseppe Zangari invited the audience on a musical journey.

"They took the audience with them to stroll the streets of Paris, feel the rhythm of Spanish dance, be hypnotised by the mystic charm of India and transported to the dance halls of Buenos Aires," Ms Lillico said.

On the Saturday evening, pianist Simon Tedeschi and violinist Andrew Haveron came together to pay homage to one of the early 20th century's great duo partnerships, Kreisler and Rachmaninoff.

They recreated a concert program performed and recorded by the duo.

"Andrew and Simon shared their passion for two of their heroes with memorable and dramatic sonatas and one of Kreisler's best-loved, virtuosic works," Ms Lillico said.

"Their concert was worthy of a Carnegie Hall performance," she said.



Ms Lillico said the Sunday concert, Latin Delights, created another musical journey, this time featuring the salon style of the London coffee houses spanning back to the 1930's.

"Performed by Byron Marks, Ziva Altman, Anna Murakawa,

Peter Garrity and Danny Morris, their performance included wonderful foot tapping pieces that left the audience wanting more," Ms Lillico said.

**SOURCE:**

Media release, 19 Jun 2019  
Lynne Lillico, Pearl Beach  
Progress Association

# Tuesdays Steak Night

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# LUNCH SPECIALS

\$10.80 FOR MEMBERS • \$14.80 FOR NON-MEMBERS

**FISH & CHIPS**

**CHICKEN SCHNITZEL & CHIPS**

**CALAMARI & CHIPS**

**BRAISED CHICKEN & RICE**

**CURRY CHICKEN & RICE**

**HONEY CHICKEN & RICE**

**SWEET & SOUR PORK WITH RICE**

**BEEF & BLACK BEAN WITH RICE**

**MIXED VEGETABLES WITH RICE**

**Melbourne Avenue - Umina Beach, New South Wales**

**www.clubumina.com.au - 4343 9999**

# NEVER ENDING 80s

## Summer

FRIDAY 28TH JUNE

# CHOCOLATE & STAFFISH PRESENT

## ★ ONE LAST KICK ★

PLAYING

# INXS ★ KICK

FRIDAY 5TH JULY

LIVEWIRE TOURING & MANAGEMENT  
SERVICES PROUDLY PRESENTS

# AC/DC

THE AC/DC STORY IS A BIOGRAPHICAL 3 HOUR CONCERT  
FEATURING NARRATED FACTS AND STORIES OF THIS  
LEGENDARY ROCK BAND. MUSIC PERFORMED BY  
ACCA DACCA, VIDEO SCREENS, CANNONS, BELLS, & BAGPIPES.

SATURDAY 13TH JULY

**ETTALONG DIGGERS**  
ETTALONG BEACH WAR MEMORIAL CLUB LIMITED  
ABN 99 001 011 392  
51-52 THE ESPLANADE, ETTALONG BEACH NSW 2257  
(02) 4343 0111

FOLLOW US



# Directory - Not for profit Community Organisations

## Art & Culture

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  
0431 363 347  
hospitalartaustralia.com.au

## 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.  
4341 9333  
www.coastcommunityconnections.com.au

Empire Bay Probus Club  
Friendship, fellowship,  
and fun in retirement.  
Very active club, outings,  
excursions, dining - 3  
times a month  
1st Thur 1.30pm  
Empire Bay Progress Hall  
Visitors Welcome.  
0419 252 708

Ettalong 50+ Leisure  
& Learning Centre  
Cards, Chess, Choir, Creative  
Folk Art, Dancing, Darts,  
Handicraft, Handicrafts,  
Indoor Bowls, Leatherwork,  
Line Dancing, Mahjong,  
Painting, Rummikg,  
Scrabble, Table Tennis,  
Ukulele, Women's Shed,  
4304 7222

Central Coast  
Community  
Legal Centre  
Not for profit service providing  
free legal advice.  
Monday to Friday  
9am to 5pm  
4353 4988  
contact@centralcoastclc.org.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  
4341 5170  
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 50+  
Singles Social Group  
Ladies & gents dinner,  
dancing - BBQs & socialising  
each w/end. Monthly  
programme for all areas  
0412 200 571  
0437 699 366  
0407 031 013  
50psgg@gmail.com

CCLC Indoor Bowls  
Mon - Ladies Social  
Wed Night - Mixed Social  
Sat - Mixed Social  
New members welcome -  
tuition given  
level 2 Central Coast  
Leagues Club  
4334 3800

