

## Power cut, roads closed and trains cancelled after storm



Tree down at Umina Beach squashes to cars

**Strong winds and heavy rain between February 8 to 10 caused power cuts, road closures and the cancellation of train services on the Peninsula.**

A total of 195.5mm of rain was recorded at Umina in the 48 hours to 4pm on Sunday, February 9, with winds speeds estimated at up to 70km/h.

Trains from Gosford and Hornsby were cancelled and rail commuters from Woy Woy were being transported by buses while infrastructure damage was repaired.

Brickwharf Rd at Woy Woy was closed and several roads in Umina were flooded. Grandview Cres in Hardys Bay was blocked when a tree fell over the road,

Residents in many areas of Umina, Ettalong, Pearl Beach and Patonga were without power for several days.

A statement issued by Ausgrid said it was one of the worst storms to hit the network in the past 20 years, with damage including fallen and snapped power lines.

Power was not expected to be restored in some areas until the

end of the last weekend.

Gosford State Emergency Service deputy commander Mr Werner Klumpp said the flooding was exacerbated on the Peninsula by high tides.

"The aggravating fact is that with the high tides we've been having in some areas of the Peninsula and around Woy Woy, the drains draining into Brisbane Water actually don't work because the level of the Brisbane Water is higher than the drain," he said.

"It's tidal, so when the tide goes out the water can drain away."

Community facilities which opened for residents to shower or get access to power included Peninsula Leisure Centre, Umina Surf Club, Wagstaffe Hall and Ocean Beach Surf Club.

All beaches were closed last week and warnings issue to avoid waterways because of risk of pollution due to stormwater run-off after extended heavy rainfall.

**SOURCE:**

Interview (Sue Murray) 12 Feb 2020

Werner Klumpp, Gosford SES

Media releases, 11 Feb 2020

Lisa Matthews, Central

Coast Council

Mike Allsop, WTKCA

## Southern Spirit women's captain out for four weeks

**Southern Spirit Cricket Club's women's T20 team captain Ms Sally Oman has been suspended for four games following a hearing with the Central Coast Cricket Association board on February 5.**

The penalty arose from a Pink Stumps Day fundraiser held by the club which raised more than \$5000 for the McGrath Foundation for breast care nurses.

The Association had proposed sanctions which included a \$1000 fine against the club, believed to have been the largest fine ever proposed by the Association, after the women's team wore pink Hawaiian shirts for their game against Narara on January 11.

"Sanctions were proposed after it was determined players had blatantly disregarded a direction from the Association," said Association chairman Mr Paul Deaves.

"On two occasions prior to the event, the club requested approval to wear the pink Hawaiian shirts and were twice denied."

He said representatives from

Southern Spirit had been invited to make a submission and present their own evidence in response to the Association's findings.

He described reporting of the event as a "spreading misinformation".

"All we did was follow the rules set out in our constitution," Mr Deaves said.

"At no time prior to the hearing were Southern Spirit Cricket Club subjected to any sanctions or penalties."

Southern Spirit Club secretary Mr Jack Wilson said the club was happy to have the matter settled and to move on to the finals.

The women's T20 teams look set to finish as one of the top two teams on the ladder.

Ms Oman's suspension will see her miss the first week of semi-finals, but she should be available should the team make the grand final.

**SOURCE:**

Interview (Dilon Luke), 11 Feb 2020

Paul Deaves, Central Coast Cricket Association

Interview (Ross Barry), 12 Feb 2020

Jack Wilson, Southern Spirit Cricket Club



Sally Oman

**THIS ISSUE contains 56 articles - Read more news items for this issue at [www.peninsulanews.info](http://www.peninsulanews.info)**



# 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

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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.

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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.

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

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

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

Forum contributions may be: **Email** if

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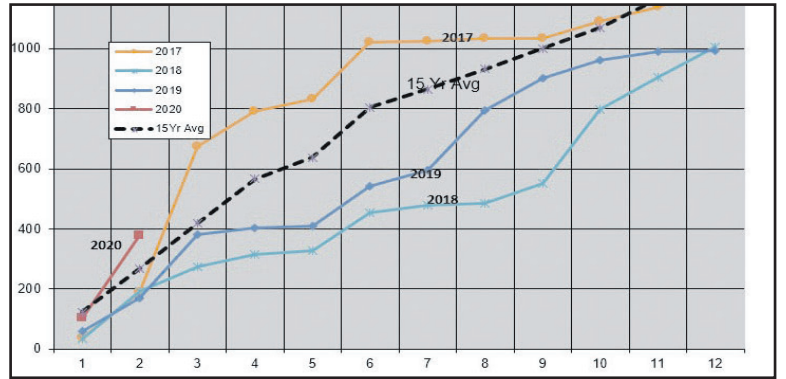
on paper.

## February has been wet

If Peninsula residents were pleased with the wetter than expected January, then they should be over the moon with February with the second month of 2020 recording 274.7mm of rain as of February 14, according to rainfall data compiled by Umina's Mr Jim Morrison.

Rainfall of 247mm was recorded between February 6 and 10, with 160.5mm recorded in the 24 hours to 4pm on Sunday, February 9 and another 35mm in the following 24 hours.

While the big wet was much needed, it again puts a question mark over the Peninsula's future, with the region borderline reliant on severe weather events and



anomalies to come remotely close to its average rainfall total, as evident in 2019 when the Peninsula fell well short of its total after months of being in pseudo-drought.

With just over two weeks left in the second month at the time

of writing, the Peninsula's yearly rainfall total sits at 378.1mm and appears on track to reach the yearly average total of 1250mm.

**SOURCE:**

Spreadsheet, 14 Feb 2020  
Jim Morrison, Umina

## YOUR CHANCE TO WIN

The Peninsula News would like to offer one lucky reader the chance to win a family pass to see Marvel Universe LIVE! when it comes to Sydney this April.

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on the back of an envelope and mail it to Peninsula News, Marvel Universe LIVE! Competition, PO Box 1056, Gosford 2250, before 5pm on February 27.

The winners of The Final Test Competition were: Robyn Bright of Woy Woy, Dennis Goodsell of Ettalong and Laurie Jones of Narara.

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# Pearl Beach residents trapped in street after storm

**Residents in Cornelian Rd, Pearl Beach, were trapped in their street most of last week because of a fallen tree over power lines.**

Crews from Gosford State Emergency Service unit and Pearl Beach Rural Fire Service isolated the scene for safety but deputy commander Mr Werner Klumpp said they could not continue until Ausgrid workers attended to de-energise the wires and remove the tree.

Resident Ms Kay Williams said the tree was moving in the wind and creating a dangerous situation which could cut power to the neighbourhood at any time.

"Cornelian Rd remains blocked and one resident living below the affected power line, which is adjacent the main junction box for all of Pearl Beach, was advised not to sleep in her house as the live wires could come down on her house," Mrs Williams said.

She said this was a foreseeable consequence of clear felling of trees on the steep block of land between Jade Place and 23 Cornelian Rd in preparation for construction of two residences.

She said she and other residents were seeking answers



from Central Coast Council but inquiries were falling on deaf ears.

"I have asked whether Council gave approval for specific approval for the removal of trees which were cut down in December.

"By taking out every tree, the owner has undermined the

stability of the block and during the weekend of the severe storms the mud from that block washed down the steep block from Jade Pl into Cornelian Rd and taken the tree with it, that eventually finished up hanging on the power lines.

"These situations of taking out

every mature tree should not be allowed to happen as it makes the road structure dangerous, let alone taking the shade for the hotter months," Ms Williams said.

Development documents show the owners Mr Gene Yu and Ms Judy Wang are planning to build

a main residence over four levels fronting Jade St and a secondary, smaller residence at the bottom of the sloping block of land and fronting Cornelian Rd.

The development consent stated that all recommendations were to be adhered to in the Aboriginal Impact Assessment, which accompanied the application.

The assessment, done in December 2016 by Advanced Treescape Consulting in December 2016, said there were 32 trees on the site.

Each tree was assessed and rated for tree retention value and the report lists certain trees to be retained and recommendations about how to protect those trees and how to clear the remaining trees.

A Construction Certificate by private certifying authority, Certibuild, was issued in October last year to allow commencement of the secondary dwelling.

**SOURCE:**

DA tracker, 13 Feb 2020

DA 54394/2017, Central Coast Council

Email, 13 Feb 2020

Kay Williams, Pearl Beach.

Interview (Sue Murray) 13 Feb 2020

Werner Klumpp, Gosford SES



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## Community group asks residents to complete survey

**Umina Community Group has asked residents to complete a School Safety Survey with the aim of having a footpath built near Umina Public School.**

Group secretary Mr Peter Springett said two blocks of pathway and a properly-defined road edge were needed on Melbourne Ave from Brisbane Ave to Hobart Ave.

"Melbourne Ave has high pedestrian and bike traffic, as it connects to the only pedestrian crossing in the south west part of Umina," he said.

"It also provides pedestrian access not only to the school but to other key locations such as Umina Beach, Peninsula Recreation Precinct, Umina oval and tennis

courts, the surf lifesaving club and the bowling club.

"Melbourne Ave presents significant hazards to children cycling or walking from to and school at peak school traffic times.

"Without a footpath or safe walking surface to use, children on bikes, scooters and on foot, as well as parents pushing prams, are at serious risk of harm from traffic entering and exiting busy Hobart Ave as well as from drivers manoeuvring and parking in Melbourne Ave."

Mr Springett said Umina Beach was one of the largest primary schools on the Coast but these works were not listed on Central Coast Council's planned capital works.

He said Council had advised

them in June 2019 that "no further funding is proposed as part of the 2019-20 Budget to proceed to detailed design of this project and the project is not listed for consideration for construction in the next four-year program of works".

Member for Gosford Ms Liesl Tesch said she was undertaking the School Safety Survey and visiting Peninsula schools to seek community feedback on how to improve children's journey to and from school.

The survey was available at [nswschoolsafety.com/gosford](http://nswschoolsafety.com/gosford)

**SOURCE:**

**Media statement, 13 Feb 2020**

**Peter Springett, Umina**

**Community Group.**

**Website, 13 Feb 2020,**

**Liesl Tesch, Member for Gosford**



*Gosford MP Ms Liesl Tesch (right) is seeking advice about how school journeys can be improved*

## Water restrictions imposed after big rain

**Central Coast Council applied water restrictions on Monday, February 10, after falls of 212mm were recorded on the Peninsula over the previous four days.**

Announcing the restrictions, Council director Mr Jamie Loader said storage in Mangrove Creek Dam was 50.09 percent, just above the 50 percent trigger set by Council with the level expected to

dip below 50 percent.

Mr Loader said restrictions would not be lifted until Mangrove Creek Dam's storage rose above 52 percent.

However, that situation lasted less than 24 hours.

Figures released on the Council's website showed that the dam water level had risen to 53.25 percent by the Monday night.

On Tuesday, the Council raised the threshold to 55 per cent before

lifting restrictions.

Mr Loader said the restrictions complemented Council's ongoing investment in water infrastructure which had put the region in a strong position to face a prolonged drought.

"Level 1 restrictions will support this water conservation and help us to potentially avoid Level 4 or 5 restrictions and their very stringent measures."

He said restrictions applied to

all outdoor water use, including water from urban rainwater tanks which are connected to, or topped-up by, town drinking water, and exemptions would only be available in limited circumstances.

Mayor Cr Lisa Matthews urged residents to continue to limit their water use to a maximum of 150 litres per person per day.

Under Level 1 restrictions, outdoor watering must be by watering can, bucket or a hose

with a trigger nozzle, gardens and lawns may only be watered before 10am or after 4pm, vehicles must be washed on the lawn and paths, driveways and buildings must be swept and not washed.

Fixed sprinklers and micro sprays may not be used.

**SOURCE**

**Media release, 7 Feb 2020**

**Jamie Loader, Central Coast Council**

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## School sets up phone charging station

Umina Beach Public School set up a mobile phone charging station for community members to use during Umina's power outage in the week following severe storms across the Peninsula.

Principal Ms Lyn Davis said Umina was heavily impacted by the weather and this was the school's way of supporting the community.

"We have placed powerboards in the Community Room so that you can charge devices.

"Please feel free to charge phones, iPads and other devices.

"All you need to bring is your own charger," Ms Davis said.

**SOURCE:**  
Newsletter, 11 Feb 2020  
Lyn Davis, Umina Beach Public School



A previous Australia Day at Wagstaffe

## Council grants \$7500 to Peninsula projects

**Three Peninsula projects have received a total of \$7559 in the latest round of the Central Coast Council community grants.**

Mingaletta Aboriginal and Torres Strait Islander Corporation

at Umina Beach will receive \$4000 for its traditional music and dance program for aboriginal youth.

The Bays Community Group at Woy Woy Bay will get some help with paying the rates with a subsidy of \$739.21.

The Wagstaffe-Killcare

Community Association has been granted \$2820 to go towards the cost of staging the Australia Day Recognition 2020 event.

The community grants program provides up to \$5000 per project each year in funding or in-kind Council services to not-for-profit

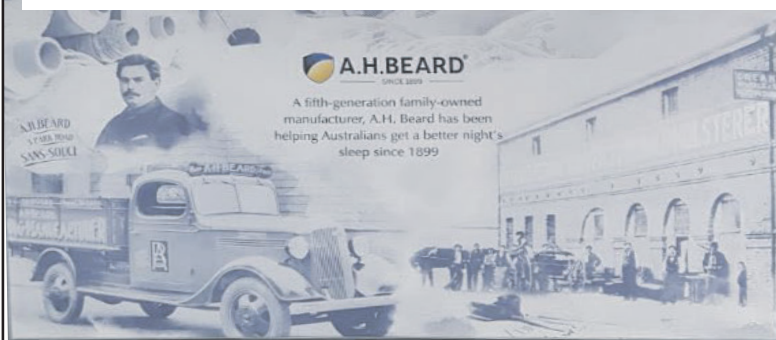
organisations.

This round will see \$23,461 shared among recipients across the Coast.

**SOURCE:**  
Central Coast Council  
3.1, 12 Feb 2020

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# Killcare residents query support for phone tower

**Killcare Heights residents have challenged the Wagstaffe-Killcare Community Association's claim that there is high level support for a new telecommunications tower proposed to be built on Wards Hill Rd.**

Association president Mr Mike Allsop was reported on February 3 as saying that "the vast majority of representations made to the association on the topic support the improvement in services, above all else".

However, Mr Mark Hill, who lives opposite the proposed site on Wards Hill Rd, said he was getting a contrary view and his preliminary analysis suggested that opposition to this development application was at about 70 percent.

He and other Wards Hill Rd residents met on-site with Central Coast Council officers on February 11 to discuss the proposal by Optus, VHA and Telstra to build a new mobile tower at Killcare Heights.

The mobile service providers want to install a new telecommunications facility on land at 37 Wards Hill Rd, Killcare Heights, which is the site of a council-owned water reservoir.

A statement submitted in support of the development application said that of four potential sites, the Wards Hill Rd site was considered to have the least impact on the surrounding environment and best met the telecommunication coverage requirements.

Other potential sites in Killcare Heights were 223 Scenic Rd; National Park in Wards Hill Rd; and the other in Bouddi National Park, Hawke Head Dr, Box Head.

The statement said the proposal to erect a 33m monopole at 37 Wards Hill Rd would meet the coverage and capacity requirements and was considered most suitable.

It said visual impact was considered "reasonable" and the higher elevation of the location



*An artist's impression of how the tower might look at 37 Wards Hill Rd*

was well placed to provide desired telecommunications coverage.

Mr Hill said the residents opposite the proposed location were directly affected by the visual impact.

"We'd like a tower up on the ridge somewhere but not in the current location," he said.

"Our concerns are, apart from it being straight in our faces, that everyone who comes to Killcare, Hardys Bay, Pretty Beach and Wagstaffe will have to drive past what will be, for all intents, an industrial site," Mr Hill said.

There were 76 submissions lodged with Council as at February 10, some with multiple signatures, and the overwhelming majority opposed the tower on the grounds of visual impact, potential health risks from the emission of radio frequencies and bushfire risk.

Many opposed the location of the tower at the front of the site.

Several of the opposing submissions said Council would

be inconsistent if it approved the application, citing the previous refusal of a 1.8m colorbond fence at a property on Wards Hill Rd.

The submissions referred to Council's refusal of the fence on the grounds of its incompatibility and negative visual impact on the scenic character of the area and it posing a precedent not in keeping with the scenic quality of Killcare Heights.

Mr Hill said his submission against the location of the tower pointed out several inconsistencies in the documents submitted to support the application.

"There is mention of Killcare Heights being the target area for the improvement of coverage and capacity yet nowhere in the application is it suggested that the communities of Killcare, Hardys Bay, Pretty Beach or Wagstaffe will be benefited by the proposed development.

"There is considerable emphasis on the impact on

vegetation with the removal of 17 trees and ground vegetation ... and mitigation measures to reduce impact on flora and fauna.

"There is no indication of what these mitigation measures might be but they would certainly not entail any plantings between the proposed sheds to be constructed and the western boundary fence - there is no room.

"This focus throughout the application of the impact on tree and vegetation removal and suggested mitigation efforts is evidence of the concerns the proponents have to their proposed development and its impact on residents and visitors to the area."

Mr Hill said he also noted that some of the sites selected for consideration were at the same address and there were other alternatives other than the "unsightly option" at 37 Wards Hill Rd.

"The preference would be the site of 223 Scenic Dr or at Site E,

both of which are away from the sight of through traffic," he said.

The applicant's statement said that the Scenic Dr site currently housed NSW Police telecommunications equipment.

However, it was not considered a suitable location because it did not achieve the applicant's required coverage and capacity objectives.

Site E in the statement is within the National Park on Wards Hill Rd.

This site would require tree clearing to establish a compound area and access track and the statement said that "given the challenging topography these locations were further discounted from a radio frequency perspective".

Mr Hill said he couldn't understand why one site was suitable for police communications but not for commercial use and he also pointed out that tree removal was also required for the site at 37 Wards Hill Rd.

"Another option in the national park on Hawke Head Dr had been discounted because that road was not sealed but it has been surfaced now with gutters to carry away storm water," he said.

"So, if reasons given for unsuitability are legitimate, they no longer exist."

Mr Hill has lived in the Killcare area for 35 years, and the past 10 on Wards Hill Rd, and he said he hadn't noticed before the graffiti on the only two above-ground structures at the proposed site because it was hidden from view by the vegetation.

"That will not be the case when the building site is cleared to make way for the base station infrastructure and it would be obvious that the new buildings envisaged will also be graffitied as they will be on prominent display for all passers-by," Mr Hill said.

**SOURCE:**

**DA Tracker, 10 Feb 2020**

**DA 57736, Central Coast Council**

**Interview (Sue Murray), 10 Feb 2020**

**Media statement, 11 Feb 2020**

**Mark Hill, Killcare Heights**

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## Australia Day festivities attract 10,000 to Woy Woy

**This year's Australia Day festivities at Woy Woy attracted around 10,000 people, according to Central Coast Council unit manager Mr Glenn Cannard.**

"Woy Woy was a well-attended, family-friendly event which received positive reviews," Mr

Cannard said.

