



Clydesdale horses visit aged care facility

Residents of a Woy Woy aged care facility were visited by two Clydesdale horses on August 30.

The visit was coordinated by BlueWave Living staff and event planning business W and C Events, which brought their namesake

Clydesdales, Wellington and Claudia, into the facility to spread some Father's Day cheer.

BlueWave's marketing manager Ms Kylie Scott said residents were captivated by their visitors.

"It was a wonderful Father's Day celebration with Wellington and Claudia walking through the entire

facility and even visiting residents in their room.

"It was a magical afternoon.

"Wellington and Claudia were very well behaved and gentle," Ms Scott said.

SOURCE:

Media release, 2 Sep 2019
Kylie Scott, BlueWave Living



Urban spatial plan goes on public exhibition

Central Coast Council's Urban Spatial Plan, which would see a medium density residential zone around Woy Woy, has been placed on public exhibition and is open for public comment until October 24.

While information sessions will be provided at Tuggerah and Erina, none has been scheduled for Peninsula residents.

The spatial plan includes an aim to revitalise Woy Woy, claiming to provide for population growth that would not generate unsustainable traffic impacts and would protect the scenic quality and character of the area.

It would promote housing densities that it says would encourage a "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".

Umina will be a designated town centre, providing low-to-mid-rise living with some medium density housing as part of mixed-use areas in the commercial centre.

A "civic area" would be created in Umina with more usable public space in the centre and a "safe public realm ensuring functionality

for wide cross section of the community"yourvo.

Ettalong Beach has been designated a "village" and aims to support local business and retain the existing amenity.

The built form would be low to medium rise development encouraging town houses and villa development.

It is one of three draft plans currently on public exhibition.

The two others are the draft Community Participation Plan, open for comment until September 26, and the draft Development Servicing Plans for water supply and sewerage, on exhibition until November 1.

Public exhibition of a draft Landcare Strategy closed on September 12.

The draft Urban Spatial Plan can be found at <https://www.yourvoiceourcoast.com/UrbanSpatialPlan>.

The draft Community Participation Plan can be found at <https://www.yourvoiceourcoast.com/community-participation-plan>.

The draft Development Servicing Plans can be found at <https://www.yourvoiceourcoast.com/development-servicing-plans>.

SOURCE

Website, 11 Sep 2019
Your Voice Your Coast,
Central Coast Council

THIS ISSUE contains 74 articles - Read more news items for this issue at www.peninsulanews.info

NEWSPAPERS

Central Coast

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News

Peninsula News

Community Access

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

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

See www.peninsulanews.info for all editions published

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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, 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.

August delivers, September disappoints

A fortnight into September and the Peninsula has seen a return of dry conditions after a brief respite in the form of torrential rain over the dying days of August.

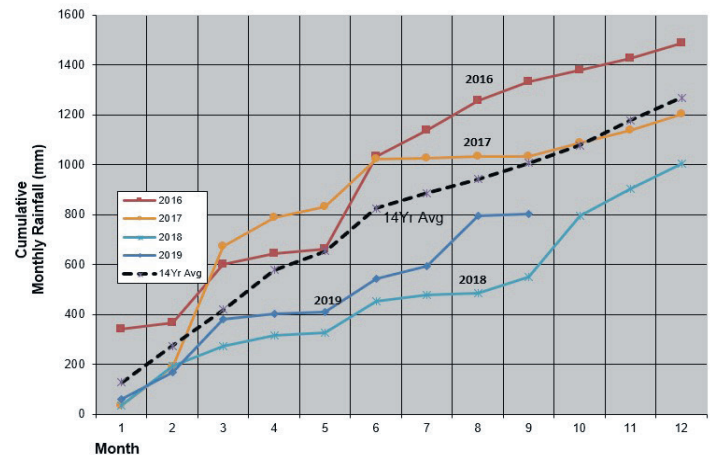
As reported in last edition, the Peninsula's dry spell was broken in the final days of August with 181.3mm of rainfall recorded from the 30th to the 31st, according to data compiled by Umina's Mr Jim Morrison.

This result brought the August monthly total rainfall up to 199.8mm, a five year high.

But despite that brief big wet the dry conditions that have plagued the region for most of the year have returned with just 7.9mm of rainfall recorded from September 1 to 13.

On average the ninth month normally sees around 65mm of rainfall so as we approach the halfway mark for September either consistent showers or more

Cumulative Monthly Rainfall by Year



sporadic torrential rain will be needed to keep the Peninsula on track to reach some semblance of its usual yearly total rainfall total of 1268mm.

As of September 13, the monthly total stands at 802.3mm.

Both October and November

are generally wetter months for the Peninsula with December being a wildcard of summer storms or long dry periods.

SOURCE:
Spreadsheet, 13 Sep 2019
Jim Morrison, Umina

YOUR CHANCE TO WIN

The Peninsula News would like to offer five lucky readers the chance to win a double pass to Oz Comic-Con when it returns to Sydney this month.

Offering something for everyone, Oz Comic-Con features appearances from film and television stars, comic writers and illustrators, voice actors, gaming tournaments and free-play opportunities, activations from film studios and partners, industry panels and workshops, and exclusive merchandise.

Oz Comic-Con will run from 9am to 6pm on September 28-29 at the Sydney Showground, Olympic Park.

The double pass will give each lucky winner and their guest full entry over both days of the Con.

For your chance to win write your full name, daytime telephone number, email and address on the back of an envelope and mail it to Peninsula

News Oz Comic-Con Competition, PO Box 1056, Gosford 2250, before 5pm on September 25.

Entrants are advised that they must have a valid email address to be eligible for this competition.

The winner of the HarperCollins Competition was Elsie Drinkwater-Bell of Woy Woy.



Prize winners may be required to pick up their prize from our Gosford office. Entries may be passed on to prize providers for marketing purposes.

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Only six Peninsula bike paths in list of 142

Only six bike path projects on the Peninsula have been identified by Central Coast Council in the 142 projects adopted in its Bike Plan and Central Coast Pedestrian Access and Mobility Plan.

Priority for the projects range from 40 to 72.

Another three projects, for Woy Woy Rd, Veron Rd and Bourke Rd, are not on the priority list.

Listed as priority 40 is a three metre wide 241 metre shared path along Ocean Beach Rd from Gallipoli Ave at a cost of \$1000 a metre.

Other sections of Ocean Beach Rd are listed as priority 48, between Dunban Rd and Rawson Rd, and priority 49, between Waterloo Ave and Dunban Rd.

Priority 43 is 351 metres of shared path on Victoria Rd, Woy Woy.

Priority 54 is for a 1374 metre shared path along Blackwall Rd, Woy Woy, between McMaster Rd and Victoria Rd.

At priority 72 is 229 metres of shared path on Maitland Bay Dr between Booker Bay Rd and Orange Grove Rd.

The report adopted by council at its September 9 meeting stated that the next stage of the bike plan was to pursue funding sources to establish an ongoing budget and to establish an implementation program over the next five years.



It recommended the bike plan be reviewed every two to three years and updated accordingly.

Funding options included State and Federal Government grants, developer contributions under Section 7.11 and 7.12 of the Environmental Planning and Assessment Act.

The pedestrian plan listed 109 priorities.

The report to council said funding would depend on budget allocations and success in seeking grants from State and Federal governments.

The focus areas included Woy Woy.

Within these areas, shopping

centres and main streets as well as key pedestrian "generators" such as aged care or child care centre, parks and community halls became targets for a hierarchy of pedestrian needs.

It said Woy Woy - the largest population of all the districts - had a previous pedestrian and mobility plan published by the former Gosford City Council in 2004 which noted barriers such as lip, step or no kerb ramps, major cracking and raised paving, poorly placed trees and bus shelters and lack of tactile indicators at major crossings.

Its recommendations were considered in the latest plan.

However, the highest priority

given to a Peninsula project was priority 32 for Lone Pine Ave and Carpenter Sts, Umina, 1145 metres of footpath.

The Esplanade at Ettalong, Ocean Beach Rd, Umina, and Welcome St, Woy Woy, were among other projects on the priority list, which would be completed within one to three years.

The report noted that works prioritised may shows paths that have been constructed prior to the completion of the report.

Funding needed for the first priority areas in Woy Woy total \$2.8m.

Mayor Cr Jane Smith said the Bike Plan and PAMP were created

following an extensive community consultation process.

"Our community made it clear to us that improving and expanding our pathway network is a top priority for them and we've listened," Mayor Smith said.

"To develop these critical plans, we addressed community feedback from a specific consultation process and from the development of The One Central Coast Community Strategic Plan 2018-2028.

"The plans outline our commitment to deliver accessible footpaths, bike paths and shared pathways that complete missing links, loop around our scenic waterways and improve connections that offer a healthy and environmentally friendly transport option.

"Creating safe and accessible pathways is a priority - wherever possible we will construct pathways that can be used and enjoyed by walkers, cyclists, parents and carers with prams, and people using wheelchairs or other mobility aids.

"The Bike Plan and PAMP will also assist us in applying for grant funding to deliver important projects that have been identified."

SOURCE:

Central Coast Council agenda 3.3, 8 Sep 2019

Media Releases, 9 and 10 Sep 2019
Jane Smith, Central Coast Council



Liesl Tesch MP

Member for Gosford

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Electorate's community projects are on the Peninsula

All three projects funded under the My Community Project program in the Gosford electorate are located on the Peninsula.

Decided via public vote, two of the projects were in Umina and the other in Woy Woy.

The successful projects were: a new patrol tractor for Umina Beach Surf Life Saving Club, a new mixed used pathway for the Umina Recreation Precinct and funding for the Peninsula Environment Group's Phoenix Rising project.

Through the program Umina Beach Surf Life Saving Club has received \$22,500 to purchase a new beach patrol tractor.

The club had to retire its previous tractor earlier this year.

"A tractor is one of the most valuable items of equipment playing a major role in the safety and wellbeing of members and community providing us the ability to deliver key lifesaving services and functions effectively and efficiently," said club president Mr Stephen Scahill.

"The tractor allows improved time efficiency in water rescue manoeuvres and access to medical treatment and we absolutely

needed a replacement for the start of our patrol season."

The tractor will be used in daily operations as well as emergency situations, for training exercises and for the transport of valuable surf club equipment.

"This will make our beaches safer, ultimately contributing to the wellbeing of the entire community," Mr Scahill said.

Central Coast Council was awarded \$200,000 to deliver the mixed pathway which will connect Ocean Beach Rd to the precinct and Caravan Park Access Rd.

The new pathway will connect two popular walking destinations and it is hoped that by connecting the pathway to the caravan park tourists will be encouraged to explore more of Umina via the walkway, while simultaneously providing improved infrastructure for residents.

The Peninsula Environment Group was awarded \$79,261 for their Phoenix Rising project which will see restorative works take place at the Woy Woy Peninsula Community Garden.

The garden has been the victim of vandalism since October 2018, culminating with a major arson attack in January this year that saw

its storage shed burnt out.

The shed contained several key pieces of equipment utilised by garden volunteers in their day to day maintenance of the garden as well as the garden's seed bank.

The majority of its contents were destroyed or damaged beyond repair by the fire.

Since then garden volunteers have been working with the Peninsula Environment Group to raise funds to firstly replace all items lost in the fire and to purchase a new garden shed.

They've also applied for a number of grants to improve security at the garden with plans to erect surveillance cameras and security fencing.

Garden volunteer Ms Tania Haydn said her fellow volunteers were overjoyed to learn Phoenix Rising had been successfully funded.

"Our Project Pheonix Rising can finally begin," she said.

SOURCE:
Website, 11 Sep 2019
Gosford Electorate, My Community Project
Social media, 5 Sep 2019
Stephen Scahill, Umina Beach SLSC
Tania Hadyn, Woy Woy Peninsula Community Garden

Council stops testing water blamed for pelican deaths

Central Coast Council stopped monitoring water quality in a drainage channel at Alpha Rd, Blackwall, in April 2017, less than eight months after being told it was the most likely cause of pelican deaths in the area.

It has also taken more than 10 months to respond to a councillor's question about the situation.

The NSW Environment Protection Authority identified the stormwater channel, which is adjacent to the Peninsula Leisure Centre, as the most likely cause of unexplained water bird deaths at Blackwall.

The authority advised council in a letter in September 2016 that algal toxins in the channel were the likely cause.

A staff report said the Council responded by carrying out a catchment audit to identify and reduce nutrient sources in the catchment and undertook weekly

field testing in the stormwater canal and laboratory analysis from October 16, 2016.

It also prepared an algae management plan in November 2016.

In response to a question from Cr Rebecca Gale Collins asking if council was addressing the blue green algae bloom, council staff replied at the September 9 meeting that council's monitoring program did not find the presence of potentially toxic blue green algae in the stormwater canal.

"The monitoring ceased in April 2017," the report to council said.

"Staff are unaware of any further reports of alleged blue green algae at this location since that time."

Cr Gale Collins submitted her question to the council more than 10 months ago, on October 29 last year, but only received an answer last week.

SOURCE:
Central Coast Council agenda 4.2, 9 Sep 2019



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Peter Bagnall steps down as surf club president

Killcare Surf Life Saving Club president Mr Peter Bagnall has stepped down due to new work commitments in Western Australia.

"At the last committee meeting, Pete handed in his resignation as president," said club information officer Mr Craig Sheppard.

"He's at pains to point out that he's not leaving the club or his patrol duties.

"It's simply that he's travelling for two weeks out of three and, despite us trying a few things to keep him in the role, he just didn't feel he could do the position justice.

"It's hard to overstate what Bags has done for the club over the last few years.

"It's been a tumultuous time off the beach and he's guided us into a new era."

In the interim, Mr Nic Urie has been named acting president with the support of the club's board.

SOURCE:

Newsletter, 12 Sep 2019
Craig Sheppard, Killcare SLSC

Bushwalking family rescued after night outdoors

A family of bushwalkers have been rescued after spending the night outdoors with emergency services personnel at Patonga.

The family of two adults and three children, aged 12, 15 and 17, contacted emergency services at about 6:15pm on September 1 after becoming stranded on an afternoon bushwalk.

Police have been told the path the group walked along the beach was inaccessible upon returning due to the tide rising.

This stranded them atop a cliff with no inland access, in fading light and with limited provisions.

A joint search operation was coordinated involving officers from Brisbane Water Police District, Marine Area Command, PoAir, Fire and Rescue NSW, Rural Fire Service and the NSW Ambulance Rescue Helicopter.

Once the group was located by PoAir, two Fire and Rescue NSW officers and two NSW Ambulance paramedics made their way through dense bushland to access the group and provided resources for the overnight stay.

The family walked to the Patonga boat ramp with the assistance of emergency services personnel at about 8:30am on



September 2.

The North Ryde family was then checked over by NSW Ambulance paramedics with no health concerns raised, before being taken back to their vehicle.

Brisbane Water Police District's Chief Inspector Rodney Peet has praised the combined efforts of

emergency services and urged caution for anyone planning to bushwalk as the weather warms.

"The safe resolution of the overnight operation is testament to the efforts of all emergency personnel involved," he said.

"This is a timely reminder to all those who enjoy the outdoors

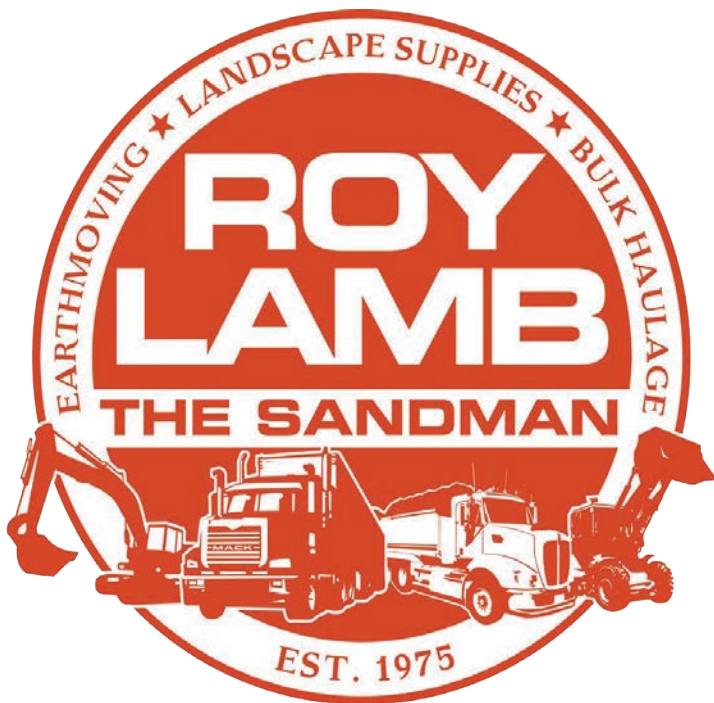
to plan your trip and know your surroundings before travelling.

"Weather and ocean conditions can change rapidly.

"Make sure your route is safe and will remain safe throughout your trip," he said.

SOURCE:

Media release, 2 Sep 2019
Samantha Long, NSW Police Force



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Cafe owner asks for removal of conditions

An Ettalong cafe owner has asked for two conditions to be removed from a development consent, because they do not apply to his operation.

Lord of Pour cafe owner Mr Jerry Altavilla said the conditions required him to guarantee the quality of town water and to install a grease arrestor.

Mr Altavilla said he did not understand why the conditions were added.

He said the first condition was "requiring that water supplied through the tap is of a standard".

"This condition should be aimed at the provider of potable water and that is the council," Mr Altavilla said.

"The water we use must be assured by the body charging us for the water, not by the consumer.

"So this condition in accordance to the State Water Authority should be aimed at our local authority," he said.

On the issue of the grease trap, Mr Altavilla said the Lord of Pour prided itself in healthy alternatives in food selection and coffees and did not deep fry food so there was no reason to provide a grease trap.

Mr Altavilla has now lodged a second amendment to a development application originally granted in May 2017.

The original development



consent allowed work to open a cafe at 199 Ocean View Rd, Ettalong, on the site between the ambulance station and Galleria, commonly known as the Ettalong markets and Cinema Paradiso.

Mr Altavilla went back to council to modify the roof over the deck

and the location of the amenities which were approved in May 2018.

This was when the two new conditions were added.

The first condition was to provide evidence of the submission to, and acceptance by, NSW Health of a drinking water management

system in compliance with the NSW Health requirements and the Public Health Act 2010 and Regulation 2012.

The second condition was to install a commercial grease arrestor, minimum of 1000 litre, in association with the food premises.

The applicant has asked that these two conditions be removed in his latest amendment request on September 6 and the planning assessment started four days later.