Freemasons  
Who are they?  
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.tcd2001.org

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

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

Seniors Computer Club  
Central Coast  
A non-profit seniors club  
to help members master  
computers, tablets,  
phones and keep up  
with grand children  
Friendly Volunteer Helpers  
scccc@internode.on.net  
Google scccc@kincumber  
4307 9421

Seniors Social and  
Friendship Club Inc  
Meets 2nd Mon  
Regular monthly social  
activities as well as day  
outings and short breaks  
away, organised by  
individual members.  
4322 7588 or 0427 404 322

The Krait Club  
Community Centre - Cooinda  
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 JP volunteers for  
Community JP Desks in  
Central Coast Shire.  
Free training and  
insurance  
provided.  
0418 493 388  
benefits@nswja.org.au

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

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

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

## Entertainment

Frantastics Choir Inc  
High quality variety  
entertainment available for  
matinee  
bookings at your venue.  
New members welcome.  
1pm Mondays during school  
terms  
Walter Baker Hall, Woy Woy  
4343 1995  
www.frantastics.org

## 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  
Ettalong Bowling Club  
Springwood Road Woy Woy  
3rd Tues 10.30am  
1800 011 041

Better Hearing  
Australia - Central  
Coast  
Hea ring 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

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

Mary Mac's Place  
Providing hot, freshly cooked  
meals - Mon to Fri 11am-1pm  
with support, info & referrals  
4341 0584  
marymacs@woywoycatholic.org.au

Overeaters  
Anonymous (OA)  
12-step fellowship for those  
with eating disorders. No  
dues, fees, or weigh-ins.  
Peninsula Com. Cntr, cnr. Mc  
Masters Rd & Ocean Beach  
Rd. Woy Woy, Fri 8pm  
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.pcta.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 Stroke  
Recovery Club  
Everglades Country Club  
2nd Tues 11am  
Company, up-to-date info,  
hydrotherapy, bus trips  
1300 650 594

## Music

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

Coastal a Cappella  
Vibrant women's a cappella  
chorus. New members  
welcome - music education  
provided. Rehearsals.  
Tues 7pm Gosford Tafe  
Performance opportunities  
Hire us for your event  
0412 948 450  
coastalacappella@gmail.com

Soundwaves  
A cappella harmony for Men  
- new members welcome.  
Rehearsals Mondays 7.00pm  
to 9.30pm Central Coast  
Leagues Club, Dane Drive,  
Gosford  
Ring Max on 4324 3631  
or Kieran 4324 1977

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  
Peninsula Day Branch  
1pm 2nd Mon  
CWA Hall Woy Woy  
4341 9946

Liberal Party of  
Australia  
Woy Woy Branch  
4th Thur 6.30pm  
Everglades Country Club  
woywoyliberals@gmail.com

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  
3rd Mon.  
Woy Woy Leagues Club  
Make new friends and  
have fun while serving your  
community.  
0478 959 895

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

Rotary Club of Kariang  
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,t  
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.ccoasroaring.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  
Wamboral - 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) 10.30am  
Umina Club  
Melbourne Avenue  
Umina Beach  
4342 1107

The Partners of  
Veterans Association  
of Australia Inc Central  
Coast Sub Branch  
4th Tues - 10am-1pm  
Kincumber Neighbourhood  
Centre, 1/20 Kincumber St  
Kincumber  
Support Network for Partners  
of Past and present Australian  
Defence Forces  
0403 499 905

Veterans' Help Centre'  
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

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  
woywoyowa@gmail.com

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

# NEWSPAPERS

## Central Coast

If you would like your Community Organisation listed here

see [www.duckscrossing.org](http://www.duckscrossing.org) or [www.centralcoastnewspapers.com](http://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.



# Art piece for National Sorry Day

**Students of Pretty Beach Public School have created an art piece for National Sorry Day and Reconciliation Week 2019.**

"Our students created this collaborative whole school artwork honouring this year's Reconciliation Week theme of 'Grounded in Truth,'

Walk Together with Courage'," said relieving principal Mr Dave Rattray.