"The event's lantern parade was the centrepiece of the entertainment program, with live music, free craft workshops and children's activities as well as a sail past.

"The event culminated in a firework display over Brisbane Water."

He claimed the festivities injected more than \$3.5 million into the local economy.

"Feedback from visitors and residents praised the event's great feel and fireworks display," Mr Cannard said.

**SOURCE:**  
Media statement, 5 Feb 2020  
Glenn Cannard, Central Coast Council



**Liesl Tesch MP**  
Member for Gosford

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## CWA branch submits plans for Umina hall

The Umina Beach branch of the Country Women's Association has submitted plans to redevelop its hall to Central Coast Council for approval.

The work includes the installation of decking around the beach facing eastern end of the hall and a disability access ramp

at the hall's entrance as well as additional amenities and general improvements.

Branch publicity officer Ms Margaret Key said the works would help modernise the hall and allow members to improve and expand their operations.

"Our aim is to modernise the hall and make it accessible for everyone," she said.

"Given the possibility of increased bushfires, we are designing the hall to be a future evacuation centre with a shower, toilets and large kitchen.

"Stage one will be all about accessibility with the ramp and new bathrooms," Ms Key said.

**SOURCE:**  
Social media, 6 Feb 2020  
Margaret Key, Umina Beach CWA

## Marquart calls Wallarah decision 'environment crap'

Local ward representative Cr Troy Marquart has described as "environment crap" the decision by Central Coast Council to re-affirm its opposition to the Wallarah Two coal mine.

The council resolution was made as part of council debate on the water security of the Central Coast.

Cr Louise Greenaway said the mine would place additional pressure on the water catchment.

Cr Marquart called the council resolution "environment crap" after Cr Kyle MacGregor mentioned "flat-earthers" to his right.

Cr Marquart said: "Call me a

flat-earthier if you want. It doesn't matter. Wallarah Two will go ahead."

He said it was another bash-up on Wallarah Two with a Labor/Greens alliance deciding they didn't want the jobs on the Central Coast.

Cr Marquart said council should be talking about the ageing infrastructure that was losing water underground.

The council accepted Cr Greenaway's motion which included the request for a report to a Council meeting in April about the status of a water plan that staff were working on.

**SOURCE:**  
Central Coast Council  
agenda 7.4, 13 Feb 2020

## Hazardous chemical disposal

A program to safely dispose of hazardous household chemicals will be held by Central Coast Council at Event Park, Kariong, on Saturday and Sunday, February 22 and 23.

Previously held at the Council's Woy Woy depot, the Kariong venue is now the closest to the Peninsula.

Council waste services manager Mr Andrew Pearce said residents could drop off up to 100 litres of paint.

"All materials have a limit of

container size per item of 20 litres or 20kg," he said.

Other items accepted will include car and household batteries, smoke detectors, pesticides, gas bottles, fire extinguishers, fluorescent globes and tubes.

Unknown and unidentified items will be accepted for identification and correct disposal.

Event Park should be accessed off Kangoo Rd between 9am to 3.30pm each day.

**SOURCE:**  
Media release, 6 Feb 2020  
Andrew Pearce, Central Coast Council



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## Clydesdales visit child care centre

**Two Clydesdale horses have visited children at Woy Woy's CatholicCare Out of School Hours and Vacation Child Care Centre.**

The horses, Wellington and Claudia, stopped at the centre for a visit on January 25.

They were the same horses that toured aged care facilities around Umina and Woy Woy late last year.

Their owner Mr Jared Beesley said Wellington and Claudia lapped up the attention.

"We had lots of children give the horses lots of cuddles and brushes.

"The kids at Woy Woy loved them so much that they wanted to come home in the horse float," Mr Beesley said.

He said visits to children's centres were one of his favourite things to do with his horses, as he and his partner Alex continued to develop the therapy-driven initiative.

"We love doing these visits.

"Some of the kids had never interacted with a horse. It was so very memorable for them," Mr Beesley said.

**SOURCE:**  
Social media, 25 Jan 2020  
Jared Beesley, W and C Events

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## News



## Joy celebrates 101 years

**Umina resident Ms Joy Lewis celebrated her 101st birthday on February 4.**

She was joined by friends and staff at Peninsula Village to celebrate her birthday.

"Joy celebrated with her friend Lyn and some wonderful singing from our executive operations manager Jackie Bennett and

members of the Grindley Constructions team working on our new building," said Peninsula Village chief executive Mr Shane Neaves.

"Joy also celebrated with a beautiful cake and flowers."

**SOURCE:**

**Social media, 4 Feb 2020**

**Shane Neaves, Peninsula Villages**



## Dancers for Chinese New Year

**Residents at Woy Woy's BlueWave Living aged care facility recently enjoyed a morning of traditional Chinese dance.**

Residents and staff welcomed a group of traditional Chinese dancers into the facility on February 7 as part of their Chinese New Year celebrations.

The dancers performed several

traditional dances in traditional Chinese costumes as part of the festivities.

**SOURCE:**

**Social media, 7 Feb 2020  
Kylie Scott, BlueWave Living**

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# Opera in the Arboretum returns for 15th year

**The Rotary Club of Woy Woy's Opera in the Arboretum will return to the Pearl Beach Arboretum for its 15th year from 3pm to 5:30pm on March 28.**

Woy Woy Rotary publicity officer Mr Vic Deeble said the club was pleased that bass baritone Daniel Sumegi has agreed to perform at this year's event.

"Based in New York, Daniel is touring Asia and Australia in 2020 and will be performing with Opera Australia this year.

"Opera in the Arboretum is excited to have secured Daniel in his busy touring schedule," Mr Deeble said.

Joining him will be Opera Australia soprano Julie Lee Goodwin, who has recently performed in Opera on the Harbour's West Side Story, La Boheme and the premier of Whitley by Elena Kats-Chernin.

Helpmann Award winning mezzo soprano, Jacqueline Dark, known for her role as Mother Abbess in the Sound of Music, and tenors John Longmuir will also appear.

Pianist for the day would be Francis Greep.

Mr Deeble said this year's

program featured a romantic range of opera favourites including the Pearl Fisher Duet, Lakme Flower Duet, Nessun Dorma, Chi Bel Sogno and Mascagni's Intermezzo as well as new music from the Opera Whitley and highlights from Westside Story.

Central Coast Grammar School cellist Sebastien Hibbard del Rosario will also perform.

"Sebastien has been invited to audition for the prestigious Julliard School of Music in New York.

"He will play a piece of unaccompanied Bach, and Piazzolla's Oblivion performed with the Central Coast Chamber Orchestra under the baton of Patrick Brennan," Mr Deeble said.

Mr Deeble said Opera in the Arboretum was a Rotary charity event.

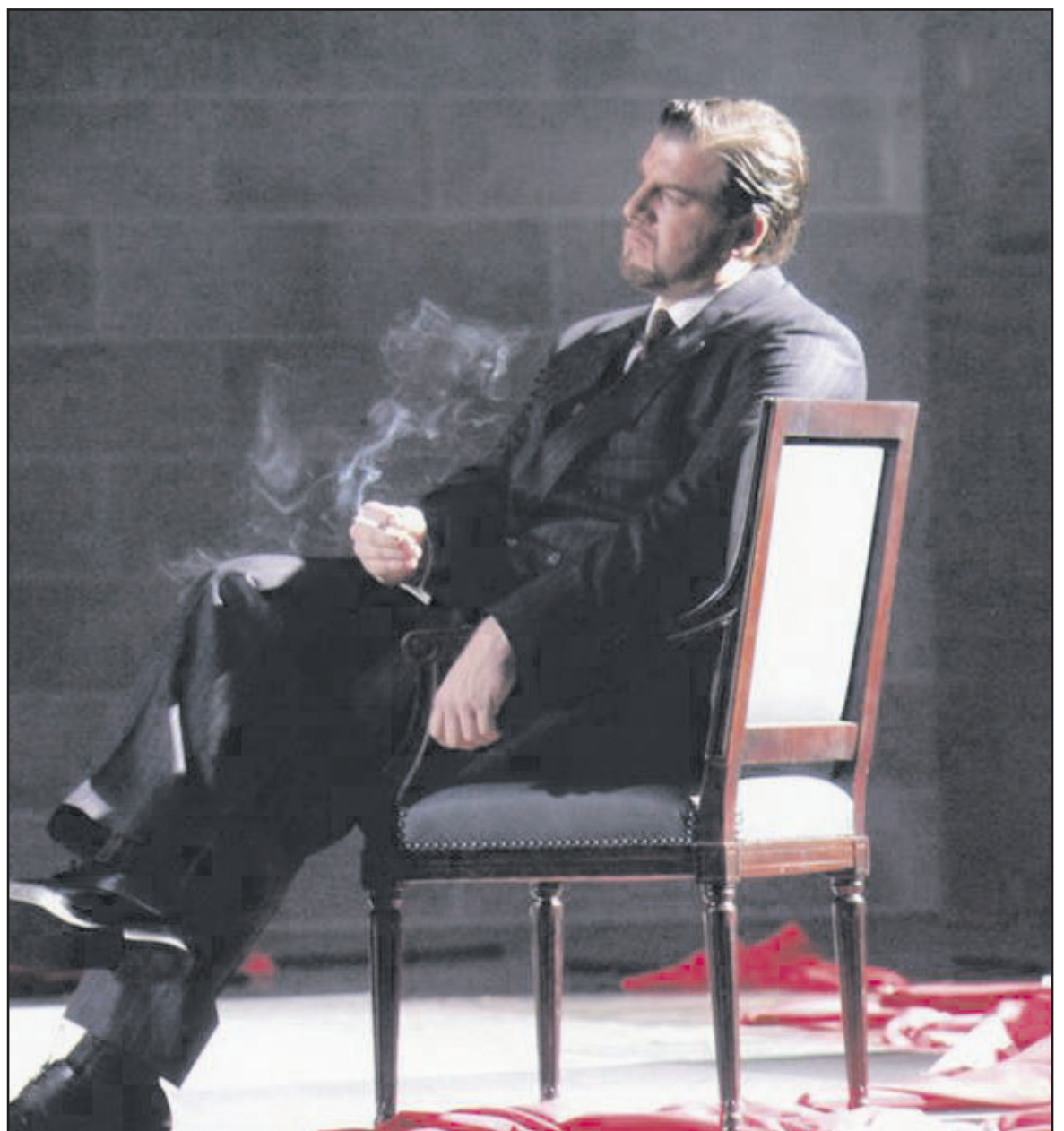
This year proceeds would go towards supporting bushfire and drought relief charities, Umina Men's Shed, Purple House, Cerebral Palsy research and Rotary's Pure Joy Women Empowerment Uganda.

Opera in the Arboretum will run from 3pm to 5:30pm.

Tickets are essential.

**SOURCE:**

Media release, 7 Feb 2020  
Vic Deeble, Rotary Club of Woy Woy



Bass baritone David Sumegi will perform at Opera in the Arboretum

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Authorised by Lucy Wicks MP, Liberal Party of Australia, Level 3, 60 Central Coast Hwy, West Gosford NSW 2250.







## Exchange student tells of experience in Austria

**The Rotary Club of Umina Beach exchange student Beau Seal has spoken to the club about his experience abroad at the club's 44th anniversary celebration earlier this month.**

Beau spent a year in Austria as part of his exchange returning in time for the start of the new school year at Brisbane Water Secondary College Woy Woy Campus.

"One year in Austria: It's such a weird concept to grasp.

"I look back at the year and think about my experiences and how crazy that would be for most people to do.

"Leave my friends, family, school, my home; and move to a foreign country, not speaking a word of the national language, attending school and pretty much starting the majority of my life from day one.

"But no matter how insane it was to leave everything behind and start again, there was not one second that I regretted it," Beau said.

"I made the most of every day, every experience and did my exchange the way I was supposed to do it.

"I learnt German.

"I met some of the best friends I could possibly meet.

"I rode a bike 500km, from Austria to Italy through the mountains.

"I snowboarded like every day was my last.

"I made mistakes and learnt from them.

"I lived with different families with different cultures and integrated those rules and notions into my everyday life.

"I got the chance to travel Europe, and to see things I'd never thought I'd see at 15-years-old.

"This experience stacked the blocks to start building towards my adult life.

"It pushed me towards the paths I want to take once I restart in Australia.

"It pushed me out of comfort zones, threw me in the deep end and told me to start swimming or I would drown real fast," he said.

Beau said leaving Austria was harder then it was to leave Australia, after his year of self-discovery and personal growth.

"To leave was one of the saddest things I've done to date.

"Austria has become another home to me, and I will go back one day," Beau said.

Beau's mother Ms Paula Hayes said more parents should consider a Rotary Youth Exchange.

"The truth is it benefits them for as long as they live," Ms Hayes

said.

"The changes and experiences that Beau has made and had over one year are changes and experiences that most of us would make over a lifetime and even then, some of us will not get to experience these opportunities.

"Beau has: learnt to speak German, travelled across nine European countries, visited relatives never before met, experienced seven different cultures, expanded his world views and just generally become a much more mature and grounded young man.

"Since returning to Australia four weeks ago, Beau has obtained his driver's licence, applied for and been accepted for two jobs, started Year 11 and is working hard towards his goal of studying medicine.

"I've found some challenges with parenting, mainly because he left a 15-year-old boy and has come home with the maturity of a 20-year-old man.

"Beau is still Beau but has views and beliefs that a significantly different to when he left.

"He knows exactly who he is, something that is extraordinary for a 16-year-old boy," Ms Hayes said.

**SOURCE:**  
Newsletter, 6 Feb 2020  
Simon Darwin, Rotary  
Club of Umina Beach

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## Rotary club celebrates 44th year

**The Rotary Club of Umina Beach has celebrated its 44th year.**

Rotarians gathered at Umina Surf Life Saving Club on February 7 for the club's birthday.

Club president Mr Rouel Vergara said: "Last week's 44th birthday celebration was truly remarkable and memorable.

"This club has made an impact not only in our local community but also internationally with our

various projects and endeavours over the years.

"We were joined by many of our fellow Rotarians from other Rotary Clubs to celebrate with us.

"It was also an honour for our club to have the presence of our

district governor Kalma McLellan.

"In spite of her busy schedule, Kalma managed to attend our occasion and also assist me in inducting new member Steve Hall.

"Another highlight of our birthday celebration was listening to the

presentation of Beau Seal about his exchange student experiences in Austria."

**SOURCE:**  
Newsletter, 12 Feb 2020  
Simon Darwin, Rotary  
Club of Umina Beach

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A moment from Rayon Riot I which was a part of last year's festival

## Events held in lead-up to International Women's Day

Three events will be held on the Peninsula as part of the Central Coast Women's Festival in the lead-up to International Women's Day on Sunday, March 8.

They will include a talk at the Peninsula Women's Health Centre, a barbecue fund-raiser in Umina and a luncheon held by the Deepwater Older Women's Network.

The Peninsula Women's Health

Centre's celebration from 10am on Wednesday, March 4, will include a free talk by Naughty Noodle Fun Haus creative director Ms Glitta Supernova. Bookings are required.

Umina Country Women's Association branch barbecue fundraiser from 8am to 3pm on Saturday, March 7, at Bunnings Umina.

At 7pm in the evening, the Naughty Noodle Fun Haus will stage Rayon Riot II at its venue on Broken Bay Rd, Ettalong. Tickets must be purchased.

On March 10, time unconfirmed, The Deepwater Older Women's Network will hold an International Women's Day luncheon at Don Leggett Hall at Peninsula Village in Umina. Booking is required.

Festival committee member Ms Margaret Heathcote said it was not too late for Peninsula women's groups, businesses and service providers to get involved.

Ms Heathcote said the festival had become a lightning rod for women's interest groups and services.

She said that, at its core, the festival was about celebrating women and all they do, from the day to day to the extraordinary.

SOURCE:

Media releases, 8 Jan 2020  
Interview (Dillon Luke), 12 Feb 2020  
Margaret Heathcote and Sally Jope, CCFWCC



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## Stall provides information about guide dogs

**A fundraising stall will be run by the Central Coast Volunteer Support Group for the NSW-ACT Guide Dogs Association in Woy Woy on March 19.**

Organiser Ms Lynne Lillico, of Pearl Beach, said the stall at the Deepwater Plaza shopping centre would be a good opportunity for people to find out how the association provided free services to help people with impaired vision.

She said it cost more than \$50,000 to breed, train and raise one guide dog and, as there was

minimal government funding, community support was vital.

"We are a small group of highly dedicated people who are passionate about the work that Guide Dogs do and we have developed relationships with regular customers who come to our stalls and support our endeavours," Mrs Lillico said.

The Woy Woy fundraising stall will be held on Thursday, March 19.

**SOURCE:**

**Media release, 4 Feb 2020  
Lynne Lillico, Guide Dogs CCSG**



## Smiles on Dials for disabled surfers

**The Central Coast branch of the Disabled Surfers Association will hold a Smiles on Dials morning at Umina Beach on March 7.**

The Association provides an opportunity that allows those with a disability to experience surfing, a pastime Association president Ms Rae Fiechter said many able-bodied people took for granted.

Ms Fiechter said the success of Smiles on Dials events hung on the level of volunteer participation with a high number of volunteers needed to ensure safety of participants on the water.

"Volunteers can register by calling Pauline Maniskas on 0416 332 166.

"Sign in on the day is at 9am with surfing commencing from

9:30am.

"A free barbecue lunch is provided for volunteers and participants from noon," Ms Fiechter said.

Volunteering consists of helping participants to and from the beach, assisting them in and out of the water including tandem board riding.

"Volunteers do not need to know how to surf, they just need to be willing to get wet and have some fun.

"If you surf, it's a bonus.

"A rash shirt will be provided, but volunteers are encouraged to bring their own wetsuits," Ms Fiechter said.

**SOURCE:**

**Media release, 3 Feb 2020  
Rae Fiechter, DSA Central Coast**

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## Float planned for Mardi Gras

**Ettalong's Coastal Twist organisation plans to enter a float in this year's Sydney Mardi Gras Festival.**

Coastal Twist board chair Mr Juan Iocco said the float would represent the theme of this year's Coastal Twist festival, Be The Change, while embodying the Mardi Gras theme of What Matters.

Creative director Ms Glitta Supernova said: "Local teens, mums and mums, mums and dads, hairdressers and students to CEOs and barristers are all pitching in."

She said space was being offered by Meals on Wheels in Woy Woy to build the float.

"We have our glue guns and jigsaws out and we are going to use them, creating some fun out of all the hard work required as we build a float, create costumes and music-choreography to boot," Ms Supernova said.

The Naughty Noodle Fun Haus of Ettalong will hold its Bauhaus Funhaus Dance Party in Woy Woy to coincide with the Sydney Mardi

Gras Festival which will feature a Coastal Twist float.

