



Call for lifeguards at Pearl Beach

Pearl Beach Progress Association has called on Central Coast Council to provide lifeguards at Pearl Beach over the summer holidays.

President Mr Peter Romey said the association supported the Pearl Beach Safety Advisory Group's proposal to have dedicated

lifeguards patrol the beach.

He said it would begin canvassing Central Coast Council.

Safety Group member Mr Peter Toohey said the group wanted "to create a safer beach environment for everyone".

Mr Toohey said that Pearl Beach suffered from several issues that impacted user safety.

He said many of them could be

lessened with the presence of a regular lifeguard.

"At Pearl Beach, the currents and lack of shallow water can be a dangerous combination for poor swimmers and children," Mr Toohey said.

"Pearl Beach has considerably coarser sand and the quartz pearls produce a steep reflective beach, with waves surging up the beach,

making for a steep drop into deep water off the shore.

"This results in dangerous situations, particularly from the middle to northern end of the beach.

"We also experience added dangers from uncontrolled jet skiers, dogs on the beach, fishermen leaving bait, tackle and sometimes even fires.

"These all add to beach safety issues," Mr Toohey said.

He said Member for Gosford Ms Liesl Tesch had been approached for support and residents had been asked to write to Central Coast Council asking for a lifeguard service.

SOURCE:
Newsletter, 5 Mar 2020
Peter Romey, Pearl Beach Progress Association

Wrong picture

Peninsula News mistakenly published a picture of Southern Spirit women's cricket team player Jessica Moody instead of team captain Sally Oman on page one of edition 488.

The picture was incorrectly captioned as Sally Oman.

Peninsula News apologises for any offence or embarrassment this may have caused.

13 Mar 2020

Church sells for \$1.43 million

St Andrews church in Umina sold by auction for \$1.43 million on March 5.

The auction was "hotly contested" by six bidders and sold for \$200,000 more than predicted by real estate agent Mr John Ienna.

Hope Unlimited Church, which currently offers services at the

Peninsula Community Centre, placed the winning bid for the Ocean Beach Rd church.

Mr Ienna, from Ray White Real Estate in Umina, said other bidders were a child care centre and four separate developers.

SOURCE
Interview (Sue Murray), 12 Mar 2020
John Ienna, Ray White Umina



THIS ISSUE contains 58 articles - Read more news items for this issue at www.peninsulanews.info

News

Peninsula News

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

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

See www.peninsulanews.info for all editions published

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

All accepted contributions also appear on our website.

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

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Editorial policy

The newspaper's editorial policy reflects a desire to reinforce the Peninsula's sense of community.

To qualify for publication, articles must have specific relevance to the Peninsula. For example, they must be about activities or events happening on the Peninsula or be organised by or involving Peninsula people.

The newspaper is not regional or national in nature, so regional or national issues will not be canvassed except as they affect the Peninsula.

Regional sports will only be covered from the perspective of Peninsula clubs. Regional plans will only be aired in the context of their ramifications for the Peninsula.

Peninsula News aims to be inclusive of as much of the Peninsula community as possible.

Readability

To ensure that the newspaper serves its purpose, it must be readable and represent the interests and activities of the community in its content.

Contributions to the paper are edited to consistent standards of readability. Guidelines are available for intending contributors.

All items will be dated. They must contain the name of the author to whom the contribution may be attributed, with their first name spelt out, along with their suburb or organisation. Anonymous contributions will not be accepted.

Forum letters

The Forum section provides the opportunity for readers to express their views on any aspect of Peninsula community life, with the aim of reflecting the community's diversity of opinion.

Nevertheless, letters may be edited for readability, including for length, spelling and grammar, and to avoid legal liability on the part of the newspaper, or they may be declined altogether.

Contributors are asked to keep their contributions to the matter at hand, and to focus on the issues and not abuse or insult others.

Other than in the case of holding public figures to account, criticism of others (as opposed to criticism of particular opinions) is unlikely to be published in the interests of facilitating the expression of a diversity of views.

All letter writers need to supply name, address and contact details. Only name and suburb will be published.

Contributors who do not wish the wording of their letter to be changed at all should make a note to this effect when submitting their letter. In some cases, this may result in the letter not being published.

Source lines

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

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

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

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

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

The following descriptions are used:

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

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

Wet start to March

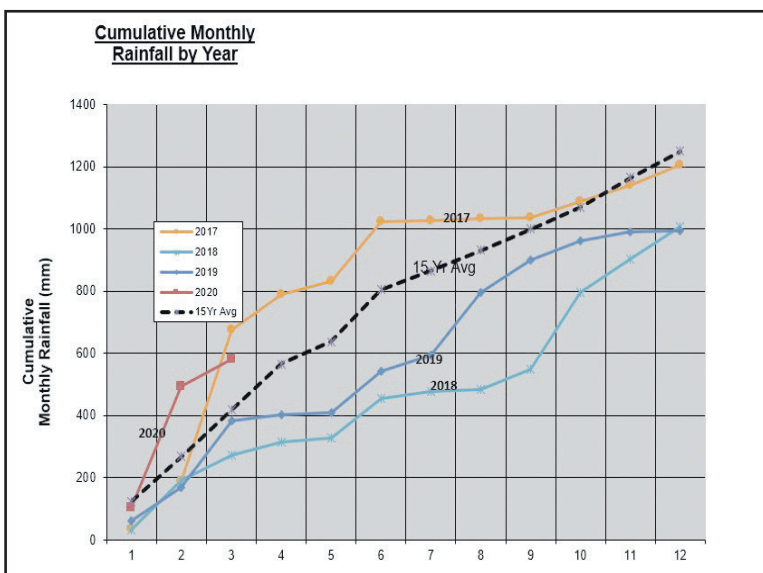
Rainfall of 86.4mm was recorded on the Peninsula in the first 12 days of March, according to figures supplied by Mr Jim Morrison of Umina.

A total of 67.8mm in 24 hours was recorded on March 6 and a fall of 10.5mm on March 4.

The average March rainfall is 150mm.

The total for the year to date is 580.2mm, almost 40 per cent above the average at the end of March of 418mm.

SOURCE:
Spreadsheet, 12 Mar 2020
Jim Morrison, Umina



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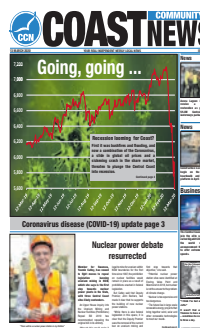
Rooster Competition, PO Box 1056, Gosford 2250, before 5pm on March 26.

The winner of the Drom Competition was Craig Rickard of East Gosford.

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Tesch asks RMS for more time for resident engagement

Member for Gosford Ms Liesl Tesch is asking for residents of Farnell Rd, Woy Woy, to be given more time to voice their concerns over proposed upgrades along Blackwall Rd.

She said changes proposed included new traffic lights at Blackwall and Farnell Rds, major changes at Macmasters Rd intersection, upgrades including kerb and guttering along Farnell Rd, and a raised pedestrian crossing near Victoria Rd and Blackwall Rd.

Ms Tesch said they believed the changes would have a negative impact on residents and traffic flow. "Blackwall Rd is a major thoroughfare to Woy Woy CBD and transport hub and it is vital that traffic flows smoothly and effectively," she said.

"The Roads and Maritime Service must allow time for the community to fully engage and understand the proposed changes to Blackwall Rd," Ms Tesch said.

"We need to get this right for all users."

Residents Mr Harvey McDougall, Mr Nick Lock, Ms Rose Powell and Ms Suraya Coorey expressed their worry around the short consultation period before work was due to commence.

"The proposed extra set of traffic lights at Farnell Rd and the widening of the lanes will cause traffic chaos and the loss of trees is also worrying," Mr McDougall said.

Concerned by a lack of information to residents who will be impacted, Ms Tesch has called on the Service to extend the consultation period and has written to the Minister to request more time for residents to consider these major upgrades.

Designs and community updates on the project were available to view electronically at www.rms.nsw.gov.au/projects/blackwall-rd-and-memorial-ave-intersection-upgrades/index.html

SOURCE:

**Media release, 11 Mar 2020
Liesl Tesch, Member for Gosford**



\$12 million aged care upgrade planned

A \$12 million upgrade is planned for a residential aged care facility at Woy Woy.

BlueWave Living has lodged a development application with Central Coast Council.

It states that the proposal will create better and larger living spaces for residents, increase the number of resident bedrooms and improve the operational efficiency of the back-of-house services.

The existing facility, which has a current capacity of 139 residents, comprises two separate buildings across two lots at 5-7 Kathleen

St, owned by Central Coast Area Health Service.

BlueWave Living has a 50-year lease over part of the land adjoining Woy Woy Public Hospital.

One building is known as The Nursing Home and the other as The Shores.

The proposal is to consolidate the two buildings with alterations to the nursing home including entry foyer, offices, kitchen, laundry, residents' lounge and dining room, and courtyard.

The existing covered walkway between the two buildings would be demolished and a new corridor built, as well as delivery yard,

laundry reconfiguration and resident support services.

Alterations at The Shores would include the addition of bedrooms, lounge rooms, dining rooms, kitchens, and associated support services.

A new outdoor chapel would be built and there would be new landscaping throughout the site.

In total, the proposal adds 18 bedrooms, increasing accommodation for the aged at the facility to 157 residents.

SOURCE:

**DA Tracker, 12 Mar 2020
DA 58033/2020, Central Coast Council**

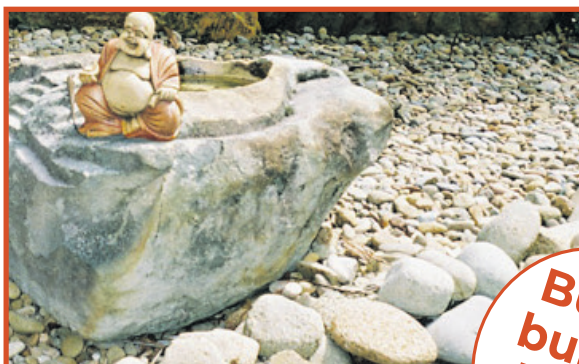


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News



Cr Chris Holstein



Cr Richard Mehrkens



Cr Troy Marquart

Environmental projects receive almost \$175,000

Open forum with local councillors

Peninsula residents will have the chance to speak directly to their ward councillors in an open forum on March 17.

The meeting aims to provide an opportunity to ask questions or learn more about what's going on across the Peninsula.

Gosford West ward's Crs Richard Mehrkens and Cr Chris Holstein will be available for a "town hall-style" public meeting to allow the community to raise issues, seek guidance and gain updates.

The ward's other representative, Cr Troy Marquart, is unavailable on the night.

Cr Marquart said he hoped Peninsula residents would take the opportunity to have their say.

"It is difficult for councillors to reach out and speak with the

community like other politicians as we don't have a community engagement budget like MPs do," Cr Marquart said.

"I welcome this new opportunity that we have created for people to come along, meet their councillors, have their say, or provide us with some issues that we can follow up.

"We've had several shopping centre pop-ups which have been well attended by local residents."

Cr Holstein said he was disappointed that the sessions were happening in only two of the five wards – the other being Gosford East ward.

"They are based on councillors making themselves available," he said.

"Councillors should be interacting with the community every day, if they are undertaking their roles as councillors," Cr

Holstein said.

Cr Troy Marquart said he was unavailable to attend the session.

"I informed staff that I was unavailable on this evening and offered my apologies the moment this date was proposed," he said.

"While I am not against this particular type of public interaction, I do question the timing.

"If particular individuals wanted to frame or create such a public forum, why have they waited two-and-a-half years to raise the idea.

"A cynical individual might conclude that a re-election soap box has been created at two minutes to midnight," Cr Marquart said.

SOURCE:

Media statements, 9 Mar 2020
Chris Holstein, Troy Marquart, Richard Mehrkens, Central Coast Council

Central Coast Council environmental projects on the Peninsula have received Federal and State funding totalling \$174,500.

The successful grants were finalised in the last quarter of 2019.

Bushcare, Landcare and Dunecare volunteer programs have been boosted by \$32,500 through the Federal Government Communities Environment Program.

Blackwall Mountain Bushcare received \$10,000, Patonga Beach Dunecare \$7500, South St and Umina Community Dunecare \$10,000 for its Umina Beach site; and Peninsula Dunecare \$5000 for its site at Ettalong Beach.

NSW Government's funding program, Increasing Resilience to

Climate Change, has put forward \$142,000 for a Climate Change Adaptive Landform Case Study at Woy Woy.

This will fund the development of a landform and drainage study for four areas subject to coastal and flood inundation on the Peninsula foreshore.

It was one of the individual master plan studies recommended in the Brisbane Water Flood Risk Management Study and Plan to mitigate flooding impacts.

The study will aim to inform guidelines for Council's Development Control Plan and include piloting different landform and drainage options.

SOURCE:

Central Coast Council agenda 3.6, 9 Mar 2020

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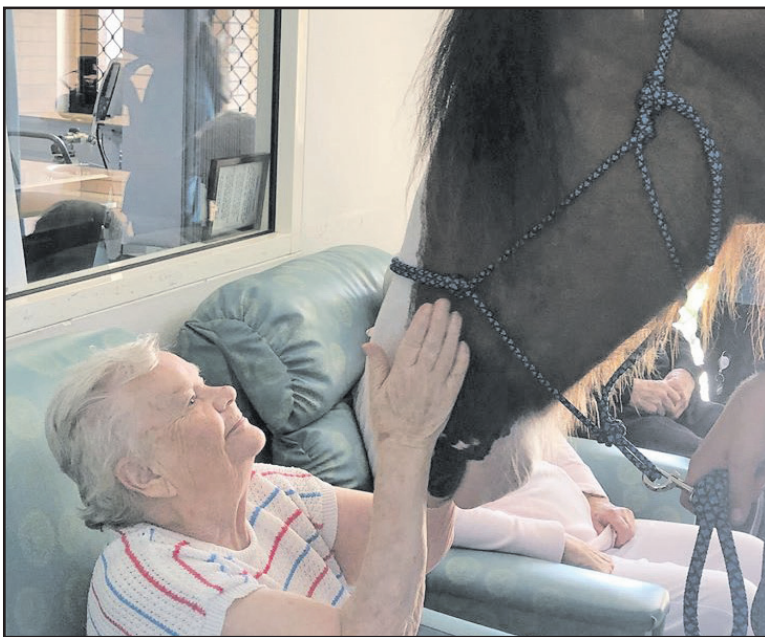
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Wellington pays second visit

Clydesdale horse Wellington has paid a second visit to a Woy Woy aged care centre on March 9.

Wellington also visited BlueWave Living in August last year.

Handler Mr Jason Beesley said this was Wellington's first solo visit to the village, having previously

visited with his sister Claudia.

"It's always a pleasure to visit BlueWave.

"The staff are so caring and always trying to keep the residents happy and entertained," Mr Beesley said.

"Wellington was well behaved for his first visit by himself.

"The residents reminisced of the days they used to ride horses to

school or ploughed the paddocks with their father and their own horses.

"Wellington took a particular liking to one lady, taking himself inside her bedroom and practically sitting on her lap," Mr Beesley said.

