

The blacked out area in orange

## Umina power blackout on 43 degree day

**About 1700 homes in Umina suffered a power blackout in 36 degree heat on the afternoon of New Year's Eve.**

The temperature at Woy Woy had reached a maximum of 43 degrees at 2.20pm, according to the Bureau of Meteorology, and just an hour later 1704 homes lost power which was not restored until 5.30pm.

Peninsula Village aged care facility, in the middle of the blackout zone, was also affected, but their high-capacity generator kicked in almost immediately.

Village chief executive Mr Shane Neaves said the nurse call system was inoperable for a short time but staff coped well with the situation.

Ausgrid said that the power

outage in the Ausgrid Ettalong-Woy Woy zone happened when a panel at Umina had "tripped", caused by a faulty underground cable.

The Ausgrid statement said: "This happens from time to time and mostly because of normal wear and tear."

Due to the configuration of the local network some areas on the Peninsula were still able to be supplied from other parts of our network, the statement said.

According to Ausgrid, load shedding or power rationing was not a factor in the blackout.

**SOURCE**

**Media statement, 15 Jan 2020**

**Jonathon Hall, Ausgrid**

**Interview (Sue Murray) 16 Jan 2020**

**Shane Neaves, Peninsula Village**

## Council approves plans for IOOF housing site

**Central Coast Council has approved an application to convert the former IOOF aged housing site in Springwood St, Umina, into a manufactured home park.**

However, the proposal was regarded as "interim" with plans that "the site will be comprehensively developed in the medium term", according to a Council assessment.

The approval provides for the 12 existing cottages to be retained and 16 manufactured homes to be added.

Nine of the new homes will be one-bedroom and seven will be two-bedroom.

An existing disused hall will be converted into two units suitable for self-care seniors.

The proposal approved by Council on December 4 will protect three remaining residents who have life tenancies under a current lease agreement.

The application was submitted by Peninsula Village Ltd and is expected to cost \$1.8 million.

The existing single bedroom cottages were built for aged accommodation on the 8808 square metre site by the Independent Order of Oddfellows Friendly Society in 1959.

In 2010 Council refused an application (DA 15511/2002) to demolish the buildings and build 20 new aged care units,



An architectural montage of blending the old with the new

because of the social impact on the existing residents and the lack of alternative housing.

The property was purchased in 2016 by Peninsula Village, which is the Peninsula's largest aged care provider.

The proposal includes landscaping, tree removal and an upgrade of the internal driveway.

The Council's Development Assessment Report said: "It is apparent that the existing

cottages are nearing the end of their usable life.

"The applicant has advised that the site will be comprehensively developed in the medium term, which is why relocatable manufactured homes are proposed, to provide a less permanent solution that allows for the site to be upgraded and provide increased housing in the interim."

According to the report, there were three submissions,

two of which did not object to the development but wanted to ensure there would be suitable canopy/shade trees and protection of existing trees.

The other submission expressed concern that the pre-fabricated housing would look like a "cheap and nasty trailer park" and that it would not be used for senior housing and instead be for low-income residents which could create safety issues.

The report said that appropriate conditions were in place to ensure the site was used for seniors housing and noted that the landowner and applicant, Peninsula Village, was a registered not-for-profit company and established seniors housing provider with 40 years' experience in the industry.

**SOURCE**

**DA Tracker, 14 Jan 2020**

**DA 56718/2019, Central**

**Coast Council**



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

**Editor:** Mark Snell

**Commercial Operator:** Ross Barry

**CEO:** Cec Bucello, for Central

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**Design & Production:**

Justin Stanley, Lucillia Eljuga

**Journalists:** Sue Murray, Dillon Luke

**Head of Distribution:** Anthony Wagstaff

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## Contributions

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

All accepted contributions also appear on our website.

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

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

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

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

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

Peninsula News usually receives its

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

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

The following descriptions are used:

**Media Release** - unsolicited contributions.

**Media Statement** - sent in response to our questions.

**Website or Social Media** - information published online.

**Newsletter or Report** - published in print or online.

**Interview or Meeting** - statements recorded by a reporter.

Forum contributions may be: **Email** if

sent electronically and **Letter** if written

on paper.

## Year finishes at 20 per cent below average rainfall

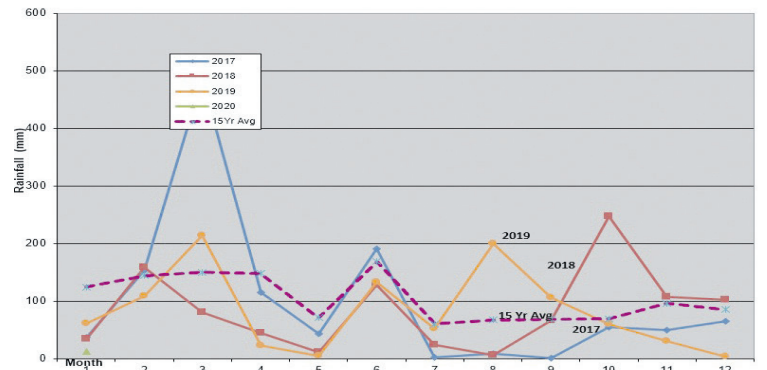
Rainfall totalled 992.9mm for the Peninsula for the 2019 calendar year, according to figures supplied by Mr Jim Morrison of Umina.

The annual total was the driest in 15 years and less than 80 per cent of the 15-year average of 1268mm.

The last week of the year saw a fall of just 2.2mm, the total rainfall for the month.

Two months of the year, May and December, recorded less than five millimetres' rain.

The new year has started with 12mm of rain being recorded by January 17, with the highest fall



being 5.2mm recorded on January 7, and the Bureau of Meteorology forecasting rain for the coming week.

**SOURCE:**  
Spreadsheet, 17 Jan 2020  
Jim Morrison, Umina

## YOUR CHANCE TO WIN



**The Peninsula News would like to offer 10 lucky readers the chance to win a family pass to a Central Coast Mariners home game.**

The Mariners still have several home games to be played this season and the Peninsula News is giving readers the chance to get the whole family in on the action.

These tickets come after the Mariners blockbuster home game against Melbourne Victory which has become one of the most talked about matches of the season so far.

Tickets are general admission only.

For your chance to win, write your full name, email, address and daytime telephone number on the back of an envelope and mail it to Peninsula News Mariners Competition, PO Box 1056, Gosford 2250, before 5pm on January 30.

The winner of the HarperCollins Competition was Glenis Wadham 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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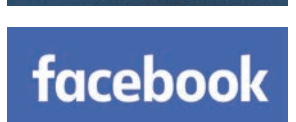
# NEWSPAPERS

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## Australia Day celebrations to be held at Woy Woy

**Australia Day celebrations will be held on the Woy Woy foreshore from 2pm to 9pm on January 26.**

Central Coast Mayor Cr Lisa Matthews said there would be a Sail Past at Woy Woy Wharf.

A procession of paper lanterns would be held through the streets of Woy Woy led by Drumbala drumming group.

She said the official council event would include games at the

CWA Hall, face painting, food and market stalls, and craft workshops.

Live music would be performed on the main stage, with performers including Live Baby Live: The INXS Tribute Show, and support acts Steve Edmonds Band, Mitch Gardner, Campervan Dancers, and Gem and Lachie.

A fireworks display will be held over Brisbane Water, conditions permitting, Cr Matthews said.

Roads will be closed for the alcohol-free event.

The Boulevarde and Brick Wharf Rd will be closed between Chamber Place, Brisbane Water Dr and Tennis Court Lane from 6am to 10:30pm.

Brisbane Water Dr will be closed between the Spike Milligan Bridge and The Boulevarde at the Railway St intersection (Bayview Hotel) from 9am to 9:30pm.

**SOURCE:**

Website, 18 Dec 2019  
Lisa Matthews, Central Coast Council

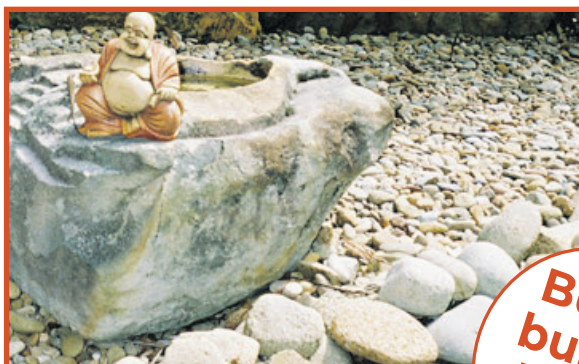


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## News



# Busy day for Marine Rescue

## Central Coast Marine Rescue had a busy day on December 30.

Their day started with a call to assistance to a vessel moored in Woy Woy Channel after its owner discovered it had taken on water overnight, due to possible vandalism.

Rescue vessels Central Coast 21 and 22 were tasked to assist and responded with a fire pump and a bilge pump each.

Both crews pulled up alongside the vessel and with all pumps going, lines set up and a lot of

manpower, the boat was lifted above the water level.

On the way back from pumping out the boat, Central Coast 22 was tasked to tow a small runabout from Paddys Channel to Gosford ramp.

The runabout had two adults and two children on board.

While that tow job was occurring, Central Coast 21 was tasked to assist a jet skier whose vessel had broken down in Hardys Bay.

The crew rescued the operator and then towed his jet ski to Lions Park.

Not long after, Central Coast 21 was tasked with towing an eight-metre cruiser from Paddys Channel to Caroline Bay, while Central Coast 22 was then tasked to rendezvous with Marine Rescue Cottage Point 30 in Broken Bay and take over the tow of a yacht they had picked up.

The transfer went perfectly with Central Coast 22 soon having the yacht under tow and heading to Hardys Bay.

**SOURCE:**  
Media release, 30 Dec 2019  
Mark Sheehan, Marine Rescue Central Coast

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# Community Environment Network

## Human Nature



Depending on who you ask, 'what is human nature?' You'll receive a completely different response. The lens with which the world is viewed is the key here. An economist may say human nature is to strive for

development and growth, a health practitioner may say human nature is to strive for a long, healthy life. A cultural anthropologist may say human nature is a social animal striving to belong and connect. A technology expert may say human nature strives for innovation; an ecologist may say human nature is to ensure a balance between living organisms and their natural environment and spiritual leader may say human nature is to strive for peace and equanimity.

The time in history we ask this question, would also change the response. Our First Australians would still answer human nature is to be caretakers for our living community (flora and fauna) that sustains it. In fact, all of our ancestors, first peoples from all over the globe, would have said the same, looking out for one another our natural world, which provides us with this abundance, shelter, clean air and water to live and be, without which we wouldn't be able to ask this question.

But I'm asking this question in 2020 and my answer would be all the above. We need all our lenses to blend into one and just like in nature a diverse community ensures resilience and survival. The basics of clean air, water, shelter and healthy soils for food should be a given for all our living communities. Anything additional could focus on community development and innovation with the aim of continuing to ensure all our living communities, including our wildlife with which we share this bounty, have their basic needs met. That is my human nature, in which human and nature are one and the same. So, what's your nature?

Hale Adasal CEN Chairperson

## WE NEED LOOK AFTER OUR WETLANDS



Warm air turns the water from rivers, lakes, and oceans into water vapor that rises into the air. As clouds rise higher and higher, the air gets colder and colder. When the water vapor in the cloud becomes too heavy, it falls back to the ground as rain (Source: Met Office U.K.). An important source of the fresh water needed to make rain comes from the slow moving water in wetlands.

In the past five years, three important wetlands on the Central Coast have been threatened or severely damaged. These are Kangy Angy where the wetland was destroyed for a rail maintenance facility and at Lisarow where a protected wetland was destroyed for roadworks (see photos). Alternatives were available for both these sites. At Porters Creek, the wetland is threatened by clearing and an airport. Water begets water is the saying that applies and we need to repair these wetlands and protect the Porters Creek wetland to create the water vapour that makes our rain.



## BREAKFAST WITH THE BIRDS

### Join us to celebrate World Wetlands Day 2020 (Wetlands and Biodiversity) at the Central Coast Wetlands, Pioneer Dairy.

**When:** SUNDAY, 2nd February, 2020

**Time:** 8am-11am

**Registration:** 8am

Bird Watching tour 8:15-9am

Buffet Breakfast and Wetland talks 9-10am (please advise us of any specific dietary requirements)

Activities 10-11am (Dip netting, water testing, tree planting, biodiversity trailer and displays)

**Cost:** \$10 per Adult and \$6 per child (you can pay on the day with cash)

Please bring walking shoes and a fold up chair.

Binoculars will also be useful for birdwatching.

Breakfast with the Birds is organised by the CEN's Waterwatch program and supported by the Tuggerah Reserve Trust, Community Environment Network and Birding NSW.



## UPCOMING EVENTS:

Register at: [www.cen.org.au/events](http://www.cen.org.au/events)

### Sustainable Saturdays Wildplant Community Nursery

**When:** Saturday February 1, 2020

**Time:** 9am to 12pm

**Where:** CEN Office, off Brush Road, Ourimbah

We have a range of local native plants available including ground covers and herbs, shrubs and trees, bush food, bird attracting, native bee attracting, frog friendly and screen plants. Current specials on wetland plants. Cash or Credit Card.

**Location:** Brush road, Ourimbah

Best access is via Brush Road – Turn into Brush Road from Shirley Street and as you start to drive up the hill turn left into the laneway and follow it along to parking and our driveway – look for the Plant Sale signs.

### Native Bee Workshop

**When:** Saturday 8th February, 2020

**Time:** 9.00am – 12.00pm

**Where:** Rumbalara Environmental Education Centre  
**Cost:** \$5 (\$10 per family) donation for CEN/HFW/LFW members. Non-members \$10 & \$5 for children (morning tea and bee hotel materials included)

Come along and hear from Native Bee expert Ben MacAndrew on the importance of our native bees and what you can do to help conserve them. Also, build your own native bee hotel! Native bee plants for sale on the day.

### Central Coast Marine Discovery Centre

**When:** every day during the school holidays (except 26 and 27 January 2020)

**Time:** 10 am – 4pm

**Where:** 11 Terrigal Drive, Terrigal in Rotary Park next to Terrigal lagoon

We have fish feeding at 12 everyday. Our volunteers will tell you about our fish while they are fed. Little people may get a chance to help.

Our January Holiday program is well underway with five busy workshop/talks already in the last two weeks. There are still two more to go. Get in early so you don't miss out.

**Thursday 23 Jan at 11am** Colouring by the Sea: Marine Art Workshop

**Friday 24 January** at 7pm Marine Science Series: Rocky Shores

Bookings are essential  
To find out more details and to book go to our website  
[www.ccmdc.org.au/events](http://www.ccmdc.org.au/events)

The Community Environment Network (CEN) is an alliance of individuals and groups that work for ecologically sustainable development.

Support CEN - Become a member - Volunteer - Make a donation

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# 'Business as usual' despite factory fire

The operator of a marine repair business, boat dealership and marine supply store will continue "business as usual" after his Woy Woy factory burnt to the ground two weeks ago..

Despite feeling "devastated", Umina X-treme Marine owner Mr Don Terrill said: "I'll be going mobile and operating out of another factory, to get the business back on its feet."

Umina Fire and Rescue Unit was called to a factory fire at 15 Alma Ave, Woy Woy, around the corner from the fire station, at 5am on Wednesday, January 8.