Naughty Noodle creative director Ms Glitta Supernova said the dance party would act as a direct connection to Mardi Gras for partygoers, while putting Woy Woy in the limelight.

"Sydney Gay and Lesbian Mardi Gras has invited the Naughty Noodle Fun Haus and Coastal Twist to be included in their live broadcast for our original, vibrant and inclusive world class parties.

The evening will feature a big screen with all the live action from the Mardi Gras Parade, as well as Sydney DJs Steve Sonius and Annabelle Gasper to the decks.

The Bauhaus Funhaus Dance Party will be held at Woy Woy Leagues Club from 6pm to midnight on February 29.

Tickets are essential.

**SOURCE:**

Media releases, 31 Jan 2-020, 5 Feb 2020

Juan Iocco, Naughty Noodle Fun Haus



Coastal Twist is bringing the Peninsula to Mardi Gras and vice versa

## Soccer club to raise money for player with cancer

**Southern Ettalong United Football Club will hold a fundraiser later this month for one of its members who has been diagnosed with cancer.**

Pelayo Ballester, a member of last year's premiership-winning Reserve Grade team, was first diagnosed with a brain tumour, after CT scans, but further tests also found cancer in his lung.

Pelayo and his partner, Haley,

are expecting their first child in early March.

The soccer club's head coach Mr Dale Eggleton said Pelayo had been an integral part of Southern Ettalong United's senior and junior program over the past 10 years.

"Over the last two seasons, Pelayo has coached our Under-21 Senior team as well as playing in our First and Reserve Grade teams.

"Pelayo not only has been a quality First Grade player, he has

also coached our junior teams as part of our progressive Junior Academy, is a mentor to our junior players and held in high esteem by all in our club."

Mr Eggleton said that the surgery to remove the brain tumour revealed it was a secondary cancer.

"Pelayo has had to undergo several scans and testing to discover the primary cancer which was found in his lung.

"Pelayo has undergone four

courses of chemotherapy so far."

Mr Eggleton said he was an inspiration to his teammates as, while undergoing the grueling treatment, he had not missed a pre-season training session.

He said Pelayo had a positive and determined mindset to win his battle with cancer.

The fundraiser will be held at Ettalong Bowling Club from 6pm on February 22, with a \$10 to attend.

The evening will include an

auction and a raffle, live music and other entertainment, with all proceeds going to support Pelayo Ballester.

"We are hoping for a fun and successful night for all who come along," Mr Eggleton said.

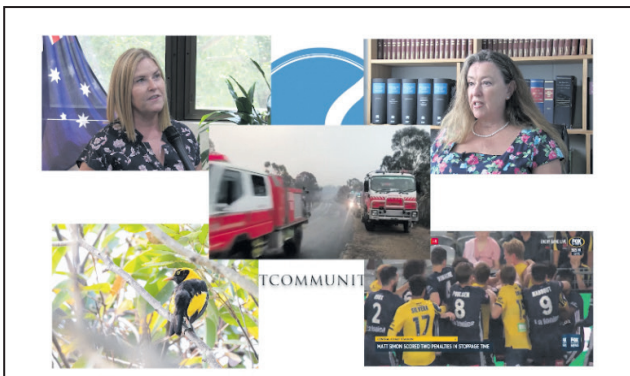
Contact Southern and Ettalong United Football Club for further information.

**SOURCE:**

Media release, 14 Feb 2020 Dale Eggleton, SEUFC



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For the 'MUST KNOW' stories from across the Central Coast in a handy video/audio format See 5@5 every Friday

See Around the Grounds on Monday for a wrap up of the weekend's sporting competitions





Cr Richard Mehrstens



Cr Troy Marquart



Cr Chris Holstein

## Peninsula councillors all miss at least four meetings

**The three councillors representing the Peninsula have all missed at least four of the 51 council meetings since the Central Coast Council term began in September 2017.**

Only three councillors have attended all meetings.

They were Gosford East Ward's Cr Jane Smith, and Wyong Ward's

Cr Kyle MacGregor and Cr Louise Greenaway.

The median number of meetings missed by councillors was four, with an average of 4.5 for those councillors who missed meetings.

Cr Troy Marquart had the worst attendance record of any councillor, missing 12 meetings. Seven of these were in 2018 and included medical leave following a fall from a roof in 2017.

Cr Richard Mehrstens missed four meetings, while Cr Chris Holstein missed six.

Their absences were split evenly between 2018 and 2019.

Numbers of meetings missed by the other councillors were: Cr Chris Burke (Wyong Ward) 10,

Cr Doug Vincent (Budgewoi Ward) 8, Cr Rebecca Gale (Gosford East Ward) 7, Cr Lisa Matthews (The Entrance Ward) 5, Cr Jilly

Pilon (The Entrance Ward) 4, Cr Jillian Hogan (Budgewoi Ward) 4, Cr Greg Best (Budgewoi Ward) 4, Cr Jeff Sundstrom (Gosford East Ward) 1 and Cr Bruce McLachlan (The Entrance Ward) 1.

The latest figures for attendances at councillor briefings stop at October 2019.

At that time, Cr Jane Smith had attended the most briefings, going to 60 out of a possible 78.

Cr Jeff Sundstrom attended 58, Cr Greenaway 55, Cr Hogan 54, Cr MacGregor 52, Cr McLachlan 50, Cr Holstein 48, Cr Mehrstens: 47, Cr Pilon 39, Cr Burke 38, Cr Gale 37, Cr Matthews 36, Cr Vincent: 33, Cr Marquart 19 and Cr Best: 17.

**SOURCE:**

Website, 11 Feb 2020  
Merilyn Vale, Central  
Coast Council Watch



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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 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

14 FEBRUARY 2020

YOUR REAL INDEPENDENT WEEKLY LOCAL NEWS

ISSUE 229

#### State of natural disaster declared

Central Coast Mayor, Lisa Matthews, has welcomed Wednesday's State Government declaration of a state of natural disaster for the Central Coast, and is urging Premier Gladys Berejiklian to visit the region to see first-hand how recent downpours have

#### Rare "beaked" whale washed up on North Avoca Beach

Residents of North Avoca were astonished when a rare "beaked" whale washed up on the beach on February 10.

#### Sports grants allocation bias denied

Member for Robertson, Lucy Wicks, has denied a claim by Member for Dobell, Emma McBride, that many sports clubs in the region "never had a fair chance" of receiving grants under the Community Sports Infrastructure program, in the

#### Councillors' disclosures of interest documents are very revealing

Eight councillors failed to declare whether they were or were not a property developer or had or did not have a close association with a property developer in their disclosures of interest documents on file with Central Coast Council.

#### Council makes special clean-up arrangements

As the clean-up from the February 8 and 9 weekend's devastating storms continues, with more rain predicted for later in the week, Central Coast Mayor, Lisa Matthews, has stressed that safety is a priority.

#### Historic tree succumbs to wild storm

The Macmasters Beach community is in mourning over the loss of an iconic Sydney red gum, which came down during heavy winds and rain on February 10.

#### Emergency Service volunteer units stretched to the limit

Central Coast State Emergency Service (SES) units are working hard to clear the backlog, after receiving more than 1,150 calls for assistance over the weekend of February 8 and 9, including 35 flood rescues.

#### Level 1 water restrictions imposed

Despite torrential rains over the weekend of February 8 and 9, Level 1 water restrictions were in place on the Central Coast as we went to press.

#### Somersby's BioTech Solutions site to expand

International chemical company, BASF, is expanding operations at its BioTech Solutions site at Somersby, providing a local supply of the company's biological inoculant, Nodulator.

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

5 FEBRUARY 2020

YOUR REAL INDEPENDENT WEEKLY LOCAL NEWS

ISSUE 182

#### First Australian pairing to reach the Men's grand final since 1998

The dream run of Wyong Tennis Club's Max Purcell through the Australian Open Men's Doubles Grand Slam has come to an end.

#### Health District Board reluctantly agrees to meet with Wyong Coal over \$14.8M donation

Wyong Coal representatives and the Board of Central Coast Local Health District will meet next Wednesday, February 12, to discuss a proposal by the mining company to donate \$14.8M to health services.

#### Mayor to push for vastly improved water features at The Entrance

An expansion of Vera's Water Garden with water features stretching from Memorial Park to Picnic Point, that's the vision Central Coast Mayor, Lisa Matthews, has for the The Entrance foreshore.

#### Community rallies against coal mine's seismic mapping of Lake Macquarie

Environmental Group, Save Our Coast (SOC), has just had a "win" to stop 3D seismic testing in ocean waters off the Central Coast, but is now facing another challenge over seismic mapping in the waters of Lake Macquarie.

#### Contract let for Mardi to Warnervale Pipeline

Following a rigorous tender process, Central Coast Council has awarded the contract for construction of the Mardi to Warnervale Pipeline to joint venture partners, Spiecapag and Seymour Whyte.

#### \$250 Regional Seniors' Travel Card launched

Travel expenses are about to get a lot more manageable for the Central Coast's old age pensioners, with the launch of the State Government's \$250 Regional Seniors' Travel Card.

#### Power and Pollution Summit to be held

About 200 community representatives will converge at Gwandalan for a Power and Pollution Summit on February 8 and 9.

#### Landcare groups will share almost \$35,000

Three northern Landcare groups will share almost \$35,000 between them in grants from the Shortland Communities Environment Program.

#### Independent consultant to audit key decisions regarding airport development

Central Coast Council has engaged an independent consultant to undertake an audit of the key decisions made regarding the development of Central Coast Airport.

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

### Train disruptions becoming more frequent

Once again, on February 10, we experienced a disrupted chaotic journey to the city from Woy Woy: People left queuing with buses coming every 30 minutes during peak hour on a Monday morning.

The queue started from the lift next to bus stand C and went well beyond the carpark along the train line opposite Deepwater Plaza.

Trains being suspended between Hornsby and Gosford in both directions meant that people were forced to squeeze into overcrowded rail buses.

This only exacerbated the overcrowding at Hornsby where only two platforms with services meant that every train was similar to sardines in a sardine can.

Elderly people were forced to stand and hold onto stair rails due to the overcrowding.

This could have potentially been a disaster with people pushing their way onto overcrowded trains and rail coaches.

This comes after yet another timetable change with no new services for the Newcastle and Central Coast line yet many more for Sydney's Western and Northern lines.

It is not hard to see that the Central Coast are not in the Government's mind.

Out of the last two timetable changes, we have received one more service between Gosford and Newcastle and none for the Central Coast to Sydney.

More and more frequently we are seeing disruptions on our train

## Forum

### LETTERS TO THE EDITOR

should be sent to:

**Peninsula News**

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

See Page 2 for contribution conditions

network and, 90 per cent of the time, it affects the Central Coast and Newcastle line: Everything from urgent signal repairs to freight trains requiring mechanical repairs.

All of these issues provide an unsatisfactory service for commuters and massive delays to people who have already spent a long hard day at work and just want to go home.

Instead, they are waiting for countless periods for services which are already at capacity.

The New South Wales Government and the Minister for Transport should consider the Central Coast and Newcastle in their next timetable update.

Central Coast residents are sick of sitting in packed carriages and sitting in stairwells, vestibules and toilets just to get on the train.

We need more train services.

Packed trains and rail buses are not the answer.

SOURCE

Email, 11 Feb 2020

Jackson Tumpey, Woy Woy

### Climate action rejected for 40 years

Climate change action has been rejected by the three levels of government since at least the 1980s.

The ramifications of this apathy have reached crisis level years in advance of predictions by experts.

Water security expected to be solved during the Millennium drought was referred to a special Council Meeting on December 16 where all the issues pertaining to water security were revisited, discussed again for the single purpose of political gain.

Has council's chief executive explained why consumption has increased from 150L/day to 180L/day, when all residents are claimed as being waterwise?

With this record of apathy, water security will be revisited in 10 years when the same process will be repeated, with an increased

## Forum

population and reduced water availability.

There are two basic requirements for action: funding and commitment.

Neither is assured in the future as the crisis advances to impact the carers.

This disaster has been methodically planned and is now a world media priority.

The wide-angle lens view of the future has begun.

This is not news for the locals familiar with the visionary practice of the local expert environmental educators Allen and Beryl Strom.

We can only apply their advice and imagine what might have been.

Sustainability at its finest.

Letter, 21 Dec 2019

Norman Harris, Umina



## Extend tidy town spirit indefinitely

I hope the spruce up by Peninsula Tourism Partners and Central Coast Council extends to Ferry Rd, as the gutters at the end of the road near the public toilet's have not been cleaned in months.

The dead trees and branches near the toilets need to be pruned back and the area under the trees landscaped.

During the Oyster Festival

### Forum

and recently Australia Day long weekend, no extra bins were supplied to handle the extra garbage.

I hope the Keep Australia Beautiful Tidy Town Competition spirit extends indefinitely for the benefit of tourism and ratepayers of Ettalong.

Email, 4 Feb 2020  
Patrick Croke, Ettalong

## Council issues order to remove native ground cover

Maggie Bartlett's suggestion (Forum edition 487) that road verges should be planted with native cover, instead of imported grasses is a very good one, but unfortunately, the Council does not agree and actually prohibits such use.

At some expense, I removed the mud and weeds from my front verge and planted climate-appropriate native ground cover.

I immediately received a Council order to remove my planting and to return the verge to its original condition.

When I objected to this instruction, I was told that the native cover constituted a hazard and that a fine would be imposed, if it was not removed.

There was no explanation of how the native cover could possibly constitute a hazard, since the verge is unusable, and pedestrians have to walk on the road pavement.

### Forum

The only recourse in this situation is an appeal to the Land and Environment Court which, of course, is prohibitively expensive for any houseowner, let alone a pensioner, so that the Council knows it can never be challenged on its decision.

It is obvious that matters of this scale should be dealt with by a simple submission to NCAT, but nobody is going to change the legislation, when few people are affected and there is no advantage to either state or local government to allow individuals access to a usable appeal channel.

This is something that might be taken up by the Community Environment Network, since road verges constitute a significant part of our urban environment and should be treated in a way that is appropriate to our local conditions.

Email, 6 Feb 2020  
Bruce Hyland, Woy Woy

## We call ourselves civilised

In another publication Robert Findley of Point Clare referred to a number of streets on the Central Coast "looking like garbage dumps".

I feel embarrassed when friends visit my part of Woy Woy, as the street verges are unkempt with weeds sprouting from the borders of the road edges and drains blocked with weeds and debris.

Litter is strewn around, including the odd smashed appliance, deserted pushbikes, shopping trolleys, a dumped chair (which has been lying upside down near

a local bus stop for almost a year).

Tree branches lie around, ignored, and the creek is choked with rubbish and overgrown weeds.

I wonder where my rates are going.

On discussing this with a customer service officer at Central Coast Council, I was told that no drive-by pickups were done and that each specific job must be logged with Council.

Oh dear, and we call ourselves civilised.

Email, 31 Jan 2020  
Yvette Pritchard, Woy Woy

### Forum

#### LETTERS TO THE EDITOR

should be sent to:

**Peninsula News**

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

See Page 2 for  
contribution conditions

## Peninsula has 1000 water bores

For readers concerned about people watering lawns, about a thousand or more properties on the Peninsula have spear point pumps which use bore water from the water table below.

The water that comes out is not drinkable.

Residents use it to water the grass, but the water pressure is high and the water tends to

### Forum

fluctuate.

That's why you need two or three taps or sprinklers on at once to drop the pressure.

Putting native plants or trees on the council strip under electrical wires is not a great idea.

The council has done this throughout the Peninsula in the past.

These trees get big then have to

be maintained.

The root system of these trees go into water pipes, Telstra and electrical conduits.

If they grow too big, you have to get a council inspector to look at it.

Then Ausgrid comes in, has a look and assigns their arborist.

More wasted money and all this to cut branches away from the wires.

Email, 11 Feb 2020  
Warwick Botfield, Umina

## Save Our Drinking Water NSW Central Coast

### Mountain Districts Association

We are urgently seeking your help. Our meagre funds from membership fees have evaporated and some members have been subsidizing costs out of their own pockets to the tune of thousands of dollars.

Can you help us?

<https://chuffed.org/project/saveourdrinkingwaternewcentralcoast#/supporters>



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# #EachforEqual

## Central Coast International Women's Day EXPO

Saturday 7 March 2020  
9am – 3pm

Westfield Tuggerah Shopping Centre

### FREE ADMISSION

Women, Men & Children Welcome

Let's create a gender equal world  
We're all responsible for our own thoughts and actions  
Challenge stereotypes, broaden perceptions, change situations  
An equal world is an enabled world  
So let's all be #EachforEqual

 Like us on Facebook  
CCIInternationalWomensDayExpo

all about women  
8 march  
satellite



11.00am-12.00pm	the gendered brain gina rippon	1.45pm-2.30pm	Local panel discussion
12.15pm-1.15pm	the forgotten women of astronomy jo dunkley	2.30pm-3.30pm	sober curious? jill stark, yumi stynes shanna whans
1.15pm-1.45pm	Light lunch and networking		

Please register to let us know you're coming

register 

event details  
Sunday, 8 March 2020  
10.45am – 4.30pm  
University of Newcastle  
Lecture Theatre 2 (LT102)  
10 Chittaway Road, Ourimbah  
[uon-all-about-women-satellite.eventbrite.com.au](http://uon-all-about-women-satellite.eventbrite.com.au)  
#allaboutwomen





### WOMEN IN ART | 1 TO 22 MARCH 2020

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EXHIBITION LAUNCH  
AND AWARD ANNOUNCEMENTS  
5:30PM FOR 6:30PM SUNDAY 1 MARCH

ARTISAN'S MARKET  
10AM - 4PM SUNDAY 1 MARCH  
10AM - 4PM SUNDAY 22 MARCH



FOR INFORMATION  
[WWW.TLAS.ORG.AU](http://WWW.TLAS.ORG.AU)

A TUGGERAH LAKES ART SOCIETY AND CENTRAL COAST FESTIVAL OF WOMEN EVENT

### Soroptimist International

Federation of the South West Pacific

#### International Women's Day Breakfast

The Reef Restaurant  
The Haven, Terrigal  
Sunday 8<sup>th</sup> March 2020, 7.45am  
**\$47 per person**  
Bookings made only on receipt of payment.

To make a booking and arrange payment email Lynne at [lynnewaters7@bigpond.com](mailto:lynnewaters7@bigpond.com) or phone 4332 9354

Numbers are limited so book early.  
RSVP no later than 21<sup>st</sup> February 2020  
Please state dietary requirements at time of booking.

Guest Speaker  
**Teela Reid**

Teela Reid is a lawyer and proud Wiradjuri and Wailwan woman from Gilgandra. Teela started as a PE teacher and was selected as Australia's female Indigenous youth delegate to the UN Permanent Forum on Indigenous issues. Teela was invited by the Referendum Council as a leader and facilitator in the landmark Constitutional dialogues on Indigenous Recognition that culminated in the Uluru Statement from the Heart. Teela was the Inaugural recipient of the NSW Indigenous Barristers Trust award and was selected to attend Harvard University as a global Emerging Leader. She is passionate about human rights and giving a voice to Aboriginal people.