SOURCE:

**Social media, 9 Mar 2020
Kylie Scott, BlueWave Living
Jason Beesley, W and C Events**

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Volunteers sought to restore park as nature reserve



Umina Community Group is seeking volunteers to participate in the rejuvenation of Guyangil (Gwung-gil) Park.

The park, in Australia Ave, Umina Beach is the vacant lot adjacent Umina Child Care Centre car park.

Group secretary Mr Peter Springett said: "It's a beautiful little park, just unloved for some time, so we hope this project will see it become a park for future generations to enjoy."

"Families might recall the good work done by the group and community volunteers in restoring the Runway Park in Woy Woy, which

was a huge success," Mr Springett said.

"Guyangil will be a similar project but on a smaller scale."

Umina Community Group has been awarded a small Federal environment grant to restore Guyangil Park into a nature reserve.

Mr Springett said the aim was to provide a habitat corridor for native birds using native trees, shrubs and grasses.

"When completed, the park will be a place for families to escape their busy lives and connect with nature," he said.

"For this project to be a success, we need the community's help."

"Preparation of the site, planting and watering is the major focus for volunteers."

"If you can lend a hand at any stage, weekday or weekend, morning or afternoon, between the months of April to October this year, please get in touch by sending an email to uminacommunitygroup.com.au

The project will be co-ordinated by Umina Community Group members Debbie Sunartha and Jenn Rochford.

SOURCE
Media release, 12 Mar 2020
Peter Springett, Umina Community Group

Flooding and capacity limits highlighted in plan feedback

Central Coast Council has considered the outcomes of the draft Urban Spatial Plan community consultation and public exhibition which was completed late last year.

More than 170 submissions were received online throughout the consultation process with stakeholders and the public also engaging through community information sessions.

Key components of feedback about the Peninsula was that the plan did not adequately address the constraints of flood, sea level rise and coastal erosion on the Woy Woy Peninsula.

Feedback also indicated plans

to more densely populate/develop Woy Woy because it was close to the railway station did not take into account the current and worsening flood risk on this part of the Peninsula and capacity of the road network.

Community feedback and the plan is expected to provide an initial framework for the development of the Central Coast's first Local Strategic Planning Statement.

The statement will focus on the vision and planning priorities for land use planning in the region over the next 20 years and together with Council's Community Strategic Plan will identify the long-term social, environmental and economic aspirations of the community and provide a clear direction for growth

that will inform future strategic plans and planning instruments.

Mayor Cr Lisa Matthews said the Community Strategic Plan, or One Central Coast, was a platform to build a region that all the community could be proud of.

"The upcoming statement is an opportunity for the community to have their say and engage as we seek to make the Central Coast an even more liveable and desirable place to call home," Cr Matthews said.

Comments from the public about that plan, specific to the Peninsula area, covered a variety of topics and included the following comments.

Transport infrastructure was said to be 20 years behind where

it should be. Major Pacific Highway upgrades and key transport links needed to occur before population was increased.

Footpaths and shared pathway connections were needed to Woy Woy station.

Deepwater Plaza performed a key economic and social role in Woy Woy and planning should aim to facilitate a mix of land uses to ensure the priorities for Woy Woy are achieved.

Local jobs were critical for the region

There should be financial incentives for businesses, including cheap land and tax breaks.

Growth corridors should not become walls of high rise buildings

with inadequate sunlight, views, trees, green spaces and amenities.

The huge increase in granny flats and other ad hoc development had had a very detrimental impact on the wider community.

Natural bushland, green spaces, wetlands and their catchments between urban centres should be protected. Developers were attempting to use State planning laws to override local planning.

Public consultation of the Local Strategic Planning Statement is proposed to start on April 6 until May 12.

SOURCE:
Central Coast Council
agenda 3.9, 9 Mar 2020

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- Emissions per capita are at their lowest level in 29 years, reduced by 41% since 1990.²

Australia is lowering emissions

- Australia's 2030 target is for a 26 – 28% reduction (on 2005 levels).
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- In 2019, Australia's investment (per capita) in renewable energy was greater than the USA, Japan and the UK, and more than triple the (per capita) investment of Germany, China, France and Denmark.⁴
- Australia has the world's highest (per capita) uptake of rooftop solar.⁵ Nearly one in four Australian homes have solar on their roof.

Snowy 2.0 and Battery of the Nation

- The Morrison Government is investing \$1.4 billion in the largest pumped hydro projects in the southern hemisphere – Snowy 2.0 and Tasmania's Battery of the Nation and an interconnector.
- These will generate enough storage to power around one million homes.



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Sources

¹ Department of Industry, Science, Energy and Resources, Quarterly update of Australia's National Greenhouse Gas Inventory: June 2019

² Department of Industry, Science, Energy and Resources, Australia's 2030 climate change target

³ As above.

⁴ Bloomberg New Energy Finance, Renewable Energy Investment Data

⁵ Australian PV Institute



Plans for six three-storey townhouses

Plans are being considered by Central Coast Council for the construction of six townhouses in two, three-storey blocks at Woy Woy.

The proposal put forward by Ark Express Design is to build the four-bedroom townhouses on a roughly L-shaped block which has frontages to 200 Blackwall Rd and 259 Burge Rd.

Two of the townhouses will face and gain access from Blackwall Rd and entry to the other four will be on Burge Rd.

The application stated that the proposed development was permissible within the R1 General Residential zone.

It sought a variation of floor space ratio of the 0.6:1 ratio required by planning provisions, to increase it to 0.81:1, claiming that such a restrictive development standard would not be appropriate for this project.

Other variations were sought to allow changes to the side setbacks as well as the provision of open car spaces in the front setback.

The statement says the variations are two metres and 2.5 metres setbacks to the northern and southern boundaries, respectively, instead of the 3.5 metre minimum requirement.

According to the statement,



the proposed setbacks would not result in any adverse impacts from overshadowing or privacy to any adjoining properties and building separation would be provided between the new development and the units to the south, so the objectives of the setbacks would be achieved.

A variation to car parking requirements was sought to allow three open spaces in the front setbacks, with one space facing Blackwall Rd and two on Burge Rd.

The statement said the development would be contemporary in design and present an appropriate height, bulk and scale, in keeping with the "emerging character of the

surrounding medium density neighbourhood".

The four-bedroom townhouses will have ground level courtyards and upper level balconies.

On the ground floor, there would be living and dining rooms, kitchen, laundry, toilet, rear courtyard and single garage.

First floor would comprise three bedrooms, bathroom, with bedroom two having an ensuite and balcony facing the street.

A fourth bedroom, with ensuite, would be on the second floor, also with a balcony facing the street.

SOURCE:
Website, 11 Mar 2020
DA 58026/2020, Central Coast Council

Council seeks insights about leisure centre and theatre

Central Coast Council is seeking suggestions for improvements to the Peninsula Leisure Centre and Peninsula Theatre.

"Share your insights on leisure centres and pools, theatres and galleries and all Council-owned facilities," Council director Ms Julie Vaughan said.

The last surveys were completed in 2018 and we've addressed much of the community feedback provided, including a range of capital upgrades, improved programs and services.

"For 2020, we have added a community facilities survey, which will give locals the chance to

provide feedback on a range of facilities including community halls, community centres, youth centres, senior centres, sporting complexes and tennis facilities."

Feedback from surveys will be used to guide funding and resourcing decisions and to shape key decisions including construction projects, programs offered and marketing.

Community members have until Tuesday, March 31, to complete the surveys which are available online at yourvoiceourcoast.com/llcustomersatisfaction

SOURCE
Media release, 11 Mar 2020
Julie Vaughan, Central Coast Council



Liesl Tesch MP

Member for Gosford

How can I help?



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Retirement is truly the time to live your life, your way. Unlike aged care facilities, our villages support independent living. We take care

of all general maintenance and repairs, so you have more time to focus on the things you love.

We encourage you to make the most of your retirement years: spend quality time with family and friends, indulge in hobbies like travel and cooking, we even welcome furry friends! Our village communities offer access to facilities, activities and events that connect you with like-minded people and help you stay active and healthy.

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Pearl Beach Progress Association plans major hall upgrade

The Pearl Beach Progress Association is planning a major upgrade for the Pearl Beach Progress Hall, following approval of a grant from Central Coast Council.

"This year marks the 70th anniversary of the hall, and we are planning some appropriate activities to acknowledge this

important milestone," said president Mr Peter Romey.

"Members will be very aware of the pivotal role that the hall plays in the life of our community.

"It was first opened in 1950 and has been enlarged and upgraded several times.

"The association has undertaken extensive consultation with our community to develop a

program of works to enhance the functionality of the rear of the hall, including a larger deck and roof, as well as a new storeroom.

"We have been fortunate in having secured a substantial grant, which will allow us to proceed with the upgrade," Mr Romey said.

SOURCE:
Newsletter, 5 Mar 2020
Peter Romey, Pearl Beach Progress Association

Council financial statements show breach of Act

The 2018-19 audited financial statements for Central Coast Council, showing a breach of the Act, were adopted Central Coast Council at its March 9 meeting.

The NSW Audit Office noted a breach of the Environment Planning and Assessment Act 1979 from a self-reported error with administration fees dating back to 2001.

The error was corrected in the 2018-19 financial statements.

Council reimbursed its Local Infrastructure Contributions Fund \$13.2 million, from its general fund, after finding breaches that began before the Council came into existence in 2016 when former Gosford and Wyong councils were amalgamated.

The money repaid represented reimbursement and an estimate for forgone interest.

The auditor said in his report to Council that the Council had

breached the Environmental Planning and Assessment Act by using the infrastructure fund money for administration purposes.

Assistant Auditor-General Mr Aaron Green also criticised Council for a delay in handing over the financial results and said a robust quality review process was not evident.

"This was largely due to information system limitations and weaknesses in Council's control environment," he said.

He also criticised the Council water supply authority's financial "misstatements".

He concluded the misstatements were not due to fraud.

He noted that some were fixed by management and some immaterial ones were left.

The auditor was at the council meeting but he was not questioned.

SOURCE:
Central Coast Council agenda 3.4, 9 Mar 2020

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Central Coast Council

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Council gives 20 per cent weighting for local business

A new local procurement policy adopted by Central Coast Council aims to give local businesses a better chance to compete for council tenders.

Council adopted the new policy at its March 9 meeting, during a confidential part of the meeting that was not open to the public.

The policy will give local businesses a 20 percent weighting for tenders up to \$150,000.

It will be reviewed in 12 months.

Cr Kyle MacGregor said the policy would be a game changer for local small businesses and a significant reform by the council for the region.

"This is the most significant reform for local small businesses in more than a decade," Cr MacGregor said.

SOURCE
Media release, 10 Mar 2020
Cr Kyle MacGregor,
Central Coast Council
Central Coast Council, Agenda
Item 8.1, 9 Mar 2020

CWA flag stolen again

The Woy Woy branch of the Country Women's Association has had its aboriginal flag stolen for athird time.

Branch president Ms Jane Bowtell said closed circuit television footage at the CWA Hall captured a man stealing the flag just after midnight on February 27.

Ms Bowtell said the incident had been reported to Brisbane Water Police District.

"We ask anyone with information about this incident to contact the Police Assistance Line on 131 444," Ms Bowtell said.

"We fly both flags to show that we are an inclusive community organisation," she said.

SOURCE:
Email, 8 Mar 2020
Interview (Dilon Luke), 11 Mar 2020
Jane Bowtell, Woy Woy CWA



Volunteer sought to co-ordinate Anzac service

The Pearl Beach Progress Association is seeking a volunteer to help co-ordinate the Pearl Beach Anzac Day Service.

"The community has traditionally come together on Anzac Day to reflect and remember the sacrifices

made by so many," said president Mr Peter Romey.

"In 2019, a large crowd of locals, families and friends crowded into the Memorial Hall and garden surrounds on a glorious morning.

"Guest speakers, local community members and students

from Umina Public School presented moving stories, read poems and told of their personal experiences

"The Pearl Beach Singers provided vocal leadership with appropriate songs.

"In past years, Russell Grove

has professionally managed the moving program.

"Last year, Di Swalwell and Jeanette Sims took over that role and this year we are looking for a volunteer from the Pearl Beach community to undertake the role of co-ordinator and manage the 2020

Anzac Day ceremony on April 25," Mr Romey said.

Anyone interested should contact the Pearl Beach Progress Association for more information.

SOURCE:
Newsletter, 5 Mar 2020
Peter Romey, Pearl Beach
Progress Association

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Save Our Coast holds celebratory gathering

Save Our Coast will hold a community gathering at 7pm tonight (Monday), March 16, at the Umina Surf Life Saving Club to celebrate its "win against seismic testing" and to celebrate two years of campaigning.

The evening will feature the chair of the Senate Inquiry on Seismic Testing, Senator Peter Whish-Wilson, as keynote speaker and other speakers including NSW Greens upper house MP Ms Abigail Boyd.

There will be a screening of the Save Our Coast film that gives an insight into the campaign so far.

"We're holding an evening of inspiration, celebration and positive action to help stop seismic testing," said Save Our Coast founder Ms Natasha Deen.

The Senate Inquiry into Seismic Testing will visit Terrigal on Tuesday, March 17.

While seismic testing has

been abandoned in waters off the Peninsula's coastline, Ms Deen said that the Inquiry's Central Coast visit was still vitally important, with the meeting in Umina to be a celebration of grassroots activism and the power of community.

"Many of the 8000 submissions to the Inquiry were from the Central Coast and at our wonderful Umina Hands Across the Sand event where 1500 people held hands for over one kilometre along Umina Beach to stand united against seismic testing.

"The Senate Inquiry on the Impact of Seismic Testing will be held at the Central Coast because people here have shown how much they care.

"A huge show of community spirit succeeded in stopping seismic testing off our coast for now, but we need to make it permanent," she said.

SOURCE:

Press release, 3 Mar 2020
Natasha Deen, Save Our Coast

Events for residents over long weekend

Residents of Wagstaffe and Killcare will be able to attend a number of events over the Easter long weekend (April 10 to 13).

Hardys Bay Community Church will host its annual art exhibition all weekend, featuring the works of eight local artists, as well as Easter church services.

The Wagstaffe-Killcare Community Association will hold

its annual Trash 'n Treasure sale at Wagstaffe hall on Easter Saturday morning.

Killcare Surf Club will host an event on Saturday night featuring a hypnotist and Hardys Bay Club will have live music on Easter Friday from 2pm, Saturday from 7:30pm and Sunday from 2pm.

SOURCE:

Newsletter, 1 Mar 2020
Lyndall Jones, WTKCA

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Association has several things on agenda

Car parking in Hardys Bay, poorly maintained parks and walking tracks in Bouddi National Park are among the current interests of the Wagstaffe-Killcare Community Association.

President Mr Mike Allsop said the association had several things on its agenda at present.

There was a focus on traffic and parking arrangements surrounding the commercial area and Hardys Bay waterfront.

"The parking in Hardys Bay is a real issue because along the waterfront the roadway is very poorly defined with rough edges and sandstone blocks limiting parking space," he said.

"We've asked Council to come out and have a look and follow through on a previous statement that they would find a traffic and parking solution."

Mr Allsop said he was hoping a postponed meeting with Council would be reconvened soon to discuss maintenance of parklands.

"There are small community parks, play areas and picnic areas, waterfront and so on, very poorly maintained," he said.