Station officer Mr Gordon Jones said a man working in the bakery across the road raised the alarm and then checked surrounding buildings to make sure no one was inside.

"It was quite a dangerous environment for fire crews with explosions from gas bottles and other products," Mr Jones said.

"Police evacuated neighbouring properties and especially the residences at the back of the factory because when we first got there we thought the fire could



spread.

"After an aggressive attack by about 40 firefighters and 10 appliances, we managed to contain the fire to just one premises."

Mr Jones said Umina fire brigade was assisted by others

from Toukley, Gosford, Terrigal, Bateau Bay, Saratoga and Kincumber to bring the fire under control.

"The initial extinguishment took about three hours and crews returned in the afternoon and

again the following morning to put out flare ups and eventually we had to bring in a truck from Toronto to cover the site in a foam blanket to fully extinguish the whole thing," Mr Jones said.

Investigators spent the day

examining the scene to determine the cause of the fire and the investigation is ongoing.

Mr Terrill said it was thought to be an electrical fault.

"I'm devastated," he said.

"To spend 16 to 18 hours a day working to build up the business just to watch it all burn in front of me.

"There was a heap of stock in there: my own boats that I was doing up, parts, motors, jet skis, the lot."

Mr Terrill moved his business into the Alma Ave factory in 2010 after operating a successful mobile service and repair business in the area for many years.

"I'll scrape some tools together and go back to where I started – doing mobile work and find another factory," he said.

"I just have to stay positive and get going to rebuild – and I want all my customers to know that it's business as usual," Mr Terrill said.

**SOURCE**

Interview (Sue Murray), 12 Jan 2020  
Don Terrill, Umina X-treme Marine  
Website, 8 Jan 2020

Interview (Sue Murray), 12 Jan 2020  
Gordon Jones, Fire  
and Rescue NSW

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## Fire at Woy Woy tip took 90 minutes to locate

**Rural Fire Service crews from Patonga, Pearl Beach and The Bays attended a fire at Woy Woy tip last Tuesday.**

Central Coast Rural Fire Service duty officer Mr Frank Overton said the fire service got the first report of smoke at 6pm at Phegans Bay, closely followed by another report of smoke coming from bushland in

Kingsview Rd, Umina.

He said it wasn't until about 7.30pm before the crews found the actual location of the fire in Nagari Rd, at Woy Woy tip.

"We're not sure how it started, but despite the rumours, there were no suspicious circumstances and the police did not attend," he said.

Mr Overton said the fire was in

four bins containing scrap metal and by 9.30pm the 15 firefighters who attended had extinguished the fires.

Crews from Fire and Rescue NSW and the Central Coast Bulk Water Brigade were also in attendance.

**SOURCE**

Interview (Sue Murray), 16 Jan 2020  
Frank Overton, Central Coast RFS

## Ettalong to get a spruce-up

**Ettalong will be getting a spruce-up in the next few months in the lead-up to the Keep Australia Beautiful Tidy Towns competition, following an entry in the competition from Peninsula Tourism Partners.**

Partners organiser Ms Dianne Haydon said that the group, together with Central Coast Council, had already started work.

This included removing litter on the beach and foreshore, providing more garbage bins, maintenance and improvement to landscaping and garden beds, removing graffiti and improving signage.

"We are taking a holistic approach for all the Peninsula, but with a focus on Ettalong," Ms Haydon said.

"We will be calling on assistance from the local community and Council to make these improvements and we'll be helping shopkeepers to make their shopfronts more appealing."

Mrs Haydon said Council had already started on installing new bins, and recycle bins, along Ocean

View Rd and The Esplanade.

"This has helped a lot to overcome the problem of litter and overflowing bins, especially along the foreshore," she said.

Council has already poured the concrete slab for the new bus shelter on Ocean Beach Rd.

New directional signage around town would start appearing soon, including an information board at the wharf, she said.

"This will be particularly useful for visitors, especially at the wharf where there was a big gap – people were getting off the ferry and there were no signs to direct them to places of interest or even to the public toilets," Mrs Haydon said.

She said Council workers had also been in town revamping garden beds and landscaping.

She said Peninsula Tourism Partners was formed to enhance and develop business in Ettalong and have already held successful promotion events such as their Red Carpet Days.

**SOURCE**

Interview (Sue Murray), 14 Jan 2020  
Dianne Haydon, Peninsula Tourism Partners

*Lifestyle*

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# 'We're not guilty,' says aged care provider

The chief executive of the Peninsula's largest aged care facility has criticised findings of the Royal Commission into Aged Care for their generalised nature, while defending his own organisation's performance.

Peninsula Village chief Mr Shane Neaves said the commissioners had described testimony about the aged care system as "a shocking tale of neglect".

"Frankly, I do take some offence to the report's comments that are aimed as a generalisation of our industry," he said.

"The report paints a terrible picture suggesting that all providers are guilty of the same neglect as those examples that have been voiced at the Royal Commission hearings.

"I wholeheartedly believe that there are shortfalls in our industry, but it is truly challenging to motivate a team of hardworking people when they are constantly being told they aren't good enough.

"To state that the sector is 'unkind and uncaring' towards older people must be corrected.

"I do admit that Peninsula Villages isn't perfect and we do make mistakes, but we are not, in my opinion, unkind or uncaring towards our residents.

"These comments really impact those of us who work in the sector and are truly committed to the delivery of quality care and understanding of residents' needs.

"We do our best in an environment that has its difficulties.

"I honestly believe the staff here at Peninsula Villages are one of our biggest assets and are confident our beloved residents would agree with this sentiment.

"To therefore, be generally labelled as being unkind and uncaring, is just not appropriate.

"What is disappointing however is the throw away statement by the Commissioners that has an impact on all aged care providers,' Mr



Neaves continued.

"We admit mistakes occur but to say the sector as a whole is 'substandard and unsafe' is an unfair critique of the industry and those who are working hard to maintain it."

"All in all, I would personally consider the report to be an inaccurate overview of the industry as a whole and I do feel a little disillusioned with its outcomes."

Mr Neaves defended the performance of Peninsula Villages.

"As chief executive of Peninsula Villages, a position that I take very seriously, I can assure you that together with my team we endeavour to deliver the best care to our residents.

"I am confident that we do this well and we do this because we care.

"As you may be aware, we were recently awarded the Outstanding Employer of Choice by the NSW Business Chamber for the regional Central Coast awards.

"This is a wonderful acknowledgement of our

community organisation and highlights the appreciation we have for our staff.

"I am in agreement with the fact that the access to aged care services is hugely complex," Mr Neaves said.

"Here at Peninsula Villages we endeavour to do our best with the limited funding we are provided.

"Our commitment to resident focused care, that we are currently rolling out across the organisation, proves that we are focused on our residents' needs.

"Peninsula Villages has a strong clinical governance structure in place which addresses any shortfalls in service delivery.

"Our team, the executive and our board take this extremely seriously.

"In regard to the comments in the report regarding 'underpaid, undervalued and insufficiently trained workforce', we certainly acknowledge that the award rates within the sector are poor and in no way reflective of the dedication of those who work within it.

"At Peninsula Villages we pride ourselves on providing staff with additional benefits beyond wages.

"We have an encouraging and flexible employee program that aims to motivate and support our team.

"We also assure our staff that they are not undervalued, not by management or our residents. "Our monthly chief executive officer afternoons are dedicated to recognising our team.

"We celebrate staff anniversaries. We reward our team through service awards and, most of all, we look at ways of implementing initiatives throughout our organisation that have, at their core, a focus on our team.

"In terms of training, you only need to look at our recent annual report to see the commitment we make as an organisation to training and education.

"I would consider that we do better than most in our industry in this area."

Mr Neaves placed many of the problems of the aged care industry at the feet of government.

"The report looked over government action around the aged care industry, finding that in many cases the government barely implemented recommendations suggested to them over numerous inquiries, and, in some cases, didn't respond to inquiry reports at all," he said.

"Due to the funding model that we work under, we cannot deny that there are limitations in services.

"In our annual report, I commented on the Aged Care Financial Report that stated residential aged care expenses increased by 5.4 per cent and our government funding (income) rose by only 1.3 per cent.

"That means that while more expenses are incurred across residential aged care, less income is received.

"We know something has to give, and here at the Village we

are lucky enough to have other sources of income to subsidise our aged care services.

"Once again, this is due to a strong commitment by the Village and board to do our best," Mr Neaves said.

Mr Neaves acknowledged that the Commissioners had found that there were serious instances of substandard care and unsafe practices.

"This certainly is a problem," said Mr Neaves.

"I know that shortfalls in service provision in the industry is common.

He said the report stated: "The recent interim report has found the aged care system fails to meet the needs of older, vulnerable citizens.

"It does not deliver uniformly safe and quality care, is unkind and uncaring towards older people and, in too many instances, it neglects them.

"The neglect that we have found in this Royal Commission, to date, is far from the best that can be done.

"Rather, it is a sad and shocking system that diminishes Australia as a nation."

Mr Neaves said: "Commissioners describe in the report the many problems that older people and their families have in trying to get access to aged care services.

"This included service shortfalls, the dispiriting nature of residential care as well as serious substandard care and unsafe practices.

"It also identifies the underpaid, undervalued and insufficiently trained workforce and isolation of young people with disabilities," he said.

"I hope everyone involved in the sector who has pride in the delivery of service we provide, supports each other and continues to work hard for our residents who know us best," Mr Neaves said.

**SOURCE:**

**Media release, 2 Dec 2019  
Shane Neaves, Peninsula Villages**

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# Call for more council funding for free open-air film nights

**An organiser of a series of free open-air film nights in Umina has called on Central Coast Council to continue funding the program.**

Four film nights were held in the Peninsula Recreation Precinct by Umina Community Group and Jasmine Greens Park Kiosk between September and January, with a \$10,000 grant from the council.

"The film nights have been really instrumental in fostering positive family activities in the precinct and in reducing crime and vandalism in the park at night," said kiosk owner Ms Gabby Greyem.

She said the cost of continuing the evening movies in the park would be low.

"I'd love to see the free movie nights continue with an annual monthly calendar."

Ms Greyem said more than 1200 people attended the events with an average audience of 300 people at each event.

"The film nights were conceived to foster a sense of community connection and local identity," she said.

"They were all about deterring crime and vandalism in the park by lighting up our park and creating a safe community space," she said.

The series of films was designed to appeal to families with young children, screening films including How To Train Your Dragon, Lilo and Stitch, and Madagascar.

A seven metre tall blow-up screen was erected in the park for each event, transforming the grass in front of the flying fox into an outdoor cinema.

"As the films played, kids played on the flying fox, climbed the rope tower and families cooked dinner on their barbecues.

"The atmosphere at every event was really calm and kid friendly," said Ms Greyem.

"There was absolutely no trouble at any of the events and we have noticed an overall decline in anti-social behaviour in the park.

"Bad weather did make us postpone the first two screenings, but even in cold weather, families came out with blankets, sleeping bags and eskies to enjoy the movies," she said.

"Audience feedback showed a resounding level of community support for more free movie nights and more community events in the precinct at night.

"One hundred per cent of survey respondents said they enjoyed the free movie screenings.

"Seventy-seven per cent of

survey respondents said we need more evening events in the precinct.

"Nineteen per cent of respondents said they would like to see more film options for teenagers and adults," Ms Greyem said.

Source:

Media release, 12 Jan 2020  
Gabby Greyem, Jasmine  
Greens Park Kiosk



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# New proposal submitted for six-storey development

New plans have been submitted to Central Coast Council for a proposal for a \$9.6 million six-storey building with 25 apartments at 227-233 Ocean View Rd, Ettalong.

The applicant, Jedaclew Pty Ltd, submitted a new proposal on December 24 to demolish the existing buildings and build the six-storey commercial and shop-top housing development.

A statement in support of the application outlined the changes including an increase in the site size from 1560 square metres to 1951 square metres following the purchase of the property at 233 Ocean View Rd and an extra three apartments to total 25.

There is an increase in building footprint from 1076 square metres to 1160 square metres, but this represented an improved overall floor space ratio.

Setbacks on the eastern and western boundaries have increased significantly and parking provisions have also improved, according to the statement.

The proposal involves the consolidation of four properties zoned B2 Local Centre under the area's main planning control, Gosford Local Environmental Plan 2014, and is in Ettalong Beach Town Centre within the Gosford Development Control Plan 2013.

Commercial and shop-top



Artists impression of the proposal

housing is permissible in this zone.

The commercial premises will be at street level and there will be five levels of apartments comprising 14 three-bedroom, five two-bedroom plus study, five two-bedroom and one one-bedroom apartment.

Some excavation will take place to accommodate one level of basement car parking comprising 32 residential, three commercial and four motorbike spaces, as well as secure storage lockers for 15 bicycles and two accessible spaces.

Jedaclew Pty Ltd is seeking approval of some variations to

planning controls in relation to building height and boundary setbacks.

An Apartment Design Guide Compliance Report submitted by Ian Bassett and Partners said that the development generally complied but there were some variations.

It said that the maximum height of 17m, or five to six stories, was generally compliant but a proposed top floor unit, together with some parapets and a lift overrun and exhaust shafts exceeded the maximum building height.

"The proposed top floor unit is discrete and will not be visible from

street level and have no impact on neighbouring sites or future developments," the report stated.

"The applicant seeks a minor concession in allowing these elements to extend slightly above the building height plane with little or no adverse impact on any adjoining property".

Other variations relate to side boundary setbacks, particularly about balconies, but the Statement of Environmental Effects states that consent should be given because "the objectives of State Environmental Planning Policy 65 have been met in terms of visual privacy with suitable privacy screens, highlight or frosted windows and balconies within recommended separation distances".

The Statement said that "to ascertain the building separation that Council might consider, this application points to the setbacks that were accepted for a recently approved mixed use development at 211-213 West St, Umina Beach (DA 52563/2017) in which the setback requirements were generally less".

On several occasions to make the applicant's point, the statement made comparisons to previous similar developments on the Peninsula when Central Coast Council had accepted variations from planning controls.

Entry and exit to the basement car parking will be via a six-metre-

wide two-way driveway that runs along the eastern boundary from Ocean View Rd.

Waste collection from the site will be via a dedicated loading area, 11.5 metre long, along the side of the access driveway.

The garbage trucks will have to reverse into the loading dock from Ocean View Rd but will leave in a forward direction.

A Traffic Impact Assessment submitted by Seca Solutions concluded that the impact of extra vehicular activity from the development was "acceptable".

The assessment survey showed there were up to 4000 vehicles per day past the site but the road network operated well, with limited delays or congestion for existing road users, even in morning and afternoon peak periods, and only a small number of vehicles were observed to park in the vicinity along Ocean View Rd.

The traffic report said the projected increase in traffic flow movements from the development, of up to 250 vehicles per day, would be acceptable in the overall operation of Ocean View Rd and have minimal impact with delays or congestion at the nearby roundabout at The Esplanade and Ocean View Rd intersection.

**SOURCE:**  
DA Tracker, 13 Jan 2020  
DA 57779/2019, Central Coast Council

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# Hardware store proposal criticised by neighbours

A proposal for a hardware and building supplies store at 32 Ocean Beach Rd, near the intersection with Mutu St, Woy Woy, has come under fire from neighbours because of noise and privacy.