Supporting Education for Women and Girls



### INTERNATIONAL WOMEN'S DAY 2020

#eachforequal

Celebrate with us...

**Breakfast 7-9am, Friday March 6, 2020**  
Mercure Kooindah Waters Central Coast,  
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**Guest Speaker**  
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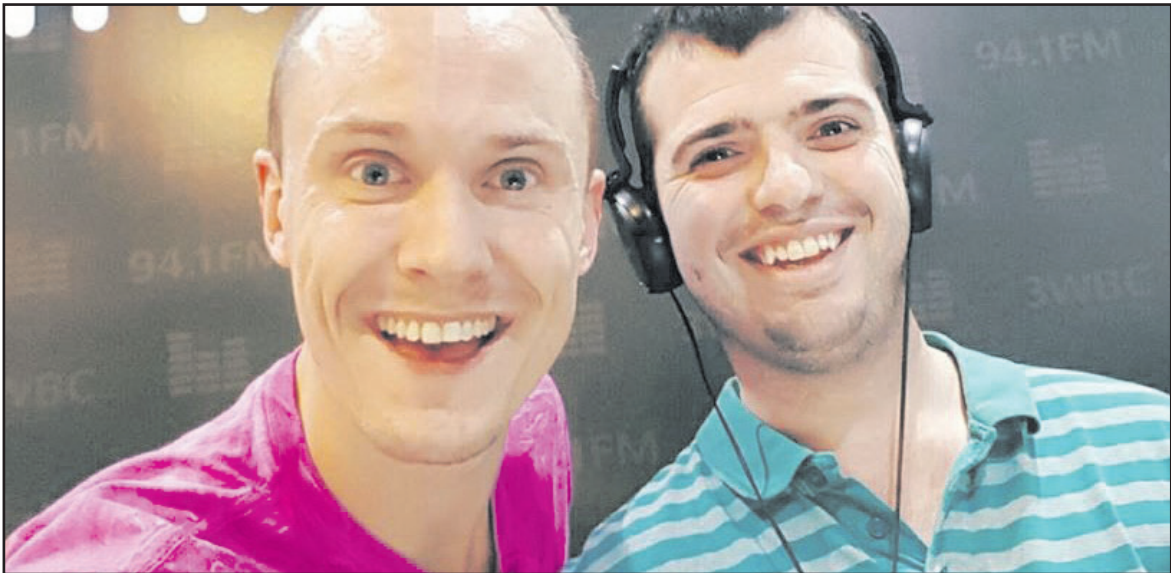
# CENTRAL COAST FESTIVAL OF WOMEN

Sunday 1 March		
Women in Art - Artisan Market	10AM-4PM	Free
Tuggerah Lakes Art Society   The Entrance Community Centre	Contact: rasheeda.flight@gmail.com	
Sunday 1-22 March		
Women in Art Exhibition Opens	10AM-4PM	Free
Tuggerah Lakes Art Society   The Entrance Gallery, The Entrance Community Centre	Contact: secretary@tlas.org.au	
Monday 2 March		
NSW Women's Week		
NSW Government	www.women.nsw.gov.au/news-and-events/nsw-womens-week	
Tuesday 3 March		
Creative Expression IWD Workshop #eachforequal with lunch	10AM-2PM	Free/Booking required
Central Coast Community Women's Health Centre   37 Maidens Brush Road, Wyoming	Contact: 4324 2533 / intake@cccwhc.com.au	
Wednesday 4 March		
IWD Community Celebration - speakers, musician, light lunch, social	10AM-1PM	Free/Booking required
Peninsula Women's Health Centre   20A McMasters Rd, Woy Woy	Contact: 4342 5905	
Thursday 5 March		
Because We Care Boutique Turns 1 - Morning Tea	10.30AM	Free/Booking required
Wyong Neighbourhood Centre   8 Rankins Court, Wyong	Contact: bwcbcc@wnci.com.au	
IWD Community Celebraton- speakers, entertainment, morning tea	10AM-12PM	Free/Booking required
Northern Women's Health Centre   7 Rose Street, Wyong	Contact: 4351 1152	
Friday 6 March		
International Women's Day Breakfast	7AM-9AM	\$50
BPW CC   Mercure Kooindah Waters, Wyong	info@cbwn.org.au / 0414 341 010	
Saturday 7 March		
International Women's Day Expo	9AM-3PM	Free
CCIWDCC   Westfield Tuggerah Shopping Centre	Contact: jillgodwin16@gmail.com	
International Women's Day Bunnings BBQ	8AM-3PM	
CWA of NSW Umina Beach Branch   Bunnings, West St, Umina Beach	Contact: margaret.key@me.com	
Women in Art Whole Day Workshop 1 - Turning Trash into Art	9.30AM-3PM	\$20 members and Central Coast art societies \$25 non-members
Tuggerah Lakes Art Society   The Entrance Community Centre	Contact: corinne@tlas.org.au / 0411 062 895	
WOW Summit 2020 'Healthy Balanced Realationships for a Caring Empowered World'	2PM-4PM	\$15
Wave of Wisdom   EVENTS Cinema - Westfield Tuggerah Shopping Centre	Contact: info@waveofwisdom.org	
Rayon Riot II - International Women's Day Cabaret	OPENS 7PM	\$38 / \$33
Naughty Noodle Fun Haus   5 Broken Bay Road, Ettalong Beach, NSW 2257	https://naughtynoodle.com.au/event/rayonriot/	
Sunday 8 March		
SIBW Annual International Women's Day Breakfast	7.45AM	\$47
Soroptimists International BW   The Reef Restaurant, Terrigal	Contact: lynnewaters7@bigpond.com	
All About Women Satellite - Streamed from Sydney Opera House	10.45AM-4.30PM	Free/Booking
The University of Newcastle   LT102, 10 Chittaway Rd, Ourimbah	uon-all-about-women-satellite.eventbrite.com.au	
The White Violet Long Lunch for International Women's Day	11AM-3PM	\$85 Includes champagne on arrival and delicious long lunch + live music and create your own beautiful fresh flower crown
She Story   The Entertainment Grounds, Gosford	www.theentertainmentgrounds.com.au/events/the-white-violet-long-lunch/	
Tuesday 10 March		
Women of Worth	Afternoon	Free/Booking required
Gosford Regional Community Services   Wyoming Community Centre, 147 Maiden's Brush Road, Wyoming	Contact: kathy@gosfordcommunity.org.au	
Wednesday 11 March		
Community Forum: Empowering Women and Equality with Trish Doyle MP Shadow Minister for Women and the Prevention of Domestic and Family Violence	7PM	Donation. RSVP 7 March
Ourimbah Narara Valley Branch ALP   The Grange Hotel, Pacific Highway, Wyoming	Contact: Melanie Gould 045 0272 798 melgould@hotmail.com	
Saturday 14 March		
Women in Art Whole Day Workshop 2: Serendipity	9.30AM-3PM	\$20 members and Central Coast art societies \$25 non-members
Tuggerah Lakes Art Society   The Entrance Community Centre	Contact: corinne@tlas.org.au Mobile: 0411 062 895	
Sunday 15 March		
Zonta Birthing Kits Packing Day	8AM-12.30PM	Free/booking required
Zonta Club of Central Coast   Central Coast Grammar School, Erina	zontatickets.com.au/event/11009	
Sunday 22 March		
Women in Art - Artisans Market	10AM-4PM	Free
Tuggerah Lakes Art Society   The Entrance Community Centre	Contact: rasheeda.flight@gmail.com	
Women in Art - Exhibition closes	10AM-4PM	Free
Tuggerah Lakes Art Society   The Entrance Gallery, The Entrance Community Centre	Contact: secretary@tlas.org.au	





Health



Jeremy Samson and Doug Austin

## Panel discussion about autism spectrum disorder

A live panel discussion about autism spectrum disorder will take place in Ettalong on February 25.

Known as On The Spectrum Live, the free two-hour panel will feature a range of industry experts discussing signs of and what to look for when questioning if someone is on the spectrum as well as several hot topics relevant

to people on the spectrum and their support network.

Hosted by Asperger's Trainer Program managing director Mr Jeremy Samson and Austin Media managing director Mr Doug Austin, On The Spectrum Live began as a fortnightly radio show in 2015 and has grown into a travelling stage show designed to visit regional communities to provide the latest

education and discourse on Autism Spectrum Disorder.

The session will run from 7:30pm to 9:30pm at Ettalong Diggers.

Although free, places are limited and must be booked through Ettalong Diggers.

SOURCE:

Media release, 13 Feb 2020  
Joy Allan, Ettalong Diggers

## Heart health promoted on Valentine's Day

A local hospital has promoted heart health on Valentine's Day, February 14.

Staff at Brisbane Waters Private Hospital staff wore red to promote the importance of heart health and raise awareness for Australasia's number one killer: heart disease.

"As the key contributors to heart disease, including smoking, obesity, physical inactivity and diabetes continue to be widespread, we wanted to take the opportunity to raise awareness for heart health this Valentine's Day," said Healthe Care Australia chief executive Mr Steve Atkins.

Brisbane Waters Private Hospital is owned by Healthe Care.

Along with wearing red, the staff shared special Valentines cards with patients and each other and held a fundraising raffle in support of Health Research Australia.

SOURCE:

Media release, 12 Feb 2020  
Haydn Murray, Healthe Care Australia



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Dr. Dolly Soni



# Auto-immune disease attacked brain cells

**A Woy Woy man wants residents to become more aware of a little-known medical condition that he believes almost cost him his life.**

Mr Jackson Tumpey was a normal 23-year-old when he was diagnosed with auto-immune encephalitis, an illness that caused his immune system to attack healthy brain cells.

He said that over time the attacks on healthy cells lead to brain inflammation which can cause neurological and psychiatric symptoms, including impaired memory and cognition and problems with balance, speech and vision to full blown psychosis, aggression, inappropriate sexual behaviours, panic attacks, compulsive behaviours and intense emotions.

Symptoms may fluctuate, but often progress over days to a few weeks, he said.

He said that if left untreated the disease could progress to loss of consciousness, coma and in some cases death.

Mr Tumpey said he was diagnosed on September 10 last year.

"I was on my usual drive to work on the M1 when it all started.

"I lost the ability to make cognitive decisions and went into autopilot.

"I managed to drive from the Central Coast to Sydney successfully, but I still don't remember the whole drive," Mr Tumpey said.

"Within two hours of arriving to work, I lost the ability to complete a coherent sentence.

"I became more and more frustrated because as far as I was concerned, I was making sense, but no one could understand me.

"The only way to describe it is when you are half asleep and cannot speak coherently until you're fully awake, except I

couldn't do anything to fix this," Mr Tumpey said.

After another few hours, Mr Tumpey began losing control of his movement and began hallucinating.

By the time he arrived at Royal North Shore Hospital, he could barely walk without falling over and was dismayed to find that hospital staff suspected he was in the throes of a drug overdose not an unknown medical episode.

"The nurses believed that I was having a drug overdose and were asking me how long I had been using and what had I taken," Mr Tumpey recalled.

After a urine sample eliminated drug use, Mr Tumpey underwent a series of tests.

"An MRI confirmed I had inflammation on the brain, but doctors weren't sure what was causing it."

Mr Tumpey spent a few days undergoing tests for everything from tuberculosis to cancer as

doctors whittled down the list of possible causes until he was diagnosed with auto-immune encephalitis.

Mr Tumpey said those days of waiting were some of the worst of his life, along with the following fortnight where he was kept in the hospital's neurology ward.

"The doctors didn't want me to go outside, but after five days of pleading I was allowed to walk through the gardens."

After almost a month in hospital, Mr Tumpey was discharged and then began the process of getting his life back in order.

"I had been bedridden with the flu a week or two before I was hospitalised and doctors suspect that's when the auto-immune encephalitis emerged," Mr Tumpey said.

Mr Tumpey said his mental abilities came back within a week of his hospital stay.

However, he found that, while he could now walk without fear of

falling, he walked at odd angles and couldn't walk straight without actively thinking about it.

He is still contending with a licence suspension imposed due to his treatment involving anti-seizure medicine.

While the suspension has limited his independence, Mr Tumpey is taking it day by day and is now sharing his story to raise awareness about his condition.

"I hope that more people become more aware of auto-immune encephalitis and that medical professionals can learn to diagnose this condition more swiftly.

"If doctors and nurses can see the signs and test for this sooner, people can begin to be treated quicker and reduce treatment and recovery time," he said.

**SOURCE:**  
Email, 10 Feb 2020  
Jackson Tumpey, Woy Woy

## Umina Chiropractic Centre

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

### HI FROM THE TEAM AT UMINA CHIROPRACTIC CENTRE

We just wanted to touch base with our Peninsula community and briefly mention how wonderful it is to care for children.

A recent public voting poll was held amongst the Australian

people to help determine the effectiveness and safety of chiropractic care for kids (see below).

We believe that the statistics speak for themselves.

So, whilst you're busy reading

our blog, we'll be busy continuing to care for our next generation.

Take care and we look forward to seeing both you and your family, soon.

## Chiropractic Care for Children

Australian chiropractors are five-year university trained, and are government registered and regulated healthcare professionals. In Australia, the chiropractic profession is well established, with over 300,000 visits to chiropractors each week. Approximately 30,000 of these visits are children under the age of 18 years.

### Safer Care Victoria Review

In March 2019, the Victorian Health Minister tasked Safer Care Victoria (SCV) to lead an independent review of the practice of spinal manipulation on children under 12 years. SCV wished to hear from parents of children who have accessed chiropractic care, exploring their experiences, both positive and negative.

### Of the Submissions from the Public...



**21,824 submissions in total** – the largest of any public stakeholder engagement



**98%** said that chiropractic care helped their child, indicating **improvement after treatment**



**95.8%** stated they were **'satisfied'** or **'very satisfied'** with the **information provided about the risk of treatment**



**99.7%** reported a **positive experience** with chiropractic care of their children



**99.1%** indicated they were either **'satisfied'** or **'very satisfied'** with **information provided** by the chiropractor **about the benefits of treatment**



**68.9%** reported that they had also **consulted with a GP** about the problem

### Safety

In Australia, there has never been a serious adverse event reported in the literature or in insurance claims, involving the care of a child by a chiropractor. This is despite the fact that there have been an estimated 12-15 million visits by children to chiropractors in the last 20 years.

The evidence of harm is low because chiropractors modify their techniques to suit the age and developmental stage of the patient across the lifespan.

### Evidence of Effectiveness

SCV also performed a systematic review of the evidence of effectiveness for chiropractic care of children. High level evidence does not currently exist for many commonly used paediatric health interventions, including spinal manipulation.

The situation is different for adult care, where spinal manipulation for conditions such as low back and neck pain, rate moderate to high level evidence.

Evidence was found to be positive but inconclusive for some conditions, such as colic and bed wetting. For the other conditions – headache, asthma, otitis media, cerebral palsy, hyperactivity, and torticollis – the SCV review found there was no high level evidence that spinal manipulation was effective for children under 12 years.

SCV recommended allocation of funding for further research that may further clarify the role chiropractors have to play with paediatric health care.

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





## Defeat your pain today!

Xin Gu The Pain Terminator will beat your pain without using any medication and surgical procedure

### DO YOU KNOW?

Our body produces own pain relief substances? With appropriate technique, we can stimulate the production of these substances to enhance pain relief, and this technique already practiced for **OVER TWO THOUSAND YEARS**, this technique called acupuncture.

That's right, in fact, over the past decade, extensive research has been done on the neuro mechanism behind acupuncture analgesia, according to the article published in 2008, by institute of neurobiology in China, it suggests that acupuncture stimulate the production of various signal molecule such as opioid peptide, glutamate, 5-hydroxytryptamine and cholecystokinin octapeptide. These are all body's natural pain relief substances.

Since it is produced by your own body, therefore, its **NONE ADDICTIVE, LESS SIDE EFFECT** and most important of all, **EFFECTIVE PAIN RELIEF**.

### DOES IT HURT?

In our clinic, we use fine disposable Korean acupuncture needles, so you won't feel anything apart from mosquito bite like sensation on initial insertions.

### BUT I AM SCARED OF NEEDLES!!!

We can use Moxibustion instead, Moxibustion is a technique involve burning herbal incense above the acupoint, it uses the heat to stimulate the acupuncture point, which achieve the same effect, without needles, no pain at all.

### WHY DO I GO FOR XIN GU ACUPUNCTURE?

Xin Gu graduated as bachelor of health science: traditional Chinese medicine, he is now a national registered Acupuncturist and herbalist. After graduated, he also trained under Dr Xiao (master of acupuncture analgesia) in China to learn five element acupuncture, which is an ancient technique to stimulate the natural pain relief substance, since your body naturally produce it, therefore it is **NONE ADDICTIVE, LESS SIDE EFFECT** and **EFFECTIVE PAIN RELIEF**. No wonder why his patients like to call him "pain terminators"

### IDEAL PATIENTS.

Anybody with pain.

### WHAT RESULT AND OUTCOME AM I EXPECTING?

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# DONT TURN YOUR BACK ON HEARING LOSS

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*Whilst occupational noise induced hearing loss is entirely preventable, once acquired it is irreversible. Occupational hearing loss can occur gradually over time, or it can be instantaneous if you are exposed to a one-off, very loud noise like a shotgun going off next to your ear.*

Workers in industries, such as construction, use a variety of tools and machinery in the course of their work. If you are exposed to noisy tools or machinery at work, you are at an increased risk of occupational hearing loss.

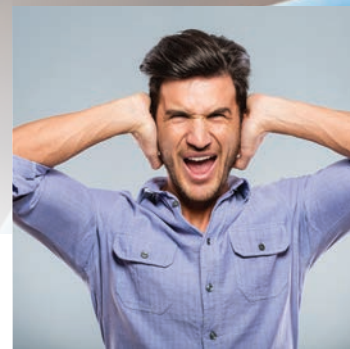
It is difficult to control noise levels in workplaces. As a rule of thumb: If you are on a construction site and cannot hear the person next to you speaking unless they raise their voice, you should be wearing hearing protection.

The damage that noise induced hearing loss causes is irreversible. Two main indicators of occupational hearing loss are:

## Tinnitus

Tinnitus is a condition described as the perception of sound (often buzzing, ringing, or hissing) in the absence of any external sound (there is no sound others hear but you do). This essentially takes away the opportunity for the you to experience quiet, and can be very distressing.

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## High-Pitched Hearing Loss:

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Occupational hearing loss can be detected with a hearing test. In fact, early identification is important in order to recognise the presence of noise induced hearing loss and then take steps to prevent further hearing loss.

