



Great book swap at Ettalong

The Great Book Swap was held by Ettalong Public School on November 10. Families donated books to get students excited to read, as well as raising funds for remote Indigenous communities. Students were asked to bring a

gold coin donation and an old book to swap. "We have raised nearly \$400 so far," said relieving principal Ms Jodie Campbell. "For those who missed out, Book Swap will continue in the library for another week for a gold

coin donation." The book swap was organised by school librarians Ms Anna Brown and Ms Alison Cross. SOURCE: Social media, 10 Nov 2021 Jodie Campbell, Ettalong Public School

For the Peninsula community

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Umina Community Group welcomes Umina oval upgrade

Umina Community Group has welcomed the release of grant funding for the \$9M upgrade to the Precinct Area in Umina Beach. "With the concept designs agreed, this important project will now move into the detailed design and construction phase," said committee member Mr Tony Winch. "After extensive consultation between the many stakeholders of this major project including Central Coast Council, the Umina Beach local community, Umina Tennis and Futsal Club, Umina Beach Bunnies Rugby League Football Club, Southern Spirit Cricket Club and Umina United Eagles Soccer Club, the overall concept design has been reached, which maximises the benefits to the local community. Mr Winch said: "The sheer size and scale of this project is daunting and it is a large compliment to the many local volunteers from each of the clubs, as they have contributed many hours of their personal time to see the needs and wants of the

community have been considered across the design options. "This is a generational project which will build world class modern community facilities in Umina to last the next 40 years. "The current skateboard and BMX community at Umina Beach worked extensively with the community consultation process and provided Central Coast Council valuable and detailed feedback on the potential designs for the new park. "Workshops were held at Umina Public School and both campuses of Brisbane Waters Secondary College, and drop-in information sessions were held at the skate park, the Umina Beach Surf Club and at the recreation precinct." Mr Winch that the project would upgrade the Umina Eagles facilities with a new amenities building, He said Southern Spirit Cricket Club and the Umina Bunnies would share a new amenities building.. All would have access to new and increased number of change rooms, modern unisex toilets, new canteen, clubroom, dedicated storage areas, forecourt area and

improved drainage on the oval. He said the tennis club would have its clubhouse roof renovated and the half basketball court would be renovated. The project includes a new large all-age skate park and a new beginners skate park, as well as a new pump track to replace the BMX track, he said. Additional play equipment, seating and bins and more parking spaces would be provided for the recreation precinct. Mr Winch said: "We are grateful for the support received from Member for Robertson Ms Lucy Wicks to build facilities like this. "Lucy has been with us all the way on this long journey to find funding to bring our dream to a reality." He said "This project continues to demonstrate that when working together as a community with government support, we can envision projects that will enhance our everyday lives." SOURCE: Media release, 15 Nov 2021 Tony Winch, Umina Community Group

All the news that didn't fit in print

For each issue of Peninsula News, we have more news items about the Peninsula than we have space to print. Peninsula News EXTRA is an electronic supplement to printed edition, which contains these extra items. This is produced with the same layout as the print edition, but is in PDF form only, published on the Thursday following the print edition. As advertising support allows, these pages will be included in the print edition. Volunteer opportunities are available in all aspects of the newspaper's production, from news gathering and photography, through to seeking advertising and administration. Offers of assistance are always welcome. SOURCE: Mark Snell, 1 Nov 2021



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Next issue: Monday, November 29

NEWS email: contributions@peninsula.news

Peninsula News
Community Access

Peninsula News is a fortnightly community newspaper for the Woy Woy Peninsula, owned by The Peninsula's Own News Service Inc, a local non-profit incorporated association. Its aims include providing a viable, non-partisan news medium and forum exclusively for the Peninsula and developing a strong sense of community on the Peninsula.

Editor: Mark Snell
editor@peninsula.news
Advertising: Frank Wiffen
advertising@peninsula.news

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CONTACT DETAILS
NEWS: contributions@peninsula.news
ADVERTISING: advertising@peninsula.news
PHONE: 4342 5333 - Please leave a message
POSTAL ADDRESS: PO Box 585, Woy Woy NSW 2256

Please note: Peninsula News currently has no paid employees, and it may take a little time for us to get back to you. Our volunteers usually have other jobs and commitments, which compete for their time.

EMAIL ISSUES?

When emailing us, you will note that the domain name is PENINSULA.NEWS only. There is no .com or .com.au. If your email bounces or does not appear to have reached us, please check the address and try again. If this still does not work, try our old fallback address or call us by phone and leave a message.

Fallback email address: editor@peninsulanews.asn.au

Editorial policy and guidelines

At its heart, Peninsula News is a community effort.

It welcomes and relies on the contributions provided voluntarily and at no cost by local organisations, groups and residents.

The newspaper aims to be accessible to the community - both through making its columns accessible to community groups and by having copies available in accessible locations, including through its website.

The following policies and guidelines are designed to support the aims and standards of the newspaper.

Locality

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.

Corrections

We try to be as accurate as possible. However, mistakes can still slip through.

If you believe we have got something wrong, whether an error of fact or interpretation, we ask that you write to us by email with details for publication. These corrections may appear as Forum letters or as news items and should conform to our requirements for news and Forum contributions.

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.

Bays group restarts activities

The Bays Community Group is planning to restart some of its activities, as coronavirus restrictions are relaxed.

"We are looking forward to events restarting," said group president Ms Gwynneth Weir.

"We will be offering bacon and egg rolls again on the last Sunday in November (28) when we hope to have three stalls selling homemade products.

"In November, the committee hopes to hold its first face-to-face meeting since lockdown began.