The development application for Establishment of Use of an existing industrial lot has been submitted to Central Coast Council by planning consultants Clarke Dowdle and Associates on behalf of the lessee of the land, My Supply Co.

It is within a small industrial zone that extends to Rawson Rd.

The proposal is to operate a small-scale, specialised hardware supply store from a recently-erected industrial building.

Proposed hours are 6am to 6pm from Monday to Saturday, with no more than two staff working at one time, and six car parking spaces would be provided on site.

However, neighbours in an adjoining villa complex, in a residential zoned area, say the business activity is already happening and noise is intruding on their privacy.

In a submission to Council against the proposal, Mr Ian Dent said he was the voice for the villa residents, including a 90-year-old man and another middle-aged couple.

He said they were concerned about noise and lack of privacy



The shaded area is the site for a hardware store

as bright lights from the building shone into their properties and the parking of large trucks towering over the fence line.

"As I live in a residential zone, I strongly oppose 6am starts and the main hub of activity on-site takes place five metres from my back door, including all deliveries," he said.

"Eleven metres from my back

door are double two-storey-high roller doors and when they are open the noise is magnified from all activity within, including the use of drop saws, nail guns and construction.

"They are not doing anything to suppress noise, like they say in their DA, and there's little or no consideration to our neighbouring property.

"The development applications mentions nothing of staff parking along the boundary fence, where currently up to four vehicles are parked with no understanding that the vehicle exhaust is level with the gap in the boundary fencing, and that's a health hazard when vehicles are left idling.

"They say there is no more than two staff working at one time but

there is no mention of family and friends, and with no consideration to the neighbouring property with the site being used for small children to play for hours on end, particularly on a Saturday.

"That's not only noisy but a danger to children."

A statement supporting the application prepared by the planning consultants said that the application represented a new use of a currently under-utilised industrial lot and incorporated a new internal fit out.

According to the statement, "given the shortage of industrial land available within the Peninsula area, Council should be flexible for various uses within the Woy Woy industrial area to cater for both light industry facilities to service the local area and generate employment opportunities".

In reference to noise control, the statement said that "the masonry construction of the building would mitigate noise conflicts ... and the walls within the structure would adequately suppress noise by the operations".

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

**SOURCE:**  
DA Tracker, 14 Jan 2020  
DA 57548/2019, Central Coast Council

# Happy AUSTRALIA Day

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**Australia Day at Woy Woy Foreshore**  
Sunday, 26 January 2020  
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Authorised by Lucy Wicks MP, Liberal Party of Australia, Level 3, 69 Central Coast Highway, West Gosford NSW 2250.





## Ministers' association holds prayers for bushfire victims

A prayer service for those effected by the bushfire crisis will be held at Ettalong Baptist Church on January 21 at 7:30 pm.

Broken Bay Uniting Church minister, the Reverend Patty Lawrence, said the Brisbane Waters Ministers Association was holding the service in response to the bushfires.

"I have had friends evacuated on the South Coast and in Victoria," she said.

"Even though I have not felt threatened by the fires, the scale of the fires and the length of time fires have been burning is devastating.

"Someone I know in Victoria was evacuated before Christmas from the high country and went to stay with friends in Mallacoota.

"After being in Mallacoota during the fires, she has been evacuated by the defence forces but cannot return to her home in the high country," Ms Lawrence said.

"Many people I speak with are concerned about friends or family in areas affected by the bushfires.

"There is also concern for wildlife and the devastation of the bush.

"The local clergy will be leading a time of prayer and music, allowing people to acknowledge the anxiety, fears and grief they are feeling," Ms Lawrence said.

SOURCE:

Media release, 10 Jan 2019  
Patty Lawrence, Broken Bay Uniting Church

## Woy Woy CWA donates to Disaster Relief

The Woy Woy branch of the Country Women's Association made a donation to Central Coast Disaster Relief on January 10.

"We were able to deliver one ute and five car loads of items to the Central Coast Disaster Relief warehouse in Wyong.

"This would not have been possible without our amazing community, local businesses and volunteers behind us," said branch president Ms Jane Bowtell.

"Whether it be food, clothing, cleaning supplies, packing boxes or vouchers, we could not be more grateful."

The branch will continue to collect donations for Central Coast Disaster Relief from the Peninsula with residents able to drop off donations at the Woy Woy CWA Hall every Wednesday between 8am and 2pm.

Ms Bowtell said a collection bin had also been placed at Clarke's

Amcal Pharmacy Woy Woy for those unable to get to the hall on Wednesdays.

A full list of high priority donation items is available on the branch's Facebook page.

SOURCE:

Social media, 11 Jan 2020  
Emily Bowtell, Woy Woy CWA



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# CWA branch delivers donations to South Coast

Members of the Umina Beach branch of the Country Women's Association have delivered a carload of donations to fire-affected communities on the South Coast.

The branch called for donations of clothing, baby care, toiletries and hygiene items for the community of Narooma on January 4 and were inundated with donations.

Branch publicity officer Ms Margaret Key said the Peninsula community had donated an incredible number of items with everything from eyedrops and lip balm to grocery vouchers.

"I'm overwhelmed with gratitude to know that I live, work and play amongst an amazing generous community.

"To help out our fellow Australians in this way is not only humbling but gives us confidence in the human spirit.

"This is humanity at its finest.

"These donations will lift the spirits of our friends down south.

"To know that they are cared for and thought of in such a way is amazing.

"What started out as a little idea to help out has grown to something extraordinary," Ms Key said.

SOURCE:  
Social media, 8 Jan 2020  
Margaret Key, Umina Beach CWA



# Free emergency accommodation offered

The Woy Woy branch of the Country Women's Association is seeking a bushfire-affected family in need of free emergency accommodation.

The branch has been offered a

granny flat on Dangar Island that could be used by a couple with up to two children.

Branch president Ms Jane Bowtell said the homeowner had asked the branch for help in locating a family in need.

She said details and photos

were available by email at [woywoycwa@gmail.com](mailto:woywoycwa@gmail.com).

"This is a genuine offer to someone in need," Ms Bowtell said.

SOURCE:  
Social media, 2 Jan 2019  
Emily Bowtell, Woy Woy CWA



**Liesl Tesch MP**  
Member for Gosford

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## News



### Sewing bee to help injured wildlife

**The Woy Woy branch of the Country Women's Association hosted a sewing bee at the Woy Woy CWA Hall on January 9 to support the Animal Rescue Craft Guild.**

The branch opened its hall to local people interested in creating items for the guild to be used with the recovery of wildlife injured in the bushfires.

The event was organised by the Central Coast Women's Friendship Group and the branch was happy to host it.

"We are hugely grateful to Central Coast Women's Friendship

Group for facilitating and organising the day," said branch president Ms Jane Bowtell.

"Thank you for giving us the opportunity to lend our hall, some materials, and our hands to such a fantastic cause," Ms Bowtell said.

"Throughout the day approximately 120 people came through our doors to cut, sew, loom, knit and crochet their way towards helping our precious wildlife.

"Some volunteers came from as far as South Sydney to help.

"At one stage we had so many people some of us had to sit outside," Ms Bowtell said.

As a result of volunteer efforts more than 160 animal care items were created on the day including: 24 crochet nests, 15 extra small nest liners, 56 large inner liners, 11 extra large inner liners, 32 large pouch liners, 14 small knitted pouches with liners, one medium knitted pouch, 21 bat wraps and two "mumma" rolls.

Several packets of handkerchiefs and hyalite were also collected on the day which will be donated to wildlife carers along with the other goods.

**SOURCE:**  
Social media, 10 Jan 2020  
Emily Bowtell, Woy Woy CWA

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A full program can also be found online at [centralcoast.nsw.gov.au/seniorsfestival](http://centralcoast.nsw.gov.au/seniorsfestival)





## Arboretum receives second \$20,000 grant

Crommelin Native Arboretum at Pearl Beach has been successful in gaining a second \$20,000 grant from the Federal Government for its koala relocation project, bringing the total for the project to \$40,000.

Federal Member for Robertson Ms Lucy Wicks said this would go towards building a new propagating greenhouse.

"In December the Arboretum had already received \$20,000 to begin re-introducing koalas to Pearl Beach, but more koala trees will be needed to sustain a growing koala population in the future," Ms Wicks said.

This brings the total Federal Government funding for the koala project to \$40,000.

"The additional funding will help the Arboretum propagate

threatened species, including a number that are local to the Central Coast, such as gosford wattle, Strickland mintbush and blue grevillea.

"The Arboretum doesn't have a start date yet for the greenhouse construction as planning is still in the early stages."

The Arboretum's koala project will be run in conjunction with University of Sydney and involves a detailed study of koala presence in Brisbane Water National Park and possible relocation of koalas from Port Macquarie Koala Hospital.

The Arboretum has a wildlife corridor planted with "koala trees" and this extra \$20,000 will go towards growing more trees for that wildlife corridor.

**SOURCE:**

Media release 14 Jan 2020  
Lucy Wicks, Federal  
Member for Robertson



## Community raises \$14,000 for Pearl Beach fire brigade

**The Pearl Beach community has raised about \$14,000 for the local fire brigade through two sausage sizzles at the weekly family bingo nights in the Memorial Hall.**

The idea was initiated by the Pearl Beach Safety Advisory Group with help from members of the Pearl Beach Progress Association.

Association communications officer Ms Lynne Lillico said the Pearl Beach brigade needed additional equipment that was not automatically provided by the Rural Fire Service.

"Their wish list includes two-way radios for the local community volunteers, night lights at the

Pearl Beach station, fit-out for the station extension, and another community fire unit trailer including equipment," Mrs Lillico said.

"The unit volunteers do not have any two-way radios, and the ones the RFS volunteers have need updating."

Mrs Lillico said an overwhelming response on both days from visitors and the local community through raffles sales, cash donations and the sausage sizzle sales.

"Raffle prize contents were generously donated by local businesses and residents and hampers packed with a variety of goodies plus gift vouchers were offered as prizes on both days."

State Member for Gosford Ms Liesl Tesch and Federal Member for Robertson Ms Lucy Wicks both attended, acknowledged the effort of the brigade and congratulated the local community for generously supporting it.

Mrs Lillico said the two events would not have been possible without the support from Pearl Beach residents who selflessly gave of their time in planning, selling raffle tickets, shopping, setting up, barbecue preparation and cooking.

**SOURCE**

Media release, 16 Jan 2020  
Lynne Lillico, Pearl Beach  
Progress Association  
Photos by Duncan Bridel

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# NEWSPAPERS Central Coast

## Other Regional News - In brief

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

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

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



## COAST NEWS

COMMUNITY

17 JANUARY 2020

YOUR REAL INDEPENDENT WEEKLY LOCAL NEWS

ISSUE 225

### Let's get down to business: Mayor

Following a "roller coaster ride" during her first four months in the top job, Central Coast Mayor, Lisa Matthews, is determined to get down to business in 2020, leading up to the September local government elections.

### Time to rebuild

Areas of the Central Coast are already starting to regenerate, with the Gospers Mountain and Three Mile fires now being reported as being under control by the RFS.

### Action Group opposes 200 manufactured home development

Kincumber and Picketts Valley Community Action Group is ramping up its opposition to an over 50s manufactured home resort and caravan park proposed for the site of the former Bangaloe Stud at Avoca, following lodging of a Development

### Vale Ray Maher

Central Coast Leagues Club Founder, Ray Maher, has died.

### Conservation and Scenic Protection land Vale Ray Maher to be rezoned for up to 23 residential blocks

Central Coast Council has voted to proceed with rezoning three lots of rural land at Terrigal, to pave the way for up to 23 residential blocks, despite receiving 13 objections to the proposal.

### \$1M Federal grant to Central Coast Council for bushfire recovery

Bushfire-hit communities on the Central Coast will see vital infrastructure repaired sooner with a \$1M Federal grant to Central Coast Council.

### Birds flock to Coast after fires

Dedicated birdwatchers across the Central Coast are reporting huge numbers flocking to the area in the past six weeks in search of food, in the wake of the bush fires.

### 2019 in review

As the Coast launches into a new year, we thought it would be timely to revisit the major news stories of 2019.

### New Gosford Gateway expected to transform Gosford

This is the sight which will greet people alighting from trains on the Mann St side of Gosford Railway Station if a proposal now under considerations by the State Government gets the green light.

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



## WYONG REGIONAL CHRONICLE

18 DECEMBER 2019

YOUR REAL INDEPENDENT WEEKLY LOCAL NEWS

ISSUE 180

### Urgent action sought over dredging of The Entrance Channel

Central Coast Council is searching for funds for emergency dredging of The Entrance Channel.

### 54 dwelling complex approved after years of delays

After several years of community consultation and amendments, Lake Haven Development P/L has been given the go ahead for a 54 dwelling complex in Charmhaven.

### Vastly non-complying development approved despite objections

A Palmdale community is taking on Central Coast Council over what they claim is a non-complying development application for a second dwelling on a rural property.

### Councillors want to be involved in review of Warnervale Airport Act

Councillor Louise Greenaway's move to ensure close Council involvement in the review of the Warnervale Airport Restrictions (WAR) Act caused some heated exchanges in the Chamber and was almost hijacked by some councillors

### Waterways Report Card shows Tuggerah Lakes estuary was generally good

Central Coast Council has released its 2017-18 Waterways Report Card, showing that water quality throughout the Tuggerah Lakes estuary was generally good.

### Only \$6.4M of election promised road funding to be spent in Dobell

Fourteen road improvement and resurfacing projects across the northern suburbs will be completed by 2022, thanks to a \$70M roads package to fully funded by the Federal Government.

### Tuggerawong public park still to be "considered"

The prospects of a park and playground on land where Tuggerawong Hall once stood will be considered at Central Coast Council's February budget planning session.

### LD Operations fined over Work Health and Safety Act breach

LD Operations Pty Limited was fined \$136,000 in the NSW District Court for a breach of the Work Health and Safety Act and causing a worker at Mannering Colliery to be seriously injured.

### Only 12 per cent of Australians believe that the government is run for 'all people'

Trust in government has reached its second lowest level on record, with just one-in-four Australians indicating that they had confidence in their political leaders and institutions, according to a major study of the 2019 federal election.

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

## Forum

# Turn down temperature in the Peninsula oven

The weather forecast or your weather app might say the temperature is, say, 30 degrees on the Peninsula.

But research conducted over the last two weeks of November gives quite a different picture.

Your weather app might say the temperature is 30 degrees but the real temperature in some parts of the Peninsula can be as high as 40 degrees or more.

West St in Umina, the whole of Woy Woy and the shopping strip in Ettalong are generally far hotter than other places on the Central Coast.

But it's not just high streets. Retirement homes, most schools and hospitals are just as hot if not hotter.

What's more, the hotter the day the more the hot spots are even hotter.

The health risks of this are enormous and rise almost exponentially once the ambient temperature passes 35 degrees.

These risks are amplified with the elderly, the young and the infirm.

It's a real climate crisis with real implications.

It is more than likely that temperatures of 40 degrees or more will be commonplace this summer for the Peninsula.

This would result in temperatures over 50 degrees in hot spots such as the Peninsula's high streets and surrounding areas.

What can be done?

## Forum

Awnings and occasional trees can reduce the heat impact by some 25 percent but no more.