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**Peninsula Hearing Shop 6, 2 Berith St, Umina Beach Ph 4342 9736**

\* World Health Organisation



Education



# Students urged to apply for performing arts program

**Brisbane Water Secondary College campus principals Ms Kerrie O’Heir and Ms Rebecca Cooper have encouraged music, dance and drama students to consider auditioning for the Youth In Performing Arts 2020 program.**

The program, run through Central Coast Council’s Laycock St Community Theatre, will be held across March and April with the aim of promoting and fostering the

development of the performing arts on the Central Coast.

Director Mr Gary Jackson said: “Our local young performers are incredible and YIPA is always looking for innovative new performers or new or different works.”

The program is open to local performers aged 12 to 21.

“We’ll be holding auditions at venues across the Coast, including in schools, from March 16 through April 9.”

Dance auditions will be held on

March 22.

Auditions for vocals, drama, instruments and all other performing arts will be held from March 28 to 29.

Further information and audition forms are available on the Youth in Performing Arts Facebook page or Central Coast Council’s website.

**SOURCE:**

**Social media, 12 Feb 2020**

**Kerrie O’Heir, BWSC Umina Campus**

**Rebecca Cooper, BWSC**

**Woy Woy Campus**

**Media release, 10 Feb 2020**

**Gary Jackson, YIPA**

# Ettalong students succeed at swimming carnival

**Ettalong Public School held one of its most successful swimming carnivals in recent years earlier this month, according to principal Ms Lynn Balfour.**

She said several school

records were broken with students receiving ribbons and awards during an assembly on February 12.

“Records were dropping like flies at the swimming carnival,” she said.

“We now have lots of students representing our school at the Sydney North Swimming Carnival,” Ms Balfour said.

**SOURCE:**

**Newsletter, 11 Feb 2020**

**Lynn Balfour, Ettalong**

**Public School**

# Students attend anti-bullying show

**All Woy Woy Public School students have attended an anti-bullying and resilience-building show, according to principal Ms Ona Buckley.**

The school’s Parents and Citizens Association subsidise the cost for all students to attend a show, The Human Race, delivered by student-educative theatre producers Brainstorm Productions.

Assistant principal and head teacher of well-being, Ms Michelle Williams, said the show was a part of the school’s commitment to providing a safe, supportive and respectful teaching and learning community that promoted student wellbeing.

“As parents and carer’s, it’s important to understand exactly what types of behaviours constitute bullying and which do not,” she said.

“Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

“Cyber bullying refers to bullying conducted using information and communication technologies.

“Bullying can involve humiliation, domination, intimidation, victimisation and all forms of harassment including that based on gender, race, disability, sexuality or status.

“Bullying of any form or for any reason can have long term

effects on those involved including bystanders.”

The show aimed to provide strategies to help reduce the incidence of bullying at school and online, and to encourage kindness, respect, empathy and inclusion.

The show tells of two students, Dunc and Deedee, who are being bullied and excluded by their peers.

The pair are horrified to find themselves forced into in a “most embarrassing kid in the school” competition by their peers.

In the show, the pair use their skills in conflict resolution, problem solving and assertiveness to come out on top in their distressing situation.

Ms Williams said: “All students have the right to expect that they will spend each day in and out of the classroom free of bullying.

“Students therefore have the responsibility to behave in such a way that does not interfere with this right.

“The expectation at Woy Woy Public School is that students will not participate in violence, discrimination, harassment or intimidation,” she said.

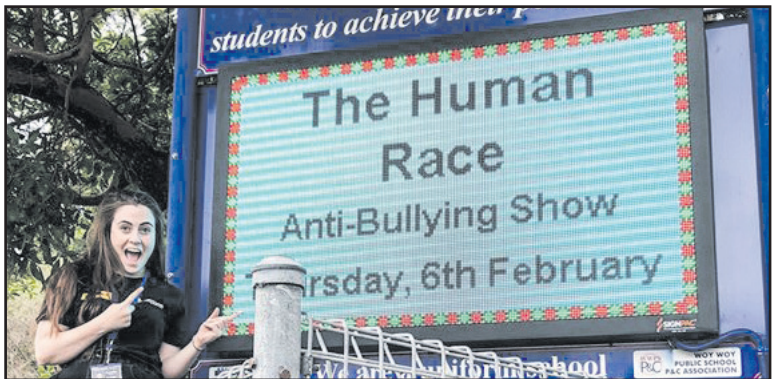
Ms Williams said parents and carers were welcome to contact the school or their child’s classroom teacher if they had any concerns about their child’s wellbeing.

**SOURCE:**

**Newsletter, 7 Feb 2020**

**Ona Buckley, Woy Woy**

**Public School**



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## Guessing competition for injured wildlife

**Woy Woy South Public School has launched a lolly jar guessing competition to raise funds to support bushfire impacted wildlife.**

The competition was launched on February 10 and has run daily every morning at the basketball court and at the Kindergarten to Year 2 Cola area on Tuesday and

Thursday afternoons.

There are multiple jars containing different types of lollies available to be won with a successful guess and the competition costs a gold coin to enter.

**SOURCE:**  
Social media, 5 Feb 2020  
Matt Barr, Woy Woy South Public School

**Brisbane Water Secondary College Parents and Citizens Association treasurer Ms Debbie Ritchie of Umina is a state finalist in the NSW Parents and Citizens Association Awards.**

She was the Central Coast's finalist at the end of last year.

Umina Campus principal Ms Kerrie O'Heir said Ms Ritchie was nominated by her fellow association members for her commitment to getting the Single One Touch Payroll system up and running across both campuses of the College.

"The Association wants to acknowledge her ability to problem solve as well as honour her ongoing commitment to our College," Ms O'Heir said.

Ms Ritchie is one of 14 finalists who will be attending the awards night in Sydney on February 28," Ms O'Heir said.

**SOURCE:**  
Social media, 3 Feb 2020  
Kerrie O'Heir, BWSC Umina



## School to hold Teddy Bears' Picnic

**Woy Woy South Public School will hold a Teddy Bears' Picnic on March 11 as a mufti day.**

It will start with a performance by Kindergarten students of teddy bear-themed songs in the school hall at 12pm.

Attending parents and carers

will be invited to join their child in their classroom for some teddy bear activities before the school congregates in the playground for a picnic lunch.

Guests must bring their own picnic lunch and something to sit on and are advised no food containing nuts will be allowed due

to student allergies.

The event costs a gold coin donation for students with proceeds going to the Westmead Children's Hospital.

**SOURCE:**  
Newsletter, 12 Feb 2020  
Matt Barr, Woy Woy South Public School



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## Dancing by the Water series starts at Lions Park

The Dancing by the Water series run by the Central Coast Bush Dance and Music Association started in Lions Park, Woy Woy, on January 11, after the first dance in the series was cancelled due to the heat.

"After being forced to cancel our first Dancing By The Water on January 4, simply because it was just too hot to dance, we were thrilled to have perfect dancing weather for our second attempt," said Association secretary Ms Robyn Northwood.

Six couples enjoyed perfect dancing conditions, she said.

The bush dances included the Thady You Gander, Country Bumpkin and Big Circle Waltz, as well as the more complex Queen of Sheba and Geud Man of Ballanghali.

She said members were pleased to have been able to meet in January after a spate of poor weather kept the group away.

"Fingers are crossed for similar conditions for the remaining two Saturday evenings in January," she said.

It is hoped conditions will be favourable for the remaining two Saturdays of the month with the group planning to meet on both afternoons and dance until dark.

"January 11 made a pleasant change from when we were washed out on most of the Saturday evenings in January last year."

The group meets from 5:30pm and anyone is welcome to come along and socialise or try their hand at dancing.

**SOURCE:**  
Media release, 15 Jan 2020  
Robyn Northwood, CCBDMA

## All-round entertainer at folk club

The Troubadour Folk Club will wrap up its Fabulous February concert series with a performance by Mic Conway at Woy Woy's St Luke's Hall from 7pm on February 29..

An ARIA award winner, Mr Conway is a singer, actor, musician, songwriter, fire eater, magician, tap dancer, juggler and all-round entertainer.

Troubadour president Mr Michael Fine said, after nearly 50 years, Mr Conway was finally ready to make his Woy Woy debut.

"Mic Conway has toured across Australia, Britain, USA, New Zealand and Asia delighting audiences of all ages.

"He has written and recorded many albums and worked across the board in theatre, music, cabaret, television and film.

"With his brother Jim, Mic founded the Captain Matchbox Whoopee Band in 1970 which soon became a cult phenomenon.

"Together they recorded seven records, two of which achieved gold status.

"Mic then went on to create the Soapbox Circus, which went on to become a founding member of Circus Oz," Mr Fine said.

Mr Conway will be appearing with guitarist Robbie Long.

"This is the performance that will provide a climactic and unforgettable conclusion to the club's Fabulous February program."

"In these near apocalyptic times, this is one show that should not be missed," Mr Fine said.

Tickets are essential.

**SOURCE:**  
Media release, 12 Feb 2020  
Michael Fine, Troubadour Folk Club

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# Pearl Beach literary lunch attracts 100

A literary lunch with investigative journalist Ms Kate McClymont held at the Pearl Beach Community Hall on February 8 attracted more than 100 local residents.

Ms McClymont spoke about her latest book, *Dead Man Walking: The Murky World of Michael*

McGurk and Ron Medich.

Organiser Ms Annie Karbowski said the event was: "A fabulous and entertaining afternoon with one of Australia's leading investigative journalist."

SOURCE:

Media release, 12 Feb 2020  
Annie Karbowski, Two Turkeys Events and Catering



Two Turkeys business partners Karen Ferguson and Annie Karbowski with Kate McClymont



Sean Crawley

## Author talk in Woy Woy

Long Jetty author Mr Sean Crawley will hold an author talk in Woy Woy from 10am on March 11.

His latest book, *Dead People Don't Make Jam*, is a collection of 49 short stories "that take a deep dive into the lives of ordinary Australian families and all the

highs and lows that make life interesting".

The book has been published by independent Australian publisher Gininderra Press.

The talk will be held at the Gnostic Forest store.

SOURCE:

Media release, 10 Feb 2020  
Sean Crawley, Long Jetty



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# COASTAL DIARY

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

### 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 4350 1550**

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

### TUESDAY, FEB 18

**Seniors Festival 2020: Department of Human Services: Information Sessions - Estate Planning For Older Australians, Lake Haven Library, Free - no bookings required, 10:30am 12pm, Understanding Retirement Income Streams, 12:30pm - 2pm 4350 1570 Celebrate Grand-parents Storytime, no bookings required, 18 & 20/02 - Erina & Umina Library - 10:30am, 18/02 - Toukley Library - 11am**

Community Compass: Free mentoring for community groups, Smart Work Hub Gosford, Bookings required

**Coastal Lagoons Audit, Wamberal SLSC - 10am - 1pm, Terrigal SLSC - 3pm - 7:30pm**  
yourvoiceourcoast.com/tcla

Community Grants Program Drop In Session, Erina Centre Meeting Space (next to Erina Library) Registrations required, 3pm - 7pm

### WEDNESDAY, FEB 19

**Seniors Festival 2020: Seniors Fair, Umina Beach Library, No bookings required, 10am - 3pm 4304 7333**

Stephanie Parkyn Author Event: 'Josephine's Garden', Erina Library, Free, 1:45pm - 3:15pm

**Seniors Festival 2020: Department of Human Services Information Sessions - Accommodation Options, Toukley Library, Free - No Booking required, 10:30am - 12pm, Understanding Aged Care Fees And Charges, 12:30pm - 2pm 4350 1540**

Community Grants Program Drop In Session, Wyong Council Administration Building, Registrations required, 3pm - 7pm

**Retirees Meet and Greet: Silver Storytime, Erina Library, no bookings required, 10am - 12pm 4304 7650**

### THURSDAY, FEB 20

**Central Coast Innovation Series: An opportunity for you to collaborate to innovate, The Entertainment Grounds, Free, 8am - 11:30am, centralcoast.nsw.gov.au/bigideas**

Writer's Mixer: Emerging Writers Professional Development and Networking Series, Erina Library, Booking's required, 7pm - 8:30pm

**Seniors Extreme Weather Resilience, Toukley Library, 10am - 12:30pm 4350 1540**

### FRIDAY, FEB 21

**Seniors Festival 2020: Department of Human Services: Information Sessions - Understanding Retirement Income Streams, The Entrance Library, Free, 1pm - 2:30pm, Understanding Superannuation, 10:30am - 12pm 4350 1550**

A Celebration of 'The Superstars of Country: Then & Now, Laycock Street Theatre Auditorium, Ticketed, 8pm Lunch, Guest Speakers, Raffles, Friendship Days And Fun, Halekulani View Club, 11am

Tuggerah Lakes U3A presents a Talk on: 'From Jesus to Christianity - the first 400 years Part 2', The Entrance/Long Jetty RSL Hall, 10am - 12pm

Free Seniors Day - Information Morning, 9am - 11am, the new empire dance and concert afternoon tea, 1pm, Gosford RSL

First Meeting Of Year - Dying With Dignity NSW, Meeting Room 3 Erina Library (The Hive, Erina fair) 10am

### SATURDAY, FEB 22

The AC/DC Story, Laycock Street Theatre Auditorium, Ticketed, 7:30pm



**Celebrity Psychic Medium - Mitchell Coombes: Messages from Spirit, Ettalong Diggers, Ticketed, 6:45pm 4343 0111**  
www.ettalongdiggers.com

Batik - Hot Wax Resist Workshop, The Makers Studio Central Coast Inc. Gosford, Ticketed, 22 & 23/02, 10am - 4pm

**CCC: Free Chemical CleanOut, Mount Penang Event Park Kariong, 22 & 23/02, 9am - 3:30pm**  
www.cleanout.com.au



**Chalk the Walk, Waterfront Plaza The Entrance, 12pm - 8pm**  
centralcoast.nsw.gov.au/whaston/chalkthewalk

The Central Coast Series skate, scooter and BMX competition 2020, Wadalba Skate Park, Entry is free and open to riders aged 5-24



**Visit our brand new display homes, Lakeside Chain Valley Bay, 10am - 12pm 4058 2964**

### SUNDAY, FEB 23

**Central Coast Mariners vs Sydney FC, Central Coast Stadium, Ticketed, 6pm**  
www.a-league.com.au

Conrad Sewell 'Big World' Tour, Central Coast Leagues Club, Ticketed, 7pm

**The Australian Seekers Show, The Ettalong Diggers, Ticketed, 3:30pm 4343 0111**  
www.ettalongdiggers.com

Lions Club of Woy Woy: Car Boot Sale and BBQ, Car Park Dundan Road Woy Woy, 6am - 1pm

Book Launch - Sean Crawley: Dead People Don't Make Jam, Tuggerah Lakes CWA, all welcome, 3:30pm

**Climate Action Plan Community Workshops, Lake Haven Shopping Centre, 10am - 2pm, have you say online or register your interest**  
yourvoiceourcoast.com

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

Symphony Central Coast: One Land, Many Stories, Memorial Park, The Entrance, Free Concert, 4pm

### MONDAY, FEB 24

NSW Seniors Festival: Better Hearing Australia Central Coast - A Beautiful Day in the Neighbourhood, Avoca Beach Picture Theatre, first 100 tickets free, 1:30pm

### TUESDAY, FEB 25



**Life on the Spectrum, The Ettalong Diggers, Ticketed, 6:30pm 4343 0111**  
www.ettalongdiggers.com

Brisbane Water Evening View Club Monthly Meeting, Function Room at the Grange Hotel, 7pm

**Climate Action Plan Community Workshops, Lake Munmorah United Bowling Club, 6pm - 8pm, have you say online or register your interest**  
yourvoiceourcoast.com

### THURSDAY, FEB 27

Ultimate Gamer Tournament (12-24yrs), Erina Fair, Entry is free, 4:30pm - 7:30pm

### FRIDAY, FEB 28

**Review of the Warnervale Airport (Restrictions) Act 1996: Have your say, Wyong Council Chambers (2 Hely St) 2pm - 5pm to speak at the forum email - centralcoast@planning.nsw.gov.au**  
www.planning.nsw.gov.au

Woy Woy Rugby Club Sports Luncheon, Ettalong Diggers, Ticketed, 12pm - 4pm

The Central Coast Volunteer Support Group: Raising money for Guide Dogs fundraising stalls, Lake Haven Shopping Centre

Robert Gerrish Author Event, Woy Woy Library, 10:15am - 11:45am

### SATURDAY, FEB 29



**Coastie Mardi Gras Dance Party, Woy Woy Leagues Club, Ticketed, 6pm - 12pm**  
naughtynoodle.com.au/whaston

Troubadour Folk Club: Mic Conway with Robbie Long (Aust) St Luke's Hall Woy Woy, Tickets at door, 7pm

**CCC: Free Chemical CleanOut, Council's Long Jetty Depot Bateau Bay, 29/02 & 01/03, 9am - 3:30pm**  
www.cleanout.com.au

Clean Up Australia Day 2020, Hardys Bay Community Church, 8am

### SUNDAY, MAR 1

**Women in Art Expo and Artisan's Market, The Entrance Gallery And Complex, 1/03 - 22/03, 10am - 3pm**  
www.women.nsw.gov.au

Wyong Family History Group: Hits and Misses Seminar, Tuggerah Community Hall, Ticketed, 10am - 3:30pm

### MONDAY, MAR 2

Continnence Foundation Talk, Bateau Bay Library, bookings essential, 1:30pm - 2:30pm

### TUESDAY, MAR 3

**Festival of Women: Creative Expression IWD Workshop with lunch, 37 Maidens Brush Road Wyoming, Free - Booking required, 10am - 2pm**  
www.women.nsw.gov.au

### WEDNESDAY, MAR 4

**Festival of Women: IWD Community Celebration - speakers, musician, light lunch, social, Peninsula Women's Health Centre, Free - Booking required, 10am - 1pm**  
www.women.nsw.gov.au

### THURSDAY, MAR 5

**Festival of Women: Because We Care Boutique Turns 1 - Morning Tea, Wyong Neighbourhood Centre, Free - Booking required, 10:30am. IWD Community Celebraton- speakers, entertainment, morning tea, Northern Women's Health Centre, 10am - 12pm**  
www.women.nsw.gov.au

### FRIDAY, MAR 6

Gosford Musical Society: Mamma Mia! Laycock Street Community Theatre, Ticketed, 6 - 21/03, 2pm & 8pm sessions

Tuggerah Lakes U3A presents a Talk on: 'Inspiring Speeches', The Entrance/Long Jetty RSL Hall, 10am - 12pm

### SATURDAY, MAR 7



**International Women's Day Cabaret: Rayon Riot 2, 5 Broken Bay Rd Ettalong, Ticketed, 8pm - 10pm**  
naughtynoodle.com.au/whaston

The Central Coast branch of the Disabled Surfers Association: 'Smiles on Dials' Surf Event, Umina Beach, 9:30am

**6th International Women's Day Expo, Westfield Tuggerah Shopping centre, 9am**

Central Coast Cactus & Succulent Club INC: Autumn Sales Day, Charmhaven Community Hall, 9am - 1pm

**CEN: Wildplant Community Nursery, CEN Office, Ourimbah, 9am - 12pm**

The Central Coast Series skate, scooter and BMX competition 2020, Umina Skate Park, Entry is free and open to riders aged 5-24  
Green Living Workshop: Pests, Predators and Companion Planting, Central Coast Life Time Learning Centre Palmdale, bookings essential, 12:30pm - 3pm

### SUNDAY, MAR 8

**Central Coast Mariners vs Wellington Phoenix, Central Coast Stadium, Ticketed, 4pm**  
www.a-league.com.au

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.