"The levels are all over the place and, even as I look at them today,



The degraded Half Tide Rocks walking track

they're full of mud. The grass isn't consistent.

"They really need to be re-topped, re-turfed, drained appropriately, and just cleaned up.

"It's not a big job but we'd like some attention.

"We've got a community that likes to see things in good order and we understand that it's a big local government area, and the Council demands are over a huge area, but we'd just like our little

share of it to keep things under control," Mr Allsop said.

Association members are keenly awaiting the release of the Bouddi National Park Plan of Management to see if their suggestions to upgrade paths, particularly the Half Tide Rocks track, have been taken on board.

National Parks and Wildlife Service manager Mr Andrew Growcock said the plan had undergone all the Parks statutory

requirements, including reviewing the plan against the submissions, and would now be passed on to Environment Minister Mr Matt Kean for consideration of adoption.

"One of our points was that while the plan itself was interesting from an ecological point of view, it had absolutely nothing to do with bodies of work," Mr Allsop said.

"The whole community access part of the National Parks work was very poorly addressed in the

plan and we'd just like to see some works progressed.

"Half Tide Rocks path was one of the first because we've been pushing for this for about four years and it's just degraded disgracefully – and there's others we'd like to see upgraded," Mr Allsop said.

Meanwhile, plans are progressing to establish the Community Resilience Plan with the objective to disseminate clear and concise information to people and to co-ordinate the community response to disaster events.

The core group organising the community plan is the Wagstaffe Killcare Community Association, the Rural Fire Service, Killy Cares and Killcare Surf Life Saving Club.

"With the two emergency services and two great community organisations all acting as one, you can be assured that whatever happens, we'll be in a much better place to cope as a community," Mr Allsop said.

SOURCE:

Newsletter, 9 Mar 2020

Interview (Sue Murray), 9 Mar 2020

Mike Allsop, WTKCA

Interview (Sue Murray), 9 Mar 2020

Andrew Growcock, NPWS

Media statement, 12 Mar 2020

NSW Dept Planning,

Industry, Environment.

CWA seeks bedding donations for bushfire relief



The Woy Woy branch of the Country Women's Association is seeking donations of bedding and towels to support bushfire-affected communities on the NSW South Coast and in far east Gippsland.

Branch president Ms Jane Bowtell said members were collecting donations on behalf of Central Coast Disaster Relief.

"They are currently in need of new bedding for the isolated communities on the South Coast and far east Gippsland areas

that are still trying to recover," Ms Bowtell said.

"Items needed include new towels, sheet sets, doonas, doona covers and blankets.

"If you have any new bedding or towels at home or would like to purchase some, we would be very grateful.

"We are also in need of cleaning products.

"We are at the Woy Woy CWA Hall every Wednesday from 8am until 1:30 pm.

"One of our members will also be there on Friday, March 20, to accept donations," Ms Bowtell

said.

Central Coast Disaster Relief's next convoy of goods is heading out on March 21 to these communities.

"As a branch, we understand the strain it puts on communities to be constantly asked for help and we are all suffering donation fatigue.

"Rest assured everything that you give either to us or any other Country Women's Association branches goes exactly where we say it goes and it gets there immediately," Ms Bowtell said.

SOURCE:

Social media, 5 Mar 2020

Jane Bowtell, Woy Woy CWA

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Ms Joan Butts (centre) will lead a bridge teacher training program at the Brisbane Water Bridge Club

Bridge club hosts teacher training program

Brisbane Water Bridge Club will host a teacher training program later this month.

The program will be delivered by the Australian Bridge Federation Education Teacher Training Program with teacher Ms Joan Butts of Joan Butts Bridge.

Ms Butts said the workshop would run from 10:30am to 4pm on March 26 and would cover in detail the ministrations of teaching bridge to novices.

"This workshop focuses on equipping teachers to deliver short

courses that can be accessed when beginners want to learn bridge rather than waiting for formal bridge courses.

"Each teacher training program offers a closer look at teaching methods and presentation and contains resources for beginners, help with play and card play courses.

"Teaching ideas are developed through discussion and practical demonstrations," Ms Butts said.

SOURCE:
Social media, 12 Mar 2020
Joan Butts, Joan Butts Bridge

Next Rotary club president named

Ms Joan Redmond has been named as the next president of the Rotary Club of Woy Woy..

Current president Mr Don Tee said elections for the club's executive committee for the next financial year took place at their last meeting in February.

Several Rotarians took new roles in the committee.

Mr Tee congratulated Ms

Redmond on her new role and said he was looking forward to seeing what ideas she would bring to the club as president.

"I am sure with the support of the club, she will enjoy the opportunity to serve as president and will bring some fresh, new ideas to the club," Mr Tee said.

SOURCE:
Newsletter, 3 Mar 2020
Vic Deeble, Rotary Club of Woy Woy



President-elect Joan Redmond in Uganda with Rotary Pure Joy project leaders Grace Anyeno and Okello Collins.



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Film screening by Eco Network

The Bouddi Eco Network will present a community screening of the film 2040 at Killcare Surf Life Saving Club on March 27.

Network member Ms Anna Trigg said 2040 is an innovative feature documentary that looks to the future but is vitally important to the present.

"Director Damon Gameau embarks on a journey to explore what the future could look like by the year 2040 if we simply embraced the best solutions already available to us to improve our planet and shifted them rapidly into the mainstream," Ms Trigg said.

"2040 demonstrates that we already have the solutions to climate change.

"We just need to take action to bring them rapidly into the mainstream," she added.

Ms Trigg said interested community members were welcome to bring along a picnic.

Meals and drinks would also be available for sale on the night.

"The cost to run this event is \$430 for the community screening license which goes to the film makers, and for the hire of the Killcare Surf Club so tickets are \$5 per person or \$15 for a family ticket (two adults, three children)

"Any profits over and above these costs will be donated to the Bouddi Wildlife Fund which provides resources for local registered wildlife carers to care for our injured or sick local wildlife," Ms Trigg said.

The screening commences from 6pm.

Tickets can be purchased on the night with cash only.

SOURCE:

Media release, 11 Mar 2020
Anna Trigg, Bouddi Eco Network

Recycled products at children's market

The Recycled and Re-loved Kids Market will take place at The Galleria in Ettalong on March 28 with a range of baby and children's products available.

Featuring nursery items, clothing, books and toys, market organiser Ms Emily Batts said Recycled and Re-loved was a way for Peninsula families to shop sustainably.

It also represented an opportunity for people to get rid of unwanted baby and children's items.

"This market has also been created to bring likeminded parents together," Ms Batts said.

There will also be several food and drink vendors and children's activities available on the day.

There will be no cash withdrawal services at the market.

SOURCE:

Media release, 4 Mar 2020
Emily Batts, Empty Suitcase Events



Buddies Club forms in Pearl Beach

The Pearl Beach Buddies Club has formed as a new social group, meeting every second Monday at the Pearl Beach Progress Hall from 4:30pm to 6pm.

Pearl Beach Progress Association president Mr Peter Romey said the vision of the Buddies Club was to promote community wellbeing through facilitating a supportive social network that was accessible to all residents, especially to those who lived alone, those with reduced mobility, dementia or physical

disabilities.

All community members were welcome to attend the club to sit and chat with old or new friends, have a cup of tea or coffee, or play cards and other table games.

Anyone attending is asked to bring along a small donation of tea or coffee for the meeting and of money for hall hire.

The club will meet next on March 23.

SOURCE:

Newsletter, 5 Mar 2020
Peter Romey, Pearl Beach Progress Association



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Fire actions needed immediately

The next six months provides us with an opportunity to improve the readiness of the Bouddi Peninsula to cope with next year's fire season.

The expert NSW inquiry into the bushfires is commendable.

However, its recommendations are unlikely to be comprehensively implemented before the next fire season arises.

I note that Central Coast Council recently confirmed its commitment "to undertaking responsible decision-making regarding mitigation, adaptation and risk management" as a result of the 2019-20 bush fire season.

However, it opted to wait for

Forum

the NSW Inquiry findings rather than immediately consider actions which help to reduce the fuel load ahead of next year's fire season since, it is unlikely that such findings could be comprehensively implemented in the shorter time period.

While this approach is understandable given the scaremongering, finger pointing and a poor community awareness of the issues, there must be some actions which can be immediately implemented which have strong expert and community support.

At the Climate Change Meeting

at Killcare Surf Life Saving Club on February 27, fire management expert Bob Conroy said lightning strikes overwhelming started most of the fires, not arsonists.

He also pointed out that past fuel burns in national parks were only partially successful in slowing the fires and very little effort had gone into fuel reduction of privately-owned tracts of land close to national parks.

Bouddi Peninsula's centrepiece is our national parks.

Alas, land which has been left to accumulate fuel by absentee landowners is probably a greater fire risk which could be addressed without waiting for the Inquiry's

recommendations.

Council could take the lead and work co-operatively with the Rural Fire Service and National Parks to readily identify these properties and use the powers under the Rural Fires Act NSW to issue a notice requiring specified bush fire hazard reduction work.

Additionally, key fire escape routes such as Wards Hill Rd, The Scenic Rd and Maitland Bay Dr need overhanging trees cleared so that there is less likelihood of fallen trees closing off escape routes.

The further clearing of fire trails is also a no brainer.

SOURCE:
Email, 1 Mar 2020
Susan Brooks, Killcare Heights.

Forum

All council toilets should have hand cleaners

It's time for Central Coast Council to provide soap and/or hand sanitiser and towels and/or hand dryers in each and every public toilet.

This would help every one of us to protect our community and limit the spread of the Coronavirus.

Email, 12 Mar 2020
Dr Stephanie Short, Woy Woy.

Happy without the noisy intrusion

This letter is in response to an advertisement which appeared on page nine of edition 489; For some decades, Dick Smith has been of the opinion that what is good for Dick Smith

Forum

is necessarily good for all Australians.

Well guess what? It isn't.

Many thousands of residents have moved to the Central Coast

to enjoy a relaxed lifestyle away from the busy hubbub of Sydney or other over-crowded metropolitan areas.

The last thing we need is the drone of hundreds of low flying planes overhead, drowning out the calls of our birdlife and

upsetting both our neighbours and frightening the wildlife.

Go fly your helicopter or personal plane elsewhere.

We are very happy without the noisy intrusion.

Email, 3 Mar 2020
Ric Baxter, Umina



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Ocean Beach Rd intersection already too busy

In support of the letter written by Eunice Warden (edition 489) I have written two submissions to Central Coast Council saying exactly what she has outlined.

A three-story, 12-unit structure with parking spaces going on to Ocean Beach Rd would cause a build-up of traffic.

When you have a plumbing supply building next door, bus stop out the front a BP garage next to that on the corner, with a round about all within a 100m of Waratah Ave and that's not counting a bus stop opposite a child care centre, Shell garage and two other businesses.

A bad decision by the council.

Email, 3 Mar 2020
Brian Raffa, Woy Woy

Suitable trees under powerlines are a good idea

I feel it is owed to the community to respond to the letter (Forum 17 Feb 2020) entitled "Peninsula has 1000 water bores".

On the matter of trees under powerlines, I direct anyone in the community to seek out expert recommendations now informing the best practices of government planners.

Suitable trees under powerlines certainly are a good idea and we are now seeing a huge surge in urban street planting throughout many council areas nationally and

internationally.

Indeed, the NSW government is developing Green Grid plans across key local government areas as we speak and Central Coast Council is becoming leaders in this work.

Recent thermal studies have revealed that the Peninsula is suffering from the Urban Heat Island Effect due to the lack of canopy shading our hot roads, footpaths and driveways.

There are many safe and suitable small tree species that work well under powerlines.

Smart councils who care about the health and liveability of their residents invest in the planting and maintenance of trees.

This is certainly not a "waste of money". It is a crucial social investment.

Our group, Grow Urban Shade Trees, is accessing the very latest in Urban Landscape knowledge to ensure that the most appropriate trees are chosen for our verges.

I urge readers to google "Street Tree Masterplan Sydney" and avail themselves of this information.

Email, 5 Mar 2020
Jennifer Wilder, Umina

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

Return machine needed next door to Liesl Tesch's home

I wholeheartedly agree with Liesl Tesch that we need more Return and Earn centres in Woy Woy (edition 489).

I specifically request that she

Forum

has one placed next door to her house as we have one next door to us in Chambers Pl.

The outrageous noise from the

Cleanaway trucks that arrive all day every day from 7am is off the charts.

Plus, there's no parking because hordes of people arrive non-stop to use the machines.

Ms Tesch needs to experience

what it's like to have one of these places plonked beside her.

I'm hoping she agrees and that a centre arrives next door to her very soon.

Email, 4 Mar 2020
Gail Page, Woy Woy



Library Events and Programs Sponsorship EOI

Expressions of Interest (EOI) are now open for organisations, tourism operators and businesses to sponsor our library programs and events for a 24-month period from May 2020.

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As part of Council's commitment to continual improvement, we are inviting community feedback on leisure, lifestyle and community facilities across the region.

Your feedback will tell us what we're doing well and where we can improve by helping us gauge satisfaction, service quality and value for money.

This is your opportunity to tell us what you think, share your concerns and get involved.

Visit yourvoiceourcoast.com by **Tuesday 31 March 2020**.



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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 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

13 MARCH 2020 YOUR REAL INDEPENDENT WEEKLY LOCAL NEWS ISSUE 233

Going, going ...

First it was bushfires and flooding, and now a combination of the Coronavirus, a slide in global oil prices and a sickening crash in the share market, threaten to plunge the Central Coast into recession.

Nuclear power debate resurrected

Member for Swansea, Yasmin Catley, has vowed to fight moves to repeal legislation banning uranium mining in NSW, which she says is the first step towards nuclear power plants in the State, with three Central Coast sites likely contenders.

WHO upgrades COVID-19 status to "pandemic"

It is not yet clear if the Central Coast will be home to one of up to 100 private practice respiratory clinics to be established nationwide in coming months to provide dedicated services to people with mild to moderate COVID-19 symptoms.

A Local Strategic Planning Statement must come first

Central Coast Council deferred a decision on its draft consolidated planning controls at its meeting on March 9.

Not all promised pre-election funds delivered

Senator Deborah O'Neill is determined to hold the State and Federal Governments to account for funds promised for the Central Coast in the leadup to the 2019 federal elections and previous elections.

Climate action rally

For the second time in under a month, a community rally will be held outside the West Gosford office of Member for Robertson, Lucy Wicks, calling for action on climate change.

Local Strategic Planning Statement reaches another stage

Central Coast Council has considered the outcomes of the draft Urban Spatial Plan (USP) community consultation and public exhibition which was completed late in 2019.

\$5.3M Central Coast waterways package announced

Avoca Lagoon is set to receive a \$300,000 restoration as part of a \$5.3M Central Coast waterways package announced by the Federal Government on March 11.

Contract for Terrigal boardwalk awarded

Construction is expected to begin on the Terrigal boardwalk and viewing platform in April, following an announcement on March 12 that the contract for the project had been awarded to Land & Marine Group.

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



WYONG REGIONAL CHRONICLE

4 MARCH 2020 YOUR REAL INDEPENDENT LOCAL NEWS ISSUE 184

Preparation works underway for 220,000 solar panel farm

Roadworks along Ruttleys Rd at Mannering Park have started in preparation for a huge solar farm on Delta Electricity land.