However, full tree cover reduces the heat impact by up to 60 percent.

So the Peninsula needs a massive commitment to, and investment in, many, many more trees, not just for aesthetic reasons but also for real health and welfare reasons.

Council has a plan for this that does not yet go far enough.

The local organisation, Grow Urban Shade Trees, are doing great work and has planted some 300 new trees.

Council is planning to plant 1500 new trees on the Peninsula.

Sadly, local residents continue to cut trees down. This is rank stupidity.

So far, far more needs to be done.

Many parts of the Peninsula are like an oven and we need to turn the temperature down.

Otherwise we'll fry.

Coupled with smoke from bush fires, the health risk is terrifying.

Emergency hospital admissions could rise by over 25 percent and anyone with a cardio vascular condition or diabetes is at risk.

It's a crisis. Not in the distant future but now.

Email, 16 Dec 2019  
David Keig, Umina

## ADVERTISEMENT

## PUBLIC NOTICE

**Lucy Wicks, Federal Member for Robertson, is a charlatan.**

This opinion is based on numerous traumatic, fruitless visits to her office to discuss climate change action.

If the general public and supporters of Lucy Wicks believe this opinion is personal, they are correct.

However you are reminded of Clr Troy Marquart's personal attack on the public at a council meeting last year, when he described them as 'the great unwashed'.

My opinion is compliant with the Liberal party's values, as demonstrated by Clr Marquart.

The Liberal party is the instigator of personal attacks.

The member for Robertson should be grateful for having the opportunity to reply, unlike Clr Marquart's diatribe.

While the planet slowly sinks into survival mode and survival becomes a day-to-day challenge, Lucky Wicks is permanently unavailable to her worried constituents.

Norman Harris, Umina



## Council should pause and question population targets

**The Council is consistent in continuing to approve non-complying, oversized multi-unit residential developments on the Peninsula.**

As to why this is occurring continues to puzzle and outrage some residents, even more so when their opinion is ignored.

The bigger the development, the more it benefits the developer but also the Council which depends on developers for contributions to their budget - as do all councils in NSW, a system that operates under the Environmental Planning and Assessment Act, 1979.

This contribution helps to pay for infrastructure to support new homes and other Council essential services.

In Council's proposed 2019-20 capital works program \$16.6M will be funded by developer contributions.

Council is developing a strategy and plans to deliver the capital works projects that developer contributions are being collected for.

It should be noted that developer contributions generally fund up to 20 per cent of the project cost and additional sources of funds need to be found to fund the balance of the

### Forum

project costs.

However, the Council is also under obligation to meet population targets imposed on them by the State Government and this I believe is their main driving factor in approving these excessive development applications.

In the light of the climate change connection to our bushfires, it would be wise for our Council to pause and question if the population target is an environmentally sustainable one.

This debate ought to be conducted with both the Federal and State Governments who are respectively driving population growth and responding to it.

The Council cannot continue to accept this population target without considering it in the greater context of environmental sustainability and climate change impact.

The Peninsula has the hottest suburbs on the Coast as per a consultant's report to Council in 2019, a report that must have informed their Greener Places strategy.

Email, 6 Jan 2020  
Suraya Coorey, Woy Woy

## Councillors need to say no to destruction of our lifestyle

### Forum

#### LETTERS TO THE EDITOR

should be sent to:

**Peninsula News**

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

See Page 2 for  
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**The refusal of our councillors to vote against the totally non-complying development at 145 Blackwall Rd is not a foot in the door.**

It is the opening of the floodgates.

Not one of the 26 submissions objecting to the development were even considered by them to be worthy of their consideration.

From now on, every single dwelling block that hits the market will be snapped up and immediately be the subject of another such outrageous development application.

Take time to read the front page of Peninsula News edition 484 and read how big this thing really is.

Sorry, I forgot about the statement by Council staff that this building design has "architectural interest".

Possibly it's a long lost Jorn Utzon with sails or maybe an undiscovered Frank Lloyd Wright.

Being such a wonderful attraction, visitors from all over the world will bring economic benefits to our small town.

Also, more fighting for parking

south who currently enjoy views as far as the hills on the far side of the Bays area.

All we will see after its completion is somebody's blank wall.

Now consider a similar monstrosity only a metre from your side fence.

Gone forever is your privacy, your sunlight and your lifestyle.

Instead of two or three neighbours prepare for as many 20 to 30, and that is before they build another one on the other side.

Good luck in selling your house.

Who would want to live there now?

Do our councillors care?

As two out of the three don't even live here, I don't think they are really worried as long as such approvals are not permitted in their suburb.

Bring on the September elections and some candidates who are prepared to say no to further destruction of our lifestyle and represent what we, the people of the Peninsula, really want.

Email, 31 Dec 2019  
Laurie Powell, Woy Woy

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## Forum

# Permanent budget needed to keep waterways open

The proposal to divert dredging funds from the Brisbane Water entrance to the Tuggerah Lakes entrance ("Proposal to divert dredging funds", edition 485) is typical of the half-baked approach of the Council to fundamental questions about the region's future.

Instead of Council's thinking a problem through, we have the standard knee-jerk response to a publicised issue that passes for decision-making amongst our representatives.

The fact is that there is a natural geological process going on that will, eventually, lead to the disappearance of both these water bodies, and the accumulation of alluvial deposit in the entrances is just the most obvious manifestation of this process.

If the Council is determined to act contrary to the natural

## Forum

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course of events, it must take on a determined commitment to the funding of dredging activities as long into the future as anybody wants to make use of this estuary.

This means a permanent budget provision and an ongoing program of dredging, to remove sandbars and keep channels open.

Anything less than this is just grandstanding over the issue.

The first requirement is to have a serious debate about whether we want to keep these waterways open.

So far, everybody involved seems to take it for granted that this is the case, but nobody has actually asked the question of the community.

If the community is brought into the picture and made aware of the ramifications of deciding either way, then there can be a proper mandate for whatever strategy is formulated and whatever financial provision is adopted.

As it is, all discussion is just beating the air, without clarifying the matter for ratepayers who are the ones entitled to the final say.

There have been multiple technical reports related to the condition of the estuary, but where is the overview that should provide the guidance for any future direction.

Email, 24 Dec 2019  
Bruce Hyland, Woy Woy

# Find time to toast success

## Forum

"Yet the Herald remains confident that Australia has fundamental strengths including a tolerant multicultural society a strong tradition of public debate and people who really care."

While lamenting our failures, we should all find time to toast our success.

Email, 10 Jan 2019  
Patrick Croke, Woy Woy

# Watering grass and concrete

## Forum

I was riding my pushbike home on Saturday night (January 4) around 9pm and noticed a resident at the end of Trafalgar St, Umina, watering the street grass verge and the footpath,

We are in a time of catastrophic fire danger.

Our water supplies are dwindling, and this person felt that it is ok to water the concrete footpath.

People's attitudes still amaze

me.

It is grass and the concrete could be swept if they think it is untidy, but no let's just waste water on things that are not essential.

If this person thinks that it is ok to water the grass and concrete, do it in daylight hours.

Don't do it under the cover of darkness.

Email, 5 Jan 2020  
Carl Veugen, Umina

# Act on dredging and bad driving, but not roundabout

I read where it is proposed that funding for dredging the Ettalong Channel could be diverted to The Entrance Channel.

So, we swap the safety and tourist and commercial interests of the Ettalong, Umina, Booker Bay and Woy Woy communities for the sake of appeasing a few lakeside fishermen and surfers at The Entrance?

Then they propose to spend \$7 million on a roundabout on the corner of Maitland Bay Dr and Picnic Parade, Ettalong, to push more traffic into the Peninsula area when dozens of roads and streets require kerbing and footpaths.

This is \$7 million for a roundabout when Western Sydney

## Forum

suburbs spend less than half a million dollars on roundabouts on much busier intersections.

We need a new wharf at Woy Woy before we need a roundabout.

My wife was recently run down as she was crossing a road in Umina.

Police say it was an unfortunate accident and no charges will be laid.

So, we have a new world of thinking where we allocate our monies, our rates and our taxes, to projects that are overpriced and not immediately necessary and allow negligence to be ignored.

Daily, I hear of pedestrians being run over by motorists.

Building rules and the like are being ignored and disasters caused by poor or faulty construction are rampant.

We appoint trained people to warn us of the problems that we are likely to experience if the guidelines for safety and security are not followed, but ignore them.

We are fast becoming our own worst enemy when it comes to following the rules and regulations we worked so hard to implement.

The Ettalong Channel needs funding for future silting up disposal.

Picnic Parade does not need a \$7 million roundabout and there is a motorist in Umina who needs to be charged with negligent driving.

Email, 26 Dec 2019  
Rod Fountain, Booker Bay

# Constructive political action is needed

## Forum

We have a Prime Minister who tells us that organising water-bombing aircraft is a state responsibility and

outside his jurisdiction.

This is the same Prime Minister who, during the recent campaign, assumed responsibility for municipal carparks as a vote-buying tactic in Central Coast electorates.

It appears that federal jurisdiction extends to whatever the Prime Minister feels like on the day, but, weighing the relative importance of the two issues, an impartial person might expect that a national catastrophe on the scale of our bushfires would draw a more responsive attitude from someone who purports to be our national leader.

Calling in the army reserves, as a panic move and without any consultation with the operational leaders on the ground, is not a substitute for thoughtful consideration of our current and future fire-protection needs.

Perhaps, he is still praying for guidance (or for rain), but seeking divine intervention is not a constructive political action in the current context.

Email, 5 Jan 2020  
Bruce Hyland, Woy Woy

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## Council has forgotten it is there to ensure equal rights

I wish to comment on the article on the front page of edition 485.

The article related a meeting of Gosford Council where Council approved the construction of nine three-storey flats in a narrow (12m wide) block that would normally have a single house on it, and possibly a granny flat at the back.

The Council has admitted that this development doesn't comply with its own planning regulations.

The proposal increases the population density of the block by 800 per cent, where other similar developments in the area have only increased by 200 to 300 per cent.

It has less than the required parking places, so potentially 18 to 20 cars could require parking spots outside the block.

The main impact of this over-development will fall on the church next door.

The report from council said that "given the church was a non-residential use no detailed controls specifically applied".

This means that the new flats can be built closer to the fence than if the church was a residence.

Despite a gallery full of church community and a speaker presenting their arguments as to why this development will negatively impact on their activities, their concerns were dismissed without a mention.

No debate took place.

The council approved the application without objection.

I would like here to remind council of the importance of quality of life and individual wellbeing, how important these are to the health and happiness of the Peninsula community.

Even if there are no rules to protect church people, they are human beings and deserve protection at least in accordance with basic human rights.

I know many practicing Christians.

Church attendance provides them with support and belonging.

Many are lonely, elderly and vulnerable people in our

### Forum

community.

This building will put pressure on the church as a support system.

The community will pick up the tab in the physical and mental health services.

During Sunday services, weddings and funerals, hymn singing could disturb the neighbours who may turn up their TV to drown the sound.

Quiet contemplative prayer sequences could be disturbed with kids playing, cars starting or neighbours having domestic

arguments.

The new buildings are taller than the church so will overshadow the sunlight, cooling the church and dimming the light on the stained-glass windows.

Churchgoers provide social services such as feeding or clothing homeless people, donating to all kinds of worthy charitable institutions, and providing a safe place for various groups to meet such as Alcoholics Anonymous.

I believe that disregarding human rights to churches and their worshippers is discriminatory and cruel.

It is happening overtly and publicly right here under our noses.

Are we going to allow our council to use the technicality of council law to bully defenceless and vulnerable people in our community?

Has the council forgotten that the law is there to give every person in the community equal rights, to protect the weak?

It seems that this council has no real concern for community protection, only for untrammelled development and support of those driven by greed.

Email, 12 Jan 2020  
Clive Salzer, Umina

## Why do we bother with council and its elected officials?

A review of your December 23 publication (edition 485) made me wonder why do we bother with Council and-or its elected officials.

The front page article was all about non-compliant development approvals.

This is not the first and sadly will not be the last.

Mr Van Davy raises some valid points.

My own experience in trying to have a tree on Council property removed as it poses a danger to the elderly resident and her adjacent property was nothing less than disgraceful.

After being told it was outside

### Forum

the budget (really), I took it up with the councillors themselves.

I received one response which simply acknowledged receipt and no more.

My poor client still cannot use her driveway and is in fear of damage to her property every time we get a strong wind gust.

It's not on her property so she cannot remove it and she is left without current recourse.

Maybe they are wanting her to wait and then retain me (I'm a solicitor) to recover damages when the inevitable occurs?