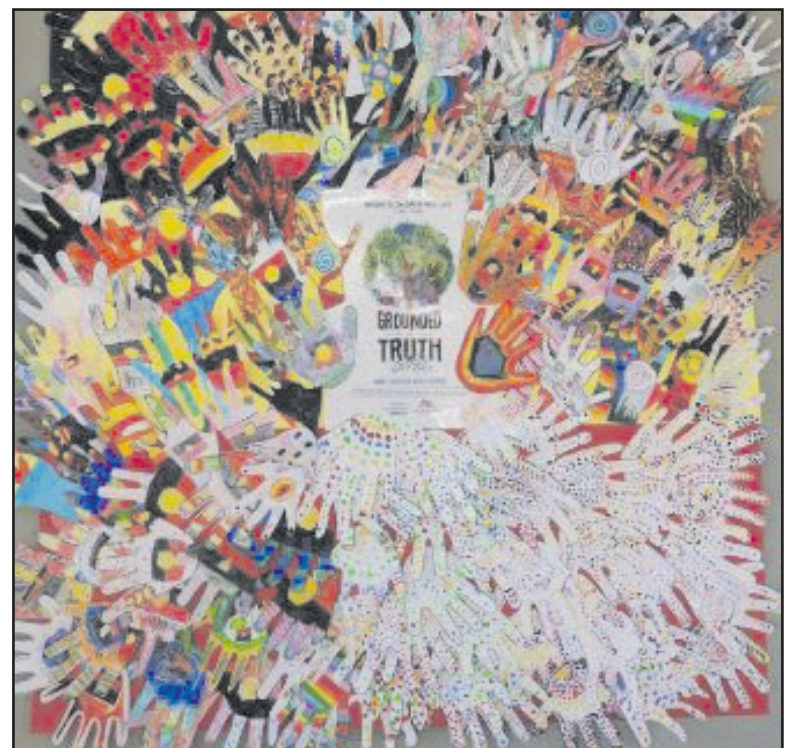
"Each student decorated a hand to be incorporated in the artwork.

"During the week, classes also discussed how reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating

a nation strengthened by respectful relationships between the wider Australian community and aboriginal and Torres Strait islander peoples," Mr Rattray said.

**SOURCE:**

Newsletter, 6 Jun 2019  
Dave Rattray, Pretty Beach Public School



## BEACHSIDE NEW & USED FURNITURE

7DAYS

QUALITY HOME & OFFICE FURNITURE  
BEDDING/MATTRESSES & ANTIQUES

213 - 215 WEST ST - UMINA BEACH 2257

0419 413 548

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

- **Affordable Roof Solutions**  
- Brad Sedgewick Ettalong
- **Depp Studios** -  
Formerly of Umina
- **Tony Fitzpatrick** trading  
as Futurtek Roofing
- **Stan Prytz** of ASCO  
Bre Concreting
- **Andrew and Peter Compton**
- **Bruce Gilliard Roofing**  
of Empire Bay
- **Jamie McNeilly** formerly of  
**Jamie's Lawn Mowing**, Woy Woy
- **William McCorriston** of  
Complete Bathroom Renovations
- **First Premier Electrical**  
**Service** of Umina Beach
- **High Thai-d Restaurant**  
of Umina Beach
- **Mal's Seafood & Charcoal**  
**Chicken** of Ettalong Beach
- **Simon Jones** - All external  
cleaning and sealing services
- **Erroll Baker**, former  
barber, Ettalong
- **Tye King** - Formerly The  
Fish Trap Ettalong Beach
- **Jessica Davis of Erina** - Trading  
as A1 cleaning services
- **Simon and Samantha**  
**Hague**, Trading as By the  
Bay Takeaway Empire Bay
- **Rick Supplice** of Ettalong Beach,  
Trading as Rick's Flyscreens
- **Mountain Mutts** - Monique  
Leon, Ettalong Beach
- **RJ's Diner** - Ryan  
Tindell of Woy Woy
- **Thomas James Clinton**,  
Trading as TMA Products &  
AthroBalm & Effective Business  
Solutions of Ettalong
- **Greenultimate Solar PTY LTD**
- **Decorative Fabrics &**  
**Furnishings** - Steve  
McGinty, Wyoming
- **Menhir Tapas & Bar PTY LTD**
- **Dean Lampard** - Trading  
as Lampard Painting
- **Callum McDonald** - Trading  
as Sunset Decks
- **Linda Smith**, Bookkeeper  
Horsfield Bay
- **Emma Knowles** -  
Blacksmith NSW
- **Mulla Villa PTY Ltd**
- **Jessica Wheatcroft** trading as  
Wheatcroft Advertising
- **Peter Zing**, Singapore Zing Cafe
- **Pruksra Thai Massage**, Woy  
Woy
- **Dale Arurlilac**, Woy Woy
- **Craig Lack** Fencing