Claimed Urban Congestion Fund rorts partially explained

Controversy rages over roadworks expenditure on the Central Coast pledged prior to the 2019 Federal Election, with Member for Dobell, Emma McBride, claiming residents in the north of the region were "shortchanged" and Member

Ignoring the recommendations of flood consultants blamed on Council amalgamation

The reason there has been inaction in flood management of Tuggerah lakes is because of the amalgamation of Wyong and Gosford Councils, according to Wyong MP and Shadow Minister for Central Coast, David Harris.

Mehan stands by criticism of council

The Entrance MP, David Mehan, said he does not resile from his criticism of Central Coast Council and its management of The Entrance Channel.

"People took a natural disaster and made it a political football" - Cr Matthews

Central Coast Mayor, Lisa Matthews, has described an unsuccessful motion at the Council meeting on February 24 to force her to resign as prompted by a "hateful campaign" fuelled by politically motivated social media groups.

Testing causes concern

Only a month before the Senate Inquiry into seismic testing to be held on the Central Coast, more concerns have been raised about Centennial Coal's testing in the waters of Lake Macquarie.

Member for The Entrance ejected from Parliament for swearing

State Member for The Entrance, David Mehan, was ordered to leave the NSW Parliament chamber on Tuesday, February 25, because of his foul language during a debate between he and Parliamentary Secretary for the Central Coast, Adam

Building fire at The Greens The Entrance

Several NSW Fire and Rescue crews and Police were deployed to a building fire at The Greens in Warrigal St, The Entrance, overnight on Monday, March 2.

Information sessions for significant project

Work will start in April on one of the area's most significant projects - the Mardi to Warnervale pipeline.

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

Forum

Everyone is entitled to solar access

Forum

Eunice Warden (edition 489) raises valid concerns about the approved Pacific Link development at Ocean Beach Rd and Waratah Ave Woy Woy.

Everyone, social housing tenant or otherwise, is entitled to at least two hours of solar access at a minimum.

Looking at the development, there is a five metre open space in the north west corner.

There is also a space (looks at least two metres) on the boundary. I hope this allows sufficient solar access for the neighbours.

Traffic remains an issue but blocking progress is a less preferred solution in my view.

Residents turning right onto the property could cause traffic delay and I hope no stopping zones are created to allow southbound traffic to go around.

As a taxpayer, I would prefer all the sites were privately-owned, preferably by low income purchasers otherwise by landlords

for the private rental market.

Either way the purchase or rental price will be lower and meet our needs for low cost accommodation.

It is not clear exactly what is meant by Ms Warden's statement: "Cheaper, less restricted land is available further to the north or west."

As a community I think we're generally an inclusive bunch.

Take crime and unemployment as an example.

I think important solutions include legalisation of drugs (excluding methamphetamine and heroin) and redirecting funds associated with incarceration to social support services like counselling, detoxification and group therapy.

My understanding is that garbage bins should be located on the road not the footpath.

Email, 3 Mar 2020
Luke Chell, Woy Woy

Many causes for potholes

Forum

Laurie Powell is only partly right about lack of camber being the cause of potholes (Forum edition 489).

It is easy to see on the Peninsula that there are many roads, with adequate camber, that still have potholes, so lack of camber cannot be a main factor.

On any road, it is the road base that actually carries the traffic load: the bitumen seal is only a coating over the road base, and its main function is to eliminate dust and provide a smooth running surface.

However, where there is no side drainage, run-off forms large pools, regardless of the amount of camber, and water can penetrate into this road base.

If the wrong base has been used, or if the base has not been properly compacted, or if the base drainage is inadequate, the road base can move.

Bitumen has no tensile strength, so any movement in the base will cause cracking, and water will then enter through the cracks, causing more movement and opening up a pothole.

Since the problem is in the base, filling the hole with bitumen can only be a stop-gap measure, but, if there is systematic immediate repair of potholes to a proper standard, unlike the situation in Central Coast, the road can still be maintained economically over an acceptable lifetime.

Of course, poor drainage is not the only reason for deterioration of the surface.

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

Over time, bitumen can be perished by the sun's rays, particularly in countries with severe climates like Australia's.

Also, the bond can be damaged by impact forces: the rolling motion of tyres, particularly on heavy vehicles, puts a longitudinal stress on the road surfacing, creating a rippled profile that is easily cracked.

Anyone old enough to have driven on unsealed roads will remember the typical corrugated surface caused by this repetitive movement.

It is an interesting fact that lack of a long-life, low-cost, low-maintenance road surface is one of the great engineering failures of our time.

We can put a man on the moon, but we cannot drive to the supermarket on a trouble-free road.

Email, 5 Mar 2020
Bruce Hyland, Woy Woy

Times have definitely changed

The Member for Robertson's full-page advertisement in edition 489 is a major turnaround from her election campaign in May 2019.

A short list of probable reasons for this change are the worst fire season on record, the worst air pollution on the planet, a downturn in the economy and Zali Steggall's Climate Change Act.

Is the purpose of the advertisement to counter Steggall's Private Member's Bill on climate change and the proposed conscience vote.

The question for the Member for Robertson is whether the

Forum

advertisement about increased climate change action or reduced climate change action?

We will know the answer later this month, if not before the big day on March 23.

Lucy Wicks will still be the focus of attention in Robertson regardless of the vote.

Will she survive until the next election?

All the above need to be considered in conjunction with the latest news on the coronavirus.

Times have definitely changed.

Letter, 4 Mar 2020
Norman Harris, Umina

Woy Woy Public School is offering four well-being programs this term: Top Blokes, Shine, Stronger Braver Wiser and Mentoring through Sport.

Assistant principal Ms Michelle Williams said: "We have implemented these programs to ensure our students are well equipped to deal with the challenges life can sometimes throw at us."

"Student resilience and wellbeing are essential for both academic and social development, and are optimised by safe, supportive and respectful learning environments."

Ms Williams said the Top Blokes program had commenced for selected Stage 3 boys and

was designed to provide a social education program for boys aged between 10 to 13.

The attending students would participate in an eight-week program to develop key social and decision-making skills.

School chaplain Ms Aimee Campbell would start the Shine mentoring program for Stage 3 girls.

This program was designed to offer girls an opportunity to develop a strong sense of personal identity, confidence and hope.

Mr Grant Hickman of Focus Body and Soul would deliver Stronger Braver Wiser to participating students from Kindergarten through to Year 6.

This program focuses on developing skills to make positive choices and self-discipline.

The Mentoring through Sports program is open to Stage 2 students and would see students work in small groups with a teacher-mentor.

Framed through team sport, participating students would use sport to provide a context to develop strong relationships and develop leadership skills in students.

Ms Williams said together these programs addressed many of the emerging social and emotional issues that children face.

Parents and carers who would like more information about any of these programs should contact Ms Williams through the school.

SOURCE:
Newsletter, 21 Feb 2020
Michelle Williams, Woy Woy Public School

Forum

Looked after while I was ill

In mid-December 2019, I became ill while shopping in Coles supermarket Woy Woy.

I wish to tell as many people as possible about the wonderful way I was looked after by second-in-charge Lauren and her fellow staff members.

Lauren stayed with me and kept watch over me right through to when the ambulance arrived.

She also arranged for my car to be driven home and groceries to be taken and placed in the house.

It relieved me a great deal of worry when I was not feeling well.

It was and still is very much appreciated.