Email, 8 Jan 2020  
Katie Smith, Umina

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	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Thursday 23 January	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Foreign Correspondent [s] 10:30 The House With Annabel Crabb [s] 11:00 Dream Gardens [s] 11:30 Ask The Doctor (PG) [s] 12:00 ABC News At Noon [s] 1:00 Adam Hills: The Last Leg (PG) [s]  2:00 Call The Midwife (M v) [s] 3:00 The Cook And The Chef [s] 3:35 Hard Quiz (PG) [s] 4:05 Think Tank (PG) [s] 5:00 Anh's Brush With Fame (PG) 5:30 The Heights (PG) [s] 6:00 ABC News [s] 6:30 Summer Drum [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Program To Be Advised 9:00 Stop Laughing... This Is Serious: Too Much Variety Is Barely Enough (M I,s) [s] 10:05 Killing Eve: The Hungry Caterpillar (MA15+) [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Surf Patrol [s] 12:30 Cycling: 2020 Santos Tour Down Under: Stage 3 "Live" From Unley To Paracombe [s] 3:30 Program To Be Advised 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 Seven News [s] 7:00 Cricket: Big Bash League: Brisbane Heat v Sydney Sixers "Live" From The Gabba [s] 10:30 Modern Family: Queer Eyes, Full Hearts (PG) [s] 11:00 Cycling: 2020 Santos Tour Down Under: Daily Highlights 12:00 Movie: "Total Stranger" (M s,v) ('99) – The compelling tale of a landlady who rents a room to a young woman only to find that she has invited a dangerous adversary into her domain. Stars: Lindsay Crouse 2:00 Home Shopping	5:30 Today [s] 10:00 Tennis: Australian Open Tennis - Pre Show [s] 11:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 4:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 6:00 NINE News [s] 7:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 11:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 12:00 Cold Case: November 22nd (PG) [s] – The team reopen the 1963 case of a pool hustler who was fatally shot the same day as President John F Kennedy. 1:00 Plonk: McLaren Vale (M) [s] – Unfortunately Chris' version of a GSM falls well below par while Josh's brush with a pesticide truck proves that some people are expendable. On the brink of a nervous breakdown, Nathan finds solace at a sweat lodge. 1:30 Home Shopping	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Program To Be Advised 2:30 Entertainment Tonight [s] 3:30 Judge Judy (PG) [s] 3:30 Everyday Gourmet With Justine Schofield [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 WIN News [s] 6:30 The Project (PG) [s] 7:30 I'm A Celebrity...Get Me Out Of Here! (PG) [s] 9:00 Law And Order: SVU: I'm Going To Make You A Star (M s,v) [s] 10:00 Law And Order: SVU: Lea Culpa (M s,v) [s] 11:00 WIN's All Australian News [s] 12:00 The Project (PG) [s] 1:00 The Late Show (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 Telemarkskanalen Boat Journey (PG) (In Norwegian) 3:00 Aerial Asia: Indonesia 3:55 Destination Flavour China (In English/ Mandarin) 4:30 David Baddiel On The Silk Road (PG) 5:30 Letters And Numbers 6:00 Mastermind Australia 6:30 SBS World News 7:30 Australia With Julia Bradbury: South Australia (PG) 8:00 Luke Nguyen's Railway: Vietnam (PG) 8:30 Movie: "Mao's Last Dancer" (PG) ('09) Stars: Chi Cao (In English/ Mandarin) 10:40 SBS World News Late 11:10 Outlander (MA15+) 12:15 Project Blue Book (M) 2:00 Modus (M I,v) (In English/ Swedish/ Danish)
Friday 24 January	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Foreign Correspondent [s] 10:30 The House With Annabel Crabb [s] 11:00 Dream Gardens [s] 11:30 Ask The Doctor (PG) [s] 12:00 ABC News At Noon [s] 1:00 Death In Paradise (PG) [s] 2:00 Agatha Raisin (PG) [s] 3:00 The Cook And The Chef [s] 3:30 Hard Quiz (PG) [s] 4:00 Think Tank (PG) [s] 5:00 Anh's Brush With Fame (PG) 5:30 The Heights (PG) [s] 6:00 ABC News [s] 6:30 Summer Drum [s] 7:00 ABC News [s] 7:30 Death In Paradise (M v) [s] 8:30 Endeavour: Quartet (M v) [s] – An assassination at an international sporting event uncovers a spy plot. 10:00 QI: Noble Rot (PG) [s] 10:35 ABC Late News [s] 11:05 Back (M I,d,s,v) [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Surf Patrol [s] 12:30 Cycling: 2020 Santos Tour Down Under: Stage 4 "Live" From Norwood To Murray Bridge [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 Seven News [s] 7:00 Cricket: Big Bash League: Hobart Hurricanes v Sydney Thunder "Live" From Bellerive Stadium [s] – The Hurricanes will extend a frosty welcome to the Thunder when they welcome them to Blundstone in a crucial late-season clash. 9:00 Cricket: Big Bash League: Perth Scorchers v Adelaide Strikers "Live" From Optus Stadium [s] 12:30 Cycling: 2020 Santos Tour Down Under: Daily Highlights 1:30 Home Shopping	5:30 Today [s] 10:00 Tennis: Australian Open Tennis - Pre Show [s] 11:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 4:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 6:00 NINE News [s] 7:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 11:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 12:00 Unforgettable: We Can Be Heroes (M v,d,s) [s] – Major Crimes determines that the kidnapping of a prominent scientist's son was not a crime of opportunity but rather a calculated scheme for revenge. 1:00 Mom: Too Many Hippies And Huevos Rancheros (M s) [s] 1:30 Home Shopping 4:30 The Avengers: Winged Avenger (PG) [s] 5:30 The Newcastle Earthquake (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Program To Be Advised 2:30 Entertainment Tonight [s] 3:30 Judge Judy (PG) [s] 3:30 Everyday Gourmet With Justine Schofield [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 WIN News [s] 6:30 The Project (PG) [s] 7:30 The Graham Norton Show (PG) [s] 8:30 Program To Be Advised 9:30 The Montreal Comedy Festival: Just For Laughs #2 (M s,I) [s] 10:30 The Project (PG) [s] 11:30 WIN's All Australian News [s] 12:30 The Late Show With Stephen Colbert (PG) [s] 1:30 Home Shopping 4:30 CBS - This Morning [s]	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 Shane Delia's Moorish Spice Journey 4:00 Destination Flavour China (In English/ Mandarin) 4:30 China's Forgotten Emperor (PG) 5:30 Letters And Numbers 6:00 Mastermind Australia 6:30 SBS World News 7:35 Hunting Egypt's Lost Treasures (PG) 8:30 8 Out Of 10 Cats Does Countdown (M I,s) 9:25 Titanic: The New Evidence (PG) 10:25 SBS World News Late 10:55 Movie: "My Brother The Devil" (MA15+) ('12) Stars: James Krishna Floyd (In English/ Arabic)
Saturday 25 January	6:00 rage (PG) [s] 10:00 rage Guest Programmer (PG) 11:00 Classic Countdown: 1977 [s] 12:00 ABC News [s] 12:30 Endeavour: Quartet (M v) [s] 2:00 QI: Noble Rot (PG) [s] 2:30 The Big Blue [s] 3:30 Poh's Kitchen On The Road 4:00 Short Cuts To Glory: Matt Okine vs Food: Date Night [s] 4:30 Landline Summer [s] 5:00 Football: A-League: Round 16: Central Coast Mariners v Brisbane Roar "Live" From Central Coast Stadium [s] – A-League fans head to the Central Coast as Mariners host the Brisbane Roar on the eve of Australia Day. 7:00 ABC News [s] 7:30 Australian Of The Year Awards [s] 9:00 The Cry (M I) [s] 10:00 Agatha Raisin (M) [s] 10:50 rage Guest Programmer (MA15+) [s]	6:00 Home Shopping 7:00 Weekend Sunrise [s] 10:00 The Morning Show - Weekend (PG) [s] 12:00 Cycling: 2020 Santos Tour Down Under: Stage 5 "Live" From Glenelg - Victor Harbor [s] 3:30 Surf Patrol [s] 4:00 Better Homes And Gardens 5:00 Seven News At 5 [s] 5:30 My Road To Adventure (PG) 6:00 Seven News [s] 7:00 Movie: "Sister Act 2: Back In The Habit" (G) ('93) – Lounge singer Deloris Van Cartier returns to St. Catherine's and agrees to go undercover as the school's new music teacher. Stars: Whoopi Goldberg 9:15 Movie: "Tammy" (M v,I,s) ('14) Stars: Melissa McCarthy 11:15 Cycling: 2020 Santos Tour Down Under: Daily Highlights 12:15 World's Deadliest Weather: Caught On Camera (PG) [s] 12:30 Home Shopping	6:00 Ellen (PG) [s] 7:00 Weekend Today [s] 10:00 Tennis: Australian Open Tennis - Pre Show [s] 11:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 4:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 6:00 NINE News [s] 7:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 11:00 Tennis: Australian Open Tennis "Live" From Melbourne Park [s] 12:00 Cold Case: The Long Blue Line (PG) [s] – The team investigates the 2005 murder of the first female cadet at a local military school. Suspects abound, as they discover how brutally the victim was treated. 1:00 Mom: An Epi-Pen And A Security Card (M s) [s] 1:30 Plonk: Coonawarra (M) [s] 2:00 Home Shopping 5:30 Wesley Impact: The Man Of Galilee [s]	6:00 I Fish [s] 6:30 Entertainment Tonight [s] 7:00 RV Daily Foodie Trails [s] 7:30 Seaford Escape With Andrew Ettingshausen [s] 8:00 All 4 Adventure (PG) [s] 9:00 Farm To Fork [s] 9:30 Studio 10 Saturday (PG) [s] 12:00 Pooches At Play: Warnambool 12:30 Bondi Forever (PG) [s] 1:30 Healthy Homes Australia [s] 2:00 Australia By Design: Interiors 2:30 Discover Japan: Kyushu [s] 3:00 What's Up Down Under? [s] 3:30 This Is Mexico [s] 4:00 Luxury Escapes: Barcelona [s] 4:30 10 Travr New Zealand [s] 5:00 10 News First [s] 6:00 Jamie And The Nonnas: Puglia [s] 7:00 Bondi Rescue (PG) [s] 7:30 Ambulance Australia (M) [s] 9:00 Ambulance UK (M) [s] 10:15 Program To Be Advised 11:10 Program To Be Advised 1:00 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Small Business Secrets 2:30 Cycling: Road National Championships 3:15 Basketball 2020: WNBL Highlights 3:45 China From Above: The Living Past/ The Future Is Now (In English/ Mandarin) 5:30 Singapore

Prepared by National Typesetting Services



Health

# Men’s activities result in improvement to well-being

A Woy Woy aged care facility has claimed a marked improvement in the wellbeing of male residents after expanding its offerings to men.

An increase in Men’s Group activities at BlueWave Living last year has resulted in an improvement to both patient and staff morale, according to leisure and lifestyle officer Ms Merilyn Tanswell.

“For people with dementia, activities are an extremely important aspect of their care,” she said.

“Many concerning behaviours displayed by people living with dementia stem from boredom or lack of stimulation.

“While most people enjoy sitting and doing nothing for a few hours, the reality of doing nothing over a longer period of time is far from enjoyable.

“In particular, men with dementia often feel isolated and need encouragement to socialise and expand their social networks.

“This is often due to a decline



in communication skills and confidence.

“A lack of meaningful purpose can be linked with poor health, depression, agitation and other medical problems.

“But being able to participate in suitable activities can make a person feel independent, empowered and validated,” Ms Tanswell said.

“In recent months, the team at BlueWave Living has expanded their Men’s Group activities.

“The group aims to decrease isolation and loneliness by providing a relaxed space for social interaction that will not only increase stimulation but also facilitate friendships and combat loneliness and isolation.

“Structured activities include

woodwork, remote control car racing and gardening.

“A number of volunteers visit the facility and there are presentations about subjects including fishing, bush regeneration and planes.

“Sometimes it’s just about enjoying a quiet beer and reminiscing.

“A couple of highlights from 2019 included a special visit from the Classic Car Club, which was a hit with the residents, and the most notable was when two beautiful Clydesdale horses roamed the hallways at BlueWave Living,” Ms Tanswell said.

According to Ms Tanswell, male to female ratios in aged care facilities were often not proportional due to women’s longevity compared to men.

“In most aged care facilities the ratio of men to women is unbalanced.

“At present, less than a third of our residents are male.

“Even though our men are outnumbered, our activity program is delivered with the interests of all residents, both men and women, in mind,” she said.

“Introducing the Men’s Group has been a truly positive initiative.

“Seeing the men come together as a group, recognising each other, sharing a smile and shaking hands shows the true potential of this group.

“I’m really glad to be part of this wonderful program,” Ms Tanswell said.

Ms Tanswell said BlueWave had received lots of positive feedback from families who were happy to see their loved ones participating in activities that were suitable for them as individuals.

“The flow-on effect from these interactions is that male residents are calmer, enjoying other male company and looking forward to their next group activity.

“We also find that these tailored activities boost staff morale.

“Walking past and seeing the men interacting and chatting about the ‘good old days’ really does bring a smile to our faces.

“Both the staff and residents look forward to these moments,” Ms Tanswell said.

**SOURCE:**  
Website, 2 Jan 2019  
Kylie Scott, BlueWave Living



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## Prosthetic limbs donated to 29 children

**A program run by a registered club has resulted in the donation of prosthetic limbs to 29 children.**

Woy Woy Leagues Club participated in the Lids4Kids program, which was launched in early 2019 and worked with charity Envision Hands to produce

prosthetics from recycled plastics.

Easts Group chief executive Mr Scott Bennetts said club staff had been encouraged by the generous support of the community in regularly donating lids.

"We collected 14,720 lids.

"This equals 36.8kgs and will provide 29 prosthetic limbs for

kids," Mr Bennetts said.

Mr Bennetts said the club would continue the program this year.

"The goal is to get to 100,000 lids by the end of 2020," he said.

**SOURCE:**

**Social media, 27 Dec 2019**

**Scott Bennetts, Woy**

**Woy Leagues Club**

## Hospital staff provide drought aid and firefighter support

**Staff at a local hospital raised over \$5000 for Coasties Drought Aid in the lead up to Christmas.**

Brisbane Waters Private Hospital chief executive Ms Kathy Beverley said staff will continue to raise funds for drought aid and to support NSW firefighters throughout January.

"We have two staff members who have been fighting fires across the state since September - in Port Macquarie, the Mid North Coast, the Hunter, the Hawkesbury, the Central Coast and Tamworth as part of the volunteer fire service.

"The hospital has fully supported them with special paid leave and continues to provide free counselling services through the Employee Assistance Program for all staff.

"Thank you to both of these staff members who continue to balance work and community service commitments to help keep everyone safe.

"All funds raised by staff will be matched by the hospital for donations to these worthy causes," Ms Beverley said.

**SOURCE:**

**Social media, 7 Jan 2020**

**Kathy Beverley, Brisbane**

**Waters Private Hospital**

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### ARE YOUR KIDS PRACTISING THESE HEALTHY HABITS IN SCHOOL?

**Prior to resuming the school year, our practitioners would strongly recommend a pre school year assessment/backpack fitting for your children.**

This takes approximately 5 minutes and is performed on a non-fee basis to support our community.

With the end of the summer holidays approaching, many of our young patients, or children of our patients, will pack their books, polish their shoes and head back to school, ready for the year ahead.

However, kids don't often think about the impact that common classroom activities like sitting in a classroom, carrying a heavy bag and excessive screen time can have on their overall health and wellbeing.

We here at the Umina Chiropractic Centre are encouraging Aussie kids to adopt positive spinal health habits.

These habits include: Carrying a backpack correctly with both straps, adjusting it to the correct height and ensuring that only the essentials are packed, with heavier items to the back of the bag to redistribute the weight; Maintaining good posture when sitting in a classroom by keeping shoulders back and relaxed with both feet firmly on the floor; Trying to reduce recreation screen time to two-hours every day; Eating a balanced, healthy diet and staying hydrated as this helps to keep kids active in the playground and alert in the classroom; and, Getting enough physical activity is key for a child's wellbeing, so as a guide,

kids should try and get at least 60 minutes of physical activity daily.

Let's help kids practise these positive spinal health habits during this back to school season and all year round.

The Umina Chiropractic Centre welcomes you to make an appointment before school resumes for more advice and assistance on implementing these positive health habits into your child's daily activity.

We are even able to assist with fitting your child's backpack to suit their current level of development.

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Health

# Film about gut health to be shown in Ettalong

**A raw food advocate has organised a screening of the documentary film No Reason for Disease in Ettalong.**

Umina food coach Ms Jenny Taylor said the film by Don Chisholm would be shown at Cinema Paradiso from 7pm on February 10.

Ms Taylor said Mr Chisholm was a health practitioner known as "The Gut Man" for his work on gut health.

"Some years ago I came across his fabulous book, Have You got the Guts to be Healthy, and I loved it so much I've now been sharing his teachings for the past 20 years," Ms Taylor said.

"Today's world is so different to the world our parents and grandparents lived in," she said.

"They didn't have the problems we're facing today and to survive we have to make ourselves aware of what is driving the ever-increasing illness and disease all around us.

"Why is there so much disease? Why is it that everyone lives with a condition they would prefer not to have?"

"More than half the population has at least one chronic health condition.

"This is not right.

"This documentary asks: What are we doing wrong and how we can change our habits to improve our health?" Ms Taylor said.

Attendance at the screening must be booked.

**SOURCE:**  
Social media, 16 Jan 2020  
Jenny Taylor, Think More Raw

## Cricket club raises \$519 for cancer support

**Southern Spirit Cricket Club has raised \$519 for the McGrath Foundation through its 2020 Pink Stumps Day.**

The day was held to raise funds to support the Foundation's goal of ensuring women across Australia can access a breast care nurse no matter where they live.