"There are already several items on the agenda, not least the planning for the Art Show and Exhibition which we hope to hold towards the end of summer."

SOURCE:
Newsletter, 2 Nov 2021
Gwynneth Weir, The Bays Community Group

Car parts wanted

Brisbane Water Secondary College is seeking spare parts for its automotive classes.

Woy Woy campus teacher Mr David Cornford is seeking donations of cars and car parts for the classes. He is also wanting lawn mowers and whipper snippers.

For further information, email Mr Cornford at david.cornford1@det.nsw.edu.au.

SOURCE:
Newsletter, 6 Nov 2021
David Cornford, BWSC Woy Woy

Social evening at Lions Park

The Rotary Club of Woy Woy held "a nice, easy social evening and catch-up" with a Picnic in the Park at Lions Park, Woy Woy, on Tuesday, November 2.

The picnic was one of the club's first social events made possible with the relaxation of coronavirus restrictions.

"We certainly got lots of fresh air at our picnic in the park," said club president Ms Julie Jones.

"It was a tad chillier than anticipated, but at least it wasn't raining.

"A couple of pelicans came along to see what they could nab for their dinner.

"It is such a pretty spot, lovely scenery."

SOURCE:
Newsletter, 9 Nov 2021
Julie Jones, Rotary Woy Woy



First two weeks of month see 85mm

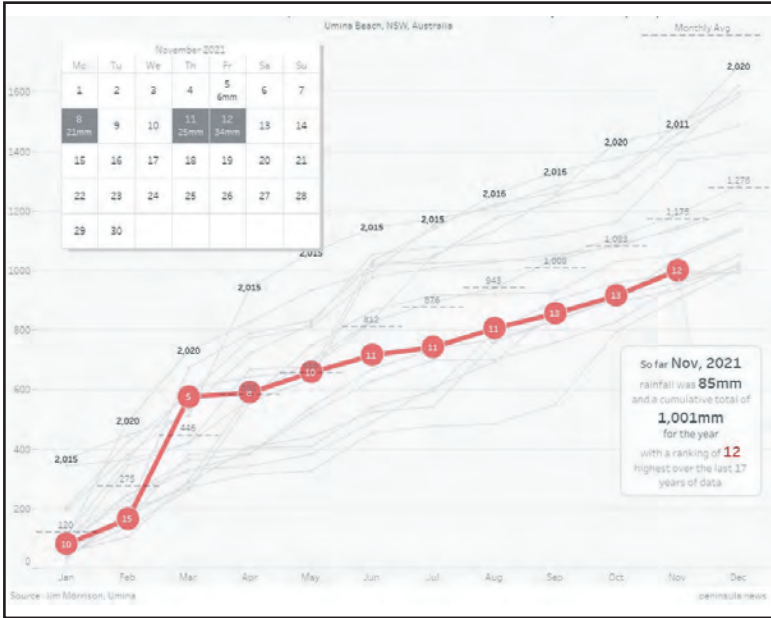
A total of 85mm of rain has fallen in the first two weeks of November, just eight millimetres short of the monthly average of 93mm for November.

Most of the rain came over three days, according to figures supplied by Mr Jim Morrison and Lachlan Mottlee of Umina.

On November 8, 20.5mm was recorded, with 25.0mm recorded on November 11 and 34.0mm recorded on November 12.

Cumulative total rainfall for the year to date is 1001.4mm, which is 15.6 per cent less than the average total at the end of November.

SOURCE:
Spreadsheet, 12 Nov 2021
Jim Morrison, Lachlan Mottlee, Umina



TIDE TIMES and Heights	Thu, Nov 18	Sun, Nov 21	Wed, Nov 24	Sat, Nov 27	Tue, Nov 30
	0230 0.20	0405 0.22	0027 0.71	0308 0.70	0600 0.95
	0851 1.16	1028 1.20	0553 0.30	0830 0.37	1203 0.33
AT ET TALONG	Fri, Nov 19	Mon, Nov 22	Thu, Nov 25	Sun, Nov 28	Wed, Dec 1
	1526 0.25	0439 0.24	0115 0.69	0409 0.75	0033 0.20
	2108 0.89	1102 1.18	0637 0.33	0942 0.38	0648 1.08
	Sat, Nov 20	Tue, Nov 23	Fri, Nov 26	Mon, Nov 29	Thu, Dec 2
	0301 0.21	0515 0.27	0209 0.68	0506 0.84	0116 0.20
	0923 1.19	1139 1.14	0729 0.35	1054 0.36	0735 1.20
	Fri, Nov 19	Mon, Nov 22	Thu, Nov 25	Sun, Nov 28	Wed, Dec 1
	1604 0.24	1801 0.23	1307 1.06	1601 1.01	1309 0.29
	2145 0.86	2343 0.75	2021 0.24	2300 0.22	1900 1.03
	Sat, Nov 20	Tue, Nov 23	Fri, Nov 26	Mon, Nov 29	Thu, Dec 2
	0332 0.21	0515 0.27	0209 0.68	0506 0.84	0116 0.20
	0955 1.20	1139 1.14	0729 0.35	1054 0.36	0735 1.20
	Fri, Nov 19	Mon, Nov 22	Thu, Nov 25	Sun, Nov 28	Wed, Dec 1
	1643 0.23	1844 0.23	1400 1.03	1703 1.01	1411 0.24
	2223 0.83		2115 0.23	2347 0.21	1955 1.02



Club raises \$6000 in Melbourne Cup sweep

The Rotary Club of Woy Woy has raised \$6156 with the sale of 6072 tickets in its Melbourne Cup Trifecta.