Letter, 10 Feb 2020
Russ Maynard, Woy Woy

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	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Monday 16 March	<div>6:00 News Breakfast [s]</div> <div>9:00 ABC News Mornings [s]</div> <div>10:00 Antiques Roadshow [s]</div> <div>11:00 Grand Designs (PG) [s]</div> <div>12:00 ABC News At Noon [s]</div> <div>1:00 Landline [s]</div> <div>2:00 A Very English Scandal (M) [s]</div> <div>3:05 Escape From The City [s]</div> <div>4:00 Think Tank (PG) [s]</div> <div>5:00 Grand Designs [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&A [s]</div> <div>10:40 ABC Late News [s]</div> <div>11:10 Louis Theroux - Behind Bars (M I) [s]</div> <div>12:15 rage (MA15+) [s]</div> <div>3:00 Antiques Roadshow [s]</div> <div>4:00 Compass (PG) [s]</div> <div>4:30 The Drum [s]</div> <div>5:30 One Plus One [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 Movie: "With This Ring" (M d,s) ('15) – After attending a lavish wedding, three best friends each vow to get married within a year. Stars: Gabrielle Union, Regina Hall, Jill Scott, Eve, Stephen Bishop, Jason Winston George</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: Athena Begins (M v) [s]</div> <div>10:00 The Latest Seven News [s]</div> <div>11:00 God Friendly Me: Raspberry Pie (M) [s]</div> <div>12:00 Proven Innocent: In Defense Of Madeline Scott (Part 2) (M)</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 Getaway (PG) [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 Botched: Magical Mystery Breasts (M mp,n,l) [s]</div> <div>10:00 100% Footy (M) [s] – Phil Gould, Paul Gallen, James Bracey debate the biggest issues in Rugby League.</div> <div>11:00 Lethal Weapon: El Gringo Loco (MA15+) [s]</div> <div>11:50 In Defence Of: Waco - Clive Doyle (M) [s]</div> <div>12:40 It's All Greek to Me (PG) [s]</div> <div>1:05 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 Australian Survivor - All Stars (PG) [s]</div> <div>2:40 Entertainment Tonight [s]</div> <div>3:00 Judge Judy (PG) [s]</div> <div>3:30 Everyday Gourmet [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 Hughesy, We Have A Problem (M) [s]</div> <div>10:00 Just For Laughs (MA15+) [s]</div> <div>10:30 Akmal Presents The Comedy Festival Sampler (MA15+) [s]</div> <div>11:30 The Project (PG) [s]</div> <div>12:30 The Late Show With Stephen Colbert (PG) [s]</div> <div>1:00 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>2:00 Eight Days That Made Rome: Hannibal's Last Stand (M v)</div> <div>3:00 Great British Railway Journeys (PG)</div> <div>3:35 Princess Diana's Wicked Stepmother (PG)</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: Suriname Lost World (PG)</div> <div>8:30 Michael Mosley's Placebo Experiment (PG)</div> <div>9:40 Michael Mosley - Medical Mavericks: Diet And Disease (M)</div> <div>10:40 SBS World News Late</div> <div>11:10 Football: The World Game</div> <div>11:40 The Last Wave (MA15+) (In French)</div> <div>12:35 Sunshine: Shadow Man (M I)</div> <div>1:35 Borgen (M) (In Danish)</div>
Tuesday 17 March	<div>6:00 News Breakfast [s]</div> <div>9:00 ABC News Mornings [s]</div> <div>10:00 Antiques Roadshow [s]</div> <div>11:00 Grand Designs (PG) [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 Love On The Spectrum (PG)</div> <div>3:00 Escape From The City [s]</div> <div>4:00 Think Tank (PG) [s]</div> <div>5:00 Grand Designs (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: The New Mafia [s]</div> <div>8:30 Revelation: The Children Have Been Used By The Devil (MA15+) [s]</div> <div>10:00 Rick Stein's Road To Mexico: Yucatán (PG) [s]</div> <div>11:00 ABC Late News [s]</div> <div>11:35 Q&A [s]</div> <div>12:40 rage (MA15+) [s]</div> <div>3:00 Antiques Roadshow [s]</div> <div>4:00 Compass: Ike's Conversion [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 Movie: "Forgotten Evil" (M v) ('17) Stars: Masiela Lusha</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] – For tonight's cooking team, old habits die hard, will it bring their grand final hopes undone? At the table, a big announcement, one last game of strategy and a shock confession.</div> <div>9:00 The Good Doctor: Heartbreak (M) [s]</div> <div>10:00 Gold Digger (M s,l) [s]</div> <div>11:10 The Latest Seven News [s]</div> <div>11:40 Temptation Island USA: Final Bonfire (Part 1) (MA15+) [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 Kevin Can Wait: Civil Ceremony (PG) [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] – Leonard and Nat are called to a road accident that leaves a driver trapped.</div> <div>10:00 Kings Cross ER (PG) [s]</div> <div>11:00 Chicago Med: Lesser Of Two Evils (M mp) [s]</div> <div>11:50 Cold Case: Free Love (M) [s]</div> <div>12:40 Surfing Australia TV [s]</div> <div>1:05 The Hold Down (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>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 Australian Survivor - All Stars (PG) [s]</div> <div>2:40 Entertainment Tonight [s]</div> <div>3:00 Judge Judy (PG) [s]</div> <div>3:30 Everyday Gourmet With Justine Schofield [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] – Sometimes the swing vote in Survivor is the most powerful position to be in.</div> <div>8:30 NCIS: Hail And Farewell (M) [s]</div> <div>9:30 NCIS: Judge, Jury (M v) [s]</div> <div>10:30 The Project (PG) [s]</div> <div>11:30 WIN's All Australian News [s]</div> <div>12:30 The Late Show (PG) [s]</div> <div>1:30 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>1:00 PBS Newshour</div> <div>2:00 Eight Days That Made Rome: The Spartacus Revolt (M v)</div> <div>2:55 Journey Through Armenia: Birth Of A New Era (PG) (In English/ Armenian)</div> <div>3:30 Who Do You Think You Are?: Luke Nguyen (PG)</div> <div>4:30 Secrets Of The Queen's Children (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 Great Australian Railway Journeys (PG)</div> <div>8:35 Insight (M)</div> <div>9:35 Dateline (PG)</div> <div>10:05 The Feed</div> <div>10:35 SBS World News Late</div> <div>11:05 The Twelve (M l,s,v) (In Flemish)</div> <div>12:00 The Good Fight: (M I)</div> <div>3:00 24 Hours In Emergency (M)</div>
Wednesday 18 March	<div>6:00 News Breakfast [s]</div> <div>9:00 ABC News Mornings [s]</div> <div>10:00 Antiques Roadshow [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 Miss Fisher's Murder Mysteries (M v) [s]</div> <div>3:00 Antiques Roadshow [s]</div> <div>4:00 Think Tank (PG) [s]</div> <div>5:00 Grand Designs [s]</div> <div>5:30 Program To Be Advised</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 You Can't Ask That (M) [s]</div> <div>9:30 Adam Hills: The Last Leg (M)</div> <div>10:15 Planet America (PG) [s]</div> <div>10:45 ABC Late News [s]</div> <div>11:15 Four Corners [s]</div> <div>12:00 Media Watch (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 Movie: "High School Lover" (M) ('17) Stars: James Franco</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 Highway Patrol: Concrete Heads/ Australia's Biggest Bogan (PG) [s]</div> <div>8:30 The Front Bar (M I) [s] – Join Sam Pang, Mick Molloy and Andy Maher as they share a laugh about the AFL world and catch up with stars of yester-year and today.</div> <div>9:30 The Latest Seven News [s]</div> <div>10:00 First Dates Australia (PG) [s]</div> <div>11:10 Autopsy USA: James Dean (M) [s] – The mystery behind James Dean's fatal crash.</div> <div>12:10 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 Kevin Can Wait: Business Unusual (PG) [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) [s] – Hugh tries to teach Matt how to succeed at modern dating. Hayley discovers a surprising new talent.</div> <div>10:00 New Amsterdam: Good Soldiers (M mp) [s]</div> <div>11:00 Lethal Weapon: A Game Of Chicken (MA15+) [s]</div> <div>11:50 Westside (MA15+) [s]</div> <div>12:40 Killision Course [s]</div> <div>1:30 A Current Affair (PG) [s]</div> <div>2:00 Home Shopping</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 Australian Survivor - All Stars (PG) [s]</div> <div>2:10 Entertainment Tonight [s]</div> <div>2:30 Judge Judy (PG) [s]</div> <div>3:30 Everyday Gourmet With Justine Schofield [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 missing out on the immunity challenge win, a hunt for an idol ensues.</div> <div>8:30 Bull: Behind The Ivy (M v) [s]</div> <div>9:30 Bull: Child Of Mine (M v) [s]</div> <div>10:30 The Project [s]</div> <div>11:30 WIN's All Australian News [s]</div> <div>12:30 The Late Show (PG) [s]</div> <div>1:30 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>1:00 PBS Newshour</div> <div>2:00 Eight Days That Made Rome: Crossing The Rubicon (M v)</div> <div>2:55 Dateline</div> <div>3:30 Insight (M)</div> <div>4:30 Secrets Of The Queen's Children (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 Tony Robinson's History Of Britain: Tudors</div> <div>8:30 Dublin Murders (MA15+)</div> <div>9:35 Project Blue Book (M)</div> <div>10:30 SBS World News Late</div> <div>11:00 Homeland (MA15+)</div> <div>12:00 Movie: "Double Lover" (MA15+) ('17) Stars: Marine Vacht, Jérémie Renier, Jacqueline Bisset (In French)</div> <div>2:05 Roots (MA15+)</div> <div>3:55 24 Hours In Emergency: Boys Will Be Boys (M)</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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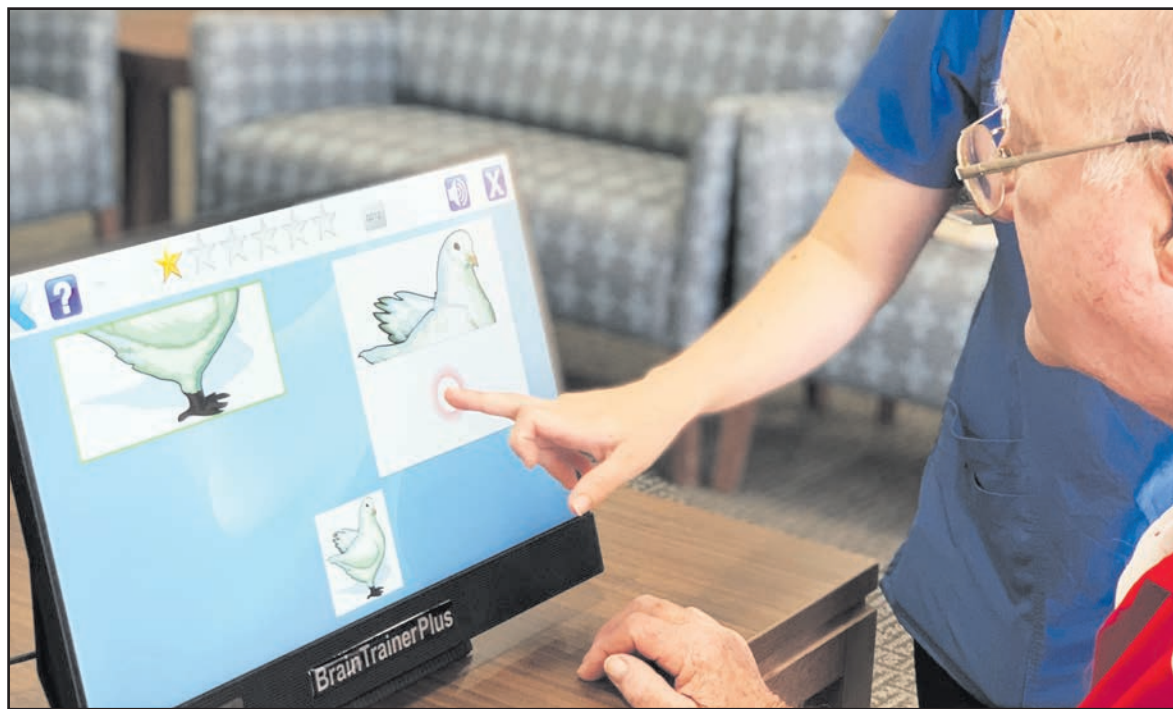
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	ABC (C20/21)	PRIME (C61/60)	NINE (C81/80)	TEN (C13)	SBS (C30)
Thursday 19 March	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Antiques Roadshow [s] 11:00 Grand Designs [s] 12:00 ABC News At Noon [s] 1:00 Adam Hills: The Last Leg (M) 2:00 Miss Fisher's Murder Mysteries (M v) [s] 3:00 Escape From The City [s] 4:00 Think Tank (PG) [s] 5:00 Grand Designs [s] 6:00 The Drum [s] 6:55 Sammy J [s] 7:00 ABC News [s] 7:30 7.30 [s] 8:00 The Heights (PG) [s] 8:30 Grand Designs Australia (PG) 9:20 Would I Lie To You? (PG) [s] 9:55 Agatha Christie's The ABC Murders (M l,v) [s] 10:50 ABC Late News [s] 11:10 The Business [s] 11:25 Informer (M l,v) [s] 12:25 Louis Theroux - Behind Bars (M l,n) [s] 1:25 rage (MA15+) [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Movie: "Amish Witches: The True Story Of Holmes County" (M h,v) ('16) – A reality TV crew moves into Holmes County, Ohio to document the lives of an isolated sect of Swartzen-truber Amish. Production has to be halted when the death of a Brauchau, an Amish witch is found. Stars: Chase Conner 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] 8:30 Program To Be Advised 10:55 The Latest Seven News [s] 11:25 Autopsy USA: Bruce Lee (M) [s] – For more than forty years controversy has surrounded Bruce Lee's death. 12:30 Home Shopping	5:30 Today [s] 9:00 Today Extra [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Kevin Can Wait: Kevin Goes Nuts (PG) [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 NRL: Canterbury Bulldogs v North Queensland Cowboys *Live* From ANZ Stadium, Sydney [s] 9:45 Golden Point (M) [s] – Paul Vautin, Johnathan Thurston, Andrew Johns and Billy Slater join James Bracey for the all the post-match NRL news. 10:45 Taken: Quarry (M v,d) [s] 11:45 Jury Speaks: OJ Simpson (MA15+) [s] 12:40 My Way [s] 1:05 A Current Affair (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Ambulance Australia (PG) [s] 2:00 Entertainment Tonight [s] 2:30 Judge Judy (PG) [s] 3:30 Everyday Gourmet With Justine Schofield [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 WIN News [s] 6:30 The Project (PG) [s] 7:30 Ambulance Australia (PG) [s] 8:30 Gogglebox (M) [s] 9:30 Hughesy, We Have A Problem (M) [s] 10:30 Blue Bloods: Friends In High Places (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]	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 Over The Black Dot 3:00 Great British Railway Journeys (PG) 3:30 The People's Royal Wedding 1947 4:25 Royals At War (PG) 5:30 Letters And Numbers 6:00 Mastermind Australia 6:30 SBS World News 7:30 The Kennedys: A Fatal Ambition (PG) 8:30 Secrets Of Britain: Secrets Of Underground London (PG) 9:35 24 Hours In Emergency: Bringing Up Baby (PG) 10:30 SBS World News Late 11:00 Deep State: The New Normal (M l,s,v) 12:00 Fargo: The Law Of Non Contradiction (M d) 1:00 The Young Pope (M s) 4:05 24 Hours In Emergency (M)
Friday 20 March	6:00 News Breakfast [s] 9:00 ABC News Mornings [s] 10:00 Antiques Roadshow [s] 11:00 Grand Designs [s] 12:00 ABC News At Noon [s] 1:00 Foreign Correspondent [s] 1:30 Australian Story (PG) [s] 2:00 Agatha Raisin (Part 2) (M) [s] 3:00 Antiques Roadshow [s] 4:00 Think Tank (PG) [s] 5:00 Grand Designs [s] 6:00 The Drum [s] 7:00 ABC News [s] 7:30 Gardening Australia [s] 8:30 Program To Be Advised 9:30 Silent Witness (M v) [s] 10:20 QI: Origins And Openings (M s) 10:55 ABC Late News [s] 11:25 Shaun Micallef's MAD AS HELL (M) [s] – Andy and Ellie stage a fake hostage situation to boost Barney's self-confidence but Barney gets into trouble when he detonates explosives on the roof. 11:55 rage (MA15+) [s]	6:00 Sunrise [s] 9:00 The Morning Show (PG) [s] 11:30 Seven Morning News [s] 12:00 Movie: "Romeo Killer: The Chris Porco Story" (M v) ('13) Stars: Eric McCormack 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] – It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia. 6:00 Seven News [s] 7:00 Better Homes And Gardens [s] – Joh visits a modern villa that turns the traditional concept of a house on its head. Fast Ed makes a tiger prawn salad. Sam shows you where to get started with exercise. 8:30 Program To Be Advised 11:10 Program To Be Advised 1:00 Home Shopping	5:30 Today [s] 9:00 Today Extra (PG) [s] 11:30 NINE's Morning News [s] 12:00 Ellen (PG) [s] 1:00 Doctor Doctor (M d,s) [s] 2:00 New Amsterdam: Good Soldiers (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 NRL: Brisbane Broncos v South Sydney Rabbitohs *Live* From Suncorp Stadium, Brisbane [s] 9:45 Friday Night Knock Off [s] 10:45 Movie: "The Man With The Iron Fists" (MA15+) ('12) Stars: Rick Yune, Russell Crowe, Lucy Liu, Dave Bautista 12:35 Cold Case: November 22nd (M) [s] 1:30 Home Shopping 4:30 The Avengers: Something Nasty In The Nursery (PG) [s] 5:30 A Current Affair (PG) [s]	6:00 Headline News [s] 8:30 Studio 10 (PG) [s] 12:00 Dr Phil (PG) [s] 1:00 Program To Be Advised 3:30 Everyday Gourmet With Justine Schofield [s] 4:00 Farm To Fork [s] 4:30 The Bold And The Beautiful (PG) [s] 5:00 10 News First [s] 6:00 WIN News [s] 6:30 The Project (PG) [s] 7:30 The Graham Norton Show (PG) [s] 9:30 Kitty Flanagan: Hello Kitty (M) [s] – Watch as Kitty answers all the difficult questions. What's wrong with teenagers? Why are babies so angry? And of course, are all women who own cats mental? 11:00 WIN's All Australian News [s] 12:00 The Project (PG) [s] 1:00 The Late Show With Stephen Colbert (PG) [s] 2:00 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 PBS Newshour 2:00 The Point 3:00 NITV News: Nula 3:30 Royal Murder Mysteries: The Riddle Of The Romanovs (PG) 4:20 Royals At War (PG) 5:30 Letters And Numbers 6:00 Mastermind Australia 6:30 SBS World News 7:30 Tutankhamun's Last Mission (M) 8:30 Brooklyn Nine-Nine (M) 9:00 8 Out Of 10 Cats Does Countdown (M l,s) 10:00 Faboriginal: Rights (PG) 10:30 SBS World News Late 11:00 Movie: "The Debt" (M) ('10) Stars: Helen Mirren 1:05 Home Ground (MA15+) (In Norwegian) 3:00 24 Hours In Emergency (M) 4:25 Great British Railway Journeys (PG)
Saturday 21 March	6:00 rage (PG) [s] 10:00 rage Guest Programmer (PG) 11:05 Grand Designs Australia [s] 12:00 ABC News At Noon [s] 12:30 Program To Be Advised 1:30 Vera: Dark Road (M v) [s] 3:00 Brian Cox: Life Of A Universe (Part 1 Of 2) [s] 3:30 Fake Or Fortune?: A Double Whodunnit [s] 4:30 Landline [s] 5:00 Program To Be Advised 7:00 ABC News [s] 7:30 Doc Martin (PG) [s] – Martin has to rush Buddy the dog to the vet. Mrs Tishell's young cousin Sarah joins her for some work experience, but it does not go to plan. 8:20 Agatha Raisin: As The Pig Turns (Part 1) (PG) [s] 9:10 Stateless: The Right Thing (M) 10:05 Call The Midwife (M) [s] 11:05 Program To Be Advised 12:00 rage Guest Programmer (MA15+) [s]	6:00 Home Shopping 7:00 Weekend Sunrise [s] 10:00 The Morning Show - Weekend (PG) [s] 12:00 Seven's Horse Racing: Golden Slipper Stakes, Mornington Cup [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 Program To Be Advised 9:30 Movie: "Die Hard 2" (M v,l) ('90) – John McClane attempts to avert disaster as rogue military operatives seize control of Dulles International Airport in Washington, DC. Stars: Bruce Willis, Bonnie Bedelia, William Atherton, Reginald VelJohnson 12:00 Movie: "Dangerous Attraction" (M v) ('12) Stars: Amanda Righetti, Harry Hamlin, Catherine Hicks, Christie Burson, Justin Baldoni, Johnny Ray Gill 2:00 Home Shopping	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 Hayley & Lauren's Journey Beyond [s] 1:00 Destination WA [s] 1:30 Movie: "Three Amigos!" (PG) ('86) Stars: Steve Martin 3:30 David Attenborough's Life Story (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 Taronga - Who's Who In The Zoo: Nala (PG) [s] 8:00 Movie: "Back To The Future" (PG) ('85) Stars: Michael J Fox 10:20 Movie: "Get Shorty" (MA15+) ('95) Stars: John Travolta 12:25 Cold Case (M) [s] 1:10 My Way [s] 1:35 Hayley & Lauren's Journey Beyond [s]	6:00 I Fish [s] 6:30 Entertainment Tonight [s] 7:00 Escape Fishing With ET [s] 7:30 What's Up Down Under? [s] 8:00 The Offroad Adventure Show 9:00 Everyday Gourmet [s] 9:30 Studio 10 Saturday (PG) [s] 12:00 Pooches At Play [s] 12:30 Jamie And Jimmy's Food Fight Club [s] 1:30 Buy To Build [s] 2:00 The Living Room (PG) [s] 3:00 What's Up Down Under [s] 3:30 Fishing Australia [s] 4:00 Taste Of Australia With Hayden Quinn [s] 4:30 Farm To Fork [s] 5:00 10 News First [s] 6:00 Bondi Rescue (PG) [s] 7:30 Ambulance Australia (PG) [s] 8:30 Ambulance UK (M) [s] 9:30 999: What's Your Emergency? (MA15+) [s] 10:30 Blue Bloods (M s) [s] 11:30 Bull (M v) [s] 1:30 Home Shopping	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: Four Continents (Seoul, South Korea) 3:30 Travel Man: Copenhagen (PG) 4:00 The Truth About Racism (PG) 5:00 Great British Railway Journeys (PG) 5:30 Great Continental Railway Journeys: Switzerland (PG) 6:30 SBS World News 7:30 Celebrity Mastermind (PG) 8:30 Country Music: The Sons And Daughters Of America (1964-1968) (PG) 9:35 Movie: "Platoon" (MA15+) ('86) Stars: Keith David (In English/ Vietnamese) 11:45 Locked Up Abroad (M l,v) 4:20 Great British Railway Journeys (PG) 4:50 Luke Nguyen's United Kingdom Bitesize
Sunday 22 March	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: True Vision (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 Program To Be Advised 4:00 Everyone's A Critic (PG) [s] 4:30 The Mix [s] 5:00 Antiques Roadshow [s] 6:00 Hard Quiz (PG) [s] 6:30 Compass [s] 7:00 ABC News Sunday [s] 7:40 Grand Designs (PG) [s] 8:30 Stateless: Run Sofie Run (M) 9:20 A Very English Scandal (M) [s] 10:20 Line Of Duty (M v) [s] 11:25 Doc Martin (PG) [s] 12:10 Call The Midwife (M) [s] 1:10 rage (MA15+) [s] 4:00 Antiques Roadshow [s] 5:00 Insiders [s]	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 Habitus House Of The Year 2:00 Dog Patrol (PG) [s] 2:30 Program To Be Advised 4:00 Better Homes And Gardens 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 9:15 Special: Why Can't We Sleep? (PG) [s] – This new documentary investigates why so many people in Britain are struggling to get a good night's sleep. Problem sleepers also visit one of the world's leading sleep research centres to find out if their issues can be cured 11:00 The Resident: Nurses' Day/ Woman Down (M) [s] 1:00 Home Shopping	6:00 Your Domain [s] 7:00 Weekend Today [s] 10:00 Sports Sunday (PG) [s] 11:00 Sunday Footy Show (PG) [s] 1:00 AFL: NSW State Cup: Parramatta Eels v South Sydney Rabbitohs *Live* From Campbelltown Stadium [s] 3:00 NRL: West Tigers v Newcastle Knights *Live* From Leichhardt Oval, Sydney [s] 6:00 NINE News Sunday [s] 7:00 Married At First Sight (M) [s] 8:30 60 Minutes (PG) [s] 9:30 Murder For Hire: An Ex-Wife's Revenge (M) [s] 10:30 See No Evil: The Lady Vanishes (M) [s] 11:30 Killision Course: Friendship And Betrayal (M) [s] 12:20 Cold Case: Almost Paradise (M) [s] 1:10 The Garden Gurus [s] 1:35 South Aussie With Cosi (PG) 2:00 Home Shopping 2:30 Skippy - The Bush Kangaroo	6:00 Religious Programs [s] 7:30 Fishing Australia [s] 8:00 Farm To Fork [s] 8:30 Three Veg And Meat [s] 9:00 Taste Of Australia With Hayden Quinn [s] 9:30 Studio 10 Sunday (PG) [s] 12:00 The Living Room (PG) [s] 1:00 Dancing With The Stars (PG) 3:00 All 4 Adventure (PG) [s] [s] 4:00 Which Car (PG) [s] 4:30 RPM [s] 5:00 10 News First [s] 6:00 Bondi Rescue (PG) [s] 6:30 The Sunday Project (PG) [s] 7:30 Dancing With The Stars (PG) 9:30 The Graham Norton Show (M) [s] 10:30 Hughesy, We Have A Problem (M) [s] – Hughesy, Stephen K Amos, Becky Lucas, Claire Hooper, Dave O'Neil tackle the first world problems we just can't seem to solve. 11:30 The Sunday Project (PG) [s] 12:30 Home Shopping	5:00 CGTN English News 5:15 NHK World English News 5:30 Worldwatch 1:00 Speedweek 3:00 Motorcycles: Superbike World Championship 4:00 Cycling: Paris-Nice 2020 5:00 Great British Railway Journeys (PG) [s] 5:35 Hitler Youth (PG) (In English/ German) 6:30 SBS World News 7:35 Secrets Of Our Cities (PG) 8:30 North America With Simon Reeve 9:40 Jeff Bezos - The Rise And Reign Of Amazon (PG) 10:40 Cocaine - Living With The Cartels (M) (In English/ Spanish) 11:35 Agatha Christie's Criminal Games: Vanilos Pension (M v) (In French) 2:20 Putin's Revenge (M) 3:20 Ride Upon The Storm (M l,v) (In Danish)
	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)