## Peninsula directory of services, contacts and support groups

### Ambulance, Police, Fire 000

#### Emergency

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

#### Aboriginal & Torres Strait Islander Organisations

Mingaletta 4342 7515  
Aboriginal Home Care 4321 7215  
Drug & Alcohol rehab 4388 6360

#### Accommodation

Dept. of Housing Gosford 4323 5211  
Cassie4Youth 4322 3197  
Coast Shelter 4325 3540  
Pacific Link Com Housing 4324 7617  
Rumbalara Youth Refuge 4325 7555  
Samaritans Youth  
Services 4351 1922  
Youth Angle • Woy Woy 4341 8830  
Woy Woy Youth Cottage 4341 9027

#### Animal Rescue

Wildlife Arc 4325 0666  
Wires 1300 094 737

#### Community Centres

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

#### Counselling

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

#### Family and Relationships

Centacare Gosford 4324 6403  
Central Coast Family Support  
Service 4340 1099  
Horizons (For men with children) 4351 5008  
Uniting Care Burnside  
Gosford 1800 067 967

#### Health

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

#### Legal & Financial Help

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

#### Libraries

Gosford district:  
Umina Beach 4304 7333  
Woy Woy 4304 7555

#### Problems, Habits & Addiction

Alcoholics Anonymous 4323 3890  
Narcotics Anonymous 4325 0524

#### Professional support phone services:

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

#### Transport

Taxi 131 008  
Busways 4368 2277  
City Rail 131 500

#### Welfare Services

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



# 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

CABINETMAKER

**CABINETMAKER**  
 Special picture frames  
 Window frames  
 Wooden Boxes for Art - Storage - Display  
 Smaller Cupboards and Furniture  
**Call Jens**  
 0418 993 994

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

ENTERTAINMENT

**BluesAngels**  
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# Running festival attracts 3000

**SOURCE:**  
Website, 19 Jun 2019  
Interview (Dilon Luke),  
19 Jun 2019  
Jenny Barker, Bay to Bay Run

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Sport

# Influx of female cricket players expected

Southern Spirit Cricket Club is expecting an influx of female cricketers with the promotion and funding of a Central Coast women's cricket competition.

Club secretary Mr Jack Wilson said women's and girl's cricket has been enjoying an unprecedented level of growth thanks to promotion and funding by the sport's governing bodies.

He said the growth had come with the launch of the Central Coast's first women's competition in 2018 and the recent announcement of the 2019-2020 Plan B Regional Bash by Cricket NSW.

"It's a great time to be involved in women's cricket in general with the sport seeing growth everywhere from the local to national level," Mr Wilson said.

He said Southern Spirit had always been a stalwart of women's cricket on the Coast, evidenced by the club's consistent girl's competition entries and ability to produce high quality players, such



as former Spirit junior, now Sydney Sixers player Lauren Smith.

The club is now gearing up for their 2019-2020 season which will see them enter the Central Coast Women's Competition for the first time after just missing out last year and will again be focusing on developing their women's and girl's squads.

"We've got around 12 dedicated players for our women's squad and 14 players that make up our two girl's squads, so we're really well

placed going into this season, but we could always use more players and would love to see some new faces when registrations open this July," Mr Wilson said.

Cricket NSW's inaugural Women's Plan B Regional Bash Competition was introduced following the Central Coast's win in the Men's Competition last year and to meet the rising demand for more pathways in the women's division.

Cricket NSW Central Coast Conference administrator Mr Garry Burkinshaw said he was excited about the competition.

"This competition is a fantastic opportunity for female cricketers not only on the Central Coast but also across the state," Mr Burkinshaw said.

"It is exciting that players from our local competitions will get the opportunity to not only represent the Central Coast but hopefully also get to play on the Sydney Cricket Ground," he said.

**SOURCE:**  
Media release, 18 Jun 2019  
Garry Burkinshaw, Cricket NSW  
Interview (Dillon Luke), 18 Jun 2019  
Jack Wilson, Southern Spirit Cricket Club



Umina Surf Life Saving Club's Blake Hessel

## Two chosen for NSW squad

**Two young athletes from Umina Surf Life Saving Club have been named to the NSW National Squad.**

Umina's Blake Hessel and Kaylah Holmes will compete for a spot on the Australian Youth Lifesaving Team that will contest the Life Saving World Championships in 2020.