“Again it has been a wonderful result for the Rotary Club of Woy Woy,” said sweep co-ordinator Mr Charles Brock.

“We were completely sold out at 2.50pm on the Monday.”

He said it was an outstanding effort by the club members who took up the task of selling tickets at Deepwater Plaza.

“Many members completed more than one shift each.

“It was not easy this year with Covid 19 restrictions.

“We had ticket outlets at BlueWave Living, Blooms Pharmacy Umina Beach, Booker Bay General Store, My Tile Co and Eagles Plumbing on Ocean Beach Road.

“This local support contributed greatly to our annual effort.”

Mr Brock said the top ticket sellers were club members: “Mr Vic Brown who managed to secure a healthy donation in selling 150 tickets, and Mr Wayne Jennings who sold 575 tickets.”

SOURCE:
Newsletter, 9 Nov 2021
Charles Brock, Rotary Woy Woy

Help wanted with website

The Bays Community Group is looking for someone to help maintain its website.

“The Bays website is where locals and the not-so-local are able to discover a wealth of information about The Bays,” said group president Ms Gwynneth Weir.

“Brooke Hemphill has been our website manager and she has done a great job, but now it is time to pass on the baton.

“Our website is powered by Wordpress and is fairly static and so the amount of work involved is not too onerous.”

Anyone interested should email the group on thebaysemail@gmail.com or contact any committee member.

SOURCE:
Newsletter, 2 Nov 2021
Gwynneth Weir, The Bays Community Group

Tesch seeks disabled access to complex

Member for Gosford Ms Liesl Tesch has written to the owners of a shopping complex in Woy Woy in another attempt to have wheelchair access provided to shoppers.

“As many residents are aware, accessibility at The Pavilion building in Woy Woy is unacceptable,” said Ms Tesch.

“Non-able bodied residents cannot access the footpath from the disability parking spaces.

“This has been an ongoing issue since before I was elected in 2017 and the owners need to take action.”

In her letter to Woy Woy Promenade Pty Ltd, Ms Tesch wrote saying “many commerical tenants and residents have expressed to me their concern and frustration”.

“The opening of a new general practice My Check Health, Medical and Skin, only underscores the need to improve accessibility to this building so that all residents regardless of ability are able to access services.

“It is my understanding that there is a development application before Central Coast Council to improve accessibility and I would appreciate an update on the progress of this application.

“Any advice or clarity you can provide. is greatly appreciated.

“Thank you for taking inclusive action that ensures all residents are treated with respect, dignity and fairness in our community.”

Ms Tesch said Deepwater Plaza management had shown “strong commitment to inclusivity and respect for all residents”.

SOURCE:
Social media, 12 Nov 2021
Liesl Tesch, Member for Gosford



Song meter installed at arboretum


A koala “song meter” is being installed at the Pearl Beach Arboretum.

Central Coast Council staff

visited the arboretum to help members set it up.

The meter records the grunts of any nearby male koalas.

SOURCE:
Social media, 4 Nov 2021
Ann Parsons, Pearl Beach Koala Group



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History

Malcolm Waters – ‘loved this place with a passion’

Central Coast Council has approved an application for a memorial seat on the Patonga foreshore to acknowledge the outstanding contribution of the late Mr Malcolm Waters to the community.

The application was submitted by his wife Ms Shirley Waters.

In her application, she described his life at Patonga and his community service.

“My late husband Malcolm Anthony Waters and myself purchased the property in Patonga in about June 1990,” she wrote.

“It was used on a very regular basis as a weekend until April 2003 when the old home was demolished and the existing one built from which time it has been our permanent place of residence.

“Malcolm’s youngest was 18 months old when we arrived in Patonga and he spent practically every weekend in his boat or playing with his youngest son on the shores of Patonga.



“He loved this place with a passion.

“He admired its beautiful shores and the National Park which encompassed it.

“In his latter life, he also enjoyed a weekly drink on ‘locals night out’ at the pub in Patonga where he was widely known and respected.

“Malcolm was born in Sydney on the 5 November 1933.

“His father Alan John Waters enlisted in the second world war when Malcolm was seven years old and died at Sandakan , Borneo,

as a prisoner of the Japanese on June 9, 1945.

“His mother then became a single parent who brought up five children.

“Malcolm obtained a scholarship from Legacy and completed a law degree at Sydney University in 1956.

“When I joined Malcolm’s busy legal practice in 1977, he still found time once a month to volunteer as a duty solicitor at Minda Childrens Court, Lidcombe, to appear on behalf of children who needed

legal representation

“He gave up court work in the early 1980s due to hearing problems.

“When Malcolm retired in July 2003, he saw a local newspaper advertisement for volunteers for the Woy Woy Meals on Wheels, which duties involved delivering meals to various rostered homes and also checking on the recipient’s wellbeing.

“This he performed for about 15 years and gave this up at the age of 85.

“In 2008, he again saw an advertisement in the local newspaper calling for volunteers for the Gosford Red Cross teleservice.

“He then became a Telecross volunteer for about 13 years.

“This entailed him ringing a designated person every morning at about 8am to check on their wellbeing and to confirm such call back to the Red Cross.

“He did this up to shortly before his death.

“Malcolm in the latter years of his retirement suffered poor health, with a heart attack, strokes, a brain aneurysm and cancer but he never let this get in the way of his volunteer work.

“He considered it not a duty but a privilege to make a small difference to people in such need.

“Malcolm was the father of five boys and cancer took his life on March 26, 2021.”

SOURCE:
Central Coast Council
agenda 2.3, 9 Nov 2021

CWA will celebrate 100 years of service

The 13 CWA branches on the Central Coast area are busy preparing festivities for next year.