Residents at Peninsula Village are using computer consoles with games and quizzes

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Computer games and quizzes for the elderly

Peninsula Village in Umina has introduced computer consoles to stimulate residents with games and quizzes.

They are based on “play therapy” for people who are ageing or experience dementia, alzheimer’s disease, depression or lack of intellectual stimulus, according to Village chief executive Mr Shane Neaves.

“We had extensive consultation session with our employees to weigh up whether this device would be beneficial for our residents.

“The overwhelming response was that it would really add to our existing lifestyle activities,” he said.

“It’s slightly larger than a standard computer and is quite easy for our residents to use as it is a touch screen,” he said.

Mr Neaves said the games included those that involved short and long-term memory skills, those that required a level of thought to work out the answer and those that stimulated intellect, motor

skills, memory and old-fashioned playtime.

“The technology is designed to encourage social integration as well and we’re seeing many of our residents enjoying the games together and our lifestyle team members are using it in our main hall linked to the TV for group activities.”

Originally created in the Netherlands, the console is sold as BrainTrainerPlus.

Its purchase came from contributions of \$3500 from the Everglades Country Club and \$1000 from Woy Woy Leagues Club under the Club Grants scheme.

“We’ve already noticed that the BrainTrainer is helping residents reminisce, talk about the good old days and gives them a sense of accomplishment,” said Mr Neaves.

“They feel rewarded when using it and it is stimulating interaction and competition amongst friends.”

SOURCE:
Media release, 4 Mar 2020
Katey Small, Brilliant Logic

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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:

Occupational hearing loss happens so gradually that you can lose a significant amount of hearing before becoming aware it has occurred. During the early stages, you will begin turning up the volume on the TV or experience difficulty understanding speech in groups or in the presence of background noise. As the hearing loss worsens, it becomes difficult to understand normal conversation even in quiet, one-on-one situations.

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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Call today to find out more about occupational hearing loss or book an appointment for a **FREE** hearing screening.

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* World Health Organisation

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IS YOUR PHONE BEING A PAIN IN THE NECK?

There is no denying that technology has transformed the way we live, but we are spending more and more time glued to our mobile devices.

Australians spend 10 hours and 24 minutes on average engaging with their mobile devices every day.

Within five minutes of waking up in the morning, 35% of us check our phones, and 70% use phones during mealtimes with family and friends.⁴

This excessive reliance on digital devices is taking a toll on our bodies.

Looking down, hunched over mobile devices, puts excessive strain on the neck, which can cause neck pain.

This is now commonly referred to as 'Text Neck'.

Here are some tips to help

avoid text neck and other spinal health issues resulting from poor posture and excessive use of mobile devices:

- **Change the way you hold your phone** - bring the screen to eye level so your head is not slouched forward.

This way you don't have to be in a forward head posture for long periods of time.

- Take regular breaks from mobile devices.

For example, don't check your phone while commuting.

- Get social with family or friends.

Have a 'no phone policy' during dinner, you'll enjoy your meal even more without the distraction!

Chiro Can Help

Stretching can help alleviate neck pain and discomfort caused by text neck.

Depending on your circumstances, your chiropractor may suggest a variety of techniques to help improve range of motion and function, and will develop a program of care that may combine more than one type of treatment, depending on your needs.

In addition to chiropractic adjustments, a care plan may include mobilisation, massage, rehabilitative exercise, as well as dietary and lifestyle advice.

The Chiropractors at Umina Chiropractic Centre can help you with appropriate stretches and exercises for your structure.



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If you have any questions, contact us at office@uminachiropractic.com.au or make an appointment for a preliminary consultation



Comfort cushions made for cancer care unit

Members at the Ettalong Beach Arts and Crafts Centre are preparing for their annual Boobs and Bags project.

The project sees hundreds of comfort cushions made for women and men in post-operative recovery from breast cancer surgery.

Centre committee president Mr Peter Mullholland said that, over the years, volunteers had sewn, stitched and decorated thousands of cushions.

"The kits are a gift made with great care and compassion for the hospitals to pass on free of charge to patients when they are discharged.

"Letters of appreciation are received from patients who have found the kits to be most effective in providing protection to the healing site," he said.

"Members have made and donated around 400 kits per year to the local Cancer Care Unit, with the demand increasing annually," Mr Mullholland said.

SOURCE:
 Newsletter, 26 Feb 2020
 Peter Mullholland, EBACC



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Education



Aboriginal Welcome Barbecue at Umina

Umina Beach Public School held its Aboriginal Families Welcome Barbecue at the school on March 3.
Principal Ms Lyn Davis said she was pleased to see so many of the school's indigenous community

attend the event.
"It was wonderful to see so many families at our Welcome Barbecue.
"The smoking ceremony was an important part of the welcome and we thank the uncles who performed it for coming along.

"Aboriginal students helped out and the Aboriginal Education Committee organised the event," Ms Davis said.
SOURCE:
Newsletter, 3 Mar 2020
Lyn Davis, Umina Beach Public School

Books donated to children overseas

Disadvantaged children overseas will receive some books thanks an arrangement between the Rotary Club of Brisbane Waters and Woy Woy South Public School.
Rotary club publicity officer Ms Sue O'Neill said the school recently reorganised its library, with dozens of older titles coming off the shelves being donated to the Rotary.

The club since arranged to distribute some of the books to communities in Uganda.
Ms O'Neill said the club worked with the Rotary Club of Mosman to arrange with the Papua New Guinea Embassy in Canberra for the rest of the books to be distributed to schools in need across Papua New Guinea.
SOURCE:
Newsletter, 5 Mar 2020
Sue O'Neill, Rotary Club of Brisbane Water

Science and technology program for indigenous girls

Young indigenous women attending Brisbane Water Secondary College Umina campus are being targeted along with others in the region for a science and technology program.
Applications are now open for Year 8 students to join the Young Indigenous Women's Science, Technology, Engineering and Mathematics Academy; a specialised program designed for those interested in study and

career opportunities in science and technology.
Eligible students receive personalised support and resources throughout high school, university and on to graduate employment.
Recruitment this year is focussing on the Central Coast.
Interested families can visit the CSIRO's website for more information about the Academy, including how to apply.
SOURCE:
Media release, 25 Feb 2020
Amy McIntyre, CSIRO

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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?

Reduced pain

Increase mobilities

Increase confident.

Better performance at work

Since Xin Gu is super busy in terminating pain, he cannot always answer the phone.
Please send a TEXT to him on 0433 387 627

Tesch launches petition to save Gosford TAFE

Member for Gosford Ms Liesl Tesch launched a petition last Thursday to save and rebuild Gosford TAFE college.

Ms Tesch said the college was under threat of becoming the next item in a NSW Liberal Government sell-off.

The NSW Labor Opposition has demanded a guarantee on the future of Central Coast TAFE colleges at Gosford, Ourimbah and Wyong, after the Liberal National Government refused to rule out

privatisation, cutting courses, closing campuses and increasing fees.

“For more than 70 years, Gosford TAFE has been an educational hub for local students to upskill and gain crucial qualifications,” Mrs Tesch said.

SOURCE:
Interview (Sue Murray), 12 Mar 2020
Liesl Tesch, Member for Gosford.
Media release, 12 Mar 2020
Jihad Dib, Shadow Minister for Skills and TAFE



Precautions in preparation for maintenance work

Safety precautions will be put in place in preparation for maintenance work at Woy Woy Public School.

Principal Ms Ona Buckley said: “Although most of the work can be done on weekends and over the next school holidays, there will still be some school days when workmen are on site preparing or working.

“Appropriate safety precautions will be strictly adhered to so that students, parents and staff are always safe and learning can continue.”

She said the work was part of the 2019-2020 school cyclic maintenance and would see projects take shape around the school.


“Many areas of the school will be worked on with interior painting taking place in the onsite demountable classrooms,

community room and SaCC building and external painting outside the B Block building near the KY room.

“Upgrading of some downpipes near the decking outside of B Block will go ahead, as will replacement of the SaCC roof.

“Some interior painting will happen in the administration block office areas and the storeroom near the cooking kitchen will be upgraded as well.”

SOURCE:
Newsletter, 6 Mar 2020
Ona Buckley, Woy Woy Public School



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APRIL 2020 VACATION CARE

Taking Bookings Now!

WEEK 1 - Mon 13th to 17th Apr 2020	Week 2 - Mon 20th to 24th Apr 2020
Mon 13 - Public Holiday - Easter Monday	Mon 20 - EXCURSION - Rotary Park Terrigal & "Rock Pool Ramble" @ Terrigal Haven
Tues 14 - EXCURSION - Cinemas Paradiso Movies "Trolls" & Umina Park	Tues 21 - INHOUSE - Exploring Asia
Wed 15 - INHOUSE - BYO Scooters Day & Canvas Art & Craft & Rubbish Free Lunchbox Challenge!!	Wed 22 - EXCURSION - Inflatable World, Charmhaven & "Earth Day"
Thurs 16 - INCURSION - "Holiday Rockstars" Music Bus	Thurs 23 - INHOUSE - Technology Day
Fri 17 - EXCURSION - Eco Garden & Tennis Courts With Sausage Sizzle Lunch	Fri 24 - INHOUSE - Anzac Day
Mon 27th Apr 2020 - Pupil Free Day - INCURSION - "Dinosaur Prehistoric Puzzle" Show	

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Out&About



Concert
for
bushfire
and
flood
victims

Italian festival in Ettalong in April

The Central Coast Italian Festival will run in Ettalong over two days in April.

It will be held at the Ettalong Beach Tourist Resort and Galleria over April 4 and 5 and will feature

an array of vendors offering Italian food and beverages.

According to festival organiser Ms Alex Quinn, there will be a range of activities and entertainment at the festival, including pasta eating and gelato licking competitions and Italian-themed retail opportunities.

Live music will include performances from Italian singers Mr George Vumbaca and Sam Pellegrino.

A roaming accordionist from Accordions Alfresco and the

A'bruzzo Italian Choir will also provide traditional and modern Italian music.

Travel company Tuscony Untouched will also be present at this year's festival to provide the most up to date information about planning an Italian getaway.

The Central Coast Italian Festival is free to attend.

SOURCE:

Media release, 4 Mar 2020
Alex Quinn, Ettalong Beach Tourist Resort and Galleria

Musicians will come together in Woy Woy later this month to hold a benefit concert for bushfire and flood victims.

The Big Band Obsession, a 17-piece roaming big band, will perform at Everglades Country Club from 2pm on March 22.

Accompanying the band will be their regular vocalist Mr Daniel Blake, performing numbers from the Great American Songbook.

Tickets are \$15, available on the door, with all proceeds going to charity.

SOURCE:

Social media, 12 Mar 2020
Peter Rohr, Big Band Obsession

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Pearl Beach, Central Coast NSW

TICKETS
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10 or more tickets: \$63.00 each
High school student: \$36.00
Primary school student: Free

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Rotary Club of Gosford City
Seaspray Jewellery
Specsavers Woy Woy
Tonkin Drysdale Partners
Workforce International

Concert to raise money for ballerina's schooling

The Bouddi Foundation for the Arts will hold a concert later this month to help send a ballerina to a school in Germany.