Dr Lefter and Dr Ling

## Surgeons complete breast operation

**Two surgeons have successfully completed a major breast operation at a local hospital.**

Breast and general surgeon Dr Mary Ling, and plastic, reconstructive and aesthetic surgeon Dr Mihaela Lefter, recently performed a collaborative breast cancer operation at Woy Woy's

Brisbane Water Private Hospital. The intricate reconstructive surgery involved bilateral nipple sparing mastectomies with immediate reconstruction using implants and an external oblique muscle flap procedure.

**SOURCE:**  
Social media, 6 Feb 2020  
Kathy Beverley, Brisbane Waters Private Hospital

## Roles for volunteers at Bays Fair

**The Bays Community Group president Ms Cathy Gleeson has roles for more volunteers for its upcoming fair.**

"Our Bays Fair is now less than a month away.

"Though we have most things in place and ready to go, we are still in need of volunteer helpers for some of the stalls and general help either for setup or pack down on the day.

"If you can spare a couple of hours, we would love to hear from you," Ms Gleeson said.

"The Bays Fair is asking friends and neighbours across The Bays for cake donations for the cake stall."

The Bays Fair will be held at the reserve opposite Phegans Bay waterfront, off Phegans Bay Rd, from 9am to 3pm on March 8.

Anyone interested in volunteering should contact The Bays Community Group for more information on how to get involved.

**SOURCE:**  
Newsletter, 12 Feb 2020  
Brooke Hemphill, The Bays Community Group

## Woy Woy students selected

**Woy Woy Public School held its swimming carnival at the Peninsula Leisure Centre on February 4.**

The school's sports convenor Mr Corrie Barrett said students displayed great sportsmanship and behaviour on the day.

"We have had some great results with some of our students being selected for Sydney North Swimming Championships in the upcoming weeks.

"Our overall house winner for 2020 was Webb House," Mr Barrett said.

**SOURCE:**  
Newsletter, 7 Feb 2020  
Ona Buckley, Woy Woy Public School

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Warnervale 1800 244 456  
0412 685 555

## ASBESTOS REMOVAL

**Asbestos Removal**  
Fully licensed and insured asbestos removals from houses, garages, sheds, bathrooms etc.  
Ph: Tom 0422 653 794 or 4393 9890  
Safe Work NSW Lic. AD212564

## BOREWATER

**Bores and Spears**  
Install high quality pumps and maintenance free spears, existing systems reconditioned, all work guaranteed.  
Warren Greenway  
Ph: 4341 7736  
Mob: 0408 225 390  
Lic No. DL1960

## CARPENTERS

**Carpentry - Building**  
over 30 years experience  
Local know how - working with pride and honesty  
Paul Skinner  
Lic 62898c  
0432 216 020 or 4339 2317

**MGL CARPENTRY**  
Carpenter & Joiner  
40yrs Experience  
Decks, Pergolas, Doors, Windows etc  
Fully Insured - Call Gary  
0458 130 829  
4341 1346  
no labour & materials over \$1000

**ALL GENERAL CARPENTRY**  
Stairs, pergolas, verandas, decks etc.  
Available now  
Call Michael Bennett  
Ph: 0407 281 046  
Lic. 28352c

## CLEANING

**Weston & Wilson Cleaning Services**  
Domestic, end of lease, holiday & vacate cleans.  
Regular or one off.  
Fully insured, WWC & Police check avail.  
From \$35 hour.  
**Maryanne**  
0403 505 812

## ELECTRICIANS

**BKW**  
Electrical Services  
Lic No:248126C  
Lights - Fans - Power - Reno's - Switchboards - Security lights - No job too small  
Call Ben on  
0404 093 299

**YOUR LOCAL ELECTRICIAN**  
Same day service  
Guaranteed Lighting, Power Points, Phone & Data, Fault Finding, No job too small.  
Seniors Discount.  
Lic number 265652C  
4308 6771

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

## ENTERTAINMENT

**The Troubadour Folk and Acoustic Music Club**  
**MICK CONWAY WITH ROBBIE LONG**  
**FEB29**  
**St Lukes Hall Woy Woy**  
7pm \$12, 15, 20  
www.troubadour.org.au  
4342 6716

## ENTERTAINMENT

**BluesAngels**  
Your total acoustic blues/roots package, top to toe, and then some. Minnie the Moocher to Eagle Rock and on into indie roots, beatnik jazz, backhills bluegrass and prog folk. Available as duo, trio or band negotiable for your party, event or venue.  
tomflood@hotmail.com  
4787 5689

## HAIR DRESSER

**H.B.S Hair by Sammy**  
Specialising in Balayage and Hair Extensions  
Balayage starting from \$150\*  
/hairbysammy  
find us on instagram  
sammybaillie1301@hotmail.com  
\*terms and conditions apply

## HANDYMAN

**OLD MAN EMU HANDYMAN SERVICES**  
Covering all your internal and external handyman jobs  
**FREE QUOTES**  
Pensioner discount  
Call David: 0413 396 167

**HANDYMAN CARPENTER**  
40yrs experience  
all work considered  
small jobs welcome  
**FREE quotes and pensioner discounts**  
Use a tradesman who knows what he's doing  
Phone Ian  
0414 698 097  
4341 3113

## LOCKSMITH

**Matt Bell's Locksmith Service**  
All lock repairs  
Lock installations  
24 hour lockout service  
Pensioner discount  
ML 000103741  
Ph: 0404 879 863

## DEATH NOTICE

**BIRD, ALAN W F**  
Born 16/04/1924  
Died 30/01/2020  
*Deeply loved and missed by his wife Hilda and daughter Janice.*

## PAINTERS

**BUCELLO'S Painting Services**  
• Residential and Commercial  
• Interior and Exterior  
• New Work and Repaints  
**Free Quotes**  
All work guaranteed  
Lic346302C  
0410 404 664  
**wattyl**

## PLASTERING

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

**LOCAL PLASTERER WALLS, CEILINGS & CORNICES**  
**SMALL JOBS & PATCHING**  
**NO JOBS OVER \$1000**  
**FREE QUOTES**  
**PH: NEVILLE**  
**0417 426 254**

## PLUMBING

**UMINA BEACH PLUMBING**  
All aspects of Plumbing, Drainage & Gasfitting  
Domestic & Maintenance Works  
Hot Water Installation & Repairs  
4344 3611  
0412 132 729  
Lic no 25650C

## PUBLIC NOTICE

**WORK IN SYDNEY?**  
Escape your commute.  
Rent a weekday room  
Mon-Fri. Stay near work during the week, return to home on weekends.  
Call WeekDay Space to connect with a landlord free of charge.  
0411954232 or message the team at  
www.weekdayspace.com.au

**Car Boot Sale**  
Woy Woy Peninsula Lions Club  
**FEB 23**  
6am to 1pm  
Great variety of stalls ~ BBQ, Tea & Coffee.  
Vendors Welcome ~ \$15 per car  
Now at Dunbar Road Car Park  
NB stall sites not open until 6.30am  
Cnr. Ocean Beach Road Woy Woy  
Always Last Sunday (no events in December)  
Enq: 0478 959 895

## 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**

**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

## Classifieds advertising rates - in print and on-line

Classified advertising is the cheapest form of newspaper advertising. This newspaper is published on line on the night before publication date, and is read that way by hundreds of people. All advertisements, including these classified advertising pages, appear in full on-line as an additional benefit for free.

See or [www.centralcoastnews.Net](http://www.centralcoastnews.Net)

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

## Personal and Not For Profit Organisations

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

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

## Business rates

The minimum size of 5cm X a single column only costs \$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.

Having a prepaid classified advertisement run for 6 editions only costs \$250 + GST and \$50 + GST more for colour. For 12 editions, it is \$495 + GST and \$100+ GST more for colour. For 24 editions, it is only \$950 + GST and \$200 + GST for colour, a saving of \$290 + GST.

Artwork is free and advertisers are encouraged to change their advertisements frequently

**IT'S A NO BRAINER!**  
An advertisement in 20,000 newspapers  
for only \$25 + GST per week  
Call now before the price goes up  
Ph: 4325 7369





Fill in, cut out and send in to Central Coast Newspapers PO Box 1056 Gosford NSW 2250





# 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.  
wikisite.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

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

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

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

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

Wine appreciation club  
Central Coast Leagues Club  
2nd Wed

Taste and be educated on  
wine by various wineries.  
Purchases not mandatory  
Keith - 0420 722 529  
Fraser - 0416 831 088

## 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

Pelican promenaders  
Round Dancing  
Social ballroom dancing for all  
ages, all you need is a desire  
to learn and dance,  
no partner required.  
meet every Tues - St Luke's  
Anglican Church, 7pm  
& 15 Lorraine Ave  
Berkeley Vale, 2:30pm  
Anne - 0409 938 345  
anneglazier@y7mail.com

## 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  
Hea ring loss management  
Support and educational  
groups providing practical  
experience and confidence  
Learn the benefits of hearing  
aids - 4321 0275

BlueWave Living  
Woy Woy Community  
Aged Care facility providing  
residential aged care to the  
frail aged.

Permanent and respite care  
accommodation available.  
Information 2nd and 4th Wed  
- 10am - 4344 2599  
reception@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 Wed  
8pm -10pm  
0419 274 012

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

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

Troubadour Central  
Coast Folk, Traditional  
& Acoustic  
Music and Spoken Word  
Concerts, Ukulele meets, and  
Sessions  
4th Sat 7pm CWA Hall Woy  
Woy 4342 6716  
mail.info@troubadour.org.au

## Political Groups

Australian Labor Party  
Political discussions, national,  
state and local government  
issues

Umina Ettalong Branch  
2nd Mon Umina Beach  
Bowling Club 7.30pm 4342  
3676

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

Woy Woy Branch  
Everglades Country Club  
7.30pm 2nd Mon

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

Liberal Party of  
Australia  
Woy Woy Branch  
4th Thur 6.30pm  
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  
karsuebay@philipphouse.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  
cctas@hotmail.com

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

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

0414 635 047  
www.ccsoaring.com.au

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

Peninsula  
Environment Group  
Environmental projects,  
(incl. Woytopia),  
Woy Woy community garden,  
social events, workshops,  
organic food buying group  
www.peg.org.au

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

## Veterans

National Malaya Borneo  
Veterans Association  
1st Sat (except Jan) 10.30am  
Umina Club  
Melbourne Avenue  
Umina Beach  
4342 1107

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@beach@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  
woywoycwa@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)

Entries in the Not For Profit Community Organisations Directory are free. However, we require each organisation to subscribe to each newspaper to ensure that someone from that organisation keeps their entry up to date. Australia Post is about to increase their postage rates by over 42% and we can no longer continue to absorb these increases. Subscription rates have therefore needed to be increased from \$50 to \$75 for 25 editions.



## Boxer defends unbeaten record

Umina PCYC boxer Sam Goodman is gearing up to defend his unbeaten record at Fairy Meadow's Fraternity Club on March 7.

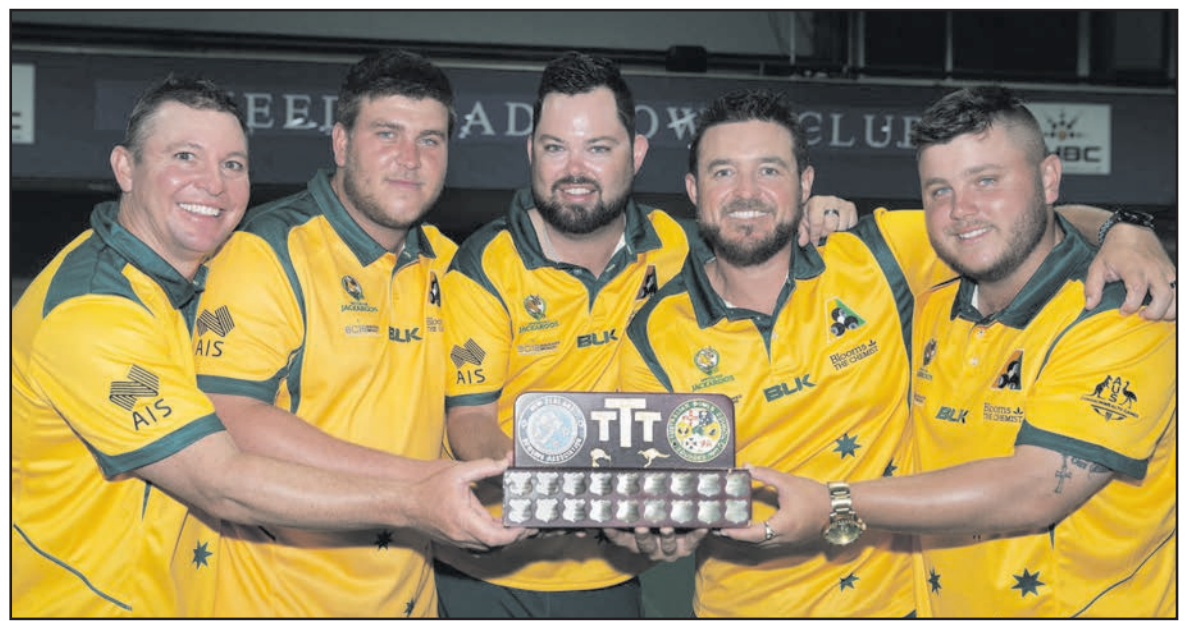
The super bantamweight's star has been on the rise with a 6-0 winning streak after he downed Indonesia's Sunardi Gamboa with a technical knockout in his last Tasman Fighter Series appearance

last year.

This will be his first bout of 2020 and his opponent still hasn't been confirmed from the fighter pool.

The 21-year-old grew up in Albion Park which is just a 20-minute drive from Fairy Meadow.

**SOURCE:**  
Social media, 30 Jan 2020  
Sam Goodman, Umina PCYC  
Photo: Sam Goodman



Aron Sherriff (second from right) with his Trans Tasman Test teammates

## Former Ettalong player named in Australian bowls team

Former Ettalong lawn bowler Aron Sherriff has been named in the 10-strong Australian team to contest this year's World Bowls Championships.

The championships will see 36 nations to take part in the 14-

day event at bowling clubs around Queensland's Gold Coast in May.

Aron will lead both the Men's Triples and Fours teams.

The squad's announcement follows the Jackaroos' success in the Trans Tasman Test earlier this month, beating New Zealand

in both the Men's and Women's competitions.

Aron lost in only two out of nine appearances for the Jackaroos Men's Triples and Fours over the three-day test series.

**SOURCE:**  
Media release, 10 Feb 2020  
Domenic Favata, Bowls Australia

## Local rugby league players make NRL Rookies' list

Two former Peninsula residents who got their start in rugby league playing at their local club, have been named in the National Rugby Leagues Rookies' to Watch list for 2020.

Woy Woy's Bradman Best and Umina's Nicho Hynes have both made the list.

Best, who is signed with the Newcastle Knights, got his start playing with the Woy Woy Roosters.

His junior exploits include appearances for the NSW Under-16s, NSW Under-18s and Australian Schoolboys squads.

Last season, he averaged 91 metres and scored a try in all three of his appearances for the Knights, with the solidly-built back expected to start at left centre this year.

Hynes, who is signed with the Melbourne Storm, made his NRL debut last year in front of a home crowd at Central Coast Stadium.

He came through the ranks of the Umina Bunnies Rugby League

Club.

Since joining up with the Storm, he has been working to bed down a bench utility position.

Hynes has trained at fullback, centre and in the halves over the summer and looks in line for regular game time.

NRL commissioner Ms Amanda Laing said this year's crop of Rookies to watch was one of the strongest in recent memory.

**SOURCE:**  
Website, 9 Feb 2020  
Amanda Laing, NRL



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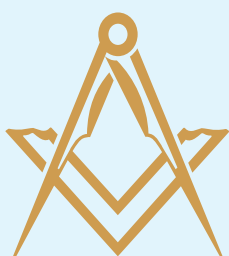
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The Central Coast is home to a number of lodges meeting at the Gosford or Wyong Masonic Centres on various days and at various times, if you are interested in joining or would like to know more, contact us.