A site inspection before the May 2018 approval noted that some of the works sought for modification had been undertaken and council raised concerns regarding fire separation of the covered deck to the adjoining property to the west and the residential unit development on the site.

It asked for amended plans and Building Code compliance report which were submitted and accepted.

The council report noted that the modification to extend the deck to the amenities increased the area which could be used for the cafe.

"The useable deck area for patron seating is approximately 29 square metres which is an increase of four square metres to that previously approved.

"The increase in area is considered minor and based on the original assessment does not require increase in car parking spaces on-site."

SOURCE:

DA Tracker, 11 Sep 2019
DA 51112, Central Coast Council
Media Statement, 11 Sep 2019
Jerry Altavilla, Lord of Pour

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News

Call for disability facilities in playground upgrades

A disabilities advocate is calling for planned upgrades of three Peninsula playgrounds to include facilities to cater for people of all levels of disability.

Central Coast Council plans to upgrade the WL Lloyd Park next to Ocean Beach Surf Life Saving Club, and the Brisbane Ave and Lentara Ave playgrounds at Umina Beach.

"I don't expect every park to have everything we need, but the aim is to have some parks in some precincts," Mr Gary Blaschke said.

President of the Northern Lakes Disability Tourism Precinct Committee, Mr Blaschke has audited the 15 playground upgrades that Central Coast Council has completed in the last 12 months, including Patonga Park at Patonga Dr.

Mr Blaschke found most play spaces were very poor in most of the 13 disability categories he judged them on including parking, ramps, toilet facilities, and equipment.

He concluded all the 15 parks, rated poorly for external and internal access, and most had no sensory equipment.

Patonga Park had a fence near the road but none on the side near the water "so any kid could run into



Gary Blaschke has spent 35 years taking disabled kids surfing

the water", Mr Blaschke said.

He said he hoped his findings would improve the disability ratings of the next 24 playgrounds earmarked for upgrades.

Mr Blaschke said the NSW "Everyone can Play" grant process saw Central Coast Council secure a grant to build or refurbish existing play spaces, with the core objective to create inclusive playspaces.

"Three questions are paramount: Can I get there, can I play and can I stay?"

"It seems council believes that a nest swing, spring seat or minimal sensory equipment is the answer – no specialised disability equipment was found.

"Having a maximum of two or three pieces of equipment for children with a disability does not conform to the NSW Government's

Everyone Can Play document or guidelines."

Mr Blaschke resigned after six months from council's disability inclusion reference group two years ago after becoming disillusioned with its aims and objectives, processes and vested interests.

"Very few understood what the word inclusion meant," he said.

"Nobody was looking at the big picture, only from their own perspectives.

"I'm doing the audits because I'm trying to be positive that we are heading in the right direction."

SOURCE

Interview (Merilyn Vale), 10 Sep 2019

Gary Blaschke, Northern Lakes Disability Tourism Precinct Committee

Drifting yacht recovered by RMS

A yacht believed to have broken free of its mooring was recovered on September 10 by the NSW Roads and Maritime Service after it beached at Ettalong.

The vessel was unmanned and adrift after heavy storms experienced the previous weekend.

Ettalong resident Mr David Harvey photographed the boat on September 1.

He said he believed it to be a 40ft ketch and said that, given the state of its mooring rope, it seemed likely it had broken free and gone adrift.

It may have been left beached at Ettalong for almost a fortnight before a retrieval operation commenced on September 10.

RMS media officer Ms Emily Rundle confirmed the vessel was in the custody of NSW Maritime while a search for the owner was underway.

"NSW Maritime re-floated the vessel yesterday (September 10) afternoon and it is now on a secure mooring," she said in a statement.

SOURCE:

Photo, 1 Sep 2019

David Harvey, Ettalong

Media statement, 10 Sep 2019

Emily Blundell, RMS Media Unit

Reporter: Dillon Luke



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Proposal for two- storey gym at Club Umina

A \$2.3m proposal to replace a bowling green with a two-storey gymnasium at Club Umina has been referred back to the applicant.

Club Umina wants to build a gymnasium in the south western corner of the crown land it leases at its site at Carawa and Melbourne Sts, Umina.

The proposed gymnasium would have ground floor gymnasium with separate male and female amenities, reception area, lounge and a cafe with office and staff amenities upstairs.

A maximum of five staff would be employed with a maximum of 30 clients accommodated at any one time. It would operate between 6am and 9pm seven days a week.

The club would add another 18 car spaces.

The application also proposes to construct a green-keeper's shed for use in conjunction with the two bowling greens that will remain.

The proposal is open for public comment until September 22.

One submission asks if there is provision for replacing an existing 18,000 litre water tank which holds bore water to water the greens and the gardens.

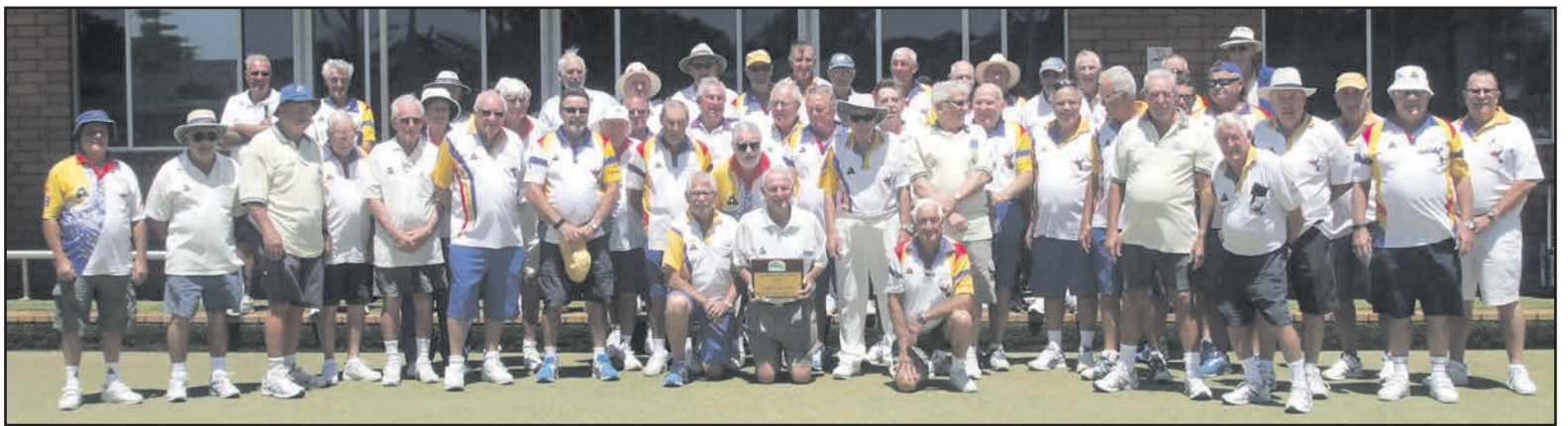
"if not, do the developers propose to use town water to water the remaining greens and gardens which has never happened in the past?"

"Also, in this application, the council car park at Umina Oval loses several parking spaces."

"During the winter sports season, parking is already at a premium all day Saturday and most Sundays especially when the markets are on in the parklands opposite."

SOURCE

DA Tracker, 12 Sept, 2019
DA 57058, Central Coast Council



Umina Beach Men's Bowling Club was named the Club of the Year

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Umina skate park design report released

Umina residents have been given a glimpse at what the Umina Skate Park could look like, with Central Coast Council publishing their latest report on the \$8.25M project.

The report, entitled Umina Skate Park and Peninsula Recreation Precinct Redevelopment Phase Four Concept Design Report, was published on September 9.

It includes finalised concept designs of the skate park produced by consultants Trinity Skateparks.

According to the report, the final concept is reflective of the Peninsula's geographic features and incorporates feedback from Council's two rounds of community consultation responding to the first concept design.

The finalised concept includes plans for both the skate park and surrounding recreational zones with some key features outlined in the plans being: dedicated beginner, intermediate and advanced areas of the skate park and pumptrack; a proposed parkour-obstacle course; circular basketball courts; picnic shelters, youth hangout zones and spectator zones; colourful arbor structures; dedicated pedestrian pathways and a raised crossing to connect the shared path network to Ettalong; and street art mural walls.

"The redevelopment of the Umina Skate Park and Peninsula Recreation Precinct aims to



deliver a showcase example of what's possible for Australian communities," the report states.

"Umina's new skate and pumptrack facility will be distinct and have a unique point of difference to the facilities that already exist with surrounding local government areas.

"The new facility will provide active outdoor recreation and social opportunities for the local youth while also providing an alternative experience for parents and visitors to the town of Umina.

"The facility will be site responsive and fit for purpose while also providing for a diversity of skill levels.

"The upgraded skatepark will

aim to complement and enhance the existing functions of the Peninsula Recreation Precinct.

"Once the precinct is fully master planned and implementation commences, the proposed facility will improve accessibility, functionality and safety and provide a venue for regional and significant community skate events, offer numerous additional recreation functions, social opportunities and become an important gathering space for the youth of Umina.

"It will also have the potential to draw people from the surrounding communities.

"The project vision will ensure the final constructed outcome is responsive, respectful and

generates a sense of place, while acknowledging the existing fabric and identity of the local community," the report states.

The Umina Community Group worked closely with Council during the community consultation periods of the project, according to group vice president Mr Mark Nitsos.

The finalised design was ticking all of the community's boxes, he said.

"It's a world class design that is going to bring Umina into the forefront of the Australian skating community.

"This design was informed by some of the best skaters and BMX riders in Australia and the

amenities and recreational zones reflect residents' vision for the area," he said.

Mr Nitsos said that, since the plans were published, there was a real sense of anticipation and pride in the community.

"It's all anyone's talking about and I haven't heard one negative thing about the design so far.

"It's going to be a real gamechanger," he said.

Mr Nitsos said the lengthy design process also meant that residents could expect these plans to be an accurate representation of the project and not just some artist's interpretation.

"This is very much a case of what you see is what you get.

"The next phase of the project is to put out the construction tender which means any changes to the design from here will be structural or practical not aesthetic," Mr Nitsos said.

No official timeline is available, but it's hoped a tender will be secured early next year with work to begin on the project once the tender is finalised.

"We are so close to getting our brand new, world class park," Mr Nitsos said.

SOURCE:
Design report, 11 Sep 2019
Umina Skate Park, Central Coast Council
Interview (Dillon Luke), 11 Sep 2019
Mark Nitsos, Umina Community Group



Water Management Committee Expressions of Interest now open

Central Coast Council is inviting Expressions of Interest (EOIs) for qualified, experienced and passionate individuals to be appointed as community stakeholder members of the new Water Management Committee.

With up to six vacancies, this is your chance to provide guidance to help ensure ongoing water security for the Central Coast in line with social, economic and environmental considerations.

EOIs close **Sunday 29 September 2019.**
For Advisory Committee Terms of Reference and application details go to centralcoast.nsw.gov.au/eoi



The 2019 Draft Biodiversity Strategy is now available for public comment, and we want you to have your say.

The draft Biodiversity Strategy represents the first single strategy that combines the progress of the two former Councils in conservation planning and presents a scientifically-robust roadmap for the future of the biodiversity of the Central Coast.

We've heard your feedback that conserving the unique flora and fauna of our region is a high priority for our community. With this strategy we aim to take the necessary steps to protect our precious environment into the future.

Council staff will be available to answer any of your pressing questions at our two community drop-in sessions.

- **Thursday 19 September, 4-7pm**
Erina Library, Erina Fair, Erina
- **Tuesday 24 September, 4-7pm**
Council's Wyong Office, 2 Hely Street, Wyong

To have your say online visit yourvoiceourcoast.com/greeningcentralcoast

Public exhibition closes on 11 November



Three two-storey townhouse development replicated

Less than four months after a three two-storey townhouses were approved for 19 Warrah St, Ettalong, an almost identical development application has been submitted to Central Coast Council for 20 Warrah St, Ettalong the block across the road.

Clark Dowdle and Associates wrote both statements of environmental effects, stating both proposals would cost the same amount.

The applicant for both is Knight Mapleton Design Partners.

The proposal for 19 Warrah St, Ettalong, was passed by council on May 21 and lapses on the same day in 2024. The block is smaller by 3.4 per cent than the minimum lot size allowed for three townhouses.

The new proposal for the house directly across the road is also for three two-storey townhouses, also at an estimated cost of \$600,000.

This block is also below the minimum lot size, this time by 2.6 per cent, and this proposal aims to go above the height standard of 8.5m, asking for 9.34m height approval – a variation of 9.1 per cent.

Both developments asked for variations to the side and front setbacks.

Public submissions close September 19.

One submission already received says the demolition of the two trees within the centre of the property does not comply with the guidelines and that the trees are high quality large native species home to many birds and other wildlife and that these are the last two large trees remaining in Warrah St.

The same applicant has a third similar development, also costing \$600,000 submitted for 125 Bourke Rd, Umina.

Clark Dowdle also wrote the report to council also for three two-storey townhouses.

This too is smaller than the minimum lot size, this time by 1.5 per cent.

It does not meet the side or rear boundary setbacks and, like 20 Warrah St, it asks for street front brick fencing of 1.8m height instead of the normal guidelines of 1.2m.

It is open for public comment until September 26.

Other development applications currently before Central Coast Council include a knockdown and rebuild a new house at 1 Grandview Cres, Killcare, and a new seawall at 66 Helmsman Blvd, St Huberts Island, to replace the original one.

SOURCE:
DA Tracker, 12 Sep 2019
DA57079, DA56368, DA 57189,
DA57142, Central Coast Council

An application to demolish a home at 40 Palm St, Ettalong, has been lodged with Central Coast Council by Complete Demolition Pty Ltd.

The applicant is seeking a complying development certificate for the work estimated to cost \$12,000.

Another application has been lodged to demolish a house at 6 Gross Ave, Umina.

Council received a development application on September 4 for the erection of three townhouses at

the site.

Each two-storey town house would include two to three bedrooms, according a statement supporting the application submitted by Clark Dowdle and Associates.

The development does not conform to the minimum lot size of 750 square metres as it is 707.5 square metres – a variation of 5.7 per cent.

The report said development would allow greater than three hours solar access to the living areas and private open space

areas of the dwellings and neighbouring dwellings to the east and west but would shade the lot to the rear, known as 9 Hector St.

"Notwithstanding that, the shadowing from the proposed rear unit would be less than the shadowing that already exists from the existing large eucalyptus trees," the report noted.

Public comments on this development are open until October 3.

SOURCE:
DA Tracker, 11 Sept, 2019
DA 57173, Central Coast Council

Short-term accommodation approved

Central Coast Council has approved an application for short-term residential accommodation at 36 Pretty Beach Rd, Pretty Beach.

Only one public submission critical of the proposal was received.

The public submission said the property had been used as a short term rental home for the past five years and had created problems for neighbours, including the inability to communicate with intoxicated tenants about their noise.

The application was approved under delegation on September 5.

The applicant Highlight Consulting had said the proposal would not significantly increase existing traffic.

A bushfire assessment report stated the property was a corner allotment with Oroo St containing an existing dwelling which was surrounded by managed lawns and landscaped gardens.

The allotment fell within a bushfire prone area as deemed by Central Coast Council.

The report recommended a bushfire evacuation plan should be established and made available to all visitors and residents.

The objector said the home created excessive noise on Friday and Saturday night often until 1am and 2am and loud music both night and day every day.

It said tenant numbers were in excess of 10 to 20 people on a regular basis with cars parked on the surrounding streets.

It also complained of chemical fire lighters being used and creating smoke through neighbouring properties when visitors were using a fire pit.

SOURCE:
DA Tracker, 11 Sept, 2019
DA 56803, Central Coast Council

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Two homes to be replaced by double-storey building

A proposal to demolish the homes at 374-376 Ocean View Rd, Ettalong, has been submitted to Central Coast Council on August 26.

They will be replaced with one double storey building to

accommodate two attached dwellings on the two narrow blocks.

A statement supporting the application shows the proposal meets all relevant guidelines for height and density.

The applicant MKCA

Development says the building would cost \$690,000.

The application is on public exhibition until September 19.

SOURCE:

DA Tracker, 12 Sep 2019

DA 57117, Central Coast Council

Water restrictions being considered

Water restrictions could be imposed in less than seven weeks as levels at Mangrove Creek Dam continue to fall despite recent heavy rains.

Levels at the dam were recorded at 52.4 per cent on Monday, September 12, with a drier than average Spring predicted by the Bureau of Meteorology.

Level 1 restrictions will apply when the dam level hits 50 per cent, but Budgewoi's Cr Greg Best says even this is not enough as drought conditions continue, calling for Level 2 restrictions.

His motion was meant to be debated on September 9 but the council meeting ended at 10.30pm with his motion one of two items on the agenda still to be dealt with.

Level 2 restrictions would prohibit the use of fixed hoses or sprinklers and limit use of hand-held hoses with nozzles to one hour a day, three days a week, during designated hours.

Watering of nurseries, commercial gardens, sporting fields and ovals would be restricted.

Under the Water Wise Rules, which apply at the moment, watering is permitted any day before 10am and after 4pm.

Meanwhile, the council has called on residents to use less than 150 litres of water per person per day.

Water and Sewer Director, Mr Jamie Loader said every Central Coast resident currently uses an average of 180 litres of water each day for activities like showering, washing clothes and dishes, cooking and cleaning.

"Despite recent rain, our region is affected by drought and we're asking every resident to save the equivalent of three buckets of water each day to meet the 150-litre target," Mr Loader said.

SOURCE:

Central Coast Council agenda 6.5, 9 Sep 2019

Manufactured home approved under delegation

Central Coast Council has approved a development application under delegation 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 had been submitted by The Manor Group of Somersby and Parker Scanlon Pty Ltd on behalf of John and Helen Jarman.

The site is zoned R2 low density.

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 approved on September 6.

SOURCE:

DA Tracker, 11 Sept, 2019

DA 56676, Central Coast Council

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Council to set sports fields charges

Sporting groups have a chance to comment until October 11 on the fees Central Coast Council will charge for its sports fields.

Copies of the proposed changes will be displayed at Umina and Woy Woy libraries from September 13.

The proposal will see fees for 2019-20 set per day per field at \$1363.25 (level 1), \$1260.75 (level 2) and \$858.87 (level 3).

The adoption of the new fee will reduce council's income by an estimated \$7000 in 2019-20 financial year but council noted that this would vary dependant on the requests for ground usage.