It all started in 1922 when lots of country women met at the first “Bushwomen’s” Conference during the yearly Royal Agriculture Show in Sydney.

It was simply a gathering of women concerned about their problems in the bush.

Many were very isolated and there were hardly any services in rural areas.

For many women, it was a hard life.

The conference was a success and from then on branches, or

rather “Restrooms”, started to appear in towns, sometimes to the disbelief that women could organize such a thing.

At last, there was a place for women to rest, feed their babies and have a conversation with other women in similar circumstances, while their husbands did some trading.

Gosford, Terrigal and Somersby were the first branches being set up in this local area in 1930.

Often the women started a branch in their own home, fundraising steadily to acquire their own rooms.

As the women were mostly also mothers, they understood the need for baby health centres, where

Next year the Country Women’s Association in NSW will celebrate its 100 years of service to the community. Woy Woy branch member Johanna Reygersberg has been appointed Group Historian. This is her overview .

their babies could be checked and were given advice about their baby’s health care.

The first baby health centre was established in Gosford in 1937 and over the years the baby visits steadily increased.

By 1972, over 8000 babies were examined a year.

The branch members worked hard to keep these centres going.

In later years, health policies changed, and the Department of Health closed many of the baby health centres and took over their running.

Here on the Coast, the transport was not great.

Many women had to travel by ferry with their prams and children in tow up to Gosford or Woy Woy, which had a baby health centre established 1932.

It was a day’s hard work.

Time has changed a lot, but not the compassion and the financial or material help the CWA branches are still providing to their local communities, often working

together with other local charities.

Making craft, sewing articles, or cooking for market stalls are still major fundraisers.

Sometimes branches are getting much appreciated donations from local residents and business - all for the common good

Next year, the CWA will celebrate all those women who have over the last 100 years delivered programs, assistance, advocacy, and compassion - advancing themselves, but also others in their quest for helping their country.

SOURCE:
Media statement, 6 Nov 2021
Johanna Reygersberg,
CWA Woy Woy

Lions Club sells Christmas cakes and puddings

A stall selling Christmas cakes and puddings will be run by the Woy Woy Peninsula Lions Club on Friday, November 26, and Friday and Saturday, December 3 and 4.

The stall will be held in Deepwater Plaza shopping centre,

Woy Woy, adjacent to Cafe DMR
Cakes are available for \$17 (1.5kg) and \$13 (1kg) and puddings \$13 (900g).

EFTPOS payment is preferred.

SOURCE:
Media release, 6 Nov 2021
Greg Head, Woy Woy
Peninsula Lions Club

Brisbane Water Bridge Club results

The result of Remembrance Day Teams competition played on November 11 was:

1. Hope Tomlinson, Christine Hadaway David Snow Martin Johnson 43 Imps, 64.66 VPs, 0.64 Red points.
2. Judy Wulff, Marilyn Whigham, Susan McCall, Pamela Joseph 47, 63.74, 0.48.
3. Shirley Crockett, Noel Crockett, Ed Vaughan, Robin Vaughan 28, 55.72, 0.48.
4. Linda Cunningham, Ian Newton, Jo Ampherlaw, Harry Haberin -27, 45.98, 0.48.
5. Robyn Scahill, Cathy Russell, Edith Marshall, Tracey Dillon -33, 40.08, 0.32.
6. Felicity Fane, Heather Brown, Elaine Hume, Tom Tomlinson -58, 29.82.

Results of Melbourne Cup Pairs competition played on November 2 were:

1. Hope Tomlinson, Martin

Johnson 138.4 (64.06 per cent), 0.31 Green points.

1. Karen Ody, Judy Smyth 138.4 (64.06), 0.31.
 3. Elaine Hume, Peter Hume 125.0 (57.87), 0.18.
 4. Christine Hadaway, Robyn Scahill 119.3 (55.21), 0.12.
 5. Robyn Serra, Meg McGregor 117.0 (54.17), 0.09.
 6. Geoffrey Maltby, Edith Marshall 108.0 (50.00).
 7. Felicity Fane, Heather Brown 97.0 (44.91).
 8. Bob Lowry, Beryl Lowry 91.1 (42.19).
 8. Marcelle Goslin, Ron Meaney 91.1 (42.19).
 10. Janice Donohoe, Meryl Duke 83.3 (38.54).
 11. Tracey Dillon, Laurie Powell 78.8 (36.46).
- Sessions for Novice and Rookie players will be held on Mondays, Wednesdays and Fridays.
Monday sessions are held at 12:30, with a separate Novice

Section for less than 70 MP in parallel with the regular Monday Open session.

Wednesday sessions are held at 12:45, with a separate Rookie Section for less than 20 MP in parallel with the regular Wednesday “soft duplicate” session.

Friday sessions are held at 10 am with a supervised duplicate, where players can come without a partner and can ask for advice.

Masks must be worn at the sessions but may remove your mask when eating or drinking.

Maximum numbers at bridge in the community centre are subject to the two square metre rule.

QR code check-in is requested.

Players will need to show proof of vaccination before entering the clubroom, either digitally or a hard copy.

SOURCE:
Website, 11 Nov 2021
Brisbane Water Bridge Club

Monitor website for Pearl Beach carols

Anyone interested in attending Twilight Carols at Pearl Beach should monitor the details on the Pearl Beach Progress Association website.

Peninsula News EXTRA 531 carried an item about the Twilight Carols.

Progress Association publicity

officer Ms Lynne Lillico has advised: “The details for the Twilight carols have changed, and updated making your inclusion incorrect.”