St Huberts Island resident Amber Lynch has been accepted into the Iwanson School of Contemporary Dance in Munich for a three-year program.

Proceeds from the concert will go toward her expenses.

The concert will take place from 1pm on March 29 at the Wagstaffe Hall, with those performing alongside Amber including singer-songwriters Lucy Parle, Niamh Watson and Riley Lovell, classical pianist Kimberly Gilbert and opera singer Vivienne McClaren.

Jazz musician Mr Dorian Mode will host the afternoon.

"I'm really excited about the opportunity to study dance in Europe," Amber said.

"It is a dream come true."

Tickets for the concert are \$20 and can be purchased from the Foundation's website or at the door on the day.

Amber is also running a Go

Fund Me campaign called Get Amber to Iwanson to help cover the cost of travel and tuition.

SOURCE:
Media release, 4 Mar 2020
Peter Park, Bouddi
Foundation for the Arts
Website, 5 Mar 2020
Amber Lynch, St Huberts Island



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COASTAL DIARY

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

TUESDAY, MAR 17

St Patrick's Day,
Central Coast Leagues
Club, all day

WEDNESDAY, MAR 18

The Central Coast
Collective: In Conversation
Series with Ash Pollard,
The Bon Pavilion Gosford,
Ticketed, 6:30pm

THURSDAY, MAR 19

Gosford Red Hatters:
Fundraising for Drought
Aid and Bushfires,
Kibble Mall Stall

The Central Coast Volunteer
Support Group: Raising
money for Guide Dogs
Fundraising stalls,
Deepwater Plaza, Woy Woy

FRIDAY, MAR 20



Evergreen Lifecare:
cheese & wine
open day,
9 Yallambee Avenue
West Gosford,
3pm - 6pm
To register call
4329 2300 or email
info@evergreenlifecare.
org.au

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

Central Coast Mariners
vs Melbourne City FC,
Central Coast Stadium,
Ticketed, 7.30pm
www.a-league.com.au

Craig Morrison and Friends.
The Rhythm Hut Gosford,
Ticketed, 7:30pm

Friday Night Football With
Fletcher & Hindy,
Central Coast Leagues
Club, Free, 6pm

Community
Environment Network:
Information Sessions
& Nocturnal
Bushwalks, - see if
you're eligible for FREE

property management,
Scout hall Mcmasters
beach, 6:30pm -
8:30pm
4349 4756
www.cen.org.au/events

Harmony Day Lunch
- Please bring a small
plate of food to share,
Kariong Neighbourhood
Centre, all welcome,
12:30pm - 1:30pm
4340 1724
admin@knc.net.au

SATURDAY, MAR 21



Flavours by the Sea
- food, entertainment
and stalls,
Memorial Park
The Entrance,
3:30pm - 8:30pm
centralcoast.nsw.gov.au/
flavoursbythesea

Sydney Roosters v
Sea Eagles,
Central Coast Stadium,
Ticketed, 5:30pm



The Endangered
Species Pub
Rock Show,
Woy Woy Leagues,
Ticketed, 7:30pm
4342 3366
www.eastsgroup.com.au

SUNDAY, MAR 22



Gatsby High Tea,
86-88 Mann
Street, Gosford,
Tickets to be
purchased prior, 2pm
0468 408 455

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

TUESDAY, MAR 24

Road Safety -
On the Road 65Plus,
Mingara Recreation
Club, Free - Bookings
essential, 10:15am
4350 5387

Climate Action Plan
Community Workshops,
Hamlyn Terrace
Community Centre,
6pm - 8pm,
have you say online or
register your interest
yourvoiceourcoast.com

WEDNESDAY, MAR 25

Your Life, Your Death,
Your Choice -
Free Seminar &
Afternoon Tea,
Ettalong Diggers,
1:30pm - 4pm
for further info & to
RSVP 0455 213 111

Central Coast Centre of
Riding for the Disabled:
Annual general
meeting, At the Centre,
Kangoo Rd. Somersby,
7pm

Community
Environment Network:
Information Sessions
& Nocturnal
Bushwalks,
see if you're eligible for
FREE property
management,
Narara Ecovillage,
6:30pm - 8:30pm
4349 4756
www.cen.org.au/events

Learn more about
hearing with an
implantable hearing
system - FREE
information session,
3/40 Mann St, Gosford,
10:30am, to register -
1300 581 391 or
email info@ridbc.org.au

THURSDAY, MAR 26

Monty Python's
SPAMALOT -
A One Eyed Man Theatre
production,
The Art House Wyong,
Ticketed, 26/03 - 28/03,
7:30pm sessions

The Central Coast Volunteer

Support Group:
Raising money for
Guide Dogs
fundraising stalls,
Wyoming Shopping Centre

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

FRIDAY, MAR 27

Bouddi Eco Network:
Community screening of
film 2040,
Killcare SLSC, Ticketed,
6pm - 9pm

SATURDAY, MAR 28



Opera in the Arboretum
celebrates its
15th year,
Crommelin Native
Arboretum Pearl Beach,
Ticketed, 3pm - 5:30pm

Recycled & re-loved
Ettalong kids market,
The Galleria Ettalong,
9am - 2pm

Central Coast
Mariners vs
Newcastle Jets,
Central Coast Stadium,
Ticketed, 5pm
www.a-league.com.au

Central Coast Bushfire
Relief Concert,
Laycock Street Community
Theatre, Ticketed,
7:30pm



Troubadour Folk Club:
Hallett-Flood
(Blue Mts)
Peppercorns (WA),
St Lukes Hall Woy Woy,
Tickets at door, 7pm
4342 6716

SUNDAY, MAR 29



The Italian Tenors,

The Ettalong Diggers
Ballroom, Ticketed,
3:30pm, 4343 0111
www.ettalongdiggers.com

20th Birthday Party
Celebrations,
Central Coast Stadium,
Free entry,
10am - 2pm
www.centralcoaststadium.
com.au

The 2nd Annual Coast Life -
Appreciating Life on,
in and near the water,
The Entrance North,
Ticketed, 1pm

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

A Community Benefit
Concert - to Send Peninsula
Dancer to Germany,
Wagstaffe Hall, 1pm

MONDAY, MAR 30

Wyong Family History
Group: Wyong & Districts
Anglican Church Records
1838 - 1987,
St James Anglican Church
Wyong, RSVP required,
10am - 12pm

TUESDAY, MAR 31

Voting closes for
2020 Customer
satisfaction survey:
pools, leisure centres,
arts centres and
community facilities,
www.yourvoiceourcoast.
com/lcustomersatisfaction

Grace Under Pressure:
An Alternative Facts
production - hidden
stories of health
professionals in their own
words, The Art House
Studio Wyong, Ticketed,
31/03 - 8pm,
01/04 - 10am & 8pm

WEDNESDAY, APR 1

Central Coast Economic
Breakfast,
Mingara Recreation Club,
Ticketed, 7am

THURSDAY, APR 2



Mount Ettalong
Reserve Masterplan -
Have your say,
Umina Surf Life Saving
Club, 5pm - 7pm
yourvoiceourcoast.com

Home Instead Senior Care:
Easter Morning Tea,
Camp Breakaway San
Remo, 9:30am

Ultimate Gamer Tournament
(12-24yrs),
Lake Munmorah
Shopping Centre,
Entry is free,
4:30pm - 7:30pm

FRIDAY, APR 3

Tuggerah Lakes U3A
presents: A Creative Writers
Readings & Social Day - by
our Creative Writers group
followed by a Morning Tea,
The Entrance/Long Jetty
RSL Hall, 10am - 12pm

SATURDAY, APR 4

The Central Coast branch
of the Disabled Surfers
Association: 'Smiles on
Dials' Surf Event,
Toowoyn Bay,
Registration essential,
9:30am

Let's Talk About
Menopause,
Woy Woy Yoga Space,
Ticketed, 4pm

Travis Collins - Weekend
Throwdown Tour,
Central Coast Leagues Club
- Parkview Room,
Ticketed, 8pm

Aurora by Circus Oz - A
unique brand of quirky and
energetic circus stunts,
The Art House Wyong,
Ticketed, 4/04 - 8pm,
5/04 - 3pm

RETREAT: Cultivating
Authenticity - A weekend
of self-discovery
and inspiration,
Bamboo Buddha
Cafe Holgate,
Ticketed, 4 & 5/04,
9am - 2:30pm

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

Health Franklin's Chopper -
The Silencer,
Laycock Street Community
Theatre, Ticketed,
7:30pm

SUNDAY, APR 5



Coastal a Cappella: A
Cappella in the Valley,
Narara Valley Public
School, Ticketed,
2:30pm
0412 284 652
www.trybooking.com

Tuggerah Lakes Choral
Society: Easter Cantata -
an afternoon of singing
and music,
Presbyterian Church
Toukley, Ticketed,
2pm

Coast Opera Concert And
Sparkling High Tea,
Crowne Plaza Terrigal,
Ticketed, 2pm

Rock Carnival: Under The
Southern Stars with Live,
Bush and Stone Temple
Pilots & More!
The Entertainment
Grounds Gosford,
Ticketed, 3pm

Central Coast Live
Well Festival,
Gosford Waterfront,
10am - 2pm

TUESDAY, APR 7

'To The Point' free
lecture series with Dr
James Dunk,
Green Point Christian
College, 7:30pm
Free - registrations
required

WEDNESDAY, APR 8

Climate Action Plan
Community Workshops,
Lakelands Community
-Centre, 6pm - 8pm,
have you say online or
register your interest
yourvoiceourcoast.com

SATURDAY, APR 10

Italian Festival,
Ettalong Beach Tourist
Resort, 10 & 11/04,
9am - 4pm

SATURDAY, APR 11



The Eagles Show,
The Ettalong Diggers
Ballroom, Ticketed,
8:30pm, 4343 0111
www.ettalongdiggers.com

Patonga Beach
Easter Fete! stalls,
food & more,
Patonga Hall,
9am - 1pm

THURSDAY, APR 16

Ultimate Gamer Tournament
(12-24yrs),
Kibble Park, Gosford,
Entry is free,
4:30pm - 7:30pm

SATURDAY, APR 18

Central Coast Mariners
vs
Western Sydney
Wanderers FC,
Central Coast Stadium,
Ticketed, 5pm
www.a-league.com.au

Rotary club of Brisbane
Water - Titanic Dinner,
Pearl Beach Hall,
Ticketed, 6pm

TUESDAY, APR 21

Show of superhuman
strength - Australian
acrobatic troupe Gravity
and Other Myths:
Backbone,
The Art House Wyong,
Ticketed,
21 & 22/04, 8pm & 2pm

FRIDAY, APR 24

Mad Caddies 25th
Anniversary Tour,
Central Coast Leagues
Club Gosford,
Ticketed, 8pm

Basic entries in the Coastal Diary are **FREE**. Send information to coastaldiary@centralcoastnews.net

ENHANCED entries using bold typeface with an address, phone number and a live link are available for a small fee.

Photographs can also be added for a small fee. All display advertisers are entitled to a free enhanced entry.



The Peppercorns

Two acts for folk club concert

The Troubadour Folk Club will have two acts at its March concert.

The club will welcome Tom Flood and Graham Hallett as well as The Peppercorns to the stage at St Luke's Church from 7pm on March 28.

The Hallett-Flood duo combines the talents of writer, poet and bluesman, Tom Flood, with musical stylings of Graham Hallett.

"Together, they make unique music, from fine folk, blues, bluegrass, hillbilly, pop, soul and folk to a more modern sound

on acoustic guitars, banjo and harmonica," said club president Mr Michael Fine.

The Peppercorns are a duo of Craig Sinclair and Lara Norman from WA's South Coast.

"Using a traditional single microphone, their delicate string arrangements, soaring harmonies and timeless lyrics create a unique sound, both intimate and powerful," Mr Fine said.

Tickets are essential.

SOURCE:
Social media, 11 Mar 2020
Michael Fine, The Troubadour Folk Club

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MAY 17	OCT 18	
JUN 21	NOV 15	EXTRA EVENT
JUL 19	DEC 20	ON EASTER SUNDAY

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WOY WOY LEAGUES
Saturday 21 March 7:30pm

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ENTERTAINMENT

The Troubadour Folk and Acoustic Music Club
HALLETT-FLOOD (BLUE MTS) PEPPERCORNS (WA)
March 28 St Lukes Hall Woy Woy
7pm \$12, 15, 20
www.troubadour.org.au
4342 6716

ENTERTAINMENT

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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

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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

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

PUBLIC NOTICE

Too many of our loved ones are taken by cancer.

Help us work towards a world without cancer by donating to innovative research.

The Australian Cancer Research Foundation can provide envelopes and memorial ribbons for funeral services.

For more information, please contact Liviana on 1300 884 988 or email inmemoriam@acrfl.com.au

AUSTRALIAN CANCER RESEARCH FOUNDATION

Car Boot Sale
Woy Woy Peninsula Lions Club

MAR 29

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

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

Help Ted Noffs Foundation get addicted children clean

Please donate to support our live-in programs, giving addicted children their lives back. Buy beds for Ted.
Call 1800 151 045 or visit noffs.org.au

Help

tednoffs FOUNDATION

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

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
hospitalartaustralia.com.au

Community Centres

Peninsula Community
Centre
Cnr Ocean Beach Rd &
McMasters Rd Woy Woy
Activities, programs and
support groups for children,
teens, adults and seniors
including occasional care,
playgroups, dance classes,
karate, fitness classes, youth
services, gambling solutions,
internet kiosk and social
groups.
4341 9333
www.coastcommunityconnections.com.au

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

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

Brisbane Water
Caravan Club
Caravans Wanted to
join and have fun
Gosford NSW
Your owners are most
welcome too
https://bwcaravclub.
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 mornings
Well-known guest speakers
0400 213 514
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
0407 003 214

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 sccccinumber
4307 9421

The Krait Club
Community Centre - Cooinda
Village, Neptune St, Umina
10.30am For seniors. Gentle
exercises, quizzes, games,
social activities, guest
speakers, entertainment and
bus trips - 4344 3277

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

LEARN TO DANCE
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
Hear 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
kersuebay@philiphouse.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.
wcp housie@hotmail.com

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

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

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

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

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

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

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

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
woywoyowa@gmail.com

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

Surf clubs successful in age championships

Umina and Ocean Beach surf clubs have returned with medals from Surf Life Saving NSW's 2020 Age Championships.

Umina came 20th with the following medalists: Sienna Scahill, gold, Under 13 Female 1km Beach Run; and Sienna Scahill, Sienna Sinclair, Hannah Stevenson, silver, Under 13 Female Board Relay.

Ocean Beach came equal 27th with the following medalists: Jessica Majsak, gold, Under 10 Female Beach Flags; Ebony Falconer and Ruby Morrison, silver, Under 10-11 Two Person Rescue and Resuscitation; and, Breanna Kelly and Leilani McMorro,

bronze, Under 10-11 Two Person Rescue and Resuscitation.

Killcare also won medals, coming 30th.

Medalists were: Tahli Fulton, Victorino Houghton, Martin McDonald, Alex McCoombe-Lopez, silver, Under 12 Male Beach Relay; and Alex McCoombe-Lopez, bronze, Under 12 Male Beach Flags.

The championships were hosted by Swansea Belmont Surf Club at Blacksmith Beach from February 28 to March 1.