Council adopted its fees and charges in June but in August it proposed to change the categorisation of a number of sporting fields and charge a new, lower rate.

Ovals affected included Eve Williams at Patonga.

SOURCE:
Central Coast Council
agenda 3.4, 9 Sep 2019

Mayor and deputy mayor to face election

Central Coast councillors will hold an election for mayor and deputy mayor on Monday, September 23.

The councillors elected will hold office for one year until the next council elections to be held this time next year.

Mayor Cr Jane Smith, the first mayor of the Central Coast Council, was elected two years ago by her fellow councillors.

Cr Chris Holstein was elected as deputy mayor.

Under the Local Government Act, mayors elected by councillors now hold office for two years.

Central Coast Council was formed after Gosford and Wyong councils were amalgamated in May 2016 and was run by an administrator until September 2017 when the 15 councillors were the first elected.

The council decided at its September 9 meeting to hold just the mayoral election on September 23 and the rest of the meeting two days later on September 25.

SOURCE:
Central Coast Council
agenda 3.6, 9 Sep 2019
Reporter: Marilyn Vale



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Councillors differ on local planning panels

The three Central Coast councillors whose ward covers the Peninsula have completely different reactions to the local planning panels introduced by the State Government.

The panels will take planning decisions away from the council from early next year for the developments costing above \$5 million and less than \$20 million.

Liberal Cr Troy Marquart said the establishment of local planning panels would be a huge boost for development on the Coast.

Labor's Cr Richard Marquart said the council was ahead of its housing targets and the State Government could not hide behind "some strawman argument" that development was being held back by council.

Independent Cr Chris Holstein said he was still seeking clarification on the scope of the panels, its level of impact and associated impacts.

Member for Terrigal Mr Adam Crouch announced on August 25 that the NSW Government would introduce a Local Planning Panel to the Coast.

Planning and Public Spaces Minister Rob Stokes said that, with Central Coast Council managing a large and growing population and economy, it made sense that a Local Planning Panel be extended to the region.

"Independent reviews of existing panels in NSW have demonstrated they are performing very well to deliver better planning outcomes which is why we've established a Local Planning Panel for the Central Coast," Mr Stokes said.

"The panel will free up councillors to focus on the long-term strategic planning to lead the delivery of the region's goals and priorities across its large jurisdiction."

Cr Marquart said: "We are a region growing at a frantic pace and any assistance that the Central Coast Council can receive, in regards to sensitive, complex, high-value development is a positive that should be embraced."

"The Local Planning Panel will consist of independent industry

experts and the creation of this panel is backed by development professionals such as the Central Coast chapter of Urban Development Australia."

Cr Mehrtens said: "It is an utter nonsense for the Liberal Government to claim that the introduction of Local Planning Panels is anything but a power grab for their developer mates."

"All the Local Planning Panel will do is make decision-making more opaque and take away power from the community which is exactly what the government wants."

"A Local Planning Panel not accountable to the community, not elected by the community and not from the community, is a major step backwards for local decision making."

"Central Coast Council is ahead of our housing targets."

"We've got new developments in Gosford."

"The government wants a panel that will just tick-and-flick any development that gets put before it without any questioning or scrutiny as we have seen with the Joint Regional Planning Panel which has ignored community anger and even approved developments on endangered ecological land."

"Central Coast Council has to plan and deliver for the whole Coast so we should be the ones to determine all planning matters in the region to make sure we are able to support and cater to all development."

The panel is expected to be in place by early 2020 and will consist of a chair and two independent experts appointed by council from a NSW Planning Minister-endorsed pool of independent, qualified people, plus one community representative.

SOURCE:

Media Statement, 31 Aug 2019
Chris Holstein, Central Coast Council

Media Statement, 29 Aug 2019
Richard Mehrtens, Central Coast Council

Media Statement, 29 Aug 2019
Troy Marquart, Central Coast Council

Media Release, 25 Aug 2019
Adam Crouch, Member for Terrigal

Program of events for 90th anniversary

The Pearl Beach Progress Association has released its program of events for its 90th anniversary celebrations.

The anniversary events will run across Pearl Beach from October 5 and 6.

The festivities commencing with a Tides of Time exhibition at Pearl Beach Community Hall and will run

from 9am to 4pm on both days.

A Significant Tree Walk will also take place on both days with various start times.

An Artists Trail will run from 10am to 4pm on October 5, taking in the home studios of artists living in the area.

The weekend will conclude with Jazz in the Arboretum at the Crommelin Native Arboretum from

2:30pm on October 6.

John Morrison and the AIM Big Band will highlight the event.

All activities on the weekend are free to attend, except Jazz in the Arboretum which is a ticketed event.

SOURCE:

Email, 8 Sep 2019
Lynne Lillico, Pearl Beach Progress Association

Men's Shed holds its Spring garage sale

Umina Beach Men's Shed members will hold their Spring Garage Sale in October.

The sale will be held at the Umina CWA Hall on the weekend of October 5 and 6 and Men's Shed members are encouraging the community to attend.

"We have a number of preowned

tools, machinery and household items on offer that would be well suited to tradespeople and do-it-yourself enthusiasts," said Men's Shed secretary Mr Vic Brown.

"The majority of sale items came from deceased estates from around the Peninsula and consequently everything is in very good conditions."

"This is a genuine clearance sale and all items must go," Mr Brown said.

The sale will run from 8am to 4pm on October 5 and 8am to 2:30pm on October 6.

SOURCE:

Media release, 5 Sep 2019
Vic Brown, Umina Beach Men's Shed

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Girl Guides to celebrate 70 years

A 70th anniversary celebration for the Ettalong Girl Guides is being planned for October.

Former Guide Mrs Fay Donnelly is coordinating the anniversary, with the assistance of other former Guides, to take place at the Ettalong Guiding Hall from 11am on October 12.

Mrs Donnelly said all Guides from the Ettalong chapter who participated from 1948-59 were welcome to attend the anniversary which would celebrate Ettalong's rich Guiding legacy.

"Ettalong Guides were actually the first Guides established on the Central Coast and this celebration is for all Brownies, Guides and Rangers who were a part of that first generation," Mrs Donnelly said.

According to Mrs Donnelly, the Guides were directly responsible for the founding of the Ettalong Guiding Hall which was funded through bake sales and other endeavours of the Guides and built by the community.

The building's wrought iron features still bear the Guiding insignia.

While several members of the first generation are still in contact and had met on different occasions to celebrate other Guiding

anniversaries, Mrs Donnelly said this would likely be their first and last big formal hurrah.

"Members have moved away and life has taken its toll, but among the Guides we're all still very good friends," she said.

"That's something I think is missing in youth activities these days; those enduring bonds.

"Kids today are spoilt for choice. They don't always stick with things.

"Back then communities were smaller.

"They were closer.

"Everyone knew everyone and the friendships you formed really lasted," Mrs Donnelly said.

Mrs Donnelly has sent out multiple invitations and said the response so far had been very positive.

"I've had lots of phone calls from former Guides from all over the place.

"Some of them have called to confirm they're coming.

"It's been really nice.

"Guides have a real legacy at Ettalong and we're all looking forward to the big day and getting up to all sorts of mischief," Mrs Donnelly said.

SOURCE:
Interview (Dillon Luke), 12 Sep 2019
Fay Donnelly, Ettalong Guides



Celebratory event has boutique wine and gourmet food

The Pearl Beach Food and Wine Fare will be held at the Pearl Beach Memorial Hall from 10am to 5pm on September 28.

The Fare is a celebratory event marking the 90th anniversary of the Pearl Beach Progress Association, according to communications officer Ms Lynne Lillico.

She said the Fare was now in its 12th year and doubled as both an Association fundraiser and a day out for locals who enjoyed boutique wines and gourmet foods.

Ms Lillico said: "We'll be welcoming Catherine Vale Wines, Old Inn Road Vineyard and, new this year, Millbrook Estate Winery offering a variety of wines to sample and purchase.

"Popular food producers set to showcase their range of fresh gourmet products include Little Creek Cheese, Crooked Creek's, Laguna Olives, Sweet As Handmade Chocolates and Wollombi Honey," Ms Lillico said.

Other vendors taking part in the Fare are Eva's Patisserie,

Chillicious Gourmet Foods, Laguna Lavender and local producer, Margin's Mushrooms.

"The Two Turkeys will also provide gourmet refreshments on the back deck.

"A gourmet hamper filled with produce and wine generously donated by our exhibitors will be raffled with proceeds toward the Memorial Hall maintenance and upkeep," Ms Lillico said.

SOURCE:
Media release, 12 Sep 2019
Lynne Lillico, Pearl Beach Progress Association

Ethan is organiser of school strike

High school student Ethan Hill of Umina is one of the organisers of the planned Gosford School Strike on September 20.

Ethan said he was not sure how many students from the Peninsula would attend but organisers were expecting a few hundred from across the Central Coast at the Leagues Club Field in Gosford.

"We are planning on having many different community

environmental groups and passionate students set up stalls around the field," Ethan said.

"Some stalls include waste reductions, letter writing to the Prime Minister and many more," he said.

The event is part of a global climate strike on September 20, just ahead of the UN emergency climate summit in New York.

Adults are encouraged to join the strike.

President of the Central

Coast branch of the Australian Conservation Foundation Mr Mark Ellis said the branch was supporting the global day of action in Gosford.

"We applaud the leadership, courage and action of students as they rally and organise to make this next round of global strikes bigger than ever before," Mr Ellis said.

"The foundation will join young people in the streets to demand an end to the age of fossil fuels

and emergency action to avoid ecological crisis and climate breakdown.

"We encourage the greater community to join us in support of our students who are concerned about the impact of climate change locally and globally.

"We are already seeing the impacts of climate change documented more than 30 years ago.

"We believe that the need for intergenerational equity is above

politics and have invited all our local political representatives including the mayor of Central Coast Council, and our Federal and State members to attend the rally for climate action."

The rally begins at noon.

SOURCE:
Media Statement, 29 Aug 2019
Ethan Hill, Umina
Media Release, 13 Aug, 2019
Mark Ellis, ACF Central Coast



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2nd Monday @ 10am

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4th Wednesday @ 7.30pm
except December - No meeting

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INTEGRITY



LOYALTY



RESPECT

Matthew Calbert is named Young Volunteer of the Year

Woy Woy's Mr Matthew Calbert has been named the Central Coast Young Volunteer of the Year.

A long time member of Ocean Beach Surf Life Saving Club, Mr Calbert was honoured for his enduring commitment to the surf lifesaving movement, including the hundreds of patrol hours he put in over the past year to make his local beach a safer place.

The award was made on September 12 at Gosford Golf Club.

The 22-year-old has also started to broaden his volunteering experience by joining the local SES.

The Centre for Volunteering chief executive Ms Gemma Rygate said volunteers from across the region had given much to the local community.

"Volunteers build connections for people in towns and communities across the region," Ms Rygate said.

As a regional winner, Calbert



is now eligible to attend the Gala State Ceremony where the overall NSW Volunteer of the Year will be announced later in the year.

SOURCE:
Media release, 12 Sep 2019
Gemma Rygate, The Centre for Volunteering

CWA branch receives recognition statement

The Woy Woy branch of the Country Women's Association has received a Community Recognition Statement from Member for Gosford Ms Liesl Tesch.

Branch president Ms Jane Bowtell said she had been informed the branch received its statement after Ms Tesch learnt of a recent project undertaken by members to create a memorial quilt for a woman who recently lost her mother.

"We so appreciative having our work recognised in Parliament, particularly a story as beautiful as that of Julie and her daughters," Ms Bowtell said.

"This is especially humbling for us considering where we have come from.

"Just over three years ago we were a branch of only five or so

members, finding it difficult to stay afloat.

"We have gone from being on the verge of closure to being formally recognised in the Parliament of NSW.

"We are a thriving branch numbering over 40 women all with different ages, backgrounds and skills.

"However, one thing we do have in common is our love of our community and the sisterhood that has brought us all together.

"Of course, we would be nothing without our community.

"We would not be able to achieve what we do, or be recognised with beautiful words such as this, without the backing of those around us," Ms Bowtell said.

SOURCE:
Social media, 8 Sep 2019
Emily Bowtell, CWA Woy Woy branch

Dog event raises \$5000 for Guide Dogs

The Pearl Beach Tennis Court Reserve was host to the Hot Dogs of Pearl Beach on September 8, when local dogs and their owners attended to raise money for Guide Dogs.

"Hot dogs, a raffle and Pawtraits (photos of dogs with their owners) were available on the day," said

Ms Lynne Lillico on behalf of the Central Coast Guide Dogs NSW/ACT Volunteer Support Group.

"Wonderful sponsorship from local and other organisations and businesses and money raised on the day enabled a total of over \$5000 to be donated to Guide Dogs."

The day featured a parade of

working Guide Dogs and puppies in training.

Central Coast Guide Dogs also had a stall at the event.

"More local Hot Dogs events planned for the future," said Ms Lillico.

SOURCE:
Media release, 12 Sep 2019
Lynne Lillico, CCGD NSW/ACT Volunteer Support Group



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CWA branch has morning tea with youth service

Members of the Woy Woy branch of the Country Women's Association held a morning tea with the team from Evolution Youth Service on September 4 as part of the Association's nationwide Awareness Week.

Woy Woy branch members have a long history of supporting Evolution in their work with at risk young people, said branch president Ms Jane Bowtell.

"For the past two years, we have supported Evolution Youth Service.

"Evolution is a free service delivering support and assistance to young people and their families.

"They help navigate issues such as drug, alcohol and gambling addiction, domestic violence and mental health.

"They believe in the power of a conversation, particularly in the

mental health space.

"This year, thanks to the amazing support of our community we were able to present them with a cheque for \$2000.

"These funds will be used to help young people on the Peninsula and greater Central Coast.

"It will help purchase birth certificates, Opal cards, driving lessons, photo identification, toiletries and so much more.

"These small things can make a huge difference to a young person who is struggling.

"We would not be able to do this without community support," Ms Bowtell said.

"We are at our hall every Wednesday from 10am.

"The cuppa is a gold coin (going towards sponsorship of our Guide Dog, Sunny) but the chat is free," Ms Bowtell said.

SOURCE:
Social media, 4 Sep 2019
Emily Bowtell, CWA Woy Woy



Mr Peter Mote with District Governor Ms Kalma McLellan and former District Governor Ms Susan Wakefield

New Rotary club receives its charter

The newly-formed Rotary Club of Brisbane Water has had its Charter Dinner at Ettalong Diggers Club.

The club formed two months ago and received its official charter from Rotary International past president Mr Barry Rassin at the dinner which was attended by 70 officials of District 9685.

Past district governor Ms Susan Wakefield presented the Charter to club president Mr Peter Mote.

Representatives from most Central Coast Rotary Clubs were

there and many more from further afield, including Northern Beaches, Lower Blue Mountains and the E-Club of Greater Sydney.

Deputy Central Coast mayor Cr Chris Holstein also attended.

Mr Mote said the new Ettalong-based club was formed from people who were interested in joining Rotary without the trimmings or conventions of many established clubs.

The club's philosophy was reflected in its motto: Come when you can, Do what you can.

"Many types of new Rotary

Clubs are slowly evolving, coffee clubs, passport clubs, e-clubs," Mr Mote said.

"Then there are things like Zoom, Skype and Messenger where members can join in the discussion from wherever they are.

"Come and join us for networking opportunities, helping the community, making the world a better place and having fun doing it," Mr Mote said.

SOURCE:
Media release, 11 Sep 2019
Di Bartok, Rotary Club
of Brisbane Water

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Church holds service of appreciation

An appreciative service was held by the Hardys Bay Community Church to thank two volunteer groups for their contributions to the community.

Pastor Stephen Hinks conducted the service on September 8 to thank the Killcare Surf Life Saving

Club and Killcare Wagstaffe Rural Fire Brigade for their work in keeping the community safe over the summer.

A community morning tea was held in the church after the service.

SOURCE:
Newsletter, 6 Sep 2019
Peter Bagnall, Killcare SLSC



Nine trees planted in Springwood St

Members of the Peninsula's Grow Urban Shade Trees group planted nine trees in Springwood St, Umina, during August.

The trees were planted as part of the group's project, Showcase Streets, that aims to increase the presence of urban vegetation in our suburbs.

Organiser Ms Debbie Sunartha was pleased with the turn-out by members and the public.

They were joined by Member for Gosford Ms Liesl Tesch.

"We were delighted and encouraged to see so much support," she said.

"Considering the weather

conditions were not favourable, we still managed to coordinate a successful planting."

The group has planted 258 trees on the Peninsula since its inception and has maintained a 93 per cent survival rate for the trees that they have planted.

Ms Jennifer Wilder said the group would continue to combat the "urban heat island effect" that impacts the Woy Woy Peninsula by engaging with residents and working side by side to increase tree canopy which helps to keep our suburbs cool.

Through community engagement, the group was able to educate residents about considered plantings that took into

account tree suitability, position and proper planting procedures that ensured the best chance of survival, she said.

"We can see that this approach is a success by the 93 per cent survival rating we have been able to achieve with trees planted to date," she said.

Showcase Streets is an initiative funded through a Central Coast Council grant obtained by GUST's parent organisation, Umina Community Group.

Donations from local businesses were also made to assist the plantings on the day.

SOURCE:
Media release, 11 Sep 2019
Liesl Tesch, Member for Gosford

Rotary to use grant for aged care equipment

The Rotary Club of Woy Woy has received a \$3000 grant from a local registered club.

The Rotarians received the funds from Everglades Country Club on August 26 as part of the country club's Club Grants Night.

Woy Woy Rotary president Mr Done Tee said the club would be using the funding to purchase

equipment for a local aged care home.

"We will be using the \$3000 to purchase a bladder scanner for BlueWave Living Woy Woy.

"I was presented the cheque by Everglades Club president Mr Trevor Walker," Mr Tee said.

SOURCE:
Newsletter, 3 Sep 2019
Vic Deeble, Rotary Club of Woy Woy

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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 and

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

COAST COMMUNITY NEWS

5 SEPTEMBER 2019

YOUR INDEPENDENT COMMUNITY NEWSPAPER - PH: 4325 7369

ISSUE 215

Work to commence on the Clinical School and Research Institute

Gosford is on its way to becoming a world class health, research and education precinct, with work starting this week on a new \$72.5M facility at Gosford Hospital.

Pollution problems at Terrigal Beach and Terrigal Haven still not resolved satisfactorily

User groups are far from impressed with Central Coast Council's Terrigal Catchment Audit, handed down on June 11.