She warned: “The carols are some weeks away and things could change again.”

SOURCE:
Website, 14 Nov 2021
Pearl Beach Progress Association



Council starts work on Woy Woy Bay wharf

Central Coast Council began work to repair the seawall and Woy Woy Bay wharf last week.

Prior to that, five residents of The Bays undertook “the enormous job of clearing the branches from the bottom levels of the conifers at the end of Bassan St”, according to The Bays Community Group president Ms Gwynneth Weir.

“This has allowed the boats that

were stored on the foreshore to be moved into this area, in preparation for the work.

“The final boats were moved on Saturday morning – and just in time, as the earth moving equipment began to arrive later on Saturday.

“The council will also be picking up the boats that are obviously unseaworthy and derelict.

Ms Weir said the community members who undertook the job

included Danny Moscatelli, Bob Puffett, Max Breckenridge, Bill Eames and Colleen Moscatelli.

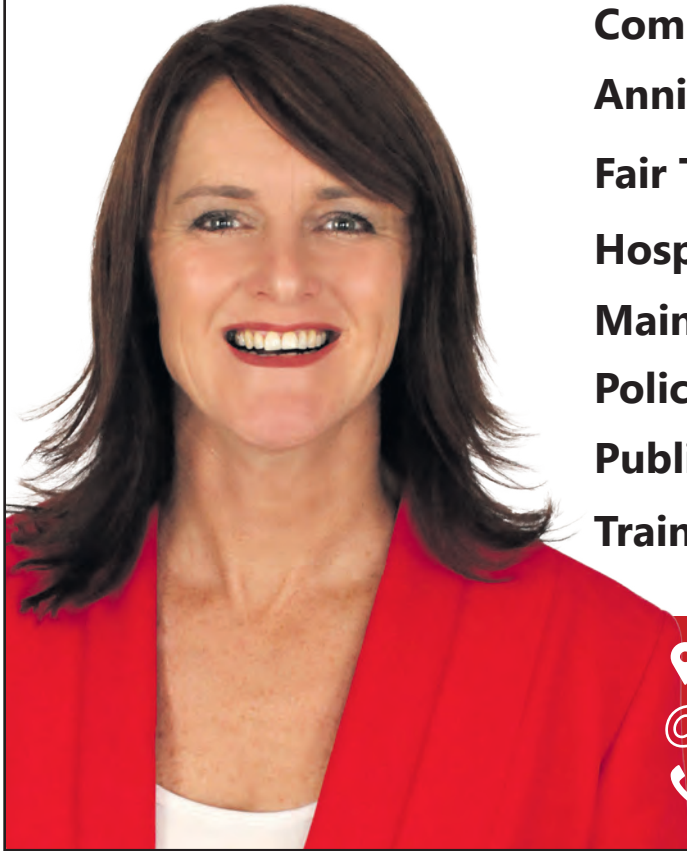
Ms Weir said that when the work on the seawall and wharf has been completed, the Council will be installing a bench on the waterfront – “something the community has wanted for many years”.

SOURCE:
Newsletter, 7 Nov 2021
Gwynneth Weir, The Bays
Community Group



Liesl Tesch MP
Member for Gosford

How can I help?



- Schools and education
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- Anniversary & birthday messages
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- Main roads
- Police and Emergency Services
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Health

New approach to geriatric care trialled at hospital

With the proportion of people over 65 on the Peninsula being 60 per cent greater than the State figure, it may be little surprise that a local hospital has paid special attention to geriatric care.

Almost 26 per cent of the Peninsula population is over 65 years of age, compared to 16.3 per cent for the State.

Brisbane Waters Private Hospital has undertaken a "trial of a new, revolutionary approach to geriatric care at which aims to tackle ageism in health care", according to hospital chief executive Ms Debra Ritter.

The hospital has trialled "a range of evidence-based medicine principles" introduced by its director of geriatric medicine Dr Peter Lipski.

Dr Lipski's principles are outlined in the latest edition of his book "Your Parent's Failing Health. Is It Ageing Or A Treatable Condition?"

The principles aim to take age out of the equation when it comes to clinical care.

"By introducing a holistic approach which focuses on core pillars of care, we have been able to see our geriatric patients dramatically improve, recover and return home in greater numbers

than previously experienced," Ms Ritter said.

"Through measures to improve and address malnutrition, blood pressure, adverse drug reactions, the introduction of extensive pre-op and post-op geriatric assessments, we have seen a dramatic transformation in our older patients."

In addition to this, a project entitled Hunger (Helping Under-Nourished Get Energy to Recover) has been introduced at the hospital.

"We've introduced changes including feeding times, which allows for greater gym time and we've also worked closely with our catering manager to change menus."

According to Dr Peter Lipski, blaming old age for medical conditions or symptoms effectively denies older people proper medical care.

"No one is ever too old for treatment."

"One of the reasons that geriatric medicine is so successful is because there is attention to detail, getting the simple things right and a holistic overview of the whole patient, not just a specific organ approach," Dr Lipski said.

"By applying a holistic approach which tackles a reduction in drugs and adverse drug reactions,

improving nutrition and mobility, managing low blood pressure, treating organ specific disease and chronic pain you can achieve great outcomes for older patients.

"We need to destroy the myth that old age is associated with disease, disability and suffering."

"It simply isn't true. Older people should be able to function just as effectively as a younger person."

"It has been incredible to see these principles applied to clinical care at Brisbane Waters Private Hospital and the results really do speak for themselves."

Ms Ritter said 76-year-old Umina Beach resident, Mr Douglas Lawrence, reported his life was transformed.