The club held this year's Pink

Stumps Day at Col Gooley Field at Umina on January 11.

For the first time, the Club opted to run the event in the style of Women's T20 cricket and faced off against the Women's team from Narara-Wyoming Cricket Club.

To boost fundraising, the Club arranged an auction with hundreds of dollars worth of prizes donated

by local businesses and services, as well as a raffle which featured a selection of retail, beauty and dining prizes.

A highlight of the auction was a ball signed by Australian cricketing legend Shane Warne.

Players and spectators donned pink in support of the day.

Club president Mr Anthony

Clarke said it had been a day to remember.

The Club's fundraiser is still active on the Jane McGrath Foundation website for anyone wishing to donate.

**SOURCE:**  
Social media, 12 Jan 2020  
Anthony Clarke, Southern Spirit Cricket Club  
Photos: Nick Friend

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Introduction to Aged Care students at Peninsula Villages



# Teachers' photos in social media campaign



Umina Beach Public School has launched a new social media campaign featuring past photos of some its teachers.

The Teacher Feature campaign has seen photos of teachers during their primary school days shared on the school's social media.

Students have been encouraged to guess who is who in the photos. "We wonder if you can guess who they are?" said principal Ms Lyn Davis.

She said the campaign was designed to get students excited to head back to school.

"With not long left until students return to school, we hope our photos get everyone excited for the 2020 school year."

SOURCE:  
Social media, 6 Jan 2020  
Lyn Davis, Umina Beach Public School

# Aged care course to be held again

An introductory course about aged care will be held again in Umina this year.

Peninsula Villages chief executive Mr Shane Neaves said the organisation would continue its partnership with TAFE to deliver an Introduction to Aged Care course.

"The learning and development department at our Village is continuing to work closely with TAFE to place students at

Peninsula Villages for their work experience.

"As a community organisation, we are dedicated to ensuring we remain an Employer of Choice and promote the benefits and value of young people choosing aged care as a positive and rewarding career choice," Mr Neaves said.

SOURCE:  
Social media, 8 Jan 2020  
Shane Neaves, Peninsula Villages



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NEWSPAPERS



Womens Coaching Staff - Suey/Craig/Andy/Rachel (Manager)

We are excited to announce the appointment of Suey Stockton-George as a coach of our 2019 Premier League Champions women's team, joining Andrew & Craig. Suey is a former player of Liverpool women's team and Secretary of Liverpool women's club (EPL giants). Suey has been an integral member of Liverpool FC and brings an English experience to enhance our women and build on their talent or our Seniors, U18's and junior girls.

Women's change rooms will be built shortly so 2020 is the year to become a Lion and join the Women at SEUFC. - Contact Andy on 0431 997 932



# Red Hatters Holiday in Paradise



*Over the years on Norfolk Island the annual holiday of Red Hatters brings quite a unique sense of fun and madness to this Island and they are coming back in July 2020.*

Red Hatters describe themselves as being '50's + something' aged women who meet and travel in the name of fun, wearing red and purple attire. They say "the party is just beginning" having stopped counting the years and begun living life with fun at the top of the list. With Red Hatter's located across Australia and New Zealand, Norfolk Island offers a 'meeting in the middle' for everyone to enjoy a shared holiday.

The Red Hatter program is packed with fabulous meals and tour. It includes a Welcome Dinner and entertainment, exclusive Red Hatter Half Day Island Tour, special Red Hatter Luncheon at The Olive Branch located at the historic Norfolk Island Golf Club (glass of bubbles included), special Red Hatter 'Shop till you Drop' at A Walk in the Wild including pre-dinner nibbles (and a glass of bubbles), exclusive 'Island Culinary Journey' Dinner

with an Island dance demonstration and a 'Christmas in July' themed Dinner at Paradise Hotel with excellent - and fun - entertainment.

Each Red Hatter Chapter is led by a Queen (but of course!) and together with the Chapter members, the names they choose are based on personality traits mixed with, you guessed it, a bit of fun. Norfolk Island's Chapter is led by Her Royal Highness Queenalee Rosalie Radiant Rose of Divinity, who rules over her 'Bounty Babes'.

In all seriousness though, while frivolity may be what naturally occurs when Red Hatters get together there are some fundamental ways that being a Red Hatter can deepen, enrich and empower lives. This comes from making new friends, sharing life's ups and downs and having the opportunity for a release from daily stresses, all while holidaying on a pacific island gem! With a breathtakingly beautiful and pristine environment experience turquoise waters over coral reef, soak up history in a World Heritage listed area and explore a unique local culture.

There is as much or as little as you'd like to do on Norfolk.

The Red Hatter Registration program is sold separately to the package and costs \$500 per person (or a specially discounted \$450 per person for those who book through Norfolk Island Travel Centre).

To secure your spot contact Christan Davies at [christan@travelcentre.nf](mailto:christan@travelcentre.nf) or call 1800 1400 66 or visit the website at [www.norfolkislandtravelcentre.com](http://www.norfolkislandtravelcentre.com)

Whether you visit Norfolk by yourself, with family or friends, or as part of an organised (or your own) group trip, make sure to use the knowledge available from local travel agents, tour operators and visitor information services all located on the island. 'Meeting the locals' really is part of a Norfolk Island experience, so make sure to do so even before you travel. You'll surely find much more than you expected on a Norfolk Island holiday!

There's more to  
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1800 1400 66

30 June -  
05 July 2020

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Conditions apply - Prices are current at time of printing, subject to availability & change without notice



## Aboriginal history group shows four films

**Pearl Beach Aboriginal History Group** has shown a series of four films on Fridays to foster engagement, understanding and interest with aboriginal culture on the Peninsula.

They started on January 3.

So far, the group has screened Top End Wedding, The Final Quarter and Black Anzac, a

story that explores the story of indigenous Australians in World War 1.

The final screening will be of the film 2040, a documentary exploring how the future of indigenous Australians will look in 2040.

It will be held at the Pearl Beach Memorial Hall from 7pm on January 24.

Group member Ms Peggy Todd said: "The Pearl Beach Aboriginal

History Group shares these films with the community as a public service.

"Everyone is welcome to enjoy them and to participate in any post-film discussions," Ms Todd said.

An entry fee of \$5 applies to each screening.

**SOURCE:**

Media release, 6 Jan 2019  
Peggy Todd, Pearl Beach Aboriginal History Group



## Fun fair to show centre's program

**An early learning centre at Woy Woy is holding a Family Fun Fair on February 1.**

Aussie Kindies Early Learning will hold a free day for prospective families to show what is offered to children enrolled in the program.

Throughout the day there will be

learning activities for children and tours led by the centre's educators.

There will also be a photo booth for family photos and enrolment information.

**SOURCE:**

Social media, 16 Jan 2020  
Michelle Sheppard, Aussie Kindies Early Learning

## Cinema under the stars

**A licenced club in Woy Woy will hold a free Cinema Under the Stars screening of the film Trolls on January 24.**

Everglades Country Club will screen the film from sunset with families invited to arrive from 6pm.

The evening will start with a free children's disco and other free children's activities such as face painting, with the movie set to be screened from around 8pm, conditions permitting.

The screening will take place on the synthetic bowling green and

families are encouraged to bring along something comfortable so sit on, pillows and blankets, as they enjoy the film.

**SOURCE:**

Social media, 16 Jan 2020  
Sarah Kane, Everglades Country Club

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# COASTAL DIARY

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

### MONDAY, JAN 20

Mod Podge Comic Book Hat School Holiday Program, The Entrance Library, Bookings essential, 10am - 11am

Magic Jake Abra-KID-abra Magic and Comedy Show, Club Wyong RSL, Free event, 11am

Nose to Tail: A holistic way to train your dog, Woy Woy Library, Free - Bookings required, 10:30am - 12pm

2020 Girls Retreat - one-day girl's retreat to Aquafun, Aquafun Avoca Lake, Ticketed, 7:30am - 6pm

### TUESDAY, JAN 21

The Brisbane Waters Ministers Association - Australian bushfires prayer service, Ettalong Baptist Church, 7:30pm

CCC School Holiday Program: Citizen Science - Native Bees and Insects, Bateau Bay Beach (venue TBC), Free - bookings essential, 10am - 12pm

Curious Creatures Wildlife Show School Holiday Program, Lake Haven Library, Bookings essential, 10:30am - 11:30am

Green Living Kids Tic Tac Toe School Holiday Program, Kincumber Library, Free - Bookings required, 2pm - 3:30pm

### WEDNESDAY, JAN 22

Crazy Clay Critters School Holiday Program, Bateau Bay Library, Bookings essential, 10:30am - 11:30am

Music and Sound Design in Movies:

How Does it Work? School Holiday Program, Gosford Library, Bookings essential, 2pm - 4pm

Curious Creatures Wildlife Show - School Holiday Program,

Umina Library, Free - Bookings required, 10:30am - 11:30am

### THURSDAY, JAN 23

**Colouring the Sea - Children's Art Workshop,**  
**Central Coast Marine Discovery Centre,**  
**Ticketed, 11am - 1pm**  
[www.ccmdc.org.au/events](http://www.ccmdc.org.au/events)

The Salvation Army Bush Fire Appeal Raffle, Gosford RS-L, Ticketed, 7pm

Calico Tote Bag Decorating in Gosford, Kibble Park Gosford, 10am - 1pm

Ceramic Flower Pot Decoration - School Holiday Program, Erina Library, Free - Bookings required, 10:30am - 11:30am

### FRIDAY, JAN 24



**Bookanook studio: Kids Creative Writing Workshop,**  
**Kincumber Neighbourhood Centre,**  
**Free when using a creative kids voucher!**  
**Bookings required,**  
**10am - 3pm**  
**0424 771 075**  
[mjreidy1975@gmail.com](mailto:mjreidy1975@gmail.com)

Central Coast Art Society Inc: Summer Exhibition & Awards, Gosford Regional Art Gallery, 24/01 - 5/02, 10am - 4pm daily

**Marine Science Series: Rocky Shores,**  
**Central Coast Marine Discovery Centre,**  
**Ticketed, 7pm**  
[www.ccmdc.org.au/events](http://www.ccmdc.org.au/events)

Long Jetty Music Event - Bush Fire Fundraiser for Red Cross Disaster Relief + Wires, Mowgli Studio, Ticketed, 4pm - 9pm

Sydney-based band Winston Surfshirt, The Beery Terrigal, Ticketed, 7pm

Movie and Craft Afternoon School Holiday Program - Arabian Nights theme, Umina Beach Library, Free - Bookings required, 2:30pm - 5pm

### SATURDAY, JAN 25



**Australia Day Eve - Amusement, Fireworks & more!**  
**Canton Beach Foreshore, 2pm - 9pm**  
[centralcoast.nsw.gov.au/australiaday](http://centralcoast.nsw.gov.au/australiaday)

Comedian: Cal Wilson - Live, The Art House Wyong, Ticketed, 7:30pm

**Central Coast Mariners vs Brisbane Roar FC,**  
**Central Coast Stadium,**  
**Ticketed, 5pm**  
[www.a-league.com.au](http://www.a-league.com.au)

Comedian: Dave Thornton - Live, The Art House Wyong, Ticketed, 9pm



**Thirsty Merc Rocking Australia Day Weekend!**  
**The Ettalong Diggers,**  
**Ticketed, 8pm**  
**4343 0111**  
[www.ettalongdiggers.com](http://www.ettalongdiggers.com)

The Central Coast Scots - Burns Supper, East Gosford Progress Association Hall, Ticketed, 6:30pm - 10:30pm

### SUNDAY, JAN 26

LSCC Fundraiser - Ducks for Bucks, The Entrance Channel, 6pm



**Australia Day Barbeque,**  
**Ettalong Diggers Terrace, Ticketed,**  
**12pm, 4343 0111**  
[www.ettalongdiggers.com](http://www.ettalongdiggers.com)

**Charmhaven Lions Club: Australia Day Community Breakfast - Entertainment, food and more!**  
**Slade Park Budgewoi,**  
**8am - 12pm**

Seaside Cinema: The Castle, Killcare SLSC, Ticketed, 8:30pm



**Australia Day Woy Woy 2020,**  
**Woy Woy Waterfront,**  
**Free event,**  
**2pm - 9pm**

Australia Day Flag Raising Ceremony & Community Breakfast, Wagstaffe Hall, 8am, Jazz picnic with U-Bouddi Big Band, 6pm - 9pm

### FRIDAY, JAN 31

Senior Moments 2: 'Remember, Remember', The Art House Wyong, Ticketed, 31/01 & 01/02, 7:30pm

### SATURDAY, FEB 1

**Community Environment Network: Wildplant Community Nursery,**  
**CEN Office off Brush Road Ourimbah,**  
**9am - 12pm**  
[www.cen.org.au/events](http://www.cen.org.au/events)

Troubadour Stunning Opening Night for 2020: Steve Turner (UK) and Sweet Songs and Soft Guitar (NSW) St Lukes Hall Woy Woy, Ticketed, 7pm

The Central Coast branch of the Disabled Surfers Association: 'smiles on dials' event, Register to be a Participant & Volunteer, Toowoona Bay, 9:30am

Jess & Matt - Know About You Tour, Laycock Street Theatre Auditorium, Ticketed, 7pm

### SUNDAY, FEB 2



**Reduce Stress And Overcome Anxiety Workshops,**  
**Gosford Meditation Centre, Ticketed,**  
**2/02 - One-day workshop, 9am - 12pm,**  
**3/02 - 7/02 - Five-day course,**  
**6:30pm - 8:30pm**  
**4368 2393**  
[www.wonbuddhism.org.au](http://www.wonbuddhism.org.au)

Doyalsen Wyee Soccer Clubs Registration Days, Youth Hall at Doyalsen Wyee RSL, 2/02 & 9/02 10am - 4pm, 10/02, 10am - 2pm

**Central Coast Mariners vs Westerns Sydney Wanderers FC,**  
**Central Coast Stadium,**  
**Ticketed, 4pm**  
[www.a-league.com.au](http://www.a-league.com.au)



**Community Environment Network: Breakfast with the Birds,**  
**Central Coast Wetlands Pioneer Dairy,**  
**Ticketed, 8am - 11am**  
[www.cen.org.au/events](http://www.cen.org.au/events)

### MONDAY, FEB 3

Market Monday and a free cuppa, Ettalong Baptist Church, 9am - 4pm

Registration Day for the Frantastics Choir - All welcome, Walter Baker hall woy woy, 12:30pm

### TUESDAY, FEB 4

**Seniors Extreme Weather Resilience,**  
**Kincumber Library,**  
**10am - 12:30pm**  
**4304 7641**

### WEDNESDAY, FEB 5



**Seniors Festival 2020: Be Connected - Digital Connect,**  
**Free for over 50's,**  
**5/02 - 26/02,**  
**10am - 2pm sessions,**  
**contact or visit the link below to find out the dates for your local library**  
[www.centralcoast.nsw.gov.au/libraries/whats-on/be-connected-digital-connect](http://www.centralcoast.nsw.gov.au/libraries/whats-on/be-connected-digital-connect)

### SATURDAY, FEB 8

**Community Environment Network: Native Bee Workshop,**  
**Rumbalara Environmental Education Centre,**  
**Ticketed, 9am - 12pm**  
[www.cen.org.au/events](http://www.cen.org.au/events)