The Australian Youth Lifesaving Team will be made up of the 32 top performing Under-17 athletes in the country, with the final team to be selected after the completion of the 2019 pool rescue season and 2019/20 surf sports season.

Australian Youth Life Saving Team head coach Mr Craig Holden is confident the depth across the state squads would give the future team the potential to reclaim the Youth National Team Title.

"We have an amazing array of young talent here in Australia and it is always extremely difficult in determining our squads," said Mr Holden.

Blake and Kaylah are the only two representatives from a Central Coast club to be chosen for the squad.

**SOURCE:**  
Media release, 30 May 2019  
Chris Smyth, SLS NSW

## Woy Woy secures first rugby union win

**Woy Woy has secured its first win of the Central Coast Rugby Union season after beating Kariong 23 points to 20 in Round 9.**

According to Central Coast Rugby Union publicity officer Mr Larry Thomson, it was Woy Woy's best performance so far this season.

"This was a good game of rugby," he said.

"Woy Woy had a great start to the match and led by 15 points to

three early on.

"They maintained this lead, despite a Kariong comeback, and went to the halftime break leading by 15 points to 10," Mr Thomson said.

Moving into the second half both teams were aware that either side could take the win, which resulted in another energetic half.

"Both teams crossed for three tries in this match such was the tightness of the clash.

"An intercept try to Woy Woy

midway through the second half was a turning point.

"At that stage, Kariong were clawing their way back into the match, but this try changed the complexion of the half.

"Woy Woy will take a lot from this match and they will trouble all teams in the second half of the season," Mr Thomson said.

**SOURCE:**  
Media release, 17 Jun 2019  
Larry Thomson, Central Coast Rugby Union

## TIDE CHART

FORT DENISON

LAT 33° 51' S - LONG 151° 14' E - TIME ZONE - 1000

Times and Heights(m) of high and low waters

Times are in local standard time (UTC +10:00) or daylight savings time (UTC +11:00) when in effect.

### Time - Height(m)

<b>24</b> MON	0024 1.57 0717 0.58 1329 1.31 1900 0.81	<b>25</b> TUE	0114 1.49 0804 0.60 1424 1.34 2004 0.83	<b>26</b> WED	0211 1.43 0852 0.59 1518 1.40 2114 0.81
<b>27</b> THU	0313 1.39 0940 0.59 1610 1.48 2220 0.76	<b>28</b> FRI	0413 1.37 1024 0.57 1658 1.57 2320 0.67	<b>29</b> SAT	0508 1.37 1108 0.55 1742 1.67
<b>30</b> SUN	0013 0.58 0600 1.38 1151 0.52 1826 1.78	<b>1</b> MON	0101 0.47 0651 1.41 1236 0.49 1910 1.88	<b>2</b> TUE	0148 0.37 0742 1.43 1322 0.47 1956 1.97
<b>3</b> WED	0236 0.30 0832 1.44 1411 0.46 2044 2.02	<b>4</b> THU	0326 0.25 0925 1.45 1501 0.46 2133 2.04	<b>5</b> FRI	0415 0.23 1018 1.46 1555 0.47 2224 2.01
<b>6</b> SAT	0508 0.25 1113 1.46 1651 0.50 2316 1.93	<b>7</b> SUN	0600 0.29 1209 1.46 1750 0.55	<b>8</b> MON	0011 1.82 0654 0.34 1308 1.48 1854 0.59

### APPROX. TIME LAG AFTER FORT DENISON

Ettalong 40 min, Rip Bridge 2hrs - Wisemans Ferry 2 hrs 30 min, Koolewong 2 hrs 10 min  
In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation. Actual times of High and Low Water may occur before or after the times indicated



## Southern and Ettalong return to top of the ladder

**Southern and Ettalong United women's soccer team have returned to the top of the Central Coast Football Women's Premier League ladder after picking up a win in Round 9.**

After being knocked out of first place on the ladder in Round 7, Southern and Ettalong had been playing a game of chicken with ladder leaders Kanwal, who were able to hold onto the top spot by a single point after Round 8.