Wamberal RFS Station extensions officially opened

The NSW Rural Fire Service (NSW RFS) Wamberal Brigade is welcoming the investment of more than \$360,000 in the Central Coast District with the official opening of extensions to their station.

Community groups call on Council to reverse Winney Bay decision

Central Coast Council will likely proceed with a new design for the Winney Bay cliff top walkway despite being given a 21 day deadline to revert to the original plan and claim the \$4.6M available for the project in State government funding.

Stricter water restrictions encouraged in view of looming "water security emergency"

Central Coast Council is calling for feedback on its draft Landcare Program strategy, now on exhibition.

Water restrictions could be imposed in less than seven weeks as levels at Mangrove Creek Dam continue to fall

Pacific Link Housing has urged landlords to rent out their investment properties through its new Key2Realty initiative, in a bid to increase the supply of community housing on the Coast, which was in the spotlight during the recently

Shortage of skilled workers needs to be addressed

Paula Martin, the Regional Director of the NSW Business Chamber, Central Coast, says more needs to be done to nip the Coast's shortage of skilled workers in the bud before the region reaches endemic levels of shortage across all trades and

Nine new police officers for the Central Coast

Nine new police officers are officially on the job across the Coast's two Police Districts.

Temporary changes as a result of Highway duplication works

Motorists are advised of changed traffic conditions on the Pacific Hwy as duplication work continues between Ourimbah and Lisarow.

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

WYONG REGIONAL CHRONICLE

Issue 173
11 September 2019

Your independent community newspaper - Ph: 4325 7369

A busy period for emergency services

Winter ended with a deluge of rain causing flooding across the Central Coast, and Spring started with days of fire bans and severe weather warnings of damaging winds up to 75km/h which caused even more havoc for the State Emergency

Nine new police officers for the Central Coast

Nine new police officers are officially on the job across the Coast's two Police Districts.

Tenders are being called for the expansion at Wyong Hospital

Plans have been approved and tenders are being called for the \$200M expansion at Wyong Hospital.

Tree felling at Buff Point upsets residents

Some Buff Point residents are furious that too many trees are being felled and land cleared to make way for the new Colongra Sporting Complex on Scenic Drive.

Successful My Community Projects announced

The results of the 2019 My Community Project program have been announced, with six projects across the Northern Central Coast set to be funded.

Big Pelican proposal was put to Council in 2007

A West Gosford woman hopes the proposal to install a giant pelican statue at The Entrance will continue to gain traction.

World record giant pelican motion succeeds

Australia's list of 'Big Things' could soon have a new addition after Central Coast Council voted in support of Councillor Bruce McLachlan's motion for a giant pelican for The Entrance, during the ordinary meeting on September 9.

Long Jetty and Ourimbah Uniting churches have Sunday church services cancelled

Uniting church parishioners at Long Jetty and Ourimbah are perplexed by the cancellation of their Sunday church services.

New hub partners sought for Harvest Festival

Expressions of Interest are open now for Harvest Festival, to take place over the June, 2020, long weekend.

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

Forum



Rotary club hears about PCYC

The Rotary Club of Umina Beach recently welcomed Umina PCYC manager Mr Matt Cooper as guest speaker.

Mr Cooper spoke to Rotarians about the what the PCYC had been doing for young people and of the organisation's early connection to the Rotary movement.

Club president Mr Rouel Vergara said Mr Cooper's talk was insightful.

"Did you know that the PCYC

was established in 1937 by Police Commissioner William John MacKay with the help of Rotary?

"Over 80 years later, PCYC grew massively.

"It is great to know that Rotary had an enormous contribution in the establishment of this remarkable institution," Mr Vergara said.

SOURCE:
Newsletter, 4 Sep 2019
Simon Darwin, Rotary Club of Umina Beach

Development approvals

Central Coast Council has approved 762 development applications, including 334 new dwellings, during the April to June quarter, councillors have been told.

Consent was granted to 16 development applications that included at least one variation to a development standard within the council guidelines.

These included variations to floor space ratios of about 10 per cent and 9.3 per cent respectively for a second storey occupancy at

50 Webb Rd, Booker Bay, and a new multi-unit at 42 King St, Umina Beach.

New dwellings included secondary dwellings, detached, dual-occupancies, multi-dwelling housing and units.

On top of that, 17 seniors living dwellings, 38 commercial or retail facilities were approved.

At the end of the quarter, another 593 applications were still under consideration.

SOURCE:
Central Coast Council agenda 5.4, 26 Aug, 2019



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Tree removal threatens local beauty

I have lived in Woy Woy on and off for the past 50 years.

I was saddened to read in edition 476 that Woy Woy is one of the hottest suburbs on the Central Coast due to tree removal.

The other day while out walking my dogs, I was horrified to see a man cutting down trees along the

Forum

edge of James Brown Oval.

If this practice is allowed to continue, there won't be a tree left or bird left in what was once a beautiful place to live.

Letter, 21 Aug 2019
Joan Rudgley, Woy Woy

Thanks for rescuing me

I would like to say a heartfelt thanks to Wayne Young and his team from Umina Fire and Rescue, for rescuing me from a locked room.

I became trapped due to a faulty lock on September 5.

Also, to Rene and Aaron, the paramedics who also gave me moral support, and the police who apparently were also there.

When they released me, I was

Forum

unaware that my kitten, Mia, was also locked in the next bedroom and did not find her for another three hours.

Many thanks to all for a great job.

Blame it all on the kitten.

Email, 7 Sep 2019
Yvonne Walsh, Booker Bay

The Great Uneducated?

Cr Marquart's insults at the Climate Change Emergency Declaration reported in edition 477 can't go unchallenged.

With his ignorance of the subject, what right has he to call climate change believers "The Great Unwashed"?

He asks repeatedly: "What is the emergency?"

If the likely loss of our planet is not an emergency, I don't know what is.

He asks: "Will the sea rise tomorrow?"

Councillor, it already is.

I suggest he read up on the subject. Otherwise he will be known as a member of "The Great Uneducated".

Email, 4 Sep 2019
Barry Riley, Woy Woy

Forum

John Hale asks (Forum, edition 476), "where have all the ducklings gone?"

My guess is that these Mallard ducks have been culled by Council or Parks and Wildlife because they

Forum

aren't native to Australia.

Many find them a nuisance, but they were a tourist attraction to

visitors.

Alas, wild animals are always at risk, a fact of life, but I do miss the black and white duck.

Letter, 12 August 2019
Keith Whitfield, Woy Woy

Alleviation works fail to address flooding problem

Council's Peninsula flooding and drainage alleviation works were tested on August 29-31 and failed to address the problem.

My solace is in the consultant's report to Gosford City Council in 1990.

It commented on future drainage, investigating the backwater influence of high downstream water levels on the flow capacity of selected drainage systems, and determining the works necessary to enable each system to cater for the 1 in 100 AEP peak flows.

Problems with flooding and drainage have increased due to, poor planning, over development, infrastructure neglect, climate change, increasing storm events, reduced open space and non-compliance.

Areas of the Peninsula should be rezoned as low density, single level/open space, residential development for adaptation to flooding.

Both Gosford and Central Coast

Forum

LETTERS TO THE EDITOR

should be sent to:

Peninsula News

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

**See Page 2 for
contribution conditions**

Council have had almost 40 years to solve the Peninsula's flooding and drainage problems.

This is a more than reasonable period to conduct engineering and other works to determine the success of agreed experiments.

It's time for a review of the process and to rethink problem solving.

The Joint Regional Planning Panel that approved the Hillview St aged care facility believed council officer's present who claimed that

flooding was not an issue.

Flooding is an issue and will reduce the expected life term of the proposed development.

How many other proposed/ approved developments on the Peninsula already have a reduced life term of the development?

Is the Woy Woy Sporties development a case study to be repeatedly ignored in the future to satisfy development proponents?

Will the Council continue to use outdated practices well into the future, when new practices should be embraced?

Land use zoning is a major fault.

Who will be responsible for determining and calculating lost costs associated with each development?

Mediation and submissions have failed.

Public activism is now my choice of action, or my action of choice.

For those similarly minded, the big day is September 20, the "get off the couch" day.

Letter, 12 Sep 2019
Norman Harris, Umina

I do miss the duck

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Brenda receives her OAM for stroke awareness

A Woy Woy resident has received an Order of Australia Medal for her outstanding contribution to helping raise awareness of stroke.

Ms Brenda Booth received the honour during a ceremony at Government House in Sydney on September 5.

The award coincided with National Stroke Week (September 2-8), which shines a spotlight on the condition across the nation.

Ms Booth has worked in a voluntary capacity to improve the state of stroke at a national, state and local level.

She was an member of the Stroke Foundation Consumer Council helping drive the charity's work, is involved in a local stroke support group, and raises awareness of stroke in the community through public speaking and advocacy.

Ms Booth said she was flattered to be receiving an Order of Australia Medal.

"It's so important to effect change for the better, in direct care, rehabilitation, research, raising awareness and helping others to recognise the signs of stroke," Ms Booth said.

NSW Stroke Foundation state manager Ms Rhian Paton-

Kelly applauded Ms Booth's achievement and her commitment to stemming the impact of stroke.

"Brenda has been a vital member of the Stroke Foundation for a number of years, and has had a huge impact on her community, raising awareness about the debilitating effects of stroke, and how it can be prevented," Ms Paton-Kelly said.

This National Stroke Week the theme was "FAST" heroes, recognising the people who spotted the signs of stroke and called an ambulance straight away, potentially saving a life.

She said signs of stroke could be remembered with the acronym FAST, for face, arms, speech and time.

"If my Mum hadn't recognised my signs and quickly called an ambulance, I think my outcome would have been very different," Ms Booth said.

Stroke is one Australia's biggest killers and a leading cause of disability.

There are expected to be around 500 strokes in the Robertson electorate this year, and almost 4000 stroke survivors are living in the electorate.

SOURCE:
Media release, 3 Sep 2019
Stephanie Deller, Stroke Foundation

Finalist in business awards

A private hospital in Woy Woy has been named a finalist in two categories at the NSW Business Chamber Central Coast regional business awards.

Brisbane Waters Private Hospital is in the running for two

awards with its operator Healthe Care Australia nominated for the Excellence in Business Award for their work running Brisbane Waters, Gosford and Tuggerah Lakes Private Hospitals and physiotherapist Mr Mitch Manson, a finalist in the Outstanding Young Employee Award.

Hospital chief executive Ms Kathy Beverley said staff were ecstatic for their double finals berth.

The awards presentation will be held in Terrigal on October 11.

SOURCE:
Social media, 10 Sep 2019
Kathy Beverley, Brisbane Waters Private Hospital

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- * Niagara Park, 6 Bouvardia St.- shade foliage colour
- * Palmdale, 269 Palmdale Rd. - Aussie bushwalk
- * Forresters Beach, 21 Lavinia St.-design & greenwall



Surf club takes on RUOK Day message

Killcare Surf Life Saving Club is urging the community to take on board the message of RUOK Day, which was held on September 12.

"One of the great things about belonging to a club like Killcare is that you are surrounded by people who care," said club information officer Mr Craig Sheppard.

"The very nature of people who put up their hand to train, qualify and then pay money for the privilege of giving up hours and hours of their favourite season to put themselves in danger to pull people out of harms way, means that there's plenty of people you can talk to if you're struggling.

"Tragically, we have lost club members to suicide in the past and we never want it to happen again.

"If you are feeling up against it on any front, please know we're here to help.

"You can talk to any of the club hierarchy or simply put up your hand to someone you know and trust.



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"It can be hard to ask for help, but please ask.

"On the other side of the coin, we spend relatively short but intense periods with each other, whether it's your patrol, Nippers, committee meetings, comps, the list goes on.

"The simplest of questions - are you ok? - can be the start of a journey out of the mire for someone.

"Ask it.

"This is also an appropriate place to reiterate that the club has zero tolerance for bullying and discrimination of any kind for any reason.

"Everyone is welcome at Killy no matter your race, gender, religion, sexuality or anything else that makes you, you.

"If you see it or are experiencing it at any level, from our youngest nippers to our most senior ranks, we want to know.

"We have a formal grievance procedure in place or you can simply tell someone you trust and rest assured it will be dealt with appropriately.

"We're not just about helping strangers in the water, we're here to help and support our clubmates.

"If you feel caught in one of life's rips, put up your hand and we'll come and get you.

"If you spot someone who's been 'out the back' longer than you think they can handle, ask if they're ok," Mr Sheppard said.

SOURCE:

Newsletter, 12 Sep 2019
Craig Sheppard, Killcare SLSC



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Hospital staff take colourful approach to Stroke Week

Staff members at a private hospital in Woy Woy took on a colourful approach to National Stroke Week earlier this month.

In an effort to drive home the message that being a stroke first responder is like being a superhero, staff at Brisbane Waters Private Hospital donned capes, masks and other superhero paraphernalia to promote National Stroke Week

They promoted a step-by-step

guide to help everyday people determine if someone is having a stroke by paying attention to the face, arms, speech and time, abbreviated as FAST.

Early identification and treatment of a stroke can be vital to not only survival from the initial stroke but can also significantly impact a survivor's quality of life post stroke, said hospital chief executive Ms Kathy Beverley.

"Stroke kills more women than breast cancer and more men than

prostate cancer but not many people know what signs to look out for," she said.

"Eighty per cent of strokes sufferers show at least one of the signs of stroke, so we're encouraging everyone to unleash their inner superhero and be a first responder when you see the signs of a stroke," she said.

SOURCE:

Social media, 2 Sep 2019
Kathy Beverley, Brisbane Waters Private Hospital

CLIMATE FUTURE MONTHLY FORUM SERIES

2. Energy Alternatives - 7th Sept

How to replace fossil fuels - speakers Jo Muller and Richard Weller
Is Solar and Wind enough to save us from climate change?

3. The Human Role in Modern Climate Change - 12th Oct

The basis for the science and what we can do about it.

Guest speaker: - Richard Weller, Engineer and expert in extreme events

We can make a difference.