Alliance Française Conversation Group: Come and practice your French at any level, Erina League Club, First attendance is free 10am - 12pm

### SUNDAY, FEB 9

**Play AFL with the Central Coast Bombers!**  
**Register now for 2020,**  
**Adelaide Street Oval Tumby Umbi, 9/02 & 16/02, 10am - 2pm**  
**0438 153 328**  
[www.ccbombers.com](http://www.ccbombers.com)

### MONDAY, FEB 10

**Seniors Extreme Weather Resilience,**  
**Tuggerah Library,**  
**10am - 12:30pm**  
**4350 1560**

Diabetes Management in Primary Care - A practical approach, Top Point Cafe East Gosford, Free - Registration required at 6pm, 6:30pm - 8:30pm

### TUESDAY, FEB 11

Cardiology update- RACC, Research and Revascularisation - To update GP's on invasive coronary angiography/ intervention within the health district, Ken Duncan Gallery Erina, Free, 6pm - 8:30pm

### WEDNESDAY, FEB 12

GEC Chamber February Luncheon Event with guest speaker Grant Mizens, The Entertainment Grounds Gosford, Ticketed, 12:15pm - 2pm

### FRIDAY, FEB 14

**Seniors Festival 2020: Department of Human Services: Information Sessions - Accommodation Options, Free - No Booking required, Woy Woy Library,**  
**10am - 11:30am,**  
**Understanding Your Pension,**  
**12pm - 1:30pm,**  
**Centrelink Payments For Carers,**  
**2pm - 3:30pm**  
**4304 7555**

Heart of Stories Tour - Author Event with Adele Parks, Fiona Lowe, Alexandra Joel and Vanessa McCausland, Woy Woy Library, Free - Bookings required, 6pm - 8pm



**The Final Test - A Poignant Comedy Traversing All The Issues That Marriages Face, Woy Woy Little Theatre,**  
**Ticketed, 14/02 - 1/03,**  
**Multiple Screenings**  
**4344 4737**

[www.woywoylt.com](http://www.woywoylt.com)  
The Australian Plants Society Central Coast: What Pea Flower Is That? Phillip House Kariong, Donation entry, 7:30pm

### SATURDAY, FEB 15

**Seniors Festival 2020: Department of Human Services: Information Sessions - Accommodation Options, Erina Library,**  
**Free - No Booking required,**  
**10am - 11:30am,**  
**Understanding Aged Care Fees And Charges,**  
**12pm - 2pm, Estate Planning For Older Australians,**  
**2:15pm - 3:30pm**  
**4304 7650**

Terrigal Antique & Vintage Fair, Terrigal Scouts Hall & Surrounds, 15 & 16/02, 8am - 4pm

How to Meditate: Made Easy, Bamboo Buddha Cafe, Ticketed, 1pm - 4pm

Busby Marou - The Great Divide Tour, Central Coast Leagues Club Gosford, Ticketed, 8pm

### MONDAY, FEB 17

**Seniors Festival 2020: Department of Human Services: Information Sessions - Accommodation Options, Tuggerah Library, Free - No Booking required,**  
**10am - 11:30am,**  
**Understanding Your Pension,**  
**12:30pm - 2pm**  
**4350 1560**

Seniors Week - Theatre Tours at Laycock Street Theatre, Free - Bookings required, 10am, 11am & 12pm

**'Gut' Back to Basics with Carin Clegg - gut health Seminar,**  
**The Entrance Library,**  
**Bookings essential,**  
**10am - 11am**

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





# Choir holds registration day

The Frantastics Choir will start the new year with a registration day. Director Ms Fran Kendall said the Frantastics had been entertaining on the Peninsula for over a decade and were looking

forward to getting back out into the community. The registration day will take place on February 3 at Woy Woy's Walter Baker Hall on the corner of Victoria and Blackwall Rds from 12:30pm. Any interested community members were welcome to attend and discuss the choir, Ms Kendall said. SOURCE: Email, 9 Jan 2020 Fran Kendall, Frantastics Choir

# Young singer wins music competition

Ettalong singer Jade Hinchliffe has been crowned one of two junior champions in Central Coast Council's 2019 Discovered competition. Jade was named joint winner of the Kids Discovered section along with Olivia McGuire. Her father, Mr Jason Hinchliffe, said Jade could often be seen busking around the Peninsula. He said young people on the Coast were increasingly turning to busking as a way to build confidence and that it was pleasing to see Central Coast Council providing opportunities like the Discovered competition to aspiring young artists. Mr Hinchliffe said his daughter attributed her success in the competition to music workshops



Jade Hinchliffe (left) and Olivia McGuire

put on by Central Coast Council free for youth in performing arts." SOURCE: Media release, 23 Dec 2019 Jason Hinchliffe, Ettalong



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SUNDAY 26 JANUARY  
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The Central Coast is home to a number of lodges meeting at the Gosford or Wyong Masonic Centres on various days and at various times, if you are interested in joining or would like to know more, contact us.



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 Now at Dunban Road Car Park  
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See or [www.centralcoastnews.net](http://www.centralcoastnews.net)

Central Coast Newspapers' advertising rates are relatively much lower than in other newspapers and at the same time much larger than in other newspapers, with the minimum size being 50mm X 42mm. Approximately 16,000 copies of each newspaper are printed and distributed every fortnight.

**Personal and Not For Profit Organisations**

As Central Coast Newspapers are community newspapers, the cost of advertising not for profit organisations' events is subsidised. This makes them the same rate as non business advertisements.

A mono 5cm advertisement only costs \$33. Each additional cm costs \$6.60 as does colour, and/or a photograph or a logo. Private advertisements need to be paid for at the time of booking.


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The minimum size of 5cm X a single column only costs \$50 + GST in mono and an extra \$10 + GST for colour, a logo or a photograph, every two weeks. Most businesses choose to advertise on an ongoing basis and discounts apply for multiple bookings, if they are paid for in full, in advance.

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[www.troubadour.org.au](http://www.troubadour.org.au)  
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**4344 3611**  
**0412 132 729**  
Lic no 25650C

REMOVALS

**KEVIN'S REMOVALS & DELIVERIES**  
 Deliveries & Removals, Local Sydney, Newcastle & Country. Single items or a house full. Competitive rates.  
**02 4342 1479**  
**0411 049 559**  


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 BLOCKED DRAINS, GENERAL MAINTENANCE SERVICE  
 NO CALL OUT FEE  
 COMPETITIVE RATES - SENIOR DISCOUNTS  
 CALL FOR ALL YOUR PLUMBING AND BUILDING MAINTENANCE  
**0418 243 132**

Allways Moving Removals

House, office units  
 No job too big or too small  
 Affordable rates  
 Call for free quote  
 0497 800 074  
 0421 084 650

TILING

  
**Homes2NV**  
**Tiling Wall & Floor Property Maintenance**  
**0439 589 426**  
 homes2nv@gmail.com

Titanic theme for Pearl Beach dinner

The Rotary Club of Brisbane Water has announced it will hold a Titanic-themed dinner in Pearl Beach in April.

Club president Mr Peter Mote said the dinner would feature a memorabilia collection of Titanic historian Mr Michael Booth and would take place at the Pearl Beach Progress Hall on April 18.

"You would be hard-pressed to find anyone in NSW who knows more about the Titanic than Michael Booth.

"Michael has spent a lifetime gathering knowledge and artifacts about the famous ship, which sank in the Atlantic in the early hours of April 15, 1912," Mr Mote said.

Anyone interested in learning more about the evening is encouraged to contact the club.

**SOURCE:**  
 Newsletter, 15 Jan 2019  
 Sue O'Neill, Rotary Club of Brisbane Water









# NOT FOR PROFIT 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

Brisbane Water  
Caravan Club  
Caravans Wanted to  
join and have fun  
Gosford NSW  
Your owners are most  
welcome too  
https://bwcaravanclub.  
wixsite.com/bwcc  
Contact Joe  
4344 4363

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+  
SINGLE & SOCIAL GROUP**  
Fun And Friendship With an  
Excellent Monthly Program of  
Dinner, Dancing, Scrabble,  
Cards, And Tenpin Etc.  
So Call -  
**0437 699 366**  
**0412 200 571**

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

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

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

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

## Entertainment

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

## Health Groups

Al-Anon  
If someone's drinking is  
causing you problems...  
Al-Anon can help  
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  
Hearing loss management  
Support and educational  
groups providing practical  
experience and confidence  
Learn the benefits of hearing  
aids - 4321 0275

BlueWave Living  
Woy Woy Community  
Aged Care facility providing  
residential aged care to the  
frail aged.  
Permanent and respite care  
accommodation available.  
Information 2nd and 4th Wed  
- 10am - 4344 2599  
reception@bluewaveliving.org.au

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

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

GROW Support Groups  
Small friendly groups formed  
to learn how to overcome  
anxiety, depression and  
loneliness and to improve  
mental health and well-being.  
Anonymous, free and open  
to all. Bring a support person  
if you like. Weekly meetings  
at Woy Woy, Bateau Bay and  
Wyong

1800 558 268  
www.grow.org.au

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

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

Overeaters  
Anonymous (OA)  
12-step fellowship for those  
with eating disorders. No  
dues, fees, or weigh-ins.  
Peninsula Com. Cntr, cnr. Mc  
Masters Rd & Ocean Beach  
Rd. Woy Woy, Fri 8pm  
0412 756 446  
www.oa.org

Peninsula Village  
Wellness Centre  
Offering holistic and  
complementary therapies  
including aromatherapy,  
massage and music therapy  
4344 9199

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

Peninsula Village  
Carer's Support Group  
For carers of loved ones with  
dementia - 1st Wed - 10 to  
11.30am  
Paula 4344 9199

Prostate Cancer  
Support Group  
(Gosford)  
Last Fri, Terrigal Uniting  
Church, 380 Terrigal Drive,  
Terrigal  
9.30am to 12 noon  
4367 9600  
www.pcfa.org.au

Peninsula Lighthouse  
Guiding you through the  
storm - Your only local mobile  
counselling service  
Supporting ALL people  
suffering from Domestic  
Violence offering a holistic  
program making our  
community safer.

Counselling services available  
Monday @ Ettalong Baptist  
Church Barrenjoey Room ,  
book an appointment:  
0417 472 374  
penlighthouse@gmail.com  
www.peninsulalighthouse.info/

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.magregor@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  
Club Umina, Melbourne Ave,  
Umina Beach  
woywoyliberals@gmail.com

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

## Service Groups

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

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

Rotary Club of Kariang  
Phillip House, 21 Old Mount  
Penang Rd, Fri 7.15am  
4340 4529  
kersuebay@philliphouse.com.au

## Rotary Club of Umina Beach

Wednesdays 6.30pm  
Everglades Country Club  
0409 245 861  
curleys@ozemail.com.au  
0409 245 861  
Rotary Club of Woy Woy  
Tues 6pm Everglades  
Country Club.  
Don Tee 0428 438 535

## Special Interest

Bridge  
Duplicate Bridge Mon Tue  
Thur Fri Sat-12.15pm  
& Wed 9.15am  
Brisbane Water Bridge Club,  
Peninsula Community Centre  
93 McMasters Rd.  
Woy Woy  
www.brisbane-water.bridge-club.org

Cash Housie  
50 Games every Sat night  
Peninsula Community Centre,  
McMasters Rd, Woy Woy,t  
7.30pm. Proceeds to Woy  
Woy Catholic Parish.  
www.cashousie@hotmail.com

Central Coast Family  
History Society Inc.  
Resources, information  
& advice to study your  
family's history.  
1st Sat 1pm Lions  
Community Hall, 8 Russell  
Drysdale St, E. Gosford.  
www.centralcoastfhs.org.au  
4324 5164

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

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

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

CWA-Umina Beach  
Cnr Ocean Beach Rd and  
Sydney Rd  
Craft & Friendship: 1st, 3rd,  
4th Wednesday at 9.30  
Branch Meeting: 2nd  
Wednesday at 10am  
Phone: 0410324282  
cwaofnswumina@gmail.com

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  
woywoywa@gmail.com

Peninsula Women's  
Health Centre  
Counselling, therapeutic and  
social groups, workshops,  
domestic violence and abuse  
issues. All services by women  
for women  
4342 5905  
www.cccwhc.com.au

# NEWSPAPERS

Central Coast

If you would like your Community Organisation listed here call  
us on 4325 7369 or see [www.coastcommunitynews.com.au](http://www.coastcommunitynews.com.au)





## New community garden in Umina

A new community garden has been started near Umina oval.

The garden is located behind the kiosk at the Peninsula Recreation Precinct.

Jasmine Greens Park Kiosk owner Ms Gabby Greyem said: "It's taken a few years of fundraising and planning, but it has finally happened."

She said Central Coast Council had granted \$2000 for the project.

Ms Greyem said there were many individuals and other organisations who had contributed to the funding and creation of the space.

Ms Greyem said planting would commence throughout January.

Volunteers were needed to maintain the garden, she said.

SOURCE:  
Social media, 20 Dec 2019  
Gabby Greyem, Jasmine Greens Park Kiosk

## Group plans to plant 100 trees

The Peninsula's Grow Urban Shade Trees Group has over 100 trees which it plans to plant around the Peninsula in autumn.

Group member Ms Melissa Chandler said the group was focusing on keeping trees planted in the past year watered and healthy over the summer.

Cooler weather was needed to plant the young trees, she said.