"Dr Lipski really helped me to not only take my health seriously, but he advocated for an operation and treatment that has fixed an injury that has impacted me my whole life."

"I am a Vietnam Vet and this was the first time I had been encouraged to undergo the DVA process to streamline my care."

"To be seen as a whole person and not just an older person has been incredible."

Ms Ritter said: "By removing ageism and age from the clinical discussion and instead looking closer at patients to understand



their symptoms and underlying illness, we have a greater chance of not only helping our patients, but improving their overall quality of life so they recover, return home

and continue to live a fulfilled and healthy life."

SOURCE:
Website, 10 Nov 2021
Debra Ritter, Brisbane Waters Private Hospital

Request for Breastscreen 'sooner rather than later'

Member for Gosford Ms Liesl Tesch has written to the Minister for Health Mr Brad Hazzard requesting the BreastScreen NSW bus revisit Woy Woy "sooner rather than later".

The Gosford Electorate currently has no services for Breast Screening, "as part of the staggered approach to reopening the service".

"At the moment, the Breastscreens bus is not due to revisit the Peninsula until mid next year," said Ms Tesch.

"We know that here on

the Peninsula we have many vulnerable locals, some of whom are unable to leave the Peninsula as a result of their restricted drivers' licences.

"It is crucial that access to this vital service is made available sooner rather than later to ensure the health of our local women is not disadvantaged."

Ms Tesch said there was no set date for the BreastScreen NSW bus to return to Woy Woy.

"Our annual local visit was cut short by the delta outbreak."

SOURCE:
Media release, 1 Nov 2021
Liesl Tesch, Member for Gosford

Education

Students help plant local native trees

Year 5 students at Umina Beach Public School have helped plant 44 native trees near the school as part of their bushcare program.

The plants were donated by Pearl Beach Arboretum.

Relieving principal Mr Chad Tsakissiris said: "The 20 students cleared weeds and checked on the trees the class planted in March and April this year."

"All are established and growing," he said.

SOURCE:
Newsletter, 2 Nov 2021
Chad Tsakissiris, Umina Beach Public School



Public Notices

Woy Woy Peninsula Lions Club

Car Boot Sale
and BBQ events

CANCELLED
until Sunday

30th January 2022

due to Covid restrictions and
loss of car park spaces

Melbourne Cup Box Trifecta:
Prize money has been claimed

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Class requests wanted before November 26

Parents of students must submit any class requests for next year in writing before Friday, November 26, according to deputy principal Ms Melissa Harrison.

"Please do not assume that previous correspondence or verbal requests will be recalled," she told parents.

"No information received after this date will be taken into account."

"Teachers need to make decisions on the basis of the

information available and parents are asked to provide that information now.

"Providing staff with information after classes are formed is too late."

She said reasons for the requests must be academic or social.

As an example, she said: "My child and her cousin play together all the time before and after school and weekends and need to be kept apart at school in the classroom so learning can be the focus and

they learn to socialise with other children."

Ms Harrison said: "Teachers will take on board the information whenever possible and match it with their professional judgement when forming classes."

She said there were many factors to consider which may mean parental wishes could not always be accommodated.

SOURCE:
Newsletter, 2 Nov 2021
Melissa Harrison - Deputy Principal,
Umina Beach Public School

Local teachers support pay rise call

Ettalong Woy Woy Teachers Association president Mr Chris Wright has spoken out in support of the NSW Teachers' Federation call for a pay rise in the face of a severe teacher shortage.

Mr Wright said the pay had not kept up with the changes.

"The teacher shortage is already impacting us now and the reality is in a couple years, if we do not address the issue immediately, the teaching profession will be in a dire situation."

"The work conditions coupled with the pay once upon a time was comparable to other professions."

He said this was no longer so and "the teaching profession is not attractive anymore".

"I have been in the teaching profession for over 20 years, working on the Peninsula since the 2000s, and I can tell you now the work involved in the teaching profession has changed astronomically."

"The Department is not accepting what the Teacher's Federation and the Inquiry has found – claiming the workload is covered in their policy."

"But their policy is based on the false belief that teachers do one hour of admin a day."

"That may have been the case many years ago, but I know I can spend as much as six hours a day on admin, marking papers, writing reports, planning lessons, the list

goes on.

"Teaching is now like having two jobs in one."

"If we only come up with short-term solutions, hiring teachers from overseas or those with less experience then how will you guarantee the professionalism in teaching?"

"If the Government does not respond to our calls and get this right then it will be the students now and in the future who will pay the price."

Member for Gosford Ms Liesl Tesch MP told State Parliament: "As a former teacher myself I know just how much time goes into the profession, and how much the workload has increased in recent years."

"It's a very important and rewarding profession and unless we address the problem teaching will fall further into crisis."

"We need feet on the ground and that starts with better pay."

"At the end of the day, if we do not address the problems now, our students, families and in the long term our nation will pay the price."

"If the profession falls under the inaction of this Government, our students and future leaders will fall with them."

Ms Tesch said: "I will continue to support teachers as we push the NSW Liberal Government to address the shortage."

**SOURCE: Media release, 5 Nov 2021
Liesl Tesch, Member for Gosford**



Letters delivered to Hammond Care residents

Woy Woy South Public School delivered three large bags of cheer to the residents of Hammond Care on Remembrance Day.

Principal Mr Matt Barr said: "The three big bags were bursting full of letters and drawings done by the students."

"We are very proud of our students showing kindness towards elderly members of our community."

"We know this delivery will brighten their day."

**SOURCE: Facebook, 11 Nov 2021
Mr Barr, Woy Woy South Public School**

Survey on student wellbeing

Umina Beach Public School is participating in the Partners in Learning parent survey on student engagement.