SAT 7TH SEPT, SAT 12TH OCT, 1:30 - 3PM

Leisure & Learning Centre, 217 Albany St Nth, GOSFORD

Please register on: cen.org.au/events (its Free) or under Events

at: facebook.com/groups/ClimateFuture/

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PENINSULA NEWS

	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Monday 16 September	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Antiques Roadshow (PG) [s] 11:00 Entertainment And The Empire Of The Ants [s] 12:00 ABC News At Noon [s] 1:00 Landline [s] 2:00 Parliament Question Time [s] 3:00 The Cook And The Chef [s] 3:30 Julia Zemiro's Home Delivery [s] 4:00 Think Tank (PG) [s] 5:00 Simply Nigella [s] 5:30 Anh's Brush With Fame (PG) 6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Australian Story: Paul Hogan 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 Old People's Home For 4 Year Olds [s] 12:25 Parliament Question Time [s] 1:25 Glitch (M,I,n,v) [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Movie: "Killing Daddy" (M v) ('14) – When Cassie's father finds himself vulnerable and bedridden, she believes she has the perfect revenge for her mother's death. Stars: Elizabeth Gillies, Cynthia Stevenson, William F. Moses 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 Highway Patrol (PG) [s] 8:00 Motorbike Cops (PG) [s] 8:30 The Rookie (M v) [s] 9:30 S.W.A.T.: Crews (M v) [s] 10:30 The Latest Seven News [s] 11:00 Flights From Hell: Caught On Camera (PG) [s] 12:00 Talking Footy (M) [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 The Block (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 Block (PG) [s] – It is the half-way mark on The Block but the teams are more than half-way through their budget as kitchen week kicks off. How are they going to finish? 8:35 This Time Next Year (PG) [s] 9:45 100% Footy (M) [s] 10:45 Cold Case: Sabotage (M v) [s] 11:35 Law And Order: SVU: Hate (M v) [s] 12:30 Destination WA (PG) [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 Australian Survivor (PG) [s] 2:10 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 Good Chef Bad Chef [s] 4:00 Everyday Gourmet [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 Australian Survivor (PG) [s] 8:30 Have You Been Paying Attention? (M) [s] 9:30 2018 Montreal Comedy Festival (M s,t) [s] 10:30 Program To Be Advised 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 2:00 Soundtracks: Songs That Defined History: Kent State And The Vietnam War 2:50 Andre Rieu - Forever Vienna (In German) 3:50 Big Ben - The World's Most Famous Clock (PG) 5:00 Cycling: La Vuelta 2019 Highlights 5:30 Letters And Numbers 6:00 Mastermind (PG) 6:30 SBS World News 7:35 The Crown: Modernising The Monarchy (PG) 8:30 24 Hours In Emergency (PG) 9:25 Let's Talk About Sex (MA15+) 10:25 SBS World News Late 10:55 The World Game 2019 11:25 The Pier (MA15+) (In Spanish) 12:30 Bullets (M d,l,v) (In Finnish/English) 1:25 Salamander (M I,v) (In Flemish) 2:25 Spiral (MA15+) (In French)
Tuesday 17 September	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Back Roads (PG) [s] 10:30 A Taste Of Landline [s] 11:00 Gardening Australia [s] 12:00 ABC News At Noon [s] 1:00 Four Corners [s] 1:45 Media Watch (PG) [s] 2:00 Parliament Question Time [s] 3:05 Poh's Kitchen [s] 3:30 Julia Zemiro's Home Delivery [s] 4:00 Think Tank (PG) [s] 5:00 Todd Sampson's Life On The Line (PG) [s] 6:00 Anh's Brush With Fame (PG) 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Foreign Correspondent [s] 8:30 Old People's Home For 4 Year Olds (PG) [s] 9:30 Storm In A Teacup (M I) [s] 10:35 ABC Late News [s] 11:10 The Business [s] 11:30 Q&A [s] 12:35 Parliament Question Time [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Movie: "Psycho-In-Law" (M) ('17) Stars: Katie Leclerc 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 Dogs Behaving (Very) Badly (PG) [s] – Graeme takes on Romel First up is an out of control seventy-one kilo Great Dane from South Shields who intimidates all in his path. 8:40 The Proposal (M s) [s] 9:30 Ramsay's 24 Hours To Hell And Back: Catfish Cabin (M) [s] 10:40 The Latest Seven News [s] 11:10 Modern Family: A Fair To Remember (PG) [s] 11:40 Blindsop: Ohana (M v) [s] 12:40 Botched Up Bodies (MA15+) [s] 2:00 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 This Time Next Year (PG) [s] 2:00 The Block (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 Block (PG) [s] – The couples pull out all the stops to win the ever important kitchen week. 8:40 Seachange (PG) [s] 9:40 20 To One: All Star Commercials (PG) [s] 10:40 Timeless: Hollywoodland (M v) [s] 11:35 The Closer: You Have The Right To Remain Jolly (M v) [s] 12:30 Harry (PG) [s] 1:30 Extra [s] 2:00 Home Shopping 2:30 Skippy - The Bush Kangaroo	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Australian Survivor (PG) [s] 2:10 Entertainment Tonight [s] 2:30 Neighbours (PG) [s] 3:00 Judge Judy (PG) [s] 3:30 Good Chef Bad Chef [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 Australian Survivor (PG) [s] 9:00 NCIS: Fake It 'Til You Make It (M v) [s] 10:00 NCIS: Trapped (M v) [s] 11:00 WIN's All Australian News [s] 12:00 The Project [s] 1:00 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 2:00 Soundtracks: Songs That Defined History: Hurricane Katrina 2:50 Who Do You Think You Are?: Mark Gatiss (PG) 4:00 Great British Railway Journeys 4:35 Supervet (PG) 5:30 Letters And Numbers 6:00 Mastermind (PG) 6:30 SBS World News 7:30 Britain's Most Historic Towns: Civil War 8:30 Insight: Family Estrangement (PG) 9:30 Dateline: Hong Kong: Behind The Frontline 10:50 8 Out Of 10 Cats (PG) 10:50 SBS World News Late 11:25 Pagan Peak (M I,n,v) (In German) 12:40 Witnesses (M I,s,v) (In French)
Wednesday 18 September	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Back Roads (PG) [s] 10:30 A Taste Of Landline [s] 11:00 Gardening Australia [s] 12:00 ABC News At Noon [s] 12:30 National Press Club Address 1:30 Compass (PG) [s] 2:00 Parliament Question Time [s] 3:05 The Cook And The Chef [s] 3:30 Julia Zemiro's Home Delivery [s] 4:00 Think Tank (PG) [s] 5:00 Todd Sampson's Life On The Line (PG) [s] 5:30 Anh's Brush With Fame (PG) 6:00 The Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Hard Quiz (PG) [s] 8:30 Shaun Micallef's MAD AS HELL (M) [s] 9:00 Utopia: The Blame Game (PG) 9:30 Diary Of An Uber Driver (M I,s) 10:00 The Set (M I,s) [s] 10:35 ABC Late News [s] 11:05 The Business [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Hometown Killer" (M) ('18) Stars: Kaitlyn Black, Ashley Gallegos, Jon Prescott, Kelly Marcus, Sydne Cope 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 Celebrity Chase (PG) [s] – Derryn Hinch, Lauren Jackson, Joel Creasey and Anne Edmonds face off to raise money for charity in The Celebrity Chase. 8:40 Britain's Got Talent - The Champions (PG) [s] 10:40 The Latest Seven News [s] 11:10 Surveillance Oz (PG) [s] 11:40 Blindsop: Everybody Hates Kathy (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 Seachange (PG) [s] 2:00 The Block (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 Block (PG) [s] – Tonight, one team is going home with the golden gnome and \$5,000 in a special charity challenge. 8:40 Grand Hotel: Love Thy Neighbour! Where The Sun Don't Shine (M) [s] 10:40 Embarrassing Bodies Revisits (M mp,n,s) [s] 11:35 Law And Order: SVU: Ritual (M) [s] 12:30 Harry (PG) [s] 1:30 Destination Happiness [s] 2:00 Home Shopping 4:00 Ellen (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Australian Survivor (PG) [s] 1:45 The Bachelor Australia (PG) 3:30 Judge Judy (PG) [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 Bachelor Australia (PG) [s] – To help him decide, Matt has planned an adventurous and romantic date with each girl. 8:40 My Life Is Murder: Mirror Mirror (M) [s] 9:40 Bull: Pillar Of Salt (M v) [s] 10:35 Sports Tonight [s] 11:05 WIN's All Australian News [s] 12:05 The Project (PG) [s] 1:05 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 2:00 Black Market: Sugar Babies (M) 2:30 Dateline: Return To Timor-Leste 3:00 Insight: Family Estrangement (PG) 4:00 Great British Railway Journeys 4:35 Supervet (PG) 5:30 Letters And Numbers 6:00 Mastermind (PG) 6:30 SBS World News 7:35 Tony Robinson's Coast To Coast 8:30 The Looming Tower 10:25 Whiskey Cavalier (PG) 11:25 SBS World News Late 11:55 Movie: "Pop Aye" (M I,s) ('17) Stars: Penpak Sirikul (In Thai) 1:50 Vikings (MA15+) 2:45 Monster (MA15+) (In Norwegian)

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)

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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	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Thursday 19 September	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Back Roads (PG) [s] 10:30 A Taste Of Landline [s] 11:00 Gardening Australia [s] 12:00 ABC News At Noon [s] 1:00 Old People's Home For 4 Year Olds (PG) [s] 2:00 Parliament Question Time [s] 3:00 The Cook And The Chef [s] 3:30 Julia Zemiro's Home Delivery [s] 4:00 Think Tank (PG) [s] 5:00 Todd Sampson's Life On The Line (PG) [s] 5:30 Anh's Brush With Fame (PG) 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 Vera: The Crow Trap (M v) [s] 10:30 ABC Late News [s] 11:00 The Business [s] 11:15 The City And The City (M I,v) 12:20 Parliament Question Time [s] 1:20 National Press Club Address	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "Templing Fate" (M) ('19) – Gabby's picture perfect marriage to Elliott is jeopardised when she meets Matt, a handsome younger man who ignites a fire and desire within her. Stars: Alyssa Milano, Zane Holtz, Steve Kazee, Jessica Harmon, Lucia Walters 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 Mighty Princess Ships: Regal Princess (PG) [s] 9:30 The Latest Seven News [s] 10:00 The Front Bar (M I) [s] 11:00 Inside The 'G': AFL (PG) [s] 12:00 Trial And Error: The Other Man (M s) [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 Australia's Top Ten Of Everything (PG) [s] 2:00 The Block (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] 7:30 RBT: Hungry P-Plater/ Dreadlock Hippy (PG) [s] 8:30 Paramedics (PG) [s] 9:30 Kings Cross ER (PG) [s] 10:30 Lethal Weapon: Leo Getz Hitched (MA15+) [s] 11:30 Cold Case: Cargo (M) [s] – The team revisits the 2005 case of a killed longshoreman who got tangled up with the Russian mob. 12:30 Westside (MA15+) [s] 1:30 Home Shopping 4:00 Ellen (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 The Bachelor Australia (PG) 1:00 Entertainment Tonight [s] 2:30 Judge Judy (PG) [s] 3:30 Good Chef Bad Chef [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 Bachelor Australia (PG) 9:10 Gogglebox (M) [s] 10:10 Carpool Karaoke Special With Celine Dion (M) [s] – James Corden straps in for a special with music icon, Celine Dion. 11:10 The Project (PG) [s] 12:10 The Late Show (PG) [s] 1:10 WIN's All Australian News [s] 2:10 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 The Point 3:00 NITV News: Nula 3:30 Living Back Conversations: Nicky Winmar 4:00 Great British Railway Journeys: Dromed To Sligo 4:35 Supervet (PG) 6:00 Celebrity Name Game (PG) [s] 6:30 Mastermind (PG) 6:30 SBS World News 7:30 Italy's Invisible Cities: Venice (PG) 8:40 The Twinning Reaction 9:45 8 Out Of 10 Cats Does Countdown 10:35 SBS World News Late 11:05 The Feed: Modelling Trap 12:05 Movie: "In Bed With Victoria" (M d,l,s) ('16) Stars: Virginie Efira (In French) 1:50 The Frozen Dead (MA15+) (In French)
Friday 20 September	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Back Roads (PG) [s] 10:30 A Taste Of Landline [s] 11:00 Gardening Australia [s] 12:00 ABC News At Noon [s] 1:00 One Plus One [s] 1:30 Foreign Correspondent [s] 2:00 Dark Money (M) [s] 3:00 Poh's Kitchen [s] 3:30 Julia Zemiro's Home Delivery [s] 4:00 Think Tank (PG) [s] 5:00 Todd Sampson's Life On The Line (PG) [s] 5:30 Anh's Brush With Fame (PG) 6:00 The Drum [s] 7:00 ABC News [s] 7:30 Gardening Australia [s] 8:30 Keeping Faith (M I) [s] 9:30 Innocent (M I,s,v) [s] 10:30 ABC Late News [s] 10:50 The Business [s] 11:05 Shaun Micallef's MAD AS HELL (M) [s] 12:20 rage (MA15+) [s]	6:00 Sunrise [s] 9:00 The Morning Show [s] 11:30 Seven Morning News [s] 12:00 Movie: "The Lover In The Attic: A True Story" (M) ('18) Stars: Molly Burnett, Kevin Fonteyne, David Fierro, David Alexander, Alex Ball, Eddie DuPriest, Whitney Christopher, Jeff Rose 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 11:30 The Goldbergs: Crazy Calls (PG) [s] – As Beverly tries to find Adam some lunchtime friends, the Goldbergs' new answering machine launches a war between Murray and his father, Pop-Pop. 12:00 Training Day: Wages Of Sin (M v) [s] 1:00 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: "The Ex" (M I,s) ('06) Stars: Zach Braff, Amanda Peet 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 Rugby League: 1st Semi Final "Live" [s] 10:45 Movie: "Wanted" (MA15+) ('08) – A frustrated office worker learns that he is the son of a professional assassin, and that he shares his father's superhuman killing abilities. Stars: James McAvoy, Morgan Freeman, Terence Stamp 1:00 Outdoors Indoors (PG) [s] 1:30 Home Shopping 4:30 The Avenger: A Funny Thing Happened On The Way To The Station (PG) [s] 5:30 A Current Affair [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 The Bachelor Australia (PG) 1:40 The Living Room [s] 2:40 Entertainment Tonight [s] 3:00 Judge Judy (PG) [s] 3:30 Good Chef Bad Chef [s] 4:00 Everyday Gourmet [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 Have You Been Paying Attention? (M) [s] – Have contestants Ed Kavalee, Urzila Carlson, Tim McDonald, Kitty Flanagan and Sam Pang been paying attention? 9:30 Montreal Comedy Festival Offensive (MA15+) [s] 10:30 The Project (PG) [s] 11:30 WIN's All Australian News [s] 12:30 The Late Show (PG) [s] 1:30 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 Motor Sports: Shannons Nationals "Live" 3:00 Gymnastics: International Gymnastics Rhythmic World Challenge Cup (Portugal) 4:30 The Rise Of The Superstorms (PG) 5:00 Cycling: La Vuelta 2019 Highlights 5:30 River Cottage Australia (PG) 6:30 SBS World News 7:35 Hitler's Secrets: The Opportunist (PG) 8:30 Movie: "Wild" (M) ('14) Stars: Reese Witherspoon, Laura Dern, Thomas Sadoski 10:30 Movie: "The Secret Scripture" (M) ('16) Stars: Rooney Mara, Aidan Turner, Theo James 3:15 One Born Every Minute 4:15 Great British Railway Journeys: Windermere To Carnforth
Saturday 21 September	5:00 rage (PG) [s] 10:00 rage One Night Stand Special 11:00 Restoration Australia: Jack Clarke [s] 12:00 ABC News At Noon [s] 12:30 Vera: The Crow Trap (M v) [s] 2:00 Keeping Faith (M I) [s] 3:00 Poh's Kitchen On The Road 3:25 Short Cuts To Glory: Matt Okine vs Food [s] 4:00 Call To Arms: The Liberation Of East Timor [s] 4:30 Landscape [s] 5:00 Escape From The City: Townsville And Magnetic Island Queensland: The Longs [s] 6:00 Antiques Roadshow [s] 7:00 ABC News [s] 7:30 Deep Water (M I) [s] 8:20 Poldark (M) [s] 9:20 Les Norton: The Real Thing (M) [s] 10:15 Victoria: Warp And Weft (PG) 11:00 The Good Karma Hospital (M) 11:50 rage One Night Stand Special (MA15+) [s]	6:00 NBC Today [s] 7:00 Weekend Sunrise [s] 10:00 The Morning Show - Weekend 12:00 Seven's Horse Racing: Caulfield: Rupert Clarke Stakes Day, Randwick: George Main Stakes [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 Movie: "The Good Dinosaur" (PG) ('15) Stars: Jeffrey Wright, Frances McDormand, Maleah Nipay-Padilla, Ryan Teepl, Jack McGraw, Marcus Scribner 9:00 Movie: "Safe House" (M v,l) ('14) Stars: Brendan Gleeson, Denzel Washington, Robert Patrick, Ryan Reynolds, Sam Shepard, Vera Farmiga 11:20 The Goldbergs: Stefan King (PG) [s] 12:00 Training Day: Quid Pro Quo (M v,s) [s] 1:00 Home Shopping	6:00 Ellen (PG) [s] 7:00 Weekend Today [s] 10:00 Your Domain [s] 11:00 Today Extra - Saturday (PG) 12:30 Destination Happiness [s] 12:30 Cybershack (PG) [s] 1:00 Surfing Australia TV [s] 1:30 The Block (PG) [s] 3:30 Seachange (PG) [s] 4:30 The Garden Gurus [s] 5:00 NINE News: First At Five [s] 5:30 Getaway (PG) [s] 6:00 NBN News Saturday [s] 7:00 Rugby League: Semi Final "Live" [s] 9:45 Rugby League: Semi Final "Live" [s] 10:45 Movie: "End Of Watch" (MA15+) ('12) Stars: Jake Gyllenhaal, Michael Peña, Anna Kendrick, Natalie Martinez, America Ferrera, Frank Grillo 1:00 Surfing Australia TV [s] 1:30 Cybershack (PG) [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 What's Up Down Under [s] 8:30 All 4 Adventure (PG) [s] 9:30 The Loop [s] 12:00 Everyday Gourmet With Justine Schofield [s] 12:30 The Living Room [s] 1:30 Luxury Escapes [s] 2:00 Rugby World Cup: Australia v Fiji "Live" From Sapporo Dome, Sapporo [s] 5:00 10 News First [s] 6:00 Luxury Escapes: Barcelona (PG) [s] 7:30 Bondi Rescue (PG) [s] 8:00 Movie: "The Notebook" (PG) ('04) Stars: Ryan Gosling, Rachel McAdams, James Garner, Gena Rowlands 9:30 Program To Be Advised 11:30 Elementary: Crowned Clown, Downtown Brown (M v) [s] 1:00 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 Motor Sports: Shannons Nationals "Live" 3:00 Gymnastics: International Gymnastics Rhythmic World Challenge Cup (Portugal) 4:30 The Rise Of The Superstorms (PG) 5:00 Cycling: La Vuelta 2019 Highlights 5:30 River Cottage Australia (PG) 6:30 SBS World News 7:35 Hitler's Secrets: The Opportunist (PG) 8:30 Movie: "Wild" (M) ('14) Stars: Reese Witherspoon, Laura Dern, Thomas Sadoski 10:30 Movie: "The Secret Scripture" (M) ('16) Stars: Rooney Mara, Aidan Turner, Theo James 3:15 One Born Every Minute 4:15 Great British Railway Journeys: Windermere To Carnforth
Sunday 22 September	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 Julia Zemiro's Home Delivery [s] 2:55 The Recording Studio [s] 4:00 The Mix [s] 4:30 Wallace & Gromit's World Of Invention [s] 5:00 Australian Story [s] 5:30 Hard Quiz (PG) [s] 6:00 Dream Gardens: Brisbane [s] 6:30 Compass [s] 7:00 ABC News Sunday [s] 7:40 The Pool: Our Playground (PG) 8:40 Les Norton: Bush League (M) 9:30 Glitch (M I,v) [s] 10:30 Exposed: The Case Of Keli Lane: A Fair Trial (M I) [s] 11:30 Silent Witness (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 Jabba's School Holiday Movie Special (PG) [s] 1:30 Program To Be Advised 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 Australia's Got Talent (PG) [s] – The power is in your hands as Australia decides the winner of Australia's Got Talent. Ten incredible acts will perform but only one can be crowned 2019 Champion and take home the \$100,000 prize. 9:00 Sunday Night (PG) [s] 10:00 Program To Be Advised 11:00 Program To Be Advised 12:00 Bates Motel: Inseparable (MA15+) [s] 1:00 Home Shopping	6:00 Harry (PG) [s] 7:00 Weekend Today [s] 10:00 Sports Sunday (PG) [s] 11:00 Sunday Footy Show (PG) [s] 1:00 Rugby League: NRL Women's Premiership "Live" [s] 3:00 Rugby League: NSW State Cup: The Preliminary Finals "Live" From Netstrata Jubilee Stadium [s] 5:00 NINE News: First At Five [s] 5:30 Customs (PG) [s] 6:00 NBN News - Sunday [s] 7:00 The Block (PG) [s] 8:30 60 Minutes (PG) [s] 9:30 Forensics: The Real CSI (M) [s] 10:50 See No Evil: Dead Man Walking (M v) [s] 11:50 Rizzoli And Isles: A New Day (MA15+) [s] 12:40 Harry (PG) [s] 1:30 South Aussie With Cosi [s] 2:00 Home Shopping 2:30 Skippy - The Bush Kangaroo 3:00 Home Shopping 4:00 The Baron (PG)	6:00 Religious Programs 7:30 Fishing Australia [s] 8:00 Good Chef Bad Chef [s] 8:30 Everyday Gourmet With Justine Schofield [s] 9:00 Places We Go [s] 9:30 Studio 10: Sunday (PG) [s] 12:00 The Living Room (PG) [s] 1:00 Jay's Longest Melanoma March [s] 2:00 Buy To Build [s] 2:30 Australia By Design: Innovations [s] 3:00 Australia By Design: Landscapes [s] 3:30 Luxury Escapes [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 Ambulance Australia (PG) [s] 9:00 Instinct: Manhunt (M v) [s] 10:00 Program To Be Advised 11:00 The Sunday Project (PG) [s] 12:00 Home Shopping 4:30 CBS - This Morning	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 12:00 Motor Sports: Shannons Nationals "Live" 3:00 The Bowls Show 4:05 Cycling: La Vuelta 2019 Highlights 5:05 Grand Tours Of Scotland's Lochs: From Flow Country To Loch Hope: Under Wide Skies 5:35 Nazi Megastructures: Hitler's Megaships (PG) 6:30 SBS World News 7:30 Great Indian Railway Journeys: Mysuru To Chennai (PG) 8:30 Pompeii: Life Before Death (PG) 10:20 How To Die A Better Death (PG) 1:25 Berlin Station: Riverrun Dry/ By Way Of Deception/ Unter Druck/ Just Decisions (MA15+) 3:20 Weiner (M I,s)

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)

Programming information correct at time of going to press, changes are at the network's discretion
Prepared by National Typesetting Services

Health

Scuba diving offered as physical therapy

Scuba diving lessons are being offered at Woy Woy as physical therapy for people living with disability and illness.