SOURCE:  
Social media, 23 Dec 2019  
Melissa Chandler, GUST

**Umbala Beach Markets**

99 STALLS  
9AM-2PM

UMINA SYDNEY AVE  
THIRD SUNDAY MONTHLY

2020 DATES

JAN 19	JUL 19
FEB 16	AUG 16
MAR 15	SEP 20
APR 19	OCT 18
MAY 17	NOV 15
JUN 21	DEC 20

FREE SHUTTLE BUS

WOY WOY WHARF - ETTALONG WHARF - ETTALONG DIGGERS - BUNNINGS WEST ST

EXTRA EVENT ON EASTER SUNDAY

2ND SUNDAY MONTHLY  
9AM-2PM

HANDMADE ON THE COAST WOI WOI

WOY WOY WHARF

- JAN 12TH
- FEB 9TH
- MARCH 8TH

NEW LOCATION AT WOI WOI FORESHORE

MAY 10TH	SEP 13TH
JUN 14TH	OCT 11TH
JUL 12TH	NOV 8TH
AUG 9TH	DEC 13TH

www.UmbalaEvents.com

**OCEAN BEACH**  
HOTEL



Cnr Trafalgar & West st Umina  
[www.obhotel.com.au](http://www.obhotel.com.au)  
**4341 2322**  
Email: [oceanbeachhotel@alhgroup.com.au](mailto:oceanbeachhotel@alhgroup.com.au)

**MONDAY**  
5PM-9PM

**\$14 Steak**  
CHIPS & SALAD

**TUESDAY**  
5PM-9PM

**\$14 Schnitzel**  
CHIPS & SALAD

**WEDNESDAY**  
5PM-9PM

**\$14 Fish**  
& CHIPS

**THURSDAY**  
5PM-9PM

BUY ONE GET ONE FREE  
**Pizza**  
11 INCH

**FRIDAY**  
5PM-9PM

**\$12 PRAWN**  
*Cocktail*

**SATURDAY**  
ALL DAY

**HALF PRICE**  
*Oysters*

**SUNDAY**  
ALL DAY

**KIDS EAT**  
*Free*  
\*WITH ANY MAIN MEAL PURCHASE





# WHERE DO YOU GET IT?

**FOLLOWING IS A COMPREHENSIVE LIST OF PENINSULA COMMUNITY ACCESS NEWS PICKUP LOCATIONS. PAPERS ARE DELIVERED TO ALL OF THESE LOCATIONS ON PUBLICATION DAY.**

<b>BOOKER BAY</b>  Booker Bay General Store 72 Booker Bay Rd	<b>Ettalong Diggers</b> 51-52 The Esplanade	<b>POINT CLARE</b>  ALDI 53-59 Brisbane Water Dr	509 Ocean Beach Rd	<b>Ms Liesl Tesch MP</b> 20 Blackwall Rd	<b>Woy Woy Public Hospital</b> 7 Kathleen St
<b>DALEY'S POINT</b>  The Cove Retirement Village 36 Empire Bay Dr	<b>The Box on the Water</b> Ettalong Beach Waterfront Reserve	<b>PRETTY BEACH</b>  Pretty Beach Public School Pretty Beach Rd	<b>Club Umina</b> Melbourne Ave	<b>Peninsula Plaza</b> Woy Woy	<b>Boronia Court Hostel</b> Kathleen St
<b>EMPIRE BAY</b>  Bayside Gardens Lifestyle Village 437 Wards Hill Rd	<b>50+ Leisure and Learning Centre</b> Broken Bay Rd & Karingi St	<b>UMINA</b>  Ettalong Bowling club 103 Springwood St	<b>Peninsula Village</b> 91 Pozieres Ave	<b>Michel's Patisserie</b> Peninsula Plaza	<b>BlueWave Living-</b> 5/6 Kathleen St
<b>Empire Bay Tavern</b> 1 Poole Cl	<b>Ettalong Beach Motel</b> 46 The Esplanade		<b>Umina Library</b> Cnr West Street and Bullion Street	<b>Woy Woy Library</b> Cnr Blackwall Rd &, Oval Ave	<b>Peninsula Community Centre</b> 93 McMasters Rd
<b>Impact Plants Café</b> 9 Poole Cl	<b>Ettalong Public School</b> 23 Karingi St		<b>Peninsula Office Supplies</b> 296 West St	<b>The Bayview Hotel</b> 2-16 The Boulevarde	<b>Meals On Wheels</b> Ocean Beach Rd
<b>United</b> 306 Empire Bay Dr	<b>GOSFORD</b>  Imperial Centre 171 Mann St	<b>Broken Bay Parish Uniting Church</b> 346 Ocean Beach Rd	<b>Umina Beach Newsagency</b> 310 West St	<b>Woy Woy Hotel</b> 33 The Boulevarde	<b>Coles Express</b> 50-52 Ocean Beach Road &, Rawson St
<b>ERINA FAIR</b>  Service desk Terrigal Dr	<b>Masonic Centre</b> 86 Mann St	<b>The Bourke Road Store</b> 174 Bourke Rd	<b>Chemsave Chemist</b> 299 West St	<b>Gnostic Mana Café</b> 31 The Boulevard	<b>Woy Woy Organics</b> 8/23-27 Chambers Pl
<b>Woolworths</b> 620-658 Terrigal Dr	<b>Central Coast Leagues Club</b> 1 Dane Dr	<b>McDonald's</b> 430/438 Ocean Beach Rd	<b>Blooms The Chemist</b> Shop 6/286 West St	<b>Woy Woy Public School</b> Blackwall & Park Rds	<b>Woy Woy Public School</b> Blackwall & Park Rds
<b>ETTALONG</b>  Ingenia Lifestyle 1 Fassifern St	<b>Gosford RSL Club</b> 26 Central Coast Hwy	<b>Caltex Woolworths</b> 337 West St	<b>Umina Surgery</b> 297 West St	<b>St Vincent De Paul Society</b> 43 The Boulevarde	<b>Peninsula Leisure Centre</b> 243 Blackwall Rd
<b>Ettalong Beach Tourist Resort</b> 189 Ocean View Rd	<b>HARDY'S BAY</b>  Hardy's Bay Club 14 Heath Rd	<b>Coles Express</b> 1-3 Sydney Ave	<b>Yousave Chemist</b> 315 West St	<b>Woy Woy Bowling Club</b> 186 Brick Wharf Rd	<b>Woy Woy South Public School</b> The School Mall
<b>Cinema Paradiso</b> 189 Ocean View Rd	<b>KINCUMBER</b>  Kincumber Nautical Village 57 Empire Bay Dr	<b>Woolworths</b> 261-275 Trafalgar Street Corner, West St	<b>Umina Beach Public School</b> Sydney Ave	<b>Woy Woy Rugby League Club</b> 82 Blackwall Rd	<b>Kitchener Park</b> Maitland Bay Dr
<b>IGA</b> 396 Ocean View Rd	<b>PEARL BEACH</b>  Pearl Beach Cafe and General Store 1 Pearl Parade	<b>ALDI</b> 310 Trafalgar Ave	<b>Lois Jones Real Estate</b> 226 West St	<b>McDonald's</b> 7/13 Charlton St	<b>HammondCare</b> 286 Railway St
<b>Ettalong Beach Newsagency</b> 257 Ocean View Rd	<b>PHEGANS BAY</b>  Box outside RFS Wattle Crescent	<b>NRMA Ocean Beach Holiday Resort</b> Sydney Ave	<b>WAGSTAFFE</b>  Wagstaff Newsagency & General Store 46 Wagstaffe Ave	<b>Deepwater Plaza</b> Railway St	<b>Everglades Country Club</b> Dunban Rd
<b>Mantra Ettalong Beach</b> 53/54 The Esplanade		<b>Jasmine Greens Park Kiosk</b> Peninsula Recreation Precinct, Sydney Ave	<b>WOY WOY</b>  Link and Pin 18A Railway St	<b>Living Choice Deepwater Court Retirement Village</b> 25 Park Rd	<b>St John the Baptist Church</b> 54 Victoria Rd
		<b>Umina Surf Life Saving Club</b> 509 Ocean Beach Rd	<b>Kuoch Chemist</b> 43/45 Blackwall Rd	<b>Home Timber &amp; Hardware</b> 182 Blackwall Rd	
		<b>Umina Beach Café</b>		<b>Caltex</b> 66 Memorial Ave	

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## First Bays' breakfast of the year

**The Bays Community Group's first Bays Breakfast of the year will take place on January 26.**

With an aim to build bonds between Bays' residents, the Breakfasts have become a popular monthly community gathering, according to Group president Ms Cathy Gleeson.

The breakfasts start at 8am on the last Sunday of the month at

The Bays Community Hall.

Ms Gleeson said all Bays residents were welcome to attend.

A cost of \$10 was charged for continental breakfast or \$15 for a cooked breakfast.

Children under the age of 7 eat for free.

**SOURCE:**

Social media, 13 Jan 2020  
Cathy Gleeson, The Bays Community Group



## Talk about tree hollows as habitat

**The importance of tree hollows as habitat for native wildlife was the topic of a well-attended workshop at Pearl Beach on January 10.**

Guest speaker was ecologist Mr Alan Kwok who gave a talk about the Hollows as Homes program co-ordinated by Royal Botanic Garden, University of Sydney and Australia Museum.

He said the aim was to assess the availability of tree hollows in backyards, streets, parks, bush or paddocks and to monitor the wildlife using this habitat to determine where nesting boxes might be needed to provide shelter.

Sample nesting boxes were on display for various animals and these can be purchased by special order from the Men's Shed at Bateau Bay (email

bateaubayshed@gmail.com) or by phoning 0435 807 633.

Central Coast Council's environmental education officer Ms Tam Hanson organised the workshop at the Crommelin Native Arboretum at Pearl Beach.

It was part of Council's Love Nature Citizen Science program which involves professional scientists in educating local

residents about the region's flora and fauna and biodiversity and to encourage greater community involvement in caring for the local environment.

**SOURCE:**

Media release 10 Jan 2020

Ann Parsons, Crommelin

Native Arboretum

Media statement 14 Jan 2020

Tam Hanson, Central Coast Council

## Rotary club chooses exchange student

**The Rotary Club of Umina Beach has chosen its 2020 Rotary Youth Exchange student.**

Dominic Hall was the successful candidate and is set to spend the year in Slovakia.

Club president Mr Rouel Vergara said Dominic was about to embark on the trip of a lifetime.

"He may be spending his

summer on the beach but I'm sure he's thinking of the snowfields of Europe" he said.

"Dominic will live there with local families, attend school, and experience wonderful adventures, returning in January 2021."

**SOURCE:**

Social media, 1 Jan 2019  
Rouel Vergara, Rotary Club of Umina Beach





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visit [www.seufc.com](http://www.seufc.com)

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Sport



Bowling clubs name Club Persons

Everglades Country Club's bowling clubs have named their Club Persons of the Year 2019.

Ms Valerie Davey was named for the women's club and Mr Bill Vincent for the men's club. The clubs held a combined presentation evening on December 5. Ms Davey received her trophy from general manager Mr Ross Seabrook. "Val was successful in several of the major championships last year and was the winner of the Minor Singles and the Consistency

Singles, runner-up in the Major Fours and was also successful in the Major/Minor Pairs. "Val has also been chairperson on the match committee for the past three years and has been willing to help out in any area when required. "Her award was well earned," said women's club publicity officer Ms Fay Bond. Mr Vincent's award was presented by men's club president Mr Trevor Walker.

SOURCE: Media release, 14 Jan 2020 Fay Bond, Everglades Women's Bowling Club

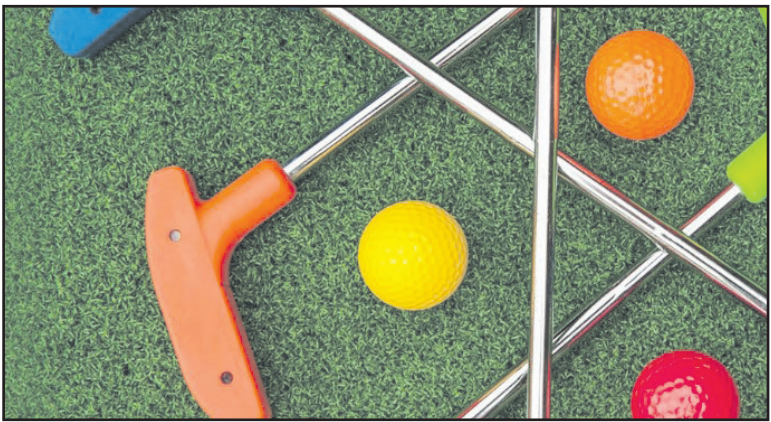
Graded Pairs held at Umina

The finals day of the Bowls Central Coast Patron's Graded Pairs was held at Umina Beach Bowling Club on December 1. Proposed by Bowls Central Coast patron Mr John Peek, the event targets players in grades four and below who normally do

not enter zone championships. In its second year, Ourimbah Bowling Club's Alan Kelly and Tony Aldrich took out first place, with the teams from Davistown RSL and Club Mingara taking out second and third respectively. SOURCE: Media release, 2 Dec 2019 Doug Rose, Bowls Central Coast

Free putt putt golf for children

A licenced club in Woy Woy is holding free putt putt golf for children on January 22. Everglades Country Club will run the free session which includes nine holes of putt putt golf from 11am to 2pm. Guardians are advised that children must be wearing enclosed shoes to be able to participate in this activity. SOURCE: Social media, 16 Jan 2019 Sarah Kane, Everglades Country Club



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FORT DENISON

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

TIDE CHART

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

Times and Heights(m) of high and low waters

20

MON

0530 1.63

1209 0.54

1800 1.29

2348 0.53

21

TUE

0628 1.69

1315 0.47

1903 1.28

22

WED

0043 0.53

0721 1.75

1409 0.41

1959 1.30

23

THU

0132 0.52

0809 1.80

1454 0.36

2045 1.32

24

FRI

0218 0.51

0853 1.82

1535 0.34

2128 1.34

25

SAT

0300 0.51

0933 1.82

1613 0.33

2207 1.36

26

SUN

0340 0.51

1011 1.80

1647 0.35

2244 1.36

27

MON

0418 0.52

1046 1.76

1721 0.38

2320 1.36

28

TUE

0456 0.54

1121 1.70

1754 0.41

2356 1.36

29

WED

0535 0.58

1156 1.63

1827 0.45

30

THU

0034 1.36

0616 0.62

1231 1.54

1901 0.50

31

FRI

0115 1.36

0703 0.67

1311 1.44

1940 0.54

1

SAT

0202 1.36

0758 0.71

1357 1.35

2023 0.59

2

SUN

0255 1.38

0901 0.74

1454 1.26

2113 0.63


APPROX. TIME LAG AFTER FORT DENISON

Etta long 40 min, Rip Bridge 2hrs

Wisemans Ferry 2 hrs 30 min,

Koolewong 2 hrs 10 min

In view of the variations caused by local conditions and meteorological effects, these times are approximate and must be considered as a guide only. They are not to be relied on for critical depth calculations for safe navigation. Actual times of High and Low Water may occur before or after the times indicated





# Netball player conducts training session at Woy Woy

Central Coast Heart netball player Bella De Vivo recently conducted a training session with players from the Woy Woy Peninsula Netball Association.

She joined the Association's 12's team for a training session just before the Christmas break.

Association president Ms Lisa Coakley said Bella was once a Woy Woy junior player herself and was a big hit with the junior players.

"It was a wonderful training session and it was great for our players to meet with one of our own Central Coast Hearts who has been a loyal and dedicated young member.

"Bel has worked hard at her game and progressed through the

pathways that we provide for all players and officials," Ms Coakley said.

Following the session, which also included a stretching segment and a demonstration of how to correctly use a foam roller, Ms De Vivo spoke with the players about her experience as a Woy Woy junior right up until the Heart and her time on other NSW Netball teams.

Ms Coakley said players who attended all left inspired.

She said that Bella had told them that even though Woy Woy is the smallest of the Central Coast's three netball associations, all the same pathways were available.

SOURCE:  
Social media, 4 Dec 2019  
Lisa Coakley, Woy Woy Peninsula Netball Association



# Jemma Smith wins silver in debut appearance

Umina's Jemma Smith has won the Women's silver medal in her debut appearance at the 20 Beaches Surf Ski and SUP Classic.

A staple of the Australian Ocean Racing calendar the 20 Beaches is one of the most iconic ocean paddling events in Australia and has been hosted by the Many-

Warringah Kayak Club since 1990.

The race saw competitors take to the surf and make their way from Palm Beach to Collaroy, with events from junior through to the Olympic and masters levels with Jemma contesting the Female Open Ski.

Jemma came in second behind event veteran Danielle McKenzie

by just over two minutes.

Jemma was also in the midst of the NSW Ironwoman series and was set to compete for Surf Life Saving Central Coast's Interbranch Championship team.

Source:  
Websites, 19 Dec 2019  
Jemma Smith, Instagram  
Results 20 Beaches Surf Ski and SUP Classic

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