SOURCE:
Website, 1 Mar 2020
Age Championships Results, SLS NSW



The Peninsula's Nippers impressed at the 2020 Age Championships

Roy Ortuso Presents / Direct From Italy

THE ITALIAN TENORS

SUNDAY 29 MARCH
TIX FR \$50 | DOORS OPEN 3PM

The Eagles Show

"The heart of the matter"

SATURDAY 11 APRIL
TIX FR \$25 | DOORS OPEN 8PM

DIESEL

SOLO TOUR
GREATEST HITS + SUNSET SUBURBIA

FRIDAY 24 APRIL
TIX FR \$40 | DOORS OPEN 8PM

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

FOLLOW US

★★★★★
'Fantastic!'
What's on stage

★★★★★
'Delicious fun'
GlamAdelaide

FAULTY TOWERS

the Dining Experience

WED 28 OCT

DOORS OPEN 7PM • SHOW STARTS 7:30PM

This 2-hour interactive performance revolves around a bubbly reception, a three-course meal in our function room. Tickets are strictly limited.

TICKETS	ADULTS	SENIORS
	\$70PP	\$60PP



259 WEST STREET, UMINA BEACH NSW 2257 • P 02 4341 2322

obhotel.com.au We promote the responsible service of gaming and alcohol. All our advertising and promotions are not implicitly or explicitly directed at minors, excluded persons, or vulnerable or disadvantaged groups.





WHERE DO YOU GET IT?

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

BOOKER BAY

Booker Bay General Store
72 Booker Bay Rd

DALEY'S POINT

The Cove Retirement Village
36 Empire Bay Dr

EMPIRE BAY

Bayside Gardens Lifestyle Village
437 Wards Hill Rd

Empire Bay Tavern

1 Poole Cl

Impact Plants Café

9 Poole Cl

United

306 Empire Bay Dr

ERINA FAIR

Service desk

Terrigal Dr

Woolworths

620-658 Terrigal Dr

ETTALONG

Ingenia Lifestyle

1 Fassifern St

Ettalong Beach Tourist Resort

189 Ocean View Rd

Cinema Paradiso

189 Ocean View Rd

IGA

396 Ocean View Rd

Ettalong Beach Newsagency

257 Ocean View Rd

Mantra Ettalong Beach

53/54 The Esplanade

Ettalong Diggers

51-52 The Esplanade

Atlantis Apartments

The Esplanade

The Box on the Water

Ettalong Beach Waterfront

Reserve

Ettalong Beach Motel

46 The Esplanade

50+ Leisure and Learning

Centre

Broken Bay Rd & Karingi St

Ettalong Public School

23 Karingi St

GOSFORD

Imperial Centre

171 Mann St

Masonic Centre

86 Mann St

Central Coast Leagues Club

1 Dane Dr

Gosford RSL Club

26 Central Coast Hwy

HARDY'S BAY

Hardy's Bay Club

14 Heath Rd

KINCUMBER

Kincumber Nautical Village

57 Empire Bay Dr

PEARL BEACH

Pearl Beach Cafe and General

Store

1 Pearl Parade

PHEGANS BAY

Box outside RFS

Wattle Crescent

POINT CLARE

ALDI

53-59 Brisbane Water Dr

PRETTY BEACH

Pretty Beach Public School

Pretty Beach Rd

UMINA

Ettalong Bowling club

103 Springwood St

Cooinda Village

12/2-18 Neptune St

Broken Bay Parish Uniting

Church

346 Ocean Beach Rd

The Bourke Road Store

174 Bourke Rd

McDonald's

430/438 Ocean Beach Rd

Caltex Woolworths

337 West St

Coles Express

1-3 Sydney Ave

Woolworths

261-275 Trafalgar Street Corner,

West St

ALDI

310 Trafalgar Ave

Coles

4 Oscar St

NRMA Ocean Beach Holiday

Resort

Sydney Ave

Jasmine Greens Park Kiosk

Peninsula Recreation Precinct,

Sydney Ave

Umina Surf Life Saving Club

509 Ocean Beach Rd

Umina Beach Café

509 Ocean Beach Rd

Ocean Beach Surf Life Saving

Club

176 The Esplanade

Club Umina

Melbourne Ave

Peninsula Village

91 Pozieres Ave

Umina Library

Cnr West Street and Bullion

Street

Peninsula Office Supplies

296 West St

Umina Beach Newsagency

310 West St

Chemsave Chemist

299 West St

Blooms The Chemist

Shop 6/286 West St

Umina Surgery

297 West St

Yousave Chemist

315 West St

Umina Beach Public School

Sydney Ave

Lois Jones Real Estate

226 West St

WAGSTAFFE

Wagstaff Newsagency &

General Store

46 Wagstaffe Ave

WOY WOY

Link and Pin

18A Railway St

Kuoch Chemist

43/45 Blackwall Rd

Ms Liesl Tesch MP

20 Blackwall Rd

Peninsula Plaza

Woy Woy

Michel's Patisserie

Peninsula Plaza

Woy Woy Library

Cnr Blackwall Rd & Oval Ave

The Bayview Hotel

2-16 The Boulevard

Woy Woy Hotel

33 The Boulevard

Gnostic Mana Café

31 The Boulevard

Woy Woy Organics

8/23-27 Chambers Pl

Fishermen's Wharf

The Boulevard

St Vincent De Paul Society

43 The Boulevard

Woy Woy Bowling Club

186 Brick Wharf Rd

Woy Woy Rugby League Club

82 Blackwall Rd

McDonald's

7/13 Charlton St

Deepwater Plaza

Railway St

Living Choice Deepwater Court

Retirement Village

25 Park Rd

Home Timber & Hardware

182 Blackwall Rd

Caltex

66 Memorial Ave

Woy Woy Public Hospital

7 Kathleen St

Boronia Court Hostel

Kathleen St

BlueWave Living-

5/6 Kathleen St

Peninsula Community Centre

93 McMasters Rd

Meals On Wheels

Ocean Beach Rd

Coles Express

50-52 Ocean Beach Road &

Rawson St

Brisbane Waters Private

Hospital

21 Vidler Ave

KFC

91 Blackwall Rd

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Goodman retains unbeaten fight record

Umina PCYC boxer Sam Goodman has retained his unbeaten professional fight record after his latest bout in the Fight at the Fratz Pro Am Show at Wollongong on March 7.

The unbeaten super bantamweight boxer was up against former world title contender Noldi Mankana but knocked his

more experienced opponent out in the first round.

Sam Goodman has been unbeaten in seven matches, with the 21-year-old now preparing for his first title fight in May.

"What a crazy night," he said. "Thanks to everyone who turned up. These nights don't go ahead without you."

SOURCE: Social media, 7 Mar 2020 Sam Goodman, Umina PCYC



Life savers chosen as leading women

Umina Surf Club's Ms Kerry Armstrong-Smith and Ocean Beach Surf Club's Ms Robyn Carr were among 10 female surf lifesavers chosen to take part in the state body's all-female Colour Party.

They led the March Past at the NSW Surf Lifesaving Open Championships at Blacksmiths Beach on March 8.

The Colour Party was the first of many activities to celebrate the achievements of women during the 40th year of women's participation

as active surf lifesavers in the state.

The Colour Party formed part of the March Past, with a history stemming from the military tradition where service people and volunteers marched carrying flags.

To be invited to join the Colour Party, participants had to be identified by Surf Life Saving NSW as pioneering women who had been vehicles for change in the movement and who had paved the way for all women to become active surf lifesavers.

SOURCE: Press release, 10 Mar 2020 Donna Wishart, SLS NSW

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Sport



Jemma Smith in the Open Female Single Ski

Umina comes 10th in surf life saving championships

Umina Surf Club has come 10th in Surf Life Saving NSW's Open State Championships held at Swansea's Blacksmiths Beach on March 8.

Club members took medals in a number of events.

Lachlan Braddish won a silver in the Under-19 Male Champion Lifesaver and a silver in the Under-19 Male Surf Belt Race.

Matthew Kearney took the gold and Zach Halliday the bronze in the Under-17 Male Champion Lifesaver.

Braddish and Halliday teamed up with Blake Hessel and Brock Ray to take the gold in the Under-19 Male Rescue Tube Rescue.

Jemma Smith won the gold medal in the Open Female Champion Lifesaver.

She won a second gold in the

Female Single Ski and a bronze in the Open Female Ironwoman.

The Champion Lifesaver would prove to be the club's most successful event with Kirsten Miller (Under-19s), Bethwyn Caller (Under-17s) and Ebony Rayner (Under-15's) all taking the gold in their divisions.

Jemma and Kirsten with Poppi Lever, Jazymn Rodwell and Bronte Smith won bronze in the Open Female Rescue Tube Rescue, and the team of Jemma, Kirsten and Poppi took the bronze in the Open Female Taplin Relay.

In First Aid events, Hannah Murphy and Bronte Smith won bronze medals in the Open Mixed First Aid and the Under-19 Mixed First Aid.

Maia Darwin and Erin Scahill took silver in the Under-17 Mixed First Aid, with Bethwyn Caller and

Jack Sloane taking the bronze.

Bethwyn teamed up with Liam Drake to take the silver in the Under-17 Mixed Patrol Competition.

Ocean Beach Surf Club came equal 34th in the championship, with Nicole Majsak the club's sole medalist, taking gold in the Under-17 Female Beach Flags.

Nicole came close to the podium again with a fifth in the Open Female Beach Flags, as did Adam Wills, who placed fifth in the Under-17 Male Beach Flags.

Killcare Surf Club ranked equal 39th with no competitors winning a medal.

Oscar McCoombe-Lopez came the closest to the podium with a fourth in the Under-15 Male Beach Flags.

SOURCE: Website, 11 Mar 2020 Championships Results, SLS NSW

Golfers win their way to national finals

Five local golfers from Woy Woy have won their way through to the national finals of a golf scramble to take place on the Sunshine Coast in May.

After qualifying at their local event earlier in the season, the team from Everglades Country Club, led by Professional Golfers' Association player Darren Chivas and amateurs Jason Clifford, Trent Mullen, James Sharpe and Jaben Ryan, combined for a score of 52.1 to take out the regional final at Kooindah Waters Golf Club on March 2.

The team will now travel to the Twin Waters Golf Club to compete in the final from May 1 to 4.

"We were really pleased with the result," said Darren Chivas.

"It feels like someone is watching over me now that we have gone back to back.

"Hopefully, this time we will achieve some success and get a win," Chivas said.

The amateur players are also no strangers to the scramble format.


"Jason, James and I have been playing together for six years now, working hard to qualifying through to the championship final."

The finals teams will have four days of golf played in full tournament conditions, with three social functions.

Only 28 teams, from a total of 7500 nationally, have won their way to the championship final.

SOURCE: Media release, 5 Mar 2020 Madeleine De Amicis, PGAA



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						
16 MON	0225 1.65 0915 0.54 1510 1.24 2049 0.70	17 TUE	0332 1.59 1031 0.58 1631 1.19 2200 0.75	18 WED	0444 1.57 1144 0.57 1748 1.21 2315 0.75	19 THU	0551 1.58 1243 0.54 1846 1.27	20 FRI	0018 0.70 0645 1.61 1329 0.50 1930 1.34	21 SAT	0110 0.64 0731 1.63 1406 0.47 2008 1.41	22 SUN	0153 0.58 0811 1.66 1439 0.44 2042 1.47	<div>APPROX. TIME LAG AFTER FORT DENISON</div> <div>Ettalong 40 min, Rip Bridge 2hrs Wisemans Ferry 2 hrs 30 min, Kooilewong 2 hrs 10 min</div> <div>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</div> 
23 MON	0231 0.54 0846 1.66 1509 0.43 2114 1.51	24 TUE	0306 0.50 0920 1.66 1538 0.42 2144 1.56	25 WED	0342 0.49 0953 1.63 1606 0.44 2215 1.59	26 THU	0417 0.48 1027 1.59 1634 0.46 2246 1.61	27 FRI	0454 0.50 1101 1.53 1702 0.51 2319 1.62	28 SAT	0533 0.52 1138 1.45 1733 0.56 2354 1.62	29 SUN	0616 0.56 1217 1.37 1806 0.62	

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Southern Spirit women win place in grand final

Southern Spirit Cricket Club will meet Northern Power Orange in the grand final of Central Coast Cricket Association's Women's T20 Competition.

In the first semi-final, Northern Power Orange were the first team to qualify for the grand final with a 21-run victory over Southern Spirit at Lisarow Sporting Field.

"Winning the toss and batting first, the Power went about their business and got a fantastic start from Karan Mander, 17 off 10 balls and Rebecca Callan, 46 off 30 balls," said Cricket NSW manager Mr David Winiata.

"Kylie Clarke came out and continued on with momentum making 24 before retiring.

"The Spirit fought back from there with some tight bowling and restricted the Power to 4-125 from their 20 overs.

"Beth Leggett was the most economical bowler finishing with 1-11 from three overs," Mr Winiata said.

"The Spirit themselves got off to a good start with Nicole Cattley, 34, and Jessica Moody, 23, setting a fantastic platform.

"The Power though kept their composure, bowling tight lines and got the game into their hand and the Spirit finished 6-104 from 20 overs," he said.

The Power then advanced to the grand final with the Spirit having to play Warnervale Blue in the preliminary final for a chance of Premiership glory.

"Southern Spirit won the toss and decided to chase again putting Warnervale Blue into bat and the Spirit would've been much happier with their start claiming three early wickets, including the key wicket of Hooke," Mr Winiata said.

"Jessica Holmes kept the innings together with a very good 39 not out and took the innings to a close at 5-100 from 20 overs.

"Opening bowler Sally Oman was the best of the bowlers with 2-14 from four overs.

"In reply, it was a batting clinic from Southern Spirit passing the total one down in the 11th over.

"Nicole Cattley finished a fine weekend with 53 not out and Chelsea Campbell 37 not out doing the damage," Mr Winiata said.

SOURCE:

Press release, 9 Mar 2020
David Winiata, Cricket NSW



The successful modball team with players from the Peninsula Ducks and the Bateau Bay Decoys

Ducks softball players qualify for finals

Teams with players from the Peninsula Ducks Softball Club have qualified for the T-ball and modball finals in the Central Coast Softball Association competition.

The teams are made up of players from the Ducks and the Bateau Bay Decoys.

Ducks' president Ms Di Barrymore said: "Modball won 14 to 12 over Mingara White in their major semi-final, after chasing runners in the third innings and

letting Mingara back in the game to trail 12 to 10 at one point.

"They took control in the top of the fourth inning though, batting in four runs before keeping Mingara scoreless in the bottom of the inning to come away with the win," Ms Barrymore said.

"The Teeballers had a nail biting 19 to 18 win over Mingara in their major semi.

"After a slow start, the kids powered along with great hitting, fielding and base running.

"I'm so proud of our ducklings," Ms Barrymore said.

In other results, the Ducks Juniors lost to Mingara 9 to 8 in their minor semi-final, ending their season in fourth place.

The Ducks Women's Division 4 Purple team were eliminated in their semi final by the Decoys 8-4.

They're also fourth on the ladder with their White team just behind them in fifth.

SOURCE:

Social media, 7 Mar 2020
Di Barrymore, Peninsula Ducks

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