The Scuba Gym Australia was born out of a desire to enable lasting change for people with special needs or disabilities and was founded by Ms Lyndi Leggett in September 2018.

It offers scuba therapy for all manner of special needs including for quadriplegics, cerebral palsy, autism, Down syndrome and post-traumatic stress disorder.

Ms Leggett travels to aquatic centres around Sydney and the Hunter to deliver Scuba Gym sessions with local sessions conducted at the Peninsula Leisure Centre.

According to Ms Leggett, scuba therapy provides people with a weightless environment in which to exercise and undertake physical therapy.

A year since opening, Ms Leggett said she and her team had helped numerous people reclaim their bodies and find a new lease on life.

She said the antigravity environment was the key to the unique therapy's success as it allowed people with all manner of physical or mental constraints to perform movements and exercises they typically could not above the surface.

"At the Scuba Gym, individualised workouts without gravity are designed to naturally heal the body.

"The benefits are personal to each participant and can often be life-changing," Ms Leggett said.

"For many of our divers, just scuba diving is massive in itself as most of the able-bodied population is terrified of it.

"This mental strength and trust are what's needed to enable them to push through the workout, to believe in themselves and to start the healing or rewiring process in a different way," she said.

Ms Leggett said this type of healing fell under the banner of neuro plasticity and nerve regeneration.

The Scuba Gym is working with people who are self-managed, or plan managed according to the NDIS, and also offers sponsorship for those divers who are self-funded and cannot get funded by the NDIS.

SOURCE:

Website, 11 Sep 2019
Lyndi Leggett, The Scuba Gym Australia



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Health

Surgeon accredited to use laser for haemorrhoids

A private hospital in Woy Woy has welcomed a surgeon accredited to use a carbon dioxide laser to treat haemorrhoids.

Dr Adrian Burke claims to be the only surgeon in the country able to use the medical device specifically for haemorrhoidectomy.

He officially commenced

operating duties at Brisbane Waters Private Hospital earlier this month.

The hospital has acquired a new carbon dioxide laser to its surgical repertoire.

"Laser haemorrhoidectomy is a highly-effective, virtually pain-free procedure and allows same day discharge even for the most severely affected haemorrhoid patients," said hospital chief executive Ms Kathy Beverley.

Dr Burke will also perform colonoscopy as well as a range of general surgical procedures, including hernia repair, and the treatment of complex skin cancers, including those requiring reconstruction with flap repair and skin grafting as part of his hospital duties.

SOURCE:

Social media, 5 Sep 2019
Kathy Beverley, Brisbane Waters Private Hospital

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WHAT'S THE BIG DEAL ABOUT WALKING?

World Spine Day is approaching fast and will be on October 16.

At the same time, Spring is trying to show up with the last of the wintry weather fading.

It is a great time of the year to get out and enjoy the changing season.

Simply start walking, it is an inexpensive activity that is completely free and it will improve your general health and well being along with boosting your mood through the release of endorphins.

Sticking to a regular walking schedule can decrease bone loss and aid in weight loss.

Walking increases circulation to your spine, which in turn lowers blood pressure.

The benefits of increased circulation mean that the soft tissues

and muscles surrounding your spine have an increased amount of nutrients reaching them, which in turn makes it easier to exercise.

Think of oiling a motor that is starting to seize up where the extra lubrication makes everything work much easier.

This extra hydration helps spinal discs by rehydrating, which helps their role of cushioning the vertebrae.

All of the movements that we make during the day cause compression of the spinal discs that actually squeezes the water out of the vertebrae.

By walking, you are actually strengthening your body and it helps position the spine in its natural upright shape.

By walking properly, you naturally

adopt a better posture, which these days is of increased importance when you consider the amount of time we spend in sedentary positions, with increased time spent using computers and mobile devices.

This is a low impact exercise that assists in improving flexibility and mobility that will aid in weight loss, and along with a good routine of stretching, will help with your range of motion.

As you tune your car before a long trip, please call us on 4341 6247 to schedule your next care appointment (tune-up) to be in your best shape to continue or start your habit of walking for better health.

As always, we are here to assist you on your health journey.



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Doctor honoured for service

A doctor working out of a private hospital in Woy Woy has been honoured for his service to the local veterans' community.

Dr Steve Karsai is a member of Brisbane Waters Private Hospital's Department of Veterans' Affairs Committee and was honoured with an achievement award in August for his commitment to veteran's health and hospital advocacy, particularly through the hospital's mental health services and the Central Coast Clinic.

Brisbane Waters Private chief executive Ms Kathy Beverley said Dr Karsai was making a huge difference in the healthcare of local veterans through his work.

"He is tremendously supportive of our psychiatrists and always recommends that veterans come and see us at Brisbane Waters Private for their treatment," she said.

SOURCE:

Social media, 26 Aug 2019
Kathy Beverley, Brisbane Waters Private Hospital

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College welcomes new Umina principal

Brisbane Water Secondary College principal Mr Paul Gilmore and Woy Woy campus principal Ms Rebecca Cooper have formally welcomed newly-appointed Umina campus principal Ms Kerrie O'Heir.

Ms O'Heir commenced in the role at the beginning of Term 3.

Mr Gilmore said she has brought a wealth of knowledge to her new position.

"Kerrie was looking forward to working in our College's dynamic educational setting that provides choice and diversity in learning excellence through age appropriate learning, curriculum provision and future focused thinking," he said.

"This partnership embodies

our College motto of 'Strength in Unity'.

"We are privileged to be part of a great public education system which continues to set the standard for quality teaching, excellent educational programs and values that foster mature, responsible and successful future citizens on the Peninsula," he said.

Ms Cooper acknowledged that the nature of education was changing to better ensure students were more prepared for life after school than ever before.

"Together we are leading the College to ensure our students, staff and community prosper through authentic collaboration," she said.

SOURCE:
Media release, 12 Sep 2019
Paul Gilmore, BWSC

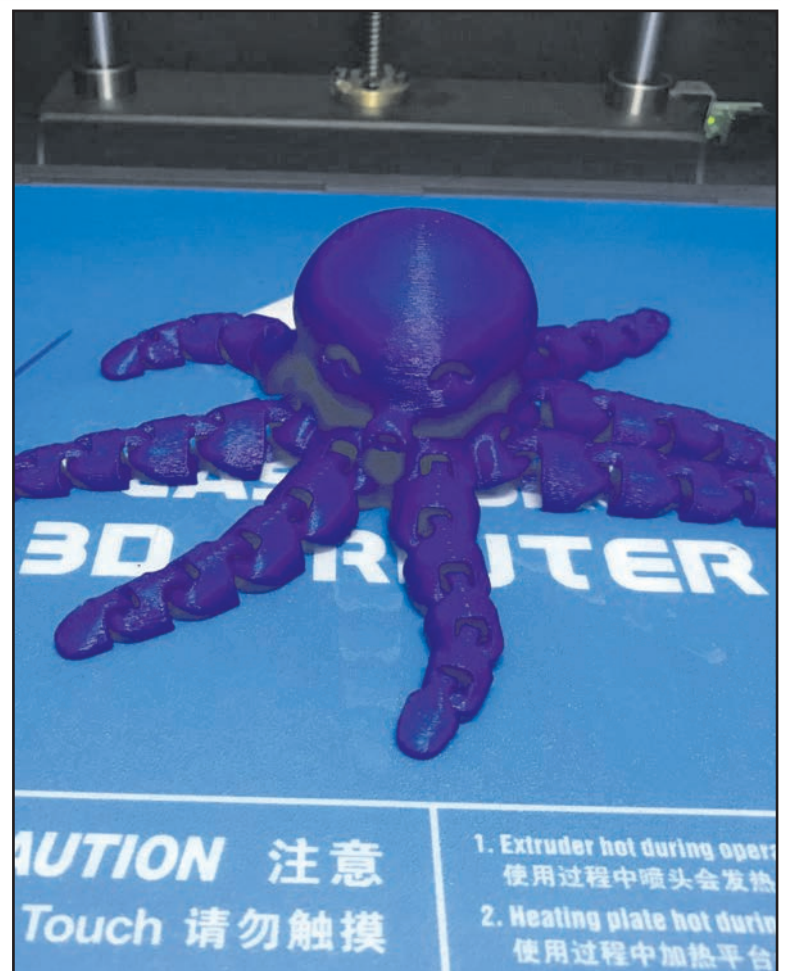
Students use 3D printer

Year 10 Science, Technology, Engineering and Mathematics students at Brisbane Water Secondary College Woy Woy campus had a 3D printing session on September 2.

Students were able to put their design and engineering skills to the test when they were asked to build models with the printer.

A number of designs were successfully printed including a fighter jet and an octopus with moveable tentacles.

SOURCE:
Social media, 2 Sep 2019
Rebecca Cooper, BWSC
Woy Woy campus



Brainstorming ways to make learning more innovative

Staff at Woy Woy Public School are currently brainstorming ways to make their approach to 21st century learning more innovative, according to principal Ms Ona Buckley.

"We are in a world of constant evolving change.

"Children of today live with artificial intelligence as part of their world and embrace technological advancements with ease.

"The way we teach children is evolving too.

"We cannot do what we have always done.

"The connected world demands creative, critical and analytical thinking in order to be part of a futuristic world.

"Jobs of today will be gone tomorrow.

"Communication has evolved and as we say, the world is at our

fingertips.

"Our school staff have had many discussions on how to make our school more innovative in our approach to 21st century learning.

"Changes are being considered for 2020 to benefit students and connect more to the world they are now in and will be in the future as workers and perhaps leaders.

"We are considering a different teaching approach to bring change across Kindergarten to Year 2 and then a varied approach across Stage 2 and 3.

"Our Preschool is already aligned to discovery 'play-based' which promotes problem solving, creative and critical thinking and has a rating of Exceeding in all National Standards.

"We have many classes adopting a flexible approach to classroom spaces and furniture, and this is showing very positive

results for student learning," Ms Buckley said.

Ms Buckley said the following brief would help inform play based learning at the school from next year.

"Staff at Woy Woy Public School have been working towards embedding individualised, interest-based learning at the core of our programs.

"Our journey towards inquiry-based or play based learning will begin next year when all teachers Kindergarten to Year 2 will initiate an investigative learning program that aligns with NSW outcomes.

"Research has shown that play-based or investigative learning environments ease the transition to school for Kindergarten students, since the learning environment is not such a big jump from the preschool.

"It allows for increased

opportunities for the practical, daily application of contemporary learning skills (communication, collaboration, creative and critical thinking).

"The inquiry-based nature of play is supported through the social interactions of teachers and children.

"Teachers will use children's motivation and interests to explore concepts and ideas.

"In this way, children acquire and practice important academic skills and learning in a playful context.

"Investigative learning starts with the students.

"Teachers build a profile of each student's strengths, background and readiness.

"The traditional classroom set up of a desk for each student is replaced with stations, construction, sensory play,

science, writing, numeracy or any topic that aligns with our current program.

"Stations display activities or materials that invite students to engage in a learning activity.

"Play based learning is purposeful.

"Teachers carefully and deliberately plan play-based experiences to help students learn in a way that is meaningful and enjoyable.

"Research shows play-based programs for children in the early years of school can provide a strong basis for later success.

"Our Kindergarten to Year 2 teachers are excited to promote this learning model and welcome you to visit their innovative learning environments," Ms Buckley said.

SOURCE:
Newsletter, 30 Aug 2019
Ona Buckley, Woy Woy Public School

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

Education



First excursion for kindergarten students

Kindergarten students from Umina Beach Public School enjoyed their first excursion on September 4.

Principal Ms Lyn Davis said: "120 students, along with their teachers and helpers, boarded three buses for Bulgandry.

"Bulgandry is in the Brisbane Water National Park and is a special landscape, rich in ancient aboriginal rock art of the Guringai

people.

"The engravings there are more than 200 years old with many perhaps 10 times that age.

"From there, we travelled to the Australian Reptile Park.

"We wandered around in small groups and saw dingos, spiders, snakes, koalas, kangaroos, birds, crocodiles and much more.

"Our students were also lucky enough to enjoy an animal show

where they learnt about and touched a tawny frog-mouth, blue tongue and shingle back lizards, a koala and a python.

"It was a big day with lots of opportunities for exploring and some playtime at the park," Ms Davis said.

SOURCE:
Newsletter, 10 Sep 2019
Lyn Davis, Umina Beach Public School

Kearn makes national Oztag team

Woy Woy Public School's Kearn Griggs has been named to the Australian Under 10's Oztag team.

"Kearn has only been playing Oztag for two years and played in the NSW team last year," said principal Ms Ona Buckley.

"What an amazing achievement

to make the national team."

SOURCE:
Newsletter, 30 Aug 2019
Ona Buckley, Woy Woy Public School

Goalball teams play in State championships



Woy Woy South Public School had two teams play in the NSW Goalball 4 Schools State Championships on August 29, one winning the NSW Cup trophy.

The school fielded a Year 4 and Year 5 team in the championships and both teams made it through to their semi-finals undefeated.

"Our Year 5 team unfortunately lost its semi by just one point, finishing third overall.

"Our Year 4 team remained undefeated winning the final convincingly to take home the NSW Cup Trophy.

"All players represented the school with outstanding sportsmanship and skill," said principal Mr Matt Barr.

SOURCE:
Newsletter, 4 Sep 2019
Matt Barr, Woy Woy South Public School

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Wed 2 - Excursion GOSFORD CITY BOWLING	Wed 9 - Excursion CLIP 'N' CLIMB & MONKEY MANIA
Thurs 3 - Pokémon & Puppets Day	Thurs 10 - Incursion KIM THE REPTILE MAN
Fri 4 - Sports Team Day	Fri 11 - Incursion MAGIC WORKSHOP

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Heap of timber logs have 'mysteriously disappeared'

Woy Woy Public School is seeking information about some missing timber.

"Has anyone noticed anything suspicious happening on our school grounds at any time over the last few weeks?" asked principal Ms Ona Buckley.

"Our wonderful groundskeeper had a heap of logs piled up adjacent to his work shed to carve and work on to make natural wooden seats for our students to enjoy.

"These have mysteriously disappeared.

"The logs were quite a size and would have taken a big effort to remove and take away.

"Please let us know if you know anything about this.

"A bit sad when things go missing out of our school grounds that were destined to be used to benefit our students," she said.

Anyone with information should contact the school.

SOURCE:
Newsletter, 30 Aug 2019
Ona Buckley, Woy Woy
Public School

Teacher honoured

A Woy Woy South Public School teacher was honoured with a Central Coast Education Week Award.

"The Central Coast Education Week Awards of Appreciation were held at Kariong Mountains High School in August.

"Ms Phillipa King, our Stage 2 assistant principal and classroom teacher of 3/4K, was recognised at this ceremony for her high quality practice and ongoing commitment to the education of children on the Central Coast," said principal Mr Matt Barr.

"This is a marvellous achievement for a person who truly loves working at Woy Woy South.

"Additionally, I would also like to mention Mr Dave Crotty, who also received an award nominated by our school.

"Dave has continually gone above and beyond to support us with our technology needs.

"His depth of knowledge and helpful and friendly approach make him a pleasure to work with," Mr Barr said.

SOURCE:
Newsletter, 4 Sep 2019
Matt Barr, Woy Woy
South Public School



Annabelle Rodgers (centre) excelled at the CHS Athletics Carnival

Annabelle's success continues

Brisbane Water Secondary College Woy Woy campus student Annabelle Rodgers has continued her athletic success at the recent Combined High Schools

Athletics Carnival.

Annabelle placed first in the discus, shot put and javelin during the carnival, breaking two NSW Combined High School records in the process.

Annabelle is now preparing to represent Australia at the INAS Global Games come October.

SOURCE:
Social media, 6 Sep 2019
Rebecca Cooper, BWSC
Woy Woy campus



21-29 September 2019

**Join the bike
week fun on
the Coast!**

Central Coast Council bike week activities

We have a bundle of fun and informative activities for people of all ages and abilities.

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For complete beginners

Sat 21 September

**9.30am-10am or 10.15am-10.45am,
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For people who can ride but want to brush up on skills

**Sat 21 September, 11am-12.30pm,
Palmdale**

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Learn techniques to maintain and repair your bike

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Palmdale**

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Enjoy a bike week themed Storytime at Central Coast libraries

Mon 23 – Fri 27 September

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Fri 27 September, 9am-3pm, Woy Woy

**Bookings are essential for the
Learn to Ride, Cycling Skills and
Bicycle Maintenance workshops and
for Paddle to Pedal tour**

Find out more at centralcoast.nsw.gov.au/whats-on

Education

Pretty Beach staff members honoured

Two Pretty Beach Public School staff members were honoured with awards at the Central Coast Public School Awards of Appreciation Ceremony.

"Two of our staff were recognised and celebrated for the significant contribution they make to our school and to our whole community," said principal Ms Karen Wardlaw.

"Lyn Hyde and Kate McKinney were acknowledged as being valued contributors to public education on the Central Coast.

"Lyn was recognised for the tireless way she serves our school community and always presents a calm, professional and friendly welcome for school visitors.

"Kate was recognised for the way she supports students and the whole community through a wide variety of roles, always remaining steadfastly focused on providing enriching experiences for all students.

"Both Lyn and Kate work tirelessly in a range of ways well



beyond their job description to support and serve our school family," Ms Wardlaw said.

SOURCE:
Newsletter, 29 Aug 2019
Karen Wardlaw, Pretty Beach Public School

Students raise \$1000 in backpack challenge

Year 10 students from Brisbane Water Secondary College Woy Woy campus raised more than \$1000 in their 40-Hour Famine Backpack Challenge.

The 15 students taking on the Backpack Challenge lived off nothing but essentials carried in a backpack from 8pm on September 6 to 9am on September 9.

The challenge is designed to simulate the experience of young refugee forced to flee their homes, often with next to no time to pack a bag of belongings, let alone things

like food and water.

Campus principal Ms Rebecca Cooper said she was proud of the students who took on the challenge and congratulated them on their fundraising success.

"Millions of children and families have been displaced by conflict and strife.

"The world is currently witnessing the highest levels of displacement on record, among them 25.9 million refugees, half under the age of 18," she said.