However, Kanwal's loss to Terrigal United in their Round 9 fixture paved the way for Southern and Ettalong to reclaim the lead after they beat the Kincumber Roos 3-1 in their match.

Southern and Ettalong United went into the match with a seven game winning streak

"Ettalong struggled early against a solid Kincumber defence," said Central Coast Football's digital content coordinator Mr Lachlan Herd.

He said quality chances were at a premium for both sides throughout a first half that, at times, became rather scrappy

Locked at 0-0 at half time, Kincumber came out for the second period full of life, regularly catching Ettalong out of position.

Eventually the pressure was to pay off as Kincumber were awarded a penalty after the referee found a foul had occurred within the Ettalong penalty area.

"The penalty was dispatched and Kincumber found themselves with a shock 1-0 lead early in the second half," Mr Herd said.

"The goal appeared to jolt Ettalong back to life as they grew into the second half, and in the 65th minute Women's League top goal scorer Tahlor Thackray, brought them back level after weaving through the Kincumber

defenders and finishing neatly past the Roo's keeper.

"The goal appeared to change the momentum of the match and it looked only a matter of time before Ettalong would take the lead.

"A goal to Charlotte Steed in the 70th minute gave them lead they'd been looking for.

"Emma Woodger finished off the scoring for Ettalong in the 83rd minute to seal the win, as she beat her defender before placing the ball past the keeper to see the match finish 3-1," Mr Herd said.

Southern and Ettalong coach Craig Thackray said despite the team's fiery finish his girls had to work for the win.

Umina United also came away with a win in Round 9 when they defeated East Gosford 3-nil.

"Umina came out and got on the ball more than their counterparts throughout the first half.

"However they struggled to find the breakthrough in front of goal as the Rams defence held firm, with the match remaining locked at nil-all at half time," Mr Herd said.

"It became evident early on in the second period that the match would open up as both sides pushed hard for the opening goal of the contest.

"After a few chances for both sides, eventually Umina found the breakthrough before going on to score another two in quick succession to swiftly wrap up the three points.

"A double to Amber Mangan and a first goal of the season to Alison Howell proved the difference between the sides, with the win seeing Umina hold onto third position on the ladder, creeping closer to second placed Kanwal in the process.

**SOURCE:**

Website, 13 Jun 2019  
Lachlan Herd, Central Coast Football



## Umina surf club named Club of the Year

**Umina Surf Life Saving Club has been named Surf Life Saving Central Coast's Club of the Year for 2018-19.**

More than 370 surf lifesavers from all 15 Central Coast based clubs gathered at Mingara Recreational Club on June 8 for the annual Surf Life Saving Central Coast Awards evening.

Umina Club president Mr Stephen Scahill said he was overjoyed with the announcement and the club's ongoing performance.

"It is a great honour for Umina to win this award."

Club member Bailey Johns was recognised for his outstanding

season in the surf with the Young Athlete of the Year Award and Kai Darwin was presented the Young Lifesaver of the Year Award.

Ebony Rayner took out the Female Junior Lifesaver of the Year award.

Harold Marshall was honoured with the Volunteer of the Year Award.

Rounding out Umina's accolades for 2018-19 were a first place finish in the Central Coast Patrol Competition and a third place in the Overall Surf Sports Points tally for the season.

Ocean Beach Surf Life Saving Club was also acknowledged, taking out second place in the Club of the Year.

Club member Mercedes Newton picked up an individual award as Rookie of the Year 2019.

Surf Life Saving Central Coast president Mr Stuart Harvey said: "We have over 8000 volunteer surf club members who do an amazing job supporting the Central Coast community and this season zero lives were lost along our coastline, a statistic which should be celebrated.

"Across the clubs 398 lives were saved, 18,371 preventative actions were made, 1853 First Aid cases attended and 95,572 volunteer patrol hours logged."

**SOURCE:**

Media release, 11 Jun 2019  
Narelle Duggan, SLS Central Coast

## Griffins narrowly defeated in AFL

**The Brisbane Water Secondary College Umina campus Griffins Under-15's AFL squad were narrowly defeated in the 2019 Swan**

**Shield tournament.**

The Griffins had gone all the way through to the grand final against Wadalba Community School undefeated.

Unfortunately for the Griffins,

the defending premiers proved too strong on the day to take the shield.

**SOURCE:**

Social media, 5 Jun 2019  
Adam Montgomery, BWSC Umina



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