The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

The survey is anonymous. Relieving principal Mr Chad Tsakissiris said: "Running this

survey will help our school understand parents' and carers' perspectives on their child's experience at school."

"This valuable feedback will help our school make practical improvements."

The survey will close on November 19.

**SOURCE: Newsletter, 2 Nov 2021
Chad Tsakissiris, Umina Beach Public School**

Hoping for a smooth transition to secondary school

Brisbane Water Secondary College Year 6-7 transition co-ordinator Ms Jessie Heighington is hoping to make the transition from primary school to secondary school as smooth as possible.

"We are working hard to ensure each individual student in our Year Seven 2022 cohort feels known, valued and cared for from the very moment they walk through our front gates on their first morning of high school."

Ms Heighington said the school was unable to hold many of the transition events it had planned.

"We are in the process of developing alternate, but equivalent, events."

"In the interim, please do not hesitate to contact me should you have any questions whatsoever."

Ms Heighington can be contacted at the Umina campus or by email at jessie.heighington@det.nsw.edu.au.

**SOURCE: Social media, 1 Nov 2021
Jessie Heighington, BWSC Umina**

Coastal Twist festival receives \$73,000 in grants

The Coastal Twist Arts and Culture Festival has received a \$53,611 grant from the NSW Government's Regional Events Acceleration Fund.

Announcing the grant, Parliamentary Secretary for the Central Coast Mr Adam Crouch said the festival was "returning to the Central Coast to celebrate difference, diversity and all things regional".

The five-day event would feature free and ticketed programs for all ages between January 19 and 23.

The State Government grant is in addition to a \$20,000 Council grant awarded last week under its "Community Events and Place Activation Grant Program".

"Audiences will experience the best local food and drinks the Central Coast has to offer, while being treated to events such as the DJ-hosted 'Life's a Beach' day," Mr

Crouch said.

"This event will be the perfect way to spend a summer's day on the Central Coast, showcasing our region's vibrant arts, music and culture which will also bring tourism dollars to local businesses and help stimulate our economy."

There would be a smorgasbord of indoor and outdoor events featuring professional performers and artists from across Australia.

Coastal Twist festival director Ms Glitta Supernova said the Regional Events Acceleration Fund would help champion existing and already successful diverse regional events, such as Coastal Twist Arts and Culture Festival.

"This is a game changer for the Coastal Twist Arts and Culture Festival, which will be attended by an estimated 7000 people, across five days this January."

**SOURCE: Media release, 28 Oct 2021
Adam Crouch, Member for Terrigal**



Craft group learns to make cosmetic bags

The patchwork group at Ettalong Beach Arts and Craft Centre has had a day learning to make cosmetics bags with a zip closure and moisture-proof lining.

The wide variety of sizes and fabrics chosen by the students resulted in "a wonderful array of beautiful and functional bags", said centre president Mr Peter Mulholland.

One member brought in rice-bag style gift bags she had made for upcoming family birthdays.

**SOURCE: Social media, 9 Nov 2021
Peter Mulholland, EBACC**

Sport



Past presidents' association re-elects committee

Bowling's Central Coast Past Presidents' Association has returned essentially the same committee at its annual general meeting at Umina Beach Bowling Club on Sunday, November 7.

New committee member Martin O'Malley was elected to replace retiring committee member Pam Price.

The 2021/22 committee is president Ian Jarratt, vice-president Gwen Jarratt, secretary Lorraine Cooper, treasurer Les Sharp and committee members Terri Causby, Pat Reynolds, and Martin O'Malley.

Mr Jarratt told the 40 members present for the meeting that,

despite the issues with Covid 19, the association did hold four successful events last year.

It was looking forward to a full calendar in the coming year, he said.

Last year, the weekend bus trip had to be called off and deposit monies refunded due to travel restrictions, but another bus trip is planned for 2022.

After the meeting, the members played a game of bowls, then came in for lunch and a chat.

The next event planned is the Christmas party at Ettalong Memorial Bowling Club on Sunday, November 21.

SOURCE:
Website, 7 Nov 2021
Bowls Central Coast



Little Athletes back at training

Woy Woy Peninsula Little Athletics was back at training on Friday, November 5.

"So nice to see everyone at the track tonight," said president Ms Christine Murphy.

She said there was "some good fun at athletics and surprisingly not a drop of rain in sight".

SOURCE:
Social media, 5 Nov 2021
Christine Murphy, Peninsula Little Athletics

Southern Spirit Cricket results

Results of games played by Southern Spirit Cricket Club last weekend were:

First Grade: Southern Spirit (2/187 LE Cork 66*, D Friend 59*, S Higgins 32) def Northern Power 6/186cc (ES Jones 3/32).

Second Grade: Northern Power 141 (BJ Orman 2/18, LC McIntyre 2/24, J Jewiss 2/26) tied Southern Spirit 9/141cc (J Starkey 49, M Fiddock 29).

Masters - Over 40s: Southern Spirit 9/184 (S Higgins 72*, M Cattley 37) def Wyong 5/179cc.

Fourth Grade: Kincumber 7/141cc (BK Buchanan 2/19, LA Brusich 2/26) def Southern Spirit 107 (A Dickson 27).

Male Youth League: Northern Power 3/88cc def by Southern Spirit 1/89 (JD Johnston 62*).

Under 16: Southern Spirit 8/123cc (JD Johnston 39*, K Warner 36*) def Terrigal 67 (WJ Slater 3/7).