SOURCE:
Website, 6 Sep 2019
Rebecca Cooper, BWSC Woy Woy





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6 Kathleen Street, Woy Woy

Saturday
21st September 2019
9am - 1pm



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Central Coast

Students take part in Cultural Continuum excursion

Students from Woy Woy Public School participated in a Cultural Continuum excursion on August 21.

"Year 5 indigenous students participated in the excursion which was open to all public schools on the Peninsula and led by aboriginal elder Mr Maurice Goolagong," said principal Ms Ona Buckley.

Ms Buckley said participating students had the opportunity to explore their culture and heritage through a number of activities,

including games and art-making.

"Year 2 students also took part in a Continuum with other Peninsula schools on August 28," Ms Buckley said.

"It is such an important time for our aboriginal students to meet and socialise with like students in other schools and to be able to connect with their culture," Ms Buckley said.

SOURCE:
Newsletter, 30 Aug 2019
Ona Buckley, Woy Woy Public School



Superheroes in parade

Woy Woy Public School held its Book Character Parade on August 27.

"Our school community had lots of fun on as we celebrated Book Week," said librarian Ms Cathy Walker.

"There were amazing and

wonderful character costumes on display as every class had their turn in the parade.

"We had lots of superheroes and villains to go with the theme 'Reading is my Secret Power'.

"There were also Dorothy from the Wizard of Oz, Rapunzel,

Matilda, and Willy Wonka.

"The staff had a great time dancing in the chicken dance flash mob."

SOURCE:
Newsletter, 30 Aug 2019
Cathy Walker, Woy Woy Public School

Working bee results in new look garden beds

A community working bee was held at Woy Woy South Public School on September 7.

Members of the school community were invited to attend the working bee with several projects identified around the school grounds.

New look garden beds were a highlight of the day.

"Families, friends and teachers volunteered and gave up their time to help at our working bee," said principal Mr Matt Barr.

"We are looking forward to our children working in our garden to make it flourish."

SOURCE:
Social media, 10 Sep 2019
Matt Barr, Woy Woy South Public School



SYMPHONY CENTRAL COAST

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Terry Baker is one this year's Bouddi Arts Trail artists

Bouddi arts trail over long weekend

The Bouddi Peninsula Arts Trail is returning this October.

Art fans will have the opportunity to meet local artists and learn about their work and artistic process when they open their studios and workshops to visitors over the long weekend, October 5 and 6.

Trail coordinator Ms Leanne Koppen said this year's trail had a diverse offering with woodworkers,

jewellery makers, ceramicists and painters set to take part.

"This year we've got 17 artists taking part in locations from Killcare Heights through to Wagstaffe.

"Visitors will have the chance to meet local artists, discuss their work and enjoy a great day out on the Bouddi Peninsula," Ms Koppen said.

A map of each participating

artists' location is available on the Bouddi Peninsula Arts Trail Facebook page.

"Anyone out and about following the trail need simply look for a red flag as each participating artist will be flying one over the weekend," Ms Koppen said.

SOURCE:
Media release, 11 Sep 2019
Leanne Koppen, Bouddi Peninsula Arts Trail

Exhibition to launch Coastal Twist Festival

An Ettalong cafe will host an **Outing Disability** exhibition featuring photographer **Ms Belinda Mason** as the "launch event" of the **Coastal Twist Festival** in October.

"This photographic series invites you on a reflective journey into the lives of people with disability as they dispel myths about disability and share their struggles and triumphs of coming out, discovering love, exploring identity and finding pride," said Coastal Twist artistic director Ms Glitta Supernova.

"Here, as in our community at large, the assumptions we make about people with disability must be negotiated in order to clearly see the individual for who they are."

"Outing Disability encourages you to reflect on your attitudes and

assumptions about the sexuality and gender of people with disability."

She said that it would invite consideration of how individuals and the community can work to become more inclusive and uphold the rights of sexuality and gender diverse people with disability.

Ms Mason is a prize-winning photographer with works displayed in Shape Arts Gallery UK, Museum of Sex New York, the Australian National Maritime Museum and the Australian Institute for Aboriginal and Torres Strait Islander Studies, Canberra.

Outing Disability will launch Coastal Twist Festival from 5pm on October 2 and run from 8:30am to 4:30pm every day until October 16 at the Re:Publik Cafe.

SOURCE:
Website, 11 Sep 2019
Glitta Supernova, Coastal Twist Festival



plant lovers fair



Saturday 28 - Sunday 29

SEPTEMBER 2019

www.plantloversfair.com.au

Located at Kariong on the Central Coast of NSW, the Plant Lovers Fair is a celebration of rare, unique and unusual plants. With over 40 exhibitors you are sure to find something to bring joy and add beauty to your garden. Come and join us in September 2019, meet our ambassador Costa Georgiadis and chat to the growers about all things plants.

New musical is 'proof of concept'

A new musical production, A Voyage To Arcturus is by Green Point actor and composer Mr Phil Moore, will be presented at the Peninsula Theatre on September 27.

He said the performance would be "proof of concept": more than a workshop but not quite a full production.

Mr Moore said his musical tells the story of a young man searching for the meaning of life while on an alien planet.

A comic adventure, Mr Moore's work is based on the 1920s sci-fi fantasy novel of the same name written by David Lindsay.

"It's about a young man called Maskull, who like all of us, wants to understand the big questions: What's it all for, why are we here, what happens when we die?"

"To find answers he must travel to the planet of Tormance, in the binary star-system of Arcturus but the lessons will not be easy.

"In fact, he will almost die twice before he reaches his final destination and meet a lot of very strange people along the way.

"His absent guide on this journey is Krag, who seems to be the devil incarnate, and who abandons Maskull on this desolate and bizarre planet to fend for himself.

"He is not completely alone, though.

"Seraphina is with him every step of the way, challenging Krag and guiding our hero on his quest, even if he doesn't realise it," Mr Moore said.

"With music ranging from classic rock to orchestral, blues and Latin, this performance also showcases the innovative use of projection mapping," Mr Moore said.

Voyage To Arcturus will have several performances until October 6.

SOURCE:
Website, 11 Sep 2019
Phil Moore, Green Point



Jazz, roots and blues singers at folk club

The Troubadour Folk Club's next concert will feature jazz, roots and folk singers, Alicia and Alana.

The twin sisters' harmonies and song writing have won Alicia and Alana awards across Australia, including Best New Talent at Port Fairy Folk Festival.

"Their lyrics, equal parts heart and humour, sparkle with an original, intimate voice that is rare in songwriters today," said

Troubadour president Mr Michael Fine.

"They have charmed audiences across Australia, from the National Folk Festival in Canberra to Fairbridge, Western Australia, and Cygnet Festival in Tasmania.

"As identical twins, they have a rich, intuitive vocal blend, creating magical close harmonies unique to siblings like The Andrews Sisters.

"They bring warmth, wit and a sense of fun wherever they

perform and some of the greatest musicians you're ever likely to see.

"Their band features the fine talents of Jen Hawley (guitar), Silas Palmer (piano, violin) and Sarah Busutill (violin, snare drum)," Mr Fine said.

Alicia and Alana will perform when the Troubadour at St Luke's Church Hall at Woy Woy from 7pm on September 21.

SOURCE:
Social media, 11 Sep 2019
Michael Fine, Troubadour Folk Club



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Out&About



Umina resident helps organise women's jazz festival

Umina resident helps organise women's jazz festival

A Umina resident will help organise this year's Sydney Women's International Jazz Festival.

Umina's Ms Zoe Hauptmann has been named a co-artistic director of the festival that will bring several of the world's best female jazz musicians to Sydney from November 2 to 17.

"My co-artistic director Peter Rechniewski and I are proud to be bringing one of the most diverse line-ups of female jazz talent to Sydney for this year's festival," Ms Hauptmann said.

Ms Hauptmann is a jazz bassist and has worked as an artistic

director and event organizer for festivals and music events including the Wangaratta Jazz and Blues Festival and the Ettalong Jazz Festival.

First Nations jazz singer Wilma Reading will open the festival.

"Wilma is a singer whose dazzling international career boasts collaborations with legends like Duke Ellington, Oscar Peterson and Ray Brown, and performances on the Johnny Carson Show.

"We're also thrilled to introduce two New Yorkers, fiery saxophonist Lakecia Benjamin, who has shared stages with Stevie Wonder, Macy Gray and Alicia Keys, and 24-year-old superstar vocalist Veronica

Swift, who toured with Wynton Marsalis and appeared at the Monterey and Montreal Jazz Festivals," Ms Hauptmann said.

SOURCE:

Media release, 9 Sep 2019

Emma Collinson, Sydney

International Women's Jazz Festival

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Artisan market at Woy Woy

The next Handmade on the Coast artisan market will take place in Woy Woy on October 13.

The day will be dedicated to Coast-based small businesses that special in producing handmade products.

The market features local businesses producing art, craft, design, fashion and gourmet food, and is held on the second Sunday of the month, said event organiser Ms Ricky Simoes of Umbala Events.

"Handmade is about celebrating locals who take a creative approach to business," she said.

Handmade on the Coast will be held at Woy Woy Fishermen's Wharf on October 13.

It is an initiative of local event planning company,

SOURCE:

Website, 11 Sep 2019

Ricky Simoes, Umbala Events



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MP supports Rainbow Windows competition

Member for Gosford Ms Liesl Tesch is encouraging local businesses to get involved in the official Rainbow Windows competition as part of the Coastal Twist Festival.

"The October long weekend is sure to be fun on the Coast this year and I am thrilled to join in," said Ms Tesch.

"This is an amazing opportunity for the Central Coast to open up our community to diverse groups of people and I hope to see all of the Central Coast over these three exciting and unique days," she said.

The Coastal Twist festival was pitched at people from all places, spaces and identifications and was set to be the first of many local pride events.

Ms Tesch said this was exactly what the Central Coast had been waiting for.

"The Central Coast voted overwhelmingly for the legalisation of same-sex marriage.

She said most of the community

took pride in and supported the sexuality and gender diverse community.

"Coastal Twist will promote tourism on the Central Coast and local businesses are being invited to show their support for the festival through a window display competition in the week leading up to the event.

"Coastal Twist is sure to bring in crowds of people from all over the

state and boost our local economy.

"This is not only a fabulous all-inclusive festival but also a terrific economic opportunity for local businesses.

"We want to have landmark events on the Central Coast to continue to promote tourism and put us on the map," she said.

SOURCE:

Media release, 11 Sep 2019

Liesl Tesch, Member for Gosford

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COASTAL DIARY

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

MONDAY, SEP 16

Fundraising Trivia Night For The Prevention Of Cruelty To Animals, Everglades Country Club Woy Woy, 6pm

TUESDAY, SEP 17

History Week 2019: Organising and Preserving Your Family History, Erina Library, Free, 10:30am - 11:30am

WEDNESDAY, SEP 18

History Week 2019: The Milligans of Woy Woy, Woy Woy Library, Free, 2:30pm - 3:30pm

Arj Barker: Keeper or Crapper, Ticketed, 18 & 19/09 - Laycock Street Theatre, 8pm, 20 & 21/09 - Peninsula Theatre Woy Woy, 7:30pm

THURSDAY, SEP 19



Hair: The Original Tribal Rock Musical, The Art House Wyong, Ticketed, 19 - 22/09, Multiple Screening's 4335 1485 thearthousewyong.com.au/whats-on/hair

Australian Reading Hour: With Author Wendy James, Lake Haven Library, Free - Booking's Required, 2pm - 3pm

History Week 2019: Using Trove in Family History Research, Bateau Bay Library, Free, 1:30pm - 3pm

Clash at Titan High - Options Theatre Company, Laycock Street Theatre, Ticketed, 19 & 20/9, 7:30pm

FRIDAY, SEP 20



Global Climate strike, Gosford Waterfront Park, 12pm - 2pm 0413933244 ccacfbbranch@gmail.com

Halekulani View Club Supports The Smith Family - Meeting, Lunch & Guest Speaker, All Welcome, 11am

Annual Art Exhibition and Spring Fair, Wyongah Progress Association, 21/09 - 22/09, 10am - 3pm, Opening Night - 20/09, 6:30pm

SATURDAY, SEP 21



Doug Parkinson's Ultimate Tribute to Joe Cocker, The Ettalong Diggers, Ticketed, 8:30pm 4343 0111 www.ettalongdiggers.com



Sportsfest! Find new ways to get active, EDSACC Bateau Bay, 21- 22/09, 9am - 5pm centralcoast.nsw.gov.au/SportsFest

Twin sisters duet: Alanna and Alicia, St Luke's Hall, Ticketed, 7pm

2019 Spring Fair, BlueWave Living - 6 Kathleen Street, 9am - 1pm, 4344 2599 bluewaveliving.org.au

Cancer Information & Support Society Meeting - Talk by Dr Leon W Cowen on Self-Hypnosis, Henry Kendall Gardens Wyoming, 2pm

Central Coast Council Bike Week Activities-Learn to Ride Workshop - 9.30am-10.45am, Cycling Skills Workshop - 11am-12.30pm, Bicycle Maintenance Workshop - 1pm - 2:30pm, 23/9 - 27/9: Storytime at our libraries, 27/9: Paddle to Pedal Tour - 9am - 3pm centralcoast.nsw.gov.au/whats-on

James Bennett 'This Time Tomorrow' Album Launch Tour with Guest Alice in the noiz, The Rhythm Hut Gosford, Ticketed, 6:30pm

Chertsey Primary School - 50 Year Fair, Willow Road Springfield, 10am - 2pm

ALIVE - Plant Based Festival, kibble Park Gosford, 10am - 4pm www.umbalaevents.com

SUNDAY, SEP 22



The Wyong District Garden and Horticultural Competition Open Day, Free entry, 10am - 4pm, Entries close 27/08, Presentation Day 18/09, 2pm - Council Building Wyong, 4392 3271, To receive a copy of the list email fabill@bigpond.com

Serenade Ballet Academy Presents: The Sleeping Beauty, Laycock Street Theatre Auditorium, Ticketed, 10:30am



Freedom & Equality - Phoenix Quartet: A Concert Of Identity, Balance And Harmony, Greenway Chapel 460 Avoca Dr, Ticketed, 2:30pm - 4:30pm, PCMUSIC.NET www.trybooking.com

Grant McBride Memory Walk, Saltwater Creek Park, Tuggerah Pde, Long Jetty Emmamcbride.com.au

Avoca Beachside Markets, Heazlett Park Foreshore, 9am - 2pm



Symphony Central Coast: The German Masters of Fate, Central Coast Grammar School, Ticketed, 2:30pm 4365 8497 symphonycentralcoast.com.au

Solar Power Information Day, Kariong Progress Hall, Booking's required, 10am - 2pm

MONDAY, SEP 23

Join The Harvest, Festival Success Story, We're searching for new hub event partners for 2020, Complete an expression of interest by 23/09, centralcoast.nsw.gov.au/council/news/harvest-festival-event-hub-expression-interest

TUESDAY, SEP 24

Wyong Regional Chamber of Commerce - September Breakfast with Michelle Aitken, Mercure Kooindah Waters Resort, Ticketed, 7am

WEDNESDAY, SEP 25

History Week 2019: Organising and Preserving Your Family History, Gosford Library, Free, 10:30am - 11:30am

Gosford Bush Poets w/ special guest Gabby Colquhoun, Gosford Hotel conference room, Free entry - all welcome, 7pm

THURSDAY, SEP 26

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

FRIDAY, SEP 27



Neil Diamond - The Man, The Music, Central Coast Leagues Club, Ticketed, 8pm 4325 9888 www.trybooking.com



Premier Ensembles Concert 3, Gosford Anglican Church, Ticketed, 7pm www.trybooking.com/BAVXJ

Roald Dahl's Revolting Rhymes and Dirty Beasts, Laycock Street Theatre, Ticketed, 27 & 28/9, 10am & 12pm Sessions

SATURDAY, SEP 28



Gosford District Open Gardens Weekend, View 10 Inspirational Gardens in the Gosford Area, 28 - 28/09, 10am - 3pm www.gosfordopengardens.org

Coastal Lagoons Catchment Crawl, Meet at Wamberal Surf Club, Ticketed - Booking's essential, 9am - 3:30pm waterwatch@cen.org.au

Book Launch of "Grace" from local author, Toowoona Bay Surf Life Saving Club, Booking's required, 10am



Plant Lovers Fair, Kariong Mountains High School, Ticketed, 28/09: 8am - 4pm, 29/09: 9am - 3pm, www.plantloversfair.com.au

Kris Kristofferson Lunch & Concert, Saddles Mt. white, Ticketed, 12pm



Pearl Beach Food & Wine Fare, Memorial Hall - 9 Diamond Road Pearl Beach, Free entry, 10am - 5pm

Toukley Fun Food and Music Festival, Village Green Toukley, 9am - 2pm

Swan Lake And More, The Art House Wyong, Ticketed, 2pm & 8pm

SUNDAY, SEP 29

The Ettalong Food Fair, The Galleria, 10am - 4pm

MONDAY, SEP 30

Spring Animals Petting Zoo School Holiday Program, Kinckumber Library, Free - Booking's essential, 10am

FRIDAY, OCT 4

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

Swan Lake and More, Laycock Street Community Theatre, Ticketed, 7:30pm

49th NSW Aboriginal Rugby League Knockout, Central Coast Regional Sporting & Recreation Complex Tuggerah, 4 - 7/10

SATURDAY, OCT 5

Community Environemnt Network Open Day, 19 Brush Rd Ourimbah, 9am - 2pm

Picture Book The Simply Red Tribute Show, Diggers at The Entrance, Free, 8:30pm - 11:30pm

Community Library Fundraiser - Annual Book Fair and Fete, Halekulani Community Hall, 8am - 12pm

The Crooked Fiddle Band - Album Launch with Guest Artist Jake Cassar, The Rhythm Hut, Ticketed, 6:30pm - 10:30pm

Harrison Craig sings Elton John Love Songs - The Piano Sessions, The Art House Wyong, Ticketed, 8pm

Bouddi Peninsula Arts Trail- Meet the Artists 5 & 6/10, 9am - 3pm, 17 artists at 13 locations from Killcare Heights to Wagstaffe, A red flag will be flying at each location

Pearl Beach Progress Association - 90th Anniversary Weekend Celebration:

Tides of Time Exhibition: Sat & Sun, 10am-4pm - Pearl Beach Community Hall, Significant Tree Walk: Sat & Sun, anytime - Pearl Beach Village, Artists Trail: Sat, 10am-4pm - Pearl Beach Village, Jazz in the Arboretum: Sun, 2.30pm - Crommelin Native Arboretum - Ticketed

The Umina Beach Men's Shed Inc - Gara/Shed Sale, CWA Hall Umina Beach, 5 & 6/10, 8am - 2:30pm

SUNDAY, OCT 6



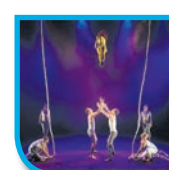
The Mentals and the Rads: Live it up, The Ettalong Diggers, Ticketed, 8pm 4343 0111 www.ettalongdiggers.com

WEDNESDAY, OCT 9



Michael Jackson - The Legacy Tour Starring William Hall, The Ettalong Diggers, Ticketed, 8pm 4343 0111 www.ettalongdiggers.com

THURSDAY, OCT 10



By a Thread - A One Fell Swoop Circus Production, The Art House Theatre, Ticketed, Workshop - 1:30pm, Performance - 8pm www.thearthousewyong.com.au

SATURDAY, OCT 12

Terrigal Antique & Vintage Fair, Terrigal Scout Hall, 12/10 - 13/10, 8am - 4pm 0414 614 659

COSS Connections Guided Bush Food And Medicine Talk And Walk, Katandra Reserve, Ticketed, 9am - 12pm 4349 4756

Alliance Française Conversation Group - Come and practice your French at any level, Erina League Club, First attendance is free, 10am - 12pm

Fabulous Fashion Parade - upcycled fashion from the boutique on the hill, Lakes Anglican Church, Ticketed, 1:30pm

SUNDAY, OCT 13

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

Australasian Native Orchid Society: Sarcocylus Show, Narara Valley Nursery, 13/10 - 14/10

MONDAY, OCT 14

OctoberFest - Showcase & Networking Event, The Bavarian Westfield Tuggerah, 6pm Free - Register to attend 0458 091 336 www.eventbrite.com.au

FRIDAY, OCT 18

Wyong High School's 75th year Celebration, Dinner at Mingara Recreation Club, Ticketed - 6pm, 19/10 Open day at Wyong High School - 10am - 4pm

SATURDAY, OCT 19

Mangrove Mountain & districts - Country fair, Mangrove mountain recreation reserve, 10am - 4pm www.mangrovetmountaincountryfair.org.au

THURSDAY, OCT 24

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

SATURDAY, OCT 26

Rock At The Races, The Entertainment Grounds, Ticketed, 1pm - 10pm

Basic entries in the Coastal Diary are **FREE**. Send information to 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.