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	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Monday 17 February	<div>6:00 News Breakfast [s]</div> <div>9:00 ABC News Mornings [s]</div> <div>10:00 Foreign Correspondent [s]</div> <div>10:30 Back Roads (PG) [s]</div> <div>11:00 Griff's Great Australian Rail Trip [s]</div> <div>12:00 ABC News At Noon [s]</div> <div>1:00 Landline [s]</div> <div>2:00 Rick Stein's Road To Mexico</div> <div>3:00 Gardening Australia [s]</div> <div>4:00 Think Tank (PG) [s]</div> <div>5:00 Anh's Brush With Fame (PG)</div> <div>5:30 Julia Zemiro's Home Delivery (PG) [s]</div> <div>6:00 The Drum [s]</div> <div>7:00 ABC News [s]</div> <div>7:30 7.30 [s]</div> <div>8:00 Australian Story [s]</div> <div>8:30 Four Corners [s]</div> <div>9:15 Media Watch (PG) [s]</div> <div>9:35 Q&amp;A [s]</div> <div>10:40 ABC Late News [s]</div> <div>11:10 Louis Theroux - Law And Disorder In Johannesburg (M) [s]</div> <div>12:10 Doctor Who: Thin Ice (PG) [s]</div>	<div>6:00 Sunrise [s]</div> <div>9:00 The Morning Show (PG) [s]</div> <div>11:30 Seven Morning News [s]</div> <div>12:00 Program To Be Advised</div> <div>1:30 Surf Patrol [s]</div> <div>2:00 The Daily Edition [s]</div> <div>3:00 The Chase UK (PG) [s]</div> <div>4:00 Seven News At 4 [s]</div> <div>5:00 The Chase Australia [s]</div> <div>6:00 Seven News [s]</div> <div>7:00 Home And Away (PG) [s]</div> <div>7:30 My Kitchen Rules: The Rivals (PG) [s]</div> <div>9:00 9-1-1: The Searchers (M v) [s]</div> <div>10:00 S.W.A.T.: Fire And Smoke (M v) [s] – Deputy District Attorney Nia Wells enlists the team to protect the jurors of a high-profile bribery trial after some of them are targeted by organised crime in a series of fire-bombings.</div> <div>11:00 The Latest Seven News [s]</div> <div>11:30 Proven Innocent: Living And Dying In East Cleveland (M) [s]</div> <div>12:30 Home Shopping</div>	<div>5:30 Today [s]</div> <div>9:00 Today Extra [s]</div> <div>11:30 NINE's Morning News [s]</div> <div>12:00 Ellen (PG) [s]</div> <div>1:00 Mom: Teenage Vampires And A White Russian (M) [s]</div> <div>1:30 Married At First Sight (M) [s]</div> <div>3:00 Tipping Point (PG) [s]</div> <div>4:00 NINE's Afternoon News [s]</div> <div>5:00 Millionaire Hot Seat [s]</div> <div>6:00 NINE News [s]</div> <div>7:00 A Current Affair (PG) [s]</div> <div>7:30 Married At First Sight (M) [s]</div> <div>9:00 Movie: "Bad Moms" (M l,d) ('16) Stars: Mila Kunis, Kathryn Hahn, Kristen Bell, Christina Applegate, Jada Pinkett Smith, Annie Mumolo, Oona Laurence, Emjay Anthony</div> <div>11:00 Chicago Med: The Parent Trap (M) [s]</div> <div>12:00 Harry (PG) [s]</div> <div>12:50 Making Of Bad Boys 3 (M v,l)</div> <div>1:00 A Current Affair (PG) [s]</div> <div>1:30 Home Shopping</div> <div>4:00 Ellen (PG) [s]</div>	<div>6:00 Headline News [s]</div> <div>8:30 Studio 10 (PG) [s]</div> <div>12:00 Dr Phil (PG) [s]</div> <div>1:00 Program To Be Advised</div> <div>2:30 Entertainment Tonight [s]</div> <div>3:00 Judge Judy (PG) [s]</div> <div>3:30 Three Veg And Meat [s]</div> <div>4:00 Farm To Fork [s]</div> <div>4:30 The Bold And The Beautiful (PG) [s]</div> <div>5:00 10 News First [s]</div> <div>6:00 WIN News [s]</div> <div>6:30 The Project (PG) [s]</div> <div>7:30 Australian Survivor - All Stars (PG) [s] – After two unexpected departures, one tribe member wakes up confident that they have a hold on the game.</div> <div>9:00 Hughesy, We Have A Problem (M) [s]</div> <div>10:00 Akmal - Transparent (MA15+)</div> <div>11:30 WIN's All Australian News [s]</div> <div>12:30 The Project (PG) [s]</div> <div>1:30 The Late Show (PG) [s]</div> <div>2:30 Home Shopping</div> <div>4:30 CBS - This Morning [s]</div>	<div>5:00 CGTN English News</div> <div>5:15 NHK World English News</div> <div>5:30 Worldwatch</div> <div>2:00 Michael Mosley's Meet The Humans: Culture Of Fear (M l)</div> <div>2:55 Great British Railway Journeys (PG)</div> <div>3:30 The Secrets Of Chambord Chateau: Chambord Castle</div> <div>4:30 The Supervet (PG)</div> <div>5:30 Letters And Numbers</div> <div>6:00 Mastermind Australia</div> <div>6:30 SBS World News</div> <div>7:30 Planet Expedition: Arctic Frozen Frontier (PG)</div> <div>8:30 Michael Mosley: Trust Me, I'm A Doctor (PG)</div> <div>9:30 Medicine Or Myth? (PG)</div> <div>10:40 SBS World News Late</div> <div>11:10 Football: The World Game</div> <div>11:40 Wisting (M v) (In Norwegian/ English)</div> <div>12:30 Witnesses (M l,v) (In French)</div> <div>1:40 Borgen (M) (In Danish)</div> <div>3:55 24 Hours In Emergency: Love's Sacrifice (M)</div>
Tuesday 18 February	<div>6:00 News Breakfast [s]</div> <div>9:00 ABC News Mornings [s]</div> <div>10:00 Foreign Correspondent [s]</div> <div>10:30 Australia Remembers: Operation Hammersley [s]</div> <div>11:25 ABC News Mornings [s]</div> <div>12:00 ABC News At Noon [s]</div> <div>1:00 Four Corners [s]</div> <div>1:45 Media Watch (PG) [s]</div> <div>2:00 Agatha Christie's And Then There Were None (M d,v) [s]</div> <div>3:05 Poh's Kitchen [s]</div> <div>3:35 Hard Quiz (PG) [s]</div> <div>4:05 Think Tank (PG) [s]</div> <div>5:00 Anh's Brush With Fame (PG)</div> <div>5:30 Julia Zemiro's Home Delivery (PG) [s]</div> <div>6:00 The Drum [s]</div> <div>7:00 ABC News [s]</div> <div>7:30 7.30 [s]</div> <div>8:00 Foreign Correspondent [s]</div> <div>8:30 Griff's Great Australian Rail Trip [s]</div> <div>9:20 Rick Stein's Road To Mexico (PG) [s]</div> <div>10:20 Hive: Demonic (M) [s]</div>	<div>6:00 Sunrise [s]</div> <div>9:00 The Morning Show (PG) [s]</div> <div>11:30 Seven Morning News [s]</div> <div>12:00 Program To Be Advised</div> <div>1:30 Surf Patrol [s]</div> <div>2:00 The Daily Edition (PG) [s]</div> <div>3:00 The Chase UK [s]</div> <div>4:00 Seven News At 4 [s]</div> <div>5:00 The Chase Australia [s]</div> <div>6:00 Seven News [s]</div> <div>7:00 Home And Away (PG) [s]</div> <div>7:30 My Kitchen Rules: The Rivals (PG) [s] – House Manu take on House Colin in the first elimination cook off. And the truth is served with a side of denial as the two accused lovebirds face the music.</div> <div>9:00 Gold Digger (M l) [s] – Julia realises she's in love with Benjamin.</div> <div>10:10 Deadly Dates: Ashley (M v) [s]</div> <div>11:10 The Latest Seven News [s]</div> <div>11:40 Proven Innocent: The Struggle For Stonewall (M d,v) [s]</div> <div>1:00 Home Shopping</div>	<div>5:30 Today [s]</div> <div>9:00 Today Extra [s]</div> <div>11:30 NINE's Morning News [s]</div> <div>12:00 Ellen (PG) [s]</div> <div>1:00 Mom: A Bear And A Bladder Infection (M) [s]</div> <div>1:30 Married At First Sight (M) [s]</div> <div>3:00 Tipping Point (PG) [s]</div> <div>4:00 NINE's Afternoon News [s]</div> <div>5:00 Millionaire Hot Seat [s]</div> <div>6:00 NINE News [s]</div> <div>7:00 A Current Affair (PG) [s]</div> <div>7:30 Married At First Sight (M) [s]</div> <div>9:00 Paramedics (M mp,l) [s]</div> <div>10:00 Chicago Med: When To Let Go (M mp) [s]</div> <div>11:00 New Amsterdam: Rituals (M mp) [s]</div> <div>12:00 Cold Case: Forensics (M) [s]</div> <div>1:00 Adelady: Langhorne Creek (PG) [s]</div> <div>1:30 A Current Affair (PG) [s]</div> <div>2:00 Home Shopping</div> <div>2:30 Skippy - The Bush Kangaroo</div> <div>3:00 Home Shopping</div> <div>4:00 Ellen (PG) [s]</div>	<div>6:00 Headline News [s]</div> <div>8:30 Studio 10 (PG) [s]</div> <div>12:00 Dr Phil (PG) [s]</div> <div>1:00 Program To Be Advised</div> <div>2:40 Entertainment Tonight [s]</div> <div>3:00 Judge Judy (PG) [s]</div> <div>3:30 Three Veg And Meat [s]</div> <div>4:00 Farm To Fork [s]</div> <div>4:30 The Bold And The Beautiful (PG) [s]</div> <div>5:00 10 News First [s]</div> <div>6:00 WIN News [s]</div> <div>6:30 The Project (PG) [s]</div> <div>7:30 Australian Survivor - All Stars (PG) [s] – The immunity challenge is thrown on its head with two immunity necklaces.</div> <div>9:00 NCIS: Lonely Hearts (M v) [s]</div> <div>10:00 NCIS: Los Angeles: A Bloody Brilliant Plan (M v) [s]</div> <div>11:00 WIN's All Australian News [s]</div> <div>12:00 The Project [s]</div> <div>1:00 The Late Show With Stephen Colbert (PG) [s]</div> <div>2:00 Home Shopping</div> <div>4:30 CBS - This Morning [s]</div>	<div>5:00 CGTN English News</div> <div>5:15 NHK World English News</div> <div>5:30 Worldwatch</div> <div>1:00 PBS Newshour</div> <div>1:55 Teotihuacan's Lost King (M v)</div> <div>2:55 Great British Railway Journeys (PG)</div> <div>3:25 Who Do You Think You Are? (PG)</div> <div>4:30 Woman Raised By Monkeys (PG) (In English/ Portuguese)</div> <div>5:30 Letters And Numbers</div> <div>6:00 Mastermind Australia</div> <div>6:30 SBS World News</div> <div>7:30 Great Australian Railway Journeys: Adelaide To Perth (PG)</div> <div>8:35 Insight: Windfall (M)</div> <div>9:35 Why Do I Put On Weight? (PG)</div> <div>10:30 SBS World News Late</div> <div>11:00 The Twelve (M l,s,v) (In Flemish)</div> <div>11:55 The Good Fight (M d,l,s)</div> <div>1:55 Counterpart (MA15+)</div> <div>4:05 24 Hours In Emergency (M)</div>
Wednesday 19 February	<div>6:00 News Breakfast [s]</div> <div>9:00 ABC News Mornings [s]</div> <div>10:00 Foreign Correspondent [s]</div> <div>10:30 Back Roads (PG) [s]</div> <div>11:00 Grand Designs [s]</div> <div>12:00 ABC News At Noon [s]</div> <div>12:30 National Press Club Address</div> <div>1:30 The Breakfast Couch [s]</div> <div>2:00 Agatha Christie's And Then There Were None (M l,v) [s]</div> <div>3:00 Mary Berry's Foolproof Cooking [s]</div> <div>3:30 Hard Quiz (PG) [s]</div> <div>4:00 Think Tank (PG) [s]</div> <div>5:00 Anh's Brush With Fame (PG)</div> <div>5:30 Julia Zemiro's Home Delivery (PG) [s]</div> <div>6:00 The Drum [s]</div> <div>7:00 ABC News [s]</div> <div>7:30 7.30 [s]</div> <div>8:00 Hard Quiz (PG) [s]</div> <div>8:30 Shaun Micallef's MAD AS HELL (M) [s]</div> <div>9:00 Black Comedy (M) [s]</div> <div>9:30 Adam Hills: The Last Leg (M)</div> <div>10:15 Planet America (PG) [s]</div>	<div>6:00 Sunrise [s]</div> <div>9:00 The Morning Show (PG) [s]</div> <div>11:30 Seven Morning News [s]</div> <div>12:00 Program To Be Advised</div> <div>1:30 Surf Patrol [s]</div> <div>2:00 The Daily Edition (PG) [s]</div> <div>3:00 The Chase UK [s]</div> <div>4:00 Seven News At 4 [s]</div> <div>5:00 The Chase Australia [s]</div> <div>6:00 Seven News [s]</div> <div>7:00 Home And Away (PG) [s]</div> <div>7:30 My Kitchen Rules: The Rivals (PG) [s] – It's the first restaurant takeover and House Manu are delivering Mexican street food in the hope of avoiding elimination.</div> <div>9:00 First Dates Australia (M) [s]</div> <div>11:20 The Latest Seven News [s]</div> <div>11:50 Temptation Island USA: Rules Are Made To Be Broken (MA15+) [s]</div> <div>12:50 The Real O'Neals: The Real Halloween/ The Real Move (M) [s]</div> <div>2:00 Home Shopping</div>	<div>5:30 Today [s]</div> <div>9:00 Today Extra [s]</div> <div>11:30 NINE's Morning News [s]</div> <div>12:00 Ellen (PG) [s]</div> <div>1:00 Mom: Bert And Ernie And A Blessing Of The People (M) [s]</div> <div>1:30 Married At First Sight (M) [s]</div> <div>3:00 Tipping Point (PG) [s]</div> <div>4:00 NINE's Afternoon News [s]</div> <div>5:00 Millionaire Hot Seat [s]</div> <div>6:00 NINE News [s]</div> <div>7:00 A Current Affair (PG) [s]</div> <div>7:30 Married At First Sight (M) [s]</div> <div>9:00 Doctor Doctor (M d,s) [s]</div> <div>10:00 New Amsterdam: Replacement (M mp) [s] – Max takes a chance on a new assistant and goes toe-to-toe with the board on a new plan.</div> <div>11:00 Lethal Weapon: There Will Be Bud (MA15+) [s]</div> <div>11:50 Westside (MA15+) [s]</div> <div>12:40 Harry (PG) [s]</div> <div>1:30 A Current Affair (PG) [s]</div> <div>2:00 Home Shopping</div> <div>4:00 Ellen (PG) [s]</div>	<div>6:00 Headline News [s]</div> <div>8:30 Studio 10 (PG) [s]</div> <div>12:00 Dr Phil (PG) [s]</div> <div>1:00 Program To Be Advised</div> <div>2:40 Entertainment Tonight [s]</div> <div>3:00 Judge Judy (PG) [s]</div> <div>3:30 Three Veg And Meat [s]</div> <div>4:00 Farm To Fork [s]</div> <div>4:30 The Bold And The Beautiful (PG) [s]</div> <div>5:00 10 News First [s]</div> <div>6:00 WIN News [s]</div> <div>6:30 The Project (PG) [s]</div> <div>7:30 Australian Survivor - All Stars (PG) [s]</div> <div>9:00 Bull: Doctor Killer (M v) [s] – Bull has a difficult time defending a client who has confessed to killing his sister's doctor after her death.</div> <div>10:00 Bull: No Good Deed (M v) [s]</div> <div>11:00 WIN's All Australian News [s]</div> <div>12:00 The Project (PG) [s]</div> <div>1:00 The Late Show With Stephen Colbert (PG) [s]</div> <div>2:00 Home Shopping</div>	<div>5:00 CGTN English News</div> <div>5:15 NHK World English News</div> <div>5:30 Worldwatch</div> <div>1:00 PBS Newshour</div> <div>2:00 Secrets Of The Chinese Chariot (M)</div> <div>3:00 Great British Railway Journeys (PG)</div> <div>3:30 Insight: Windfall (M)</div> <div>4:30 Woman Raised By Monkeys (PG) (In English/ Portuguese)</div> <div>5:30 Letters And Numbers</div> <div>6:00 Mastermind Australia</div> <div>6:30 SBS World News</div> <div>7:30 Tony Robinson's Hidden Britain By Drone</div> <div>8:30 Dublin Murders (M)</div> <div>9:35 Project Blue Book: The Roswell Incident (Part 1) (M)</div> <div>10:30 SBS World News Late</div> <div>11:00 Homeland: Catch And Release (MA15+)</div> <div>12:00 Movie: "Rey's Education" (M) ('17) Stars: Martín Arroyo, Germán de Silva, Matías Encinas (In Spanish)</div>
	Also see: ABC COMEDY (Channel 22) ABC ME (Channel 23) ABC NEWS (Channel 24)	Also see: 7TWO (Channel 62) 7MATE (Channel 63) 7FLIX (Channel 66) 7FOOD (Channel 74)	Also see: GEM (Channel 82) GO! (Channel 83/88) LIFE (Channel 84)	Also see: 10 PEACH (Channel 11) 10 BOLD (Channel 12)	Also see: SBS VICELAND (Channel 31) SBS MOVIES (Channel 32) SBS FOOD (Channel 33) SBS NITV (Channel 34)

Classifications: (G) General, (PG) Parental Guidance, (M) Mature Audiences, (MA15+) Mature Audience Over 15 Years, [s] Subtitles  
Consumer Advice: (d) drug references, (s) sexual references or sex scenes (h) horror, (l) language, (mp) medical procedures, (n) nudity, (v) violence