Under 14b: Kincumber Red 139 (J Barnett 2/19, L Downs 2/28) def Southern Spirit 6/83cc (J Beaton 27*).

Sixth Grade: Southern Spirit 9/166cc (BJ Handley 71, M Roberts 30) def Lisarow 6/159 (KA Barnes 2/33).



Dayne Jennings (above left) took his 50th wicket against Northern Power last weekend, while Kade McManus played his 50th match for the club.

Seventh Grade: Southern Spirit 1/105 (K Barry 39*, B Willoughby 33, JW Higgins 27*) v Kincumber 9/104cc (N Willoughby 2/3, I Tomlinson 2/8, B Williams 2/12).

Eighth Grade: Lisarow Black 3/140cc v Southern Spirit 6/139cc (A Zadravic 29*, S Collins 25).

Under 12b: Southern Spirit 81 def by Kincumber Stars 3/85

Ninth Grade: The Entrance Blue

101 (R Sullivan 3/8, C Allister 2/14, L McDonald 2/18) def Southern Spirit 87 (M Lane 34).

Womens 2nd Grade: Southern Spirit 2/83 def Lisarow White 82 (M Fiddock 2/14, K Barry 2/15, D Harris 2/19).

SOURCE:
Website, 14 Nov 2021
Southern Spirit Cricket Club

Previous weekend results

Results of games played by Southern Spirit Cricket Club on November 5, 6 and 7 were:

First Grade: Southern Spirit 119 (Shane Higgins 40, LJ Bayliss 27) def by Lisarow 7/177cc (Shane Higgins 4/18).

Second Grade: Lisarow 5/123 (JD Johnston 3/23, LA Mueller-Byrnes 2/24) def Southern Spirit 120 (Mitch Fiddock 63).

Fourth Grade: Southern Spirit 3/198 (Sean Dickson 52, Scott Aitchison 52, G Kenney 38*, J Pyle 25*) def Warnervale 194 (Andy Witten 3/33, A Hyland 2/43).

Male Youth League: Kincumber 3/121cc (K Warner 2/25) def Southern Spirit 7/109cc (JD

Johnston 41).

Under-16: Kincumber Green 45 (H Tomlinson 2/6, JA Clarke 2/8) def by Southern Spirit 0/49 (JD Johnston 28*).

Under-14b: Southern Spirit 6/193cc (L Papps 83*, A Tod 39*) def Warnervale 5/167cc (L Papps 2/7).

Sixth Grade: Kincumber 5/156cc (J Channon 3/16) def Southern Spirit 134 (M Scanlan Jr 47, BJ Handley 34).

Seventh Grade: Northern Power 10/107 (Nathan Willoughby 4/12, BT Higgins 2/30, T Fry 2/39) def by Southern Spirit 8/207cc (Nathan Willoughby 51*, B Willoughby 46).

Eighth Grade: Narara 9/113cc

PT (Paul Sharpe 5/18, S Markham 2/19) def by Southern Spirit 2/114cc (Paul Sharpe 50*, G Simon 28).

Under-12b: Central Coast Grammar School 5/119cc (K Battley 2/13) def Southern Spirit 4/72cc.

Ninth Grade: Southern Spirit 4/112 (Wade Rose 40*, K Warner 36) def Northern Power 8/111cc (Lachlan McDonald 3/35, Wade Rose 2/11).

Womens 2nd Grade: Southern Spirit 3/91 (B Leggett 37*, Jess Moody 25*) def by Warnervale 3/107 (A Williams 2/12).

SOURCE:
Website, 8 Nov 2021
Southern Spirit Cricket Club

Brett Harrod awarded SLSA life membership at national awards

Umina Surf Life Saving Club member Brett Harrod has been made a life member of Surf Life Saving Australia with Cap 302.

He was awarded life membership at the Surf Life Saving Australia National Awards of Excellence held online due to coronavirus travel restrictions.

His citation said: "Brett has made a sustained and distinguished contribution to surf life saving as president of Umina SLSC, Central Coast Branch, Surf Life Saving New South Wales and as a director of Surf Life Saving Australia.

"As a Surf Life Saving Australia board member, Brett chaired and facilitated working groups that implemented a number of lifesaving initiatives that have been



implemented nationally and other states.

"Brett achieved the strategic goal of financial sustainability by securing \$24 million to build eight new surf life saving clubs, allowing them to generate revenue and engage with the local community.

"Further to this Brett expanded surf life saving services by leading and managing the implementation of the commercial operations of SLSNSW services that included the lifeguard and commercial training of SLSNSW."

Two other Umina club members

were nominated for national awards.

Club life member Paul Sharpe was nominated for Life Saver of the Year and Harold Marshall was nominated for Volunteer of the Year.

Paul and Harold took out two of the night's top honours at the NSW Awards of Excellence back in August, making history as the club's first recipients of these awards.

"I'm very excited, it's an honour and I'm humbled," Paul said about his nomination.

"You don't do what you do for the recognition.

"You do it for your community."

"We give a lot back to the community and the community gives a lot to us.

"We are a family club, and

everything that comes through to us goes back to the community."

Harold amassed more than 650 hours of volunteering over the last 12 months in a range of roles within the Umina club as well as supporting the branch, NSW Surf Life Saving and Surf Life Saving Australia.

"Wearing the red and yellow cap on patrol gives me the greatest satisfaction," he said.

"It fills me with great pride knowing that I represent this amazing movement that has given me and my family so much more than I could ever give back."

Pictured are Paul Sharpe, Harold Marshall and Brett Harrod.

SOURCE:
Social media, 3 Nov 2021
Umina SLSC
Website, 6 Nov 2021
Surf Life Saving Australia