Funds raised for Legacy

Brisbane Water Secondary College Umina campus students are raising funds for Brisbane Water Legacy.

Students from the College's Student Representative Council have been out and about in the community selling Legacy badges

and teddy bears as well as collecting gold coin donations for their local Legacy branch.

Campus principal Ms Kerrie O'Heir congratulated the students involved in the project.

SOURCE:
Social media, 6 Sep 2019
Kerrie O'Heir, BWSC Umina



Students paint with light

Year 9 Photomedia students at Brisbane Water Secondary College Umina campus have released a series of images produced after their recent study into the effects of light.

Students took part in a "painting with light" photo project inspired by their study of photographer Peter Solness.

The students were challenged to create a series of images using a technique of long exposure, which helped create a distorted lighting effect.

The series of images produced included a number of self portraits incorporating the effect.

SOURCE:
Social media, 4 Sep 2019
Kerrie O'Heir, BWSC Umina campus

College students and staff visit Empire Bay

Students and staff from both campuses of Brisbane Water Secondary College attended the Empire Bay Public School Student Leadership Day on September 5 in a bid

to foster its partnership with the school

Several staff members from both campuses including College principal Mr Paul Gilmore were in attendance.

Students from Years 9, 10 and

11 for catered the event.

"Students designed the menu, ordered ingredients and then cooked and served the food," Mr Gilmore said.

SOURCE:
Social media, 5 Sep 2019
Kerrie O'Heir, BWSC Umina

POWERED BY:







DON'T BIN IT. SELL IT!

19+20 OCTOBER 2019

Declutter your home, host a garage sale and turn your old into gold!

Choose to reuse and register for free at garagesaletrail.com.au/centralcoast





Join the Harvest Festival success story

Would you like your business or group to be part of Harvest Festival Central Coast?

This year Harvest Festival attracted more than 32,000 locals and visitors for a June long weekend of farm, friends, food and fun in our picturesque and fertile hinterland.

We're searching for new event hub partners to help make the event even better.

If you would like your business, company, organisation or community group to be part of Harvest Festival in 2020 please complete an Expression of Interest (EOI) by 5pm, Monday 23 September 2019.

For more information and to complete an EOI visit centralcoast.nsw.gov.au/council/news/harvest-festival-event-hub-expression-interest



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
hospitalartaustalia.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 - Jan to Nov
Visitors - New Members
welcome, Trips Away, Social
Outings, friendship with like
minded 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

AI-Anon
If someone's drinking is
causing you problems...
AI-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 Wed
- 10am - 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
Woyong
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.pcfra.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.
wwcpousie@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
Drysedale 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.ccssoaring.com.au

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

Peninsula
Environment Group
Environmental projects,
(incl. Woytopia),
Woy Woy community garden,
social events, workshops,
organic food buying group
www.peg.org.au

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

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

Veterans

National Malaya Borneo
Veterans Association
1st Sat (except Jan) 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



If you would like your Community Organisation listed here

see www.duckscrossing.org or www.centralcoastnewspapers.com for the forms or contact Central Coast Newspapers on - 4325 7369

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

Rugby Union presentations

Central Coast Rugby Union held their end of season presentation night on September 11.

The end of season awards were open to all clubs, players, officials and volunteers involved in the past season and saw exceptional performers honoured for their

efforts.

Among the awardees, Woy Woy Lion's Rugby Club player Casey Woodford picked up the award for Second Grade Player of the Year.

SOURCE:
Media release, 12 Sep 2019
Larry Thomson, Central Coast Rugby Union



Club offers free training in return for work

A local surf club is offering a training-work experience package to interested locals looking to enter the hospitality industry.

The Killcare Surf Club is offering free Responsible Service of Alcohol certification training valued at \$150 for anyone willing to work

to earn their keep.

"Having done the course, we'll ask you to do six bar shifts.

"After that we'll put you on the list to do paid shifts at weddings and functions on award rates if you would like to continue on," said club president Mr Peter Bagnall.

"The only prerequisites are that

you're 18 and a current financial member of the club," he said.

The training will be held on September 29.

Interested locals must book their place in advance by contacting the surf club.

SOURCE:
Newsletter, 6 Sep 2019
Peter Bagnall, Killcare SLSC



Sponsored by
Central Coast
NEWSPAPERS

YOUR SPONSORSHIP CAN CHANGE A DISADVANTAGED CHILD'S LIFE

1 in 10 Australian children are living in disadvantage* . They don't have the basics they need for their education such as the right uniform, bag or even books.

By sponsoring an Australian child today you will give them the essentials they need to succeed at school.

CALL 1800 024 069
THESMITHFAMILY.COM.AU



*Australian Bureau of Statistics (2013).

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
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Woy Woy Police Station 4379 7399
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Gas Emergency 131 909
Gosford City Council 4325 8222
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SES - Storm and Flood Emergency 132 500
Aboriginal & Torres Strait Islander Organisations

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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
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Financial Counselling Service 4334 2304
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Woy Woy Court 4344 0111
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Woy Woy 4304 7555

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Narcotics Anonymous 4325 0524
Professional support phone services:
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Beyondblue 1300 224 636
Domestic Violence Line 1800 656 463
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Griefline 1300 845 745
Suicide Call Back Service 1300 659 467

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Busways 4368 2277
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Welfare Services

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Personal and Not For Profit Organisations

As Central Coast Newspapers are community newspapers, the cost of advertising not for profit organisations' events is subsidised. This makes them the same rate as non business advertisements.

A mono 5cm advertisement only costs \$33. Each additional cm costs \$6.60 as does colour, and/or a photograph or a logo. Private advertisements need to be paid for at the time of booking.

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Asha to compete in dirt track titles

Empire Bay's Asha Eddey will compete against some of the country's best dirt bike riders when the Central Coast plays host to the Australian Junior Dirt Track Championship later this month.

The Championship will be held on September 28

and 29 at Allen Park MVR Speedway at Somersby and will see over 100 of the nation's elite riders take part. Riders aged seven to 16 will compete in their individual classes to hold the title of 2019 National Champion.

SOURCE: Media release, 10 Sep 2019 Col Adams, Central Coast Junior Motorcycle Club



Roosters under-10 team undefeated in five years

The Woy Woy Roosters junior rugby league under-10 division one team remains undefeated after five years. Some of these boys have

been playing together since they were five. They are undefeated in the local competition and at tournaments in the Hunter Valley and Newcastle. This year for the first time,

the boys were old enough to be graded and to play in competition with a grand final at the end for the best teams. They went through this season still undefeated. They played in their first grand final two weekends ago and beat Wyong 36 points to 4.

(manager), Simon Mowbray (trainer), Shannon Michie (trainer), Bowden Goddard (coach).

SOURCE: Email 11 Sept, 2019 Anita Garing, Woy Woy JRLFC

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PUBLIC NOTICE

PCYC ANNUAL GENERAL MEETING – NOTICE
The Annual General Meeting of the PCYC Umina Beach will be held at 101 Osborne Avenue at 6.30pm on Tuesday 19th November 2019. The purpose of the meeting is to review the operations of the club for 2019/2020 and to elect Committee Members. Any persons who are qualified in terms of the PCYC Clubs and Club Committee Policy must have their written nomination on the approved form and completed club membership to the Club Manager 28 days prior to the date of this meeting. Nomination forms are available from the Club Manager at the above address.
Matt Cooper - Club Manager

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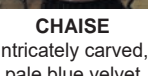
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Photos: Nick Friend

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Conditions Apply

The Woy Woy Lions Rugby Club Women's Seven team are hanging up their boots for the season after losing their preliminary final against Avoca Beach 26 points to 10.

Central Coast Rugby Union publicity officer Mr Larry Thomson said the Lions got off to a strong start but a late resurgence by Avoca Beach proved their undoing.

"The first half was a very even struggle with Avoca Beach only going to the halftime break leading 7-5.

"However, the second half saw Avoca Beach pile on 19 further points to score a comfortable victory," he said.

The Women's 7 were the club's most successful team of the season with club president Mr John Hewett saying they did Woy Woy proud.

He said the team had "another fantastic season played with skill, passion and commitment."

The Lions are now preparing for their end of season presentation night which will take place at Ocean Beach Surf Club on September 21.

SOURCE:

Media release, 9 Sep 2019

Larry Thomson, Central

Coast Rugby Union

Social media, 8 Sep 2019

John Hewett, Woy Woy

Lions Rugby Club

Three boxers succeed at Queensland Golden Gloves

Three Umina PCYC boxers made a successful debut in Queensland's Golden Gloves boxing tournament.

Anja Stridsman, Kaye Scott and Anthony Capra all competed in the event and all came away with their division medals.

Anthony was up first for Umina PCYC, winning his first bout with a technical knockout.

Umina PCYC boxing coach Mr Joel Keegan said Anthony continued his matches in fine form right up until the final.

"In the final, Anthony was up against a fellow NSW competitor and both boys put on a quality display, but Anthony stepped up and got the job done, taking his medal," Mr Keegan said.

The win bodes well for Anthony, who was making his boxing debut at the Golden Gloves.

Anja's run through her division mirrored Anthony's, with a strong opening fight transitioning into a well-earned finals berth.

Mr Keegan said Anja's final fight progressed into a technical bout against her New Zealand opponent with Anja's skill and experience propelling her to her division win.

Kaye said her finals experience reminded her of the perils of professional athleticism.

"My semi-final bout was against a tough southpaw opponent from New Zealand, a relatively easy win

but with a sluggish performance.

"I could definitely feel that the body hadn't had a rest day for two weeks," Kaye said.

"The fight helped me mentally by proving you can get the job done even when you're not feeling 100 per cent.

"It also allowed me to practice different skills and tactics in a more relaxed competition mode," she said.

Kaye's final fight was against another New Zealand opponent, Chrissy Reid, which Kaye won in the second round when the referee called the match in her favour.

Mr Keegan said he was thrilled to see his athletes all walk away with medals.

"I'm very happy as the coach to come away from such a big tournament with these great results.

"The girls are in full preparation for a shot at the World Champs in Russia later this month, while Anthony is hoping to qualify for his first Nationals in October.

"Both Anja and Kaye set a great standard in the gym for their teammates to follow and there's no better example of that influence than Anthony, where his dedication to training and progress as a boxer has been top shelf," Mr Keegan said.

SOURCE:

Media release, 4 Sep 2019
Joel Keegan, Umina PCYC



Kaye Scott, Anthony Capra and Anja Stridsman



Southern and Ettalong United defeated by Gosford City

Southern and Ettalong United were defeated by Gosford City in the Central Coast Women's League grand final.

The final was played at Central Coast Stadium on September 7 and saw the two teams go head-to-head to determine this year's Premier.

The opening half proved as tight as most expected, according to Central Coast Football online editor Mr Lachlan Herd.

In a half that saw both sides create chances, neither were able to find the back of the net with Ettalong probably enjoying the better of the first half opportunities, he said.

"The sides returned from the half-time break full of energy with many in the crowd anticipating goals in the second period given the attacking quality on show in both line-ups.

"After just 10 second half minutes, Gosford City looked to have taken the lead after top-scorer Brittini Nicol was played through on goal before taking a touch and finishing confidently past Bec Arnfield in the Ettalong goal only for the effort to be ruled out for a close offside call.

"Nicol, however, wasn't made to wait long for her 18th goal of the season as she opened the scoring in similar circumstances to her earlier strike, giving the Dragons a 1-0 lead around the hour mark.

"With the side struggling with injuries in the lead up to the final, Ettalong were dealt another blow as golden boot winner Tahlor Thackray appeared to be struck down with cramp in the second half as her side looked to chase an equaliser.

"Ettalong's task was made all the more difficult mid-way through the second period as Gosford City doubled their lead, with 2018 golden boot winner Jessica Dominello firing past Arnfield to send the Dragons portion of the

crowd into raptures as their side edged closer to back-to-back titles.

"Despite their best efforts to salvage a result, it became clear that luck just wasn't on the Lionesses side as they hit the woodwork on a number of occasions throughout Saturday's clash emphasising the fine margins that often decide these big matches.

"Ultimately, Gosford City prevailed 2-0 winners on the night with celebrations sure to have continued into the early hours of Sunday morning after securing back-to-back titles, a remarkable effort given the player turnover from the 2018 decider."

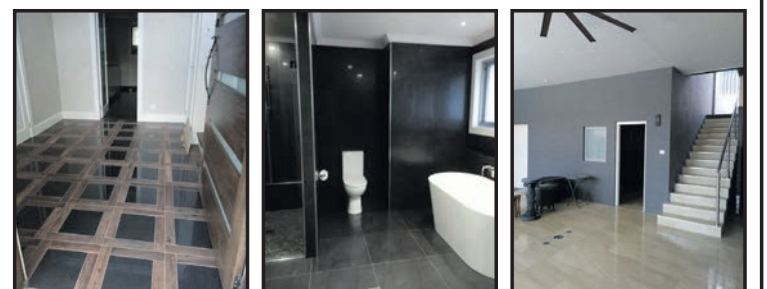
SOURCE:

Website, 11 Sep 2019
Lachlan Herd, Central

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Bailey makes finals of Ironman trials

A Umina Beach Surf Life Saving Club member competed in the Ironman Series trials at Queensland's Coolum Beach on September 7.

Bailey Johns was one of 20 finalists to take part in the trials with all competitors vying for one of just six entries into the Ironman Series proper.

While he didn't progress to the top six, club president Mr Stephen Scahill said Bailey had gained some invaluable experience at the sport's elite level.

"Bailey took part in the trials for the racing experience and although he put in many hours of training during the off season, he didn't think he'd make it this far or have the chance to race as a finalist.

"Bailey also mentioned that the experience allowed him to learn that there are still many areas in which he can improve on and that he's looking forward to the season ahead," Mr Scahill said.

SOURCE:
Social media, 7 Sep 2019
Stephen Scahill, Umina Beach SLSC



Jemma Smith

Jemma takes gold in canoe world championships

Umina's Jemma Smith has taken out the gold in the Women's Under-23 event at the ICF Canoe Ocean Racing World Championships in France on September 11.

Jemma came off a strong performance at the Under-23 Canoe Sprint World Championships to land the gold, finishing fourth overall in a field

that contained Olympians and world champions.

"It was very exciting," she said.

"A long way, but quite enjoyable towards the end when I saw the finish and to do so well.

"I had absolutely no idea where I was.

"At about the four kilometre mark, everybody split and went their own way, and from then

you've got boys coming past you, and you have no idea where anyone is.

"You just hope you've picked the right line and you'll end up at the finish line," Smith said.

Smith's gold was the highlight of the Australia's five medal haul.

SOURCE:
Media release, 11 Sep 2019
Phil Jones, Paddle Australia



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***BISOLVON** Chesty Forte 50 Tablets and Pholcodine Dry Forte Cough Liquid 200mL



Pharmacy Strength

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***NUROFEN** for Children 5-12 Years Strawberry 150mL

Incorrect use can cause harm. Follow the directions for use. This product may not be right for you, always read the label before purchase. If symptoms persist, worsen or change unexpectedly, talk to your health professional.



Pharmacy Strength



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***CANESTEN** Plus Cream 15g



Pharmacy Strength



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***REJUVENAIL** Anti-Fungal Treatment 6.6mL

***MAXIGESIC** 12 Tablets

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* For every Maxigesic® purchase transaction in-store, each consumer will receive one promotional \$1 token (limit of 1 token per transaction). Place the token in the entry box in-store, selecting the individual charity that you wish to support. AFT Pharmaceuticals will make a charitable donation of \$1 per token to each of the three charities at the end of the promotion, based on the total number of tokens contributed to each charity. Total donations will be capped at a maximum of AUD\$150,000. Promotion runs from 01/07/19–31/12/19. For more information and terms & conditions go to www.maxigesic.com.au/atah

Always read the label. Do not use if you have a stomach ulcer, impaired kidney function, heart failure, allergic to anti-inflammatory medicines, pregnant or trying to become pregnant. If symptoms persist talk to your health professional. Follow the directions for use. Incorrect use could be harmful. AFT Pharmaceuticals Pty Ltd, Sydney. Patent No. 2005260243.

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