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	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Thursday 20 February	<p>6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 The Cook And The Chef [s] 10:30 Back Roads [s] 11:00 Ask The Doctor (PG) [s] 12:00 ABC News At Noon [s] 1:00 Adam Hills: The Last Leg (M) 2:00 Agatha Christie's And Then There Were None (M l,d,s,v) 3:00 Escape From The City [s] 4:00 Think Tank (PG) [s] 5:00 Anh's Brush With Fame (PG) 5:30 Julia Zemiro's Home Delivery 6:00 The Drum [s] 6:55 Sammy J [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 Doctor Who (PG) [s] 8:50 Would I Lie To You? (PG) [s] 9:25 QI: Over And Ova (M s) [s] 9:55 Killing Eve (MA15+) [s] 10:35 ABC Late News [s] 11:10 The Split (PG) [s] 12:10 Louis Theroux - Law And Disorder In Johannesburg (M) [s]</p>	<p>6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Program To Be Advised 1:30 Surf Patrol [s] 2:00 The Daily Edition (PG) [s] 3:00 The Chase UK [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 Seven News [s] 7:00 Home And Away (PG) [s] 7:30 My Kitchen Rules: The Rivals (PG) [s] – House Colin has a score to settle and they've got their strongest cooks at the helm in this Asian street food challenge. 9:00 Modern Family: Perfect Pairs/ Pool Party (M) [s] 10:00 Ramsay's 24 Hours To Hell And Back: Stone's Throw (M) 11:00 The Latest Seven News [s] 11:30 Hooked On The Look (MA15+) 12:00 Scandal: Survival Of The Fittest (M) [s] 1:00 Home Shopping</p>	<p>5:30 Today [s] 9:00 Today Extra [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Mom: Push-Down Coffee And A Working Turn Signal (M s) [s] 1:30 Married At First Sight (M) [s] 3:00 Tipping Point (PG) [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NINE News [s] 7:00 A Current Affair (PG) [s] 7:30 RBT: Best Friends/ Lucky Escape (PG) [s] 8:30 Movie: "London Has Fallen" (M v,l) ('16) Stars: Alon Abutbul, Waleed Zuaiter, Adel Bencherif 10:30 World's Wildest Flights 11:30 Armed And Deadly: Manhunt (M l) [s] 12:20 Making Of Bad Boys 3 (M v,l) 12:30 Explore TV-Viking: Grand European (Part 2) (PG) [s] 1:00 A Current Affair (PG) [s] 1:30 Home Shopping 4:00 Ellen (PG) [s]</p>	<p>6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Program To Be Advised 2:00 Entertainment Tonight [s] 2:30 Judge Judy (PG) [s] 3:30 Three Veg And Meat [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 Ambulance Australia (PG) [s] 8:30 Law And Order: SVU: At Midnight In Manhattan (M) [s] 9:30 Law And Order: SVU: A Story Of More Woe (M s,v) [s] 10:30 Blue Bloods: Another Look (M v) [s] 11:30 WIN's All Australian News [s] 12:30 The Project (PG) [s] 1:30 The Late Show With Stephen Colbert (PG) [s] 2:30 Home Shopping 4:30 CBS - This Morning [s]</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Lost Tribe Of The Amazon (M l) (In English/ Portuguese) 3:00 Great British Railway Journeys: Wareham To Portland (PG) 3:40 Atlantis Rising (PG) 5:30 Letters And Numbers 6:00 Mastermind Australia 6:30 SBS World News 7:30 Britain's Most Historic Towns: Norman Winchester (PG) 8:25 Secrets Of Britain: Secrets Of The Tower Of London (M v) 9:30 Drummer Girl (MA15+) 10:25 SBS World News Late 10:55 Deep State: Hard Sun (MA15+) 11:50 McMafia (M v) (In English/ Russian/ Arabic) 4:05 24 Hours In Emergency: The Handover (M) 4:55 Destination Flavour China</p>
Friday 21 February	<p>6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Poh's Kitchen [s] 10:30 Back Roads [s] 11:00 Ask The Doctor (PG) [s] 12:00 ABC News At Noon [s] 1:00 Foreign Correspondent [s] 1:30 Australian Story (PG) [s] 2:00 Agatha Raisin (PG) [s] 3:05 Escape From The City [s] 4:00 Think Tank (PG) [s] 5:00 Anh's Brush With Fame (PG) 5:30 Julia Zemiro's Home Delivery (PG) [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 Gardening Australia [s] 8:30 Endeavour: Confection (M v) 10:00 QI: Non-Sequiturs (PG) [s] 10:30 ABC Late News [s] 11:05 Shaun Micallef's MAD AS HELL (M) [s] 11:35 Doctor Who: The Pyramid At The End Of The World (PG) [s] 12:25 rage (MA15+) [s]</p>	<p>6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Program To Be Advised 1:30 Surf Patrol [s] 2:00 The Daily Edition (PG) [s] 3:00 The Chase UK [s] 4:00 Seven News At 4 [s] 5:00 The Chase Australia [s] 6:00 Seven News [s] 7:00 Better Homes And Gardens 8:30 Movie: "Bridesmaids" (MA15+) ('11) – Competition between the maid of honour and a bridesmaid, over who is the bride's best friend, threatens to upend the life of an out of work pastry chef. Stars: Kristen Wiig, Melissa McCarthy, Rose Byrne, Maya Rudolph, Ellie Kemper, Chris O'Dowd, Wendi McLendon-Covey 11:00 Program To Be Advised 12:00 Movie: "Ice" (M v) ('98) Stars: Audie England, Grant Show 2:00 Home Shopping</p>	<p>5:30 Today [s] 9:00 Today Extra (PG) [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Doctor Doctor (M) [s] 2:00 New Amsterdam (M mp) [s] 3:00 Tipping Point (PG) [s] 4:00 NINE's Afternoon News [s] 5:00 Millionaire Hot Seat [s] 6:00 NINE News [s] 7:00 A Current Affair (PG) [s] 7:30 Escape To The Chateau: Winter Returns (PG) [s] 8:30 Movie: "The Green Mile" (MA15+) ('99) – The head guard of a prison, meets an inmate, a black man who is accused of murdering two girls. His life changes drastically when he discovers that John has a special gift. Stars: Tom Hanks, David Morse 12:05 Harry (PG) [s] 1:00 Surfing Australia TV [s] 1:30 Home Shopping 4:30 The Avengers (PG) [s]</p>	<p>6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Program To Be Advised 3:00 Judge Judy (PG) [s] 3:30 Three Veg And Meat [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] – Join Graham Norton as he interviews tonight's guests Mark Ruffal, David Schwimmer, Nick Mohammed, Tamsin Greig and Alicia Keys. 8:30 Hughesy, We Have A Problem (M) [s] 9:30 Program To Be Advised 11:00 WIN's All Australian News [s] 12:00 The Project (PG) [s] 1:00 The Late Show With Stephen Colbert (PG) [s] 2:00 Home Shopping</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Destination Flavour China 2:05 World From Above: Morocco 3:00 NITV News: Nula 3:30 Shane Delia's Moorish Spice Journey (In English/ Spanish) 4:00 Antarctica - Ice Station Rescue (PG) 5:00 Letters And Numbers 5:30 Mastermind Australia 6:30 SBS World News 7:35 Viking Murder Mystery (PG) 8:30 Brooklyn Nine-Nine: The Jimmy Jab Games (M) 9:00 8 Out Of 10 Cats Does Countdown (M) 9:55 SBS World News Late 10:25 Movie: "Beauty And The Beast" (M v) ('14) Stars: Vincent Cassel (In French) 12:30 The Night Manager (M v) 2:20 8 Days (MA15+) (In German/ English/ Russian/ Polish)</p>
Saturday 22 February	<p>6:00 rage (PG) [s] 10:00 rage Guest Programmer (PG) 11:00 Australia Remembers: Operation TAMAR [s] – A service to mark the 25th anniversary of Operation Tamar in Rwanda, from the Australian Peacekeeping Memorial. 12:00 ABC News At Noon [s] 12:30 Endeavour: Confection (M) [s] 2:00 QI: Non-Sequiturs (M) [s] 2:30 The Crater (M l) [s] 3:30 Fake Or Fortune?: Tom Roberts [s] 4:30 Landline [s] 5:00 Football: A-League: Round 20 – Newcastle Jets v Melbourne Victory *Live* From McDonald Jones Stadium [s] 7:00 ABC News [s] 7:30 Doc Martin (PG) [s] 8:20 Agatha Raisin (PG) [s] 9:10 Inspector George Gently (M) 10:40 Call The Midwife (M) [s] 11:40 rage Guest Programmer (MA15+) [s]</p>	<p>6:00 Home Shopping 7:00 Weekend Sunrise [s] 10:00 The Morning Show - Weekend (PG) [s] 12:00 Seven's Horse Racing: Silver Slipper, Blue Diamond [s] 5:00 Seven News At 5 [s] 5:30 Border Security - Australia's Front Line (PG) [s] 6:00 Seven News [s] 7:00 Movie: "Geostorm" (M v) ('17) – The Dutch Boy Program staves off natural disasters but somehow a Geostorm is approaching many countries. Jake Lawson, a technology designer, is tasked with saving the world from this disaster. Stars: Gerard Butler, Jim Sturgess, Abbie Cornish, Alexandra Maria Lara, Daniel Wu, Eugenio Derbez 9:15 Movie: "Taken" (MA15+) ('08) Stars: Holly Valance, David Warshofsky, Famke Janssen 11:15 Program To Be Advised 12:30 Home Shopping</p>	<p>6:00 Ellen (PG) [s] 7:00 Weekend Today [s] 10:00 Your Domain [s] 11:00 Today Extra - Saturday [s] 12:00 My Way [s] 12:30 It's All Greek To Me [s] 1:00 Destination WA [s] 1:30 Movie: "Courage Mountain" (PG) ('90) Stars: Juliette Caton 3:30 Big Pacific (PG) [s] 4:30 The Garden Gurus [s] 5:00 NINE News: First At Five [s] 5:30 Getaway (PG) [s] 6:00 NINE News Saturday [s] 7:00 RBT: Parole Buster (PG) [s] 7:30 Rugby League: Indigenous All Stars v Maori All Stars *Live* From Cbus Super Stadium, Gold Coast [s] 10:15 Movie: "Crocodile Dundee II" (PG) ('88) Stars: Paul Hogan, Linda Kozlowski, John Meillon 12:30 Cold Case: Iced (M) [s] 1:30 The Garden Gurus [s] 2:00 Home Shopping 5:30 Wesley Impact [s]</p>	<p>6:00 I Fish [s] 6:30 Entertainment Tonight [s] 7:00 Escape Fishing With ET [s] 7:30 The Offroad Adventure Show 8:30 What's Up Down Under? [s] 9:00 Farm To Fork [s] 9:30 Studio 10 Saturday (PG) [s] 12:00 Fishing Australia [s] 12:30 Supercars: Adelaide 500: Day 2 *Live* [s] 7:00 Bondi Rescue (PG) [s] 7:30 10 News First [s] 8:00 Program To Be Advised 9:00 Ambulance UK (M) [s] – Doctor Ian and paramedic Nikki see the human consequences of youth violence. Their first job is for a 13-year-old who has been stabbed. 10:15 999: What's Your Emergency?: I Think Their Motivation Was To Kill Me (M) 11:15 Blue Bloods: Another Look (M) 12:10 Bull: Doctor Killer (M) [s] 1:05 Bull: No Good Deed (M) [s] 2:00 Home Shopping</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 ISU Grand Prix Of Figure Skating: China 3:30 Great British Railway Journeys (PG) 4:10 The Crystal Maze (PG) 5:05 Travel Man: Iceland (PG) 5:35 Cruising With Jane McDonald: Mississippi (PG) 6:30 SBS World News 7:30 Celebrity Mastermind (PG) 8:30 Country Music: Hard Times (1933-1945) (PG) 9:30 Movie: "The Danish Girl" (M) ('15) Stars: Alicia Vikander (PG) ('09) Stars: Chi Cao (In English/ Mandarin) 1:15 20 Years On Death Row: From Death To Hope/ Secret Of Josefina Saldana (M) 3:55 The Gang Crackdown (M) (In English/ Spanish)</p>
Sunday 23 February	<p>6:00 rage (PG) [s] 7:00 Weekend Breakfast [s] 9:00 Insiders [s] 10:00 Offsiders [s] 10:30 The World This Week [s] 11:00 Compass (PG) [s] 11:30 Songs Of Praise (PG) [s] 12:00 ABC News At Noon [s] 12:30 Landline [s] 1:30 Gardening Australia [s] 2:30 How To Stay Young [s] 3:30 The Mix [s] 4:00 Football: W-League: Round 13 – Newcastle Jets v Melbourne Victory *Live* From No. 2 Sportsground [s] 6:00 Hard Quiz (PG) [s] 6:30 Back Roads: Waterfall Way [s] 7:00 ABC News Sunday [s] 7:40 Spicks And Specks: 1990s Special (PG) [s] 8:30 The Australian Dream (MA15+) [s] 10:25 Riot (M l,n,s,v) [s] 12:10 Doc Martin (PG) [s] 1:00 Call The Midwife (M) [s]</p>	<p>6:00 Home Shopping 7:00 Weekend Sunrise [s] 10:00 The Morning Show (PG) [s] 12:00 House Of Wellness (PG) [s] 1:00 Helloworld (PG) [s] 1:30 My Road To Adventure (PG) 2:30 Program To Be Advised 4:00 Better Homes And Gardens (PG) [s] 5:00 Seven News At 5 [s] 5:30 Sydney Weekender [s] 6:00 Seven News [s] 7:00 Program To Be Advised 8:30 Program To Be Advised 9:30 Program To Be Advised 10:30 Program To Be Advised 11:30 Autopsy USA: Corey Haim (M d) [s] – Corey Haim was the poster boy of 1980's Hollywood. Forensic Pathologist Dr Michael Hunter examines Corey's autopsy report to dispel the rumours, and reveal the real cause of the actor's tragic death. 12:30 Home Shopping</p>	<p>6:00 Harry (PG) [s] 7:00 Weekend Today [s] 10:00 The Hold Down (PG) [s] 10:30 World's Greatest Islands [s] 11:30 Getaway [s] 12:00 AFL: Women's Footy (PG) [s] 1:00 Outback [s] 2:00 Movie: "The Black Stallion Returns" (G) ('83) Stars: Kelly Reno, Allen Garfield, Teri Garr 4:00 Delish Destinations: Rotorua, New Zealand [s] 4:30 Explore TV-Viking [s] 5:00 NINE News: First At Five [s] 5:30 Customs (PG) [s] 6:00 NINE News Sunday [s] 7:00 Married At First Sight (M) [s] 8:30 60 Minutes (PG) [s] 9:30 5 Mistakes That Caught A Killer (MA15+) [s] 10:30 Program To Be Advised 11:30 Manifest: Cleared For Approach (M v) [s] 12:20 Cold Case: The Good Soldier (M) [s] 1:10 The Hold Down (PG) [s]</p>	<p>6:00 Religious Programs [s] 7:30 Fishing Australia [s] 8:00 This Is Mexico (PG) [s] 8:30 Taste Of Australia With Hayden Quinn [s] 9:00 Studio 10 Sunday (PG) [s] 11:30 Supercars: Adelaide 500: Day 3 *Live* [s] – Don't miss a minute of the action on 10. 6:00 10 News First [s] 6:30 The Sunday Project (PG) [s] 7:30 Dancing With The Stars (PG) 9:30 The Graham Norton Show (M) [s] – Join the hilarious and cheeky Graham Norton as he interviews some of the most well-known faces in the world. Tonight's very special guests are Mark Ruffal, David Schwimmer, Nick Mohammed, Tamsin Greig and Alicia Keys. 10:30 Hughesy, We Have A Problem (M) [s] 11:30 The Sunday Project (PG) [s] 12:30 Home Shopping 4:30 CBS - This Morning [s]</p>	<p>5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 10:00 Golf: The Australian Ladies Classic *Live* From The Bonville Golf Resort, New South Wales 2:30 Speedweek 4:30 Great British Railway Journeys (PG) 5:00 Cycling: NRS Cycling: Melbourne To Warrnabool 5:35 Nazi Megastructures 6:30 SBS World News 7:30 Secrets Of Our Cities: Gold Coast (PG) 8:30 Michael Palin In North Korea 9:30 Inside North Korea's Dynasty (PG) (In English/ Korean) 11:25 Deep Water - The Real Story (MA15+) 1:05 Soundtracks: Songs That Defined History (PG) 2:00 Simon Reeve's Big Life Fix (PG) 3:10 Bitter Rivals (M v)</p>
	<p>Also see: ABC COMEDY (Channel 22) ABC ME (Channel 23) ABC NEWS (Channel 24)</p>	<p>Also see: 7TWO (Channel 62) 7MATE (Channel 63) 7FLIX (Channel 66) 7FOOD (Channel 74)</p>	<p>Also see: GEM (Channel 82) GO! (Channel 83/88) LIFE (Channel 84)</p>	<p>Also see: 10 PEACH (Channel 11) 10 BOLD (Channel 12)</p>	<p>Also see: SBS VICELAND (Channel 31) SBS MOVIES (Channel 32) SBS FOOD (Channel 33) SBS NITV (Channel 34)</p>



Sport



Tahlia Blanshard

# Tahlia to compete in Para World Swimming Cup

**Woy Woy para-athlete Tahlia Blanshard will compete at the Para World Swimming Cup this month.**

Over the past two years, Tahlia has emerged as targeted athlete for this year's Tokyo Para Olympic games as a S8 swimmer. In 2018, Tahlia return from the Cerebral Palsy World Games

Barcelona with three gold medals and one silver.

The following summer season, Tahlia won numerous gold medals at the 2019 Australian Age Championships.

From these results, she was selected onto the Australian Para Development Squad, paving her way to the World Swimming Cup.

Tahlia trains at the Peninsula Leisure Centre and her coach Mr Graeme Carroll will be supporting her in the lead-up to the Cup and towards the Paralympic selection trials to be held later this year in Adelaide.

**SOURCE:**  
Social media, 1 Feb 2020  
Bill McMahon, Peninsula Leisure Centre

# Ettalong women take out Summer League



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**Ettalong Women's Bowling Club has taken out the Central Coast District Summer League Competition.**

The team of Leanne Chenoweth, Gai Harris and Gloria Bosward, now advances to the contest at Blacktown Workers Sports Club which runs from February 28 to March 1.

"The final of the District Open

Major Fours was played at Halekulani Bowling Club, between Ettalong and Avoca Beach," publicity officer Ms Maureen Kerr said.

"The Ettalong team of Kay Arnott, Sheena Black, Jackie Henson, and Judy King were all playing outstanding bowls, and halfway through the game is seemed impossible that the opposition had any chance of

catching them. "At this stage Ettalong had a lead of at least 12 shots.

"To their credit, Avoca did not give up and made a comeback, pushing Ettalong, who came out winners, all the way to the last end," Ms Kerr said.

**SOURCE:**  
Media release, 5 Feb 2020  
Maureen Kerr, Ettalong Memorial Bowling Club

FORT DENISON				TIDE CHART				LAT 33° 51' S - LONG 151° 14' E - TIME ZONE - 1000			
Times are in local standard time (UTC +10:00) or daylight savings time (UTC +11:00) when in effect.								Times and Heights(m) of high and low waters			
17	0401 1.58	18	0509 1.60	19	0612 1.63	20	0031 0.62	21	0123 0.58	22	0208 0.54
MON	1045 0.58	TUE	1202 0.56	WED	1306 0.50	THU	0707 1.67	FRI	0755 1.71	SAT	0836 1.73
	1638 1.22		1756 1.20		1900 1.24		1356 0.45		1436 0.41		1512 0.38
	2225 0.64		2330 0.65				1950 1.29		2031 1.34		2108 1.39
24	0324 0.49	25	0400 0.49	26	0435 0.50	27	0513 0.52	28	0553 0.56	29	0031 1.48
MON	0948 1.73	TUE	1021 1.70	WED	1054 1.65	THU	1127 1.59	FRI	1202 1.51	SAT	0636 0.60
	1615 0.38		1645 0.39		1715 0.42		1744 0.46		1815 0.51		1240 1.41
	2215 1.44		2247 1.46		2320 1.47		2354 1.48				1848 0.57
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											1927 0.63

**APPROX. TIME LAG AFTER FORT DENISON**  
Ettalong 40 min, Rip Bridge 2hrs  
Wisemans Ferry 2 hrs 30 min,  
Koolewong 2 hrs 10 min

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

# SATURDAY NIGHT FOOTBALL



V

## SAT 22 FEB | 7.30PM





## Golf course affected by flood and storm damage

**The Everglades Country Club golf course has been affected by flooding and storm damage.**

Club marketing manager Ms Sarah Kane said the golf course had a number of branches and debris strewn across the course and bunkers were filled with water and consequently out of play.

Ms Kane said the course's

waterways were at "110 per cent capacity" on February 10.

With more rain predicted, it was unlikely rainwater would be able to run off the playing surfaces easily.

Ms Kane suggested golfers call ahead to check the course condition.

**SOURCE:**  
Social media, 10 Feb 2020  
Sarah Kane, Everglades Country Club



## Swans offer opportunity to try Aussie Rules

**The Woy Woy Peninsula Swans will offer junior players the opportunity to try Aussie Rules football on March 4.**

As the Peninsula's only Australian Football League Club, the Swans have been fielding junior teams since 1976.

Swans committee member Ms

Cherie Cattley said children aged five to 17 were welcome to have a go at AFL.

"At the Swans, we believe AFL is a great way to make friends, foster sportsmanship and be part of a great club and sports community while most importantly having fun."

The day would be a chance for young people to learn to play AFL in a safe, exciting and supportive

environment.

It will be run at Rodgers Park from 4:30pm to 6:30pm on March 4.

The AFL Hunter Central Coast junior season will commence from April 5.

**SOURCE:**  
Media release and website, 11 Feb 2020  
Cherie Cattley, Woy Woy Peninsula Swans

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